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TRAFFIC AWARENESS & SAFETY : FITTING OF REFLECTORS **ON 2 OCT. & 4 OCT. 2023**

In continuation of safety & saving life's on the Roads, RCS carried out detailed Traffic awareness and importance of "Reflectors" on trucks & trolleys. These two type of vehicles are major causes of accidents in India. This project was undertaken at two separate locations on two different days & dates, to ensure wider



awareness & meaningful coverage. It was done on 2nd Oct. 23 at Grain Market, 39-Sector, Chandigarh, and on 4th Oct. 23 at Sector 26, vegetable & fruit wholesale market.



Fixing of reflectors on all available & present vehicles was undertaken by our team along with photograph & proof. Some reflectors were also handed over to individuals drivers who had not brought their vehicles. The event was attended by our President Rtn. Dr. S.S Makkar, P(E), Rtn. K.P. Singh & PP Rtn. Sham Rawal TRF Chair. Local & City operating Trucks, Mini Vans, Tractors & Trollies were covered. The response from drivers was encouraging & heartening. More such traffic awareness & reflectors fixing in / around Tri-City will be undertaken in the near future.

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TALK AT BALTANA CHILDREN SCHOOL ON GANDHI JAYANTI & IMPORTANCE OF VALUES : 2ND OCT. 23

A talk cum interesting story telling session at Kaindas Kids Smart School, Baltana was conducted by our Rtn. L.K Gupta. This was planned to coincide with the Gandhi Jayanti of 02 Oct. 23. The subject per se was "Importance of Gandhi Jayanti - "the Role of students to make & take India forward", as the father of Nation had desired. A large strength of teachers & young students attended this event & participated with vigour and also raised pertinent questions. The event was attended by Director community service, Rtn. PP Manjit Kaur & R'ptr Col. Pervinder Singh.



Rtn. L.K Gupta stressed the aspect as to why children need to remember & care about Mahatma Gandhi, whom they never had seen. What Bapu stood for, with his extraordinary vision, character, firmness, teachings & principles are equally relevant, if not more relevant today for us all & the nation. Other aspects highlighted were Truth, Honesty, Non Violence, Ahimsa, Equality, Simplicity Self-Reliance. Environmental responsibility, Empathy & his call to go to villages where the soul of India lives, was explained to all. The children promised & pledged to be a "part of the change to make India & the World a better & good place" with no gender or caste bias, as

the Mahatma had propagated. Questions & awareness, quizzes with chocolates as gifts was conducted besides the Babu's Pet "Bhandars" & their relevance explained.

BUSINESS MEETING 3 OCT. 2023 : SIP – N – DINE

RCS first Business Meeting was conducted immediately after the end of first quarter of RY 2023-24, as mandated in R1 & Our Club Bylaws. All members, except those outstationed, attended this event. By tradition our R'anns too attended these meetings, our club being an extended family concept. The meeting was held on 03 Oct 23 at Sip-n-Dine, our usual meeting place day & time.



After collaring of the President, recitation of 4-way test & the National Anthem, President Rtn. Dr. S.S. Makkar welcomed all to the first Business Meeting & explained the purpose & principles of such meetings. Thereafter the meeting was handed over to the MC, PP Rtn Brig. D.S. Dhillon, Director Club Service. The MC explained the rationale & logic of Business meetings and congratulated the President for setting a new trend in RCS as required

by Club bylaws, of Directors chairs outlying the progress in their respective avenues and further come. All members were requested to give out course corrections wherever required. The MC clarified in detail what exactly is "Club Service", what it involves, its importance, then the normal common misnomer that it is just 'Meet – Greet & Eat' bonhomie service.

Thereafter the Director Club Service gave out the meetings held, types, CAB, potlucks, homage to Sarabjits, the interesting health advisory sessions conducted. The oncoming District conference club's role, District events, our counters established, the recognition of RCS & the President at "Membership Development Seminar" were highlighted. The attendance at our regular meetings was very good & should continue was stressed. The installation at Aroma Hotel, induction of 10 new members, announcing of endowment fund, was given out.

Thereafter PP Rtn. Dr. Kuldip Singh, Director Vocational Service, gave out what had been done in this Avenue. In his customary short crisp style, he highlighted the vocations we need, the teachers & Nation Builder Awards, the oncoming Manoj Aggarwal Vocational Awards

Director Community Service PP Rtn. Manjit Kaur outlined in great details on each & every 30 projects done last 3 months. This was right from our adopted village, projects in Gurah, cycle donations, Blood & Medical Camps, skill management, lifting & educating EWS girl child, women empowerment, orphanage, Nari Niketan, Home for the aged, RDID, Annapurnas, interaction with IFTB et al. The members gave her a standing ovation for the excellent work undertaken in this Avenue. The first three projects were done on 1st July 23 it starting from Tree plantations, breakfast from the President's house followed by tree plantation in Sector 43, Annapurna at 32 Sector GMCH. Director international Service Maninder Nanda outlined with care & concern our sister club affiliations in particular with Rotary Club of Lahore Jinnah, the R1 Convention 23-24 at Singapore, the TRF Contributions & aspects of building goodwill and peace. Chairman, District conference 'Anand' PP Rtn. Brig. D.S. Dhillon requested if Lahore RC Jinnah could be asked to attend one District Conference in feb 2023.



