RI Directors Kamal Sanghvi and Dr Bharat Pandya have started a new initiative — Project Positive Health — Stop NCD — for our zones. India is facing an NCD epidemic responsible for 60 per cent of deaths. Indians are genetically and culturally prone to developing non-communicable diseases or NCDs, which are a major cause of premature deaths. Improper lifestyle and food habits contribute to the rise in NCDs among Indians. High-calorie food, rich in salt, oil and sugar kills many times more people than terrorism does. The four common NCDs are — diabetes, hypertension and heart disease, cerebrovascular accident (stroke) and chronic kidney disease (CKD).

A National Committee has been set up to take the ‘Stop NCD’ project forward. A three-pronged approach is needed.

1. To know your numbers campaign, Every Rotary club should take up a campaign that exhorts every adult to know his three main health numbers — weight, BP and blood sugar. Clubs must hold ‘Know your Numbers’ camps to monitor this regularly. These camps are inexpensive and easy to organize.

2. Spreading awareness is two-pronged approach — Awareness among Rotarians and community; Awareness in schools and colleges. Involvement of Rotaract is important. Rotaract clubs can help in the social media campaign and spread awareness in schools and colleges. The tagline for the campaign is ‘Ek Chammach Kum, Char Kadam Aage’. It means one spoon less of salt, oil and sugar and 30 minutes of exercise daily.

3. Advocacy role by Rotary, along with other NGOs, can form an advocacy group which can push the agenda of NCD control and the narrative on healthy living to take center stage with the government. Advocacy can be by ensuring food labeling especially salt and energy content, statutory warnings on unhealthy foods similar to cigarettes, restrictions on advertising of junk food.

Rotary has rolled out the Project Positive Health — Stop NCD and made it a pan India initiative to promote positive health among people. This is a very doable project. It is low cost and can be continued over a long period of time. It has been decided to have common pan-India dates for four health camps by all the clubs, besides the regular camps and awareness programmes. The dates for the pan-India camps and awareness programmes are: September 29, 2019, Sunday — World Heart Day, November 14, 2019, Thursday — World Diabetes Day, Feb 23, 2020, Sunday — Rotary’s Anniversary and April 07, 2020, Tuesday — World Health Day.

As desire of our RI Directors, Rotary Chandigarh Midtown initiated Project NCD at three locations on 29th September 2019 (brief report on page 03 of Bulletin No. 13), at Vatika Garden, GH Sector 6, Panchkula and Sukhna Petrol Pump, Sector 28, Chandigarh. About 250 persons were checked and measured for BP, Weight and Blood Sugar. The next camp would be held on November 14, 2019.
Our weekly meeting on October 04, 2019 was dedicated to panel discussion. President Rtn. Salil Dev Singh Bali said this meeting is very purposeful as primarily the Club Members are being made aware about all the Rotary web resources available to them with emphasis on ‘My Rotary’ registration. He welcomed the Moderator PP Rtn. Indrajeeet Sengupta and the Panelists PP Rtn. Dr. V.J.S. Vohra, PP Rtn. Amarjit Singh and PE Rtn. Sanjay Bhatia. He also welcomed Rtn. Dr. Indu Luthra’s grandson his wife and their infant child.

President Salil handed over the proceedings to the Moderator PP Indrajeeet Sengupta who briefly explained the purpose of the panel discussion and conducted the same within the scheduled time period.

PP Amarjit Singh explained that in 2008 Rotary conceived the idea of Future Vision. The focus was on participation of every Rotarian whether as Club, District or Rotary International responsibly or simply a club member. This was to make Grant Structure more effective and to celebrate 100th Anniversary of the Rotary Foundation in style. The idea finally took shape in 2013 and Future Vision was implemented.

Very Comprehensive Web portal was launched - www.Rotary.org. For this effort Rotary received a silver Edison Award in recognition of the Future Vision Plan - Grant model. This award is given in recognition of innovation in new products, services and to business leaders in US since 1987.

