



CREATE HOPE
in the WORLD

Rotary

Club of Mohali Midtown
Rotary International District 3080



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Shubh. Karman

Inspiring good deeds

Rtn. Gurjot Singh Kaler atop Mount Albrus after hosting the National flag of India

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 - **Club Service:** Rtn Manjit Singh Kohli
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Any correspondence concerning this newsletter (Shubh Karman) may be directed at the email id of the editorial board.



Rtn. Amarjit Singh Virk
President (For Rotary Year 2023-2024)

“
The club is committed to continue its efforts to serve the Society. Rotary celebrates the month of August as Membership Development month. The club will strive to strengthen the bonds amongst members so that the Club thrives to achieve new milestones.

”

The President Writes

The Club thrives to achieve new milestones

July 1, the most important date in the realm of Rotary. As on this date the baton is handed over to new leadership for next one year till 30th June following year. The present team came in action mode on 1st July by seeking blessings of Almighty by organising ANNAPURNA in the Institute for blinds. The Club launched its own website www.rotarymohalimidtown.org and released E-directory.

July experienced fury of unprecedented rains and floods leaving thousands of families homeless taking shelters in Shelter Homes. Villages and villages were submerged in 5/6 feet water. Teams of NDRF had to be deployed to rescue people. The Club rose to such disastrous time and provided food, water bottles and dry ration to the flood affected families by cooperating with the District Administration. The selfless service of the Club was lauded by the Chief Minister of Punjab Sh. Bhagwant Maan ji. Club also provided financial assistance to patients suffering from chronic diseases, sponsored admission in College of a Blind student.

In Order to encourage young leadership Rotaract as well as Interact Clubs were made active. To preserve environment the Club planted trees in St. Soldiers International Public School, Mohali. The Club is committed to continue its efforts to serve the Society. Rotary celebrates month of August as Membership Development month. The club will strive to strengthen the bonds amongst members so that the Club thrives to achieve new milestones.

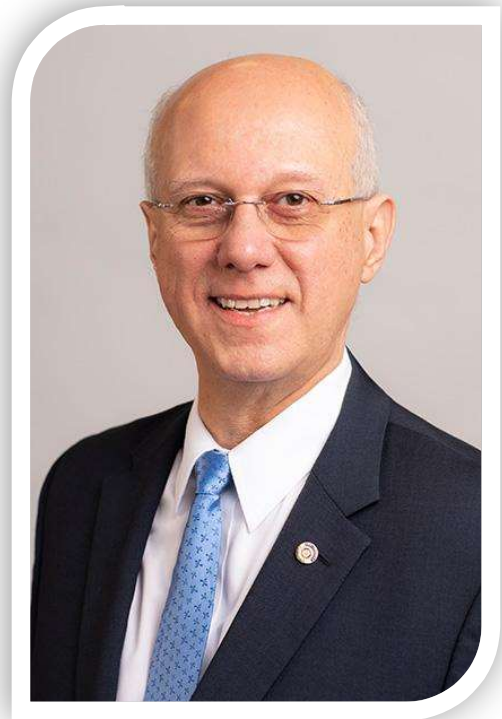
Mário César Martins de Camargo of Brazil selected to be 2025-26 Rotary International President

Mário César Martins de Camargo, a member of the Rotary Club of Santo André, São Paulo, Brazil, is the selection of Nominating Committee for President to become Rotary International's president for 2025-26. He will officially become the nominee on 15 September if no other candidates challenge him. De Camargo plans to boost Rotary's public image by working from the top down.

“Rotary today has strong competition for members and funds,” he says. “We need to rejuvenate the brand, especially in some zones. We should utilize post-pandemic meeting tools ... to allow the president to address Rotarians all over the globe. We also need to develop more long-term partnerships with political, community, and business leaders. Let's emphasize our greatest asset: 1.4 million volunteers.”

He also hopes to improve Rotary's process for appointments and governance. “Rotary should adopt a more transparent system to appoint volunteers for positions, with clear criteria and data-based evaluation of results,” he says.

