



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  
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1991-92

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ROTARY INTERNATIONAL PRESIDENT  
2024-25

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DISTRICT GOVERNOR  
RI DISTRICT 3080

JATINDER KAPUR  
CLUB PRESIDENT

PREM MOHINDRU  
CLUB SECRETARY

## EDUCATION AS A TOOL OF EMPOWERMENT AND POSITIVE PEACE

The Club meeting held on 10th February, the members had the privilege to listen to Dr. Anu Narula who is a retired Professor of English, a long time active Rotarian, and a mother of twin teens! Anu started her career as a Lecturer in English at the Government Girls College in Kota, Rajasthan in India in 1984. Anu first joined Rotary at the RC of Kota, Rajasthan in India in D3054 in 1995. Anu continued her journey as a Rotarian with the RC of Chandigarh in D3080 from 1998 to 2003 after joining her job as an Associate Professor of English at Panjab University. Anu served in health, literacy, and polio vaccination camps in D3054 and D3080 from 1995 to 2003. In a career spanning 25 years, Anu has taught and learnt from teaching English, American, African

American, and Multi-Ethnic literatures at Universities in India and in the US. In 1995, Anu was awarded the Fulbright Doctoral Fellowship to visit Yale University in the US for doing research towards her Ph.D. In 2003, Anu migrated to the US after getting married with her husband Dr. Chaitanya Narula who is a retired Distinguished Research and Development Scientist. Anu is a member of the Board of Directors of the Basic Education and Literacy Rotary Action Group (BELRAG), the Girls' Education Chair of BELRAG, Institute of Economics and Peace Ambassador, and D6910 BELRAG Ambassador. Anu is currently serving as the International Service Chair and Peace builder Club Committee Chair of the Rotary Club of Canton in Georgia in D6910 and as a Content Writer in the D6910 Public Image team. She enthralled the audience



with her presentation titled EDUCATION AS A TOOL OF EMPOWERMENT AND POSITIVE PEACE. She explained about the journey to Yale as a Fulbright doctoral fellow took her from being an educator of English to being a student of English literature, all over again. The interactive format of learning and a variety

of field trips enabled her to discover the "common ground" of cultural diversity, and the values of freedom and democracy that America shares with India. According to her The Eight pillars of Positive Peace are the following:

- Well functioning government
- Equitable distribution of resources
- Free flow of information
- Good relations with neighbors
- High levels of human capital

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

**NEXT** MEETING

Rtn. Baldev Garg Chartered Accountant talks to us on Recent Union Budget  
Monday 24 February 2025 at Rotary House at 6 pm

## YOUTH SERVICES

-ROTARACT CLUB JURIS SOCIAL held a clothes donation drive at slum area of Sector 25 and Sector 38 W. Cash collected from the members &



students was used in buying warm blankets for distribution amongst the needy.

-ROTARY CLUB CHANDIGARH has sponsored a new club for law students. On 12th February 2025, the newly sponsored ROTARACT CLUB JURIS SOCIAL, started their series of "Spreading legal awareness, one step at a time." They successfully organized a Legal Awareness Camp



in Bhankharpur village, aiming to educate the community about their rights and responsibilities. The camp focused on empowering individuals with legal knowledge, ensuring they have access to justice and the resources they need.

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## EDUCATION AS A TOOL OF...

- Acceptance of the rights of others
- Low level of corruption
- Sound business environment

She further shared that Education is a Catalyst of Peace . Education equips you to build your skill sets to be a problem solver and find ways of resolving conflicts with a data driven approach. She drew the attention to The Central Asian Institute website which lists top 10 ways in which Education promotes peace:

- Education boosts confidence and hope
- Education promotes independent thinking
- Education inspires problem solving skills
- Education builds communication skills
- Education opens doors
- Education reduces poverty
- Education increases political involvement
- Education reduces support of terrorism and militancy
- Education builds Empathy and Tolerance
- Education cultivates respect

She concluded her talk with a quote from Confucious "Education breeds confidence. Confidence breeds hope. Hope breeds peace." According to her The Call for Action is : Let's find ways to use the "Power of Education" as a Catalyst for fueling the "Magic of Rotary. She has also published about the journey of her life in her poetic memoir, "Dancing Daffodils" available on Amazon. Anu truly believes in "Service Above Self" as the mantra that gives wholesome purpose to her life, just like parenting. Anu likes to invest all of her heart and soul in everything that she does in life. Monday evening fellowship was hosted by Rtn. Aman Aggarwal.

