

The Mid Towner



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

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President
Gurdip S. Deep

Secretary
Ritu Singal

Editor
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Club No. 15228

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PROGRAMME Business Meeting Election Results

Friday, December 18, 2009

Time: 6:30 PM

Venue: Hotel President, Sector 26, Chandigarh.

Lipo Sculpturing of Body and Overview of Plastic Surgery

Chief Guest for the club meeting on December 11, 2009 Dr. Harpreet S. Bakshi was welcomed by President Gurdip S. Deep. PP Rtn. Ajit S. Gulati introduced the Chief Guest. He said Dr. Harpreet Bakshi is an experienced Cosmetic and Plastic Surgeon. He graduated from Govt. Medical College, Amritsar. He did M.S. (General Surgery) from Govt. Medical College & Hospital, Vadodara and subsequently his M.Ch. in Plastic & Cosmetic surgery from Govt. Medical College & S.S.G. Medical College, Vadodara. PP Ajit Gulati said, "Dr. Bakshi's surgical skills, aesthetic judgment, sense of beauty and ability to visualize the end result sets him apart from other surgeons. He has keen interest in the latest advancements in the field of Plastic & Cosmetic Surgery, and regularly updates himself with the latest techniques." Dr. Harpreet Bakshi is Consultant Cosmetic & Plastic Surgeon at Alchemist Hospital, Sec-21, Panchkula; Apollo Clinic, Sec-9, Chandigarh and IVY hospital, Sec-71, Mohali.

As usual, Secretary Rtn. Ritu Singal sent all Rotarians SMS reminding them to attend the meeting. But this time it was different..... and it sounded like a commercial promo! The message said, "Do you wish to look young?? Then let's listen to Dr. Bakshi today evening to learn about the dynamics of looking young at 6.30 pm in President hotel." Obviously, the response from Rotarians was good!

In his talk Dr. Bakshi said, "Liposculpturing involves a technique to optimize your particular body form. It



Dr. Harpreet Bakshi gives power point presentation

involves removal of fat that is, Liposuction - as well as addition of fat to improve the contours of the body."

He said, "Liposuction is the most popular aesthetic procedure performed. It is a tool for aesthetically sculpturing and recontouring the body. The purpose is to change shape of the body to one that is more cosmetically pleasing. It should not be viewed as a means for weight loss." It is a method of "spot reduction" for areas that do not respond to diet and exercise. Dr. Bakshi added, "Although, a healthy lifestyle, diet & exercise, is important, it is a fact that localized fat deposits in areas of hips / thighs / abdomen, simply cannot be corrected by improved lifestyle alone. Hence Liposuction is used to target and reduce unsightly bulges that do not respond to usual weight-loss methods." He stressed that this is the only treatment proven to be safe and effective for permanent removal of localized fat deposits with

realistic expectations of results. Fat once removed, is removed for lifetime but size of existing fat cells can increase.

Dr. Bakshi clarified, "Yes, the effect is permanent." Once certain amount of fat cells is removed from your body, they are gone for ever! He added, "They cannot multiply at all. It is a very safe procedure with very few side-effects." This is not very expensive, which depends upon the number of regions involved or desired, and the expenses vary between Rs. 20000 to Rs. 75000.

To be liposuctioned for a simple lower abdomen (single region) liposuction, cost may be surprisingly low. It can be combined with a "Tummy tuck" procedure which is best suited for women, who following pregnancy, have developed loose skin and abdominal wall weakness, and desire to regain figure (after child bearing), wear tight clothing and look natural in overall contour, both sitting and standing. This is also required after excess weight loss because exercise and diet



President Gurdip in deep discussion on 'young looking techniques' with Dr. Harpreet Bakshi !!!



Anniversary couple PP D.P. Khandelia & R'ann Sandhya cut the cake

cannot remove skin laxity.

Rtn. Dr. Col. V.K. Kapoor presented formal vote of thanks. He congratulated Dr. Harpreet Bakshi for doing a very good job and giving us a detailed overview of plastic surgery with regard to Liposuction, Liposuction and even amputation of limbs.

President Gurdip Deep acknowledged with thanks, the donation of Rs. 2100/- for the Club projects from Mrs Shakuntla Sood, aunty of Rtn. Deepak Sood.

105 Sweaters Distributed to Poor Children



PP D.P. Khandelia & R'ann Sandhya distributed sweaters at Govt. Primary School, Mauli Jagran



Accompanied by PP B.L. Ramsisaria and PP R.S. Chandgothia, PP D.P. Khandelia & R'ann Sandhya distributed 105 sweaters to poor children in our Rotary Club's AEI Centre Nos. 502, 503, and 504 at Govt Primary School, Mauli Jagran Complex, U.T. Chandigarh, under Sarv Siksha Abhiyan, in response to appeal by His Excellency Governor of Punjab and Administrator U.T. Chandigarh.

