

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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Gary C.K. Huang

District Governor
Col. Dilip Patnaik

President
R.T.P.S. Tulsı

Secretary
Salil Bali

Editor
Dr. V.J.S. Vohra

Volume XXXIX No. 19 Dated: November 04, 2014
PROGRAMME

Why we need Agony Aunts?
Chief Guest: Ms. Aradhika Sharma
Author & Journalist



Friday, November 07, 2014

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Director PGI, Dr. Chawla inaugurates Gardeners skill development program



Director PGI, Prof. Dr. Y.K. Chawla with Rotarians of Chandigarh Midtown and staff of PGI

A month's training program for improving skills of gardeners, conceived by President Rtn. R.T.P.S. Tulsı was inaugurated on 29th October 2014 at Dept. of Horticulture, PGI Chandigarh, by Director PGI, Prof Dr. Y.K. Chawla. Others present on the occasion were VP

Rtn. Dr. Rita Kalra, IPP Rtn. Deepak Sood, R'ann Sudha Puri, first lady R'ann Ranjana Tulsı, PP Rtn. R.K. Luther, PP Rtn. Dr. Vanita Gupta and Rtn. Ashok Puri. The training is being given by horticulture expert Dr. S. Narula.

Vocational Awards

In our regular meeting on October 31, 2014 Chief Guest, Assistant Governor Rtn. H.S. Saggi was welcomed by President Rtn. R.T.P.S. Tulsı and Rotarians of Chandigarh Midtown with a loud applause. PP Rtn. R.K. Luther read the citations of the three persons who were selected for the vocational awards for their contribution beyond the call of duty.

ensuring their regular maintenance, organising free eye camps and also helping children of Sarangpur School.

Shri Sandeep Mittal has deep dedication and personal commitment for helping the marginalized community of injecting drug users, female sex workers, transgender and out of school youth. He has



AG H.S. Saggi presents Vocational Awards to Badri Parshad, Sandeep Mittal and Mrs. Rimpı (with her family). Looking on are President R.T.P.S. Tulsı, PP R.K. Luther and Secretary Salil Bali

Shri Badri Parshad was given the award for his work in the Vocational Guidance Branch of the Employment Exchange, and serving the community by providing community toilets and

shown exemplary perfection in his duties to keep this population safe from HIV/AIDS/STI, and is working to improve the quality of life of this community.

Mrs. Rimpny, an auxiliary nurse midwife in General Hospital, Sector 6, Panchkula, a dedicated worker, serving the community by participating in medical camps organised by Rotary Chandigarh

Midtown and goes on field duties to help in implementation of various social schemes for benefit of people.



AG H.S. Saggi presents Rotary kits to new Rotarians; Mrs. Urmil Luther, Atul Grover, Maj. Gen. R.S. Chopra, Joginder Singh and Sundeep S. Sawhney



AG H.S. Saggi presents certificates of organization to Rotary Community Corps of Naya Gaon to its President Karan Kapoor, and also to RCC of Jagatpura. Looking on are President Tulsi, Secretary Salil Bali and RCC members



Rtn. Prof. Dr. I.S. Dua enjoys his birthday celebrations with R'ann Guninder and children/grand children



AG Saggi presents punctuality award to Rtn. Salil Chopra. Looking on are President Tulsi and Secretary Salil Bali

Refrigeration cum Electrician course : Tool kits and certificates awarded by AG Saggi

Rotary Chandigarh Midtown has completed a training course on Refrigeration cum Electrician at Khuda Lahora, approved by our District 3080. The trainees have been given both theoretical as well as practical training during the period of four months, under

guidance of a qualified Instructor. The tool kits with certificates were presented to eight successful candidates by Assistant Governor Rtn. H.S. Saggi in our regular club meeting on 31st October 2014.



Successful candidates with AG H.S. Saggi, President R.T.P.S. Tulsi, Secretary Salil Bali and Rtn. Ashok Puri

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PP Rtn. T.S. Anand

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Improvement in group of 40 notorious children

According to the Principal of Govt. Model High School Manimajra, Mrs. Renu Chopra and the class teacher, out of 40 students many are showing noticeable changes and improvements, as a result of initiative taken by our club on 20th September 2014 by giving them correct guidance and motivation. All the teachers and the Principal appreciated the exemplary role of our club in inspiring these children for their better future as responsible citizens. The charts made to access progress of these students were also shown to Assistant Governor Rtn. H.S. Saggi who complimented the children and gave prizes to three winners, Atul, Hritik and Naseem, for adopting the path of change by showing significant improvement in their daily routine, by having no fights,

attending school regularly, completing their home work and discarding unwanted fashion.

Continuing with our literacy project, a program was held for 67 students of 8th class on Swachh Bharat Swasth Bharat in which Director Community Service Rtn. Ashok Puri and Secretary Rtn. Salil Bali gave their valuable inputs to children with live examples and Director Youth Service Rtn. Salil Chopra conducted the PowerPoint presentation. The children were thoroughly motivated, and committed themselves to be a task force to bring improvement by cleaning the class rooms, toilets and share awareness with all others in school and neighbours for maintaining a clean and hygienic environment.



