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Rotary

**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](#)

Volume 48 No. 16 Dated: 17 October 2023



Venue: Residence of
Rtn Chandra Parkash and R'Ann Lalita
HNo. 350, Sector 9-D Chandigarh

Date: 21 October 2023 (Saturday)

Time: 5.30 pm

Followed by Fellowship

**Dandiya, Garba, Snacks and Happiness all
Packed together**

Change in Venue, Date and Time

A Fun and Interactive Session on Mental Stress

[Click here](#) for Live streaming of meeting and photos also on Facebook

In our regular meeting on 13th October 2023 President Rtn Jeeten Bhambri welcomed the chief guest Ms Pranita Goyal.

She was formally introduced by R'Ann Urmil Luther.



Ms Pranita Goyal

Mrs Pranita Sharma Goyal is daughter-in-law of PP Rtn Jeevan Goyal of Rotary Club Panchkula. She is originally from Sikkim, but lived in almost all parts of India (privileges of being an army child and aviation as a career). Along the years she has accumulated a lot of life experiences, work exposure and

intense trainings in terms of understanding human mind and its programming. She completed her studies just as a regular student in medical, IT and finally ventured into Aviation & trainings. Her last work experience was of a cabin crew purser based in Dubai for over 8 years, where her responsibilities were to handle on an average of 300 people a day.

Although customer service was an integral part of the job, she learnt to tackle human mind by interacting with different people from different races & society.

Ms Pranita gave an interesting talk on some basic tips to groom our self internally and externally both. It was an



**Rtn Indu Luthra presents a memento to Ms Pranita Goyal.
Looking on are President Rtn Jeeten Bhambri and Secretary
Rtn Anup Sharma**

enjoyable interactive session with her.

She said everyone has stress in life. They know the problem and they also know the solution but even then they cannot reduce or get rid of their stress.

Pranita then threw a question to the audience to get their opinion regarding how to manage stress. There were many responses from Rotarians; laugh, close your eyes and take deep breathing 5 to 10 times, attend Rotary

Meetings regularly, meditation, exercise and many more suggestions poured in – some serious and some even funny like, if you are a landlord and you lost your land, don't worry, call yourself as Lord instead of landlord!

Pranita explained in detail and made the audience do the stress management exercise. How you react to stress makes all the difference. Strong stress management skills lead to higher levels of happiness and satisfaction. All you need is a plan and a bit of mindfulness.

- Exercise
- Deep Breathing
- Meditation
- Mindfulness
- Write in a Journal
- Watch your Caffeine Intake
- Get Enough Sleep
- Talk to a Loved One
- Label Your Emotions
- Talk to a Therapist

Because meditation involves focusing your awareness, it can also help take you out of the distracted, worried thoughts that make you feel stress or anxious.

Labeling emotions – Focus on labeling your emotions clearly and be as specific as you can be. You might start by saying something general such as “I feel bad,” but work on going further to really identify the source of the distress and how you feel about it.

After some thought, you might realize that you feel bad because you are worried, angry, or disappointed. Acknowledge and accept your emotions without judging them.

Focus your attention on the following areas, being careful to leave the rest of your body relaxed.

1. Forehead: Squeeze the muscles in your forehead, holding for 15 seconds. Feel the muscles becoming tighter and tenser. Then, slowly release the tension in your forehead while counting for 30 seconds. Notice the difference in how your muscles feel as you relax. Continue to release the tension until your forehead feels completely relaxed. Breathe slowly and evenly.

2. Jaw: Tense the muscles in your jaw, holding for 15 seconds. Then release the tension slowly while counting for 30 seconds. Notice the feeling of relaxation and continue to breathe slowly and evenly.

3. Neck and shoulders: Increase tension in your neck and shoulders by raising your shoulders up toward your ears and hold for 15 seconds. Slowly

release the tension as you count for 30 seconds. Notice the tension melting away.

4. Arms and hands: Slowly draw both hands into fists. Pull your fists into your chest and hold for 15 seconds, squeezing as tight as you can. Then slowly release while you count for 30 seconds. Notice the feeling of relaxation.

