

THE MID TOWNER



BULLETIN OF THE ROTARY CLUB OF CHANDIGARH MIDTOWN : R.I. DISTT. 3080

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Club No. 15228

PROGRAMME

"Voluntary Blood Donation"

Guest Speaker : Mrs. Niti Sarin
w/o PP M.L. Sarin

Vol. XXXIII No.14 October 01, 2008



Friday, October 03, 2008

Time: 7.00 PM

Venue: Hotel President, Sector 26, Chandigarh

Back Pain – Causes & Cure



The Learned Guest Speaker Dr. Raj Bahadur

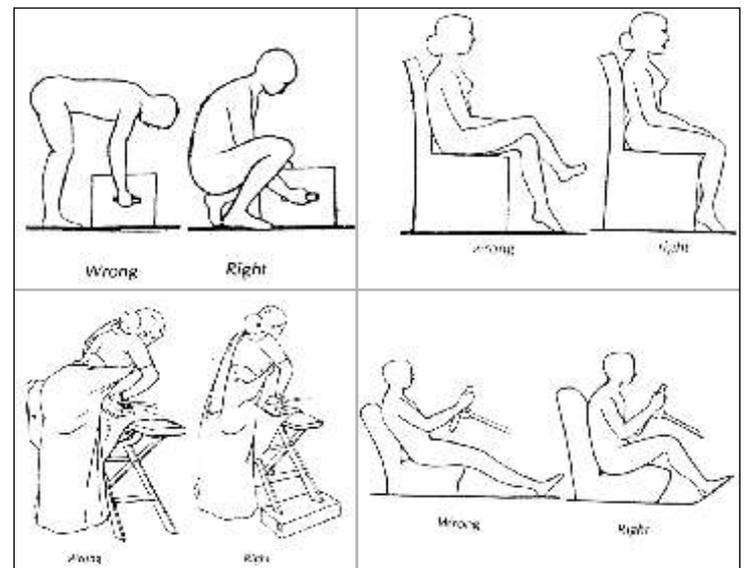
The Need of Time – yes, that is what it was – what we heard from Dr. Raj Bahadur in our regular meeting last Friday. He educated us on the problems of back pain, which has been a cause of concern for everybody who was present, as also who were not !

Dr. Raj very systematically came to the point stagewise, explaining every bit by means of slides. He mentioned about the state of affairs in the USA, where they spend US \$ 90 million every year on people who suffer from back pain, and this amount was likely to go up manifold, due to the present life style. Further, the learned speaker mentioned about the occurrence of the pain, by means of sketches & different slides showing different postures of the

body at the place of work, while sleeping, cooking, etc. He explained about the Danger Zone age, (usually 30 years) after which the bank of calcium stops receiving calcium into its deposit scheme from the diet eaten by the individual.

If any child complains of pain in the back, it should not be taken casually ! Then he explained about its cause (calcium bank, as mentioned earlier). He said that child's back pain could be possible due to the deficiency of calcium in the mother's body & it should be attended to immediately.

Some of the postures are shown herewith, to better understand what we must be careful of :



Dr. Raj Bahadur's explanation regarding the back pain went further when he spoke & showed on the slide, that it could be due to the deficiency in the skin, as the skin over various parts is helpful in blood circulation, viz. skin of the face connects with blood vessels of the head, and the skin overlying various spinal parts connects with the internal organs supplied by nerves from the spinal level (lungs & heart with the upper thoracic spine, stomach & liver with the middle thoracic spine, and bowels & abdominal organs with the lower back).

The speaker further described with the slide, the backbone which is called the "Spine", which extends downwards from the head. The spine consists of a series of small irregular bones placed in such a way to carry on different movements. These small bones are called vertebrae and are 24 in number - seven vertebrae in the neck are called the Cervical Spine, twelve in the upper back are called Dorsal Spine & five in the loin are called Lumber Spine.

Curves of the Spine :

1. Cervical curve which is convex forward.
2. Thoracic curve, which reaches from the second to the twelfth thoracic spine & is concave forward.
3. Lumber curve is convex forward & is more pronounced in females than in males. It extends from lower thoracic vertebra to lumbo-sacral angle. It is larger than the upper two.
4. The "pelvic curve" which extends from lumbo-sacral joint to the apex of the coccyx. It is concave & faces forward downward.

Inter Vertebral Joints : These consist of -

1. Anterior joint called "Disc".
2. Posterior joints constituted by facet joints.

3. Connecting ligament system.

4. Muscles.

5. Nerves.

The disc absorbs the pressure transmitted to it by the central core and at the same time, keeps the vertebrae together. It buffers the action of the compression upon bones. It is the chief shock absorber of the body. But with age, the disc undergoes degenerative changes, even small weights may be sufficient to cause the damage. So it is important to understand the degenerative changes of the disc to understand back pain.

