

# 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](http://www.rotarychdmidtown.org)

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Volume 45 No. 15 Dated: 13 October 2020

## PROGRAMME

How to stay healthy during pandemic

Chief Guest:

**Dr. Kanchan Anand**

North Zone Jt Secretary, IAP-CEC



Zoom Meeting ID:  
6291653178  
Password: 15228

Date: Friday, 16 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?

My experiments in Public administration and Role of Rotary In Good Governance by Lt. Governor of Pudducherry Dr. Kiran Bedi

Click here to watch on YouTube - <https://youtu.be/tW25OA9TGxw>

This event has gone viral on Social media – Facebook, YouTube and Twitter

Amazing webinar with Dr. Kiran Bedi – Hosted by Rotary Chandigarh Midtown with 17 RI Districts as Co-Hosts

Rotary Club Chandigarh Midtown hosted a special webinar as District 3080 event on 10 October 2020, having Lt. Governor of Puducherry, Dr. Kiran Bedi as Chief Guest who was invited to speak on 'My Experiments with Public Administration and Role of Rotary in Good Governance'. 17 Rotary Districts across the country were the Co-Hosts of this event and represented by their District Governors. This event was an experienced based virtual Rotary meet.



Chief Guest Lt. Governor  
**Dr. Kiran Bedi**

Dr. Bedi was the first woman Rotarian in India who was inducted into Rotary by PRIP Raja Saboo. In his opening remarks, PRIP Raja Saboo focused on her qualities which brought her to the national and international arena. He was particularly happy in her homecoming amongst her own family of Rotarians. While welcoming Dr. Bedi, DG Ramesh Bajaj connected her with Rotary. Her visit to Panipat on Rotary event connecting her with her 9<sup>th</sup> standard school-mate.

Conducting the event, AG Dr. Rita Kalra stated that as it was the Mental Health Day, investment in good governance would ultimately help in meeting the challenge of good mental health. In fact, this virtual meet would take the role of the Rotary to a different level.

The convenor of the event, PP Dr. Balram Gupta introduced the Chief Guest. For him, it was a joy to introduce the most admired woman in India, Dr. Kiran Bedi. It was with personal flavour that Dr. Gupta introduced Dr. Bedi. He shared his 50 years association beginning with when Dr. Bedi was a student at the Panjab University. A rare blend of academics and sports. Topped in Masters in Political Science and at the same time she was the Indian and Asian Women Lawn Tennis Champion. It was in 1972 that she entered male dominated domain by being the first woman IPS Officer. Whatever she did, it was exceptional.



Opening address by  
**PRIP Rtn. Raja Saboo**



District First Lady PP Rtn. Rekha Bajaj and District Governor Rtn. Ramesh Bajaj – Welcome address

Dr. Kiran Bedi was given the Tihar Jail assignment thinking nothing much was possible to achieve. The kind of work she did, it was unique. Her work brought her Ramon Magsaysay Award, equivalent of Asian Nobel Prize. She was appointed Police Advisor to the United Nations, Secretary General. This brought her the recognition of the United Nations Medal for her services. She was given Jawaharlal Nehru Fellowship. She did her doctorate in Social Science from Indian Institute of Technology, New Delhi. She is the founder of two NGOs Navjyoti and India Vision Foundation, serving the community and humanity.



PP Rtn. Dr. Balram  
Gupta introducing  
**Dr. Kiran Bedi**



PDG Rtn. T.K.  
Ruby  
Moderator Q&A



Event Conducted  
by AG Rtn. Dr. Rita  
Kalra



Vote of thanks by  
President Rtn.  
**Sanjay Bhatia**

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

She was recognised with Mother Teresa Award for social justice. She as an author : It is Always Possible, What Went Wrong, As I See, Broom and Groom, Biography : I Dare. Each writing of hers is based upon her experience. Great things begin from within. What comes from within makes Dr. Kiran Bedi do things differently.

As Lt. Governor, Dr. Bedi made huge contribution in spite of all odds. In the field of Governance, Rotary Values play a vital role. It is in this background that she shared her experiments with Public Administration.

