

**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

नदर लददलन

Bulletin No. 23 | Dated 21<sup>st</sup> April, 2025

संगीत के रंग  
रोटरी के संग



## सुखमयी शाम

SATURDAY  
**26** APR  
2025

8:30 pm onwards  
Regency Banquets, City Mall, Sonipat

MOC's:

Rty'ne Manju Kathpalia & Rty'ne Sangeeta Sarin

## MEETING DETAILS | CLUB ASSEMBLY

(Held on Friday 28<sup>th</sup> March, 2025 at Regency Banquets, City Mall, Sonipat)

### President's Speech on

#### .....Club Assembly

Dear Friends, Past Presidents and Senior Rotarians very good evening, I welcome you all to the 3rd club assembly for the year 24-25.

I've truly enjoyed every single moment, whether it was at a community event or a fellowship meeting. Rotary has really helped me grow as a leader and improve my skills.

I'm really excited to share that, thanks to your support, we've held 78 meetings so far, including 58 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:

**151 trees were planted at Shaheed Madan Lal Dhingra Samudayik Kendra.**

We have an array of active projects:

**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 145 free cataract procedures till date.

**BEAT DIABETES:** This is our weekly diabetes screening program. To date, we have screened 1855 people at 33 camps.

**FREE PULMONARY FUNCTION TEST CAMP:** Every month, we conduct a free PFT camp to diagnose individuals suffering from, Allergies, Respiratory infections, Till date we successfully diagnosed for 133 such patients.

**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. We have diagnosed & treated 174 such patients till date.

**FEED THE NEED:** We use this initiative to feed youngsters who are in need of food. We have fed about 1000 of these underprivileged kids till date. This is our monthly project.

**Donation of a shed at Spread Smile Foundation (NGO for kids)**

**BLOOD DONATION CAMP:** On 24th September 24 we conducted a blood donation drive - SMRITI - in memory of the lost ones. This camp was conducted at OP Jindal university in collaboration with Rotaract Club of OP Jindal. We collected 355 units of blood and it was handed over to Rotary Blood Bank of Sonapat.

The other blood donation drive was done on 9<sup>th</sup> March at O.P. Jindal Global University & we collected 231 units of blood.

On the occasion of World Arthritis day on 12<sup>th</sup> October 24 we conducted a **free OPD & arthritis screening camp**. 194 patients attended the camp.

**Clothes donation drive with Goonj.**

**Celebration of Charter Day- 22nd March 2025** - We donated a water cooler & a water purifier at GPS Mohendabad School





### Fellowship Meetings

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• 1st Club Assembly - 5<sup>th</sup> July 24</li> <li>• GOV &amp; Installation- 20<sup>th</sup> July 24</li> <li>• Movie time - 6<sup>th</sup> August 24</li> <li>• Independence Day Celebration 15<sup>th</sup> August 24</li> <li>• Teachers Day Celebration - 7<sup>th</sup> September</li> <li>• Rhythm Rendezvous - 28<sup>th</sup> September</li> <li>• Dandiya Night 11<sup>th</sup> October</li> <li>• Diwali Celebration - 27<sup>th</sup> October</li> <li>• Trip to IITF - 24<sup>th</sup> November</li> </ul> | <ul style="list-style-type: none"> <li>• American Auction &amp; Tambola Night - 30<sup>th</sup> November</li> <li>• Cricket Match - 22<sup>nd</sup> December</li> <li>• New Year Celebration - Midnight Mystique - 31<sup>st</sup> December</li> <li>• Lohri Celebration 11<sup>th</sup> Jan 25</li> <li>• Chill &amp; Chat - 25<sup>th</sup> Jan 25</li> <li>• Valentine's Day - 16<sup>th</sup> February</li> <li>• Women's Day - Unstoppable Her - 8<sup>th</sup> March</li> <li>• Holi Celebration - 14<sup>th</sup> March</li> </ul> |
|--|---|

I am **deeply appreciative of the efforts of all the Master of Ceremonies** who have contributed to our diverse community and fellowship initiatives. Their **captivating presence, professionalism, and enthusiasm have been the determining factors.**

We invite suggestions for future community projects and fellowship sessions. **Medical camp will be held on March 30th in Mohendabad.**

**Thank you to all of the members for embodying the spirit of community service** and setting shining examples of kindness and generosity. I am thrilled to be a part of such an exceptional team, and I am forward to continue our impactful work together.

