

CLUB ID 15396

President : Rtn. Pankaj Seth

R.I. President : Rtn. John Kenny

Dist. Governor : Rtn. Ashish Ghosh

Secretary : Rtn. Sumeet Alakh

Bulletin No. 2/09-10

8<sup>th</sup> July, 2009

NEXT MEETING

## Fellowship

Day:	Friday	
Date:	<b>10<sup>th</sup> July, 2009</b>	
Time:	8.30 P.M.	
Venue:	LEGEND GARDEN, Delhi Road, Sonipat.	
<b>Program:</b>	<b>Fellowship</b>	
<b>Meet Chairman:</b>	<b>PP Rtn. Kuldeep Solanki</b>	
<b>MEETING WILL BE FOLLOWED BY DINNER.</b>		

The very basis of ROTARY is Service and the promoters of Rotary very wisely evolved the formula "Service through Fellowship". It means to reach the ultimate goal of Rotary i.e. 'Service', we have to pass through Fellowship. Hence our President Rtn. Pankaj Seth has planned this meeting systematically and through this meeting, we will be enhancing our intimacy and then getting ready for community service in our forthcoming meeting.

The Highlights of this special Fellowship meeting will be -

- Group of Boys comprising of current & pass out students of BM Institute of Technology, Sonapat will be performing patriotic Hindi and Western songs for us. These boys of BMIS have already performed on many platforms in India and won many laurels for themselves including -  
MUMBAI - Charity Show at Mumbai 'Prayas'  
KATHMANDU - Live Performance a Kathmandu  
NSIT Delhi - Performed with 'JAL BAND' of Pakistan  
AMITY - Youth's Playing at Amity, NOIDA  
PILANI - Metal Rock nite at BITS Pilani

DELHI - Youth Nexus 08, Delhi by Hindustan Times  
MUMBAI - St. Xaviers  
DELHI - Central Park, Connaught Place, Delhi  
MUMBAI - At IIT Mumbai

They were on a high note as they have also performed with A.R.Rehman SADHNA SARGAM, MAHALAKSHMI, HARI HARAN.

This group formed the band - Screamaz of Coffin.

This band was in News when it performed at NSIT Delhi and won First Prize and was honoured to perform with JAL Band of PAKISTAN.

Yes, This band has highlighted the Name of Sonapat on many platforms.

LET'S HEAR THEM ON FRIDAY 10<sup>TH</sup> JULY AND ENJOY THEIR TALENT - NOW IN SONEPAT.

## LAST MEETING

The last meeting of our Club was held on Friday, the 3<sup>rd</sup> July, 2009 at Palki Banquet, Sonapat. It was a 'Club Assembly'. In this very first meeting of Rotary year 2009-10, President Rtn. Pankaj Seth welcomed all the Rotarians and unfolded his plans and invited suggestions from the house. All the five directors gave a brief idea of their planning for the year.

- **PP Rtn. Yogesh Bhagat (Director-Club Service)** emphasized on the need of punctuality and rich fellowship.
- **Rtn. Sanjay Suri (Director-Vocational Service)** informed the house that there is a dire need for counselling to young students for selection of career. He wanted Career Guidance Seminar to be held during the year.
- **Rtn. Atul Jain (Director-Community Service)**, who was represented by Secretary Rtn. Sumeet Alakh in his absence, wanted to implement all the thrust areas of our District at Club level too which include Water-Harvesting, Pulse-polio, Scholarships to girl students, protection of planet earth by checking Global Warming, Organisation of Blood Donation Camps and other Health Checkup camps. He also wanted to have a Committee to review the permanent service projects of the club.
- **PP Rtn. Kuldeep Solanki (Director-International Service)** informed that our Club would be hosting the visiting GSE Team. He also wanted to have some cultural exchange programme with foreign students in addition to inviting foreign diplomats to our Club meetings.

- **PP Rtn. Tribhuvan Kaushik (Director-New Generation)** who also happens to be Asstt. Governor of our R.I. Distt. spoke about his plans to strengthen Rotaract Club, formation of 2 Rotaract Club and Interact Clubs and few other programmes for the youth like Dance or Singing Competition and debates etc. He also informed the house about the District Governor's thrust areas and other District programmes.

Before the end of the meeting, announcements by Club Secretary Rtn. Sumeet Alakh were made regarding Birthdays and Anniversaries of the members. President also announced forthcoming meetings of this month and next month.

The special feature of this meeting was that it started at the appointed time for which we must appreciate and congratulate President Rtn. Pankaj Seth, who wants Punctuality to prevail and also plans to follow time schedule in future meetings also.

