In our weekly meeting on August 16, 2019 President Rtn. Salil Dev Bali welcomed Chief Guest Dr. Sachin Gupta, husband of Dr. Shaveta Gupta, who was to attend our meeting, as announced in the preceding bulletin, but could not do so as she was in the operation theatre attending to her patient. President Salil Bali also welcomed Dr. Rajeev Deveshwar, son-in-law of Rtn. Dr. Indu Luthra. He welcomed members of RCC Udham Manav Sewa: Mr. Harcharan Singh, Mr. Gagandep, Ms. Harpreet Kaur and Ms. Poonam.

Sergeant-at-Arms cum Editor PP Dr. V.J.S. Vohra was pleased to inform that live streaming of our regular meeting on August 09, 2019 had a global viewership of over 300.

Rtn. Dr. Nitin Mathur introduced his friend Dr. Sachin Gupta who is Associate Director, Medical Oncology at Max Hospital, Mohali. He did MBBS degree from Govt. Medical College, Patiala and MD Medicine from DMC Ludhiana. He did Medical Oncology DNB training from Rajiv Gandhi Cancer Institute Delhi. He worked in various hospitals and later joined Medanta Cancer Institute, Gurgaon as a Consultant. Since October 2011, Dr. Gupta is working in Max Super Speciality Hospital, Mohali where he started the department of Medical Oncology. He was conferred upon the prestigious ‘Rashtriya Gaurav Award’ in September 2009. He has attended many conferences and seminars in medical oncology at national and international platforms. He is actively involved in many research protocols and has number of publications to his credit. He has a rich experience of about 20 years in cancer specialization and has also participated in many camps. Inspired by his Guru Sri Sri Paramhansa Yogananda, Dr. Sachin has special interest to integrate modern medicine and holistic healing methods of yoga to bring balance of body, mind and soul which leads to a healthy life.

Over five years ago, Dr. Sachin Gupta had given an impressive presentation on ‘Spirituality and Health’ as chief guest in our regular meeting on May 15, 2015 when Rtn. R.T.P.S. Tulsi was our President and President Salil Bali was the Secretary in Rotary year 2014-15. This time Dr. Sachin’s presentation was on ‘How to lead an Authentic Life’. He explained that we have to focus on integration of our body, mind and soul. This will lead to good health, happiness, peace and success. He said the disease does not start in the body but from the mind. We must remain connected with our self to live an effective and productive life. Dr. Sachin spoke about stress, which is the body’s reaction to a change that requires a physical, mental or emotional adjustment or response. Stress can be due to any situation or thought that makes you feel frustrated, angry or anxious, which leads to feelings of resignation, hopelessness and helplessness.

Stress starts from the mind, travels to the body, down to the emotional structure, and finally manifest in the physical body as a disease. The way we react to stress causes illness including cancer.

Rtn. Dr. Upendra Kumar presents a memento to Dr. Sachin Gupta. Looking on are President Salil Bali and Secretary Rtn. Nitin Kapur
Dr. Sachin’s advice is to say no to plastics and chemicals. Without waiting for Government to ban these items we should stop having what is harmful for our health. Avoid processed food. Even vegetables and fruits are result of chemicals and pesticides. Go for organic farming or your own kitchen garden.

We blame the doctors for giving us strong medicine. But we are more to be blamed for not having a balanced diet and would find it easier to have a tablet or injection than having proper food and exercise. Most of the problems are due to relationship. We should avoid stress, have positive attitude, forgiveness, acceptance and our belief system which directs us to do what is good for us.

On behalf of our Club, Rtn. Dr. Upendra Kumar thanked Dr. Sachin Gupta and summarized his wonderful talk as 7 ways of happiness, that is, healthy body, money, peace, acceptance, respect, knowledge and spirituality. Eat well, exercise, drink lot of water and laughing is the best therapy.

Orientation program for the mentors was held on 17.08.2019 at Juvenile Justice Board, Sector 25, Chandigarh. Ms. Iram Hassan, Principal Member of Juvenile Justice Board (Magistrate) addressed all present. The program was conducted very ably by members of JJB Dr. Satinder Kaur (R’ann Vinny) Sachdeva and Mr. Ashok Raj Bhandari, in the presence of Program Officer UTCPS Ms. Bisman Ahuja and DCPO Ms. Tabasum Khan.

Rotarians present as Mentors were President Salil Dev Bali, PDG Yoginder Diwan, AG PP Pallav Mukherjee, PP Indrajeeet Sengupta, PP Dr. V.J.S. Vohra, PP Kanan Diwan, PP Dr. Rita Kalra, VP Salil Chopra, Secretary Rtn. Nitin Kapur, Rtn. Renu Chopra, Rtn. Subhash Jindal and R’ann Malabika Sengupta. Also present were members from RCC Sustainable Society led by RCC President Dr. Arun Bansal.

