

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

POSTURE PERFECT: TIPS TO LIVE PAIN-FREE FROM DR. SOMBIR LATHWAL'S TALK

The weekly meeting of the Rotary Club of Chandigarh was convened in an atmosphere of warmth, fellowship, and shared purpose. The meeting was called to order by the President, who extended a cordial welcome to all Rotarians and guests. Addressing the gathering, the President shared a brief overview of the club's ongoing and upcoming projects, highlighting Rotary's continued commitment to community service, meaningful engagement, and collective growth.

The fellowship for the meeting was graciously hosted by Rtn. Sartaj Lamba, whose efforts added a pleasant and engaging touch to the gathering. As part of a newly introduced fellowship initiative, Rtn. Sartaj also made a contribution to The Rotary Foundation, reinforcing the spirit of giving while strengthening bonds of fellowship. The initiative was well appreciated by the members and was seen as a progressive step toward integrating camaraderie with purposeful contribution.

The highlight of the meeting was an insightful talk by the guest speaker, Dr. Sombir Lathwal, a well-known physiotherapist with qualifications including B.Ph.T and MPT in Sports Medicine, and an Ex-PGIMER professional. The speaker was formally introduced by Rtn. Rashi Adkala, who shared Dr. Lathwal's professional background and expertise in sports medicine and physical



rehabilitation. The weekly meeting of the Rotary Club of Chandigarh was convened in an atmosphere of warmth, fellowship, and shared purpose. The meeting was called to order by the President, who extended a cordial welcome to all Rotarians and guests. Addressing the gathering, the President shared a brief overview of the club's ongoing and upcoming projects, highlighting Rotary's continued commitment to community service, meaningful engagement, and collective growth.

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Monday Meeting-- 6th April
6pm

GOLDEN MEMORIES
Of Our Rotarians Of More Than Thirty Years

An evening of Fun,
Nostalgia & Bonhomie

Monday Meeting-- 6th April
6pm

Fellowship Hosts



Rtn. Dr. Seema Gupta & PP Rtn. Neenu Vij

at Rotary House, 107 a sector 18 Chandigarh

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Dr. Lathwal's presentation, titled "Sit Right, Walk Gracefully, Live Pain Free," was both informative and engaging. Using visual aids and practical examples, he emphasized the importance of correct posture, ergonomic sitting habits, and mindful movement in daily life. He explained how sedentary lifestyles, long hours at desks, and incorrect posture can



lead to chronic pain and musculoskeletal issues if not addressed early.

The session became especially engaging as Rotarians actively participated in an interactive discussion, raising questions related to posture, joint pain, and everyday physical discomfort. Dr. Lathwal also demonstrated simple, easy-to-practice exercises aimed at improving daily body posture, enhancing mobility, and preventing pain. These live demonstrations were highly appreciated, as they offered practical solutions that members could easily adopt in their daily routines.

The meeting concluded with a vote of thanks to the guest speaker and fellowship host. The informative session, combined with warm fellowship, made the gathering a memorable one, reaffirming the Rotary Club of Chandigarh's dedication to learning, wellness, fellowship, and service.

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MEDIA COVERAGE

15th Blood Donation Camp Organized at Longowal Group of Colleges, 101 Units of Blood Collected



ਖ਼ੂਨ ਦਾਨ ਕੈਂਪ ਦਾ ਸਫਲ ਆਯੋਜਨ "ਖ਼ੂਨ ਦਾਨ ਕਰੋ, ਜ਼ਿੰਦਗੀਆਂ ਬਚਾਓ"



शिविर में 101 यूनिट रक्तदान हुआ



CELEBRATIONS

Birthday Greetings:

- 7 April Nidhi Vinayak 9910078045
 - 8 April Shabana Azam 9779270777
 - 10 April Neenu Vij 9814396299
- ### Anniversary Greetings:
- 9 April Dr. Pardaman Singh 9814014010
& Dr. Primila

With Best Compliments from
Rtn Jagesh Khaitan



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Voluntary Blood Donation Camp, Date: 31st March 2026

Organized by: Kapoor Jewellers in association with Rotary Club Chandigarh

A successful blood donation camp was held at Tanishq, Sector 17, Chandigarh. Out of the 50 volunteers who registered, 40 were eligible to donate blood. The blood collection was carried out by the medical team from the Rotary Blood Bank Society Resource Centre, Sector-37, Chandigarh.

