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# The Midtowner

Weekly Bulletin of Rotary Club Chandigarh Midtown

2016-17

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R.I. District 3080

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Editor  
**Dr. V.J.S. Vohra**

Volume XXXI No. 43 Dated: April 25, 2017

## PROGRAMME

### Western China Medical Mission - An enriching Rotary Experience

*Keynote Speaker:*

**Rtn. Dr. Sanjay Kalra**

**Multispeciality Dental Clinic, Sector 5, Panchkula**

**Director, Indian Board of Prosthodontics - Ex. Principal, B.R.S Dental College, Panchkula**

Date: **April 28, 2017 (Friday)**

Time: **7.00 p.m.**

Venue: **Hotel President, Sector 26, Chandigarh**

### Session on Fundamental Understanding - An inquiry into the format of life

In our regular meeting on April 21, 2017 President Rtn. Amarjit Singh welcomed the chief guest Mr. Y.V. Chawla, who is a reputed author and his books are available online at amazon.com. To know about his format of life, it has been very well explained on his website [www.fundamentalexpressions.com](http://www.fundamentalexpressions.com). Rtn. Ravinder K. Jain was pleased to formally introduce Mr. Y.V. Chawla as colleague, a



*Y.V. Chawla*

dedicated, honest and a sincere officer in the insurance company, who earned a good name for the company. He is a commerce graduate. He was the Regional Accountant when he took voluntary retirement. He is now serving the society and is a well known author, having written ten books. These books explain the truth regarding the working of the human mind, and how to resolve the daily issues one faces, as there are solutions within.

In his talk supported by an informative presentation, Mr. Chawla explained why we get stressed. Why we get confused and why we have a wavering mind to arrive at a decision. Why we get angry, anxiety and nervousness. Why others do not behave as we want and despite best efforts we fail to get the desired results. Relationships do not remain smooth, and one feels cheated. There is negativity all around with disparities between different people on economic, social, intellectual and physical level. Sometimes we get the blame for no fault of ours, and our good behavior is not responded in the same manner. We get trapped in the problems and keep waiting for some permanent solution. If we cannot achieve what we desire we leave it to 'God's will'.

His talk revolved around the fundamental understanding and exposition of the working of the human mind. Our pain and suffering are only the result of an error, an illusion in the mind. We get a feeling in form of fear, confusion, uncertainty, anger and so on. All these are not physical danger but psychological discomfort.

The basic human predicament cannot be solved by any positive explanation or statement. It is rested when you notice it. There is only one step; you have to disregard silently, spontaneously the relief offered by books, gurus, techniques, various entertainments

and so on against your present state, which you call unsatisfactory. No one can be essentially unhappy unless one is in immediate physical danger. One is just talking about unhappiness, trying to escape psychological un-comfortableness by ideas and explanations. Life has evolved as more and more multi connected process. You cannot separate yourself from happenings in the world - good, positive or bad, negative.

We are happy in finding solutions to our problems. There seems to be no end. This is a trap in which the human mind is caught. To go through Fundamental Expressions is Meditation. There is nothing to practise or implement. Fundamental Expressions take you to the limit of the mind. The essence of these expressions is automatically absorbed while you go through. Spirituality is fundamental clarity about life and not any ideation to comfort the mind, not wait for some happy ending, not dependence upon others to solve one's psychological un-comfortableness. It is to question, negate any comforting diversion to solace the mind from the uneasiness, irritation it is experiencing now. The whole energy is concentrated here.

You can save yourself physically. But you cannot save yourself psychologically. Clearly seeing this lets drop the issue of happiness. One regains one's supremacy. We see disorder outside. We can take action. Mind is ennobled as if by dealing with outside disorder, order within will be established, you will be happy.



*PP Rtn. Gurdip S. Deep presents a memento to Mr. Y.V. Chawla. Looking on are President Rtn. Amarjit Singh and Secretary Rtn. Sundeep S. Sawhney*



*Welcome address  
by President  
Amarjit Singh*



*Rtn. Ravinder K.  
Jain introduces the  
chief guest*



*Vote of thanks  
by PP Gurdip S.  
Deep*



*Announcements by  
Secretary Sundeeep  
Singh Sawhney*



*PDG Shaju Peter expressing  
delight for lady provided an  
artificial leg (see page 4)*



*Dr. Sarika Verma, daughter-  
in-law of ex-Rtn. P.K. Verma  
promotes 'No horn Day' on  
26 April 2017*

Within you there can be no disorder. Even if you perceive disturbance within, it is 'you' - it is in the field accessible to you only. The disturbance within is in the format, which cannot be acted upon. If you see this, supreme relaxation takes over. Now you can take action in respect of the outer disorder.

It is not that you have to learn something to see the Truth. You have to be 'as you are' to see the truth.

Unless we come to the point that disturbance-relief is the endless, restless process, our energy is wasted. Once this is noticed, energy is concentrated. Disturbance-relief is seen as the self-sustained, endless process.

To have a better fundamental understanding of life Mr. Chawla suggested to visit his website [www.fundamentalexpressions.com](http://www.fundamentalexpressions.com) in which he explains that our pain and suffering are only the result of an error, an illusion in the mind. He says, "Whatever is written in these pages is not to be implemented as a result oriented technique. Just read it and it is enough. When the point is understood, it will take root. It is to speed brake the momentum of thought with wonder. The change is fundamental, a mutation in the brain."

On behalf of our club PP Rtn. Gurdip S. Deep thanked Mr. Y.V. Chawla for making a tremendous effort in solving a very fundamental acceptance of what our role is to take up the issues in life.



