

# The Midtowner

2020-21

Rotary  
Chandigarh Midtown



Club No. 15228  
R.I. District 3080

Weekly Bulletin of Rotary Club Chandigarh Midtown  
View online: [www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)

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## 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 45 No. 42 Dated: 20 April 2021

## PROGRAMME

Fun Quiz  
Rtn. Nitin Kapur  
Director Club Service

Date: April 23, 2021 (Friday)  
Time: 6.30 p.m.  
Zoom Meeting ID: 6291653178  
Password: 15228

## Rotary Friendship Exchange on Virtual Platform by seven Rotary Districts in five countries Columbia, Mexico, Peru, Canada and India

[Click here to watch on YouTube https://youtu.be/fFP3QlxRdHI](https://youtu.be/fFP3QlxRdHI)



Keynote address  
by Past RI President  
Rajendra K. Saboo



Welcome address  
by DG 3080  
Ramesh Bajaj



Opening address  
by DG Patricio  
Flores - RID 4130



Meeting called to order  
by President Sanjay  
Bhatia - host club



Rotary Opens  
Opportunity PDG TK  
Ruby - RID 3080



National Anthem of five countries

Virtual Rotary Friendship Exchange (RFE) held on 18 April 2021 was an opportunity to connect and to know about the people of these five countries - Columbia, Mexico, Peru, Canada and India, through Rotarians with respect to their food, attire, colorful performances and key community projects. It was an online fellowship event, hosted by Rotary District 3080 - Rotary Chandigarh Midtown. 125 Rotarians from seven Rotary Districts of five countries attended this unique event, the first of its kind for all the participating districts.

The meeting started with National Anthems of all five countries. The event was conducted meticulously by the Master of Ceremonies (MoC), Assistant Governor (Zone 3) RI District 3080 Rtn. Dr. Rita Kalra from the picturesque roof garden of her house, from where she was virtually connected to all seven Rotary districts in five countries! It was a memorable virtual event to enjoy the cultural diversity, build goodwill, strengthen international friendship, foster peace and global health.

As a token of remembrance and gratitude a virtual certificate of appreciation was presented to each of the participants. MoC Dr. Rita Kalra, in her vote of thanks expressed heartfelt gratitude to the distinguished dignitaries: Past RI President Rtn. Rajendra K. Saboo, District Governor Rtn. Ramesh Bajaj D-3080, DG Rtn. Patricio flores D-4130, DGE Rtn. Ajay Madan, IPDG Rtn. Jitendra Dhingra, PDG Rtn. T.K. Ruby for adding grace to the occasion.

All District RFE Chairs Rtn. Dr. Sanjay Kalra, Rtn. Isabel Rodriguez, Rtn. Francisco Zarate, President Rtn. Nova Escobedo, PP Rtn. Mariano Rivera, PP Rtn. Maritza Londono, President Rtn. Alex Maxim, PP Rtn. Eva Quijano and PP Joanne McAuley gave amazing presentations about their countries and Rotary Districts.

The contribution of DRFC Dr. Sanjay Kalra and PP Isabel Rodriguez who have been the very spirit and soul of virtual RFE 2020-21 was tremendous as they not only set aside all the challenges in their way but also came out winner in the end. Both of them made it all possible with their seamless coordination and meticulous management.

The performances by PP RTPS Tulsi, IPDG Jitendra Dhingra, Secretary Shuchi Thakur, Master Chef Kulvinder Singh, R'Ann Indu Anand, Firtst Lady of Chandigarh Midtown Rtn. Ritu Bhatia and Dr. Sanjay Kalra for vibrant display of talent in the form of songs, dances and culinary delights was immense and added color to the event which lasted for more than two hours.