Director Youth Service PP Rtn. Maneet Matharu gave out the details of the Interacts Club's, their installations, in particular highlighting the aspects & good work by St. Stephen's interacts club, especially their installations & projects. The Rotaract club's installation & projects, RYLA's were also outlined. He appreciated on quotes used by Directors; Stones can be made to work by the President & 'Sunoo Sunoo' cum members responses on same. IPP Rtn. Govind Miglani was requested to say some things. He elaborated on the library books & the medical equipment bank; website & its utilization was highlighted. TRF chair PP Rtn. Sham Rawal explained in detail the need for contribution to TRF, recognition & early forwarding of Polio fund to RI SAO. PHF & PH Society et al was highlighted. Thereafter Rtn K.P. Singh outlined with facts & figures the financial state, expenditure & balance with collections done including sunshine. The audit by CA of last year a/c needed to be done, was informed.

In between, the various Directors reports Rtn. Jaspal Singh entertained the members with appropriate relevant jokes, poems & anecdotes to keep alive our attention, besides a lot of laughter & light heartedness around.

The meeting, a longish one because of the heavy contents was concluded by the President with presentation of the club projects in seven areas of Focus of Rotary. The slides highlighted how effectively & meaningfully every area of focus was attended to covered elaborately. The President was congratulated for this presentation & applauded by the club. It became evident that if every President has to perform well like Rtn. Dr. S.S. Makkar then their spouses too should be Rotarians, Like the Present, incumbent couple memberships is need of the hour for presidents & secretaries.

The Secretary Rtn. Parminder Sandhu gave out his philosophy along with the vote of thanks. The meeting ended in a lavish splendor & bonhomie.

ENCOURAGING & SENSITIZING EWS CHILDREN ON ANIMAL WELFARE & WILD LIFE WEEK: VISIT TO CHATBIR ZOO – 06 OCT. 23

On Friday 06 Oct. 23, 35 EWS Children, were taken to Chhatbir Zoo, Zirakpur. The aim was twofold, to make them love, adore and respect the animal world, flora & fauna around us. This visit was conducted from 11 am to 3pm, coinciding with the world wildlife week celebration. The students thoroughly relished the event, talking, mimicking & loving the birds & animals around. Prizes were given for knowledge & wit after a short quiz. Soft Drinks food & transport was sponsored by our PP Rtn. Ashok Laroia, Membership Chair, while prizes were sponsored by PP Rtn. Maneet Matharu, Director Youth Service.





Besides 3 accompanying teachers, the event was attended & coordinated by the Director Community Service PP Rtn. Manjit Kaur & R'ptr Col. Pervinder Singh. The highlight was the adoption of two birds by our PP Rtn. Manjit Kaur for the year. Some more will be adopted soon. This was to sensitize the young children on care, concern & safety of the Animal world. Boards for adoption will be put by Punjab Zoo Development Authorities in a few days. This resulted in all expressing compassion & were encouraged to adopt various animals on their names & visit them regularly. A good & healthy tradition was set in.

BLOOD DONATION CAMP 7 OCT. 23: ON FOUNDATION DAY OF CHANDIGARH

RCS organized a Blood Donation camp on 7th Oct. 2023 at "Pioneer Education Institute", Sector 40, Chandigarh from 9 am to 2.30pm in collaboration with PGIMER Dept of Transfusion. The Attraction of the camp was that one got Blood Donor cards of PGI Blood Bank. These could be used to get blood for your loved ones in case of emergency, besides an appreciation certificate of the prestigious institute. They also got added to "Pioneer Elite Group of Blood donors".



The event coincided with the foundation day of Chandigarh. It was planned & organized by our Rtn. L.K. Gupta & R'ann Nitika Gupta. It was attended by President Rtn. Dr. S.S. Makkar, PP Rtn. Manjit Kaur, Director Community Service PP Rtn. Sham Rawal, TRF chair & P(E). Treasurer Rtn. K.P. Singh and PP Rtn. Ashok Laroia & R'ann Indu Laroia. The camp was also

graced by district chairman blood donation, PP Rtn. Naveen Gupta.

The camp was a great success due to the foundation day of Chandigarh. Keen interest was shown by the local populace & volunteers around. This altruistic event witnessed an overwhelming response from shopkeepers & owners of SCO's resulting in a good collection of 97 units of Blood. Pioneer Institute, its staff & students exemplified the spirit of unity, philanthropy & sacrifice, bringing together people of all shades of all walks of life, age & sects. Each blood unit is going to save many lives.

