

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. 22 | Dated 26th March, 2025

next meeting

CLUB ASSEMBLY

It will be a Closed-Door Meeting
(Only Members can attend)
and will be followed by DINNER.

8:30 pm onwards

28

MARCH
FRIDAY

20
25

Venue: Regency Banquets, City Mall

MEETING DETAILS | UNFORGETTABLE HER

WOMEN'S DAY CELEBRATIONS

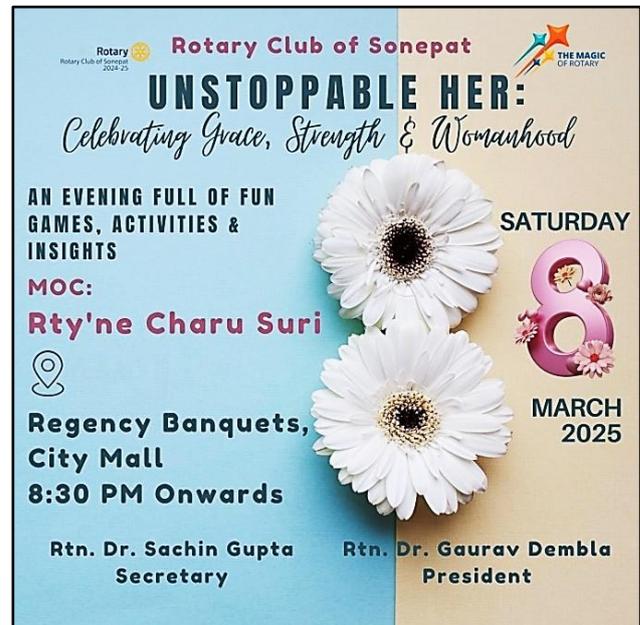
(Held on Saturday 8th March, 2025 at Regency Banquets, Sonipat)

International Women's Day, celebrated globally on March 8, is more than a moment of appreciation. It is a celebration of strength, resilience and victories of women everywhere.

"A women's strength is not ensured by her ability to endure, but by her courage to rise every time she falls."

This quote is a constant reminder to never loose heart and that courage is a woman who stands tall even when the world tries to shrink her.

In this world, where we talk about courage, resilience, equality etc., forgotten is the 'self-love' for a woman to realize and think of. To remind women of self-love and its need, Rotary club of Sonipat organised an unforgettable meeting on 8th March at Regency Banquet. The evening was a powerful reminder for women to know themselves better, the need of self-love and self-care, how can one shape outer beauty and of course the inner personality analysis is pending and hopefully we can have another wonderful session with the ever-charming star of the evening – Charu Suri, who with her immaculate style won our hearts !!



The meeting began with two couple games –

PROPOSE A ROSE – **won by Rty'ne Reena and Rtn. Surender Dahiya**

HOW WELL DO YOU KNOW HER – **won by Rty'ne Sakshi & Rtn. Hemant Jain**

The array of games continued along with Rty'ne Charu Suri's insights about knowing one's self. The next game was 'Gift A Compliment' won by Rty'ne Sakshi Garg. Some other games that engaged all the women included & won by :-

RAPID FIRE GAME – **Rt'yne Neetu Gupta**

MYTH & FACT GAME – **Rty'ne Vandana Jain**

FACE ANALYSIS – **Rty'ne Dr Gursharan Kaur & Rty'ne Dr. Kriti Dembla**

COLOR ANALYSIS – **Rty'ne Tesu Alakh**

BODY ANALYSIS – **Rty'ne Sakshi Garg**

MAGICAL TRANSFORMATION – **Rty'ne Dr. Kriti Dembla**

The audience was spell-bound witnessing such invaluable information about the dressing styles, face shapes, colour analysis and on top of that the forgotten 'self-love'.

As the meeting lasted well past midnight, it happened to be birthday (9th March) of PP Rtn Dr Rakesh Rai, which was celebrated by cutting of Cake and showering of Birthday Greetings by all present.

The meeting reminded all the Rty'nes about resilience and that self-love and self-care is important not just for themselves but the people around. The meeting ended with a scrumptious dinner and some great memories !

