

# The Midtowner

2020-21

Rotary  
Chandigarh Midtown



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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## 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?

## Special offer for World's Greatest Meal

Donate USD 100+ to the Rotary Foundation and get meal for two absolutely free!

Volume 45 No. 16 Dated: 20 October 2020

**GOOD-BYE  
POLIO**

## PROGRAMME World Polio Day Celebrations

With

Rtn. Susanne Rea

Rotary Club Cairns Sunrise, Australia

Serving the World's Greatest Meal

(WGM) at

**Danbro, SCO 45, Sector 26, Madhya Marg, Chandigarh**

10.00 a.m. to 09.00 p.m. on 24 October 2020



Zoom Meeting ID:

9416100624

Password: 3080

Date: Saturday, 24 October 2020

Time: 4.00 p.m.

Note the change in Date, Time and Zoom ID

More details about WGM are given on the card (see on page 04). Please contact Secretary Rtn. Shuchi Thakur (Mobile: 9501060066).

## How to stay healthy during pandemic

Click here to watch on YouTube - <https://youtu.be/EmBORAWK9js>

In our virtual meeting on 16 October 2020 President Rtn. Sanjay Bhatia gave a warm welcome to Chief Guest Dr. Kanchan Anand, who joined us from Faridabad and the guests, including prospective members and all Chandigarh Midtowners present on the zoom platform.

President Sanjay invited R'ann Indu Anand to take the meeting forward. She talked about the current crisis and said that it was an opportunity for us to realize certain facts of life like the great importance of spiritualism. She said we had overcome all the crisis we faced in the past. In the same way even the present crisis facing the world, we would come out of it as very strong efforts are being made by the scientists and governments of India and other nations, to achieve victory against the pandemic. She expressed her belief that soon we will succeed to lead a normal and happy life. R'ann Indu Anand invited PE Rtn. Salil Chopra to introduce the chief guest.



Dr. Kanchan Anand

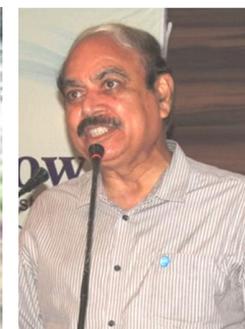
PE Salil was pleased to introduce Dr. Kanchan Anand who is the daughter-in-law of R'ann Indu Anand and PP Rtn. Prem Anand. Dr. Kanchan Anand is a physiotherapist and is the Joint Secretary (North Zone) of the Indian Association of Physiotherapists. She is working as Cardio Physio for the last 18 years. She has published 12 research papers till date and has written for magazines on cardiac rehabilitation. She has participated in CME / Conferences in India and abroad. She is certified by International Council of Cardiovascular Prevention and Rehabilitation.



Welcome address  
by President Sanjay  
Bhatia



R'ann Indu Anand  
taking the meeting  
forward



PE Rtn. Salil Chopra  
introducing the chief  
guest

She is also a certified ICU specialist. In North India, she is one of the very few Cardiac Rehabilitation Specialist. She presented a paper in 7<sup>th</sup> preventive cardiology and CR conference at Hong Kong. Dr. Kanchan's strength are organizing events, giving presentations, handling corporate tasks and she has good communication skills, both verbal and writing. She has a creative mind and is fully focused in taking initiative in her profession with dedication.

Dr. Kanchan talked about the humanity being under lockdown, and the impact that it will have on health and well being.

She said research shows that being sedentary is bad for our physical and mental health, so staying active during this difficult time is important. Physical activity helps lower blood pressure and cholesterol. Being active also significantly reduces the risk of heart disease, stroke and diabetes.

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

Being physically active also helps maintain muscle mass and bone density, reducing the risk of developing sarcopenia (loss of muscle mass) and osteoporosis (loss of bone density).

Physical activity also helps us to keep our immune system working effectively. We have to adopt healthy ways to strengthen our immune system which has the power to defend our body against infection. It flushes bacteria from the lungs and airways, increases white blood cell circulation and raises body temperature, all of which help the body to fight infection.

Physical health helps in keeping us active which is a great way to ward off some of the psychological issues also. Being active helps lower stress hormones such as cortisol and promotes the release of feel-good hormones, such as endorphins.

