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“JOY IS PORTABLE: CARRY IT AROUND”

INSTALLATION OF INTERACT CLUB : ST. STEPHEN'S : **02 SEP. 2023**



Interact club of St. Stephens School, Sector 44, Chandigarh, our perpetual



meaningful young partners in innovation & ingenuity. Their impressive installation ceremony was held on the School campus at 9 am on 02 Sep. 23. The event was attended by the President, Secretary, Director Youth Service PP Rtn Maneet Matharu, Director Community Service PP Rtn. Manjit Kaur & R'ptr Col. Pervinder Singh. The Team was duly pinned & recognized. The projects planned for the year & previous achievements were outlined. The highlight was presentation of 200 books by IPP Rtn. Govind Miglani to the School Library. This gesture was much appreciated by the School Management. The event was a grand success & was attended by the Principal, Teachers, Parents & Students. The really praiseworthy aspect was the very meticulous & perfect conduct with par excellence time management. We wish a Happy & productive year for the Interactors.



2nd Nukkar Natak, by St. Stephens Students: "Say No to Plastics & Clean Environment"

On popular demand & requests, St. Stephen School Students restaged a cleanliness drive & "Say No to Plastics", Nukkar Natak at Govt. School, Sector 46 on 02 September at 10.45 am. There were approx. over 75 Govt. School students besides the staff & locals attending the event. A pledge was undertaken by the students & locals to undertake weekly cleanliness drive in adjoining areas, colonies & to educate people on the score, not to use plastics. Free non polluting bags were distributed to all, to curb plastic usage. The event was attended by Director Youth Affairs PP Rtn. Maneet Matharu, Director Community Service, PP Rtn. Manjit Kaur, R'ptr Col. Pervinder Singh besides the President Dr. S.S. Makkar & a galaxy of Teachers & Students.



ABHAR: DISTRICT MEMBERSHIP DEVELOPMENT & PUBLIC IMAGE SEMINAR: 03 SEP. 23

1. RCS was an active participant in the District Membership Development & Public Image Seminar at Dehradun on 03 Sept. 23 from 10.30 am onwards, held at L.P villas. The event was attended by the RCS President, Secretary, IPP Rtn. Govind Miglani, R'anne Ambika, Rtn. Dr. Vineet Nagpal, PP Rtn. Sham Rawal, PP Rtn. Maneet Matharu, Rtn. Simran, and PP Rtn. Brig. D.S. Dhillon. We also established the District conference "ANAND - The Joy", Registration Counter at early bird rates with an exciting gift, with PP Rtn. Sham Rawal being at helm. Being the last day of the concessions, there was a good work for registration, keeping all of us active & busy.



2. As requested, PP Rtn. Brig. D.S. Dhillon, District Conference, Chairman got an early morning slot to motivate & address the audience. This gave us good dividends. The need & why of today's Registration & how ANAND is going to be UDID – Unique different, interesting & distinctive was outlined by Brig. D.S. Dhillon, who also spoke on the attractions of the conference & connected efforts by the organizing committee. In attendance on the stage were RCS President Rtn. S.S. Makkar, Mohali SilverCity Club Vice President P.P. Rtn. Amit Pal and the AG Zone VI P.P. Rtn. Mohit Singla. A short motivational Video clip of ANAND, prepared by the AG was also played for the audience, envisaging more interest.



3. The chief guest of ABHAR was PRID Rtn. Kamal Sanghvi, an excellent motivational speaker. It was a delight to hear him & his practical advice cum anecdotes for Rtns. PDG Rtn. Ranjit Bhatia spoke on "Membership-the lifeline of Rotary, White IPDG Rtn. VP Kalta spoke on "Each One Retain One". The "Public image & means" was shared by PP Rtn. Meenakshi Singla & PDG Rtn. T.K. Ruby outlined his concerns for a positive "Significance of Good Public Image". PDG Rtn. Rajesh Aggarwal spoke on "Membership Diversity & Inclusion – strengthening Rotary Fabric". The major highlight was the address at the end of the day. This kept all in the Hall. It was the inspirational talk & presentation by PDG Rtn. Surender Seth who captivated each & every one with his amicable style and baritone. The Seminar ended with a vote of Thanks by Chairman AG PP Col. Manoj Gupta.



