



# NEW DELHI UPDATE

Bulletin of Rotary Club of New Delhi

R.I. District 3010

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## HEALTH THROUGH YOGA and YOGIC WAY OF LIFE

We had two eminent yoga experts speaking to us at our weekly meeting last week on 24th November 2011. **Shri Ved Parkash Rathee**, Yoga Expert and Head of Delhi Chapter of Bhartiya Yog Sansthan having more than 2000 centres all over India. Mr. Rathee was accompanied by his colleague **Dr. Poonam Kathuria**, another Yoga Expert and a Professor at I.P. University. Mr. Rathee requested Dr. Kathuria to speak first.



**Dr. Poonam Kathuria** said, it is so nice of you to have invited us, me and Mr. Rathee, to speak to you today evening on a subject like yoga. We would

try to make it an interesting and interactive presentation. At the outset she posed a question—What is Yoga? Yoga is a way of life. Our normal life is very much different than the life while doing the yoga exercises. Time is most common factor for every person. Everything is so very important in our life and it all depends on us how we manage to carry on our lives. We have only 24 hours in a day. We have to plan our day of 24 hours. Most of the time we feel uncomfortable because we face many challenges. We take time for coming to comfort zone from uncomfortable zone. Our mind is 5% conscious and most of the time 95% subconscious or even unconscious sometimes.

Every moment is a moment of learning. Most of the time we are not able to manage our time. If you cannot manage your time for yoga, in your schedule of 24 hours during the day,

you are likely to suffer. You can do your yoga exercises anytime during the day, however the morning time is the best period. Flexibility in body is related to flexibility in mind also. Don't be rigid, be flexible.

We can speak at the most about 100 to 150 words per minute if we speak at a very fast speed. But when we don't speak, the speed of our thoughts in unspoken words is 3000 words per second.

This human body which has been given to us is just the outer coverage of our soul. God has sent us with some message. We have lots of options. Lot of you must have donated blood. You organize many blood donation camps. When we donate blood, the blood is recouped within a few hours of donation. You feel healthier and refreshed after donating blood. There is a proper balancing system in our body.

Yoga gives us very deep knowledge. It is upto us to go how deep we can go into to get that deep knowledge. Every day is a new day of learning. There are 8 parts of *yoga*—*Yam, Niyam, Aasan, Pranayam, Pratyahar, Dharna, Dhyan* and *Samadhi*.

We do Yoga *Aasanas* to control our body. *Pranayam* is control of breathing. Breathing is the way of life. Yoga teaches us how to breathe properly. If we can control the breathing pattern in our body, it can help us control our diseases. I should control myself, instead we try to control others. *Pratyahar* teaches us how to control our senses and our diet. Our mouth is the Gateway of India.

What we eat is the root cause of all our problems and body ailments. It is therefore very necessary to have diet control for being healthy and to take nutritious healthy diet. Junk food must be avoided and stop taking fizzy drinks with extra sugar. Talking about different types of TEAS, Dr. Kathuria gave many examples of many TYS like—Serenity, Sincerity, Simplicity, Solidarity, Regularity, Genuinity, Humanity, Humility, Humblity, Punctuality, Flexibility, Priority, Hospitality, Publicity, Activity, Prosperity, Exclusivity, Facility, Continuity, Synonymity, Multiplicity, Anonymity, Confidentiality, Criminality, Personality etc.—All these cannot be learnt in any University, they can only be learnt through Applicability.

Yog means "union" — a systematic approach to becoming one with life and helping the mankind to achieve its highest potential in life. Yog teaches us self-awareness i.e. being conscious of our mood, thoughts, inner consciousness and nature.

Our body is closely related to the mind and "*pran*" — the vital energy and in fact the combination of the three i.e. body, mind and *pran* constitute our personality. Any imbalance to all

### NEXT MEETING

Thursday 1st December 2011  
**Ashok Hotel, New Delhi**  
**Time: 6.30 p.m.**  
**SPEAKER**  
**Rtn. MANISH JHA**  
**SUBJECT**  
**North Pole Expedition**



these creates troubles in the form of diseases and disharmony to our life while a balance leads to a perfectly good health. It is the Yogic way of life which if practised daily can make our life not just healthy and efficient but a lot more creative and meaningful.

