



SWARN

Chab # 15706

PATH

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

2024-25

Bulletin No. 3 dated 18th July, 2024

next meeting



Governor's Official Visit

INSTALLATION CEREMONY of

Rtn. Dr. Gaurav Dembla

and His Team of Office Bearers (2024-25)



Chief Guest | Rtn. Prashant Raj Sharma

(District Governor 2024-25)

Chairman (GOV)

Chairman (Installation)

PP Rtn. Rajeev Garg

PP Rtn. Yogesh Bhagat



Venue | Mamchand Vatika
Sonipat

7:30 pm to 8:30 pm | GOV 8:30 pm to 9:0 pm | Fellowship 9:00 pm Onwards | Installation

The Meeting will be followed by Dinner & House-of-Friendship

MEETING DETAILS | 1st BOD

(Held on 12th July, 2024 at Bella Nosh, Sonipat)



1st meeting of the Board of Directors (BOD) for the year 2024-2025 was held at Bella Nosh on 12th July 2024 which was hosted by PP Rtn Sanjeev Sarin & Rtn. Shive Sehgal. Minutes of the meeting are as follows:

- 1. Minutes of the last joint BOD were confirmed.
- 2. It was resolved that signatories in account with Canara bank & HDFC bank (Club account, Trust account) should be changed for team bearers of 2024-2025.
- Induction of new members Dr Nikhil Gupta & Mr Deepak Garg to be done on 20th July 2024 as no objection has been received.
- 4. **Re-joining of Mr. Shagun Bhagat** our past member was discussed and passed.
- 5. Resignation of Rtn. Ish Kumar was accepted.
- 6. Following meetings have been scheduled for the month of July 2024
 - a. 20th July GOV & Installation
 - b. 28th July Distribution of Eatables at Smile Foundation.
- 7. Following committees to be formed for the GOV & Installation :
 - a. Registration Committee
 - b. Reception Committee
 - c. Hospitality Committee
 - d. Food Committee
 - e. Stage & Decor Committee
- 8. It was decided that **Project Drishti 2.0** to be highlighted among our friends & family groups so as to encourage fund raising for the same. **Rtn Vipin Dua sponsored 20 surgeries**, everyone applauded his generous contribution.

On behalf of the Board, PP Rtn Ramesh Wadhwa thanked PP Rtn Sanjeev Sarin & Rtn Shive Sehgal for their excellent hospitality.

Committees: **INSTALLATION**

REGISTRATION

- Rtn. Ajay Chaudhary
- Rtn. Sanjay Arora
- Rtn. Sachin Kukreja
- Rtn. Tejas Garg
- Annet Yuvraj Bhagat
- Annet Satvik Kaushik

RECEPTION

- PP Rtn. Gaurav Luthra
- PP Rtn. Rishi Chopra
- PP Rtn. Gautam Sachdeva
- PP Rtn. Kuldeep Solanki
- PP Rtn. Tribhuvan Kaushik

HOSPITALITY

- PP Rtn. Sanjiv Sarin
- PP Rtn. Vijay Mehta
- PP Rtn. Adv. Parmod Bhagat
- PP Rtn. CA Ramesh Wadhwa
- PP Rtn. (Dr.) Rakesh Rai
- PP Rtn. Vikram Chaudhary

FOOD

- Rtn. Gaurav Gambhir
- PP Rtn. Anil Chugh
- PP Rtn. Gaurav Charaya
- PP Rtn. Ved Chaudhary
- Rtn. Rajeev Kathpalia

STAGE & DECOR

- Rtn. Shive Sehgal
- PP Rtn. Jagdeep Singh
- PP Rtn. Ajay Chhabra
- Rty'ne Anshu Luthra
- Rty'ne Neeru Bhagat
- Ry'ne Sakshi Garg
- Rty'ne Kanika Chopra

MEETING DETAILS | Tree Plantation

(Held on 14th July, 2024 at Shaheed Madan Lal Dhingra Punjabi Samuday Kendra)

The last meeting of our Club was held in the form of **Tree Plantation** and was held at Shaheed Madan Lal Dhingra, Punjabi Samuday Kendra, Bahalgarh Road, Sonepat on Sunday, the 14th of July, 2024.

It is very common but prominent line and is more frequently used in Rotary, i.e. BEST IS YET TO COME. We have seen a good number of Tree Plantation meetings and this one held on Sunday was undoubtedly the best one held so far, in my opinion. It had all the stuff which is required to make such meeting successful.

