

THE BENEVOLENT WHEEL

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Assistant Governor
Zone -1

Ravi Prakash
District Governor
RID 3080

Puja Goyal
Club President
2025-26

Harpreet K. Sembi
Club Secretary
2025-26

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2025-26

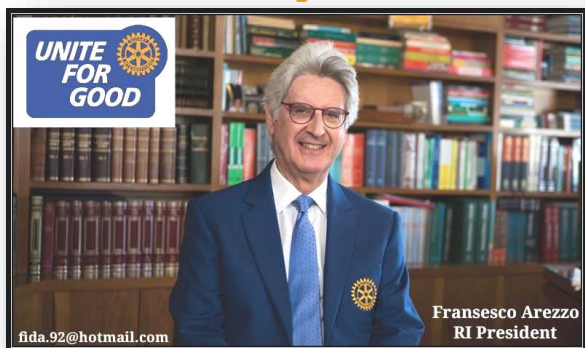
Charter No. 223029

Rotary International

District 3080

July 2025 Edition

Volume-1



Francesco Arezzo
President
Rotary International

Rotary International: Our Global Vision for 2025-26

As we embark on the Rotary year 2025-26, the overarching vision of Rotary International continues to guide our every endeavour: "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." This powerful statement is more than just words; it's the very blueprint for our collective impact worldwide.

This year, our global vision calls upon every Rotarian to deepen their commitment to service above self. It's a vision that extends far beyond individual clubs, inspiring millions of members across continents to collaborate on shared goals. We strive for a world free from disease, where every community has access to clean water and sanitation, where mothers and children thrive, where education empowers, and where economies flourish sustainably.

The 2025-26 Rotary year reinforces our dedication to fostering peace and understanding across borders. Through impactful projects and initiatives aligned with our Seven Areas of Focus, Rotary champions a holistic approach to humanitarian service. We believe that by uniting our diverse skills, experiences, and resources, we can address the most pressing challenges of our time.

This global vision is a testament to the enduring power of Rotarians working in harmony. It's a promise to continuously innovate, adapt, and lead with compassion, ensuring that our actions today build a healthier, more peaceful, and more prosperous world for generations to come. Join us as we contribute to this extraordinary journey of creating lasting change.



President's Message



My dearest RCS Hill Queens family,

It is with immense joy and profound gratitude that I pen down this message for our inaugural magazine. This publication is more than just a collection of articles; it is a vibrant tapestry woven with our shared dreams, dedicated efforts, and the incredible spirit that defines us as **"The Hill Queens."**

As we embark on this exciting journey, I am filled with optimism for the year ahead. Our international theme, **"UNITE FOR GOOD,"** resonates deeply with our commitment to global harmony and collective action. Locally, our District 3080 theme, **"HUM,"** reminds us of the power of unity and shared purpose within our community.

These themes, coupled with our guiding light of **"Service Above Self,"** illuminate the path towards creating meaningful impact. Each one of you, with your unique talents and unwavering commitment, contributes immensely to the collective strength of our club. From empowering women and children to promoting literacy and health, our initiatives are designed to touch lives and foster positive change.

This magazine serves as a beautiful testament to the remarkable work we have accomplished and a glimpse into the exciting ventures that lie ahead. It's a platform to celebrate our successes, share our stories, and inspire one another to reach even greater heights. Let us cherish these pages as a chronicle of our journey, a reminder of the bonds we share, and a beacon of hope for a brighter future.

I extend my heartfelt thanks to every member, Board of Directors, and well-wishers who have contributed to making our vision a reality. Your dedication is the cornerstone of our success, and together, we will continue to build a legacy of service and fellowship.

Let's continue to shine brightly, making a difference, one project, one smile, one life at a time.

Warmly,
Rtn. Puja Goyal
President, RCS Hill Queens



Secretary's Message



Dear Readers,

With immense pride and joy, we present to you our inaugural magazine, **"The Benevolent Wheel."** This publication is more than just a collection of articles; it is a bridge connecting our vision to its expression, our efforts to a voice, and our passion for service to all of you who support our cause.

The name "The Benevolent Wheel" was chosen with great care because it perfectly encapsulates the heart of our mission. "Benevolent" speaks to the goodwill, kindness, and generosity that drive every action we take. We are a club with a heart ready to help, serving our community with a spirit of compassion. The "Wheel" symbolizes our relentless and collective efforts. Just like a wheel in constant motion, we are always working, always striving, and always moving forward. When our benevolent spirit and tireless efforts come together, we become a powerful force for good in our community.