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Electrical Training Camp

Director Vocational Service, Rtn. R.K. Luther and Chairman Electrical Training Programme, Rtn. Munish Jauhar have organized a six months camp being conducted for students in Khuda Ali Sher, Chandigarh to provide them vocational training to make them qualified Electricians. Rotary Community Corps of Khuda Ali Sher, sponsored by our club, is also actively associated with this programme.

15 students in the age group of 18 years are undergoing the training. The classes are held in an equipped classroom with sitting arrangements for the teacher and an Electric Board which completes the practical learning experience.

Practical training is provided in an open air lab located in the same premises. This will prepare the students for a career and impart them with the necessary skills.

The classes are held from Monday to Friday between 3 pm to 6 pm by a Retired Senior Certified Instructor from Industrial Training Institute. The course content that has been taught till now includes: 1. Introduction to Electricity – This covers the basic of electricity and various electric fittings. 2. Safety – This covers the safety

precautions and regulatory requirements to be followed while dealing with electric fittings. 3. Tools – The various tools that are used by an electrician are explained 4.

Symbols – The standard trade symbols- are explained so that the students become aware of their roles and significance 5. Services Testing Board – This explains how to test the various fittings.

One of the students has made a working testing board as part of the practical training.

The course content that is going to be covered shortly will be: 1. Wiring – This covers different type of wires and their uses. 2. Fittings including single and multi circuit. A special emphasis will be made on the multi-circuit fittings which are more complex and have wider usage.

The students will be groomed with trained electricians as apprentices after completing the classroom based training.



Electrical training class

Posted on Internet by AG Charanjit Singh at Rotary District 3080 Zone 3

Last week I had the opportunity to visit Rotary Chandigarh Midtown and join with their three Rotary Community Corps. Two of these RCCs hold a special distinction being completely managed by physically challenged individuals who have created a history of sort. These are also perhaps the only such unique RCCs in the world managed by special people.

It was a pleasure meeting with them and sharing

the tremendous work that they are doing in their respective areas, right from educating the needy, to donating blood, and helping their fellow beings who are physically challenged.

People refer to them 'disabled', but through their work that they are "differently abled" and much more inspired and enthusiastic to change their own life for the better.

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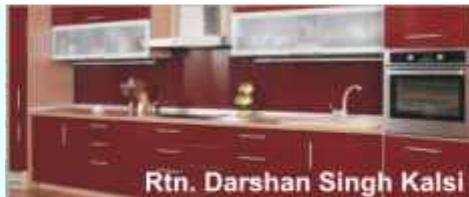
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These three RCCs were formed last year and have been successfully nurtured by the club's chair for RCC, Dr. V.J.S. Vohra, and this year, under the able leadership of Rtn. Pres Gurdip Singh Deep, it intends to create ripple in the society through

their outstanding work.

My heartiest felicitations to Midtowners, and the commendable projects they are undertaking through these most powerful RCCs. Keep it up..... CJ

91 Donate Blood at Khuda Ali Sher

With support of our club, Rotary Community Corps of Khuda Ali Sher and the Youth Club organized Blood Donation Camp on December 13, 2009 (Sunday) at village Khuda Ali Sher.

The camp was inaugurated by Mr. Mohanjit Singh, IAS, Secretary Rural Development and Chairman, Chandigarh Housing Board, U.T. Chandigarh. It was a keen sense of involvement as his wife; Dr. Manjit Kaur also donated blood.



Blood Donation Camp at Khuda Ali Sher

Doctors and staff of Government Multi Specialty Hospital, Sector 16, Chandigarh diligently handled the 91 blood donors.

One kg Dabur Chyawanprash was given to each donor. President Rtn. Gurdip S. Deep said the camp was very well organized by Mr. Bhupinder Singh and other RCC members who not only created awareness amongst the villagers, but also motivated them for blood donation. Also present were PP Rtn. T.S Anand, Rtn. Om Parkash & R'ann Krishna, Rtn. Munish Jauhar, Rtn. Deepak Sood, Rtn. Amarjit Singh, Rtn. V.K. Jawa, Rtn. Nitin Mathur and Off. Secy. V.P. Sharma.

Punctuality Draw : Won by Rtn. Om Parkash

Donations For Club Projects

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IPP Rtn. Saroj Jhawar
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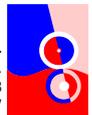
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