



2014-15

# The Midtowner



Weekly Bulletin of Rotary Chandigarh Midtown

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Club No. 15228  
R.I. District 3080

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District Governor  
Col. Dilip Patnaik

President  
R.T.P.S. Tulsi

Secretary  
Salil Bali

Editor  
Dr. V.J.S. Vohra

Volume XXXIX No. 13 Dated: September 23, 2014

PROGRAMME

## How to Overcome Disability - My Personal Experience

By: K.C. Wadhawan, **Joint Director (Retd.) Public Relations, Haryana**  
**P.R. Consultant to Govt. of Haryana**

Friday, September 26, 2014

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh

### Anti Aging Therapy

In our regular meeting on September 19, 2014, Dr. Aditi Prashar, M.D (Skin), Ex. PGI, Dermatologist and Cosmetologist, who spoke on Anti Aging Therapy, was introduced by Rtn. Dr. Col.



Dr. Aditi Prashar

V.K. Kapoor. Dr. Aditi has done MD in dermatology. She passed MBBS from Dr. RPGMC, Tanda (HP) in 2007. She secured first position in HP State Post Graduate Entrance examination in 2009 and joined MD dermatology in IGMC. She has worked as senior resident in PGI, Chandigarh. She is presently doing private practice at Dr. Col. Kapoor's Kidney & Uro Stone Centre, Sector 46-D, Chandigarh and at Midas Clinic, SCO 377/1, Sector

32-D, Chandigarh. Her areas of interest are clinical dermatology, cosmetology and dermato surgery.

Appropriate to the topic, President Rtn. R.T.P.S. Tulsi's poetic mind made him play the video of the famous Kishore Kumar song, *Koi lauta de mere beete hue din.....*, and then invited Dr. Aditi to speak on anti aging. In her talk, supported by multimedia presentation, she explained the various factors which cause aging. She talked of Intrinsic aging influenced by internal physiological factors like genetics, cellular metabolism and hormones. The extrinsic aging is due to many external factors like sun exposure, stress, dietary habits, environmental

pollution, excessive smoking and alcohol abuse.

For preventing skin aging Dr. Aditi advised;

- Eating plenty of fresh fruits, green leafy vegetables, and water
- Regular exercise
- Adequate sleep
- Sun/UV avoidance
- Regular use of sunscreens
- Moisturizers
- Reduce tobacco intake
- Avoiding stress

In old age there is dryness and dehydration of skin. Moisturizers help the skin to retain the moisture and the skin to be soft and supple. She also advised to avoid hot, frequent and prolonged baths. Detergent soaps and foams also cause dryness. Calorie restriction is known to extend lifespan and slow aging. She also recommended organic natural compounds.

She also discussed some medical and procedural treatments for more dramatic changes. She also spoke about the importance of vitamins A, C and E, and the use of depigmenting creams. She also talked of Botox which prevents further wrinkle progression when used regularly. She also discussed some side effects and after care. Several modalities are available to hide or reverse the signs of aging on skin. Treatment is to be selected individually for each patient. Dr. Aditi concluded, "Doctor's promise and patient expectations need to be realistic."

On behalf of our club Rtn. Dr. Rita Kalra thanked Dr. Aditi Prashar for a very interesting presentation on the latest treatment modalities which are available to prevent aging.



Rtn. Deepa Bhar presents birthday gift to Rtn. Mrs. Urmil Luther



Rtn. Deepa Bhar presents birthday gift to Rtn. Surjit Kumar



Rtn. Deepa Bhar presents birthday gift to PP Rtn. Anil K. Mehan



VP Dr. Rita Kalra presents a memento to Dr. Aditi Prashar. Looking on are President Tushi and Secretary Salil Bali



Rtn. Deepa Bhar presents wedding anniversary gift to R'ann Raj and Rtn. Dr. Col. V.K. Kapoor



Dr. Aditi Prashar presents punctuality award to PE Rtn. Mrs. Kanan Diwan

## New Member Orientation Zonal Meet



President Rtn. R.T.P.S. Tushi and other Rotarians from our club receive award from DG Col. Dilip Patnaik for maximum registration



Acknowledging the efforts of Secretary Rtn. Salil Bali, President Tushi presents the award to Salil in the club meeting on 19th September 2014

On 14<sup>th</sup> September 2014 twenty Rotarians from our club attended the New Member Orientation Zonal Meet, organized by Rotary Roopnagar at Heritage Haveli, Ropar.



PP B.L. Ramsisaria, IPP Deepak Sood, VP Dr. Rita Kalra, Rtn. Ashok K. Puri, Rtn. Salil Chopra, Rtn. Rekha Sawhney and R'ann Sudha Puri with staff of Ashiana

The old as well as new members gained thorough knowledge about the history and basics of Rotary. In this seminar PDG Shaju Peter and PP B.L. Ramsasaria gave lecture and presentation on various aspects of Rotary. District Governor Col. Dilip Patnaik was the Chief Guest.

Our Club won the award for maximum registration by a single club. This is the second award for maximum registration in a row for our club in a District event, the last one being at District Membership Seminar on 31<sup>st</sup> August 2014 at Panchkula.

