



RI District 3291

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PRESIDENT ■ KUSUM CHAMARIA

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# Spectrum

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## A Rotary club project in Nigeria breaks the silence surrounding mental health

Posted on November 2, 2023 by Precious Ahiakwo-Ovie, for the Rotary Club of Port Harcourt Spring Gardens (Nigeria)



As Nigeria joined the rest of the world to commemorate World Mental Health Day, the Rotary Club of Port Harcourt Spring Gardens, in partnership with Phree Tech Web Development Nigeria, unveiled a billboard at a busy intersection in their community to raise awareness of mental health issues. Club members gathered at the unveiling of the project and distributed mental health awareness flyers to motorists and community members in the area.

With the declining Nigerian economy hitting hard on its citizens, the impact has been significant, particularly on the mental health of youth and women. The decline in the country's economy has adversely affected the protective factors of mental health, such as social support, educational level, employment status, income, availability of mental health facilities and services, housing, transportation, and prices of commodities. A renowned psychiatrist, Professor Taiwo Jame Obindu, has also raised the alarm that by the year 2030, one in four Nigerians will struggle with a mental health disorder unless immediate action is taken to address it.



Festus Etsemitan, president of the Rotary Club of Port Harcourt Spring Gardens, said during the commissioning of the project that Nigerians need to normalize lending a hand of support to those with emotional challenges, noting that suicide rates can be drastically reduced if individuals feel safe and supported.



“Through our billboard awareness campaign, educational programs, and community outreach, we strive to break the silence surrounding mental health.”



“We aim to create an environment where individuals feel safe and supported, where they can openly discuss their struggles, and where seeking help is seen as a sign of strength, not weakness.”



In unveiling the billboard project, Past District Governor and

**We meet calendar months' 2<sup>nd</sup> & 4<sup>th</sup> Saturdays at GPT Group, JC 25, Salt Lake, Kolkata 700098 at 6.00 PM**

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Rotary District 9141 Mental Health and Wellness Chair Nze Anizor said Rotary International President Gordon McNally has made mental health a focus of this Rotary year, and the Rotary Action Group for Mental Health Initiatives has set three goals for Rotary members to make progress in this effort: raise awareness of mental health issues worldwide, break the stigma associated with discussing mental health, and find ways to increase access to care for the people we serve worldwide.



He said, “Remember that mental health issues do not end today. They live with us, and we should not relent in executing projects and activities to educate our populace that mental health problems are not a death sentence but are surmountable, and that the patient has rights just as the rest of the society.”



Club Training Facilitator Ajoke Enebeli said “The importance of raising awareness should not be underestimated and is a great way for any Rotary or Rotaract club to get started. The world is facing numerous mental health challenges today, and Rotary members can achieve a great deal just by placing more attention on them.”

## Rotary History and Anecdotes

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – *across the globe, in our communities, and in ourselves.*

Rotary International is a global service organization whose stated human rights purpose is to bring together business and professional leaders in order to *provide humanitarian services, encourage high ethical standards in all vocations, and to advance goodwill and peace around the world.*

Over last 118 years, Rotary, like other surviving institutions, has changed itself to remain inclusive and contemporary *without compromising its dynamism and relevance.*

*In this section, the editorial team of Spectrum share anecdotes of Rotary*

## The Rotary Foundation

The Rotary Foundation is a non-profit corporation that supports the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational, and cultural exchange programs.

**It is supported solely by voluntary contributions.**

The foundation was created in 1917 by Rotary International's sixth president, Arch C Klumph, as an endowment fund for Rotary "to do good in the world." It has grown from an initial contribution of US\$26.50 set in motion a powerful force that has transformed millions of lives around the globe.

### Chronology

**1917:** Klumph proposed setting up an endowment fund at the 1917 convention. The initial contribution was \$26.50, the leftover proceeds from the RI convention in Kansas City.

**1928:** The endowment fund was renamed The Rotary Foundation after growing to more than US\$5,000.

**1930:** The foundation awarded its first humanitarian grant of US\$500 to the International Society for Crippled Children. Today the fund has grown to \$2 Billion

**1985:** The PolioPlus program was launched to eradicate polio worldwide.

**First 3-H Grant:** Funded a project to immunize 6 million Philippine children against polio.

*The Rotary Foundation transforms gifts of Rotary members into service projects that change lives both close to home and around the world.*

*Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects.*

*With the help of Rotary members and their initiatives to serve, the Foundation has been making lives better in their communities and around the world.*

### The mission of the Rotary Foundation

The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

#### What impact can one donation have?

*For as little as 60 cents, a child can be protected from polio.*

*\$50 can provide clean water to help fight waterborne illness.*

*\$500 can launch an anti-bullying campaign and create a safe environment for children.*

## Donation Allocation and Donor Recognition

### Why Choose the Rotary Foundation?

- It's money of Rotary members, being returned to Rotary led service projects.
- Charity Navigator has given the Rotary Foundation a Four Star Rating.

