SPARK

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Rtn. Nihir Dave
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Club President

Rtn. Meeta Kapoor
Hon. Club Secretary

Bulletin Editor : Rtn. Mausam Jalan

My dear Rotary Surat West family,

Rotary Club of Surat West wishes You and Your family a Vibrant and Joyful Holi !!

May the colors of Love, Happiness and Togetherness fill Your life with endless Celebrations.

Have a Safe and Environment friendly Holi

Regards

Rtn Mausam Jalan

Bulletin Editor – 2023 -2024

Rotary School Bags distribution at Dhinka Chika.

Members of Rotary Club of Surat West visited Dhinka Chika Orphanage for Girls on 6th March 2024 and Distributed Rotary School Bags.

Kudos to Project Chair Nipa Sitwala, President Sonal, and Hon Secretary Meeta.

Thanks to PP Setu, who has carried the orphanage causes through more than a decade. PP Vivek, Ann Rekha, Ann Dimple Agarwal, Rtn Vijay Nihalani, and PP Bhavesh also joined the event.

The Virtual World, the Real World & Life Somewhere in-between

(decoding pathological online behaviors)

Anything that comes with "pathological" adjective to it, gives us a sense of abnormality associated with it. What we consume, what we post, what we come across and to what extent, is the game of algorithm in variable degrees, but enough to cause significant impact on our thought process, choices we make, our priorities, and ultimately our lives.

Online pathological behaviors include excessive use of internet be it for games, social media, gambling, or dating apps, where it becomes difficult for a person to control the duration of use - their happiness or mood starts depending on it, their productivity in real life is affected, concerned about their social media presence and how they're perceived. /Sometimes people start becoming more aggressive verbally and might be anonymously harassing other people Overall, these behaviors ultimately make people more engrossed in online virtual world, and decrease their productivity socially, occupationally, affecting their mental and physical well-being, and thus it becomes "pathological".

Young people are more prone, especially the teenagers. But haven't spared any of the generation. The means of connectivity have become the means of escaping reality. People who are lonely in real life easily get trapped in this virtual world. This loneliness could be due to the real life social circumstances of the person i.e. inadequate care by family, disputes, being ignored by peers due to any reason, or a part of their personality or anxious nature, difficulty in making friends. Ultimately all the aspects which make a person less connected to others in real life will make them more indulged in social media or online gaming, etc. Human needs of - connecting, being cared for, being noticed, being rewarded, having a sense of achievement, feeling validated - when not satisfied in real life, will find its way in the virtual world. Be it introvert or extrovert,

although might have different concerns to deal with, but both can be also prey to this tempting world.

So if this is making the person happy, where is the problem? Apart from decreased concentration in work or studies, and consequences of those, a person becomes prone to develop depression. The happiness is short lived, making the person wanting more and more, making him desperate to explore new ways, but ultimately this vicious cycle inevitably leads to depression and anxiety. A person who has family history of depression or anxiety, or a person who already has had depression and anxiety and were cured, are more prone to develop them again. It can also take the form of addiction (same as that of alcohol, cigarette etc). Addiction of gaming or gambling; addiction of posting pictures and getting likes, comments beyond a certain number, which increases day by day. Eating disorders such as excessive or binge eating, starving oneself can also be observed more.

There is a group of people, taking advantage of anonymity. They either bully the celebrities or their peers publicly on social media, either through commenting or personally messaging them. The meme culture, with the easy aids of morphing and faking has made its way in being a handy tool to easily make anyone talk of the town. As naively as it's said that one is just news until the next more sensational news, it is devastating to many, immediately or gradually. The consequences are emotional, mental and, more often than not, long lasting.

Besides these, the physical health concerns such as, damage to eyes, sleep disturbance, sedentary lifestyle related health concerns such as obesity, diabetes, high blood pressure increase.

