

Rotary
Club of Sonepat
(100% PHF Club)



RI District 3012

2024-25

SWARN PATH

Club # 15396

Chartered : 22/03/1957

Rtn. Stephanie A Urchick
RI President

Rtn. Prashant Raj Sharma
District Governor

Rtn. Dr. Gaurav Dembla
Club President

Rtn. Dr. Sachin Gupta
Club Secretary

PP Rtn. Vijay Mehta
Bulletin Editor

Bulletin No. 2 dated 12th July, 2024

next meeting

Tree Plantation

**Grow Hope
Save Nature**

Sunday, 14th July, 2024
10:00 A.M.

**Venue : शहीद मदन लाल ढींगरा
पंजाबी समुदाय केंद्र
Bahalgarh Road, Sonipat**

**MOC :
Rty'ne Vibha Gambhir &
Rtn. Gaurav Gambhir**

- 🌳 Meeting will be followed by Brunch
- 🌳 Exciting Games & Prizes
- 🌳 Chilled Beer on the House



Importance of Trees

The Impact of trees on the world and on living species on earth is important. They give us a link between the past, present and future. As the largest plants on the planet, trees provide us with oxygen, store carbon, stabilize the soil and give life to the world's wildlife. They also give us the materials for tools and shelter.

Trees are an important part of the global carbon cycle because they absorb carbon dioxide through the mechanism of photosynthesis.

Trees as carbon sinks

Trees function as terrestrial carbon sinks and remove this greenhouse gas from the air.

Therefore, Planting billions of trees across the world is one of the biggest and cheapest ways of taking CO₂ out of the atmosphere to tackle the climate crisis.

Reforestation is the reestablishment of trees and understory plants at a site previously occupied by forest cover. Additionally, Planting new trees remain vital to reverse the current trends of rising greenhouse gas emissions from fossil fuel burning and forest destruction and bring them down to zero.

Each individual tree removes up to 1.7 kilos of pollutant every year. Trees also provide shade from solar radiation and reduce noise. Furthermore, they can reduce wind speeds and cool the air as they lose moisture and reflect heat upwards from their leaves.

It is estimated that trees can reduce the temperature in a city by up to 7°C. Trees also help prevent soil erosion and flooding, absorbing thousands of liters of storm water.

Trees are vital

Trees are also vital to our water supply, providing high quality water resources: they intercept atmospheric moisture, contribute to cloud and rain formation, reduce erosion and recharge groundwater.

Approximately 75 percent of the world's accessible freshwater for agricultural, domestic, industrial, and environmental uses comes from forests, with 90 percent of the world's cities relying on forested watersheds for their water supply.

Trees host complex microhabitats

Trees support wildlife where they host complex microhabitats. Trees offer habitation and nourishment to a wide variety of communities of birds, insects, lichen, and fungi. Their trunks also provide the hollow cover needed by species such as bats, tawny owls, woodpeckers and wood boring beetles.

One mature tree can be home to as many as 500 different species. Trees strengthen communities and encourage local pride. Urban woodland can be utilized as an educational modality and to bring groups together for activities like birdwatching and walking. Tree plantings provide an opportunity for community empowerment and involvement that improves the quality of life in our neighborhoods. All cultures, ages, and genders have a principal role to participate in a trees care event. Trees are also noble for children to play in and discover their sense of adventure.

Trees also grow the economy where people are attracted to work, live, and invest in green surroundings. Research showed that average house prices are 10-18% higher when properties are close to trees. Companies benefit from a healthier workforce if there are trees and parks nearby. Green infrastructure such as urban parks and street trees also improve air quality and mitigate heat island effects.

Trees and forests change air quality

Trees and forests change air quality through the direct removal of air pollutants, affecting local microclimates and building energy use, and through the emission of volatile organic compounds (VOCs), which can contribute to O₃ and PM_{2.5} formation.

Recent evident indicated that trees, particularly low VOC emitting species, can be a viable strategy to help reduce urban O₃ levels. Trees remove gaseous air pollution primarily by uptake via leaf stomata, though some gases are removed by the plant surface. For O₃, SO₂ and NO₂, most of the pollution is removed via leaf stomata.

Once inside the leaf, gases diffuse into intercellular spaces and may be absorbed by water films to form acids or react with inner-leaf surfaces. Trees directly affect particulate matter in the atmosphere by intercepting particles, emitting particles (e.g., pollen) and resuspension of particles captured on the plant surface.

