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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. 42 Dated: 18 April 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

My Radio and Spreading Happiness

Keynote Speaker

RJ Geet

Radio Punjab

90.0 FM

Venue: Hotel Shivalikview
Sector 17, Chandigarh
Date: 21 April 2023
Time: 6.30 pm

Resurgence of Millets on our plate

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

In our meeting on 14th April 2023 President Rtn Dr Sanjay Kalra welcomed all Rotarians and R'Anns present in the meeting, including the keynote speaker R'Ann Jyotie Sabharwal. For her formal introduction who could have been the best person to do so, than her husband Rtn Brigadier Dr JS Sabharwal. He said, "Blessed and lucky are the people who get the opportunity to speak about their better halves. Thank you for giving me this opportunity."



R'Ann Jyotie Sabharwal

Jyotie Sabharwal is born to the Olive Green and married to the Olive Green. She does not adorn the uniform but is a Soldier at Heart and in Spirit. After studying in 9 Schools all over the country she passed out from Dr Graham's School in Kalimpong. She did her BSc Honours and Masters in Botany from Delhi

University. Cleared her NET for Lecturer-ship and has 18 years of teaching experience in Ramjas College, Delhi University and Khalsa College for women, Ludhiana.

She has held various appointments in the Army Family Welfare Organisation and Army Ladies Clubs. She has been an Executive member of Punjab Basketball Association. She was Executive Member of Alive Artist Group - of the famous Punjabi actress - Nirmal Rishi's Theatre Company.

With her father she has Co-authored a book on Reiki - 'The Ancient Science and Art of Reiki Healing.' She was practicing Alternate Healing Therapies at Wellness Clinic Fort William, Kolkata, the last duty station of Brig Sabharwal.

Her Achievements:

- She was awarded Srimati Sita Narayan Medal for standing First in College-Sri Venkateshwar College, Delhi University.
- Was awarded 'Best Teacher's Award' by Ludhiana Citizen's Forum in 2007.
- Was awarded AWWA Award of Excellence, that is, Army Wives Welfare Association Award of Excellence thrice in the year 2009, 2016 and then in 2019. This Award is given for work done for the Welfare of Wives, Children and Dependents of Army Personnel.
- AWWA Central Command at Lucknow gave her an Appreciation Certificate for her Work in PRERNA- a Tri services Organisation to provide social and emotional support to patients suffering from cancer and their caretakers.

She loves travelling, reading, music, watching spy thriller movies and Web series, cooking and experimenting with new recipes with her husband as the Official taster!

She believes in, "As you grow Older, You will discover that You have Two hands: One for helping yourself, And the other for helping others."

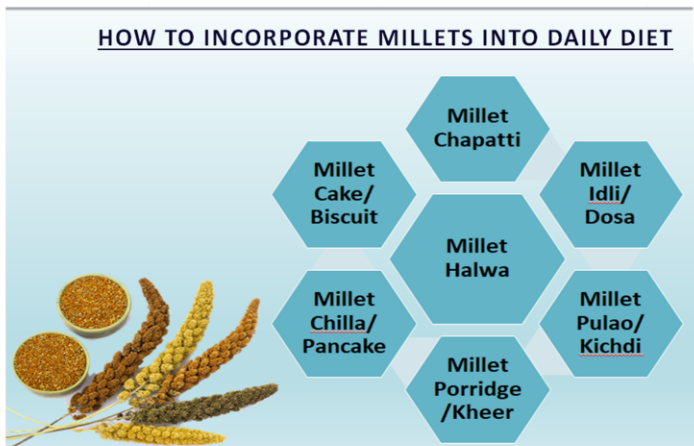
R’Ann Jyotie Sabharwal gave a very well illustrated and impressive presentation to enlighten us about Millets - ‘Resurgence of Millets on our plate.’

Millets have a lot of health benefits being rich in fibre, it gives a feeling of fullness, preventing food craving and hence less calorie intake, helping in weight loss. Millets are rich in calcium and maintains good bone and muscle health.



People with diabetes can manage their blood sugar level more easily. It keeps cholesterol in check and is good for heart. High fibre in millets helps in proper digestion and prevents constipation and other digestive disorders.

One of the easiest methods to include millet in your daily diet is by cooking chapati with 50% whole wheat and 50% millet flour. After a few weeks increase the millets portion.



