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The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use.

Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children’s Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you’ve worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It’s what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just “How are you?” but also “How are you really?” By doing so, Rotary can continue to Create Hope in the World.



R. Gordon R. McInally
President 2023-24

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

Meeting No. 1774 on 03rd September

MINUTES OF ROTARY CLUB CHANDIGARH CENTRAL SPEAKERS' MEET NO. 1774 HELD ON 03-09-2023

A. Information of following meetings, events and projects held after Zoom meeting no. 1772 held on 23-08-2023

1. **BLOOD DONATION CAMP** was organised on the request of Govt. Model Senior Secondary School, Sector 23, Chandigarh jointly with Rotary Blood Resource Centre, Sector 37-B, Chandigarh on 26th August 2023. Camp saw overwhelming response from students, teachers of school and residents for blood donation and 153+ units were collected. Refreshments to the donors were served by Sri Shiv Kanwar Mahasangh Charitable Trust, Panchkula. We are thankful to our member Rtn Ved Prakash Sharma along with Rtn Dr Jasbir Singh Minhas for initiating and executing the project.
2. **Meeting No 1773 of RCCC: The Incredible Organ Donation Awareness Journey held on 26th August 2023:**

In a remarkable display of unity, compassion, and impactful action, an unprecedented Organ Donation Awareness event unfolded on August 26, 2023, in Chandigarh. This event, held in association with NOTTO (National Organ and Tissue Transplant Organization) and Rotary, served as a beacon of hope and enlightenment for thousands of lives. The awareness rally began in Delhi and made its way to Chandigarh, with plans to return to the capital city. The resonance of this event reached across geographical boundaries, as five Rotary clubs, spanning Rotary districts 3080, 3011, 3012, and 3100, united under a common cause. A team of technical experts from NOTTO, coupled with the dedication of Rotarians from the lead club, Rotary Club Delhi Manthan, joined hands to spark conversations and spread awareness through vibrant street plays, touching hearts and minds with their poignant performances. Standing as the backbone of this initiative was Rotary Club Chandigarh Central, orchestrating every detail from inception to execution. The event saw an incredible turnout of approximately 170 people. Our passionate club members stood in unwavering support, and the active club members guided the event with fervour.

3. **Installation of Rotaract and Interact:**

- Rotaract club of SD College on 25-08-23 Friday at 10:00 AM in Seminar Hall, PML SD Business School, Sec 32, Chandigarh.
- Rotaract of PEC in NPS on 27th August Sunday
- Interact of NPS in NPS on 28th August Monday

B. Information regarding forthcoming projects / events were given to members:

1. Teachers' Day Celebrations: On 8th September Friday at 11:00 AM at Guru Nanak Public School, Sec 36, Chandigarh. Where we will recognise teachers from about 12 schools with "National Builder Award 2023".

2. Prosthetic limbs camp on 17th September 2023: The developments in regard to this project were shared with the members and their suggestions were taken.
- C. **'How much is enough' was the topic of lecture and discussion by our Rtn Sandeep Sahni.**

"Enough" varies for everyone based on their needs, desires, and circumstances. It transcends mere material possession, embodying contentment, sufficiency, and balance. It's having adequate resources for comfort, security, and fulfilling aspirations without excess. Striking this balance is an art—a delicate interplay of wants and needs, embracing simplicity while ensuring one's well-being. It's finding joy in the present, appreciating what one has, and valuing relationships over possessions. "Enough" is an evolving concept, influenced by personal growth, values, and societal context. Ultimately, it's understanding what truly matters and living a meaningful life aligned with those principles. How much money will make us happy and secure is not a mathematical equation. Nor is it true that higher income makes us feel secure. Our childhood experiences are an important factor in this equation. On a more serious note, our sense of achievement and satisfaction about money can be guided by these implicit lessons as we grew up. We might resolve to wear good clothes or jewellery if we were teased about not having them; owning a house may be important to someone who suffered too many moves and evictions; and so on. The lecture was followed lively question answer session and discussions.

The meeting was adjourned by President with thanks to all present and requested everybody to enjoy fellowship.





"TEACHERS DAY CELEBRATIONS"

on 8th September 2023 at Guru Nanak Public School, Sector 36, Chandigarh.

We gathered in GNPS to celebrate National Teachers' Day, a day dedicated to honouring the incredible individuals who shape our future – our teachers. It is a day to express our gratitude, acknowledge their relentless dedication, and recognize the profound impact they have on our lives. PDG Rtn Manmohan Singh ji graced the occasion as chief guest. The citation awards ~ National Builder Awards were presented to 28 (twenty-eight) teachers from 14 (fourteen schools) of Chandigarh belonging to where our club has Interact clubs.

The history of National Teachers' Day dates to the birth anniversary of Dr. Sarvepalli Radhakrishnan, a renowned philosopher, scholar, and the first Vice President and second President of India. Dr. Radhakrishnan believed that teachers hold a special place in society as they are the ones who illuminate the path to knowledge and wisdom. In his honour, we celebrate this day to recognize the immense value teachers bring to our lives.



Jaipur visit on 11th september by team of six rotarians

A group of six Rotarians from our Club visited head quarters of Shree Bhagwan Mahaveer ViklangSahayata Samiti popularly known as Jaipur Foot to study the quality of legs and foot provided by them. The visiting team consists of Rtn Sunil Kansal, Rtn R S Cheema, Rtn Ashish Midha, Rtn H S Saggi, Rtn N S Aulakh and Rtn S P Ojha. President is thankful to them as they agreed on one call and consented to visit Jaipur by air at their own expenses without any financial load on Trust.

There the team met Sh. D R Mehta, Founder and Chief Patron of Samiti who is a retired IAS officer of Secretary rank of Gol and very down to earth man. He showed the team their complete workshop and explained every procedure in detail. The members were very much impressed with the professionalism and perfection with which they were manufacturing legs and feet. Further, they suggested that if RCCC wants to have camp with them, they will send a team of 8 to 10 technicians to Chandigarh along with all machinery and raw material. Their technicians and P&O will examine beneficiaries there only, take measurements and manufacture legs there at camp site and send the beneficiary home in the evening after fixing leg to him/her after his/her full satisfaction. This procedure appealed to the visiting team and a unanimous decision was taken to engage them for our forthcoming camp. The visit was successful and fruitful.