Thanks to Secretary Shuchi Thakur for the absolute engagement and astounding support, President Rtn. Sanjay Bhatia, Rtr. Arundhati and Editor PP Rtn. Dr. V.J.S. Vohra for promotion, logistic support and for giving a comprehensive report of this virtual RFE in our Club bulletin and uploading the video of this event on our Club's YouTube channel. [Please click here to watch the video and subscribe to the channel.](#)

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



**DRFE Chair Dr. Sanjay Kalra,'s presentation**

**RFE Chair Mexico PP Icebel Rodriguez's presentation**

**Rtn. Juan of Canada presentation and playing violin**

**PP Maritza's presentation Colombia**

**Presentation and display of her attire by Normagia of Mexico**



**Rtn. Alex Maxim presentation Peru**

**Rtn. Eva Quijano giving presentation from Canada**

**PP Mariano and his wife from Guanajuato, Mexico District 4130**

**Cultural performances by Sanluis Potosi of Mexico**

**Cultural performance a dance from Mexico**



**Sample e certificate for all the participants**

**Bollywood dance by PDG Jitendra Dhingra and Ritu**

**Bollywood dance by Rtn. Shuchi Thakur**

**Indu Anand prepared North Indian thali and halwa**

**Ritu Bhatia explaining her veg ras malai and jalebi**



**Kalra's aloo ka parantha and makki ki roti and saag**

**Rtn. Kulvinder sharing his North Indian snacks**

**PP RTPS Tulsi's Punjabi folk song**

**Shuchi Thakur host of Zoom virtual platform**

**Vote of thanks by MoC Rita Kalra**



**PRIP Raja Saboo & Usha Ji**

**DG Ramesh Bajaj & Rtn. Rekha Bajaj**

**PDG Jitendra Dhingra & Rtn. Ritu Dhingra**

**PDG Yoginder Diwan & PP Kanan Diwan**

**PDG Shaju Peter**

**PP Raj Luther & Urmil Luther**

**President Sanjay Bhatia & Rtn. Ritu Bhatia**



**PDG Manmohan Singh & Rajwant**

**PDG TK Ruby & Rtn. Vita**

**DGE Ajay Madan & Rtn. Savita Madan**

**Rtn. Nitin Kapur & Shivani Kapur**

**PP Deepak Sood & Purnima Sood**

**PP Prem Anand & Indu Anand**

**Rtn. Kulvinder Singh & Raspal**



**PP Dr VJS Vohra & Indu Vohra**

**PP Sali Bali & Parul Bali**

**Rtn Jeetan Bhambri & Kadam Bhambri**

**Rtn. Pardeep Sisodia & Nandita Sissodia**

**AG Dr. Rita Kalra & PN Dr. Sanjay Kalra**

**PP Amarjit Singh & Sunita with their daughter Harleen & Son in law Gurveer**

**PP Ravi Tulsi & Ranjana**

**Participants from Rotary District 3080**

**Contd on page 3.....**

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Participants from Rotary District 3080

### Mental Health and Power of Positive Thinking

Click here to watch on  YouTube [https://youtu.be/Qb0pA7\\_B-20](https://youtu.be/Qb0pA7_B-20)

In our virtual meeting on 16 April 2021 President Rtn. Sanjay Bhatia welcomed the keynote speaker Ms. Janhavi Malhotra and greeted all Rotarians and guests present in the meeting. He complemented Secretary Rtn. Shuchi Thakur for a positive invocation, a blissful song, thanking The Almighty for giving us everything - मझे तुमने दाता बहुत कुछ दिया है, तेरा शुकुरिया है, तेरा शुकुरिया.....।



Janhavi Malhotra

AG PP Rtn. Dr. Rita Kalra formally introduced Ms. Janhavi Malhotra as a strong believer in power of positive thinking and the positive energy which can actually change the world. An effective coach, empathetic listener and innovative professional, she strives only for perfection. Currently working with corporate Talent management team as Assistant Manager at IHCL she has experience of over 5 years in HR management.

She is certified exclusive coach by the European Mentoring and coaching council and also a certified CSR professional by Indian Institute of Corporate affairs where she ranked first in country. A proud alumnus of XLR Jamshedpur and Kings College London, she specializes in organizational psychiatry. She is education and economic empowerment of women and children at Samartha the home for differently abled for their social rehabilitation. She has been honored with several distinctions: Jamshedji Tata Scholarship, JN Tata Endowment scholarship, flying machine contest for young achievers, commendation award for Art and Culture. Janhavi has a collection of poetry which speaks of determinations in the face of adversity which she wrote in her hospital room at Tata Memorial Centre, Mumbai.

Her parents, Mrs. & Mr. Anil Malhotra have been her guide and mentor. Mr. Malhotra is a business icon with years of work experience. Janhavi has a pragmatic approach with unlimited energy. She is honest, brilliant and believes in spirituality.

