

The Midtowner

2020-21

Rotary
Chandigarh Midtown



Club No. 15228
R.I. District 3080

Weekly Bulletin of Rotary Club Chandigarh Midtown
View online: www.rotarychdmidtown.org

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PP Rtn. Dr. V.J.S. Vohra

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THE FOUR WAY TEST

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Volume 45 No. 08 Dated: 25 August 2020

PROGRAMME

Virtual Rotary Friendship Exchange

with

RI Districts 3330, 3292 and 3054



Zoom Meeting ID:
6291653178
Password: 15228

Date: Friday, 28 August 2020
Time: 6.30 p.m.

Relationship, Stress Management, Inner Child and Past Life Regression

Click here to watch on YouTube

In our virtual weekly meeting on 21 August 2020 Chief Guest Ms. Honey Grewal, Founder, Soul Grounding, Chandigarh was welcomed by President Rtn. Sanjay Bhatia. She was formally introduced by AG PP Rtn. Dr. Rita Kalra.



Ms. Honey Grewal

Ms. Honey Grewal is a born clairvoyant, with deep sense of emotional intelligence which helps her in knowing about human behavior and connecting with each individual at a much deeper level than normal interaction which has helped her to be a good Metaphysical therapist. She has post graduated in English from Panjab University and graduated with psychology. She is certified in Access BARS therapy and has done a training/course in past-life regression, family constellation and Inner child Facilitation. She is a gifted Tarot card reader with experience for over 19 years. She has conducted many meditation sessions in various cities including at the U.S Embassy in New Delhi. She has worked with under privileged children and on women empowerment programs.

Talking about relationship and stress management, Honey Grewal focused on, "Ego is not really bad." It gets to your identity. She discussed the importance of communication. She compared ego with a football match where both the teams try to win.

Is ego really all that bad? Have we gone too far to denounce ego without looking at its positive aspects? The key to a well-lived life is balance, so ego should not be eliminated altogether. Rather, ego needs to be fostered and embraced in a way that can significantly improve your performance and increase your self-confidence. Kept in proper check, ego is something every entrepreneur needs to succeed.

It is not being egotistical to know you're good at what you do. Egotistical is when you don't have the competence and experience to back up your confidence. That kind of ego is worth criticizing.

However, it's equally detrimental to be great at your work but downplay your value.

Developing enough ego to believe in yourself and trust your dedication is crucial to your success. You should work on yourself and what is going around you. All your body parts are working for you and not the other person. You need to realize that you too are a very powerful machine. Why should you be under pressure for what other person has said about you.

Honey also talked about the education system. Creative mind is not fully developed till the child is 7 years old. So why should we put pressure on a 2 year old kid. Children's mind develops according to what they see around them. Parents have a great impact on their children. Parents have to be very sensitive for emotionally dealing with their child. Age of 7 to 10 years is very crucial and whatever has impacted the child's mind in this age will go throughout his/her life. Parent's tone of voice, body language and every expression are absorbed by the kids.

Honey also talked about past life regression, which is a method that uses hypnosis to recover what practitioners believe are memories of past lives. She helps her clients through this therapy. Those who have experienced it, they can speak about this. She claimed this is a very authentic, powerful and a useful therapy, with which she has successfully dealt with some classic cases, and resolved their issues. Click here to watch her talk on our Club's YouTube channel. (<https://youtu.be/IsVba2CyKac>)

President Elect Rtn. Salil Chopra thanked Ms. Honey Grewal for a wonderful and useful talk which was very informative.



President Sanjay Bhatia



AG Dr. Rita Kalra introduces chief guest

Donations to our Welfare Trust are exempted u/s 80 G of IT Act



*Vote of thanks by
PE Salil Chopra*



*Announcements by Secretary
Rtn. Shuchi Thakur*



*PP Dr. V.J.S. Vohra introduces
new Rtn. Anup Sharma*



*PP Pallav Mukherjee
welcomes new Rtn. Anup*



*Rtn. Anup Sharma
expressing gratitude*



*Invocation by R'ann
Purnima Sood*



*Rtn. Suman Gupta talks
about Ganapati Bappa*



PDG Shaju Peter, Rtn. Dr. Indu Luthra and Rtn. Col. J.S. Chandoak talked about Senior Citizens Day which is observed on 21 August every year. It aims to raise awareness about issues that affect the lives of elder adults and to acknowledge their contributions to society.

