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"HAPPINESS IS MY PROPERTY: WHY SHOULD I ALLOW ANY PERSON OR SITUATION TO ROB ME OF IT"

**01 NOV. 23: VISIT TO NARI NIKETAN 26-SECTOR
CANDLE MAKING PROJECT**

RCS led by PP Manjit Kaur, Director Community Service, on 01 Nov. 23, from 12 to 2 pm under took a candle making project for the lonely inmates of Nari Niketan. RCS does continuous interaction with these institutes, with aim of improving their welfare, honing on their skills talents as well as bringing hope to them. Candle making was one such venture. Candles made by them were bought by RCS family.



All material & expertise was provided by us including decorative items. End products including diyas were very good. Additional items were sold on 8 & 9 Nov. 23 at Central Club Chandigarh Diwali Mela. Profits accrued is shared & given to the inmates.

In addition ladoos & sweets were also distributed to the Nari Niketan. The smiles & laughter of the inmates gives us all immense happiness & satisfaction.

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3E – VISIT TO SCIENCE CITY KAPURTHALA EWS STUDENTS: 7 NOV. 23

A team of 45 EWS students accompanied by their 4 teachers were taken to "Science City" Kapurthala on 07 Nov. 23. It was called a 3E visit – Exploration, Educative & Entertaining. The aim was achieved when the children on return answered the quiz and on way their sang songs & did 'Masti'.

The visit was planned & coordinated by R'ptr Col. Pervinder & PP Rtn. Manjit Kaur, Director Community Centre. Various city pick up points at Jagatpura, Dolphin Chowk, Baltana were meticulously organized. Safety & security being of primary concern with the children.

Video & comments uploaded by students made us make it a 4E visit adding Exemplary to the other E's. Kudo's to all. Seeing the happy & keen faces, it was planned to undertake more such 4E visits near future. Fructification of instant results pumps adrenaline into our projects & hearts & make us undertake more such venture with grace & humility.



EXCLUSIVE & UNIQUE MEETING: DIWALI MILAP MELA WITH FINANCIAL AWARENESS INVESTMENT ADDRESS: 07 NOV. 23

Our regular meeting on 07 Nov. 23 was an exclusive & a unique one. It was a Diwali mela & milap with Financial awareness presentation. Two separate halls were booked in Sip & Dine for this mega event hosted by Rtn. Parminder & R'ann Kanwal Sandhu. It was their thanks giving for the smooth & flawless conduct of the wedding of their daughter. In addition it was a Diwali bash up with great fan fare, fun frolic & milap. Traditional dresses & colorful attires was the norm & flavor. Besides the Diwali deliberation, an interesting & appropriate presentation on financial investment by VSN financial Investment Pvt. Ltd. was organized. This accelerated the Diwali card games of members.



After the traditional Rotary Formalities & protocols, One minute Silence in memory of Late Dr. Nandlal Father of our Rtn. Sashikant was observed for peace & Shanti for the departed soul.

Financial Investment Imperatives. Rtn Anurag Aggarwal introduced the VSN



Team to all, in particular Mr. Bhavesh (John), Garg ED Mr. Sandeep & Mr. Parveen Garg MD's of the Group. Bhavesh, gave us an excellent lucid graphic presentation in a well structured articulate manner applicable for all age groups. The story a rise of Warren Buffet was shared with us besides the personal examples of investment of Bhavesh. Profits accrued current portfolios including of his young daughter

were explained. Accumulation of wealth in short a period was amazing through the average time of 22-23 years is ideal – these were the numbers of years it took to build Taj Mahal.

"Compounding" was explained. No wonder it is called as the 8th Wonder of the World said the Speaker. How Rs. 100/- invested daily becomes 1.5 Cr after 30 years. Sips into SWP; 100 Cr. & 1000 Cr., investments & the manner & modalities were elaborated in detail. "E" investments how we get high returns & rental values was something different. A very educative session of immense value to the audience. Suitable literature was handed over to the members for planning with necessary details & guidelines.

