

The Midtowner



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

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Club No. 15228

www.rotarychdmidtown.org

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Ron D. Burton

District Governor
Rakesh Aggarwal

President
Deepak Sood

Secretary
Dr. Rita Kalra

Editor
Dr. V.J.S. Vohra

Volume XXXVIII No. 10 Dated: September 03, 2013

PROGRAMME Sail to Serve – Rotary Institute on a Cruise Singapore to Singapore Report by: PDG Shaju Peter

The meeting
will be followed
by cocktails

Friday, September 06, 2013

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Importance of Herbal Plants in our Daily Life

In our regular meeting on August 30, 2013 President Rtn. Deepak Sood started the proceedings with a quote by Voltaire, "God gave us the Gift of Life, it is up to us to give ourselves the Gift of Living Well." Deepak said, "Mother Nature has so much to offer; we have so many herbal plants which make our life healthy." He then quoted Oliver Cromwell who had rightly said, "Nature can do more than physicians." The President welcomed our Chief Guest Mr. Om Parkash, Coordinator cum Overall In-charge of Acacia Eco Club Chandigarh, to enlighten us on importance of herbal plants in our daily life. He also welcomed other guests; Mrs. Jai Bakshi, Chief



Om Parkash

Manager, Indian Bank, Sector 9, Chandigarh, Dr. Geeta Verma and Mrs. Renu Nayyar.

Vice President Rtn. Amarjit Singh introduced Mr. Om Parkash as a personality with diverse talents. After completing his masters in Punjabi, History and Education, he joined Department of Education

U.T., Chandigarh in 1986 as Social Science master. Presently he working as Punjabi Lecturer in GMSSS Sector 16, Chandigarh where he has setup ACACIA Eco Club. His Passion for herbal plant started during his research from 1982-1992. His dream came true when he setup first Eco Club Sohanjana in GMSSS Sector 46-D, Chandigarh. Under his guidance and tireless effort Sohanjana got the best Eco Club awards continuously for three years from 2006 to 2008 for outstanding work in the field of environment.

When Rtn. Prem Anand was our club President in 2010-11, we had a water harvesting project in the same school when we had met Om Parkash. He not only showed us the Herbal garden but also promised to setup Herbal Garden Project for our club. He is overall in-charge of 129 Eco-Clubs which are setup in various locations of Chandigarh. He was given Certificate of Merit on Teachers Day in 1996, State Award in 1997 and National award on Teachers day in 2011 by President of India.

Being a Punjabi Lecturer, Mr. Om Parkash spoke in fluent and impressive Punjabi, supported by an eco friendly PowerPoint presentation, which his son, Ankur operated on a laptop. Pictures of following herbal plants were shown with detailed explanation;

- Giloe (Tinospora cordifolia)-Stem used in fever, hair care, increases platelet count and controls uric acid
- Kalmegh (Andrographis paniculata)-Leafy shoots Cures Malaria
- Ajwain (Trachyspermum)-Leaves & Seeds used in stomach

pain and an appetizer

- Peppermint (Mentha pipertia)-Whole Plant used in tea as stimulant. Also used in ice-cream, shampoos and Soaps
- Bana/Nirgundi(Vitex negundo)-Leaves, Roots & Fruit Leaf juice used in sciatica (lower back pain)
- Lemon grass (Cymbopogon citratus) - Aromatic Leaves mosquito repellent and refreshing beverage
- Vach (Acorus calamus)-Roots cures hoarseness of voice and also memory booster
- Bringaraj (Eclipta Alba)-Whole Plant for hair care
- Tocuh-me-not (Mimosa pudica)-Roots and Leaves roots cures cough and leaves for cuts / wounds
- Guar Patha (Aloe vera)-Fleshy Leaves Leaf pulp for constipation and beauty treatments
- Pather Chatt (Kalanchoe pinnata)-Leaves used to remove kidney stone
- Mithi Tulsi (Stevia spp.)-Leaves used to control sugar and obesity
- Kapur Tulsi (Ocimum sanctum)-Leaves Leaves juice cooling and good for eyes
- Vasaka (Adhatoda vasica)-Leaves & roots to cure cough & cold
- Sadhabhara (Vinca rosea)-Whole Plant used to control sugar
- Haldi (Curcuma longa)-Roots anti-allergic, anti-biotic, used for healing wounds and purifying blood



Herbal plants on display

Om Parkash concluded with an 'important caution' that all these plants should be used in consultation with Doctor. This was also



PP Dr. Vanita Gupta presents a memento to Om Parkash. Loking on is President Deepak Sood

endorsed by Rtn. Maj. Gen. Hardev Singh who has done immense study on Ganoderma (also known as Reishi), which is a safe herb as a dietary supplement.

