

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. 19 | Dated 08th Jan., 2025

next meeting



LOHRI Celebrations

SATURDAY
11 JAN
2025

9:00 pm onwards

The Meeting will be followed by DINNER

Venue :

Raunak Garden
Delhi Road, Sonipat

MOCs

**PP Rtn. Ajay Chhabra &
Rty'ne Meera Chhabra**

HIGHLIGHTS | All Lohri Rituals will be celebrated in true spirits



MEETING DETAILS | Annual General Meeting

(Held on Sunday 27th December, 2024 at Café Crave, Murthal Road, Sonipat)

The **Annual General-cum-Election meeting** of the club was held on Friday the 27th December 2024 at Cafe Crave, Murthal Road, Sonipat. The meeting started with **National Anthem followed by brief welcome address by the President. Club accounts for the half-year July'24 to Dec'24 were presented** before the house for information of the members. **Detailed club report for the 6-month period was placed before the house** which was appreciated and applauded by all present. The report is appended for information of those who missed this all important meeting. After presentation of accounts and detailed 6-monthly report, the **election for Board of Directors for the year 2025-26 and President 2026-27 was held**. The proposal placed before the house by **nomination committee consisting of President Rtn. Dr. Gaurav Dembla, PE Rtn. Rajat Doda and IPP Rtn. Sandeep Girdhar** was accepted by the house unanimously and the list of Elected Office Bearers is given here below.

| | Post | Name |
|-----|---------------------------------------|---------------------------|
| 1. | President | Rtn. Rajat Doda |
| 2. | IPP | Rtn. Gaurav Dembla |
| 3. | President Elect | Rtn. Ashish Jain |
| 4. | Secretary | Rtn. Sanjay Arora |
| 5. | Vice President | Rtn. Sachin Kukreja |
| 6. | Treasurer | PP Rtn. Rajeev Garg |
| 7. | Joint Secretary | Rtn. Daksh Gupta |
| 8. | Sargant-at-arms | Rtn. Gaurav Gambhir |
| 9. | Club Foundation Chair | PP Rtn. Ramesh Wadhwa |
| 10. | Club Membership Chair | Rtn. Sumit Alakh |
| 11. | Club Young Leaders Contact | PP Rtn. Tribhuvan Kaushik |
| 12. | Club Public image Chair | Rtn. Vipin Dua |
| 13. | Club Service Projects Chair | PP Rtn. Yogesh Bhagat |
| 14. | Director Club Services | PP Rtn. Gaurav Luthra |
| 15. | Director Community services | PP Rtn. Tara Chand Gandhi |
| 16. | Director Public image | PP Rtn. Gautam Sachdeva |
| 17. | Director New Generation | PP Rtn. Kuldeep Solanki |
| 18. | Director Vocational Services | PP Rtn. Anil Chugh |
| 19. | Director International Affairs | PP Rtn. Rishi Chopra |
| 20. | Club Learning Felicitator | PP Rtn. Sanjeev Sarin |
| 21. | Advisor | PP Rtn. Pramod Bhagat |
| 22. | Advisor | PP Rtn. Ajay Chhabra |
| 23. | Advisor | PP Rtn. Jagdeep Singh |
| 24. | Advisor | PP Rtn. Pankaj Seth |

The President-Elect Nominee Rtn. Ashish Jain was congratulated by one and all and he thanked all club members for electing him for the post of **President of the club for the year 2026-27** in his acceptance speech. He also sought cooperation of all members of the club. On his unanimous election, he was **presented a bouquet of flowers by PP Rtn. Vikram Chaudhary** on behalf of the club. The meeting ended with a **rich fellowship, congratulatory messages and wishes to the newly elected office bearers and a delicious dinner and House-of-Friendship sponsored by PEN Rtn. Ashish Jain.**

From the Desk of President:

Excerpts from the Annual General Meeting held on 27th Dec., 2024

Club Report for First Six Months of 2024-25

Dear Friends, Past Presidents and Senior Rotarians, Very Good Evening to all. It is my distinct honour to welcome you all to the Annual General Meeting of our Rotary Club. This gathering marks a significant milestone in our journey of service and fellowship."

I am thrilled to preside over this momentous occasion. Tonight, we come together to review our successes, acknowledge our challenges, and most importantly, renew our commitment to serving our community and making a real difference in the world. Till now we have done 52 meetings, which includes 39 community meetings and projects.