Mobile Toilet Facility for Katchi Colony, Dhanas, Chandigarh on 12th September 2023

"Swachh Bharat Abhiyan" (Clean India Mission) is an ambitious cleanliness and sanitation campaign launched by the Government of India on October 2, 2014. The mission aims to make India open-defecation free, eradicate manual scavenging, and ensure proper waste management and sanitation facilities across the nation. It encourages cleanliness and hygiene practices among individuals and communities, emphasizing the construction of household and community toilets, waste segregation, and proper disposal of waste. The campaign also emphasizes behavioural changes and awareness about the importance of sanitation in improving public health and the environment, making it a significant step towards a cleaner and healthier India. Lack of sanitation facilities contributes to about 10% of the global disease, causing diarrheal diseases. In India, one of the major sanitary concerns has been open defecation, which is the root cause for multiple health hazards. According to a survey conducted by Research Institute of Compassionate Economics in 2014, "70% of rural people still defecate in the open and almost a quarter of people in households with proper toilets." However, over the last five years, India has put in efforts to ensure easy access to water and sanitation services for all. Sanitation professionals are now emphasizing on generating awareness, sharing information and creating behaviour change to bridge the gap between building toilets and their proper use.

To serve the community better and to promote public health and sanitation habits, Rotary Club Chandigarh Central provided Two mobile toilet blocks having 10 seats each for residents of Kachhi Colony Dhanas on 12th September 2023. People were very happy especially the ladies as now they would not require going for open defecation. These toilets were inaugurated by Sh. Satnam Singh Sandhu Founder Chandigarh Welfare Trust. President Rtn Sunil Kansal presided and was joined by Secretary Rtn Vebhu Bhatnagar & PP Rtn Rajinder S Cheema. We are thankful to our CSR donors for providing funds under CSR (Corporate Social Responsibility)



Meeting No. 1775 on 20th September

MINUTES OF BUSINESS MEET NO. 1775 OF ROTARY CLUB CHANDIGARH CENTRAL HELD ON 20-09-2023

A. information of following meetings, events and projects held after meeting no. 1773 held on 03-09-2023 were shared with members

1. "TEACHERS DAY CELEBRATIONS" was held on 8th September 2023 at Guru Nanak Public School, Sector 36, Chandigarh

PDG Rtn Manmohan Singh ji graced the occasion as chief guest. The citation awards ~ Nation Builder Award were presented to 28 (twenty-eight) teachers from 14 (fourteen schools) of Chandigarh belonging to where our club has Interact clubs. We are thankful to Principal and management of GNPS for hosting the event and serving us and awardees with high tea.

2. Two mobile toilets having ten seats each were inaugurated by Sh. Satnam Singh Sandhu Founder Chandigarh welfare trust on 12th September 2023 at Kachhi Colony Dhanas. People were very happy especially the ladies as now they would not require going for defecation in open. The total cost of the project was Rs. 12.5 Lacs.

B. Information regarding forthcoming projects / events were shared with members:

1. Prosthetic limbs camp on from 23rd September to probably 27th September 2023:

Information regarding Jaipur Visit by six Rotarians on Monday 11th September 2023 was shared with members. It was further informed that the cost of Legs would be @ Rs. 6000 per leg and for around 125 legs which we have proposed to provide would be Rs. 7.5 Lacs approximately. Members were requested to donate generously for this noble cause. It was informed that Rtn Anil Sharma has



already arranged Rs. 2.0 Lacs under CSR for this project. Everyone applauded for his contribution.

It was informed that the Prosthetics Limbs Camp would be from 23rd September to 26th September as per details below:

23-09-23: Legs camp at New Grain Market Sec 39 Chandigarh

24-09-23: Legs and hands camp at New Grain Market Sec 39 Chandigarh

25-09-2023: No camp, equipment will be shifted from New Grain Market Sec 39 Chandigarh to Chandigarh University

26-09-2023: Legs camp at Chandigarh University

27-09-2023: Legs camp at Chandigarh University

Further, the duty roster was discussed with members present and everybody was requested to be present for his duty, because only with the collective efforts such a big project can be executed successfully as we have doing during past two Rotary Years. It was humbly requested to unite and collaborate for a common goal, pooling our efforts to create a positive and lasting impact on our community.



Project Distribution of sanitary pads 21 September



Distributed Sanitary Pads in Govt.High School Mauli Chandigarh today by Rtn.Jagdish Bansal,Rtn. Sanjay Kansal and Rtn.Vebhu Bhatnagar.

1000 pads costing Rs 7500 have been donated by Rtn Sanjay Kansal, we are thankful to him for this noble gesture

Rotary Club Chandigarh Central: Empowering Lives through Prosthetic Limbs

Rotary Club Chandigarh Central, known for its commitment to community service and impactful projects, has been instrumental in transforming the lives of countless individuals through its prosthetic limb initiatives 'Ek Haath Aasha Ka' and 'Ek Kadam Aasha Ka'. Prosthetic limbs serve as a beacon of hope for those in need, restoring mobility, independence, and dignity to amputees in the Northern India.

One of Rotary Club Chandigarh Central's significant endeavours is its proactive approach to providing prosthetic limbs to the needy. The Club collaborates with various social organisations, groups of speciallyabled people, and local communities, to



ensure that individuals without limbs or with limb impairments have access to high-quality prosthetic devices. Even social media is also used for the purpose. The initiative begins with identifying those in need, assessing their specific requirements, and tailoring prosthetic solutions accordingly.

The signature project of club 'Ek Haath Aasha Ka' was conceived by PP Rtn Ashish Midha during the RY 2021-22 in collaboration with Rotary Club of Poona Downtown (RID 3131) and Ellen Meadows Prosthetic Hands Foundation of USA for LN4 mechanical hands. Later, the project was extended to prosthetic legs as 'Ek Kadam Aasha Ka' in

collaboration with Rotary Club of New Kalyan (RID 3142). These projects were carried forward by IPP Rtn Bhupinder Singh Kapur during RY 2022-23 successfully.

