



SWARN PATH

Rotary
Club of Sonepat



(100% PHF Club)

Club # 15396

Chartered :
22/03/1957

2023-24

Rtn. Gordon R McInally
R.I. President

Rtn. Priyatosh Gupta
District Governor

Rtn. Sandeep Girdhar
Club President

Rtn. Rajat Doda
Club Secretary

Rty'ne Charu Wadhwa
Bulletin Editor



A RI Presidential Initiative

Mental Health & Well-Being

-a Running Series of Articles

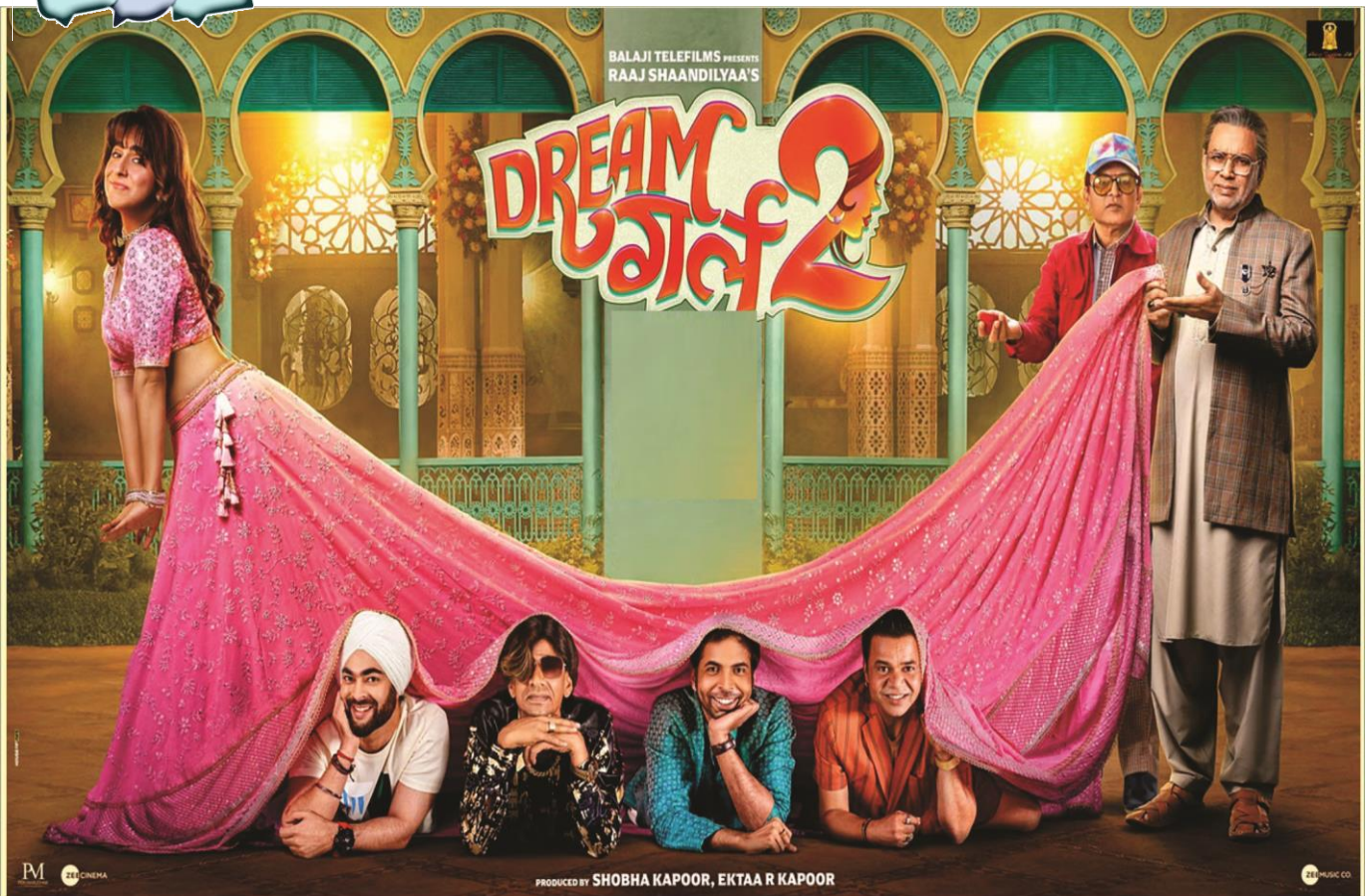
**Interact Club of
Jankidass Kapur Public School**

