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## Genetically Modified Foods, Its Implications & Impact On Our Health

*Guest Speaker : Atul Grover, Managing Director RIO Hotels*

Venue: President Hotel , Sector 26, Chandigarh

Time: 7.00 PM

### LAUGH THE TRUE LAUGHTER

Professor Dr. Surinder Sharma, a singer, a dancer, an actor, a comedian, all combined together in his multi-skill personality, started off by saying that laughter is the medicine of life only if the laugh is from within and not the forced laughter of the laugh clubs.

Dr. Sharma taught chemistry in the Panjab University with a keen and devoted interest in various cultural activities. Even as a student, he took active part in all the cultural activities of the college and the university. A natural humorist, he has the skill to draw and mould humor in normal day to day routine activities and situations. Rtn Deep, Ann Neeru Khattar and Dr Sharma were in the university at the same time with Mrs. Kiran Bedi filling in the tennis slot.

He has acted in over 60 Panjabi films and 20 Hindi films, and was the first Panjabi artist to earn a National Award. Dr Sharma has represented India in many cultural troupes abroad. He narrated an incident to illustrate the manner in which they formulate humorous jokes from ordinary situations. He led a cultural troupe to Russia and had a tall dark complexioned man as the "Chimta" Player. The Russians were intrigued with the musical instrument, the Chimta, and in the morning after their first

performance, the local press was full of the Chimta Player's photographs, known in the troupe as "Chacha Chimta". So far it is just a statement of facts and now the humor. Early in the morning, a young beautiful damsel knocked at Chacha's door and



offered him the morning cup of tea. Chacha was pleasantly surprised. She wished him, Good Morning, in Russian and Chacha thought that she was asking him the town from where he was coming. Chacha said "Amritsar". Next day, the process was repeated and Chacha wanted to be one-up, so, he asked Dr Sharma what should he say to the Russian damsel. Dr Sharma taught him to say "I love you", in Russian. Next morning when the beautiful damsel came with the morning cup of tea, Chacha said in Russian "I love you". The beautiful damsel replied "Amritsar". Corollary, Amritsar means that I am fine. The audience burst into

The Midtowner wishes its Readers  
Pious Navratras and a Happy Baisakhi full of a bumper harvest.



Happy Birthday Cake cutting



Gift for the B'day Boy

a spontaneous laugh and applause. (Dr Sharma narrated this in spoken Panjabi. The translation loses more than half the humor. Dr Sharma narrated all the jokes in Panjabi and the humor in English translation is not as good as in the original Panjabi.) He narrated his father's philosophy through a couplet that meant that all of us should be happy and that a tear drops of sorrow does not get shelter even in its source, the eye. The culture of positivism and an ever-present smile, I learnt from my father, said Dr Sharma. About a bit of husband-wife humor, he narrated a joke. One day the husband had a boy's night out and returned home very late at night after a heavy bout of drinking in the pubs of the city. He found the room spic and span, a glass of water and two tablets of aspirin lying on the bed-side table, and a note from the wife saying that she was going to buy some vegetables for lunch from the market and that the breakfast is in the kitchen. The

surprised, but pleasantly surprised husband went to the kitchen and found the kitchen neat and clean and his breakfast ready and covered with a neat and clean piece of cloth. The husband called his son and asked the reason for all this change in his mom's attitude. The son explained that when you, the father, came totally drunk and staggering in the morning, the son and mother duo tried to remove his shoes and jacket and were trying to put him to bed, the husband shouted to the wife "lady don't touch me, I am a married man", which brought a glow of happiness on the wife's face.

The whole 25-30 minutes of the series of jokes by Dr Sharma brought peals of laughter, spontaneous laughter in the audience.

He said that his cultural skills were also used freely in the cause of social service and they collected good sums of money in aid of the National Defense Fund.

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Gift for the B'day Boys

Narrating a joke about the competition between a dholki from Pakistan and a tabla from India, he produced sounds of the dholki and the tabla with his vocal chords with a skill that was as good as the real sounds of these musical instruments.

Concluding the series of his laugh provoking jokes, Dr Sharma emphasized that laughter, to have some medical and mental benefits, must be spontaneous over a situation, a joke or an anecdote.

Rtn Gurdip Singh Deep introduced Dr Sharma, also with a joke.

Rtn RTPS Tulsi proposed the vote of thanks and presented a memento to the chief guest of the evening, Dr Surinder Sharma, on behalf of the Club.

Ann Bir Gulati and Ann Pali Gulati

## Bereaved

S. Avtar Singh Katari, father of Ann Bir Gulati and Ann Pali Gulati, left for his heavenly abode on 04 April 2008, at Amritsar. He was 85 years old. We share the grief of the family and pray to the Almighty to grant peace to the departed soul.

## District Assembly RID 3080

The District Assembly will take place at Hotel Peper Hoff Shimla on May 04, 2008. The registration charges are: -

Single Rs. 550 Couple Rs. 950

All those who register by 21 April 2008, will be eligible to receive the kit. Those who register after 21 April 2008 and those who register on the spot, will not be eligible for the kit.

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Memento for the Guest Speaker



Memento for the Punctuality Draw Winner

Midtowners are requested to please register for the Assembly, with our office secretary Mr. VP Sharma and reach the venue by 9 AM on 04 May 2008.

Samaj College for Women, Sector 45 Chandigarh, and Dev Samaj College of Education, Sector 36 Chandigarh.

### Congratulations

Heartiest congratulations to our Rtn Dr Mrs. Shashi Jain.

Rtn Dr Mrs. Shashi Jain retired, as Principal, from Dev Samaj College for Women, Sector 45 Chandigarh on 31 October 2008. Within a few days of her retirement, she was appointed Director of two colleges, Dev

### Punctuality Draw

Rtn Deepa Bhar won the draw and got thunderous



### BIRTHDAY GREETINGS

Rtn. Brij Mohan Gulati

April 18



### WEDDING ANNIVERSARY GREETINGS

Ann Gurmeet & Rtn. Jagpreet Chadha

April 18



PUNCTUALITY DRAW Won by Rtn. (Mrs. ) Deepa Bhar

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