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www.rotarychdmidtown.org

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Volume 47 No. 35 Dated: 28 February 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](#)

Topic

**Wonders in Microbiology:
Boon to Mankind**

Keynote Speaker

Dr Swaranjit Singh

Director, SAS Free Polyclinic, Perch, Mohali

**Venue: Hotel Shivalik View
Sector 17, Chandigarh
Date: 03 March 2023
(Friday) | Time: 6.30 pm
[Live streaming on:
our Facebook page](#)**

World Peace and Understanding Day

[Click here](#) for live streaming on Facebook

Our regular meeting on 24th February 2023 was a hybrid meeting. President Rtn Dr Sanjay Kalra welcomed the keynote speaker PP Rtn Dr Tina Anthony, PDG Rtn Shaju Peter, both joining us from Kerala on zoom and chief guest PP Rtn Anil Puri from USA, who was physically present in the meeting.

Formally introducing Rtn Dr Tina Anthony, our first lady PP Rtn Dr Rita Kalra said, "Who else to talk on Peace through service but the Assistant Zonal Ambassador for Empowering Girls Zone 7 India RID 3211, 3201, 3204." Born and brought up in Mumbai Dr Tina Anthony is Proud alumnus of GDC Mumbai and graduate in dentistry. She joined Rotary Club Aroor Satellite City in 1998 and served as President in 2015-16 and for her excellence and commitment she received the Overall Best President of the District and also bagged the Overall Best Club award besides 32 District Awards. She has also been recognized as the Best Assistant Governor. She has taken up many District assignments which she executed in the most remarkable manner. She has is an excellently organized many successful District Seminars. Dr Tina was recognised as Best Rotarian of District 3211 in 2018 for her exemplary work as District Coordinator of the Kerala Flood Relief and Rehabilitation work in Kuttanad. She is passionately involved in Women's Empowerment through Rotary and number of Projects in association with Clubs from overseas. She has published 2 books – One for basic information on Rotary for new members and another on Organic cultivation of vegetables.

She is a member of Indian Dental Association, Patron member of the Alappuzha District Rifle Association and Charter member of Alleppey Toastmasters Club. Dr Tina loves to read, paint, browse the net and shooting as a sport.

Married to Rtn Dr C Antony, a very committed and Rotarian. They are both Dental Surgeons and run their own Dental



Joining us on zoom, PDG Shaju Peter and PP Rtn Tina Anthony

Clinic in Cherthala. Their daughter Junita is Dentist and son Tivian is a senior Research Analyst in Toronto, Canada. The entire family are Rotarians and contributors to the Rotary Foundation.

In her virtual address Dr Tina Anthony said she had visited the website of our club and she was truly impressed to see the service projects undertaken by our club. She spoke about World Peace and Understanding Day, commemorated on 23rd February, every year. She also talked about Rotary's role in the Ukraine war and also the relief measures for the earthquake during February 2023 in Turkey and Syria.

World Peace and Understanding Day is closely linked to Rotary International, a global service organization that is dedicated to promoting peace and understanding worldwide. The observance of this day - 23rd February also marks the formation of the Rotary club and hence, Rotary International plays a significant role in promoting the day. Rotary also has a long history of working towards peace, conflict resolution, various projects to promote international relationships, peace and harmony between countries, fighting disease, providing clean water,

sanitation and hygiene, saving mothers and children from malnutrition and other diseases, supporting education, growing local economies, and protecting the environment. The World Understanding and Peace Day also provides people an opportunity to promote dialogue, understanding, and cooperation as means to address differences and conflicts. It is also a day that is a symbol of hope and a call to action for all individuals and institutions to work together towards a common vision: global peace and harmony.

[Click here](https://www.facebook.com/1382693896/videos/177502798330051/) - <https://www.facebook.com/1382693896/videos/177502798330051/> to watch Dr Tina Anthony's impressive talk on World Peace and Understanding Day, which was streamed live on Facebook.

Chief guest PP Rtn Anil Puri was formally introduced by PP (2016-17) Rtn Amarjit Singh. PP Anil Puri is a



Rtn Anil Puri

mechanical engineer from REC Kurukshetra in 1970. Married to Teresa, they are blessed with 3 lovely daughters; Rashmi, Meera and Nisha, all married and well settled. Rtn Anil Puri was President of Twin Cities Rotary Club of Centralia/Chehalis RI District 5020 USA in 2016-17.