Minutes

Last Meeting

Distribution of e-learning Tablets
Celebration of Independence Day
2nd BOD Meeting
Monthly Diabetes Camp

**INSIDE
FIND**



next meeting

MOVIE TIME

SATURDAY
02 SEP
2023

Venue | MIRAJ CINEMAS
Sonipat

Show Starts at 7:30 pm

Followed by Dinner at
GULSHAN DHABA, MURTHAL

(Please meet 10 minutes before show timings)

MEETING DETAILS | Independence Day Celebrations

(Held on 15th August, 2023)

at Rama Krishna Sadhna Kendra Ashram, Murthal, Sonipat

Opening and Flag Hoisting

- The meeting was called to order by President Rtn Sandeep Girdhar.
- Members proceeded to the flag hoisting ground with MOC PP Rtn. Raj Kumar Sardana and Swami Dayanand ji.
- A large number of members and dignitaries were present during the flag hoisting ceremony.

Speech and Blessings

- President Rtn Sandeep Girdhar handed over the meeting to MOC PP Rtn. Rajkumar Sardana.
- MOC spoke about patriotism and blessed the children.
- PP Rtn Vikram Chaudhary welcomed Swami Sesh Narayan ji with a planter.
- Rtn Navrattan Chopra welcomed Swami Dayanand Saraswati ji with a planter.
- Rtn. Pramod Bhagat honoured Swami Dayanand Saraswati ji with a shawl.
- PP Rtn Ajay Chhabra honoured Swami Sesh Narain ji with shawl.

Patriotic Cultural Program

- Ashram's children presented an excellent patriotic cultural program.
- Orphan children's efforts were praised by everyone.

Blessings and Speeches

- Swami Dayanand ji delivered kind, religious, and spiritual words, blessing the gathering.

Distribution and Food

- Sweet dish, Dry Fruits and Decoration items were sponsored by PP Rtn Raj Kumar Sardana.
- Rotarians served food to all who were present.

Conclusion

- Vote of Thanks was proposed by Rtn. Rajat Doda.
- President adjourned the meeting.

Independence DAY CELEBRATIONS





Independence DAY CELEBRATIONS



Independence DAY CELEBRATIONS



MEETING DETAILS | Distribution of E-Tablets

(Held on 24th August, 2023 at Droan Vidya Peeth School, Sonipat)

The Rotary Club of Sonapat organized a meeting at Droan Vidya Peeth School in Sonapat. The purpose of the meeting was to **distribute 'e-Learning Tablets'** to the students. The club generously **donated four of these tablets to the girls** at the school. The girls who received the tablets were filled with pride and made a promise to utilize them for their education and personal growth in the future. The joy and excitement they felt was evident from the smiles on their faces.

This is a Project of last year which has been executed this year. Donation for tablets was made in 2022-23 by Rtn. Sachin Wadhwa and the then President Rtn. Jiten Garg. The Club thanks them deeply for this benevolent act.

In attendance at the meeting were the **President Rtn. Sandeep Girdhar, accompanied by the First Lady of the Club, Rty'ne Shruti Girdhar, Meet Chairman Rtn. Ravi Bali, the Secretary Rtn. Rajat Doda as well as Rtn. Sanjay Arora, and Rty'ne Ajra Arora.** The school's Principal Mrs. Sangeeta Munjal and other teachers were also present on this occasion. They took the opportunity to encourage the students to make the most of the tablets and to work hard in their studies. The meeting concluded with a formal vote of thanks expressed by Mrs. Rita (school teacher) and then a **high tea was served.**

This event **highlighted the Rotary Club's commitment towards education.** Overall, the Rotary Club's efforts in organizing this event and donating the tablets not only uplifted the students' spirits but also emphasized the club's role for positive change and empowerment within the community. **President Rtn. Sandeep Girdhar adjourned the meeting.**

