



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

President 2026-27

The Nominating committee of past presidents of Rotary Club Chandigarh nominated Rtn. Arvinder Teena Virk as candidate for President 2026-27 in the meeting held on 28th. October, 2024.

Teena was born Tweeny, a character from a novel. Tweeny became

Teena, to avoid a certain tongue twisting, albeit the drama queen, from the novel persisted.

Daughter of Dr. Nirmal Singh Grewal, a PHD in African & Asian Studies, who taught in the

Delhi University. Mother, Mohinder Kaur, B.A, B.ED, taught in a school. Avninder was a name blessed and chosen by Guruji at The Golden Temple, Amritsar. His bountiful blessings continue.

Teena was the youngest representative chosen in a group of 150 students from around the world, carrying soil for the foundation laying ceremony of Auroville, Pondicherry, in 1968. The Mother, of Shri Aurobindo Ashram blessed her with an audience and a special name. Teena was always the monitor of her class, house captain and then became the first girl school captain. She was the



deputy head girl and got chosen to be the head girl in the Government college for girls, Ludhiana. She passed her post graduation in Business Management from IGNOU.

Post the 84 riots, Teena shifted to Chandigarh, with her children and started the business, which was then joined by her husband and now son. Married to R.S. Virk, an entrepreneur, running 2 set ups manufacturing weighing scales for all applications.

Pharma, trade, Jewelers etc. and gold testing machines. Teena is mother of a son, a daughter and is grandmother to two awesome young boys and gorgeous two girls. She was a free lancer with Tribune for a number of years, writing about women achievers and women issues.

She sketches, paints, loves reading, listening to music and enjoys cooking and has been a performing theatre artist. Teena joined Rotary Club Chandigarh, in September 2018. In 2019-20, the editor of the club bulletin, In 2022-23, the club secretary, In 2023-24, Director Community Service and In 2024-25, Director Youth Service.

DRUG DE-ADDICTION

The stress and strain of modern day life has rendered the individual more vulnerable to substance abuse more than ever. The deep rooted problem of DRUG ABUSE is looming large over the society and if not tackled with preventive and curative steps, it can have serious ramifications. A foremost proactive step towards addressing this problem is DRUG DE-ADDICTION – a treatment which plays an important role to make a drug addict free of addiction.

Monday Meeting was focused on the topic of “Drug De-Addiction”, whereby a very insightful and thought-provoking talk was delivered by Colonel (Retired) Dr. Rajinder Singh, a 91 year old crusader against drug addiction, who is psychiatrist by profession and a veteran of the Indian army. For over 50 years, he has been relentless in his fight to protect the youth from the drug menace. Dr. Rajinder Singh, Former Senior Advisor Psychiatry Armed Forces continues to dedicate himself to this humanitarian cause, serving as an inspiration to all as Director, Akal Drug De-addiction Centre, Baru Sahib. He was very warmly welcomed by PP Rtn. Vijay Wadhawan.

He highlighted the presence of this overwhelming problem in the world for not more than 5 decades and prominent in the



northern part of our country especially in Punjab due to its proximity with the most opium producing regions of the world and because of it being sandwiched between the two regions namely Golden crescent on the West and Golden triangle on the East. Compared to global statistics, Punjab has 9 to 10% problems of drug addiction especially opioids. Talking about the factors such as social taboo attached, associated criminality, challenging because of its characteristics, which lead to neglect of this problem, he stressed about the need of the hour to pay attention to this problem.

Further, Mr. Inderpreet elaborated the factual position

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NEXT MEETING

The Pure Hearts Let's acknowledge and appreciate the varied talents of children and grandchildren of our club members. On occasion of Happy Children Day, 11 November 2024 at Rotary House at 6 pm.

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

PROJECTS

TB elimination in Chandigarh



On 29th. October, 2024 Rotary club Chandigarh in association with Rotary club Central distributed high protein diet kits to 85 TB patients in the health center at Palsora. Chandigarh This is an ongoing project since 2022 started by our club under the scheme of Pradhan Mantri TB free Muktabhiyaanon this occasion President Rtn. S.P.Ojha, Secretary S.S.Riar, P.P.R.S.Cheema, P.P.H.S.Saggu, Rtn.Manpreet Singh and Ann. Komal preet Riar, distributed the packets to beneficiaries.

Heartline

Rotary club Chandigarh in association with Rotary Club Baddi supported a surgery Under the Heartline project in the Fortis Hospital, Mohali. The patient Shanu was referred to by Rotary Club Baddi belongs to very poor family whose parents work on daily wages. This is the

785th.surgery successfully undertaken under the ongoing Heartline project from last 25 years. On this occasion Astt Governor Rtn. Satish Kaushal, Ann Bhavna Kaushal, Rtn. Jagdeep Singh, President Elect 2025-26 from Rotary Club Baddi visited the Fortis Hospital, Mohali joined by President Rtn. Jatinder Kapur, Rtn. Vijay Wadhawan and Rtn. Anil Chadda to meet the patient before the discharge from the Hospital.