A suggestion regarding Annual subscription was made by PP Rtn. Vijay Mehta. He suggested that the dues/subscription be need-based and not an annual ritual (increase of 10% every year for the last many years) However, most of the members who participated in the discussions felt otherwise and hence no decision to change the system taken.

**It was a well-attended meeting and after the proceedings, a rich fellowship was enjoyed by all present over dinner.**

### **Glimpses | Club Assembly**





## Glimpses | Club Assembly





## MEETING DETAILS | Free Lipid Profile Camp

(Held on Saturday 29<sup>th</sup> March, 2025 at Darya Ram Hospital, Sonipat )

Rotary club of Sonapat organised its monthly free lipid profile camp on 29/03/25. A total of **34 participants got their lipid profile tests done**, those who had elevated cholesterol were **advised on follow-up actions** or lifestyle modifications.

### What are lipids?

There are chemical compounds (elements that join together) in your body called lipids that help it do certain functions. These are waxy or fatty substances that your body makes that don't mix with water. Lipids are in blood and throughout our body. They are in every cell we have.

### Examples of lipids

Cholesterol is a lipid present in the bloodstream. The body requires it to absorb fats and vitamins and synthesize hormones. Cholesterol and triglycerides are hydrophobic, preventing them from traversing the bloodstream independently. This is the reason they interact with proteins to form lipoproteins that can circulate throughout the body. Some lipids are commonly referred to by their abbreviations: HDL (high-density lipoproteins) and LDL (low-density lipoproteins). The liver and small intestine synthesize HDL, which transports cholesterol to lipoproteins or the liver. The liver metabolizes it into bile acid for excretion. HDL, known as "good" cholesterol, combats inflammation, blood coagulation, and oxidation. The liver synthesizes VLDL (very low-density lipoproteins), which transports triglycerides from the liver to various cells. As VLDLs release triglycerides and cholesterol, they increase in density and transform into LDL, commonly referred to as "bad" cholesterol. Low-density lipoproteins (LDLs) can adhere to arterial walls, impeding blood flow through the arteries.

What do lipids do?

**Various lipids have different functions. These include:**

- \* **Triglycerides** - They transport and store energy.
- \* **Steroid hormones** - They send messages in cells.
- \* **Bile salts** from cholesterol help digest fat.
- \* **Fatty acids** metabolize to create energy.
- \* **Phospholipids and cholesterol** make biological membranes. Phospholipids are like gatekeepers that let some molecules into cells but require others to come in with proteins.

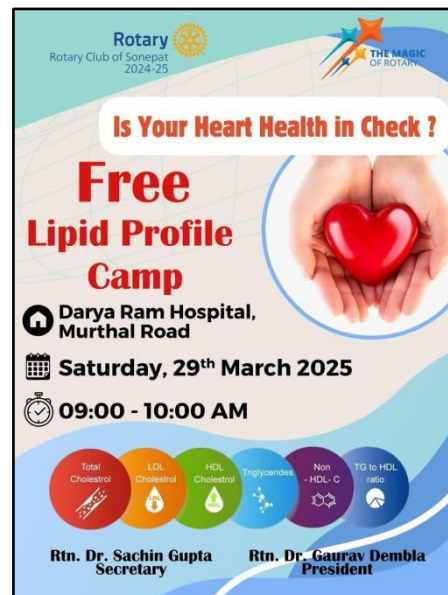
### What are lipids made of?

Oxygen, carbon and hydrogen atoms bond to each other to form lipids. Lipids like cholesterol are part of our cell membranes. They give our cells a structure and allow substances to go in and out of our cells.

### What are the common conditions and disorders related to lipids?

Our body can produce the amount of lipids it needs. However, sometimes, it produces the wrong amount of lipids. This can cause:

- |  |                                   |
|--|-----------------------------------|
| * <b>Hyperlipidemia</b> (high lipid levels). | * <b>Atherosclerosis.</b>         |
| * <b>Hypolipidemia</b> (low lipid levels).   | * <b>Coronary artery disease.</b> |
| * <b>Hypercholesterolemia.</b>               | * <b>Hypertriglyceridemia.</b>    |



### Common signs or symptoms of lipid conditions

Most people with high lipid levels don't have symptoms. However, very high cholesterol can show up as:

- \* **Xanthelasma** (bumps on the skin near your eyes).
- \* **Xanthoma** (cholesterol deposit under your skin). \* **A white ring** in your eye (corneal arcus).

