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Rtn. Ravi Prakash

Assistant Governor Zone 1
Rtn. Manu Aggarwal

President
Rtn. Karan Bamba

Secretary
Rtn. Dr. Sundeep Sauhta

Editor
Rtn. Er. Chetan Sharma

Newsletter : September 2025

PROJECT UJALA – LIGHTING LIVES



Rotary Club Shimla proudly launched Project Ujala with the installation of a solar light, received from Rotary District, at Village Kakar Baghora, below Regyan Dudhli.

Set in a perfect rural backdrop, this project brings light to a village bus stop that earlier remained in complete darkness, causing inconvenience and safety concerns for villagers, especially girls. With this installation, the project has become a highly beneficial initiative for three adjoining villages, covering a population of nearly 350 residents.

Despite the tough terrain, Rotarians walked through the interiors of this Himachali village to ensure the success of this project. The villagers, school children and women expressed heartfelt gratitude to Rotary Club Shimla as the

30 watt solar light illuminated their surroundings.

Rotary Club Shimla proudly carried forward the vision of Project Ujala with the installation of two more solar lights provided by Rotary District.

First Installation: A solar light was set up outside Gallu Temple on the main highway, ensuring safe movement for devotees, passersby and commuters during evening hours. This has not only improved visibility but also enhanced the overall safety and convenience for those traveling on the route. Second Installation: Another solar light was installed at the Village Dhar Bus Stop, a vital junction for daily commuters and local villagers.

Committee Chair
Assistant Governor Rtn. Manu Aggarwal

“VISION PLUS” EYE TESTING CAMP AT GOVT. COLLEGE SANJAULI



Under the banner “Vision Plus”, Seeking a World Without Childhood Blindness- an Eye Testing Camp was organised at Centre of Excellence Govt College Sanjauli. The Eye Testing Van was provided from Rotary District. It was a joint project of Rotary District 3080 and 3011.

College students are highly prone to usage of screens and are unaware of the side effects being caused to their eyes therefore this venue was of apt importance for this project. Also 3600 students studying here is of high footfall.

The camp lasted for 5 hours during which, 311 college students registered and their eyes were tested. Many of them

did not even know that they required spectacles but were diagnosed. Spectacles were distributed and some will be couriered after spectacles are made. As an addition, special children of ABHI school also joined and they were also tested on priority. We thank District Governor Rtn. Ravi Prakash for providing such a noble cause project to us. We also thank District Project Chairman Rtn Sanjeev Sethi and PP Rtn Akshay Shastri for executing this project.

College Principal Mrs. Bharti Bhagra and Rotary Club Shimla's Rotaract Club at Govt College Sanjauli participated enthusiastically in this project. Volunteer jackets eerily provided to them by RC Shimla.

Committee Chair
PP Rtn. Dr. SS Minhas

RURAL MEDICAL CAMP IN ASSOCIATION WITH SHIMLA AYURVEDIC RETREAT, GALLU



Rotary Club Shimla organised a Rural Medical Camp in association with Shimla Ayurvedic Retreat, Gallu. The camp offered free health checkups covering eyes, teeth, BMI, blood pressure, sugar and general health.

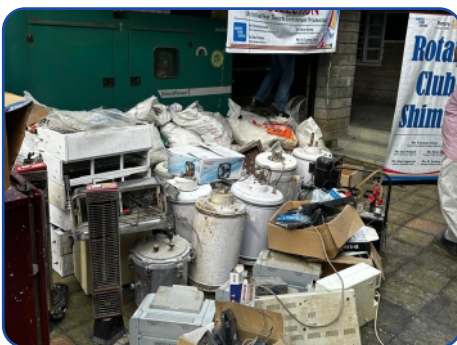
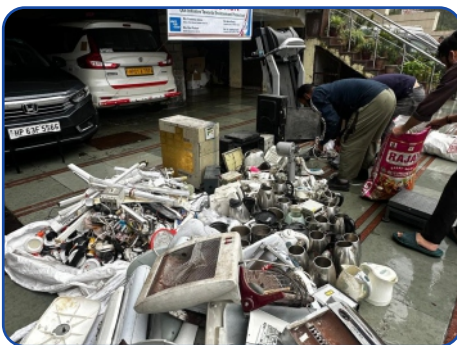
A Dental Van from Government Dental College was also present, where on-spot procedures including 19 extractions, scaling and corrections were conducted. Velscope- donated by RC Shimla was also used for oral cancer prevention. A total of 151 OPDs were registered, benefitting the rural population, including senior citizens, labourers and school students of GPS Gallu and GSSS Banni. The camp was supported by 18 doctors from IGMC who voluntarily

rendered their services including Principal GDC Rtn. Dr. Ashu Gupta, HOD Ophthalmology Rtn. Dr. Ram Lal, Dietitian Vandana Sood (BMI), Parth Lab Diagnostics – Dr. Sushma Thakur. They were also assisted by other support staff, PG students and interns. Dental Kits were also distributed courtesy Rtn. Dr. Sundeep Sauhta. Lunch for everyone was hosted courtesy Rtn. Amit Pal Sood.

