



CREATE HOPE
in the WORLD

Rotary

Club of Mohali Midtown
Rotary International District 3080



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Better

January is Vocational Service Month

Shubh. Karman

Inspiring good deeds

The Board

- **President:** Rtn Amarjit Singh Virk
 - **Secretary:** Rtn Manjit Kaur
 - **Vice President:** Rtn Iqbal Singh
 - **Treasurer:** Rtn Gurcharan Singh Arora
 - **Joint Secretary:** Rtn Manraj Singh
 - **Immediate Past President:** Rtn Ravijeet Singh
 - **President Elect:** Rtn Dilpreet Singh Boparai
 - **Sergeant at Arm's:** PP Rtn Harcharan Singh Marwah
 - **Community Service:** AG PP Rtn Harjeet Singh
 - **Vocational Service:** Rtn Aameep Sinha
 - **New Generation Service:** Rtn Kuldeep Singh Dhody

 - **International Service:** Rtn Dr. Aditya Sharma

 - **Club Service:** Rtn Manjit Singh Kohli
-

Editor – Shubh Karman :

PP Rtn Sukhpreet Singh Giani

www.rotarymohalimidtown.org

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- * Front page picture courtesy IPP Rtn. Ravijeet Singh



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A club to be vibrant has to work more on creating such an atmosphere in the club that the existing members feel engaged

The President Writes

The evolution to a Vibrant Club

The guiding principle of Rotary is Service above Self. A Rotary Club in order to be vibrant has to strengthen its base of membership, fellowship, projects & fund raising. No doubt adding new members is incomparable for any club. However, simply by adding new members a club can't be a vibrant. A club to be vibrant has to work more on creating such an atmosphere in the club that the existing members feel engaged in the club activities and such a feeling can be achieved at a club level only if the club strengthens the base of service projects under taken by the club with the assistance and active cooperation of the members.

Each and every member aspires to do something for the Society and to fulfil such a dream the club is the best forum. Contribution of each individual member becomes immense and once members come forward to work in club with the sole aim to serve the Society, it transforms the club as a vibrant club. The club must also strengthen its fellowship, it gives an opportunity to the members to interact with each other in a better atmosphere which in turn makes a club vibrant club.

Club must encourage the promotion of youth leadership. Clubs must encourage Rotaract as well as Interact Clubs under its wings. Young leadership brings new innovative ideas. Young leadership is the future of any club. The way technology is emerging it is also very important for any club to adapt to the new environment by imbibing new technologies, which in turn help in enhancing public image of the Club.

The most important aspect of any club is continuity. Leaderships go on changing every year but the Club has to follow a consistent stream to be a vibrant Club.

56th Meeting

Preparing for Saugat!



The 56th meeting of Rotary Club of Mohali Midtown held on Friday 12th January, 2024 at ZOCA Cafe, Phase X, Mohali, at 5.00 p.m.

Sergeant at Arms, PP Rtn. Harcharan Singh Marwah collared the President. The President called the meeting to order. Sergeant at Arms, PP Rtn. Harcharan Singh Marwah initiated the National Anthem

which was sung by all, recited the 4 way Test and then passed on the mike to President. The President welcomed the Rotarians.

The President first of all expressed gratitude to Rtn. Hardeep Singh for successfully conducting the election for electing President for RY 2025-26.

The President congratulated Rtn. Aameep Sinha for being unopposed elected as President for RY 2025-26. The President expressed hope that under his able leadership the club will achieve new heights and assured whole hearted cooperation to PN Rtn. Aameep Sinha.

The President also welcomed Rtn. Rajeev Makkar, the newly inducted member in the meeting. Rtn. Rajeev Makkar was felicitated by the President on behalf of the club.



Rtn. Rajeev Makkar was requested to address the members and to formally introduce himself. Rtn. Rajeev Makkar addressed to the house and introduced himself to the club members.

PN Rtn. Aameep Sinha also expressed his sincere thanks to the all the club members and promised to take club to new heights with active cooperation and support of the members and also assured the members to come to their expectations. The President informed that the Club has cleared 3 new members as were recommended by the Membership Committee and approved by the Board of Directors. The newly added members are:

- Rtn. Prabhjot Kaur
- Rtn. Rajeev Makkar
- Rtn. Sonia Sharma

UPCOMING PROJECTS :The President informed that on the request of the Club the District Administration of Mohali has identified 20 AANGANWARIS and also supplied the requirements of these Aanganwaris. The President informed that the Committee constituted for the Project in the previous Club meeting had already purchased those articles and the same will be handed over in a MEGA EVENT going to be held on 24.01.2024(Monday) at 11:00 AM at Zila Parishad Building, Near Dara Studio. The President informed that DC Mohali will be the Chief Guest of the Function and the ADC, Mohali and DGN Rtn. Ravi Parkash will be the Guest of Honours. The President informed that the Board has approved the same.

