

# The Mid Towner

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## Bulletin of the Rotary Club of Chandigarh Midtown

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## Programme

FRIDAY - MARCH 30, 2007

Volume : XXXI No. 39; March 28, 2007

## PHONE TAP

Guest Speaker : Prof. Divya Bansal, Deptt. of Computer Science,  
Panjab Engg. College, Chandigarh.

Venue : Hotel President, Sector 26, Chandigarh

Time : 6.30 P.M.



Please do attend

## MANAGEMENT BY CONSCIOUSNESS

Our efforts in getting closer to the ultimate aim of meeting health, wealth, success and, most importantly happiness, can only come with Consciousness. Great number of successful people are extremely unhappy because they lack spiritual nourishment and suddenly find an emptiness which just cannot be filled. This emptiness is the spiritual thirst. We must do something about this spiritual thirst from the earliest possible moment, and to explain this who could have been better than the Guest Speaker in our club meeting on Friday, March 23, 2007, Shri Pradeep Narang, Chairman, Sri Aurobindo Society, Ponicherry. Rtn. Arjan Singh introduced the guest speaker who was earlier involved in his family business. But now he is dedicated to the cause of the society he heads. The basic aim of Sri Aurobindo Society is to work towards individual perfection, social transformation and human unity based on a spiritual foundation. To help realise these objectives, the Society has undertaken various projects and activities.

Mr. Narang said that disharmony ruins your set up. Emotions keep building, leading to friction & tension, causing blood pressure, heart & health problems. Meditation, without

concentration of mind, is of no use. There has to be perfection of thoughts. You have to feel the taste of peace to achieve the joy of life. You could be spiritual without meditation. Remember God as you know him. Analyze your own weakness & accept it. If you step back, your Lord would step in. Align yourself with your mind, your conscious. It would lead to better decisions. Good decisions would bring better profits.

Self-introspection plays a great role. The main principle is to search within you. Consult your conscious and apply objectivity to it. Management begins with self. Any person who can manage himself well, will be able to manage others. Management Development cannot take place without Self-Development. Without the mastery of one's own ego, the containment of the turbulent enemy within, of what use is the manipulation of mere techniques? Business leaders must find ways to energize the process of struggle to reach perfection through workplace, a place for self-realization through your Consciousness. The spiritual effectiveness of work depends on your inner attitude. Whatever you do, always do it carefully. Any work done with care becomes interesting. Nothing is too small to be neglected, the same care meets all



Shri Pradeep Narang, Chairman, Sri Aurobindo Society, Ponicherry addressing the Rotarians and members of Chandigarh Branch of Sri Aurobindo Society, led by its Chairman, PP Rtn. B.K. Mehan

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circumstances. It is better to do it well than to do it quickly. Attitude, patience and commitment towards management are the key elements which are achieved through Consciousness.

Brain-storming is a scheme of loud thinking amongst experts to find a creative solution to a problem. But right and rational decisions cannot be taken in a state of turmoil when minds are overtaken by heated arguments. Brain-storming may be the best system for discovering alternatives, but Brain-Stilling is an optimum scheme for choosing the decision from the variants suggested. Rest your mind first, listening to the silence around, then try to find the same silence inside you. Try to concentrate on your heart beating, ignoring all the outer sounds. Or listen to your breath - try to follow each flow of air with all your attention. Brain-Stilling can be used when you need to arrive silently & peacefully, preferably in a 'Room of Silence', to a rational and enduring decision. Silence here does not mean only absence of speech, but a perfect calm in body, mind and heart. Let the decision-maker retire from life-problems, sit in silence, invoke peace, concentrate on the problem, meditate over the situation and wait for the 'inner guidance' to reach the solution.

Faced with a variety of solutions, the modern manager faces many routine problems. To reach a solution, let yourself retire in perfect peaceful silence. "In absolute silence sleeps an absolute power", says Shri Aurobindo. The "silence" concept is based on meditation technique. You may not only meditate, but just spend your time in peace with yourself and the outer world. It shouldn't be ritual or ceremonial. Clear thinking needs only concentration and self-introspection.

The prime purpose of meditation is to improve the quality of living. This is possible if we regularly become one with our inner spirit which leads to union with the 'Creator'. Meditation has been scientifically proven to improve creativity, intelligence, memory, alertness and to integrate the brain functioning. It has been shown to improve physical, mental and emotional health. To most of us, the quality of life is primarily what we desire most in this human form. Basically these desires culminate into health, wealth and success. We collectively have one desire and that is, true happiness which only comes if we develop a degree of contentment. This comes with spiritual enrichment and the awareness to develop the ability to achieve worldly success.

