



Rotary
CLUB CHANDIGARH



ROTARY INTERNATIONAL DISTRICT 3080

Open Hand

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HOME CLUB OF RAJENDRA K SABOO
ROTARY INTERNATIONAL PRESIDENT
1991-92

STEPHANIE A. URCHICK
ROTARY INTERNATIONAL PRESIDENT
2024-25

RAJPAL SINGH
DISTRICT GOVERNOR
RI DISTRICT 3080

JATINDER KAPUR
CLUB PRESIDENT

PREM MOHINDRU
CLUB SECRETARY

Management of stress

The session began with an introduction by Dr. RomaUppal, setting the stage for the guest speaker, Jasjit Suri, an ex-chiefengineer and training superintendent (marine) with extensive experience in sailing and training. Currently, he serves as a professor and quality head at Chitkara University's School of Maritime Studies.

Prof. Suri's deep curiosity about the mystical nature of the universe was evident in his profound insights. He has been honored with the Mayour Award for his impactful contributions to stress management, the art of learning, and integrating Gurbani and Vedantic wisdom into daily life through various workshops and camps.

During his talk, he delved into the fight-or-flight response, a psychological reaction to perceived threats that prepares the body for action—either to confront or evade



danger. While this acute stress response is a natural survival mechanism, he emphasized the harm of illusory stress, which stems from living in our own programmed thoughts instead of being present in the moment. Stress, he explained, is like a whirlpool; stepping as idetoanaly zeitis key to overcoming it.

Simple Techniques to Manage Stress

Prof. Surishared practical step

store connect with the present moment:

Massage the earlobes to start.

Massage the finger tips, as each finger tip is linked to the brain.

Tap key acupressure points, combined with positive affirmations. Tap each point 9 times for optimal effect.

Acupressure Points and Benefits:

Point1: Three fingers' width from the wrist crease—Reduces anxiety and supports heart health.

Point 2: Centre of the chest, near the heart – Enhances emotional well-being.

Point 3: Ends of the collarbones – Strengthens the chest and cardiovascular health.

Point4: Below the lips, on the chin—Restores balance.

Point5:Between the nose and

upper lip –Energises the entire body.

Point6:Cheeks, just below the eyes—All eviates anxiety and improves digestion.

Point7: Temples, at the eye browends– Aid sanger management.

Point8: Between the eyebrows (YinTang)— Calms sudden fear.

Point 9: Top of the head— Stimulates energy flow.

Prof. Suri recommended a daily practice of tapping 9 points, 9 times, for 9 cycles, ideally for 5–10 minutes. This routine is especially effective during Amrit Vela (Brahma Muhurta), the pre-dawn hours when the environment is free from worldly distractions, making it the perfect time for kriya.

Key Take away: The talk emphasized the importance of positive affirmations and living in the present moment to foster emotional and physical well-being. The event concluded with a heart felt vote of thanks by Mr. R.K. Taneja, and the evening was hosted by Mr. Pankaj Katia.

By **R'Ann. Ar. Aradhana Gakhar**



WE MEET EVERY MONDAY AT ROTARY HOUSE AT 6:00 PM

NEXT MEETING

Rtn. Dr. Alka Mehta, Skin specialist Talks to us on The Holistic Skincare & Technology Monday 2 December, 2024 at Rotary House at 6 PM

RYLA at Sacred Heart School

On 23rd of November 2024, UMEED INTERACT CLUB of SACRED HEART HIGH SCHOOL for girls, sector 26, Chandigarh, held a RYLA, celebrating the GIRL CHILD. This was arranged in collaboration with ROTARY CLUB CHANDIGARH. 183 girls participated in this event focusing on the health, education, safety and motivation towards the rights of girls/women.



The guest of honour, Rotary District Chair- RYLA, Dr. Sanjay Kalra, explained the concept of RYLA. Rotary Club Chandigarh, President Jatinder Kapoor spoke about the importance of women. They were warmly welcomed by Principal Sacred Heart, Sister Venita and Rev. Sister Anupa.



Eminent Oncologist, Dr. Shweta Tahlan, Image consultants Rachna and Asmita, Punjab Rattan Awardee, Col. Cheema and Yoga expert, Dr. Nidhi Kapoor addressed the girls. Rtn. Prem Mahindru, secretary Rotary Club, spoke about the legal rights of girls. Rtn. Teena Virk, Director Youth Service and UMEED Club incharge, Ms. Manisha, helped in organising the RYLA.



