



**UNITE
FOR
GOOD**

**The
August
Issue**



The Benevolent Wheel

RCS Hill Queens





HE

Rotary International originally excluded women from membership until a landmark 1989 decision allowed women to become full members and leaders. Since then, women have increasingly played vital roles across all levels of Rotary, including club presidents, district governors, and international leadership. Rotary values diversity, equity, and inclusion, emphasizing that empowered women contribute significantly to communities and sustainable development.

Rotary supports women empowerment through multiple service areas like education, economic development, health, and peacebuilding. These focus areas naturally empower women by improving access to resources, opportunities, and decision-making roles. Additionally, Rotary has specific initiatives such as "Empowering Girls" that focus on creating opportunities for girls and young women to thrive, promoting education, health, safety, and economic participation.

Thus, in the context of women and Rotary:

"T" can be understood as the TRANSFORMATIVE role Rotary plays in women's empowerment.

Rotary provides a platform for women to develop leadership skills, pursue personal and professional growth, and contribute to impactful community service.

Women in Rotary inspire change locally and globally by breaking traditional barriers and fostering gender equality.

The journey of women in Rotary reflects a broader movement toward inclusion, with Rotary working to amplify women's voices and leadership to build stronger, more equitable communities



Benevolent

Strong

Kind

Compassionate

In the context of Rotary and especially with reference to women, the letter "B" can be associated with the word "Benevolent," which reflects qualities such as kindness, compassion, and a desire to do good for others. Within Rotary's philosophy and service ethos, benevolence is a key attribute that women members exemplify through their humanitarian efforts, leadership, and community service. Women in Rotary often embody this benevolent spirit by fostering goodwill, supporting charitable projects, and empowering others to create positive change in society.

While Rotary has no formal acronym assigning "B" specifically to a term related to women, benevolence resonates strongly as it captures the essence of Rotary's mission—service above self—and the compassionate roles women take in advancing that mission. Benevolent women in Rotary contribute to leadership, mentorship, and initiatives that promote gender equality, education, health, and economic empowerment.

Thus, "B" as in Benevolent aptly highlights the caring, service-oriented leadership and impactful contributions of women within Rotary International. Their benevolent work continues to inspire communities worldwide and aligns seamlessly with Rotary's core values of service, fellowship, and making a meaningful difference.

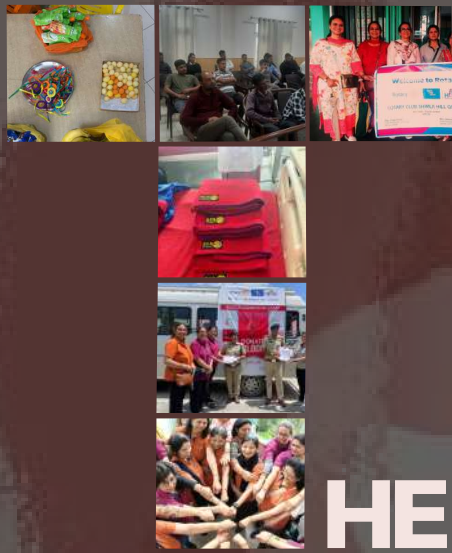


heel

In the context of Rotary and especially in reference to women, the letter "W" stands for Women—encompassing wisdom, willpower, warmth, and a welcoming spirit. Women in Rotary exemplify these attributes in remarkable ways by leading humanitarian initiatives, building collaborative networks, and fostering positive change within their communities and beyond. Their wisdom guides project planning and decision-making, their willpower is evident in breaking barriers and advancing gender equality, and their warmth builds inclusive relationships that strengthen Rotary's sense of fellowship. Rotary's commitment to empowering women is reflected through dedicated programs like the Rotary Fellowship for Empowering Women, which nurtures leadership, fosters service, encourages diversity, and celebrates the achievements and sisterhood of women in service. Through projects that advance education, health, economic development, and safety, women in Rotary are catalysts of transformation, inspiring others with their compassionate leadership and service-oriented mindset. Their contributions elevate the organization, driving impactful change locally and globally while upholding Rotary's core values of service, integrity, and making a meaningful difference for humanity.



AUGUST-25
VOL-2



HE



ENEVOLENT



HEEL



**UNITE
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Rotary
Club Shimla Hill Queens

Adoption of a Hospital Ward



The RCS Hill Queens on 1st August 25, announced the adoption of the Obstetrics and Gynae Ward at DDU Hospital. To mark their first initiative in the ward, the club distributed 28 blankets to provide comfort to patients.



The project was made possible by the generous contributions of anonymous donors. Club President Rtn. Puja Goyal expressed her gratitude, stating, "This initiative is about more than just providing blankets; it's about bringing warmth and care to those who need it most. We are grateful for the support of our anonymous donors and the dedication of our members." The club looks forward to its continued partnership with DDU Hospital, with the goal of providing ongoing support and comfort to patients.



