



(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

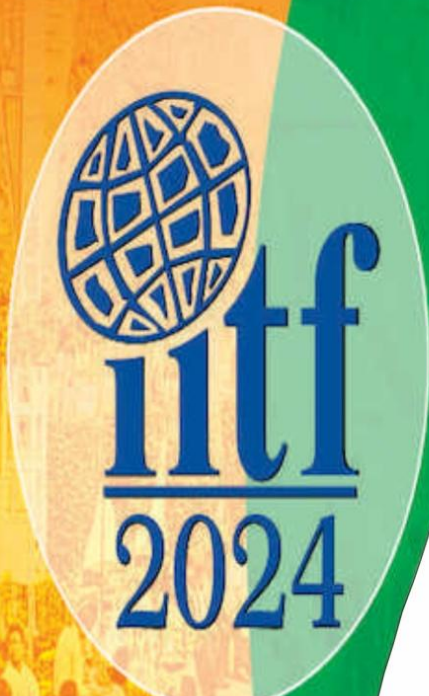
Rtn. Dr. Gaurav Dembla
Club President

Rtn. Dr. Sachin Gupta
Club Secretary

PP Rtn. Vijay Mehta
Bulletin Editor

Bulletin No. 14
Dated 21st Nov., 2024

next meeting



43rd
INDIA

INTERNATIONAL TRADE FAIR

SUNDAY
24 Nov.
2024

Meet Chairpersons:
PP Rtn Tara Chand Gandhi &
Rty'ne Kanchan Gandhi

Assembly Time | 9:30 am
Departure | 10:00 am

Assembly Point :
PP Rtn Parmod Bhagat's Petrol Pump, Murthal Road, Sonapat.

Brunch at Delhi - Sponsored by Champion Gym
Reach Pragati Maidan - Enjoy the hospitality of MOC
Dinner at Sonipat - BOLLYWOOD DHABA - Chilled Beer on the Way

MEETING DETAILS | 2nd Club Assembly

(Held on 15th November, 2024 at Bella Nosh, Sonipat)

The 2nd Club Assembly of the Rotary Club of Sonipat was a well-attended event, marked by a **lively and engaging atmosphere at BELLA NOSH** on 15th November 2024 .

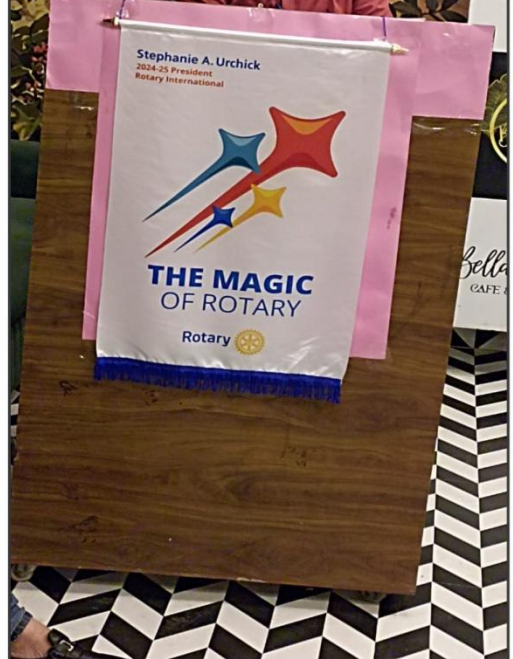
While there was no specific agenda for the meeting, the **President provided an update on ongoing community meetings & project meetings like DRISHTI & Distt. Project AATAMNIRBHAR** and reflected on the fellowship gatherings held over the past five months. **Future meetings and plans were also discussed** to ensure the club’s continuous progress and participation.

PP Rtn. Parmod Bhagat emphasized the importance of discipline and punctuality, urging members to uphold these values for smoother operations.

The camaraderie among members was evident, as everyone enjoyed a warm and hearty atmosphere. **Drinks, snacks, and dinner added to the convivial mood**, creating opportunities for relaxed conversations and light-hearted gossip. **The assembly was a testament to the club’s strong bonds and commitment to fellowship**, leaving everyone with renewed enthusiasm for upcoming events.

