

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. 20 | Dated 14th Feb., 2025

next meeting

'SIPS & SNUGGLES' *Valentine's Party*

SUNDAY
16 FEB
2025

11:30 am onwards

MOCs

PE Rtn. Rajat Doda &
Rty'ne Sanya Doda

Venue :

Shaheed Madan Lal Dhingra
Punjabi Samudaye Kendra

The meeting will be a combo of
VALENTINE'S PARTY AND A LIVELY PICNIC.
President-Elect Rtn Rajat and Rty'n Sanya Doda
are working hard to make it a memorable event.
Please do come and enjoy the "Sips and Snuggles".



MEETING DETAILS | LOHRI CELEBRATIONS

(Held on Saturday 11th January, 2025 at Ronak Garden, Sonipat)

The Lohri meeting of the Rotary Club of Sonipat was held on 11th January at Ronak Garden, with **PP Rtn. Ajay Chhabra and Rty'ne Meera Chhabra** serving as **Masters of Ceremony (MOC)**. The meeting commenced with the **National Anthem**, followed by the **traditional burning of the bonfire**, **prayers**, and the **singing of Lohri songs**, adding a festive charm to the event.

Ajay Chhabra managed the meeting with remarkable flair, engaging the attendees with his eloquence and energy. He creatively sang Lohri rhymes for each couple, blending them with Bollywood tunes, which was met with great enthusiasm. This unique touch created a vibrant and joyous atmosphere, encouraging everyone to **sing along and dance**.

Despite the chilly weather, the **MOC's charisma and the festive spirit ensured an impressive turnout**, with the presence of Rotarians and Rty'nes in full strength. The well-organized event demonstrated **excellent team spirit**, with **President Dr. Gaurav Dembla and Ajay Chhabra** earning accolades for their efforts.

The **culinary delights** of the evening added to the enjoyment. The food and snacks were described as **"yummilicious,"** satisfying the taste buds of all attendees.

The **gathering was a beautiful blend of tradition, entertainment, and camaraderie**. The **Lohri celebration was a resounding success**, leaving everyone with cherished memories of joy, music, and togetherness.

Another Feather added to President's Cap. Keep up the HIGH SPIRITS....!!!!

Reported by | PP Rtn Jagdeep Singh

Glimpses | LOHRI CELEBRATIONS



Glimpses | LOHRI CELEBRATIONS



MEETING DETAILS | CHILL & CHAT

Rotary Fellowship Meeting

(Held on Saturday 25th January, 2025 at Ronak Garden, Sonipat)

The "Chill & Chat" Rotary Fellowship meeting took place on 25th January 2025 at Ronak Gardens. It was a perfectly informal and relaxed gathering aimed at building connections among members. The evening was a wonderful opportunity for everyone to engage in casual conversations, share personal stories, and strengthen their fellowship bonds without any formal agenda or project discussions.

The meeting started with a friendly welcome, and everyone was invited to connect openly with each other. The focus wasn't on upcoming projects or Rotary events; rather, it was all about fostering a relaxed atmosphere where members could unwind, catch up, and connect with each other personally. Everyone had a great time with the refreshments and dinner!

This relaxed gathering wonderfully fulfilled its goal of strengthening connections within the Rotary community. Overall, gatherings like "Chill & Chat" really highlight the personal connections we share, helping to build a solid base for teamwork, participation, and lasting commitment within the Rotary club.

Reported by | President Rtn Gaurav Dembla

Minutes of 6th BOD Meeting

(Held on Friday 10th January, 2025
at Bella Nosh, Sonipat)

6th meeting of the Board of Directors (BOD) for the year 2024-2025 was held at Bella Nosh on 10th January 2025 which was hosted by PP Rtn Gaurav Luthra & Rtn Sumeet Alakh. 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 100 surgeries have been done till date.
- 3) It was unanimously decided that President Rtn Dr Gaurav Dembla would be voting for the upcoming DG elections
- 4) Following meetings have been scheduled for the month of January 2025
 - 7th January 2025 - Feed the Need
 - 11th January 2025 - Lohri Meeting
 - 3rd Week January 2025 - Community service
 - 4th week of January 2025 - Fellowship Meeting

On behalf of the board PP Rtn Ramesh Wadhwa thanked PP Rtn Gaurav Luthra & Rtn Sumeet Alakh for their excellent hospitality.

