In our meeting on June 07, 2019 President Rtn Ashok Puri welcomed the Chief Guest Dr Upendra Kumar. The President also welcomed the guests PDG Yoginder Diwan, Mrs Shashi Kumar (wife of Dr Upendra Kumar), Col Dr Paramjit Singh and his wife Lt Col Dr Charanjit Kaur (sister of R’ann Indu Vohra). We were also joined by more guests – Wing Comdr JP Singh and his wife Mrs Inderjit Kaur.

The Chief Guest was formally introduced by PP Rtn Dr VJS Vohra. Dr Upendra Kumar, having professional experience of over 40 years, did MBBS in 1971 and MD (Medicine) in 1977-79, both from GR Medical College, Gwalior. He started his medical career in 1979 as Medical Officer in Railways where he served till 1981. He joined Central Health Services Port Blair as Medical Specialist where he worked for two years. From 1983 he was Medical Specialist in Ordnance hospitals (Ministry of Defence) at Jabalpur and Pune. From 2000 to 2010 he was Senior Medical Specialist / Chief Medical Officer in Ordnance Factories Hospital, Ambajhari, Nagpur. From 2010 to 2013 he was Director Health in Ordnance Factories Board, Kolkata administering 39 hospitals and dispensaries. After his retirement in 2013, he continued with his medical profession in various prestigious hospitals in Nagpur. His last assignment in Nagpur was Physician and Medical Superintendent at Meditrina City Line Hospital till March 2019, when he decided to shift to Chandigarh. He is now residing in Panchkula, and since April 2019 he is Medical Specialist in Healing Touch Hospital, Ambala.

Dr Upendra Kumar gave a very interesting and informative presentation for having a fit heart. In the beginning he told all present to interact with him while he was talking, asking him anything anytime. There was no need to wait till the end to interact with him. So the entire talk and presentation was like a personalized discussion between the Rotarians / R’anns / guests and Dr Kumar, fully involved with him as he proceeded with the presentation.

Dr Kumar said heart attack is the leading cause of death worldwide. He explained the functioning of heart in a very simple language, comparing it with a pump.

The heart is a sophisticated well designed mechanical pump made of strong muscle. Thus, to understand how the heart works, it was helpful when Dr Kumar explained how the pump works.

Heart is one of the most important organs in the body. It circulates blood around the body. Without the heart the body would not be able to receive the vital oxygen and nutrients that are carried by the blood. If the heart stops functioning, the body is starved of oxygen leading to death.

Heart is a powerful muscular pump. It beats constantly from birth throughout life. It requires energy for functioning, and Dr Kumar also discussed about the coronary arteries, which supply blood to the heart muscle. Like all other tissues in the body, the heart muscle needs oxygen-rich blood to function, and oxygen-depleted blood must be carried away. The coronary arteries consist of two main arteries: the right and left coronary arteries, and their two branches, the circumflex artery and the left anterior descending artery.

He talked about blockage in artery, angina, heart attack and sudden cardiac arrest etc. He explained about Electrocardiogram (ECG) which records the electrical signals in the heart. It is a common test used to detect heart problems and status of heart. It is the simplest bedside test.

Dr Kumar highlighted various risk factors including stress, smoking, obesity, fatty diet, physical inactivity, diabetes, more than moderate amount of alcohol and high blood pressure.
Dr Upendra Kumar advised angioplasty, by-pass surgery and other valuable remedies like; no smoking, normal blood sugar, normal blood pressure, normal cholesterol, 7-8 hours of sleep, 45 minutes of regular exercise, meditation, breathing exercise and yoga. Customized treatment is necessary. It has no side effects and should be taken under proper guidance of a doctor.

Meeting – PDG Shaju with PP Stefan Widegren

A few days before the RI Convention PDG Shaju Peter received a call from PP Lakshmi Khanna, the brain behind our Scholarship program enquiring whether he would be in Hamburg. He said yes and also PP Stefan Widegren from Switzerland, said Lakshmi. Stefan’s Club had wanted a detailed report of the scholarship project it has been funding for the last two years. Treasurer PP Deepak Sood had already left for Hamburg, but with the cooperation of his staff, Shaju managed a detailed income and expenditure statement for Rotary year 2017-18 and current year till date. Stefan and Shaju met at Hotel Grand Elyssy, Hamburg to review the report.

