



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/)

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?

[Click here](#)

Volume 48 No. 20 Dated: 16 November 2023

Topic

**The Rotary Foundation**  
*A Legacy of Making a Difference*

Chief Guest

**PDG Rtn Dr RS Parmar**

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

## Diwali Celebration

[Click here](#) to enjoy photos on Facebook



**The hosts PP DP Khandelia and R'Ann Sandhya Khandelia  
President Jeeten Bhambri and First Lady Kadam Bhambri**

On 8th November 2023 Rotary Chandigarh Midtown organised a Gala Diwali function which was a night of joy, light, and community spirit. Thank you President Rtn Jeeten Bhambri and Secretary Rtn Anup Sharma for allowing PP Rtn Dr Rita Kalra to host the program and for their tremendous support for making the event enjoyable and memorable.

Our deepest gratitude to PP Rtn DP Khandelia and R'Ann Sandhya Khandelia for opening their lawns to the Rotary family for our Diwali celebration. They also presented Diwali gifts to everyone. Their hospitality set the stage for an evening full of warmth and festivities - the dedication and tireless efforts of the organising team did not go unnoticed. The seamless flow of the evening's program, from the beautifully decorated venue by R'Anns Ritu Choudhary, Deepti Sharma, Shivani Kapur and the First Lady Kadam Bhambri that captured

the essence of Diwali to the well-coordinated activities and games, was a testament to their planning and hard work.

PE Rtn Nitin Kapur and DCS Rtn Pradeep Sisodia ensured attention to detail that the event not only ran smoothly but also embodied the warmth and festivity befitting this auspicious occasion.

To our talented participants, their performances were the heart and soul of the celebration. The poetry readings, the songs, the dance, and the display of talent were nothing short of inspiring.

The enthusiasm and participation of all the guests in every aspect of the evening, from the games to the talent show, made our Diwali meeting not just an event, but a beautiful memory that we will all cherish.

As we move forward, let the lights of Diwali continue to guide us in our service and fellowship throughout the year.



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

**Positive Impact on Sahyog Artificial Limbs Project**

[Click here](#) to see on Facebook video of a beneficiary climbing a ladder and other photos

It was wonderful and a positive impact on Project Sahyog on 14th November 2023, truly making a difference in the lives seven patients, discharged with fitting of artificial limbs at Nevedac Prosthetic Clinic, Zirakpur. This was made possible with generous support for 6 patients by a dedicated Rotarian of Rotary Twin Cities, RI District 5020 (USA), PP Anil Puri, his wife R'Ann Teresa Puri, his sister Mrs. Asha Malhotra, very well coordinated by his brother PP Ashok Puri and R'Ann Sudha Puri of Rotary Club Chandigarh Midtown.



Virtually present from Delhi, Sahyog District Chair PP Salil Bali expressed his delight for the successful prosthetic-orthotic fitment of the beneficiaries and expressed immense gratitude to PP Anil Puri for his continuous support to Sahyog project.

PP Ashok Puri's inspiring address reflects confidence in the continued success of the Sahyog project under the dynamic leadership of PP Salil Bali and professional expertise of PP Dr. VJS Vohra, who introduced the beneficiaries and thanked PP Anil Puri for his generous support.

Vote of thanks was given by PP Amarjit Singh who recognized the significant role played by the Puri family. He also expressed special thanks to PDG David Hilton for the referral, leading to the provision of Knee Ankle Foot Orthoses (Walking calipers) for both legs of a polio patient, sponsored by Rotary Club of Dehradun. PP Amarjit informed the beneficiaries how Rotary International makes a positive impact on the lives of persons with disabilities, providing them with the support and resources they need.

The commitment of Rotarians present, including PP Ashok Puri, PP Amarjit Singh, PP Dr. VJS Vohra, and R'Ann Indu Vohra, further emphasizes the Rotary spirit of service and collaboration.



