

**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

Bulletin No. 9 dated 19<sup>th</sup> Sept., 2024

**Next Meeting**

# B L O O D DONATION CAMP

TUESDAY  
**24** SEP.  
2024

10:00 am onwards

Venue :

O.P. JINDAL GLOBAL UNIVERSITY  
T1 MCS Hall at OP JGU (Sonipat)

MOC :

PP RTN. KULDEEP SOLANKI

It will be a joint Project Meeting with ROTARACT CLUB OF OPJGU.  
Please join in large numbers to encourage our junior partners  
and also eligible Rotarians can donate Blood also.



Rotary Action Group  
for Blood Donation

## Give Blood = Save 3 Lives



## MEETING DETAILS | Teachers' Day Celebration (गुरुवंदनम्)

(Held on 7<sup>th</sup> September, 2024 at Mamchand Vatika, Murthal Road, Sonipat)

**गुरुवंदनम्** was the title given to our Club's Last to Last meeting held as **Teachers' Day Celebration** on Saturday, the 7<sup>th</sup> Sept., 2024. The venue of this meeting was Mamchand Vatika and the **Chief Guest on the occasion was Prof. S.K. Jawa, Former Principal, Hindu College, Sonapat.**

**Excellent, Exemplary and Exceptionally** held (falling short of recalling further synonyms) was the way the meeting was **conceived and executed by MOC Rty'ne Rashmi Chhabra.** After the meeting was called to order, **National Anthem** was played and a **brief address welcoming the Chief Guest and the invited Teachers and their families was delivered by President Rtn. (Dr.) Gaurav Dembla.**

From here onwards, the **meeting was handed over to MOC** for further proceedings, The **Chief Guest was welcomed with a bouquet of flowers by President Rtn. (Dr.) Gaurav Dembla & Rty'ne Dr. Kriti Dembla.**

In all, **40 teachers from different schools of Sonipat were honoured** at this well-organised and glittering function. **Each & every Teacher was welcomed with a bouquet and applying of Tilak by our lovely annets Bani Sehgal and Atharv Dembla.** All teachers were presented a **shawl and Certificate of Appreciation by the Chief Guest.** The achievements of the visiting Teachers were explained in detail by MOC Rashmi in her own inimitable style.

After all the Teachers were honoured by the Chief Guest, who himself had been an eminent teacher spoke in detail about the Teachers, the teaching profession and importance of celebrating Teachers' Day. **The talk was really impressive and befitting to the occasion.**

In the end, as a token of our love and appreciation, a **memento was presented to the Chief Guest by Rty'ne Anshu Luthra and PP Rtn. Gaurav Luthra.**

A very short yet very **impressive performance was given by Annet Aarisha Jain** thanking all the teachers in a musical way.

A brief but crispy **expression of thanks was presented by Club Secretary Rtn. Sachin Gupta** before the meeting was finally adjourned by the President. The meeting was followed by a rich fellowship and delicious dinner.

We express our **heartiest thanks to MOC Rty'ne Rashmi Chhabra for conducting the meeting in a very elegant way** which was appreciated by all present.

### Glimpses | गुरुवंदनम् (TEACHERS' DAY CELEBRATION)



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# Glimpses | गुरुवंदनम् (TEACHERS' DAY CELEBRATION)



## गुरुवंदनम में 40 शिक्षकों का किया सम्मान



सोनीपत। रोटरी क्लब ऑफ सोनीपत की ओर से शिक्षक दिवस के उपलक्ष्य में मामचंद वाटिका में शिक्षक सम्मान समारोह गुरुवंदनम का आयोजन किया। कार्यक्रम का शुभारंभ मुख्यातिथि के रूप में हिंदू महाविद्यालय के सेवानिवृत्त प्राचार्य एवं प्रोफेसर एसके जावा ने दीप प्रज्वलित करके किया। प्रोफेसर एसके जावा ने रोटरी क्लब के सदस्यों व शिक्षकों के साथ अपने कार्यकाल के अनुभव भी साझा किए। वर्तमान शिक्षकों को विद्यार्थियों के प्रति सहनशील रहने के लिए प्रोत्साहित किया। संवाद

