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Programme: - FRIDAY – APRIL 11, 2008

Volume XXXII No. 41 April 9, 2008

## LAUGHTER IN LIFE

Guest Speaker: Prof. (Dr.) Surinder Sharma  
Adviser to Vice Chancellor, Panjab University, Chandigarh

Please Note Change  
of Meeting Timing

Venue: President Hotel , Sector 26, Chandigarh

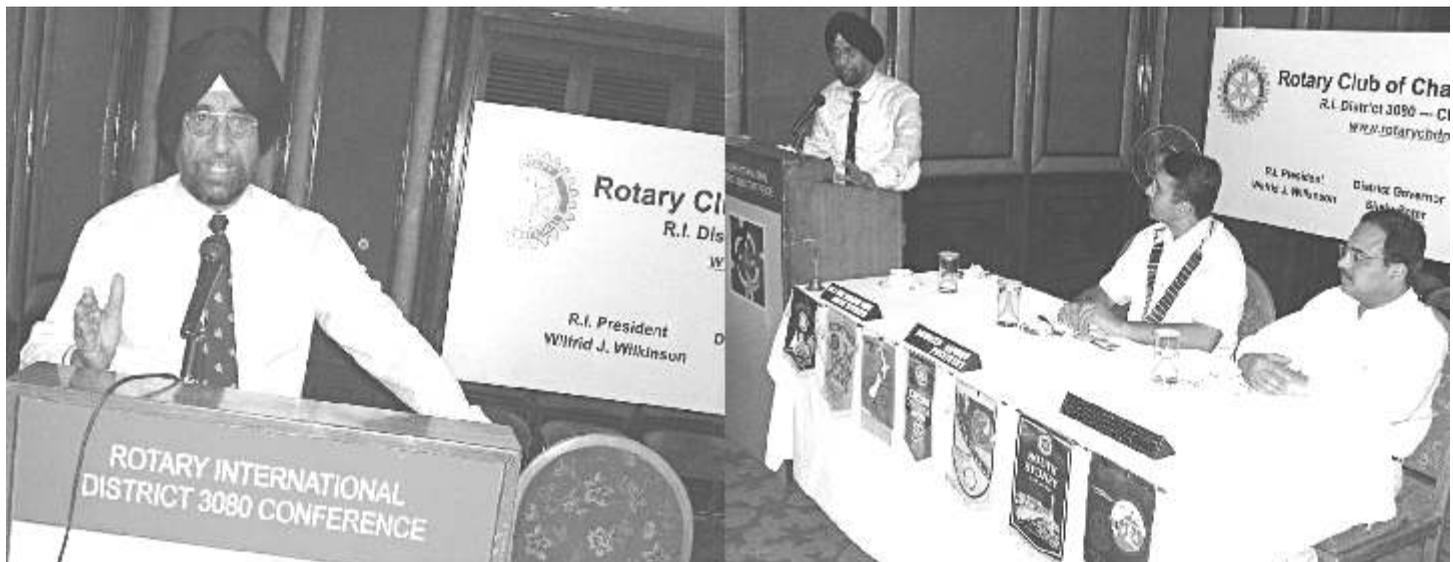
Time: 7.00 PM

## TRANSCENDENTAL MEDITATION

Our weekly meeting of 04-04-08 was called to order by PP Dr. Balram Gupta, who 'officiated' for Sgt at Arms PP Capt. Moni Kahlon. President Sandeep Sandhu acknowledged the presence of Major General (Dr.) Kulwant Singh as the Guest Speaker, who was introduced by Rtn. Gurdip S. Deep. Gen. Kulwant Singh had a meritorious career in the army. Having qualified in prestigious Higher Command course, he is also a Graduate of Defense Services Staff College. He did Ph.D in Defense Studies. He held various command, staff and instructional appointments in the Indian Army. He also took part in 1965 and 1971 Indo-Pak wars, besides tackling terrorism and insurgency.

For his outstanding performance he was awarded UTTAM YUDH SEWA MEDAL (UYSM), the second highest decoration of senior officers, during IPKF operations in Sri Lanka.

After his retirement from army, Gen. Kulwant Singh was appointed Vice Chancellor of Maharishi University of Management and Technology, Bilaspur, and he recently retired from this post after serving for 4 years. He has interacted with 6 Maharishi Institutes of Management in India and over 100 Maharishi Vidya Mandir schools where Distance Education Centres are located. A freelance writer, a keen Golfer, the General is an expert in implementing and imparting training in



*Major General Kulwant Singh makes a point, while President Sandeep Sandhu and Rtn. Deepak Sood give an attentive hearing*

Transcendental Meditation. He started his talk by giving a simple illustration. We all have mixi and grinders. We run these gadgets and then give it a brake. We do not want these to be overloaded. Similarly we have to switch off our system to get complete rest for our body & mind, which can be achieved through Transcendental Meditation. Thought has great significance. Whatever one thinks has some concrete purpose as thought has creativity, intelligence and energy.

Founded by Maharishi Mahesh Yogi, Transcendental Meditation (TM) is a simple, natural, effortless technique which eliminates stress. TM opens the awareness to the infinite reservoir of energy, creativity, and intelligence that lies deep within everyone. By enlivening this most basic level of life, TM is that one simple procedure which can raise the life of every individual and every society to its full dignity, in which problems are absent and perfect health, happiness, and a rapid pace of progress are the natural features of life.