Sikandar, a painter, climbing a ladder with his right prosthetic leg. [Click here to see his video](#)

Rotary DISTRICT 3080 CREATE HOPE IN THE WORLD

ROTARY INTERNATIONAL DISTRICT 3080  
DISTRICT CONFERENCE

CHIMNEY HEIGHTS BANQUET ZIRAKPUR

10-11 FEBRUARY 2024

Chairman - Rtn Brig. DS Dhillon  
Assistant Governor - Rtn Mohit Singla

HOST CLUBS  
ROTARY CLUB OF CHANDIGARH SHIVALIK  
ROTARY CLUB OF SILVERCITY MOHALI

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

REGISTRATION SLAB TILL 26 NOVEMBER 2023  
SINGLE 4500/- COUPLE 8000/-  
For any Query:- 80549-32963 , 98889-31105, 98767-07449

Rotary DISTRICT 3080 CREATE HOPE IN THE WORLD

ROTARY INTERNATIONAL DISTRICT 3080

अर्पणा  
Joy of giving

TRF SEMINAR

Sham Bagh, Panipat  
Sunday, 26 Nov 2023

Host : Rotary Panipat Midtown

Registration

Single Rs 1800 | Couple Rs 3000

Rtn Sudershan Chugh Rtn Anil Breja Rtn Vipin Mittal Rtn Rajesh Nanda  
Chairman Assistant Governor Zone-II President Secretary

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

Follow Us ROTARY3080 rotary3080.org

Members are requested to send Rotary articles for the bulletin, sharing their Rotary experience or information. Interesting articles on personal achievements or non-political topics for community service are also welcome. The article should have upto 500 words. Please send to the Editor on email: [drvjsvohra@gmail.com](mailto:drvjsvohra@gmail.com) or Whatsapp: 91 9814006829

## Donations for Club Projects

### Acknowledged with thanks

Rtn Mukul Bansal  
Rs 21000

PP Rtn Ajit Gulati  
Rs 5000

PP Rtn Ashok Puri  
Rs 3500

## Birthday of Spouse

R'Ann Indu Vohra 11 November

## Birthday of Rotarian

Rtn Devjeet Singh 12 November

## Wedding Anniversaries

Rtn Dr Shashi Jain and Mr Naresh Kr. Jain 11 November

PP Rtn Kanan Diwan and PDG Rtn Yoginder Diwan 12 November

## Happiness and Smiles by Rtn Raj Khattar

### Modern day Ramayan:

Door-bell rings in a flat and a woman, alone in the house, opens the door.

Beggar: "Amma, please give me some alms."

Woman: "Here take..."

Beggar: "Please come out and give."

Woman: "Ok."

Beggar: "Ha Ha Ha Ha, I am Ravan."

Woman: "Ha Ha Ha, I am not Sita. I am the Kaamwali."

Beggar/Ravan: "Ha Ha, even better, I still regret carrying away. Sita, Mandodari will be happy, we want a maid, I am going to kidnap you."

Woman: "Ha Ha Ha, only Ram came searching for Sita.

If I go missing, ALL people in the building will come searching for me."

Ravan runs away.

This is called "Maid" in India!!!

## टेशन दूर करने का योग आसन

करने का समय :-

गर्मियों में : शाम 8 से 11 बजे तक

सर्दियों में : शाम 7 से 10 बजे तक

करने की विधि :-

एक कुर्सी और एक टेबल लीजिए

उस पर कांच का ग्लास, पानी व विस्की की बोतल रखें ज़रूरत अनुसार नमकीन चिकन व बर्फ आदि का भी प्रबंध करें।

ग्लास में विस्की का पैग डालें व धीरे-धीरे पीते हुए साथ में नमकीन व चिकन आदि खाएं एवम इस किर्या को 3-4 बार दुहराए और साथ में यह गुनगुनाए कि.....

भाड़ में जाए दुनिया सारी

पैग पीयो ओर करो खुमारी

आप पूरी तरह से तनाव मुक्त हो जाएंगे

नोट :-

यदि आपको यह आसन करने में कोई मुश्किल आ रही हो तो आप अपने खर्चे पर हमारी सेवाएं ले सकते हैं।

हमारा पता :-

यारों के यार बुलाएंगे दो,

आएंगे चार।

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



R'Ann Neeru Khattar is a gold medalist both in B.Sc. Hons and M.Sc. Hons. in Zoology from Panjab University, Chandigarh. She also did journalism from Bhawan Vidyalaya Chandigarh and bagged the Khasa Suba Rao Gold Medal for topping in all 63 centres all over India. She is happily married to Rtn Raj Khattar who has a flourishing business.

Q. How did you get interested in Rotary?

A. My interest in Rotary started with my husband joined Rotary. I was really impressed by the concept of 'Service Above Self'. Women were not accepted in Rotary those days, so I was inspired to join INNER WHEEL and do my little bit for the society. In Rotary I have been involved in projects like Maa and Home Care Nursing.

