



Rotary
CLUB CHANDIGARH



ROTARY INTERNATIONAL DISTRICT 3080

Open Hand

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1991-92

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2024-25

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RI DISTRICT 3080

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Bird watching is a getaway to understanding nature

This Monday meeting was related to a altogether separate subject well delivered by Ms. Rima Dhillon (Founder member of Chandigarh Bird Club). She was introduced by Rtn. Abhishek Verma presenting her passion towards birds. He further informed that Rima Dhillon is the founding member of the Chandigarh Bird Club, established in 2010. She served as Secretary from 2010 to 2022 and currently is the President of the club. She leads initiatives such as field trips, school presentations, birdwalks, and events like the Waterfowl Census, Big Bird Day, Great Backyard Bird Count and House Sparrow Day. Her passion for birding began at age 7 in Shimla, inspired by birds around her school and the Saturday Nature Walk which was a part of the curriculum. She further developed her interest with

The Book of Indian Birds by Salim Ali. Rima is an executive member of the Avian Habitat & Wetland Society and a life member of the Field Ornithology Group of Sri Lanka (FOGSL). During her time in Sri Lanka (2003-2005), she gained valuable birding experience. She has also served two terms on the Punjab Wildlife Board, advocating for habitat conservation.

World Wildlife Day is celebrated on the third of March which is to coincide with the signing of the science which is a convention on the International Trade in Endangered Species of White Floide and Fauna .SITES was created to save apart the existence of plant and animal species today. The biggest set to wildlife is habitat change due to human interference. It is by encouraging our populations to take an interest in all religious creatures that we can vote to work towards their conservation as a part of the initiative to prevent exploitation, illegal trade and habit damage



especially related to words. During her presentation, she said we are all connected by a shared appreciation for nature, of which a major part is the alien world in a world increasingly dominated by electronic screens and work schedules. Society has become safe and modern and inclusive, but watching is an invitation to slow down, observe and immerse in the beauty of her surroundings. It offers a chance to reconnect with nature, with ourselves with one another. Each bird encounter tells a story revealing the marvels of migration, the intricacies of its ecosystem, and the delicate balance on which our environment is placed. Birds are one of the most resilient of god's creatures that can be found in all habitats and Terras on earth, from the snow-covered poles to the hosts, from the hottest to the coldest deserts, from the equator and the tropical to the Temperate region. Birds are living dinosaurs

carrying a legacy that date millions of years.

Changes in bird populations always signal shifts in fundic habitat degradation and pollution levels. Declining numbers of insect eating birds, much like the sparrows, can indicate pesticide overuse. Birds have inspired some of the greatest human inventions based on their extraordinary ability to hear, see and fly. Modern drones have been influenced by the hovering techniques of kestrels and hummingbirds. The study of albert flight patterns has

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NEXT MEETING

Mr. Rupender Kumaria Ex Regional Manager SBI Talks to us on Navigating Nominations & Wills: Safeguarding Your Legacy on 17th March 2025 at Rotary House at 6 pm.

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

-Women day was celebrated today at Rotary Vidya Sadan Bapudham. 36 women of the colony participated. Rtn Seema Gupta told the participants about Rotary. Teacher Ms Poonam read the progress report of the school. Teachers Ms Sonia and Ms Divya who had done



their training in RVTC and are now employed in Bapudham, shared their success stories and gave information about the course. Rtn Sartaj Lamba's team apprised the women about course in driving and elder and child care. PP Rtn Neenu Vij and Rtn Seema Gupta motivated girls to do well in life. Fun games were played, and women were



given gifts and refreshments. We enrolled 12 more new girls for the beauty course, 7 for computer and 5 for driving after the session.

