2018-19

Rotary Chandigarh Midtown

BE THE INSPIRATION

Club No. 15228
R.I. District 3080

The Midtowner

Weekly Bulletin of Rotary Chandigarh Midtown

View online: www.rotarychdmidtown.org

R.I. President Barry Rassin | District Governor Praveen C. Goyal | President Ashok K. Puri | Secretary Salil Chopra | Editor PP Dr. V.J.S. Vohra

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THE FOUR WAY TEST
Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Volume XXXXIII No. 41 Dated: April 09, 2019

PROGRAMME

Club Assembly

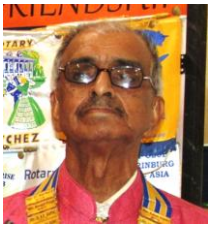
In the gracious presence of
Assistant Governor, Zone 3
PP Rtn Ritu Singal

Please block the date
April 20, 2019 (Saturday)
Official visit of
District Governor Rtn Praveen Goyal

Venue: Hotel Shivalikview, Sector 17, Chandigarh
Date: April 12, 2019 (Friday) - Time: 6.30 pm

Meet the Endocrinologist

In our regular meeting on April 05, 2019 our Chief Guest Dr Arpeta Gupta was welcomed by President Rtn Ashok Puri. She was formally introduced by PP Rtn Indrajeet Sengupta. Arpeta is a young Endocrinologist settled in USA. She is a Chandigarh girl, the illustrious daughter of PP Rtn Dr Vanita Gupta and Dr Bhushan Gupta. She studied at Sacred Heart School, Chandigarh, and was the topper of her School in the class X as well as class XII examinations. At the entrance exam of the CBSE for admission in Medical College, she secured an all India rank 'five', creating waves in the local media. Besides, she cleared the entrance exams for all top institutions of the country like the AFMC Pune, JIPMER Pudducherry. CMC Vellore etc. In 2007 she graduated from the All India Institute of Medical Sciences. Arpeta joined the residency at the Cleveland Clinic in Ohio, one of the top 5 medical institutions in USA.



Welcome address by President Ashok Puri

Dr Arpeta Gupta

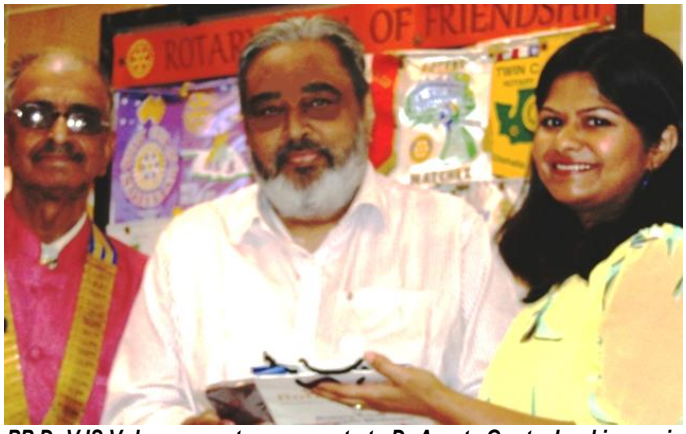
She later did her Fellowship in Endocrinology at the prestigious Mount Sinai Hospital, New York. She served at the St Luke's Hospital Kansas City for about three years. She has recently moved to Florida. Arpeta is happily married to Dr Tarun who is also an AIIMS graduate and is a gastroenterologist in Florida. They have a two and half year old daughter.

Dr Arpeta also assisted her mother Dr Vanita and all other doctors in the multi specialty mega medical camp at Baripeda in Orissa held on 06-07 March 2007, in which leading Rotarians like PRIP Rajendra K Saboo with Usha ji, then District Governor Dhian Chand and other Rotarians participated as volunteers and doctors.

In her a very interesting presentation, Arpeta explained about Diabetes Mellitus which is commonly referred to as diabetes, a chronic disease associated with abnormally high levels of the sugar glucose in the blood. Diabetes is due to inadequate production of insulin or inadequate sensitivity of cells to the action of insulin. She said there are many celebrities who are diabetic but have adjusted their lifestyle for their normal living.

