



The Midtowner



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

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Club No. 15228

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District Governor
Rakesh Aggarwal

President
Deepak Sood

Secretary
Dr. Rita Kalra

Editor
Dr. V.J.S. Vohra

Volume XXXVIII No. 37 Dated: March 11, 2014

PROGRAMME

Picnic on the occasion of Holi, with flowers only

At the farm house of Rtn. Ravinder Krishan

Rotarians, spouses, children and grand children are requested to participate in attractive games for all ages, music and fellowship, followed by lunch (There will be no registration charges)

Please note
change in date,
time and venue

Monday, March 17, 2014

Time: 11.00 a.m.

Venue: Ravindra Farms, Kot Billa, Panchkula

Work Life Balance: Being Women



Chief Guest Mrs. Jeeti Gandhi

Canada, post graduate diploma in dietetics from Toronto Western Hospital, Canada and she has a certificate in hotel management from Royal York Hotel, Toronto, Canada. She was a senior lecturer in the

Our regular meeting on March 07, 2014 was dominated by Rotary Anns and lady Rotarians. Chief Guest Mrs. Jeeti Gandhi was introduced by Rtn. Mrs. Kanan Diwan as a highly qualified dietician, graduate from Lady Irwin College in New Delhi, BSc in home economics from University of Manitoba,

Dr. Rita Kalra and handed over the proceedings of the meeting to her.

First Lady of our club R'ann Purnima Sood started with a quote, "If you ever want to know what a woman's mind feels like, imagine a browser with 2857 tabs open all the time." She said, "I feel rather blessed being a woman, and I have a long list of reasons why women should feel privileged. We can flaunt ourselves in a variety of colourful dresses. Poor men, they have very few choices to get mesmerized with women's presence!" The women have the biggest bliss of being a mother, and bringing a life into the world is the joy beyond comprehension. Both the children and the husband are dependent on women who takes care of them, whether it is managing the household or the relationship. Purnima enjoys the long hours of talking and giggling with her two daughters, while the husband watches news on TV or reads newspapers. Poor President Deepak had no comments, except to agree with her!



Speaking on women empowerment! L-R: President Rtn. Deepak Sood, R'ann Lovy Peter, First Lady R'ann Purnima Sood, R'ann Sudha Puri, Secretary Rtn. Dr. Rita Kalra and IPP Rtn. Ritu Singal

Institute of hotel Management and Applied Nutrition in Mumbai and has 25 years work experience with the corporate world. She has many publications to her credit. Being a philanthropist by nature, her last three books have been donated to Sahatya Cancer Sahyog, and all sales proceeds will be utilized for the treatment of needy cancer patients.

President Rtn. Deepak Sood said, "I welcome you all to the International Women Day Celebrations. Women have so many roles to play: of a mother, of a sister, of a daughter and of a wife. By and large, mothers and housewives are the only workers who do not have the regular time off. If the woman is working, that is an additional task for her, which is known to be a full time job for men." President Deepak also came up with a few quotes. Jopesh Conrad: "Being women is a terrible difficult task, because it consists principally in dealing with men." Rudyard Kipling: "Woman's guess is much more accurate than a man's certainty." Mahatma Gandhi: "Woman is the companion of man, gifted with equal mental capacity." Harriet Beecher Stowe: "Women are the real architects of society." The President then invited the architect of the programme, a woman and a gem of our club, Secretary

R'ann Lovy Peter said, "Women may look gentle and soft but in reality they are not only strong but very determined. Women help their families to fulfil their dreams. While doing so she faces lot of stresses but does not bother about it. But if a strong man has to face such stresses he would not be able to bear it." Women need not be management graduate to manage her family, still they are able to see that everything falls in its place. Behind every great man there has to be a greater woman. Lovy felt very happy to say, "Rotary has realized that home management is a profession for every housewife to become a Rotarian."

R'ann Sudha Puri felt women are no longer passive individuals. She said, "Today women are everywhere in every profession, and are not afraid to express themselves. They have consistently proven that they can not only take up any job that man can, but can also do it exceedingly well." In addition to this they give a large part of themselves almost selflessly to their families and children. But one of the challenges facing women in 21st century is the freedom to maintain their unique personality, and for this the women have to take the initiative where

they need not have to prove anything.