The camp was a step towards Rotary's commitment to ensuring accessible healthcare facilities in rural areas, bringing quality medical services under one roof for the community.

Committee Chair
Rtn. Dr. Surinder Singh

E-WASTE COLLECTION



Rotary Club Shimla undertook an E-Waste Awareness and Collection Drives with the dual objective of educating the public about the hazards of E-waste and ensuring its safe and responsible disposal.

Hotels situated along Circular Road actively came forward to contribute their unused and discarded electronic items. A total of 376 KG of E-waste was collected during the drive from Hotel Ganga, Hotel Surya, Hotel Shingar, Hotel Blue Diamond and Hotel Greenland.

Another drive was conducted in collaboration with the Interact Club of St. Thomas School, Shimla. A competition was held among different classes of the school for E-Waste collection. Through this innovative initiative, the students

enthusiastically collected 126.780 kg of E-Waste. Rotary Club Shimla extends heartfelt gratitude to the School Principal, Mrs. Vidhupriya Chakrawarty, for her cooperation and support. This was followed by Rotary Club Shimla's 3rd E-Waste Collection Drive at the Mental Hospital and Rehabilitation Centre, Boileauganj. After obtaining due permissions and sanctions, a total of 748.48 kg of E-Waste was collected. Special thanks to Sister Rajni for this effort.

With these initiatives, Rotary Club Shimla successfully collected a grand total of 875.26 kg of E-Waste, which was responsibly handed over to the authorised recycler Karo Sambhav, represented by Rtn. Sanjay Kakkar.

Committee Chair
PP Rtn. Amit Pal Sood

MEGA BLOOD DONATION DRIVE



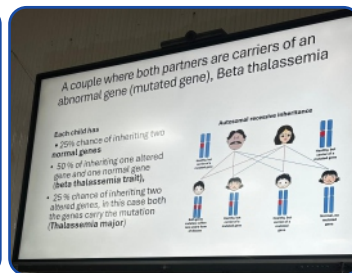
To mark the beginning of the Mega Blood Donation Drive being undertaken by Rotary District 3080, Rotary Club Shimla in collaboration with the Rotaract Club at JP University, Wagnaghat, organised a Blood Donation Camp at the University campus.

A total of 45 units of blood were collected. Students,

faculty, security personnel and support staff of the University enthusiastically came forward to donate blood. An oath for regular blood donation was also administered by the Blood Bank team of KNH Hospital. Volunteers were provided with Rotary jackets. Fellowship was courtesy Rotary Club Shimla.

Committee Chair
PDG Rtn. VP Kalta

THALASSEMIA AWARENESS SESSION



Rotary Club Shimla organised a Thalassaemia Awareness Session at Government College Sanjauli with Dr. Nishi Sood, Professor of Obstetrics & Gynaecology, Kamlu Nehru Hospital, as the guest speaker.

She spoke about anaemia, its causes and symptoms, and informed students about Beta Thalassaemia, Thalassaemia Major and the importance of the HPLC test. Key facts from the National Family Health Survey 2019–21 highlighting anaemia among 57% women and 25% men were shared,

along with information on the Anemia Mukht Bharat scheme and nutrition through iron and Vitamin B12-rich foods. The session also included an activity-based exercise, a quiz, and concluded with a short film on thalassaemia

President Rtn. Karan Bamba announced that Rotary District has taken up this cause and the HPLC test would be facilitated by Rotary at a subsidised cost of just Rs. 250/-. About 175 students attended the session, actively supported by the Rotaract Club of Govt. College Sanjauli.

Committee Chair
PP Rtn. Ashish Malhotra

SHIMLA HEARTLINE PROJECT



Under The Shimla Heartline Project, Rotary Club Shimla continues its noble initiative of providing free heart surgeries to underprivileged children below the age of 16.

The beneficiary was Sunita, a 4 year-old girl from Nepal, family residing at Rampur District of Himachal Pradesh,



who was diagnosed with a Ventricular Septal Defect- hole in the heart along with entangled nerves. Her surgery was successfully conducted by Committee Chair Rtn. Dr. Sudhir Mehta, HOD CTVS at IGMCI. A Cheque of expenses was handed over by Rotary Club Shimla donated by generous members, to the patient's mother.

