

The Midtowner

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

R. I. President
Sakuji Tanaka

District Governor
Manmohan Singh

President
Ritu Singal

Secretary
Ashok Puri

Editor
Dr. V. J. S. Vohra

Volume XXXVII No. 18 Dated: October 30, 2012

PROGRAMME Karva Chauth

Chief Guests: All Husbands!

One hour program of interesting games for couples

Friday, November 2, 2012

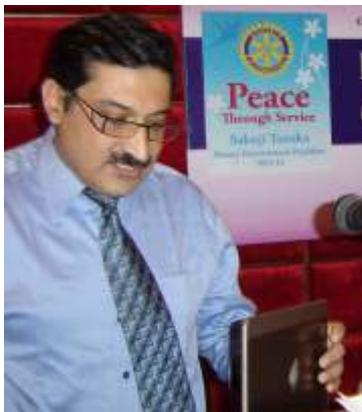
Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Meeting will be followed by Karva Snacks

Living with Arthritis

In our club meeting on October 26, 2012, Chief Guest Dr. Vikas Mehra, Senior Consultant Orthopaedic Surgeon, Max Hospital, Mohali was introduced by Rtn. Dr. Jawahar Luthra. Dr. Mehra did MBBS in 1987 from PGIMS, Rohtak and M.S. in Orthopaedics in 1991 from PGI, Chandigarh. He worked in PGI till 1995 as Senior Resident, Orthopaedic Surgery. In 1996 he started his own practice as consultant orthopaedic joint replacement and spine surgeon. Dr. Mehra was accompanied by his wife, Dr. Reeti Mehra, an Associate Professor in the Department of Obstetrics & Gynaecology, Government Medical College & Hospital, Chandigarh. They have two children Divya and Arjun.



Dr. Vikas Mehra

Dr. Mehra highlighted the problems of arthritis patient like pain, swelling, loss of motion etc. He explained the various types of arthritis - osteoarthritis, rheumatoid arthritis, gout, ankylosing spondylitis, juvenile arthritis, septic arthritis and reactive arthritis. For diagnosing arthritis there is a need of proper clinical examination, blood test, X-Rays and special tests.

He pointed out there is no cure for osteoarthritis and rheumatoid arthritis. The aim is to keep them perpetually under control. He advised physical & occupational therapy, and

exercises to improve muscle strength, endurance and flexibility. Avoid climbing stairs and high heel foot wears. He also advised orthotic braces to support the joint during acute pain and swelling.

Depending on the symptoms, he also spoke about the role of hot & cold fomentation. The medication includes medicines like analgesics, disease modifying drugs, diacerein, steroids, intra-articular injections and local ointments. All these should be as per advice and strict supervision of orthopaedic surgeon.

He also discussed the economics of joint replacement and types of implants. Insisting on proper counseling of the patient, he cautioned, "Beware of wrong advertisements. Learn to care for yourself. Start treatment early, protect your joints, loose weight, keep moving, walking is the best for arthritis, listen to music, take citrus fruits, take medication regularly, take vacations on regular basis and keep laughing!"

He also recommended supervised physiotherapy, and further advised to stop smoking, alcohol in moderation, warm bath at bedtime, interact with friends with positive outlook, pray regularly and one may also go for spiritual healing. Consultation with a doctor is a must.

Dr. Mehra's interaction with Rotarians was very vibrant and the lively manner in which he replied to the queries of the audience was highly appreciative.

Expressing gratitude on behalf of Rotarians of Chandigarh Midtown, PP Dr. V.J.S. Vohra thanked Dr. Vikas Mehra for his impressive PowerPoint presentation and for giving a very positive talk on how to live with arthritis and lead a normal life.

PDG Shaju Peter inducts new members



A comeback! Rtn. Chander Prakash Gupta and R'ann Lalita Gupta introduced by Rtn. R.T.P.S. Tulsi



Rtn. Prem Kumar Garg and R'ann Anita Garg introduced by IPP Rtn. R.K. Luther



PP Dr. V.J.S. Vohra and President Ritu Singal present a memento to Dr. Vikas Mehra



Dr. Vikas Mehra, President Ritu Singal and Secretary A.K. Puri present birthday gift to Rtn. Balbir Singh Channi



Dr. Vikas Mehra, President Ritu Singal and Secretary A.K. Puri present punctuality award to PDG Shaju Peter

PHF recognitions



PHF recognition to Ms. Kirti Singh by PDG Shaju Peter and President Ritu Singal, with her parents IPP R.K. Luther & R'ann Urmil, her daughters Nasadiya and Abadiya



PHF recognition to Rtn. C.J. Rai by PDG Shaju Peter and President Ritu Singal



PHF recognition to Rtn. A.K. Sachdeva by PDG Shaju Peter, with R'ann Shradha Sachdeva



PHF recognition to Rtn. Prem Garg by PDG Shaju Peter and Secretary Ashok Puri

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Justice Rajive Bhalla



PRIP Raja Saboo



DG Manmohan Singh

ethics and values are being compromised, but public opinion and platform like social media are bringing guilty to justice.

Mr. Neville Gandhi, Regional Compliance Officer of Siemens Ltd, asserted that it is possible to do business with ethics without any dilemma provided one is determined to follow the ethical way.

PRIP Raja Saboo, who designed this intercity, said that the objective of the colloquium had been to revive interest amongst the youth, business and professional people, about the simple values of life that can only create a better world. The best way to inculcate the values of honorable ethical living is for the present generation to walk the talk and be a role model to them.

