

**UNITE
FOR
GOOD**

Rotary



Club of Mohali Midtown
Rotary International District 3080



Shubh. Karman

Inspiring good deeds

Vol 5

Issue 14

Jan 15 2026

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Editor – Shubh Karman: PP Rtn Sukhpreet Singh Giani

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

www.rotarymohalimidtown.com

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



***Imagine a world that
deserves our best, where
we get up each day
knowing that we can make
a difference.***

***Jennifer Jones, Past President of Rotary
International (2022-23)***

Inside



**PP Rtn.
Sukhpreet
Singh Giani**

From Editor's Desk

Strengthening Bonds and Building Legacies

This fortnight has been a whirlwind of learning and heart-filling moments.

We kicked things off by getting back to basics with **PP Rtn. Salil Bali**, who led a fantastic session on **Rotary By-laws**. Now, I know "By-laws" sounds a bit heavy, but PP Rtn. Salil Bali made it clear that these aren't just rules—they're the tools for making our club run smoother and stronger. Let's take what we learned and use it to build an even better foundation for everything we do.

Speaking of what we do, our **Lohri celebrations** were truly special this year. We spent the day at a senior citizen home, and honestly, the smiles on the faces of the inmates were brighter than the bonfire itself! Beyond the festivities, we also stepped up to provide **medical funds for an elderly lady's treatment**. It's moments like these—helping someone get back on their feet—that remind us why we joined this club in the first place.

Special Shout-out: Meet Our Guest Columnist

We are thrilled to introduce our new guest contributor! I want to draw your attention to a brand-new addition to our magazine. We have a fresh **Guest Column** starting this month, written by a very bright young man who happens to be our **President's son!**

It's so cool to see the "Rotary spark" catching on with the next generation. He's got a great way with words and a fresh take on things that we think you're really going to enjoy. Huge thanks to him for jumping in and sharing his thoughts with us—it's awesome to have you on board! **A chip off the old block—with a voice all his own!**

Enjoy, and share the e newsletter!



Rtn.
Aameep
Sinha

Hunger as a Compass, Roots as the Future: Opportunities That Will Never Fade

President Writes

“Hunger” ever experienced it? has a deep meaning..... for me it’s a call for grow wisely preserve what is wasted know and respect farming..... It’s an opportunity beneath an **uncertain ground**.

“Hunger” a moral compass, does not negotiate privilege, policy, or wait for ideology. It simply points to truth. Those who have experienced hunger understand food not as convenience or lifestyle, but as dignity and survival on the other hand the ones who have not often experienced it treat it as a commodity—plentiful, disposable, and are by and large detached from the labor that produces it. In an age of excess and waste, hunger remains the **“last honest reminder of what truly sustains civilization”**.

It is from this clarity that the **idea of returning to the “ROOTS”**—towards farming must be understood. This return is not nostalgia or

escapism; it is foresight. Agriculture is the oldest human enterprise and the most enduring one. Technologies evolve, markets fluctuate, and skills become obsolete, but the need for food never fades. Any future that ignores this truth is fundamentally fragile.

Farming: The Opportunity Time Cannot Erase

Civilizations collapse when food systems fail, not when innovation slows. No economy, however digital or advanced, can survive without those who grow food. Yet farming has been steadily reduced to a low-status, high-risk occupation—**“An error that societies continue to pay for”**.

What has faded is not farming itself, but the outdated model of selling raw produce at volatile prices. The future lies in value-driven agriculture, where farmers function as entrepreneurs, land is treated as an asset, and food is respected as a resource. Climate uncertainty, water stress, and unstable markets demand **agricultural systems that are resilient, diversified, and intelligent**.

Returning to farming today does not mean returning to hardship. It means reclaiming control—over production, pricing, storage, and dignity. When farming is aligned with innovation rather than abandonment, it becomes one of the few professions that grows more relevant with time.

Dehydration: Preserving Food that is wastedis Preserving Dignity

Hunger teaches restraint so agriculture must learn efficiency. One of the most disturbing contradictions of our time is that hunger exists alongside massive food wastage. A large share of fruits and vegetables perish due to poor storage, transport limitations, or distress sales.