This magazine is your window into the world of the Rotary Club of Shimla Hill Queens. Within these pages, you will find in-depth insights into our projects, the inspiring stories of the people we've had the privilege to help, and a look at the dedication of our members. We believe these stories from the ground will have a lasting impact, as this magazine is designed to be a living archive of our journey.

To all those who have contributed their time, resources, and unwavering support, we extend our heartfelt gratitude. Your belief in our mission empowers us to achieve the extraordinary. As you read through these pages, we hope you feel a sense of connection to our work and are inspired by the positive change we are creating together.

Thank you for being a part of our journey.

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Warmly,

Rtn. Harpreet K. Sembi

Secretary, RCS Hill Queens

THE BENEVOLENT WHEEL

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UNITE FOR GOOD

A Global Call To Action

UNITE
FOR
GOOD

As members of the Rotary Club of Shimla Hill Queens, our actions and aspirations are deeply rooted in the powerful themes that guide us through the Rotary year. This year, we are especially inspired by the International Rotary theme, **"UNITE FOR GOOD."** This theme serves as a global imperative, calling upon Rotarians worldwide to join forces and work towards a common purpose: to create positive change in our communities and beyond.

"UNITE FOR GOOD" is more than just a slogan; it's a powerful philosophy that urges us to transcend boundaries – geographical, cultural, and social – and come together. It emphasizes the immense power of collaboration, encouraging Rotarians globally to pool their resources, knowledge, and passion to address pressing challenges facing humanity.

For the Rotary Club of Shimla Hill Queens, "UNITE FOR GOOD" translates into tangible actions and commitments:

- Strengthening Partnerships:** We are dedicated to forging and strengthening collaborations with other Rotary clubs, local community organizations, non-profits, and various stakeholders.
- Embracing Diversity:** This theme reminds us to celebrate and value the unique perspectives, experiences, and contributions of every single member within our club and in the wider community.
- Thinking Globally, Acting Locally:** While our service is rooted in our local community, "UNITE FOR GOOD" encourages us to connect our initiatives to broader international goals.



The Power of 'We'

Complementing the global vision of "UNITE FOR GOOD," our District 3080 theme, **"HUM,"** brings the focus closer to home. This beautiful Hindi word, meaning "we" or "us," emphasizes the profound strength found in our collective identity and shared purpose within our district and the Rotary Club of Shimla Hill Queens.

"HUM" reminds us that our impact stems from the exponential power of a unified force, not just individual efforts. It encourages every Rotarian to actively participate, contribute their unique talents, and lean on one another, fostering a true sense of family within our Rotary community.

"HUM" inspires us to:

- Foster Deep Fellowship:** Nurture strong bonds of friendship and camaraderie, making our club a welcoming and supportive family.
- Act as One Cohesive Unit:** Work together seamlessly on all projects, leveraging diverse strengths to achieve common objectives efficiently.
- Build a Stronger Community:** Extend our unity beyond the club, creating a more harmonious and thriving environment for everyone in Shimla and beyond.

STRONGER TOGETHER



Rotary Club Shimla Hill Queens and ICAI Himachal Chapter Successfully Host CA Day Run with Enthusiastic Participation

Shimla, Himachal Pradesh – July 1, 2025 – The Rotary Club Shimla Hill Queens, in a collaborative effort with the ICAI Himachal Chapter, successfully organized a commemorative run today to celebrate Chartered Accountants' (CA) Day. The event, held at Ambedkar Chowk, Chaura Maidan, commenced at 6:30 AM and saw spirited participation from the CA community.

A total of 19 participants, including three enthusiastic women, braved the misty Shimla morning to take part in the run, making it a vibrant start to the new Rotary year and a fitting tribute to the accounting profession.

The event featured various categories, and the following winners and runners-up were recognized for their impressive performances:

Following the successful completion of the run, refreshments were served to all participants, fostering a strong sense of camaraderie and promoting healthy living within the professional community. The event was widely lauded as a remarkable success.

About ICAI Himachal Chapter: The Institute of Chartered Accountants of India (ICAI) Himachal Chapter serves its members by promoting professional development, upholding ethical standards, and contributing significantly to the economic growth of the region.



