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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](https://www.youtube.com), Whatsapp etc. Follow our regular weekly meetings on Facebook: [www.facebook.com/groups/rotarychdmidtown](https://www.facebook.com/groups/rotarychdmidtown) and YouTube: [http://www.rotarychdmidtown.org/youtube\\_channel/](http://www.rotarychdmidtown.org/youtube_channel/)

Rotary

### 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?

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Volume 48 No. 12 Dated: 19 September 2023

## Ayurvedic Rasayanas & Panchkarma For Strength and Well Being



**Yukti Herbs**  
Multi-Specialty Ayurveda & Panchkarma Hospital

Keynote Speaker

**Dr Suhas Sakhare**

MD Ayurveda, Ph.D Panchkarma

Hotel Shivalikview, Sector 17  
Chandigarh

22 September 2023 | 6.30 pm

### Blood Donation Drive & Fight against Thalassemia Organ donation & Menstrual hygiene



Dignitaries on the dais

Our meeting held September 13, 2023 was a multi-faceted event which brought together Rotarians, Rotractors, students and administrative staff in a collective effort to promote health awareness. The event was held at Mulk Raj Anand Auditorium of Panjab University, Chandigarh, in association with Bhai Ghanaiya Ji Institute of Health and Department of English and Cultural Studies of Panjab University. The event was a true mission of community service, through a talk on thalassemia, along with Blood Donation drive, Stem Cell registry and Organ Donation registry.

The collaborating agencies were Rotary Blood Bank Sector 37, Chandigarh, Datri Stem Cell registry and Regional Organ & Tissue Transplant Organization (ROTTO), PGI. President Rtn Jeeten Bhambri warmly welcomed the Chief Guest, Prof. Harsh Nayyar, Director of Research and Development Committee and the Guest of Honour Dr. Rupinder Kaur, Chief Medical Officer, stating that their presence underlined Panjab University's unwavering commitment to these vital causes. Other distinguished guests included Prof Akshay Kumar and Prof Deepti Gupta from the Department of



**Address by Chief Guest Prof Harsh Nayyar**



**Lighting of Lamp**



**Rtn Arjan Singh presents planters to AG Sanjeev Checker and District Chair Blood Donation Naveen Gupta**

English and Cultural Studies. We also had gracious presence of Assistant Governor Rtn Sanjeev Checker and District Chair Blood Donation Rtn Naveen Gupta.

Calling this event as the one which touches upon the very essence of humanity, President Jeeten remarked that the spreading of health awareness resonates with the very spirit of giving, life and care for fellow beings.

The event, meticulously conducted by Event Chair and Master of Ceremonies, Director Community Services, Rtn Dr Manjushri Sharma, was a grand success.

Planters were presented to the dignitaries by the President, followed by enlightening sessions.

IPP Rtn Dr Sanjay Kalra a presentation on Thalassemia, explaining its genetic roots and treatment options. He defined thalassemia as an inherited disorder characterized by reduced or absent amounts of hemoglobin, the oxygen-carrying protein inside the red blood cells. Thalassemia disorders affect haemoglobin which means that oxygen is carried less efficiently around the body in people with thalassemia. Highlighting the fact that India has been termed the 'Thalassemia capital', of the world, Dr. Kalra said that limited awareness and late diagnosis were the major challenges in combating this health condition, coupled with other challenges viz., lack of access to specialized thalassemia care centres and trained healthcare professionals, as well as affordability of treatment.

Thalassemia can be cured by bone marrow transplant in some patients and also stem cells transfusions if HLA typing matches with the donor. Also important is the education of patient and carriers for guarding against common complications. It could occur in any population. Dr Kalra said that treatments were being developed quickly and affected people could live long lives if they get the right treatment at the right time.

Another eminent speaker, Mrs Anuradha Tandon, Senior Associate – Medical Affairs and Partnerships, Datri Blood Stem Cell Donor Registry, shared the incredible potential of stem cell donations in treating

blood cancers and disorders. She said that Blood Cancer, Thalassemia and more than 100 such fatal blood disorders are curable. When other treatments like chemotherapy fail, the only permanent cure is Blood Stem Cell Transplant.

During Blood Stem Cell Transplant, a patient receives healthy blood stem cells from the donor. Both donor and patient must have the same HLA typing (genetic coding) which is essential for successful transplant. Patients have 25% chances to find a donor within the family. That is where the ethnicity plays a vital role in finding an unrelated donor for which, there is a need for India to have its own registry with Indian donors.

