

The Midtowner

Weekly Bulletin of Rotary Chandigarh Midtown

2015-16

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Club No. 15228
R.I. District 3080

R. I. President
K.R. Ravindran

District Governor
David Hilton

President
Mrs. Kanan Diwan

Secretary
Sanjay Bhatia

Editor
Dr. V.J.S. Vohra

Volume XXXX No. 21 Dated: November 24, 2015

PROGRAMME
**Disaster and Delivery
(Nepal Earthquake)**
Chief Guest:
PDG Jagdish Rana

Friday, November 27, 2015

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Mind your mind for health and happiness



Col. Gursewak Singh

In our regular meeting on November 20, 2015 Chief Guest Colonel Gursewak Singh (Retd.) was introduced by PP Rtn. Gurdip S. Deep. Born at Mohie, a village in district Ludhiana in 1946, Col. Gursewak Singh was commissioned in Indian Army in 1969 after graduation from Panjab University. During his 35 years of service, he saw action in Bangladesh war in 1971 and Kargil Operation in 1999. Following his retirement in 2004, Col Guru, as he is popularly known,

continued with his study of human psychology and developed a unique body-mind technique of de-stressing the human body, known as Cosmic Meditation. He has authored several books. The second revised edition of his latest work Stress Management: steps to health, happiness and success was released at the Chandigarh Book Fair in 2013 and he was duly honoured by Hon'ble Governor of Punjab for his contribution to the society through his books.

While the Hindi edition of this book was released at Raj Bhawan by the Governor of Haryana, the Punjabi edition was launched by Governor of Punjab in March 2015. Col. Gursewak Singh has conducted both in India and abroad numerous workshops and seminars on various topics like Stress Management, How to be Happy, Marital Relationships, Personality Development etc. A multi-faceted personality, and a renowned Consultant on Stress Management, Marital Counsellor, Corporate Trainer and Life Coach, Secretary of the Senior Citizens Welfare Association, Manimajra and also Vice President of Residents' Welfare Association, he participates religiously in social service activities. Palm reading and gemology are currently his main hobbies. Recipient of All Round Achievers Award, he has recently featured in Coffee Table book titled Leading Personalities of Chandigarh. He is married to Mrs. Bhupinder Kaur. Their son, a Lt Col., is a fourth generation army officer, while their daughter is married to a Colonel.

In his talk Col. Gursewak Singh explained the aspects related to human mind, and the functions of conscious and sub-conscious mind in relation with our brain. He enlightened us as to how we can use this to enhance our personality and manage stress to achieve success in life and attain peace of mind. Happiness and suffering are both merely states of mind. Therefore to truly be free from suffering and enjoy happiness in every moment, it is imperative that we



Col. Gursewak Singh presents his book titled 'stress management' to President Kanan Diwan



President Kanan Diwan presents a memento to Col. Gursewak Singh

possess a thorough and profound understanding of the mind and how to maintain control over it.

Stress affects different people differently. Some may take the same situation stressfully, and some may ignore it. It is all about the positive attitude towards our life, which can overcome stress easily. Streamline your relationships and avoid those who only mess up your life. We have to be tactful and accept compromises. To reduce stress we should also learn to laugh, and share our problems with your near ones.

The Colonel told us that we can greatly improve our quality of life for the present and in the future through the power of mind. We should enjoy living in our present moment, and not waste our time regretting about past events or anxiety about the future. He insisted that we should enjoy the present. Being in present is the only way to enjoy life to the fullest. Enjoying each moment in the present and

loving your work are the gateway to happiness.

Other things that can help are physical exercise, meditation, adequate sleep and socialization which keeps our mind healthy.

Engaging ourselves for doing good to others without expecting anything in return, is a very important aspect of leading a happy life and he complimented the Rotarians for serving the society which gives us immense happiness, joy and lot of satisfaction.

Col. Gursewak also apprised us about the PEG therapy which he developed during Kargil war when he was posted in Kashmir. He said it is a combination of palmistry, emotional counselling and gemology, which has tremendous positive effects on our morale, courage and confidence, and also helps in managing stress.

On behalf of our club Rtn. Ravinder Jain thanked Col. Gursewak Singh for his mind blowing presentation.



*President Kanan Diwan
Welcome address*



*Rtn. Ashok Puri
Invocation*



*PP Gurdip S. Deep
Introduction*



*Rtn. Ravinder Jain
Vote of Thanks*



*Secretary Sanjay Bhatia
Glimpses of the week*



*Col. Gursewak Singh presents wedding anniversary
gift to R'ann Parul & Rtn. Salil Bali*



*Col. Gursewak Singh presents wedding anniversary gift to
Rtn. Rekha & Mr. Ravi Kant Sawhney*



*Col. Gursewak Singh presents
birthday gift to Rtn. Nitin Kapur*



*Col. Gursewak Singh presents birthday
gift to R'ann Maniki Deep*



*Col. Gursewak Singh presents punctuality
award to PP Rtn. Vinod Jawa*



Toilet Block under construction at Makhan Majra

RI President Ravindran to visit Govt. High School, Manimajra

Preparations are in full swing for the visit of RI President K.R. Ravindran on December 10, 2015. PP Moni Kahlon and PP Ritu Singhal accompanied by Event Chair PP Ajit Gulati have been visiting the Tricity clubs for promoting the event and requesting the Tricity clubs to change their meeting dates to coincide with December 10, the day of Intercity.