New Grant structure was introduced covering six area of focus:
- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development

Amarjit also explained how old grant structure was replaced with District Grant and Global Grant. Every Rotarian can register on My Rotary and assigned role (s) depending upon Rotary responsibility being held by him/her. Out of 25% Rotarians who are registered in our club, some played their role very effectively on My Rotary, as a result our club could manage 5 Global Grants and participated in almost every disbursed District Grant since 2013.

PE Sanjay Bhatia discussed with respect to MYrotary.org. Since there are only few club members who have registered, he emphasized that if you have an email Id you must get registered on myrotary.org as it connects you to the Rotary International and all the clubs.

Every club member’s profile is already uploaded on myrotary but with basic mandatory details only - it is expected that a club member would complete his or her own profile to get better advantages of the platform. A member can change one’s details as profile picture, address or phone contact details and be updated on the central database. Every member can access the club’s goals and the progress so far. The report can also be seen for past few years. Volunteer hours is one useful statistic to monitor.

Sanjay also touched upon rotary discussion groups where a member has various options to choose groups of his interest and connect to members worldwide sharing same interest.

For further information please contact PP Amarjit Singh (Mobile: 9814011760).

PP Dr. V.J.S. Vohra gave a brief presentation on accessing our bulletin through our website and getting information through internet and social media. Our Club website is being maintained since the year 1999. In Rotary year 2006-07 when Dr. Vohra was the President, for the first time, that is, since 01 July 2006 to date our bulletins are being uploaded on our website www.rotarychdmidtown.org.

Since 01 July 2009 Dr. Vohra is the Editor of our bulletin. He has never been to PP Subhash Bindra’s press but compiling and designing it himself and then managing it with press through mail. Once the bulletin is finalized it is posted on our website through Anup Sharma. Mails are sent by Dr. Vohra all over the world without attachment of the bulletin but is accessed by click of the mouse through the link on the mail. He took the audience to short tour of our website showing the various features. Our e-bulletin is mailed all over the world to large number of non-Rotarians and Rotarians and is having global viewing through Facebook and Whatsapp which builds up Rotary’s public image.

Our weekly bulletins are regularly released in time and getting best bulletin / Editor award consecutively for last 10 years. With over 13 years of our bulletins archived on our website, bulletins being mailed all over the world, large presence in social media like facebook and now live streaming of our meetings on the facebook, our club is surely rarest of rare Club in the Rotary World. We fully justify the current RI Theme: Rotary Connects the World.

Rtn. Shuchi Thakur thanked the moderator and all the panelists for sharing their experience to excess the web resources of Rotary.
On 29.09.2019 Rotary Chandigarh Midtown initiated Project Ride with Pride which is an awareness program for promoting Safety of Women Passengers in Taxi and auto rickshaw at the CNG Station of Rtn. Amanpreet Singh at IT Park Chandigarh. The Club pasted Stickers on the windshields of about 500 Local Cabs of Ola & Uber and sensitized the drivers regarding the issue which was very well received by them. Dr. Sonia Khullar, Director Family and Health, Haryana was the Chief Guest and addressed the participants.

On 05.10.2019 TB Awareness and Screening Camp was conducted at Kundan International with about 250 Students, Staff and Class 1V employees. State TB Officer, Chandigarh Dr. Abha Saini gave an informative talk on the prevention and cure of TB. Dr Rajesh Rana, MO, GH Mani Majra (Chest Specialist) talked about TB Symptoms.

In the end of the Program, 50 Saplings were planted in the school premises.
**Acknowledgement with thanks**

**Donations to the Rotary Foundation**

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<td>Rtn. Sanjay Bhatia</td>
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**Birthday of Rotarians**

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<td>PP Rtn. Prem Anand</td>
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**Birthday of Spouses**

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**Wedding Anniversary**

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<td>Rtn. Ritu &amp; PE Rtn. Sanjay Bhatia</td>
<td>October 16</td>
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**Punctuality Award**

Won by Rtn. Pradeep Sisodia

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**Bon Voyage to our Rotary Friendship Exchange team to Rotary Ahmedabad Metro, District 3054**