

# The Midtowner

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

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District Governor  
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President  
**Ritu Singal**

Secretary  
**Ashok Puri**

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

Volume XXXVII No. 17 Dated: October 23, 2012

## PROGRAMME

### Living with Arthritis

Chief Guest: Dr. Vikas Mehra

Senior Consultant Orthopaedic Surgeon, Max Hospital, Mohali

Friday, October 26, 2012

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

## **Pet HealthCare ----- The Right Way**

In our club meeting on October 19, 2012, Chief Guest Dr. C.B. Singh, Senior Consultant Vet. gave an impressive talk on Pet HealthCare. He was introduced by PP Dr. V.J.S. Vohra as a close friend with very old family association, and was pleased to welcome him and his wife, Mrs. Kanwal.



**Dr. C.B. Singh**

Having done B.V.Sc. & A.H in 1972 and M.V.Sc. (Medicine) in 1975, Dr. C.B. Singh is Consultant Vet., with more than 36 years experience. His expertise includes dog clinic, veterinary diagnostic laboratory, surgery, poultry, dairy and livestock business, and project reports. He is also into Information Technology, a pioneer and inventor since 1990, for software development for poultry, dairy, pet-practice

and veterinary hospitals. He has been invited as speaker in international and national conferences and also contributed to international and national journals. He is a visiting faculty member to veterinary colleges. He was Convener of International Livestock and Dairy Expo in 2007, 2008 and 2009, Indian Animal Industry Expo in 2010 and 2011. He is General Secretary of Small Animal Clinicians' Association since 1996 and Vice-President of Federation of Small Animal Practitioners Associations of India since 2006. His hobbies and interests are music, sports and writing.

Talking on Pet HealthCare, the Right Way, Dr. C.B. Singh said, "A pet becomes part of your family. Pet keeping is not a hobby. It is compassion and more than that it is a responsibility and it is comparable with child rearing." Till the child grows up it is the parents who explain their problems, and later the child can speak for him/her self. But that is not the case with pets, which remains a child even when he grows up. Pets are sensitive and they have their likes and dislikes. The pet's medical condition needs to be evaluated by a veterinarian who would give a professional advice and provide the appropriate treatment.

He explained in details the pet management, social behavior, nutrition and healthcare. There are a large variety of pets or dogs, and each one of these is different from the other. There are dogs with different adult body weights from 2.5 kg to 80 kg. The

nutritional requirement varies from dog to dog, depending on various factors. Some dogs have long hairs, short hairs and some even have no hairs. Your dog is dependent on you for his food, drink, shelter and his general well being, and gives you lifelong love and affection. A puppy's habits are formed in the early months, and it's the owner's job to ensure good manners, and you can lay a foundation for a well behaved and happy dog.

Dr. C.B. Singh elaborated that the most important part of the pet management is the feeding. A nutritious, balanced diet is essential to keep your dog healthy. You should know what to feed your dog at every stage of its life. It remains healthy if proper food is given, and to know what is good for your dog, you must consult your vet. It is also necessary for the dog owner to know how the food is to be given. The food bowl needs to be kept at shoulder level of the pet, and not on the floor. In most of the houses the food and the way it is to be given, is the major problem being faced by dog owners.

Dr. C.B Singh revealed another interesting fact that the milk of puppy's mother is best for it as it is five times stronger than the buffalo milk, high in protein and fat. But in most cases when people bring a puppy home, there is a misconception to feed him on cow milk with water added to it. He explained scientifically that this is not the right way to feed a pup. Each puppy has a different requirement depending on its breed and weight. It would be most advisable to consult a vet., and from day one proper care and management should take place.

The most important thing for a dog owner is to understand his pet, and for this one has to spend time with it and understand its needs. You would like your pet to be disciplined. You can teach your puppy to follow your instructions. You need to do few simple things for the puppy to lay the foundation for obedience. The puppy has to be trained not to dirty the house and needs to be taken outside at frequent intervals. You have to make the pet listen to you.

Discussing the eating behaviors, Dr. C.B. Singh gave an example of male and female bears at Chat Bir zoo. Whereas the female one used to eat everything, veg & non-veg, the male one would not eat anything, except kheer. There was another pet whose diet was ice cream, that too different flavors everyday! Dogs become more choosy when we bring them home and pamper them. So our job is to understand the likes and dislikes of our pets.

Preventive care for the pets is very necessary and the pet owners should take all care to keep them healthy. De-worming of your dog needs to be taken very seriously, and done once a month.



