

# The Midtowner



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

View our weekly bulletin online, updated every week on our website since 1<sup>st</sup> July 2006 till date

Club No. 15228

[www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)

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**Secretary**  
Dr. Rita Kalra

**Editor**  
Dr. V.J.S. Vohra

Volume XXXVIII No. 29 Dated: January 14, 2014

PROGRAMME

## Identification Parade

Great men and women who shaped our world

Spot them and win a prize

A visual game open to Midtowners, spouses, children and grand children

Friday, January 17, 2014

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

### Ageing Gracefully



*Dr. Gurbir Singh*

In our club meeting on January 10, 2014, President Deepak Sood quoted Henry Ford, "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." President Deepak welcomed the Chief Guest Wing Comdr. Dr. Gurbir Singh, Regional Medical Director, Fortis Healthcare Group, who was introduced by PP Gurdip S. Deep. After retiring from Indian Air

Force in January 2003, Dr. Gurbir Singh has held senior positions in several Fortis Hospitals across the country, and has vast administrative experience relating to medical programs and business planning activities of these hospitals which includes all major facilities for patient care. Dr. Singh has post graduate degree in pathology from Armed Forces Medical College, Pune and a degree in Hospital Management from Symbiosis, Pune. He has received several prestigious awards while in Air Force, and is also a certified assessor for the CII-EXIM Bank Award for Business Excellence, 2011.

Giving an impressive PowerPoint presentation on 'Ageing

Gracefully', Dr. Gurbir Singh explained the concept of ageing in such a simple and interesting manner, so as to make it easier to understand and acquire the knowledge about healthcare in different stages of life, and their symptoms. He also gave us very practical tips.

He explained the meaning of ageing, and how it was more important for the heart to stay young and full of enthusiasm for life. He said, "When one ages, it is natural that priorities change and our outlook to things alters. As a result, we must plan things. For instance, we must plan our retirement." He added it was important to draw a list of hobbies we want to go back to after retiring. If we talk about ageing, nobody really wants to retire, as the word 'retire' is not so cheerful!

Ageing is not youth lost but a new stage set for opportunity and strength. These years could be the best years of one's life and often abound with blessings. There are so many ways to 'age gracefully' and spend the years to their fullest, with fulfilment and gratification.

Dr. Singh also spoke about the various myths that are generally related with ageing by giving scientific facts and figures. He informed us that less than 20% of elders have measurable memory impairment, happiness and life satisfaction studies show that the majority of elderly are just as happy as when they were younger, older workers are more consistent, have fewer accidents, and less absenteeism than younger workers, less than 20% are unable to perform activities of daily living, less than 5% are institutionalized for debilitating health problems. Although loneliness is a severe



*Rtn. Dr. Jawahar Luthra presents a memento to Dr. Gurbir Singh*



*Dr. Gurbir Singh presents a birthday gift to PP Rtn. Gurdip S. Deep*

problem in one third of elderly, most elderly have close relatives, friends, organizations, and social activities that are considered significant.

He advised about keeping even post-retirement days full of energy, and one must remain physically active, develop a positive attitude, keep the diet healthy, exercise for 30 minutes 3 to 4 days a week, and also take care of one's spiritual and emotional well-being. He also advised to eat nutritious food.

Dr. Gurbir said we cannot stop the changes of time, but we can modify lifestyle and activity as we age, and it is good to know that help is available to maintain the efficiency of your healing system. Health, financial and lifestyle choices can enhance the quality of our life and keep it in balance. People get all worked up and afraid of

aging when, in fact, every year should be a celebration, and enjoyable.

Memory lapses like forgetting where you left things you use regularly, such as glasses or keys, forgetting names of acquaintances or forgetting an appointment are normal among older adults and are not considered warning signs. Dr. Gurbir gave useful tips to keep track of dates, schedules, tasks, phone numbers, appointments etc. He quoted George B. Shaw, "You don't stop laughing when you grow old, you grow old when you stop laughing." Laughing is the best medicine!

Vote of thanks was proposed by Rtn. Dr. Jawahar Luthra, who expressed great appreciation on behalf of Rotarians of our club for the wonderful presentation by Dr. Gurbir Singh.



Dr. Gurbir Singh presents a birthday gift to R'ann Indu Luthra, accompanied by her family



Dr. Gurbir Singh presents a birthday gift to Secretary Rtn. Dr. Rita Kalra



Dr. Gurbir Singh presents a birthday gift to R'ann Manjit Sethi.