VISIT OF ROTARY INTERNATIONAL PRESIDENT: The President informed that the Rotary International President Rtn. Gordon R Mcinally and First Lady Heather are visiting Chandigarh on 17th & 18th January 2024. The host Rotary Club Chandigarh is organizing Dinner meet on 17th January 2024 at 7:00 PM at HOTEL AROMA & Welcome Meet on 18th January 2024 at 3:30 PM at Chandigarh Judicial Academy, Sector 43, Chandigarh.

The President informed that the link for making registration and making payment has already been shared in the club. The President also informed that the host club has notified that the members desirous of joining Dinner meet on 17th January, 2024 are requested to bring a cheque of 500 US Dollars towards TRF donation or receipt having donated 500 US Dollars on or after January 01, 2024. The President appealed to the members to avail this rare opportunity to meet Rotary International President.

DISTRICT CONFERENCE ‘ANAND – THE JOY’: The President apprised the House that RD 3080 is going to organize District Conference- ‘ANAND-THE JOY’ on 10th & 11th February 2024 at Chimney Heights, Zirakpur. The Registration Charges for the same are Single Rs. 4500/-, Couple Rs. 8000/- and Rotaractor Rs. 2250/-

The President appealed to the members to attend the District Conference in large number and also informed that as of now as many as 8/9 members had already registered and made payments to attend the conference.

The Sun Shine collection was Rs 5500/-

Charter President Rtn. Gurcharan Singh proposed the formal vote of thanks. The President adjourned the meeting.

The members enjoyed the fellowship and celebrated Birthdays of Secretary Rtn. Manjit Kaur, Rtn. Gurmail Singh as well as Marriage Anniversaries of Rtn. Manpreet Singh Chawla / Ann Savinder Kaur and Rtn. Damandeep Singh / Rtn. Prabhjot Kaur falling in the First fortnight of the month of January by cutting the Cake.



Lost in Screens – Navigating the Pitfalls of Excessive Mobile Use

By Rtn. Gurjot Singh Kaler

Rtn. Gurjot Singh Kaler is an honorary member of the club and is a senior officer with Punjab Police.

He is also the author of books ‘New India - The Reality Reloaded’; and ‘Grits, Guts, Glory’

In the age of constant connectivity, our smartphones have become more than mere gadgets—they are extensions of ourselves, seamlessly woven into the fabric of our daily lives. However, as we immerse ourselves in the virtual realm these devices offer, it's crucial to pause and reflect on the subtle, yet profound, impacts they wield on our well-being.

When the mobile phones were invented, it was assumed that it will bring people together in a disconnected world by bridging communication gaps. Surely, mobile phones have proved to be a boon for the humanity as these have made it possible to call and connect with anyone living in far-away lands with the simple press of a button on touch-screens. One can do instant video calls with people who are sitting remotely to each other and the low cost of internet data packs have made it possible that everyone can afford it. Now-a-days, mobile phones are not only used for calling and sending texts but with the rapid advancement of technology, our mobiles have become a one-stop solution for almost our daily needs.