Rtn. L.K. Gupta ^& R'ann Nitika Gupta need & special appreciation for organizing these Blood camps every year including sponsoring snacks & all arrangement.

4TH RCS BOARD MEETING: 10 OCT. 23

The RCS 4th Board of directors meeting was held on Tuesday, 10 Oct. 23 from 7pm onwards, 10 Oct. 23 from 7pm onwards at our P(E) & Treasurers office Rtn. K. P. Singh at 20 Sector Chandigarh. The location was "KP Physico Institute", SCO 34, Level 2.

The agenda discussed & debated upon was as follows: -

3rd BOD meeting minutes approval with focus on ones pending aspect.

Project completed, status of ongoing & incoming ones.

RDID of 12 Oct. 23, modalities, responsibilities along with scholarships & funds collected. DG, AG's & large no of Presidents & Local Rtn. are going to attend besides Doctors, Guest & Others.

Fuel saving cremation Bed & funds for same.
Paper recycling machine.
Visit of EWS students to science city Kapurthala.
Adoption of Hamari Kaksha its modalities, pros & cons.
Misc points.

The BOD meeting was attended by besides, the President, secretary, P(E), PP Rtn Manjit Kaur, R'Ptr Pervinder Singh, PP Rtn Dr Kuldeep Singh, PP Rtn Sham Rawal, PP Rtn. Dharinder Tayal & IPP Govind Miglani.

GOOD TOUCH – BAD TOUCH: AWARENESS & SENSITIZATION OF GIRLS AT ST. STEPHEN SCHOOL, SECTOR 45 CHANDIGARH : 11 OCT. 23

On a very appropriate day of "International Day of Girls child", RCS conducted a very important awareness talk & demonstration in collaboration with our rotaractors. It was conducted on 11 Oct. 23 at St. Stephen School 45 Sector Chandigarh. What is good touch, what does bad touch imply and need to differentiate between the two, cum cautions was explained. The same was not only by a talk, but was amplified in detail with charts, demonstration posters. Inappropriate touching & body hugging was informed. The girl students too made images & models to highlight these fundamental aspects. Action by Girls on bad touch, need to vociferous & not be shy or cowed down was emphasized. One should be wary of known elders, relatives & friends whom we trust blindly & take for granted. They were told not to have hesitation in raising an alarm or screaming whenever necessary.



It was a very sensitizing & satisfying session, planned & conducted by our Rotaractors where the chief guest was their icon & youthful ex Rotaractor PP Rtn. Sham Rawal. Over 70 girl students besides teachers were trained in this BTGT.

9TH ICONIC ROTARY DINNER IN DARK: SIP-N-DINE: 12 OCT. 2023

Our iconic & mega signature project of Rotary Dinner in Dark (RDID), a very popular event of Tricity & Rotary District 3080, saw an extremely positive & overwhelming response this year. Special kudos to the planners, coordinators & the President RCS, for the large no. of attendance & volunteers, willing contributions and connected scholarships for the visually impaired.



Out of 120 applications for scholarships, very deserving candidates will be selected. PP Rtn. Manjit Kaur, Director community Service & RDID

project head, started the proceedings after collaring the President, recitation of 4-way test & the National Anthem. She explained the rationale, background cum origination of RDID, its successive conducts & how it has been refined to such high & interesting levels. It has become a very popular venture of the tricity clubs besides RID 3080. Needless to say, the core & nucleus of RDID is the permanent team led by Rtn. Shiv Sharma. This team was specially applauded & recognized by all present.



This year's RDID is characterized not only by the super positive response, but by the fact that it was adjunct of our regular meeting and probably the largest no. of scholarships of over 50. Also, the originator & back bone of RDID, Late PP Rtn. Aneesh Bhanot was specially highlighted & made a permanent feature of the brochure. The MC also highlighted he relentless pursuit & role by Aneesh Bhanot to set recognition, scholarships & publicity especially of the event held at Taj Sector 17, a few years back.



The dinner attendees for RDID were 60, our max capacity having been stretched by an additional 10. Besides our zone AG, two more AGs, large no. of Rotarians & Presidents of Rotary Club graced the occasion including the DG Rtn. Arun Mongia & Rtn. Charu, the first lady. The medical fraternity outclassed all members. All participants were ushered in without mobiles, watches or any shiny objects. Some even had difficulty walking into the dinner hall.