### Robotic Knee Replacement Surgery

Click here to watch on  YouTube - <https://youtu.be/2kd8yi-2WIA>

In our virtual meeting on 09 October 2020 President Rtn. Sanjay Bhatia welcomed Chief Guest Dr. Avtar Singh, Chief Orthopaedic Surgeon Amandeep Group of Hospitals, Amritsar. We also had gracious presence of Mrs. Chetna Kapoor, mother of Secretary Rtn. Shuchi Thakur. President Sanjay thanked Chandigarh Midtowners for their greetings and good wishes on his birthday.



**Dr. Avtar Singh**

Rtn. Anupam Jain introduced Dr. Avtar Singh M.S. M.Ch Ortho, who is Chief Orthopaedic and Joint Replacement Surgeon at Amandeep Group of Hospitals, Amritsar, having 25 years of experience and is one of the most renowned, experienced and respected Orthopaedic Surgeon in North India. He is the first surgeon to perform more than 700 Robotic knee replacement in 1st year and is the first Punjabi Surgeon in the world to perform Robot Assisted Knee Replacement Surgery.

He has done more than 1.25 Lakh Orthopaedic Surgeries and has experience of over 18000 joint replacement surgeries. He also specializes in Joint Replacement, Orthopaedic Trauma, Arthroscopic & Sports Injuries, Orthopedic Oncology, Foot & Ankle Surgery, Paediatric Orthopaedics Reconstructive Surgery & Deformity Correction and Non unions of bones. Dr. Avtar is Member of Orthopaedic Association of India. Founding member of Indian Society of Hip and Knee Surgery and Member of American Orthopaedic Association.

Nowadays joint pain is a big problem build up in many people and sometimes the problem raises the requirement of joint replacement surgery. Joint replacement is an orthopaedic surgical process in which a damaged or dysfunctional joint is replaced with an orthopaedic prosthesis. Dr. Avtar Singh is the best joint replacement surgeon in North India. Dr. Avtar Singh is one of the top names in the list of knee replacement surgeons. He and his team are performing best knee pain treatment. He introduced robotic knee replacement very early in the country.

Dr. Avtar Singh is also well known for performing a total hip replacement, total knee replacement, total elbow replacement, shoulder joint replacement and wrist joint replacement.



**Invocation by  
R'ann Nandita  
Sisodia**



**Vote of thanks  
by Rtn.  
Subhash Vats**

Robotic knee replacement results in more accurate positioning with natural feeling as compared to conventional methods. Also, there is a lesser risk of injury to adjacent tissues. It only requires small incisions which are ideal for quicker recovery and there is less pain.

Dr. Kiran Bedi made crisp presentation with focus on how Rotary can connect with Good Governance. This was followed by a question answer session of one hour moderated by PDG T.K. Ruby. She provided most practical mantras to different challenging situations. It was a feast. It was a treat. Most relaxed evening.

President Sanjay Bhatia in his expression of gratitude compared her Experiments in Good Governance with the Experiments with Truth of Mahatma Gandhi. This was a unique experiment in which such huge participation became possible

The success rate is nearly 100 percent as it is the most accurate technology available till date. Patient starts walking within a day after the surgery and is discharged from the hospital within 3-5 days. Knee pain mostly occurs due to osteoarthritis, also called degenerative arthritis. The rubbery cartilage acts as a cushion for the bone and ensures a smooth, gliding joint movement.

In osteoarthritis, the cartilage breaks down, causing pain, swelling, and difficulty in moving the joint. In such cases, immediate knee Replacement is advisable.

Robotic knee replacement ensures consistency & precision detail planning, enhancing accuracy by advanced optic sensors. There is minimal blood loss and no bone loss. It gives much better post-operative outcomes: Lesser knee pain, more natural and normal feeling knee, stability in walking / climbing with lesser muscle strain and longer hours of continuous standing or walking, faster rehabilitation, quicker return to normal / active daily life and optimum range of motion, without much compromise on the demands of a routine life. There is relatively smaller incision with no cutting of bone (only grinding of bone), perfect alignment and balance of knee joint with increased implant longevity

Regarding various Indian and imported knee braces available now, Dr. Avtar Singh these are very good options if patient is unfit for surgery or does not want to go in for surgery or may want to delay the surgery.

