In our weekly meeting on November 09, 2018 President Rtn Ashok Puri welcomed the Chief Guest Brigadier Dr Rajeshwar Singh. The President also acknowledged the presence of guests Colonel Dr Paramjit Singh and his wife Lt Col Dr Charanjit Kaur, sister of R’ann Indu Vohra. Brig Dr Rajeshwar Singh was formally introduced by Rtn Col Dr VK Kapoor. All the doctors mentioned here had served in the Indian Army and are now serving the society after their retirement.

Dr Brig Rajeshwar Singh (DM Med Oncology), is a distinguished cancer specialist of Chandigarh tri-city and visits patients in the northern regions of the country. He has 34 years of extensive experience in treating patients out of which, he has spent 16 years in tackling and treating various cancers. His specialties include Medical Oncology, Hematology and Internal Medicine. Currently, he is affiliated with Ivy Hospitals, both at Mohali and Panchkula as Director - Oncology. He is well known for his knowledge, excellence and his pragmatic approach in dealing with cancer. He works closely with other leading experts in Radiology, Onco surgery, and Pathology to offer the best treatment option. He was attached to various high turnover oncology centers as Medical Oncologist in Command Hospitals at Kolkata, Chandimandir and Pune, after which he was promoted to Brigadier and was posted at the Prestigious Army hospital R&R as HOD Oncology. After serving as a doctor in armed forces for almost 30 years he opted for voluntary retirement from Army. Having had a rich experience of 19 years in general medicine and 16 years in oncology, he has attended numerous courses and workshops and visited numerous cancer hospitals of repute. He also has vast teaching experience and is involved in the training of graduates and post graduates in medicine and oncology.

Dr Brig Rajeshwar said India has 27 percent of World’s cancer burden, and gave detailed facts and figures in his informative presentation on awareness of cancer and also highlighted the precautions. He also discussed this disease as it prevails in India. He advised, “Get moving – get healthy. Engage in moderate – vigorous activity for 30-60 minutes every day and limit sedentary activities.”

Avoid sugary drinks. Have more water and up to one glass of fruit juice per day. Have nutrient rich food and non-starchy vegetables. Limit consumption of energy-dense foods. For non-vegetarians Dr Rajeshwar advised to limit red meat and have little processed meat like bacon, salami, sausages etc. He recommends white meat and said in chicken breast piece is better than the leg! Have less chapattis, more vegetables or white meat.

Avoid smoking. 35-40 percent of cancers are due to the use of tobacco. The doctor also pointed out the warning signals for cancer which are: change in bowel / bladder habits, sore that does not heal, unusual bleeding or discharge, thickening or lump in breast / elsewhere, indigestion or difficulty to swallow, change in wart / mole, nagging cough or hoarseness of voice and weight loss or loss of appetite. Cancer incidence is decreasing in America and Europe while it is increasing in developing countries. Catch them early to save lives. Early detection provides the best opportunity for successful treatment and less side effects. Cancer is curable. Do not panic. 30% cancer is curable and rest can be treated. Patients can lead a normal life.

On behalf of our Club PP Dr VJS Vohra thanked Dr Brig Rajeshwar Singh for giving a very informative presentation covering all types of cancer, highlighting the precautions and treatment.
National anthem led by Sergeant-at-Arms PP Rtn RTPS Tulsi and Rtn Prof Dr IS Dua, who also gave an inspiring one minute talk.

Dr Brig Rajeshwar Singh presents wedding anniversary gift to PP Rtn Kanan Diwan and PDG Rtn Yoginder Diwan.

Dr Brig Rajeshwar Singh presents wedding anniversary gift to Rtn Dr Shashi Jain and Mr Naresh K Jain.

Dr Brig Rajeshwar Singh presents birthday gift to Rtn AK Sachdeva, joined by R’ann Shradha Sachdeva.

Dr Brig Rajeshwar Singh presents birthday gift to PP Rtn Ajit S Gulati, joined by R’ann Bir Gulati.

Dr Brig Rajeshwar Singh presents birthday gift to Rtn Dev Jeet Singh, joined by R’ann Manpreet.

Rtn Prof Dr IS Dua hands over to President Ashok Puri the flag he exchanged in UK.

