Rotary Chandigarh Midtown

The Midtowner

Weekly Bulletin of Rotary Club Chandigarh Midtown

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Volume 46 No. 42 Dated: 26 April 2022

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?

Click here for four way test song

Fear never builds the future, but FAITH does, and also HOPE does

PROGRAMME

Club Assembly

Keynote Speaker:

Rtn. Salil Dev Singh Bali

Assistant Governor

(Zone 4)

Venue: **Hotel Shivalikview Sector 17, Chandigarh**

Time: 6.30 p.m.

Date: 29 April 2022 (Friday)

Mother and Child Health an Overview and Contribution of Families

In our regular meeting on 22 April 2022 President Rtn. Salil Chopra welcomed the chief guest Dr. Mrs. Veena R. Parmar. The chief guest was formally introduced PP Rtn. Kanan Diwan, whom she has known for almost 50 years, since their beautiful times in Shimla. The chief guest was accompanied by her husband Dr. R.S. Parmar, who is an ex-Rotarian and Past President of Rotary Club Shimla, and he is also brother-in-law of PDG Rtn. Dr. R.S. Parmar.

Dr. Veena R. Parmar

Dr. Veena R.. Parmar retired as Professor and Head Pediatrics from Govt. Medical College, Sector 32, Chandigarh. She was born in the year 1948 in Girli, a village in District Kangra – Himachal Pradesh. Her schooling was from Garli and M.B.B.S. from IGMC Shimla (1966-71). Later she did her MD in Pediatrics from PGI Chandigarh in 1976. She has also worked as Faculty in IGMC Shimla from 1976 to 1996. She joined GMCH Chandigarh in July 1996 as Professor and Head of Pediatrics.

She has more than 120 Publications in National and International Scientific Journals.

Superannuated in 2008, she worked as Medical Superintendent in Govt. Medical Colleges in Srinagar, Uttrakhand and Rohil Khand and Medical College, Bareilly. She later worked as visiting consultant at Max Hospital Mohali for a few years.

Dr. Veena Parmar has spent most of her working years in the health care of mothers and children. She is always ready to help the needy at any time and any place. She is very unassuming, down to earth personality. Now she is enjoying her retired life in Chandigarh and peruses her hobbies of travelling and gardening.

Through her wonderful presentation, Dr. Veena Parmar explained that Mother is the central pillar of family. She is responsible for their health right from conception to birthing, infancy, childhood and adolescence. Therefore, to take care of the health of the mother is essential, She said, “Educate a mother, the whole family gets Educated.”

Health of the Nation is the direct reflection of health of its citizens. 71% of India’s total population is comprised of women and children. 23% of these are accounted for by women of child bearing age (15-44 years). 35% Children below 15 years of age.

WHO has a goal of ‘Health for all’. Government of India has set up the Sustainable health and development goals. To measure quality of health care provided and its impact on public health, universal statistical parameters are applied: Infant Mortality Rate (IMR) - Deaths < 1 year/1000 live births and Maternal Mortality Ratio (MMR) - Mother dying due to issues related to pregnancy and child birth/lac live births.

Rtn. Dr. Shashi Jain presents a memento to Dr. Veena R. Parmar, joined by her husband Dr. R.S. Parmar. Looking on are President Rtn. Salil Chopra and Secretary Rtn. J.S. Bawa

To promote the health of citizens, in April 2005, Government of India launched National Rural Health Mission (NRHM) and National Health Mission (NHM) to provide affordable, accessible and quality healthcare to rural population specially to the vulnerable groups.

Maternal Child Health (MCH) program is Integral Component of NRHM/NHM. It is Promotive, Preventive, Curative and Rehabilitative health care to mothers and children. Goals of MCH are Reduction of IMR and MMR, Universal access to public health services for women and children, Provision of safe drinking water, sanitation and hygiene, Immunization and Nutrition, Promotion of physical and psychological development of children / adolescents and Prevention and control of communicable / non communicable diseases.

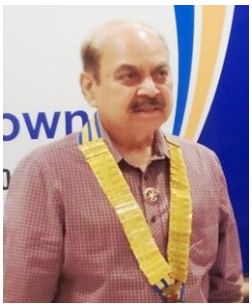
Health services provided at MCH are;

- ANC to pregnant mothers
- Immunization to mothers and children
- Nutrition advise and supplementation for mothers and children
- Facilitate institutional deliveries
- Post partum care
- Growth and development monitoring
- promotion of Exclusive Breast Feeding and importance of Golden Hour Breast feeding.
- Implementation of national health programs
- Treatment of simple diseases
- Recognition of danger signs
- Early referral
- Maintenance of all health records

Role of families is very important, sustained efforts by the Government, active participation of the beneficiaries, support from voluntary organizations and progressive achievement of set health goals. No Health care Program can succeed unless the beneficiaries come forward to utilize these services.

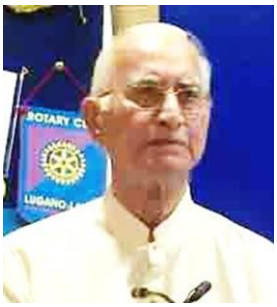
Since the beneficiaries in MCH are the mother and the child, they need constant loving care and support from the family to avail these services. The most important figures in families are : husbands, mother-in-law / mother and sister / siblings. The families should follow scientific child rearing practice. Ego and myths should take a back seat as these can be harmful to both child and the mother.

