

## PROGRAMME

### How to Understand Rotarians Better - A Quiz Program

Quiz Master: PP Rtn. Pallav Mukherjee

Friday, April 29, 2011

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

## How to Understand your Spouse Better!

We had Dr. Karamjeet Singh Sra, I.A.S., Govt. of Punjab in our Club meeting on April 22, 2011 to present a talk on 'How to Understand your Spouse Better'. He was introduced by Secretary Rtn. Deepak Sood. Dr. Karamjeet Sra has done MD in Medicine from Govt. Medical College, Patiala. He is an I.A.S. officer in Govt. of Punjab. He has held various important assignments like; SDM Malerkotla, Addl. DC Sangrur, Addl. State Transport Commissioner Punjab, Commissioner Municipal Corporation Patiala and Deputy Commissioner Gurdaspur. Presently he is Secretary Punjab State Agricultural Marketing Board. His other qualifications are Graduation in Astrology and Diploma in Palmistry.



Dr. Karamjeet Singh Sra

they are young at heart or not!

Dr. Karamjeet said that he and his wife, who is a Lecturer in Govt. College, have their residence in Mohali. They had guests from Bhatinda, a working couple, the wife being a Lecturer and husband a Govt. Officer, who had planned their holiday after three years. Next morning they left Mohali for Chail, but returned after few hours! When asked the reason, the friend says, "Chad yaar, jaan de, koi faida nahi." The couple had an argument when from opposite direction another car had crossed them, and a beautiful lady

was in that car. He just slowed down to negotiate traffic congestion in Kalka but the wife got annoyed, "Menu uttar do, agar ude wal dekhna hai." He defended himself by saying that he was only ensuring that his car does not touch the other one, but the wife had her doubts, "Chandigarh to Kalka tak koi touch nahi hoya, ithe hi hona si!" The husband decided if they had to fight was it necessary to drive all the way to Chail. Why not go back to Bhatinda. It took some effort for Dr. Karamjeet and his wife for counseling and pacifying the couple. After this episode Dr. Karamjeet analyzed as to why a couple who had happily planned a holiday should get into such a situation. He then decided that he should seriously work on the relationship between the spouses, though this was not his subject as a Medical Doctor or as an I.A.S. officer who had also studied astrology.

He said the problem starts when the wife starts accusing the husband that he does not understand her feelings or vice versa. It is not clear who is to be blamed! Scientifically, where brain activity and behavior are concerned, there is no difference between man and women. In fact, women are better than men in human relations. Dr. Karamjeet pointed out that women have four times as many brain cells connecting the right and left side of their brain. Men rely easily and more heavily on their left brain to solve one problem, one step at a time. Women have more efficient access to both sides of their brain and therefore greater use of their right brain. Therefore, women can focus on more than one problem at one time and frequently prefer to solve problems through multiple activities at a time.

Spouses should overcome their differences, and avoid attempts to frustrate each other. They should compromise and adjust themselves as the situation demands. We should not be the source of distress and disappointment in the life of the person we have to live with. Dr. Karamjeet stressed that women need to be seen in equality with men. There are different roles played by men and women. However, women have better vision and can observe things



Rtn. Dr. Mrs. Rita Kalra presents a memento to Dr. Karamjeet Singh Sra



Dr. Karamjeet Singh presents the punctuality award to Rtn. Dr. Prof. S.P. Vij

better than men, who may get exposed for their acts quite easily, and this some times leads to misunderstanding among the spouses.

Dr. Karamjeet said, "Men have a tubular vision and women have much wider. For this reason, women are better drivers within the city and men can drive better on highways, the reason being women can observe in various directions whereas men can focus better in one direction only. He gave a glaring example for this in Punjabi and it was very humorously explained. If the husband is looking for his socks and his wife has told him that it is lying in the drawer, he will not be able to find it even after peeping into it several times and even loses his temper. But the wife pulls it out of the same drawer! The reason for this is that the man looks at his object only at one or two points, whereas the lady would give a much wider scan to the same object.

Coming to expressing emotions or sentiments through words, as per research by scientists it has been established that on average women speak 6000 to 8000 words per day. Men manage just over 2000 to 4000 words in a day. Men communicate by sharing long periods of silence, whereas women are good at gossiping, processing things and sharing emotional insights. That explains why men are never able to

express themselves better and that leads to complications in relationship between the spouses. The wife would always like to talk whereas husband may not have the capacity to do so. Husband likes to be left alone whereas the wife wants to talk. Women would generalize every situation. Men may become rigid and have target oriented approach.

It has been found in studies that while we are talking, 30 to 40 percent are words and 60 to 70 percent is body language.