The Midtowner

Acknowledgements with thanks

President Ashok Puri acknowledged the sincere efforts of PP BL Ramsisaria and PP Kanan Diwan for our signature project, ‘Renovation of Govt Elementary School in Peermashalla’, near Midtown Mall, Zirakpur (behind Sector 20, Panchkula). Following Rotarians gave valuable contribution for this signature project:

- PP Rtn RK Luther Rs 20000
- PDG Rtn Shaju Peter Rs 10000
- VP Rtn Sanjay Bhatia Rs 10000
- Rtn Dr Col VK Kapoor Rs 10000
- PP Rtn BL Ramsisaria Rs 10000
- PP Rtn Kanan Diwan Rs 10000
- Rtn JS Bawa Rs 5000
- President Rtn Ashok Puri Rs 10000
- President Rtn Dev Jeet Singh Rs 5000
- PP Rtn Pallav Mukherjee Rs 5000
- PP Rtn Ajit S Gulati Rs 2000
- PP Rtn BL Ramsisaria Rs 10000
- Rtn Dr Shashi Jain Rs 5000
President Rtn Ashok Puri’s Thought of the Week

Original from his Granddaughter: Aamiya Puri Seth (USA)

Every action can determine your path of life. Make your path the best.

Buniyaad - The Rotary Foundation

District Intercity on Sunday, 16th December 2018
Hosted by Rotary Panipat Midtown
at The Riyad, Industrial Area, Panipat
10.00 am (sharp) to 2.00 pm followed by lunch
Registration charges: Single Rs 1200 | Couple Rs 2000 | Rotaractors Rs 500
After 9th December: Single Rs 1500 | Couple Rs 2500 | Rotaractors Rs 800

Adoption of Maloya Colony - Project Health Care

On 3rd November 2018 we had inauguration of the project - adoption of Maloya Colony, where our club is running Adult Education and Vocational Training classes for the 4th consecutive year. The CARES society (Citizens Association for Relief Education and Services) is also running a creche for poor children of the colony. Our Club has offered financial help to rebuild the rooms of the creche and has launched a Health Care project for these underprivileged children and will be feeding these 50 children with a glass of fresh milk every day.

On the occasion members of our club present were President Ashok Puri, PP Ajit Gulati, Secretary Salil Chopra, Rtn Renu Chopra, PE Salil Dev Bali, R’ann Parul Bali, Director PP Vinod Jawa. R’ann Pushpa Jawa, Director Rtn Kulbir Bhatia, Project Chair PP Kanan Diwan and PDG Yoginder Diwan. President and some members from the CARES also joined the event.

Two stainless steel “patilas”, 50 stainless steel glasses and a measuring mug were presented to the centre by the Project Chair PP Kanan Diwan as a Diwali gift. PDG Yoginder Diwan offered to share 50% of the total cost of the project.

Our Rotarians and spouses are requested to volunteer for this noble project either by cash contribution or physical support by supervising the distribution. Rtn Dr Indu Luthra supported the project with her physical supervision on 5th November.

Peermashalla Signature Project inaugurated

Inauguration of ‘Renovation of Govt Elementary School in Peermashalla’ was held on 11.11.2018 with prayers and Aarti, followed by construction of boundary wall. Principal Ms Poonam thanked Rotary for taking up this project. President Ashok Puri and many Rotarians were present including PDG Yoginder Diwan. The President and PP Kanan Diwan served snacks and tea / coffee to all present.

Diwali with inmates of Aashiana

Diwali celebration with inmates of Aashiana, Sector 15, Chandigarh, Sweets and Candles distributed to 140 Children. Sweets sponsored by Vice President Rtn Sanjay Bhatia

Home Care Nursing

Dresses for Home Care Nursing students at Asha Kiran, Sector 46, Chandigarh. Present: President Ashok Puri, PP Vinod Jawa, IPP Dr Rita Kalra, PP BL Ramsisaria, PP Amarjit Singh, Rtn Renu Chopra and Rtn Vinod Sobti

Condules

Our heartfelt condolences to Director Youth Service Rtn Kulbir Singh Bhatia on the sad demise of his mother, Mrs Bhupinder Kaur on 9th November 2018. May God give strength to the family to bear this irreparable loss, and may the departed soul rest in eternal peace.

One minute silence was observed in our weekly meeting on 9th November in the memory of Mrs Vinod Malik, mother of IPP Rtn Dr Rita Kalra and Mrs Bhupinder Kaur, mother of Rtn Kulbir Singh Bhatia.
Acknowledgement with thanks
Please see on page 02

Birthday of Spouses
R’ann Neera Gupta November 22

Birthday of Rotarians
Rtn Neeraj Jain November 19
Rtn Mrs. Suman Gupta November 20
Rtn Nitin Kapur November 21

Wedding Anniversary
R’ann Kadam & Rtn Joeten Bhambr November 18
R’ann Lalita & Rtn DR Agarwal November 19
R’ann Amanpreet & Rtn Bhavmit November 19
Tiger Chandoak November 19
Rtn Madhlika & Mr Sanjeet Nagpal November 22

Won by PP Rtn Dr VJS Vohra. Presented by Brig Dr Rajeshwar Singh

Rt. Sanjay Bhatia

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