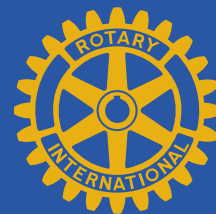


2014-15

# The Midtowner



Weekly Bulletin of Rotary Chandigarh Midtown

View online: [www.rotarychdmtown.org](http://www.rotarychdmtown.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. Tulsii

Secretary  
Salil Bali

Editor  
Dr. V.J.S. Vohra

Volume XXXIX No. 49 Dated: June 02, 2015

PROGRAMME

Headaches - how to face them

**Chief Guest:**

**Dr. Vivek Lal**

Professor and Head, Neurology, PGI, Chandigarh

Friday, June 05, 2015

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh

## Food Safety



Dr. Savita Sharma

In our regular meeting on May 29, 2015 we had a presentation on Food Safety by Dr. Savita Sharma, Lecturer, BRS Dental College, Sultanpur, Haryana, who was introduced by Rtn. Prof. Rana Nayar. Savita has done B.D.S – Bachelor of Dental Surgery from B.R.S Institute of Medical Sciences, Dental College & Hospital, Sultanpur. She is a confident communicator who can relate well to dental patients. She stood first in district level inter college declamation in 2013.

She has presented Health Education lectures in villages, for college staff and students, on World Health Day, organised by IDA Mohali. She also gave a presentation in General Hospital, Panchkula on 'Food Safety and Food Drug Interactions' for their paramedic staff. She has keen interest in reading, cooking and is a nature lover by heart. She is spiritually inclined to community activities and services related to humanity.

An impressive and colourful presentation of Dr. Savita was on 'Food Safety', a scientific approach for handling, cooking and storage of food in order to prevent food related ailments. She said about 2.2 million people in the world, including many children, die annually due to food-borne diseases. Unsafe food, containing harmful bacteria, viruses, parasites or chemical substances, causes more than 200 diseases, ranging from diarrhea to cancer. Therefore, the journey of food from the farm to the plate has to be safe.

There are major challenges posed to production, supply and distribution of food in India. The Food Safety and Standards Authority of India (FSSAI) is responsible for protecting and promoting public health through the regulation and supervision of food safety, which is a shared responsibility from farmers and manufactures to vendors and consumers. There has to be awareness about the importance of the part everyone can play in ensuring that the food on our plate is safe to eat.

Savita said, "Protect yourself. Wash your food and wash it right." Washing them with 2% of salt water will remove most of the contact pesticide residues. 75 to 80 percent of pesticide residues are removed by cold water washing OR vinegar soak-rinsing with solution of 10 percent white vinegar and 90 percent water OR blanch and peel-treat your vegetables to warm water for a short while to remove any leftover residue. Peeling is another efficient way.

She advised, "Safe food is our right. Observe and test what you eat." She talked about processed food. Reading your labels has become of utmost importance. She cautioned, "DON'T FORGET TO LOOK FOR EXPIRY DATE!" Savita further advised that processed foods are not safe. Usually they are high in sugar, salts, refined carbohydrates, trans-fats. It contains artificial ingredients. It causes addiction and are low in nutrients. It requires less energy and time to digest processed foods.

Savita emphasized on cleanliness and hygienic conditions, "Let's do our Bit! Keeping clean is very important. Washing and sanitizing all surfaces and kitchen equipment is highly essential. She said hand washing is very important and gave eight very useful tips for proper hand wash.

She remarked, "Just chill...! Keep food at safe temperatures. Do



1. Palm to palm 2. Between fingers 3. Back of hands 4. Base of thumbs

5. Back of fingers 6. Finger nails 7. Wrists 8. Rinse and wipe dry

not leave cooked food for more than 2 hours at room temperature. Refrigerate all cooked food below 5 degree Celsius." Separate raw and cooked food. This reduces the risk of cross contamination. Raw meat should be stored in plastic bag in the freezer. Eggs should be refrigerated as soon as possible.