Q. You have also been the President in Innerwheel Club. Will you please describe all the projects you were involved?

A. I was President of Innerwheel Club Chandigarh in 1986-87. In 1996, It was bifurcated into IWC Chandigarh and IWC Chandigarh Midtown. I became the Editor in IW District 308 in 2000-01 and then became the District President.

My main thrust areas were; immunisation, water conservation and oral hygiene. During my tenure as District Chairman, 17000 children were given vaccination for MMR. Overall I enjoyed my stint as the Chairman and continue to enjoy as the past District Chairman. I am also the Charter member of my esteemed club.

Q. You are popularly known as the Nightingale of the Club. How do you feel about it?

A. I am humbled if someone calls me nightingale because I have done nothing to deserve this title. It is a direct Virasat from my mother who had a melodious voice. God has been kind to bestow this talent upon me. I wish I had done justice to His Kindness.

Q. What is the philosophy of your life?

A. I love these words of Etienne de Greeley, "I shall pass through this life but once. Any good, therefore, that I can do, or any kindness I can show, let me do it now. For I shall never pass this way again"

Let this beautiful feeling guide your life and actions always!

## **Nourish to Flourish: Nutrition and Lifestyle Strategies to Ward off Breast Cancer**

Contributed by

**PP Rtn Dr Rita Kalra**

October is recognized internationally as Breast Cancer Awareness Month. This month is dedicated to increasing awareness of breast cancer, promoting the importance of early detection, and supporting those affected by the disease. While Early detection and treatment significantly improve the chances of survival, it improves quality of life for those diagnosed with breast cancer.

Awareness and education about nutrition and lifestyle are not only important to prevent cancer but also crucial in the fight against this disease.

### **Remember:**

- **Genetic Factors:** If you have a family history of breast or ovarian cancer, consider genetic counseling to understand your risk better.
- **Breastfeeding:** Women who breastfeed for longer periods have a slightly lower risk of breast cancer.
- **Environment:** Be mindful of exposure to environmental toxins and carcinogens.

Preventing breast cancer—or any type of cancer—cannot be guaranteed, as cancer can be influenced by various factors including genetics, environment, and lifestyle. However, adopting certain dietary and lifestyle habits can help reduce your overall risk.

1. **Balanced Diet:** Diverse Fruits and Vegetables: These are rich in antioxidants, which help in protecting cells from damage.

**Whole Grains:** Whole grains like quinoa, brown rice, and whole wheat provide complex carbohydrates, fiber, and B vitamins for sustained energy and overall health. Opt for brown rice, oatmeal, and whole wheat bread to increase fiber intake, which aids in maintaining a healthy weight.

**Lean Proteins:** Foods like poultry, fish, provide essential proteins without excess saturated fats. and plant-based protein sources like beans, lentils, and tofu provide essential protein for tissue repair and growth.

**Healthy Fats:** Avocados, nuts, and olive oil contain monounsaturated and polyunsaturated fats, which are heart-healthy.

**Leafy Greens:** Spinach, kale, and other leafy greens are rich in iron, calcium, and foliate, which are important nutrients during pregnancy and breastfeeding.

**Dairy or Dairy Alternatives:** Milk, yogurt, and fortified plant-based milk alternatives provide calcium, vitamin D, and protein for bone health.

**Nuts and Seeds:** These are sources of healthy fats, protein, and important micronutrients. They can be incorporated into meals or eaten as snacks.

2. **Alcohol Moderation:** Alcohol has been linked to an increased risk of breast cancer. It's advisable to limit intake to one drink per day for women (if at all).

3. **Weight Management:** Overweight and obesity increase the risk of postmenopausal breast cancer. Maintaining a healthy weight through diet and exercise is crucial.

4. **Processed Foods:** Minimizing the intake of processed foods, which often contain preservatives and unhealthy fats, is essential. These foods also contribute to weight gain.

5. **Supplements:** While some vitamins and minerals can aid in supporting a healthy immune system, over-reliance on supplements isn't advised. Seek professional guidance on supplementation.

### **Lifestyle**

1. **Exercise Regularly:** Physical activity helps in weight management, improving immune function, and hormone regulation, all of which can influence cancer risk.

2. **Avoid Tobacco:** Smoking tobacco products contributes to a wide range of health issues, including an increased risk of many types of cancer.

3. **Limit Radiation Exposure:** Reducing unnecessary medical imaging tests that expose you to high levels of radiation is prudent.

4. **Hormone Therapy Caution:** Women considering hormone replacement therapy (HRT) for menopausal symptoms should weigh the benefits and risks. Short-term use or using lower doses may decrease risk.