It is with great pleasure that I notify you of the several community efforts that our club has undertaken since July 1st, 2024:

- 1) On 14th July, **151 trees were planted at Shaheed Madan Lal Dhingra Samudayik Kendra.**
- 2) **BLOOD DONATION CAMP:** We conducted a blood donation drive at OP Jindal university in collaboration with Rotract Club of OP Jindal. -SMRITI - In memory of the lost ones. **We collected 355 units of blood and was handed over to Rotary Blood Bank of Sonapat.**
- 3) We have an array of active projects:
 - a) **PROJECT DRISHTI 2.0:** This is our flagship initiative, where we provide **underprivileged individuals free cataract surgery.** Rotary Club of Sonapat is committed to empowering people by restoring their vision and giving them a chance for a better life. **In the current rotary year, we have performed 112 free cataract procedures till date.**
 - b) **BEAT DIABETES:** This is our **weekly diabetes screening program.** To date, we have **screened 1203 people at 21 camps.**
 - c) **FREE PULMONARY FUNCTION TEST CAMP:** Every month, we conduct a free PFT camp to diagnose individuals suffering from, Allergies, Respiratory infections, Long-term (chronic) lung conditions, such as asthma, emphysema or chronic bronchitis, Restrictive airway problems from scoliosis, tumours, or inflammation or scarring of the lungs Sarcoidosis. Till date **we successfully diagnosed for 88 such patients.**
 - d) **FREE LIPID PROFILE SCREENING CAMP** - Every month, we conduct a free Lipid Profile camp so to look for dyslipidemia and treat those suffering from it. Since there is increased incidence of Diabetes & Hypertension in India, those suffering from dyslipidemia is also on the rise because it is closely associated with diabetes & hypertension. **We have diagnosed & treated 134 such patients till date.**
 - e) **FEED THE NEED:** We use this initiative to feed youngsters who are in need of food. **We have fed about 870 of these underprivileged kids till date. This is our monthly project.**
 - f) **Donation of a shed at Spread Smile Foundation (NGO for kids)**
- 4) Independence Day Celebration
- 5) Teachers Day Celebration - Guruvandnam - 40 teachers were felicitated

- 6) We celebrated World Arthritis Day on 12th October 24, Free OPD was arranged for screening of arthritis. 194 patients were attended to & were given free medicines, hot & cold packs, stress ball & knee caps free of cost.
- 7) Donation of old clothes and take away lunch, thanks to all members we had almost loaded a full mini truck.
- 8) We have contributed 17 prosthetic limbs for Project Aatamnirbhir worth Rs 1,27,500/-

These were community meetings which we did and if we talk about fellowship in last six months-

1. **GOV and Installation Ceremony - Prajay**
2. **Movie Time with Dinner at Regency Banquet**
3. **Rhythm Rendezvous – Musical Extravaganza**
4. **Dandiya Night - Navrang**
5. **Diwali Celebration - Jyotirgamaya**
6. **Trip to IITF**
7. **Tambola Night & American Auction**
8. **Cricket Face-Off**

So these were the Meetings at Glance and in December we had New Year Bash -Midnight Mystique, Meet Chairpersons were PP Rtn. Jagdeep Singh and Rty'ne Dr. Gursharan Kaur.

Glimpses | Annual General-cum-Election Meeting



MEETING DETAILS | MIDNIGHT MYSTIQUE

NEW YEAR CELEBRATIONS

(Held on Tuesday 31st December, 2024 at Dewan Farms, Bahalgarh Road, Sonipat)

The Rotary club ushered in the **New Year** with an unforgettable evening that resonated the warmth, exuberance and unity. The celebration was a **harmonious blend of sophistication and merriment** where every moment felt like a **tapestry of shared joy and fellowship**. Thanks to the **phenomenal efforts of our MOCs PP Rtn. Jagdeep Singh & Rty'ne Dr. Gursharan Kaur**, who truly outdid themselves.

Rtn. Jagdeep with his boundless energy and unbeatable Charisma kept everyone entertained and engaged making every moment lively with creative games. He was perfectly complimented by his better half **Rty'ne Dr. Gursharan** whose warm hospitality and radiant smile ensured that every member felt welcomed and cared for. A special mention goes to dedicated Team Leader **President Dr. Gaurav Dembla** and the **First Lady Dr. Kriti** whose vision, dedication and exceptional organisational skills made the evening a resounding success. The efforts that they put in together with our MOCs in organising such a delightful gathering was evident in every detail from the vibrant decor @ entrance to the meticulously **planned games like 'Tol Mol Ke Bol' and Couples Balloon Dance Game**. The atmosphere was one of pure joy and camaraderie.

