

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. 7 dated 29th August, 2024

SUNDAY
01 SEP.
2024

5:30 pm

FEED
THE
NEED



Donation of Shed
& Distribution of Eatables

SPREAD THE LOVE !

Let's come together to share the blessings and make a meaningful impact on the lives of those in need.

Venue | **SPREAD SMILE FOUNDATION**

HUDA Community Centre,
Sector-12, Sonipat

MOC:

Rty'ne Rashmi & Rtn. Sanuj Chhabra

MEETING DETAILS | Independence Day Celebrations

(Held on 15th August, 2024 at Shree Rama Krishna Sadhna Kendra, Sonipat)

78th Independence Day was celebrated at Shree Rama Krishna Sadhna Kendra, Murthal with students of the Kendra. Here I'm not addressing them as orphans. Minutes of the meeting are as under:

FLAG HOISTING & MEETING CALLED TO ORDER

Flag hoisting was done by President, Respected Swami ji and present Rotarians. **Bharat Mata Ki Jai & Vande Matram** was chanted loudly by all present there.

Meeting was called to order on time by President Rtn. Dr. Gaurav Dembla & handed over to MOC PP Rtn. Raj Kumar Sardana for further proceedings. Swami ji & PP Rtn. Tribhuvan Kaushik were called on the stage. Club Secy. Rtn. Dr. Sachin Gupta had to leave for an emergency case at his clinic. Bouquet was presented to Swami ji by PP Rtn. Vikram Chaudhary. Respected Acharyas and other dignitaries were honoured by our senior members.

MUSICAL PATRIOTIC PRESENTATION

Students gave Musical presentation in form of Vedic Shlokas & Patriotic songs which were loudly applauded & praised by everyone.

SPEECHES DELIVERED

MOC delivered his speech and emphasized on the role & sacrifices made by freedom fighters in bringing us freedom. He also told audience that this has been our regular feature to celebrate this event here for the last many years. He thanked Swami ji for allowing to celebrate this event at the Kendra.

Acharya Sheshnag also delivered a very meaningful speech on the importance of independence. Guest Speaker Mrs. Sharma delivered her speech in which she told that she has travelled many countries and glorified Indian culture wherever she visited.

Respected Swami ji emphasized in his address on importance of retaining freedom. He admired the selfless services being provided by our club to the needy people of society. He also told significance of Dharma in our lives. He thanked our club for fulfilling Kendra's needs whenever asked for.

DISTRIBUTION OF STATIONERY

Stationery & a big size Black board was presented to the students.

Meeting was handed over back to the President who delivered his speech and adjourned the meeting.

DIABETES CAMP

Diabetes camp was organized at the venue as a part of this celebration. Blood Pressure and sugar level of almost all the guests and Rotarians was checked by the nursing staff of Darya Ram Hospital, venture of President Dr. Gaurav Dembla.

After that, brunch was served to the students by Rotarians.

Thereafter, delicious Brunch and particularly PP Rtn. R.K Sardana's special HIMALAYAN SWEET DISH was relished and admired by everyone present there.

Special Thanks Rtn. Ajay Relan for sponsoring brunch and stationary for this event.

HIGHLIGHTS OF THE MEETING

Swami ji introduced us to a successful businessman who studied in this Kendra.

Also introduced to two persons who studied here and now they are teaching here.

Special thanks to MOC PP Rtn. Raj Kumar Sardana & Rty'ne Usha Sardana for organising this wonderful meeting.

Reported by | Rtn Ajay Chaudhary

Glimpses - Independence Day Celebrations



Glimpses - Independence Day Celebrations



MEETING DETAILS | Diabetes Checkup Camp

(Held on 27th August, 2024 at Darya Ram Hospital, Murthal Road, Sonipat)

BEAT DIABETES

DIABETES CAMP (No 8) 27/08/24

Awareness Key to Diabetes Control

Rotary Club of Sonapat arranged its monthly diabetes screening camp on Tuesday, 27th August, 2024 at Darya Ram Hospital, Murthal Road, Sonapat. This camp is evidence of our dedication to raising diabetes awareness in the community. **37 persons in all were screened** for diabetes.

As of now, we have screened 493 people during our eight camps.

FACTS & MYTHS OF DIABETES

Myth: If you have diabetes, exercising will only make low blood sugar episodes occur more frequently.