According to Maharishi Patanjali, "*Yam niyam asan pranayam pratyahar dharna dhyam samadhiyoshtavangani*" meaning there are eight parts of Yog i.e. *Yam, Niyam, Asan, Pranayam, Pratyahar, Dharna, Dhyam* and *Samadhi*. All of them are related to each other. These are in fixed sequence eight steps. Neither we can change their sequence nor can we leave any one of them.

Yog leads us to self-restrained life meaning self-controlled life. Our mind (*chitt*) is very mobile. All the time it is desiring something or the other and these desires (*Ichcha*) may entangle us to various positive-negative emotions like profit-loss, happiness-sorrows, attachments-detachments, hopes, desperations, stress, anger, greed, cruelty, lies, hatred, jealousy etc. etc. By adopting the Yogic way of life all the negative emotions and energies are tackled effectively and efficiently. It means our *chitt* will be detached from the desires. The fact that we don't possess something keeps triggering our desires that does lead us to some kind of sorrowful or stressed state, whereas in the detached state of *chitt* if we introspect within, we will find a huge ocean of happiness inside us which needs to be enjoyed all the time.

Yog takes us to the highest level of self-disciplined, self-controlled life whereby using our will power we start experiencing and enjoying truthful and contented life. Then we are stable in ourselves, peaceful in our actions, pure in our thoughts, performing every responsibility of the world without getting entangled or bothered about the results of it, thus, making our lives happier and of others too, through us.

Bhartiya Yog Sansthan on the teachings of Maharishi Patanjali is blessing us with the knowledge of Yog every single day in the open parks throughout the year. With 700 centres in Delhi and over 2000 centres across the globe, it is imparting the finest knowledge on the art of life

through Yog without any charges and self-interest.



**Mr. VED PARKASH RATHEE**

speaking next said, Yog is our physical power. Yog also helps in improving our mental power and also helps

in the integration of all our powers to bring same in tune with our soul. We are too much involved in worldly passions. All the comforts that we enjoy have given us a comfortable life but have eroded our health. It will be good for all of us if we bring all these comforts in plenty to enjoy our life, but simultaneously we should also give time to our health. We should lead a good healthy life also. We should not amass our wealth at the cost of our health. Yog suggests us that we should remain within ourselves to remain healthy.

The problems like Diabetes, Blood Pressure, Stress, Back pain, Cervical pain, Heart problems etc. are all diseases because of our lifestyle factors. There is hardly any person who has not experienced one or other of these problems. Can any of these problems be cured by Allopathy at any hospital. All these problems occur because of metabolic syndromes.

Stress could be because of external or internal factors. Either we should fight or should we flight from the situation. Stress starts from competition, irritation or some unfounded fears within ourself. When the digestive system becomes weak it can be a cause for Diabetes, Hypertension or Blood Pressure and can also affect the blockade of Heart Arteries, causing Heart problems. The medicines can help you relieve your pain temporarily.

The Heart is working for the entire body. It pumps the blood for circulation in the body. If all the systems in the body, numbering about 26, are working properly than one is fit and healthy. However, if any of these systems are not working properly than one is not healthy and is sick.

If you can devote one hour a day to yoga out of your busy schedule from 24 hours of the day, I assure you, you will be totally free from all your ailments. If you assimilate all the eight types of Yog you will be

perfectly healthy in all the three—body, mind and soul.

You should do some Yog *Aasanas* every day in the morning for about 20 to 25 minutes, under expert yoga teacher advice to be healthy and free from stress and tension. Don't be in a hurry. Stay calm and cool.

Yog Sadhna is the Sadhna of individual person who practise yoga everyday religiously. Sadhna comes gradually with everyday practise. Controlling your desires bit by bit gradually is known as *Vairagya*.