President Sanjay said, "We should not lose hope as the government has taken initiative with Vaccination Utsav last week. In this time the real test comes from our mental and physical strength. We should stay strong mentally. We should remain positive and should help each other."

Dr. Rita Kalra said, "I believe in serendipity. Whatever happens, is for a reason. Each one of you in this zoom room are here for a reason. It is time to come together to the awareness of our mental health and strength."

Ms. Janhavi Malhotra gave an impressive, informative and an inspiring presentation on the power of positive thinking. She explained mental health as emotional, psychological and social well-being. Mental health determines how we should think, feel and act to handle stress, relate to others and make choices.

Common Mental Health Disorders are depression, anxiety, eating disorders and substance abuse / dependence.

Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. Prolonged stress will deteriorate the physical health. It will be bad for the immune system, which will create more stress.

The mantra for stress is self-care. Take care of yourself. Regulate the mental health through positive thinking of 'I will'.

Janhavi explained Emotional Freedom Technique. Identify a stressor. On a scale of 0 to 10, write down how intense the issue is (10 being the highest). Create a phrase that addresses your problem. For example: "Even though I'm stressed about this deadline, I deeply and completely accept myself." Tap on the nine meridian points (side of your hand, eyebrow, side of eyes, under eyes, under nose, chin, start of collarbone, under arm and top of head). Repeat the phrase / build on it with each tapping point. Do this sequence two to three times. Rate your final intensity.

She quoted Winston Churchill, "A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." Negative thought processing attracts more negative thoughts and draws attention to more things to complain about.

For overcoming unhappiness Janhavi advised SOAP. S-Social connections. O-Optimism, A-Appreciation and P-Purpose. Those with 5 or more close friends (excluding family) are 50% more likely to be very happy than those with less. Family rituals and regular routines like birthdays, holidays etc have a positive effect on health and family relationships.

Recognize and stop negative self-talk. Be optimistic. Look at the half filled glass of water. Being optimist or pessimist is like half full versus half empty. Recognize what keeps you happy or excited. Connect to it and follow the Guru mantra to achieve happiness.

Have an attitude of gratitude / appreciation. She concluded saying know yourself and do self-regulation. Reach out and speak out against stigma. Exercise and have clean eating.

PE Rtn. Salil Chopra thanked Janhavi for her super talk which was a great solace to maintain mental health and happiness with power of positive thinking. [Click here to watch her complete presentation on our Club's YouTube Channel.](#) Like, Comment and Subscribe to the Channel. Press the bell icon and keep watching!

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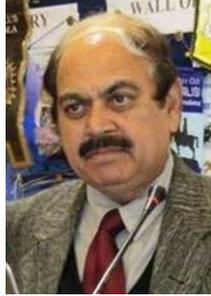
Address by President  
Sanjay Bhatia



AG PP Dr. Rita Kalra  
introduced the  
keynote speaker



Invocation by  
Secretary Rtn.  
Shuchi Thakur



Vote of thanks by  
PE Rtn. Salil Chopra

**Birthday Celebration**

**HAPPY BIRTHDAY PAUL HARRIS**  
19 April 1868



Birthday celebration of Founder of Rotary  
Paul Harris on 19 April

Remarks by Editor PP Dr. V.J.S. Vohra, "Negativity, fear and sensationalism spread as fast as the wild fire - creating stress, depression, panic and loss of immunity which leads to pain, misery and disease. There is always a silver lining or hope for achieving a better normal! As Rotarians we have a wonderful platform, not to spread fear, but to share good news, better opportunities, hope, happiness and goodwill, based on the objects of Rotary and the four way test. **No fear, No hate! Stay Strong, Hopeful and Safe.**"

**Donations for Club Projects**

Rtn. Col. Jaspal Singh Chandoak

Rs. 10030

**Birthday of Rotarians**

Rtn. Chandra Parkash

24 April

Rtn. Anupam Jain

25 April

**Wedding Anniversary**

Rtn. Justice Raj Rahul and Dr. Rahul Garg

28 April



Accompanied by PDG Rtn. Yoginder Diwan, PP Rtn. Kanan Diwan celebrated her birthday on 20 April at Govt. Elementary School, Peermuchalla (Zirakpur) and shared cake with labourers at our signature project - where the renovation work is under progress

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