

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. 13 dated 06th Nov., 2024



next meeting

Club

Assembly

“Since it will be a Closed-Door Meeting,
only members can attend”

FRIDAY
08 Nov.
2024

8:30 pm onwards

BELLA NOSH

Murthal Road, Sonipat

AGENDA

- Report on Club Activities held so far
- Discussion on Forthcoming Club meetings
- Any other matter with the permission of the chair



MEETING DETAILS | Diwali Celebrations 'Jyotirgamaya 2K24'

(Held on 27th October, 2024 at Shaheed Madan Lal Samudayik Bhawan, Sonipat)

Diwali is the perfect time to connect, cherish, and spread joy. For us Rotarians, the annual Diwali meeting is a highly anticipated event, with each president striving to match the previous year's celebrations. This year, **under the leadership of our capable President, Rtn. (Dr.) Gaurav Dembla, and his talented team, expectations were certainly met!**

As soon as we received the beautiful and captivating invitation from our MOC, Rty'ne Dr. Priyanka, it was clear that this gathering would be a memorable one.

The **venue was decorated with elegance and charm**, setting the mood for celebration. Members eagerly **clicked photos at the Photo Booth and savored delicious snacks, and chaat.**

The meeting commenced with a beautiful rendition of the renowned **Ram Bhajan, performed by our multi-talented MOC Rty'ne Dr. Priyanka**, and accompanied by our **wonderful annets, Shauryaveer, Atharv and Aadya**. Following this, everyone participated in the **Laxmi-Ganesh Poojan**.

Next up were the **games!** While the organizers had planned several, we could only play a few due to time constraints. **PP Rtn. Yogesh Bhagat led Lucky 7, and Rty'ne Dr. Priyanka hosted a Diwali-themed Tambola with exciting twists.**

And for the first time ever, there were **20 lucky draws!** Rty'ne Dr. Priyanka Sehgal and PP Rtn. Yogesh Bhagat called out winner after winner at the top their voices with enthusiasm, making for an exciting atmosphere. There were **game stalls for kids** as well, which were equally enjoyed by the members.

Dinner had already been served by this time, and it was **scrumptious**, as always.

A huge round of applause to our President, Secretary, First Lady, Rty'ne Secretary, and our MOCs Rty'ne Dr. Priyanka and Rtn Shive Sehgal, who worked tirelessly to ensure the event's success. Their dedication made this Diwali celebration one for the books! As I left, members were still savoring the festive spirit and fellowship.

Reported by | Rty'ne Archna Wadhwa

Tambola Winner Details:

1. Happy Dhanteras (Early 7) - **Rty'ne Meera Chhabra**
2. Khushiyon ki Diwali (Pink Circles) - **Rty'ne Pooja Gambhir**
3. Pyarwali Diwali (White Hearts) - **Rty'ne Archna Kakkar**
4. Meethi Diwali (Yellow Clouds) - **Rty'ne Manju Chaudhary**
5. Rangoli (2 pink, 1 heart, 2 yellow) - **Annet Mauli**
6. Dilwali Diwali (Middle White Heart) - **Rtn Sanjay Suri & Rty'ne Ajra Arora - Shared**
7. Choti Diwali (Below 50) - **Rty'ne Pooja Gambhir**
8. Badi Diwali (Above 50) - **Rty'ne Bhawna Sehgal & Rty'ne Archna Kakkar - Shared**

Houses:

1. Dhamakedaar Diwali (1st House) - **Annet Trisha Wadhwa**
 2. Shubh Diwali (2nd House) - **Rty'ne Bhawna Sehgal**
 3. Patakhewali Diwali (3rd House) - **Rty'ne Kusum Singla**
- Surprise Tambola prizes **Rty'ne Dr Shilpy Gupta & Rty'ne Renu Girdhar - Shared**

