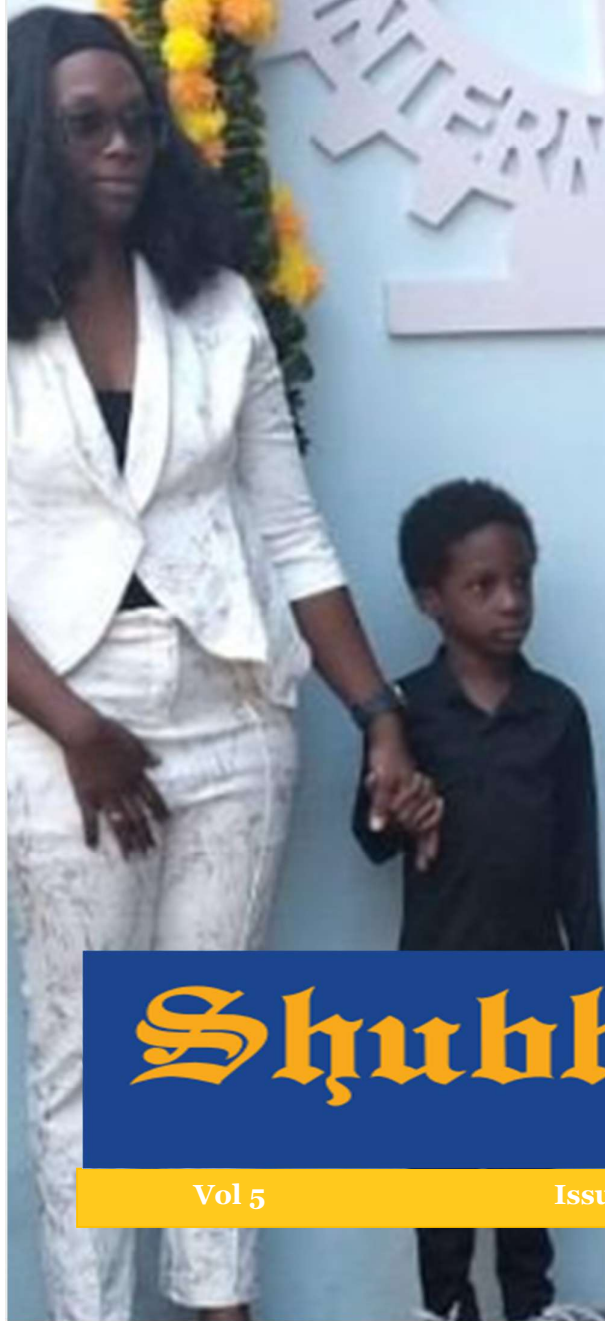


**UNITE
FOR
GOOD**

Rotary



Club of Mohali Midtown
Rotary International District 3080



Shubh. Karman

Inspiring good deeds

Vol 5

Issue 10

Nov 15 2025

The Board

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Club Secretary: Rtn. Kuldeep Singh Dhody
Vice President: Rtn. Damandeep Singh
Seargent At Arms: PP Rtn. Gurcharan Singh
Treasurer: Rtn. Rajeev Makkar
Joint Secretary: Rtn. Manu J Singh
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President Elect: Rtn. Manjit Kaur Kotia
Club Learning Facilitator: PP Rtn. HS Marwah
Executive Secretary PP Rtn. Sukhpreet Singh Giani

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Vocational Service: Rtn. Dr. Sandeep Dev
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Club Service: PP Rtn. Amarjit Singh
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Youth Service: Rtn. Amanpreet Singh
Public Image: Rtn. Ankit Beri

