



Rotary
CLUB CHANDIGARH



ROTARY INTERNATIONAL DISTRICT 3080

Open Hand

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HOME CLUB OF RAJENDRA K SABOO
ROTARY INTERNATIONAL PRESIDENT
1991-92

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ROTARY INTERNATIONAL PRESIDENT
2024-25

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DISTRICT GOVERNOR
RI DISTRICT 3080

JATINDER KAPUR
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PREM MOHINDRU
CLUB SECRETARY

The holistic skin care & technology

Rtn. Dr. Sandeep Singh Rana introduced the guest speaker, Dr. Alka Mehta. After earning her MD in Dermatology and Venereology from Amritsar, Dr. Mehta began a remarkable journey in healthcare entrepreneurship, venturing into the UK over two decades ago. Her dedication was recognized with the Best Medical Practices award by the European Medical Association in 2017. She is also celebrated for her contributions to A9 in diagnostics. With extensive expertise in dermatology, Dr. Mehta has helped countless individuals achieve healthy, radiant skin.

She commenced her address with a thought-provoking question: What does skincare mean to you? For many, skincare is

equated with using products, but Dr. Mehta emphasised the importance of focusing on diet, lifestyle, and even thoughts. She underlined the power of positive thinking in healing the skin, noting that every cell in our body is influenced by our thoughts, whether positive or negative. Dr. Mehta also spoke about the significance of understanding one's unique skin type.



She stressed that no single skincare approach fits everyone and that customised care, guided by professional advice, can lead to better results. Tailoring



routines to individual needs, she explained, allows for addressing specific concerns while maintaining the overall health of the skin.

Dr. Mehta shared some essential tips for maintaining and achieving healthy, glowing skin:

- **Hydrate inside and out:** Drink plenty of water and use a hydrating moisturiser to keep your skin supple.
- **Sunscreen is essential:** Protect your skin from harmful UV rays.
- **Get your beauty sleep:** Aim for 7–8 hours of sleep each night.
- **Eat a balanced diet:** Incorporate foods rich in antioxidants, vitamins, and omega-3 fatty acids.
- **Follow a consistent skincare routine:** This is key to achieving long-term results.

She highlighted that healthy skin is not just about aesthetics; it's a reflection of overall health and wellness. As the body's largest organ, the skin serves as a vital barrier against harmful bacteria, environmental toxins, and UV radiation. Maintaining healthy skin ensures it can perform its protective role effectively while also boosting our confidence to present our best selves. Rtn. Shrey proposed the formal vote of thanks, and Rtn. R.K. Taneja hosted the fellowship.

By R'Ann. Ar. Aradhana Gakhar



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

NEXT MEETING

Mr. Shivdular Singh Dhillon IAS
ex Advisor Tourism & Culture Punjab
Government Talks to us on Punjab -
It's Tourism Enginma on 16th
December 2024 at Rotary House 6 PM.

Leveraging CSR and Rotary's Expertise to Drive Sustainable Change

The Companies Act, 2013 in India mandates that certain qualifying companies allocate a portion of their profit toward CSR activities. Companies meeting specified criteria are required to spend at least 2% of their average net profit over the preceding three financial years on CSR. It has been more than a decade since the government mandated the CSR law in India. Annual CSR expenditure has grown 3 times from FY15 to FY24 and is expected to more than triple to around 120k crores by FY34. In the face of persistent social and environmental challenges, the convergence of Corporate Social Responsibility (CSR) and the initiatives of the Rotary Foundation (India) stands as a beacon of hope. The Corporate Partnership for CSR funds has opened a new avenue as a fundraising strategy to implement impactful projects in the community. The recent introduction of a new CSR grant model approved by Trustees, effective from July 2021 and administered by the SAO team, provides an additional opportunity to support impactful projects in the community.

