



Reach Within to Embrace Humanity

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Club Number : 15228

The Midtowner

Bulletin of Rotary Club of Chandigarh Midtown: R.I. District 3080

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President
Raj Kumar Luther

Secretary
Amarjit Singh

Editor
Dr. V. J. S. Vohra

Volume XXXVI No. 44 Dated: May 01, 2012

PROGRAMME

Aviation Scenario in India

Viewpoint by: Rtn. Wing Comdr. Kamal Nath

Friday, May 04, 2012

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh



15 from Rotary Club Chandigarh Midtown

to the Land of **a Thousand Smiles**

2012 Rotary International Convention

6-9 MAY 2012, IMPACT MUANG THONG THANI



Her Royal Highness Princess Chulabhorn Walailak Akra Rajakumari will be representing His Majesty the King to inaugurate the grand opening of the 103rd Rotary International Convention in Bangkok, Thailand, on Sunday, May 06, 2012 at 10:00 am.

Our Club will be represented by following Rotarians & R'anns who shall be attending RI Convention at Bangkok;

1. PDG Shaju Peter and R'ann Lovy Peter
2. President R.K. Luther and R'ann Urmil Luther

3. PP Dr. V.J.S. Vohra and R'ann Indu Vohra
4. Secretary Amarjit Singh and R'ann Sunita
5. Rtn. A.K. Puri and R'ann Sudha Puri
6. Rtn. Vinod Jawa and R'ann Pushpa Jawa
7. Rtn. Dr. Mrs. Rita Kalra and Dr. Sanjay Kalra
8. Rtn. Salil Bali

Total: 15

We look forward to sharing their experience on their return.

Alcohol - Facts and Myth

In the club meeting on April 27, 2012 Guest Speaker Mrs. Ravneet Kaur, Sr. Lecturer, Guru Gobind Singh College of Pharmacy, Chandigarh was introduced by President R.K. Luther. She has done M.Pharm and Research in Standardization of Herbal Drugs from Panjab University. She is also Vice President of NGO, The Support for poor school children, and running a Library, holding a stock of over 3000 books of all religions, at Nanaksar Gurdwara, Sector 28, Chandigarh.



Mrs. Ravneet Kaur

Ravneet said, "I will not say whether people should have alcohol or not, but what I want to say is 'know your drink'." She recalled a recent incident, reported in local newspaper, of two school girls consuming over dose of alcohol, were taken from a public place to the hospital, and then their parents were summoned.

Ravneet's concern was the youth, the children of today. She

talked about moral science, which is today missing in the class room!

Through power point presentation she explained that the human brain does not fully develop until the early 20's. Alcohol use before that drastically impacts learning and memory. She pointed out "80% of students drink. 71% of students drink once a week or less. Half of these students drink once a month or less. Approximately 600,000 students per year are assaulted by drinking students."

The teens drink to escape pressure or problems, to feel better or to overcome being sad or lonely, to deal with stress and relax, to feel more self-confident in social situations, for excitement, to deal with boredom or because their friends are doing it. Factors that affect the teens to use alcohol are due to pressure, parents using it to solve their problems/stress and the misleading advertisements.

Ravneet described alcohol as Ethyl alcohol or ethanol, produced by fermentation of yeast, sugars and starches. It is a psychoactive drug, and it is a central nervous system depressant. Therefore, it can have a negative impact on school-work, athletics, friendships, family, relationships and career goals.

She said, "Parents should find time for their children and guide them properly. The youth needs to be protected against the wild culture of our city."



Do boond Amrit! President R.K. Luther giving polio drops to children



R'ann Deep & Rtn. Maj. Gen. A.S. Kahlon cutting the cake



Cake for each other! IPP Prem Anand happily celebrates birthday of R'ann Indu Anand



Rtn. Dr. Rita Kalra presents a memento to Mrs. Ravneet Kaur



Rtn. Wg. Comdr. Kamal Nath along with R'ann Susan gets the punctuality award



Mrs. Ravneet Kaur presents wedding anniversary gift to R'ann Deep & Rtn. Maj. Gen. A.S. Kahlon. Looking on are President R.K. Luther and Secretary Amarjit Singh



Mrs. Ravneet Kaur presents birthday gift to R'ann Indu Anand, who is accompanied by IPP Prem Anand. Looking on is President Luther

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CII

—making things happen in another world! —

Ravneet cautioned, "No medical condition, other than heart disease, causes more disability and premature death than alcohol-related problems." She explained how it attacks the brain and affects the decision making process. It affects the control over emotions, body temperature, appetite and consciousness. Alcohol leads to dangerous conditions like Cirrhosis of liver, heart ailments, ulcerative stomach, cancer of mouth and nervous disorders. It is fatal if mixed with sedatives and tranquilizers and there are more than 150 such medications!



