



WEEKLY CLUB BULLETIN

SWARNPATH

ROTARY CLUB OF SONEPAT

PANKAJ SETH
President

ASHISH GHOSH
District Governor

JOHN KENNY
RI President

SUMEET ALAKH
Secretary



The Future of Rotary is in your Hands

www.rotarysonepat.org


Rotary Club of Sonepat
RI District. 3010  Chartered 22.03.1957

Meeting Every Friday at 8.30 pm.
Palki Banquet, Delhi Road, Sonepat

2009-10

For Private Circulation Only



CLUB ID 15396

President : Rtn. Pankaj Seth

R.I. President : Rtn. John Kenny

Dist. Governor : Rtn. Ashish Ghosh

Secretary : Rtn. Sumeet Alakh

Bulletin No. **12/09-10**

15th Sept., 2009

NEXT MEETING

Installation of Rotaract Club of Sonapat' s President Rtr. Vinay Kuhar and his Team (2009-10)

The next meeting of the Club will be held as per the following programme:

Day:	Friday
Date:	18 th September, 2009
Time:	8.30 PM - Fellowship 9.00 PM - Meeting
Venue:	Palki Banquet, Delhi Road, Sonapat
Program:	INSTALLATION OF ROTARACT CLUB OF SONEPAT'S PRESIDENT RTR. VINAY KUHAR AND HIS TEAM (2009-10) PP RTN. SURINDER BAHL
Meet Chairman:	PP RTN. SURINDER BAHL
Chief Guest:	Prof. Gurmeet Singh (Distt. Chairman-Youth-3010) Chief Proctor, Delhi University.
Registration Charges:	Rs. 250/- (compulsory)



MEETING WILL BE FOLLOWED BY DINNER

SEPTEMBER is Rotary's designated month for 'New Generation'. To celebrate this designated month befittingly and to encourage our younger partners, the next meeting will be held jointly with ROTARACT CLUB OF SONEPAT. For the information of new members - ROTARACT is an organisation of ROTARY wherein youths between the age of 18 and 30 years can be inducted. It too has the same goals as that of Rotary's and works under the direction of its sponsoring Rotary Club. Our Rotaract Club is almost as old as Rotaract Movement. Rotaract was started at the international level in 1968 and Rotaract Club of Sonapat came into being in 1972.

To boost the morale of our young Rotaractors, please attend their Installation ceremony in large numbers.



PRESIDENT'S COLUMN

New Generations Month

“What old generation sees as luxury, the new generation sees it as a necessity”. The old generation is stubborn but experienced, the new generation is inexperienced but with full of enthusiasm and the present generation has to do balancing act. We are often asked to observe our culture. We get confused, how that is possible with Modernization and changing time? I differ here. Let us take an example of clothes; previously people in our country were wearing Dhoti-Kurta and Sari, now we all wear Pants and Shirts. Does that mean we have changed our culture? No. There is a basic difference in West and East even if both wear Pants and Shirts. In East they are for comfort, to cover the important parts and lessen excitement in opposite sex while in west besides comfort and covering parts, it is to create excitement and curiosity in opposite sex. The new generation is expected not to adopt any fashion/tradition of west blindly. Any culture be it in east or west, is time tested hence if there is a need to change in interest of the society, the old generation must give consent. The generation gap is nothing but the gap to understand the need and to accept thoughts of both generations. The old generation must believe in New generation's abilities and the New generation has to understand the sacrifices of old generations. Both must promise to take care and respect each other. Understand that no new generation can be kept in cage like a Bird nor can be tied by a rope. The new generation always wants to explore the deep sea, however dangerous it may be. Thrill is what they want and the safety is what the Old Generation thinks about. Utilizing both, leads to progress of the world and that happens in each era.

Dear Rotarians, September is a month designated as New Generation month by RI. It becomes responsibility of Rotarians to prepare the new generation by improving their skills to ensure better future. Let us share our views with New Generation to make the world far better in which- the old, the present and the new generation - All lead a respectful and happy life.

Our Rotary Club of SONEPAT for the last decades has been carrying out numerous projects for the New generations and has now a tally of Interact, Rotaract Club's Formed. Also sponsored several developmental programmes as RYLA's, & Latest held DYLA on 28th August to sharpen their debating and administrative skills. Our Club is Regularly hosting Open Dancing Contests, Talent Hunts, Painting Competitions and many more even Scholarships to deserving students. September month also brings our Rotaract club to show their commitment to the society at our meetings and binds their force of Love and Affection with Rotarians.

