

**UNITE
FOR
GOOD**

Rotary



Club of Mohali Midtown
Rotary International District 3080



Shubh. Karman

Inspiring good deeds

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Any correspondence concerning this newsletter may be directed to mohalimidtown@gmail.com.

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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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Rotary Quotes Inspire Us



What could be more symbolic of Rotary than a great symphony orchestra... bringing together people from many different countries, nationalities, races, creeds, and cultures?

A. Z. Baker- Past President of Rotary International (1955-56)

Inside



**PP Rtn.
Sukhpreet
Singh Giani**

Rotary at 121: Decades of Action, Reflection, and Impact

From Editor's Desk

This month carries special significance as we celebrate Rotary's 121st birthday! On February 23, 1905, Paul Harris held the first Rotary meeting in Chicago. In honor of this anniversary, February is designated as Peace and Conflict Prevention Month, reminding us that service is the truest path to global harmony.

Against this backdrop, our President offers a timely reflection for the digital age. He notes that social media has turned many of us into instant critics, where we "judge without knowing" and "condemn without reflecting." It is a powerful call to replace judgment with real-world compassion.

Inside, we showcase exactly that kind of compassion. Read the inspiring story of Ms. Radhika, who received a prosthetic leg at Nevedac Prosthetic Clinic, Chandigarh. We also report on our recent

Free Medical Camp and a vital session on Career Guidance.

While the world may rush to judge, Rotary continues to serve. Another fruitful 15 days by our club!

Happy Reading! Enjoy, and share the e newsletter!



Rtn.
Aameep
Sinha

Who am I to judge?..... a journey within.

कौन हूँ मैं, क्या औकात है मेरी,
जो औरों को मैं आँकूँ?

एक बार विस्तार से अपने अंदर क्यों न मैं झाँकूँ?

President Writes

At today's pace opinions are formed in seconds. A short video, a clipped sentence, or a viral post it's enough for people to decide someone's character and worth. We judge without completely knowing, condemn and conclude without reflecting. Social media has made us a commentator.... a critic and a judge. We have reached a point where pointing fingers outward needs to turn our gaze inward.

Each one of us are mortal and carry imperfections hiding fears, regrets of past mistakes and burdened by unfinished dreams and silent battles yet despite knowing our own weaknesses we are quick to reach judgements when it comes to others magnifying their failures expecting perfection from them while accepting excuses for ourselves. This deep-rooted ego and insecurity serve a

temporary sense of superiority. This helps us feel smarter as we join public criticism to feel powerful which is temporary and fragile built on comparison not character. A clear example of this culture is the famous **Aaloo to Sona** -episode associated with Rahul Gandhi. During a public interaction, his words were clipped and circulated it in a misleading way, creating an impression that he claimed potatoes could be turned into gold. The context was ignored and the intention was distorted. What followed was relentless mockery.

Television debates, social media memes and political narratives turned one moment into a lifelong label. Millions including many of us laughed and judged encouraging the whole country and the globe to see him through that single lens of ridicule without questioning the truth behind it. for years one incomplete sentence became stronger than years of work and public engagement. This episode reveals more about the present state of our society than about the individual who is the victim. It shows how easily we reduce human beings to headlines, how quickly complexity is replaced by caricature add how effortlessly public opinion is created and consumed. So, in this digital age perception matters more than reality and sensationalism travels faster than facts.....faster than reason spreads the ridicule.

What we see on the surface is rarely a full story. We forget there is a private human

being behind a public figure, for them, one slip becomes permanent, one error becomes identity. People are not allowed to evolve but are frozen in their worst moments.

Self-reflection is the most honest form of education. When we look within, we recognize our own limitations.

We are able to recollect the times when we misspoke, misunderstood or failed and we also remember how grateful we were to someone who showed us patience and forgiveness. This self-realization shall replace arrogance with humility.

To achieve lasting growth, we have to learn to think independently and act responsibly. A disciplined and honest mind will see people fairly. Empathy guides and turns Judgement into understanding.