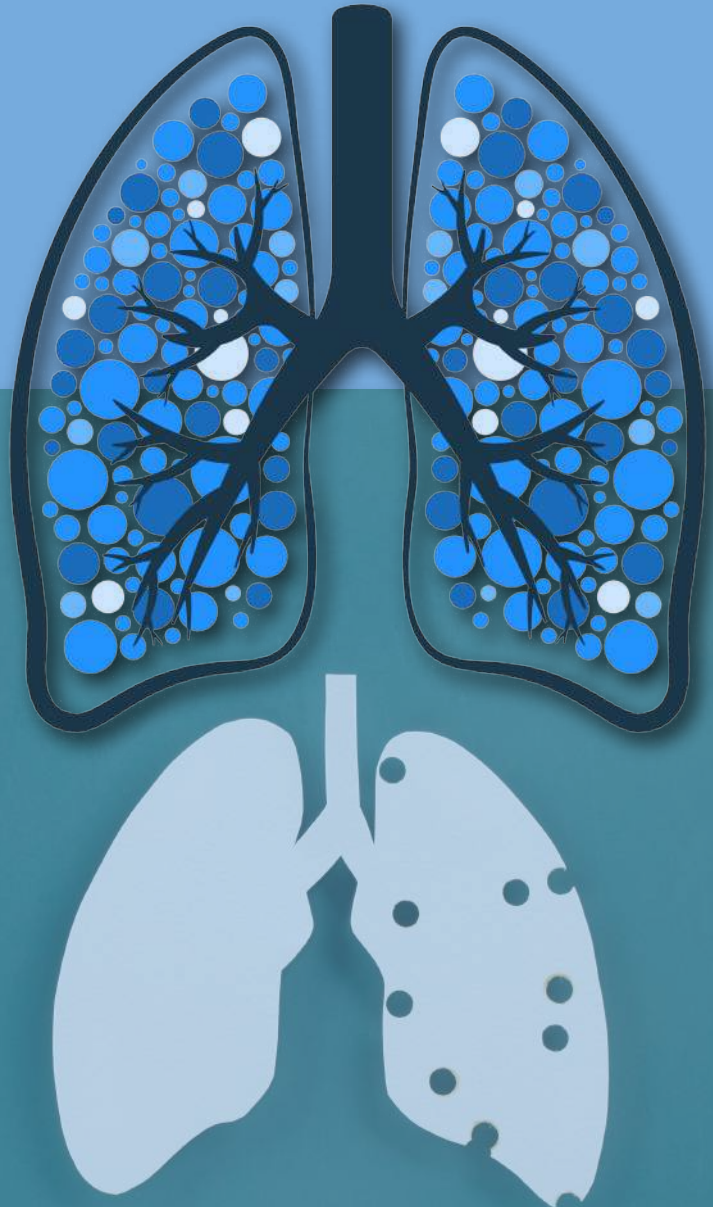


TUBERCULOSIS UTTHAN- AUG 25

For tuberculosis patients, a protein-rich diet is essential for recovery and strengthening the immune system. Protein helps repair damaged tissues, rebuild muscle lost due to the illness, and supports the body in producing antibodies to fight the infection.

We provided them with excellent protein sources suitable for vegetarians, including pulses such as lentils and chickpeas, Desi Ghee, and plant-based options like almonds, raisins, and rice. This combination ensured a balanced intake of protein and essential nutrients to support the body's energy needs and healing process. Such a diet helps in reducing inflammation and promotes faster recovery by supplying the body with vital amino acids and healthy fats. It also supports overall well-being by maintaining strength and stamina during the healing phase.

This month's supply benefitted 28 patients across 3 PHC's (New Shimla, Khalini and Sanjauli). The generous contribution was made by 34 members of our club



The Benevolent Wheel

TREE PLANTATION



Rotary
Club Shimla Hill Queens



TREE PLANTATION



Growing Green: RCS Hill Queens' Inspiring Tree Plantation Drive at Kanlog

On August 3rd, 2025, RCS Hill Queens proudly led a vibrant Tree Plantation Drive at Kanlog, Shimla, marking a significant step toward environmental conservation in the region. With the esteemed presence of Mayor Surinder Chauhan as the Chief Guest, alongside Deputy Mayor Mrs. Uma Kaushal and ward Councillor Mr. Alok Pathania, the event showcased the power of community in nurturing a greener future.

A total of 33 members, including enthusiastic Rotarians and their spouses, actively participated in the drive. Over 200 saplings were planted across the upper and lower areas of Kanlog, breathing new life into the local landscape and reinforcing the club's commitment to combating climate change and enhancing Shimla's natural beauty. The collective spirit was beautifully exemplified by the involvement of Co-Pilots mainly Mr. Saurabh Goyal, Mr. Anil Sood, Mr. Vikas Kharbanda, Mr. Gaurav Sharma, and Mr. Arjun Malhotra.

Special recognition was accorded to Rtn. Maala Singh, whose dedication was instrumental in the seamless execution of the drive. The Mayor, Deputy Mayor, and ward councillor were honored for their support and encouragement, reflecting the importance of civic partnership in environmental initiatives.

This initiative exemplifies how grassroots actions can lead to lasting environmental benefits—one sapling at a time. As RCS Hill Queens continues to champion such projects, their efforts serve as an inspiring reminder that preserving the planet requires active participation and community unity.

Let us all commit to planting seeds today for a healthier, greener tomorrow.

FRIENDSHIP DAY



The Rotary Club Shimla Hill Queens celebrated Friendship Day with a gathering at the beautiful Dyerton Estate. The event highlighted the unique bonds of friendship within the club, with members receiving thoughtful, handmade friendship bands from Rtn Geeta Kharbanda as a symbol of their connection. The celebration was a joyous occasion filled with laughter and the creation of shared memories.



The Benevolent Wheel



SHIMLA - The Rotary Club of Shimla Hill Queens successfully hosted its inaugural Legal Aid Camp on 6th August 25, at Industrial Area Shoghi, in partnership with the District Legal Services Authority. The event provided vital legal awareness and assistance to underprivileged communities, with a focus on women, labourers, and other marginalized groups.

Esteemed speakers, including Advocates Ms. Rita Thakur and Ms. Meera Thakur, and Labour Inspector Mr. Anil Chauhan, offered insightful sessions on Women's Rights, Domestic Violence, and Labour Laws. Attendees also learned about government provisions for Free Legal Aid.

The camp saw strong community engagement, with individuals benefiting from direct guidance from the experts. The success of the event, spearheaded by Rotarians like PP Rtn. Surbhi Karol, Rtn. Diksha Malhotra, Rtn. Kiran Sood, Rtn. Gurpreet Kaur Sondh, Rtn. Harpreet Kaur Sembi, and Rtn. Puja Goyal, highlights the club's dedication to promoting social justice.



LEGAL AID



HIV AIDS



HIV/AIDS Awareness Session at Shoghi Industrial Area

On August 6th, 2025, RCS Hill Queens successfully hosted an important HIV/AIDS awareness session at the Shoghi Industrial Area. The informative talk was delivered by Dr. Sonia Jaswal from DDU Hospital, who shared critical knowledge on HIV/AIDS prevention, treatment options, and efforts to reduce social stigma.



People from nearby villages also attended the talk, actively listening and engaging by asking various questions. Dr. Sonia Jaswal responded thoughtfully to each inquiry, providing clear and informative answers that further enriched the community's understanding of HIV/AIDS.

The event was attended by several club members, including PP Rtn. Surbhi Karol, Rtn. Kiran Sood, Rtn. Diksha Malhotra, Rtn. Gurpreet Kaur Sondh, Rtn. Harpreet Kaur Sembi, and Rtn. Puja Goyal, highlighting the club's strong commitment to promoting health education. Their involvement reinforced the club's mission to raise community awareness on vital public health concerns.

This program exemplifies RCS Hill Queens' ongoing dedication to building a knowledgeable and healthy community by empowering individuals with essential information and compassionate support.

Distribution of Sanitary Napkins

PAWAR-THARI

Today 6th August 2025, RCS Hill Queens made a meaningful difference in our community! We distributed over 30 packets of sanitary napkins to women from the village who attended the Legal Aid Camp and HIV Prevention Talk . Also our team took the opportunity to educate them about menstrual hygiene and the benefits of using sanitary napkins.