Fact: You shouldn't believe that having diabetes entitles you to neglect your exercise regimen! Maintaining diabetes control requires exercise. You have to balance exercise, medication, and food if you're on insulin or a prescription that causes the body to produce more insulin. Consult with your doctor about designing a fitness regimen that is appropriate for your body type.

Myth: Insulin is only necessary for those with type-1 diabetes.

Fact: Insulin replacement therapy is essential for people with type-1 diabetes. Throughout the day, they need to check their blood glucose levels on numerous occasions. Conversely, type-2 diabetes is a disorder that worsens over time. Six to ten years after being diagnosed with type 2 diabetes, 50% of patients will require insulin due to the gradual decrease in insulin production by the pancreas. As part of managing type-2 diabetes, taking medication appropriately, leads to fewer complications over time.

Reported by | President Rtn Gaurav Dembla

BEAT DIABETES - Diabetes Check Up Camp



Rotary
Club of Sonapat
2024-25



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 express our gratitude and sincere thanks for the valuable contribution towards Project DRISHTI 2.0



PP Rtn. Sanjeev Sarin



PP Rtn. Gaurav Luthra



MEETING DETAILS: Minutes of 2nd Board of Directors Meeting

(Held on 12th August, 2024 at Bella Nosh, Sonapat)
2nd Meeting of the Board of Directors (BOD) for the year 2024-2025 was held at Bella Nosh on 12th August 2024 which was hosted by PP Rtn Rajeev Garg & PP Rtn Tribhuvan Kaushik.

Minutes of the meeting are as follows:

- 1) Minutes of the last BOD were confirmed.
- 2) An update on Project Drishti 2.0 was given by the President Rtn. Dr. Gaurav Dembla, a total of 6 surgeries has been done till date. PP Rtn. Sanjeev Sarin sponsored 17 surgeries & PP Rtn. Gaurav Luthra sponsored 5 surgeries, everyone applauded their generous contribution.
- 3) Following meetings have been scheduled for the month of August 2024
 - a) **15th August** - Independence Day Celebration & Blood Sugar Camp
 - b) **1st September** - Donation of Fibre Shed & Distribution of Eatables at SmileFoundation.
 - c) **7th September** - Teachers Day Celebration

On behalf of the Board, **PP Rtn Rishi Chopra** thanked **PP Rtn. Rajeev Garg & PP Rtn. Tribhuvan Kaushik** for their excellent hospitality.

HAPPY BIRTHDAY!

Annet Aman Chaudhary S/o Rtn. Ajay Chaudhary 01 Sept	Annet Vir Ranvir S/o PP Rtn. Sanjay Sharma 01 Sept	Annet Vansh Kukreja S/o Rtn. Sachin Kukreja 01 Sept	Annet Rahul Kakkar S/o Rtn. Mukesh Kakkar 03 Sept
Rtn. Amit Jain 04 Sept	Rtn. Gobind Singla 04 Sept	Rtn. Rajan Wadhwa 04 Sept	PP Rtn. Anil Chugh 05 Sept
Annet Shreya Jain D/o Rtn. Atul Jain 06 Sept	Annet Muskaan Kaushik D/o PP Rtn. Tribhuvan Kaushik 06 Sept	Annet Samayra Sharma D/o PP Rtn. Nitish Sharma 09 Sept	Rty'ne Shalu Wadhawan W/o Rtn. Sanjay Wadhawan 09 Sept
Rty'ne Shilpa Dua W/o Rtn. Vipin Dua 10 Sept	Rtn. Meghna Sachdeva W/o PP Rtn. Gautam Sachdeva 11 Sept	Rty'ne Vandana Jain W/o Rtn. Atul Jain 11 Sept	Rty'ne Neeru Relan W/o Rtn. Ajay Relan 11 Sept
Annet Ambuj Girdhar S/o IPP Rtn. Sandeep Girdhar 14 Sept	Annet Mallika Sehgal D/o Rtn. Gulshan Sehgal 15 Sept	Annet Ambuj Girdhar S/o IPP Rtn. Sandeep Girdhar 14 Sept	Annet Mallika Sehgal D/o Rtn. Gulshan Sehgal 15 Sept

Compiled and Edited by :
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