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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?

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Volume 48 No. 22 Dated: 28 November 2023



Venue: Hotel Shivalikview, Sector 17, Chandigarh | **Date:** 01 December 2023 (Friday) | **Time:** 6.30 pm

Arpan – Joy of Giving – TRF Seminar

On 26th November 2023 it was a wonderful and memorable event organized by District Governor Rtn Arun Mongia and the collaborative efforts of the District Secretariat and the host club members. The



DG Arun Mongia

dedication and hard work put into the TRF Seminar - "ARPAN" - Joy of giving, at Sham Bagh, Panipat, truly reflects the commitment to Rotary's mission and objectives. Presence of large number of Rotarians of RI District 3080 contributed to the grand success of the seminar.

The active participation of Rotarians of Chandigarh Midtown in discussions and their eagerness to engage and interact with other Rotarians at the seminar demonstrate the collective strength and dedication of the club.

It is evident that the members representing our club have a deep understanding of the commitment to service, contributing to the enhancement of the club's reputation within the Rotary District.

Congratulations for the well-deserved felicitations earned by our Rotarians, particularly for their contributions to the Rotary Foundation, especially in the fight against polio.



This recognition undoubtedly adds another feather in the cap of Rotary Chandigarh Midtown and reflects the positive impact our club is making in the community and beyond. Let's keep up the excellent work and continue making a difference in the spirit of Rotary's mission.

Our Club was represented by President Rtn Jeeten Bhambri, PP Rtn BL Ramsisaria, PP Rtn Ajit Gulati with R'Ann Bir Gulati, PP Rtn Dr VJS Vohra, PP Rtn RK Luther, PP Rtn Amarjit Singh, PP Rtn Dr Rita Kalra, PP Rtn Ashok Puri, IPP Rtn Dr Sanjay Kalra, Secretary Rtn Anup Sharma, PE Rtn Nitin Kapur, Rtn Jagvinder Bawa, Rtn Dr Harinder Jit Kaur and Rtn Pardeep Sisodia.



Glimpses of TRF seminar

Our Rotarians recognised by Rotary International in TRF Seminar

Rotary International proudly recognized following Rotarians of Chandigarh Midtown as a member of the **Polio Plus Society**, for their Commitment and Generous Annual Donation to Polio Plus provides tangible assistance for the global Eradication of Polio and advances world understanding, goodwill and peace.

1. Rtn Suchi Thakur
2. IPP Rtn Dr Sanjay Kalra
3. PP Rtn Salil Chopra
4. Rtn Renu Chopra
5. PP Rtn Ashok Kumar Puri
6. PP Rtn Raj Kumar Luther
7. President Rtn Jeeten Bhambri
8. PP Rtn Vinod Kumar Jawa
9. Rtn Anupam Jain
10. Secretary Rtn Anup Sharma



Rtn शशि जैन से रूबरू दिल से दिल की गुफ़्तगू



R'Ann Urmil Luther did her schooling from Dharamshala and higher studies from Chandigarh. She got married to PP Rtn RK Luther in 1965 and they went to England in 1967 but came back to their motherland after living there for 15 years.

Q. How did you get so much involved in Rotary?

A. PP Rtn Subhash Bindra introduced us to Rotary Chandigarh Midtown in 1990 and my husband became a Rotarian. Since then I have enjoyed Rotary because there is a lot of social work as well as entertainment. I love to participate in cultural activities of the club. When my husband led the club in 2011-12, I enthusiastically involved myself in most of the projects. I would personally ring up the members on their birthdays and anniversaries. I have always supported my husband in his philanthropy activities. All of our family members are Paul Harris Fellows.

Q. You have been the President of Inner Wheel Club for two years. What is your experience of leading the club?

A. I was the President of Inner Wheel Club Panchkula for two years from 2004-06. During this tenure, some major projects were taken up by me like Rain Water Harvesting and surgeries. I was declared the Most Outstanding President. I had a great time serving people and making friends with them. All the club members wanted me to be the President for another five years. However, it was a very satisfying tenure.

Q. What do you think of Rotary as the social service platform?

A. Rotary is a very good community service organization. One must join it because it gives you satisfaction of doing something for the underprivileged.

