



Reach Within to Embrace Humanity

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The Midtowner



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Bulletin of Rotary Club of Chandigarh Midtown: R.I. District 3080

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Editor
Dr. V. J. S. Vohra

Volume XXXVI No. 34 Dated: February 21, 2012

PROGRAMME
Make Your own Destiny

Viewpoint by: PE Rtn. Mrs. Ritu Singal

Managing Director, Raglan Infrastructure Ltd., Zirakpur

Friday, February 24, 2012

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Changing Lifestyle – Effects on Health

Who could have given us a better viewpoint on this subject than Rtn. Dr. Anurag Sharma, Senior Interventional Cardiologist, Max Hospital, Mohali. On September 25, 2009 he addressed our club meeting as a Guest Speaker to give an informative multimedia presentation on coronary heart disease. On January 08, 2010 he was introduced by Rtn. P.K. Verma and inducted by PDG Shaju Peter as Rotarian in our club. After that on 2-3 occasions he entertained us melodiously with his skillful singing and musical talent.

After the two day hectic District Conference last week to

Dr. Anurag is fully dedicated to his profession and patients, who fondly call him; 'Dil ka doctor – dil se'!

The meeting hall, 'Shaolin' at Hotel President was full to its capacity. President R.K. Luther and Secretary Rtn. Amarjit Singh could not make it. Vice President Rtn. Deepak Sood (President 2013-14) took charge of the meeting and Rtn. Ashok Puri (Secretary 2012-13) officiated as Secretary. This shows Rotary's 'Commitment to Continuity'!

In his presentation Dr. Anurag said that everyone is looking for expansion in their business and profession and in doing so we are losing time for our health. He described Lifestyle as, "The way we eat, relax, perform our work, behave with others, drive on the road and sleep. This constitutes our whole lifestyle." He added, "We have lifestyle diseases that are effecting our body, metabolism and thought process." He said there are many diseases which are caused by our mind. These lifestyle diseases are many like hypertension, diabetes, heart attacks etc. People become prone to these diseases and environmental influences come into play due to stress that we face. People succumb to these and some are rebellion by nature and they manage it.

Dr. Anurag elaborated the change in our food habits. Increased salt intake, increased fast foods – less bran, adulterated foods – milk, pulses, meat, fish, vegetables, canned foods, erratic timing, non vegetarianism and status symbol food faddism - wine, liquor and drugs. He warned against use of drugs and smoking. He said most of his patients who are under 40 years old are smokers. Smoking induces heart attacks.

Talking about Changing Sleeping Pattern, he discussed the biological clock – blood sugar, hormones, immune functions and metabolic rates. He said, "We might become fast but body goes by a clock and we must respect it for our own sake." He cautioned, "Don't dine after nine". He explained about a small gland in the brain, Melatonin which helps control our sleep and wake cycles. Body has its own internal clock that controls our natural cycle of sleeping and waking hours. In road accidents majority of causes are drowsy drivers, which is due to change in lifestyle and change in sleeping pattern.



*VP Rtn. Deepak Sood
Presiding the Meeting*

*Rtn. Dr. Anurag Sharma
'Changing Lifestyle'*

'Celebrate Change', on Friday, February 17, 2012 our club meeting was a family affair, with our own Rtn. Dr. Anurag Sharma giving us a presentation on another 'Change', that is, 'Changing Lifestyle - Effects on Health'. A popular Rotarian in our club, the formality of introducing Anurag was done by Rtn. Dr. Jawahar Luthra. After successfully establishing Alchemist Hospital as a hub of cardiology, Dr. Anurag moved on to his new assignment at Max Hospital, Mohali. He has ten years of experience in interventional cardiology, after doing his MD and DM from PGI, Chandigarh. He has to his credit more than 1000 surgeries. He also specializes in trans-radial route that gives mobility to his patients sooner.

