

Rotary
Club of Sonepat
(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. 16 dated 12th Dec., 2024

next meeting

DONATION Drive

SUNDAY

15

DECEMBER 2024

11:00 am onwards

Venue | Ronak Garden
Bahalgarh Road, Sonepat.

What You Can Contribute:

Blankets, Quilts, Sarees, Shoes, Shawls
Mufflers, Socks, Caps, Gloves, Coats
Heaters, Inners, Used Flex, Tarpaulin
Curtains, Bedsheets, Mattresses etc.

IT IS REQUESTED THAT
THE ITEMS TO BE DONATED SHOULD
BE PROPERLY/NICELY PACKED

Mouth-Watering
CHHOLE-BHATURE
for takeaway



MEETING DETAILS | Tambola & American Auction Night

(Held on Saturday 30th November, 2024 at Ronak Garden, Sonipat)

The lush green lawns of Ronak Garden hosted a delightful evening for club members on November 30th. The meeting, titled Tambola & American Auction, was **skillfully orchestrated by PP Rtn.. Rajeev Garg and Sakshi Garg**, who served as **Masters of Ceremonies (MOCs)**. The meeting began with the **National Anthem**, as per the protocol.

The evening's first highlight was the much-anticipated game of Tambola, managed eloquently by **PP Rtn. Rajeev Garg**, fondly called the **"Tambola King" of the club**. His expertise ensured the game was both fun and seamless, captivating everyone present. There were many cash prizes sponsored by Club & Gift Hampers by MOC's.

List of winners of Tambola

- | | |
|-----------------------------|--|
| 1. Goofy Gloves - | Rty'ne Shilpa Dua |
| 2. Cozy Cap- | PP Rtn. R K Sardana |
| 3. Heater is Better - | Rty'ne Dr Neeru Bhagat |
| 4. Coffee Please - | Rty'ne Radhika |
| 5. Baby, Its Cold Outside - | Rtn. Ajay Chaudhary |
| 6. Feeling Like Onion - | Rty'ne Archana Lal |
| 7. Below 50 - | PP Rtn. Jagdeep Singh |
| 8. Above 50 - | PP Rtn. Tribhuvan Kaushik & Rty'ne Meera Chhabra |
| 9. Sonepat Ki Sardi - | 1st Full House - PP Rtn. Tribhuvan Kaushik |
| 10. Garam Chai Ki Pyali - | 2nd Full House - Rty'ne Archana Lal |
| 11. Bonfire - | 3rd Full House - Rty'ne Meera Chhabra |

Lucky Draws:

- PP Rtn. Jagdeep Singh**
- Rty'ne Bhawna Garg**
- PP Rtn. Sanjeev Sarin**

The excitement escalated with the **American Auction of a Gold Label Whiskey**. The initial bid started at ₹3,000, with increments of ₹100 per bid. **PP Rtn. Sanjeev Sareen and Rtn. Ashish Batra** sparked a lively bidding war, energizing the crowd. Numerous lucky bidders walked away with consolation prizes, generously sponsored by Rajeev Garg. Ultimately, **PP Rtn. Yogesh Bhagat emerged as the proud winner** of the coveted bottle.

Adding to the thrill, a **Special Gift Hamper** for ladies was also auctioned. The ladies showcased immense enthusiasm, with competitive bidding that added to the event's vibrance. **Rty'ne Shilpa Dua claimed the hamper as the lucky winner.**

The evening's atmosphere was perfect, with a cool breeze complementing the beautiful ambience of Ronak Garden. Everyone relished the outstanding snacks and dinner, which were described as yummilicious, sumptuous, and truly scrumptious.

The event concluded with a **heartwarming celebration of the wedding anniversary of Rtn. Vineet and Rty'ne Shweta Wadhwa**. The couple cut a cake amidst cheers and applause from fellow members.

In summary, the evening was a resounding success, filled with fun, camaraderie, and meticulous organization. Cheers to the MOCs and the President for a memorable gathering!

Reported by PP Jagdeep Singh

Glimpses | American Auction & Tambola



Glimpses | American Auction & Tambola



Glimpses | American Auction & Tambola



MEETING DETAILS | Weekly Diabetes Screening Camp & Monthly Free Lipid Profile Camp

(Held on Saturday 30th November, 2024 at Darya Ram Hospital, Sonipat)

Diabetes mellitus (DM) is a metabolic illness that often predisposes individuals to cardiovascular diseases (CVD), rendering CVD a primary cause of morbidity and mortality among patients with type 1 and type 2 diabetes mellitus (T1DM and T2DM). Effective glycemic management in Type 1 Diabetes Mellitus results in a reduction of cardiovascular incidents. The occurrence of cardiovascular disease in type 2 diabetes mellitus patients is not impacted by rigorous glycemic management. In addition to insulin resistance and deficiency, blood lipid abnormalities, referred to as dyslipidemia, are prevalent in people with T2DM, a disease known as metabolic syndrome.

