

# THE MID TOWNER



BULLETIN OF THE ROTARY CLUB OF CHANDIGARH MIDTOWN : R.I. DISTT. 3080

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Editor  
**Ashish Ahuja**

Club No. 15228

## PROGRAMME

Vol. XXXIII No.34 February 18, 2009

The Rotary Foundation  
"Our World--Not As It Is, But What It Could Be."  
A presentation by IPDG Shaju Peter

Friday, February 20, 2009

Time: 6.30 PM

Venue: Hotel President, Sector 26, Chandigarh

## Yoga - A Way of Life



Guest Speaker Rtn. Pankaj Sharma

Our Guest Speaker last Friday was the President of Rotary Club of Himalayan Ranges, Rtn. Pankaj Sharma, who gave an insight into Yoga as a way of life. He was introduced to the audience by Rtn. Amarjit Singh.

Rtn. Pankaj Sharma is a qualified professional, having passed B. Tech & MBA. After working in a Merchandising Company for some years, he entered the field of spirituality and chose a path of doing service to the society. He preferred to be guiding spirit for the under-privileged children and all those who needed help. He joined the field of yoga as Yoga Therapist in the year 2000 and has rendered more than eight years in this field. He teaches the science of Ashtanga Yoga in schools, Corporate Houses and individuals in India & abroad.

Yoga means 'Union'. Yoga is derived from Sanskrit word 'Yoga' which means 'to join or to add'. It is a complete science of life which originated in India more than 2000 years ago. It

is the oldest system of complete development of body, mind and soul of an individual. The Gita says 'samaatwam yoga uchiate' meaning anything and everything you do is yoga. When you eat you add nutrients to the body. When you sleep, you add rest to the body. When you read or listen, you add knowledge to the mind. When you walk, you add distance to the body and so on. Now, the question is that if every thing is yoga then why do we have problems?

The answer is very simple - we do in excess or very little and hence we have problems. There are many kinds of yoga namely- Bhakti yoga, Gyana yoga, Karma yoga, Hatha yoga and Ashtanga yoga. Ashtanga yoga means 'Eight steps of yoga'. The great sage Patanjali who is considered as the greatest Yoga Guru of all times, laid down a blueprint containing eight steps (ashtanga) for controlling the restless mind and enjoy everlasting peace and joy. He found a simple way of Ashtanga Yoga to attain purification of the physical body, mind and the astral body (soul) to achieve union with supreme. The 8 steps laid down by Sage Patanjali are :

**Yamas**- It means self-restraint and control on your bad habits. Ahimsa, Satya, Asteya, Bhramachary and Aparigraha are the five yamas.

**Niyamas** - It means observance and follow a set pattern of daily routine. There are five niyamas- Shauch, Santosh, Tapa, Swadhyaya and Ishwara

**Pranidhana Asana** - It means physical holds or steady poses. Asanas are must to keep body fit. Regular practice of asanas result in helping cure many ailments of the body. The postures tone up the whole body, help loose weight, fight arthritis and gives it strength and vigor.

**Pranayama**- It means exercise of the vital force. Regular



B'day Greetings for Rtn. Ravi Tuli



PE 2010-11 : Very Punctual, Ever Smiling



Memento for the Guest Speaker

practice of pranayama or deep breathing exercises help cure migraine, acidity, back pain, stress, addiction, high blood pressure, diabetes, muscular dystrophy, scoliosis, sorcodoses, proximal muscular weakness, etc.

Pratyahara - It means withdrawal of senses from their respective outside objects. Pratyah means to regulate and ahara means food. Eyes should see what they should, ears should hear only that is auspicious. Tongue should taste food that gives us energy. Nose should smell fragrance all around. The skin should feel the healing touch. This way, the senses get detached from their objects of feeding and mind attains complete rest.

Dharana- This means concentration of the mind.

Dhyana- It means meditation or flow of concentration.

Samadhi- It means the ultimate state. It is the state when there is ultimate knowledge and control over all bodily functions and the mind. It means the super conscious state and a state where you learn the true way to healthy living.

Yoga is a way of life and helps make life a meaningful coincidence. The speaker concluded by saying 'IF IT DOESN'T ALTER YOUR LIFE, IT ISN'T YOGA!'

PP Pallav Mukherjee proposed the vote of thanks to the learned speaker and presented him a memento on behalf of the Club.



Anniversary Couple R'ann Brij & Rtn. M.K. Handa



Another Anniversary Couple Ann. Urmil & Rtn. R.K. Luther (but whom is the cake for?)

PP Rtn. T.S. Anand

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# Manpreet Singh Gandhioke is the DGN for 2011-12

Manpreet Singh Gandhioke from Rotary Club of S.A.S. Nagar was unanimously elected as DGN 2011-12 by the Nominating Committee chaired by PDG Hemant Arora at the meeting held at Hotel Western Court on Sunday February 15, 2009 immediately after the District Conference. Besides the seven elected members from the various zones of the District, IPDG Shaju Peter served as a member of the Committee.

The two - day Distt. Conference "Saarthak Sapne" at Inder Dhanush Auditorium, Sector 5, Panchkula, hosted by Rotary Club of Chandigarh on Feb. 14 - 15, '09, had many Rotary stalwarts as speakers, though getting delegates to the auditorium to listen to them was indeed a challenge.

