



R.I President Rtn. Jennifer Jones	District Governor Rtn. VP Kalta	President Rtn. Dr. Sanjay Kalra	Secretary Rtn. Anupam Jain	Editor PP Rtn. Dr. V.J.S. Vohra
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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 through our website since Rotary year 2006-07, our Facebook page, YouTube, Whatsapp etc. Follow our regular weekly meetings on Facebook: www.facebook.com/groups/rotarychdmidtown and YouTube: http://www.rotarychdmidtown.org/youtube_channel/

Volume 47 No. 12 Dated: 20 September 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](#)

Rotary Chandigarh Midtown
In Association with

Punjab Art Council and Sparsh Theater Society
presents

Full length Hindi Play

Shades of Chekhov

Direction – Dr Gaurav Vij

Please note change in Venue and Date:

Venue: Punjab Kala Bhawan

Sector 16, Chandigarh

Time: 6.30 p.m.

Date: 25 September 2022 (Sunday)

Old Age Challenges and Solutions

[Click here](#) to watch live coverage on Facebook

In our regular meeting on 16 September 2022 President Rtn. Dr. Sanjay Kalra welcomed chief guest Dr. Sanjeev Trehan. He also welcomed the guests present in the meeting and acknowledged their presence. The President also presented the projects done in the previous week including the Nation Builders Award, a Teacher Support program (T.E.A.C.H.) of Rotary India Literacy Mission (RILM) and thanked all members of Rotary Chandigarh Midtown for the support.



Sanjeev Trehan

The chief guest was formally introduced by Rtn Dr Monika Kaushal. Dr. Sanjeev Trehan is a General Surgeon and has an experience of 30 years in this field. He did MBBS from Panjab University, Chandigarh in 1987 and MS - General Surgery from SP

Medical College Bikaner in 1993. Some of the services provided by Dr Trehan are laparoscopy, colorectal surgery, laser fistula treatment, proctology, fistula and sinus etc. He is also a Surgeon Entrepreneur and Motivational Speaker. He has special concern for senior citizens and runs NGOs for taking care of them.

Dr Sanjeev Trehan talked about the challenges faced by senior citizens and gave useful suggestions and solutions how to tackle old age issues by thorough planning and positive attitude.



**Address by
President Dr
Sanjay Kalra**



**Invocation by
R'Ann Guninder
Dua**



**Introduction of chief
guest by Rtn Dr
Monika Kaushal**

Old age population has grown much more than in the past.

The number of persons aged 80 years or older is expected to triple between 2020 and 2050.



**Announcements
by Secretary Rtn
Anupam Jain**



**Vote of thanks
by Rtn Ashish
Singla**

People worldwide are living longer. Every country in the world is experiencing growth in both the size and the proportion of older persons in the population. Growth of population of elderly people worldwide is happening more quickly than in the past.

In view of the above facts, Dr Trehan's discussion on the common health conditions associated with ageing is of great concern for everyone including for younger people as they can plan for their old age from now.

Dr Trehan gave useful tips on how to manage during the old age and the advice given by him can be followed easily. He also explained how elderly people can handle the feeling of isolation and loneliness. He said senior people should keep themselves busy. They can join Rotary club, senior citizen club or any organization to keep them busy. Start playing golf. Start playing indoor games like cards, ludo or carom. Meet and enjoy the company of your friends.

He narrated a wonderful message from one friend to another, “जीते रहे तो हम मिलेंगे” (if we are alive we will meet again). The other one replied, “अगर हम मिलते रहेंगे तो जीते रहेंगे” (if we keep meeting we shall remain alive).

Dr Trehan said, “Meeting someone is very important. Strike a conversation with a stranger. You can even have a gardner as your friend. There are so many ways to keep yourself busy.” He added, “Enjoy whatever you have and try to make maximum out of it.”

Dr Trehan said, “Lot depends on yourself and how you take care of yourself.” He also discussed the chronic diseases which older people have and how to handle these by proper planning with regard to finances and medical treatment. Pre-decision has to be taken by the family to tackle old age issues.

Another very important precaution that has to be taken by elder people is to prevent a fall which may result in fracture and disability.

Staying active is important to keeping your body healthy and actually helps to prevent falls. So don't let a fear of falling keep you from being active. Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active.

