

## PROGRAMME

### How to Understand your Spouse Better!

*Guest Speaker:* Dr. Karamjeet Singh Sra, I.A.S., Govt. of Punjab  
(Rotarians are requested to attend with Spouse, and those without may be fined)

Friday, April 22, 2011

Time: 7.00 p.m.      Venue: Hotel President, Sector 26, Chandigarh

## Leadership Academy – My Learning Experience

Club meeting on April 15, 2011 was presided by Vice President Rtn. Ritu Singal as President Prem Anand was away to New Delhi. The speaker was our own Rtn. Dr. Mrs. Rita Kalra, who shared with us her experience of the District Leadership Academy. She was introduced by Rtn. Mrs. Kanan Diwan as a medical officer in hospital administration in Panchkula. Dr. Rita is a graduate in medical science from Medical College, Indore. She is now doing MBA in Health Care Services from Mahipal University. She is a keen social worker for the past 20 years. She is also an integral part of our medical camps. She is married to Dr. Sanjay Kalra, Principal, BRS Dental College, who is also running a Dental Care Multi-Speciality hospital in Panchkula. Their son is doing BDS and daughter is in class XII.



Rtn. Dr. Rita Kalra

Recently Dr. Rita successfully completed Leadership Academy course of District 3080. She gave an impressive powerpoint presentation which started with an energetic and a marvelous song, "tum chalo tho Hindustan chale". She said, "Every person is a born leader. In fact every Rotarian is a leader." She added, "There is leadership trait in every

individual. It is only the self awareness, self belief and self confidence that needs to be awakened. This is the ultimate destination for the self grooming lessons to be a leader." Dr. Rita said that she would like to share her experience in three words, "It was awesome, fabulous and a brilliant experience."

She said it was four days of action packed activities from 9 am to 7 pm, with 21 participants from all over District 3080. There were Rotarians from different age groups, different qualifications and different classifications.

She said, "PDG Major Som Dutt, the Dean of the Academy, had meticulously planned the schedule to the minutest details as expected from a retired army officer. The Chairman of the Academy, PRIP Rajendra K. Saboo, welcomed the delegates and introduced the faculty. Associate Dean PDG Shaju Peter, the faculty Team Leader, was there with his broad smile and loud greeting to make us feel at home."

The delegates were allotted the seats, "and mine was the hottest, the one next to the dias," remarked Dr. Rita. Lessons on Public Speaking, Introducing the Guests, Vote of Thanks etc. were made interesting and the whole event was recorded and then replayed, "for us to judge our own performance." Small little details like tone of voice, grammar in speech, eye contact, posture etc. were discussed to improve the performance. At the end of the program it was difficult to judge the best as every one was ready to hold the mike and speak. It involved effective communication and listening skills.

Day 2 started at 6.30 am with brisk Yoga sessions, under the guidance of renowned Yogi Pankaj. By 8.45 am every one was in the conference hall. Post lunch session was full of excitement as the participants awaited the visit of RI President Ray Klinginsmith, along with RI Director Ravindran and RIDE Yash Das and it was interesting to interact with them and discuss Rotary in India and abroad.

Tasks were given to the delegates and there was lot of planning and excitement to complete it in the scheduled time. One of the tasks was to organize the cultural evening before the Chairman and guests. The gents presented a joke or two, and the ladies designed a parody.

Day 3 was about Leadership, delegation, time management, emotional intelligence, meeting skills and tele-conferencing. Every one spoke on what they would be doing if they were not in their present profession. Vision 2020 for Rotary District 3080 was a group project to test the artistic and imaginary skills of the delegates. There were also three



Rtn. Dr. Jawahar Luthra presents a memento to Rtn. Dr. Rita Kalra



Dr. Rita Kalra presents a birthday gift to Rtn. Kanan Diwan



Dr. Rita Kalra presents wedding anniversary gift to R'ann Herpreet & PP Rtn. Col. A.J.S. Gill and Secretary Deepak Sood is there to wish them good luck



PP Pallav Mukherjee, Rtn. Ritu Singal and Rtn. Dr. Rita Kalra share the humour. Pallav gets the award for being punctual, an art of waiting for others who are not!!!

rounds of antakshri.

Day 4 highlight was 'Igniting the Fire of Leadership', a presentation which can be expressed in one word – Splendid! Dr. Rita concluded, "Give me some sunshine, give me some rain, give me another chance I wanna grow up once again."

Vote of thanks was proposed by Rtn. Dr. Jawahar Luthra. He thanked Dr. Rita Kalra for the spectacular and useful presentation.

The meeting was followed by cocktails hosted by Ann Herpreet & PP Col. A.J.S. Gill to celebrate their Golden Wedding anniversary. On behalf of the club Ritu

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congratulated the charming & graceful couple and wished them good health and happiness. She also thanked for their contribution to the Rotary Foundation.

## Second Generation Rotarians

Col. Gill made his son Raman a Paul Harris Fellow. This seems to have satisfied PDG Shaju Peter's request for having second generation Rotarians. It may be seen as a serious message to senior Rotarians for motivating their children to follow their footsteps by joining our Rotary club. Very few have already done that, but more are required, to keep our club flag flying high for all times to come, and to make the average age of our club members younger!