Committee Chair
Rtn. Dr. Sudhir Mehta

E LEARNING PATHSHALA AT SARVODAYA BAL ASHRAM

Rotary Club Shimla is conducting an E Learning Pathshala At Sarvodaya Bal Ashram Shimla for the inmates/Children of the Ashram. The children are happily developing their computer skills and are now able to type short letters on the computer. The sessions are held on Sundays.

Committee Chair
PP Rtn. Manmohan Manchanda



NATION BUILDERS AWARD FUNCTION



To mark "Teachers' Day", Rotary Club Shimla organized the Nation Builders Award Function at Rotary Town Hall to felicitate and honour the invaluable contributions of teachers and mentors who shape the future of society.

The event was graced by Mrs. Vidhupriya Chakrawarty, Principal of St. Thomas School, Shimla, as the Chief Guest. A total of 17 distinguished teachers from various schools of Shimla were honoured with Nation Builders Certificates, mementoes and a book as a token of appreciation. Along with teachers, nation builders imparting vocational training

to children in Shimla were also recognized. In a special gesture, two Rotaractors from GDC providing computer education to children at Baal Ashram were felicitated for their commendable efforts.

President Rtn. Karan Bamba shared an orientation on the ongoing projects of Rotary Club Shimla, highlighting the club's commitment to education and community service. The program witnessed a large gathering of Rotarians, and concluded with Hi-Tea served to all participants.

Committee Chair
PP Rtn. CA Rohit Karol

SCHLORASHIPS TO GIRL STUDENTS



September being Education and Literacy Month - As a part of Rotary's Club Shimla's education support initiative, scholarships of Rs.5,100 each were awarded to three deserving girl students through the R.L. Manchanda Endowment Fund and Rtn. Rajeev Goel Scholarship Fund.

COMPUTER DONATION



In an endeavour to promote September as the month for uplifting Education and Literacy Rotary Club Shimla donated a computer with UPS as per the request received from Principal GPS Taradevi, since the old computer had

broken down and the classes were being hampered. The Principal was highly thankful for considering the request and appreciated the effort of Rotary Club Shimla.

INSTALLATION CEREMONIES

Installation Ceremony of Rotaract Club of JP University Wanknaghat.



Rotary Club Shimla conducted the installation ceremony of the Rotaract Club of JP University, Wanknaghat at the university campus with great enthusiasm. Rtn. Sanya Jain was collared and installed as the new President of the club, along with her dynamic women-led team comprising the Secretary and Treasurer. The new President shared her inspiring vision for the upcoming Rotary year. The office bearers were pinned and inducted in the presence of

distinguished Rotarians and Rotaractors. The Chief Guest of the event was District Rotaract Representative Rtn. Ritik Nagpal. The Guest of Honour, President Rotary Club Shimla Rtn. Karan Bamba, encouraged the students to actively participate in the ongoing projects of Rotary Club Shimla such as E-waste collection, cloth donation and literacy initiatives, thereby aligning Rotaract efforts with Rotary's impactful community service.

Committee Chair
PP Rtn. Sachin Verma

The Charter Installation Ceremony of the Interact Club of Auckland House Boys School



The Charter Installation Ceremony of the Interact Club of Auckland House Boys School was held at the school premises with great enthusiasm.

The event began with a lamp lighting ceremony and floral welcomes. The newly elected President of the Interact Club, Aditya Thakur, was collared, and all members were formally pinned and inducted into the club. The Club Charter was also presented to the School Principal, who

graced the occasion as the Chief Guest. On this occasion, President of Rotary Club of Shimla, Rtn. Karan Bamba, delivered an in-depth presentation about the projects of Rotary Club Shimla, and an orientation session for the students on the objectives and opportunities of the Interact movement. The Principal Mr. Rueben John extended a heartfelt vote of thanks, appreciating the Rotary Club's efforts in nurturing leadership, service values and community spirit among students.

Committee Chair
PP Rtn. Sachin Verma

The Charter Installation Ceremony of the Interact Club of St. Thomas School



COMPUTER LAB SET UP AT SARVODAYA BAAL ASHRAM



WORLD PHYSIOTHERAPY DAY



Rotary Club Shimla celebrated World Physiotherapy Day at Baal Ashram, Tuti Kandi, with a focus on creating awareness about the importance of physiotherapy and maintaining physical health right from early adolescence.

The session was led by renowned physiotherapists Dr. Vipul Sood and Dr. Rajinder Nahata, who delivered an awareness talk highlighting the damage caused to posture due to excessive mobile usage and how children should adopt correct sitting and standing habits to prevent long-term spinal issues. The importance of warm-up exercises before any physical activity to and five essential pillars to keep fit – adequate water intake, endurance-building

exercises, proper nutrition, flexibility training and maintaining foot balance were informed. Practical exercises were conducted with the children to improve their physical fitness and make them aware of simple ways to avoid sports-related injuries. During the health scans, many children complained of pain in their hands, shoulders and arms, as well as stiffness and mobility issues. All such cases were screened and suggested physiotherapy plans to help them overcome these problems. In total, around 45 children were examined during the session. The event concluded with Annapurna, where nutritious food was served courtesy of Rtn. Saurabh K. Kapoor.