Transcendental Meditation technique can be practiced for 20 minutes in the morning and evening, while sitting comfortably with eyes closed. During this technique, the individual's awareness settles down and experiences a unique state of restful alertness. As the body becomes deeply relaxed, the mind transcends all mental activity to experience the simplest form of awareness where consciousness is open to itself. TM gives clearer thinking, better health, fulfilling relationship and a peaceful world. TM technique is easy to learn, enjoyable to practice, and it enriches all areas of life. This technique must be learned personally from a certified teacher of the Transcendental Meditation program.

The experience of TM develops the individual's

creative potential while dissolving accumulated stress and fatigue through the deep rest gained during the practice. This experience enlivens the individual's creativity, dynamism, orderliness, and organizing power, which result in increasing effectiveness and success in daily life.

TM technique is scientific, requiring neither specific beliefs nor adoption of a particular lifestyle. The practice does not involve any effort or concentration. It is easy to learn and does not require any special ability. People of all ages, educational backgrounds, cultures, and religions in countries throughout the world practice the technique and enjoy its wide range of benefits.

More than six million people of all ages, educational backgrounds, cultures and religions have learned the Transcendental Meditation technique. The benefits of the TM program have been verified by over 600 scientific research at more than 200 independent research institutions in 35 countries. The research findings include increased happiness, reduced stress, increased intelligence, increased creativity, improved health, reduced high blood pressure, improved relationships, increased energy, reversal of biological aging and improved quality of life.

Research indicates that TM technique Meditators on average have the biological age of a person 5 to 12 years younger. There are medical benefits as TM leads to significantly reduced incidence of illness and risk of heart disease. The blood pressure is balanced.

General Kulwant Singh summed up his talk by saying Meditation is good but TM is unique as results are spontaneous because of its source, practice, proof and universality. These four attributes distinguish it from all

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*Birthdays & wedding anniversaries celebrated  
..... in absence of concerned persons!*

other meditation techniques, systems of stress reduction, or programs available for personal development.



*Rtn. Arjan Singh presents a memento to  
Maj. Gen. Kulwant Singh*

Formal vote of thanks was proposed by Rtn. Arjan Singh, who appreciated the much needed talk given by the General. He said there is a great need to have a TM centre in Chandigarh to open a window to think about something which is very important for us. President Sandhu expressed his desire to invite the General again to speak on this interesting subject.

### **Police Emergency**

This is the true story of George Phillips of Meridian, Mississippi, who was going to bed when his wife told him that he'd left the light on in the shed. George opened the door to go turn off the light but saw there were people in the shed in the process of stealing things.

He immediately phoned the police, who asked 'Is someone in your house?' and George explained the situation. Then they explained that all patrols were busy, and that he should simply lock his door and an officer would be there when available. George said, 'Okay,' hung up, counted to 30, and phoned the police again.

'Hello, I just called you a few seconds ago because there were burglars in my shed. Well, you don't have to worry about them now because I've just shot them all.' Then he hung up. Within five minutes three squad cars, an Armed Response unit, and an ambulance showed up. Of course, the police caught the burglars red-handed. One of the policemen said to George: 'I thought you said that you'd shot them!' George said, 'I thought you said there was nobody available!'

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Gen. Kulwant Singh presents Punctuality award to Rtn. Dr. V.J.S. Vohra

B'day boy Rtn Ravinder Kapur gets his gift from Gen. Kulwant Singh

### Congratulations - 100 Percentors, March 2008

- |                                |                               |
|--------------------------------|-------------------------------|
| 1) Rtn. Viney B. Aggarwal      | 2) Rtn. Arjan Singh           |
| 3) PP Rtn. R.S. Chandgothia    | 4) PP Rtn. Col. A.J.S. Gill   |
| 5) PP Rtn. Ajit S. Gulati      | 6) Rtn. R.P.S. Gulati         |
| 7) Rtn. Kanwarjit Singh Ghuman | 8) PP Rtn. Balram K. Gupta    |
| 9) Rtn. Vinod Kumar Jawa       | 10) PP Capt. Rtn. M.S. Kahlon |
| 11) Rtn. Maharaj B. Singh      | 12) Rtn. O.P. Malik           |
| 13) Rtn. Om Parkash            | 14) DG. Rtn. Shaju Peter      |
| 15) PP Rtn. B.L. Ramsissria    | 16) Rtn. A.K. Sachdeva        |
| 17) Press. Rtn. Sandeep Sandhu | 18) PP Rtn. Harish C. Sethi   |
| 19) Rtn. Ashish Singla         | 20) IPP Rtn. Dr. V.J.S. Vohra |



### BIRTHDAY GREETINGS

Rtn. Vijay Kumar	April 11	'Rtn. Maharaj Bakhsh Singh	April 14
Rtn. R.Ps. Gulati	April 13	Rtn. Raj Kumar Luther	April 15



PUNCTUALITY DRAW Won by IPP Rtn. Dr. V.J.S. Vohra

*✍ Editor for the week : IPP Dr. V.J.S. Vohra ✍*

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