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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](#)

R'Ann Sandhya and PP Rtn DP Khandelia

Welcome you to the

Holi ke Rang Rotary ke Sang

Festival of Colours

with

FLOWERS
only



Venue: HNo. 564, Sector 33-B
Chandigarh

Date: 08 March 2023
(Wednesday) | Time: 11.00 am

There is a Change in venue, date and time

Wonders in Microbiology: Boon to Mankind

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

In our regular meeting on 3rd March 2023 President Rtn Dr Sanjay Kalra welcomed the keynote speaker Dr Swaranjit Singh, guests and our Rotary family present in the meeting.

The keynote speaker was formally introduced by Rtn Prof Dr IS Dua.



Dr Swaranjit Singh

Dr Swaranjit Singh has done MSc Biochemistry from BHU Varanasi, PhD Biochemistry from Regional Research Lab Jorhat, Post Doctorate from PennState USA, Karlsruhe Institute of Technology, Germany and Kobe University Japan. Dr Swaranjit's name is listed in top 2% Global Scientists for 3 consecutive years.

He has served in MTCC and Gene Bank now the first IDA in India. He is Member in 2 WFCC Committees and Member of Task Force National Biodiversity Authority Chennai.

He has been honoured with Loyola Environmental Award. A Former Head Environmental Biotechnology and Microbial Biochemistry, CSIR-IMTECH, he is Fellow of National Environmental Sciences Award. He is also President of Microbiologists Society India.

He is also a recipient of Life Time Achievement Award (2022) by St. Xaviers College Ranchi. He also has publications in his name.



Dr Swaranjit Singh felicitated by PP Rtn Dr VJS Vohra, joined by President Dr Sanjay Kalra and Rtn Ashish Singla

In an interesting, informative and wonderful presentation Dr Swaranjit Singh said, "Microbes can be fungi, protists, bacteria or archaea. Some of them are beneficial, for example, food preparation; others are harmful, for example, disease-causing."

Two to five pounds (1.0 to 2.3 kgs) of live bacteria are inside our bodies. Bacteria/Microbiome saves us from infections. Good bacteria on the skin save us in case of a cut. They kill bad bacteria. Bacteria are the 1st line of defense. Skin is the 2nd line of defense.

Bacteria is generating oxygen. Over half of the world's atmospheric oxygen comes from oceans and we have oxygen to breath. Bacteria is able to degrade Oil Sludge, Dyes, pesticides and other toxins.



**Address by President Dr
Sanjay Kalra**



Invocation by R'Ann Madhu Dhawan was on water saving, "ओह रे ताल मिले नदी के जल में, नदी मिले सागर में || सागर मिले कौन से जल में, कोई जाने ना ||" [Click here - https://youtu.be/9Za8ZtfHXXY](https://youtu.be/9Za8ZtfHXXY)

Lot of Pesticides are sprayed that persist: Microbes degrade them. Toxic Sewage is cleaned by Bacteria. Bacteria break down the sewage before it is put into rivers and the sea. These bacteria produce methane gas. Methane can be used to make electricity and for cooking.

Prebiotics & Probiotics : Under prebiotic comes apples, artichoke, banana, onion and tomato.

Probiotics will have yogurt, miso, kimchi, pickles and tempeh. Prebiotics have health benefits : It is good for Immune system, mental health, diarrhoea, allergies, heart, weight loss and it is a good bacteria.

Microbes make Food. Fermentation by special bacteria called Lactobacillus produces yoghurt and cheese. Blue cheese is blue because it is mouldy! Types of fungi are added into the cheese to make the blue veins.

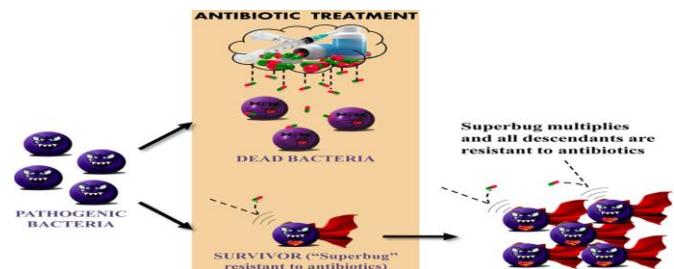


Yeasts make Breads and Spirits. In bread-making the dough rises because of the yeasts. Yeast makes a gas which helps the dough to rise. Beer, wine and spirits are also made with the help of yeast - yeast uses up the sugar and makes alcohol and a gas.

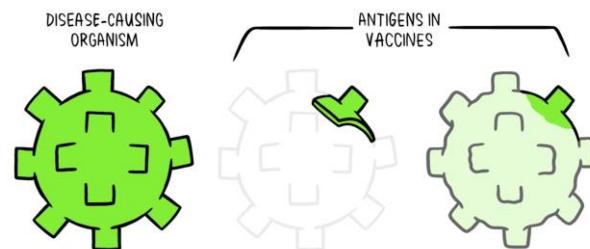
Under Medicines there is Penicillin, produced by a fungus. It is one of the most commonly used antibiotics today. There are many others made by fungi or bacteria which stop the growth of certain bacteria.

