



**ROTARY CLUB** CHANDIGARH UPTOWN

**DISTRICT 3080** ZONE-VII **CLUB NO. 91085** 

RI President : Rtn. Stephanie Urchick | Distt. Governor : Rtn. Rajpal Singh | President : Rtn. Vijay Kumar Dhall | Secretary : Rtn. Amrik Singh Vraich

Monthly News Bulletin of Rotary Club

Issue: September 2024

#### **BOARD OF DIRECTORS**

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Rtn. Amrik Singh Vraich 98726 56726

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98780 38223

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**Rotary Club** Chandigarh Uptown, Chandigarh

We value your feedback you may write to us or send your stories for publication in this bulletin

uptownrotarychd@gmail.com

#### **District Awards: Recognizing Exceptional Service** in Advancing the Rotary Mission







## ROTARY CLUB CHANDIGARH UPTOWN RENOVATION OF GREENHOUSE

at Govt. Senior Secondary School, Sector 21-A, Chandigarh (03.08.2024)

At the request of the Principal of Govt. Senior Secondary School, Sector 21-A, Chandigarh, our club re-established the greenhouse by installing a new mesh. The following Rotarians participated in the event:

**1.** Rtn. Anita Sood **2.** Rtn. Surinder Khanna **3.** Secretary Rtn. Amrik Singh Vraich **4.** President Rtn. Vijay Kumar Dhall.







## Rotary Club Chandigarh Uptown A Workshop on Career Guidance for Students

Chandigarh, August 3, 2024 - The Rotary Club Chandigarh Uptown successfully organized a Career Guidance workshop for students at Government Senior Secondary School, Sector 21-A, Chandigarh. Led by Rotarian Surinder Khanna, the workshop took place at 10:00 am and saw enthusiastic participation from 60 students. Most participants were 10th graders, comprising 80% of the attendees, with the remaining students from 11th and 12th grades. This focus on 10th graders is particularly crucial as they are at a pivotal stage of making informed decisions about choosing the right stream for their 11th-grade studies. The event provided an excellent opportunity for students to gain valuable insights into career planning and decisionmaking. The day was both informative and enjoyable, as students and teachers engaged in fruitful discussions. The school principal expressed keen interest in organizing additional sessions near future to further support the students. In a gesture of goodwill, fruits were distributed among the students, generously sponsored by President Rotarian Vijay Kumar Dhall. The workshop was graced by the presence of the following **Rotarians:-** Rtn. Surinder Khanna, Rtn. Anita Sood-Secretary, Rtn. Amrik Singh Vraich- President, Rtn. Vijay Kumar Dhall.





#### Rotary Club Chandigarh Uptown Responds to Himachal Cloudburst: Rs 50,000/-Collected for Relief Efforts

The recent cloud burst has once again shaken the hills of Himachal, severely impacting the villages of Sumej and Bagipul near RC Rampur Bushar.

Our District Governor, Rtn. Raj Pal Singh ji, has called on each club to assist the victims and their families during this devastating calamity. In response, our club members swiftly took action and collected Rs 50,000, which has been transferred to the designated Rampur club account. Rs 50000/includes funds directly transferred to Distt designated account by some respected members Kudos to all respected members who donated for this noble cause.



## Rotary Club Chandigarh Uptown Career Guidance Workshop for Students



We are dOur club conducted a Career Guidance workshop for students at Government Senior Secondary School, Bakarpur, Mohali, a "School of Eminence', on Tuesday, August 6, 2024. The event was led by Rtn. Surinder Khanna.

A total of 70 students participated, and the workshop received excellent feedback.

Rtn. Surinder Khanna provided comprehensive insights on career quidance and explained various



tools for choosing the right career path.President Rtn. Vijay Kumar Dhall introduced Rotary and the Interact Club, sparking interest among the students in forming their own Interact Club. Dr. Rtn. Jashwant Singh encouraged students to read more books, while Rtn. Amit Chahal facilitated engaging interactions.

During the session, students expressed a keen interest in motivational books and current affairs magazines. One girl



specifically requested the book "Rich Dad Poor Dad," which we promised to provide.

The following Rotarians participated in the function:

- 1. Rtn. Surinder Khanna
- 2. Rtn. Manmohan Luthra
- 3. Rtn. Amit Chahal
- 4. Dr. Rtn. Jashwant Singh
- Secretary Rtn. Amrik Singh Vraich
- 6. President Rtn. Vijay Kumar Dhall

## The Rotary Club of Chandigarh Uptown Join RAGFP PB Club Network



Dear The Rotary Club of Chandigarh Uptown, RAGFP welcomes you to the Peacebuilder (PB) Club Network! We appreciate your commitment to promoting peacebuilding within your community, and we're excited to have you join our network of dedicated clubs working towards building a global network of clubs dedicated to peacebuilding.