Diabetes-related dyslipidemia is characterised by a reduction in high-density lipoprotein (HDL) cholesterol, an elevation in triglyceride levels, and a slight impact on low-density lipoprotein (LDL) cholesterol.

The primary approach for managing dyslipidemia in diabetes often involves lifestyle modifications, focusing on weight reduction, dietary adjustments, and consistent aerobic exercise. Obesity correlates with insulin resistance and elevated lipid levels; thus, weight loss can markedly enhance lipid profiles and diminish cardiovascular risk factors.

Rigorous cholesterol management in diabetic patients is crucial for mitigating the risk of cardiovascular events. Comprehensive lifestyle modifications and rigorous pharmacological intervention are necessary to effectively address the dyslipidemia risk factors in diabetic patients.

Rotary club of Sonapat organised its weekly diabetes screening camp & monthly free lipid profile camp on 30/11/24. 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 51 participants got their lipid profile tests done, those who had elevated cholesterol and were advised on follow-up actions or lifestyle modifications also a total of 38 patients were screened for diabetes making it a total of 1104 patients screened for diabetes and a total of 134 patients screened for dyslipidemia till date.

Weekly Diabetes Screening Camp & Monthly Free Lipid Profile Camp



MEETING DETAILS | Rotary Community Meeting - Feed the Need

(Held on Sunday 8th December, 2024 at Spread Smile Foundation, Sonipat)

"THE UNDERPRIVILEGED ARE THE ONLY PRIVILEGED ONES IN THE EYES OF GOD"

Last meeting of our club **"FEED THE NEED"** was held on Sunday, 8th Dec 2024 at Spread Smile foundation, HUDA Community Center, Sector 12 Sonipat.

It was an enlightening day we visited the venue which was an experience that left a profound impact on all of us.

We reached the venue at 4 P.M, greeted by the cheerful and welcoming staff and of course by the tiny tots studying there whose faces are now familiar to us as this is now our regular meeting at this venue. They presented us **little slips with Welcome & thanks** note drawn by them which are being shared in the club bulletin. The building is modest but vibrant, decorated with posters and drawings made by children of the NGO. We noticed a very amazing thing that children were preparing beds for stray dogs by filling sponge and pieces of old cloth in gunny bags. This gesture literally won our hearts.

Cart of a famous Burger vendor in Sonipat was called and delicious & Hot Burgers which were prepared on site were served to all the children & volunteers in a very systematic manner. Britannia cakes were also served to all the children.

Hats off to our Club President Rtn. Dr. Gaurav Dembla who leaves no stone unturned in serving the under privileged. Reporting will be incomplete without mentioning the contribution of Annet Atharv Dembla who was seen busy in distributing eatables to the children in a very quick & systematic manner with a smile on his face.

Highlight of the meetings held at this venue is that our President clicks photos of children and gets the best Picture printed on next meeting banner. He repeated the same gesture this time also.

Meeting was attended by Rtn. Ajay Chaudhary, PP Rtn. Dr. Rakesh Rai, PP Rtn. Ajay Chhabra, PP Rtn. Gaurav Luthra, PP Rtn. Raj Kumar Sardana, PE Rtn. Rajat Doda, Rtn. Gaurav Gambhir, Rtn. Antriksh Gupta and Club Secretary Rtn. Dr. Sachin Gupta.

Meeting concluded at around 7 P.M and everybody left with a sign of satisfaction on their faces.

Reported by | Rtn Ajay Chaudhary



Glimpses | Community Meet - FEED THE NEED



MEETING DETAILS | BEAT DIABETES CAMP

(Held on Monday, 2nd December, 2024 at Darya Ram Hospital, Sonipat)

DIABETES CAMP (No. 20)

Our weekly diabetes screening camp was successfully conducted at Darya Ram Hospital. We screened 48 individuals. In total we have screened 1152 people in our twenty camps conducted till date.

KNOW THE RISK, PREVENT DIABETES

We will focus on prevention of diabetes

How can I prevent or delay getting type 2 diabetes?

If you are at risk for diabetes, you may be able to prevent or delay getting it. Most of the things that you need to do involve having a healthier lifestyle. So if you make these changes, you will get other health benefits as well. You may lower your risk of other diseases, and you will probably feel better and have more energy.

