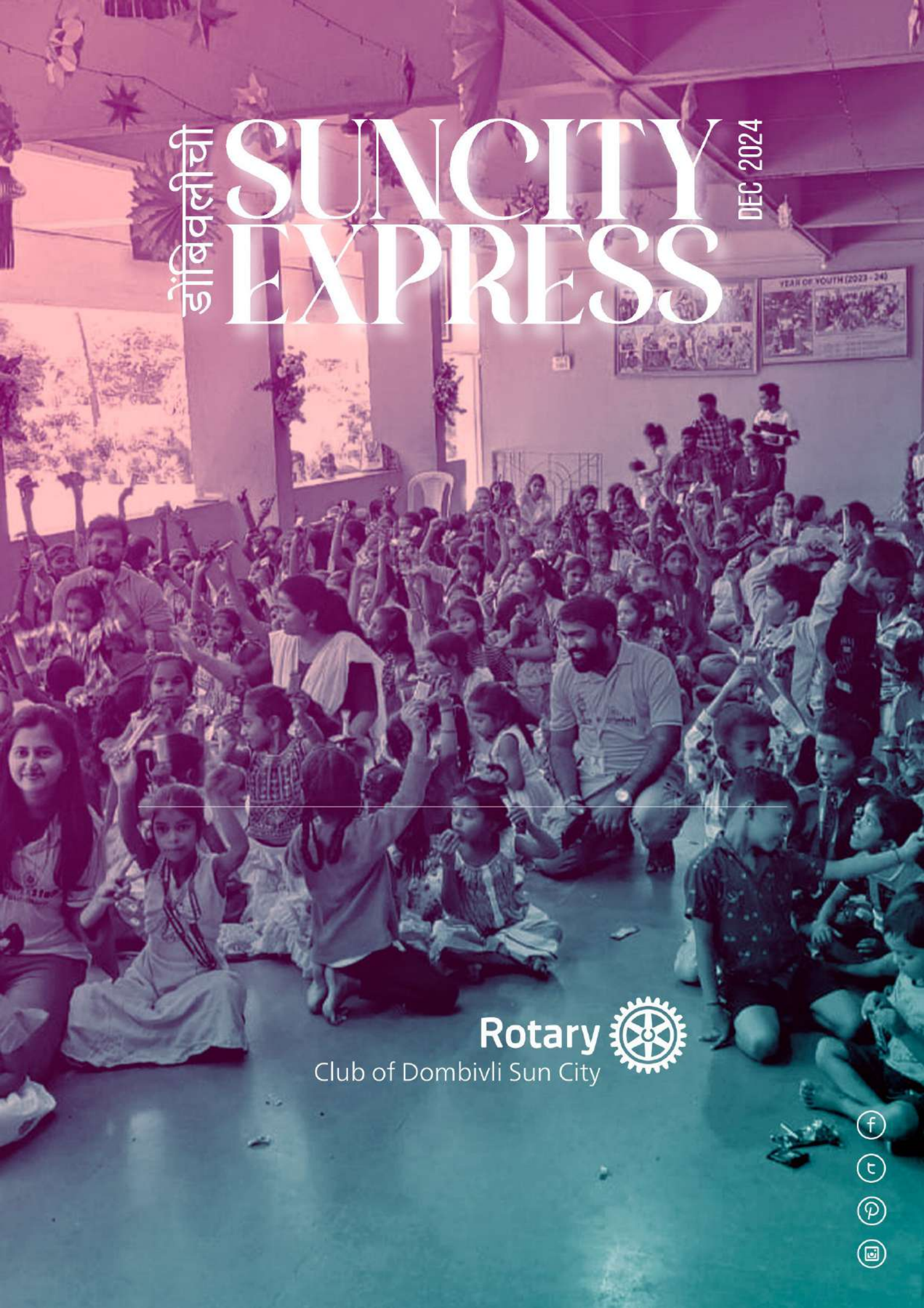


डोंबिवलीची

SUNCITY EXPRESS

DEC 2024



Rotary



Club of Dombivli Sun City



RTN. NIKHIL APTE

Welcome to the December edition of our club magazine, where we delve into the critical area of Disease Prevention and Treatment: Serving Humanity.

This month, we explore the vital role that Rotary plays in improving global health. From the ongoing fight against polio to supporting local health initiatives, our members are making a tangible difference in the lives of countless individuals.

This edition features inspiring stories of Rotarians who are dedicated to improving community health, from organizing health camps and blood donation drives to supporting medical research and advocating for better healthcare access.

