



# The Midtowner

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

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District Governor  
**Manmohan Singh**

President  
**Ritu Singal**

Secretary  
**Ashok Puri**

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

Volume XXXVII No. 21 Dated: November 20, 2012

## PROGRAMME

### Evolution of and Ethics in Media

Chief Guest: Mr. Vikram Kapoor, Senior Editor, NDTV

Friday, November 23, 2012

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

### Stress Management



*Mr. V.K. Kapoor*

Our last club meeting held on November 16, 2012 had Mr. V.K. Kapoor, IPS (Retd.) as our Chief Guest, who was introduced by PP Rtn. Harish Sethi as his close friend, a keen golfer and a warm hearted person. Mr. Kapoor retired as Additional Director General of Police (ADGP), Haryana, in 2002. A senior police officer with a decade of service in the Intelligence Bureau (IB) gave him important assignments and

responsibilities of security arrangements for the visiting foreign dignitaries, including Former US President Bill Clinton and Soviet Union's last head of State Mikhail Gorbachev. While still in service he began writing about stress in Tribune and Indian Express. Presently, he is Director of Institute of Stress Management which he established in 2002. He is also permanent member of Lok Adalat. He has delivered lectures and conducted workshops in various organisations. He has also trained Delhi police personnel for the 2010 Commonwealth Games on attitude change, communication skills, and interpersonal relations.

In his talk, supported by an impressive multimedia presentation, Mr. Kapoor highlighted the problems and ailments caused by stress. He said stress levels are higher in developing and fast growing Asian economies like India as compared to developed USA. Lower stress levels in developed economies are attributed

to greater stability in business and a mature social and urban infrastructure.

Stress begins with a situation that knocks you, gently or abruptly, out of balance. Pressure which is in the situation is different from stress, which is in the person. Heart disease, high cholesterol levels, headaches, backaches, skin dis-orders and many ailments are due to stress. There is a time stress which is related to some deadline. There is anticipatory stress relating to some unwanted situation which may or even may not occur.

The absence of stable social relationships affect our minds and biology as few other events can. Being lonely is a major risk factor of heart disease. Loneliness tends to raise blood pressure and disrupt sleep. Loneliness is not just being alone. It involves feelings of isolation. Lonely people perceive their world as less reinforcing and more threatening. Form at least one or two high-quality relationships with people you trust.

Redesign your life style. Reorganize activities to achieve a proper balance between stresses and rewards. Mr. Kapoor discussed the holistic model of lifestyle, referring to relaxation, exercise, imagery and low stress postures. Poor posture can result in mechanical imbalances that lead to muscular tension, headache, dizziness and joint damage. Improving sitting and standing postures can increase respiratory capacity and lessen the chance of developing spinal deformities.

Massage can effectively reduce such symptoms of stress as muscular tension, hypertension and anxiety. It can also promote sound sleep in people who suffer from chronic stress related sleeping disorders. Meditation is a powerful relaxant.



*Rtn. Arjan Singh presents a memento to Mr. V.K. Kapoor*



*Mr. V.K. Kapoor presents wedding anniversary gift to R'ann Kadam & Rtn. Jeetan Bhambri*



*Mr. V.K. Kapoor presents punctuality award to PP Rtn. Anil Mehan*

Comfortable sleep, yoga and exercises are very useful as it reduces muscular tension, and gives good mental relaxation.

A good diet is necessary which consists of a balanced combination of foods that supply the basic ingredients of nutrition without an overbalance of fats, sugars or calories, and minimal use of "junk" foods and those heavily laced with additives, colorings and preservatives.

There were many rules for low stress living in Mr. Kapoor's presentation. Some of these are, Don't leave trouble situations unresolved for so long that they make you worry needlessly. Don't drift along in troublesome and stressful situations. Open yourself to new experiences. Try doing things you have never done before. Have one or more pastimes that give you a chance to do something relaxing. Read interesting books and articles to freshen your ideas and broaden your points of view.

In the course of doing work, build rewarding, pleasant, cooperative relationships with as many of your employers, colleagues and employees as you can. Rate your work by order of importance; don't bite off more than you can chew.

Tranquillizers relieve anxiety, produce a feeling of relaxation

and induce sleep. But these are extremely dangerous in large doses or in combination with alcohol and other drugs. Alcohol, in moderation is recommended, but excess of it is harmful.

Recognize your strengths and weaknesses and set your goals accordingly. Decide what you value, what you believe in, what you realistically would like your life to be like. Remember that sometimes failure and disappointment are blessings in disguise, telling you that the effort was not worth it, and a bigger let down later on may be avoided. Give room to memories of your past successes, however minor.

Mr. Kapoor concluded his presentation with a beautiful message, "Take time to laugh, it is the music of the soul. Take time to think, it is the source of power. Take time to read, it is the fountain of wisdom. Take time to pray, it is the greatest power on earth."