### Simple lifestyle changes/tips for healthy lipid levels

To keep the bad lipids in your blood low or lower them if they're too high, you can:

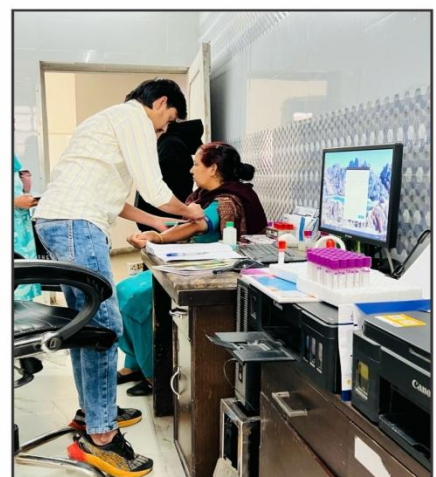
- \* Eat fewer calories.
- \* Eat less saturated fat, such as full-fat dairy foods.
- \* Choose whole grains, fruits, vegetables and reduced-fat dairy products.
- \* Exercise regularly.
- \* Sleep seven to nine hours every night.
- \* Strive for a weight that's healthy for you.
- \* Stop using tobacco products. They can affect your HDL and LDL levels.

### What are common treatments for lipids?

If you have high levels of lipids that put you at risk for heart disease, cholesterol-lowering medication, such as:

- |                                 |                           |
|---------------------------------|---------------------------|
| * <b>Statins</b>                | * <b>Fibrates</b>         |
| * <b>Bile acid sequestrants</b> | * <b>PCSK9 inhibitors</b> |

### Glimpses | Free Lipid Profile Camp





## MEETING DETAILS | Free Health Check Up Camp

(Held on Sunday 30<sup>th</sup> March, 2025 at Village Mohmadabad)

A Free Medical Health Camp was successfully conducted on 30-03-2025 by the Rotary Club of Sonapat in association with the Rotaract Club of OP Jindal University at Village Mohmadabad.

Around 80 patients were examined, provided with free medicines, and had their blood sugar tested. A special highlight of the event was a powerful Nukkad Natak performed by Rotaractors, raising awareness about sexual abuse and sensitizing the local population. Heartfelt gratitude to Dr. Amit Rai and Dr. Tushar Rai for their dedicated medical services.

A Big Thank You to the enthusiastic Rotaractors of OP Jindal University and Ashoka University for their active participation. The camp was graced by the presence of PP Rtn Gaurav Luthra, whose support and encouragement were truly appreciated.

Special thanks to PP Rtn Rajeev Garg and PP Rtn Gaurav Charaya for their generous contribution in providing necessary medications. Together, we continue to serve and make a difference!

*Reported by | President Rtn. (Dr.) Gaurav Dembla*

### ROTARACT CLUB OF O.P. JINDAL GLOBAL UNIVERSITY (2024-25)

#### Rural Medical Camp

**Rotary Club of Sonipat | RaC OPJGU | RaC Ashoka | Project Aaina | Project Annpushti Zone 1 & 3**

Event Name- Medical Camp, Mohamdabad: A full body medical camp conducted in Mohamdabad village (Distt Sonapat) in collaboration with Rotary Club of Sonipat (our Sponsoring Club) and Rotaract Club of Ashoka University, Sonapat

\* Date- 30/03/2025

\* Time- 09:00 a.m. to 12:30 p.m.

\* Venue- Mohamdabad, Sonipat

\* No. of Patients checked- 90

#### Description of the Event

##### **Pre-Event Planning**

\* The Pradhan of Mohamdabad Village was contacted to express an interest of conducting a medical camp in the village, which he happily accepted. He expressed his concerns of common ailments faced by the villagers and lack of cost reasonable diagnostic facilities. We expressed the same to **Dr. Gaurav Dembla, President, Rotary Club of Sonapat** and he agreed to **provide facilities like blood investigations, sonography, etc to all the villagers at a discounted price** upon visiting his hospital in Sonipat.

\* **RaC Ashoka University, Sonapat** also expressed their interest in contributing to the camp and send volunteers on the day.

\* The schools, their teachers, students and the principal, in and around the village were personally notified of the medical camp.

\* **The flex was printed and arranged. The choupal area in the village was set up with tables and chairs for the camp** early on the day of the camp.

\* **Online posters were also posted on the Rotaract club socials** to indicate the event.

