



# Open Hand

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

CHARTER 15227 | CHARTERED ON 10TH MAY 1958

ISSUE 29 | 19 January 2026

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

## WARMTH OF LOHRI, WARMTH OF ROTARY

The cold evening of 12th January was transformed into a warm and vibrant night as the Rotary Club Chandigarh family gathered at the Rotary House to celebrate the festival of Lohri! The dhol beats had everyone grooving on the lawns, surrounded by the warmth of the golden red bonfire.

The air was filled with cheer, laughter, and infectious energy as Vice President Rtn. Rajinder Kaur led the singing group with her melodious voice, joined by Anne Madhavi Munjal, Rtn Lalitha Grover, PP Neena Singh, and Anne Neeru Malhotra. President Abha even joined in with a few soulful lines! The Mitha Mitha song "Gud Naalon Ishq Mitha" and the classic "Sundar Mundariye" had everyone dancing and tapping their feet.

Was it the warmth of the bonfire or the warmth of the Rotary family bond? Whatever it was, it was pure magic! The evening was filled with fun, frolic, and memories to cherish. And to top it all, the Mejie family treated everyone to a sumptuous dinner, complete with Gachak, Rewri, and Moongphali!

The evening was a testament to the power of community and camaraderie. Rtn Pradeep Kumar and Rtn spouse Pritpal Singh entertained the crowd with energetic songs, while everyone danced around the bonfire, soaking in the joy and warmth.

A huge shoutout to PP Hassan Singh Mejie and Anne Harkiran Mejie for their gracious hospitality, and to PP Manmohan Singh Kohli for organizing a delicious gourmet platter. The evening was conceptualized by PP Neenu Vij, and brought to life by President Abha and her amazing team, including Secretary Arun Agarwal, Rtn



Monday 19th January  
6pm

Learning From Experiences



**ADMIRAL SUNIL LANBA**  
PVSM, AVSM, PIG IN (RETD)  
Ex Chief Of Naval Staff



Rotary House, # 107a , sector 18,  
Chandigarh

Monday 19th January  
6pm

Fellowship Hosts



**Rtn Manmohan & Rtn Dr Nirupma Luthra**



Rotary House, # 107a , sector 18,  
Chandigarh

PICS ON PAGE 2

Lalita Grover, Rtn Prem Mahindroo, Rtn Sanjay Sharma, and the office staff.

The event was graced by the presence of esteemed Rotarians from other clubs, who were felicitated with a token of appreciation. We extend our gratitude to Assistant Governor Rajinder Singh Cheema, Assistant Governor Harpreet Singh Rekhi, and Presidents from other clubs, for joining us and making the evening even more special. Three cheers to Rotary Club Chandigarh for making it a Lohri to remember!

CONTINUED FROM PAGE 1

## WARMTH OF LOHRI, WARMTH OF ROTARY





Welcome

## Board of Directors 2026-27

CLUB MENTOR	PRIP R.K. SABOO
1) President	Rtn Teena Avninder Virk
2) Immediate Past President	Rtn Abha Joshi Sharma
3) President-Elect	Rtn Col. Alok Batra
4) Vice President	Rtn Sartaj Lamba
5) Treasurer	PP Rtn Anil Chadda
6) Secretary	Rtn Shabana Azam
7) Joint Secretary	Rtn Dr Aman Bhatia
8) Director, Club Service	Rtn Prem Mahindru
9) Director, International Service	PP Rtn. AP Singh
10) Director, Community Service	Rtn Arun Aggarwal
11) Director, Vocational Service	Rtn Lalita Grover
12) Director, Youth Service	Rtn Shiyva Sehgal
13) Counsellor Special Projects	PDG Rtn Madhukar Malhotra
14) Counsellor Strategic Planning	PDG Rtn Praveen Chander Goyal
15) Sergeant at Arms	Shuchita Luthra



## TB ERADICATION PROJECT

*Nutritional support is given to the TB Patients of Civil dispensary at Industrial area phase- 1.*