Dr. Karamjeet presents wedding anniversary gift to Kanta & Suraj Handa

**KUC**  
Superspecialty Surgical Center

HIP Joint, Arthroscopy  
EC-15 Bypass, Micro  
Transcatheter Aortic Valve  
Replacement

**Rtn. Dr. (Col.) V.K. Kapoor**  
Chairman, KUC

24 Hrs. Emergency Services

**Facilities**  
Endovascular Procedures  
Urology, Stroke  
Lithotripsy, PPH, IVC  
Endo-Cycle Therapy  
Laser Bronchoscopy  
TURP/Biopsy/Tumors  
TURP/Biopsy/Tumors  
TURP/Biopsy/Tumors  
Laser Prostatectomy  
Laser Prostatectomy

**Orthopedic Procedures**  
for total and partial  
hip/knee replacement, Primary and  
Revision Joint Replacements,  
Acetabular Defect  
Reconstruction, Limb Lengthening  
and Hip Fractures

**Orthopedic Procedures**  
for total and partial  
hip/knee replacement, Primary and  
Revision Joint Replacements,  
Acetabular Defect  
Reconstruction, Limb Lengthening  
and Hip Fractures

3/5, Bulk Market, Phase-XI, Mohali. Ph: 5039293  
/293, Industrial Area-II, Chandigarh. Ph: 5002293

Rtn. Mohinder Singh

**Indian/Imported Furniture**

**Balaji Creations**  
Manufacturers of Quality Furniture

3/5, Bulk Market, Phase-XI, Mohali. Ph: 5039293  
/293, Industrial Area-II, Chandigarh. Ph: 5002293

Rtn. Deepak Sood

**Telecom Systems (India)**  
Authorized Channel Partners

**SIEMENS**  
Digital EPABX's

**MOTOROLA**  
VHF/UHF Wireless Radios

**Honeywell**  
IP-based CCTV  
Systems, Conference Rooms, Access Control & Attendance Systems

**Panasonic**  
Personal CD Projectors & Penablets  
Audio & Video Conferencing Equipments

BCD13, 2nd Floor, Tribune Road, Sector 20-D, Chandigarh  
Tel: +91-172-2704510, 2708246 Fax: 0172-5077760  
M: 98722-11429, e-mail: ucpl@connections.in

Ladies can tell very good lies even face to face but men can get caught easily. They are less exposed if they tell lies on telephone, in writing, with covered face or in a dark room.

Talk by Dr. Karamjeet was very practical, well supported by wit and humour. He concluded, "I thank you all for giving me an opportunity to understand your feelings and sentiments. I pray for harmonious life for you all."

## Aasra Project, GMCH-32

In the last club meeting President Rtn. Prem Anand said, "You will be pleased to know that we have collected Rs. 1890/- from the attendants of the patients in GMCH, Sector 32, for using blankets and beds in our Aasra Rotary sarai for one month. Last month collection was Rs. 1580/-." The increase in the amount shows the popularity that this project is gaining.

President Prem appealed, "More funds are required from the Rotarians to give more facilities to the needy."

Expression of gratitude was conveyed by Rtn. Dr. Rita Kalra. She said, "Dr. Karamjeet Singh has meticulously summarized the human relations in a very hilarious way, justifying the behaviour of men and women as they are today." She added, "On behalf of the Rotarians of Chandigarh Midtown I would like to thank him for this laughter session and initiating the thought process."

## Unique Honour to be PHF

President Prem Anand thanked R'ann Herpreet & PP Col. A.J.S. Gill for motivating their son, Raman, to become a Paul Harris Fellow. In Rotary, it is a unique honour to be PHF!

Any Rotarian or non-Rotarian who wants to become PHF, some contribution will be from the club or the District. So, please hurry and do not lose this opportunity. Your attention is drawn to the previous bulletin No. 41 to an inspiring article on page 3 titled, "The Good Habit of Giving" by Rtn. Ashok Mahajan, Trustee, The Rotary Foundation.

## Close-up with Tochi and Preety Email received by PDG Shaju Peter

From: David Moore <davidpmoore@comcast.net>

Date: 12 April 2011 01:48

Subject: A Close-up with TS and Preety

To: "daftech." <daftech@sify.com>

Cc: Dale Moore <dtm860@att.net>

Dear Shaju,

I thought I would forward this close-up of me with Tochi and Preety at our home in Connecticut. They visited my wife Dale (who took the photo) and me at our home for high tea yesterday and will be flying home Tuesday.

Best regards!