He has held important assignments in District 5020, as Assistant Governor of Area 16 (Now 160) in 2018-21 and Paul Harris Society Chair. He has initiated the collaboration of his club with Chandigarh Midtown for number of projects;

- Our first up graduation of kitchen at Aasra shelter at GMCH-32 and contributed 2.25 lakhs, 50-50 share base when his elder brother Rtn Ashok Puri was the President of our club in 2018-19.
- Renovation of GES Peermuchalla and contributed Rs 28 Lakh (USD 39,000) appx over next 4 years (Total project cost Rs 56 lakh) through contribution from 7 clubs of his area and Puri family.
- Partner for our Global Grant Dialysis support for kidney patients - \$ 14000 contribution Total \$ 44000.
- Again we have together applied for another Global Grant of \$ 40000 – RVTC Bir Ghaggar with his home club as our international partner : contribution \$ 18000.

In his address PP Rtn Anil Puri appreciated the number of projects of Chandigarh Midtown and expressed his gratitude for giving his club the opportunity to join our club in these projects – Peermushalla, Aasra shelter, Bir Ghagar, Dialysis machines, Singpura and so many other things to admire. He said, “You are the light and we just follow you.” He was happy to see PDG Shaju Peter who was present on the zoom platform. PP Anil complimented PP Amarjit Singh for guiding him for global grants, PP Sanjay Bhatia, PP BL Ramsisaria, PP

Kanan Diwan, PP Dr Rita Kalra and PP Dr VJS Vohra for our club's weekly bulletin for which he conveyed the appreciation of his District Governor D 5020 (USA). He stated, “I am a fan of your club.”

Enlightening us on American history of first hundred years, Rtn Anil Puri said it is about the world's oldest democracy and India is world's largest democracy. He said, “I love America and I also love India, which is a ‘tirath yatra’ for me!”

People from all over the world have built America. It got started in 1760s when British were trying to impose some taxes known as Stamp Act to pay for large British army in North America. In 1776 Thomas Jefferson wrote declaration of Independence. Then the revolutionary war started under George Washington as Commander in Chief. Washington's leadership secured victory and independence for a new nation.

After the American War for Independence (1775-1783) a treaty at Paris was signed between the American colonies and Great Britain, recognizing the United States as an independent nation. George Washington was chosen as the first president of United States.

Speaking about the economic and industrial development of USA, PP Anil Puri said lot of Indian engineers, business men and doctors are doing well and also running the companies – Microsoft, Google, IBM, 25 percent Indians in NASA, to name a few.

To watch Rtn Anil Puri's delightful talk on American history, which was streamed live on Facebook, [Click here](https://www.facebook.com/1382693896/videos/911704326557930/) <https://www.facebook.com/1382693896/videos/911704326557930/>



**Address by President
Dr Sanjay Kalra**



**National Anthem by R'Ann Urmil Luther
and R'Ann Jyotie Sabharwal**

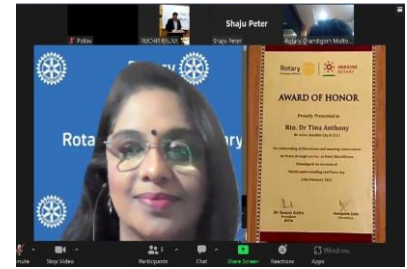
Invocation by R'Ann Jyotie Sabharwal

ये मत कहो खुदा से मेरी मुश्किलें बड़ी हैं,
इन मुश्किलों से कह दो मेरा खुदा बड़ा है

[Click here](#)



President Dr Sanjay Kalra presents award of honour to PP Anil Puri, joined by, L-R: Secretary Anupam Jain, R'Ann Sudha Puri, Mrs Asha Malhotra, PP Ashok Puri, PP Bharat Surti, virtually joined by PDG Shaju Peter and PP Dr Tina Anthony



Award of honour presented to PP Tina Anthony. PP Bharat Surti receives on her behalf



On behalf of Chandigarh Midtown PDG Shaju Peter thanked Rtn Anil Puri and Rtn Tina Anthony



