

The Midtowner

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

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District Governor
Manmohan Singh

President
Ritu Singal

Secretary
Ashok Puri

Editor
Dr. V. J. S. Vohra

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PROGRAMME

1. Constitution of India – An Epitome of Rotary Ideals
*A talk by: PP Rtn. Balram K. Gupta, Senior Advocate
Director, National Judicial Academy, Bhopal*
2. How much you know your President. A Quiz....

The meeting
will be followed
by cocktails

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Bulletins, updated on
our website since
Rotary year 2006-07

Friday, March 22, 2013

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Rotarians actively participate in First Cheshire Homes Awards 2013 for Differently Abled Chief Guest: Union Railway Minister, Mr. Pawan Kumar Bansal

Cheshire Homes Chandigarh organised awards for recognising the contribution of individuals, NGOs and corporate working

Sethi, IPS, IG (Retd.), award for individuals who contributed for the cause of the disabled was given to Mrs. Puja, the next



Union Railway Minister, Mr. Pawan Kumar Bansal being received by Mr. Gurdip S. Deep and Dr. V.J.S. Vohra



Sewing machines to disabled ladies from Mr. Pawan Bansal. Looking on are Mrs. Lalit Joshi, President Ritu Singal and Secretary A.K. Puri



Mr. Pawan Bansal presents tricycle to one of the six beneficiaries

for the cause of the disabled, on March 17, 2013 at Bal Bhawan, Sector 23, Chandigarh. This was the first Award distribution ceremony. It was held in association with the Social Welfare Department of Chandigarh Administration and with support of Rotary Club Chandigarh Midtown.

award for working for employment of the disabled was presented to Umeed, for vocational guidance and skill development to the National Association for the Blind and the last award was Life time achievement award for service to the disabled which was given to Brigadier Dr. M.L. Kataria.

The awards were distributed in five different categories, which

The committee which selected the awardees consisted of Lt.



Awards being presented by Mr. Pawan Kumar Bansal. Looking on are Mr. Rajesh Joggal and Mrs. Lalit Joshi



Mr. Pawan Bansal presents token of appreciation to Maj. Gen. A.S. Kahlon

were presented to the awardees by Union Railway Minister, Mr. Pawan Kumar Bansal. The award for disabled person for excellence in chosen field was given to Mr. R.C.

Gen. Vijay Oberoi (Retd.), Prof. Dr. Raj Bahadur, Director-Principal, GMCH, Mr. Rajesh Joggal, Director Social Welfare Department of Chandigarh Administration, and they were assisted by Rtn. Maj. Gen. A.S. Kahlon and PP Gurdip Singh Deep, Chairman Emeritus and Chairman of Cheshire Homes.

The awards were instituted by Mrs. Anjana Sehgal who contributed Rs. 5000/-. Rotarians of Chandigarh Midtown who instituted the awards were Rtn. Sanjay Bhatia with a contribution of Rs. 11000/-, and with contribution of Rs. 5000/- each by President Rtn. Ritu Singal, Rtn. Maj. Gen. A.S. Kahlon and PP Rtn. Dr. V.J.S. Vohra, a member of Governing Body of



Colourful cultural programme by specially abled students from Blind School, Sector 26, Chandigarh, Vatika School for Deaf, Regional School for Mentally Handicapped and Prayaas, conducted by R'ann Maniki Deep, Hony. Secretary of Cheshire Homes

Cheshire Homes.

Four sewing machines were given to the orthopaedically disabled ladies, and 6 tricycles, sponsored by Rotary Club of Chandigarh Midtown, were also distributed through Mr. Pawan Kumar Bansal to disabled persons. Harmesh Bhutto, who himself is severely disabled, was recognized for working tirelessly for the cause of disabled persons.

Maj. Gen. M.S. Kondal (Retd.), Former Mayor of Chandigarh

Mrs. Lalit Joshi, Maj. Gen. Rajinder Nath, PP Rtn. Mrs. Neena Singh from Rotary Club Chandigarh who is also a member of Governing Body of Cheshire Homes and our Club Secretary Rtn. Ashok Puri were also present to inspire the disabled persons.