The meeting was followed by Dinner.



Our great club created history at the District Thanks-Giving Ceremony 'SAMMAN' held at Hotel Leela, Gurgaon on 28<sup>th</sup> June, 2009. It was the last function of R.I. District 3010 for the year 2008-09 wherein the work done by various Clubs of our District was assessed and duly recognized.

- We are pleased to inform that our Club led by our **STAR President RTN. TARA CHAND GANDHI bagged 38 awards** in various disciplines and earned the **status of Platinum Club**.
- A special award for the **BEST Community Service Project** was also bagged by our Club for starting a **ROTARY DIALYSIS CENTRE** at Sonapat.

- It is to be noted here that this is the **maximum number of awards**, our club has ever bagged at the District Annual Function, credit for which goes to our **ULTIMATE & DYNAMIC PRESIDENT RTN. TARA CHAND GANDHI** for the **MIND-BLOWING** Performance.

## LAST TO LAST MEETING

The last to last or the last meeting of last Rotary Year was held on 29<sup>th</sup> June, 2009 at the lush green and beautifully decorated lawns of ADITYA GARDENS, Sonapat. It was a Thanks Giving Function named 'ABHAAR' by the President

The meeting started with a welcome address by the President and followed by an audio-visual presentation of the activities held during the year gone-by i.e. 2008-09. All the meetings were explained in detail through this presentation which brought the memories of yester-months back and depicted the various projects done during the great Rotary year.

After this audio-visual show, President Rtn. Tara Chand Gandhi expressed his gratitude towards every member of the Club and also explained each individual's contribution to the club during the year. Every Rotarian was honoured and presented with a gift by the President and First Lady of the Club Rty'ne Kanchan Gandhi.

As our President had been roaring throughout the year, now it was the turn of the clouds to roar and there was a big storm and a small drizzling, before the end of this meeting which brought a relief in the temperature and to our ever-energetic President Rtn. Tara Chand Gandhi, whose name will be written in golden letters in the history of this great Club.

Before we conclude we would like to express our sincere thanks to Rtn. ATUL JAIN for providing us the glittering venue for holding this last meeting of Rotary year.

Our special thanks also go to the Pool-Dinner members led by Rtn. ATUL JAIN, who provided a lavish dinner.

Once again Kudos and congratulations to all the club members who worked very hard during the year and to the leader President (now Immediate Past President) Rtn. TARA CHAND GANDHI for doing great proud to our great club by doing great deeds. We hope Rtn. Tara Chand Gandhi will not rest here and will continue to extend his support to the club for taking it to newer heights.

Good Bye!



## PRESIDENT'S COLUMN

### REST OF MIND AND PEACE OF MIND

On very rare occasions when I stay at home without stepping out whole day. But on one Sunday in the month of April was an exception; I was resting bodily and mentally whole day, due to body ache in the morning. What is written below is when my mind came out of resting state.

“Empty mind is Devil's mind” is not always true. Imagine, Sir Isaac Newton preoccupied in some factory or working to sell the machines designed by him for some corporate, would he have given great “law of gravitation”?

Mr. Archimedes sitting in a bathtub with mobile and talking to his girl friend or a business partner, would have given the great principle of Buoyancy? The whole idea of keeping mind always occupied with something is not fully true. Like your body your mind too needs rest. Unfortunately when we talk of rest to the mind, we equate it with sleep. In sleep brain still reacts to dreams, but in voluntary resting of mind you don't react to anything.

Rest to the Mind means do things where mind is not preoccupied for result; mind is not moulded to think in particular direction/s, it is not assigned or fabricated for particular work. This certainly does not mean that you allow your mind to fantasies, but it means you forget the worries and just allow your mind in to be emotionless state. The state in which, thoughts come and go like tide of ocean-some weak, some strong, some good-some bad. Don't react to them, don't analyze them. When you learn the technique of rest to the mind, your brain will have impact of some strong, useful and pure thoughts on returning from resting state. It is most difficult thing to put your mind at rest when TV, Radio or c'lock is around. You can't rest your mind in bathroom if you are worried about appointment with your clients. You can't rest your mind walking with spouse in Garden and discuss about sale in Benetton, what happened yesterday night in Sas Bahu Opera or how Kareena maintains zero figure.

You can't allow your mind to rest while walking and talking about Nuclear and No Clear Deals. Mind resting means keeping me, my, we, ours, they and theirs away from the center. Rest to mind for little time in a day is as important as water; it is as needed as essential vitamins.