5. Buttocks: Slowly increase tension in your buttocks over 15 seconds. Then, slowly release the tension over 30 seconds. Notice the tension melting away. Continue to breathe slowly and evenly.

6. Legs: Slowly increase the tension in your quadriceps and calves over 15 seconds. Squeeze the muscles as hard as you can. Then gently release the tension over 30 seconds. Notice the tension melting away and feeling of relaxation that is left.

7. Feet: Slowly increase the tension in your feet and toes. Tighten the muscles as much as you can. Then slowly release the tension while you count for 30 seconds. Notice all the tension melting away. Continue breathing slowly and evenly.

Enjoy the feeling of relaxation sweeping through your body. Continue to breathe slowly and evenly.

With time and practice, you'll be able to perform this process to quickly induce a wave of relaxation passing through your body.

After the above exercises everybody said they have felt very relaxed. The only person who did not participate was the Editor PP Dr VJS Vohra and said he was the most relaxed person as he was observing the relaxation of all present, while doing live streaming of the meeting on Facebook. [Click here](#) to see on Facebook.

In their invocation Rtn Renu Chopra and PP Rtn Salil Chopra shared an interesting and a meaningful story about a king sending 999 dinars which was dropped at night in one person's house. In the morning when he found this money in his house he was worried that it should have been 1000 dinars and where did that one dinar go or was stolen.

He was not happy that he got 999 dinars but wasted his time and energy with lot of stress, trying to find out where that one dinar had gone.

Moral of the story is that we should ignore the petty matters. This story also conveys that contentment is very necessary and we should be happy with whatever we have!



Address by President
Jeeten Bhambri



National Anthem by Rtn
Parveen Khosla and
R'Ann Rashi Khosla



Invocation by Rtn Renu
Chopra and PP Rtn
Salil Chopra



Introduction of chief guest
by R'Ann Urmil Luther



Vote of thanks by Rtn Dr
Indu Luthra



Ms Pranita Goyal presents wedding anniversary gift to Rtn Renu Chopra and PP Rtn Salil Chopra. Looking on are President Jeeten Bhambri and Secretary Anup Sharma



Birthday gift presented to R'Ann Harpreet Bhatia, joined by Rtn Kulbir Bhatia



Birthday gift presented to Rtn Parveen Khosla, joined by R'Ann Rashi Khosla



Rtn RPS Gulati receives birthday gift on behalf of R'Ann Pritpal Gulat

Sahyog Artificial Limbs Project

[Click here to see video on YouTube - https://youtu.be/i6R-89jq9Ns](https://youtu.be/i6R-89jq9Ns)

On 12th October 2023 Rotary Chandigarh Midtown organized plaster casts / measurements for 07 patients - 1 Above Elbow artificial arm, 3 Below Knee artificial legs and 2 walking calipers / Knee Ankle Foot Orthoses at Nevedac Prosthetic Clinic, Zirakpur. 2 patients for above knee artificial legs could not come (their process will start soon).

6 beneficiaries for artificial limbs are being sponsored by PP Ashok Puri's brother, PP Anil Puri and his spouse R'Ann Teresa of Rotary Twin Cities Club, RID 5020 (USA) and his sister Mrs Asha Malhotra. 2 walking calipers are being sponsored by PDG Rtn David Hilton, Rotary Club Dehradun.

The chief Guest of the function was PP Rtn Ritu Singal who is a Life Coach also. She gave a very inspiring talk to motivate the beneficiaries to go ahead in life with pride and dignity with a feeling that disability is no more a liability. She also announced that one more beneficiary will be sponsored by her.

Also present were PP Rtn Ashok Puri, R'Ann Sudha Puri, R'Ann Indu Vohra and PP Rtn Dr VJS Vohra, Sr. Prosthetic Consultant, District Resource Person for Disability Empowerment.



Dr Vohra introduced the patients and informed that since last 2 years, when Sahyog project was launched, 320 disabled persons, including 20 in the current Rotary year have benefitted by getting artificial limbs, under the dynamic leadership of Sahyog District Chair PP Rtn Salil Bali. He also informed that provision for follow up of patients is being maintained, which is very important aspect of the rehabilitation cycle.

