

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. 37 Dated: March 15, 2016

PROGRAMME

Walk of Hope from Kanyakumari to Srinagar

Chief Guest:

Sri M

Spiritual Guide

Friday, March 18, 2016

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Role of energy in everyday life

In our regular meeting on March 11, 2016 Rtn. Dr. Manisha Sahni gave an interesting presentation on 'Role of energy in everyday life'. President Rtn. Kanan Diwan said though Manisha is quite a new Rotarian (inducted in August 2015), but with her regular presence in meetings and other activities she has become so popular in our club that no formal introduction is required. A dentist by profession, Dr. Manisha is co director of Simply Health Plus which provides comprehensive school health programme in over 40 prestigious institutes all over North India. She is a certified master trainer in adolescent education program.



Rtn. Dr. Manisha Sahni



All present are made to sit in a circle, to explore their energy and to interact with each other, creating a vibrant and a positive situation



In an informative audio visual presentation Dr. Manisha talked about managing yourself. She said, "It is important to learn your cycle and begin to honor your energy patterns. We all have different levels at which we can give and receive our energy. We must train our mind to see the good in every situation."

She explained that all of us are made of energy fields – the flesh, bones and blood. The way we catch germs from other people, the same way we catch emotions, behaviour and energy from other people. We all have energy inside us and we can use as much of it as we want to. But we tend to drain out our energy due to certain problems or situations or through self created dilemmas. A happy situation can be converted into loss of energy due to negative attitude of people around us or difficult situation created by them.

If you work on creating more positive energy, you will see improvements in your life. This positive energy of happiness can be created in the company of optimistic, vibrant and positive people. So avoid a situation that makes you feel low, depressed or upset. So it is you who have to identify the people who are giving you the boost or the situations that makes you energetic. We shall feel most energetic if we control the situation, rather than the situation controlling us.

Manisha suggested that what is not in your control, let it go! If you are happy in a situation accept it, otherwise get out of it. You should analyze the situation and act accordingly. She also advised, "You should think about your past energy, about your happy moments and get that into your system. Focus on your future energy and visualize a positive outcome and you would get energized. Grow on energy from nature – your spiritual, emotional and mental energy."

Rtn. Sanjay Bhatia thanked Rtn. Dr. Manisha Sahni for her energetic presentation and energizing all present in the meeting.



National anthem by Rtn. Dr. Shashi Jain and Rtn. Dr. Harinder Jit Kaur



President Kanan Diwan presents a token of appreciation to Dr. Manisha Sahni. Looking on is Secretary Sanjay Bhatia



Invocation by Mrs. Raminder Kaur D/o Rtn. Davinder K. Singh



Announcements by President Kanan Diwan



PP Harish Sethi informs about District Golf Tournament



Rtn. Salil Chopra is committed to Swachh Bharat campaign



Secretary Rtn. Sanjay Bhatia gives vote of thanks



Rtn. Salil Chopra presents the flag of Rotary Club of TBILISI to President Kanan Diwan



President Kanan presents birthday gift to Rtn. M.K. Handa. Looking on is R'ann Brij Bala Handa



Rtn. Salil Chopra gets the punctuality award from President Kanan Diwan

District Rotary Golf Tournament 2016

PP Harish Sethi informed the members that our Club will be hosting the Inter-Club Rotary Golf tournament on 20th March 2016 at Chandigarh Golf Club. Each Club can enter any number of teams with four players in each team. Spouses of Rotarians can be a part of the team. The competition will be played over 18 holes. However Rotarians above 60 years can opt for 9 holes only. He pointed out that there will be Putting Competition for non-golfing ladies. He invited R'Anns to grace the occasion and be a part of this interesting competition. The tournament will be followed by fellowship and lunch.

PP Harish mentioned that we have been hosting this tournament earlier also for a number of years and it had been a very popular annual event. He requested the members to join the function in large number to make it a success. He pointed out the President Kanan Diwan and PP B.L. Ramsisaria have been very considerate in allocating a good amount in the budget. He said as the function has to be organised at the prestigious Golf club, the total expenditure on lunch, fellowship, prizes and kits etc. is going to be quite high. He was pleased to inform that our own Rotarians - Vijay Gupta, Secretary Sanjay and Nitin Kapoor have offered to meet part of expenditure. More such offers are welcome!

PP Harish said PP Sandeep Sandhu, Rtn. A.K. Sachdeva, Rtn. Sundeep Sawhney and Rtn. Salil Bali are finalizing with him the details of tournament. He requested the members to help in making arrangements before and at the time of competition. PP Raj K. Luther agreed to be part of the group.

Report by Director Youth Service

Women's Day Celebrations: On 8th March 2016 on invitation from SPAN Infotech (India) Pvt. Ltd., Mohali, a subsidiary of EVERY, the largest Nordic IT Group, on occasion of Women's Day, PP Rtn. Mrs. Ritu Singal was the Chief Guest and Director Youth Service Rtn. Sundeep Singh Sawhney was present as Guest of Honour.

Addressing an audience of around 140 women employees and management staff, PP Ritu Singhal shared her life experience how from a simple housewife she transformed into 'Woman Entrepreneur of the Year 2011' for Leaders of Tomorrow Awards by Pan India. She was a true inspiration to the women audience as there was pin drop silence as she spoke, a role model of how to be a fighter in life. She also shared various service projects of our club.

