Our meeting on May 31, 2019 was called to order by PP Rtn Dr VJS Vohra, who welcomed President Rtn Ashok Puri and the First Lady R’ann Sudha Puri, who had returned on the same day from USA, after two weeks stay with their daughter, Dr Nikita Puri Krishan who was awarded Ph.D degree in Mental Health Counseling from Pace University, New York on May 23, 2019.

In his welcome address President Ashok Puri welcomed the Chief Guest Mr Lakhinder Jit Singh Vohra (fondly known as Lak), Rotary Scholar and Author. The President also welcomed the guests PP Col Prithi Vohra with his spouse Guddi Vohra, PE Aneesh Bhanot of Rotary Club of Willamette, Oregon and Sanghvi and Dr Bharat Pandya.

The President also shared his thoughts on Inspiration (see page 4).

The Chief Guest was formally introduced by PP Dr VJS Vohra.

Lakhinder Jit Singh Vohra, M.S.J., was awarded a Rotary Peace Scholarship Award in 1989 by Rotary International sponsored by Rotary Club of Delhi and Rotary Club of Willamette, Illinois, USA. He has a Master’s Degree from Hansraj College in India as well as a Master’s Degree in Journalism from Northwestern University’s Medill School of Journalism in Chicago, USA. He was fortunate to study and receive his degree from Evanston, Illinois (USA). Lak is a recipient of the India Abroad Newspaper Fellowship in New York City in 1990. Recently, he was nominated for the 2019 Tällberg / Eliasson Global Leadership Prize from Prize from The Tallberg Foundation in Sweden for his work in recovery and addiction. He is author of a self-help book on addiction, “Turn Your Life Around in 30 Days: A Spiritual Practice and Primer for Today’s Generation” which was released by the Shiromani Gurudwara Prabhandhak Committee (SGPC) in Sri Harmandir Sahib, Amritsar, on May 10, 2019. He has been promoting United Nations-backed charities through his PartyDigest.com, since 1995 and has helped hundreds of charities create awareness and funding for their mission in USA and around the world.

Lakhinder is son of Col Prithi Vohra, Past President of Rotary Chandigarh Shivalik.

Lak Vohra gave a very interesting presentation to describe the mind of an addicted person, which is based on the book he has recently authored, and he also candidly shared his personal experiences on the subject. This book can be downloaded free of cost by making a simple pledge to serve the needy, the link is given below:

https://lakvohra.com

Lak defined addiction as, “A behavior that someone indulges in over and over again that causes harm to themselves or others. Someone that likes to gamble with their life – good swings and bad swings.”

He explained Society Stigma of Addiction and discussed Symptoms of an Addict.

The addicts talk too fast, has rapid eye movement, makes lots of excuses, talks a lot, not a good listener, mood swings, looking for free stuff or never having any money, overtly social - hiding something and most important of all an addict will be isolationist.

An addict creates and lives in his own bubble. A bubble shows radical nature of addict’s isolation, acts like floatation device, and then bursts, but while in it provides false sense of security. Lak talked about inside the mind of an addict from a scientific perspective, according to Patrick Carnes, a leading therapist. An addict will go through much pain in order to obtain more.
Willpower and tools of recovery was also explained. These are different concepts. Addicts are not bad people. They are very special and really gifted people. Their brain is wired differently: most creative, which works 24/7 in a vacuum. In recovery they do great things. Recovery cannot be forced. They have to be willing to admit and be prepared to take action.

One has to sit down with that person and look into the eye, saying that as addict he needs help. He should have a meeting with an expert and also meet other people who will share their struggles in a confidential setting and then it can be decided if it is the right thing to do.

If they are reluctant then there is a need for their care. Arrange a one-on-one appointment with the therapist to begin the process to understand the scope of the addictions. The addict needs to see a therapist immediately, preferably somebody who specializes in their addiction.

To get rid of a bad habit, it needs conscious and consistent efforts to create a new habit, as it takes far longer to break an existing habit.

Lak also referred to books written by other authors on the subject. He thanked everybody for listening patiently to what he shared with Rotarians. He made a sincere request to all present, by saying, “Let us all pray for those that are sick and suffering and let us make that the spiritual foundation of this evening.”

What he had spoken in our meeting was full of honesty, sincerity and confidence and always remembering to place principles before personalities. As a Rotary Peace Scholar Lak said, “My prayer is that I live one day at a time and help others as I was helped over and over again.”

He concluded, “I would like to say that I offer one-day workshops which can be arranged and I look forward to discussing this further.”

PP Dr Balram Gupta thanked Lakhinder Vohra for his presentation which was an eye opener. He said it is not easy to get rid of addiction and complimented Lak for sharing his journey of 30 years, wishing him good luck to carry on the good work he has undertaken.
Delegates from our Club for RI Convention at Hamburg (Germany) – 01 to 05 June 2019

After flag exchange in Rotary Club at Budapest, Rtn Dr Sanjay Kalra, R’ann Purmina Sood, Rtn Shuchi Thakur, IPP Dr Rita Kalra and PP Deepak Sood are at the RI Convention

Talk on 28.05.2019 at Govt Vocational Centre, Sector 14, Panchkula

Rtn Anupam Jain organized a talk on importance of menstrual hygiene and distributed sanitary napkins to all the girls

Rotary wall of Frienship

Rotary Scholar Lakhinder Vohra admires the Rotary wall of Friendship in our Club

Rtn. Dr. Sanjay Kalra

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PP Rtn. Dr. Kesho Ram Gupta
Mobile: 9814034094
President Rtn Ashok Puri’s Thought of the Week

May God be your inspiration and motivation for moving on the path of divine knowledge. Love yourself. Do not get upset of the people or situations. Both are powerless without your reaction. Do not raise your standard of living. Raise your standard of giving.

Wedding Anniversary

R’ann Preety & PP Rtn Trilochan S Anand June 08
R’ann Sudha & President Rtn Ashok K Puri June 09
R’ann Dr Joginder & PP Rtn Pallav Mukherjee June 10

Punctuality Award
Won by Rtn Nitin Kapur

Old friends PP Dr Balram Gupta, PP Col Prithi Vohra and PP Dr Kesho Ram Gupta at our regular meeting

PP Rtn. T.S. Anand
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Rtn Sanjay Bhatia

Rtn. Salil Chopra

Authorized Distributors
R e c e e b e enterprises Pvt. Ltd.
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Phone: (0) 172-2265260, 2271724, Fax: (0) 172-2271725, Mobile: 98149 29297

All correspondence to the Editor: PP Rtn. Dr. V.J.S. Vohra
Consultant & Certified Clinical Partner, Otto Bock HealthCare India
Sr. Consultant - Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic
MediRehab Systems, 1134 Sector 44-B, Chandigarh-160047
Email: vrvsvohra@gmail.com | Mob. 9814008629 | www.nevedac.com

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292, Industrial Area, Phase II
Chandigarh. Ph: 4624942
Email: salil.bindra@gmail.com