This initiative aimed to promote menstrual health awareness and provide essential support to these women. We're grateful for the opportunity to make a positive impact in our community!

Thank you to everyone involved in making this initiative a success.



BLOOD DONATION



RCS Hill Queens successfully held its first blood donation camp of the year 2025-26 at the 1st HPAP Battalion, Junga, during their 54th Raising Day.

A heartfelt thank you to IPP Rtn Maala Singh for her invaluable help and to Dr. Kanchan Singh and her team from Blood Bank KNH for their expert support. We also extend our gratitude to all the Rotarians who participated and made this event a success.

Rotarians present: IPP Rtn Maala Singh, Rtn Tarna Kaushal, Rtn Vipin Gupta, PP Rtn Ruchira Tangri, Rtn Samriti Sehgal, Rtn Geeta Kapoor, Rtn Manjusha Pathania, Rtn Neelam Gupta, PP Rtn Surbhi Karol, Rtn Gurpreet Kaur Sondh, Rtn Harpreet K Sembi, Rtn Rimmi Ahuja, Rtn Shivani Thakur Doger, and Rtn Puja Goyal.



**UNITE
FOR
GOOD**



HAPPY RAKHI



Our club marked the festive occasion of Raksha Bandhan at ABHI School with specially-abled children. Members distributed juices, biscuits, and bananas, but the most touching moment was tying handcrafted Rakhis to each child.

Thanks to Rtn Geeta Kharbanda for the beautiful Rakhis and to our members Rtn Seema Sharma, Rtn Rashi Banta, Rtn Mala Mayor, and Rtn Anju Sharma for their participation. It was a privilege to spread love and happiness in our community.

PRASHRAY



AUG 2025



Our club successfully conducted its fortnightly project, "Prashray," at IGMC Cancer Hospital, serving over 60 patients.

A heartfelt thank you to IPP Rtn. Maala Singh and Rtn. Neelam Gupta for preparing the homemade kheer, and to Rtn. Taruna Kaushal and Rtn. Manjusha Pathania for the delicious moong dal khichdi. We are also grateful to PP Rtn. Surbhi Karol for generously providing bananas for all the patients.

Members Present: PP. Rtn. Surbhi Karol, IPP Rtn. Maala Singh, Rtn. Neelam Gupta, Rtn. Manjusha Pathania, Rtn. Taruna Kaushal, Rtn. Harpreet K Sembi, Rtn. Puja Goyal.

Your contributions and presence made a real difference and brought smiles to many faces.



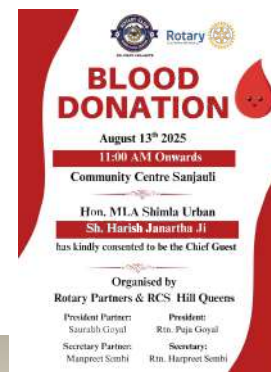
The Rotaract Club of UCBS had an amazing time celebrating "ROTARACT RAKSHA" with the wonderful children at the Human Hope Foundation! The day was full of laughter, warm conversations, and genuine bonds. Seeing their smiles was a heartwarming reminder that small gestures of love and connection can make a lasting impact. We can't wait to continue bringing people together!

ROTARACT RAKSHA

#Rotaract #RakshaBandhan
#CommunityService
#HumanHopeFoundation
#MakingADifference

BLOOD DONATION CAMP

13th AUG 2025



The RCS Hill Queens Co-Pilots took a significant stride in community service by organizing their second voluntary blood donation camp at Samudayik Bhawan, Sanjauli, on 13th August 2025. The initiative drew enthusiastic participation from local residents, including a mix of first-time and regular donors, showcasing the true spirit of altruism and social responsibility.

The camp was honored by the presence of the Hon'ble MLA of Shimla, Sh. Harish Janartha, who graced the occasion as the Chief Guest. He applauded the Co-Pilots for their dedication and urged the community to continue supporting such noble causes that save lives and strengthen societal bonds.

Spanning several hours, the camp witnessed the successful collection of 46 units of blood from 55 registrations, a remarkable achievement that will greatly support regional medical facilities and patients in critical need. The Co-Pilots involved in the event, including Saurabh Goyal, Raman Chauhan, Gaurav Sharma, Manpreet Sembi, PDG Rtn Ved Prakash Kalta, PP Rtn Rohit Karol, and Naresh Pathania, ensured a smooth, safe, and well-coordinated experience for all donors.

Reflecting on the profound impact of blood donation, the words of Mother Teresa resonated deeply: "Blood donation is a gift to someone in need." This project reaffirmed the Co-Pilots' commitment to community welfare and human dignity, embodying Rotary's motto of "Service Above Self."

With this successful event, RCS Hill Queens Co-Pilots continue to inspire hope, health, and humanitarian spirit in Shimla and beyond.



श्री कृष्ण जन्माष्टमी



हमारे इंटरेक्टर्स ने स्वरण पब्लिक स्कूल में जन्माष्टमी को बड़े उत्साह और श्रद्धा के साथ मनाया! उन्होंने भजन-कीर्तन, पारंपरिक नृत्यों और भगवान श्रीकृष्ण के जीवन की झलक प्रस्तुत करने वाला रंगारंग कार्यक्रम आयोजित किया। हमारे नन्हे इंटरेक्टर्स को अपनी सांस्कृतिक धरोहर अपनाते और खुशियाँ बाँटते देखना बेहद सुखद रहा। इस सफल आयोजन के लिए इंटरैक्ट क्लब को हार्दिक बधाई!

कन्हैया

INDEPENDENCE DAY CELEBRATIONS- 2025



RCS Hill Queens proudly took part in the grand celebration of the 79th Independence Day, which took place at the esteemed Swaran Public School in Tutikandi. The festivities commenced with a momentous hoisting of the National Flag, a significant act performed by SSB official Mr. Bhaskara Nand, symbolizing our unity and pride as a nation. This was followed by the soul-stirring performance of Vande Mataram, which resonated deeply with all attendees. The event was graced by the presence of seven distinguished officials from the Seema Suraksha Bal, adding a sense of honor to the proceedings. Throughout the ceremony, a delightful array of patriotic songs, inspiring speeches, and captivating performances by the school children unfolded, vividly portraying the courage and sacrifices of legendary freedom fighters such as Bhagat Singh, Rani Lakshmi Bai, Mahatma Gandhi, and Pt. Jawaharlal Nehru. The celebration concluded with a heartfelt tribute to our beloved nation, underscoring the school's unwavering commitment to nurturing responsible and patriotic citizens. Among those present were Interact Chair Rtn Vipan Gupta, President Rtn. Puja Goyal, and Secretary Rtn. Harpreet Sembi, who contributed to the spirit of the occasion.