## CELEBRATIONS

### Birthday Greetings:

21 Jan Rtn Abhitesh Singh Sandhoo

22 Jan Rtn Dr Rajinder Kaur

22 Jan Rtn R K Taneja

22 Jan Rtn Manan Gupta

23 Jan Rtn Harpreet Chahal

23 Jan Rtn Atul Gandhi

25 Jan Rtn Dr Bhavneet Bharti

### Anniversary Greetings:

19 Jan Rtn Madhu Lalli & Sh. Hitinder S. Lalli

21 Jan Rtn Amit Jain & Ann Nidhi

24 Jan PP Prof Paramjit Singh & Ann Harjot Kaur 9814469688

9872700011

9815330911

9814128466

9876028770

9915715704

9872531109

9914208327

9991241122

9814125627

9814469688

With Best Compliments from  
Rtn Jagesh Khaitan



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## ROTARIANS TAKE BAPUDHAM CHILDREN TO DOLL MUSEUM - an everlasting Gift of PRIP Rajendra K Saboo to the City Beautiful.

**January 14:** Forty Seven children from Bapu Dham colony Rotary Vidya Sadan were taken for an outing to the International Dolls Museum at Bal Bhavan, Sector 23, today informed Rotary Club Chandigarh President Abha Sharma Joshi.

Some of the Rotarians present on the occasion included Abha Joshi Sharma President, Arun Agarwal, Secretary, Dr. Rajinder Kaur, Vice President, Lalita Grover, PJ Singh, Manmohan Luthra, Vivek Gupta, Prem Mahindru, Hassan Mejie. Rotaractors from Club of Chandigarh & AIMS Mohali present were Harshit Kedia, Hiral, Adarsh, Nagendar, Vidyotma & Puram. The Rotary Vidya Sadan teacher Divya & caretaker Sunita accompanied the children.

### Doll Museum

Countrywise doll Display windows covering almost all countries: Sweden, UK, Germany Italy Belgium, Russia, Japan, China, Malaysia, Thailand, Indonesia, India and more.

Theme Based: Ramayan, Eklavya's sacrifice, Sita's syamavar, Compassionate Buddha's & Wounded Deer, Shivaji & Jijabai. Maharaja Ranjit Singh in his first battle.

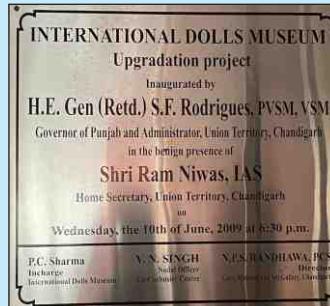
Tribes of India, Ali Baba & Forty Thieves, and much more.

After a roll call everyone sang the National Anthem. The hall reverberated with the beautiful symphony of Janganmunn sung in unison by the students of RVS. Rtn. Lalita was so impressed by it that she wished these RVS student be invited to Rotary Meeting to sing the national anthem.

The Children were divided into 6 groups of 7 children each, they were escorted into the doll Museum by One Rotaractor & one Rotarian.

At the end each child was presented one woollen sweater and refreshment pack. Thanks to Past President Rtn Hassan Mejie, who gifted a sweater and refreshments Pack for each child.

For most Rotarians this was their first ever visit to the Doll Museum and they were pleasantly surprised at the size and theme based presentation, it was all beyond expectation. PJ Singh commented he had been living in



Chandigarh for decades and yet this was his first visit to the Doll museum. Dr. Rajinder Kaur was all excited and all set to bring her grandchildren to visit the Doll museum.

Thanks and gratitude to PDG Madhukar

Malhotra who organised the school bus of Bhartiya Vidya Bhawan.

The Doll Museum is an everlasting gift from PRIP Rajendra K Saboo to the City Beautiful.

## प्रोजेक्ट "वृद्धि"

रोटरी एवं ताराविन की पहल



५० सिनाई प्रशिक्षण कक्षाएं  
महिला सशक्तिकरण हेतु

क्या सिनाई जाएगा?

