



Reach Within to Embrace Humanity

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# The Midtowner



Club Number : 15228

**Bulletin of Rotary Club of Chandigarh Midtown: R.I. District 3080**

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President  
**Raj Kumar Luther**

Secretary  
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Editor  
**Dr. V. J. S. Vohra**

Volume XXXVI No. 20 Dated: November 15, 2011

## PROGRAMME

- Presentation by GSE Team Member, Ms. Palika Monga
- Maintenance of Parents and Senior Citizens

*Guest Speaker:* Ms. Rita Kohli, Addl. Advocate General, Punjab

Friday, November 18, 2011

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

## How to Save yourself from Self Created Pollution



*Prof. R.K. Kohli*

In our club meeting on 11.11.11 we had a presentation on how to save our self from self created pollution by Prof. R.K. Kohli, Former Chairman, Department of Botany, Panjab University. He was introduced by Rtn. Prof. Dr. I.S. Dua who said, "Prof. Kohli has been a wonderful academician." He did his masters degree

from Guru Nanak Dev University and doctorate from Meerut University. He is decorated with FNA, FASc, FNAAS, FNASc., FNESA & Accredited Senior Ecologist, USA.

In his presentation Dr. Kohli pointed out that we are living in the age of chemicals, and new products in food, medicines, cosmetics, foot-wears are added daily in our lives. He focused on the primary concern, that is, cancer, birth defects, gastric problem, asthma, kidney, nervous disorder, work place hazards and radiation hazards. He pointed out the Risks of using mosquito repellent or applying nail polish remover and adding preservatives in food products.

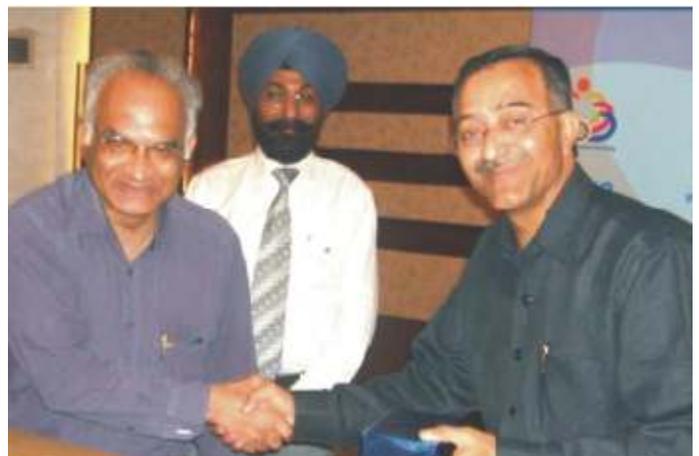
Silver Foil, Tinned foods, Polishing Dyes, Food shiners, Tetra packs, Plastic containers for oily products and Polythene are also harmful for health. He also warned the regular smokers and the habitual drinkers. Dr. Kohli also talked about the ill affects of Naphthalene / Moth ball. Pesticides used against cockroaches and crawling insects is probably more dangerous for the human beings!

Coming to Cosmetics, Dr. Kohli cautioned about the use of Hydroquinone & Ethylene Glycol in these products. He advised, "The home-made face packs including the ingredients like aloe-vera, turmeric, honey, milk, lemon juice etc always provide lighter skin tones, without any side

effects."

Dr. Kohli prescribed some safe remedies. Ants: Squeeze lemon juice at point of entry and leave the peel there; use chalk powder, damp coffee, charcoal dust, haldi or pepper. Cockroach : Plug cracks etc., put boric acid in cracks/holes switch boards; Trap by greasing inner side of wide mouth bottle with potato or stale wine; hung naphthalene ball in the kitchen and bathroom-drains. House fly : hang yellow paper, Paste honey on it. Silver fish : use borax in book racks, wardrobes. Stored food pests: dry food and store in air tight container or add boric acid powder. Mosquito: Terminator with UV-A lamp, mosquito net, bath before retiring.