World Senior Citizen's Day was officially founded by Ronald Reagan, former President of the USA, in 1988. It aims to remind the government of its commitment to support senior citizens of the country to promote and encourage these people in their activities to create a better world.

Rtn. Indu Luthra recited a poem to make all senior citizens feel young. Her message was loud, clear and inspiring. Age does not matter as long as you are doing good to others and caring for the needy.

Shaju, the birthday boy, felt elated with Indu's remarks.



Welcome new Rotarian

PP Rtn. Dr. V.J.S. Vohra introduced a new member, Anup Sharma who was inducted in our Club on 21 August 2020.

Anup is BE in Electronics and is having 25 years experience in web developing. He is working as Business Manager in Sapient Web Services.

He has been developing and maintaining our Club website since last 21 years. Since 2016-17 he has also designed and updated our District website.



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E-mail: anup19@gmail.com
D.O.B: 19.05.1972
Wedding: June 10
Member from: 21.08.2020
Position held: Member
Spouse: Deepti
Vocation: Homemaker
D.O.B: May 23
Children: Anushka (D)
Aniket (S)



*Rtn. Anup Sharma is son of our Late
Office Secretary Mr. V.P. Sharma*

D.P. Khandelia Honoured



PP Rtn. D.P. Khandelia was honoured by the Chandigarh Administration and awarded a certificate of commendation for his contribution in the fight against the pandemic.

Adult Literacy and Sewing Centre



A review visit was done at Maloya Centre on 17 August 2020 by PP Kanan Diwan and PDG Yoginder Diwan, accompanied by Volunteer Manjeet Kaur Gill, to see the progress of sessions for Adult Literacy and Sewing classes being conducted with smaller batches to maintain social distancing. Assessment was also made to resume other initiatives such as Maternity Health and Child Welfare. Fruits were distributed by them to the students.

Zonal Webinar on New Member Orientation

A Webinar on New Member Orientation was held on 24 August 2020. Addressing the Rotarians of the Zone, PRIP Raja Saboo said, "I may be anything in the past, but I shall always be a Rotarian." He talked about 115 years history of Rotary, founded by Paul Harris as world's first service organization. Out of 12 lakh Rotarians from around the world, 1.48 lakh are from India who stands at number 2 in Rotary membership after USA. Heart and soul of Rotary are the members of the Club.

In his keynote address DG Ramesh Bajaj thanked PRIP Raja Saboo for his guidance and words of wisdom. DG Ramesh said we as Rotarians are helping people whom we do not know, through our contributions to the Rotary Foundation. He showed an interesting video to convey that when we give to TRF, we do get something in return.

PDG Praveen Goyal spoke about Joy of Rotary. He joined Rotary at a very young age. He said young people should be invited to become Rotarians as they will bring new ideas. He also insisted for more lady Rotarians. He strongly felt that retention of existing Rotarians is very important to ensure growth of membership.

RI Officers present were PDG Rtn. Yoginder Diwan, PDG Rtn. Dr. Gulshan Thakral, PDG Rtn. Kawal Bedi, PDG Rtn. Madhukar Malhotra, DGE Rtn. Ajay Madan and DGN Rtn. Naveen Gulati.

PP Dr. V.J.S. Vohra expressed the concern highlighted by RI General Secretary John Hewko in a virtual event of our District on 01 July 2020 that 95 percent of Rotaractors do not become Rotarians. As there are revolutionary changes for Rotaract Clubs who are now as independent as any Rotary Club, Rotaractors should look upon PDG Praveen Goyal as a role model who was a young Rotaractor, became a DRR and after that he began his journey as a dedicated Rotarian.

PP B.L. Ramsisaria pointed out that he along with PDG Shaju Peter initiated this important program of New Member Orientation, which was first started by our Club in 2008 in the District headquarters at Sector 18, Chandigarh.

AG Zone 03 Rtn. Dr. Rita Kalra thanked PRIP Raja Saboo, DG Ramesh Bajaj and PDG Praveen Goyal for sharing their valuable experience with Rotarians who were present in the Webinar which was also attended by new members. She also thanked the Host Club Rotary Chandigarh President Rtn. Sukhjot Gill.