Introducing Datri as an NGO founded in 2009, Ms. Anuradha said that it was India's largest registry of voluntary blood stem cell donors. She went ahead to explain more about Datri, the registration as well as donation process for the voluntary donors.

This was followed by another enlightening discourse on menstrual hygiene and importance of using safe sanitary products by Rtn Dr Manjushree Sharma, who is also a distinguished expert in women's health.

Menstrual hygiene is a crucial, sensitive and often overlooked topic because it is still considered a social taboo. Menstruation is a natural physiological process that indicates health and motherhood potential in a woman. Lack of menstrual hygiene leads to numerous health problems, multiple infections and even psychological stress, anxiety and depression.

To combat these issues, we must promote awareness, education and access to safe products and clean facilities. Menstrual health is a vital part of a woman's well-being. Dr Manjushri explained how to maintain proper menstrual hygiene and its effective management.

Rtn Arjan Singh announced the Scholarships which were awarded to four female students of UIET, Panjab University. Cheques of Rs. 35,000/- each were given to Suman Kumari, Priyanka, Diksha Gupta and Ritika Mankotia. One full scholarship each is sponsored by PP Rtn Ritu Singal and Rtn Dr Manjushri Sharma.



Address by  
President Rtn Jeeten  
Bhambri



Event Chair  
Rtn Dr Manjushri  
Sharma



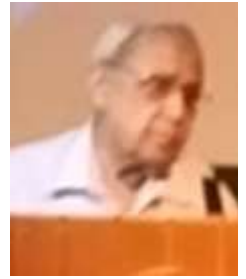
Address by IPP  
Rtn Dr Sanjay  
Kalra



Address by  
Mrs Anuradha  
Tandon



Scholarship  
announcements by  
Rtn Arjan Singh



Vote of thanks by  
PP Rtn Dr Balram  
Gupta

The Chief Guest, Prof. Harsh Nayyar, congratulated our Club for this noble initiative. The event was also highly appreciated by the administration of Panjab University.

The whole event was attended by over 300 students from various departments of Panjab University. During the donation drive 53 units of blood were collected. 39 stem cell registrations and 22 organ donation pledges were made.



Felicitations of Dignitaries by President Jeeten Bhambri



Large number of Rotary members were present



R'Ann Deepti Sharma donated blood and also pledged organ donation

[Click here](#) for more photos on Facebook

## A Tour to Vietnam

On 15th September 2023 it was a virtual tour to Vietnam at Hotel Shivalikview, Sector 17, Chandigarh, through a colourful and an interesting presentation given by IPP Rtn Dr Sanjay Kalra. This was about his trip to Vietnam and he shared some beautiful memories of the places he had visited, accompanied by PP Dr Rita Kalra, where Dr Sanjay gave a professional keynote guest lecture on Reverse planning in Implants for better Clinical outcomes at the Vietnam International Dental Exhibition and Conference Ha Noi, the biggest event for the South East Asian countries. Over 2000 delegates attended this conference. It was a memorable professional experience for Dr Kalra.



**IPP Dr Sanjay Kalra**

As President Rtn Jeeten Bhambri could not be present, the meeting was presided by PE Rtn Nitin Kapur.



Rtn JS Bawa presents a token of appreciation to IPP Dr Sanjay Kalra. Looking on are PE Nitin Kapur and Secretary Anup Sharma

### PP Salil Chopra is AG 2024-25 Zone 7



On 17.09.2023 Pre Assistant Governor 2024-25 training program held at Yamunanagar, DGE Rtn Rajpal Singh along with District Secretary Elect Rtn Narinder Pal S. Bhola presented a lapel pin to PP Rtn Salil Chopra for his appointment as Assistant Governor Zone 7 for Rotary year 2024-25



National Anthem by R'Ann Urmil Luther and Rtn Dr Indu Luthra, joined by Sergeant-at-Arms PP Rtn Ashok Puri



