

The Midtowner

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

R. I. President
Sakuji Tanaka

District Governor
Manmohan Singh

President
Ritu Singal

Secretary
Ashok Puri

Editor
Dr. V. J. S. Vohra

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PROGRAMME

Reishi; Herb of Spiritual Potency & Medical Wonder
'02 gms a day, keeps the Dr. away!'

Presentation by:

Rtn. Major General Hardev Singh, KC, AVSM (Retd.)

Friday, February 08, 2013

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Skin care as age catches you

In the weekly meeting on February 01, 2013, Vice President Amarjit Singh urged all Rotarians to register for the District Conference which will be held on February 23-24, 2013 at Indradhanush Auditorium, Panchkula, for which we are targeting 50 registrations, and we have already done 39. He also advocated minimum 20 registrations for the forthcoming Rotary South Asia Summit to be held at Hyderabad International Convention Centre (HICC), Hyderabad, from May 03-05, 2013. For this we have already achieved 12 registrations.



Prof. Dr. G.P. Thami

Chief Guest Dr. G.P. Thami, Prof. & Head of Dermatology & Venereology Department, GMCH-32, Chandigarh was introduced by PP Gurdip S. Deep. Dr. Gurdip Pal Thami was born in Shimla, in 1964. He obtained his MBBS from Indira Gandhi Medical College, Shimla in 1988 followed by MD in Dermatology & Venereology from PGI in 1991. In 1996 he joined Government Medical

College & Hospital, Sector 32, Chandigarh as Senior Lecturer. He had also held administrative charge of the hospital as Deputy Medical Superintendent. He is a member of Indian Association of Dermatologists, Venereologists & Leprologists, Indian Medical Association and National Academy of Medical Sciences. Presentably he is holding the post of President of Chandigarh Dermatology Society. He has been researcher throughout his career and has published more than 150 research papers in National and International journals. He is a reviewer for many reputed journals like clinical and experimental dermatology, Medical science monitor, Journal of Postgraduate Medicine, American Journal of Clinical Dermatology etc. His areas of interest are dermatological surgery, hair transplant and tropical dermatology.

Dr. Thami thanked Prof. Dr. I.S. Dua for giving him an opportunity for the presentation on skin care in our Rotary club. He said people have become more health conscious, and there is good awareness on how to maintain alertness physically and mentally. Advanced medical technology has led to increased life expectancy resulting in increased proportion of aged population. Therefore skin care gains significance as that too starts aging. Skin and hair care needs special attention. Chronic diseases like diabetes, hypertension, heart and lung disease, declining liver & kidney and brain function has also to be taken



PP Gurdip S. Deep introduces Dr. G.P. Thami (center). Looking on is Vice President Amarjit Singh



PP Dr. Mrs. Vanita Gupta presents a memento to Dr. G.P. Thami. Looking on is Secretary A.K. Puri



Dr. G.P. Thami presents wedding anniversary gift to R'ann Bir & PP Rtn. Ajit S. Gulati. Looking on is VP Amarjit Singh and Secretary A.K. Puri



Dr. G.P. Thami presents birthday gift to Rtn. Mrs. Davinder K. Singh. Looking on is Vice President Amarjit Singh and Secretary A.K. Puri



Dr. G.P. Thami presents punctuality award to Rtn. Arjan Singh

care of, in view of social cultural and moral values of our system.

Dr. Thami also explained the neuropsychiatric diseases due to emotional stress, depression or anxiety and miscellaneous problems related to the diseases of other systems like renal failure, diabetes, neurological problems etc. He advised to

Award of Excellence being instituted by Chandigarh Midtown

PDG Shaju Peter informed that in the last board meeting of our club it was decided to institute Award of Excellence, which would be a regular feature every year to celebrate 'World Understanding Day'. He said the candidates for this award will

avoid excess of sun exposure, alcohol, medication, stress, cosmetics and food fads. He also advised normal hygiene and habit of neither poor nor excessive bathing with water temperature being neither very hot nor very cold, and not too harsh soap. Clothing should be proper as per season.

As we advance in age, there is hair loss. If not, it becomes grey. Nails become hard, brittle, de-shaped, discolored and difficult to clip. Skin becomes dry and itching with signs of wrinkles and bruises.

After giving suitable remedies for skin care, Dr. Thami concluded by saying, "Don't let aging get you down. It's too hard to get back up!" But this did not end his presentation. There was a lively inter active discussion as queries started pouring in from Rotarians and R'anns which showed their concern for skin care, but there were no signs of age catching up!

Who could have proposed formal vote of thanks better than another leading Dermatologist and Director of State Aids Control Society, PP Rtn. Dr. Vanita Gupta. She said, "Presentation given by Dr. G.P. Thami was so clear and complete in all respects that I could see some of my friends nodding in agreement."

be nominated exclusively by Rotarians of Chandigarh Midtown. But the jury to select the awardee will consist of Rotarians from other Rotary Clubs.

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RI President's monthly message – February 2013

Source : Rotary International Courtesy : www.eflashonline.org



RI President Sakuji Tanaka

Dear fellow Rotarians

In December, I spoke at the first of the three Rotary Global Peace Forums we have planned for this Rotary year. This first event, with the theme "Peace Without Borders," was held in Berlin, the home of the Berlin Peace Clock. The clock, intended as a piece of art, is 3 meters high and weighs over 2 tons. On its side are inscribed the words, Time bursts all walls asunder.

