



Chandigarh Citizens Foundation

*Connecting Citizens
Inspiring Collaborations
Building Nation*

**Chandigarh Region :
Blueprint For India's Future.**



ABOUT CCF

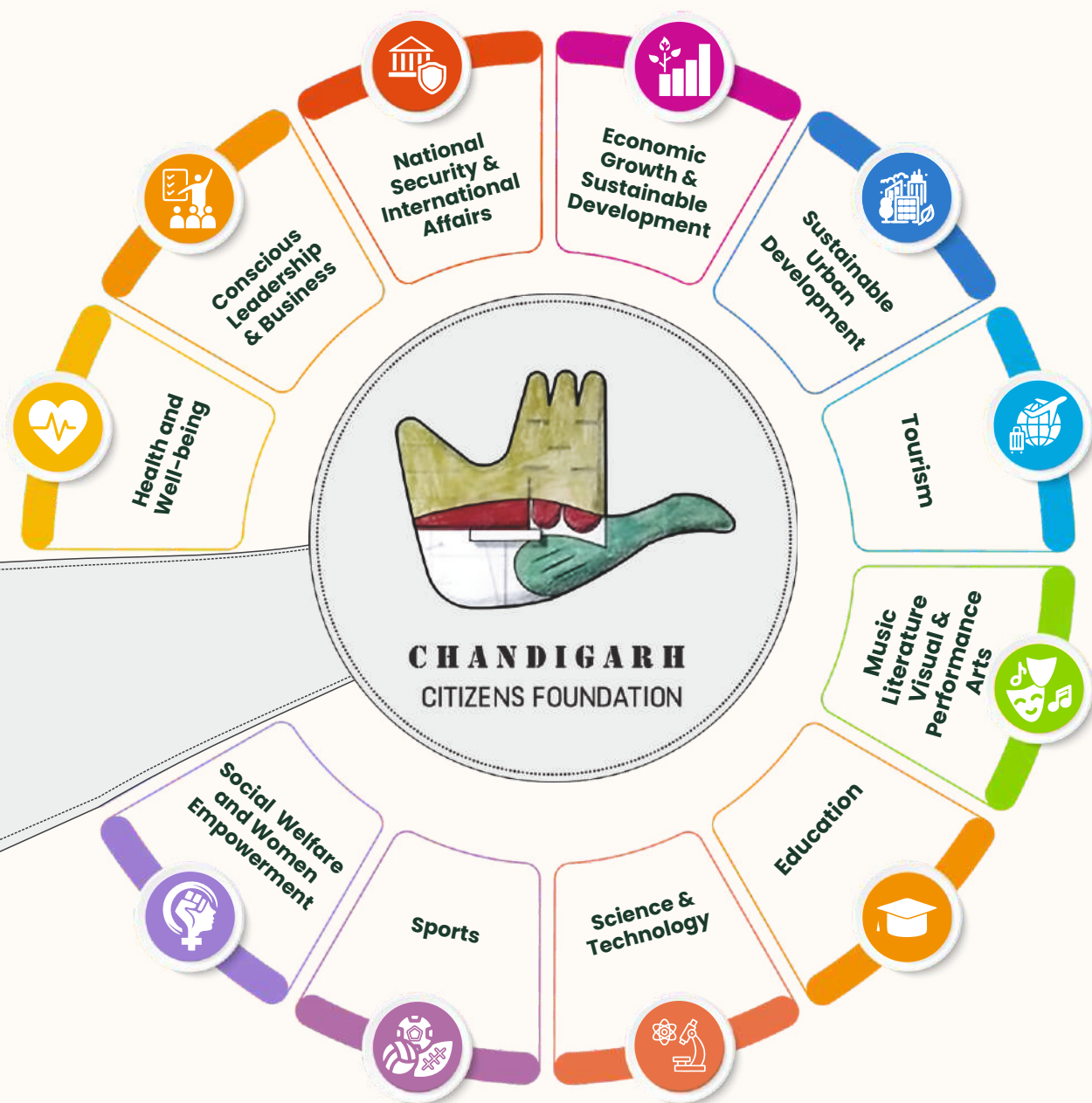
Chandigarh Citizens Foundation (CCF) is a citizen-centric organization and a movement that brings together leaders among citizens, professionals and institutions to exchange ideas, collaborate and organize programmes and projects promoting sustainable and inclusive development of Chandigarh region and for nation building.