Firstly, all members with their name plates planted saplings at the huge compound of Punjabi Samuday Kendra, after the meeting was formally called to order. Moving further, all the members had a taste of snacks and enjoyed good fellowship. To make the atmosphere more spicy and tipsy, a well-organised House-of-Friendship was enjoyed by all present, which was sponsored by President Rtn. (Dr.) Gaurav Dembla.

Next was a thrilling item on the Agenda, a very **creative and innovative game** befitting to the occasion (Tree Plantation) was **conducted by Rty'ne Sakshi Garg and Rty'ne Dr. Neeru Bhagat**. The **creativity of Tambola Tickets** was appreciated by one and all and for this Rty'ne Sakshi Garg deserves our heartiest appreciation. For the information of those, who could not attend, a photo of Tambola Ticket created for the occasion is appended.

Fun games were the other attractions of the day and the same were won by the following:

- 1. Rty'ne Suman & Rtn. Ajay Chaudhary (Early Birds)
- 2. Rty'ne Meghna & Rtn. PP Gautam Sachdeva (For wearing Maximum Green)
- 3. Naming the Trees Award was won by Rtn. Deepak Garg
- 4. Synonyms for Tree Award was won by Rty'ne Dr. Neeru Bhagat.

(Awards related to TREES at S.No. 3 & 4 were sponsored by Rty'ne Sakshi & PP Rtn. Rajeev Garg)



The report on Tree Plantation will be incomplete if we do not mention that all the members were presented with a Gift of 'Seed Balls', which hopefully will be planted by all the members and will help in planting of another 400-500 trees.

After a very useful contribution in improving the Environment and a rich fellowship, a delicious BRUNCH was enjoyed by all before calling it a Day.

We are thankful to the Management of Shaheed Madan Lal Dhingra Punjabi Samuday Kendra for providing us space and cooperation for planting of trees.

Meeting of such kind, where everyone enjoyed and a very useful purpose is also served could not have been held without great efforts of someone. And the someone were none-other-than Meet MOCs Rty'ne Vibha Gambhir and Rtn. Gaurav Gambhir, without whom this meeting would not have been so successful and they were, of course, ably guided by First Lady of the Club, Rty'ne (Dr.) Kriti Dembla and our energetic President Rtn. (Dr.) Gaurav Dembla.

Thank You for setting the tone for an eventful and happening year.

e Plantation

























Tree Plantation













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RC Sonipat - in News

रोटरी क्लब ऑफ सोनीपत ने वन महोत्सव के अवसर लगाए 151 पौधे

सोनीपत-अश्वनी टाईम्स। जहां भारत वर्ष इस बार अपने 75वे वन महोत्सव के अवसर पर एक पेड़ मां के नाम अभियान को मना कर पर्यावरण को बचाने के लिए आभियान चला रहा है।



उसी उद्देश्य को साकार करने के लिए रोटरी क्लब ऑफ सोनीपत ने भी इस शुभ कार्य में सहयोग प्रदान करने का प्रण लिया है। आज इस अवसर पर रोटरी क्लब ऑफ सोनीपत के प्रेसिडेंट डॉक्टर गौरव डेमबला जी की अध्यक्षता में अपने बहुत से मेंबर्स के साथ शहीद मदन लाल ढींगरा पंजाबी समुदाय केंद्र बहालगढ़ रोड़ सोनीपत में 151 अलग अलग तरह के पौधे लगाए। जिस से इस समुदाय केंद्र में तथा आसपास के क्षेत्र

में पर्यावरण को शुद्ध रखने में सहायता मिलेगी। इस अवसर पर पंजाबी समुदाय केंद्र के प्रधान श्री मोहन टुटेजा ने रोटरी क्लब के प्रेसिडेंट तथा सदस्यों का इस उत्तम कार्य के लिए जिस की इस केन्द्र में बहुत आवश्कता थी के लिए बहुत बहुत आभार व्यक्त किया। इस अवसर पर रोटरी क्लब के सदस्य गौरव गंभीर, संजय अरोड़ा, वनीत जी, जगदीप सिंह, ऋषी चोपड़ा, गौतम सचदेवा, कुलदीप सोलंकी, संजीव सरीन, गौरव लूथरा, विपिन दुआ, अनमोल,योगेश भगत, प्रमोद भगत, राजीव कठपालिया,त्रिभुवन कौशिक, अजरा अरोड़ा, श्वेता, मोनिका तथा पूजा के अतिरिक्त अन्य कई सदस्य उपस्थित रहे। अन्त में रोटरी क्लब के सेक्रेटरी डॉक्टर सचिन गुप्ता ने सभी सदस्यों का इस अवसर पर सहयोग के लिए धन्यवाद किया।