Diwali Milap & Mela. Thereafter started the Diwali fun & frolic & milap. Rtn. Raman Makkar, Asst. Director Club Service and Rtn. Simran Matharu, Greetings Chair, started the proceedings. The first was the spoon potato exchange race between couples. With hands behind their backs, spoons in their mouths, the passing of potatoes from one spoon to another by moving from one side to another was done Joyful & laughter galore, the symphony & understanding of the couples was evident. All couples partook in the event with PP Dharinder & Nisha Tayal being declared the Winners. Then followed the 'Diwali' Tambola where lines were to be shouted as "**PHULJHARI JAL GAI**", "**ANAZ BOMB PHAT GAYA**" & "**CHARKI GHOOM GAI**". Full house was to be announced as "Happy Diwali". After a lot of bogey calls on using conventional / wrong terminology some lucky members managed to get attractive gifts including for the potato exchange. Kudo's to Raman & Simran for making it a lively interesting event & a different one.



The Finale was one traditional bonhomie, L club, with a lavish Indu Laroia style dinner with no restrictions on Tutifrutti Ice Cream. A great & a happy pre Diwali event.

PRAYER MEETING: 10 NOV. 23

Rtn. Shashi Kant had lost his father on 31 Oct. 23. Dr. Nand Lal was a very renowned popular & respected homoeopathic doctor of the Tricity. A prayer meeting for peace of the departed soul was held at community Centre, Sector 38-C on 10 Nov. 23 from 2-3 pm. RCS members were present in large numbers not only to pay obeisance to the famous personality but also to stand shoulder to shoulder with the 3 grieving sons.

BOD: 5th Meeting 14 Nov. 23

RCS 5th Board meeting for RY 2023-24 was held on our regular Tuesday meeting day, 14 Nov. 23 in the office of Rtn. Parminder Sandhu Secretary at 1A, Phase 1, Chandigarh. The meeting was attended by the President, Secretary, IPP Rtn. Govind Miglani, PP Manjit Kaur, PP Sham Rawal, PP. Rtn. Dr. Kuldip Singh, Rtn. PP Dr. V'D Singh, P (E), Rtn. K.P. Singh and R'ptr Col. Pervinder Singh.

1. The agenda & points discussed were as under:
 - a) Approval of minutes of 4th BOD held on 10 Oct. 2023
 - b) Update of a/c RY 2022-23 alongwith balance sheets prepared by CA.
 - c) RDID update & info cum follow up actives. 88 applications received for scholarships & 63 recommended.

- d) Request for support of a deserving & talented sportsman man, Suraj Gupta. It was later found that his performance was not up to the mark.
- e) Zonal RYLA of 18 Nov. & our participation.
- f) Projects for November 23, Viz Snehalaya & Nari Niketan Visit, TRF Seminar of 26 Nov. at Panipat & district Cricket tournament of 9 & 10 Dec. 23 at Yamunagar et all.
- g) Gurha village projects amounting to Rs. 60000/-
- h) Upcoming meeting of 21 Nov. 23 & Guest Speaker
- i) Installation of project in Gurah Village Viz Gym equipment, slide projector, installation of CVT, painting of school walls etc.
- j) In addition details & coordination of dance competition at Baltana on 15th Nov. 23, & musical evening at Home for the aged.

PUPPET SHOW 18 NOV.: EDUCATIVE & ENTERTAINING

A very lively & interesting puppet show was organized at Maloya Centre, Plot No. 250 at 4 pm as a part of RCS ongoing children's day. It was to liven up lives of EWS children. Chiku the show man, the He Man, Mickey Mouse et all characters dancing & talking were shown to the thrilled children, who laughed with eyes wide slit, hands clapping with open mouths. It was an interesting & adorable show which touched all the 85 students. They said it was educative & thrilling. Children shouted "Bharat Mata ki Jai" a no. of times during the show.



Chiku also informed the young children of their often repeated simple mistakes & how not to make them. Children promised to sincerely rectify these mistakes. The show was planned & executed by our Director Community Service, PP Rtn. Manjit Kaur, ably supported & assisted by R'ptr Col. Pervinder Singh.



VISIT TO ROTARY CLUB BRAMPTON CANADA: 20 NOV. 23

Rtn. Rajesh Chadha visited Rotary Club of Brampton, Canada on 20 Nov. 23. Elicit pictures of his visit was shared with all RCS members. Rajesh & Guneeta celebrated their marriage anniversary of 22 Nov. 23 at Canada itself.



