



Rotary
CLUB CHANDIGARH



ROTARY INTERNATIONAL DISTRICT 3080

Open Hand

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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

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PREM MOHINDRU
CLUB SECRETARY

Cancer Care

AG Rtn. Jaspal Singh Sidhu successfully organised Cancer Awareness Session at Rotary Club Chandigarh today with Mr Kulwant Singh Dhaliwal who is Global Ambassador for World Cancer Care. All five Club Presidents Dr. Ramneek Sharma (Rotary Classic Chandigarh), Col. P. S Randhawa (Rotary Cosmopolitan Chandigarh), President S.P Ahuja , President Saurabh Gupta of Rotary Zone-8 along with their Club Rotarians attended it.

Mr. Kulwant Singh Dhaliwal is a proud British national originally from Punjab, Mr. Dhaliwal has dedicated over 39 years to humanitarian service. In 2014, he was appointed Global Ambassador of World Cancer Care, and made the bold decision to retire early from business at the age of 47 to devote his life fully on honorary basis in fighting against cancer.

Under his leadership, World Cancer Care has organized thousands of free cancer screening camps, reaching more than 7,400 villages, educating over 100,000 students, and

extending support to underprivileged families and even inmates in jails. His tireless efforts have led to the establishment of two advanced cancer care centers in Punjab. As Chairman of the Sant Singh Dhaliwal Trust, he is also deeply involved in causes like female feticide prevention, adolescent marriage awareness, and spreading access to education in rural India.

He has received numerous prestigious awards globally, including the Humanitarian Award from the British Foreign Secretary and multiple honorary doctorates in humanitarian service.

A true servant of humanity, his message is clear-serve with compassion, act with purpose.

He said he lost his mother when he was 47 . He was living in U.K. and she was living in India.

He lost his father-in-law. 28 days after my mother's death. He died of the cancer. He did cancer research. He wanted to do something for cancer patients. Ignorance kills, awareness empowers. We divide it in three parts. Prevention,



detection, and treatment is third. He said there are many rich people in our country. Go to U.S.A. You won't be saved from cancer with money.

Prevention of cancer is very important is detection. How to detect cancer? First stage. How to detect cancer? First, self-examination is very important. Ladies check your breasts. Look in the mirror and then go to the doctor. Cancer has spread all over the world. 70% of the people have cancer. The third stage is death. The first stage is not death. Then how will you get to the first stage? Every cancer gives a signal. Try to recognize that signal. Let's take an example of your brain. Your body is very good in the alkaline mood. When the acidity increases, there is no stamina left, the cancer kills. Please, erase the acidity from the throats. It should be alkaline. Diet. Diet. Diet. Prevention. Diet. Diet. Similarly White sugar is full of chemicals. The white sugar cancer cells love sugar. Eat green vegetables and fruits.

The best exercise is to walk and run. The best exercise is cycling to take care of prostate cancer. Similarly Heart cancer is

curable now but the condition is in the first stage. Diet and early detection. How was the early detection done? Check-up in time. Try to live a stress-free life. You will get rid of it. "Keep things simple. Save money and put it towards a noble cause. Use it for early detection. The cure for cancer is early detection. Take care of your health.

Mr. Dhaliwal made the session very interactive when number of members asked the questions to clear their doubt but the center point of discussion was life style, diet, early detection and cure. Vote of Thanks was given by Dr. Ramneek Sharma , President RC Classic Chandigarh. Memento to the Chief guest was given by President Saurav Gupta , RC City Beautiful.

Rtn. Rosy Katyal



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

NEXT MEETING

Dr. Swaranjit Singh Director SAS Polyclinic Former Professor & Chief Scientist CSIR CHD Talks to us on Power of Microbes for our benefit Monday 21 April at Rotary House at 6 PM.



Certificate of initiation of the Earlyact Club was presented to Director AKSIP Schools, Mr. J.S. Kalra for the sector 41, Chandigarh school, by Rtn. Teena Virk, Director Youth Service, RCC, in the presence of the Principal, Ms. Ritu Bali, teachers incharge of the club Ms. Nikita & Ms. Aman. Little club members enthusiastically participated in the function. Young Earlyact president, Sumedha and the secretary Jhanvi, showcased their club activities so far. Little Jazmine, from class two recited an inspiring poem, "We are little, but we care, Kind and helpful — everywhere! AKSIP-41, little Earlyact members day with the gardener. Talking about school fauna & flora. AKSIP-41 little members visit to the post office with practical experience. Meeting all who help the school at AKSIP-41, run efficiently. The little ones celebrated the Labour Day. Thanking teachers at AKSIP-41, for all