Rtn. Arvind Mehan, mentor interact committee was present to lend support. Students presented superb and moving portrayal of girls suffering social injustice and the remedy required. Children participated enthusiastically and actively interacted with all speakers. All participants were given certificates of participation and sumptuous snacks.

The event concluded with distribution of cycles and stationary to families of a few children from economically weak section of society by the principal Sister Venita, on behalf of the interact club.

RYLA at St John's School

On 21st November, ST. JOHN'S HIGH SCHOOL, SECTOR 26, CHANDIGARH, hosted the prestigious Rotary Young Leadership Awards (RYLA), in collaboration with, ROTARY CLUB CHANDIGARH. The topic of the day, focused on the vital theme of Mental Health and Well-Being. 150 students from classes 9 to 12, attended the event aimed to educate adolescents about the significance of mental health in their personal and academic lives.

The distinguished panel of speakers included Dr. Sanjay Kalra, Rotary District Chair RYLA, Rotary Club Chd. President Rtn. Jatinder Kapoor, Rtn. Dr. Nidhi Vinayak, Rtn. Teena Virk, Director Youth Service, Dr. Simi Waraich, and Ms. Abha Chaudhary. They all addressed critical aspects of mental health such as emotional resilience, stress management, and breaking the stigma surrounding mental health discussions.



With insightful presentations and interactive sessions, the event successfully fostered a deeper understanding of mental well-being among students. The emphasis on practical strategies and open dialogue made it a transformative experience, equipping young minds with tools to navigate life's challenges with confidence.

Installation of the Interact Club at Bhavan Vidhyalaya, New Chandigarh

On November 18, 2024 - Bhavan Vidyalaya, New Chandigarh achieved a significant milestone with the Charter Presentation and the installation of its first Interact Club, sponsored by Rotary Club Chandigarh and Rotary Club New



Chandigarh. The ceremony was presided over by Chief Guests President Rtn. Jitender Kumar Kapur and President Rtn. Avantika Khurana.

The occasion was graced by Shri R.K. Saboo, Chairman of Bharatiya Vidya Bhavan, Chandigarh Kendra, and former President of Rotary International. Also in attendance were Shri Madhukar Malhotra, Secretary of Bharatiya Vidya Bhavan Chandigarh Kendra; Mrs. Vineeta Arora, Director (Education) and Senior Principal,



The programme began with a solemn prayer, followed by an inspiring medley of motivational songs by the school choir. Sanjana Pandit, a committed member of the Interact Club, presented an insightful overview of the club's planned community outreach initiatives. Newly elected Club President, Malvika Raj Negi introduced her team and articulated her vision for the club, setting an aspirational tone for its future endeavors. The event featured a captivating fusion dance performance, Wings of Fire, which reflected the students' enthusiasm and dedication. In his address, Shri R.K. Saboo lauded the council members for their commitment to service and encouraged them to lead with empathy and integrity. This event highlighted the school's unwavering commitment to nurturing leadership, service, and community engagement among its students.

CELEBRATIONS

Birthday Greetings:

25 Nov	Pres Rtn Jatinder K Kapur	9356077111
26 Nov	Rtn Manish Gupta	9878037993
30 Nov	Rtn Dr Prashant Jain	9815992132
30 Nov	Rtn Sahibjit Singh Sandhu	9815921371

Anniversary Greetings:

28 Nov	Rtn Partap K Aggarwal & Narinder	9814087402
29 Nov	Rtn Maninder Sidhu & Manvesh Singh	9876300666
30 Nov	Rtn Ritu Nakra & Manu Nakra	9815314135
1 Dec	Rtn R K Taneja & Banlata	9814128466
1 Dec	Rtn Rohit Seth & Sheveta	9814011898

PROJECTS

WINS



Today MHM and WASH session was attended by President JK Kapur, Neena Singh and Jt Sec Arun Aggarwal at Govt Sr Secondary School, KhuddaLahora. 2 different sessions were being conducted at school, one for boys and another for girls.

The team educated boys and girls from class 8th to 12th about the changes that happen in the body of

girls and reasons for the onset of the menstrual cycle in girls. Different visual aids were used to explain the process and sessions were made interactive.

Rotary members also interacted with the students and Ms Neena Singh spoke with girls and explained about different Rotary projects along with making girls more comfortable in understanding the changes happening in body. She also took feedback from girls on quality of pads



being distributed by the club.

The President spoke with the teacher coordinator and looked into the request for installation of the Incenator machine, repair of drinking water station and making of new hand wash station. He also assured to look into the request for distributing 100 sweaters to needy students of the school.

