

**Rotary**  
Club of Sonepat  
(100% PHF Club)



RI District 3012

**SWARN PATH**

Club # 15396

Chartered : 22/03/1957

2024-25

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

next meeting

Bulletin No. 24 | Dated 1<sup>st</sup> May, 2025

### POOL DINNER TEAM

Pool Leader:  
Rtn. Deepak Garg

#### Team Members:

Rtn. Antriksh Gupta  
Rtn. Ashish Batra  
Rtn. Rajan Wadhwa  
Rtn. Parteek Batra  
Rtn. Daksh Gupta  
Rtn. Nitin Saluja  
Rtn. Sachin Wadhwa  
Rtn. Sachin Kukreja  
Rtn. Dr. K. Lal  
Rtn. Deepak Tuteja  
Rtn. Vishal Batra  
Rtn. Deepak Arora  
Rtn. Narender Batra  
Rtn. Ajay Chaudhary

An Evening You Just Can't Miss

# ANNETS' Night

प्रतिभा- छोटे सितारे, बड़े नज़ारे  
*Laughter, Lights & Little Delights*

MOCs

Rty'ne Monika Batra &  
Rty'ne Anshu Chaudhary

SATURDAY  
**03 MAY**  
2025

Shaheed Madan Lal Dhingra  
Punjabi Samudaye Kendra  
Bahalgarh Road, Sonipat  
8:30 pm onwards followed by Pool Dinner

Our tiny tots and some grown-up annets are trying their best to show the talent they have in them. MOCs Rtn Monika Batra and Rtn Anshu Chaudhary are working very hard to bring out the best in our annets. Please join in large numbers to cheer for our FUTURE.

This meeting will be a Pool-Dinner Meeting and all its members led by ever-energetic Rtn Deepak Garg are looking forward to serve you the best of delicacies.



## MEETING DETAILS | Free Diabetes Check Up Camp

(Held on Monday 21<sup>st</sup> April, 2025 at Darya Ram Hospital, Sonipat)

### BEAT DIABETES

#### DIABETES CAMP (No. 35)

Our **Weekly Diabetes Screening Camp** was successfully conducted on 21<sup>st</sup> April, 2025 at Darya Ram Hospital. We **screened 42 individuals**. In total we have screened 1936 people in our **thirty five camps** conducted till date.

Diabetes can increase the risk of infections, and fever is a common symptom of infection. Being sick can also significantly impact blood sugar levels in people with diabetes, potentially leading to dangerously high or low readings. Therefore, it's crucial for individuals with diabetes to monitor their health closely when experiencing fever, especially if accompanied by other symptoms like high blood sugar or ketones.

#### How Diabetes Affects Fever and Vice Versa:

- **Weakened Immune System:** Diabetes can weaken the immune system, making individuals more susceptible to infections, including those that cause fever.
- **Blood Sugar Fluctuations:** Illness, including fever, can cause blood sugar levels to rise or fall, depending on the type and severity of the illness.
- **Infection and Blood Sugar:** Infections can trigger the body to release stress hormones, which can raise blood sugar levels.
- **Severe Infections:** Some infections can be particularly dangerous for people with diabetes, potentially leading to complications like emphysematous pyelonephritis or diabetic ketoacidosis.
- **Hyperglycemic Hyperosmolar Syndrome (HHS):** In rare cases, extremely high blood sugar levels, combined with other symptoms like fever, can indicate HHS, a serious condition requiring immediate medical attention.

#### Symptoms to Watch Out For:

- Fever of 100°F (37.7°C) or higher.
- High blood sugar readings (> 250 mg/dL).
- Moderate-to-large ketones in urine.
- Vomiting or diarrhea for more than 4 hours.
- Any severe pain or chest pain.
- Trouble moving arms or legs.
- Vision, speech, or balance problems.
- Confusion or new memory problems.
- Skin rash, pain, tenderness, redness, or swelling.
- Wound or cut that won't heal.
- Sore throat, scratchy throat, or pain when swallowing.
- Dry or moist cough that lasts more than 3 days.
- Flu-like symptoms (chills, aches, headache, or fatigue).
- Nausea, vomiting, or diarrhea.



