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# The Midtowner



Club Number : 15228

**Bulletin of Rotary Club of Chandigarh Midtown: R.I. District 3080**

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District Governor  
**Manpreet Singh**

President  
**Raj Kumar Luther**

Secretary  
**Amarjit Singh**

Editor  
**Dr. V. J. S. Vohra**

Volume XXXVI No. 09 Dated: August 30, 2011

PROGRAMME

Hara Punjab Khara Samaj (Distribution of Medicinal Saplings)

Chief Guest : Rtn. Mrs. Tejinder Kaur, Vice Chairperson, Desh Bhagat Group of Institutes

Friday, September 2, 2011

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh

## Spiritual Healing



*Betty Nangia*

Guest Speaker for our club meeting on August 26, 2011, Dr. Betty Nangia, was introduced by our First Lady R'ann Urmil Luther. She said Ms. Betty Nangia is a personality with diverse talent. She did her graduation from Guru Nanak Dev University in 1982. She did four year course in Spagyric Therapy in 1998 and five year degree in Hindustan Classical Music in 2004. She did courses in Naturopathy, Beauty Culture, Child & Adolescent Counseling and Pranic Healing. She is a very good singer and has participated in many programs on Radio & TV. She has been conferred with many awards and certificates of excellence. She gives due respect to ancient and modern systems of medicines.

Dr. Betty said Pranic Healing not only cures physical and psychological elements, it is a blissful experience also. It lifts you spiritually as it is scientific and systematic process which has been acknowledged world wide. Your energy body is cleansed of negativity and your aura strengthens and each chakra is energized. Your congestions melt away and you notice change. It helps people to fulfil their dreams and achieve good health, career success, improve relationships and get financial benefits!

She said, "It was my own skin ailments and heavy medications for my slip disk and I was not being cured." In addition to this her husband suffered great business losses. After trying everything available for many years, she connected herself to nature, realizing the direct connection of her well being to the beauty in nature. She did research of herbs, and started making her own natural skin care products and results were encouraging. She had given herself to nature, faced many challenges and with a lot of support from family and friends she moved on.

Pranic Healing is an ancient science and art that reveals the techniques for using prana or life force for better living. It is primarily used as a non-touch and drugless therapy. More and more patients are going for Pranic Healing because it provides systematic treatment for practically every health problem like high blood pressure, migraine, arthritis, diabetes etc. It also heals stress, depression, anxiety, anger, fear, tension and psychological disease. It is all about how to apply Pranic Healing principles and techniques to utilize the natural power. The aim of pranic healing is to achieve oneness with the higher soul. It is a practical journey leading to spiritual transformation.

Vote of thanks was proposed by Rtn. Prof. I.S. Dua, who said, "We are really grateful to Ms. Betty Nangia for giving such a wonderful presentation." He appreciated her for holding all systems of therapies as correct and scientifically true.

Those who want to contact her may call on 9888408040 or mail [bettyhealthskincare@gmail.com](mailto:bettyhealthskincare@gmail.com).



*Expression of gratitude by Rtn. Dr. I.S. Dua, who also presents a memento to Ms. Betty Nangia. Looking on is President R.K. Luther*



*IPP Prem Anand exchanged flags with Rotary Club President R.K. Luther, Prem also shared his experience in Malaysia*



*President R.K. Luther presents Punctuality award to Rtn. Arjan Singh. Looking on is Secretary Amarjit Singh*

For Restricted Circulation Only

## Two New Members inducted by PDG Shaju Peter



Gobind Khandelia, son of PDG Rtn. Jagmohan Lal Khandelia & nephew of PP Rtn. D.P. Khandelia introduced by PP Rtn. B.L. Ramsisaria

Mr. S.C. Kapoor and his wife Mrs. Ranjana Kapoor introduced by Secretary Amarjit Singh on behalf of Rtn. A.K. Puri who is away to USA

## Sarangpur Night School Seeking Good Samaritans!

On 19.8.2011 Rotary Club Chandigarh Midtown re-dedicated itself to the cause of Education of the under privileged children by distributing exercise-books, pencils and erasers to 26 children of brick-kiln workers at the Night School at Sarangpur.

These were very generously donated by PP Rtn. R.S. Chandgothia, who has always been supportive to this decade old Project. Thanks to Rtn. Vinod Sobti, PP Rtn. Pallav Mukherjee and Director Community Service Rtn. Mrs. Kanan Diwan, who sent/brought with them biscuits, bananas and several crates of mango juice for these children. PP Rtn. B.L. Ramsisaria, is always available to lend support to meaningful projects was there along with President R.K. Luther, Secretary Amarjit Singh, Project Co-ordinators PP Rtn. Saroj Jhawar and R'ann Malabika Sengupta. Director Club Service PP Rtn. Indrajeet Sengupta did not forget to put up the banner, and also sent a detailed report to the Editor!

A one-time contribution of some essentials is hardly enough for the nutrition of these mal-nourished children. Any ideas of providing essential nutrition will be more than welcome. The children are barely dressed. One child Aarti has no decent cover for herself (See photograph).



Aarti of Sarangpur

Additionally, with winters approaching they will need warm clothes. Are there "Good Samaritans" in our Club who would volunteer to provide these essentials? Sergeant-at-Arms PP Saroj Jhawar (09356960200) and R'ann Malabika Sengupta (09877034427) are co-ordinating the activities at the Night School. Please contact them to contribute.