DAY CELEBRATIONS

Winners & Runners-Up

Shivani Doger - CA Female category: 1st Position

Kavita Chimra - CA Female category: 2nd Position

Riya Choudhary - CA Female category: 3rd Position

Abhishek Berry - CA Male category (Age 18 to 40): 1st Position

Atul Tiwari - CA Male category (Age 18 to 40): 2nd Position

Gaurav Thakur - CA Male category (Age 18 to 40): 3rd Position

Sachin Doger - CA Male category (Age 41 to 50): 1st Position

Rohit Karol - CA Male category (Age 41 to 50): 2nd Position

Mukesh Sharma - CA Male category (Age 51 to 60): 1st Position

Naresh Dogra - CA Male category (Age 51 to 60): 2nd Position

Homi Chatterjee - CA Male category (Age 51 to 60): 3rd Position


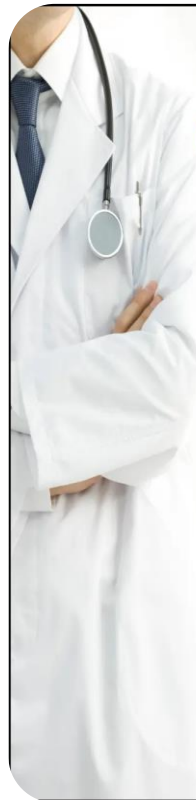
Rajinder Prasad Choudhary - CA Male category (Age 60+): 1st Position

Ravi Chand Sud - CA Male category (Age 60+): 2nd Position

Naman Sankhyan - CA Student category: 1st Position

Himanshu Dhiman - CA Student category: 2nd Position

Vikas - CA Student category: 3rd Position



Rotary Club Shimla Hill Queens
celebrates

NATIONAL DOCTOR'S DAY 1st July 2025

at
Rotary Hall, Shimla

5 : 00 pm Onwards

Guest Speaker
Dr. Rajeev Marwaha
Prof. Cardiology IGMC/AIMSS

Topic:
Diet, Exercise, Lifestyle & Heart Disease

Rtn. Puja Goyal
President (2025-26)
98163-29999

Rtn. Harpreet K. Sembli
Secretary (2025-26)
86290-29775

NATIONAL DOCTOR'S DAY

The Rotary Club Shimla Hill Queens (RCS Hill Queens) recently celebrated **National Doctor's Day** on **July 1, 2025**. The event took place at **Rotary Town Hall, Shimla**, and focused on **cardiovascular health** while also recognizing the significant contributions of its doctor members. A key highlight was an expert talk by **Dr. Rajeev Marwaha, Professor of Cardiology at IGMC/AIMSS**, titled "Diet, Exercise, Lifestyle & Heart Disease." This session provided valuable insights into preventive care and healthy habits.

During the celebration, the RCS Hill Queens felicitated its members from the medical fraternity, acknowledging their dedication and service to the community. Chartered Accountants within the club were also recognized.



RCS Hill Queens is a vibrant, service-oriented organization in Shimla, dedicated to community betterment through various initiatives in health, education, and social welfare. They are part of Rotary International, a global network of community volunteers.



National Doctor's Day in India is celebrated annually on July 1st to honor the birth and death anniversary of **Dr. Bidhan Chandra Roy**, a legendary physician, freedom fighter, and the second Chief Minister of West Bengal. The day recognizes the selfless dedication and invaluable contributions of doctors to public health and medical science.

The theme for **National Doctors' Day 2025** is "**Behind the Mask: Who Heals the Healers?**", emphasizing the importance of recognizing the mental and emotional well-being of doctors.



A Step Towards Brighter Future: RCS Hill Queens Distribute Shoes at GPS Dhalli



Shimla, Himachal Pradesh – In a heartwarming display of community spirit and generosity, the RCS Hill Queens recently brought smiles and comfort to underprivileged children at Dhalli Primary School. On July 4, 2025, the organization distributed 63 pairs of brand-new Liberty shoes



An initiative made possible through the benevolent sponsorship of Dr. Arvind Sood.



The drive aimed to provide essential support to young students from challenging backgrounds. For these children, a simple pair of shoes offers physical comfort, boosted confidence, and overall well-being. "Every child deserves to feel comfortable and confident while learning," stated RCS Hill Queens President, emphasizing that this initiative is about empowering young minds and showing community care.



The impact extends beyond immediate benefit, as addressing basic needs helps create a more conducive learning environment. The children's joy upon receiving their new shoes highlighted the power of collective action and compassion. The RCS Hill Queens expressed sincere gratitude to Dr. Arvind Sood for his remarkable generosity. This initiative exemplifies how individuals and organizations can make a tangible difference in the lives of vulnerable members of society.



Kudos to Dr. Arvind Sood and the RCS Hill Queens for their dedication to fostering a brighter future for these students.



The slogan "Healthy India, TB-Free India" is not just a catchphrase, but a national resolve that lays the foundation for a healthier and brighter future for every citizen of the country. It embodies a collective commitment from communities, healthcare professionals, and the government.

India, a nation known for its diversity and resilience, is now moving towards a new goal: creating a **TB-Free India**. Healthy India- A Nationwide Resolve



Healthy India, TB-Free India: A Nationwide Resolve

Our Strategy

Government plans include **free diagnosis and treatment**, tackling drug-resistant TB, and raising awareness. Healthcare workers are actively finding cases and connecting patients to vital care, emphasizing nutrition and social support for recovery.