## IN NEWS

# TEACHERS DAY MEETING

## रोटरी क्लब ऑफ सोनीपत द्वारा शिक्षक सम्मान समारोह गुरुवन्दनम

रोटरी क्लब ऑफ सोनीपत द्वारा शिक्षक दिवस के उपलक्ष्य में एक विशाल शिक्षक सम्मान समारोह का आयोजन सोनीपत सत्य केसरी (डॉक्टर मल्होत्रा) मामचंद वाटिका के सुराजित प्रगण में आयोजित किया गया। इस अवसर पर प्रोफेसर श्री एस के जावा रिटायर्ड प्रिंसिपल हिंदू कॉलेज सोनीपत को विशेष रूप से चोफ गेस्ट के रूप में आमंत्रित किया गया था। उन्होंने अपने अध्यक्षीय भाषण में उपस्थित रोटरी क्लब के सदस्यों तथा शिक्षकों को अपने कार्यकाल के कुछ मधुर अनुभव साझा किए तथा वर्तमान शिक्षकों को छात्रों के प्रति



सहनशील बर्ताव करते रहने की सलाह दी। और छात्रों को देश भक्ति देश प्रेम तथा भारतीय संस्कृति के प्रति जागरूक करने को उत्साहित किया। रोटरी क्लब के प्रेसिडेंट डॉक्टर गौरव डेम्बला ने क्लब की ओर से सभी अतिथियों तथा आमंत्रित शिक्षकों का स्वागत किया और क्लब द्वारा चलाए जा रहे समाज के अन्य प्रोजेक्ट्स के विषय में भी जानकारी साझा की।

आज सोनीपत जिले के विभिन्न स्कूलों के लगभग 40 शिक्षकों को उन की कार्यकुशलता कार्य के प्रति समर्पण के लिए सम्मानित किया गया उनमें श्रीमती सुमन बाला, डॉक्टर

किरण दलाल, श्री शम्मी सक्सेना सहित सभी अध्यापक उपस्थित रहे। क्लब की मास्टर ऑफ सेरेमनी रोटैरियन रश्मी छाबड़ा एक्-सेक्रेटरी रोटैरियन डॉक्टर सचिन गुप्ता जी ने समारोह को सफल बनाने के लिए पूरा सहयोग किया। इस अवसर पर रोटैरियन पूर्व प्रधान अजय छाबड़ा, पूर्व प्रधान गौतम सचदेवा, पूर्व प्रधान जगदीप सिंह, पूर्व प्रधान गौरव लुधरा, पूर्व प्रधान ऋषि चोपड़ा तथा पूर्व प्रधान विजय मेहता सहित क्लब के अन्य बहुत से सदस्य अपने परिवार सहित उपस्थित थे। अंत में सेक्रेटरी रोटैरियन डॉक्टर सचिन गुप्ता ने सभी का धन्यवाद किया।

## गुरुवन्दनम के नाम आयोजित किया शिक्षक सम्मान समारोह

हरिभूमि न्यूज >>> सोनीपत

रोटरी क्लब ऑफ सोनीपत द्वारा शिक्षक दिवस के उपलक्ष्य में शिक्षक सम्मान समारोह का आयोजन किया गया। इस अवसर पर प्रोफेसर एसके जावा रिटायर्ड प्रिंसिपल हिंदू कॉलेज सोनीपत को मुख्यातिथि के रूप में आमंत्रित किया गया था। उन्होंने अपने अध्यक्षीय भाषण में उपस्थित रोटरी क्लब के सदस्यों तथा शिक्षकों को अपने कार्यकाल के कुछ मधुर अनुभव साझा किए तथा वर्तमान शिक्षकों को छात्रों के प्रति सहनशील बर्ताव करते रहने की सलाह दी। और छात्रों को देश भक्ति देश प्रेम तथा भारतीय संस्कृति के प्रति जागरूक