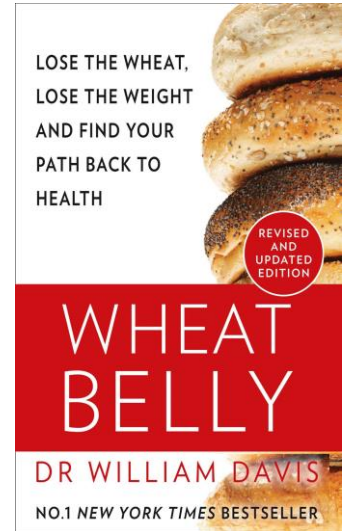
In India 10 states, that is Rajasthan, Karnataka, Maharashtra, Uttar Pradesh, Haryana, Gujarat Madhya Pradesh, Tamilnadu, Andhra Pradesh and Uttarakhand account for 98% of millet production, Rajasthan being the largest producer. India is the largest producer of Millets in the world.

Millets are comparable to wheat and rice with respect to their nutritional features with regard to carbohydrate, proteins and fat.

Preventive cardiologist, Dr William Davis in his best selling book, *Wheat Belly* says, “Lose the wheat, lose the weight and find your path back to health”.

Dr William Davis has recommended to remove wheat from diet. He is helping people reverse diseases.

Wheat we eat is actually harmful and leads to disease.



All millets are available throughout the year in the market. We must eat all of them in rotation.

Wheat production went up 3 times. Production of millet declined from 40 to 20 percent. Wheat and rice has ruled the world and also our plate.

MILLETS AS FUTURE CROPS MAINSTREAMING MILLETS FOR ADVANCING CLIMATE		
GOOD FOR CONSUMER	GOOD FOR FARMERS	GOOD FOR PLANET
<ul style="list-style-type: none"> • Low glycemic index • Rich in mineral, vitamins and antioxidants • Prevents lifestyle diseases 	<ul style="list-style-type: none"> • Short crop duration • Resource efficient use of resources • Hardest, resilient and adaptable to harsh climate 	<ul style="list-style-type: none"> • Low water footprint • Zero carbon footprint • Energy-efficient crops

Millets are now easily available in regular departmental stores and is also available online. To keep millets fresh, store them in sealed plastic or glass containers in cool dry area and millets will remain fresh up to 2 months.

With 2023 being declared as international year of millets, there are so many articles floating on social media about benefits, millet diets and recipes.

There is no doubt that millets have a lot of nutritional value but we must be informed before including them in our diet. To gain maximum benefit from millets we should know how to cook it properly. It is very important to make it easy to digest. Cooking time is also reduced.

R’Ann Jyotie Sabharwal concluded her presentation by saying, “Please add millets to your food plate.”

An excellent and informative presentation was followed by a very lively and interesting interactive discussion with all present.

[Click here](#) for live streaming of our meeting on Facebook and better view of R’Ann Jyotie Sabharwal’s presentation.



Address by
President Dr Sanjay
Kalra



Meeting called to
order by PP Rtn RK
Luther



National anthem by R'Ann
Sudha Puri and Rtn Dr Manjushri
Sharma



Message of Gratitude
by PP Rtn Dr Rita Kalra
'Rotary ka Karishma'



Invocation by Rtn
Anup Sharma



Keynote speaker
introduced by Rtn
Brig JS Sabharwal



Announcements by
Secretary Rtn
Anupam Jain



Vote of thanks
by PP Rtn Ashok
Puri



Token of appreciation presented to R'Ann Jyotie Sabharwal



Birthday gift to Rtn RPS Gulati, wedding anniversary gift to
him and R'Ann Pritpal Gulati



R'Ann Jyotie Sabharwal presents birthday gift to PP Rtn RK
Luther, joined by R'Ann Urmil Luther

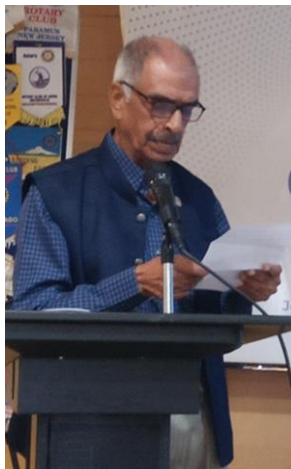


Wedding anniversary gift for R'Ann Tanu and Rtn Amit Sood
presented by R'Ann Jyotie Sabharwal



R'Ann Jyotie Sabharwal presents 100 percenters award to PP
Rtn Dr VJS Vohra, joined by R'Ann Indu Vohra

Sahyog Artificial Limbs Project



After reading the following mail received from his brother in USA, PP Rtn Ashok Puri presented to President Dr Sanjay Kalra, a cheque for Rs 1,78,500 in favour of club's Welfare Trust.

