

The Midtowner

2020-21

Rotary
Chandigarh Midtown



Club No. 15228
R.I. District 3080

Weekly Bulletin of Rotary Club Chandigarh Midtown
View online: www.rotarychdmidtown.org

R.I. President
Rtn. Holger Knaack

District Governor
Rtn. Ramesh Bajaj

President
Rtn. Sanjay Bhatia

Secretary
Rtn. Shuchi Thakur

Editor
PP Rtn. Dr. V.J.S. Vohra

Rotary Public Image is being projected by all our Bulletins which are mailed all over the world to large number of non-Rotarians and Rotarians with photos and is having global viewing through our website since Rotary year 2006-07, our Facebook page, YouTube, Whatsapp etc. Follow our regular weekly meetings on Facebook www.facebook.com/groups/rotarychdmidtown

Volume 45 No. 14 Dated: 06 October 2020

PROGRAMME

Robotic Knee Replacement Surgery

Chief Guest

Dr. Avtar Singh

Chief Orthopaedic Surgeon

Amandeep Group of Hospitals



Zoom Meeting ID:
6291653178
Password: **15228**

Date: **Friday, 09 October 2020**
Time: **6.30 p.m.**

THE FOUR WAY TEST

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Diversity, Equity, Inclusion

Click here to watch on YouTube - <https://youtu.be/3XmMBMrhayk>

In our virtual meeting on 02 October 2020 President Rtn. Sanjay Bhatia said, "I do have confusing signals about lot of things for the times we are going through. But thankfully to all of you I keep seeing lot of positive messages from all of you specially when October is designated as Economic and Community Development month." He quoted Charles Dickens in tale of two cities, one of most beautiful openings, "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair."

President Sanjay welcomed Chief Guest Mx. Dhananjay Chauhan Member, Transgender Welfare Board Chandigarh and also accompanying persons Rudra and Sweety who formally introduced Dhananjay to our Club.



Dhananjay Chauhan

Dhananjay is a very well educated person having done MA in human relations and also MA in social work from Panjab University, Chandigarh and a topper for honours in history. Has also done diploma in French and Russian languages. Dhananjay also has diploma in computer science and applications.

Dhananjay is the President of Sakshum Trust, working for health issues and human rights, and is also a Member of Transgender Welfare Board Chandigarh.

Panjab University had exempted Dhananjay's fee and made separate toilet also. As a transgender rights activist and the first transgender student of Panjab University, Dhananjay Chauhan was happy to have the voting rights as the third gender. During the last Lok Sabha elections all political parties approached them for their support.

Dhananjay has been involved in various programmes and endeavours to create awareness about the many issues that the community faces and also to sensitise the common people towards their struggles to find place in society.



**Welcome address
by President Sanjay**



**Invocation by R'ann
Urmil Luther**



**Rtn. Renu Chopra
meeting proceedings**

Supreme Court of India, declared transgenders the 'third gender', affirmed that the fundamental rights granted under the Constitution of India will be equally applicable to them, and gave them the right to self-identification of their gender as male, female or third gender.

The court verdict in their favour is a well deserved and a unique victory for them. They are happy with the historic judgment of the Supreme Court of 2014, which has given them the dignity to their efforts and life.

The Court has directed Centre and State Governments to grant legal recognition of gender identity whether it be male, female or third-gender. In recognizing the third gender category, the Court recognized that fundamental rights are available to the third gender in the same manner as they are to males and females.

Further, non-recognition of third gender in both criminal and civil statutes such as those relating to marriage, adoption, divorce, etc. is discriminatory to the transgender. They should be provided medical care in hospitals and provide them separate public toilets and other facilities.

Centre and State Governments have been asked to provide the community various social welfare schemes and to treat the community as socially and economically backward classes. They have also been asked to extend reservation in educational institutions and for public appointments.

Donations to our Welfare Trust are exempted u/s 80 G of IT Act

Steps should be taken to create public awareness to help incorporate transgenders into society and also end their treatment as untouchables; take measures to regain their respect and place in society; and address their problems such as fear, shame, gender, social pressure, depression etc.

The Court said, “recognition of transgenders as a third gender is not a social or medical issue but a human rights issue. Transgenders are also citizens of India. The spirit of the Constitution is to provide equal opportunity to every citizen to grow and attain their potential, irrespective of caste, religion or gender.”