The itinerary of the President includes visit to Govt. High School, Manimajra to inaugurate our Global Grant Project of E-learning at 10.00 hrs. on December 10. Rotarians and their spouses are requested to block December 10 in their diaries for the evening programme at the Judicial Academy, Sector 43, Chandigarh. You are aware that our own PP Dr. Balram Gupta is Director (Academics) of the Academy.

Release of book by Dr. Shruti, D/o Dr. Balram Gupta

PP Dr. Balram Gupta is pleased to announce that Hon'ble Mr. Justice A.K. Sikri, Judge, Supreme Court of India will be releasing the book of his daughter Dr. Shruti Bedi in the presence of Prof. Arun Kumar Grover, Vice Chancellor, Panjab University, Dr. Kiran Bedi, IPS, Magsasay Awardee and Mr. R.S. Cheema, Senior

Advocate on Sunday, December 6, 2015 at 10:00 a.m. at Chandigarh Judicial Academy, Sector 43-D, Chandigarh. As a personal invitation Dr. Balram says, "You are requested to kindly make it convenient to attend the same and join for a cup of tea. Your presence will be a big source of inspiration to Shruti."

Training students the skills



On November 21, 2015 this programme was held at Govt. Sr. Sec. School Manimajra on the invitation of Principal Mrs. Manita to conduct course on time management for class 10+1 and she deputed Mrs. Parminder to organize and assist us. Vice President Rtn. Ashok Puri gave a presentation on Rotary and value of OM.

Rtn. Salil Chopra spoke on time management for +1, moral values for +2 and hand wash for class 5. The programme went on for 4 hour 45 minutes evoking lot of interest amongst the students. The Principal thanked us and requested to conduct more programmes for the students. We distributed chocolates, toffees and bourn vitas to the students.

Condolences

Our heartfelt condolences on the sad demise of Mrs. Sumitra Vasudeva w/o of late Mr. G.D. Vasudeva and mother of Rtn. P.K. Vaudeva.

Club Elections

President Rtn. Kanan Diwan announced that in the meeting held on November 21, 2015 it was decided to call nominations from members of our Club for the office bearers for the Rotary Year 2016-17 and for President for RY 2017-18, which has to be as per bylaws of our club;

- President 2017-18: Minimum 2 years on the Board of Directors at the time of assuming office.
- Vice-President, Secretary and Treasurer: Should have been on the Board of Directors for one year at the time of assuming

office.

- Five Directors, Joint Secretary and Sergeant-at-Arms: Should have been member of the Club for at least 12 months at the time of elections, and served as Chairman of Committee for at least 01 year.

Secretary Rtn. Sanjay Bhatia will receive nominations till Friday, December 11, 2015. Withdrawals will be accepted till December 18, 2015. Elections, if required, will be held on Friday, December 25, 2015.

Rtn. Sanjay Bhatia

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Cleanliness Drive



Cleanliness drive on 22/11 by PP Deepak Sood, VP Ashok Puri, Rtn. Salil Chopra, R'ann Sudha Puri, R'ann Renu Chopra and Interacts at Sector 4 Panchkula. Rtn. Jeeten Bhambri was also present. President of Market Association Mr. Rishi and other shopkeepers assured of their co-operation to keep the area clean, and on our call the missing MC dustbins would also be re-installed

Thank you PDG Satish Saluja

From: Satish Saluja <satishsaluja@oewin.com>
Date: Tue, Nov 17, 2015 at 1:03 PM
Subject: weekly bulletin
To: drvjsvohra@gmail.com
Cc: Kanandiwani6@gmail.com

Dr. V.J.S Vohra,

Thanks for your weekly bulletin The Midtownier. You have been putting great effort in the bulletin for quite a few years. It is highly informative about your activities.

Thanks a lot.

Regards

Satish Saluja

Birthday of Spouses

R'ann Purnima Sood November 27
R'ann Sushobhita Sharma November 28
Mr. Ravi Kant Sawhney November 29

Birthday of Rotarians

Rtn. Sanjay Singhal November 27
PP Rtn. Subhash Bindra November 28
Rtn. Rajinder Rai December 01
Rtn. Dr. Mrs. Shashi Jain December 03



Wedding Anniversary

R'ann Sunita & PE Rtn. Amarjit Singh November 28
R'ann Ritu & Rtn. Dr. Shekhar Jindal November 28
R'ann Malabika & PP Rtn. Indrajeet Sengupta December 03

Punctuality Award

Won by PP Rtn. Vinod K. Jawa



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