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-The Interact Club of PML SD Public School and NSS proudly organized a Blood Donation Camp titled "Jeevan Dhara" — on its campus, for the first time. This was an activity, reinforcing the school's deep commitment to social responsibility and community welfare. Chief guest was Sh. K.K.Sharma, PCS retd. Chairman Cum Manager of PML SD Public School. From Rotary Club Chandigarh, Rtn. Teena Virk, Director Youth Services, and Secretary, Rtn. Prem Mahindru participated to help and encourage. RBBSRC, Sector 37, Chandigarh, ensured a safe, hygienic, and efficient donation process under the supervision of certified medical professionals led by Rtn. Dr. Manish Rai, Director RBBSRC. 35 people participated with 25 accepted



WASH Session on 11th April 2025 in Government Middle School, Bapudham, Sector-26, Chandigarh Topic: WASH (Water, Sanitation, and Hygiene) Number of Students Covered: 227 Classes Covered: 1st to 10th (Morning and Evening Shifts)1. The sessions were conducted in two shifts — morning (09:30 AM–12:35 PM) and evening (01:00 PM–02:30 PM) — to ensure the participation of all students from both shifts. 2. A total of five sessions were held, focusing on clean water usage, personal hygiene, toilet habits, and sanitation practices. The content was customized according to the students' age and understanding. 3. To enhance learning, visual aids such as PowerPoint presentations and placards were used. Interactive activities and practical demonstrations, including handwashing and oral hygiene techniques.



NEWS

Obituary

-PP Vivek Gupta ji has shared the sad news of his dear wife Promilla's passing in the US. Our heartfelt condolences. May the divine soul rest in eternal peace. Prayers for strength for Vivek ji & family members.



-Aashna Gakhar daughter of Rtn. Anil Gakhar and Ann Aradhana Gakhar wrote an article in

City planning: By fines or design?

It is not surprising that in a city where the skyline is constantly changing, the question of how to manage the growth of the city is a constant one. The city of Chandigarh, with its unique urban planning, has been a model for many other cities. However, as the city grows, the challenge of maintaining its character while accommodating the needs of its citizens becomes increasingly complex. This article explores the debate between using fines to regulate development versus using thoughtful design to guide growth.



newspaper expressing her views on the imposition of penalties by administration on violation of building bylaws in Chandigarh in terms of the changing needs of citizens to retain the beauty of city.

Morena Medical Mission 2025

The mission was not just about immediate surgical relief; it laid the groundwork for sustained medical progress. With the successful introduction of laparoscopic surgery, the Civil Hospital is now equipped to continue offering these advanced techniques, ensuring that high-quality surgical care remains accessible to patients after the mission's conclusion.

Dr. Vikram Khosla, one of the lead surgeons, reflects on the mission's impact: "Every time a patient opens their eyes after surgery and sees the world clearly, it feels like witnessing a miracle. This is why we do what we do." The team of expert surgeons included Dr. Anil Verma, Dr. Manjit Singh, Dr. Vikram Khosla, and Dr. Uday Singh (an intern), each playing a crucial role in ensuring every procedure was carried out with precision and care. Their collective expertise turned the operating theater into a space of healing and hope. Dr. Khosla, a surgeon par excellence, brought not just his skill but also a unique warmth to the OT. "The camaraderie within the OT was tangible. Each person, from surgeons to support staff, worked in perfect sync, ensuring that the procedures ran seamlessly. It was not just about restoring sight but about bringing back dignity and independence to those who had been struggling for years. For

the patients, the journey to restored vision was one filled with emotions. 60-year-old Ramesh Yadav, who had suffered from cataracts for years, shared his experience: "I had almost accepted I would never see my grandchildren's faces clearly. Today, after surgery, I opened my eyes, and I could see them smiling at me. I can now scribe his happiness." Families stood by, some holding back tears, others clasping the hands of the doctors in gratitude. A young mother, Meera Devi, recounted: "My husband lost his job because he couldn't see well. This surgery has given him a second chance—not just to see, but to work and support our family again."

Beyond the surgeries, the mission imparted valuable knowledge to the patients. Dr. Anil Verma emphasized the importance of eye care, stating: "Many of these conditions are preventable with regular check-ups. Awareness is just as crucial as treatment." As the mission drew to a close, its impact remained clear—literally and metaphorically.

Dr. Sanjay Kalra, reflecting on the remarkable success of the Dental OPD at the Rotary Medical Mission Rahat in Morena. "For many of our patients, receiving a new set of dentures after years of suffering was nothing short of a miracle. Imagine not being able to eat comfortably for

nearly a decade and then, suddenly, being able to enjoy food again—it's life-changing. Scaling was another critical aspect of our mission. Gum health is often overlooked, but it's essential in preventing future dental problems. In just eight days, we performed a record number of scaling treatments. We demonstrated proper brushing techniques, spoke about oral hygiene, and encouraged people to take preventive measures. A simple act of care today can prevent years of suffering tomorrow.

