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| R.I President Rtn. Jennifer Jones | District Governor Rtn. VP Kalta | President Rtn. Dr. Sanjay Kalra | Secretary Rtn. Anupam Jain | Editor PP Rtn. Dr. V.J.S. Vohra |
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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 and YouTube: http://www.rotarychdmidtown.org/youtube_channel/

Volume 47 No. 48 Dated: 30 May 2023

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](#)

Treasure Hunt

Venue: Rose Garden

Parking - Sector 16-17 Dividing Road

Time: 6.30 am

The World's Greatest Meal

Venue: Kundan International School

Sector 46, Chandigarh

Time: 9.00 am

Date: 04 June 2023 (Sunday) | Change in Venue, Date and Time | Details on page 03

Balancing Life with Blissful Self
Streamed live on Facebook. [Click here](#)

In our meeting on 26th May 2023 President Rtn Sanjay Kalra welcomed the keynote speaker Rajyogni Braham Kumari Neha Behan (Sister). She was formally introduced by Rtn Sanjiv Kumar.



Rajyogni BK Neha Behan

Brahma Kumari Sister Neha is a Rajyoga and Stress Management Teacher. She is an active faculty member of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Born in a pious God loving family in the year 1981, Neha Behn was spiritually inclined since her childhood.

After completing her engineering she joined as a Software Engineer with an MNC. Having perused a successful professional career for 4 years, a strong inner voice made her renounce the materialistic world, at a very young age of 24 years. She decided to work for uplift of the quality of human life and universal peace, spread happiness through spiritualism, treating people belonging to all nationalities, religions, sects, creeds and castes, as equal.

During her childhood, Sister Neha used to visit 'Brahma Kumaris' Campus regularly with her parents.



R'Ann Lalita Parkash presents a memento to Braham Kumari Neha Sister. Looking on is President Dr Sanjay Kalra

The fundamental philosophy of the organization had already created deep impact on her mind. She decided to devote her life for service to universal humanity.

She joined in the year 2005: Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya - a worldwide organization working in the field of moral and social uplift of the society.

She is a blessed and well versed exponent and teacher of Rajyoga Meditation. She blends her Rajyoga expertise in teaching various subjects of utmost humanitarian interest for all ages and walks of life, such as: Stress Management, Mind Management, Human Values for Life Excellence, Building Self Esteem, Managing Relationships, Personality Development, Art of Positive thinking, Leadership Qualities and Attitudes, Team Building, Motivation, Overcoming Anger and Ego, Meditation and Relaxation Techniques.

She has also given various talks/presentations to young and old, learners and the learned, in Educational Institutions, Universities, Industry, Govt. Departments, Trade Organizations, Banks and various professional bodies.

Sister Neha started her talk by saying, “Om Shanti.”. She then explained that it is a very meaningful word. She said it means, “I am a peaceful being and a peaceful soul.”

She asked all present to maintain one minute silence to know about yourself, bringing your daily routine in your mind, to analyze about your work, health and relationship. All this was done in complete silence, which was a blissful experience for all present in the meeting.

The souls enter bodies to take birth in order to experience life and give expression to their personality. The seven virtues of soul are Purity, Peace, Love, Joy, Bliss, Powers and Knowledge.

It is believed that every action performed by a soul will create a return accordingly. The destiny depends on how one acts and behaves in this life. Through meditation, by transforming thinking patterns and eventually actions, people can lead a purified and better life.

People often talk about their problems and the stress they face in life. Sister Neha explained how to lead a balanced life of peace, happiness and blissfulness. She explained in a very simple manner by having an interesting interactive discussion with the audience.

She advised regular meditation which her organization teaches free of cost. She concluded her talk by giving a demo of meditation in which everybody took part.

On behalf of the club, R’Ann Lalita Parkash thanked Braham Kumari Neha Sister for her very inspiring religious talk on moral values. She also shared her wonderful experience with Braham Kumaris at Mount Abu, 23 years ago.

