

The Midtowner

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

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President
Ritu Singal

Secretary
Ashok Puri

Editor
Dr. V. J. S. Vohra

Volume XXXVII No. 23 Dated: December 04, 2012

PROGRAMME

Vishnu Kumar Gupta Memorial Debate

The Indian Media have abandoned the Ethics of Objectivity for Sensationalization

Participants: Rotaractors from Chandigarh Tricity

Friday, December 07, 2012

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Disability Empowerment by defeating Stress

Our club meeting on November 30, 2012 was presided by Vice President Rtn. Amarjit Singh, in the absence of President Ritu Singal. He welcomed our guest Dr. Navjit Dua, son of Rtn. Prof. Dr. I.S. Dua.



Dr. V.J.S. Vohra gives a presentation on Disability Empowerment and Stress

We had a PowerPoint Presentation on 'Disability Empowerment by defeating Stress' by PP Rtn. Dr. V.J.S. Vohra, who was formally introduced by PP Rtn. Gurdip

S. Deep. Dr. Vohra is in the profession of fitting artificial limbs to disabled persons since 1973. He is Hony. Prosthetic Adviser to Governments of Punjab, Haryana, Chandigarh and Himachal Pradesh, Consultant of Otto Bock HealthCare, a German company who are global leaders in providing quality artificial limbs, Rehabilitation Council of India Certified Prosthetic Orthotic Professional, Sr. Consultant - Prosthetics & Orthotics, Founder & CEO Nevedac Prosthetic Clinic: MediRehab Systems, a Certified Clinical Partner of Otto Bock HealthCare, Co - Founder of Nevedac Prosthetic Centre, Zirakpur, Managing Trustee of Jyot Charitable Trust, President in 2006-07 of Rotary Club Chandigarh Midtown and Member of Governing Body of Cheshire Homes, Chandigarh. He has received many Awards and recognition from Rotary Clubs and at Rotary District level, and from other organizations. He is married to Mrs. Indu Vohra, Past President, Inner Wheel Club Chandigarh Midtown. They have a daughter, Ita who is married to Suman Kumar Nandi and they have twin daughters Ananya and Anushka.

Dr. Vohra said that he had been working on his presentation for the last 6 months, and thanked our IT expert Rtn. Amarjit for giving it the final touches! His presentation had a combination of photographs and video clippings showing disabled persons enjoying life with artificial limbs with dignity and pride.

Showing the slides of artificial limbs - Otto Bock C- Leg and Myoelectric arm, he said, "Throw away stress, dive out of it!"

He continued, "It is medically proved stress contributes to many health problems and ailments. Stress is a feeling how we react to particular situation. Some persons may take it lightly, and for them it may be good stress. But some may take it very seriously that it would affect their physical and mental state. For them it is a bad stress."

Dr. Vohra said, "There cannot be anything more stressful than a physical disability. If disabled persons can defeat stress, Why not others?" It is their will power which empowers them to overcome their disability with artificial limbs and other state of the art gadgets that are now available. In fact there are many disabled people who are excelling in their business, profession and even social work to help the community.

Rotary Club Chandigarh Midtown is having three Rotary Community Corps, and two of these are being managed by disabled persons. Disabled persons are enjoying life. They look at the brighter side of life. They lead a normal life and are happy. They live a life with fullest commitment to their family, job, profession or business and community.

Dr. Vohra admitted, "In fact these specially abled persons, with whom I had been dealing became my strength. I realized that no one is in charge of my happiness except me. So I stopped stressing and started living." He added, "When disabled persons respond to my efforts, they inspire me to overcome my stress! I should be my own competitor and try to be better than the person I was yesterday." Encash the Ups, and always remember them. Beat the Downs, and always forget them. Think positive. Practice relaxation methods like meditation and exercise for 35 minutes, 5 times a week.

Talking about peace of mind, he said avoid legal action or court. Avoid confrontation. You may consult your lawyer but negotiate across the table. Have cool and calm mind. Have a flexible approach. Do not loose temper. Buy Peace of Mind at any cost! Anger causes one to over react. One should learn to control anger as it is harmful for health. Talk to someone whom you trust. Discuss your problems with your family members, it gives lot of relief. Share your problems with close friends who can give valuable advice. The golden rule is to 'Live and Let Live'.

