Anti-aging how best we can attain it

In our weekly meeting on December 07, 2018 the Chief Guest Dr Suruchi Garg, Director & Chief Consultant of Aura Skin Institute, Chandigarh was formally introduced by Rtn Anupam Jain.

Dr. Suruchi Garg is the Founder Director and Chief Consultant Dermatologist and Hair Transplant Surgeon at Aura Skin Institute heading a team of courteous and experienced doctors, nurses and aestheticians. She did her MBBS from Indira Gandhi Medical College (IGMC), Shimla and M.D. (Dermatology, Venereology and Leprology) from PGI, Chandigarh. She completed her three years Senior Residency (Registrar) in PGI and also worked as Senior Consultant Dermatologist & Cosmetologist at Fortis Hospital, Mohali. Her excellence in specialized medical care supported by comprehensive research and education got Aura Skin Institute selected as one of the training institutes for Fellowship in ‘Laser and Aesthetics’ by IADVL (Indian Association of Dermatology, Venereology and Leprology). She also writes articles in various journals and newspapers to create public awareness. She also holds free camps in and around Chandigarh. The passion of Dr Suruchi to work for restoring people's confidence in their look and personality matched by her expertise in the field of cosmetic and medical Dermatology resulted in Aura Skin Institute being one of the most unique and progressive skin and hair clinics in India. She is also recipient of many awards like Indian Achievers Award for Health Care Excellence, Global Achievers Award, Global Healthcare Excellence Award, Young Dermatologist Award and more.

Before giving her talk on anti-aging, Dr Suruchi Garg said she knows President Rtn Ashok Puri and First Lady Sudha Puri since when she was a kid, and thanked them for inviting her for the meeting. Suruchi started with a lively interactive discussion with Rotarians and R’anns, and talked about most advanced and sought after anti-aging solutions. Her mantra is to re-juvenate, re-enliven and re-fresh the skin using innovative and revolutionary medical techniques. Anti-aging solutions are an integral part of modern day Dermatology services, forming a link between various cosmetic skin treatments and spa procedures. These solutions are used to clear and fade away unwanted signs of an aging skin. There are preventive and restorative therapies which helps to improve the appetite, health and over-all body conditions.

Anti-aging solutions are performed under the guidance of expert doctors, which can be customized according to person’s need. Therapy for Anti-aging are quite effective in treating the problems of wrinkles, pigmentation, fine lines, scars, depressions, gummy smile, neck folds and acne marks. Anti-aging techniques helps to improve the tone, texture, color and elasticity of the skin. So, they add glow and brightness to your external appearance.

Dr Suruchi advised healthy and balanced diet. Even though growth and development stops after a certain age, one's body still needs the right nutrients in the right amount to stay healthy, active and fit. While exercising daily for 30 minutes can help in achieving fitness, it is impossible for anyone to be at the peak of their health without following the right diet. Hence, following a good diet is extremely crucial. Diets can be either good or bad, depending on the kind of food that we eat. A healthy diet comprises of vitamins, proteins, carbohydrate, fat, energy and other essential minerals.

On behalf of our Club IPP Rtn Dr Rita Kalra thanked Dr Suruchi Garg for her interesting talk on anti-aging and how best we can attain it!
On his return from Ontario, Canada Rtn Charanjit Rai presents the flag of Rotary Club of Mississauga to President Ashok Puri and Secretary Salil Chopra. Also receives birthday gift from Dr Suruchi Garg.

Dr Suruchi Garg presents punctuality award to IPP Dr Rita Kalra. Looking on is President Ashok Puri.

Dr Suruchi Garg presents wedding anniversary gift to R’ann Sandhya and PP Rtn DP Khandelia. Looking on is President Ashok Puri.

Scholarship cheques presented to girls from Chemical Dept., Panjab University and UIET with Rtn Arjan Singh, AG Ritu Singal, President Ashok Puri, Dr Suruchi Garg and Secretary Salil Chopra.

R’ann Malabika and PP Indrajeet Sengupta distributing milk sponsored by them on their wedding anniversary on 3rd Dec to children of Maloya creche. Appeal by project Chair PP Kanan Diwan to sponsor milk for 50 children of this creche for Rs 400 only.

Rtn Dr Sanjay Kalra was honored by IDA Mohali by Dr Chethan Hegre on full mouth rehabilitation, jointly organised by IDA Mohali with IPS Chandigarh.

Dental treatment of inmates of Snehalya orphanage by team Smile Express. 54 fillings, 68 scalings and 2 extractions done by Dr Prachi and Dr Sonali from Rtn Dr Sanjay Kalra’s Dental clinic.

Multi speciality medical and dental camp on 08 December 2018

233 general, skin and eye check up, 106 dental including 56 scaling was done at multi speciality medical and dental camp at Maloya creche by team of doctors: Dr YM Aggarwal, Rtn Dr Col VK Kapoor, Rtn Dr Nitin Mathur, IPP Dr Rita Kalra, Rtn Dr Sanjay Kalra with his smile express team, eyes treatment by Grewal Eye Institute - courtesy Rtn Indu Luthra and skin specialist from GMCH 32. Registration was taken care by First Lady R’ann Sudha Puri, PP Kanan Diwan and President Ashok Puri. Other Rotarians present were PDG Shaju Peter, PP Vinod Jawa, PP Pallav Mukherjee, Secretary Salil Chopra, Rtn Renu Chopra and PE Salil Dev Bali. Medicines were sponsored by 1969 Engineers batch of President Ashok Puri.

RCC members Bijender, Aarti, Parmilla and Counsellor Farmila with welfare association members organized the camp and participated with enthusiasm.
President Rtn Ashok Puri’s Thought of the Week

Behavior is always greater than knowledge, because in life there are many situations where knowledge fails but Behavior can handle everything.

Global Grant Happy Schools - Teacher Training Seminar held on 4.12.18 at Vedic School, attended by 40 teachers from various schools of Chandigarh tricity

Mrs Sudarshan Kalra mother of Rtn Dr Sanjay Kalra, who served as Principal of Vedic Sr Sec School for 38 years, felicitated the current Principal and Staff of the school on behalf of our Club

On 1st Dec 2018 restarting Computer Centre with new teacher Vivek for children of Leprosy Colony, Chandigarh

President Ashok Puri, PP RK Luther and PP Vinod Jawa visit our ongoing skill development courses in CCET Sector 26, Chandigarh

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### Acknowledgement with Thanks

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<td>President Rtn Ashok Puri</td>
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