ALPHA BEDS/HOSPITAL EQUIPMENT DONATION



Rotary Club Shimla in its effort to promote better Healthcare facilities donated 2 Adjustable Hospital Back rests and 3 Bed sore prevention kits to ICU's of Pulmonary, Medicine and Anesthesia departments at IGMCI. The equipments were provided courtesy PP Rtn Padam Sood

ROTARY CLUB SHIMLA CHESS PATHSHALA A PROJECT UNDER THE RL MANCHANDA ENDOWMENT FUND



Rotary Club Shimla continues the Chess Pathshala at Rotary Town Hall under the RL Manchanda Endowment Fund. A total of 30 children are attending the weekly classes. Valuable technical knowledge of chess is being imparted by a State Level coach through the use of laptop and

projector. Chess Notepads have also been distributed to all children. This initiative aims to keep children constructively engaged away from social media, while fostering strategic thinking, skill development, concentration, and brain development.

Committee Chair
PP Rtn. Manmohan Manchanda

ANNAPURNA



Rotary Club Shimla organised Annapurna for special children at ABHI school Sanjauli today courtesy IPP Rtn Er Saurabh Raj Sood . Dry Ration was donated. 25 sets of Colouring books and crayons were also donated.

Committee Chair
PP Rtn. RK Khosla

WEEKLY HEALTH CARE INITIATIVE BY ROTARY CLUB SHIMLA

As an on going health care initiative, Rotary Club Shimla in collaboration with Parth Diagnostics Lab conducted Free Testing of Sugar, Blood pressure and Blood collection at Rotary Town Hall. Reports are given on the same day. This facility will go a long way in providing diagnostic assistance for the needy who can avail this facility every Saturday.



CLOTH DISTRIBUTION



Continuing its on going initiative, 5 cartons of Clothes from Rotary Club Shimla Cloth bank were distributed to the needy at Anaj mandi. Many benefitted from this Cloth distribution.

Committee Chair
PP Rtn. Kanwaljit Singh

PROJECTS EXCLUSIVELY LED BY ROTARY PARTNERS

Rtn. SHALINI PRAKASH
DG Partner

SONAL AGGARWAL
AG Partner

Rtn. ANKITA BAMBA
President Partner

SHIVANI SAUHTA
Secretary Partner

PLASTIC WASTE REDUCTION-THE MILK BAG PROJECT



In an endeavor to reduce usage of plastic, a total of 2415 washed and dried milk bags were collected by Rotary Partners of RC Shimla and handed over to MC Shimla, contributing towards preserving Environment.

STORY BOOKS DONATION



Rotary Partners of Rotary Club Shimla donated story books to the under privileged children at Human Hope Foundation, bringing smiles to the children. To promote education and literacy and inculcate reading habits, a storytelling session was

also conducted for children. The children expressed their love by returning bookmarks to the members present. The books were generously donated by Rotary Partner Mrs. Nandni Goel.

FRUIT DISTRIBUTION



At Rotary, we believe no one should sleep hungry. Co-Pilots of Rotary Club Shimla distributed fruits to school children at GPS Gallu and GSSS Banni, as well as to the labourers in the village of Gallu.

PROJECTS EXCLUSIVELY LED BY ROTARY PARTNERS

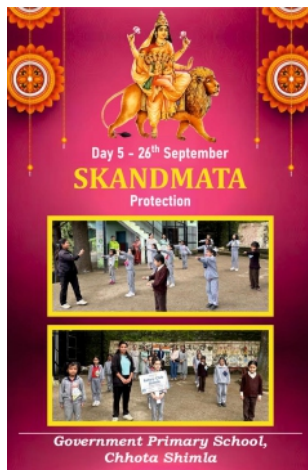
DENTAL KITS DISTRIBUTION



Rotary partners of Rotary Club Shimla distributed 50 dental kits to the students of Primary Government School, Gallu and Government Senior Secondary School, Banni. To promote education

and literacy, the importance of proper brushing was also explained to the children and they were encouraged to brush twice a day. Kits were courtesy Rotary Partner Shivani Sauhta

EMPOWERING GIRLS ON NAVRATRI



PROJECTS EXCLUSIVELY LED BY ROTARY PARTNERS

On the auspicious occasion of Navratri, Rotary Club Shimla Co-Pilots conducted self-defence workshops across Nine government schools, teaching courage, confidence and real-life safety skills to 725 girls and lady teachers and support staff. Maa Durga, the embodiment of Naari Shakti, inspires us to realise the immense power within every girl. Just as the Goddess manifests in nine divine forms, symbolising courage, wisdom and protection, the same spirit was instilled in nine schools across Shimla within a 30 km radius through the promotion of self-defence training. Rotary Club Shimla Co-Pilots have taken up this initiative in an impactful and innovative manner. This effort carries forward the eternal message of Maa Durga – that true strength lies within.

