



Rotary  
CLUB CHANDIGARH



ROTARY INTERNATIONAL DISTRICT 3080

# Open Hand

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

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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

## HEALING THROUGH FORGIVENESS

“When a deep injury is done to us, we never heal until we forgive”

The essence of this quote by Nelson Mandela was the topic of discussion “Healing through forgiveness – a path to in near place on Monday meeting by Ms. Nidhi Panday, a counselling psychologist and a cognitive hypnotic Coach, with experience in guiding parents in bringing up their children, couples with their marriage issues and individuals having issues with themselves.

The session began with an introduction by Rtn. Shivya Sehgal. Thereafter, opening up with the quote by Martin Luther king Junior “Forgiveness is not an occasional act, it is a matter

of constant attitude, Ms. Nidhi highlighted the impact of forgiveness in our lives. It is an attitude that we, as individuals, need to develop as part of our daily lives.

Addressing a very important aspect of “why to practice forgiveness?” She stressed that it is to find a solution and to search for a road ahead after a hurtful event as the thought related to a particular event causing hurt/anger/resentment etc. Stays with us for a long time and takes different shapes in our lives. She also underscored the fact that forgiveness is the best form of revenge as instead of leaving us disturbed/perturbed or frustrated. It brings peace within us,



resultantly leading to peaceful environment around us. She cited the results of studies conducted to buttress her point. Forgiveness helps us to release negative emotions such as anxiety, depression as well as physical ailments like pain in the knees, headache, Blood pressure, auto – immune disorders, skin problems, asthma etc. thus helping us to heal and live a healthy and happy life.

Busting myths about forgiveness, she emphasized that forgiveness is not forgetting, and it is not a weak act. Ratner, it takes more courage and strength to forgive. Further, explaining “how to practice forgiveness, she focused on importance of

3R,s– Recognize ( where is it happening ? ), Release and Reframe.

Ms. Nidhi also engaged everyone present in various exercises focusing on act if forgiveness and feeling calm and peaceful. At the end, while concluding her talk ,she very well explained questions put forth by Rotarians present.Fellowship was hosted by Rtn. Shivya Sehgal.The meeting was conducted by President Rtn. Jatinder Kapur.

**Rtn. Shivya Sehgal**

**NEXT MEETING**

Ms. Hargunjit Kaur, IAS Former Secretary, Tourism, Industries, Finance, Engineering, Chd UT  
**Talks to us on Change Management** on 23 December, 2024 at Rotary House at pm.



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



## Sweater Distribution Driver

On 13 Dec, 2024, Sweaters were distributed to 95 needy students from class 6th to 12th of Govt Senior Secondary School, KhudaLahora. These sweaters were sponsored by Rtn Susheel Gupta. The school management clubbed the event with its ongoing sports festival in the school. President Jatinder Kapur, PE Rtn Abha J Sharma, Secretary Rtn Prem Mahindru and Jt Secretary Arun Aggarwal were given a very warm welcome in the school by the school Principal Sh Kuldeep Singh Bath and respected teachers. All the members, seated on the stage, witnessed a few games, especially the Tug of War where participants were introduced to the President Rotary club and he blessed and motivated the students. In his brief address to the students, the President explained about the four Way Test and motivated the students to actively take part in sports for overall physical well being.



## District Governor and its nomination

### Qualifications of a Governor-nominee.

Unless excused by the board, the person selected as a governor-nominee shall at the time of selection:

- (a) be a member in good standing of a functioning club in the district;
- (b) have served as club president for a full term or as charter president for at least six months;
- (c) demonstrate willingness, commitment, and ability to fulfill the duties and responsibilities of a governor as per RI bylaws
- (d) demonstrate knowledge of the qualifications, duties, and responsibilities of governor as prescribed in the bylaws; and
- (e) submit to RI a statement that the Rotarian understands those qualifications, duties, and

responsibilities, is qualified for the office of governor, and is willing and able to assume and faithfully perform those duties and responsibilities.

### Selection of Governor-nominee

The selection by the clubs in a district of a governor-nominee should be conducted in a dignified, responsible manner in harmony with the principles of Rotary. Districts should seek out and nominate for the office of district governor the best qualified person. District nominating committees are encouraged to interview all candidates for governor, whether they are suggested by clubs or by the nominating committee. Each interview of governor-nominee candidates should satisfy the following minimum needs:

1. verify that each candidate meets the formal requirements for

nomination, in accordance with RI Bylaws.

2. clarify the specific duties of a governor, including the knowledge, experience, time, and fiscal resources required to fulfill them
3. allow an overall summary of each candidate's qualifications and suitability
4. enable each candidate to share their vision and goals.

Qualifications of a Governor. Unless excused by the board, a governor, when taking office, must have attended the international assembly for its full duration, have been a Rotarian for at least seven years, and continue to possess the qualifications as per RI bylaws.