Dehydrated fruits and vegetables offer a powerful solution. By removing moisture, shelf life extends from days to months. Produce such as onions, tomatoes, garlic, leafy greens, mangoes, bananas, and herbs becomes stable, transportable, and usable across seasons. These products are in growing demand from hotels, food processors, defence services, and health-conscious consumers.

For farmers today dehydration can break dependence on immediate market sales, cushions against seasonal price crashes, and opens doors to institutional and export markets. More importantly, it reflects a moral shift. Those who understand hunger know that preserving food is not merely smart economics infact it is a responsibility. Food saved is hunger delayed, sometimes prevented.

Vertical Farming and Aquaponics : Certainty in an Uncertain Climate

If dehydration addresses waste, vertical farming addresses unpredictability. Shrinking arable land, erratic weather, and rapid urbanization have made traditional farming increasingly

uncertain. Vertical farming—through hydroponic and aeroponic systems—offers a controlled, resource-efficient alternative.

Crops grown in stacked layers require far less water, eliminate pesticide dependence, and allow year-round production. Leafy greens, herbs, and microgreens thrive in these systems, making them ideal for urban and peri-urban markets. Proximity to consumers ensures freshness, traceability, and reduced transport costs. Though capital-intensive initially, vertical farming rewards planning, discipline, and data-driven management.

It surely can be a shift from hope-based farming to certainty-based farming which can prove an essential transition in a warming and increasingly volatile world.

Education: Reconnecting Future Generations with Food

For these opportunities to truly endure, education must play a transformative role. Future generations cannot view food as something that simply appears on shelves. Schools and universities must reconnect learning with land, hunger, and responsibility.

Basic exposure to farming, nutrition, food preservation, and sustainability should become part of mainstream education. School gardens, farm visits, simple dehydration units, and small hydroponic setups can teach children where food comes from, how easily it is wasted, and why it must be valued.

When children understand the effort behind every grain and vegetable, waste becomes morally uncomfortable rather than convenient.

Such education does not aim to turn everyone into farmers. It **aims to create citizens** who respect those who are citizens who vote, consume, and govern with awareness of what **keeps societies alive**.

Conclusion: “ Aa Ab laut chalen.....Roots Are Not the Past”

Returning to agriculture is not a retreat from progress but it is a return to perspective. Hunger reminds humanity of its limits and farming teaches humanity its responsibility. In a world intoxicated by speed, speculations, and abstraction, food remains stubbornly real. It must be grown, preserved, and protected , every single day.

Opportunities anchored in food will never fade because hunger never does. Dehydration preserves dignity by reducing waste. Vertical farming restores certainty amid chaos. Education rebuilds respect for the labour that sustains life. Together, they form a future that is resilient, ethical, and economically sound.

The roots we speak of are not buried in history but they are embedded in survival. Civilizations that honour them endure.... Those that forget them, no matter how advanced, eventually starve of not just of food, but of wisdom.



Thought-provoking inter-active session on Rotary Bye-laws

101st Meeting

First business meeting in January 2026, 101st of our Club commenced with PP Rtn

Gurcharan Singh Arora collaring 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) Projects carried out in the first week of January:

January 01,2026: Social worker, Ayush Tiwari approached our club to help 31 residents living in huts in Sec 25 to ward off the severe winter by providing blankets. Ms Ninu Malhotra from the department of Social work, Pb University very kindly

consented to be the Guest of Honour. Mr Binda Lal Chauhan (Ummeed), Mr Uma Shankar (Railways) & Ms Ayushi Tiwari graced the occasion.

January 08,2026: Ms Meena Rani, 63 years old, a widow with serious health problems requested our club to support her financially to meet part of the expenses of her treatment. In the true spirit of Rotary, members came forward and collected handsome amount of Rs 11000/- which was handed over to her for her operation at Govt Hospital, Sec 32.

President Rtn Aameep Sinha welcomed a) Distt Secretary, Rtn Salil Dev Singh Bali, b) Senior Rotarian Dr VJS Vohra; c) New members Rtn Lokesh Batra & Rtn Kanchan Batra

Address by Distt Secretary, Rtn Salil Dev Singh Bali:

PP Rtn Amarjeet Singh Virk introduced Rtn Bali our advisor. He was invited to enlighten the members about Rotary Bye-Laws.

