

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. 8 dated 03rd Sept., 2024

Next Meeting

गुरुवंदनम्

...TEACHERS' DAY CELEBRATION

Saturday, 7th Sept., 2024

8:00 pm (Sharp)

(Meeting will be followed by Dinner)

Program : Honouring of Teachers

Chief Guest | Prof. S.K. Jawa

Former Principal, Hindu College, Sonapat

Venue :

Mamchand Vatika

Murthal Road, Sonapat

MOC | Rty'ne Rashmi Chhabra

As is clear from the above details, this meeting is being organised to honour respectable Teachers, all are requested to please follow punctuality and please do note the time of the meeting, which is 8 pm. It will not be right if our guests to be honoured reach before us. Hence, it is a special request to please be there before the guests and welcome them.

Know Your Chief Guest | **PROF S.K. JAWA**

Name	:	Prof. S.K.Jawa Retired Principal, Hindu College, Sonipat
Education	:	<ul style="list-style-type: none"> • Graduation from Hindu College, Sonipat, 1982 • Post Graduation (M.Sc. Organic Chemistry) from Kurukshetra University, Kurukshetra, 1984 Gold Medalist in M.Sc. (1984-Batch). • M.Phil (Organic Chemistry) from MDU Rohtak
Experience	:	Joined Hindu College as a Lecturer in Chemistry Department (in Oct 1984)
Total Experience	:	Total 39 Years, 8 months of Teaching Experience in Hindu College, Sonipat Got subsequent promotions as <ul style="list-style-type: none"> ✓ Senior Lecturer, ✓ Associate Professor, ✓ Vice- Principal ✓ and Principal
Achievements	:	<ul style="list-style-type: none"> ▪ Acted as Head of Chemistry Department ▪ Acted as Dean, Science faculty ▪ Acted as member of board of studies at M.D.University for UG and PG courses. ▪ Guided many students to participate in various district level and state level science exhibitions, science quiz and science essay writing competitions organized by Haryana state council of Science and Technology ▪ Attended many workshops, seminars and conferences organized by UGC and higher education institutions ▪ Honored with best teacher award multiple times by various educational societies and clubs. ▪ Member Youth welfare Committee of M.D.U ▪ A regular blood donor, donated blood 29 times and awarded by district authorities

Teacher's Day 2024

Teacher's Day 2024: Teachers play an irreplaceable role in our lives by sharing essential knowledge, and guiding us towards the right path. To recognize and celebrate their contributions, Teachers' Day is observed throughout India on September 5 each year.



TEACHERS' DAY: WHY DO WE CELEBRATE

Teachers' Day coincides with the birth anniversary of **Dr Sarvepalli Radhakrishnan**, a distinguished scholar and revered educationist who commanded great respect from his students.

History has it that when a group of students wished to celebrate his birthday, Dr Radhakrishnan proposed that they mark the occasion as Teachers' Day instead.

During Radhakrishnan's presidency from 1962 to 1967, he preferred a modest acknowledgment and expressed that he would be more pleased if the day were dedicated to honouring teachers.

Since 1962, educational institutions across India have celebrated Teachers' Day on Sept. 05, his birth anniversary to pay **tribute to Sarvepalli Radhakrishnan** and to all teachers who dedicate themselves to educating and guiding students.

Teachers' Day: Significance

Teachers' Day is a **time to honor and express gratitude to educators** who play a crucial role in shaping students' futures, and guide them through their **wisdom**.

Beyond **imparting knowledge and values**, teachers provide **guidance through challenges and build a strong foundation** for their students. They inspire and influence many, shaping the future of countless individuals.

Teachers' Day: Celebrations

On Teachers' Day, schools and higher education institutions across India celebrate the day with much enthusiasm to show respect to their educators.

The day marks various events at schools and educational institutions, highlighting the importance of teachers and honours their contributions across various disciplines of education.

Students often express their appreciation through heartfelt notes, handmade cards or cakes to their teachers.

MEETING DETAILS: FEED THE NEED

(Held on 1ST September, 2024 at
NGO Spread Smile Foundation, Sector
-12, Sonapat)

*"We make a living by what we get,
but we make life by what we give."*

On 1st September 2024, a community meeting was held at NGO Spread Smile Foundation, Sector -12, Sonapat.

Many thanks to our MOCs Rty'ne Rashmi & Rtn. Sanuj Chhabra for the donation of eatables to underprivileged children's and the installation of Fibre Shed at NGO Spread Smile Foundation to protect them from extreme weather conditions.

This noble cause brought a smile on the faces of more than hundred underprivileged children's getting free education at this NGO. The project is part of the club's monthly community meetings, led by President Dr. Gaurav Dembla, to support children's education and aspiration .

Along with MOC's Rty'ne Rashmi & Rtn. Sanuj Chhabra, meeting was attended by our First Lady Rty'ne Dr. Kriti Dembla, Rty'ne Anshu & PP Rtn. Gaurav Luthra, Rtn. Gaurav Gambhir, Rtn. Deepak Garg & Annet Aarav Luthra.