PDG of District 3140, Dr. Bharat Pandya said the desire to earn quick money, an unethical act is unacceptable, and that the value-based living is best reflected in relentless pursuit of good conduct.

Our District Governor Manmohan Singh quoted the scriptures where value-based living is well defined and that the best way for anyone to excel in life is to follow the right course and earn one's living honestly. He also explained that Rotary Colloquium was well organized for promoting ethical practices in one's vocation.

Mr. Jyoti Kamal, senior editor of CNN-IBN conducted an interesting interactive session and moderated the questions from the audience that further focused on personal and professional value systems.

Our Club was represented in the Intercity by PDG Shaju Peter, R'ann Lovy Peter, President Ritu Singal, Rtn. Maj. Gen. Hardev Singh, PE Deepak Sood, Rtn. Amarjit Singh, Secretary Ashok Puri, Rtn. Kanan Diwan, IPP R.K. Luther, PP Capt. M.S. Kahlon, Rtn. Sanjay Bhatia, PPDr. V.J.S. Vohra and PP Prem Anand.

The second intercity of our District, the Rotary Colloquium on "Living Your Values", focusing on our most significant avenue of Vocational Service, was held on Sunday, 28th October 2012, at Chandigarh Judicial Academy, Sector 43, Chandigarh, hosted by Rotary Club of Chandigarh. It was attended by nearly 300 Rotarians from RI District 3080. The galaxy of excellent leaders and speakers from diverse backgrounds, who addressed this Colloquium, had different perspectives on how one can have a better world for our children by following ethical values.

Mr. Justice Rajive Bhalla of Punjab and Haryana High Court said that values need to be looked at from the personal, societal and global angle which may differ from person to person, but values must bring to the fore the humane aspect of one's life.

Brahmchari Suvir Chaitanya of Chinmaya Mission Patiala, a young B.Tech from Delhi College of Engineering said that the real transformation of the society, the nation and the world begins with the transformation within us.

Mr. Deepankar Salwalka, Country Head Compliance & Frauds, KPMG India, who investigated most of the white collar crime cases including Satyam and Commonwealth Games, said that

Blood Donation Camp – 90 units collected!



R'ann Gurpreet & Rtn. Munish Jauhar promoting a noble cause of donating blood. Inspired by them, the 3rd annual blood donation camp held by GrayCell Technologies Exports on October 22, 2012, in Sector 17, Chandigarh, with support of Blood Bank Society Chandigarh, was a big success and 90 units was collected

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Micro Loan

A micro loan of Rs. 30000/- was given to Sh. Munsher of Mauli Jagran. Rtn. Arjan Singh said, "He runs a barber shop in Sector 29, and wishes to upgrade it to a proper saloon."

The difference between "Complete" and "Finished"

By: Rtn. J.S. Chopra

No English dictionary has been able to adequately explain the difference between "Complete" and "Finished". However, in a recent linguistic conference held in London, England, and attended by some of the best linguists in the world: Samsundar Balgobin, a Guyanese, was the clear winner.

His final challenge was this: Some say there is no difference between Complete and Finished. Please explain the difference between Complete and Finished in a way that is easy to understand.

Here is his astute answer: "When you marry the right woman, you are Complete. But, when you marry the wrong woman, you are Finished. And when the right one catches you with the wrong one, you are Completely Finished!"

His answer was received with a standing ovation lasting over 5 minutes and it entitled him to receive an invitation to dine with Queen, who decided to call him after the contest. He won a trip to travel around the world in style and a case of 25 year old Eldorado rum for his answer.

A call to Police in emergency!

By: Rtn. Santosh Khaitan

George Phillips, an elderly man was going up to bed, when he saw that there were people in the shed stealing things. He phoned the police, who asked "Is someone in your house?" He said, "Some people are breaking into my garden shed."

Then the police dispatcher said "All patrols are busy. You should lock your doors and an officer will be along when one is available." George said, "Okay." He hung up the phone and counted to 30. Then he phoned the police again.

"Hello, I just called you a few seconds ago because there were

people stealing things from my shed. Well, you don't have to worry about them now because I just shot them." and he hung up. Within five minutes, large number of officers in six Police Cars, a Helicopter, two Fire Trucks, a Paramedic, and an Ambulance showed up at the Phillips' residence, and caught the burglars red-handed.

One of the Policemen said to George, "I thought you said that you'd shot them!" George said, "I thought you said there were no officers available!"

President Ritu Singal's Facet of Peace - Step 14 :

Listen only to what is being said

President Ritu Singal told us about two high buildings opposite to each other, one having 10 floors where good people were living. The other had 12 floors, where lived negative people like thieves and drunkards. When both the buildings caught fire, there was screaming, commotion and complete chaos. Someone yelled for somebody to extinguish the fire. Someone in the crowd called the

ambulance, which arrived promptly. Emotions appeared on everyone's face as to what would be the right choice, whether to extinguish fire in the 10 floor building or the 12 floor building, choosing between good and bad people. And for all this the ambulance was called and not the fire extinguishers! Ritu concluded, "Listen only to what is being said."

Birthday of Spouses

R'ann Lovy Peter



November 02

Wedding Anniversary

R'ann Charanjit & Rtn. Balbir Singh Channi

November 06

Punctuality Draw

Won by PDG Rtn. Shaju Peter

Birthday of Rotarians

Rtn. Dr. I.S. Dua

November 02

Rtn. Ashwani Kumar Bhateja

November 04

Rtn. Srirambir Sandhu

November 07

Rtn. Prof. Dr. S.P. Vij

November 08

Rtn. Dr. Jawahar Luthra



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