On one hand, the corporates are actively seeking credible project partners to execute their CSR initiatives; on the other hand, the Rotary Foundation (India) possesses the requisite due diligence and experience in successfully implementing large-scale projects through Rotary Clubs/ Districts. This presents a significant opportunity for synergy between the needs of corporations and the proven expertise of the Rotary Foundation (India). Over the past three years, a total of 252 corporate donors have contributed to the cause, resulting in the receipt of \$19.8 million in CSR funds. These resources have supported 424 CSR grants across various sectors. The Rotary Foundation has also forged strong partnerships with two major public sector undertakings (PSUs) - PNB Gilts Ltd, a subsidiary of Punjab National Bank (PNB), and Coal India Ltd. Some of the key projects funded through these partnerships include equipment donations, infrastructure development in schools, cervical cancer vaccination programs, bicycle distribution initiatives, WASH (Water, Sanitation, and Hygiene) projects in schools, and the creation of homes for the homeless. The scope of CSR in India is dynamic, reflecting the diverse needs of society and the evolving role of businesses in contributing to sustainable development.

Reporting of CSR grants: Ensuring proper reporting is crucial for maintaining the integrity of the Foundation's CSR initiatives and for fostering trust among stakeholders. By improving compliance with reporting requirements, the Foundation can better demonstrate the positive outcomes of its CSR activities and secure continued support for its CSR initiatives.

-Ms. Bhavna Verma

NEWS

Kochi Rotary Institute

The much-anticipated Kochi Institute 2024 is just around the corner! From 6th to 8th December 2024, Rotary leaders, changemakers, and enthusiasts will gather for three unforgettable days at the stunning Grand Hyatt Kochi Bolgatty, a luxurious venue nestled along the serene backwaters of Kerala.



This event promises to be more than just a conference—it's an experience of inspiration, connection, and celebration.

The annual Rotary Institute was organized at Kochi Rotary Institute turned out to be one of the excellent Institute. The fantastic Venue, mesmerizing Food, great Fellowship, outstanding Speakers, top class Entertainment and the enticing Kits are the special features of this wonderful Institute. The astute leadership of our Convenor RID Rtn Anirudha Roy



Choudhury was of the highest order. He was simple, humble, always smiling but persuasive enough to get the job done. His vision got translated into action through the Chairman Rtn Dr John Daniel who led from the front. The untiring efforts of Dr John ably supported by Coordinator Rtn Dr Meera John, Secretary PDG Rtn Jose Chacko and Co-Chair PDG Rtn Madhav Chandran really gave direction and leadership to the Working team to scale new heights in organizing the Institute on par with any International Rotary event.

Kochi, known as the "Queen of the Arabian Sea," offers the perfect mix of tradition and modernity. The Grand Hyatt Kochi Bolgatty, with its picturesque waterfront views, exquisite dining options, and luxurious amenities, is the ideal location for this prestigious event.

Beyond the venue, Kochi boasts a plethora of sightseeing opportunities. Discover the historic Fort Kochi, stroll through the charming lanes of Jew Town, marvel at the iconic Chinese fishing nets, or cruise along the tranquil backwaters. Extend your stay and immerse yourself in the beauty of Kerala's rich culture and natural wonders.



Our district was represented by 39 registered delegates and PRIP Rajendra Saboo and Mrs Usha Saboo and PDG Praveen Goyal and Mrs Basu Goyal represented our Club. PRIP Raja Saboo and Mrs Usha Saboo addressed the audience. The role PDG Praveen Goyal was appreciative as the District Promotion Chair as District 3080 had sent in the largest contingent. Presence of RI President Stephanie and RI President Nominee Sangkoo Yun was an added attraction. Kerala hospitality was just amazing. The next Institute shall take place in Yashobhumi Auditorium at Dwarka (G20 venue) in November 14-16, 2025.

Rtn. Parveen Chander Goyal.

-Three laws — Bharatiya Nyaya Sanhita, Bharatiya Nagarik Suraksha Sanhita and Bharatiya Sakshya Adhinyam — came into effect on July 1, replacing the British-era Indian Penal Code, Code of Criminal Procedure and the Indian Evidence Act, respectively. CHANDIGARH is the country's first administrative unit where 100 per cent implementation of the three laws has been done. It is my privilege to witness this today at PEC wherein PM Sh. Modi and Home Minister Sh. Amit Shah announced the implementation of these laws in Chandigarh.



