



Reach Within to Embrace Humanity



Club Number : 15228

The Midtowner

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

R. I. President
Kalyan Banerjee

District Governor
Manpreet Singh

President
Raj Kumar Luther

Secretary
Amarjit Singh

Editor
Dr. V. J. S. Vohra

Volume XXXVI No. 04 Dated: July 26, 2011

PROGRAMME

3 G Revolution

Chief Guest: Mr. Sabyasachi Chakraborty
Circle Head, Reliance Communication Ltd.

Friday, July 29, 2011

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Is Dieting Good for Health

In our club meeting on July 22, 2011 we had Ms. Sonia Gandhi as the Chief Guest. Welcoming her President Rtn. R.K. Luther said it is necessary for us to know from an expert if dieting is good for health.



Ms. Sonia Gandhi

Ms. Sonia Gandhi was introduced by Rtn. Dr. Anureet Kaur as a talented Clinical Nutritionist who is the Chief Dietician at Fortis Hospital, Mohali.

After passing her MSc. in Nutrition in 1995, Sonia worked as a research scholar cum lecturer at Jaipur for 3 years and then she came to Chandigarh. She specializes in nutritional therapy and diet plan for professional patient care. Happily married to Mr. Gautam Gandhi, she is blessed with a son and a daughter.

Ms. Sonia said, "Healthy eating is sensible or disciplined eating. You are what you eat! Indiscipline leads to over nutrition or under nutrition. We should have a healthy diet, and eat modestly till the discomfort of hunger ceases and long before the discomfort of overfeeding begins." She added, "Diet plays a major role in curing various ailments."

Sonia advised that foods should nourish us, help to safeguard health, play a role in fighting disease and should look and taste good! Healthy diet comprises of 40% grains & cereals, 35 % of vegetables & fruits, 15% of milk / milk products & meat / pulses / beans and 10% of sweets / oils. Add varied & colourful fruits and vegetables in your diet.

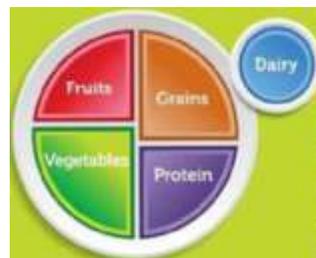
She said, "Identify major sources of fat in your diet and make changes. Be discreet in quality and quantity of fats and oils selected." She discussed various types of edible oil like saturated fatty acids (desi ghee & coconut oil), Mono unsaturated fatty acids (Mustard Oil & Rice Bran Oil) and Poly unsaturated fatty acids (Sunflower oil, Soyabean oil & Corn oil).

Sonia advised, "Take time to chew your food, listen to your body, eat early, eat often and avoid stress while eating," She added, "Don't be the food police. Food is a great source of pleasure. Eating smart is a key step to healthy eating!"

She said, "One should have a positive attitude towards food. There is no need of starving yourself or have boiled food. You have to eat as per your requirement. Just minor changes in your diet can make major changes in your health. Good nutrition adds quality years to your life, lifts the spirits and protects against stress of modern life."

There should be variety in the diet and one should eat what he needs as per his physical condition or ailment.

She had reservations about the fast food and said one should not rely on the processed food. Sonia concluded,



Food Pyramid is substituted with a simpler food plate concept



Rtn. Kanan Diwan presents a memento to Ms. Sonia Gandhi. Looking on are President RK Luther & Secretary Amarjit Singh

“Food is a tool to protect our health.”

Sonia's impressive powerpoint presentation ignited a vibrant and lively interactive discussion with Rotarians.

Rtn. Kanan Diwan proposed formal vote of thanks. She said Ms. Sonia Gandhi presented an educative information and we should try to follow it!

Glimpses of Awards



PP Rtn. Saroj Jhawar & Rtn Kanan Diwan

District Awards 2010-11 was given in the last club meeting to recognize the contributions of Rotarians during the year. AG 2010-11 Rtn. Parveen Goel distributed the awards, which was collected by President 2010-11 Rtn. Prem Anand and Secretary 2010-11 Rtn. Deepak Sood in the District Award function on 26th June 2011. This was duly reported in the last bulletin. The photographs of those who got District awards & recognition are shown here.

Last three snaps pertain to those who were not present in the Valedictory function, held on June 24, 2011 and were given their awards along with the District awardees.



PP Rtn. B.L. Ramsisaria



PP Rtn. Indrajeet Sengupta



IPP Rtn. Prem Anand



PP Rtn. Dr. S.K. Sharma



Rtn. Deepak Sood



PP Rtn. Dr. V.J.S. Vohra



Rtn. Ashok K. Puri



Rtn. Salil Bali



Narbir S. Kahlon



R'ann Mala S engupta



Rtn. Dr. Nitin Mathur



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CII

—making things happen in another world! —

PP Prof. S.K. Sharma is back from Oslo, Norway

PP Professor S.K. Sharma led the Indian member body delegation to the 18th plenary meetings of ISO/TC 207 of International Standards Organisation, held recently at Oslo, Norway. More than 300 representatives from developed and developing countries participated in this meeting, which was very crucial for the developing countries as the draft standards of carbon foot prints and water foot prints were to be finalised.