The clock was unveiled on 9 November 1989. That was the day the Berlin Wall fell. It was a wonderful coincidence that the moment the hands on the clock began to move, the orders were given to open the border to West Berlin. The words written on the side of the clock had come true.

In Rotary, we do not divide our work by nation, culture, or language. It does not matter what is printed in your passport. What matters is that you believe in Service Above Self. But even in Rotary, it is easy to think in terms of countries or communities. This project may help someone in my own community, or that project may help someone from Germany, or Kenya, or South Africa.

Sometimes we think of different types of borders. This project, we think, helps the young. This helps the elderly. This helps people who are hungry, poor, or sick, or who have disabilities.

The truth is that Service Above Self does not know such borders. When we serve, the impact is not limited to our community, or the community we are helping. We are not only helping the young, or the elderly, or this school, or that orphanage. When we serve, we are helping all of humanity. The effects of what we do go on and on.

When we put Service Above Self, we are making a choice. We are choosing to put other people's needs ahead of our own desires. We are saying, "Your problems are my problems, and I care enough to help you."

Rotary brings peace by addressing the needs that cause conflict: the need for clean water, for nutrition, sanitation, and health care. When these needs are met, there is opportunity. And there is hope. Hope has no borders. It is the garden from which peace can grow.

Peace Through Service brings out the best in us. It makes us aware of the borders we set up around ourselves – and it helps us tear them down.

Sakuji Tanaka
RI President



Nobel Peace Prize Recipient Aung San Suu Kyi honored with Peace Award

She emphasized the importance of getting youth involved in the peace process

Aung San Suu Kyi, leader of Myanmar's democracy movement and recipient of the Nobel Peace Prize, delivered the keynote address at the Rotary Global Peace Forum held in Honolulu, Hawaii, USA, 25-27 January 2013.

She was honored with the Hawaii Peace Award for her longstanding pursuit of democracy through peaceful, non violent means. After 20 years of house arrest, Suu Kyi was

released in November 2010, and last year was elected to Myanmar's parliament as a member of the pro-democracy opposition party.

Suu Kyi told the attendees that absolute peace is an unattainable goal, but one that we must nevertheless continue to endeavor toward. She said that democratic institutions are necessary to guarantee human rights.

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RI President Sakuji Tanaka presents the Hawaii Peace Award to Aung San Suu Kyi

"The kind of peace we want is very simple. We want permanent peace," said Suu Kyi. She also noted that young people have an important role to play. The Honolulu forum emphasized the importance of getting youth involved in the peace process.

"We must help our young people so that they may be able to take over our task of nation building," Suu Kyi said. "We depend on our young people to take us forward."

Engaging young people: More than 1,800 Rotarians, Rotary alumni, and supporters of Rotary's peace program took part in this event, the second of three peace forums planned by RI President Sakuji Tanaka. The first was held in **Berlin** in November, and a third is planned for Hiroshima, Japan, on 17-18 May.

"Rotary builds peace and international understanding through education, humanitarian service, and connecting with youth," Tanaka said. "To ensure a lasting legacy in this arena, we must engage young people and the new generations to come in a meaningful way, and empower them to carry Rotary's peace-building efforts into the future."

Bill Gate: The Impatient Optimist



Bill Gates

In the 2013 Richard Dimbleby Lecture, one of the world's greatest entrepreneurs and leading philanthropists, Bill Gates, explains his optimism for a world free of the debilitating disease, polio. He explains why he is devoting so much of his time, money and influence to eradicating polio, and how we can all help to finish the job.

He gave a special mention to Rotary International and the efforts of the 1.2 million Rotarians who have been advocating for Polio eradication, raising money, supporting vaccinations and even going out to getting involved in the campaign for three decades.

Microloan

A loan of Rs. 20,000/- has been given to Parmod kumar of Ram Darbar Colony. He is running a computer centre from his home which was visited by the District Governor during

his visit on December 14, 2012. This second installment of the loan is being given so that Parmod can shift his business to a commercial premises nearby and also for purchase of furniture etc.

President Ritu Singal's Thought on Peace – Step 28: One cannot simultaneously prepare for war and create peace

Acknowledgment with thanks

Donations for Club Projects:

PP Rtn. Ajit S. Gulati
Rtn. Mrs. Davinder K. Singh

Rs. 1100/-
Rs. 1000/-

Birthday of Spouses

R'ann Raj Kapoor
R'ann Madhu Vaidya



February 10
February 12

Birthday of Rotarians

Rtn. Maj. Gen. A.S. Kahlon
Rtn. R.T.P.S. Tulsi



February 09
February 14

Wedding Anniversary

R'ann Neerja & Rtn. Anil Nagpal	February 08
PPRtn. Dr. Vanita Gupta & Dr. B.C. Gupta	February 09
R'ann Manju & Rtn. Jawahar Jain	February 09
R'ann Sarabjit & Rtn. J.S. Bawa	February 10
R'ann Urmil & IPPRtn. R.K. Luther	February 14

Punctuality Draw

Won by Rtn. Arjan Singh

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