

## You and Spirituality



Mrs. Sumedha Talwar

On Friday, April 01, 2011 Guest Speaker Mrs. Sumedha Talwar, Professor, Chandigarh College of Engineering and Technology, Sector 26, Chandigarh was introduced by PE Rtn. R.K. Luther who presided the club meeting, though President Prem Anand was present but he was not allowed to speak on medical advice due to his throat problem and we wish him to be back on the dais next Friday.

In addition to teaching architecture, Mrs. Sumedha Talwar also coordinates the activities of the Art of Living, for which she is a trained teacher. She is the first cousin of President Prem Anand and wife of Mr. Luther's close friend who has been his college mate at Thapar Engineering College. Sumedha's husband, who owns two units of pharmaceuticals, is also into Art of Living. Her two sons have also done some of the courses and enjoyed its benefits, the elder one is in IIT and the younger one has done MBA.

In search of personal betterment, inner peace and an appreciation of life, people are readily turning to spiritual ways of living. One of the most popular philosophies is the Art of Living, propagated by the global guru, Sri Sri Ravi Shankar who preaches the message of love, practical wisdom and compassion.

According to Sumedha, "The body is made up of seven layers - body, breath, mind, intellect, memory, ego and self." We live in a materialistic world and keep using our body. We don't realize there is something beautiful beyond.

She explained that Spirituality teaches that the art of living is to find real abiding happiness and satisfaction. This inner happiness will come when we can discover our inner self. It is spirituality that helps us to find this inner reality, which is our inner self. Many people seek happiness in life. Consciously or unconsciously we wish to be happy. The

essence of spirituality is discovering the joy in life. Spirituality is an inner happiness. Spirituality is simplicity. When life is complex, complicated and cluttered we feel under stress. We have no time to appreciate the finer things in life. The inherent simplicity of life should be enjoyed.

Spirituality believes in enjoying the present. We should be happily involved with the present. This is an essential necessity to master the art of living. When we regret the past we waste our precious time. When we worry about the future we create problems that may not even occur! It is only by enjoying the present moment that we can practice the essence of spirituality, which is not encumbered by ideas of the past and future.

We may spend all our time finding faults and criticizing others. Our criticisms may be justified but they will never bring peace of mind. Spirituality says that inner happiness comes from living not for ourselves but living for others. By pleasing our ego our pleasure will be limited.

Spirituality does not require us to renounce the world. Spirituality involves acceptance. If we accept the world as it is, then we can help offer something positive to the world. If we wish to change the world, we need to first change ourselves.

Vote of thanks was proposed by our First Lady R'ann Indu Anand who thanked Mrs. Sumedha Talwar for her excellent talk. Any one wanting to learn the Art of Living may contact Mrs. Indu Anand



First Lady Ann Indu Anand presents a memento to Mrs. Sumedha Talwar



Rtn. Ravinder Kapur is presented birthday gift by Mrs. Sumedha Talwar



Mrs. Sumedha Talwar presents wedding anniversary gift to R'tnn Pritpal & Rtn. R.P.S. Gulati. Looking on to wish them good luck is Secretary Rtn. Deepak Sood



Rtn. Vinod Jawa bags the punctuality award, which is presented to him by Mrs. Sumedha Talwar



Mrs. Sumedha Talwar presents scholarship cheque of Rs. 25000/- to Anuradha. Looking on with satisfaction is Rtn. Arjan Singh, the Coordinator of this project

## Advise by PP Dr. V.J.S. Vohra, Bulletin Editor

During the talk of the Guest Speaker, I had pointed out the well known formula of 'Live and Let Live'. It means basically you mind your own business, and I mind my own, without interfering in each others affairs. But problem may never end if one party bows down to the lowest possible level, and the other party does not want to appreciate this nor he wants his ego to lower down by even a fraction. On the contrary he suspects the other party's magnanimity of bowing to the lowest level. He feels, "Is may bhi koi chaal hai." A win-win

situation with intention of give and take is the best solution.

Talks given by great learned personalities and gurus are extremely motivating and inspiring. But what we learn from them seems to come to naught with the negative attitude of persons with whom we have to deal, like the brothers & sisters around us, who may never come to any reasoning, no matter how much we bow down before them or withdraw from the situation. Even the reality is not acceptable, on the contrary it is torn apart,

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and it is defaced beyond recognition! I am personally experiencing this for last several years.

Some people meet their end as they are unable to bear the thorns laid down on their path of life. But at the same time there are those whom one may call thick skinned, and that is our personal Attitude towards life. If we are determined to walk on the thorny path, it may take more time, or we may never achieve our goal, but we shall get the satisfaction of mastering the art of walking on the thorny path! Acceptance of life as it is or as it comes is in itself an attitude. Our attitude

towards life is in fact, life's attitude towards us. Being happy may not mean that everything is perfect with us. It is the attitude of happiness which keeps us going. Happiness can be earned only by self determination.

Being regular for our Rotary meetings and commitments, and enjoying the fellowship is a very positive attitude and it has certainly helped me to a great extent to over come most of the stress that I have faced! I am now working on Stress Management by disabled persons, and very soon I hope to share this with everybody.

