

**UNITE
FOR
GOOD**

Rotary

Club of Mohali Midtown
Rotary International District 3080



Shubh. Karman

Inspiring good deeds

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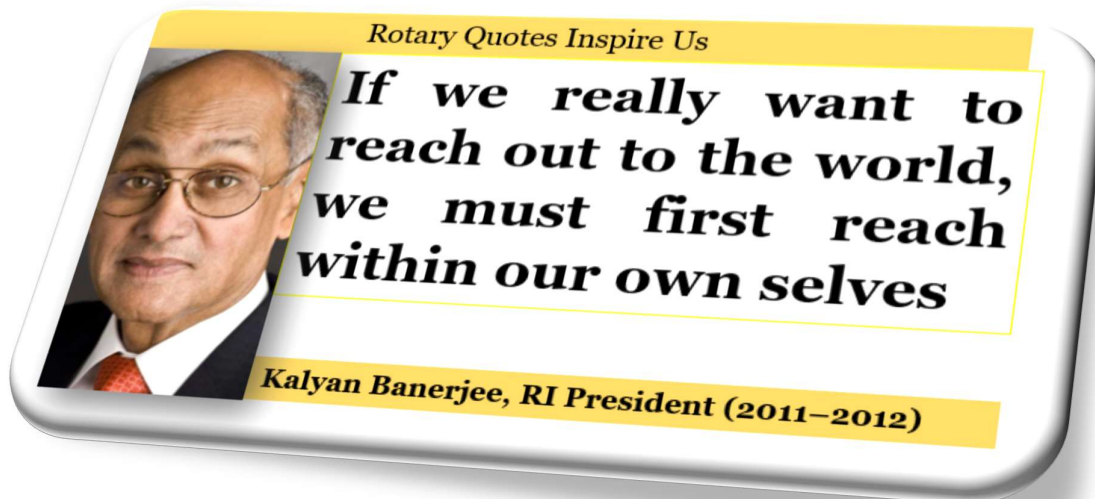
The club meets on second and last Friday, if you are visiting the Tricity and intent to attend our meeting, pls call the President.

Club Stalwarts

2021-22	Rtn. Gurcharan Singh Arora (President) Rtn. Amarjit Singh Virk(Secretary)
2022-23	Rtn. Ravijeet Singh (President) Rtn. Dilpreet Singh Boparai (Secretary)
2023-24	Rtn. Amarjit Singh Virk (President) Rtn. Ms Manjit Kaur (Secretary)
2024-25	Rtn. Dilpreet Singh (President) Rtn. Mrs Prabhjot Kaur (Secretary)

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Inside



PP Rtn.
Sukhpreet
Singh Giani

From Editor's Desk

Compassion in Action: Empowering the Future and Restoring Dignity

Community service is not merely about the acts we perform; it is about the lives we touch and the collective mindset we elevate. In this edition, we witness the beautiful spectrum of Rotary's impact—from the vibrant, expressive canvases of our youngest members to the strategic, dignity-driven initiatives of our community leaders.

Here are three remarkable milestones that remind us of what we can achieve when we unite for a common cause.

Art with a Purpose: Nurturing Young Visionaries

It is often said that the purest insights come from the youngest minds. This was beautifully evident when the **Early Act Club of Woodsbury Kindergarten** and the **Interact Club of Anaameep School, Hallomajra**, came together for a spectacular painting competition.

Tackling profound themes like **Women's Strength** and **Kidney Health**, these young children showcased extraordinary creativity and boundless enthusiasm. Watching them translate such complex and vital subjects into vibrant art was both inspiring and deeply moving. It is a testament to the fact that when we engage children in meaningful conversations early on, we cultivate a generation of empathetic, aware, and expressive global citizens.

A Vision for Dignity: A Beggar-Free Chandigarh

A city's true progress is measured by how it treats its most vulnerable. The ambitious and noble objective to **Make Chandigarh Beggar-Free by 1st November** is a monumental step toward restoring human dignity.