Now, in RY 2023-24, the four days camp of these projects of was organised on 23rd, 24th, 26th and 27th September 2023 by Rtn Sunil Kansal President, Rtn Vebhu Bhatnagar Secretary and Rtn R.S.Cheema Project Chairman with wholehearted support of all Rotarians of RC Chandigarh Central who were available to the organising team at single call and were ready to take any

responsibility or duty assigned to them with smiling face and sense of service beyond self. These camps were organised in collaboration with Rotary Club of Poona Downtown (RID 3131), Community Eye Care Foundation and Ellen Meadows Prosthetic Hands Foundation of USA for LN4 mechanical hands. For prosthetic legs, this time we collaborated with Shri Bhagwan Mahaveer Viklang Sahayata Samiti (Jaipur Foot). During this camp 60 LN4 hands and 130 Legs were fixed to beneficiaries. Till date prosthetic hands have been provided to around 1600 and legs to 250 beneficiaries.



Above all, Sh. Satnam Singh Sandhu, Founder of Chandigarh



Welfare Trust- cum- Chancellor Chandigarh University is instrumental in this project. Apart from providing venue for the camp, he provided all furniture, computers, banners, food & tea for Rotarians and beneficiaries & their attendants, stay arrangements for out station persons related to camps, physio therapist volunteers, nurses, NSS students and what not. In addition, Sh. Arvinder Singh Kang, Executive Director (Students Affairs and Support Services) & Dean (Students Welfare) and Rtn Wg Cdr (Dr.) J.S. Minhas, Additional Director (Social Welfare Services Cell) of Chandigarh University were always present for us for any type of help we required for this camp. Without the

wholehearted support of Sh. Satnam Singh Sandhu ji, management and staff of Chandigarh University, these camps would not have been possible.

Financial constraints often hinder individuals from acquiring prosthetic limbs. Rotary Club Chandigarh Central addresses this challenge by raising funds through sponsorships and CSR funds from generous business houses. These funds are crucial in covering the costs associated with prosthetic devices, consultations, rehabilitation, and ongoing care. By alleviating the financial burden, Rotary Club Chandigarh Central ensures that no deserving individual is deprived of the opportunity to regain mobility and reclaim their life.

Collaboration is a cornerstone of Rotary Club Chandigarh Central's approach. The organization works closely with prosthetic manufacturers to ensure the provision of state-of-the-art prosthetic limbs. These partnerships allow for the development and distribution of technologically advanced and durable prosthetic devices that are tailored to the unique needs and lifestyles of each recipient. LN4 hands are imported from USA and are mechanically operated with which the recipient can do almost all his daily routine jobs such as writing, eating food, drinking, driving two & four wheelers, work on computers, etc with ease. The legs have been manufactured by Shri Bhagwan Mahaveer Viklang Sahayata Samiti (Jaipur Foot) who are providing prosthetic legs since 1975 and till the end of FY 2022-23, they have provided legs & callipers to more than 12.25 lac beneficiaries and is world known organisation.



Furthermore, Rotary Club Chandigarh Central emphasizes training and counselling of beneficiaries during camps to reduce stigma and to educate them about the challenges faced by amputees and solutions thereof. By encouraging understanding and empathy, Rotary Club Chandigarh Central strives to create an environment where those with prosthetic limbs are accepted and integrated into society without prejudice. Prosthetic limbs not only enhance mobility but also boost self-confidence and mental well-being. Restored mobility empowers individuals to pursue education, employment, and various activities, enabling them to lead fulfilling and productive lives. It is this holistic transformation that underscores the significance of Rotary Club Chandigarh Central's commitment to providing prosthetic limbs to the needy.

In conclusion, Rotary Club Chandigarh Central's efforts in providing prosthetic limbs to those in need exemplify its dedication to creating a more inclusive and compassionate world. By partnering with stakeholders, raising funds, and promoting awareness, Rotary Club Chandigarh Central is making a profound difference in the lives of amputees. Through their prosthetic limb initiatives, Rotary Club Chandigarh Central is sowing seeds of hope and empowering individuals to overcome physical challenges and achieve their fullest potential.

With the grace of GOD and support of all, we look forward to organising more such camps in future also.









आशा के हमसफ़र

आया जैसे ही फिर, आशा की किरणों का मौसम,
चहक उठे गुमसुम अलफ़ाज़, मुस्कराने लगे उदास चेहरे।

आशा की तार से बंधे, आने लगे कई अंजान बिन ठहरे,
होने वाला था जीवन खुशहाल, भरने वाले थे इंद्रधनुष के रंग गहरे।

रुक गयी नम आँखों की बारिश, छंटने लगे बन बादल सब गम,
बढ़ने लगे अविраम आगे, अनगिनत आशा के कदम।

जैसे कल चले थे कई, थाम कर हमारे आशा के हाथ,
आज बने कई हमसफ़र, बढ़ाते हुए आशा के कदम साथ साथ।

कोशिश जारी रहेगी, मिलजुल कर उठने - उठाने की,
ज़मीन पर लाकर कहीं हाथ तो कहीं कदम आशा के बढ़ाने की।

कुछ काम अभी तक कर पायें है, काफी कुछ अभी बाकी है,
दुःखों को सुखों में परिवर्तित करने की कोशिश निरंतर जारी है।

रोटरी क्लब चंडीगढ़ सेंट्रल को रोक सके ऐसा कोई जोड़ नहीं है,
सतनाम जी की उदारता के लिए कोई बोल नहीं है।

चलते रहेंगे काफिले यूँ ही सत्कर्मों के,
क्योंकि मानव जीवन सेवा का कोई मोल नहीं है।

