



2014-15

The Midtowner



Weekly Bulletin of Rotary Chandigarh Midtown

View online: www.rotarychdmidtown.org

Club No. 15228
R.I. District 3080

R.I. President
Gary C.K. Huang

District Governor
Col. Dilip Patnaik

President
R.T.P.S. Tulsi

Secretary
Salil Bali

Editor
Dr. V.J.S. Vohra

Volume XXXIX No. 47 Dated: May 19, 2015

PROGRAMME

Climate Change

Presentation by: Mr. Vivek Trivedi
Social Development Officer, Chandigarh and

Dr. Sumit Arora, PhD

Convener and Founding Member APSWDP, Chandigarh

Friday, May 22, 2015

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Spirituality and Health - Integration of Body, Mind and Soul

In our regular meeting on May 15, 2015 Chief Guest Dr. Sachin Gupta was introduced by Rtn. Dr. Anurag Sharma, who said, "Dr. Sachin Gupta has very professional approach towards cancer patients, by not only giving them medical treatment but also treats them from within and spends lot of time with them." Dr. Sachin has a rich experience of more than 12 years in cancer specialization. He got his MBBS degree from Govt. Medical College, Patiala and MD

Medicine from DMC Ludhiana. He pursued post graduation and super specialization in the field of Medical Oncology. He did his Medical Oncology DNB training from Rajiv Gandhi Cancer Institute Delhi. After finishing his training in medical oncology he joined Artemis Hospital in Gurgaon and later joined Medanta Cancer Institute as a Consultant. Since Oct. 2011 he is working as Senior Consultant in Max Super Specialty Hospital, Mohali where he started the department of Medical Oncology. He is well versed with latest advances in the field and practicing targeted chemotherapy. He has been actively involved in many research protocols and has number of publications to his credit. He has also done a diploma in Clinical Research. He was conferred upon the prestigious "Rashtriya Gaurav Award" by India International Friendship Society, New Delhi in Sept. 2009. Dr. Gupta has attended many conferences and seminars in medical oncology at national and international platforms. He has also participated in many camps organized for social awareness in cancer. His special interest is to integrate modern medicine and holistic healing methods of yoga, meditation and pranayam to bring balance of body, mind and soul which leads to overall improvement in health of cancer patients. He derives inspiration from his Guru Sri Sri

Paramhansa Yogananda who has led millions to path of divinity and salvation through his teachings and Kriya Yoga. Sri Sri Paramhansa Yogananda's Autobiography of a Yogi is a world famous treatise on Spirituality. Dr. Sachin is married to Dr. Shaveta Gupta who is a Consultant in Gynaecology and Gynaec-Oncology in Dept of Surgical Oncology at Max Hospital, Mohali. They are blessed with two lovely children, a daughter and a son.

Before the presentation by Dr. Sachin, President Rtn. R.T.P.S. Tulsi invited our Charter President Dr. B.D. Gupta as we also celebrated our 38th Charter Day which falls on 18th May. It was a nostalgic moment to listen to our Charter President going down the memory lane, recalling the efforts of our senior most Past President Rtn. B.L. Ramsisaria and late PP Rtn. R.S. Chandgothia. He also narrated what then District Governor, PRIP Rajendra K. Saboo told him when our club was being chartered. Rotary is meant for persons who are extremely busy in their different professions and business. Dr. B.D. Gupta in spite of being very much occupied at that time setting up his department in PGI and frequently travelling out of Chandigarh, did very well as the first President of our club. It is the seeds sown by him in 1977 which has reached to its present heights!

In his impressive presentation Dr. Sachin Gupta explained how we can integrate our Body, Mind and Soul by reconnecting with our



Charter President Dr. B.D. Gupta gives the collar to President Rtn. R.T.P.S. Tulsi



Inspiring presentation by Dr. Sachin Gupta



Charter day cake cut by Charter President Dr. B.D. Gupta. President Tulsi celebrates by opening a bottle of champagne



President Ravi Tulsi presents memento to Dr. B.D. Gupta

inner resources to heal ourselves. He quoted Sri Sri Paramhansa Yogananda, "There is a Power that will Light your Way to Health, Happiness, Peace and Success, if You will but turn Inwards towards this." Dr. Sachin explained that we are all spiritual beings having a human experience. We have a soul, a mind and a physical body. If all are aligned and work in sync we can stay healthy, wealthy and wise at all times.

