

# The Midtownner

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)

R.I. President  
**Rtn. Holger Knaack**

District Governor  
**Rtn. Ramesh Bajaj**

President  
**Rtn. Sanjay Bhatia**

Secretary  
**Rtn. Shuchi Thakur**

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

Rotary Public Image is being projected by all our Bulletins which are mailed all over the world to large number of non-Rotarians and Rotarians with photos and is having global viewing through our website since Rotary year 2006-07, our Facebook page, YouTube, Whatsapp etc. Follow our regular weekly meetings on Facebook [www.facebook.com/groups/rotarychdmidtown](http://www.facebook.com/groups/rotarychdmidtown)

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**

### 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?



**Zoom Meeting**  
**ID: 6291653178**  
**Password: 15228**  
**Date: Friday, 08 January 2021**

**Time: 6.30 p.m**

### 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 Shantiniketan in Bengal.

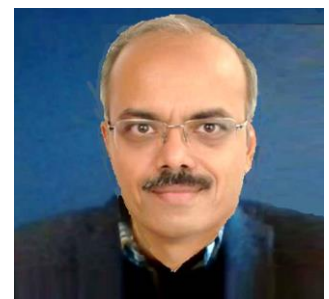


**Asit Ghosh**

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.



**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 1<sup>st</sup> Rotarian First Lady of our Club Rtn. Ritu Bhatia.

**Sanjay** (Bhatia) will hand over to President Elect 2021-22 **Salil** (Chopra) with the 2<sup>nd</sup> 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 3<sup>rd</sup> 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  
Restaurant cum Bakery - Italian Cuisine

**Rtn. Salil Chopra**

**PDG Rtn. Shaju Peter**

**DAFTECH**

Floatcell  
Dissolved Air Flotation  
Clarifier

The most compact  
Dissolved Air Flotation Clarifier  
with German drive system  
and internal overflow weir

Save all applications in Pulp and Paper  
Primary treatment of industrial and  
municipal effluents  
Revamp of overloaded activated  
sludge systems  
Promoted by people with over 20 years  
of experience in the DAF process

For further information contact:  
**Daftech Engineers Pvt. Ltd.**  
SCO 23, 2nd Floor  
Inner Market, Sector 7-C  
Chandigarh 160019.  
Tel.: +91 172 4633974  
Mobile: +91 98141 27804  
Fax: +91 172 2791959

One of our installations in Bogota, Colombia.

Email: mail@daftechindia.com  
www.daftechindia.com

**PP Rtn. T.S. Anand**

**FOR ALL  
HEARING  
PROBLEMS**

ALL INTERNATIONAL HEARING-AID BRANDS &  
DIAGNOSTIC FACILITIES AVAILABLE AT

**ANAND**  
HEARING CARE  
SPECIALISTS SINCE 1973

Chandigarh: SCO 28, 1<sup>st</sup> Floor, Sector - 20 D,  
Ph.: +91 172 4661928, Mobile: +91 8288011401

**PP Rtn. Dr. Kesho Ram Gupta**  
Mobile: 9814034094

**Interstellar Testing Centre Pvt Ltd.**  
"CONFIDENCE THROUGH EXCELLENCE IN  
ANALYTICAL SERVICES"

Testing service for Air & Water, Drugs, Food  
Particles, Chemical, Building Material, Helmet,  
Ayurvedic Medicines and Paper testing.

86, Industrial Area, Phase-1, Panchkula-134 109  
(Haryana) Ph.: 0172-2565825, 2561543  
Email: dr.keshogupta@itclabs.com  
Website: www.itclabs.com

**PP Rtn. Er. R. K. Luther**  
M. Tech. (London), M.B.I.M. (London)

**Atul Fasteners Ltd.**  
Manufacturer & Exporters

**Self Drilling/Tapping Screws &  
Special Purpose Fasteners**

C-45, Phase-III, Industrial Area, Mohali, Distt. Mohali (Punjab) India 160055  
E-mail: atulfasteners@airtelmail.in  
Phone: (O) 0172-4520000, 2221042, Fax: 0172-2271335, Mobile: 98149 29297

**TATA STEEL**

A WORLD OF  
QUALITY AND TRUST

**TATA Steelium**  
CR Sheets and Coils  
Helps shape your dreams

**ASTRUM**  
HR SHEETS AND COILS

**Rtn. Sanjay Bhatia**

All correspondence to the Editor: **PP Rtn. Dr. V.J.S. Vohra**  
Consultant & Certified Clinical Partner, Otto Bock HealthCare India  
Sr. Consultant - Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic  
MediRehab Systems, 1134 Sector 44-B, Chandigarh-160047

Email: drvjsvohra@gmail.com | Mob. +919814006829 | http://www.nevedac.com

Design & Printed at:  
Satyadeep Offset Printers (P) Ltd  
292, Industrial Area, Phase II  
Chandigarh. Ph.: 4624942  
Email: salil.bindra@gmail.com