The training covered a wide range of real-life safety scenarios, including: Resisting kidnapping attempts, Ensuring safety while travelling in public transport, Defending oneself in case of a knife threat.

Each workshop was conducted in a different school, corresponding with the nine days of Navratri, and the significance of each day was explained alongside the training.

Day 1 – Shailputri (Strength & Courage) | 22nd September Government Mayfield School, Fingask
Emphasised that self-defence begins with inner strength and confidence.

Day 2 – Brahmacharini (Discipline & Determination) | 23rd September Government Primary School, Tara Devi.
Highlighted the importance of consistent practice and focus in mastering techniques.

Day 3 – Chandraghanta (Alertness & Fearlessness)

| 24th September Government Senior Secondary School, Kachi Ghatti.
Stressed the need for awareness of surroundings and presence of mind.

Day 4 – Kushmanda (Positivity & Energy) | 25th September, Government Primary School, Tutikandi.
Encouraged girls to carry confidence and positive energy while handling challenges.

Day 5 – Skandmata (Protection) 26th September Government Primary School, Chhota Shimla
Illustrated that self-defence enables girls to protect themselves and those around them.

Day 6 – Katyayani (Warrior Spirit) | 27th September Government Primary School, Kasumpti
Inspired participants to face threats with courage and determination.

Day 7 – Kalaratri (Destroyer of Negativity) | 29th September, Government Secondary School, Sanjauli.
Underlined the role of bravery in overcoming harassment or danger.

Day 8 – Mahagauri (Purity & Endurance) | 30th September, Government Middle School, Chakkar.
Reinforced that self-defence is a pure and rightful means of safeguarding one's dignity.

Day 9 – Siddhidatri (Wisdom & Empowerment) | 30th September, Government Middle School, Harinagar.
Concluded that true empowerment arises when strength is guided by wisdom.

These sessions were conducted by Ms. Muskan, who is a trained Black Belt karate practitioner.

DISTRIBUTION OF STATIONERY ITEMS

In order to promote Education and literacy Rotary Co Pilots of Rotary Club Shimla successfully carried out the distribution of stationery items at Shishu Grah, Tutikandi Bal Ashram, where children up to 6 years of age are being cared for. The kits included crayons, pencils, colour pencils, drawing books, erasers, sharpeners, and 3-in-1 notebooks. It was truly heartwarming to see the innocent smiles on their faces as they received these gifts. Moments like these remind us of the joy and responsibility of serving the community. Our heartfelt thanks to Mrs. Abbu Arora for her thoughtful and meaningful contribution.



PROJECTS EXCLUSIVELY LED BY ROTARY PARTNERS

POSTER MAKING COMPETITION



On the occasion of World Tourism Day, the Rotary partners of Rotary Club Shimla organised a Poster Making Competition on the theme “India of My Dreams” at Government Secondary School, Annadale. Around 40 enthusiastic students participated in the competition. A team from Nikki Arts joined to guide the children on poster-making

techniques and also judged the competition. The students came up with highly creative and innovative ideas. The activity instilled in them a sense of belonging to the nation and encouraged a visualisation of a developed India-an India where everyone aspires to live. Certificates and medals were awarded to the winners.

ANNAPURNA



Rotary Co-Pilots of Rotary Club Shimla conducted Annapurna on the occasion of Maha Ashtami. Gujia, biscuits and bananas were distributed to 75 children of Government Primary School, Chotta Shimla. The Annapurna was graciously sponsored by Rotary Partner Radhika Khanna.

CELEBRATING BIRTHDAYS

Rotary Co-Pilots of Rotary Club Shimla celebrated the birthdays of 2 orphan children at Sarvodaya Bal Ashram. The celebration was marked with a joyful cake-cutting ceremony and plenty of smiles. The cake and gifts were courtesy Mrs. Ruchira Tangri and Mrs. Shivani Sauhta for making this special day possible.



