



CREATE HOPE
in the WORLD

Rotary

Club of Mohali Midtown
Rotary International District 3080



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Water, Sanitation and
Hygiene Month



Shubh. Karman

Inspiring good deeds

The Board

- **President:** Rtn Amarjit Singh Virk
 - **Secretary:** Rtn Manjit Kaur
 - **Vice President:** Rtn Iqbal Singh
 - **Treasurer:** Rtn Gurcharan Singh Arora
 - **Joint Secretary:** Rtn Manraj Singh
 - **Immediate Past President:** Rtn Ravijeet Singh
 - **President Elect:** Rtn Dilpreet Singh Boparai
 - **Sergeant at Arm's:** PP Rtn Harcharan Singh Marwah
 - **Community Service:** AG PP Rtn Harjeet Singh
 - **Vocational Service:** Rtn Aameep Sinha
 - **New Generation Service:** Rtn Kuldip Singh Dhody

 - **International Service:** Rtn Dr. Aditya Sharma

 - **Club Service:** Rtn Manjit Singh Kohli
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“Rotarians believe to achieve ends by adopting pious means based on moral values

The President Writes

Soul of Rotary is Selfless Service Based on Humanity

The Rotary International turned 118 and celebrated 119th Foundation Day on February 23rd. Rotary has spread its wings worldwide even in a greater number of countries than the member countries of UNO. Rotary's presence at such wide level for more than a century gives immense sense of pride to each and every Rotarian but at the same time it is enjoined with a higher level of responsibility to come up to the highest moral standards with which the Rotary was established. Soul of Rotary is selfless service based on humanity. Rotary's culture inspires every Rotarian to work with this spirit without any discrimination. It gives an opportunity to Rotarians to work for uplifting the underprivileged section of the society deserving more attention and care. Rotary has remained apolitical for over a century since its inception, this is not a mean achievement and for this credence goes to its leadership to keep it aloof from political scenario since beginning, even though large number of World Rotarian leaders have been political giants having influence over world politics. Rotary's contribution towards world peace cannot be underestimated, it continues working in cordial atmosphere irrespective of hostile attitudes of various Countries against one another. The Club had planned to host Cyclothon to commemorate Rotary Foundation Day on 23rd February but due to prevailing unrest situation due to ongoing Farmers Protest, the same had to be dropped. Every Rotarian must come forward to contribute to best of its ability to ensure overall development in the Society by adopting moral values. Rotarians believe to achieve ends by adopting pious means based on moral values, as for Rotarians it is the means that matter most than the end result. We, the Rotarians must strive for Club based on moral values showering love and empathy on the section of our Society needing it more.

59th Meeting

- *Preparing for DG Visit*
- *Drishti Project*
- *PP Rtn. Sukhpreet Singh Giani got the punctuality award*

The 59th meeting of Rotary Club of Mohali Midtown held on Wednesday, 28th February, 2024 at ABHINANDAN, Aroma Hotel, Chandigarh at 7.30 P.M.



Sergeant at Arms, PP Rtn. Harcharan Singh Marwah collared the President. The President called the meeting to order. Sergeant at Arms, PP Rtn. Harcharan Singh Marwah 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 Rotarians & Anns. The President on behalf of all the

Fellow Rotarians wished Rtn. Seru Kaushik on her Birthday falling in Second fortnight to have happy blissful life.

President Informed that the Club has resolved to join hands with Sahibzada Ajit Singh Trust to run Eye Clinic with the assistance of fellow Rotarian Dr. Aditya Sharma, an eminent Eye Surgeon, at the Poly Clinic being run by the Trust at Village Parchh, Mullanpur and to sponsor

Cataract Surgeries. The cost of cataract Surgery has been fixed @ Rs. 4,000/- per surgery. The President informed that MOU with the Trust will be signed shortly, however, the Eye Clinic had been made operational & as many as 6 patients have already been diagnosed for Cataract Surgeries, which are most likely to be conducted on 29th February, 2024.

The President appealed to all the fellow Rotarians to come forward and to sponsor the Cataract surgeries by sponsoring surgeries on the occasion of Birthdays / Marriage Anniversaries or even special occasions in their families.