De Camargo was president of Gráfica Bandeirantes and has been a consultant to the print industry in Brazil. He has also served as president and chair of several printing and graphics trade associations, including the Brazilian Association of Graphic Technology and ABIGRAF, the Brazilian Printing Industry Association. He has served on the board of Casa da Esperança (House of Hope), a hospital sponsored by his Rotary club that serves 150,000 children with disabilities every year. De Camargo studied in the U.S. and Germany and holds degrees from EAESP-Fundação Getúlio Vargas in business administration and Faculdade de Direito de São Bernardo do Campo in law. A Rotarian since 1980, de Camargo has served Rotary as director, trustee, RI learning facilitator, committee member and chair, and task force member. De Camargo and his wife, Denise, are Major Donors and Benefactors of The Rotary Foundation.



From the Desk of the Co-Editor

Never or Always

By PP Rtn. Sukhpreet Singh Giani

One exercise that needs to be done every day in the personal and professional world is to get the message across to the concerned person in a meticulous and tactful manner. Communication remains the hallmark of an effective leader and can be called as most desired trait for being successful. There are no two thoughts about the effectiveness of communication in day-to-day life, whether at the professional level or even within the family or within Rotary. There are words that help in conversation with others and there are words that cause or lead to trouble. The smart communicator knows the secret of avoiding “bad” words and using the good ones.

The words that need to be avoided are

NEVER: - *The first word that needs to be avoided when dealing with other is NEVER. The word may hold good when used in certain contexts but can cause anger and resentment when used quite often –just like “You never finish the task on time”, “You are never in time”, or “You never help me in the house.” The moment “NEVER” is used in statements like these; the other person goes into a shell or locks up his emotions and would not want to listen to anything else. When you say “You never”, you are making a very deep and sweeping statement as such statements tend to give a generalized impression about someone’s entire life even when the intentions are not so.*

When the communication is taking place at the professional level in order to accomplish a task, the use of the word “never” can lead to wrong impression both for the sender and for the receiver with the receiver being at the receiving end.

ALWAYS: - *Next word to be avoided is “always”. Again, it is a harmless in some instances, where as it can be damaging in others. It carries the same consequences as “Never”. “You are always slow with your work”; “You always create problems”; “You are always in a habit of...” The mere use of above sentences create a hurdle in getting the point across to someone.*



“Never” and “always” can cause harm when used the wrong way and should not be followed by argument generating sentences.

The moment the word “Always” is used with criticism, the other person folds up his mind and his arms.

WHAT DO YOU MEAN: - *With the use of “Never” and/or “Always”; the sender is bound to get some reaction in the form of justification, non-acceptance of remarks or even retaliation, etc. At this point of time, it is desirable that the sender does not use –“what do you mean”, or “I never meant so”; as these can easily turn a discussion into an argument.*

The famous lines of “Dale Carnegie hold good even today, “The best way to win an argument is to avoid it”. Let us remember it for always and never forget that “never” and “always” can cause harm when used the wrong way and should not be followed by argument generating sentences. How ever on the other side use of “Always” and “Never” as in “ I am sure you will never let me down” ; “You have such great respect for time that you always make me happy”, act as a great moral booster. Give these positives a try and you would begin to relish the impact of these powerful words.

Healthy living with mid age crisis -an expert talk

Rtn. Poonam Gupta bagged the punctuality award



President sharing the projects acomplished

In our 46th meeting on Aug 11'2023, Seargent at Arms PP Rtn. HS Marwah welcomed members, attending the first guest speaker meet of the Rotary year, and collared the president. It was followed by the National Anthem and the Four Way Test.

President shared the project carried out in the first half of the month. (The same are described in brief in the column -In service of the community).



Dr Muninder Singh

Rtn. Manpreet Singh Chawla Introduced the guest speaker-Dr. Muninder Singh Randhawa. Dr. Muninder S. Randhawa while elaborating on the topic “Healthy living with mid age crisis,” said that prostate problem affects almost 80 percent of males after 80 years of age. It is likely to start at the age of 55 to 60, however nowadays patients in the age of 40 are also being reported with the problem of Prostrate.

