In our weekly meeting on March 06, 2020 President Rtn. Salil Dev Singh Bali welcomed the Chief Guest Mrs. Gauri Sharda, Art of Living Instructor and greeted all present. Mrs. Gauri Sharda was formally introduced by her cousin, our First Lady R’ann Parul Bali. Gauri did her schooling from Auckland House in Shimla. She did her graduation from MCM College in Chandigarh. At present she is a full time travelling International faculty of Art of Living for the past 20 years. She is married to a business man of Mandi Gobindgarh. Her husband is also very active Art of Living and volunteers in special consultative status with the UN's Economic and Social Council, governmental organization (NGO). It was founded in 1981 by Ravi Shankar. The Art of Living Foundation has centers in more than 156 countries. Art of Living offers several stress elimination and self-development programs based on breathing techniques, meditation and yoga.

Accredited as a United Nations non-governmental organization in 1996, the Art of Living Foundation works in special consultative status with the UN's Economic and Social Council, participating in a variety of committees and activities relating to health, education, sustainable development, conflict resolution and disaster relief.

The majority of the officers of this NGO, along with most of its teachers and staff, are volunteers. Mrs. Gauri Sharda is one of them. She expressed her pleasure to address our meeting. She said, “Today a fast paced life has given us ‘a free gift’ as stress. Mind has infinite capacities and possibilities, but are we able to tap into it? That is the big question now. That is where meditation comes in.”

Meditation is training your mind to live moment to moment. Stress, tension and anxiety is nothing but sticking to something that had happened in the past or something like being anxious about the future. Meditation makes one realize that life is right here now.

Whatever we want to do at home or work place we have to take certain decisions. Even a child has to take a decision whether to play or study. For any age group, decision making is an inevitable part of life. With a calm mind, one can take a right decision. Otherwise it is a reaction for nothing and regret.

What one has, can be put to best use if the mind is calm and stable. Energy level has to be maintained with a calm mind. Meditation helps to enjoy our life.

Gauri concluded with a blissful and relaxing ten minutes meditation for all present in the meeting. Joint Secretary Rtn. Shuchi Thakur thanked Mrs. Gauri Sharda for her wonderful and enlightening talk.
Celebrating International Women’s Day - Challenges as women Leaders in Social Activism

PP Rtn. Dr. Rita Kalra, Rtn. Shuchi Thakur and Rtn. Anupam Jain

Women are a workforce as entrepreneurs, influencers and industry leaders, women in business or profession, and even in Rotary - our Club having had 05 vibrant Women Presidents; Rtn. Dr. Vanita Gupta, Rtn. Saroj Jhawar, Rtn. Ritu Singal, Rtn. Kanan Diwan and Rtn. Dr. Rita Kalra. Women are a force to reckon with. It is time to salute the women in every field who have dared to dream. They are bold women who have successfully broken barriers and dreaming big and are building the future having made an impact in India and the world.

To substantiate what the editor has described above, our meeting on March 06, 2020 had a woman as Chief Guest and after her talk, the dais and the podium was ‘taken over’ by three women – PP Rtn. Dr. Rita Kalra, Joint Secretary Rtn. Shuchi Thakur and Rtn. Anupam Jain. In lighter vein: President Salil Bali and Secretary Rtn. Nitin Kapur had no choice, but to retreat and be amongst the back benchers in the audience! PP Dr. Rita Kalra is serving as a Senior Medical Officer in Civil Hospital, Panchkula. She is very dedicated to her profession and is one of the most active doctors in the Civil Hospital. She has a good time management system which also keeps her equally active as a Rotarian and in other social programs! Rtn. Shuchi Thakur is Director of Verdic Technologies, a software MNC and involved in many social organizations in key positions. She balances her time and rises above all challenges. Rtn. Anupam Jain is Managing Director of MMC Computers and heading several prestigious social organizations such as Inner wheel, FICCI Flow, CII, Alumni ISB to name a few.

Dr. Rita Kalra focuses on unity, equality and advocacy by the women to tackle global issues. She said, “We need to keep speaking up on behalf of every woman’s right to be heard and realize her power. If women are trying to tackle the world’s problems, shouldn’t we hear from half the world’s population?” She gave her strong views on the subject.