The Soul is your core consciousness. It is the spiritual part of a human being. The soul acts through the body to accomplish its purpose in the lifetime and enhance its vibrations. The mind is a subtle ball of light 12 feet in diameter and your navel is its centre.

Conscious mind is 10-12%, which is thinking, reasoning and analyzing. Sub conscious mind which is 88-90% is repository of all information and stores the memories of all times, and responds to every thought and emotion. It has limitless power to heal.

Physical body is a body with mass, energy, is three-dimensional, has a trajectory of position and orientation in space. It is a collection of matter with common attributes.

Dr. Sachin explained the energy system and causes of disease. For healing ourselves we need to reassess our belief systems, change our lifestyle, change our patterns of behavior,

maintain a positive outlook and accept medical interventions.

Reconnect and stay connected with yourself to live an effective and productive life. Dr. Sachin spoke about stress, which is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, or anxious. Stress develops in different ways, from feelings of being overwhelmed with responsibilities to feelings of resignation, hopelessness and helplessness. Stress can start at the spirit level, then move to the body, travel down to the emotional body affect the energy levels and finally manifest in the physical body as a disease. The way we react to stress causes illness including cancer.



Ruchir Kalra S/o Rtn. Dr. Rita Kalra won a prize in photography contest, and was honored by Advisor Mr. Vijay Kumar Dev



Dr. B.D. Gupta recognizes Paul Haris Society member Rtn. Ashok Puri



Rtn. Dr. Anil Malhotra presents a memento to Sachin Gupta and Dr. Mrs. Shaveta Gupta



Dr. Sachin Gupta presents birthday gift to R'ann Dr. Savita Gulati. Looking on are President Ravi Tulsi and Rtn. Sanjay Bhatia



Dr. Sachin Gupta presents wedding anniversary gift to R'ann Guninder & Rtn. Prof. Dr. I.S. Dua. Looking on are President Tulsi and Rtn. Sanjay Bhatia



Dr. Sachin Gupta presents wedding anniversary gift of R'ann Indu & PP Rtn. Dr. V.J.S. Vohra to their granddaughters Ananya & Anushka. Looking on are their daughter Ita and President Ravi Tulsi



Dr. Sachin Gupta presents punctuality award to Rtn. Dr. Jawahar Luthra. Looking on is R'ann Indu Luthra

Rtn. Vinod Sobti

SOBTI CONSTRUCTIONS

- Infrastructure Development
- Real Estate Advisors
- Investors

Deals In :-
RESIDENTIAL, COMMERCIAL, INDUSTRIAL, AGRICULTURAL IN AND AROUND TRICITY

For Further Details Contact
H. No 1905, SECTOR 22 B, CHANDIGARH
MOBILE : 91-98147 06755
TEL. : 0172 - 2705055
E-mail: vinodsobti24@gmail.com

Rtn. A.K. Puri

PSG Hydro Power & Consultancy Pvt. Ltd.

All Types of Civil Engineering Works including Infrastructures, Hydro Power, Transmission Lines, Switch Yards, Roads and Bridges & All types of Buildings

- Consultant of SHEP in District Chamba (HP)
- Execution of 33KV Transmission Line for SHEP in HP
- Execution of 400KV Transmission line Kamilhar to Nalagarh in HP

Reg. Off. : 3489, Sector 23-D, Chandigarh-160023 Ph.: 0172-2707661
B.Off. : Lohgarh Road, Chd.-Ambala Highway, Zrakpur-140503, Punjab
Ph. : 01782-530706 E-mail : psghydropowerconsultancy@yahoo.co.in

