Rotary CLUB CHANDIGARH | UNITE FOR GOOD

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

EXPLORING YOGA AND NEUROSCIENCE

The Monday meeting of the Rotary Club was called to order by the Sergeant at Arms, and President Abha J Sharma welcomed members from various clubs, fostering a spirit of camaraderie and shared learning. Notable attendees included President Inner Wheel Kavita Arora, Secretary Poonam Aggarwal, Rtn Rina Gupta, and Vaibhav Kapoor, grandson of PP Vinod Kapoor, adding to the vibrant atmosphere of the gathering.

PP Neenu Vij warmly introduced Dr Akshay Anand, a renowned neuroscience expert. The guest speaker, Dr. Akshay Anand, captivated the audience with his expertise in neuroscience and yoga, showcasing his remarkable career spanning over 26 years. A graduate of PGIMER, Dr. Anand's academic and professional journey is marked by excellence, with post-doctoral training at the University of Kentucky and faculty positions at PGIMER.

Dr. Anand's research focuses on neurodegeneration, ALS, and AMD, with a special interest in yoga's therapeutic effects on the human brain. He shared groundbreaking studies and RCTs, highlighting yoga's positive impact on ageing neurodegenerative disorders like Alzheimer's and Dementia. His work demonstrates a unique blend of traditional wisdom and modern science, offering new avenues for wellness and therapeutic applications.

The audience, comprising Rotarians and Rotractors from various clubs, including RAC AIMS, RAC College of Architecture Chandigarh, and RAC Mohali, was

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Exploring Yoga and Neuroscience

engaged and inquisitive. Dr. Anand addressed questions with attention and enthusiasm, sharing insights on the interrelationship between yoga, breathing techniques, and meditation. His talk emphasized the potential for yoga to relax the mind and body, promoting overall well-being.

The fellowship was hosted by Rtn Susheel Gupta, adding to the warmth of the evening. Dr. Anand's achievements include numerous awards, such as the Padma Award nomination, DSc (Yoga) from SVYASA, and the Yog Rattan award from the Government of Punjab. His inspiring presentation left a lasting impression on the audience, highlighting the significance of yoga and neuroscience in modern medicine.

The President also announced that the next event would be a picnic at the farm house of Rtn PJ Singh and Rtn Rajinder Kaur on 22 Feb, inviting all members to join in for a fun-filled day. The meeting provided a platform for knowledge sharing, networking, and community building, reflecting the Rotary Club's commitment to promoting understanding and service. As the meeting concluded, attendees departed with a renewed sense of purpose, inspired by Dr. Anand's words and eager to explore the intersection of yoga and neuroscience further.

CELEBRATIONS

Birthday Greetings:

18 Feb	Rtn. Reema Dewan	9779021054
20 Feb	PP Rtn Vivek Gupta	9876313333
21 Feb	PP Rtn Jaspal Singh Sidhu	9814100678

Anniversary Greetings:

16 Feb	Rtn Dr Raman Abrol & Dr Rachna	9872813387
16 Feb	Rtn Vinod Chadha & Sarita	9779377377
17 Feb	Rtn Dr Nusrat Shafiq & Dr Ashok Jaryal	9478000822
18 Feb	PP Rtn Anil Khanna & Alka	9316135981
18 Feb	Rtn Nagina Bains & Sanjeet S Bains	9814204840
19 Feb	Rtn Sangeet Sharma & Poonam	9876610996
21 Feb	Rtn Baljit Singh Gill & Jaspreet Kaur	9356868058

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Government Model Senior Secondary School Khuda Lahora, U.T Chandigarh conducted the WASH (Water Sanitation and Hygiene) The session was coordinated by Mr. Ravinder Singh

Facilitators: Mr. Inderpal, Ms. Tanishqa and Mr. Rajinder Singh

Total Sessions Conducted: 04

Total Students Covered: 796

Students Covered: Class 1st to 10th

Government Model High School Karsan Ramdarbar, Chandigarh MHM (Menstrual Hygiene Management) session was coordinated by Ms. Komal

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

Total Sessions Conducted: 06

Total Students Covered: 359

Students Covered: Class 6th to 10th students

Government Model Senior Secondary School Khuda Ali sher, Chandigarh

WASH (Water Sanitation and Hygiene) session, session was coordinated by Ms. Rinku

Facilitators: Mr. Inderpal, Ms. Kirti, Ms. Tanishqa, Mr. Rajinder Singh and Mr. Vishrut

Total Sessions Conducted: 10

Total Students Covered: 842

Students Covered: Class 1st to 10th

Session Details – School 1:

School Name: Government Model Senior Secondary School, Sector 22-A, Chandigarh

Topic: WASH (Water, Sanitation, and Hygiene)

Session Coordinator: Mr. Parwinder Tangri

Facilitators: Mr. Inderpal, Ms. Kirti Bhardwaj, and Mr. Rajinder Singh

Total Sessions Conducted: 06

Classes Covered: Class 1st to 10th

Total Students Covered: 339

Session Details – School 2:

School Name: Government Model Senior Secondary School, Sector 45-C, Chandigarh

Topic: WASH (Water, Sanitation, and Hygiene)

Session Coordinator: Ms. Roseleen

Total Sessions Conducted: 06

Classes Covered: Class 1st to 10th

Facilitators: Ms. Mamta, Ms. Tanishqa, and Mr. Vishrut

Total Students Covered: 674

The sessions were interactive and impactful, with active participation from the students.

PROJECT HEARTLINE

Surgery # 798: Anmol, 7 months old boy from Jammu Basti Jalalabad, District Fazilka, (Punjab), was successfully operated upon at Fortis Hospital by Dr. Rajat Gupta . It was a case of hole in heart (VSD closure). His father Mr. Akash Kumar is a rag-picker and having monthly income of Rs.5,000.

This was the 4th surgery of Rotary Year 2025-26.

The Inner Wheel Club has contributed funds for Surgery of Heartline Project Patients. The President Kavita Arora and Secretary Poonam presented a cheque of 1.7 lakhs to the President Rotary Club Chandigarh . Chair Heartline Project, PP Vijay Wadhawan was also present .

120 Beds for Neo Natal ICU ward,GMCH, Sector 32,Chandigarh

Signing of MOU

Under the dynamic leadership of DG Ravi Prakash, Rotary District 3080 proudly marks the signing of the MOU for providing 120 special beds with side lockers to the Intensive Care Neonatal Wing of Government Medical College & Hospital, Sector 32, Chandigarh.The MOU was signed by President Abha Joshi Sharma and Dr. G.O. Dhami, Director Principal, GMCH,Sector 32,

Project Value: ₹50 Lakhs

Present on the occasion:

* Rtn. Deepak Sood – District Chair CSR

* Rtn. Anil Chadha – Committee Chair

* Rtn. Abha Joshi Sharma – President, RC Chandigarh

* Prof. Dr. G.P. Dhami – Director Principal

* Prof. Dr. Deepak Chawla – Head, Neonatal Wing

This initiative is a significant step towards strengthening neonatal healthcare infrastructure and supporting countless newborn lives.

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