



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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[www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)

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](http://www.facebook.com/groups/rotarychdmidtown) and YouTube: [http://www.rotarychdmidtown.org/youtube\\_channel/](http://www.rotarychdmidtown.org/youtube_channel/)

Volume 47 No. 44 Dated: 02 May 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](#)

### Health of Heart

Risk scoring, Interpretation and way forward.

Straight from heart by

Rtn Dr Anurag Sharma

Sr. Cardiologist

and

Rtn Dr Manjushri Sharma

Venue: Hotel Shivalikview

Sector 17, Chandigarh

Date: 05 May 2023

Time: 6.30 pm

### Holistic Health and Wellness through Ayurveda

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

Our regular meeting on 28th April 2023 was a joint meeting with other Rotary Clubs in the wonderful ambience at Yukti Herbs, Plot 956, Sector 82, JLPL Industrial Area, Mohali. Thanks to Rtn Sakshi Verma and her father Rtn Kuldeep Verma.

President Rtn Dr Sanjay Kalra welcomed the keynote speakers, Dr Ajay Solanki and Dr Suhas Sakhare, Presidents and members of clubs, joining us for the meeting. Both the keynote speakers were introduced by Mr Prayjot Poll.



Dr Ajay Solanki



Dr Suhas Sakhare

Dr. Ajay Solanki, Chief Ayurvedacharya, has been practicing Ayurveda for the last 25 years. He completed his BAMS from State Ayurveda College and Hospital Lucknow, in 1990 which is also awarded as Model Institution by the Govt. of India. After completing his education, Dr. Solanki worked as Senior Doctor for 18 years at Mandav Hospital, Mandi and Bala Ji Hospital, Kangra. After this, he worked at the Jammu Hospital in Jalandhar and before joining Yukti, he served as a Deputy



President Dr Sanjay Kalra and Rtn Maj Gen Arun Verma presented token of appreciation to Rtn Sakshi Verma and her parents Rtn Kuldeep Verma and R'Ann Loven Verma

Medical Superintendent at DAV Ayurvedic College and Hospital, Jalandhar. Now, he is a matter of pride for Yukti.

Dr. Ajay Solanki is a Nadi Parikshan expert and has spent over 25 years in the industry and specializes in all Lifestyle Disorders like Diabetes, Thyroid, PCOD, PCOD, Bronchial Ashtma, COPD, etc.

Dr Suhas Sakhare MD, PhD (Ayu) has more than 10 years of experience in Panchkarma. He is specialised in Gastric Disorders and Pain Management. He completed post graduation from Maharashtra and trained Panchkarma from Kottakal, Kerala. He has gained knowledge from Gurukul Parampara in Pune. Actively participated in workshops, He has published research articles in International Journals.



Houseful in the awesome venue of Yukti Herbs



Meeting called to order by Sergeant – at – Arms PP Rtn RTPS Tulsi. Sitting on the dais are President Dr Sanjay Kalra and Joint Secretary Rtn Anup Sharma



Rtn Maj Gen Arun Verma and President Dr Sanjay Kalra presenting mementos to Dr Ajay Solanki and Dr Suhas Sakhare



Welcome address by President Dr Sanjay Kalra



Vote of thanks by Rtn Maj Gen Arun Verma

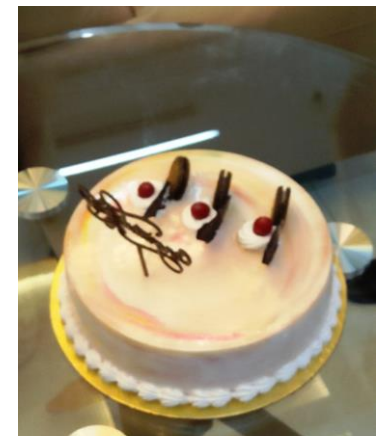


Keynote speakers introduced by Prajyot

[Click here](#) for live streaming of our meeting on Facebook to listen to very informative and useful talk by Dr Ajay Solanki and Dr Suhas Sakhare to enlighten us about Holistic Health and Wellness. Dr Ajay Solanki gave a lively talk about health, with a very practical approach! He said many young people are having heart problems which is due to stress. To prove his point he did some interesting activities. He said life has to be simple with proper eating habits, having more fiber and avoiding junk food. We should not fall into trap through marketing strategies.