Physical inactivity in children is another cause of concern, which are due to gadgets like TV, computer, play station for indoor games, and there is less time for outdoor sports. In adults there is less time for physical activities and more vehicles. Dr. Anurag prescribes 35 minutes of exercise every day to keep you fit.

He pointed out that 35% of adults and 17 % of children are obese in US. To overcome obesity there is a need for healthy food. It has been found that in spite of having healthy food people are overweight and this is because of Obesogens, a chemical that disrupts the function of hormonal systems and metabolism, leading to weight gain. We consume this through food packages, processed food and pesticides sprayed on produce. Another cause for obesity is PFOA (Perfluorooctanoic acid), found in

non-stick cookware, scotchgard, goretex water proof clothing and microwave food items.

Another important issue Dr. Anurag discussed was 'Work Life Stress', which is due to busy schedules, no time for self and dependents, narrowing generation gaps and target oriented work style.

Dr. Anurag concluded his presentation with four words; Aahaar - right food, Vihaar - right recreation, Achaar - right action and Vichar - right thought.

Vote of thanks was proposed by PP Dr. V.J.S. Vohra. He thanked Dr. Anurag Sharma for a very impressive presentation and we should try to follow his advice. He also thanked R'ann Dr. Madhushri for always supporting her husband for the cause of Rotary.



Rtn. Dr. Anurag Sharma presents gifts to (L-R): birthday boy Rtn. R.T.P.S. Tulsi and wedding anniversary couple R'ann Brij Bala & Rtn. M.K. Handa. Looking on is Vice President Deepak Sood

Rtn. Dr. Anurag Sharma presents wedding anniversary gift to R'ann Ranjana & Rtn. S.C. Kapoor



Rtn. Dr. Anurag Sharma presents wedding anniversary gift to R'ann Meenakshi & Rtn. Amit Jain and birthday gift for Meenkshi

Rtn. Brij Mohan Gulati bags the punctuality award which he gets from Dr. Anurag Sharma

PP Rtn. Dr. V.J.S. Vohra presents a memento to Dr. Anurag Sharma. Looking on is Rtn. Ashok Puri

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Heart Help line

After concluding his presentation, Dr. Anurag Sharma stated that he has a poor patient of congenital heart disease who is to be operated at Max Hospital, Mohali, at PGI rate of Rs. 01 lakh. With his own personal contribution of Rs. 25000/-, Dr. Anurag has already collected Rs. 75000/-, and for balance Rs. 25000/- he made an appeal, and following responded;

R'ann Urmil Luther --- Rs. 1000/-

Rtn. S.C. Kapoor --- Rs. 1000/-

Rtn. Amit Jain --- Rs. 500/-

More Rotarians are welcome for this humane cause. They can call Dr. Anurag Sharma on his mobile: 97799-08264.

Aasra Shelter at GMCH-32

IPP Rtn. Prem Anand motivated Mr. Roop Lal of Tehsil Bhoranj, Distt. Hamirpur (H.P.) for donations to Aasra Project. He gave 12 blankets, 10 mattresses and 10 pillows for this project. We thank Roop Lal for his generosity towards this noble cause.

Through the efforts of R'ann Indu Anand, Ladies Kitty Party members of Sector 8, Panchkula donated Rs. 2000/- for Aasra project.

Get Well Soon - Wg. Comdr. Kamal Nath

Rtn. Wing Comdr. Kamal Nath met with a road accident on February 9, 2012 at Jammu. He was on his way from Dalhousie to Jammu when the vehicle in which he was traveling fell into a rivulet causing injury into his spleen. He was admitted in the

Military Hospital Jammu where he remained till February 16. He is currently under treatment as an outpatient in Fortis. We all wish him a very speedy recovery and hope to see him in the club as soon as he is up and about.

Holi Picnic!

On 8.3.12 Holi and Picnic may be celebrated together! Like last year, celebrate holi with sprinkle of flowers. Avoid toxic colours and save water!

