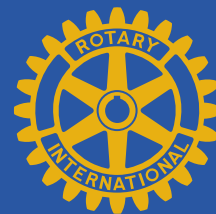


2014-15

The Midtowner



Weekly Bulletin of Rotary Chandigarh Midtown

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R.I. District 3080

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President
R.T.P.S. Tulsi

Secretary
Salil Bali

Editor
Dr. V.J.S. Vohra

Volume XXXIX No. 50 Dated: June 09, 2015

PROGRAMME

Creativity and Innovation

Chief Guest:

Prof. Dr. P.S. Ahuja

Former Director General, Council of Scientific and Industrial Research, Govt. of India

Friday, June 12, 2015

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Headaches - how to face them

In our regular meeting on June 05, 2015 Chief Guest Dr. Vivek Lal, Professor and Head, Neurology, PGI, Chandigarh was introduced by PP Rtn. T.S. Anand. After doing his MBBS, Dr. Lal did MD (Medicine) and DM (Neurology). His area of expertise is Headache & Migraine, Neuro-ophthalmology, Optic neuropathy, Retinal vascular occlusions and Occipital infarction. He has contributed numerous papers in various national and international journals. He has presented his research work in various conferences. As member of various professional associations, he actively participates in CMEs and Orations. He is a life member of the Neurological Society of India and life member of the Indian Academy of Neurology.



Dr. Vivek Lal

Dr. Lal had earlier addressed our meeting on March 12, 2010 when he was introduced by our present President, Rtn. R.T.P.S. Tulsi who had said, "Dr. Lal has a Rotary connection as a member of GSE Team." In that meeting Dr. Lal

had given a very interesting presentation on 'Reincarnation - Does it Exist?'. This time before his presentation on 'Headaches', he remarked, "Whenever I am among Rotarians, I really get very nostalgic." He took us down the memory lane describing how he had come across a retired senior IAS officer, Mr. J.D. Sharma, in connection with settling a two year old girl child whose mother was his patient and had expired, and the father abandoned the child in PGI. Dr. Lal's efforts resulted in the child finally being adopted by an extremely rich family from USA. Mr. Sharma who appeared to be having a 'to the point' attitude, and a practical person, called Dr. Lal one day to inform him that his name has been nominated by Rotary Club of Panchkula, and that he is to go to Ambala to appear before a GSE Selection Committee of Rotary District 3080 comprising of Rotarians Yash Das, Shaju Peter, Arun Sharma and Devinder Kalra. Not having any idea about GSE Team or Rotary, he appeared for the interview, and got selected! He shared his very pleasant memories about being a member of the 1994-95 GSE Team for UK, where he did not give his presentation about his own

subject, Neurology, but on Reincarnation. People of western world do not believe in incarnation, yet Dr. Lal's presentation created a good impact amongst the Englishmen.

Explaining what headache is, Dr. Lal defined it as a pain arising from the head. The pain originates from the tissues and structures that surround the brain which gives rise to the sensation of pain. Pain may be a dull ache, sharp, throbbing, constant, mild or intense. All headaches are not the same. It may be due to migraine, brain tumor, sinus, eye problem or tension. Practically everyone including children and young persons have headache. Dr. Lal also discussed tension type headache which may be due to lack of sleep, skipping meals, or an increased amount of stress.

He discussed the various factors which may cause headache. The major reason may not be sinus or cervical spondylosis. The reason behind 90 per cent of these headaches is migraine, the rest 10 per cent are because of other factors.

Migraine headaches are typical headaches that can last for anywhere between a couple of hours to a couple of days. People who suffer from migraine headaches experience pain in a characteristic pattern around the head. Some patients also have additional symptoms like vomiting, seeing strange visual patterns, changes in hearing and sensitivity to light and sound. Migraine headaches are usually associated with sensitivity to light, sound and smells.

The headache of a migraine often involves only one side of the head but in some cases, patients may experience pain bilaterally. The pain of migraine is often described as throbbing and it may be made worse with physical exertion. Upto 50% of migraine headaches are influenced by weather, and 45% show sinus symptoms. Migraine can also be caused by stress, fatigue, anxiety, change in weather conditions, alcohol consumption, change in eating or sleeping patterns and use of certain pharmacologic agents.

Dr. Lal also discussed the causes of headache in children which may be due to refractive errors, illnesses like sinusitis, cold, flu or ear infection and emotional factors. He advised to avoid certain beverages and junk foods like pizzas and burgers.

Dr. Lal said that stress, obesity, lack of exercise and working till late night on laptop and facebook, are the reasons behind increasing incidence of persistent headaches. One should not ignore any headache, and should consult a doctor if headache persists for over two weeks, otherwise it may lead to permanent vision loss. Migraine and headaches are important cause of acute vision loss.

Though treatable, some of the cases report very late.

At least 30 minutes of exercise or brisk walk daily is strongly recommended. Yoga and meditation also helps.

Proposing formal vote of thanks, Rtn. Dr. Jawahar Luthra said, "I would like to express our gratitude to the Chief Guest Dr. Vivek Lal for discussing very important topic, Headache, in a very comprehensive and interesting way."



