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For Private Circulation Only

Volume 48 No. 42 Dated: 15th April 2024

[www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)

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](#)

## Shri Ram - Shri Krishna

Date: 19th April 2024

Venue: Hotel Shivalik View, Sector 17, Chandigarh

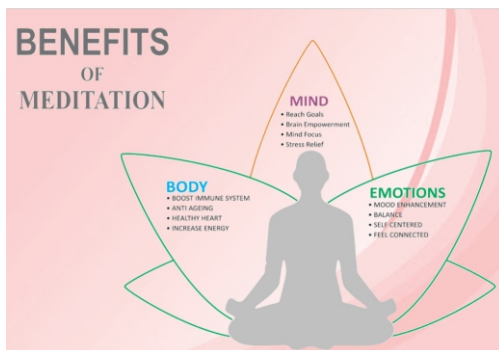
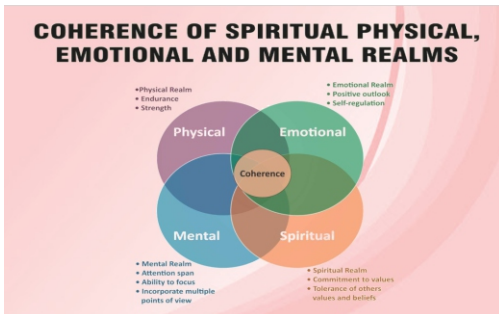
Rotary   CREATE HOPE  
in the WORLD

Shri Ram - Shri Krishna  
Consciousness



PP Rtn. A. D. Gandhi  
Rotary Club Ambala

## "100 Years of Happiness by Er. KK Vohra"



Fruits and Vegetables	These are sources of vitamins and minerals. The more Vegetables and fruits the better.
Proteins	Eat animal-based food, such as fish, eggs, poultry, and meat.
Fiber-rich Carbohydrates	Regulate your body's levels by consuming whole wheat products, brown rice, quinoa, and leafy greens.
Fats	A small amount of fat is helpful in the absorption of vitamins A,D, and E.
Water	Staying Hydrated is important for improved brain performance, digestive harmony, more energy, weight loss/management, decreased joint pain, better temperature regulation, prevention of kidney stone, healthier heart.
Vitamins and Minerals	Vitamins and minerals: Vitamins and minerals are nutrients required for maintaining health and for the body to work properly. They are found in fruits, milk, vegetables, eggs, dairy products, meat, liver, cereals, fish and nuts.
Fibers	Fibre is found in kidney beans, cruciferous vegetables, berries, oats and chia seeds. They are good for weight loss, lowering blood sugar, fighting constipation and heart health.

In our recent meeting, held on 12th April 2024, Rotary Chandigarh Midtown Club had the privilege of hosting Er. K. K Vohra, Retd. Engineer in Chief of the Punjab State Electricity Board, as our esteemed speaker. With his wealth of experience and profound insights, Er. Vohra delved into the intriguing topic of "100 Years of Happiness," captivating the audience with his wisdom and guidance on leading a fulfilling life.

Drawing from his extensive professional journey and personal experiences, Er. Vohra illuminated the path to happiness, emphasizing key factors that contribute to overall well-being. As he eloquently articulated, happiness is not merely a fleeting emotion but a holistic state of being that can be nurtured and cultivated over time.

One of the cornerstones of happiness, according to Er. Vohra, is maintaining physical health through regular exercise and maintaining an appropriate Body Mass Index (BMI). He underscored the importance of prioritizing our physical well-being, as it lays the foundation for a vibrant and fulfilling life. In addition to physical health, Er. Vohra emphasized the significance of making wise life decisions. Whether it's career choices, relationships, or personal endeavours, he urged the audience to approach decision-making with mindfulness and foresight, ensuring that each step aligns with their long-term goals and values.

Furthermore, Er. Vohra highlighted the invaluable role of cultivating meaningful relationships and surrounding oneself with good friends. He emphasized the power of human connection in fostering happiness and resilience, urging everyone to nurture their social bonds and cherish the support of loved ones.

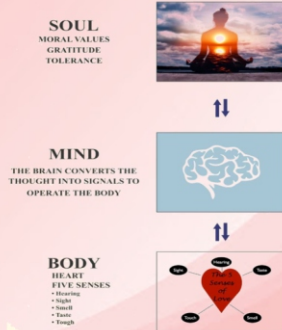
Beyond interpersonal connections, Er. Vohra emphasized the importance of cultivating hobbies and interests that bring joy and fulfilment. Whether it's pursuing creative endeavours, engaging in sports, or exploring new passions, he encouraged the audience to carve out time for activities that nourish the soul and ignite a sense of purpose.

