



(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. 26 | Dated 29th May, 2025

The much awaited meeting of the year, will be our **Next Club Meeting**

The details of the meeting are:

RAAB TA

A Soulful Night

(ROTARY NIGHT)

which will be held on



SATURDAY, 31st MAY, 2025

9:00 PM

Venue | UNIQUE GARDEN

Murthal Road, Sonapat

MOCs :

Rty'ne Kanika & PP Rtn. Rishi Chopra

Rty'ne Meghna & PP Rtn. Gautam Sachdeva

Rty'ne Bhawna & Rtn. Raja Sehgal

It will be a meeting you can't afford to miss as the preparations for this captivating meeting are going on for the last more than ten days and MOCs are working very hard on it. We will not divulge more details as the suspense and thrill may get diluted. So, be there to see for yourself the artist in Rotarians and Rotaryannes.

Another highlight of the meeting will be an **ULTIMATE AND MIND BLOWING** Dining experience, you are going to have on the last day of May this year, which has been assured by our 'JAANE-MANN' PP Rtn. Tara Chand Gandhi, who happens to be the Pool Leader of our enthusiastic Pool Members. The list is given on the next page.

BE THERE IN TIME AND ENJOY THE QUEEN-OF-THE-MEETINGS AND CHEER THE PARTICIPANTS

MEETING DETAILS | Experience of PELS

(Held on Saturday 17th May, 2025 at Cafe Crave, Sonipat)

The previous meeting of our club was held on **Saturday, the 17th May, 2025 at Café Crave, Sonipat**. It was addressed by our **energetic President-Elect Rtn. Rajat Doda** on his **experiences of PELS (Presidents-Elect Learning Seminar)** held at Agra, from 11th April to 13th April, 2025, where he was **accompanied by his gracious wife, Rty'ne Sanya Doda, PP Rtn Rajeev Garg, DDA, Haryana and Rty'ne Sakshi Garg**.

President-Elect Rtn. Rajat Doda explained the training at PELS in the minutest manner giving almost session to session details. He had prepared a **very nice Power Presentation to give everyone a feel of the Seminar**. He informed the well-attended meeting how this learning will help him in running the club during his tenure. They had given a musical presentation at the PELS on behalf of our zone.

President-Elect Learning Seminar is a real and very educational program, which is mandatory for every President-Elect to attend. It is rightly so as the knowledge and training one undergoes at such seminar is unique.

Rtn. Rajat was privileged to speak on behalf of Presidents of our zone about his impressions on PELS, which were really very impressive and silently assured all our members that club is in for a very happening and purposeful Rotary Year 2025-26.

Everyone present enjoyed the meeting, cheered for our Incoming Leader and the Cheers will convert into full support during next year, that is sure. The well-attended meeting ended with a rich fellowship and sumptuous dinner.

POOL DINNER MEMBERS:

ROTARY NIGHT

POOL LEADER:

PP Rtn. Tara Chand Gandhi

POOL MEMBERS:

PP Rtn. Nitish Sharma

PP Rtn. R.K. Sardana

Rtn. Govind Singla

Rtn. Sanjay Suri

Rtn. Harcharan Singh

Rtn. Namit Mehra

Rtn. Shagun Bhagat

Rtn. Dr. Anurag Arora

Rtn. Nikhil Madaan

Rtn. Raja Sehgal

Rtn. Gulshan Sehgal

Rtn. Kunal Jain

Rtn. Rajnish Bhagat

Rtn. Kamal Dewan

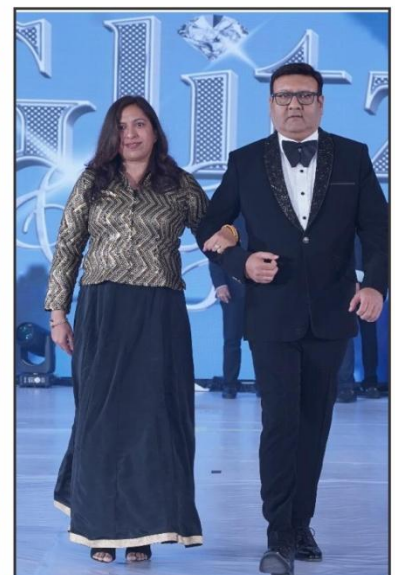
Rtn. Vipin Dua

Rtn. Anurag Kuchhal

Glimpses | PELS (President-Elect Learning Seminar)



Glimpses | PELS (President-Elect Learning Seminar)



MEETING DETAILS | Free Diabetes Check Up Camp 39

(Held on Monday 19th May, 2025 at Darya Ram Hospital)

BEAT DIABETES

DIABETES CAMP (No 39)

Our **Weekly Diabetes Screening Camp** was successfully conducted on Monday, 19th May, 2025 at Darya Ram Hospital, Sonapat. We **screened 56 individuals in this Camp**. In total we have screened **2115 people in our thirty nine camps** conducted till date.

