



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
ROTARY INTERNATIONAL PRESIDENT
1991-92

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ROTARY INTERNATIONAL PRESIDENT
2024-25

RAJPAL SINGH
DISTRICT GOVERNOR
RI DISTRICT 3080

JATINDER KAPUR
CLUB PRESIDENT

PREM MOHINDRU
CLUB SECRETARY

SLOW AND SUSTAINABLE FASHION

"Don't be into trends. Don't make fashion own you, but you decide what you are, what you want to express by the way you dress and the way to live."

—Gianni Versace

The above quote by a famous Italian fashion designer, holds good in today's changing times, when fast fashion has taken over the large part of the fashion and clothing industry and the need to understand fashion cycle is at its peak. The talk delivered by the guest speaker on Monday concerned this fast changing fashion scenario. The Guest Speaker, Dr. Vaibhavi Prithviraj Ranavadee is a design educator, design entrepreneur, researcher, author with wide experience in design academics, having international collaborations, is an educational consultant with experience of working with premier design institutes, both nationally and internationally. She is an author of book 'Indian Sari – Sartoria and Semiotics', co-founder of Label Vaibhavi P (a slow fashion label). She also serves as Dean, Chitkara Design

School, Punjab.Rtn. Neenu Vij very warmly welcomed her, even sharing her personal experience of working with her on professional front.

Her insightful talk on topic had following main aspects:-

- Impact of fast fashion
- Making conscious and mindful decisions
- Understanding the impact of fashion on environment
- Being aware to be frugal --- adopting slow and sustainable fashion

She highlighted the importance of understanding influence of fashion on our everyday lives and the way we look at things around us. Fast fashion means inexpensive clothing produced rapidly by mass-market retailers in response to the latest trends. It is very rapidly impacting our environment as the effect of hoarding clothes and then discarding them even faster, does not let us ponder about the fact of final disposal of these clothes. An important question to be understood is what happens to clothes that go away



from our wardrobes or our houses? Is lessening the guilt by giving away our clothes and cleaning up our wardrobe equivalent to understanding that where do these clothes go? Do clothes that we purchase through e-commerce websites and thereafter return for some reason, make it back to the cycle or are just discarded being unmindful of their impact on water bodies or environment? Can our T-shirt be cheaper than our coffee?

The answer to all these questions lie in understanding the concept of "CONSCIOUS CONSUMERISM". If consumer knows what to consume then it can bring out an impactful change. It is high time we cradle a grave approach towards clothes and any other product that makes way into our homes. We need to ask ourselves questions like --- how was the product/clothes made? What is the story behind it? How to discard them? What is Environmental impact of using and discarding them? How to recycle, upcycle, reuse clothes/products? can making a small mindful decision save our environment? Do we really need the product while hitting the

checkout button on the cart?

Again, the answer to these questions lie in largely three main aspects of sustainability:

- Ecological balance and responsibility towards the planet and available resources --- what are we leaving for future generations
- Economic sustainability – being aware to be frugal
- Social and cultural sustainability –preserving our cultural heritage.

Dr. Vaibhavi highlighted that it is important that we "Buy less, Buy few, Buy good", which can be used for a longer time, which can be recycled and upcycled to increase the lifespan of the product.

While ending her talk, she brought forth the need to bring change by communicating and educating people, by living mindful life, supporting small local businesses, by being aware to be frugal, by recycling, reducing, reusing, upcycling clothes, by investing in slow fashion.

President Jatinder kapur conducted the meeting. Rtn. Rosy Katyal hosted the fellowship.

Rtn. Shivya Sehgal



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

NEXT MEETING

Er. K.K. Vohra Engineer In Chief ex Punjab State Electricity Board Talks to us on 100 Years of Happiness at 14 April 2025 at Rotary House at 6 PM.

YOUTH SERVICES

-It was a small charter ceremony for the EARLYACT CLUB AKSIP School, sector 45, Chandigarh. The club certificate was presented by Rtn. Teena Virk, Director Youth Service, to AKSIP School Director Jasmine Kalra & Principal Pamila Kaur.



Teacherincharge Ruchika and Interact Club in charge Urvashi were present too. A few members of the age group 10 to 13 participated.

-On 5th of April 2025, ROTARACT CLUB of Sri Guru Gobind Singh College proudly hosted its Official Club Visit, marking a significant milestone in their journey. The event was graced by the dedicated club coordinators – Dr. Deepratan Singh, Rtn. Teena Virk, Director Youth Service, Rotary Club Chandigarh and Rotaract Chairperson Dr. Aman Bhatia. The members were honoured by the presence of their



dynamic DRR Rtr. Shashank Kaushik, supportive ADRR Rtr. Perna, and their constant guide DRRN Rtr. Dr. Manu Gupta. During the visit, the club showcased a detailed presentation highlighting the impactful work they have done throughout the year, comprising a total of 78 events.