As Er. Vohra concluded his insightful talk, he left the audience with a profound message: happiness is not an elusive destination but a journey that unfolds through conscious choices and daily practices. By prioritizing physical health, making wise decisions, nurturing relationships, and embracing hobbies, we can pave the way for a lifetime of fulfilment and contentment.

The Rotary Chandigarh Midtown Club extends its heartfelt gratitude to Er. K. K Vohra for sharing his invaluable insights and guiding us on the path to happiness. His enlightening talk served as a source of inspiration and motivation for all in attendance, reminding us of the importance of prioritizing our well-being and fostering a culture of happiness within our community.

As we reflect on Er. Vohra's words of wisdom, let us commit to embracing happiness as a guiding principle in our lives, both individually and collectively. Together, we can create a world where joy and fulfilment abound, enriching the lives of all those we touch.

## CONNECTION BETWEEN SOUL MIND AND BODY



## Positive & Negative Emotions



## UNDERSTANDING BODY MASS INDEX (BMI)

BMI IS CALCULATED USING THE FORMULA:

$$BMI = (\text{WEIGHT IN KILOGRAMS}) / (\text{HEIGHT IN METERS})^2$$

ONLINE BMI CALCULATORS ARE READILY AVAILABLE FOR CONVENIENCE.

UNDERWEIGHT	: BMI LESS THAN 18.5
NORMAL WEIGHT	: BMI 18.5 TO 24.9
OVERWEIGHT	: BMI 25 TO 29.9
OBESITY (CLASS I, II, & III)	: BMI 30 AND ABOVE

IMPORTANCE OF BODY MASS INDEX (BMI): MAINTAINING A HEALTHY BMI IS CRUCIAL FOR REDUCING THE RISK OF VARIOUS HEALTH ISSUES, SUCH AS HEART DISEASE, TYPE 2 DIABETES, HYPERTENSION, JOINT PROBLEMS, AND CERTAIN CANCERS.

- SELFLESS PERFORMANCE OF DUTIES
- MAINTAINING EQUIPOISE
- OVERCOMING SENSUAL DESIRES
- MEDITATION FOR CONQUERING MIND
- ACTIONS WITHOUT ATTACHMENT TO THE FRUIT OF THE ACTIONS: OVERCOMING ANXIETY
- ANGER MANAGEMENT
- FAITH IN GOD
- HUMANS ARE SOULS
- HARMONY IN RELATIONS
- ABILITY TO PROMPT AND APPROPRIATE DECISIONS
- MENTAL HARMONY
- SELF REGULATION
- SPIRITUAL RESILIENCE

## Glimpses of Weekly Meeting





## Week Gone By

### Sushiksha Sessions by Rotary Uncle

Rotary Susiksha Pathshala Session was held at Government Primary School, Sector 12, Panchkula, Haryana where topic taken was what we imagine may not always happen. It was a story based on labourer the cart puller. A inspirational story always help to inspire students to do good for the society.



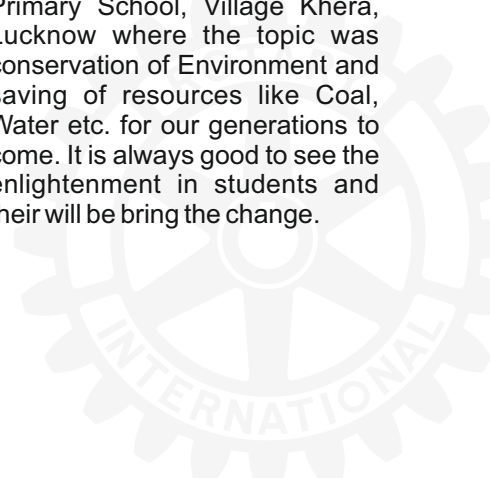
Rotary Susiksha Pathshala Session was held at Parkash High School, Maheshpur, Panchkula, Haryana where it was discussed that "Patience always pays" though gradually and One should respect the age of others and above all to be proud citizens of Bharat.

"MERABHARAT MAHAN"

Rotary Susiksha Pathshala Session was held at Government Major Anuj Sanskriti Sr. Secondary School, Sector 20, Panchkula, Haryana. In order to decide amongst story or video a draw was taken finally to screen video on Intelligent child Aayat and children loved it followed by a story on How to focus to be like her? Principal Meenakshi ji insisted on taking classes regularly specially on Friday's



Rotary Susiksha Pathshala Session was held at Government Primary School, Village Khera, Lucknow where the topic was conservation of Environment and saving of resources like Coal, Water etc. for our generations to come. It is always good to see the enlightenment in students and their will be bring the change.