Webinar - Harnessing Youth Power


On August 18, 2025, Rotary Club Shimla Hills Queens successfully organized an insightful webinar for the Rotaractors of District 3080 titled "Harnessing Youth Power: Social Media, Mental Health, and Climate Action." Dr. Gurpreet Kaur, a distinguished Assistant Professor and Head of the PG Department of English at Guru Tej Bahadur Khalsa College, Shri Anandpur Sahib, anchored the session with expertise and engaging insights.


The webinar highlighted the critical role of youth as change agents in society, urging them to leverage social media responsibly, be aware of mental health challenges, and actively participate in climate action initiatives. Dr. Kaur emphasized how young leaders can channel their energy to create impactful social and environmental change.

The event was graced by District Governor Ravi Prakash and District Rotaract Representative Ritik Aggarwal, whose encouragement motivated the attendees. A robust participation of 87 Rotaractors from various clubs fostered a lively question-and-answer session, enhancing understanding and interaction.


Concluding on a hopeful note, the webinar reinforced a renewed commitment among young Rotaractors to harness their potential for positive social impact, mental well-being advocacy, and environmental sustainability, further strengthening the spirit of service in District 3080's youth community.

**ROTARY INTERNATIONAL**
RI.DISTRICT 3080


**18 AUGUST 2025 MONDAY**
Meeting ID: 876 2448 6841
Passcode: 123


**7:00 PM**


ROTARY CLUB SHIMLA HILL QUEENS
is inviting
Rotaract Clubs of RI District 3080 to attend Webinar


**KEY NOTE SPEAKER**
DR GURPREET KAUR
Assistant Professor & Head,
Post Graduate Department of English
SGTB Khalsa College,
Sri Anandpur Sahib, Punjab, India


Harnessing Youth Power : Social Media, Mental Health and Climate Action
on Topic

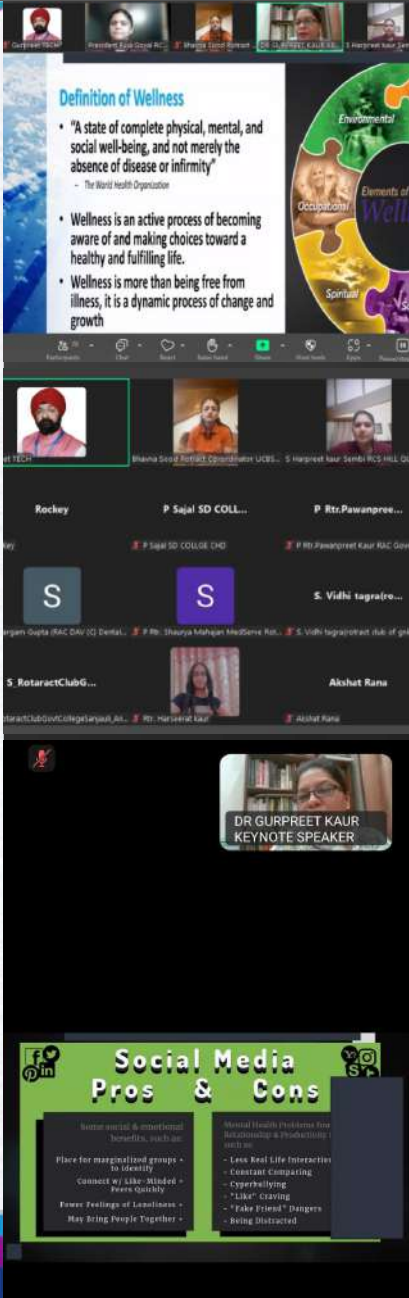
**Rtn Ravi Parkash**
District Governor 3080

**Rtr Ritik Nagpal**
District Rotaract Representative

**Rtn Puja Goyal**
President

**Rtn Harpreet Kaur Sembi**
Secretary

**Rtn Bhavna Sood**
Club Rotaract Coordinator



Definition of Wellness

- "A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity" - The World Health Organization
- Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.
- Wellness is more than being free from illness, it is a dynamic process of change and growth

Elements of Well

- Environmental
- Occupational
- Spiritual

Social Media Pros & Cons

Pros:

- Place for marginalized groups to identify
- Connect w/ Like-Minded
- Freer Quality
- Power Feelings of Loneliness
- Help Bring People Together

Cons:

- Less Real Life Interaction
- Excessive Comparing
- Cyberbullying
- "Like" Craving
- "Fake Friend" Dangers
- Being Distracted

WORLD PHOTOGRAPHY DAY

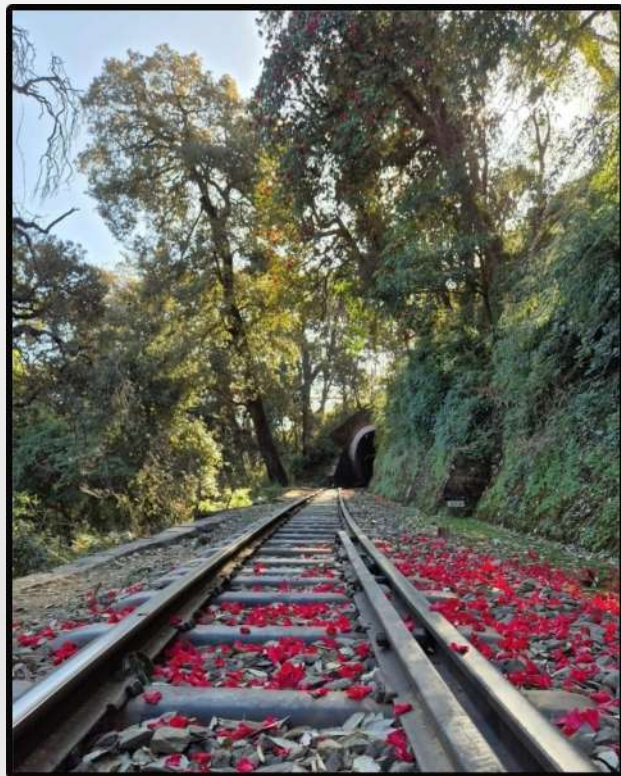
19 August 2025



GOLDEN TRANQUILLITY



AMIT ARORA



THE SCARLET TRACKS |



RAINBOW DELIGHT



MANISH BRAGTA



VIKAS KHARBANDA



NANHE DEEPAK@ Jakhu School

RCS Hill Queens proudly conducted a heartfelt distribution of school bags to 32 needy students at Jakhu High School today, under our District Project 'Nanhe Deepak'. This meaningful initiative is dedicated to supporting underprivileged children by providing essential educational resources, empowering them to pursue their studies with greater confidence and joy. The event was graced by the presence of our esteemed members: Rtn Mala Mayor, Rtn Seema Sharma, Rtn Bhavna Sood, and Rtn Puja Goyal, whose dedication continues to inspire and uplift our community. Together, we light the path of learning, nurturing bright futures for every child.