You have officially become a RAGFP PB Club by fulfilling the PB Club application requirements. You will find your PB Club certificate attached to this email.

This certificate acknowledges your club's dedication to peacebuilding principles and welcomes you to the RAGFP PB Club Network.

#### Rotary Club Chandigarh Uptown A Workshop on Career Guidance for Students

#### at Govt. Model School, Sector 38-D, Chandigarh

The Rotary Club Chandigarh Uptown organized a highly informative Career Guidance Workshop at Govt. Model School, Sector 38-D, Chandigarh on 12.08.2024. The workshop featured an insightful presentation by Rtn. Surinder Khanna, providing valuable advice to the students. Rtn. Vijay Kumar Dhall encouraged the young minds to cultivate strong reading habits, emphasizing the importance of continuous learning. To support this initiative, 12 motivational books were distributed among the students. Rtn. Manjula Walia captivated the audience by introducing the concept of IKIGAI, explaining it as the formula for a long and fulfilling life. The workshop was well-attended by Rotarians Rtn. Amrik Singh Vraich, Rtn. K.K. Walia, and Rtn. Manmohan Luthra, who actively participated in making the event a success.

















## Rotary Club Chandigarh Uptown Celebrated 2nd Annapurna Day on August 10, 2024

by distributing langar to over 500 individuals in need at GMCH, Sector 32, Chandigarh.

Rotary Club of Chandigarh Uptown celebrated its 2nd Annapurna Day on August 10, 2024, by distributing langar to over 500 individuals in need at GMCH, Sector 32, Chandigarh. This noble initiative was generously sponsored by Rtn Richa Pratap and Rtn Rajendra Pratap.

This heartwarming event truly reflected the spirit of Rotary as we continue our journey of service and

fellowship.

The success of the project was made possible by the dedicated participation of the following Rotarians, who played an active role in the distribution of the langar:

- 1. Project Chair Rtn Rajesh Bindra
- 2. IPP Rtn Arun Kamboj

Rtn Rajendra Pratap

3. Rtn Richa Pratap

4.

- 5. Rtn Mahesh Arora
- 6. Rtn Bani Kamboi
- 7. Rtn Manmohan Luthra
- 8. Rtn Sandeep Kumar Sharma
- 9. Rtn Baljinder Sood
- 10. Dr. Rtn Jashwant Singh
- 11. Rtn Nanki Vraich
- 12. Secretary Rtn Amrik Singh Vraich
- President Rtn Vijay Kumar Dhall

## Rotary Club Chandigarh Uptown Effort for Road Safety to save life

Continuing the drive under Project 'Jugnu,' the Rotary Club Chandigarh Uptown outfitted over 250 bicycles with high-quality 3M reflectors to improve cyclists' visibility at night and ensure their safety on the roads.

The initiative aims to reach over 1,200 cyclists in the coming days.

The following Rotarians

participated in the project:

- 1. Project Chair Rtn Rajesh Bindra
- 2. IPP Rtn Arun Kamboj
- 3. Rtn Richa Pratap
- 4. Rtn Rajendra Pratap
- 5. Rtn Mahesh Arora
- 6. Rtn Bani Kamboj
- 7. Rtn Manmohan Luthra
- Rtn Sandeep Kumar Sharma

- 9. Rtn Baljinder Sood
- 10. Dr. Rtn Jashwant Singh
- 11. Rtn Nanki Vraich
- 12. Secretary Rtn Amrik Singh Vraich
- 13. President Rtn Vijay Kumar Dhall







# Rtn. Hari Om Verma Ji donated \$200 to polio eradication funds

Demonstrating his commitment to a polio-free world, Rtn. Hari Om Verma has generously donated \$200 to the polio eradication fund in honor of the late Mr. Aiden, the visionary leader whose tireless efforts were instrumental in the global fight against polio. Mr. Aiden, who passed away last week, leaves behind a legacy of hope and perseverance in the battle to eradicate this crippling disease



number of cases will continue to shrink, and we'll keep up prevention and

surveillance until we're sure polio is gone forever. We're closer than ever to

You'll receive another email soon, which you can use for tax purposes if

Thank you again for supporting The Rotary Foundation

ending this devastating disease.

applicable.



