

The Midtowner



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

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www.rotarychdmidtown.org

Club No. 15228

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District Governor
Rakesh Aggarwal

President
Deepak Sood

Secretary
Dr. Rita Kalra

Editor
Dr. V.J.S. Vohra

Volume XXXVIII No. 15 Dated: October 08, 2013

PROGRAMME

Cultural Evening

Organized by: Family of Rotary Committee
(Details on page 2)

Please note
the change in
time, date
and venue

Sunday, October 13, 2013

Time: 5.30 p.m.

Venue: SCO 13-14, Sector 5, Panchkula

Wear Pink - Spread Breast Cancer Care

In our regular meeting on October 04, 2013 Chief Guest Mrs. Renu Saigal, President, Sahayta Cancer Sahyog, Chandigarh was introduced by PP Rtn. Dr. Mrs. Vanita Gupta. Ar. Renu Saigal, B.Arch is former Chief Architect of Chandigarh. She graduated in 1969 from Chandigarh College of Architecture.



Mrs. Renu Saigal addressing Rotarians and R'anns

Renu was diagnosed with blood cancer in 1996 and came out of it in 1998. During her illness the need was felt for a support group in Chandigarh. Mrs. Neelu Tuli with 9 other friends established Sahayta, on 23rd May 1997 after she faced the trauma of cancer with her sister, Renu. With sheer grit, dedication and hard work, Sahayta is now a very reputed organization. Renu is President of Sahayta since 2006. During this time Mammography project was started in PGI, very ably run by R'ann Ranjana Tulsi. They instill confidence, hope and courage in the minds of patients and their family members. The aim is to spread the message that diagnosis of cancer is not the end of the road. There is life after cancer and it is meaningful.

Sahayta has also donated a new machine to PGI for diagnosing blood cancer. It is committed to give holistic treatment to cancer patients and put a smile on sad faces. The patients after treatment are fit and ready to join the mainstream of life. Sahayta endeavors to provide an additional support system for patient's emotional needs, offering information and understanding.

Mrs. Renu Saigal explained what Pink October means. It is to create awareness about breast cancer for early detection and prompt treatment by educating the general public and organizing screening camps. Ladies can be in the pink of health after fighting this disease. She also explained the 'self-examination as the best prevention'. Since 1985, Pink October was created in USA. After

that many other countries joined this campaign to get worldwide attention. October is dedicated to awareness camps, organizing of fund raising events, including for research purposes. The pink colour signifies solidarity to keep ladies in pink of health.

Renu said, "Sahayta was the first one to celebrate Pink October in Chandigarh in 2005." She also explained the breast cancer problem in India and insisted on collective efforts by all of us for awareness programs. She advised regular exercise. She also discussed the risk factors and food that is required to maintain pink of health. She also distributed pamphlets for awareness of cancer. Lot of important information is available on <http://www.sahayta.org>.

PPAr. Pallav Mukherjee was President Deepak Sood's right choice to propose vote of thanks as he too graduated from the same college as Mrs. Renu Saigal. Pallav talked about Bhatinda, Malwa belt and Kerala where the situation is quite bad. He said, "I am impressed the way Sahayta is handling things in PGI. They are there morning to evening looking after the patients." He thanked Renu for creating awareness and sharing valuable information with us.



R'ann Ranjana Tulsi presents Sahayta newsletter to President Deepak Sood



PP Pallav Mukherjee presents a memento to Mrs. Renu Saigal. Looking on are President Deepak Sood and Secretary Dr. Rita Kalra



Ladies in Pink!



Mrs. Renu Saigal presents wedding anniversary gift to R'ann Shradha & Rtn. A.K. Sachdeva



Mrs. Renu Saigal presents punctuality award to PP Rtn. R.K. Luther. Looking on is President Deepak

Cultural Evening

A cultural evening is being organised by Family of Rotary Committee on the terrace of Dental Clinic of Dr. Sanjay Kalra, SCO 13-14, Sector 5, Panchkula, on Sunday, 13.10.2013 at 5:30 pm sharp.

The details of event, as announced by Rtn. Dr. Anurag Sharma are; seeing Ravana going up in flames, singing and dance performance by children, Rotarians and their spouses, tambola, and there will also be a DJ to give us the best of music. Dr. Anurag Sharma, who had entertained us on several occasions in

the past, will also be seen in action, providing relaxed and stress busting environment, for which he is affectionately known as 'Dil ka doctor, Dil se'!

Those who desire to perform in this event may immediately contact Dr. Anurag Sharma (M: 9779908264), R'ann Indu Anand (M: 9855139993) or Secretary Dr. Rita Kalra (M: 9878880550).

Snacks and dinner will be served at the venue. Please join with family at the first Family get together of Rotary year 2013-14. Registration is Rs 500/- per couple, Rs. 250/- for single and Rs. 200/- for children.