Dr. Avtar Singh shared his mobile number 9876150258, and may soon provide his facilities including Robotic knee replacement at Chandigarh.

### Celebrating President's birthday in the virtual meeting



President Rtn. Sanjay Bhatia celebrated his birthday on 09.10.20 during the virtual meeting with First Lady Rtn. Ritu Bhatia and son Siddharth. PE Rtn. Salil Chopra and Rtn. Renu Chopra sent a surprise Rotary cake. The cake was cut on behalf of all celebrating in next 7 days.

## Safe motherhood



**Safe motherhood by gynaecologist Dr. Rani Singh and Dietician Aparna. 25 packets of high power protein dry ration of Jaggery, chana, soya bean and nutri flour for one month were distributed to mothers of new born babies delivered recently**

## Acknowledgement with thanks

## Donations for Club Projects

PP Rtn. Subhash Bindra	Rs. 2500
R'ann Surinder Kaur Chandoak	Rs. 2000

## Generous donation



**Maniki Deep gives Rs. 5000 for chemo therapy medicine for sick and needy patient at Civil Hospital Panchkula**

## Laughter – the best Medicine

Prescribed by PP Rtn. Dr. V.J.S. Vohra and PP Rtn. Pallav Mukherjee

- Chairman: Mr. Editor, you may address the meeting, but you have limited time to speak.

Editor: Mr. Chairman, if the time is limited the Editor would speak through the Company's newsletter.

Chairman: Mr. Editor, there is no time limit for you. Please take as much time you want!

Moral of the Story: The pen is mightier than sword.

- To the mathematicians who thought of the idea of zero. Thanks for nothing!

- Where is your office?

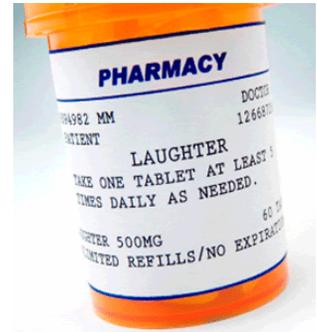
Opposite CSB Bank

Where is this bank?

Opposite my office.

Where are your office and the bank?

Opposite each other.



- Did you hear about the guy who got hit in the head with a can of soda? He was lucky it was a soft drink.

- A friend enquired, "How did you break your leg?"

Friend with broken leg, "Do you see that ditch?"

Friend, "Yes."

Friend with broken leg, "I did't."

## Panchkula Bhaskar 11.10.20

**सराहनीय कार्य** • सितंबर और अक्टूबर में प्लेटलेट्स की कमी वाले मरीजों की जिंदगी बचाने में एनएसजी ग्रुप कर रहा सहयोग

## प्लाज्मा, ब्लड और प्लेटलेट्स डोनेट करने पर किया सम्मानित

हेतु रिपोर्टर | पंचकूला

कोरोना काल में एक ओर जहाँ डॉक्टर भगवान का रूप बनकर अपनी जान जोखिम में डाल मरीजों की जान बचाने का काम कर रहे हैं। दूसरी ओर कई संस्थाएँ भी अपने डोनेटों को अस्पतालों में भेजकर ऐसे गंभीर मरीजों के इलाज के लिए ब्लड डोनेट के अलावा प्लेटलेट्स डोनेट कर मरीजों की जान बचाने में अपना सहयोग कर रही हैं। वहीं, पंचकूला में एनएसजी ग्रुप की ओर से पहले तो ब्लड डोनेट के अलावा प्लेटलेट्स डोनेट करने का काम किया जा रहा था। जबकि, अब कोरोना काल में एनएसजी ग्रुप की ओर से प्लाज्मा डोनेट करवाने की भी पहल की, जिसे विभाग की ओर