The causes of degenerative changes could be overweight, lack of exercise, tension, lifting of heavy weights, inflammation, infection or metabolic changes. The preventive measures which can be taken include exercise, right postures while sitting, lying on the bed, lifting weights, etc.

In the end, Dr. Raj Bahadur spoke again about the need for a calcium tablet a day, balanced diet with regular exercise, yoga & walking.



- Mr. M.S. Walia, b/o Rtn. Deepa Bhar

Cooking Competition

Ann's, its time to show your culinary skills ! We have a cooking competition in our club meeting on Friday, Oct. 10, '08 where the participating Ann's are required to bring baked dishes and / or desserts. These will be judged on the spot. Can't say if only the judges get to taste those dishes or we Rotarians too get lucky !! So why not come & see for yourselves.....

Interested Ann's may kindly give their names to Pres. Saroj or Ann Bir Gulati.

PP Rtn. T.S. Anand

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Drug Awareness Campaign



An interactive session was held with class XI students of Government Senior Secondary School, Daddumajra, U. T. Chandigarh on 23rd Sept.08, under 'Drug Awareness Campaign' This was attended by the Pres. Saroj Jhawar, Dr. Shashi Jain, Ann Neena Verma, Ann Dr. Sudha Jain and PP Pallav Mukherjee. Dr. Sudha Jain delivered a lecture on the

harmful effects of Drug Dependence in general, but focusing primarily on Tobacco Addiction, the reasons why one gets into the habit and how it very quickly takes control of the dependent person.

Major WHO statistics were presented in a very simplified and interesting fashion so as to keep the interest of the children alive. Very simple and practical self- help methods of getting rid of the addiction were suggested by Dr. Sudha Jain. This was followed by a short quiz session and prizes were distributed to children participating in the quiz session. There was a short message for the teachers, parents and adults also in Dr. Jain's talk. The Principal of the school appreciated the effort on part of our Club and invited us for more such programmes in future.

- Ann Dr. Sudha Jain

The 'Beti' Foundation



Muskan Bhateja reciting her composition

This Sunday, the 28th Sept., 2008, saw the celebration of The Beti Foundation. Many of us Rotarians - Mrs. D.K. Singh, Ann Beena Aggarwal & her daughter-in-law, to name a few - had assembled

at the Press Club, Sector 27 B, Chandigarh and lit candles as well made a beautiful rangoli. Afterwards, sweet daughters of some of our fellow Rotarians narrated beautiful poems and notes on daughters. Muskan Bhateja, the pretty little daughter of Rtn. Ashwani Bhateja and Ann. Priya, had prepared a beautiful expression on daughters, which left everyone spell-bound. An excerpt from her composition is reproduced here: "A daughter is a childhood of her mother. She is like a gift from God - a helpful Gift. A daughter is more emotionally attached to her parents as boys are less expressive and more worldly and busier."

- Rtn. Ashwani Bhateja

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Interest Free Loan Project

Our latest loan under Milano Sud-est Interest Free Loan Project is being given to Mr. Bala Dutt Sharma, who is sponsored by Rtn. R.K. Luther. Mr. Sharma is doing job work in manufacturing of screws and he requires money to partly finance a Rolling Mill for Screws. We are giving him Rs. 20,000/-. This will help in expanding his income and work.

Rtn Raj & Ann Neeru Visit a Rotary Club in USA



Rtn. Raj Khattar & Ann Neeru visited Rotary Club of Simi Sunset in Simi Valley, California, USA and attended one of their meetings. Seen in the above picture (from L to R) are PDG Sarah, Ann Neeru, Rtn. Raj Khattar and President Ralph.

Birthday Greetings

Rtn. Col. Dr. V. K. Kapoor

PP Rtn. Dr. S.K. Sharma



October 03

October 03

Punctuality Draw

Won by PP. Rtn. R.S. Sachdeva



Life's Little Surprises



The World Tourism Day - 27th Sept., 2008 - turned out to be lucky for a bunch of youngsters – children of construction & brick kiln labour from the Night School run by the Rotary Club of Chandigarh Midtown at Sarangpur.

So what did they do? Take a tour of the city in the Hop-on Hop-off bus (provided by CITCO) to the Rock Garden, the Lake & other choice touristy spots. The food & drinks were also complimentary – and their happiness showed on their little visages!

Accompanied by the President Mrs. Saroj Jhawar & Mrs. Neena Verma, these kids sure got a surprise gift on this Saturday, the 27th Sept '08.

Let's hope this gives them some hope – in life's little surprises!

- PP Pallav Mukherjee

Wedding Anniversary Greetings

R'ann Shradha & Rtn. A.K. Sachdeva



October 08

Donations for Club Projects :

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PP Rtn. Subhash Bindra



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