5. **Stress Management:** Chronic stress can negatively affect your health in various ways, including weakening your immune system, which is vital in fighting off diseases, including cancer.

6. **Early Detection:** Regular breast self-exams, clinical breast exams, and mammograms can aid in early detection, increasing the chances of successful treatment if cancer is found.

Beneath October's tender pinkish glow,  
Stories of strength, and resilience steadily grow.  
A ribbon, soft and pink, an emblem of the fight,  
Illuminates the path, through the long, treacherous night.  
Threads of hope weave through the tapestry of pain,  
As warriors in pink endeavor to break the chain.  
Through avenues of awareness, through pathways of care,  
In the realm of support, an atmosphere rare.  
This October, let us carry the beacon of hope, bright and keen,  
Through pathways yet walked, through futures yet unseen.

## Sahyog Artificial Limbs project - A professional clinical process

Contributed by:

PP Rtn Dr VJS Vohra

Sahyog Artificial Limbs project was launched in August 2021. The project is being implemented by Rotary Club Chandigarh Midtown, with support of Rotarians and Rotary Clubs of RI District 3080.

Due prosthetic clinical procedure has been adopted as Prosthetics and Orthotics are specialized healthcare service that deals with the design, fabrication and fitting of prosthetic and orthotic devices to assist patients with physical disabilities and limb amputations. Prosthetics and orthotics services and facilities have to be provided by certified prosthetic orthotic clinicians, who are qualified, recognized and certified by the Rehabilitation Council of India (RCI), the regulatory body responsible for overseeing that prosthetic orthotic treatment is carried out as per provisions of Rehabilitation Council of India Act, to ensure the quality, safety and care provided to persons with disabilities. The RCI Act is a legal framework that establishes the standards and guidelines for prosthetic and orthotic services, and unqualified individuals or facilities and camps offering these services, is illegal and are liable for prosecution under the RCI Act. It is essential for individuals seeking prosthetic or orthotic services to ensure they are being attended by certified professionals who comply with the RCI's standards to receive safe and effective care. This helps maintain the quality of prosthetic and orthotic treatment and ensures that patients receive good quality devices and support they need.



An overview of the steps involved for fitment of artificial limbs and devices adopted by a prosthetic clinician in a well equipped prosthetic clinic, is given below:

**Clinical Assessment:** The first step is the prosthetic clinician assesses the patient's physical condition, amputation level, age, medical history and functional needs. Patient's overall health and lifestyle is analyzed for determining the appropriate type of prosthesis and components.



**Physical Examination:** The prosthetic clinician performs a physical examination of the residual limb (stump). The clinician checks for any skin conditions, swelling, scarring, and any specific anatomical factors that could affect prosthetic fitting. A detailed analysis is conducted by the clinician.

**Measurement and Plaster Cast:** Measurements of the residual limb, that is the stump, are taken for the length and circumference, taking care of various anatomical landmarks. A plaster cast is taken of the stump to create a model of the residual limb. Plaster bandage is wrapped around the stump to capture the contours to create a negative plaster mold which is then filled with plaster of Paris to convert it into a positive mold. Necessary modifications are done on the mold for creating the socket, which is the most important part of the prosthesis that fits over the stump.



**Socket Creation and Fabrication:** The socket, which is a crucial component of the prosthesis, is created based on the positive model. It is custom-designed to provide a secure and comfortable fit. The socket is made from various materials and chemicals and it is shaped to distribute pressure evenly on the stump.



**Component Selection:** Once the socket is fabricated, the prosthetic clinician selects appropriate components such as knee joints, pylon, foot and accessories for lower limb amputees, depending on the level of amputees and based on the patient's functional needs and lifestyle. For upper limb amputees selection has to be made by the prosthetic clinician for prosthetic hand, cosmetic gloves, elbow joint and other components depending on the level of the amputation.



**Assembling and Alignment:** The chosen components are assembled and aligned to create the artificial limb. Proper alignment ensures that the prosthesis functions effectively and gives stability during walking.

**Fitting and Adjustments:** The patient is fitted with the prosthesis, and adjustments are done to ensure a proper fitment. This involves fine-tuning and alignment of socket with the component parts to ensure maximum function and comfort to patients.

