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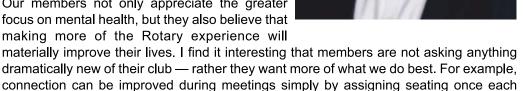
Rtn Sarvjit Rai

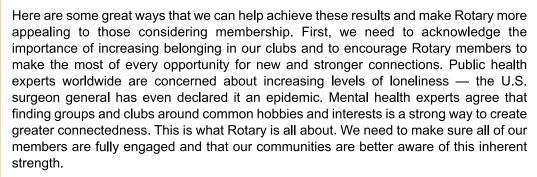
I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will

month to encourage people to speak with someone new.





Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

Check the activities of Rotary Club Chandigarh Central at www.rcchandigarhcentral.rotaryindia.org

R. Gordon R. McInally

President 2023-24









Blanket Distribution on O8th January

Blankets distribution was done on 8th January 2024 in PGI among attendants of patients sleeping in open and some poor people sleeping on roadsides in Sector 42 Chandigarh. Besides the President, Rtn Vebhu Bhatnagar and Rtn R S Cheema and Rotaractors of Rtr Club of Soaring Monks were present. Total 100 blankets were distributed.

























Lohri Celebrations on 12-01-24

RC Chandigarh Central celebrated Lohri on 12th January 2024 at Hotel Sunbeam. 35 members with Anns were present. Everyone enjoyed Lohri outside the hotel and then enjoyed games and tambola inside the hotel. Everyone present there participated in all the activities and enjoyed the fellowship.























































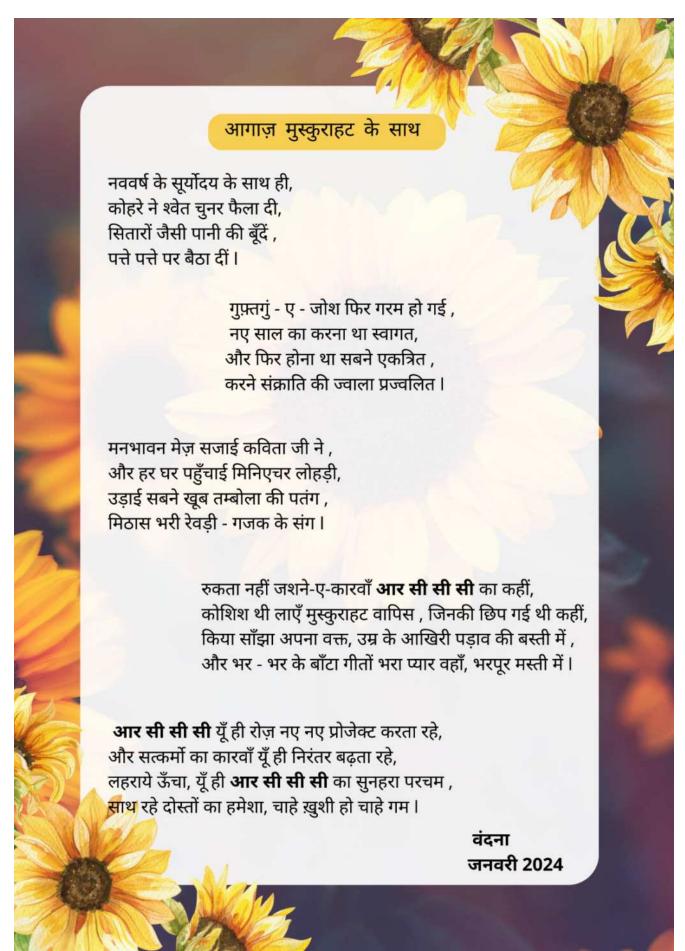
















Lohri celebrations with Senior citizens on 14-01-24

On 14th January 2024, Lohri celebrations at the old age home was a heartwarming affair, radiating joy and tradition. Residents, wrapped in colourful shawls, gathered around a bonfire, exchanging tales of yesteryears. Traditional songs echoed, intertwining with laughter, as they relished the sweetness of rewri, gajak, bread & panner pakodas with Gulabjamun. The vibrant spirit of Lohri infused energy into the elderly souls, momentarily transcending the solitude that often accompanies old age. It was a poignant reminder of the enduring power of festivals to foster connection and bring light to the lives of those who have gracefully weathered the sands of time. Inmates showed their talents by singing old folk punjabi songs on dholki played by Vandana ji. They also danced.

Packets of Rewdi, gazak, mungfali along with hot water bottles were given to all.













































Visit of RI President on 18-01-24

RI President Gordon R. McInally and his gracious wife Heather visited Chandigarh on 18th January 2024. Hi-tea was organised in his honour in Judicial Academy Sector 43 Chandigarh. Following members of RC Chandigarh Central were present

in this event:

1.