It was another feather in the cap of our President Rtn. Dr. Gaurav Dembla.

Reported by PP Rtn Gaurav Luthra

Glimpses | FEED THE NEED



MEETING DETAILS | Free PFT Camp

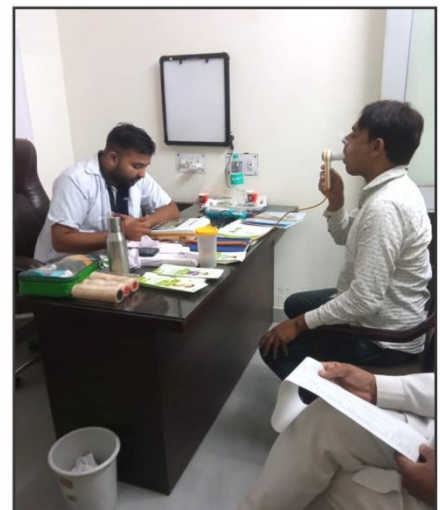
(Held on 29th August, 2024 at Darya Ram Hospital, Murthal Road, Sonipat)

Today a Pulmonary Function Test (PFT) camp was held by the Rotary Club of Sonapat at Darya Ram Hospital on 29th August, 2024 to provide the community with a free pulmonary testing opportunity. The event's primary goals were to raise awareness of the value of lung health and to facilitate the early detection of pulmonary disorders. Trained medical professionals performed spirometry testing at the camp and provided personalised consultations based on each patient's unique test findings. A total of 22 individuals were tested.

The camp provided an invaluable platform for promoting respiratory wellness and instructing attendees on how to keep their lungs in good shape. Overall, the PFT camp organised by the Rotary Club successfully fulfilled its mission to make a positive impact on community health by prioritizing respiratory wellness and encouraging proactive measures for maintaining healthy lungs.

Reported by President Rtn. (Dr) Gaurav Dembla

Glimpses - PFT Camp



MEETING DETAILS | Diabetes Checkup Camp

(Held on 2nd September, 2024 at Darya Ram Hospital, Murthal Road, Sonipat)

BEAT DIABETES

DIABETES CAMP (No. 9) 02/09/24

Knowledge is Our Diabetes Shield

Our weekly Diabetes Screening Camp was successfully conducted on 2nd Sep., 2024 at Darya Ram Hospital. **We screened 57 individuals.**

We have screened 550 people during our nine camps.

FACTS & MYTHS OF DIABETES

Myth: Is it safe to take insulin?

Fact: Although insulin can save lives, some people find it difficult to take proper care. Insulin, both old and new, lowers blood sugar. However, the only way to find out how well your diabetes treatment strategy is working for you is to test your blood sugar levels.

Myth: Taking insulin does not require you to alter your way of life.

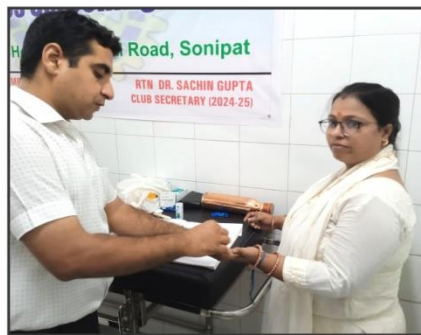
Fact: Diet, exercise, and oral medications may be sufficient to regulate your blood sugar when you are first diagnosed. But eventually, your drugs might not work as well as they used to, and you'll probably require insulin shots to help manage your blood sugar levels. Managing your diet and exercise with insulin is very important to help keep blood sugar levels in their target range and to help avoid complications.

Myth: Women with diabetes should not get pregnant

Fact: Women who manage their diabetes well can have a normal pregnancy and give birth to a healthy baby.

Reported by | President Rtn Gaurav Dembla

BEAT DIABETES - Diabetes Check Up Camp





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**



WHO IS A "DRIVER" and A "GREEN DRIVER"

Who is a "DRIVER" ?

1. A driver is a person, who takes "self" or the occupants to their destinations - safely & happily"
2. A driver - (computer science) a program (thoughts, attitude + health, actions) that determines how a computer (vehicle) will communicate (drive) with a peripheral device (vehicle)

Who is a "GREEN DRIVER"?

1. A driver who helps save fuel and who does not :
 - Let Traffic Jams happen – defensive driving and well maintained vehicle
 - Stops in the middle of the road to ask directions
 - Parks the vehicle improperly or erratically
2. A driver who Respects others on and off the roads (avoids road rage)
3. A driver who Pre-Plans route– easy & quick decision making & using indicators

"DRIVER DRIVES A NATION"

--- Contributed by PP Rtn Rajeev Garg

Annet Hardik Seth
S/o PP Rtn. Pankaj Seth
16 Sept

Rtn. Rajat Doda
17 Sept

Annet Atharv Dembla
S/o Pres. Rtn. Dr. Gaurav Dembla
20 Sept