वि सोनीवता 75वें वन महोत्सव के अवस्त पर एक पह मां के नम अभियान चलाया जा रहा है होटरी क्लब आफ सोनीयत के अध्यक्ष हा गीरव हैम्बला की अध्यक्षता में शहीद मदन लाल डीगरा पंजाबी समुदाय केंद्र बहालगढ़ रोह में 151 मीधे लगाए। इस अवसर पर पंजाबी समुदाय केंद्र के प्रधान मोहन टुटेजा ने गैटरी बलाब के सदस्यों का आधार जलाया।

इस अवसर पर रोटरी क्लब के सदस्य गौरव गंभीर संजय अरोड़ा, बनीत, जगदीप सिंह, ऋषी चोपड़ा, गौतम सचदेवा, कुलदीप सोलंकी, संजीव सरीन, गौरव लूकरा, विधिन हुआ, अनमोल, योगेल भगत, प्रमोद भगत, राजीव कठपालिया, त्रिभुवन कीशिक, अजरा अरोड़ा, श्वेता, मोनिका और पूजा व डा. सचिन गुप्ता मौजूद रहे।

पंजाबी गौरव संघ ने किया पौधरीपण नरेंद्र मोदी के आह्वान पर एक पेड़ मां के नाम अभियान में पंजाबों गौरव संप के सदस्यों ने पटेल नगर शाखा में रिववार को 16 फलदार पौधों समेत 51 पौधे लगाए हस दौरान सरोज चावला, सतीश विरमानी, पवन बत्रा, ओमप्रकाश संदुजा, अशोक सहगल, हरीश चावला, अशोक कपूर, राजेंद्र कुकरेजा, शंकरदास भाटिया, चंद्रप्रकाश और मनोज सेतिया मौजूद रहे।





रोटरी क्लब ने पंजाबी समुदाय केंद्र में किया पौधारोपण

सोनीपत, 14 जुलाई (त्यागी): रविवार को बहालगढ़ रोड स्थित मदनलाल ढींगरा पंजाबी समुदाय केंद्र में रोटरी क्लब के सदस्यों ने अलग-अलग प्रकार के 151 पीधे लगाए। क्लब के प्रधान डा. गौरव डेम्बला की देखरेख में आयोजित किए गए पौधारोपण में क्लब के सदस्यों ने बद-चदकर हिस्सा लिया। पंजाबी एकता मंच के प्रधान मोहनलाल टुटेजा ने इस कार्य के लिए क्तब के प्रधान तथा सदस्यों का आभार जताया। उन्होंने कहा कि पर्यावरण संरक्षण के लिए पौधारोपण जरूरी है और हमें पीधे लगाने के साध-साध उनकी देखभाल भी करनी चाहिए। क्लब के सचिव डा. सचिन गुप्ता, संजय अरोड़ा, गौरव गंभीर, जगदीप सिंह, अनमोल, योगेश भगत, प्रमोद भगत, राजीव कठपालिया,



खेता, त्रिभुवन कौशिक तथा मोनिका इस अवसर पर उपस्थित थे।

Know Your District Governor (DG) (2024-25)

DG Prashant Raj Sharma

Rtn. Prashant Raj Sharma was born into a family of politicians and government officers. His father who is his aspiration was one of the best police officers in Uttar Pradesh and was awarded with President medal and chief minister award twice for his outstanding service in the UP police. His mother comes from the family of late Prime Minister Shri Atal Bihari, Bajpai ji.

Rtn. Prashant Raj Sharma had pursued law and by qualification he is B.Com., L.L.B., PGDBM. Apart from being a practicing lawyer and director in law firm called Truth & Fact Incorporation, he is heading a real estate development &



construction company named ASPS Infratech, he is managing director in ASPS hospitalities which is a hospitality company having hotels and banquets, he is Director in Brillante Jewels a Jewellery Export Company. He is also having a Petrol Filling Station on NH-9 Ghaziabad.

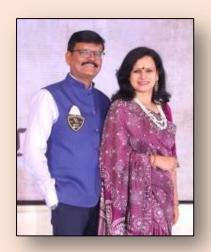
Rtn. Prashant Raj Sharma joined Rotary in 2011 and since then he is actively involved in the manifestation of ideals of Rotary. From a Rotarian to the Club Secretary in the year 2012-13 and then president of his club in year 2015-16, his Rotary involvement propelled him to work for the objectives of Rotary.

