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www.rotarychdmidtown.org

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Volume 47 No. 45 Dated: 09 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](#)

Club Assembly
Agenda
Planning for
Official Visit of District Governor

Venue: Hotel Shivalikview
Sector 17, Chandigarh
Date: 12 May 2023
Time: 6.30 pm

Health of Heart

Risk scoring, Interpretation and way forward

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

In our regular meeting on 5th May 2023 President Rtn Dr Sanjay Kalra welcomed the keynote speaker, Rtn Dr Anurag Sharma, guests and members of clubs. We also had gracious presence of PDG Rtn Yoginder Diwan.

It was a proud privilege for Rtn Dr Manjushri Sharma to officially introduce her husband Dr. Anurag Sharma as a passionate Cardiologist, a compassionate Philanthropist, a caring and an intellectual team leader and a believer of holistic health.



Dr Anurag Sharma

Born at Moga, to a loving hard working and intellectual parents, he excelled in his studies all through his childhood and went on to do his MBBS from Govt. Medical College, Patiala. He did his post graduate studies in Medicine and doctorate in Cardiology from prestigious PGIMER, having topped the country both times.

He started his professional career from Fortis, moved to Hyderabad and worked as senior Cardiologist. He came back to Chandigarh tricity. He established the department of Cardiology at Alchemist hospital as chief Cardiologist and then worked as director Cardiologist and finally joined Ojas hospital as Chairman Cardiologist. In the last 20 years, he has performed more than 10,000 coronary procedures in all types of patients.

He has a number of publications to his credit.

Dr Anurag is an avid Rotarian and Life member of Sahayata Society. Founder member of society for of affordable healthcare a charitable society in the name of his late mother. He has been bestowed a number of awards by various national and international bodies.

He is married to his class fellow Rtn Dr. Manjushri Sharma and they are blessed with two children. Daughter Dr. Malavika Sharma is a dentist by profession, a Rotaractor, social worker and philanthropist by heart. Their son Nitish, a doctor in making, is in the final year MBBS at Kochi, Kerala.



PP Rtn Sanjay Bhatia presented a token of appreciation to Rtn Dr Anurag Sharma, joined by Rtn Dr Manjushri Sharma and Dr Malavika Sharma. Looking on are President Rtn Dr Sanjay Kalra and Secretary Rtn Anupam Jain

Sad News

PDG Shaju Peter's 99 year old mother, Mrs. Mariakutty Peter, passed away on 07 May 2023. She was a great inspiration for him and his family, and also for the Rotary family of Chandigarh Midtown.

Our heartfelt condolences to PDG Shaju Peter. Prayers for the noble soul. May the departed soul rest in peace and God give strength to bereaved family to bear the irreparable loss.

How to Stay Healthy, was very well explained by Dr Anurag Sharma, MD DM, Chairman of Department of Cardiology, Ojas Super Speciality Hospital, Panchkula. For Cardiovascular Diseases, we are only managing the tip of the ice berg. Prevention is the key.

Either we don't indulge in or develop the risk factors. We should detect and manage heart disease early.

Heart disease cannot be prevented or managed by looking at individual risk factors. A comprehensive approach is required, that measures the relative risk, by taking into account all the factors that favor the genesis and development of heart disease.

Dr Anurag explained about Risk scoring: A cost effective strategy. What risk factors can be meaningfully quantified (Age, Systolic blood pressure, diabetic status, level of physical activity, smoking status, family history of heart disease, presence of depression, and obesity (measured through body mass index).

To define health he quoted WHO, "Health is a state of complete physical, mental and social well-being not merely an absence of disease or infirmity."

The body is your vehicle in this world - Integral part of development - Central to the concept of quality of life. Dimensions of Health are Physical, Mental, Social and Spiritual.

Doctors Perspective for health

Genetics – DNA of the parents

Diet – Type of food

Lifestyle – Sedentary – sleep pattern – smoking – stress

Astrology – Stars when you were born

He also talked about medical Astrology which is 5000 years old branch. Now research is going on in this field.

Hypertension

It is the pressure in the main blood vessel aorta which is persistently elevated and leads to many complications and if not treated. It leads to Heart disease e.g. Congestive heart failure (CAD), Stroke, Aneurysm, Kidney failure and Retinopathy.