He emphasized that the symptoms of enlarged prostate and cancerous prostate and similar, and hence detection at the right time is important. He listed the symptoms as

- Frequent urge to urinate.
- Need to get up many times during the night to urinate.
- Blood in urine or semen.
- Pain or burning urination.
- Painful ejaculation.
- Frequent pain or stiffness in lower back, hips, pelvic or rectal area, or upper thighs.
- Dribbling of urine.

Under tools to detect the problem, Dr. Muninder Singh shared

Physical examination; Blood test: PSA. (to detect if there are any cancer cells); Ultrasound: Most common and preferred diagnostic test for enlarged prostate. It is done per abdomen or per rectal route; and MRI pelvis: Usually done if further information is required which is not possible with a USG scan.

He shared that the option of curing the problem of enlarged prostate through medicines and surgery are there, however in the case of cancer in prostate we have to opt for surgery. He further elaborated that the option of laser surgery and robotic surgery are available to the medical science.

He also informed that the use of “Uro lift”, has gained momentum as a new technique. The UroLift System is a straightforward procedure that utilizes tiny implants to lift and hold the enlarged prostate tissue out of the way so it no longer blocks the urethra. There is no cutting, heating or removal of prostate tissue.

He advised all males after the age of 50, should go for a year test for Prostate-specific antigen (PSA) blood test. Prostate-specific antigen (PSA) is a protein made by cells in the prostate gland (both normal cells and cancer cells).

Rtn. Damampreet Singh proposed a vote of thanks. Charter President Rtn. Gurcharan Singh felicitated the guest speaker. Birthday of Rtn. Pawan Sachdeva and marriage anniversary of Rtn. Poonam Gupta were celebrated with cutting of the cakes. Rtn. Jashinder Bir Singh whose birthday is on August 7, was also congratulated. Rtn. Poonam Gupta bagged the punctuality award.



A view of the audience

Rtn. Gurjot Singh Kaler Conquers Mount Elbrus to Mark Independence Day

- “Believe in yourself to make the world believe in you.”
- Mount Elbrus -- the highest and most prominent peak in Russia and Europe



Commemorating 76 years of Independence, Rtn Gurjot Singh Kaler, Honory member of our club and a senior police officer in Punjab, scaled and unfurled the tricolour on the top of Mount Elbrus -- **the highest and most prominent peak in Russia and Europe**. His recent feat is noteworthy considering that the Caucasus' tallest mountain, Mount Elbrus, is 5,642 metres (18,510 feet) above sea level. Mount Elbrus is covered in snow throughout around and is home to 22 glaciers that feed three rivers -- Baksan, Malka and Kuban. Elbrus is part of the Caucasus Mountain range, near the Georgian border in the south of Russia.

Rtn. Kaler has become the first Punjab Police officer to scale Mount Elbrus. Earlier, he had successfully climbed the summit of the highest mountain in the African Continent -- Mount Kilimanjaro in Tanzania. Rtn. Kaler had also performed a skydive from 15,000 feet during the Covid pandemic to serve as a heartfelt tribute of bravery and courage to the corona warriors who had sacrificed their lives during the pandemic. Kaler, a professionally-trained mountaineer, was adjudged the best mountaineer during his Basic Mountaineering Course (BMC) at the Nehru Institute of Mountaineering (NIM) at Uttarkashi in Uttarakhand. After conquering Mount Elbrus Rtn Gurjot Singh Kaler said, “Only in testing circumstances of life, the strength of mind gets tested. ” Sharing his advice for the youngsters he said, “Believe in yourself to make the world believe in you.”

Guest Column

Leaders and members must work together for an Effective Rotary Club

By PP Rtn. AP Singh

Rtn. AP Singh was president of RC Chandigarh in 2018-19. He served as Assistant Governor in 2022-23. A graduate of District Leadership Academy, he has been District Chair of Grants Sub Committee, District Chair of Rotary Youth Exchange, District Chair New Generations Service Exchange and District Chair RYLA among other roles he has been assigned over the years. A Multiple Paul Harris Fellow, AP Singh joined Rotary in 2000-2001 and has served as Faculty at various PETS/SETS. A recipient of Avenues of Service Award from Rotary International, he was adjudged the Best Assistant Governor and the Outstanding Rotarian of the District for his work in 2022-23.