Rtn. Pankaj Seth

History of Rotaract Clubs

In the late 1960s, noting the success of the recently formed Interact program, the RI Board realized the need for a program of service, activity, and fellowship for young adults no longer of Interact age (14-18). The name **Rotaract (Rotary in Action)** was selected to show the program's close affiliation with both Rotary and Interact clubs.

RI President Luther Hodges inaugurated Rotaract in 1968, with the Rotaract Club of University of North Carolina-Charlotte, USA, being the first club. The club received its charter on 13 March and had 21 members.

Within a day of the certification of the Rotaract Club of the University of North Carolina-Charlotte, the Rotaract Club of the University of La Salle was chartered in Tacubaya, Mexico. The Rotaract clubs of Florence, Italy; Gaston College and Sylva, both in North Carolina; and Secunderabad, India, were all certified in the following weeks. Since the 1950s, many Rotary clubs had been starting unofficial clubs for young adults, so this fueled Rotaract's rapid growth in its first few years. Rotaract grew from 21 clubs in 1967-68 to 289 clubs a year later. There are now 7,000 Rotaract clubs in 163 countries and geographic areas. Rotaract clubs were originally open to young men and women ages 17-24. Since 1971, young adults ages 18-30 have been welcomed.

LAST MEETING

CREATIVE CONTEST FOR ANNETS

'Yatha Raja Yatha Praja &

This phrase of olden times does not need any explanation. **CREATIVE President of our club Rtn. Pankaj Seth** with his creative ideas, created a '**CREATIVE CONTEST FOR ANNETS**' during our last meeting held on Saturday, the 12th September, 2009 at Palki Banquet, Sonapat. The contest contained competition in Creative Drawings, Card Making/ Drawing, Drawing and Painting, Collage Making and Rangoli. It was limited to the annets of our Club and meticulously planned and executed by the vibrant energetic chairpersons **Rty'ne Gursharan Kaur and Rty'ne Meghna Sachdeva**. The judge for evaluation of conrtst was **Mr.Kuldeep Singh**, himself and eminent artist and owner of Little Art Studio, Sonapat.

The contest, which had a 40+ participants between the age of 4 and 16, started at 7.30 P.M. and the annets were given one hour time to transform their thoughts on Drawing sheet.



It was really a great competition and the creative of the young annets was to be seen to be believed. **Every work of art was praise- worthy and the Independent JUDGE had a tough time to decide the winners.**

The following were declared **winners** in various age groups:

Age Group 4 – 7

- I -** Kartika Solanki
- II -** Muskaan Kaushik
- III -** Simran Malik & Danish Seth

Age Group 7 – 10

- I -** Shubham Garg
- II -** Shreya Garg
- III -** Sabhyata Suri & Aditya Jain

Age Group 10 – 13

- I -** Pritha Suri
- II -** Vaibhav
- III -** Drishti

Age Group 13 +

- I -** Vibhor
- II -** Neha Jain
- III -** Diksha Ahuja

After the evaluation of the art-work, formal meeting was held and prizes were distributed by PP Rtn. B.M. Wadhawan to the winners.

All the participants were given a Participation Certificate.

The meeting was followed by 'House of Friendship' and delicious Dinner with a clear message by our President to the young annets that **'FUTURE OF ROTARY IS IN YOUR HANDS'**.





NON-VERBAL COMMUNICATION

What Does Your Body Language Say About YOU?

Did you know that the words you use only have a 7% impact on your communication? Your tone of voice only amounts to another 38%, but your nonverbal body language amounts to a whopping 55% impact on the message you are trying to communicate. Body language means the way you sit or stand, move and look. Without body language your conversations will be boring and less effective. Here are powerful nonverbal communication skills you can use to add clarity and vitality to your conversations.

Use Good Posture. You Will Look Confident.

While standing side by side may disconnect you from your partner, standing directly face-to-face may seem confrontational. Therefore it is best to stand or sit at an angle toward the other person, In addition, sitting or standing at the same eye-level with your partner sends a signal that you are equals and lessens any feelings of intimidation. Whether sitting or standing, using good posture reflects your confidence and causes others to pay more attention to your message.

Are You Too Close?

Pay attention to how close you are to another person. Some people feel very comfortable with physical closeness while others may be offended when people get too close. If you sense that someone feels uncomfortable put a little more space between you.