NEWS



-District 2053 Governor 23-24 Rtn Pawan Khandelwal. Rotary Club Alwar set up state of the art Blood Bank two years back from their own resources. Rotary in Action

-Ann. Patricia has been elected to the Executive Committee of International Inner Wheel as Constitution Chaiman for the second consecutive year-2025-2026.

-Recent studies have highlighted a potential link between shingles vaccination and reduced dementia risk. Research involving older adults found that individuals who received the shingles vaccine were significantly less likely to develop dementia over several years. It is believed that the vaccine might prevent reactivation of the virus associated with shingles, which has been linked to cognitive decline. Another possibility is that the vaccine boosts broader immune responses that help protect brain health. These findings point to vaccines potentially playing a role in preventing dementia in the future.

-Rtn Saakshi Katyal honored and felicitated by the Honorable Governor Sh.Gulab Chand Kataria Ji for her



contributions to women entrepreneurship.



-Congrats Rtn Maninder Sidhu on Joining as Principal, Government Mahindra College, Patiala yesterday.

-Our daughter- in-law NEHA an Asia Pacific (Oceanic)

Gold medalist in Kettlebell Sport has added another feather in her cap. She won the Gold medal in the recently concluded

National Kettlebell Sports meet held in Goa from 4th April - 6th April, 2025. With this medal she qualifies to participate in the World Kettlebell Championship in Italy in June. She is a pioneer in Kettlebells in Chandigarh. She successfully organised Kettlebell Walkathon at Sukhna Lake last month.-
Cinni n PJ

-A multi district international Rotary Foundation symposium, held online, was a proud moment for our club.

-PDG Emmanuel Katonge, Chairman of the Board of Trustees of the Uganda Rotary Blood Bank and a Member of the Advisory Board of Makerere University Rotary Peace Center, became emotional remembering the loving support and influence of our dearest Ushaji Saboo and Rajaji Saboo in his life and endeavors in Rotary. Dr. Mengistu Asnake from Ethiopia, a public health specialist with more than 35 years of experience, proudly showcased the medical mission initiated by our club, here, to his



country. He presented the whole data in a ppt, to emphasize the benefit to hundreds and thousands of patients suffering from various diseases.

-Making Rotary's public image a priority Helping others understand who we are and how we make a difference as people of action is something all Rotary members can do. Use the tools in the improved Brand Center to help publicize the work of your club or district and share the impact you make. Making public image a priority can help expand Rotary's reach by attracting members, volunteers, and donors and strengthening our brand.

*What's this new Rotary channel? In mid-January, Rotary International launched a WhatsApp channel. The channel, piloting in English-only for now, allows us to post text, video, and audio updates to members, many who use WhatsApp as their preferred social media channel. Users will be able to react to posts with emojis and share or forward Rotary posts to their contacts and groups, providing a great opportunity to share our stories organically and reach new audiences.



-Our President Rtn. Jatinder Kapur is in morning session during medial mission to Muraina, MP

Morena Medical Mission 2025



The first medical mission in Uganda in 1998, inspired by the idea of Look Beyond Yourself under the leadership of Past Rotary International President Rtn. Rajendra K Saboo and Ann. Usha Saboo. Soon, our commitment extended to India, beginning with Kalahandi, Odisha, in 2006—one of the poorest districts, where starvation deaths had been reported. With PDG Subhash Garg as Project Director, we began serving those in dire need. Now, in 2025, we embark on our second medical mission to Morena, Madhya Pradesh—the seventh in the state.

The mission was officially inaugurated by the Hon'ble Chief minister of Madhya Pradesh in the esteemed presence of MP Vivek Thanka and PRIP RK Saboo, who expressed their support for the initiative and acknowledged the valuable contributions of Rotary in the healthcare sector. Speaking at the event, CM Yadav emphasized the importance of quality healthcare,

stating that while people do not visit hospitals willingly, proper treatment can make them regard doctors as Gods. He also highlighted the presence of top medical professionals at the camp, ensuring specialized care for the residents of Morena. Assembly Speaker Narendra Singh Tomar acknowledged the crucial role played by Rotary International District 3080 in making the medical camp possible.

A tent city has been established at the Police Parade Ground, featuring three large domes. One dome, fully air-conditioned, is dedicated to OPD consultations, while another is set up for diagnostic services and medicine distribution. A third dome is reserved for cultural programs and awareness activities. The camp followed weeks of screening camps across 20 tehsils, identifying thousands in need and organizing a highly coordinated healthcare response and identified 4,588 patients requiring surgery, who

have now been directed to this central facility. India's Best Doctors under One Roof Specialists from premier institutions Like AIIMS, Max, Medanta, Nanavati, Rainbow, Ganga Ram, and others came together in service. The local administration has taken steps to enhance road and lighting facilities around the venue to facilitate smooth operations. Public awareness campaigns have been launched to ensure maximum outreach, allowing both rural and urban populations to benefit from this initiative.

