

**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. 11 dated 08<sup>th</sup> Oct., 2024

**Next Meeting**

# नवरा



## Dandiya Night

**October 11 | 8:30 pm | Ronak Garden**  
Bahalgarh Road, (Sonipat)

MOC :  
**RTY'NE BHAWNA SEHGAL &  
RTY'NE SHWETA BATRA**

Meeting will be followed by Dinner

## MEETING DETAILS | RHYTHM RENDEZVOUS

(Held on 28<sup>th</sup> September, 2024 at Ronak Garden, Sonipat)

Rhythm Rendezvous was the title of the Meeting held on Saturday, 28<sup>th</sup> September, 2024 at Ronak Garden, Sonipat. As the name suggests, it was a Musical Night par excellence.

The control figure of the Rhythmic Evening was renowned singer, Mr. R. Malhotra, who gave a thrilling performance and entertained the audience with one after another Master-pieces of old films. He not only sang and performed excellently but involved a good number of Rotarians along with him who happily accepted his offer and joined the main singer. The following Rotarians and Rty'nes showed their singing skills.

Rtn. PP Dr. Rakesh Rai, Rtn. PP Ajay Chhabra, Rty'ne Manju Kathpalia, Rtn. Antriksh Gupta, Rty'ne Sangeeta Sareen & Rty'ne Neetu Gupta.

On great public demand, Rty'ne Manju Kathpalia and Rty'ne Neetu Gupta also gave solo performances which were applauded by everyone present.

A mixture of Vocal and Instrumental Performance was given by our evergreen Star PP Rtn. Sanjeev Sareen, which was appreciated and enjoyed by all. This was the master moment of the evening.

The atmosphere was so refreshing and charged that no one wanted to leave the venue. All the demands of (Song-of-the-choice) the audience was met by the star singer, who at the end, made almost everyone present dance on his songs.

It was a great effort by the MOCs Rty'ne Shweta Wadhwa and Rtn. Vineet Wadhwa for arranging such a happening and entertaining evening. We thank both of them for their splendid effort.

As all good things come to an end, so did our Musical evening but not before celebrating the birthday of MOC of the evening Rtn. Vineet Wadhwa, who was born by the time our meeting ended (well past midnight). The meeting was followed by sumptuous dinner.

## Glimpses | RHYTHM RENDEZVOUS



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## MEETING DETAILS:

### FEED THE NEED – Community Service Meeting

(Held on 6<sup>th</sup> October, 2024 at Spread Smile Foundation, Sector-12, Sonipat)

#### OLD IS GOLD

*(but Gold is never old as it is relevant at all times.)*

I believe, I can take the liberty of addressing MOCs of our last meeting as OLD, not because of their age but because of their seniority in the Club. It was that intent and experience which brought so many Rotarians, Rty'nes and Annets for our last meeting which was a Community Service Meeting held at Spread Smile Foundation, Sector-12, Sonipat to FEED THE NEED on Sunday, 6th October, 2024.

This has become almost a monthly feature of our Club to visit this place 'SPREAD SMILE FOUNDATION' where a young group of dedicated & responsible individuals give tuitions to under-privileged children. Just to supplement their efforts in bringing a positive change in their lives, our Club does its part by visiting them on a regular basis and encouraging the beneficiaries and organisers of the program.

This time it was different. The children were treated with hot pizzas, delicious pastries and Cotton Candy (Also known as 'Buddhi Mai Ke Baal'). All these delicacies were prepared/baked at the venue and were served fresh to the children.

The thrill in the eyes of the recipients was clearly visible. Rotarians, Rty'nes and Annets were too happy and satisfied to serve them.

The following members, Rty'nes and Annets were present:

• PP Rtn. Vikram Chaudhary	• Rtn. Anmol Chaudhary	• Rty'ne Shweta Wadhwa
• Rty'ne Suchitra Chaudhary	• Rty'ne Anshu Chaudhary	• Rty'ne Reema Jain
• PP Rtn. R. K. Sardana	• Rtn. Gaurav Gambhir	• Rty'ne Ajra Arora
• PP Rtn. Ved Chaudhary	• Rty'ne Pooja Gambhir	• Pres. Rtn. Dr. Gaurav Dembla
• PP Rtn. Gautam Sachdeva	• Rtn. Antriksh Gupta	• Rty'ne Dr. Kriti Dembla
• Rty'ne Meghna Sachdeva	• Rty'ne Neetu Gupta	• PP Rtn. Vijay Mehta
• PP Rtn. Gaurav Luthra	• Rtn. Sachin Kukreja	• Annet Abeer Chaudhary
• Rtn. Anshu Luthra	• Rty'ne Shalini Kukreja	• Annet Ansh Gupta
• Rty'ne Kanika Chopra		

The list of attendees itself proves the efforts of our MOCs Rty'ne Suchitra Chaudhary and PP Rtn. Vikram Chaudhary, who were ably and actively assisted by Rty'ne Anshu Chaudhary and Rtn. Anmol Chaudhary.

We whole-heartedly thank all of them (Chaudhary Family) for making this Community Service Meeting an exemplary and memorable one.