Wish you more involvement and entertainment with Rotary.

Donations for Club Projects

Acknowledged with thanks

For Nutrients to TB Patients

Rtn Gobind Khandalia Rs 5000

PP Rtn BL Ramsisaria Rs 3000

Rtn Mukul Bansal Rs 5000

Rtn Dr Anurag Sharma Rs 5000

Friends & Relatives of Rotarians Rs 6000

Courtesy First Lady R'Ann Kadam Bhambari & DCS Rtn Dr Manjushri Sharma

For Global Grant Peer Ghaggar

President Rtn Jeeten Bhambari \$1085

PP Rtn Sanjay Bhatia \$1500

PP Rtn Ashok Puri \$ 250

Rtn Jagvinder Singh Bawa \$250

Birthday of Rotarian

Rtn Maniki Deep	26 November
Rtn Himanshu Chopra	27 November
PP Rtn Subhash Bindra	28 November
Rtn Rajinder Rai	01 December

Birthday of Spouse

R'Ann Purnima Sood	27 November
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Wedding Anniversaries

Rtn Dr. Gopal Munjal and R'Ann Neeta Munjal	25 November
PP Rtn Amarjit Singh and R'Ann Sunita	28 November
Rtn Naveen Kumar Aggarwal and R'Ann Sunita Aggarwal	30 November

Happiness and Smiles by Rtn Raj Khattar

पति-पत्नी में किसी बात पर बहस हो रही थी
तकरीबन घंटे भर की तू-तू मैं-मैं के बाद,
पत्नी की एक पंक्ति ने विवाद खत्म कर दिया
तुम जीतना चाहते हो या फिर जीना चाहते हो??

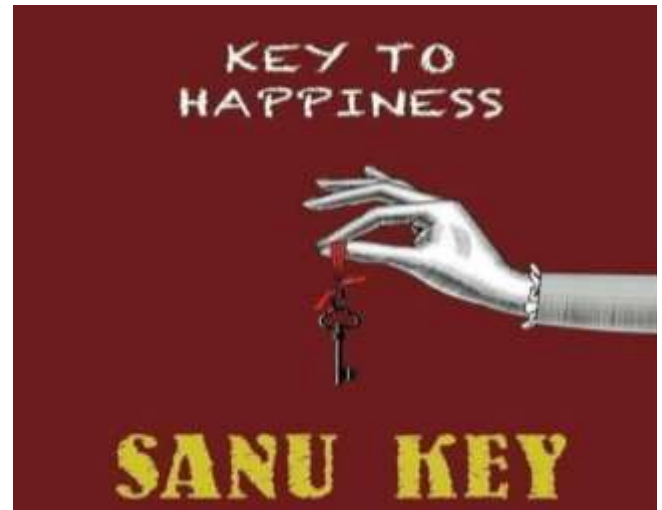
सुबह 9 बजे रामायण देखते हुए मेरे बेटे को यह देखकर बहुत आश्चर्य हुआ कि राजा दशरथ की तीन रानियां थी।

वह बोला, ऐसा कैसे हो सकता है Daddy, मेरी तो सिर्फ एक ही Mummy है

मैंने ठण्डी साँस भर के कहा, हाँ क्या करें बेटा, तेरी अगर तीन Mummy होती तो कितना अच्छा होता

भीतर से श्रीमती जी ने जोर से कहा, 12 बजे उसको महाभारत दिखाऊँगी जिसमें द्रोपदी के पाँच पति थे

एकदम खामोशी छा गई ।



Members are requested to send Rotary articles for the bulletin, sharing their Rotary experience or information. Interesting articles on personal achievements or non-political topics for community service are also welcome. The article should have upto 500 words.

