



2014-15

The Midtowner



Weekly Bulletin of Rotary Chandigarh Midtown

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Club No. 15228
R.I. District 3080

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Gary C.K. Huang

District Governor
Col. Dilip Patnaik

President
R.T.P.S. Tulsi

Secretary
Salil Bali

Editor
Dr. V.J.S. Vohra

Volume XXXIX No. 31 Dated: January 27, 2015

PROGRAMME

Indo - Rwanda Partnership and the Role of Rotarians

Chief Guest: Mr. Ernest Rwamucyo, High Commissioner of Rwanda

Guest of Honour: Past RI President Raja Saboo

Friday, January 30, 2015

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Disability Empowerment by Managing Stress

In the club meeting on January 23, 2015 President Rtn. R.T.P.S. Tulsi said, "You all must have gone through the bulletin. I wish to thank all those Rotarians who have taken active part for the official visit of the District Governor." As 24th January was the day to celebrate Basant festival, he requested Director International Service Rtn. Prof. Dr. I.S. Dua to talk about this festival because with regard to his avenue of service he and the President had met the Dean at Panjab University. Dr. Dua gave a brief talk and some scientific aspects about the Basant festival. On this day people worship Saraswati Devi, the goddess of knowledge. Saraswati puja helps the students who are to appear in their exams, and it is a day dedicated to goddess Saraswati.

An audio visual presentation on 'Managing Stress' was given by PP Rtn. Dr. V.J.S. Vohra, based on his experience with disabled persons since 1973 by empowering them with fitment of artificial limbs and other rehabilitation facilities. He explained that it is medically proved that stress contributes to many health problems and ailments. Everyone experiences stress in daily life. There are normal stress that are necessary and are resolved on day to day basis. These are not harmful. These are good stress. It is a feeling how we react to particular situation. For a certain situation some may take it lightly, and for them it may be a good stress. But some people may take it so very seriously that it would affect their physical and mental state. For them it is a bad stress.

There cannot be anything more stressful than a physical disability. If disabled persons can manage stress, Why not others? Modern rehabilitation techniques and accessibility are now available to assist disabled persons to enter the workplace and other buildings. In the workplace, disabled people want equal treatment at par with normal persons and do not want any special treatment, except the rights that are due to them. It is their will power which empowers them to overcome their disability with artificial limbs and other

state of the art gadgets that are now available. In fact there are many disabled people who are excelling in their careers, business, profession and even social work to help the community.

Out of five Rotary Community Corps of our Club, two of them are being managed by disabled persons, which is unique in the Rotary world. Disabled persons are enjoying life. They lead a normal life with dignity and pride with fullest commitment to their family, job, profession and business.

The presentation had many photographs and video clippings to show how disabled persons are placed in life; doing a poor man's job like a farmer working in his field with artificial arms, a mechanic doing welding, playing tabla, operating computers, driving cars, running in Olympics with normal persons, and playing golf with help of artificial limbs.

Dr. Vohra said, "Buy peace at any cost. Avoid confrontation, negotiate across the table with a cool and calm mind, as anger affects the health and causes one to over react." Laughter and Humour is a great Stress Buster. Create humour out of everything, and you will really enjoy life. He added, "It is better to be a smart idiot, and not an intelligent fool."

Being a Rotarian one should strictly practice the 'Four Way Test'. Getting involved regularly in Rotary meetings and community activities also gives lots of peace and happiness.

The presentation had two songs, one from 3 Idiots, "Saari Umar hum mar mar ke jee liye, Ek pal to ab humein jeene do.", and another one, "Khud ko kar Buland Itna ke har taqder se pehle Khuda bande se ye poche bata teri raza kia hai". Dr. Vohra concluded his presentation with its English translation, "Increase your selflessness to such heights that before creating each destiny, God himself would have to ask you, What is your wish?"



President Elect Rtn. Mrs. Kanan Diwan presents wedding anniversary gift to R'ann Purnima & IPP Rtn. Deepak Sood



PE Kanan Diwan presents wedding anniversary gift to R'ann Pushpa & PP Rtn. Vinod K. Jawa. Looking on is President Tulsi



PP Rtn. Dr. V.J.S. Vohra presents punctuality award to Rtn. Dr. Anil Malhotra. Looking on is Secretary Rtn. Salil Bali

Responding to Dr. Vohra's presentation, President Tulsi said we, as Rotarians must help the disabled persons from the weaker section of society. For this reason our club held RYLA for the young disabled persons in Dec. 2014, and the President expressed his desire to have another one during the current Rotary year. He requested PE Rtn. Kanan Diwan to have RYLA for disabled during next Rotary year, making it an on-going project. We should try to do whatever we can for the disabled.