-on 4th. March a blood donation camp was organized at Longowal Group of Colleges and W.C. Industrial Training Institute, Derabassi who demonstrated their commitment to community service by hosting a blood donation camp on 4-March-2025 within the Polytechnic Wing, Shakti Nagar, Derabassi. This event was organized by Longowal Group of



Colleges, Derabassi in collaboration with Rotary Club, Chandigarh and Bharat Vikas Parishad, Derabassi in the loving memory of Late Sh. B.B. Katyal Ji, Founder Chairman of the college. The camp began at 9.00 a.m. with inaugural function where in Chief Guest Dr. Dharminder Singh (SMO, Civil Hospital, Derabassi) and Mrs. Kanta Katyal (Chairperson, Longowal Group of Colleges, Derabassi) was given a floral welcome. President Rtn. Jatinder Kapur, AG Rtn. Jaspal Singh Sidhu, PP Anil Chadda, Jt. Secretary Rtn. Arun Aggarwal all from Rotary Club, Chandigarh arrived to boost up the confidence of the donors. Mr. Sanjay Attri, CEO, Sanjay's Apna Hospital, Derabassi was the Guest of Honor. Members of Bharat Vikas Parishad Derabassi, Sh. Surinder Arora



(President), Sh. Hitender Mohan (Secretary), Sh. Vishal Sharma (Cashier), Sh. Barkha Ram (Project Chairman) and other members were also present for the encouragement of the donors. Rotary Blood Resource Center, Sector-37 was the blood collection agency led by Rotarian Dr. Manish Rai. The camp drew enthusiastic participation from the students, teaching & non-teaching staff



and local residents and over 145 volunteers came forward to donate blood. 67 units of blood were collected. Dr. Rosy Katyal expressed her gratitude to all the donors for potentially saving numerous lives while underscoring the spirit of generosity prevalent among the people. The event

was successful with the efforts of all staff members and students.

AAYAAM-DISCON

District conference 2025 named Aayaam was organized at Zirakpur in Palm Resorts under the leadership of District Governor Rtn. Rajpal Singh. The event was hosted by Rotary Chandigarh Central Club on 8th. And 9th. March, 2025 wherein record number of registration were done from all the clubs



in district 3080. Rotary international representative Rtn. Ghanshyam Kansal graced the occasion besides Sh. S.S. Sandhu, PRIP Rtn. Raja Saboo, PRIP Rtn. Mahesh Kotbagi, Mr. Kabra, Yog Guru Shri Bharat Bhushan Ji, and Mr. Rajiv Puri Ji for sharing their wisdom, knowledge, and motivational insights, which enriched the conference tremendously.

An electrifying evening was organized with the addition of Mr. Jasbir Jassi for bringing vibrance and joy to the event with his mesmerizing performance, making it an unforgettable celebration filled with fun and Masti followed by drinks and dinner with the members of other clubs in the evening. The camaraderie, the warm family environment, and the ultimate catering added charm and flavor to the event, making it a true celebration of Rotary spirit.

Shreyas awards were organized on the second day by Rtn. T K Ruby wherein three awards were given to the people who worked in the community on services beyond self. The event was followed by recognizing the participants for their participation in the medical mission to Ethiopia. The event was successfully completed along with a business session and resolution for the incoming years. Rtn. S P Ohja, President Rotary Chandigarh central thanked all RI Officers, Presidents, Secretaries, Rotarians, and every member of the Rotary family of RI District 3080 for making the District Conference a grand success.

On 7 MARCH 2025, ROTARACT CLUB HSJ DENTAL COLLEGE ,together with IDA Mohali and Department of Public Health Dentistry (PHD), collaborated with Rotaract club of Chandigarh, Chandigarh Shivalik Rotaract Club , Rotaract Club of Chandigarh Midtown and Panchkula beautiful Rotaract Club to organise a DENTAL CAMP under the "PROJECT SMILE" at Mata Mansa Devi temple, Panchkula. 80 patients were provided with facility of free dental checkup and consultation. People were educated about basic brushing techniques and were provided with toothpastes and toothbrushes. It was a great learning experience for everyone, boosting their spirits to work more enthusiastically.