PP Rtn. T.S. Anand

FOR ALL HEARING PROBLEMS

ALL INTERNATIONAL HEARING-AID BRANDS & DIAGNOSTIC FACILITIES AVAILABLE AT

ANAND HEARING CARE
SPECIALISTS SINCE 1973

Chandigarh: SCO 28, 1st Floor, Sector - 20 D,
Ph. : +91 172 4661928, Mobile : +91 8288011401

Basic elements of healing are love, acceptance, belief in self, strong will, positive attitude, being calm and always relaxed, be yourself, express lovingly, eat healthy, think positive, simple exercise regularly, sleep well, manage stress, maintain good relationships, forgive, take ownership, take responsibility, have fun, find your

purpose in life, be happy and live & let live.

On behalf of our Club Rtn. Dr. Anil Malhotra thanked Dr. B.D. Gupta for joining us for charter day celebrations. He also acknowledged the wonderful presentation by Dr. Sachin Gupta on how to live the life to the fullest.

38th Charter Day celebrated at Ramada Plaza Hotel



Board meeting jointly hosted by Secretary Rtn. Salil Bali and Director International Service Rtn. Prof. Dr. I.S. Dua at Hotel Ramada Plaza Chandigarh at Zirakpur was followed by 38th Charter Day celebrations in the wonderful ambience of the hotel. Rtn. Karanjeet Singh of our club owns this newly built hotel with a rich Victorian aesthetic, elegant interior and most modern amenities and facilities, ideal for special functions and events.



R'ann Lovy Peter and Rtn. Dr. Rita Kalra enjoying the celebrations

First aid kits for PCRs provided by our club under Community Safety Project



Going hi-tech and leaving behind the old PCR Gypsies, Chandigarh Police has a new fleet of Maruti Suzuki Ertiga cars as new PCR vehicles. These new PCR cars were flagged off on May 15, 2015 by Chandigarh UT Advisor, Mr. Vijay Kumar Dev at Police Lines in Sector 26. People are looking forward to see these new air-conditioned power steering police cars patrol Chandigarh roads in a much faster speed.

Chair Community Safety IPP Rtn. Deepak Sood had initiated a unique project of providing first aid kits for the PCR vehicles. 25 kits costing Rs. 67500/- were provided by our club for above PCR vehicles.

President R.T.P.S. Tulsi, IPP Deepak Sood and VP Dr. Rita Kalra handed over the first aid kits to Advisor Mr. Vijay Dev in the presence of IG Mr. R.P. Upadhyay, DIG Mr. A.S. Cheema and SSP Dr. Sukhchain S. Gill

Towards Total Literacy

On May 15, 2015 a program was held on traffic awareness and moral values topics at Govt. Sr. Sec. School Manimajara for classes 9, 10 and 12 for more than 120 students in presence of 4 teachers. They all appreciated the impressive presentation made by Director Youth Service Rtn. Salil Chopra. The lessons on moral values were highly emotional that children had tears in their eyes and they too narrated touchy stories. Eclairs and chocolates were given to participants, and the school served refreshments to our team. Principal Mrs. Manita has requested for a course for classes 5 and 6 which will be done next week.

Dictionaries were distributed to 5 Scholars of Govt. Model High

School Manimajra on May 16, 2015. These were presented on behalf our club by Director Youth Service Rtn. Salil Chopra and Jt. Secretary Rtn. Sanjay Bhatia in the presence of the Principal and teachers of the school. Children were so happy and assured to use them to learn new words. The school would distribute remaining dictionaries to deserving students only.

