

The Midtowner

Weekly Bulletin of Rotary Chandigarh Midtown

2015-16

View online: www.rotarychdmidtown.org

Club No. 15228
R.I. District 3080

R. I. President
K.R. Ravindran

District Governor
David Hilton

President
Mrs. Kanan Diwan

Secretary
Sanjay Bhatia

Editor
Dr. V.J.S. Vohra

Volume XXXX No. 20 Dated: November 17, 2015

PROGRAMME

Mind your mind for health and happiness

Chief Guest:

Col. Gursewak Singh (Retd.)

Friday, November 20, 2015

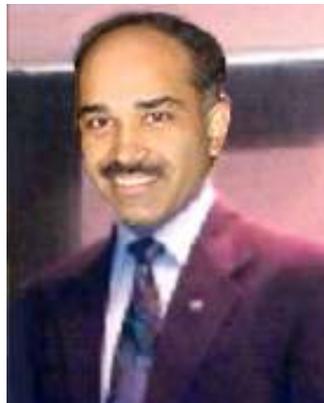
Time: 6.30 p.m.

Venue: Hotel President, Sector 26, Chandigarh

Weight Management – a challenge

The Chief Guest for our regular meeting on November 13, 2015 PP Rtn. Dr. B.P.S. Parmar was formally introduced by PDG Shaju Peter. Dr. Parmar is from Rotary Club of Roopnagar (Ropar) and is son of a very senior Rotarian, PDG Dr. R.S. Parmar. He served as Secretary of his club when Shaju was the District Governor in 2007-08. He became President in 2011-12 and was adjudged as the best President amongst the medium size clubs of our District. He also served as Assistant Governor. Currently he is the Chair of Polio Plus Committee of our District. He has also been to several medical missions abroad. He did his MS from Amritsar and specializes in laparoscopic surgery for which he has done many courses from abroad including New York. Dr. Parmar is also an expert in bariatric surgery. His wife Nimarta is also a doctor.

Dr. Parmar gave an interesting presentation on the subject. He explained how to calculate Body Mass Index (BMI). That is, Weight in Kgs / Height in m². BMI is a measure of body fat based on height and weight that applies to adult men and women. The causes for overweight are Genetic, Hereditary, Environmental, Metabolic and eating disorders. Talking about India he said, "Three out of four Indians are overweight." Diet, Exercise and Medical Management are effective upto a certain BMI only. Limited ability to provide long term relief requires a lot of commitment on the part of the patient. He suggested some surgical options like; Lap. Band, Gastric Bypass and Sleeve Gastrectomy.



Dr. B.P.S. Parmar

He said obesity is a health risk and he explained some weight loss surgery which are safe and permanent solution to tackle this problem. He explained the various surgeries. Bariatric surgery (weight loss surgery) includes a variety of procedures performed on people who have obesity. Weight loss is achieved by reducing the size of the stomach with a gastric band or through removal of a portion of the stomach (sleeve gastrectomy or biliopancreatic diversion with duodenal switch) or by resecting and re-routing the small intestine to a small stomach pouch (gastric bypass surgery).

Long-term studies show the procedures cause significant long-term loss of weight, recovery from diabetes, improvement in cardiovascular risk factors, and a reduction in mortality of 23% from 40%. However, a study in Veterans Affairs (VA) patients has found no survival benefit associated with bariatric surgery among older, severely obese people when compared with usual care, at least out to seven years.

The U.S. National Institutes of Health recommends bariatric surgery for obese people with a BMI of at least 40, and for people with BMI 35 and serious coexisting medical conditions such as diabetes. However, research is emerging that suggests bariatric surgery could be appropriate for those with a BMI of 35 to 40 with no comorbidities or a BMI of 30 to 35 with significant comorbidities. The most recent ASMBS guidelines



After formal vote of thanks Rtn. Dr. Rita Kalra presents a memento to Rtn. Dr. B.P.S. Parmar. Looking on is President Kanan Diwan



Rtn. Dr. Rita Kalra and R'ann Shradha Sachdeva National Anthem



R'ann Maniki Deep Invocation



PDG Shaju Peter Introducing the Chief Guest



President Kanan Diwan Welcome address



Secretary Sanjay Bhatia Glimpses of week

suggest the position statement on consensus for BMI as indication for bariatric surgery.



