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## THE FOUR WAY TEST

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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](#)

Volume 47 No. 49 Dated: 06 June 2023

## RI Convention Melbourne

Sharing experiences

PP Rtn Amarjit Singh and Rtn JS Bawa

Venue: Hotel Shivalikview, Sector 17, Chandigarh

Date: 09 June 2023 (Friday) | Time: 6.30 pm

## Treasure Hunt | The World's Greatest Meal

[Click here](#) for photos on Facebook



On 04 June 2023 Rotary Chandigarh Midtown organised an adventure treasure hunt to explore Chandigarh city beautiful and advocate polio free world. The Treasure hunt starting point shantikunj car parking started buzzing with activity from 6 20 am. The clues, terms and conditions and instructions on how to play were provided to registered participants along with an explorer kit. Time allotted was 90 minutes and 10 teams successfully hunted 18 secrets of the city beautiful and it was a great finding for them.

At the final destination "World's Greatest Meal", popular fund raiser concept by Rtn Sussane Rea from Australia, was served to all the participants, while she also joined virtually. Rtn Sussane and others present were welcomed by PP Dr Rita Kalra.

All contribution shall go to the Rotary Foundation polio fund to make world free of this dreadful disease. Rtn Sussane spoke about the Rotary struggle



for many years and how from million polio cases it has come down to just four cases of the crippling disease, in Pakistan and Afghanistan. She herself is polio survivor and has been



Rtn Sussane Rea

lending voice to campaign of polio free world. She shared her experience at the recent RI Convention at Melbourne and how she connected through PDG Shaju Peter. She is proud to be a Rotarian and grateful for the contribution to end the dreadful disease. She is waiting to celebrate the day there will be no case of Polio.

Treasure hunt prizes were announced by Rtn Tanu Mehtani, the organiser of the event meticulously planned and enjoyed by all. President Riya of Rotaract Chandigarh Midtown very enthusiastically

verified the locations hunted by teams. Rtn Brig Jaswinder Singh Sabharwal and team won the first prize. Second was won by Neha Mittal and third prize went to Rtn Pradeep Sisodia and R'Ann Nandita. Special prizes went to PP Ashok Puri and R'Ann Sudha, PP VK Jawa, PP Sanjay Bhatia and Dr Rajrajan from PGI.

Joined by 50 participants including children, the total contribution to polio fund is 500 \$ from the event. Hosted by Kundan International School, Rtn Dr Shashi Jain thanked the Principal and Management on behalf of Rotary Chandigarh Midtown. President Vinod Manchanda from Rotary Chandigarh Periphery Zirakpur and Mr and Mrs Garg joined the event.

President Anil Chauhan of Rotary Club of Solan also joined us on the Zoom platform, along with our Secretary Anupam Jain and Editor PP Dr VJS Vohra.

Rtn Anup Sharma was the Zoom host.

Sumptuous South Indian Breakfast was served at World's Greatest Meal. There was a vibrant selfie point which attracted everyone. Virtual Zoom platform was meticulously hosted by Jt secretary Anup Sharma. For colourful photos uploaded on Facebook, click here.

President Dr. Sanjay Kalra expressed gratitude to one and all in making the event a grand success. He said June is fellowship month and WGM was unique way to celebrate togetherness and create hope in the world.



Colourful glimpses of the grand event



[Click here](#) for photos on Facebook

## The Sengol and the Constitution

Contributed by

PP Rtn Dr Balram K Gupta

The Sengol or Chengol is a royal sceptre. The sceptre is a decorated stick. It is carried by a queen or king during some official ceremonies. It is a symbol of their authority. It signifies kingship. Righteousness and Justice. It is linked to the correct and fair wielding of power. Its origin lies in Tamilnadu. The Sengol was placed before the goddess of Meenakshi in the great temple. Then transferred to the throne room. Representing the king's role as a divine agent. The Chola government was organized, innovative and efficient. It had enough facets that can be followed by today's government.

India had its own coronation rituals. The king after ascending the throne, would proclaim three times, 'nobody can punish me'. The king can do no wrong. The priest would come forward with the Dharma Danda. Give a gentle pat on king's crown. The priest would proclaim – 'Dharma will punish you'. Dharma is the law. The king is under the law. Not above the law. This is what Rule of Law means. Dharma is the king of kings. This is the ancient India. In 1947, the Sengol did not merely symbolize the transfer of power. From the British to India which means to Nehru. The records state: Sadayappa Swamy gave the Sengol to Mountbatten. Got it back from him. Sprinkled the holy water on it. Invoked the divine name. Then, it was given to Pandit Nehru. Blessing him to assume power. Under the Constitution. The present day Dharma.

