

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

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 throughour website since Rotary year 2006-07,our Facebook page, YouTube, Whatsapp etc. Follow our regular weekly meetings on Facebook www.facebook.com/groups/rotarychdmidtown



Volume 45 No. 39 Dated: 30 March 2021
PROGRAMME

Busting myths about bone health

Chief Guest:

Dr. Ashwani Soni

Associate Professor, Orthopaedics
Government Medical College & Hospital, Chandigarh

Zoom Meeting ID: 6291653178

Password: 15228

Date: April 02, 2021 (Friday)

Time: 6.30 p.m.

Self Awareness

[Click here to watch video on YouTube - https://youtu.be/cuVYbei9BdM](https://youtu.be/cuVYbei9BdM)

In our virtual meeting on March 26, 2021 President Rtn. Sanjay Bhatia welcomed Chief Guest Mr. Pankaj Munjal, Life Skill Coach, PDG Rtn. Shaju Peter who had joined in from Cochin, Rotarians of Chandigarh Midtown and the guests including Mr. Ankit Jain, a friend of the chief guest.



Pankaj Munjal

Mr. Pankaj Munjal was introduced by Rtn. Anjali Chhabra. Pankaj Munjal is an alumnus of Institution of Engineers (IE) and Delhi College of Engineering (DCE), holding a Master's Degree in Electrical Engineering, with a natural flair for facilitating and coaching. He began his career, working with MNCs in different engineering domains for nearly 10 years and changed

his career trajectory to academics in 2001. Since then, he had been associated with affiliated engineering institutes of GGS IP University (Delhi) Or Abdul Kalam Technical University, looking after Teaching and Training functions. However in 2009, while exploring for more meaning in life, he happened to attend a series of life - transforming workshops on Value-based Transformative Inputs as part of Engineering Curriculum by UPTU, after which he took up attitudinal transformation-based programs other than his core engineering subjects in the last 10 years. His last regular assignment was with RV Institute of Technology, an Engineering Institute in Bijnor affiliated to UP Technical University as Director Training and Development (2015-2017). In 2017, he took voluntary retirement from regular jobs. Currently, he is a freelance Resource Person for capacity-building programs for educators and students.

He passionately inspires participants through immersive and interactive sessions for the desired objectives using appropriate methodology and audio-visual aid.

Based at Vaishali (Ghaziabad), he is empanelled with autonomous organizations for holding workshops for Educators on: life skills, value education, ethics & integrity, stress management, happy class rooms, gender sensitivity, art of communication, time management and leadership skills. He has conducted over 225 workshops for around 10000 participants at corporate offices, schools and colleges.

In his address, Mr. Pankaj Munjal thanked Anjali for giving him, "the opportunity to talk to seasoned Rotarians" and humbly categorized us as "Guru". He said, "I am just an explorer. I have understood something, which I am sharing with you all. I would also like to have a feedback regarding what I have said is right or not."

He started his presentation on Self Awareness with an interactive discussion. He showed some images and asked us to interpret these to understand about self awareness. After good response from Rotarians, he clarified that it has nothing to do with age.

He conveyed his message that we should live with continuity of happiness as everyone would like to remain happy at all times. To ensure this continuity of happiness we should live with a feeling of love, affection, respect and trust 24 x 7. This should not be for our own self but for others also. It has to be mutual. Live and let live!

We need to have high self-esteem and right imagination. There should be a feeling of abundance. It is this feeling which gives us the satisfaction of prosperity.

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



**Address by
President Sanjay
Bhatia**



**Invocation by
PP Dr. Rita
Kalra**



**Introduction of
chief guest by Rtn.
Anjala Chhabra**

PP Rtn. Dr. V.J.S. Vohra thanked Mr. Pankaj Munjal for his wonderful presentation, giving a very positive message, enlightening us on how to achieve continuity of happiness. Dr. Vohra summed up the presentation by quoting two words from Gurbani, “Nirbhau Nirvair” – “No Fear No Hate”. This is what Mr. Munjal conveyed through his talk / presentation, which has been [uploaded on our Club’s YouTube channel](#).

President Sanjay quoted Kahlil Gibran, “Your joy is your sorrow unmasked. Is not the cup that holds your wine the very cup that was burned in the potter’s oven? When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy.”

Invocation was by PP AG Rtn. Dr. Rita Kalra, who recited a poem by Harivansh Rai Bachchan on holi, to be celebrated on 29 March, as per new normal protocol of social distancing :-

यह मिट्टी की चतुराई है,
रूप अलग और रंग अलग,
भाव, विचार, तरंग अलग हैं,
ढाल अलग है ढंग अलग,

आजादी है जिसको चाहो आज उसे वर लो
होली है तो आज अपरिचित से परिचय कर
को!

निकट हुए तो बनो निकटतर
और निकटतम भी जाओ,
रूढ़ि-रीति के और नीति के
शासन से मत घबराओ,

आज नहीं बरजेगा कोई, मनचाही कर लो।
होली है तो आज मित्र को पलकों में धर
लो!