USEFUL TIPS

Stress control

Confront fear head on!

The best way to battle fear is never to avoid it, be alert to it, as it tends to hide from you or perhaps we want to hide from it as a defence mechanism. As soon as the feeling of fear emerges, go into yourself, first feel the emotion physically in the energy centers of your body typically tightness in your chest, solar plexus (the pit of the stomach) or your throat, then analyze your thoughts, do not resist, nothing you do can change the circumstances or person generating that feeling, no matter how bad it feels accept it as an unavoidable part of life, as you do, feel good about yourself you are becoming a better person! as each time you do this you enhanced the preparation for the next feeling of fear.

Controlling BAD BREATH:

- Boil some cinnamon bark in a cup of water. Store it in a clean bottle in your bathroom. Use it as a mouthwash frequently.
- Parsley leaves are rich in chlorophyll, nature's own deodorizer. Chew some leaves regularly and your breath will remain fresh.
- You can chew some cardamom seeds to sweeten your breath.

Shakti of Three “Devis”

DURGA is one version of the all pervading **SHAKTI**, the powerful manifestation of the SUPREME ENERGY. This everlasting and all pervading SHAKTI also presides over the processes of CREATION – CONSERVATIONS & ANNIHILATION. MAHA SHAKTI or SUPREME SHAKTI is manifested in 3 Forms: MAHA “SARASWATI”, MAHA “LAKSHMI” & MAHA “KALI”.

The 3 DEVIS represent important facets of life.

“CREATION”, “CONSERVATION” & ANNIHILATION”.

Learning and Wisdom play a very important role. MAHA “SARASWATI” stands for CREATION. The creative person who pursues knowledge and wisdom continues to live with the grace of MAHA “LAXMI” – who is responsible for the sustenance of LIFE – MAHA LAKSHMI bestows her grace and bounty.

Finally MAHA “KALI” responsible for ANNIHILATION, completes the cycle. Physical Energy has many forms – whose indestructibility is not affected. The stability and functionality of Energy and Matter depends on distribution in the atom – knowledge of which remains elusive

Navaratri: The 9 Divine Nights

What's the Significance of Navratri?

During Navaratri, we invoke the energy aspect of God in the form of the universal mother, commonly referred to as "Durga," which literally means the remover of miseries of life. She is also referred to as "Devi" (goddess) or "Shakti" (energy or power). It is this energy, which helps God to proceed with the work of creation, preservation and destruction. In other words, you can say that God is motionless, absolutely changeless, and the Divine Mother Durga, does everything. Truly speaking, our worship of Shakti re-confirms the scientific theory that energy is imperishable. It cannot be created or destroyed. It is always there.

Why Worship the Mother Goddess?

We think this energy is only a form of the Divine Mother, who is the mother of all, and all of us are her children. "Why mother; why not father?", you may ask. Let me just say that we believe that God's glory, his cosmic energy, his greatness and supremacy can best be depicted as the motherhood aspect of God. Just as a child finds all these qualities in his or her mother, similarly, all of us look upon God as mother. In fact, Hinduism is the only religion in the world,

which gives so much importance to the mother aspect of God because we believe that mother is the creative aspect of the absolute.

Why Twice a Year?

Every year the beginning of summer and the beginning of winter are two very important junctures of climatic change and solar influence. These two junctions have been chosen as the sacred opportunities for the worship of the divine power because:

(1) We believe that it is the divine power that provides energy for the earth to move around the sun, causing the changes in the outer nature and that this divine power must be thanked for maintaining the correct balance of the universe.

(2) Due to the changes in the nature, the bodies and minds of people undergo a considerable change, and hence, we worship the divine power to bestow upon all of us enough potent powers to maintain our physical and mental balance.

Why Nine Nights & Days?

Navaratri is divided into sets of three days to adore different aspects of the supreme goddess. On the first three days, the Mother is invoked as powerful force called Durga in order to destroy all our impurities, vices and defects. The next three days, the Mother is adored as a giver of spiritual wealth, Lakshmi, who is considered to have the power of bestowing on her devotees the inexhaustible wealth. The final set of three days is spent in worshipping the mother as the goddess of wisdom, Saraswati. In order to have all-round success in life, we need the blessings of all three aspects of the divine mother; hence, the worship for nine nights.

Why Do You Need the Power?

