

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

Francesco Arezzo
ROTARY INTERNATIONAL PRESIDENT
2025-26

Ravi Prakash
DISTRICT GOVERNOR
RI DISTRICT 3080

Abha Joshi Sharma
CLUB PRESIDENT

Arun Aggarwal
CLUB SECRETARY

GUT HEALTH AND NUTRITION: KEY TO WELLNESS

Guest Speaker: Dr. Deeba Ariff

After the national anthem the President warmly welcomed members and gave updates of the projects

The President then introduced the guest speaker for the evening, Dr. Deeba Ariff, a noted nutritionist and gut health specialist.

Dr. Deeba Ariff's talk focused on the theme "Eating the Right Food at the Right Time for Gut Health." She explained the critical difference between prebiotics and probiotics and emphasized timing as key to their effectiveness.

Her focus was primarily on prebiotics. She explained that raw banana is among the best natural prebiotics. It should be eaten on an empty stomach in the morning. This, she said, prepares the entire alimentary canal for the day, feeds good bacteria, and improves nutrient absorption through the day.

Moving to probiotics, she stressed that curd is highly beneficial but loses much of its value when eaten with regular meals. Curd should never be eaten with food. The best time is mid-morning,

taken separately. It can be paired with fruit for added benefit, but should not be eaten with grains like rice or roti, as is common practice. Timing ensures the live cultures reach the gut effectively.

Dr. Ariff also explained the importance of wheatgrass. When we grow wheatgrass, all the minerals of the soil are drawn into the young shoots. Fresh wheatgrass extracts are very useful for

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YOU ARE CORDIALLY INVITED TO

CELEBRATION!

88TH CHARTER DAY CELEBRATION OF ROTARY CLUB CHANDIGARH

Guest Of Honour
वसुधैव कुटुम्बकम्
PDG Amjad Ali
District 3090

on
Monday 11th May 2026 at 6 pm

Rotary House . 107a Sector 18a Chandigarh

RSVP
President: Abha Sharma
Rotary Club Chandigarh
Secretary: Arun Aggarwal

Monday 11th May 2026 at 6 pm

FELLOWSHIP HOSTS

President Rtn Abha Sharma & Sanjay Sharma

Rtn Brajesh & Unnati

Rotary House . 107a Sector 18a Chandigarh

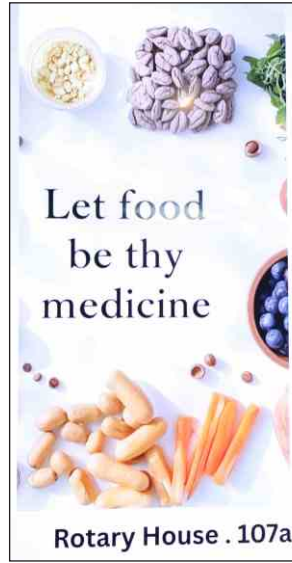


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Gut Health and Nutrition...

gut health, aiding detoxification and reducing inflammation. She shared simple ways to grow it at home and consume the juice on an empty stomach.

The session ended with an engaging Q&A. Members asked about jaggery, millets, and post-antibiotic gut repair. Secretary Rtn. delivered the vote of thanks, appreciating Dr. Deeba Ariff's practical insights.



Let food be thy medicine

DR DEEBA ARIFF
Wheat grass and probiotics specialist

Monday 4th May 2026
at 6 pm

Rotary House . 107a Sector 18a Chandigarh



CELEBRATIONS

Birthday Greetings:

- 14 May Rtn Ramesh G. Bhatia 9316003355
- 14 May Rtn Hassan Singh Mejie 9417010716
- 14 May Rtn Arvind Mahajan 9876011457
- 17 May Rtn Ankur Garg 9214300518

Anniversary Greetings:

- 11 May Rtn Kewal Seth & Ann Veena 9814123095
- 12 May Rtn Abhishek Verma & Ann Aditi 8146770044

With Best Compliments from
Rtn Jagesh Khaitan



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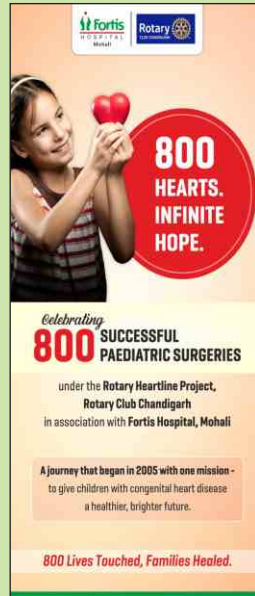
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Rotary Club, Chandigarh Marks 800th Life-Saving Heart Surgery Performed at Fortis Mohali