Management by consciousness is an exercise in harmonizing men, material and methods toward the fulfillment of goals leading to human development, social benefit and global welfare. Material wealth should follow spiritual efflorescence. Performance of a task, conduct of a business, running of an industry resulting in quantitative gains is one thing and is important, but with what purpose, with what attitude and approach and with what result, is the real question that matters and should justify our action. There are three levels of Consciousness : mental, emotional & spiritual. Management by Consciousness is an applied science, which



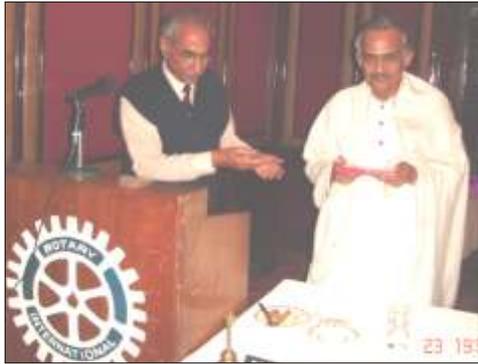
Birthday boy Rtn. Jagpreet Chadha gets his gift from Shri Pradeep Narang



Rtn. J.S. Chopra gets his Wedding Anniversary gift from Shri Pradeep Narang

can be used as an instrument for perfecting life. It is a feeling of total dedication and higher consciousness, with an idea of self-management. All the decisions should be taken with intense aspiration, deepest devotion and perfect objectivity. To reach the right solution one must retire for a while in perfect peaceful silence when he can identify with the problems, search for alternatives and reach the solutions.

All this could be a matter of a purpose, attitude and approach with the right spirit, dictated by fundamental nature, capacity and temperament. *Simran* could achieve this. It is also a good idea to get together with some like-minded persons once in a while and encourage each other.



Memento presented to Shri Pradeep Narang by Secretary R.K. Luther



Shri Pradeep Narang gives Punctuality Award to Rtn. Mrs. Davinder K. Singh

There are greedy people who like to grab from others. They can never achieve happiness and live in falsehood of fool's paradise. The truth never changes, and as PP Col. A.J.S. Gill rightly put it, "*kirt kar, naam jap, wand ke kha*". To a query from PP Rtn. J.L. Mahajan, Mr. Pradeep Narang suggested to place your problems in the hands of Lord and leave it to him. It always works.

Secretary Rtn. R.K. Luther proposed a vote of thanks and on behalf of all Rotarians, expressed our gratitude to Shri Pradeep Narang for enlightening us on how to lead a peaceful life of perfection through the work that we do and achieve higher objectives. We also had members of the Chandigarh Branch of Sri Aurobindo Society, thanks to its Chairman, PP Rtn. B.K. Mehan, father of our PP Rtn. Anil Mehan, who was keen to attend the meeting, having recovered from his illness but still has little limitations. We wish PP Rtn. Anil to be fully fit very soon and once again become regular as usual.

- President Dr. V.J.S. Vohra

## SHAADI KE 'AFTER - EFFECTS'

I had some words with my wife, and she had some paragraphs with me.

- Anonymus

Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing. She goes Tuesdays, I go Fridays.

- Henry Youngman

I don't worry about terrorism. I was married for two years.

- Sam Kinison

"There's a way of transferring funds that is even faster than electronic banking. It's called marriage

- James Holt McGavran

Two secrets to keep your marriage brimming - whenever you're wrong, admit it; whenever you're right, shut up.

- Nash

The most effective way to remember your wife's birthday is to forget it once.

- Anonymus

- Contributed by Rtn. J.S. Chopra

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## The Perfect Husband

Several men are in the changing room of a golf club. A mobile phone on a bench rings and a man engages the hands free speaker-function and began to talk. Everyone else in the room stops to listen.

MAN: "Hello"

WOMAN: "Darling, it's me. Are you at the club?"

MAN: "Yes"

WOMAN: "I am at the shopping centre and found this beautiful leather coat. It's only Rs.10,000. Is it OK if I buy it?"

MAN: "Sure, go ahead if you like it that much."

WOMAN: "I also stopped by the Mercedes dealership and saw the new 2005 models. I saw one I really liked."

MAN: "How much?"

WOMAN: "Rs 70,00,000."

MAN: "OK, but for that price I want it with all the options."

WOMAN: "Great ! Oh, and one more thing - the house I wanted last year is back on the market. They're asking Rs.1,10,50,000."

MAN: "Well, then go ahead and give them an offer of 1,10,00,000. They will probably take it. If not, we can go the extra 50 grand. It really is a pretty good price."

WOMAN: "OK, I'll see you later. I love you so much !!"

MAN: "Bye, I love you, too !"

The man hangs up. The other men in the changing room are staring at him in astonishment, mouths agape.....

He smiles and asks, "Anyone knows who this mobile belongs to ??????"

- Contributed by  
Rtn. J.S. Chopra

## KNOW YOUR NEW MEMBER

Name	:	Rajesh Vaidya
Clf	:	Computer Networking & Hardware Training
Address (O)	:	Jetking Computer Hardware & Networking Institute SCO 96-97, Sector 34-A, Chandigarh
	(R)	# 1176, Sector 34-C, Chandigarh
Phone (O)	:	2608956, 2622309
	(R)	2620815
Mobile	:	9814103124
Fax	:	0172-2605821
Email	:	rajesh_b_vaidya@yahoo.com
D.o.B	:	22.12.1966
Wedding	:	October 26
Spouse	:	Madhu
D.o.B	:	February 12
Children	:	Raghav (S) Kusha (D)

### BIRTHDAY GREETINGS:

Rtn. Daulat Ram Aggarwal  
Rtn. Ravinder Kapur



April 04  
April 04



### PUNCTUALITY DRAW

Won by Rtn. Mrs. Davinder K. Singh

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