Some particles can be absorbed into the tree, though most intercepted particles are retained on the plant surface. The intercepted particles often are suspended to the atmosphere, washed off by rain, or dropped to the ground with leaf and twig fall.

During dry periods, particles are constantly intercepted and resuspended, in part, dependent upon wind speed. Pollution removal by urban trees in the United States has been estimated at 711,000 tonnes per year.

MEETING DETAILS | District Installation Ceremony 2024-25

(Held at Hotel Radisson Kaushambi Ghaziabad)

It was attended by President Rtn Dr Gaurav Dembla, secretary Rtn. Dr. Sachin Gupta, PP Rtn Sanjay Sharma along with PP Rtn Gaurav Luthra and PE Rtn. Rajat Doda.

Event was an extravagant show of various dances and musical performances with wonderful and motivating speeches from the **Chief Guest Past RI Director Rtn. A.S. Venkatesh** and **District Governor Rtn. Prashant Raj Sharma** followed by **Installation of the Presidents and Secretaries** from all the zones of district 3012. Event was followed by **cocktail and buffet dinner**.

Reported by | Secretary Rtn. Dr. Sachin Gupta

Glimpses- District Installation



MEETING DETAILS | PFT Checkup Camp & Diabetes Checkup

(Held on 8th July, 2024 at Darya Ram Hospital, Sonipat)

Pulmonary function tests (PFTs) are tests that show how well your lungs are working. The tests measure lung volume, capacity, rates of flow, and gas exchange. There are several types of disorders that cause problems with air moving in and out of the lungs, they are either obstructive or restrictive disorders. There are many different reasons why pulmonary function tests (PFTs) may be done.

PFT can be done by multiple methods, commonest being spirometry. Spirometry measures how much air you can inhale and exhale. It also estimates how much air is in your lungs. A spirometer is a device with a mouthpiece hooked up to a small electronic machine.

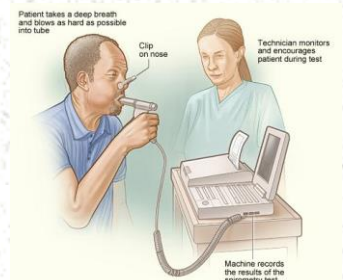
PFT are used to diagnose & monitor response in these conditions:

Allergies, Respiratory infections, Long-term (chronic) lung conditions, such as asthma, emphysema or chronic bronchitis, Restrictive airway problems from scoliosis, tumours, or inflammation or scarring of the lungs, Sarcoidosis. PFTs may be used to check lung function before surgery or other procedures. This may be done in people who have lung or heart problems, who are smokers, or who have other health conditions.

Keeping all these things in mind, a free spirometry camp was planned by Rotary club of Sonapat at Darya Ram Hospital on 08/07/24. 24 patients underwent pulmonary function test. These patients were tested and treated accordingly.

In addition to above report, Also 74 patients were screened for diabetes, in our weekly diabetes screening camp.

Reported by | Pres. Rtn Dr Gaurav Dembla



MEETING DETAILS | Club Assembly Minutes

(Held on 5th July, 2024)

Last Meeting of our Club was held on Friday, the 5th of July, 2024. It was incidentally very **first meeting of New Rotary Year 2024-25**. It was a Club Assembly, wherein the issues circulated in Agenda in our last bulletin were discussed at length. The details are as follows :

1. **Budget for the year 2024-25** was presented and was approved, which included an increase in yearly membership dues (10% over the previous year's dues)
2. **Committee Plans** were presented by the President Rtn. (Dr.) Gaurav Dembla and were approved unanimously. It was also decided that the same (Committee Plans) will be circulated in Whatsapp Group of the Club for information of all Rotarians.
3. **Audit Committee for Audit of Accounts of Rotary Year 2023-24** was appointed and the following were included in the Committee.
 - **PP Rtn. CA Ramesh Wadhwa**
 - **PP Rtn. Sanjiv Sarin**
 - **PP Rtn. Vijay Mehta**
4. Forthcoming Meetings of the Club were announced by the President and the same are proposed as follows :