Online pathological behavior is a problem that is as common as ~35-40% among teenagers, and need preventive measures. The first thing is to delay the exposure to screen and social media as much as possible in

kids. Try to have an adult control over the type of content, and duration of consumption. Creating an environment for kids, where they are exposed to nature, books, outdoor activities, painting, dancing, even better if the kids enjoy these with the family members and peers. A non-judgmental environment for the kids where they are heard, perceived safe, is attentive- should be created. A child growing with a healthy mind will have lesser chances of falling prey to virtual world and will be less excessively tempted by the screens. A child with problematic behavior such as repeated easily aggressive behavior, insensitivity towards others, repeated problems with authorities in late primary as well as secondary school years, are at higher risks to be addicted to gaming, or gambling, and also has higher chances to become cyber bullies. Such children, if addressed for the issues at young age, identified at depth for the causes of such problem and treated for the same, can be brought one step closer towards being a healthier adult for the future society.

For adults, there are apps helping to control their screen time. Sometimes the numerical data of one's own screen usage (which is easily available on the phones themselves) gives a wakeup call to the person to reduce the timings. In metro cities, many events are being organized these days, where face to face communications or group creative activities are held. Book reviews, pottery classes, art and craft related events, and more. People do admit that these kind of activities help them feel better, connected, rejuvenated. Some simple steps such as using only one screen at a time & designated hours and spots where no screen allowed – can make a lot of change. Yoga, meditation and any sort of physical exercise are very well known to help for our mental well-being.

If the situation is already too much out of control, already, expert help should definitely be sought. As per the severity of situation and the type of concern, psychiatrist and / or psychologist can help the person to deal with mental or behavioral problems. This step can be suggested by family members, peers gently and sensibly. It should not seem judgmental to the person. There are legal cyber-crime agencies which can be contacted. Most social media apps also have option of "report", where one can easily

draw the attention towards inappropriate content, and steps are taken to remove that content if violating their guidelines.

We don't realize what this virtual world has taken from us sometimes- the presence and present. We often miss out on acknowledging the presence of people around for the virtual presence. We have forgotten live in the present and cherish the longevity of it. The 10 second reel culture has made us forget the joy of sitting for hours over a slow movie or a novel. The present wasn't as short lived and easily boring as it is these days. "What next" wasn't as desperate, as anxious as it is now? How lovely it would be if we could relearn to live life as if we are relishing the piece of "kishmish" in our mouth for hours. And yes, we aren't posting boomerangs of it.

Dr. Shachi Mehta is a Consultant Psychiatrist with Health Mind Hospital, Ahmedabad.

RI President's Message - March 2024

There are many pathways to peace, and in Rotary, we are fortunate to have Rotary Peace Fellows who demonstrate this truth time and again.

Each year, Rotary awards up to 130 fellowships for leaders around the world to study peace and development, and what these peace fellows learn prepares them to work in conflict prevention and resolution and promote Positive Peace. Here are a few examples of the creative ways peace fellows advance peace:

Promoting sustainability

Alejandra Rueda-Zarate combined her Rotary Peace Fellowship in peace and conflict resolution with her master's degree in energy and resources to support her dream of protecting the Colombian countryside.

She founded the organization NES Naturaleza in 2011 to help farmers in Colombia and across rural Latin America gain access to knowledge and training to uphold sustainable farming standards. That support has improved the lives of nearly 4,500 farmers, inspiring many of them to become entrepreneurs. And it's helped promote both natural and social sustainability throughout Latin America.

Ending racism

Peace fellows Geoffrey Diesel and Kathy Doherty have applied their fellowships in peace and development studies toward co-founding the

Racial Equity Project, a subcommittee of Rotary Positive Peace Activators in North America committed to studying ways to create a more peaceful society through anti-racism efforts.

The Racial Equity Project takes a deep look into how the eight Pillars of Positive Peace could support efforts to address racism, and it works to spread this message to communities across North America. The organization initially grew from Rotary's strategic partnership with the Institute for Economics and Peace, a global think tank dedicated to promoting Positive Peace.

Managing disasters using data

Through a Rotary Peace Fellowship, Jamie LeSueur earned a master's degree in social science within peace and conflict research. He now leads emergency operations for the International Federation of Red Cross and Red Crescent Societies, setting a management and operational framework for agency collaboration in emergency response situations.