ZONAL RYLA: TRAFFIC AWARENESS: 18 NOV. 23

A Zonal RYLA was conducted for Clubs of Zone 6 RID 3080, where in 150 students from 13 schools participated. Mr. Vivek Atray, ex IAS, motivational speaker & author was the Chief Guest.



The event was on traffic awareness. The paper reading session was judged by Mrs. Aruti Nayar & Rtn. R. Partap. Moti Ram Arya Sr. School got the first prize & the school trophy. The event was held at Bhawan Vidhalaya Society 27 Sector, Chandigarh. Rtn. Rita Kalra, RYLA Chair, also shared her experiences. A presentation on traffic awareness by Traffic Police Chandigarh was also very well received.



All presidents from zone 6 clubs attended the event with Asst. Governor Zone 6, Rtn. Mohit Singla & DRR Chinmay being present too.

"THE GOLDEN AGE JOINT ISSUES" : PRESENTATION & MEETING: 21 NOV. 23

Our regular meeting on Tuesday 21 Nov. 23 at Sip-n-Dine was one of a distinctive address cum presentation by Dr. Vikas Majithia, MD, MPH Professor of Medicine Division, Chair Division of Rheumatology, Mayo Clinic, Jacksonville, Florida USA. A classmate of the President RCS Dr. SS Makkar, the subject was "Joint Issues in the Golden Age". A relevant interest to us all.



A personal heartening invite was sent to every RCS member by R'ann Kanwal & Rtn. Parminder Sandhu for the meeting & dinner. This was their thanksgiving dinner to the RCS family for the smooth & flawless conduct of their loving Daughter's marriage. It was a meeting of a different color, style & aura. This special invite cum the Golden Age issue resulted in a record attendance of over 65 attendees.

The meeting started at 8 pm with PP Rtn. Manjit Kaur. Director Community Service collaring the President, reciting the 4 way Test & then with R'ann Indu & Monika leading for the National Anthem. The President welcomed all to the meeting. In particular he welcomed the Chief Guest, Dr. Vikas Majithia, his Wife Dr. Deepika, their Sons, their Parents Dr. & Mrs. Majithia, his sister Dr. Archana Majithia & Husband. President also congratulated the Sandhus for the magnanimity of hosting today's dinner cum meeting.

One minutes silence was observed by all members in memory of Rtn. Shiv Sharma's father who recently left for his heavenly abode.



The MC Rtn. Priya Mahajan, thereafter took the reins of the meeting with a lucid, to the point and a flawless smooth flow of events.

Induction of New Members:- Rtn. Arun Mahajan was pinned & inducted into RCS Family & handed over Rotary Certificate & the 4 Way Test. He & Wife Ritu thereafter spoke on themselves & their giving spirit. Rtn. Jaspal & Dr. Parminder Chawla were handed over their kits & certificates, missed by them earlier.

Address by Chief Guest:- Rtn. Dr. Vineet Makkar escorted the Chief Guest to the Chair, where he was presented a token of welcome by a "Sukhshanti Memento", which he promised to carry to USA. The Chief Guest was introduced

by Rtn. Dr. Parvinder Chawla in a short clear cryptic style. Said, Chief Guest is an expert on Rheumatology & widely respected for his professionalism & expertise in this field. Having done his medicine from PGI Rohtak, he joined St. John's Rheumatology division & now heads the Mayo Clinic Division Chair. A professional with unique & vast experience with a no. of research papers to his credit.

Dr. Vikas started his illustrative presentation by explaining us what is Golden Age & also requesting the audience to get used to his Punjabi - Haryanvi - American accented English. Articular symptoms Diagnosis & Differentiations was explained with how pain, stiffness & limitation of motions cum swelling & weaknesses come. The pattern of Mono/oligo/poly & systematic process with what indicators to look for



was elaborated. Synovial fluid analysis & acute phases reactants both ESR & CRP with Rheumatoid factors was highlighted. RA, Gout & OA differentiations along with epidemiology of rheumatic disease was explained & illustrated. The OA symptoms, signs of pain, tenderness along with joint deformities, instability as well as single, multiple & generalized osteoarthritis was scary but imbibed by us all. Aspects of hands, base of thumb knee & hip cum facet joints with risk factors osteoarthritis was elaborated.

In addition aspects of Gout, how it occurs with single most common reason being the developing age. Gout occurs when serum uric acid levels are above saturation points i.e. greater than 6-8 mg/dl. A technical but informative address.

