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www.rotarychdmidtown.org

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Volume 47 No. 31 Dated: 31 January 2023

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](#)

Vishnu Kumar Gupta Memorial debate

Venue: Hotel Shivalikview,
Sector 17, Chandigarh
Date: 03 February 2023
(Friday) | Time: 6.30 pm

Rotary Vocational Awards

To watch live streaming on facebook, Click here

<https://www.facebook.com/1382693896/videos/723390269186505/>

<https://www.facebook.com/1382693896/videos/3458436587723873/>



In our meeting on 27 January 2023 President Rtn Dr Sanjay Kalra welcomed Rotarians, R'Anns, guests and the five Rotary Vocational Awardees. We also had gracious presence of PDG Rtn Yoginder Diwan. The President said that January is being observed as Vocational Service Month in Rotary and besides skilling more than 200 beneficiaries in 10 different courses in 3 RVTCs, Rotary Chandigarh Midtown also honours 5 vocational achievers every year.

To take the meeting forward President Dr Sanjay invited PP Rtn Ajit Singh Gulati, Chairman of Vocational Awards Committee, to give the details of Rotary Vocational Awards who informed that each awardee is felicitated with a commendation certificate, and a cash award of Rs 5000 each. Rotary Vocational awards which is for recognition and for excellence in their service beyond the call of duty, were presented to the government employees in various departments of Chandigarh Tricity. This is a regular ongoing project of Rotary Chandigarh Midtown for the last many years. The Nominations from various departments were invited by our club's Vocational awards committee. After due scrutiny 5 awardees were selected. For making this award ceremony a success, PP Ajit Gulati thanked all the members of the committee: PP BLRamsisaria, PP Vanita Gupta, PP Amarjit Singh, Rtn Jagvinder Singh Bawa, PP Ashok Puri, Rtn Arjan Singh, Rtn Anjali Chhabra and Director Vocational Service PP RK Luther.



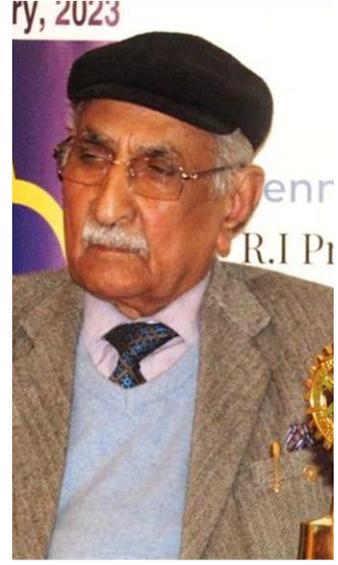
Welcome address by President
Dr Sanjay Kalra



Invocation by R'Ann Sudha Puri
reciting a poem of Gulzar



PP Rtn Ajit Gulati, Chairman
Vocational Awards

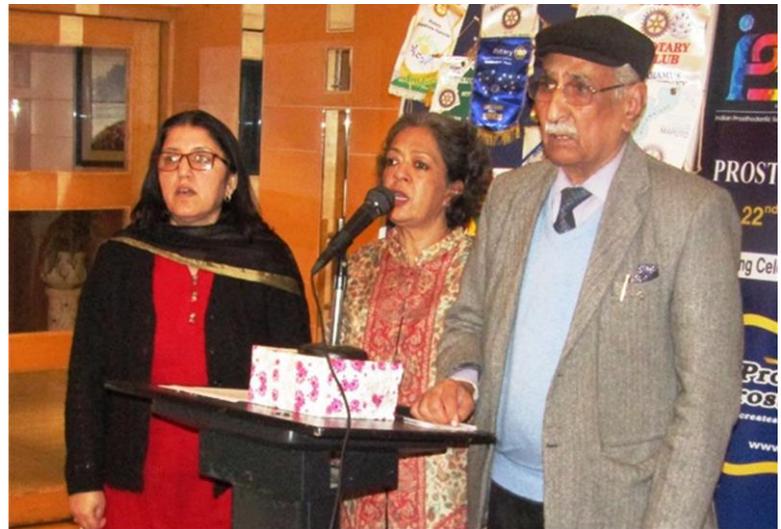


Vote of thanks by DVS PP
Rtn Raj Kumar Luther

The awardees are:-

- Mr Rohit Kumar, Data Manager from Civil Hospital Panchkula
- Hari Narayan Gardner from Dept of Horticulture Municipal Corporation Chandigarh
- Rahul Sewer man, Public Health Department Chandigarh
- Padamjeet Singh Assistant Lineman, Electricity Department, Chandigarh Administration and
- Jasbir Singh, Lift Operator, Electrical Department, Chandigarh Administration.

These awards felicitated the outstanding work done by them and to inspire them to continue the good work they are doing beyond the call of their duty.