Address by President Elect Rtn Nitin Kapur



Invocation by R'Ann Indu Anand and PP Rtn Prem Anand



Announcements by Secretary Rtn Anup Sharma

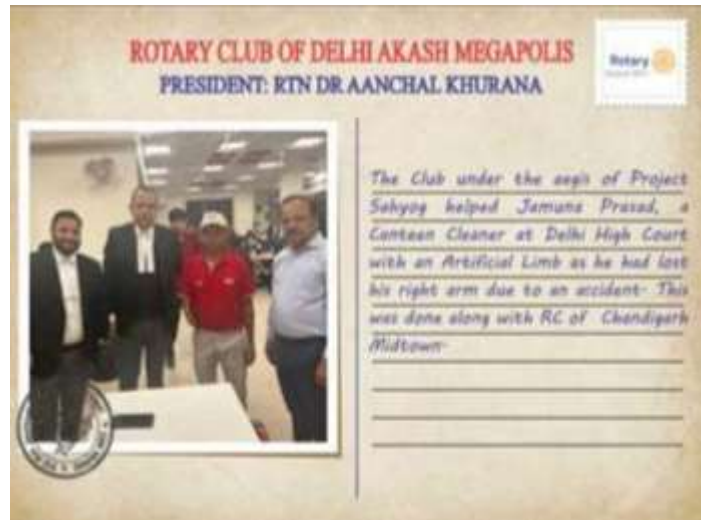


IPP Dr Sanjay Kalra presents punctuality award to PP Rtn Anil Mehan



Vote of thanks by Rtn JS Bawa

### Sahyog Project mentioned in GML of RID 3011



Our Sahyog Artificial Limbs project launched by PP Salil Bali in Delhi, RI District 3011. Reported in GML of 3011

**Message regarding flood relief from Rotary Club Sundernagar, HP – RI District 3070**

“A consignment of sanitary napkins was received from Rotary Club Chandigarh Midtown, District 3080 for the flash flood relief project being done jointly by us. Rtn Parveen Agarwal is in constant touch with PP Salil Bali of this club and they have assured more materials in the days to come. President of Rotary Club Sundernagar convened an emergency meeting in Lake view which was attended by Club secretary Rtn Ajay Kapoor, Rtn Parveen Agarwal, Rtn Umesh Gautam, Rtn Dr Trilok, Rtn Saroj and Rtn Suresh Gupta. It was decided that the material received should be given to the victims immediately. Three packs each consisting of 1080 Sanitary Pads were handed over to the President of Rotary Club Suket, Two packs were handed over to Naib Tehsildar Dehar for further distribution to flood victims. Rtn Prem Saini and Rtn Umesh Gautam volunteered to do this job. One pack will be sent to Charkhari to be distributed among the flood victims of Rella village and Nihri area. Thanks to all the Rotarians who assisted in this operation.”

Wonderful project highlighted and executed by our Director Public Image PP Salil Bali. He said, “Let us all work together to create Hope in the world.”



**Car Expedition - Limca Book of Records**



Two brothers, veteran Army officers, Rtn Maj Gen Arun Verma and Col Anil Verma have set a record by covering Seven passes above 5000 meters in four days.

They have set a new record as per Limca Book of Records. If the car had behaved, they had 12 more passes in the kitty to cover.

We are proud of Gen Verma and Col Verma and congratulate them for this marvellous achievement and wish them more success for their future endeavors.

**Brigade of honorary Junior Teachers**



On 14.9.2023 a session on Literacy brigade cum force was conducted by PP Salil Chopra at Govt Model School for Girls, Sector 20 Chandigarh. It was a very lively and vibrant session to create brigade of honorary Junior Teachers who have vowed to adopt children or elders to support them in learning process and educate them. With this we have generated 247 honorary Junior teachers for spreading literacy for needy in the society.

On 16.9.2023 at Kundan International School, Sector 46 Chandigarh PP Chopra met students of class 9th and had a great session. For the first time here - a great achievement and inspiration that 4 teachers too joined the brigade of honorary Junior teachers to teach the maids and children of their drivers and gardeners.

## Rtn डॉ शशि जैन से रूबरू दिल से दिल की गुफ्तगू



R'Ann Indu Anand worked as a lecturer in D.A.V. Public School for four years after having done her Masters in Hindi. However, after her marriage she chose to be a house maker. During her college days, she participated actively in various co-curricular activities. She takes keen interest in Rotary activities.

Q. Please tell about the various activities you have participated in Rotary club.

A. I have performed in all the cultural functions of the Club in the form of dance, poetry recitation, mimicry, speech or song. I have also participated in cookery competition and won the award. I got the privilege of doing Invocation in the club meetings a few times.