Interesting Q&A session followed which had to be curtailed due to time constraints. Felicitation of the Guest speaker was done by PP Rtn. Brig DS Dhillon & PP Rtn. Sneha Popli. A good & cryptic to the point vote of thanks was given by Rtn. Maninder Nanda.

The President also informed all members on the current & incoming projects as well as the Annual meeting on 19 Dec. 24, for elections / nominations of new team. PP Rtn. Brig. DS Dhillon was appointed as returning officer. The Secretary gave out birthday & anniversaries of Nov. & Dec. 23. Rtn. Parminder & R'ann Kanwal Sandhu too were honored & felicitated by the President & First Lady.

Meeting concluded with a very unique bill of fare where, Italian Pasta was eaten with Amritsari Kulchas along with Russian Salad with Chanaas & Baked French dish mixed with cutlets & veggies. Relished by all.



A Day Out With Senior Citizens:

A day out, extremely well spent touching the chords of the Senior Citizens at the Home for the Aged on 22 Nov. 23 was organized by RCS. It was the start of Gurupurab celebrations which culminated by 27 Nov. 23. Arvinder, Flute Maestro & the team enthralled all by the soothing Bhajans & music. It was an ode not only to Guru Nanak Jee – the Great prophet but also & to each



& every inmate at the Home. A soothing & interactive session. The event was attended by the President, PP Rtn. Manjit Kaur, Director Community Service, Rtn. Raman Makkar & R'Ptr Col. Pervinder Singh.

Elections for RY 2024-25

The Board & Chairman for conduct of elections / nomination was announced with PP Brig. DS Dhillon being the RO with members Gunjan Gupta. Last date for nominations & elections was 17 Dec.

CONDOLENCES

Rtn. Shiv Sharma lost his revered Father Shri Om Parkash recently. The mortal remains were transported to their ancestral village in Una, H.P. Our heart felt Condolence to Rtn. Shiv & Family & Om Shanti for the departed soul. The prayer meeting is planned on 01 Dec. 23 in the ancestral village only.

MONTHLY SNEHALYA VISIT: 26 NOV. 23: MASTI KI PATHSHALA



As per RCS commitment & promise to nurture talent, promote & encourage orphan Children & bring some hope & succor to their lives, our Snehalya November visit was coincided on Sunday 26 Nov. 23. PP Rtn. Dr. VD Singh organized the celebrations, dances, songs, skit besides snacks with the institute, Rtn. Monika, Rtn. Jaspal, PP Rtn. Manjit, R'ptr Col. Pervinder Singh Ms. Divya Hundal (from Singapore) and R'ann Harjinder Kaur were present. It was a big hurray & thumbs up for the RCS Team besides the tremendous fun time all had. Our Rotarians get motivated after seeing the zeal & enthusiasm of these young children who have missed lots in life. A total of 60 children besides Teachers were given soft drinks & snacks.



ARPAN: THE JOY OF GIVING: TRF SEMINAR 26 NOV. 23

"Arpan" the joy of giving TRF Seminar was organized under aegis of Rotary Club Panipat at a lovely exquisite place "Sham Bagh". A very well organized & conducted Seminar. For the first time the members attending the seminar had their TRF fund recognition & designations & that too in different colour & shades displayed in person. A great effort by Dist. Secy. Rtn. Sandeep Jain.



The Chief Guest was Dr. Bharat Pandya (Trustee 22-26) & Key note speaker was PDG Deepak Gupta of District 3012. It was a delight to listen & absorb words of wisdom of the Trustee. Dr. Pandya explaining in lucid terms aspects of Rotary foundation, art & joy of giving a reminding us how we need to continue to eradicate Polio. The administrative charges of TRF is the lowest in the world of just 7%. Gates foundation has to date donated 1.46 billion USD. No wonder Charity Navigator has given for last 15 years TRF the highest grading. As a DG of his district 3140, 2 million donation was given by his district in 2006-07, said the Chief Guest.