Dr Solanki said, we value our materials but not our body which is worth crores of rupees. We have to be with nature and not spend our valuable time on mobile on whatsapp, instagram etc., which in fact leads to anxiety and depression, resulting in sickness. We should also concentrate on reading. Positive use of internet technology is a blessing but it can be a curse also and the best part is, it's our choice what we want it to be. There should be a control.

Dr Suhas Sakhare started his talk by asking everyone to join him for chanting, "Om." He talked about scientific and holistic approach of Ayurveda and Panchkarma, which is permanent treatment and works very well. Root cause has to be treated. Panchkarma gives the best results. Body has its own healing capacity. He also advised to use millets as part of our food.



The meeting was followed by fellowship – high tea, hosted by Rtn Sakshi Verma

## 54 girls qualify as Home Care Nurses



**DGE Arun Mongia, AGE Sanjeev Checker, Rotarians of Chandigarh Midtown, Nursing staff and successful students of Home care nursing program**



**Inspiring address by DGE Arun Mongia**

Rotary Chandigarh Midtown through its Skilling India Campaign for Girl empowerment organised a vibrant and colorful ceremony of certification of 54 girls of two batches of RY 2022-23. DGE Arun Mongia was the chief guest on the occasion. He appreciated the Chandigarh Midtowners and President Dr Sanjay Kalra for this unique initiative for community economic development. The Home care nursing program is a certified six months course in collaboration with Department of Social welfare and has been running for the last 5 years. Director Vocational service PP RK Luther and PP BL Ramsisaria have worked tirelessly to design the curriculum and also for approval from the government.

DGE Arun Mongia congratulated the girls for their achievement and said that they should continue to serve patients with smile and create hope for the world.



54 beneficiaries were provided certificates, books, stationary, uniform and a kit comprising of BP apparatus, thermometer, stethoscope and sanitizer to support them to pursue their career.



**Address by President Dr Sanjay Kalra**

..... Contd from previous page



**Memento and planter presented to DGE Arun Mongia**



**Token of appreciation to AGE Sanjeev Checker**

President Dr Sanjay Kalra informed that under CSR Grant for livelihood mission from SIDBI, 100 girls will be sponsored for vocational skilling programs. PP Dr Rita Kalra project Chair informed that girls are supported through job fairs for private job opportunities and Kaushal Nigam registration for public sector employment.

Many senior Rotarians and guests attended the event including AGE Sanjeev Checker. The event was coordinated by Dr Manjushri Sharma and motivated by Instructor Ms Poonam and Nursing superintendent Surinder Kaur. This project shall be taken forward by the next team - 2023-24, led by President Elect Jeeten Bhambri who was also present.



**PP Dr Rita Kalra**

Other members of our club present were: PP Dr VJS Vohra, PP Ashok Puri, Rtn JS Bawa, Secretary Anupam Jain, Secretary Elect Anup Sharma, Rtn Pardeep Sisodia, Rtn Naveen Agarwal, R'Ann Urmil Luther, R'Ann Sudha Puri and R'Ann Sarabjit Bawa.

**Rotary District 3080 Sahyog Artificial Limbs Project - 7 Artificial Limbs given on 26 April 2023**

[Click here](https://youtu.be/uLYa1k6Oea7) to see video on YouTube - <https://youtu.be/uLYa1k6Oea7>

On 26th April 2023, 7 Patients were discharged (6 Sponsored by PP Gaurav Ghai and one sponsored by RC Shimla Hill Queens). For 5 New Patients (2 By RC Mohali Midtown, 1 RC Mohali Silvercity, 1 RC Mohali and 1 RC Panchkula) plaster cast / measurements were taken to be provided new Artificial Limbs at Nevedac Prosthetic Clinic, Zirakpur.

Present on occasion were IPDG Ajay Madan, AG Harjeet Singh, District Secretary Parikshat Mehdudia, District Chair Sahyog PP Salil Bali, District Disability Empowerment Chair PP Dr VJS Vohra, President RC Panchkula Mukesh Aggarwal, PE Manmohan Sethi, President RC Chandigarh Periphery Vinod Manchanda, PP Ashok Puri, Secretary RC Barara Dilpreet Singh Vaid, Rtn Brig JS Sabharwal, R'Ann Indu Vohra, R'Ann Jyoti Sabharwal and Mr JS Bhalla.