Lucky Draw Gifts

S.NO	LUCKY DRAW GIFTS	SPONSORED BY	WINNERS
1.	Philips Hair Straightener	Rty'ne Neetu & Rtn. AntrikshGupta	PP Rtn Raj Kumar Sardana
2.	Havells Electric Kettle 1.2 L	Rty'ne Meghna & PP Rtn.Gautam Sachdeva	Rty'ne Mahima Chugh
3.	BPL Rice Cooker	Rty'ne Sakshi & PP Rtn.Rajeev Garg	Rtn Rajiv Kathpalia
4.	Philips Steam Iron	Rty'ne Neetu & Rtn. Antriksh Gupta	Rty'ne Radhika Charaya
5.	JBL Go 2 Bluetooth Speaker	Rty'ne Sunita & Rtn. SachinWadhwa	Rty'ne Shweta Wadhwa
6.	Havells Smart Home Kit-Starter	Rty'ne Radhika & PP Rtn.Gaurav Charaya	Rty'ne Shalini Kukreja
7.	Bosch TrueMix Mixer Grinder	Rty'ne Sakshi & PP Rtn.Rajeev Garg	Rtn Dr Rakesh Handa
8.	Nouvetta Smart Cook Infrared Induction Cooktop	Rty'ne Meghna & PP Rtn.Gautam Sachdeva	PP Rtn Gautam Sachdeva
9.	Google Home Mini	Rty'ne Dr. Neeru Bhagat & PP Rtn. Yogesh Bhagat	Annet Trisha Wadhwa
10.	Nouvetta Aero Air Fryer 2.5 L	Rty'ne Dr. Gursharan & PP Rtn. Jagdeep Singh	PP Rtn Kuldeep Solanki
11.	Energy Card	Rty'ne Tesu & Rtn. Sumeet Alakh	PP Rtn Ved Chaudhary
12.	JBL Tune 520 Bluetooth Headphones	Rty'ne Anshu & PP Rtn. Gaurav Luthra	Rtn Sachin Wadhwa
13.	Liquor Bottle	Rty'ne Gauri & Rtn. Hetesh Kapur	Rty'ne Dr Neeru Bhagat
14.	Tashi Botanica Luxury Skincare Gift Hamper	Rty'ne Dr. Neha & Rtn. DakshGupta	PP Rtn Ajay Chhabra
15.	Silver Glass	Rty'ne Sakshi & Rtn. Hemant Jain	Rty'ne Rashmi Chhabra
16.	Energy Card	Rty'ne Tesu & Rtn. SumeetAlakh	PP Rtn Gaurav Charaya
17.	JBL Flip Essential Portable Bluetooth Speaker	Rty'ne Dr. Neha & Rtn. Daksh Gupta	Rty'ne Kanchan Gandhi
18.	Silver Idols of Ganesh Ji and Lakshmi Ji	Rty'ne Heena & Rtn. Kunal Jain	Rty'ne Meghna Sachdeva
19.	Spacewalk Cadillac Special Edition PC + ABS 8 wheel luggage Set of 3 (Bumper Prize2)	Rty'ne Kanchan & PP Rtn.T.C. Gandhi	Rty'ne Archna Wadhwa
20.	Sanjeev Kapoor Gold Collection 33 PC Lunar Dinner Set (Bumper Prize 1)	Rty'ne Dr. Anupama & Rtn.Dr. Anurag Arora	Rty'ne Archna Kakkar

AND THERE ARE MORE TO GO

- **Early Bird Prizes** – Sponsored by Rty’ne Shilpa & Rtn. Vipin Dua
- **Jyotirgamaya Samrat 2K24 & Game Prizes** – Sponsored by Rty’ne Dr. Priyanka & Rtn. Shive Sehgal.
- **Diwali King, Diwali Queen, Diwali Prince, Diwali Princess** – Sponsored by Rty’ne Aakriti Bhagat & Rtn. Shagun Bhagat
- **Family Gift and Surprise Gifts** – Sponsored by Rty’ne Anshu & PP Rtn. Gaurav Luthra

Early Birds Winners:

Rty’ne Bhawna & Rtn Deepak Garg		Rty’ne Suman & Rtn Ajay Chaudhary	
Rty’ne Pooja & Rtn Gaurav Gambhir		Rtn Jagroop Singh	Rtn Ruby Mehra
<u>Jyotirgamaya Samrat</u>	Rty’ne Vandana Jain		
<u>Diwali King</u>	PP Rtn Anil Chugh		
<u>Diwali Queen</u>	Rty’ne Charu Wadhwa		
<u>Diwali Prince</u>	Annet Vaibhav Rai		
<u>Diwali Princess</u>	Annet Aarisha Jain		
<u>Family Gift</u>	Rty’ne Gauri & Rtn Hetesh Kapur & Annet Nysa Kapur		
<u>Surprise Gift 1</u>	Rty’ne Renu Girdhar		
<u>Surprise Gift 2</u>	Rty’ne Charu Wadhwa & Rtn Daksh Gupta		

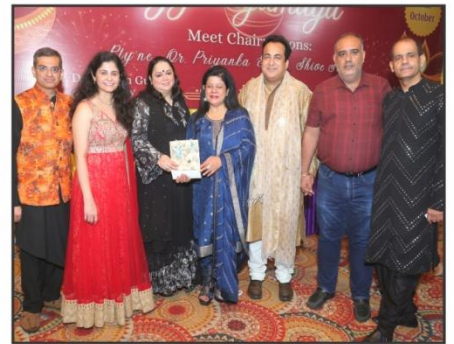
Glimpses | Diwali Celebrations



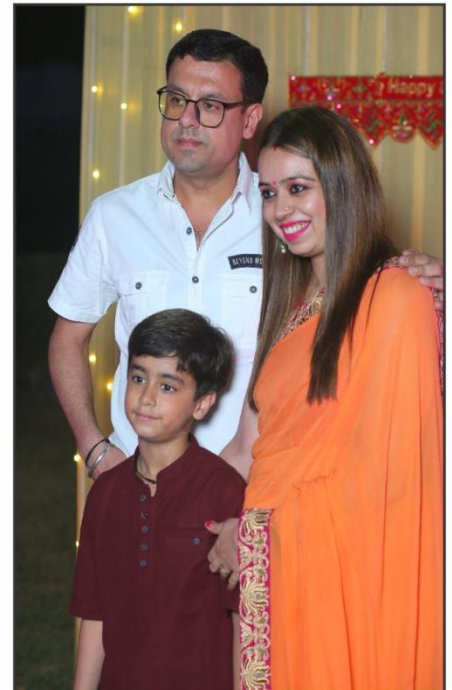
Glimpses | Diwali Celebrations



Glimpses | Diwali Celebrations



Glimpses | Diwali Celebrations



HINDI AS ONE OF THE OFFICIALLY RECOGNISED LANGUAGES OF RI

Happy to share that Council on Resolutions held on 15 Oct to 31 Oct 2024 vide Resolution 24R-23 adopted by 271/178 votes to request RI Board to consider adding Hindi as one of the officially recognised languages of RI.

-Shared by PDG Mukesh Arneja

OBITUARY

On 26th October, 2024, Sh Ravinder Dahiya, Younger brother of our PP Rtn Surinder Dahiya left for his heavenly abode.

We, the members of Rotary Club of Sonapat express our heartfelt condolences and pray to the Almighty to grant peace to the departed noble soul and give enough courage to the bereaved family to bear this irreparable loss.

MEETING DETAILS | FREE LIPID PROFILE CAMP

(Held on 26th October, 2024 at Darya Ram Hospital, Sonipat)

Rotary Club of Sonapat organised its weekly Free Lipid Profile Camp on 26/10/24.

The Camp focused on promoting cardiovascular health through free lipid profile screening and educational outreach. The participants received comprehensive **lipid profile testing, including total cholesterol, LDL, HDL, and triglycerides**. Health consultations were provided based on individual test results.

