

# The Midtowner

Rotary  
Chandigarh Midtown



2019-20

Club No. 15228  
R.I. District 3080

Weekly Bulletin of Rotary Club Chandigarh Midtown  
View online: [www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)

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Volume 44 No. 35 Dated: March 03, 2020

## 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?

## PROGRAMME



Chief Guest:

**Ms. Gauri Sharda**  
Art of Living Instructor

**Date : March 06, 2020**

**Time : 6.30 p.m.**

**Venue: Hotel Shivalikview  
Sector 17, Chandigarh**

## Welcome RFE Team Ahmedabad Metro, R.I. District 3034



**Rotarians of RFE teams of Chandigarh Midtown and Ahmedabad Metro with President Salil Bali**



**President Salil Bali**

In our weekly meeting on February 28, 2020 President Rtn. Salil Dev Singh Bali was pleased to welcome five Rotarian couples of Rotary Friendship Exchange (RFE) team of Rotary Ahmedabad Metro, RI District 3054. President Salil Bali also acknowledged the gracious presence of PDG Dhian Chand and PDG Manmohan Singh and welcomed them also, Rotarians from other Clubs of Chandigarh tricity, Chandigarh Midtowners and our guests, including Ms. Archana Sharma and Dr. Jayashree Dasgupta of Samvedna Senior Care Foundation, Gurgaon.

RFE District Chair Rtn. Dr. Sanjay Kalra expressed the amazing experience of love and affection as perfect hosts, when RFE team from our Club visited Rotary Ahmedabad Metro in October 2019; PP Rtn. Dr. Rita Kalra, Rtn. Dr. Sanjay Kalra, PE Rtn. Sanjay Bhatia, Rtn. Ritu Bhatia, Secretary Rtn. Nitin Kapur, R'ann Shivani Kapur, PP Rtn. Prem Anand, R'ann Indu Anand, Rtn. Pradeep Sisodia and R'ann Nandita Sisodia. Their memorable experience expressed by Dr. Kalra has been reported in detail in our [bulletin no. 18 dated November 05, 2019](#).



**Rtn. Dr. Sanjay Kalra**



**Rtn. Mehul Rathod greeted us, "Namste Chandigarh"**

Dr. Kalra welcomed the RFE team from Ahmedabad and invited Rtn. Mehul Rathod to introduce his team, which is recorded live on facebook <https://www.facebook.com/drjvs.vohra/videos/10216155393222549/>.

Rtn. Mehul introduced the members of his team in a very cordial manner with a pinch of humour. He also shared his and his Club's experience in having the RFE team from our Club, and in just five days they had become so close to each other as if they knew each other for a very long time.



**Letter from DG 3054, President Ahmedabad Metro for President Salil Bali and President Elect Ahmedabad Metro for PE Sanjay Bhatia**

Rtn. Bina Desai, District Governor 3054 in her letter addressed to President Salil Bali conveyed greetings on behalf of Rotarians of RI District 3054 to our District Governor Rtn. Jitendra Dhingra. She expressed her happiness that Chandigarh Midtown and Ahmedabad Metro have come together to arrange this RFE program, following RI President Mark Maloney's theme of the year, 'Rotary Connects the World'. He would be satisfied to know that Rotarians of both RI Districts have connected for Rotary ideals and enjoy unique fellowship, which would result in joint activities, projects and continued friendship for years to come.



Rtn. Dr. Sanjeev Mehta, President of Rotary Ahmedabad Metro in his letter to President Salil Bali greeted him, our members and families, "Kem Cho and Sat Sri Akal." He expressed his immense pleasure for the mutual 'Friendship Exchange Program' for Rotarians and their families to connect with each other. He said Punjab and Haryana people are lion hearted, always sharing love and happiness with others. Through his Club the vibrancy of Gujarat will create unforgettable moments of sharing togetherness, love, dance, music and many cultural values. President Dr. Sanjeev Mehta also thanked Rtn. Mehul Rathod of his Club for connecting our families and making this a successful program.