Jamie has found that research data is a powerful tool to bring calm to the complex world of disaster response. No matter what an organization's protocols might entail, letting research be the foundation for decision making helps clarify even the most complicated emergencies.

These stories — and hundreds like them — show how Rotary is creating a generation of leaders ready and able to build peace worldwide. Nearly 1,800 peace fellows have graduated from Rotary Peace Centers, and they are applying their craft in more than 140 countries.

May the continuing work of peace fellows and the Rotary members who support them inspire you to continue to Create Hope in the World through service, fundraising, and creative thinking.

R. Gordon R. McInally

President 2023-24

WHO Thanks The Rotary Foundation
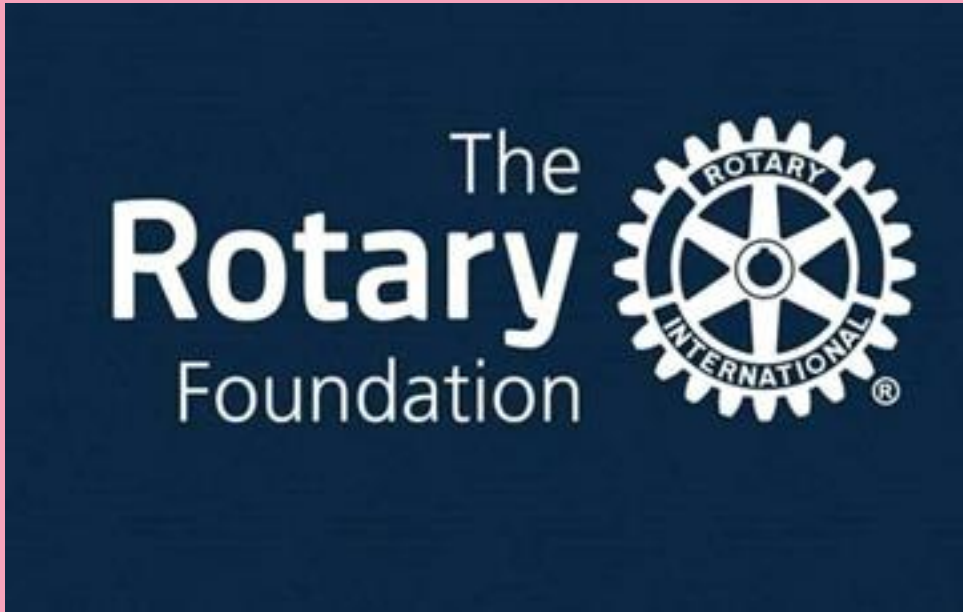
"WHO would like to extend its gratitude to the Board of Trustees of the Rotary Foundation for the approval of new grants totaling US$25.5 million at its January 2024 meeting in support of polio campaign operations in Afghanistan and Pakistan, technical assistance in Nigeria, and global outbreak response."

POLIO NEWS: February 2024

2024 recipient of Rotary International's Sylvia Whitlock Leadership Award- Manjoo Phadke, India.

I'm thrilled to announce the 2024 recipient of Rotary International's Sylvia Whitlock Leadership Award, Manjoo Phadke, of the Rotary Club of Pune Deccan Gymkhana, Maharashtra, India. Her projects range from women's health initiatives, such as leading campaigns to promote menstrual hygiene and increasing the rate of vaccination against human papillomaviruses (HPV), to organizing clinics that offer checkups and mammogram screenings. She also designed and launched Project Asmita, a program that educates girls on life skills.

Please join me in thanking and celebrating Manjoo Phadke!

