

The MidTowner



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

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John Kenny

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Chetan Aggarwal

President
Gurdip S. Deep

Secretary
Ritu Singal

Editor
PP Dr. V.J.S. Vohra

Club No. 15228

PROGRAMME

Volume XXXIV No. 22 November 25, 2009

Changing Landscape of Jammu & Kashmir Chief Guest: Mr. Vikramjit Singh Choudhary, Bureau Chief, NDTV

Friday, November 27, 2009

Time: 6:30 PM

Venue: Hotel President, Sector 26, Chandigarh.

Stroke: What Can I Do?

Dr. Monica Saini is a Consultant in Neurology and heads the Stroke Clinic in Alchemist Hospital Panchkula. She was the Chief Guest in our Club meeting on November 20, 2009.



Dr. Monica Saini gave power point presentation on Stroke

PP Dr. Vanita Gupta introduced Dr. Monica Saini, who did MBBS from the prestigious Lady Hardinge Medical College, New Delhi, and she worked in

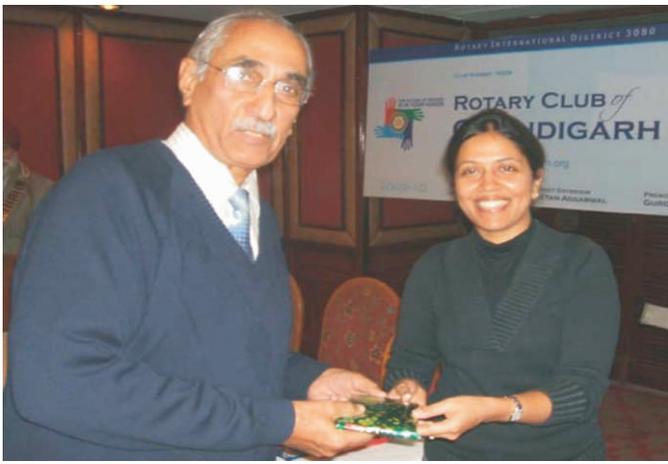
the same college as Junior Resident. She also did MD Internal Medicine from there. She was Senior Resident – Medicine in Fortis, Mohali and in PGI, Chandigarh she served as Senior Resident in Dept. of Neurology. She has a specialized Clinical Fellowship in Stroke Management from University of Alberta, Canada. Dr. Vanita added, “You can see how well trained she is.”

Dr. Monica spoke on “Stroke: What Can I Do?” She said, “Brain is the organ that gives us our identity. Like all organs, it needs blood for

functioning.” Stroke is sudden decrease or block in the blood supply to the brain. It is a blockage in the blood vessel (Ischemic) or rupture of blood vessel (Hemorrhagic). Stroke damage in the brain can affect the entire body - resulting in mild to severe disabilities. These include paralysis, problems with thinking, problems with speaking, and emotional problems.

Dr. Monica said that stroke could be due to hypertension, depression & stress, diabetes, high cholesterol, smoking, drug abuse, obesity or physical inactivity. The stroke symptoms are: Loss of sensation or weakness of the face, arm, leg on one / both sides; Speech problem, confused, unable to understand or speak; Loss of vision in an eye, in one part of vision; Difficulty in walking (drunken gait), dizziness; Severe headache.

Because stroke injures the brain, you may not realize that you are having a stroke. The people around you might not know it either. Your family, friends, or neighbors may think you are confused. That is why everyone should know the signs of stroke - and know how to act fast. Stroke can be very fatal and therefore needs



Rtn. R.K. Luther gets the Punctuality award from Dr. Monica Saini



Dr. Monica Saini (R) being presented a memento by Rtn. Dr. Anureet Kaur (C), assisted by Secretary Rtn. Ritu Singal (L)

immediate medical attention and has to be treated by stroke specialists. In 30 to 50% cases it leads to mild to severe disability, and these patients would need proper rehabilitation treatment through Physiotherapist, Occupational therapist and the Orthotist.

Dr. Monica also highlighted signs of the stroke, “When a person smiles, the face should not look uneven. When both arms are raised, one arm should not drift down. The speech should not sound strange.” She advised, “If you observe any of these signs, go to the hospital immediately.” She advised healthy lifestyle.

She said, “Eat right, do not smoke, have alcohol in moderation, exercise, take your medications, know your targets, question your doctor and have regular check up.”

Dr. Monica Saini concluded, “Your brain is in your hands. Keep it safe.”

Formal vote of thanks was proposed by our new member, Rtn. Dr. Anureet Kaur. She said, “Dr. Monica has given an insight on stroke. It was indeed very informative and her presentation would be helpful for all of us.”

