

Home Care Nursing Program

On Friday, April 08, 2011 we had with us our Charter President Dr. B.D. Gupta, to give a talk on Home Care Nursing Program. President Rtn. Prem Anand extended a hearty welcome to him. Dr. Gupta needed no introduction but as it is customary, he was formally introduced by PP Rtn. Dr. V.J.S. Vohra, who said that as our first President in 1977-78, Dr. Gupta was responsible for the charter of Rotary Club Chandigarh Midtown. Though Dr. Gupta is no longer member of our club but he continues to be a very dedicated Rotarian through his Home Care Nursing Project, which is in the memory of his late son, Dr. Vikrant. Our Rotary and



Charter President Dr. B.D. Gupta being attentively heard by
President Prem Anand and Secretary Deepak Sood

Inner Wheel clubs are associated with this project.

Former Professor & Head, Department of Radiotherapy & Oncology, PGI, Chandigarh, Dr. Gupta is currently Professor-Emeritus in Clinical Oncology. After graduating from Agra University in 1960, he completed his MD in Radiotherapy in 1964 from the same University. He was also trained in UK and awarded the prestigious Fellowship FRCR from Royal College of Radiologists, London, in 1967. He joined AIIMS, New Delhi as Assistant Professor in July 1968. He has received prestigious awards for his great contribution in cancer research, which includes the Dr. B.C. Roy National Award, National Cancer Research Award by

the ICMR, New Delhi and Hensehke award of Indo-US Sub Commission. He has carried out many high level projects for international and national agencies to help the authorities formulate important health policies. Dr. Gupta is founder member of Atomic Energy Commission Regulatory Board, Govt. of India and Consultant for various cancer control programmes of Govt. of India and state governments. He is also former Adviser to the first National Project on Telemedicine Technology for Optimizing Medical Resources of the Ministry of Information Technology, Govt. of India.

In his talk Dr. Gupta first went down the memory lane to recall his association with Rotary since 1974, when there was only one Rotary Club in Chandigarh. PRIP Raja Saboo was the District Governor in 1976-77, and he inspired Dr. Gupta to establish another club. Dr. Gupta told him that he is very busy and has no time, for which he quoted what Mr. Saboo had said, "Because you are busy that is why I have requested you to start another club. I would not have asked you if you had enough time." Rotary is meant for busy people and it is these persons who can devote time for Rotary! What is required is the commitment.

That is how Dr. Gupta became the Charter President of our club with 38 charter members, and the Secretary was another busy person, a leading lawyer of Chandigarh, now Retired Chief Justice Jawahar Lal Gupta, who in 1979-80 became the third President of our club.

Dr. Gupta expressed his delight to see some of the charter members still actively involved in the club. He also recalled his association with other former club members Mr. T.S. Doabia and Mr. J.S. Narang, both are now retired as Judges of High Court. Dr. Gupta also attended the R.I. Convention in Chicago and experienced Rotary at International level.

Enlightening us on Home Care Nursing program, Dr. Gupta said, "It is a very new concept in India and it must come up as it is a great project. Other countries are doing wonders." He added, "The kind of service that can be



Rtn. Col. Dr. V.K. Kapoor presents a memento to Dr. B.D. Gupta



Charter President to Charter member! Dr. B.D. Gupta presents birthday gift to Rtn. Maharaj Baksh Singh

provided to elder persons or patients needs professional care.” It involves personal hygiene which is very important. Nutritional needs of patients also have to be taken care of.

Another very important aspect is the care for support system which involves oxygen, artificial feeding, catheter and colostomy bags. Urinary problems and constipation too has to be taken care of. Insomnia is another ailment faced by elder persons. Care for bed sore is another important aspect.

In countries like USA and UK very efficient Home Care Nursing system exists. There is lesser pressure on the hospitals. Dr. Gupta said similar system should be promoted in our country, for example, if there is enough home care nursing available in Chandigarh, pressure will surely reduce in PGI, GMCH and GMSH. Hospitalization period can reduce and patients can be taken care of in the comfortable environment of their homes.

Home Care Nursing is a vocational training and can be given to unemployed youth, both boys and girls. The training period can be from 3 months to one year depending on requirement.

Training is provided mainly in general medicine, anatomy



Dr. B.D. Gupta presents punctuality award to Rtn. Amarjit Singh

& physiology of the body, infective & general diseases, first aid programs, personal hygiene, physiotherapy and personal care of patient after discharge from hospital. Also training is given to assist medical and nursing professionals at the time of emergency and outbreak of diseases like cholera.

Dr. Gupta emphasized, “Home care service movement in several countries have resulted in cost effectiveness in major

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hospitals and medical colleges. He added, "They have reduced hospital beds from 500 to 300 and most of the patients are treated in OPD or avail home care nursing." This system can be introduced in our country and patients can be discharged 2-3 days after surgery if home care facilities can be provided.

Expression of gratitude was conveyed by Rtn. Col. Dr. V.K. Kapoor who thanked Dr. B.D. Gupta for his talk on one of the most wanted medical care facility and for doing a commendable job to promote home care nursing, which was also very well appreciated by District Governor Madhukar Malhotra when he visited our club on 11th Feb. 2011.

