



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

Sweets for Jawan

PRIP Raja Saboo and Ann Usha ji proposed to Rotary to take up a project for celebrating Diwali with the Jawans at the borders, it's because of their sacrifice staying away from their families in extreme situations that we are able to celebrate Diwali with our families and friends. After deliberations it was agreed that the best way would be to send Diwali Mithai to the jawans at the borders. This project was much appreciated by the jawans and rotary received many emails and calls from the army officers and jawans as it was a morale booster that their service and sacrifices were being appreciated by the people. It's now the 8th year that we are celebrating Diwali with the Jawans at the borders. We request every Rotarian and their family and friends to contribute whatever they like but do send your Diwali greetings to the jawans at the border to acknowledge and express gratitude for their sacrifice and service to the nation. This year it is proposed to send minimum 6000 Diwali mithai boxes by the 20/22nd October for shipment through the Indian Air Force aircraft to Leh for onward delivery to the borders where our troops are deployed including Siachen.

**Jai Hind Jai Bharat
Jai Jawan Jai Rotary**

Emotional Intelligence - Right Processing of Emotions

The Monday meeting on 9th September was a deliberation on the significant life-changing theme of Emotional Intelligence'. The expert speaker, Mr Shivam, was introduced by Rtn Vijay Wadhawan as an emotional intelligence life coach who has authored two best-selling books, *Finding the Magic in You and How to Unleash Your True Potential*. A postgraduate in Aerospace Engineering, Shivam found his calling in behavioral sciences and is currently pursuing PhD in Psychology from PEC, Chandigarh. He has successfully trained more than 1000 individuals through neuro-scientific techniques and helped them tackle issues related to emotional intelligence, meditation, inner confidence, conflict and digital detox.

The speaker commenced his talk by highlighting the lack of understanding about self as the main cause of suffering amongst people of all age groups, in different spheres of life, in all places he visited. The oxymoronic term, emotional intelligence' can confuse people as they are unaccustomed to connecting emotions with intelligence; emotions are generally looked down upon in comparison to rationality. Helping people use emotions to their advantage to better the quality of life is the main objective of Shivam's



writings and talks.

The normal human tendency is to bifurcate emotions into negative and positive inclinations. Accordingly, the human brain tries to attach itself to positive emotions like happiness, ambition, hustle, progress and so on, and tries to run away from grief, anger, anxiety, fear, jealousy etc. The speaker argued that there are no positive or negative emotions; all emotions are equally important, in fact the negative emotions are more important for the survival of the human being. Giving the famous analogy of impulsively running to safety out of fear on seeing a tiger, he said that rationality may not always be a life-saving response in times of an emergency.

Understanding the message sent out by emotions like sadness, anger, fear and stress is very important. Similarly, it is important to debunk myths like 'anger is always bad' – response to anger may be bad, if it is too impulsive, but the emotion itself is a good defense mechanism. On the contrary, pent-up anger, which has not been rightly handled, is likely to erupt like a volcano causing damage to the

individual as well as his surroundings. Cautioning against harmful expressions of anger he jokingly admitted that "Anger management techniques work wonders till the point you are not really angry!"

Instead of piling up emotions they should be judiciously processed. We should not attach a stigma to emotions like sadness, disappointment, anger and fear; the tendency to be secretive, to keep emotions bottled up, is a threat and danger to survival. It's also important to understand when to respond and when to react - a skill that requires learning scientific techniques and unlearning of cultural conditioning and accepted norms.

A lively discussion ensued related to nature, significance and expression of emotions. Rtn Rana Sandeep Singh thanked Shivam for reminding, and enlightening, the audience about an aspect of life that has been hugely overlooked. The fellowship was hosted by Rtn UpneetLalli to mark her birthday.

Rtn Maninder Sidhu

NEXT MEETING

Fellowship Host Rtn Dr. I.D. Shukla on 23 September, 2024 at Rotary House at 6pm

Dr. Vivek Aggarwal Talks to us on Brain Stroke: Can we Reverse Paralytic Attack, 23 September, 2024 at Rotary House at 6pm

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

Bosch Skill Development Center



First Batch of Rotary Bosch Skill Development Program at MBCT, Bassi Pathana, Distt Fatehgarh Sahib, Punjab, started with 14 students under Rotary Club Chandigarh.