Q. How did you support PP Rtn Prem Anand during his tenure as the President of the club?

A. PP Prem Anand joined Rotary club 33 years back and as R'Ann I took part in every activity of Rotary projects. I got the opportunity to be the First Lady in 2010-11. With the help of Late Lovy Peter, I started the project of Rotary family in the club for the first time. We tried to make an effort that the family should be involved in club activities and functions so that there is a harmonious Rotary family relationship in the club. I got the privilege to participate in visit of galaxy of Rotarians to Rotary Sarai in Sector 32 hospital. I have also attended many District Conferences with my spouse.

Q. How do you think you have benefitted from Rotary at your personal level?

A. By nature I like to help others to the best of my capacity and capability. So I have imbibed the ethics of this wonderful organization and it has become an integral part of my life. During District Conferences, I learnt a lot from other members. I have the fortune of making a good number of friends in Rotary circles. They have stood by us through thick and thin. I really cherish this relationship.

Wishing you more active participation in club activities.

## Birthday of Spouse

R'Ann Surinder Chandoak	16 September
R'Ann Lalita Prakash	17 September
R'Ann Dr Ruby Ahuja	21 September

## Birthday of Rotarian

Rtn Dr Satinder Kaur Sachdeva	19 September
Rtn Babita Sharma	21 September
Rtn Surjit S. Mann	22 September
PP Rtn Anil K. Mehan	22 September

## Wedding Anniversary

R'Ann Indu and PP Rtn Prem Anand	17 September
R'Ann Rashi and Parveen Khosla	18 September

## Happiness and Smiles by Rtn Raj Khattar

"बच्चों, तुम्हें मम्मी पसंद है या पापा?"

टीचर ने बच्चों से पूछा..

सभी बच्चों ने जवाब दिया कि हम माँ से अधिक प्यार करते हैं।

"क्यों"....?

"क्योंकि वह हमें खिलाती है, हमें लाड़-प्यार करती है..."

सिर्फ एक लड़के ने जवाब दिया कि मुझे डैडी पसंद हैं।

टीचर ने वजह पूछी तो लड़के का जवाब था....

"वे हमेशा मेरी चिंता करते हैं, और रात में माँ से बार-बार पूछते रहते हैं....

सो गया क्या..?

## Thought - Rtn Raj Khattar

- A bad workman blames his tools.
- Blame keeps wounds open. Only forgiveness heals.
- Today's moments are tomorrow's memories.

## Thought - Rtn Col JS Chandoak

The world hates change, yet it is the only thing that has brought progress.

----- Charles Kettering

## Donations for Club Projects

### Thank you Generous Donors

### Relief for Flood affected victims of Mandi, Himachal Pradesh Rotary District 3070

President Rtn Jeeten Bhambri - Rs 5000

PP Rtn B L Ramsisaria - Rs 5000

### Pulse Polio Society

President Rtn Jeeten Bhambri - \$100

Secretary Rtn Anup Sharma - \$100

### Byjus Scholarship

PE Rtn Nitin Kapur - Rs. 2000

Secretary Rtn Anup Sharma - Rs 2000

President Rtn Jeeten Bhambri - Rs 2000

PP Rtn Ashok Puri - Rs 2000

PP Rtn Amarjit Singh - Rs 2000

Rtn Renu Chopra - Rs 2000

Rtn Kulbir Singh Bhatia - Rs 2000

Rtn Dr Harinderjit Kaur - Rs 2000

PP Rtn Vinod Jawa - Rs 2000

PP Rtn Sanjay Bhatia - Rs 3000

## The Club Bulletin and the role of Rotarians in Building Public Image of Rotary

The club bulletins are the biggest source of information in Rotary world and it has a large readership among the Rotarians and the friends of Rotary. For the clubs publishing their bulletins regularly, it not only brings the club in the limelight, but it also has a strong power to cement the bond among the club members to enjoy the fellowship and Rotary activities, and it is also an invitation or an attraction to increase membership. The club bulletin is the best tool to promote the object of Rotary and build its public image. It serves to inform, educate and even entertain.

The bulletins may be weekly, or a monthly issue. A good club bulletin should give Rotary information of their club, the District and also Rotary International. It should have good quality photos and details of the regular meetings of the club, projects being undertaken by the club, the forthcoming events, birthdays and wedding anniversaries of the members.