Crisis can come at any time for elderly people and they should be prepared for it. [Click here](#) to have a better view through live coverage on facebook of Dr. Trehan's useful talk on old age challenges and solution.



President Dr Sanjay Kalra presents birthday gift to R'Ann Lalita, joined by Rtn Chandra Parkash



Dr Sanjeev Trehan presents wedding anniversary gift to R'Ann Indu Anand and PP Rtn Prem Anand



Dr Sanjeev Trehan presents birthday gift to PP Rtn Anil Mehan, joined by R'Ann Rekha Mehan



President Dr Sanjay Kalra presents punctuality award to Rtn Renu Chopra



Birthday gift to R'Ann Surinder Chandoak, joined by Rtn Col JS Chandoak



Dr Sanjeev Trehan presents wedding anniversary gift to R'Ann Rashi and Rtn Parveen Khosla, followed by PHF recognition by President Sanjay Kalra



Congratulations President Dr Sanjay Kalra

Nikshya Mitra felicitation award was presented to President Dr Sanjay Kalra Rotary Chandigarh Midtown for adopting 50 patients for providing nutrition supplements by the Honourable Governor of Haryana Mr Bangaru Dattatreya. Four Rotary clubs from Haryana have joined the people's movement with other NGOs to make India TB Free by 2025 by adopting patients suffering from TB. The admitted patients were given nutrition supplements to celebrate birthday of Prime Minister Modi. The mobile diagnostic express, a Global grant project of Rotary Chandigarh Midtown was stationed at the event for screening of patients and their families.



'Tara' - Traffic awareness campaign



Rotary Chandigarh Midtown organised a traffic awareness campaign in collaboration with Chandigarh police under project "TARA" -Traffic Awareness Rotary Awareness. The project was initiated and planned by Chair Road safety PP Rtn Deepak Sood and it's purpose was to make public aware about road safety rules and importance of wearing helmets properly for their protection. 30 helmets were distributed to women and children not wearing helmets at the roundabout near Kisaan Bhawan Sector 35 Chandigarh In the presence of Hon'ble Chief Guest Ms Manisha Chaudhary IPS SSP Traffic Chandigarh. Rotarians present were President Dr. Sanjay Kalra, Rtn Pradeep Sisodia Director Youth Service, PP Rtn Salil Dev Singh Bali Director Community Service, PP Rtn Deepak Sood Community Safety Chair, Rtn Kulwinder Chhatwal Director Public Image, Rtn . Anupam Jain Secretary, First Lady PP Rtn. Dr. Rita Kalra, SHO PS Sector 22, Mr. Vinod Nagpal and his team of RCC Disability Empowerment, Team of RCC Maloya with Mr. Bijender Kumar, Mrs. Parimala, Ms Divya Sharma and Rtr Riya Sharma with Rotaractors of Chandigarh Midtown.



Condolences

Heartfelt condolences to Rtn. Ashish Ahuja and R'Ann Dr. Ruby Ahuja on the sad demise of her father, Mr. K.B. Malik on 16 September 2022. May God give strength to the family to bear the irreparable loss.

Good Deeds

Contributed by PP Dr. Balram Gupta

The year was 1892 at Stanford University. A young, 18 year old student was struggling to pay his fees. He was an orphan, and not knowing where to turn for money, he came up with a bright idea. A friend and he decided to host a musical concert on campus to raise money for their education. They reached out to the great pianist, Ignacy J. Paderewski. His manager demanded a guaranteed fee of \$2,000 for the piano recital. A deal was struck & the boys began to work to make the concert a success. The big day arrived. Paderewski performed at Stanford, But unfortunately, they had not managed to sell enough tickets. The total collection was only \$1,600. Disappointed, they went to Paderewski and explained their plight. They gave him the entire \$1,600, plus a cheque for the balance of \$400. They promised to honour the cheque soonest possible.

"No" said Paderewski. "This is not acceptable" He tore up the cheque, returned the \$1,600 and told the boys "Here's the \$1,600, Please deduct whatever expenses you have incurred. Keep the money you need for your fees. And just give me whatever is left". The boys were surprised, and thanked him profusely. It was a small act of kindness. But it clearly marked out Paderewski as a great human being. Why should he help two people he did not even know?