Golden celebrations! PP Col. A.J.S. Gill & Ann Herpreet with their son Raman, daughter Aneet, daughter-in-law Simran and grand daughters Shaina & Savana. Also seen, on left Rita, on right Secy. Deepak Sood and VP Ritu Singal

## The Good Habit of Giving Rtn. Ashok Mahajan

Trustee, The Rotary Foundation  
Director, Rotary International 2007-2009  
Member, International PolioPlus Committee



Rtn. Ashok Mahajan

Our parents taught us to cultivate good habits from childhood. These habits have helped us to develop as better human beings over the years. We learnt to do good deeds and conduct ourselves as responsible members of our household and our family circle. When we learnt to do good things our brain made connections that created pathways for a better future. When we routinely performed the good deeds and the same responsible actions, our brain learnt this pattern of behaviour and set up a course for our future. The computer memory stores commonly used actions where it can access and process them faster. The brain does the same thing. It has been proved that instituting

a new habit takes only 10 days. In Rotary, The Rotary Foundation is asking you to institute a good habit. It is called Every Rotarian Every Year.

The Rotary Foundation is the backbone of Rotary International. The Foundation was set up by visionaries who had the habit of rushing to help others in need. It did not matter where the help was needed or how big the assistance sought was. They knew that Rotarians around the world will cultivate the habit of extending their helping hand with compassion.

Help is needed in many forms. Rotarians have been volunteers helping people with their skills around the world. It is a habit they have developed. Another kind of help is in the form of donations to The Rotary Foundation. Donating every year to the noble causes through The Rotary Foundation comes through one easy step. Just start giving with compassion. You will find that during the next year the compassion for people

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around you pushes you to give one more time and then one more time. The Every Rotarian Every Year is a habit that brings out the greatness within you. The satisfaction of that habit of giving year after year is immeasurable.

Polio in India is now on the verge of being eradicated because of generous donors who gave regularly. They still do. How can the habit of giving be cultivated among Rotarians? Simple. Let them interact frequently with habitual donors to The Rotary Foundation. The Club leaders and District leaders have to provide for such opportunities. Those who have the habit of donating every year to TRF have what is called as the 'habit memory.' It is very organised and rigid. The forums in which this habit can be cultivated include PETS, DTTS, District Assembly, TRF Seminars, Installations, Project visits, Alumni meetings and regular communication with the members in the clubs.

## Indian Rotarians in Africa for Mega Medical Project

RI District 3132 and RI District 3080 are embarking on a mega medical mission to Africa, with a thirty member strong team lead by District Governor Rtn. Madhukar Malhotra of RI District 3080 and District Governor Rtn. Shirish Rayate of RI District 3132, providing free surgical treatment to more than 1300 poor patients of Zambia and Malawi of RI District 9210 from 8th April to 21st April 2011. This team, comprising of 21 doctors and 9 Rotarians as volunteers, is serving beyond borders, to embrace humanity across Continents.

In 1997, Past R.I. President Raja Saboo, the then District Governor Rtn. Dr. Rajiv Pradhan of R.I. District 3130, Late Rtn. Nandlal Parekh of USA and Rtn. Dr. Madhav Borate initiated a project of doing Polio corrective and eye surgeries in Uganda. In those days it was unique for an Indian Rotary District to sponsor and physically execute a project abroad. This project was done in 1998, which was a great success.

Indian Rotary districts have now done many medicare projects in Africa in countries like Uganda, Ethiopia, Nigeria, Tanzania,

### Birthday of Rotary Anns

R'ann Hariti

R'ann Anupam Jain



April 24

April 25

Our goal from India during 2010–2011 is US \$15 million for TRF. During 2011–2012 when Rotary International has Rtn. Kalyan Banerjee as the President our goal for TRF will have to be US \$20 million. I request Every Rotary leader in our country to shape the future of TRF by involving Every Rotarian in Every Club and cultivating the habit of giving every year.

I like to reproduce the following quote:

Your thoughts become words  
Your words become actions  
Your actions become habits  
Your habits become character  
Your character becomes your destiny”

Rotarians exemplify people with good thoughts, words, actions, habits and character. That is why nothing is impossible for them.

Zambia, Malawi, Swaziland, Madagascar, Lesotho, Sierra Leone, Congo and in Cambodia. Today, the scope of the operative procedures have widened to include Eye, Ortho, ENT, Gen surgery, Gynea, Plastic and Dentistry. So far more than 100000 patients have been examined and 26800 surgeries have been performed. The cost benefit extended to Africa is well above Rs. 35 crores. More than 300 doctors and Rotarians have participated in these projects. Many Rotarian doctors and volunteers have visited Africa several times. This has greatly enhanced the image of Rotary and India in the African states, and world wide!

PRIP Raja Saboo and Usha ji have always joined as volunteers (by bearing all the costs) and provided yeoman service to the poor patients. They are again part of the above team and under their stewardship we are proud to enhance the Rotary image of India!

This is a matching grant project financially supported by both the above districts and districts in USA and Italy.

### Wedding Anniversary

Mrs. Kanta & Mr. Suraj Handa

Punctuality Draw

Won by PP Rtn. Pallav Mukherjee



April 25