Dr. Dua had a scientific response to the presentation. He said, "All of us are genetically programmed to live for 137 years. A stressful life is a tool to commit suicide, and you can always beat it with the right feeling." He added that Dr. Vohra's presentation was most appropriate where he could give these comments, based on the work done by three noble prize winners. PP Rtn. R.K. Luther compared stress with poison. Rtn. Dr. Anil Malhotra summarized it as, "Hurry, worry and curry!"

Secretary Rtn. Salil Bali thanked Dr. Vohra, "for a wonderful and colourful presentation on stress management, specifically with the angle of disabled persons." Salil added, "the disabled persons have the legal right to work and perform everywhere, under the Persons with Disability Act of 1995."

Secretary Salil also informed that in a mail received by him **RI Director P.T. Prabhakar congratulated our club** for undertaking Swachh Bharat Abhiyaan on 2nd October 2014. He also informed about the forthcoming visit of RIPN John Germ.

IPP Deepak Sood informed that Rotary Yamuna Nagar Riviera had

Clipping from Rotary India Literacy Mission's Magazine 'LITERACY TIMES' January 2015

recently organized **mass marriages** of 12 couples, and gave items to start their life. He suggested that our club also takes up similar project.

President Tulsi also acknowledged the presence of Capt. Charanjit Vohra, brother of Dr. Vohra.

Meet RIPN John F. Germ



RIPN John Germ

RI President Nominee (2016-17), Rtn. John F. Germ, accompanied by his wife Judy, would be felicitated by Rotarians of our District at a gala dinner on Monday, 9th February 2016 at 6 p.m. at Hotel Taj, Chandigarh, hosted jointly by Rotary Clubs of Tricity of Chandigarh, Panchkula and Mohali. Registration is Rs. 1800/- (Single) and Rs. 3000/- (Couple).

Literacy, Vocational & Community Service projects of our Club

During week ending 17th January 2015, our club held literacy programs at different schools.

We started by introducing **eyes and dental awareness programs**, where there were 20 students who were explained how to maintain good eyesight by Rtn. Dr. Sanjay Mishra. This was followed by training for healthy teeth by Dr. Gurinder Singh from Dr. Sanjay Kalra's Dental Clinic in Sector 5, Panchkula. Rtn. Ashok Puri gave a presentation on Rotary. Rtn Salil Chopra talked about cleanliness and hygiene. **88 pairs of shoes and 25 sweaters** were distributed.

We **celebrated Lohri** with doctors and nursing staff of Govt. Hospital, Sector 6, Panchkula. VP Rtn. Dr. Rita Kalra, Rtn. Salil Bali, Rtn. Ashok Puri, R'ann Sudha Puri, Rtn. Sanjay Bhatia, Rtn. Salil Chopra and R'ann Renu Chopra congratulated mothers who delivered girl children in the hospital and woollen garments were distributed to 25 newly born girls. Rtn. Salil explained to all mothers in each ward the necessity of girl child and the need for the society to balance the ratio between boys and girls, to save and protect the girl child who are our country's future and will add smiles to the families and unite many in this world.

T-E-A-C-H in Action
INITIATIVES TAKEN BY CLUBS

Adult Literacy
Rotary Club of Chandigarh Midtown, D-3080 has started four adult literacy centres in Jagatpura, Nayagaon, Sector-46 and Faida village. The first three centres have twenty five students each while the fourth one has fifteen students. The club has also distributed school bags along with stationery kits.

Adult Literacy Centre at Faida Village

Rtn. Vinod Sobti

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PP Rtn. T.S. Anand

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Our Rotarians promote 'save the girl child' campaign of our club at General Hospital, Sector 6, Panchkula



Students repairing AC

President Rtn. R.T.P.S. Tulsi, Rtn. Dr. Rita Kalra, Rtn. Ashok Puri and Rtn. Salil Chopra inducted the board of new **Interact Club** at Govt. School in Manimajra in the presence of Principal R'ann Kund Bala Goyal.