NEWS



Our Rotarian Madhu Marwaha, visits, Sugar land Rotary Club, Texas, USA. Seen above with Club President Mark Heuchert exchanging club flags.

Sanju won the National Golfer Championship Award! Sanju is a Professional Golfer now. He was picked up by Mr. A S Chatha from among the caddies at Chandigarh Golf Club and supported by Mehar Baba Charitable Trust for 5/6 years. His complete golfing kits and uniform were sponsored by the Trust and so were all his expenses for participating in national golf tournaments

all over India, even to date. 2 years back he got job in Indian Railway at Patiala under the sports category earning a salary of 35,000 per month.

कैडी से गोल्फर बने संजू ने जीता दोहरा खिताब
छत्तीसगढ़ के रायपुर में हुई नेशनल गोल्फ चैंपियनशिप : टीम इवेंट और एकल वर्ग में छत्र संकार मयूर पदक जीते

इस खबर के मुताबिक संजू ने दोहरा खिताब जीता है। वह नेशनल गोल्फ चैंपियनशिप में एकल वर्ग में जीता है।



Congratulations ! Rtn. Saakshi Arora Katyal have been appointed as co-chairwoman CII IWChandigarh Tricity Chapter



With profound grief and heavy heart the sad demise of Rtn. Sunil Khera , Past president of our club .Our condolences for his spouse Upma Khera and his children.

With Best Compliments from
Rtn Jagesh Khaitan

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Rotary Community Corps (RCC)

It 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. The program goals consist of promoting sustainable solutions to the community needs, support the community members in addressing the community needs while recognizing their ability to identify their concerns and appropriate solutions and develop partnership in Rotarians and non-Rotarians to strength the community.

Benefits

- By joining or organizing an RCC, you can make a tremendous impact in your community. RCCs empower community members to take the lead in addressing their needs. Projects are more sustainable and have greater impact when community members are involved in their design, implementation, and long-term oversight. Through RCCs, clubs diversify participation in their service activities and help develop new leaders in the community.
- RCCs can be created to address an identified need in the short-term through a service project or to address various local needs through ongoing service projects.

How to join an RCC

Membership into RCCs is open to any adult in the community who shares Rotary's commitment to service but is not a Rotary member. Members can be comprised of individuals or an entire village, neighborhood, or community association that wants to work with a club on service projects. The majority of RCCs do not

charge membership dues. Those that charge nominal dues use funds to solely offset administrative costs.

How to form an RCC

You can form an RCC anywhere community members are interested in working with Rotary. Here are some guidelines:

- Work with other local residents to identify the community's greatest needs.
- Work with a local Rotary club to outline how you will work together.
- Recruit RCC members. Start with a core group of members. Community organizations and nongovernmental agencies are good places to recruit.

How Rotary club sponsor an RCC

By sponsoring an RCC, your club gives more people a chance to take action to solve your community's problems. Here are the steps to start an RCC:-

- Create awareness for the RCC program within your club.
- Assess the need for, and feasibility of, establishing an RCC.
- Review Rotary's policies for RCCs.
- Guide the process of forming an RCC once the club has agreed to sponsor one.
- Identify and recruit at least 10 community members for your RCC.
- Register your RCC by sending a completed organization form to Rotary International.
- Celebrate once your RCC certificate arrives. Organize an event to recognize the partnership between the RCC and your club.
- Help your RCC develop a brand in conformity with Rotary's visual guidelines.
- Create your RCC's logo by using the template on Rotary's
- Work with Rotary's licensed vendors to purchase customized merchandise or supplies.

How to sustain a successful RCC

- Support and mentorship from the sponsoring club is the key to an RCC's success. Rotary clubs provide ongoing guidance to their sponsored RCC and share service-related resources and

tools with the corps. The primary club sponsor is responsible for ensuring that the RCC's activities are aligned with RI's policies and procedures. Sponsor clubs are encouraged to invite RCC members to their meetings and events.

- Sponsor Rotary clubs appoint at least one RCC advisor or an RCC committee whose is responsible for participating in the RCC's meetings and activities, advising on administrative matters, mentoring the RCC leadership and members, keeping the sponsor club informed about the RCC's activities, and identifying opportunities for the club and RCC to partner on service projects.
- Sponsor clubs must update the contact information of their RCC advisor and RCC president annually using this online form.

How to promote RCC

- Publicize an RCC's accomplishments through your club and district communication channels. Share success stories from your sponsored RCC's activities with Rotary International
- Promote your RCC's projects on Rotary Showcase.
- District governors are encouraged to appoint a district community service committee to promote RCCs and other service-related resources to Rotary clubs.

