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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?

[Click here for four way test song](#)

Nation Builders Award

Chief Guest

Ms. Purva Garg, IAS
Secretary Education
Chandigarh Administration

Venue: Chandigarh Press Club

Sector 27-B, Chandigarh

Time: 4.30 p.m.

Date: 10 September 2022 (Saturday)

**Please note the change in Venue
Time and Date**

Managing Emotions for Holistic Life Management

[Click here](#) to watch live coverage on Facebook

In our regular meeting on 02 September 2022 President Rtn. Dr. Sanjay Kalra welcomed Chief Guest Commander Jagmohan Singh Bhogal, Retired Naval Officer. He was formally introduced by Rtn. Bhavmit Singh Chandoak.



Cdr. J.S. Bhogal
impressed with our club
bulletin, The Midtowner

Cdr. Jagmohan S. Bhogal (Retd) is a Veteran Indian Naval Officer, with extensive experience of training and education within and outside Indian Navy. He is a B.Tech in Electrical Engineering and a Post Graduate from Cranfield University, UK. He has served for 22 years in the Indian Navy as an Electrical Officer. His corporate experience includes, Quality Head in

Avionics Industry. He has pioneered many projects in the field of Quality in Education and Skill Development as Senior Director of Quality Council of India. He also headed Pradhan Mantri YUVA Yojana, a flagship scheme of Ministry of Skill development and Entrepreneurship.

He is an Entrepreneur and a Emotional Intelligence Trainer with a commitment to create positive mindset amongst the youth of the nation. His wife Mrs Kamaljit Kaur is a school teacher at Ryan International School, elder son – Pagul is working

for an IT company as Project Manager and younger son – Sumatt is a graduate and an author at 21 years.

Through his impressive presentation Cdr. JS Bhogal explained Emotional intelligence (otherwise known as Emotional Quotient or EQ) is the ability to understand, use, and manage our own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional Intelligence helps us build stronger relationships, succeed at work and achieve our career and personal goals. It can also help us to connect with our feelings, turn intention into action, and make informed decisions about what matters most to us. By developing emotional intelligence skills, we can more effectively manage our lives holistically.



PP Rtn. Deepak Sood presents a memento and a plant to Cdr. J.S. Bhogal. Looking on are President Rtn. Dr. Sanjay Kalra and Secretary Rtn. Anupam Jain

There are benefits of emotional intelligence. When it comes to living a holistic life, emotional intelligence can be a powerful tool. Following are a few of the benefits that come with developing emotional intelligence:

1. Improved self-awareness.

One of the first steps to managing your emotions is to become aware of them. With greater self-awareness, you can start to understand your triggers and learn how to better deal with your emotions.

2. Enhanced communication skills.

Part of emotional intelligence is being able to effectively communicate with others. When you have strong communication skills, you can better express your needs and understand the needs of others. This can lead to more productive and positive relationships.

3. Greater stress management ability.

If you can manage your emotions, you'll be better equipped to handle stress in your life. When you have emotional intelligence, you know how to better regulate your emotions, which can lead to less stress overall.

4. Increased empathy.

Empathy is the ability to understand and share the feelings of another person. It's an important part of emotional intelligence, and it can help you build stronger relationships with others. When you have empathy, you can also be more understanding.

Emotional Intelligence can be applied in different areas of life. We all know that emotional intelligence (EI) is important in our personal lives. But did you know that it can also be applied in different areas of life? Here are

In your professional life, EI can help you better manage stress, relate to co-workers and resolve conflict.

In your personal life, EI can help you manage your emotions, set boundaries, and communicate effectively and have fulfilling relationships.

In your spiritual life, EI can help you connect with your higher power, develop a positive outlook and find peace and calmness.

No matter what area of life you want to apply EI in, the key is to start with the basics: self-awareness, self-regulation, motivation, empathy and social skills. Once you have a good foundation in these areas, you can start exploring how EI can help you in other areas of your life.

The session on the subject conducted by Cdr Jagmohan Bhogal was very interesting and advised Rotarians how to remain happy, healthy and enjoy Rotary. Large number of members present appreciated the presentation as it helped them understand the importance of keeping themselves in the positive mood always.

