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PROGRAMME

Volume XXXV No. 21 November 30, 2010

World Disabled Day

Distribution of Tricycles to Disabled Persons

Chief Guest: Mr. Balbir Singh Sidhu, MLA, Kharar

Friday, December 03, 2010

Time : 6:30 P.M.

Venue: Hotel President, Sector 26, Chandigarh

## How to Keep Yourself at Peace

In the club meeting on November 26, 2010 we had Mrs Santosh Bhandari, Principal, D.A.V. School, Sector 8, Panchkula as the Guest Speaker. She was introduced by our First Lady R'ann Indu Anand as a well known educationist who has created milestones in the lives of little children who would not have seen the light of education otherwise. She is imparting education absolutely free of cost to the downtrodden of society through a school for the underprivileged children who are blooming in this school with the right training and teaching.

Mrs Bhandari believes in making education relevant to life, and motivates her students to improve upon previous performances and set new benchmarks. She believes that quality education should not only be given to those who can pay but also to poor students. She has been awarded the National Award for Teachers, conferred upon her by the President of India, Pratibha Patil at a function in New Delhi on Teachers' Day in 2007. She has also been honoured with DAV Management award 2008.

Addressing the Rotarians Mrs Bhandari said that she would like to share her thoughts regarding an important subject of "How to Keep Yourself at Peace". She said two words are important here, 'Yourself' and 'Peace'. We are always wanting something that we do not have, and here we are wanting to have peace. She emphasized, "Something I do not have, how can I get it. Something that I can not give, how can I get it?" She added, "I can get something only what I can give. Something can be mine only if I am able to create it. If I want peace to be mine, then I have to create it. I cannot ask for it. I cannot get it from outside me. It can be mine if I can experience it." You have to look for peace with in you and you can never get it from others. No one else ever will give you peace as you can give it to yourself.

In true sense you should know what you are. You should know your self, in order to get peace. You should accept the truth and be practical to acquire peace. You can set yourself free to become the person you want to be and create the life you would like to live in peace.

All religions say God is Love. God is truth. We all know this

since our childhood. Yet we get away from the truthful path, may be due to some business loss, family problems or may be due to self created tensions. If you're not satisfied with your life as it is, imagine that it can get better. What happens in your life is largely up to you, so make it a priority to figure



Mrs Santosh Bhandari has an interactive session with Rotarians

out how to create what you want. Be willing to try new things. Pay close attention to ideas and feelings that light you up. Courage is accepting reality as it is and working with it to create what you want. What you dedicate yourself to, you can create. There can be many reasons to disturb our peace. Your first commitment should be to yourself. Only when you're at peace with yourself you can make a real contribution to others. Live your own life, be honorable, and intend the best for everyone, including yourself.

Trying to change someone may be futile, no matter how much you care, or how badly you think they need it. You have no control over what anyone else feels or thinks. Do what you can, and do your best, but not at your own expense. Working things through can be healing when there's mutual respect, but if you feel hopeless, scapegoated or threatened, retreat may be the only sensible choice. It could be as basic as leaving the room briefly, or as extreme as ending the relationship and moving away.

Sharing gives you peace. It gives you satisfaction and happiness. We know where peace lies and we are the source of that peace. We have to know our self. We can not know who we



While IPP Rtn. Gurdip S. Deep cuts the b'day cake on behalf of R'tann Maniki, Secretary Rtn. Deepak Sood assists R'tann Purnima in doing the same!



R'tann Indu Luthra presents a memento to Mrs Santosh Bhandari

are, unless we know who we are not. We can get peace only by our own personal efforts.

Mrs Bhandari was also engaged in a lively interactive discussion with the audience which not only made the proceedings interesting but also generated immense ideas from the Rotarians on how to keep our selves at peace. There were meaningful suggestions from our youngest Rotarian Karandeep, Rtn. S.S. Malik, Rtn. Dr. Jawahar Luthra and

others. It was concluded that life is a journey which we have to continue by avoiding confrontation. If we experience and realize the reality, we shall start living for ourselves. By doing so we shall not get disturbed and we can get peace.

Vote of thanks was proposed by R'tann Indu Luthra, who on behalf of the club thanked Mrs Santosh Bhandari for a very philosophical talk.



R'tann Purnima Sood gets birthday gift from Mrs Santosh Bhandari



Rtn. Santosh Khaitan gets punctuality award from Mrs Santosh Bhandari. President Rtn. Prem Anand seems to be blocking the flash!

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# Announcements by President Prem Anand

## District Conference

District Conference will be held on 18th & 19th December 2010 at Tagore Theatre, Chandigarh. Union Minister for HRD, Mr. Kapil Sibal shall be the Chief Guest at the inaugural of the mega annual Rotary event. A galaxy of prominent speakers are expected to address the Rotarians. Some well known celebrities shall receive the Rotary Sheryas Awards. The District Conference will be hosted by Rotary Club Chandigarh.