# Glimpses | FEED THE NEED



## MEETING DETAILS | Diabetes Checkup Camp & Free Lipid Profile Check-up Camp

(Held on 28<sup>th</sup> September, 2024 at Darya Ram Hospital, Murthal Road, Sonipat )

### BEAT DIABETES - DIABETES CAMP (No. 12)

#### Sugar My Ex, My Forbidden Love.

Our weekly Diabetes Screening camp was successfully conducted today at Darya Ram Hospital. We screened **52 individuals** today. **In total we have screened 718 people in our twelve camps conducted till date.** Also we conducted the **Monthly Free Lipid Profile Camp.** We conducted free tests for **22 individuals.**

### FACTS & MYTHS OF DIABETES & LIPIDS

**Myth:** I have borderline diabetes, so I don't need to worry.

**Fact:** Prediabetes is the term used for those whose blood sugar levels are not in the diabetes range but are too high to be called normal. Prediabetes means that you are at high risk for developing diabetes within 10 years. You may be able to lower your blood sugar to normal levels by lowering your body weight and exercising 150 minutes a week with diet control. If your HBA1c values are in between 5.7 and 6.5, the person is PRE-DIABETIC

**Myth:** I can stop taking diabetes medicines once my blood sugar is under control.

**Fact:** Some people with type 2 diabetes are able to control their blood sugar without medicine by losing weight, eating a healthy diet, and getting regular exercise. But diabetes is a progressive disease, and over time, even if you are doing all you can to stay healthy, you may need medicine to keep your blood sugar within your target range.

**Myth:** All cholesterol is bad.

**Fact:** Some kinds of cholesterol are very important for health. It makes hormones and cells, among other things, and needs cholesterol to do these jobs. Lipoproteins are the proteins that carry cholesterol through the blood.

There are two kinds of lipoproteins that move cholesterol around the body: HDL, which stands for "good" cholesterol, and LDL, which is sometimes called "bad" cholesterol. Blood vessel walls can get thick with LDL cholesterol when your body has too much of it. It's called \*plaque.\*As time goes on, plaque builds up inside your blood vessels, making them smaller. This can make it harder for blood to get to and from your heart and other organs, and over time, it can stop that flow. Heart attack can happen when blood flow to the heart is cut off.

*Reported by | President Rtn Gaurav Dembla*

### BEAT DIABETES - Diabetes Check Up Camp & Lipid Profile Camp



**Save the date**

**26<sup>th</sup> October, 2024**

to celebrate  
**DISTRICT Diwali**

District Diwali program is being organised at **N R Grand, Ghaziabad.**  
Interested Members should contact President for more details and confirm their participation well in advance so that proper travel and other arrangements can be made.

**MUCH AND EAGERLY AWAITED,**

*Deepawali Meeting*

**OF OUR CLUB IS PLANNED ON SUNDAY, THE 27TH OCTOBER, 2024. THE ABOVE MEETING WILL BE CHAIRED BY NONE OTHER THAN \*PRIYANKA & SHIVE SEHGAL**

**\*Wait for the INNOVATIVE AND NEVER-HELD-BEFORE EXPERIENCE**

Next to Next Meeting:  
On the occasion of World Arthritis Day,  
a  
**Rheumatology Camp**  
is being organised at Darya Ram Hospital, Murthal Road, Sonapat on 12th October, 10 am onwards. Please give wide publicity for the Arthritis Patients to make use of this **FREE CAMP**

## MEETING DETAILS | 3rd Board of Directors Meeting

(Held on 16<sup>th</sup> September, 2024 at Regency Banquets, Sonipat)

3<sup>rd</sup> meeting of the Board of Directors (BOD) for the year 2024-2025 was held at Regency Banquets on 16<sup>th</sup> September 2024 which was hosted by PP Rtn. Gautam Sachdeva & PP Rtn. Rishi Chopra. 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 30 surgeries has been done** till date.
3. Following meetings have been scheduled for the month of September - October 2024
  - a) 24<sup>th</sup> September - Blood Donation camp with Rotaract Club of OP Jindal Global University.
  - b) 28<sup>th</sup> September - Fellowship Meeting (Musical Night)
  - c) 6<sup>th</sup> October - Community Meeting
  - d) 11<sup>th</sup> October - Dandiya Night

On behalf of the Board, PP Rtn. Jagdeep Singh thanked PP Rtn. Gautam Sachdeva & PP Rtn. Rishi Chopra for their excellent hospitality.

Rotary Club of Sonapat 2024-25

THE MAGIC OF ROTARY

### Give The Gift of Sight: SUPPORT CATARACT SURGERIES

**PROJECT DRISHTI 2.0**

**Contact us:**

Rtn. Dr. Gaurav Dembla  
9999261418

Rtn. Gaurav Luthra  
9896335928

Rtn. Gaurav Gambhir  
7988341789





# Happy Birthday!

			
<b>Annet Advita Luthra</b> D/o PP Rtn. Gaurav Luthra 12 Oct	<b>Rty'ne Shalini Kukreja</b> 16 Oct	<b>PP Rtn. Jagdeep Singh</b> 17 Oct	<b>PP Rtn. T.C. Gandhi</b> 19 Oct
			
<b>Rty'ne Mahima Chugh</b> W/o PP Rtn. Anil Chugh 21 Oct	<b>Annet Radhika Sardana</b> D/o PP Rtn. R.K. Sardana 21 Oct	<b>Annet Aditya Jain</b> S/o Rtn. Atul Jain 21 Oct	<b>Rty'ne Dr. Shilpi Jain</b> W/o Rtn. Dr. Sachin Gupta 21 Oct
			
<b>Annet Kreshya Madaan</b> S/o Rtn. Nikhil Madaan 22 Oct	<b>Annet Sarv Raj Madaan</b> S/o Rtn. Nikhil Madaan 22 Oct	<b>PP Rtn. CA Ramesh Wadhwa</b> 23 Oct	<b>Rtn. Dr. K.Lal</b> 25 Oct

Happy Anniversary

		
<b>Rtn. Parmod Bhagat &amp; Rty'ne Sandhya Bhagat</b> 12 OCT	<b>Rtn. Deepak Tuteja &amp; Rty'ne Yashika Tuteja</b> 13 OCT	<b>Rtn. Dr. Anurag Arora &amp; Rty'ne Dr. Anupama Arora</b> 14 OCT

Compiled and Edited by :  
PP Rtn. Vijay Mehta

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