Vaccines are usually made from weak or inactive versions of the same microbes that make us ill.

Dr Swaranjit explained the concept of antibiotic treatment and [how does antibiotics work](#), as illustrated below;



He discussed the science of vaccines through following illustrations.



The key ingredient in a vaccine is the antigen. It's either a tiny part of the disease-causing organism, or a weakened, non-dangerous version, so your body can learn the specific way to fight it without getting sick.

Dr Swaranjit also discussed Beer and Wine making. The alcohol is made when the yeast use sugar from barley. The carbon dioxide is allowed to escape as a waste product.

Speaking about pollutants and oil spills. He explained these are cleaned by microbes. Major part is lost by evaporation and agitation by waves, naturally and small percent by microbial degradation. Burning is not good.

Microbes also have Army application to defend our country in case of need. It is known as Bio-Warfare.

Dr Swaranjit Singh's advice at the end of his presentation is, "Microbes should be used for the benefit of mankind," having a message, "Conserve bio-diversity, search antibiotics." He concluded his presentation with a song on Microbes;

Microbes make Vitamins
Microbes make Vaccines
Microbes make Probiotics
Microbes make Cheese
Microbes make Bread
Microbes clean Pollutants

Microbes clean Environment
Microbes make Spirits
Microbes make Alcohol
Microbes make Beer
Microbes make Enzyme

To listen to the song on YouTube, [click here](https://m.youtube.com/watch?v=eGgbwil9Fw&feature=youtu.be)
<https://m.youtube.com/watch?v=eGgbwil9Fw&feature=youtu.be>



Houseful



Dr Swaranjit Singh presents wedding anniversary gift to R'Ann Shashi Gupta and PP Rtn Dr Balram Gupta. Looking on are President Dr Sanjay Kalra and Secretary Rtn Anupam Jain



Vote of thanks by Rtn Ashish Singla



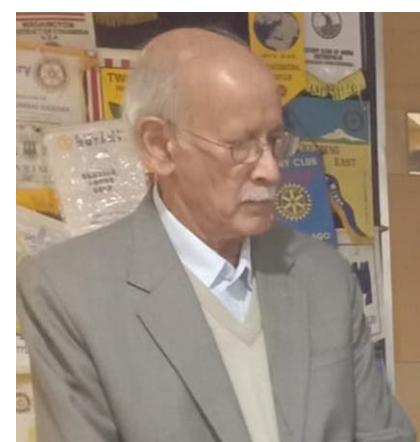
Keynote speaker felicitated by PP Dr VJS Vohra



Meeting called to order by PP Rtn RK Luther. National Anthem by R'Ann Madhu Dhawan and R'Ann Ranjna



Keynote speaker introduced by Rtn Prof Dr Inderjit Singh Dua



PP Rtn Devi Prasad Khandelia invites our Rotary family for Holi celebration, with flowers at his residence



Dr Swaranjit Singh presents punctuality award to PP Rtn Amarjit Singh. Looking on are President Dr Sanjay Kalra and Secretary Anupam Jain



Dr Swaranjit Singh presents 100 percent present lucky draw to PP Rtn BL Ramsisaria. Looking on are President Dr Sanjay Kalra and Secretary Anupam Jain

Reward of a teacher

Contributed by: PP Rtn Dr Balram Gupta



Noble Prize of Prof. Abdus Salam (Pakistan) is kept at Maulana Azad Library of Aligarh Muslim University Aligarh. Prof. Salam was first Muslim to receive Nobel Prize in the field of Quantum Physics in 1969. He dedicated his prize to his teacher Anilender Ganguli who taught him maths in Sanstan Dharam College Lahore. Prof. Ganguli gifted that one to Aligarh Muslim University, Aligarh. Prof. Salam dedicated the best of his life to his teacher in India.

Flag Exchange



Flag exchange - PP Sanjay Bhatia with Liz Hill from Rotary Club of Enfield, UK

PETS – SETS 2023



Our President Elect Rtn Jeeten Bhambri and Secretary Elect Rtn Anup Sharma with DGE Rtn Arun Mongia and PDG Rtn Jitendra Dhingra at PETS-SETS in Park Plaza, Zirakpur held on 03-05 March 2023

Rtn शशि जैन से रूबरू दिल से दिल की गुफ़तगू



Rtn Nitin Kapur is a young Rotarian and is the President Nominee 2024-25. Though he gives the impression of being a happy go lucky chap he takes his responsibility very seriously and sincerely. His responses regarding his interest in Rotary were direct and simple.

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

A. I joined Rotary in July 2015 at the Installation Ceremony of PP Kanan Dewan. PP Sanjay Bhatia introduced me to this beautiful club. My purpose of joining Rotary was to make new friends and do some humanitarian work.