In the proposed form, these standards were detrimental to the interest of developing countries. The carbon footprint of power, transport, raw material extraction and purification, ware housing, supply chain and disposal are much higher in developing countries like India due to lack of clean energy sources and other efficient infrastructure. Carbon foot print of electricity in India is more than five times higher than the developed countries and that of transport is more than double. As a result, manufacturer from developing countries will face severe export

problems due to technical barriers to trade and will be unable to compete with products from developed countries. This could also be a new ploy of the western countries to force the developing countries to share the global warming burden, after the failure of the Copenhagen conference.

Indian delegation under the leadership of PP Dr. S.K. Sharma put up a sustained but spirited opposition to the new standards on technical and trade issues. As a result, even some of the developed countries like Germany, USA, Italy and China also opposed these new standards. After hectic discussions spread over five days, the proposed standards were defeated and were modified to incorporate WTO disclaimer. This was a major victory for the view point of India. Efforts of Indian delegation were appreciated by a large number of countries and they have agreed to coordinate with India for the next meeting, where these standards will be finalized.

Shaju on a whirlwind tour of the District 3080



First lady of RC Dehradun, Dr. Savita Luthra, gets PHF recognition from PDG Shaju

It all began with the installation of President Rakesh Manchanda of Kharar at Hotel Majestic, Mohali on Friday July 8, 2011. PDG Shaju Peter who was the Chief Guest on the occasion reminisced about his close association with Kharar and his year of service when Rakesh was the Secretary of the club.

Next Friday he was at Panipat Central for their installation as the Chief Guest. In his address to the Rotarians at Hotel Nirula, he congratulated the immediate past president and secretary of the club who did an outstanding job of leading the club. Turning to the newly installed President Anil Delori, Shaju said, "Probably Anil was not entirely happy with the way he served the club as President in 2007-2008

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Rtn. Darshan Singh Kalsi

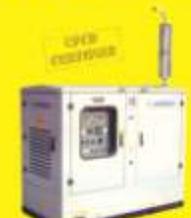
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and he wants to excel and surpass all records this year.”

At Yamunanagar the next day Lovy and Shaju were warmly received by AG Sandeep Jain and President Dr. Vikram Bharti and Ann Mehak at Hotel N.G. Mall. After lunch with the club leaders, he visited the eye donation centre, a DSG project initiated by the club during Shaju's year as DG, which has been making steady progress since then and won the award for signature project of the District from the Governor last year. In the evening, he interpreted the theme of RI President Kalyan Banerjee at the installation ceremony. Among the audience was PDG Arun Honi who was Shaju's Governor in 1992-93.

The next stop, on Sunday July 17, was Dehradun, the oldest club of 3080. On arrival at Hotel Madhuban, Shaju and Lovy were warmly received by IPP V.K.Sharma, Immediate Past Secretary Jyoti Dhawan and President Dr. M.C. Luthra, a dear friend of our own Dr. Luthra. Dr. Luthra had served the club as President way back in 1987-88.

Later in the evening Shaju began his address, “This evening is one of immense joy and pleasure to me and Lovy because Anuj who served as Secretary of the club during my year is today your AG. It's an honour to be invited by the home club of late PDG Som Dhingra who was to me a role model.”

Shaju said, “It's a privilege to be invited by the home club of our DGN Rakesh Aggarwal.” He added, “I can feel around me an air of resurgence and a new energy,” commenting on the work done by IPP Sharma who was adjudged as the best President of the zone last year. Among those present were Rtn. Shail Dhingra, PDG Prem Bhalla and Umaji. The audience rose and gave Shaju a standing ovation when he finished his 45-minute address.

Going to bed at 1.30 in the morning and getting up at 5 in the morning for the return journey was not easy. But where else can we have fellowship with so many friends from so many clubs in a matter of three days!

Inadvertent Error Corrected!

The Editor called up PDG Chetan Aggarwal and apologized for the inadvertent error on page 3 of our bulletin No. 03 dated 19 July 2011. The error is hereby regretted! It stands corrected in our bulletin being uploaded every week on our website. It can be seen at http://www.rotarychdmidtown.org/pages/bulliten_2011/bulletin3.pdf.

Birthday of Spouse

PDG Rtn. Yoginder Diwan



July 31

Birthday of Rotarians

PP Rtn. Dr. V.J.S. Vohra
Rtn. Om Parkash
Rtn. Ashish Singla



July 30
August 02
August 03

Wedding Anniversary

R'ann Neeru & Rtn. Raj K. Khattar
R'ann Dr. Sudha & Rtn. Dr. B.R. Jain

July 29
August 02

Punctuality Draw

Won by Rtn. Mrs. Kanan Diwan

PDG Rtn. Shaju Peter

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PP Rtn. D.P. Khandella

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