OUR ROLES

- ✦ Serves as an integrating platform for dialogues on key subjects of regional, national and global importance.
- ✦ Support citizens-centric welfare activities that directly impact society and enhance quality of life
- ✦ Conduct events and programmes promoting art, culture and heritage.
- ✦ Supplement and complement efforts of Government and non-Government bodies for citizen welfare.
- ✦ Promote Chandigarh region as a global model for urban planning, design, sustainable and harmonious living

11 FOCUS GROUPS 250 + EXPERT VOLUNTEERS

CCF's activities are led by over 250 eminent professionals from diverse fields as volunteers, organized into 11 subject specific Focus Groups



Focus Group Members include top level scientists, doctors, senior administrators of State and Central Governments, Indian Armed Forces, business leaders, entrepreneurs, economists, educationists, architects, urban planners, artists, sports administrators, and social activists.



GOVERNING COUNCIL

President



General V P Malik

Former Chief of
Army Staff, India

Vice President



Vini Mahajan, IAS

Former Chief Secretary,
Punjab & Secretary
Govt. of India



**Padma Bhushan.
Dr. K. K. Talwar**

Former Director PGI,
Chandigarh



**Padma Shri. Ramesh
Inder Singh, IAS**

Former Chief
Secretary, Punjab



**Padma Shri
Rajinder Gupta**

Chairman, Trident Group
India



**Padma Shri Neelam
Mansingh Chowdhry**

Eminent Theatre Artist
and Director



Samant Goel, IPS

Former Secretary (R)
Cabinet Secretariat,
New Delhi



**Keshni Anand Arora,
IAS**

Former Chief Secretary,
Haryana



Manmohan Lal Sarin

Senior Advocate, Former
Advocate General,
Punjab & Haryana



Prof. Arun Grover

Former Vice Chancellor,
Panjab University

General Secretary



Balamurugan, IAS

Former Additional Chief
Secretary, Punjab

KEY IMPACT INDICATORS

👉 CITIZEN ENGAGEMENT

Build a network of 5,000+ engaged citizens and conduct 50+ multi-stakeholder forums by 2028.

👉 SUSTAINABLE DEVELOPMENT ADVOCACY

Bring out 30 policy recommendations and facilitate 50 stakeholder consultations leading to tangible civic improvement initiatives by 2028.

👉 GLOBAL PROMOTION OF CHANDIGARH REGION

Conduct 25 impactful heritage and cultural initiatives, establish 15 strategic partnerships and reach 100,000 people globally by 2028.

👉 PROMOTE COMMUNITY WELL-BEING

Implement & drive projects for youth, elder citizens & women through volunteer-driven support services, healthcare initiatives, sports & wellness programmes and mentorship interventions, benefiting at least 15000 youth & 1500 senior citizens by 2028 and create measurable improvements in quality of life.



IMPACTFUL SOCIAL PROJECTS



PROJECT SAATHI – Mental Healthcare For School Students

- ✦ A 4-months pilot in collaboration with Chandigarh Administration in 6 Government Schools Sectors 10, 16, 18, 33, 38 and 39, to address rising stress, anxiety and emotional distress among school students.
- ✦ Rooted in classical framework of Śikṣaṇa-krama and the Yoga Sutras, channelling children's energy into structured learning, expression, discipline and inner stability.
- ✦ Daily class room sessions integrated into timetable, for all sections of classes 7, 8, 9 & 11, for about 3600 students, conducted by CCF's trained yoga teachers
- ✦ Integrates age-appropriate yoga and breathing with experiential life skills : self-awareness, emotion regulation, relationships, resilience, through games, story, role play and theatre.
- ✦ Capacity building of school counsellors and teachers by clinical psychologists of PGIMER and Government Medical College;
- ✦ Pre and post assessment for Classes 7, 8 and 9.

