



The Midtowner

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

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Editor
Dr. V. J. S. Vohra

Volume XXXVII No. 33 Dated: February 12, 2013

PROGRAMME

Chief Guest:

Padma Bhushan Dr. Sardar Anjum...

And his Shairee

Friday, February 15, 2013

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Reishi; Herb of Spiritual Potency & Medical Wonder

In the club meeting on February 08, 2013, Rtn. Major General Hardev Singh (Retd) gave a detailed colorful presentation on 'Reishi; Herb of Spiritual Potency & Medical Wonder'. He was introduced by Rtn. Maj Gen A.S. Kahlon (Retd) who said, "We all know Maj Gen Hardev Singh as he is our own Rotarian, but lesser known facts about him are that he wrote 'India's Nuclear Doctrine' on behalf of the Army." Further he is also a winner of a very high ranking gallantry award of Kirti Chakra, which is peace time equivalent of Maha Vir Chakra during war. He was also awarded AVSM for distinguished service. Besides having done Command & General Staff Course at USA, he has also done merit based courses of Higher Command, and National Defence College, which besides the future senior leaders of the services, is also attended by equal number of IAS/IFS/IPS/IRS officers as well as officers from foreign countries for giving better understanding of strategic level issues at national/international levels. Gen Kahlon also remarked, "It is nice to see Gen Hardev Singh talk about health."



Maj Gen Hardev Singh

Maj Gen Hardev Singh gave his talk based on the book, 'Reishi; Herb of Spiritual Potency and Medical Wonder', written by Dr. Terry Willard of Canada. He told the audience, "God had created the human body as 'the Best Doctor' capable of discharging toxins and correcting body system imbalances as also healing injuries. Despite body's

self healing capacities today the humanity is suffering more and more as the body is unable to discharge overload of toxins due to polluted air, water and eatables." Displaying various research/analytical reports, he showed that India today has become the land of diseases due to its toxic air, which has been found to be the worst in the world in a recent survey of 132 countries. 70% of India's water resources are badly polluted. Every eatable such as vegetables, fruits, milk, pulses, edible oil, and grain in India is adulterated/polluted. Obviously, these unhealthy environments and 'chalta hai' attitude of modern day life style oriented people has resulted in endless sufferings due

to increase in diseases.

Cancer and drug addiction is wide spread in Punjab. With 155 million obese, 70 million diabetic, 150 million known hypertension cases, and 30% of 29 million heart disease related deaths of less than 40 years of age every year, India has become a bastion of diseases.

In context of above background, Maj Gen Hardev Singh said, "Watching so much human suffering, even God seems to have been disturbed and has come to its rescue by sending His rare Sanjivini called Reishi (in Japan) from mountainous jungles to the farmlands." Citing his own experience of excellent health benefits by regularly consuming Reishi for past eleven and a half years, he presented following details about Reishi: botanical name is Ganoderma, and in China it is revered as Lingzhi. Reishi is a rarest of the rare mushroom. There are 38000 known varieties of mushrooms; 36000 varieties are poisonous. Six types of rare Reishi mushrooms are considered to have divine healing qualities. Wild Reishi is extremely rare. Only one or two mushrooms can be found on an entire jungle covered mountain. As it was impossible to cultivate, this rare mushroom was available only to emperors in the past.

In 1972, researchers at Kyoto University in Japan successfully cultivated Reishi in the laboratory. Modern bio-engineering technology has made Reishi available to the general public in large quantities. In India three companies selling Ganoderma (Reishi) products i.e. capsules, tea, coffee, coco etc. had a combined sale of around Rs 185 Cr. in 2012.

Reishi is a unique health food with wide ranges of medicinal properties, which collectively balances the life energy and strengthens the immune system, giving the user longevity. What sets Reishi apart from the best of the food supplements is the fact that whereas these supplements have good nutritional value, Reishi has the unique ability to help discharge toxins from the body in addition to providing nutrition, which in any case could be obtained from WHO recommended but less known organic supplements at fraction of the cost of well advertised food supplements.

There are approx 640 known herbs; these are categorized as 'Average Herbs' with only nutritional value, 'Fair Herbs' having only therapeutic value and only 26 are categorized as 'Superior Herbs' having both therapeutic and nutritional values (both yin

and yang). Reishi is classified as Top of the Superior Quality of all herbs by the pharmacopoeia used by Chinese doctors for thousands of years. Emperors have considered Reishi as herb for the immortals Reishi is also known as the King of Adaptogen, which means: 1. Non-toxic and free from side-effects. 2. Non-specific, acting on the entire body. 3. Normalizes physiological functions.