## World Cup 2011 – Sportsmanship triumphs! India World Champions.... Jai Ho!!!

While welcoming our World Leader RI President Ray Klinginsmith and RI Director K.R. Ravindran of Sri Lanka on 25th March 2011, PDG Kanwal Bedi remarked about India beating the four times world champions Australia in the quarter finals of the cricket World Cup. She said, "It was happiness for all of us." She added that as Rotarians more happiness was in store for us to meet RI President Ray!

While Introducing the RI President, RI Director Ravindran predicted very rightly, "Thinking about cricket, if Sri Lanka and India meet in the finals, then you and I will be on the opposite sides!" Sri Lanka beat New Zealand in the semi finals on 29th March and next day India defeated arch rivals Pakistan at Mohali, but actual victory was bagged by sportsmanship and grace, both in cricket and politics, with Indian and Pakistani

Prime Ministers being part of the audience and large number of Pakistani visitors who had come for the match went back full of praise for the hospitality extended to them by people of Chandigarh and Mohali. In this part of the world, cricket is religion and people of India, Pakistan and Sri Lanka proudly belong to the same religion!

For the finals at Mumbai on 2nd April, obviously all Indian Rotarians were cheering Team India, and Sri Lankan Rotarians backed up their team. India outplayed Sri Lanka to clinch the world cup after 28 years! However, sportsmanship and grace is always at peak and it is a pleasure and honour for Indian Rotarians to meet and enjoy fellowship with Rtn. Ravindran, who with great magnanimity expressed his happiness to hand over the charge of RI Director to Rtn. Yash Pal Das.

## Congratulations to our Rotarians for their Achievements

Recognition certificates received by our club and members on 25th March 2011 from RI President Ray Klinginsmith were displayed in our previous bulletin No. 38. However, in the club meeting on 1st April 2011, PDG Shaju Peter made pleasing announcements of our club's support to US \$ 200 Million Challenge, Recognition & appreciation for outstanding humanitarian service in tribal district of Behrampur, Orissa as part of Rotary Medical Mission to Rtn. Dr. Nitin Mathur and Rtn. Kanan Diwan & PDG Yoginder Diwan. PP Rtn. Indrajeet

Sengupta, President Rtn. Prem Anand, Rtn. Rajesh Mahajan and Sonal Agarwal grand daughter of Rtn. D.R. Agarwal were recognized for supporting the Rotary Foundation and becoming Paul Harris Fellows. PDG Shaju congratulated these Rotarians for their well deserved recognition.

Shaju also congratulated Rtn. Dr. Rita Kalra for recently completing the Leadership Academy program. He said Rita was one of the most vibrant participants of the academy!

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## PP Rtn. B.L. Ramsisaria is President of Rajasthan Parishad



PP B.L. Ramsisaria

Our senior PP Rtn. B.L. Ramsisaria has been elected President of Rajasthan Parishad (Regd.) for the year 2011-12 and has already taken charge on 1st April 2011. Mr. Ramsisaria had also held the post of President earlier, and is one of the founders of the Parishad which was established in 1977-78, of which PRIP

Rtn. Raja Saboo was the Founder President. The Parishad promotes Indian culture, particularly of Rajasthan.

One of the annual attractions, which are also enjoyed by our club members, is the cultural events, particularly the 'Hasya Kavi Sammelan'. With our PP Ramsisaria leading the Rajasthan Parishad, Rotarians of Chandigarh Midtown are going to enjoy these cultural programs in large numbers.

### Experience at Leadership Academy of District 3080 Report by: Rtn. Dr. Rita Kalra



Rtn. Dr. Rita Kalra participant of the academy

With a well researched curriculum, innovative teaching methods and resourceful faculty to deliver world class leaders for tomorrow, the academy experience was beyond expectation. The training was not only about personality development and skill enhancement but also helped in recognizing our weaknesses and building our confidence.

My heartfelt gratitude for all the support and care extended by the faculty in organizing the program and making it a memorable experience. To sum up: a profitable and tax saving investment at the end of the financial year.

RI President Ray Klinginsmith also visited the academy on 25th March 2011 and his spending an hour with the participants was very inspiring.

### Medical Camp at Faida Villiage

Rtn. Mrs. Kanan Diwan informed that another Medical camp is being organized at Faida village on Sunday, April 10, 2011 from 9.30 am to 1.30 pm. Rtn. Col. Dr. V.K. Kapoor, Rtn. Dr. Jawahar Luthra and Rtn. Dr. Rita Kalra would be examining the needy patients. Rotarians are requested to participate in this camp to make it a success.

### Shaju appeals for Contributions

Our Rotary Aasra Shelter at GMCH-32 is picking up well as attendants of patients have started coming there to stay. We have collected Rs. 1580/- between 26.2.2011 to 22.3.2011 on account of rent for blankets and beds. We require more funds as we are short of beds and blankets.

As our WCS hearing aids project is through, we need to contribute our club's share for which Rs. 10000/- has already been contributed by PE R.K. Luther and Rtn. Mrs. Kanan Diwan has also committed a sum of Rs 10000/- for this project.

### Birthday of Rotarians

Rtn. Praveen Aggarwal	April 09
Rtn. Vijay Kumar	April 11
Rtn. R.P.S. Gulati	April 13
Rtn. Maharaj Baksh Singh	April 14



### Wedding Anniversary

R'ann Herpreet & PP Rtn. Col. A.J.S. Gill April 09

### Punctuality Draw

Won by Rtn. Vinod K. Jawa

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