President Luther Exchanges Flags in Taiwan

During his recent visit to Taiwan, President R.K. Luther visited Rotary Clubs of A-Kong Dien in RI District 3510 and Tainan South in District 3470 and exchanged flags with them. Addressing the Rotarians of Taiwan, President Luther explained the art of meditation and elaborated the deeper meaning of RI

Theme, 'Reach Within to Embrace Humanity'.

The flags were displayed by VP Rtn. Deepak Sood, who officiated as President, in the club meeting on February 17, 2012.



President R.K. Luther attends meetings in Rotary Clubs in Taiwan and exchanges flags



President Luther address Rotarians in Taiwan



Rtn. Deepak Sood displays the Flags in our club meeting

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Rtn. Darshan Singh Kalsi

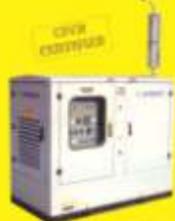
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Bereavement in Khandelia Family

PP Rtn. Devi Prasad Khandelia lost his elder brother and Rtn. Gobind Khandelia his father, PDG Rtn. Jagmohan Lal Khandelia on 15th February 2012. He was Past District Governor of R.I. District 3090. Our deepest condolences to Khandelia family.

One minute silence was observed in the club meeting on 17th February 2012 as a mark of respect to the departed soul.

Rasam Pagri and Garud Path will be held on Sunday, 26th February 2012 at Arya Samaj Mandir, Sector 7, Opposite Sports Club, Chandigarh between 3 p.m. to 4 p.m.

New Generation

New Generations is the fifth Avenue of Service of Rotary. By participating in Rotary activities the younger people learn the skills to succeed as future leaders. With this in view 'New

Generation' column is being introduced. Children & grand children of Rotarians, Rotaractors or any young persons are requested to contribute upto 200 words for this column.

Why Family Traditions and Values are Important to Me?

By Harleen Kaur, D/o Secretary Rtn. Amarjit Singh

Family traditions to me are the things that we do together in my family on a regular basis whether be patterns of behavior, enjoyable activities or liking for a certain food. They are important as they give me a stronger sense of belonging, help me with my identity, impart me with the family's values, offer me a sense of security and create good feelings & special moments to remember.

I have learnt that without "Honesty" a deeper connection will not form and certainly won't last. "Forgiveness" is equally important a value, because in family relationships holding a grudge, is not conducive.

Family values are the rules or ideals that, as a family, we agree to live by and stay true to. Having strong well defined family values helps us strengthen the foundation for a strong, well knit family. When cultivated long enough this closeness provides a soft place to fall when life doesn't go according to plan.

"Generosity" is another important value for anyone wanting to be a responsible, contributing member to society. Being generous doesn't mean simply handing over money to someone in need. It can also include giving your time, love, attention or even some of your possessions.

Some values are a bit more difficult to define such as "Respect" because for my family, to respect each other is to take feelings, thoughts, needs, and preferences in to account when making decisions. Respect is indeed earned and there is a very fine line between Respect and Fear. The only way to earn and keep someone's respect is to first show them respect yourself.

We children have a natural "Curiosity". Critical thinking is an important skill that can be learned and developed through exploring our own curiosity. "Communication" is as much an art as it is a science. A failure to communicate will likely bring unhappiness and misunderstandings in the family.

We would all like to be considered responsible people. Setting out individual responsibilities for family members works to instill this quality in everyone.

I am proud of my Family Traditions & Values!

Birthday of Spouses

R'ann Shradha Sachdeva  February 28

Wedding Anniversary

R'ann Dr. Savita & Rtn. B.M. Gulati February 28

Birthday of Rotarians

PP Rtn. Sandeep Sandhu  February 26

R'ann Amarjit & Rtn. H.S. Bajaj March 01

PP Rtn. Col. A.J.S. Gill February 29

Punctuality Draw

Won by Rtn. B.M. Gulati

PDG Rtn. Shaju Peter

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