Click here – ADMITTED, an award winning movie, a documentary on Dhananjay
https://youtu.be/V_QNg3jkhY



Using Rtn. Dr. Rita Kalra's laptop, our hybrid regular meeting from PE Rtn. Salil Chopra's Danbro Restaurant, Sector 26, Chandigarh

‘Admitted’ is an award winning movie based on the life of Dhananjay who plays the main role in it. This is an inspiring movie for transgender community. It is a film about self identification, gender expression, gender role, acceptance by the family, society and institutions.

With the changes in the last five years this community has come forward to talk about their rights and gender identity. The internet and social media playing an important role, now they have a representation in the field of education, and being accepted as part of society also.



Vote of thanks by PP Rtn. Dr. Rita Kalra

Dhananjay strongly feels that people should not be so judgmental about transgenders when they are as normal as any human being. There should be no discrimination at all. They should be given equal job opportunity for being employed in any field of their choice. They are also prepared to work in police, para military forces and even in the defense forces

Dhananjay feels that education is very necessary for transgender community for their acceptance and ultimately it is the power of education which will enable them to get due recognition in the society.

Dhananjay says the fight is not over, they have a long road ahead to get equal rights, education, jobs, dignity and acceptance in society and be part of the mainstream.



World Heart Day organized by Rotary Chandigarh Midtown

World heart day observation at Civil Hospital Panchkula on 29.09.2020 was organized by District NCD Panchkula in partnership with Rotary Chandigarh Midtown. It was a hybrid webinar with virtual as well as real participants from Hospital, Rotarians and guests.

100 staff were screened and counseled for healthy life style and follow up. “Be a heart hero” batches were presented to people with balanced score. Fitness workshop by Rahul Sharma from Lotus Academy was organized for staff and participants. It was a well deserved joyful break.



Dr. Prathap Kumar

Dr. Prathap Kumar Senior cardiologist, Chairman Meditrina group of Hospitals logged in from Kerala to give us his valuable advice on how to take care of heart and answered quite a few queries with a hearty smile, reminding us of our own cardiologist ‘Dil ka doctor dil se’, Rtn. Dr. Anurag Sharma.

PMO Dr. Suvir Saxena, Dr. Ramandeep Kaur, Dr. Payal Puri, Dr. Ankush Intensivist and Matron Kusum Lata with their staff participated. Naveen and Usha of NCD cell organized the event under guidance of Dr. Liza Joshi.

PP Dr. Rita Kalra moderated the event. President Sanjay Bhatia thanked the speakers for a very informative and useful presentation. He also thanked the members for participation. The fitness workshop was big hit and must be organized often for healthy, strong and fit heart.

Rtn. Kulwinder Singh Gastronome at Bawa Global Synergy gave demonstration for the shortest way to the heart through stomach.



Masterchef Rtn. Kulvinder Singh in action

Two healthy heart recipes that were quick and balanced in nutrition were prepared live for the participants by Kulvinder. The ingredients and methodology although simple, yet stole our healthy and happy heart.



Present from our Club were President Sanjay Bhatia, First Lady Rtn. Ritu Bhatia, PP Dr. V.J.S. Vohra, PP R.T.P.S. Tulsi, PP Dr. Rita Kalra, PP Ashok Puri, PP Vinod Jawa, PE Salil Chopra, Rtn. Renu Chopra, Secretary Shuchi Thakur, PDC (IW) R’ann Santosh Gupta, PDC (IW) R’ann Neeru Khattar, Rtn Rtn. Indu Luthra, Rtn. Dr. Shashi Jain, Rtn. Prof Dr. I.S. Dua. R’ann Guninder Dua, Rtn. Kulvinder Singh, Rtn. Subhash Vats, Rtn. Anupam Jain, Rtn. Anup Sharma and Dr. Harinder Jit Kaur.

Free workshop on women empowerment

Webinar was organised on zoom on 26-29 September for women on how to look professionally outstanding. Topics covered were what cloths to wear to make you confident, how to create first impressions, how to enhance your professionalism etc. According to Director Vocational Service Rtn. Anupam Jain 28 ladies from different corporate sectors including lady Rotarians from other clubs also participated and found the sessions very informative.

Dil ki baat with leading Cardiac Surgeon Dr. Trehan

Webinar on dil ki baat with Dr. Naresh Trehan, Chairman Medanta group of Hospitals was organized on 30 September 2020 by Rotary Club Dehradun and Co hosted by 37 Rotary Clubs of RI District 3080, including our Club.