Rtn. Sakshi Katyal

-Today is Giving Tuesday, when Rotary members around the globe give gifts of all sizes to make a big impact. Our members can do good in the world together only because of people like you, who play an active part in creating lasting change. On this Global Day of Giving, we hope you will join your fellow Rotary members and make a special gift to The Rotary Foundation. On this occasion Rtn. Arun Aggarwal committed to contribute \$300 towards The Rotary Foundation.

Rtn. Arun Aggarwal

NEWS



-Chandigarh Health department launched a 100 day campaign on TB Mukat Abhiyaan on 7th December, 2024. Sh. Rajeev Verma Advisor to Administrator flag off Nikshay Vahan, which is a fully loaded vehicle to cater its services in the interior slum area of Chandigarh for the patients suffering from TB disease in respect of its detection. An oath was taken to keep our city TB mukat. Rtn Anil Chadda, Past President Rotary Club Chandigarh was recognized for the extra ordinary services in campaign TB Mukat Abhiyaan started by Chandigarh Health department.



-Rotary club of Chandigarh Midtown in association with RAC Guru Gobind Singh college of women started the drive on E-waste which has emerged as a significant environmental challenge in

our modern world. Discarded items such as old mobile chargers, batteries, and other electronic gadgets often end up in landfills, posing serious threats to our environment due to the harmful chemicals they release. In our effort to address this growing issue, an E-Waste Collection Drive is started in this month. The goal is to responsibly collect and recycle e-waste, ensuring that these items are disposed of in an environmentally safe manner. We kindly request you to participate in this initiative by bringing any old or unused electronic items, such as: Mobile chargers, Batteries, Broken electronic gadgets, Other small electronic items. You can bring these items to any of our upcoming club meetings, and we will take care of the collection and recycling process.

-जैसाकि आप सबको पहले अवगत कराया गया था कि सैनिटरी बैपकिंस का एक प्रोजेक्ट किया जा रहा है।

इसके अंतर्गत आपको यह अवगत कराना है कि कुछ एरिया में गवर्नमेंट स्कूल से लैटर नहीं पा मिल रहा है, उसका समाधान यह निकाला गया है कि अगर आपको गवर्नमेंट स्कूल से लैटर नहीं मिल पा रहा तो भी आप अपनी अपनी requirement हमें इस ग्रुप में लिख दें और 29 दिसंबर को आप सबको वंडीगढ़ में इसकी डिलीवरी मिलेगी। नोट : डिलीवरी 29 December, 2024 को वंडीगढ़ में ही मिलेगी आप खुद या अपने वलब से किसी सेटैरियन की ड्यूटी लगा दें। क्योंकि हमें Same Day Delivery का वर्ल्ड रिकॉर्ड बनाना है। सभी Presidents से निवेदन है कि वे अपने Zone के AG के माध्यम से ये फॉर्म भरे (यह प्रोजेक्ट District 3080 द्वारा Rotary Club Chandigarh Central के सौजन्य से हो रहा है) District Governor Rtn. Raj Pal Singh

-District Governor Rt. Rajpal Singh awarded the trophy to Rotary Club Chandigarh in recognition of exceptional services in advancing Rotary mission for the month of October, 2024 on the



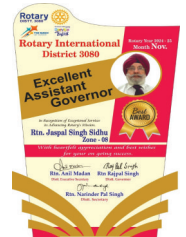
project Aaphai tau Hum hai.

-A certificate of appreciation was awarded to Rotary Club Chandigarh for the month of October, 2024 recognition of exceptional services in advancing



Rotary mission on the project of End Polio drive and Nutritional diet to TB patients.

-Rtn. Jaspal Singh Sidhu was judged as excellent asstt Governor for the month of November, 2024



-15 field Ammunition Depot recognized the noble project "aaphai tau hum hai" executed by Rotary Club Chandigarh on the occasion of Diwali by celebrating Diwali with Jawans on border.



