



CREATE HOPE
in the WORLD

Rotary

Club of Mohali Midtown
Rotary International District 3080



DISEASE PREVENTION & treatment Month

Inside This Issue

• *The President Writes*

• *53rd Meeting*

• *Guest Column by Dr.*

Vishva Kirti

• *Know Rotary Even Better*

• *In the Service of the*

Community

Shubh. Karman

Inspiring good deeds

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 - **Secretary:** Rtn Manjit Kaur
 - **Vice President:** Rtn Iqbal Singh
 - **Treasurer:** Rtn Gurcharan Singh Arora
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 - **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 President Writes

Every club member must imbibe a habit to donate to TRF

The Rotary Foundation (TRF) is like a fountain head which not only consolidate funds but sprinkles out also to the Clubs for undertaking development and sustainable projects for betterment of Society on humanitarian principles for its upliftment. November month is dedicated to Rotary Foundation. Worldwide seminars are conducted to motivate Rotarians to come forward and donate generously towards Rotary Foundation.

The donations made by members are channelised and sent back to the clubs in the shape of Global grants for service projects to be undertaken by clubs in association with clubs across the borders being their International partners. The projects ultimately transform the lives of the people in the Society.

Ours is a new club however, it achieved a major distinction providing a Major Donor in its very first year that too from amongst the first timer Rotarian. The Club feels proud to have 9 PHFs (Paul Harris Fellow). The club is striving to be EREY club. Every Rotarian Every Year means that every Rotarian contributes at least \$100 every year. This seems to be difficult task but not impossible. It is only a matter of determination which can be achieved by motivation. This is a Herculean task, It can't be achieved without the active participation of the Club members. Every club member must imbibe a habit to donate to TRF even if a small amount but it must be regularly, may be on any special day every year like birthdays, anniversaries or on any festival, once this habit develops there will not be any hinderance in making club EREY. Let us come forward, donate generously to TRF and remain determined to make our club EREY.

“ Every club member must imbibe a habit to donate to TRF even if a small amount but it must be regularly, may be on any special day every year like birthdays, anniversaries or on any festival, once this habit develops there will not be any hinderance in making club EREY

53rd Meeting

What you need to know about GI Cancers!

- Club commemorates December as Disease Prevention & Treatment Month
- PP Rtn. Sukhpreet Singh got the punctuality award



The 53rd meeting of Rotary Club of Mohali Midtown was held on Thursday, 30th Nov., 2023 at AUDITORIUM, Fortis Hospital, Mohali.

Sergeant at Arms, PP Rtn. Harcharan Singh Marwah collared the President. 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 Guests Dr. Jatinder Rohilla, Robotic Onco Surgeon; Resource Person Sh. Vikas Kaushal & the Rotarians.

ACTIVITIES OF CLUB AFTER THE LAST CLUB METING & UPCOMING PROJECTS.

The President informed that on Nov 9th the Club celebrated Diwali with Orphan Children at APNE FOUNDATION, Sector 77, Mohali. The Club gifted 12 KG Washing Machine, Shirts/T-shirts as well as customary and Traditional Diwali gifts.

The President also informed that Since Month of November is celebrated as TRF Month, the Club donated \$100 US Dollars towards TRF. The President also appealed to members to come forward and donate towards TRF.

GUEST /EXPERT TALK BY DR. JATINDER ROHILLA, ROBOTIC ONCO SURGEON- DISEASE PREVENTION & TREATMENT

PP Rtn. Sukhpreet Singh Giani introduced the Guest Speaker Dr. Jatinder Rohilla, Robotic Onco Surgeon, Fortis Hospital, Mohali and invited him for talk.

Dr. Jatinder Rohilla, Robotic Onco Surgeon with his eloquence and professional expertise enlightened the Rotarians and made them aware through power presentation about the Cancer, its common symptoms, preventive measures and its treatment and the preventive and investigative tests to detect Cancer at an early stage.