Fitment of artificial limbs is a very professional prosthetic clinical process, which has to be carried out as per the norms of Rehabilitation Council of India and WHO.

PP Ashok Puri thanked Rtn Ritu Singal for her presence. He said Sahyog project is spreading to other Rotary Districts also like 3011 in Delhi.

This project is being supported from USA also, thanks to PP Ashok Puri's, brother PP Anil Puri, who will visit us in December 2023 and would be delighted to personally meet Sahyog beneficiaries.



Big thanks to PP Anil Puri and R'Ann Teresa for once again showing your generosity towards Disability Empowerment



PP Salil Bali – Hope Created, Gift of Dignified Life and Rotary Public Image initiative

Rotary Positive Preventive Health Campaign

Rotary Positive Preventive health (PPH) suggests a proactive and optimistic approach to health, focusing on preventing illness and promoting wellness before health issues arise. Did you know that 60% of Indians die due to NCD (Non Communicable diseases such as diabetes, Hypertension, heart diseases etc.) Did you know 90% of NCD are preventable? Did you know that incidence of NCD is based on life style during 30-45 years such as diet, exercise, work environment? The recent pandemic has laid bare some of the concerning facts.

- That people with healthy life style have strong immunity not only survive but fight the infections well
- That people with co morbidities /NCD have reported step down in immunity thus lowering the guard to survive infections.

Know your Numbers campaign is an initiative of Rotary PPH Program for early detection, timely treatment and long term rehabilitation for healthy and long life. Launched by PRID Dr Bharat Pandya to fight Non Communicable disease epidemic . the slogan 'Ek Chamach Kam' (SOS) 'aur Char Kadam Aage' is essence of healthy living. The three components include;

Health Screenings: Regular medical check-ups and awareness of family history. Know your Numbers –BMI (Age, height, weight.), Blood Pressure, Blood sugar and cholesterol level, can help in the early detection and management of NCD. If your numbers fall within the range, the circle of safety is impenetrable. This factor called IKIGAI in Japanese is responsible for long and healthy life.

Health Education: Raise Awareness about the risk factors associated with cardiovascular diseases, such as hypertension (high blood pressure), diabetes, obesity, and hyperlipidemia (high cholesterol) through pamphlets, seminars, workshops, and even street plays, We can educate communities about topics ranging from hygiene practices and nutrition to the importance of regular medical check-ups.

Healthy Living: Adopting a balanced diet, regular exercise, avoiding tobacco use, and limiting alcohol consumption can significantly reduce the risk of heart diseases. Let's pledge to take better care of our Heart. Our heart isn't just a muscular organ in our chest; it's the essence of life, love, and everything in between. From making healthier food choices to incorporating regular exercise into our routine, every small step counts. It's all about collective action for a heart-healthy future.

Mahatma Buddah once said Health is the greatest gift, contentment the greatest wealth and faithfulness the greatest hope.

Lets pledge for healthy, happy and meaningful life with the secrets of good health.



PP Rtn Dr Rita Kalra

District Rural Medical Mission Chair

RID 3080

Susiksha Projects by PP Salil Chopra at Lucknow



Susiksha program held by PP Ssalil Chopra at Govt Middle School Transport Nagar Lucknow, importance on focus at board and at teacher lecture was emphasized and children sang, "Sare Jahan se accha Hindustan hamara"



PP Salil Chopra conducted Susiksha at Basic School at Aurangabad Lucknow, a preferred school of Australia Cricket team, who visited them recently to motivate children and were surprised to see them handling tools and learning science

Donations for Club Projects

Acknowledged with thanks

PP Rtn Ashok Puri Rs 220500 for Project Sahyog, donated by his brother PP Rtn Anil Puri RID 5020, USA

Rtn Pradeep Sisodia Rs 2500 towards sponsoring fees of student Shibham Aggarwal

PP Rtn RPTS Tulsi Rs 5000 (US \$60) towards contribution of Global Grant for women employment in Pir Ghaggar village

PP Rtn Ashok Puri Rs 3500 for sponsoring fees of 2 students at Singhapura school

Rtn डॉ शशि जैन से रूबरू दिल से दिल की गुफ़तगू



Mr. Naresh Gupta retired as the Chief Manager from Punjab National Bank, Sector 17, Chandigarh. He got several awards for achieving the targets in his bank. His branch was adjudged the best branch when he was posted in Pune. He joined Rotary as the spouse of Rtn. Suman Gupta in 2014.