WINS

Pads Distribution Drive was done on 09/09/2024 in Schools

1. Government Middle School Sector 56, Palsora, Chandigarh (Students Covered: 150 girls)
2. Government Senior Secondary School KhudaLahora, Chandigarh (Students Covered: 150 girls)
3. Government Model Senior Secondary School Sarangpur, Chandigarh (Students Covered: 200 girls)
4. Government Model High School RC 2, Dhanas, Chandigarh (Students Covered: 250 girls)

in the presence of Facilitators: Mr. Inderpal, Ms. Pooja, Ms. Kamini, Mr. Rahul. We conducted an informative session on the onset of the menstrual cycle and menstrual hygiene management, ensuring that students understood the physiological process and the importance of maintaining hygiene. We

educated the girls on the proper disposal of sanitary pads, instructing them to always carry a newspaper, wrap the used pad, and dispose of it in the dustbin, promoting cleanliness and environmental responsibility. The teachers, particularly Kanwaljeet Madam from Khuda Khora, highlighted that due to the numerous questions from students,

another session would be beneficial to further address their concerns and deepen their understanding. This drive emphasized not just the distribution of pads but also the need for continued education on menstrual health, showcasing the need for regular engagement with the students to clear doubts and promote awareness.



CELEBRATIONS

Birthday Greetings:

17 Sept PP Rtn Amrit Pal Singh 9814009815

17 Sept Rtn Abhinav Chaudhary 9855300009

Anniversary Greetings:

22 Sept PP Rtn. Ramesh G Bhatia 931600335
& Rina

YOUTH SERVICES

Blood Donation Camp

On 11th of September, ROTARACT CLUB CHANDIGARH, ARPAN INFOSYS DC MOHALI & TIETOEVRY INDIA LTD. in collaboration with ROTARY



CLUB CHANDIGARH, organized a BLOOD DONATION CAMP at Quark City, Mohali. In an overwhelming response by all volunteers, 140 people participated with 103 units collected. Refreshments were arranged by Infosys &Tietoevry, while Rotary Club Chandigarh gave specially designed mugs to all donors. President RCC, Rtn. Jatinder Kapoor thanked all

donors for helping those in critical need of blood. Mr. Rao, Senior VP, Tietoevry, called the act of donors, 'a testament to the power of community involvement in making a difference'. The camp was coordinated by the efforts of Jt. Secretary RCC, Rtn. Arun Aggarwal, President Rotaract Club Chandigarh, Moin Khan and Secretary, Rotaract Ishita Malik. RBBSRC were the collection team.

ROTARACT CLUB CHANDIGARH, Rtr. Moin Khan, will be visiting Mumbai and Pune, with fellow Rotaractors, Member Japneet Kaur and Director Harshit Kedia, from our Dist., RID 3080, for the much anticipated Inter District Youth Exchange (IDYE). This opportunity holds special significance for them, as it marks their first participation in IDYE since joining Rotaract some years ago. During their time in Mumbai, they shall immerse themselves in the city's rich culture, partake in the Ganpati Darshan, and explore its vibrant street markets. Representing their Rotaract Club Chandigarh and district, they shall also

OUR FIRST, INTER DISTRICT YOUTH EXCHANGE!!!!



ROTARACT CLUB CHANDIGARH-DIST. 3080
President—Moin Khan, visits Dist. 3142, Mumbai
Member—Japneet Kaur, visits Dist. 3142, Mumbai
Director V. Ser.- Harshit Kedia, visits Dist. 3131, Pune
12th to 15th September

perform a dance that embodies the spirit of District 3080. They aim to conduct meaningful letterhead exchanges with as many clubs as possible to foster collaborations and plan future joint club events. The main focus of the journey is to get to know the culture and people of Mumbai and develop a network of relationships that will help the club now and also the upcoming Rotaract leaders in the future

NEWS

Invitation to participate in Rotary Youth Exchange

Throughout its history, Rotary Youth Exchange has played a vital role in promoting international understanding, peace, and goodwill among young people from different cultures and backgrounds. The program remains a flagship initiative for Rotary International in its commitment to building bridges of friendship and cooperation across borders.

The objectives of Rotary Youth Exchange are: Promoting Cultural Exchange, Building International Friendships, Enhancing Language Skills, Developing Interpersonal Skills, Encouraging Peace and Tolerance, Promoting Rotary's Mission, Building Global Citizens, Supporting Rotary's Peace Initiatives. Long term Youth Exchange provides an opportunity to youngsters to spend one academic year in another country, studying in a local school and staying with the families of host Rotarians. A candidate from the international partner host district

comes to our district in exchange. Applications are generally sent in August/September/October. Decisions are taken by December/January. Candidates travel by March/April.