Encourage patients to complete treatment and eliminate stigma. Let's work together for a "Healthy India, TB-Free India," ensuring life in every breath, and a TB-free home for all.

Why It Matters TB devastates lives and economies. Eradicating it saves lives, empowers children, and boosts national productivity. A healthy nation thrives.

How You Can Help

This is a collective effort. **Awareness** is crucial: know TB symptoms (cough > 2 weeks, fever, weight loss) and get tested.





Muskaan

A Small Effort, A Big Difference: Serving with Compassion

Standing by its unwavering commitment to making this world a better place, especially for children and young adults with special needs, the Rotary Club of Shimla Hill Queens recently undertook a heartwarming initiative.

It's often the simplest efforts that create the most profound impact. This provision of essential supplies will alleviate a considerable burden on Muskaan's family, allowing them to focus more on her care and well-being, and ensuring this beautiful young woman can live with the comfort she deserves.



The diapers were thoughtfully handed over to Muskaan's family, residing in Kunihar, District Solan, by our dedicated Rtn. Shivani Doger. This initiative is a testament to the club's active engagement in the community and its dedication to identifying and addressing specific needs. This act exemplifies the club's commitment to service above self, making a tangible difference in individual lives.



In a compassionate gesture, RCS Hill Queens today provided a three-month supply of diapers to Muskaan, a 24-year-old girl with special needs. This act of service, though seemingly small, is poised to bring significant relief to her parents and contribute immensely to Muskaan's dignity and comfort.



KANDA JAIL VISIT

Rotary Club Shimla Hill Queens Brings
Menstrual Hygiene & Dignity to Kanda
Jail Inmates



TALK OF THE DAY

A significant highlight of the project was an insightful talk on menstrual hygiene by Rtn. Dr. Anita Sood, aiming to educate and empower the inmates with vital health knowledge.

The warm reception from Jail Superintendent Mr. Susheel Kumar underscored the collaborative spirit of the event, and the Rotarians engaged in fruitful interactions with the inmates.

The Rotary Club Shimla Hill Queens recently undertook a compassionate initiative at **Kanda Jail**, focusing on the often-overlooked needs of female inmates and their young children. Demonstrating their commitment to community service, the club distributed **sanitary napkins to 22 female inmates** and **diapers to two small children**, addressing essential hygiene requirements.

This project beautifully reflects the Rotary Club Shimla Hill Queens' dedication to **promoting health awareness and serving the community's most vulnerable**, ensuring dignity and care where it's most needed.



Project Prashray: Nourishing Hope at IGMC Cancer Hospital



Rotary Club Shimla Hill Queens (RCS Hill Queens) is pleased to announce the continuation of its compassionate initiative, **Project Prashray**, on **Friday, July 11, 2025**, at the IGMC Cancer Hospital in Shimla.

Demonstrating their unwavering commitment to community health and well-being, members of RCS Hill Queens, **led by Secretary Rtn. Harpreet K. Sembi**, dedicated their time and efforts to support cancer patients. The club distributed nourishing meals, including Home made 'Kheer and Khichdi', directly to patients.

Beyond physical nourishment, they also offered vital information on cancer prevention and dietary best practices, aiming to support patients' treatment and overall well-being. Rtn. Rashi Banta, Rtn. Seema Sharma, Rtn. Meena Chandel, Rtn. Kavita Sood, and proposed member Smt. Subhadra Sood were also present.

Through this heartfelt effort, RCS Hill Queens reaffirms its dedication to serving the community, bringing both essential physical nourishment and crucial educational support directly to those in need. Project Prashray stands as a testament to the club's ongoing commitment to making a tangible difference in the lives of vulnerable individuals.



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Recognition of Ice-Skating Champions:

The primary focus was on recognizing seven young skaters who won medals at the **20th Indian National Figure Ice Skating Championship**. This championship was held on **June 29 and 30, 2025, in Dehradun, Uttarakhand**.

Spirit of Service

and Excellence: The event underscored Rotary's core values of service and excellence, linking the promising future of these athletes to the club's purpose.

This felicitation highlights the Rotary Club Shimla Hill Queens' dedication to recognizing local talent and promoting excellence, particularly in sports like ice skating, which holds a special place in Shimla's identity.



20th Indian National Figure Ice Skating



Championship



•WINNERS:

•**Amayra Sood:** (Daughter of Mr. Nitin Karol) - **Gold Medal** in Starlet Girls Free Skating category.