She advised, "Cook your food thoroughly at a temperature of 70 degrees Celsius which can ensure safe consumption. Take care of



PP Rtn. Mrs. Ritu Singal gives a scholarship cheque of Rs. 25000/- to Ms. Kamakshi, a student of first year Bio Tech Engg. Looking on are President Tulsi and Rtn. Arjan Singh



Dr. Savita Sharma presents wedding anniversary gift to R'ann Indu & Rtn. Dr. Jawahar Luthra



Dr. Savita Sharma presents wedding anniversary gift to R'ann Rekha & PP Rtn. Anil K. Mehan

your body. It is the only place you live in."

Though not a Rotarian, Dr. Savita's presentation was in a very Rotary like manner! She said, "Let's make healthy choices... Healthy body, healthy mind and healthy spirit, especially when you are a ROTARIAN." This was followed by a slide showing Rotarians of our club involved in community projects like Literacy, cancer awareness and fitting of artificial limb to 11 year old child, followed by another slide in which we are celebrating holi. She concluded, "My emphasis is on adding life to your years. You are working selflessly for the society with a feeling of oneness and also enjoying life. It has been great



Dr. Savita Sharma presents birthday gift to R'ann Sudha Puri



Punctuality award to Rtn. Prof. Rana Nayar. Looking on are President Rtn. R.T.P.S. Tulsi and Secretary Rtn. Salil Bali

honour to be a part of this meeting."

On behalf of our club PE Rtn. Mrs. Kanan Diwan thanked Dr. Savita Sharma for a wonderful and very informative presentation. In lighter vein she said, "Husbands should not interfere in the kitchen...!!!"

## District Training Assembly – 'Swa-Arpan' at Mussoorie



L-R: Rtn. Amarjit Singh, PP Dr. V.J.S. Vohra, DG Col. Dilip Patnaik, Rtn. Ashok Puri, PE Kanan Diwan, PDG Shaju Peter, PDG Vijay Jalan, DGN Raman Aneja, PDG Dr. G.K. Thakral, DGE David Hilton, IPP Deepak Sood and Rtn. Sanjay Bhatia

**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 Kamihar to Nalagarh in HP

Reg. Off. : 3489, Sector 23-D, Chandigarh-160023 Ph.: 0172-2707661  
B.Off. : Lohgarh Road, Chd.-Ambala Highway, Ziraipur-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, 1<sup>st</sup> Floor, Sector - 20 D,  
Ph. : +91 172 4661928, Mobile : +91 8288011401

Rtn. David Hilton, District Governor 2015-16 selected Mussoorie – the Queen of Hills, as the destination for Rotarians of District 3080 to get relief from the heat wave on May 31, 2015 where District Training Assembly – 'Swa-Arpan' was hosted by Rotary Mussoorie, at a picturesque location, St. George's College, Barlowganj, just 5 km before Mussoorie. DGE David highlighted his programs for Rotary year 2015-16, and we look forward to

another vibrant year.

PRID Yash Das gave an inspiring keynote address, and appealed for donations for Nepal Relief Disaster where thousands of persons have lost their lives and many more are injured due to the recent earthquake. Rotary Coordinator PDG Vijay Jalan of Mumbai gave an interesting presentation on membership growth and retention.

### Chandigarh Midtown in action



Director Community Services Rtn. Ashok Puri and Vice President Rtn. Dr. Rita Kalra visit Night School Sarangpur and inspire the new batch of basic computer course at our Vocational Training Centre in Khuda Alisher

### Felicitated by Adviser

### Appreciation certificates to 2 Principals



PP R.K. Luther and IPP Deepak Sood felicitated by Adviser to the Administrator, UT, Chandigarh, Mr. Vijay Dev at a function organised by 'Chandigarh Round Table'



Rtn. Salil Chopra presents Appreciation certificates to two Principals, R'ann Kund Bala Goyal of Govt. Model Sr. Sec. School Manimajra and Mr. Shashi Kumar of Govt. Middle School, Babu Dham Colony Sector 26 Chandigarh for conducting Literacy courses



### Towards Total Literacy – 51st program



On 30<sup>th</sup> May 2015 at 7.45 a.m. Director Youth Service Rtn. Salil Chopra, along with Interactors Kuldeep, Sachin and Nandan, addressed a large gathering of 500 students as the Chief Guest at the morning assembly of Govt. Model High School Manimajra on Moral Values and Rotary, in presence of the Principal and Teachers.

