



The Midtowner



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

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Club No. 15228

www.rotarychdmidtown.org

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Secretary
Dr. Rita Kalra

Editor
Dr. V.J.S. Vohra

Volume XXXVIII No. 22 Dated: November 26, 2013

PROGRAMME – Friday, Nov. 29, 2013

Do we need All India Services

Chief Guest: Mr. Dharamvir, IAS (Retd.)

Former Chief Secretary, Govt. of Haryana

Friday, November 29, 2013

Time: 6.30 p.m.

Please note next meeting is preponed to Tuesday, Dec. 03, 2013

Topic: Impact of Vedanta on the American way of life

By: Philip Goldberg

Author of world famous book 'American Veda'

Venue: Hotel President, Sector 26, Chandigarh

Suicide and substance abuse among Adolescent

In our regular meeting on November 22, 2013 President Rtn. Deepak Sood welcomed the Chief Guest, Dr. B.S. Chavan Professor & Head, Department of Psychiatry, Govt. Medical College and Hospital, Sector 32, Chandigarh. The President also acknowledged the presence of Mrs. Raminder, daughter of Rtn. Mrs. D.K. Singh.



Dr. B.S. Chavan

PP Rtn. Dr. V.J.S. Vohra introduced Dr. Chavan, who is also Joint Director, Regional Institute for Mentally Handicapped, Sector 32, Chandigarh. He has done MD, MNAMS, FIMSA and DHM. He is Secretary General

of Indian Association of Social Psychiatry, HOD Human Genetics Centre, GMCH, Member Secretary, Chandigarh Mental Health Authority, Nodal Officer, State Resource Centre, Nodal Officer, National Trust, Ministry of Social Justice and Empowerment, Govt of India, HOD, Centre of Excellence and HOD, Mental Health Institute. He has also received an award from President of India.

Dr. Chavan said, "It is a pleasure to be here and share with Rotarians what my department is doing, because you all are doing wonderful work for the community." He gave an informative presentation on a sensitive issue, 'Suicide and substance abuse among Adolescent'.

Dr. Chavan discussed the major public mental health issues like substance abuse, untreated depression and other mental disorders, Stress, adjustment problems at home and place of work, high rate of suicide, issues related to children and adolescents and marital disharmony. He showed deep concern about drug and alcohol abuse among the adolescents. On this issue he explained the increase prevalence, early age of onset, transition to harder drugs, injectable drug abuse with risk of HIV and AIDS, hepatitis, drug and alcohol abuse among girls and easy availability of substance and money.

Presenting the facts and figures of drug and alcohol abuse among adolescents, Dr. Chavan said, "We selected 280 students

from six different colleges of Chandigarh who never used alcohol, used once and multiple users. 42% youngsters around 18 years of age experimented with alcohol, 68% had pleasurable effect, and 54.80% expressed the desire to quit. Youngsters who wanted to continue were having someone using alcohol in the family or were experiencing stress." Steps to be taken should be early recognition and intervention, create awareness among the youth, coping strategies to handle stress, education system should focus on moral teaching, recreation and sports and also availability of school counselor. Dr. Chavan also advocated Legislation to delay first use and harmonization.

Dr. Chavan said that family members and community try to cope up by working with the person, extending all help, are supportive and do not reject them. The individuals try to cope up on their own and refuse to take help from family and community. Explaining the feasibility of home based detoxification, he talked about 37 patients of alcohol dependence who were provided treatment at home. 86.5% were successfully detoxified at home and approximately 75%, 54% and 49% were abstinent at 1 month, 2 months and 3 months respectively.

Dr. Chavan said, "In 2003, there were 130 suicides in Chandigarh and we tried to study the causes. 59.4% suicide victims were in the age group of 20-29 years. 57.4% were males. About 58% were migrant and staying in the periphery of Chandigarh. 72.2% committed suicide by hanging. 57.5% showed behavioral changes, but family failed to identify the risk."

Talking about stress and suicidal ideas in adolescent students, Dr. Chavan said, "2402 students of class VII to XII were studied from 10 schools. About 45% students reported psychological problems. Approximately 9% students reported that life was a burden. 6 percent students reported suicidal ideas and 8 students (0.39%) reported suicidal attempt." He also discussed suicide prevention helpline, working with the media not to glamorize suicide and to hike up security at preferred places like the Sukhna lake. These actions have resulted in decline of suicides during the past 8 years.