Rtn. Dr. Shashi Jain thanked Dr. Veena Parmar for her nice presentation, regarding importance of mother and child health.



Opening remarks by President Salil Chopra

Meeting called to order by PP Rtn. Dr. Balram Gupta



Invocation by PDG Rtn. Yoginder Diwan

National Anthem led by R'Ann Deep Shikha Gupta and R'Ann Vidhi Gupta

Introduction of chief guest by PP Rtn. Kanan Diwan

Vote of thanks by Rtn. Dr. Shashi Jain

New members introduced by PP Rtn. Deepak Sood

Dr. Veena Parmar presents punctuality award to PP Rtn. Vinod Jawa

Induction of new members

PP Rtn. Deepak Sood introduced two new members to join Rotary Chandigarh Midtown. They are from the same family – father and son, inducted by PP Rtn. Vinod Jawa and IPP Rtn. Sanjay Bhatia. We heartily welcome the new members - Rtn. Rakesh Gupta and his son Rtn. Nishit Gupta, accompanied by their spouse R'Ann Deep Shikha Gupta and R'Ann Vidhi Gupta.

Rtn. Rakesh Gupta, addressed as 'Rocky' by his old friend President Salil Chopra, is an engineer, having served in various prestigious organizations. For last 29 years he is having his own business in Chandigarh.

Rtn. Nishit has done B.Tech in computer science and has 9 years experience in business.

PHF Recognitions

Dr. Veena Parmar presents PHF recognition pin to PP Rtn. Kanan Diwan, joined by PDG Yoginder Diwan

PP Rtn. Amarjit Singh presents PHF recognition pin to IPP Rtn. Sanjay Bhatia. Looking on are President Salil Chopra and Secretary J.S. Bawa

Susiksha project

18th April – Susiksha - President Salil Chopra and Rtn. Suman Gupta interacted with students of Govt Primary School Kundi on the topic of Swatch Bharat. Also donated a water tank

20th April - Ishrat Chopra with President Salil Chopra and granddaughter at Govt Elementary School Peermuchalla to inspire and address students on importance of education and cleanliness

21st April - Susiksha project at Govt Sanskriti Primary School Fatehpur. Besides stories on Swachta and moral education, children participated in live interactive session

Mother Earth Day

22nd April - Mother Earth Day at Govt Model School Saketri. Explained to the students the importance of protecting the Mother Earth and protection of the environment to make our lives simple and healthy. Present on the occasion were President Salil Chopra Secretary J.S. Bawa and PP Deepak Sood who deserves special thanks for donating 2 book cases to the School library

Birthday of Spouse

R'Ann Indu Anand	03 May

Wedding Anniversary

R'Ann Deep & Rtn. Maj. General A.S. Kahlon	30 April
Rtn. Shuchi & Mr. Ankur Thakur	30 April

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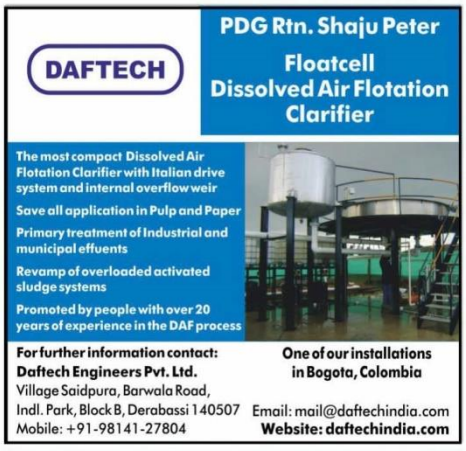

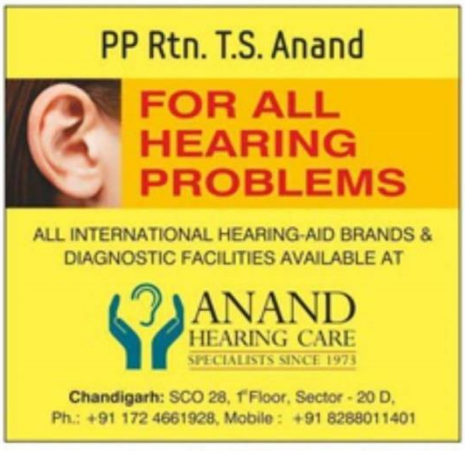

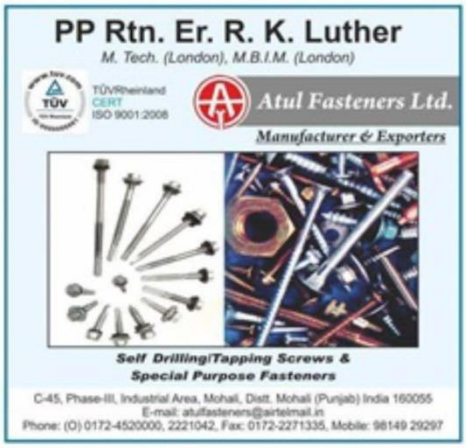

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