## Water Filter Project

We have received 100 Water Filters from District 3080, an attractive gadget, a sample of which was displayed in the club meeting. President Luther said that it has been given to us at a very subsidized rate of Rs. 200/-. It has a capacity to purify 3000 liters of water. He urged Rotarians to identify poor persons who could be beneficiaries of the Filtered Water Project.

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## Library Project at Govt. School



Rotarians & Students watching movie on Polio

Project DSG-72260 at Govt. Model High School, Sector 31, Chandigarh. PDG Shaju Peter handed over the keys of Library to Principal Mrs. Satbir Kaur. This was also an opportunity to introduce polio plus 'Children for Children' Program to the students of class V who are also beneficiaries of this Library Project. Secretary Amarjit Singh first introduced the Rotarians & Rotractors to the students and staff members and then played a movie on Polio Plus for the

On 24.8.2011 our club completed first of the three Library Projects assigned to our club by District 3080 under Rotary Foundation

students who showed very keen interest and promised to participate in this program by collecting donations. PDG Shaju further elaborated on this program and told the students that this year till now only one case of Polio has been reported in India and Rotary is on the verge of eradicating this deadly disease from the world. Rotaractor Deepak read a story from a library book. PP Pallav Mukherjee had an interactive session with students of Class X and class V. Rtn. Kanan Diwan asked the students to follow the path of truth and honesty.

Vice President Deepak Sood was also present on this occasion.

Principal Satbir Kaur appreciated the efforts of Rotary for this noble cause. On behalf of the school Mrs. Nidhi gave formal vote of thanks.

This report was sent to Editor by Secretary Amarjit Singh.

## Artificial Arms fitted to BSF Jawan

Rtn. Ravi Tulsi arranged the funds donated by his Junior S.K. Sahore's father Mr. R.K. Sahore, for fitting bilateral above elbow artificial arms with imported gloves to Sukanta Ghosal of BSF. PP Dr. V.J.S. Vohra fitted the artificial arms and issued the fitness certificate to him, which was handed over by President R.K. Luther to Sukanta in our last club meeting. Ravi is also arranging a job for Sukanta in Amritsar.



Sukanta Ghosal, his wife Gita & daughters with Rotarians

## Our Members in District Committees 2011-12

Following Rotarians of our Club are in the District Committees for Rotary year 2011-12;

PDG Shaju Peter - Chair Legislation, Chair Rotary Fellowship, Chair Grants TRF, Associate Dean Leadership Academy and Counsellor Membership Growth & Extension.

PP Dr. Vanita Gupta - Member District Training Team.

PP Pallav Mukherjee - Chair Club Services and Co Chair GSE Team Orientation.

PP Dr. Kalram K. Gupta - Chair District History and Co Chair Future Vision.

PP B.L. Ramsisaria - Coordinator & Chair Membership Development.

PP T.S. Anand - Coordinator Community Service and Coordinator Cancer Awareness & Detection.

PP Saroj Jhavar - Coordinator Women & Child.

PP R.K. Goyal - Coordinator Water & Environment.

R'ann Lovy Peter - Co Chair Rotary Family.

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## Donations for Club Projects

We celebrated the birthday of Rtn. Vijay K. Gupta in last club meeting, who gave a handsome donation of Rs. 5000/- for club projects, which was gratefully acknowledged by President R.K. Luther.

## Appreciations by PDGs

President R.K. Luther said, "We have received a letter from PDG Prem Bhalla who appreciated the excellent activities of the club reported in our bulletin." Another letter has been received from PDG Dr. G.K. Thakral who wrote, "I am in receipt of your club bulletin, The Midtown, and find pleasure going through it. Thank you very much for keeping me on your mailing list."

## Ann's Column The Importance of being Educated By R'ann Malabika Sengupta

Ever heard of a shameful act of allotting tiny plots of land in the graveyard? Yes, that's what the government did to a Karnataka tribe, who eked a living burying the dead. Gruesome is it not. The Members of this tribe accepted it.

Or for that matter ever heard of the "untouchable", now called the Dalit, being denied entry to a Dr. B.R. Ambedkar Bhavan? Believe it or not, this quixotic incident happened in Uttar Pradesh. The Dalits, living in sub-human conditions turned back, accepting the "higher caste" dictat of non-fraternization. Incidents such as these are rampant, but rarely seen or

experienced.

The panacea for evils like these is education, both formal and non-formal, including inculcation of ethical values. The founders of Constitution meant well, and dreamt big. In the decades that followed, the political masters failed to deliver these guarantees. The gap is being filled by innumerable NGO's, Rotary being the largest among them to feel and accept these needs, and work with vigor and determination.

"The highest education is that which does not merely give information but makes life harmonious with all existence", as said by Guru Rabindra Nath Tagore, well ahead of his times.

### Birthday of Spouse

Mr. Sita Ram Jhawar  
R'ann Beena Aggarwal  
R'ann Parveen  
R'ann Vanita (Veena)  
Dr. Sanjay Kalra



September 02  
September 04  
September 05  
September 06  
September 08

### Birthday of Rotarians

PP Rtn. Pallav Mukherjee  
Rtn. J.S Bawa  
PP Rtn. Harish C. Sethi  
Rtn. Chitranjan Aggarwal



September 02  
September 03  
September 04  
September 06

### Punctuality Draw

Won by Rtn. Rtn. Arjan Singh

### Wedding Anniversary

R'ann Lovy & PDG Rtn. Shaju Peter  
R'ann Kund & PP Rtn. R.K. Goyal

September 07  
September 08

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