सोनीपत। कार्यक्रम का शुभारंभ करते हुए अतिथिगण।

फोटो: हरिभूमि

करने को उत्साहित किया। रोटरी क्लब के प्रेसिडेंट डॉ. गौरव डेम्बला ने क्लब की ओर से सभी अतिथियों तथा आमंत्रित शिक्षकों का स्वागत किया। इस दौरान विभिन्न स्कूलों के लगभग 40 शिक्षकों को उनकी कार्यकुशलता व कार्य के प्रति समर्पण

के लिए सम्मानित किया गया। क्लब की मास्टर ऑफ सेरेमनी रोटैरियन रश्मी छाबड़ा एवं सेक्रेटरी डॉ. सचिन गुप्ता ने समारोह को सफल बनाने के लिए पूरा सहयोग किया। इस अवसर पर पूर्व प्रधान अजय छाबड़ा, गौतम सचदेवा, जगदीप सिंह आदि रहे।

## MEETING DETAILS | Diabetes Checkup Camp

(Held on 9<sup>th</sup> September, 2024 at Darya Ram Hospital, Murthal Road, Sonipat )

### BEAT DIABETES

DIABETES CAMP (No. 10) 09/09/24

#### Sugar You Can't Sweet-Talk Me Anymore.

Our weekly diabetes screening camp was successfully conducted at Darya Ram Hospital. We screened **61 individuals** today. **In total we have screened 611 people** in our ten camps conducted till date.

### FACTS & MYTHS OF DIABETES

**Myth:** I won't get diabetes because no one in my family has it.

**Fact:** Having a parent or sibling with diabetes raises your risk of developing it. Family history increases the likelihood of developing both type 1 and type 2 diabetes. However, many diabetics do not have any close family members who have diabetes.

Certain lifestyle choices and illnesses may increase the risk of developing type 2 diabetes.

Risk factors include

- Age 45 or older
- Being overweight or obese
- Polycystic ovarian disease
- Gestational diabetes

You can minimize your risk by maintaining a healthy weight, exercising five days of the week, and eating a nutritious diet.

**Myth:** I got diagnosed with diabetes, therefore I'll have to follow a special diet.

**Fact:** Diabetics consume the same meals as others. In fact, the latest recommendations no longer emphasise precise carbohydrate, fat, or protein intake levels. However, they recommend that persons with diabetes acquire their carbohydrates from vegetables, whole grains, fruits, and legumes. Avoid foods heavy in fat, sodium, or sugar. These guidelines are comparable to what everyone should consume. A personalized diet plan always help. A nutritious and balanced diet, together with a healthy lifestyle, will help you control diabetes.

*Reported by | President Rtn Gaurav Dembla*

## BEAT DIABETES - Diabetes Check Up Camp



## MEETING DETAILS | Diabetes Checkup Camp

(Held on 16<sup>th</sup> September, 2024 at Darya Ram Hospital, Murthal Road, Sonipat )

### BEAT DIABETES

#### DIABETES CAMP (No. 11) 16/09/24

#### Diabetes A Dance-off with Desserts

Our weekly diabetes screening camp was successfully conducted at Darya Ram Hospital. We screened **55 individuals**. In total we have screened **666 people** in our eleven camps conducted till date.

#### FACTS & MYTHS OF DIABETES

**Myth:** My doctor has started me on insulin, this means I am not managing my blood sugar well

**Fact:** People with type-1 diabetes must use insulin because their body no longer produces this important hormone. Type-2 diabetes is progressive, which means that the body makes less insulin over time. So over time, exercise, diet changes, and oral medicines or non-insulin injectable medicines may not be enough to keep your blood sugar in control. Then you need to use insulin to keep blood sugar in a healthy range.

