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ISSUE 15 | **13 October 2025**

HOME CLUB OF **Rajendra K. Saboo**ROTARY INTERNATIONAL PRESIDENT

Francesco Arezzo
ROTARY INTERNATIONAL PRESIDENT

Ravi Prakash
DISTRICT GOVERNOR
RI DISTRICT 3080

Abha Joshi Sharma

Arun Aggarwal

PREVENTING HEART DISEASE : A RENOWNED SURGEON'S ADVICE

r. Bedi. a renowned cardiovascular surgeon, emphasized the importance of being heart smart in today's fastpaced world. According to him, heart disease has become a significant health concern in India, with millions affected. To prevent this potentially fatal condition, Dr. Bedi stressed the need to manage modifiable risk factors such as high blood pressure, smoking, obesity, sedentary lifestyle, stress, and high cholesterol.

Dr. Bedi highlighted the importance of stress management, suggesting that individuals respond to challenges efficiently and set SMART (Specific, Measurable, Actionoriented, Realistic, and Timely) goals. He also recommended taking breaks, practicing relaxation techniques, and spending quality time with family to help manage stress. Regular exercise, such as yoga, was also emphasized as a way to reduce stress and strengthen the heart. A healthy lifestyle was













CONTINUED ON PAGE 2





A fun-filled evening of food, shopping, and

We're inviting all members , spouses and recommended friends with entrepreneurial ventures to put up their products i.e. baking, clothing, jewelry, home decor, candles, and much more in our Rotary house in an informal set up

See the flyer for details
Contact PP Rtn Neenu Vij for booking your
exhibition table.



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Rotary (S) Rotaract (R) Signal Control (S) ROTARACT CLUB OF CHANDIGARH UNLOCK YOUR POTENTIAL: A SESSION ON MINDFULNESS & DIGITAL DETOX

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Preventing Heart Disease: A Renowned Surgeon's Advice









also a key focus area for Dr. Bedi. He recommended a predominantly vegetarian diet with restricted use of unhealthy fats, avoidance of smoking, excessive tea/coffee intake, and alcohol consumption. By making these simple yet effective lifestyle changes, individuals can significantly reduce their risk of heart disease and live a healthier, happier life.

Dr. Bedi concluded by sharing 12 simple ways to keep away from the operation table, including organizing oneself, setting SMART goals, exercising regularly, meditating, getting adequate sleep, and being aware of distress signals.



President IW handed over a cheque of Rs 2.5 lacs as contribution for Diwali Sweets project for the Jawans to the club President Abha J Sharma.

By following these tips, individuals can take proactive steps towards maintaining a healthy heart and preventing heart disease.

CELEBRATIONS

Birthday Greetings:

 14 Oct
 Rtn. Dr Irma Maini
 9971886971

 17 Oct
 Rtn Gurmeet Singh Chawla
 9814015080

 19 Oct
 Rtn Ankit Aggarwal
 9478877977

 Anniversary Greetings:
 9814008323

 13 Oct
 Rtn Parveen Aggarwal & Meenu
 9814008323

 13 Oct
 Rtn Subhash C Kohli & Manju
 9814009232

 14 Oct
 Rtn Prof J S Thakur & Dr Upasana
 7087008219

 19 Oct
 PP Rtn Prem Mahindru & Seema
 9812055523





Open Hand Rotary CLUB CHANDIGARH CLUB CHANDIGARH

Projects

DIWALI SWEETS: A JOYOUS CELEBRATION



he Rotary Club of Chandigarh's
Project Diwali Sweets was flagged off
by the Honorable Governor of Punjab
and Administrator of Chandigarh
Administration His Excellency Shri Gulab
Chand Kataria on October 8, 2025. For the
10th consecutive year, the project sent an
expression of love, care, and respect to our
Jawans at the borders. The Project is an
initiative of the visionary PRIP Rajendra K
Saboo and Rnn Ushajee which has
completed an decade and is getting more
people joined in.

The Club team of our esteemed PRIP RK Saboo, R'nn Usha Saboojee, PDG Madhukar Malhotra, PDG Parveen Goyal, President Abha J Sharma Director Special Projects PP Anil Chadha, Project Chair PP Neenu Vij (who has been a pillar for the past ten years for this project), PP CJ Singh, IPP Jatinder Kapoor, PE Teena Virk ,Rtn Ashwani Chopra, Rtn Ankit, Secratary Rtn Arun Aggarwal, Rtn Rajinder Kaur, Rtn Sartaj Lamba.