Vote of thanks was proposed by Rtn. Arjan Singh, who said, "We had a wonderful de-stressing session with Mr. V.K. Kapoor." Arjan thanked him for an excellent presentation having several anecdotes, making us all feel stress free, amused and absolutely relaxed.

### Rtn. Dr. & Mrs. Dua Best dancing couple



President Ritu Singal presents the best dancing couple award to R'ann Guninder & Rtn. Prof. Dr. I.S. Dua on diwali celebrations on 11th November 2012

### DG's Official Visit on 14<sup>th</sup> Dec. 2012 President Ritu emphasizes the role of RAG

Official visit of District Governor Manmohan Singh has been fixed for 14<sup>th</sup> December 2012. President Ritu Singal highlighted the importance of the visit and urged the Directors and all members to be prepared for this.

Ritu further emphasized the role of Rotary Action Group (RAG). She said our club has 26 such groups, each comprising five members, headed by a Past President, having three tasks to accomplish, that is, one PHF, one new member to be introduced and motivate regular attendance of at least one Rotarian.

The successful RAGs would be honoured during District Governor's visit.

### 10 PHFs in last club meeting, each for US\$ 450 only!

President Ritu Singal said, "We can now become Paul Harris Fellow for US \$ 450 only due to support from our District and Club." This announcement attracted immediate response and following agreed to contribute for PHF;

1. Rtn. Mrs. Kanan Diwan
2. Rtn. R.T.P.S. Tulsi
3. Rtn. Tejbans S. Jauhar
4. Rtn. Tej Mohan Singh
5. Ms. Ishani d/o President Rtn. Ritu Singal
6. Ms. Inayat d/o President Rtn. Ritu Singal

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7. Rtn. Dr. Mrs. Shashi Jain  
 8. R'ann Kadam Bhambri w/o Rtn. Jeetan Bhambri

9. Ms. Aamiya Puri Seth gd/o Secretary Rtn. Ashok K. Puri  
 10. Mr. Salil Chopra (to be inducted during DG's visit)

More Rotarians are advised to avail the above attractive offer for PHF. Please contact President or Secretary immediately.

### **Rs. 20000/- given to patient for heart surgery**

Out of total expenditure of Rs. two lakh for heart surgery of Mrs. Sandhya Das, Rs. 1,50,000/- had already been collected by her family and Rotractors. In our club meeting on November 16, 2012 a cheque of Rs. 20000/- was handed over to patient's son, Mr. Ashish Das, who was accompanied by District Rotaract Secretary and President of Rotaract Club of Panchkula, Rtr. Ms. Jasmeet.

Secretary Ashok Puri referred to donations collected from our Rotarians in response to an appeal made in our meeting on November 2, 2012, and following contributions were

acknowledged in our bulletin No. 19;

PDG Shaju Peter (Rs. 5000/-), PP Pallav Mukherjee (Rs. 5000/-), President Ritu Singal (Rs. 2500/-), Secretary Ashok Puri (Rs. 2500/-), IPP R.K.Luther (Rs. 1000/-), PE Deepak Sood (Rs. 2000/-), Rtn. Arjun Singh (Rs. 1000/-) and Rtn. Vinod Jawa (Rs. 1000/-), making a total of Rs. 20000/-.

An appeal was again made for more donations to collect the remaining amount, for which our Chief Guest Mr. V.K. Kapoor responded with his contribution of Rs. 5000/-, which was gratefully acknowledged by President Ritu Singal.

### **Women Power By: R'ann Lovy Peter**

Last week, I happened to watch NDTV, when Dr. Pronoy Roy was moderating a panel discussion on what could be the impact of President Obama's victory on USA and the world at large.

At the end, he said more than his speeches, what fascinated the world was his public acknowledgement of the role of his wife, Michelle when he said "I wouldn't be the man, I am today, without the woman who agreed to marry me 20 years ago'. What a compliment! Dr. Roy was emotionally touched, because behind the success of NDTV is his own wife Radhika.

First Lady Michelle deserves not only the President's compliment but also ours. Like every great woman behind her great man, by keeping a low profile, she has supported her husband. It is said without getting into the arena of policy she has supported her husband's goals. At home she is a no-nonsense mother, keeping her children as much as possible

away from the limelight, by sending them to a school in Chicago. She was also a strong advocate of values, when she said, "being a president does not change who you are!"

Her life fascinates me, because it is the life of an ordinary family coming to such a powerful position, all because of a woman's support. Maybe it is a man's world, but he cannot underestimate the role of a woman. Educated or uneducated she is the pillar on which the family revolves. She may be biologically weak, but God has endowed her with an uncanny intelligence, insight and strength of mind. When battered by the storms of life, it is to her that a man turns. As a mother, it is she who takes the responsibility of inculcating values in her children. It is these values which inspire her children to be great and heroic. Her whole life revolves around her family. Pain, poverty or sorrow does not deter her from striving to fulfill the dreams of her family. That is the power of woman.

