

# THE MID TOWNER



BULLETIN OF THE ROTARY CLUB OF CHANDIGARH MIDTOWN : R.I. DISTT. 3080

R.I. President  
**Dong Kurn Lee**

District Governor  
**Satish Saluja**

President  
**Saroj Jhavar**

Secretary  
**D.R. Agarwal**

Editor  
**Ashish Ahuja**

Club No. 15228

## PROGRAMME

Vol. XXXIII No.12 September 17, 2008

### "Assessment & Management of Obesity"

*Guest Speaker : Prof. Dr. Indu Talwar*

*Professor, Deptt. of Anthropology, Panjab University, Chandigarh*

Friday, September 19, 2008

Time: 7.00 PM

Venue: Hotel President, Sector 26, Chandigarh

## Doctors, Engineers, Managers and Workers - All Need Grooming



*Guest Speaker Ms. Shriya Singh*

Our Guest Speaker of last Friday's meeting, Ms. Shriya Singh, is a young, versatile and a dynamic achiever and entrepreneur. She is the Senior Director of STORM Acting and Modeling School located in Sector 8-C, Chandigarh, where training in acting, modeling & personality development is imparted to the students. She wears the title of Femina Miss India 2007, was a finalist in the Miss India 2008 contest and won the Miss Tourism International 2005 crown, and represented India amongst 40 countries. She excels in sports, has been a good basketball player and has won Black Belt in karate. She is working as a model for the last three years and has worked with all the top Indian designers and leading brands.

Rtn. Deepak Sood introduced the Guest Speaker.

Instead of the topic of Hair Care, as programmed earlier, Shriya chose to speak on the subject of Grooming, one of her favorite subjects. Emphasizing the importance of grooming, she said that most people will assume that anyone with a degree in MBA, M. Tech, I.T. or Medicine will sail through life and career with ease, comfort and success. Statistics reveal that a person requires 15% of skills and 85% of grooming skills to advance in career and personal life. Grooming includes social etiquette, business etiquette, dining and restaurant etiquette, table manners, telephone etiquette, internet etiquette, good conversation skill and total communication skill to make a place in the world that the person will be proud of.

If two professionals have similar levels of professional skills, but one is better groomed than the other, the success will come to one who is better groomed, explained the learned Speaker. Grooming teaches people to be confident and polished. There is a saying that proves the quality of grooming, "People and diamonds have good market value only when polished".

Grooming is important for all age groups and people from all walks of life. Whatever may be the profession or occupation - acting, modeling, banking, keeping a house, studying, medicine, engineering, teaching and so on - grooming is the polish that brightens the individual and success



Happy Anniversary Rtn. Prem Anand & Ann. Indu



Punctuality Draw prize for Rtn. Mrs. D.K. Singh



Rtn. Mrs. Kanan Diwan presents a memento to Ms. Shriya Singh

follows. Therefore grooming is a must for all persons.

Grooming includes modules such as: -

- Social etiquettes, behavioral manners.
- Personal hygiene.
- Hair care.
- Wardrobe styling.
- Dress sense to suit the occasion.
- Physical and mental fitness.
- A balanced approach.
- Nutrition diet and health.
- Verbal communication skills.
- Poise.
- Ability to project oneself with confidence exuberating a Developed Personality.

Shriya further added that personality traits are not inborn or genetically inherent. They have to be developed and enhanced. Individual is the only one who can develop his/her personality as a whole. Besides academic education, we have to learn many extra curricular traits like: -

- Leadership skills.
- Public speaking skills.

- Body language skills.
- Behavioral skills.
- Anger management skills.
- Conflict Resolution skills.
- Fitness skills.
- Exercise and Meditation.
- Food habits.
- Communication skills.
- Friendship and Relationship skills.
- Problem solving skills.

She explained that any talent that a person has acquired or developed, must be worked on and improved and, for this, every one needs training or guidance. Grooming is such a vast subject that it too needs guidance and training for it to be productive, emphasized Shriya.