Certain changes that can be done are:

- * **Losing Weight** - Weight control is an important part of diabetes prevention. You may be able to prevent or delay diabetes by losing 5 to 10% of your current weight. And once you lose the weight, it is important that you don't gain it back.
- * **Following a Healthy Eating Plan** - It is important to reduce the amount of calories you eat and drink each day, so you can lose weight and keep it off. To do that, your diet should include smaller portions and less fat and sugar. You should also eat a variety of foods from each food group, including plenty of whole grains, fruits, and vegetables. It's also a good idea to limit red meat, and avoid processed meats.
- * **Get Regular Exercise** - Exercise has many health benefits, including helping you to lose weight and lower your blood sugar levels. These both lower your risk of type 2 diabetes. Try to get at least 30 minutes of physical activity 5 days a week.
- * **Don't Smoke.** Smoking can contribute to insulin resistance, which can lead to type 2 diabetes. If you already smoke, try to quit.

Glimpses | Diabetes Screening Camp No. 20



MEETING DETAILS | BEAT DIABETES CAMP

(Held on Monday, 9th December, 2024 at Darya Ram Hospital, Sonipat)

DIABETES CAMP (No. 21)

DIABETES UNITED FOR A CURE

As a part of Rotary's weekly diabetes screening camp this year, this camp was successfully conducted at Darya Ram Hospital. We screened 51 individuals. In total, we have screened 1203 people in our twenty camps conducted till date.

Some Tips To Get Greater Control On Your Diabetes:

- Foods that are high in sugar, salt, saturated fat, and processed foods should be avoided. Instead, eat a lot of fruits and veggies. You could also eat lean meat, which is high in energy and simple to break down.
- Regularly work out: Do something heart-healthy like walking, jogging, swimming, or riding for at least 150 minutes a week. Two to three times a week, you can also do resistance training, like strength training with free weights or tools.
- Take care of your weight.
- Keep an eye on your blood sugar: Check your blood sugar often to find out what makes it rise or fall.
- Do what you need to do: Don't skip taking your drugs just because you feel fine.
- Don't forget to drink water instead of soda or juice.
- Take a break from things that stress you out every day or spend time in nature are some ways to deal with stress.
- If you smoke, it can be harder to keep your blood sugar under control and raise your risk of major health problems.

Glimpses | Diabetes Check-up Camp



Women....

The Light, the beauty, the glory, the solitude, the silence, the passionate, the unconditional love, the root the pride, the strongest, the power, all these are different branches of a blissful soul. We all know it as WOMEN.

Women, such significant aspect of the universe. The feminine in the world is as important as sunshine. If you don't value feminine, all the gentleness will go away. God has given you the privilege of being a woman. People who say that girls can't do this; girls are second class citizens and many more don'ts, is only because of the power you are born with which defines you beyond the horizon. The most eminent part of you is motherhood. Charm and compassion go hand in hand in order to honour the generosity for motherhood.

Well- nourishment is only done when you are open – handed. Just practice it for yourself. Conceive love, tenderness, proud and happiness for yourself. Then actually we can witness the hierarchy of legends who are responsible for the civilized technology. Whenever we give voice for women, we encounter a very familiar word Women's Empowerment.

Is It all about achieving success professionally....?? No not at all..!!! It is all about grooming yourself very precisely. I'm sure you will be amazed by looking yourself in mirror your improvised version. There is only one you; because there is no one like you. And I don't mean the superfluous paths, I am talking about the core of you, who are inside of your values, your flaws. And once you understand who really that person is... that time you may have taken the first step in finding a unique self and that is the best version of you. Allow yourself to dream, think beyond imagination. Don't be afraid of change, don't be afraid of to move away from what is familiar.

You have everything already as your BRAHMASTRA in your will.

“MUSHKIL NAHI HAI KUCH DUNIYA MEIN
ZARA TU HIMMAT TO KAR
TERI KHUDDARI KO SALAM HOGA DUNIYA MEIN
ZARA TU KOSHISH TO KAR”

Article contributed By:
Rty'ne Anshu Luthra

Happy Birthday!



Annet Bhanu Kathpalia
S/o Rtn. Rajiv Kathpalia
11 Dec



Rty'ne Manju Kathpalia
12 Dec



Rtn. Sakshi Garg
W/o PP Rtn. Rajeev Garg
14 Dec



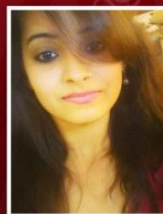
IPP Rtn. Sandeep Girdhar
14 Dec



Annet Dhairya Kuchhal
S/o Rtn. Anurag Kuchhal
15 Dec



Rty'ne Dr. Sureen Sharma
W/o PP Rtn. Sanjay Sharma
16 Dec



Annet Palak Mehra
D/o Late Amit Mehra &
Rtn. Ruby Mehra
17 Dec



Annet Haksh Tuteja
S/o Rtn. Deepak Tuteja
17 Dec



Rtn. Dr. Rakesh Handa
18 Dec



**PP Rtn. Jagdeep Singh
& Dr. Gursharan Kaur**
13 DEC

Happy Anniversary



**Rtn. Rajnish Bhagat
& Rty'ne Manju Bhagat**
15 DEC