Editor – Shubh Karman: PP Rtn Sukhpreet Singh Giani

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

www.rotarymohalimidtown.com

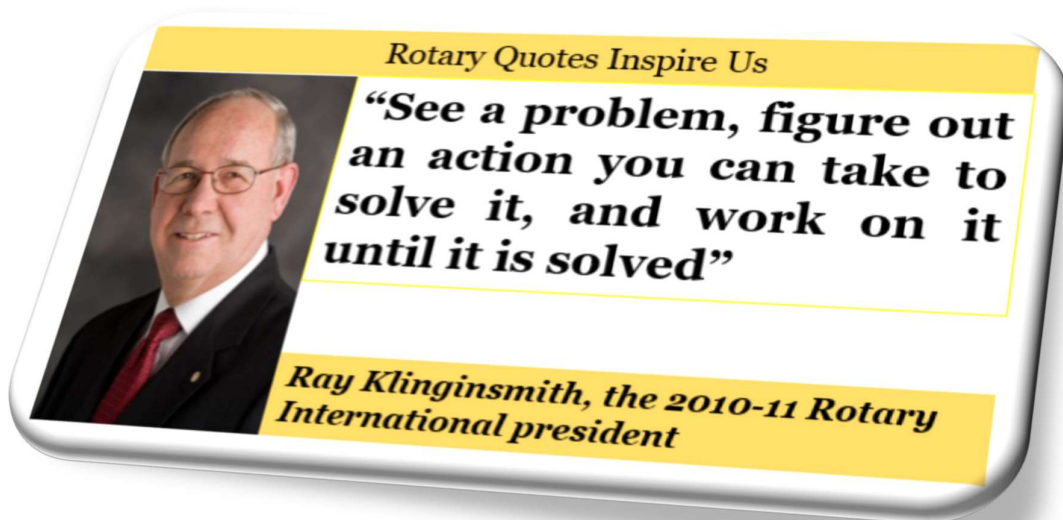
The club meets on second and last Friday, if you are visiting the Tricity and intent to attend our meeting, pls call the President.

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)

This newsletter is not to be used commercially or for any non-Rotary solicitation. This is for each member's private use, with an intent to inform the events happening in the club.

From Editor's Desk..... 4
President Writes..... 6
98th Meeting..... 8
Public Image Initiative.....12
In Service of the Community13
Forthcoming Events17
Greetings 18



Inside



PP Rtn.
Sukhpreet
Singh Giani

From Editor's Desk

Spreading Smiles, Lighting Futures – The Rotary Way

There are moments in community service when small actions create a ripple of hope that travels far into the future. The Rotary Club of Mohali Midtown has once again demonstrated how compassion, commitment, and collaboration can come together to transform lives. This past fortnight, a series of impactful initiatives reflected the true Rotarian spirit – “Service Above Self” – and reminded us that when people unite with a purpose, change becomes inevitable.

The installation of yet another Rotary Wheel at Woodsbury Kindergarten, Mohali is not just a symbolic gesture. **It stands as a beacon of service, pride, and continuity of the Rotary legacy – a reminder to every young learner who walks past it that kindness and responsibility begin early. For these children, the Rotary Wheel now becomes a daily inspiration – a wheel that keeps turning forward, encouraging them to**

become changemakers of tomorrow.

Children’s Day brought another beautiful celebration of compassion and creativity. In association with the Department of Social Work, Punjab University, Rotary Club of Mohali Midtown organized a special program under the **Smile Project** – because every child deserves joy, confidence, and the belief that they matter. The performances of the children – their songs, dances, and cheerful celebrations – showcased not just talent but hope. **The event wasn’t just entertainment; it was empowerment. It was proof that when children are encouraged and celebrated, they bloom with self-assurance and dreams shine brighter.**

The ethos of Rotary has always included the protection of health and dignity. The second eye camp held by the Club exemplifies this dedication. **A total of 65 patients were examined and 10 cataract surgeries successfully conducted,** restoring vision and gifting clarity – both literal and metaphorical – to individuals who deserve to view life with renewed brightness. **Vision is independence, dignity, and opportunity. This effort will forever remain a source of light for the beneficiaries and their families. Behind every restored eye is a story of service and humanity.**

The Early Act members of Woodsbury Kindergarten paid a heartfelt tribute to **Guru Nanak Dev Ji**, honoring his teachings of equality, compassion, and community welfare. This involvement of young children in service activities ensures that values are nurtured early, embedded deep, and carried forward with pride. **Rotary has always believed in building leaders who serve — and here we see the roots being planted beautifully.**

Across every initiative — from celebrating children, healing elders, empowering young hearts, to leaving symbols of service in places of learning — one thing connects it all: **the relentless dedication of club leadership and club members. Their time, energy, and empathy are what power these causes. Their teamwork ensures that every project becomes a gift to society.**

As we reflect on these projects among others in this issue, **let us celebrate not just the events, but the spirit behind them. They highlight that even the smallest act of service becomes meaningful when rooted in sincerity.** Every smile created, every step supported, and every life uplifted is a victory for humanity.

May this wheel of service continue turning — stronger, faster, and with more hearts joining in — because together, we can build a world where hope is shared and progress is felt by all.



**Rtn.
Aameep
Sinha**

President Writes



AGEING – a narrative from a BURDEN to an ASSET

Embracing aging gracefully is a collective responsibility of self, family, institutions, policymakers and youth to build a society where old age is celebrated empowered and integrated.