**Groundwork (on-day activities)**

\* **Dr. Gaurav Dembla, President of Rotary Sonipat, who was also the organiser of the camp, reached along with his team; Manish Malhotra and Deepak Doda (pharmacists), at 8:30am in the designated village. The team of 14 members, along with a photographer, from Rotaract OPJGU reached the venue and set up the final set necessary for the camp. Five volunteers from RaC Ashoka also reached the village and joined hands together for this event.**

\* **The three doctors, Dr. Gaurav Dembla (General physician), Dr. Amit Rai (Paediatrician) and Dr. Tushar Rai (Orthopaedic specialist) along with the team began the medical camp at 9:30 am where the local villagers began assembling for their consultations. The Rotaract JGU team engaged in segregating the crowd to the respective doctors based on their respective ailments and further registered the patients with their basic information.**

\* **Before consultation, the BP and blood sugar was measured and noted by the medical team. After the consultation, the patients that needed further testing were provided with a discount coupon on all the tests to be conducted at 50% discount in Darya Ram Hospital, Sonipat. The basic medicines like calcium supplements, cough syrup, iron deficiency medicines, medicines for children, etc were also provided for free to the patients that required it, on the prescription of the doctors.**

\* **As part of Project Aaina, in collaboration with the Rotaract Club of O.P. Jindal Global University, a Nukkad Natak (street play) on sexual harassment was successfully organized in the Chaupal area of the village. The initiative aimed to raise awareness about the prevalence of sexual harassment, challenge societal stigmas, and educate the community on legal rights and self-empowerment. The performance commenced in the heart of the village, where a large crowd, including women, students, and local residents, gathered to witness the impactful play. The street play depicted real-life scenarios of sexual harassment in workplaces, public transport, and educational institutions, highlighting the emotional and psychological trauma faced by victims. The play also emphasized the importance of bystander intervention, legal recourse and support systems available for survivors. Throughout the performance, the audience was visibly engaged, reacting emotionally to the compelling storytelling. Several community members, particularly women, shared their personal experiences and asked questions about legal rights and safety measures.**

\* **The Sarpanch of the village- Mohamdabad also actively engaged in the camp ensuring all the villagers attended the same. With the last registration taken at 12:30 pm, we successfully treated around 90 patients, varying from 6 months up to 79 years of age, through the camp.**

\* **Post the camp, the Sarpanch along with the Pradhan, was felicitated, on behalf of RaC Sonipat, for the continued support throughout the camp. The doctors, Dr. Amit Rai and Dr. Tushar Rai were also felicitated for taking their time out for participating and contributing in this camp.**

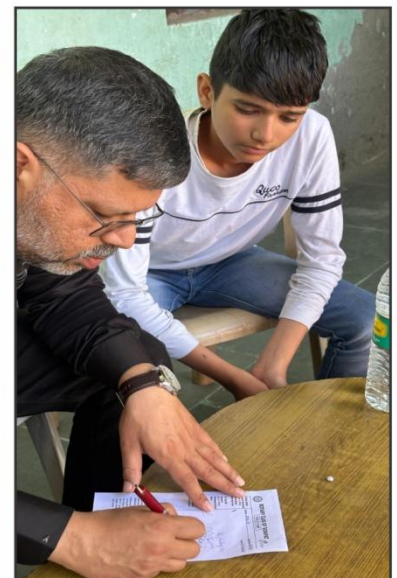
*Reported by | Rtr. Karolina Mathew*

Director, (Rotaract Club of OPJGU, Sonapat) Project Gaon

**Glimpses | Health Check-up Camp**



## Glimpses | Health Check-up Camp





## MEETING DETAILS | FREE PFT CAMP

(Held on Saturday 5<sup>th</sup> April, 2025 at Darya Ram Hospital, Sonipat)

A **Pulmonary Function Test (PFT) camp** was held by Rotary Club of Sonapat at Darya Ram Hospital on 5<sup>th</sup> April, 2025 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 10 people were tested**

Smoking inflicts considerable damage on the lungs, resulting in ailments such as lung cancer, chronic obstructive pulmonary disease (COPD), emphysema, and chronic bronchitis, along with heightened vulnerability to infections and diminished lung function.

Approximately 85% of all lung cancer diagnoses are attributable to smoking.

1. What are the effects of smoking on the lungs?
2. Does lung damage commence with the initial puff or vape, or does it only occur after years of a pack-a-day habit?
3. What is the duration required for the body to recuperate after cessation of smoking?
4. Is the lung damage resulting from smoking transient or irreversible?

**Nicotine isn't what causes lung damage. Tar is.**

Nicotine is unequivocally an addictive chemical. Consuming substances containing this chemical prior to the age of 25 may irrevocably modify regions of the brain responsible for attention, learning, mood, and impulse regulation. Nicotine acquired from smoking is significantly more addicting.

