

THE MID TOWNER



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

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Dong Kurn Lee

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Secretary
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Editor
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Club No. 15228

PROGRAMME

Vol. XXXIII No.36, March 04, 2009

"Womanizing is a Habit"

Guest Speaker : Dr. Manju Jaidka

Professor and former Chairperson, Deptt. of English, Panjab University

Friday, March 06, 2009

Time: 6.30 PM

Venue: Hotel President, Sector 26, Chandigarh

GSE Team From R.I. Distt. 6820

As a part of the Rotary Foundation's Group Study Exchange (GSE) program, we had members of R.I. Distt. 6820 (Mississippi, USA), who are currently in India on their visit to our Distt. 3080, in our regular club meeting of last Friday. They came to our District, not only as members of this team, but also as ambassadors of love, friendship, affection and international understanding, ambassadors of the spirit of Rotary and their land.



Hal Morgan

President Elect Rtn. Gurdip S. Deep introduced the Team Leader Rtn. Hal Morgan, who is a member of the Rotary Club of Vicksburg, Mississippi, USA. Hal was a career military officer before a civilian career in engineering and construction that gave him the opportunity to live in or visit many countries of Europe, Southeast Asia, Central Asia, the Middle East, Australia and New Zealand. Hal first became a Rotarian in 1976 and is a member of Rotary International Travel and Hosting Fellowship.

While addressing the Rotarians, Hal shared glimpses of his family & various features of the state he comes from, which is blessed with abundant natural beauty. He thanked the Rotarians for their generous hospitality & warm welcome. He said that he was looking forward to the rest of the trip.

Hal then introduced the rest of his team members.

Ryan Walker came to Mississippi from the western state of Washington. He has a Bachelor's degree in Horticultural Science with specialization in Genetics. Ryan worked as a

tomato breeder in California and studied in Peru before becoming a biology teacher in Natchez, Mississippi. Last year he got married, honeymooned in Mexico, completed a master's degree in education and did some mountain climbing. Ryan plans to obtain a doctorate in science education and he wants to share his experiences in India with his students. Ryan spoke of his family back home & his major interests. He also shared glimpses of him at work & said he was passionate about cooking.



Ryan Walker



Sarah Harris

Sarah Harris is from Brandon, Mississippi, near Jackson, the capital of Mississippi, and she is an insurance claims investigator for a consulting firm. Sarah majored in history in college, lived in Taiwan for a year, and she has traveled extensively in Southeast Asia. Sarah is eager to learn more about India in this cultural and professional exchange. She said that she was excited to finally come to India, whose beauty & rich cultural heritage had been a major attraction for her ever since she was a child.

Alicia Netterville is a Partnership Specialist for the United States Census Bureau in Greenville, Mississippi. She is also a Community Development Consultant. Alicia has a Master's



Exchange of Club Flags



Presentation of Anniversary Gift & Punctuality Draw Prize



Alicia Netterville

in Public Policy and Administration and she is committed to serving her community by serving on the Board of Directors of several community organizations. She is interested in learning about community and economic development, particularly in the villages of India. Alicia also spoke of her family, her participation in U.S. President Barack Obama's campaign & the work that she was doing for the community. She also shared with the audience, her love for everything Indian. She said that she was looking forward to visiting community development projects & adopt some of the practices in her work.

The meeting ended with IPDG Shaju proposing the formal vote of thanks. President Saroj Jhawar, who is also hosting Ryan hosted the dinner for the visiting GSE Team at her residence.

Stress Management Techniques

Stress Management is more than anger management and relaxation. It is self management. There are many different ways to manage stress. I have compiled the various stress management techniques that are simple and most effective to follow and practice. Please feel free to use as many as you can, keeping an open mind, so you can have a collection of techniques that are the most effective for you :

1. Feel Good about Yourself : If you want to bring down your level of stress level in a matter of minutes, these techniques will help you. Use them as needed to feel better quickly; practice them regularly over time and gain even greater benefits.

- Deep breathing from the abdomen
- Meditation
- Having a dose of laughter
- Listening to light music

- Practicing Yoga
- Creative Visualization

2. Take Care of your Body : When we're stressed, we don't always take care of our bodies, which can lead to even more stress. Here are some important ways to take care of yourself and keep stress levels lower :

- Eat healthy, low fat - high protein meals
- Have six to eight hours of regular sleep
- Exercise regularly
- Develop a hobby

3. Develop the Right Attitude: Attitude plays a great role in managing stress. Much of your experience of stress has a lot to do with your attitude and the way you perceive your life's events. Here are some resources to help you maintain a stress-relieving attitude :

PP Rtn. T.S. Anand

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- Let go your ego
- Have a optimistic approach to life
- Do not react under pressure
- Stop worrying about things not in your control
- Accept that everything cannot be perfect
- Find an opportunity in every problem
- Have a healthy sense of humour

4. Develop the Right Environment : Having ambience and pleasant environment make stress management very easy. Your physical and emotional surroundings can impact your stress levels in subtle but significant ways. Here are several ways you can change your atmosphere and less your stress :

- Clutter free home, office and working desk
- Green and clean surroundings

- Light instrumental music
- Motivational posters

5. Short Tips for Busy People : Busy people add a lot of stress to their already stressed life. If you're a busy person, these resources can help you to manage stress efficiently in a short amount of time, and eliminate some of what's causing you stress in the first place.

- Time Management Tips
- Communication Skills
- Listening Skills
- Managing Priorities
- Enhancing Team Work
- Enhancing People Skills

- PP Dr. V.J.S. Vohra

Mega Medical Camp at Orissa

Our Distt. 3080 with Matching Partner R.I. Distt. 6200 (USA) is planning to hold a Mega Medical Camp at District Sambalpur, Orissa, a tribal area, from 24th March to 31st March, 2009. The medical team shall comprise of Orthopedics Surgeons, Ophthalmology Surgeons, Plastic Surgeons, Gynaecologist, Dental Surgeons, Anesthetist & Skin Specialists.