4. The District Directory 2023-24 was also unveiled by the Chief Guest & distributed to all concerned

SPECIAL OUTSTANDING SINGULAR RECOGNITION AT ABHAR FOR RCS TEAM

1. RCS & RCS President Rtn. Dr. S.S. Makkar was specially acknowledged & honored on the stage for the following spectacular achievements: -
 - * 100% members of RCS having "My Rotary Accounts". The only Club in the District to achieve this award Singular & recognition.
 - * For inducting 10 new members after 01 July 23.
2. Kudos & Congratulations to President Rtn. Dr. S.S. Makkar & Team 2023-24. Keep up the Laurels & RCS flag flying higher & higher.



ROTARY DINNER IN DARK (RDID) – 2023-24

The Club's iconic & most visible recognized & celebrated project RDID is scheduled on 12 Oct, 23 at Sip-n-Dine, Sector 7, Chandigarh. The eye catching flier & video, of this 9th RDID was unveiled at the District seminar "ABHAR". Instant queries & good responses started coming during the conference only. Needless to mention, the purpose of RDID is twofold viz to create an awareness for the special abilities & talent of the visually impaired and to provide scholarships to the upcoming, meritorious & needy such students for higher studies. The donor pass is Rs. 5000/- per person and scholarship amount is Rs. 25000/- per student. The 9th RDID is expected to surpass all previous RDIDs in content & context.

ANNAPURNA BHANDARA DHAN PATAR AT LANDMARK HOSPITAL SECTOR 33: 4 SEP. 23

On 4th Sep,23 from 12.30 pm onwards a massive self-service Annapurna Bhandara was organized at sector 33, near landmark Hospital by PP Rtn. Dr. V.D Singh & Family. Besides the patients, their attendants, the Hospital staff, street vendors & local populace around, all enjoyed the meal including our Rotarians & family. The serving was done by rotation by President Dr. S.S. Makkar, Rtn. Vineet Nagpal, P.P. Rtn. Dr. V.D Singh, Rtn. Monika and Rtn. Jaspal Singh. God Bless the donors and participants for this kind gesture & service.

NATION BUILDER AWARDS : TEACHERS DAY 5 SEP. 2023



1. In our regular meeting no. 1258 held at Sip-n-Dine on 05 Sep, 2023, selected teachers were recognized, honored & applauded with Rotary RILM Nation Builder Awards. The award consisted of framed signed certificate and an attractive display memento. The Master of ceremony was Director Youth Service PP. Rtn. Maneet Matharu. He conducted & crafted the event very thoughtfully & with a separate Question & Answer session with each awardee. This extracted their qualities with vibrancy & elan besides their meaningful journey in the

noble teaching profession. The selection of teachers & short listing was undertaken by Director Vocational Service PP. Rtn. Dr. Kuldip Singh who came for the event with a plastered shoulder. He was assisted in the selection list by PP Rtn. Manjit Kaur, Director Community service. The event was graced by the Chief guest Dr. Neeti Singla & AG Zone VI PP Rtn. Mohit Singla.

2. The undermentioned teachers were honored & recognized: - Ms. Abhilasha, Lecturer in English, GMSSS, Sector 20-D, Chandigarh. A passionate educator & a driving force for development of students. This was amply highlighted & demonstrated by our Secretary Rtn. Parminder Sandhu who was one of the first to join this School. In his narration the Secretary could not control his emotions for the school & respects for his teachers.

- Ms. Bindu Sharma, a Teacher of GMMS, Chandigarh. This visually challenged individual is MA in Music (Vocal) & MA in Music (Instrumental). On popular request she regaled the audience with her pitch & melodious song.





