The Midtowner

2020-21

Rotary Chandigarh Midtown

Rotary Opens Opportunities

Club No. 15228
R.I. District 3080

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

R.I. President	District Governor	President	Secretary	Editor
Rtn. Holger Knaack	Rtn. Ramesh Bajaj	Rtn. Sanjay Bhatia	Rtn. Shuchi Thakur	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 throughour website since Rotary year 2006-07,our Facebook page, YouTube, Whatsapp etc. Follow our regular weekly meetings on Facebook www.facebook.com/groups/rotarychdmidtown

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?

Volume 45 No. 47 Dated: 25 May 2021

PROGRAMME

The future of food
Chief Guest:
Prof. Michael Jones
Murdoch University, Perth, Australia

Installation
of
Rotaract Club Rainbow

Date: May 28, 2021 (Friday)
Time: 6.30 p.m.
Zoom Meeting ID: 6291653178
Password: 15228

Fear never builds the future, But HOPE does.

Maintaining Health during Pandemic

Click here to watch on YouTube https://youtu.be/ynJZnfIYPiU

In our virtual meeting on 21 May 2021 President Rtn. Sanjay Bhatia welcomed the chief guest Dr. Parul Kalra and our own PDG Rtn. Shaju Peter who joined us from Cochin. The President also welcomed other guests AG Rtn. Parvesh Sablok and Mr. Mohit Srivastva with his wife Mrs. Renu.

President Sanjay said, "We have lost an upcoming leader of our District, DGN Rtn. Naveen Gulati on 16th May. It was a shock to all of us." All present in the meeting observed a moment of silence as a mark of respect to the noble soul. See our bulletin no. 46, for our Club's tribute to DGN Naveen Gulati.

The chief guest was formally introduced by IPP Rtn. Salil Bali.

Dr. Parul Kalra

Dr. Parul Kalra is an Experienced Consultant and Homeopathic Physician with more than 10 years of private practice experience across multiple geographies with specialization in Classical Homoeopathy. Born and brought up in Fazilka, she did her BHMS from Homoeopathic Medical College, Abohar and her MD from Guru Nanak Dev Homoeopathic College, Ludhiana. She has done a diploma in Acupressure from Ludhiana. She has a holistic approach towards curing the disease which includes yoga, diet and lifestyle, along with Homeopathy.

She is married to Mr. Saurabh, who is a budding Entrepreneur, and have 8 year old son. She currently practices at her Clinic, Healing Homeopathy. To contact Dr. Parul, her mobile number is +91 9501010101 and email id is drparulkalra@outlook.com.

Dr. Parul's presentation was about maintaining good health under the present scenario, with holistic health. According to WHO, Health is a state of complete physical, mental and social well-being and not merely the absence of disease.

Holistic health addresses the mind, body and the spirit. Our bodies and each system within should be treated as a whole, not as a collection of its parts. It searches for the underlying cause of the systems rather than simply covering them up with medication.

Dr. Parul gave valuable advise to improve holistic health through food, exercise, sleep, emotions, breathing, meditation, affirmations and perspective.

Address by President Sanjay Bhatia

She recommended some easily available super foods to boost our Immune System. These are garlic, ginger, turmeric, almonds, citrus fruit and green tea.

Exercise is known to have a profound impact on the normal functioning of the immune system. Any kind of exercise for 30 minutes, mobilizes billions of immune cells, that are capable of killing virus-infected cells.

Dr. Parul also advised not to over exert, that is, everything should be done within the limits and that there should be no overdoing – both mentally and physically. You should sleep well. Cultivate habit of reading a book before sleep. Take a hot water bath before going to sleep. Put on any soft and soothing music. Do not carry your day stresses and tensions to bed and try to meditate for a few minutes before sleeping.

Dr. Parul said, "Fear acts as the trigger for the negative spiral of emotions that pulls you down." Fear, panic, stress and anxiety leads to loss of immunity, which is very necessary to keep you in good health. She added. "Isolate yourself from news about the virus and do not see the negative news. You should firmly believe that this too shall pass and that we all will be safe. Watch comedy movies and laughter videos."

Do whatever you love doing.

Listen to some enchanting music or even better hum to yourself songs you love singing.

Invocation by R'Ann Nandita Sisodia

Vote of thanks by Rtn. Nitin Kapur

Be in the present moment. Let go of all your past grudges, anger, regrets and guilt. Be kind and forgiving. Focusing on your breath will also calm your mind.

Dr. Parul also advised breathing exercise / Pranayam. We have the power to regulate our nervous system by the ways that we breathe. Practicing meditation has been associated with regulating trauma, processing emotions, boosting immunity and several other benefits.