Q: Can my A1C be high if my fasting readings are lower than 130?

A: If you have never been tested for a 3 hour glucose tolerance test, showing how you react at 1, 2, and 3 hour intervals. It may be that you spike higher during those times, accounting for higher A1C. You can also start testing your glucose one hour after meals to see how high you rise, especially on those “bad” days. Track your food intake during that time to see what foods may be spiking you the most.

Q: Why do I need to fast for 10 hours before a fasting glucose blood test?

A: This time frame gives your body a chance to digest all food in your system to more readily determine what your true fasting blood sugar is. Carbs, proteins and fats all digest at a different rate and a larger meal will take longer to digest. A fasting blood sugar of 126 repeated twice is a diagnosis of diabetes.

Q: What is ketoacidosis and what are the symptoms?

A: Ketoacidosis is the build-up of ketones (a by-product of rapid fat breakdown in the body) and can be life-threatening if left untreated. This would generally not occur unless glucose levels were very elevated over a longer period where the cells, needing fuel, rapidly break down fat to help keep you alive. At that point, one may be in a diabetic coma. In pregnancy, it is important for good control to prevent ketoacidosis so ketone bodies do not form, as they can cross the placenta and be toxic to the fetus. Symptoms may include fruity smelling breath, high blood sugar, excessive thirst, frequent urination, nausea and vomiting.

Glimpses | Diabetes Check Up Camp No. 39



MEETING DETAILS | Free Diabetes Check Up Camp 40

(Held on Monday 26th May, 2025 at Darya Ram Hospital)

BEAT DIABETES

DIABETES CAMP (No 40)

Our **Weekly Diabetes Screening Camp** was successfully conducted on Monday, 26th May, 2025 at Darya Ram Hospital, Sonapat. We **screened 39 individuals in this Camp**. In total, we have **screened 2154 people in our forty camps** conducted till date.

Q: How would I know if I am diabetic? What are the signs?

A: Frequent urination, rapid weight loss, dizziness, and excessive thirst are just some of the symptoms associated with, but not exclusive to diabetes. This is certainly truer of those on the path to type 1 diabetes. Many others will only know by getting a blood test to see if their fasting levels are elevated. 100-125 is generally considered pre-diabetes, 126 and greater with 2 tests is a diagnosis of diabetes.

Q: If I have some of the risk factors for diabetes, how often should I be tested to find out if I do have it or not?

A: If you are not experiencing any symptoms, an annual physical examination should be enough. Your glucose levels should be under 100; ideally between 80-90. If you are experiencing any symptoms such as weakness, frequent urination, increased hunger or thirst, or frequent infections, then get a fasting and a post prandial test now.

Q: Is it possible to stop being diabetic?

A: Once you have diabetes, you will always have it, but you can manage it to the point that it appears as if you don't have it. What this means is that you can get your blood sugars under control and within normal ranges, and maintain the healthy lifestyle required to stay within range. Learn how to manage diabetes and live with it. You will find, for the most part, that an active lifestyle with healthy foods in moderate amounts will allow you a "normal" quality life.

Glimpses | Diabetes Check Up Camp No. 40



Minutes of 10th BOD Meeting

(Held on Friday 16th May, 2025 at
Basant Ice Cream & Restaurant)

10th meeting of the board of directors (BOD) for the year 2024-2025 was held at Basant Ice Cream & Restaurant on 16th May 2025 which was hosted by PP Rtn Vijay Mehta & Secretary Rtn. Dr. Sachin Gupta.

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 166 surgeries have been done till date.

3. Following meetings have been scheduled for the month of May - June 2025

- 17th May 2025 - Experience of PELS
- 31st May - Rotary Night
- Community Meeting - 1 week of June
- 14th June - Past Presidents Night & Felicitation of DGND Rtn Ravi Bali
- 28th June - Thanks Giving

On behalf of the board PP Rtn Anil Chugh thanked PP Rtn Vijay Mehta & Secretary Dr Rtn Sachin Gupta for their excellent hospitality.





Rtn. Navrattan Chopra
02 June



Annet Danish Seth
S/o PP Rtn. Pankaj Seth
05 June



Rtn. Sanjay Suri
07 June



Annet Ishaan Mehta
S/o PP Rtn. Vijay Mehta
07 June



Rty'ne Charu Wadhwa
W/o Rtn. Rajan Wadhwa
08 June

Save The Dates

PP NIGHT

and Felicitation of
DGND Rtn Ravi Bali

June | 14 | 2025

THANKSGIVING

June | 28 | 2025



Happy Anniversary



**PP Rtn. Kuldeep Solanki
& Dr. Rty'ne Kavita Solanki**
09 June