Reported By | Rtn. Rajat Doda



Distribution of 'E-Learning Tablets



Hari Bhoomi



सोनीपत। विद्यार्थियों को टैबलेट वितरित करते हुए क्लब के पदाधिकारी।

रोटरी क्लब ऑफ सोनीपत ने बांटे ई लर्निंग टैबलेट्स

सोनीपत। रोटरी क्लब ऑफ सोनीपत द्वारा द्रोण विद्यापीठ स्कूल जीवन नगर में एक सभा का आयोजन किया गया। जिसमें क्लब की तरफ से स्कूल के होनहार एवं जरूरतमंद 10 विद्यार्थियों को ई-लर्निंग टैबलेट्स प्रदान किए गए। इस अवसर पर क्लब के प्रधान संदीप गिरधर ने बच्चों को आज की शिक्षा में टैबलेट्स की आवश्यकता के विषय में बताया और इनके प्रयोग करने की जानकारी भी दी। उन्होंने स्कूल के अध्यापकों को भरोसा दिलाया कि वह हर प्रकार से बच्चों की अन्य आवश्यकताओं में भी सहयोग करने के लिए विचार कर सकते हैं। स्कूल के मुख्य अध्यापक ने रोटरी क्लब के सदस्यों का इस लेक कार्य के लिए धन्यवाद किया। इस अवसर पर क्लब के मीटिंग चेयरमैन संजीव बाली, सेक्रेटरी रजत डोडा, संजय अरोड़ा, आजरा अरोड़ा तथा रेणु गिरधर व कई अन्य मेम्बर भी उपस्थित रहे।

Dainik Jagran



विद्यार्थियों को ई-लर्निंग टैबलेट्स वितरित करते हुए क्लब के पदाधिकारी।

सोनीपत। रोटरी क्लब ऑफ सोनीपत ने बृहस्पतिवार को द्रोण विद्यापीठ स्कूल जीवन नगर में एक कार्यक्रम का आयोजन किया। इसमें क्लब ने स्कूल के 10 मेधावी विद्यार्थियों को ई-लर्निंग टैबलेट बांटे। क्लब के प्रधान रोटेरियन संदीप गिरधर ने बच्चों को आज की शिक्षा में टैबलेट के महत्व और इनके प्रयोग करने की जानकारी दी। उन्होंने स्कूल के अध्यापकों को भरोसा दिलाया कि वह हर प्रकार से बच्चों की अन्य आवश्यकताओं में भी सहयोग करेंगे। इससे शिक्षा जगत के नए शोध से अवगत होंगे। इस दौरान चेयरमैन संजीव बाली, सेक्रेटरी रजत डोडा, संजय अरोड़ा, आजरा अरोड़ा और रेणु गिरधर व कई अन्य मेम्बर भी उपस्थित थे।

Dainik Bhaskar

रोटरी क्लब ने विद्यार्थियों को बांटे ई लर्निंग टैबलेट्स



सोनीपत। रोटरी क्लब ऑफ सोनीपत द्वारा गुरुवार को द्रोण विद्या पीठ स्कूल जीवन नगर में कार्यक्रम किया। इस दौरान क्लब की तरफ से स्कूल के होनहार एवं जरूरतमंद दस विद्यार्थियों को ई लर्निंग टैबलेट्स प्रदान किए गए। क्लब के प्रधान संदीप गिरधर ने बताया कि आधुनिक शिक्षा में टैबलेट्स की भूमिका अहम हो गई है। इससे ई लर्निंग करके अधिक से अधिक ज्ञान हासिल किया जा सकता है। वह हर प्रकार से बच्चों की अन्य आवश्यकताओं में भी सहयोग करेंगे। मौके पर क्लब के मीटिंग चेयरमैन संजीव बाली, सेक्रेटरी रजत डोडा, संजय अरोड़ा तथा रेणु गिरधर व कई अन्य सदस्य मौजूद रहे।

E-Learning Project in News

जरूरतमंद विद्यार्थियों को वितरित किए ई-लर्निंग टैबलेट्स

सोनीपत, 24 अगस्त (त्यागी): वीरवार को रोटरी क्लब द्वारा जीवन नगर स्थित द्रोण विद्यापीठ में आयोजित एक कार्यक्रम में स्कूल के 10 मेधावी तथा जरूरतमंद विद्यार्थियों को ई-लर्निंग टैबलेट्स प्रदान किए गए।

क्लब के प्रधान संदीप गिरधर, सचिव रजत डोडा, मीटिंग चेयरमैन संजीव बाली, संजय अरोड़ा व रेणु गिरधर इस अवसर पर उपस्थित थे। संदीप गिरधर ने कहा कि भविष्य में