Since independence India has seen a huge demographic transformation, though our country is defined as young with median age Around 28 years but we are aging fast as well. By 2050 almost 30 Crore Indians will be above the age of 60 years. A fact which brings an explosive social, economic and emotional implication. Modernization, urban migration, nuclear families and career pressures have had a massive impact on the past mindset of the aging.

The ones who have been conditioned to believe that aging is a descent, a slow fading relevance where wrinkles are seen as flaws.

At 50 years plus today, I deeply feel and believe we should not resist aging as aging is a privilege and we should appreciate show gratitude to be alive which many might not be blessed enough and it has to be reframed for more growth, for achieving more milestones to be celebrated. Instead of regret of growing older we should embrace it gracefully and shift gears for the next innings at a different pace and train your mind and body focusing on what remains than analysis of what is lost/past with no comparison or competition with anyone.

Cultivate curiosity, keep learning, celebrate milestones, detach gracefully, don't blame your kids as they are too

overwhelmed and not uncaring, free your heart from weight and pain and the peace will find you, Stay engaged socially by joining like-minded communities, mentor a needy, serve and forgive others. This shall work like the best anti-aging tonic.

For me ageing is a constant flow with time and as I flow It is about achieving **“PEACE, PURPOSE and PRESENCE** appreciating each day as a blessing revealing a new chapter teaching to be happier, to be more alive and to be forever grateful to the creator the almighty God.

So, I call upon all ageing in my family, friends brothers and sisters to age gracefully with me as the **“Greatest chapters are still unwritten”** in your own incredible story called ever evolving journey of Life

“Happy Ageing”



Take Care of Muscles to Stay Fit

Meeting commenced with Rtn Gurcharan Singh Arora ji 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 Boardroom of Fortis Hospital:

PROJECTS CARRIED OUT

November 01, 2025: Installation ceremony of the INTERACT CLUB as well as unveiling of ROTARY WHEEL at St Soldiers School, Mohali.

November 07, 2025: School bags, Notebooks & Stationery were provided to the ten students identified &

rehabilitated by Sh.Binda Lal Chauhan of Ummeed Foundation-children who were earlier begging and are now enrolled in Government Schools.

November 10, 2025: Early Act Club members of Woodsbury Kindergarten, Phase X, Mohali, along with Principal Ms. Prateeksha Vasudeva and staff, visited Gurdwara Dasmesh Darbar Sahib, Chandigarh, at 10:15 a.m. to pay respect to Guru Nanak Dev Ji and learn about his teachings-the foundation of becoming good human beings and future Rotarians.

98th Meeting

November 11, 2025: SECOND EYE CHECK up camp was organised at Dr Sharma's clinic, Village Manakpur Khera from 9 am to 1 pm. A total number of 65 patients were examined by the team of Rtn Dr Aditya Sharma, identifying 18 persons requiring further investigation to finalise their treatment including surgeries, if any. Persons requiring Cataract Surgeries, as & when identified will undergo operations at Amar Shakti, Sec 7, Chandigarh.

**ADDRESS by Dr Vivek Srivastava,
a Physiotherapist & Muscle
Behaviour Expert**



PP Rtn Amarjeet Singh Virk introduced Dr Vivek Srivastava, Dean Chitkara School of Health Sciences, Consultant Fortis Medicentre-Chandigarh & Consultant Edison Hospital-Mohali who was previously HOD, Physiotherapy, Fortis-New Delhi.



Dr Vivek educated the audience about his treatment through soft muscles therapy as well as remedial measures for patients with psychosomatic disorder.

He guided the Rotarians to take good care of MUSCLE strengthening since most of the body pains originate due to weakening of muscles. He particularly advised to concentrate on:

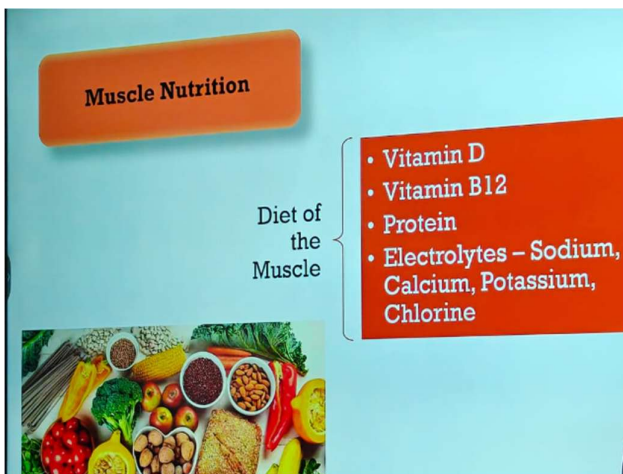
1. Muscle nutrition (Vitamin D, Vitamin B12, Protein & Electrolytes).