2. Rtn Vebhu Bhatnagar

Rtn Sunil Kansal

- 3. Rtn R S Cheema
- 4. Rtn Sanjeev checker
- Rtn Avnindra Berry 5.
- 6. Rtn Naresh Jain
- 7. Rtn Devinder Singh
- Rtn Ashok Kumar Gupta 8.
- 9. Rtn Surendra Prasad Ojha
- 10. Rtn N S Aulakh
- 11. Rtn Ved Parkash Sharma















Blood donation camp at Chandigarh University on 23-01-24

311 units of blood donated to PGI, Rotary Blood Bank Chandigarh, and Govt Civil Hospital Mohali. Dr. Manpreet Singh Manna Vice Chancellor was the chief Guest.



















Meeting No. 1781 on 24-01-2024

MINUTES OF BUSINESS MEET NO. 1781 OF ROTARY CLUB CHANDIGARH **CENTRAL HELD ON 24-01-2024AT HOTEL OYSTER**

- Α. Information of following meetings, events and projects held after meeting no. 1780 held on 06-12-2023 was shared with members
- 1. RYLA VISHESH was held over a period of 3 days from the 11th to 13th of December 2023 at the Panjab University Gymnasium Hall, Chandigarh. It fully embodied the active lifestyle and the spirit of sportsmanship. Close to 200 special athletes from 6 states participated in the event. It was a treat to watch these sporting rockstars show us how to push to be the best version of themselves, and still have fun while doing so. The event included sports, dance, music, art therapy/workshops, eye and dental check-ups.

The grand opening ceremony was inaugurated by esteemed dignitaries including Sh. Ojaswee Sharma, Mr. Mani, International Gold Medallist and Special Athlete, and Mr. Navin Kumar, Joint Director SDM South.

Distinguished personalities graced the occasion, including Mrs. Mallika Nadda, National President of Special Olympics Bharat (SOB), Dr. Pallika Arora, PCS, Prof Harsh Nayyar, Director R&D PU, District Governor Rtn Arun Mongia, Celebrity Deepali Rajput, and State Presidents of SOB. Their presence added prestige and encouragement to the participants. The event was a collaborative effort, organized by the Department of Social Welfare Chandigarh, Rotary Club Chandigarh Midtown, and Chandigarh Central, who partnered with SOB to ensure the event's inclusivity and equity.

2. "Distribution of high protein diet packets to TB patients" at DOT Centre, Sector 56, Chandigarh on 28th December 2023

65 TB patients of Palsora area, Chandigarh attached to DOT centre sec 56 Chandigarh were given High protein diet packets. The total expenditure was Rs. 31200 (65X480)

TB patients often require extra calories to help aid recovery. Consuming high-calorie foods can provide the necessary energy. TB patients may experience loss of appetite, nausea and weight loss, which can lead to weakness and fatigue. Consuming high-energy foods like smoothies, soups and stews can provide the necessary nutrients in an easily digestible form. These foods can be rich in carbohydrates, protein and healthy fats, providing the necessary energy to aid recovery and prevent further complications.

- 3. Blanket Distribution on 8th January 2024 in association with Rotaract Club of Soaring Monks: Blankets distribution was done in PGI among attendants of patients sleeping in open and some poor people sleeping on roadsides in Sector 42 Chandigarh. Besides me Rtn Vebhu Bhatnagar and Rtn R S Cheema and Rotaractors of Rtr Club of Soaring Monks were present.
- 4. Fellowship meeting with Anns was held on 12th December at Hotel Sunbeam to welcome New Year 2024 and celebrate Lohri. Around 35 Rotarians along with their Anns were present. Members enjoyed the quiz games and tambola and the winners were given gifts relating to Lohri.



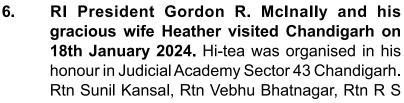




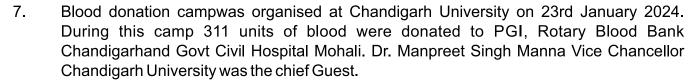
Rtn Sanjeev Checker got Paul Harris pin for the third time and our new member Rtn Dr Jatinder Kumar was pinned by Rtn Sanjeev Checker.

5. Celebrations of Lohri with inmates of Senior Citizen Home Sector 14 Chandigarh 14th January 2024,

> Lohri celebrations at the old age home was a heartwarming affair, radiating joy and tradition. Residents, wrapped in colourful shawls, gathered around a bonfire, exchanging tales of yesteryears. Traditional songs echoed, intertwining with laughter, as they relished the sweetness of rewri, gajak, bread & panner pakodas with Gulab jamun. The vibrant spirit of Lohri infused energy into the elderly souls, momentarily transcending the solitude that often accompanies old age. It was a poignant reminder of the enduring power of festivals to foster connection and bring light to the lives of those who have gracefully weathered the sands of time. Inmates showed their talents by singing old folk punjabi songs on dholki played by Vandana ji. They also danced. Packets of Rewdi, gazak, mungfali along with hot water bottles were given to all. I'm thankful to the Rotarians and Anns who graced the event with their gracious presence and celebrated Lohri with senior citizens and took their blessings.



