

PROGRAMME
Back Pain

Guest Speaker: Prof. Dr. Raj Bahadur
Director – Principal

Govt. Medical College and Hospital, Chandigarh

Friday, January 14, 2011

Time: 6.30p.m. Venue: Hotel President, Sector 26, Chandigarh

Prostate and Aging

On Friday, January 07, 2011 our Guest Speaker: Dr. S.K. Sharma, Former Director, PGI, Chandigarh and Sr. Consultant Urologist, Silver Oaks Hospital, Mohali, gave a talk on Prostate and Aging. He was introduced by PP Rtn. Harish Sethi. He said Dr. Sharma joined PGI in 1965. He also served in AIIMS, New Delhi for one year. He took over as Head of Department of Urology in PGI in 1988. He was Director of PGI from March 2000 to 2004. He has received many awards and has large number of books to his credit. He is also member of various professional organizations in India and abroad.

In his talk, Dr. Sharma said that greying of the hair and aging of the prostate go together. Guessing the average age of our members, his topic was quite appropriate! But he cautioned that prostate problem may start even at younger age of thirty, though, men in higher age group of fifty, sixty, seventy and above are more prone to the diseases due the prostate aging.



Dr. S.K. Sharma

Dr. Sharma said that patients who had enlarged prostate about 25 years ago, for them the only remedy was open or endoscope surgery. But now there have been advances which has made life

easier. He explained various treatments available now. Surgery is recommended for advanced cases.

Dr. Sharma also talked about PSA (prostate specific antigen), and if it rises it is a progressive disease which may lead to complications. PSA is a protein produced by cells of the prostate gland.

The PSA test measures the level of PSA in the blood. The doctor takes a blood sample, and the amount of PSA is measured in a laboratory. He also talked about transrectal tests to detect disorders within the prostate.

If prostate cancer is diagnosed, the total PSA test may be used as a monitoring tool to help determine the effectiveness of treatment. It may also be ordered at regular intervals after treatment to detect recurrence of the cancer. The total PSA test and digital rectal exam may be used to screen for prostate cancer. If abnormality is noticed, then the doctor may choose to follow this testing with a prostate biopsy and perhaps imaging tests, such as an ultrasound. The doctor may conduct tests to distinguish between prostate cancer and other non-cancer causes.

Dr. Sharma's talk generated an educative interactive discussion with the Rotarians. Vote of thanks was proposed by Rtn. Jawahar Luthra. He said it was a great pleasure to interact with

Dr. Sharma, professionally and socially as he is a wonderful human being, and thanked him on behalf of the club for his thought provoking talk.

Punctuality award was bagged by Rtn. Dr. (Col.) V.K. Kapoor, probably to remind us that we have a reputed Urologist in our Club, who is always ready to help, whether we hold a medical camp or visit his hospital with a personal ailment.



Birthday boy IPP Rtn. Gurdip S. Deep gets gift from Dr. S.K. Sharma. Secy. Deepak Sood says, "happy birthday"



Dr. S.K. Sharma presents birthday gift to R'tann Indu Luthra. Secy. Deepak Sood offers good wishes



Rtn. Dr. Jawahar Luthra presents a memento to the Guest Speaker, Dr. S.K. Sharma



From one Urologist to another! Dr. S.K. Sharma presents punctuality award to Rtn. Dr. V.K. Kapoor

PDG Shaju on Future Vision Plan

Invited by President Rtn. Dr. Bhanu Parmar, PDG Shaju Peter made a presentation on the Future Vision Plan of the Rotary Foundation at the regular meeting of the Rotary Club of Roopnagar on Friday, January 7, 2011.

"Roopnagar is one of the most proactive clubs when it comes to the programmes of the Rotary Foundation and I thought I would speak to you on the background of the Future Vision Plan of the Foundation and how it would change the way we fund and do TRF projects," said Shaju at the outset addressing the Rotarians of Roopnagar.

Present among the audience were PDG Dr. R.S. Parmar and IPDG Chetan Aggarwal.

Shaju was introduced to the club by Rtn. Prof. B.S. Satyal who served as the President of the club during Shaju's term as District Governor.



PP Harish Oberoi receiving his PHF recognition from PDG Shaju. Looking on is President Dr. Bhanu Parmar here and there if found necessary with the experience we shall have gathered in the 3 years of the pilot phase.

The plan is under pilot test in 100 RI Districts all over the world beginning July 1, 2010.

The test phase will be over by June 30, 2013 and the Plan will then be adopted universally, with minor changes

with the experience we shall have gathered in the 3 years of the pilot phase.

The talk was followed by fellowship over cocktails.

RCC to Organize Blood Donation Camp

President Prem Anand made an appeal to Rotarians to donate funds for the noble cause of Blood Donation Camp which is

being organized by our Rotary Community Corps of Khuda Ali Sher on 16th January 2011.

Official Visit of District Governor – 11th Feb. 2011

Official visit of District Governor Rtn. Madhukar Malhotra to our club will be on Friday, February 11th, 2011. All Rotarians are requested to block this date. PP Rtn. Dr. S.K. Sharma will

be the Chairman and PDG Shaju Peter will be the Master of Ceremonies. Detailed programme is being worked out and will be reported in the bulletin.