Rtn. Salil Bali is associated with our Club is as old as our club is. When our Club was chartered in July 2021, he was AG of our Zone, he extended marvellous support to our club.

He has multi-faced personality. Born on 3rd February 1973 in the family of **Illustrious Senior Advocate Late Sh. DS Bali**, who remained associated with Lions Club for more than half century. **He was also a passionate URDU SHAYAR. If his father was a Lion, he is a passionate ROTARIAN.**

He is **Alumni of YPS Mohali**, graduated as Chemical Engineer then **following footsteps of his Father joined Legal Profession in 2001 also enrolled as SOLICITOR with Supreme Court of England & Wales.**

He has recently been designated as SENIOR ADVOCATE by the Hon'ble Punjab & Haryana High Court.

He is happily **married to Rtn. Parul**, blessed with **two Sons. Elder JAIVEER** is following footsteps of his Grandfather and father and is Advocate and the **Younger Lakshyaa Veer** is studying in 9th Standard.

His Rotary journey started in 2009, when he was **selected to join** a team of Young Professionals for 40 days USA Tour under **ROTARY GROUP STUDY EXCHANGE PROGRAM.** He joined **ROTARY CLUB OF CHANDIGARH MIDTOWN**, remains its **President in RY 2019-20** when not only He was **adjudged Best President but his Club was also chosen as Best Club.** He was **AG of our Zone in RY 2021-22** and was **adjudged as BEST ROTARIAN OF RD 3080** and was **also awarded FOUR AVENUES OF SERVICE AWARD by RI.** He is a **MAJOR DONOR to ROTARY FOUNDATION.**

He is **committed to ROTARY MOTTO - Service above Self** being **Pioneer of RD - Project SAHYOG - implementation of Artificial limbs, Solar Electrification Project in Himalayan Villages at Leh- Ladakh.** He is continuing journey as Rotarian of **Chandigarh Tricity Rotary Club.**

A FEW HIGHLIGHTS of Rtn Bali's address:

1. Rotary Club was initiated in 1905 by Paul Harris, a lawyer
2. Like any business, school, etc, a set of principles, Rotary Express Rules are

defined which evolved over time. These are reviewed every 3 years.

3. Constitution of any Rotary club is outlined with the guidelines of Rotary International.

4. Members of any club were expected to be from different professions, which has got diluted over time.

5. Spoke about formation of different committees, minimum attendance requirements, etc

6. Board of Directors, a governing body's decisions are to be shared with the house for approval. In case of difference of opinion, two third majority is required for approval.

7. Also enlightened about Dues of RI/Distt, Arbitration on termination of member, High ethical standards, etc

Rtn Aameep Sinha talked about the Traffic Awareness during January and assigned the new member Rtn Lokesh Batra to chalk out the projects on the Rotary January theme.



Marriage Anniversary of Rtn Manpreet Singh Chawla & Savinder Kaur ji along with the entry of new members Rtns Lokesh Batra & Kanchan Batra ji was celebrated by cutting a Cake.



Club

Secretary, Rtn K S Dhody expressed gratitude to District Secretary, Rtn Sail Dev Singh Bali for his thought-provoking inter-active session on Rotary Bye-laws. Members benefitted immensely since Rtn Bali's address was not a monologue. He expressed sincere thanks to Senior Rotarian Dr VJS Vohra for not only joining the business meeting but also contributing to the session on bye-laws with valuable inputs. Both the new members were welcomed in our club with loud applause.

Rtn. Jaideep Singh

Born on March 26th into an Army family, Rtn. Jaideep Singh has always been guided by a deep sense of discipline and a drive for excellence.

His journey into the maritime world began in 1993 when he started sailing on merchant ships, a path that led him to earn Command in 2004. After nearly two decades of navigating the high seas, he transitioned to shore-based leadership in 2013 with Maersk.

Today, he leads an Ocean Transport for the Asia Pacific region at Cargill, where he applies his seafaring grit to global logistics strategy. "Beyond my professional life, my family is my true North," says Rtn. Jaideep.

He is married to Ann. Sheeba, who shapes young minds as a teacher at Strawberry Fields. The couple celebrates their anniversary every November

14th and are the proud parents of two children, Anhad and Ameera.

From the deck of a ship to a regional leadership role, his life has been a series of vast horizons, underpinned by the



values of home and a commitment to leading with integrity.

