Diabetic Foot Care and Disability Empowerment

In our weekly meeting on October 11, 2019 President Rtn. Salil Dev Singh Bali welcomed Chief Guest Dr. Mukesh Doshi, Sr. Prosthetic Orthotic Clinician from Mumbai. He was formally introduced by PP Rtn. Dr. V.J.S. Vohra who also welcomed his other professional colleagues Dr. Pritpal S. Sidhu and Dr. Karan Bir Singh - both Prosthetic Orthotic Clinicians from Patiala and Chandigarh.

Dr. Mukesh Doshi is a Sr. Prosthetic Orthotic Clinician who is working in the field of prosthetics & orthotics since 1980. He has done basic qualification from Mumbai as well as prosthetic degree in the first batch of Maharshtra University of Health Science. He has established rehabilitation centres in various parts of country and internationally. He has received national awards from President of India in 2011 and in 2012. He has presented papers in prestigious conferences in India and abroad, also getting awards. He has his name in Limca book of records. Presently he is working in leading hospitals in Mumbai and his own hi-tech clinic. He is also very active in social projects in Kutch and Palitana in Gujarat, where all earthquake victims are treated free of cost.

He is also the founder member and current President of Indian Association of Assistive Technologists (IAAT), in which from Rotary Chandigarh Midtown President Salili Bali, PP Dr. V.J.S. Vohra with his daughter Ita and Rtr. Dr. Ruchir Kalra are life members.

In his excellent presentation on Diabetic Foot Care, Dr. Doshi described the anatomy of foot, which is a master piece of engineering work created by God. It contains 26 bones, more than one lakh sweat glands, 33 joints, 107 ligaments and 19 muscles. Foot is created in such a manner that a person walks around 11500 miles in a lifetime. Various foot ailments were explained like; achilles tendon, bunions, ankle instability, arthritic foot,corns, flat feet, club feet, foot drop, heel spurs, diabetic foot etc. Special soles / special shoes for the foot problem helps if the patient goes to a qualified Orthotist. There are various splints and braces to treat these ailments and deformities.

Computerized foot scanning as advanced technology analyses body weight distribution on feet and rigidity or mobility of arch. Wear ideal footwear having wide toe box, extra depth, appropriate insole, heel counter, rigid out sole and rocker adjustment to reduce the pressure.

Smoking is the biggest cause of pain in walking, ulceration, infections, gangrene and amputation. For proper foot care, inspect your feet daily for blisters, cuts and scratches. The use of a mirror can aid in seeing the bottom of your feet. Always check between your toes. Wash your feet daily, using warm water and a mild soap. Do not soak your feet in hot water or in any water for a long time, as the skin may get infected.

Avoid walking barefoot. Wear shoes and sandals that fits properly. Examine your shoes before putting them on to make sure they have no tear, sharp edges, or objects in them that might injure your feet. Wear Diabetic socks that fits properly. Do not wear socks that are too tight for proper circulation to the feet. Do not walk more than 20 minutes at a time. Avoid exposing your feet to excessive heat or cold.

As President of IAAT, Dr. Doshi expressed his special thanks to President Salili Bali, PP Dr. V.J.S. Vohra and all Rotarians of Chandigarh Midtown for associating our Club with 2nd National Conference of IAAT which will be held on 22nd - 23rd December 2019 in Chandigarh at Hotel Ramada Plaza, Zirakpur. He requested all our members and others to participate in this conference, for which the registration form is attached with this bulletin. Visit www.iaat.co.in for Brochure and Registration forms for Stalls and Advertisements.

Before introducing the chief guest, PP Dr. Vohra gave a presentation on Disability Empowerment showing various high tech artificial limbs. He also highlighted the role of our Club for serving disabled persons and has also sponsored two Rotary Community Corps exclusively for these special persons who also take active part in community projects.
Rtn. Prof. Dr. I.S. Dua thanked Dr. Mukesh Doshi and PP Dr. V.J.S. Vohra for their presentations. Prof. Dua said it was a wonderful presentation on Diabetic Foot Care by Dr. Doshi which kept us spellbound.

Rtn. Prof. Dr. I.S. Dua presents a memento to Dr. Mukesh Doshi. Looking on are President Salil Bali and Jt. Secretary Shuchi Thakur.

Dr. Mukesh Doshi presents birthday gift to PP Rtn. Amarjit Singh.

Punctuality award to Rtn. Dr. Shashi Jain, recently back from USA.

Welcome address by President Salil Bali.

PP Dr. V.J.S. Vohra introduces chief guest.

Solar Project from year of PP Amarjit Singh.

Vote of thanks by Rtn. Prof. Dr. I.S. Dua.

Indian Association of Assistive Technologists President Dr. Mukesh Doshi presents certificate of IAAT membership to President Salil Bali. Rtn. Shuchi Thakur receives certificate of IAAT membership on behalf of Rtr. Dr. Ruchir Kalra.

Rotary compost bins. In first cycle 100 kg Organic manure generated at hospital campus for Rs. 10 per kg. Please book your bags as next stock will be available in 1st week of December.