We sincerely thank Rtn Jaigesh Khaitan,Rtn PJ Singh,Rtn Sushil Kumar, Rotary spouse Parveen Vij, PP Jaspal Sidhu, PP Vinod Kapur, Rtn Nidhi, Rtn Partap Aggarwal Bhavan Vidyalaya, Inner wheel members and each every member of our club and many others worked tirelessly to make this project a success.

The project was made possible due to the joint efforts and contributions of Rotary Clubs of District 3080. District Governor Rtn Ravi



Parkash and R'nn Shalini Parkash, along with the district team, provided gracious guidance and leadership. Rtn Sartaj Lamba, District Chair for Diwali Sweets Project 2025-26, played a pivotal role in getting all the clubs of District 3080 involved, and the district contributed generously to the club.

Three trucks carrying 8,000 boxes of "Mithai" were flagged off on October 8. The sweets will be airlifted to the borders, bringing joy to the Jawans. The Rotary Spirits were soaring high with passion and service.

The club thanks each and every Rotarian of District 3080 and the Rotary Club Chandigarh family for their collective efforts and support. This project is a testament to the power of teamwork and community service.



Installation



AKSIPS 41 Smart School's Interact Club and Early Act Club held their Installation Ceremony. Mrs. Abha Joshi Sharma, Rotary Club *President, graced the event as* Chief Guest. She emphasized youth engagement in community service and leadership development. New office bearers were inducted, including Interact Club President Triman, Vice President Gurshaan, and Teacher In-charge Mrs. Nikita Chugh. Early Act Club's President Jahnavi and Secretary Sumedha were also welcomed. The ceremony reflected the school's vision to nurture leadership, empathy, and responsibility. The outgoing President handed over responsibilities to Triman, symbolizing the passing of leadership. The event was guided by Director Mr. Jasdeep





Kalra and Principal Ms. Ritu Bali. The school congratulates the new leaders and members on their roles.

MEDIA COVERAGE



चंडीगढ़ भास्कर 10-10-2025

ि दिवाली पर जवानों के लिए रोटरी डंटरनेशनल डिस्टिक्ट 3080 की पहल फौजियों को मीठा संदेश- आप हैं तो हम हैं, 8000 डिब्बे भेजे

दुर्गम चोटियों पर तैनात फीजी भाइयों के साथ दीधानली की सुर्शियों बांटने के लिए रोटरी इंटरोन्माल डिटिन्डर 3080 ने प्रोजेक्ट दिवाली स्वीट्स के तहत मिठाई के 8000 डिब्बे चंडीगड़ से लेंह, लाइका और सियाधिन भेजे हैं। दीधानली पर मिठाई पहले भी भीजी जाती थी. वेकिज टक्स





प्रतिबंद दिवाली स्वेद्रम के तहत मिठाई के 8000 द्विल चंदीमा में लेह, लाख्य और सिपानिय असल सेक्टरी असमा अप्रवादन ने रहे हैं, तिक लीका से दुविलों मुन्तव चंद कटरिया ने मिठाई प्रताद कर से क्षेत्र में अस्ति कर से ही हैं दिवाल में का प्रताद के से मिठा कर से के हिंद कर में उद्यों दिवाल रचना हुए कर को उद्यों दिवाल रचना हुए कर को इस्ते दिवाल रचना हुए कर को इस्ते दिवाल रचना हुए कर को इस्ते दिवाल रचना हुए कर का क्षेत्र में के भी भी के क्षा मुंद के देश को कि दिवाल रचना हुए कर को इस्ते दिवाल रचना हुए कर के इस्ते के स्वाद के

Rotary's Diwali sweets for jawans

Chandigarh: Continuing a decade-long tradition, Rotarians have sent eight tonnes of Diwali sweets for Army jawans serving on the country's borders.

UT Administrator Gulab Chand Kataria on Wednesday flagged off Army trucks carrying the festive consignments from Rai Bhavan in the presence of senior Rotarians.

This marks the 10th year of the Rotary initiative, through which members contribute funds to send sweets to soldiers posted at forward areas, far from their families during the festival season.

