

# The Midtowner



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

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

Club No. 15228

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**District Governor**  
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**President**  
Deepak Sood

**Secretary**  
Dr. Rita Kalra

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

Volume XXXVIII No. 31 Dated: January 28, 2014

PROGRAMME

Welcome to Rotary Friendship Exchange Team  
From RI District 2490 (Israel)

*Coordinated by: PP Rtn. Harish C. Sethi, District Chair, RFE*

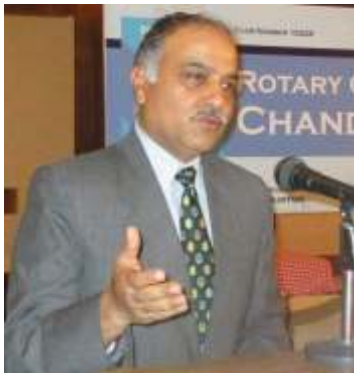
Friday, January 31, 2014

Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

## Preventive Medicine

In our regular meeting on January 24, 2014 Chief Guest Dr. Atul Sachdev, Director, Government Medical College and Hospital, Sector 32, Chandigarh was welcomed by President Deepak Sood. He was introduced by Secretary Dr. Rita Kalra, who said, "Prof. Dr. Atul Sachdev is blessed with academic and clinical excellence and he has been a topper all the way. He has been honoured with several awards, medals, distinction and scholarships."



*Dr. Atul Sachdev*

His special field of interest is gastro enterology. He has over 85 publications in national and international journals. He is also member of several medical societies.

Dr. Sachdev gave a brief account of his visit to Indiana as a member of Group Study Exchange

team in 1994 and recalled this as a great enjoyable experience. He had also joined Rotary Club for couple of years, and now continues to be associated with Rotarians through our Aasra Shelter in GMCH-32.

He said, "Prevention Medicine basically means prevention of disease." As Indians, particularly as Punjabis, we have not been adhering to preventive medicine but now awareness about healthcare is growing. We now not only talk about cure but it is more important we concentrate on prevention.

Dr. Sachdev explained the various types of primary and secondary preventions. There are certain types of other preventions which are universal in nature.

Giving examples of universal prevention, Dr. Sachdev talked of diseases like hepatitis B where certain habits or diseases have to be controlled. There has to be involving of a community or a nation to prevent the abuse of alcohol, tobacco and drugs by providing information and skills to prevent the problem.

Dr. Sachdev said, "Polio immunization is also universal prevention, where Rotary has done wonderfully well to reach a landmark where polio is almost eradicated. India is declared polio free country, which is primary universal prevention." He also talked of selective prevention targeting a certain group or a particular problem of alcohol or drug abuse, or specific type of ailments.

On behalf of our club Rtn. Ashok Sharma thanked Dr. Atul Sachdev for enlightening us with useful tips on preventive aspects of healthcare.



*Rtn. Ashok Sharma presents a memento to Dr. Atul Sachdev*

President Deepak Sood acknowledged the presence of Mr. Jayanta Mitra and Mr. Jindal, our prospective Rotarians.



*In blissful settings of tri-colour Republic Day was celebrated with Shero shayari dedicated to patriotism. L-R: President Rtn. Deepak Sood, PE Rtn. R.T.P.S. Tulsi, Rtn. Deepa Bhar and soon to be Rotarian Ms. Rekha Sawhney*



Rtn. Kanan Diwan presents to President Deepak Sood and Secretary Dr. Rita Kalra flag from Rotary Club in Cambodia, where she visited recently



Dr. Atul Sachdev presents wedding anniversary gift to first lady R'ann Purnima Sood and President Rtn. Deepak Sood



Dr. Atul Sachdev presents wedding anniversary gift to R'ann Pushpa Jawa and PP Rtn. Vinod K. Jawa



Dr. Atul Sachdev presents wedding anniversary gift to R'ann Ruchika Sharma and Rtn. Ashok Sharma



Dr. Atul Sachdev presents punctuality award to PE Rtn. R.T.P.S. Tulsi. Looking on is Secretary Dr. Rita



For his contribution to TRF, Dr. Atul Sachdev and President Deepak Sood recognize PP Rtn. Indrajeet Sengupta, who attended a meeting after undergoing a major surgery

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## District Conference

Secretary Rtn. Dr. Rita Kalra requested all Rotarians of our club to register for the District Conference to be held on March 1 & 2, 2014 in Indian Military Academy, Dehradun. She was pleased

to announce that the registration amount has been reduced to Rs. 1800/- for individuals and Rs. 3200/- for couples, up to 31<sup>st</sup> January 2014.

