

THE MID TOWNER



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

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Club No. 15228

PROGRAMME

Vol. XXXIII No.47, May 20, 2009

"Inauguration of Matching Grant Project"

Chief Guest : His Excellency Dr. A.R. Kidwai,
Governor of Haryana

Please note the change
in Time & Venue

Friday, May 22, 2009

Time: 6.30. PM

Venue: Sikhya School, Sec. 46 A, Chandigarh

His Excellency Dr. A.R. Kidwai to Inaugurate Computer Lab



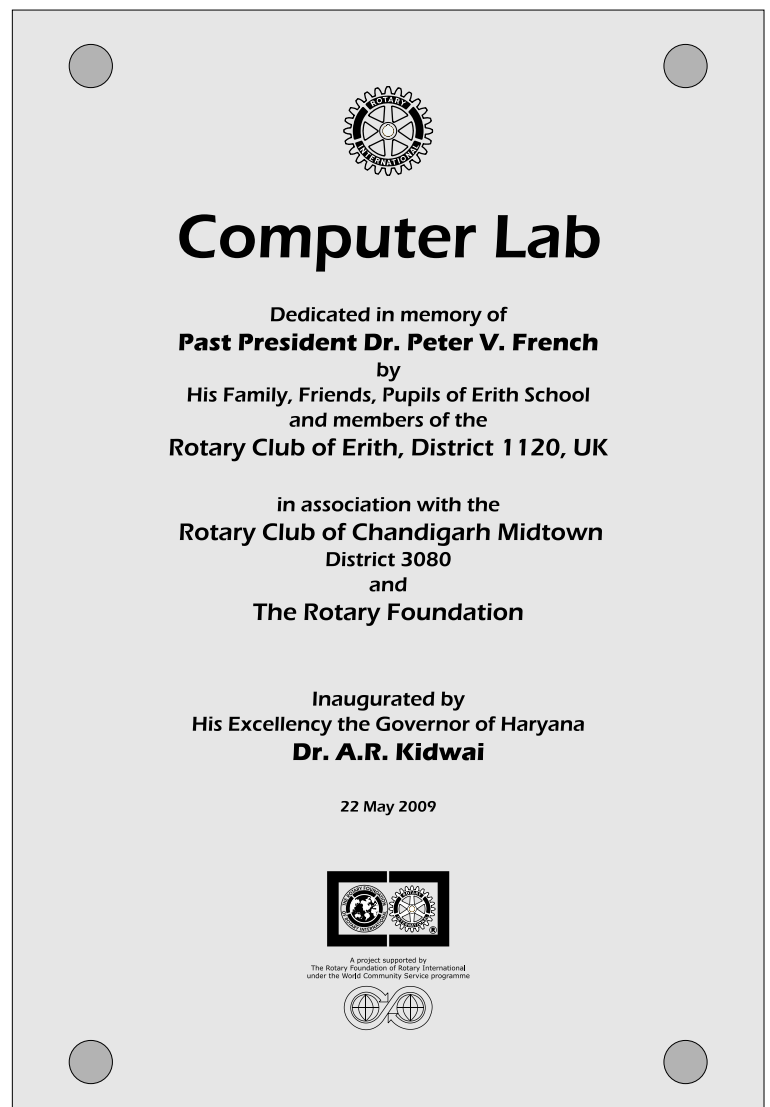
As announced earlier, our regular meeting on Friday, May 22, 2009 stands shifted to Sikhya, the School of Learning, Sector 46 A, Chandigarh. Time is 6.30 pm as you will see from the minute-to-minute programme on the following page.

Members are requested to be present at the school in time.

The Chief Guest, His Excellency Dr. A R Kidwai, Governor of Haryana is scheduled to arrive at the School at 6.30 pm sharp.