As an Assistant Governor in the year 2018-19, he further enhanced his Rotary knowledge. Awards and accolades inspired him to do more, achieve more and he got all - best Secretary, best President, best Assistant Governor. Since then, he had got the opportunity to serve as District Chair for various committees including administration, which are the testimony of his skills to handle Rotary matters.

He spearheaded a mega cleanliness 200 hours non-stop drive with his home club Rotary Club of Ghaziabad Greater, putting it in India book of Records. His exposure with Rotary is wide and large. He has attended the Rotary International Convention 2017 in Atlanta, USA. Also actively managed, hosted and attended all District meetings in the past including Training Assemblies, Conferences, PETS, SETS & AGTS. He was a part of the organizing team for the Rotary International Assembly held in New Delhi in 2021 and was awarded to make the International Assembly a success by Past Rotary International President Shekhar Mehta.

Besides Rotary, He is serving the society while being connected with other organizations. He is the President of Akhil Bharat Varshiya Brahmin Maha Sabha, Member of Supreme Court Bar Association, Member Bar Association Ghaziabad, Member of The Tax Bar Association Ghaziabad and the Vice President in Ramleela Committee Rajnagar, Ghaziabad. He is also the patron of Lions Eyes Hospital, Ghaziabad.

His better-half Rtn. Mukta Sharma is an active Rotarian, Member of Rotary Club of Ghaziabad Greater and Member of Inner wheel Club of Ghaziabad Greater. She was President of Inner wheel Club of Ghaziabad Greater for the year 2019-20 and 2020-21. She is a graduate in science and a professionally trained fashion designer. The Couple is blessed with a daughter and two sons - all pursuing professional studies and are also Rotaractors.



FROM THE DESK OF District Governor Prashant Raj Sharma

Dear President Rtn. Dr. Gaurav Dembla and Esteemed Members of Rotary Club of Sonepat,

Mukta & I extend the best greetings to all of you as you embark on the exciting journey of launching your Magazine/Bulletin. It fills my heart with immense pride and joy to see the innovative strides our clubs are making, and Rotary Club of Sonepat stands as a shining example of dedication and community spirit.

The name of our team for this year is Viraj, symbolizing

brightness and excellence. Just as the sun illuminates everything it touches, I encourage you all to bring your own unique light to every project, initiative, and interaction.

Dear President Rtn. Dr. Gaurav Dembla, your leadership marks the dawn of a new era for RC Sonepat. Under your guidance, I have no doubt that the club will soar to new heights, inspiring not just your members but the entire district. I extend my heartfelt congratulations to you and your team. May your tenure be marked by impactful service and meaningful connections.

To the Members of Rotary Club of Sonepat, each one of you is a beacon of hope and change. The magazine you are about to launch is more than just a collection of pages; it is a testament to your hard work, creativity, and unwavering commitment to the Rotary ideals of service above self. Use this platform to share your stories, celebrate your successes, and showcase the incredible work you are doing in the community.

As we move forward, remember that our collective strength lies in unity, diversity, and a shared vision for a better world. Let us continue to support each other, learn from each other, and grow together. Your dedication and enthusiasm are the driving forces that will propel us towards achieving our goals.

Mukta and I are thrilled to witness the vibrant energy and passion that Rotary Club of Sonepat exudes. We are confident that this magazine will serve as an inspiration to many and will be a catalyst for positive change.

Thank you for your relentless efforts and for being the true embodiments of Rotary's spirit. Together, let's make this year unforgettable and leave a lasting legacy of service and excellence.

With warm regards and best wishes,

Prashant Raj Sharma

District Governor 2024-25 Rotary International District 3012





KNOW YOUR PRESIDENT Rtn. Dr. Gaurav

Dembla

Gaurav Dembla was born in 1980 in Delhi. He is a doctor by profession. He joined Rotary Club of Sonipat on 12th July 2017.

EXPERIENCE

CONSULTANT &
DIRECTOR, DARYA RAM
HOSPITAL PVT. LTD. —
2014 till date

Dr Gaurav Dembla is currently working as a consultant in Medicine & Rheumatology at Darya Ram Hospital for last 10 years.

SENIOR RESIDENT, RHEUMATOLOGY, FORTIS HOSPITAL VASANT KUNJ — 2013-2014

He completed his advance training in the field of Rheumatology from Fortis Hospital, Vasant Kunj under the able guidance of Dr Ashok Kumar.