### Celebration of Independence day

Rotary Club Chandigarh Uptown celebrated the 78th Independence Day with great enthusiasm at Bhai Gurudas Public School, Mansa Devi Complex, Mansa, Panchkula, on August 15, 2024. The program commenced at 10:00 am with the hoisting of the National Flag by Club President Rtn. Vijay Kumar Dhall and Principal Ms. Babita Sethi, followed by the National Anthem. President Rtn. Vijay Kumar Dhall expressed his gratitude to the school for providing a platform to celebrate Independence

Day and encouraged the students to stay motivated in their careers. The school showcased captivating performances by 123 students, including dances, solo acts, songs, and speeches. In appreciation of their remarkable efforts, the club distributed gifts to all participants and provided refreshments for the entire student body and staff.

Furthermore, the club made a generous donation of Rs. 11,000 to the school to support essential

infrastructure improvements. The event was attended by the following Rotarians:

- I Rtn. Mahesh Arora
- 2. Rtn. K.K. Walia
- 3. Rtn. Arun Kamboj
- 4. Rtn. Manmohan Luthra
- 5. Rtn. Baljinder Sood
- 6. Rtn. Amit Chahal
- 7. Rtn. Surinder Khanna
- 8. Secretary Rtn. Amrik Singh Vraich
- 9. President Rtn. Vijay Kumar Dhall









## Teej and Raksha Bandhan was celebrated by students of Rotary Club Chandigarh Uptown

Computer Centre along with Students of Samvedna skill centre.











## Celebration of Birthday and Anniversary of Rotarians

#### **Birthday**

- 1. Rtn Veena Arora 02.08.2024
- 2. Rtn Rajendra Pratap 07.08.2024
- 3. Rtn Dr Jashwant Singh 17.08.2024

#### **Anniversary**

Rtn Vijay Narang and Ann Ms Suman Narang 13.08.2024







Orientation Program - Date: Wednesday, August 21, 2024- **Time:** 7:30 PM - **Venue:** Hotel Pearl, Industrial Area Phase 2, Chandigarh

Rotary Club Chandigarh Uptown The District Governor, Rtn. Raj Pal Singh, entrusted our club with the important task of hosting an Orientation Program for new Rotarians from Zone-7 and the Tricity, which was successfully conducted with a participation of more than 50 Rotarians from Uptown family and tricity clubs. The program aimed to strengthen the understanding of Rotary's mission and values among both new and existing members.

The meeting began with the traditional collaring of President Rtn. Vijay Kumar Dhall by Sergeant at Arms PP Rtn Ajay Gupta followed by the National Anthem and the recitation of the Four-Way Test.

The evening was masterfully hosted by PAG Rtn. Mahesh Arora, who extended a warm welcome to the distinguished guest, PDG Rtn. Dr. Manmohan Singh, visiting Rotarians from other clubs, and members of the Uptown family.

In his presidential address, Rtn. Vijay Kumar Dhall proudly highlighted the club's achievements over the current year, noting that 20 projects have been successfully completed. He also provided insights into upcoming initiatives and elaborated on the club's signature projects, including the "Workshop on Career Guidance," "E-Waste Management," and the "Bird House" project, which were met with applause from the attendees.

AGE Rtn K K Walia beautifully presented introduction of PDG Rtn Dr Manmohan Singh PDG Rtn. Dr. Manmohan Singh then delivered an inspiring keynote address, offering deep insights into Rotary's mission and vision. He emphasized the crucial role that new Rotarians play in the organization and reminded everyone of the core principle, "Service Above Self." His detailed explanation of the acronym "ROTARIAN," particularly on the retention of members, was well-received by the audience.

The club had already inducted eight new Rotarians during the Installation

Ceremony on July 11, 2024. During this meeting, two more Rotarians, Rtn. Dr. Nitya Prakash and Rtn. Sandeep Kumar Sharma, were formally pinned, bringing the total number of new members this year to ten. PDG Rtn. Dr. Manmohan Singh warmly welcomed all the new members with a garland, an act that was met with applause.

The club also celebrated the birthday of Rtn. Dr. Jashwant Singh with a cake-cutting ceremony, and PDG Rtn. Dr. Manmohan Singh honored him with a garland.

Uptown club honoured the visiting Rotarians with a small taken of gifts.

The meeting concluded with a vote of thanks from Secretary Rtn. Amrik Singh Vraich, who then invited everyone to enjoy a gala dinner.

Details of participants:-Participants Chandigarh Uptown. 28Chandigarh Midtown-02, Derrabassi-05, Chandigarh Central- 05, Chandigarh Shivalik-02, Pinjore Hills-02, Panchkula Greens-04 Panchkula Midtown-02

Total=50





## Rotary Club Chandigarh Uptown Hosts Workshop on Mental Health & Awareness of POCSO Act

Rotary Club Chandigarh Uptown, in partnership with Team MANODAYA, organized a Mental Health Check-Up Workshop on August 24th at the Rotary Computer Training Center, Kajheri.