The camp features some of the country's top medical specialists. Renowned cardiologist and cardiac surgeon Dr. Naresh Trehan, along with his team, is providing expert care. Dr. O.P. Yadav and Dr. Nitish Shah from the National Heart Institute are also part of the initiative. Specialists from AIIMS, Max, Manipal, and Gangaram Hospitals are attending to radiology, oncology,

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CELEBRATIONS

Birthday Greetings:

7 April Rtn Nidhi Vinayak 9910078045

10 April PP Rtn Neenu Vij 9814396299

13 April Rtn Kumar Shray 9507036476

Anniversary Greetings:

9 April Rtn Dr Pardaman Singh & Dr Primila 9814014010

13 April Rtn J S Kandhari & Gurvinder 9814087904

13 April Rtn Darpan Kapoor & Nishi 9872800051

With Best Compliments from
Rtn Jagesh Khaitan

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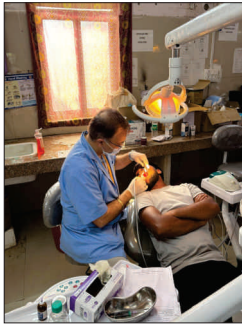
hematology, nephrology, and other critical medical needs. Dr. Mohak Bhandari from Indore is performing bariatric surgeries, while leading gynecologists and pediatric surgeons from Delhi, Mumbai, and Chandigarh are managing complex cases. Led by PDG Dr. Parmar and PDG Dr. Girish Gune, the mission brought together a team of highly skilled local surgeons, operating theatre staff, and hospital administrators, all united by a shared commitment to delivering high-quality medical treatment to underserved communities.

The mission was led by an expert panel of doctors across 11 key medical departments, each catering to the pressing health concerns of the local population:

- **General Surgery:** The team performed multiple procedures, including laparoscopic cholecystectomy, hernia repairs, and hydrocele surgeries. A significant number of OPD cases were also addressed.
- **Orthopaedics:** Specialists tackled complex bone injuries, including ulna plating, dislocation reduction, and ORIF procedures with CC screw fixation.
- **Plastic Surgery:** Critical reconstructive surgeries, including adult cleft palate correction and septoplasty, were performed to restore functionality and confidence in patients.
- **Gynaecology:** Women in the region benefited from elective surgeries and vaginal hysterectomies, addressing long-ignored reproductive health issues.
- **Dermatology:** Dr. Gupta and her team attended to over 1,000 OPD cases across three days, treating ailments such



as dyschromia, extensive tinea, and ectodermal dysplasia.



- **Dental Care:** More than 146 dental procedures, including dentures, RCT, and extractions, improved oral health for many patients.

• **Ophthalmology (Eye Care):** With 128 cases of cataract and ptosis correction surgeries, the mission helped restore vision to many who had been suffering in darkness.

- **ENT:** Operation Theatre at District Hospital Morena is witnessing a remarkable transformation with cutting-edge surgical techniques. Leveraging the latest endoscopic procedures and high-precision microscopic technology, surgeons are performing unique and complex surgeries with enhanced accuracy and minimal invasiveness.
- These advanced interventions are improving patient outcomes, reducing recovery time, and setting new



benchmarks in ENT HealthCare

- **Paediatrics:** Children suffering from malnutrition, epilepsy, and anemia received vital medical attention, ensuring a healthier future for the younger generation.
- The Anaesthesia team experienced a milestone moment with the participation of international medical experts. For the first time, the team is joined by Dr. Johannes from Germany,

contributing to a mission dedicated to enhancing patient care and surgical efficiency.

For the first time in the hospital's history, Laparoscopic Cholecystectomies were performed—an achievement that signified a major leap forward in minimally invasive surgery for the region. The laparoscope, which had remained dormant at the facility, was successfully activated, paving the way for two to three procedures each day.

A further milestone was achieved with the first-ever Laparoscopic-Assisted Vaginal Hysterectomy at the Civil Hospital. Two women, who had long endured chronic gynecological conditions, underwent this life-changing procedure, marking the beginning of a new chapter in their health and well-being. Beyond these landmark laparoscopic procedures, the mission extended its reach to address a wide range of general surgeries. Hernia repairs, hydrocele surgeries, hemorrhoidectomies, and anal fistula treatments were performed, significantly improving the lives of patients who had waited years for essential medical

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