<u>SENIOR RESIDENT, DR RML HOSPITAL, NEW DELHI — 2012- 2013</u>

After completing his post-graduation in Internal Medicine, joined as a senior resident in the Dept. of Medicine in Dr RML Hospital, Delhi. He attended various specialty clinics (Rheumatology, Gastroenterology, etc.) during his tenure. He has various publications in national journals to his name.

EDUCATION

Graduated (MBBS) from Grant Medical College, Mumbai in 2003, he further did his post-graduation in Internal Medicine from NKP Salve Institute of Medical Sciences, Nagpur in 2010.

JOURNEY AS A ROTARIAN

- Served as Secretary, Rotary Club of Sonepat in the year 2021-22
- Served as Director Community Services, Rotary Club of Sonepat in the year 2022-23.
- Has successfully conducted project DRISHTI & Vision 50.
 Under these projects cataract surgeries (365 & 54 respectively) were performed free of cost for the under privileged people.
- Has conducted various medical camps for Rotary Club of Sonipat
- · Given a talk on Rheumatology in Rotary forum.

FAMILY

He is happily married to Dr. Kriti Dembla, working as an Obstetrician & Gynaecologist at Darya Ram Hospital since last 10 years. They have a lovely 8- year old son Atharv Dembla.

KNOW YOUR SECRETARY Rtn. Dr. Sachin Gupta



Dr. Sachin Gupta was born in Rohtak.

He is doctor by profession.

He runs his own diagnostic centre in Sonipat. He joined Rotary Club of Sonipat in July 2022.

Education

Did his graduation (MBBS) from Nepalgunj Medical College in 2004 followed by post-graduation in Radio Diagnosis through Diplomat National Boards in 2010 from BMC, Bhopal.

Experience

Presently, Director and Consultant at NOVA Imaging and Diagnostics, practicing Ultrasound, Color Doppler, CT Scan and other radiological modalities for the last 5 years.

Past

Consultant Radiologist -

- Chirayu Hospital (2010-2016), Bhopal
- Noble Heart and Multi-Specialty Hospital, Bhopal (2012-2015)
- JK Hindu Cygnus Hospital (2017-2020)
- Darya Ram Hospital (2018-2020)

Resident at Sir Ganga Ram Hospital, Delhi.

Journey as Rotarian

-Participated in panel discussion on Breast Cancer Screening.

Family

Married to Dr. Shilpy Singla (BDS, MDS) who is practicing as Pediatric Dentist at City Hospital and visiting consultant at various renowned dental clinics.

They have a 9-year old daughter Adya.

KNOW Rotary **ROTARY** PEOPLE OF ACTION **JANUARY** Vocational Service Month Peacebuilding and Conflict **FEBRUARY Prevention Month** MARCH Water and Sanitation Month Maternal and Child Health **APRIL** Month Youth Service Month MAY JUNE **Rotary Fellowships Month** JULY New Leadership Month Membership and New Club **AUGUST Development Month** Basic Education and Literacy **SEPTEMBER** Month **Economic and Community OCTOBER Development Month NOVEMBER Rotary Foundation Month** Disease Prevention and **DECEMBER Treatment Month**



Our Weekly Project:

Diabetes Screening Camp

Diabetes screening camp which is **weekly** organized by our club was held on 15th July, 2024 at Darya Ram Hospital and 60 patients were screened for diabetes.

Facts about diabetes:-

- 1) There are three types of diabetes: type 1, type 2 and gestational. Type 2 is the most common, and cases of both type 1 and type 2 are on the rise.
- 2) Diabetes is diagnosed with one or more blood tests.
- 3) Diabetes may be managed with monitoring, medication, diet and lifestyle changes.

Diabetes Check-up Camp











Contact us:

Rtn. Dr. Gaurav Dembla



PP Rtn. Gaurav Luthra



Rtn. Gaurav Gambhir



7988341789



KINDLY DONATE GENEROUSLY



DRISHTI 2.0

THANK YOU VERY MUCH

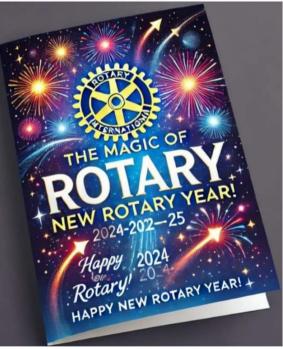
We sincerely and from the core of our hearts thank for the valuable contribution towards Project DRISHTI 2.0





Rtn. Vipin Dua





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