Anil Puri

to kalrasanjay2000@gmail.com, Ashok Puri, Salildev Bali, Dr Vohra
Apr 4, 2023, 5:42 AM

Dear President Sanjay Kalra,

I would like to inform you that during your club's next meeting, my brother, PP Ashok Puri, on behalf of my wife, Teresa and I, will present the cheque for the amount INR 1,80,000, prepared for "Rotary Club of Chandigarh Midtown Welfare Trust", to support the payment for "prosthetic devices" for the patients listed in the table below, under the Rotary District 3080 "Project Sahyog---Artificial Limbs & Assisted Devices"

It is my sincere request to you, that, as soon as this cheque is deposited & cleared in your club's Welfare Trust account, please proceed to make INR 1,78,500 payment to Nevedac Prosthetic Clinic (Dr. VJS Vohra CEO) to fund the treatment of the listed patients.

It is critical that payments be made to Dr. Vohra's clinic quickly, as "plaster cast/measurements" for these patients will be taking place this week.

It is a special honor and privilege for Teresa and I, to be of some help the needy, to be able to "walk again and use a hand"---and in the process---improve their living with their loved ones.

In Rotary Service

Anil Puri

Twin Cities Rotary

District 5020 (USA)

Our sincere gratitude to PP Anil Puri and R'Ann Teresa

Mighty Millets and the 3A's"

World Health Day is celebrated all over the world on 7th April each year to draw attention to a specific health topic of concern to people. An event on World Health Day was organized by our club and the Dietetics Department at Civil Hospital Sector 6, Panchkula. The theme was "Mighty Millets and the 3A's" (Accessibility, Affordability and Availability). The audience was also informed about the importance of Health and Millets in diet by R'Ann Jyotie Sabharwal.

The event was graced by Rtn Brigadier Dr. JS Sabharwal, R'Ann Jyotie Sabharwal, R'Ann Indu Anand and Rtn Pradeep Sisodia. Students, Nurses and dieticians participated in the quiz competition, recipe making, poster making on millets. The certificates and medals were sponsored by our club.



Congratulations



Rtn Anupam Jain represented Chandigarh chapter at CII-IWN National conference on Women Empowerment Engendering at Hotel Lalit, New Delhi on 13.04.2023

Punctuality Award



Punctuality award presented to Rtn Maj Gen Arun Verma by President Dr Sanjay Kalra and R'Ann Jyotie Sabharwal

Rtn शशि जैन से रूबरू दिल से दिल की गुफ़तगू



Rtn Dr Manjushri Sharma is a clinician, hospital administrator and a health economist. She started her career as a Medical officer in Haryana Medical Services but then teaching profession attracted her. So she did her Ph.D in Health economics and has been teaching Hospital

Management in Panjab University for the last twelve years.

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

A. My association with Rotary began in the year 2016 as R'Ann. While my husband was actively contributing in the project activities of Rotary, I got totally drawn into the selfless spirit and philanthropic passion of Rotary Midtown Community. My keen interest in the club services eventually led me to become a Rotarian in 2021.

Q. Please describe the various activities you have been involved.

A. I have been invited as an expert speaker on the topics of communication and health management in various schools. I have also been involved in a number of health projects. My zeal and determination towards the cause of health upliftment of community got me the position of Director Community Services in the Board of the club (2023-24).

Q. How do you describe your personal gain in Rotary?

A. My compassion for patients and an undying desire to serve the community gives me the ultimate happiness in life and it is precisely this pursuit of happiness that beckoned me to Rotary. I think it does not matter what you gain in life, what really matters is what you do with your life and my philosophy of life is 'care and compassion' for others.

May the philosophy of your life touches all hearts.

Birthday of Spouse

R'Ann Sangeeta Singla 21 April

Birthday of Rotarians

Rtn Dr Manjushri Sharma 23 April

Rtn Chandra Parkash 24 April

Secretary Rtn Anupam Jain 25 April

Extracting Happiness Implanting Smiles by Rtn Raj Khattar

- लड़की वाले : बेटा क्या करते हो...???

लड़का : I am Air diffusion fix and monitoring scientist.

लड़की वाले : बेटा वाह !

शादी के बाद पता चला वो

लड़का पंचर बनाता है.!!!

- लड़की वाले : बेटा क्या करते हो...???

लड़का I am chief executive in clean India initiative and permanent member of स्वच्छ भारत अभियान...!

लड़की वाले : बेटा वाह !

