

The Mid Towner



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

R.I. President
John Kenny

District Governor
Chetan Aggarwal

President
Gurdip S. Deep

Secretary
Ritu Singal

Editor
PP Dr. V.J.S. Vohra

Club No. 15228

PROGRAMME

Volume XXXIV No. 51 June 16, 2010

Role of Banking Ombudsman
Chief Guest: Mr. Lalit Srivastava, Banking Ombudsman, Chandigarh

Friday, June 18, 2010

Time : 7:00 P.M.

Venue: Hotel President, Sector 26, Chandigarh

Powerpoint Presentation on Stress Management

Chief Guest in our club meeting on June 11, 2010, PDG Surendra Seth was introduced by President Gurdip S. Deep, as a Rotarian who is immensely popular in our District. An engineer by profession, who has given most of his time to Rotary, comes from Jalandhar, a neighboring RI District. President Gurdip welcomed him and his wife R'ann Vinita Seth.

PE Prem Anand gave a brief about the Membership Development Seminar at Barog where we had the highest registration! A detailed report by PP Indrajeet Sengupta appears in the previous bulletin. President Gurdip said that the Valedictory function would be held in the last club meeting of this Rotary year on Friday, 25th June 2010 at Hotel President. On 27th June 2010 at Pinewood, Barog, we are having District awards function. He said, "If we can

have highest registration at Barog a few days back, we could again be there in larger numbers to receive appreciations from District Governor Chetan Aggarwal."

PDG Surendra Seth's impressive talk, accompanied by a colourful powerpoint presentation, started with display of a poem by the 11th President of India Dr. A.P.J. Abdul Kalam, titled Rock Walls. "Some build rock walls all their lives, when they die miles of walls divide them. Others build rock walls, one rock on another, and then build a terrace, where they pray for love." A notable scientist Dr. Abdul Kalam tackled the situation with grace. Mr. Seth then quoted Swami Viveknanda who said, "Don't mind mistakes in this battlefield of life, the dust of mistakes must be raised; he who is so thin skinned as not to be able to bear them, let him go out of the ranks!"



PDG Surendra Seth gives a Powerpoint presentation on Stress Management



From left: Secretary Ritu Singal, First Lady Maniki Deep, Rtn. Deepa Bhar, R'ann Vinita Seth and rest of the audience seems to be totally stress free!!!



Birthday boy PP Capt. Manmohan S. Kahlon cuts the cake, and gets a gift from PDG Surendra Seth, while President Gurdip acknowledges his contribution of Rs. 1100/- for the club projects

To motivate us to manage stress he also displayed the clippings of some old melodious Hindi film songs. He said the problem in many persons is that they do not understand that the solutions to their stress are within themselves or within their own homes, but they tend to look else where and create more problems or stress. There are number of reasons due to which one may be stressed. It may be due to the

family or personal reasons, it may be inherited, a psychological problem, a social or an economical situation, it may even be due to some unknown reason! PDG Seth said, "If you want, stress becomes productivity, conflict becomes compassion, fear becomes self command and regret becomes inspiration." Different people consider different situations as stressful. We need to analyze the source



From left: PP Dr. Balram Gupta, R'ann Vinita Seth, Rtn. Ritu Singal, President Gurdip S. Deep and PDG Surendra Seth



PP B.L. Ramsisaria bags the punctuality award, and gets it from R'ann Vinita Seth

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of stress in our life, so that we can manage to neutralize it with positive attitude.

He added, "Realize the glory, surrender to kindness and listen to consciousness. Practice dynamic exchange of smile, flower, compliments, best wishes and pray for prosperity of all." He further advised that one has to control his anger which only leads to more stress and even destruction. We should, "care and share with confidence, peace, honesty, strength, intelligence and affection. Let the child in you play, go for picnics, dance to the music and enjoy life as it comes." His message was clear, "Let scriptures light the way, kindle the spark within, and strengthen the attitude of gratitude. Forget your ego. Indulge in power of forgiveness. It gives freedom from stress. Take the medicine of laughter."