Cdr Bhogal concluded, "Emotional Intelligence is a critical tool for holistic life management. By understanding and regulating your emotions, you can take control of your life and achieve greater success in all areas. If you want to improve your emotional intelligence, there are many resources available to help you get started."

[Click ere](#) for Cdr Bhogal's live coverage on facebook.



Address by President Dr
Sanjay Kalra



Invocation by R'Ann
Kadam Bhambri



Introduction of chief guest by
Rtn. Bhavmit S. Chandoak



Vote of thanks by PP Rtn.
Deepak Sood



Rtn. Jagvinder S. Bawa named Benefactor by the Trustees of the Rotary Foundation and all people who benefit from the Foundation's educational and charitable programs appreciate his commitment and generous support



For the second consecutive year PP Rtn. Salil Dev Singh Bali is presented Avenues of Service award with deep appreciation for outstanding efforts in each of the Avenues of Service



Cdr. J.S. Bhogal presents birthday gift to PP Rtn. Harish Sethi, joined by R'Ann Manjit Sethi



Cdr. Bhogal presents birthday gift to R'Ann Parveen, joined by Rtn. Arjan Singh



Cdr. Bhogal presents birthday gift to Rtn. Jagvinder S. Bawa, joined by R'Ann Sarabjit Bawa



Cdr. Bhogal presents birthday gift to Rtn. Pallav Mukherjee, joined by R'Ann Dr. Joginder Mukherjee



Cdr. Bhogal presents birthday gift to President Rtn. Dr. Sanjay Kalra, joined by first lady PP Rtn. Dr. Rita Kalra



Cdr. Bhogal presents punctuality award to Rtn. Pardeep Sisodia. Looking on is President Dr. Sanjay Kalra

Condolences

Heartfelt condolences to Rtn. Pardeep Sisodia and R'Ann Nandita Sisodia on the sad demise of her mother Dr. Santosh Kumari Kakkar. May God give strength to the family to bear the irreparable loss.

Appeal for 'Karamyogi' disabled couple under Sahyog Project

Major Singh and Santosh from Manimajra could barely make their both ends meet. Both below knees amputee Santosh and below elbow (R) amputee Major Singh sell stamps and sim card in Punjab & Haryana High Court Chandigarh campus under a tree.

Adopted under project Sahyog for disability empowerment Major Singh, Taekwondo Champion at Vietnam Paralympics, 2022 needs support for his sports trainings besides Right Arm (Below Elbow) prosthesis while Santosh requires both legs below knee prosthesis to stand on her own feet and support the family. Total cost of the project is Rs. 90000/-

A shed for their little endeavor at Punjab and Haryana High court is being provided through District Chair Sahyog PP Salil Bali and his colleagues from court and Microloan of Rs. 30,000 (Guarantor Dr. Rita Kalra) has been given by PP Prem Anand, Chair Microloan committee to boost their business of mobile accessories. Rai Singh another beneficiary of Sahyog was also given Rs 30,000 (Guarantor Dr. VJS Vohra) to upgrade his karyana shop.

Rotary is impacting lives through its Disability empowerment initiative and we can imagine a life of dignity for the couple and family with the service project Sahyog.

Thanks to the gracious donors:

| | |
|-----------------------|----------|
| Rtn Amanpreet Singh | Rs 20000 |
| Rtn Vijay Gupta | Rs 11000 |
| Rtn Viney Aggarwal | Rs 11000 |
| PP Rtn Dr. Rita Kalra | Rs 11000 |
| IPP Rtn Salil Chopra | Rs 5000 |
| Rtn Surjit Mann | Rs 5000 |
| Rtn Ashish Singla | Rs 5000 |
| PP Rtn Kanan Diwan | Rs 5000 |



Ashvia Bano of J&K satisfactorily fitted with above elbow prosthetic arm on 6.9.22 under RID 3080 Sahyog project, with Prosthetic Clinicians PP Rtn. Dr. VJS Vohra and Dr. Ashwani Kumar. Thanks to Ms. Sukhbinder Randhawa of IIK who sponsored the prosthetic arm for Ashvia

Best Wishes for a Speedy Recovery



Mrs. Krishna Bhatia
R' Ann Preety Anand

Extracting Happiness Implanting Smiles by Rtn. Raj Khattar

- Cultural Differences.....

