

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

Rotary Club Chandigarh Meeting Highlights: Insights from Dietitian Gagan Anand

The Rotary Club Chandigarh recently hosted a valuable session with Dietitian Gagan Anand, a renowned expert in nutrition and dietetics. With a Master's degree in Dietetics and Food Service Management from IGNOU, Gagan shared her expertise on designing simple yet effective diet plans tailored to various health needs.

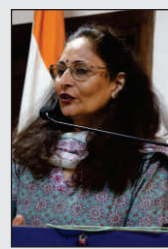
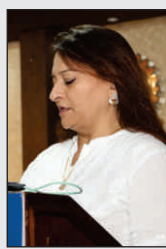
As a passionate dietitian, Gagan emphasized the importance of realistic and balanced nutrition plans that fit seamlessly into busy lifestyles. Her personal experience as a mother of two has given her a unique understanding of the demands of modern life, allowing her to craft practical solutions for her clients.

With a wealth of experience guiding hundreds of clients across India and globally, Gagan has helped individuals achieve their health goals, whether it's weight loss, improved skin health, or managing conditions like PCOS. Her client-centric approach and genuine care for her clients' well-being have

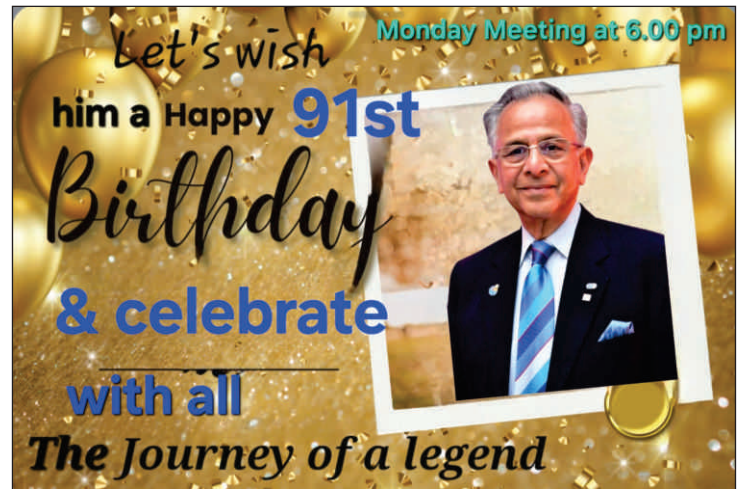
earned her a trusted reputation in Chandigarh.

The meeting provided a valuable opportunity for members to learn about the importance of nutrition in maintaining overall health and wellness. Gagan's insights and expertise will undoubtedly inspire individuals to take control of their health and make informed choices about their diet.

Rtn Tanu Mehtani warmly introduced the speaker, setting the stage for an engaging session. The interactive discussion that followed brought forth a flurry of questions from the members, showcasing their keen interest in the topic. PP



her valuable insights, the members requested Dietitian Gagan to share her presentation



Neenu Vij delivered a heartfelt vote of thanks, expressing gratitude to Dietitian Gagan for her enlightening presentation.

As a token of appreciation for

with the club. She kindly obliged, sharing it with President Abha J Sharma, who will circulate it among the members for further reference.

The fellowship that followed was made delightful by the delicious arrangements courtesy of Rtn Rohit Seth. The meeting was a resounding success, with members leaving enriched with valuable knowledge and a renewed commitment to prioritizing their health.

We extend our gratitude to Dietitian Gagan Anand for sharing her knowledge and

experience with the Rotary Club Chandigarh. Her dedication to empowering people through nutrition is truly commendable, and we look forward to future collaborations.

Fellowship Host
11th August, 6 pm
at Rotary House



Rtn. Dr. Aman Bhatia
90410-26212



Wash Session Report

Date - 01 Aug 2025 (Friday)

Time: 09:00 am to 03:00 pm

School Name - Government Model Senior Secondary School, Sector 38 West Chandigarh

Principal Name - Mrs. Ruchi ma'am

Coordinator Name - Ms. Paramjit kaur ma'am

Topic for the Session: WASH (Water, Sanitation, and Hygiene) Session

Number of Students Covered: 545

Classes: 1st to 10th (Morning & Evening Shifts)

Facilitators: Mr. Inderpal, Ms. Komal Mr. Akash and Mr. Pulkit



MHM Session Report

Date: 04 August 2025 (Monday)

School Name: Government Model Senior Secondary School, Sector 38 West, Daddu Majra, Chandigarh

Principal: Mrs. Ruchi Grover

Coordinator: Ms. Paramjit Kaur

Topic: Menstrual Hygiene Management (MHM) & Gender Sensitization with Sanitary Pad Distribution Drive