## Project "SAKHA" - Distribution of TB Nutrients at Hallomajra



Project "SAKHA" - Continuing the spirit of selfishness service for the community, under its flagship project Sakha, team Rotary Club Chandigarh Midtown distributed nutrition packets to the registered patients of tuberculosis at Halomajra. Mr. Davinder Brar and Miss Mamta from the Chandigarh health department coordinated the patient registration process at the health dispensary. Rtn. Dr. Manjushri Sharma, Director Community Services, Rtn. Naveen Aggarwal, Rtr. Aman Garg President Rotract club of Chandigarh Midtown, Rtr. Sidhartha President Rotract Club of Panjab University Champions, along with the team of Rotractors from Panjab University, interacted with the patients and took updates about their treatment progress. The nutrition packets for this month were sponsored by Rtn. Dr. Anurag Sharma.

## Purpose of Being Born a Human - From the Desk of PP Rtn. Dr. Balram Gupta

### 'Purpose of being born a human'

Once a disciple of Guru Nanak Dev ji asked him about the 'Aim or the purpose of being born a human.' Baba Nanak, opened a closed fist and gave the disciple a beautiful red coloured stone and said to the disciple, "Go, get the stone valued from different people in different trades, but do not sell it. Come back and I shall answer your question." The disciple came across a fruit seller and presented the stone to him. The fruit seller had a look and said, "This is a beautiful stone and although I have not much need for it, I can offer you a dozen Oranges in exchange." The disciple said, "No, my Guru has instructed me not to sell it." He then visits a vegetable vendor and presents the stone to him, asking him how much he can offer in exchange. The vegetable seller offers him a bag full of potatoes as it's worth.

The disciple thanks him for his opinion and tells him about the command of his Guru of not selling it. He moves on.

Realizing that his Guru has given him something much more precious than he had thought, he visits a Goldsmith. The Goldsmith, being deeply impressed by its beauty, offers him Rs.5 Million. On refusal to sell, he offers him Rs 10 million, even twenty million. The disciple politely repeats the command of his Guru and takes his leave.

By now the disciple has gained enough confidence in its worth and conjures up the strength to visit the biggest Diamond merchant of the area. This merchant, on seeing the stone, takes off his turban, spreads it and reverently places the stone on it. He performs a 'parikrama', bows to it and states, "What you have is the most beautiful and precious Red Ruby, I have ever set my eyes on. It is priceless. You can demand any price that you may and it shall still be less." The disciple, perplexed and amazed, rushes back to Baba Nanak ji. Even before he could utter a word, Guru Nanak Dev ji says, "The aim of a human life should be clear to you by now, my son. It's all up to you, whether you rate it for a dozen oranges, a bag full of potatoes or for Rs 20 million, Or you may make it the most valuable. Immense possibilities are open to one and all. To be born a human is the biggest gift of the Almighty. It's all for you to decide what you want to make of it." Life is like a coin. You can spend it any way you wish, but you only spend it once.

We are all given the same life, the same 24 hours, the same natural resources, the same physical attributes, It's upto us to use them and chisel our uncut diamond to the most precious stone or let it be used as a piece of coal. Live life, spend it in service, use it for learning & spreading knowledge and stay blessed forever.

WAHEGURU MEHAR KARE

PP Rtn. Dr. Balram K Gupta





## Rotary As A Hobby - The Best Recipe

### Rotary As A Hobby - The Best Recipe

Paul Harris the founder of Rotary was born full 156 years back on April 19, 1868. He Joined the Legal Profession in 1896. He founded Rotary in 1905. He continued with the Legal Profession till 1936 (40 years). He nurtured and manured the Rotary Tree till he breathed his last breath on January 27, 1947 (42 years). He pursued his legal profession and Rotary together for four decades. I came to the teaching of law in 1968. Full hundred years after Paul Harris was born. I joined Rotary in 1977. I have given 55 years to Legal Education, Legal Profession and Judicial Education. I have Loved Rotary for 47 years. This long and rich experience of both has made me firmly realize that your hobby must complement with your profession.

The choice of hobby has to be thoughtful. The legal profession is very demanding. Yet Paul Harris founded Rotary. Even encouraged and tempted other legal professionals to Join Rotary. The Legal profession is 'Service' to Seekers of Justice. The Office of a lawyer is a Service Station. Operational 24x7. Your Client comes late in the evening. His house is going to be demolished the next day. The Petition must be filed in the morning. It must be ready over night. Urgent hearing is to be prayed. The Stay is obtained. Hence, Justice is done.