Kanchan discussed the various elements of fitness. She explained the exercises and advised these as per the age group. She talked about warm-up, cardiovascular (aerobic) workout, resistance (strength-building) exercises, flexibility moves and cool down. Light workout suggested by her were easy walk inside, in your home or on treadmill (if available), slow pace on a stationary bike, knee bends, shoulder rolls, static marching, aerobics with video, jogging in one place, high knees, butt kicks, flexible moves, squats, push-ups, abdominal crunches, hamstring stretch etc.

Dr. Kanchan also spoke about managing stress by exercising regularly as it helps release endorphins within your system, which play a vital role in elevating your mood and keeping a positive attitude. Stretching exercises and yoga also helps to keep you fit and your mind calm. She also suggested to take a break, connect with others and to take adequate rest. All exercises advised by Dr. Kanchan has been uploaded on our [YouTube channel](#). The link is given page 01.

She further advised to maintain a healthy diet, practice good hygiene, find ways to express yourself, get organized, offer to help people when you can and entertain yourself.

Regarding diet Kanchan said eat fresh and unprocessed food every day. Drink enough water every day. Eat moderate amount of fat and oil. Eat less salt and sugar and avoid eating out.

PP Dr. Rita Kalra thanked Dr. Kanchan Anand for explaining her interesting presentation in a very simple manner, specially focusing on the age group.



*Vote of thanks by AG PP Rtn.  
Dr. Rita Kalra*

**The Choice is Mine**



In invocation by PP Rtn. R.T.P.S. Tulsi, he invoked our thoughts by reciting a poem;

Life may not let me choose my lot,  
But whether I'd be happy or not...  
That is my choice.

To leave hurtful memories behind  
Or allow them to bother my mind...  
The choice is mine.

To fret over a mistake when it's done  
Or learn from it and move on...  
The choice is mine.

To be bothered by all that people say  
Or ignore them and go my own way...  
The choice is mine.

To hide my feelings, pent up, unspoken,  
Or say my mind and ease the burden...  
The choice is mine.

To enjoy what I've been able to gain  
Or ungratefully regard it with disdain...  
The choice is mine.

Sometimes I won't get to pick my lot,  
But whether I'll be happy or not  
Will always be my choice.

**Celebrations - Cake cutting**



President Rtn. Sanjay Bhatia and First Lady Rtn. Ritu Bhatia celebrated their wedding anniversary on 16.10.20 during the virtual meeting by cutting the cake and also gave a lovely dance performance. The cake was cut on behalf of all celebrating in next 7 days.



R'ann Parveen and Vice President Rtn. Arjan Singh celebrated their wedding anniversary in the virtual meeting by cutting the cake.



PP Rtn. Prem Anand celebrated his birthday on 15.10.20 by cutting the cake while attending two projects, including distributing of microloans, accompanied by R'ann Indu Anand, AG Rtn. Dr. Rita Kalra, Rtn. Dr. Sanjay Kalra and owners of famous DANBRO Restaurant cum Bakery in Sector 26 Madhya Marg Chandigarh, PE Rtn. Salil Chopra and Rtn. Renu Chopra.

## Email from Rtn. Patricia Hilton, wife of PDG David Hilton in appreciation of our Bulletin

On Sat, 17 Oct 2020 10:42, <patriciamhilton@gmail.com> wrote:

Dear Club Editor Rtn. Dr. V.J.S. Vohra,

Greetings from RC Dehradun!

Thank you for sharing the Online e-Bulletin No. 15 dated 13 October 2020 of RC Chandigarh Midtown. I cannot help but once again compliment you on your excellent publication. Great appreciation for your prompt and meticulous working.

Kind regards

Patricia Hilton  
Secretary  
RC Dehradun

Past Board Director  
International Inner Wheel  
Past Association President India

