



The Midtownner

Weekly Bulletin of Rotary Chandigarh Midtown

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PP Dr. V.J.S. Vohra

Volume XXXII No. 52 Dated: June 26, 2018

PROGRAMME

Valedictory Function Awards Nite

Chief Guest:

DGE Praveen Chander Goyal & R'ann Basu Goyal

Date: **June 29, 2018 (Friday) | Time: 6.30 p.m.**

Venue: **Hotel Hometel, Plot No 147-148, Industrial Area, Phase - 1, Chandigarh**

**Theme:
RETRO BOLLYWOOD**

**Please note the
change in Venue**

Fitness and Yoga

In our weekly meeting on June 22, 2018 President Rtn Dr Rita Kalra welcomed Rotarians, Anns and our special guests Dr Anil Juneja and Mr Rakesh Sikka to speak on two different topics.



Dr Anil Juneja

Dr Anil Juneja was introduced by Rtn Shuchi Thakur as a leading, dynamic young yoga and fitness expert and an actor who debuted as an action hero in Punjabi movie "Yaaran Da Ketchup". He has certifications from reputed universities related to his field. He holds a Ph.D in Yoga, M.A. in Yoga & Meditation, Diploma holder in Naturopathy and Master's degree in Mass Communication & Journalism. His Yoga studio which is

in Panchkula is running successfully since 2009, and is known as FnY Fitness and Yoga Studio.

Anil explained that anger is a normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems in almost every aspect of life. Yoga is helpful to calm down and control anger, and teaches us the art of controlling and the art of silence.

A technique to control anger is 'Pran Dharna'. Start by regulating your breathing technique. Make it slow, deep and rhythmic. Let the vibration of each breath reach the naval. Now allow the abdominal muscles to expand during inhalation. Concentrate your mind fully on breathing, and start feeling each inhalation and exhalation through the expansion and contraction of the abdominal muscles. Continuously practice slow, long and rhythmic breathing. Inhale and exhale each breath while remaining fully aware of breathing.

This helps us to control anger, depression, excitement, anxiety and headache. It is good for blood pressure, heart and migraine patients. It can be done in any comfortable position, anytime and anywhere.

Another exercise he explained was 'Brahmari Pranayama'. Sit in a suitable relaxed posture keeping your spine straight. Cover both the ears by pressing the thumbs of both your hands. Place your index fingers on the forehead and let the remaining 3 fingers close your eyes. Inhale through both the nostrils. Keep your mouth closed and begin slowly exhaling, making humming sound of a bee like "hmmmm" while reciting AUM. One should start by practicing it 10-12 times which can be gradually increased to 25-30 times.

You can take a break whenever you feel like taking it. After you finish you should sit quietly with hands on your knees. This yoga exercise gives a very blissful feeling.

How to conduct e meeting

<https://www.youtube.com/watch?v=G2Fmc7WfHJQ>



Rakesh Sikka

Mr Rakesh Sikka, with his team, was doing the live recording of the 22/06 meeting which is now uploaded on YouTube (link given above). He was introduced by Rtn Anupam Jain. Rakesh has done B-Tech from Punjab Engineering College in 1984. He is working in the field of information technology for last 33 years and providing solutions to government, educational and research institutes. He had a unique vision to revolutionize the health and educational centres by introducing online webcasting and video conferencing through cloud based video platforms. He is providing services to number of health and educational institutes.

Rakesh gave a presentation to explain the technical aspect of video conferencing which is a modern tool to conduct meetings, lectures, online teaching, interviews, court proceedings, live surgery etc. It increases productivity, saves time on travelling and staying. He also gave live demo on video conferencing, mobile applications and broadcasting on net.

Expression of gratitude was given by PP Rtn Dr Balram Gupta who thanked both the special guests Dr Anil Juneja and Mr Rakesh Sikka for educative presentations. He also compared these to courts as the judges maintain cool, and video conferencing is there to stay.



PP Dr Balram Gupta presents mementos to Anil Juneja and Rakesh Sikka. Looking on are President Dr Rita Kalra and Secretary Rtn Jeeten Bhambari



PP Dr Balram Gupta presents star performer award to Rtn Anupam Jain



Wedding anniversary gifts being exchanged between R'ann Manjit & PP Rtn Harish Sethi and President Rtn Dr Rita & Rtn Dr Sanjay Kalra. Looking on is Secretary Rtn Jeeten Bhambri



PP Dr Balram Gupta presents star performer award to Rtn Dr Sanjay Kalra



Mr Rakesh Sikka presents birthday gift to Rtn Jeeten Bhambri



Trophy to recognize the services of Sh Baljit of Aasra sarai GMCH-32, presented through PP Prem Anand



