

**UNITE
FOR
GOOD**

Rotary



Club of Mohali Midtown
Rotary International District 3080

A group of seven people, including four men and three women, are standing behind a large banner. The banner is white with a blue top section and contains the Rotary International logo, the club name, and the names of the president and club secretary. The background shows a large tree and a clear sky.

ROTARY INTERNATIONAL
RI, District 3080

Rotary
Club of Mohali Midtown

UNITE FOR GOOD

HQM

WELCOMES YOU

PRESIDENT
Rtn. Aameep Sinha

CLUB SECRETARY
Rtn. Kuldeep Singh Dhody

8th YEAR 2024-25

Shubh. Karman

Inspiring good deeds

Vol 5

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The Board

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Club Secretary: Rtn. Kuldeep Singh Dhody
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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

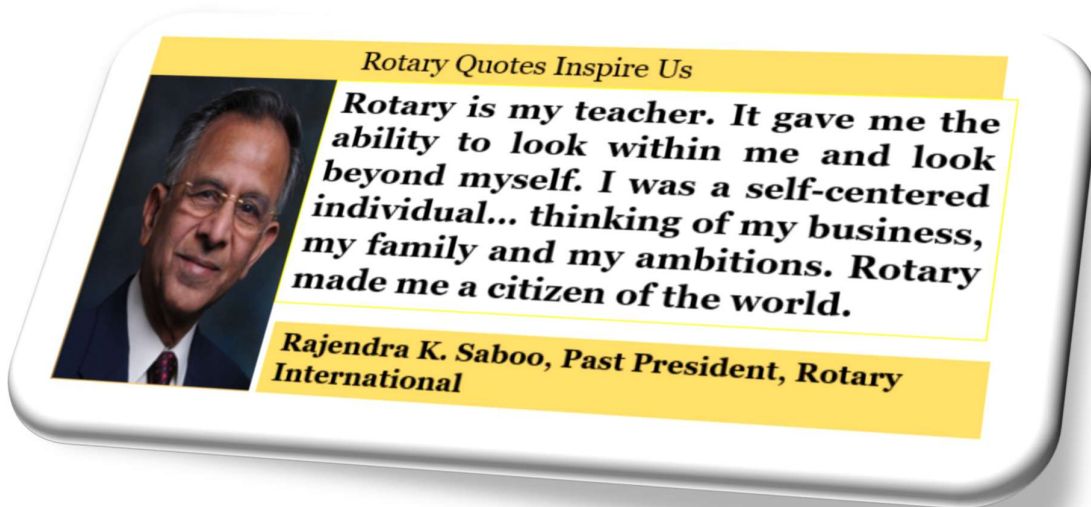
The club meets on second and last Friday, if you are visiting the Tricity and intent to attend our meeting, pls call the President.

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)

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Inside



PP Rtn.
Sukhpreet
Singh Giani

From Editor's Desk

Guidance or Validation?

The irony of being “an advisor”

Everyone loves the idea of having an “advisor.” And, you fancy him, if he is a doer too! **The advisor too enjoys the status because advice, even when ignored, still carries the aura of authority.** It captures that ironic truth—people may not follow the advice, but the advisor still gets the badge of being “the wise one.” Hence they like enjoying that granted status !

It sounds fancy—like you’re the wise owl perched on the branch of wisdom. But here’s the catch: **advice is welcome only if it matches their choice. If it doesn’t, suddenly you’re not an advisor,** you’re a “nag,” “interferer,” or worse, “the person who is always.....”

It’s a strange game. People ask for guidance, but what they really want is validation. **They don’t want your advice; they want their opinion repeated in your voice.** If you dare to suggest something different, congratulations—

you’ve just been promoted to “unwanted interference.”

So yes, you may be sought after, but only as long as your advice comes with a “terms and conditions apply.” The moment you cross the invisible line, you’re labelled.

And hence, the tragedy of being an advisor is this: you’re sought after for advice and not experience but only as long as it agrees with their script. The moment you step outside their comfort zone, **your “pearls of wisdom” turn into pebbles of irritation.** In short, you’re respected until you’re inconvenient.

So yes, the advisor enjoys the status—but it’s a fragile crown. It is almost comic, one wrong word, and “wisdom” turns into blame. On the other hand, they carry a hidden tragedy: **if things go right, the credit belongs to the who implemented; if things go wrong, the advisor is the easiest scapegoat.**

Lesson learnt: advice is like Wi-Fi. It works only when people actively connect. Otherwise, you’re just broadcasting signals into thin air. The smart advisor knows when to speak and when to sip chai quietly. **Most of the time; this is learnt the hard way.**

Moral of the story? Give advice only when asked. Otherwise, enjoy the peace of being silent.....



**Rtn.
Aameep
Sinha**

President Writes

EMBRACE – The Journey Back to You

In a rare moment of solitude, I was happy to revisit myself.

There comes a moment in every life when we instinctively turn back with a wish to redo and rewrite not to dwell in regret, but to understand who we once were and who we are today.

Returning to the past is an act of emotional archaeology, where we softly brush away memories, choices, and forgotten selves. In this silence, a truth reveals itself, that in the summer of our lives, we may have given away too much of what was meant to be sacred.

Youth is a generous yes. It loves without calculation, gives without boundaries, and trusts fiercely, without hesitation. We poured our time, energy, and affection into people who were not ready, and in doing so, we gradually let ourselves down. We lost parts of ourselves, and dreams faded long before we understood why.

It was a time when giving felt natural and joyous. We

believed our light was infinite that we could keep pouring without ever emptying.

