



**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  
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1991-92

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2024-25

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RI DISTRICT 3080

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CLUB PRESIDENT

PREM MOHINDRU  
CLUB SECRETARY

## Microplastics: A new threat

**M**onday meeting gives us the new threat to our daily life when Dr. Swaranjit Singh enlightens us on how microplastics affect our health by polluting our drinking water. Dr. Swaranjit Singh is Director Free Polyclinic Perch situated at Mohali and former Professor chief scientist at CSIR, Mohali. His name is listed in top 2 % Global scientist for consecutive four years and member is 2 WFCC committee. He has been awarded number of recognitions which include Loyola environment award. His papers are published in number of publications across the Globe on the environment subject. The brief introduction was given by Rtn. Arun Aggarwal on behalf of the club.

Dr. Swaranjit Singh started his presentation by explaining that how Sadly trillion tons of plastic that is not degradable has been dumped in the oceans, rivers, water bodies and land since time immemorial without any thought. This leads to generation of Microplastics. We should say 'No' to plastics now. Microbes clean our environment in many ways. There are 2.3 kg bacteria on our body and these 2.3 kg live bacterial mostly beneficial for us. Trees, Plants make oxygen for us but more than 50% oxygen is made by bacteria. Algae also make lot of oxygen for us. They clean our environment and all pollutants generated by various sources are cleaned by bacteria. They are friends of the environment. They enjoy



bad compounds and thrive on sugar and honey. Punjab is number one in spray of pesticides and insecticide. Even these insecticides and pesticides are cleaned by bacteria. Most of the sludges are cleaned by microbes like bacteria and they produce Methane gas.

Prebiotics are :- Fresh vegetables and Probiotics like curd, having live bacteria. Lassi, Chach and butter milk are probiotic. In summers Curd can be made by adding just a small quantity of bacteria in milk in 6 hrs. These microbes give strong immune system, brain, memory strong heart, weight loss, allergy and good immune system. They make food for us and also make hormones, enzymes, antibodies. Good for digestive system, body cool, weight management, acidity, skill and hair health, blood pressure, immunity, Fatty

acids. Food colours are also made by microbes. Good bacteria kill bad bacteria. They are 1st line of defense on our skin. When there is Oil spill on the sea, most of toxic hydrocarbons evaporate by sun. Bad bugs make malaria, typhoid, small pox, etc. Microbes should be used for benefit of man kind and not for destruction. He answered like sanitizers kill microbes. Dr GP Malik presented Vote of Thanks and fellowship was hosted by Rtn. B K Obroi.

**Rtn. Arun Aggarwal**



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

### NEXT MEETING

**Neha Sood** Graduate & Post graduate from Lady Sri Ram College & XLRI Jamshedpur Gold Medalist National Kettlebell sports meet Talks to us on Importance of Movement, Mobility, Strength at all ages on 5th May 2025 at Rotary House at 6 PM.

-On 23rd April 2025, Sacred Heart School, Chandigarh, held a special assembly for the Inception of the Early Act Club. This club focuses on developing social and emotional skills such as empathy and responsibility, encouraging volunteerism and community



engagement. Principal, Rev. Sr. Venita Joseph, along with Manager Rev. Sr. Anupa and Head Primary Rev. Sr. Alvina, pinned specially made badges on the students. They congratulated them on their induction into the club and encouraged them to fulfill their duties diligently. The members of the Early Act Club undertook their first initiative to raise awareness about the importance of environmental conservation and the need to care for our planet and future generations by enacting skits and plays.

-INTERACT CLUB of BHAVAN VIDYALAYA, Chandigarh, proudly launched the "Say No



to Plastics" campaign, aimed at raising awareness about the harmful effects of single-use plastics. The initiative encouraged responsible choices and sustainable alternatives through interactive sessions, creative displays, and a student-led Pledge Wall.

-The EARLYACT CLUB of SRI GURU HARKRISHAN Sr. Sec. Public School, Sector 40-C, Chandigarh, organized a meaningful and engaging event to raise awareness about environmental conservation on the



occasion of Earth Day. The members of Earlyact Club presented a thought-provoking Nukkad Natak (street play) within the school premises. The performance was followed by an enthusiastic rally around the campus, where students carried placards and raised slogans advocating for a greener, cleaner planet. To further spread awareness, the members of Earlyact Club also took their impactful play to the nearby area, sensitizing the public about the urgent need to protect and preserve the Earth. The initiative reflected the creativity, passion, and commitment of the young members of the Earlyact Club towards building a sustainable future.

