

The Mid Towner



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

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Club No. 15228

PROGRAMME

Volume XXXIV No. 14

September 30, 2009

Mahatma Gandhi – The Man

Guest Speaker: Dr. (Mrs) Sudha Puri

Former Professor & Chairperson, Dept. of Gandhian Studies, Panjab University, Chandigarh

Friday, October 02, 2009

Time: 7.00. PM

Venue: Hotel President, Sector 26, Chandigarh.

Healthy Lifestyle

Dr. Anurag Sharma, Senior Consultant, Interventional Cardiology at Alchemist Hospital, Panchkula was our Guest Speaker in the club meeting on September 25, 2009. Who could have introduced him better than the Executive Director of Alchemist Group, Rtn. P.K. Verma. Dr. Anurag is M.D. (Medicine) and D.M. (Cardiology) both from PGIMER, Chandigarh. He has served in various reputed hospitals including at Fortis in Mohali and since September 2008 he is working in Alchemist Hospital.

Speaking on lifestyle and coronary heart disease, Dr. Anurag Sharma cautioned that things have changed and now age is not the criteria for heart ailment. People of younger age have become more prone to heart problems rather than the elderly people in the age group of 60s or 70s. Dr. Sharma highlighted the symptoms; chest pain, burning chest, lower jaw pain, choking in the neck, upper back pain, both arms pain, difficulty in breathing, sudden profuse sweating,



Guest Speaker Dr. Anurag Sharma gives an informative multimedia presentation

excessive fatigue & weakness and giddiness.

He said coronary heart disease is blockage in the coronary arteries. This disease can become very fatal. The cause of coronary heart disease is related

to multiple risk factors. The most common are heredity, high cholesterol, smoking, obesity, high blood pressure, diabetes, lack of regular exercise, high fat food and stress. Dr. Sharma emphasized on stress at home or work or financial stress. He said, "Heart is guided by mind and not only by brain". Stress starts interfering with your day to day routine, leading to loss of concentration, loss of sleep and depression, which leads to acute heart attack.

Dr. Sharma said the major cause of death in the world, as per WHO data, is cardio vascular disease (CVD) which stands at 38%. This includes the brain stroke and heart attack. He said, "This disease is lifestyle oriented." It is increasing in India and more in the younger ages. WHO estimates 60% CVD from India by 2010. Dr. Sharma clarified that the high percentage of India is due to its large population. He added, "But even that is very scary. The good thing is that 80% of this disease can be controlled through regulated lifestyle."

Dr. Sharma gave fruitful advice on preventing heart diseases. No smoking, avoid drinking or drink moderately. Smoking is one of the major factors that can lead to heart disease. Smoking can damage the heart and cause blockage of the artery walls, leading to narrowing of blood vessels. People with diabetes, blood pressure or those having a family history of heart disease are advised more frequent health check-ups. Avoid junk food as it affects the heart.

Regular physical activity is very important. Just 30 to 35 minutes of regular physical activity can go a long



Ann Veena & PP Rtn. Subhash Bindra receive wedding anniversary gift from Dr. Anurag Sharma



Ann Parveen receives birthday gift on behalf of Rtn. Arjan Singh from Dr. Anurag Sharma



Dr. Anurag Sharma presents Punctuality award to Rtn. Deepak Sood

way in reducing heart-related ailments. Brisk walking for five days a week or any other equivalent exercise such as yoga, simple exercises, cycling, jogging or treadmill can be helpful. Dr. Sharma advised that exercise should be done according to your age. Difficult exercises or overdoing should not be done by elderly people, which can be harmful or fatal for them.

Regular and adequate sleep is necessary to ensure that your body gets the rest that it needs. Eight hours of sleep a day is recommended for a healthy heart. Control obesity as it is related with heart disease. Popular perception suggests that heart disease is generally the direct result of diabetes, high blood pressure and coronary artery disease which are associated with obesity.

Dr. Anurag Sharma concluded that the road to a healthy heart ultimately depends on the individual, and sometimes tough decisions need to be taken. A

change in dietary and sleep habits, exercise routines, regular health check-ups and lifestyle changes can only be achieved through one's firm resolve! Vote of thanks was proposed by Rtn. Dr. Jawahar Luthra, who highly appreciated Dr. Sharma's very informative talk, efficiently supported by an impressive multimedia presentation.

President Gurdip said, if any Rotarian has any matter to be taken up in the board meeting he/she should inform him so that it can be put up before the board. He also appreciated Rtn. Deepak Sood, Director Community Service, for sending mail to all his Chairmen, asking them for status & details of the activities and projects. The President said he is expecting similar action by other Directors. The President also thanked PP Subhash Bindra for his contribution of Rs 3100/- and Natasha D/o Rtn. A.K. Puri for contributing Rs. 1100/- for the club projects.

Diwali Celebrations – Musical Evening by Lit'I Champs

On 9th Oct. 2009 (Friday) we would be celebrating diwali in the club meeting. Our guests would be little champions who are the find of Mohammad Rafi Yaadgar Society. Please bring your family with you for encouraging the budding artists. Also enjoy the fellowship after the meeting.

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Tricycle Presented to Disabled Person

70 year old Sh. Santok Singh of Vil. Kambala, Mohali, having severe deformity of both legs, approached PP Ajit S. Gulati for getting a new Tricycle. One given by our club 5 years ago had worn out. Ajit referred him to PP Dr. V.J.S. Vohra who took the measurements and got the tricycle fabricated at a subsidized cost.