Follow the Four Way Test of Truth, Fairness, Friendship and Benevolence. PDG Seth said, "The more he saw, the less he spoke. The less he spoke, the more he heard." He concluded by making us all sing together, "Jeewan chalne ka naam, chalte raho subha sham" The presentation ended with a stress free loud applause by the audience!

Formal vote of thanks was proposed by PP Dr. Balram Gupta. He said, "What a smooth presentation! Washing the soul free from anger. One is reminded of Shakespeare when he said, 'he is a fool who cannot get angry but he is wise who will not.' The best recipe for being free from stress is Surendra Seth himself." He thanked him and R'ann Vinita Seth for being with us and looked forward to have them with us again.

Stress Management Mantras

- Meditation is one of the simplest and easiest ways to attain many wellness and stress relief benefits.
- If you get it, take it. If you do not, forget it. The person, who does not give, will be adversely stressed!
- If you do not get the Powerpoint, it is enough if you get the point!
- Punjabi Ishtyle: Ki farak paida hai. Chak de phate!

PDG Shaju Peter appointed as Assistant Rotary Coordinator

RI President Elect Ray Klingensmith has taken a decision to do away with the position of RRIMC. Effective July 1, 2010 he has appointed 41 Rotary Coordinators from the 34 zones internationally. Instead of concentrating on the membership growth alone these Coordinators would interact with District leaders to promote all the structured programmes of Rotary International other than the Foundation and in so doing enhance the visibility of Rotary in communities all around the world with the expectation that as a result membership would automatically increase.

For zone 4 and 6A he has chosen PDG Mayur Vyas from District 3060 as RC. PDG Shaju Peter has been appointed as the Assistant Rotary Coordinator

for Districts 3080, 3070, 3090 and 3010.

In view of this appointment Shaju has already written to TRF Trustees Chairman Elect to relieve him from his responsibility as Member of the TRF Resource Committee for Zone 4 and 6A because he strongly believes that doing justice to both positions will not be easy."

Dadi-Dada R'ann Shashi & PP Rtn Dr. Balram Gupta

Our heartiest congratulations to Dadi-Dada R'ann Shashi & PP Rtn Dr. Balram Gupta as their son Shireesh & daughter-in-law Shirpa have been blessed with a son.

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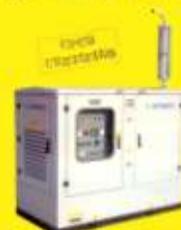
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Know Your New Fellow Rotarians:

<p>TEJ MOHAN SINGH Clf : Law Practice – Income Tax Address (O) : 527, Sector 10-D, Chandigarh (R) : 527, Sector 10-D, Chandigarh Phone (O) : 4634430, 2742527 (R) : 4634430, 2742527 Mobile : 98141-43430 Fax No. : Email : tejmohansingh@gmail.com D.o.B : 24.03.1971 Wedding : December 07 Member From: June 2010 Spouse : Gagan Meet Vocation : Housewife D.o.B. : October 04 Children : Jugat (D) Aekam (S)</p>	<p>MANMOHAN KUMAR GARG Clf : Education – Entrepreneur Address (O) : Gurukul Vidyapeeth HO: SCO 51, Sector 20 -C, Tribune Road , Chandigarh (R) : 573, IAS Society, Sector 49-A, Chandigarh Phone (O) : 2712312 (R) : 5001111 Mobile : 98764-62000 Fax No. : 5076433 Email : ceo@gurukul.cc D.o.B : 22.03.1969 Wedding : November 03 Member From: June 2010 Spouse : Rachna D.o.B. : March 28 Vocation : Director, Gurukul Vidyapeeth Children : Tulika (D) Shivam (S)</p>
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Charter Day Celebration

Rtn. Jawahar Jain sponsored the sumptuous snacks for the Charter Day celebrations on Saturday, June 05, 2010. President Gurdip S. Deep thankfully acknowledged the generous contribution of Rtn. Jawahar Jain to make the celebrations a grand success, which shall further inspire us to celebrate this day in a befitting manner in the years to come!

Wedding Anniversary Greetings

R'ann Paramjeet & Rtn. R.S. Sihota
R'ann Renu & Rtn. Anil K. Khanna



June 19
June 24

Birthday Greetings

Rtn. Vinod K. Jawa



June 21

Punctuality Draw

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