Minutes of 7th BOD Meeting

(Held on Wednesday 12th February, 2025
at De Jour, Sonipat)

7th meeting of the board of directors (BOD) for the year 2024-2025 was held at De Jour Cafe on 12th February 2025 which was hosted by IPP Rtn Sandeep Girdhar & Rtn Vipin Dua. 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 136 surgeries have been done till date.
3. Following meetings have been scheduled for the month of February-March 2025
 - 16th February 2025 - Valentine's Day
 - 23th February 2025 - District Cricket Tournament
 - 2nd March 2025 - Feed the Need
 - 1st week of March 2025 - Fellowship Meet
 - 14th March 2025 - Holi Celebrations
 - 3rd week of March 2025 - Community Meet
 - 22nd March 2025 - Charter Day Celebration
4. IPP Rtn Sandeep Girdhar was asked to present the audited accounts for the year 2023-24, to which he assured that it will done before the next board meeting.

On behalf of the board Rtn Sumeet Alakh thanked IPP Rtn Sandeep Girdhar & Rtn Vipin Dua for their excellent hospitality.

MEETING DETAILS | Free Diabetes Checkup Camp

(Held on Monday 13th January, 2025 at Darya Ram Hospital, Sonipat)

BEAT DIABETES

DIABETES CAMP (No. 24)

Join Hands, Beat Diabetes

Our **Weekly Diabetes Screening Camp** was successfully conducted at Darya Ram Hospital. We screened **60 individuals**. In total we have screened **1380 people** in our twenty four camps conducted till date.

Less known facts about diabetes:

- ❖ Diabetes can affect the nervous system. Diabetes can cause nerve damage, which can lead to numbness and tingling in the hands and feet. It can also affect the nerves that control digestion and other functions of the gastrointestinal tract.
- ❖ Diabetes can cause depression or anxiety. People with diabetes are twice as likely to develop depression than people without diabetes.
- ❖ Gestational diabetes is not caused by a lack of insulin. Gestational diabetes develops during pregnancy when hormones produced by the placenta prevent the body from using insulin effectively.
- ❖ Blurry vision can be a symptom of diabetes. Sugar in the blood can cause swelling in the lens of the eye, making it difficult to focus.
- ❖ Diabetes insipidus is a rare type of diabetes. Diabetes insipidus is a rare condition that affects the kidneys' ability to conserve water, leading to excessive thirst and urination.
- ❖ People with diabetes can still eat sweets. With well-controlled blood glucose levels and regular exercise, it's generally safe to eat a sweet once in a while.

Glimpses | Free Diabetes Checkup Camp No. 24



MEETING DETAILS | Free Lipid Profile Camp

(Held on Monday 25th January, 2025 at Darya Ram Hospital, Sonipat)

Free Lipid Profile Camp

Rotary Club of Sonapat organised its monthly **Free Lipid Profile Camp** on 25/01/25. 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.

TIPS FOR KEEPING LIPID PROFILE IN CHECK

To keep your lipid profile in check, eat a heart-healthy diet that limits saturated and trans fats, increases soluble fiber, includes omega-3 fatty acids from foods like fatty fish, stays at a healthy weight, works out regularly, and drinks alcohol in moderation. Talk to your doctor about any changes to your medications that are needed based on your specific needs.

Important changes to make to your lifestyle:

- ❖ Diet: Cut down on heavy fats, which are found in processed foods, red meat, and full-fat dairy products.
- ❖ Get rid of trans fats, which are often labeled as "partially hydrogenated oils."
- ❖ Soluble fiber, which can be found in oats, beans, apples, and pears, helps keep cholesterol in the gut.
- ❖ Some foods that are high in omega-3 fatty acids are salmon, sardines, tuna, and other fatty fish.
- ❖ Pick lean sources of protein, like chicken, fish, and those that come from plants.
- ❖ Eat a lot of veggies and fruits: Full of fiber and vitamins.
- ❖ Physical activity: * Regular exercise: Try to work out at a modest level for at least 30 minutes most days of the week.
- ❖ Strength training can help you gain muscle, which speeds up your metabolism.
- ❖ Weight Management: Keep your weight at a healthy level; losing even a little weight can make lipid levels much better.
- ❖ Pay attention to your waist size. Having too much belly fat is linked to having higher cholesterol.
- ❖ Other Lifestyle Factors:
- ❖ Limit your alcohol intake; drinking too much alcohol can raise your lipid levels.
- ❖ Stop smoking. Heart disease is much more likely to happen if you smoke.
- ❖ Deal with your stress: long-term stress can make your cholesterol numbers worse.