Rotarians including new members, from Rotary Chandigarh Midtown who attended the webinar were President Rtn. Sanjay Bhatia, PP Rtn. B.L. Ramsisaria, PP Rtn. Dr. Balram Gupta, PP Rtn. Pallav Mukherjee, PP Rtn. Dr. V.J.S. Vohra, PP Rtn. Kanan Diwan, PP Rtn. Amarjit Singh, AG PP Rtn. Dr. Rita Kalra, PP Rtn. Ashok Puri, PP Rtn. Vinod Jawa, Secretary Rtn. Shuchi Thakur, Rtn. Dr. Sanjay Kalra, Rtn. Kulbir Bhatia, Rtn. Renu Chopra, Rtn. Dr. Harinder Jit Kaur, Rtn. Kulvinder Singh, Rtn. M.S. Manaktala, Rtn. Dr. Indu Luthra, Rtn. Anupam Jain, Rtn. Pradeep Sisodia, Rtn. Col. J.S. Chandoak, Rtn. Dr. Vinny Sachdeva, Rtn. Anjali Chhabra and Rtn. Anup Sharma.



Rtn. Rajendra K. Saboo
Past RI President

Rtn. Ramesh Bajaj
District Governor

Rtn. Praveen Goyal
PDG



Vote of thanks by
AG Dr. Rita Kalra

Sector News

News

6

Webtalk on Wit and Humour from the Bar and Bench by PUA

by our Reporter

Chandigarh: Panjab University Alumni Association organised a webtalk today on "Wit and Humour from the Bar and Bench" by Prof. (Dr.) Balram K. Gupta, Director (Academics), Chandigarh Judicial Academy and Prof. (Dr.) Shruti Bedi, Professor of Law, University Institute of Legal Studies.

Prof. Deepti Gupta, Dean Alumni Relations, Panjab University welcomed the speakers. Sonia Chandel from PUA formally introduced Prof. Balram Gupta and Prof. Shruti Bedi.

Prof. Balram Gupta shared some funny anecdotes and incidents from his years of practice which left everyone amused. Dr Gupta said that in any profession whether teaching, medical or legal, humour is a lubricant. Every teaching, if laced with humour and wit can bring out the seriousness of the subject, thereby making it more absorbing.

Then Prof. Bedi shared some interesting incidents, both from the



Indian and English courts, which left the audience in splits.

The speakers kept switching and taking turns to keep the audience engaged and mesmerised.

They shared witty incidents from the life of G Ramaswamy, Attorney General of India and C. K. Daphtary, who was the first Solicitor General of India and was known

for his witty replies.

In the constitutional challenge to the Bombay Prohibition Act, when asked about the nature of the intoxicants which were declared prohibited under the Act, Daphtary described them and, with a mischievous twinkle in his eye, added, "And then, My Lords, there are substances other than liquid refreshments which also intoxicate - and power is one of them". Prof. Gupta also shared the famous remark "A Republic without a Pub is a mere Relic".

Dr. Balram K. Gupta is a judicial educator at the national and international level. He has lectured at different universities and institutes in the UK and USA and has contributed papers in national and international journals.

Prof. Shruti Bedi, is Professor of Law at the University Institute of Legal Studies, Panjab University, Chandigarh.

The webinar ended with a vote of thanks by Prof. Deepti Gupta to the speakers and the participants.

 [Click here to see some high spirited humorous court session on Wit and Humor from the Bar and Bench.](#) "A Republic without a Pub is a mere Relic". Watch on YouTube to hear more from father PP Prof. Dr. Balram Gupta and daughter Prof. Dr. Shuruti Bedi battle on 21.08.2020 to outwit each other.

Caring for Mohali Day Care

On 17 August 2020, as part of involvement of Rotary Chandigarh Midtown with Day Care Centre in a Labour Colony in Mohali, fruits and snacks are being provided to children twice a week.

Two sets of T-shirts for each child has been distributed to the 60 children at the centre.

New Learning charts have also been provided to improve the ambience.



Before



After

Webinar by Rotaractors on 22.08.20



Rtn. Nitin Kapur talked about 'Equity as an Asset Class', presented by Rotaract Club Chandigarh Midtown

Birthday of Spouses

- R'ann Kund Bala Goyal August 28
- Dr. Rohit Sahni August 28

Birthday of Rotarians

- Rtn. Vijay K. Gupta August 29
- PP Rtn. Pallav Mukherjee September 02
- Rtn. Jagvinder Singh Bawa September 03

DANBRO
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Rtn. Salil Chopra

PDG Rtn. Shaju Peter

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PP Rtn. T.S. Anand

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Rtn. Sanjay Bhatia

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Design & Printed at:
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292, Industrial Area, Phase II
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Email: salil.bindra@gmail.com