



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

Francesco Arezzo
ROTARY INTERNATIONAL PRESIDENT
2025-26

Ravi Prakash
DISTRICT GOVERNOR
RI DISTRICT 3080

Abha Joshi Sharma
CLUB PRESIDENT

Arun Aggarwal
CLUB SECRETARY

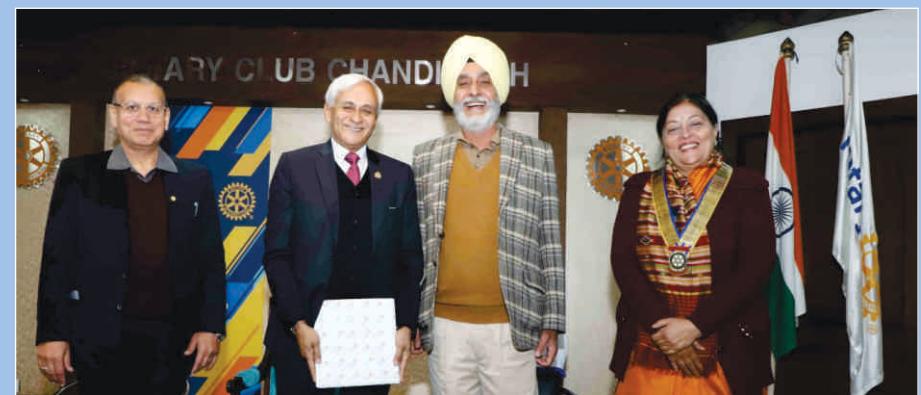
STRENGTHENING NATIONAL SECURITY: INSIGHTS FROM ADMIRAL SUNIL LANBA

The Monday meeting of Rotary Club Chandigarh commenced with President Abha J Sharma updating members on office projects, setting the stage for an evening of enlightenment. PDG Madhukar Malhotra then introduced the guest speaker, Admiral Sunil Lanba, Ex-Chief of the Naval Staff, highlighting his distinguished career and expertise.

Following the introduction, Admiral Lanba took the stage, captivating the audience with his talk on national security. President Abha welcomed him, expressing the club's honor in hosting him, and thanked him for sparing time despite a medical urgency. Admiral Lanba began by explaining the command structure of the Armed Forces, highlighting the Navy's operational commands in Mumbai and Vizag, and the importance of maintaining minimum force levels. He emphasized the need for ships to be kept ready and fully equipped with ammunition, mirroring the preparedness of the Army and Air Force.

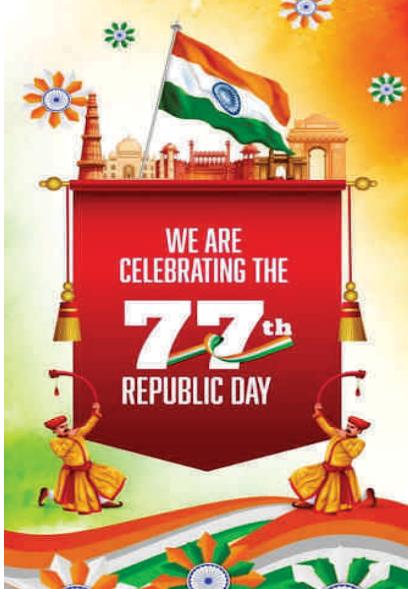
As Chief of Naval Staff and Chairman, Chief of Staff Committee from January 2017 to May 2019, Admiral Lanba shared valuable insights. He noted that India has never initiated conflict since 1947, instead reacting to situations, and highlighted the collaborative planning among the Armed Forces. He cited the Pulwama incident, where forces united to discuss and plan, presenting their strategy to the CCS for approval.

Admiral Lanba stressed the importance of regular exercises and tri-service drills to validate plans, referencing the Pahalgam incident as a heinous terrorist



attack. He emphasized India's challenging neighborhood, with China's rapid military growth, capturing 65% of global shipbuilding and outbuilding the next 10 largest navies. However, he noted India's advantage in the Indian Ocean region, contrasting

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No Monday meeting
on 26 January



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with China's strength in the Western Pacific.

In conclusion, Admiral Lanba emphasized the need for India to invest in military capability, enabling the nation to negotiate from a position of strength. He acknowledged progress over the past 10-15 years but stressed that there is still a

long way to go in achieving national security goals. Rtn Col H S Chahal expressed the club's gratitude to Admiral Lanba for his insightful talk. The evening concluded with a sumptuous fellowship hosted by Rtn Manmohan Luthra, providing members with an opportunity to engage with the distinguished guest.



Rotary Peace Summit Inspires Youth to Build Bridges, Not Walls

The Rotary Peace Summit, held at IMS UNISON University Campus, Dehradun on January 17, 2026, brought together youth and experts to discuss peacebuilding and conflict resolution. The event, hosted by IMS UNISON University and supported by Rotary Action Group for Peace, featured Dr. Anil Subbarao Paila, Vice Chancellor of IUU, as chief guest, and District Governor Ravi Prakash as Guest of Honour.

In his opening remarks, PP AP Singh shed light on the concept of peace, elucidating positive peace, negative peace, inner peace,



and outer peace. He substantiated the mission of Rotary, emphasizing peacebuilding and conflict resolution.



