



CREATE HOPE  
in the WORLD

**Rotary**

Club of Mohali Midtown  
Rotary International District 3080



END  
POLIO  
NOW

**WORLD POLIO DAY**  
**IS 24 OCTOBER**

#EndPolio | [endpolio.org](http://endpolio.org)

Rotary 

**GOOD-BYE POLIO**  
**THANKS ROTARY**



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**Shubh. Karman**

*Inspiring good deeds*

# *The Board*

- **President:** Rtn Amarjit Singh Virk
  - **Secretary:** Rtn Manjit Kaur
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  - **Vocational Service:** Rtn Aameep Sinha
  - **New Generation Service:** Rtn Kuldip Singh Dhody
  
  - **International Service:** Rtn Dr. Aditya Sharma
  
  - **Club Service:** Rtn Manjit Singh Kohli
- 

*Editor – Shubh Karman :*

PP Rtn Sukhpreet Singh Giani  
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## The life

On Oct.9' this year, I completed 61 years. Near and dear ones were enthusiastic on that day and wishing me that I have completed more than 6 decades. For a moment I was also flying high that I have achieved some milestone in the life, but after some moments, a thought stuck me as to what is special today, which was not there a day earlier or which will be not there a day after?

I find the life is like the game of Cricket. Whenever a batsman completes 50 or 60 runs, it is said that he had completed half century & has even then scoring runs, but that is neither a guarantee that he will now complete century nor it often happens. However, the commentators loudly claim that now the batsman is well set and the cricket ball is looking as football to him. Meaning thereby it has become much easier now to hit the ball than before. But no one can feel as to what is the condition of that batsman while facing each ball.

Only realization that may happen at that stage is that he is in position to understand the situation i.e., condition of pitch, temperament of bowlers and opponent team, which gives him confidence to play better. Nevertheless, every new ball he is facing is a new challenge as he may get out on any ball. Same is the condition of life. Having completed 61 years is no guarantee of completing a century, but the experience of 60+ years may be helpful in shaping life henceforth. It is time for introspection as to whether I have been able to achieve even a bit for what is the real purpose of life. Why we have got this opportunity of life, who we are or we are only satisfied with what we are doing worldly daily that after getting birth we have been able to earn livelihood and support the family. If this is the only purpose, then certainly I may consider myself lucky to have achieved this. However, as I Introspect, I realize that this is not the real purpose of our coming to this Universe or that we have got this life. It is certain that despite having completed 61 years end may come any moment, so every new moment is a new challenge, which may even prove the last moment. So the only thought that came in my mind that this is not achieving any milestone but the realization that I had wasted so much time say 61 years of this precious life, without realizing even the real aim of life, what to talk making any efforts to achieve it yet a sense of satisfaction is there that even though this realization has come too late but nothing is too late in life, we should take this moment as new Dawn soon as to strive hard to achieve the aim taking every new moment as a new challenge which may be the last but taking advantage from the little experience of life gained in the last six decades.



*“It is time for introspection as to whether I have been able to achieve even a bit for what is the real purpose of life,”*

# 50<sup>th</sup> Meeting

## The Food Facts!

- A dietician is not there to make you eat less, but to make you eat right.
- The diet plan should be such that it provides enough fuel for 24 hours for each organ of the body.
- Any diet plan that has less than 1000 calories for a day, is not suitable.
- Rtn. Dr Sandeep Dev got the punctuality award

The 50<sup>th</sup> meeting of Rotary Club of Mohali Midtown held on Friday, 13<sup>th</sup> Oct., 2023 at the BOARDROOM, Fortis Hospital, Mohali, at 5.30 p.m.



In first half an hour of fellowship, the members enjoyed the fellowship and celebrated birthdays of Rtn. Dr. Sandeep Dev Singh, Rtn. Amarjit Singh Virk, Rtn. Hardeep Singh and Rtn. Kuldip Singh Dhody as well as Marriage Anniversaries of Rtn. Hardeep Singh / Ann Harpreet Kaur, Rtn. Parvinder Singh/Rtn. Manjit Kaur and Rtn. Jashinder Bir Singh / Ann. Chandandeep Kaur falling in the first fortnight of the month of October by cutting the Cake.