Through Lakshmi, we have received USD 5000/- each year and helped many girls through their technical education, thanks to the dedication of Rtn Arjan Singh and PP Dr SK Sharma in identifying the deserving students every year. Shaju assured that our club will be pooling in the 25 percent we had committed. Stefan was happy about the project implementation and assured the continued cooperation of his club for the next two years.

District Awards Function

DG Rtn Praveen Goyal has informed that District Awards Function 2018-19 hosted by Rotary Club of Chandigarh will be held on 30th June 2019 (Sunday) at Hotel Hometel, 147-148, Industrial Area Phase 1, Chandigarh.

Registration & Breakfast: 9:15 am to 10.15 am
Meeting called to Order: 10:15 am
Conclusion of meeting followed by lunch: 2:00 pm
Advance Registration till 21st June 2019:
Rs 1200/- (Single) and Rs 2200/- (Couple)
On or after 22nd June 2019:
Rs. 1500/- (Single) and Rs. 2500/- (Couple)
For registrations, please contact our Secretary Rtn Salil Chopra or Office Secretary VP Sharma.
PP Dr Balram Gupta addressing the Convocation on 18.05.2019 at Vidya Jyoti Eduversity. He urged the graduating young students to blend Human Values with Human Rights, the best recipe to face new challenges in life journey.

Our Signature Project

Accompanied by PDG Yoginder Diwan to our nearly complete signature project GES Peermushalla, President Ashok thanked PP BL Ramsisaria and PP Kanan Diwan for their support and great efforts for this project.

Environment Day – 05.06.2019

Environment Day celebrated by PE Salil Bali with Sr Deputy Mayor, Chandigarh Mr Hardeep Singh, members of RCC of Disabled Persons and residents of Sector 41, Chandigarh.

Tree plantation in GES Peermushalla (Zirakpur)

Rotary Services valued at $ 850 million per year

The special report prepared for Rotary International by the Johns Hopkins Center for Civil Society Studies found that Rotary members had volunteered a total of 5.8 million hours within a four-week survey period. Extrapolating those results over an entire year, the report gave a conservative estimate of nearly 47 million hours of volunteer effort generated by Rotary members in a typical year. The report then analyzed the economic impact of all those hours and estimated the value conservatively at $850 million a year, if communities had to pay for the services that Rotary volunteers provide.

Acknowledgement with Thanks

Donations for GES, Peermushalla
PP BL Ramsisaria  Rs 15000
PP Kanan Diwan  Rs 15000
President Ashok Puri  Rs 15000
Rtn Karanjeet Singh  Rs 4000
Rtn Kanan Diwan  Rs 15000

Donations for Club Projects
Rtn Rtn Mohinder S Kamra  Rs 10000
Rtn Vijay K Gupta  Rs 10000
Rtn Subhash Vats  Rs 5000
Rtn Shashikant Adokar  Rs 5000
Rtn Shashikant Adokar  Rs 5000
Rtn Dr Shashi Jain  Rs 5000
PP Rtn Subhash Bindra  Rs 2100

Dada-Dadi : Gurdip & Maniki

Heartiest congratulations to R'ann Maniki & PP Rtn Gurdip Singh Deep. Their son, Karun and daughter-in-law Aditi were blessed with a baby girl, Tara on 5th June 2019.

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President
Rtn Ashok Puri’s
Thought of the Week

It is never too late to dream a new dream. Let our new collective dream be the upliftment of people who need helping hand, be voice of those who have so far gone unheard, be instrument of change.

Birthday of Spouses
R’ann Suman Gupta  June 14

Birthday of Rotarians
Rtn Subhash Vats  June 14
PP Rtn Capt MS Kahlon  June 15

Wedding Anniversary
R’ann Neena & Rtn Parveen Setya  June 18
R’ann Parmajeet & Rtn Rajinder S Sihota  June 19

Punctuality Award
Won by Vice President PN Rtn Sanjay Bhatia