Keynote speaker Saurabh Bhandari shared his experience in Mitrovica, Kosovo, highlighting the power of dialogue in conflict resolution. He emphasized that peace starts with the courage to initiate dialogue, praising the UN's adoption of June 10th as International Day for Dialogue among Civilizations.

The summit included a panel discussion on "Is Peace Possible?" moderated by District Peace Co chair Prof Charanjit Singh, with experts emphasizing the need for inner peace, regular meditation, and structured peace education. Students presented their perspectives on peace, and a skit demonstrated how language can impact harmony.

The event concluded with a call to action, inspiring youth to build bridges, not walls, and empower a peaceful future. District Governor Ravi Prakash encouraged youth to develop a positive mindset to resolve global conflicts, while Dr. Paila emphasized the Rotary Peace Pole's motto: "May Peace Prevail On Earth".

GRATITUDE FROM PRESIDENT ROTARY CLUB CHANDIGARH

We are grateful to President Dr. Sanjeev Goelji of Rotary Club Ambala for having extended a Selfless Humanitarian medical service to a needy patient Dinesh Kumar S/o Sharan Das. The case was referred to the President of RC of Ambala Rtn. Sanjeev

Goel and recommended by Rotarian Dr. Upneet Lalli of RC of Chandigarh. The patient needed emergency treatment to save his life with a procedure costing ₹3.0 lacs. In True Rotary spirit the surgery was done and a valuable human life saved and ₹2.82 lacs of the surgery cost were

waived off. Appreciation is expressed on behalf of the Board of Directors and the Entire Rotary Club Chandigarh family, appreciates this magnanimity of RC of Ambala & The Rotary Hospital Ambala."

This indeed is the MAGIC OF ROTARY

CELEBRATIONS

Birthday Greetings:

30 Jan Rtn Jaiwant Singh Kang 9815120001

Anniversary Greetings:

26 Jan PDG Praveen Chander Goyal & Ann Basu 9814143499

27 Jan Rtn Dr Parikshit Ranjan Jawa & Ann Vasvi Adarsh 80800 81000

28 Jan Rtn Manmohan Luthra & Ann Dr Nirupam 9815301000

29 Jan Rtn Dr Seema Gupta & Sh. Gopal Gupta 9876028775

31 Jan Rtn Anil Gakhar & Rtn Aradhana 9815510520 9814013365





Government Model Senior Secondary School RC 1, Maloya Chandigarh conducted the MHM (Menstrual Hygiene Management) session, and it went very well. The session was coordinated by Ms. Neha

Facilitators: Ms. Vinita Shah, Ms. Kirti and Mr. Inderpal

Total Sessions Conducted: 06

Total Students Covered: 492

Students Covered: Class 6th to 10th students

Blood Donation Camp January 16, 2026

A blood donation camp was successfully organised by the Rotary Club Chandigarh at Milestone Gears Ltd., Baddi.

A total of 41 individuals generously donated blood for this noble cause.

Thanks & regards,
Blood Centre-37, Chandigarh

M/S MILESTONE GEARS LTD.

ORGANISING

VOLUNTARY BLOOD DONATION CAMP



IN ASSOCIATION WITH
ROTARY CLUB CHANDIGARH.

FRIDAY : 16.01.2026
TIMING: 10:00 AM TO 2:00 PM

**CAMP VENUE : UNIT 8, JHARMAJRI,
BADDI**



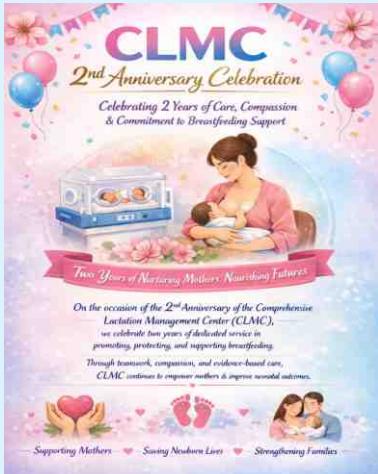
Pads distribution drive

1. GMHS Sector 25 (No. of pads Distributed 300)
2. GMSSS Maloya Village (No. of pads Distributed 200)
3. GMSSS Sector 39C (No. of pads Distributed 350)

Facilitators: Ms. Pooja and Mr. Vishruth



Human Milk Bank Project



In year 2024

1. Total amount of milk collected - 79340 ml (approx 80 L)
2. No. of mothers who donated milk - 479
3. No. of babies served - 134

In year 2025

1. Total amount of milk collected - 137245 ml (approx 140 L)
2. No of mothers who donated milk - 543
3. No of babies served - 144

MEMBERS UPDATE



TB Eradication Drive

Distribution of food packets to TB patients was carried out today. Total of 470 kits in 12TB cells at different dispensaries of Chandigarh will be covered .
Secretary Rtn. Arun Aggarwal,
Director Community Services
Rtn. Rosy Katyal and
Rtn. Alok Batra
were present for coordinating the activity.



MEDIA COVERAGE

सुन्दर मुंदरिए हो... ओ तेरा कौन विचारा...



सिटी लाइफ 15-01-2026

र एक दूसरे का लेखी, मुंगफली, गजक और पौंछकार्न

... ताकि बच्चों को विदेशी संस्कृति और पहचाने का प्रता लगे