वंदना
अक्टूबर २०२३

ਰੋਟਰੀ ਕਲੱਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਵੱਲੋਂ ਨਕਲੀ ਅੰਗ ਲਗਾਉਣ ਦਾ ਮੈਗਾ ਕੈਂਪ ਲਗਾਇਆ
ਕਲੱਬ ਵੱਲੋਂ ਲੱਗਭੱਗ 2350 ਲੋੜਵੰਦਾ ਦੇ ਅੰਗ ਲਗਾਏ ਜਾ ਚੁੱਕੇ ਹਨ



ਰੋਟਰੀ ਕਲੱਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਦੇ ਅਧੁਦੇਸ਼ਕ ਕੈਂਪ ਦੌਰਾਨ ਸਾਥੀ ਤਸਵੀਰ ਕਰਵਾਉਂਦੇ ਹੋਏ। ਤਸਵੀਰ: ਸ਼ਹਿਬਜ਼ਾਦ ਸਿੰਘ

ਰੋਟਰੀ ਕਲੱਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਵੱਲੋਂ ਮੁਫਤ ਨਕਲੀ ਅੰਗ ਲਗਾਉਣ ਦਾ ਮੈਗਾ ਕੈਂਪ ਲਗਾਇਆ

ਚੰਡੀਗੜ, 24 ਸਤੰਬਰ। ਮਨਜ਼ੋਰ ਸਿੰਘ ਸੇਵਾ-ਰੋਟਰੀ ਕਲੱਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਦੇ ਪ੍ਰਧਾਨ ਸੁਨੀਲ ਕਾਂਸਲ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਤੇ ਪ੍ਰੋਜੈਕਟ ਚੇਅਰਮੈਨ ਆਰ.ਏ.ਸ. ਚੀਮਾ ਦੀ ਦੇਖ-ਰੇਖ ਹੇਠ ਚੰਡੀਗੜ ਵੈਲਫੇਅਰ ਟ੍ਰਸਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਨਕਲੀ ਅੰਗ ਲਗਾਉਣ ਦਾ ਮੈਗਾ ਕੈਂਪ ਸੈਕਟਰ-39 ਚੰਡੀਗੜ ਵਿਖੇ ਲਗਾ ਕੇ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਸਿੰਘ ਸੇਵਾ ਦੇ 73ਵੇਂ ਜਨਮ ਦਿਵਸ ਸਿੱਖਾਂ ਤੇ ਹਿੰਦੂਆਂ ਨੂੰ ਯਾਦਗਾਰ ਮਨਾਇਆ ਗਿਆ। ਇਹ ਜਾਣਕਾਰੀ ਕਲੱਬ ਸੈਕਟਰ



ਚੰਡੀਗੜ 24 ਸਤੰਬਰ (ਚਮਨ ਲਾਲ) ਰੋਟਰੀ ਕਲੱਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਦੇ ਪ੍ਰਧਾਨ ਸੁਨੀਲ ਕਾਂਸਲ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਤੇ ਪ੍ਰੋਜੈਕਟ ਚੇਅਰਮੈਨ ਆਰ ਐਸ ਚੀਮਾ ਦੀ ਦੇਖ ਰੇਖ ਹੇਠ ਚੰਡੀਗੜ ਵੈਲਫੇਅਰ ਟਰੱਸਟ ਦੇ ਫਾਊਂਡਰ ਸਤਿਨਾਮ ਸਿੰਘ ਸੰਧੂ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਨਕਲੀ ਅੰਗ ਲਗਾਉਣ ਦਾ ਮੈਗਾ ਕੈਂਪ ਸੈਕਟਰ 39 ਚੰਡੀਗੜ ਵਿਖੇ ਲਗਾ ਕੇ

ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਦੇ 73 ਵੇਂ ਜਨਮ ਦਿਵਸ ਮੌਕੇ ਤੇ ਸੇਵਾ ਪਖਵਾੜਾ ਮਨਾਇਆ ਗਿਆ। ਇਹ ਜਾਣਕਾਰੀ ਕਲੱਬ ਮੈਂਬਰ ਹਰਦੇਵ ਸਿੰਘ ਉੱਭਾ ਨੇ ਦਿੱਤੀ। ਉਹਨਾਂ ਦੱਸਿਆ ਕਿ ਇਸ ਕੈਂਪ ਵਿੱਚ 178 ਲੋੜਵੰਦਾ ਦੇ ਨਕਲੀ ਹੱਥ ਅਤੇ 143 ਲੋਕਾਂ ਦੇ ਨਕਲੀ ਲੱਤਾਂ ਬਿਲਕੁੱਲ ਮੁਫਤ ਲਗਾਈਆ ਗਈਆਂ। ਹੁਣ ਤੱਕ ਕਲੱਬ ਵੱਲੋਂ ਲੱਗਭੱਗ 2350 ਲੋੜਵੰਦਾ ਦੇ ਅੰਗ ਲਗਾਏ ਜਾ ਚੁੱਕੇ ਹਨ। ਇਸ ਮੌਕੇ ਦੇ ਰੋਟਰੀ ਕਲੱਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਦੇ ਸੈਕਟਰੀ ਵੈਥੂ ਭਟਨਾਗਰ, ਅਸੀਸ ਮਿੱਡਾ, ਐਸ ਪੀ ਓਹਜਾ, ਜਗਦੀਸ ਬਾਂਸਲ, ਐਚ ਐਸ ਸੰਧੂ, ਅਰਤੀਐਸ ਰਿਆੜ, ਐਨ ਐਸ ਔਲਖ, ਜੇਐਸ ਮਿਨਹਾਸ, ਹਰੀਸ਼ ਗੁਪਤਾ, ਡੀਐਸ ਸੈਨੀ, ਅਨਿਲ ਸ਼ਰਮਾ, ਬਚਿੰਦਰ ਸਿੰਘ, ਵੇਦ ਪ੍ਰਕਾਸ਼ ਸ਼ਰਮਾ, ਐਡਵੋਕੇਟ ਕਾਪੂਰ, ਵਿਜ ਨੰਦਾ, ਦੀਪਤੀ ਓਹਜਾ, ਡਾਕਟਰ ਵੰਦਨਾ ਮਿੱਡਾ, ਬਲਜੀਤ ਸੰਧੂ, ਕਵਿਤਾ ਕਾਂਸਲ, ਸ਼ਮੀ ਗੁਪਤਾ, ਭੁਪਿੰਦਰ ਕਪੂਰ, ਤਜਿੰਦਰ ਸੈਨੀ, ਸ਼ੁਮਨ ਸ਼ਰਮਾ, ਅਜੀਤ ਚੀਮਾ, ਰਾਜ ਸਿੰਗਲਾ, ਮੰਗਲਾ ਆਦਿ ਕਲੱਬ ਮੈਂਬਰ ਹਾਜਰ ਸਨ।

