

The Midtowner

2020-21

Rotary
Chandigarh Midtown



Club No. 15228
R.I. District 3080

Weekly Bulletin of Rotary Club Chandigarh Midtown
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Rotary Public Image is being projected by all our Bulletins which are mailed all over the world to large number of non-Rotarians and Rotarians with photos and having global viewing through our website since Rotary year 2006-07, our Facebook page, YouTube, Whatsapp etc. Follow our regular weekly meetings on Facebook www.facebook.com/groups/rotarychdmidtown

With heavy heart this is to inform about the shocking news of sudden and sad demise of our beloved Rotary Leader PRID Yash Das. May God give strength to Manju ji, her family and all Rotarians to bear this irreparable loss.



Volume 45 No. 12 Dated: 22 September 2020

PROGRAMME

Condolence Meeting
Past Rotary International Director
Rtn. Yash Pal Das



Zoom Meeting ID:
6291653178
Password: 15228

Date: Friday, 25 September 2020
Time: 6.30 p.m.

Eye in Diabetes - What you need to know

Click here to watch on YouTube - <https://youtu.be/a24-Lt23cfA>

In our virtual weekly meeting held on 18 September 2020 President Rtn. Sanjay Bhatia took complete charge of the meeting as he also officiated as the host because Secretary Rtn. Shuchi Thakur was not well. We wish her to be in perfect health to host the next meeting. President Sanjay welcomed the Chief Guest Dr. Vishali Gupta, Professor at Advanced Eye Centre, PGI Chandigarh. He also welcomed large number guests from India, USA, Singapore and Norway. Some of them were Rtn. Dr. Indu Luthra's daughters Dr. Vanita Gulati Ophthalmologist from Norway, PP Rtn. Kavita Vij from Delhi, her other relatives Principal (Rtd.) H.L. Luthra from Delhi, Dr. C.L. Luthra Ophthalmologist from USA and Dr. Adarsh Luthra Nephrologist from USA. The guests from Singapore were PP Rtn. Mark Wang, Rtn. Suresh Keerthi, Rtn. Dr. Rupesh Agarwal, Rtn. Pali Kohli and more Rotarian of Rotary Club of Singapore.



Dr. Vishali Gupta

Rtn. Indu Luthra formally introduced Dr. Vishali Gupta as Professor and Chief of Retina, Vitreous & Uvea at Advanced eye Centre, PGI Chandigarh. Born in Jammu (J&K), she did MBBS from Jammu Medical College and Post Graduation from PGIMER, Chandigarh, where she joined as Faculty in 1999. Her mother was a teacher and father civil engineer. She is a Clinician, Surgeon and a researcher. She is heading the services of retina and Uveitis at PGI. Nearly 400 complex Retina patients mostly referred are seen every day at PGI and all complex Retina Surgeries performed with world class equipment.

This is the only Centre in the world offering Mch Degree in Vitro-Retina that includes 3 years of rigorous training to next generation of Retina Surgeons.

Dr. Gupta has been rated as top expert in India, second top in Asia and 6th top rank in world. She has received several awards nationally and internationally including Achievement award by American Academy of Ophthalmology. She is President of Uveitis Society of India and Secretary of International Uveitis Study Group.

Dr. Vishali is married to Dr. Rajesh Gupta who is Professor and Head of Surgical Gastro-enterology department at PGI Chandigarh. They are blessed with a daughter who is pursuing her residency in internal medicine in USA.



Welcome address by President Sanjay Bhatia. Looking on is his friend Dr. Chander Mohan Pathak, Former Senior Professor and Head of Department of Biophysics with specialization in Nuclear Medicine

Dr. Vishali Gupta gave a very enlightening and impressive presentation, which is uploaded on our Club's YouTube channel, link is given above. She explained about Diabetes and how does normal eye work. Patients with Diabetes can have an eye disease called Diabetic retinopathy if there is no control on diabetes.

Due to increased blood sugar in the blood, the normal tiny retinal vessels start getting balloon like out pouching. As they increase in number, they cluster and leak fluid into adjacent retina. There will be difficulty in reading. Doctor gives injection into the eye to pump out this extra fluid; however the effect of Injection is temporary. Patient responds to one injection but edema comes back after 1 month and patient needs to repeat injections every month to keep fluid out of Retina. If response is not good the doctor would change the injection, usually trying 3 injections one every month. The doctor cannot predict the number of Injections patient would need.

Dr. Vishali Gupta advised that to prevent this leakage into the retina blood sugar and lipid profile has to be controlled. Regular screening by Retina specialist can help in early detection and thus prevent blindness. She explained the symptoms and treatment if there is bleeding inside the eye; Laser photocoagulation or the doctor may consider adding injections depending upon the condition of the eye.

