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# The Midtowner



Club Number : 15228

**Bulletin of Rotary Club of Chandigarh Midtown: R.I. District 3080**

R. I. President  
**Kalyan Banerjee**

District Governor  
**Manpreet Singh**

President  
**Raj Kumar Luther**

Secretary  
**Amarjit Singh**

Editor  
**Dr. V. J. S. Vohra**



Friday, January 06, 2012

Volume XXXVI No. 27 Dated: January 03, 2012  
PROGRAMME

Security in Chandigarh  
*Chief Guest:* Mr. Naunihal Singh, IPS  
Senior Superintendent of Police, Chandigarh

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh



Meeting will be followed by Fellowship

Wishing all Rotarians and their families a very Happy New Year, with good health, happiness, prosperity and full of joy throughout the years and always!

## PP T.S. Anand is Candidate for DGN 2014-15



PP T.S. Anand

Board of Directors of Rotary Club Chandigarh Midtown in its meeting held on 24th December 2011, had unanimously proposed the name of PP Rtn. T.S. Anand as a candidate for DGN 2014-15 for RI District 3080.

President R.K. Luther placed the resolution before the house for approval in the weekly meeting held on Friday, 30th December 2011. The

house unanimously approved the candidature of PP T.S. Anand as DGN 2014-15, and his name has been forwarded to the District Governor.

A Charter Member of our Club, Rtn. T.S. Anand was the President in 1985-86. He has been a great support to the Rotary cause, both at the Club and District levels. With classification as 'Hearing Aid Manufacturing', he is responsible to put Widex India Pvt. Ltd. (a joint venture with Widex A/S, Denmark) on sound footings, and this company is today the largest suppliers of Digital Hearing devices in India.

Rotarians of Chandigarh Midtown whole heartedly support the candidature of Rtn. T.S. Anand, and wish him good luck to see him as the leader of our District!

## Stress Management

President R.K. Luther introduced the Guest Speaker Dr. S.N. Ghosh, Professor, Department of Psychology, Himachal Pradesh University, Shimla. Addressing the Rotarians Dr. Ghosh said, "The philanthropic work and positive things that you people do for the society reduces stress." He pointed out that Stress is the buzz word and people have been talking about it for the last ten years. He added, "Earlier people were experiencing stress but they never understood it. Understanding stress is an important thing." Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. Stress affects the mind, body, and behavior in many ways, and everyone experiences stress differently. Your ability to tolerate stress depends on many factors, including the quality of your relationships, your general outlook on life and your emotional intelligence. When a person is disempowered or things are out of control or beyond one's reach, it leads to stress and a feeling of anger and helplessness.

While explaining what stress is, Dr. Ghosh was humorously interacting with Rotarians, and the proceedings itself became very stress free! Stress is necessary for life. Dr. Ghosh explained, "Without stress we are dead. When child is born he moves on to

vitality." He added, "If we do not have optimum level of stress in our life we would be in vegetative state. Stress is not a negative thing in our life." There are negative stress and positive stress. Therefore, Stress can be good for you, or it can be bad for you. We need to nurture the positive stress. Dr. Ghosh said we tend to forget the positive events in our life, and hold on to the negative experiences in our life. We have many achievements in life which gives us confidence. We must remember these during stressful times. Anger causes many problems in relationships, health and happiness.

Dr. Ghosh gave a very valuable advice, "We need to remember that these positive events acts as a buffer against the negative events of life." This is very important to be remembered as one person may respond quite differently to the same situation than



Dr. S.N. Ghosh

another. He pointed out, "Stress is like a guitar string. If you have the right amount of tension you can play beautiful music, but too tight a string and it can snap!" This is when people have nervous breakdowns. They get overloaded with distress and have no way to cope with all of the bad stress in their life, which leads to heart ailments and other diseases. Dr. Ghosh also emphasized that, "You need to control your anger before it

controls you!"

Vote of thanks was proposed by PE Rtn. Ritu Singal. She said, "The talk was on a topic which is very close to each one of us and we all want to know how to deal with stress." She thanked Dr. S.N. Ghosh for telling us how to manage stress in a very practical and humorous manner!



PE Rtn. Ritu Singal presents a memento to Dr. S.N. Ghosh



Dr. S.N. Ghosh presents a birthday gift to R'ann Bir Gulati



Dr. S.N. Ghosh presents a birthday gift to R'ann Dr. Joginder Mukherjee



Dr. S.N. Ghosh presents punctuality award to Rtn. Dr. Col. V.K. Kapoor

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## RI President's Message - January, 2012



RI President  
Kalyan Banerjee

My dear brothers and sisters in Rotary,

At Arlington National Cemetery outside Washington, D.C., stands a memorial to the Seabees, formally known as the U.S. Naval Construction Force. An inscription reads, "With willing hearts and skillful hands, the difficult we do at once; the impossible takes a bit longer."

In Rotary, we already have our own mottoes. If we didn't, I might be given to nominate those two lines. The power of combined effort, as Paul Harris once wrote, knows no limitation. When we work together, the impossible becomes possible.

I thought of this when I read, a few months ago, an article in the New England Journal of Medicine, the premier medical journal in the United States. Titled "The Polio Endgame," it outlined a strategy for a post-polio era, including managing post-eradication risks.

Thirty years ago, such an article could never have been published. Today, it is a testament to the power of dedication, of persistence, and of combined effort. The impossible has,

indeed, become possible. A post-polio world, once the stuff of dreams, will soon be here.