Farewell to UT Advisor Vijay Kumar Dev



L-R: Ex-Mayor of Chandigarh Mrs. Harjinder Kaur, Mr. Jaspal Singh (Karan's father), Advisor Mr. Vijay Kumar Dev, Rtn. Karanjeet Singh and his brother-in-law Mr. Ajit Pal Singh, ex-Mayor of Patiala

Chandigarh Advisor Mr. Vijay Dev Kumar has been transferred to Delhi. An impressive farewell was given to him on 13th March 2016 at Rtn. Karanjeet Singh's Hotel Ramada Plaza, Zirakpur, where in a large gathering of people from all walks of life praised Mr. Vijay Dev for the excellent governance and various projects during his short tenure as UT Advisor. He is considered as one of the most popular and active advisor for Chandigarh. Mr. Vijay Dev also supported our club for important projects, including the toilet project at Makhanmajra.



Women's Day Celebrations



At SOREM

Rtn. Sundeep Singh Sawhney interacted with Span team on how to contribute through Rotary and explained to them how to become a Rotarian.

SPAN Mohali Center Head & Sr. Vice President, Mr. Rajnish Mohan and the management team of Mohali Center lauded the efforts of our club members.

CSR Initiative - Interact Club of SOREM: SPAN Infotech, Mohali, on occasion of Women's Day also visited SOREM, Sector 36, Chandigarh to procure items (approximately 135 units of articles) prepared by special children of SOREM to be presented to all its women employees and it was a sincere effort to contribute their bit to the organisation by way of charity.

Rtn. Sundeep Sawhney was present to assist the staff of Span Infotech. Mrs. Promila Chandra Mohan, Honorary Secretary of SOREM lauded the gesture of inspiring the special children.

Blood Donation Camp - 'Mahadan': 42 units were collected during Blood Donation Camp organized on 10th March 2016 by Rotaract Club of Chandigarh Midtown at Student Centre, Panjab University, Chandigarh to celebrate World Rotaract Week (7th March to 13th March). During this week Blood Donation camps are to be held all over India, and this noble event is named 'Mahadan'.

Rotarians present were PE Rtn. Amarjit Singh, Rtn. Salil Bali, Rtn. Dr. Rita Kalra, Rtn. Sanjay Bhatia and Rtn. Sundeep Singh Sawhney.



Rotarians and Rotaractors at 'Mahadan'

RI Director 2017-19



PDG Basker Chockalingam of Rotary Club of Karur, RI District 3000, has been elected as RI Director from Zone 5A for the year 2017-19

The Rumour Mill

The Rumour Mill, located in Sector 7, Chandigarh, already a hit with the posh classes of the city, has been featured in the latest issue of National Geographic Traveller (NGT). This magazine is the world's biggest travel journal and terms The Rumour Mill, owned by Rtn. Nitin Kapur's family, as among top places to eat and drink in host cities of the World Cup T20 cricket. The place, known for its classy ambience and varied food options, has been getting rave reviews in top newspapers and was recently also featured on a full page in India Today's monthly special. The place has been conceptualised by three friends - one a journalist and the two others as stock brokers- and holds invigorating book reading sessions, poetry slams, movie screenings and sports screenings.

Holi celebrations on 23rd March 2016

President Kanan Diwan informed that this year Holi falls on 24th March, but our regular meeting of Friday, 25th March 2016 will be preponed to 23rd March evening (7.30 p.m.) at Golf Club, Chandigarh to celebrate Holi with flowers, a new and unique way to enjoy the festival of colours with lots of fun, fellowship and dinner.

The President also said that only for our Rotarians and spouses there will be no registration charges.

Rtn. Sanjay Bhatia

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Rotary Friendship NID Team's Visit (20th -23rd February 2016)

Detailed report in bulletin No. 35 dated March 01, 2016



PDG Serge Poulin and other members of the team, having a round of Govt. Model High School Manimajra on 23.02.2016 to see the sanitation project, after having interaction with the Principal and students regarding e-Learning Project



School students applying mehndi, which was a very novel experience for lady members of the team

International Women's Day



With Chandigarh Advisor Mr. Vijay Kumar Dev. Woman of the Year R'ann Ranjana Tuls. Hearty congratulations!

Conference on Literacy and Wash in Schools



Rotarians and R'anns of our club at the Presidential Conference in Kolkata with PRIP Rajendra K. Saboo

Change of Residential Address

Rtn. Vijay Kumar Gupta
HNo. 164, Sector 27-A
Chandigarh – 160019

Acknowledgement with thanks

Donations for patient, father of Rtr. Kiran:

R'ann Renu Chopra
(wife of Rtn. Salil Chopra)

Punctuality Draw

Won by Rtn. Salil Chopra

Rs. 5000/-

Birthday of Spouses

R'ann Dr. Sudha Jain

R'ann Ruchika Sharma

Birthday of Rotarians

PP Rtn. Ritu Singal

Rtn. Dr. Inderjit Singh Viridi

Rtn. Rajiv Aggarwal

Rtn. Tej Mohan Singh

Rtn. Anil Nagpal

Wedding Anniversary

R'ann Tavinder & Rtn. J.S. Chopra

March 23
March 23

March 22
March 22
March 23
March 24
March 24

March 24



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Chandigarh: SCO 28, 1st Floor, Sector - 20 D,
Ph.: +91 172 4661928, Mobile: +91 8288011401

All correspondence to the Editor: PP Rtn. Dr. V.J.S. Vohra
Consultant & Certified Clinical Partner, Otto Bock HealthCare India
Sr. Consultant - Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic
MediRehab Systems, 1134 Sector 44-B, Chandigarh-160047
Email: drvsvohra@gmail.com | Mob. 9814006829 | www.nevedac.com

Design & Printed at:
Satyadeep Offset Printers (P) Ltd
292, Industrial Area, Phase II
Chandigarh. Ph.: 4624942
Email: salil.bindra@gmail.com