News

- Rotary International District 3080 is planning to distribute 6,00,000 (6 Lac) Sanitary Pads through Rotary Club Chandigarh Central to different Government Schools. This distribution of sanitary pads will be done during an event in the last week of December, 2024 with an attempt to create a world record. The existing world record of distribution of sanitary pads within 24 hours is of 5,25,000 Nos. All the Presidents are requested to collect requirements of sanitary pads from Government Schools in their surrounding areas and send it to their concerned Assistant Governors. All the Assistant Governors are also requested to collect the data from the Presidents of their zones and send consolidated demand to Rotary

Club Chandigarh Central latest by 30th, November, 2024.

- Rotary Club Panipat South is

बुनियाद Buniyad
THE INTERCITY OF ROTARY FOUNDATION
THE HISTORICAL CITY OF PANIPAT

Rtn. Ashok Mahajan
Chief Guest
PRID & Past Trustee of TRF

Rtn. Parmod Vij
Guest of Honour
MLA Panipat City

PDG Rtn. Dr. N Subramanian
(BIFC)
Key Note Speaker

HOSTED BY: ROTARY PANIPAT SOUTH

Venue: Sham Bagh, Panipat Sunday, 01 December 2024

Rtn. Dheeraj Miglani
Intercity Chairman
RC Panipat South

Rtn. Rajpal Singh
DG 2024-25
RID 3080

Rtn. Pankaj Ghullani
Secretary
RC Panipat South

Rtn. Navneet Goel
98120-95385 Registration 1800/-

Deposit the registration amount and notify the above contacts with the payment details

AC Name - ROTARY PANIPAT SOUTH
AC NO. - 60506587393
BANK - BANK OF MAHARASHTRA
IFSC CODE- MAHB0001011

hosting "The intercity of Rotary Foundation" on 1st December, 2024 at Sham Bagh, Panipat. On this event Rtn. Ashok Mahajan, PRID and past trustee The Rotary Foundation will be the chief guest and Rtn. Parmod Vij, MLA from Panipat City will be guest of Honor. The registration fee for this event will be Rs. 1800/- to be remitted as per details given in the flier. Members are requested to register for this event well in advance.

- From November, 2024 Government of India increased the monthly support to the TB patients from Rs. 500 to Rs. 1000 for six months. This amount will be directly transferred in the account of beneficiary by the Government. A hand Held X-ray machine now developed in India to detect the TB disease amongst the patients.

INVESTITURE Ceremony



On the 28th of October 2024, PML SD PUBLIC SCHOOL, Sec 32C, Chandigarh successfully held its CHARTER PRESENTATION & FIRST INVESTITURE Ceremony of its newly formed INTERACT CLUB, sponsored by ROTARY CLUB CHANDIGARH. The event was set in motion with the Tilak Ceremony, followed by the school prayer in the form of a beautiful bhajan.

The school principal, Mrs. Monica Sharma, welcomed all and thanked Rotary for helping initiate the PML SD School children, further towards social involvement. Rotary Club Chandigarh President, Jatinder Kapur, Director Youth Service, Teena Virk, Secretary Prem Mahindru and PP Vijay Wadhawan, participated and pinned the incoming team.

The incoming Interact Club President, Hitesh Kumar, eloquently spoke about his vision. He thanked his team for joining to work towards many socially relevant activities. He held an elaborate oath taking ceremony with his team. They were well sported by their teacher, interact advisor, Rajni Kanwar. The program was well compered by Mrs. Sumita Kohli. Students of the school regaled all with singing a couple of beautiful songs, under the guidance of their music teacher, Neelam Sharma. Vice Principal, Mrs. Rohina Khullar,

thanked all and applauded the role of Rotary in sponsoring the school interact club. She assured all about the roles of the newly inducted interactors, towards a future of impactful community initiatives, igniting a passion for service in the hearts of young minds, setting the stage for a year of positive change.

Dil-WALI

Continuing the celebrations of the festive season, in true festive spirit, the ROTARACT CLUB HSJ DENTAL COLLEGE, PU, Chandigarh, made this Diwali 'DIL-WALI' by distributing candles, sweets and diyas to the staff of their college working in the canteen, the security guards, lab technicians, Peons etc. All the items were bought using the money collected from Dandiya Night.