PP Rtn. Sukhpreet Singh Giani collared the President. The President called the meeting to order. PP Rtn. Sukhpreet Singh Giani initiated the National Anthem which was sung by all, recited the 4-way Test and then passed on the mike to President. The President welcomed the Guests Dietician Sonia Gandhi & Sh. Vikas Kaushal of Fortis Hospital and S. Mandeep Singh.

## ACTIVITIES OF CLUB SINCE THE LAST CLUB MEETING:

The President informed that on Sept 29<sup>th</sup> the Club Organized the Installation of 3<sup>rd</sup> Interact Club Ajit Karam Singh International Public School and also organized

Tree Plantation in the School premises by planting 10 trees.

The President also informed that on Sept 30<sup>th</sup> Club Organized Bicycle Distribution Project by handing over 10 cycles to the needy girl students of Govt. High Smart School, Kandala. AG Rtn.



Sukhvir Singh Sidhu was the Chief Guest. The Club also organized Tree Plantation in the School premises by planting 10 trees.

The President also informed that on Oct 2<sup>nd</sup> 2023 the Club Organized Dental & Eyes Checkup Camp at Jyoti Sarup Kanya Asra, Kharar for 140 inmate girls. The Camp was organized by Rtn. Sandeep Singh Dev, Ann. Anjali Dev & team of Rtn. Dr, Aditya Sharma. The President shared that on Oct 5'2023 the Club Organized Blood Donation Club with the assistance of Rotaract Club of Khalsa College of Technology & Business Administration, Mohali in the College in which 55 units of Blood was collected.

The President also informed that on Oct 8<sup>th</sup> 2023 the Club Organized 7<sup>th</sup> Free Eye Checkup Camp at Daddumajra. Rtn. Dr. Aditya Sharma was the Project Chairperson. Free Eye Checkups were conducted by expert team of doctors and free eye checkup was conducted for as many as 40 patients, they were also provided free medicines.

## UPCOMING PROJECTS:

The President apprised that the Club is organizing 2<sup>nd</sup> Bicycle distribution project and 5<sup>th</sup> Tree Plantation Project on 14/10/2023 at Woodsbury School, Phase X, Mohali. **Read more at page**

The President also informed that the club is going to celebrate WORLD POLIO DAY in the last week of October.

The President apprised that the Club is going to organize Awareness Camp for Thalassemia with the assistance of Fortis Hospital in the 4<sup>th</sup> week of October, 2023 at Khalsa College of Technology & Business Administration, Mohali.

The President also informed that the club is going to organize 8<sup>th</sup> Free Eyes Checkup Camp on 15/10/2023 at Village Bhagwanpur, Derabassi. **Read more at**

The President also informed that the club is going to organize Adult literacy Project at Tribune Model Interact Club very soon.

### **GUEST /EXPERT TALK BY DIETICIAN SONIA GANDHI**

Rtn. Kuldip Singh Dhody introduced the Guest Speaker Dietician Sonia Gandhi and invited her for her talk. He made a special mention that patient in the IPD department may be getting the treatment from any doctor, but has to have the dietary review during the stay in the hospital and later by Dr. Sonia Gandhi and /or her team.



Dietician Sonia Gandhi with her eloquence and professional expertise enlightened the Rotarians and Guest through power presentation about the necessity of right nutrition

Dr. Sonia Gandhi is currently heading the department at Fortis Hospital at Mohali. Dr. Sonia Gandhi passed her Masters in Nutrition and Dietetics in the year 1995 and completed her research on Lipid profile of Albino rats in response to antioxidants and went on to qualify the UGC in the same specialization. Ms Gandhi worked as a research scholar cum lecturer in Banasthali University, Jaipur for 3 years. After undertaking several esteemed projects as a co-guide, she got the opportunity to work in Post Graduate Institute of Medical Sciences and Research as a Dietitian. Ms Gandhi has been heading the Clinical Nutrition and Dietetics department of Fortis Mohali since 2001 and has mentored all SOP's, processes and protocols of the department, from clinical perspective for better clinical outcome.

and also, about the myth of today's Health Supplements as to how misleading these are and the way we can get proper nourishment with our routine and normal diets by regulating the same in a proper manner. She made a special mention that the food is there to provide "happiness"; however, an unregulated diet can lead to ill health too. In last few years, the supplements have emerged, however the knowledge about supplements is limited and easy access to these supplements has caused havoc. She shared that in last few years many cases have been reported where the illness was caused by the wrong or over use of the supplements.