Nonetheless, regarding pulmonary harm, nicotine exerts numerous effects on the body; it is not the primary cause of illnesses or lung deterioration. The harm is caused by tar, the viscous black substance formed when certain chemicals in cigarettes combust and amalgamate

Experts believe that cigarette smoke has between 7,000 to 8,000 distinct compounds. Approximately 70 of them are identified carcinogens, or agents that can induce cancer. Inhaling cigarette smoke exposes the sensitive lining of your lungs to a harmful mist. This may result in a small layer of tar on its surface, resembling the color and composition of that utilized for road paving. Each instance of smoking exacerbates the damage incurred.

**Smoking causes damage to lungs over time — and it's permanent**

The lungs have around 500 million minute air sacs known as alveoli, which extract oxygen from inhaled air and expel carbon dioxide during exhalation. Smoking obliterates these air sacs by exterminating the cells that enclose them.

Numerous structures within the body possess the ability to self-repair; for example, a fractured bone will ultimately heal. When the skin is lacerated, it will undergo a healing process. The liver can regenerate if a part is excised. However, lung tissue does not regenerate. Once it is lost, it is irrevocably lost.

Alveolar damage exacerbates progressively over time. As lung tissue deteriorates, it becomes increasingly fibrous, impeding individuals' ability to fully expand their lungs with each inhale. Reduced lung tissue and diminished expansion result in inadequate oxygen delivery to various tissues. Consequently, numerous individuals do not perceive an issue until they begin experiencing dyspnea.



It occurs quietly. Smokers continue to go about without perceiving any immediate effects, and given that individuals possess millions of alveoli initially, it may take 15 to 20 years to lose a sufficient number for the consequences to become apparent. However, once one develops a condition such as chronic obstructive pulmonary disease (COPD), reversal is not possible. Upon reaching that stage, you will never be able to discontinue the use of the oxygen tank.

It is indeed remarkable that certain smokers do not develop lung cancer. Their lungs are receiving excessive everyday exposure to smoke and toxins.

### **Quitting smoking offers lung and heart health benefits**

Contemplating the impact of smoking on pulmonary tissue might be daunting. However, the positive aspect is that cessation at any age can still enhance your health. Statistically, smoking reduces life expectancy by 10 to 15 years; however, if one ceases smoking before age 30, nearly all of those years can be regained. One year after cessation of smoking, your risk of experiencing a heart attack is reduced by fifty percent. After four years, your risk returns to that of a non-smoker. Five years post-cessation, the likelihood of acquiring cancer attributable to smoking diminishes by 50%, and after 15 years, it returns to the level of an individual who has never smoked. Do not be surprised if you encounter accounts of individuals who have heart attacks or acquired cancer despite having ceased smoking. What people fail to comprehend is that they did not experience the heart attack due to their cessation of smoking. They acquired it due to the decade of smoking prior. Therefore, cease at your earliest convenience to provide your body ample time for recuperation.

## **Glimpses | Free PFT Camp**



## MEETING DETAILS | Free Diabetes Check Up Camp

(Held on Monday 7<sup>th</sup> April, 2025 at Darya Ram Hospital, Sonipat)

### BEAT DIABETES

#### DIABETES CAMP (No. 34)

On the occasion of World Health Day, Rotary Club of Sonapat organised a **diabetes screening camp at Darya Ram Hospital** on 7<sup>th</sup> April, 2025. **We screened 39 individuals. In total we have screened 1894 people in our thirty four camps** conducted till date.

An annual initiative to improve the health of mothers and infants begins on this World Health Day, which is observed on April 7, 2025. Healthy beginnings, hopeful futures is a campaign that will encourage governments and the health community to focus on the long-term health of women and to increase efforts to stop maternal and infant deaths that are preventable.

#### Inspiring the health and well-being of every mother and child

Pregnancy and childbirth are responsible for the deaths of almost 300,000 women annually, as well as over 2 million infant deaths in the first month of life and nearly 2 million stillbirths, according to presently published estimates. About one avoidable fatality occurs every seven seconds. Present trends indicate that an alarming four out of five nations will fail to achieve their goals for improving maternal survival by the year 2030. Reducing neonatal fatalities will not be achieved by one-third of the countries.

