



VASCOWHEEL

The official magazine of Rotary Club of Vasco da gama, Goa, India, District 3170. 2010-11 Issue 40– 15th April 2011

On the Occasion of **WORLD HEALTH DAY**

We Invited Dr. Jose Philip Alvaro, Consultant Gastroenterologist & Endoscopy, as a Guest Speaker on 8th April 2011. He is a Medical Practitioner in Margao.



On 14th April 2011, District Governor Mahesh Raikar signed the Application for Charter of a new Club sponsored by our Club. The Club has 30 members from 6 continents and will be the second eClub in India and amongst the first 25 in the Rotary world. The Club has members from USA, China, India, Australia, Norway, South Africa, Canada, Bulgaria, Brazil and Malaysia. The mix of youngsters with past Rotaract background and some seniors is going to make the eClub vibrant. The website is www.rotaryclub3170.org and they meet online 24x7. The Charter Officers team is :

President - Sandeep Mall
Vice President - Rachel Swinford
Secretary - Rajesh S Shirakol
Jt. Secretary - Rauf Latif
Treasurer - Jasmine Viraf Bharucha
Directors - Miguel Rivas
Sgt-at-arms - Anamika Singh
Rotary Foundation Chair - Rachel Swinford
Public Relations Chair - Lizette Odfalk
Membership Development - Devashis Kuthari (interim)
Club administration - Dhruva Pal
Service Projects - Devashis Kuthari
Website - Jeena Mitra Banik.
Newsletter - Frode Mindrebø



Purpose of the Mind

To bring a sense of purpose and better quality into our lives we must look at the nature and working of our very mind itself. The mind is meant to absorb information, transform it into knowledge and lead it into action. Action and speech determine the quality of our life and these come from the mind itself.

First, let us understand the nature of absorption of the mind. Wise men who have delved into the truth of this have said that most people's minds are as hard as a rock.

Just as a rock is impervious to water, information that falls on a hard mind bounces off without a trace. A hard mind offers immense resistance to previously absorbed information that prevents the flow of knowledge and action. Our mind must be as soft as a sponge for maximum absorption. Just as water can be easily absorbed by the sponge and squeezed out, a soft mind easily absorbs information and allows free flow of knowledge into action. The two processes are reversible - a soft or open mind can be easily hardened and a hard or closed mind can be easily softened.

What makes our mind hard or closed? Ancient sages have said that this is an automatic, front-line defence mechanism for the protection of our belief systems based on our state of ego. If we encounter an idea or a situation that is not in line with our thinking, we immediately close our mind by putting up a block against it. Ego creates mindset. Mindset is a protective mechanism of self-defence because we are scared of what others think about our notions and beliefs. This mindset is self-destructive. For example, a simple discussion develops into an argument and leads to a verbal or physical fight.

Mere gathering of information by our mind is useless. We must transform this into knowledge. Our mind must be extremely pure to be able to perform this conversion efficiently. The results of an impure mind will rebound while the work of a pure mind will reach out for common welfare.

A pure, soft mind is gateway to divine living. Thinking positive isn't enough, you need to think divine. Only then can we soften and purify our mind. We should review the working of our mind at least three times a day. Was my mind aggressive or calm? Did my words and actions hurt or bring joy to people? An object that slips out of our hand can be recovered, but an inappropriate word that slips out of our tongue cannot be erased. Self-review will free our mind of all obstruction. Ideas and inspiration flash freely in a pure mind to transform information to knowledge.

Three basic steps can be followed: First, allow others the freedom to be as they are, without imposing your mindset of thoughts and ideas. Second, have faith and belief that God is in you. Third, spend some time quietly everyday thinking about your inner Self and chanting the name of God. This way our mind which seeks information can be changed into a mind meant for the transformation of our very life itself from human to Divine



Birthdays

Neha Jadhav 8-Apr

Lorna Viegas 9-Apr

Vimla Dialani 10-Apr

Brenda Fernandes 12-Apr

Ketan Alfonso 20-Apr

Umesh Sarmalkar 20-Apr



Anniversaries

Donald & Voilet Rodriques 9-Apr

Ethelwald & Zarita Mendes 15th April

Ashwin & Jyoti Vora 29-Apr

**WE MEET EVERY FRIDAY AT 7.15 PM AT
ROTARY COMMUNITY CENTRE, TILAK
MAIDAN COMPLEX, VASCO DA GAMA**

This issue is a collaborative effort.

Please send news & articles to the Secretary

Vist our website: www.rcvasco.org

Programme for the month:

15th April: Guest Speaker

22nd April: HOLIDAY - Good Friday

27th April: BOD

29th April: Business Meeting