

THE MID TOWNER



BULLETIN OF THE ROTARY CLUB OF CHANDIGARH MIDTOWN : R.I. DISTT. 3080

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Club No. 15228

PROGRAMME

Vol. XXXIII No.13 September 24, 2008

"Latest Techniques in Cure of Back Pain"

Guest Speaker : Prof. Dr. Raj Bahadur

Director - Principal, GMCH, Sector 32, Chandigarh

Friday, September 26, 2008

Time: 7.00 PM

Venue: Hotel President, Sector 26, Chandigarh

Assessment & Management of Obesity



Guest Speaker Dr. (Mrs.) Indu Talwar

We had a very learned speaker in our regular meeting last Friday, Prof. Dr. Indu Talwar, who is Professor & Former Chairperson, Deptt. of Anthropology, Panjab University, Chandigarh. She was introduced by PP Dr. Vanita Gupta.

Dr. Indu gave a very informative & interesting talk on her chosen subject of Assessment and Management of Obesity.

Obesity is an increasingly prevalent nutritional disorder throughout the world and a risk factor for many chronic degenerative diseases. Numerous studies have reported that Asian Indians have one of the highest rates of Coronary Artery Disease (CAD)

and type II diabetes mellitus. Rapid industrial and economic growth, easy access to food, outdoor eating habits, adoption of western life style, lack of physical activity, increased intake of food with positive calorie balance and genetic influence are positive contributors to these otherwise avoidable health problems.

In adults, 'obesity' is now defined by international convention to indicate the state of having Body Mass Index (BMI) of $>30\text{kg} / \text{m}^2$ (or grade 2 obesity) while a BMI of $>25 \text{kg}/\text{m}^2$ is designated over weight (or grade 1 obesity) and BMI of $18.5\text{-}25 \text{kg}/\text{m}^2$ is normal. Based upon recent classification of W.H.O. $23 \text{Kg}/\text{m}^2$ for overweight and $25 \text{Kg}/\text{m}^2$ for obesity in Chinese and Indians is recommended. Waist circumference is a more recently standardized alternative measure of overweight and obesity and it relates both to total fatness and specifically to intra abdominal fat without the need to adjust for the height. A waist circumference beyond 88 cm for females and 102 cm for males indicates high risk for various diseases.

Centralized fat is also indirectly assessed from ratio of waist to hip circumference. The risks of developing obesity related problems are higher when this ratio exceeds 1.0 for men and 0.9 for



Happy Birthday Rtn. Surjeet Kumar



Memento for the Guest Speaker

women. Directly visceral and subcutaneous fat can be assessed by ultrasound, computed tomography, magnetic resonance imaging technique and dual energy x-ray absorptiometry, but their disadvantages are cost, radiation exposure and limited availability outside of research settings. Besides, ratio of upper to lower body skinfolds and ratio of central to peripheral skinfolds thicknesses are also useful indicators of fat patterning in adults.

The effective management of obesity requires the prevention of new cases and the treatment of currently obese individuals. Successful treatment must encompass both a period of acute weight loss and a period of weight loss maintenance. Weight loss should be achieved under medical supervision using a variety of strategies including dietary restriction, low fat diets and habitual physical activity which allows the physiological systems to operate effectively and efficiently through cognitive controls over eating to match the energy intake to the energy expenditure.



Punctuality Draw prize for PP Pallav Mukherjee

The modern environment does not make obesity inevitable but does increase the likelihood of inducing a positive balance. It is suggested to develop behavioral strategies to defend body weight from external influences. Effective prevention and management of obesity requires an integrated approach with interventions across different segments of populations through adequate information and implementation.

PP Rtn. T.S. Anand

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English Language – Crazy, Yet The Best

Have you ever wondered why foreigners have trouble with the English Language ? Let's face it. English is a crazy language. There is no egg in the eggplant, no ham in the hamburger. And neither pine nor apple in the pineapple. English muffins were not invented in England. French fries were not invented in France. We sometimes take English for granted but if we examine its paradoxes we find that "quick"sand takes you down slowly, boxing rings are square. And a guinea pig is neither from Guinea nor is it a pig. If writers write, how come fingers don't fing ! If the plural of tooth is teeth, shouldn't the plural of phone booth be phone beeth. If the teacher taught, why didn't the preacher praught ! If a vegetarian eats vegetables, what the does a humanitarian eat ? Why do people recite at a play, yet play at a recital ? Park on driveways and drive on parkways ?