Diet control is very important with yoga exercises. What we eat should be digestable. We should be very careful about our diet and daily intake to lead a healthy and happy life. We should not ignore our health in the quest of wealth.

Yoga is a scientific system of physical and mental practises that originated in India. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. With yoga, we can extend our healthy, productive years far beyond the accepted norm and at the same time improve the quality of our lives.

Classical yoga as defined by Patanjali is an eight stages process of spiritual development *Ashtanga* (eight step) yoga. The first two stages are ethical disciplines (*Yamas and Nyamas*). Then come postures (*Asanas in Sanskrit*) and breathing exercises (*Pranayama*). The last four limbs are meditative stages: control of the sense (*Prathyara*), concentration (*Dharana*), meditation (*Dhyana*) and enlightenment (*Samadhi*). Yoga has become a very common term in the Western World today.

Yoga promotes health and well-being through physical exercise. The regular practice of *asanas*, and breathing exercises (*pranayama*), makes the body strong, supple and healthy. It has a profound effect on the circulation and on the functioning of the inner organs, glands and nerves, keeping all systems in radiant health and leading to greater energy, better concentration, and a happier, more fulfilling life. Many common physical ailments can also be improved through the regular practice of yoga, and it is never too late or too early in life to take it up. Anyone can practice yoga. Yoga and Health are closely related. Yoga

is a popular aid in improving both physical and mental health. This is basically the most common goal of people who practice Yoga for health reasons. Some of the important Yoga benefits include anti-ageing, balance and flexibility of body, increase in knowledge and wealth, improvement in mental health and development of personal and social values. Yoga also helps in improving strength, sexual life and reducing weight. Yoga makes you feel good. Yoga is relaxing. It's energizing. It's strengthening. Yoga cures different incurable diseases.

We suggest you to practice Yog for an hour everyday by attending free Yog Classes being organised throughout the country by the Bharatiya Yog Sansthan. The one hour programme is surely to help you to stay healthy and happy in life while carrying out all your responsibilities in this World.

#### YOUTH EXCHANGE PROGRAMME FOR INTERACT STUDENTS

The successful Youth Exchange Program of our Interactors with the Interact Club of New Bern, North Carolina, USA held during June 2011 is now in its second cycle. The team of 5-6 Interactors from USA will now be visiting New Delhi in the last week of December for 10 days and a consequent team from New Delhi will be visiting New Bern in June 2012.

Applications are now invited from Interactors of Class XI-XII from our 5 Interact Clubs namely; Sanskriti School Chanakyapuri, Maharaja Agarsain Public School Ashok Vihar, Saraswati Vidyalaya Daryaganj, Adarsh Public School, Vikas Puri and SSD Girls School Patel Nagar. The applicant should be able to host an American student for the period of stay in New Delhi including sightseeing and attending Rotary projects. The applicant will then be travelling in June and staying with the same group of American friends.

#### Interested students should:

1. Attach a brief Resume, 2. Clearly explain in about 100-200 words why they should be selected as part of the Exchange Program and how they will benefit from it. This can be mailed latest by 30th November 2011 to Director New Generations, Rtn. Gaurav Bhargav at: novexgroup@yahoo.com and to Rtn. Prashant Sahgal at: prashantsahgal@gmail.com.

#### ON THE SPOT PAINTING COMPETITION organized by Interact Club, SSD Girls Sr. Sec. School, East Patel Nagar

Interact Club of SSD Girls Sr. Sec. School, East Patel Nagar, organized a "Painting Competition", in the school premises on the occasion of "Children's Day" i.e. 14th November 2011. About 100 girls of this institution, participated with zeal and zest under the supervision of the President, Lakshita Gogia and Vice President, Nancy Chauhan. Topic of the paintings was based on our beloved "Chacha Nehru". Five best entries were selected by the Committee of Mrs. Tilottama Wagh, Ms. Kanchan, Mrs. Reena and Mrs. Anjali, under the guidance of Principal, Mrs. Neerja Sharma and Vice Principal, Mrs. Sunita Dua. Trophies were given to first three entries, Pooja Singh-VII B (I), Muskan-VII A (II), Anjali-VI A (III). Two consolation prizes were also given to Karishma-VII A and Lakshmi - VIII C. Frooties and participation certificates were given to all the participants. Our school Chairman, Rtn. Kamal Bhambhani, gifted glue sticks to all the participants for their motivation. Interact Club paid rich tributes to Chacha Nehru, on his birthday.