We have equipped the lab with 36 computers, all networked and with the necessary furniture. The commemorative plaque, which will be unveiled by His Excellency, is reproduced alongside. The Matching Grant project, with a total outlay of Rs.12.22 lacs, is a collaborative effort of the Rotarians of Chandigarh Midtown and the Rotary Club of Erith, District 1120, U.K, the family of its PP Late Peter French, the pupils of Erith School, District Governor Satish Saluja, 3080, District Governor John Wilton, 1120 who made allocations from their respective DDFs and the Rotary Foundation.

The meeting will be followed by tea, courtesy Sikhya.



The plaque features the Rotary Club of Chandigarh Midtown logo at the top. The main text reads: "Computer Lab", "Dedicated in memory of Past President Dr. Peter V. French by His Family, Friends, Pupils of Erith School and members of the Rotary Club of Erith, District 1120, UK", "in association with the Rotary Club of Chandigarh Midtown District 3080 and The Rotary Foundation", "Inaugurated by His Excellency the Governor of Haryana Dr. A.R. Kidwai", and the date "22 May 2009". At the bottom, it states "A project supported by The Rotary Foundation of Rotary International under the World Community Service programme" with a small logo.

The Plaque to be unveiled at Sikhya by H.E. Dr. A.R. Kidwai

Inauguration of Computer Lab at Sikhya School, Sec. 46, Chandigarh

Programme Friday May 22, 2009

Master of Ceremony: Rtn. Arjan Singh

- 6.30 pm : Arrival of Chief Guest His Excellency Dr. A.R. Kidwai, Governor of Haryana and tour of school facilities.
- 6.45 pm : Unveiling of the commemorative plaque and inauguration of the computer lab.
- 7.00 pm : Call to order for the formal meeting
- 7.01 pm : National anthem
- 7.03 pm : Lighting of the lamp.
- 7.06 pm : Welcome by Club President Saroj Jhawar
- 7.10 pm : Induction of new member.
- 7.15 pm : Computer Lab – the story by Project Chairman IPDG Shaju Peter.
- 7.20 pm : Sikhya - The School with a Difference, by Trust's Representative
- 7.25 pm : Literacy and the Rotary Foundation by PRIP Rajendra K. Saboo, Guest of Honour.
- 7.32 pm : Introduction of Chief Guest by Rtn. R.K.Luther
- 7.35 pm : Education is the Key – Address by His Excellency Dr. A.R. Kidwai.
- 7.45 pm : Expression of gratitude by Principal Ms. Sonia Channi.
- 7.48 pm : Tea.

Foundation Funding Cut for Some Programs

At their April meeting, The Rotary Foundation Trustees examined how the current global economic crisis has affected the Foundation's ability to support Rotarians' good work worldwide. Like all foundations, they have experienced substantial unrealized investment losses, forcing them to suspend Matching Grant applications in March of this year. These losses will also have an impact on the amount of money available for program awards in the coming year.

Effective 1 July 2009, the Foundation will no longer fund the following:

- Rotary Grants for University Teachers , except for grants already awarded
- Volunteer Service Grants
- Cultural and Multi-Year Ambassadorial Scholarships , except for grants already awarded


Districts are encouraged to use their District Designated Fund (DDF), which is secure and not affected by budget cutbacks in any way, to help carry out their humanitarian service projects.

Looking ahead, the Trustees agreed that World Fund Group Study Exchange (GSE) partner districts will spread their exchanges over two years in fiscal years 2010-11 and 2011-12, with one team being funded in each of the years.

"We understand that many Rotarians will be disappointed by one or more of these cutbacks. Given the current economic situation, however, it was essential to reduce the Foundation's 2009-10 program budget.", said PRIP Jonathan Majiyagbe, 2008-09 Chair, The Rotary Foundation Trustees.

Source : RI Website

PP Rtn. T.S. Anand



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Yoga - A Way of Life

Our Guest Speaker in last Friday's meeting required no introduction. Yogi Pankaj Sharma, President - R.C. Himalayan Ranges was eagerly awaited in our club, for the second time in the current Rotary year, for an interesting and knowledgeable talk on Yoga and its benefits.

