

The Midtowner



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

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Club No. 15228

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President
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Secretary
Dr. Rita Kalra

Editor
Dr. V.J.S. Vohra

Volume XXXVIII No. 07 Dated: August 13, 2013

PROGRAMME

Independence Day Celebrations

Thursday, August 15, 2013

Time: 10.00 a.m.

Venue: Bal Bhawan, Sector 23, Chandigarh

Please note the change in time, date and venue

Osteoporosis or Porous Bones

In regular meeting of our club on August 09, 2013 President Deepak Sood acknowledged the presence of Mr. Amit Gulati, Regional Manager of Otto Bock Healthcare India, Chandigarh, global leaders in artificial limbs, of which PP Dr. V.J.S. Vohra is the Consultant. He also welcomed Bobby, son of Rtn. Mrs. Deepa Bhar and her family.

Chief Guest Prof. Dr. Raj Bahadur, Head of Dept. of Orthopaedics in PGI, Chandigarh, was introduced by PP Rtn. Dr. V.J.S. Vohra. As Director-Principal of Govt. Medical College and Hospital, Sector 32, Chandigarh, Dr. Raj Bahadur was very closely associated with Rotary, particularly Rotary Club Chandigarh Midtown. He has also been Hon. Rotarian of our club. He was presented PHF by then RI President Ray Klinginsmith during his visit to Chandigarh in March 2011, and was also honoured by PRIP Raja Saboo, for his sincere efforts to help the cause of Rotary. Our prestigious project - Aasra Shelter in GMCH-32 would not have been possible without the tremendous help and support given by Dr. Raj Bahadur, and this project is now functional since 30th June 2009, when it was inaugurated by then Governor of Punjab and Administrator Chandigarh, General S.F. Rodrigues. Dr. Raj Bahadur is also Director of Regional Spinal Injury Centre in Mohali. He did his MBBS from Medical College Shimla, MS in Orthopaedics from Banaras Hindu University, FICA from USA, MAMS, FAMS from National Academy of Medical Sciences, FIMSA from International Medical Academy and FRCS from Royal College of Surgeons and Physicians of Glasgow (UK). Dr. Raj Bahadur's field of specialization is general orthopaedic surgery, spinal surgery and joint replacement. He has worked in various capacity in HP Medical College and Snowdon Hospital Shimla, Institute of Medical Sciences at BHU Varanasi, Medical College and Hospital Rohtak, PGI Chandigarh, Medical Education and Research Pondicherry, Maulana Azad Medical College and LN Hospital, New Delhi. He is Chairman and Member of numerous Advisory Committees at State, National and International level including Nodal Officer for WHO sponsored health programmes. His work has been widely acclaimed for which he has received many awards, including Punjab Rattan. Dr. Raj Bahadur is a great social activist, and is associated with the disability sector, and he has made meaningful contribution towards the empowerment of disabled persons.

In his impressive presentation Dr. Raj Bahadur explained that osteoporosis or porous bone means deterioration of bone tissue, resulting in weakness of the bone with high risk of fractures in the hip, spine, and wrist. Osteoporosis is a silent disease because

bone loss occurs without symptoms, and you may not know about it until your bones become so weak that a sudden strain, bump, or fall may cause a hip to fracture or a vertebra to collapse, which is felt as severe back pain, loss of height, or spinal deformities.

He said though women are more prone to osteoporosis, but men are also not free from this disease, which needs proper treatment, and he also pointed out certain myths about this ailment to make us aware about the facts which leads to osteoporosis. So the husband should take due care of his wife, keeping in mind that he too is a candidate for this disease!



Dr. Raj Bahadur

Dr. Raj Bahadur advised that osteoporosis should not be taken lightly. He also made a comparative study under Indian conditions and USA, where millions of people are having osteoporosis or are at high risk of weak bones and fractures.

There is maximum bone density and strength till the age of 30. After this the risk of osteoporosis increases with the growing age. For ladies, the risk is more. Osteoporosis affects women but men may also develop osteoporosis. The older you get, the greater is risk of osteoporosis as bones weakens with age.

Eating disorder increases your risk for osteoporosis. A diet low in calcium and vitamin D leads to bone loss. Dr. Raj Bahadur highlighted use of certain medications, which can lead to osteoporosis and make you prone to fractures, and therefore you need consultation with your doctor. An inactive lifestyle also weaken the bones. Smoking is harmful for bones and excessive consumption of alcohol also leads to osteoporosis.