[Click here](#) to enjoy the blissful talk streamed live on Facebook.



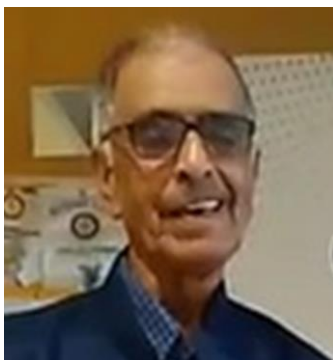
Welcome address by President Rtn Dr Sanjay Kalra



National Anthem by R’Ann Madhu Dhawan and R’Ann Ranjna Sharma



Introduction of keynote speaker by Rtn Sanjiv Kumar



Invocation by PP Rtn Ashok Puri



Invocation by R’Ann Sangeeta Singla



Vote of thanks by R’Ann Lalita Parkash



Announcements by PP Rtn Dr Rita Kalra

Hepatitis B testing camp

In the gracious presence of DG VP Kalta and District First Lady Rtn Veena Kalta, our club organised hepatitis B testing camp for safai mitras of ward 16 Panchkula. Total 20 sanitation workers were tested and all were negative, which means they are not vaccinated against HBV. President RCC Rakesh Valmiki put in tremendous effort to bring them together and lab tests was sponsored by Rotary.

President Dr Sanjay Kalra said that sanitation workers are at most risk of infection due to exposure to sharp and unsegregated waste from our homes and surroundings while risking their lives.

So it is our responsibility to protect them with HBV vaccine and save them from long term morbidity associated with the virus. Soon all three doses of Hepatitis B vaccine shall be given to them to the complete circle of protection amongst sanitation workers.



Rotary Chandigarh Midtown

IMAGINE ROTARY

You are invited to a **TREASURE HUNT** to find the adventurer in you

Let's hunt for cause of **POLIO FREE WORLD** in our cars

SUNDAY
4th JUNE, 2023
6.30 am sharp

Contribution goes to Polio Fund
ROTARY FOUNDATION

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9878880550

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Dr. Sanjay Kalra President
Kulvinder S Chatwal Director Public Image
Rtn. Anupam Jain Secretary

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Rotary

END POLIO NOW

ROTARY INTERNATIONAL

Sukhmani Sahib Path at Government Elementary School, Peermuchalla (Zirakpur)



Ms Shallu, In-Charge of GEC Peermuchalla School and teachers had invited our Rotary club members for Sukhmani Sahib Path, followed by Langar on 26th May 2023. PDG Yoginder Diwan, PP Kanan Diwan, PP Ashok Puri, Rtn Suman Gupta and her husband Mr Naresh Gupta attended the event in the school. They were blessed by being given Saropa by School authorities and Gurudwara Priest. It was well organised event done in Multipurpose Hall of the school. All teachers of the school, students along with District Officer of school participated in event with us and enjoyed this blissful event.



Interactive Talk by IPP Salil Chopra



Our club organised an interactive talk on 20th May 2023 at GMSSS Sector 38 Chandigarh by IPP Rtn Salil Chopra. 55 students of class nine attended the lecture. The talk was coordinated by R'Ann Nandita Sisodia

Ratna Nidhi Library Project



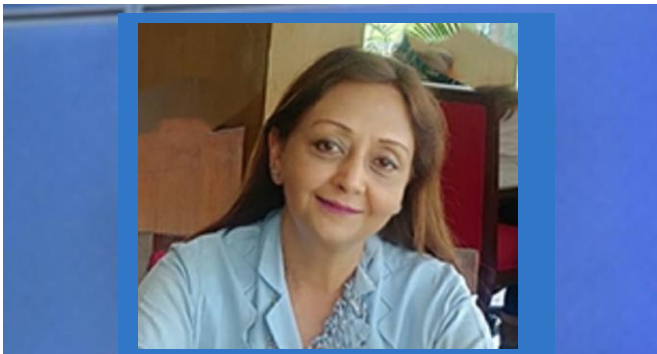
Under Ratna Nidhi Library Project our club donated about 300 books each to Govt High School Sector 24 and GHS Sector 19, Chandigarh, handed over to the school by R'Ann Nandita Sisodia. A trophy was presented to the respective principals for their participation

