


Rotary
Club of Sonapat 
(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

next meeting

Bulletin No. 6 | 12th Aug., 2024



Rotary
Club of Sonapat 

THURSDAY
15 AUG
2024

10:00 am

MOCs :

PP Rtn. Raj Kumar Sardana
& Rty'ne Usha Sardana



Flag Hoisting

at **Shri Rama Krishna Sadhna Kendra Ashram**
Murthal, Sonipat

The Meeting will be followed by Brunch

INDEPENDENCE DAY | Significance & Importance

Independence Day celebrated on 15th August, is a significant national holiday in India. It marks the day when the country gained independence from British rule in 1947. This day reminds us of the sacrifices and courage all men and women took to free our country from the Britishers. This day we pay tribute to those freedom fighters who laid down their lives for the sake of the motherland. We pay respect to those who made it a free nation for generations to come. We thank those men and women who did not bother about their happiness but instead thought of the honour of their mother country. They are the ones who gave us the country we live in, they gave us the free air we breathe in, they gave us the scented soil we are proud of, and they gave us the dignity we deserve as citizens of the Indian subcontinent.

On this day, we remember and teach the young generation about the importance of Independence Day and how it was achieved. In schools, various functions are organised to help students understand the rich history of our country. Writing an essay on Independence Day can help school students reflect on the importance of this historic event and its enduring significance.

There is a huge importance of independence day in our life. We consider 15th August as the Red Letter Day in our history. It is on this day India got its long-desired independence in 1947 from 200 years of British rule. 15th August of 1947 is the day which every Indian feels proud to celebrate as their Independence Day. It was on this day our National Flag was hoisted for the first time. Hence, this day is celebrated every year as a national holiday in India.

It was a long struggle that started as early as 1857. Many great freedom fighters sacrificed their lives to bring independence to their motherland. Initially, it started with the Sepoy Mutiny of 1857 and ended with the Non-violence Movement led by Gandhiji. People from every religion, caste, class, state and gender participated in the Indian Independence Movement.



The value of Independence Day is quite high for each Indian. On this day, each and every Indian gets an opportunity to remember and show gratitude towards great men and women whose selfless sacrifices and unparalleled contributions brought us freedom. It is worth mentioning the names of a few such great leaders. They are Mahatma Gandhi, Subhas Chandra Bose, Maulana Abul Kalam Azad, Sardar Patel, Khudiram Bose, Jawahar Lal Nehru, Dr. Rajendra Prasad, Bhagat Singh and many other prominent leaders.

Independence Day is an important day in the life of every Indian. Year after year, it reminds us of our great freedom fighters who sacrificed their lives to free our Motherland from British rule. It reminds us of the great paragons, which were the foundation of the dream of a free India, envisioned and realised by the forefathers.

This year, the 78th year of India's independence is being celebrated with great enthusiasm focusing on the theme of "Viksit Bharat" which means Developed India. This theme reflects the Indian government's vision to transform the country into a developed nation by 2047, which will be the 100th anniversary of India's independence.

The importance of Indian Independence Day is that it makes us realise that our forefathers have done their share of responsibilities in bringing India's independence, and now the task lies in our hands - how we can shape and form the future of our country. They have played their role and have played it really well. The country now looks up to us as to how we perform our part. It blows the winds of patriotism and national integration across the country this Indian Independence Day 2024.

MEETING DETAILS | Movie Time

(Held on 06th August, 2024 at Miraj Cinema, Sonipat)

“औरों में कहाँ दम था” was the name of the Movie, our club hosted for its members on **Tuesday, 6th Aug., 2024** at **MIRAJ CINEMA**. A total of **123 tickets were booked** for the show. A rich fellowship was enjoyed by all. It is a **regular feature of our club for the last few years** to arrange a **MOVIE SHOW** for its members and their families.