Ms. Anu is an English lecturer at Sector 26, Chandigarh. A double MA in English & History & B.Ed., she has done Braille enrichment course. Achieved 100% results during CBSE exam in secondary as well as Senior Secondary Boards. A par excellence compare & currently heads the schools disaster management committee.

- Ms Harsimran Kaur is a SS Mistress at GMHS RC-II Dhanas Chandigarh. A very talented sincere & creative innovator, she uses multifarious training aids, making her win competitions for the School.

All the Chandigarh teachers were presented with certificates & memento, by the Chief Guest Dr. Neeti Singla and AG Zone VI PP Rtn. Mohit Singla.

The teachers & their families also partook in the Chief Guests lecture cum presentation on "Eye Donation: myths & Facts" & thereafter joined us for dinner.

"EYE DONATION: MYTHS & FACTS" BY DR. NEETI SINGLA: 05-SEP-23

1. Our regular meeting No. 1258 was held at Sip-n-Dine on 05 Sep. 23 8.30 pm onwards. A very informative address cum an exhaustive presentation on "Eye Donation – Myths & facts" was given by the chief guest Dr. Neeti Singla, SPO National Program for control of Blindness & Visually impaired. Various old & folklore myths & superstitions connected with donation of eyes were informed & clarified by the Guest Speaker. Eyes never die. We need to create an awareness & spread of eye donation to give vision to the blind. Members from the audience pledged to donate their eyes. A highly informative & interesting question & answer session followed. Same had to be curtailed due to time constraints.

- Mr. Vijay Pal, a TGT Mathematics in GMMS, Sector 25-A, Chandigarh. He has over 23 years of active teaching experience. A multifarious person who is an active social worker, helping students prepare for competitive exams.



2. Eye Donation fortnight is celebrated every year in our country from 25 Aug. to 8 Sep. There are 1.1 million people in the country who are blind due to corneal diseases. 32000 are added every year said the Guest Speaker. Hence, we need one lakh per year to reduce this corneal blindness. So, eye donation is imperative to fill this shortfall. Thus the awareness campaign is important. There are t. l of 11 eyes banks in Punjab with only 3 being in govt. sector. Even people with diabetes. & cataract operations can donate their eyes.



3. The chief guest was introduced by Rtn. Dr. Vineet Nagpal whilst P(E), Rtn. K.P. Singh proposed a vote of thanks, including pledging his own eyes for donation. The chief guest was presented a token of appreciation by PP Rtn. Brig. DS Dhillon. Meeting culminated in fellowships, our traditional bonhomie.

"The Handi Special Janamashtami" – 6-Sep- Celebrations with Institute for Blind – Sector 26



Laroia, Membership Chair, R'anne Indu Laroia & Rtn. Shiv Sharma, Sgt-at-arms.

1. The program was lead, as always, by Rtn. Sham Rawal, Rtn. Shiv, R'anne Indu Laroia. Who not only sang bhajans but narrated anecdotes of the timeless Krishan Ji. Special prayers were held by the children. It is so heartening to see full-hearted participation by the children of the school, their josh and great enthusiasm.

Janamashtami with traditional fervor and grandeur was celebrated on 6-Sep-2023, with IFTB from 11:30 am onwards. This year the breaking of Dahi Handi, an integral part of Krishna Janamashtami was a special attraction. It is an act of paying homage to Lord Krishna and embodying timeless tradition and ideals. The event was attended by the President, Secretary, PP Rtn. Manjit, Director Community Service, R'ptr Parvinder, Rtn. Dr. Priya Mahajan, Rtn. Dr Vineet Nagpal, PP Rtn. Sham Rawal, TRF Head, PP Rtn. Ashok





2. A very popular festival full of delight, parshad and bhojan enjoyed by all. Needless to mention that IFTB has a special place, bonding with RCS family. Kudos to RCS for keeping tradition alive.