Mind resting enriches you later with energy, energy to perform well in all walks of life- Morning to evening, study to business, and sleep to awake. Learning to rest your mind doesn't mean that you will get instant happiness but it is the first step towards the happiness. It is said that “A man becomes what he thinks.” Unfortunately we do not allow our mind to think independently. Often we allow it to be influenced by people surrounding us, our ego, and largely by our greed. Mahaveer and Buddha were enlightened when they stepped out of the palace. When you keep eyes open, you see around you but when you keep eyes closed you see within you.

**Rotary's Meeting every Friday night at Palki Banquet is a pleasure, but is not for your peace of mind. For that you discuss how other's mind can be put to happiness. Help the needy without any expectations, help others before they stretch their hands and ask for your help. These reflexes are best for peace to the mind. Peace of mind is directly proportionate to number of happy people around you.**

**Friends! Rotary teaches us to see within our-self to help others around us.**

**Rtn. PANKAJ SETH**

**From the Desk of PP Rtn.Vikram Chaudhary  
Chairman, Rotary Information Committee**

## **R.I.President's Message July 2009**

### **My fellow Rotarians:**

It is traditional in Rotary that each Rotary International president is given the opportunity every month to write a message to all Rotarians in the pages of this magazine. I am grateful for this tradition, which gives me the opportunity to communicate with every one of you directly, for it is my firm belief that The Future of Rotary Is in Your Hands.

It is a great honor to have been chosen as the first RI president from Scotland in the 104 years of this organization, and to have the privilege of serving the Rotarians of the world. Because there is no RI - no Board of Directors or president, no world headquarters or Rotary convention - without the ordinary weekly meeting of Rotarians in our own home clubs.

In Rotary, everything we are, and everything we aspire to become, lies in the hands of Rotarians in their clubs. If our clubs are congenial and our meetings well run, if our service is carefully planned and competently carried out, if our members are qualified, honest, and respected in their vocations and communities, then all of Rotary will thrive. This is why I say The Future of Rotary Is in Your Hands.

Water, health and hunger, and literacy will be our emphases in the year ahead. In this Rotary year, I ask Rotarians everywhere to continue to learn from our experiences and to build upon our successes. I ask you all to continue to work for the health and well-being of not only children but their families and people everywhere. I ask you particularly to focus on water and sanitation, as the scarcity of clean water is an increasingly serious issue in many parts of the world.

In Scotland, we have a saying that I'm fond of quoting: "We must look beyond our own parish pump." It means that we must look beyond our own home and our own community. We must be aware that ours is only one community, of one country, of the many communities and countries in this world.

In every one of those communities, there is work to be done. As Rotarians, we will not stand idly by.

As Rotarians, we will accept our responsibility. We can, and we must. For we know that Rotary is only as great as its clubs - and our clubs are only as great as the members within them.

The Future of Rotary Is in Your Hands.

**John Kenny**

**President, Rotary International**

## Rotary Goals (2009-10)

### Presidential Citation (2009-10)

### Rotary International Goals

#### Qualification of Club for RI Presidential Citation

- To complete the membership goal (mandatory), and
- Undertake and complete an activity from 3 of the 6 categories stated in the Menu of Activities (3 activities in total)
- Between 1 July 2009 & 31 March 2010

#### Membership Goal (mandatory)

- Achieve growth through a net increase of at least one member by 31st March 2010.
- The Club's Membership as on 31st March 2010 must be greater than its membership as of 1st July 2009

#### Eradicate Polio

- Organise a major fund initiative to support Polio Eradication
- Make a Club contribution to Polio fund raising challenge of at least US \$1,000

#### Advance the Recognition and Public Image of Rotary

- Undertake a significant Public Relations campaign to share the story of what Rotary is and does.
- Gain media coverage of a club event or project
- Place at least one Humanity in Motion public service announcement in a print publication, on a radio or television program or on a bill board

#### Increase Rotary's capacity to provide service

##### Address water, health & hunger and literacy issues

- Establish a community service project that involves at least 50% of the club members
- Sponsor a Rotary Community Corps of non- Rotarians & complete a joint project with them
- Conduct a service project with an international partner - as host or sponsor

##### Expand Membership in both numbers and quality

- Have at least 20% of club members each bring a potential candidate for membership as a guest to a club meeting
- Recruit at least one RI or TRF alumunus age 35 or younger into membership
- Increase diversity of club membership by recruiting two members who belong to a different demographic group
- Recruit 2 new members who have experience in community vocational or international service work

##### Emphasize Rotary's unique vocational service commitment

- Start or support a youth mentorship program, and have at least 10% of club members personally mentor a young person
- Start or support a career counseling and development program and invite participants from the community to attend
- Have at least one club member register as a Rotary Volunteer and use Rotary's Project LINK data base to locate an appropriate project

