

The Midtownner

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/rotarychdmtown

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 45 No. 23 Dated: 08 December 2020

PROGRAMME

Life Skills for WICCI Haryana

Chief Guest:

Ms. Navneet Sandhu

President, Women's Indian Chamber of Commerce and Industry (Haryana)



Zoom Meeting ID: 6291653178

Password: 15228

Date: Friday, 11 December 2020

Time: 6.30 p.m.

International Day of Disabled Persons

Click here to watch on YouTube - <https://youtu.be/lt2FIB9GacM>



International Day of Disabled Persons
03 December 2020

Chief Guest: Mr. Balbir Singh Sidhu, Hon'ble Health Minister, Govt. of Punjab



Our Club donated two tricycles and a pair of crutches to needy disabled Persons. [Click here to go to our facebook group for more photos.](#)
Also see page 03

On the International Day of Disabled Persons on 03 December 2020, held at Tynor Orthotics Ltd., Mohali, Rotary Chandigarh Midtown donated two tricycles and a pair of crutches to the needy disabled persons, which were presented to them by the Chief Guest, Mr. Balbir

Singh Sidhu, Hon'ble Health Minister, Govt. of Punjab, who complimented our Club and Tynor for empowering the disabled persons. He also explained the initiatives taken by Govt. of Punjab for the welfare of disabled persons, including job opportunities for them.

Our sincere thanks to Dr. P.J. Singh, Managing Director of Tynor for announcing employment in his company for 30 disabled persons - 07 being employed on the spot. He expressed his desire to work for disability empowerment in association with our Club. We also thank him for the excellent arrangements for the event in the impressive ambience of Tynor company in its conference room with modern infrastructure. Dr. P.J. Singh presented masks manufactured by Tynor and served high tea to all present.

Present from our Club were: President Rtn. Sanjay Bhatia, PDG Rtn. Shaju Peter, AG Rtn. PP Dr. Rita Kalra, PP Rtn. Dr. V.J.S. Vohra, PP Rtn. Amarjit Singh, IPP Rtn. Salil Bali and PP Rtn. Vinod Jawa. Dr. Amit Gulati also joined us. Harmesh of our Rotary Community Corps for Disabled Persons was present with 30 persons having disabilities.

Chair Disability Empowerment PP Dr. V.J.S. Vohra conducted the proceedings. Vote of thanks was given by AG Dr. Rita Kalra.



Mr. Balbir Singh Sidhu,
Hon'ble Health Minister,
Govt. of Punjab

Stories of our Superhumans



Dr. Amit Mukerji

President Rtn. Sanjay Bhatia welcomed Chief Guest, Dr. Amit Mukerji, Director Ottobock HealthCare India, Mumbai. The President informed that December is designated as Disease Prevention and Treatment month in Rotary which includes disability empowerment. Regarding the International Day of Disabled Persons, held on 03 December 2020 he thanked Dr. P.J. Singh, MD of Tynor for the support we got from him for this event.

PP Dr. V.J.S. Vohra, thanked President Sanjay for giving him the opportunity to take the meeting forward. He also thanked AG Dr. Rita Kalra, who treated the patients during the pandemic, for the wonderful invocation, 'Muje dar nahi lagta', to inspire the disabled persons. Dr. Vohra welcomed his dear friend Dr. Amit Mukerji on the virtual platform. Last time Dr. Amit addressed us in a physical meeting on 23rd September 2011 when he spoke about artificial intelligence, and he even showed us the memento he was presented in that meeting! Other Clinicians present from Ottobock were Roman Jagota, Sikha Shukla and Amandeep Kaur. Senior Prosthetic Clinician PP Rtn. Vinod Bhandi and PP Rtn. Bijay Srivastava of Rotary Club of Patna also joined us.

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

Dr. Vohra also acknowledged the presence of MD of Tynor Dr. P.J. Singh, Sr. Prosthetist Dr. Amit Gulati of Happy Feet Prosthetic Clinic, Mohali and another Prosthetist, Dr. Narendra Kumar of D.S. Prosthetic Clinic, Panchkula.