ਰੋਟਰੀ ਕਲਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਨੇ ਕ੍ਰਿਤਿਮ ਅੰਗ ਪ੍ਰਤਿਆਰੋਪਣ ਕੇ ਲਿਏ ਏਕ ਮੇਗਾ ਸ਼ਿਵਿਰ ਕਾ ਆਯੋਜਨ



ਚੰਡੀਗੜ () 24 ਸਿੱਤੰਬਰ (ਚਮਨ ਲਾਲ) ਰੋਟਰੀ ਕਲਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਕੇ ਅਧਿਕਸ਼ ਸੁਨੀਲ ਕਾਂਸਲ ਕੀ ਅਧਿਕਸ਼ਤਾ ਅਓਰ ਪ੍ਰੋਜੈਕਟ ਚੇਅਰਮੈਨ ਆਰ.ਏ.ਸ. ਚੀਮਾ ਕੀ ਦੇਖਰੇਖ ਮੇਂ, ਚੰਡੀਗੜ ਵੇਲਫੇਅਰ ਟ੍ਰਸਟ ਕੇ ਸੰਸਥਾਪਕ

ਸਤਨਾਮ ਸਿੰਘ ਸੰਧੂ ਕੇ ਸਹਯੋਗ ਸੇ, ਸੇਕਟਰ 39 ਚੰਡੀਗੜ ਮੇਂ ਕ੍ਰਿਤਿਮ ਅੰਗ ਪ੍ਰਤਿਆਰੋਪਣ ਕੇ ਲਿਏ ਏਕ ਮੇਗਾ ਸ਼ਿਵਿਰ ਕਾ ਆਯੋਜਨ ਕਰਕੇ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਜੀ ਕੇ 73ਵਾਂ ਜਨਮਦਿਨ ਕੇ ਅਵਸਰ ਪਰ ਸੇਵਾ ਪਖਵਾੜਾ ਮਨਾਯਾ ਗਯਾ। ਯਹ ਜਾਨਕਾਰੀ ਕਲਬ ਕੇ ਸਦਸਯ ਹਰਦੇਵ ਸਿੰਘ ਤੁਭਾ ਨੇ ਦੀ। ਉਨਹੋਂਨੇ ਬਤਾਯਾ ਕਿ ਇਸ ਸ਼ਿਵਿਰ ਮੇਂ 178 ਜਰੂਰਤਮੰਦ ਲੋਗੋਂ ਕੇ ਕ੍ਰਿਤਿਮ ਹਾਥ ਅਓਰ 143 ਲੋਗੋਂ ਕੇ ਕ੍ਰਿਤਿਮ ਪੈਰ ਬਿਲਕੁਲ ਮੁਫਤ ਲਗਾਏ ਗਏ। ਅਬ ਤਕ ਕਲਬ ਕੀ ਤਰਫ ਸੇ 2350 ਲੋਗੋਂ ਕੇ ਮੁਫਤ ਕ੍ਰਿਤਿਮ ਅੰਗ ਲਗਾਏ ਜਾ ਚੁਕੇ ਹੈ। ਇਸ ਅਵਸਰ ਪਰ ਰੋਟਰੀ ਕਲਬ ਚੰਡੀਗੜ ਕੇ ਸੈਂਟਰਲ ਸਚਿਵ ਵੇਥੂ ਭਟਨਾਗਰ, ਅਸੀਸ ਮਿਡਾ, ਏਸਪੀ ਔਹਜਾ, ਜਗਦੀਸ ਬਾਂਸਲ, ਏਚਏਸ ਸੰਧੂ, ਆਰ ਡੀ ਏਸ ਰਿਯਾਦ, ਏਨ ਏਸ ਔਲਖ, ਜੇ ਏਸ ਮਿਨਹਾਸ, ਹਰੀਸ਼ ਗੁਪਤਾ, ਡੀ ਏਸ ਸੈਨੀ, ਅਨਿਲ ਸ਼ਾਮਾ, ਬਚਿਰ ਸਿੰਘ, ਵੇਦ ਪ੍ਰਕਾਸ਼ ਸ਼ਾਮਾ, ਏਡਵੋਕੇਟ ਕਰਾਧ ਕਾਪੂਰ, ਦਿਵਜ ਨੰਦਾ, ਦੀਪਿ ਔਹਜਾ, ਡਾ. ਵੰਦਨਾ ਮਿਡੁਆ, ਬਲਜੀਤ ਸੰਧੂ, ਕਵਿਤਾ ਕਾਂਸਲ, ਸ਼ਾਸ਼ਿ ਗੁਪਤਾ, ਭੂਪਿੰਦਰ ਕਾਪੂਰ, ਤਜਿੰਦਰ ਸੈਨੀ, ਸ਼ੁਮਨ ਸ਼ਾਮਾ, ਅਜੀਤ ਚੀਮਾ, ਰਾਜ ਸਿੰਗਲਾ, ਸੰਜੀਵ ਮੰਗਲਾ ਆਦਿ ਕਲਬ ਸਦਸਯ ਉਪਸਥਿਤ ਥੈ।

ਰੋਟਰੀ ਕਲੱਬ ਨੇ ਚੰਡੀਗੜ ਵੈਲਫੇਅਰ ਟਰੱਸਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਲਗਾਇਆ ਮੁਫਤ ਨਕਲੀ ਅੰਗ ਲਗਾਉਣ ਦਾ ਮੈਗਾ ਕੈਂਪ