National Anthem led by First Lady R'ann Sudha Puri and IPP Dr Rita Kalra, joined by Sergeant-at-Arms PP Rtn RTPS Tulsi

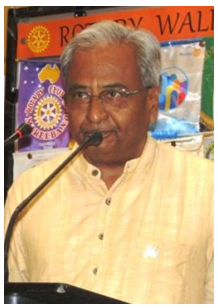
Arpeta discussed the prevalence of diabetes and pre-diabetes in 15 states of India, including Chandigarh, as per results from the ICMR–INDIAB population-based cross-sectional study, ranging from 4.3% in Bihar, 10.4% in Tamil Nadu and 13.6% in Chandigarh. She also talked about screening procedures and how diabetes can be prevented, and explained type 1 and type 2 diabetes and other types including their causes. Diabetes must be monitored and treated by an Endocrinologist.



PP Dr VJS Vohra presents a memento to Dr Arpeta Gupta. Looking on is President Ashok Puri

Arpeta's recommended low carbohydrate diet, alcohol in moderation and artificial sweeteners are acceptable in moderation. She focused on fruits, green dark vegetables, calcium rich food – milk, whole grains, low fat meat / poultry and decrease of both sweetened and unsweetened beverages with emphasis on water intake. Arpeta also recommended exercise for 30 minutes most days of the week.

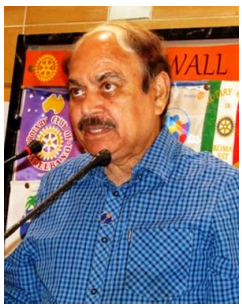
On behalf of our Club PP Dr VJS Vohra thanked Dr Arpeta Gupta for her elaborate presentation, giving us her valuable professional advice, and for responding to all queries in a vibrant interactive discussion with all present. Due to Arpeta's wonderful talk, Dr Vohra was pleased to suggest that we should look into our own family of Rotary to address us in our meetings as keynote speakers.



Introduction of Dr Arpeta Gupta by PP Indrajeet Sengupta

PP Kanan Diwan gives inspiring report of GES, Peermushalla

Vote of thanks by PP Dr VJS Vohra



Announcements by Secretary Salil Chopra

Wedding anniversary gift for R'ann Pritpal and Rtn RPS Gulati presented by Dr Arpeta Gupta. Looking on is President Ashok Puri

PETS – SETS 2019

Training seminar for Presidents elect and Secretaries elect of all clubs of Rotary District 3080 was held at hotel Hyatt Regency, Chandigarh on 29th - 31st March 2019 to train them to take up the leadership of their respective clubs in the Rotary year 2019-20.

Past RI President Rajendra K Saboo is being given floral welcome by DGE Jitendra Dhingra

Training Counsellor 2019-20 PDG Rtn Dr Gulshan Thakral, District Secretary 2019-20 DGND Rtn Ajay Madan, RI Director 2019-21 Rtn Dr Bharat Pandya, DGN Rtn Ramesh Bajaj and District Govenor 2019-20 Rtn Jitendra Dhingra (PDG Rtn Manmohan Singh is the District Trainer for 2019-20)

From our Club President Elect Rtn Salil Dev Bali and Secretary Elect Rtn Nitin Kapur attended the training seminar. PP Rtn RTPS Tulsi and IPP Rtn Dr Rita Kalra were in the Faculty. PP Rtn Pallav Mukherjee and PP Rtn Deepak Sood were the Observers.