Bengali: My grandfather lived for 96 years and never used glasses!

Punjabi: Yes, I know some people in my family also drink directly from the bottle.

- Teacher: Why are you late?

Student: Mom and dad were fighting.

Teacher: So what makes you late if they were fighting?

Student: One shoe was in mom's hand and one in dad's.

Thought for the Week by Rtn. Col. J.S. Chandoak

Always give without remembering and always receive without forgetting.

- Brian Tracy

KHELOTSAV 2.0 – Mega Event



Sponsored by Rotary Chandigarh Midtown Rotaract Chandigarh Midtown organized KHELOTSAV 2.0 at Sector 7 Sports Complex, Chandigarh on 28 August 2022. Secretary Rtn. Anupam Jain also attended. Almost 300 people from all age groups participated

Anapurna diwas on 31-08-2022



Rice and dal was distributed to about 200 children of Samarpan foundation near Majri chowk . IPP Salil Chopra and Rtn Renu Chopra distributed cookies from Danbro bakery. Also present VP Rtn Shuchi Kapoor and Mrs Chetna Kapoor

शशि जैन से रूबरू दिल से दिल की गुफ्तगू



Rtn. Ashok Sharma is a Chemical Engineer turned an industrialist. I had a useful baatcheet with him regarding his involvement with Rotary.

Q. When did you join Rotary club and who motivated you to join Rotary?

A. I became member in 2006 and I was motivated by a friend who was the head of Tata Agro Industries.

Q. You have been a Rotarian for sixteen years but I have never seen you in any one of the meetings or functions. What is the reason?

A. I did attend some meetings when they were held in hotel President but then I got busy with my industry and business and never took an active interest.

Q. If requested to get involved, in which area of community service would you like to contribute?

A. My professional expertise is management of solid wastes, so I will be interested in implementation of projects relating to conservation of environment. I promise to come for meeting soon and discuss some such project.

Looking forward to your physical presence in the meeting soon.

Grandma in court

Lawyers should never ask grandmas a question if they aren't prepared for the answer!

In a trial, a small-town prosecuting attorney called his first witness, an elderly grandmother to the stand.

He approached her and asked; "Mrs. Jones, do you know me?"

She responded, "Why, yes, I do know you, Mr. Williams. I've known you since you were a young boy, and frankly, you're a big disappointment to me. You lie, cheat on your wife, manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you never will amount to anything more than a two-bit paper pusher. Yes, I know you."

The lawyer was stunned! Not knowing what else to do, he pointed across the room and asked, "Mrs. Jones, do you know the defense attorney (the opponent's lawyer)?"

She again replied, "Why, yes, I do. I've known Mr. Bradley since he was a youngster. He's lazy, bigoted, and has a drinking problem. He can't build a normal relationship with anyone and his law practice is one of the worst in the state. Not to mention he cheated on his wife with three different women. One of them was your wife. ..Yes I know him."

The defense attorney almost died.

The judge asked both lawyers to approach the bench and in a quiet voice said:

"If either of you rascals asks her if she knows me, I'll send you to jail for contempt of court !

Scholarship



Jaspreet Kaur B.A. 5th semester receives a scholarship Rs 8659 from PP Rtn. DP Khandelia and President Dr. Sanjay Kalra. RCC President Vinod Nagpal is on wheel chair



HUNDRED PERCENTERS

- Rtn Anup Sharma
- PP Rtn Anil Mehan
- Rtn Arjan Singh
- PP Rtn BL Ramsisaria
- PP RtnDr Balram Gupta
- PP Rtn Dr VJS Vohra
- Rtn Jagvinder S. Bawa
- Rtn Suman Gupta
- PP Rtn Amarjit Singh
- PP Rtn RK Luther
- Rtn Renu Chopra
- IPP Rtn Salil Chopra
- PP Rtn Salil Bali
- Rtn Shuchi Kapur
- PP Rtn Dr Rita Kalra
- Rtn Nitin Kapur
- PP Rtn Pallav Mukherjee



PP Rtn RK Luther, lucky winner amongst hundred percenters receives the award from chief guest Cdr. J.S. Bhogal. Looking on are President Dr. Sanjay Kalra and Secretary

Project Ujjwal path : Solar Electrification and New Interact Club at Bir Ghaggar



New Interact Club was installed by Rotary Chandigarh Midtown at GSS School Bir Ghaggar. DG VP Kalta and PDG Shaju Peter from Kozhikode spoke about importance of Interact clubs for the children. President Sanjay Kalra, PP Amarjit Singh, PP Rita Kalra, IPP Salil Chopra, DIS Jagvinder Bawa, Rtn Renu Chopra, MC Rakesh Kumar and DYS Rtn Pardeep Sisodia were present.