-SACRED HEART SCHOOL, sec. 26, Chandigarh, CELEBRATED EARTH DAY, with Awareness Rally at Sukhna Lake, on April 22nd, 2025: To mark Earth Day,



Sacred Heart School organized a vibrant awareness rally at Sukhna Lake, highlighting the theme "Save Nature, Save Earth." The event, held in the early morning hours, saw the enthusiastic participation of more than a 100 students, who came together to spread the message of environmental conservation. Organized by the school's INTERACT CLUB and THE EARLYACT CLUB, the rally aimed to sensitize the public about the urgent need to protect the planet. Students carried colorful placards and posters bearing impactful slogans and artwork related to saving nature and combating climate change. They interacted with morning walkers along the lake, engaging them in thoughtful conversations about sustainable practices and environmental responsibility.

The rally not only showcased the students' creativity and commitment to the environment but also served as a call to action for the community to adopt eco-friendly habits. Sacred Heart School continues to instill the values of environmental stewardship in its students, encouraging them to be responsible

global citizens and changemakers of tomorrow.

-Delhi Public School, Chandigarh Launches EarlyAct Club to Foster Leadership and Service. Delhi Public School has proudly established its EarlyAct Club, supported by the Rotary Club Chandigarh with the



aim of instilling values of leadership, empathy, and community service in young learners aged 5 to 13. The club is led by President Kimaayra Arora and General Secretary Riwayat Bhardwaj, under the guidance of their club incharge, Ms. Sapna. The club recently marked a significant milestone by receiving its official formation certificate, signifying its formal induction into the Rotary family. As part of this special occasion, Rtn. Teena Virk, Director Youth Service, from, Rotary Club Chandigarh, interacted with the students and inspired them to uphold the Rotary motto, "Service Above Self." Director Principal, Mrs. Reema Dewan, a passionate advocate for holistic education, expressed her pride in the students and reaffirmed the school's commitment to building character and civic sense from an early age. Also participating, was the Head Mistress, Ms. Tejinder Hundal. The EarlyAct Club is a step forward in shaping responsible citizens of tomorrow—young leaders ready to make a difference.

-Sri Guru Harkrishan Sr. Sec. Public School, Sector 40-C, Chandigarh, had the honour of hosting Rotarian Teena Virk from the Rotary Club for a special interaction with EarlyAct Club members. She recognized the school's dedicated



CONTINUED ON PAGE 4

MHM Session Report 24 April 2025 (Thursday) Government Model Senior Secondary School, Sector 45C, Chandigarh In the presence of Principal: Mrs. Seema B. Grove And Session Coordinator: Ms. Roselee On the Topic of Menstrual Hygiene Management, Gender Sensitization for Boys, and Sanitary Pads Distribution Drive for Girl Students Wherein Classes Covered: 6th to 10th with Number of Students Reached: 330.



A total of 10 sessions were conducted throughout the day, focusing on menstrual hygiene, the menstrual cycle, and gender sensitization. The female reproductive system was explained scientifically to help students gain a clear understanding of menstruation. Girls were guided on the safe disposal of sanitary pads and how to use incinerator machines properly.

23 April 2025 (Wednesday) In the Government Model High School, Sector 25, U.T. Chandigarh With presence of Principal: Mr. Rajinder Singh And Ms. Monika Arora On the Topic of Menstrual Hygiene Management, Gender Sensitization for Boys, and Sanitary Pads Distribution Drive for girls students .Classes Covered: 6th to 10th wherein Number of Students Covered: 593 for Pads Distribution Drive

Date - 21 April 2025 ( Monday )

GSSS khudalahora

Class - 6th to 10th Girls Students

Coordinator Name - Ms. Kaumaudi(+919779917090)

No of pads distributed - 100

2) GMSSS Sarangpur



Class - 6th to 10th Girls Students

Coordinator Name - Ms. Anita ma'am (98159 08873)

No of pads distributed - 200

GMHS RC - 1 Dhanas

Class - 6th to 10th Girls Students

Coordinator Name - Ms. Lakhwinder ma'am (+916280589978)

No of pads distributed - 450

A detailed session was held on the menstrual cycle, menstrual hygiene, and gender sensitization. The female reproductive system was explained scientifically to help students understand menstruation better.

### Blood Donation Camp at Testing xperts Private Limited

A voluntary blood donation camp was successfully organized on April 23, 2025,



by Testing Xperts Pvt Ltd in collaboration with the Rotary Club Chandigarh at the TestingXperts IT Park, Chandigarh office. A total of 35 volunteers came forward to participate in this noble cause. The camp was coordinated by Rtn Mr. Manish Gupta and Mrs. Archana Gupta, with gracious presence and support from Rtn Mr. Prem Mahindru and Rtn Mr. Arun Aggarwal. All donors were honored with certificates of appreciation and thoughtful gifts sponsored by the Rotary Club Chandigarh.

### Fight against terrorism

Members from various Rotary Clubs from the tricity, of Chandigarh, Mohali and Panchkula, under Rotary International District 3080, staged a protest against the massacre at Pahalgam by gathering



at the plaza in sector 17 chandigarh. Scores of young Rotaractors from various colleges and universities joined the candle March in pain and protest of the dastardly, inhuman act. Their slogans shouted: Fight against terrorism\* Terrorism has no religion \* India stands united against all acts of terror.