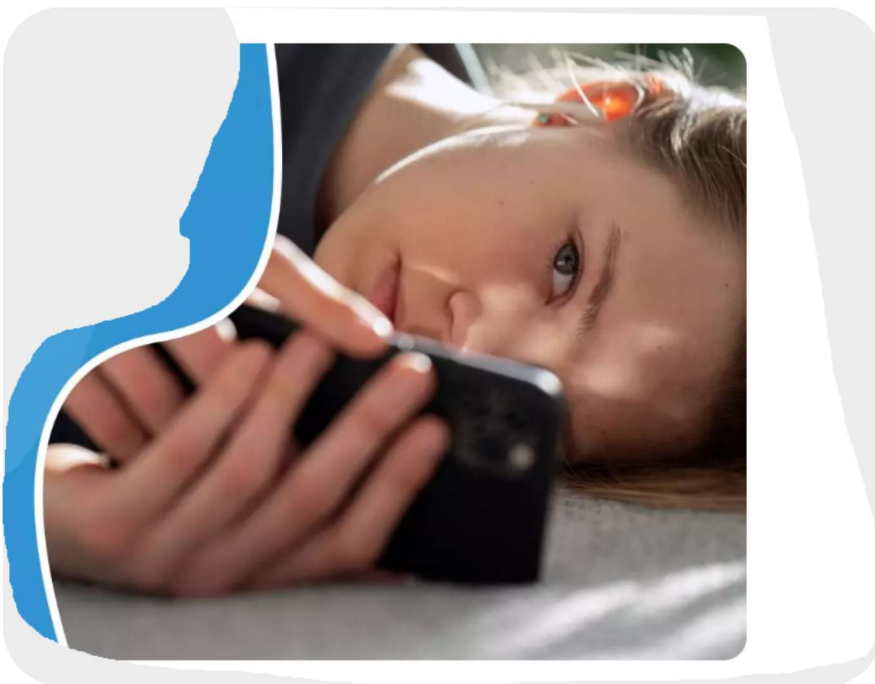
The smart mobile phones allow us to easily manage our banking services, indulge in social media interactions, book train tickets, do shopping etc. As such, the mobile phones have become an integral part and parcel of our daily lives and we cannot seem to imagine our life exist without them. Honestly, mobile phones serve a lot of purposes which makes our existence a lot easier but the problem arises when we become addicted to overusing them to the extent of forgetting the fine line of distinction between digital screens versus true reality.

No doubt, mobile phones have a lot of advantages and benefits to speak of which can be enumerated a dozen times, but it is also imperative to think and analyse as to what are the potential drawbacks or pitfalls of overuse of mobile phones.

People with cell phones are in their own world. Zoned out. Their heads are buried deep into the screens of their phones and they appear like zombies totally disconnected to the reality around them. If you are eating in a restaurant or travelling via an aeroplane, a bus, or a train, one thing which cannot go unnoticed is the fact that a large chunk of majority of people around us are constantly checking their phones and are heavily glued to their mobile screens.

It is really astonishing to note that people do not even care to bother as to what is happening in their vicinity as their eye balls are fixed on their mobile screens and listening capabilities are captured by earbuds. If you ever happen to visit a beautiful music concert or go to picturesque tourist location, one can easily come across people holding onto mobile phone cameras in their hands and recording the things without indulging in the serenity of the present moment. In the mad race to video record an event for viewing later or posting it on social media, people surely miss the magic of living in the present times. At any restaurant, one can see people clicking the pictures of the food before eating it and then, proudly uploading it on their social media profiles and WhatsApp statuses. People can be barely seen even talking to each other at a social family gathering or a friend's wedding as they are busy in scrolling through the news feed of their mobile phones.

With hundreds of apps downloaded in smart phones, the screen time of people has exploded through the roof and it is definitely a thing to worry about urgently. At any religious place like Gurudwara Sahib or Temple or Church or Mosque, where we earlier used to normally go to pray and attain the blessings of the Almighty, one can see the trend has changed drastically and now-a-days, the devotees are more interested in clicking the pictures of the deity and video-record the religious ceremonies. Overuse of mobile phones has become a major contributory factor of road accidents worldwide as the attention of the drivers is compromised by phone screens. Even the pedestrians' heads are buried in their phones as they are walking or crossing any road. Going little further to notice in everyday life, one stands stunned into silence of disbelief when one comes across people clicking pictures and video recording the accident victims on a road rather than helping them reach hospital for immediate medical treatment. Be it any earthquake, flood, a fire mishap or any tragedy, people immediately spring into action, not to help the victims but to open their mobile phone cameras and start recording it.



The trend of garnering views on YouTube videos has complicated the matters at hand and everyone seems to have joined the bandwagon to reap the so-called dividends of making a video go viral on internet.

This type of sheer apathetic, immoral and inhumane behaviour definitely sends shivers down the spine of any sane human-being who believes in the basic human nature of helping his fellow brethren in times of distress and practices mercy and kindness.

Something is terribly wrong with the way today's generation of human-beings have got addicted to mobile phones. Talking of the future posterity, the screen addiction will prove even more detrimental as noticed by the fact that today's parents use their mobile phones as a distraction tool of incentive to silence their infants from creating noise or crying. Small children can be seen silently sitting in a corner of the house and playing video games on their parent's mobile phones. Just imagine the catastrophic effects it will have on their future growth and development. It is important that hospitals and nursing homes start advising the parents to not indulge in this dangerous practice for their own selfish comfort.

