

The Midtowner

2020-21

Rotary
Chandigarh Midtown



Club No. 15228
R.I. District 3080

Weekly Bulletin of Rotary Club Chandigarh Midtown
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Volume 45 No. 27 Dated: 05 January 2021

PROGRAMME

Lokpal as an Institution
And interesting Experiences in the Court

Chief Guest:

Hon'ble Mr. Justice Vinod K. Sharma
Lokpal Punjab

Former Judge of Punjab and Haryana High Court
Former Judge of Madras High Court



Zoom Meeting
ID: 6291653178
Password: 15228

Date: Friday, 08 January 2021

Time: 6.30 p.m

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?

Life's Calling Wake Up!

Click here to watch on YouTube - <https://youtu.be/Hk3FmpKlb5A>

The first meeting of calendar year 2021 on 01 January on virtual platform started with Rotarians wishing New Year greetings to each other. Sergeant-at-Arms PP Rtn. R.K. Luther called the meeting to order, with good wishes for the New Year to all fellow Rotarians. Invocation by Rtn. Anjali Chhabra was a wonderful poem in Hindi to bring happiness and new good things in the New Year 2021.

President Rtn. Sanjay Bhatia welcomed the chief guest Mr. Asit Ghosh. President Sanjay wished Happy New Year to the Rotary family of our Club. He also conveyed his good wishes for the whole decade beginning from 2021, looking forward to better days ahead.

President Sanjay invited Director Club Services Rtn. Nitin Kapur to take the meeting forward. Nitin started with a video of a New Year song, 'Aane Wale Saal ko Salaam', enacted by film star Anil Kapoor and music by Laxmikant-Pyarelal.

AG Rtn. Dr. Rita Kalra introduced the chief guest Mr. Asit Ghosh as her mentor and coach from Shantinikatan in Bengal.

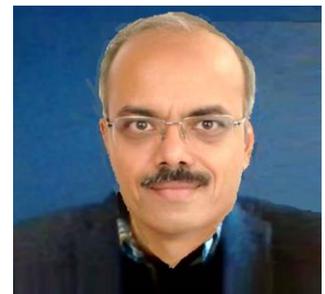


Asit Ghosh

An acclaimed Motivator, Master-trainer, Transformational Coach, Wellness Facilitator cum Coach, NLP Master, Behavioural Analyst, Keynote Speaker and Author, Asit Ghosh is the Fellow of All India Management Association, Alumnus of FMS (Delhi), LMI (USA), former Faculty of TMI (Denmark) and Winner of Bhaskar Award - the highest appreciation in Personality Development.

His name is listed in the World's Who's Who and finds mention in Millennium Hall of Fame. As a master trainer, he has conducted over 1500 national and international seminars and touched the hearts of over 1,80,000 people in the corporate organizations, institutions and individuals. He has worked for 25 years in the corporate world and has been the Trade and Investment Advisor under Her Majesty's Government. He has addressed the World Congress of the NGOs as the only speaker from India on 09 June 2010.

Mr. Asit Ghosh thanked PP Dr. Rita Kalra, "for giving him the opportunity to address one of the most responsible institutions of Rotary." He is not new to Rotary as he has already addressed many Rotary Clubs and conferences. He said, "It is a joy as I am happy to once again be back with a gathering of dignified Rotarians."



Welcome address and new year greetings by President Sanjay Bhatia

Mr. Ghosh was delighted to see his friend PDG Shaju Peter, who graced one of his graduation programs as chief guest 25 years ago, and spoke about 'Secrets of Success'.

He also paid his respects to President Sanjay Bhatia and all Past Presidents of our Club. He considered Rotarians to be distinguished people who are opinion makers, leaders and change makers in the world.

Donations to our Welfare Trust are exempted u/s 80 G of IT Act



**Vote of thanks by PDG
Shaju Peter**



**Introduction of chief guest by
PP Rtn. Dr. Rita Kalra**



**Coordinator of the meeting
Rtn. Nitin Kapur**



**Invocation by Rtn.
Anjali Chhabra**

Mr. Asit Ghosh started his impressive presentation by saying, “Build a towering immunity by way to wholesome living.” He explained there are two lives and that one life is calling the other life.

That life is eternity. We are all mortal beings. Life eternal is the big life and life ephemeral is the small life. He explained this in a very detailed manner [through his presentation which is uploaded on our Club's YouTube channel.](#)

He focused his talk on the war of 2020 between the virus and immunity. He explained that when immunity is strong the virus is weak. The cells in our body react to everything that the mind says. Negativity brings down the immune system. Source of all negativities are ego, greed, irresponsible behavior, insecurity, fear and anger. To overcome negativity we have to build the power of acceptance, which will make us stronger, through conscious breathing like pranayama, yoga and meditation. Cooperation also wins the situation but competition ruins the countries, the family, the business, the society and takes people away from the nature.