NON COMMUNICABLE DISORDERS: DR. PROF. SANJAY BHADADA, H.O.D. ENDOCRINOLOGY, PGIMER, REGULAR MEETING 19 Sep 2023

1. In our regular meeting no 1259 at Sip-n-Dine on 19-Sep-23, the guest speaker was Prof. Sanjay Bhadada, Head Department of Endocrinology, PGIMER, Chandigarh. He spoke on a very current & important topic "Non-Communicable Disorders – the rising menace. One minute silence was observed in memory of the owner of the Sip-n-Dine, PP Rtn. Baldev Aggarwal of RC Chandigarh prior to the meeting.



2. The MC for the evening, Rtn. Gunjan Gupta requested Rtn. Dr. Vineet, Nagpal to escort the speaker. After collaring, the National Anthem & the 4-way test was recited. Rtn. Dr. Meenu Sharma introduced the speaker in a very eloquent manner, highlighting the professional medical qualifications & the research papers done by Dr. Sanjay. Thereafter it was a delight to hear a very lucid, graphic and an extremely well laid out presentation. The

speaker in a very subtle & humorous manner informed all of us that how India & China are

becoming the world diabetic capital. Region wise breakdown was also given & connected same with other diseases & ailments. Through excellent research and in a very simplistic manner Dr. Sanjay explained the precautions & pitfalls in non-communicable diseases. Lifestyle diseases can be cured cum reversed if we change our habits, eating styles & regular exercise.

3. A very inquisitive questions & answer session was moderated by Rtn. Dr. Parminder Chawla who on her questions on what the routine of the speaker is, got an answer that walk in a group and with your wife. The questions continued in the fellowship too. The attendance for the meeting was above average. It was a delight to see many new faces in today's meeting. Keep it up RCS.

4. Vote of thanks was given by IPP Rtn. Govind Miglani who said he too will interact with the speaker, he being from pharma industry. Gratitude & token of appreciation was also expressed to both Dr. & Mrs. Sanjay by PP Rtn. Dr. G.S. Kochhar.



5. Thereafter the president elucidated on the projects done after last meeting & forthcoming events including visit to Snehalaya. The secretary gave info on CAB planned on 26 Sep as well announced greetings to R'anne Sonali Aggarwal for the day's birthday.

The meeting came to a close followed by typical RCS fellowship & bonhomie. In spite of the speaker advice to us all not to eye food, members enjoyed & relished the bill of fare including Tutti Frutti.

SUNDAY INTERACTIVE SESSION WITH SNEHALAYA: 24 SEP

1. In our ongoing Sunday interactive session with Snehalaya children, was held on 24th September from 11am onward. This visit was sponsored and lead by Rtn Jaspal singh. An active & lively session with songs, dances, & merry making was conducted with the children. They look forward to our regular visit to them.



2. Gifts packets & food were distributed to all. Besides the President & Secretary the session was attended & participated by Rtn. Jaspal Singh & R'anne Harjinder Kaur, PP Rtn. Manjit & R'ptr Col. Pervinder Singh. Poems and knuckle breaking RAP dances were delighted with our Rtn. Jaspal Singh, breaking into instant Bhangra beats.

THE 'SIXER' SEPTEMBER CAB BLAST: 26th SEP, 23



RCS Birthday Babies for the month of September, 2023 (Six) gave a very lively blast for their CAB, really a sixers. The toddlers were led by PP Dr. Rtn. GS Kochhar, PP Rtn. Dr. V.D. Singh, Rtn. Anurag

Aggarwal, R'anne Nisha Tayal and R'anne Sonali Aggarwal. The lone baby missing was PP Rtn. Bachittar Singh. The stylish blast & the bonhomie cum a large attendance showed the popularities of the celebrities. Two cakes with names of all the participants, 3rd brought by Rtn Maninder Nanda, were relished by all.



