



**CREATE HOPE
in the WORLD**

Rotary

Club of Mohali Midtown
Rotary International District 3080



**ROTARIAN
AT WORK**



Inside This Issue

- ***The President Writes***
- ***54th Meeting***
- ***Know your Rotarian***
- ***Know Rotary Even Better***

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 Kuldeep Singh Dhody

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

 - **Club Service:** Rtn Manjit Singh Kohli
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Prevention is better than cure



December is month of Disease Prevention & Treatment month in Rotary. It is one of the Rotary's Seven Areas of Focus. Rotary's unmatched immense contribution in Polio eradication worldwide is one of the best examples towards disease prevention & treatment. About 2,00,000 children every year used to be Polio effected in India before 1988, when for the first time the efforts for Polio eradication initiated in India. Now India is Polio free. Most of the modern day's diseases like diabetes, hypertension, cholesterol, liver dysfunction etc. are not communicable diseases but are majorly attributed to our present-day living styles. Some of these may be designated as hereditary but in true sense no disease can be said to hereditary it only can lead to probability of a particular person to be prone to be affected by the said disease if no effective steps are taken to prevent it.

Any disease can be said to be hereditary only if there is no possibility of escaping from its effects by any means, but this is not the case being suffered from any disease. We may fell in the trap of any disease if no good and effective preventive steps are taken. The most important is our today's sedentary living and also unhealthy food habits. At the outset we feel ourselves to be healthier and adopt whatever lifestyle appeals to us, mostly sedentary without any physical activities, eating unhealthy junk foods. It is only when there are alarming signs start going to gymnasium on bikes or cars for running on treadmills and cycling. Eating habits are changed only as a last resort. One of the main focus area of Rotary is Disease prevention & treatment. Though after the onset of disease there is no escape except for its treatment.

Hospitals are full of patients everywhere providing treatments for the various diseases, there main thrust is on treatment primarily being commercial angle though helping the patients and the suffering families to get rid of the disease yet we have to prepare the society to adopt healthy lifestyle and adopt healthy food habits.

Doctors in the club are regularly conducting eyes camps and dental check-up camp in order to ensure and detect onset of any disease and adopting preventive measures. Also, from time to time the Club is organising discussions by medical experts for taking steps for prevention of disease. There is an old saying, Prevention is better than cure.

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54th Meeting Plans ahead

● Rtn. Hardeep Singh to be the Presiding Officer



The 54th meeting of Rotary Club of Mohali Midtown held on Friday 15th Dec., 2023 at IndiSuBb - casual Desi Cafe, Sector 68, Mohali, at 5.00 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.

UPCOMING PROJECTS OF THE CLUB :-The President informed that Under the Ongoing Project of the Club RCMMFAC the Club has received one application, the same will be placed before the Committee headed by Rtn. Dr. Sandeep Dev Singh and another Beneficiary has also requested for the Micro Loan and on receipt of his application, the same will also be put up before the Committee.

The President also informed that due to ongoing examinations of the Colleges the Thalassemia Awareness Camp as well as Blood Donation Camp could not be arranged and the same will be arranged shortly.

The President also informed that the beneficiaries for distributing Shelter Kits are being identified and the function to distribute the same will be held in the coming week.



The President shared that the Club has planned to provide essential help to AANGANWARIS and for this the talk with District Administration is going on. The District Administration has identified number of Aanganwaris and requested the Club to provide essential helps to those Aanganwaris. Once the same is materialized a grand function will be organized to donate essential helps to the Aanganwaris. The complete details of the same will be shared.

FUTURE LEADERSHIP FOR RY 2025-26:The President also informed that in order to elect future leadership for RY 2025-26 a Presiding Officer is to be appointed. The President expressed that there is a tradition in the Club to nominate a Past President as a Presiding Officer. However, the majority of members expressed that a Presiding Officer need not be a Past President but a Rotarian of good standing can be a Presiding Officer. With the consensus of the members Rtn. Hardeep Singh was requested to be Presiding Officer. Rtn. Hardeep Singh willingly accepted the request. Rtn. Hardeep Singh was nominated as Presiding Officer and was requested to initiate the process so that the President Nominee is elected in the month of December 2023 itself. The President also informed that there will be a Nomination Committee comprising of all the Past Presidents.

The members enjoyed the fellowship and celebrated Birthdays of PE Rtn. Dilpreet Singh Boparai as well as Marriage Anniversaries of Rtn. Amritpal Singh Bhanbra / Ann Rabinder K Bhambra and Rtn. Jasjot Singh / Rtn. Ishneet Kaur falling in the First fortnight of the month of December by cutting the Cake.

Know our Rotarian



Rtn. Dilpreet Singh Boparai

President Elect Rtn. Dilpreet Singh was born on Dec 10th 1981 at Chandigarh to Mrs Gurdip Kaur and S. Prithipal Singh Boparai. Rtn. Dilpreet holds a degree in Bachelors in Information Technology from Dehradun Institute of Technology, Dehradun (2005) and Masters in Operations Management from Glasgow Caledonian University (2007). He moved back to India in 2009 and joined the family business. Since then, he has been a helm of affairs at VK Engineering Works, Mohali. VK Engineering Works is a tier 1 supplier to Mahindra Swaraj for Precision machined Engine parts.