PP Rtn. T.S. Anand thanks Dr. C.B. Singh for his informative talk and presents him a memento



Dr. C.B. Singh presents wedding anniversary gift to R'ann Parveen & Rtn. Arjan Singh



Dr. C.B. Singh, President Ritu Singal and Secretary Ashok Puri present punctuality award to Rtn. Vinod Sobti

Prevention for viral infections and other diseases also needs to be taken care of. Regarding what type of food is to be given to your pet, Dr. C.B. Singh said, "Whatever food is misfit for you, is misfit for pets too."

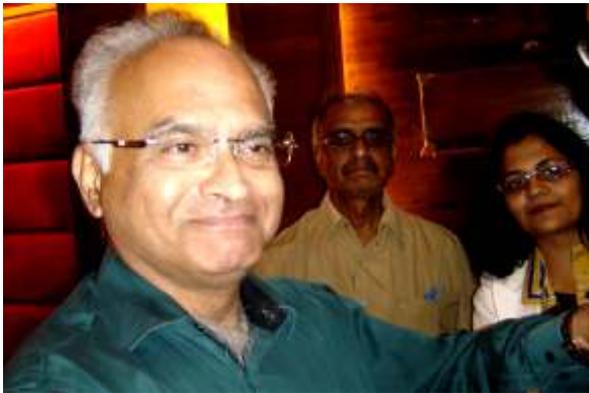
Formal vote of thanks was proposed by PP T.S. Anand, who said Dr. C.B. Singh's talk was extremely informative. He remarked, "C.B. is an old friend and he has been taking care of our variety of pets for a very long time. Dogs are man's best friend, and in order to keep them fit we need advice of C.B."

### Campaign to Curb Corruption by Dr. C.B. Singh

In a mail to the Editor, Dr. C.B. Singh said, "Please accept my sincere thanks for giving me the opportunity to deliver a talk to the Rotarians of Rotary Club Chandigarh Midtown. I am impressed by your systematic organizing of the meeting."

**Campaign to Curb Corruption (CCC):** It is important to mention the approach and philosophy at CCC. Corruption, a more deadly disease than cancer, is killing our mother India. Majority of Indians are still good people. To curb it down to 50%, it may take 10 to 15 years from the day we start the fight. That means we need

to fight for our children and not ourselves. The future bureaucrats, politicians, judges and police officers are the students studying in class 10-12 today. Their minds are innocent and thought process is maturing at this age. They must be told that corruption is bad. The 2<sup>nd</sup> most important factor to achieve this goal is to educate the down trodden people under your influence. These are the potential vote banks of these dirty politicians who have exploited their ignorance & poverty. If each one of us who belong to the literate class, who have access to media and internet etc., pledge to educate only 50 people in this class, it will make a difference in next elections.



PDG Shaju Peter presents PHF lapel pins to Rtn. Maj. Gen. Hardev Singh and Rtn. Sanjay Bhatia. Looking on are President Ritu Singal and Secretary Ashok Puri



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## Assessment Order for Our Welfare Trust

In the assessment proceedings under section 143(3) of the Income Tax Act, 1961, Rotary Club of Chandigarh Midtown Welfare Trust, was represented time to time by Rtn. Tej Mohan Singh, Advocate. Details and books of accounts were produced which

had been examined on test check basis. As per the Assessment Order dated 27.09.2012 given by Asstt. Commissioner of Income Tax Circle-1(1), Chandigarh, the income is assessed at the returned income.

### Change of Address

Please note the change of address of Secretary Ashok Puri, as follows;

Flat No. 502, 5<sup>th</sup> Floor, Tower No. 9  
Royal Estate,  
Chandigarh-Delhi Highway  
Zirakpur (Punjab)

### Get well Soon

After having a successful surgery for hernia at Fortis Hospital, Rtn. Dr. Jawahar Luthra is back home. We wish him a speedy recovery, sound health and happiness.

### Living Your Values

As reported in our bulletin No. 15 dated October 09, 2012, Seminar on 'Living Your Values', hosted by Rotary Club of Chandigarh is being held on Sunday, 28.10.2012. Please note the Change in Venue, which is, Chandigarh Judicial Academy, Sector 43-D, Chandigarh. Registration is Rs. 750/- (Single) and Rs. 1400/- (Couple).

## 600 children examined in Medical Camp at Sikhya School



*Rtn. Dr. Mrs. Rita Kalra and Rtn. Dr. Nitin Mathur examining the children. Looking on are President Ritu Singal, Rtn. Mrs. Kanan Diwan and Rtn. Vinod Sobti*

In the last club meeting Director Community Service Rtn. Kanan Diwan gave a brief account of the Medical Camp held on 17<sup>th</sup> October 2012 at Sikhya School, Sector 46, Chandigarh, a state of the art free school exclusively for under privileged children. All the 600 students of the school were examined by the doctors.