President informed the House that PP Rtn. Harjeet Singh has offered to donate Rs. 50,000/- for the project. PP Rtn. Sukhpreet Singh Giani has offered to sponsor 7 Cataract Surgeries in an year, out of which cost for 01 Surgery had already been credited in the Club's Account. Charter President Rtn. Gurcahran Singh has offered to sponsor 2 Surgeries and out of those 02, the cost of 01 surgery for the coming cataract Surgeries will be deposited.

PP Rtn. HS Marwah has sponsored 2 Surgeries.

PP Rtn. Hardeep Singh has offered to sponsor 2 Surgeries.

President Rtn. Amarjit Singh Virk has offered to sponsor 2 Surgeries., which will be deposited to bear the cost of coming surgeries.

Rtn. Dr. Aditya Sharma has offered to sponsor 10 Surgeries.

Rtn. Damandeep Singh & Rtn. Prabhjot Kaur have offered to sponsor 4 Surgeries.

Rtn. KS Dhody has sponsored 5 Surgeries in a year.

The President informed that the Club will manage this corpus by depositing the amount in the bank account being managed by the Club separately for RCMMFAC. The President also informed that the members can deposit their contributions in the account the details of which had already been shared.

President also informed that till the time the Club becomes eligible for Rebate u/s 80-G of IT, Act, the members can also give their contributions in the name of trust to Charter President Rtn. Gurcharan Singh.

The President Informed that the PP Rtn. Harjeet Singh has been awarded Second Hoighest Award of Avenue of Service at District Conference- 'ANAND" held on 10-11th February 2024 at Chimmney Heights. The President congratulated PP Rtn. Harjeet Singh on behalf of the Club for this well deserved honor conferred upon him.

Upcoming Official visit of District Governor : The President apprised the Club for Official Visit of DG in the month of March 2024 for which the District Secretariat has given choice from 3 dates of 27-29th March, 2024. The House unanimously resolved to arrange DG Official visit on 29th March, 2024.

Club Trainer PP Rtn. Sukhpreet Singh Giani addressed the House and apprised that the Club has got opportunity which is a boon in disguise to run the Eye Clinic and sponsoring the Cataract Surgeries and appealed to the members that there could not be any other better opportunity for



members to come forward and rise to the occasion in the service of humanity. The President announced the Sunshine collection to be Rs 5050/-

The President adjourned the meeting. The members celebrated the evening with fun frolic Tambola, organized by Rtn. Prabhjot Kaur alongwith Club Secretary. The Members & Anns enjoyed the fellowship and Dinner.

What Rotary does for Water, Sanitation and Hygiene?

Rotary believes that clean water, sanitation and good hygiene is a human right. When people, especially children, have access to clean water, sanitation, and hygiene, they lead healthier and more successful lives. When children learn about disease transmission and practice good hygiene, they miss less school. And they can take those lessons home to their families, expanding our impact.

Clean water is a basic human right that many are often denied. There are 2.5 billion people in the world that lack access to improved sanitation and 748 million people that don't have clean drinking water. Nearly 1400 children die each day from diseases caused by lack of sanitation and unsafe water. When people have access to clean water, they live healthier and more productive lives. In 2015, the United Nations introduced their new Sustainable Development Goals (SDGs) to end poverty and promote prosperity while protecting the environment and addressing climate change. Sustainable Development Goal (SDG) 6 on water and sanitation encourages us to address universal access to drinking water and sanitation along with improved water management to protect ecosystems and build resiliency.

Rotarians are committed to reaching the water and sanitation SDG through projects like building wells, installing rainwater harvesting systems, and teaching community members how to maintain new infrastructure.

During March, Rotary Water, Sanitation and Hygiene Month, we're celebrating our commitment to create healthier communities by supplying clean water and sanitation facilities to prevent the spread of infectious diseases. Here are just a few examples of club service projects around the world that are creating a lasting impact:

- A) Clubs in the tricity have provided water cooler and water filter in school
- B) A number of government school in Mohali and Chandigarh have been provided with washrooms; separate for girls and boys with the latest of amenities.
- C) Separate garbage cans for keep garbage segregated

Know your Rotarian

Rtn. Manu J. Singh

Rtn. Manu J. Singh celebrates his birthday on March 14th, and was born in Basra in Iraq to S. Joginder Singh and Mrs. Kamal Singh. He had his initial education from Yadvindra Public School, Mohali and later obtained degrees in MBA (Marketing); MA(ENG) from PU Chandigarh; PGD in Mass Communication (PU), GNIIT from NIIT, Chandigarh.