- Best Dancing Couple - **Rtn Deepak Garg and Bhawana Garg**
- Best Dancing Annet Male- **Annet Shaurayaveer Sehgal**
- Best Dancing Annet Female- **Annet Divisha Batra**

COUPLE GAMES WINNERS

- **Rtn. Shive and Rty'ne Priyanka Sehgal**
- **Rtn. Deepak and Rty'ne Yashika Tuteja**
- **Rtn. Sanjay and Rty'ne Charu Suri**

A heartfelt thanks to the **Pool Leader PP Rtn. Dr. Rakesh Rai** and the **entire team** for creating a truly exceptional dining experience. Their thoughtful choice and effort in preparing a **flavourful menu** added an entire layer of enjoyment to the evening.

Last but not the least, **Special appreciation** goes to **all the Rotarians** for the spirited participation. Your enthusiasm while playing Games and dancing not only uplifted the atmosphere but also strengthened the bond we share as a community. It was an **evening of celebration and connection**, one that will be fondly remembered by all who witnessed it by their gracious presence.

Reported by | Rty'ne (Dr.) Priyanka Sehgal

Glimpses | Mystique Mania 2025



Glimpses | Mystique Mania 2025



Glimpses | Mystique Mania 2025



Rotary
District 3012



YOU ARE CORDIALLY INVITED
TO PARTICIPATE IN THE MOST ICONIC EVENT
OF THE YEAR

DISTRICT CONFERENCE 2024-25

SUNDAY
12 JANUARY 2025

 Radisson Blu Hotel, Kaushambi Delhi NCR

Registrations are open -
COUPLE REGISTRATION - 8,000/-
SINGLE REGISTRATION - 4,500/-



MUKTA & DG DR. PRASHANT RAJ SHARMA
DISTRICT GOVERNOR 2024-25, RID 3012

Rotary
Club of Sonapat
2024-25



Give The Gift of Sight SUPPORT CATARACT SURGERIES PROJECT DRISHTI 2.0

Contact us:

Rtn. Dr. Gaurav Dembla
 9999261418

PP Rtn. Gaurav Luthra
 9896335928

Rtn. Gaurav Gambhir
 7988341789



**KINDLY
DONATE
GENEROUSLY**



MEETING DETAILS | Free Lipid Profile Camp

(Held on Monday 30th December, 2024 at Darya Ram Hospital, Sonipat)

OUR CLUB'S DISEASE PREVENTION INITIATIVES

Rotary club of Sonapat organised its monthly **free lipid profile camp** on 30/12/24. A total of **15 participants** got their **lipid profile tests** done, those who had elevated cholesterol and were advised on follow-up actions or lifestyle modifications.

Everyone understands that elevated cholesterol is a health issue. However, you may be surprised to learn that cholesterol, a waxy, fat-like molecule, is necessary for many bodily functions, including the production of hormones, cell membranes, and some vitamins.

The liver produces and regulates cholesterol. Many people experience problems when they consume too many cholesterol-containing and saturated fat-rich foods (such as red meat and whole-fat dairy products), which, over time, raise the total quantity of cholesterol in their body. It then begins to circulate in the bloodstream, accumulating on the artery walls to form plaque. Atherosclerosis, a buildup of plaque, can lead to constricted blood arteries, raising the risk of heart disease and stroke.

Certain important points about dyslipidemia

- Age 40 is when adults should increase the frequency of cholesterol checks.
- Ideal cholesterol levels are not the same for everyone.
- High cholesterol can run in families.
- A CT heart scan can predict your risk of heart attack or stroke.
- Statins may help if lifestyle changes don't work.

Glimpses | Free Lipid Profile Camp



MEETING DETAILS | Free PFT Camp

(Held on Saturday 4th January, 2025 at Darya Ram Hospital, Sonipat)

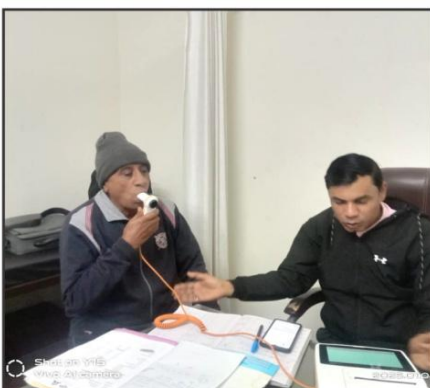
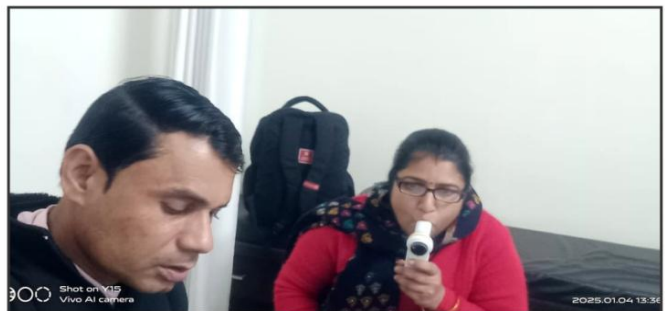
OUR CLUB'S DISEASE PREVENTION INITIATIVES

