

Open Hand

WEEKLY CLUB BULLETIN OF ROTARY CLUB CHANDIGARH | ROTARY INTERNATIONAL DISTRICT 3080 | INDIA

CHARTER 15227 | CHARTERED ON 10TH MAY 1958

ISSUE 43 | 27 April 2026

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CONSCIOUSNESS, SERVICE, AND SELF-AWARENESS: AN EVENING WITH DR. RAJ NEHRU AT ROTARY CLUB CHANDIGARH

Rotary Club Chandigarh hosted an inspiring and intellectually rich session that blended fellowship, service updates, and profound philosophical inquiry. The highlight of the evening was an address by Dr. Raj Nehru, Officer on Special Duty to the Chief Minister of Haryana and former Vice Chancellor of Shri Vishwakarma Skill University. The event drew Rotarians, distinguished guests, and members for an evening that reflected Rotary's commitment to both community impact and personal growth.

The session opened on a high note with two key club milestones. First, the Club announced receipt of a \$30,000 Global Grant from Rotary Foundation India to fund a Community Outreach Van for the Human Milk Bank. This project will expand access to life-saving nutrition for vulnerable infants and marks another step in the Club's sustained health initiatives. Second, members celebrated strong academic results from Rotary Vidya Sadan. The achievements of these students stand as a testament to Rotary's long-term investment in education and underline how consistent mentorship and infrastructure create real, measurable change.



Introducing Dr. Nehru, the Club noted his rare journey across corporate leadership, academia, and public service. His ability to bridge these worlds set the tone for a talk that connected ancient wisdom with modern inquiry. Drawing from his book *I Am Shiva: Power of Consciousness*, Dr. Nehru invited the audience to sit with a deceptively simple question: Who is the observer of our thoughts, emotions, and experiences? That question became the thread

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ROTARY CLUB CHANDIGARH
Invites you to

LOK VIRSA
AN EVENING OF SUFI & FOLK MUSIC
by
Saptak
Deepak Sharma Ensemble

MONDAY 27-4-2026
06:00 PM

Performing Artists

Deepak Sharma- Director
Vocalist & Instrumentalist
Jatinder Dhiman Vocal & Tumbi
Vasundhara - Classical Vocalist
Vatsal Sharma- Tabla
Shashank Sharma- Harmonium
Raman- Guitar
Indrajeet Saini- Vocals & Percussion

ROTARY HOUSE 107A, SECTOR 18A
. CHANDIGARH

CONTINUED FROM PAGE 1

Consciousness, Service, and Self-Awareness...

through which he explored consciousness. Referencing Kashmir Shaivism, he described consciousness as a “singular unified field of potential.” In this view, the universe does not contain consciousness. Rather, consciousness contains the universe. To make the idea accessible, he turned to science and cinema. Concepts like multiverse theory and time dilation, popularized by films such as Interstellar, helped illustrate how reality may be less fixed and more observer-dependent than we assume.

A central part of his message was the distinction between pure and impure consciousness. Pure consciousness, he said, is unity, freedom, and limitless awareness. It is the state before labels, roles, and judgments arise. Impure consciousness is what we experience daily. It is shaped by memory, sensory input, social conditioning, and the limits of the human mind. The mind, he noted, is a useful tool but a poor master. True freedom is not in chasing every impulse. It is in seeing those impulses clearly and choosing from awareness rather than compulsion. For Rotarians, this has direct relevance. Service is external, but it is powered by an inner state. When we act from awareness, our service becomes less reactive and more intentional. We respond rather than react. We see the person, not just the problem. Dr. Nehru encouraged the audience to cultivate their “inner observer.” This is the quiet capacity to watch one’s own thoughts and



emotions without immediate judgment. From that space, clarity and compassion emerge. He also reframed the concept of Maya, often translated as illusion. Instead of viewing illusion as a barrier, he suggested we see it as a mechanism. The limits and contrasts of daily life give us the canvas to discover who we truly are. In that sense, challenge is not the opposite of growth. It is the condition for it.

The evening closed with reflections that tied philosophy back to Rotary’s core. Self-awareness deepens service. Conscious leadership begins with a conscious leader. And the search for meaning, when paired with action, defines “Service Above Self.” A special note of gratitude from President Abha J Sharma to Rtn. Rosy Katyal for the wonderful fellowship. The sumptuous arrangements and warm hospitality were appreciated by everyone present.