David T. Moore

Past President 2009-2010

Rotary Club of Madison, CT

Shaju said, "David was the primary contact in Madison, our international partner in rain water harvesting project."



From left: PP Rtn. David Moore, R'ann Preety & PP Rtn. Tochi Anand

**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

A&A provides you with complete solutions to give your kitchens, wardrobes and floors a glamorous makeover! Our built-up units are a perfect combination of functional features, space saving utility, convenience and aesthetic designs, offered at the most competitive prices. For more information write to us at [info@aamodulars.in](mailto:info@aamodulars.in)

**A & A Modular Systems**  
Corporate Office : D-35, Industrial Area, Phase II,  
SAS Nagar (Vidha), Punjab, INDIA 161 055  
Mobile : +91 98160 03038



PP Rtn. Indrajeet Sengupta  
**Composite Power System**  
*"The profits most who serves best"*



Authorized Dealers  
Ekeker Engines Dew., IMIL, Alcor  
QUALITY AFTER MARKED SPARE PART AND SERVICE  
SPECIALS IN EQUIPMENT, MAINTENANCE, TRAINING COURSES

227, Industrial Area, Phase I, Chandigarh - 160 092  
Phone: 0172-4003257, 2650422 Fax: 0172 2636422  
E-mail: compositepower@biscindia.com

## *Forty years of Marriage!* *Contributed By PP Rtn. Harish Sethi*

A married couple in their early 60s was celebrating their 40th wedding anniversary in a quiet, romantic little restaurant. Suddenly, a tiny yet beautiful fairy appeared on their table.

She said, "For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish."

The wife answered, "Oh, I want to travel around the world with my darling husband."

The fairy waved her magic wand and - poof! Two tickets for the Queen Mary II appeared in her hands!

The husband thought for a moment. "Well, this is all very romantic, but an opportunity like this will never come again."

He said, "I'm sorry my love, but my wish is to have a wife 30 years younger than me."

Okay, So the fairy waved her magic wand and poof!...the husband became 92 years old!!!

The moral of this story: Men who are ungrateful fools, should remember fairies are female!

## *The Push - God Loves Drunk People* *Contributed By Rtn. Jagdeep S. Chopra*

A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!"

He slams the door and returns to bed.

"Who was that?" asked his wife. "Just some drunk guy asking for a push," he answers. "Did you help him?" she asks.

"No, I did not, it's 3 am in the morning and it's bloody pouring rain out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself! God loves drunk people too you know."

The man does as he is told, gets dressed, and goes out into the pounding rain.

He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing," replied the drunk.



Needs a Push

### *Birthday of Rotary Anns*

R'ann Indu Anand



May 03

### *Punctuality Draw*

Won by Rtn. Dr. Prof. S.P. Vij

### *Wedding Anniversary*

R'ann Deep & Rtn. Maj. Gen. A.S. Kahlon



April 30

**Floatcell**  
Dissolved Air Flotation  
Clarifier

The most compact  
Dissolved Air Flotation Clarifier  
with automatic air spargers  
and 100% air efficiency.

Wide application in pulp and paper  
Primary treatment of industrial and  
municipal effluents.  
Recovery of compressed natural  
gas systems.  
Installed by DAFTECH with over 25 years  
of experience in 30 different  
countries.

For further information contact:  
**DAFTECH ENGINEERS PVT LTD**  
SCO-4, Sector-14G, Gurgaon  
Haryana  
Delhi-110042  
Tel: +91 122 401 8121  
Mobile: +91 981 012 8888  
Fax: +91 122 279 0195  
Email: info@daftech.com  
www.daftechindia.com

One of our installations in Bogota, Colombia.

www.daftechindia.com

**33**

**MASHAL**  
Mustard Oil

**PP Rtn. D.P. Khandelvia**  
A BIG THANKS FOR MAKING US  
**MUSTARD OIL BRAND OF THE YEAR 2008**  
The award was presented by GLOBE OIL INEA at Mumbai

Mustard Oil  
**BRAND OF THE YEAR 2008**

Khandelvia Oil & General Mills Pvt. Ltd. 123 Ind. Area-II, Chandigarh Ph.: 252227-28, www.khandelvia.com

**WIDEX**  
Hear the difference

**PP Rtn. T. S. Anand**  
**HEAR YOUR CHILDHOOD AGAIN**  
with world's No.1 Widex Digital Hearing Aids

**SENSO HEARING CENTRE**  
(Asia's largest chain of Hearing Care Clinics)  
SCO 3, CF, Sector 20 D, Chandigarh Ph.: 50091103  
SCF 22, 1st Floor Phase 7, Mohali Ph: 2225907