World Senior Citizen's Day

August 21



2025



PRASHRAY

Rotary Club Shimla Hill Queens conducted its fortnightly project "PRASHRAY" today, by serving homemade kheer and khichdi to patients.

A huge thank you to Rtn. Seema Sharma and Rtn. Harpreet Kaur Sembi for preparing kheer and to Rtn. Reva Gupta and Rtn. Mala Mayor for preparing Khichdi.

Our members also took the time to counsel the patients, listen to their concerns, and offer words of comfort. It's moments like these that remind us of the true spirit of Rotary - serving humanity with kindness and empathy.

Let's keep spreading joy and making a difference in our community!



Samsung Quad Camera
Shot with my Galaxy M31s

Rotary
Club Shimla Hill Queens



TRACK SUITS DISTRIBUTION KACHI GHATTI SCHOOL

Rotary Club Shimla Hill Queens takes great pride in the recent distribution of track suits to 34 deserving students of Government Middle School, Kachi Ghati. Providing proper uniforms goes beyond basic necessity; it instills a sense of pride and confidence in our young learners, empowering them to embrace their educational journey with dignity. This initiative marks a significant step in supporting and shaping bright futures. The event was made possible by the dedicated efforts of members present: PP Rtn Surbhi Karol, Rtn. Dr. Anita Sood, Rtn. Dr. Bhavna Sood, Rtn. Abbu Arora, Rtn. Gurpreet Kaur Sondh, Rtn. Harpreet Kaur Sembi, Rtn. Puja Goyal, and Intern Ms. Kavya Arora. Their commitment continues to inspire positive change in our community.



NANHE DEEPAK @ SANKAT MOCHAN SCHOOL



Rotary Club Shimla Hill Queens is delighted to share the successful distribution of 34 school bags at Sankat Mochan School under the district project "Nanhe Deepak." This thoughtful initiative is designed to provide essential support to students, fostering their well-being and encouraging their educational growth. The heartfelt gratitude goes to all members whose dedication and hard work made this event possible, positively impacting these young minds. Present at the event were PP Rtn. Surbhi Karol, Rtn. Dr. Anita Sood, Rtn. Dr. Bhavna Sood, Rtn. Abbu Arora, Rtn. Gurpreet K Sondh, Rtn. Harpreet K Sembi, Rtn. Puja Goyal, along with our intern Kavya Arora. Together, we remain committed to nurturing and empowering our future leaders.

TV SETS @ KANDA JAIL

**BY Rtn. Dr. Anita Sood
and Rtn. Gurpreet Kaur**



Rotary Club Shimla Hill Queens expresses sincere gratitude to Rtn. Dr. Anita Sood and Rtn. Gurpreet Kaur Sondh for their generous sponsorship of two second-hand TVs for Kanda Jail. This thoughtful contribution enhances the living environment of the inmates by providing much-needed entertainment and comfort. Such initiatives reflect our commitment to uplifting and empowering every member of our community.

By bringing moments of joy and distraction through these TVs, we hope to improve the morale and well-being of the inmates, reminding them that they are not forgotten. Projects like these emphasize the importance of compassion and community support, helping to build a more inclusive and caring society. Rotary Club Shimla Hill Queens is proud to be at the forefront of such efforts and remains committed to fostering positive change in every corner of our community. Together, we are truly making a lasting impact.

HEALTH CAMP- CARDIOLOGY

@ KANDA JAIL



Rotary Club Shimla Hill Queens recently organized a dedicated cardiology medical camp at Kanda Jail, made possible through the kind support of Dr. Rajeev Marwaha, Professor of Cardiology at IGMC/AIMSS. This important initiative aimed to address the critical heart health needs of inmates, a population often underserved and with limited access to specialized healthcare. During the camp, a total of 27 cardiac patients were thoroughly examined by expert medical professionals, who provided necessary consultations and guidance tailored to each individual's condition.

Recognizing the urgency and complexity of some cases, several patients were promptly referred to IGMC for immediate treatment and further diagnostic investigations. This ensured that those requiring advanced care could receive it without delay, illustrating the comprehensive nature of the support provided through this camp. The medical team's attention and care have brought hope and reassurance to the inmates, emphasizing the vital importance of regular health check-ups and specialized cardiac care in safeguarding life and well-being.

This cardiology camp was a significant step in Rotary Club Shimla Hill Queens' ongoing commitment to community health outreach, particularly for vulnerable groups. Such efforts demonstrate how targeted medical interventions can make a profound impact not only on individual lives but also on the broader goal of promoting health equity. By bridging gaps in healthcare access, the club continues to embody the spirit of service above self, fostering healthier communities through compassion and dedicated action. A heartfelt thank you also goes to Rtn. Shivani Thakur Doger, Rtn. Meena Sharma, Rtn. Harpreet Kaur Sembi, and Rtn. Puja Goyal for their dedication in making this meaningful project possible.

SANITARY PADS @ KANDA JAIL

Rotary Club Shimla Hill Queens took a significant step towards promoting health and dignity by distributing sanitary napkins to 16 female inmates at Kanda Jail. This initiative addresses a critical need for menstrual hygiene management, which is often overlooked in institutional settings. By providing these essential supplies, the club not only supports the physical health of the inmates but also empowers them with confidence and comfort during their monthly cycles.



Access to proper sanitary products plays a vital role in preventing infections and promoting overall well-being. This thoughtful gesture reflects Rotary's commitment to holistic community care, where even the most basic needs are met with respect and compassion. Through such focused efforts, the club continues to champion the cause of women's health, ensuring that dignity and hygiene are upheld for all, regardless of their circumstances.

Handmade with Hope

Supporting Inmate Livelihoods at Kanda Jail

Rotary Club Shimla Hill Queens is proud to share a heartfelt initiative supporting the inmates of Kanda Jail. Club members Rtn. Maala Singh and Rtn. Seema Mehta made a meaningful purchase of handmade shawls, caps, and bags from the inmates, totalling ₹4,850. This gesture was much more than a simple transaction; it was an expression of encouragement and acknowledgment of the inmates' skills, hard work, and dedication. By buying their hand crafted products, the club aimed to provide them with a source of livelihood and restore a sense of dignity and hope.



