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3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

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Volume 48 No. 14 Dated: 03 October 2023

## Obesity Management

Keynote Speaker

**Dr. Malhar Ganla**

Pioneer of Obesity Management

**Venue:** Hotel Shivalikview, Sector 17, Chandigarh | **Date:** 06 October 2023 (Friday) | **Time:** 6.30 pm

### Zonal Fellowship Meeting on World Heart Day



On 29th September 2023 Rotary Clubs of Chandigarh - Zone 5, in association with Indian Medical Association (IMA), Chandigarh, came together for a Zonal Fellowship Meeting to commemorate the World Heart Day at Dr. P.N. Chhuttani Memorial Hall of IMA Complex, Sector 35, Chandigarh.

The event was chaired by Rtn. Dr. Anurag Sharma, who is a cardiologist at Ojas Hospital. He was accompanied by two more eminent cardiologists of the tricity – Dr. Jeet Ram Kashyap, Professor of Cardiology, GMCH-32, Chandigarh and Dr. Harinder K. Bali of Paras Hospitals, Panchkula.

Rtn. Sanjeev Checker, Assistant Governor Zone-5, started the proceedings by inviting President Rtn. Jeeten Bhambri and President Rtn. Sunil Kansal of Rotary Club of Chandigarh Central on the dias for the collar ceremony, performed by PP Rtn RTPS Tulsi.



The meeting was addressed by AG Rtn Sanjeev Checker, Rtn Dr Anurag Sharma, Dr Harinder K. Bali and Dr Jeet Ram Kashyap

World Heart day is observed on September 29th every year to create awareness about cardiovascular diseases and promote heart - healthy lifestyle globally. It was established by the World Heart Federation in 1999 and serves as a global platform to increase awareness about the importance of heart health as well as the impact of cardiovascular diseases on individuals and communities.



Collar ceremony



**Lighting of lamp**

World Heart day fosters collaboration among governments, healthcare professionals, organizations and individuals to work collectively in the fight against heart diseases. It also promotes international cooperation in research, prevention and treatment.

Dr Jeet Ram Kashyap gave an informative talk on Lifestyle related diseases and their prevention. Calling the heart as the engine of the body, the Dr Kashyap said that all organs from head to toe depends on it for their nutrition. He further said that 0.5 billion people all over the world were affected by cardiovascular diseases. There are certain risk factors, viz. ethnicity, gender, family history, etc. which cannot be changed. However, factors like obesity, high blood pressure, smoking etc. are very much within ones control.

He explained that the root cause of lifestyle diseases to modern day's poor dietary habits, decreased physical activity due to mechanization and automation of work and availability of modern modes of transport leading to reduced walking habits. Many of the modern day gadgets, TV and video games were also leading to obesity in children with addiction to social networking and internet further aggravating the problem.

Mental and physical stress leading to hypertension in adults have their own role to play with their prevalence increasing with age. No wonder then that India is the capital of lifestyle related diseases.

To prevent the occurrence of heart diseases, Dr. Kashyap listed certain modifiable risk factors :

- Control of BP, lipids and diabetes.
- Quit smoking.
- Weight reduction.



**The audience**

- Physical activity and healthy eating habits.
- De – stressing.
- Limiting intake of alcohol.
- Walking cycling to work wherever possible.

He also highlighted the government's role in ensuring National Non - communicable Disease Programme in Ministry of Health, availability of affordable and safe nutrition and assign at least 5% of GDP for health.

Dr. Harinder K. Bali stressed upon the need to periodically get ones blood parameters, viz. blood pressure, lipids, sugar, etc. checked in order to pre-empt any consequential adverse effects to the heart at a later time.

He explained how to differentiate between angina pain vis-à-vis normal chest / muscular pain and the prompt action(s) required to be taken in order to prevent further aggravation of damage to the heart muscles.

He further informed about the symptoms of a heart attack and how critical it is to reach a well -equipped medical facility in minimum possible time, under such circumstances.

It was also important that every individual after the age of thirty five, should go for a comprehensive heart health check-up and discuss the outcomes with their doctor.

Our own Rtn. Dr. Anurag Sharma who chose to address the gathering in his own special way, by his melodious song relevant to the topic of the day- [Dilbar mere kab tak mujhe aise hi tadpaoge](#), which instantly struck a chord with the audience. No wonder then, Dr Anurag is rightly called 'Dil ka Doctor, Dil Se'.