Trophy to recognize the services of Sh Harmesh of RCC for Persons with Special Needs, presented through PP Vinod Jawa



Trophy to recognize Lucky and Charu, backbone of Dr Rita's presidential secretariat, presented through PDG Shaju Peter



Rtn Shuchi Thakur and Rtn Anupam Jain introducing the special guests



President Dr Rita presents punctuality award to Rtn Prof Dr IS Dua



Nutrient supplements donated by PP BL Ramsisaria and PP RK Luther, accompanied by PP Prem Anand at TB Cell

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Welcoming President Dr Rita Kalra



Our team: Rtn Bhavmit Chandoak, Rtr Kuldeep, President Dr Rita and Dr Ruchir Kalra

A team of trainers of Rotary Chandigarh Midtown visited phase 2 installation of solar grid at Tar village executed in Nov 2017 by GHE. The global grant project of the Rotary Foundation with Rotary Edward (USA) and Chandigarh Midtown partnered and funded the project. Tar village survey by the team revealed that villagers were very happy and were able to use TV along with lights. The home stay training was given by Rtn Bhavmit Tiger Chandoak for economic growth and development. Rtr Kuldeep gave demonstration about maintenance and upkeep of solar panels. As regards impact this winter solar electrification has promoted reverse migration.

The three schools digitalised with computer lab and software curriculum are GMS Fotoksar, GHS Wanla and GSSS Khalbtsi. The Principals of schools expressed gratitude for the initiative by Rotary in such remote villages. The traditional welcome by students and staff was overwhelming. Most parents participated along with local leaders to welcome the team.

Swachhta cum save water Campaign



Before leaving for Toronto to attend the RI Convention, Rtn Salil Chopra along with 7 Rotaractors of Le Corbusier continued their campaign to spread the message of cleanliness and water saving at the Railway Station, Chandigarh. Our team felt highly satisfied to engage with such a large gathering at the platform, coming out of the train to carry the message to their respective destinations.



Rtr Kuldeep and Rtn Bhavmit



Smart class room



Sanitary hygiene seminar for women of Malloya

Meeting with Col Gill



PP Dr Balram Gupta had a meeting with PP Col AJS Gill on 23.6.2018

PP Rtn. T.S. Anand

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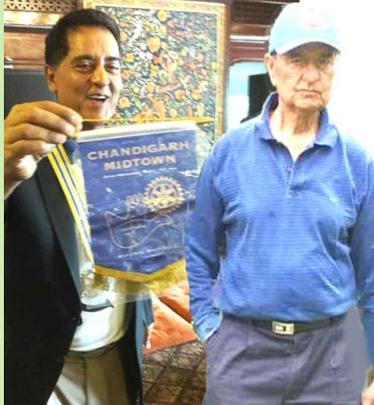
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Rotary International Convention at Toronto, Canada: 23-27 June 2018**Rtn Salil Chopra**

There are more than 24,000 registered participants at the Rotary International Convention from 175 countries, and six members from Rotary Chandigarh Midtown are: President 2018-19 Rtn Ashok Puri, PP Rtn Kanan Diwan with PDG Yoginder Diwan, PP Rtn Amarjit Singh with R'ann Sunita and Secretary 2018-19 Rtn Salil Chopra, who was the first one from our club to reach Toronto, and enjoy Rotary at Niagara falls.

Flag exchange

Flag exchange with President Bhairaja Pandey of Rotary Club in Kathmandu on 02.06.2018 by PP Harish Sethi in SAFGR Golf Tournament at Kathmandu

Rotaract District Awards

Rotaract Club of Le Corbusier: Best President zone 5 Rtr Nandan Tayal, Best chartered club, Best installation, Best community service for Swatchh Bharat, Best participation in 100 projects in a day.

Rotary Club Chandigarh Midtown: Best Rotary supporting Rotaract.

Rotaract Club Chandigarh Midtown: Best Rotary Rotaract Synergy, Award for district event hosting lead, Award for Inter District Youth Exchange, Award for council members from the club.

Rotaract Club of Smaritan: Biggest Blood Donation Camp with 172 donors. Award for 100 projects in a day.

Rotaract Club Dev Samaj: Award for 100 projects in a day.

Congratulations to our Rotaractors.

District Award Function

On 30th June 2018
At Hotel Heritage Grand
Ladwa Road, Pipli
(Kurukshehra)

Acknowledgement with thanks

Donations for Club Projects
PP Rtn Dr Balram K. Gupta Rs 11000

Punctuality Award

Won by Rtn Prof Dr IS Dua

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