



Rtn. Francesco Arezzo  
RI President 2025-26

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# Rotary CLUB OF AMBALA (We Are One)



RID-3080, Zone-9



Rtn. Ravi Parkash  
District Governor 2025-26

## President

Rtn. Dr. Sanjeev Goel

94165 55200

## Secretary

Rtn. Ankush Gupta

94164 99704

## Treasurer

Rtn. Puneet Gupta

92156 75671

## President Elect

Rtn. Dr. Vivek Malhotra

98960 00791

## Immediate Past President

Rtn. Dinesh Sethi

92552 63672

## Vice President

Rtn. Ganesh Sabharwal

94160 10878

## Executive Secretary

Rtn. Neeraj Bansal

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PP Rtn. Pankaj Gupta

Rtn. Surinder Goyal

Rtn. Varun Chopra

Rtn. Ashok Bhalla

Rtn. Sunil Aggarwal

Rtn. Sandeep S. Chopra

## Sgts-at-arms

Rtn. Amit Gupta

Rtn. Sandeep Gupta

## Permanent Sp. Invitee

PP Rtn. Naresh Bhardwaj

PP Rtn. Ajay Mittal

PP Rtn. Ravi Dhawan

## Programme

## REPUBLIC DAY CELEBRATION WITH INNER WHEEL CLUB

## AMBALA ROTARIAN

The Fortnightly Bulletin of Rotary Club of Ambala

**E D I T O R S**

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## गणतन्त्र-दिवस समारोह



26 जनवरी 1950 को भारत का संविधान लागू होने से देश एक संप्रभु, समाजवादी, धर्मनिरपेक्ष, लोकतांत्रिक गणराज्य के रूप में स्थापित हुआ। इसकी स्मृति में हर वर्ष गणतंत्र दिवस मनाया जाता है, जो न केवल संविधान की गरिमा का प्रतीक है, बल्कि भारतवासियों के लिए स्वतंत्रता संग्राम की विरासत को जीवंत रखता है।

### ऐतिहासिक पृष्ठभूमि

26 जनवरी का चयन संयोगवश नहीं था। 1930 में लाहौर अधिवेशन में कांग्रेस ने इसी दिन 'पूर्ण स्वराज' की घोषणा की थी, जब पंडित जवाहरलाल नेहरू की अध्यक्षता में भारत ने ब्रिटिश अधीनता से पूर्ण मुक्ति की मांग की। 15 अगस्त 1947 को स्वतंत्रता मिलने के बाद भी संविधान सभा ने 26 नवंबर 1949 को संविधान अंगीकृत किया, लेकिन इसे 26 जनवरी 1950 को लागू कर 1930 के संकल्प को सम्मान दिया। इस प्रकार, यह दिन स्वराज

के स्वप्न को साकार करने का प्रतीक बन गया।

### भारतवासियों के लिए महत्व

गणतंत्र दिवस भारतवासियों को लोकतंत्र, समानता, न्याय, स्वतंत्रता और बंधुत्व के मूल्यों की याद दिलाता है। यह नागरिकों को उनके मौलिक अधिकारों और कर्तव्यों की जागृति प्रदान करता है, तथा विविधता में एकता का संदेश देता है। भव्य परेड, झांकियां, सांस्कृतिक कार्यक्रम और राष्ट्रपति का भाषण राष्ट्रीय एकता व शक्ति प्रदर्शन करते हैं।

### सांस्कृतिक व सामाजिक प्रासंगिकता

यह पर्व युवाओं को देशभक्ति की प्रेरणा देता है, जबकि वृद्धजनों को स्वतंत्रता सेनानियों के बलिदान की स्मृति। संविधान ने महिलाओं, दलितों व अल्पसंख्यकों को समान अधिकार देकर सामाजिक क्रांति को गति दी। आज भी यह दिन शासन व्यवस्था को जन-केंद्रित बनाए रखने का संकल्प दिलाता है।

## When & Where

Day & Date : Friday, 26th January 2026

Time : 11.00 AM

Venue : Vivekanand School, Mill Road,  
Ambala Cantt.

## Last Meeting : Talk on Social Anxiety by Ms. Manjula Sularia



The Rotary Club of Ambala organized an informative and professionally enriching talk on "Social Anxiety" on 9th January 2026 at Kr. Rukmani Devi Memorial Hall. The session was conducted by Ms. Manjula Sularia, A Life Skills Coach and a TEDx speaker who addressed an important and increasingly relevant aspect of mental and emotional well-being.

Ms. Sularia elaborated on the concept of social anxiety, highlighting its causes, common symptoms, and the challenges it poses in personal, social, and professional interactions. She emphasized the need for greater awareness and understanding, noting that social anxiety often remains unrecognized or misunderstood. The talk was well-structured, insightful, and appreciated by all members present.

It aligned well with Rotary's commitment to



promoting mental health awareness and holistic well-being within the community.

The program concluded with a formal vote of thanks, expressing sincere appreciation to Ms. Manjula Sularia for her valuable time, knowledge, and contribution. The talk was followed by Lohri Celebrations.