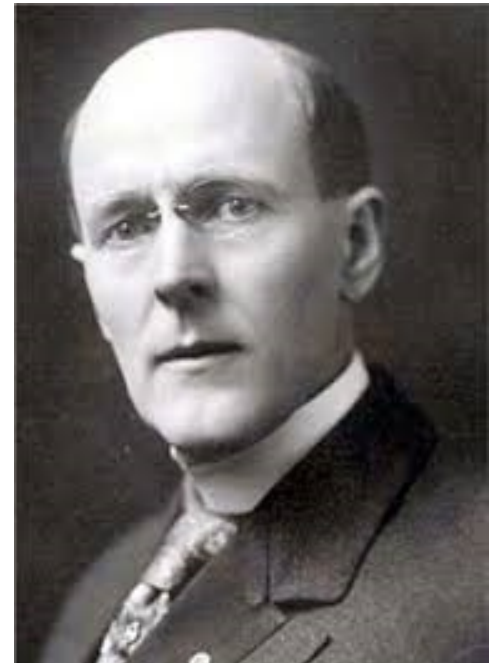
Rotary is also service. Service to suffering humanity. The 4-Way Rotary Test strengthens the Legal and Judicial coparcenary. This coparcenary finds out the truth and Truth is always Fair to all concerned. Truth always builds up Goodwill and Better Friendships. It cannot be denied that Truth will be beneficial to all concerned. This coparcenary and Rotary are complementary to each Other. I urge, all professionals must adopt Rotary as their hobby. The Rotary values must embrace every nook and corner of every Rotarian. This is my Message on Paul Harris's 156th

Birth Anniversary. Paul Harris was already for 9 years into the legal profession. He found time to set up Rotary. Something which was started as a spare time movement,' ultimately emerged as the best and the longest serving "Service Organization", The world around. Rotary has entered the 120th year of its journey. The pursuing of your hobby with your profession and blending them together gives you special Joy.

I can share my own experience. I have enjoyed Rotary for 47 years. Because, I have connected Rotary with Judiciary. Through my writings. My talks. My orations. I have nurtured this hobby over the decades.

Every Friday, I go for my weekly Rotary meetings. Meeting followed by fellowship. It is relaxing. It energizes me to pursue my mission to shape the judges

**Rotary as a hobby with your profession is the best recipe.**



Paul Harris

PP Rtn. Dr. Balram K Gupta

**The Happiness Loop:** Helping Breeds More Helping Remember that warm, fuzzy feeling you get after volunteering or doing a good deed for someone? It turns out, that's not just a fleeting moment of satisfaction. It's the start of a powerful positive feedback loop called the "Happiness Loop." Here's how it works: you help someone, and that act triggers the release of happy chemicals like dopamine and oxytocin in your brain. This makes you feel good, motivated, and connected. But guess what? Feeling good from helping actually makes you more likely to help again in the future!

It's a beautiful cycle. The more you help others, the more positive reinforcement your brain receives, making you crave that "helper's high" even more. This loop can lead to a life filled with service and compassion, which offers incredible benefits for your overall well-being: Stronger Relationships: Helping fosters deeper connections with others, building trust and strengthening your social network. These connections are vital for happiness and mental health.

Increased Self-Esteem: Seeing the positive impact you have on others can boost your confidence and self-worth. It reinforces the idea that you make a difference in the world.

Greater Purpose: Helping others gives your life meaning and purpose. Focussing on a cause greater than yourself can lead to a more fulfilling existence.

Reduced Stress and Anxiety: As we discussed earlier, helping combats negativity and promotes relaxation. This can have a significant impact on your overall stress levels and mental well-being. The Happiness Loop isn't just a theory; it's a powerful tool you can use to cultivate lasting happiness and a more meaningful life. So, step outside your comfort zone, lend a helping hand, and watch the happiness ripple outward, touching you and those around you.

In conclusion, science confirms what our hearts have always known: helping others makes us happy. It's a beautiful dance between our biology, our social connections, and the desire to make a difference. So, the next time you're looking for a way to boost your mood, reduce stress, and create a more fulfilling life, consider this: the greatest joy often comes from acts of service, big or small. Join the movement, embrace the Happiness Loop, and discover the true power of giving back.

You might just surprise yourself with how good it feels to be good.



**Rotary**

## DID YOU KNOW?

A Paul Harris Fellow (PHF) pin is presented in recognition not only to Rotarians, but to any individual who **donates** or in whose name a **minimum of US \$ 1,000.00** is donated to the Rotary Foundation.

The implication is that a PHF pin is not a Rotary pin and does not single you out as a Rotarian if you wear it on its own.

To be identified and distinguished as a Rotarian who has contributed to the foundation, please wear your PHF pin together with a Rotary pin.

## Celebrating Birthday's & Anniversary's

Birthday - Rotarian	
April 13	Rtn. Rajinder Pal Singh Gulati
April 15	PP Rtn. Raj Kumar Luther
Wedding Anniversaries	
April 14	Rtn. Neeraj Jain and Tina Jain



**PP Rtn Salil Chopra**

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