Obituary

Sh. Umrao Singh Kang father of Rtn. Jaswant Singh Kang left for abode on 7th December, 2024 and cremation will be held at Crematorium Sector 25, Chandigarh. Rtn. Jaswant Singh Kang



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Rtn Jagesh Khaitan

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Mental Health Programmes in work place

Workplace well being has gained significant importance in recent years as organizations recognize its direct impact on employee productivity, satisfaction, and mental health. The responses from a survey of 29 participants, focusing on workplace stress, well-being measures, and suggested improvements.

The key findings are that nearly half of the participants (48.3%) experience moderate stress, 31% experience mild stress and 20.7% are under going severe stress. 44.8% of respondents stated that their organization does not offer any well being measures or are unaware of the available programs, indicating a significant gap in awareness or provision.

However, 24.1% have counselling services and the same percent have holidays. Around 13.8% have recreation rooms. About 44.8% experience physical signs of stress quite often, while only 10.3% reported never. Around 41.4% experience mental signs of stress often and same experience sometimes.

Regarding supportive Workplace Culture for Mental Health only 10.3% of respondents feel their workplace has a fully supportive culture. However, 34.5% are unsure, and 24.1% believe their workplace is not supportive.

The popular stress management strategies among employees include:

- Taking breaks
- Talking to friends or family
- Exercising or engaging in recreational

activities

- Participating in yoga or meditation sessions

Many suggest the following as preferred mental health policies and programs:

- Counselling services
- Relaxation techniques such as yoga and meditation classes
- Balanced workloads and reduced work hours
- Improved communication between employees and management
- De-stress programs, mental health leaves, and get-togethers

The desired workplace changes by the participants are:

- Emphasis on mental and physical well-being
- Reduction in working hours and improved leave policies
- Unbiased appraisals and transparent communication
- Stress-free working environments and better staffing patterns
- Institutional crèches to support working mothers

In addition, It highlighted the importance of a calm work place, better work-life balance, and active mental health support. It also emphasized that changes at a governmental level, such as filling staff vacancies, could significantly improve workplace conditions.

The following recommendations were coming :

1. Enhance Well being Measures

- Increase access to counselling services.
- Introduce flexible working hours and mental health leaves.
- Organize frequent recreational activities such as yoga sessions, team outings, and mindfulness workshops.

2. Promote a Supportive Culture

- Implement open-door policies to encourage clear communication.
- Train managers to be empathetic and understanding of employee challenges.
- Embed mental health programs into organizational goals.

3. Monitor and Address Stress Symptoms

- Regularly assess physical and mental stress symptoms through surveys or check-ins.
- Provide stress management resources tailored to individual needs

4. Encourage Work-Life Balance

- Revise work hour policies to avoid burnout.
- Introduce "no-meeting days" and scheduled breaks to reduce pressure.

There is a need for organizations to prioritize work place well being. A proactive approach, focusing on supportive mental health policies, regular recreational activities, and improved work-life balance, can foster a healthier, more productive work environment. Addressing these issues will not only benefit employees but also enhance organizational performance and morale.

WINS Project



WASH (Water, Sanitation, and Hygiene) Session was conducted at Government Model High School, Karsan, Ramdarbar, U.T. Chandigarh on 05 December 2024 with 1st to 10th class on NHM session. 485 students participated in the programme.

CELEBRATIONS

Birthday Greetings:

11 Dec Rtn Rashi Adlakha 9878900994

Anniversary Greetings:

9 Dec Rtn G S Chawla 9814015080

& Guneet

11 Dec PP Abhilash Kapoor 9316111131

& Sunita

11 Dec Rtn Dr Meenu Singh 9814117152

& Dr Rajinder

12 Dec Rtn Dr S Marriya 9814036072

& Kavita

13 Dec Rtn Dr Aditya Jindal 9779930502

& Dr Sheetal

14 Dec Rtn Krishan Kumar 9814118889

& Savita

14 Dec Rtn Surya Gupta 9888888528

& Prachi