This was the 51<sup>st</sup> literacy program of our club during the Rotary year 2014-15. The children responded well and assured to practice and teach others what they had learnt.

11 dictionaries were distributed to top scorers of 10th class of this school who scored above 80% marks.

**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 :

<b>Yamunanagar</b> Head Office: New Kalyan Park, Mohali, Punjab Tel: +91 173 278161, +91 98151 07100 Mob: 9815107100	<b>Shimla</b> Shyam 12, Mohla Bazar, Shimla Tel: +91 98151 07100, +91 98151 07100 Mob: 9815107100	<b>New Delhi</b> Bharat A.P.C. Travels, Connaught Place, 2 <sup>nd</sup> Sector 11, Dwarka, New Delhi Tel: +91 11 26118111
---	--	---

## 52nd Literacy program at Convocation Ceremony of Special Children

The 52<sup>nd</sup> program was a unique one. Coordinated by Chair Disability Empowerment PP Rtn. Dr. V.J.S. Vohra, and implemented by Director Youth Service Rtn. Salil Chopra and Director Community Service Rtn. Ashok Puri, it was a very satisfying event on 30<sup>th</sup> May 2015 at 11 a.m. at the Convocation Ceremony of Batch 7 & 8 of Special Children of SARTHAK Education Trust at NITTTR, Sector 26, Chandigarh. Certificates

IAS, Director NITTTR Dr. M.P. Poonia and Dean NITTTR Dr. J.S. Saini. The event was well conducted by SARTHAK Project Manager Arun Sharma

In his address Dr. Vohra advised the special students to remain self empowered and be committed to the opportunities they get through placements handled by SARTHAK. Rtn. Ashok Puri also gave an inspiring talk and taught the students breathing exercises by chanting 'OM'. The highlight of the event was the class taken by Rtn. Salil Chopra on moral values telling the special students to respect their parents and teachers, and to lead a truthful life of dignity and pride. He also gave an impressive audio visual presentation on



Inspiring address by Dr. J.S. Saini. Looking on are PP Dr. V.J.S. Vohra, Mr. Arun Sharma and Rtn. Ashok Puri



Smart, disciplined and intelligent special children with their parents



Rtn. Salil Chopra gives an inspiring talk and audio visual presentation on hand wash

were distributed to the successful students by our Rotarians. Also present during this event were Managing Director HARTRON Mr. Vijayendra Kumar

the importance of hand wash. The smartly dressed special children had a vibrant interactive session with Rtn. Salil Chopra, and as observed by him, these 67 children whom he had addressed, were as attentive, as responsive and as intelligent as the other children he had addressed in the other 51 programs during last one year.

The teachers of SARTHAK, students and their parents highly appreciated the Rotarians of our club for our commitment towards disability empowerment.

### Acknowledgement with thanks

#### Hosting of fellowship on 29<sup>th</sup> May 2015

Rtn. Dr. Jawahar Luthra and PP Rtn. Anil K. Mehan

#### Donations for Club Projects

PP Rtn. Anil K. Mehan

#### Punctuality Draw:

Won by Rtn. Prof. Rana Nayar

### Birthday of Spouses

R'ann Sudershan



June 05

### Wedding Anniversary

R'ann Preety & PP Rtn. Trilochan S. Anand

June 08

R'ann Sudha & Rtn. Ashok Kumar Puri

June 09

R'ann Joginder & PP Rtn. Pallav Mukherjee

June 10

Rs. 1100/-



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

**DAFTECH**

**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

Powered 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)

**Atul Fasteners Ltd.**  
Manufacturer & Exporters

Self Drilling/Tapping Screws & Special Purpose Fasteners

C-45, Phase-III, Industrial Area, Mohali, Dist. Mohali (Punjab) India 160065  
E-mail: atulfasteners@atulmail.in  
Phone: (C) 0172-4520000, 2221042, Fax: 0172-2271335, Mobile: 98149 29297

**TATA STEEL** A WORLD OF QUALITY AND TRUST

**TATA Steelium**  
DS Sheets and Coils  
Helps shape your dreams

**TATA ASTRUM**  
HH 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: salil.bindra@gmail.com