### **World Disabled Day at Cheshire Homes on 2.12.2012**

PP Dr. V.J.S. Vohra, Chair, Disability Empowerment and Rehabilitation (DEAR), gave brief details of the World Disabled Day, and invited PP Gurdip S. Deep, Chairman Cheshire Homes, Chandigarh to make further announcements, who made a humble request for coordination with Rotary Chandigarh Midtown as it's community project, and requested

for support in every way, except money, which has already been collected through donations.

World Disabled Day is celebrated every year on 3<sup>rd</sup> December, but a day earlier being a Sunday, we shall celebrate it on 2<sup>nd</sup> December 2012 at 341, Sector 21-A, Chandigarh, from 10 am till 2 pm. Nearly 250 physically challenged persons are

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expected to attend for the various facilities being provided to them at Cheshire Homes on 2<sup>nd</sup> December 2012.

A free Medical Camp is being organised for the benefit of disabled persons, with doctors from different specialities. Doctors from Rotary Chandigarh Midtown who are participating in this camp are PP Dr. Mrs. Vanita Gupta, Rtn. Dr. Jawahar Luthra, Rtn. Dr. Col. V.K. Kapoor with his daughter Dr. Nivedita & son-in-law Dr. Ravjit Singh, Rtn. Dr. Nitin Mathur, Rtn. Dr. Anurag Sharma, R'ann Dr. Manjushri Sharma, Rtn. Dr. Anureet Kaur Bhatti, Rtn. Dr. Rita Kalra and two dentists would be detailed by her husband Dr. Sanjay Kalra.

Rail Travel Concession Passes would be issued during the camp to those having the disability certificates, by PP Dr. V.J.S. Vohra who is Hony. Prosthetic Adviser to Governments of Punjab, Haryana, Chandigarh and Himachal. The disabled persons are required to bring copy of disability certificates and 2 passport size photographs.

Cheshire Homes Chandigarh also intends to provide artificial limbs, wheel chairs, tricycles and rehabilitation supports to disabled persons. Lunch will also be served to all present, sponsored by Rtn. Mrs. Kanan Diwan.

These activities are being conducted with the help of Rotary Clubs of Chandigarh Midtown, Chandigarh, Inner Wheel Clubs, along with Rotary Community Corps and the Associations of Disabled persons.

Dr. Raj Bahadur, Director Principal, Govt. Medical College and Hospital, Sector 32, Chandigarh, would be the chief guest. Mrs. Revathy Rugmini, Director, S.E. Asia, Cheshire International would make an announcement of Institution of Awards in the disability sector by Cheshire Homes, Chandigarh.

President Ritu Singal and Secretary A.K. Puri have requested large number of Rotarians from our club to take part in this meaningful event.

### Condolences

Our deepest condolences to Rtn. Ravinder Kapur on the sad demise of his mother, Mrs. Santosh Kapur on 16<sup>th</sup> November 2012. Prayers were held on 19<sup>th</sup> November 2012 at Arya Samaj Mandir, Sector 18-C, Chandigarh.

There is another sad news about the demise of Mrs. Satwati Parmar, mother-in-law of PP Dr. S.K. Sharma on 17<sup>th</sup> November

2012. Our heartfelt condolences to R'ann Sushobhita. Antim Ardas/prayers were held at Gurdwara Sector 15-C, Chandigarh on 20<sup>th</sup> November 2012.

Our profound grief and sympathies to the bereaved families and prayers for giving them strength to bear the immense loss.

### President Ritu Singal's Facet of Peace - Step 17 : If your fear is great, switch on your fog lights of wisdom and courage

Fear can be compared with fog or mist on the wind screen of a car. When fear is great, one fails to see the road clearly. As such, one either does not move or moves at a very slow and unsteady pace, which ultimately results in taking too much time to reach

destination. If your fear is great, Switch on your fog lights of wisdom and courage. Courage is not the absence of fear but ability to overcome it.

#### Birthday of Spouses

R'ann Sarita Vasudeva

R'ann Maniki Deep

R'ann Amardeep

R'ann Purnima Sood

R'ann Sushobhita Sharma



November 24

November 26

November 26

November 27

November 28

#### Birthday of Rotarians

Rtn. Sanjay Singhal

PP Rtn. Subhash Bindra



November 27

November 28

#### Wedding Anniversary

R'ann Parul & Rtn. Salil Bali

R'ann Gulshan & Rtn. Surjit Kumar

R'ann Sunita & Rtn. Amarjit Singh

November 23

November 24

November 28

#### Punctuality Draw

Won by PP Rtn. Anil Mehan

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