**-Rtn. Ankush Gupta, Secretary**

## The experiences of an attendee - Master Leeroy Bansal of RYLA

RYLA (Rotary Youth Leadership Awards) was held on 10, 11 January at Yamunanagar at DPS. It was one of the most amazing events I ever attended till now. There, the first day, I was the only one from Ambala Cantt. I felt little odd, but as some time passed I made a lot of new friends. Also there were great personalities as speakers Mr. Himesh Madaan, Mr. Abhimanyu Aggarwal, Dr. Sushil Kansal, Ms. Sapna Sansarwal, Rtn. Sanjay Pahuja. With stalwarts, we got a chance to have a face-face conversation. There were a lot of candidates, but each of the speaker was interacting with everyone. Also, they taught us various things, like marketing, mindset, importance of parents and a lot more. But one important thing, was exposure and how to adjust. Members of Rotary Club, Yamunanagar were very cooperative and they took care of us from every aspect. Also there were Rotaractors, who were very nice towards teenagers. I would recommend every student to attend RYLA once, or, if possible, every year.

**-Leeroy Bansal (s/o Rtn. Neeraj Bansal)**



**Leeroy Bansal**



# I LOOK FORWARD TO FRIDAYS



Bon voyage of DGE Rtn. Rita Kalra Date: 04/01/2026 Venue: Chandigarh Club Attended by PP Rtn. A D Gandhi, PP Rtn. Naresh Bhardwaj, PP Rtn. P C Jain, PP Rtn. Dinesh Sethi, President Rtn. Dr. Sanjeev Goel & Rtn. Sandeep Chopra.

## Club Dues

You will be pleased to know that your club has honoured its biggest commitment towards 2nd installment of RI dues. It has been possible only due to the timely help extended by our worthy members. The club expresses its gratitude to all of them. However a significant number of members are yet to pay their annual dues. The financial position of the club is strained. **In order to run the club and various activities, funds are urgently required.** I appeal to all those members who are yet to pay their dues, to rise above the occasion and support their club by paying their dues without any further delay.

-Rtn. Puneet Gupta, Treasurer

## DG Visit

The 1st Couple of our District, DG Rtn. Ravi Parkash and Rtn. Shalini Parkash shall be on their official visit to our club on 13/02/2026 Friday at 7.30 PM. Our PP Rtn. Anuradha Bakshi has graciously accepted to be the project-in-charge for this event. She is doing everything possible to make it a grand success. It shall be a dinner meeting. The project committee requests all the members to reserve the evening and attend the event in full strength.

## "Mid Year Presidents Review Meet" at Roorkee.



District 3080 : Mid Year Presidents Review Meet, Date: 11th January 2026 Venue: Hotel Sarovar Portico, Roorkee. Our worthy president Rtn. Dr. Sanjeev Goel attended district event "Mid Year Presidents Review Meet" at Roorkee.

-Rtn. Ankush Gupta, Secretary



# WHAT ABOUT YOU ?

## Happy Birthdays

10 Jan.



Rtn. Ashwin Grover  
946664901

14 Jan.



Rtn. Ashok Singla  
9416026501

16 Jan.



Rtn. Subhash Tandan  
9896100983

18 Jan.



Rtn. S.C. Khurana  
9034028099

21 Jan.



Rtn. Sandeep Gupta  
9416023102

## Happy Anniversaries

14 Jan.



Rtn. Vijay & Sunita Gupta  
9416937330

15 Jan.



Rtn. Ashwin & Radhika Grover  
9466649001

19 Jan.



Rtn. Rajesh & Poonam Loomba  
9812068875

20 Jan.



Rtn. Manav & Shagun Das  
9896062628

21 Jan.



Rtn. Ajay & Anju Katyal  
9896020622

21 Jan.



Rtn. Mahavir & Sunita Jain  
9416276405

22 Jan.



Rtn. Sumit & Divya Jain  
9896694607

23 Jan.

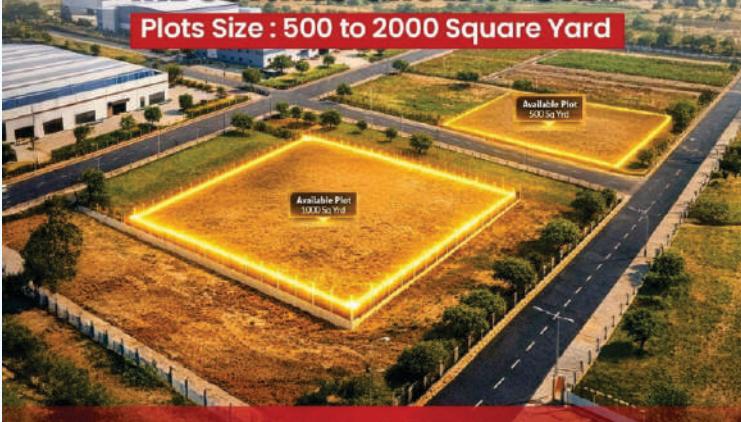


Rtn. Ganesh & Shelly Sabharwal  
9416010878

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**Experience Life**

- Henry David Thoreau

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**F RIDAY  
RIENDSHIP  
FELLOWSHIP  
UN DAY**