It is now on May 28, 2023, the Parliament has shifted from the old to the new building. The Indian Express of May 29, 2023 on the front page says: May the basic structure remain good and strong. While building the Parliament, the structure of it has been expended. Made more durable with more longevity. The basic structure of the Parliament required two Houses to house the Lok Sabha and the Rajya Sabha. The two Houses have been built with more seating capacity. The basic structure remains the same. The reason is obvious. The President and two houses under Article 79 constitute the basic structure of the Parliament. Possibly, while constructing the new Parliament, it could not be said that there shall be only one big house to house both the houses of the Parliament. Further, it could not also be said that every meeting shall be a joint meeting of both the houses of the Parliament. This would have been against the basic structure of the Constitution. In short, the basic structure of the Parliament has been retained. Let us not forget that we have just celebrated 50 years of the basic structure of the Constitution on April 24, 2023.

It is on May 28, 2023 that Prime Minister Shri Narendra Modi installed Sengol in the new Lok Sabha house.

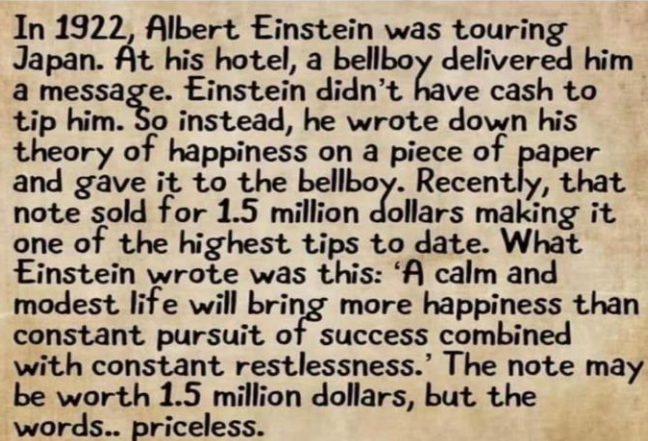
After the havan, the Prime Minister Narendra Modi bowed down.

He received the Sengol which had been given to the first Prime Minister Jawaharlal Nehru on the eve of Indian Independence. It had been kept all these decades in the Museum in Prayagraj. The Prime Minister received the Sengol amid vedic chanting by priests with multi-faith prayers. After receiving it from the priests, the Prime Minister placed it in a glass case behind the seat of Lok Sabha Speaker, Om Birla. The speaker Birla was standing next to the Prime Minister.

This installation of Sengol needs to be applauded by the whole nation. This Sengol is a reminder as to how the power is to be wielded and used. For all times to come. The Constitution is the creator of the Parliament. The Parliament is to wield its power under the Constitution. The Parliament is to exercise its authority in accordance with the Constitution, constitutional values and its morality.

The President of India, Draupadi Murmu in her message echoed her feelings: I am deeply satisfied that the Prime Minister, who is the symbol of the Parliament's trust, is inaugurating this building. The Prime Minister while inaugurating the new building of the Parliament said: This is not just a building. This is the temple of our democracy. India is not only a democratic nation but also the mother of democracy..... Democracy is not just a system for us, it is a culture, an idea, a tradition.

It must be added, India is a Parliamentary Constitutional Democracy. The Constitution is the modern holy book. The holy book and the Sengol are wedded together. The Sengol is a symbol of authority. The Constitution mandates, how the authority is to be exercised. What a combination! What determination! The two together will usher new India. Let us look forward to the centenary celebrations of Indian Independence in the year 2047. The new India is taking its shape.



In 1922, Albert Einstein was touring Japan. At his hotel, a bellboy delivered him a message. Einstein didn't have cash to tip him. So instead, he wrote down his theory of happiness on a piece of paper and gave it to the bellboy. Recently, that note sold for 1.5 million dollars making it one of the highest tips to date. What Einstein wrote was this: 'A calm and modest life will bring more happiness than constant pursuit of success combined with constant restlessness.' The note may be worth 1.5 million dollars, but the words.. priceless.

Contributed by PP Dr Balram K Gupta

## Heartiest congratulations



President Dr Sanjay Kalra was invited to deliver the most prestigious and coveted TM Udani Oration lecture at Silver Jubilee PG Convention of Indian Prosthodontic Society at Hyderabad. The hour long scientific deliberation about Reverse Planning in implant Prosthodontics for better clinical outcomes was attended house full by the 2000 odd student delegates and the faculty. Well deserved honor was bestowed upon Dr Sanjay Kalra, who thanked President IPS Dr Chethan Hegre, Dr Chhalapati Rao and the whole organising team for the most satisfying experience.

## Rtn शशि जैन से रूबरू दिल से दिल की गुफ़तगू



PP Rtn Pallav Mukherjee (MPHF) is basically an architect with specialisation in Environmental Designing. He has been in teaching profession and his architectural designs have always been as smart as he himself is. He is so passionate about Rotary that he feels it will not be too far fetched to say that there is a Rotary life.....after a pre Rotary life - considering the quantum of change it has brought about in his life in the last 37 years. He shared a few interesting anecdotes regarding his Rotary journey.

Q. When and why did you join Rotary club?

A. Basically it all started as a lark when my wife Joginder applied for a position in the GSE team. Luckily for me (don't let her know) the Rotary management had decided to send all boys team that year. So I managed to sneak in the team- courtesy a dental doctor from Karnal who opted out. The GSE team trip to the UK was an eye opener and an experience of lifetime from all angles !!! On return we were obliged to join the Rotary and that is how I ended up in Chandigarh Midtown in 1988.