ਚੰਡੀਗੜ 24 ਸਤੰਬਰ (ਤਾਜਾ ਸਮਾਚਾਰ) ਰੋਟਰੀ ਕਲੱਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਦੇ ਪ੍ਰਧਾਨ ਸੁਨੀਲ ਕਾਂਸਲ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਤੇ ਪ੍ਰੋਜੈਕਟ ਚੇਅਰਮੈਨ ਆਰ ਐਸ ਚੀਮਾ ਦੀ ਦੇਖ



ਰੇਖ ਹੇਠ ਚੰਡੀਗੜ ਵੈਲਫੇਅਰ ਟਰੱਸਟ ਦੇ ਫਾਊਂਡਰ ਸਤਿਨਾਮ ਸਿੰਘ ਸੰਧੂ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਨਕਲੀ ਅੰਗ ਲਗਾਉਣ ਦਾ ਮੈਗਾ ਕੈਂਪ ਸੈਕਟਰ 39 ਚੰਡੀਗੜ ਵਿਖੇ ਲਗਾ ਕੇ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਜੀ ਦੇ 73ਵੇਂ ਜਨਮ ਦਿਵਸ ਸਬੋਧੀ ਤੇ ਸੇਵਾ ਪਖਵਾੜਾ ਮਨਾਇਆ ਗਿਆ। ਇਹ ਜਾਣਕਾਰੀ ਕਲੱਬ ਮੈਂਬਰ ਹਰਦੇਵ ਸਿੰਘ ਉੱਭਾ ਨੇ ਦਿੱਤੀਆਂ ਦੱਸਿਆ ਕਿ ਇਸ ਕੈਂਪ ਵਿੱਚ 178 ਲੋੜਵੰਦਾ ਦੇ ਨਕਲੀ ਹੱਥ ਅਤੇ 143 ਲੋਕਾਂ ਦੇ ਨਕਲੀ ਲੱਤਾਂ ਬਿਲਕੁੱਲ ਮੁਫਤ ਲਗਾਈਆਂ ਗਈਆਂ। ਹੁਣ ਤੱਕ ਕਲੱਬ ਵੱਲੋਂ ਲੱਗਭੱਗ 2350 ਲੋੜਵੰਦਾ ਦੇ ਅੰਗ ਲਗਾਏ ਜਾ ਚੁੱਕੇ ਹਨ। ਇਸ ਮੌਕੇ ਰੋਟਰੀ ਕਲੱਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਦੇ ਸੈਕਟਰੀ ਵੈਥੂ ਭਟਨਾਗਰ, ਅਸੀਸ ਮਿੱਡਾ, ਐਸ ਪੀ ਓਹਜਾ, ਜਗਦੀਸ ਬਾਂਸਲ, ਐਚ ਐਸ ਸੰਧੂ, ਅਰ ਡੀ ਐੱਸ. ਰਿਆੜ, ਐਨ ਐੱਸ ਔਲਖ,

178 ਜਰੂਰਤਮੰਦਾਂ ਕੋ ਕ੍ਰਿਤਿਮ ਹਾਥ, 143 ਕੋ ਪੈਰ



ਚੰਡੀਗੜ। ਰੋਟਰੀ ਕਲਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਕੇ ਅਧਿਕਸ਼ ਸੁਨੀਲ ਕਾਂਸਲ ਕੀ ਅਧਿਕਸ਼ਤਾ ਅਓਰ ਪ੍ਰੋਜੈਕਟ ਚੇਅਰਮੈਨ ਆਰਏਸ ਚੀਮਾ ਕੀ ਦੇਖਰੇਖ ਮੇਂ ਚੰਡੀਗੜ ਵੇਲਫੇਅਰ ਟ੍ਰਸਟ ਕੇ ਸੰਸਥਾਪਕ ਸਤਨਾਮ ਸਿੰਘ ਸੰਧੂ ਕੇ ਸਹਯੋਗ ਸੇ ਕ੍ਰਿਤਿਮ ਅੰਗ ਪ੍ਰਤਿਆਰੋਪਣ ਕੇ ਲਿਏ ਸੇਕਟਰ 39 ਚੰਡੀਗੜ ਮੇਂ ਏਕ ਮੇਗਾ ਕੈਂਪ ਕਾ ਆਯੋਜਨ ਕਿਆ ਗਯਾ। ਪ੍ਰਧਾਨਮੰਤਰੀ ਨਰਿੰਦਰ ਮੋਦੀ ਕੇ 73ਵੇਂ ਜਨਮ ਦਿਵਸ ਕੇ ਅਵਸਰ ਪਰ ਸੇਵਾ ਪਖਵਾੜਾ ਮਨਾਯਾ ਗਯਾ ਜਾ ਰਹਾ ਹੈ। ਕਲਬ ਕੇ ਨਿਦੇਸ਼ਕ ਹਰਦੇਵ ਸਿੰਘ ਤੁਭਾ ਨੇ ਜਾਨਕਾਰੀ ਦੇਂਦੇ ਹੁਏ ਬਤਾਯਾ ਕਿ ਇਸ ਸ਼ਿਵਿਰ ਮੇਂ 178 ਜਰੂਰਤਮੰਦ ਲੋਗੋਂ ਕੋ ਕ੍ਰਿਤਿਮ ਹਾਥ ਅਓਰ 143 ਲੋਗੋਂ ਕੋ ਕ੍ਰਿਤਿਮ ਪੈਰ ਬਿਲਕੁਲ ਮੁਫਤ ਦਿਏ ਗਏ। ਉਨਹੋਂਨੇ ਬਤਾਯਾ ਕਿ ਅਬ ਤਕ ਕਲਬ ਨੇ ਲਗਭਗ 2350 ਜਰੂਰਤਮੰਦ ਲੋਗੋਂ ਕੋ ਸਹਾਯਤਾ ਪ੍ਰਦਾਨ ਕਰ ਰੋਟਰੀ ਕਲਬ ਆੱਫ ਚੰਡੀਗੜ ਕੇ ਅੰਗ ਲਗਾਏ ਗਏ ਹੈਂ। ਆਜ ਲਗਾਏ ਗਏ ਇਸ ਸਪੇਸ਼ਲ ਕੈਂਪ ਮੇਂ ਰੋਟਰੀ ਕਲਬ ਚੰਡੀਗੜ ਸੈਂਟਰਲ ਕੇ ਸਚਿਵ ਵੇਥੂ ਭਟਨਾਗਰ, ਅਸੀਸ ਮਿਡਾਏ ਏਸਪੀ ਔਹਜਾ, ਜਗਦੀਸ ਬਾਂਸਲਏ ਏਚਏਸ ਸਾਗੁਏ ਆਰਡਿਸ ਰਿਯਾਦਏ ਏਨਏਸ ਔਲਖਏ ਜੇਏਸ ਮਿਨਹਾਸਏ ਹਰੀਸ਼ ਗੁਪਤਾ, ਡੀਏਸ ਸੈਨੀਏ ਅਨਿਲ। ਸ਼ਾਮਾ, ਬਚਿਰ ਸਿੰਘ, ਵੇਦ ਪ੍ਰਕਾਸ਼ ਸ਼ਾਮਾਏ ਏਡਵੋਕੇਟ ਕਰਾਧ ਕਾਪੂਰ, ਦਿਵਜ ਨੰਦਾ, ਦੀਪਿ ਔਹਜਾ, ਡਾ. ਵੰਦਨਾ ਮਿਡੁਆ, ਬਲਜੀਤ, ਕਵਿਤਾ ਕਾਂਸਲ, ਸ਼ਾਸ਼ਿ ਗੁਪਤਾ, ਭੂਪਿੰਦਰ ਕਾਪੂਰਏ ਤਜਿੰਦਰ ਸੈਨੀ, ਸ਼ੁਮਨ