Introduction of keynote speaker, Rtn Tina Anthony by PP Dr Rita Kalra



Introduction of chief guest, Rtn Anil Puri by PP Amarjit Singh



Address by visiting Rotarian PP Bharat Surti, from Ahmedabad



Zoom host Rtn Anup Sharma, connecting to God's own country, Kerala



Birthday gift to Rtn Dr Anurag Sharma, joined by Rtn Dr Manjushri Sharma



Anniversary gift to R'Ann Shivani Kapur and PN Rtn Nitin Kapur



Surprise gift for PP Rtn RK Luther and R'Ann Urmil Luther



PP Anil Puri presents punctuality award to Rtn Arjan Singh, joined by R'Ann Parveen



Honouring Para Olympian and Sahyog beneficiary Major Singh. PP Dr VJS Vohra informed he has been fitted with right below elbow prosthetic arm



PP BL Ramsisaria presents a cheque to Rtn Arjan Singh for scholarship project. Looking on is President Dr Sanjay Kalra

Ram and Sita of Kaliyuga

Contributed by: PP Rtn Dr Balram Gupta

Ram and Sita of the Kaliyuga is the story as of 12th June 2020.

A local resident noticed an aged couple looking distressed, walking on the highway at noon on a hot summer day near Kopargaon, a small town in Maharashtra, Ahmednagar district. As a matter of courtesy, he asked them for food which they politely declined. He, then offered them some money. This offer was also refused. Then, he inquired as to why they were walking like this at noon. The man, then started narrating their story. He said that they had walked almost 2200 kilometers till that day and were returning to their native place Dwarka in Gujarat.

He further said that about a year back, he had become nearly blind. The expert doctors had given up all hopes and had refused to do any surgery. However, his mother had lots of hopes and had convinced the doctor to carry out the operation, come what may. The doctor agreed and did the surgery. His mother, in the meantime, had prayed at the Shri Krishna Temple and had vowed that her son would do a padyatra to Tirupati Balaji and Pandharpur and back to Dwarka, if the operation becomes successful. As the operation was successful, he was fulfilling his mother's vow. When inquired about his wife, he said that she insisted on joining him in this mission so that she would cook food for him and look after his well-being.

Both of them were talking either in Hindi or English, but very polished!! So, the gentleman inquired about their education. On hearing their reply, he was absolutely stunned. The man had completed his Doctorate in Astronomy from the Oxford University, London and his wife also had completed her doctorate in Psychology from the same University in London. (There was no pride in their talk at all). They were very close acquaintances to Dr C. Rangarajan (ex RBI Governor) and also the Late Kalpana Chawla, astronaut who died in an unfortunate accident during the Space Mission. This couple were donating their monthly pension to a NGO for the blind people's welfare. They were keeping distance from the Social Media for the time being.

A man, just to honour his mother's vow, had become Ram and his wife accompanied him like Sita in this Kaliyuga. They were walking for more than 3 months and would walk further for a month to reach their native place Dwarka.

Ego of any person would drop dead listening to such unusual stories in real life.

Names of this couple are: Dr Dev Upadhyay and Dr Saroj Upadhyay.



Memorial meeting of Rtn Col Dr Jawahar Luthra

A memorial meeting was held on 25-02-2023 to commemorate the 5th Barsi of Col Dr Jawahar Luthra, an Ophthalmologist and a true Rotarian, at the Indian Medical Association premises, Chandigarh, where Rtn Indu Luthra donated Rupees Five Lac in the fond memory of her dear husband to make a room at the IMA premises (he was also the Past President of IMA). Many dignitaries spoke about Dr J Luthra including respected Rtn Dr Balram Gupta, Dr BC Gupta, Col RK Sharma, his colleague from AMC and CMC, Prof Alka Kansra from MCM DAV College, who recited a beautiful poem dedicated to Dr Luthra, Dr Vanita Gulati (Rtn Indu Luthra's daughter), an Ophthalmologist and Dr Ramneek Sharma President IMA Chandigarh. The function was attended by the elite of the city including Rotarians, doctors, past presidents of IMA and family members. Dr Vanita Gulati and her husband Dr Shashi Gulati an ENT specialist, Rtn Kavita Vij and her architect husband Naveen Vij, Rtn Dr Balram Gupta, Rtn Dr Vanita Gupta and Dr BC Gupta, Rtn Anil Mehan, Rekha Mehan, Rtn Dr Nitin Mathur, Eye specialists of the region including Dr Rohit Grover and Dr Anshu Grover who help us in Rotary underprivileged eye patients. Rtn Indu Luthra said, "We missed many Rotarian friends, who sent in their apologies, including our President Dr Sanjay Kalra and first lady Rtn Dr Rita Kalra, our most talented Editor Rtn Dr VJS Vohra and dear Indu Vohra, eye specialists of PGI and medical college since there was eye conference on 25th Feb in Ludhiana."