Mrs. Ravneet Kaur gave some positive qualities of alcohol, like it is good for bed sores. It is useful as antiseptic & disinfectant, hypnotic sedative and astringent. One should not have more than 60 ml of drinks per day. She concluded, "You should know your drink and should be wise enough to know when to say no."

Vote of thanks was proposed by Rtn. Dr. Mrs. Rita Kalra. She thanked Mrs. Ravneet Kaur for giving a very good presentation on facts & myth of alcohol.

In lighter vein.....

There was a seminar held for alcoholics to create awareness about drinking habits. After the seminar, media wanted to have the reactions as to how useful the seminar was. One person

stated that it was a great learning experience for him. "What is that?" asked the correspondent. Promptly came the reply, "I shall never in my life again attend any seminar!"

Our Scholarship Program is doing well!



President R.K. Luther presents scholarship cheque to Anuradha. Looking on is Rtn. Arjan Singh

Rtn. Arjan Singh was happy to report, "Our Scholarship Program is doing well, and even our Scholars are doing equally well!" In the club meeting last week we disbursed another scholarship, which is sponsored jointly by our club and Rotary Club of Milano Sud Est.

Arjan said, "The recipient is Anuradha, who is a student of chemical engineering and is in the 6th semester now. Her results so far have been very encouraging, having scored 67.5% this year." Arjan added, "Her aggregate during last 5 semesters has been 65%, which according to PP Prof. Dr. S.K. Sharma is quite good."

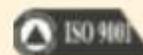
A cheque for Rs. 25000/-, which is half of what we give during the year, was presented to Anuradha by President R.K. Luther.

Maj. Gen. Hardev Singh – Contact No. corrected

In our club meeting on April 20, 2012 Maj. Gen. Hardev Singh (Retd.) demonstrated a Human Body System Analyzer (imported from Hong Kong), which generates medical report instantly on the computer or laptop. Inadvertently his wrong

contact No. was given in the previous bulletin, which is hereby corrected as 9465551946. Having attended a couple of our club meetings, Gen. Hardev Singh is a prospective Rotarian, and we hope to induct him in this month.

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District Assembly, Karwan-e-Aman, on Sunday, 20 May 2012 at Haridwar

Venue: Patanjali Yogpeeth (Phase 2), Delhi-Roorkee-Haridwar NH58

Host: Rotary Club Roorkee Midtown

Breakfast and Registration from 8:00 AM onwards on 20 May 2012. Assembly will be followed by a well-laid out lunch.

Registration: Upto 10th May - Rs. 690 for Single, Rs. 1250 for Couple. 11th May onwards - Rs. 900 for Single, Rs. 1800 for couple. For registration please contact PE Rtn. Mrs. Ritu Singal

or Office Secy. V.P. Sharma.

Accommodation for night-stay is available at Patanjali Yogpeeth, Phase-2 Campus. Air-conditioned double bed room is for Rs. 1000 per night.

T-Shirts Distributed to Students of Night School

With summer approaching, our club distributed T-Shirts of various sizes to the students of Night School Sarangpur on 19th April 2012.

The program started with a quiz in which PP Pallav Mukherjee and other Rotarians present, asked general knowledge questions and students who gave correct answers were awarded with Chocolates. Almost every student participated in the quiz. President R.K. Luther and Rtn. A.K. Puri distributed fruits, Juice and sweets.

T-Shirts were sponsored by Mrs. Nikita Puri Krishan d/o Rtn. A.K. Puri & R'ann Sudha Puri and an anonymous Rotarian. Other Rotarians present on the occasion were Vice President Deepak Sood and Secretary Amarjit Singh.



Rotarians with students and their T-Shirts

Light of Prosperity

In Lok Sabha, an MP during his speech told a story..... "A father gave 100 rupees each to his 3 sons and asked them to buy things and fill up a room completely."

First son bought hay for Rs. 100 but couldn't fill the room entirely.

Second son bought cotton for Rs. 100 but couldn't fill the room entirely.

*Donations for Club Projects:
acknowledged with thanks!*

Rtn. Maj. Gen. A.S. Kahlon

Rs. 1000/-

Birthday of Rotarians

Rtn. P.K. Vasudeva



May 07

Third son bought a candle for Rs. 1 and lit it up and the room was filled with light completely. The MP added, "Our Prime Minister is like the third son. From the day he has taken charge of his office, our country is filled with the bright light of prosperity."

A voice from the back bench asked, "Where is the remaining Rs. 99?"

Wedding Anniversary

R'ann Sharda & PP Rtn. R.S. Chandgothia

May 07

R'ann Savita & Rtn. Om Parkash Malik

May 10

R'ann Vinny & Rtn. R.S. Sachdeva

May 10

Punctuality Draw

Won by Rtn. Wg. Comdr. Kamal Nath

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