#### OUR CHIEF GUEST

Rtn. MANISH JHA



**Rtn. Manish Jha** is an MBA in Marketing from Welingkar Institute of Management. Before his MBA, he worked with leading insurance companies like Max New York Life, HDFC Standard Life in Sales and Marketing Division. Post MBA, he worked with Feedback Consulting, a leading company in B2B market research and consulting.

His latest stint is in Travel and Tourism with his own venture 'Paahun Tour Managers Private Limited'. Paahun focuses on theme specific unique tour packages which are not readily available in the market.

An Accounts Honours student during his graduation days, Manish Jha hails from Ranchi, Capital of the last state of India. He has been associated with Bihar School of Yoga since the age of 12. He has also conducted Yoga Camps (*Yoga Shivir*) in remote villages of Jharkhand, erstwhile Bihar along with other Yogashrams.

Manish is also an avid Motorcyclist. He has done more than 50,000 kms on highways and there is hardly any place in South India which is not visited by him on a Bike. During his college days, he organized many Motorcycle trips to nearby locations and also covered long distances like Bangalore to Mumbai in one day.

Manish is going to talk about North Pole Expedition. This is a journey from Murmansk to North Pole on world's strongest and most powerful icebreaker ship.

## MINUTES OF LAST MEETING

1. The 321st regular weekly meeting held on 24th Nov. 2011 at Ashok Hotel was called to order by President, Rtn. Rajen Mata.
2. National Anthem was led by Rtn. Anuj Khurana.
3. President welcomed all present.
4. A special welcome was accorded to the Chief Guest of the evening, Mr. Ved Parkash Rathee and his colleague, another yoga expert, Dr. Poonam Kathuria.
5. President welcomed and acknowledged the presence of some of the members who were present after missing few meetings, Rtns. Anuj Khurana Atul Khanna, Neerja Singh Baheti, Manish Jha and Sangita Bansal. President also acknowledged the presence of R'ann Kitty Bhatia and R'ann Anjana Jha.
6. President also welcomed the visiting Rotarians: Rtn. Rajiv Gupta from R.C. Calcutta South West, Rtn. Ram Bhau Shirode from R.C. Chalisgaon, Maharashtra, who is a 100% attendance Rotarian for last 40 years, Rtn. R.K. Somany from R.C. Delhi Midtown and R'ann & Rtn. T.N. Malhotra from R.C. Delhi Rythm.
7. President once again informed about the Annual Club elections for 2012-13. The election process has already started. Some nominations have been received. As announced last week and as published in the Club Bulletin nominations are invited for the following offices on the Board of Directors for the Rotary Year 2012-13:
  1. President Elect (President 2013-14)
  2. Two Vice Presidents
  3. Eight Directors

Last date for filing nominations is Thursday 1st December 2011 by 6.30 pm. Last date for withdrawals is Thursday 8th December 2011 by 7.30 pm. Elections, if necessary,

shall be held at the Annual General Meeting of the Club on Thursday 15th December 2011. The meeting of 15th December will be the AGM of our Club.

8. An appeal was made last week for contributions to The Rotary Foundation (TRF) under EREY—Every Rotarian Every Year initiative to contribute \$100 every year to the Foundation. The exchange rate till 30th November 2011 is ₹ 49 to a Dollar which is likely to go up next month. Some cheques have already been received. Cheques are to be made in favour of Rotary Foundation (India). Please send your cheques immediately. We have to send all cheques to R.I. South Asia Office latest by 30th November 2011 as such your immediate response is requested.