An inspiring talk to students by AG Rtn. H.S. Saggi who gives prizes to the winning students. Looking on are Rtn. Salil Chopra and Principal of the School R'ann Renu Chopra

Living Healthy in Old Age



A detailed presentation by Dr. Mohit Sharma

Guest Speaker Dr. Mohit Sharma was introduced by Rtn. Dr. Col. V.K. Kapoor. He did MBBS from Govt. Medical College in Karnataka and MD (Medicine) from IGMC, Shimla. After serving as Senior Resident in GMCH-32, Chandigarh, he joined Dr. Col. Kapoor's hospital, KUC-46, Chandigarh as a Physician.

Giving an impressive powerpoint presentation, Dr. Mohit explained that 60 plus years may be usually denoted as old age. But the fact that life expectancy beyond 80 has become widespread has shifted definitions of old age.

He said, "A balanced diet, regular exercise 3-5 times a week for at least 30 minutes is strongly advised for seniors." Routine check up by your family doctor and preventive measures can ensure good health. By leading a healthy lifestyle, it certainly contributes to general well being of senior persons. Dr. Mohit also advised, "Limit alcohol intake to one drink daily, stop smoking, use skin moisturizers and sun protection." Proteins, carbohydrates, fats, vitamins, minerals, and water are all essential nutrients that make

up most cells and tissues in human body. These components need to be taken in moderation through the diet. As age is just a number and aging is a natural process, seniors have to take care of themselves.





PP Dr. Vanita Gupta presents a memento to Dr. Mohit

One of the most important prescriptions for good health is to avoid stressful situations, as there is always an alternative path for peace and happiness. Adhere to stress free life and comfortable routine sleeping pattern.

Proposing vote of thanks for the informative presentation by Dr. Mohit Sharma, PP Dr. Vanita Gupta prescribed, "Engaging in social activities, and serving the society, like we do in Rotary Chandigarh Midtown." This was very well endorsed by R'ann Indu Luthra who takes active part in our club activities.

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Sports Meet in Khuda Ali Sher



March past by students participating in the sports meet at Khuda Ali Sher



Presenting Cheque for Rs. 15000/- in favour of Youth Club

On 26th October 2014 our club in association with Rotary Community Corps (RCC), Khuda Ali Sher and Youth Club, Khuda Ali Sher organized sports meet at Dr. B.R. Ambedkar Stadium in Khuda Ali Sher. 300 Students from seven different schools participated in various athletic events, which started at 9.00 a.m. after the inauguration ceremony in which the children did march past. Children from the age of 7 to 17 participated with full zeal and enthusiasm. Kabadi matches were also conducted between 10 teams.

President Rtn. R.T.P.S. Tulsi, Secretary Rtn. Salil Bali, Vice President Rtn. Dr. Rita Kalra, Director Community Service Rtn. Ashok Puri, Director Youth Service Rtn. Salil Chopra and R'ann Sudha Puri were present on the occasion and encouraged the participants. Our Club contributed Rs.15000/- for this event. We also acknowledge the sincere efforts of President of RCC Bhupinder Singh and President of Youth Club Gurpreet Singh for making the event a grand success.

Seminar on TRF : 'Subhiksha – Noble Giving'

Seminar on the Rotary Foundation is being organized by Rotary Panipat Midtown on Sunday, 9th November 2014 at Annapurna Garden, Sector 25, HUDA, Panipat. PRIP Rtn. Rajendra K. Saboo will share his views on 'Art of Giving'. RI Director Rtn. P.T.

Prabhakar will inspire us on 'Joy of Giving'.

Please contact Secretary Rtn. Salil Bali for registration which is Rs. 900/- (single) and Rs. 1500/- (couple).

Acknowledgement with thanks

Rtn. Dr. Col. V.K. Kapoor for sponsoring fellowship

Wedding Anniversary

Rtn. Dr. (Mrs.) Shashi & Mr. Naresh K. Jain November 11
PE Rtn. Kanan Diwan & PDG Rtn. Yoginder Diwan November 12

Punctuality Award

Won by Rtn. Salil Chopra



Birthday of Spouses

R'ann Dilpreet November 10
R'ann Indu Vohra November 11

Birthday of Rotarians

Rtn. Srirambir Sandhu November 07
Rtn. Dr. Jawahar Luthra November 08
PP Rtn. Ajit S. Gulati November 10
Rtn. Dev Jeet Singh November 12





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All correspondence to the Editor: PP Rtn. Dr. V.J.S. Vohra
Consultant & Certified Clinical Partner, Otto Bock HealthCare India
Sr. Consultant - Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic
MediRehab Systems, 1134 Sector 44-B, Chandigarh-160047
Email: drvjsvohra@gmail.com | Mob. 9814006829 | www.nevedac.com

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