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**What to Do:**

- **Monitor Blood Sugar and Ketones:** Check your blood sugar and ketone levels regularly, especially if you have diabetes and are experiencing symptoms of illness.
- **Stay Hydrated:** Drink plenty of fluids, especially if you have diarrhea or vomiting, to help maintain your hydration and electrolyte balance.
- **Follow Your Diabetes Management Plan:** Continue with your insulin or other diabetes medications as prescribed by your doctor, unless they advise otherwise.
- **Seek Medical Attention:** Contact your doctor immediately if you have a high fever, severe symptoms, or if your blood sugar levels are persistently high or low.
- **Prevent Infections:** Take measures to prevent infections, such as practicing good hygiene, getting vaccinated, and avoiding contact with sick individuals.

**Glimpses | Diabetes Check Up Camp No. 35**

## MEETING DETAILS | FREE LIPID PROFILE CAMP

(Held on Saturday 26<sup>th</sup> April, 2025 at Darya Ram Hospital, Sonipat )

Rotary club of Sonapat organised its Monthly Free Lipid Profile Camp on 26/04/25. A total of 17 participants got their lipid profile tests done, those who had elevated cholesterol were advised on follow-up actions or lifestyle modifications.

A lipid profile test is crucial for assessing risk of cardiovascular disease by evaluating the levels of different fats (lipids) in your blood. It helps identify potential problems like high cholesterol, which can lead to plaque buildup in arteries and increase the risk of heart attack and stroke. The test is used for preventive care, diagnosing existing issues, and monitoring the effectiveness of cholesterol-lowering treatments.

### Importance of a Lipid Profile Test:

#### 1. Assessing Cardiovascular Risk:

- \* The test measures total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol, and triglycerides, all of which contribute to cardiovascular health.
- \* Elevated LDL and triglyceride levels, and low HDL levels, increase the risk of heart disease, stroke, and other cardiovascular problems.
- \* A lipid profile helps determine your overall cardiovascular risk and guides personalized preventative measures.

#### 2. Early Detection of Risk Factors:

- \* Lipid profile tests can identify potential risk factors for heart disease, such as high LDL cholesterol or low HDL cholesterol, before they lead to more serious health problems.
- \* Early detection allows for timely interventions like lifestyle changes or medication to manage cholesterol levels and reduce the risk of cardiovascular disease.

#### 3. Monitoring Existing Conditions:

- \* Individuals with conditions like diabetes, obesity, or a family history of heart disease may need regular lipid profile tests to monitor the effectiveness of treatment and lifestyle changes.
- \* These tests help track changes in lipid levels over time and assess the need for adjustments in treatment plans.

#### 4. Diagnosing Other Conditions:

- \* Abnormal lipid levels can sometimes indicate other health conditions, such as fatty liver disease or pancreatitis.
- \* Lipid profile tests can be used as a diagnostic tool to help identify these conditions and guide appropriate treatment.

#### 5. Monitoring Treatment Effectiveness:

- \* For individuals taking cholesterol-lowering medications, regular lipid profile tests help assess how well the treatment is working and if adjustments are needed.
- \* These tests provide valuable information on the effectiveness of medications and lifestyle changes in managing cholesterol levels.

In summary, a lipid profile test is a vital tool for:

Assessing cardiovascular risk, identifying potential risk factors for heart disease, Monitoring existing conditions and treatment effectiveness, and diagnosing other health conditions.