To prevent osteoporosis as you age, you need adequate calcium and Vitamin D also plays an important role to keep the bones healthy. Dr. Raj Bahadur also advised exercises to take care of osteoporosis. He told us how Rtn. B.B. Bahl had fracture due to a fall in the bath room, and had to be admitted in PGI. He therefore suggested that to avoid fracture, our bath rooms should not have smooth or glossy tiles, but rough surfaced material or tiles be used for flooring which should not be slippery, to ensure protection from any fall in the bath room.

Dr. Raj Bahadur made his presentation very interesting, and in lighter vein even referred to a quote by Voltaire, "Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing."

We are very lucky that a leading eminent orthopaedic surgeon, Prof. Dr. Raj Bahadur makes himself available to us, whether it is our personal ailment or a Rotary event. We have ample opportunities to interact with him. We can always consult him in PGI or at Spinal Injury Centre in Mohali, with prior appointment.

Induction of new Rotarian. Rajinder follows his father Rtn. Charanjit Rai

We already have a father and a son in our club, Rtn. Tejbans Jauhar and Rtn. Munish Jauhar. In the last meeting we had another son following his father! President Deepak Sood said, "We are starting the membership development month, and I request PDG Shaju Peter to induct a new member, Rajinder Rai, son of our senior Rotarian Charanjit Rai." Introducing Rajinder, President Deepak said he was born on 1st December 1971. Following his father's footsteps, who retired as an Engineer in Chief, Rajinder did his BE in Civil Engineering and is presently working as Municipal Engineer in Department of Local Govt., Punjab. He is married to Dr. Seema Rai who is working as Asstt. Professor at Panjab University, Dept. of Stem Cells and Tissue Engineering. Rajinder and Seema are blessed with daughter Pallavi and son Arihant.

The first thing Rtn. Rajinder did after his induction was to propose a formal vote of thanks. He said, "I feel honoured for being given this opportunity by the President." On behalf of the club he thanked Dr. Raj Bahadur, as we have been educated and benefited by his talk so that we can take good care of ourselves.



Left: PDG Shaju Peter inducts Rajinder Rai as Rotarian. Right: PDG Shaju President Deepak Sood, Rtn. Charanjit Rai, Rajinder, his wife Dr. Seema Rai and daughter Pallavi



Rtn. Rajinder Rai presents a memento to Dr. Raj Bahadur



Dr. Raj Bahadur presents a birthday gift to Rtn. Deepa Bhar



Dr. Raj Bahadur presents a birthday gift to R'ann Brij Bala Handa. Looking on is Secretary Dr. Rita Kalra



Dr. Raj Bahadur presents punctuality award to Rtn. Salil Chopra. Looking on is President Deepak Sood

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Homage to late PP Rtn. R.S. Chandgothia

In regular meeting of our club on August 09, 2013 the first thing President Deepak Sood did was to request everyone to stand and observe one minute silence in the memory of our charter member, PP Rtn. Ram Swaroop Chandgothia who passed away on July 31, 2013.

Prayer meeting/Bhajans/Rasam-Pagri held on August 12, 2013 at Aggarwal Bhawan, Sector 16, Panchkula, was attended by PRIP Raja Saboo and large number Rotarians from Tricity were present there to pay their homage to Late Ram Swaroop Chandgothia, a highly dedicated Rotarian of our club.

Paying rich tribute to the memory of Ram Swaroop Chandgothia, PDG Shaju Peter while speaking at the prayer meeting, described

him as one of the conscience keepers of Rotary Club Chandigarh Midtown and a respected elder. He believed in the transformational capacity of education, and was always in the forefront of club's community service projects, especially those focused on children's education.

Glowing tributes were also paid by Mr. Shanti Lal Sethia, President Rajasthan Parishad.



Late R.S. Chandgothia

Ravindran is choice for Rotary International President 2015-16



K.R. 'Ravi' Ravindran

Rtn. K.R. 'Ravi' Ravindran is selected by the Nominating Committee for being the President of Rotary International in 2015-16. He will become the RI President - Nominee on 1st October 2013, if there are no challenging candidates.

He is a member of the Rotary Club of Colombo, Western Province, Sri Lanka.

Ravindran said it is important for Rotarians to share their stories, especially through social media, so

others can see the impact Rotary has had in their lives. He said it is also important for the organization to speak with a consistent voice. "Our identity must remain simple and be based on our core values. It must be clear and straight forward to both our internal and external audience."

Ravindran holds a degree in commerce and is Founder and CEO of Printcare PLC, a publicly listed company and global leader in the tea packaging industry. Ravindran has served as RI Director, Treasurer of RI and as a Trustee of The Rotary Foundation. He has also served as an International Assembly group discussion leader, District Governor, Council on Legislation representative, and zone Institute Chair. He chaired the Schools Reawakening project, sponsored by Rotary clubs and districts in Sri Lanka, which rebuilt 25 tsunami-devastated schools, benefiting 15,000 children.