Affirmations are also very helpful, as given below;

►I am always SAFE and SECURE.
►I am divinely GUIDED and PROTECTED
►I am blessed beyond my FONDEST Dreams.
►I am GRATEFUL for all that I have.
►I am worthy of Loving Relationships.
►I am complete in all RESPECTS.
►I am a MAGNET for all GOOD things in Life.
►TODAY is the happiest day of my Life.

These are positive statements that can help you to overcome limiting or negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

Dr. Parul explained that perspective is the ability to understand what is important and the capacity to view things in their true relationship. Move on and accept the change which is constant phenomenon in life. Trust the universal process as we are guided and protected at every moment.

In Homoeopathy the patient is treated, not the disease. The medicine selected for each patient is tailored to be person specific, taking into consideration his/her mental make-up and physical symptoms by following the holistic approach.

Dr. Parul had very interesting interactive discussion with the audience, which included homeopathic medicines available for treatment in the current situation. Dr. Parul is available for online consultations on her mobile +91 9501010101. Click here to watch her presentation on our Club's YouTube channel. Like, comment and subscribe to the channel. Press the bell icon and keep watching!

Invocation by R'ann Nanditi Sisodia was a brief story to convey that we should come out of our past and enjoy the present with a hope for better future.

Thanking Dr. Parul Kalra for her wonderful presentation, Rtn. Nitin Kapur said, the way she addressed the meeting, it was as sweet as the homeopathic medicine!

सत्यमेव जयते

Director Health & Family Welfare
Chandigarh Administration,
Chandigarh

No. DMS/2021/1251

Date 15. 05. 2021.

Dear President,

I convey my heartiest gratitude towards your generosity in contributing to the Health Department, 12 B type Oxygen cylinders which are essential for safety of COVID patients. This gesture of yours shall go a long way in the welfare of our Hospital and is an appreciable step towards the service of humanity.

With regards.

Aman Kang

(Dr.Amandeep Kang)
Director Health & Family Welfare,
Chandigarh Administration.

The President
Rotary Club
Chandigarh Midtown

Rotary
Chandigarh Midtown

Rotary Opens Opportunities

Certificate of Appreciation

Presented to

Dr. Navjeet Singh Dua, his colleagues and Mr. Arjun Arya

for their contribution towards the

Oxygen Cylinder Supply Project at GMSH-16, Chandigarh.

of **Rupees One Lakh Fifty Thousand only.**

We express our sincere gratitude for their contribution in the support of our organization.

Kanan Diwan	Sanjay Bhatia	Shuchi Thakur
Director - Community Services	President	Secretary

Date : 17th May, 2021

Glimpses of the Project – Oxygen on Wheels through wide press coverage in 32 newspapers and Doordarshan

Our Club's project, Oxygen on Wheels, the need of the hour, was launched on 16 May 2021, as reported in our bulletin no. 46, released last week. This project was initiated and well conducted by IPP Rtn. Salil Bali. This project has received a wide coverage in the press in 32 newspapers and Doordarshan. Please click here. Some of the news clippings are shared below;

O_2 on wheels project: 5 vehicles converted into ambulancses

TIMES NEWS NETWORK

Nitin Sharma

Justice Rajan Gupta, Punjab and Haryana high court, flags off the ambulances equipped with oxygen on Sunday

Panchkula: Oxygen on wheels project with five ambulances equipped with oxygen, were flagged off on Sunday by Justice Rajan Gupta, Punjab and Haryana high court-cum-executive chairman of the Haryana State Legal Services Authority (HSLSA).

Justice Rajan flagged off the five ambulances under the 'free oxygen on wheels project". The project is a joint venture of the Rotary Chandigarh Midtown and Buddy Cabs in association with the Haryana State Legal Services Authority.

At a time when India is facing oxygen crisis and reports emerging over drivers refusing to carry Covid-19 patients, Sartaj Lamba, founder of Buddy Cabs, has converted five vehicles into a separate driver chamber and facilities for carrying oxygen cylinders.

"One can call on 77103-14444 for availing free ambulance service. Five cabs will be stationed at the Panchkula Sector 6 civil hospital, GMCH-32, Landmark Hospital at Sector 33, Army Hospital and one will be reserves," said Lamba.

