

# The Midtowner

Weekly Bulletin of Rotary Chandigarh Midtown

2015-16

View online: [www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)

Club No. 15228  
R.I. District 3080

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**K.R. Ravindran**

District Governor  
**David Hilton**

President  
**Mrs. Kanan Diwan**

Secretary  
**Sanjay Bhatia**

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

Volume XXXX No. 43 Dated: April 26, 2016

## PROGRAMME

### Vocational Award National Builders Award

**Chief Guest: Ms. Nirupama Krishnan**  
District Project Coordinator, Sarva Shiksha Abhiyan

Date: April 29, 2016 (Friday) Time: 7.00 p.m. Venue: Hotel President, Sector 26, Chandigarh

## Living a Happier Life



**Dr. B.K. Waraich**

In our regular meeting on April 22, 2016 the Chief Guest Dr. B.K. Waraich, Consultant Psychiatrist, Fortis Hospital, Mohali was introduced by Rtn. Dr. Manisha Sahni. Dr. B.K. Waraich did her MBBS and MD from Govt Medical College, Patiala. She was Sr. Resident in PGI and has also worked in GMCH, Sector 32, Chandigarh as a psychiatrist. She had also served in Base

Hospital, Toowoomba, Australia before joining Fortis Hospital, Mohali as a Consultant Psychiatrist. She deals with adult and geriatric psychiatry, child and adolescent counselling, de-addiction and has written many articles for Hindustan Times and The Tribune. She has also given many lectures to senior citizens and youngsters in schools on various issues. She is fond of reading and travelling. She is married to an army officer and has one son.

Talking about living a happier life Dr. Waraich said everybody has stress and certain amount of it is necessary in life. She then asked all present to close their eyes for two minutes and do normal breathing and feel the air going through all parts of the body. This simple exercise gives lot of relaxation.

She said our brain waves change according to what we are doing or feeling. People who do meditation regularly their waves slow down.

Our brain is always in functional mode. It takes decisions, does the planning and thinks logically. But there is also our emotional brain and it sends the signal to the body which makes us tense and even the heart beat increases. This also creates anger. Emotional balance promotes physical health, our well being and growth. Our mind is made up of thoughts and emotions, and our happiness depends on how balanced is our emotional state.

To tackle any adverse situation and feel happy you have to take a decision to relax. You should see life in a positive manner as there is always a solution to every problem. Alternatives are available.

Talking and meeting each other makes us happier. Talking to older people, staying alone, also gives lot of happiness to them and satisfaction to us.

Dr. Waraich said that we should always listen to our inner voice and have positive inner thoughts. It is also very important that



**National anthem by Sanmeet and Jasmehar daughters of Rtn. Sundeep Singh Sawhney**



**President Rtn. Kanan Diwan welcomes all present**

we control our anger and interact with our spouse, parents, children and others with a positive attitude.

Discussions are very important as it can resolve many issues in a positive and humble manner, and make everyone happier.

Dr. Waraich advised that when situation is tense, simply switch off your mind and relax. Soon you shall notice that the atmosphere has cooled down.

PP Dr. Balram Gupta thanked Dr. B.K. Waraich for her very positive talk and making us all feel happy.



**PP Rtn. Dr. Balram K. Gupta presents a memento to Dr. B.K. Waraich**



Rtn. Dr. Rita Kalra and Rtn. Askok Puri monitoring Adult Literacy at Kundan School in Sector 46, Chandigarh and at Sewing & Literacy Centre at Maloya

→  
Tree plantation at  
Snehalaya  
Orphanage on  
occasion of World  
Earth Day. PP  
Rtn. Deepak Sood  
and Rtn. Dr. Rita  
Kalra with staff  
and Chairperson  
of Social Welfare  
Dept.,  
Chandigarh  
→



Rtn. Dr. Manisha Sahni introducing the chief guest of the meeting



Announcement regarding District Training Assembly by Rtn. Sundeep Singh Sawhney



Glimpses of the week by Secretary Rtn. Sanjay Bhatia



PP Rtn. Dr. Balram Gupta's article in Rotary News



Dr. B.K. Waraich presents the punctuality award to PP Rtn. Vinod Jawa. Looking on is Secretary Sanjay Bhatia

### Condolences

Our heartfelt condolences to Rtn. Praveen Aggarwal on the sad demise of his father, Mr. B.P. Aggarwal on 21<sup>st</sup> April 2016.

Prayer meeting will be held at S.D. Mandir, Sector 27, Chandigarh on 4<sup>th</sup> May 2016 from 2.00 to 3.00 p.m.