After the Dinner & its uniqueness, it was a delight to hear in person the accounts & comments of the participants, cum lessons accrued today. The DG spoke in detail his fondness for Aneesh Bhanot & his desire of attending this event since 2020. He outlined the vision of RI & the role of RDID being the same. We need to re-evaluate our perception of tastes while reclaiming our senses. AG praised the singers, flute master & Shiv. Doctors including eye specialists were aghast as to how much they learnt about eyesight & vision this evening. The



'रोटरी डिनर इन दी डार्क' के माध्यम 50 को दृष्टिहीनों को दी जाएगी स्कॉलरशिप

दिवंगत रोटेरियन अनीश भनोट द्वारा शुरू किये गये इस अभियान से असंख्य दृष्टिहीन हो चुके हैं सहायक देश प्यार न्यूज

चंडीगढ़। पूर्व रोटेरियन दिवंगत अनीश भनोट द्वारा दृष्टिहीनों को सहायक करने की दिशा में शुरू किये गये एक अनूठे प्रयास - रोटरी डिनर इन दी डार्क (आरडीआईडी) के अंतर्गत इस वर्ष के आयोजन के माध्यम से रोटरी इन्टरनैशनल चंडीगढ़ (आरसीएन) 25-25 हजार को पचास स्कॉलरशिप वितरित करेगी। इसकी घोषणा वर्ल्ड सर्टिफिकेट (विश्व दृष्टि दिवस) के अवसर पर आरसीएन के अध्यक्ष डॉ एसएस मक्कार ने सोमवार 7 स्थित सिप एंड डार्क में आयोजित रोटरी डिनर इन दी डार्क आयोजन के दौरान दी। रोटरी अब तक इसी आयोजन के तहत आठ एडिशन के माध्यम से 45 लाख रुपये की एज्युकेशन स्कॉलरशिप जुटा दृष्टिहीनों के करियर में उजला प्रदान कर चुका



डॉ मक्कार ने बताया कि इस बार रोटरी की लगभग 200 स्कॉलरशिप एप्लीकेशंस प्राप्त हुई हैं। आरडीआईडी के आयोजन से अनुभवंतों को रोटरी का जूटो धनराशि के बाद रोटरी का फंडल आवंटकों को आर्थिक स्थिति और कर्मिलयत के आकलन आधार पर पचास स्कॉलरशिप वितरित करेगा। इससे पूर्व चंडीगढ़ ट्रांसिटी के दानवीरों ने आरडीआईडी का अनुभव प्राप्त किया। शिव शर्मा की अगुवाई में दृष्टिहीनों की टीम ने आय अलिथियो (डाईनर्स) को एक घणु अंधेरे वाले हाल में डिनर करवाया जिसमें सभी को आभार

करवाया कि नेत्रहीन व दृष्टिहीन अंधेरे के दावे में रह कर अपना जीवन यापन कैसे करते हैं फिर वे चाहें खाने का समय क्यों न हो। डाईनर्स के लिये भी यह अनुभव वादपर रहा और सभी को दृष्टिहीनों के संघर्षों के विषय में और गहनता से सोचने के लिये मजबूर कर गया।

individuals who attended were not only from Tricity, but from far off places like Amritsar, Shimla, Yamuna Nagar and so on.

Elite of the society today got the 'DON LENOIR' (London) restaurant experience at Sip-n-Dine. It was decided to conduct RDID at different locations of the Rotary district. Our accolades & adulations to all the people behind this super successful mega event of the R.Y. The event concluded with the secretary Rtn. Parminder Sandhu outlining his philosophy along with vote of thanks to all. The DG, first lady, AG zone 6 & Dr. Mahajan were given our token of appreciation before departing.

शुक्रिया! आपने 'डिनर इन डार्क' में हमारी जिंदगी के अंधेरे को महसूस किया

DINNER IN THE DARK

चंडीगढ़ सेक्टर-7 में रोटररी शिवालिक चंडीगढ़ की ओर से 9वां फंड रेजर रोटररी डिनर इन डार्क का आयोजन किया गया। विजुअली इंपेयर्ड पांच लोगों शिव कुमार, अमरिंदर, मोहित सैनी, हरजीत, रोमी को टीम ने डिनर परोसा। साथ में इंटरलेक्चुअल एक्लड रिम्पी अरोड़ा भी थीं। अंधेरे में किया इस डिनर का अनुभव बता रही हैं अंशुल एन सावी, जो पूरा समय उनके साथ रहीं...