Rtn. Kanan said, "Dr. Nitin Mathur was there dot at 9 am, and I was there to welcome him. Rtn. Vinod Sobti was the first volunteer to reach even before us! He was assigned the duty of registering the weight of children, and forward to the doctors, and he performed his duty very well." Dr. Nitin Mathur has volunteered to take special care of children with ENT problems.

Other doctors - Rtn. Dr. Col. V.K. Kapoor, Rtn. Dr. Mrs. Rita Kalra, Dr. Anjali Aggarwal of Inner Wheel Club of Panchkula and

Dr. Mohit Sharma (Medical Specialist from Dr. Kapoor's KUC Superspeciality Hospital) were actively involved in the health care of the children. We provided vitamins, iron, calcium and medicines that was required for next few months.

Dr. Kapoor also offered the services of his daughter, Dr. Nivedita R. Singh for the children who need eye care. Rotarians of Chandigarh Midtown have offered to arrange specs for the needy children of the school, which we plan to do shortly.

President Ritu Singal, PP Prem Anand & R'ann Indu Anand, IPP Raj K. Luther & R'ann Urmil and PP Mrs. Saroj Jhawar also had active participation in the medical camp. All the ladies brought tea, coffee and snacks.

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## Taarini in Indian football squad



Taarini Singh

Amongst three city footballers Taarini Singh has been picked in the under 19 Indian team for the Asian Football Confederation (AFC) Women's Cup being held in Malaysia. Taarini is the grand daughter of R'ann Raj & Rtn. Dr. Col. V.K. Kapoor, whose daughter Dr. Nivedita and son-in-law Dr. Ravjit Singh are the proud parents of Taarini. Our hearty congratulations to you all!

Taarini was named in the 23-member national squad

after their 45-day national camp concluded recently at SAI Centre in Gandhinagar. The team had left for the event on 17<sup>th</sup> October. They have won their first match against Bangladesh on 20<sup>th</sup> October 2012.

Being part of the AFC squad for the second time, Taarini said: "To represent the country is always a matter of pride for any sports person. I feel it to be my biggest achievement so far."

## Micro Loan

Rtn. Arjan Singh informed that one more micro loan has been given to Sh. Lal Bahadur of Palsora Colony, Sector 56. He has been given Rs. 20,000/- for expanding his daily needs (Kirana) shop. He

works as a part-time driver while his wife runs the shop from home. The loan has been recommended by Secretary Ashok Puri and also guaranteed by him.

## Four Disabled Youth sponsored by Chandigarh Midtown for RYLA – Lakshaya

Rotary Club Chandigarh Central will be hosting RYLA – Lakshaya for disabled youth, at Indira Holiday Home, Sector 24, Chandigarh on 3rd - 5th November 2012. Charges of sponsorship is Rs. 1800/- per participant. Inspired by District Governor Manmohan Singh, this is the first time RYLA will be held for disabled persons.

Harmesh Kumar, who in spite of his severe disability, is committed to work for the community, and he is an active member of Rotary Community Corps of Dadumajra. He attended our last club meeting, accompanied by four young men, Gurbachan Singh,

Mohammad Aadil, Vijay Kumar and Pritam Singh, having disability between 50% to 90%. These persons were interviewed by PP Dr. V.J.S. Vohra, Chair, Disability Empowerment, who found all four of them eligible for RYLA, and introduced these persons in the meeting.

President Ritu Singal agreed that our club sponsor these four young special persons and forwarded their applications with a cheque for Rs. 7200/- to the host club.

## President Ritu Singal's Facet of Peace - Step 13 : Forget our past and lead a free life to stay at Peace

President Ritu Singal said, "You can lead a free or a captive life." She narrated a story of two friends who met after a long time. One of them talked only of the horrible times they spent together as prisoners of war, whereas the other one was not interested and

seemed to have forgotten his sufferings as a prisoner. He said, "You are still leading a captive life and you are still a prisoner, whereas I got freed long back!" Ritu summed up, "Forget our past and lead a free life to stay at Peace."

## Birthday of Spouses

R'ann Kadam Bhambri

October 26

## Birthday of Rotarians

Rtn. Balbir Singh Channi

October 26

Rtn. Dr. Anureet Kaur Bhatti

October 31



## Wedding Anniversary

R'ann Madhu & Rtn. Rajesh Vaidya

October 26

R'ann Hariti & Rtn. Chiranjiv Singh

October 28

R'ann Aruna & Rtn. Ashok Agarwal

November 01

## Punctuality Draw

Won by Rtn. Vinod Sobti

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