The chief guest was formally introduced by PP Rtn. Amarjit Singh. A senior Prosthetic Orthotic Clinician, Dr. Amit Mukerji is Director of Ottobock HealthCare India, Mumbai. He is also one of the Directors of Ottobock Lanka which he helped in setting up. He completed his graduation in 1980 in Prosthetics & Orthotics from All India Institute of Physical Medicine and Rehabilitation, Mumbai. He has number of scientific paper presentations to his credit on upper and lower artificial limb systems. He had various important assignments in the field of Prosthetics & Orthotics in India and abroad. Since 1998 he is working with Otto Bock HealthCare India Pvt Ltd., which is a highly reputed German company having its establishments all over the world, and are the global leaders in prosthetics and orthotics. Ottobock also has its prosthetic clinics in number of cities throughout India including in Mohali, Chandigarh.

Dr. Amit Mukerji greeted all present with, "Namaskar to everybody and good evening. I would like to thank Rotary Chandigarh Midtown and specially Dr. Vohra for requesting me to speak on this issue, which I could not refuse because of our long relationship." He gave his candid views about the disability day - 3rd December, as it is good to keep a day for the people with challenges or disabilities. But efforts should be that every day of our lives we look at it in the same way and not just keep one day special for them. He added, "It is important that whatever energy and commitment we show on 3rd December should be spread on all 365 days so that for what we are trained and supposed to do, we do justice to that and we can rehabilitate the disabled in a much better way."

Dr. Mukerji gave a very interesting and an inspiring audio visual presentation on Superhumans, with a message to work for empowerment and access to all!

He said, "The patient is central to all professionals and also affect our personal lives." Over the years we have learnt to be good listeners to understand the needs of the patient. It is Empathy and not Sympathy. Limbs don't grow back – relationships are for life. The prosthetist has a big responsibility to give correct/appropriate prescription and manage expectations of the patients. It is the patient who has to be in the forefront and because of them the clinicians exist. Patient's aspirations have to be understood and they be given a patient hearing, only then they can be provided best solutions which is most suitable for them. In India we always try to sympathize with the disabled persons that it is the misfortune by the act of God, which is wrong. It is very important that the disabled patient should not be looked down upon and that we are doing them a favour or doing some charity. There is a personal life long relationship between the prosthetist and the patient because the Limb is not going to grow and the patient has to come back to the prosthetist and for this reason trust has to be built with the patient.

Dr. Mukerji presented touching real life stories of few of the large number of Superhumans. Ottobock has worked together shaping their lives and destiny. Dr. Roshan Shaikh with above knee and below knee amputations due to a train accident, was denied admission to MBBS and post-graduation due to disability but she fought with archaic government rules to get admission. Now she is a third year resident of MD pathology. This is disability empowerment and also women empowerment. Dr. Mukerji said women can change the world. Let's support especially disabled women to become mobile, independent and give them a voice.

Paul Varghese with above knee amputation, having grafted skin on the stump, would get frequent wounds. He became India's first single stage major limb osseointegration patient. This is a direct connection between human bone and the artificial limb which involves implanting a metal anchor directly to the bone of an amputated limb that extends out of the residual limb. The prosthesis is then attached to the metal extension. This procedure enabled Paul to increase from 100 steps a day to 10,000 steps a day after the surgery. It took him 15 years to walk without a stick! In some patients progress in prosthetics may be slow, and there could be ups and downs. But progress it is!

A superhuman related to Rotary Chandigarh Midtown was also presented by Dr. Mukerji by showing detailed prosthetic treatment of Dr. Vohra's patient, Kulvinder Singh, a 15 year old boy, having four limb amputation due to electric shocks while offering kar sewa at Gurudwara in Derabasi (near Chandigarh). He was provided Myo-facil prosthesis and a cosmetic prosthesis for his bilateral below elbow amputation. Now he is walking with bilateral below knee artificial legs and carrying on his daily activities independently with prosthetic devices provided with support from Ms. Sukhy Randhawa Ransdhawa of UK, Rotary Chandigarh Midtown and Ottobock. This shows that technology can make future bright for people with disabilities. Let's make it available for them.

