In our weekly meeting on December 06, 2019 President Rtn. Salil Dev Singh Bali welcomed the chief guest Dr. Sanjeev Trehan, Ex. PMO Civil Hospital, Panchkula. Before proceeding further, President Salil Bali talked about recent Hyderabad case and assaults against women in India, which is a matter of great concern for all Indians. He showed two videos. The message enacted by actor Amitabh Bachchan and views of lady news anchor on TV was loud and clear. See our Facebook link: https://www.facebook.com/drvjs.vohra/videos/10215518406058268/.

Project Aashvaasan (Assurance) was launched with Rtr. Dr. Ruchir Kalra as the Project Chair and President of Legal Eagle Advocate Rtr. Anshika Sharma as the Co-Chair. The idea of this project is to “train the girls but talk to the boys”. Large number of Rotaractors were present in the meeting. Male Rotarians joined young male Rotaractors to take oath to support this project and take it forward with zeal and enthusiasm to give assurance to Indian women that men of India will support them, respect them and will always protect them.

**World Disability Day on December 03, 2019**

Floral welcome to MLA Mr. N.K. Sharma by Presidents Rtn. Salil Bali & Rtn. Karan Jaspal Singh and PP Dr. V.J.S. Vohra

Divyangathon Rally by disabled persons for Disability Free Environment on World Disabled Day was organized by Rotary Club Chandigarh Midtown at Nevedac Prosthetic Centre, Zirakpur in collaboration with Otto Bock India Healthcare and Rotary Club Zirakpur at Hotel Ramada Plaza, Zirakpur.

Donations to our Welfare Trust are exempted u/s 80 G of IT Act
Our club donated one sewing machine to needy disabled person, handed over to him by Dy. Mayor Hardeep Singh

Dy. Mayor Hardeep Singh flagged off the rally from Nevedac to Tribune Chowk and back to Hotel Ramada Plaza for fellowship and interactive session of disabled persons and Rotarians

The Chief Guest MLA Zirakpur and former Minister (Punjab) Mr. N.K. Sharma, a former Rotaractor and the Guest of Honour Deputy Mayor Chandigarh Mr. Hardeep Singh gave very inspiring message to over 70 disabled persons who took part in this rally along with large number of Rotarians. MLA Mr. N.K. Sharma expressed his full support for artificial limb projects and activities for disability empowerment. He also stated that he would like to join hands with Rotarians for this cause. He thanked our President Rtn. Salil Dev Singh Bali for the support our Club has been giving for many years to the cause of disabled person and during current Rotary year President Salil Bali took up the project of UDID cards for disabled. He has also filed petitions in Punjab & Haryana High Court regarding rights of disabled persons and also about rights and status of professionals taking care of them. MLA Mr. Sharma also congratulated President of newly established Rotary Club of Zirakpur Rtn. Karan Jaspal Singh for the initiative taken by his club to help disabled persons. He also complimented our Chair Disability Empowerment Dr. V.J.S. Vohra for serving the disabled persons for last over 46 years at Nevedac Prosthetic Centre by providing them artificial limbs and other facilities.

PP Dr. Rita Kalra informed all present that our Club is organizing Rotary Youth Leadership Award (RYLA) Vishesh for Disabled persons in the age group of 17 to 35 on 13 – 15 December 2019 at Indira Holiday Home, Sector 24, Chandigarh.

Presentation of World Disability Day is on Facebook: https://www.facebook.com/groups/rotarychdmidtown/permalink/1283901875144890, showing photos and good media coverage for this event.

Health Issues in 50+ age group

The chief guest Dr. Sanjeev Trehan was formally introduced by PP Rtn. Dr. Rita Kalra. He did MBBS in 1988 from Govt. Medical College, Patiala and MS (Surgery) in 1993 from Bikaner. Having more than 25 years surgical experience, he has performed more than 10000 surgeries. Presently he is a Consultant / General Surgeon in Ojas Hospital, Panchkula. Dr. Trehan talked about health issues relating to people over the age of 50. He gave useful tips for 50+ age group and cautioned not to depend on information from Google. Do not take wrong medication. One should know where and whom to go for his/her treatment. Go to your doctor at the right time and have faith in him. Meet him regularly for your proper treatment. Dr. Trehan advised proper health planning, financial medical planning and health insurance. Plan for emergency. Make a health budget. Exercise regularly, do meditation and yoga. Have proper diet and lot of water, about 1.5 liters per day. Be careful, fall can have serious problems.

On behalf of our Club Rtn. Subhash Vats thanked Dr. Trehan for giving very important health information in a very simple language.
World AIDS Day on 01.12.2019 very well organized by PP Rtn. Dr. Vanita Gupta, Project Director Chandigarh AIDS Control Society. Nukkar Natak by Rotaractors. Our Rotarians were present in 17 camps

Maloya - Joined by DHS Dr. G. Diwan and Mayor Rakesh Kalia

Kajheri camp

Sector 23 camp

Sector 20

Community centre Sector 46 Chandigarh

Sector 8

Indra Nagar

Sector 27

Sector 26

Dwarka Colony

Mauli Jagran

Sector 42

Lab inaugurated by DGN Ajay Madan at Sector 2 Panchkula, collection centre at Sector 26, Chandigarh

Padho Bharat

5th Library (GG-1747695) at Govt. Model Sr Sec School, Sector 28, Chandigarh on 03.12.2019

Annapurna

At Majri Chowk, Panchkula on 05.12.2019

PP Dr. Balram Gupta honoured by Vice Chancellor

PP Rtn. Dr. Balram Gupta was honoured on 28.11.2019 by VC Panjab University Prof. Raj Kumar for his 50 years contribution as Professor of Law, Senior Advocate and Judicial Educator.

Mr. Sunil Arora, CEC and Ms. Mia Yen, Counsel General of Canada in Chandigarh were also present on the occasion.
Change in Address
Rtn. Puneet Ahuja
Office: SCO 801, NAC, Manimajra
Res.: 761, Swastik Vihar, Zirakpur

Birthday of Spouses
R’ann Pushpa Jawa
December 15
R’ann Ranjana Tulsi
December 17
R’ann Kiran Sharma
December 17
R’ann Dr. Manjushri Sharma
December 19
Won by PP Rtn. Dr. V.J.S. Vohra

Birthday of Rotarians
Rtn. Ritu Bhatia
December 17

Wedding Anniversary
R’ann Manjit & Rtn. Darshan Singh Kalsi
December 13
R’ann Meenakshi & Rtn. Sunil K. Sahore
December 14

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