Jobs and business are very demanding and with globalization working its way into every sphere, the competition has become very tough. One has to present oneself as a confident and a capable achiever to meet all expectations. A positive impression, on all occasions and situations, is a big asset. This needs training of mind and body language.

PP Rtn. T.S. Anand

**HELPING YOU HEAR THE WORLD CLEARLY!**

ASIA'S LARGEST CHAIN OF ONE STOP HEARING CARE CLINICS

**STATE-OF-THE-ART FACILITIES**

- Widex Denmark trained audiologists
- Latest Testing equipment
- Hearing Aid Check-up & Fitting
- Speech Therapy
- Ear moulds, batteries & accessories
- 15 Days Money Back Guarantee

World's No. 1 Digital Hearing Aids Available

**WIDEX**  
High definition hearing

**SENSO HEARING CENTRE**  
CHANDIGARH: SCO 3, Ground Floor, Sector 20-D, Tribune Road. Ph : 0172-5009103  
MOHALI Ph: 0172-2225907

www.sensohearingcentre.com

IPDG Rtn. Shaju Peter

**DAFTECH**  
FLOATCELL

the most compact dissolved air flotation clarifier with German drive system and internal overflow weir

Save all application in Pulp and Paper  
Primary treatment of Industrial and Municipal effluents  
Revamp of overloaded activated sludge systems

Promoted by people with 20 years of experience in the DAF process

**DAFTECH ENGINEERS PVT. LTD.**  
SCO 1A, Sector 7-C, Madhya Marg, Chandigarh - 160 019 India  
Phone : 0172-5038121, 3042574 Fax : 0172-2791959  
Mobile : 9814127804 E-mail : daftech@jify.com, www.daftechindia.com

Rtn. Deepak Sood

**Telecom Systems (India)**  
(Telecom & IT Co. Estd. 1991)

Authorised Channel Partner :

**SIEMENS** Digital EPABX's  
**MOTOROLA** VHF/UHF Wireless Radios

**Galaxy - Panasonic**  
AV Products & Solutions  
Security Products & Solutions  
Digital Copiers cum Printers

**ELECTRODATA Pty. Ltd. Australia**  
Digital Voice Recorders

SCO-13, 2nd Floor, Tribune Road, Sec. 20-D, Chandigarh  
Tel. : +91-172-2708246, 2701510, Fax : 0172-5077780  
M. : 98722-11429, E-mail : ucpl@connectzone.in



Fortunately today, there are institutions in the country and in Chandigarh that help willing persons to be successful and well groomed individuals, particularly those in the fashion design, beauty contests, modeling, journalism, sales and such like other professions.

Ms. Shriya Singh not only spoke about grooming, but throughout her presentation, she modeled it too.

Rtn. Mrs. Kanan Diwan proposed the vote of thanks and said that there was a lot to learn from the presentation. She presented a memento to Ms Shriya Singh on behalf of the Club.

This was followed by 'Fellowsip' hosted by Rtn. B.B. Bahl.



- PP Col. A.J.S. Gill

## Micro Loan Project

Rtn. Arjan Singh, Director International Service, reported the progress on the Club's Micro Loan Projects. He said that the Micro Loan committee has identified two needy women of the Janta Colony who are running small shops from their living space. The committee has found them trustworthy and has sanctioned a loan of Rs. 20,000/- each to enable them to diversify and increase their earnings.

He further added that the documentation is in progress.

## Flood Relief

President Saroj Jhawar again emphasized the need to help the flood victims in the country. She called upon all Midtowners to donate at least Rs. 500/- to the relief effort of our District.

Money may be handed over to the President/Secretary/Treasurer/Office Secretary.

## Sankalp Diwas

President Saroj Jhawar, alongwith IPDG Rtn. Shaju Peter & Ann Lovy Peter, PP Rtn. B.L Ramsisaria, AG Rtn. R.K. Goyal, PP Rtn. R.S. Chandgothia, PP Capt. M.S. Kahlon, Secy. D.R Aggarwal, Rtn. Om Parkash & Ann Krishna, Rtn. Prem Anand, Rtn. Deepak Sood and Rtn. S.S Malik attended the Rotary Foundation Seminar "Sankalp Diwas" hosted by Rotary Club of Ambala.