In a recent collaborative session, members from **NGO Ummeed, RCMM**, and the **Arvind Mehta Memorial Trust** convened to tackle this pressing issue. The dialogue went beyond surface-level solutions, diving deep into the various forms of beggary and brainstorming comprehensive strategies for rehabilitation. This initiative is not just about clearing the streets; it is about extending a hand of hope, addressing the root causes of poverty, and ensuring that every individual has the opportunity to lead a life of respect and self-reliance.

2 The Warmth of Giving: Redefining Charity

True charity is defined by the care and respect woven into the act of giving. The students and staff of **Brookfield International School** recently exemplified this by making a commendable contribution to the **Cloth Bank**.

Rather than simply handing over bulk donations, they took the time to collect a massive number of clothes and carefully segregate them by age and gender. Going a step further, the clothes were meticulously ironed, thoughtfully packed, and personally delivered. This level of dedication transforms a simple donation into an offering of dignity, ensuring that the recipients feel valued and respected. It is a masterclass in how to serve with a full heart.

Yours in Rotary,



The Highlights

105th Meeting

105th business meeting of our Club commenced with PP Rtn H S Marwah collaring the President Rtn Aameep Sinha, who called the session to order, followed by the recitation of the National Anthem and the Four-way Test.

Following are the highlights of the meeting held at Woodsbury Kindergarten School, Mohali:

1. Feb 28-March 01, 2026: DISTRICT CONFERENCE- Eight members of our club attended the Distt Conference held at Haridwar. A detailed report can be read at Page no.
2. March 08, 2026: DISEASE PREVENTION IN WOMEN- The 115th International Women's Day was celebrated

with the participation of the Endocrine Society of India, Rotary Club of Mohali Midtown and others with the meaningful initiative "Walk HERthon." Dr Gagan Priya, Dr Sarita Bajaj, President Rtn Aameep Sinha and Ms Gupta addressed the gathering with special emphasis on women's health. Participants enthusiastically joined the brisk walk inside the Nature Park at Ph IX, Mohali.



3. March 10, 2026: DISEASE PREVENTION IN WOMENFOLK- Kids of the Early Act Club of Woods-bury Kindergarten and the Interact Club of Anaameep School, Hallomajra participated in a painting competition themed Women's Strength & Kidney

Health, showcasing the children's creativity and enthusiasm. To encourage the young artists, Mr Tarun Sharma of Max Hospital arranged six prizes. Refreshments and gifts were provided by Woods-bury making the occasion both inspiring and enjoyable for the children.

4. March 11, 2026: MAKE CHANDIGARH BEGGAR FREE BY 1st NOVEMBER-Members from NGO Ummeed, RCMM and Arvind Mehta Memorial Trust, participated in the session on the objective of making Chandigarh a beggar-free city. Participants discussed various forms of beggary and the strategies to address the issue. S. Balbir Singh Maan, Founder Secretary of Ummeed shared their efforts in rehabilitating begging children by admitting them to schools The Rotary Club's support in several projects under "SMILE" was also acknowledged. Participants agreed that citizens should avoid giving money or other items to beggars & spread awareness among Chandigarh residents before August 15, through online pledge form.

5. March 13, 2026: ROTARY CLOTH BANK-Emphasising humanitarian service as the guiding principle, the initiative of creating a Rotary Cloth Bank by our Senior Rotarian Rtn H. S. Marwah has been consistently supported by the Rotarians and other well-wishers. Students and staff of Brookfield International School made a commendable contribution by collecting a large number of clothes, carefully segregating them age- and gender-wise,

ironing, packing and delivering them to the Cloth Bank. We sincerely thank the students, staff, and the Principal whose guidance inspires philanthropic activities. The occasion was graced by Rtn H. S. Marwah, Rtn Aameep Sinha and Rtn Amanpreet Singh.

B) Rtn Hardeep Singh too shared his highly satisfying experience in attending the District Conference.

C) Rtn H S Marwah expressed gratitude to the members who spared time to attend the business meeting & participated to make it lively.