PP Rtn. Dr. B.P.S. Parmar presents birthday gift to Rtn. A.K. Sachdeva, who is accompanied by his spouse R'ann Shradha Sachdeva



Wedding anniversary gift for R'ann Kadam & Rtn. Jeeten Bhambri. Looking on is Rtn. Sanjay Bhatia



Dr. B.P.S. Parmar presents punctuality award to Rtn. Prof. Rana Nayar

Swachh Abhiyan



Cleanliness drive in Sector 4, Panchkula

The campaign on cleanliness was resumed on 15th November 2015 in Sector 4, Panchkula. We had a meeting with the market chief Mr. Chawla who accepted our offer and agreed to get involved and give services and personal assistance for implementing the Swachh abhiyan. Our club was represented by Rtn. Jeeten Bhambri, VP Rtn. Ashok Puri, President Rtn. Kanan Diwan and Rtn. Salil Chopra. 7 members of Interact Club also joined us. The campaign met with success as people with folded hands greeted us, as they assured us of their commitment for cleanliness at their work place, homes and neighborhood, and further spread the message of 'Clean and Green India'.

We shall repeat effort for 3 weeks consecutively. The market along with State Bank of Patiala and our club will contribute to install dustbins in the market.

Activities of our Rotaract Clubs

Report by Director Youth Service Rtn. Sundeep S. Sawhney



Rotaract Club of DSW, Sector 45, Chandigarh hold awareness rally to mark International Girl Child Day

An interactive quiz was conducted by Rotaract Club DSW on Ramayana for the school students on the occasion of Dusshera. The purpose was to let them be connected to our ancient epic and for understanding their values so that essence of our Indian culture is not lost in new generation. Rotaractors tried to revive the ancient mythological figures and teachings through the quiz, which gave lot of knowledge to children about the Ramayana.

Senior citizens of Old Age Home Sector 15 Chandigarh enjoyed



Rotaract Club of Chandigarh Midtown celebrating Diwali with senior citizens of Old Age Home Sector 15

Diwali celebrations organized by Rotaract Club of Chandigarh Midtown. The event began with old melodies sung by Rotaractors which was further graced by some songs sung by senior citizens too. Then began their favourite game of 'Antakshri', which reminded them of their old times. The old age home was lighted with diyas decorated by children of GMSS School and it ended with some gifts, card given to them and in return the Rotaractors got priceless blessings. "Ye hum logo ka iss ghar ka sabse aacha din guzra", were the words of an old lady.

Langar served to disabled persons and students of Literacy Centre at Zirakpur

Over 100 persons including the disabled inmates of Nevedac Prosthetic Centre and 25 students of our Literacy Centre at Zirakpur, and their parents, were served langar by Nevedac Centre

on the birth anniversary of its Founder late Col. D.S. Vohra, father of PP Rtn. Dr. V.J.S. Vohra.

Diwali celebrations with children of Night School, Sarangpur



Rotarians join the students of Night School for Diwali celebrations

Rotary Chandigarh Midtown celebrated Diwali with children of Night School, Sarangpur on 09th Nov. 2015. PP Rtn. R.K. Luther, PP Rtn. Pallav Mukherjee, PE Rtn. Amarjit Singh, R'ann Sunita, Vice President Rtn. Ashok Puri, R'ann Sudha Puri and Rtn. Dr. Rita Kalra, DComS spent some time with children to know the progress of their studies and also asked teacher Indra to provide necessary guidance to each student to perform better in their examination. Pallav and other Rotarians and R'anns had quiz session about religious topic with children of school and distributed chocolates to winners. We also distributed to the children chocolates, crackers, sweets, fruits and juice given by all above Rotarians.