A Pulmonary Function Test (PFT) camp was held by the Rotary Club of Sonapat at Darya Ram Hospital to provide the community with a free pulmonary testing opportunity. The event's primary objectives were to promote awareness about the significance of lung health and to aid in the early detection of pulmonary ailments. Spirometry testing was performed at the camp by trained medical specialists, who then delivered individualised consultations based on each patient's unique test results. **A total of fifteen people were tested.**

FACTS & MYTHS about Bronchial asthma

- Asthma is a psychological condition: No, asthma is a chronic lung disease that causes inflammation and narrowing of the airways.
- Asthma is a childhood disease that's usually outgrown: No, asthma is rarely outgrown and can persist into adulthood.
- Rescue inhalers can cure asthma: No, rescue inhalers help manage asthma by making it easier to breathe in the short term.
- Inhaled steroids are addictive: No, inhaled steroids are safe and non-habit forming.
- Nebulizers are better than inhalers: No, inhalers are easier to use and as effective when used properly.
- People with asthma should get rid of their pets: No, there are ways to reduce symptoms and keep pets at home.
- You can treat asthma with dietary supplements: No, there's little to no evidence that any dietary or herbal supplements have any effect on asthma symptoms.
- Exercise is harmful for people with asthma: No, exercise offers many benefits for asthma sufferers with proper management.

Glimpses | Free PFT Camp



MEETING DETAILS | Free Diabetes Checkup Camp

(Held on Monday 06th January, 2025 at Darya Ram Hospital, Sonipat)

OUR CLUB'S DISEASE PREVENTION INITIATIVES

DIABETES CAMP (No. 23)

Our **Weekly Diabetes Screening Camp** was successfully conducted at Darya Ram Hospital. We **screened 67 individuals**. In total we have screened **1320 people** in our **twenty-three camps** conducted till date.

Diabetes Awareness is our Armour.

Type 1 diabetes is an autoimmune disorder, which occurs because of antibodies that destroy your pancreatic beta cells. Without these pancreatic cells, the body can no longer produce insulin, which is why people with Type 1 diabetes are put on insulin.

Some important facts about Type 1 Diabetes

1. Age is often — but not always — a key factor.

Type 1 diabetes is most commonly diagnosed in childhood. Type 1 diabetes is also known as juvenile onset diabetes. However, latent autoimmune diabetes in adults, or LADA, typically develops beyond the age of 30 and is treated as Type 1.

Experts disagree on whether LADA is genuinely Type 1. It is sometimes referred to as Type 1.5. The difference is that Type 1 diabetes requires insulin almost immediately—within days or months of diagnosis. In individuals with LADA, the course of the disease takes a longer period of time, therefore insulin may not be necessary for months or years.

2. Symptoms can appear suddenly.

Symptoms of type 1 diabetes include the following:

Increased urination | Increased thirst | Blurred vision | Weight loss | Fatigue

3. There's more than one way to get insulin.

Insulin is the primary mode of treatment for Type 1 diabetes. However, it can be delivered in a variety of ways. The most frequent is to provide insulin injections under the skin, which comprise both basal, or long-acting insulin, and prandial, or fast-acting insulin.

When you do not eat carbohydrates, your body requires basal insulin, whereas prandial insulin, which means "mealtime," is required when you do. This quick-acting injectable works in 10 to 15 minutes and is administered while eating a meal to offset the effects of elevated blood sugar. It's a program that simulates what your pancreas performs on a daily basis, and you can customize it to fit your lifestyle, such as when you eat or work. It allows you more flexibility.

However, injections are not the only way to acquire insulin. An insulin pump worn on the body delivers continuous injections. A physician or health care practitioner programs the pump to calculate how much insulin to administer — both as a continuous infusion and based on the amount of carbohydrates consumed. To check blood sugar levels, patients utilizing these pumps must prick their fingertips.