शादी के बाद पता चला

लड़का इधर ही दो गली छोड़ के स्वीपर का काम करता है...!!!

Thought

- Attitudes are nothing more than habits of thought.

- Outer beauty is a gift, inner beauty is an accomplishment.

- Sometimes your mind needs more time to accept what your heart already knows.

- Don't ever confuse the two; Your life and your work. The second is only part of the first.

Thought for the week by Rtn Col. JS Chandoak

To do easily what is difficult for others is the mark of talent. "

----- Amiel

Radio Punjab Talk Show

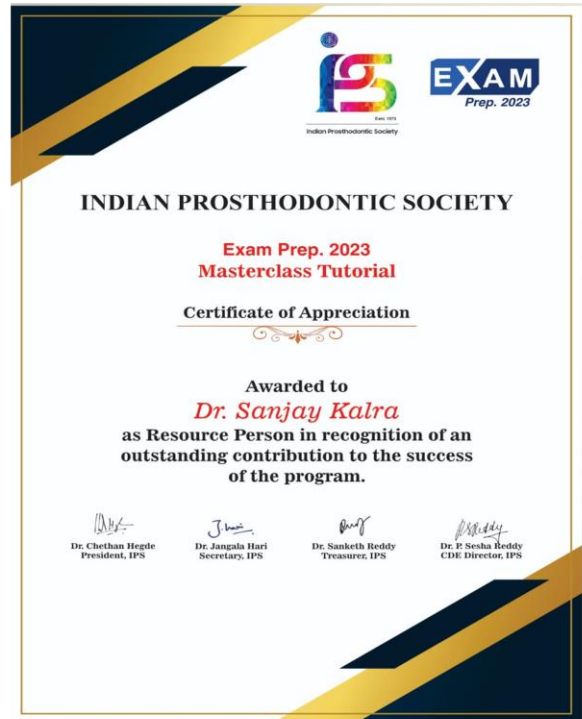


Radio Punjab invited PP Dr Rita Kalra for Talk show on awareness about thalassemia and Drug abuse. This is part of campaign by Human Care Trust and Rotary Chandigarh Midtown to promote awareness on subject. Half Marathon from Kalagram to Zirakpur is being organised for which over 1000 participants have registered.

RJ Geet of Radio Punjab appreciated efforts of Dr Rita in explaining about thalassemia in layman language, causes, prevention, screening and latest treatment modalities while advocating voluntary blood transfusion to help these patients and save lives. Drug abuse and addiction are a challenge amongst youth and the root cause is lack of mental health wellness. So to address the issue of drug abuse, besides treatment, prevention, awareness we need to handle the mental health issues right from school level.

Community Radio has a tremendous impact in changing behavior and breaking myths while promoting facts about lesser known issues and illness.

Indian Prosthodontic Society | Keynote lecture



President Dr Sanjay Kalra delivered a keynote lecture as resource person at the exam prep master class tutorial conducted by Indian Prosthodontic Society for MDS exam going students. 259 students attended. Prof Prafulla Thumati and Prof Deepak chaired the session which was moderated by Dr Vivek Choukse, an interactive and novel experience, enlivened Dr Kalra's teaching days.

Sewing and Tailoring Centre at Singpura

Our club has Sewing and Tailoring Centre with 12 students in GES Singpura, Zirakpur under able guidance of trained instructor Ramandeep as well as R'Ann Sudha Puri.

On 18th April 2023 PP Dr VJS Vohra and R'Ann Indu Vohra were also there with PP Ashok Puri and R'Ann Sudha Puri for starting this 6 months course.

PP Dr Vohra also assisted the club in getting these six sewing machines including two pedestal ones from the generous donors.



Project Aastha



Project Aastha of Rotary Chandigarh Midtown under global grant to vaccinate adolescent girls against cervical cancer, for the new batch of 65 girls was initiated at Panipat led by PP Shashi Chadha and R'Ann Manjari Chadha.

The global grant of Rotary Chandigarh Midtown has already covered 150 girls with 2 doses at Panipat and overall 500 girls have been fully vaccinated in Chandigarh tricity region.

President Dr Sanjay Kalra informed that to spread advocacy about the benefits of life saving HPV vaccine, several campaigns are being organised on Radio shows, in schools, colleges and social media etc.

Congratulations



PE Rtn Jeeten Bhambri has won award for excellence in printing and packaging year 2022-23, at JW Marriott, Mumbai on 29.03.2023



Rtn Pradeep Sisodia was felicitated by Hon'ble Ex Chief Minister of Himachal Pradesh Shri Jai Ram Thakur

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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