विद्यार्थियों को ई-लर्निंग टैबलेट्स वितरित करते क्लब के पदाधिकारी। (त्यागी)

भी जरूरतमंद विद्यार्थियों की मदद करने का सिलसिला जारी रहेगा।

Punjab Kesari

A RI Presidential Initiative on MENTAL HEALTH & WELL-BEING (one of the Areas of Focus)

RAISING AWARENESS

We can take action to increase awareness about these issues or advocate for the resources that people in our communities need to live healthier lives. Some ideas to consider:

- ▶ Learn about reliable resources for different kinds of support, such as what organization to call if you're concerned about a friend and which one to call during a crisis. Share these resources and encourage people to prioritize their mental health and seek help when needed.
- ▶ Promote existing local or national resources. These might be confidential support phone lines where people can speak with trained mental health professionals, or they could be emergency services for people in crisis.
- ▶ Ask mental health experts to hold a session about working with vulnerable communities, such as people without housing or survivors of natural disasters. This can sensitize people to the emotional considerations of those you support.
- ▶ Invite mental health professionals to discuss ways people can increase their resilience and seek help. This could be at a club meeting, district assembly, or community event, with speakers such as counselors, therapists, doctors, professors, or spiritual leaders.
- ▶ Form partnerships with secondary schools and universities aimed at encouraging more people to pursue careers in mental health or specialized training. Your club or district could create or support a scholarship for aspiring mental health professionals.

Mental health is a critical issue for young people, often due to the physical, emotional, and social changes they are experiencing. You could raise awareness in this area by:

- ▶ Exploring possible collaborations with organizations that specialize in social-emotional learning and development for youths. This may help create or support activities that strengthen your RYLA, Rotary Youth Exchange, and Interact programs and help young leaders learn about their own mental well-being.
- ▶ Including social-emotional learning with professionals in the preparation for outbound students and host families in your district's Rotary Youth Exchange program. Invite program leaders, like district youth exchange officers, to also take part.
- ▶ Expanding on the great work to raise awareness being done by youth leaders. Young people are often more comfortable discussing this subject and take innovative approaches to reaching wider audiences. Support youth-led campaigns and share engagement opportunities with your club or program participants.
- ▶ Fostering conversations about mental health across age groups by inviting Interactors and youth leaders to discuss how they approach and support mental health. Together, you can explore the cultural and generational barriers to talking about these issues.
- ▶ Having professionals supplement your youth protection training by leading sessions about mental health for club members who work directly with young people.

MEETING DETAILS | Diabetes Check-Up Camp

Rotary Club of Sonipat's commendable effort in organizing a Diabetes Check-up Camp

The camp takes place on the 29th of each month at Darya Ram Hospital. This initiative showcases the club's dedication to community health and well-being. By holding these monthly camps, individuals in Sonipat have the opportunity to receive regular medical attention and advice for managing their diabetes. Such consistent check-ups play a crucial role in early detection, effective management, and prevention of complications related to diabetes.



RC Sonipat Camp in GML (Governor's Monthly Letter)

ROTARY CLUB OF SONEPAT Diabetes Screening Camp

Club organised
Diabetes Screening
Camp at Darya
Ram Hospital,
Murthal Road,
Sonipat on 29th
(Every Month)
July 2023



2nd Board Of Directors (BOD) Meeting

The 2nd Board of Directors (BOD) meeting of the Rotary Club of Sonapat took place on August 18, 2023, at Cafe Crave Sonapat. Meeting was hosted by PP Rtn. Kuldeep Solanki and Rtn. Vipin Dua. During the meeting, the following agendas were discussed and finalized:

1. Minutes of last BOD were confirmed.
2. The upcoming New Members Assimilation meeting is scheduled for August 25th.
3. A Teachers' Day meeting is planned for the first week of September.
4. A Tree Plantation meeting is also set for the month of September.
5. A meeting concerning the **Girl's Scholarship initiative is planned for September**. The President encouraged board members to contribute to this worthy cause, and several members expressed their commitment to assist in the project.
6. An in-depth conversation took place regarding a new project at the **Ram Krishan Sadhna Kendra in Murthal, Sonapat**. The proposal involves donating approximately 20 **Wooden Beds to the Ashram**. The President announced an appeal for donations from the members in support of this project.