Glimpses | Free Lipid Profile Camp



MEETING DETAILS | Free Diabetes Check Up Camp

(Held on Wednesday 27th January, 2025 at Darya Ram Hospital, Sonipat)

BEAT DIABETES

DIABETES CAMP (No. 25)

Diabetes Fuelling the Fight, Fuelled by Hope.

Our **Weekly Diabetes Screening Camp** was successfully conducted at Darya Ram Hospital. We screened **53 individuals**. In total we have screened **1433 people** in our twenty five camps conducted till date.

People with type 2 diabetes can take oral hypoglycemia drugs (OHAs) to help keep their blood sugar levels in check. They work by either getting the pancreas to make more insulin or making the body more sensitive to insulin. Insulin secretagogues, insulin sensitizers, and α -glucosidase inhibitors are the different types of oral hypoglycemic drugs.

FEATURES OF OHAS

How they work?

OHAs can make the body make more insulin, make insulin work better, or slow down the absorption of glucose from food in the stomach.

How to use them?

OHAs are usually taken orally, 30 minutes before a meal, and at the same time each day.

Common Side effects

OHAs can cause gastrointestinal issues like diarrhea, constipation, bloating, gas, upset stomach, or nausea.

How Effective ?

OHAs work well in the early stages of diabetes, but later on, you may need insulin treatment. Insulin secretagogues, insulin sensitizers, and α -glucosidase inhibitors are the different types of oral hypoglycemic drugs.

Glimpses | Free Diabetes Checkup Camp No. 25



MEETING DETAILS | FREE PFT CAMP

(Held on Saturday, 1st February, 2025 at Darya Ram Hospital, Sonipat)

FREE PFT CAMP

A **Pulmonary Function Test (PFT)** camp was held by **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 twelve people** were tested.

INTERESTING FACTS ABOUT BRONCHIAL ASTHMA

GLOBAL IMPACT: Asthma is a major public health concern that affects hundreds of millions globally. Low-income countries have the greatest mortality rates due to poor treatment.

CHILDHOOD PREVALENCE: Asthma is the most prevalent chronic condition among children, affecting a considerable proportion of the younger population.

PATHOGENESIS: Asthma attacks cause inflammation and narrowing of the airways, resulting in symptoms such as wheezing, chest tightness, and shortness of breath. It is a chronic disorder that cannot be cured, but with adequate medicine and trigger avoidance, patients can live normal lives.

GENDER DISPARITY: Asthma is more common in boys during childhood, but more prevalent in women in adulthood, possibly due to hormonal factors.

SYMPTOMS: Asthma can cause minor symptoms such as coughing, particularly at night, without obvious wheezing.

TRIGGERS: Triggers for asthma can vary across individuals and include allergens such as pollen, dust mites, dander from pets, exercise, cold air, strong scents, and stress.

TREATMENT: Inhalers have a critical role in controlling asthma symptoms and preventing attacks.

PSYCHOLOGICAL IMPACT: Asthma can cause worry and tension owing to unpredictable attacks and concerns about breathing issues.

Glimpses | Free Pulmonary Function Test Camp



MEETING DETAILS | Free Diabetes Check Up Camp

(Held on Monday, 03rd February, 2025 at Darya Ram Hospital, Sonipat)

BEAT DIABETES

DIABETES CAMP (No. 26)

Diabetes Spreading Knowledge, Spreading Hope

Our **Weekly Diabetes Screening Camp** was successfully conducted at Darya Ram Hospital. We **screened 48 individuals**. In total we have screened **1481 people** in our twenty six camps conducted till date.