'Ek Shyam' – Presidents Elect Meet



Smiling Team 2016-17 led by DGE Raman Aneja and R'ann Meenu doing 'Om Shanti Om' from famous Shahruxh Khan film

'Ek Shyam' - Presidents Elect Meet held at Hotel Ramada Plaza, Zirakpur, Chandigarh on 14th-15th November 2015, was meticulously organized by DGE Rtn. Raman Aneja. It was an impressive event, first of its kind for Presidents Elect of our District, giving them an opportunity to get introduced to each other and interact in most personal, cordial and friendly atmosphere.

The Assistant Governors Elect introduced the Presidents Elect and their spouses who were honored by FI G Raman and Meenu. As PP Rtn. Deepak Sood of Chandigarh Midtown will be AG of Zone 2 he

was pleased to introduce our club's President Elect Rtn. Amarjit Singh.

We had the gracious presence of PRIP Raja Saboo who advised all the Presidents Elect to be active in the current Rotary year and work in close association with the present Presidents and at the same time plan for their year.

Other dignitaries present on the occasion were PDG Maj. Som Dutt with Brij ji, PDG J.P.S. Sibia with Navtej ji, PDG Ranjit Bhatia (District Trainer 2016-17) with Lalita ji, PDG Parmod Vij (District

Rtn. Sanjay Bhatia

With Compliments from:

Rtn. Kanan Diwan
+91 84276 81536

Himalayan

Group of Companies

Best Quality Fruit Products

Factories in:
Himachal, Punjab, Uttarakhand

AMERICAN
TRAVEL & TOURS PVT. LTD

Rtn. Ashok Sharma
+91 9417002063
+91 8699000555

We Offer:

- ★ INTERNATIONAL & DOMESTIC AIR TICKETS
- ★ INTERNATIONAL & DOMESTIC TOUR PACKAGES
- ★ PASSPORT ASSISTANCE
- ★ VISA ASSISTANCE

Head Office:
S.C.O - 90-91-92, First Floor, Sector - 8-C,
Madhya Marg, Chandigarh
Tel : +91-172-4553333,
Mb : +91 869901000, +91 8727019300
Website : www.americantravels.net
Email : info@americantravels.net

Branch Offices:

Yamunanagar	Shimla	New Delhi
Address: New Khasa Ind. Estate, Yamunanagar Tel: +91-172-2751111, 4171270, 81-4361999 Email: info@yamunanagar.com Website: yamunanagar.com	Shop No. 55, Mall Road, Shimla Tel: +91-171-2670101, 41-4101011, 41-4101012 Email: info@shimla.com	Vishva ACE, Greater Khasa, Park II, Sector III, Dwarka New Delhi Tel: +91-11-2618551

HITECH INDUSTRIES LIMITED

(An ISO 9001 Company)

Rtn. R.S. Sachdeva

the producer of all types of
**Medical & Industrial Oxygen, Nitrogen,
Zero Air, Argon, Liquid Nitrogen
and Gas Mixtures.**

For your requirement please Contact :

315-316, Industrial Area, Phase IX, Mohali, Punjab 160082
Tel : 0172 2212122, 2212124, Fax : 0172 2233666
Mobile : 98724-97200 , 98151-07100
Email: marketing@hitechindustries.org, hightech@sancharnet.in



Members of core team 16-17 from Chandigarh Midtown AG Elect PP Deepak Sood, District Editor Elect PP Dr. V.J.S. Vohra, Rtn. Salil Bali and Rtn. Dr. Rita Kalra with their spouses R'ann Purnima Sood, R'ann Parul Bali, R'ann Indu Vohra and Dr. Sanjay Kalra

Counsellor 2016-17) with Neeru ji, PDG Madhukar Malhotra with Neeru ji, PDG Manpreet Singh Gandhoke with PP Rtn. Poonam (AG Elect) and DGN D.C. Bansal with Saroj ji. District Governor David Hilton could not be present as he was away to Kolkata.

PDG Parmod Vij and PDG Ranjit Bhatia also addressed the gathering and gave valuable advice to Presidents Elect.

Rtn. Dr. Rita Kalra gave an awesome introduction of DGE Raman highlighting his achievements as a Rotarian and as a leading exporter and a successful real estate entrepreneur, who is further diversifying towards food business.