### Glimpses | Lipid Profile Camp





## MEETING DETAILS | सुरमयी शाम- संगीत के रंग, रोटरी के संग

(Held on Saturday 26<sup>th</sup> April, 2025 at Regency Banquets, Sonipat )

Rotary Club of Sonipat organized a musical evening titled “सुरमयी शाम- संगीत के रंग, रोटरी के संग”, on 26<sup>th</sup> April at Regency Banquet. The event was **chaired by Rty’ne Sangeeta Sarin and Rty’ne Manju Kathpalia**, who conducted the proceedings with eloquence. **Rty’ne Manju welcomed the guests with heartfelt Sher-o-Shayari**, setting a graceful tone for the program, while **Rty’ne Sangeeta kept the atmosphere lively with witty jokes and engaging fillers**.

The musical segment saw enthusiastic participation from members, with **soulful solo and duet performances**. In addition, the **evening featured two to three group songs and lively tappe**, showcasing the diversity and talent within the club. Each performance was delivered with heartfelt devotion and infectious energy.

The ambiance of the banquet was tastefully set, enhancing the mood of the evening. The **multi-cuisine spread** offered to the attendees was nothing short of a **gastronomic delight—mouth-watering snacks and a delicious dinner** that complemented the evening’s theme perfectly.

All the **gifts distributed during the event were generously sponsored by PP Rtn. Sanjeev Sarin**, whose support added immense value to the evening. **Rty’ne Charu Suri and Rtn. Raja Sehgal won prizes for the musical quiz contest**.

सुरमयी शाम was not just a musical gathering—it was a beautifully curated cultural experience that reflected the club’s vibrant spirit and unity. The meticulous planning, artistic expression, and seamless execution made it a night to remember.

It was, without a doubt, another feather in the President’s cap (First Lady not to be forgotten who actually is the backbone of all the successful events) and a shining example of Rotary camaraderie and celebration.

### List of Participants:

Rty’ne Manju Kathpalia (MOC)

Rty’ne Sangeeta Sarin (MOC)

### Rotarians: (in alphabetical order)

PP Rtn. Ajay Chhabra

Pres. Rtn. Dr. Gaurav Dembla

Rtn. Raja Sehgal

PP Rtn. Dr. Rakesh Rai

Rtn. Sanjay Suri

Rtn. T.C . Gandhi

Rtn. Tribhuvan Kaushik

### Rotaryannes: (in alphabetical order)

Rty’ne Charu Suri

Rty’ne Monika Batra

Rty’ne Neetu Gupta

Rty’ne Priyanka Sehgal

Rty’ne Radhika Charaya

Rty’ne Richa Saluja

Rty’ne Sakshi Jain

Rty’ne Shweta Batra

Rty’ne Shweta Wadhwa

Rty’ne Yashika Tuteja

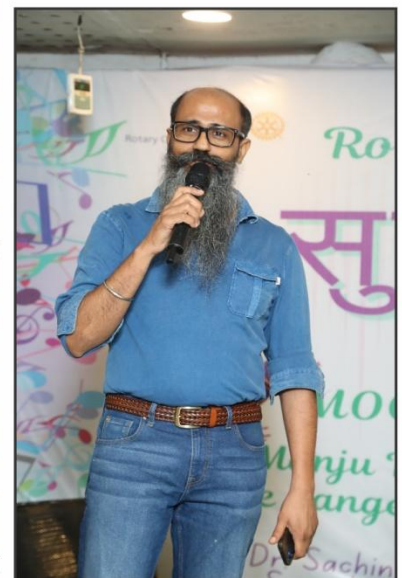
*Reported by | PP Rtn Jagdeep Singh*

Glimpses | सुरमयी शाम- संगीत के रंग, रोटरी के संग





## Glimpses | सुरमयी शाम- संगीत के रंग, रोटरी के संग





## Glimpses | सुरमयी शाम- संगीत के रंग, रोटरी के संग





## Glimpses | सुरमयी शाम- संगीत के रंग, रोटरी के संग





## MEETING DETAILS | Free Diabetes Check Up Camp 36

(Held on Tuesday 29<sup>th</sup> April, 2025 at Darya Ram Hospital)

### BEAT DIABETES

DIABETES CAMP (No 36)

Diabetes & Smoking

Our **Weekly Diabetes Screening Camp** was successfully conducted on 29<sup>th</sup> April, 2025 at Darya Ram Hospital. We **screened 41 individuals**. In total we have **screened 1977 people in our thirty six camps** conducted till date.