There are good substitutes in; Besan : Good Cleanser. Haldi : Disinfectant. Milk Cream : Replenishes body oil. Honey : Strong cleanser, nourisher and healer. Glycerin : good moisturizer. Rose water : good soft fragrant medium. Multani mitti (Fullers earth) : removes dead cells. Sandal wood : improves skin texture. Oil : nourishes body skin. Un-boiled milk : strong cleansing power. Neem datun : saves infection in buckle cavity. For Hair cleansing do it with Reetha and Amla. Fruits and vegetables are good source of vitamins, minerals and medium of removing wastes from body. Clean



*PDG Shaju Peter presents a memento to Dr. R.K. Kohli. Looking on is Secretary Amarjit Singh*

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*Rtn. Maj. Gen. A.S. Kahlon receives punctuality award from Dr. R.K. Kohli*



*Dr. R.K. Kohli presents wedding anniversary gift to Rtn. Kanan & PDG Yoginder Diwan*



*Dr. R.K. Kohli presents birthday gift to Rtn. A.K. Sachdeva*



*Dr. R.K. Kohli presents birthday gift to R'ann Indu Vohra. Looking on are President R.K. Luther and Secretary Amarjit Singh*

water is best for getting rid of toxins of the body.

Dr. Kohli also advised to Avoid Drinking or bathing in chlorinated water & first flush of tap water, avoid Fluoridated tooth paste (better change brands every month), avoid Excessive use of cell phone direct on the ear (use ear-phone). Also avoid Agenomoto, synthetic colored foods, Tinned food, Misuse of paper, High spicy food, Food refried in same cooking oil, Smoking, Storing food in polythene and plastic container. Avoid Eating salad in Restaurants. Avoid using cheap cosmetics (better make your own). Avoid Laying

carpets especially in summers and rainy seasons. Do not let congress grass grow near houses and work places. Do not use cheap holi gual (better make your own).

Vote of thanks was proposed by PDG Shaju Peter who expressed our gratitude to Dr. R.K. Kohli for his well researched presentation. Shaju said, "I do not know how far it is practical to live so close to nature and it will be difficult for us to live within the parameters prescribed by Dr. Kohli. However, we should try to follow his advice as some of them are quite practical."

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## Simplifying Micro Loans



*Scholarship students with Rtn. Lakshmi Khanna at TAJ*

Rtn. Lakshmi Khanna of the Rotary Club of Milano Sud-Est was in Chandigarh on November 9, 2011 when he hosted a tea at the TAJ for all our scholarship holders. The students were accompanied by Rtn. Arjan Singh. It was a very fruitful meeting lasting more than one hour. It was a wide ranging discussion. Lakshmi was accompanied by his wife, Neerja, and two friends from Greece. All of them evinced great

interest in the student's progress and their future plans.

Later in the evening he hosted a dinner at the Golf Club for President R.K. Luther, R'ann Urmil Luther, PP Capt Moni Kahlon and Rtn. Arjan Singh and his wife, where things of mutual interest to the two clubs were discussed.

Last week we selected one more student for receiving a scholarship. Her name is Jyoti Chowdhary and she is doing Electrical and Electronics at UIET, Punjab University. Before leaving Rtn. Lakshmi Khanna also gave a cheque for Rs.20,000/- as his club's contribution for awarding scholarship to the new student. Jyoti will be entitled to receive a sum of Rs. 50,000/- per year like all the others.

Rtn. Lakshmi Khanna suggested to simplify the micro loan scheme by making it more flexible and beneficiary friendly by removing the condition of having a guarantor. President Luther said he would like to go ahead without the requirement of a guarantor and would put up this proposal before our Board of Directors for its approval. He urged the Rotarians to look around to get needy persons running small business to avail micro loans of upto Rs. 30000/- which is interest free.

## Meet RI President in Chandigarh on 18.12.2011

RI President Kalyan Banerji will be in Chandigarh for the Rotary Foundation Seminar which will be held on Sunday, 18th December 2011 from 9.30 am to 2 pm at Shivalik Public School, Phase 6, Mohali, hosted by Rotary Club SAS Nagar. It would be a great opportunity to meet RI President Kalyan. Rotarians are expected to be present in large numbers to listen to this dynamic Indian personality who is our World Leader.