अरे, ये बत्ती अभी क्यों बुझा दी। डिनर शुरू तो होने दो, कुछ भी दिखाई नहीं दे रहा। पैरों की आवाज और घनघट्ट एक साथ खल में महसूस हो रही थी। बीच में सोफे पड़े होने के कारण कभी एक-दूसरे से तो कभी सोफे से टकराने की आवाजें आ रही थीं। अरे ये मेरे कान हैं। कभी कोई हंस देता तो कभी माफ़ी से काम चला लेता। बिना रोशनी के भगदड़ मचो तो एक बार लाइट ऑन की गई। लाइन में खड़े होने के बाद लाइट पूरी तरह से बंद कर दी गई। अब कुछ भी दिखाई नहीं दे रहा था। अपने हाथों से आगे खड़े इंसान के कंधे पर हाथ रखकर एक-एक बेंच को विजुअली इंपेयर्ड लोग डिनर खल में ले जाने लगे। पचास से ज्यादा लोग थे। पैर घसीटते हुए कब डिनर खल का दरवाजा आया और कब अंदर प्रवेश किया कुछ भी नहीं पता लगा। बैठने को कहा गया तो चारों ओर हाथ घुमाकर कुर्सी को ढूंढा, जो पीछे ही पड़ी थी। पहली बार में समझ नहीं आया बैठना किस तरफ से है। विजुअली इंपेयर्ड लोगों की टीम ने सभी का तालियां से स्वागत किया। वी वेलकम यू ऑल... कुछ भी चाहिए हो तो शिव या मोहित को बुला लेना, उभरने कहा। इतना अधेरा था कि आंखें खोलने और बन्द करने पर कुछ भी महसूस नहीं हो रहा था। किसी ने कहा - टेबल, टेबल कहाँ है? होस्ट टीम से आवाज आई- थोरे से कुर्सी आगे खिसका लीजिए, मेज आगे ही है। सभी दोनों हाथ से मेज का मुआयना कर रहे थे। अंगुलियों के पोरों से छूकर एक कटि वाला चम्मच हाथ में आया। एक किनारे पर गिलास और जग रहा था। अच्छा तो चलो शुरू करते हैं... आपके टेबल पर पानी का जग और गिलास है। गिलास को फकड़ने के बाद जग पर लगा हैंडल टटोला। पहली बार में पानी गिलास की बजाय नीचे गिर गया। जग के मुंह पर हाथ लगाकर पानी निकलने की दिशा का अंदाजा हुआ तो भी आधे से कम



अंगुलियों से खाने को टटोला

स्वैस्के के बाद सभी ने तली बजाई मन्ना कोई जंग जीत ली हो। अब एक साथ अलग-अलग तरह की सुरक्ष आ रही थी। होस्ट टीम ने कहा जब ऐसा साधारण खान है, मशरु हमारे लिए वह साधारण नहीं था। किसी ने हठेनी से फूकता तो किसी ने अंगुलियों से प्लेट में रखे खाने को समझा। अक्लत आई खल तो बाल मजदनी है, मेरी फेवरेट। चावल, गाजर, बीन, पनीर, अलू और एक तंदुरी रोटी भी थी। 45 साल बाद आज हाथ से चावल खा रहा हूँ, किसी ने कहा। हाँ, हाथ से खाने का तो स्वाद ही अलग है, कोई दूसरी अक्लत आई। जो देखा फल है उन्हे कुछ पता नहीं लगा रहा था और जिन्के नेत्र नहीं वह सब देख पा रहे थे जैसे कोई और दुर्दृष्ट भगवान ने दे दी हो। खान खाने हुए बंसुरी की धुन सुनई दी तो बतारा गया यह विजुअली इंपेयर्ड रोमी हैं, जो म्यूजिक में ट्रिपल एमर है और चौकी कर रहे हैं। घुप अंधेरे में एहसास हुआ चावल का दाना फक जाने पर फिलन केमल और लंबा हो जाता है। पनीर से जयवा मुन्यम अलू लगा रहा था और हर एक रुकी का स्वाद अलग-अलग समझ आ रहा था। इसके बाद आइसक्रीम भी आई। जिसमें स्ट्रॉबरी, वनील, बटरस्केच का स्वाद था और कुछ फल...

उजाले से डर लगता है

टेन, नइल, पेट, स्केन का काउंटडाउन चल रहा था तो कई लोग कहने लगे नहीं नहीं, हमें उजाले से डर लगता है। साथ में एक आई स्पेशलिस्ट डॉक्टर बैठे हुए थे जो बता रहे थे पूरे अंधेरे में भी रोशनी होती है इसलिए उनके हाथ पर लगी घड़ी की सुई चमक रही थी जो रोशनी को ही डिप्लेक्ट कर रही थी। हॉल में दो घंटे के करीब हो गए थे। हल्की रोशनी से पूरी रोशनी की गई। आंखें खुली तो देखा हमारे आगे हॉल के दूसरे सिरे सितल लंबा टेबल था। फिर शान्ति की ओर देखा तो उसके आसपास भी खान बिखरा हुआ था और होस्ट टीम हमें शुक्रिया कह रही थी उनके साथ शामिल होने के लिए...