GSE Team Member

A Committee comprising of PDG Rtn. Shaju Peter, President Rtn. Gurdip S. Deep, PP Rtn. R.K. Goyal and Director International Service Rtn. Maj. Gen. A.S. Kahlon held an interview on 14 Nov. 2009 to select a candidate for GSE Team. Out of 22 aspirants who responded to

our advertisement in the newspaper, the names were short listed to three, who scored equal marks! Mr. Sourav Gupta, IT Professional with C-DOT was finally selected as Chandigarh Midtown candidate for the GSE Team.

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NGO Promoting Education for Begging Children

We had a guest, Mr. Prem Garg, a Chartered Accountant, who runs an NGO which has picked up over 1000 children who were found begging in Chandigarh tricity and put them into Schools run by this NGO. The idea is that a child or a person who is educated would never beg and they would become good citizens. In

response to an appeal to support this noble cause, Rtn. Arjan Singh made a commitment of Rs. 10000/- and PP Rtn. Pallav Mukherjee committed Rs. 5000/- to promote education among these unfortunate children. President Deep said that shoes are required for these children, for which Drish Shoe Company has agreed to provide 200 pairs.

Know Your New Fellow Rotarians

Dr. (MRS.) ANUREET KAUR
 Cif. : Dentistry
 Add. (Clinic) : Teeth for Life
 1285, Sector 18-C
 Chandigarh-160018
 (R) : 1285, Sector 18-C
 Chandigarh-160018
 Phone (Clinic) : 6534128
 (R) : 6534128
 Mobile : 92165 46101
 Fax. No :
 E-mail : teethforlife@aol.in
 D.O.B : 31.10.1979
 Wedding : February 01
 Member From : November 2009
 Spouse : Raj Karan Singh Bhatti
 Vocation : Chief Executive Officer
 D.O.B : October 18
 Children : Inaayat (D)

SUKHEN PAL BABUTA
 Cif. : Chartered Accountancy
 Add.(O) : 240, Sector 21-A
 Chandigarh -160022
 (R) : 240, Sector 21-A
 Chandigarh - 160022
 Phone (O) : 2704943, 2713814
 (R) : 2704943, 2713814
 Mobile : 98140 70707
 Fax : 0172- 2708982
 E-mail : sp@babuta.com
 D.O.D : 11.10.1963
 Wedding : December 09
 Member from : November 2009
 Spouse : Upasna
 D.O.B : August 19
 Vocation : Education
 Children : Sania (D), Arjun (S)

It has been decided that all new members would have a Past President as his/her Mentor.

£ 1000 for AIDS Project

President Gurdip Deep said that during his last visit to India, PP Rtn. Mohan Khera of Rotary Club of Wollaton Park, Nottingham suggested that his club would give £ 1000 for a community project of Chandigarh Midtown. It has been

finalized to use this amount for the Aids Project. PP Dr. Vanita Gupta, who is also the Director of State Aids Control Society, Chandigarh, said, "This project would be for the 150 Aids affected persons, including children."

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Sham-e-Ghazal

The Aids project is being launched on 28 Nov. 2009 at 5.30 pm in the auditorium of Govt. High School, Sector 46, Chandigarh.

It is going to be "Sham-e-Ghazal", by a renowned singer Mr. Vinod Sehgal. This event is dedicated to people living with HIV Aids. PP Dr. Vanita Gupta has invited all Rotarians of Chandigarh Midtown.

Club Elections : Rotary Year 2010-11

The Board of Directors in the meeting held on November 22, 2009, has decided to call nominations from members of the Club for the office bearers for the Rotary Year 2010-11 and for President for 2011-12.

Section 5, Article I of the Bye-Laws of Rotary Club of Chandigarh Midtown refers :

- President 2011-12 : Minimum 2 years on the Board of Directors at the time of assuming office.
- Vice-President, Secretary and Treasurer : Should have been on the Board of Directors for one year at the time of assuming office.

c) Four Directors, Joint Secretary and Sergeant-at-Arms : Should have been member of the Club for atleast 12 months at the time of elections.

Secretary Rtn. Ritu Singal will receive nominations for the above mentioned posts till 8 p.m. on Friday, December 04, 2009. Withdrawals, if any, will be accepted by the Secretary till 7 p.m. on Friday, December 11, 2009. Elections, if necessary, will be held on Friday, December 18, 2009. Nomination forms are available with our Office Secretary Mr. V.P. Sharma.

Wedding Anniversary Greetings

R'ann Sunita & Rtn. Amarjit Singh  November 28

R'ann Malabika & PP Rtn. Indrajeet Sengupta December 03

Birthday Greetings

Rtn. Sanjay Singhal
PP Rtn. Subhash Bindra
Rtn. Dr. (Mrs.) Shashi Jain



November 27
November 28
December 03

Punctuality Draw : Won by Rtn. R.K. Luther

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Designed & Printed at : Satyadeep Offset Printers (P) Ltd.

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