We conducted 3 TTTTs at above school. Director Community Service Rtn. Ashok Puri joined Rtn. Sanjay Bhatia and Rtn. Salil Chopra to encourage 160 students of classes 7, 9 and 10. They were given a talk about Rotary, followed by training on moral values which gathered so much emotional values that they were in tears

HITECH INDUSTRIES LIMITED
(An ISO 9001 Company)
Rtn. R.S. Sachdeva

the producer of all types of
**Medical & Industrial Oxygen, Nitrogen,
Zero Air, Argon, Liquid Nitrogen
and Gas Mixtures.**

For your requirement please Contact :
315-316, Industrial Area, Phase IX, Mohali, Punjab 160062
Tel : 0172 2212122, 2212124, Fax : 0172 2233666
Mobile : 98724-97200, 98151-07100
Email: marketing@hitechindustries.org, hightech@sanchamet.in

Rtn. Darshan Singh Kalsi

a glamorous makeover for your interiors

A&A provides you with complete solutions to give your kitchens, wardrobes and doors a glamorous makeover! Our built-up units are a perfect combination of futuristic features, space saving utilities, convenience and aesthetic designs, offered at the most competitive prices. For more information write to us at info@aamodulars.in

A & A Modular Systems
Corporate Office : B-38, Industrial Area, Phase III, SAS Nagar (Mohali), Punjab, INDIA -160 055
Mobile : +91 98160 03838

AMERICAN TRAVEL & TOURS PVT. LTD Rtn. Ashok Sharma
+91 9417002063
+91 8699000555

We Offer :

- ★ INTERNATIONAL & DOMESTIC AIR TICKETS
- ★ INTERNATIONAL & DOMESTIC TOUR PACKAGES
- ★ PASSPORT ASSISTANCE
- ★ VISA ASSISTANCE

Head Office :
S.C.O - 90-91-92, First Floor, Sector - B-C, Madhya Marg, Chandigarh
Tel : +91-172-4553333,
Mb : +91 8699691000, +91 8727019300
Website : www.americantravels.net
Email : info@americantravels.net

Branch Offices :

Yamunanagar Head Office, New Kalya Park, Above Post Office, Yamunanagar Tel : +91 9783781411, +91 9783781412, +91 9783781413 Email : info@americantravels.net	Shimla Shop No. 12, Mohla Bazaar, Shimla Tel : +91 9783781414, +91 9783781415, +91 9783781416 Email : info@americantravels.net	New Delhi Bharat A.M.E. Travels, Connaught Place, 2 nd Sector 11, Connaught Place, New Delhi Tel : +91 11 26118811
---	--	--

and assured to carry these values ahead in their lives. There was also training on traffic awareness. We acknowledge the keen

participation of Rtn. Neha Kaushik, Interactors Kuldeep, Nandan and Sachin in the above programs.

Cleanliness drive in Sector 11 Panchkula market

On 16th May 2015 nine Interactors, PP Rtn. R.K. Luther with his wife Rtn. Mrs. Urmil Luther and Rtn. Salil Chopra launched the cleanliness drive from 6.30 p.m. till 7.35 p.m. in Sector 11 Panchkula market.

Rtn. Salil Chopra said, "The best part of the campaign was that we were joined by 20 street children who participated so very well that

total cleanliness was felt in whole of market." Customers and shop keepers were totally moved and they assured to keep clean their workplace, homes and even the neighbourhood. It was a very encouraging public response, who desired that we should continue our cleanliness drive. All the children were served refreshments.

Rotary Club Central, E-learning – T.E.A.C.H.



Session in progress

Rotary Club Central is an online tool to help clubs set and track their goals and achievements. A session to demonstrate features and resolve queries was conducted by PP Rtn. Sandeep Luthra for Zone 3 Clubs of District 3080 on 16th May 2015 at RVTC, Sector 18, Chandigarh. From our club the session was attended by President Rtn. R.T.P.S. Tulsii, PP Rtn. B.L. Ramsisaria, PP Rtn. Deepak Sood, PE Rtn. Mrs. Kanan Diwan, SE Rtn. Sanjay Bhatia, PN Rtn. Amarjit Singh, Rtn. Sundeeep Singh Sawhney and Rtn. Dr. Rita Kalra, who presented an overview on E-learning. Also present was PDG Rtn. Yoginder Diwan. DGE Rtn. David Hilton gave a brief District update for the benefit of all participants.