Meet Manjoo: on.rotary.org/49Pt7Xw

The Six Biggest Challenges Facing Rotary

The Six Biggest CHALLENGES Facing ROTARY INTERNATIONAL

Rotary is at a crossroads. Our organization is strong; but, our CEO let us know at yesterday's PETS Alliance meeting that we face six major challenges:

1. Membership Decline
2. Maintaining Relevance
3. Being Nimble Enough to Adapt
4. Continuity in Leadership
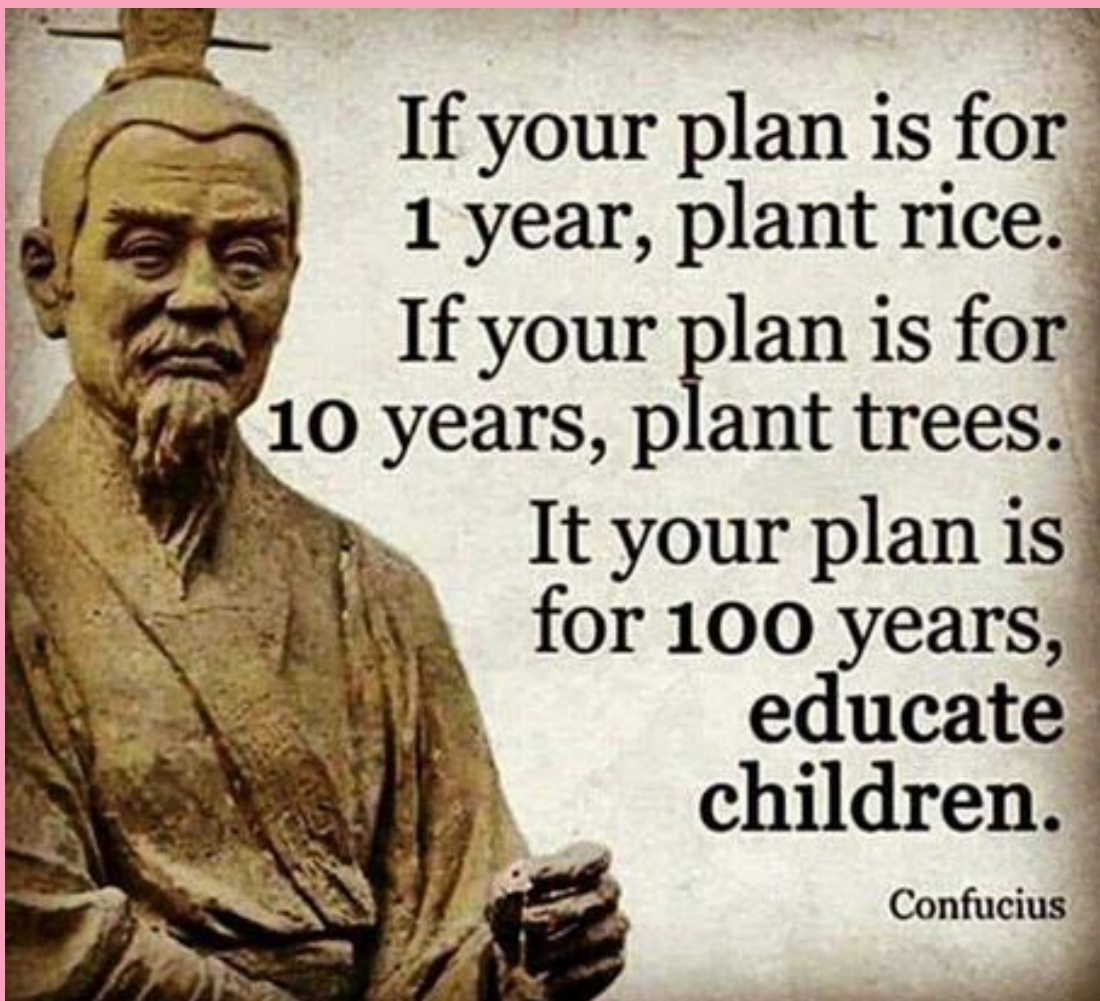5. Identifying our Next Global Project
6. Resistance to Regionalization

John Hewko, CEO
Rotary International

Rotary

Rotary Club of Howrah

Rotary's mission is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace.