Mr. Ghosh also explained how to pay attention to ‘External’ life from the realm of ‘Ephemeral’ life situation. He narrated a story of African village children, who instead of running individually, ran together holding each other’s hands towards a fruit basket to share the fruits amongst them and shouted in their mother tongue, “Ubuntu,” the word which is a lesson to the world as it means, “How can one feel happy when others are sad.” The mother nature says, “I am because we are.”

Faith is another very important factor which builds immunity. It is expansion of consciousness and spiritual life, followed by gratitude which has to be maintained constantly in our heart. Acknowledging the good that you already have in your life is the foundation for all abundance. Immunity is a bridge between your health and mother nature to which you have to align yourself.

To sum up, your immunity can be built up with Acceptance, Breathing (yoga and meditation), Cooperation, Faith, Gratitude and count your blessings. PDG Shaju Peter thanked Mr. Asit Ghosh for explaining how to fight negativity and depend on our inner strength to build up our immunity. He has done a great job for Rotarians of Chandigarh Midtown.

PHF Recognitions



PHF recognitions presented by IPP Salil Bali to Rtn. Anil Nagpal, Rtn. Dr. B.R. Jain, Rtn. Neeraj Jain and Rtn. Surjit Mann

PHF Recognition presented to Mr. Pankaj Goyal, Managing Director, Bharatam Ispat Ltd, Mandi Gobindgarh and Mrs. Shweta Goyal, Director, Bharatam World School, Mandi Gobindgarh by IPP Sali Bali and R'ann Parul Bali

Continuity of Club Leadership



Rtn. Salil

Bali, Immediate Past President



Rtn. Sanjay

Bhatia, President



Rtn. Salil

Chopra, President Elect



Rtn. Sanjay

Kalra, President Nominee

Continuity is maintained in Rotary Clubs as the current Club President works closely with the Immediate Past President, President Elect and President Nominee. There is an interesting fact about the unique continuity of our Club leadership.

Immediate Past President 2019-20 **Salil** (Bali) handed over to the current President 2020-21 **Sanjay** (Bhatia) with the 1st Rotarian First Lady of our Club Rtn. Ritu Bhatia.

Sanjay (Bhatia) will hand over to President Elect 2021-22 **Salil** (Chopra) with the 2nd Rotarian First Lady of our Club Rtn. Renu Chopra and **Salil** (Bali) will be the Assistant Governor in 2021-22.

Salil (Chopra) will hand over to President Nominee 2022-23 **Sanjay** (Kalra) with 3rd Rotarian First Lady of our Club Rtn. Rita Kalra.

Woolen donation



At Majri Chowk on 31.12.20 warm clothes and footwear along with fruits were distributed to 20 needy children who enjoyed with PE Rtn. Salil Chopra, Rtn. Renu Chopra, Rtn. Shuchi and guest Mrs. Isha Rayat

District Rotaract training seminar



*Keynote address by Assistant Governor
PP Rtn. Dr. Rita Kalra*

Mischief in our Meeting!



*Mischief attends our meeting with
his Master Rtn. Dr. Ruchir Kalra*

As Kids See It

By: Rtn. Col. J.S. Chandoak

Our younger son Bhavmit had got fed up of hearing a usual phrase - "Don't have time". Since one looked at the watch to know the time, he got a queer idea that a watch produces 'time'. He was then five years old. One day, when he heard my wife saying - "I don't have time" to do some particular thing; he suggested - "Why don't you buy another watch?".

Tailpiece ----- In consonance with the present era; for "watch", read "mobile"!

Donations from USA for GEC, Peermuchalla (Zirakpur)



Cheque of Rs. 7,50,000/- for Government Elementary School, Peermuchalla Project was handed over to President Sanjay Bhatia by PP Ashok Puri in presence of PDG Yoginder Diwan, PP Kanan Diwan, PP Amarjit Singh and R'ann Sudha Puri.

In our virtual meeting on 01 January 2021, President Sanjay Bhatia expressed his gratitude on behalf of Rotary Chandigarh Midtown to our International partners from USA - Rotary Clubs of Woodland, Longview Early Edition, Longview, Kelso, Centralia, Chehalis, Twin Cities Rotary, all of Area 16 of Rotary District 5020, for their generous contribution to support this project. President Sanjay also thanked PP Rtn. Ashok Puri, his extended family and his brother AG Rtn. Anil Puri (in USA), who made great efforts to raise funds for this noble project.

Birthday Celebration



On 31.12.20 R'ann Bir Gulati enjoyed her birthday with PP Rtn. Ajit Gulati, joined by PP Rtn. Subhash Bindra, Rtn. R.P.S. Gulati, R'ann Pali Gulati and R'ann Veena Bindra

Birthday of Rotarians

- | | |
|--------------------------|------------|
| PE Rtn. Salil Chopra | January 12 |
| Rtn. Dr. Dinesh Sahajpal | January 12 |

DANBRO
Artisanal Boulangerie and Patisserie
SCO 45, Sector 26, M. Marg, Chandigarh
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Rtn. Salil Chopra

PDG Rtn. Shaju Peter

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Rtn. Sanjay Bhatia

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