



**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  
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1991-92

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2024-25

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DISTRICT GOVERNOR  
RI DISTRICT 3080

JATINDER KAPUR  
CLUB PRESIDENT

PREM MOHINDRU  
CLUB SECRETARY

## Sweets for Jawan

**आप हैं तो हम हैं**

Let Us Salute our Jawans serving on our borders. Far from their families they stay awake so that the nation can sleep.

As we celebrate Diwali with our Jawans, and send your message along with a box of Desi ghee sweets costing just Rs.500 per kg. Send as many as you wish with your personal message.

Please send your contribution with your name, city, tel.no.& pan no.to, Chandigarh Rotary Club Service Trust, S.B. Account number 520101220392631, IFSC Code UBIN 0903191, Union Bank of India, Sector-8C, Madhya Marg, Chandigarh-160008

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An initiative of **Rotary DISTRICT 3080**

Our annual project 8th year in a row "Sweets to Jawans" under the name "Aap Hain Tou Ham Hain" through which we celebrate Diwali with our Jawans on the border who are not able to join their families, and this is a gesture to show our appreciation and thank them for their service. The meeting was held on 23rd Sept 24 under the Project Chair IPP Rtn Anil Chadda and have set the target of sending 7000 boxes to Jawans in the border of Leh and Ladakh. Each box costs around Rs.500. We appeal to all our members to contribute atleast 10 boxes to this project.

Please remit your contribution through:-

Chandigarh Rotary Club Service Trust

Account No.520101220392631

Bank : Union Bank of India

IFSC code UBIN0903191

## Awareness on Brain Stroke

**D**r. Vivek Agarwal is known for his attention to accurate diagnosis and for treating patients with empathy, specializes in interventional management of acute ischemic stroke, carotid, vertebral stunting, brain aneurysm coiling, brain vascular lesions, peripheral angioplasties, uterine fibroid, varicose vein ablation and cancer related interventions.

After completing his MBBS and MT from BJ Medical College, Ahmedabad from 2009 to 2013, he did a fellowship from Royal College of Radiology London in 2016 and did his DN in Neuroimaging and Interventional Radiology from the PGI in 2019. Besides participation in the research work, He was awarded with Gold Medal in DNP Radiology by the National Board of Examination in 2013 and Endovascular Interventions by Indian National Society in 2021 and by World Stroke Organization in Singapore in 2022 and in Canada in 2023.



He is a consultant in endovascular neurosurgeon and chief interventional radiologist, currently associated with Fortis Hospital, Mohal.

Dr Vivek started his address by explaining the term "brain stroke". He explained that Brain stroke or Brain Attack is if any blood clot goes from heart to brain and thus blocks the supply of blood to a certain part of the brain it can damage a certain part of the brain parenchyma, and suddenly the patient will fall or get unconscious.

He said, when this happens mostly people mistake it for a heart attack and sometimes in

around 50% of the patients, they expire at home because they do not know where to go. They do not know what has happened to them. The basic goal here is to create awareness about brain stroke and to tell everyone that stroke is completely treatable. You can get the patient walking again as he was walking prior to the stroke, prior to the disease, if you treat the patient on time and accurately. If treated on time, it is reversible. 80% of the strokes can be prevented. You don't need to go for the treatment. Just go to the nearest hospital. Act very fast. Keep your doctor's number handy.

Dr. Vivek further explained that the stroke can be of two types. It can be ischemic stroke, or it can be a hemorrhagic stroke. Ischemic means the blood supply of the brain has stopped. It is very sudden. Suddenly you are sitting, watching TV, the brain has stopped, you collapsed, you are talking, the slurring of speech has happened. Hemorrhagic stroke is bleeding in the brain. Most common cause is high blood pressure.

He then related the symptoms to recognize a brain stroke. Such as losing balance, when you are just standing and suddenly you fall, blurring of vision, drooping of



CONTINUED ON PAGE 2

**NEXT MEETING**

Ms. Kanwar Deep Kaur IPS SSP Chandigarh Talks to us on Policing in Chandigarh on 7th October at Rotary House at 6 pm

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

PROJECTS

## TB elimination in Chandigarh



Rotary Club Chandigarh, in collaboration with our three partner clubs—Rotary Club Cosmopolitan, Rotary Club Shivalik, and Rotary Club