Build trust: Conduct yourself in a manner that earns your members' trust. The Four-Way Test is a reminder that if you follow basic ethics in your daily life, you will earn trust. Members will give you their best when they trust you.

Acknowledge success and effort: Take

time at a club meeting to acknowledge successful efforts. Consider writing something up in the club's newsletter or on your website. Extending compliments builds a member's sense of worth and satisfaction in the club.

Communicate well and regularly: Provide your members with information on everything happening in the club. Share the decisions of your board both during meetings and in club publications. Seek your members input on key decisions.

Members also have a responsibility to see that a club succeeds. This includes:

A sense of commitment: Members should show they are committed to the cause and purpose of the club and Rotary in general by being available to perform tasks, contribute to events and projects, and do more than show up for a meal.

A sense of ownership: Members should take on activities or projects and make them their own. Give your club the same attention you would your profession or personal efforts. Give it your time and attention.

A sense of sharing: Share your insight and expertise with others, whether professional or personal.

A sense of giving: Be ready to give of your time, effort, or money, to the extent you are able. When everyone in a club is generous with their time, money and talents, a club thrives.

A sense of accountability: Be accountable to the club and to each other. If you are given a task, do it with the same diligence you would your job or a personal pursuit. Don't renege or go back on a commitment to another member or the club without discussion. A club's performance reflects on its members. If a club is struggling, it's probably because some or all of its members aren't fully committed.

I strongly feel both the club leadership and its members are responsible for creating a bond of love and affection, an atmosphere of togetherness, and all-around camaraderie. Everyone must make an effort in order to create an effective Rotary club.

For a Rotary club to be effective, it must be active in all avenues of service. It must also create a positive public image and be a catalyst for promoting peace and understanding globally. The key to achieving this lies in the members. Without members, there is no club, and without effective members, clubs cannot be effective. Many leaders talk about membership development and retention in their strategy sessions. Some complain about disinterested members, while their members talk about feeling disconnected to the club or even to Rotary in general. As president of my club, I had the opportunity to look at membership closely. I feel the burden lies on both sides. To have an effective club, members and leaders must work together to build community and trust.

Club leaders should:

Get members involved: Members need to be active in projects and programs of the club. Give them specific tasks according to their expertise and time. This could be as small as delivering announcements at a meeting or as big as running a project or fundraiser. When members are involved, they feel more connected. And an active Rotarian is a committed Rotarian.

Give members responsibility: Don't be afraid to delegate tasks and give members independence and ownership. Encourage members to make a project their own, be it a small one like beautifying a community park or a big effort like a global grant application for water and sanitation systems in Africa. Encourage them along the way.

Create a sense of belonging: The club and its members should be like one extended family. Welcome members at meetings and take time to learn what is going on in their lives outside the club. Come up with activities that allow established members to get to know newer ones. Let members know the club stands behind them and is there to support them if they need anything.

Know your Rotarian



RTN JASHINDER BIR SINGH

Rtn. Jashinder Bir Singh was born to S. Tarlochan Singh. Jashinder Bir did his Bachelor of Engineering (Electronics and Instrumentation) From Thapar Institute, Patiala in 1988. Worked as technical consultant in Wipro Infotech from July 1988 till June 1995. Doing business as Head of the Organization since July 1995 till date. He has 25 years of professional experience in Field of IT Services and Software Projects. Currently He is heading “Access Infotech P Limited” as Managing director. A company he founded in 1995. Access Infotech is a leader in ERP Software, IT E-Governance Projects, Oracle Database administration and Migration services. Access Infotech is a technical support partner to Wipro Infotech for their Technical support services in this Region. the Current team size is 350+. JBSINGH is the Past President of TiE Chandigarh. He is also the Founder President of TECSPA - An association of Technology service providers in Chandigarh Tricity.

He is married to Mrs. Chandandeep Kaur, a technocrat from Thapar Institute of Engineering and Technology. The couple is blessed with a son Yashkirat Singh, who was the President of Rotaract Club of Mohali in the year 2020-21.