Seminar on Rotary Foundation in Panipat on 29th Nov. 2015

Rotary Panipat South is hosting an Intercity on Rotary Foundation SUDAKSHNA - the joyful giving, which is to be held on Sunday 29th Nov. 2015 at Anapurna Lawns, Sector 25, Huda, Panipat.

For registration please contact Secretary Rtn. Sanjay Bhatia or Office Secretary V.P. Sharma. Registration charges will be as follows; Upto 20th Nov. 2015 – Rs. 1000/- (single) and Rs. 1600/- (couple). After 20th Nov. 2015 – Rs. 1100/- (single) and Rs. 1700/- (couple).

Birthday of Spouses

R'ann Neera Gupta
R'ann Sarita Vasudeva
R'ann Maniki Deep
R'ann Amardeep



November 22
November 24
November 26
November 26

Birthday of Rotarians

Rtn. Suman Gupta
Rtn. Nitin Kapur



November 20
November 21

Wedding Anniversary

R'ann Parul & Rtn. Salil Bali
R'ann Gulshan & Rtn. Surjit Kumar
Rtn. Rekha & Mr. Ravi Kant Sawhney

November 23
November 24
November 26



Raman, Meenu and PRIP Raja Saboo



International Testing Centre

"CONFIDENCE THROUGH EXCELLENCE IN ANALYTICAL SERVICES"

Testing service for Air & Water, Drugs, Food Particles, Chemical, Building Material Helmet, Ayurvedic Medicines and Paper testing.



86, Industrial Area, Phase-1, Panchkula-134 109 (Haryana)

Ph.: 0172-2565825, 2561543 Email: info@itclabs.com, itc86@yahoo.com, Website: www.itclabs.com

PP Rtn. Dr. Kesho Ram Gupta
Mobile: 9814034094

DAFTECH

PDG Rtn. Shaju Peter

Floatcell Dissolved Air Flotation Clarifier

The most compact Dissolved Air Flotation Clarifier with German drive system and internal overflow weir

Save all applications in Pulp and Paper

Primary treatment of industrial and municipal effluents

Recovery of overloaded activated sludge systems

Promoted by people with over 20 years of experience in the DAF process

One of our installations in Bogota, Colombia.

For further information contact:

Daftech Engineers Pvt. Ltd
SCO 23, 2nd Floor
Inner Market, Sector 7-C
Chandigarh 160019,
Tel.: 91 172 5018121, 4633974
Mobile: +91 98141 27804
Fax: +91 172 2702959
e-mail: daftech@sify.com
www.daftechindia.com

PP Rtn. Er. R. K. Luther
M. Tech. (London), M.B.J.M. (London)

TUV TÜV Rheinland CERT ISO 9001:2008

Atul Fasteners Ltd.
Manufacturer & Exporters

Self Drilling/Tapping Screws & Special Purpose Fasteners

C-45, Phase-III, Industrial Area, Mohali, Dist. Mohali (Punjab) India 160055
E-mail: atulfasteners@jointmail.in
Phone: (O) 0172-4520090, 2221042. Fax: 0173-2271335, Mobile: 96149 29297

PP Rtn. T.S. Anand

FOR ALL HEARING PROBLEMS

ALL INTERNATIONAL HEARING-AID BRANDS & DIAGNOSTIC FACILITIES AVAILABLE AT

ANAND HEARING CARE
SPECIALISTS SINCE 1973

Chandigarh: SCO 28, 1st Floor, Sector - 20 D,
Ph.: +91 172 4661928, Mobile: +91 8288011401

All correspondence to the Editor: PP Rtn. Dr. V.J.S. Vohra
Consultant & Certified Clinical Partner, Otto Bock HealthCare India
Sr. Consultant - Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic
MediRehab Systems, 1134 Sector 44-B, Chandigarh-160047
Email: drvsvohra@gmail.com | Mob. 9814006829 | www.nevedac.com

Design & Printed at:
Satyadeep Offset Printers (P) Ltd
292, Industrial Area, Phase II
Chandigarh. Ph.: 4624942
Email: salil.bindra@gmail.com