As his country's PolioPlus Chair, Ravindran headed a task force with members from the Government, UNICEF and Rotary. He worked closely with UNICEF to negotiate a cease-fire with northern militants during National Immunization Days. He has been awarded The Rotary Foundation's Citation for Meritorious Service and Distinguished Service Award and the Service Award for a Polio-Free World.

Ravindran and his wife, Vanathy, have two children, and are level 4 Major Donors to the Foundation.



The Nominating Committee members are Eric E. Lacoste Adamson, USA (chair); John T. Blount, USA; Robert K. Crabtree, New Zealand; Gerson Gonçalves, Brazil; Frederick W. Hahn Jr., USA; Lynn A. Hammond, USA; Teruo Inoue, Japan; Paul Knyff, The Netherlands; Peter Krön, Austria; Jorma Lampén, Finland; Kyu-Hang Lee, Korea; Masahiro Kuroda, Japan; Michael D. McCullough, USA; Donald L. Mebus, USA; David D. Morgan, Wales; Catherine Noyer-Riveau, France; and M.K. Panduranga Setty, India.

Dr. Manoj Desai is choice for RID 2015-17



PDG Dr. Manoj Desai from Rotary Club of Baroda Metro is the choice of Nominating Committee as Rotary International Director 2015-17

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District Seminar on 'Membership Development', "VISTAAR" on 18.8.2013

President Deepak Sood informed that District Seminar on 'Membership Development', "VISTAAR", will be held at 10.30 a.m. at Hotel Oasis, Delhi Road, Saharanpur on Sunday, 18th August 2013, which is being hosted by Rotary Club Saharanpur Greater. He requested all Rotarians to attend the First District

Seminar of this Rotary year. Registration up to 16th August 2013 is Rs. 700/- single and Rs.1300/- couple, and is the same on the spot (without kit). Please contact Office Secretary V.P. Sharma for registration.

Know Your Projects - Gift of Hearing

Rotary Club Chandigarh Midtown is right now in the process of implementing the Gift of Hearing project under which we shall be providing hearing aids to poor children and also funding surgeries in some special cases of those who do not require hearing aids but need corrective surgeries to restore or improve their power of hearing.

Our club had been working on a matching grant project of hearing aids for children since 2012-13 which was approved by the Rotary Foundation during the year of IPP Rtn. Ritu Singal. She said, "Every child in Tricity suffering from hearing disability will not be deprived of a hearing aid for want of money.

Wherever necessary, even surgery will be funded." The project has the Rotary Club of Fayetteville and RI District 6110 in USA as our International Partners. The total outlay of the project is Rs. 13.38 lakh.

In partnership with DPI Schools who provides free speech therapy, we shall be able to reach out to poor children and give them a life changing opportunity.

We have already given 30 hearing aids to children of Govt. Schools of 10 years of age and 15 more students have been examined and identified. This project aims to provide hearing aids to 72 children below 10 years of age and 10 Surgeries.

Blood donation camp by Rotaract Chandigarh Midtown on 14.8.13 from 10 a.m. at Student Centre, opp. Law Dept., Panjab University.

Acknowledgment with thanks

Donations for Disaster Relief :

Inspired by Rtn. Salil Chopra, his employees of M/s REH CE BE Enterprise contributed one day's salary Rs. 6542
Rtn. Karanjeet S. Arora Rs. 5100
Rtn. Rajesh Vaidya, Rtn. Dr. Nitin Mathur, Rtn. Jagpreet Chadha, Rtn. Chitranjan Aggarwal Rtn. Anil Kishore Khanna Rs. 2500 each

Punctuality Draw

Won by Rtn. Salil Chopra

Contributions for Independence Day Celebrations :

Rtn. Sanjay Bhatia Rs. 2000
President Rtn. Deepak Sood, Rtn. Dr. Rita Kalra, Rtn. Amarjit Singh, PP Rtn. Vinod Jawa, PP Rtn. R.K Luther, PP Rtn. Pallav Mukherjee, Rtn. P.K Verma, Rtn. Ashok Puri, Rtn. Maj. Gen. Hardev Singh - Rs. 1000 each
PP Rtn. Dr. Vanita Gupta, Rtn. Om Parkash - Rs. 500 each

Birthday of Spouses

R'ann Renu Chopra August 17
R'ann Amarjit Bajaj August 18

Birthday of Rotarians

Rtn. Raj Kumar Khattar August 16
Rtn. Tejbans S. Jauhar August 22



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