Uptown—distributed 357 food packets to TB patients at five health centers: Daria, Mauli Jagran, Manimajra, Kishengarh, and Indira Colony, for the month of September. Rotarian Members who attended from Rotary Club Chandigarh: President Rtn. Jatinder Kapoor, Rtn. Prem Mahindru, Rtn Kiran Malhotra, Rtn Vinod Kapoor and Rtn Gurvinder Saggi. We have now established a routine to distribute food packets while also meeting with the patients and their family



members who accompany them. Our objective is to create awareness about the importance of a protein-rich diet, adherence to regular medication, and to address any difficulties they may be facing in accessing these essential components of their treatment. General counselling through conversations also helps patients overcome the trauma of social isolation and encourages them to lead a normal life with their families.

CONTINUED FROM PAGE 1

the face. Normally, we have a symmetrical face. Suddenly, one side of the face droops. That is a sign of a stroke. Weakness of the arm. You are not able to lift your arm or leg. Slurring of speech. He advised us to watch for numbness, watch for confusion, trouble in walking, severe headache.

He then advised us on how to prevent a stroke,

- Eat better. Whatever we eat is the medicine to us. the food that we eat is the thing that affects our body. So, eat less of sugar, less of salt, and avoid cholesterol-rich food by this you are decreasing the possibility of having the stroke by more than 80%.
- Be very active, after the age of, you say 20 years, at least 5 days a week, 30 minutes of moderate exercise. Moderate exercise means running such that your heart rate is around 120 to 130 or lifting weights.
- Quit tobacco. Tobacco is smoking is the most dangerous thing. smoking has 1 is to 1 correlation. If you smoke, you will have a stroke.
- Proper Sleep. Avoid watching phone, continuously for long hours. Long hours affect our reticular activating system, that is the part of the brain that helps us stay focused, helps to keep our brain very active. continuously watching a screen, 1 to 2 hours, that strains the eye, and that strains the optic pathway, and that is the cause of the stroke
- Manage the weight. keep our BMI around 20 to 25. If your BMI is between 20 to 25 More the fat, more is the chances of getting a stroke.
- Cholesterol. try to keep the LDL levels less than 100. Less than 100. If we

can control our cholesterol.

- Take your medications properly.
- Reduce stress.

He then explained the treatment for brain stroke thereby addressing the many concerns of the members of the club who had many misconceptions around its treatment. He briefly explained the treatment for a brain stroke. In case of ischemic stroke, it is mechanical thrombectomy. When the clot comes in the artery of the brain, it gets attached to the point where the artery divides into two, the blood flow is blocked, causing a stroke. So, to remove the clot, 1mm incision will give at the wrist or in the groin and under the x-ray guidance we enter inside the brain with a wire and pull this clot and remove it from the brain, the blood supply is then restored, and the patient revives. This is not an open surgery, meaning there is no need to open the skull. There is no need to enter the brain itself. In case of an aneurysm that is like a bulge inside the brain. The blood vessel inside the brain swells up like a balloon and slowly as the blood accumulates it will rupture, the pressure of the brain will increase suddenly as the brain cannot expand. Again, the same method of treatment, it is not an open surgery, there is no need to open the skull. we will just go from the leg, reach inside the brain, inject the dye see where the balloon is, go inside the balloon, put some wires and extrude it from the circulation. These patients, they take time to revive, they might take 7-14 days for recovery.

He concluded his talk by addressing questions of the members and patiently answering them in detail and allaying their concerns.

Earlier in the meeting President Jatinder Kapur welcomed visiting Rotarians, Past President Rtn. M.P. Gupta, District Editor, and members from Rotary Shivalik Chandigarh i.e. Past President Shyam Sehwar, past president Rtn. Surrinder Makkar, Rtn. Manjeet Kundal and Colonel Parvinder Singh, Rtn. Shiv Kumar, Director, Youth Service. He informed the members that the members of Rotary Club of Chandigarh for their annual project “Dinner in The Dark” and requested Rtn. Manjeet Kundal and Secretary, Rotary Shivalik Chandigarh Rtn. Vineet Makar to say a few words on their project.