Classes Covered: 6th to 10th

Number of Students Reached: 305

Total Sanitary Pads Distributed: 200

Facilitators: Ms. Vinita Shah, Mr. Inderpal Ms. Komal, and Mr. Akash



Installation Ceremony

The Rotary Club Chandigarh hosted the Installation Ceremony of Interact and Early Act Clubs at Bhavan Vidyalaya, Chandigarh. President Rtn Abha Joshi Sharma, Rotary Club Chandigarh and IPP Jatinder Kapur, District Chair, Interact RID 3080, graced the event. PRIP RK Saboo, Chairman, Bharatiya Vidya Bhavan, emphasized values and selfless service. The ceremony featured cultural performances by students. Outgoing Interact President Kanish Garg reflected on past achievements. Shreya Kodan was inducted as the new President of the Interact Club, while Vansh Raj Sharma led the Early Act Club. The event celebrated youth leadership, service, and community welfare commitment. The dignitaries



encouraged the newly inducted members to embody the Rotary spirit and drive meaningful change, marking the beginning of a promising journey for young change-makers.

DIL SE...

A PART OF THE CITY BOUGHT ALONG

"As an avid traveler, I absorb the essence of each city or country I visit through my artistic lens. The stories etched in ancient monuments, the commonalities in human behavior,

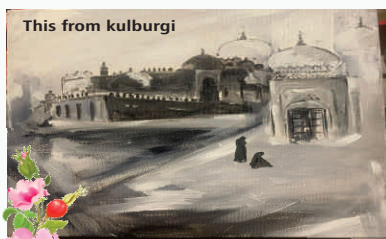


the shifting landscapes, and the vibrant colors of a region all leave an indelible mark on my

memory. Though I may not consciously recall every detail, fragments of the place resurface in my artwork, often manifesting in architectural forms that highlight moments unfolding behind doors or windows. I strive to showcase these fragments 'Dil se', emphasizing the profound connections between cultures, civilizations, history, and nature." -PP Neenu Vij



Picture : Dwarka



This from kulburgi



CELEBRATIONS

Birthday Greetings:

5 Aug Rtn Dr B B Goel 9815449898

6 Aug Rtn Baljit Singh Gill 9356865058

7 Aug Rtn Maninder Sidhu 9876300666

Anniversary Greetings:

10 Aug PP Rtn. Neenu Vij & Parveen Vij 9814396299

With Best Compliments from
Rtn Jagesh Khaitan



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Projects

Nanhi Shuruaat : Promoting Hygiene and Wellness

Our young Rotractors launched a joint initiative, "Nanhi Shuruaat," at Government Pre-Primary School, Sector 86, Mohali. 100 students received Hygiene Kits with essentials like toothbrushes, toothpaste, hand



sanitizer, paper soap, and ORS sachets. The session included engaging discussions and demonstrations on daily hygiene practices, tailored to the children's level of understanding. The Rotractors emphasized proper toothbrushing, hand sanitizer use, and the importance of ORS in preventing dehydration. By distributing kits and instilling awareness, they aimed to foster healthy habits in young hearts. The initiative also promoted eco-friendly practices and environmental



responsibility. This thoughtful effort by our Rotractors is making a positive impact in the community, and we are proud of their dedication to promoting hygiene and wellness among underprivileged children.

Joint Installation Ceremony of Rotaract Clubs

The Rotaract Club of Chandigarh University and Rotaract Club of Chandigarh University Central recently held a joint installation ceremony, marking a new chapter for the Rotaract family. The event saw the installation of new presidents Ankul Kumar and Muskan Jaiswal, who pledged to work towards impactful service projects, green care initiatives, and spreading awareness on critical issues like cybercrime.

The ceremony was presided over by Pro Vice-Chancellor Prof. (Dr.) Devinder Singh and embodied the theme "Unite for Good." Esteemed guests, including IPP Jatinder Kapur, IPP Gurpreet, RC Kharar Vibhu RCC Central, Rtn. JS Minhas, and DRR Ritik Nagpal, were also present. With a focus on elevating lives and bringing positive change, the Rotaract family is poised to make a significant impact in



the community. The event concluded with a sense of purpose and commitment to service.



Rotarians visited AIMS Mohali, where Rtn Dr. Bhavneet's team is doing laudable work promoting breastfeeding awareness. Vice President RtnDr. Rajinder Kaur was present. Two mothers who donated to the Human Milk Bank were felicitated, sharing their joy in helping other babies. Mothers in MCH wards received nutritious, balanced food. Rtn Dr. Rajinder Kaur's kind gesture of sponsoring music headphones for music therapy to help expectant mothers in labor is truly commendable. Such initiatives showcase the hospital's commitment to nurturing life and promoting well-being. A heartwarming experience that highlights the importance of compassion and care in healthcare.