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Multi District Intercity of Friendship

Multi District Intercity of Friendship is being held at Haridwar, hosted by Rotary Club of Kankhal, as per details below;

Date: 23rd January 2011

Venue: 'Crystal World', Haridwar-Roorkee Highway

Time: 9.30 am for registration, breakfast and the meeting, which will be followed by Lunch.

Registrations upto 10.01.2011 – Single: Rs. 600 Couple: Rs. 1100. Spot Registrations – Single: Rs. 700 Couple: Rs. 1300

Please give your names to Secretary Rtn. Deepak Sood.

January 2011 - Raising awareness of The Rotary Foundation



PRIP Carl-Wilhelm Stenhammar Gifts Initiative in support of our Rotary Centers for International Studies in peace and conflict resolution and our USD 200 Million Challenge.

It is important to know that we are 1.2 million Rotarians in approximately 200 countries or geographical regions. Also that we are divided in geographical zones, each of which has one or more regional Rotary Foundation coordinators, assistant regional Rotary Foundation coordinators, and Rotary

Awareness is an important part of The Rotary Foundation's work. It is important that members are aware of The Rotary Foundation Goals 2010-11: polio eradication; the Future Vision Plan; Every Rotarian, Every Year; and the Permanent Fund.

We must also be aware of the Rotary Centers Major

Foundation alumni coordinators. Furthermore, that The Rotary Foundation finances are totally separate from those of Rotary International and that The Rotary Foundation has its own board of 15 Trustees, headed by a trustee chair. And there are seven regional offices in Argentina, Australia, Brazil, India, Japan, Korea, and Switzerland. Together with the headquarters in the United States, they are available to serve not only Rotary International but also The Rotary Foundation.

Another part of The Rotary Foundation awareness is the sharing of information outside our organization. We are a group of leaders with a superb network. It is time for us to let the world know about all good things that we have accomplished over so many years. Rotarians have the opportunity to create – and must create – awareness regarding world problems and how they can be solved by Building Communities – Bridging Continents through Service Above Self.

Carl-Wilhelm Stenhammar
Foundation Trustee Chair

Well Done Inayat!



Talented sisters: Ishani and Inayat

Inayat Singal daughter of Rtn. Ritu Singal won the Chandigarh Open Table Tennis Championship held in the last week of December 2010. A few months ago she and her elder sister, Ishani

had won prizes in the National event at the N.I.S., Patiala.

We congratulate Ritu and her daughters and hope they bring more accolades to make their mom proud!

Inayat is presently taking part in the National Table Tennis Championship at Indore. We wish her good luck and many more victories!

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Register now for Rotary International's Free Social Media Webinar

Source: Rotary International News -- 6 January 2011

Interested in attracting new members and letting the community know more about your Rotary club? Then attend Rotary International's free 60-minute webinar in February called "Using Social Media to Promote Your Club or District."

During the webinar, Rotarian panelists will offer information and ideas on effectively using social media sites such as Facebook, Twitter, and LinkedIn, and will discuss how to integrate social media into a communications plan.

The webinar will be held twice: Wednesday, 2 February, at 10 a.m. CST, which is 4 p.m. GMT; and Wednesday, 9 February, at 6 p.m. CST, which is midnight GMT, 10 February. Click on "Show time in my time zone" when you register to determine

the date and time for your area. (Please check for your local time at <http://www.timeanddate.com/worldclock>. The webinars will be held in English only. All attendees will be muted during the sessions.

Register for 2 February at <https://www1.gotomeeting.com/register/685362360>

Register for 9 February at <https://www1.gotomeeting.com/register/259812441>

(Note: Registration is in GMT, and the time of the webinar is midnight GMT, 10 February.)

After you register, you will receive an e-mail confirming your registration, along with the information you need to join the webinar.

We wish a Speedy Recovery to R'ann Usha Vij

R'ann Usha Vij, wife of Rtn. Prof. Dr. S.P. Vij is in coma and admitted in ICU at PGI, Chandigarh for last two months. We

pray and wish for her a very speedy recovery to regain good health.

Change of Residential Address

Please note the new residential addresses of following Rotarians;

- 1 PP Rtn. Mrs Saroj Jhwar
H.No. 301, Block A-3
Palm Court, VIP Road, Zirakpur, Distt. Mohali (Punjab)
Tel. No. 6957333 Mobile No. 9356960200

2. Rtn. Chiranjiv Singh
Sukhna Villa, Sukhna Enclave
Village Kansal, Nayagaon NAC
Distt. Mohali (Punjab) Mobile No. 9417213636

Hearty Congratulations!

Our hearty congratulations to PP Rtn J.L. Mahajan and R'ann Mira Mahajan as their son Atul & daughter-in-law Veni have been blessed with a son, Abhay.

Birthday of Rotarians

- | | |
|-------------------------|------------|
| Rtn. Mohinder Singh | January 17 |
| Rtn. Munish Jauhar | January 19 |
| Rtn. Mohan Singh Cheema | January 19 |
| Rtn. Nitin Kanojia | January 20 |



Birthday of Rotary Ann's

- | | |
|----------------------|------------|
| R'ann Seema Sahajpal | January 19 |
|----------------------|------------|

Punctuality Draw

Won by Rtn. Dr. (Col.) V.K. Kapoor

Wedding Anniversary

- | | |
|-------------------------------------|------------|
| R'ann Sangeeta & Rtn. Ashish Singla | January 17 |
|-------------------------------------|------------|



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