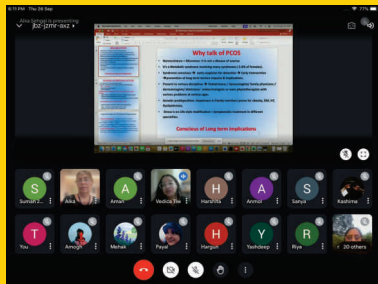
Rtn. Manjit briefed the members that 15th October, the day of the event is known as a “White cane Day”, that symbolizes that anyone with a white cane means they are visually challenged. She emphasized on her message “don’t sympathize with them but respect them”. She further said that being visually impaired is just a disability, not an inability and to sensitize people towards visually challenged people, their DIDs organize this event every year on 15th October, White Cane Day, so that all present can understand the difficulties which the visually impaired face and how they handle them with ease. Rtn. Vineet Makar then informed the members about the donor passes and the option of payment of Rs. 25,000 for one year, as a scholarship for their further studies.

The meeting was adjourned with vote of thanks to Dr Vivek Aggarwal and Rtn. I D Shukla who hosted the wonderful evening fellowship delivered by Rtn. Kiran Malhotra. **Compiled and edited by Rtn. Aman Aggarwal**

**YOUTH SERVICES**

**Health Awareness amongst Rotaractors**

On 26th September, Rotaract Club Legis Social, hosted an online, informative PCOS Awareness Event featuring renowned obstetrician and gynecologist, Dr. Alka Sehgal, as the guest speaker. The event aimed to educate and empower individuals about Polycystic Ovary Syndrome (PCOS), a common endocrine disorder affecting women of reproductive age.



The session covered PCOS symptoms, diagnosis, management, and treatment options debunking myths and misconceptions surrounding PCOS, while promoting awareness and understanding. An Interactive Q&A session followed to clarify doubts and seek expert advice. Event Chair Vedica was MO. Nearly 35 participants came together under the leadership of Rotaract president Riya Sood. Rotarians Teena Virk & Madhu Marwaha were there to lend support.

**Installation ceremony Interact Club**

On 28 th of September, Sri Guru Harkrishan Sr. Sec. Public School Sec 40-C, Chandigarh held the Interact Club's 'Installation Ceremony' under the leadership of Principal Mrs. Shama Kukkal. S.Dalip Singh Banga, President, School Managing Committee was present along with, Managing



member, Rtn. Professor Paramjit Singh and all the members of the Managing Committee. Guests of honor for the program were Rtn. Jatinder Kapoor, President Rotary Club Chandigarh, Rtn. Teena Virk, Director Youth Services, Rtn. Prem Mahindru, Secretary, Rtn. Arun Aggarwal, Jt. Secretary, PP Arvind Mehan, Mentor Interact Committee, Rtn. Col. Alok Batra, Rtn. Kiran Malhotra, Rotary Ann, Mrs. Seema Mahindru. The newly elected School Cabinet Members and Interactors were pinned for their respective offices by the Members of School Managing Committee and Rotary Members. Past Interact Club president, Gursharan Kaur, highlighted the projects in her tenure and assured the next team of all her support. Incoming Interact Club President, Jashanveer Kaur confidently took on the mantle with a promise of continuing the good work and proudly introduced her board of directors Of Interact Club in charge, Mrs. Jagjeet Kaur, shall continue her support and guidance to the interactors. The students gave a scintillating gidda performance and performed a thought-provoking skit. In his address to the students, Rtn. President Rtn. Jatinder Kapoor congratulated the new office bearers and urged them to put 'Service beyond Self' and contribute to make society a

better place to live in. Rtn. Dr. Paramjit Singh also congratulated School Council Members and Interactors and motivated them to have compassion and empathy in their hearts for the people in need or support. The Principal thanked all the dignitaries and motivated the students to work diligently in all, socially relevant activities.

**Touch matters**

Women development committee of Rotaract club of Chandigarh University, organized an event on 'Touch Matters' a safety awareness event, on teaching appropriate and inappropriate physical touch. This event was conducted at Jyoti Sarup Kanya Asra, Kharar, on 28th of October, under the initiative led by event incharge, Himanshi Kachroo. The Rotractors taught children about their personal boundaries and the concept of good touch versus bad



touch through a demonstration, a play, slogans and through interaction. Rotaract Club CU, President Saarthak, participated along with President Rotary Club Kharar, Rtn. Gurpreet Singh. Kharar club organised refreshments for nearly 50 girls present. Rotary Club Chandigarh, President Jatinder Kapoor was an invitee, along with Teena Virk, Director Youth Services.