Problems associated with long, excessive use of mobile phones

Risk of Tendonitis: For those unaware, prolonged use of a cellphone can increase the risk of developing tendonitis. This condition involves inflammation of the tissue that connects muscle to bone. Extended periods of holding a phone can result in discomfort in the wrists and elbows, potentially leading to inflamed joints and severe pain.

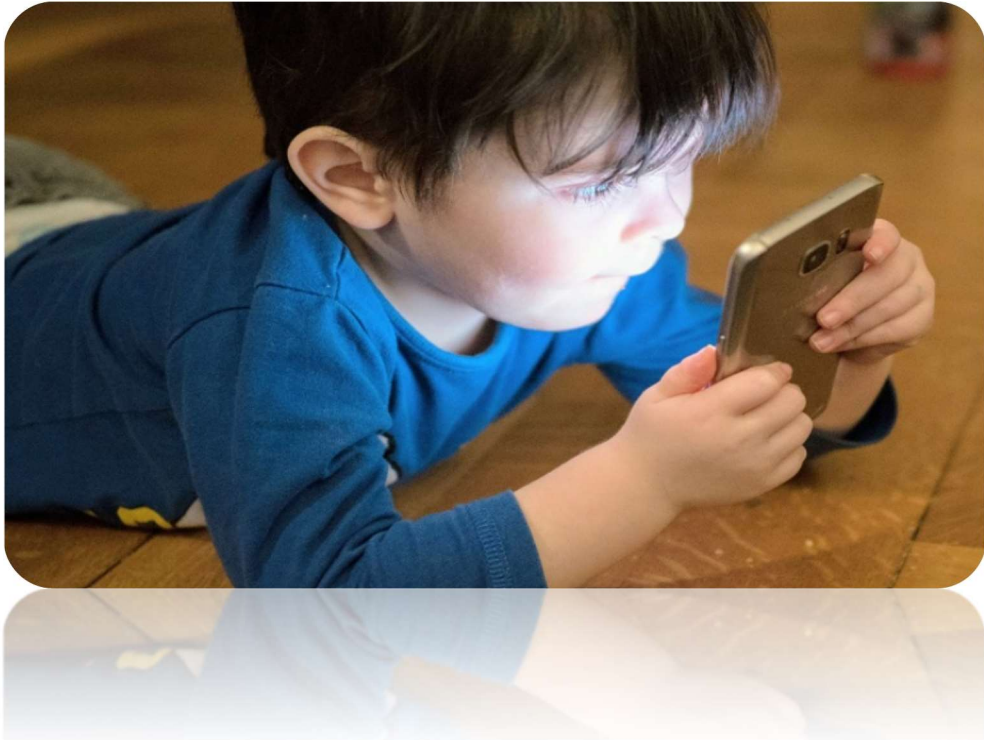
Neck and shoulder pain : Using smartphones for over two to three hours daily can result in discomfort in the neck, shoulders, and lower back, particularly when using the devices while lying down. Children who engage in prolonged mobile gaming may experience a condition known as Hand-Arm Vibration Syndrome (HAVS), characterized by heightened pain in the hand with extended mobile use and prolonged gaming sessions.

Trigger of Nomophobia: Excessive use of mobile phones can trigger a condition called as 'Nomophobia' which refers to the fear of being without your phone.

It can cause an unsettling feeling of anxiety, stress, fear, worry, panic and even depression, which can further damage one's health irreparably.

Sleep disturbances:

Overuse of mobile phone screens can also cause interferences in the sleep patterns of an individual as the light emitted from the screens



of mobile phones interferes with the sleep-inducing hormones of the body. It is advisable to stop using mobile phones at least 30 or 40 minutes before you go to bed at night.

Weight gain : The people who are in the bad habit of using their phones while eating their food can be a victim of unintentional weight gain. As phones distract our attention, the individual becomes prone to over-eating as the mind can skip the signals from the brain telling us to stop eating. Thus, it is highly advisable to not use the mobile phones while eating our food.

Lack of focus and concentration: The screens of mobile phones with unlimited notifications from social media and other apps are a great distraction for the human mind. Overuse of mobile phones causes a heavy reduction in the attention span of human-beings and makes it difficult for them to develop the ability to focus on important tasks in life.