IMPACTFUL SOCIAL PROJECTS



PROJECT SEWA : Caring For Elder Citizens

To build a neighbourhood that sustainably cares for its own elders, where no elder feels alone and where dignity, companionship and care are a part of everyday life

- ✦ Pilot project in Sector 27 Chandigarh, with the Resident Welfare Association (RWA).
- ✦ Survey of 70+ senior citizens and assessment of daily personal, emotional, social and medical needs conducted by senior medical professionals of PGI, Chandigarh
- ✦ Regular companionship, daily assistance of elder citizens by local sector Volunteers organized through RWA
- ✦ Daily indoor activities organized by local sector volunteers, in the forenoon in a common hall; safe space for sharing, caring, group activities, interaction with other seniors, youth, students, volunteer experts on health & wellbeing and other relevant subjects.
- ✦ Daily evening outdoor activities organized in the evening in the parks by local Sector volunteers; fun games, physical activities, age appropriate sports for all age groups from 5 to 70+, male and female
- ✦ Awareness and linkages for individual medical needs; tie-ups with local doctors, physiotherapy, professional home-care, and psychological counselling.
- ✦ Training for family members on basic geriatric care.



CCF JOURNEY THROUGH EVENTS

Date	Focus Group	Events
01 Oct 2025	Sustainable Urban Development	City Dialogue on Modernism vs. Tradition, organised with ICOMOS India
04 Oct 2025	National Security International Affairs	Cyber Secure 2025 – Awareness seminar on Cyber Security and Digital Safety
05 Oct 2025	Sustainable Urban Development	Capitol Walk – A heritage walk through Le Corbusier’s Capitol Complex
Ongoing since 04 Oct 2025	Women Empowerment & Social Welfare	‘Langar for Hunger’–Food service at GMCH Sector 32, feeding 400–500 underprivileged individuals twice a week
10 Oct 2025	Music, Literature, Visual & Performing Arts	Musical Concert by Vidushi Dr.Kamala Shankar at Chandigarh Museum & Art Gallery
11 Oct 2025	Health & Well-being	World Health Day Celebration at Sukhna Lake focusing on holistic well being (Poster making Competition for School Students)
04 & 06 Nov 2025	Education	World Philosophy Day –"From Inner Peace to Global Harmony: The Philosophy of Me to We" at PGGC-11
13 Nov 2025	Music, Literature, Visual & Performance Arts	Sam Dalrymple’s Book Discussion-‘Shattered Lands: Five Partitions and the Making of Modern Asia’
13 Nov 2025	Education	Workshop for teachers on ‘Unlocking Teaching Through Film Screenings’ at DPS
15 Nov 2025	Sustainable Urban Development	Capitol Connect – Children’s Day at the Capitol Complex- UNESCO World Heritage Site
27 Nov 2025	National Security & International Affairs	Defence Dialogue: ‘How North India can contribute in the growing Military Industrial Complex in India’
27 Nov 2025	Health & Well-Being	Age Friendly Health care services for Senior Citizens of Tricity, Conclave led by Dr Niharika Suchak, Florida State University
29 Nov 25	Health & Well-being	Workshop on "Cultivating Mental Awareness and Preventing Suicide Among Students" , led by mental healthcare professionals of PGI, GMCH
13 Dec 25	Education / Sports	Punjab State School Chess Championship at GD Goenka School, Mohali
22 Dec 25	Economic Growth & Sustainable Development	‘Contemporary Punjab: Challenges & Solutions’ : Key note address by Former Chief Justice of India Justice J.S. Khehar
03 Jan 26	National Security & International Affairs	Book discussion on “Civil Military fusion as a Metric of National Power and comprehensive security” led by author Lt Gen Raj Shukla (Retd)
17 Jan 26	Music, Literature, Visual & Performing Arts	Cultural event : Lohri Celebrations- Fusion of Tamil folk music & dance and Punjabi bhangra
23 Jan 26	Science & Technology	Panel discussion ‘Science for Society: from Himalayan biodiversity to National Prosperity – Building a Self-Reliant India’- led by Dr Sanjay Kumar
24 Jan 26	Sustainable Urban Development	Celebrating 75 years of Making of Chandigarh’ Talks: ‘Evolution of Chandigarh from early 1960s to 2026- Outsider’s perspective by Alain Bertaud and “Learnings from Urban Design and Development of Other Indian Cities’ by Mr. Bimal Patel
28 Jan 26	Health & Well-Being/Education/SW	Inauguration of “Project SAATHI: Mental Healthcare for school students” by Shri Gulab Chand Kataria, Governor Punjab & Administrator Chandigarh
06 Feb 26	National Security & International Affairs	International Seminar “Ramifications of Emerging Geo-Political Flux in Bangladesh & Myanmar”