It means to respond with balance - truth without hatred, criticism with humility. The Aaloo to Sona story reminds how dangerous collective judgement can be. Here it was a politician next could be a teacher, a student, a colleague, or even ourselves. In this age of viral content any body can become a target within minutes. A serious introspection is required and we must ask ourselves **“Are we building a society of thoughtful citizens or a crowd driven by manufactured narratives and outrage”**.

Because the fact and truth remain is **we all are imperfect learners who**

should be trying, failing, growing and trying again.



A reflection on the.....

103rd Meeting

103rd business meeting of our Club commenced with PP Rtn Gurcharan Singh Arora 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:

A) Sharing grief on the demise of the father of Rtn Parvinder Singh, he requested members to observe 2 minutes silence.

B) Projects carried out in the first twelve days of February:

February 02, 2026: CAREER GUIDANCE

PP Rtn Sukhpreet Singh Giani enlightened the students of Brookfield International School about choices one can make to decide the course of one's career. His address on career guidance being interactive, was found highly useful to both the students as well as Staff.

February 06, 2026: CPR TRAINING FOR STUDENTS

Dr Nilesh Singh and Dr Shivani Juneja of Asses Heart Centre outlined the objectives of the session. Dr Shivani Juneja guided students of DPS, Mohali on healthy food habits, cautioning against self-medication and the misuse of information from social media and Google, while encouraging home-cooked food, fruits, and vegetables over fast food. Dr Nilesh Singh delivered an engaging presentation on CPR, supported by a dummy demonstration, with four students actively participating. Coordinator Ms Ramneek Kaur appreciated Rotary Club of Mohali

Midtown for organising such meaningful programs.

February 07, 2026: SCHOOL BAGS FOR UNDERPRIVILEGED

Education being one of the prime Mottos of Rotary International, this occasion apart from our club Rotarians was attended by Distt Secretary & Senior Advocate Rtn Salil Dev Singh Bali, President Rtn Akash Mittal of RC Chandigarh City Beautiful, Rtn Sanjay Malhotra of RC Chandigarh Tricity & Rtn Ms Bharti of RC Dehradun Hills. RCMM planned to distribute over 200 free school bags to needy students, with the last 82 to be distributed during this event. Rtn Aameep Sinha invited the dignitaries to motivate the children. Highlighting the importance of education, Chief Guest PP Rtn Bali encouraged students to study hard and assured support for their education. Students were also shown creative work carried out at Woods-bury Kindergarten.

February 09, 2026: FREE MEDICAL CHECK UP CAMP

Providing healthcare remains one of society's greatest challenges, and Rotary continues to address it with commitment and compassion. With this objective, Rotary Club of Mohali Midtown organised a Free Medical Check-up Camp at Emaar Township, Sector 105, Mohali.

A dedicated medical team from Max Hospital, led by Dr Aaqib Dar conducted

comprehensive health check-up in which 44 patients were examined and given appropriate medical advice.

RCMM expresses its sincere gratitude to Mr Tarun Sharma and the team of doctors and nurses for their valuable support and meticulous arrangements in serving the community.

February 10, 3026: ARTIFICIAL LIMB REPLACEMENT FOR GIRL CHILD

Ms Radhika, a girl child, lost lower part of one of her legs. She was treated at Nevedac Prosthetic Clinic, Chandigarh by providing a below knee prosthetic leg with the **support of our PP Rtn Ravijeet Singh**. Watching her walking & climbing the stairs with the artificial leg was a treat to the eyes of everyone present including our club Rotarians as well as President elect Rtn Amritpal Bhamra of rotary club of Chandigarh Tricity. Expressions on the face of the child & her father can't be described in words. We are grateful to Rtn Ravijeet Singh for his benevolence & Dr Vohra for providing hope of life to the child.

Club Secretary, Rtn K S Dhody expressed gratitude to the members who spared time to attend the business meeting & participated to make it lively.

He shared that President Rtn Aameep Sinha is in the process of formation of different Club Committees and will share before the next Board of Directors meeting.