Vote of thanks was proposed by Rtn. Salil Bali, Director Youth Service who said, "From bottom of our hearts we thank Dr. B.S. Chavan for his eye opening presentation." Valuable information given by Dr. Chavan can be very useful for taking up this matter as a meaningful project from Rotary platform!



Rtn. Salil Bali presents a memento to Dr. B.S. Chavan. Looking on are President Deepak Sood and Secretary Dr. Rita Kalra



Chair, Microloan PP B.L. Ramsisaria and Co-Chair PP Prem Anand give Microloan of Rs. 20000 to Mrs. Dimple accompanied her husband, for her garment business



Dr. B.S. Chavan presents wedding anniversary gift to R'ann Parul and Rtn. Salil Bali



Dr. B.S. Chavan presents birthday gift to first lady R'ann Purnima Sood. Looking on is President Deepak Sood



Dr. B.S. Chavan presents birthday gift to R'ann Maniki Deep. Looking on is Secretary Dr. Rita Kalra



PE Rtn. R.T.P.S. Tulsi gives Rs. 8700 to Radika, jointly contributed by him and Rtn. Amarjit Singh for her college fee, on recommendation of Dr. Gurjeet K. Mander, Principal, Post Graduate Govt. College, Sector 46, Chandigarh



PDG Shaju Peter gets punctuality award from Dr. B.S. Chavan. Looking on is President Deepak Sood

Intercity on TRF at Ambala on Sunday, 1st Dec. 2013

President Deepak Sood said some of our Rotarians have already registered for the Intercity on The Rotary Foundation scheduled for 1st December 2013 at Rukhmani Devi Hall, Ambala Cantt. He requested more members should be interested to know about

the new model of TRF, and they can give their names to Secretary Dr. Mrs. Rita Kalra or Office Secretary. Mr. V.P. Sharma. Registration is Rs. 600 (single) and Rs. 1200 (double).

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PP Rtn. T.S. Anand

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District Conference on March 01 & 02, 2014 at Dehradun

Rotary Club of Dehradun is hosting the District Conference on March 01 & 02, 2014. Prominent personalities, besides Rotary Leaders, shall address the delegates. Rotarians from Pakistan are also expected in the conference. Pre – conference dinner will be on February 28, 2014. Entertainment programme will be

held in the evening of March 01, 2014.

Registration at present is Rs. 2100/- for individual and Rs. 3600/- for couple. Lucky ones from amongst those registering in advance have chances to win prizes, including a free trip to Bangkok!

Rotary South Asia Literacy Summit 2013

Hotel Ashok, New Delhi on 14th & 15th December 2013 Early Bird Registration extended till 30th November 2013

Rotarians, Spouses, Inner Wheel Members, Rotaractors and Interactors are invited to join the 'Revolution of Total Literacy' in South Asia. Online registration is available at www.rotarysals2013.org/registration.shtml for Rs. 5000/- per head till 30th November, which includes two Lunch and one Dinner at Hotel The Ashok, a kit and Entertainment Programme

on 14th December 2013 at 6.30 pm. Online booking for the five star Hotel Ashok, tariff (single/double) Rs. 5500/Rs. 6000 (Special package for Rotary Summit, check in/checkout time 8:00 am/4:00 pm, inclusive of breakfast and taxes) is available at www.rotarysals2013.org/acomodation.shtml. Online booking can be done for other hotels also.

Assistant Governors 2014 – 15 get together at Dehradun

DGE Col. Dilip Patnaik convened a meeting of the Assistant Governors of 2014 – 15 at Hotel Madhuban, Dehradun on Sunday, November 17, 2013 with the idea of introducing his core team to them. Present on the occasion were District Trainer (2014-15) PDG Shaju Peter, Chief Advisor to the Governor PDG Prem Bhalla, District Secretary PP Sudhir Jolly, District Secretary, Administration and Logistics PP Ajay Pal Makin, District Treasurer PP Bipin Berry and Chief Editor PP Jyoti

Dhawan. Of the 12 Assistant Governors appointed by DGE, 10 were present.

In his address to the Assistant Governors Shaju described their role as a vital link between the clubs they would serve and the District Governor and said "You are the key to the success of the Rotary Year". Shaju was introduced by Bipin Berry.

PDG Prem Bhalla dealt with the basic elements of good governance and sound leadership.