He quoted Mahatma Gandhi, who said, "The weak can never forgive. Forgiveness is the attribute of the strong." Martin

Luther King had said, "We must learn to live together as brothers or we will perish together as fools." Dr. Abdul Kalam had said, "It is very easy to defeat someone. But it is very hard to win someone."

Laughter is a powerful antidote to stress, pain, and conflict. Humor brings your mind and body back into balance. It lightens your burdens, and inspires hope.



PP Anil Mehan presents a token of appreciation to PP Dr. V.J.S. Vohra



PDG Shaju Peter presents wedding anniversary gift to R'ann Malabika & PP Rtn. Indrajeet Sengupta



PDG Shaju Peter presents birthday gift to Rtn. Dr. Mrs. Shashi Jain



PDG Shaju presents punctuality award to Rtn. Viney Aggarwal

Positive attitude is very important. He said, "If I am depressed I am living in past. If I am anxious I am living in future. If I am at peace I am living in present." Bill Gate says. "I will always choose a lazy person to do

We should be proud of being Rotarians and always remember the Four-way Test, because serving others gives lots of peace and happiness.

Showing a slide of a bilateral arm amputee using his myoelectric and mechanical artificial arms for his daily activities, Dr. Vohra said, "If he can do his work with his both artificial hands, why can't we do it with our real hands!" He concluded, "You are the creator of your own destiny", and went on to play his last video clipping;

*Khud ko kar Buland Itna,
ke har taqder se pehle,
Khuda bande se ye pooche,
bata teri raza kia hai.*

Formal vote of thanks was proposed by PPRtn. Anil Mehan who said, "It was a wonderful presentation by Dr. Vohra."

a difficult job..... because he will find an easy way to do it."

Spend time with our children and grand children. We should enjoy playing with our grand children. It gives lot of fun, enjoyment and relaxation. The most precious jewels around our neck are the arms of our children and grand children.

Club Elections

Vice President Amarjit Singh made an announcement on behalf of the Board of Directors of Rotary Club Chandigarh Midtown, who in the meeting held on November 28, 2012, decided to call nominations from members of the Club for the office bearers for the Rotary Year 2013-14 and for President for RY 2014-15, which has to be as per by laws of our club;

a) President 2014-15: Minimum 2 years on the Board of

Directors at the time of assuming office.

b) Vice-President, Secretary and Treasurer: Should have been on the Board of Directors for one year at the time of assuming office.

c) Five Directors, Joint Secretary and Sergeant-at-Arms: Should have been member of the Club for at least 12 months at the time of elections.

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d) Secretary Rtn. A.K. Puri will receive nominations till 8.30 p.m. on Friday, 07.12.2012. Withdrawals will be accepted till

8.30 p.m. on 14.12.2012. Elections, if required, will be held on Friday, 21.12.2012.

District Governor Visit on 14th Dec. 2012

PP Ajit Gulati is the Chairman of DG Visit Committee. Others in the committee are Co-Chair PP Dr. Balam Gupta, PDG Shaju Peter, PP Prem Anand, PE Deepak Sood, VP Amarjit

Singh, PP Subhash Bindra (he has kindly consented to take care of food arrangements) and Secretary Ashok Puri.

Resolution to be moved in club meeting on December 07, 2012

The Board of Directors of our club has decided to field PP T.S. Anand as candidate for District Governor for Rotary year 2015-

16. The resolution to this effect will be moved in the regular meeting on December 07, 2012

Blood donation Camp

Rotary Club of Chandigarh Midtown and Rotary Community Corps, Khuda Alisher shall together hold another Blood Donation Camp on 16th December 2012 at main Gurudwara Khuda Alisher from 00900 Hrs to 1400 Hrs. All Rotarians along

with their spouses are requested to participate in camp to encourage persons donating blood for good cause and make the camp a success.