टोट, बैग, पातुच, पोटली, बेडशीट, तकिया व कुशन कवर, टेबल क्लोथ,

वर्चां के कपड़े, बैंडी वियर, खिलौने आदि।

### कोर्स फीस:

- १ महीना - ₹ 600
- ३ महीने (स्टॉफिलेट) - ₹ 1,500
- ६ महीने (प्रोफेरेन्स) - ₹ 4,000

फीस किस्टर्स में भी जमा की जा सकती है।

### सिनाई मशीन व सामग्री उपलब्ध होगी

#### समय:

दोपहर 3:00 से 5:00 बजे (सोमवार-शनिवार)

दाखिले की अंतिम तिथि: 25 जनवरी 2026

कक्षाएं पारंग: 27 जनवरी 2026

#### संपर्क:

रोटरी वॉकेशन ट्रेनिंग सेंटर

107A, सेक्टर 18-A, पंजाबगढ़

0172-4015525

## RVTC PROJECT "VRIDHI"

Dear Members

We have started a new model for stitching school at RVTC. We intend to start the batch by beginning of February. I request All Dear Rotary family to help us in getting a batch of atleast 10 students by spreading the word to those who need. This is an endeavour towards empowerment by also helping the girls to get jobs or start their own ventures.

Sharing the flyer with you all.

Please help in making this project a Success.

Warm regards

President

Members who attended included President Abha Sharma, PDG Praveen Goyal, Dir. Youth Service Shivya Sehgal, PP Neena Singh, Dr. Bhavneet Bharati, Dr. Prakarsh Singh, Dr. Roma Uppal, Dr. Ardaas Sandhu, and Dr. Shabana Azam. PDG Praveen Goyal praised the session, highlighting the importance of balanced screen time. He explained that screen time has both positive effects (learning, communication, entertainment) and negative effects (eye strain, poor posture, mental health issues). Dr. Ardaas Sandhu discussed an intellectual panel on screen time and mental health, featuring experts from the Indian Psychiatric Society and other fields. He thanked President Abha Sharma for initiating the discussion, which provided valuable insights into managing screen time and its impact on mental health, especially for children. The session emphasized using screen time in a controlled manner to maximize benefits and minimize harm.

## Indian Psychiatric Society

### North Zone

AN INTERACTION WITH

Rotary Club, Chandigarh

ON

FRIDAY, JANUARY 16, 2026

## बात से बात निकलती है

Featuring

A TALK ON

"The Saga of Screen Time"

BY

Dr Gulbahar Sidhu and Dr Deepali Gul

FOLLOWED BY AN INTERACTIVE SESSION



GUEST OF HONOR  
Mrs Abha Joshi Sharma  
PRESIDENT, ROTARY CLUB, CHANDIGARH

Shivya Sehgal - Director Youth Service  
Neena Singh - Past President  
Dr. Bhavneet Bharati - Deput. of Paediatrics JGIMER  
Dr. Ardaas Sandhu - Deput. of Neuropsychiatry,  
GMCH, Sector 32, Chandigarh  
Dr. Shabana Azam - Counsellor, Hidayat Clinic, Sector 8,  
Chandigarh

Date: Jan 16, 2026

Time: 8:00 pm

Mumbai, Kolkata, New Delhi

Meeting ID: 997 8634 9731

Passcode: IPSNZ

JOIN ZOOM MEETING

<https://torrentpharma.zoom.us/j/99786349731?pwd=kvbGtQlHOArOfJSTk93mlV2hVz.1>



Dr. Rajesh Sagar  
President,  
IPS North Zone



Dr V.D. Meel  
Vice President,  
IPS North Zone



Dr Deepali Gul  
General Secretary  
IPS North Zone



Dr Sandeep Grover  
Honorary Editor  
IPS North Zone



Dr Gulbahar Sidhu  
Honorary Treasurer  
IPS North Zone

• *The Indian Psychiatric Society - North Zone interacts with society, including students and parents, to address mental health issues and remove stigma. This session discusses smartphone overuse and screen time solutions.*

## MEMBERS UPDATE

### International Rotary News



Heartiest Congratulations to RI Director Munganandam M on being appointed as Rotary International Vice President 2026-27

Truly a proud moment for the Rotary family. Congratulations to our own Sakshi Katyal on being appointed as the Chairperson of CII-IWN Chandigarh



Tricity Chapter. Wishing her great success ahead!  
today morning at Mumbai : The Race to Erase Cervical Cancer With Family Planning Association of India.  
Inspiring and motivating all.



Our dear member  
Rotary  
Nidhi  
Kapoor  
ran the  
Marathon



**BEWAJAH  
KHUSHIYAAN  
LUTAO  
COCA-COLA  
PILAO**

