Eye Ailments – Prevention and Treatment

In our weekly meeting on January 31, 2020 Rotary Club Chandigarh South Metropolitan, District 3011, held its 100th meeting at Hotel Shivalikview, Sector 17, Chandigarh. Rtn. Dr. Indu Luthra along with her daughter, Rtn. Dr. Ashok Sharma, President SPEAK India Dr. R.R. Kumar and other guests present in the meeting. PP Rtn. Dr. Rita Kalra was happy to formally introduce Dr. Ashok Sharma as her first teacher when she was a junior resident. He did post graduate from PGI, Chandigarh in December 1987. He was awarded silver medal for securing first position in MS Ophthalmology. In PGI he served as Associate professor. His area of interest is cornea, external diseases, refractive surgery and eye banking. He has also been awarded fellowship in Maryland (USA). In Chandigarh he has performed maximum number of corneal grafts. He is a member of American Academy of Ophthalmology and participated in national and international conferences. He has been awarded by the prestigious academies like A.A.O. (U.S.A.) and Seri ARVO (Singapore) for excelling in his field. He is Director of Cornea Centre located at Sector 22, Chandigarh. He treats cornea patients from India and abroad, with emphasis on prevention and state-of-the-art ophthalmic care.

After paying homage and remembering late Dr. Jawahar Luthra as an inspiring professional, Dr. Ashok Sharma gave an educative and a useful presentation on eye ailments, its prevention and treatment. He said eye ailments in India is a major problem. Even in the mega health camp held recently at Khuda Alisher there were many patients with eye problems.

Eyes should be taken seriously as an organ and eye sight as a sense is most important. The most common eye problem is refractive errors for which glasses are prescribed. Other remedy is contact lenses and surgery. Patient must consult eye doctor. Dr. Sharma also advised correct posture while using computer/laptop, taking breaks/rest in between and frequent blinking.

He talked about various other eye ailments including cataract, corneal ulcers and glaucoma. He explained the symptoms, prevention and treatment for these ailments. He also advised top 10 eye exercises.

Dr. Sharma’s presentation was recorded live on facebook, for which click here from the e-bulletin. (https://www.facebook.com/groups/rotarychdmidtown/permalink/1339209259614151/).
Dr. Sangita Deveshwar, Dr. Rajeev Deveshwar, PP and AG Kavita Vij, PP Kanan Diwan, PDG Yoginder Diwan, PP Dr. Balram Gupta, IW PP Aasha Gupta, IW PP Deepa Sahib Singh, Dr. Ashok Sharma eye specialist, Dr. Rajat Sharma and special recognition to the Editor PP Dr. V.J.S. Vohra for regular issue of our weekly bulletins which is best bulletin/editor of our District for last 10 years, highlighting our projects in time.

Youth Club and members of RCC of Khuda Alisher Gurpreet Singh Somal, Bhupinder Singh, Amrinder Singh, Pritpal Singh, Ravinder Singh, Sanjeev Mehta were also recognized. Some photos are given below. Click here from the e-bulletin for more photos and video on facebook, which also shows a presentation on Late Dr. Luthra by Dr. Sangita and also Chief Guest Dr. Ashok Sharma’s presentation on eye ailments. (https://www.facebook.com/groups/rotarychdmidtown/permalink/1339200259614151/).
Library Project under Global Grant # 1747695 - HAPPY SCHOOLS completed Successfully

With installation of 13th Library on 28.01.2020, our club completed Library project under ‘Padho Bharat’, an initiative of Rotary India Literacy Mission (RILM). While congratulating President Salil Bali and the team on successful completion, PP Amarjit Singh, Primary Contact and Director International Services informed that the Libraries have been setup as a part of GG Happy School with focus on Basic Education, Literacy, Water and Sanitation. He thanked international partner Rotary Club of Southpoint (Jacksonville), District 6970, Florida, USA and The Rotary Foundation for their contribution in this project. He also thanked RILM for guidance and help in procurement of books. PP Amarjit lauded efforts of IPP Ashok K. Puri, Chair GG Happy School, PP Vinod K. Jawa, Chair Library Project and PE Sanjay Bhatia.

In our board meeting held on 30.01.2020 and in the weekly meeting on 31.01.2020, President Salil Bali was happy to announce that this global grant Library project has been completed due to coordination and timely follow-up with school authorities by Director International Services PP Amarjit Singh, who got a loud applause from Rotarians and all present for his tireless efforts, dedication and sincerity for executing this project with great success.

President Salil Bali presents PHF pins 10th Kids Olympic at Sports Complex-7 Uniforms distributed

Mr Serbjeet Singh and Mr Aameep Sinha who donated US$ 1000 each to TRF presented PHF pins

President Rtn. Salil Bali honoured by Rotary Himalayan Ranges on 02.02.2020

Uniforms to 40 needy students of GMSSS, Sector 15, Chandigarh

Annapurna on 28.01.2020 End TB programme Blood Camp. Collected 105 units

Food served to 150 needy children at Majri Chowk, Panchkula

Prize winning tableau at Panchkula on 26.01.2020

In association with Canara Bank officers Association at Sector 34, Chandigarh on 26.01.2020
Acknowledged with thanks
Donation for the Rotary Foundation
President Rtn. Salil Dev Singh Bali  US$ 500

Donation for Club Projects
President Rtn. Salil Dev Singh Bali  Rs. 11000
Rtn. Kulvinder Singh  Rs. 11000
Rtn. Davinder K. Singh  Rs. 1100

High tea sponsored in meeting on 31.01.2020
R’ann Rekha Mehan, Rtn. Indu Luthra and her family members: Dr. Rajeet Devesthwar, Dr. Sangita Devesthwar and PP Rtn. Kavita Vij

Punctuality Award
Won by Rtn. Prof. Rana Nayar

Birthday of Spouses
R’ann Shashi Kumar  February 02
R’ann Raj Kapoor  February 10

Birthday of Rotarians
PP Rtn. Triochan S. Anand  February 07
Rtn. Dr. Manisha Sahni  February 13

Wedding Anniversary
PP Rtn. Dr. Vanita & Dr. B.C. Gupta  February 09
R’ann Harpreet & Rtn. Kulbir S. Bhatia  February 09
R’ann Sarabjit & Rtn. J.S. Bawa  February 10

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