Rtn. Dr. Jawahar Luthra presents a memento to Dr. Vivek Lal



Accompanied by her husband PP Rtn. R.K. Luther, PHF recognition being given to Rtn. Mrs. Urmil Luther by PDG Shaju Peter



Rtn. Salil Chopra presents to President R.T.P.S Tulsi flag of Rotary Club of Frankfurt, Germany



Wedding anniversary gift for R'ann Preety & PP Rtn. T.S. Anand presented by Dr. Vivek Lal



Dr. Vivek Lal presents punctuality award to Rtn. Arjan Singh



Dr. Vivek Lal presents wedding anniversary gift to R'ann Sudha & Rtn. Ashok Kumar Puri. Looking on are President Rtn. R.T.P.S. Tulsi and Joint Secretary Rtn. Sanjay Bhatia

Rtn. Vinod Sobti

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PP Rtn. T.S. Anand

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Rotary Global Grant GG1528713 approved

Congratulations to all Rotarians of Chandigarh Midtown, and IPP Rtn. Deepak Sood in particular! Global grant application for funding to provide 50 schools with an e-learning project in Rotary District 3080, submitted by Rotary Chandigarh Midtown, Rotary

District 3080 and Rotary District 7790, has been approved by Rotary Foundation (India) (RF(I)) and the Trustees of The Rotary Foundation (TRF). The award is in the amount of US\$ 39,000.00.

Block your dates

Valedictory Function

at Hotel Ramada Plaza, Zirakpur on Saturday, 27th June 2015 at 7 p.m.
Hosted by Rtn. R.T.P.S. Tulsi President and his Team for 2014-15
Chief Guest: DGE David Hilton

Installation Ceremony of

Rtn. Mrs. Kanan Diwan President and her Team for 2015-16 at CII, Sector 31, Chandigarh on Wednesday, 8th July 2015 at 6.30 p.m.
Chief Guest: PRIP Rajendra K. Saboo and Usha ji

District Awards Function

at Hotel Best Western, Ambala
12th Milestone, Ambala-Delhi Highway
On Sunday, 28th June 2015
Host: Rotary Club Ambala

Registration:

Single Rs. 1000/- Couple Rs. 1800/-

Time: 11 a.m. to 2 p.m., followed by fellowship and lunch

RI Convention 6-9 June 2015 at São Paulo, Brazil



RI President Gary C.K. Huang calling 106th RI Convention to order

South America's largest city, São Paulo, Brazil, is playing host to Rotary's largest event of the year. RI President Gary C.K. Huang called the 106th Rotary International Convention to order on 6 June. More than 14,000 Rotarians from over 100 countries have come together to celebrate service, exchange ideas, and relax among friends at the unforgettable House of Friendship, concerts and social events.

RI President Huang called the convention a 'festival of ideas' and presented the highlights of his year as RI President. "It provides the stage to showcase our achievements and inspire each other with stories and new ideas," he said. He began his keynote speech by celebrating the year's gains in membership, a top priority of his presidency.

From Rotary Chandigarh Midtown Vice President Rtn. Dr. Mrs. Rita Kalra and her husband Dr. Sanjay Kalra are participating in this annual international event. We look forward to their return, and share their experience of the convention.



Dr. Rita and Dr. Sanjay Kalra at inauguration of RI Convention and at International peace symposium in São Paulo, Brazil

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DRR 2013-14 Jasmeet honoured



IPP Deepak Sood and Rtr. Jasmeet Nagi

IPP Deepak Sood was pleased to announce the well deserved recognitions awarded to DRR 2013-14 Rtr. Ms. Jasmeet Nagi for Rotaract District 3080 being the Best Rotaract District in Rotaract South Asia. For her excellence she was also awarded as the Best DRR in 2013-14 in Rotaract South Asia. Our hearty congratulations to her for the great achievements during her tenure as DRR.

In the year 2013-14 our club was awarded the Best Rotary-Rotaract Relationship award by Rotaract District Organization. A special recognition was awarded to our Director Youth Service 2013-14 Rtn. Salil Bali for his inspiring support to the Rotaractors.

Assessment of cleanliness drives

On June 06, 2015 a team of Rotarians of our club, inspired by Rtn. Salil Chopra, went to two markets in Sector 15 and 11 Panchkula to have first hand assessment of cleanliness drive initiated by our club. They spoke to market presidents, Mr. Rakesh and Mr. Dhir, who informed that there was overall improvement and shopkeepers are

now more responsible to ensure cleanliness and proper use of the dustbins. They expressed their appreciations for the initiative taken by our club towards 'Swachh Bharat Swasth Bharat', inculcating the idea of '4 Cs', clean mind, clean body, clean environment, and clean society.

Rtn. Ashok Puri's son-in-law gets well deserved recognition

20 Most Promising IT Services Companies 2015 - ATCS: IT Solutions in the Niche Segments of Automotive and Healthcare Sectors – Extract from report in SiliconIndia Magazines on **June 01, 2015**



Manish Krishnan, son-in-law of Rtn. Ashok Kumar Puri

IT solutions and service methodologies have enabled cross pollination of knowledge between industries. Advanced Technology Consulting Service (ATCS), is using this to help its automotive and healthcare clients with the most appropriate technology and business consulting services, particularly in the area of data driven decision making. "Automotive and Healthcare, being highly process centric industries, have always been supported by the tools and systems that have captured structured data. We recognized that there was a direct need for utilizing this data effectively for decision making at multiple levels," reminisces Manish Krishnan, CEO of ATCS. "We have distinguished ourselves particularly in the area of automotive after sales processes which are highly subject to competitive pressure and pricing, but also have significant bottom line impact."

The success stories of ATCS stand as testament to the immense functionality and vast applicability of its services. "We are proud of our accomplishments and will maintain our philosophy of being a high quality player in niche segments backed by our innovative work culture," concludes Manish Krishnan.

Acknowledgement with thanks

Hosting of fellowship on 05th June 2015

PP Rtn. T.S. Anand

Rtn. Ashok K. Puri

Punctuality Draw: Won by Rtn. Arjan Singh

Birthday of Spouses

R'ann Suman Gupta

Birthday of Rotarians

PP Rtn. Capt. M.S. Kahlon

Rtn. Dr. Anil Malhotra



June 14

June 15

June 17



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