Rotaractors and Rotarians of Chandigarh Midtown have together undertaken more than 30 projects in the last 50 days. These include formation of RCC and Interact club, adolescent seminars, miyawaki plantations, chandan Vatica, teej celebration, health camp, traffic awareness, reflectors for stray animals, bougainvillea Path, Annapurna, maternal and child health counselling, oral health talk and scholarship for higher



Solar electrification on dark street to village Bir Ghaggar from the highway and the Rain water harvesting project were inaugurated by DG VP Kalta in the gracious presence of PDG Shaju Peter

education to name a few. These are some of the outstanding initiatives for empowering and engaging the village. Solar electrification will impact 2000 to 3000 commuters daily, who go out to work and return late at night especially women. The street vendors are able to park under the bright street lights and it has increased their business and has helped in the socio-economic growth of village as a whole.

An orientation program



Orientation program was organised by Rotary Chandigarh Midtown for the new batch of vocational training courses in plumbing, electrical wiring, AC repair and refrigeration at Chandigarh College of engineering and technology. DVS PP RK Luther talked about the course to 55 students. Also present: President Sanjay Kalra, Rtn Renu Chopra, PP Rtn Salil Chopra, PP Rtn Pallav Mukherjee, PP Rtn Vinod Jawa and Rtn Pradeep Sisodia

Home Care Nursing



Two batches of home care nursing with 48 students was launched at Asha Kiran in collaboration with Director Social Welfare. 3 month theory and 1 month clinical training will be provided to all students. Books, stationery, uniform and kits shall be sponsored by Rotary Chandigarh Midtown. President Dr Sanjay Kalra, PP RK Luther, Rtn Manjushree Sharma, PP Dr Rita Kalra, resident manager Mrs Sneh and RCC President Vinod Nagpal interacted with the students

Interact Club installation



Interact club installation in Gurukul Global School, Manimajra. Present from our club: President Dr Sanjay Kalra, First Lady PP Dr Rita, Rtn Pradeep Sisodia. Tree plantation was also done. President Dr Sanjay Kalra praised the school management and the Interactors for putting up a great show. Young Interactors were motivated to work for the betterment of society On this occasion tree platoon was also organised in the school premises, where Chandan trees were planted

MEMBERSHIP DEVELOPMENT & PUBLIC IMAGE SEMINAR



Rotarians of Chandigarh Midtown, Panchkula and Pinjore hills enjoyed the wonderful company during the bus picnic visit to Aawardhan - the intercity at Roorkee - Membership Development and Public Image Seminar D-3080 on 04 September 2022. [Click here](#) to enjoy songs, music and fellowship in Volvo bus - Chandigarh to Roorkee to Chandigarh, video uploaded [on facebook](#). We also had fellowship at two Dhabas, both going and coming back!



The intercity was addressed by DG VP Kalta, IPDG Ajay Madan, PDG Hemant Arora, PDG Manmohan Singh, DGE Arun Mongia, DGN Rajpal Singh and other eminent senior Rotarians including Past RI President Raja Saboo. Galaxy of PDGs were amongst large number of Rotarians and Anns from all over the District.



Our club was represented by President Dr. Sanjay Kalra, PP Dr. Rita Kalra, PP Dr. VJS Vohra with Ann Indu Vohra, PP Prem Anand with Ann Indu Anand, PP RK Luther with Ann Urmil Luther, PP Amarjit Singh, PP Salil Bali, IPP Salil Chopra, PE Jeeten Bhambri, Rtn JS Bawa with Ann Sarabjit Bawa, Rtn. Shuchi Kapur, Rtn. Nitin Kapur, Rtn. Suman Gupta, Rtn. Surjit Mann with Param and Secretary Anupam Jain with Mr. Rakesh Jain.

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