Observing of End TB week activities by Rotary Chandigarh Midtown

Event started by DHS, Chandigarh Dr G Diwan by distributing food supplements to HIV TB co-infected patients at DOT, PGI Chandigarh

रोटरी क्लब कर रहा समाज सेवा, जीरकपुर में भी ऐसी ही उम्मीदः साजू पीटर

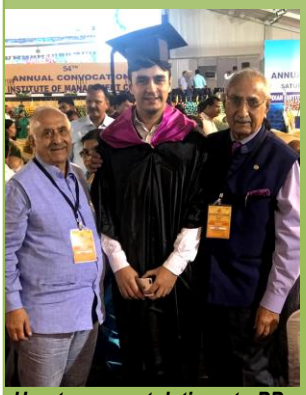
जीरकपुर | जन सेवा के उद्देश्य को लेकर जीरकपुर में रोटरी क्लब की स्थापना की गई। इसकी कार्यकारिणी की पहली मीटिंग एक होटल में बीरवार को हुई। जिसमें रोटरी क्लब चंडीगढ़ और रोटरी मिड टाउन के सदस्यों ने हिस्सा लिया। इस मीटिंग की अध्यक्षता प्रधान कमलजीत सिंह, क्लब प्रेजिडेंट रोटेरियन एपी सिंह और अशोक पुरी ने की। इस मौके पर रोटरी क्लब के बारे में पास्ट डिस्ट्रिक्ट गवनंर साजू पीटर ने कहा कि समाज सेवा के उद्देश्य को लेकर ही रोटरी क्लब की सभी शाखाएं काम कर रही हैं और जीरकपुर शाखा से भी वह यही उम्मीद करते हैं। उन्होंने कहा कि जीरकपुर की आबादी काफी बढ़ चुकी है। इसलिए शहर के संपूर्ण विकास के लिए ऐसा कोई मंच जरूरी है। यहां पूर्व प्रधान सीजे सिंह, डॉ. बीजेएस बोहरा, सरताज लांबा और अन्य रोटेरियन्स मौजूद रहे।

Mohali Bhaskar dated 05.04.2019

Congratulations Rtn Anupam Jain

Congratulations

Rtn Prof Dr IS Dua honoured by Society for Plant Research in a national event at Meerut



Hearty congratulations to PP RK Luther and family

Tree Plantation at our Signature project

Tree plantation in GES Peermushalla on 06.04.2019

Sewing Course at Maloya

Distribution of course completion certificates to students

Rotarians with students of Government Elementary School, Peermushalla (Zirakpur), where our signature project of construction is nearing completion

President Rtn Ashok Puri's Thought of the Week

Cooperation comes from friendship, friendship comes from trust and trust comes from kind heartedness. So be honest, truthful and transparent in your conduct.

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Acknowledgement with Thanks

GES, Peermushalla project

Aakaar Iron Creations Pvt Ltd Rs 3,00,000
(Total donation from Aakaar Rs 7,00,000 for this project)

Rotary Foundation (India)

PP Rtn Trilochan Singh Anand US$ 1000

Birthday of Rotarians

Rtn RPS Gulati April 13
Rtn Maharaj Baksh Singh April 14
PP Rtn Raj Kumar Luther April 15

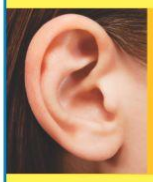
Wedding Anniversary

R'ann Tina & Rtn Neeraj Jain April 14

Punctuality Award

Won by Rtn Dr Indu Luthra

PP Rtn. T.S. Anand



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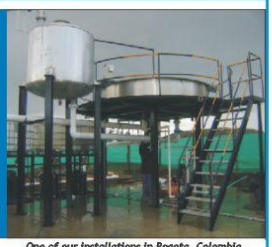

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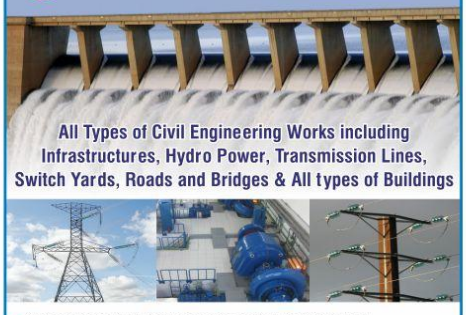

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Design & Printed at:
Satyadeep Offset Printers (P) Ltd
292, Industrail Area, Phase II
Chandigarh. Ph.: 4624942
Email: salil.bindra@gmail.com