Q. How do you rate Rotary as the social service platform?

A. I personally feel that Rotary is an association of intellectuals from different fields. They have wide practical experience of life, so they take up such social projects which have value addition and serve the humanitarian cause. These projects are well monitored and successfully executed.

Q. How do you help your wife in her Rotary activities?

A. First of all I drive her to attend the Rotary meetings. If she is involved in some project, I make family adjustments so that she can wholeheartedly focus on her work. Once in a while, I give my suggestion also for some project (if she asks for it).

Q. What do you gain at your personal level by associating with Rotary?

A. Personally I feel myself more active and get inspiration from others to do my little bit for the society. I get enthusiasm to move forward in life without counting the years of my age and brooding over the past and planning for the future. I get to communicate with intellectuals and leaders which adds to my knowledge. I also enjoy listening to different speakers in weekly meetings.

Wishing you pleasurable involvement with Rotary.

Birthday of Spouse

R'Ann Preety Anand 19 October

R'Ann Ritu Chaudhary 19 October

Birthday of Rotarian

Rtn Viney Bhushan Aggarwal 15 October

PP Rtn Prem Anand 15 October

Rtn Sanjana Arora 16 October

PP Rtn Deepak Sood 20 October

Wedding Anniversary

Rtn Dr Anurag Sharma & Rtn Dr Manjushri Sharma 14 October

PP Rtn Sanjay Bhatia & Rtn. Ritu Bhatia 16 October

Rtn. Arjan Singh and R'Ann Parveen 20 October

Happiness and Smiles by Rtn Raj Khattar

पत्नी - "बचपन" में मेरा एक ही "शौक" था कि "पति" की बहुत "सेवा" करूंगी, उसको हमेशा खुश रखूंगी.

पति- फिर करती क्यों नहीं हो ?

पत्नी - "बचपन" खत्म, शौक "खत्म"

Doctor to Lady patient:

"आपका हीमोग्लोबिन कम है, आपमें आयरन की कमी है, आप में कैल्शियम की कमी है, और विटामिन डी की भी कमी है ..."

महिला मरीज : - "बस डाक्टर, रहण दे ... मुझमें इतनी कमी तो मेरी सास ने भी ना निकाली।

Rotary
Chandigarh Midtown

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in the WORLD

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Cake cutting Fellowship

As per normal practice, in every weekly meeting, Rotary Chandigarh Midtown celebrates birthday and wedding anniversary of Rotarians and R'Anns. In the last meeting, through thankful and kind courtesy of PP Rtn Salil Chopra and Rtn Renu Chopra, who celebrated their wedding anniversary, everyone present enjoyed the lovely cake from their bakery cum restaurant, known as Talez Patisserie & Kitchen in Sector 26, Madhya Marg, Chandigarh, offering a wide variety of delicious food and desserts.



Fear never builds the future, But Creating HOPE in the World does.

All correspondence to the Editor: **PP Rtn. Dr. V.J.S. Vohra**
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Good Thoughts

Thought - Rtn Col JS Chandoak

In this world, there is always danger for those who are afraid of it.

----- G.B. Shaw

Thought - Rtn Raj Khattar

- Learn to speak well and listen better.
 - Trust that God will put the right people in your life at right time and for the right reasons.
 - Focus on being productive instead of busy.
- Focus on being productive instead of busy.

Punctuality Award



Ms Parnita Goyal presented punctuality award to Rtn Renu Chopra, joined by PP Salil Chopra. Looking on are President Jeeten Bhambri and Secretary Anup Sharma

PP Rtn Salil Chopra

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