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

A. In fact I enjoyed the limelight of being a Centennial President (2004-05). The year started off on a good note with ex CM Abdullah as the Chief Guest and half the district club presidents and secretaries attending the installation ceremony. In fact, our Chief Guest invited the Board members for breakfast at the UT State Guest House the next morning. Not only this, I was fortunate to have another first in my life- a private flight in his private jet. Celebrated Rotary's centenary anniversary on an internet platform by chatting globally with club presidents in Hungary, USA and Australia. The club was adjudged as the Best Club of the District. However, the main work was done by the unique Board and I am indebted to them forever. The year ended on a happy note that our club won so many awards in the District award function that we were offered a help to carry our trophies home which we politely refused.

Q. Do you think Rotary has helped you in your personal life?

A. My stint as President and association with Rotary gave a fillip to my social life. From getting on the Governor's Advisory Team to being a City Father for 5 years and Presidentships and Chairmanships of diverse committees, life has been tumultuous.

May you enjoy Rotary limelight forever.

## District Award and Collar Exchange Ceremony

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## Extracting Happiness Implanting Smiles by Rtn Raj Khattar

**Kaun Banega Crorepati**  
 मुझसे 5 करोड़ का सवाल पुछा गया कि 'आपकी नज़र में दुनिया की सबसे खतरनाक महिला कौन है?'  
 कसम से मैंने 5 करोड़ को ठोकर मार दी पर नाम नहीं बताया क्योंकि शाम को घर भी जाना था।

## Micro Loan



In the present RY 2022-23, Rahul is the 17th beneficiary of Microloan program of our club, received the financial loan for his grocery shop from program chair PP Prem Anand and guarantor PP Dr Rita Kalra

## End Polio



25 children in the age group 0-5 years were administered polio drops in Kaushalya Huts by ANM of the Pinjore block. Children were given play ball and biscuits by our club to encourage them to come forward for immunization for Polio Free World

Smart answer by a female passenger on a flight...  
 A guy asked a beautiful lady sitting next to him...  
 'Nice perfume.....which one is it?... I want to give it to my wife...!!'  
 Lady: 'Don't give her....some idiot will find an excuse to talk to her...!!'

A letter from a teacher to a parent:  
 Dear Parent, Edward doesn't smell nice in class. Please try to bathe him.  
 Parent's answer:  
 Dear Teacher, Edward is not a rose, Don't smell him, Teach him .....

Mother to Son: Who is Sultan Aziz?  
 Son : Don't know  
 Mother : Devote some time to pay attention to study also  
 Son to Mother : Do you know Aunty Jennifer?  
 Mother : Don't know  
 Son: Sometimes pay attention to Daddy also

## Thought

Respect is not a function of the size of your bank account. It is a function of your dignity.  
 Judge nothing, you will be happy.  
 Forgive everything, you will be happier.  
 Love everything, you will be happiest.

## Thought for the week by Rtn Col JS Chandoak

We have all strength enough to endure the troubles of other people."

----- La Rochefon Cauld

## Wedding Anniversary

R'Ann Judy & Rtn Surjit Singh Mann 06 June  
 R'Ann Preety & PP Rtn Trilochan S. Anand 08 June

## Health screening camp at village Maloya in collaboration with RCC Maloya



Over 70 people were screened for blood pressure sugar and Body mass index to detect hypertension, diabetes and other non communicable diseases. Medicines were provided to poor and needy. PP Kanan Diwan and PDG Yoginder Diwan were first to arrive. Rtn Ashish Singla joined with homemade jumbo sandwiches for all volunteers. Camp arrangements and medicines procurement was done by PP Sanjay Bhatia. Rtn Naveen Aggarwal and PP Ashok Puri volunteered for registration. President Dr Sanjay Kalra besides seeing dental patients talked about importance of screening for early detection and prevention of non communicable diseases. PP Dr Rita Kalra and Rtn Dr Manjushri Sharma were the consultants on duty with paramedics support of testing and dispensing.

## Training workshop

Our club organised a Training workshop on Non communicable diseases, prevention, management and after care for the 60 Home Care Nursing students along with 7 RCC representatives, to promote good health campaign and stop the NCD epidemic and after effects of Diabetes and hypertension as a part of Grant of Rotary Dialysis Support centre. PP Kanan Diwan spoke about the project profile and purpose of training for sensitization and awareness especially to improve care of dialysis patient. PP Sanjay Bhatia explained about setting dialysis centre by Rotary Grant and subsidized service availability. Rtn Shuchi Kapur managed the event. PP Dr Rita Kalra gave an insight into NCD, its causes, risk factors and prevention.



Rtn Dr Manjushri Sharma talked about diagnosis treatment and after care . A talk on millets and including the same in our platter was suggested by Dr Manjushri and a Quiz on NCD was conducted by PP Dr Rita Kalra. PP RK Luther talked about importance of skilling girls. PP Ashok Puri, R'Ann Nandita Sisodia, Rtn Dr Col VK Kapoor joined the event which concluded with distribution of certificates to all the attendees.

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

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