#### Assisting families & listening to women

Pregnant women, new mothers, and their families everywhere require compassionate, high-quality care before, during, and after childbirth. To address an array of challenges to mother and infant health, healthcare systems will need to adapt. Conditions related to mental health, non-communicable diseases, family planning, and direct obstetric problems are all part of this category.

### Glimpses | Free Diabetes Checkup Camp No. 34





## MEETING DETAILS | Travel Tribe- Trip to Suryavilas, Solan

I was hit by a feeling of **déjà vu**, as soon as we arrived at our usual gathering point on April 10th morning had seemingly turned back three years — same month, same location: Bhagat Petrol Pump. And just like that journey, we were welcomed again by hot chai and snacks lovingly provided by our **kind hosts, PP Rtn. Pramod Bhagat and Rty'ne Sandhya Bhagat**. That journey too was to Himachal. The organisers? As usual, the amazing **Rty'ne Meghna and PP Rtn. Gautam Sachdeva**. And guess what — even our present President is a Gaurav! Some coincidences write themselves.

But here's the catch — successful leaders do the same thing differently, and with this Rotary year being nothing short of fantabulous, expectations ran very high.

We set off on the road at 7:00 am in an **incredibly comfortable Volvo**, and before we knew it, one of our most epic Rotary experiences began. In no time, the **dynamo host teams — Gautam-Meghna and Gaurav-Kriti** — were serving **snacks, beverages, and oodles of positive and fun energy**.

After a **refreshing break at 'THE AMAN'**, the real fun started with rounds of **couple games** — both with a **Bollywood flavor**. The first one was quite straightforward (yours truly won it), but the second one, which was a little more tricky, found its winner in the Suris. Within minutes, the back of the bus was filled with **playing cards, hulla-gulla, and a few censored jokes**.

We reached the **breathtakingly beautiful Surya Vilas Resort** at 2:00 pm. Owing to some serious planning, all — from name-tagged baggage to allocation of rooms — was as smooth as silk. A quick freshening up later, we were all set for lunch. And from here on in, the camera never had to stop — the photo shoot sessions were on for the entire duration of our trip! **Good weather, views to die for, and a stunning property** — who could possibly resist?

Evening reunited us again for another round of fun games and fellowship — hats off to the hosts for their seamless execution. The dinner was indulgent, served by smiling, perpetually attentive staff. While some retired early, others soaked in the fellowship through too late. And naturally, some night owls snuck out for the classic **पहाड़ों वाली Maggi** under the stars.

April 11<sup>th</sup> started off on an invigorating note — literally — with an invigorating **morning walk amidst the green, hilly terrain**. **Yoga enthusiasts were in for a treat**: an amazing yoga setting led by an in-house instructor. Heaven!

After a **lavish spread at breakfast**, all day was ours. Some went in for some **therapeutic sessions in the spa**, others went in for **games of playing cards, non-stop gup-shup, or more photos**. In the afternoon, we met again for another session of couple games, where the slogan was: "anything is fair in the name of winning!" **Tambola with a twist was a lot of fun**, and an exciting **WHITE ball game** brought out everyone's competitive spirits.

In the evening, we prepared for the much-anticipated **Gala Night** — and oh boy, it was such an evening! A **musical evening by singers from Chandigarh** had everyone in high spirits, but our very own Rotary stars were the highlight. From Rai Sahab and the Suris to Sangeeta, surprise act Anshu, and **Chota Packet** Aarisha — everyone was great. But the surprise act? **Rtn. Raja Sehgal's soulful Punjabi song sung directly 'Dil Se'**. What an experience!

**President Gaurav's infectious energy and enthusiasm** didn't let anyone sit and everyone was at the dance floor till the very end.

The real hero of the evening, however, was our lively, adorable and **bubbly Rty'ne Anupriya**! She managed to get **Pramod Bhaiya to dance** in front of every one like nobody's watching! **Sandhya Bhabhi's thank-you hug** to her was all one needed to understand. The evening ended on the usual high, with **all of us dancing** till we were politely requested to stop.

**April 12th — goodbye morning.** Just when we were about to leave, a wedding party arrived at the resort. Noticing the **dholwalas**, our group couldn't let go of this opportunity and **danced their hearts out on the beats of the dhol**. The wedding party stared in disbelief at us, perhaps wondering if we were part of the wedding party or not.

The trip back was just as vibrant – **more snacks, more tales, one last round of Maggi, and non-stop treats from Meghna's pitara**. We were back at Bhagat's by 8:00 pm, with full hearts and broad smiles.