9. President informed that he had just received a letter from District Governor Asit Mittal seeking approval of Rotary Clubs to certain legislations which our R.I. District 3010 intends to propose for consideration by the Council of Legislation 2013. These proposed resolutions have to be sent back to the District Governor by 30th Nov. 2011, either approved or rejected by the Members of Rotary Clubs. Since the time is very short, President moved the following resolution which was passed unanimously:
 

“RESOLVED that the letter of 4th Nov. 2011 from DG Asit Mittal regarding approval of proposed legislations proposed by our District 3010 for consideration and appropriate action be placed before the committee comprising of President, Rajen Mata, Club Advisor & Counsellor, PDG Asoke K. Ghosh, Club Trainer Satinder Narang and PE Ashish Makhija and they are authorised to take appropriate decision/action in the matter on behalf of Rotary Club of New Delhi.”

10. Visiting Rtn. T.N. Malhotra from R.C. Delhi Rythm was invited by President

## THE BOARD 2011-12

<b>President</b>	<b>Rajen Mata</b>
<b>President-Elect</b>	<b>Ashish Makhija</b>
<b>Vice President</b>	<b>Surendra Singh</b>
<b>Secretary</b>	<b>Vinod Gupta</b>
<b>Joint Secretary</b>	<b>Pankaj Rai</b>
<b>Treasurer</b>	<b>Prashant Sahgal</b>
<b>Sergeant-at-Arms</b>	<b>Kashish Chandan</b>
<b>Imm. Past President</b>	<b>Pratap Burman</b>
<b>Counsellor &amp; Adviser</b>	<b>Asoke K. Ghosh</b>
<b>DIRECTORS:</b>	
<b>Umang Das</b>	<b>Daljit Singh Bhatia</b>
<b>Madhumati Singh</b>	<b>Gaurav Bhargav</b>
<b>Bhupinder Chowdhri</b>	

## Many Happy Returns

### BIRTHDAYS

<b>Rtn. Neerja Singh Baheti</b>	<b>Dec. 03</b>
<b>Rtn. B.L. Chadha</b>	<b>Dec. 06</b>
<b>Rtn. Gaurav Bhargav</b>	<b>Dec. 06</b>

### WEDDING ANNIVERSARIES

<b>PP Rtn. Satinder Narang</b>	<b>Dec. 02</b>
<b>Rtn. Dilip Modi</b>	<b>Dec. 04</b>
<b>PP Rtn. Sanjiv Rai Mehra</b>	<b>Dec. 05</b>

- to introduce the speaker of the evening, Mr. Ved Parkash Rathee.
11. Chief Guest of the evening, Mr. Ved Parkash Rathee, requested his colleague, Dr. Poonam Kathuria to speak first on Yog and thereafter Mr. Rathee spoke about Yog and his experiences in treating various ailments thru' Yoga.
  12. Vote of thanks was presented by Vice President, Rtn. Surendra Singh.
  13. President presented mementos to the two learned speakers of the evening, Mr. Ved Parkash Rathee and Dr. Poonam Kathuria.
  14. Rtn. Pushpita Ghosh was greeted on her Wedding Anniversary, in absentia.
  15. Next meeting on 1st December 2011 will be at Ashok Hotel at 6.30 p.m. Rtn. Manish Jha will take us to an exciting journey to North Pole.
  16. Four meetings in December on 8, 15, 22 and 29 will be Dinner meetings and will be held at India Habitat Centre. Brief Assembly time will be from 7.15 to 7.30 pm. Meeting will be from 7.30 to 8.30 pm followed by Dinner.
  17. Sunshine of ₹ 1010 was collected by Rtn. Kashish Chandan.
  18. The meeting was then declared adjourned by President, Rtn. Rajen Mata.

*With Best Compliments from*

**Rtn. Dr. MADHUMATI SINGH**  
Senior Psychologist

**SAMVEDNA KLINIK**

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