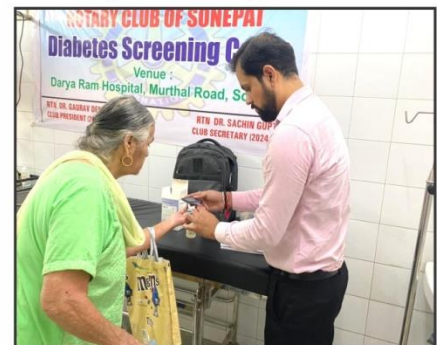
**Myth:** It is not safe to exercise with diabetes.

**Fact:** Getting regular exercise is an important part of managing diabetes. Exercise helps boost your body's sensitivity to insulin. It can also help lower your HbA1c, a test that helps tell how well your diabetes is controlled.

A good goal is to aim for at least 150 minutes per week of moderate-to-vigorous exercise like brisk walking. Include two sessions a week of strength training as part of your exercise routine. If you haven't exercised in a while, walking at a brisk pace (you can talk, but not sing) is a great way to slowly build your fitness.

*Reported by | President Rtn Gaurav Dembla*

## BEAT DIABETES - Diabetes Check Up Camp



**Our Stalwarts getting ready to shape "NEXT ROTARY YEAR"**




**BEST WISHES FOR PES**  
(PRESIDENT ELECT SEMINAR)  
**14TH SEPTEMBER 2024**  
Here's to a New Beginning...

DDA(Haryana)  
Rtn Rajeev Garg & Rty'ne Sakshi Garg





**BEST WISHES FOR PES**  
(PRESIDENT ELECT SEMINAR)  
**14TH SEPTEMBER 2024**  
Here's to a New Beginning...

PE Rtn Rajat Doda & Rty'ne Sanya Doda





**BEST WISHES FOR PES**  
(PRESIDENT ELECT SEMINAR)  
**14TH SEPTEMBER 2024**  
Here's to a New Beginning...

DDZ Rtn Yogesh Bhagat & Rty'ne Dr Neeru Bhagat



**MEETING DETAILS**  
**Installation Ceremony, "कदम"**

The Rotaract Club of O.P. Jindal Global University celebrated its 12th anniversary and the new 2024-25 year with a grand installation ceremony, "कदम". The event featured a seamless transition of leadership, with the collaring of new President Rtr. Chirag Agarwal and heartfelt speeches by dignitaries and past leaders. Captivating performances by the JGU community and Rotaract members added vibrancy to the occasion.

Inspiring addresses from the Chief Guest Rtn. Dr. Gaurav Dembla and Guest of Honour DRR Rtr. Kaavya Jain emphasized the impact of Rotary's work and the importance of community empowerment. The Badge Pinning Ceremony formally inducted the new leadership team, highlighting the support from dignitaries.

The event concluded with a felicitation of dignitaries and a sincere Vote of Thanks, followed by a social lunch. The installation ceremony successfully marked a new beginning for the Rotaract Club, filled with promise and the potential for an impactful year ahead.

*Reported by | PP Rtn. Rajeev Garg*



**Give The Gift of Sight: SUPPORT CATARCT SURGERIES**  
**PROJECT DRISHTI 2.0**

**Contact us:**

- Rtn. Dr. Gaurav Dembla 9999261418
- Rtn. Gaurav Luthra 9896335928
- Rtn. Gaurav Gambhir 7988341789





## VASTU FOR PROSPERITY

*It is not about how BIG a House is, but about how HAPPY the Home is .....*

*A person needs an inspiring place to wake up to, a soothing place to come home to a relaxing place to live in.*

Whole world including the human body comprises of 5 essential elements i.e. Earth, water, Fire, Air & Sky. The principles of Vastu are mainly arranging and balancing these five elements in proper proportions so that humans can have better living conditions.

