



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

STEPHANIE A. URCHICK
ROTARY INTERNATIONAL PRESIDENT
2024-25

RAJPAL SINGH
DISTRICT GOVERNOR
RI DISTRICT 3080

JATINDER KAPUR
CLUB PRESIDENT

PREM MOHINDRU
CLUB SECRETARY

100 years of happiness

The Rotary Club recently hosted an enlightening session on "100 Years of Happiness," led by Er. K.K. Vohra. Rtn. Kumar Shrey, who is also the Fellowship Host, introduced the guest speaker, Er. K.K. Vohra, a distinguished figure with a remarkable career and deep spiritual insight. Mr. Vohra was acknowledged for his vast experience. He served as Engineer-in-Chief at the Punjab State Electricity Board and held the position of President of the Alumni Association at Punjab Engineering College, Chandigarh. An engineer and law graduate, he is also the Chartered President of the Rotary Club of Faridkot and has represented India at international conferences in Portland (USA) and Cairo (Egypt).

In his thought-provoking address, Mr. Vohra emphasized that happiness is not a destination but a lifelong journey of self-discovery, introspection, and growth. Despite the advances in modern medicine, he pointed out that no elixir can guarantee a long, healthy, and a happy life - instead, we must take responsibility for our happiness by aligning our lives

with higher values and understanding the deeper dimensions of human existence.

The Four Realms of Happiness

Mr. Vohra structured his talk around achieving coherence among four core aspects of life: spiritual, physical, emotional, and mental well-being. He began with the spiritual realm, drawing from the Bhagavad Gita. He explained how spiritual teachings help us manage emotions like anger and attachment, while fostering tranquillity, courage, and selflessness. Referring to Chapters 2 and 3 of the Gita, he discussed how unchecked desires lead to greed or frustration, while fulfilment lies in performing our duties without being attached to the outcomes. Mr. Vohra underlined the importance of listening to the soul and acting according to our higher aspirations, thereby building spiritual resilience.

Crafting a Life Blueprint Mr. Vohra emphasised the importance of creating a personal life blueprint early in adulthood, a guiding framework for making major life decisions that align with one's values. He



identified four pivotal decisions:

1. Career Choice: One should balance aptitude, interest, and values while choosing a career, ensuring fulfilment and unlimited potential for growth.

2. Life Partner Selection: This, he said, is both the most difficult and most crucial decision. Individuals should be clear about their priorities — whether love, looks, moral values, mutual respect, or financial stability — and not succumb to societal pressures.

3. Health Prioritisation: Happiness is impossible without good physical and mental health. Mr. Vohra highlighted the importance of regular aerobic activity, strength training, and maintaining an ideal body mass index (BMI between 18–25). He warned against obesity and emphasised its links to chronic diseases, heart problems, and diabetes.

4. Nutrition: Encouraging everyone to develop a taste for nutritious food, he reiterated a balanced diet consisting of 50–55% carbohydrates, 25–30% protein, and the remainder from fats and micronutrients. He also stressed drinking 7–8 glasses of water daily and maintaining consistent healthy eating habits.

Final Thoughts Although time constraints limited the depth of his talk, Mr. Vohra left the audience with a powerful message: happiness is rooted not in material possessions but in inner peace and coherence across all aspects of life. His inspiring blend of science, spirituality, and life wisdom offered a holistic approach to not just a longer life but a truly happier one. The event was a resounding success, offering Rotarians not only a fresh perspective on happiness but also practical tools for achieving it, making this session one of the most impactful Rotary talks in recent memory. Rtn. BK Oberoi delivered the formal vote of thanks, appreciating Er. K.K. Vohra's expertise. The fellowship was hosted by Rtn. Kumar Shrey By
R'Ann.Ar.Aradhana Gakhar



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

NEXT MEETING

Condolence Meeting
Tribute to the Tourists who
were massacred at Pahalgam
on 28th April, 2025 at
Rotary House at 6 PM.

PROJECTS

-WASH Session on 15 April 2025
Government Model Senior Secondary



School, Sector-45/C, Chandigarh
Number of Students Covered: 552
students Classes Covered: 1st to 10th. A total of six separate sessions were conducted to sensitize students about clean

water consumption, personal hygiene, toilet habits, and sanitation practices. The sessions were tailored to suit the comprehension levels of different age groups.