An entertaining and motivational speech titled "MUSKAN" was given by the Chief Guest RRIMC Rtn. Manoj Desai. PRIP Rtn. Raja Saboo shared his experiences of his recent visit to flood affected areas of Bihar accompanied by PDG Rtn. Ranjeet Bhatia. In his inspiring speech, Rtn. Raja Saboo enlightened the benefits of contribution to Rotary Foundation. Rotarians were so motivated that the contributions started pouring in, including from our new Rtn. S.S Malik who gave his consent for \$1000.00 to become a PHF.

A cheque of Rs. 50,000/- for the Bihar Flood Relief was handed over to PDG Satish Saluja by Rtn. Deepak Sood on behalf our club.

Amongst huge applause, IPDG Rtn. Shaju Peter was honoured by PRIP Raja Saboo for an all time record contribution of US \$ 325,773 by Distt. 3080 for the RY 2007-08.

Distt. Representative PDG Rtn. J.P.S. Sibia of COL 2010 to be held at Chicago spoke on various aspects of COL and explained the steps required for the desired changes in legislation.

PDG Rtn.Y.P Das stressed the need to contribute for Polio Eradication for remaining polio affected countries: India, Pakistan, Nigeria and Afghanistan.

- Rtn. Deepak Sood.

**HITECH INDUSTRIES LIMITED**  
(An ISO 9001 Company)  
Rtn. R.S. Sachdeva



the producer of all types of  
**Medical & Industrial Oxygen, Nitrogen,  
Zero Air, Argon, Liquid Nitrogen  
and Gas Mixtures.**

For your requirement please Contact :  
315-316, Industrial Area, Phase IX, Mohali, Punjab 160062  
Tel : 0172-2212122, 2212124, Fax : 0172-2233666  
Mobile : 98724-97200, 98151-07100  
Email: marketing@hitechindustries.org, hightech@sancharnet.in

Rtn. Darshan Singh Kalsi



a glamorous makeover for your interiors

AAA provides you with complete solutions to give your kitchens, wardrobes and doors a glamorous makeover! Our modular kitchens and wardrobe solutions are conceptualized to take care of individual customer needs, tastes and preferences. Our built-up units are a perfect combination of futuristic features, space saving utilities, convenience and aesthetic designs offered at the most competitive prices to our discerning customers.

For more information write to us at [info@aaaonline.in](mailto:info@aaaonline.in)

**A & A Modular Systems**

Corporate Office : B-36, Industrial Area, Phase II,  
SAG Nagar (Mohali), Punjab, INDIA - 160 055  
Tel. : + 91-172- 2272873, 2271075 Fax : + 91-172-2272112  
Mobile : + 91 98163 00008, + 91 98153 00008  
Works : 149-150, Village Soreswala, Barotwala, Tehsil Kasauli,  
Distt. Solan, Himachal Pradesh - 174 103, INDIA  
Tel. : + 91-1792-255139-40 Fax : + 91-1792-255141, Mobile : + 91 98163 03038



PP Rtn. Kesho R. Gupta



**International  
Testing Centre**

86, Industrial Area, Phase 1, Panchkula-134 109 (Haryana)  
Ph.: 0172-2565825, 2561543 Fax : 91-172-2561543

Email : [info@itclabs.com](mailto:info@itclabs.com), [itc89@yahoo.com](mailto:itc89@yahoo.com)

Website : [www.itclabs.com](http://www.itclabs.com)

Contact Person : Dr. Kesho R. Gupta

Mobile No.: +919814034094

**TESTING CENTRE IS PROVIDING SERVICES FOR :-**

- ◆ ENVIRONMENT
- ◆ BUILDING MATERIALS AND PACKAGING MATERIALS
- ◆ PESTICIDES AND AGRO CHEMICALS
- ◆ DRUG, PHARMACEUTICALS AND COSMETICS
- ◆ MICROBIOLOGICAL
- ◆ FOOD AND BEVERAGES
- ◆ TOXIC ELEMENTS AND PESTICIDES RESIDUE

# Cheshire Homes



Rtn. Gen. A.S. Kahlon explained the progress on the Cheshire Home's project for challenged persons in Chandigarh. He said that a number of computer trained challenged persons have been profitably employed by various business and industrial establishments and two of them have also married.

