

The Midtowner

Weekly Bulletin of Rotary Chandigarh Midtown

2015-16

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Club No. 15228
R.I. District 3080

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President
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Secretary
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Editor
Dr. V.J.S. Vohra

Volume XXXX No. 48 Dated: May 31, 2016

PROGRAMME

A talk on Kabir

By:

Rtn. Prof. Rana Nayar

Department of English & Cultural Studies, Panjab University, Chandigarh

Date: **June 03, 2016 (Friday)** Time: **7.00 p.m.** Venue: **Hotel President, Sector 26, Chandigarh**

Eat better, Feel better

Our regular meeting on May 27, 2016 was presided by Vice President Rtn. Ashok K. Puri in the absence of President Kanan Diwan who is away to Seoul, Korea to attend the RI Convention along with PDG Yoginder Diwan. President Elect Amarjit Singh, President Nominee Dr. Rita Kalra, Past President R.K. Luther, Past President Gurdip S. Deep, Rtn. Dr. Sanjay Kalra and R'ann Maniki Deep are also attending the RI Convention.

The Vice President welcomed the chief guest of our meeting Ms. Manisha Arora, Senior Dietician of Govt. Multi Speciality Hospital, Sector 16, Chandigarh. He also acknowledged the presence of Director Health Services, UT Chandigarh, PP Rtn. Dr. Vanita Gupta, who introduced the chief guest.



Ms. Manisha Arora introduced by PP Dr. Vanita Gupta, Director Health Services Chandigarh

A registered dietician, Ms. Manisha Arora has done postgraduate diploma in Nutrition and Dietetics. She is presently working as



National anthem by R'ann Sudha Puri and R'ann Ritu Bhatia

Senior Dietician and is heading the Dietetics Department having experience of over 18 years. She has also authored a booklet 'Aap ka Aahar' for Chandigarh Administration for imparting nutritional knowledge to school children. She also delivers health talks, organizes exhibitions and judges cookery contests. Married to Mr. Atul Dhingra, who was also present in the meeting, they have three children studying in 9th, 3rd and nursery.

In her presentation, 'Eat better, feel better', Manisha said, "A balanced diet is the one that gives your body the nutrients it needs to function correctly." She explained that the major nutrients are carbohydrates, proteins and fats, and the minor nutrients are the vitamins, minerals, dietary fiber and water. Balanced diet consists

of whole grains, pulses, fresh fruits, vegetables, proteins, nuts, dairy, oils and fats.

Balanced diet is important to look and feel better, for the growth and development, to repair daily wear and tear, to be free from disease, infection and fatigue, and to avoid life style diseases.

The number of calories in a food is a measurement of the amount of energy stored in the food. The calories in our food

is used for walking, thinking, breathing and other important metabolic functions. She gave a comparative study of food we eat and drink, and advised to cut down on unhealthy food.

Manisha also talked about obesity, diabetes and hypertension. She gave fruitful tips to deal with these ailments by having proper diet. She advised to increase the consumption of fruits and vegetables to 5-6 servings a day, use whole grain cereals instead of refined cereal products e.g. whole wheat flour instead of refined white flour, cut down on red meat, remove all visible fat before cooking and eat poultry food without skin, make good use of herbs like coriander leaves, mint, tulsi leaves etc. and flavoring aids like garlic, ginger, vinegar, lemon, bay leaf, cinnamon, clove etc. to improve the taste of food cooked in less salt, stay away from alcohol and smoking, consume home-cooked food and limit eating out to not more than once or twice a month.

She concluded her talk with an advice to consume a variety of foods, combine your foods, consume fresh and natural foods, adopt sensible food habits, start an exercise programme, consume balanced diet rich in antioxidants nutrients and fibre, consume water and maintain stress free environment.



Welcome address by Vice President Rtn. Ashok Puri



Invocation by Rtn. Dr. Manisha Sahni



Vote of thanks by Rtn. Suman Gupta



Memento presented to Ms. Manisha Arora by Rtn. Suman Gupta. Looking on is VP Rtn. Ashok Puri



Ms. Manisha Arora presents wedding anniversary gift to R'ann Rekha and PP Rtn. Anil K. Mehan



Ms. Manisha Arora presents wedding anniversary gift to R'ann Indu and Rtn. Dr. Jawahar Luthra. Looking on are VP Rtn. Ashok Puri and Secretary Rtn. Sanjay Bhatia



Ms. Manisha Arora presents punctuality award to IPP Rtn. R.T.P.S. Tulsii. Looking on is R'ann Ranjana Tulsii

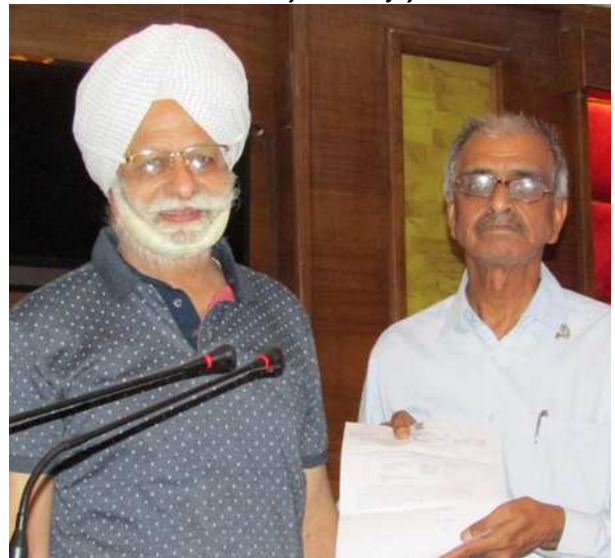
Rtn. Suman Gupta thanked Ms. Manisha Arora on her very useful presentation on how to eat better and feel better.