**CELEBRATIONS**

**Birthday Greetings:**

**2 Oct**

Rtn Dr Manish Rai 9878707711

**2 Oct**

Rtn Dr Aditya Jindal 9779930502

With Best Compliments from  
**Rtn Jagesh Khaitan**



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# ROTARY BASICS

## Rotary Image

As a member, you represent Rotary through your words and actions, and joining a Rotary or Rotaract club means committing to live by Rotary's values. Each of us also has the ability to improve the public's understanding of Rotary by telling the Rotary story and why we're proud to be a part of it. By telling our stories, we make sure Rotary is recognized for the important work we do. Rotary members can talk to their club leaders to learn how to propose new members to your club.

## Rotary org and my Rotary

**Rotary.org** is primarily for the public, program participants, and other non members. It describes our programs and initiatives and also includes content of interest to members, like the latest Rotary news and online giving opportunities.

Rotary's official website for members, My Rotary, offers information about membership, scholarships, Rotary events, and stories of Rotary service and other activities all over the globe.

When you register for a My Rotary account, you gain access to a variety of resources:

**Brand Center** — Find messaging and visual guidelines along with customizable materials you can use to promote your club, projects, and programs.

**Club Finder**— Whether you're traveling across town or around the globe, find a club to visit.

**Grant Center**— Apply for and manage your club's grants.

**Learning Center**— Take online courses about Rotary and professional development topics.

**Rotary Club Central**— See your Rotary club's profile and goals.

With a My Rotary account, you can also register for international events and network with other professionals.

## Rotary International Experiences

The Rotary International Convention takes place each May or June and welcomes all members, their families, and program participants and alumni. It's held in a different city each year and is attended by 20,000 to 40,000 people. At the convention, we celebrate Rotary, network, and connect with members from around the world.

Members' skills, passions, and identities are as diverse as they are. Two types of international groups offer Rotarians, Rotaractors, and the entire family of

Rotary ways to build community globally while pursuing interests they have in common with others world wide. Rotary Fellowships center around professional or recreational interests and Rotary Action Groups focus on service in specific areas.

Rotary Fellowships represent an abundance of recreational pursuits, including cycling, fishing, skiing, golf, and beekeeping, and professional interests such as public health, graphic design, leadership development, law enforcement, and photography.

Rotary Action Groups help Rotary and Rotaract clubs and districts plan and implement large-scale humanitarian projects in their area of expertise. For example, the Water, Sanitation, and Hygiene Rotary Action Group functions as an expert consulting entity that advises clubs and districts on how to undertake water and sanitation projects that have real impact.

Rotary Friendship Exchange gives participants opportunities to explore new cultures and discover diverse perspectives. Participating in an exchange is a wonderful way to make new friends, establish international service partnerships, and strengthen inter cultural understanding. Non members are welcome to participate in the program as well as members.

A Rotary Community Corps (RCC) is a Rotary club-sponsored group of nonmembers who want to help their own community through service projects. Rotarians provide professional expertise, guidance, encouragement, organizational structure, and some material assistance to the RCC, whose members contribute their labor and knowledge of community needs. This community-based service program was initiated in 1986 to improve the quality of life in villages, neighborhoods, and other communities

## Programme for young leaders

Investing in our future by empowering young leaders, helping them learn leadership skills, and giving them opportunities to have cross-cultural experiences.

## Interact

Interact clubs give young people 12-18 years old the chance to work together and have fun while learning about service and promoting international understanding. Each club is required to complete at least two major projects each

year, one to serve the community and the other to promote international understanding. Interact clubs are sponsored by nearby Rotary clubs and may be co-sponsored by Rotaract clubs.

## Rotary Youth Exchange

Rotary Youth Exchange promotes international understanding and life long friendships by letting young people explore another culture. Exchanges can be long-term or short-term. Short-term exchanges last from a few days to several months and often take place when school is not in session. Students typically stay with a local family in the host country, but they might also attend a youth camp or the country with other foreign students. During a long-term exchange, students spend a year in another country, attending school and living with host families.

## RYLA

Each year, thousands of young people are selected to attend club-, district-, or multi district-sponsored leadership camps or seminars through Rotary Youth Leadership Awards (RYLA). In an informal atmosphere, participants spend several days in a challenging program of leadership training, facilitated discussions, inspirational addresses, and social activities designed to enhance their personal development, leadership skills, and good citizenship.

These are the small pointers which have been compiled from the Rotary site for the information of our newly inducted members to know about the Rotary basics. **Compiled by Rtn. Anil Chadda**