R.I. President D. K. Lee and Young were represented by PRID Ronald L. Beaubien from California, USA and Vicki. Ron, in his first intervention, made a passionate plea for reducing child mortality in all our communities and making dreams real of the children of the world. The theme for his second address was 'Ethics' and the second avenue of service described by PRIP Rajendra K Saboo as the 'abandoned avenue' in his address to the delegates at the International Assembly which just concluded in San Diego.

Introducing the Governor, IPDG Shaju described Satish as the patriarch of the Rotary family in Jagadhri and Yamunanagar whose opinions were often sought after and counsels always acted upon. What stole the hearts and minds of the audience on the inaugural day was the inspiring address by S. Manpreet Singh Badal, Hon. Minister of Finance, Punjab on the tasks ahead of the new generations in India for nation building and the components of a new resurgent India.

Among those who were recognized for becoming PHF in the current Rotary year was our own President Saroj Jhawar. PP Dr. Vanita Gupta and President Saroj received their certificates from Chairman of Leadership Academy PRIP Rajendra K. Saboo for completing their course at the

Academy.

Another highlight of the proceedings on Saturday was the motivational address by S. Harpal Singh, Chairman, Fortis Healthcare Ltd. on the initiative taken by Nanhi Chaan Foundation in spreading awareness about the imperative need for preventing female foeticide in our society.

Among the presentations made by Asstt. Governors about the programmes and projects undertaken by the respective clubs, the one made by AG R.K. Goyal stood out.

In the business session chaired by IPDG Shaju Peter with PRIP Rajendra K Saboo and PDG JPS Sibia as resource persons, the District By-laws as amended by the College of Governors at their meeting in Kathmandu were approved as well as two amendments that were taken up which would make it mandatory for all eligible clubs in the District to forward names to the Nomination Committee who would select the District Governor Nominee. PP B.L. Ramsisaria and PP Ajit Gulati took active part in the deliberations about the new procedure.

At the entertainment late in the evening on the sprawling lawns of Hotel Mountview, Ron and Vicki had a great time dancing to the tunes of Punjabi folk songs and the bhangra numbers.

The highlights of the second day were the presentation on the 'Power of One' by the keynote speaker Ms. Jaya Row, the famous exponent of Vedanta and the presentation of Shreyas Awards to Abhinav Bindra, Baba Seechewal and Dr. Nina Puri by Guest of honour PRID Kalyan Banerjee whose address on 'Excellence' was scintillating.

PDG Yoginder Diwan and Kanan acted as aides to RI President's representative Ron and Vicki. PP Pallav Mukherjee served as aide to Director Ashok Mahajan.

Midtown was represented by PP I. Sengupta & Ann Mala, PE 2010-11 Rtn. Prem Anand & Ann Indu, Secy. D.R. Aggarwal & Ann. Lalita, Dr. Col.V.K. Kapoor & Ann. Raj, Rtn. A.K. Sachdeva & Ann. Shradha, PP Harish Sethi &

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Rtn. Darshan Singh Malhi



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PP Ajit Gulati, Rtn. A.K. Sachdeva, Jt. Secy. Ritu Singal & Rtn. Vinod Jawa had a busy day, performing the duties of Sergeant-at-Arms.

## Our DIR Microcredit Beneficiary



Developing Indigenous Resources (D.I.R.) is an NGO who helps us identify the deserving beneficiaries of our Microcredit loans.

Under this project, a micro-loan of Rs.20,000 was given to Smt Saroj of Janata Colony, Naya Gaon. This loan has been given to her for the purposes of expanding business at her karyana store. Saroj is 47 years old and runs her store herself for the past many years.

Birthday Greetings  
Rtn. Rajeev Gupta  
IPP Rtn. Sandeep Sandhu



February 21  
February 26

Punctuality Draw  
Won by PE 2010-11 Rtn. Prem Anand



## Tests for Heaven

Bob died and went to heaven. When he got to the pearly gate, Saint Peter told him that new rules were in effect due to the advances in education on earth. In order to gain admittance, a prospective heavenly soul must answer two questions:

1. Name two days of the week that begin with "T"
2. How many seconds are in a year? Bob thought for a few minutes and answered...

1. The two days of the week that begin with "T" are Today and Tomorrow.

2. There are 12 seconds in a year.

Saint Peter said, "OK, I'll buy the Today and Tomorrow answer, even though it's not the answer I expected. But how did you get 12 seconds in a year?"

Bob replied, "Well, January 2nd, February 2nd, March 2nd, etc..."

Saint Peter lets him in without another word.

## Missing Donkey

Having lost his donkey, Bob got down to his knees and started thanking God. A passerby saw him and asked, "Your donkey is missing, what are you thanking God for?"

Bob replied, "I am thanking Him for seeing to it that I wasn't riding the donkey at that time, otherwise I would have been missing too."

- Contributed by Rtn. J.S. Chopra

## Nanhi Pari visits Bindras

PP Subhash Bindra & Ann Veena have become Dada - Dadi once again. Their younger son & daughter-in-law, Sameer & Kimmy have been blessed with a charming little girl, Aalyiaa on Feb. 12, 2009.

Our heartiest congratulations to the entire family!

Wedding Anniversary Greetings

R'ann Rajneet & Rtn. Srirambir Sandhu

R'ann Rekha & Rtn. Sompal S. Malik

R'ann Mira & PP Rtn. J.L. Mahajan



February 20

February 21

February 22

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