President Salil Dev Bali stated, “I express my pleasure in sharing with you the success of e Organ Donation Camps. The estimated number is between 100-120 donors. I got a call from Ms. Rajinder, Manager, Lamp of Life, PGI Chandigarh congratulating us for this effort.” Rotarians of Chandigarh Midtown connected with donors and made this unique project a success. Camps were held at Civil Hospital in Panchkula, in the offices of President Salil Bali, PP Dr. Kesho Ram Gupta, Secretary Rtn. Nitin Kapur, Rtn. Dr. Sanjay Kalra and VP Rtn. Salil Chopra (in Lucknow).
Independence Day Celebration

Six inmates of Indian Red Cross Society Vriddhi Ashram at Panchkula were all smiles when they got complimentary dentures made by Smile Express team from Rtn. Dr. Sanjay Kalra’s Multi specialty Dental clinic. This was in collaboration with Rotary Club Chandigarh Midtown in the presence of Deputy Commissioner Mr. Balkar Singh, ADC Mr. Uttam Singh, CMO Panchkula Dr. Yogesh Sharma. It was a philanthropic venture launched on July 01, 2019 on the occasion of Doctors day, to bring back smiles to patients who have not been eating for years due to loss of teeth. Their freedom to eat was lit in their eyes and smile of gratitude said it all.

Free Dentures on Independence Day

Six inmates of Indian Red Cross Society Vriddhi Ashram at Panchkula were all smiles when they got complimentary dentures made by Smile Express team from Rtn. Dr. Sanjay Kalra’s Multi specialty Dental clinic. This was in collaboration with Rotary Club Chandigarh Midtown in the presence of Deputy Commissioner Mr. Balkar Singh, ADC Mr. Uttam Singh, CMO Panchkula Dr. Yogesh Sharma. It was a philanthropic venture launched on July 01, 2019 on the occasion of Doctors day, to bring back smiles to patients who have not been eating for years due to loss of teeth. Their freedom to eat was lit in their eyes and smile of gratitude said it all.

Tree plantation on 14.08.2019

50 sapplings planted at ITI, Sector 28, Chandigarh by President Salil Bali, PP Dr. V.J.S. Vohra, PP Dr. Rita Kaira, Rtn. Anupam Jain, RCC Special persons Harmesh Kurari and D.S. Mundi with staff of ITI

Flag Exchange

Flag exchange by Rtn. Ravinder Jain at dinner meeting of Rotary Club Zurich, Switzerland

Blood Donation Camp on Independence Day

Blood donation camp at Canara Bank, Sector 34, Chandigarh Rotaractors of Le Corbusier and Samaritan donated blood

In collaboration with Rotary Club Chandigarh Midtown in the presence of Deputy Commissioner Mr. Balkar Singh, ADC Mr. Uttam Singh, CMO Panchkula Dr. Yogesh Sharma. It was a philanthropic venture launched on July 01, 2019 on the occasion of Doctors day, to bring back smiles to patients who have not been eating for years due to loss of teeth. Their freedom to eat was lit in their eyes and smile of gratitude said it all.

Rally against use of plastic

President Salil Bali joins Interact of Kundan School on 14.08.2019 in Sector 46, Chandigarh against use of Plastic Bags. Paper bags distributed to vendors

Tree plantation on 14.08.2019

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PDG Shaju speaks to new Rotarians of Chandigarh

President Surinder Paul Kaur of Rotary Club of Chandigarh organized a New Member Orientation Programme for Rotarians who joined the Club in the last two years, on August 10, 2019 at Rotary House. PDG Shaju Peter made a presentation on the Basics and Programmes of Rotary Foundation for the benefit of the new Rotarians. Among those present were Secretary Rtn. Sharmita Bhinder of Rotary Club Zirakpur, co-sponsored by our Club and Chandigarh, and members of Satellite Club of Chandigarh.

Those who were present included PRIP Raja Saboo who in his introductory remarks spoke about his early years in Rotary, PDG Kawal Bedi, PDG Madhuksar Malhotra who was another member of the faculty and IPDG Praveen Goyal, Chairman of the Programme.

PP Deepak Sood
R’ann Purnima
HNo. 72
1st Floor
Sector 15-A
Chandigarh

Independence Day Celebration

At Govt. Girls Sr. Sec. School, Sector 20, Chandigarh

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Acknowledged with thanks

Donation for Club Projects (Annapurna)
Rtn. Renu Chopra Rs. 20000/

Birthday of Spouses
R’ann Malabika Sengupta August 26
R’ann Asha Vats August 27
R’ann Kund Baiya Goyal August 28
Dr. Rohit Sahni August 28

Birthday of Rotarians
PDG Rtn. Shaju Peter August 23
Rtn. Chiranjeev Singh August 25
Rtn. Vijay K. Gupta August 29

Punctuality Award
Won by PDG Rtn. Shaju Peter