Mr. Om Parkash's talk generated lot of interest among the Rotarians and R'anns.

Over 100 herbal plants, reasonably priced Rs. 100/- each, displayed in the meeting, were sold in 10 minutes after the meeting was adjourned.



Mr. Om Parkash presents birthday gifts to PP Rtn. Harish Sethi, R'ann Beena Aggarwal and punctuality award to PP Rtn. J.L. Mahajan. Looking on are President Deepak Sood and Secretary Dr. Rita Kalra

Herbal Garden Project

Our Herbal Garden project was set up in Government Hospital, Sector 6, Panchkula under the guidance of Om Parkash on July 01, 2013, the first day of current Rotary year. This useful project was initiated by President Deepak Sood and Secretary Dr. Rita Kalra (M: 9878880550), who may be contacted for requirement of herbal plants

by Rotarians. Being a senior doctor in this hospital she has taken necessary steps to make the Herbal Garden our permanent project. Rtn. Amarjit Singh and PP Prof. Dr. S.K. Sharma have been appointed the Chair and Co-Chair of this project.

PDG Shaju to Represent RI President at Rawalpindi District Conference

RI President Ron Burton and Jetta have invited PDG Shaju Peter and R'ann Lovy to represent them at the District Conference of RI District 3272 at Rawalpindi, Pakistan, March 22 through 23, 2014. The message came on August 24 when Shaju was attending the District Trainers Training Programme at Hotel Grand Copthorn Waterfront, Singapore. The RI Institute on Star Cruise where RI President Ron Burton and Jetta were present gave Shaju an opportunity to thank them for the privilege.

RI District 3272 was among the delegates from Pakistan who attended Shaju's Conference at Indradhanush, Panchkula in February 2008. Both he and R'ann Momina were delegates to the RI Institute on the Cruise together with 16 other delegates from Pakistan.

In the club meeting on August 30, 2013, while making the pleasant announcement about PDG Shaju and Lovy representing RI President Ron Burton and Jetta, President Deepak Sood said, "It is a matter of great pride for Rotary Club of Chandigarh Midtown."

Incidentally, Rtn. Ifthikhar Ahmed who is currently the Governor of

Distribution of stationery and other items at Night School, Sarangpur

Rotary Club Chandigarh Midtown has distributed stationary items like copies of Hindi and Mathematics, pencils, rubbers, sharpeners, drawing copies etc. on 30th August 2013 to 30 poor children of Brick Kiln workers studying in Night school, Sarangpur, run by our club since last many years. Juices, chips, biscuits, bananas and apples etc. were also given to these poor children who need nutrition items on regular basis and we are committed to do so. We have a dedicated teacher Indra Sharma to guide the students, and every year 3 to 5

children are admitted to regular school.

Late PPR.S. Chandgothia used to give stationary items to the children of the Night School. After his demise last month, his sons Mahesh, Rajeev and Pankaj had made a commitment that Chandgothia family would continue this noble act in memory of their father. Mahesh Chandgothia commented, "Today I had the opportunity to visit the favorite project of my father. It was a wonderful opportunity to carry on the legacy of my late father, for which I am thankful to the club."

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L-R: President Deepak Sood, PP Prem Anand, PP B.L. Ramsisaria, PP R.K. Luther, Rtn. Ashok Puri and R'ann Sudha Puri



Mahesh Chandgothia with box of stationery items



Rotarians of Chandigarh Midtown with Mahesh Chandgothia, teacher Indra Sharma and children of Night School

Welcome our new Fellow Rotarian



RAI RAJINDER

TRF ID No. :
Clf. : Civil Engineering
Address (O) : Dept. of Local Govt, Punjab
Chandigarh
(R) : 187, Sector 10
Panchkula-134113

Phone (O) : 2579647
(R) : 2579647



Mobile : 9814301213
Email : rajinderrai@hotmail.com
D.o.B : 01.12.1971
Wedding : July 11
Member from: August 2013
Positions held: Member
Spouse : Dr. Seema
Vocation : Assistant Professor
D.o.B : December 10
Children : Pallavi (D)
Arihant (S)

The 85 Rule

Members may please note that if the aggregate of their age and the years of their membership in one or more Rotary clubs is 85 years or more and they have notified the Club Secretary of their desire to be exempt from attendance and the board has approved it, they can be exempted from attending the club's weekly meetings.