| | | |
|-----------------------------|---|--|
| 14 th July, 2024 | : | Tree Plantation |
| 20 th July, 2024 | : | Installation of Rtn. President (Dr.) Gaurav Dembla and his Team and Governor's Official Visit (GOV) |
| 28 th July, 2024 | : | Presentation of Food Items and Nutrients to the children of Spread Smile Foundation. |
5. Last Topic of the agenda was **Plans & Objectives for Rotary Year 2024-25** and to elaborate the plans, all Directors of club unfolded and discussed their respective plans. All Directors were full of enthusiasm and energy and they spoke on their portfolios as under :
 - **PP Rtn. Sanjiv Sarin on Club Affairs**
 - **PP Rtn. Gaurav Luthra on Community Service**
 - **PP Rtn. Gautam Sachdeva on Public Image**
 - **PP Rtn. Kuldeep Solanki on New Generation**
 - **PP Rtn. Rishi Chopra on International Affairs**
 - **PP Rtn. Jagdeep Singh on Vocational Services**

In addition to our regular Community Service Projects, a number of **Medical Check-up Camps and DRISHTI-2** will find prominent place. An **appeal was made to contribute generously for DRISHTI-2 Project** and it was acknowledged with cheers the contribution of following members :

- **PP Rtn. Rajeev Garg offered to contribute for 25 Cataract Surgeries.**
- **PP Rtn. Gautam Sachdeva offered to contribute for 10 Cataract Surgeries.**
- **After the meeting, Rtn. Namit Mehra also came forward and has sponsored 5 Surgeries.**
- **PP Rtn. CA Ramesh Wadhwa has also offered Rs. 50,000/- for DRISHTI- Project.**
- **It was followed by a Surprise Contributor in the form of Dr. Ravinder Gandhi, who has been performing such surgeries by our Club during the last 3-4 years. He offered to conduct 11 such surgeries Free of Cost.**

The **Club acknowledges the contribution of above Rotarians and the Doctor In-charge** and thanks them profusely for the same.

PP Rtn. Vijay Mehta and PP Rtn. CA Ramesh Wadhwa too spoke on the occasion and offered their suggestions and wished the New Team a grand success.

A **well-attended and very well conducted first meeting** of the New Rotary Year, which demonstrated the dedication of the organisers and a very active and vibrant support from the members.

The meeting ended with a **Word-of-Thanks from the President** and was followed by **rich fellowship and a sumptuous dinner.**

Reported by | PP Rtn. Vijay Mehta



Give The Gift of Sight

SUPPORT CATARACT SURGERIES

PROJECT DRISHTI 2.0

Contact us:

Rtn. Dr. Gaurav Dembla

9999261418

PP Rtn. Gaurav Luthra

9896335928

Rtn. Gaurav Gambhir

7988341789



KINDLY DONATE GENEROUSLY



DRISHTI 2.0

THANK YOU VERY MUCH

We sincerely and from the core of our hearts thank the following Rotarians and Dr. Ravinder Gandhi for their valuable contribution towards Project DRISHTI 2.0



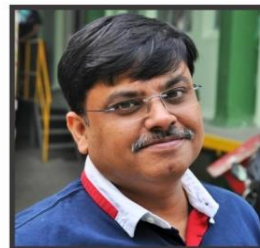
Dr. Ravinder Gandhi



PP Rtn. Rajeev Garg



PP Rtn. Ramesh Wadhwa



Rtn. Namit Mehra

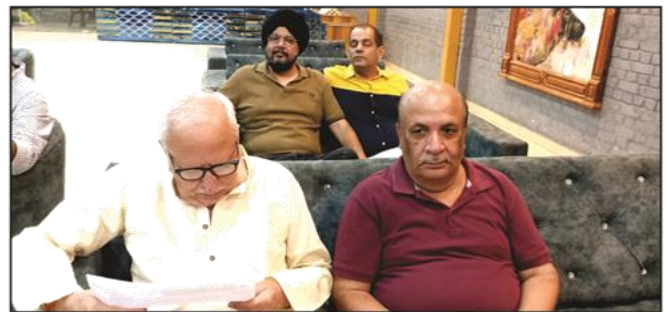


PP Rtn. Gautam Sachdeva






GLIMPSES Club Assembly






**GLIMPSES
Club Assembly**


Happy Birthday



Rty'ne Shweta Batra
W/o Rtn. Vishal Batra
16 July



Rtn. Deepak Tuteja
18 July



Annet Dhruv Kuchhal
S/o Rtn. Anurag Kuchhal
19 July

SAVE THE DATE

Installation & GOV

JULY | 20 | 2024

Details will follow

Compiled and Edited by :
PP Rtn. Vijay Mehta

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