Diwali with Jyoti Sarup Kanya Asra Society, Kharar

On the auspicious occasion of Diwali, the INTERACT CLUB, SRI GURU HARKRISHAN SR. SEC. PUBLIC SCHOOL, Sector 40-C, Chandigarh, organized a heartwarming visit to the *Jyoti Sarup Kanya Asra Society, Kharar*. The students, along with their club advisor, spent quality time with the children at the orphanage, bringing joy and warmth to their festive celebrations. As part of the initiative, the students distributed:

- *Candles and Diyas*: Specially decorated by the students themselves
- *Sweets and Chocolates*: To spread the festive sweetness
- *Gift Hampers*: Carefully curated to bring smiles to the



children

This thoughtful gesture by the Interact Club, brightened the day for the children at Jyoti Sarup Kanya Asra Society and instilled in the interactors the value of empathy, kindness, and sharing. The visit was a meaningful way to celebrate Diwali, creating moments of happiness and spreading the light of love and compassion.



CELEBRATIONS

Birthday Greetings:

5 Nov	Rtn Ashok Khanna	9814089930
5 Nov	Rtn Dr Dinesh Dua	9878190900
8 Nov	PP Rtn Neena Singh	9316032266
8 Nov	Rtn Anil Gakhar	9815510520

Anniversary Greetings:

5 Nov	Rtn Dr S P S Grewal & Dr Sukhbir	9876116169
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With Best Compliments from
Rtn Jagesh Khaitan

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DRUG DE-ADDICTION...

by citing data to state that by 2049, there will be one drug addict per family in Punjab. Furthermore, he cited a study conducted by AIIMS in 2015 whereby it was found that 836 persons per one lac had drug dependence whereby this number increased by staggering 116% in a study conducted by PGIMER in 2022 which showed 1806 persons were drug dependent per one lac. Also, a startling revelation which stunned all the Rotarians present and forced them to question was figure which showed that in 2048, 97269 persons per one lac will be drug dependent in Punjab. He also played a video which depicted the scenario of Village Maqbulpura, Amritsar, which was termed as village of widows and orphans in 2009 due to deaths caused by drugs and fearing the worst, in 2049, Punjab will be termed as State of widows. The video also showed the story of two women drug addicts about how they got into this problem and further problems being faced by them due to

dependence on drug. Highlighting the difference between problems faced by male addicts and female addicts, he told that Punjab has confirmed number of 80,000 women addicts. Mr. Inderpreet talking about drug addiction, said that there are approximately 170 drug de-addiction centers in Punjab, out of which 30 are Government centers and others are Private. Taking the talk further, Dr. Rajinder underlined that drug menace is increasing day by day and this can be judged from the fact that though population of world has increased by 10% in last decade but according to world statistics, drug addiction has increased by 23%. This problem is of very high magnitude in our country, India because this problem is pre-dominantly of adolescents and youth, which are maximum in India. He pointed towards the holistic treatment being provided by the two drug de-addiction centers started by him in Cheema and Baru Sahib, Punjab. Holistic treatment provided in these centers includes modern treatment, spiritual healing, family therapy alongwith indoor/outdoor



recreational activities. He also narrated his inspirational journey of opening these two centers and a way in which many people joined him in his endeavor and now, it has become a movement.

While ending his talk, he brought forth the reasons of this problem being so challenging/life-long such as denial of disease by patient, demotivation to continue the treatment, lack of priorities/ distorted priorities, disobedience to carry out medical instructions. It had a characteristic of chronic re-lapse disorder. Therefore, he underscored the importance of everyone's attention in eradicating/ tackling this menace as it not a problem of any individual but concerns the society and nation at large. Everyone should come together to fight this problem and do everything possible to eradicate it.

President Jatinder Kapur conducted the meeting. Rtn. Dilpreet Singh proposed formal vote of thanks. Rtn. Dr. Sandeep Singh Rana hosted the fellowship.

Rtn. Shivya Sehgal



Know your member

Rtn. DP Singh

Dilpreet Singh is currently the Head of Skills to Jobs with AWS (Amazon Web services India).He is a Business professional with 40 plus years' experience in the Corporate world. He has successfully led and worked with cross cultural teams spread across many countries, knitting them together to deliver business results.During his long career DP has exposure to a cross section of industries,

encompassing manufacturing, information technology and education.

He has had a long stint at IBM and his last assignment was Vice President, & HR Head IBM - India/ South Asia where he was also a member of Board of Directors for IBM India Pvt. Ltd. He continues to be Chief Advisor to Chandigarh University and is also one of the Trustee in Chandigarh Welfare Trust. He is also an Independent Director on the board of Ethos India limited, a watch boutique retail chain in India.He is actively involved in sharing his perspective on variety of subjects in various professional forums as a thought leader and associated with charitable organizations. DP passed out from Punjab University in 1980 from University Business School and then completed is LLB from Delhi University in 1983.

Jyoti Singh (spouse of Dilpreet Singh): She has been a practicing dental surgeon for many years. She graduated from Patiala Medical College in 1984 and started working with Punjab Govt as PCMS class 1 officer (1986 to 1991), Holy Angels hospital Delhi, and her own independent private practice. (1994 to 2013). She is associated as Executive member with children of world an NGO helping orphans for nearly 20 years.