सुरजीत ने गाजियाबाद में दिया प्लाज्मा, युगांक ने 20वीं बार डोनेट की प्लेटलेट्स... सुरजीत सिंह सीएमओ ऑफिस में तेजात है और वह एनएसजी ग्रुप के भी लंबे समय से डोनेट है। सुरजीत खुद कोरोना से संक्रमित हो गया था। जिसके बाद पहले तो सुरजीत ने कोरोना को मात दी और उसके बाद ठीक होने पर देर रात गाजियाबाद के अस्पताल में कोरोना वायरस से ग्रस्त गंभीर मरीज को प्लाज्मा भी डोनेट किया। इसके अलावा शुक्रवार देर रात जनरल अस्पताल की इमरजेंसी में एडमिट मनोज के लिए एनएसजी ग्रुप के डोनेट युगांक ने भी प्लेटलेट्स डोनेट किया। युगांक अब तक इमरजेंसी फ्लोर पर करीब 20 बार प्लेटलेट्स डोनेट कर चुके हैं। एनएसजी ग्रुप के चेयरमैन गुरुध्यान सिंह ने बताया कि पिछले करीब दो महीने से प्लेटलेट्स के लिए भी काफी काल आ रही है, जिनके लिए डोनेट दिन-रात समाजसेवा कर रहे हैं।

से सराहनीय काम बताया जा रहा है। वहीं, अब एनएसजी ग्रुप की ओर से ऐसे कई युवाओं को अपने साथ जोड़ा गया है, जिन्होंने कोरोना को मात दी है। अब इन युवाओं को भी प्लाज्मा डोनेट करने के लिए मोटीवेट किया जा रहा है, जबकि, कई ऐसे डोनेट है, जिन्होंने कोरोना



सेक्टर-6 सिविल हॉस्पिटल में प्लेटलेट्स डोनेट करते सुरजीत और युगांक।



ग्रस्त गंभीर मरीजों को प्लाज्मा डोनेट कर उनकी जिंदगी बचाने का काम किया है। वहीं, अब जनरल अस्पताल के डॉक्टरों की ओर से



एनएसजी ग्रुप के मंत्रियों को सम्मानित करते डॉक्टरों।

भी ग्रुप के मंत्रियों को सम्मानित किया गया है। जिसमें डॉ. रीता कालरा, ब्लड बैंक इंचार्ज डॉ. मनोज त्याग ने भी इन्हें सम्मानित किया।

**Congrats Jaiveer**

Hearty Congratulations to IPP Rtn. Salil Dev Singh Bali and R'ann Parul Bali.

Their son Jaiveer has secured All India Rank of 461 in National Level Common Law Admission Test for admission to 22 Prestigious National Law Universities of India.

Our best wishes to Jaiveer to excel in the career of his choice and follow the footsteps of his grandfather and father.



**Birthday Celebrations**



PP Rtn. Amarjit Singh celebrating his birthday on 13.10.20 with his father Mr. Santokh Singh, R'ann Sunita, daughters Harleen, Ravleen and son Ranvir

**Wanted contributions – Not in cash – Not in kind**

The editor requests Rotarians to contribute for the bulletin in the form of jokes, pleasant personal moments and short articles, not exceeding 150 words. Only good news is welcome!

Our children and grandchildren are intelligent. The kids are having amazing confidence and are technology savvy! Our Anns are also excellent as home makers, efficient in their profession or in business. We have a blend of talent. Please send your interesting experiences so that it can be shared with our Rotary family and friends.

**Caution:** Please do not send messages from 'Whatsapp University'.

**Birthday of Spouses**

- Mr. Raj Karan Bhatti October 18
- R'ann Preeti Anand October 19
- R'ann Monica Aggarwal October 21

**Birthday of Rotarians**

- PP Rtn. Deepak Sood October 20

**Wedding Anniversary**

- Rtn. Ritu & President Rtn. Sanjay Bhatia October 16
- R'ann Hariti & Rtn. Chiranjiv Singh October 18
- R'ann Patinder & Rtn. Maharaj Baksh Singh October 19
- R'ann Parveen & Rtn. Arjan Singh October 20

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