You have to marvel at the unique lunacy. Of a language where a house can burn up as it burns down. And in which you fill in a form by filling it out. And a bell is only heard once it goes ! English was invented by people, not computers, and it reflects the creativity of the human race (which, of course, isn't a race at all !) That is why when the stars are out they are visible, but when the lights are out they are invisible, and why is it that when I wind up my watch, it starts, but when I wind up this observation, it ends.

- On e-mail from a friend.

RYLA Update

Rotary Club Chandigarh Midtown has sponsored following two candidates for RYLA organized by RID 3070 in Manali from Sept. 20 – 24, 2008 :



1) Ms Bimaljit Kaur



2) Mr Pulwinder Singh

Shocking News in Polio

According to WHO reports, out of the 420 polio cases detected in the country this year, only two were reported from Punjab, both in Moga. But a shocking news has come whereby 68 children in Ludhiana have been reported to be polio-affected.

This startling figures came to light when 400 kids of the age of 5-14 were examined during a routine check up. It is high time when Rotary should help in identifying and eradicating the disease.

Wise Sayings

- Hitch your wagon to a star.
- The reward of virtue is virtue.
- A covetous man is good to none, but worst to himself.
- Learn wisdom by the folly of others.
- Love will find a way.
- The nice thing about being a celebrity is that if you bore people they think it's their fault

- Contributed by Ann Maniki Deep

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SODIS Project at Sikhya School



PP Dr. S.K. Sharma explaining about the Solar Disinfection of water

Our Club has taken an innovative Solar Water Disinfection Project (SODIS) under which, throwaway plastic soft drink bottle, black ended from outside will be kept in the sun shine so as to disinfect water to be used for drinking purposes by the small children of disadvantaged section of society at Aanganwari villages & colonies of Chandigarh. In this process, ultraviolet radiation in the solar radiation and heat destroy the bacteria which cause common water- borne diseases like cholera, typhoid, dysentery and diarrhoea. These water - borne diseases are one of the major causes of

mortality and morbidity in small children as per WHO. This method has been validated by a number of international research institutes.

These bottles will be distributed in Sikhya School, Sec 46-A, Chandigarh to 400 students from slum areas. A number of members - Rtn. Om Parkash, Rtn. V.K. Jawa, Rtn. Ashok Sharma, to name a few - were present at this function along with President Saroj Jhawar and Secy. D.R. Aggarwal. The school Principal Mrs. Sonia Channi and the staff members have assured that this project will be implemented by all the 800 students. Parents of the students were present at this function and our own PP Dr. S.K. Sharma told them about the importance of these bottles and how it can improve children's health. Parents were excited to learn about these unique bottles which will allow them to purify the water at a low cost as opposed to the other water purification systems available in the market. It was also decided to distribute these bottles in other jhuggis and aanganwaris to save the children from the harmful water borne diseases.

Congratulations !!!

Our Dir. Community Services Rtn. Dr. Nitin Mathur & Ann Archana have been blessed with a son on Sept. 19, '08. Our heartiest congratulations to the family!

Birthday Greetings



- | | |
|----------------------------------|--------------|
| PP. Rtn. Dr. (Mrs.) Vanita Gupta | September 26 |
| PP. Rtn. Jagmohan Lal Mahajan | September 27 |
| Rtn. Arjan Singh | September 28 |
| Rtn. Parveen Khosla | October 01 |

Wedding Anniversary Greetings



- | | |
|---------------------------------------|---------|
| R'ann Veena & PP. Rtn. Subhash Bindra | Sep. 30 |
| R'ann Ranjana & Rtn. R.T.P.S. Tulsi | Oct. 02 |

Punctuality Draw



Won by PP. Rtn. Pallav Mukherjee.

Rtn. Balraj Singh
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