जरूरतमंदों के लिए 'ऑक्सिजन ऑन व्हील्स' सेवा हुई शुरू

■ स, फरीदाबाद : न्यायमूर्ति राजन गुप्ता, न्यायाधीश, पंजाब एवं हरियाणा उच्च न्यायालय एवं कार्यकारी अध्यक्ष, हरियाणा राज्य विधिक सेवा प्राधिकरण ने हालसा के प्रशासनिक भवन से ऑक्सिजन ऑन व्हील्स का उद्घाटन किया। हरियाणा राज्य विधिक सेवा प्राधिकरण ने रोटरी मिड टाउन चंडीगढ़ और बड़ी कैब्स के सहयोग से जरूरतमंद व्यक्तियों को आवश्यक राहत प्रदान करने के उद्देश्य से इस परियोजना की शुरुआत की है। इस अवसर पर माननीय न्यायमूर्ति ने अपनी लाइव स्ट्रीमिंग के माध्यम से मीडिया को संबोधित करते हुए समाज के सभी वर्गों से कोविड राहत कार्य में अपनी क्षमता के अनुसार अधिकतम योगदान देने का आह्वान किया।

Haryana State Legal Services Authority in collaboration with Rotary Midtown Chandigarh and Buddy Cabs inaugurated Oxygen on Wheels

Manish Kumar
info@impressivetimes.com

THE HARYANA STATE LEGAL SERVICES AUTHORITY, IN COLLABORATION WITH ROTARY MIDTOWN CHANDIGARH AND BUDDY CABS, HAS STARTED THE PROJECT WITH THE OBJECTIVE OF PROVIDING NECESSARY RELIEF TO THE NEEDY

PALWAL: Chief Judicial Magistrate and District Legal Services Authority Secretary Piyush Sharma said that in another initiative to reach out to the public during the current epidemic and to overcome the present crisis, Honorable Justice Rajan Gupta, Judge, Punjab and Haryana High Court and Executive Chairman , Haryana State Legal Services Authority inaugurated Oxygen on Wheels from the administrative building at Halsa. The Haryana State Legal Services Authority, in collaboration with Rotary Midtown Chandigarh and Buddy Cabs, has started the project with the objective of providing necessary relief to the needy. CJM Piyush Sharma said that on this occasion, Honorable Justice while addressing the media through his live streaming, called on all sections of the society to contribute to the best of their ability in the Covid relief work. The Covid -19 epidemic has affected our lives in a way that is unknown to our generation. The loss and loss of lives of citizens due to the arrival of the second wave of Covid -19 is unbearable and disturbing. However, Covid -19 can also be defeated if we all work jointly and fight the challenges by making joint fight and effective strategy. He also suggested that corporate sectors should use Corporate Social Responsibility (CSR) funds liberally for Covid relief operations. The Rotary Club and other such NGOs and their members should come forward to support the society in this time of crisis. He requested all the citizens to follow the appropriate behavior of Cov under the doctor's advice to defeat th epidemic and go for vaccination su ject to their medical conditions. Piyu Sharma, Secretary, District Legal Se vices Authority, informed that on March 2021, Hon'ble Justice Mr. Raj Gupta, Judge, Punjab and Haryana Hi Court and Executive Chairman, Harya State Legal Services Authority, dev oped the mask etiquette among th citizens across the state of Haryana.

ऑक्सीजन ऑन व्हील्स का शुभारंभ

भिवानी (संवाद)। भिवानी। न्यायमूर्ति राजन गुप्ता, न्यायाधीश, पंजाब एवं हरियाणा उच्च न्यायालय एवं कार्यकारी अध्यक्ष, हरियाणा राज्य विधिक सेवा प्राधिकरण ने हालसा के प्रशासनिक भवन से ऑक्सीजन ऑन व्हील्स का उद्घाटन किया। सीजेएम हिमांशु सिंह ने बताया कि हरियाणा राज्य विधिक सेवा प्राधिकरण(हालसा) ने रोटरी मिडटाउन चंडीगढ़ और बडी कैब्स के सहयोग से यह परियोजना शुरू की है। इससे ऑक्सीजन की सख्त जरूरत वाले कोविड रोगी की मदद की जा सकेगी। इस परियोजना के तहत, सभी कोविड सुरक्षा प्रोटोकॉल के साथ, ऑक्सीजन सिलिंडर युक्त कैब मिलेगी।

रोटरी मिडटाउन चंडीगढ़ और बडी कैब्स के सहयोग से हरियाणा राज्य कानूनी सेवा प्राधिकरण द्वारा ऑक्सीजन ऑन व्हील्स का शुभारंभ

