



Rotary  
CLUB CHANDIGARH



ROTARY INTERNATIONAL DISTRICT 3080

# Open Hand

WEEKLY CLUB BULLETIN OF ROTARY CLUB CHANDIGARH | ROTARY INTERNATIONAL DISTRICT 3080 | INDIA

CHARTER 15227 | CHARTERED ON 10TH MAY 1958

ISSUE 26 | 30 DECEMBER 2024

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

## Adaptability to Change

Topic for the evening being change management Ms. Hargunjit Kaur started by asking the question, How many of the ladies present, knew how to change a flat tyre of a car and how many men present knew how to make a "gol roti"? with enthusiastic responses from the members present, it set the tone for the discussion.

She said that traditionally, rules were assigned to us, certain rules to men and certain to women, but the demarcation is changing. This change is an example of a social change which is happening, and the reason that is driving this is the economic changes that are happening all around us.

To explain the phenomena of change she gave the example of the Kodak company, the

company which manufactured camera reels. Till the year 2000, they had 1,60,000 employees and 80 percent of the market share of camera reels and but today the company does not exist, the company went bankrupt. The change was the advent of mobile cameras.

She gave more examples of Indian companies like Bajaj Scooter, Murphy radio, Raj Dhoot bike, Ambassador cars, Dyanora TV. All these companies were popular companies back in the day. These products weren't essentially bad products. They were good products and were accepted, they were popular, but somehow, they don't exist today or not in the form in which they were popular, The reason? They couldn't adapt to change.

She said it can be extended



to human beings also. Human beings were not on the top of the pyramid, there are animals with greater strength than us, there are animals with greater size, but since the humans adapted to change, they could live in cold environment, they could live in hot environment, they could eat any type of food, they could think, they could adapt. So, today humans are on top of the pyramid.

Uber, Ola, OYO Hotels, BNB, ATM, these are changes have happened in front of our eyes, and we have adopted them because they were useful to us. There is software called IBM Watson, which says, it can give you legal advice which is 4 times more accurate than what a human could do. Same is true for the medical advice. Artificial intelligence for the last 2-3

years is the name of the game. In every sphere of life, we are hearing of artificial intelligence. Some changes like whatsapp app we have adapted to easily because of our children being abroad and the use of the video calling option to talk to them. So, the idea behind raising these issues is that to deal with change, we have only two options. One is to resist it, and the other is to adopt it. Adoption of technology and adoption of social change is difficult for us, especially the older generation, our kids

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

**NEXT MEETING**  
**Ram & Lakshman in action**  
 stage performance of  
 Bharatnatyam & Konnakol on  
 6 January, 2025 at Rotary  
 House at 6 pm.



## TB elimination in Chandigarh



Rotary club Chandigarh carried out the food packet distribution project for TB patients at civil hospital Maulijagan for this month. Bad weather and power outage did not deter the enthusiasm of the health workers. 215 food packets were distributed in 3 days starting this Friday. We could speak to few patients about their recovery status. Positive response from most patients is our motivation. Rtn Kulbir Dogra along with Rtn Gurvinder Saggi were present and assisted by our Satpal.

**Christmas celebrations in Vidhya Sadan**  
Christmas celebrations with the children of Vidya Sadan were celebrated in association with Testing xperts, a



company owned by Rtn. Manish Gupta and Ann Archana Gupta. Rotary Vidhya sadan is the after-school program which is a on-going project from over more than 20 years. The building and other infrastructure was upgraded by Testing Xperts last year to give quality ambiance to the students in addition to the other on-going education program. To carry this program further, Ann Archana Gupta regularly celebrates every festival with the students. On this occasion, socks and mufflers were distributed to the children by the company. Director Rtn Kulbir dogra, Dr Seema Gupta graced the occasion along with staff of the Rtn Manish gupta office.



## NEWS

### INTER DISTRICT 3080 & 3090

Project Cleanliness Drive & Installation of Garbage Bags , Dustbins & Banners with Slogans by More then 50 Rotarians from Chandigarh ,Mohali, Kharar, Derabassi, Fatehgarh Sahib & Sirhind during the "Saheedi Jod Mela" at Fatehgarh Sahib !,

**Rtn. Mohit Singla AD zone-6**

### Obituary

With heavy heart, it is sad to share that Smt Kavita Aggarwal mother of Rtn. Arun Aggarwal left for Abode on 27th.



December, 2024. Rtn. Arun Aggarwal's mother, even after her passing, gave sight to two beneficiaries.

The family donated her eyes post her demise. May God bless her noble soul. May such acts of kindness and unconditional giving inspire others.