My friends, the day that polio will be eradicated is close at hand. We have to be ready for it with a powerful Rotary – a Rotary of enthusiasm and confidence, of bold vision and clear ambitions. It is time for us to prepare by taking an honest look at our clubs. Are our projects meaningful, sustainable, and relevant? Are our meetings productive and enjoyable? Are our clubs welcoming to new members, and are our schedules and events friendly to young families? And once people join us, do we welcome them properly, involve them enough? Do we make them a part of the family of Rotary quickly enough?

The figures tell us that while enough new individuals join Rotary every year and everywhere, too many exit Rotary, on an ongoing basis. What unfulfilled hope do they leave with? What expectations are we not meeting? Can we do more and better?

Now is the time to focus our energies on our clubs, and on the way people see them. It is time to show our communities that the Rotary of today is not the Rotary of their preconceptions. Rotary is a way to connect, to do more, to be more – it is a way to take our idealism and our vision, and turn them into reality.

Kalyan Banerjee  
President, Rotary International

### Official Visit of District Governor on 27th January 2012

Official Visit of District Governor Manpreet Singh to our Club has been fixed for Friday, 27th January 2012. All Rotarians of our club are requested to block this date. Detailed programme will be published in the bulletin.

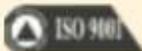
### Medical Camp at Sikhya School, Sector 46, Chandigarh

Medical camp will be held at the state-of-the art Sikhya School in Sector 46, Chandigarh where the slum children in the city are assured quality education. Rtn. Kanan Diwan said 600 students are to be examined in the camp which will be held on two days, 18th January and 24th January 2012 from 9 am to 2 pm. Our Rotarian Doctors who would be examining the students would be PP Dr. Vanita Gupta, Col. Dr. V.K. Kapoor, Dr. Nitin Mathur and Dr. Anureet Kaur. Prof. Dr. I.S. Dua volunteered to give a talk on nutrition. More doctors are expected to come forward. Rotarians are requested to participate in this camp.

### Bereavement

Our deepest condolences to Rtn. Daulat Ram Agarwal, whose mother Mrs. Ratni Devi Agarwal expired on 29th December 2011. One minute silence was observed in our club meeting on 30th December 2011 as a mark of respect to the noble soul. Rasam Pagri will be held on 10th January 2012 between 3 pm to 4 pm at Laxmi Narain Temple, Sector 6, Panchkula.

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## Rtn. Prof. I .S. Dua delivers talk in Rotary Chandigarh Central

Rtn. Prof. (Dr.) I .S. Dua, Professor of Plant Molecular Biology & Former Chairman of Department of Botany, Panjab University, was the Chief Guest in the meeting of Rotary Chandigarh Central on Wednesday, 21st December 2011 at Hotel Hometel, Industrial Area Phase 1, Chandigarh. Prof. Dua was invited to deliver a talk under the title, "Appreciate Life through Science" to fellow Rotarians and their family members.

The talk was highly acclaimed and went on for an hour, followed by an interesting interactive discussion with the audience.

We have eminent Rotarians in our club who are invited as Chief Guests and Speakers by other Rotary Clubs and organizations. Please mail such details to the Editor, as these are worth reporting in our bulletin.



Rtn. Prof. (Dr.) I.S. Dua delivers a talk in the meeting of Rotary Chandigarh Central

## Ann's Column

### My First Impression

By: R'ann Susan Nath

When my husband, Rtn. Wg. Comdr. Kamal Nath, first told me about the invitation to join Rotary Club Chandigarh Midtown, by PDG Shaji Peter, it was with a feeling of apprehension that we accepted the proposal.

My misgivings, however, were soon put to flight when at the Induction ceremony I was overwhelmed by the warmth, friendly atmosphere and bonhomie prevalent amongst the Rotarians. I was greeted like a friend of longstanding and was immediately made to feel at home.

I had heard that Rotary Clubs comprises members of great professional reputations, business magnets and other

renowned personalities, thus it was that gave rise to my feeling of fear and awe. But these were soon allayed with the 'down to earth' atmosphere that encompassed me immediately.

I would particularly like to mention Shaju & Lovy Peter, District Governor Manpreet Singh & Rtn. Poonam, President R.K. Luther & R'ann Urmil Luther, Secretary Amarjit Singh, PP Indrajeet Sengupta, not forgetting PP Dr. V.J.S. Vohra, to name a few who extended a warm hand in friendship.

We feel greatly honoured and proud to now be a part of such an august gathering of people of immense repute who irrespective of consequences put 'Service Before Self'.

### Birthday of Rotarians

Rtn. Dr. Mrs. Rita Kalra  
PP Rtn. Gurdip S. Deep  
Rtn. Comdr. A.S. Nagra  
Rtn. Dr. Dinesh Sahajpal



January 06  
January 09  
January 10  
January 12

### District Conference on 11-12 Feb. 2012

District conference will be held on 11th & 12th February 2012 at Chandigarh. Registration charges are as follows:

Single : Rs.1500/- and Couple : Rs. 2500/- Please register immediately with Secretary Amarjit Singh, as this offer is up to 15th January 2012. Thereafter, it would be Single : Rs. 1800/- and Couple : Rs. 3000/-. Attractions for the Conference are Excellent Speakers, Breakfast, Lunch, Dinner, Entertainment Evening and you will get the Kit too!

### Punctuality Draw

Won by Rtn. Dr. Col. V.K. Kapoor

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