

Open Hand

WEEKLY CLUB BULLETIN OF ROTARY CLUB CHANDIGARH | ROTARY INTERNATIONAL DISTRICT 3080 | INDIA

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ISSUE 15 | 13 October 2025

HOME CLUB OF **Rajendra K. Saboo**
ROTARY INTERNATIONAL PRESIDENT
1991-92

Francesco Arezzo
ROTARY INTERNATIONAL PRESIDENT
2025-26

Ravi Prakash
DISTRICT GOVERNOR
RI DISTRICT 3080

Abha Joshi Sharma
CLUB PRESIDENT

Arun Aggarwal
CLUB SECRETARY

PREVENTING HEART DISEASE : A RENOWNED SURGEON'S ADVICE

Dr. Bedi, a renowned cardiovascular surgeon, emphasized the importance of being heart smart in today's fast-paced 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, Action-oriented, 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





दिल वाली दीवाली
Monday October 13th

A fun-filled evening of food, shopping, and merriment!

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.



11:44 pm



दिल वाली दीवाली
Monday October 13th
6pm to 8.30 pm

An evening of fun, food & shopping

Fellowship Dinner Hosts



Rtn Cinni & Rtn P J Singh



Rotary House 107a, Sector 18a, Chandigarh

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Preventing Heart Disease : A Renowned Surgeon's Advice

ROTARACT CLUB OF CHANDIGARH
in collaboration with
ROTARY CLUB OF CHANDIGARH
Presents



Lama Karma Yeshe Rabgye
Buddhist Monk
United Kingdom

**UNLOCK YOUR POTENTIAL: A SESSION ON
MINDFULNESS & DIGITAL DETOX**
at
RYLA

Saturday, October 11, 2025
10:00 AM
Rotary house, sector 18, Chandigarh

Rtr. Harshit Kedia President Rtr. Rishi Nagpal DRR Rtr. Hareerat Kaur Secretary

10:00 am to 10:20 am	Session by Lama Yeshe Rabgye on Mindfulness & Digital Detox
10:20 am to 10:40 am	Interaction
10:40 am to 11 am	Session by Dr. Ardaas Sandhu Mind Matters
11 am to 11:20 am	Interaction
11:20 am to 11:40 am	Meditation Break for Tea
11:45 am to 12 noon	Thanks and Honouring speakers Break for Tea
12 noon to 12:15 pm	Address by Rotary President

Harshit Kedia President Rishi Nagpal DRR Hareerat Kaur Secretary



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:

13 Oct	Rtn Parveen Aggarwal & Meenu	9814008323
13 Oct	Rtn Subhash C Kohli & Manju	9814009232
14 Oct	Rtn Prof JS Thakur & Dr Upasana	7087008219
19 Oct	PP Rtn Prem Mahindru & Seema	9812055523

With Best Compliments from
Rtn Jagesh Khaitan



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Projects

DIWALI SWEETS : A JOYOUS CELEBRATION



The 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'n 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, Secretary 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'n 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 Jahnvi 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.