Reported by | Rty'ne Rashmi Chhabra

Glimpses | 'UNFORGETTABLE HER' - Women's Day Celebrations



Glimpses | 'UNFORGETTABLE HER' - Women's Day Celebrations



Glimpses | 'UNFORGETTABLE HER' - Women's Day Celebrations



MEETING DETAILS | Blood Donation Camp

(Held on Sunday 9th March, 2025 at OP Jindal Global University, Sonipat)

“When we give cheerfully and accept gratefully everyone is blessed”

The Gift of Life -Blood Donation Camp

It was a bright sunny day on Sunday at the lush green campus of OP Jindal Global University where philanthropy is a routine habit, energetic young Rotaractors in association with Rotary club of Sonipat organized second blood donation camp on 9th of March 2025, 55th Birth anniversary of Shri Naveen Jindal.

Rotaract President Chirag Aggarwal took the initiative to inform all the staff and students of OPJU at very short notice to donate blood on this pious day.

President Dr. Rtn. Gaurav Dembla urged Rotaractors to motivate people of OPJU for this noble cause. Donation drive started at 11.00 AM at the state of the art OPJU medical center, donors were screened for blood sugar and blood pressure by medical representatives and doctors of OPJU before donation of blood.

Fruits, biscuits, Juices were served after donation and souvenir mugs with appreciation certificates were also awarded to people who graciously donated blood and served humanity for this noble cause. Total 231 units of blood were collected and were handed over to Rotary Blood Bank Sonipat. Thanks to our Club President Dr. Gaurav Dembla for always being on front foot to serve the community and let everyone know the real meaning of ROTARY.

Club President Dr. Gaurav Dembla, PE Rtn Rajat Doda, PEN Rtn Ashish Jain and Rtn Gaurav Gambhir also donated blood and shined our club name. Rotaractors were on their toes to make number rise to maximum, this shows the spirit of Rotary.

Reported by | PP Rtn Gaurav Luthra



Glimpses | Blood Donation Camp at OPIJU



MEETING DETAILS | Free Diabetes Check Up Camp

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

BEAT DIABETES

DIABETES CAMP (No. 31)

EMPOWER LIVES, STOP THE RISE

Our **Weekly Diabetes Screening Camp** was successfully conducted at Darya Ram Hospital. We screened **66 individuals**. In total we have screened **1755 people** in our thirty-one camps conducted till date.

Diabetic peripheral neuropathy is a type of nerve damage that affects the feet, legs, hands, and arms. It's the most common type of diabetic neuropathy.

Symptoms

Numbness or reduced ability to feel pain or temperature changes

Tingling or burning feeling

Sharp, jabbing pain that may be worse at night

Muscle weakness

Loss of reflex response

Serious foot issues such as ulcers, infections, changes in foot shape, and bone and joint damage

Causes

High levels of sugar in your blood damaging the tiny blood vessels that supply your nerves

Poorly controlled blood sugar

Smoking

Regularly drinking large amounts of alcohol

Risk factors

The longer you have had diabetes, the higher your risk of peripheral neuropathy

Treatment

Treatments can help slow the progression of this condition and limit the damage

Medications

Complications

Nerve damage can cause problems with balance and coordination, leading to falls and fractures

Nerve damage can cause chronic pain, which can lead to anxiety and depression

Glimpses | Free Diabetes Checkup Camp No. 31



MEETING DETAILS | HOLI CELEBRATIONS

(Held on Friday 14th March, 2025 at Dewan Farms, Sonipat)

Rang Barse Bheege Chunar Wali, Rang Barse...

The Holi celebration was a vibrant and well-organized event, filled with energy, joy, and togetherness. The beautifully curated ambience set the perfect festive tone, making the gathering even more special.

A heartfelt appreciation to President Gaurav, the MOCs, PP Rtn. Kuldeep Solanki, PP Rtn. Pankaj Seth, and Rtn. Vipin Dua for their contributions. A special thanks to Rtn. Kamal Dewan for hosting the event at such a fantastic venue. The House of Friendship, with the warm hospitality of the MOCs, made everyone feel truly welcomed, while the sumptuous food elevated the celebration.

What made this meeting truly exceptional was the pool, adding an extra element of fun and excitement. The combination of the hot sun and cool water tempted everyone to take a splash, making it a memorable and refreshing experience. It was the perfect way to celebrate with loved ones, creating cherished memories of laughter, colors, and joy.