The Association of Fundraising Professionals has awarded the Foundation its Annual Award for Outstanding Foundations.

**The Rotary Foundation Donations can be made to:**

- Annual Program Fund: Eligible for PHF recognition
- Polio Plus Fund: Eligible for PHF recognition

- Endowment Fund
- Rotary Peace Centers
- Approved Global Grants
- Permanent Fund

**Recognition: Paul Harris Fellowship, PHF**, the Rotary Foundation Recognition used to recognize contributions of \$1000 US to The Rotary Foundation.

To assist Rotarian giving and promote the Foundation, new Rotarians were offered promotions:

- 1st PHF: If Member contributes US\$500, Club will contribute up to 500 points & Member will receive PHF recognition.
- Recently, the District has started to provide 100 points to start the new member.

#### **Recognition: A Rotary Foundation Sustaining Member**



A Sustaining Member is a Rotarian who donates at least US\$100 per year to the Annual Programs Fund of the Rotary Foundation.

Sustaining Members are also recognized, on the basis of accumulated contributions, as Paul Harris Fellow, Multiple Paul Harris Fellow, Paul Harris Society member and Major Donor

#### **A Major Donor**

The Rotary Foundation recognizes individuals or couples as Major Donors when their combined giving reaches US\$10,000. Major Donors can choose to receive a crystal recognition piece and a Major Donor lapel pin or pendant.

#### **A Benefactor**

A Rotary Foundation Benefactor is someone who has informed the Rotary Foundation that they have made provisions in their final estate plans. This includes including the Endowment Fund as a beneficiary in your estate plans or donating \$1,000 or more to the fund outright.

#### **A Paul Harris Society Member**

The Paul Harris Society (PHS) recognizes Rotary members and friends of The Rotary Foundation who contribute \$1,000 or more each year to the Annual Fund, PolioPlus Fund, or approved global grants.

Contributions to the Endowment Fund and Disaster Recovery Funds are not eligible for PHS membership

### **Application of Fund: Rotary Programs**

#### **Polio eradication**

PolioPlus: Rotarians have mobilized by the hundreds of thousands to ensure that children are immunized against this crippling disease and that surveillance is strong despite the poor infrastructure, extreme poverty and civil strife of many countries. The Polio Plus program has been promoted by Sergio Mulitsch di Palmenberg President and founder of Rotary Club Treviglio e Pianura Bergamasca in Rome during the June 1979 3H Promotion convention. Mulitsch, thanks to the 204 District Governor VALMIGI, began the fundraising and, thanks to the own professionally in packaging technology solved the temperature shipping issue, starting the first immunization campaign in the Philippines on 1980. Since the PolioPlus program's inception in 1985 more than two billion children have received oral polio vaccine.

**PolioPlus Fund:** Grants supported out of the PolioPlus Fund that are primarily geared towards national level and supra-national efforts. For example, National PolioPlus Committee chairs or a major partner agency, such as the World Health Organization or UNICEF may apply for these funds. Support is available for eradication efforts in polio-endemic, recently endemic, and high-risk countries, including National Immunization Days, poliovirus transmission monitoring, and other activities.

**PolioPlus Partners** is a program that allows Rotarians to participate in the polio eradication effort by contributing to specific social mobilization and surveillance activities in polio-endemic countries. In 2003–2004, grants were approved in Africa and South Asia for a total of \$330,000.

#### **Humanitarian grants programs**

**Disaster Recovery:** Facilitates club efforts to support disaster preparedness and recovery.

**District Simplified Grants:** Support for short-term service activities or humanitarian endeavors of districts in communities locally or internationally. This program began in 2003–2004 and, projects in 44 countries at a cost of US\$5.2 million were awarded.

**Health, Hunger and Humanity (3-H) Grants:** Support for large-scale, two- to four-year projects that improve health, alleviate hunger, or promote human development. Since 1978, projects in 74 countries have been funded at a cost of US\$74 million. *As of 1 July 2009, the foundation will no longer award 3-H grants, with the exception of projects being developed to support water and sanitation projects in Ghana, the Philippines, and the Dominican Republic.*

**3-H Planning Grants:** Support for the planning activities of Rotary clubs and districts designing 3-H projects of a significant size and impact. Also in moratorium in conjunction with 3-H Grants program.

**Matching Grants:** Provide matching funds for the international service projects of Rotary clubs and districts. Since 1965, more than 20,000 Matching Grants projects in 166 countries have been funded at a cost of more than US\$198 million.

*As of 31-Mar-13, Matching Grant applications can no longer be submitted to The Rotary Foundation. Clubs and District must use the new programs of The Rotary Foundation: District Grants and Global Grants.* These projects are listed on new sections of this website. The Matching Grants section is only kept up to look at historical projects.

Beyond March 31, 2013 there were 19 projects worth \$524951, out of which 9 were of different districts of India, had later been successfully completed.