2. Muscle nourishment through Muscle exercises including Core/Neck/Lower limb/Upper limb exercises as well as Cycling which is particularly helpful in avoiding/controlling knee pain.

3. Muscle glides through Body massage, at least once a week.

He also demonstrated pain relief Physiotherapy on the shoulders of Rtn Prabhjot Kaur. He is available at Fortis Medicentre, Sec 11, Chandigarh with prior appointment through his team member Dr Mannat Kaushal. Mobile numbers are given below:



1. Dr Vivek Srivastava: 94797 59731

2. Dr Mannat Kaushal: 98149 59545

C) Planters were presented to:

1. Dr Vivek Srivastava by Chartered President Rtn Gurcharan Singh Arora and PP Rtn Amarjeet Singh Virk. 2. Mr Vikas Kaushal of Fortis Hospital, Mohali by PP Rtn H S Marwah, President Rtn Aameep Sinha and Rtn K S Dhody.



D) Vote of Thanks was proposed by the Secretary Rtn K S Dhody by expressing deep gratitude to:

1. Dr Vivek Srivastava for his highly gripping presentation on the vitals of Physiotherapy as well as his guidance on the all important issue of Muscle strengthening
2. Management of Fortis Hospital, Mohali for organising seminars on key issues relating to health including, Oncology, Nutrition therapy, Physiotherapy, etc

E) Birthdays

Members joined hands in wishing happy birthday with good health & long life to Rtn Dr Prabhjot Kaur.

Installation of 4th Rotary Wheel

One more Rotary Wheel (external) was installed at Woodsbury Kindergarten, Mohali.

Principal Ms Prateeksha Vasudeva along with the staff and members of the newly elected members of Early Act Club under the guidance of Ms Soumya Mehan welcomed the members of RCMM. President Rtn Aameep Sinha, Project Chairperson Rtn Manpreet Kaur, Rtn Damandeep Singh, Rtn Amanpreet Singh, Rtn Ankit Beri, Rtn Pawan Sachdeva & Rtn Kuldeep Singh participated in the function.

Rotary Wheel, the emblem of Rotary International, a service organization, which symbolizes

civilization, movement, and service



was installed at such a location of school that its observance by everyone coming and going from the school ensures maximum footfall.

Rotary Wheel was inaugurated jointly by Nael Soan Avitaj OBOUNON, the President of Early Act Club; Aira Kshitij Sharma, Secretary of the Early Act Club; Principal and the staff of the school as well as the members of our Rotary Club.

Principal thanked RCMM for the keen interest & the support provided by our club to their school.

Children's Day Celebrated

encourage children rescued

Children's Day is celebrated in India to raise awareness about the rights, education, and welfare of children. It is celebrated on 14th November

every year. On this day, many educational and motivational programs for children are held all over India.



In line with the above, Rotary Club of Mohali Midtown too along with Department of Social Work, Punjab University arranged a special program to

under the Smile Project. Children performed by singing/dancing exhibiting confidence/skills to move ahead in life. President Rtn Aameep Sinha, PP Rtn HS Marwah & Secretary Rtn K S Dhody cheered the students along with the staff of UMMEED Foundation.

Snacks/lunch, and sight seeing including transportation to enlighten/entertain the children were organised by our club. Prof Gaurav of the dept of Social Work played a very vital role in inspiring the children for which we are grateful to him.

In Service of the Community

SECOND EYE CHECK up camp

Aditya Sharma on Nov 15 '2025 in the afternoon. Patients were extremely satisfied with the outcome and were conveying regards to both Dr Aditya Sharma as well as RCMM.



In continuation of the First Eye check up camp held at Perch, SECOND endeavour was made on Nov 11'2025 at Dr Sharma Clinic, Vill - Manakpur Khera between 9 am to 1 pm. A total number of 65 patients were examined by the team of Rtn Dr Aditya Sharma, identifying 18 persons requiring further investigation to finalise their treatment including surgeries, if any. Club Secretary Rtn. KS Dhody contributed for one eye surgery.