Reishi's stature is higher than Ginseng. It has a long history of safe use (5,000 years). No toxicity or side-effect has been reported. There are 40 years of ample modern scientific evidences in the laboratory and in the clinic for its effectiveness. There are hundreds of research papers available on website of Public Health Medical library of USA on effectiveness of

The status of Reishi in the health food industry is unparalleled. Its effectiveness as a health food and as a highly potent medicine have been demonstrated by over 40 years of modern scientific research in Japan, Taiwan, China, U.S.A., Korea, Canada, and India. Backed by 5,000 years of accumulated experience, Reishi can safely claim to be totally free from side-effects. Modern medical chemical analysis has revealed that Reishi contains nearly 400 active elements including High Molecular Weight Polysaccharides, Triterpenes, Organic Germanium, Adenosine, Amino Acids, and Vitamins. Reishi contains 800-2,000 ppm of organic germanium, which is 4-5 times more than Ginseng. Germanium is a trace element with adaptogenic functions. All over the world Reishi is being recommended for almost every aspect of body as listed below:



Wg. Comdr. Kamal Nath presents a memento to Maj. Gen. Hardev Singh

ACTIONS

- Immuno-modulator
- Metabolism Booster
- Body System Normalizer
- Stress Reliever
- Energizer
- Detoxifier & Anti-Oxidant
- Anti-microbial

RECOMMENDED FOR

- Immunological Health
- Digestive and Gastro-intestinal Health
- Cardio-Vascular Health
- Neurological Health
- Over all Health/well being
- Excretory Health
- Endocrine Health

Ganoderma for various diseases. Reishi has extremely wide applications, bringing benefits to the entire body, preventing almost all the common diseases. It is claimed to be effective even for "terminal" illnesses such as cancer, AIDS, and coronary heart disease. It is effective both for prevention and cure, suitable for daily use as a health supplement.

Translating the above benefits in to details, it would amount to Reishi having benefits for each and every body conditions.

Maj Gen Hardev Singh said, "Lot of information is available on the internet and I would encourage Rotarians to do research on Reishi and decide for themselves."

He also highlighted, "Reishi usually produce signs of ailment



Maj. Gen. Hardev Singh presents wedding anniversary gift to PP Rtn. Dr. Mrs. Vanita Gupta & Dr. B.C. Gupta



Maj. Gen. Hardev Singh presents birthday gift to Rtn. Maj. Gen. A.S. Kahlon. Looking on are President Ritu Singal and Secretary A.K. Puri



Maj. Gen. Hardev Singh presents wedding anniversary gift to R'ann Urmil & IPP Rtn. Raj Kumar Luther

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reflection in some cases, which could produce discomfort for few days before producing real benefits.” He concluded, “Reishi is not meant to replace any medication but it does not interfere with any ongoing treatment. Reishi needs to be consumed for a longer period to realize the best benefits to health.”

Thanking Maj. Gen. Hardev Singh for his very educative talk on benefits of Reishi for health, Rtn. Wg. Comdr. Kamal Nath said, “He has added another feather to his cap. It was very refreshing to hear Gen Hardev Singh speaking on a unique topic, which would help many of us to keep ourselves in better health.”



Maj. Gen. Hardev Singh presents birthday gift to R'ann Raj Kapoor



Rtn. Amarjit Singh gets punctuality award from Maj. Gen. Hardev Singh

To know further details about this wonder herb, 'Reishi', call Maj Gen Hardev Singh on his cell No. 76963 76777.

Children to be honored in District Conference

The exemplary record holder children and grand children of Rotarians of RID 3080 who attained the State Level, National or International Level records in the field of Education, Sports or Arts will be honored at the time of District Conference. The

names and bio data of such children should be given to the respective AGs immediately. The selected candidates and their parents will have to ensure their registration and presence on both the days of District Conference.

No club meeting on 22.2.13 due to District Conference on 23 & 24.2.13

There will be no club meeting on Friday, 22nd February 2013 as we have to attend District Conference on Saturday-Sunday, 23rd & 24th February 2013. Attendance will be marked accordingly.