Yogi Pankaj began with a brief explanation of the various paths of Yoga.

1. Jnana Yoga, the Yoga of Knowledge : Jnana Yoga emphasizes the use of the mind to surpass the mind i.e. to discern the mind. aims at attaining liberation through knowledge and not by rituals and ceremonies. Knowledge attained by Jnana Yoga is through understanding of judgment and experience.
2. Karma Yoga, the Yoga of Action : It is the Yoga of doing actions in union with the Divine. In this practice, the individual is free from attachment & remains balanced both in success & failure alike.
3. Bhakti Yoga, the Yoga of Devotion : Refers to a spiritual practice of offering utmost devotion (bhakti) to God. In order to practice this yoga, it is very important for the practitioner to surrender himself to God by channelling his emotions into unconditional love for God, turning into devotion.
4. Hatha Yoga, the Yoga of Body : Coming from Sanskrit



origin, the root words "Ha" mean Sun & "Tha" means Moon. Hatha Yoga is a discipline that harnesses & combines different currents of the body to invoke the all-powerful Kundalini force.

5. Ashtang Yoga, the Yoga of body, mind & soul : It refers to the 8 limbs of yoga. So, Ashtanga Yoga, literally, aims to purify the practitioner's mind through 8 (Asht) steps, which are :
 1. Yama (Control)
 2. Niyama (Rules of Conduct)
 3. Asanas (Poses)



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4. Pranayama (Breath Control)
5. Pratyahara (Withdrawal of Sensory Perceptions)
6. Dharana (Concentration)
7. Dhyana (Uninterrupted Meditation)
8. Samadhi (Complete Equilibrium)

Yogi Pankaj then demonstrated the various asanas and exercises for cure of cervical, back pain, arthritis, diabetes, high blood pressure as well as low blood pressure. He also stressed upon the need to improve one's food habits for a healthy living.

He suggested that in case of back pain, one must have pineapple in any form, because it contains bromelain, which is a mixture of enzymes found naturally in the juice and stems of pineapples. It helps with mild pain associated with osteoarthritis. It's a common ingredient in nutritional supplements marketed as a natural pain remedy for arthritis.

In case of stomach pain, it is advisable to have an apple or papaya as these contain pectin & papayin respectively. Eating banana works as a medicine for nerves because it contains folic acid, potassium & vitamin B-6. Banana is also very good for stress and cramps.

The talk concluded with a formal vote of thanks to the learned speaker by Jt. Secy. Rtn. Ritu Singal.



IPDG Shaju inducts our new member

Know your New Fellow Rotarian

Dr. (Mrs.) Rita Kalra

Clf. : Medical Practice-Paediatrics
 Add. (O) : General Hospital, Sector 6,
 Panchkula-134 109
 (R) : 425, Sector 7, Panchkula - 134 109
 Phone : (O) : 2567228
 (R) : 2596496
 Mobile : 99152 99803
 E-mail : rita.kalra.5@gmail.com
 D.o.B. : 06.01.1967
 Wedding : June 29
 Member from : 15.05.09
 Position Held : Member
 Spouse : Dr. Sanjay Kalra
 D.o.B. : September 08
 Children : Ruchir (S) Aarushi (D)

Donations for Shelter Project

The Ind Swift Charitable Trust, Panchkula	Rs. 21,000.00
M/s Nikka Mal Babu Ram (JJ Group), Chandigarh	Rs. 21,000.00
Rtn. Ravinder Kapoor	Rs. 5,100.00
Rtn. Ashok Kumar Sharma	Rs. 5,000.00
Rtn. Ashok Kumar Puri	Rs. 2,500.00

Birthday Greetings

Rtn. R.K. Goyal



May 25

Wedding Anniversary Greetings

R'ann Kiran & Rtn. Ashok Kumar Sharma



May 23

Punctuality Draw

Won by Rtn. Om Parkash



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