RTN MANPREET SINGH CHAWLA

Rtn. Manpreet Singh Chawla was born at Bihar and belongs to a simple business family. As his father too served in LIC of India, Manpreet is also in the business of wealth creation. His schooling was done in well disciplined hostel of Shivalik Public School and studied graduation in Delhi and then he moved to Chandigarh for expanding his business. Through his company FAIR Investments, he is rendering investment services through life insurance, mutual funds, health insurance and stock broking with leading companies of India. He has been in this business for last 15 years, and has offices in Phase VII , Phase XI and JLPL sector 82, Mohali.

Manpreet is married to Mrs. Savinder Kaur who is proficient in baking cakes and pursues this as a hobby. The couple is blessed with two daughters who are studying in school.



PP Rtn. Harjit Singh dwells on “Privilege and Obligations of Rotarians,”



“Rotary ki Pathshala” a seminar on New Members’ Orientation was organised for Zones 3,4,5,6,7,8 RID 3080 by Rotary Chandigarh Midtown at Rotary House Panchkula. PP Rtn. Harjit Singh was a faculty at the seminar, where close to 100 Rotarians from 15 clubs participated. 10 members from our club attended the seminar.



PP Rtn. Harjit Singh while dwelling on the topic, “Privilege and Obligations of Rotarians,” shared that Rotary provides an opportunity to develop friends beyond ones’ profession and the community. A Rotarian is able to develop the virtue of humility, as the service projects bring the Rotary and members close to community.

Event Chair PP Rtn. Dr Rita Kalra coordinated the seminar and informed that

12 distinguished faculty members mentored on various aspects of Rotary and Foundation. PRIP Rtn. Raja Saboo spoke about values and ethics in Rotary members. DG Arun Mongia spoke about District and club structure.

Past President writes
Know The Mother Earth

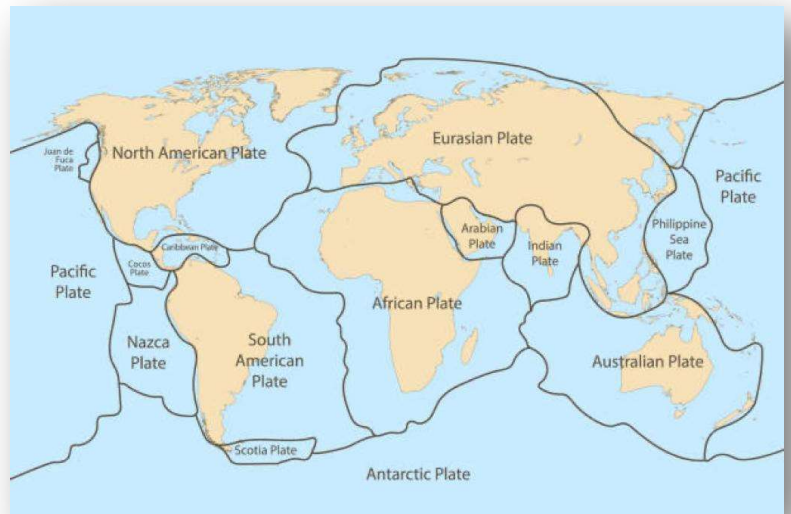
By PP Rtn. Harcharan Singh Marwah

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



Do you know that Earth's outermost layer, or lithosphere—made up of the crust and upper mantle—is broken into large rocky plates. Plate tectonics is a scientific theory that explains how major landforms are created as a result of Earth's subterranean movements. The theory, which solidified in the 1960s, transformed the earth sciences by explaining many phenomena, including mountain building events, volcanoes, and earthquakes. In plate tectonics.

These plates lie on top of a partially molten layer of rock called the asthenosphere. Due to the convection of the asthenosphere and lithosphere, the plates move relative to each other at different rates, from two to 15 centimeters (one to six inches) per year. This interaction of tectonic plates is responsible for many different geological formations such as the Himalaya Mountain range in Asia, the East African Rift, and the San Andreas Fault in California, United States. The idea that continents moved over time had been proposed before the 20th century.