One minute silence was observed in our meeting on 22<sup>nd</sup> April 2016.

**DISTRICT TRAINING ASSEMBLY 2016**

*Lakshya*

**15th May 2016**

**The Vivaan, GT Road, Karnal**

Time: 8.30 to 10.00 a.m.  
Registration & Breakfast  
Lunch: 2.00 p.m.

RI President 15-16 <b>K.R. Ravindran</b>	RI President 16-17 <b>John F. Germ</b>
District Governor 15-16 <b>David Hilton</b>	District Governor 16-17 <b>Raman Aneja</b>

Hosted by  
**ROTARY CLUB OF PANIPAT CENTRAL**

 Past RI President <b>Rajendra K Saboo</b>	 District Governor 16-17 <b>Raman Aneja</b>	 District Trainer 16-17 <b>Ranjit Bhatia</b>
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**Chief Guest: RI Director Nominee C. Bhaskar**  
**Keynote Speaker: PRIP Rajendra K. Saboo**  
**Motivational Speaker: Vijay Michihito Batra**

**Registration Charges:**  
Upto 5<sup>th</sup> May — Single Rs. 1150/- Couple Rs. 2000/-  
After 5<sup>th</sup> May — Single Rs. 1250/- Couple Rs. 2200/-

For registration contact Secretary 2016-17 Rtn. Sundeep Singh Sawhney or Office Secretary V.P. Sharma

### PP Balram Gupta's article in Rotary News

President Kanan Diwan congratulated PP Dr. Balram K. Gupta because his article, 'Reflection of Rotary Culture in Judiciary', has been published in Rotary News of April 2016.

An email received by Dr. Balram from RI South Asia office on behalf of RI President K.R. Ravindran says, "Your lecture and the efforts to draw parallels with Rotary and encourage people to join Rotary movement is really appreciated. If you haven't yet done so it is recommended to share these details with your District Governor for inclusion in district information resources."

In his mail PDG Satish Saluja writes to Dr Balram, "It is you only, a Rotarian of such high stature and standing could think of highlighting Rotary code of conduct to be similar to the code of conduct and ethics of the law enforcing agency of our country and equally applicable to judges and institution of judiciary. It is a matter of great pride for every Rotarian of our district. Heartiest congratulations and God bless."

In his mail PDG Arun Sharma says, "The amount of contributions you have given to the society at large has enhanced the value of every Rotarian. Your present assignment will further guide and motivate the younger generation to become more responsible in their profession and serve the mankind."

## Council on Legislation Grants Clubs Greater Flexibility in Meeting, Membership

Source: <http://www.eflashonline.org>



The recently held 2016 Council on Legislation may well be remembered as one of the most progressive in Rotary history.

Not only did this Council grant clubs more freedom in determining their meeting schedule and membership, it also approved an increase in per capita dues of \$4 a year for three years. The increase will be used to enhance Rotary's website, improve online tools, and add programs and services to help clubs increase membership.

The Council is an essential element of Rotary's governance. Every three years, members from around the world gather in Chicago to consider proposed changes to the policies that govern the organization and its member clubs. Measures that are adopted take effect 1 July.

The tone for this year was set early, when the RI Board put forth two proposals that increase flexibility. The first measure allows clubs to decide to vary their meeting times, whether to meet online or in person, and when to cancel a meeting, as long as they meet at least twice a month. The second allows clubs flexibility in choosing their membership rules and requirements. Both passed.

Representatives also approved removing six membership criteria from the RI Constitution and replacing them with a simple requirement that a member be a person of good character who has a good reputation in their business or community and is willing to serve the community.

The \$4 per year dues increase was based on a five-year financial forecast that predicted that if Rotary didn't either raise dues or make drastic cuts, its reserves would dip below mandated levels by 2020. The yearly per capita dues that clubs pay to RI will be \$60 in 2017-18, \$64 in 2018-19, and \$68 in 2019-20. The next council will establish the rate after that.

"We are at a moment in time when we must think beyond the status quo," said RI Vice President Greg E. Podd. "We must think about our future."

Podd said the dues increase will allow RI to improve My Rotary, develop resources so clubs can offer a better membership experience, simplify club and district reporting, improve website access for Rotaractors, and update systems to keep Rotary in compliance with changing global regulations.

Also because of this Council's decisions:

\* A Council on Resolutions will meet annually online to consider resolutions — recommendations to the RI Board. Council members will be selected for three-year terms. They'll participate in the Council on Resolution for three years and the Council on Legislation in their final year only. The Council on Resolutions will free the Council on Legislation to concentrate on enactments — changes to Rotary's governing documents. Proponents predict that the Council on Legislation can then be shortened by a day, saving \$300,000.