President Rtn Aameep Sinha announced the birthday of Rtn Harjeet Singh & congratulated him along with the members present wishing him long life, good health & prosperity. A cake was cut to celebrate his big day.

District Conference



Beyond The Horizon

Eight members of our club had the privilege to attend the Distt Conference from 28th February to 1st March, 2026 at Haridwar. Theme of the conference was “beyond the horizon” which simply refers to “farther than the

inspiring words and powerful address left a deep impact on all of us. RIDE Rtn. GS Sekhon also delivered a wonderful message that resonated strongly with the spirit of Rotary.

The conference was beautifully enriched with motivating sessions by Prakash Belawadi, Dr. Deeba Arif and other distinguished speakers, who shared powerful insights and inspiration for all Rotarians.



possible limit of sight; beyond what one is able to foresee, know, or anticipate”.

Conference apart from the normal pleasantries, was as promising as perceived. RI President’s Representative, PRID Mahesh Kotbagi, whose

Organisers had taken good care of the participants by both motivating as well as entertaining them through dance performances by Anet Manya & others, “hasya” narratives by Angad Singh & Arun Gemini.

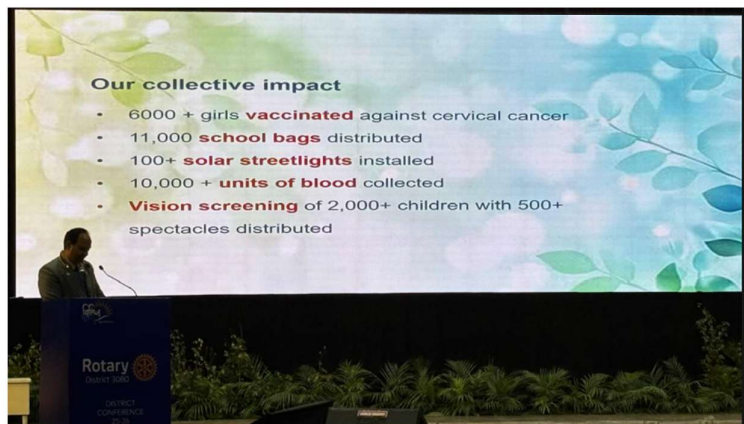
Some of the motivational initiatives included

-Raja Saboo Selfless Service Awards for the 4 Rotarians who executed projects beyond normal perception of service, “true exemplification of service above



self”.

-Cycle distribution to large number of children of different ages belonging to lower strata of society.



-Dr Deeba Arif’s address on healthcare



“Let food be the medicine”.

-Shreyas awards to outstanding non-Rotarians who are passionate for the upliftment of underprivileged by promoting health care, education, etc.





Honouring Medical Mission Doctors who spread healthcare beyond the

Participants enjoyed the hospitality of the coordinating team almost through the day with variety of foods & beverages.



boundaries of Indian sub-continent

-Address of Mr Arif Akhtar, GM-HR & CSR, IOCL motivating Rotarians to come forward with proposals qualifying for CSR grants.

-Renowned Orthopaedic Surgeon, Dr Raj Bahadur's address on Spinal Injury & Orthopaedic care.



Small Hands, Big Impact: A Lesson in Service from Brookfield International School

Guided by the spirit of humanitarian service, the Rotary Cloth Bank—an initiative started by PP Rtn. H. S. Marwah—continues to receive heartfelt support from Rotarians and well-wishers.

A particularly inspiring contribution came from the students of Brookfield International School, whose enthusiasm and compassion truly stood out. The students not only collected a large number of clothes but also took the extra effort to carefully segregate them by age and gender, iron them neatly, and pack them with great care before delivering them to the Cloth Bank. Their dedication reflects the values of empathy, responsibility, and community service at a young age.

We sincerely appreciate the students and staff of Brookfield International School for this thoughtful and well-organized effort. Our gratitude also goes to the

Principal, whose leadership and encouragement continue to inspire such meaningful philanthropic initiatives among the students.