Rtn. Manu J. Singh is into the business of material Testing and has his own Laboratory named M/s OTH TESTING AND RESEARCH CENTRE LLP-(FORMERLY OMEGA TEST HOUSE). Rtn. Manu is a member of governing council of Panchkula Chambers of Commerce & Industries.

Rtn. Manu J. Singh is married to Priya Singh and the couple celebrates their anniversary on Jan 31st. The couple is blessed with a son – Somanshu Singh and he is presently studying in grade 7



Past President writes

Know The Mother Earth 13

Pre-Historic Sea Monsters in Himalayas

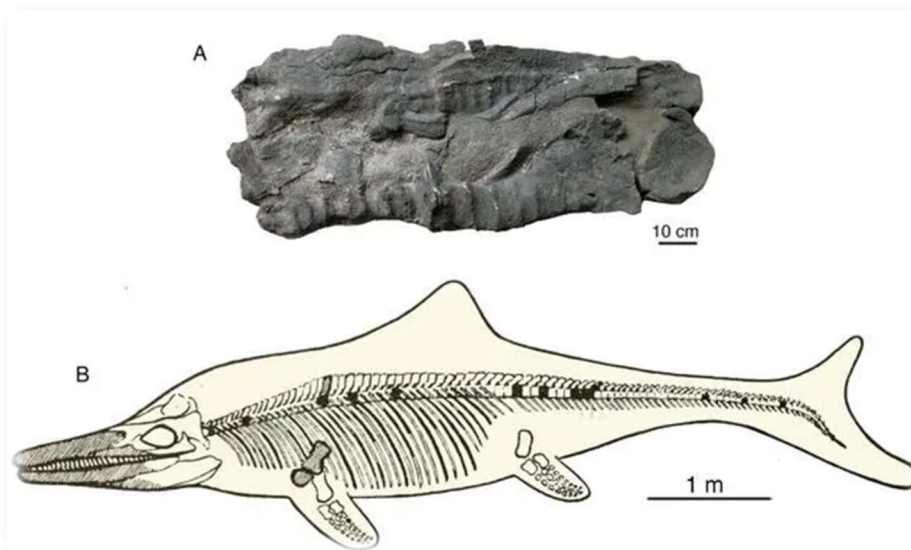
By PP Rtn. Harcharan Singh Marwah

This is thirteenth part of series being written by Rtn. Marwah



Chinese scientists have discovered fossils of the Himalayasaurus, a prehistoric deep-sea predator, approximately 4,000 meters above sea level in the Tibet autonomous region.

Two Himalayasaurus fossil samples were found near Gangkar town in Dingri county, about 100 kilometers from the mountaineering base camp of Mount Qomolangma, also known as Mount Everest in the West, the world's highest peak. This latest discovery will further add up in understanding of the largest known prehistoric animal found on the Qinghai-Tibet Plateau, and will contribute to the study of the evolution of life in the region during the Mesozoic Era (252-66 million years ago).



The Himalayasaurus is a reptile that dominated the sea 210 million years ago, before dinosaurs ruled on land. With a long snout, sharp teeth and a length of

more than 10 meters, these giant reptiles were fast swimmers and mainly fed on fish and other invertebrates.

Chinese researchers first found fossils of the species in the 1960s during an investigation in the Qomolangma area, which rose from the deep sea due to a collision of tectonic plates.

The most recent discovery was made earlier this year by an expedition team consisting of scientists from the Institute of Vertebrate Paleontology and Paleoanthropology of the Chinese Academy of Sciences.

The fossils contain well-preserved vertebrae and ribs, which were rare in previous finds, said Wang Wei, an associate research fellow at the institute.

The cross-section of a human vertebra is about the size of a coin, while the cross-sections of the recently discovered vertebrae are about the size of a baseball cap, Wang said.