Dr. Jitender Rohila

MBBS, MS (AIIMS, Delhi), DNB
M.Ch - Surgical Oncology (Tata Memorial Centre, Mumbai)
Fellowship GI oncology, Robotic surgery & CRS HIPEC
Consultant - GI Surgical Oncology
Fortis Hospital, Mohali
Ex Asst. Prof. Tata Memorial Centre, Mumbai
Ex Associate Prof. Tata Memorial Centre, Punjab

PROFILE

- Robotic Surgery for GI Cancers - Colon, Rectum, Oesophagus, Upper GI & HPB Cancers
- VATS (Video-assisted Thoracoscopic surgery) - Oesophagus Cancers
- Peritoneal Surface Malignancy - Cytoreductive surgery (CRS), HIPEC
- Advanced Laparoscopy for GI Cancers - Colon, Rectum, Upper GI & HPB cancers
- Transanal Surgery (TEO/TAMIS) for Early Rectal Cancers
- Sphincter Preservation Surgery (Intersphincteric Resection - ISR) for Low Rectal Cancers
- Open Surgery for all GI Cancers - Oesophagus, Stomach, Pancreas, Gall-bladder, Liver, Bile Duct Cancers, Colon & Rectum
- Pelvic Exenteration for Advanced / Recurrent GI & Pelvic Cancers
- Complex Extended Resections, Multi-visceral Resections, Vascular Resections
- Surgery for Retroperitoneal Sarcomas

The Guest Speaker after his 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” The Club also felicitated Resource Person Sh. Vikas Kaushal.



Rtn. Manjit Kaur, Secretary proposed the Vote of Thanks.



The members enjoyed the fellowship and celebrated Birthdays of IPP Rtn. Ravijeet Singh, PP Rtn. Sukhpreet Singh Giani, Rtn. Damandeep Singh, Rtn. Vishwas K Arora and Rtn. Krishna Birdie as well as Marriage Anniversaries of IPP Rtn. Ravijeet Singh / Rtn. Manpreet Kaur, Rtn. Vikramjeet Kaushik/Rtn. Seru Kaushik and PP Rtn. Harcharan Singh Marwah /Rtn. Swaranjeet Kaur Marwah falling in the Second fortnight of the month of November by cutting the Cake.

Unveiling the Enduring Spirit of Service

By: Dr. Vishwakirti Bhan Chhabra



Vishwakirti spearheads the Mind Research Foundation's delivery, operations, next practices and Research Collaborations. With a highly successful blend of professional experience and a strong academic background Dr. Vishwakirti brings to life the vision of transforming lives through high-quality evidence-based neuro-science based cognitive interventions. A gold-medalist in Computer Applications, Dr. Vishwakirti earned an MBA in Human Resource Management with a University Rank from University Business School, Punjab University, and later a PhD in Management with research focus on Entrepreneurship Development. Additionally, she holds a Degree in Human Resource Management from Swinburne University of Technology, Melbourne with distinction. Post a decade long stint and a highly successful blend of professional experience both in India and abroad working with organizations like Quark Inc., Trident Industries, Noted

Careers – Australia, TCIS – Asian International College, Singapore and the Government of India ; it was her inner-calling to find her deeper purpose in life and leave a lasting impact on people's lives and hence she set-out to form MRF. She is also an ex -member of the club and was director youth service for two consecutive terms.

Embarking on a journey with Rotary Mohali Mid-Town was nothing short of a transformative experience for me – be it as an individual; a professional or as a member of this beautiful community of Rotarians. As I reflect on the countless projects, impactful initiatives, and the collective dedication of members of the club, I find myself inspired and curious about the sustained commitment that Rotary members have demonstrated over decades. What fuels this enduring spirit of service, and how have Rotarians been weaving a tapestry of positive change for so many years? In a world often defined by individual pursuits and personal achievements, What inspires individuals to tirelessly contribute their time, skills, and resources to Rotary, fostering a sense of service that transcends boundaries?

The Rotary Ethos :From the moment I stepped into the world of Rotary, the ethos of "Service Above Self" became more than a motto; it became a guiding principle. This commitment to prioritize the well-being of others over personal interests creates a culture of selflessness that defines the essence of Rotary. This guiding philosophy instills a profound sense of responsibility among its members, compelling them to prioritize the welfare of others over personal interests.

It's a beacon that draws individuals from diverse backgrounds, uniting them under a common goal – making a positive impact on the world. I could witness that at the heart of each seasoned Rotarion lies a profound sense of dedication and a commitment to positively impacting local and global communities.

Positive Change and Rotary's Enduring Legacy:

Rotary has a rich history of creating lasting change, from spearheading the fight against polio to championing humanitarian efforts globally. Being part of an organization with such a distinguished legacy

inspires individuals to contribute to a cause greater than themselves. The desire to add to this legacy and be part of a transformative force in the world motivates Rotary members to persist in their commitment to service. Knowing their efforts contribute to a global movement that has significantly impacted humanity creates a deep sense of purpose and a commitment to upholding the organization's legacy.