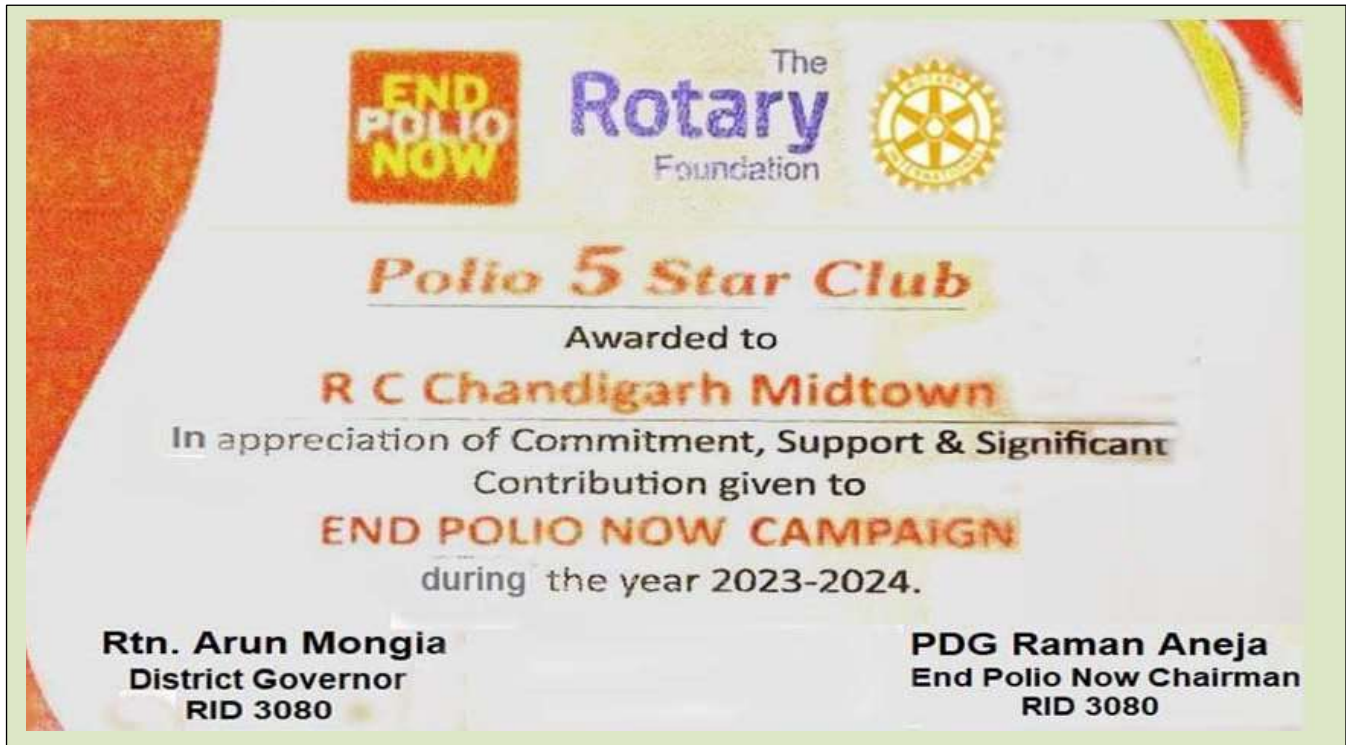
Please send your article to the Editor on email: drvjsvohra@gmail.com or Whatsapp: 91 9814006829

District Cricket Tournament - Meeting

A planning meeting for the District Cricket Tournament was held on 27th November 2027 at Sai Sweets, Sector 22, Chandigarh

This meeting was hosted by Rtn Jagvinder S Bawa. The meeting was quite fruitful. Members were present; President Rtn Jeeten Bhambri, PP Rtn Dr VJS Vohra, Secretary Rtn Anup Sharma, Rtn Jagvinder S Bawa, Rtn Kulbir Bhatia, Rtn Rajesh Mahajan, Rtn Raman Salwan and Rtn Dr Raja Ganeshan.





Election Notice - Rotary year 2025-26

Reported in previous bulletin no. 21

President Rtn. Jeeten Bhambri invites nominations from Club members for the Board of Directors for the Rotary year 2024-25 and for the President for Rotary year 2025-26.

S.No	Particulars	Date and Time
1.	Filing of nomination papers	By 8 th December 2023 up to 7:00 PM
2.	Withdrawals, if any	By 15 th December 2023 up to 7:00 PM
3.	Elections (voting) if required and declaration of results	On 22 nd December 2023 at 6:30 PM

Nomination papers duly filled in and signed by the proposer, seconder and the candidate should be submitted in a sealed envelope to Election Committee Chair. The envelope should be addressed to The Chairman, and the Election Committee and submitted to the President /Secretary.