Smoking is a significant risk factor for developing type 2 diabetes and worsens its complications for those who already have the condition. It can increase blood sugar levels, making them harder to manage and increasing the risk of various complications. In fact, people who smoke cigarettes are 30%–40% more likely to develop type-2 diabetes than people who don't smoke. Quitting smoking is crucial for improving diabetes management and reducing the risk of associated health problems.

#### How Smoking Affects Diabetes ?

- **Increased Risk of Developing Type 2 Diabetes:** Smoking increases the chances of developing type 2 diabetes by 30-40%.
- **Worsened Diabetes Complications:** Smoking exacerbates existing diabetes complications like heart disease, nerve damage, kidney problems, and poor blood circulation.
- **Difficulty Managing Blood Sugar:** Nicotine interferes with insulin action, making it harder to regulate blood sugar levels.
- **Increased Insulin Resistance:** The harmful chemicals in cigarette smoke can lead to insulin resistance, where the body doesn't respond properly to insulin.
- **Passive Smoking:** Exposure to passive smoke can also increase the risk of developing diabetes.
- **Benefits of Quitting Smoking:**
  - **Improved Blood Sugar Control:** Quitting smoking can help improve blood sugar management and reduce the risk of hypoglycemia.
  - **Reduced Risk of Complications:** Quitting significantly lowers the risks of macrovascular complications, nephropathy, and cardiovascular mortality in people with diabetes.
  - **Improved Overall Health:** Quitting smoking has numerous other health benefits, including reduced risk of heart disease, stroke, and cancer.

### Glimpses | Diabetes Check-up Camp No. 36





## MEETING DETAILS | 8<sup>th</sup> Board of Directors Meeting

(Held on Tuesday 21<sup>st</sup> March, 2025 at Bella Nosh, Sonipat)

8<sup>th</sup> meeting of the Board of Directors (BOD) for the year 2024-2025 was held at Bella Nosh on 21<sup>st</sup> March 2025 which was hosted by PP Rtn. Anil Chugh & Rtn. Gaurav Gambhir. Minutes of the meeting are as follows:

- Minutes of the last BOD were confirmed.
- An update on Project Drishti 2.0 was given by President Rtn. (Dr.) Gaurav Dembla, a total of 145 surgeries have been done till date.
- Following meetings have been scheduled for the month of March - April 2025
  - 22<sup>nd</sup> March 2025 - Charter Day Celebration
  - 28<sup>th</sup> March 2025 - Club Assembly
  - 30<sup>th</sup> March 2025 - Health Camp
  - 10<sup>th</sup> -12<sup>th</sup> April 2025 - Trip to Solan
  - 19<sup>th</sup> April 2025 - Experience of PETS
  - 26<sup>th</sup> April 2025 - Geeton Bhari Shyam
  - 3<sup>rd</sup> May 2025 - Annets Night
- It was decided in board meeting that PAN card for Rotary Club of Sonapat to be applied soon.
- Fund raising for young girl named PEARL who is suffering from Thallasemia and has to undergo bone marrow transplant was discussed. Following members have generously contributed for this cause :
  - Pres.Rtn. Dr. Gaurav Dembla – Rs. 11000/-
  - PP Rtn. Gaurav Luthra – Rs. 11000/-
  - PP Rtn. Sanjiv Sarin – Rs. 11000/-
  - PEN Rtn. Ashish Jain – Rs. 11000/-
  - PP Rtn. Rishi Chopra – Rs. 11000/-
  - PP Rtn. Rajeev Garg – Rs. 11000/-
  - PP Rtn. Dr. Rakesh Rai – Rs. 11000/-
  - PP Rtn. Jagdeep Singh – Rs. 5100/-
  - PP Rtn. Ajay Chhabra – Rs. 5100/-
  - PP Rtn. Anil Chugh – Rs. 5100/-
  - Rtn. Sumeet Alakh – Rs. 5100/-

On behalf of the Board, PP Rtn Rishi Chopra thanked PP Rtn. Anil Chugh & Rtn. Gaurav Gambhir for their excellent hospitality.

