



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

Conquer the mind to conquer our senses

Dr Sudesh Kumar Arya, a senior member of ISKCON Chandigarh Temple Advisory Council graced us with his presence on 2nd Oct to talk about what Bhagawad Gita can teach us about mental health in our day-to-day life. He is a faculty for Upanishad and Gita Course in Panjab University, Chandigarh and Chandigarh University, Mohali. Professionally, he is a faculty at GMCH, Chandigarh in the Eye Department and has also been awarded meritorious certificate by the Chandigarh Administration in 2023 for his outstanding contribution in the field of Eye banking and Community Ophthalmology.

He talked of the feeling of unsatisfaction we experience in our everyday lives. It is true that we cannot be trouble free. And this necessitates that we learn how to tackle the same effectively. Dr Arya assured that applying the infinite knowledge of Bhagawad Gita helps solve multiple life problems.

Stress is the number one disease in the world. It is shocking that stress leading to suicides was once most prevalent in western countries, but today India owns the infamous title of being the stress capital of the world. It is all pervasive, prevalent in all income brackets and across all age groups. But what really makes it dangerous is that it is a hidden enemy. People suffering from stress are not even aware of it, which ultimately leads to it being a chronic issue. It is a disease, a state of mind that distorts the comfortable way of living. It results in when an individual perceives the stimulus in the environment as being damaging, threatening or challenging. We see an example of stress in Bhagawad Gita as well. Just before war begins, Arjuna refuses to fight. He is faced with a difficult situation and does not know what to do. In real life, we too are faced with various dilemmas and find it difficult to come up with a solution. This is where Bhagawad Gita



can help us. In the words of Mahatma Gandhi, “OpenBhagawad Gita, find solutions.” Dr Arya talked about how Bhagawad Gita is not a religious scripture, but a manual that teaches us how to operate our life.

Stress leads to behavior change, obesity, alcoholism, heart attacks, amnesia, migraines, depression, overeating, phobias, exhaustion, ill health and ultimately a complete nervous breakdown. When these symptoms arise, people tend to rely on drugs, smoking or drinking to help them feel better. But this is not the solution.

selfless service. We must do action, while still being unconnected to the result or the fruit of action. Thirdly, we should learn to control and regulate our activities. One who is regulated in his habits of eating, sleeping, recreation and work can mitigate all material pain by practicing the yoga systems.

Dr Arya also elaborated on the need to surrender ourselves to God, in the same way that Arjuna surrendered himself to Krishna. Become a devotee, offer obeisances, worship regularly and control your mind. Do this and your life will become peaceful. Rtn. Abha Sharma delivered the vote of thanks on behalf of club.

Rtn. Nidhi Kapoor

To deal with stress, firstly, we must follow the principle of Simple Living, High Thinking. Mind can be both our best friend and our worst enemy. We must be able to conquer the mind to conquer our senses and not become a servant to sensory gratification. Secondly, we must strive to develop Vairagya i.e. non-attachment. We should only take things that we truly need; and engage in



NEXT MEETING

Dr. Pankaj Malhotra talks to us on Saving lives through stem cell donation & Transplantation
Monday 16 Sept at Rotary House 6 PM

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

WINS project

MHM Session (Menstrual Hygiene Management) activity was done on 04th September 2024 in Government Model High School, Pocket No. 8, Sector 13, Manimajra, Chandigarh in the presence of Principal: Mrs. Pankaj Sharma , Coordinator: Mr. Jinderpal Singh where in Menstrual Hygiene Management & Pads Distribution Drive for Girls were done. Number of Pads Distributed was 350 where in Classes Covered 6th to 10th. The session include comprehensive session on the onset of the menstrual cycle, menstrual hygiene management, and gender sensitization. The anatomy of the female reproductive system was explained in a scientifically accurate manner, ensuring that students gained a clear and effective understanding of the onset of menstrual cycles.