After the movie, a **dinner was arranged at Regency Banquets** in the same mall, where we watched the Movie. It was here the **families had gup-shup, a good number of Rotarians were seen enjoying the House-of-Friendship**. Discussion of Movie was another feature of this fellowship, which was enjoyed by all.

Although, there was no MOC appointed for this meeting, but the **Services and cooperation of PP Rtn. Sanjeev Sarin** cannot be overlooked. With his **active involvement, everything went very smooth**. We **sincerely thank PP Rtn. Sanjeev Sarin for the efforts** (for him, it were not) in arranging this entertaining and enjoyable meeting.

Chalte-Chalte : As it was **Rtn. Sachin Wadhwa's Birthday on 7th August**, those who stayed by 12:00 midnight, celebrated his birthday by cutting of cake. **Everybody present congratulated Rtn. Sachin Wadhwa and wished him HAPPY BIRTHDAY.**



**Movie Time
Birthday Celebration**



MEETING DETAILS | Diabetes Checkup Camp

(Held on 5th August, 2024 at Nova Imaging & Diagnostic Centre, Gohana Road, Sonipat)

BEAT DIABETES

Diabetes - Know, Manage, Conquer

In our commitment for increasing diabetes awareness, our weekly camp was conducted on Monday, 5th August, 2024 at NOVA IMAGING & DIAGNOSTIC CENTRE, GOHANA ROAD. A total of 42 patients were screened.

FACTS & MYTHS OF DIABETES

Overweight and obesity can cause diabetes

Fact: Being overweight or obese is a risk factor for type 2 diabetes but it is not a direct cause. It can happen that overweight people may not develop type 2 diabetes while some people who are of healthy weight will develop type 2 diabetes. Type 1 diabetes is not preventable and is not caused due to excess weight, physical inactivity or any lifestyle factors.

Reported by | President Dr. Gaurav Dembla



SANGKOO YUN

of the Rotary Club of Sae Hanyang, South Korea, has been selected by the Nomination Committee to serve as **Rotary International President in 2026-27.**

With no opposing candidate, he will be officially declared as President Nominee on October 1.

ROTARY AT A GLANCE

Rotary Clubs	: 36,978
Rotaract Clubs	: 10,634
Interact Clubs	: 14,613
RCCs	: 13,460
Rotary Members	: 11,81,186
Rotaract Members	: 1,62,325
Interact Members	: 3,36,191

As on June 17, 2024

			
Rty'ne Monika Batra W/o Rtn. Ashish Batra 16 August	Rudra Batra S/o Rtn. Ashish Batra 17 August		
			
Dr. Neha Kapoor D/o Dr. Rtn. Rakesh Handa 17 August	Rty'ne Reena Dahiya W/o PP Rtn. Surinder Dahiya 19 August	Archit Relan S/o Rtn. Ajay Relan 19 August	Dr. Rty'ne Kriti Dembla W/o Dr. Rtn. Gaurav Dembla 22 August
			
PP Rtn. Gaurav Charaya 23 August	Teevr Doda S/o Rtn. Rajat Doda 24 August	Rty'ne Manju Chaudhary W/o PP Rtn. Ved Chaudhary 26 August	Siddharth Bali S/o Rtn. Sanjeev Bali 26 August
			
Vanya Dua D/o Rtn. Vipin Dua 27 August	Aarav Luthra S/o PP Rtn. Gaurav Luthra 27 August	Mahiraj Jain S/o Rtn. Kunal Jain 28 August	Adhiraj Bhagat S/o PP Rtn. Yogesh Bhagat 29 August
			
Rty'e Deepali Doda W/o Rtn. Rajat Doda 30 August	Rty'ne Sunita Mehta W/o PP Rtn. Vijay Mehta 31 August	Vedant Sehgal S/o Rtn. Raja Sehgal 31 August	Rty'ne Radhika Charaya W/o PP Rtn. Gaurav Charaya 31 August

Compiled and Edited by :
PP Rtn. Vijay Mehta

Designed & Published by:
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