#### **Educational programs**

Scholarships: Founded in 1947, the **Ambassadorial Scholarships program** was the largest non-governmental and most international scholarship program in the world. Scholars studied in a country other than their own where they serve as unofficial ambassadors of goodwill. Over 37,000 scholars from some 110 countries received scholarships at a cost of almost US\$446 million. The program ended in 2013. *Scholarships are now funded by district and global grants and are offered directly through Rotary clubs.*

**Group Study Exchange (GSE):** These annual awards are made to paired Rotary districts to provide travel expenses for a team of non-Rotarians from a variety of vocations. Rotarian hosts



organize a four- to six-week itinerary of educational and cultural points of interest. Since 1965, almost 48,000 individuals in more than 11,000 teams from more than 100 countries have participated at a cost of US\$85 million.

**In 2013 RI stopped their support of the GSE program.** Since 2015, this opportunity is now solely funded by Rotary districts, who choose to carry on this tradition that, according to them, a wonderful and inspiring tradition.

**Rotary Peace Fellowships:** Up to 100 fellows are selected every year in a globally competitive process based on personal, academic, and professional achievements. Fellows earn a master's-level degree or a professional development certificate in peace and conflict studies at one of six Rotary Peace Centers at leading universities in Australia, England, Sweden, Japan, the United States and Thailand.

**Rotary Grants for University Teachers:** Awarded to faculty members to teach in a developing nation for three to ten months. Since 1985, 377 university teachers have taught at a college or university in a developing country. **As of 1 July 2009, the foundation has discontinued this program.**

### **Rotary Global Grants**

Rotary Global Grants are large international activities that support Rotary's areas of focus. These grants can take the form of sizable humanitarian projects, typically in developing nations.

Global grants have a minimum budget of \$30,000 and a maximum World Fund award of \$400,000. They are funded by combining club funds, District Designated Funds (DDF), The Rotary Foundation (TRF) World "Matching" Funds, and in some cases.

Global grants support large international activities with sustainable, measurable outcomes in Rotary's areas of focus. The areas of focus include: **1. Promoting peace; 2. Fighting disease; 3. Providing clean water, sanitation, and hygiene; 4. Saving mothers and children; 5. Supporting education; 6. Growing local economies; and 7. Protecting the environment.**

Global grants support large international activities with sustainable, measurable outcomes in Rotary's areas of focus. By working together to respond to real community needs, clubs and districts strengthen their global partnerships.

### **What global grants support?**

- Humanitarian projects
- Scholarships for graduate-level academic studies
- Vocational training teams, which are groups of professionals who travel abroad either to teach local professionals about their field or to learn more about it themselves

### **How they're funded?**

Global grants have a minimum budget of \$30,000 and a maximum World Fund award of \$400,000. Grant sponsors can use a combination of District Designated Funds (DDF), cash, and/or directed gifts and endowment earnings to fund a global grant. The Foundation will provide an 80 percent World Fund match for all DDF contributions. There is no minimum World Fund match.

### **Qualification**

Both the district or club in the country where the activity is carried out and the international partner district or club must first become qualified before applying for a global grant.

Club and district Rotary Foundation chairs can help planning how to use District Designated Funds and learn how to qualify a club.

### **Submitting a successful grant application**

Deploying local experts early in the planning process lets build a strong project plan and global grant application. The district resource network can help.

To be approved, the application must clearly describe how the project, scholarship, or vocational training team:

- Is sustainable - include plans for long-term success after the global grant funds have been spent
- Includes measurable goals
- Aligns with one of Rotary's areas of focus
- Responds to real community needs - any club or district that applies for a global grant to support a humanitarian project or a vocational training team must conduct a community assessment first and design the project based on what they learn through that assessment.
- Actively involves Rotary and community members
- Meets the eligibility requirements in the grants terms and conditions

Applications are accepted throughout the year and are reviewed as they're received.

**Note: Sponsoring clubs and districts must submit their applications by June 30 to the Rotary Foundation for scholars who will begin studies in August, September, or October.**

### **Monitoring & evaluation**

Measuring outcomes is an integral part of global grant projects. Proper monitoring and reporting ensure that Rotary grants have a positive impact.



**Rtn Meenal Chaudhary on November 1, 2023**



**Spouse Sapna & Sanjay Agarwal on Nov 19, 2023**  
**PP Archana & spouse Mukesh Goyal on Nov 21, 2023**  
**PP Dr Aruna & Editor Dr Om Tantia on Nov 27, 2023**  
**Spouse Sushila & VP Indra Kumar Bagri on Nov 30, 2023**

**November is Rotary Foundation Month**

**Upcoming Anemia screening and treatment camps under Global Grant 1991152 titled "Matri Raksha"**

**The 33<sup>rd</sup> camp shall be tentatively on Sunday Nov 5, 2023 at Saibaba Mandir, Khardaha, North 24 Parganas**