NEWS

Congrats Rtn Sakshi Katyal on her younger son Manit Katyal won bronze in 2nd Inter District tournament organized by Roller skating federation of India



-Our club has been awarded one Trophy and two Certificates of Appreciation from the Distt for the projects undertaken during



February 25.

-I occasionally visit the Princeton Corridor Rotary Club. Today, on Good Friday, I enjoyed a pleasant lunch with several members. Donna Murray, a member of the Rotary Club, is the president of senior care in Princeton. Stephen Francis is currently the Princeton Corridor Rotary Club president in New Jersey, USA. ~ preeti



-After 45 minutes of debate, the Council approved an increase in the dues that every member pays to Rotary International of US\$3.50 in the first year and US\$3.75 in the following two years. Supporters said the increase is needed to meet rising costs and continue providing essential resources and services to clubs. They said that the dues increase is below the inflation

rate, indicating that RI is working to cut costs and manage revenues responsibly. Opponents felt that dues increases may hurt membership and wanted more transparency from RI about what cost-cutting has been done.

-An excursion trip by Rtn. Madhukar Malhotra on the eve of his special birthday with his family in Srinagar.



Representatives also approved a measure allowing the Board to test additional new governance models in districts beyond those approved by the Council three years ago. A governance pilot is currently being tested in districts in RIBI, New Zealand, and Australia, with some modest success in membership growth. Supporters noted that the system in which governors oversee districts dates back to the early days of Rotary. They argue that trying new governance models can help Rotary adapt to future needs and train and develop new leaders.

In another measure, representatives agreed to allow the Board to consider factors such as culture and language, not just the number of Rotarians, in deciding zone boundaries.

THE STORY OF "PIPAL TREE" ON SUKHNA LAKE

The majestic peepal tree at Sukhna Lake, Chandigarh, The oldest tree of Chandigarh Heritage Tree. Visitors to the famous Sukhna Lake in Chandigarh would know this Pipal tree (*Ficus religiosa*) well and may have enjoyed its shade, but this Pipal is a story.

A man named Gyan Singh from the village RamnagarBhangimajre came from the army without a pension because he had contracted TB disease. Even after decades of marriage, he was not blessed with any children. He thought, "If there are no children, let's put my sign in the village and put the Pipal tree!" After a few years, Gyan Singh passed away, but his father Nand Singh took care of his son's sign like his 'grandson' and kept it green.

RamnagarBhangimajre village was demolished for the development of Chandigarh. All the trees were being cut down to construct the bank of the lake, and finally, it was the turn of Gyan Singh's 'son'. It was good luck that Kulwant Singh Alapur, who was working in the construction team, knew the story of this Pipal as he was a grandson (dohta) of Ramnagarvillage. He got adjusted the map of the lake in such a way that this Pipal tree was saved. From that day till today, this Pipal is standing firm.

We sometimes feel that this 'ageless son' remembers his father, Gyan Singh. When you come to Sukhna Lake, please stand under this Pipal tree and take an oath that we will plant trees around us. You never know when and how the saplings you planted will adorn a place..

Rtn. Pankaj Katia

CELEBRATIONS

Birthday Greetings:




21 April PDG Rtn Madhukar Malhotra 9316110939

24 April Rtn Dr S P S Grewal 9876116169

Anniversary Greetings:

27 April PDG Rtn Madhukar Malhotra 9316110939 & Neeru

27 April Rtn Dr Dinesh Dua & Indu Bala 878190900

Multi District RYLA-2025

KUFRI, SHIMLA

District 3080

Investing in Leadership, Citizenship & Personal Development of Youth to Create Magic

Jointly Hosted by:
Rotary Club Shimla Midtown & Rotary Club Chandigarh

District Governor
Rajpal Singh

District RYLA Chair
Sanjay Kalra

Counsellor
Dhian Chand

Chairman
Aparna Negi

Convener
Jatinder K. Kapur

Co-ordinators:
Ashok Jain, Arun Agarwal & Tina Virk

In this intensive training programme participants will acquire skills of:
Effective Leadership & Collective Responsibility
Problem Solving & Conflict Management
Community & Global Citizenship

A Once - in - a Lifetime Experience Awaits You in RYLA - 2025 at Kufri
Sign Up Fast - Last No Vacancies Remain!