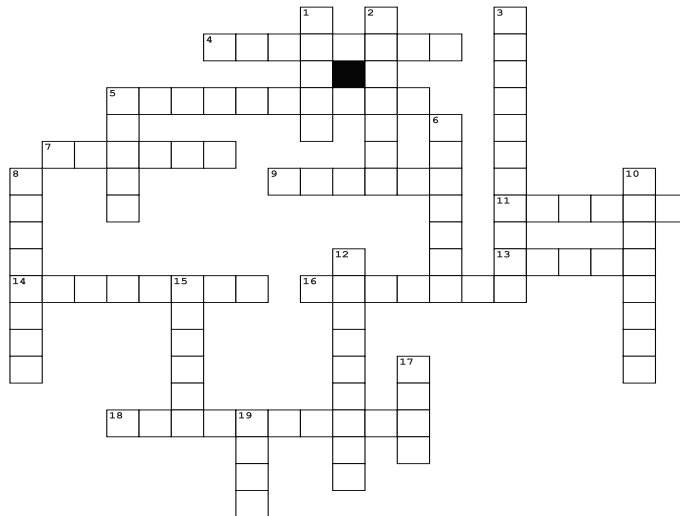
Rotary camaraderie: Morning Walkers



Rotary Cross word Puzzle

Let's solve it together

Caption contest 1 result shall be given out in Aug 18 meeting



Across

4. Rotary was founded on _____ 23, 1905.
5. One of the six areas of focus is Disease _____ and treatment.
7. A person who contributes \$1,000 to the Rotary Foundation is awarded a Paul Harris _____.
9. Occupation of Rotary's founder
11. Last name of Rotary's founder
13. One of the six areas of focus is _____ and conflict resolution.
14. City where RI headquarters is located
16. Rotary's first project was public _____ in downtown Chicago
18. The 4th test of the 4-way test: Will it be _____ to all concerned?

Down

1. The 1st test of the 4-way test: Is it the _____?
2. The Rotary International President for 2019-20 is Mark _____.
3. The 3rd test of the 4-way test: Will it build goodwill and better _____?
5. Disease Rotary is attempting to eradicate.
6. Rotary's motto is _____ above Self.
8. The Rotary International theme for 2019-20 is "Rotary _____ the World".
10. One of the six areas of focus is Basic education and _____.
12. The five Avenues of Service are: Club, Vocational, _____, International, and New Generations.
15. Country where the 2021 Rotary International Convention is going to be held.
17. Rotary's official colors are blue and _____.
19. The 2nd test of the 4-way test: Is it _____ to all concerned?

MEMBERS UPDATE

Congratulations to Rtn Parveen Aggarwal and family on his brother-in-law Justice Parmod Goyal being elevated as a Judge of the Punjab and Haryana High Court. Notably, Justice Goyal has been a Rotaract member and served as DRR in 1992-93. A remarkable achievement, reflecting his dedication and expertise.

The Ramp Walk, choreographed by R'n Harkiran Meje, was a success, showcasing Phulkari Makers Bassi Pathana's beautifully designed Phulkaris. Guests were impressed by the artisans' intricate designs and vibrant Phulkaris, purchasing all showcased pieces. The event highlighted the artisans' talent and the timeless appeal of their handcrafted creations.



Credits; Family What's app group of Rotary to Rtn Manmohan Luthra

EVENING WITH FRIENDS

A memorable evening was hosted by PDG Praveen Goyal and Rtn Basu Goyal at Sip-n-Dine on August 5, 2025! The event saw an impressive turnout of 33 members and their spouses, including R. K. Saboo, Madhukar Malhotra, Abha Sharma, Sanjay Sharma, Teena Virk, Lalli Virk, Jagesh Khaitan, P. J. Singh, Dr. Rajinder Kaur, Manmohan Singh, Neenu Vij, Parveen Vij, Jaspal Singh Sidhu, Anil Chadha, Rajni Chadha, Arun Aggarwal, Aman Aggarwal, Lalita Grover, Kiran Malhotra, Shivya Sehgal, Vaibhav Sehgal,



Ruchi Singla, Atul Singla, Dilpreet, Jyoti, Madhu Lalli, Mr. Lalli, and little Alya. A big thank you to Praveen ji and Basu ji for organizing such a wonderful gathering. It was a joyous evening with great company!