Donations to our Welfare Trust are exempted u/s 80 G of IT Act

Following surgery of these complex situations, the doctor can restore retina back in position but the function of retina may not come back to normal. However, it is important to save whatever vision can be restored as the disease if allowed to progress untreated, can result in irreversible blindness.

Regarding Cataract Surgery, Dr. Vishali said it will not improve Diabetic Retinopathy and will also not minimize chances of development of retinopathy. It is very essential to get the Retina examined before undergoing cataract surgery and at regular intervals following cataract surgery, even if the patient is seeing very well.

She concluded her talk on Diabetic retinopathy by advising regular screening for all diabetics, good systemic control, compliance to treatment and regular lifelong follow ups.

Dr. Vishali had very fruitful interactive discussion regarding ailments of eyes with Rotarians, including with those who had joined from Singapore and other guests who attended the meeting.

Regarding online schooling all over the world and the effect on children's eyes, Dr. Vishali said we do have computer vision syndrome which is prolonged looking at the computer screen. We are now in an era where we cannot prevent it and we have to live with it. She advised to adjust the screen so that it is not so bright all the time. After every half an hour, break should be taken for 20 seconds. Blinking of eyes also helps. Children should minimize looking at the computer / laptop / mobile screens as much as possible.

On request of Rotarians, if anyone wants to contact Dr. Vishali Gupta, she gave her whatsapp number +91 9417565506. Only messages..... No calls please!



Rtn. Indu Luthra introducing the Chief Guest



Ita Vohra Nandi sharing her experience with Dr. Vishali Gupta



Vote of thanks by Rtn. Dr. Nitin Mathur

President Sanjay Bhatia invited Ita, daughter of PP Dr. V.J.S. Vohra, to share her experience with Dr. Vishali. In the month of August Ita had taken her daughters, Ananya and Anushka for eye check up to a private doctor and he advised Ita to get retina scan done for both the daughters from Dr. Vishali Gupta in PGI. Ita was reluctant to go to PGI. Dr. Vohra contacted Rtn. Indu Luthra and with her immense help Ita was able to have a telephone conversation with Dr. Vishali who explained the whole situation to Ita in detail and assured her that she could wait for 3-4 months as there was no urgent need for it. Ita said her conversation with Dr. Vishali was very comforting and relieving experience for her. Ita thanked Dr. Vishali for taking out time from her busy schedule and explaining everything so well on the phone. Ita said Dr. Vishali is a very humble and a pleasant person.

Rtn. Dr. Nitin Mathur felt honoured to propose formal vote of thanks to Dr. Vishali Gupta, most decorated retina surgeon in India and abroad. Dr. Nitin thanked her for a very valuable and excellent presentation. He said Dr. Vishali will take her department to greater heights and legacy set by Dr. Mangat Dogra and Dr. Jagat Ram.



Young couple Lt. Col. Dr. Jawahar Luthra and Indu Luthra with then Governor of J&K



Rtn. Dr. Jawahar Luthra with his lifetime achievement award. He had won many accolades and honour in Rotary and in his profession



Rtn. Prof. Dr. I.S. Dua

Joint Secretary Rtn. Prof. Dr. I.S. Dua spoke about Late Rtn. Lt. Col. Dr. Jawahar Luthra describing him as a Stalwart of Rotary, who is well known to us all. Prof. Dua gave a brief introduction of about Dr. Luthra as a renowned Ophthalmologist who was very well respected in his profession.

He did MBBS from Calcutta. After working in a private hospital he joined Army Medical Corps as Regimental Medical Officer (RMO).

He served actively during 1962 and 1965 operations. He did post graduation in ophthalmology while he was posted in Agra. As Classified Specialist in ophthalmology he served in various army hospitals. He also served in Command Hospital, Chandigarh from where he took premature retirement in 1982.

Dr. Luthra joined Chandigarh Medical Centre (CMC) in Sector 17, Chandigarh where he served all these years. He was a dedicated Rotarian and as a thorough professional he organized many eye camps for our club and treated patients for eye ailments and even performed surgeries where necessary.