The event concluded with an interesting interactive session with the audience, followed by an expression of gratitude by the event chair, Rtn. Dr. Anurag Sharma.



## Chorashi Pachashi Chiyaasi Tey Marasi – A Comedy Play



A comedy Play 'Chorashi Pachashi Chiyaasi Tey Marasi' at Punjab Kala Bhawan on 30th September 2023, The funds raised from this event has been dedicated to the noble cause of Girl Empowerment and Skill Development.

For the houseful audience it was a very hilarious performance by the artists of Sparsh Theatre Society, Abohar, very well directed by Prof Dr Gaurav Vij. The story of the play is focused on house of Marasies (Artists), who are trapped in a false case and the interrogation by the police, that leads to non-stop hilarious sequences, resulting in the non-stop laughter by the audience. But the climax conveyed a very serious message on 'tolerance', which is the need of the hour.

Thanks to President Rtn Jeetan Bhambri, PE Rtn Nitin Kapur and PP Rtn Salil Bali for organizing this very interesting comedy play.



## कलाकार हैं चुप नहीं रह सकते, मारो चाहे पीटो...

पंजाब कला भवन में किया चौरासी, पचासी, छियासी ते मरासी नाटक का मंचन

संवाद न्यूज एजेंसी

चंडीगढ़: कलाकार हैं चुप नहीं रह सकते, चाहे मारो, चाहे पीटो, हमारी आवाज पर ताले नहीं लगा सकते- ये पंक्तियां कला मंच पर 'चौरासी, पचासी, छियासी ते मरासी' नाटक का मंचन करते कलाकारों ने कही। सेक्टर-16 स्थित पंजाब कला भवन में शनिवार को रोटरी क्लब चंडीगढ़ मिड टाउन और पंजाब आर्ट कॉन्सिल और स्पर्स थिएटर सोसायटी के सहयोग से नाटक का मंचन किया गया।

डॉ. गौरव विज द्वारा निर्देशित नाटक हास्पर्स से भरपूर रहा जिसमें भ्रष्टाचार और प्रशासन की तन्नाशाही पर तंज कसा गया। बंटी, शंटी, घंटी, एसएचओ और अन्य किरदारों के डायलॉग पर दर्शक हंसी से स्लॉटफेट हो गए। पुलिस और एक परिवार के बीच हुई खता में जहां एक ओर मजालिया मालील दिखाया तो दूसरी ओर भ्रष्ट कर्मचारियों की



सेक्टर-16 स्थित पंजाब कला भवन में नाटक का मंचन करते कलाकार | अमर उजाला

सच्चाई से दर्शकों को रुबरु करवाया। कलाकारों ने अंत में विपरीत परिस्थितियों में भी अपने भावों और विचारों को स्वतंत्रतापूर्वक कहने के अधिकार की बात रखी। मंच पर शालू, हनीष, जॉन्सन, अश्रु,

नीरज, माहिल, अंशुमन, सोनू बच्चर, राहुल, जसु सिंह, सोनिया, अंकिता और मुस्कान ने किरदार निभाया। नाटक का उद्देश्य रोटरी क्लब द्वारा लड़कियों की पढ़ाई के लिए फंड इकट्ठा करना रहा।



## फंड रेजिंग के लिए पेश किया कॉमेडी नाटक

चंडीगढ़ | महिला सशक्तिकरण को बल देने के लिए नाटकीय परफॉर्मेंस से। शनिवार को रोटरी क्लब चंडीगढ़ मिडटाउन और पंजाब आर्ट्स कॉन्सिल की ओर से एक दिवसीय नाटकीय पेशकश का आयोजन हुआ। सेक्टर-16 के रंगमंच ऑडिटोरियम में नाटक 'चौरासी पचासी छियासी ते मरासी' का मंचन किया गया। यह कॉमेडी नाटक था, जिसे डॉ. गौरव विज ने शक्रेट किया। नाटक डेढ़ घंटे की अवधि का रहा। इसमें अंबोहर के स्पर्स थिएटर ग्रुप के 16 कलाकारों ने एक्ट किया। रोटरी क्लब मिड टाउन द्वारा इस प्रस्तुती का महसूस फंड रैजिंग रहा, जिससे लड़कियों को मदद करने, उन्हें स्कूलेशन देना, एड्युकेशन बनाना और शिक्षा केंद्र में उनकी विफल टेक्नामेट करना है।