•**Amay Sood:** (Son of Mr. Nitin Karol) - **Bronze Medal** in Starlet Boys Free Skating category.

•**Saviona Doger:** (Daughter of Mr. Sachin Doger) - **Gold Medal** in Rising Star Girls Free Skating category.

•**Vrinda Chaudhary:** (Daughter of Mr. Pankaj Chaudhary) - **Silver Medal** in Rising Star Girls Free Skating category.

•**Vanshika Chaudhary:** (Daughter of Mr. Pankaj Chaudhary) - **Bronze Medal** in Rising Star Girls Free Skating category.

•**Pawani Kuthiala:** (Daughter of Mr. Lakshya Vrat) - **Silver Medal** in Pre-Juvenile Girls Free Skating category.

•**Savani Doger:** (Daughter of Mr. Sachin Doger) - **Bronze Medal** in Pre-Novice Girls Free Skating category.





Rotary Club Shimla Hill Queens Celebrates Founder's Day with Esteemed Members

The Rotary Club Shimla Hill Queens proudly and enthusiastically marked its **Founder's Day on Tuesday, July 15, 2025**, a truly significant occasion that deeply resonates with the club's enduring legacy of service and fellowship. This annual event isn't just a date on the calendar; it's a profound opportunity for members to pause, reflect on the organization's rich history, and reaffirm their commitment to the core principles established by Rotary International's founder, Paul Harris.

- **Charter President Rtn. Meenakshi Mahase:** As the inaugural leader, her presence underscored the continuity of leadership and the enduring spirit of the club.
- **Charter Secretary Rtn. Ruchira Tangri:** Her pivotal role in establishing the club's foundational operations was recognized, highlighting the meticulous effort involved in its early days.
- **Charter Treasurer Rtn. Surbhi Karol:** Her dedication to the club's financial stewardship from the outset was acknowledged, representing the strong base upon which the club has grown.

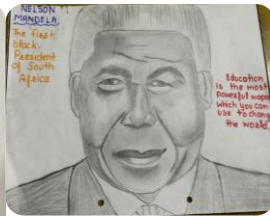
Their collective presence not only honored the club's past but also inspired current members to continue the tradition of excellence and selfless service. The atmosphere was filled with camaraderie and a shared sense of purpose, as members gathered to celebrate their collective achievements and to look forward to future initiatives. The Founder's Day truly embodies the spirit of Rotary, emphasizing "Service Above Self" and the unwavering dedication to making a tangible, positive difference in Shimla and beyond. It was a day dedicated to reinforcing the bonds of fellowship and reaffirming the club's mission of promoting goodwill, peace, and humanitarian service.

FOUNDER'S DAY



The day serves as a powerful reminder of the club's journey, from its inception to its current impactful presence in the community.

This year's Founder's Day celebration was particularly special due to the esteemed presence of several key founding members, whose vision and dedication laid the groundwork for the club's success. Those gracing the event included:



In a moving tribute to Nelson Mandela's enduring spirit, the Rotary Club of Shimla Hill Queens orchestrated its landmark inaugural RYLA, transforming the Government Senior Secondary School in Mehli into a vibrant hub of

youthful creativity and leadership. The event unfolded in two powerful acts: first, a painting competition where 50 students used their canvases to articulate powerful stories of Mandela's struggle and triumph, followed by a dynamic public speaking and poetry session where the stage came alive with eloquent voices celebrating "Stalwarts of the World." Guiding this journey of discovery were 12 dedicated members of the Hill Queens, whose mentorship created an atmosphere of encouragement and confidence, allowing every student to shine. Club President Rtn. Puja Goyal's vision was clear: to bring Rotary International's theme, "Heal The World," to life by proving to the young participants that art can be a form of activism and a well-chosen word can be a catalyst for change. The day culminated not just in a ceremony awarding prizes and certificates, but in the intangible yet profound victory of empowering 50 young minds, leaving them with the conviction that they too have the power to paint a brighter, more compassionate future.

Art, Oratory, and Inspiration: Rotary Club Shimla Hill Queens Celebrates Nelson Mandela Day with Young Leaders

The Impact of a Water Tank Donation at Pawar School

Shimla, Himachal Pradesh – In a commendable act of community service that directly impacts the health and educational future of young minds, a vital water tank has been generously donated to **Pawar School**, courtesy of **Rtn. Gurpreet Kaur Sondh**, a dedicated member of our Rotary Club. This initiative, announced by Club President Rtn. Puja Goyal, goes far beyond simply providing a container for water; it represents a significant investment in the well-being and academic success of over 50 students and staff.