She emphasized that a dietician is not there to make you eat less, but to make you eat right. The diet plan should be such that it provides enough fuel for 24 hours for each organ of the body.

She said that any diet plan that has less than 1000 calories for a day, is not suitable.

She emphasized that food bonds the family, and lack of grain throughout the day may keep one irritated. She exemplified that if some one is eating four chapatis in the breakfast and then tends to miss the grains for the rest of the day may fall in this category. The Guest Speaker after her presentation also responded to the queries of the Rotarians.

The Club felicitated the Guest with gift as well the latest book of Rtn. Gurjot Singh Kaler "The Battle of Longewala Grit Guts Glory". Rtn. Manpreet Singh Chawla proposed the Vote of Thanks.

# *Know our*

# *Interact*

# *Leader*



*Siya (President Interact Club,*

*AKSIPS 65 Smart School)*

- An enthusiastic Grade XII Humanities student with a passion to bring a positive change in the society.
- A magnificent speaker and comperer, has successfully conducted various events at school.
- Apart from academics, she is a good dramatist, painter and an avid reader.
- Is an all rounder and participates actively in sports and other co-curricular activities.
- Has participated actively in traffic awareness , say no to tobacco , say no to single use plastic etc .campaigns



***Karan Saini (Secretary Rotaract Club of Khalsa College of Management and Technology)***

- Pursuing Masters (MSc.IT) and also working as an Sr. DBOR in Alorica India IT company.
- Previously has served in Rotaract club Mohali as an active member and had actively participated in major projects and other curricular activities of the club.
- Keen to take part in outside and well as in college activities.
- Also guides the members regarding the event upholding and management.



*Past President writes*

*Know The Mother Earth 4*

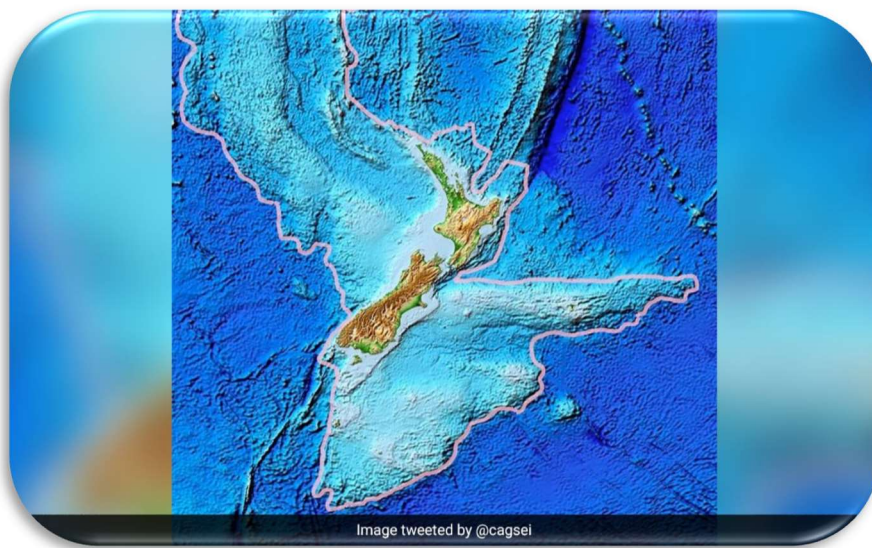
## *Scientists Discover 8th 'Continent'*

*By PP Rtn. Harcharan Singh Marwah*

*This is fourth part of series being written by Rtn. Marwah*

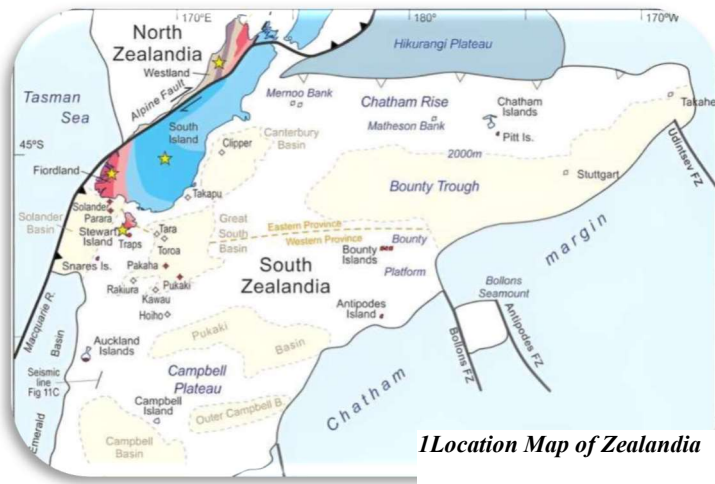


As per previous record, there are a maximum of seven continents of the world, namely Africa, Antarctica, Asia,