Another alternative is to use a continuous glucose monitor. This device, which can be worn for one to two weeks at a time, contains a tiny sensor implanted under the skin that detects blood sugar levels every 5 minutes. You must also perform finger sticks to ensure that the monitor is correctly sensing your levels. The continuous monitor is convenient for those with brittle blood glucose, which swing from high one minute to low the next.

To best monitor your blood glucose, you should understand how different foods affect it and how to create balanced, healthy meal plans that support these levels on a daily basis.

4. Researchers are looking for a cure.

Glimpses | Diabetes Screening Camp No. 23



MEETING DETAILS | Feed The Need

(Held on Tuesday 07th January, 2025 at Spread Smile Foundation, Sonipat)

Community Project: A Day of Nourishment, Warmth and Giving

Rotary Club of Sonapat hosted a heartwarming community event FEED THE NEED on 7th Jan 2025 aimed at spreading joy and support to local children. Through the collective efforts of volunteers, 100 children from the area were treated to a delicious meal of *Chole Bhature*, while also receiving woollen socks and caps for warmth and a much-needed donation of a computer to aid in their education.

A Meal to Remember

The event kicked off with a vibrant serving of *Chole Bhature*, a flavourful and beloved dish that brought smiles to the faces of the children. Volunteers worked tirelessly to ensure that each child enjoyed a satisfying meal in an atmosphere filled with warmth and joy. The children gathered around, excited to dig into the feast, their laughter and chatter filling the air, making the day truly special.

Gifts of Warmth

As the winter months draw near, no child would have to face the cold without the proper warmth. Woollen socks and caps were carefully distributed to each child, helping to ensure they stay cozy and comfortable as the temperatures drop. These thoughtful gifts not only provided much-needed protection against the chill but also conveyed the message of care, love and community support.

Empowering Education: A Computer Donation

In a further commitment to the children's future, a computer was donated to Spread Smile Foundation. This donation will be a valuable tool for educational development, allowing the children to access learning resources and strengthen their digital literacy. The impact of this gift extends far beyond the event itself, as it will open doors to new educational opportunities and empower the children to explore, learn and grow.

A Heartfelt Thank You to Meet Chair

A special and heartfelt gratitude goes to our Meet Chairpersons **Rtyne Anshu Luthra & PP Rtn Gaurav Luthra**, whose extraordinary generosity made all of this possible. Their dedication & unwavering commitment to service and community helped bring this project to life and ensured it touched the lives of so many.

A special shout-out to - **PP Rtn Anil Chugh, PP RK Sardana, Rtn Gaurav Gambhir & Annet Asmi Luthra*** & also to all the family members of **PP Rtn Gaurav Luthra** who were present at the event and worked tirelessly to make it a success. The success of this event is a testament to the collaborative dedication of our members. We are united in our efforts to create a significant impact in the lives of those who require assistance and we eagerly anticipate the continuation of this path of service and generosity.

Glimpses | FEED THE NEED



Happy Birthday!



**WE WISH BELATED HAPPY BIRTHDAY TO
RTYN. (Dr) NEHA GUPTA
w/o Rtn Daksh Gupta
WHO CELEBRATED HER BIRTHDAY
ON 5th JANUARY.**

**We sincerely acknowledge the error,
which was inadvertent and
by sheer oversight.**



**Rty'ne Anupriya Sharma
W/o PP Rtn. Nitish Sharma
11 Jan**



**Rty'ne Yashika Tuteja
W/o Rtn. Deepak Tuteja
12 Jan**



**Annet Sahil Gandhi
S/o PP Rtn. T.C. Gandhi
12 Jan**



**Annet Bani Sehgal
D/o Rtn. Raja Sehgal
13 Jan**



**Rtn. Meera Chhabra
W/o PP Rtn. Ajay Chhabra
18 Jan**

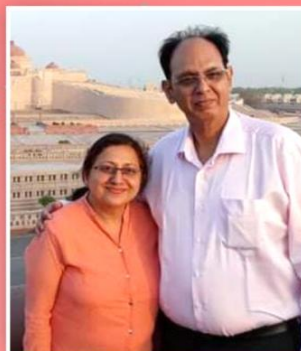


**Annet Rushank Alakh
S/o Rtn. Sumeet Alakh
19 Jan**



**Rty'ne Vibha Gambhir
W/o Rtn. Gaurav Gambhir
20 Jan**

Happy Anniversary



**Rtn. Ajay Chaudhary &
Rty'ne Suman Chaudhary
15 JAN**



**Rtn. Anurag Kuchchal &
Rty'ne Geetu Kuchchal
17 JAN**