We all come across situations like these in our lives. And most of us only think "If I help them, what would happen to me?" The truly great people think, "If I don't help them, what will happen to them?" They don't do it expecting something in return. They do it because they feel it's the right thing to do.

Paderewski later went on to become the Prime Minister of Poland. He was a great leader, but unfortunately when the World War began, Poland was ravaged. There were over 1.5 million people starving in his country, and no money to feed them. Paderewski did not know where to turn for help. He reached out to the US Food and Relief Administration for help. The head was a man called Herbert Hoover - who later went on to become the US President. Hoover agreed to help and quickly shipped thousands of tons of food grains to feed the starving Polish people and thus a calamity was averted. Paderewski was relieved. He decided to go across to meet Hoover and personally thank him. When Paderewski began to thank Hoover for his noble gesture, Hoover quickly interjected and said, "You shouldn't be thanking me, Mr. Prime Minister. You may not remember this, but several years ago, you helped two young students go through college at Stanford. I was one of them."

The world is a wonderful place. What goes around usually comes around. Kindness always comes back. Good deed always pays. Do a good deed today and stay blessed forever.

District 3080 Golf Tournament



Rotary Chandigarh Midtown participated in the District Rotary golf championship at Chandigarh Golf Club.

Those who participated were; PP Rtn. Harish Sethi, Rupinder Sachdeva, Rtn Dr Gopal Munjal, Rtn Bhavmit Chandoak, Rtn. Jagvinder Bawa and Rtn Col JS Chandoak.



Rtn Jagwinder Bawa and Rtn Col JS Chandoak won one award each. Ind Swift group of Rtn Dr Gopal Munjal was one of the sponsors. President Dr Sanjay Kalra and PP Dr Rita Kalra attended. Col Chandoak and Dr Kalra won prizes in Tambola as well.

District 3080 Sahyog Artificial Limbs project

[Click here](#) to watch on YouTube



On 18 September 2022 seven patients were fitted with High Quality Artificial Limbs after undergoing a professional prosthetic clinic process, were discharged in the gracious presence of DG Rtn VP Kalta and District First Lady Rtn Veena Kalta from our clinic at Zirakpur.

We also had presence of AG Zone 2 Manish Tomar, President (s) Rtn Dr Sanjay Kalra and Rtn Anil Chauhan, District Disability Empowerment Chair PP Dr VJS Vohra, Sahyog Project Chair Rtn Salil Bali, Project Counsellor PP Gaurav Ghai, DRCC PP Dr Rita Kalra and R'Ann Indu Vohra.

Team Sahyog thanks Rotary Clubs of Shimla, Shimla Midtown, Shimla Hill Queens, Solan and Theog for this generous donation.

Two new above knee patients were identified. They are being sponsored by PP Gaurav Ghai.

Best wishes for Speedy Recovery, good health and happiness



Rtn. Indu Luthra, R'Ann Bir Gulati and Mr. Neeraj Jain

शशि जैन से रूबरू दिल से दिल की गुफ्तगू



Rtn. Bhupinder Kumar is a manufacturer of Solar Energy products and a young Rotarian who joined Rotary club on 11.03.2022 under the inspiration of IPP Rtn Salil Chopra. He is quite enthusiastic about Rotary.

My conversation with him was very optimistic.

Q. How often do you attend weekly meetings?

A. I look forward to attending the weekly meeting unless there is some personal compulsion.

Q. Which area of Rotary projects interests you the most?

A. Environment protection from global warming through solar energy interests me the most.

Q. How can your profession be useful in implementation of Rotary projects?

A. I have been working in the field of Solar Energy since 1989 and I know that it is the biggest saviour against global warming. Not only this, investment in solar energy gives a return of 20-30% whereas bank gives a return of 5-8%. We can make the residents of our adopted village aware of the benefits of solar energy.

Wishing you to make a difference in our adopted village.

Congratulations

Son-in-law of PP Rtn Amarjit Singh and R'Ann Sunita, Dr. Gurveer Singh (Harleen's husband) has been elevated to Editorial Board of American Journal of Energy Engineering by Science Publishing Group.