..... Contd on next page

## Sahyog Artificial Limbs project - A professional clinical process

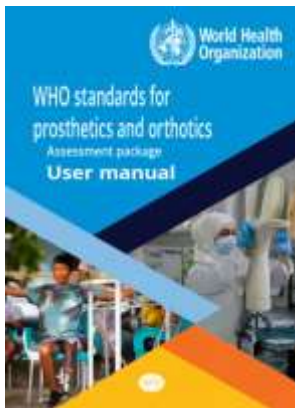
Contd from previous page

**Training and Rehabilitation:** The patient is provided with training and rehabilitation to adapt to the new prosthesis, its maintenance and to perform daily activities with artificial limb.

**Gait training:** Gait training in the parallel bars is very important for fitment of artificial legs for the patients to learn how to walk with prosthetic leg.

**Follow-up Care:** A regular follow-up in the prosthetic clinic is very important part of rehabilitation process, to monitor the patient's progress and make necessary adjustments to the artificial limbs. Patients need a regular contact with the prosthetic clinician.

Throughout this process, the prosthetic clinician works closely with the patients to ensure that the artificial limb is tailored to their specific requirements, allowing them to regain confidence, mobility and independence.



World Health Organization has set Standards and issued Implementation manual for Prosthetics and Orthotics and identifies the requirements to be considered for prosthetic orthotic service. It urges the promulgation of State regulations to ensure that patients are protected from malpractice and poor-quality services. Prosthetics and orthotics clinicians are recognized as independent health professionals with a distinct professional title, profile and job description.

The enforcement of these guidelines and regulations primarily falls under the jurisdiction of individual countries and their respective regulatory bodies. In India the Rehabilitation Council of India (RCI) is the primary regulatory authority responsible for overseeing and regulating the prosthetic and orthotic service.

Running prosthetic clinic / establishments and camps without qualified prosthetic professionals is illegal and unethical, resulting to poor prosthetic orthotic service and many health complications for the patients. Follow-up care by a prosthetic clinician is not there once the camp is over.

Unqualified persons providing healthcare service are liable to be prosecuted. Indian courts have passed orders against illegal and unprofessional practices in healthcare services. These legal actions are taken to protect the rights and well-being of patients and to ensure that healthcare services are provided by qualified and certified professionals in compliance with the law.

## Vishwakarma Puja - Sahyog Project



Vishwakarma Puja and Ardas was performed on 13th November 2023 at Nevedac Prosthetic Clinic, Zirakpur, for Sahyog Artificial Limbs Project. It was attended by Event Chair PP Ashok Puri, PP Dr VJS Vohra, R'Ann Sudha Puri, R'Ann Indu Vohra, Ms. Ita Vohra, her daughters Ananya and Anushka and the staff of Nevedac. Chair Sahyog PP Salil Bali, PP Amarjit Singh and from USA PP Anil Puri joined the puja ceremony virtually.

**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

## Good Thoughts

### Thought by Rtn Raj Khattar

- Rules for Happiness:  
Something to do, someone to love, something to hope for.
- Festivals help us reconnect with our cultural Roots and traditions.
- Life is a question, and your choices are your answer.

### Thought by Rtn Col JS Chandoak

Culture is - ' to know the best that has been said and thought in the world'.

----- Mathew Arnold

## Very Sad News

It is with deep sadness and heavy heart to inform about the sad and sudden demise of R'Ann Pushpa Jawa, wife of PP Rtn Vinod Jawa on 15th November 2023. Cremation will be held on 16th Nov. 2023 at 1 pm at Sector 25, Chandigarh.

Heartfelt condolences to the family to bear this irreparable loss.



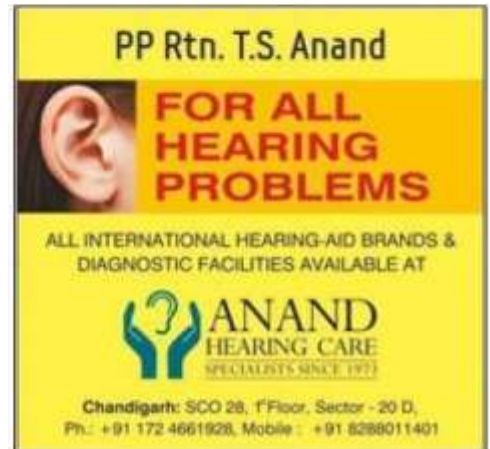
Amazing Shooters League  
**CRICKET**  
Tournament  
2023-24  
**09-10/DEC.**  
DELHI PUBLIC SCHOOL  
JAGADHRI - YAMUNA NAGAR  
HOST :  
**ZONE 13 DISTRICT 3080**  
Rtn N P S Bhela  
District Governor  
72062 50099  
Rtn. Arun Mangla  
District Governor  
93553 37017