Another highlight of the seminar was the recitation of 4 way Test with all Rotarians standing up with DG Arun Mongia leading the way. DG Arun Mongia set the tone & contents by outlining his philosophy & TRF Goals, main being of donation of 1 million USD. PDG Manmohan Singh DRFC won laurel & hearts of everyone by his practical & simple narration with live examples alongwith his urdu quotes. But the piece – de – resistance was from the Key note speaker PDG Deepak Gupta (3012) who was introduced by DG (N) Ravi Prakash, PDG Deepak Gupta spoke on endowments & CSR. He is Zone 4 RFC. Apt recognition of AKS, Major Donors, PHS Society Members & contributors to polio fund was done. RCS got due recognition along with, for two Rotarians.

A very interactive panel discussion & open house session was conducted by Dr. Bharat Pandya, PDG Deepak Gupta, PDG Ranjit Bhatia, PDG Raman Aeneja, PDG Manmohan Singh & the DG. The aspects of endowment fund were cleared in toto with District By Laws to have suitable clarifications & amendment on points discussed in the seminar.

Lucky draw, incl. a Royal Enfield Bullet was great attraction. A report on Global Grants by PP Manmohan Maini was also presented who requested the TRF Trustee to resolve grant closing of the District.

Anand the Joy's promotion was done by PP Rtn. Brig. DS Dhillon alongwith PDG TK Ruby. A counter for Registration was also established by RCS at Panipat during the seminar.

Another good highlight was that there were no breakfast & lunch tokens / coupons as is customary for all Rotary events. Hence no bunching or queuing for meals.

THE JOY: "ANAND PROMOTION & COUNTER : 26 NOV. 23 BY RCS

RCS has been tasked to organize ANAND – The Joy District Conference 2024 with co-host Rotary Club of Silver City, Mohali. Chair of the conference PP Brig. DS Dhillon along with DG Arun Mongia, first Lady Rtn. Charu Mongia, PDG T.K. Ruby, AG Zone 6 Rtn. Mohit Singla, President SS Makkar & Silver City Mohali President Rtn. Sarab Marwah were on the stage for motivation for "Anand".

A registration counter at the seminar premises was also established by RCS. It was manned by PP Rtn. Sham Rawal and Secy. Rtn. Parminder Singh along with President Sarab Marwah. 40 additional registrations were done. Last minute of inclusion of an attractive gift was undertaken with efforts of President SS Makkar actively assisted by our Secy. Rtn. Parminder Sandhu.

"Arpan" was attended by besides the President & Secretary, PP Rtn. Big. DS Dhillon, PP Rtn. Sham Rawal, IPP Govind Miglani & PP Dr. Kuldeep Singh.



RCS RECOGNITION NOV. 23 ARPAN – JOY OF GIVING

RCS was duly & highly recognized at Panipat Seminar "Arpan" – The Joy of Giving. Our President received the Polio 5 Star Club Award Plaque for appreciation of Commitment, Support & Significant contribution given to End Polio Campaign during the year 2023 – 2024. It was duly signed by PDG Raman Aneja End Polio Now Chairman & DG Arun Mongia. Congrats to all RCS Members for their contributions to Polio Fund & this honor.

Two members from RCS were also recognized with certificates & badges of Polio Plus programme. They were PP Rtn. Sham Rawal TRF Chair & PP Rtn. Brig. DS Dhillon Director Club Service. Congrats to both the Rotarians. May all continue giving to Rotary.



It's not the recognition or awards friends that matter, but as Rotarians we have to keep in mind that the foundation of Rotary & how it achieves its mission is through voluntary donations to TRF. Further it is confirmed that our cheques for Rotary Foundation are given to Rotary India and money does not go out of India but remains in India only. Needless to mention that Rotary India Receives more than what it gives to TRF.

VISIT TO NARI NIKETAN 27 NOV.: GIFTING OF UTENCILS



Nari Niketan, Chandigarh were gifted, as per their desires & wishes items on 27 Nov. 23. They were handed over 15 thalis & Kotoris with kind & noble contributions of Rtn. Jaspal & Rtn. Parminder & R'ann Kanwal Sandhu. This was done around 12.15 pm on 27 Nov. 23, at Guru Nanak Jee's, birth anniversary along with homemade parshad for all. R'ptr Col. Pervinder gifted his laptop to a needy girl child of XII Class. A wonderful & pious thought on a great pious day. All this was the planned & executed by PP Rtn. Manjit Kaur Director Community Service. Kudo's Manjit.

120 Thalis, 100 Dibbis, 15 additional pieces totaling Rs. 3300/- were our Joy of giving to these lonely in mates of Sector 26, Chandigarh.