A heartfelt appreciation to President Rtn. Dr. Gaurav Dembla, who put in immense effort to manage the entire Holi meeting seamlessly, and Rtn. Dr. Kriti Dembla for their valuable contributions. Their dedication made this celebration truly remarkable.

*"Gulaal ki hulchul, pichkari ki bochhar, Rango ki barsaat aur khushiyon ki bauchar,
Doston ke sang Holi ka tyohar, Masti mein jhoom uthe har ek yaar!"*

"Holi Hai! Bura Na Maano Holi Hai!"

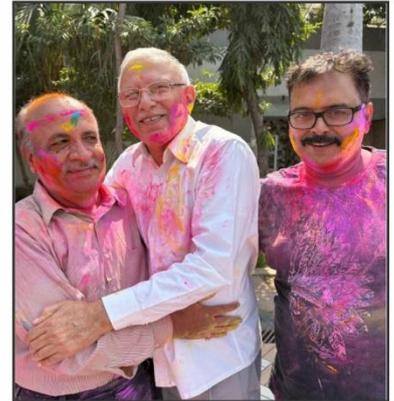
Reported by Rtyan Charu Wadhwa



Glimpses | Holi Celebrations



Glimpses | Holi Celebrations



Glimpses | Holi Celebrations



Glimpses | Holi Celebrations



MEETING DETAILS | Free Diabetes Check Up Camp

(Held on Monday 17th March, 2025 at Darya Ram Hospital, Sonipat)

BEAT DIABETES

DIABETES CAMP (No. 32)

EMPOWER YOUR HEALTH, DEFEAT DIABETES

Our **Weekly Diabetes Screening Camp** was successfully conducted at Darya Ram Hospital. We screened **68 individuals**. In total we have screened **1823 people** in our thirty-two camps conducted till date.

Glucose Metabolism & Diabetes

Glucose metabolism refers to the process by which the body utilizes glucose, the principal energy substrate derived from consumed food, either storing it for future use or oxidizing it for immediate energy production.

- ❖ **Digestion and Absorption:** Upon consumption of carbs, the body metabolizes them into glucose, which is subsequently absorbed into the bloodstream.
- ❖ **Function of Insulin:** When blood glucose levels increase, the pancreas secretes insulin, a hormone that facilitates the entry of glucose into cells for energy utilization or storage.
- ❖ **Energy Production:** Within cells, glucose undergoes glycolysis, a process that releases energy as ATP (adenosine triphosphate), which powers several physiological operations. Excess glucose is stored as glycogen, mostly in the liver and muscles, and can be turned back into glucose as required.
- ❖ **Regulation:** The body sustains a stable blood glucose concentration via a complex interaction of hormones and metabolic mechanisms, guaranteeing a continuous energy supply to cells.

Glimpses | Free Diabetes Checkup Camp No. 32



MEETING DETAILS | 69th Charter Day of RC Sonipat

(Held on Sunday 22th March, 2025 at Sonipat)

The thoughts expressed by our President Rtn Dr Gaurav Dembla and activities undertaken by our Club on our 69th Charter Day:

22nd March, marks the 69th Charter Day of the prestigious Rotary Club of Sonapat—a moment of pride for all associated with this remarkable legacy of service.

Over the decades, our club has been home to a **galaxy of past presidents and dedicated members**, all committed to the Rotary motto: “Service Above Self.” Through numerous initiatives, we have served the community in various aspects, making a lasting impact. As we celebrate this milestone, we reaffirm our dedication to humanitarian service and the ideals that define Rotary.

Here is a **list of our dedicated and committed past presidents** who have led our club with vision and service:

- | | | |
|------------------------------------|-------------------------------------|--|
| 1) Rtn. B.S. Chauhan (1957-58) | 24) Rtn. P.S. Kathuria (1980-81) | 47) Rtn. Sanjiv Sarin (2002-03) |
| 2) Rtn. B.S. Chauhan (1958-59) | 25) Rtn. S.C. Bhagat (1981-82) | 48) Rtn. Tilak Gandhi (2003-04) |
| 3) Rtn. Diwan Chand (1959-60) | 26) Rtn. D.R. Parashar (1982-83) | 49) Rtn. Yogesh Bhagat (2004-05) |
| 4) Rtn. J.D. Verma (1960-61) | 27) Rtn. R.P. Mukhija (1983-84) | 50) Rtn. Vijay Mehta (2005-06) |
| 5) Rtn. H.K. Malhotra (1961-62) | 28) Rtn. K.C. Thakur (1984-85) | 51) Rtn. Tribhuvan Kaushik (2006-07) |
| 6) Rtn. C.L. Jain (1962-63) | 29) Rtn. M.M. Jain (1985-86) | 52) Rtn. Kuldeep Solanki (2007-08) |
| 7) Rtn. C.L. Baroota (1963-64) | 30) Rtn. R.K. Grover (1986-87) | 53) Rtn. T.C. Gandhi (2008-09) |
| 8) Rtn. S.P. Sachdeva (1964-65) | 31) Rtn. Gurdarshan Singh (1987-88) | 54) Rtn. Pankaj Seth (2009-10) |
| 9) Rtn. M.L. Madhok (1965-66) | 32) Rtn. J.R. Kohli (1988-89) | 55) Rtn. Jagdeep Singh (2010-11) |
| 10) Rtn. G.L. Malhotra (1966-67) | 33) Rtn. Sunil Narang (1989-90) | 56) Rtn. Rishi Chopra (2011-12) |
| 11) Rtn. J.C. Bhagat (1967-68) | 34) Rtn. H.K. Relan (1990-91) | 57) Rtn. Ved Chaudhary (2012-13) |
| 12) Rtn. I.D. Paliwal (1968-69) | 35) Rtn. Parmod Bhagat (1991-92) | 58) Rtn. Ajay Chhabra (2013-14) |
| 13) Rtn. V.K. Kapur (1969-70) | 36) Rtn. Vikram Chaudhary (1992-93) | 59) Rtn. Gaurav Charaya (2014-15) |
| 14) Rtn. Gurbax Rai (1970-71) | 37) Rtn. Anil Sarin (1993-94) | 60) Rtn. Dr. D.K. Shrivastav (2015-16) |
| 15) Rtn. B.L. Jhamb (1971-72) | 38) Rtn. Surinder Dahiya (1994-95) | 61) Rtn. Gautam Sachdeva (2016-17) |
| 16) Rtn. M.L. Aggarwal (1972-73) | 39) Rtn. Amarjit Kalia (1995-96) | 62) Rtn. Nitish Sharma (2017-18) |
| 17) Rtn. R.N. Narula (1973-74) | 40) Rtn. Raj Kr. Sardana (1996-97) | 63) Rtn. Sharat Bhandary (2018-19) |
| 18) Rtn. Pritam Lal (1974-75) | 41) Rtn. Dr. Rakesh Rai (1997-98) | 64) Rtn. Anil Chugh (2019-20) |
| 19) Rtn. B.M. Wadhawan (1975-76) | 42) Rtn. Satish Sood (1998-99) | 65) Rtn. Rajeev Garg (2020-21) |
| 20) Rtn. J.P. Kathuria (1976-77) | 43) Rtn. Ramesh Wadhwa (1999-2000) | 66) Rtn. Gaurav Luthra (2021-22) |
| 21) Rtn. I.D. Arora (1977-78) | 44) Rtn. Sanjay Sharma (1999-2000) | 67) Rtn. Jiten Kumar Garg (2022-23) |
| 22) Rtn. H.S. Jabbal (1978-79) | 45) Rtn. T.C. Alakh (2000-01) | 68) Rtn. Sandeep Girdhar (2023-24) |
| 23) Rtn. Dr. L.C. Makkar (1979-80) | 46) Rtn. Surinder Bahl (2001-02) | |

Rotary Club of Sonipat 2024-25

CELEBRATING CHARTER DAY 22ND MARCH 2025

EMPOWERING FUTURES THROUGH CLEAN WATER AND NOURISHING LIVES

OUR ACTIVITIES:

- ✓ Donation of water cooler & RO water purifier at GPS Mohendabad School
- ✓ Feed The Need at SSF

VENUE & TIME:

- GPS Mohendabad School, Rai at 9 AM
- Spread Smile Foundation, HUDA Community Centre Sector-12 at 4:30PM

Rtn. Dr. Sachin Gupta
Secretary

Rtn. Dr. Gaurav Dembla
President

MEETING DETAILS | 69th Charter Day of RC Sonipat

(Held on Sunday 22th March, 2025 at GPS Mohenabad School, Rai)

On the 69th Charter Day of the prestigious Rotary Club of Sonapat, we marked the occasion with a meaningful community meeting at GPS Mohendabad School, Rai. Staying true to our commitment to “Service Above Self,” we contributed to the well-being of the students by donating essential amenities.