Those Rotarians who are qualified under this rule may please write to the Secretary for exemption, if they desire.

Weekly Programmes Committee

Our Rotarians have good network in their profession, business, community, Govt., and in Rotary, with access to leading personalities who may be potential Chief Guest in our regular meetings, and enlighten us on various subjects.

Please suggest such eminent persons to Chair, Weekly Programmes Committee, PP Rtn. Gurdip S. Deep (M: 94172 45656), who will plan the weekly programmes to make these interesting, educative and enjoyable.



Support of Chandigarh Midtown acknowledged in AGM of Cheshire Homes

On September 01, 2013 in the Annual General Meeting of Cheshire Homes, the Chairman PP Rtn. Gurdip S. Deep and other members appreciated the support it had received from Rotary Club Chandigarh Midtown and Inner Wheel Club of Chandigarh Midtown. Others from our club who attended the AGM were Emeritus Chairman Rtn. Maj. Gen. A.S. Kahlon, Rtn. Maj. Gen. Hardev Singh, Members of Cheshire Home Governing Body PDG Shaju Peter, PP Rtn. Dr. V.J.S. Vohra and R'ann Maniki Deep. Inner Wheel



Members of Cheshire Homes attending AGM

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Chandigarh Midtown was represented by its President Rama Gupta and other members. In addition to these members, others who participated were Vice President of Cheshire Homes Mrs. Rami Panag, Treasurer Mr. Mukesh Gupta, Rtn. Mrs. Neena Singh (Past President of Rotary Chandigarh), and Mr. K.C. Wadhawan.

Serious Cricket fan

Journalist: Which is your favourite game?

Cricket fan: Of course cricket.

Journalist: Which part of cricket do you like, I mean batting, bowling or fielding?

Cricket fan: No no, I like the toss at the beginning of the match, when played in India.

Journalist: Why toss?

Cricket fan: Because that is the only time when I see the Rupee going up!

Know your project

Sewing and Tailoring centre and Adult Education for Women

Report by: Rtn. Ashok K. Puri, Director Vocational Service

Our Club is running Sewing and Tailoring Centre for women at Faida village, Chandigarh UT for last two years. Twenty to twenty five ladies of this village are getting training for Sewing and Tailoring Course under guidance of able teacher Mrs. Sabeena. This course runs daily between 3.30 pm to 4.30 pm and women and girls are learning this course by stitching baby/girls clothes and ladies clothes etc. There is a very nominal fee of Rs Twenty only from each student.

Our Club had also started Adult Women education course in January 2013 on daily basis between 4.30 pm to 5.30 pm in small rented room

in Faida village with about 25 women and they are getting basic knowledge of alphabets and numerals through at nominal charges of Rs twenty only. Our club provides all learning materials like books, slates with saletis, copies etc., whenever needed.

Our Club is making efforts for improving sitting arrangement, quality of education and providing basic required items in this year so that these two centres could run more smoothly and effectively with more and more women/girls for joining this learning.

Acknowledgment with thanks

Donations for Club Projects

PP Rtn. Harish C. Sethi

R'ann Beena Aggarwal

Donations for Disaster Relief :

PP Rtn. D.P. Khandelia

PP Rtn. Subhash Bindra

Rtn. Ravinder Krishan

Rtn. Gobind Khandelia

Punctuality Draw

Won by PPRtn. J.L. Mahajan

Birthday of Spouses

R'ann Vanita (Veena)

Dr. Sanjay Kalra

Birthday of Rotarians

Rtn. Chitranjan Aggarwal

Rtn. Prem Kumar Garg

Wedding Anniversary

R'ann Lovy & PDG Rtn. Shaju Peter

R'ann Kund Bala & PPRtn. R.K. Goyal

R'ann Anita & Rtn. Ravinder Kapoor



September 06

September 08

September 06

September 08

September 07

September 08

September 10



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PDG Rtn. Shaju Peter

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