Ten Eye Surgeries Performed

TEN CATARACT OPERATIONS, as planned at Amar Shakti Eye Clinic, Sec 7 were completed successfully by Rtn Dr

Early Act members pay homage

Early Act members of Woodsbury Kindergarten, Phase X, Sec 64, Mohali along with the Principal and staff visited Gurdwara Dasmesh Darbar Sahib, Chandi Path, Chandigarh on Nov 10 2025 to pay respect to Guru Nanak

Among others, President Aameep Sinha, Rtn Manpreet Kaur, Principal



Dev Ji and understand his teachings to become a good human being, the very fundamental to being a Rotarian of tomorrow.

Prateeksha Vasudeva, EarlyAct Coordinator/Guide Ms Soumya Mehan, Teachers/Staff/Helpers & Rtn KSDhody joined and guided the young children including the President & Secretary, Early Act Club.

Rtn KS Dhody explained the basic concept Guru Nanak Dev ji's message of Universal Brotherhood as well as "Kirat karo, vand chhako, naam japo" which translate to "Earn an honest living, share with others, and meditate on God's name".

School bags, Notebooks & Stationery items to Underprivileged Students

distributed the bags & stationery to the primary class pupils of Government School (who were earlier given training in painting Diyas to sustain themselves) along with the staff of UMMEED Foundation.



Ms Ayushi Tiwari thanked the Rotary Club of Mohali Midtown, appreciating the initiatives taken time & again to support the hapless & underprivileged members of society.

With the encouragement and vigorous support of all of you, our club has identified TEN students rehabilitated & recommended by Sh Binda Lal Chauhan of Ummeed Foundation who were earlier sustaining themselves by begging & now enrolled in Government Schools. They were provided with SCHOOL BAGS, Notebooks and stationery items at Lambad Dharamshala, Village Kaimbwala, Chandigarh. Additional stationery items were provided to Ms Ayushi Tiwari who is the main coordinator on behalf of UMMEED FOUNDATION.

Rtns Amarjeet Singh Virk, PP Rtn H S Marwah, Rtn Aameep Sinha, Rtn Manpreet Kaur & Rtn Kuldeep Singh Dhody joined the occasion and

Forthcoming Events

		
<h2 style="margin: 0;">SEWING MACHINE PROJECT</h2>		
<p>📍 H No 231, Sector 35-A, Chandigarh 🕒 16th Nov, 2025. Time : 11:00 Am</p>		
<p>Respected, Kindly Join us for the noble act as a friend of Rotary has come forward to help a young newly married couple by providing them a SEWING MACHINE. This will help them to supplement their meagre income by providing opportunity for stitching clothes at home by the wife who is trained in this trait.</p>		
		
<small>Rtn. Aameep Sinha (President)</small>	<small>Rtn. K.S. Dhody (Secretary)</small>	<small>DDG Rtn. Harjeet Singh (Director Community Service)</small>

Time: 930 am

Where: College Auditorium
College Campus

99th Meeting –

When : Nov 28

**Installation of
Interact Club of Vidya
Valley School**

When: July 19th

Further details will be shared on the club's what's app group.

**Installation of
Rotatact Club of
Khalsa College of
Mohali Of Technology
& Business Studies**

When: Nov 17th 2025

Greetings



Rtn. Dr. Prabhjot Kaur
Nov 13



PP Rtn. Ravijeet Singh
Nov 16



Rtn. Damandeep Singh
Nov 19



PP Rtn. Sukhpreet Singh Giani
Nov 19



Rtn. Vishwas Arora
Nov 24



Rtn. Dr. Manu Mengi
Nov 20



Rtn. Prabhjot Kaur Nov 22



Rtn. Krishna Birdy
Nov 27



Rtn. Surjeet Kaur
Nov 29



**Rtn. Iqbal Singh &
Ann Sarabjeet
Kaur**
Nov 11



**Rtn. Aditya
Sharma & Ann. Dr
Priyanka Sharma**
Nov 14



**Rtn. Bhupinder
Singh & Ann.
Satvinder Kaur** Nov
15



**Rtn. Ravijjeet
Singh & Rtn.
Manpreet Kaur**
Nov 20



**Rtn. Amanpreet
Singh & Rtn. Surjeet
Kaur**
Nov 17



**Rtn. Vikramjeet
Kaushik & Rtn.
Saru Kaushik**
Nov 24



**Rtn. HS Marwaha
& Ann Swaranjeet
Kaur**
Nov 29

Happy wedding anniversary