



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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Secretary
Dr. Rita Kalra

Editor
Dr. V.J.S. Vohra

Volume XXXVIII No. 03 Dated: July 16, 2013

PROGRAMME

E-Life

Chief Guest: Mr. Vivek Atray, IAS
Managing Director, Hartron

Friday, July 19, 2013

Time: 7.00 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Nutrition and Health

In the club meeting on July 12, 2013, we had the first Chief Guest of this Rotary year, Dr. Mrs. Nirupa Marwaha, M.Sc., M.Ed., Ph.D, who gave a talk on Nutrition and Health. She was introduced by Rtn. Salil Bali as Associate Professor, Vice Principal and Head of Department of Foods and Nutrition at Govt. Home Science College, Chandigarh. She has 30 years of teaching and research experience in the field of Foods and Nutrition specialising in Therapeutic Nutrition. Dr. Nirupa is honorary Nutrition Consultant at the Chandigarh Lawn Tennis Association and is also a free lance Dietician.



Dr. Nirupa Marwaha

Welcoming Dr. Nirupa to our club meeting to give us tips on health, President Deepak Sood quoted Gautam Budha, "To keep the body in good health is a duty; otherwise, we shall not be able to keep our mind strong and clear."

Dr. Nirupa said, "Nutrition literally touches our heart because it depends on what we eat, how we eat and this does help our mind to be strong, as what Mr. Deepak had said." We eat because we

are hungry, tired, bored, sad or happy. Nutrition is the process of getting food into our body and using it as raw materials for growth, fuel for energy, vitamins and minerals that keep our body healthy and functioning properly. Proper Nutrition gives us optimum health and well being.

We normally try to follow what we may read somewhere but we need to have a holistic modern and natural approach to develop a healthy balanced diet.

Dr. Nirupa said, "The awareness that I want to create is that whenever we read tips on nutrition we should not adopt it hoping for a miracle, and same goes for the anti aging creams which may make us look younger." This may not happen and may lead to stress.

Talking of stress she said, "Stress is part and parcel of our lives in one form or the other. We do not even realize how the stress is effecting us and getting into our system." Stress can even reduce our immunity. Related to this she said there are certain foods that we eat which takes away the stress. You can eat smartly to relax, reduce stress with certain foods like chocolate. We love chocolates, and what a sweet way to fight stress! Chocolate also has certain health benefits when consumed in moderation. You may go and have Cadbury chocolates, and enjoy it. But Dr. Nirupa recommends the dark chocolate as it is good for health and it

reduces stress.

She also gave useful tips to reduce weight. Dieting will not help. Eat whatever you are eating but in moderate quantity. She advised to use a smaller plate and bowl, and you may fill these to fullest capacity. You would feel satisfied of having your full food, without realizing that this satisfaction has come from smaller intake of food. You should have moderate and correct eating. She said, "Fat is not the culprit, in fact it helps our system. We should eat everything, even sweets, but then we need to have lot of salads to maintain the balance." She added, "Do not deny yourself of what you desire to eat."

Dr. Nurupa said olive oil, which is quite expensive, serves well as a cooking medium as it is heart friendly. But when overheated it loses its positive properties. The best way to cook with olive oil is to put the vegetable in the utensil and then over that put the olive oil to avoid its direct heat contact. She said, "A good alternative to olive oil is mustard oil which is cheaper and more friendly for Indian cooking and can be heated to any extent. It has the same composition and benefit as olive oil." She gave a well balanced ideal solution, "You do not need one type of oil. It should be one spoon each of olive or mustard oil, refined oil and desi ghee." She advised not to totally avoid desi ghee which gives idle utilization of oil in our body as it is a positive requirement to lubricate all our joints and it takes care in form of vitamins required by us.

Dr. Nirupa also discussed about sugar free, diet cold drinks, low cal foods and sweets. In all these chemicals are used, and we should try to avoid these as much as possible. Even the vegetable and fruits we get from the market are chemically treated. She explained that these should be properly washed before being used by soaking these in water and then rubbing them. She also talked of foods like fruits, vegetables and whole grains as good sources of antioxidants to keep your immune system strong and protect you from diseases. She also recommended soya flower to be mixed with the normal one.

While strongly recommending brown bread instead of the white one, Dr. Nirupa cautioned that we should ensure that the brown bread is made of whole wheat high fibre atta, and not the bread which looks brown as the bakers heat the sugar to a point to make it brown which is added to maida to make it a good textured spongy brown bread.

Vote of thanks was proposed by Rtn. Maj. Gen. Hardev Singh who said, "It was a wonderful talk on Nutrition by Dr. Nirupa Marwaha." He thanked her on behalf of our club for enlightening us on the nutritious diet that one needs to have.



