



Rotary
CLUB CHANDIGARH



ROTARY INTERNATIONAL DISTRICT 3080

Open Hand

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

CHARTER 15227 | CHARTERED ON 10TH MAY 1958

ISSUE 30 | 27 JANUARY 2025

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

Wellness Power bank

Ms. Jas K Shan Wellness Coach | Motivational Speaker Movement Expert | Entrepreneur "Living your best chapter" Ms. Jas K Shan is known as WELLNESS POWER BANK in her work arena and a leading expert in world of Wellness. She has over 20 years of experience working extensively with people in senior, expert, and leadership positions concerning Wellness, Community Health and Education sectors locally, nationally and internationally. Jas K Shan, an acclaimed maverick is an entrepreneur, a Motivational speaker, Behaviour Analyst, Wellness & Energy Coach. She is famous for her poignant conversations, which moves the hearts of masses. She uses unique combination of Psycho Spiritual content, expression and language for instantaneous transformation in her audience. Millions of lives have been transformed by her interactive workshops and talks addressing day to

day concerns. She has been invited as a speaker at various platforms like twice at TEDx, CII Summit, IIM Sirmaur, PUNJAB Women Health Forum, A2 Foundation, Cardiologists summit in Dubai, Chitkara University, Chandigarh University, University of Fraser Valley – Canada, Shoolini university and many more.

She has exceptional experience in health & wellbeing and has extensively worked with individuals & groups to optimize 360 degree wellness including mental, physical, emotional, occupational, financial, social & spiritual. She has given her professional services across corporates like Axis Bank, Fortis, Alkem Labs, DELL India, Intas Pharmacy, Direct Dialogues, Infosys, SUFI IT Solutions, ITBD-New Jersey, Bigrox Entertainment, various NGO's & Rehabilitation centres.

Jas is Masters in Communication Studies from the Panjab University, Chandigarh. She has worked successfully and creatively, using body movements, soul grounding & expressions as an



effective tool of communication for all ages & purposes with the idea of self-exploration, optimization & healing.

Jas revolutionised the world of fitness with her company 'Dance Dacha' running successfully since 2010, which has been the second home for thousand of people across the world. With her unique concepts like 360 degrees dance fitness party, kitty with Goddesses, dynamic meditation and more, she stirred up the fitness world & led people on a path to be triumphant in all walks of life. She has various fitness credentials including certification from Certified Life Coach, AAFA (Athletics & fitness association of America), Zumba Fitness, Barefoot Body Correcons, Reebok Metabolic Facilitator, Pound-Fit, Pilates, Piloxing, Aqua Zumba & Many More She has worked with many different people, corporates & institutions in numerous ways around the world - Dubai, Hungary, Egypt, Switzerland, Thailand, Russia to name a few and has extensively travelled with her work.

The speaker Jas K Shan stressed upon the importance of writing your own script. We are the master of our destiny. We being the script writers, the directors and the actors in our own story. Very interestingly she took everyone take a leap of 5 years of each stage of their life and made them reflect upon the best chapter - The learnings and the take away from that chapter of their life. Her spirit and energy was very inspiring . She also shared how she belonging to very simple background has created her own life full of happiness, sharing and motivation not just for her self but for many many others. Vote of thanks was given by Rtn. Shrey Kumar and Fellowship Host Rtn. Nitin Peshawaria

-Rtn. Rosy Katyal



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

NEXT

MEETING

Adv Narender Pal Bhardwaj
talks to us on **Transfusion of
Law, Astrology & Hindu
Mythology** on 3rd February, at
Rotary House at 6 pm.

Sacred Heart school has been certified as Early Act club sponsored by Rotary Club Chandigarh to join the hands with children.



PML SD Public School has been certified as Early Act club sponsored by Rotary Club Chandigarh to join the hands with children.



Maharishi Dayanand Adarsh Vidyalaya has been certified as Early Act club sponsored by Rotary Club Chandigarh to join the hands with children.



The INTERACT CLUB of Bhavan Vidyalaya visited Pingalwara, Palsora, to celebrate NATIONAL GIRL CHILD DAY. Interact incharge Ms. Neeta Malhotra, Ms. Kiranpreet and Rtn. Teena Virk accompanied, 25 students, who donated groceries, eatables, woollens, and indoor games to support the residents. The students engaged in meaningful interactions and delivered a short speech on empowering girls and promoting gender equality. All were fortunate to meet Olympic and National team members from games for special

people, Bandana and Sushila, Gold and Bronze medal winners in Bocce and Bowling. The management of Pingalwara expressed heartfelt gratitude, and the experience deeply inspired everyone. This initiative instilled empathy and reinforced the importance of service, making the day truly memorable.