Q. What are your main assets that you have risen to the highest position of the club in a very short period.

A. I don't claim to be having any special assets. However, I earned the trust of the seniors who gave me the opportunity to serve the club and I acquired the qualities of organization and leadership and learnt being empathetic.

Q. What are different projects you worked on?

A. I started working with Interactors and Rotractors. However, after some time I got involved in each and every event and project directly or indirectly.

Q. Which position of the club did you enjoy the most?

A. From member to the Secretary, Vice-President, Treasurer to President Nominee I have been enjoying my Rotary journey like a happy and contented traveller. I wish to be a Rotary traveller throughout my life along with my family.

Wishing you all the best for your future endeavours.

Thank you Puri Family



As announced by Mrs Asha Malhotra (sister of PP Puri) from USA, during our meeting on 24th Feb 2023, Puri family through Rotary Chandigarh Midtown and Twin Cities USA has donated 190 litre Refrigerator to GES Peermuchalla. PP Anil Puri from USA and PP Ashok Puri were present along with school staff

Birthday of Spouse

R'Ann Sunita

15 March

Extracting Happiness Implanting Smiles by Rtn Raj Khattar

एक लड़की पेट्रोल पंप की लाइन में स्कूटर के साथ खड़ी थी.... पेट्रोल डालने वाला लड़का समय- समय पर उसकी ओर देखता और मुस्कुराता रहा.. लड़की भी देखती और शरमाती थी। लड़का उसे कुछ बताना चाहता था.. आखिरकार, लड़की का नंबर आया तो उसने बताया कि..

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आपका स्कूटर इलेक्ट्रिक है

Thought

- Inner peace is beyond victory or defeat.
- The brain that doesn't feed itself, eats itself.

Thought for the week by Rtn Col. JS Chandoak

Mischief comes by the pound and goes away by the ounce.

---- Thomas Fuller

District 3080 Sahyog Artificial Limbs Project

[Click here to see video on Facebook - <https://youtu.be/XawRisk5RJg>](https://youtu.be/XawRisk5RJg)



2023/3/5

DG VP Kalta, IPDG Ajay Madan, Rtn Savita Madan, District Secretary Parikshat Mehdudia, District Executive Secretary Atul Tangri and District Trainer Rohit Karol visited Sahyog Artificial Limbs project on 5th March 2023 at Nevedac Prosthetic Clinic, Zirakpur.

Two patients were discharged after successful fitting of artificial limbs and plaster cast / measurements were taken for one new patient.

Others present were PP Anil Puri from Rotary District 5020 USA, Former Home Secretary (Punjab) BS Sudan, PP Ashok Puri, Chair Sahyog PP Salil Bali, PP Amarjit Singh, RC Derabassi President Bhupinder Saini, District Chair Disability Empowerment PP Dr VJS Vohra, R'Ann Indu Vohra, R'Ann Sudha Puri and other guests.

Imagine Rotary क्या कर सकती है

On Mon, Mar 6, 2023 at 12:09 PM Anil Puri <anilp5@comcast.net> wrote:

Dear Dr. Vohra,

Please allow me to submit my deep gratitude to you for twice inviting me to your clinic, and introducing me to the details of the process of how the molds are developed and conformed for proper fitting to limbs.

We were able to see the precious smiles on the faces of your patients who have been fitted with artificial limbs - and about to venture out by walking or using their hands. Thru you, sir, Almighty is offering new lives to ordinary people with the help of Rotarians and other generous.

I was blessed to receive a hug from a special lady from Himachal who will walk soon on her own.

मेरा प्रणाम स्वीकार करें

PP Anil Puri
Rotary District 5020 (USA)



Certification Ceremony at CCET, Chandigarh



Certification ceremony was organized by Rotary Chandigarh Midtown at Rotary Vocational Skilling Centre in collaboration with CCET Chandigarh. 24 young students were trained in plumbing, electrical wiring, refrigeration and carpentry. They were presented certificates with tool kits by President Dr Sanjay Kalra, Director Vocational service PP RK Luther in presence of Principal CCET. PP BL Ramsisaria, Rtn Jagwinder Bawa, Secretary Anupam Jain and faculty were present

Founder's Day



President Dr Sanjay Kalra and Secretary Anupam Jain attended the 118th birthday celebration of Rotary at Sukhna Lake , organized by Rotary Chandigarh

Rotary meeting at Lucknow



IPP Salil Chopra attended Foundation day meeting at Rotary Club Lucknow and was felicitated by President Praveen. IPP Salil also addressed the Rotarians of the club. Other 2 speakers were PDG Sushil Jain and Rtn CP Aggarwal

Microloan



PP Prem Anand presents microloan cheque of Rs 30000 to young entrepreneur to start his own business of grocery

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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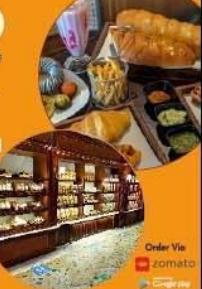
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