**Rtn. Abha Joshi**

## NEWS

-Rtn Dr Anu Narula from Rotary Club of Canton in Georgia Distt 6910 USA came to chandigarh on 10 February 2025 to visit our club and to see the various projects being carried out by RCC. She also visited Vidya Sadan , Bal Bahar,



RVTC Hall of Fame, Rotary Blood Bank, Human Milk Bank in Govt medical college Mohali apart from the visit to Stitching center , Beauty parlor training school and computer school in RVTC She also participated in the Program of Vimukti Yatra at RVTC on 12 February 2025 She commended the good work done by Rotary club chandigarh while serving the community.

- Tuesday 11th February 2025: PDG DINESH GUPTA DONATES 18 KILOS OF WOOL FOR RUG MAKING.MBCT Well-wisher Nakesh Jindal, Patron, Red Cross



Society Fatehgarh Sahib accompanied by PDG Rtn. Dinesh Gupta, from RC of Sirhind& President Rtn. Sunita Puri, from Rotary Club GobindgarhGold were welcomed at MBCT. They were given a tour of the different skilling departments and a digital presentation of its outreach activities. The guests interacted with the artisans of Phulkari Makers Self Help Group and praised the hand crafted items produced by the rural artisans. PDG Rtn. Dinesh Gupta donated 18kgs of wool to Kulbir Kaur MBCT Rugs Making Trainer.



-Ms. Aashna Gakhar daughter of Rtn. Anil Gakhar and Ann Aradhana Gakhar well written an article which was published on 16th. February,2025 in Hindustan times where she narrated the tale of chandigarh which have been impacted by rising pricing of real estate , affordability of city residents ,

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On 12th of February 2025, ROTARY CLUB CHANDIGARH & ROTARY TRICITY came together to felicitate a brilliant initiative on addiction prevention. Rotary Club of Mandvi, Kutch planned a PAN INDIA CAR TOUR\*Vimukti Yatra \* \_ 10,000 km Road Trip for Awareness on Addiction Prevention & Mental Health.



Addiction and mental health issues are growing concerns Globally, affecting millions of individuals and families. Despite increasing awareness, there is still a stigma surrounding these issues, preventing people from seeking help. To address this, Vimukti Yatra, a 10,000 km road trip, aims to spread awareness, educate communities, and advocate for addiction



## CELEBRATIONS

### Birthday Greetings:

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

### Anniversary Greetings:

<b>17 Feb</b>	Rtn Dr Nusrat Shafiq & Dr Ashok Jaryal	9478000822
<b>18 Feb</b>	PP Rtn Anil Khanna & Alka	9316135981
<b>18 Feb</b>	Rtn Nagina Bains & Sanjeet S Bains	9814204840
<b>19 Feb</b>	Rtn Sangeet Sharma & Poonam	9876610996
<b>19 Feb</b>	Rtn Ravinder Gupta & Komal	9876829724
<b>21 Feb</b>	Rtn Baljit Singh Gill & Jaspreet Kaur	9356868058
<b>23 Feb</b>	Rtn Geetika Rao & Rtn Varun Rao	7265000007 9915000007



prevention and mental health across India.

Host Rotary Districts Dist 3141 & 3055 and Host Clubs Rotary Club of Addiction Prevention 3141, Rotary Club of Mumbai Mulund East (3141), Rotary Club of Mandvi Kutch (3055) Conceptualized by Rtn Dr Siddharth Udeshi, President 24-25 ,RC Addiction Prevention 3141

The primary goal of Vimukti Yatra is to create a nationwide movement focusing on:

- **Addiction Prevention:** Educating individuals about the harmful effects of substance abuse and promoting healthier alternatives.
- **Mental Health Awareness:** Encouraging open conversations, reducing stigma, and highlighting the importance of mental well-being.
- **Community Engagement:** Involving local leaders, educators, students, healthcare professionals, and policymakers to build a strong support system.

The yatra will span across 17 Indian states and 26 Rotary Districts, covering diverse regions, cultures, and communities to ensure maximum outreach and impact.