There are several types of medications for diabetes, including tablets, injections, and combinations of drugs. Some common types of diabetes medications include:

- ❖ **Metformin:** A commonly prescribed oral medication that helps the body respond better to insulin and lowers the amount of glucose it absorbs and makes. Metformin can help with weight loss.
- Sulfonylureas:** (Glimipiride/ Glipizide/ Gliclazide) They work by stimulating the pancreas with the help of beta cells. This causes your body to make more insulin.
- Meglitinides:** (Repaglinide) A class of oral medications that stimulate the pancreas to release insulin.
- ❖ **Glucagon-like peptide 1 (GLP-1) receptor agonists:** (Liraglutide/ Semaglutide/ Exenatide) A class of medications that can be taken orally or by injection. GLP-1 receptor agonists increase how much insulin your body uses and the growth of pancreatic beta cells. They decrease your appetite and how much glucagon your body uses. GLP-1 receptor agonists can also help with weight loss.
- ❖ **Sodium-glucose cotransporter 2 (SGLT2) inhibitors:** (Empagliflozin/ Canagliflozin/ Dapagliflozin) SGLT2 inhibitors work by preventing the kidneys from holding on to glucose. Instead, your body gets rid of the glucose through your urine.
- ❖ **Dipeptidyl peptidase-4 (DPP-4) inhibitors :** (Linagliptin/ Saxagliptin/ Sitagliptin) DPP-4 inhibitors block the DPP-4 enzyme. This enzyme destroys a hormone called incretin, which normally helps your body produce insulin when it's needed. Incretins also decrease glucose output from the liver when your body doesn't need it. These drugs can also help the pancreas make more insulin.
- ❖ **Thiazolidinediones (TZDs):** (Pioglitazone/ Rosiglitazone) Thiazolidinediones work by decreasing glucose in your liver. They also help your fat cells use insulin better by targeting insulin resistance.
- ❖ **Alpha-glucosidase inhibitors:** (Acarbose): These medications help your body break down starchy foods and table sugar. This effect lowers your blood sugar levels.
- ❖ **Insulin:** A hormone that signals the body's tissues and muscles to use sugar from food. There are several types of insulin, including short-acting, intermediate-acting, and long-acting.

Glimpses | Free Diabetes Checkup Camp No. 26



MEETING DETAILS | Free Diabetes Check Up Camp

(Held on Monday, 10th February, 2025 at Darya Ram Hospital, Sonipat)

BEAT DIABETES

DIABETES CAMP (No. 27)

Empower Lives, Stop the Rise

Our Weekly Diabetes Screening Camp was successfully conducted at Darya Ram Hospital. We screened **50 individuals**. In total we have screened **1531 people** in our twenty seven camps conducted till date.

Diabetes mellitus (diabetes) is a chronic condition where the body loses its ability to produce insulin, or begins to produce or use insulin less efficiently, resulting in blood glucose levels that are too high (hyperglycaemia).

Types of insulin

Insulin is classified based on how long it operates in the body. Rapid- or short-acting insulin lowers blood glucose levels at mealtimes, whereas intermediate or long-acting insulin helps manage the body's overall demands. Both help to control blood glucose levels.

The five kinds of insulin range from quick to long-acting. Some insulin seems clear, while others appear cloudy.

Before injecting cloudy insulin, gently roll the pen or vial between your palms to ensure that the insulin is equally distributed. If your insulin is supposed to be clear, do not use it if it appears hazy.

Often, people need both rapid- and longer-acting insulin. Everyone is different and needs different combinations.

The 5 types of insulin are:

- ❖ Rapid-acting insulin
- ❖ Short-acting insulin
- ❖ Intermediate-acting insulin
- ❖ Mixed insulin
- ❖ Long-acting insulin.

Rapid-acting insulin

Rapid-acting insulin starts working somewhere between 2.5 to 20 minutes after injection. Its action is at its greatest between one and 3 hours after injection and can last up to 5 hours. This type of insulin acts more quickly after a meal, similar to the body's natural insulin, reducing the risk of a low blood glucose. When you use this type of insulin, you must eat immediately or soon after you inject.

The 3 rapid-acting insulin types currently available in Australia are:

- ❖ NovoRapid (insulin aspart)
- ❖ Humalog (insulin lispro)
- ❖ Apidra (insulin glulisine)

Short-acting insulin

Short-acting insulin takes longer to start working than the rapid-acting insulins.

Short-acting insulin begins to lower blood glucose levels within 30 minutes, so you need to have your injection 30 minutes before eating. It has its maximum effect 2 to 5 hours after injection and lasts for 6 to 8 hours.

Short-acting insulins currently available are:

- ❖ Actrapid
- ❖ Humulin R

Intermediate-acting insulin

Intermediate-acting and long-acting insulins are often termed as Basal insulins.