### MBCT Winter Hockey Camp

In the year 2009 MBCT Hockey Nursery was set up, envisioned by Prof. H S Mejie, the Founder Trustee. His objective was to sensitize& impact the community on burning social issues of



Female Foeticide, Gender Equity, Eve Teasing & Substance Abuse. The proof of the success of this intervention by MBCT in 187 adopted villages, lies in the fact, that out of 116 players selected to date by Sports Authority of India and its affiliates, 78 were Girls.

Due to inclement weather conditions and rain the ITI Hockey ground being unusable, MBCT Trustee Thakur Mejie decided that instead of abandoning the 2nd day of WHC, the players be invited to MBCT Community Hall to carry out indoor hockey related activities. 53 young enthusiastic Hockey players aged 4+ and quite a few alumnii attended. Hockey coaches Hansraj Chhabra & Jasbir Singh began the session at 8:00 am with warm up and physical conditioning exercises like shuttle



**Hygiene Awareness by Rotaract Club Chandigarh**



On December 28, under the guidance of Rtr. Dr. Manu Gupta, President Moin Khan of Rotaract Club of Chandigarh and President Harshvardhan Thakur of Rotaract Club of Sri Guru Gobind Singh College, Chandigarh, organized a special event as part of Rotary International District 3080's WASH project. The event celebrated the spirit of giving and promoted hygiene awareness for the coming New Year, 2025. It emphasised the importance of handwashing as a vital health practice. Following a speech on the importance of handwashing, was a creative performance by children of Yuva Stambh, highlighting hygiene practices. They also participated in a handwashing-themed drawing competition and showcased their skills in a "Best Out of Waste" segment, creating hygiene-related items from waste materials. To spread joy for the upcoming New Year, toys were distributed to the children, adding to the festive spirit. Over 30 students benefitted from this initiative, actively participating and contributing enthusiastically to the activities.

**Sharing the time in Leprosy Ashram**

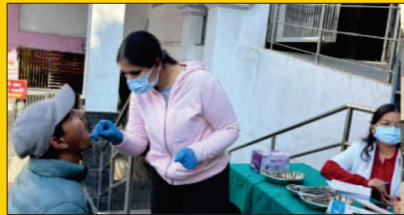
On 28th December, EARLYACT CLUB, Bhavan Vidyalaya Junior School, sector 33, Chandigarh, in collaboration with ROTARY CLUB CHANDIGARH, visited Leprosy Ashram in sector 47, Chandigarh, to wish the inmates health & happiness for 2025. Little Aadvik, Dhani, Bhavya Sharma from class 4 and Hainari of class 5, accompanied by their teachers Poonam and Saranbir Kaur, wished each beneficiary with hand made cards and 4/5 ladoos made



and sesame seeds. Thank you to Mr. Amandeep Virk for contributing ladoos to all 200 beneficiaries. Rtn. Teena Virk, Director Youth Service and Past President, Rtn. Vijay Wadhawan were present to give support.

**Dental Camp at Mata Mansa Devi**

Rotaract club of HSJ Dental College, Chandigarh along with Department of Public Health Dentistry and IDA Mohali organized a Dental Camp at Mansa Devi, with an aim to spread awareness



about oral hygiene. The Rotaractors educated the people about correct brushing methods and playfully interacted with children telling them ways to maintain good oral health. 200 people benefited from this simple oral examination and treatment. Rotaractors, also distributed 150 tooth brushes and pastes and encouraged people to get regular dental check ups done.

**Christmas Celebrations with Cancer Patients**

Newly installed, INTERACT CLUB of PML SD Public School, sector 32, Chandigarh, celebrated Christmas at Accesslife Assistance Foundation Sector - 23 Chandigarh, with 18 cancer brave hearts. The patients were in the age group from 8 months to 14 years. The event was in collaboration with, ROTARY CLUB CHANDIGARH, under the guidance of Rtn. Teena Virk, Director Youth Service. The children at Accesslife Foundation spent their morning with the interactors playing games and dancing. It was inspirational to watch all cancer patients bravery and



acceptance about cancer being a part of their young lives and participating with full fun and enthusiasm. One of the students, Yatharth Sood, dressed as Santa Clause to distribute woollens, beautifully packed. Rtn. Teena was accompanied by her granddaughters, who distributed fruits to each patient.

The interactors were led by the effective leadership of president, Rtr. Hitesh. He was well assisted by VP Nidhi and secretary Akshen. The full participation of the club advisor Ms. Rajini Kanwar, who, along with the interactors, also contributed books towards the formation of a library at the Accesslifecentre, was motivating. The morning concluded as a huge success with refreshments to all the team members given by Rotary Club Chandigarh, to appreciate their effort and involvement.