He also shared that during the address of PP Rtn Giani on Career Guidance, students expressed least interest in choosing teaching as a career simply because of the lack of respect from pupils as well as the excessive interference of children's parents.



3. Rtn Kuldip S Dhody & Ann Gurdeep Kaur, 04/02

All the members congratulated the couples with happy & blessed married life with long togetherness and invited them to cut cake.



This was more or less concurred by the members & expressed as a highly unfortunate trend except Ann Surjit Kaur who shared a slightly different experience. Rtn Manpreet Singh Chawla shared a very satisfying experience with the running of his new Electric car apart from it being economical to run. He thanked Rtn Hardeep Singh on advising the benefits of an Electric Car.

Secretary announced the February (till date) Marriage Anniversaries of:

1. Rtn Dr Manu J Singh & Ann Priya Singh, 31/01
2. Rtn Aameep Sinha & Ann Prateesha, 02/02

Artificial Limb Replacement For Girl Child



Ms Radhika, a girl child, lost lower part of one of her legs in a serious accident, a few years ago.

She was treated at Nevedac Prosthetic Clinic, Chandigarh by providing a below knee prosthetic leg with the support of our PP Rtn Ravijeet Singh. Watching her walking & climbing the stairs with the artificial leg was a treat to the eyes of everyone present, PP Rtn Ravijeet Singh, Rtn Manpreet Kaur, PP Rtn Dr VJS Vohra, Rtn Indu Vohra, President elect Rtn Amritpal Bhamra (Rotary Club of Chandigarh Tricity), President Rtn Aameep Sinha & Rtn. K S Dhody -Club Secretary.

Free Medical Camp

Free Medical Check up Camp was organised at Emaar Township, Sector 105, Mohali.

A team from Max hospital comprising of Dr Aaqib Dar and Nurses, Ms Harmanpreet Kaur & Ms Gursimran

made arrangements for Full body check up along with Cardiac & heart care including ECG.

The camp was attended by President Rtn Aameep Sinha, Rtn Rajeev Makkar & Secretary Rtn K S Dhody.

A total of 44 patients were examined and necessary treatments advised to them.

We are grateful to Mr Tarun Sharma and the team of Doctors & Nurses from Max Hospital for making elaborate arrangements to serve the needy.

Unlock your potential

A session on Unlock your potential, Career Guidance and Motivation was conducted at Brookfield International School, New Chandigarh.

PP Rtn. Sukhpreet Singh Gianexplained the different avenues to be considered depending upon one's potential but also made the session lively by giving example of Tristan da Cunha, a Group of islands in Saint Helena. Persons living in this

In service of the Community

island were not even wearing proper clothes but the salesman of Bata could sell them shoes as well as clothes. This explains the potential.



Students too, especially Viapak Kaur, Ishreet Kaur, Harroop kaur, Jagroop Singh & Gurkamal Singh made it interesting by giving their perception of different career options. Giani ji's talk delineated a totally different perspective of career options including, Armed forces, Sports & its related activities, Film making, AI, Teaching, etc apart from Medicine & Engineering.

However, the prerequisites for embarking upon any career are CURIOSITY, COURAGE, CONFIDENCE & CONSTANCY and not Luck in its traditional sense as something pre-written. He defined the concept of "Luck as a meeting point of alertness & opportunities passing by".

An interesting observation was made by Ms Ishreet Kaur as to why students don't want to opt for the teaching profession. Students feel that it has not remained anymore a respectable occupation

keeping in view the misbehaviour of students these days. Rtn K S Dhody advised the students to seriously consider the teachers as "second parents", who contribute to their career building & hence deserve respect.

CPR Training For Students

Dr Nilesh Singh delivered an engaging presentation on CPR,

supported by a dummy demonstration, with four students actively participating at Delhi Public School, Mohali.

Forthcoming Events

104th Club Meeting

Friday Feb 28 2026

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



Greetings



**Rtn. Aameep Sinha &
Ann Prateeksha**

Feb 2



**Rtn. KS Dhody & Ann
Gurdeep Kaur Feb 4**



**Rtn. Kulwant Singh &
Ann Jagjit Kaur Feb**

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