Rtn. Anupam Jain said, “Women have risen, women are rising and women will rise.” Role of women as a group of leaders - their voice is heard and the society gets awakened up so as to ensure that their rights are well protected. In spite of this there are serious challenges which obstructs the women to take up top leadership. She sounded optimistic as she stated that the girls have the power to bring the changes for which they are confident and determined. Anupam concluded, “It is all women to women, who should support and empower each other.”

Expressing her views, Rtn. Shuchi Thakur said, “It’s not enough to be in a role or to sit at a table. One must also speak confidently, regardless of odds faced. Women leaders fear being rejected; however respect comes when one’s voice is heard.” Some women leaders shy away from speaking on their accomplishments for fear of being boastful. Women should gain the confidence to know that if they are in the room, that means they deserve to be there. Women should not allow the negative thoughts to take control of their life. They should accept the positive thoughts and decide to move forward.

PP Kanan Diwan said women are already empowered. They should be given equal rights and not reservations which makes them inferior. PP R.T.P.S. Tulsi recited a poem written by her mother, conveying that times have changed and thanks to Guru Nanak Dev ji who proclaimed the equality of men and women, and both he and the gurus that succeeded him, encouraged men and women to take full part in all the activities of Sikh worship and practice.

PP Rtn. Ritu Singal and PP Rtn. Kanan Diwan were honoured on Women’s Day by Rotary Club Mohali for their dedicated service to Rotary.

R’ann Dr. Vinny Sachdeva strongly feels that women at par with men, are strength to each other. An uneducated rural women who can take her own decisions, is more empowered as compared to the educated and economically secured urban women who cannot take her decisions.

Announcements by Secretary Nitin Kapur
Vote of thanks by Rtn. Shuchi Thakur
Mrs. Gauri Sharda presents birthday gift to PP Rtn. Dr. Balram Gupta, joined by R’ann Shashi Gupta
Mrs. Gauri Sharda presents birthday gift to PP Rtn. Prof. Rana Nayar, joined by R’ann Aruti Nayar
Mrs. Gauri Sharda presents birthday gift to R’ann Dipali Adokar, joined by Rtn. Shashikant Adokar and daughter Punarvi
Mrs. Gauri Sharda presents birthday gift to Rtn. R.S. Sachdeva, joined by R’ann Dr. Vinny Sachdeva
Mrs. Gauri Sharda presents punctuality award to Rtn. Subhash Chander Jindal. Looking on are President Salil Bali and Secretary Nitin Kapur
A meeting of State TB Co-morbidities under NTEP was held on 02.03.2020 under the Chairmanship of Mission Director, NHM Chandigarh DHS Dr. G. Diwam in Committee Room, GMSH-16, Chandigarh. In this meeting, attended by President Salil Bali, our Club has been made a member, through its President, for formulating policies and programs to END TB by 2025. Our Club has also been nominated in the TB Committee of District Panchkula. Nutrients were distributed to 20 patients in the DC office of Panchkula.

The RFE team from Rotary Ahmedabad Metro expressed their great joy and happiness for their wonderful 05 days stay in Chandigarh, which has been a unique inter district program with great success. They were pleased to visit Bhakra, Anandpur Sahib, Pinjore, Amritsar and Chandigarh City tour. Their arrival in Chandigarh on February 28, 2020 is reported in our previous bulletin No. 35.

Acknowledgement with thanks
Donation for Rotary Foundation
Rtn. R.S. Sachdeva  US$ 500
Donation for Club Projects
Rtn. Shashikant Adokar  Rs. 5100

Birthday of Spouses
R’ann Sunita  March 15
R’ann Judy Mann  March 17

Birthday of Rotarians
Rtn. Jagdeep S. Chopra  March 15

Punctuality Award
Won by Rtn. Subhash Chander Jindal

Many participants have confirmed. Contact Golf Tournament Chair Rtn. R.S. Sachdeva (Mobile: 98150 22200)
Fellowship at newly opened DANBRO, owned by Rtn. Renu and Rtn. Salil Chopra

President Salil Bali, PP Dr. V.J.S. Vohra with R’ann Indu Vohra and Secretary Nitin Kapur with R’ann Shivani Kapur presented bouquets and congratulated Rtn. Renu and Rtn. Salil Chopra