An enthralling experience awaits you! RYLA-2025 at Kufri, June 5-8, 2025

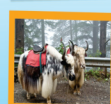
Location:
Amidst the majestic Deodar trees in the Institute of Hotel Management (IHM), Kufri at an altitude of 7500 feet above sea level & about 15 kms from the Capital City of Shimla.
Address: IHM, Kufri, Shimla, NH - 05, Near 133 INF BN (TA) DOGRA, Kufri, Himachal Pradesh - 171 012 Telephone: 0177 2735901



Getting there:
By road from Shimla, Shimla, the state Capital is well connected by road & rail. Air connectivity is weather dependent; hence, it is not advised.



When:
June 5 - 8, 2025 (3 Nights & 4 days)
(Applications are invited at the latest by May 24, 2025)



Who:
130 medically fit & mentally alert youth, Age 14 - 18 Years. No gender restrictions

How Much*:
INR 7000/- per head
(Board & lodging with meals, treks, transportation to Kufri from Chandigarh on 05/06/2025 & back to Chandigarh on 08/06/2025, transportation at camp, cultural evening, bonfire, gifts & mementos)

*Account Details where fee is to be remitted:
Account holder: Rotary Club Shimla Midtown
Bank: Indian Bank, #17, The Mall, Shimla
Account No: 787718979, IFSC Code: IDIB0005025
Note: @Himachal Pradesh 11/05/2025, @Himachal Pradesh 11/05/2025

IMPORTANT CONTACT NUMBERS:

DG Rajpal Singh : +91 9412233151
District RYLA Chair Dr. Sanjay Kalra : +91 9915299791

ESSENTIAL KIT ITEMS PARTICIPANTS NEED TO CARRY

- Personal Clothing & Toiletry Items
- Comfortable Footwear
- Light Jacket
- Track Suit
- Pocket Torch
- Water Bottle
- Light Snacks
- Yoga Mat
- Haversack

PARTICIPANTS MUST AVOID FANCY/DELICATE FOOTWEAR!

RC Shimla Midtown
Counsellor PDG Dhian Chand
9816077355
Chairman PP Aparna Negi
9816024100
President Ravikant Jain
9816410719
Secretary Ramesh Thakur
7018975948
Coordinator Ashok Jain
94180 50096

RC Chandigarh
President Jatinder K. Kapur
9356077111
Secretary Prem Mahindru
9812055523
Coordinators:
Joint Secy Arun Agarwal
9888000890
Dc Youth Services Tina Virk
9872670095

Email ID: ryla2025.kufri@gmail.com



Investing in
LEADERSHIP,
CITIZENSHIP &
PERSONAL DEVELOPMENT
of Youth to Create Magic

Purpose

- Inculcate Skills to Develop Holistic Individuals in line with NEP 2020 Guidelines.
- Create Awareness of Rotary & its Contribution to Society.
- Engage with Young Minds on Fundamentals & Ethics of Leadership.
- Reflection on Issues of Relevance eg. Environment & Gender.
- Build Self Confidence & Self Esteem.

Method


Group Work


Expert Lectures


Hands-on Learning


Outdoor Activities

Expected Outcome


Experiential Learning


Socializing & Networking


Responsible Citizenship


Effective Leadership


RYLA Certification



Multi District RYLA-2025 @ KUFRI

EVENT OVERVIEW

Focus: Leadership, Citizenship & Personal Development

June 05, 2025	
Afternoon	Arrival at IHM
2:00 PM - 4:00 PM	Registration, Welcome drinks, Tea & Snacks
4:30 PM - 6:15 PM	Inaugural Ceremony
6:30 PM - 7:00 PM	Ice Breaking & Group Formation
7:00 PM - 8:00 PM	Rest
8:00 PM	Dinner
June 06, 2025	
7:00 AM	Breakfast
8:30 AM - 10:30 AM	Visit Fun World
11:30 AM	Tea & Cookies
12 Noon - 12:30 PM	Outdoor Activity-I
12:30 PM - 01:45 PM	Rest & Lunch
Technical Sessions: Focus on Leadership & Citizenship	
2:00 PM - 2:30 PM	Technical Session I
2:45 PM - 4:00 PM	Technical Session II
4:00 PM	Tea Break
4:30 PM - 6:30 PM	Technical Session III
7:00 PM	Cultural Performance/Talent Hunt - Participants
8:00 PM	Dinner
June 07, 2025	
7:00 AM	Nature Walk
8:00 AM	Breakfast
9:30 AM - 1:00 PM	Outdoor Activity-II
1:00 PM - 2:00 PM	Rest & Lunch
Technical Sessions: Focus on Personal Development	
2:00 PM - 2:30 PM	Technical Session IV
2:45 PM - 4:00 PM	Technical Session V
4:00 PM	Tea Break
4:30 PM - 5:00 PM	Technical Session VI
6:30 PM onwards	Bonfire with some singing & dancing!
8:00 PM	Dinner
June 08, 2025	
7:00 AM	Yoga
8:00 AM	Breakfast
9:15 AM - 10:30 AM	Feedback Session: Participants & Organizers
11:00 AM	Valedictory Session & Farewell Lunch
1:00 PM	Homeward Bound with Happy Memories!