Australia/Oceania, Europe, North America, and South America. Scientists Discovered 8th continent Zealandia that had been Missing for last 375 Years. Geoscientists have discovered a continent that had been hiding in plain sight. The small team of geologists and seismologists has created a newly refined

map of Zealandia or Te Riu-a-Maui. The researchers found it by using the data obtained from dredged rock samples recovered from the ocean floor. The details of the research have been published in the journal Tectonics. Zealandia is a vast continent of 1.89 million sq miles (4.9 million sq km) it is around six times the size of Madagascar. The team of scientists informed that there are in fact 8 continents- and the latest addition breaks all records, as the smallest, thinnest, and youngest in the world. The new continent is 94 per cent underwater, with just a handful of islands, similar to New Zealand. "This is an example of how something very obvious can take a while to uncover," says Andy Tulloch, a geologist at the New Zealand Crown Research Institute GNS Science, who was part of the team that discovered Zealandia, BBC reported.



Scientists say that Zealandia has always been difficult to study. Scientists are now studying collections of rocks and sediment samples brought up from the ocean bed, most of which came from drilling sites—others came from the shores of islands in the area. Phys.org reported that the study of the rock samples showed

geologic patterns in West Antarctica that hinted at the possibility of a subduction zone near the Campbell Plateau off the west coast of New Zealand. The researchers did not find magnetic anomalies in that area, however, which argues against theories surrounding a strike-slip in the Campbell Fault. The newly refined map shows not only the location of the magmatic arc axis of the Zealandia continent but other major geological features as well. Zealandia was originally part of the ancient supercontinent of Gondwana, which was formed about 550 million years ago and essentially lumped together all the land in the southern hemisphere. Prior research has suggested that approximately 83 million years ago, the supercontinent Gondwana was pulled apart by geological forces, resulting in the beginnings of the continents that exist today. It also resulted in the creation of another continent that is now submerged. Because it is submerged beneath the ocean, Zealandia is not nearly as well studied as the conventional continents, resulting in inconsistencies in its presumed form and structure. In this new effort, the research team sought to refine existing maps of Zealandia by studying collections of rocks and sediment samples brought up from the ocean bed, most of which came from drilling sites—others came from the shores of islands in the area. The team then studied the samples as part of a secondary study that involved analyzing seismic data for the region. They then created a more refined map of the whole 5 Mkm<sup>2</sup> Zealandia continent. Study of the rock samples showed geologic patterns in West Antarctica that hinted at the possibility of a subduction zone near the Campbell Plateau off the west coast of New Zealand. The researchers did not find magnetic anomalies in that area, however, which argues against theories surrounding a strike-slip in the Campbell Fault. They suggest instead that the Campbell Magnetic Anomaly System resulted from stretching of Gondwana as it was being torn apart. That stretching, they further propose, eventually led to a break, which resulted in the creation of ocean floor that makes up the lower parts of the Zealandia continent.

# In the service of the Community

## Projects Accomplished

(Between Oct 1<sup>st</sup> 2023 to Oct 15<sup>th</sup> 2023)



Rotary Club of Mohali Midtown & Rotaract Club Khalsa College (Asr) of Technology & Business Studies, Mohali organized BLOOD DONATION CAMP in Khalsa College, Mohali on Oct 5<sup>th</sup> 2023 in association with Rotary Blood Bank, Sector 37. 60 units of blood was donated by the students of the collage. The event was covered by media too.