ਸਵਾਸਥਯ ਸ਼ਿਵਿਰ ਕਾ 20 ਹਜ਼ਾਰ ਸੇ ਅਧਿਕ ਲੋਗੋਂ ਨੇ ਤਠਾਯਾ ਲਾਮ



ਚੰਡੀਗੜ। ਪੰਜਾਬ ਕੇ ਰਾਜਯਪਾਲ ਅਓਰ ਚੰਡੀਗੜ ਕੇ ਪ੍ਰਸ਼ਾਸਕ ਬਨਵਾਰੀਲਾਲ ਪੁਰੋਹਿਤ ਨੇ ਰਵਿਕਾਰ ਕੋ ਚੰਡੀਗੜ ਸੇਕਟਰ-39 ਕੋ ਗ੍ਰੇਨ ਮਾਰਕੈਟ ਮੇਂ ਚੰਡੀਗੜ ਵੇਲਫੇਅਰ ਟ੍ਰਸਟ (ਸੀਡਬਲਯੂਟੀ) ਕੋ ਤਰਫ ਸੇ ਆਯੋਜਿਤ ਮੁਫਤ ਮੇਗਾ ਮਾਟੀਸਪੇਸ਼ਲਿਟੀ ਸਵਾਸਥਯ ਸ਼ਿਵਿਰ ਕਾ ਉਦਘਾਟਨ ਕਿਆ। ਇਸਕਾ ਆਯੋਜਨ ਸੇਵਾ ਪਖਵਾੜਾ ਕੇ ਏਕ ਭਾਗ ਕੇ ਰੂਪ ਮੇਂ ਕਿਆ ਗਯਾ ਥਾ। ਰਵਿਕਾਰ ਕੋ ਸੀਡਬਲਯੂਟੀ ਕੇ ਸੰਸਥਾਪਕ ਸਤਨਾਮ ਸਿੰਘ ਸੰਧੂ, ਯੂਟੀ ਸੁਲਾਠਕਾਰ ਧਰਮਪਾਲ, ਮੇਯਰ ਅਨੂਪ ਗੁਪਤਾ, ਡੀਜੀਪੀ ਪ੍ਰਵੀਰ ਰੰਜਨ, ਭਾਜਪਾ ਚੰਡੀਗੜ ਝਕਾਏ ਕੇ ਪ੍ਰਮੁਖ ਅਰੁਣ ਸੂਦ, ਪੂਰਵ ਸਾਂਸਦ ਅਓਰ ਭਾਰਤ ਕੇ ਅੰਤਰਿਕਸ਼ ਸਾਂਲਿਸਿਟਰ ਜਨਰਲ ਸਵਯਪਾਲ ਜੈਨ, ਚੰਡੀਗੜ ਏਮਸੀ ਕਮਿਸ਼ਨਰ ਅਨਿੰਦਿਤਾ ਮਿਤ੍ਰਾ, ਕਲੱਬ ਕੈਂਸਰ ਕੇਯਰ ਚੈਰਿਟੇਬਲ ਸੋਸਾਯਟੀ ਕੇ ਅਧਿਕਸ਼ ਕੁਲਵੰਤ ਸਿੰਘ ਖਾਲੀਵਾਲ, ਕਲੱਬ ਕੈਂਸਰ ਕੇਯਰ ਚੈਰਿਟੇਬਲ ਸੋਸਾਯਟੀ ਕੇ ਕੁਲਵੰਤ ਸਿੰਘ ਖਾਲੀਵਾਲ ਅਓਰ ਸੰਤ ਬਾਬਾ ਲਾਕਸ਼ ਸਿੰਘ ਸੇਵਾ ਸਿਖ ਧਰਮ ਕਾ ਹਿਸ਼ਾ: ਬਨਵਾਰੀਲਾਲ ਪੁਰੋਹਿਤ ... ਪ੍ਰਸ਼ਾਸਕ ਪੁਰੋਹਿਤ ਨੇ ਕਹਾ ਕਿ ਨਿਸ਼ਚਥ ਸੇਵਾ ਸਿਖ ਧਰਮ ਕਾ ਏਕ ਅਹਮ ਹਿਸ਼ਾ ਹੈ। ਸਿਖ ਗੁਰੂਔਂ ਨੇ ਸਦੈਵ ਸੇਵਾ ਕਾ ਉਪਦੇਸ਼ ਦਿਆ ਹੈ। ਸ਼ਿਵਿਰ ਕੇ ਲਿਏ 26 ਚਿਕਿਤਸਾ ਸੰਘੋਂ, ਅਸਪਤਾਲੋਂ ਅਓਰ ਸੰਸਥਾਨੋਂ ਨੇ ਸੀਡਬਲਯੂਟੀ ਕੇ ਸਾਥ ਸਹਯੋਗ ਕਿਆ ਥਾ। ਕੁਲ 20000 ਲੋਕੋ ਨੇ ਸਵਾਸਥਯ ਕੀ ਜਾਂਚ ਕਰਵਾਈ। ਸ਼ਿਵਿਰ ਮੇਂ 350 ਲੋਗੋਂ ਕੋ ਕ੍ਰਿਤਿਮ ਅੰਗ (200 ਹਾਥ, 150 ਪੈਰ), 300 ਸਰੀਜੋਂ ਕੀ ਕੈਂਸਰ ਸਕ੍ਰੀਨਿੰਗ, ਸਾਫਾਏ ਕਰਮਚਾਰੀਔ 5000 ਹੋਟੈਲਿਟਿਸ ਕੀ ਟੀਕਾਕਰਾਧ ਏ ਜਾਂਚ, 2200 ਲੋਗੋਂ ਕੀ ਨੇਤ੍ਰ ਜਾਂਚ ਸਾਥ ਬਚਿਔਂ ਅਓਰ ਸਥੀ ਕੇ ਲਿਏ 800 ਦਵਾ ਕਿਟ ਪ੍ਰਦਾਨ ਕੀ ਗਈ। ਦਵਾਥੀਔ ਕ ਲੰਗਰ ਖੀ ਲਗਾਯਾ ਗਯਾ। ਕਹੀਂ ਸੀਡਬਲਯੂਟੀ ਕੇ ਸੰਸਥਾਪਕ ਸਤਨਾਮ ਸਿੰਘ ਸੰਧੂ ਨੇ ਕਹਾ ਕਿ ਹਮ ਸਿਟੀ ਯੂਟੀਪੁਰ ਕੇ ਲੋਗੋਂ ਕੀ ਸੇਵਾ ਕਰਨੇ ਕੇ ਲਿਏ ਪ੍ਰਤਿਬਠ ਹੈ। ਯਹ ਸ਼ਿਵਿਰ ਤਸੀ ਦਿਸ਼ਾ