World Disabled Day at Cheshire Homes on Sunday, 1st December 2013

World Disabled Day is celebrated all over the World on 3rd December. Cheshire Homes Chandigarh will do so on 1st December 2013, being Sunday. PP Rtn. Gurdip S. Deep, Chairman of Cheshire Homes informed that Cheshire Homes will provide free tricycles, wheel chairs, sewing machines, bicycle and other equipments to the needy persons. Medical camp for disabled persons will take care of general check up, eyes, ENT, skin, urology, dental and orthopaedics. Medicine will also be given free of cost. 10-12 Rotarian doctors of Rotary Club Chandigarh Midtown will offer their valuable services.

Eminent personalities like Prof. Dr. Raj Bahadur, HOD Orthopaedics, PGI, Chandigarh, Dr. S.S. Gill, Vice Chancellor, Baba Farid University, Dr. B.S. Chavan, Professor & Head, Department of Psychiatry, GMCH- 32, Chandigarh, Mr. Rajesh Jopgal, Director, Social Welfare Department, UT, Chandigarh

and senior officers of Punjab National Bank are likely to grace the occasion. We also look forward to great support from PNB, Chandigarh to make this event meaningful for disabled persons. PP Rtn. Dr. V.J.S. Vohra, as Hony. Prosthetic Adviser to State Governments, would be issuing Railway passes to disabled persons. Prosthetists from Otto Bock Healthcare, German multinational global leader in provision of sophisticated artificial limbs, supportive devices, wheel chairs and rehabilitation aids, will also be there to assess the disabled persons for fitment of artificial limbs.

Rotary Club Chandigarh Midtown, Inner Wheel Club Chandigarh Midtown and Rotary Community Corps (whose members are disabled persons) will be playing significant role to make the above event successful. Lunch will also be served to all those attending the camp.

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Workshop of Martial Arts on Self Defense for girls



Demo in martial arts

Mrs. Rama Gupta, President of Inner Wheel Club Chandigarh Midtown informed that a Workshop of Martial Arts was held to train the girls of Govt. Senior Secondary Model School in Rajiv Vihar, Chandigarh.

Training martial arts is very important for the girls and women in today's society. It gives courage to girls to face the world, gives flexibility, discipline and confidence to make them feel self-dependent.

Mr. B.S. Handa, an expert in Martial Arts explained to the girls how they can use pens, pencils, eye glasses, their hands, knees and their voice to save themselves and avoid unexpected attacks on them by hooligans. In today's scenario it is very essential to train the girls how to defend themselves in such situations.

Appeal for poor patient

Secretary Rtn. Dr. Rita Kalra made an appeal for four year old Heena of Hoshiarpur who has been diagnosed with Blood Cancer in last week of October 2013 and now admitted in PGI, Chandigarh for treatment. She requires chemotherapy every six months for three years. Total expenses are estimated to be Rupees three lakh. There is immediate requirement of one lakh for treatment of this girl child. Her father Surinder Pal, daily wages Painter appealed to various service organizations for

monetary help to treat her daughter and received good response. We appeal to all Rotarians, R'anns and Rotractors of various clubs of Tricity to contribute generously for this noble cause to save this girl child. All contributions through cash/cheques should be sent to Rtn. Ashok Puri, Director Vocational Service (M-07837700784) within a week so that monetary assistance can be sent to this needy patient through PGI, Chandigarh.

Acknowledgment with thanks

Rtn. Ashok Puri committed Rs. 950 for Gas refill for NGO, Theatre Age, w.e.f. Nov. 2013

For education of needy student, Radika:

PE Rtn. R.T.P.S. Tulsi Rs. 6700
R'ann Sunita & Rtn. Amarjit Singh Rs. 2000

Donations for Club Projects:

R'ann Maniki Deep Rs. 1100
R'ann Purnima Sood Rs. 1100
R'ann Parul & Rtn. Salil Bali Rs. 1100

Birthday of Spouses

R'ann Neeru Khattar December 05

Birthday of Rotarians

Rtn. Rajinder Rai December 01
Rtn. Dr. Mrs. Shashi Jain December 03

Wedding Anniversary

R'ann Malabika & PP Rtn. Indrajeet Sengupta December 03

Punctuality Draw

Won by PDG Rtn. Shaju Peter



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Rtn. Dr. Mrs. Rita Kalra

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