National Anthem led by Rtn Anjani Chhabra, R'Ann Jyotie Sabharwal
and PP Rtn RK Luther



PP Rtn Amarjit Singh, Rtn Jagvinder Singh Bawa, PP Rtn Ashok Puri, Rtn Arjan Singh and PP Rtn BL Ramsisaria introduced the awardees and read their citation



PDG Yoginder Diwan also presented the award to one of the awardees and he congratulated all the five awardees for their exemplary work



President Dr Sanjay Kalra expresses his gratitude to Chair Vocational Awards PP Ajit Gulati by presenting him a special award of recognition



Awards presented to other awardees



Wedding anniversary gift presented to R'Ann Pushpa and PP Rtn Vinod Jawa



Wedding anniversary gift presented to R'Ann Nandita and Rtn Pardeep Sisodia



Wedding anniversary gift presented to R'Ann Sangeeta and Rtn Ashish Singla



Punctuality award presented to Rtn Jagvinder Singh Bawa

Talk on Dental Health awareness

by

President Rtn Dr Sanjay Kalra

To watch live streaming on facebook, Click here

<https://www.facebook.com/1382693896/videos/570283651405925/>

Dr Sanjay Kalra, a very reputed dental surgeon, gave an interesting and a colourful presentation on very important matter of concern for all, Dental health awareness. He explained about the anatomy of teeth and its structures. He talked about dental caries, a tooth decay - causing bacteria that attack the tooth. This can lead to a small hole in a tooth, called a cavity. If tooth decay is not treated, it can cause pain, infection and even tooth loss. He explained how a dentist deals with such ailments and also discussed the root canal treatment and explained the various other tooth ailments and its treatment.

Dr Kalra gave very useful advice regarding how to brush your teeth. Any toothpaste can be used but the brush should not be very soft and not very hard. It has to be normal or medium. You should brush after every meal to keep your teeth healthy. Scaling is also very important and is the basic treatment for removing the hard deposits and maintains healthy teeth.

To have better teeth and a good 'Hollywood' smile, [click here to have a better view and listen to very meaningful and valuable advice given by Dr Sanjay Kalra through live streaming on facebook.](https://www.facebook.com/1382693896/videos/570283651405925/)



Dr Sanjay Kalra was joined by Dr Samar Teja

Rtn शशि जैन से रूबरू दिल से दिल की गुफ़तगू



Past President Rtn Dr Balram Gupta has the rare distinction of being Prof Emeritus and Senior Advocate. He is a legal luminary and has the honour of heading the National Judiciary Academy, India and Chandigarh Judicial Academy. He has many awards and accolades to his credit.

Our Rotary District 3080 honoured him with Life Time Achievement Award in 2016 for connecting Rotary with Judiciary. I had an interesting conversation with him about his interest in Rotary.

Q. When did you join Rotary club and what motivated you to join it?

A. I am charter member of our Rotary Club since the year 1977. I was motivated to join because the founder of Rotary club Paul Harris was from the legal profession. There have been many RI Presidents and Directors belonging to the Legal and Judicial Coparcenary. This was the real motivation.

Q. You have been in the Board of the club for almost forty years, why did you not try for a position at the District level.

A. In fact, positions don't matter. In my tenure as President of the club, I took up different service projects. Throughout my Rotary journey (46 years), my effort has been to spread Rotary service and values within and beyond our club. All these decades, I have enjoyed my Rotary responsibilities.

Q. What do you think is your best contribution to Rotary?

A. My effort has been to connect Rotary with Judiciary. Rotary Code of Conduct and Culture match with the Judicial Conduct and Culture. Both are service oriented. I have linked the two together through my writings, talks, orations and memorial lectures. It has been a satisfying journey.

Q. How do you think it has helped you in your personal life?

A. Rotary has helped me in my personal and professional life. Ethical values and service to humanity are important to Rotary.

Integrity and discipline are important in judiciary. I feel that doing Justice is a 'Divine Service'. I got the opportunity to introduce the Rotary celebrities and others in club and our District functions. Rotary is my hobby. I enjoy Rotary flavour. I wear Rotary perfume.

Wish you keep spreading the Rotary fragrance.

Fellowship



PP Dr VJS Vohra offering, not cake, but spoonful of snacks to Rtn Anup Sharma, surprisingly clicked by President Dr Sanjay Kalra, during the fellowship, hosted by PP Ajit Gulati, PP RK Luther, PP Vinod Jawa and Rtn Pardeep Sisodia

Birthday of Spouse

R'Ann Deepshikha 05 February

Birthday of Rotarians

PP Rtn Salil Dev Singh Bali 03 February

Rtn. Maj Gen Arun K Verma 05 February

PP Rtn Trilochan Singh Anand 07 February

Rtn. Maj Gen A S Kahlon 09 February

Wedding Anniversary

R'Ann Bir & PP Rtn Ajit Singh Gulati 04 February

R'Ann Raspal & Rtn. Kulvinder Singh 04 February

Rtn. Suman & Mr. Naresh K Gupta 05 February

PP Rtn Dr. Vanita & Mr. BC Gupta 09 February

R'Ann Harpreet & Rtn. Kulbir S Bhatia 09 February

Extracting Happiness Implanting Smiles by Rtn Raj Khattar

Doctor: Your Liver is enlarged

Patient: Does that mean it has space for more whisky?