"WORLD HEART DAY CELEBRATIONS"

in IMA Hall, Sector 35B, Chandigarh on 29th September, 2023

A joint meeting of Rotary Clubs of RID3080, Zone 5 and IMA came together to celebrate the "World Heart Day". Meeting started with collaring of President Rtn Sunil Kansal & President Rtn Jeten Bhambri of RC Chandigarh Midtown followed by National Anthem singing.

Dr Jeet Ram Kashyap from Deptt. of Cardiology GMCH 32 spoke about preventive measures for heart disease. Combining a healthy diet with regular exercise is the best way of maintaining a healthy weight. Regular exercise will make your heart and blood circulatory system more efficient, lower your cholesterol level, and also keep your blood pressure at a healthy level. Exercising regularly reduces your risk of having a heart attack. The heart is a muscle and, like any other muscle, benefits from exercise. A strong heart can pump more blood around your body with less effort. Any aerobic exercise, such as walking, swimming, and dancing, makes your heart work harder and keeps it healthy.

Dr Harinder K Bali ex-Professor PGI Deptt. of Cardiology spoke about modern practices of heart diseases medication. At the hospital, the type of treatment you are given depends on the type of heart attack you are having and how quickly you can be treated. Only certain hospitals are equipped to perform 24-hour emergency. If you are located too far away from one of these hospitals, clot-dissolving drugs may be the best choice for treatment to reopen clogged arteries. Clot-dissolving medicine may not be recommended for some patients, depending on their medical history. The doctor who treats you will ask you or your family if you have a history of a major trauma or have had major surgery in the past 6 weeks; vomiting blood or bleeding from the rectum in the past 6 weeks; or any bleeding or neurological disorders; and whether you are (or might currently be) pregnant. If the answer to any of these questions is yes, it will be factored into the decision of which heart attack treatment is best.





3rd October	Rtn. Harish Gupta	6th November	Rtn. Charu Midha
5th October	Rtn. Deepak Verma	7th November	Rtn. Harjeet Singh Saggu
10th October	Rtn. S.K. Checker	8th November	Rtn. Vandana Midha
13th October	Rtn. R.D. Singh Riar	12th November	Rtn. Ankush Gupta
13th October	Rtn. Harpreet Nibber	14th November	Rtn. Sukhmani Riar
23th October	Rtn. Dr. R. S. Bedi	19th November	Rtn. Sanjeev Kumar Mangla
31st October	Rtn. Jagdeep Singh Lamba	20th November	Rtn. Dhanwant Singh Virk



10th October	Rtn. Navjit Singh Aulakh	4th November	Rtn. Jasbir Singh Minhas
10th October	Rtn. Sandeep Sahni	12th November	Rtn. Rajiv Aggarwal
11th October	Rtn. N. K. Garg	17th November	Rtn. Aman Kapoor
21st October	Rtn. Inderpreet Singh Chadha	18th November	Rtn. Sukhraj Singh Riar
29th October	Rtn. Jagdeep Singh Lamba	23rd November	Rtn. Rajneesh Gupta
		23rd November	Rtn. Rtn Dhanvant Singh Virk
		25th November	Rtn. Ashok Kumar Gupta
		25th November	Rtn. Ved Parkash Sharma
		26th November	Rtn. Ajay Sharma
		26th November	Rtn. G.S. Bal
		26th November	Rtn. Rupinder Kaur Bal
		26th November	Rtn. Kapil Kakkar
		27th November	Rtn. D.S. Saini



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