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Screening Camp

Secretary Rtn. Dr. Rita Kalra informed that as a part of month long drive to spread awareness of screening amongst all women above 40 years for early diagnosis and timely treatment of cancer, so that they remain in pink of health for life time, Rotary Club of Chandigarh Midtown, in collaboration with Inner Wheel Club of Chandigarh Midtown, Inner Wheel Club of Panchkula and Sahayta Sahyog is organising a screening camp on 17.10.2013 from 8:30 am to 4:30 pm at General Hospital, Panchkula. The staff and diagnostic facility in the mobile van will be provided by PGI,

Chandigarh.

The test does not require any special precaution except that all the ladies should not put on any perfume when they go for screening for the three tests which is to be done.

The investigations, which are worth Rs. 5000, are being offered free of cost. Please register with Dr. Rita Kalra (M: 9878880550). Those who may like to donate for this noble cause may send their cheques to Office Secretary V.P. Sharma.

Seminar for School children



Seminar on health, hygiene, ethics and moral values was held at Govt. Model Senior Secondary School, Vikas Nagar, Mauli Jagran on 5.10.2013. Rtn. Dr. Mrs. Harinder Jit Kaur spoke about the importance of adolescent age and challenges faced by this generation. Rtn. Mrs. Kanan Diwan spoke of moral values and their role in shaping our future. Rtn. Dr. Mrs. Shashi Jain informed the children about opportunities they have and how to exploit the potential and energy each one of us have. Secretary Rtn. Dr. Rita

Kalra explained the importance of health and hygiene in this phase of life. She offered them counselling facilities, provided in Govt. Hospital, Panchkula. President Deepak Sood thanked the Principal for her cooperation and her efforts in bringing the social change amongst students of the urban slum colony.

The next seminar is scheduled for 10.10.2013 at Govt. Model Senior Secondary School, Modern Housing Complex, Manimajra.

Projects by Inner Wheel Chandigarh Midtown



Poster Competition

Inner Wheel Club Chandigarh Midtown President Rama Gupta was welcomed by President Rtn. Deepak Sood in our Rotary Club meeting on 4.10.2013. She informed the editor that a Poster competition and a Slogan competition on "Donate Blood, Save Life", was held on 1.10.2013 in Govt. Girls College, Chandigarh. Three best entries were given prizes.

There was also a talk by Dr. Rekha Anand, Gynecologist, in Govt. School Colony No. 4 on "Talking to Teens on Adolescent Health." After the talk Dr. Rekha listened to the problems of the girls and it was decided that this 'talk to doctor' will be continued every month.

On 4.10.2013 Inner Wheel Chandigarh Midtown held a Blood Donation Camp in Govt. Girls College in Sector 11, Chandigarh. 121 girls donated blood and were honored by Inner Wheel Club.

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Know Your Project Award of Excellence

With the objective to recognize an individual who has made outstanding contributions in his/her chosen vocation, an award known as Award of Excellence will be presented by Rotary Club of Chandigarh Midtown.

Nomination criteria has been worked out in our board meeting, and it is proposed that we identify an awardee to be recognized by the club. We shall make this an annual feature of Rotary Club of Chandigarh Midtown. The nominees will have either their place of residence or place of work in the Chandigarh, Panchkula or Mohali.

All members of the Rotary Club of Chandigarh Midtown will be entitled to nominate a distinguished citizen for this Award.

The nominations received will be reviewed by a panel consisting of past, present and future Rotary Governors, from other Rotary clubs in the Tricity.

The design of the award will reflect the concept of excellence and will remain the same every succeeding year except that the inscription will suitably change.

Acknowledgment with thanks

Donations for Disaster Relief:

M/s Biroke Builders Pvt. Ltd, Chandigarh Rs. 5000

Birthday of Spouses

R'ann Pritpal Gulati October 13

R'ann Anu Singhal October 17

Punctuality Draw

Won by PP Rtn. R.K. Luther

K.R. Ravindran confirmed as RI President Nominee 2015-16



RIPN K.R. Ravindran and
R'ann Vanathy

The deadline for receipt of club resolutions suggesting a challenging candidate for nomination as President of Rotary International in 2015-16 was 1st October 2013. The Rotary International bylaws provide that, "where no challenging candidate has been suggested, the President shall declare the nominee of the nominating committee to be the President-nominee".

Since no club resolutions suggesting a challenging candidate have been received by Rotary International, RI President Ron Burton has declared Rtn. K.R. Ravindran to be the official nominee for President of Rotary International for 2015-16.

Source: Rotary International

Courtesy: www.eflashonline.org

Birthday of Spouses

Rtn. Darshan Singh Kalsi

Rtn. Jawahar Jain

Rtn. Amarjit Singh

Rtn. Viney B. Aggarwal

PP Rtn. Prem Anand



October 11

October 12

October 13

October 15

October 15

Wedding Anniversary

R'ann Shushma & Rtn. Mohinder Singh

R'ann Neera & Rtn. Rajiv Gupta

R'ann Dr. Manjushri & Rtn. Dr. Anurag Sharma

R'ann Ritu & Rtn. Sanjay Bhatia

October 11

October 12

October 14

October 16



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