We also highlight the importance of individual health and well-being, encouraging members to prioritize their own health and to promote healthy lifestyles within their communities.

We invite you to explore the articles and insights within this edition, and to discover new ways to contribute to the vital work of disease prevention and treatment.

Let us work together to build a healthier and more vibrant future for all.

Happy reading!

DOMBIVLI, MUMBAI // ON December 2024

Editor's letter



RTN. RTR. RADHAKRISHNAN K

Fellow Rotarians,

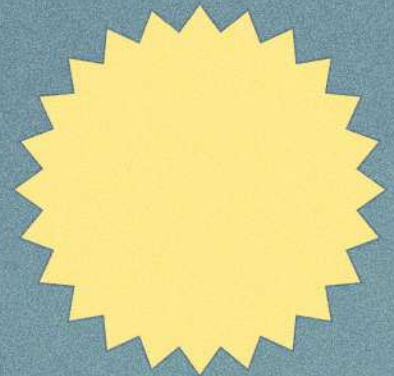
December marks a significant month for Rotary as we focus on Disease Prevention and Treatment, one of our key areas of service.

Let us remember the tireless efforts of our global network in eradicating polio and the ongoing fight against other diseases that continue to plague communities worldwide.

This month, let us explore opportunities to support local health initiatives, promote healthy lifestyles, and raise awareness about critical health issues.

I encourage each of you to find ways to contribute to this important cause, whether through volunteering at local clinics, participating in health awareness campaigns, or supporting disease prevention and treatment programs through The Rotary Foundation.


Let us strive to make a lasting impact on the health and well-being of our community and the world.



DOMBIVLI, MUMBAI // ON December 2024

President letter





LEARN and LEAD with the ROTARY LEARNING CENTER

Build personal and professional skills and prepare for leadership roles through online courses in the Rotary Learning Center. You'll find lots of courses that let you learn at your own pace and in your own space!

ENGAGING COURSES

- Interactive features
- Quizzes that help you apply what you've learned
- Opportunities to track your progress and earn badges, points, and certificates

FACILITATE YOUR LEARNING

- Learning Plans: A series of related courses that let you more deeply explore a role or topic
- Learning Topics: Collections of links, files, and courses related to specific subjects that you can contribute to and access



Learning Center courses are included in your membership. Visit the Learning Center today at rotary.org/learn.





8 essential tips for successful disease preven- tion and treatment projects

1. Consult with a Rotary Action Group that works in disease prevention and treatment to help your club build a strong relationship with a community, understand its priorities, and together develop a project to address the community's concerns.

2. Communicate with local and regional hospitals, clinics, universities, and ministries of health to avoid duplicating efforts and to take advantage of local resources.

3. Collaborate with community health care workers and other health and medical volunteers to support project development and implementation. In Zambia, Rotary is working to reduce malaria cases by training and equipping community health workers to test and treat the disease. The success of this program highlights the importance of local leadership and participation.





4. Partner with successful community-based organizations to strengthen their capacity and expand existing services.

5. Work with local, regional, district, and national health systems to increase people's access to equipment, facilities, and the latest health care programs.

6. Incorporate innovative technologies and tools to extend the reach of health centers. A good example is the Remoheart project, an initiative where Rotary clubs and district resource network experts joined forces to innovate and expand healthcare in Italy.

7. Work with local health centers to develop programs that attract health workers with a variety of skills.

8. Work with local universities, nursing schools, and other health care training facilities to provide educational opportunities in locations where employees live, in order to maximize retention rates.





GIVE THE GIFT OF ROTARY

Rotary
Club of Dombivli Sun City



**More
Than Dis-
cussions:
Rotary
Clubs
Take Con-
crete
Steps to
Improve
Mental
Health
Outcomes**



Throughout the year, 2023-24 RI President R. Gordon R. McInally highlighted and promoted the importance of addressing the global mental health crisis. Rotary continues to hold mental health as a key focus, highlighting three priorities to address UNTILL TODAY ALSO IN RI 24-25:

- Erase the stigma associated with discussing mental health
- Raise awareness about mental health needs
- Increase access and capacity for treatment and prevention

Clubs around the world are actively involved in this ongoing effort. Here are some examples:

Erasing stigma

Rotary Club of Nainital, India.

The Rotary Club of Nainital in India created weekly Zoom meetings for the clubs in their district to have a safe space to discuss mental health, a topic people are reluctant to discuss in their community. These meetings include discussions, relaxation activities like sound baths, and opportunities to share stories and ask questions. As the program grows and the meetings expand to include overseas participants, they plan to increase meeting frequency.