ही पानी गिलास में आया। होस्ट टीम हिप हिप हुर्र से सभी को बुस्ट कर रही थी। इतने में टेबल पर स्नेकस आ गए। खुशबू से अंदाजा लगाने की कोशिश तो हुई पर यह कोशिश अंदाजे तक ही सीमित रही। एक ही प्लेट में कई चीजें थीं। शुरुआत होस्ट टीम ने ही की और

फिर लेफ्ट और राइट साइड की टीम ने खाना शुरू किया। हालांकि किसी को भी यह नहीं पता कि कौन लेफ्ट में है, राइट में या फिर सेंटर में। अल्फाबेट गेम भी खेली गई। हाथ में छोटे-छोटे अल्फाबेट टैग पड़ा गया कि वह क्या है। सही जवाब पर चैकलेट भी दी गई।

किसी को खामोशी आई तो होस्ट टीम से कोई तुरंत उनको पानी देने लगा। हम देखने वाले कुछ भी नहीं देख पा रहे थे और वो हर आइट पर नजर रखे हुए थे। लग रहा था भगवान ने इन्हें कोई शक्ति दी है जो सब कुछ देख और समझ पा रहे थे।

INTERNATIONAL WHITE CANE SAFETY DAY: WALKATHON: 15 OCT. 2023 VISIONARY STRIDES



दृष्टिबाधित को सशक्त करने की दिशा में व्हाइट केन सेफ्टी दिवस मनाया

सवेरा न्यूज/ राकेश शर्मा
चंडीगढ़, 15 अक्टूबर: रोटररी चंडीगढ़ शिवालिक और रोटररी क्वॉटिफ एंबिलिटी क्लब ने रविवार को वॉकथन आयोजित कर व्हाइट केन सेफ्टी डे मनाया गया। रॉक गार्डन से सुखना लेक तक आयोजित इस वॉकथन में असंख्य दृष्टिबाधित लोगों ने भाग लिया जिनकी हौसलाहफजाई के लिये अन्य लोग भी जुटे। कार्यक्रम का उद्देश्य नेत्रहीनों की निर्भरता से समाज में पूर्ण भागीदारी को ओर बढ़ाने के लिये इस विश्व व्यापी मुहिम को पहचान दिलवाना था। इस अवसर दृष्टिबाधित लड़कियों की एक टीम ने इस दिन के महत्व को बताने के लिये एक नुकड़ का मंचन किया। आरसीएस के अध्यक्ष डॉ सुरिन्दर



रोटररी चंडीगढ़ शिवालिक और रोटररी क्वॉटिफ एंबिलिटी क्लब ने रविवार को वॉकथन कर व्हाइट केन सेफ्टी डे मनाते हुए।

मकड़ ने कहा कि इस दिन का उद्देश्य नेत्रहीनों के लिये 'मोबिलिटी ऐड' के रूप में व्हाइट केन के उपयोग को बढ़ावा देना और इन विकलांग लोगों

की जरूरतों के बारे में जागरूकता बढ़ाना है। व्हाइट केन सेफ्टी डे पहली बार 1964 में यूएसए में राष्ट्रपति लिंडन जॉनसन द्वारा मनाया गया था

जिसे 1960 के दशक में नेशनल फेडरेशन ऑफ दी ब्लाइंड ने नेत्रहीनों के समर्थन में विश्व व्यापी आंदोलन के रूप में बदला।

On a bright Sunny day, Sunday, which scared us by an inclement early morning, a walkathon was conducted on 15 Oct. 23 by the visually challenged inmates of the Institute for The Blind (IFIB), Sector 26, Chandigarh. The students & teachers were specially brought by buses to Rock Garden. The walkathon started at 10.30 am and concluded at the Sukhna Lake. This event coincided with the International White Cane Day, bringing home safety & respect for the visually impaired the aids they require, to be independent besides

व्हाइट केन-डे पर आयोजित वाकथान में दृष्टिहीनों ने लगाई दौड़

जागरण संवाददाता, चंडीगढ़ : अंतरराष्ट्रीय व्हाइट केन सेफ्टी डे पर वाकथान का आयोजन किया गया। वाकथान दृष्टिहीन लोगों के प्रति जागरण बढ़ाने के उद्देश्य से हुई। वाकथान इंटरनैट्यूअल फर द व्हाइट सेफ्टी डे के तहत चंडीगढ़ शिवालिक, सेक्टर-26 में रोटी चंडीगढ़ शिवालिक, सेक्टर-26 के प्राथमिक विद्यालय और सेक्टर-26 के प्राथमिक विद्यालय में संयुक्त रूप से कराई।

● राकू गाड़न से शुरू हुई वाकथान सुरुना लेक पर हुई रांगण
● नुककड नाटक से दृष्टिहीन विद्यार्थियों ने दिखाया समाज का दृष्टिकोण
● इंस्टीट्यूट फर द ब्लाइंड ने रोटी व सेक्टर क्लब से कराम अजोइन



व्हाइट केन डे पर दृष्टिहीनों को परिवार और समाज में स्थिति को पेश करते हुए नुककड नाटक का मंचन करते विद्यार्थी ● अजोइन को उच्च शिक्षा के लिए घर से बाहर सामान्य बच्चों से भी बेतार हो। इसी में दृष्टिहीनों को नाकुरअंजक किया जाई। जल्द से जल्द अपने बचपने से नुककड नाटक का मंचन करना शुरू करें।