Birthday: March 26th,

Marriage Anniversary: Nov 14th

Applying Lord Krishna's Timeless Wisdom to Modern Life

How the teachings of Lord Krishna offer practical guidance for happiness, inner growth, and ethical living in a fast-changing world.

The teachings of Lord Krishna that were revealed mainly in Bhagavad Gita and other holy discourses were taught thousands of years ago. However, even in the current world of careerism, rapidity, and uncertainty, their applicability is still very potent. Since the wisdom of Krishna is applied to developing inner harmony, balance, and happiness, since the power of choice to learning how to control the mind and changing the definition of leadership, Krishna is built into an everlasting guide of wisdom. How do we put these old teachings into our modern days and ways of living and mould ourselves to live with awareness and purpose in a time of continuous change, pressure and distraction, is the fundamental question?

The Right to Choose: Exercising Free Will with Awareness

Choosing is another most important teaching that Lord Krishna gave. We have two ways the right and the wrong all through life. Humans are the only creature who can decide by discrimination, contemplation and comprehending their destiny. These decisions cannot be underestimated; each decision has the outcomes that are

going to affect our development. This is a teaching that is particularly applicable in the contemporary world. Every day is a chance to grow up, instead of growing old, from the choices made about career choices to personal relationships. Being mindful and stopping to think before one acts, thinks about consequences, and make decisions that are consistent with the higher values instead of immediate gratification will result in less regret, more self-respect, and long-term satisfaction.

Abandoning Attachment: Finding Balance Through Detachment

The other lesson taught by Lord Krishna that is very potent is the art of non-attached to results. Krishna tells Arjuna to carry out his tasks diligently and genuinely without being emotionally attached to the outcome. This lesson does not lead to apathy, but rather, inner balance and calmness. Attachment to promotions, recognition, or financial accomplishment can cause anxiety and disappointment in the modern society that is results oriented. When people concentrate on action



**Ardhayaa
Aameep
Sinha**

Guest Column

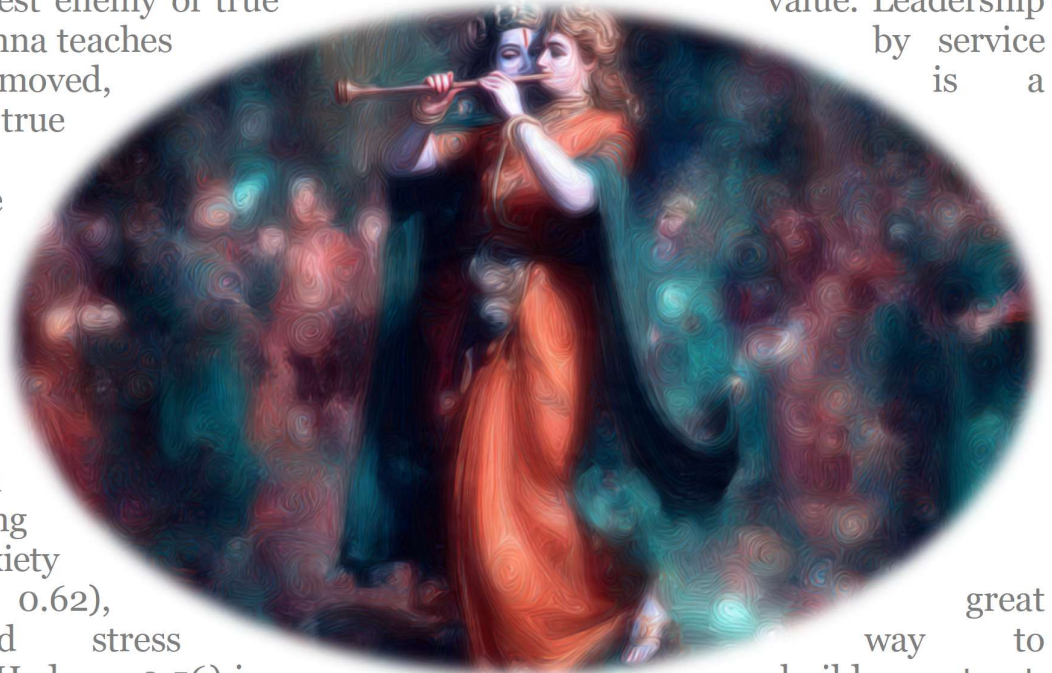
as opposed to results, they become resilient, improve their attention, and become creative. By moving on beyond the fear of failure, the mind gets liberated which usually results in high performance and overall satisfaction. Fear is the greatest enemy of true success and Krishna teaches that when it is removed, then you are a true success.