**RFE team of Ahmedabad – Fellowship dinner with Chandigarh Midtowners at Lake Club**

### Recognizing early signs of Dementia

Dr. Jayashree Dasgupta, MPhil, PhD, NIMHANS is a clinical psychologist with a specialization in neuropsychology. Co-Founder and Project Director of Samvedna Senior Care Foundation, Gurgaon, she has extensive research and clinical experience in Dementia. She was accompanied by her team including the Founder & Managing Director of Samvedna Ms. Archana Gautam Sharma, who is a BS in Computer Science from George Mason University, VA, USA. After spending 22 years in IT services, Archana started Samvedna Senior Care with a mission to help seniors live active and engaging lives. Jayashree's presentation is recorded live on <https://www.facebook.com/drvjs.vohra/videos/10216160610912988/>.



**Ms. Archana Sharma**



**Dr. Jayashree Dasgupta**

Dr. Jayashree explained that Dementia is a neuro degenerative disorder characterized by deterioration in cognitive ability. A person with Dementia has difficulty with memory, learning new information, planning activities and becomes increasingly dependent on others for their care. People often struggle to find practical information about dementia and how to provide care for such patients. The talk focused on understanding dementia, what symptoms to look out for, the need to recognize dementia as a public health priority, and to address the challenges faced by persons with dementia and their families.

Initial signs of dementia are memory problems, misplacing things, difficulty in performing familiar tasks, problems with language, poor or decreased judgment and changes in mood and behavior. She also talked about the various interventions and the importance of seeking help.

Longevity is one of the characteristics of today's world. In this context, addressing health problems of the elderly, and particularly mental health aspects, becomes crucial for well being of individuals during their golden years.

Over 4.4 million people suffer from dementia in India, almost one in every 16 households has a Dementia patient. Only 10% of the cases are diagnosed for dementia in India. Patient dignity and quality care begins with awareness about the disease. Awareness drive helps people understand the risk factors, early warning indicators and symptoms of Dementia. This enables them to support and guide others who may be facing the onset of dementia. Detailed information about dementia is available on [www.samvednacare.com](http://www.samvednacare.com).



**Screening test was carried out, including for Rotarians. PDG Shaju Peter, who is well known for his sharp memory, is in discussion with one of the experts**



**Rtn. Subhash Vats presents mementos to Ms. Archana Sharma and Dr. Jayashree Dasgupta**



**Address by PDG Manmohan Singh**



**Vote of thanks by Rtn. Subhash Vats**





**Rtn. Ravinder K. Jain celebrating his birthday with R'ann Saroj Jain**



**Birthday gift presented to PP Rtn. R.T.P.S. Tuls, joined by R'ann Ranjana Tuls**



**On behalf of Minister for Social Security (Punjab), PDG Manmohan Singh gives cheque of Rs. 2 lakh to President Salil Bali, PP Dr. V.J.S. Vohra and PP Dr. Rita Kalra for RYLA Vishesh**



**Wedding anniversary gift presented to R'ann Shivani Kapur and Rtn. Nitin Kapur**



**Wedding anniversary gift presented to R'ann Urmil Luther and PP Rtn. R.K. Luther**



**President Salil Bali introduces a beneficiary who had undergone eye surgery free of cost, under Union Government's Ayushman Bharat scheme, being implemented by our Club. Looking on is IPP Ashok Puri**

### Secretary Nitin honoured



**Secretary Rtn. Nitin Kapur is presented a memento for giving a talk on Startups at S.D. College, Sector 32, Chandigarh**



### Global Grant project



**Water cooler installed in school on 27.02.2020**

### Our Club Flag presented on 01.03.2020



**PP Rtn. Dr. V.J.S. Vohra presenting our Club flag to President Rtn. Raj Kumar Singla of Rotary Club Kasauli at his hotel R Maidens. Looking on is R'ann Indu Vohra**



**More than 60 participants confirmed.....register today with Tournament Chair Rtn. R.S. Sachdeva (Mobile: 98150 22200)**



**Birthday of Spouses**

R'ann Dipali Adokar March 12

**Birthday of Rotarians**

Rtn. R.S. Sachdeva March 06

Rtn. D.K. Gupta March 08

Rtn. M.K. Handa March 11

**Wedding Anniversary**

R'ann Asha &amp; Rtn. Vinod Sobti March 06

R'ann Neena &amp; Rtn. Tejbans S. Jauhar March 11

**Punctuality Award**

**President Rtn. Salil Bali presents punctuality award to IPP Rtn. Ashok Puri. Looking on is Secretary Rtn. Nitin Kapur**

**PP Rtn. Er. R. K. Luther**

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