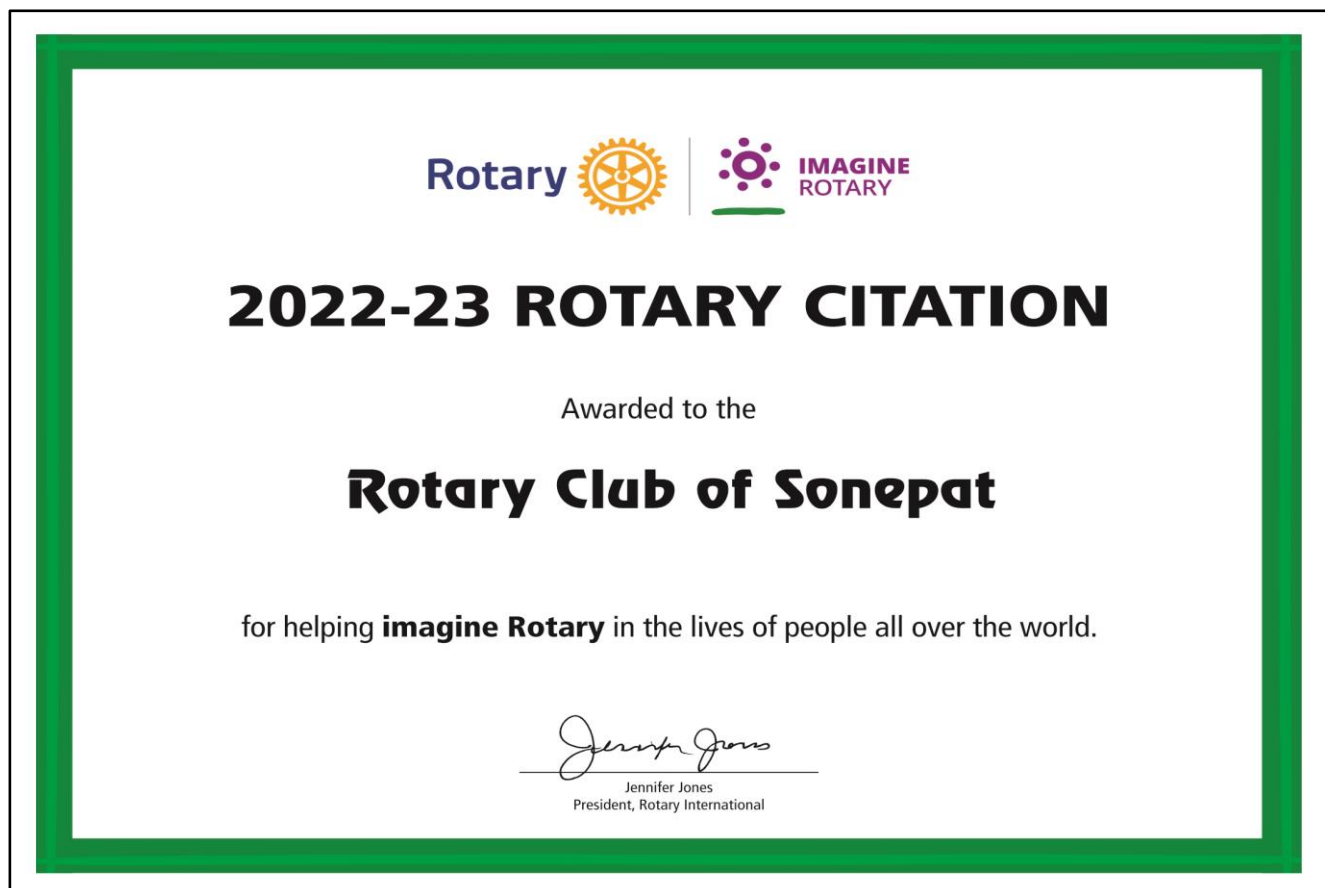


TEACHERS DAY
CELEBRATIONS
SEPT. | 08 | 2023

Interact Club of Jankidas Kapur Public School

ASMI LUTHRA (D/o PP Rtn. Gaurav Luthra)
 appointed as President of Interact club of Jankidas Kapur Public School
 sponsored by Rotary Club of Sonapat.

Accolades to Asmi Luthra for being appointed as a Charter President of Interact Club of Jankidass Kapur Public School sponsored by Rotary Club of Sonipat. Congratulations to proud parents Rtn Anshu & PP Rtn Gaurav Luthra.



		
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

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