Only now, decades later, do we recognize the emotional footprints that we left on roads which led nowhere. These smaller, quieter, purer versions of ourselves which we abandoned along the way lead us back into the narrow corridors of memory where so much was lived, and yet so much remained unsaid.

It is in these private conversations that we begin to understand what we once overlooked, gratitude we forgot to express, forgiveness we never asked for, the hearts we bruised unknowingly, and the love we received in silence but never acknowledged.

As I reflect, one truth stands unshaken: We are all a fusion of contradictions, the good and the flawed, the sacred and the sinful, the godly impulse to rise, and the darker shadow that pulls us down.

We carry both the whisper of God and the murmur of Satan within us, perhaps that is what makes the human journey so deeply complex “A lifelong attempt to choose the light while learning from the dark.”

Revisiting these memories is not an act of sorrow; It is an act of understanding. When we return to our past now, we do so with gentler eyes. We see our mistakes without judgement, our ingenuousness without shame, and our generosity without guilt.

We realize that everything we gave, taught us something about love, about boundaries, about the fragility and strength of the human heart but with this understanding comes a shift and a new kind of permission we rarely granted ourselves.

“Keep no guilt for being a little selfish today. After years of putting others first, after seasons of emotional overextension, after carrying responsibilities that drained us silently, choosing yourself is not a betrayal, it is a correction that is long-overdue balancing.”

Being “**A Little Selfish**” today means reclaiming parts of yourself that were lost in earlier chapters. It means allowing rest without apology, boundaries without explanation, and dreams without guilt. It is the quiet recognition that self-preservation is not self-centeredness instead it is a form of **Self-Respect**.

As I stand in the present and glance back at the life I have lived, I understand that the past cannot be rewritten, but it can be reinterpreted and it can certainly be reclaimed. We can retrieve forgotten strengths, neglected aspirations, and overlooked joys. We can forgive ourselves for giving too much and honour ourselves by receiving more now.

So, looking back today is not about mourning the earlier versions of us, but about understanding them, appreciating them, and gently awakening.

“In my solitary dialogue with the person, I used to be, I realize that the past is not a burden to escape, but a teacher waiting patiently for courage. Let this moment be a threshold for a calm pause where I gather the strength to honour who I was and to shape who I wish to become.”

Laurels

Young Adaanyaa brings laurels!

It is a moment of immense pride and joy for our club to share that Miss Adaanyaa, daughter of our esteemed Club President Rtn. Aamep Sinha, has qualified for the Nationals with India Team Trials score in



the 10m Air Pistol event at the 68th National Shooting Championship Competitions (NSCC) held at Dr. Karni Singh Shooting Ranges, New Delhi.

This remarkable achievement is a testament to her dedication, discipline, and outstanding talent.

Congratulations, Adaanyaa!

Keep aiming high, keep training hard ,the entire club stands proudly behind you. You have made us all shine with your success.

Three Health Camps Organised for our Interactors

Hospital to have these camps at Vidya Valley School, Kharar; Delhi Public School, Mohali; Millenium School, Mohali. At these camps close to 700 students were checked. Involvement, efforts and support of Principals, staff, students of the above mentioned schools, RCMM



To mark Rotary's Disease Prevention and Treatment Month, Rotary Club of Mohali Midtown organized three health camps across local schools. These initiatives provided students with essential check-ups, health awareness, and preventive care. Together, we continued with our Interact clubs and Max



In Service of the Community

members & Max team for this MEGA HEALTH CAMP are praiseworthy which has made children aware of the benefits of regular health check up to remain fit & bright. Students & staff were found quite enthusiastic during the health check up.

Helping kids to tackle winter



In continuation of the drive initiated on the occasion of Guru Teg Bahadur Ji's 350th Martyrdom day, our club has further supported a group of 25 impoverished children from severe winter with Woollen Sweaters, Woollen socks, Shoes apart from Note books (@5/child) and Stationery to help them continue with their education. First Lady Rtn Prateeksha Vasudeva & Rtn Manpreet Kaur joined hands with the President Rtn Aameep Sinha and the staff of UMMEED Foundation to provide the children with the essentials and motivate them to brighten their future. A total of 104 children have benefitted from this drive.

Music Auditions Organised

Music auditions are a way for aspiring artists to showcase their talent and get

opportunities in the music industry. These can often involve performing live, live in front of a camera, or submitting recordings. The club created an opportunity to provide vocational opportunities to the budding artists was arranged today at Woodsbury Kindergarten, Ph X, Mohali. The short listed performers will get the opportunity to demonstrate their talent later at The Tagore Theatre which might provide a chance to a few to make a career in singing. More than 50 participants sung live in front of the panel of experts. The two worthy sons of Rtn Damandeep Singh & Rtn Prabhjot Kaur also participated in the competition.



We are grateful the Judge Mr Pawar, Mr Saurav on Keyboard, Mr Deepak on Dholak and Music Director Mr Param Chandel who spared their valuable time and participated in the program.

Medical Camps

- Dec 18 2025 – Eye Camp at village Manakpur Sharif
- Dec 20 2025- At Millenium School,Phase V
- Dec 21 2025 -Mega Medical Camp at village Kosali, near New Chandigarh in association with Shabizada Ajit Singh Trust.
- Dec 27 2025- At Harbhajan Vihar

Greetings



President Rtn. Dilpreet Singh
Dec 10



HAPPY
Birthday
TO YOU!



Rtn. Jasjot Singh & Rtn. Ishneet Kaur
Dec 4



Rtn. Krishna Birday & Lekh Raj Birdy Dec 29

Happy wedding anniversary