The event was held at Chandigarh Club TV Room on 26th Sep 23. Our CAB's are always planned for the last Tuesday of every month. RCS extended family is now working forward to the oncoming CABs for oct. & Nov. personals. The



The entertainers for the evening were applauded and appreciated were Rtn. Jaspal Singh, P (E) Rtn. K.P. Singh and our Sgt - at - Arms Rtn. Shiv Sharma. GOD bless them for the wit & melodies.

3RD BOARD MEETING OF RCS : 12TH SEPTEMBER 2023

The 3rd RCS board meeting for RY 2023-24 was held on Tuesday, 12th Sep 23 at 6.30 pm at NEXT CARE INC., 136-140/67, Industrial Area, Phase 1, Chandigarh. This office of our Secy. Rtn. Parminder Sandhu has become our semi-permanent place for Rotary Meeting. The meeting besides the President & Secretary was attended by IPP Rtn. Govind Mohan, PP Rtn. Sham Rawal, Club TRF chair, PP Rtn. Dr. Kuldip Singh, Director Vocational services and Vice President Rtn Dr. V.D. Singh.

The agenda points discussed were as follows:

- Passing of 2nd board meeting minutes with focus on pending aspect.
- Projects ongoing, completed and upcoming.
- The 9th iconic RDID, scheduled for 12 Oct. 23 at Sip-n-Dine was discussed. Members were requested to garnish sponsors & sell tickets for the event, in order to provide max scholarships to the visually challenged.
- The upcoming quarterly business meeting scheduled for 3 Oct. 23 was elaborated.
- Zonal & District events participation & means to improve same with special reference to the TRF seminar on 26 Nov. 23 was analyzed.
- Revival of contacts with twin club of Rotary Club Jinnah, Lahore.
- Roller / Walker for a 7 year old of Govt. girls Model Sr. Sec. School, Sector 20-B, Chandigarh for Lovepreet Singh who is Orthopedically impaired, was discussed.
- Proposal & location of paper recycling machine Unit - Model -GM-PR10 kg costing Rs. 180068/- viz. quotation of Greenmec Technology & Solutions.

An interesting & Lively discussion of one hour was followed by a fellowship.

Birthday Celebrations in October	
3-Oct	R'anne Mamta Bhanot
7-Oct	R'anne Monica (W/o Rtn V.D. Singh)
14-Oct	R'anne Dr. Kanwaljit Kochhar
24-Oct	R'anne Kanwaljit Kaur (W/o Rtn Dr. Kuldeep Singh)
30-Oct	Rtn. Parminder Sandhu
Anniversary Celebrations in October	
4-Oct	R'anne Sheetal & Rtn Harshvir Jaspal
4-Oct	R'anne Sonali & Rtn Anurag Aggarwal
8-Oct	R'anne Monika Kant & Rtn. Dr. Shashi Kant
11-Oct	R'anne Harjinder Kaur & Rtn. Jaspal Singh
23-Oct	R'anne Kanwaljit Sandhu & Rtn. Parminder Sandhu
24-Oct	Rtn. Manjit Hundal & R'ptr Col. Parvinder Singh
29-Oct	R'anne Shobha Gupta & Rtn. M.L. Gupta
31-Oct	Rtn. Dr. Priya Mahajan & R'ptr Dr. Atul Gupta

ROTARY MOTTOES

The first motto of Rotary International, "He Profits Most Who Serves Best," was approved at the second Rotary Convention, held in Portland, Oregon, in August 1911. The phrase was first stated by a Chicago Rotarian, Art Sheldon, who made a speech in 1910 which included the remark, "He profits most who serves his fellows best." At about the same time, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, commented that the proper way to organize a Rotary club was through the principle his club had adopted-"Service, Not Self." These two slogans, slightly modified, were formally approved to be the official mottoes of Rotary at the 1950 Convention in Detroit-"He Profits Most Who Serves Best" and "Service Above Self." The 1989 Council on Legislation established "Service Above Self" as the principal motto of Rotary, since it best explains the philosophy of unselfish volunteer service.

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.