



The Midtowner



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

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www.rotarychdmidtown.org

Club No. 15228

R.I. President
Ron D. Burton

District Governor
Rakesh Aggarwal

President
Deepak Sood

Secretary
Dr. Rita Kalra

Editor
Dr. V.J.S. Vohra

Volume XXXVIII No. 28 Dated: January 07, 2014

PROGRAMME

Ageing Gracefully

Chief Guest:

Dr. Gurbir Singh

Regional Medical Director, Fortis Healthcare Group

We shall also have Lohri celebrations

Friday, January 10, 2014

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Oral hygiene.... key to health **(Report by: Secretary Dr. Rtn. Mrs. Rita Kalra)**



Prof. Dr. K. Gauba

In the club meeting on 3rd January 2014, the chief guest for the evening Prof. Dr. K. Gauba, HOD and Chair, Dept. of Oral Health Sciences, PGI was introduced by Rtn. Prof. Dr. I.S. Dua, as the

founder Principal of Dr. Harvansh Judge Dental College, Panjab University, which was not only his passion and dream, but also dedicated to the dental profession. He has been associated with PGIMER since his post graduation from Punjabi University. He has several publications to his credit. He has been speaker at various conferences and honored with awards. His dedication to the profession is well reflected in his achievements.

Prof. Gauba started his presentation with, "We all were born with no cavities." He described the types of teeth - temporary and permanent dentition, structure and parts of tooth in detail. The commonly occurring dental diseases can be grouped into four types: Dental caries, periodontitis, mal occlusion and oral cancer.

He went on to explain in detail the causative factors, the process and progress of disease in type and methods of prevention. He said we are very careful about consuming clean and hygienic food but don't bother to clean our mouth. So the good food becomes bad with micro organisms and goes into the digestive system and is absorbed causing various diseases.

Dr. Gauba suggested that children should be allowed to eat chocolates, but once a week and as much as they want, followed by brushing.

The golden rules for prevention of dental diseases are: brush after every meal, do not take sweets more than three times in a day, eat fibrous fruits, nutritious and balanced meals not more than 5 times a day and visit your dentist every six months. Do not forget to take your brush along with your meals to office for long and healthy life of your teeth.

Several queries came up. So it seemed that we had attention of the Rotarians in body and mind to take care of our priceless possession.

President Deepak Sood thanked Dr. K. Gauba for his meaningful presentation.



President Deepak Sood presents a memento to Dr. K. Gauba

Mega Medical Camp

Rtn. Dr. Anureet Kaur, Director Community Services, informed about a blood donation camp and medical check up camp scheduled for 12th January 2014 in collaboration with NGO at Naya Gaon. She requested all Rotarians to be present and support the event. The details of venue and timings will be communicated in next bulletin.

Secretary Rtn. Dr. Rita Kalra announced that a Mega Medical Camp is being organized in collaboration with Medi City

Gurgaon, and Inner Wheel Club of Chandigarh Midtown. This will be a district event and open to all Rotarians of District 3080. The camp is super speciality and includes consultation and investigations in mobile van for cardiology, orthopedics, urology, neuro and dental specialities. The date finalized with the hospital is 30th March 2014 and venue is still to be finalized. Since this will be a special and district level event, she requested all members for whole hearted support and invited suggestions to make it a grand success.

DISTRICT CONFERENCE

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RI Representative for the Conference is

PDG Muhammad Faiz Kidwai

RI District 3271 (Pakistan)

The Vice President of India

HE Hamid Ansari

shall inaugurate the Conference

The former President of India

Dr. APJ Abdul Kalam

will be the speaker

March 1 & 2, 2014

'Khetarpal Auditorium',

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Registration amount shall be Rs.2000/- & Rs.3400/- for individual/Couples

Effective from 1st January 2014 upto 31st January 2014

President Deepak Sood said, "District Governor Rakesh Aggarwal has planned entertaining evenings on 28th February and 1st March. Registration charges for the pre conference

Dinner on 28th is Rs. 750/- per person. I request members to register for the conference in good strength. The amount may please be deposited with Secretary Dr. Mrs. Rita Kalra."