Every item purchased represents not only the creativity and effort of the inmates but also a boost to their morale, reinforcing their faith in rehabilitation and community support. This initiative is part of the club's broader mission to empower marginalized groups and foster social uplift. Together, Rotary Club Shimla Hill Queens is committed to making a tangible difference in the lives of these individuals, promoting positive change, and encouraging reintegration into society with dignity. Let us continue to support, uplift, and empower our community through such meaningful actions.



TRAFFIC AWARENESS

SWARAN PUBLIC SCHOOL



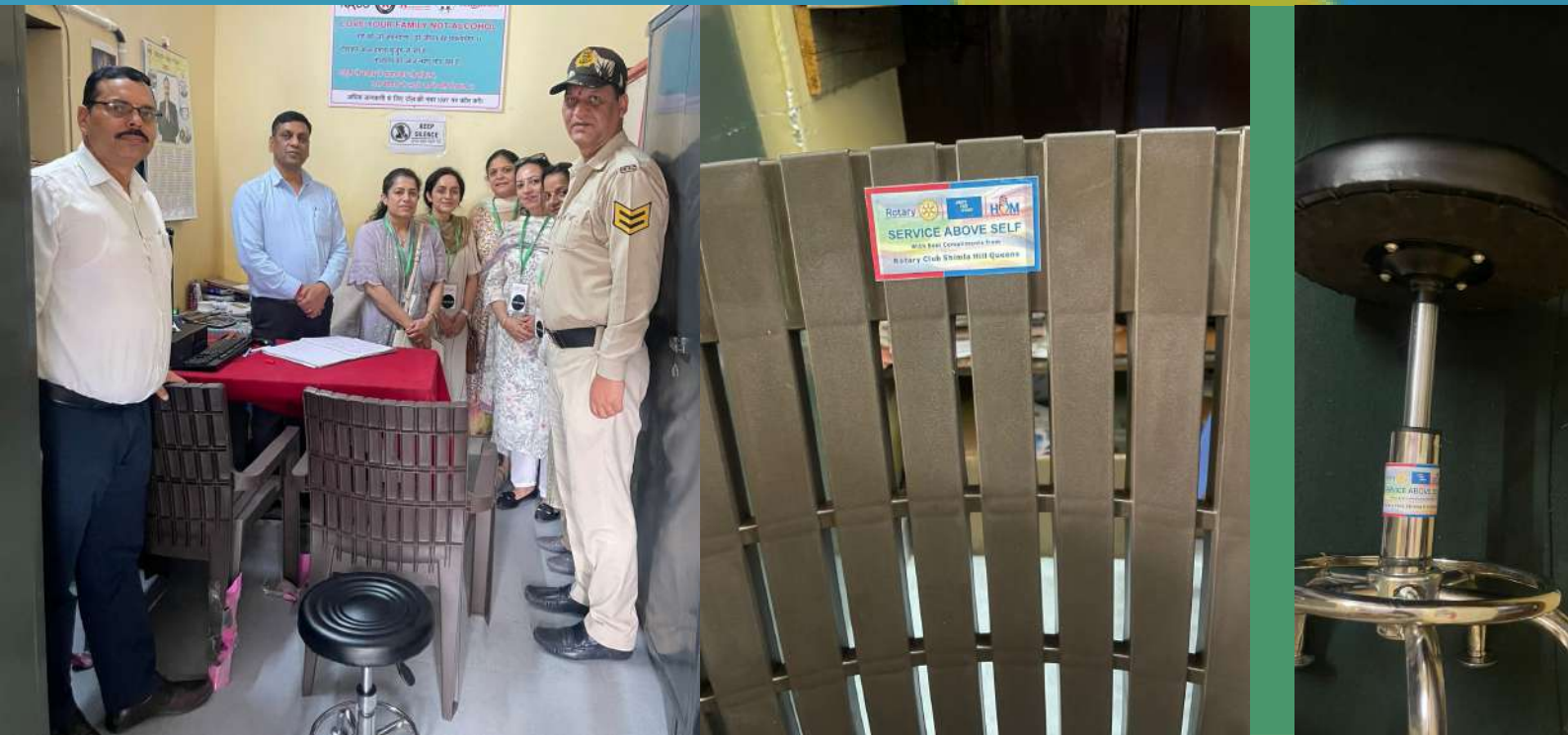
Rotary Club Shimla Hill Queens, in collaboration with the Interact Club, recently spearheaded an important Traffic Rules Awareness Campaign designed to educate and sensitize young members and the wider community about critical aspects of road safety. The well-organized event featured Constable Ravi Kant and Sub Inspector Pradeep, who delivered a comprehensive and engaging session on traffic signals, road safety regulations, common fines, and penalties to ensure responsible behavior on the roads. The interactors actively learned about various safety measures including how to use zebra crossings properly, parking rules, the importance of holding valid driving licenses, and more, equipping them with practical knowledge to navigate traffic safely.

The campaign not only enhanced awareness but also fostered a culture of responsibility and vigilance among young people, encouraging them to become advocates for safer roads. The success of this initiative was made possible through the strong support of Principal Rtn. Seema Mehta and the dedicated school staff, who helped ensure smooth coordination and enthusiastic participation. Special thanks were extended to Interact Chair Rtn. Vipran Gupta for her leadership and commitment, driving the event's smooth execution and positive energy. The active involvement of Rotary members including Rtn. Seema Mehta, Rtn. Gurpreet Kaur Sondh, Rtn. Puja Goyal, and Rtn. Diksha Malhotra highlighted the club's dedication to community welfare and youth empowerment. This campaign reinforces the ongoing efforts of Rotary Club Shimla Hill Queens to create safer communities through education, engagement, and collaboration with local authorities, making a meaningful difference in the lives of young people and road users alike.



CHAIRS DISTRIBUTION @ KAITHU JAIL

Rotary Club Shimla Hill Queens recently visited Kaithu Jail to fulfill important needs at the dispensary by handing over two chairs and a patient stool, generously sponsored by Rtn. Sonia Bragta. This thoughtful contribution enhances the medical facility's capacity to provide care efficiently and comfortably. In addition, the club provided a monthly supply of sanitary napkins to the female inmates, addressing a vital aspect of hygiene and health with compassion and sensitivity. The project was supported by dedicated members present on the occasion: Rtn. Sonia Bragta, Rtn. Kartika Berry, Rtn. Seema Sharma, Rtn. Mala Mayor, and Rtn. Puja Goyal, reflecting the club's ongoing commitment to meeting essential needs and promoting well-being in all corners of the community.