Another activity was done on 02/09/2024 in GMSSS Maloya Village, Chandigarh (Students Covered: 250 girls) 2. GMSSS RC - 1, Maloya Chandigarh (Students Covered: 200 girls) 3. GMHS RC - 2, Maloya Chandigarh (Students Covered: 450 girls) 4. GMHS Sector- 38/w Chandigarh (Students Covered: 300 girls)



CELEBRATIONS

Birthday Greetings:

9 Sept	Rtn Parveen Aggarwal	9814008323
12 Sept	PP Rtn Abhilash Kapoor	9316111131
12 Sept	Rtn Apurv Bansal	9888133556
14 Sept	Rtn Dr Raman Abrol	9872813387
15 Sept	Rtn Kulbir Dogra	9815100111

Anniversary Greetings:

15 Sept	Rtn Gurvinder S Saggu & Taranjeet	9820079311
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5. GMSSS Sector- 39/c Chandigarh (Students Covered: 350 girls) 6. GMSSS Sector- 38/w Chandigarh (Students Covered: 200 girls) wherein the Pads Distribution Drive was done in the presence of Facilitators Mr. Inderpal, Ms. Pooja, Ms. Kamini, Mr. Rahul, Ms. Nancy . Conducted a recipulatory session on menstrual cycle onset and menstrual hygienemanagement. Mentoring the girls were done about the proper disposal of pads. They were informed to always carry newspaper with them and wrap the sanitary pad in the paper and throw it in the dustbin.

YOUTH SERVICES

Investiture Ceremony

INTERACT CLUB, DAV SCHOOL, SECTOR 15, CHANDIGARH held its investiture ceremony on the 6th of September 2024, in their school premises. Principal Anuja Sharma welcomed all and highlighted the



importance of teaching children service before self through this club. President Jatinder Kapoor emphasized on the importance of an interactor being the future of Rotary. Outgoing Interact president, Vanisha, lauded the

opportunity she and her BOD got to lead the interactors through various projects in 23-24. She assured the new team of her full support and cooperation. Beautiful Saraswati Vandana dance was followed by pinning of new members of the board led by the incoming president, Pragati. She assured all of meaningful projects. The effectively held function ended with a vote of thanks by the teacher in charge of the interact, Rajni Chatwal. Rotarians, President Jatinder Kapoor, PP Vinod Kapoor, PP Vijay Wadhawan and Teena Virk participated in the ceremony.

Blood Donation Camp

On 3rd of September, ROTARACT CLUB CHANDIGARH UNIVERSITY, held a blood donation camp under the presidentship of Rtr. Sarthak. Rtr. Krishnaansh, Rtr. Prakhar, Rtr.



Himani, Rtr. Himanshi, Rtr. Rajdeep and 30 other volunteers helped under the guidance of their faculty members, Dr. JS Minhas, Dr. Deepika Kapoor and Dr. Himanshu Tripathi. 200 units of blood were collected by RBBSRC, sector 37, Chandigarh. Present on the occasion from RCC were, President Rtn. Jatinder Kapoor, Jt. Sec. Arun Aggarwal and Teena Virk, Director Youth Services. This Rotaract Club is co-sponsored by Rotary Club Chd. and Rotary Club Kharar.

NEWS

Mitigate Climate change

Multi district global online workshop on environment stewardship was conducted on 7th & 8th September 2024. 500 Participants were from various



Rotary districts across India, Pakistan, Nepal, Bangladesh, Sri Lanka, Nigeria, Uganda, Ghana, Zimbabwe, Kenya,

Lebanon, Republic of Kango, USA and Canada registered for the workshop and 236 Participants participated in the Workshop. Environmental stewardship conserves natural resources, combats pollution & protects biodiversity to protect and sustain our environment for future generations. It has 8 verticals - Environmental education, Conservation of natural resources, Sustainable use of natural resources, Environmental monitoring, Protect biodiversity, Ecosystem restoration, Stop pollution & Environmental advocacy Shakeel Kaim Khani from Pakistan, DG Bipin Chachan, DG Shital Shah, and PDG Pramod Jejurikar from India grace the opening session of workshop and inspire the

participants to act as Environmental Stewards. **Environment Sustainability Rotary Action Group**

Heartline Project

Miss Meghan Chadha grand-daughter of Rtn. Harvinder Kaur Babbi ji. When she was going to New York for her studies 9-10 years back, she visited Rotary Club Chandigarh and had already donated 7.5 lacs to the Club.



Now, she is donating Rs.4 Lacs from her earnings for the Heartline Project. Now she is working with Morgan Stanley, New York.

-Rtn. PP Praveen Goyal, PP, RC Panchkula has donated Rs.75,000/- on behalf of the family of Late PP Shri H.C.



Khungar in the Heartline Project. Rtn. Ashwani Mittal, President RC Panchkula presented the cheque. President Rtn. Jatinder Kapur thanked Meghan, Rtn. Praveen Goyal and Rtn. Ashwani Mittal for their generous act of supporting Heartline project.