Formal vote of thanks was proposed by Mr. Rajesh Jopgal. Lunch was provided by the Social Welfare Department, UT. 'The Tribune' and 'Day and Night' News Channel were the media sponsors.

Stem Cells – The future of Medicine



Neeraj Prashar

In our club meeting on March 15, 2013 Mr. Neeraj Prashar, M.Sc. (Microbiology), Expansion Head, Stemade Biotech Pvt. Ltd., was the Chief Guest. He was introduced by Rtn. Brij Gulati. Neeraj, who was assisted by his colleague Ranbir Rana, came out with the importance of stem cells which could have the potential to treat several diseases, such as Diabetes and Parkinson's, Muscular Dystrophy etc.

Stem cell research is directed towards curing or preventing a

host of fatal conditions and diseases.

Trillions of dollars are being invested in stem cell research across the world and results are encouraging. He explained in details, about stem cells; what they are, how they could be used to treat disease and injury and that they are future of medicine. A cell is the basic unit of the human body, which grow and divide to form various organs of the body. Self-regeneration is the ability of stem cells to divide and produce more stem cells.

Though in the early years, bone marrow was the sole source of stem cells, however, with time, a number of other sources have emerged. Stem Cells are those master cells of the body that can



Rtn. Prof. Dr. I.S. Dua presents a memento to Mr. Neeraj Prashar



Mr. Neeraj Prashar presents birthday gift to R'ann Sunita



Rtn. Dr. Jawahar Luthra gets punctuality award from Neeraj Prashar

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be transformed into any other cell of the body. Neeraj said, "We are for the first time thinking of 'cure' in true sense for most of our life threatening ailments."

One can bank their dental pulp stem cells in a Dental Stem Cell Bank, which is a facility that stores stem cells derived from teeth for future use. Stem cell samples are stored specifically for the use by the individual person from whom such cells have been

collected. The sample can be later retrieved by the individual for therapeutic purposes. Neeraj explained the complete procedure of how stem cells can be stored and preserved.

Rtn. Prof. Dr. I.S. Dua expressed gratitude on behalf of our club and thanked Mr. Neeraj Prashar for a very knowledgeable power point presentation on the subject which may soon revolutionize the practice of medicine.

Pets & Sets at Mussoorie

PE Rtn. Deepak Sood & R'ann Purnima and Secretary Elect Rtn. Dr. Rita Kalra are now fully geared up to take charge of the leadership of our club in Rotary year 2013-14 effective from July 01, 2013, after a fruitful Pets & Sets at Hotel Brentwood, Mussoorie on 15th to 17th March 2013.

President Nominee Rtn. R.P.T.S. Tulsi & R'ann Ranjana also attended a seminar on 'Future Vision Plan' on 17th March 2013.

From our club PDG Shaju Peter, PP Ajit S. Gulati and Rtn. Amarjit Singh were members of the faculty. R'anns Lovy and Bir were also present during Pets & Sets.

PRIP Raja Saboo's address was highly inspiring for all delegates.

PE Deepak Sood said, "It was very informative, motivating and a memorable event." In order to 'Engage Rotary, Change Lives', he said Rotarians of our club should not miss the opportunity to meet RI President Elect Ron D. Burton on 31st March 2013 at 11 a.m. at K. Rukmani Devi Memorial Hall, Railway Road, Ambala Cantt, hosted by Rotary Club of Ambala, for which the Registration is Rs. 700 (single) and Rs. 1200 (couple).

Save the Environment



Rtn. Dr. Rita Kalra, President Rtr. Sushant and other Rotaractors plant saplings at General Hospital, Panchkula

Rotaract week with theme 'Save the Environment' was celebrated by Rotaract Club of Chandigarh Midtown by planting saplings at General Hospital, Panchkula. Director New Generations Rtn. Dr. Rita Kalra said, "This will sensitize our new generation towards their responsibility to save our planet and make it green for a bright and healthy future." The green hospitals mean we save energy and paper by utilising Information technology. This is extension of our efforts on International Women's Day. To sustain saplings till they become sturdy the plants have been named after the nursing sisters in charge of respective departments.