Club of Dombivli Sun City

Rotary



Rotary 

Club of Dombivli Sun City

rcdombivlisuncity.rotaryindia.org

माझी

Dombivli

December Edition

WHAT IS THE NAME OF THE PRESTIGIOUS AWARD GIVEN FOR HUMANITARIAN SERVICE?

- a) The Nobel Peace Prize
- b) The Pulitzer Prize
- c) The Paul Harris Fellow

WHAT IS THE NAME OF THE YOUTH EXCHANGE PROGRAM SPONSORED BY ROTARY?

- a) Rotary Youth Leadership Awards (RYLA)
- b) Rotary Youth Exchange
- c) Interact

★ TEST YOUR KNOWLEDGE WITH THIS FUN "MAJHI ROTARY - TRIVIA" QUIZ ★

Rotary is a global network of individuals who unite to create positive change in their communities and around the world. But how well do you know your own Rotary Club and the broader organization?

Answers:

- c) The Paul Harris Fellow
- b) Rotary Youth Exchange

Giving Tuesday: 3 December

During this season of giving, remember
The Rotary Foundation as your charity of choice.
A donation to our Annual Fund helps strengthen
communities close to home and around the globe.

GIVE TODAY: my.rotary.org/giving-tuesday



#GIVINGTUESDAY

20 24 DECEMBER



Disease Prevention & Treatment Mth

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 <ul style="list-style-type: none"> Know ur nos. + Blood donation District Review Meet District Ladies picnic † Advent - Nativity Fast World Aids Day 	02 <ul style="list-style-type: none"> National Pollution Control Day World Computer Literacy Day (by Indian) 	03 <ul style="list-style-type: none"> Giving Tuesday World Handicap Day (Int. Day of Persons with Disabilities) 	04 <ul style="list-style-type: none"> Indian Navy Day World Wildlife Conservation Day 	05 <ul style="list-style-type: none"> World Soil Day 	06 <ul style="list-style-type: none"> Club Assembly Civil Defence Day Maha Parinirvan Diwas Microwave Oven Day 	07 <ul style="list-style-type: none"> Armed Forces Flag Day Jewish Hanukkah begins (light fest) Int. Civil Aviation Day
08 <ul style="list-style-type: none"> District TRF Celebration Seminar. Host: RCNM Samaritans Bochi Day 	09 <ul style="list-style-type: none"> Int. Anti-Corruption Day 	10 <ul style="list-style-type: none"> Human Rights Day 	11 <ul style="list-style-type: none"> Int. Gita Jayanti Int. Mountain Day 	12 <ul style="list-style-type: none"> Club Weekly Meeting Day 1 - IFRM/IFCR/RMB Convention Horse Day 	13 <ul style="list-style-type: none"> National Energy Conservation Day Dattatrya Jayanti Day 2 - IFRM/IFCR/RMB Convention Int. Energy Day 	14 <ul style="list-style-type: none"> Winter Solstice
15 <ul style="list-style-type: none"> Margashish ends Annapura Jayanti Annapura Day Day 3 - IFRM/IFCR/RMB Convention last day 	16 <ul style="list-style-type: none"> Vijay Diwas 	17 <ul style="list-style-type: none"> National Minorities Rights Day Int. Migrants day 	18 <ul style="list-style-type: none"> National General Meeting 2024-25 	19 <ul style="list-style-type: none"> Annual General Meeting 2024-25 	20 <ul style="list-style-type: none"> Club Weekly Meeting 	21 <ul style="list-style-type: none"> Club Weekly Meeting
22 <ul style="list-style-type: none"> District Marathon National Mathematics Day 	23 <ul style="list-style-type: none"> National Farmers Day / Kisan Diwas 	24 <ul style="list-style-type: none"> National Consumer Rights Day 	25 <ul style="list-style-type: none"> Christmas by Rtn Santa Claus to help Year Ball of India National Good Governance Day 	26 <ul style="list-style-type: none"> National Veer Ball Diwas Udhram Singh Birth ann. 	27 <ul style="list-style-type: none"> District Christmas & New Year Celebration 	28 <ul style="list-style-type: none"> District Christmas & New Year Celebration
29 <ul style="list-style-type: none"> National Paediatric Surgery Day Int. Bio Diversity Day 	30 <ul style="list-style-type: none"> New Year Eve 	31 <ul style="list-style-type: none"> New Year Eve 				

Rotary VOICES

Podcast

Insightful
interviews

Magazine
audio

Immersive
stories

News
roundup

Available everywhere podcasts are found

on.rotary.org/podcast



Rotary 