[Click here](#) to see the Editorial board.



Lovely Triangle...Pillar of Rotary



President Rtn Dr Sanjay Kalra, First Lady PP Rtn Dr Rita Kalra and Secretary Rtn Anupam Jain
(Clicked by PP Rtn RK Luther)

Fellowship sponsored by

Rtn. Col JS Chandoak
Rtn. Satinder Kaur Sachdeva
Rtn. Surjit Mann
PP Rtn. Anil Mehan
PP Rtn. Prem Anand
Rtn. Praveen Khosla

Birthday of Spouse

R'Ann Urmil Luther	23 September
R'Ann Amanpreet Chandoak	26 September

Birthday of Rotarian

Rtn. Sanjiv Kumar	23 September
PP Rtn Dr. Vanita Gupta	26 September
Rtn. Arjan Singh	28 September

Extracting Happiness Implanting Smiles by Rtn. Raj Khattar

Wife: घर जल्दी आना। मुर्गा बनाऊंगी।

Husband बेचारा confused खाने की बात है या मेरी।

- Confidence comes not from always being right, but from not fearing to be wrong.

- Always make decisions that prioritize your inner peace.

Thought for the Week by Rtn. Col. J.S. Chandoak

They can take away your money and valuables. Property can become debatable. But none can ever take away your MEMORIES. They remain safe in the locker of your heart. So don't forget to find time and opportunities to make MEMORIES every day.

----- Anonymous

Congratulations PP Dr Rita Kalra



PP Dr Rita Kalra felicitated by Mrs Smriti Irani. Central Minister of Women and Child Development at Sewa Pakhwara Chandigarh on 17.09.2022 for her contribution towards Maternal and Child health through Rotary

Please contact Rtn Nitin Kapur for the donor passes, each costing Rs 500/- only. Funds raised will be utilised for the Girls Scholarships and Women Vocational Training. Tea and Snacks Pack will be provided at the venue to the pass holders

Smile Walk at Sukhna lake on 11.09.2022



Rotary Chandigarh Midtown in collaboration with IPS organised a SMILE WALK to commemorate 50 years of Indian prosthodontic society. Over 150 people took part. The prosthodontists in lime green and Rotarians and Rotaractors in white T-shirts collected at main entrance. President Dr Sanjay Kalra and IPS Secretary Dr Samar Teja talked about prosthodontics branch of dentistry and its importance in restoring smile by replacing missing teeth. Rahul Sharma from Lotus dance academy conducted Zumba workshop for warm-up and enjoyed by everyone. The relay torch was lighted and smile walk initiated by IPS. Besides the selfie stand there was dental check-up camp by smile express team and 50 consultations given. Several Rotarians joined. The walk ended with juice and refreshments for all.



Mega Medical camp – Sewa Pakhwara



Rotary Chandigarh Midtown participated in a Mega Medical camp held at Sector 39 Chandigarh on 17th September 2022. The RCC Smile Express team examined 88 patients, the Eye check up team from Grover eye hospital examined 115 patients, skin and gynae team examined 66 and 20 patients respectively.

Three patients were identified for providing artificial limbs by PP Dr. VJS Vohra. 50 UDID cards were generated by Mr Vinod Nagpal. Dr Prarthana Kalra, Dr Gurbinder Singh, Dr Rishabh Grover from Grover eye hospital, team from Anand hearing centre, Dr Nitika Arya, Dr Geeta Verma, Dr Davinder Verma did the examination. Dr Rishabh identified 30 patients for eye surgeries. Rotarians who attended were President Rtn Dr Sanjay Kalra, PP Rtn. Dr Vanita Gupta, PP Rtn Dr VJS Vohra, Rtn Jagvinder Bawa, Rtn Pradeep Sisodia, PP Rtn Dr Rita Kalra, Rtn Indu Luthra, Rtn Kulbir Bhatia, Secretary Rtn Anupam Jain, R'Ann Rekha Mehan and Inner wheel Chandigarh Midtown President Saroj Jain. A whopping 15000 patients registered for the Mega camp, Rotary Chandigarh Midtown was given 10 stalls at the venue, which was graciously visited by District Governor Rtn VP Kalta and District First Lady Rtn Veena Kalta.

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