*Rotaract Club Chandigarh successfully executed four impactful projects On 19th January, 2025 at different locations in one day, Morning: Brewed with Love The day began with a chai langar where they



served ☕ 120 cups of tea and 150 biscuits at the Sector 32 Hospital Gate. In the afternoon, actively participated in the District Event Karwan 3080, engaging and collaborating with Rotaractors from across the district. Evening: Inspire & Ignite – Cervical Cancer Prevention Awareness Partnering with Rotaract Club of Nagpur Vision. The session was led by the esteemed Dr. Anusha Kamath (MBBS, MS, FMAS) to raise awareness and educate individuals on this critical health issue. Night: Project Rahat (Sponsored by Rotary Club Chandigarh) The day concluded with Project Rahat, where donated 40 blankets to underprivileged individuals in Panchkula, spreading warmth and hope.



Medical Camp at Gurudwara Sahib Daun



-We arranged Medical camp today ie 25Jan Saturday at Gurdwara Sahib Village Daun. This medical camp was taken up together with members from Inner wheel Club Chandigarh and Medical team of doctors and staff from AIMS Mohali. A total number of 136 patients benefitted from this camp. All the visiting patients were distributed with free medicines as per their prescription by the present doctors. Snacks and tea was served to all attendees. President Rtn. Jatinder Kapoor and Rtn Gurvinder Saggu from Rotary Chandigarh were present. Innerwheel Club members helped in arranging medicines and snacks led by Medha ji and her team.



Stitching school in Baal Bahaar



Innerwheel club chandigarh visited stitching school which has now been shifted to bal bahar, sector 8 chandigarh. There are now 12 students. They provided them with laces, beads, stones that can be used in making suits and dresses. they also given refreshments to students.

WINS



Menstrual Hygiene Management & Pads Distribution Drive for Girls and Gender Sensitization for Boys on 21/01/2025 (Tuesday) Time: 09:30 AM to 02:00 PM at Government Model Senior Secondary School Raipur wherein Number of Students Covered: 956 with Number of Pads Distributed: 450

Bhandara

Rotary Club Chandigarh organised Bhandara sponsored by Rtn Arun Agarwal on 20th Jan 25 at Sector 17 plaza. It was inaugurated by Mr Sanjiv



Goyal, IAAS Director Defence Accounts. More than 500 people benefited

Blood Donation Camp



A successful blood donation camp was held at the Rotary & Blood Bank Society Resource Centre Sec 37 Chandigarh on January 21, 2025. The noble event was organized by the Kohli family and the staff of Aroma Hotel in collaboration with the Rotary Club of Chandigarh. The camp was inaugurated by Rtn Jatinder Kapur President RC Chd and Mr. Satbir Singh Kohli. Mr Kapoor, who commended the initiative and emphasized the importance of community-driven efforts to save lives. A total of 56 dedicated volunteers participated in this life-saving activity, making a significant contribution to the cause. The camp saw an overwhelming response, with people coming forward to donate blood and support those in need. The 25th camp was dedicated to the loving memory of parents of PP Rtn Mr Manmohan Kohli and founder patron of the Blood Centre Mrs Saroop Kishen. The event was well attended by the members of the club.



CELEBRATIONS

Birthday Greetings:

30 Jan Rtn Jaiwant Singh Kang 9815120001

Anniversary Greetings:

29 Jan Rtn Harish Valecha & Kavita 9888420120

29 Jan Rtn Dr Seema Gupta & Gopal Gupta 9876028775

31 Jan Rtn Anil Gakhar & Aradhana 9815510520

1 Feb Rtn Kanwaljit S Sekhon & Sarabjit 9814014368

With Best Compliments from
Rtn Jagesh Khaitan



KUANTUM PAPERS LTD.
MANUFACTURERS OF
HIGH QUALITY WRITING & PRINTING PAPERS
W1A, First Floor, Tower A, Godrej Eternia
Plot No.70, Industrial Area, Phase 1, Chandigarh
Tel: 0172 5172737

GREWAL EYE INSTITUTE
GEI
The Most Trusted Name in Eye Care

Bringing future
of Eye Care
to Tricity



SCO: 168-169, Sector 9C, Chandigarh - 160 009 (INDIA)
+91 172 5056969 | www.gei.co.in | info@gei.co.in