Rtn. Gen. Kahlon requested the Midtowners to

contribute cash, clothes, equipment and furniture to the project. He added that the project has been accommodated in House No. 341 in Sector 21, Chandigarh.

Led by Pres. Saroj Jhawar, a number of Midtowners - Rtn. Col. V.K. Kapoor & Ann. Raj, Rtn. Ashish Singla . Ann Priya Bhateja, PP B.L. Ramsisaria & his family, Rtn. Ravinder Kapur & Ann. Anita, PP Harish Sethi, PP Dr. V.J.S. Vohra to name only a few - visited the project on Saturday, 13 Sep. '08 and were impressed by the pace of the Project.

PP B.L. Ramsisaria has donated a wheel chair & Rtn. Ravinder Kapur has donated Rs. 2000/- towards this noble cause. Such generosity & magnanimity of their hearts is indeed exemplary.

Thanks are also due to Ann. Priya Bhateja for the

## Get Well Soon

Pankaj, s/o PP Rtn. R.S. Chandgothia met with an accident recently. He is on way to recovery by Almighty's grace. We join the Chandgothia family in praying for his good health.



The Midtowner wishes its readers  
A Happy Onam



Birthday Greetings

Rtn. Anil Kishore Khana



September 19

Rtn. Surjit Kumar

September 21

PP Rtn. Anil K. Mehan

September 22

Wedding Anniversary Greetings



R'ann Raj & Rtn. Col. Dr. V.K. Kapoor September 23

Punctuality Draw



Won by Rtn. Mrs. Davinder K. Singh

**Rtn. Balraj Singh**  
**KANWAL TRAVELS**  
*(Approved by International Air Transport Association)*

**ALL UNDER ONE ROOF**  
World-wide  
Hotel Booking, Package Tours & Cruises  
For Booking : 92162 23062, 9915320902

**Just call**  
Cheapest Tariff Rates  
Domestic : 92191 37259  
International : 98724 49408  
PASSPORT & VISA : 9417621538

**Kanwal Travels Pvt. Ltd.**  
S.C.O. 8-6, Sector 17-B, Chandigarh - 160 917  
Ph. : 9172-2797043, 9809790-91, Fax : 9172-2797654  
E-mail : Kanwal\_Travels@yahoo.co.in

**PP Rtn. Subhash Bindra**  
**READY.SET.DONE.**

hi-tech machinery  
customer satisfaction  
on time jobs delivery  
complete in-house printing setup

At our state-of-the-art printing and packaging unit we have capacities to convert truckload of paper daily on our latest 4, 5 and 6 colour machines with computerized print control technology. With captive printing capacity, we offer BIG savings on an array of promotional literature - brochures, danglers, calendars, labels, memo cartons, direct mailers, posters, bunting, flyers and more. Our one stop service ensures unmatched print quality and fastest turnaround time for completion of any job. Call today and experience the difference.

**Satyadeep Offset Printers Pvt. Ltd.**  
292, Industrial Area, Phase II, Chandigarh  
Tel : +91 172 4624942, 4611336, 4627340  
Mobile : +91 972 8091507

**Rtn. Mohinder Singh**  
**Indian/Imported Furniture**

**Balaji Creations**  
Manufacturers of Quality Furniture

376, Bulk Market, Phase-05, Mohali, Ph.: 5059293  
#293, Industrial Area-II, Chandigarh, Ph.: 5002293