

Open Hand

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

CHARTER 15227 | CHARTERED ON 10TH MAY 1958

ISSUE 16 | 20 October 2025

HOME CLUB OF **Rajendra K. Saboo**
ROTARY INTERNATIONAL PRESIDENT
1991-92

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ROTARY INTERNATIONAL PRESIDENT
2025-26

Ravi Prakash
DISTRICT GOVERNOR
RI DISTRICT 3080

Abha Joshi Sharma
CLUB PRESIDENT

Arun Aggarwal
CLUB SECRETARY

WARM GET-TOGETHER FOR DIWALI CELEBRATION AT ROTARY CLUB CHANDIGARH

The festive spirit of Diwali was palpable at the Rotary Club Chandigarh's warm get-together, which would not have been possible without the collective efforts of numerous individuals. On behalf of everyone involved, the President Abha J Sharma expressed heartfelt gratitude to each and every person who contributed to making this evening truly unforgettable.

The warmth and laughter that filled the room spoke volumes about the camaraderie and dedication of our Rotary family. The collective efforts of the entire team, including talented exhibitors Neha, Natasha, Aparna, and Ranjit ji's Mynah Tree, were truly commendable. Our hardworking staff, dear teachers, and students from SOREM, AKSIPS, and Discover Ability School, as well as the Rotractors, all played a significant role in making this event a success.

Special thanks are due to our esteemed members who worked tirelessly



Kind Attention Dear Members: Monday Meeting: 20/10/2025

Diwali falls on 20th October this year. It has been unanimously decided by the Board of Directors that the scheduled Monday Meeting shall not be held. It is for kind information of all members

Abha Sharma
President

No Monday Meeting on 20th
October 2025

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Warm Get-Together for Diwali Celebration at Rotary Club Chandigarh



behind the scenes to ensure the event's success. Rtn. Prem Mahindru, Rtn Neenu Vij, Rtn. Aman Agarwal, Rtn. Lalita Grover, and Club Secretary Arun Agarwal, your leadership and support were instrumental in making this event happen.

A big thank you to Rtn. PJ Singh and Rtn. Dr. Rajinder Kaur for hosting a delicious dinner that delighted everyone's taste buds. Rtn. Kulbir Dogra and Rtn. Praveen Agarwal,

your generosity in sponsoring prizes and return gifts added to the festive cheer. The beautiful Rangoli created by RVS students was the perfect finishing touch to the evening.

This Diwali celebration was a testament to the power of community and collaboration. Thank you to each and every one of you for being an integral part of this joyous occasion. Every club members presence and contributions made it a truly memorable evening.



World Polio Day 24 Oct 2025

Celebrated by Rotary Club Chandigarh and Rotaract Club AIMS Mohali. Mohali, October 24: Rotary Club Chandigarh and Rotaract Club of AIMS Mohali jointly celebrated World Polio Day to raise awareness about eradicating polio. PDG Madhukar Malhotra, addressed MBBS students, emphasizing Rotary's pivotal role in the global fight. PRIP Rajendra K. Saboo, shared insights into Rotary's commitment to ending polio. Rtn Abha Sharma Joshi, President, Rotary Club Chandigarh, said, "World Polio Day reminds us persistence, partnership, and compassion can overcome global health challenges. Rotary's 'End Polio Now' campaign is a beacon of hope." Dr. Bhavneet Bharti, Director-Principal of AIMS Mohali, recalled witnessing polio cases, stressing vaccination and outreach importance. The event



highlighted maintaining immunization coverage, surveillance, and outbreak preparedness to sustain a polio-free world. World Polio Day celebrates efforts of parents, professionals, and volunteers making polio eradication achievable.

CELEBRATIONS

Birthday Greetings:

- 22 Oct.** Rtn Preeti Rajwant Kaur 9725237511
23 Oct. Rtn Sony Goyal 9023333030
25 Oct Rtn Dr Rana Sandip Singh 9803036602

Anniversary Greetings:

- 23 Oct** Rtn Dr Irma Maini 9971886971
 & Hardeep Singh
26 Oct Rtn Col Guljit Singh Chadha 9815104205
 & Gurneet Kaur

With Best Compliments from
Rtn Jagesh Khaitan

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Projects

INTERACT CLUB ACTIVITY



October 14, 2025. Interactors of Sri Guru Harkrishan Sr. Sec. Public School, Sector 40-C, Chandigarh took an oath to celebrate a pollution-free, green Diwali. The oath ceremony in the morning assembly was followed by an Anti-Cracker Rally,

where students carried self-made posters spreading the message of an eco-friendly celebration. The activity aimed to sensitize students about the harmful effects of firecrackers and encourage them to take small yet impactful steps towards protecting the environment.



The Interact Club and Early Act Club of Sri Guru Harkrishan Senior Secondary Public School, Sector 40-C, Chandigarh organized a compassionate visit to an Old Age Home in Sector 15. On the occasion of Diwali, students distributed eatables along with handmade candles, diyas, and greeting cards prepared by them with love and creativity. They spent quality time with the elderly, engaging in heartfelt conversations. A student



sang a melodious song to cheer them up, while another recited a touching poem that filled the atmosphere with warmth and joy. The visit turned out to be a memorable experience, as the students felt truly blessed and inspired by the elders' affection and blessings.