Cheema, Rtn Sanjeev checker, Rtn Avnindra Berry, Rtn Naresh Jain, Rtn Devinder Singh, Rtn Ashok Kumar Gupta, Rtn Surendra Prasad Ojha, Rtn N S Aulakh and Rtn Ved Parkash Sharmawere present in this event.





High protein diet to 65 TB Patients on 29th January 2024 at DOT centre Palsora, Sector 56, Chandigarh.

Meeting ended with thanks to all present.













High protein diet for TB patients on 29-01-24

Distribution of high protein diet packets to TB patients at DOT Centre, Sector 56, **Chandigarh on 29th January 2024**

65 TB patients of Palsora area, Chandigarh attached to DOT centre sec 56 Chandigarh were given High protein diet packets. TB patients often require extra calories to help aid recovery. Consuming high-calorie foods can provide the necessary energy. TB patients may experience loss of appetite, nausea and weight loss, which can lead to weakness and fatigue. Consuming high-energy foods like smoothies, soups and stews can provide the necessary nutrients in an easily digestible form. These foods can be rich in carbohydrates, protein and healthy fats, providing the necessary energy to aid recovery and prevent further complications. Rtn Vebhu Bhatnagar and Rtn RS Cheema were present with President to distribute these food packets to the patients.

















Award to Rtn Vebhu Bhatnagar Director Blue Bird School on Republic Day for **Excellent work in field of Education**





गणतंत्र दिवस पर ज्ञानचंद गुप्ता ने 51 लोगों को किया सम्मानित

जागरण संवाददाता, पंचकुला : हरियाणा विधानसभा अध्यक्ष ज्ञानचंद गुप्ता ने परेड ग्राउंड सेक्टर-5 में आयोजित जिला स्तरीय गणतंत्र दिवस समारोह में ध्वजारोहण किया। गुप्ता ने स्कूलीं में विद्यार्थियों के लिए देश के वीर बलिदानियों की प्रेरणादायक गाथाओं पर आधारित पुस्तकें उपलब्ध करवाने के लिए अपने स्वैच्छिक कोष से पांच लाख रुपये की राशि देने की घोषणा की। गुप्ता ने परेड की सलामी ली।

विभिन्न विभागों ने अलग-अलग विषयों पर आधारित झांकियां प्रस्तुत की गई। मुख्य आकर्षण राजकीय माडल संस्कृति सीनियर सेकेंडरी स्कूल सेक्टर-26 की ओर से प्रस्तुत की भगवान रामलला की झांकी रही। गुप्ता और उनकी पत्नी बिमला रानी ने राम रूपी बाल कलाकार का पुष्पवर्षा से स्वागत किया और तिलक लगाकर आशीर्वाद लिया। गुप्ता ने परेड, झांकी और सांस्कृतिक कार्यक्रमों में प्रथम, द्वितीय और तृतीय स्थान प्राप्त करने



ब्लु बर्ड हाई स्कूल के निदेशक वेभु भटनागर को शिक्षा के क्षेत्र में किए उत्कृष्ट कार्यों के लिए सम्मानित करते ज्ञान चंद गुप्ता® जागरण

वाली टीमों को ट्राफी देकर सम्मानित किया। ज्ञानचंद गुप्ता ने परेड ग्राउंड सेक्टर-5 में आयोजित जिला स्तरीय गणतंत्र दिवस समारोह में सरकारी कार्य, शिक्षा, समाज सेवा, खेल आदि क्षेत्रों में उत्कृष्ट प्रदर्शन करने वाले 51 लोगों को सम्मानित किया।

इस अवसर पर उपायुक्त सुशील सारवान, पुलिस उपायुक्त सुमेर प्रताप सिंह, जिला परिषद के मुख्य कार्यकारी अधिकारी गगनदीप सिंह, नगराधीश राजेश पनिया, नगर निगम की संयक्त आयुक्त ऋचा राठी मौजुद रही।

पंजाब केसरी

EDITIONS Chandigarh Kesari

क (राक्ष

कुलभ् गोयल में ग ध्वजा ली। ! पी.एस

पुलिस गृह स बॉयज गल्स्

अन्य को इ सम्मा एस.इ जोगिः लिख कृष्ण राणा,

गणतंत्र दिवस समारोहः उत्कृष्ट प्रदर्शन करने वाले 51 लोगों को किया सम्मानित ारी (रावत): पं भी सीनियर