Diverse and Impactful Projects: Rotary's enduring legacy is woven through a rich tapestry of diverse and impactful projects. Whether it's supporting education, or providing humanitarian aid in times of crisis, Rotary's reach extends far and wide. The depth and breadth of these projects showcase the adaptability and responsiveness of Rotarians to the ever-evolving needs of communities.

Spirit of Fellowship and Collaboration:Rotary's unique structure brings together individuals from different professions, cultures, and backgrounds. One of the most remarkable aspects of Rotary is the fellowship it fosters. Working alongside accomplished Rotarians from different spheres of life, I've witnessed the strength that comes from diverse perspectives and shared values. The spirit of collaboration not only enhances the effectiveness of projects but also creates a network of like-minded individuals driven by a common passion for service. Working together with diverse perspectives amplifies the impact of their service and the shared commitment to Rotary's mission. Personal Growth and Development.

“My experience working with Rotary has been a profound journey of service, growth, and inspiration. As I look to the future, I am fuelled by the curiosity of understanding how Rotarians have been sustaining this

An Opportunity To Explore One's Hidden Potential: Rotary isn't just an organization; it's a platform for personal growth and development. Members have the opportunity to take on leadership roles, develop new skills, and contribute to projects that align with their passions.

Through leadership opportunities, skill-building activities, and exposure to diverse cultures, Rotarians continually evolve both personally and professionally. The continuous growth and learning within Rotary becomes a self-reinforcing cycle – as individuals develop, they are more equipped to contribute meaningfully, further inspiring their dedication. This commitment to lifelong learning and growth becomes a driving force that propels members to stay engaged and contribute meaningfully to the organization.

The Enduring Flame of Service: As I marvel at the impact of my time with Rotary, I can't help but wonder about the Rotarians who have been lighting the flame of service for decades. Their unwavering dedication, resilience in the face of challenges, and the ability to sustain the momentum of positive change over time are truly awe-inspiring. These seasoned Rotarians serve as living testaments to the enduring nature of Rotary's mission.

Unwavering Dedication of Pioneers: The presence of long-serving Rotary members, often considered pioneers, sets a powerful example. These individuals, through years of dedicated service, embody the spirit of Rotary. Their unwavering commitment becomes a source of inspiration for newer members, illustrating that sustained service is not only possible but rewarding and fulfilling over the long term.

My Thoughts: As Rotary members work tirelessly to make a difference, they find inspiration in the positive change they bring to the world and the enduring legacy of service that defines the organization. The sense of service within Rotary is not merely a slogan or a set of guidelines; it's a living, breathing force that emanates from the very core of the organization. The continued dedication of Rotary members, especially those who have served for many years, exemplifies the transformative power of collective action for the betterment of humanity. Their stories and commitment serve as a testament to the lasting impact of Rotary's ethos on individuals and communities alike. My experience working with Rotary has been a profound journey of service, growth, and inspiration. As I look to the future, I am fuelled by the curiosity of understanding how Rotarians have been sustaining this spirit for decades. It is a testament to the timeless values, impactful projects, fostered spirit of fellowship, and personal growth opportunities that Rotary provides. With my learnings at Rotary, I am eager to contribute to the legacy of service that has been built over the years in any capacity possible and to learn from the remarkable individuals who have dedicated their lives to making the world a better place through Rotary!

Past President writes

Know The Mother Earth 7

Marine Fossils found at icy heights in Ladakh

By PP Rtn. Harcharan Singh Marwah

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



Ritesh Arya, a Hydrogeologist by profession, and the founder of the Tethys Fossil Museum near Dagshai, District Solan, made the discovery of marine fossils at icy heights in Ladakh while conducting groundwater exploration in the rugged terrains of Burtse in eastern Ladakh. He found a collection of marine (sea) fossils at an altitude of 16,000 feet above sea level further in Ladakh, augmenting the idea that Himalayas were born as continental plates thrust out of Tethys Sea about 40 million years ago. I may mention here that we also invited him as a speaker in our club RC Mohali and he unfolded the mysteries of ground water availability at high altitudes areas which were considered barren earlier and he installed tube wells in such remote areas and provided water to army basements.