In the last board of directors meeting of our club, the matter was discussed regarding donating the tricycle, but before any decision could be taken by the board, Rtn. R.T.P.S. Tulsi gave his decision that he would donate the tricycle to this old disabled person, in memory of his late father, Mr. Gurcharan Singh Tulsi.

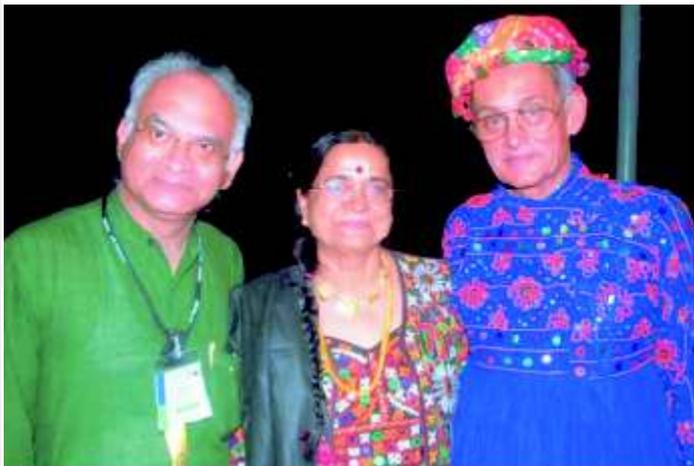
The tricycle was presented to Santok Singh on September 25, 2009, just before the club meeting



From right: Rtn. R.P.S. Gulati, Rtn. Deepak Sood, President Gurdip S. Deep, Ann Ranjana & Rtn. RTPS Tulsi, PP Ajit Gulati and PP Dr. V.J.S. Vohra feel satisfied, as Santok Singh drives his new tricycle.

PDG Shaju and Lovy Return from Cochin Institute

PDG Shaju Peter and Lovy are back in Chandigarh after attending the Rotary Institute Zone 4, 5 and 6A, September 18-20, 2009 at Hotel Le Meridian, Cochin. There was a strong presence 16 Governors and their



PDG Shaju Peter with RI President Elect Designate Kalyan Banerjee and Binota

spouses from our District 3080. The inaugural ceremony was a grand spectacle with the presence of former President of Sri Lanka Ms Chandrika Bandaranaike Kumaratunga, RI President Elect Ray Klinginsmith and Judie, TRF representative PRIP Bill Boyd, RI President Elect Designate Kalyan Banerjee and Binota, RI Director K R Ravindran and Vanathi and a galaxy of Past RI Directors and delegates from India, Pakistan, Sri Lanka, Nepal, Bangladesh and Malaysia. After getting a rousing reception, a beautifully crafted acceptance speech was given by RIPE Designate Kalyan.

For Shaju and Lovy it was pure nostalgia for his ancestral house was just 25 kms. from the venue. The Institute offered him an opportunity to be attired in his traditional Keralite dress and Lovy in an off-white Keralite Saree. District 3201 under the chairmanship of PDG Sunil Zachariah did a magnificent job in organizing the Institute and selling 'God's own

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country' to the delegates!

Amongst tears to many eyes in the audience, the Institute paid tribute to General Manager of Hotel Taj, Mumbai, Mr. Karambir Singh Kang who supervised the rescue operations of the inmates on 26/11 even after the loss of his own family.

India today is the second largest Rotary country in the world and the 4th in giving to the Rotary Foundation. Thanks to the efforts of PRIP Raja Saboo and RIPE Designate Kalyan Banerjee, we are forgetting the bitterness often caused by the electoral process. It was heartening to see that the nominations of PDGs Yash Das & Shekar Gupta as Director Nominees would go unchallenged!

In the concluding session PRIP Raja Saboo spoke on quality and quantity of membership in Rotary. The Institute exemplified excellence. The next one will be in Bangkok in November 2010.

Wedding Anniversary Greetings

R'ann Ranjana & Rtn. R.T.P.S. Tulsi October 02
R'ann Shradha & Rtn. A.K. Sachdeva October 08



DONATION FOR CLUB PROJECTS:

PP Rtn. Subhash Bindra Rs. 3100/-
Ms. Natasha D/o Rtn. A.K. Puri Rs. 1100/-

Change of Residence Address:

IPP Rtn. Saroj Jhawar
182, Sector 4, Mansa Devi Complex, Panchkula
Tel: 6957333, M: 9356960200

Intercity on The Rotary Foundation

Rotary Club of Dehradun is hosting the Intercity on The Rotary Foundation on Sunday 25th October 2009 at Hotel Viceroy Inn, Saharanpur Road, Dehradun.
Registration charges (upto 30.9.09): Single Rs.550 Couple Rs. 1000
October 1st to 24th: Single Rs.600 Couple Rs.1100
On-the-Spot Registration: Single Rs.650 Couple Rs.1200
Please register yourself with Office Secretary V.P. Sharma

Personal Initiative

Rotarians are requested to send the details of any social activities or projects carried out by them as their personal initiative or through their NGOs, so that the same could be reported in the bulletin, and on our website.

PP Dr. V.J.S. Vohra, Editor

Birthday Greetings

Rtn. Dr. Col. V.K. Kapoor October 03
PP Rtn. Dr. S.K. Sharma October 03



PUNCTUALITY DRAW :

Won by Rtn. Deepak Sood



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