Our sincere gratitude to PP Gaurav Ghai, President Ruchira Tangri, AG Harjeet Singh, PP Guru, PDG Manpreet Singh and President Mukesh Aggarwal for financially supporting the Project through their Club's resources.

We request all the Rotarians to identify more deserving disabled persons and refer to us. We would appreciate if the Clubs can identify donors. In case donor is not available, the project is self sustainable for financial assistance to the deserving disabled persons with sufficient donations committed by our generous donors.

## Rtn शशि जैन से रूबरू दिल से दिल की गुफ़तगू



PP Rtn Vinod Kumar Jawa was in the banking service and has served at various places before settling in Chandigarh.

I had the opportunity to talk to him about his interest in Rotary.

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

A. I joined Rotary Club of Nabha then District 309 in 1978. I joined Rotary Club to improve my social circle and to serve the society.

Q. Please describe your Journey in Rotary.

A. In Rotary Club of Nabha I served as member, Director, Secretary, Vice President and then as President in 1984-85. I have organised various camps for Pulse Polio, TB detection, Eye operation, Blood donation and Family Health checkup. Scholarships were also given to poor but meritorious students. In short, I can say that I had the most satisfying experience. Thereafter, I had the opportunity to serve the community at Biharsharif, Jagadhri and Ambala City. Since 2001, I have continued to contribute a little bit for humanitarian cause through Chandigarh Midtown.

Q. How do you compare Chandigarh Midtown to other clubs you have served?

A. Chandigarh Midtown is doing an excellent job. It is relatively a bigger club and has more enlightened members. It's weekly bulletin Midtowner is a mirror of the activities of the club.

Wish your interest in community service keeps growing.

### Follow Bank rules

Do you know why it is mandatory to write the amount both in words and figures on a Bank Cheque. See below:

As per bank rules...शाम के 4.30 बजे बैंक बंद हो ही रहा था कि Branch Manager के पास बेहद दिलकश और शहद सी मीठी आवाज में एक महिला का फोन आया-- "Sir I urgently need Rs 2 lac immediately and will come to you in 10 minutes. Can you please wait for me?" उसकी आवाज इतनी सुरीली थी, the Manager could not refuse her! He instructed the Cashier, "कैश रेडी रखे।" Cashier could not say no to his boss. थोड़ी ही देर बाद बढ़ी हुई तौंद और अजीबोगरीब figure वाली महिला ने बैंक में प्रवेश किया और बैंक मैनेजर को एक चेक देकर कैश की demand की। मैनेजर जो एक बहुत खूबसूरत महिला की अपेक्षा कर रहा था, उस महिला को देख तुरंत अपना इरादा बदल दिया। और कहा--"Cash is closed. Come tomorrow."

कैशियर जो रेडी था, ने मैनेजर से पूछा--"अगर महिला को कैश नहीं देना था तो हम ने इन्तजार क्यों किया ??"

The Manager said, "देख भाई मैं उसकी help तो करना चाहता था लेकिन, ये बैंकिंग का international rule है कि--- If Words and Figures don't match, Payment Will be Declined."

### Birthday of Spouse

R'Ann Indu Anand

03 May

### Wedding Anniversary

Dr Rahul & Rtn. Justice Raj Rahul Garg 28 April

R'Ann Deep & Rtn Maj Gen AS Kahlon 30 April

### Extracting Happiness Implanting Smiles by Rtn Raj Khattar

पंजाबी लड़के की साउथ  
इंडियन लड़की से शादी हुई

विवाहस्थल के बाहर  
बैनर पर लिखा था-

SODA weds DOSA "

- Ad in newspaper, "Are you an alcoholic? Call now for help."

Wife insisted to husband, "Call them immediately."

It was a liquor shop offer, "Buy 3 and get 1 free."

- 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...!!!

ससुर जी को आगरा ले जाने का प्रबंध किया गया है...!!!

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

लड़का : 'I am senior security and house keeping officer.'