*Mr. Y.V. Chawla presents birthday gift to Rtn. Rekha Sawhney*



*Mr. Y.V. Chawla presents birthday gift to R'ann Anupam Jain. Looking on are President Amarjit Singh and Secretary Sundeeep S. Sawhney*



*Mr. Y.V. Chawla presents punctuality  
award to PP Rtn. Anil Mehan*

### PDG Shaju attends Resource Committee meeting

PDG Shaju Peter, Vice Chairman of the Resource Committee of the Rotary Institute, Kuala Lumpur 2017 attended the meeting of the Committee at Hotel Le Meridian, Bangalore on Sunday, April 2, 2017.

Chaired by Institute Chairman PDG R. Theenachandran, the Committee headed by PDG Vinod Bansal discussed the ways and means of raising Rs.75.00 lakh the estimated deficit after accounting for the registration charges from delegates.

The committee has entrusted the job of bringing out a coffee table book to Shaju with a target of generating a surplus of Rs.25.00 lakh after paying for printing and other expenses. Shaju would be finalizing the conceptual framework of the book and other details by the end of April 2017.

### PP Rtn. Er. R. K. Luther

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**WinS day on 22 April 2017 at Chandigarh by Rotary Clubs**



At different schools starting from Govt High School, Indira Colony, where along with Rotary Shivalik Club President Dr. V.D. Singh and Secretary PP Shyam Rawal gave demo on hand washing and explained its importance and benefits to 600 students.

Thereafter with Rotary Club Chandigarh hand wash demo was given to 800 students at Govt High School in Sector 30.

At Vedic Sr Sec School for Girls, Manimajra our club led by President Amarjit Singh, PP B.L. Ramsisaria, VP Salil Bali, PP Gurdip S. Deep, PE Dr. Rita Kalra and IPP Kanan Diwan spoke on hygiene and importance of hand wash to 150 girls.



On 20 April 2017 Rtn. Salil Chopra conducted a workshop, based on the guidelines of RILM, in Vedic School for 16 girls who were given training on hygiene, cleanliness and water saving. They would further spread the message, and create awareness amongst other students.

**Chandigarh Midtown Past President's Council meeting**

A very well organized Past President's Council meeting was hosted by President Elect Rtn. Dr. Rita Kalra and Rtn. Dr. Sanjay Kalra at Hotel Hometel on 16<sup>th</sup> April 2017, which was well attended by the Past, Present and Future Presidents of our club accompanied by their gracious spouses, which included PDG Shaju Peter with Lovy, PP Anil Mehan with Rekha, PP Harish Sethi with Manjit, PP Dr Kesho Ram Gupta with Santosh, PP Capt MS Kahlon, PP Dr Balram Gupta with Shashi, PP Dr SK Sharma, PP Pallav Mukherjee with Joginder, PP Prem Anand with Indu, PP Dr VJS Vohra with Indu, PP RK Luther, PP Ritu Singhal, PP Deepak Sood, PP RTPS Tulsi with Ranjana, PP Kanan Diwan with PDG Yoginder Diwan, President Amarjit Singh with Sunita, PE Dr Rita Kalra with Rtn Dr. Sanjay Kalra and PN Ashok Puri with Sudha.



*PDG Shaju Peter takes us down the memory lane - 40 years of doing good for the humanity*



*Cake cutting ceremony by the Presidents and their spouses*

PE Dr Rita Kalra unfolded the plans for year ahead according to RI theme Making a Difference with Rotary and changing lives. Since it is the 40<sup>th</sup> year of our club Rita said the celebrations will last for the year and everyone should be geared up to make a difference. The brain storming session was followed by fun quiz, based on achievements of Past Presidents. All the winners who guessed the name of Past President correctly was presented a chocolate by Dr Sanjay Kalra.

**Get well Soon**  
Rtn. Suman Gupta underwent knee replacement surgery at Max Hospital recently. We wish her a very speedy recovery.

Rtn. Sanjay Bhatia

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**Disability Empowerment**

**Artificial leg for disabled lady**



Tara Devi lost her left leg above the knee. Pastor Shiju Phillips of Mohali approached PDG Shaju Peter who referred Tara to PP Dr. V.J.S. Vohra for fitting her the prosthesis. She attended our meeting wearing the artificial leg. Shiju thanked PDG Shaju, Dr. Vohra and the Rotarians for helping Tara.

**Talk at Rahat-Bahra University**



*Award of honour presented to PP Dr. V.J.S. Vohra by Conference Chair Harwinder Kaur*

PP Dr. V.J.S. Vohra gave a presentation on 'Disability Empowerment with High Technology Artificial Limbs' on 21 April 2017 at Rahat-Bahra University, Kharar, Mohali, during the International Conference on Advancements in Science and Technology, sponsored by DRDO, New Delhi.

Rtn. Dr. Sanjay Kalra

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**Acknowledgement with thanks**

**Contribution to the Rotary Foundation - Global Grant 1747695 Happy School**

PP Rtn. T.S. Anand Rs. 20400 (US\$ 300)

**Donations for Club Projects**

- PDG Rtn. Shaju Peter Rs. 1000
- PP Rtn. Anil Mehan Rs. 2500
- PP Rtn. B.L. Ramsarisaria Rs. 1000
- President Rtn. Amarjit Singh Rs. 1000
- Rtn. Prof. Rana Nayar Rs. 1000
- Rtn. Ravinder K. Jain Rs. 500

**Birthday of Spouses**

- R'ann Bindiya Kashyap May 01
- R'ann Indu Anand May 03

**Wedding anniversary**

- R'ann Shweta & Rtn. Dr. Vishal Dua April 28
- R'ann Deep & Rtn. Maj. Gen. A.S. Kahlon April 30
- R'ann Bindiya & Rtn. Vinod Kashyap May 04

**Punctuality Award**



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