

Rotary
Club of Sonapat
(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. 25 | Dated 14th May, 2025

The Next Meeting of our Club will be
held as per following details/programme

Experience of



PELS

(Presidents-Elect Learning Seminar)

*By President Elect Rtn. Rajat Doda &
Incoming First Lady Rtn. Sanya Doda*

SATURDAY, 17th MAY, 2025

8:30 PM

Venue | CAFÉ CRAVE

Murthal Road, Sonapat

(MEETING WILL BE FOLLOWED BY DINNER)

MEETING DETAILS | Free PFT Camp

(Held on Saturday 3rd May, 2025 at Darya Ram Hospital, Sonipat)

A **Pulmonary Function Test (PFT) camp** was held by the **Rotary Club of Sonapat** at Darya Ram Hospital on 03/05/2025 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.**

Pleural effusion is something which is characterized by the accumulation of extra fluid in the pleural space, the region between the lungs and the chest wall. This accumulation can obstruct respiration and may result from multiple sources, including cardiac insufficiency, infection, or neoplasia.

Causes:

1. Heart failure: Congestive heart failure frequently results in fluid accumulation due to the heart's diminished capacity to pump blood efficiently.
 2. Infections such as pneumonia, TB, and others can induce inflammation and fluid buildup.
 3. Malignancy: Cancer, such as lung cancer and mesothelioma, may result in pleural effusions.
- Additional causes include cirrhosis, autoimmune disorders, and specific drugs that may potentially lead to pleural effusion.

Symptoms:

1. Difficulty in breathing
2. *Pleurisy, characterized by inflammation of the pleura, can induce acute chest pain, particularly during respiration or coughing.
3. Cough 4. Fatigue 5. Weight loss

Diagnosis:

1. Chest X-Ray 2. CT Scan
3. Thoracentesis: This procedure entails the insertion of a needle into the pleural cavity to extract fluid for analysis.

Treatment:

1. Addressing the underlying etiology: For instance, using antibiotics for infections, diuretics for heart failure, or chemotherapy for malignancies.
2. Thoracentesis: This technique can evacuate surplus fluid, offering transient alleviation.
3. Pleurodesis: This procedure entails the injection of a drug into the pleural space to induce adhesion of the pleural layers, thereby avoiding fluid accumulation.

Glimpses | Free PFT Camp



MEETING DETAILS | ANNETS' NIGHT (प्रतिभा- छोटे सितारे, बड़े नज़ारे)

(Held on Saturday 3rd May, 2025 at Punjabi Samudaye Kendra, Sonipat)

- | | | | |
|--------------------|-----------------|-----------------|-----------------|
| ❖ Abir Gupta | ❖ Shanaya Jain | ❖ Bani Sehgal | ❖ Mauli Wadhwa |
| ❖ Avyaan Kathpalia | ❖ Tesha Bali | ❖ Navika Batra | ❖ Seep |
| ❖ Chhavishka Chugh | ❖ Vidyul Jain | ❖ Rian Wadhwa | ❖ Sanaya Tuteja |
| ❖ Krisha Dewan | ❖ Aadya Dembla | ❖ Simrit Saluja | ❖ Vanshi |
| ❖ Mahiraj Jain | ❖ Aarisha Jain | ❖ Advita Luthra | ❖ Aarav Luthra |
| ❖ Purvansh Garg | ❖ Athrav Dembla | ❖ Divisha Batra | ❖ Aarav Saluja |
| ❖ Abeer Chaudhary | ❖ Tanmay | | |

The above 26 Annets of our Club were the heroes of our last meeting celebrated as **Annets' Night** on Saturday, the 3rd May, 2025 at Punjabi Samudaye Kendra, Sonipat. These **energetic and enthusiastic group of Annets in the age group of One+ to 21+**, carried the entire meeting on their tender yet strong shoulders. To make them perform were our **hard-working MOCs Rty'ne Monica Batra and Rty'ne Anshu Chaudhary**, who put in lot of efforts to bring the best in our lovely annets.

After the brief **welcome address by the President Rtn. Dr. Gaurav Dembla** and the **introductory remarks by the MOCs**, the stage was taken over by the **vibrant**

anchors of the evening, Annets Advita Mauli and Vanshi, who like any professional anchors carried the entire evening in a very smooth and systematic manner. They deserve the whole-hearted appreciation for running the whole program without a pause.