Achievements of spouses and children of Rotarians should also be important content of the bulletin. They should also be encouraged to write interesting articles for the bulletin regarding 'food for thought', education, their experience with Rotary, humor and interesting articles on general matters.

No political matter or any controversial issue should be published in the bulletin. Through the bulletin Rotary members should be informed about their club, district and the Rotary world at large.

Bulletin can be published digitally and sent to members by email or can be posted at the club's website. Publishing a bulletin is one of the cheapest activities of the club and its circulation can be fastest.

The editor should be an experienced Rotarian having good Rotary knowledge. The editor needs to be updated with technology and should ensure the quality of the bulletin with interesting contents, proper language with good graphics and an attractive layout.

The bulletin should be well illustrated with good photographs with captions / write-up and the written matters should not be too lengthy.

A regularly published bulletin is an asset to any club and is great inspiration to the members.

Rotary Public Image is being projected by club Bulletins. The Midtowner, weekly bulletin of Rotary Club Chandigarh Midtown, for which I am the Editor for last over 14 years, is being mailed all over the world to large number of non-Rotarians (friends of Rotary) and Rotarians. [It is having global viewing through our Facebook page](#), YouTube, Whatsapp etc. Since 01st July 2006, that is in the Rotary year 2006-07, when I was the club President, all bulletins of Rotary Chandigarh Midtown, till date, can be viewed from any part of the world through our [club website](#). It is also regularly posted on the club's Facebook.

A good club bulletin is the voice of the club, promoting the club's culture, its activities and its purpose. Club bulletins are the real show windows to build and create the real image of Rotary.

Bulletins should be widely circulated amongst the non-Rotarians and friends of Rotary. Every Rotary member should circulate their club bulletins amongst their friends and relatives.

The hard copies of the bulletin should be part the reading material in the front offices / visitor's / waiting room in offices / work places of Rotarians. The bulletins can have a free wider reader base physically and digitally through social media.

Through the club bulletins we are giving information about the good that Rotary is doing all over the world, by projecting the community projects and interesting activities undertaken by the club. Not only this, the club bulletin also reports Rotary activities at the International, District and Zone levels.

Club bulletins should be regularly sent to other Rotary clubs, members of Inner Wheel, Rotaract Clubs, Interact Clubs, Rotary Community Corps (RCC), associates, community partners and Friends of Rotary.

Club bulletins should be registered with RNI of Government of India. If not, it is mandatory that at a prominent place in the bulletin it should be written, 'For Private Circulation only'.

**PP Rtn Dr VJS Vohra**  
**District Chair**  
**Club Bulletin Promotion**  
**RI District 3080**



**Fear never builds the future, But Creating HOPE in the World does.**

All correspondence to the Editor: **PP Rtn. Dr. V.J.S. Vohra**  
**Sr. Consultant – Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic**  
Head Office: Medirehab Systems, 1134, Sector 44-B, Chandigarh – 160047  
Clinic: SCO No. 50, 52 Royal Estate, Zirakpur (Chandigarh-Ambala Expressway)  
E: drvjsvohra@gmail.com | Mob.: +91 9814006829 | www.nevedac.com

Designed & Printed at  
**Satyadeep Offset Printers (P) Ltd.**  
292, Industrial Area, Phase II  
Chandigarh Ph.: 4624942  
E: salil.bindra@gmail.com

Shared by DPI, PP Salil Dev Singh Bali

मैं सकूं बाहिर ही ढूंढा किया  
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ना जाने क्यों रही गुमशुदा मंज़िल  
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डी एस बाली “दामन”

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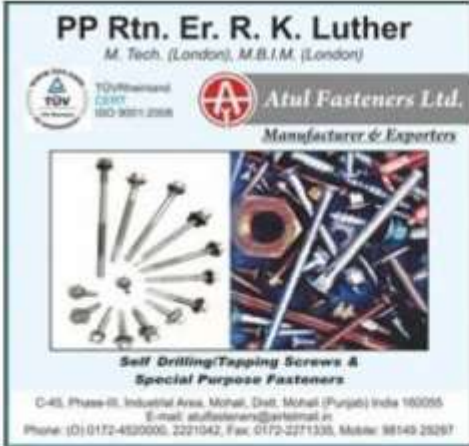


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