On December 28, 2018 President Rtn Ashok Puri welcomed the Chief Guest Dr Vidhu Sharma, B.A.M.S., Director, Ayurveda for Wellness Centre, Perth (Australia). She was formally introduced by President Elect Rtn Salil Dev Bali.

Dr Vidhu Sharma

Being a qualified Ayurvedic Doctor from the Panjab University, Chandigarh, Dr Vidhu Sharma did further studies in the field of Geriatrics, Community Services, Training and Assessment, Reflexology, Aromatherapy, Business Growth and Development, TESOL from New Zealand and Australia. She had a vision to work in and with the community for the betterment of mankind. This led to establishment of her dream project, a Health and Wellness Centre, ‘Ayurveda for Wellness’, established in Perth, Western Australia. She continued to seek Professional Education and promote Ayurveda through her Community and Philanthropic Work in the field of Health and Wellness. Dr Vidhu is a respected Public Speaker, both Nationally and Internationally. For Wellness she is fully accredited, qualified and experienced Ayurvedic Doctor, Bachelors in Ayurvedic Medicine and Surgery, Trainer and Assessor (Australian Government). Professional member Australasian Association of Ayurveda, she believes that soon there will be a natural drift in the society towards complementary and alternative therapies as more and more people are now aware of the toxic and harmful effects of chemicals and their potential hazard to health of all individuals.

Dr Vidhu Sharma’s impressive, educative and informative presentation in our meeting is based on her study, training and practice in India, before moving overseas with a vision to spread the name of Ayurveda in the whole world so that human beings can benefit from the goodness of this esteemed science.

Ayurveda, as a science belongs to India. It is the oldest surviving system of medicine in the world. Its origin has been traced back to more than 5000 years. It is believed that the concepts of Ayurveda were known to the people of the Indus Valley Civilization.

In India, as a matter of traditional practice, people rely on Ayurveda in their daily lives. People, in general embrace Ayurveda and its principles in dietary preferences, and life style choices. Ayurveda principles are based on the perception that life represents the relationship between Body, Mind, and Soul. Ayurveda Health Care System is like a historical asset that has become more relevant in the modern world where there is a notable universal rise of chronic diseases, such as Heart disease, cancer, diabetes and more.

Dr Vidhu said, “It was indeed a very special moment for me as I delivered a presentation in my home town on the benefits of Ayurveda: Ancient Wisdom in modern age. A thoroughly interactive session with the most beautiful and respectful audience, I personally enjoyed every bit of it.” The session covered the benefits of Ayurveda science in chronic diseases, stress management, osteoarthritis, cervical spondylosis and much more. Emphasis was laid on the fact that Ayurveda promotes prevention, and is hence, a science that promotes health and well being in one and all. Ayurveda is not merely a health care system, but is a set of principles which brings about a harmonious balance between the Body, Mind, and Soul.

She talked about the establishment and growth of Ayurveda in Australia and New Zealand, and how supportive the Ministry of AYUSH, and the local Western Australian Government is to promote health and wellness through Natural therapies like Ayurveda. She also gave a demonstration of Yoga which is considered as a sister science of Ayurveda.
Taking the vision forward to spread the word about how beneficial the Science of Ayurveda is for all humans, Dr Vidhu Sharma said, “I feel fortunate to be a part of the event organised by Rotary Club of Chandigarh Midtown. I am extremely honoured to be invited to speak about our ancient heritage, which all Indians should proudly cherish, and practice religiously.” She added, “I am extremely grateful to President Ashok Puri, Secretary Salil Chopra, President Elect Salil Bali and the entire team of Rotary Club Chandigarh Midtown for providing me with this opportunity to speak about my passion Ayurveda, especially in my home town where my heart lies. I wish everyone Happy and Healthy Living. Jai Hind.”

Christmas was celebrated and dental treatment of all the inmates was completed by team Smile Express with full enthusiasm.

Oral hygiene talk was given by Dr Sonali and Rtn Dr Sanjay Kalra. Chips were donated by First Lady R’ann Sudha Puri. 40 pair of socks was donated by Rtr Dr Ruchir Kalra on his birthday.

Santa Claus caps and chocolates were donated by Rtn Dr Sanjay Kalra. All the children were given oral hygiene kits.
Blood Donation Camp

685 donate blood at camp

Panchkula: A blood donation camp was organised by an expert in Income Tax law, advocate Ravinder Krishan, on the occasion of his 78th birthday. The camp was organised in association with a team from the Department of Transfusion Medicine, PGI, GMCH-32, and GMSH-15, Chandigarh, at Ravindra Farms, Billa village, in Panchkula district. As many as 685 volunteers donated blood on the occasion. ns

On Rtn Ravinder Krishan’s birthday on 24.12.2018 a massive Blood Donation Camp was organized at Village Kot Billa, near Ramgarh by Rtn Ravinder Krishan and R’ann Sudershan. Number of Rotarians were present.

IPP Dr Rita Kalra presented Rtn Ravinder Krishan a trophy and two coffee table books expressions beyond impressions and shutterscapes authored by Rtn Dr Sanjay Kalra.

President Rtn Ashok Puri’s Thought of the Week

In adversity, the true character of a human being is revealed. If you can be kind and thoughtful even when you are facing hardship, you passed the hardest test

Birthday of Rotarians

IPP Rtn Dr Rita Kalra January 05
Rtn Harvinder Kaur January 06
PP Rtn Gurdev Singh January 09
Punctuality Award - Won by PP Rtn Vinod Jawa

On December 30, 2018 PP Rtn Dr VJS Vohra presented our Club flag to his school friend whom he met after 55 years in Nagpur, Rtn Rajan Mulani of Rotary Club of Nagpur. Looking on are R’ann Indu Vohra and R’ann Jaya Mulani
Govt Sr Sec School Raipur Khurd, Chandigarh

Motivational talk on
21.12.2018 by Rtn Renu Chopra and Rtn Salil Chopra to NSS students on swachhta, moral education / values and water saving

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