Rtn. Maj. Gen. Hardev Singh presents a memento to Dr. Nirupa Marwaha



Dr. Nirupa Marwaha presents birthday gifts to PP Rtn. Indrajeet Sengupta and Rtn. R.S. Sihota. Looking on are President Deepak Sood and Secretary Dr. Rita Kalra



Dr. Nirupa Marwaha presents birthday gift for Rtn. C.J. Rai, received by his son, Rajinder



Dr. Nirupa Marwaha presents punctuality award to Rtn. R.P.S. Gulati



PDG Shaju Peter and President Deepak Sood exchange flags with Past RIBI President Ray Burman

Past RIBI President Ray Burman visits Chandigarh

Rtn. Ray Burman, Past President of Rotary International in Great Britain and Ireland (RIBI) was in Chandigarh for a day on July 10, 2013 on his way to Shimla on a private visit. The task of looking after his welfare while in Chandigarh fell on PDG Shaju Peter. Burman's itinerary in the city included a visit to Dr. Ritu

Chowdhary's Hearing Aid Clinic in Sector 20, Chandigarh, where our matching grant project of Gift of Hearing is currently under implementation. Rtn. Burman also participated in the installation ceremony of Rotary Club Chandigarh Central at Hotel Homtel in the evening.

PDG Shaju Chief Guest at Saharanpur Classic



PDG Shaju Peter at the installation of President Rajiv Bhatia of Saharanpur Classic

Invited by President Rajiv Bhatia and the Board of Directors of Rotary Club Saharanpur Classic, PDG Shaju Peter was at their installation ceremony on July 06, 2013 as Chief Guest.

Chartered in 2011-12, the club got recognized at the District Award function held in Chandigarh on June 30, 2013 for the mega blood donation camp organized by them last Rotary year.

Speaking on the occasion PDG Shaju congratulated the club leaders for their record of service to the community and interpreted the RI Theme, 'Engage Rotary Change Lives' of RI President Ron Burton.

Rtn. Dr. Col. Kapoor's hospital accredited by NABH

On behalf of our club, Secretary Dr. Mrs. Rita Kalra congratulated Rtn. Dr. Col. V.K. Kapoor as his hospital, Kapoor's Kidney & Uro Stone Centre Pvt. Ltd., Sector 46-D, Chandigarh has been accredited by NABH (National Accreditation Board for Hospitals

and Health Care Providers) of Quality Council of India with effect from 23rd June 2013. This is one of the first Urology Centres which has been accredited by NABH in North India.

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Sports
Coordinator, Speakers Bank
Coordinator, World Community Service
Member, Family of Rotary
Secretary TRF, Grants, Stewardship and Chair, Stewardship

Elevation of Rtn. Amarjit Singh to District Secretariat is great inspiration for dedicated Rotarians of our District.

Second E-Club in District 3080 Chartered

Rotary E-Club of Chandigarh Technocity was launched at RVTC, Chandigarh on 30th June 2013, sponsored by Rotary Club of Chandigarh. IPDG Manmohan Singh collared Rtn. Navpreet S. Aujla as the first President and presented to him the Charter of the second E-Club in District 3080, whose members would meet online and also meet physically once a month. Other board members of Rotary E-Club of Chandigarh Technocity are Vice President Rtn. S.S. Sodhi, Secretary Rtn. Khushwant Gill and Treasurer Rtn. Himanshu Jetly.

PRIP Raja Saboo was also present on the occasion, and explained the concept of E-Club. Other than meeting online to conduct club business, Rotary e-clubs are essentially the same as any other Rotary club, to carry out service projects, serve the community, support The Rotary Foundation, socialize and network with each other. The E-clubs are accessible 24/7. The E-Clubs would give business, professional and community leaders a great opportunity to serve Rotary.

Acknowledgment with thanks

Contribution to TRF:

PP Rtn. Indrajeet Sengupta \$ 1000

Donation for Disaster Relief:

Rtn. Viney Aggarwal Rs. 5100
Rtn. Dr. Dinesh Sahajpal Rs. 5100
Rtn. Mrs. Kanan Diwan Rs. 5000
PDG Shaju Peter Rs. 2500
Rtn. Praveen Aggarwal Rs. 2500
Rtn. Ashok Aggarwal Rs. 2500
Rtn. Dr. B.R. Jain Rs. 2500
Rtn. R.S. Sihota Rs. 2500

(Record collection in one meeting!) College Admission - 11 students:

Mr. Sunil K. Sohore, Jr. Advocate of Rs. 48000
PE Rtn. RTPS Tulsi Rs. 6000
PE Rtn. RTPS Tulsi Rs. 6000
PP Indrajeet Sengupta Rs. 6000
Rtn. Ashok Sharma Rs. 6000

Govt. Home Science College Fee for 2 students sponsored by:

1. IPP Rtn. Ritu Singal Rs. 20000 x 3 years Rs. 60000
2. Rtn. Sanjay Bhatia Rs. 20000 x 3 years Rs. 60000

Birthday of Spouses

R'ann Priya Bhateja



July 19

Wedding Anniversary

R'ann Sudershan & Rtn. Ravinder Krishan

July 19

R'ann Anupam & Rtn. Rakesh Jain

July 23

Punctuality Draw

Won by Rtn. R.P.S. Gulati



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