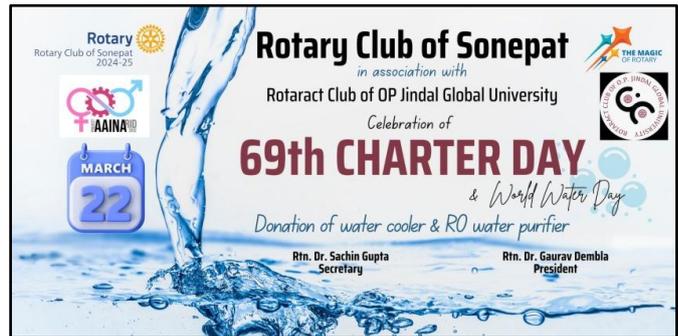
- ❖ A water cooler was generously donated by Rty’ne Reema & Rtn. Amit Jain.
- ❖ An RO water purifier was donated by Rty’ne Radhika & PP Rtn. Gaurav Charaya, along with Rty’ne Sunita & Rtn. Sachin Wadhwa.
- ❖ Eatables for the children were sponsored by Rty’ne Anshu & PP Rtn. Gaurav Luthra.

A heartfelt thank you to these members for their generosity and dedication.

We also extend our gratitude to PP Rtn. Vijay Mehta, PP Rtn. Gaurav Luthra, and Rtn. Gaurav Gambhir for attending and supporting the event.

A special thanks to our Rotaractors, President Rtr. Chirag Agarwal, Rtr. Karolina Mathews and Rtr. Meera for their enthusiastic participation.

Together, we continue to make a difference in the community and uphold the values of Rotary.



Glimpses | Donation of Water Cooler



MEETING DETAILS | ‘FEED THE NEED’ ON 69th Charter Day

(Held on Sunday 22th March, 2025 at Spread Smile Foundation, Sonipat)

On the 69th Charter Day of Rotary Club of Sonapat, we continued our commitment to service with a 2nd community meeting at Spread Smile Foundation under the initiative “Feed the Need.”

It was a heartwarming experience as we provided 100 children with freshly made burgers and rasgullas, bringing joy and smiles to their faces.



A sincere thank you to our dedicated members who attended and supported the event:

- ✚ PP Rtn. Surender Dahiya
- ✚ PP Rtn. Gaurav Luthra
- ✚ Rtn. Gaurav Gambhir
- ✚ PP Rtn. Vijay Mehta
- ✚ PP Rtn. Ajay Chhabra
- ✚ Rtn. Dr. Sachin Gupta
- ✚ Rtn. Sanjeev Bali

Your presence and support made this initiative even more special. Together, we continue to make a difference, spreading smiles and upholding the true spirit of **“Service Above Self”**.

Glimpses | FEED THE NEED



MEETING DETAILS | Free Diabetes Check Up Camp

(Held on Monday 24th March, 2025 at Darya Ram Hospital, Sonipat)

BEAT DIABETES

DIABETES CAMP (No. 33)

EMPOWER YOUR HEALTH, DEFEAT DIABETES

Our **Weekly Diabetes Screening Camp** was successfully conducted at Darya Ram Hospital. We screened **32 individuals**. In total we have screened **1855 people** in our thirty-three camps conducted till date.

Awareness Key to Diabetes Control

Diabetes and Diarrhea: What's the Connection?