प्रेम चिरंतन मूल जगत का,
वैर-घृणा भूलें क्षण की,
भूल-चूक लेनी-देनी में
सदा सफलता जीवन की

जो हो गया बिराना उसको फिर अपना
कर लो।
होली है तो आज शत्रु को बाहों में भर
लो!

होली है तो आज अपरिचित से परिचय
कर लो,
होली है तो आज मित्र को पलकों में धर
लो,

भूल शूल से भरे वर्ष के वैर-विरोधों को,
होली है तो आज शत्रु को बाहों में भर लो

A song on holi sung by Amitabh Bachchan, was played by Secretary Rtn. Shuchi Thakur: [holi khele Raghuvveera, of film Baghban. Click here to enjoy the song on YouTube](#). His another song was also heard during the fellowship: [Click here to enjoy this famous song, Rang Barse of film Silsila](#).

Mr. Munjal explained that we should have right feelings and naturally accepted thoughts, without internal conflicts. There has to be emotional stability and interpersonal harmony. This will ensure the continuity of happiness and put us in dancing mode / living mode. If one lives with discontinued happiness, it is because of lack of feeling of trust, respect, affection, self-esteem and there is no feeling of abundance. If we cannot achieve happiness it is because we have opposition, jealousy, disrespect, mistrust, self-doubt and fear.

Mr. Munjal described “I” in a very unique manner, in a positive sense as a conscious identity, not from ego point of view! “I” is a different identity and it has its impact on the body. If “I” is offended the body is affected.

He played a video - “Alaap”, Songs from Darshan with Sadhguru and his quote, “Life and the basis of life – both are right here within you”. The song, “Ya Ghat Bheetar”, by Kabir where he refers to the human being as a vessel that carries life, and reminds us how everything we seek is within us, yet we go searching in the darkness outside.



**Vote of thanks by
PP Dr. V.J.S. Vohra**

Appreciations for our Club Bulletin from PDG Ranjan Dhingra and PDG Jagmohan Katakia

From: **PDG Ranjan Dhingra** <r.dhingra@laraon.com>
To: AG PP Dr. Rita Kalra

Indeed your club bulletin The Midtowner can very well be adjudged the Best in every respect, be it the content, be it the Presentation, be it the district / International information etc.

From: **PDG Jagmohan Katakia** <jagmohan@tubeproducts.in>
To: Editor PP Dr. V.J.S. Vohra

Wonderful issue No. 38 covering interesting topic on W A T E R by PDG Ranjan Dhingra and Excellence for the year 21-22 by several speakers !...Indeed, your good self is doing yeomen service to your club by wonderful bulletins 1-38 so far this year and for last 4 decades consistently without any break speaks loudly about your dedication, devotion and commitment for which you deserve the highest acclamation and adoration from the Rotarians from your club and District as well for which my hats off to you!....

- PDG Jagmohan Katakia (3040)

2021 Virtual Rotary International Convention

Please join [2021 Virtual Convention: Rotary Opens Opportunities](#), on 12-16 June 2021.

Registration opens in mid-April and will include a promotional fee of \$49 for 21 days, with an increase afterward to \$65. The cost of each preconvention event is \$20. Both the convention and preconvention events include access to the House of Friendship. This year’s event will connect you, virtually, with members around the world. It will open new opportunities to learn.

World TB Day



World TB Day, falling on March 24th each year, is designed to build public awareness that tuberculosis today remains an epidemic in much of the world, causing the deaths of nearly one-and-a-half million people each year, mostly in developing countries.

Tuberculosis is easily curable, but it can lie dormant and undetected for years, so it's important to spread awareness.

The event started early in morning at 8.00 am with flagging of Mask campaign by ADGHS Dr. Veena Singh and DGHS Dr. S.B. Kamboj and message to masses that mask is the only protection for prevention of TB as well as Covid. The entire directorate joined the awareness campaign.

The hybrid webinar began with sensitization of participants about the NTEP and activities undertaken by district health authorities of the state from 18th to 24th March 2021. The TB champion and survivor shared her experiences.

Prof. Guy Marks from Australia President TB Union was happy to join the celebrations for community awareness and advocacy to support the elimination of TB and achieve sustainable development goal in India by 2025.

Celebrities such as RJ Manav and Deepali Rajput supported the campaign with their presence. There was a nukkad natak by Gulab Singh and team from DPR Haryana and Pride march for inclusion and equity of third gender by Saksham trust.

Dr. Veena Singh through virtual platform said that the pandemic should not stop the NTEP and all efforts for prevention, registration, diagnosis and treatment of TB pan state so that Haryana takes the lead in making TB Free. She also urged the community leaders, NGO, Rotary, IMA to join the End TB Partnerships.