Registration is Rs. 600/- till 5th Dec. 2011 and after this date it would be Rs. 700/-.

## Bereavement

Mrs. Mohabati Devi, mother of PDC Meena and mother-in-law of PDG Dhian Chand expired on 10th November 2011. One minute silence was observed in our club meeting on 11th November 2011 in respect of the departed soul.

We extend our deep condolence to the bereaved family.

## Placement for Disabled Persons

This column is being introduced in our bulletin as Placement Services for the disabled persons. Rotarians may employ them in their own establishments or help them get suitable employment in any organization. This will be a very satisfying opportunity for Rotarians to help the disabled persons in earning a livelihood to lead a normal life with dignity and pride.

Ms. Rahisha, resident of H.No. 146 Khuda Lahora, Chandigarh (M.No. 99158-99342), having a disability of 75% is looking for a job. She has done data entry operator diploma course and has 5 years of work experience. She has done 12th from PSEB, Mohali and pursuing graduation from Kurukshetra University.

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Rtn. Darshan Singh Kalsi

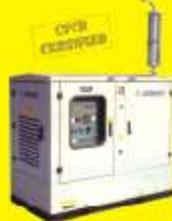
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## Learn to Move on in Life!

By: Rtn. J.S. Chopra

A big monk and a little monk were traveling together. They came to the bank of a river and found the bridge was damaged. There was a pretty lady who was stuck at the damaged bridge and couldn't cross the river. The big monk offered to carry her across the river on his back to which the lady accepted.

The little monk was shocked by the move of the big monk and was thinking, "How can big brother carry a lady when we are supposed to avoid all intimacy with females?" But he kept quiet. The big monk carried the lady across the river and the small monk followed unhappily. When they crossed the river, the big monk let the lady down and they parted ways.

All along the way for several miles, the little monk was very unhappy with the act of the big monk. But he still kept quiet.

Finally, at a rest point many hours later, the little monk could not stand it any further, he burst out angrily at the big monk. "How can you claim yourself a devout monk, when you seize the first opportunity to touch a female, especially when she is very pretty? All your teachings to me make you a big hypocrite."

The big monk looked surprised and said, "I had put down the pretty lady at the river bank many hours ago, how come you are still carrying her along?"

Moral: This very old Chinese Zen story reflects the thinking of many people today. We encounter many unpleasant things in our life, they irritate us and they make us angry. But like the little monk, we are not willing to let them go away. There is no point in remaining hurt by the unpleasant event after it is over. Learn to move on in life!

## Ann's Column

Let Kids Be Kids

By: R'ann Shashi Gupta

"My child is smarter than your's" competition among families. Kids develop low esteem and anxiety issues as they struggle to keep up with their parent's expectations. They are sacrificing their happiest and carefree years to ensure a successful future. They barely have time for fun, to build friendship or develop social skills.

It is okay to encourage and even push your child in the direction of success by nurturing their talents and abilities like this we'll create an incredibly open minded intelligent generation. But let kids be kids. Let them look back on their

childhoods and reflect fondly on 'Hide and Seek', 'Finger Painting' and 'Grass Stained Jeans'. Let them pursue their interests. Prodigy children require different types of stimulation. Encourage them to earn awards and recognition and be there to cheer them on. They are the growing assets. The more you invest the more the dividends.

Mom: What are you doing?

Son: I'm washing my self.

Mom: Without soap and water?

Son: Haven't you heard of dry cleaning.

## Birthday of Spouses

R'ann Neera Gupta

R'ann Amarjeet Cheema

R'ann Sarita Vasudeva



November 22

November 23

November 24

## Birthday of Rotarians

Rtn. Santosh K. Khaitan

November 22

## Wedding Anniversary

R'ann Kadam & Rtn. Jeetan Bhambari

R'ann Lalita & Rtn. Daulat Ram Agarwal

R'ann Neena & Rtn. P.K. Verma

R'ann Parul & Rtn. Salil Bali

R'ann Gulshan & Rtn. Surjit Kumar

## Punctuality Draw

Won by Rtn. Maj. Gen. A.S. Kahlon

November 18

November 19

November 22

November 23

November 24

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