-On 12th of December ROTARACT CLUB, HSJ DENTAL COLLEGE, Chandigarh, organized a CLOTHES DONATION DRIVE. The first initiative was near PGI Chandigarh. Under the guidance of their teacher, Dr. Vivek and led by Rotaract president Nayana Gupta, Rotaractors gave in a true spirit of giving and sharing. Clothes were donated to scores of children and adults, to help the needy and people in dire need of clothing. The Rotaractors thoughtfully segregated the clothes according to sizes. Giving is not just about making a donation it is about making a difference. The Clothes have brought smiles to people's faces and a sense of fulfilment in the hearts of Rotaractors.



-Activities by our first EARLYACT CLUB at BHAVAN VIDYALAYA JUNIOR SCHOOL, sector 33, Chandigarh.



## Promote the Rotary Peace Fellowship application launch on 1 February

In preparation for the launch of the Rotary Peace Fellowship application on 1 February, we wanted to share resources for promoting the program with your district, clubs, and community and global organizations within your network:

- Send personalized emails with the fellowship announcement to contacts within your network. (available in RI languages from the website)
- Use the updated RPC program overview PPT if you are presenting on the program to a new audience.
- Send the promotional QR code flyer for members to your Rotary contacts to use at club and district meetings.
- Do you know someone who could benefit from our program? Submit their name and email in our referral form and we'll follow up with them.
- Share Rotary Peace Centers Facebook posts or any of the attached "apply now" graphics to promote on your respective social media channels on or after 1 Feb.
- Take the All About Rotary Peace Fellowships course to learn about qualification requirements, eligibility restrictions, the application process, and more.
- General inquiries regarding the fellowship program may be sent to [rotarypeacecenters@rotary.org](mailto:rotarypeacecenters@rotary.org).
- Boilerplate language you can use for your outreach:

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## CELEBRATIONS

### Birthday Greetings:

- 17 Dec Rtn Prem Mahindru 9812055523
- 17 Dec Rtn Saakshi Katyal 9915000082
- 18 Dec Rtn Dr Roma Uppal 9501101528
- 21 Dec Bharat Bhandari 7814447555

With Best Compliments from  
**Rtn Jagesh Khaitan**



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# District Governor and its nomination

## Duties of a Governor.

The governor is the officer of RI in the district, functioning under the general control and supervision of the board. The governor shall inspire and motivate the clubs in the district. The governor shall ensure continuity within the district by working with past, current, and incoming district leaders.

## Responsibilities of the governor:

- (a) organizing new clubs;
- (b) strengthening existing clubs;
- (c) promoting membership growth;
- (d) working with district and club leaders to encourage participation in a district leadership plan as developed by the board;
- (e) furthering the Object of Rotary by providing leadership and supervision of the clubs in the district;
- (f) supporting TRF;
- (g) promoting cordial relations among the clubs and Rotaract clubs and between the clubs, Rotaract clubs, and RI;
- (h) planning for and presiding at the district conference and assisting the governor-elect in planning and preparing the PETS and the district training assembly;
- (i) conducting an official visit to each club, individually or in multi-club meetings, that maximizes the governor's presence to:

- 1. focus attention on important Rotary issues;
- 2. provide special attention to weak and struggling clubs;
- 3. motivate Rotarians to participate in service activities;
- 4. ensure that the club constitution and bylaws comply with the constitutional documents, especially following councils on legislation; and
- 5. personally recognize the outstanding contributions of Rotarians in the district;
- (j) issuing a monthly communication to each club;
- (k) reporting promptly to RI as required by the president or the board;
- (l) providing the governor-elect, before the international assembly, full information about the condition of clubs and recommended action to strengthen them;
- (m) assuring that district nominations and elections comply with the constitutional documents and RI's established policies;
- (n) inquiring regularly about the activities of Rotarian organizations in the district;
- (o) transferring district files to the governor-elect; and
- (p) performing any other duties as are inherent of an RI officer.

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## Promote the Rotary Peace Fellowship application launch on 1 February

Each year, Rotary awards fully funded fellowships for peacebuilders from diverse backgrounds to study at one of our peace centers located at premier universities around the world. This year, we'll select 50 peace fellows to study in our master's degree programs and 80 fellows to train through our one-year professional development certificate program — including at our newest center in Istanbul, Turkey.

2025 Rotary Peace Fellowship application is now available. Candidates have until 15 May to submit applications to The Rotary Foundation. Promote the fellowship to the peace and development leaders in your community and encourage them to apply. Thanks to generous support from our donors and the dedicated participation of Rotary members, more than 1,700 peace fellows have trained at Rotary Peace Centers since 2002 and are working in peace building, conflict prevention, and development roles in more than 140 countries.

## An Evening with Friends

An evening with friends was hosted by Rtn. Rajendra K Saboo ji and Usha Saboo ji at their residence. This is a continuing programme of Rotary club Chandigarh specifically to interact with newly inducted members, bonding amongst the members, retention of new members and promote the membership in the Rotary. It was well attended by Rtn. D P Singh, Ann Jyoti, Rtn. Hassan Singh Majje, Rtn. Vanita Arora, Ann Anuj Arora, Rtn. Ripudaman Vats, Ann Namarita



Vats, Rtn. A P Singh, Ann Mona Singh, Rtn. Anil Chadda and Ann Rajni Chadda