Amar Ujala 1.10.23

Dainik Bhaskar 1.10.23

## Continued support from USA for Sahyog project by PP Anil Puri and R'Ann Teresa Puri

From: **Anil Puri** <anilp5@comcast.net>  
Date: Mon, Oct 2, 2023 at 9:39 AM  
Subject: Sahyog Artificial Limbs Project  
To: Jeeten Bhambri <jeetenbhambri@yahoo.com>  
Cc: drvjsvohra@gmail.com <drvjsvohra@gmail.com>, Ashok Puri <ashokpuri1419@gmail.com>

Dear President Jeeten,

I would like to inform you that during your club's next meeting, on October 6th, my brother, PP Ashok Puri, on behalf of my wife, Teresa and I, will present the cheque for the amount INR 2,22,000 to you, prepared for "Rotary Club of Chandigarh Midtown Welfare Trust", to support the payment for "prosthetic devices" for the six patients listed in the attachment, under the Rotary District 3080 "Project Sahyog---Artificial Limbs & Assisted Devices" ---as Dr. Vohra likes to say--it is all about "disability empowerment".

In this effort, we are constantly inspired by my brother, PP Ashok Puri, my Bhabi Sudha Puri, and our project leader Dr. V.J.S. Vohra --- for their hard work on the ground and meticulous coordination.

In the list of 6 patients, numbers 1,2,3,5,6 are sponsored by my wife Teresa and I. Number 4 patient, Ms. Sadma is sponsored by my sister Asha Malhotra.

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 2,20,500 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 soon.

It is a special honor and privilege for Teresa and I, and Asha, to be a small part of "Sahyog Project" that your great club is participating in, and offering us the opportunity.

In the end, it is all about the needy, who will 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

*CREATE HOPE IN THE WORLD*

Dear PP Anil Puri,

Thanks very much your continued support to Sahyog project. My highest gratitude to you, R'Ann Teresa, your sister Asha ji and your brother PP Ashok Puri and Sudha ji, the very dedicated couple of Chandigarh Midtown, for your great concern for artificial limbs for needy disabled persons, for their empowerment to lead a normal life with dignity and pride.

I am coordinating with Sahyog Chair PP Salil Bali and will organize plaster cast / measurements of these 6 patients in the next week. Shall keep you updated.

My very sincere regards and many thanks to you both.

Dr. V.J.S. Vohra

## TRF approves Global Grant for Women Empowerment

Dear Rotary members, we are pleased to inform you all that in Rotary year 2023-24, First global grant application for funding to provide vocational training to empower women and improve the economy in Panchkula, India., submitted by the Rotary Club of Chandigarh Midtown and Twin Cities (Centralia-Chehalis), has been approved by Rotary Foundation (India) (RF(I)) and the Trustees of The Rotary Foundation (TRF). The award is in the amount of US\$ 40,000. Rest grants are also in pipeline.

Rtn Arun Mongia, District Governor 3080

Rtn Manmohan Maini, DGSC 3080

PDG Rtn Raman Aneja, Stewardship Chair 3080



## Creating Hope with Mindfulness

When we talk about finding space for one another — creating comfort and care within Rotary —we can all empathize with and support one another. Whatever we are facing in life, Rotary is a place where we know we're not alone. We spend so much time helping our world, whether it's working to end polio, cleaning up the environment, or bringing hope to communities that need it most.



PP Rtn Dr Rita Kalra

Sometimes we can lose track of the need to apply some of our energy and care to our fellow members and partners in service.

The comfort and care of our members is the single greatest driver of member satisfaction and retention. We need to ensure that it remains a priority — and that we further strengthen these bonds by helping each other in hour of need . That is why I'm so heartened by Rotary International President Gordon McNally's wonderful vision to help improve the global mental health system, not only for Rotary members, but for the communities we serve. Rotary service brings hope to the world and joy to our lives. We are People of Action, and behind that action is care, compassion, empathy, and inclusion. Studies show that performing acts of kindness is an effective way to reduce stress and improve our own mental and physical health.

Although a duck may appear to be peacefully swimming on water its feet are rapidly flapping under the surface. He alone knows what it takes to present an image of peace to onlookers. The strength a man portrays outwardly may not always be existent within him. There is possibly a different commotion in his mind that is unable to reach our perception or that he skilfully and with a lot of effort hides behind his happy face. Finally we mustn't forget that even though we see the beautiful Taj Mahal standing tall before us, underneath it lies a tomb.