Dr. Naresh Trehan

Chief Guest District Governor Rtn. Ramesh Bajaj, accompanied by District First Lady PP Rtn. Rekha Bajaj, 270 Rotarians and guests including from abroad attended this webinar.

Dr. Trehan spoke about moderation for healthy and happy heart. He advised what one should eat, drink, exercise and overcome stress etc. Preventive care and cardiac rehabilitation at all times are essential for overall health.



Rtn. Rekha & DG Ramesh Bajaj and Secretary Patricia Hilton PDG Hilton

The event was very well coordinated by President of Rotary Dehradun Rtn. Nagma Farooq and Secretary Rtn. Patricia Hilton. Question answer session was moderated by AG Rtn. Dr. Rita Kalra. Formal vote of thanks was given by PDG Rtn. David Hilton.

Present from our Club were: President Rtn. Sanjay Bhatia, PP Rtn. Dr. Balram Gupta, PP Rtn. Dr. V.J.S. Vohra, PP Rtn. Kanan Diwan, PP Rtn. R.T.P.S. Tulsi, PP Rtn. Dr. Rita Kalra, PP Rtn. Ashok Puri, PE Rtn. Salil Chopra, Secretary Rtn. Shuchi Thakur, Rtn. Dr. Col. V.K. Kapoor, Rtn. Dr. Sanjay Kalra, Rtn. Indu Luthra, Rtn. Jeetan Bhambri, Rtn. Dr. Shashi Jain, Rtn. Harinder Jit Kaur and Rtn. Suman Gupta.

GML 2019-20

Online link for GML 2019-20 - District Award Ceremony showing large number of awards bagged by IPP Rtn. Salil Bali and many other Rotarians of Chandigarh Midtown:

https://issuu.com/mohindergupta/docs/gml_2019-20

**2019-2020 ROTARY CITATION
PLATINUM**



**Awarded to the Rotary Club of
Chandigarh Mid Town
for helping Rotary connect the world.**

Mark Daniel Maloney
Mark Daniel Maloney
President, Rotary International

Heartfelt Condolences

We are deeply saddened to know about the untimely demise of Dr. N.K. Bansal, brother of Rtn. Anupam Jain. Our heartfelt condolences to her and other family members. May God give them the strength and courage to bear this irreparable loss.

Annapurna and Swachhta



Annapurna at Majri Chowk

5th Annapurna divas celebration at Majri Chowk Panchkula with 60 children and 10 mothers was celebrated on Bharat Swachhata divas and Gandhi Jayanti. We had quiz on swachhata and practical demo cum talk by children on swachhata. Correct answers were given 5.star as sweet gift. Dry ration was distributed by our members. Present were PP Rtn Prem Anand, R'ann Indu Anand, Rtn. Suman with Mr. Naresh Gupta, Rtn. Renu Chopra, PE Rtn. Salil Chopra, PP Rtn. Dr. Rita Kalra and her son Dr. Ruchir Kalra. The next Annapurna would be held on 15 October 2020 at same spot at 5 p.m.



Swachhta Campaign

In addition to above, our Club organised a "Swachhta Campaign" where Rotarians along with Rotaractors of Rotaract Club Samaritan distributed the stickers quoting 'Clean City, Green City, My Dream City' to Cab drivers, Auto-Rickshaw drivers and asked them to paste these on their respective vehicles and educated them about different guidelines related to Cleanliness and Unlock-05.

Bedrooms to home offices



Bedrooms have become international offices to work online. Corners are important to decorate the backgrounds and to give professional feel and confidence. "Where there is a will there is a way", said Rtn. Kulvinder Singh, an Educationist and Gastronome, now managing 4 countries time frames to work in coordination.

Contributions for Bulletin

The Editor requests Rotarians to send their or their family's achievements or any personal matter of interest or jokes for publishing in the bulletin. These should not exceed 150 words.

47th Anniversary



Happy anniversary to R'ann Veena and PP Rtn. Subhash Bindra. Wishing them are PDG Shaju Peter, R'ann Bir and PP Rtn. Ajit Gulati

Benefits Of Laughing

- Reduces Heart Disease
- Natural Pain Killer
- Improves Breathing
- Helps You Loose Weight
- Improves Your Sleep
- Decreases Stress
- Makes You Look Younger

Laughter Medicine

Prescribed by Rtn. Col. J.S. Chandoak

"Hope you are understanding the new Maths Teacher's lessons."

"Regret, I am nonplussed as my doubts have got further multiplied."