नई दिल्ली, शुक्रवार 16 अक्टूबर -2020

## पंचकूला सेक्टर 6 के नागरिक अस्पताल में ग्लोबल हैंडवाशिंग डे का किया गया आयोजन



समाचार क्यारी, पंचकूला, (अजय कुमार) पंचकूला सेक्टर 6 के नागरिक अस्पताल में ग्लोबल हैंडवाशिंग डे का किया गया आयोजन। अस्पताल स्टाफ व इंडोर पेशेंट्स को किया गया जागरूक। हाथ धोने की महता के बारे में दी गई जानकारी। कोविड-19 डॉक्टर रीटा कालरा ने बताया कि इससे पहले हर साल बड़े स्तर पर इस दिन का आयोजन स्कूल कॉलेज लेवल पर किया जाता था लेकिन इस बार कोरोना महामारी के चलते इसे पंचकूला सेक्टर 6 के नागरिक अस्पताल में मनाया जा रहा है जहां अस्पताल के स्टाफ के साथ साथ इंदौर पेशेंट को भी जागरूक किया जा रहा है साथ ही उन्हें यह भी बताया जा रहा है कि हाथ धोने मास्क पहनने 2 गज की दूरी अपनाने से कोरोना जैसी महामारी को भी मात दी जा सकती है। उन्होंने बताया कि उनकी इस मुहिम में परिवर्तन वेलफेयर एसोसिएशन भी उनके साथ मिलकर जागरूकता अभियान में लोगों को जागरूक कर रही हैं।

## Miyawaki forest



Our Club planted 10 more saplings at the Miyawaki forest in Sector 36, Chandigarh. In the background we can see the growth of the forest planted in the last Rotary year 2019-20 in July 2019

## Global hand wash day and oral hygiene



On 15 October 2020, in association with the Parivartan Welfare Association Panchkula, Rotary Club Chandigarh Midtown created the country's longest mask of 36 feet to create awareness of wearing masks during Covid times. This being the Global hand wash day, a demo on six steps of hand wash was given by Rtn. Suman Gupta for patients visiting sector 6 hospital and indoor wards for children. PMO Dr. Suvir Saxena, AG Dr. Rita Kalra and the staff of hospital joined the members of NGO Parivartan.

Oral health talk and distribution of safety kits with fruits was given by Rtn. Dr. Sanjay Kalra at Samarpan, Majri Chowk.

In collaboration with CDA team, IDA Mohali our Club held a webinar on hand wash for students of Kundan International School Sector 46, Chandigarh with focus on personal and dental hygiene.

## Microloan



PP Rtn. Prem Anand presents Microloan cheques of Rs. 30000 each to Chunnu Rawat and Rahul Kumar, in the presence of Guarantors: PP Rtn. Dr. Rita Kalra and Rtn. Sanjay Kalra. Others present were PE Rtn. Salil Chopra, Rtn. Renu Chopra and R'ann Indu Anand



**GOOD-BYE  
POLIO**



Rtn. Susanne Rea  
The Architect of WGM

Join the  
**World Polio Day  
Celebrations**

with  
**Rtn. Susanne Rea**  
RC Cairns Sunrise, Australia  
at



Rtn. Ramesh Bajaj  
DG - RI Distt. 3080



Serving World's Greatest Meal  
10:00 AM to 9:00 PM on 24th Oct, 2020

**HIGHLIGHTS**

- Live Band & Karaoke
  - Virtual Games
- (Sponsored by Inner Wheel Chandigarh Midtown)
- Authentic International Cuisines



Meeting ID : 9416100624  
Password : 3080

**24th  
OCTOBER**

**4:00 PM**

Rtn. Sanjay Bhatia  
President



WGM # 6453

Rtn. Shuchi Thakur  
Secretary

**Rs. 1000 per card. Contact Secretary Rtn. Shuchi Thakur**  
**This card is applicable only for 24.10.20**

*Acknowledgement with thanks*

**Donations for Club Projects (Peermuchalla)**

PDG Rtn. Shaju Peter Rs. 25000  
PP Rtn. R K Luther Rs. 25000

*Birthday of Spouses*

R'ann Meena Mahajan October 24  
R'ann Paramjeet Sihota October 24  
R'ann Kadam Bhambri October 27

*Wedding Anniversary*

R'ann Moon Inder & PP Rtn. Sandeep Sandhu October 24  
R'ann Hariti & Rtn. Chiranjiv Singh October 28



**TWIN CLUB  
CERTIFICATE OF RECOGNITION**  
The Rotary Clubs of  
**Rotary Club of Samutsakhon Ri3330**  
and

**Rotary Club of Chandigarh Midtown Ri3080**

have established a partnership to further international understanding and foster goodwill through long-standing fellowship and international service.

*(Signatures and names of club presidents)*

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**Rtn. Sanjay Bhatia**

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