However, a German scientist named Alfred Wegener changed the scientific debate. Wegener published two articles about a concept called continental drift in 1912. He suggested that 200 million years ago, a supercontinent he called Pangaea began to break into pieces, its parts moving away from one another. The continents we see today are fragments of that supercontinent. To support his theory, Wegener pointed to matching rock formations and similar fossils in Brazil and West Africa. In addition, South America and Africa looked like they could fit together like puzzle pieces. Despite being dismissed at first, the theory gained steam in the 1950s and 1960s as new data began to support the idea of continental drift. Maps of the ocean floor showed a massive undersea mountain range that almost circled the entire Earth. An American geologist named Harry Hess proposed that these ridges were the result of molten rock rising from the asthenosphere. As it came to the surface, the rock cooled, making new crust and spreading the seafloor away from the ridge in a conveyor-belt motion. Millions of years later, the crust would disappear into ocean trenches at places called subduction zones and cycle back into Earth. Magnetic data from the ocean floor and the relatively young age of oceanic crust supported Hess's hypothesis of seafloor spreading.

In the service of the Community

Projects Accomplished (Between Aug 1 2023 to Aug 15 2023)

PROJECT SAKOON

Rotary Club of Mohali Midtown distributed Umbrellas on 05/08/2023 to the street vendors earning their livelihood in scorching heat and incessant rains without any shelter or roof upon their heads.



FREE EYE MEDICAL CAMPS

The club organized Eye Checkup Medical camp at Gurudwara Sahib in Village Khazoor near Lalru on 06/08/2023. 102 Patients were benefited by Free eyes checkup, they were 12 Patients were diagnosed for Cataract surgeries. There surgeries will be conducted free of cost by Rtn. Dr. Aditya Sharma. The Club feels proud of fellow Rotarian Dr. Aditya Sharma for his selfless service to the Society.



The Club in association with Fellow Rotarian Dr. Aditya Sharma and his professional team organised second FREE EYE CHECK UP CAMP on Aug 18'2023 at Village Jagatpura. 76 Patients were benefited by this Free eyes checkup camp , they were also provided free medicines. 16 Patients were diagnosed for Cataract surgeries. There surgeries will be conducted free of cost by Rtn. Dr. Aditya Sharma.



Did you know?

Wives of Rotarians receive the title, “Rotary Ann’s,” named for the wives of San Francisco and Philadelphia Club presidents 1914 , Ann Brunner and Ann Gundaker.

○ **Sylvia Whitlock, of the Rotary Club of Duarte, California, was the first female Rotary club president.**

○ 1972-As more women begin reaching higher positions in their professions, clubs begin lobbying for female members. A U.S. Rotary club proposed admitting women into Rotary at the 1972 Council on Legislation.

○ 1980-The RI Board of Directors and Rotary clubs in India, Sweden, Switzerland, and the United States propose an enactment **to remove from the RI and club constitutions and bylaws all references to members as “male persons.”**

○ 1983-86-In a lawsuit filed by the Duarte club, the California Superior Court in 1983 rules in favor of Rotary International, upholding gender-based qualification for membership in California Rotary clubs. In 1986, the California Court of Appeals reverses the lower court's decision, preventing the enforcement of the provision in California. The California Supreme Court refuses to hear the case, and it is appealed to the U.S. Supreme Court.

○ 1987-**On 4 May, the U.S. Supreme Court rules that Rotary clubs may not exclude women from membership on the basis of gender.** Rotary issues a policy statement that any Rotary club in the United States can admit qualified women into membership.

○ The Rotary Club of Marin Sunrise, California (formerly Larkspur Landing), is chartered on 28 May. It becomes the first club after the U.S. Supreme Court ruling to have women as charter members.

In July 1988 a Newton guest noted “If wives of Rotarians are called Rotary-Anns, what do you call husbands of lady Rotarians?” The answer was that the spouse should be called “**Rotary Andy**”.

Forth Coming Events

- **47th meeting of the club on Aug 25'2023**
- **Kits for the flood affected**
- **Cycles for the girl students**

The dates will be intimated in the Club Group.

Congratulations

Birthday Wishes

Manpreet Singh Chawla Aug 30

Marriage Anniversary Wishes

Gurmail Singh Aug 28

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.

Although the editorial board has done all efforts have been made to mention correct information in the present newsletter, however, the possibility of an error cannot be ruled out. We are regretful for same.

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