NEWS

- PDG Rtn Madhukar Malhotra, IPP Rtn Anil Chadda and Rtn Dr Kuldip Dhawan were honored at District conference Aayaan by District Governor Rtn. Rajpal Singh for their participation in medical mission to Ethiopia.



-On the occasion of women's day Ann. Aradhana Gakhar and her daughter Aashna Gakhar expressed their views on the role of women in the professional commitments in architectural and interior assignments during the interview with Indian Express.

'Our journey challenges stereotypes'
Aradhana Gakhar and Aashna Gakhar, Architects

What makes you inspirational?
Breaking barriers in a male-dominated field, proving that women can be architects, interior designers and art curators with equal expertise. Our journey challenges stereotypes and redefines leadership in design.

Gender card—overused or fair?
Fair, because biases still exist. Women don't use the gender card—it's the system that constantly deals with it. Until opportunities are truly equal, calling out discrimination is necessary.

Biggest women's empowerment myth?
That successful women 'have it all'. In reality, they juggle, compromise, and fight harder for the same recognition that men receive effortlessly.

Most patronising remark ever?
"Oh, so you do interiors!"—as if architecture isn't a woman's domain. Our work goes beyond aesthetics; it's about structure, function, and innovation.

One law you'd change?
Equal pay should be strictly enforced with transparency in salaries across all industries. No woman should have to negotiate for what men are automatically given.

Sisterhood—real or fake?
Real, but only when women support each other without competition. We need more collaboration and fewer glass ceilings reinforced by internal biases.

Why do women need policies?
Because the system wasn't built for them. Policies level the playing field, ensuring safety, equal pay, and fair opportunities—things that should be basic rights, not privileges.

Ruthless or likable—choice?
Neither. We choose competence. Women should not have to pick between being respected and being liked. The focus should be on ability, not perceptions.

One workplace rule for men?
Listen before assuming. Women in leadership aren't "bossy"—they are bosses. Respect their expertise the same way you would a man's.

The mother-daughter duo are Chandigarh-based architects with over 35 years of experience in Tricity and projects across India and overseas.



fields. Ann. Aradhana Tandon, spouse of Rtn. Ashok Tandon, was one of the awardees in this function as a woman-artist. Congratulations



-Rtn Rosy Katyal honoured by Dera Bassi Medical Association on her contribution towards collection of blood.

-In a board decision, it has been intimated that Rotary international has not granted the license to any person

or institution to use Rotary India as name.

-Rotary Friendship Exchange team from District 6960, USA attended the District 3080 Conference. The team before the audience during the conference. Team leader Janet DiBenedetto introduced her team members. She also presented a gift to DG Rajpal Singh on behalf of the District Governor. Mark Midyett and Leon also spoke on the occasion.



-Rtn. Rosy Katyal got the title of AYAAM Beautiful Eyes out of around 100 contestants in District conference.



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-Department of women and child welfare, UT Chandigarh held a function to felicitate women in different

CELEBRATIONS

Birthday Greetings:

12 March Rtn Dr S Marriya

9814036072

With Best Compliments from
Rtn Jagesh Khaitan



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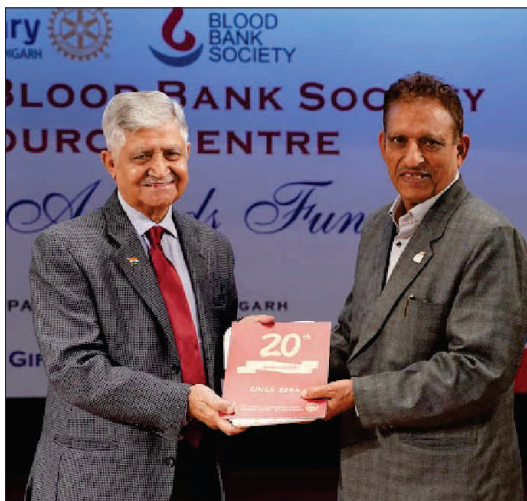
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-Rotary club Chandigarh has been awarded trophy and certificate of appreciation by RI Distt 3080 for the projects undertaken in the month of Jan 25. Congrats team and members of the club for their continued efforts and support