## Computer Centre Inaugurated

The computer centre at Ashiana orphanage in Panchkula runs 3 batches of 20 students each for training students from slum colonies. The computers were provided by our club last year but due to renovation in progress, official inauguration was held on 19<sup>th</sup> September 2014.

## Donation of Rs. One lakh acknowledged with loud applause

Amongst loud applause from Rotarians, President Rtn. R.T.P.S. Tushi was pleased to acknowledge a generous donation of Rs. One lakh from Col. N.S. Bhandari for flood victims of J&K.

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## Installation of Rotaract Club of Dev Samaj College on 19th September 2014



Board 2014-15 of Rotaract Club and college staff with VP Dr. Rita Kalra, IPP Deepak Sood, Secretary Salil Bali, R'ann Sudha Puri, Rtn. Ashok K. Puri, Rtn. Sundee Sawhney and Rtn. Rekha Sawhney

## 2148 Books Collected - Rotary India Literacy Mission

150 books for school children from class 1 to class 5 have been received as donation from Mr. Parveen Setia, Chairman Gurukul Global School, Manimajra. The target set for our club was 1000 books for this session. There has been an overwhelming response from Rotarians as well as school managements in Panchkula. We have already collected 2148 books, exceeding our target by more than 100 percent! These books have been uploaded on [www.rotaryteach.org](http://www.rotaryteach.org). More books are still pouring in. All books develop reading skills and carry a message deep within which can

change the life of the reader.

Rotaract Club of Chandigarh Midtown organised a reading skill development program for inmates of Kartar aasra in collaboration with our club. The story books in English and Hindi were given from books received as donations to each child. Then they read it aloud to other children. Besides this, bag and stationary sponsored by our club was given. They were motivated to finish reading their book and then share with other children.



Rtn. Dr. Rita Kalra with her car full of books, and along with Rtn. Salil Bali, Rtn. Rekha Sawhney, Rtn. Ashok Puri and Rtn. Salil Chopra distributes these to students, who are very happy to read these

## First project of our new RCC

The newly formed Rotary Community Corps (RCC) of Nayagaon initiated its first vocational project at Jeevan Mukh Nihshulk Vidyalaya. A computer training centre for children and residents of the town was inaugurated on 18<sup>th</sup> September 2014. About 25 students in 2 batches have already registered. Mr. Garg of Jeevan Mukh Trust attended the event and appreciated the efforts towards e-learning by our club.



President R.T.P.S. Tulsi inaugurates the computer centre, and is seen with Vice President Rtn. Dr. Rita Kalra, Rtn. Ashok Puri, R'ann Sudha Puri and RCC President Karan Kapoor

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## Rotarians and Rotaractors in action



**Rotary post handed over by VP Rtn. Dr. Rita Kalra to Rtn. Parag, Secretary of Rotaract Club of PGGC, Sector 46, Chandigarh**



**Dr. Rita inspires the Rotaractors who very well utilised the donation box on first day and books were collected for Rotary India Literacy Mission**



**Water bottles and grocery (rice, dal, flour, sugar etc.) brought by students which is sent to Amritsar daily for preparing food for flood victims of J&K**

### Bringing notorious children to main stream



**Rtn. Ashok Puri addressing the students**

On 20<sup>th</sup> September 2014 Director Community Service Rtn. Ashok Puri, Director Youth Service Rtn. Salil Chopra and Rtn. Rekha Sawhney addressed 42 notorious students of class 9<sup>th</sup> of different Govt. Model Schools in Manimajra. These students are known for misbehaviour and mischief, and creating trouble for teachers, parents and classmates. Acceptance level of children was very high as they were shown the future path. A monthly reward point scheme was launched. All the teachers will mark the points and final points rating will reach principal for rewarding the children with gifts. Another follow up program would be convened after noticing the changes.

### Acknowledgment with thanks

#### Donations for Flood Victims of J&K:

**Col. Narinder Singh Bhandari HUF**

PE Rtn. Kanan Diwan

Rtn. Surjit Kumar

Rtn. A.K. Sachdeva

PP Rtn. B.L. Ramsisaria

#### Donations for Club Projects:

Rtn. J.S. Chopra

(In loving memory of his parents)

Rtn. Surjit Kumar

Rtn. Urmil Luther

**Rs. 1,00,000**

Rs. 2500

Rs. 2100

Rs. 1100

Rs. 1000

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Rs. 2100

Rs. 1100

### Birthday of Spouses

R'ann Nirmal Bahl

R'ann Gulshan

### Birthday of Rotarians

PP Rtn. Dr. Vanita Gupta

PP Rtn. Jagmohan Lal Mahajan

Rtn. Arjan Singh

Rtn. Praveen Khosla

### Wedding Anniversary

R'ann Veena & PP Rtn. Subhash Bindra

R'ann Ranjana & President Rtn. R.T.P.S. Tulsi

### Punctuality Award:



September 30

October 02

September 26

September 27

September 28

October 01

September 30

October 02

Won by PE Rtn. Kanan Diwan



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