<https://www.youtube.com/watch?v=eyHyzLjkYfY>

### खालसा कॉलेज में 60 विद्यार्थियों सहित फैकल्टी मेंबर्स ने किया रक्तदान



खूनदान शिविर के दौरान जानकारी देते हुए कॉलेज प्रिंसिपल डा. हरीश कुमारी व संस्था पदाधिकारी। (संस्करण)

**सवेरा न्यूज़ / विजयवात मोहली** :खालसा कॉलेज (अमृतसर) टेक्नोलॉजी एंड बिजनेस स्टडीज फेज 3 ए के रोटरी क्लब द्वारा रोटरी क्लब ऑफ मोहली मिडटाउन के सहयोग से रक्तदान शिविर का आयोजन किया गया। ये शिविर कॉलेज की प्रिंसिपल डा. हरीश कुमारी की अध्यक्षता में आयोजित किया गया था जिसमें लगभग 60 विद्यार्थियों सहित कॉलेज की फैकल्टी मेंबर्स, एनएसएस वालंटियर्स ने रक्तदान किया। खूनदान शिविर का शुभारंभ कॉलेज की प्रिंसिपल डा. हरीश कुमारी तथा रोटरी क्लब ऑफ मोहली मिडटाउन के प्रेसिडेंट अमरजीत सिंह धिक् द्वारा डीप प्रज्वलित कर किया गया। जिसके बाद रक्तदानियों ने रक्तदान किया। शिविर में डॉक्टरों की टीम रोटरी एंड ब्लड बैंक सोसाइटी रिसोर्स सेन्टर से डॉ. रेली अग्रवाल के नेतृत्व में आई हुई थी। इस अवसर पर कॉलेज की प्रिंसिपल डा. हरीश कुमारी ने कॉलेज क्लब द्वारा आयोजित इस शिविर की सरहना की और विद्यार्थियों के मनोबल को ऊंचा उठाया। उन्होंने कहा कि रक्तदान से बड़ा दान कुछ नहीं।



Rotary Club of Mohali Midtown organised 7th Free Eyes Check up Camp of the year on Oct 8 '2023 at Gurudwara Nanak Darbar , Daddu Majra. More than 40 patients got their eyes checked up they were provided free medicines also.



Rotary Club of Mohali Midtown provided bi cycles to 10 needy women on Oct 10 at Woodbury School in Phase 10, Mohali. These recipients were identified by club members.



Rotary Club of Mohali Midtown provided two shelter kits to needy. These recipients had lost their hutments in the recent flood in the district of Mohali.



Rotary Club of Mohali Midtown carried out tree plantation at Woodbury School, Phase 10, Mohali on Oct 10'2023.

## Did you know?

**END  
POLIO  
NOW**

**WORLD POLIO DAY  
IS 24 OCTOBER**

#EndPolio | [endpolio.org](https://endpolio.org)



- **Polio has existed since ancient times and was documented in the written record in the 18th and 19th centuries.**
- **There are three wild types of polio virus** (types 1-3), which are naturally-occurring and non-mutated strains. Symptoms of polio include sore throat, fever, tiredness, nausea, headache, and stomach pain.
- In 1955, the campaign bore fruit when Dr Jonas Salk developed the first vaccine against polio – an injectable, inactivated polio vaccine.
- **In 1961, Dr Albert Sabin developed a "live" oral polio vaccine (OPV)** which rapidly became the vaccine of choice for most national immunization programmes globally.
- **Rotary members have contributed more than \$2.1 billion** and countless volunteer hours to **protect nearly 3.5 billion children in 122 countries** from this paralyzing disease.
- Rotary's advocacy efforts have played a role in decisions by governments to contribute **more than \$15 billion to the effort.**
- **Rotary launched PolioPlus in 1985 and was a founding member of the Global Polio Eradication Initiative in 1988.**
- **In 1988, Rotary persuaded the World Health Organization (WHO), UNICEF and CDC to join the effort and together the four organizations formed the Global Polio Eradication Initiative (GPEI).**

## ***Forth Coming Events***

- **51<sup>st</sup> meeting of the club on Oct 26'2023**
- **World Polio Day celebration at Ajit Karam Singh**

**International School, Phase XI. (date and time will be shared on club's what's app group)**



# *Congratulations*

*Marriage Anniversary Wishes*

*Rtn. Jagdeep Singh Oct 20*

*Rtn. Manjít Singh Kohli Oct 26*

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**PLEASE NOTE**

*This newsletter is not to be used commercially or for any non-Rotary solicitation. This is for each member's private use, which intent to inform the events happening in the club.*