Acknowledgement with thanks

Donations for Rotary Foundation

PP Rtn. R.T.P.S. Tulsi Rs. 5000

Donations for Club Projects

PP Rtn. Kanan Diwan Rs. 25000

Rtn. Dr. Harinder Jit Kaur Rs. 7500

PP Rtn. Ashok Puri Rs. 2000

(Rs. 1000 each from his two daughters)

PP Rtn. Ashok Puri Rs. 2000

Rtn. Tej Mohan Singh Rs. 3100

Birthday of Spouses

R'ann Harpreet Bhatia October 11

R'ann Pritpal Gulati October 13

Birthday of Rotarians

President Rtn. Sanjay Bhatia October 09

Rtn. Darshan Singh Kalsi October 11

PP Rtn. Amarjit Singh October 13

Rtn. Viney B. Aggarwal October 15

PP Rtn. Prem Anand October 15

Wedding Anniversary

Rtn. Renu & PE Rtn. Salil Chopra October 10

R'ann Sushma & Rtn. Mohinder S. Kamra October 11

R'ann Dr. Manjushri & Rtn. Dr. Anurag Sharma October 14

DANBRO
Artisanal Boulangerie and Patisserie
SCO 45, Sector 26, M. Marg, Chandigarh
Restaurant cum Bakery - Italian Cuisine

Rtn. Salil Chopra

PDG Rtn. Shaju Peter

DAFTECH Floatcell Dissolved Air Flotation Clarifier

The most compact Dissolved Air Flotation Clarifier with German drive system and internal overflow weir.

Save all applications in Pulp and Paper
Primary treatment of industrial and municipal effluents
Revamp of overloaded activated sludge systems
Promoted by people with over 20 years of experience in the DAF process

For further information contact:
Daftech Engineers Pvt. Ltd
SCO 23, 2nd Floor
Inner Market, Sector 7-C
Chandigarh 160019.
Tel.: 91 172 4633974
Mobile: +91 98141 27804
Fax: +91 172 2791959

One of our Installations in Bogota, Colombia.
Email: mail@daftechindia.com
www.daftechindia.com

PP Rtn. T.S. Anand

FOR ALL HEARING PROBLEMS

ALL INTERNATIONAL HEARING-AID BRANDS & DIAGNOSTIC FACILITIES AVAILABLE AT

ANAND HEARING CARE
SPECIALISTS SINCE 1973

Chandigarh: SCO 28, 1st Floor, Sector - 20 D,
Ph.: +91 172 4661928, Mobile: +91 8288011401

PP Rtn. Dr. Kesho Ram Gupta
Mobile: 9814034094

Interstellar Testing Centre Pvt Ltd.
"CONFIDENCE THROUGH EXCELLENCE IN ANALYTICAL SERVICES"
Testing service for Air & Water, Drugs, Food Particles, Chemical, Building Material Helmet, Ayurvedic Medicines and Paper testing.

86, Industrial Area, Phase-1, Panchkula-134 109 (Haryana) Ph.: 0172-2565825, 2561543
Email: dr.keshogupta@itclabs.com
Website: www.itclabs.com

PP Rtn. Er. R. K. Luther
M. Tech. (London), M.B.I.M. (London)

Atul Fasteners Ltd.
Manufacturer & Exporters

TÜV Rheinland CERT ISO 9001:2008

Self Drilling/Tapping Screws & Special Purpose Fasteners

C-45, Phase-III, Industrial Area, Mohali, Distt. Mohali (Punjab) India 160055
E-mail: atulfasteners@airtelmail.in
Phone: (O) 0172-4520000, 2221042, Fax: 0172-2271335, Mobile: 98149 29297

TATA STEEL A WORLD OF QUALITY AND TRUST

TATA Steelium
CR Sheets and Coils
Helps shape your dreams

ASTRUM
HR SHEETS AND COILS

Rtn. Sanjay Bhatia

All correspondence to the Editor: PP Rtn. Dr. V.J.S. Vohra
Consultant & Certified Clinical Partner, Otto Bock HealthCare India
Sr. Consultant - Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic
MediRehab Systems, 1134 Sector 44-B, Chandigarh-160047
Email: drvjsvohra@gmail.com | Mob. +919814006829 | http://www.nevedac.com

Design & Printed at:
Satyadeep Offset Printers (P) Ltd
292, Industrail Area, Phase II
Chandigarh. Ph.: 4624942
Email: salil.bindra@gmail.com