- Rotary and Blood Bank Society Resource Centre honoured over 200 blood donors and camp institutions at their annual award function on 2nd March at Mahatma Gandhi State Institute of Public Administration auditorium, Chandigarh. General V.P. Malik (Retd.), Mr. Rajan Kashyap, IAS (Retd.), Mr. Rajendra K Saboo (President) and Mr. Anil Nehru (Chairman) gave away the awards to the Organizations who had organized blood donation camps were felicitated at the function including Rotary Club Chandigarh, IPF Vikram India Pvt Ltd, Uniroyal Industries Ltd, Inner Wheel Club Chd, Testing Xperts Pvt Ltd, Rotaract Club Chd, Rotatact Club of CU, Kapoor Jewellers, Longowal Group of colleges, IDS Infotech Ltd etc. This year the Rotary and Blood Bank Society Resource Centre completed its 20 years journey in service of mankind.



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Bird watching is a getaway...

influenced energy efficient lighted designs. Astros are known to stay on the wing on the ocean for days on end, even months without having to rest on something. Camouflage techniques in military aircraft have been derived from bird plum images that blend into natural surroundings. If there's a female pattern sitting on the ground, you will never see it even if you step on.

Ever wonder whether the woodpeckers suffer from a headache. Woodpeckers knock on wood at high speeds of 20 tons per second without brain damage. They will drill holes together, the insects hiding in the bark, and also excavating nest holes. There's a reason why they don't have a headache and why they don't suffer brain damage. They have a layered peak and there are soft tissues on the beak, and they disperse the impact when they are hammering at the wood. There is a spongy bone layer in the skull which absorbs the vibration and the bone which supports the tongue wraps around the skull acting as a natural shock. Observer designs of numerous high- impact tools like jack hammers used on construction sites. Studying UV vision has led to advancements in imaging technology and security system, especially the night vision cameras which have really benefited because the birds can see the UVA rays and which helps them to find their prey in the dark.

Birds use landscape and visual markers, ocean currents, coastlines, rivers, counters, positions of the astral bodies like the sun and the stars, the magnetic field of the earth, etc. To navigate both at night and during the day. Weaver birds are known to be master weavers. We all know that we've all seen those beautiful nests hanging from the trees. They create durable structures of lightweight material which can withstand all kinds of weather, wind and wind. The air chamber is insulated to maintain cool temperature in times of excessive heat. Besides all this, there are also many health benefits. We like to think there are many health benefits to bird watching. As children, we were encouraged to develop hobbies. A hobby that entertains and educates beyond the classroom. Bird watching too is a hobby indulged by thousands of people all over the world. It is only in the last few decades that it has become popular as a hobby. Bird watching is a deeply personal. It encourages outdoor

activity, providing gentle exercise and fresh air. Studies have shown that time spent watching birds reduces stress, anxiety, and depression. Exposure to birds enhances psychological wellbeing when research from some universities reveal that people living in areas with more birds report lower levels of mental fatigue. Observing birds enhances cognitive functions as identifying the species and behaviors, engages the brain, and improves memory and the attention span. It requires a lot of patience and observation, helping individuals to become more present in the moment.

There are several categories of bird watchers. There are ornithologists who have studied and they are scientists. There are the bird watchers who will sit for many hours just looking at the behavior of birds for their own pleasure and there is an extreme type called the Towers. They are extreme bird watchers who will drop everything to cite the birds. Frankly all it takes is sitting in your veranda and looking to birds with your cup of tea and you will become a bird project because in your backyard we will find 15 to 20 species every day. You can also join a Bird watching club. A Vote of thanks was given by Rtn. Vineeta Arora on behalf of club. The Fellowship meet was organized by Rtn. Lalita Grover.

Rtn. Rosy Katyal