District Assignments for Rotarians of Chandigarh Midtown

PP Rtn. B.L. Ramsisaria – Counsellor Asha Kiran School
 PP Rtn. T.S. Anand – Member Paul Harris Society, Member Fund Raising
 PP Rtn. Harish C. Sethi – Member Golf Fellowship, Member Intra District Friendship Exchange
 PP Rtn. Dr. Vanita Gupta - Chair Cancer Awareness
 Dr. B.C. Gupta - Counsellor Paul Harris Society
 PP Rtn. Dr. Balram K. Gupta – Chair Career Guidance
 PP Rtn. Indrajeet Sengupta – Member Peace Building & Conflict Prevention, Member New Member Orientation
 PP Pallav Mukherjee – Member Rotary Information, Member Career Guidance, Member RYLA
 PP Rtn. Dr. V.J.S. Vohra – Chair Rotary Alumini, Member Health Preventive
 PP Rtn. Sood Deepak - Chair EMGS, Chair Major Gifts Sub Committee, Member Golf Fellowship
 PP Rtn. RTPS Tulsi - Assistant Trainer Zone 3
 PP Rtn. Amarjit Singh - Counsellor Vocational Awards
 PP Rtn. Dr. Rita Kalra – Assistant Governor Zone 3, Chair Preventive Health, District TB Coordinator, Member Women Empowerment and Member RYLA
 IPP Rtn. Salil Bali – Chair Public Image, Member Rotaractor, Member Rotary Fellowship
 Rtn. Nitin Kapur - Member New Generation Youth Service
 Rtn. Dr. Sanja Kalra – Chair District Friendship Exchange, Chair Dental care and Member International Convention
 Rtn. Ravinder Jain - Member, Organ Donation

India has overtaken the U.S. to become number one in terms of Global **Coronavirus Recoveries**



Let's thank all the Doctors, Nurses & Frontline Workers who are risking their own lives to protect us ❤️

India has 80.86% recovery rate on 22.09.20. Fatality rate is 1.6% as per latest bulletin of Health Ministry, Government of India

Contributions for bulletin

Rotarians are requested to contribute interesting, inspiring and adventurous articles of upto 150 – 200 words for the bulletin. You can write about achievements of yourself or your family members, hilarious incidents or jokes. Mail or whatsapp to the Editor.

Driftwood Artifacts by Col. J.S. Chandoak

Rtn. Colonel Jaspal Singh Chandoak, is a man of many parts.

After a successful career in the Army, where frequent field postings brought out the writer in him and an eye for nature, he became a driftwood collector, seeing art potential in driftwood.

His artefacts are not just aesthetic objects; they have utility, too.



Rtn. Col. J.S. Chandoak

These are efforts of unique reflection of creativity, wherein perception and concepts of art find a remarkable sense of life's expression and imagination. He has held three solo driftwood exhibitions.

Col. Chandoak is also an ace golfer and has played on some of the most renowned and the remotest courses. We look forward to him as member of our Chandigarh Midtown Golf team for participating in District 3080 Golf Tournament.



Some of Col. Chandoak's creative artifacts

Young nurse in panic!

A man was hospitalized for 3 weeks. He fell in love with the young pretty nurse.

He sent her a note: "You have stolen my heart."

The young nurse in panic responded, "No Sir, we have stolen your kidney, haven't touched your heart yet."

PP Pallav Mukherjee explains

WHY DO COUPLES FIGHT..????!

My wife sat down on the couch next to me as I was flipping channels. She asked, 'What's on TV?' I said, 'Dust.' And then the fight started...

When I got home last night, my wife demanded that I take her someplace expensive. So I took her to a petrol station. And then the fight started...

I asked my wife, "Where do you want to go for our anniversary?" "It warmed my heart to see her melting in sweet appreciation. "Somewhere I've not been in a long time." So I took her to my parents' house. And then the fight started...

My wife was hinting about what she wanted for our upcoming anniversary. She said, 'I want something shiny that goes from 0 to 100 in about 3 seconds. 'I bought her a weighing scale. And then the fight started...

My wife was standing & looking in the bedroom mirror. She was not happy with what she saw and said to me, 'I feel horrible. I look old, fat and ugly. I really need you to give me a compliment.' I replied, "Your eyesight is perfect.." And then the fight started....***

*I sent it to my friend.
He sent it to his wife and then the fight started...*

Vocational Training Programs for Women

Interactive webinar session on MSME Schemes for Women was held on 15.09.20. Informative talk on PMEGP, MUDRA, easy to avail microloans and subsidies was given by Mr. Mukesh Verma DIC from MSME and Shubhangi from NIC. This webinar was attended by 18 women including R'ann Rekha Mehan.

Another Vocational program on SWOT analysis and self employment opportunities for 100 rural girls of Chandigarh tricity was conducted on 14-17 September in association with FICCI FLO.

Certificates were provided to attendees by Maclead Foundation.

Thanks to Director Vocational Service Rtn. Anupam Jain for conducting these skill development programs for women empowerment to update them in technology.

Hearty Congratulations to Rtn. Dr. Satinder Sachdeva (Vinny) on her new appointment as Chairperson, Child Welfare Committee, Chandigarh Administration.

Birthday of Spouses

R'ann Amanpreet Chandoak September 26

Birthday of Rotarians

PP Rtn. Dr. Vanita Gupta September 26
Rtn. Arjan Singh September 28
Rtn. Sunil Kumar Sahore September 28
Rtn. Parveen Khosla October 01

Wedding Anniversary

R'ann Veena & PP Rtn. Subhash Bindra September 30

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