**This was not another weekend away. This was gold** — meticulously planned, hosts extraordinaire, and a blissful time. From gifts to gestures, from beginning to end, all was **top-class**. President Gaurav may have to don another hat — one is already too crowded now! And Meghna-Gautam, take a bow. You've gone above and beyond.

Lest I forget, here is list of winners of different games:

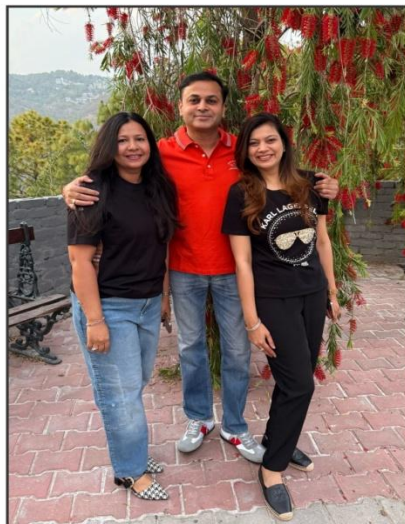
Day 1: The number game winner	PP Rtn. Rishi Chopra
Crossword Tambola- Full House	Rty'ne Anshu Luthra
Other Prizes won by	Rty'ne Sandhya Bhagat, PP Rtn. (Dr.) Rakesh Rai, Rty'ne Dr. Gursharan Kaur, Rty'ne Sakshi Jain and Rty'ne Anshu Luthra
Day 2: Ball Game Winner-	Rty'ne Mahima Chugh & PP Rtn. Anil Chugh Rty'ne Charu & Rtn. Sanjay Suri Rty'ne Sakshi & Rtn. Hemant Jain
Tambola Winners:	Rty'ne Sakshi & Rtn. Hemant Jain Rty'ne Dr. Kriti & Rtn. Dr. Gaurav Dembla Rty'ne Sandhya & PP Rtn. Parmod Bhagat Rty'ne Meera & PP Rtn. Ajay Chhabra Rty'ne Anshu & PP Rtn. Gaurav Luthra

Signing off from here with a heart bursting with memories for a lifetime.

God bless you all,— स्वस्थ रहो, मस्त रहो!

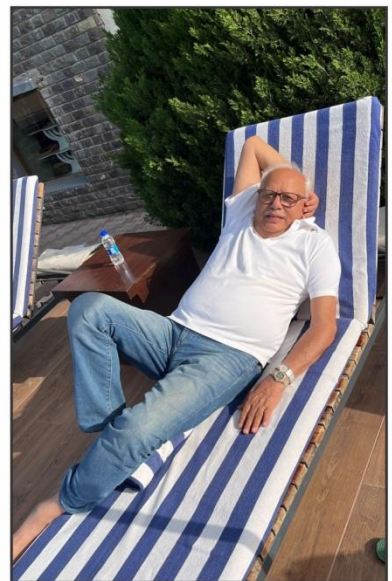
*Your very own, Rty'ne Archana Wadhwa*

## Glimpses | Trip to Solan





## Glimpses | Trip to Solan





## Glimpses | Trip to Solan





## MEETING DETAILS | FEED THE NEED

(Held on Saturday 19<sup>th</sup> April, 2025 at Spread Smile Foundation, Sec-12, Sonipat)

### THE BEST ARE THOSE WHO FEED THE NEEDY

Last meeting of our Prestigious Club FEED THE NEED, our regular feature was held on Saturday, 19<sup>th</sup> April 2025 at Spread Smile foundation, HUDA Community Centre, Sector-12 Sonipat.

Meeting started at 5 P.M. As we entered the venue it was great to watch volunteers & teachers playing Hand Ball with the students. We were welcomed with warmth by the Organisers and students of the NGO.

MOC's PP Rtn. Gaurav Luthra & Rty'ne Anshu Luthra were all set to distribute eatables to students of the N.G.O. Teachers & Organisers started sending student, age group wise. Tiny Tots first and seniors after them in a systematic manner.

Stuffed Bread Pakoras, Pastries, Bananas, Frooti & Assorted candies were distributed to more than 250 students which they enjoyed a lot.

Reporting will be incomplete without mentioning the names of Annet Advita Luthra & Annet Aarav Luthra who were seen all the time busy in distributing the eatables with smile on their faces.

I don't remember how many times I said welcome on their saying Thank you Sir which was an emotional moment for all of us. Children from surrounding area also came and enjoyed the eatables.