Reported by PP Rtn Jagdeep Singh

Glimpses | Club Assembly



Glimpses | Club Assembly



MEETING DETAILS | FEED THE NEED

(Held on 17th November, 2024 at Spread Smile Foundation, Sonipat)

It reminds me of the famous Hindi song :

"किसी की मुस्कराहटों पे हो निसार, किसी का दर्द मिल सके तो ले उधार,
किसी के वास्ते हो तेरे दिल में प्यार, जीना इसी का नाम है"

"We don't need to have deep pockets or be rich to help the needy, the poor and the hungry. We just need to have a Kind Heart."

Last meeting of our prestigious club "**FEED THE NEED**" was held under community service avenue on 17th Nov 2024 at Spread Smile foundation, Sector-12 HUDA Community Center Sonipat. Members reached on time at the venue. **More than 300 Children, teachers & volunteers from all the four schools run by the NGO were present there.** Children were busy celebrating **Children's day by watching dance items performed by their school mates.** All the Rotarians present enjoyed the performances and appreciated with loud round of applause.

After that the mouth-watering **Chole Bhature** which were being cooked on site were distributed to the Children in a very systematic manner. **Ice cream** was also distributed. **Children enjoyed a lot** which was the main motive behind organising this meeting.

Organizer of the NGO Mr. Nitin Jain & Dr. Suresh Jain expressed their gratitude for this noble gesture. Hats off to the selfless service & dedication of MOCs Rty'ne Monica Batra & Rtn. Ashish Batra & obviously our dynamic leader President Rtn. Dr. Gaurav Dembla & First Lady Rty'ne Kriti Dembla who were seen just & just taking care of the children.

This report will remain incomplete without mentioning the **active participation of Annet Divisha Batra, Annet Rudra Batra & Annet Atharv Dembla.** We could see glow on their face while serving the food. Meeting concluded at 6:30 P.M with the **Vote of thanks delivered by P.P Rtn. Gaurav Luthra.**

"WE WISH NO ONE ON THIS EARTH REMAIN UNDERPRIVILEGED."

Reported by Rtn Ajay Chaudhry

Glimpses | FEED THE NEED



MEETING DETAILS: Board of Directors Meeting



(Held on 18th November, 2024
at Bella Nosh, Sonipat)

4th meeting of the Board of Directors (BOD) for the year 2024-2025 was held at Bella Nosh on 18th November 2024 which was **hosted by PP Rtn. Yogesh Bhagat & PP Rtn. Kuldeep Solanki**. 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 65 surgeries has been done** till date.
3. The Board members were apprised about **District Project 'Atamnirbhar'** by the President.
4. It was also discussed and recommended that **all our club members should be made Paul Harris Fellow**.
5. Following meetings have been scheduled for the month of November -December 2024 :
 - a. 24th November - Trip to Trade fair - MOC- PP Rtn TC Gandhi.
 - b. 2nd Week of December - Meeting in collaboration with Mother Muskan School.
MOC - PP Rtn Tribhuvan Kaushik.
 - c. 3rd Week of December - Fellowship Meeting (Geeton Bhari Shyam).
 - d. 27th December - Annual General Meeting.
 - e. 31st December - New Year's Night - MOC PP Rtn Jagdeep Singh.

On behalf of the Board, **PE Rtn. Rajat Doda** thanked the hosts **PP Rtn. Yogesh Bhagat & PP Rtn. Kuldeep Solanki** for their excellent hospitality.

Glimpses | FEED THE NEED



OBITUARY

We regret to inform that **respected mother of Rtn. Sanuj Chhabra** left for her heavenly abode on 8th November, 2024.

We, the members of Rotary Club of Sonepat 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.



ELECTION NOTICE

As per section 1, Article 3 of Club Bylaws, a clear one-month notice is given to all members for **General Election for the post of President 26-27 and Board of Directors of 25-26**.

Proposal can be sent to **Nomination Committee consisting of President Rtn. Gaurav Dembla, IPP Rtn. Sandeep Girdhar and President Elect Rtn. Rajat Doda**. Annual General Meeting is going to be held on **FRIDAY, 27th December, 2024**.

MEETING DETAILS | Diabetes Checkup Camp

(Held on 18th November, 2024 at Darya Ram Hospital, Murthal Road, Sonipat)

BEAT DIABETES

DIABETES CAMP (No. 18)

Sugar-Free Life - A Story of Sweet Liberation.

Our weekly diabetes screening camp was successfully conducted on 18/11/24 at Darya Ram Hospital. We screened **63 individuals**. In total we have screened **1066 people in our eighteen camps** conducted till date.