What would happen if you spend millions to build a dam without an outlet ? It is bound to break at one point when water pressure exceeds a tipping point. Therefore along with the dam the outlet is of prime

importance. The human body is like a dam made out of the five elements. When problems arise and accumulate rapidly it will reach a tipping point and the dam will breakdown. Is it surprising?

Why Ambala flood after heavy rainfall? Due to lack of outlets. Therefore keep your outlets wide open at all times. Open your mouth to share your problems with your people. Take the help of regular meditation to open the outlet for your heart. If and when possible, the biggest outlet in the world which is your eyes, try to keep them open. Let the dam of tears overflow and release all stress, sadness, frustration. This is why take a shoulder is important to lean on. This shoulder is called a friend. Open your mind to this friend. Your family and friends are the best outlets. Laugh! Talk! Cry! Fight! Express! Free yourself! Such friends are rare these days. Selfishness is seen everywhere. Take care. Instead of "MISS YOU", after they are gone, say "WITH YOU" while they are still around. It takes good fortune to have people who care.

In an era marked by the fast-paced nature of modern life, it has become increasingly crucial to prioritize our health and well-being. Our bodies and minds are the foundation on which we build our lives, and neglecting them can lead to adverse consequences. As health care provider, I aim to shed light on the significance of making health a priority, offering valuable insights and practical tips to empower you all on the journey towards holistic wellness. Promoting Preventive Care is undeniably better than cure, and it highlights the importance of proactive healthcare.

Encouraging people to engage in regular health screenings,

Vaccinations and check-ups, we aim to create awareness about the significance of preventive care.

Physical activity not only improves physical fitness but also positively impacts mental health. The Power of Physical Activity offers a myriad of benefits of exercising, from boosting cardiovascular health and strengthening muscles to alleviating stress and enhancing mood.

From practicing mindfulness and stress management techniques to engaging in regular exercise, you can discover strategies to maintain a harmonious mind-body balance. The mind and body are intricately linked, and nurturing this connection is pivotal for achieving overall well-being. Adopting a holistic approach will highlight the importance of mental and emotional health alongside physical fitness. Good nutrition forms the cornerstone of a healthy lifestyle. Nurturing Nutritional Habits emphasizes the significance of mindful eating and provides guidance on making informed dietary choices that will empower to enhance the vitality and reduce the risk of mental illness.

Sleep is often overlooked in our busy lives, yet it plays a vital role in our mental health. Restorative Sleep for Optimal Health delves into the importance of quality sleep and offers strategies for improving sleep hygiene.

By understanding the significance of restorative sleep and implementing effective sleep practices, you can experience enhanced cognitive function, improved mood, and increased energy levels. The path to holistic wellness starts with prioritizing personal health. By adopting a mind-body connection, embracing nutritious eating habits, practicing preventive care, engaging in regular physical activity, and prioritizing restorative sleep, you can unlock the potential for a healthier, more fulfilling and mindful life.

Remember, investing in your health today is an investment in a better tomorrow. Becoming champions of mental health is not only the right and kind thing to do, it is the tool that can foster hope, reduce stigma, and promote understanding.

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



R'Ann Deepshikha Gupta w/o Rtn Rakesh Gupta retired as Dean from Govt College, Sector 46, Chandigarh after putting in 37 years of service. Now she is leading a retired life and enjoying with her grandchildren. Of course, she is helping her husband in his business.

Q. What do you think of Rotary as a community service platform?

A. The very motto Of Rotary 'Service above Self' reflects its commitment to community service and humanitarian cause. Rotary is a well-known global organisation which serves as a community service platform through its clubs which are dedicated to various social service initiatives relating to education, health care, clean potable water, poverty alleviation, skill development, vocational training and many others. Through their consistent voluntary work and fundraising efforts, the members come together and make a positive impact on the local as well global level.

Q. How do you think Rotary has helped you in your personal life?

A. In my opinion it helps in continued learning. The Club organises various programmes and holds weekly meetings where meaningful lectures are organised. These lectures are very beneficial. They not only throw light on important aspects of the issues but are also thought provoking. Each meeting provides an opportunity to listen to talks of different speakers on a wide range of current topics.

Q. Given the responsibility will you like to participate actively in Rotary activities?

A. It will be my pleasure to be involved with Rotary projects actively. I will try to contribute as per my capacity and ability.

Wishing you more active participation in Rotary activities.

### Thought - Rtn Raj Khattar

- Laughter is a tranquilizer with no side effects.
- The eye sees only what the mind is prepared to comprehend.