Rotary Chandigarh Midtown felicitated the achievers and speakers of the program. The NSP for MDR TB patients were also handed over by them to the beneficiaries of Panchkula.

Our Club was represented by President Rtn. Sanjay Bhatia, AG Rtn. Dr. Rita Kalra, PP Rtn. Dr. V.J.S. Vohra, PP Rtn. Ashok Puri, PE Rtn. Salil Chopra, Secretary Rtn. Shuchi Thakur, Rtn. Indu Luthra, Rtn. Renu Chopra and Rtn. Dr. Harinder Jit Kaur.

President Rtr. Harshit Khosla, VP Rtr. Arundati Sharma and Rtr. Harman of Rotaract Club Samaritans helped us throughout the project.

IMPORTANT ANNOUNCEMENT FROM ROTARY INTERNATIONAL SOUTH ASIA OFFICE (RISAO)



Rotary Foundation (India) and Rotary International South Asia Office will transition its bank accounts from RBL Bank to HSBC bank on 01 April 2021 in accordance with the global mandate.

Hence, all Rotary Foundation (India) and Rotary International South Asia Office RBL Bank accounts will be closed on 31 March 2021. You are, therefore, requested to update your banking information for further transactions accordingly.

Further, the direct deposit payment option (at RBL Bank Branches) for RFI contributions will be available till 26 March 2021 without exception because RFI's RBL Bank accounts will be closed on 31 March 2021.

Press Coverage - World TB Day

Mobile training with support of Sidbi completed

UN NEWS 24
www.unnews.in

हरियाणा सरकार के हेल्थ डिपार्टमेंट द्वारा एक अंतरराष्ट्रीय सेमिनार का आयोजन विश्व टीबी उन्मुलन दिवस पर आयोजित हुआ। इस अंतरराष्ट्रीय वेबीनार को सेक्टर 6 पंचकुला सिविल अस्पताल की डॉ. रीटा कालरा द्वारा होस्ट किया गया, व मुख्य अतिथि रहे ऑस्ट्रेलिया के डॉक्टर गार्ग मार्ग एजीक्यूटिव डायरेक्टर इंटरनेशनल टीबी युनियन। इस सेमिनार में एक नुक्कड़ नाटक द्वारा टीबी के लक्षणों व रोकथाम के सभी उपायों की जानकारी दी गई। वेबीनार में पंचकुला की एनजीओ परिवर्तन की रेणुका शर्मा, सतविंदर कौर, सुजाता, वंदना शर्मा ने भी हिस्सा लिया। गौरतलब है कि टीबी के उन्मुलन के लिए हरियाणा सरकार काफी कदम उठा रही है और सभी टीबी के मरीजों को 6 महीने की मुफ्त दवाई के साथ-साथ ₹500 महीना सेहतमंद खुराक के लिए भी टीबी के मरीज को दिया जाते हैं। व जो भी एनजीओ वालंटियर या कोई भी किसी टीबी के मरीज को अस्पताल लेकर आता है तो उन्हें भी ₹500 का पारितोषिक दिया जाता है। डॉ. रीटा ने बताया कि यदि किसी को भी लगातार दो महीने से ज्यादा खांसी हो, बुखार रहता हो या शरीर में दर्द रहता हो तो उन्हें अपने नजदीकी सरकारी अस्पताल में जाकर जांच करवानी चाहिए। जांच व इलाज सभी मुफ्त है सिर्फ 6 महीने की लगातार दवाई खाने से टीबी को जड़ से खत्म किया जा सकता है।

समाचार : सतविंदर कौर , मुख्य सवांदादाता



One month mobile repair vocational training course in action, initiated by Director Vocational Service Rtn. Anupam Jain

Donation for Club Project

Rtn. Chandra Parkash	Rs. 1000
Rtn. Chandoak Singh Bhavmit	Rs. 1000
Rtn. Anup Sharma	Rs. 1000
Rtn. Dr. Harinder Jit Kaur	Rs. 1000
PP Rtn. T.S. Anand	Rs. 1000
Rtn. Nitin Kapur	Rs. 1000
Rtn. Jagvinder Singh Bawa	Rs. 1000
PP Rtn. Prem Anand	Rs. 1000
Secretary Rtn. Shuchi Thakur	Rs. 1000
PP Rtn. Dr. Balram K Gupta	Rs. 1000
Rtn. Jeetan Bhambri	Rs. 1000
Rtn. Renu Chopra	Rs. 1000
PE Rtn. Salil Chopra	Rs. 1000
PN Rtn. Sanjay Kalra	Rs. 1000

Birthday of Spouse
R'Ann Sandhya Khandelia 03 April

Wedding Anniversary
R'Ann Seema and Rtn. Dr. Dinesh Sahajpal 06 April
R'Ann Pritpal and Rtn. Rajinder Pal Singh Gulati 07 April

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, 1st 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
TATA HR SHEETS AND COILS

Rtn. Sanjay Bhatia