The project highlights the profound impact individual generosity, channelled through the collective power of Rotary, can have on local communities. The warm hospitality extended by Mr. Amarjeet Singh Sondh, who hosted the Rotarians for lunch after the handover, further underscores the strong community spirit and collaborative effort that made this initiative a success. This new water tank at Pawar School is more than just infrastructure; it's a foundation for healthier lives and brighter futures for its students.



BEFORE



BEFORE



AFTER

KARGIL DIWAS



Rotary Club Shimla Hill Queens Organizes Free Dental Check-up Camp at ARTRAC Primary School

SHIMLA, July 25, 2025 – The Rotary Club Shimla Hill Queens, in collaboration with the Department of Public Health Dentistry, H.P. Govt. Dental College & Hospital, Shimla, successfully organized a free dental check-up and treatment camp today at ARTRAC Primary School, Summer Hill, Shimla.

The camp, held on Kargil Diwas, aimed to provide essential dental healthcare services to the students and staff of ARTRAC Primary School. A team of dedicated dental professionals from H.P. Govt. Dental College & Hospital, including Dr. Shelja Vashisth (Lecturer & I/C of the Camp), Dr. Nitika Naryal, Dr. Pranav, and M.D.S. students Mr./Ms. Mansi, Kriti, Sonia, Akshita, Arundhiti, Dikshit, Alankrit, and Surender, provided comprehensive check-ups and treatments. The team was supported by Mr. Hem Raj (Driver, Mobile Dental Van) and Mr. Devinder Kumar (C-IV).

Rtn. Puja Goyal, Club President 2025-26, and Secretary Rtn. Harpreet Kaur Sembi of Rotary Club Shimla Hill Queens were instrumental in organizing this community service initiative. Also present from the Rotary Club Shimla Hill Queens were PP. Rtn. Surbhi Karol, Rtn. Rimmy Ahuja, and Rtn. Gurpreet Kaur Sondh. The collaboration underscores the commitment of both organizations to promoting health and well-being in the region. The camp was well-received, providing valuable dental care to those in need and contributing to a healthier community.

About Rotary Club Shimla Hill Queens: The Rotary Club Shimla Hill Queens is a service organization dedicated to bringing together business and professional leaders in order to provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

About H.P. Govt. Dental College & Hospital, Shimla: H.P. Govt. Dental College & Hospital, Shimla, is a premier institution providing quality dental education and comprehensive oral healthcare services to the public.

VISIT TO KAITHU JAIL



Clean Water for Women Inmates: Aqua Guard Installation by RCS Hill Queens

RCS Hill Queens has installed a **6-liter Aqua Guard water purifier** in the women's cell of Shimla Jail. This initiative directly addresses the critical need for **safe and clean drinking water** within the jail's infrastructure, which often lacks adequate solutions. Beyond installation, jail staff received **training on maintenance and filter replacement**, ensuring the purifier's long-term effectiveness. This project provides **sustainable access to clean water**, significantly contributing to the **long-term health benefits for women inmates and staff** by reducing waterborne diseases. It also strongly aligns with **Rotary's global focus on WASH (Water, Sanitation, and Hygiene)**, demonstrating RCS Hill Queens' commitment to improving community health and well-being, even in often-overlooked environments.



Fostering Partnership: Honoring Jail Superintendent Prakash Chand

RCS Hill Queens recently honored **Mr. Prakash Chand, Jail Superintendent**, as a "Friend of Rotary," further strengthening vital community partnerships. As a token of deep appreciation for his collaborative support and efforts in facilitating humanitarian work within Shimla Jail, he was presented with a **handcrafted flower pot**. This gift symbolizes **growth, care, and enduring friendship**, reflecting core Rotary values. The occasion also served as a platform to discuss future collaborations, specifically focusing on the development of **skill-development programs for inmates**, underscoring a shared commitment to rehabilitation and positive change.

Empowering Incarcerated Women: Menstrual Hygiene & Education

This project significantly improved the dignity and health of incarcerated women by addressing menstrual health challenges. We distributed over **200 high-quality sanitary napkins** to more than **25 female inmates**, providing a six-month supply that ensured immediate access to essential products and promoted their dignity. We also conducted **interactive counseling sessions** to educate them on proper usage and disposal, differentiate myths from facts, and emphasize the importance of hygiene for infection prevention. Furthermore, **one-on-one conversations** helped us understand their individual needs and challenges. This initiative successfully raised awareness, combated taboos, and fostered self-care, powerfully promoting health and well-being for a vulnerable population.



Rotary Club of Shimla Hill Queens Shares Its Mission with the World

The Rotary Club of Shimla Hill Queens recently held an interview with Times Himachal news channel to discuss the organization's mission and impact. The interview featured Club President Puja Goyal and Club Learning Facilitator Surbhi Karol.