Talking from the Spiritual aspect, Dr Anurag said Feed your soul with good food – senses control the body, mind controls the senses, intellect controls the mind, intellect is under the soul.

He talked about Purpose of life, Power of karma and that Livelihood is not life.

Managing stress is very important to control Hypertension. Stress management is a life skill and a lifesaver. Stress is known to contribute to risk factors like a poor diet and excessive alcohol consumption. Chronic (constant) stress causes our bodies to go into high gear on and off for days or weeks at a time. There's no proof that stress by itself causes long-term high blood pressure. But reacting to stress in unhealthy ways can increase your risk of high blood pressure, heart attacks and strokes.

Healthy habits to fight stress was very well explained in simple language.

- Give yourself enough time to get things done
- Learn to say "no." Don't promise too much
- Think about problems under your control and make a plan to solve them
- Know your stress triggers- people, places, and events- And avoid them
- Spend time developing supportive and nurturing relationships
- Practice gratitude.

Dr Anurag said, "Let us try to rejuvenate. Breathe, Meditate and Laugh. Exercise for 35 minutes, 5 times a week." He concluded by advising the "**Four pillars of Health:**

- Ahaar the food we eat.
- Achhaar the way we lead our life.
- Vihar the way we interact with others.
- Vichaar what is our thought process?

To have a better view of Dr Anurag Sharma's very useful presentation, [Click here](#) / [click here](#) for live streaming on Facebook.



Address by President Dr Sanjay Kalra



Invocation by R'Ann Lalita Parkash



Introduction by Rtn Dr Manjushri Sharma



Vote of thanks by PP Rtn Sanjay Bhatia



PHF recognition by PP Rtn Amarjit Singh



President Dr Sanjay Kalra presents Certificate of membership to Rtn Brig JS Sabharwal



Rtn Dr Anurag Sharma presents wedding anniversary gift to R'Ann Lalita & Rtn Chandra Parkash



Rtn Dr Anurag Sharma presents wedding anniversary gift to R'Ann Ranjna & Rtn Sanjiv Kumar



Rtn Dr Anurag Sharma presents wedding anniversary gift for R'Ann Madhu & Rtn Suresh Dhawan



Rtn Dr Anurag Sharma presents birthday gift to R'Ann Indu Anand, joined by PP Rtn Prem Anand



Rtn Dr Anurag Sharma presents lucky draw gift to hundred percentor PP Rtn Ashok Puri, joined by R'Ann Sudha Puri



PDG Yoginder Diwan presents PHF pin and a certificate to Rtn Suresh Dhawan. Looking on are PP Amarjit Singh and President Dr Sanjay Kalra



PP Dr Rita Kalra and Dr Malavika Sharma



President Dr Sanjay Kalra and PP Ashok Puri present a cheque to PP Dr VJS Vohra for amount received from PP Anil Puri for Project Sahyog

Holistic Health and Wellness through Ayurveda
Report in previous [bulletin no. 44](#) on page 1



Our club had a joint meeting with the theme Holistic health and wellness with Rotary Chandigarh Peripher, Rotary club of Mohali and Rotary Pinjore Hills. Organised at Yukti Herbs by Rtn Sakshi Verma, it was an eye opener for all present. Set in beautiful and serene environment, the guests were treated with delicious digestive tea, a in-house product followed by Invocation on Buddhism by Ms Mohita who beautifully crafted role of body mind and soul in keeping us healthy and happy.

Ayurvedachary Dr Ajay Solanki conducted a vibrant interactive workshop for 45 minutes and motivated everyone to adopt nature as way of life. A Panchakarma specialist, Dr Suhas Sakhare stressed upon the importance of comprehensive and Holistic treatment for complete cure and root cause management. Role of millets was also stressed for balanced nutrition and mineral requirements such as iron, vitamin D zinc etc.

The interactions and fellowship amongst Rotarians of Chandigarh tricity was overwhelming experience. A joint Ayurveda medical camp has been planned at Zirakpur by President Vinod Manchanda.

Similar camp was held with President Navneet Saxena of Rotary Mohali. President Daljit Mehra of Rotary Pinjore hills shall coordinate for sensitization and awareness at school and college level.



Rtn शशि जैन से रूबरू दिल से दिल की गुफ़्तगू



Rtn Arjan Singh had been working as a Lecturer in Panjab University before venturing into his own business. He has been in business for over fifty years now.