अंतरराष्ट्रीय व्हाइट केन डे पर राकू गाड़न से सुरुना लेक के लिए शिवालिक वाकथान में शामिल विद्यार्थी अजोइन अजोइन इंस्टीट्यूट फर द व्हाइट सेफ्टी डे के तहत चंडीगढ़ शिवालिक में संयुक्त रूप से कराई।



White Cane Safety Day observed to empower visually impaired

PUNJAB EXPRESS BUREAU Chandigarh, October 15

Rotary Chandigarh Shivalik and Rotaract Positive Ability Club observed White Cane Safety Day by organising a walkathon wherein hundreds of visually impaired people participated from Rock Garden to Sukhna Lake on Sunday. The event was also well attended by fitness enthusiasts as it was aimed to recognize the movement of blind people from depen-



दयता को उच्च शिक्षा के लिए घर से बाहर सामान्य बच्चों से भी बेतार हो। इसी में दृष्टिहीनों को नाकुरअंजक किया जाई। जल्द से जल्द अपने बचपने से नुककड नाटक का मंचन करना शुरू करें।

the white cane as a mobility aid for the blind and visually impaired and to raise awareness about the needs of people with disabilities. World White Cane Day or White Cane Safety Day was first celebrated in 1964 in the United States by President Lyndon B Johnson. During the 1960s only, the National Federation of the Blind started fighting for the rights of all visually impaired people and developing training programs for them by using the white cane.

ensuring their safety & security. The event was organized by RCS and Rotaract club of positive abilities in collaboration with Rotaract club of Chandigarh Shivalik, assisted by IFTB. The chief guest for this "Visionary Strides" was Sh. Rupesh Kumar, IAS Additional Deputy Commissioner, Chandigarh, himself visually impaired. The march was flagged off and lead by Principal Mr. Jayra. After the walk the students & Rotaractors highlighted through a very interesting Nukkad Natak at Lake, the need & importance of understanding the abilities & capabilities cum caliber of the visually Impaired. They don't require sympathy, but we need to treat them as respectable human beings with all abilities & talents. The play was applauded by the large Sunday rush at the Lake.

Lunch was organized for all at the IFTB. The aim of this wonderful event was at changing not the "Nazar" of the populace but their "Najarria" for the disabled. A huge & positive message was sent by today's event. The importance of inclusiveness for the visually impaired is imperative.

वाकथान निकाल व्हाइट केन सेफ्टी दिवस मनाया



चंडीगढ़ रोटी चंडीगढ़ शिवालिक और सेक्टर-26 के प्राथमिक विद्यालय में संयुक्त रूप से कराई। अंतरराष्ट्रीय व्हाइट केन सेफ्टी डे पर राकू गाड़न से सुरुना लेक पर आयोजित इस वाकथान में अंतरराष्ट्रीय दृष्टिहीन लोगों ने भाग लिया। विद्यार्थी इंटरनैट्यूअल फर द व्हाइट सेफ्टी डे के तहत चंडीगढ़ शिवालिक, सेक्टर-26 के प्राथमिक विद्यालय में संयुक्त रूप से कराई। अंतरराष्ट्रीय व्हाइट केन सेफ्टी डे के तहत चंडीगढ़ शिवालिक, सेक्टर-26 के प्राथमिक विद्यालय में संयुक्त रूप से कराई।

DIABETES AND RESILIENCE: AWARENESS ON 14 OCT. 23

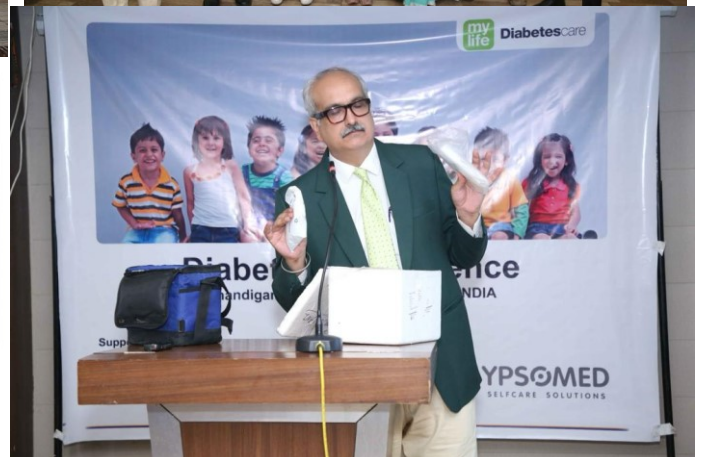


A diabetes & resilience camp cum awareness was carried out by "YPSOMED diabetes foundation" and RCS at press club Chandigarh on 14 Oct. 23. It was attended by children affected with juvenile diabetes along with their parents. Talks by an expert panel and an interactive session covering the questions of all, were conducted. Rotaractor Nandani Miglani hosted the event. Approx 45 people attended the event with 75% being diabetes since childhood. Dr. Sanjay Rajpal country