Ritesh Arya

Ritesh Arya says that he made the discovery while conducting groundwater exploration in the rugged terrains of Burtse in eastern Ladakh. Arya has “Unearthed an impressive collection” of marine fossils, including gastropods (snail-like mollusks), bivalves (shellfish) and foraminifera (mostly microscopic organisms).

These well-preserved fossils, which indicate a thriving marine environment at the time of deposition, are likely the first reported findings from this formation. He mentioned that the fossils offer a remarkable window into the past, allowing us to reconstruct the paleo environment of the region and enhance our understanding of the geological forces and interactions that shaped the planet, especially the birth Himalayas. The geologist said that the discovery provides crucial data to unravel the mysteries of Earth’s history during the Eocene epoch, ranging from 56 to 33.9 million years ago, a time when the Tethys Sea is said to have spanned the region. Preliminary investigations by the geologist suggest that the fossils morphologically resemble those of gastropods and foraminifera, similar to fossils found in the Subathu formation in Himachal Pradesh.

This provides clear evidence of the existence of the Tethys Sea at that time which reveals connection of India and Tibet through the waves of Tethys, showcasing a unique paleo-environmental connection. The findings revealed that their presence at such heights highlights the immense tectonic forces that lifted these sediments from a near-coastal marine environment to these heights.

“The intricate folding and faulting of the region provide a glimpse into the magnitude of the geological forces that uplifted the diverse marine life that flourished millions of years ago, raising them to the heights where they are preserved today. Kashmir University department of earth sciences head Bikram Singh said that the Indian continent broke away from the African continent millions of years ago. It came towards north through the Tethys Sea and slid under Eurasian plate, resulting in the formation of Himalayas. “The floor of Tethys thrust up, that is why we find ophiolites (oceanic crust) in Ladakh. Those rocks contain marine fossils. These fossils have been found earlier as well in Ladakh, like the palm leaves as revealed by Singh. He has done research on earthquakes. The discovery is not surprising. The marine animals of Tethys have been found at many places in Ladakh and Kashmir.

In the service of the Community

Projects accomplished between Nov 15 to Nov 30'2023



Glimpse of our Interactors at Tribune School, Sector 29 as volunteers under Each one Teach one.

Proposer and his role

The bylaws of Rotary clearly outline the procedure for a prospective member to be proposed for Rotary club membership. The "proposer" is the key person in the growth and advancement of Rotary. Without a sponsor, an individual will never have the opportunity to become a Rotarian.

The task of the proposer should not end merely by submitting a name to the club secretary or membership committee. Rotary has not established formal responsibilities for proposers or sponsors, however, by custom and tradition these procedures are recommended in many clubs. The sponsor should:

1. Invite a prospective member to several meetings prior to proposing the individual for membership.
2. Accompany the prospective new member to one or more orientation/informational meetings.
3. Introduce the new member to other club members each week for the first month.
4. Invite the new member to accompany the sponsor to neighboring clubs for the first make-up meeting to learn the process and observe the spirit of fellowship.
5. Ask the new member and spouse to accompany the sponsor to the club's social activities, dinners or other special occasions.
6. Urge the new member and spouse to attend the district conference with the sponsor.
7. Serve as a special friend to assure that the new member becomes an active Rotarian.

When the proposer follows these guidelines, Rotary becomes stronger with each new member.

Did You Know?

ROTARY AND THE UNITED NATIONS WORK TOGETHER

During and after World War II, Rotarians became increasingly involved in promoting international understanding. In 1945, 49 Rotary members served in 29 delegations to the United Nations Charter Conference.

Rotary still actively participates in UN conferences by sending observers to major meetings and promoting the United Nations in Rotary publications. Rotary International's relationship with the United Nations Educational, Scientific, and Cultural Organization (UNESCO) dates back to a 1943 London Rotary conference that promoted international cultural and educational exchanges. Attended by ministers of education and observers from around the world, and chaired by a past president of RI, the conference was an impetus to the establishment of UNESCO in 1946.

Forth Coming Events

- **54th meeting of the club on Dec 8'2023**

Congratulations

Birthday Wishes

Rtn. Dilpreet Singh Dec 10

Marriage Anniversary Wishes

Rtn. Amrit S. Bhambra & Ann Rabinder Kaur Dec 4

Rtn. Jasjot Singh and Rtn. Ishneet Kaur Dec 4

Rtn. Krishna Birdy and Lekh Raj Birdy Dec 29

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.