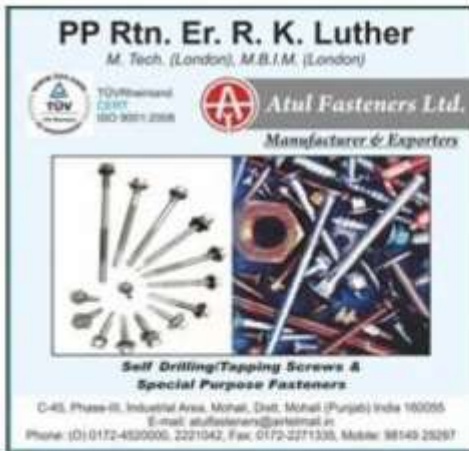
PP Rtn Salil Chopra  
**Talez**  
Patisserie & Kitchen  
**Fresh Healthy & Tasty.**  
Freshly Baked Bakery Products  
Delicious Cakes & Pastries  
Food From Around The World  
Handmade Chocolates  
Healthy Cookies, Dry Cakes & more.  
ORDER NOW : 70378 00045  
Talez Patisserie & Kitchen  
SCO-45, SECTOR 26, CHANDIGARH, 160026  
We are also Available on



Counterpoint  
PP Rtn Dr. Sanjay Kalra  
**TREATMENTS FOR**  
Rejuvenation Therapy  
Acne-scarring  
Stretch marks  
Pigmentation  
**SCOPE OF SERVICES**  
Fillers Botox  
PRP (Hair, Face)  
Skin Boosters  
Mesotherapy  
Chemical Peels  
Hydratacal  
Microsneedling  
Subcision (Acne Scars)  
Facial Mask  
Bermaplanning  
Dr. Sanjay Kalra | Dr. Prarthana Meel Kalra | Dr. Suchita Kalra  
0172-2577604 | +91 93160 40980  
SCO 13, Sector 5, Panchkula  
www.sanjaykalradentalclinic.com



PP Rtn. T.S. Anand  
**FOR ALL HEARING PROBLEMS**  
ALL INTERNATIONAL HEARING-AID BRANDS & DIAGNOSTIC FACILITIES AVAILABLE AT  
**ANAND**  
HEARING CARE  
SPECIALISTS SINCE 1977  
Chandigarh: SCO 28, 1<sup>st</sup> Floor, Sector - 20 D,  
Ph. : +91 172 4661928, Mobile : +91 8288011401



PP Rtn. Er. R. K. Luther  
M. Tech. (London), M.B.I.M. (London)  
Atul Fasteners Ltd.  
Manufacturer & Exporter  
Self Drilling/Tapping Screws & Special Purpose Fasteners  
C-45, Phase-III, Industrial Area, Mohali, Distt. Mohali (Punjab) India 160055  
E-mail: atulfasteners@artermail.in  
Phone: (01)0172-4520000, 2221042, Fax: 0172-2271330, Mobile: 98149 25267



TATA STEEL  
A WORLD OF QUALITY AND TRUST  
TATA Steelium  
ASTRUM  
PP Rtn. Sanjay Bhatia



INTER SOLAR  
Make a Smart, Sustainable, & Superior Choice  
**GO GREEN GO SOLAR**  
Rtn. Bhupinder Kumar  
Heat Pumps | Solar Water Heating System | Solar PV  
RESIDENTIAL, COMMERCIAL & INDUSTRIAL



Yukti Herbs  
Rtn. Sakshi Verma  
INDIA'S BEST AYURVEDIC & PANCHKARMA CENTER  
BOOK YOUR APPOINTMENT NOW  
Nadi Parikshan by Ayurveda Experts  
Visit Now at- Plot no: 95B, JPLI Ind. Area, Sector 82, Mohali - Punjab  
+91 752-786-9388, +91 905-678-6911 | www.yuktiherbs.com  
Clinic Timings: 10:00 AM to 06:30 PM (Monday to Saturday)  
Available at Amazon, Flipkart, Meesho, Nykaa, Nykaa Fashion, Nykaa Home, Nykaa Living, Nykaa Beauty, Nykaa Health, Nykaa Pets  
|| घर घर युक्ति, रोग से मुक्ति ||



Jaquar Bathroom Taps  
Kubix Prime, Opal Prime, Ornamix Prime  
Jyic, Artis, Forte, D'Arc  
Jaquar  
CALL PURCHASE ASSISTANCE 1800-120-33222 (Toll Free)  
Rtn. Rahman Naiyer