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Health is Wealth - Stress free living

**HEALTH IS WEALTH
STRESS FREE LIVING
BY DR. MANU JATANA**

DATE : 8TH MAY 2026
TIME : 6:30 PM ONWARDS
VENUE : HOTEL SHIVALIKVIEW
SECTOR 17, CHANDIGARH

Dr Manu Jatana
Microbiologist and Health
and Wellness Coach

YOUR KITCHEN IS YOUR PHARMACY ONLY TWO REASONS FOR YOUR DISEASE

At an insightful and thought-provoking session organized by the club, renowned Ayurveda and Nadi Expert Dr. Vivek Ahuja delivered an enlightening talk on the topic “Your Kitchen is Your Pharmacy – Only Two Reasons for Your Disease.” The session beautifully connected ancient Ayurvedic wisdom with modern lifestyle challenges and left the audience deeply inspired to rethink their daily habits and approach towards health.

Dr. Vivek Ahuja emphasized that nature has already provided us with everything needed to maintain good health, and most remedies are available right in our kitchens. According to him, the two major reasons behind most diseases are improper food habits and an unhealthy lifestyle. He explained that when food is consumed without understanding one’s body type, digestion weakens, toxins accumulate, and the body gradually becomes vulnerable to diseases. Similarly, stress, lack of sleep, inactivity, and disconnection from nature further disturb the body’s natural balance.

The speaker highlighted the immense medicinal value of common kitchen ingredients such as turmeric, ginger, cumin, fennel, black pepper, cinnamon, cloves, and ajwain. He explained how these traditional ingredients not only enhance taste but also improve digestion, boost immunity, reduce inflammation, and help maintain overall wellness. He encouraged everyone to adopt seasonal eating habits, consume freshly prepared food, and avoid excessive dependence on processed and packaged foods.

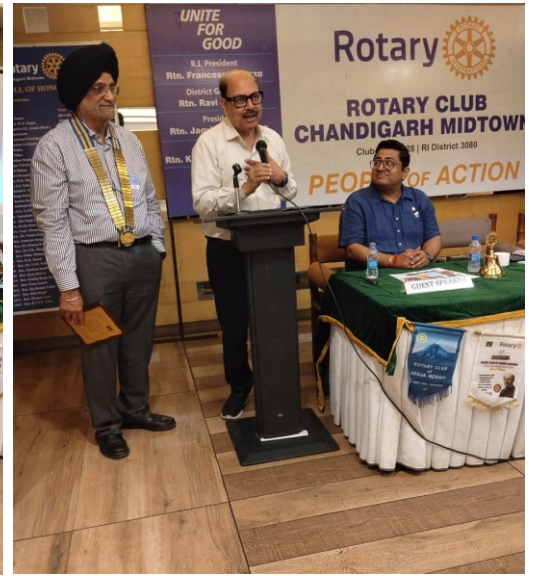
One of the most engaging aspects of the session was Dr. Ahuja’s practical explanation of Ayurveda and Nadi diagnosis. He shared how the body continuously gives signals before any major illness develops, and if these signals are understood in time, many diseases can be prevented naturally. He stressed the importance of preventive healthcare rather than waiting for illness to occur.

The audience was particularly inspired by his simple yet powerful message that “the first treatment begins in the kitchen, not in the hospital.” He encouraged everyone to develop mindful eating habits, maintain a disciplined routine, stay physically active, and cultivate mental peace through positive thinking and meditation.

The session witnessed enthusiastic participation from members, who actively interacted with the speaker and sought guidance on maintaining a healthier lifestyle through natural methods. The practical tips shared during the talk were appreciated by all and served as a reminder that small changes in daily habits can create a significant impact on long-term health and wellbeing.

The program concluded with a heartfelt vote of thanks to Dr. Vivek Ahuja for sharing his valuable knowledge and inspiring everyone with the timeless wisdom of Ayurveda. The session truly reinforced the belief that good health begins at home, and our kitchen can indeed become our greatest pharmacy.







WEEK GONE BY

SCHOOL BAG DISTRIBUTION DRIVE AT GOVERNMENT SCHOOLS (PEER MUCHALA & SINGHPURA)

Rotary Chandigarh Midtown organized a School Bag Distribution Drive under its education and empowerment initiative. A total of 100 school bags were distributed to meritorious students of Government Schools at Peermuchala and Singhpura, reinforcing Rotary's commitment to nurturing young minds and supporting academic excellence.

Key Highlights

- DGE Rtn. Dr. Rita Kalra delivered an insightful talk on health and hygiene, encouraging students to adopt healthy habits for a brighter future.
 - Rtn. Salil Chopra inspired the gathering with a motivational session on moral values, emphasizing character-building as the foundation of success.
- The event was graced by distinguished leaders: Rtn. Ashok Puri, President Rtn. JS Bawa, PE Rtn. Renu Chopra.



Impact

- Empowered 100 meritorious students with essential school supplies, boosting their confidence and readiness for learning.
- Reinforced the importance of holistic education, blending academics with health awareness and moral guidance.
- Strengthened Rotary's bond with local schools, creating a model of community partnership for student welfare.

PROJECT ASTHA - BROOK FIELD INTERNATIONAL SCHOOL



Project Astha, a community health initiative, reached a significant milestone with the administration of the final booster dose to the staff of Brooke Field International School. The program was generously sponsored by Sahayata Society, Chandigarh, reaffirming its commitment to public health and welfare.

