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# The Midtowner

Weekly Bulletin of Rotary Club Chandigarh Midtown

2016-17

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Club No. 15228  
R.I. District 3080

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**John F. Germ**

District Governor  
**Raman Aneja**

President  
**Amarjit Singh**

Secretary  
**Sundeep S. Sawhney**

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

Volume XXXXI No. 50 Dated: June 13, 2017

Reporting from  
Atlanta, USA

## PROGRAMME Rise of Ultra Right

Chief Guest:

**Prof. Dr. S.L. Sharma**

Former Chairman Department of Sociology, PU, Chandigarh

Venue: Hotel President  
Sector 26, Chandigarh

Date: June 16, 2017 (Friday)  
Time: 7.00 p.m.

### Rotary International Convention, Atlanta (USA)



*RI President John Germ and World First Lady Judy*

Rotary's biggest get-together of the year is underway. More than 40,000 members from 174 countries have gathered in Atlanta, Georgia, USA, to renew friendships, find inspiration, and celebrate The Rotary Foundation's 100 years of Doing Good in the World.



*RI President John Germ opens the RI Convention*



*Rajashree Birla presents check for US\$ 1 million to RI President John Germ*

RI President John F. Germ in his opening remarks said, "Everyone you meet here this week, no matter how different they look, no matter where they're from and what language they speak—everyone here is a part of your Rotary family. So don't be shy. You might just find yourself a new friend, or your club a new partner. It all starts with a smile, and a hello — from one Rotarian, to another."

Indian philanthropist Chair person of the Aditya Birla Centre for Community Initiatives Mrs. Rajashree Birla talked about the polio eradication campaign. She said, "I am a proud Rotarian. I believe providence brought us together, on the platform of a common vision: Rotarians' unflinching steps towards polio eradication." Mrs. Birla concluded with a check for US \$1 million, which she presented to RI President John Germ to support the polio eradication programme. This is her best way to celebrate 100 years of The Rotary Foundation, for which she has been generously contributing in the past.

Bill Gates said polio eradication is his priority for last one decade. He shared some exciting news with RI President John Germ: The Bill and Melinda Gates Foundation has extended its two-to-one match for contributions to the polio campaign, tripling the combined commitment to \$450 million over the next three years. He is concerned about Pakistan, Nigeria and Afghanistan. People in these countries are now overwhelmingly agreeing for polio vaccination.



*Bill Gates*



A group 14 delegates from our club are participating in the Rotary International Convention at Atlanta, USA – 10 to 14 June 2017. They are President Amarjit Singh with R'ann Sunita, PP Indrajeet Sengupta with R'ann Malabika, PP Dr. V.J.S. Vohra with R'ann Indu, PP Deepak Sood with R'ann Purnima, PE Dr. Rita Kalra, Rtn. Dr. Sanjay Kalra, Rtn. Salil Chopra, Rtn. Renu Chopra, Rtn. Dr. Shashi Jain and Rtn. Dr. Harinder Jit Kaur. Inspired by our District Governor Rtn. Raman Aneja, our District 3080 is being represented by a large number of 110 delegates which is maximum registrations from zone 4. Globally the top three registrations for the convention are from USA, Japan and India.



*After participating (running!) in 3K Walk/Run to End Polio Now, Rtn. Salil Chopra is clicked with RI President John Germ*



*Participating in Candlelight Vigil to End Slavery and Human Trafficking*



PP Dr. V.J.S. Vohra, Volunteer Sergeant-at-Arms and assisted by R'ann Indu, in the House of Friendship at Atlanta RI Convention



Dining out and enjoying the celebrations in Atlanta



PP Dr. V.J.S. Vohra and R'ann Indu exchange flags in the House of Friendship with PE Jonah Domalaan of Rotary Club of Quirino-QC District 3780

### Mind Body Connection



Dr. Manisha Sahni

In our regular meeting on June 09, 2017 VP Rtn. Salil Bali welcomed the keynote speaker, Rtn. Dr. Manisha Sahni. She was introduced by PP Rtn. Vinod Jawa. Manisha is a Director at Simply Health Plus, a company co-founded by her and her husband. Adopting the premise "Health is Academics", they focused on providing dental and medical facilities in schools all over North India and also worked on building awareness for health related issues amongst school children. She is a dental practitioner and runs a dental clinic, by the name of Dental Blessings. She is an avid reader and follower of arts. Her belief in the human potential has led to an interest in the field of life skills. She has been conducting workshops on life skills for children and adults for over a decade.

Dr. Manisha's talk explored the basic assumption that the mind can be compared to a computer and the body is a machine, that follows the command of the mind. This thought relegates the role of the body to that of an unnecessary and functionless appendage simply there to cater to whims of the brain!

At the advent of western medicine in 17th century, the body and mind were separated and treated as two separate entities. Manisha has

propounded the theory, with the research examples that confirmed that the body also influences the mind in very definite ways.



VP Salil Bali and Secretary Sundeep Sawhney present a token of appreciation to Rtn. Dr. Manisha Sahni. Looking on are her husband Dr. Rohit Sahni, daughter Asmita, her friends and Rtn. Sanjay Bhatia

The body plays an important role in learning and in boosting memory. A fit and active body helps in neurogenesis, that is growth of new brain cells, which in turn will help in improving the focus, working memory and longevity.



Rtn. Dr. Manisha Sahni presents wedding anniversary gift to R'ann Sudha & PN Rtn. Ashok K. Puri

The body can also hack into the brain and sabotage our decision making process as was researched by a study conducted in Netherlands. Dr. Manisha explained the role played by the body into shaping our thinking. She concluded, "I act, therefore I think...!"