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

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

A. I was inducted into Rotary very mysteriously in 1990 by the President of the club Rtn. KTS Tulsi Senior Advocate and Member of Rajya Sabha now. We had been friends from university days. One day he invited me to attend the meeting and just inducted me. However, I have fallen in love with Rotary now and this involvement has been growing every year. Thus this involuntary member has turned into a lover of Rotary.

Q. In which projects have you been involved ?

A. I have been associated with Micro Loan Programme for about fifteen years. I have also been propelling the scholarship programme for deserving and needy girl students. It is a real contentment to see the loanee set up his establishment and earning his livelihood and girls completing their studies and finding a good job. I have derived eternal peace out of this service.

Q. You have been the Vice-President of the club, why did you not aspire to be the President?

A. Positions don't matter to me. Besides, I feel that I am so busy in my work that I could not have done justice to the position of President.

Wish your love for Rotary keeps growing.

Punctuality Award



Joined by R'Ann Veena Bindra, PP Rtn Subhash Bindra is presented Punctuality award by Rtn Dr Anurag Sharma

Get well Soon

R'Ann Madhu Dhawan

Fellowship hosted by Rtn Dr Manjushri & Rtn Dr Anurag Sharma, R'Ann Indu & PP Prem Anand and R'Ann Lalita & Rtn Chandra Parkash

Wedding Anniversary

R'Ann Lalita & Rtn Chandra Parkash	09 May
Mr RS Sachdeva & Rtn Satinder Sachdeva	10 May
R'Ann Madhu & Rtn Suresh Dhawan	11 May
R'Ann Ranjna & Rtn Sanjiv Kumar	11 May

Extracting Happiness Implanting Smiles by Rtn Raj Khattar

NATIONAL HUSBANDS DAY

On National Husbands Appreciation Day, Let us keep two minutes silence and read some quotes of great personalities.

After marriage, husband and wife become two sides of a coin, they just can't face each other, but still they stay together.

– Al Gore

A good wife always forgives her husband when she's wrong.

– Barack Obama

When you are in love, wonders happen. But once you get married, you wonder, what happened.

- Steve Jobs

And the best one is...

Marriage is a beautiful forest where Brave Lions are killed by Beautiful Deers.

- Brad Pitt

National Husband Appreciation Day !!

Laughter Therapy

While getting married, most of the guys say to girl's parents,

"I will keep your daughter happy for the rest of her life".

Have you ever heard a girl saying something like this to the boy's parents like I will keep your son happy for the rest of his life

Nooooo ... because women don't tell lies!

Thought

- When you choose to Forgive those who have hurt you, you take away their Power.

- One of the secrets of a happy life is continuous small treats.

Thought for the week by Rtn Col. JS Chandoak

Every artist wants to show his work; it would be destructive to keep the same hidden at home."

----- Rabin Mandal (89 years old painter)

Bhumi Poojan



Our Club performed bhumi poojan for the launch of project Bachpan, a project to renovate the Aanganwadi at the village sponsored under CSR Grant by Grazetti Interactive of Alok Ramsisaria s/o PP BL Ramsisaria.

Chulbul Vatika



Visit to Rotary Chulbul Vatika by PP BL Ramsisaria, PP Dr Rita Kalra, President Dr Sanjay Kalra and PP Ashok Puri

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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

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6 मई, 2023 (आगमन: सायं: 4:30 बजे)
स्थान: डेगोर थिएटर, सेक्टर 18, चण्डीगढ़।

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आयोजन: पूर्व सैनिकों के सम्मान में 'च' चण्डीगढ़।
9814000000 9468

A special function to honour and felicitate the ex-servicemen was held at Tagore theater, Chandigarh on 06 May 2023. The function was presided over by the Honorable Governor of Punjab Shri Banwari Lal Purohit. Rtn Col Jaspal Singh Chandoak standing 2nd from the left was one of special invitees



<https://fb.watch/kkUwyAfsYy/?mibextid=2Rb1fB>



A team from Hamdard news channel of Canada visited Rtn Col Jaspal Singh Chandoak on 05 May 2023

54 girls qualify as Home Care Nurses Report in previous [bulletin no. 44](#) on page 3



Glimpses of skilling India campaign for Girls
Chief Guest DGN Arun Mongia

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

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