Dr. Gurbir Singh presents a birthday gift to Rtn. Sundeep S. Sawhney, accompanied by his family



President Deepak Sood presents Lohri gift to Rtn. Dr. Mrs. Harinder Jit Kaur



Dr. Gurbir Singh presents punctuality award to PP Rtn. Dr. V.J.S. Vohra

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Medical camp at Vedic Girls High School, Manimajra and first aid training at Bal Bhavan, Sector 15, Chandigarh

## Lohri celebrations

Lohri was celebrated in our club meeting on January 10, 2014, with Rotarians and R'anns singing, "Sundar mundriye ho! Tera kaun vicharaa ho! Dulla bhatti wala ho! Dulle di dhe vyayae ho! Ser shakkar payee ho! Kudi da laal pathaka ho! Kudi da saalu paatta ho! Salu kaun samete! Chache choori kutti! zamidara lutti! Zamindaar sudhaye! Bade bhole aaye! Ek bhola reh gaya! Sipahee pakad ke lai gaya! Sipahee ne mari eet! Sanoo de de lohri te teri jeeve jodi! Bhave ro te Bhave pit!"

Traditional Lohri snacks were served, sponsored by Secretary Dr. Rita Kalra.



Sundar mundriye ho! Tera kaun vicharaa ho! .....

## Constantinople to Istanbul -- A Journey through centuries

The 996<sup>th</sup> and last weekly meeting of Rotary Chandigarh Shivalik had PDG Shaju Peter as their Guest Speaker.





Gift of a Chlorophytum from PP Rtn. Prithi Vohra to PDG Shaju. Looking on is Secretary Rtn. Brig. D.S. Dhillon

"In the annals of world history, the city of Constantinople has come to acquire a unique stature of its own because it remained the capital of four empires - Roman, Byzantine, Latin and Ottoman almost through sixteen centuries, and for most part the largest and the wealthiest in Europe and for some time the largest in the world", said Shaju in his introductory remarks.

In a 20-minute presentation described in their club bulletin as enthralling by Secretary Brig. D.S. Dhillon, Shaju traced the history of the city from its inauguration in 330 AD by Emperor Constantine I, the rule of Justinian I credited with the construction of Hagia Sophia which remained the largest Christian Cathedral for nearly 1000 years, the crusades that killed thousands of Christians, Muslims and Jews all across the empire, the conquest of the city by Mehmet II, the Conqueror, the glorious rein of Suleyman the Magnificent and the modernization of Turkey by Kamal Mustafa Atatürk, the founder of the Republic.

He ended the presentation with a photograph of Prime Minister Erdogan inaugurating the deepest underwater tunnel in the world across the Strait of Bosphorus connecting the continents of Asia and

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Europe on October 29, 2013, the 90<sup>th</sup> Anniversary of the Republic. Shaju was introduced by Secretary Brig Dhillon. PP Prithi Vohra

who proposed the vote of thanks remarked, "We have often heard PDG Shaju the Rotarian but hearing Shaju the historian was a real treat."

## 'Save the Girl Child' campaign of Rotary Club Chandigarh Midtown District Project of Rotaract District 3080



JOIN THE DRIVE TO  
**SAVE THE GIRL CHILD**  
...SAVE THEM, NURTURE  
WITH LOVE AND EDUCATE  
TO EMPOWER THEM

**SAVE THE GIRL CHILD**

- For Growing with grace and dignity
- For Instilling confidence with education
- For Removing bias and prevent abuse
- For Loving care and compassion

**THINK a world without us!**

Dates of the Project : 13<sup>th</sup> to 19<sup>th</sup> of January 2014.

- 13<sup>th</sup> :- Gift distribution to the families with a new born daughter in Sector 6 Government Hospital, Panchkula.
- 14<sup>th</sup> :- Online awareness video and data sharing promoting 'Save the Girl Child'.
- 15<sup>th</sup> :- Online awareness video and data sharing promoting 'Save the Girl Child'.
- 16<sup>th</sup> :- Tree plantation by Rotaractors and Rotarians.
- 17<sup>th</sup> :- Lecture by Ishita and Rotarians in 3 colleges on save girl child.
- 18<sup>th</sup> :- Street play and Nukkad natak on Sukhna lake, Panjab University, Sector 17 Plaza, promoting awareness on eve teasing and female foeticide.
- 19<sup>th</sup> :- Closing ceremony and felicitations to the team, 5 prominent ladies from different work arenas in tricity, prizes to top 3 underprivileged winner girls in stitching competition followed by DJ Party of Rotaractors and bonfire.

### Acknowledgment with thanks

#### Donations for Club Projects:

R'ann Indu Luthra	Rs. 1100
PP Rtn. Gurdip S. Deep	Rs. 1000
PP Rtn. R.K. Luther	Rs. 1000
Secretary Rtn. Dr. Mrs. Rita Kalra	Rs. 1000
Rtn. Sundeep S. Sawhney	Rs. 1000

#### Punctuality Draw

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

### Birthday of Spouses

R'ann Seema Sahajpal	January 19
R'ann Susan Nath	January 20


### Birthday of Rotarians

Rtn. Mohinder Singh Kamra	January 17
Rtn. Munish Jauhar	January 19
PP Rtn. Devi Prasad Khandelia	January 21



### Wedding Anniversary

R'ann Sangeeta & Rtn. Ashish Singla	January 17
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