Officiating President Salil Bali presides over the meeting



PP Vinod Jawa introducing the keynote speaker



Announcements by Secretary Sundeep Singh Sawhney

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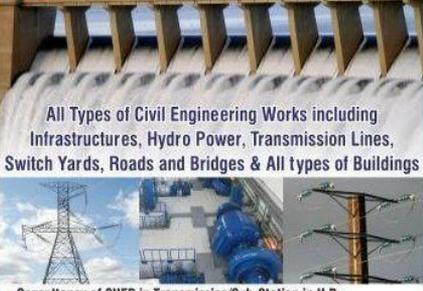
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PDG Shaju Peter presents a cheque of Rs. 14100/- (donated by Rotarians of our club in the last meeting) to Smt. Rashita, a safai karamchari of Hotel President, for marriage of her son. Looking on are officiating President Salil Bali and Secretary Sundeep Sawhney

### Valedictory Function followed by District Award Function to be hosted by our Club

**Valedictory Function** to be hosted by the outgoing board will be held at Hotel Sunbeam Premium at 7.00 p.m. on Friday, 23<sup>rd</sup> June 2017 followed by dinner. The chief guest will be Past RI Director Rtn. Yash Pal Das and his gracious spouse R'ann Manju.

**Abhaa .... Dil Se - District Awards Function** to be hosted by our club will be held on Friday, 30<sup>th</sup> June 2017 at 10 a.m. at Hotel Shivalikview, Sector 17-E, Chandigarh. This the second consecutive year that we are hosting this District event as both IPDG David Hilton and DG Raman Aneja have given this honour to our club.

President Amarjit Singh requests all our Rotarians and their spouses to attend the above events, and close the year with cheers and smiles.

### 79th & 80th Swachh swasth samast bharat projects of this year completed



#### Joint project with Rotary Solan

On 3<sup>rd</sup> June 2017 a group of 7 Interactors along with Rtn. Renu Chopra and Rtn. Salil Chopra went to Solan to hold joint project with Rotary Club of Solan and conducted the road show for 2 hours with 8 active Rotarians of that club including their President Virender Sahni and Secretary Manish Tomar. It was very busy time with them as they knew whole market so well and all responded to request and call of theirs. They too lifted garbage and dumped in bins and then spoke to crowd to follow. The shopkeepers also advised shoppers to use bins and not to litter. There was huge press coverage of event as almost all papers carried pictorial news on following day. The President honored and greeted children very well and served all of them water, juice, lunch, and also sweets and ice cream.

In his inspiring message PRIP Raja Saboo said, "Salil, my compliments for adding new dimension with reaching out in swachh abhiyan to Solan with local Rotarians. Highly commendable."

Next day on 4<sup>th</sup> June morning Rtn. Salil Chopra was at Yamnika Garden in Panchkula with 6 Interactor's and covered the entire complex thoroughly. People lauded their efforts and then there were two young children who joined them and gathered the garbage and put it in bins. Only 3 bags were collected, which was an appreciable achievement.



Solan Club President Virender Sahni honored Rtn. Renu with a shawl and Rtn. Salil Chopra with Himachali muffler

Rtn. Sanjay Bhatia

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## Next Rotary Convention 23-27 June 2018 in Toronto, Canada

There's a world of opportunity waiting for you in Toronto, home of the 2018 Rotary International Convention. Join 2017-18 RI President Ian H.S. Riseley for an unforgettable week of fun, friendship, and discovery as you connect with Rotarians from around the world.

Take advantage of the limited-time registration rate of \$295\* from 10 to 14 June.

Register at [riconvention.org](http://riconvention.org).



**ROTARY CONVENTION  
TORONTO, ONTARIO, CANADA  
23-27 JUNE 2018**

\*Registration must be paid in full between 10 and 14 June 2017 to receive the \$295 rate.



15 June to  
15 December 2017  
\$ 335 online

16 December 2017  
to 31 March 2018  
\$ 410 online

01 April  
to 27 June 2018  
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[www.riconvention.org](http://www.riconvention.org)

### Future RI Conventions

2019: 1-5 June, Hamburg, Germany

2020: 6-10 June, Honolulu, USA

2021: 12-16 June, Taipei, Taiwan

2022: 4-8 June, Texas, USA

### Birthday of Spouses

R'ann Rekha Mehan June 21  
R'ann Manmeet Arora June 22

### Birthday of Rotarians

PP Rtn. Vinod K. Jawa June 21

### Wedding anniversary

R'ann Neena & Rtn. Praveen Setya June 18  
R'ann Paramjeet & Rtn. R.S. Sihota June 19

### Punctuality Award



Won by PP Rtn. Gurdip S. Deep, presented by Rtn. Dr. Manisha Sahni

Rtn. Dr. Sanjay Kalra

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All correspondence to the Editor: PP Rtn. Dr. V.J.S. Vohra  
Consultant & Certified Clinical Partner, Otto Bock HealthCare India  
Sr. Consultant - Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic  
MediRehab Systems, 1134 Sector 44-B, Chandigarh-160047  
Email: [drvsvohra@gmail.com](mailto:drvsvohra@gmail.com) | Mob. 9814006829 | [www.nevedac.com](http://www.nevedac.com)

Design & Printed at:  
Satyadeep Offset Printers (P) Ltd  
292, Industrial Area, Phase II  
Chandigarh. Ph.: 4624942  
Email: [salil.bindra@gmail.com](mailto:salil.bindra@gmail.com)