### Thought - Rtn Col JS Chandoak

The childhood shows the man. As morning shows the day.

----- John Milton

## Donations for Club Projects

Acknowledged with thanks

Fund raising event

Ind Swift Ltd	Rs 25000
Ojas Hospital	Rs 25000
Dua Properties	Rs 25000
Gupta Agencies	Rs 10000
Rtn Anupam Jain	Rs 5000

## Birthday of Spouse

R'Ann Sunita Aggarwal	03 October
R'Ann Gaganmeet	04 October

## Birthday of Rotarian

Rtn. Parveen Khosla	01 October
Rtn Dr. Col. V.K. Kapoor	03 October
Rtn. Rajesh Mahajan	04 October

## Wedding Anniversary

PP Rtn Subhash Bindra and R'Ann Veena Bindra	30 September
PP Rtn RTPS Tulsi & R'Ann Ranjana Tulsi	03 October
Rtn. Col JS Chandoak and R'Ann Surinder Chandoak	03 October

## Happiness and Smiles by Rtn Raj Khattar

Thought for the day..... For retired only!

Retired person: क्या कर रहा भाई

Retired friend: बदला ले रहा हूँ

Retired person: बदला किससे ?

Retired friend: समय से, समय ने मुझे बर्बाद किया

अब समय को मैं बर्बाद कर रहा हूँ

## WHY DO COUPLES FIGHT..???!?

My wife sat down on the couch next to me as I was flipping channels.

She asked, 'What's on TV?'

I said, 'Dust.'

And then the fight started...

When I got home last night, my wife demanded that I take her someplace expensive.

So I took her to a petrol station.

And then the fight started...

I asked my wife, "Where do you want to go for our anniversary?" It warmed my heart to see her melting in sweet appreciation. "Somewhere I've not been in a long time."

So I took her to my parents' house.

And then the fight started...

My wife was hinting about what she wanted for our upcoming anniversary. She said, 'I want something shiny that goes from 0 to 100 in about 3 seconds.'

'I bought her a weighing scale.

And then the fight started...

My wife was standing & looking in the bedroom mirror. She was not happy with what she saw and said to me, 'I feel horrible. I look old, fat and ugly. I really need you to give me a compliment.'

I replied, "Your eyesight is perfect."

And then the fight started...\*\*\*

*I sent it to my friend.*

*He sent it to his wife and then the fight started...*



## Building Rotary Image in Shatabdi



On 30th September 2023 Rtn Munish Uppal says, "It's my pleasure to travel with Gem Rtn Salil Chopra"



Rtn Munish Uppal says, "Now with Gem Rtn Salil Bali," who responds, "Thank you Rtn Munish, RC Pinjore for hosting number of Rotarians on board Shatabdi and building Rotary image"



On behalf of Sahayta Charitable Welfare Society, R'Ann Ranjana Tuli requests Rotarians and R'Anns to participate in the Pink walk in pink dress

## Donation for Nikshey Mitra divas



PP Salil Chopra is pleased to inform, "PP Anil Mehan has donated all this stuff for TB patients to be distributed at Nikshey Mitra divas on 24th October. God bless him with all his choicest blessings."

It's all 50 -1kg units of Soya Vaddi, Soya atta (40 kg), Protein supplement and gud.

## Award for bravery

Mamta, a remarkable and courageous 25 year old young woman was recognized for bravery. On 25th June 2023, in spite of her severely injured back, amidst heavy rains that caused Ghaggar in Panchkula to overflow, Mamta was the sole woman among 14 men in a daring rescue operation, saving a lady's life as her car was swept away by floods. Thank you R'Ann Shashi Gupta for the recommendation.



**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

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## Cooperation at the Molecular level in human

Cooperation is in our nature, for good and ill, but there is still a nagging doubt that something biological in us compels us to be selfish: our genes.

The rules of cooperation that we encounter in our daily lives are fundamentally the same as those that apply to how our cells cooperate within the body, how the parts of the cell came to work together and how selfish genes cooperate to make social beings.

Contributed by



Rtn Prof Dr IS Dua

Though simple, these rules play out in complicated and fascinating ways that illuminate everything from the profound to the trivial.

This is the paradox: genes are inexorably driven by self-replication, and yet cooperation continually rears its head. Not only are humans fundamentally team players, but all of nature has been teaming up since the dawn of life four billion years ago.

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