World Tobacco Day on 31st May 2016

PP Dr. Vanita Gupta, DHS, UT Chandigarh informed us about her department organizing awareness campaign on World Tobacco Day on 31st May 2016 from 7.30 a.m. to 9 a.m. in Govt. High School, Sarangpur, Chandigarh in which 100 children and 50 villagers are participating. Our club has agreed to actively participate in this meaningful campaign against tobacco.

Swachh Campaign with MC support

VP Ashok Puri congratulated Rtn. Salil Chopra for completing 123 projects on 'Teaching students the skills' and 29 projects on Swachh Bharat Abhiyan, making a total of targeted 152 projects during current



IPP R.T.P.S. Tulsii is pleased to announce to VP Ashok Puri and all others about Rs. 10 lakh donation. Details on page 4

Rotary year. On 22nd May 2016 Swachhta cum water saving campaign was held in market of Sector 20 Panchkula in which a representative of Municipal Corporation (MC) also accompanied President Kanan Diwan, VP Ashok Puri, R'ann Sudha Puri and Rtn. Salil Chopra. The support from MC of Panchkula has given a great impact to our swachh campaign with the presence of its representative who has full authority to take action against the defaulters, and even challan them.

Our swachh campaign team have been having meetings with the Mayor of Panchkula Mrs. Upinder Ahluwalia who has not only appreciated Rotary's commitment towards clean India but has also assured us full support from MC, Panchkula.



Swachh Bharat campaign in full swing with support from Municipal Corporation of Panchkula whose rep is in yellow colour jacket

Each One, Reach One and Teach One

As President Nominee Dr. Rita Kalra informed last week about the Rotary India Global Dream, a commitment of Rotary India Literacy Mission (RILM), towards Total Literacy with a campaign of 'Each One, Reach One and Teach One', Vice President Ashok Puri once again took up this mission of RILM informing that the toolkits consisting of just three books is the student's only requirement in the teaching process.

These specially designed toolkits costing only Rs. 100/- are available with him. As per State guidelines, it will ensure speedy

learning for each adult and easiness for the volunteer teacher, to prepare the persons between the ages of 14 to 75 years to take up National Literacy Mission's Basic Literacy Examination in early August by paying a nominal fee of Rs. 50/- only.

These persons will then receive a certificate from the National Institute of Open Schools, as per understanding with Ministry of Human Resource Development, Government of India. For more information please see detailed report in bulletin No. 47 of previous week.

Rotary International Convention 2016 at Seoul, Korea



RI President K.R. Ravindran and Vanathy, address the audience during the opening session of the Rotary Convention in Korea on Sunday, 29 May 2016 (Photo from: www.eflashonline.org)

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Rtn. Sanjay Bhatia

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Atlanta RI Convention 2017 - Special Offer
US \$ 265/- only up to 6th June 2016

SAVE THE DATE
JUNE 10-14, 2017



At the 1917 Rotary Convention in Atlanta, President Arch Klumph spoke about his dream of creating a Rotary endowment fund. A century later, we are celebrating The Rotary Foundation and all the good work Rotarians have been able to do since then because one man dared to dream.

There is an offer of an extra-special early registration rate of \$265 for the 2017 Rotary Convention, in honour of Arch Klumph's birthday on 6th June, and the \$26.50 first contribution to Rotary's endowment.

You can join at Atlanta in June 2017 with this special offer. Register and pay today, because this special price of \$265 is good only until 06 June 2016.

Scholarship holders (2008-2016)



A group of our erstwhile scholarship holders (2008-2016) got together on Sunday for lunch at Rtn. Arjan Singh's residence. The object of the gathering was to create a video on the Scholarship project which will be sent to the Rotary clubs in Switzerland and Italy. These clubs intend to use the video for publicizing this project in order to raise awareness as well as funds for the continuation of this laudable effort. Meanwhile, all the girl engineers were happy to report their progress in their respective jobs and the various career moves they are contemplating. All of them are looking around for even better opportunities and are very hopeful of success.

Donation for construction of toilets for girls

IPP Rtn. R.T.P.S. Tulsi was pleased to announce in our regular meeting on May 27, 2016 that he has received a communication from his brother, Senior Advocate and Member of Parliament (Rajya Sabha) Mr. K.T.S. Tulsi that he has recommended to the Commissioner, South Delhi Municipal Corporation, New Delhi for the release of **Rs. 10 lakh** under MPLADS Scheme for Rotary Chandigarh Midtown Welfare Trust for construction of toilets for girls. This amount is likely to be received shortly.

This generous gesture of Mr. K.T.S. Tulsi, Past President of our club, was loudly applauded in our meeting.

Acknowledgement with thanks

Donations for School room project	
Rtn. Vijay Kr. Gupta	Rs. 10000/-
Birthday of Spouses	
R'ann Sudha Puri	June 03
R'ann Sudershan	June 05
Wedding Anniversary	
R'ann Preety & PP Rtn. Trilochan S. Anand	June 08
R'ann Sudha & Rtn. Ashok Kumar Puri	June 09
Punctuality Draw	
Won by IPP Rtn. R.T.P.S. Tulsi	

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