District Assembly 2011 on 1st May 2011

District Governor 2011-12 Rtn. Manpreet Singh Gandhoke & Ann Poonam are waiting to welcome Rotarians along with their spouses to District assembly, an important training program for incoming club leadership which is being held on 1st May 2011 at Hotel Noor Mahal, (5 star) Karnal. Program begins at

9.00 AM and ends at 4.00 PM. Registration charges are Rs 1000/- per delegate up to 20th April, Rs.1100/- upto 27th April, 2011 and thereafter Rs.1200/-. Please contact PE Rtn. R.K. Luther or Office Secretary V.P. Sharma for registration.

RCC Members hold State Level Tournament for Disabled Persons



From right: President Prem Anand, Parmod Kumar, Monty, Krishna Kumari, Harmesh Kumar, PP Dr. V.J.S. Vohra and Vinod Kumar Members of Rotary Community Corps of Dadumajra, Sh. Balwant Singh Dardi, Sh. Kashmiri Sanawa and Sh. Harmesh Kumar held State Level Special Tournament on 26.3.2011 at Garhshanker, District Nawanshar, which was organized by Physically Handicapped Association (Punjab), Chandigarh.

From Chandigarh 11 disabled persons took part in the tournament and all of them won prizes! Some of these persons, who had come to our meeting on 8.4.2011 with the

trophies won by them, were presented by PP Dr. V.J.S. Vohra, Chair, Disability Empowerment and Rehabilitation.

Organizing sports for persons with disabilities is one of the significant rehabilitation programs, which has unique events like wheel chair and tricycle races, in addition to normal sports.

There is a need to popularise issues affecting disabled people and to strengthen the initiatives taken for their upliftment. These persons should be motivated to overcome their disability to lead a normal life.

PP Pallav Mukherjee has offered these special persons free stay at Koti Resort, near Shimla. Pallav said those Rotarians who would take them there would also be entitled for a free holiday! Alternatively, our Club may provide them transport. Secretary Deepak Sood said he would put up the proposal in the next board meeting.

Rtn. Atul Grover has invited them for lunch. Such gestures from Rotarians will certainly boost up the morale of disabled persons and arranging these programs would be very meaningful besides giving us the opportunity of knowing these persons better and get sensitized to their needs.

Medical Camp at Faida Village

No doubt cricket mania has swept our nation, thanks to Team India for the World Cup triumph. For any one it would be a dream to get to the magical figure of 375. Yes! Three Seventy

Five! For that is the number of patients we attended at the Medical Camp organized at Faida Village on Sunday, April 10, 2011.

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Social Responsibility - Medical camp at Faida Village was a great success!

On an overcast day, with imminent possibility of rain, our Director Community service, Rtn. Kanan Diwan was the first to arrive along with her driver to set up the tables under the tent, soon after Rtn. Dr. Nitin Mathur arrived and sorted out the medicines. Doctors Anjali and Yogesh Aggarwal had rung up PDG Yoginder Diwan about the intense shower in Panchkula. It took persuasion for them to arrive no sooner rain turned to a drizzle. Dr. Anjali Aggarwal, a Gynaecologist, was an asset since she was advising the women on Family Planning. Dr. Yogesh is a Surgeon. Both reside in Panchkula and have dedicated their lives to the Medical Care of the underprivileged for the past two decades.

Rtn. Dr. Anureet Kaur, the Dentist in our club, is one of those Doctors, who attract the greatest number of patients. Given the fact that her dedication to improve oral hygiene she brings with her enough toothpaste for distribution. Rtn. Col. Dr. V.K. Kapoor, a veteran volunteer in our Club was at hand too along with his team of doctors. The Camp was also joined by Rtn. Dr. Rita Kalra who has been a volunteer in all our medical camps this Rotary year.

President of Inner Wheel Club Chandigarh Midtown, Mrs. Deepa Sahib Singh and the Club's dedicated Secretary, Mrs. Uma Gupta, are among those few who neither say "No" to *Birthday of Rotary Anns*

R'ann Sangeeta Singla  April 21

Wedding Anniversary

R'ann Gurpreet & Rtn. Jagpreet S. Chadha April 18

an opportunity to serve, but also carry with them thoughtfully, snacks for the attending Doctors, and Rotarians & Anns attending such Camps. No sooner was this camp about to finish, they rushed to a "muscular dystrophy" Camp being organised in the PEC Campus. That is some dedication! In the club meeting on 8.4.11 PP Pallav Mukherjee had made an announcement for this camp for persons having muscular disease which weakens the muscles that move the human body.

Director New Generation Rtn. Ashok Puri and Ann Sudha Puri never miss a camp. She mans the registration with first Lady Ann Indu Anand faithfully till the end. Ann Malabika Sengupta too is a regular attendee, organising the registration. PDG Shaju Peter was there too, as was Rtn. Vinod Jawa, who has done immense amount of professional work in that area. President Prem Anand, after all these months of experience has become a master in crowd control, especially when goodies are being distributed after the Camp to the attending children. Goodies were sponsored, courtesy: PP Rtn. Indrajeet Sengupta. The Bank of Medicines, Calcium and Iron were all sponsored by PDG Yoginder Diwan

Birthday of Rotarians

PE Rtn. R.K. Luther  April 15

Rtn. Brij Mohan Gulati April 18

Rtn. Mrs. Kanan Diwan April 20

Punctuality Draw

Won by Rtn. Amarjit Singh

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