PDG Shaju Peter attends ARRFC training at Hyderabad

PDG Shaju Peter who has been appointed as the Assistant Regional Rotary Foundation Coordinator for Districts 3070, 3080, 3090 and 3012 for the Rotary Year 2015-16 attended the Zonal Training Seminar convened by ARRFCs PDG Madhu Rugwani and PDG Raja Srinivasan at Hotel Novotel, Hi-Tech City, Hyderabad on May 15,

2015. The event had the attendance of all the 10 ARRFCs of Zone 4, 5 and 6A.

The TRF goal for all the 3 zones have been pegged as US \$ 20 million, out of which the target set for Shaju is US \$ 1.35 million. The goal of 3080 is US\$ 500,000/-.

Acknowledgement with thanks

For fellowship on 15th May 2015

VPRtn. Dr. Rita Kalra

PP Rtn. Dr. V.J.S. Vohra

Donations for Nepal Relief Fund

PDG Rtn. Shaju Peter

Rtn. Balraj Singh

Rtn. Jawahar Jain

PP Rtn. Harish C. Sethi

Mr. V.M. Chadha

Ms. Sandeep Kaur (D/o Rtn. Balraj Singh)

Rs. 11000/-

Rs. 5000/-

Rs. 5000/-

Rs. 2100/-

Rs. 2100/-

Rs. 2000/-

Birthday of Spouses

R'ann Asha Gupta

R'ann Gurmeet Jauhar

R'ann Simranpreet Kaur Sawhney

Birthday of Rotarians

PP Rtn. R.K. Goyal

Wedding Anniversary

R'ann Kiran & Rtn. Ashok Kumar Sharma

Punctuality Draw:

Won by Rtn. Dr. Jawahar Luthra



May 22

May 22

May 25

May 25

May 23



ISO 9001

International Testing Centre

"CONFIDENCE THROUGH EXCELLENCE IN ANALYTICAL SERVICES"

Testing service for Air & Water, Drugs, Food Particles, Chemical, Building Material Helmet, Ayurvedic Medicines and Paper testing.

PP Rtn. Dr. Kesho Ram Gupta

Mobile: 9814034094



86, Industrial Area, Phase-1, Panchkula-134 109 (Haryana)

Ph.: 0172-2565825, 2561543 Email: info@itclabs.com, itc86@yahoo.com, Website: www.itclabs.com

PDG Rtn. Shaju Peter

Floatcell Dissolved Air Flotation Clarifier

The most compact Dissolved Air Flotation Clarifier with German drive system and internal overflow weir

Save all applications in Pulp and Paper

Primary treatment of industrial and municipal effluents

Reversal of overloaded activated sludge systems

Proven by people with over 20 years of experience in the DAF process

One of our installations in Bogotá, Colombia.

For further information contact:

DAFTECH ENGINEERS PVT LTD
S.C.O 1A, Madhya Marg
Sector 7-C
Chandigarh 160 019
Tel: +91 172-5018121, 4633974
Mobile: +91 9814127804
Fax: +91 172 2791959

e-mail : daftech@sify.com
www.daftechindia.com

PP Rtn. Er. R. K. Luther
M. Tech. (London), M.B.I.M. (London)

TÜV Rheinland
CERT
ISO 9001:2008

Atul Fasteners Ltd.
Manufacturer & Exporters

Self Drilling/Tapping Screws & Special Purpose Fasteners

C-45, Phase-III, Industrial Area, Mohali, Distt. Mohali (Punjab) India 160005
E-mail: anilfasteners@anilmail.in
Phone: (C) 0172-4520000, 2221042, Fax: 0172-2271335, Mobile: 98149 29297

TATA STEEL

A WORLD OF QUALITY AND TRUST

TATA Steelium
CR Sheets and Coils
Helps shape your dreams

TATA ASTRUM
HR SHEETS AND COILS

Rtn. Sanjay Bhatia

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

Design & Printed at:
Satyadeep Offset Printers (P) Ltd
292, Industrial Area, Phase II
Chandigarh. Ph.: 4624942
Email: sailil.bindra@gmail.com