Leading the group was District Governor Rtn. Rajpal Singh along with Assistant Governors, presidents, Directors and various other eminent Rotarians with

CONTINUED ON PAGE 4

## CELEBRATIONS

### Birthday Greetings:

3 May Rtn Ripudaman Vats 9915523556

### Anniversary Greetings:

29 April Rtn Dr Sachin Passi & Nandini 9814007222

29 April Rtn Bipin Kumar Oberoi & Promila 9876711145

2 May Rtn Brijesh Kumar & Unnati 9878023500

3 May Rtn Ripudaman Vats & Namarta 99155 23556

3 May Rtn Ashok Khanna & Usha 9814089930

3 May Rtn M M Khanna & Anu 0172-2546276

With Best Compliments from  
Rtn Jagesh Khaitan



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CONTINUED FROM PAGE 2

service to society through the Interact Club and presented a certificate of recognition to the school, along with certificates of honour to Principal Mrs. Shama Kukkal and Interact Club Coordinator Mrs. Jagjit Kaur Saran. School Management Member Incharge, Dr. Paramjeet Singh also graced the event with his presence. Rotarian Teena Virk's words inspired the students as she emphasized the role of EarlyAct Clubs in building leadership, empathy, and service values. The event was well-coordinated by Mrs. Jagjit Kaur Saran and Mrs. Hardeep Kaur. The school extends heartfelt thanks to the Rotary Club for their continued support and encouragement.

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 ret'd. Chairman Cum Manager of PML SD Public School. Present to give support were, program Officer, Mr. VS Pathania and Mr. Jayant Kumar, and Ms. Rajni Kanwar, Teacher Incharge, Interact Club. From Rotary Club Chandigarh, Rtn. Jatinder Kapoor, President, 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 blood donations. Dr. Nemi Chand Golia, State Officer (NSS), Liaison, Chandigarh Administration, Guest of Honour, addressed the students stating that "Through this blood camp, we shall aim to instill a sense of empathy and civic duty in our future generations. Every drop counts, and today, our community has come together to make a real difference."

CONTINUED FROM PAGE 3



their families and friends. Rtn Secretary Prem Mahindru, Rtn Teena Virk, Rtn AG Jaspal Sidhu and Rtn IPP Anil Chadda took the tasks diligently and meticulously, taking approvals from administration, mustering support of Rotaractors, involving local clubs and our Innerwheel club.

### Tree Plantation

Children of Rotary Bal Bahar Crèche Sector 8, Chandigarh are planting samplings in the Crèche premises to be taken care by them to sensitize children for the greenery and environment

### BRIGHTSIGHT – For Little Eyes Full of Wonder

On 24th April 2025, Rotaract Club of Chandigarh, in collaboration with Rotary Club Chandigarh, National Association for the blind and Cheema Foundation Trust, organized a free eye check-up camp at



Saketri Primary School, Panchkula. Around 200 children were screened during the camp. Several cases needing further attention were identified, and efforts will be made to provide spectacles and required treatment to those in need.

The event was a heartwarming success,

and we remain committed to making lives better—one step at a time. Thank you to Rtn. Vinod Chadha, President National Association for Blind, Chandigarh, in taking personal interest in all arrangements. The camp was well supported by Rotaract president Moin Khan, Rotaractor Harshat Kedia, Rotary Club Chandigarh, Secretary, Rtn. Prem Mahindru, Jt. Sec. Rtn. Arun Aggarwal, AG Rtn. Jaspal Sidhu and Rtn. Teena Virk.

## NEWS

Phulkari Makers Bassi Pathana #PMBP a self-help group of rural artisans trained & supported by Mehar Baba Charitable Trust produces Asia's unique designed handcrafted FANTASTIC 52 MOTIF BAWAN BAGH PHULKARI DUPATTA. Every Bawan Bagh dupatta is a masterpiece, blending heritage with the hands of talented rural women artisans from Phulkari Makers Bassi Pathana Self-Help Groups across district Fatehgarh Sahib. These women artisans have perfected in 52 intricate Phulkari stitches, including: Traditional Phulkari, Kachi Phulkari, Dandi Tanka,



Machi Tanka, Chain Stitch, Gath Wala Tanka (Knot Stitch).

It takes 7-8 hours daily of meticulous effort by these artisans for 45 days to create each dupatta, ensuring the finest details. Each fine piece tells a story of resilience and empowerment, as these SHG women bring their traditional skills to life, creating stunning works of art while supporting their families and communities. When you choose a Bawan Bagh dupatta, you're not just embracing timeless beauty—you're uplifting the lives of talented rural women artisans of 187 adopted villages of district Fatehgarh Sahib. Available in various color options.