International Day of Persons with Disabilities at Cheshire Homes

UN International Day of Persons with Disabilities is annually held on December 3 to focus on issues concerning people with disabilities worldwide. This day was commemorated last Sunday at Cheshire Homes, Chandigarh. Prof. Dr. Raj Bahadur,

Director-Principal of GMCH-32, Chandigarh was the Chief Guest on the occasion. He distributed tricycles, wheel chair, crutches and rehabilitation supports to 15 disabled persons from the tricity.



Dr. Raj Bahadur distributes tricycles, wheel chair and bicycles to disabled persons



Mrs. Revathy Rugmini (2nd from left in 1st photo) distributes crutches, sewing machine and Railway passes

Guest of Honour Mrs. Revathy Rugmini, Regional Programme Director, South Asia Leonard Cheshire Disability, from Bangalore, announced the institution of five annual awards by Cheshire Homes, Chandigarh for disabled persons, individuals working for disabled, NGO caring for disabled, NGO providing education and best employer for the disabled. These will be presented on 3 March 2013 on world disabled day.

Over 150 disabled persons attended the camp and they were also given medical check-up by doctors from

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Rotary Club Chandigarh Midtown; Dr. Nitin Mathur (ENT), Dr. Rita Kalra (General), accompanied by Dr. Gurvinder Singh (Dentist), Dr. Jawahar Luthra (Eyes), Dr. Col. V.K. Kapoor (Urology), accompanied by his son-in-law Dr. Ravjit Singh (Orthopaedics) and Dr. Anureet K. Bhatti (Dentist). Dr. V.J.S. Vohra, who procured the aids & appliances, also issued Railway passes to disabled persons, was accompanied by Prosthetist Narendra Kumar (Artificial Limbs).

Under able guidance of PP Gurdip Singh Deep, Chairman Cheshire Homes, the function was successfully held to inspire

Our club was also represented by President Ritu Singal, Vice President Amarjit Singh, PE Deepak Sood, PP Anil Mehan, Secretary A.K. Puri, Rtn. Vinod Jawa, Rtn. R.T.P.S. Tulsi & R'ann Ranjana, Rtn. Maj. Gen. Hardev Singh & R'ann Amardeep, R'ann Indu Luthra, R'ann Indu Vohra and Rtn. Jeetan Bhambri.

Our Rotary Community Corps specially abled members Harmesh Kumar, K.C. Wadhawan and Gurbir Singh Kochhar were responsible for getting the large number of disabled persons to the camp. Inmates of Cheshire Homes also took



Examining the patients, Dr. Ravjit Singh with Narendra Kumar, Dr. Nitin Mathur, Dr. Rita Kalra and Dr. Jawahar Luthra where President Ritu Singal is also seen

the disabled persons. Emeritus Chairman Rtn. Maj. Gen. A.S. Kahlon and other Governing body members PDG Shaju Peter, PP Neena Singh, R'ann Maniki Deep, Mr. Mukesh Gupta and Mrs. Rami Panag were also present.

active part. Lunch was served to all present, including the inmates of Cheshire Homes, sponsored by Rtn. Mrs. Kanan Diwan.

**President Ritu Singal's Facet of Peace – Step 19:
To be at Peace we should not expect good things from wrong people,
and detect wrong things in good people**

Birthday of Spouses

R'ann Lalita Agarwal



December 13

Birthday of Rotarians

Rtn. Om Parkash Malik



December 08

PP Rtn. R.S. Chandgothia

December 10

Rtn. Karanjeet Singh Arora

December 12

Punctuality Draw

Won by Rtn. Viney B. Aggarwal

Wedding Anniversary

R'ann Gagan Meet & Rtn. Tej Mohan Singh

December 07

R'ann Suman & Rtn. Vijay K. Gupta

December 07

R'ann Sushobhita & PP Rtn. Dr. S.K. Sharma

December 08

R'ann Vanita & Rtn. Vijay Kumar

December 10

R'ann Sandhya & PP Rtn. D.P. Khandelia

December 11

R'ann Amardeep & Rtn. Maj. Gen. Hardev Singh

December 12

R'ann Nita & Rtn. Madhu Sudan Manaktala

December 12

R'ann Meena & Rtn. Rajesh Mahajan

December 12

R'ann Manjit & Rtn. Darshan Singh Kalsi

December 13

PDG Rtn. Shaju Peter

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