Chandigarh, May 7, 2026: The Rotary Club of Chandigarh marked the successful completion of 800th heart surgery under its flagship Rotary Heartline Project, in partnership with Fortis Hospital, Mohali. The milestone surgery was performed on 7-year-old Abhijot of Behlan Khanpur of Fatehgarh Sahib district, by a team of doctors led by Dr TS Mahant, Executive Director, CTVS and Dr Rajat Gupta, Senior Consultant, Department of Paediatric Cardiac Sciences, Fortis Hospital, Mohali.

Son of a daily-wager, Patient Abhijot was suffering from a hole in the heart and was referred to Fortis Hospital Mohali by the Rotary Club of Kharar to the Heartline team of Rotary Club in Chandigarh. Club President Abha Joshi Sharma informed that the Rotary Club of Chandigarh had not only saved the lives of several children across the country, but as many as 162 children from various countries, including Pakistan, Afghanistan, Iraq, African continent, Nepal, Mongolia etc., had received a new lease of life after getting treated by Indian doctors.

Abha Joshi Sharma lauded the efforts of the Fortis Hospital Mohali management and doctors, particularly Dr TS Mahant, Executive Director, CTVS; Ashish Bhatia, Executive Vice President, Fortis Healthcare; and Abhijit Singh, Head- SBU, Fortis Hospital Mohali for supporting the



इलाज | दिल में छेद लेकर जन्मा था अभिजोत, अब सामान्य जिंदगी की ओर बढ़ेगा कदम

मजदूर के बेटे को मिली नई जिंदगी, रोटरी हार्टलाइन प्रोजैक्ट ने पूरी की 800वीं हार्ट सर्जरी

चंडीगढ़, 7 मई (पान): फतेहगढ़ साहिब के छोटे से गांव बेहलन खानपुर का 7 साल का अभिजोत अब सामान्य बच्चों की तरह खेल सकेगा, डीढ़ संकेगा और स्कूल जा सकेगा। जन्म से दिल में छेद की गंभीर बीमारी से जूझ रहे इस बच्चे की जिंदगी तब बदली, जब रोटरी क्लब चंडीगढ़ और फोर्टिस अस्पताल के रोटरी हार्टलाइन प्रोजैक्ट के तहत उसके सफल हार्ट सर्जरी की गई।

यह सिर्फ एक सर्जरी नहीं थी, बल्कि इस प्रोजैक्ट के तहत पूरी की गई 800वीं जीवनरक्षक हार्ट सर्जरी भी थी। अभिजोत एक दिहाड़ी मजदूर का बेटा है और परिवार के लिए महंगा इलाज करवाना लगाम असेम्भव था। ऐसे में रोटरी क्लब खरड़ ने बच्चे को रोटरी क्लब चंडीगढ़ की हार्टलाइन

सर्जरी टी.एस. महंत और रजत गुप्ता की टीम ने की। टीम तक पहुंचाया, जिसके बाद इलाज और सर्जरी का पूरा इंतजाम किया गया। सर्जरी टी.एस. महंत और रजत गुप्ता की टीम ने की। डॉक्टरों के अनुसार, बच्चे को जन्मजात हृदय रोग था और समय पर इलाज बेहद जरूरी था। रोटरी इंटरनेशनल के पूर्व वरल्ड प्रेजीडेंट राजेंद्र के. साबू की पत्नी उषा साबू ने कहा कि उनके लिए यह सिर्फ 800 सर्जरी का आंकड़ा नहीं, बल्कि 800 बदली हुई जिंदगियां हैं। उन्होंने कहा कि इन बच्चों को ठीक होते और सामान्य जिंदगी की ओर लौटने देखना सबसे बड़ा खुशी है। रोटरी क्लब चंडीगढ़ की प्रेसिडेंट आया शर्मा ने बताया कि इस पहल का फायदा सिर्फ भारत ही नहीं, बल्कि पाकिस्तान, अफगानिस्तान, इराक, नेपाल, मंगोलिया और अफ्रीकी देशों के बच्चों तक भी पहुंचा है। उन्होंने कहा कि 160 से ज्यादा विदेशी बच्चों को भी इस प्रोजैक्ट के जरिए जीवनरक्षक इलाज मिला।