##### Optimize Leadership talent with RI

- Create a development program that at least 5% of the club members complete
- Cultivate leadership opportunities for youth by having at least 5% of club members sponsor a participant to RYLA or host or sponsor a Youth Exchange student, Ambassadorial Scholar or Rotary World Peace Fellow

### 2009-10 Foundation Goals

1. Keep the promise to **eradicate polio**.
2. Work through the Foundation to achieve a better world, through the six areas of focus in the **Future Vision Plan**, namely:

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development

3. **Support every Rotarian, every year and the Permanent Fund.**

**District Governor's Citation****District 3010 Goals**

- For a Club to qualify for the Governor Citation, the Club must :
  - 1) Qualify for the RI Presidential Citation
  - And
  - 2) Must undertake at least 6 of the 9 activities listed in the Menu of Activities between 1 July 2009 and 15 May 2010

**District Governor's Citation**

- Menu of Activities
  1. Send monthly attendance report to District Secretariat immediately after last meeting of the month
  2. Prepare a brochure of Club history for circulation to members and prospective member.
  3. Ensure that at least 25% of the membership is registered to participate in the District Conference
  4. Sponsor a new Rotaract Club or RCC
  5. Participate in a program to promote awareness of Tuberculosis (TB) or Cancer
  - OR
  - Undertake an awareness program on the need to protect the environment and to curtail carbon emissions
  - OR
  - Collect 500 units of blood for Rotary Blood Bank
  6. Undertake a career guidance or vocational guidance project for underprivileged children
  7. Contribute US \$ 100/- per capita to the Rotary Foundation under Every Rotarian Every Year (EREY)
  8. Have one club member register for the RI Convention in June 2010 at Montreal
  9. Achieve a 100% paperless club status by using emails for club correspondence and newsletters

***IMPORTANT INFORMATION FOR EMERGENCY CARE*****Subject: Right to emergency care**

The Supreme Court has ruled that all injured persons especially in the case of road traffic accidents, assaults, etc., when brought to a hospital / medical centre, have to be offered first aid, stabilized and shifted to a higher center / government center if required. It is only after this that the hospital can demand payment or complete police formalities. In case you are a bystander and wish to help someone in an accident, please go ahead and do so.

Your responsibility ends as soon as you leave the person at the hospital. The hospital bears the responsibility of informing the police, first aid, etc. Please do inform your family and friends about these basic rights so that we all know what to expect and what to do in the hour of need. Please not only go ahead and forward, use it too!!!!

– *P.P. Rtn. Kuldeep Solanki*

***TIME PASS :: PUZZLE - EUROPEAN COUNTRIES***

Can you find 40 countries in the box? They may be horizontal, vertical or diagonal, forwards or backwards.

ALBANIA, AUSTRIA, BELARUS, BELGIUM, BOSNIA HERZEGOVINA, BULGARIA, CROATIA, CYPRUS, CZECH REPUBLIC, DENMARK, ESTONIA, FINLAND, FRANCE, GERMANY, GREECE, HUNGARY, ICELAND, IRELAND, ITALY, LATVIA, LIECHTENSTEIN, LITHUANIA, LUXEMBOURG, MALTA, MOLDOVA, NETHERLANDS, NORWAY, POLAND, PORTUGAL, ROMANIA, RUSSIA, SLOVAKIA, SLOVENIA, SPAIN, SWEDEN, SWITZERLAND, UKRAINE, UNITED KINGDOM, YUGOSLAVIA.



**If you have the courage, we have the page**

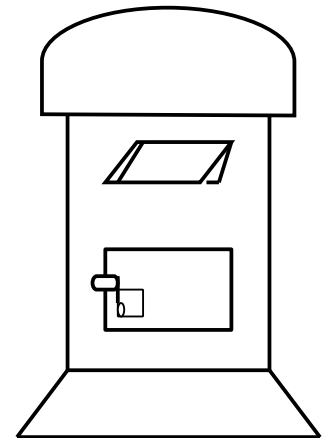
**Give your articles for SWARNPATH**

**Take advantage of SWARNPATH ; Give your writing skill a chance; Show that The Future of Rotary is in your Hand**

**Bold, interesting and constructive articles- Rotary information/ Rotary Humor, Drawings, Cartoons are invited. Inner wheel / Interact / Rotaract news, information, articles also invited.**

**Rty'nes can provide us few good tried recipes.**

**Rotarians can toss in few useful tips concerning their nature of work and interests, stories they got impressed or motivated with**



**Hand over matter to me or email the matter to: [ps.rotary@gmail.com](mailto:ps.rotary@gmail.com) Marking the Subject as 'Matter for Swarnpath'**



there was no indication of who the special monk was, all of the monks treated each other with respect, courtesy, and great fondness.