ROTARIAN OF THE MONTH



Rtn. B. SHUBHAM PATHAK

DISTRICT AWARDS FOR ROTARY YEAR 2025-26

July 2025



August 2025



BIRTHDAY & ANNIVERSARY GREETINGS

*Rotary Club Shimla wishes all members
who celebrated their Birthdays & Anniversaries in the Month*

Happy Birthday

PP Rtn. Manu Aggarwal
Rtn. Subhash Ahuja
PP Rtn. Raj Kumar Khosla
PP Rtn. Padam Chand Sud

Rtn. Er. Raunak Goel
PP Rtn. Parmod Sood
Rtn. Dr. Ashu Gupta
PP Rtn. Er. Ajit Butail

Happy Anniversary

Rtn. Sidharth Sood & Aastha Sood
Rtn. Navpreet Singh & Guneet Kaur



ROTARY KNOWLEDGE CORNER

Rotary Trivia Questions:



Question: First Woman to become President of Rotary International ?

Answer: *Jenifer Jones*

Question: Which Rotary award recognizes outstanding projects by clubs?

Answer: *Rotary Citation*

Question: Who stepped down as PE of RI in 2025-26 before assuming office ?

Answer: *Mario Cesar Martins de Camargo*

Question: How many Rotarians were there in the 1st Rotary club meeting in 1905 ?

Answer: *4*

Question: What is the age limit for interact club members ?

Answer: *12-18 Years*

Question: Which Indian city hosted the RI Convention in 1981 ?

Answer: *Kolkotta*

Question: The largest Rotary Club in India by membership ?

Answer: *Mumbai*

Question: What is the highest recognition given by the Rotary Foundation ?

Answer: *PHF*

Question: What is Rotary's official monthly magazine called in India?

Answer: *Rotary News*



Winners:

**PP Rtn. Umesh Akre, PP Rtn. Dr Ajay Sood,
PP Rtn. Kanwaljeet Singh, Rtn. B. Shubham Pathak,
Rtn. Divyaj Kharbanda.**

MEDIA COVERAGE

शिमला। रोटरी क्लब शिमला के रोटरी पार्टनर्स ने दूध के खाली पैकेट एकत्रित किए। इस दौरान इन्होंने रोटरी क्लब में दूध के 2,415 धुले और सुखे पैकेटों एकत्रित कर नगर निगम शिमला को सौंपे। इस पहल का उद्देश्य पोलिथीन को पर्यावरण में फैलने से रोकना तथा इसके सुस्थिति निस्तारण में सहयोग करना है। संवाद

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शिमला। रोटरी क्लब शिमला ने आईजीएमसी के पल्मोनरी, मेडिसिन और एनेस्थीसिया विभागों की आईसीयू को 2 एडजस्टेबल हास्पिटल बैक रेस्ट और तीन बेडसोर प्रिक्वॉन क्विंट भेंट की। यह उपकरण पीपी टेलेरिजन पदम सूर के सौजन्य से प्रदान किए। इस अवसर पर रोटरी क्लब के अध्यक्ष कृष्ण बंबा, उप अध्यक्ष अमित पाल सूड और आईजीएमसी के ऑफिशिएटिंग प्रिंसिपल रोटेरियन डॉ. सुरेंद्र सोधी मौजूद रहे। संवाद

शिमला। रोटरी क्लब शिमला की रोटर पार्कर्स ने बुधवार को स्थुन होप फाउंडेशन में जरूरतमंद बच्चों को फर्नीचर की किताबें बांटीं। इस फल में बच्चों के चेहरों पर मुस्कान आ गई। शिशा और प्रशस्तता को बढ़ावा देने और बच्चों में पढ़ने की आदत विकसित करने के उद्देश्य से एक कहानी सत्र भी आयोजित किया गया। बच्चों ने अपनी खुशी व्यक्त करते हुए रोटरी सदस्यों की वक्तुमर्क भेंट कर अपना स्नेह नोटहा। जयः

[illegible]

शिमला। रोटीर क्लब शिमला को ओर से बुधवार को सुकल रोड के होटलों और स्नैकरीय जनता की सहभागिता से स्पेनियोल जागरूकता एवं संरक्षण अभियान आयोजित किया गया।

अभियान का उद्देश्य लोगों को ई-वेस्ट (इलेक्ट्रॉनिक कचरा) के खतरों से अवगत बनाना था। अभियान में होटल प्रोसेडर, होटल शिगार, होटल गंगा, होटल सूर्य और होटल ब्लू डायमंड से पुराना इलेक्ट्रॉनिक सामान एकत्रित किया गया। इस दौरान 376 किलो ई-वेस्ट एकत्र किया गया। संवाद

निष्क्रियता: देवरी कन्या विद्यालय को ओर से बुलाया जा रहा है। प्रत्येक वर्ष संगठन की टिम में १०-१२ सदस्य रहते हैं। कन्या अर्धरात्रि विद्यालय में १०० से अधिक छात्राएं पढ़ती हैं। इस साल टोलर १९९२.२५ मिली है-देवरी पर एक प्रदर्शन किया। इस अभियान की ओर ध्यान देने के लिए, कन्या विद्यालय के देवरीक कक्षा के छात्रों से संचालित गया।