The intermediate-acting insulins are cloudy in nature and need to be mixed well.

These insulins begin to work about 60 to 90 minutes after injection, peak between 4 to 12 hours and last for between 16 to 24 hours.

Intermediate-acting insulins currently available are:

- ❖ Humulin NPH (a human isophane insulin)

Long-acting insulin

The long-acting insulins currently available are:

- ❖ Lantus (glargine insulin) – slow, steady release of insulin with no apparent peak action. One injection can last up to 24 hours. It is usually injected once a day but can be taken twice daily.
- ❖ Toujeo (glargine insulin) – this insulin has a strength of 300 units per ml so is 3 times the concentration of other. It is given once a day and lasts for at least 24 hours. It should not be confused with regular Lantus which has a strength of 100 units per ml. Toujeo is given for safety by a disposable pen only. Toujeo gives a slower, steadier glucose profile especially during the night.
- ❖ Levemir (detemir insulin) – slow, steady release of insulin with no apparent peak action and can last up to 18 hours. It is usually injected twice daily.

Although these insulins are long-acting, they are clear and do not need mixing before injecting.

Mixed insulin

Mixed insulin contains a pre-mixed combination of either very rapid-acting or short-acting insulin, together with intermediate-acting insulin.

The mixed insulins currently available are:

Rapid-acting and Intermediate-acting insulin

- ❖ NovoMix 30 (30% rapid, 70% intermediate Protaphane)
- ❖ Humalog Mix 25 (25% rapid, 75% intermediate Humulin NPH)
- ❖ Humalog Mix 50 (50% rapid, 50% intermediate Humulin NPH)

Rapid-acting and Long-acting insulin

- ❖ Ryzodeg 70:30 (70% long acting Degludec, 30% rapid Aspart)

Short-acting and Intermediate-acting insulin

- ❖ Mixtard 30/70 (30% short, 70% intermediate Protaphane)
- ❖ Mixtard 50/50 (50% short, 50% intermediate Protaphane)
- ❖ Humulin 30/70 (30% short, 70% intermediate Humulin NPH).

Glimpses | Free Diabetes Checkup Camp No. 27



Rotary District 3012 THE MAGIC OF ROTARY

Be Ready for
**DISTRICT 3012
CRICKET
TOURNAMENT**
2024-25

SAVE THE DATE
SUNDAY, 23/FEB/2025

Show your skills and win the title in the most prestigious tournament this year.

RI DISTRICT 3012 CRICKET TOURNAMENT 2024-25

Distt 3012 Cricket Tournament 2025

The following Rotarians from our Club are participating.

1. Rtn. Ajay Relan
2. PP Rtn. Kuldeep Solanki
3. PP Rtn. Raj Kumar Sardana
4. Rtn. Sanjay Suri
5. Rtn. Ashish Batra
6. Rtn. Vishal Batra
7. Rtn. Nitin Saluja
8. Rtn. Gaurav Gambhir
9. Pres. Rtn. Dr. Gaurav Dembla

The above tournament will be held at Nehru Stadium, Ghaziabad.

For more details, pls. contact President/Secretary.

RI President 2025-26 announced his message theme for the next Rotary year @International Assembly.

Rotary President-elect Mário César Martins de Camargo revealed the 2025-2026 Presidential Message, **UNITE FOR GOOD**:

"Rotary members are #PeopleOfAction. We don't wait for change to happen; we make it happen. And what do people of action do? We **UNITE FOR GOOD**."

UNITE FOR GOOD

Rotary 

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
PP Rtn. Gaurav Luthra 9896335928
Rtn. Gaurav Gambhir 7988341789

**KINDLY
DONATE
GENEROUSLY**

Happy Birthday!