Project Heartline. She also gave credit to former world President Rotary International, Rajendra K Saboo and his wife Usha Saboo for conceiving the project. "800 might be a milestone, but for us it is the celebration of life, and a great occasion to express our gratitude to the team of doctors and nurses who have made us the instrument to save the lives of these children. They can now continue to lead a normal life and thrive," added Usha Saboo, wife of former world

President Rotary International, Rajendra K Saboo. Speaking on the occasion, Dr TS Mahant, Executive Director, CTVS, Fortis Hospital Mohali said, "Partnering with Rotary Club of Chandigarh for Heartline has been one of our most fulfilling programmes. The clinical team is proud to combine surgical excellence with Rotary's spirit of compassion. Together, we are not just treating hearts, we are

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Rotary Club, Chandigarh Marks 800th Life-Saving Heart Surgery Performed at Fortis Mohali

healing families.”

Ashish Bhatia, Executive Vice President, Fortis Healthcare, said, “Every child deserves a healthy heart and an equal chance at life, irrespective of financial circumstances. The Rotary Heartline Project has become a lifeline for countless families, enabling timely intervention for congenital heart diseases. Completing 800 successful surgeries is not just a medical milestone, but a reflection of what compassionate collaboration between healthcare and community organisations can achieve.”

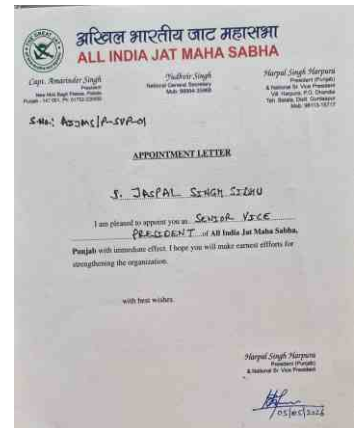
Launched in 1999 as a Gift of Life project on the motto “no child should die for want of money,” and with the support of PGIMER, to benefit only about 40 children initially, the Club decided to expand

its services for several economically-challenged children suffering from congenital cardiac diseases. However, after the completion of 100 surgeries, the Club re-named the programme as Rotary Heartline Project and in 2005-06, entered into an agreement with Fortis Hospital Mohali to save the lives of infants requiring cardiac interventions.

Dr Rajat Gupta, Senior Consultant, Department of Paediatric Cardiac Sciences, Fortis Hospital, Mohali, “Completing 800 life-saving cardiac surgeries is a proud moment for Fortis Hospital, Mohali. The feat was made possible through the skilled hands of our cardiac team and the contribution of the Rotary Club. Seeing these children recover and go on to live normal, healthy lives is the greatest reward for us as clinicians.”

MEMBERS UPDATE

Heartiest congratulations to PP Jaspal Singh Sandhu on becoming the Senior Vice President of All India Jat Maha Sabha Punjab. Its a matter of great pride for the club.



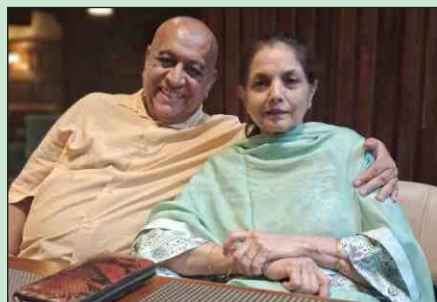
DIL SE... My Journey With Rotary International

During my posting since 1994, I observed that the Government Departments, are unable to do any social work, without the help of local affluent citizens and their Association, be it a Lions Club, Rotary Club, Bharat Vikas Parishad or any other named Association of a city.

We used to involve each one for such work. All worked fully with enthusiasm and served the Society.

During my posting at Faridkot, the local friends were into Rotary and met every week and I joined them in 2004. The Then DG 3090 Rtn Ravi Gupta of Firozpur encouraged me to become a PHF and asked me to attend RI Centennial Conference at Chicago in 2005, which I attend with my wife. It was a wonderful experience for me.

So later on transfer to Nawanshahar and Sangrur I worked with Rotary Clubs in many



projects.

Road Safety

Artificial Limbs

Blood Donation

Dental Hygiene, etc etc

Since then I loved working with Rotary and in Chandigarh I joined RC CHANDIGARH Uptown and now a member of RC CHANDIGARH, where I feel honored to be a member.

Thanks to Rotary for letting me do something for our Society.

Rtn Manmohan Luthra