लड़की वाले : बेटा वाह !

शादी के बाद पता चला लड़का बिल्लिंग का चौकीदार है...!!!

ससुर जी गिर पड़े, फिर उठे नहीं...!!!

### Thought

- IMPOSSIBLE only means that you haven't found the solution yet.

- The guy at furniture store told me the sofa would seat 5 people without any problems. Then it occurred to me, I don't think I know 5 people without problems!

- जब आप अपनी वसीयत लिखेंगे, तब आपको पता चलेगा कि, केवल एक व्यक्ति ऐसा है, जिसका आपकी संपत्ति में कोई हक़ नहीं है, "वह स्वयं आप ही है."

तो फिर चिंता किस बात की, मस्त रहे, स्वस्थ रहे !

### Thought for the week by Rtn Col. JS Chandoak

The future is more worth working for than the present because there is so much more of it."

----- Seneca

## Sad news

Heartfelt condolences to Rtn Ashish Ahuja on the demise of his mother Mrs Shakuntla Ahuja. May God give strength to the family to bear this irreparable loss.

Prayer Meeting – Friday 5th May 2023 (2 pm to 3 pm) at Lakshmi Narayan Mandir, Sector 6, Panchkula.

## Millet Awareness Talk

As part of Nutrition and health campaign for mothers and children by our club, talk was given about awareness of millets at Rotary Vocational Training Centre, Maloya




Rtn Brig JS Sabharwal and R'Ann Jyotie Sabharwal conducted the session very well, at RVTVC, Maloya and Nanhi Si Umeed Creche on 29th April 2023

35 Ladies from the stitching class, mothers of children from creche and few ladies from the neighborhood attended the awareness talk. Half of them were from Tamil Nadu and they had used some types of millets back home. They understood Hindi



They were told about the reason for millets being introduced as nutricereal in their diet. They were shown various types of millets and their benefits explained by R'Ann Jyotie. Where to purchase them, their various forms, how to store them, cook them was also discussed.

They were told how to introduce it slowly in their diet in different recipes. Pramila was also advised to introduce it in the mid-day meal as millet khichdhi.

## ROTARY INTERNATIONAL DISTRICT 3080


# अध्ययन

### DISTRICT TRAINING ASSEMBLY

Solan Auditorium, Language & Culture Deptt.Kotho, Solan, HP

**Host : Rotary Solan - 15395**

**Sunday, 21 May, 2023**




**Rtn Charu & DGE Arun Mongia**  
District Governor (2023-24)

[Click here](#)

### REGISTRATION


Upto 10th May ₹ 1500  
After 10th May ₹ 1500- (No kit)



**Rtn Anil Chauhan**  
President Rotary Solan

#### Bank Details

Rotary Club Solan  
A/c : 10688304693  
SBI Solan  
IFSC : SBIN0006401



**PP Rtn Arun Trehan**  
Chairman DTA

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After the talk there was a good interactive session on millets. Ladies took part in quiz on millets and won prizes.

## Interaction with three RI Presidents



President Dr Sanjay Kalra is with 3 RI Presidents - IPRIP Shekhar Mehta, RI President Jennifer Jones and RIPE Gordon McNally with his wife, Heather. Joining IPRIP and RIPE is PP Dr Rita Kalra

## In conversation

**CHANDIGARH UNIVERSITY** | **NAAC GRADE A+** | **ASIA UNIVERSITY RANKING**

**My Journey Spread Over Fifty Five Years  
Constitutions Are Meant To Have  
Only Birthdays**

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**Professor Emeritus (Dr.) Balam K Gupta**  
Sr. Advocate

In Conversation with

**Maj. Gen Raj Mehta**  
Prolific Writer and Author

Date: 24-04-2023  
Time: 09:30 AM onwards  
Venue: D1 Auditorium, Chandigarh University

**Autobiographical Book  
My Journey with law & Justice**

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Professor Emeritus PP Rtn Dr Balam K Gupta in conversation with Maj Gen Raj Mehta on: "Constitutions are meant to have only birthdays", on the occasion of Golden Jubilee Day of the landmark judgment in Keshavananda Bharti vs. State of Kerala on April 24, 2023 at the auditorium of Chandigarh University

**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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