The occasion was graced by Rtn H. S. Marwah, Rtn Aameep Sinha, and Rtn Amanpreet Singh, who applauded the students for their remarkable spirit of service.

Interactors in Action

In Service to the Community



WalkHERthon!

The serene surroundings of Bhagat Singh Nature Park, in Mohali came alive with enthusiasm and purpose as members of the Endocrine Society of India, Rotary Club of Mohali Midtown, and other participants gathered to commemorate the 115th celebration of International Women’s Day.

The event highlighted the importance of women’s health and well-being, reflecting this year’s theme “Give to Gain.” Addressing the gathering, Dr.



Gagan Priya, Organising Secretary, and Dr. Sarita Bajaj, Organising Chairperson, spoke about the relevance of International Women’s Day and emphasised that a healthy woman forms the cornerstone of a healthy home, family, and ultimately a strong nation. RCMM President Rtn Aameep Sinha and Ms. Gupta also shared their thoughts, reinforcing the message that women must prioritise their own health and well-being.

A key highlight of the programme was the Walk HERthon, where all participants joined in a brisk walk through the picturesque trails of the Nature Park, symbolising commitment

towards fitness, awareness, and solidarity.

Among the Rotarians who participated were PP Rtn Ravijeet Singh, Rtn Manpreet Kaur, President Rtn Aameep Sinha, Club Secretary Rtn. Kuldeep Singh Dhody, Rtn Prateeksha Vasudeva, Rtn Sukhpreet Singh Giani, and Dr. Satbir Kaur, spouse of the President of the Rotary Club of Mohali Silver City.

The event received generous financial support from Sun Pharmaceutical Industries, whose contribution helped make the programme a success.

Initiatives such as this serve as an important reminder that raising awareness about women's health is essential. Encouraging timely care and proactive steps towards maintaining good health is crucial—not only for women themselves but for the well-being of families and society at large.

The UNITED colours of



ROTARY

Young kids of Early Act club of Woods-bury Kindergarten & Interact Club of

Anaameep School, Hallomajra participated enthusiastically in the Painting competition on the theme of Women's Strength & Kidney Health.



It was a treat to the eyes to watch the children participating overwhelmingly in the



creative challenge for which the complete stationery was provided by the staff of the Woods-bury who were also assisting them wholeheartedly.



To motivate the staff & children on their artistic skills, Mr Tarun Sharma of Max Hospital had arranged prizes apart from the refreshments and gifts provided by the Woodsbury Kindergarten School, the place of contest.

Making Chandigarh Beggar Free



Members from different walks of life including the widely acclaimed NGO-UMMEED, our Rotary club, Arvind Mehta Memorial Trust, etc participated enthusiastically in the joint interactive session on the all-important objective of making Chandigarh-a beggar free city.

S Balbir Singh Maan, the founder Secretary of the UMMEED Foundation shared that they have been working on rehabilitating begging children by admitting them to schools so that they can lead a successful life with dignity. Participation of our Rotary club in many projects with them under “SMILE” was also acknowledged with the assurance of working together in achieving the objective.

A common view was not to give anything (money, clothes, utensils, eatables, etc) to any of the beggars because anything given to them gets converted into money and find its way to wrong doings.

A form (on line) will be circulated to pledge not to encourage beggars in any way. This awareness has to be spread to all the citizens of Chandigarh latest by August 15 so that a complete list can be forwarded to the Administrator of Chandigarh before 1st November, it's Foundation day.

President Rtn Aameep Sinha, Club Secretary Rtn. Kuldeep Singh, President Elect Rtn Manjit Kaur, PP RT. Avneet Kaur participate.

Forthcoming Events

105th Club Meeting

**Friday March 13
2026**

Details will be shared at Club
What's app group.



Rtn. Harjeet Singh
March 1



Rtn. Manu J. Singh
March 14



Rtn. Parvinder Singh
March 17



Rtn. Jaideep Singh
March 26



PP Rtn. Amarjit Singh Virk
& Ann Sukhwinder Kaur
March 19

Forthcoming Events