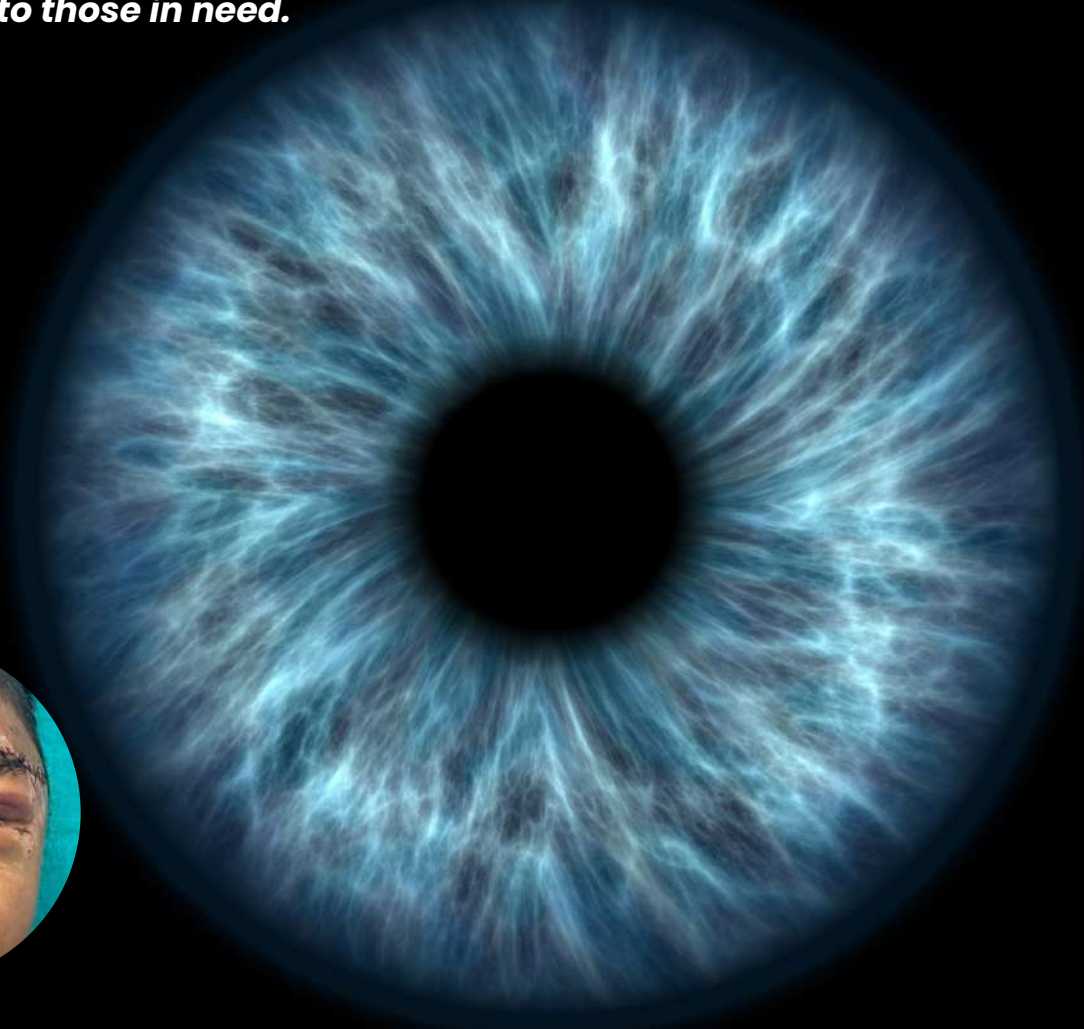
SANITARY NAPKINS @ KAITHU JAIL

Rotary Club Shimla Hill Queens is proud to have provided a monthly supply of sanitary napkins to the female inmates of Kaithu Jail, addressing a vital need for menstrual hygiene and health. This initiative plays a crucial role in promoting dignity, comfort, and well-being among the inmates, ensuring that their basic health requirements are met with care and respect. By focusing on this important aspect of women's health, the club continues to demonstrate its commitment to supporting and empowering vulnerable communities through compassionate action.



Maxillofacial Surgery

Rotary Club Shimla Hill Queens, in partnership with Rotary Club Shimla and Innerwheel Club Shimla, proudly united to support the urgent medical needs of 16-year-old Partap from Village Plingi, District Kinnaur. Responding to the call of Rtn. Karan Bamba, President RC Shimla, this collaborative effort came together to save Partap's eyesight after a severe fall threatened permanent vision loss. The Government Dental College and its dedicated staff fulfilled the major medical requirements, while the clubs collectively raised Rs. 24,000 to cover the remaining expenses, ensuring that Partap received timely and complete care. Heartfelt thanks are extended to President RC Shimla Rtn. Karan Bamba and President IWC Mrs. Nirupama Chaudhary for their leadership and unity in this vital cause. This initiative beautifully reflects the spirit of this year's Rotary theme, "Unite for Good," demonstrating the power of collaboration to bring hope and healing to those in need.



SWARAN PUBLIC SCHOOL





ROTARY CLUB SHIMLA HILL QUEENS
Dist. 3080 - Club ID 223029



cordially invites you to
"SPORTS RYLA"
'Leadership through Skill & Competition'

Join us as we celebrate National Sports Day,
fostering friendship and a strong sense of
camaraderie among participants

Date: Friday, 29th August 2025
Time: 10:00 AM
Venue: Swaran Public School, Tutikandi

Rtn. Puja Goyal
Club President

Rtn. Harpreet Sembi
Club Secretary



मेंटन स्पर्धा में आयुष, मनन विजेता बने ब्लिक स्कूल में हुआ आयोजन, बच्चों ने बॉक्सिंग में भी दिखाया दमखम

राष्ट्रीय खेल दिवस पर क विद्यालय टुटिकंडी में लव का आयोजन हुआ। इस शुभारंभ प्रक्रिया बच्चों ने रोटी हिल क्वींस की स्पर्धा किया। इसके बाद और दूसरी की छात्राओं उन और तालमेल का है हुए मार्च पारट की वेडमिंटन में आयुष और श बने।