Awareness campaign on 05.10.2019. Swachta Abhiyan, personal hygiene and water saving awareness at Govt. High School Indira Colony.
Solar Electrification Project in Leh

President Salil Bali executed the first phase of Global Grant Project in July 2017 by Solar Electrification of Remote Himalayan Villages which included villages of Leh and Ladakh. This is the project of Edwards Rotary Club RI District 5470, in Edwards Colorado (USA), which was implemented jointly with our Club. This project was initiated in Rotary year 2016-17 when Rtn. Amarjit Singh was our Club President.

On 10.10.2019 in the second and final phase of this unique project, Solar Lanterns were distributed to 100 families of Butonbis village in Leh by President Salil Bali, who despite heavy odds, took up this project in Leh, bravely and single handedly.

Glimpses of the Week

Talk on Moral Values and Indian Heritage at Govt High School, Indira Colony Chandigarh
Swachta in action leading the cleanliness drive at Sector 43 bus stand. Ban plastic use and save water

TB Awareness and tree plantation at Kundan International School with RNTCP Chandigarh

Birthday of Spouses
- Mr. Raj Karan Bhatti October 18
- R’ann Monika Aggarwal October 21
- R’ann Meena Mahajan October 24
- R’ann Paramjeet Sihota October 24

Birthday of Rotarians
- PP Rtn. Deepak Sood October 20

Wedding Anniversary
- R’ann Patinder & Rtn. Maharaj Baksh Singh October 19
- R’ann Parveen & Rtn. Arjan Singh October 20
- R’ann Vandana & Rtn. Ajay K. Gupta October 20
- R’ann Moon Inder & PP Rtn. Sandeep Sandhu October 24

Punctuality Award
Won by Rtn. Dr. Shashi Jain
Nukkad Natak and awareness on Thalassemia and HIV at Govt Hospital, Sector 6 Panchkula

Save the girl child campaign on 09.10.2019

Rtn Sanjay Bhatia

PDG Rtn. Shaju Peter

Floatcell Dissolved Air Flotation Clarifier

ADMISSION / COACHING IN
Hotel Management, Tourism, Culinary Arts, BBA, MBA, BCom MCom, IT, Animation, Media, Journalism, Mass Communication, Medical Courses (India & Abroad), IELTS/PTE Test Prep, Study Abroad, CA, CS, Bank / SSC Prep
Software Training In
AutoCAD, Revit, 3DS Max, Maya, SolidWorks, CATIA, Graphics
Career Helpline: 97790 63055

TIGER WEALTH MANAGEMENT

Rtn. Bhavmit Tiger Chandoak
(MBA, CPA, IA)
CEO & Founder

Tiger Wealth Management Private Limited
SCC 48-49, Sector 9- D, Chandigarh - 160009
Phone: 9815992555 / (0172) 4353000
bhavmit.chandoak@tigerwealth.in
www.tigerwealth.in

EQUITIES | MUTUAL FUNDS | INSURANCE | LOANS
2nd National Conference
Assistive Technology in Neuro Rehab.
22nd & 23rd December 2019
Venue: Hotel Ramada Plaza, Zirakpur, Chandigarh

A. Individual details:

Full name: Prof./Dr./Mr./Ms.

Name for Certificate ..................................................

Gender ............. (Male/Female/Transgender) Date of Birth .........................

Postal Address ..................................................................

City.................. State.................. Country .................. Zip Code..........

Contact No.: .................. Alternative Contact No.: .................. Email ..................

Professional Qualification .............. Year of Passing ..................

Occupations .................................................. Experiences in years ..................

Professional Reg. Number (REG/MDL/JIP/AKOYA/ISPO/Others) ..................

For Overseas Delegates only: -

Issuing Authority .................. Date of Expiry ..................

Delegates Profile (Please indicate your category select all the apply)

Healthcare Professional ☐ Professional Bodies ☐ Rehabilitation Professional ☐

Government Agencies ☐ Caregivers Personnel ☐ National and International Bodies ☐

Researchers ☐ Manufacturers ☐ Product Developers ☐

Academia and Universities ☐ NGOs/INGOs ☐ Corporates/MNCs ☐

Engineers & Architects ☐ Students ☐ Persons with Disabilities ☐

Pharmacist/Nursing Staff ☐ Others (Please Specify) ..................

If IAAT member, Membership No. ........... Registration Fee: Rs. 3500/-

Spouse: Rs. 2500/- Disabled Person Rs. 2500/-

Payment details: Rs. .............. Cheque/DD/NEFT No. .............. Date ..............

Name of the Bank: Capital Small Finance Bank Ltd.
Branch Address : Rajbaha Road, Patiala
Account Name = 2nd National Conference, IAAT, Chandigarh IFSC Code : CLBL000068
Account No : 068105000128

Visit www.iaat.co.in for Brochure and Registration forms for Stalls and Advertisements
In association with Rotary Club Chandigarh Midtown ----- Rotary Connects the World

Date: ___________________ Signature of Applicant/Delegate _______________________

Please send your filled Registration form with Cheque/DD/NEFT details to:

CONFERENCE SECRETARIATE
Distt. Disability Rehabilitation Centre
Jail Road, Patiala-147001 (Punjab), India

Organizing Secretary: Pritpal Singh Sidhu, MS REHAB
Senior Prosthetist & Orthotist cum DDRO Patiala
Phone: 0175 2364443, 09814067647
Email: iaatnc2@gmail.com