

The Midtowner

Weekly Bulletin of Rotary Chandigarh Midtown

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All our Bulletins and photos have global viewing through our website, our Facebook page and also on Whatsapp

The Four-Way Test

of the things we think, say or do.

- 1 Is it the truth?
- 2 Is it fair to all concerned?
- 3 Will it build goodwill and better friendships?
- 4 Will it be beneficial to all concerned?

Volume XXXXIII No. 34 Dated: February 19, 2019

PROGRAMME

District Conference - Prerna

Date: 23rd & 24th February 2019

Time: 9.30 am

Venue: Indradhanush Auditorium
Sector-5, Panchkula

Host: Rotary Club Chandigarh

**Please note the
Change in Venue,
Date and Time**

Time & Stress Management

In our regular meeting on February 15, 2019 President Rtn Ashok Puri was busy with the 50th anniversary of passing out of Punjab Engineering College, which was being celebrated in Chandigarh in a grand function with all the batch mates coming from all over India. Secretary Rtn Salil Chopra too was not available. The meeting was presided by Vice President Rtn Sanjay Bhatia and assisted by Joint Secretary Rtn Nitin Kapur.

The Chief Guest Ms Gauri Guha was formally introduced by IPP Rtn Dr Rita Kalra as a seasoned business leader who has succeeded internationally in both the business world, as well as in the fine arts over the last 40 years. Ms Gauri Guha has worked extensively in the fields of Administration in South Asia, South America, Europe and North America in government and diplomatic organizations such as Food Corporation of India, Indian Council for Cultural Relations, Indian High Commission in Guyana, and notable financial institutions as State Bank of India and Scotiabank in Canada. Receiving



Ms Gauri Guha

several awards from the Ontario Arts Council, Canada Council, Shastri Indo Canadian Institute, Dominion Institute of Passages to Canada, The Association of Women of India in Canada (AWIC) and many other organizations, she focused on enriching the cultural landscape in Canada and improving the immigrant experience.

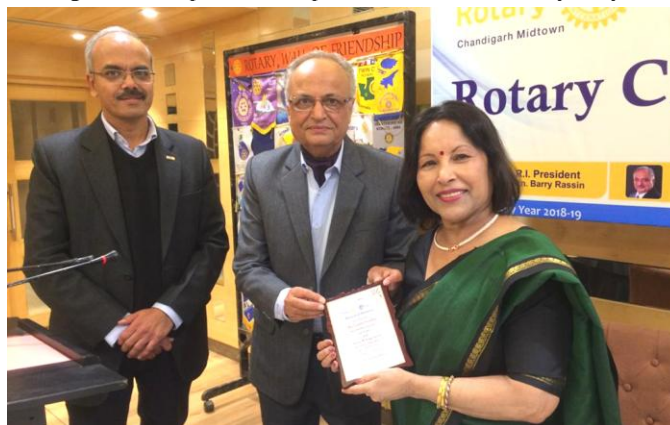
Last year in our regular meeting on February 09, 2018 she talked about Change Management, which is a systematic approach to dealing with transformation of an organization's goals, processes or technologies.

Her presentation about time and stress management was to be happy and at peace with oneself. She gave 10 important tips on stress management. She said nothing of what she spoke is new or different but something we always know but don't practice.

Her presentation was impressive and assertive to deal with most common but least addressed issue in our lives. Here are some useful tips to manage your stress.

1. Identify the source of stress.
2. Practice 4 A's of stress management (Avoid, Alter, Adapt and Accept).
3. Get Moving (exercise).
4. Get connected with others.
5. Have some fun and relaxation daily (schedule some Me Time, have sense of humour, learn some relaxation techniques).
6. Manage your time effectively by prioritizing, delegating and breaking big project to some small steps.
7. Have healthy lifestyle Habits. eat real balanced nutritious food, reduce caffeine and sugar, avoid alcohol, drugs and cigarettes, sleep 8 to 10 hours).
8. Learn quick stress release through deep breathing and focusing on senses.

