



The Midtowner



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

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Club No. 15228

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Rakesh Aggarwal

President
Deepak Sood

Secretary
Dr. Rita Kalra

Editor
Dr. V.J.S. Vohra

Volume XXXVIII No. 40 Dated: April 01, 2014

PROGRAMME

'Rahat', Rotary Medical Mission
From RI District 3080 to RI District 3040
Presentation by: PP Rtn. Dr. Vanita Gupta

**Please note
change to summer
timings**

Friday, April 04, 2014

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Rotary Health Mela

On March 30, 2014 Rotary Health Mela, with super speciality medical facilities was organized by Rotary Club of Chandigarh Midtown and Inner Wheel Club of Chandigarh Midtown, in association with Medanta – The Medicity, Gurgaon, at Dr. Sanjay Kalra's Dental Clinic, SCO 13, Sector 5, Panchkula. Top specialists of Medanta were available at the camp from 10 a.m. to 5 p.m. for free consultation and investigations for cardiology, orthopedics, urology, neuro and dental specialties.

In a well attended meeting, an impressively colourful Souvenir of our club was released by Mrs. Upinder Kaur Ahluwalia who praised the efforts put in by our club in organizing the medical camp for benefit of the community. Mrs. Upinder Kaur is one of the recipients of 'Rota Women of Distinction Award' which was given to her by Rotaract District 3080 in association with our club in January 2014.

Nowadays people from all walks of life are falling easy prey to many physical and mental health ailments, mainly due to stress, sedentary lifestyles and lack of social support. The initiative taken by our club and Inner Wheel Chandigarh Midtown was a good opportunity to get examined by the best of health experts and that too absolutely free! 'Health is Wealth', and we at Rotary definitely feel this type of free health check up by expert specialists from hospital like Medanta, has been a great contribution towards the healthcare of people of the region.

Secretary Rtn. Dr. Rita Kalra said, "About 500 visitors received consultation and 100 underwent investigations offered. The mela not only had exhibition of poster for awareness drive amongst citizens, but also options to stay

healthy, such as nutrition and diet, health magazines, organic food, yoga, and the herbal plants."

Nature's gift, that is, good health needs to be up-kept. One needs to be healthy to achieve something in his life. In majority of the cases, health can be maintained by our own efforts. The routine illnesses observed in today's life include: headache, obesity, hypertension,



Mrs. Upinder Kaur
Mayor of Panchkula



Dr. N.P. Gupta
Padma Shri



Mrs. Jeeti Gandhi
Guest Speaker

President Rtn. Deepak Sood welcomed the the Chief Guest Mayor of Panchkula Mrs. Upinder Kaur Ahluwalia and the medical team of Medanta, Gurgaon. He said "Be prepared to motivate yourself for a healthy lifestyle this year. We are extremely grateful to all the sponsors who have contributed generously to the cause of community projects undertaken by our club, including the Rotary Health Mela."



Mayor of Panchkula Mrs. Upinder Kaur Ahluwalia releases the Souvenir. Looking on are first lady R'ann Purnima Sood, President Rtn. Deepak Sood, Dr. N.P. Gupta, IW President Rama Gupta and Secretary Rtn. Dr. Rita Kalra



diabetes, pains (joints, back, neck), viral diseases etc. Though it is a fact that some of the diseases are hereditary in nature, majority of the diseases can be prevented by taking precautions in food habits, life style, cleaner environment and overcoming stress. It is rightly said that good health adds years to life, while great friends add life to years!

Inner Wheel Chandigarh Midtown President Rama Gupta introduced the faculty of Rotary Health Mela as follows;

All the doctors spoke on the occasion and gave their valuable advice on healthcare and how to lead a happy life. They talked about the medical facilities now available due to which life expectancy has doubled. Demonstrations were also given about how any person can take care of health emergencies. As a token of our appreciation the doctors and the staff of Medenta were honoured with mementos presented by Rotary Club Chandigarh Midtown.

S.No.	Speciality Consultation	Specialists	Designation
1.	Cardiology	Dr. Parveen Chandra Dr. Manish Bansal	Chairman, International Sr. Consultant
2.	Urology	Padamshree (Prof.) Dr N.P. Gupta	Chairman
3.	Respiratory & lung diseases	Dr. Bornali Datta Dr. Sanchit Wadhwa,	Sr. Consultant Associate Consultant
4.	Neurology	Dr. Ajaya Nanda Jha	Chairman & HOD
5.	Critical care & Emergency	Dr. Abhinav Gupta	Sr. Consultant
6.	Ortho paedic	Dr. Attique Vasdev	Associate Director
7.	Dentistry Consultation	Prof. Dr. Sanjay Kalra	Chairman, KDC



Patients consulting the doctors



Dr. Attique Vasdev and Dr. Abhinav Gupta addressing the audience

Doctors, Rotarians and patients

Rtn. Br. (Col.) V. K. Kapoor
MS MCh (Urology) (PGD)
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Mayor of Panchkula Mrs. Upinder Kaur Ahluwalia presenting the mementos

Rtn. Salil Bali introduced the Guest Speaker Mrs. Jeeti Gandhi, a qualified dietician, author and philanthropist, who expressed great concern about the health related problems amongst the growing children and cautioned them about their unhealthy food

habits and junk food. She gave logical solutions to develop healthy childhood not by forcing upon them, but by getting them involved and understanding the ways for developing good food habits which is a stepping stone to healthy adulthood.

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On behalf of Rotary Club Chandigarh Midtown and Inner Wheel Club Chandigarh Midtown, Past District Chair of Inner Wheel, R'ann Santosh Gupta proposed formal vote of thanks. She was full of praise for the top doctors of

Santosh Gupta

Medanta who had come all the way from Gurgaon to offer their expert professional services free of cost. She also thanked the press and every individual who contributed or supported the health mela to make it a grand success.



President Deepak Sood presents a token of appreciation to Mayor Mrs. Upinder Kaur Ahluwalia



L-R: AG Ajit S. Gulati, President Deepak Sood, R'ann Purnima Sood, PP B.L. Ramsisaria, R'ann Gulshan, R'ann Patinder, Secretary Dr. Rita Kalra and PP Dr. V.J.S. Vohra (behind the camera) enjoying the herbal plants

Acknowledgment with thanks

Dr. Sanjay Kalra for hosting Rotary Health Mela

Souvenir Advertisements:

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Birthday of Rotarians

- | | |
|-------------------------|----------|
| Rtn. Daulat Ram Agarwal | April 04 |
| Rtn. Ravinder Kapur | April 04 |
| Rtn. Praveen Aggarwal | April 09 |



Wedding Anniversary

- | | |
|---|----------|
| R'ann Seema & Rtn. Dr. Dinesh Sahajpal | April 06 |
| R'ann Pritpal & Rtn. R.P.S. Gulati | April 07 |
| R'ann Herpreet & PP Rtn. Col. A.J.S. Gill | April 09 |



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