Induction of new member



Rtn Brigadier Jaswinder Singh Sabharwal introduced by Rtn Maj General Arun Verma. Lapel pin presented by PP Rtn Prem Anand and book on Rotary information presented by President Rtn Dr Sanjay Kalra. Looking on are R'Ann Jyotie Sabharwal and Secretary Rtn Anupam Jain

Address by new member



Rtn Brigadier Jaswinder Singh Sabharwal, joined by R'Ann Jyotie Sabharwal, expressed their happiness for joining Rotary to serve the community

Rtn शशि जैन से रूबरू दिल से दिल की गुफ़तगू



Rtn Shuchi Thakur has served on the positions of Secretary, Vice-President and Treasurer. I interacted with her regarding her journey in Rotary.

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

A. I joined Rotary in May 2017. My brother was a part of Group Study Exchange Program of Rotary from Varanasi. After coming back from the USA, he told me in details about the projects Rotary does on global level and also about the fellowship that the Rotarians share. This motivated me to be a part of this Organisation whenever possible. One day my path crossed with PP Dr. Rita Kalra in Sector 6 Govt Hospital and she inducted me in the club.

Q. What projects have you worked on? Which project did you enjoy the most?

A. I have worked on umpteen no of project like Reading Project for Daddu Majra kids, RYLA vishesh, Training for Teachers, Annapurna, Swacchta Abhiyan, Aastha Project. However, Covid Rasoi was closest to my heart. It was started during the second wave of corona and benefitted hundreds of corona patients with a highly nutritious protein diet twice a day without a break.

Q. What is the secret of your success in Rotary?

A. I have been involved in Rotary projects from day one. I have been more 'on the ground' and less in the meetings. Every project I participated in was executed with the purest of intentions. I do not know about their success but I do know the amount of immeasurable love, support and guidance of the seniors I received, helped me execute all these projects.

Wishing you still higher positions in Rotary

Fellowship on 24th Feb. 2023 was sponsored by

PP Rtn RTPS Tulsi
PP Rtn RK Luther
PP Rtn Ashok Puri
Dr Anurag Sharma
Rtn Major Deepak Chaudhary

Birthday of Spouse

Mr RS Sachdeva 06 March

Birthday of Rotarians

Rtn Ravinder K Jain 04 March
Rtn Naiyer Rehman 08 March

Wedding Anniversary

R'Ann Shashi & PP Rtn Dr Balram K Gupta 04 March

Extracting Happiness Implanting Smiles by Rtn Raj Khattar

- बूढ़ा पंजाबी- आप मुझे संस्कृत सिखा दो..
पंडित- क्यों? इस बुढ़ापे में नई भाषा सीखने की क्या सूझी?
पंजाबी- देवताओं की भाषा है, स्वर्ग में काम आएगी!
पंडित- अगर नरक गए तो?
पंजाबी- पंजाबी तो आती ही है...!!

- Lady to Police Inspector:

जी मेरे पति 5 दिन पहले गोभी लाने गए थे, अभी तक वापस नहीं आए।

Police Inspector: होर कोई सब्जी बना लो।

Thought

Problem never stay long, they just put signature in experience book of your life and move away.

Thought for the week by Rtn Col. JS Chandoak

Education has for its object the formation of character.

---- H. Spencer

Scholarship



Scholarship of Rs 35000 was given to Diksha Gupta, sponsored by Rtn Dr Manjushri Sharma and Rs 35000 to Suman Kumari sponsored by the club collectively, cheques presented by President Dr Sanjay Kalra and PP Anil Puri. Rtn Arjan Singh informed that total scholarship for the whole year is Rs 70000.