Thus, I suggest you join your parents in worshipping "Ma Durga" during the Navaratri. She will bestow on you wealth, auspiciousness, prosperity, knowledge, and other potent powers to cross every hurdle of life. Remember, everyone in this world worships power, i.e., Durga, because there is no one who does not love and long for power in some form or the other.

Rotary Friendship Exchange - Posted By PP Rtn.Vikram Chaudhary

The Rotary Friendship Exchange program gives Rotarians and their families the opportunity to experience other cultures firsthand, by participating in reciprocal visits with Rotarians from other countries and their families. This program aims to advance international understanding among Rotarians.

It provides Rotarians with the opportunity to form personal contacts and make long-lasting friendships while exploring different areas of the world.

Types of Exchanges

There are two main types of Friendship Exchanges, the visitor exchange and the team exchange. The number of people or couples participating and the length of stay are flexible in either exchange. However, both are to be determined and agreed upon by the two districts involved. Rotary Friendship Exchanges are expected to be reciprocal.

Visitor exchange

The visitor exchange gives individual Rotarians, who may be accompanied by family members, the opportunity to spend a few days in the home of a Rotarian in another country. The typical visitor exchange ranges from three to seven days.

Team exchange

The team exchange provides the opportunity for several Rotarians or Rotary couples to travel to different communities in a host district for a period of up to one month.

Uni-vocational exchange

A unique aspect to incorporate into either the team or the visitor exchange is the univocational exchange, in which both guest and host Rotarians are of the same profession. A univocational exchange gives the Rotarians involved the opportunity to expand their views on a common interest.

Exchange Participants

Only Rotarians and immediate family members (partner and children) are eligible for the visitor exchange.

For the team exchange, only Rotarians and their partners are eligible. For either type of exchange, both districts should agree on the participants in advance.

Friendship Exchange Chair

All Friendship Exchanges are arranged through the district chair, appointed each year by the district governor to oversee all of the Friendship Exchange activity within the district. The recommended minimum term for a district chair is two years.

Funding

Rotary Friendship Exchange is funded entirely by the program participants, and exchanges are carried out at no expense to Rotary International. Generally, guests are responsible for their travel expenses and personal spending (for example, souvenirs, snacks, toiletries, camera film, etc.), while hosts are expected to provide housing, meals, and sightseeing opportunities — the same courtesies that would be extended to a visiting friend.

In establishing the program, the district Friendship Exchange chair may wish to develop a modest funding plan within the district to cover implementation costs. District chairs should expect to cover communication costs, such as mail, fax, and telephone.

LAUGHTER –The Best Medicine :

WHAT'S PAINING

A young woman went to her doctor complaining of pain.

"Where are you hurting?" asked the doctor. "You have to help me, I hurt all over", said the woman.

"What do you mean, all over?" asked the doctor, "be a little more specific."

The woman touched her right knee with her index finger and yelled, "Ow, that hurts." Then she touched her left cheek and again yelled, "Ouch! That hurts, too." Then she touched her right earlobe, "Ow, even THAT hurts", she cried. The doctor checked her thoughtfully for a moment and told her his diagnosis, "You have a broken finger."

YES OR JA

When visiting South Africa, Daniel the Englishman asked a South African the question:

"Why is it that some South Africans say 'Ja' (pronounced as "ya") while others say 'Yes' if they have the same meanings?"

"Clever people say 'Yes' while stupid people say 'Ja'," was his reply.

"So, are you clever?" asked Daniel.

"Ja," replied the South African.

Greetings



SWARNPATH wishes the following a HAPPY BIRTHDAY

Rtn. Rajat Doda	17 Sept.
Rtn. Kuldeep Solanki	23 Sept.
Rty'ne Neeru W/o Rtn. Ajay Relan	20 Sept.
Rty'ne Priyanka W/o Rtn. Shive Sehgal	20 Sept.
Annet Hardik S/o Rtn. Pankaj Seth	16 Sept.
Annet Ankush S/o Rtn. Sunil Narang	22 Sept.
Annet Aman S/o Rtn. R.K. Sardana	23 Sept.

SWARNPATH extends Best Wishes for happy wedded life.

Rty'ne Sunita & Rtn. Vijay Mehta	22 Sept.
Rty'ne Charu & Rtn. Sanjay Suri	23 Sept.

QUOTED Quotes

I studied the lives of great men and famous women, and I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy and enthusiasm and hard work.

Harry Truman

33rd President of the United States

**RTN. RAJEEV GARG
WEBMASTER**

**PP RTN. VIJAY MEHTA
EDITOR**