Indicatively, one of the extensive reviews found that mindfulness training had a positive correlation with general well-being ($g = 0.46$), anxiety reductions ($g \approx 0.62$), and perceived stress reductions (g of Hedge ≈ 0.56) in workplaces. Moreover, the research demonstrates that the increased mindfulness correlates with the decreased stress levels and increased professional engagement, which means that the practices that are consistent with the teachings by Krishna can be used to help address emotional responses to stressful experiences. Bartlett, et al. (2019).

Leadership and Responsibility: Serving Through Inner Strength

Lord Krishna gives a deeper vision of leadership that is founded not on power, fame and position but on discipline, duty and service. Great leaders lead by example, direct by principles and

encourage others as opposed to controlling others. In the contemporary society, leadership has been mixed with power or fame. The lesson of Krishna teaches us that we need to be responsible in whatever we do, feel, and what we value. Leadership by service is a



great way to build trust, teamwork, and missions without micromanagement and help transform workplaces, families, and communities alike, whether it is mentoring a colleague, supporting a team without micromanaging, or contributing to the community.

Mastery Over the Mind: The Key to Inner Freedom

Lord Krishna famously states that the mind can be our **greatest ally or our greatest enemy**, depending on how we control it. A disciplined mind cultivates clarity, wisdom, and purposeful action, while an uncontrolled mind breeds anxiety, doubt, and destructive habits.

Modern life constantly challenges mental discipline through endless distractions, social media, and external

implementation of the wisdom of Krishna in everyday life allows the accomplishment of fulfillment to any person who is



pressures. Practices such as mindfulness, meditation, and self-reflection help reclaim control over the mind. Over time, mastery of the mind not only enhances personal happiness but also improves relationships, work performance, and emotional resilience.

ready to act disciplinarily, consciously, and empathetically.

Conclusion

The teachings of Lord Krishna have much more than philosophical knowledge because they render practical guidance towards meaningful life. Through conscious choice, embracing of detachment, leading by service and ultimately by mastering the mind, people are able to live in the modern world with grace, purpose and peace of mind. These eternal truths are still reminding us that material prosperity is not sufficient to be called true happiness, and it might be the inner balance, moral behavior, and self-knowledge. The

Lohri Celebrations With Inmates Of Kartar Aasra

reports had approached our club to support her financially to meet part of the expenses of her operation.



On Jan 13th the Club members spent time with the inmates of Kartar AASRA, an Old Age Home to celebrate Lohri, thus providing them a sense of belongingness as well as “wanted” as a section of Society. They not only enjoyed the items carried by us but also sang and danced to not only rejoice but also welcome us. In fact, their impressions were indicative of more such gatherings at regular intervals.

Members contribute for a providing prompt medical treatment

Ms Meena Rani, 63 years old, a widow with serious health problems evident from her

In the true spirit of Rotary, members came forward in a very short time and collected handsome amount of approximately Rs 11000/- which has now been handed over to her.

She has expressed profound gratitude of the quick response of our club which is helping her to get operated in the next 2-3 days at Government College & Hospital, Sector 32, Chandigarh.

Forthcoming Events

102nd Club Meeting

Friday 30th Jan 2026

Talk by PDG Rtn. Mahdukar
Malhotra on Global Grants

Finer details will be shared in
club's what's app group

Greetings



Rtn. Gurmail Singh
Jan 11



HAPPY
Birthday
TO YOU!



**Rtn. Damandeep Singh &
Rtn. Prabhjot Kaur**
Jan 13



**PP Rtn. Harjeet Singh
and Rtn. Dr.
Tarvinderjit Kaur** Jan
16



**Rtn. Manpreet Singh
& Ann Savinder Kaur**
Jan 6



**Rtn. Manu J Singh &
Ann Priya Singh** Jan
31



**Rtn. Dr. Sandeep Dev
& Ann. Anjali Dev** Jan
18