Rotarian Code of Conduct

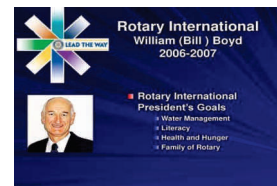
All members (Rotarians and Rotaractors) are expected to:

1. Act with integrity and high ethical standards in their personal and professional lives.
2. Deal fairly with others and treat them with respect, which includes adhering to Rotary's Diversity, Equity, and Inclusion Code of Conduct by using respectful language, being supportive, fostering a welcoming and inclusive environment, and celebrating diversity.
3. Use their professional skills through Rotary to improve people's quality of life their own communities and elsewhere in the world
4. Avoid behavior that reflects adversely on Rotary or other Rotary members.
5. Follow all codes of conduct for any Rotary-related event. In addition, district and regional leaders, including district governors will:
6. Comply with all applicable laws and regulations in conducting Rotary business and in their personal lives.*
7. Adhere to the provisions of Constitution of Rotary International and the Rotary International Bylaws, as well as to the provisions established by the RI Board in the Rotary Code of Policies.
8. Serve for the benefit of all members and participants in upholding Rotary's purpose, prioritize the interests of district members, and avoid even the appearance of impropriety in their conduct.
9. Foster an environment in the district that promotes safety,; courtesy, dignity, which includes promptly addressing any allegations of harassment.
10. Avoid using their office for personal prestige or benefit or to benefit family members or friends.
11. Act on what is fair to all concerned.
12. Promote transparency about financial information, compliance with all local and national laws relating to financial management, and adhere to Rotary's reimbursement policies for expenses.*
13. Use confidential or proprietary information for their intended purposes (never for personal ones), prohibit and restrict the disclosure, communication, and use of this information, and take precautions against any accidental disclosures. In addition to meeting the

expectations for all members and for governors, directors will:

14. Act in the best interests of all members and of RI as a whole (not just of the zones they were elected from), adhere to their duty of loyalty to RI, act independently of any inappropriate influence, and put the interests of the association first.
15. Follow the Board's Conflict of Interest Policy, which is designed to preclude even the appearance of impropriety regarding the Board's actions, and thus refrain from accepting any offers, gifts, or favors in exchange for influencing or taking a position on any item that the Board will consider.
16. Carry out their responsibilities with diligent and appropriate care, including asking reasonable questions, gathering as much information as they can before making a decision, and generally being as prudent as anyone in a similar position would be in similar circumstances.
17. Weigh the potential impact of their decisions, which often has a significant impact on various groups and individuals, in a way that is consistent with The Four Way Test, treats equally all the people who will be affected, and thus maintains members' confidence that the Board acts fairly and in the best interests of the association.
18. Report any suspected or potential violations of this code to the general secretary or the RI president and encourage other Board members to do so in order to ensure that people comply and that the goals of the code are accomplished.
19. Review this code of conduct during their orientation and then at least annually and acknowledge that they have read it, understand it, and will comply with their responsibilities under the code. If the general secretary or RI president learns that a director has potentially violated this code, they will provide all the details they can to the Board's Executive Committee. The committee will then obtain all relevant information and take action as it deems appropriate, including providing counsel to the alleged violators and offering the full Board recommendations for corrective action. Only the Board can take disciplinary action against a director.

NEWS



It is with a very heavy heart that we share the news that Past RI President William "Bill"

B. Boyd passed away earlier today i.e 22nd. Jan, 2025. As you may know, Bill served as President of Rotary International in 2006-07 (Rotary Theme : Lead the way) and as Chair of The Rotary Foundation in 2011-12.



-Awardees honored at the Republic Day celebrations at Bhavan Vidyalaya, Chandigarh The songs and dance performances were not the usual but patriotic and memorable

Rotary
Chandigarh

PALMS

आयुष्य

2025 District Conference

HOST CLUB : ROTARY CLUB CHANDIGARH CENTRAL

VENUE : The Palm, Zirakpur DATE : 8-9th March, 2025

REGISTER NOW

₹4500/- Single Entry ₹8000/- Couple Entry

Registration with FREE GIFT Extended upto 31st December, 2024

FOR PAYMENT SCAN ME

YOU CAN ALSO PAY DIRECTLY IN BANK ACCOUNT
Name : Rotary Club Chandigarh Central
Bank : Central Bank of India, Sector 18
Account No. : 5710999510
IFSC Code : CBN0283194
97808 12581

FREE GIFTS
LUXURY FRAGRANCE

You can pay online (Show Barcode/QR Code)

Rotary Club Chandigarh Central