Some suggestions to prevent ill-effects of mobile phone overuse are as follows-

- 1) Do not look at your phone unless you have something specific in mind to do. Randomly opening the phone can be a source of severe distraction as the unlimited notifications will consume your attention and you will be sucked into a never-ending world of information and entertainment.
- 2) Silence the notifications on your phone from various apps unless you feel these are extremely urgent and important for your survival.
- 3) If you cannot control the urge to go back to your phone every now and then and feel addicted to constantly check messages or notifications on social media, it is a worthwhile solution to simply delete all the social media apps like Facebook, Instagram, Twitter, Snapchat, etc. Digital detoxification can serve to cure you of your anxiety and stress levels.
- 4) Don't use your mobile phones to escape boredom and evade shyness. It will trap you into a never-ending cycle of addiction as you will end up wasting your precious time. If you are feeling bored, simply go for a long walk or practice the art of meditation to purify the senses. Reading a good book is hundred times better than mindlessly scrolling through the YouTube videos and Instagram reels. Develop hobbies that feed your soul. Let not your mobile phone screens be a solution to your real-life shyness and an escape mechanism for you to avoid real interactions with the world. Shyness to interact with others around you can be overcome through everyday practice and developing self-confidence.
- 5) Do not use mobile phones to pretend busy to people around you. It is referred to as 'phubbing' – snubbing others in favour of our phones. Instead, make it a conscious habit to indulge in real-time conversations with real people. When sitting in a restaurant over a dining table, make it a point to not open the mobile phone screens of distraction but involve yourself in face-to-face conversations with human-beings around you.
- 6) Stop looking for the need for attention or validation from the people through likes and comments. Most of the people are craving for attention when they upload a picture of themselves or their activities on social media in the hope that people will appreciate them and agree to their opinions. This sets in motion a vicious circle wherein we are always trying to post such things which brings more likes and comments on our posts, pictures or videos. Certain apps strategically delay and dispense social affirmations, like "likes" and "comments," in an unpredictable manner.

7) The unpredictability prompts us to check our phones more frequently for seeking positive social affirmations, thereby triggering the release of dopamine in the brain.

8) Practice routine breaks in between mobile phone usage and do stretching exercises of hands and necks. Keep a tab on your time limit of use of mobile phones and do not use mobile phones for at least 30 minutes when you wake up from sleep in the morning.

Physiological problems related to overuse of mobile phones

‘Text Claw’ or ‘Texting Thumb’ is an informal term describing finger cramps and muscle discomfort caused by constant smartphone activities like gaming, scrolling, and texting. Medically identified as ‘cubital tunnel syndrome’ or ‘Cell Phone Elbow,’ it involves numbness or tingling in the ring and pinky fingers, particularly after extended periods of elbow bending. In the cubital tunnel, the nerve is compressed behind the elbow, resulting in numbness in the small and ring fingers. In contrast, Carpal Tunnel Syndrome causes tingling and numbness in the thumb, middle, and index fingers. While both involve nerve pressure, there's a slight anatomical difference. The pain and tingling serve as signals from the nerve, indicating discomfort.

The overuse of mobile phones can also cause Repetitive Strain Injury, which is a term used to describe specific conditions linked to repetitive tasks and prolonged awkward positions. Its origin is attributed to the excessive use of muscles and tendons in the upper body. Excessive use of mobile phones can severely hamper the bodily posture of human beings and can damage the spinal cord in the long run.

In our pursuit of digital connection, it's essential to maintain a delicate balance between the virtual realm and the unfolding reality. The possible repercussions of excessive mobile phone use on our health stand as a poignant reminder to reclaim moments of presence. As we navigate this tech-driven era, let mindfulness lead us to cultivate healthier relationships with our devices. It's crucial to appreciate the beauty of the present rather than solely capturing it through a screen. Ultimately, life's true richness doesn't reside in the pixels of our screens but in the vibrant experiences that envelop us.

New Member Inducted



Rtn. Rajeev Makkar

Rtn. Rajeev Makkar, aged 53 years, brings with him over 20 years of experience in medicine business. Just 4 years ago he along with my family relocated from Jalandhar to Mohali and is now residing in his own house in sector 105. Professionally, he is running a Pharmaceutical Company named M/s Bacchus Pharma having its manufacturing unit by name of M/s Phytologix life sciences, Phase 9, Industrial Area, Mohali. In Jalandhar he was active member of Rotary Club of Jalandhar City.