Pre-Conference Dinner, hosted by Rotary Club Chandigarh Midtown, will be on 17th December in the sprawling green lawns of Chandigarh Golf Academy (CGA) range. Registration fee for this is Rs. 500/- per person.

On 18th December evening a hilarious comedy "Ghalib in New Delhi" would be staged at Tagore Theatre, which will be followed by fun, music, dance and dinner at Rock Garden (Phase 3). Those who have not yet registered for the District Conference are requested to give their registration fee to the Secretary Rtn. Deepak Sood (M: 9872211429).

There would also be a Talent Nite. Aspirants should contact PP

Rtn. Ajit Gulati and R'ann Bir Gulati (M: 9915088588), who will coordinate the programme. Preference will be given to the songs of the sixties & seventies.

## Leadership Seminar

On 17th December 2010 the District Leadership Seminar will be held from 3pm to 6pm. This would be a great learning opportunity for those who wish to enrich their leadership skills which can be used for their business and profession. Rotarians seeking to serve the District in future are expected to register for this seminar.

## World Disabled Day

In the club meeting on 3rd December 2010 we shall celebrate World Disabled Day by distributing six tricycles to the needy disabled persons. These tricycles have been donated by: Jt. Secretary Rtn. Amarjit Singh, Rtn. Karanjeet Arora, PP Rtn. Indrajeet Sengupta, Rtn. Munish Jauhar, PE Rtn. R.K. Luther, PP Rtn. Pallav Mukherjee and Rtn. Lalit Azad. We are thankful to these Rotarians for their generous gesture.

## PDG Shaju attends Institute at Bangkok

PDG Rtn. Shaju Peter & R'ann Lovy are now in Bangkok after spending two days in Cambodia. Rotary Institute of Zones 4, 5 & 6A is being held at Bangkok. It is the first Institute to be held outside our Zone, expected to be a unique event, which will present a taste of the international flavour of Rotary. Rotarians who are non RI officers are also attending this institute.

Shaju & Lovy shall be back home on 1st December 2010, when we shall share their pleasant experience!

## Donate Blood to Gift Life

Rotaract Club of Dev Samaj College for Women, Sector 45 and GMCH 32 organized a blood donation camp on 23rd November 2010. There were 60 blood donors. The Chief Guest was Dr. P.S. Jaswal, Chairman, Dept. of Law, Panjab University, who has been appointed as the new Vice-

Chancellor of Hidayatullah National Law University, Raipur. Principal of the Dev Samaj College Dr. Ms. Meera Modi and the teacher in charge of Rotaractors Ms. Amanpreet Kaur motivated the students for this noble cause to gift a life!

Inner Wheel Club Chandigarh Midtown President Deepa

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From left: Secretary Rtn. Deepak Sood, President Rtn. Prem Anand & R'ann Indu, Rtn. Amarjit Singh, Dr. P.S. Jaswal and Dr. Meera Modi motivate the students



Students of Dev Samaj College donate blood, while doctors & staff of GMCH perform their duty for a noble cause

Sahib Singh and Secretary Uma Gupta were also present and gave gifts to the donors.

Rotary Club Chandigarh Midtown, who had sponsored the all

girls Rotaract Club at Dev Samaj College for Women, were represented by President Rtn. Prem Anand & First Lady R'ann Indu, Secretary Rtn. Deepak Sood and Jt. Secretary Rtn. Amarjit Singh.

## Get Well Soon

Rtn. Suraj Handa and Rtn. Mrs D.K. Singh have been attending the Club meetings very regularly all these years. But due to ill health they both have not attended some meetings. We are missing them. We wish them sound health & happiness so that we enjoy their fellowship in the Rotary events!

## Donation for Asha Shelter-32 Project

Rtn. Ashwani Bhateja Rs. 5000/-

## Wedding Anniversary

R'ann Malabika & PP Rtn. Indrajeet Sengupta December 03

R'ann Gagan Meet & Rtn. Tej Mohan Singh December 07

R'ann Suman & Rtn. Vijay K. Gupta December 07

R'ann Sushobhita & PP Rtn. Dr. S.K. Sharma December 08



## New Address of Rtn.

## Ashwani Bhateja

Please note the new Residential address of Rtn. Ashwani Bhateja; 1121, Sector 36-C, Chandigarh-160036.

## Greetings

### Birthday of Rotary Ann's

R'ann Neeru Khattar  December 05

### Birthday of Rotarians

Rtn. Dr. Mrs Shashi Jain  December 03

Rtn. Om Parkash Malik  December 08

### Punctuality Draw

Won by Rtn. Santosh Kr. Khaitan

 Editor for this Bulletin: PP Rtn. Dr. V.J.S. Vohra 



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