All the annets were excellent in their performance, who were ably guided and trained by the MOCs and of course by their parents too. It was not the contents which were important but performing at the stage and facing the audience was an activity which will definitely instill the confidence in our young annets.

The **total duration of the show was more than two hours** and surely most of the audience enjoyed these two hours. **Every performance was applauded and cheered by the audience.**

Since there was no competition and all did their very best but **HANUMAN CHAALISA** and **MUNNA BHAI Act stole the show.**

After the entertaining and absorbing show by annets, **all participants were awarded prizes for participation**, which brought a glow on their innocent faces.

The meeting ended with a **rich fellowship and delicious dinner.**

We **profusely thank all these who made this meeting a great success.** They were none other than our lovely annets, Anchors and MOCs and our energetic First Couple of the Club **President Rtn. Dr. Gaurav Dembla and Rty'ne Dr. Kriti Dembla.**

Glimpses | Annets' Night



Glimpses | Annets' Night



Glimpses | Annets' Night



Glimpses | Annets' Night



Glimpses | Annets' Night



MEETING DETAILS | Free Diabetes Check Up Camp 37

(Held on Monday 5th May, 2025 at Darya Ram Hospital)

BEAT DIABETES

DIABETES CAMP (No 37)

Our **Weekly Diabetes Screening Camp** was successfully conducted on Monday, 5th May, 2025 at Darya Ram Hospital, Sonapat. We **screened 47 individuals in this Camp**. In total we have **screened 2024 people in our thirty seven camps** conducted till date.

Q: If my father has type 2 diabetes, does that mean that I am more likely to get it also?

A: You may have the genetic predisposition to develop diabetes, but it is not unavoidable. It is imperative that you learn that maintaining a healthy lifestyle and managing your food intake are critical. Stay active, eat as many unrefined foods as possible, and control your stress. These are the foundational components of a healthier lifestyle.

Q: My 12 year old daughter has been diagnosed with pre-diabetes from a blood test. Is that always type 2?

A: Those diagnosed with type 2 diabetes will continue to produce insulin. A fasting result of 126 or higher is considered a diagnosis of diabetes. Pre-diabetes is typically defined as being between 100 and 125, but there are many ranges for what is considered normal, with some believing that 80 is an optimal fasting level. A 12-year-old girl's hormone levels will fluctuate when menstruation begins and she continues to grow. Developing healthy eating/lifestyle patterns today is critical.

Q: I read that people with diabetes should not use heating pads. Why not?

A: This recommendation is more of a caution for those who have neuropathy and may not feel if the pad gets too hot and could be burned as a result.

Q: Do I need to fast before having an HBA1c test?

A: No, fasting is not required for this test because the test measures your average blood glucose levels over the past three months.

Q: Is diabetes causing me to be tired and sleepy after eating?

A: Elevated blood sugar levels send a signal to the brain to release serotonin, a hormone that is both calming and sleep inducing. If a meal is high in carbs, it converts to sugar more quickly, elevating levels that may already be high and causing even more sleepiness. Eating more unrefined foods and walking will be a step toward better control and alertness.

Glimpses | Diabetes Check Up Camp No. 37



MEETING DETAILS | Free Diabetes Check Up Camp 38

(Held on Monday 12th May, 2025 at Darya Ram Hospital)

BEAT DIABETES

DIABETES CAMP (No 38)

Our **Weekly Diabetes Screening Camp** was successfully conducted on Monday, 12th May, 2025 at Darya Ram Hospital. We **screened 35 individuals in this Camp**. In total we have screened **2059 people in our thirty eight camps** conducted till date.

Weight loss and Diabetes

Weight is a sensitive topic for many individuals, and achieving an ideal, healthy weight is easier said than done. However, if you have diabetes, decreasing weight is really beneficial if you are overweight. You'll have more energy and be less likely to develop catastrophic issues like heart disease or a stroke. Losing weight can also improve your diabetes control. Losing weight may lead to type 2 diabetes remission.