Students of Interact Club AKSIPS 45 Smart School spread Diwali cheer by visiting a blind school, where they engaged in an interactive session filled with songs, games, and heartfelt exchanges. The students also supported the festive spirit by purchasing candles made by the visually impaired, promoting joy and inclusivity during the celebration. Sharing some glimpses below.

Regards,
Urvashi Sharma



The Early Act and Interact Club members of AKSIPS 41 Smart School visited the Paraplegic Rehabilitation Centre, Mohali on 16th October. The students had an enriching interaction with the brave soldiers who sustained life-altering injuries in the line of duty. They conversed with them about their hobbies, daily routines, and the strength it takes to live with such disabilities



with courage and positivity.

A friendly basketball match was also played between the students and the soldiers, adding joy and warmth to the visit. They also supported the centre by purchasing beautiful candles handcrafted by the inmates. The visit was a truly inspiring experience that instilled a sense of empathy, gratitude, and respect for the real heroes who continue to serve as a source of motivation to all.

Pads Distribution Drive Report

Date: 28/08/2025 (Thursday)

Time: 09:30 AM – 01:30 PM

Schools Covered:

1. Government Senior Secondary School, Raipur Kalan (Students Covered: 500 girls)
2. Government Model High School, Makhan Majra (Students Covered: 200 girls)

Topic: Pads Distribution Drive

Facilitators: Ms. Pooja, Ms. Ashima

Summary of the Drive:

1. The session emphasized the importance of menstrual hygiene and overall cleanliness, helping students gain a clear understanding of the biological process of menstruation and the significance of maintaining proper hygiene during this period.
2. Students actively participated in the discussion, showing great enthusiasm and curiosity. Their questions on menstrual health were addressed carefully by the facilitators.
3. Proper disposal methods for sanitary pads were explained — advising the use of newspaper for wrapping and secure disposal in a dustbin — to maintain hygiene and safeguard the environment.
4. A live demonstration was conducted on the correct use of the incinerator machine for sanitary waste management, encouraging hygienic and eco-friendly practices.
5. The drive went beyond the distribution of pads, highlighting the ongoing need for awareness and education on menstrual hygiene and personal cleanliness, motivating students to follow healthy and responsible practices.



MHM Session Report

Date - 29 August 2025 (Friday)

**School Name - Government Model
Senior Secondary School Sarangpur,
Chandigarh**

**Principal Name - Mrs. Narinder kaur
ma'am**

**Coordinator Name - Ms. Karanpreet
kaur**

**Topic: MHM (Menstrual Hygiene
Management) & Gender Sensitisation
session with pads distribution drive**

Classes Covered: 6th to 10th

Number of Students Covered: 365

Total Number of Pads Distributed: 200

**Facilitators: Ms. Vinita Shah, Ms.
Komal, Mr. Rajinder and Mr. Inderpal**

Brief Overview of the Session:

1. A total of 6 sessions were conducted, focusing on menstrual hygiene, the menstrual cycle, and gender sensitization.
2. The female reproductive system was explained using scientific terms to provide students with a clear understanding of menstruation.
3. Common myths and taboos related to menstruation (e.g., avoiding head baths or not touching pickles) were discussed and debunked through open dialogue.
4. Girls were educated on the safe disposal of sanitary pads and trained in the use of incinerator machines.
5. The session helped boys understand the challenges faced by girls during menstruation. Many acknowledged their past behavior of teasing and promised to be more respectful and supportive.
6. Some boys asked questions related to masturbation, which were answered appropriately and with clarity, keeping in mind their age and curiosity.



7. Boys actively participated by asking questions about adolescence, which were addressed respectfully and empathetically.

8. The session helped boys understand the challenges faced by girls during menstruation. Many acknowledged their past behavior of teasing and promised to be more respectful and supportive.

Paul Harris Society is a deeply Rotarian choice of service to the community:

As a member of the Paul Harris Society, you will enjoy the following benefits:

1. A certificate of affiliation that recognizes your commitment to the Rotary Foundation. The award is normally given at a Rotary event of appropriate importance;
2. A Paul Harris Society badge to wear along with a Paul Harris Fellow brooch. Unlike most Rotary recognition badges that can be worn for life, the Paul Harris Society badge should only be displayed by those who have made a qualifying payment in the current year;
3. Funding a new Paul Harris Fellow each year using accumulated recognition points.
4. A tax benefit in your income tax return, according to the rules highlighted above and with reference to those that may be introduced subsequently every year;
5. Reaching after 10 years of regular payment (or even earlier, with an additional contribution, as mentioned) the "Major Donor" recognition for the cumulative lifetime support of \$10,000 to the Rotary Foundation;
6. Membership in a group of Paul Harris Society members who share your level of support for such an important cause.

Membership is an annual choice, at your discretion:

1. The timing of your annual payment of \$1,000 or more is at your discretion. It can be made at any time between July 1 and June 30 of the following year and can be made in a single or multiple installments, including through a direct debit from a credit card;
2. Members who have not maintained their Paul Harris Society membership commitment during the year can resume supporting the Rotary Foundation in subsequent years, starting from the previous level.

Membership to the Paul Harris Society is a non-binding commitment, but it is a declaration of intent to support the Rotary Foundation. Rotarians are known for their integrity. Your word or handshake is all it takes to become a member of the Paul Harris Society.