My Rotary Account

The President is concerned that the club is not fairing well in the efforts of members creating their MY ROTARY ACCOUNT.

Only 31.71% of the members have their My Rotary Account.

The Club intends to make it cent per cent and for that there is need to create awareness among members.

The President informed that BOD in the meeting dated 03.11.2023 had constituted a Team of PE Rtn. Dilpreet Singh & Rtn. Vishwas K Arora in order to motivate the members to open their My Rotary Account.

However, only 3 more members had activated their My Rotary Account.

As many as 25 more members have still not activated their MY Rotary Account.

The President appealed the members, who have not activated their My Rotary Account to activate their My Rotary Account ASAP.

Past President writes

Know The Mother Earth 10

Geological postulation behind deadly earthquake in Japan

By PP Rtn. Harcharan Singh Marwah

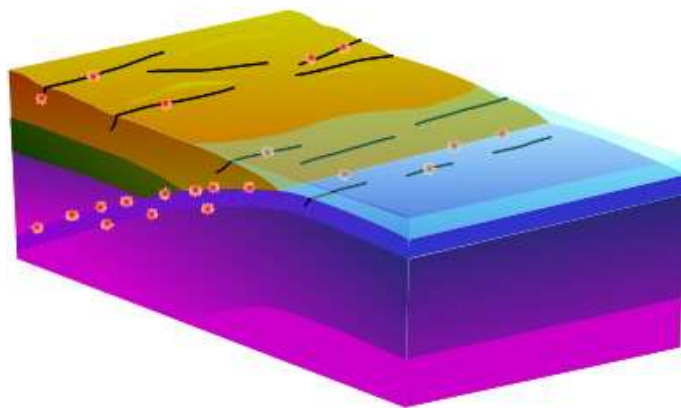
This is tenth part of series being written by Rtn. Marwah



Recently a series of powerful quakes struck the west coast of Japan that triggered tsunamis, fires and multiple aftershocks was the largest in more than a century. A magnitude-7.6 earthquake hit Ishikawa prefecture on the country's main island, Honshu, on 1 January which left 62 people dead. It was the strongest quake to occur in the prefecture in more than a century. "It's probably one of the largest earthquakes on the west coast of Japan," says Takuya Nishimura, an earthquake scientist at Kyoto University in Japan. The massive earthquake prompted tsunami warnings, with ocean waves reaching more than 1 metre high in some areas along the coastline. By the following morning, the Japan Meteorological Agency (JMA) had recorded a further 146 smaller earthquakes on Ishikawa's Noto Peninsula, including one that the US Geological Survey (USGS) measured at a magnitude of 6.2. The tremors have resulted in more than 60 deaths, with reports of dozens more expected as rescue teams search through the rubble.

What caused the Earthquake: Located in the Circum-Pacific "Ring of Fire", Japan is predominantly mountainous - about three-fourths of the national land is mountains and long mountain ranges form the backbone of the archipelago. The dramatic Japan Alps, studded with 3,000-meter peaks, bisect the central portion of Honshu, the main island. Japan is one of the most earthquake-prone countries in the world, because it sits on top of four converging tectonic plates that constantly grind together. Some 1,500 earthquakes strike the country every year, although the majority are too mild to be felt. Most major earthquakes in Japan are caused by the Pacific Plate off the east coast, which slides beneath another plate. This subduction was the driving force behind Japan's largest ever recorded earthquake — a magnitude-9.1 quake that struck the Tohoku region in 2011 and triggered a massive tsunami — says Yoshihiro Hiramatsu, a seismologist at Kanazawa University in Japan. Ishikawa itself is no stranger to

earthquakes, with more than 500 occurring since 2020. In May 2023, the USGS measured a magnitude-6.3 earthquake shook the region and destroyed dozens of buildings. But these events are underpinned by a different mechanism from quakes that happen on the eastern side of Japan, says Adam Pascale, a seismologist at the Seismology Research Centre in Melbourne, Australia. Instead of occurring along the boundary of a tectonic plate, the earthquakes in Ishikawa are triggered by faults within the plate itself, which are put under pressure when the tectonic plates push against each other. “That stress builds up in the plate and it’s going to slip somehow,” says Pascale. In Japan, almost all major earthquake is related to the subduction of the oceanic crust. One of the major types occurred between the continental crust and the oceanic crust. The earthquake epicenters of this type are concentrated at the plate boundary.