## Key Activities includes

### 1. Public Awareness Campaigns

- Street plays, interactive sessions, and expert talks at schools, colleges, and community centers.
- Social media and digital campaigns to amplify the message.

### 2. Workshops & Counseling Sessions

- Mental health experts and addiction recovery professionals to conduct workshops.
- Free counseling sessions and resource distribution for individuals and families in need.

### 3. Collaboration with Stakeholders

- Partnering with Rotary Clubs, NGOs, educational institutions, government agencies, and healthcare professionals.
- Engaging local influencers and youth icons to drive engagement.

### 4. Media & Documentation

- Real-time updates through social media, blogs, and videos.
- Documenting success stories and case studies for long-term impact.

## Expected Impact

- Reach as many people as possible directly and indirectly through on-ground and digital initiatives. Empower youth and communities with the knowledge and resources to combat addiction and mental health challenges.

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With Best Compliments from  
**Rtn Jagesh Khaitan**



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- Build sustainable networks of support groups and mental health champions in different states.

## Conclusion

Vimukti Yatra is more than just a road trip—it is a start to war against Addiction. By access to resources, this initiative will create a lasting impact in the fight against addiction and mental health issues in India.

## Call to Action

We invite Rotary Clubs, organizations, institutions, and individuals to join hands in this transformative journey.

Together, we can make a difference!

The yatra began on January 26, 2025 (Republic Day), and conclude on February 23, 2025 (Rotary Day).

Their motto, we can build a stronger, healthier, and more compassionate community.

The occasion was graced by the presence of PRIP Raja Saboo, DG Rajpal Singh, PDG Madhukar Malhotra, PDG Praveen Goyal, IPP Rtn Anil Chadda, Rtn PR Ramneek Sharma, President Jatinder Kapoor, Secretary Prem Mahindru, Secretary Elect Arun Agarwal, District Chair EARLYACT Salil Bali, Teena Virk Director Youth Service RCC, President Elect RCC Abha Sharma, Yamuna Nagar Riviera President Sanjeev Sethi, and 45 Rotaractors and other Rotarians

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distortion in the social fabric and architectural transformation.

-Chandigarh Rotary club service trust got the duplicate copy from Registrar of firms and Societies which was lost/misplaced by trust after the continual efforts. Special thanks to Rtn. Pawan Pahwa and Rtn. Vinod Kapoor for initiating the move which took place in the year 2022-23.

-Congratulations to Rtn. Anil Chadda who has been awarded spotlight star by District Governor Rtn. Rajpal Singh for the outstanding performance and exemplary service towards Rotary and its causes.

-International Assembly of 2025 in Rosen Shingle Creek ~ Orlando, USA on February 10 / Day 2, Rotary International President 2025-26 MARIO CESAR MARTINS DE CAMARGO delivers his Presidential Address at the 2025 International Assembly in Orlando USA. MESSAGE: "UNITED FOR GOOD" is directly in line with Rotary's Plan of Action.

Rotary International's 2025-26 presidential theme, "Unite for Good," introduced by President-elect Mário César Martins de Camargo, emphasizes the importance of growth, service, and connection among members. This theme aligns seamlessly with Rotary's Action Plan, which is structured around four key priorities:

1. **Increasing Our Impact:** By uniting for good, members collaborate on service projects that address pressing global



challenges, thereby amplifying Rotary's positive influence.

2. **Expanding Our Reach:** Fostering unity and connection encourages the inclusion of diverse members and partners, broadening Rotary's network and extending its service capacity.

3. **Enhancing Participant Engagement:** A focus on service and connection ensures that members find purpose and fulfillment in their involvement, leading to deeper engagement and commitment.

4. **Increasing Our Ability to Adapt:** Embracing growth and collaboration equips Rotary to remain agile and responsive to evolving community needs and global circumstances.

By championing the "Unite for Good" theme, Rotary reinforces its dedication to these strategic priorities, ensuring that its efforts are cohesive, impactful, and aligned with its long-term vision.

**Rtn Mohan Kumar K V**

-On 12th February 2025, Rotary Club Chandigarh Central donated the 2nd and final batch of special Silver Line Bandages worth ₹1 crore, completing their total donation of ₹2 crore, to GMCH Sector 32, Chandigarh.