Led by Dr. VD Singh, Chiranjiv Mehta, SS Makkar, and oral and maxillofacial surgeon Dr. Hemant Batra, the team has performed a wide range of surgeries that go far beyond merely restoring physical appearance. Their work in plastic and reconstructive surgeries—addressing trauma, burns, congenital deformities, and more—has helped reduce the stigma attached to visible disfigurements and restored a sense of dignity to many. Patients who once lived with the burden of disfigurement are now experiencing life-changing transformations. For many, these surgeries have been a turning point, allowing them to reclaim their lives and overcome years of social and emotional challenges. The gratitude on their faces speaks volumes about the power of these Medicaid

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CELEBRATIONS

Birthday Greetings:

19 April Rtn Col Alok Batra 9988878214
20 April Rtn SPS Matharoo 9815011228

Anniversary Greetings:

14 April Rtn Kiran Malhotra & Rama 7087476553
14 April Rtn Dr G P Malik & Neelam 9814074000
16 April PP Vivek Gupta & Promila 9876313333
19 April Rtn Jagesh Khaitan & Usha 9810095802
20 April Rtn Dr Rosy Katyal & Kapil 9876000245

With Best Compliments from
Rtn Jagesh Khaitan



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interventions, which do not only repair the body but also heal the spirit.

The camp addressed a wide range of ailments: • 6,513 seasonal illness cases • 1,476 ophthalmology consultations • 855 orthopedic evaluations • 546 dermatology patients • 535 dental procedures • 428 ENT consultations • Along with treatments in urology, oncology, paediatrics, surgery, endocrinology, and pain medicine

Their expertise spanned: • Cardiology & Cardiac Surgery • Oncology & Hematology • Orthopedics & Pediatrics • Gynecology & Bariatric Surgery • Neurology, Urology, Nephrology, and more.

The feelings shared by some of the leaders from Rotary district 3080 includes:-

"In 27 years, we have conducted thousands of surgeries and countless medical procedures, bringing relief to the suffering. But the true impact lies beyond numbers—in the compassionate hands of doctors, anaesthesiologists, volunteers, and fellow Rotarians who have transformed lives. People often ask about the cost of these missions, but can we truly measure the sacrifices made by our team? Their labour of love is invaluable. As we embark on another mission, I extend my heartfelt gratitude to every doctor, anaesthesiologist, volunteer, and supporter who has contributed to this noble cause. Your dedication has made a profound difference. May this spirit of selfless service continue to shine, bringing hope and healing to many more. I wish the team great success in their mission and continued commitment to serving humanity." **Rtn. Rajendra K Saboo**

"Preparations for each mission begin well in advance, coordinating with

the host district and our team. This includes arranging for the volunteers and doctors, their accommodation, food, travel, as well as securing all necessary medicines, consumables, and IEC materials, all sponsored by us. This mission has been an annual project, and while we had to pause during the pandemic, our enthusiasm for this health mela remains as strong as ever." **Rtn. Subhash Garg**

"I want to recognize the extraordinary service of our doctors. You are the true heroes of this mission. Despite your demanding professional commitments, you've chosen to be here—serving selflessly. Your contribution is the very foundation of this mission's impact. With over 2,000 OPD registrations, 183 major surgeries, and countless dental procedures completed in just three days, our collective efforts are transforming lives. For many patients, this is their first experience of quality healthcare, and the gratitude in their eyes says it all." **Rtn. Dr R S Parmar**

"The dedication and hard work of our medical team never ceases to inspire us, and we are happy to contribute in whatever way we can to make their day a little easier. It has been truly wonderful to witness the camaraderie and teamwork that makes this mission successful. We are not only serving the community but also working together as one Rotary family, united in our purpose of service." **Rtn. Chetan Aggarwal**

"We are not just providing medical care; we are restoring hope, dignity, and life itself." Beyond his personal commitment, **Rtn. Arun Mongia**

"I had come as a volunteer," she recalls, "but what unfolded was so much more." Inspired by an encouraging message from PRIP R.K. Saboo Sir, she joined the camp's Pediatrics OPD, which

was initially managed by a private hospital. Very soon, under the Rotary banner, it became known for quality care and a compassionate approach, attending to over 500 children. A significant number of pediatric cases involved neurological delays—cerebral palsy, epilepsy, growth retardation, neural tube defects, autism—many of which were preventable. "What alarmed me was the number of children from the same families suffering from these disorders. Birth asphyxia due to prolonged, obstructed labor was a recurring factor." **Rtn. Dr Rita Kalra**

Under the leadership of District Governor Rajpal Singh, the mission team was able to operate seamlessly, coordinating efforts with utmost precision specifically coordinated support of Rotary Club Morena and Rotary Club Gwalior. Chairman PDG Subhash Garg, Medical Director PDG Dr. RS Parmar, and coordinator PDG Arun Mongia were at the forefront, ensuring the smooth functioning of every aspect of the mission, from logistics to patient care.

Compiled by Rtn. Anil Chadda