Meeting was attended by President Rtn. Dr. Gaurav Dembla, Rtn Dr. Sachin Gupta, PP Rtn. Gaurav Luthra, Rty'ne Anshu Luthra, Rtn. Gaurav Gambhir, Rtn. Ajay Chaudhary, Annet Advita Luthra & Annet Aarav Luthra.

All the appreciation to MOCs who left no stone unturned to bring smile on the faces of tiny tots. Meeting concluded at 6:30 P.M and everybody left for their respective places.

*Reported by | Rtn Ajay Chaudhary*

## Glimpses | FEED THE NEED





## Glimpses | FEED THE NEED







# Gift of Life

## Thank You

### For Your Generosity

Dear Rotarians, With immense gratitude, we wish to thank the following members who have come forward with generous contributions for the bone marrow transplant of a child suffering from thalassemia—a truly life-saving intervention:

Donors so far:

- Rtn. Dr. Gaurav Dembla -11,000/-
- PP Rtn. Sanjiv Sarin- 11,000/-
- PP Rtn. Gaurav Luthra - 11,000/-
- PP Rtn. Rishi Chopra - 11,000/-
- PP Rtn. Rajeev Garg - 11,000/-
- PP Rtn. Dr. Rakesh Rai - 11,000/-
- PEN Rtn. Ashish Jain - 11,000/-
- PP Rtn. Ajay Chhabra - 5100/-
- PP Rtn. Jagdeep Singh - 5100/-
- PP Rtn. Anil Chugh - 5100/-
- Rtn Sumeet Alakh - 5100/-
- PP Rtn Ved Chaudhry 11000/-
- PP Rtn Parmod and Shagun Bhagat - 11000/-
- Rtn Amit Jain -11000/-
- Rtn Hemant Jain -11000/-
- Rtn Sanjay Arora -3100/-
- PP Rtn Tara Chand Gandhi- 11000/-
- Rtn Ajay Relan- 11000/-
- PP Rtn Gautam Sachdeva - 11000/-

Your support is not just financial—it's a powerful gesture of compassion and hope. Because of you, a young life has a real chance at recovery and a future.

However, the journey isn't complete yet. We warmly encourage more members to join this cause. Every contribution, big or small, brings us one step closer to our goal. Let's continue to be a beacon of hope. Together, we can make miracles happen.

For contributions, kindly contact:

➔ Pres. Rtn. (Dr.) Gaurav Dembla



# 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 Anshu Chaudhary**  
W/o Rtn. Anmol Chaudhary  
11 April



**Rty'ne Dr Alka Rai**  
W/o PP Rtn. Dr. Rakesh Rai  
15 April



**Annet Kunwardeep Solanki**  
S/o PP Rtn. Kuldeep Solanki  
16 April



**Rty'ne Babita Kaushik**  
W/o PP Rtn. Tribhuvan Kaushik  
17 April



**Annet Asmi Luthra**  
D/o PP Rtn. Gaurav Luthra  
19 April



**Rty'ne Dr Archana Lal**  
W/o Dr. Rtn. K. Lal  
21 April



**Rty'ne Dr. Gursharan Kaur**  
W/o PP Rtn. Jagdeep Singh  
28 April



**Annet Bhavik Sachdeva**  
S/o PP Rtn. Gautam Sachdeva  
28 April



**PP Rtn. Gautam Sachdeva**  
29 April

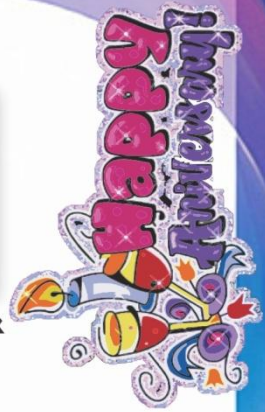




**Rtn. Nitin Saluja &  
Rty'ne Richa Saluja  
13 Apr**



**PP Rtn. Ved Chaudhary &  
Rty'ne Manju Chaudhary  
14 Apr**



**Rtn. Dr. Sachin Gupta  
& Rty'ne Dr. Shilpi Gupta  
14 Apr**



**PP Rtn. Sanjeev Sarin &  
Rty'ne Sangeeta Sarin  
19 Apr**



**Rtn. Anmol Chaudhary &  
Rty'ne Anshu Chaudhary  
21 Apr**



**PP Rtn. Gautam Sachdeva &  
Rty'ne Meghna Sachdeva  
27 Apr**



**Rtn. Ashish Batra &  
Rty'ne Monika Batra  
29 Apr**



**Rtn. Amit Jain &  
Rty'ne Reema Jain  
29 Apr**