प्रक्रिया: निम्न विवरण में देवरी पर आयोजित किया जा रहा है।

१. १०-१२ सदस्य की टिम में १०-१२ सदस्य रहते हैं। कन्या अर्धरात्रि विद्यालय में १०० से अधिक छात्राएं पढ़ती हैं। इस साल टोलर १९९२.२५ मिली है-देवरी पर एक प्रदर्शन किया। इस अभियान की ओर ध्यान देने के लिए, कन्या विद्यालय के देवरीक कक्षा के छात्रों से संचालित गया।

देवरी कन्या विद्यालय द्वारा आयोजित किया गया ई-टोलर और कन्या अर्धरात्रि विद्यालय में १०० से अधिक छात्राएं पढ़ती हैं। इस साल टोलर १९९२.२५ मिली है-देवरी पर एक प्रदर्शन किया। इस अभियान की ओर ध्यान देने के लिए, कन्या विद्यालय के देवरीक कक्षा के छात्रों से संचालित गया।

शिमला। रोटरी क्लब शिमला द्वारा संचालित कलाथ बैक से मंगलवार को अनाज मंडी में कपड़ा वितरण कार्यक्रम का आयोजन किया गया। इस दौरान जरूरतमंद लोगों को पांच कार्टन कपड़े वितरित किए गए। इस दौरान समिति अध्यक्ष पीपी कंवलजीत सिंह और रीनक गोयल सहित अन्य सदस्य मौजूद रहे। संध

बागीकरी को सीखा। दो सत्रों में 21 विद्यार्थियों ने भाग लिया। साप्ताहिक रूप से आयोजित होने वाली इस कक्षा का संचालन कोच पंकज वर्मा ने किया। सत्रों का सत्र 10 बजे से 12 बजे तक आयोजित किया गया जिसमें छह से आठ वर्ष के 11 बच्चों ने भाग लिया। वहीं सत्रों का सत्र 12 बजे से 2 बजे तक चला जिसमें आठ वर्ष से ज्यादा आयु वर्ग के 11 बच्चों ने भाग लिया। क्लब के अध्यक्ष कल्प बंबा ने बताया कि इस पहल का उद्देश्य बच्चों को मौसल मीडिया से दूर रखते हुए सकारात्मक रूप

शिमला। गेटेरी बस शिमला को ओर से सोमवार को एबीएलआई स्कूल संजीवी में विशेष बच्चों के लिए अनुष्णार्थ कार्यक्रम का आयोजन किया। वह आयोजन आठवीं गेटेरीयन सीधर राज सूड के सोहब्य से हुआ। कार्यक्रम के तहत विशेष बच्चों को राशन प्रदान किया गया। साथ ही बच्चों के उत्साहवर्धन हेतु रचनात्मकता को प्रोत्साहित करने के लिए 25 सेट रंग भर को कियारे और क्रेमिना भी वितरित किए। इस अवसर पर गेटेरी क्लब शिमला के अध्यक्ष कर्ण बंबा, अंकित अग्रवाल और गेटेरी पार्टनर गौरी सूड भी नज़र रहें। संवाद

शिमला। रोटरी क्लब शिमला के रोटरी पार्टनर ने शनिवार को राजकीय प्राथमिक विद्यालय गल्लू और राजकीय वरिष्ठ माध्यमिक विद्यालय बनी के विद्यार्थियों को डेंटल चेक वितारी की। इस दौरान स्वस्थ ने पिछा और शिमला को बढ़ावा देने के लिए विद्यार्थियों को सही तरीके से ब्रश करने का महत्व समझाया। दिन में दो बार ब्रश करने के लिए प्रोत्साहित किया गया। डेंटल चेक रोटरी सहचर पार्टनर शिवानी सौहता ने विद्यार्थियों को बाँटी। इस अवसर पर रोटरी अध्यक्ष पार्टनर आँकता बंधा, मीना सुंद, वंदना और श्रुत शरणा मौजूद रही। संवाद

छात्र गांधी में विमलला रोटेरी क्लब की ओर से लगाई गई स्टील लाइट । संवाद

संवाद नयन एजेंसी

रघुवीर सिंह सोनी, राजेश अ

शिमला। रोटी क्लब शिमला की ओर से गीतकारों को धारा गांव के बस स्टॉप पर स्ट्रीट लाइट लगाई गई। यह लाइट प्रोजेक्ट उजाला के अंतर्गत रोटी डिस्ट्रिक्ट की ओर से उपलब्ध कराई गई।