CELEBRATIONS

Anniversary Greetings:

27 April	Madhukar Malhotra & Neeru	9316110939
27 April	Dr. Dinesh Dua & Indu Bala	9878190900
29 April	Sachin Passi & Nandini	98140 07222
29 April	Bipin Kumar Oberoi & Promila	9876711145

With Best Compliments from
Rtn Jagesh Khaitan

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WINS PROJECT

Today, Government Model High School Mauli Colony, U.T Chandigarh conducted the WASH (Water Sanitation and Hygiene) session, and it went very well. The session was coordinated by Ms. Reena

Facilitators: Ms. Kirti, Ms. Tanishqa, Ms. Rimpi, Mr. Vishrut and Mr. Inderpal

Total Sessions Conducted: 19

Total Students Covered: 1305

Students Covered: Class 1st to 10th



WINS PROJECT

21st April 2026 Government Model High School Sector - 25, U.T Chandigarh conducted the Menstrual Hygiene Management (MHM) and Gender Sensitization Session for Boys with Pads distribution drive for girls students and it went very well. The session was coordinated by Ms. Monika Arora

Facilitators: Ms. Vinita Shah, Ms. Kirti, Mr. Rajinder, and Mr. Inderpal

Total Sessions Conducted: 07

Total Students Covered: 563

Students Covered: Class 6th to 10th

Rotary Connects, Rotary Makes A Difference, Across Communities, Across Borders

A Story of Hope and Collaboration

Ms. Ts. Tsagaantsai, a young woman from Erdeneburen Soum, Khovd aimag, Mongolia was born with severe congenital spinal deformity (scoliosis with spondylitis). From early childhood, her condition progressively worsened, leading to significant physical limitations—difficulty breathing due to chest compression, chronic pain, restricted mobility, and nerve-related symptoms affecting her daily life.

Despite these challenges, she persevered—completing her education and becoming an accountant. However, her condition continued to deteriorate, and advanced surgical treatment was not available in Mongolia.

A journey of Hope and Collaboration started:

Through her own efforts and search for treatment options, Ms. Tsagaantsai connected with the India–Mongolia Health Cooperation Center (IMHCC). After reviewing her case, IMHCC facilitated access to advanced spine treatment in India.

A strong network of support came together:

IMHCC coordinated the medical referral and international treatment pathway

Dr. Jama Khainzan, a Rotarian from Mongolia, supported and facilitated the case.

Rtn. Amrit Pal Singh Dhiman from Rotary Club of Chandigarh provided Rotary support and coordination in India. He also facilitated support from Rtn. Neeraj Bhatnagar from Delhi who helped arrange local logistics, including accommodation for the patient and her mother during post operative care.

The patient’s family and local community raised significant funds through donations and by selling personal assets

Medical Support in India

Ms. Tsagaantsai has now traveled to India and was operated successfully on 15th April, 2026 at Artemis Hospital, one of the leading hospitals for spine surgery in Delhi.

Her surgery was led by Dr. Hitesh Garg, Head of Orthopaedic Spine Surgery, Artemis Hospital. The procedure was a complex spinal correction surgery to relieve compression and improve function.

Rotary’s Role:

Rotary played a critical bridging role in this case. Rotarians connected stakeholders across Mongolia and India, facilitated trust between patient, doctors, and institutions

Supported logistics, communication, and coordination, mobilised humanitarian support beyond financial contributions.

This case is a strong example of Rotary’s power in international service, where collaboration across borders directly transforms a life.

Ms. Tsagaantsai’s journey reflects resilience, community solidarity, and international cooperation. From a remote soum in Mongolia to a top-tier hospital in India, her story is made possible through the combined efforts of family, community, India-Mongolia Health Cooperation Center, and dedicated Rotarians.

Her dream is simple yet powerful: to regain her health, live independently, and support her parents.

Thank you Dr. Jama for your efforts. Grateful to Rtn. Neeraj Bhatnagar for accepting my request for help.