Congratulations!

Our hearty congratulations to R'ann Parveen and Rtn. Arjan Singh, as they delightedly announce the birth of their second grandchild, a daughter born to Sundari and Manoj, on 12th March 2013 at New Delhi. Sundari with her daughter will be coming to stay with her parents after a few weeks.

President Ritu Singal's Thought on Peace – Step 33: Is it worth fighting wasting our time and energy?

Is it worth fighting over, "Is my way so much better than his way that it is worth our time and energy fighting?" If the answer is no, then just let it go. This does not make us a weaker person. Rather, those who are truly great and strong can sacrifice their ego and yield to another's wishes.

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Visit of GSE Team from District 6990 from USA



Farewell dinner for GSE Team at Golf Club

Gupta & Dr. B.C. Gupta, Rtn. R.T.P.S. Tulsi & R'ann Ranjana and Rtn. Dr. Rita Kalra & Dr. Sanjay Kalra respectively. Andrew James, who was a part of the Team, and was to be hosted by PE Deepak Sood & R'ann Purnima, had left for USA a day earlier.

Our Club was given the privilege of organizing a farewell dinner for the team. The hosts took the team to Spring Fest, which was a novel experience for them. They were fascinated by the acrobatics being performed by children. Dinner was organized at the prestigious Golf Club, Chandigarh, and all the hosts were present. President Ritu Singal welcomed the team at the farewell function. She thanked the hosts for the

GSE programme of Rotary Foundation affords a wonderful opportunity to young professionals and senior Rotarians, who lead the team, to learn about the cultural diversity of country they visit and also have exchange of ideas about their vocations with the counterparts in that country.

Team comprising of four professionals led by Team leader Rtn. Michael Mayer arrived in District 3080 on 11th February 2013.

They were our guests for two days, that is, 9th & 10th March. Michael was hosted by PP Harish Sethi & R'ann Manjit. Nadia Payen, Kyle Mullan & Marissa Joy stayed with PP Dr. Vanita

warm hospitality they provided to our guests. The team members gave excellent presentation and shared their experience of visit to our District. District Governor Manmohan Singh was the chief guest. He mentioned that the visiting team members from District 6990 have been great ambassadors of goodwill and understanding.

District First Lady Rajwant Kaur, Rtn. Prof S.K. Bhatia, District Chair GSE hosting and PP Khushjiv Singh Sethi, Coordinator GSE Hosting and PP TK Ruby, District Secretary were also present. Others present from our club were PDG Shaju Peter, PP Ajit S. Gulati and Secretary Ashok Puri.



Please note change in time, date and venue for Holi Celebrations

The club meeting of Friday, March 29, is being pre-poned to Wednesday, March 27, 2013 at 11 am to celebrate holi, for which the venue will be Rtn. Dev Jeet Singh's Hotel Catering and Management Institute, Village Gholumajra, Near Milktime Plant, Chandigarh-Ambala Highway, four kilometers after Derabassi, before GMR Toll Plaza on left side of the road. All Rotarians and their spouses are requested to celebrate holi, the colourful festival of friendship and an enjoyable fellowship!

Acknowledgment with thanks

Donations for Club Projects:

R'ann Sunita

Rs. 1100/-

Wedding Anniversary

R'ann Tavinder & Rtn. J.S. Chopra

March 24

Punctuality Draw

Won by Rtn. Dr. Jawahar Luthra

Birthday of Spouses

R'ann Dr. Sudha Jain

March 23

Birthday of Rotarians

President Rtn. Ritu Singal

March 22

Rtn. Rajiv Aggarwal

March 23

Rtn. Tej Mohan Singh

March 24

Rtn. Anil Nagpal

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Rtn. Jagpreet S. Chadha

March 28



PDG Rtn. Shaju Peter

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