स्वर्ण पब्लिक स्कूल में राष्ट्रज में चाल चलने खिलाड़ी। संज. स्कूल

सक्षम, लक्षित, युवराज, नमन और मुकुल विजेता बने। कुश्ती में शिवानी, तमन्ना और निहारिका ने दमखम दिखाया। बॉक्सिंग में अनिरुद्ध, अरुण चौहान, पौष्य सोमा मेहता, रोटी क्लव के सदस्य विपिन गुप्ता और किरण सुंद ने भी शिरकत की। जगद

खाद्य निगम

FOOD CORPORATION OF INDIA

लोरिडो स्कूल के बच्चों ने

National Sports Day, celebrated annually on 29th August, honors the birth anniversary of the legendary hockey maestro Major Dhyan Chand, whose extraordinary skills earned him the title "Wizard of Hockey." The theme for National Sports Day 2025, "Sport to Promote Peaceful and Inclusive Societies," perfectly captures the spirit of unity and harmony that sports can inspire across communities. This theme was brought to life through the Rotary Youth Leadership Award (RYLA) event hosted by RCS HILL QUEENS, where students from Swaran Public School energized the day with remarkable enthusiasm and camaraderie. RYLA is not just about leadership training; it is a vibrant blend of organizational skills, physical activities, sports, interactive discussions, and problem-solving sessions designed for youth aged 14-30. The inclusion of sports in this program serves as a powerful tool to foster team spirit, resilience, and mutual respect among participants, enriching their leadership journey.

The event began with a warm and heartfelt welcome, followed by the stirring National Anthem which set a tone of patriotism and pride. A disciplined March Past showcased the participants' dedication, leading to the symbolic Lighting of the Lamp that marked the official inauguration of the event. The day was alive with diverse sports and activities such as Kabaddi, Boxing, Chess, Wrestling, Kho-Kho, Badminton, Tug of War, Lemon Race, and even creative pursuits like Poster Making, offering something exciting for every participant. Each game was a showcase of perseverance, teamwork, and sportsmanship, reflecting the true essence of leadership development through sports.

The highlight was not only the fierce but friendly competition but also the joyous spirit with which every student took part. Refreshments kept the energy high, and the day concluded with awarding prizes to the winners and certificates to all participants, recognizing their efforts and encouraging them to continue pursuing excellence. Special thanks go to Rtn Seema Mehta for her gracious hospitality and making it possible to celebrate RYLA in such a memorable way. The event was a proud moment for all members present—Rtn Vipan Gupta, Rtn Diksha Malhotra, Rtn Abu Arora, Rtn Avantika Sharma, Rtn Kiran Sood, PP Rtn Surbhi Karol, Rtn Seema Mehta, and Rtn Puja Goyal—who enjoyed witnessing the children play with determination, discipline, and respect. This event was a beautiful reminder of how sports unite, inspire leadership, and nurture the leaders of tomorrow.



Rotary District 3080 successfully organized the Vistaar Membership Development & Public Image Seminar at Luxuria Farms, Dehradun on August 31, 2025, bringing together over 700 Rotary delegates from across the region under the able guidance of DG Rtn. Ravi Prakash. The event focused on effective strategies for membership growth and enhancing Rotary's public image, featuring participation from district leadership, local dignitaries, and active club members.



Rtn. Puja Goyal, and Rtn. Veena Kalta accompanied by their spouses, attended the Vistaar Membership Development & Public Image Seminar at Luxuria Farms, Dehradun, as enthusiastic members from Rotary Club Shimla Hill Queens. Their involvement demonstrated strong participation and commitment to Rotary's advancement and ideals within District 3080.



RCS Hill Queens was awarded for adding 8 members to the club. The Award was given by RI Director Fl. Lt. Rtn. K P Nagesh along DG Rtn. Ravi Prakash. RCS Hill queens Sports RYLA was showcased in the DG's Speech during the event.

The Vistaar Membership Development & Public Image Seminar in Dehradun, was organized under the theme "Vistaar - Expanding Horizons, Elevating Impact," aiming to amplify Rotary's initiatives in community service and strengthen its public image. Hosted by Rotary Club Dehradun Central, the program commenced with participant registration and breakfast, followed by interactive seminar sessions focused on engaging more people in Rotary's service mission, developing a positive public presence, and expanding community development projects. MLA Pradeep Batra addressed the gathering, commending Rotary's tireless efforts and emphasizing the inspiration and practical insights gained from collective service-oriented events. District Governor Rtn. Ravi Prakash and other dignitaries also participated, contributing to the strategic discussions.



My Experience as the Charter President of Rotary Club Shimla Hill Queens

Taking on the role of Charter President of Rotary Club Shimla Hill Queens all women club was not just a leadership position — it was both challenging and exciting to lay the foundation recruiting dedicated members, planning meaningful service projects, and ensuring our efforts aligned with Rotary International's goals, to create a platform where like-minded women could come together to serve the community, empower each other, and bring a fresh energy to Rotary in the region. Shimla, with its grace, resilience, and strong community spirit, deserved a club that reflected those same values — and that's how the Hill Queens were born.

Today, as I look back, I feel immense pride in what we achieved — not only in our projects, but in the bonds we built, the leadership we nurtured, and the confidence we inspired in each other. Rotary has been a life-changing experience — it taught me how powerful a small group of committed individuals can be.

Some project that touched my heart and lives of people: **Blood donation camp:** We organized a camp that encouraged voluntary blood donation and helped replenish local blood banks during critical shortages.: **Free Medical Camp:** This initiative brought basic healthcare and consultations to the undeserved sections of society, ensuring early detection and medical guidance: **Prosthetic Limb Donation Drive:** For individuals who had lost limbs and hope, we donated artificial limbs that allowed them to reclaim mobility, independence, and dignity. **Orphanage Birthday Celebrations:** Every month, we celebrated the birthdays of children in a local orphanage, complete with home-baked cakes, gifts, and love — because every child deserves to feel special.

We also took a step toward empowering these children through the distribution of sensor sticks to visually impaired students, giving them tools for greater safety, mobility, and independence. Supporting Education with the help of district Governor.

Education remained a core focus of our service. We identified several government and rural schools in need and donated benches to improve classroom conditions for young learners. These benches weren't just furniture — they were a step toward dignity in education.

As I pass the baton to the next generation of leaders, I do so with pride and confidence, knowing that the spirit we ignited will continue to shine. To my fellow Rotarians, PDG Ved Kalta than DG Ajay Madan thank you for believing in me. I'm grateful for the opportunity to lead, to learn, and to serve. And I will carry that spirit with me — in every new project, and every new day.

I believe : "Service to others is the rent you pay for your room here on earth." –.