Rotary Chulbul Vatika at Village Bir Ghaggar



Inaugurated by DG VP Kalta in presence of President Dr Sanjay Kalra, Rotarians of Chandigarh Midtown, Principal Gurbir Kaur and village residents

Heartiest Congratulations



Rtn Anupam Jain has been appointed as Additional District Secretary Vocational Services in Rotary Year 2023-24

Book donation



Books donated in Govt High School, Hallomajra



Books donated in Govt High School Sector 22 and in Govt High School Sector 30, Chamba

ROTARY INTERNATIONAL District 3080 Award 2022-23

Time: 11 am onwards

Date: 30th June 2023

Venue: AVN Resort

Paonta Sahib

Registration: Rs 1200 per person

Rtn शशि जैन से रूबरू दिल से दिल की गुफतगू



PP Rtn Kanan Diwan got the gift of Rotary when she married a young man RtnYoginder Diwan in 1960 and she has cherished this gift with love and special care.

Q. When did you join Rotary and what motivated you to join it?

A. My first introduction with Rotary was in 1960 when I married Rtn Yoginder Diwan and used to attend meetings as R'Ann in Karnal and Delhi. When we moved to Shimla in 1967, I was instrumental in forming Inner Wheel Club there and became its Secretary and later President. However, when my husband served as the District Governor, I as the First Lady got the opportunity to visit various clubs and was deeply inspired by the different humanitarian and service projects taken by different clubs. Some of these projects have become permanent in serving the community. However, In 2008 I joined Chandigarh Midtown in my own individual capacity.

Q. Please describe your tenure as President of the club.

A. I was installed the 39th President of the club by PRIP Raja Saboo in 2015-16. The signature project during this period was the construction of Community Toilet Block at Makhan Majra. Hand wash stations were also built in 12 schools. Besides, two new class rooms were built in Govt. Primary School, Raipur Kalan. In village Maloya, a vocational centre and an adult literacy centre were also started. Thus, it was a very satisfying year.

Q. Which other important projects have you been associated with?

A. As Director Community Service I was instrumental in construction of building of Govt. Primary School, Peermuchalla. As Project Chair for Dialysis Project we donated six dialysis machines to Guru Granth Sahib Sewa Society Sector 52 Chandigarh. It was done under Global Grant. I have never given importance to the positions in Club. My motto has been to serve the community as per my ability and my capacity.

May you keep serving the community.

51 years of blissful togetherness



Happy wedding anniversary to R'Ann Rekha Mehan and PP Rtn Anil Mehan

Bhagavad Gita in one sentence per chapter

Invocation by PP Rtn Ashok Puri

1. Wrong thinking is the only problem in life.
2. Right knowledge is the ultimate solution to all our problems.
3. Selflessness is the only way to progress and prosperity.
4. Every act can be an act of Prayer.
5. Renounce Ego of individuality and rejoice in the bliss of infinity.
6. Connect to the Higher Consciousness daily.
7. Live what you learn.
8. Never give up on yourself.
9. Value your blessings.
10. See divinity all around.
11. Have enough surrender to see Truth as it is.
12. Absorb your mind in the Higher.
13. Detach from Maya and attach to Divine.
14. Live a life style that matches your vision.
15. Give priority to Divinity.
16. Being good is a reward in itself.
17. Choosing right over pleasant is a sign of power.
18. Let Go. Let's move to union with God.