A total of **41 participants got their lipid profile tests done**, those who had elevated cholesterol and were advised on follow-up actions or lifestyle modifications.

The camp received positive feedback encouraging participants to adopt healthier lifestyle. **The Rotary Club of Sonapat's dedication to health is evidenced by its continual efforts to improve the well-being of individuals and communities.**

Glimpses | Lipid Profile Camp



MEETING DETAILS | Diabetes Checkup Camp

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

Beat Diabetes

DIABETES CAMP (No. 15)

Diabetes Spreading Awareness, Sparking Action.

Our weekly diabetes screening camp was **successfully conducted at Darya Ram Hospital**. We **screened 64 individuals**. In total we have screened **886 people** in our fifteen camps conducted till date

FACTS & MYTHS OF DIABETES

Myth: Drugs should be stopped during illness.

Fact: Drugs and diet should be continued during an ailment. As a matter of fact requirement of drugs during any other disease may actually increase. Depending on the severity of illness one may have to be switched over to insulin for a short period.

Myth: Cure of diabetes is possible in other forms of alternative medicine

Fact : Diabetes is incurable in any alternative medicine Patients should not accept any tall claims without scientific evidence otherwise they may harm only themselves. The mainstay of treatment is diet control and regular exercise. Blood glucose levels may stay normal for an indefinite period by this regimen. That does not mean that diabetes is "cured" because it is a life-long disease. It can only be conquered not decimated.

Reported by | President Rtn Gaurav Dembla

Glimpses | Diabetes Check-up Camp



MEETING DETAILS | Diabetes Checkup Camp

(Held on 04th November, 2024 at Darya Ram Hospital, Murthal Road, Sonipat)

Beat Diabetes

DIABETES CAMP (No. 16)

Diabetes Spreading Awareness, Sparking Action.

Our weekly diabetes screening camp was **successfully conducted at Darya Ram Hospital**. We **screened 65 individuals**. In total we have screened **951 people** in our sixteen camps conducted till date.

Myth: You can't drink alcohol if you have diabetes.

Facts - You can still enjoy a drink if you have diabetes, just remember to stick to the guideline of no more than 14 units a week (6 pints of beer (4% strength) or 6 medium (175ml) glass of wine (13% strength) or 12 glasses (25ml) spirits such as gin or vodka (40% strength). If you're drinking this much, it's a good idea to have some alcohol-free days during the week as well.

If you're looking to shed a few kilograms, keep in mind that alcoholic beverages can pack in a bunch of calories. They can also boost up your appetite and lower your inhibitions, which might make it tougher to stick to those healthy eating habits.

If you're on certain diabetes medications like insulin or sulphonyl-ureas, drinking alcohol can increase your chances of having a hypo. This effect can stick around for up to 24 hours after drinking, so it's a good idea to be prepared.

Reported by | President Rtn Gaurav Dembla

Glimpses | Diabetes Check-up Camp



Happy Birthday!



Annet Saloni
D/o PP Rtn. Dr. Rakesh Rai
11 Nov



Annet Vaibhav Rai
S/o Rtn. Dr. Rakesh Rai
13 Nov



PP Rtn. Ved Chaudhary
14 Nov



Rtn. Kamal Dewan
15 Nov



Rtn. Neeru Bhagat
W/o PP Rtn. Yogesh Bhagat
17 Nov



Rtn. Renu Girdhar
W/o Pres. Rtn. Sandeep Girdhar
19 Nov



Rtn. Dr. Nikhil Gupta
20 Nov

Happy Anniversary



PP Rtn. Dr. Rakesh Rai & Rty'ne Dr. Alka Rai
12 NOV



Rtn. Sumeet Alakh & Rty'ne Tesu Alakh
18 NOV



Rtn. Sanjay Wadhawan & Rty'ne Shallu Wadhawan
19 NOV



Rtn. Deepak Garg & Rty'ne Bhawna Garg
20 NOV

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