बस स्टॉप पर यह लाइट स्थानीय सुखा और सुविधा में वृद्ध होगी। इस अवसर पर रोटी क्लब के अध्यक्ष रोटेरियन कान्त बाबा, उपाध्यक्ष अमित पाल सुद, पूर्व अध्यक्ष सचिन वर्मा, कनन हार्म, सीलील सुद, मनीक वर्मा, सिद्धार्थ सुद और सचिव डॉ. सुनीप सैठा

प्रोफेसरा डॉक्टर बन्धन शर्मा ने प्रोफेसर उन्नाव के तहत भण्डारवाला को गैर कानून बंधनों में सेहत लाने स्थगित किया कि वह लाहौर का बस स्टॉप पर लाहौर जा रहा रोहता ने रोने के कारण गैर के लोगों को विशिष्टकर लड़कियों को कस्टोडियन का सामना करना पड़ता है। इस परिणाम से अस्पताल के गैर के लगभग 350 लोगों को सीधा लाहौर भेजा। ग्रामीण, विद्यार्थी के बन्धन और महिलाओं ने दुराह्वे लाहौर डॉक्टर बन्धन शर्मा का आधार किया किवा : इस अन्याय पर बिजली भिज्जी राह, डॉक्टर बन्धन के अस्पताल का बन्धन, उपचार अमित बाल सुन्द और काका सुमो मीरपुर रेह लाहौर

शिल्पान्तर में प्रवेशक उज्ज्वल
 के तहत मण्डित कला को गल्प
 मीर के भाव प्रकट तदन्तर
 लोट लोट लपटा। यह
 लाट प्रवेशक उज्जाल के
 तहत रेटि डिमिक द्वारा
 उपलब्ध कला पूर्ण मीर
 के भाव लाट लपटा से कहां
 से उज्ज्वल कला रहती थी
 मीर और काले इतिहास को
 को अब तन में प्रकटिपूर्व
 सुविधाजनक आवागमन
 मिलेगा। रेटि कल के
 के अन्ध कला बंध बनाया
 कि रेटि कल शिल्पान्तर ने न
 केवल नवीकरणीय ऊर्जा के
 उपयोग को बढ़ावा दिया है।
 इन अन्ध कला के अन्ध
 के उपयोग अतिरिक्त यह
 गू, पूर्ण अन्ध रचित
 भाव, कला शिल्प और
 रचित डॉ. सुनील शर्मा
 मीर के गू

विश्वभर में १० करोड़ से अधिक बच्चे शिंफल से ग्रस्त हैं।
 कैंसर, मलेरिया, टिफाइड, एड्स, मलेरिया, टी.बी.
 और ए.आई.वी. के कारण शिंफल का आकार घटता है।

एकरी ओरेटरी में १०० की याता आता है।
 सेक्टर एक टायर भी नहीं। ओरेटरी में

+

शिंफल : ओरेटरी क्लब में बच्चे होना शिंफल के लक्षणों से बचने में मदद करता है। (ए.आई.वी.)

शिमला। संजोती कॉलेज के स्टूडेंट क्लब ने शुक्रवार को फैलोशिपिया जारसूक का आयोजन किया। इसमें कॉलेज प्राचार्य डॉ. भारती भागड़ा मुख्य अतिथि रही।

इसमें कमला नेहरू अस्पताल की रंग विभाग विशेषज्ञ डॉ. निशी मूद मुकुल बतारा रही। उन्होंने विचारार्थी और शिक्षकों को फैलोशिपिया जैसे गंभीर बीमारी के प्रति जारसूक किया। उन्होंने फैलोशिपिया के कारणों, लक्षणों, उपचार और रोकथाम के उपायों की जानकारी दी। इन मौके पर स्टूडेंट क्लब की संयोगज रीता चंदेल, रोहिणी कपूर शिमला की अध्यक्ष कर्मा बाबा मजुमदार रही। जय

रोटरी क्लब के कार्यक्रम में उपस्थित लोग। संवाद

शमला। रोटी क्लब शिमला ने सोमवार को विश्व फिजिकलथैरेपी दिवस का बाल आश्रम ट्यूटींग में आयोजन किया। इस अवसर पर फिजिकलथैरेपिस्ट डॉ. वपुल सुद और डॉ. राजेंद्र नाहिवा ने बच्चों को फिजिकलथैरेपी और शारीरिक स्वास्थ्य का महत्व बताया। इस दौरान बच्चों को फिजिकल फिटनेस के अभ्यास कराया। 45 बच्चों की जांच की गई। कुछ बच्चों ने हाथों और कंधों में दर्द और अकड़न की शिकायत की। इस अवसर पर क्लब अध्यक्ष करण बंबा, उपाध्यक्ष अमित साद, पीपी सचिन वर्मा, सीएम के. कपूर, पी शुभम लुटकर और सचिव डॉ. एस सोहता उपस्थित रहे। संगठन

[illegible]

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