A course on **traffic awareness** was successfully

organised jointly by our club and Rotaract Club of Chandigarh Midtown, attended by over 80 persons including 4 teachers, 6 Rotaractors and the speakers who gave an impressive interactive

audio visual presentation on traffic rules and regulations.

Director Vocational Service PP Rtn. R.K. Luther and Director Community Service Rtn. Ashok Puri, Chairman Refrigeration Programme visited the **Refrigeration cum Electrician Training course** at Burail on 18th January 2015 where around 12 boys are doing this six months course and learning both theoretical as well as practical aspects of Refrigerator and Air Conditioner as well as operation and maintenance of these machines under guidance of qualified Instructor. This course shall be completed in March 2015.

Our Club is running **Adult Education Centre** at Kundan School, Sector 46, Chandigarh for 15 men and women living in vicinity of the school under guidance of able teacher Ruchi Luthra for last 3 to 4 months. These men and women have learnt to read and write their names and their signatures. Rtn. Sanjay Bhatia, R'ann Ritu Bhatia, Rtn. Ashok Puri DCS and Secretary Rtn. Salil Bali, distributed stationary items like copies pencils, erasers, sharpeners etc to all men and women who are getting basic education in this school.

Our club is running **Night School at Sarangpur** for many years for providing education to poor and needy children of that area, under the guidance of an experienced teacher. We distributed woollen jerseys to 21 needy children of the night school.



Woollen jerseys being distributed to needy children by Rotarians of our club in Night School, Sarangpur

PP Rtn. Anil Mehan, PP Rtn. Pallav Mukherjee, PP Rtn. Prem Anand, PP Rtn. R.K. Luther, VP Rtn. Dr. Rita Kalra, Rtn. Ashok Puri, Secretary Rtn. Salil Bali and Rtn. Sanjay Bhatia were present. Woollen jerseys were donated by PP Anil Mehan and PP Subhash Bindra. Biscuits and bananas were distributed by Rtn. Ashok Puri. A box and rack for keeping library books and other essential items like stationeries was also given to the school by our club.

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Republic Day Celebration



Satya
dream comes true



Adults and keen children of new education center with bags presented by Rotarians



Two persons having lost both their arms receive the bags



Republic Day was celebrated by our Club on January 26, 2015 by starting the day with flag hoisting by President R.T.P.S. Tulsi in his residence in Sector 21, Chandigarh.

This was followed by opening of a new Adult Education Center at Zirakpur. In this center two adult illiterate disabled persons, Ram Bahadur and Modhan Singh, both of whom have lost both their arms, have joined, and more special persons are expected to benefit from this initiative taken by our club.

16 year old Satya, from a very poor family, was extremely delighted because her 8 year old dream that she should become a literate person has become true by getting an opportunity to join this center.

Acknowledgment with thanks

Donation for Club Projects

PP Rtn. Vinod Jawa

Rs. 2100/-

Birthday of Spouses

R'ann Vandana Gupta

January 31

R'ann Satpal Kaur

February 02

R'ann Mira Mahajan

February 03

Birthday of Rotarians

Rtn. Maj. Gen. Hardev Singh

January 31

Rtn. Salil Bali

February 03



Celebrating Republic Day at Cheshire Homes, Chandigarh

Her keen desire is to go in for higher studies...!

President Ravi Tulsi, IPP Deepak Sood, PE Kanan Diwan, Secretary Salil Bali, Rtn. Ashok Puri, First Lady R'ann Ranjana Tulsi, R'ann Sudha Puri, Rtn. Sanjay Bhatia, R'ann Ritu Bhatia, PP Dr. V.J.S. Vohra and his brother Capt. Charanjit Vohra actively participated in this event.

Wedding Anniversary

PP Rtn. Mrs. Saroj Jhavar & Mr. Sita Ram

January 30

R'ann Dilpreet & Rtn. Amanpreet Singh

January 30

R'ann Ruchika & Rtn. Ashok Sharma

January 30

Rtn. Dr. Anureet & Mr. Raj Karan S. Bhatti

February 01

R'ann Gurpreet & Rtn. Munish Jauhar

February 02

R'ann Asha & Rtn. Rajiv Aggarwal

February 02

R'ann Bir & PP Rtn. Ajit S. Gulati

February 04

Rtn. Suman & Mr. Naresh Gupta

February 05

Punctuality Draw

Won by Rtn. Dr. Anil Malhotra



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