Membership Development & Public Image Intercity

Rotary District 3080 is organising "UNNATI", a Membership Development & Public Image Intercity, on Sunday Sept 22, 2024 to be hosted by Rotary Club Kharar. Venue is Arista Palace, a splendid Banquet Hall, Chandigarh - Kharar Highway, Kharar. Club Presidents, Secretaries, Members of BOD, Chairs &

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With Best Compliments from
Rtn Jagesh Khaitan



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Co-Chairs and specially, new members should attend. The registration charges are Rs 1800 per person.

Release of the District Directory

Online version released by DG, Raj Pal Singh.

District Projects-Release of video on the projects done by District – The promotion of district projects initiated by DG Rajpal Singh by releasing the regular video is well appreciated by members amongst District 3080 for promotion of projects undertaken. This is wonderful for our district, so many useful projects made only in first two month.

Solar Power Plants-it's mandatory to install Solar Power Plants with plot size 500 Sq Yard with in the city UT Chandigarh. And

they are amending bylaws to reduce the size of plot from 500 sq yard to 250 sq yard. The UT also emphasis to take strict action against defaulters and issue property resumption notices to those who have comply with the mandate to install solar power plants. Various houses are yet to install solar plant. It is beneficial and Govt. Is also providing various incentives under” PM Surya Ghar Muft Bijli Yojna”. Various efforts are taken by the Govt. for Solar awareness promotion. ROTARY can also be a part of BOOSTING AWARENESS for installation of Solar Roof Top Plants. It's really a need of the Society if we want 24*7 electricity, as at present our maximum dependency is on electricity. And Nation is deficit of Power. The issue can be discussed in the regular meeting of the clubs. **Rtn Pankaj Dadwal, Rotary club Shimla midtown**

SUPPORTING YOUR INTERACT CLUB

Interact members are legal minors, and Interact may be their first service club experience. That's why Rotarians attend their meetings and oversee the financial records of Interact clubs. Although Interact clubs are largely self-sustaining and require little or no financial support from your club, they do need guidance in managing their funds.

When Rotarians play an active role in the Interact club they sponsor, they help Interactors develop leadership skills, build connections in the community, and become part of Rotary's family. Although Interact activities may vary depending on local custom, the support that Rotarians offer is universal. Here are some ways you can mentor and

COLLABORATE

Volunteer at youth-led service projects and invite Interactors to join you for your own club events.

GUIDE

Share successes and lessons learned from Rotary service projects. Help Interact clubs align their service with Rotary's areas of focus.

PROMOTE SERVICE

Showcase Interact club projects in your club newsletter and on your district website.

LEARN TOGETHER

Invite Interactors to your district conferences and attend district Interact training events.

INNOVATE

Exchange ideas about how to create a

vibrant club that engages members and attracts new ones.

CELEBRATE SUCCESSES

Develop programs that recognize Interactors' leadership skills. Encourage clubs to apply for the Presidential Citation for Interact Clubs, and inspire them to take part in the annual Interact Video Awards. Together, plan service projects and events to commemorate World Interact Week each November.

STRENGTHEN CONNECTIONS

Introduce Interactors to Rotary Youth Leadership Awards (RYLA) and Rotaract. Invite Interact officers to RYLA events to build their skills in leadership, communication, and teamwork. Promote Rotary Youth Exchange to Interactors.

Connect university-bound Interact members to Rotaract clubs. Interact advisers' responsibilities include:

MENTOR AND MOTIVATE

- Offer advice during project planning.
- Inspire members during challenging times.
- If conflicts occur, encourage Interactors to find constructive ways to resolve them.
- Oversee officer elections and provide guidance to make sure they are fair.
- Support innovative project ideas.

FACILITATE AND PROTECT

- Attend meetings and ensure that all members feel safe and respected.
- Supervise Interact activities and projects.
- Handle equipment needs and logistics at projectsites.
- Help create a calendar of Interact events.
- Secure

parental consent for all club social media activities. •• Make sure Rotary policies are followed whenever young people travel, work with adults, and use social media.

CONNECT AND COACH

- Exchange stories, ideas, and strategies with the district Interact chair.
- Help maintain accurate club records and oversee club funds.
- Ensure that the club provides contact information to Rotary every year.
- Promote Interact to Rotarians, school leaders, and community members.
- Coordinate leadership training for Interact officers by connecting them with RYLA, district leadership events, and local training opportunities.