Eligibility Criteria:

- a) **President 2025-26:** Minimum 3 years standing as a Rotarian and has served 2 years on the Board of Directors at the time of assuming office.
- b) **Vice-President, Secretary and Treasurer:** Should have a minimum of 2 years standing as a Rotarian and has served on the Board of Directors for one year at the time of assuming office.
- c) **Directors, Joint Secretary and Sergeant-at-Arms:** Should have been a member of the Club for 12 months at the time of elections, and should have served as committee chairman for at least 01 year.
- d) Candidate for any post for election should have maintained a minimum 50 percent attendance in the 12 months preceding the month of nomination and should not be in arrears of club dues (as of the first quarter ending September 30, 2023).

Any member in arrears of club dues will not have the right to vote, propose, second or be eligible for election.

Power of your Subconscious Mind

Contributed by



Rtn Prof Dr IS Dua

In the movie Taare Zameen Par, the art teacher tells the rude and cursing father of the dyslexic kid about Solomon Islands. In those islands, the tribal don't cut down a tree. They surround the tree and curse it for hours every day. Within a few weeks, the tree dries up and becomes dead.

Many of us might find that example too difficult to believe. How can intangible and invisible thoughts and words kill a tree.!

Well, if you get to read Bruce H. Lipton's THE BIOLOGY OF BELIEF, you won't only believe in the Solomon Islands story, but would also think a dozen times before saying something demoralizing to yourself and the people you love. In this book, Mr. Lipton tells in detail about the power of conscious and subconscious mind.

The subconscious mind is million times more powerful than the conscious mind, and decides most of the things in our lives according to the beliefs it has.

Many times we fail to change an unpleasant habit despite our will-power and consistent efforts. It's because the habit has been so strongly programmed in our subconscious mind that the efforts made by our conscious mind hardly make any difference.

Conscious Mind is just a shadow of our Unconscious Mind.

So, when the tribals of Solomon Islands curse a tree, they are actually installing negative and harmful beliefs in the tree's emotion (yes, trees do have emotions too).

Within few days, those negative emotions becomes a belief & eventually changes the molecular architecture of the tree and kill it from inside..

2500 years ago, when the Buddha said that 'You are what you think', he was not articulating a random philosophical theory. Actually he was telling a scientific fact which is now proved correct by Quantum Physics and Molecular Biology.

The book has a special chapter on Conscious Parenting where it talks about the beneficial and harmful effects of what parents say to their children.

If you are a parent and you keep cursing your child in the name of constructive criticism, you are installing beliefs in their mind which will keep harming them forever. But if you keep appreciating them in a sincere way, you are installing beliefs in their mind which will help them entire life.

And also be careful of what you keep saying to yourself. Repetition of words and thoughts is the best way to install a belief in your subconscious mind.

If you keep saying you are a loser, don't be surprised if you become one within a few months or years.. And if you have friends who keep saying such things to you, there is no harm in saying a quick goodbye to them.

May be you value the friendship a lot. But you must value yourself a little more. So accept all as they are. Love all unconditionally

And ...Always keep saying to yourself, "I am healthy, wealthy, happy, successful and prosperous!" Say to Yourself and your wonderful miraculous body, "I love you and thank you for taking care of me." Thank God and be grateful to take care of your every moment of your life. Say, "I am great and I am doing great things I am loving and living every moment of my life."

And if somebody asks you. How are you ? Say, "I am fantastic. The best time of my life is going on....."

Stay strong, stay safe, stay blessed, stay healthy and be happy.

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 by Rtn Raj Khattar

On Sundays, we wear our comfiest clothes and our laziest attitudes.

Stay positive. Work hard. Make it happen.

Thought by Rtn Col JS Chandoak

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

----- La Roch Efoncauld

74th Constitution Day

26th November 2023 was 74th Constitution Day. PP Rtn Dr Balram Gupta had an enlightening interview with Resident Editor of Indian Express, Manraj Grewal Sharma.



Dr Gupta reveals why the Indian Constitution reigns Supreme.

[Click here](https://youtu.be/FPB1aIMTBkA?si=nYxblsutgHQNmBWP)
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