Weeks went by. The excitement and curiosity abated and the monks settled down into their usual routine. However, the habit of bickering had been replaced with the habit of respect, courtesy, and a willingness to explore solutions to their problems. There was peace in the monastery.

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This wonderful story reflects what actually takes place every day in the workplace. What if we treated our co-workers as though they are "divinely special beings" with our motive not being one of fear, but simply wanting peace in the workplace more than we want anything else?

When we begin to look at others with compassionate eyes, speak words of kindness, and think of others with a desire to understand them, we will begin to change. And, interestingly enough so will they. What goes around, comes around.

## Laughter the Best Medicine -

### PATEL'S CONNECTIONS

An USA Patel was bragging to his boss one day, 'You know, I know everyone there is to know. Just name someone, anyone, and I know them.' Tired of his boasting, his boss called his bluff, 'OK, Patel how about **Tom Cruise?**' 'Sure, yes, Tom and I are old friends, and I can prove it.' So Patel and his boss fly out to Hollywood and knock on Tom Cruise's door, and sure enough, Tom Cruise shouts, 'Patel! Great to see you. You and your friend come right in and join me for lunch!' Although impressed, Patel's boss is still skeptical. He tells Patel, that he thinks Patel's knowing Cruise was just lucky.



'No, no, just name anyone else,' Patel says.

'**President Bush,**' his boss quickly retorts. 'Yes,' Patel says, 'I know him, They go to White House. Here Mr. Bush spots Patel on the tour and motions him and his boss over, saying, 'Patel , what a surprise, I was just on my way to a meeting, but you and your friend came let's have a cup of coffee first then chat. Well, the boss is much shaken by now, but still not totally convinced. After they leave the White House grounds, he expresses his doubts to Patel who again implores him to name anyone else.

'**The Pope,**' his boss replies. 'Sure!' says Patel. 'I've known the Pope a long time.' So off they fly to Rome. Patel and his boss are assembled with the masses in Vatican Square when Patel says, 'This will never work. I can't catch the Pope's eye among all these people. Tell you what, I know all the guards so let me just go upstairs and I'll come out on the balcony with the Pope.' And he disappears into the crowd headed toward the Vatican. Sure enough, half an hour later Patel emerges with the Pope on the balcony. But by the time Patel returns, he finds that his boss has had a heart attack and is surrounded by paramedics. Working his way to his boss' side, Patel asks him, 'What happened?' His boss looks up and says, 'I was doing fine until you and the Pope came out on the balcony and the man next to me said, **who's that man on the balcony with Patel?**

## Greetings

**SWARN PATH wishes the following a very Happy Birthday:**

Rtn.Ajay Chaudhary	9 <sup>th</sup> July
Rtn.Ashish Jain	11 <sup>th</sup> July
Rtn.Virender Arora	15 <sup>th</sup> July
Rtn.Rajneesh Bhagat	15 <sup>th</sup> July
Rtn.Narender Chandana	15 <sup>th</sup> July
Rty'ne Mala Antil W/o Ajit Singh Antil	2 <sup>nd</sup> July
Rty'ne Nirmal Jabbal W/o Rtn C.S.Jabbal	8 <sup>th</sup> July
Rtyn Shweta Batra W/O Rtn.Vishal Batra	16 <sup>th</sup> July

**SWARN PATH wishes the following  
Annets a very Happy Birthday:**

Priyank Batra S/O Rtn. Surinder Batra	1 <sup>st</sup> July
Manika Malik D/O Rtn.Mohinder Malik	2 <sup>nd</sup> July
Samiksha Jain D/O Rtn Ashish Jain	3 <sup>rd</sup> July
Sharina Batra D/O Rtn. Surinder Batra	7 <sup>th</sup> July
Kabir Jabbal S/O Rtn C.S. Jabbal	10 <sup>th</sup> July
Manik Jain S/O Rtn.Basant Jain	18 <sup>th</sup> July

**ANNIVERSARIES – No Anniversaries in this month**

- Celebrate your family Events – The Rotary Way!
- Gift to The Rotary Foundation (Just US\$100 will do!)

**Better to remain silent and be thought a fool than to speak out and  
remove all doubt**

ABRAHAM LINCOLN

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**PP RTN. VIJAY MEHTA  
EDITOR**