Whenever we talk about Vastu, we refer to the ‘Principles of Directions’ (North, East, South, West) and ‘Science of Energies’ (Sun, Wind, Heat, Magnetic, Telluric etc.) These energies and vibrations have great impact on our body. Vastu is a vast scientific study which creates harmony with LAW OF NATURE. Let me share with you general tips for your day to day life:

- ✚ The entrance of your house should be clutter-free, very well lit, no black colour on it.
- ✚ The house should be very well ventilated with proper air circulation & ample sunlight
- ✚ Ideally kitchen should be in South-East direction. Secondly, we can opt for North-west side of your house, at least face East while cooking.
- ✚ The centre of your house that is ‘Brahmasthan’ should be left empty or with very light furniture. This ensures free flow of energy.
- ✚ Avoid placing mirror opposite bed which reflects sleeping person as it creates a problem of energy drain causing sickness.
- ✚ Location of Staircase is best on South, West and South-west direction.
- ✚ Washroom should be well ventilated with windows and exhaust fan. This helps to eliminate any form of bacteria. Keep a bowl of sea salt in washroom and keep changing between 5 to 6 days.
- ✚ Make sure you don't sleep will head towards North direction.
- ✚ Lockers for cash or cupboards for cash should be kept in South or South-west wall, so it opens to the North of the house.
- ✚ There is nothing better than plants at home for Air purification and improving mental health. Such indoor plants are: Golden Pothos, Sansevieria plant, Aglaonema plant, ZZ plants, Lucky Bamboo and many more.....

In any shelter, be it Home, Commercial Establishment or Industrial premises is built on the guidelines of ‘Vastu Shastra’, it certainly **blesse s the owner with best of “HEALTH, WEALTH, PROSPERITY AND HAPPINESS.”**

**SANGEETA SARIN, (M.Com, MBA)**

✚ *The above useful and informative article is contributed by Rty'ne Sangeeta Sareen, who is an expert on the subject.*

*Sangeeta Sarin is a Scientific Vastu Consultant practicing since 13 years. She advocates Vastu, its remedies (without demolition). She is a well-known Numerologist and Astrologer and has helped numerous people with the personal/professional problems through detailed analysis of the horoscope.*







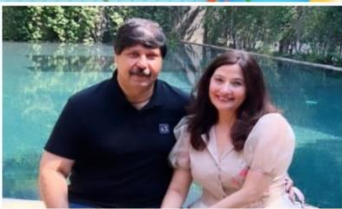
**HAPPY BIRTHDAY!**

*Happy Birthday!*


			
<b>Rt'yne Priyanka Sehgal</b> W/o Rtn. Shive Sehgal 21 Sept	<b>Rtn. Dr. Sachin Gupta</b> 21 Sept	<b>PP Rtn. Kuldeep Solanki</b> 23 Sept	
			
<b>Annet Aman Sardana</b> S/o PP Rtn. R.K. Sardana 23 Sept	<b>Rty'ne Sunita Wadhwa</b> W/o Rtn. Sachin Wadhwa 26 Sept	<b>Rty'ne Kavita Solanki</b> W/o PP Rtn. Kuldeep Solanki 27 Sept	<b>Annet Mauli Wadhwa</b> D/o Rtn. Vineet Wadhwa 27 Sept
			
<b>Annet Rudra Arora</b> S/o Rtn. Sanjay Arora 28 Sept	<b>Rtn. Vineet Wadhwa</b> 29 Sept	<b>Rtn. Tejasva Garg</b> S/o PP Rtn. Rajeev Garg 29 Sept	<b>Annet Raghvi Sachdeva</b> D/o PP Rtn. Gautam Sachdeva 30 Sept



**Happy Anniversary**

	
<b>PP Rtn. Vijay Mehta &amp; Rty'ne Sunita Mehta</b> 22 Sep.	<b>Rtn. Sanjay Suri &amp; Rty'ne Charu Suri</b> 28 Sep.

**“ERRATUM”**



In our previous printed bulletin, the birthday of Rty'ne Neeru Relan was printed as on 11<sup>th</sup> September whereas her birthday falls on 20<sup>th</sup> September.

We sincerely regret the error and wish her a birthday full of joy, happiness and thrill. Have a Great Day .....

Compiled and Edited by :  
PP Rtn. Vijay Mehta

Designed & Published by:  
Amit Dureja #9315421865