\* Rotaractors will be allowed to become members of Rotary clubs while they are still in Rotaract. Proponents argued that too few Rotaractors (around 5 percent) join Rotary. Sometimes it's because they don't want to leave their Rotaract clubs before they have to, upon reaching age 30. It's hoped that giving them more options will boost the numbers of qualified young leaders in Rotary.

\* The distinction between e-clubs and traditional clubs will be eliminated. The council recognized that clubs have been meeting in a number of ways, and given this flexibility, the distinction was no longer meaningful. Clubs that have "e-club" in their names can keep it, however.

\* The reference to admission fees will be removed from the bylaws. Proponents argued that the mention of admission fees does not advance a modern image of Rotary.

\* A standing committee on membership was established, in recognition that membership is a top priority of the organization, and polio eradication was also reaffirmed to be a goal of the highest order.

- Arnold Grahl, Rotary International

Rtn. Sanjay Bhatia

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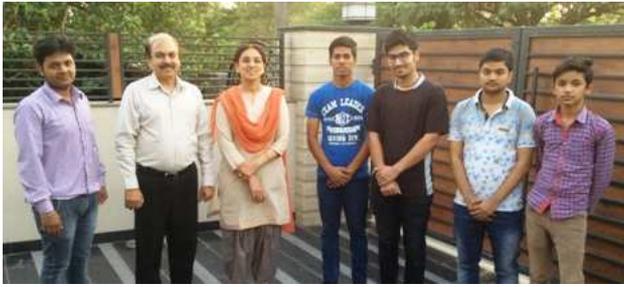
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## Our Swachhta teams meets the Mayor of Panchkula



Rtn. Salil Chopra led the Swachhta team to meet the Mayor of Panchkula Mrs. Upinder Ahluwalia and impressed upon her to take action for removal of overflowing garbage from bins even on Sundays by deputing the safai staff. They also requested

the Mayor to allocate more bins in the market areas. The Mayor was impressed with the participation of young children and appreciated the suggestions given by our team. Rtn. Salil Chopra said, "She took stock of our working and appreciated our efforts in the market. She assured of her fullest cooperation and she would also depute the cleaning staff with us." Salil's efforts were highly appreciated by our President and other members in our regular meeting.

Other programs during the week were on 22/4 'Teaching students the skills' on longevity through swachhta and hygiene, and detailed program on healthy teeth by Dr. Sonali Verma and Dr. Rai from Rtn. Dr. Sanjay Kalra's clinic at Govt Model High School, Manimajra.

On 23/4 in addition to swachh program, very touching videos on human values were shown at Govt Sr Sec School, Manimajra. On 24/4 swachh abhiyan was repeated in Sector 21 market at Panchkula.

## Level – 1 The Rotary Foundation Workshop



Members of Chandigarh Midtown Rtn. Salil Bali, PP Dr. V.J.S. Vohra, PDG Shaju Peter, PP Deepak Sood and Rtn. Dr. Rita Kalra with DGE Raman Aneja, PDG Vinod Bansal, PDG Ranjit Bhatia, PDG Manpreet Singh and other Rotarians of our District

Level – 1 TRF workshop, hosted by Rotary Club Panipat Rainbow, was held on April 24, 2016 at Hotel Gold, Panipat. District Trainer 2016-17 PDG Ranjit Bhatia welcomed the delegates. ARFC 2016-17 PDG Vinod Bansal, in his keynote address, gave an interesting and an inspiring talk on how to get contributions for TRF.

District Governor 2016-17 Raman Aneja gave his plans for achieving US\$ one million target for TRF during Rotary year 2016-17, and was confident that his amazing team would do it smilingly! He said, "Together we can, and together we will." Current DRFC PDG Madhukar Malhotra felt that the target can be reached with all the Assistant Governors playing their role well, as they are the most important link between the DG and club Presidents.

Others who gave important information about TRF, this being the centennial year, were PDG Shaju Peter, PP N.S. Aulakh, PDG Manpreet Singh Gandhoke and PDG Manmohan Singh. District Secretary 2016-17 Vivek Garg thanked PDG Vinod Bansal for his valuable guidance on TRF. He also thanked all the delegates for their participation in the workshop.

### Birthday of Spouses

R'ann Indu Anand

May 03

### Birthday of Rotarians

Rtn. Ashok Sharma

May 03

### Wedding Anniversary

R'ann Deep & Rtn. Maj. Gen. A.S. Kahlon April 30

### Punctuality Draw

Won by PP Rtn. Vinod Kumar Jawa

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