The Rotary Club, a global network of 1.4 million members, aims to create lasting change worldwide, within communities, and in individuals. The club's activities in Shimla demonstrate this commitment, with a focus on service, leadership, and community engagement.

Puja Goyal was recently installed as the 5th President of the Rotary Club Shimla Hill Queens for the 2025-26 Rotary year. Under her leadership, the club has continued its dedication to community service, with a focus on areas like healthcare, education, and environmental sustainability. Surbhi Karol, a past president, has also been actively involved in the club's initiatives, including sponsoring dental kits for a free check-up camp.

The Rotary Club of Shimla Hill Queens has undertaken several projects, including:

- Healthcare:** Organizing free dental check-up camps, celebrating National Doctor's Day with an expert talk on heart health, and distributing sanitary napkins and diapers to inmates at Kanda Jail.
- Community Welfare:** Serving meals to patients through its "Prashray" initiative and installing a new water tank at Pawar School.
- Youth Engagement:** The club sponsors the Rotaract Club of University College of Business Studies, a youth wing dedicated to fostering leadership and community engagement.

A TV Interview with Times Himachal



RCS HILL QUEENS PUBLIC IMAGE



Current Affairs | Shimla News

Rotary Club & ICAI Host CA Day Run

By: Keekli Desk | Date: July 1, 2025

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In a vibrant tribute to Chartered Accountants' Day, the Rotary Club Shimla Hill Queens, in collaboration with the ICAI Himachal Chapter, successfully organized a spirited early morning run at Ambedkar Chowk, Chaura Maidan. The event kicked off at 6:30 AM and marked the beginning of both CA Day celebrations and the Rotary Club's new year of service.

THE BENEVOLENT WHEEL

Charter No. 223029

July 2025 Edition



Rotary
District 3080



विस्तार
expanding horizons,
elevating impact

Francesco Arezzo
RI President
Ravi Prakash
District Governor

Public Image & Membership Development Seminar

Luxuria Farms, Canal Road, Dehradun

Sunday, 31 August 2025

09:00 AM to 03:00 PM

REGISTER NOW!

Single: Rs. 1,800/- | Couple: Rs. 3,400/-

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PAY TO ACCOUNT

A/C No.: 5812990113

IFSC: CBIN0285073

Central Bank Of India

Jakhan, Dehradun

Rtn. Raman Vohra | Event Chair | **94123-19212**

Rtn. Sudhir Jolly | Registration Chair | **78955-19612**

Host: Rotary
Dehradun Central



STRONGER TOGETHER



OUR EXTENDED HANDS IN ACTION



MANDI DISASTER



RELIEF

AN INTERACT INITIATIVE



On 14th July 2025, the INTERACT Club of Swaran Public School, Tutikandi, in collaboration with the parents of school students, organized a successful relief material collection drive. Items such as blankets, sheets, clothes, footwear, and utensils (used but in good condition) were gathered to support those affected by the floods in Mandi District. The commendable efforts of Club Coordinator Ms. Punam Sharma and School Principal Rtn. Seema Mehta played a pivotal role in this humanitarian initiative.

ROTARACT ACTIVITY ANNAPURNA



Letter from the Rotaract President

A Heartfelt Thank You from Rotaract UCBS

This past week, the Rotaract Club of UCBS proudly concluded our 7-day **Annapurna Challenge**, an initiative dedicated to distributing food to communities in need. This journey has been so much more than just an event; it has been a profound experience of compassion and connection.

Our food distribution wasn't just about handing out meals. It was about sharing smiles, exchanging moments of gratitude, and feeling the quiet strength of humanity. The pure joy in people's eyes reminded us all how powerful even the smallest acts of kindness can be. To ground our efforts in purpose and humility, we began our day with a visit to a local temple, reminding us that service is not just an action, but a prayer in motion.

We want to extend our sincerest gratitude to every member, volunteer, and supporter. Your active participation, valuable suggestions, and unwavering support made a real difference. Your dedication truly embodies the spirit of service that defines a Rotaractor.

This is just the beginning. If this first step could touch so many lives, we can't wait to see where our next steps lead us. Let's continue to work together with the same energy and empathy to bring about meaningful change in our community.

Great job, team—this was a collective success we can all be proud of!

Regards,

Rtr Simran Thakur, President (2025-26)

The Annapurna Challenge is a food donation initiative carried out by various Rotaract clubs, including the Rotaract Club of UCBS in Shimla. The name "Annapurna" is derived from the Hindu goddess of food and nourishment, symbolizing the project's dedication to combating hunger and providing sustenance to those in need.