(This is called "Positive Thinking")

Lady to her dietician: What I am worried about is my height and not my weight.

Doctor: How come???

Lady: According to my weight, my height should be 7.8 feet...

(Now this is called "Positive Attitude")

Thought

Truth exists; only lies are invented.

Don't learn how to react, learn how to respond.

Thought for the week by Rtn Col. JS Chandoak

Great is the force of habit, it teaches us to bear, labour to scorn injury and pain."

----- Cicero

Memorandum of Understanding



MoU signed and given to Mr Bijender Kumar, President of RCC Maloya

Home care nursing



Home care nursing students at Asha kiran participated in thought provoking poster competition on occasion of National girl child day, in presence of PP Dr Rita Kalra and PDC Neeru Khattar

Project Maa



Distribution of Nutrition supplements to mothers of new born at delivery complex was held on 23rd January by Rotary Chandigarh Midtown, sponsored by Rtn Col Dr VK Kapoor in fond memory of late Mrs Raj Kapoor. 25 mothers were given high protein and iron rich ingredients to reduce incidence of anaemia and ensure uneventful post natal period. As part of National Girl Child observance all new born girls were presented baby sets and their mothers were given blankets to spread warmth of love and grace

National Girl Child Day celebrations



Rotary and Inner Wheel Chandigarh Midtown welcomed 25 little angels with woolen baby sets and their mothers were presented blankets with high protein and iron rich nutritious ingredients in GMSH-16 Chandigarh. PP Kanan Diwan, PDG Yoginder Diwan, Rtn Indu Luthra , R'Ann Dr Kadam Bhabri, PP Dr Rita Kalra, Dr Birinderjeet HOD Gynae and Senior nursing staff attended



At Civil Hospital Panchkula 32 girls children born in two days were presented warm baby sets and blankets to spread love. Nutrition supplements were provided to mothers of new born girls. President Dr Sanjay Kalra President IWC Saroj Jain, PDC Neeru Khattar, PP Dr Rita Kalra, staff of hospital joined to spread happiness amongst the mothers

Republic day – 26 January 2023 celebrated with Homecare nursing students

Our club celebrated Republic day with the third batch of Homecare nursing students at Asha Kiran. The students sang patriotic songs. They were given refreshments by the club members.



PP BL Ramsisaria, PP RK Luther, PP Dr Rita Kalra, President Dr Sanjay Kalra, Secretary Anupam Jain and PE Jeeten Bhambri attended the event.

National Girl Child Day



PP RK Luther was chief guest at GMSSS-46 Chandigarh. While sharing his life experiences, he along with PP Amarjit Singh explained the importance of Vocational Training in current economic scenarios in the country. Principal Mrs. Manjit Kaur welcomed Rotarians and appreciated the good work done by Rotary. On behalf of the school Mr Shashi Bhushan proposed vote of thanks.

UDID registration



Our on-going project of UDID registration of persons with disabilities is in full swing as RCC President Vinod Nagpal held UDID camp in Panjab University campus. Till date over 5000 UDID registrations have been generated. Also Ayushman card registration of EWS is being done. Great job by RCC Disability empowerment.

Collaboration with Singer India



Sewing and tailoring centre by Chandigarh Midtown at Maloya started with 20 participants. The six months course is in collaboration with Singer India for certification. PP Ashok Puri visited the centre for asset audit and monitor operations on 21/01/2023. The first batch of adult Literacy classes have been successfully concluded.

Caring Touch Program



For Caring Touch Program on Republic Day at Civil Hospital Panchkula, R'Ann Raspal Kaur and Rtn Kulvinder Singh Chhatwal gave 50 patient dresses for patients in ICU for infection control to reduce hospital acquired infections. A recliner chair was donated by PP RK Luther for the Breast feeding corner. ICN Shashi and President Dr Sanjay Kalra gave talk on infection control.

Fear never builds the future, But FAITH and HOPE does.

All correspondence to the Editor: **PP Rtn. Dr. V.J.S. Vohra**
Sr. Consultant – Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic
Head Office: Medirehab Systems, 1134, Sector 44-B, Chandigarh – 160047
Clinic: SCO No. 50, Royal Estate, Zirakpur (Chandigarh-Ambala Expressway)
E: drvjsvohra@gmail.com | Mob.: +91 9814006829 | www.nevedac.com

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DR. SANJAY KALRA Multispecialty Dental Clinic
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