ROTARY VIDYA SADAN

PRIP R K Saboo and PRIP Ravindran visited Rotary Vidya Sadan, Babu dham School, Sector 26, today at 10.30 am. Rt'ne Archana Gupta, PDG Madhukar Malhotra, Vice President Rtn. Rajinder Kaur, PP Hassan Mejie, PP CJ Singh, Director Club Service Prem Mahindroo and Director Vocational Service Rtn. Lalita Grover were present. Prizes were given to Children with above 80% marks and 'A' Grade in the result in their respective schools. Prizes and



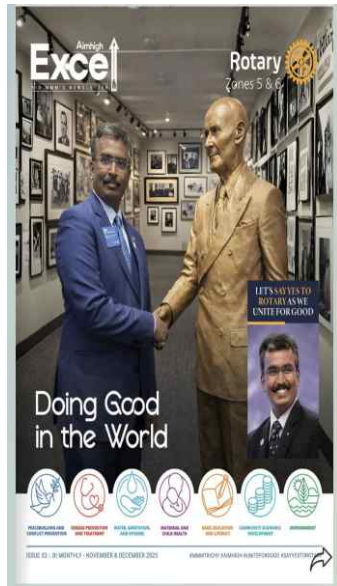
Refreshments were sponsored by Ms. Ratika Sharma.

The children with full gusto and energy presented handmade bouquets to the Guest of Honour.



They also so happily presented a dance and song. A welcome speech was made by Miss Rajni in English. Interaction and Spending time with them is a great pleasure.

EXCEL AIM HIGH: RID MMM's Newsletter Release



Glad to release the Nov & Dec newsletter. This issue is a special one that has captured the Tejas Institute's momentum and the launch of Sri Lanka Institute 2026 with daring frames.

Say Yes to Rotary

மாற்று!! மாற்று!!

Rtn AKS Er Muruganandam M (MMM)

Rotary International Vice President 2026-27

Rotary International Director 2025-27

Chairman - Excel Group of Companies

#MMMTrichy #MMMRotary #MMMExcel #SayYESToRotary

#UniteForGood #CreateLastingImpact

- Rotary Club Chandigarh coverage in the RIDs MMM's newsletter

MEDIA COVERAGE

Seeing Durga in the women we overlook

Every Navratri, we worship the Ashthujha Devi as a celestial marvel of multitasking yet fail to recognize the same indomitable spirit in the women around us. As a child, I wondered how Ms. Durga could manage her daily life - bath, dress, sleep with eight arms, only to be told by elders that she was a deity, not an ordinary woman. Little did I realize then that my own mother possessed that same boundless energy. She would wake up before dawn, prepare us for school, cook three meals in a jiffy, tend to us when we were sick, all the while never missing a bedtime story for us. She was a constant companion to my father, seemingly everywhere, all at once. This extraordinary spirit extends far beyond the home. Meeting Mother Teresa in 1976, I heard her profound command: "Give until it hurts." Whether scrubbing toilets or walking the corridors of power, she worked with unwavering focus, lifting the destitute from the gutters of Kolkata and bringing them to her home to offer them dignity in their final moments. Kiran Beeti, the first woman IPS officer, proved that empathy could reform the darkest corners of Tihar Jail. By replacing punitive measures with holistic education,



WOMEN EMPOWERMENT NEEDS MOMENTUM

donating her body for research, Promila Chander Mohan founded SOREMI, providing a sanctuary for intellectually challenged children. Under her pioneering vision, the institute introduced specialized vocational training and life skills, therapies, empowering some marginalized children to achieve unprecedented self-reliance and social integration. In the courtrooms, Chandigarh's daughters have upheld the highest traditions of justice. Justice Ritu Bahri made history as the first woman Chief Justice of the Uttarakhnad high court, fiercely advocating for shared parenting and environmental protection. Justice Jaishree Thakur, a judge for all seasons, has fearlessly held the bureaucracy accountable while shielding the vulnerable. In the realm of education, Punjab University vice-chancellor Prof. Renu Vig navigates complex administrative challenges, proving that true leadership requires both a visionary mind and a pragmatic heart. This healing touch is further evident in the medical missions. Since 1986, female doctors and volunteers have travelled from Chandigarh to serve both within India and abroad on numerous Rotary Rahat medical missions - a profound journey of service that my wife and I have had the privilege of organizing and leading. I believe, moving with time, the traditional Kanjak Pujas needs a paradigm shift. Beyond ritual offerings, we must pledge to invest in young girls' higher education and financial independence, nurturing the bravery and the assertiveness they need to command respect. Self-defence and physical fitness must become mandatory life skills, equipping them to protect their honour. We must build a society where girls are empowered to prevent abuse, moving us past the era of reactive, post-tragedy candle marches and protests. Only through this shift from mere protection to active empowerment can the true spirit of Navratri be celebrated. This is the Kanjak Puja that truly matters today. (The writer is Chandigarh-based philanthropist)

MEMBERS UPDATE