Kataria appreciated the gesture, calling it a heartfelt tribute to the soldiers who guard the nation's borders and enable others to celebrate in peace. Rotary District Governor Ravi Prakash said the campaign was conceived by past Rotary International President Rajendra K Saboo and his wife. Usha Saboo, under the theme "Aap Hain to Hum Hain" a message of gratitude to those serving the nation. ENS

Punjab Governor flags of Rotary's Diwali sweets for Jawans



Chandigarh, 9 October: This year again Rotarians have sent out its gift of Diwali sweets weighing eight thousand (8000) kilo for army jawans serving on border. Javains serving on border.
Governor of Punjab and Administrator UT Chandigarh, Shri Gulab Chand Kataria flagged off the army trucks carrying gift of eight tons of Diwali mithai yesterday from Raj Bhavan in Javains

mithai yesterday from Raj Bhavan in the presence of senior Rotarians. This is the 10th year that Rotarians have contributed funds to send mithai across to the jawans serving on the forward posts away from their families and friends. Shri Kataria appreciated the Rotarians for their generous gesture of remembering the contribution of our jawans who protect our borders so that nation can rest in peace. Rotary District Governor Ravi Prakash said that this is the campaign that was conceived and initiated by past Rotary International President Rajendra K Saboo and his wife Usha Saboo, 'Aap Hain to Hum Hain', as the most apt tribute and remembrance for our jawans. Present on the occasion were past Rotary International President Rajendra K. Saboo, his wife Usha Saboo, Rotary District Governor Ravi Prakash, PDG Madhukar Malhotra, Rotary Club Chandigarh President Abla Sharma Joshi, Project Chair Past President Anil Chadda, among many others from District.
Though the programme was initiated by Rotary Club Chandigarh with first lot of 4 tonnes of sweets ten years back, many clubs from as far as Mumbai have joined with their contributions, said Rtn Abha Sharma Joshi.

AKSIPS 41 SMART SCHOOL

AKSIPS 41 SWART School conducted the Installation
Ceremony of the Interact Club and Early Act Club for the new
session. The newly elected members of the Interact Club
were decorated by the Rotary President, Abha Joshi Sharma.
The newly inducted members of the Interact Club will be
Triman (president), Gurshaan (vice president), and Nikita
Church (tracher), caparba Chugh (teacher-in-cahrge)

Reflections - A Beautiful Journey



Picture Credit: Rtn. Dr. Rajinder Kaur

MEMBERS UPDATE CANA TO SERVICE OF THE SERVICE OF TH Nominating Committee for selection of Rotary International Director 2027-29 met in New Delhi. PDG Parveen Goyal is a member of the same. Rtn Sangeet Sharma heartiest congratulations on being honoured by Economic Times AWARD for 'Best Convention Design 2025 to PSG mega Convention Centre



DIL SE...My Journey in Rotary

way from the humdrum of life, myriad sensitive minds, intertwined with one common mission, guided by mottos like 'Look beyond yourself', 'Service above self', Rotary connects the world', 'Unite for good', 'Serve to change lives', 'Create hope in the world', and so on- the list of mottos or the guiding principles is as long as the number of years Rotary has been in existence.

Who wouldn't, me included, be overawed with the mission such as the Rotary?

My journey in Rotary began in 2004 by joining another Rotary club. I was heading the University Evening Department then and would get free at 9.00 pm. And the club I had joined, used to hold meetings over drinks and dinner, still I got so involved in the club affairs that I did not miss even a single meeting and also

contributed to various club projects in whichever way possible.

However, joining Rotary club Chandigarh, popularly known as 'Raja Saboo's Club' was a breather, a godsend opportunity. As a Rotarian, it was heartening for me to prepare the writeups of the keynote speakers in almost all Monday meetings for about 7-8 years. Here I must admit that I also gained a lot in the bargain.

The speakers, brilliant experts in their own fields, 'put new wine in old bottles' in whatever topic they discussed. I was thoroughly impressed, inspired and motivated. My horizon broadened, not to forget the fellow Rotarians who are institutions, nay icons in their own fields!

Rotary is thus, a confluence of myriad tributaries all geared to community service projects.

-Rtn Dr Santosh Gupta