Sad Demise

President Deepak Sood informed about sad demise on 1st January 2014 of Suman Kumar Nandi, son-in-law of PP Dr. V.J.S. Vohra. President Deepak Sood said, "Suman was Dy. Dean at Chitkara University. He was known as dedicated and energetic officer in the university and was a favourite of students, as well as of management. Destiny took him away

from all of us just at the age of 35. I request you all to pray to God to give strength to the family to bear this unbearable loss." One minute silence was observed in the meeting.

Antim ardas was held on 5th January 2014 at Gurdwara Sahib Sector 8, Chandigarh.

Rtn. Dr. (Col.) V. K. Kapoor
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Condolence message from District Governor

Dear Rtn. PPD. Vohra,

All the Rotarians of RI District 3080 join me in expressing sincere condolences on this hour of bereavement. To lose a young 'son in law' is a great tragedy, indeed. We all pray to God, Almighty, to grant eternal peace to the departed soul; and also that the family and friends have the strength to bear this great loss.

Rtn. Rakesh Aggarwal
 DG 2013-14, RIDISTT-3080
 dg1314rotary3080@gmail.com
 09837041056

PDG Shaju Peter Speaks at Rotary Club Chandigarh



PDG Shaju Peter gives a talk in the meeting of Rotary Club of Chandigarh. Seated on the dais are Secretary Rtn. Desh Deepak Khanna, President Rtn. Hassan Singh Meje and President Elect Rtn. Paramjit Singh

Rotary Club of Chandigarh had their New Year celebrations on Monday, December 30, 2013. The Guest Speaker in their weekly meeting was PDG Shaju Peter. He was given a warm welcome by the club and introduced formally by President Elect Rtn. Paramjit Singh.

"Giving and philanthropy have been universal tenets of perhaps all world religions", said Shaju introducing the subject and went on to speak about the principal motto of Rotary: Service Above Self.

Concluding his presentation on giving to the Foundation, Shaju

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said, "Ordinary human beings as we are, the Rotary Foundation gives each one of us an extraordinary opportunity to touch the lives of others".

PDG Kawal Bedi in her vote of thanks remarked that the club

couldn't have had a better speaker than Shaju to speak on the Foundation.

The meeting was followed by dinner.

The history of Rotary's Mottoes

Source: <https://www.rotary.org/myrotary/en/history-rotarys-mottoes>

Rotary's official mottoes, Service Above Self and One Profits Most Who Serves Best, trace back to the early days of the organization.

In 1911, He Profits Most Who Serves Best was approved as the Rotary motto at the second convention of the National Association of Rotary Clubs of America, in Portland, Oregon. It was adapted from a speech made by Rotarian Arthur Frederick Sheldon to the first convention, held in Chicago the previous year. Sheldon declared that "only the science of right conduct toward others pays. Business is the science of human services. He profits most who serves his fellows best."

The Portland convention also inspired the motto Service Above Self. During a convention outing on the Columbia River, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, USA, talked with Seattle Rotarian J.E. Pinkham

about the proper way to organize a Rotary club, offering the principle his club had adopted: Service, Not Self. Pinkham invited Paul P. Harris, who also was on the boat trip, to join their conversation. Harris asked Collins to address the convention, and the phrase Service, Not Self was met with great enthusiasm.

At the 1950 RI Convention in Detroit, slightly modified versions of the two slogans were formally approved as the official mottoes of Rotary: He Profits Most Who Serves Best and Service Above Self. The 1989 Council on Legislation established Service Above Self as the principal motto of Rotary, because it best conveys the philosophy of unselfish volunteer service. He Profits Most Who Serves Best was modified by the 2004 Council to They Profit Most Who Serve Best and by the 2010 Council to its current wording, One Profits Most Who Serves Best.

Birthday of Spouses

R'ann Indu Luthra

R'ann Neena Verma



January 13

January 13

Wedding Anniversary

R'ann Simranpreet & Rtn. Sundeep S. Sawhney January 16

Birthday of Rotarians

Rtn. Dr. Mrs. Rita Kalra

PP Rtn. Gurdip S. Deep

Rtn. Lt. Comdr. A.S. Nagra

Rtn. Dr. Dinesh Sahajpal

Rtn. Salil Chopra



January 05

January 09

January 10

January 12

January 12



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