Rotary club chandigarh has been awarded a certificate of participation in recognition of exceptional services in advancing rotary mission in medical mission, project Parkash and project Ashneer.

This exchange is most suited to students of class 11 as they don't have Board exams and can easily study in a school in another country for the academic year. Contact:-Rtn. AP Singh Dhiman District Chair 2024-25

Recognitions

Rotary club chandigarh has been awarded trophy in recognition of exceptional services in advancing rotary mission in RYLA for the month of July, 2024.



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Rtn Jagesh Khaitan

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ROTARY BASICS

“Whatever Rotary may mean to us, to the world it will be known by the results it achieves.”— Paul Harris, 1914

We’ve been making history and bringing our world closer together for over 100 years. The first Rotary club was started in Chicago, Illinois, USA, in 1905 by an attorney named Paul Harris.

Harris wanted to bring together a group of professionals with different backgrounds and skills as a way to exchange ideas and form meaningful acquaintances. In August 1910, the 16 Rotary clubs then in the United States formed the National Association of Rotary Clubs, now Rotary International. In 1912, Rotary expanded to a few more countries, and less than a decade later, Rotary clubs had been established in Africa, Asia, Central America, Europe, Oceania, and South America. Rotaract began as a Rotary youth program in 1968. In 2019, Rotaract clubs were elevated from a program to a distinct membership type. Today, there are more than 36,000 Rotary clubs and 10,000 Rotaract clubs, and they are in almost every country in the world.

What is Rotary

Rotary is a global network of more than 1.4 million people of action in more than 46,000 clubs who share a passion for and commitment to enhancing communities and improving lives around the world. Rotary and Rotaract clubs exist in almost every country. Our members change lives locally and connect with other clubs to work on international projects that address today’s most pressing challenges. They take action and make a difference, and it brings them personal rewards and lifelong friendships in the process. The name Rotary was selected by early members because meeting keep location rotated amongst their offices.

Structure

Rotary is made up of three parts: our clubs, Rotary International, and The Rotary Foundation. Rotary and Rotaract clubs belong to the global association Rotary International (RI). Rotary International supports its clubs worldwide by coordinating global programs and initiatives. The Rotary Foundation helps fund our humanitarian activities, from local service projects to global initiatives

Meetings

Rotary and Rotaract clubs unite dedicated people to exchange ideas, build relationships, and take action. The frequency and format of club meetings vary. Clubs meet in person, online, or both. Rotary is both apolitical and nonreligious, and clubs are expected to create a welcoming and inclusive environment for all members and guests.

District and Zones

Clubs are grouped into approximately 520 districts. Districts are led by governors, who serve an important role in Rotary. Rotary clubs in their districts nominate them because of their leadership skills, Rotary experience, and dedication to service. District governors serve for one year, leading a team of assistant governors and district committees in supporting and strengthening clubs and motivating them to carry out service projects. Districts are organized into 34 zones of approximately equal numbers of Rotarians for the purposes of nominating directors and electing the committee that nominates the president of Rotary International.

Our Leaders

The executive staff, led by the general secretary, manage operations, including programs and member services, financial services, information technology, polio and philanthropy, communications strategy, and legal services, at our world headquarters in Evanston, USA. Rotary’s president presides over the RI Board of Directors and is elected to a one-year term. The Board of Directors establishes Rotary International’s policies and provides guidance that helps our clubs thrive. Rotary clubs elect directors at Rotary’s international convention, and each director serves for two years. The Board of Trustees manages the business of The Rotary Foundation, the charitable arm of our organization. The RI president-elect nominates trustees, and the Board of Directors elects them to four-year terms.

Values

Rotary was founded on principles that remain at the heart of the organization

today. These principles reflect our core values — integrity, diversity, service, leadership, and fellowship, or friendship. We channel our commitment to service through five Avenues of Service, which are the foundation of club activity:

- Club Service focuses on making clubs strong. A thriving club is anchored by strong relationships and an active membership development plan.
- Vocational Service calls on all members to work with integrity and contribute their expertise to the problems and needs of society.
- Community Service encourages every member to find ways to improve the quality of life of people in their communities and to serve the public interest.
- International Service exemplifies our global reach in promoting peace and understanding. We support this avenue by sponsoring or volunteering on international projects, using local member expertise to build long-term partnerships for sustainable projects, seeking service partners abroad, and more.
- Youth Service recognizes the importance of empowering youth and young professionals through leadership development programs such as Interact, Rotary Youth Leadership Awards, Rotary Youth Exchange, and New Generations Service Exchange.

.....Continued to next issue