Manager YPSOMED India also spoke on the Journey of Insulin Pump & allied devices. Ms. Khyatti, a 16-year-old diabetic for over 15 years was the motivational & encouraging icon speaker. IPP Rtn. Govind Miglani spoke cold chain management use of insulins & need for correct storage. President SS Makkar briefed the audience on the role of Rotary in supporting &



Diabetes & Resilience
Chandigarh Press Club, Chandigarh INDIA



Supported by:



managing lifestyle diseases, Key featured interest of Rotary. Ms Rashi Goyal, a nutritionist from PGI & a diabetic educator

also highlighted essential aspects. The main attraction was Mr. Gagandeep Singh, a marathon runner & a social worker. His motivation to all was great.

INAUGURATION OF LIBRARY: SKILL CENTRE BALTANA

RCS inaugurated at our skill centre Baltana a Library on 26th Oct. 23 at 4 pm. A long pending need & requirement of Children & Ladies besides others. We are sanguine this nascent step will go to change & make happy families the book were donated & bought specific to the center & area around, so that it serves a useful & meaningful purpose. Compliments to one & all for this grand inauguration. Besides the President, PP Rtn. Manjit Kaur Director Community Service and R'ptz Col. Parvinder Singh were present.



ANNAPURANA AT GMCH 32 SECTOR

A regular & continuous feature of our helping the society RCS organized a Annapurana for patients & attendants at GMCH Sector 32, Chandigarh. This event was sponsored by our Asst. Director Service Rtn. Raman Makkar. A noble Venture Providing solace & comfort to very meaning. It was held on 28 Oct. 23 from 10.30 am. A large number of our Rotarians graced the occasion.



MONTHLY MASTI KI PAATHSHAALA AT SNEHALYA

Our regular & & uninterrupted monthly Masti ki Paathshaala was held with the orphans at Snehalya on 29th Oct. 23 from 10.30 am. As usual the children look forward to this interaction. They were at their west in performing dances, skits , songs & bhangra. Rotarians were not a step behind to give them support, encouragement & yet enjoy themselves. The event was sponsored by Rtn. Ramandeep Makakr, Asst. Director Club Service. Besides the president, PP Rtn. Manjit Kaur, R'ptz Col. Pervinder Singh, Rtn. Jaspal Singh & R'ann Harjinder Kaur.



MONTHLY CAB : AT DR. KULDIP'S RESIDENCE 31 OCT. 23

The ever open, vibrant & hospitable par excellence residence of Dr. & Mrs. Kuldip Singh, once again was a witness to the large gathering of Rotarians, spouses & children. This was our monthly celebration of anniversary & birthdays of members of RCS extended family. A strong team of 10 members had planned this wonderful bonhomie as under:



- * Rtn. Manjit Kaur
- * Rtn. Dr. Kuldip Singh
- * Rtn. Anurag Aggarwal
- * Rtn. Parminder Sandhu
- * Rtn. Akhil Bhanot
- * Rtn. Harshvir Singh
- * Rtn. Jaspal Singh
- * Rtn. M L Gupta
- * Rtn Sashi Kant
- * Rtn. Dr. V.D. Singh



The event was conducted from 7.30 pm onwards on 31 Oct. 23, Our usual meeting day a time.

| Birthdays in November | |
|----------------------------------|---|
| 6-Nov | Rtn. Ashok Laroia |
| 7-Nov | Rtn. Gunjan Gupta |
| 29-Nov | Rtn. Jaspal Singh |
| Anniversaries in November | |
| 19-Nov | R'anne Kawaljit & Rtn. Dr. Kuldip Singh |
| 22-Nov | R'anne Guneet Chadha & Rtn. Rajesh Chadha |
| 28-Nov | Rtn. Simran & Rtn. Maneet Matharu |
| | R'anne Mona Sharma & Rtn. Ojasswee |

A Rotary Community Corps (RCC) is a group of non-Rotarians who share our commitment to changing the world through service projects.

RCC members plan and carry out projects in their communities in collaboration with local Rotary clubs. Sponsored by a Rotary club, an RCC leverages Rotary's network, brand, and mentorship by partnering with clubs to plan and implement service projects. RCCs increase Rotary's impact and expand its reach by bringing the knowledge and talents of local people to strengthen their community through sustainable projects.

There are more than 12,000 corps in 105 countries and 257 districts. RCCs are active everywhere Rotary is present: in urban and rural areas, and in both developed and developing countries.

Program Goals

Promote sustainable solutions to community needs

Support community members in addressing community needs while recognizing their unique ability to identify pressing concerns and appropriate solutions

Develop partnerships between Rotarians and non-Rotarians in a joint effort to strengthen the community