खोजी एनसीआर/ सोनू वर्मा

नूंह। वर्तमान महामारी के दौरान जनता तक पहुंचने और वर्तमान संकट को दूर करने के लिए एक और पहल में, माननीय श्री न्यायमूर्ति राजन गुप्ता, न्यायाधीश, पंजाब और हरियाणा उच्च न्यायालय और कार्यकारी अध्यक्ष, हरियाणा राज्य कानूनी सेवा प्राधिकरण ने ऑक्सीजन ऑन व्हील्स का उद्घाटन किया। हरियाणा राज्य विधिक सेवा प्राधिकरण ने रोटरी मिडटाउन चंडीगढ़ और बडी कैब्स के सहयोग से जरूरतमंद व्यक्तियों को आवश्यक राहत प्रदान करने के उद्देश्य से इस परियोजना की शुरुआत की है। इस अवसर पर अपने लॉर्डशिप की लाइव स्ट्रीमिंग के माध्यम से मीडिया को संबोधित करते हुए, समाज के सभी वर्गों से कोविड राहत कार्य में अपनी क्षमता के अनुसार अधिकतम योगदान देने का आह्वान किया। कोविड-19 महामारी ने हमारे जीवन को इस तरह से प्रभावित किया है जो हमारी पीढ़ी के लिए अज्ञात है। कोविड-19 की दूसरी लहर के उद्भव के साथ, साथी नागरिकों द्वारा झेले जा रहे जीवन की हानि और दुखों का विस्तार असहनीय और परेशान करने वाला है।

Click here to listen to the invitation from RI President Rtn. Holger Knaack. https://cdn2.webdamdb.com/md_2WtFy10TGd61MnNb.mp4?1620659775

Click here **Register today**

Donations

Covid Care Project

PP Rtn. Balram Gupta	Rs. 5000

Rasoi Project

Kays Harbor Technologies Pvt Ltd (Finance)	Rs. 11000
Rtn. Prof. Dr. I S Dua	Rs. 20000
Mrs. Swati Chauhan	Rs. 2100

Birthday of Spouse

R'Ann Tina Jain	29 May
R'Ann Uneza Khandelia	30 May
R'Ann Sudha Puri	03 June

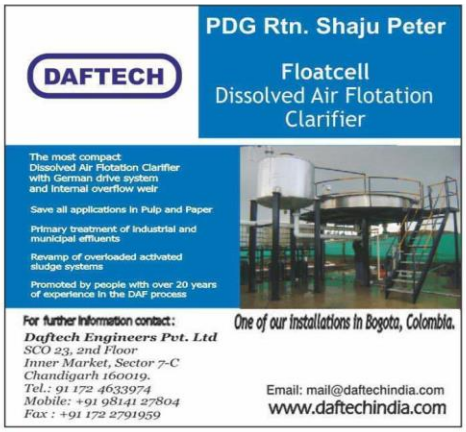
Wedding Anniversary

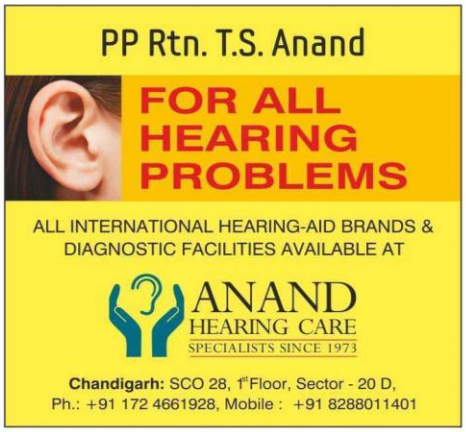
R'Ann Rekha and PP Rtn. Anil K. Mehan	29 May

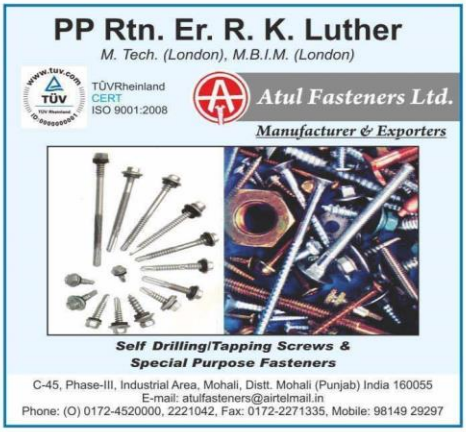
Science of anxieties and how to handle it

President Rtn. Achlesh Nandan and PP Rtn. Dr. Vinod Bhanti of Rotary Club of Patna invited PP Rtn. Dr. V.J.S. Vohra to a Zoom weekly meeting on 23.05.2021. The Keynote Speaker was PDG Rtn. Dr. Mary Berge from USA, who spoke on "Science of Anxieties and how to handle it". The chief guest was Rtn, Rajan Gandotra, DG RI District 3250.

Dr. Vohra had a brief interesting discussion with PDG Dr. Mary on the above topic.







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