However, millions of diabetics struggle to maintain a healthy weight. Approximately 60% of persons with type 1 diabetes and 85% with type 2 diabetes are overweight or obese.

Benefits of Losing Extra Weight

Losing excess weight has numerous physical and emotional benefits. Extra weight around your waist implies fat can accumulate around your organs, including your liver and pancreas. This can lead to insulin resistance. So decreasing this weight may help the insulin you make or insulin you inject function properly.

Losing just 5% of your body weight can have significant health benefits. Obese individuals with diabetes are more likely to achieve remission if they shed at least 15kg safely and early after diagnosis. This could mean discontinuing your diabetic medication entirely, a life-changing opportunity. This is more common if you lose weight quickly and close the time of your diagnosis. It is a fallacy that losing weight gradually is healthier for you. Most people report feeling better in their mood, having more energy, and sleeping better. Losing even 5% of weight can improve blood pressure and cholesterol levels. This can significantly improve your health and lower your chance of catastrophic problems such as heart disease and stroke.

Glimpses | Diabetes Check Up Camp No. 38



MEETING DETAILS | FEED THE NEED

(Held on Sunday 11th May, 2025 at Smile Foundation)

कभी खुदा देखना हो, तो बच्चों के हस्ते हुए चेहरे देख लेने चाहिए !

और मैं खुद को बेहद खुशकिस्मत समझती हूँ, कि ये मंज़र देखने का मुझे मौका मिला !

Rotary Club of Sonipat has always been a keen supporter to spread happiness amongst society and specially amongst the needy ones ...

So this **Sunday i.e 11th May 2025** we along with the **SMILE FOUNDATION** conducted an event under the guidance of **PP Rtn. CA Ramesh Wadhwa and Rty'ne Archana Wadhwa who were the Meet Chairpersons** also for the meeting.

The couple itself is so humble and modest that the vibe created is so pure and feels so great to be a part of it in any possible way !

Kids there had an amazing time while enjoying the evening snacks.

Mouthwatering samosas, patties and rasgullas ... were the hero of the event.

The happiness of those Children cannot be expressed in words the spark of their eyes were equivalent to one rasgulla.

While having a communication with the respected President Rtn. (Dr.) Gaurav Dembla, I came to know that this noble deed is conducted every month

I feel so proud to be associated with this elite club who balances every norms of the society!!

Sundays are family days but I really appreciate **PP Rtn CA Ramesh Wadhwa, PP Rtn Dr. Rakesh Rai, PP Rtn Gaurav Luthra, PP Rtn Nitish Sharma, Rtn Gaurav Gambhir, Rty'ne Archana Wadhwa for being there** and conducting this beautiful event '**FEED THE NEED**'.

Last but not the least a special thanks to President Rtn Dr. Gaurav Dembla and Rty'ne Kriti Dembla for always been so enthusiastic and positive towards such events and doing everything with so ease and positivity....

कहते हैं, इंसान अपने नसीब का खाता है

पर कभी कभी ज़रिया बन जाना भी एक सौभाग्य है !!

Reported by | Rty'ne Anupriya Sharma

Glimpses | 'FEED THE NEED'



Glimpses | 'FEED THE NEED'



HELPING HAND

A Cheque for Rs 2,02,100/- (Rupees Two lacs two thousand one hundred) was handed over to the family of Baby Pearl, who has been suffering from Thalassemia and needs a Bone-marrow transplant, with wishes from all members of our Club for the early recovery of the Little Angel.

We thank all Rotarians, who contributed for this noble cause.





Happy Birthday!



Rty'ne Kanchan Gandhi
W/o PP Rtn. T.C. Gandhi
19 May



Annet Sugandha Chaudhary
D/o PP Rtn. Ved Chaudhary
20 May



Annet Anshi Gupta
D/o Rtn. Antriksh Gupta
21 May



Rty'ne Charu Suri
W/o Rtn. Sanjy Suri
25 May



PP Rtn. Tribhuvan Kaushik
26 May



Happy Anniversary



**Rtn. Dr. Rakesh Handa
& Rty'ne Dr. Anita Handa**
26 May

SAVE THE DATE

**ROTARY
NITE**

MAY | 31 | 2025

PP Rtn. Vijay Mehta

Anil Dureja #9515421605