## National Girls Day Celebrations



National Girls Day was celebrated by Inner wheel Club Panchkula on 24 Jan. 2014. 15 blankets were distributed in labor room of General Hospital Panchkula and gifts given to new born girls by Mrs. Sween Goyal and Mrs. Geeta Sahni. Secretary Dr. Rita Kalra, on behalf of our Club, organised the event

## Cancer Survivors' Day

R'ann Ranjana Tulsi requested Secretary Dr. Rita Kalra to invite Rotarians for the joint celebration of Cancer Survivors' Day and International Childhood Cancer Day on Saturday, 8<sup>th</sup> February 2014 at 3.50 pm in the Auditorium of Home Science College, Sector 10, Chandigarh, organized by Sahayta Charitable Welfare Society.

Mrs. Vini Mahajan, IAS, Principal Secretary, Health & Family Welfare, Punjab has graciously consented to be the Chief Guest.

## Save the Girl Child



Rotarians join the staff and Interact Club of Kundan School to promote our campaign, 'Save the Girl Child'



'Save the Girl Child' campaign of Rotary Club Chandigarh Midtown, which is the District project of Rotaract District 3080, was launched on January 24, 2014 at Kundan International School, Sector 46, Chandigarh. The students of the School, led by their Principal Ms. Angelina Bhagat, accompanied by the staff members of the School, President of the newly formed Interact Club Sanchi and other Interact members, marched through the sector to create awareness through meaningful

slogans like, "Girls are gold, not to be sold."

Our Club was represented by President Rtn. Deepak Sood, First Lady R'ann Purnima Sood, Director Youth Service Rtn. Salil Bali, Rtn. Sundeep Singh Sawhney, PP Rtn. Prem Anand and PP Rtn. Dr. V.J.S. Vohra. Rotaract District 3080 DRR Rtr. Jasmeet Kaur was also present on the occasion, and she expressed her desire to have joint projects with the Interact Clubs.

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## Republic Day Celebrated by setting up new Computer Labs

Our club celebrated Republic day on 26<sup>th</sup> January 2014 in Ashiana Children Home at Panchkula. Children presented patriotic songs and skits etc., which was applauded by PDG Shaju Peter, R'ann Lovy Peter, President Deepak Sood, PP B.L.



Rotarians in the Computer lab at Khuda Alisher

Ramsisaria, Rtn. Ashok Puri and R'ann Sudha Puri, who were present there.

Our club also started new Computer Lab for 24 girls in a room of Gurudwara Tibbi Sahib,

Khuda Alisher under able guidance of a teacher from PEC, Chandigarh. We shall be charging nominal fees of Rs. 100/- pm

### Acknowledgment with thanks

Fellowship on January 24, 2014 sponsored by:

President Rtn. Deepak Sood  
Rtn. Ashok Sharma

### Birthday of Spouses

R'ann Vandana Gupta  
R'ann Satpal Kaur  
R'ann Mira Mahajan



January 31  
February 02  
February 03

### Punctuality Draw

Won by PE Rtn. R.T.P.S. Tulsi

from each student.

PP B.L. Ramsisaria, President Deepak Sood, Secretary Dr. Rita Kalra, Rtn. Ashok Puri, Director Vocational Service, and our soon to be Rotarian Jayanta Mitra with his spouse and little daughter participated in this function. Bhupinder Singh President Rotary Community Corps of Khuda Alisher, and members of Youth Club, along with Sarpanch Hukam Chand and Panch Dharampal were also present.

As decided by the Board of our club, the re-distribution of 36 computers, received from Sikya School, Sector 46, Chandigarh on account of its closure, have been done and allotted, as detailed below, to start computer labs for needy boys and girls.

1. RCC / Youth Club Khuda Alisher - Computer Lab - 6 Nos.
2. Ashiana Children Home Panchkula - Computer Lab - 14 Nos.
3. Vedic High School, Manimajra - Computer Lab - 10 Nos.
4. RCC / National Handicapped Welfare Council Panchkula - Computer Lab - 6 Nos.

### Birthday of Rotarians

Rtn. Maj. Gen. Hardev Singh  
Rtn. Salil Bali  
Rtn. Mrs. Davinder K. Singh



January 31  
February 03  
February 06

### Wedding Anniversary

Rtn. Dr. Anureet & Mr. Raj Karan S. Bhatti  
R'ann Gurpreet & Rtn. Munish Jauhar  
R'ann Asha & Rtn. Rajiv Aggarwal  
R'ann Bir & PP Rtn. Ajit S. Gulati

February 01  
February 02  
February 02  
February 04



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