## MEETING DETAILS | 9<sup>th</sup> Board of Directors Meeting (BOD)

(Held on Monday 28<sup>th</sup> April, 2025 at Bella Nosh, SNP)

9<sup>th</sup> meeting of the Board of Directors (BOD) for the year 2024-2025 was held at Bella Nosh on 28<sup>th</sup> April 2025 which was hosted by PP Rtn. Dr. Rakesh Rai & PP Rtn. Ramesh Wadhwa. Minutes of the meeting are as follows:

- Minutes of the last BOD were confirmed.
- An update on Project Drishti 2.0 was given by President Rtn. Dr. Gaurav Dembla, a total of 160 surgeries have been done till date.
- Following meetings have been scheduled for the month of May - June 2025
  - 3<sup>rd</sup> May 2025 - Annets Night
  - Feed The Need - 2<sup>nd</sup> week of May
  - 17<sup>th</sup> May 2025 - Experience of PETS
  - Community Meeting - 3<sup>rd</sup> week of May
  - 31<sup>st</sup> May - Rotary Night
  - Community Meeting – 1<sup>st</sup> week of June
  - 14<sup>th</sup> June - Past Presidents Night
- Membership of Mr. Vijay Arora was approved by the Board & it was decided that the same may be circulated in Club Bulletin giving a ten days clear notice to members for filing objections, if any, in writing.
- It was resolved that henceforth induction of members from local clubs should be discouraged.
- The Board also discussed regarding the resignation of Rtn. CA Gaurav Sahil & it was decided that his resignation would be accepted for the next Rotary Year (2025-26). He will continue to be the member and fulfil all obligations for the current Rotary Year (2024-25), including clearing his dues and responsibilities.

On behalf of the Board, PP Rtn. Vijay Mehta thanked PP Rtn. Dr. Rakesh Rai & PP Rtn. Ramesh Wadhwa for their excellent hospitality.

## New Member Proposal

**Name : VIJAY ARORA** (Proposed by Rtn. Ashish Batra Seconded by PP Rtn Gautam Sachdeva)  
**Business : Prop. – CAR PLAZA (Car Accessories)**  
**Add. (Resi.) : 671, Sector-14, Sonipat**  
**(Business) : Car Plaza, Shop No 43, Sec-14, Sonipat**  
**Cont. : 9896333274**  
**Spouse Name : Deepti Arora**  
**She is a Freelance Graphic Designer**  
**Children : Two, Suhaan & Viaan**  
 (The above proposal was approved by BOD in its meeting held on 28th April, 2025. A clear 10 days' notice is hereby given to file objections to the proposal, if any, in writing.)



# Happy Birthday!



**Rty'ne Gauri Kapoor**  
W/o Rtn. Hitesh Kapoor  
01 May



**Rty'ne Pooja Sahil**  
W/o Rtn. Gaurav Sahil  
07 May



**Rtn. Nikhil Madaan**  
10 May



**Annet Somansh Girdhar**  
S/o PP Rtn. Sandeep Girdhar  
11 May



**Annet Ridhiman**  
S/o Rtn. Deepak Arora  
12 May



**Annets Sarthak & Saranveer Chhabra**  
Sons of Rtn. Sanuj Chhabra  
15 May

## Happy Anniversary



**PP Rtn. Sanjay Sharma  
& Rty'ne Sureen Sharma**  
10 May

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PP Rtn. Vijay Mehta

Designed & Published by:  
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