Diabetes can damage any aspect of the digestive system. Over time, consistently elevated blood sugar levels can cause damage that manifests as a variety of symptoms, including diarrhea. Diarrhea affects approximately 20% of diabetics. Diabetes patients are more prone to get diarrhea than non-diabetics. The association between diabetes and diarrhea is unclear. The following elements may play a role:

1. Diabetes appears to increase the likelihood of developing celiac disease and microscopic colitis. The only symptom can be diarrhea.
2. Sugar-free sweeteners and other ingredients: Consuming these items may raise your risk of diarrhea. Sorbitol, mannitol, and xylitol, for example, can provide a laxative effect.
3. Neuropathy: High blood sugar levels might cause nerve damage. If this affects the nerves in the small intestine, it might cause diarrhea, particularly at night. Neuropathy can also impair anorectal function, which increases the likelihood of fecal incontinence.
4. Diabetes impairs pancreatic function. This can result in gastrointestinal problems. Diabetes patients are two to four times more likely to develop pancreatitis than non-diabetics. Diarrhea is a sign of pancreatitis.
5. Diabetic enteropathy is a disorder affecting the large intestine. It may cause diarrhea, constipation, and fecal incontinence. It is more likely to occur in people with diabetes than in those without.
6. Diabetes medications, such as metformin and statins, can have an effect on how your intestines function. According to studies, 15% to 24% of patients using metformin may experience diarrhea.
7. Bacterial overgrowth occurs when specific types of bacteria become overly abundant in the stomach. It can be associated with diabetic enteropathy.

How do you treat diabetic diarrhea?

It may not be able to prevent diarrhea with diabetes, but controlling blood sugar levels can help minimize the risk in the long run.

Limiting or avoiding artificial sweeteners like sorbitol may help. A doctor can also give drugs to aid with symptoms, such as loperamide (Imodium).

How long does diabetic diarrhea last?

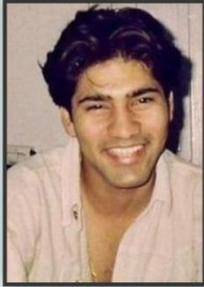
Diabetics are more likely to develop chronic or persistent diarrhea. It might last anywhere from a few weeks to months, but treatment can help.

What foods should you eat if you have diabetes and diarrhea?

If you have diabetes-related diarrhea, avoid using artificial sweeteners like sorbitol. Drinking plenty of fluids, particularly water, can help you stay hydrated during diarrhea.

Some studies suggest that the probiotics Lactobacillus and Bifidobacterium may also be beneficial, but further research is needed to confirm this.

Happy Birthday!



Rtn. Hetesh Kapur
19 March



Annet Vir Vikram
S/o PP Rtn. Sanjay Sharma
20 March



Rty'ne Rashmi Mehra
W/o Rtn. Namit Mehra
21 March



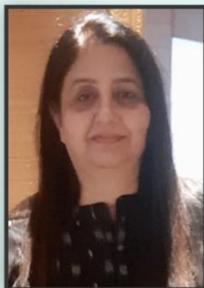
Rtn. Antriksh Gupta
23 March



Annets Aanya & Satvik Kaushik
D/o & S/o PP Rtn. Tribhuvan Kaushik
23 March



Rty'ne Nikhita Madaan
W/o Rtn. Nikhil Madaan
25 March



Rty'ne Sangeeta Batra
W/o Rtn. Narinder Batra
28 March



Annet Anisha Relan
D/o Rtn. Ajay Relan
31 March



Annet Sanya Alakh
D/o Rtn. Sumeet Alakh
31 March



Rtn. Sahil Gaurav
03 April



Annet Tejasdeep Singh
S/o PP Rtn. Jagdeep Singh
03 April



Annet Dhairya Sehgal
S/o Rtn. Gulshan Sehgal
03 April



PP Rtn. Yogesh Bhagat
05 April



Rty'ne Reema Jain
W/o Rtn. Amit Jain
05 April



Annet Nishtha Chugh Khandpuri
D/O PP Rtn. Anil Chugh
05 April



PP Rtn. Rishi Chopra
07 April



PP Rtn. R.K. Sardana
07 April



Annet Dr Naman Handa
S/o Rtn. Dr. Rakesh Handa
07 April



Annet Ansh Gupta
S/o Rtn. Antriksh Gupta
08 April

Happy Anniversary



**Rtn. Sachin Wadhwa &
Rtn. Sunita Wadhwa**

19 March

**CLUB'S AMBASSADOR
TO DISHA 2025**



It is a matter of great pride that our very own PP Rtn. Rajeev Garg attended the prestigious DISHA 2025 training program in Jaipur from 15th to 17th March 2025. He joined DGE Rtn. Amita Mohindru and other distinguished leaders for this regional training program for Zone 4 and 7. Keep It Up !!

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**



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