- The event was graced by Mrs. Renu Saigal, President, whose presence underscored the importance of collective responsibility in safeguarding health.
- DGE Dr. Rita Kalra personally led the vaccination drive, symbolizing Rotary's dedication to service and healthcare excellence.
- The staff of Brooke Field International School expressed gratitude for the seamless organization and the assurance of protection provided through this initiative.
- The collaboration between Rotary leadership and Sahayata Society showcased the power of partnerships in achieving sustainable health for all.



PROJECT SAKHA - DISTRIBUTION OF NUTRIENTS TO TB PATIENTS

Rotary Club Chandigarh Midtown organized a nutrition kit distribution program for TB patients at the Dispensary, Hallomajra, under the Sakha initiative on 25.04.26As part of the Sakha Poshan Abhiyan of the Government of India, nutrients were distributed to support patients' recovery and improve immunity.

The program reinforces Rotary's commitment to Disease Prevention & Treatment and the national goal of a TB-free India. Club members interacted with beneficiaries and encouraged them to adhere to their complete treatment regimen.

Good nutrition strengthens recovery. Together for a TB-free India. The nutrients are distributed to patients from hallomajra and Behlana villages. The nutrients and proteinex were sponsored by Rtn Ashish Singla.

Rotary Club Chandigarh Midtown is grateful to Rtn. Ashish Singla for his kind gesture. We also thank and acknowledge the presence of Rtn. Dr. IS Dua, Rtn. Brig JS Sabharwal, Rtn Naveen Aggarwal, Rtn Suresh Dhawan, Rtn Pradeep Sisodia, Rtn Salil Chopra and PE Rtn Renu Chopra.

Rtn. Pradeep Sisodia explained to the patients the importance of nutrients and how the Govt of India is supporting them by depositing money for nutrients in their act. Rtn. Salil Chopra explained them how to consume the nutrients. RCCM Distributed 40 packets and Proteinex 40 boxes, out of which 21 distributed and 19 were handed to TB cell coordinator at dispensary.



NIKSHAY DIWAS - DISTRIBUTION OF NUTRIENTS TO TB PATIENTS

"On Nikshay Diwas, Rotary Club Chndigarh Midtown distributed nutrition kits to TB patients at Civil Dispensary, Sector 16, Panchkula. **Good nutrition is key to recovery.** We stand committed to a TB-free India.

RCCM distributed the nutrients to 50 patients of which 24 patients received the nutrients. The balance of 26 packets were handed over to Mr Neeraj from Civil Hospital, Sector 6, Panchkula. This month's Nutrients were sponsored by Rtn Ashish Singla. Midtown is grateful for his contribution for the same. A Big Thanks to Rtn. Ashok Puri, Rtn. Salil Chopra, Rtn. Prem Anand, Rtn Brig. J S Sabharwal, Dir Community Service Rtn. Suresh Dhawan, Rtn Dr IS Dua, President Rtn. JS Bawa, PE Rtn. Renu Chopra, and Rtn Ashish Singlafor sparing their valuable time for the project.





MONTHLY MEDICAL CAMP AT MALOYA

Medical Camp was successfully organised at Village Maloya with the objective of providing basic healthcare services to the local community. The camp witnessed an encouraging response, with 102 patients being attended to during the course of the day. Medical consultation and guidance were provided with care and compassion, addressing common health concerns and promoting awareness about general well-being.

The camp was graced by the presence of PDG Rtn Yoginder Dewan and Rtn Kanan Dewan, whose support and encouragement greatly motivated the team. The event was also attended by Club President Rtn J. S. Bawa, along with a doctor couple, who rendered their valuable medical services selflessly for the benefit of the patients.

The smooth conduct of the camp and the positive feedback from beneficiaries reflected the commitment of the Rotary members towards community service. The initiative proved to be meaningful and impactful, reinforcing Rotary's mission of serving humanity.



PROJECT ANNAPURNA AT SAMARPAN

Under the banner of Project Annapurna, our club had the privilege of serving at SAMARPAN today, spreading warmth, care, and happiness among 130 children. The program commenced on a soulful note with a prayer, followed by a short inspirational story that brought smiles and positivity to the children.

A wholesome meal comprising rice, matar paneer, and halwa was lovingly served to all the children. The joy and gratitude reflected on their faces made the project truly meaningful and fulfilling for everyone present.

The project was graced by the presence of Rtn. Prem Anand, Rtn. Suresh Dhawan, Rtn. Brig J.S. Sabharwal, R'Ann Jyotie Sabharwal and President Rtn. J.S. Bawa, who took out time from their busy schedules to participate and encourage this noble initiative. Their presence added immense value and inspiration to the occasion.



We extend our heartfelt gratitude to Rtn. Brig J.S. Sabharwal and R'Ann Jyotie Sabharwal for generously sponsoring the project and supporting this beautiful cause.

A sincere thank you to each and every member and volunteer whose service, dedication, and compassion helped make Project Annapurna a memorable and impactful experience. Together, we continue to uphold the true spirit of Rotary — "Service Above Self."



*Celebrating Birthday's
& Anniversary's*



May 03	Birthday – Spouse R'Ann Indu Anand
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