ष भी साानवर रिज, द्वारा रेर परिसर में ड्रे तर्ष और ानाया गया। एण के लिए पंचकृता, 27 जनवरी (मुकेश): हरियाण विभानसभा अरमण डानमंद्र गृथा ने पंद्रह ग्राजंड सेक्टर-5 से आयंजित जिल्ला स्तरीय गणतंत्र दिवस समार्गेक से सफारी कार्य, शिक्ता, समाज सेवा, खेल आदि क्षेत्री से उत्कृष्ट प्रदर्शन करने वार्ल 51 लोगों को समार्गीन क्रिया। जिल्हें सम्मानित क्रिया गया, उनमें प्रधानकार्य भावन विद्यालय सेक्टर 15 गृल्लान कीर, सत्तृत चिल्लाक स्कूल सेक्टर-4 की जिसीपल कृता सेगर क रूल वर्ष तहाँ कारण सेकटर 15 वरसेम गुजा के पर संगठन सहित अन्य । का स्वागत

द्वांजलि दी व धाम से । दिवस रो (विजय) रा (विजय): कालका की 5 के नेतृत्व में धाम के साथ ह्य में प्राचार्य रोहण किया। 5 ने कहा कि स मना रहे हैं जवानों का मिला मिलक ो यह प्रतिज्ञा त्राता के का में 16नाना रामा, हरवा और संगीत में रचना, हैड कान्स्टेबल परमजीत सिंह, नगर निगम के मुख्य सफाई निरीक्षक अधिनास सिंगला व

ले दी

सीवटर-४ की प्रिमीशन कुन सेगर, कन्नू वर्ड ठाई रुक्त सैक्टर-16 के रिकाशिक निदेशक केम भटनागर, निटित प्रमान स्कृत सीक्टर-14 की प्रभावनार्था बंदन, सिकित सोक्रं गेब विकित्सा डॉ. अलोक गूना, प्रमानित सीक्टरी मुक्त सिक्टर-19 की प्रधानावार्थ निर्मल कुल्स, गार्कीय सीक्टिंग स्कृत सिक्टर-टेश के प्रधानावार्थ निर्मल कुल्स, गार्कीय सीक्टिंग स्कृत सिक्टर-टेश के प्रधानावार्थ निर्मल 20 के पी.टी.आई. राजेश कुमार, बाल कल्याण समिति चेयरमैन ममता गोयल सहायक प्रोफैसर राजकीय स्नातकोत्तर महाविद्यालय सैक्टर-1 डॉ. रोहताश गोदारा, कला के क्षेत्र में वैष्णवी गुरा, शिक्षा के क्षेत्र में हिमांगी शर्मा, शिक्षा

शिक्षा के क्षेत्र में उत्कृष्ट प्रदर्शन करने पर सतलुज पब्लिक स्कूल सैक्टर



ब्लू वर्ड हाई स्कूल सैक्टर 16 के निर्देशक वेभू भटनागर को सम्मानित करते जनचंद गया।





















06th February	Rtn. Jagjeet Singh
06th February	Rtn. Aman Kapoor
06th February	Rtn. Rakesh Kapila
07th February	Rtn. Sulalit Kumar Gupta
12th February	Sonu Agnihotri
19th February	Devinder Singh
28th February	Ved Parkash Sharma

15th March	Rtn. N.K. Garg
15th March	Rtn. Rupinder Kaur Bal
15th March	Rtn. Hardev Singh Ubha
17th March	Rtn. Ashita Nanda
24th March	Rtn. Dhiraj Arora
25th March	Rtn. Jasbir Singh Minhas



07th February	Rtn. Dr. R P Gupta
07th February	Rtn. Sanjeev Wg. Cdr. Sharma
07th February	Rtn. Sonu Agnihotri
10th February	Rtn. D S Malhotra
10th February	Rtn. Ankush Gupta
10th February	Rtn. Baljit Sandhu
13th February	Rtn. Manish Aggarwal
15th February	Rtn. Hardev Singh Ubha
15th February	Rtn. Sulalit Kumar Gupta
20th February	Rtn. Vivek Goyal
21st February	Rtn. Sunil Kansal
22nd February	Rtn. Vebhu Bhatnagar
22nd February	Rtn. Inderjeet Singh
24th February	Rtn. Sanjeev Kumar Mangla

07th March	Rtn. Anil K Jindal
09th March	Rtn. Sanjay Kansal
12th March	Rtn. Vichitar Singh
23rd March	Rtn. Anil Sharma







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- Rtn. H. S. Ubha 3.
- Rtn. Ankush Gupta 4.
- 5. Rtn. J. S. Minhas