Blood Donation Camp



VP Amarjit Singh donates blood. Looking on are the other donor President Ritu Singal and other Rotarians who attended the camp

Blood Donation Camp was held in Dev Samaj College, Sector 45, Chandigarh on 7th February 2013, organized by Rotaract Club of Dev Samaj College, with support of Principal Dr. Meera Modi and Staff of the college.

President Rtn. Mrs. Ritu Singal and Vice-President Rtn. Amarjit Singh also donated blood, along with 80 students of the college.

Members of Inner Wheel Club Chandigarh Midtown were also present to motivate the blood donors.

Rtn. Dr. Col. V.K. Kapoor, PDG Shaju Peter, Secretary Rtn. Ashok K. Puri, Rtn. Dr. Rita Kalra, President Rtn. Mrs. Ritu Singal, Vice President Rtn. Amarjit Singh, PP Rtn. Prem Anand, PP Rtn. Capt. Manmohan S. Kahlon, Rtn. Maj. Gen. Hardev Singh and Rtn. Mrs. Kanan Diwan they all supported the Camp.

President Ritu Singal's Thought on Peace – Step 29: Let's have child like mind of faith without doubt

If we don't harbour doubts in hearts. We will as a matter of course attain peace and happiness. Children are able to grow and learn things like standing, walking, cycling and skating. They don't fear or doubt that if they fall, or if they get hurt. They continue to try till they learn.

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PDG Shaju to Chair Findings Committee of Rotary South Asia Summit

Our hearty Congratulations to PDG Shaju Peter. According to a message received from RI Director Shekhar Mehta, Shaju has been appointed as the Chair Findings Committee for the forthcoming Rotary South Asia Summit scheduled to be held at Hyderabad May 3 through 5, 2013. The Committee will be responsible for coming out with a printed report of the event

as well as an electronic version for Rotarians to download, within 30 days of the adjournment of the Summit.

PDG Shaju attended the meeting of the organizing committee of the Summit, convened by RI Director Shekhar at Hyderabad on February 9 and 10, 2013.

Hyderabad International Convention Centre, a beautiful venue for Rotary South Asia Summit

PP Dr. V.J.S. Vohra had edited the previous bulletin from Hyderabad, where he and R'ann Indu Vohra attended the World Congress of International Society for Prosthetics and Orthotics (ISPO), on February 04-07, 2013 at Hyderabad International Convention Centre (HICC), a beautiful venue, which attracted the ISPO World Congress to be held in India for the first time!

is proud to be the winner of the 'Best Convention Centre' National Tourism Award by Incredible India for three years in a row. Novotel Hyderabad Convention Centre adjacent to HICC is a 5 star 287 rooms hotel. HICC is a Green Globe certified convention centre.

Over 6000 Rotarians would be attending Rotary South Asia Summit on 3-5 May 2013 at this venue. The Summit will have interesting programs and RI Convention style House of Friendship with food courts, great entertainment events and exhibit booths. Hyderabad, the city of Nizam, is one of the most modern cyber cities of India, with interesting historical sightseeing destinations. Log on to www.rotarysouthasiasummit2013.org for more information or call PDG Shaju Peter (M: 9814127804), who is also on the organizing committee of the Summit.

HICC, the venue for Rotary South Asia Summit, is the first purpose built and state-of-the-art convention facility, the first of its kind in South Asia. HICC in every aspect, be it infrastructure, services or technology, compares with the best in the world. It has an internal hall measuring 6,480 square meters, which can be partitioned into six smaller halls. HICC



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R'ann Raj Kapoor

PP Rtn. Dr. Vanita Gupta & Dr. B.C. Gupta

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the AIDS project of providing milk to infants of AIDS Mother)

Punctuality Draw

Won by Rtn. Amarjit Singh

Birthday of Spouses

R'ann Meenakshi Jain

R'ann Shashi Gupta

Birthday of Rotarians

Rtn. Lalit K. Azad

Rtn. Rajeev Gupta

Wedding Anniversary

R'ann Meenakshi & Rtn. Amit Jain

R'ann Saroj & Rtn. Santosh K. Khaitan

R'ann Brij Bala & Rtn. M.K Handa

R'ann Rajneet & Rtn. Sriranjiv Sandhu

February 17

February 19

February 19

February 21

February 17

February 17

February 18

February 20



PDG Rtn. Shaju Peter

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