"How did the *Himalayasaurus* get so big? What kind of habits did it have? Which part of the globe was it most closely related to during its time? These questions will be the focuses of our research," Wang said.

"The Qinghai-Tibet Plateau is like a huge laboratory for the observation of the evolution of life, and our goal is to reconstruct as completely as possible the history of life on the plateau over the past 200 million years," said Deng Tao, head of the institute.

In the last decade, a series of new discoveries on the plateau has been helping palaeontologists comprehensively examine the important role the plateau played in influencing the evolution of biodiversity in the Cenozoic Era (66 million years ago until today).

In the Service of the Community



Five eye surgeries have been done under the project Drishti in the fortnight of Feb 15 to Feb 29



Project Drishti gets a boost! Mr. Manmeet Singh Dhody s/o Rtn.

Kuldip Singh Dhody, CTO of Paytm has offered to contribute for 15 eye operations.



The first five beneficiaries of Project Drishti with Rtn. Anand of Jal Industries, S. Bablir Singh (both trustees of Sahibzada Ajit Singh Free Polyclinic Trust); Rtn. Dr. Aditya Sharma of Amar Shakti Eye Clinic; and Rtn. Gurcharan Singh Arora

Accolade for Rotary in India!

Rita Aggarwal of Rotary Club of Nagpur, Maharashtra,

India among 6 honored as People of Action

This distinction celebrates the honorees' successes in projects that have had positive, long-term impact.

Their work relates to several of Rotary's areas of focus, including fighting disease, growing local economies, and protecting the environment.



Project: Wellness in a Box—Nagpur

Rita Aggarwal has been a consulting psychologist for 35 years. In 1992 she established Manodaya, a private mental health clinic in central India. She is an officer of the Mental Health Initiatives Rotary Action Group.

Both a community assessment by members of that Rotary Action Group and a study published in the Indian Journal of Psychological Medicine found that mental health literacy in young people in India was very low. To address the high number of students who showed signs of anxiety, depression, and other psychological problems, effective mental health services were needed.

The Mental Health Initiatives Rotary Action Group had developed a toolkit called Wellness in a Box, and Aggarwal applied it in her hometown of Nagpur. The project created a curriculum for 14-year-olds that covered depression awareness and coping skills, which helped counter the stigma that surrounds mental health care. It also taught teachers counseling skills and established sites for fieldwork, in cooperation with the Tirpude College of Social Work. Ten teachers have completed a yearlong counseling course, and another 10 are expected to complete it in March.

Wellness in a Box—Nagpur has trained 2,280 students and 768 parents and faculty members in the “Break Free From Depression” curriculum. One hundred young people have volunteered for further training as peer mentors.

Know Rotary Even Better

GLOBAL GRANTS

Global grants support large international activities with sustainable, measurable outcomes in Rotary's areas of focus. By working together to respond to real community needs, clubs and districts strengthen their global partnerships.

What global grants support : Global grants can fund:

- Humanitarian projects
- Scholarships for graduate-level academic studies
- Vocational training teams, which are groups of professionals who travel abroad either to teach local professionals about their field or to learn more about it themselves

How they're funded : Global grants have a minimum budget of \$30,000 and a maximum World Fund award of \$400,000. Grant sponsors can use a combination of District Designated Funds (DDF), cash, and/or directed gifts and endowment earnings to fund a global grant. The Foundation will provide an 80 percent World Fund match for all DDF contributions. There is no minimum World Fund match.

Did You Know?

Rotary District 3080

District 3080, one of the 515 Rotary International Districts in the world, comprises of 104 Clubs in Punjab (up to Ropar), Haryana (up to Panipat), Uttar Pradesh, Uttarakhand, Himachal Pradesh up to Shimla), and Union Territory of Chandigarh.

Forth Coming Events

- **Handing over of 20 water filters -Date, time and venue will be shared on club's what's app group.**
- **Visit of AG to the club -60th meeting**

Congratulations

Birthday Wishes

PP Rtn. Harjeet Singh March 1

Rtn. Manu J Singh March 14

Rtn. Parvinder Singh March 17

Rtn. Amrit Bhambra March 26

Anniversary Wishes

Rtn. Amarjit Singh & Ann Sukhwinder Kaur March 19

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.