Secretary Rtn. Dr. Rita Kalra described her ambitious dreams, but then adjustments had to be made as the sequence of events took the turn to shape her future, she found herself mothering two children, working in a government dispensary and taking care of her husband and his family. She said, "I started to relive my dreams through my husband and my children. I supported my husband to pursue his academic career in dental college, achieve qualification from international universities and continue with research and publications. He stood through all the hardships and won laurels and acclaim. So finally I am wife of a very famous, highly qualified intellectual and perfectionist professional like I always wanted to be. When I look at my children and their multiple achievements in diverse fields, I feel I have received a lot, actually more than I thought, to make my dreams come true." Though the sacrifices and compromises you make for the loved ones do not go waste, there is a need to balance. Her message was clear, "To be a complete achiever you need to balance the time and emotions between the life you love and love of your life."

and taking care of her two daughters. She felt 24 hours in a day is good enough, and for that you just have to take care of minutes, and hours will take care of themselves. You have to monitor your time and avoid wasting it. By giving one hundred percent to the task that you have to do, you are able to do much more in less time. It is important to plan and be focussed to achieve success.

In her address, Chief Guest Mrs. Jeeti Gandhi said, "I love meeting people and having their views of what they think about life." She highly appreciated the Rotary Anns and Rotarians for what they had said on the occasion of International Women Day Celebrations. Sharing her experience from the time of her childhood when people were more conservative, she said, "We were two brothers and two sisters, and my parents changed with time, and they gave equal opportunities to their four children." A woman has to balance between her family and her profession. She said that she was very professional in her own right, and explained how she balanced her life when she got married, and how she managed to look after her children, working out her priorities of life, and in this regard she acknowledged the cooperation of her husband. She said, "You have to convince your own self of what you want to do." While her children were



R'ann Simranpreet Sawhney presents a memento to Chief Guest Mrs. Jeeti Gandhi. Looking on are President Rtn. Deepak Sood and Secretary Rtn. Dr. Rita Kalra



Chief Guest Jeeti Gandhi presents punctuality award to Rtn. Maj. Gen. R.S. Chopra. Also seen is President Rtn. Deepak Sood

IPP Rtn. Ritu Singal spoke about time management. She explained how she managed time as a housewife, and now how she manages time as managing director, looking after a group of three companies,

small she gave her full time to them but when they grew up she did not miss the opportunity to go back to her profession. She advised that women should never compete with husbands.



Secretary Dr. Rita Kalra gives prizes to winners of poster competition in Environment Seminar

The emotions or the work which women can do cannot be done by men. Therefore, the balance has to be created by women. She proudly stated, "Being a mother is a very privileged role for any women." She expressed her happiness that her children are now doing so well. She candidly admitted that women needs to boost up the ego of the husband to make a balance in life, and this really works very well even now, when she and her husband are leading a retired life. Compromises, adjustments and balancing life are what are required to lead an enjoyable and happy life.

Vote of thanks was given by R'ann Simranpreet Kaur Sawhney, who appreciated the talk given by the Chief Guest, Mrs. Jeeti Gandhi, and thanked her on behalf of our club.

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 Wedding : November 26
 Member from : 21.02.2014
 Positions held : Member
 Spouse : Ravi Kant Sawhney
 Vocation : Pvt. Service
 D.o.B : November 26
 Children : Rohit (S)
 Priyanka (D)
 Vivaan (GS)
 Arman (GS)
 Suhaani (GD)



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 Priyanka (D)
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 Arman (GS)
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 D.o.B : 19.05.1977
 Wedding : April 27
 Member from : 21.02.2014
 Positions held : Member
 Spouse : Beauty
 Vocation : Teacher
 D.o.B : May 28
 Children : Ritwika



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K.T.S. TULSI takes oath as member of Rajya Sabha



Eminent lawyer Mr. K.T.S. Tulsi, Past President (1990-91) of our club, took oath as a member of Rajya Sabha by Vice President of India Hamid Ansari, the Chairman of the House. Prime Minister Dr. Manmohan Singh, Leader of Opposition in the Upper House Arun Jaitley, Rajya Sabha Deputy Chairman P.J. Kurien and the Minister of State for Parliamentary Affairs Rajeev Shukla, were also present on the occasion.

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Rotary Club Chandigarh Midtown - 'Souvenir'

President Deepak Sood appealed to all Rotarians for advertisement for the 'Souvenir', which is being published very soon by our Club, which will highlight the activities of our club, and generate funds for our future projects. The 'Souvenir' will be circulated to ever growing community of Rotarians/citizens/sponsors of our events/Government Departments etc.

The Tariffs are as under:

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|--|------------|
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| 2. Back and Front inside cover | Rs 20000/- |
| 3. Full page color advertisement | Rs 15000/- |
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Birthday of Spouses

R'ann Sunita Sohail

Birthday of Rotarians

Rtn. J.S. Chopra



March 15

March 15

Punctuality Draw

Won by:

Rtn. Maj. Gen. R.S. Chopra

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