The workshop, held at 3:00 PM, was attended by 30 students who participated in activities focused on mental health awareness and wellbeing. Recognizing the importance of mental health among students, the club aimed to provide a supportive platform for young minds to receive professional

guidance on managing stress, emotions, and overall mental wellbeing. The workshop also sought to break the stigma surrounding mental health issues, encouraging open discussions.

Team MANODAYA led the workshop with interactive sessions, counseling, and assessments, offering students practical insights into recognizing and addressing mental health challenges. Such initiatives are crucial in helping students navigate academic pressures and personal growth,

ensuring a balanced and healthy life. Attendees also aware about POSCO act. Following Rotarians joined the program.

- 1. Rtn Manjula Walia ji
- 2. Rtn Veena Arora ji
- 3. Rtn Alka Gupta ji
- 4. Rtn K K Walia ji
- 5. Rtn Alka Dhall ji
- 6. Rtn Amrik Singh Vraich ji
- 7. Rtn Vijay Kumar Dhall







## Rotary Club Chandigarh Uptown Organizes Mammography & Bone Density Test Camp in Collaboration with Tera hi Tera Mission

Today Rotary Club Chandigarh Uptown, in collaboration with Tera hi Tera Mission, organized a Mammography Camp and Bone Density Test today at Zone-2 Park, F Block, Aerocity, Mohali. The event, which began at 10 AM, was aimed at raising awareness about breast cancer and the importance of regular screenings, especially given the alarming rise of over 25% annually in breast cancer cases.

During the camp, a total of 40 mammography tests and 90 bone density tests were conducted. These screenings are vital for early detection and prevention, enabling timely intervention and treatment. The initiative was well-received by the local community, and the participation underscored the commitment of Rotary Club Chandigarh Uptown to public health and welfare.

Eleven Rotarians from Rotary Club Chandigarh Uptown actively participated in the event, contributing their time and efforts to ensure the camp's success. The club continues to play a pivotal role in supporting health-related causes and serving the community through various impactful projects.













## Project E Waste Management and awareness at Aero City Mohali





Today, Rotary Club Chandigarh Uptown, in collaboration with "Karo Sambhav," organized an impactful E-waste collection drive at Park Zone 2, F Block, Aerocity, Mohali. The event was a resounding success, with over 40 attendees actively participating in the initiative.

Ms. Sakshi Chandel from "Karo Sambhav" delivered an insightful presentation on the significance of proper E-waste management, highlighting its environmental and health benefits. The attendees were educated on the importance of disposing of electronic waste responsibly to prevent environmental contamination.

During the drive, approximately 35 kg of E-waste was collected, including items such as computers, mobile phones, batteries, and small household appliances. A total of 11 Rotarians from Rotary Club Chandigarh Uptown participated in the event, demonstrating the club's

strong commitment to environmental sustainability.

Rotary Club Chandigarh Uptown extends its heartfelt gratitude to all participants and volunteers who contributed to the success of this drive. Your involvement plays a crucial role in promoting a cleaner and healthier community.

Together, we can make a lasting impact on our environment.





### Rotary Club Chandigarh Uptown

has a Long-Standing Commitment to Supporting Child Cancer Patients at the Oncology Department of PGI, Chandigarh

Rotary Club Chandigarh Uptown has a long-standing commitment to supporting child cancer patients at the Oncology Department of PGI, Chandigarh, by providing essential nutrition. Recently, PGI reached out to our club, requesting specific nutrition supplements, "Neogain" and "Fitkid." On August 28, 2024, in response to this request, our club donated nutrition supplements worth Rs. 15,000/-. This donation was coordinated by Rtn. Anjna Kapoor, reinforcing our club's dedication to the

well-being of these young patients. Following Rotarians were present:-

- 1. Rtn. Anjana Kapoor
- 2. Rtn. Amrik Singh Vraich
- Rtn. Rajesh Jain
- 4. Rtn. Yashica Jain
- Rtn. Vijay Kumar Dhall

### Flag Exchange Ceremony



It's inspiring to see our new members, Rtn. Manbir Singh, Rtn. Manjeet Singh, and Rtn. Manmohan Luthra, actively engaging in our projects under the guidance of our senior Rotarians. A big congratulations to them all!

We had the pleasure of welcoming and hosting Past President Rtn. Romelal Madhavan, former President of the Rotary Club Parur, Cochin, Kerala. During his visit, we had the opportunity to exchange club flags with Rotary Club Parur, Club No. 15878, Charter No. 7790/1951, District 3201, in the presence of Rtn. Manmohan Luthra, Rtn. Manbir Pal Singh, Rtn. Dr. Manjeet Singh, and Rtn. Romelal Madhavan. Our discussions were fruitful, focusing on potential future collaborations.