Unknown

If your plan is for 1 year, plant rice. If your plan is for 10 years, plant trees. It your plan is for 100 years, educate children.
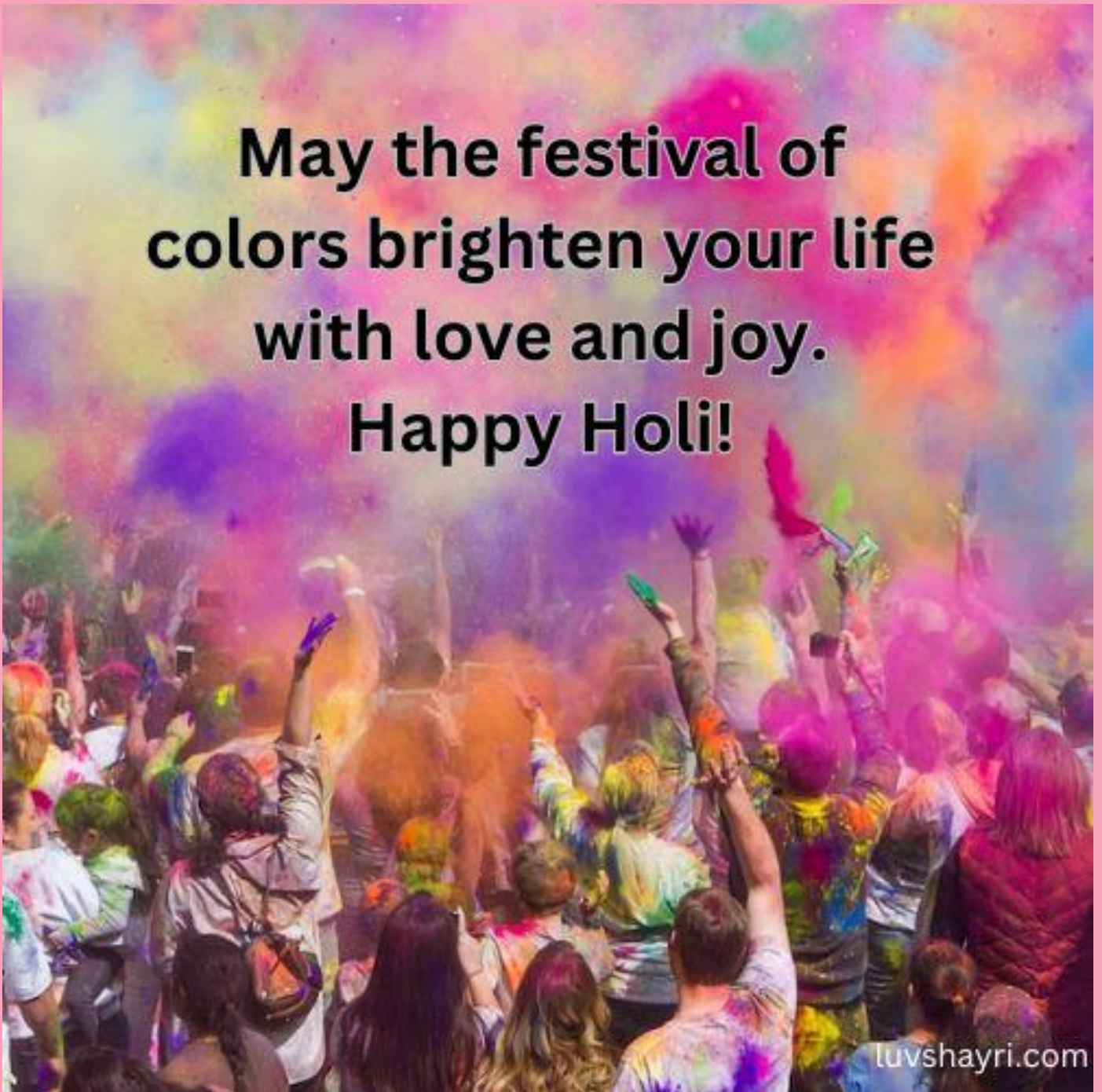
Confucius

ROTARY

WISDOM

Rotary Club of Surat West Invites all its members for Phoolon ki Holi on 20th March – 8.00 pm

May the festival of
colors brighten your life
with love and joy.
Happy Holi!

luvshayri.com

Rotary Club of Surat West wishes You a very Happy Holi