**EarlyAct Club for Bhavan Vidyalaya, New Chandigarh**



On 23rd of December 2024, Bhavan Vidyalaya, New Chandigarh has proudly received official affiliation for the EarlyAct Club, sponsored by Rotary Club Chandigarh, Dist. 3080. The certificate of affiliation was formally handed over to the Principal, Ms. Inderpreet Kaur, by Rtn. Teena Virk, Director Youth Service, Rotary Club Chandigarh. On this occasion, Ms. Virk engaged with the students, underscoring the significance of community service and leadership. She elaborated on the aims and objectives of the EarlyAct Club, inspiring its young members to make meaningful contributions to society through teamwork, empathy and dedication.

The affiliation marks a significant milestone for the school, fostering a sense of social responsibility and active citizenship among its students. The Principal was accompanied by Vice Principal, Ms. Ramneek Kaur and teacher in charge, Ravneet Kaur.

**CELEBRATIONS**

**Birthday Greetings:**

- 1 Jan** PP Rtn Maj B M Singh 9876226688
- 5 Jan** Rtn Naina Kukreja 9419185959

of jagjagery

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## NEWS

running, jumping jack and stretching. Followed by sessions on technical and tactical skills, fundamental discipline, Team Work, Player positioning, marking and covering opponent players and how to convert opportunities into goals.

The challenges faced by the girls & boys teams in the friendly matches were discussed threadbare. The coaches pointed out to each player their strengths & weaknesses and how to overcome the same. They were instructed in various ways to develop Stamina, Strength & Alertness. A nutritious diet, proper rest/sleep and yoga/meditation were recommended. They were told how self discipline, daily practice and full attendance were important in achieving their ultimate goal of playing for Panjab and India.

### 16 RYLA in six Months

Congratulations to Rtn. Dr. Sanjay Kalra, District RYLA chair for executing 16 Rotary Leadership youth awards in just six months. This include two RYLA with special children. Indeed a exemplary work done by Rotarians of District 3080 to develop the leadership qualities amongst the youth.

### Parichay



District Governor elect Rtn Ravi Parkash organized an event named “Parichay” in Roorkey wherein



President elect from all clubs of District 3080 have been invited. The objective of programme was to know each other “an introductory phase” to have the interaction of President elect of club zone-wise , The assistant Governor of respective zone and assistant learner facilitator of dual zones serviced by him during the Rotary year 2025-26. Number of past District Governors graced the occasion by sharing their experiences during their journey in Rotary. Rtn. Ravi Parkash shared his vision for the year and the role of his District team vis a vis frontline role of President elect during the year. The programme was well participated by Rtn. Madhukar Malhotra and Ann Neeru Malhotra, Rtn. Parveen Chander Goyal and Ann. Basu Goyal, Rtn. Abha Joshi Sharma and Ann Sanjay Sharma, Rtn. Anil Chadda and Rtn. Arun Aggarwal from Rotary Club Chandigarh. The programme concluded with delicious lunch served to all participants.

### Distribution of Sanitary Pads

Rotary Club Central in Chandigarh under Rotary International District 3080 set a record by distributing 6,01,020 sanitary pads in a single day. The prgramme was conducted with focus on the women health and hygiene.

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## Adaptability to Change

uptake these changes immediately.

But there are aberrations to change also. Sharing an interesting observation, she said about lakh of people travel from different parts of North India to Delhi for flights. And there are about 5000 “dhaba’s” on the way whose daily sales depends on the people who make the stopover enrout. So, if the flights are changed to Amritsar, Ludhiana, Pathinda or Chandigarh, their businesses will suffer, and they are a strong lobby resisting this change. One can imagine the amount of time, amount of diesel or petrol, amount of effort it will save the people who travel to Delhi from different parts in North India to take a flight. Elaborating further that change is all around us, she said it is convenience that is now driving change. She reminded the members about STD booths about 10-15 years ago, mobile recharging stations replaced by online recharge, the emergence of Zemato, Blinket, plastic money, digital money, all

about convenience. She said now we want everything to be two minutes, the concept of two-minute maggi changed our thinking. Whether it is food, ice cream, clothes, shoes we want it yesterday. Social media, an average person spends a minimum of two to three hoursevery day going on social media.

In conclusion she summarized that these are the social changes, the changes that we have seen in the last couple of years only. Some we have adopted; some we are still slow to adopt. But as the quantum of change increases, we will be bulldozed into adopting those things. Rather than resisting change, we should try to understand what change is doing to us and the extent to which we must adopt it. Because those who don't adapt are relegated to the back pages of history. A formal vote of thanks was given by Rtn Abha Joshi and fellowship was hosted by Rtn. Vijay Wadhawan.

**Rtn. Aman Aggarwal**