In a gesture of goodwill, Rtn. Manmohan Luthra also presented Rtn. Romelal Madhavan with the club pin of RC Faridkot, symbolizing the blessings of Baba Farid Ji and extending our warm regards.

### **Project Meeting in Progress**

Rotary Club Chandigarh Uptown is thrilled to announce the chartering of our fourth

Interact Club and the first for the 2024-25 Rotary year.

This milestone is a significant achievement for our district. The Interact Club will serve as a beacon of service and community engagement, inspiring young

leaders to make a positive impact in our society.

Congratulations to everyone involved! Here's to a year of service, leadership, and growth.

MANY MORE TO COME...# Rotary3080 # Interact Club #ServiceAboveSelf #YouthLeadership



#### Dear Fellow Rotarians,

I am delighted to invite you to the launch of my 14th book in Mumbai next month. It would be an honor to have your esteemed presence at this special occasion, and I look forward to seeing you all there.

Warm regards, Rtn. Prof. (Dr.) Nitya Prakash



## A Proud Moment for Rotary Club Uptown Chandigarh-Distt 3080!

We are thrilled to share that our new member Rtn. Dr. Manjeet Singh has been recognized by the ESRAG (Environmental Sustainability Rotary Action Group) for his outstanding contribution to the Million Solar Panel Challenge. Through his

dedicated efforts in supporting the installation of solar panels, Dr. Manjeet Singh has showcased exemplary support in our shared mission of fostering a more sustainable and ecofriendly future. His work not only strengthens our

global Rotary community but also sets a shining example of the positive impact that Rotarians can achieve together.

Join us in congratulating Dr. Manjeet Singh on this well-deserved recognition







#### CERTIFICATE OF APPRECIATION

THIS CERTIFICATE IS PROUDLY PRESENTED TO ROTARY MEMBER:

#### **Manjeet Singh**

In recognition of your invaluable support for ESRAG's Million Solar Panel Challenge. By documenting the solar panels installed at your home, business, or those provided for the less fortunate, you have exemplified leadership in helping Rotarians reach the goal of one million solar panels

Solar Hero









August 6, 2024

Presented by:
ESRAG's Million Solar Panel Team





# Rotary Club Chandigarh Uptown is thrilled to announce the chartering of our fourth Interact Club and the first for the 2024-25 Rotary year.

This milestone is a significant achievement for our district. The Interact Club will serve as a beacon of service and community engagement, inspiring young leaders to make a positive impact in our society.

Congratulations to everyone involved! Here's to a year of service, leadership, and growth.

**MANY MORE TO** 

COME...#Rotary3080 #InteractClub #ServiceAboveSelf #YouthLeadership





#### **Certificate of Organization**

This certificate recognizes that the

Interact Club of Govt. Senior Secondary School Of Eminance Bakarpur, S. A. S. Nagar

Club ID 229885

Established 09 August 2024

has been organized and has agreed, through its officers and members, to be bound by the constitution and bylaws of the Interact program of Rotary International.

Sponsored by the

Rotary Club of Chandigarh Uptown, Punjab, India

	Bezhanie a. Wilich
PRESIDENT(S), SPONSORING CLUB(S)	PRESIDENT, ROTARY INTERNATIONAL
	19 August 2024
DATE	DATE
	647LEN/62/



### Dear Rotarian Raj Pal Midha

Heartiest congratulations on being accorded the prestigious title of "Jewel of Punjab" for outstanding work with your company 21st Century Enviro Engineers

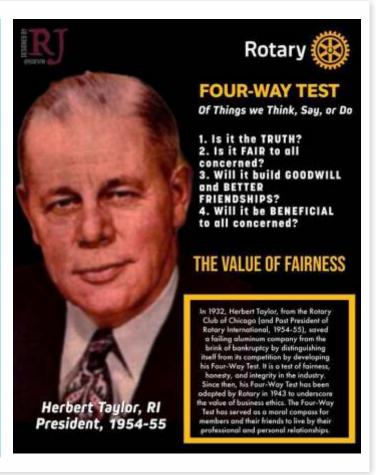
This remarkable recognition reflects your dedication, visionary leadership, and unwavering commitment to environmental sustainability. Your

achievements inspire us all, and we couldn't be prouder to have you as part of our Rotary family. Warmest congratulations once again











### Diamond Public School

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Kawaljit Kaur, M.A., B.Ed., D.G.S. Principal



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