Microloan



Microloan Cheque for Rs 30000 presented by PP Bharat Surti. Chair Microloan PP Prem Anand informed that guarantor is PP Dr Rita Kalra.

Diet sponsored



Rotary Chandigarh Midtown has sponsored Rs 1000 per month for 6 months diet for Preeti, a student of GMSS School, Sector 20-B. Chandigarh, daily Verka milk half kg or 250 gm of paneer and egg. She has won many medals at state level in cross country, under 23 senior state level and at inter school level. R'Ann Nandita Sisodia interacted with Principal, teachers and Preeti.

Women Health education



A week long workshop on women Health education was organized for over 100 girls, by PGGC for women at Sector 14 Panchkula in collaboration with Rotary Chandigarh Midtown from 9th to 16th February 2023. The sessions on Menstrual Health and Cervical cancer prevention by Dr Rita Kalra, on Mental health by Dr Shrishti, on Dental health and disease prevention by Dr Prarthana Kalra, on Obesity, balanced diet and nutrition, first aid and CPR by Dr Monisha Jolly and on Prevention of NCD and environmental pollution by Dr Rita Kalra. Prof Alka Sharma coordinated the event and thanked Rotary for the health bonanza for women.

Skill development for girls



Our club in collaboration with FPAI at RVTC Haripur presented certificates to 20 girls on completion of two courses being run for skilling young women and make them employable. A batch of 12 girls completed 4 months of home care assistant course and batch of 9 girls completed 6 months of beauty and wellness course. Chairman Vinod Kapoor and President Dr Sanjay Kalra congratulated the young graduates and encouraged them to take up job to earn a livelihood. Director Vocational service PP RK Luther, PP BL Ramsisaria, Rtn Arjan Singh, PP Dr Rita Kalra, Secretary Anupam Jain and intern Aakriti attended the event.

Free Smiles



There are hundreds of languages around the world, but a smile verbalizes them all. Rotaract Club Chandigarh Midtown promoted a "Free Smiles" campaign at Sukhna Lake Chandigarh, to spread smiles by offering Free Hugs to more than 200 people of ages ranging from 2 years to as young as 60 years, with handwritten cardboard boards reading 'Free Hugs' and 'Make us laugh and win a chocolate'.



PP Anil Puri presents a cheque for Rs 25000 for projects of Rotary Chandigarh Midtown



PP Anil Puri, R'Ann Sudha Puri, Mrs Asha Malhotra and PP Ashok Puri. Thank you Puri family for the support to our projects

Rtn Anupam with Javed Akhtar



For Rtn Anupam Jain, "It was fabulous listening to legendary Javed Akhtar and being close to him for interaction during Literary festival at Chandigarh"

Uniforms distribution at Government School, Singhpura



Rotary Chandigarh Midtown in collaboration with PP Anil Puri and family from USA distributed a full set of uniforms each to 50 primary class students of Govt school, Singhpura on 21 February 2023. Those present were Rtn Ashok Puri, R'Ann Sudha Puri, Rtn Anil Puri along with his sister Asha Malhotra, President Sanjay Kalra, PP Vinod Jawa, PP Amarjit Singh, PP Dr VJS Vohra, R'Ann Indu Vohra, Rtn Brig JS Sabharwal, R'Ann Jyotie Sabharwal, Rtn JS Bawa and teachers of the school.

PP Anil Puri visits Sahyog Artificial Limbs Project of RI District 3080

PP Rtn Anil Puri from USA, visited Sahyog Artificial limbs project at Nevedac Prosthetic Clinic, Zirakpur along with his elder brother PP Ashok Puri, R'Ann Sudha Puri and his sister Asha Malhotra. PP Dr VJS Vohra and R'Ann Indu Vohra took them around the clinic.

PP Anil Puri was pleased to see the prosthetic facilities available at the clinic. He complimented District Chair Sahyog PP Salil Bali and Dr Vohra for providing artificial limbs to needy disabled persons.

PP Anil Puri was highly impressed to know from Dr Vohra that artificial limbs are provided due to tremendous support from Rotarians of District 3080 and some philanthropists. Others present were Rtn Brig JS Sabharwal, R'Ann Jyotie Sabharwal and Rotary intern Aakriti Rikhy from Dubai.



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

All correspondence to the Editor: **PP Rtn. Dr. V.J.S. Vohra**
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