Now that you have so many useful tips, experiment and figure out what works best for you. Stress Management is absolutely essential. Nothing is more important than peaceful mind and healthy body.



Rtn Subhash Vats presents a memento to Ms Gauri Guha. Looking on is Vice President Sanjay Bhatia



IPP Dr Rita Kalra introduces the chief guest



Address by Vice President Sanjay Bhatia



Presentation by Joint Secretary Nitin Kapur



Vote of thanks by Rtn Subhash Vats



Gift presented to Rtn Kulbir Bhatia by chief guest Ms Gauri Guha



Rtn Dr Col VK Kapoor – for 2 minutes silence for the jawans



PP Rtn Pallav Mukherjee appeals for funds for the jawans



Gift presented to PP Rtn RK Luther by chief guest Ms Gauri Guha



National anthem by IPP Dr Rita Kalra, R'ann Pushpa Jawa, Rtn Dr Indu Luthra and PP Deepak Sood



Birthday gift presented to Rtn Subhash Jindal



Punctuality award presented by Ms Gauri Guha to Rtn Dr Col VK Kapoor. Looking on are Vice President Sanjay Bhatia and Joint Secretary Nitin Kapur



The audience

PDG Shaju to Chair Findings Committee of Rotary Institute

According to a message received from RI Director Elect Dr Bharat Pandya, PDG Shaju Peter has been appointed as the Chair Findings Committee for the forthcoming Rotary Institute Zone 4, 5, 6 and 7 scheduled to be held at Indore on December 06 to 08, 2019.

The Committee will be responsible for coming out with a printed report of the event as well as an electronic version for Rotarians to download.

Election of DGND 2021-22



PP Rtn. Ajay Madan of Rotary Club of Kurukshetra has been elected as DGND 2021-22 during the E-Voting Process. 100% of the electors, that is, 79 of the 79 eligible Rotary Clubs participated in the E-Voting process.

Our congratulations to Rtn. Ajay Madan and R'ann Savita.

Rotary Sarai GMCH-32



In our Rotary Sarai GMCH, Sector 32, Chandigarh, more sitting area outside the canteen has been provided for attendants of patients, with proper flooring and repair of roof

RC Chandigarh Midtown — RID 3080

Nutrient supplements were given to 150 TB patients including 90 packets donated to State TB Cell for distribution to various dispensaries in the city. Zone AG Ritu Singhal delivered an educational talk to the patients and their families.



Our TB Project covered by Rotary News of February 2019 on page 73

Food Supplements to HIV TB patients



Under our Project HIV TB NSP we handed over 190 packets of Food Supplements to HIV TB centre at PGI and TB Centre at Sector 34. Thanks to the donor of the month - Rtn Shuchi Thakur. Looking on is END TB Committee Chair PE Rtn Salil Dev Bali

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**President Rtn
Ashok Puri's
Thought of the Week**

Failure is nothing but a lesson or an experience to learn from move to bigger successes. Believe that!

Birthday of Spouses

R'ann Shradha Sachdeva

February 28

Birthday of Rotarians

Rtn Prof Rana Nayar

February 23

PP Rtn Sandeep Sandhu

February 26

Wedding Anniversary

R'ann Shivani & Rtn Nitin Kapur

February 24

Punctuality Award

Won by Rtn Dr Col VK Kapoor

PP Rtn. T.S. Anand



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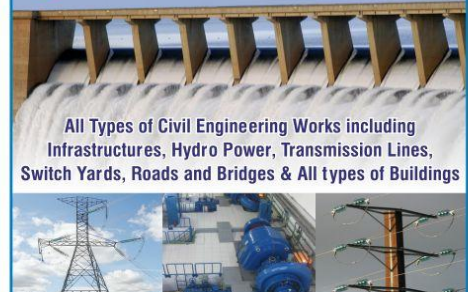
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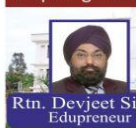


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