Dr. Mukerji concluded, "The future is digital. Treatment and delivery of treatment will change dramatically. Digital technology will transform Patient data capture, place of fabrication and place of service delivery. It will throw challenges about new skills required and new training needs." He ended his presentation with an amazing video on the digitalization in the field of Prosthetics and orthotics. We are living in the 21st century and the whole world is taking a Digital Leap. Ottobock is now combining digital revolution and humanity to provide mobility and independence. [Please click here](https://youtu.be/Z1146PBwhRg) (link: <https://youtu.be/Z1146PBwhRg>), to experience the digital revolution in the field of rehabilitation by Ottobock.

Sr. Prosthetic Clinician from Patna PP Rtn. Dr. Vinod Bhanti complimented Dr. Amit Mukerji for his wonderful presentation. He congratulated PP Dr. Vohra for his late father Col. D.S. Vohra's contribution in prosthetic technology in India. He said with Nevedac, Ottobock and Tynor, Chandigarh has become a hub for prosthetic and orthotics and congratulated Rotary Chandigarh Midtown for being part of this great achievement. President Sanjay Bhatia raised a query regarding elderly people for their safety, which generated a vibrant discussion with Dr. Mukerji, Dr. Bhanti and Dr. P.J. Singh. They suggested certain solutions like well padded garments, balloons (like in cars) and other safety devices of good quality for the elderly persons. After this there was discussion on foot ailments which was taken up by Dr. Amit Gulati, who gave valuable suggestions for foot orthotic treatment.

Invocation by AG Rtn. Dr. Rita Kalra dedicated to Disabled Persons

मुझे अब डर नहीं लगता किसी का साथ देने में किसी का साथ लेने में	दुनिया की हिकारत से मोहबत की तिजारत से
मुझे अब डर नहीं लगता अकेले राह चलने में कड़ी धूप में जलने से	मुझे अब डर नहीं लगता रिश्तों के तार होने से दिल के बीमार होने से
मुझे अब डर नहीं लगता झूठ से मात खाने में पानी से भात खाने में	मुझे अब डर नहीं लगता बदनामी के छींटों से शोहरत की वाहवाही से
मुझे अब डर नहीं लगता लोगो के रंग बदलने से दोस्तों के ढंग बदलने से	मुझे अब डर नहीं लगता न इस दुनिया से जाने में न इस दुनिया में रहने से
मुझे अब डर नहीं लगता इश्क में हार जाने से आग के पास जाने में	मुझे अब डर नहीं लगता ॥ भानू भी नित नई शुरुआत करता है, सांज होने के भय से नहीं डरता है।
मुझे अब डर नहीं लगता मुझे अब डर नहीं लगता	भर साहस और दम, बढ़ा कदम, किसने तुमको रोका है, यह जीवन एक नोका है
पहरेदार की लूट से दोस्त के झूठ से	अब डर नहीं लगता तुफानो से, कश्ती के डूब जाने से
मुझे अब डर नहीं लगता	मुझे अब डर नहीं लगता



Welcome address by
President Sanjay
Bhatia



Introduction of chief
guest by PP Amarjit
Singh



Invocation by Assistant
Governor Dr. Rita Kalra
मुझे अब डर नहीं लगता



Meeting carried
forward by
PP Dr. V.J.S. Vohra



Vote of thanks by
Immediate Past
President Salil Bali



Rtn. Kavita Vij d/o of
Rtn. Indu Luthra will be
Zonal Chair - District
3011 in RY 2021-22

To propose formal vote of thanks Dr. Vohra invited IPP Salil Dev Singh Bali, Advocate, who is representing the prosthetic-orthotic clinicians in a public interest litigation filed on their behalf in Punjab & Haryana High Court. Salil thanked one of the most renowned prosthetic orthotic clinician Dr. Amit Mukerji of Ottobock. He said Ottobock and Tynor are part of Chandigarh Midtown because Past President Dr. V.J.S. Vohra has promoted disability empowerment for last 30 odd years in Rotary. Salil also thanked Dr. P.J. Singh for extending help to our club in the field of disability. He also thanked PP Dr. Vinod Bhandi of Rotary Club Patna for his valuable advice and thanked all our members for their presence in the meeting.