Rty'ne Archana Kakkar
W/o Rtn. Mukesh Kakkar
21 Jan



Annet Soumya Batra
D/o Rtn. Vishal Batra
23 Jan



Annet Prerit Batra
S/o Rtn. Prateek Batra
25 Jan



Rty'ne Rashmi Chhabra
W/o Rtn. Sanuj Chhabra
26 Jan



Annet Nishit Mehra
S/o Rtn. Namit Mehra
27 Jan



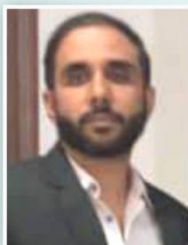
Rtn. Anmol Chaudhary
29 Jan



Annet Tanvi Jain
D/o Rtn. Amit Jain
29 Jan



Annet Yuvraj Bhagat
S/o PP Rtn. Yogesh Bhagat
30 Jan



PP Rtn. Nitish Sharma
31st Jan



Rtn. Hemant Jain
02 Feb



Rty'ne Suchitra Chaudhary
W/o PP Rtn. Vikram Chaudhary
03 Feb



Annet Alok Singla
S/o Rtn. Gobind Singla
04 Feb

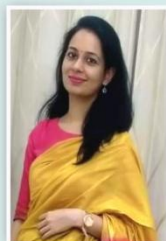
Happy Birthday!



Rty'ne Sangeeta Sarin
W/o PP Rtn. Sanjiv Sarin
07 Feb



Rty'ne Kanika Chopra
W/o PP Rtn. Rishi Chopra
08 Feb



Annet Kanika Chaudhary
D/o Rtn. Ajay Chaudhary
08 Feb



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



Rtn. Raja Sehgal
15 Feb



PP Rtn. Sanjeev Sareen
18 Feb



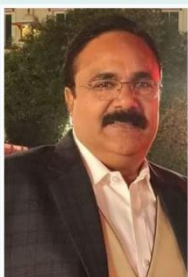
Annet Ivan Jain
S/o Rtn. Amit Jain
20 Feb



Annet Shubham Wadhawan
S/o Rtn. Sanjay Wadhawan
21 Feb



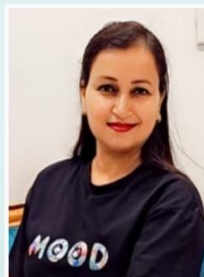
Annet Drishti Chugh
D/o PP Rtn. Anil Chugh
21 Feb



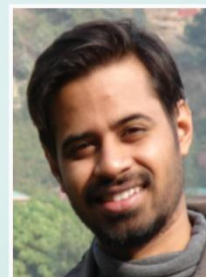
Rtn. Atul Jain
22 Feb



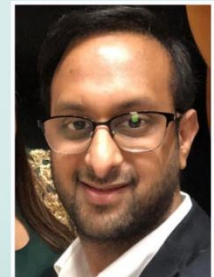
Annet Mehul Arora
s/o Rtn. Deepak Arora
22 Feb



Rty'ne Neetu Gupta
W/o Rtn. Antriksh Gupta
24 Feb



Annet Varun Srivastava
S/o PP Rtn. Dr. D.K. Srivastava
25 Feb



Rtn. Daksh Gupta
28 Feb

Happy Anniversary



PP Rtn. Ajay Chhabra &
Rtn. Meera Chhabra
21 JAN



Rtn. Gulshan Sehgal &
Rty'ne Sarika Sehgal
22 JAN



Rtn. Sanjeev Bali &
Rty'ne Sangeeta Bali
26 JAN



PP Rtn. Anil Chugh &
Rty'ne Mahima Chugh
27 JAN



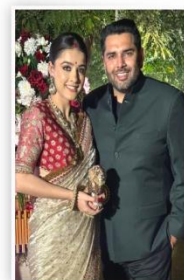
PP Rtn. Rajeev Garg &
Rty'ne Sakshi Garg
01 Feb



Rtn. Gaurav Gambhir &
Rty'ne Vibha Gambhir
03 Feb



Rtn. Sachin Kukreja &
Rty'ne Shalini Kukreja
04 Feb



Rtn. Nikhil Madaan &
Rty'ne Nikita Madaan
05 Feb



PE Rtn. Rajat Doda &
Rty'ne Sanya Doda
10 Feb



Rtn. Vipin Dua &
Rty'ne Shilpa Dua
11 Feb



Rtn. Narinder Batra &
Rty'ne Sangeeta Batra
20 Feb



Rtn. Gobind Singla &
Rty'ne Kusum Singla
27 Feb

We are sorry for not printing/circulating Birthday/Anniversary Greetings between 21st January to today, as there was no bulletin published during this time due to some unavoidable reasons.

We regret for the lapse. However, greetings of Rotarians and Rty'nes were circulated on WhatsApp by our President Rtn (Dr) Gaurav Dembla and First Lady Rtn (Dr) Kriti Dembla.