Punctuality Award

Won by PP Rtn Anil Mehan

Birthday of Spouse

| | |
|-----------------------|--------|
| Mr SP Arora | 28 May |
| R'Ann Tina Jain | 29 May |
| R'Ann Uneza Khandelia | 30 May |

Wedding Anniversary

| | |
|-------------------------------|--------|
| R'Ann Rekha & PP Anil K Mehan | 29 May |
|-------------------------------|--------|

Extracting Happiness Implanting Smiles by Rtn Raj Khattar

डॉक्टर साहब अपनी पत्नी के साथ
चाय पी रहे थे,
तभी फोन बजा।

उधर से उनका मित्र बोला- हम 18 साल
पुरानी व्हिस्की की बोतल लेकर तीन
लोग बैठे हैं, तू आएगा क्या?

डॉक्टर साहब बोले मैं अभी आता हूँ।
पत्नी ने पूछा क्या बात है?

डॉक्टर साहब बोले:- "मात्र 18 साल
की है, तीन डाक्टर पहुँच गए है उसे
देखने, मुझे भी तुरंत जाना है, नही तो
बचेगी नहीं।"

Q: What's the similarity
between mother and wife?

A: One woman brings you into the world crying
and the other ensures
you continue to do so.

Some Humour a Day Keeps
the Boredom Away:

I asked my new girlfriend
what sort of books she's interested in.
She said - Cheque books.

The easiest way to make your old car run better,
is to check the prices of new car.

Thought

Ego is false confidence, self-respect is true confidence.

Thought for the week by Rtn Col JS Chandoak

Envy is a waste of time. Accept what you already have,
not what you need.

---- Regina Brett

Rotary District 3080 Sahyog Artificial Limbs Project

[Click here](#) to see video on YouTube



On 25th May 2023 Project Sahyog was graced by the presence of one of the senior most Past District Governor Rtn Dr RS Parmar. Also present were District Chair Sahyog PP Salil Bali, PP Ashok Puri, District Chair Disability Empowerment PP Dr VJS Vohra, Rtn Brig JS Sabhatwal, R'Ann Indu Vohra and R'Ann Jyotie Sabharwal.

Five patients were discharged after satisfactory fitting of artificial limbs. Plaster cast / measurement was taken for 2 new patients. Thank you RC Mohali, RC Mohali Midtown, RC Panchkula and RC Mohali Silvercity for sponsoring the discharged patients.

Four assistive devices were provided to needy disabled persons. One tricycle was provided for disabled person, referred by RC Shahbad Markanda.

Amongst other beneficiaries were Mukesh and Poonam a married couple who are para Olympians and Table Tennis Champions. Both of them are polio victims, having deformity of lower limbs. Mukesh was provided Aluminum Crutches. Poonam needs a high quality Knee Ankle Foot Orthotic (KAFO) support to perform better while playing table tennis.

Register for the 2024 Convention in Singapore

SINGAPORE | 25-29 MAY 2024



[Click here to register now](#)

REGISTRATION RATES

| REGISTRATION CATEGORY | 27-31 MAY 2023 | 1 JUNE - 15 DECEMBER 2023 | 16 DECEMBER 2023 - 31 MARCH 2024 | 1 APRIL - 29 MAY 2024 |
|------------------------------------|----------------|---------------------------|----------------------------------|-----------------------|
| Participant age 31 or over | \$450 | \$500 | \$595 | \$695 |
| Participant age 30 or under | \$150 | \$175 | \$225 | \$275 |
| Guest age 5-18 | \$20 | \$20 | \$30 | \$40 |
| Guest under age 5 | Free | Free | Free | Free |
| Saturday, House of Friendship only | \$60 | \$60 | \$60 | \$100 |

Fear never builds the future, But FAITH and HOPE does.

All correspondence to the Editor: **PP Rtn. Dr. V.J.S. Vohra**
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Designed & Printed at
Satyadeep Offset Printers (P) Ltd.
 292, Industrial Area, Phase II
 Chandigarh Ph.: 4624942
 E: salil.bindra@gmail.com

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