Ring of Fire: Also known as the Pacific Ring of Fire, the Rim of Fire, the Girdle of Fire or the Circum-Pacific belt is a tectonic belt of volcanoes and earthquakes, about 40,000 km long^[1] and up to about 500 km wide, which surrounds most of the Pacific Ocean.



The exact number of volcanoes within the Ring of Fire is not universally agreed but, depending on which regions are included in any particular count, it contains between 750 and 915 active or dormant volcanoes, around two-thirds of the world total. About 90% of the world's earthquakes, including most of its

largest, occur within the belt.

Why so many after shocks: The main magnitude-7.6 earthquake probably originated in a 150-kilometre-long fault beneath the Noto Peninsula, says Aitaro Kato, a seismologist at the University of Tokyo. “The source area is very wide,” he says. This giant fracture is of a type known as a reverse fault, which occurs when one slab of rock moves on top of another. But he suspects that multiple fault ruptures inside the plate probably triggered the aftershocks that followed the larger earthquake.

Studies have shown that fluids deep inside Earth’s crust could also drive earthquakes in Ishikawa. As these fluids well up through the crust, they can weaken the fault zone and cause it to slip, leading to a series of aftershocks following a main earthquake, says Hiramatsu.

How has the country responded: Since the 2011 Tohoku event, Japan has improved its earthquake early-warning systems, says Kato. Shortly after the magnitude-7.6 earthquake hit Ishikawa, the JMA issued a major tsunami warning and called on residents to evacuate to higher ground. But the aftershocks have made it difficult for rescue teams to retrieve people who are trapped under the ruins of fallen buildings, and they could cause further damage to already weakened structures, says Pascale. “That’s one of the biggest dangers at this point,” he says. The frequency of aftershocks is expected to decrease in the coming days, but more will probably hit the region, says Nishimura. He adds that another magnitude-6 or 7 earthquake is not out of the question. “We need to prepare.”

Know Rotary Even Better

ROTARY PEACE PROGRAMS

A special program of The Rotary Foundation was originally labeled the “Rotary Peace Forum.” The concept of a center or educational program to promote greater understanding and peace in the world was originally discussed in 1982 by the New Horizons Committee and the World Understanding and Peace Committee. In 1984 it was further explored by a New Programs Committee of The Rotary Foundation. The essence of the Rotary Peace Program is to utilize the non-governmental but worldwide resources of Rotary to develop educational programs around the issues that cause conflict among nations in the world as well as those influences and activities which promote peace, development and goodwill. The program includes seminars, publications or conferences as a means to initiate a global dialogue to find new approaches to peace and world understanding. Specific Rotary Peace Programs are selected annually by the trustees of The Rotary Foundation. Many peace programs are held in conjunction with presidential conferences.

Did You Know?

That Rotary launched HEALTH, HUNGER AND HUMANITY GRANTS. In 1978, Rotary launched its most comprehensive humanitarian service activity with the Health, Hunger and Humanity Program. The 3-H Program is designed to undertake large-scale service projects beyond the capacity of individual Rotary clubs or groups of clubs. The first 3-H project was the immunization of 6 million children in the Philippines against polio. As 3-H progressed, new programs were added to help people in developing areas of the world. Now, in addition to the mass polio immunization of over 100 million children in various countries, 3-H has promoted nutrition programs, vocational education, improved irrigation to increase food production, polio victim rehabilitation and other activities which benefit large numbers of people in developing countries. All 3-H projects are supported by the voluntary contributions of Rotarians through The Rotary Foundation. In years to come the 3-H Program may well be considered Rotary's finest service activity, showing how Rotarians care and are concerned about people in need, wherever they may be

Forth Coming Events

- “Saugat” – Handling over essential items for 20 Angadwadis.

On Jan 22’2024 at 1030 am at Zila Parishad Building, Jhujhar Nagar, SAS Nagar (Mohali).

Congratulations

Marriage Anniversary Wishes

Rtn. Sandeep Dev Singh & Ann Anjali Dev Singh Jan 18

Rtn. Manu J Singh and Ann. Dr. Priya Singh Jan 31

PLEASE NOTE

This newsletter is not to be used commercially or for any non-Rotary solicitation. This is for each member’s private use, which intent to inform the events happening in the club.