GESTATIONAL DIABETES

Gestational Diabetes is a kind of diabetes that occurs during pregnancy. This kind of diabetes develops in pregnant women who have not previously had diabetes.

Gestational Diabetes is quite prevalent. This is why doctors screen for it during every pregnancy. While gestational diabetes can be a worrisome diagnosis, it is possible to have a healthy pregnancy and infant.

Myth: Gestational Diabetes only occurs in women with a history of Diabetes

Fact: Gestational diabetes can develop in any pregnant woman. However, there are certain factors that can increase the likelihood. These include:

Family History: Those with a strong family history of type 2 diabetes.

Ethnicity: Indian women are particularly at risk due to a genetic predisposition to insulin resistance and rising obesity rates.

Weight: Being overweight or obese prior to pregnancy can increase the risk.

High-risk Pregnancies: Factors like twin or multiple pregnancies, maternal age above 30 years, and history of fertility treatment can increase GDM risk.

Previous Gestational Diabetes: If a woman had gestational diabetes in a previous pregnancy, she's at a higher risk of developing it again.

Myth: After birth, Gestational Diabetes is permanently gone.

Fact: Although blood sugar levels usually return to normal after pregnancy, the complications of gestational diabetes can linger. Women who have had GDM are at high risk of getting type 2 diabetes during the next five years. In addition, there is a higher risk of gestational diabetes in future pregnancies, as well as obesity, fatty liver, and coronary artery disease. Monitoring and keeping a healthy lifestyle are critical even after pregnancy.

Reported by | President Rtn Gaurav Dembla

Congratulations

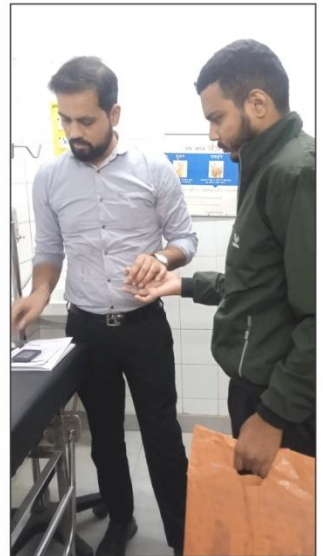
IFCR Cricket Tournament

Kudos to Rtn Ajay Relan and Rtn Vishal Batra for winning the Gold Cup at IFCR Cricket tournament held at Bangalore from 7th to 10th November 2024. Both of them represented District 3012 and played from team Mumbai.



THREE CHEERS FOR RTN AJAY RELAN AND RTN VISHAL BATRA !

Glimpses | Diabetes Check-up Camp



Happy Birthday!



Rtn. Anurag Kuchhal
21 Nov



Rtn. Vishal Batra
22 Nov



Annet Sanaya Tuteja
D/o Rtn. Deepak Tuteja
21 Nov



Rtn. Shagun Bhagat
25 Nov



Annet Trimandeeep Singh
S/o PP Rtn. Jagdeep Singh
26 Nov



Rty'ne Bhawna Sehgal
W/o Rtn. Raja Sehgal
27 Nov



Rty'ne Meenakshi Batra
28 Nov



Annet Dr. Mani Lal
D/o Rtn. Dr. K. Lal
28 Nov

Happy Anniversary



PP Rtn. Surinder Dahiya & Rty'ne Reena Dahiya
21 NOV



PP Rtn. Rishi Chopra & Rtn. Kanika Chopra
23 NOV



PP Rtn. Pankaj Seth & Rty'ne Reema Seth
24 NOV

Happy Anniversary



**Rtn. Dr. Daksh &
Rty'ne Dr. Neha Gupta
25 NOV**



**PP Rtn. Raj Kumar &
Rty'ne Usha Sardana
27 NOV**



**Rtn. Sanuj &
Rty'ne Rashmi Chhabra
28 NOV**



**PP Rtn. Tara Chand &
Rty'ne Kanchan Gandhi
29 NOV**



**IPP Rtn. Gaurav Luthra &
Rtn. Anshu Luthra
29 NOV**



**Rtn. Dr. Nikhil Gupta &
Rty'ne Dr. Vidushi Gupta
30 NOV**

Compiled and Edited by :
PP Rtn. Vijay Mehta

Designed & Published by:
Amit Dureja #9315421865