Rotaract Club of UCBS's Annapurna Challenge is a week-long effort where members work with commitment and compassion to distribute food to different communities. The initiative is about more than just providing meals; it's a way to share moments of connection, exchange smiles, and demonstrate the power of kindness. The club often seeks blessings at a nearby temple before their distribution drives, viewing their service as a "prayer in motion."

This type of project is a common and impactful form of community service for Rotaract clubs across India, with different clubs like the Rotaract Club of Jammu City and the Rotaract Club of Dronacharya College also running similar initiatives. These drives often involve collecting unutilized food from events or catering services to prevent wastage, preparing food packets, and then distributing them to underprivileged people. The goal is to provide immediate relief while also reflecting the core values of Rotaract and Rotary International: service, humility, and community spirit.



Compassion in Action: Rotary's Co-Pilot Project Aids Mandi Disaster Victims

We are immensely proud to share heartwarming news from our **Co-Pilot project**, which swiftly provided crucial support to those affected by the recent Mandi disaster.

Special gratitude to our generous contributors: **Gaurav Sharma (15 kits), Saurabh Goyal (2 kits), Rohit Karol (2 kits), Manpreet Sembi (2 kits), Ankush Sood (2 kits), Anoop Mehta (2 kits), Rajneesh Mittal (2 kits), Parikshat Mehdudia (2 kits), Manish Bragta (2 kits), and Vikas Kharbanda (2 kits).** Partner Members Present: Gaurav Sharma, Ramam Kaur Chauhan, Saurabh Goyal **Members Present:** Puja Goyal, Seema Sharma, Mala Mayor

This project exemplifies Rotary Club Shimla Hill Queens' unwavering dedication to serving our community and truly embodies the spirit of 'Unite for Good'.

Our! collective effort resulted in sending **33 essential ration kits**, delivering vital food and supplies to those in dire need.

This initiative powerfully showcases the immense compassion and generosity within our Rotary family and the profound difference we make when we unite for a common cause. A massive thank you to all spouses whose kindness and support made this noble effort possible





My Rotary Journey: A Path of Purpose and Connection *By Vipin Gupta*

Joining Rotary has been one of the most enriching chapters of my life. What began as a simple association soon evolved into a deeply transformative experience—shaping my outlook, widening my circle, and infusing my post-retirement years with renewed meaning and purpose.

As someone who spent decades in the education sector, I have always believed in the power of service. Yet, Rotary brought a new dimension to that belief.

It offered me the opportunity to engage with individuals from diverse walks of life—people united not by profession or background, but by a shared commitment to doing good.

These connections have not only broadened my perspective but also led to friendships that I now cherish deeply. Through Rotary, I have been privileged to contribute to a range of causes close to my heart—environmental sustainability, education, health and hygiene, mental health support, and the welfare of children with special needs and those from underprivileged backgrounds. Each project has left an imprint on me, teaching me humility, deepening my empathy, and reinforcing the joy of giving back. The smiles, the stories, and the silent gratitude of those we serve speak louder than any accolade.

Since retiring from the education department, my focus has naturally shifted toward more sustained community engagement. Rotary has provided the perfect platform to continue this journey—addressing both local concerns and contributing to broader, global conversations. It is immensely fulfilling to know that, in some small way, I am part of a collective effort to bring about positive change.

Perhaps most gratifying has been the spirit of teamwork—working alongside fellow Rotarians, sharing ideas, navigating challenges, and celebrating small wins together. This camaraderie has been both uplifting and energizing, reminding me that when we come together with a common goal, we are capable of creating ripples of lasting impact. Rotary, for me, is not just a service organization—it is a way of life. It is where passion meets purpose, and where every act of service reaffirms our shared humanity.

From the Editors Station



RCS Hill Queens welcomes all Rotarian's from across the globe to the first editorial for the year 2025-26. Under the able leadership of our Club President Rtn. Puja Goyal and her team we aim to follow the motto UNITE FOR GOOD and surely do good to one and all in need. Our major concerns in the field of environmental conservation, education ,wellness programs, patient care and women empowerment shall be the prime focus in the months to follow. Our key projects to name a few "Muskaan", "Prashray","Utthan" aim towards the upliftment of the underprivileged sections of society , educating the women about personal hygiene ,health care and general awareness. Setting up interact clubs at schools shall be of foremost importance as educating the youth and directing them towards community service is the need of the hour I am sure that this online platform shall surely help us connect untouched sectors of society through suggestions and valuable feedback As we move forward to accomplish all our projects and events with great enthusiasm and diligence , I request the readers to explore the content and give their valuable feedback for our future endeavors as the undying spirit of Rotary is it's community participation .

Editor

Rtn. Ridhima Madaan