Note: Details of Technical Sessions will be shared with participants during Ice Breaking on June 05, 2025

TESTING XPERTS PVT. LTD.

ORGANISING

VOLUNTARY BLOOD DONATION CAMP

IN ASSOCIATION WITH

ROTARY CLUB CHANDIGARH

23RD APRIL 2025
TIMING : 12 NOON ONWARDS
TEAM : BLOOD CENTRE 37
VENUE : TESTING XPERTS, IT PARK, CHANDIGARH

With Best Compliments from
Rtn Jagesh Khaitan



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Club Leadership Plan

The purpose of the Club Leadership Plan is to strengthen the Rotary club by providing the administrative framework of an effective club. Club leaders should implement the Club Leadership Plan in consultation with district leaders as described by the District Leadership Plan. The Club Leadership Plan should be reviewed annually. Effective clubs:- a) Sustain and/or increase their membership base

b) Implement successful projects that address the needs of their community and communities in other countries

c) Support The Rotary Foundation through both financial contributions and program participation

d) Develop leaders capable of serving in Rotary beyond the club level

To implement a Club Leadership Plan, current, incoming and past club leaders should:-

a) Develop a long-range plan that addresses the elements of an effective club

b) Set annual goals and enter these in

Rotary Club Central

c) Conduct club assemblies that involve members in the planning process and keep them informed of the activities of Rotary

d) Ensure clear communication between the club president, board, committee chairs, club members, district governor, assistant governors, and district committees

e) Provide for continuity in leadership, including the concept of succession planning to ensure development of future leaders

f) Amend bylaws to reflect the club committee structure and roles and responsibilities of club leaders

g) Provide opportunities to increase fellowship among members of the club

h) Ensure that every member is active in a club project or function

i) Develop and implement a comprehensive training plan that ensures: 1. Club leaders attend district training meetings as appropriate 2. Orientation is consistently and regularly provided for new members 3. Ongoing educational opportunities are available for current members 4. A leadership skills development program is available for all members.

Plan For Achieving Minimum Standards In All Rotary Clubs

1. Creating Opportunities for Clubs to Become Functioning The governor will make appropriate arrangements to strengthen clubs identified as weak so they are able to fulfill the minimum standards established by the Board.

Addressing Clubs That Are Not Functioning If a club elects not to participate in the strengthening opportunities offered by the district governor, the governor will work with the club to identify an appropriate course of action from the following options:

a) Resignation – After careful consideration, in consultation with the governor, the club members agree to resign the membership of their club in accordance with club resignation board policy. The governor will provide the names of

interested Rotarians to nearby clubs. b) Merger – In consultation with the governor, the club and all of its members will consolidate with a nearby club. Neighboring clubs with fewer than 20 members are encouraged to merge.

c) Termination – The governor notifies the general secretary, or the general secretary determines, that a club is not able to meet the minimum standards for a functioning club. The general secretary notifies the club that it has been identified by the governor or the general secretary as failing to function and asks for its response within a reasonable timeframe. If the club doesn't respond or if the club's response indicates that minimum standards cannot be achieved, the club is terminated for failure to function.

"मृत्यु परम सत्य है"
.... पर इस तरह?

गलती क्या थी उनकी?

नमन सक्षम नहीं शांति के लिए।

विलाप से गुंज रही है वादी,
रक्तरंजित हैं चोटी के प्रस्तर

पहलगाम के करुण क्रंदन
से- प्रतिध्वनित हैं धरती अम्बर,

आतंक आलंब पर
आरोहित है सांप्रदायिकता का परचम,

भावांजली कैसे दे दूँ जब
संवेदनहीन हैं नमन के अक्षर।

व्यक्तिगत सोच बदलनी होगी...

सिद्धांतों से इतर प्रायोगिक
निर्णय लेने होंगे...

मन का विद्रोह थमने से
पहले -

प्रतिशोध की पहल
आवश्यक है।

नेहा नूपुर