Rtn. Dilpreet is happily married to Dr. Charanjot Boparai and the couple celebrates their anniversary on 12th April 2008. Dr. Charanjot is running a clinic in Phase II Mohali and does her bit for the society by organising free dental camps for the needy and imparts free necessary guidance on dental hygiene to young students by organising seminars and camps. The couple is blessed with two sons. Prabek Singh Boparai is studying in Class 8th and is a budding cricketer too; and Gurek Singh Boparai is a student of Class 6th and is a keen football player. Prabek and Gurek have brought laurels to St. John School with their academic and sporting brilliance.

Rtn. Dilpreet has been the member of the Board of the club since its inception. He was the first Vice President of the club, and last year received the award for the best secretary. He is also carrying out an important assignment in Mohali Industries Association as General Secretary for 2nd consecutive year.

Past President writes

Know The Mother Earth 8

Some unbelievable Earth Structures in India

By PP Rtn. Harcharan Singh Marwah

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



From ancient caves and towering peaks to vast salt pans and magnetic hills, the country is home to some of the world's most fascinating geological wonders.

1. Ulta Pani, Chhattisgarh

This phenomenon occurs in the central state of Chhattisgarh. It is located in a remote area, accessible only by a winding dirt track. Across the paddy fields, what makes Ulta Pani truly unique is its unusual gravitational flow. Because of the interesting nature of the landscape, the water (a small rivulet) appears to be travelling up the hill.

You can visit Ulta Pani in Bisarpani Village, Mainpat. The nearest airport is Swami Vivekananda International Airport in Raipur.

2. Lonar Crater, Maharashtra

Lonar Crater is one of the world's largest impact craters. This spectacular geological feature was created around 50,000 years ago when a meteorite struck the Earth's surface, leaving behind a gaping crater that measures almost two miles in circumference. Today, the crater is filled with a serene lake, surrounded by lush vegetation and teeming with wildlife.

Lonar Crater is located in Buldhana district of Vidharbha. The nearest airport is the nearest airport from Lonar Lake is Aurangabad Airport, located 157 km away.

3. Salt Pans, Gujarat

If you're interested in natural salt formations, Gujarat's Salt Pans are a must-visit destination. This vast expanse of gleaming white salt flats stretches as far as the eye can see, shimmering in the bright sunlight. The salt is harvested by hand in a process that has remained largely unchanged for centuries.

Salt Pans are located in Kutch district of Gujarat. They stretch across the borders of Pakistan and are known as the Rann of Kutch.

The nearest airport to Salt Pans is the Ahmedabad airport.



(Photo of Salt Pans in Gujrat)

4. Magnetic Hill, Ladakh

For something truly out of this world, head to the Magnetic Hill in the remote Ladakh region of northern India. This is a place where the laws of physics seem to be suspended, as vehicles appear to roll uphill against the force of gravity. The Magnetic Hill is actually an optical illusion caused by the unique geography of the surrounding area, but it's still a mesmerizing sight that will leave you scratching your head in wonder.

The nearest airport is the Kushok Bak

5. Natural Arch, Tirumala Hills

Natural Arch is one of the most interesting geological formations in South India. It is also known as Silathoranam, and is regarded as an important geo-heritage site in Tirupati. This towering rock arch is the result of millions of years of erosion, and it stands as a testament to the immense power of nature. As you stand beneath the arch and look up at the blue sky beyond, you can't help but feel a sense of awe and wonder at the beauty of the world around us. It is located in the Rock Garden area of Tirupati in Andhra Pradesh.

The nearest airport to the natural arch is Renigunta airport.

Know Rotary Even Better

Room 711 - Rotary's Birthplace

The number 711 has a very special significance for Rotary. Room 711 of the old Unity Building, formerly located at 127 North Dearborn Street in downtown Chicago, Illinois, USA, was the birthplace of Rotary. It was in that historic room, which was the office of engineer Gus Loehr, where Paul Harris first met with several friends to discuss his new idea of a club for professionals and businessmen. It took extensive research and dedication by a few Chicago Rotarians to preserve the room and restore it to its 1905 authenticity. For years, Room 711 was preserved as a miniature Rotary museum by Rotarians around the world who voluntarily belonged to and contributed annually to the Paul Harris 711 Club, which provided funds for leasing, maintenance, and preservation. In 1989, when the Unity Building was about to be torn down, members of the 711 Club carefully dismantled the landmark room and placed its contents in storage. There it stayed until 1994, when the recreated Room 711 found a permanent home at the RI World Headquarters in Evanston, where this piece of Rotary's heritage is preserved.

Did You Know?

CAMPAIGNING is PROHIBITED in Rotary

One of the interesting bylaws of Rotary International provides that "no Rotarian shall campaign, canvass or electioneer for elective position in Rotary International." This provision includes the office of district governor, Rotary International director, R.I. president and various elected committees. The Rotary policy prohibits the circulation of brochures, literature or letters by a candidate or by anyone on behalf of such a candidate. After a Rotarian has indicated his intention to be a candidate for one of the elective Rotary offices, he must refrain from speaking engagements, appearances or publicity which could reasonably be construed as furthering his candidacy. The only information, which may be sent to clubs, relating to candidates for an elective position is that which is officially distributed by the general secretary of R.I. A Rotarian who becomes a candidate for an elective position, such as district governor or R.I. director, must avoid any action which would be interpreted as giving him an unfair advantage over other candidates. Failure to comply with these provisions prohibiting campaigning could result in the disqualification of the candidate. In Rotary it is believed that a Rotarian's record of service and qualifications for office stand on their own and do not require publicity or special promotion.

Forth Coming Events

- **55th meeting of the club on Dec 29'2023**