On International Day of Disabled Persons on 03 December 2020 Hon'ble Health Minister, Govt. of Punjab, Mr. Balbir Singh Sidhu being welcomed by PDG Shaju Peter and President Sanjay Bhatia with a bouquet and a memento, followed by address by Hon'ble Minister and PDG Shaju



Hon'ble Health Minister honoured PP Dr. V.J.S. Vohra, PP Amarjit Singh, Tynor MD Dr. P.J. Singh and other Rotarians present in the conference room of Tynor Orthotic Ltd., Mohali

Appreciation for The Midtowner

From: **Dr. G.K. Thakral** <gkthakral@yahoo.com>
Date: Thu, Dec 3, 2020 at 6:38 PM
Subject: Re: Rotary Club Chandigarh Midtown Online e-Bulletin No. 22 dated 01 December 2020
To: Sanjay Bhatia <sanjay@sangeetasteel.co.in>, V.J.S. Vohra <drvsvohra@gmail.com>

Dear Dr. Vohra,

My compliments and congratulations for consistency over the years in maintaining the quality, clarity and contents of 'The Midtowner' coupled with your command of language and esthetic layout of the bulletin.

Thank you very much for the elaborate coverage of my virtual talk to the club.

I wish you and the Midtowners all the very best so as to achieve and accomplish new landmarks of service to humanity.

With warm regards,

Dr. G.K. Thakral
MDS (Professor of Prosthodontics)
Past District Governor 1998-99 (Rotary International)
RI Training Leader 2015

Sewing and Tailoring Centre : Khuda Ali Sher



Sewing and Tailoring classes were inaugurated on 5th December with 12 trainees in the premises of Gurudwara Tibbi Sahib at Village Khuda Ali Sher. We are grateful to President RCC Bhupinder Singh and Gurpreet Singh Somal, President Youth Club Khuda Ali Sher for facilitating the use of such a large area for running the classes so that the rule of social distancing can be well maintained. Rotary Club Chandigarh Midtown has provided six sewing machines and a well trained teacher who will take classes for 2 hours daily.

Present from our Club were President Rtn. Sanjay Bhatia, Director Community Service PP Rtn. Kanan Diwan, Director Vocational Service Rtn. Anupam Jain amongst the teacher, all the trainees, RCC members and the members of Gurudwara Prabandhak committee.

Plum Cake Mixing at Danbro



On 4th December Rotarians present at Danbro were: PDG Shaju Peter, President Rtn. Sanjay Bhatia, Secretary Rtn. Shuchi Thakur, AG Rtn. Dr. Rita Kalra with daughter-in-law Dr. Prathana, Rtn. Nitin Kapoor with R'ann Shivani, Rtn. Bhagat from Pinjore and PP Rtn. Brig. D.S. Dhillon. Also, PE Rtn. Salil Chopra and Rtn. Renu Chopra (owners of Danbro). They all enjoyed the Plum Cake Mixing and liked the taste of plum cake and other savories. This event was held in the gracious presence of Mr. Gopal Sharma, Director of Mr. Brown Company.

Birthday of Spouses

- R'ann Pushpa Jawa December 15
- R'ann Ranjana Tulsi December 17
- R'ann Kiran Sharma December 17

Birthday of Rotarians

- Rtn. Ritu Bhatia December 17

Wedding Anniversary

- R'ann Sandhya & PP Rtn. D.P. Khandelia December 11
- R'ann Nita & Rtn. M.S. Manaktala December 12
- R'ann Meena & Rtn. Rajesh Mahajan December 12
- R'ann Manjit & Rtn. Darshan Singh Kalsi December 13
- R'ann Meenakshi & Rtn. Sunil K. Sahore December 14

Annapurna



9th Annapurna fully sponsored by Secretary Rtn. Shuchi Thakur for 70 children and 20 mothers, served sandwiches and mango fruitys. Present with Shuchi were: Rtn. Suman Gupta, Rtn. Renu Chopra, Rtn. Dr. Harjinder Jit Kaur, Rtn. Dr. Shashi Jain and PE Rtn. Salil Chopra.

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Rtn. Salil Chopra

PDG Rtn. Shaju Peter

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Rtn. Sanjay Bhatia

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