The traveling, food & lodging expenses of the Doctors shall be borne by the District 3080. The team would also be accompanied by some Rotarian Volunteers who shall be spending for their own travel, food & lodging expenses. Those Rotarians who are interested to go as Doctor or Volunteer may inform the Director, Medical Mission PDG Rtn. Subhash Garg. His contact details are :-?

PDG Subhash Garg
R.C. Yamuna Nagar
Mob. no: 098960-36274
E-mail: rplynr@ruchirapapers.com

Since the time is short, please confirm your participation to Director, Medical Mission to Orissa PDG Rtn. Subhash Garg not later than 05.03.09 so that the necessary arrangements can be made.

Grievance Forum

Can you imagine this is happening in INDIA? Government of India has an online Grievance forum at <http://www.pgportal.gov.in> The govt. wants people to use this tool to highlight the problems they faced while dealing with Government officials or departments like Railways, Posts, Telecom, Civil Aviation, Road Transport & Highways, Tourism, Public Sector Banks, Public Sector Insurance Companies, Regional Passport Authorities, etc.

Many of us say that these things don't work in India. A couple of months back, the Faridabad Municipal Corporation laid new roads in their area and the residents were very happy about it. But two weeks later, BSNL dug up the newly laid roads to install new cables which annoyed all the residents. A resident used the above listed grievance forum to highlight his concern. To his surprise, BSNL and Municipal Corporation of Faridabad were served a Show Cause notice and the guy received a copy of the notice in one week.

Government has asked the MC and BSNL about the goof up as it's clear that both the government departments were not in sync at all.

- on e-mail by Rtn. R.S. Sachdeva.

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PP Rtn. Kesho R. Gupta



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Prevention of Child Mortality Project – Second Camp



The pledge to take up the challenge of R.I. President D.K. Lee to fight Child Mortality was further redeemed by holding the second Medical-cum-Nutritional Camp in our adopted village Faida on Sunday, the 22nd February, '09.

Two volunteer doctors, Dr. Anjali Aggarwal from Panchkula, a gynaecologist and social worker, and Dr. Monica from GMCH, Sector-32, a Pediatrician, made a perfect team with our club members for the job.

A total of 110 children were checked and required medicines / nutritional supplements dispensed to them free of cost. Also, 25 pregnant / nursing mothers were checked and medicines / nutritional supplements as well as advice were given free to them.

Calcium, Iron, Multivitamins and other medicines, as per doctors' prescription were dispensed. Food supplement, which was given to all the patients, was donated by the Project Chair Rtn. Kanan Diwan. The team of Rotary volunteers who reached

Birthday Greetings

Rtn. R.S. Sachdeva

Rtn. D.K. Gupta

Rtn. M.K. Handa



March 06

March 08

March 11

Punctuality Draw

Won by Rtn. Dr. Jawahar Luthra



at the camp site and helped the smooth functioning of camp, consisted of PP B.L. Ramsisaria, Rtn. Om Prakash and Rtn. Kanan Diwan, led by President Saroj Jhawar. It was thoughtful of PP Indrajeet Sengupta and Ann Mala to have brought tea & biscuits for the volunteer squad, who had left their homes at 9 in the morning and returned by 1 P.M.

PP Pallav Mukherjee Bereaved

Capt. Ajit Singh, father of IW PP Joginder Mukherjee, passed away on Monday, March 2, 2009 morning. Bhog of Sri Guru Granth Sahib & Antim Ardas followed by Guru-ka-Langar will be held on Friday, March 5, 2009 between 12 noon and 1 pm at Sector 8 Gurudwara, Chandigarh.

We offer our condolences to the bereaved family.

Hundred Percentors Feb. 2009

- | | |
|-------------------------------|--------------------------------|
| 1) Rtn. D.R. Agarwal | 2) Rtn. Viney B. Aggarwal |
| 3) Rtn. B.B. Bahl | 4) PP Rtn. R.S. Chandgothia |
| 5) PE Rtn. G.S. Deep | 6) Rtn. Mrs. Kanan Diwan |
| 7) PP Rtn. Ajit S. Gulati | 8) Rtn. R.P.S. Gulati |
| 9) Pres. Rtn. Saroj Jhawar | 10) Rtn. Vinod K. Jawa |
| 11) Rtn. Col. Dr. V.K. Kapoor | 12) Rtn. Raj Kumar Luther |
| 13) Rtn. Dr. Jawahar Luthra | 14) PP Rtn. Pallav Mukherjee |
| 15) Rtn. Om Parkash | 16) IPDG. Rtn. Shaju Peter |
| 17) PP Rtn. B.L. Ramsisaria | 18) PP Rtn. Indrajeet Sengupta |
| 19) PP Rtn. Harish C. Sethi | 20) Rtn. Mrs. Ritu Singal |
| 21) Rtn. Deepak Sood | 22) Rtn. Surjit Kumar |

Change of Residential Address

Rtn. S.K. Khaitan has shifted to House No. 447, Sector 6, Panchkula. Tel. Nos.: 2560447, 2571447

Rtn. Vinod Kumar Jawa has shifted to 1035, Popular Society, Sector 48-B, Chandigarh. His new res. tel. is 2673387

Wedding Anniversary Greetings

R'ann Asha & Rtn. Vinod Sobti

R'ann Neena & Rtn. Tejbans S. Jauhar

R'ann Krishna & Rtn. Om Parkash



March 06

March 11

March 12

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