Date	Focus Group	Events
12 Feb 26	Music, Literature, Visual & Performance Arts	'Let's Talk Courage'- interactive session with school students featuring Ms. Deepa Malik, first Indian woman to win a medal at the Rio Paralympics in 2016
13 Feb 26	Tourism	Stakeholders Seminar: Enhancing Tourism in Chandigarh
27 Feb 26	Economic Growth & Sustainable Development	Economics & Policy Innovation in India: Talk by Nobel laureate Michael Kremer
OPENING 28 Feb 2026	Sustainable Urban Development	Inauguration of 45 days Exhibition on Chandigarh's Indian Modernists
14 Mar 26	Education	Panel discussion with 7 eminent Chandigarh women on "Women, Memory and the Making of a City"
22 Mar 2026	Music, Literature, Visual & Performance Arts	Reminiscing Contributions of 3 iconic Punjabi writers Balraj Sahni, Krishan Chander and Navtej Singh
22 Mar 26	Sports	Blind Challenge Car Rally
23 Mar 26	National Security & International Affairs	Know your Army
24 Mar 26	Sustainable Urban Development	Governor Punjab, honouring 12 Indian professionals / Modernists who contributed in the making of Chandigarh
02 Apr 26	Economic Growth & Sustainable Development	Colloquium - 'Promoting Diversification for Higher Incomes and Sustainable Agriculture in Punjab and Haryana'- Dr Ramesh Chand, Dr Ashok Gulati and Prof Sukhpal Singh
05 Apr 26	Sports	Sports for Wellness- Motivational talk by Maj DP Singh - India's first blade runner at IIT Ropar
11 Apr 26	Sustainable Urban Development	Conference: 'Reimagining Buildings in the Tricity; Continuing legacy' at Plaksha University
17 Apr 26	Music, Literature, Visual & Performance Arts	World Art Day: Painting Competition for School Students
24 Apr 26	Music, Literature, Visual & Performance Arts	Documentary film screening : Aunty Sudha and aunty Radha - a sensitive film on graceful aging and conversation with Director Tanuja Chandra
05 May 26	Science & Technology	Physics Colloquium: Prof Ashutosh Kotwal, Duke University, USA on 'Looking beyond God Particle'
11 May 26	Music, Literature & Performance Arts	Book Discussion led by author Karan Mahajan " The Complex "
17th May	Health & Wellbeing	Project SEWA : Caring for Elders- Pilot project in Sector 27 launch of Community group activities with senior citizens



OTHER KEY INITIATIVES

- 👉 Health Awareness & Basic Life Support Training — for citizens and students by professionals of PGI Chandigarh
- 👉 'Sports For All' - In residential sectors of Chandigarh : age-appropriate sports and yoga through RWAs, especially for girls and women.
- 👉 CCF Mentorship Programme: Experienced professionals mentoring youth for career growth, skill building, competitive exams, Startup, MSME, etc

UNIQUENESS OF CCF

People : Eminent persons of impeccable standards of integrity, professionalism and achievements, committed to social welfare as members of the governing council and 250 plus members of 11 focus groups serving as volunteers.

Purpose : Catalyst to trigger a converging approach among all stakeholders on important challenges facing the society to wards evolving a sustainable, balanced and inclusive development path, particularly for chandigarh region in promoting its status as global model for planned, harmonious urbanised living.

Values : Integrity, Inspiration, Inclusive.

Unifying Movement : A unifying platform that brings together professionals across disciplines, institutions, industry bodies, associations, resident welfare groups, students, and citizens at large, fostering collaboration to develop comprehensive, multi-dimensional solutions for sustainable and harmonious living.



MOMENTS INSPIRING CHANGE

The spirit of collective action of citizens, experts and change makers coming together to spark dialogue, inspire participation and shape a better Chandigarh Region.



Chandigarh Citizens Foundation

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