All blood donors were presented with appreciation certificates and gifts, generously sponsored by the Rotary Club.

A special thanks to Rtn Vinod Kapoor and his family for their support.

Rtn Nidhi Kapoor & Rtn Rashi Adlakhia generously donated blood.

We are grateful to the Kapoor family for their warm hospitality.



Voluntary Blood Donation Camp, Date: 02 April 2026

Organized by: Longowal Group of Colleges in association with Rotary Club Chandigarh

A successful blood donation camp was held at Longowal Polytechnic College, Derabassi.

Out of the 125 volunteers who registered, 101 were eligible to donate blood. The blood collection was carried out by the medical team under the supervision of Rtn. Dr. Manish Rai from the Rotary & Blood Bank Society Resource Centre, Sector-37.

All blood donors were presented with appreciation certificates and gifts, generously sponsored by the Rotary Club.

Club President Rtn. Abha Sharma, Secretary Rtn. Arun Aggarwal, PP Hassan Singh Meijie, PE Rtn. Teena Virk, PP Rtn. Jaspal Singh Sidhu, PP Rtn. AP Singh, and PP Rtn. Jatinder Kapur for graced the event.

Dr. Kapil Katyal, Vice Chairman of the institute, generously donated blood. We are grateful to the Principal Rtn. Dr. Rosy Katyal for all the hard work & warm hospitality.

Much Thanks to Dr. Manish Rai and Blood Centre Team.



DIL SE...My Journey in Rotary

As famously quoted by Marcel Proust, "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes", made me realise how my vacation to Morocco was indeed an exploration of a new land, a new culture and indeed new people.

A 24 hour haul into changing flights, carrying luggage, and sleepless night ended with us landing in a picturesque airport by the sea at Casablanca.

Everything felt at ease. I was amazed at how fast we travelled between Casablanca and Marrakech, with the taxi covering 250kms in under 2 hours, taking us through city and desert terrains, and rain acting as a cameo presenting a rainbow midway to the journey. Marrakech felt like home.

Staying just by the old market, "Jama-el-fanaa" introduced us to the city vibe, set in between the Agafay desert and the snowy Atlas mountains. It all felt wildly European with an African tint to it. The visit to Agafay was adventurous-

camel rides through the sands and racing quad bikes on tracks, with a Moroccan cultural show at dusk. We got to experience local delicacy at Chez Ali, which gave a hands on experience to local meat, curry, spices and drinks. I still remember walking out with not just a heavy belly but also a heavy heart.

When in Morocco, you certainly cannot miss the football fever. Just before the night of the New Year, the streets bustled with people celebrating a match win: from children to aged people, open sunroofs and rhythmic horns, the town turned red. And of course, the night of the New Year, at the town centre, with sky lit up with firecrackers and clubs blasting Bollywood Music!

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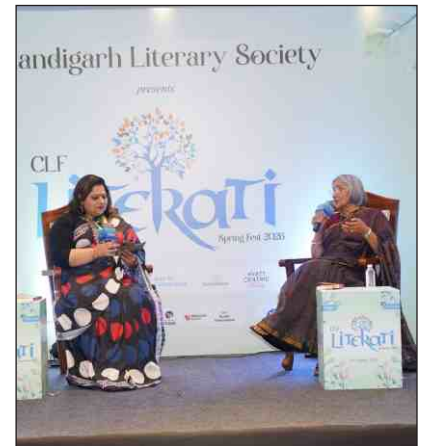
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From Rtn Sakshi Arora Katyal

OUR HONOURABLE MEMBER



Rtn Ranjit Powar participating in the Chandigarh literary festival on the dais. Noted TV artist and Former Union Cabinet minister Mrs Smriti Irani was also one of the guest

Rotary CLUB CHANDIGARH UNITE FOR GOOD HOM

WE ARE DELIGHTED TO ANNOUNCE

Chartering of a new club in RY 25-26
Rishikesh Classic
Club ID 227724

Rtn. Ravi Prakash
District Governor RY 3080

Rtn. Jaspal Singh Sidhu
New Club Development Chairman

BEWAJAH KHUSHIYAAN LUTAO COCA-COLA PILAO

