

April- Maternal and Child Health Month



Rtn. Stephanie A. Urchick
(RI President 2024-25)



Rtn. Paritosh Bajaj
(DG 2024-25)



Rtn. Radha Saxena
(President 2024-25)



Rtn. Neeruj Chugh
(Secretary 2024-25)



Rtn. Swati Kharbanda
(Editor 2024-25)

The Importance of Mental Health: **A Key to Well-Being**

Mental health is a crucial aspect of our overall well-being, yet it is often overlooked in our fast-paced lives. It encompasses our emotional, psychological, and social well-being, affecting how we think, feel, and act. Good mental health helps us handle stress, build strong relationships, and make meaningful contributions to society.

Why Mental Health Matters

Reduces Stress & Anxiety – Managing mental health helps cope with daily pressures and prevents burnout.

Improves Relationships – Emotional stability fosters healthier connections with family, friends, and colleagues.

Boosts Productivity – A healthy mind enhances focus, creativity, and efficiency in work and personal life.

Prevents Serious Conditions – Addressing mental health early can reduce risks of depression, anxiety disorders, and other illnesses.

Ways to Maintain Good Mental Health

Stay Active – Exercise releases endorphins, which improve mood.

Connect with Others – Social support reduces feelings of isolation.

Practice Mindfulness – Meditation and deep breathing help manage stress.

Seek Help When Needed – Therapy and counseling provide valuable support.

Breaking the Stigma

Many people hesitate to talk about mental health due to fear of judgment. Open conversations and education can help normalize seeking help. Remember, mental health is just as important as physical health—prioritizing it leads to a happier, more fulfilling life.

Take care of your mind—it's the foundation of a healthy life.

The Foundation of a Bright Future:

Child Health

A child's health is the cornerstone of their growth, development, and future potential. Ensuring good health in early years sets the stage for a lifetime of well-being, both physically and mentally. Parents, caregivers, and communities play a vital role in nurturing healthy habits that help children thrive.

Why Child Health Matters

Physical Growth – Proper nutrition, exercise, and medical care support strong bones, muscles, and immune systems.

Cognitive Development– A healthy diet and stimulating environment enhance brain function and learning abilities.

Emotional Well-being– A loving and secure environment builds confidence and resilience.

Disease Prevention– Vaccinations, hygiene practices, and regular check-ups protect children from illnesses.

Key Factors for Healthy Children

Balanced Nutrition– A diet rich in fruits, vegetables, proteins, and whole grains fuels growth.

Regular Exercise– Active play strengthens the body and improves mood.

Adequate Sleep – Essential for growth, memory, and emotional regulation.

Routine Medical Care– Immunizations and doctor visits prevent and detect health issues early.

Mental & Emotional Support– Encouragement, affection, and open communication foster emotional health.

Challenges & Solutions

Many children face health risks due to malnutrition, lack of healthcare, or unsafe environments. Addressing these requires:

Education for Parents on nutrition and hygiene.

Access to healthcare for all children.

Safe spaces for play and learning.

A Collective Responsibility

Every child deserves a healthy start in life. By prioritizing their physical, mental, and emotional well-being, we invest in a brighter, healthier future for all.

Healthy children today mean a stronger society tomorrow.

Initiative of Rotary for Mental & Child Health

Rotary International, through its clubs and the Rotary Action Group on Mental Health Initiatives (RAGMHI), focuses on mental health and child health by raising awareness, combating stigma, improving access to care, and supporting projects that promote well-being, particularly for vulnerable mothers and children.

Here's a more detailed look at Rotary's initiatives in these areas:

Mental Health:

Raising Awareness and Combating Stigma:

Rotary clubs and RAGMHI work to break down the stigma associated with mental health issues and promote open conversations about emotional well-being.

Improving Access to Care:

Rotary supports projects that expand access to quality mental health services, including preventive care and early intervention.

Specific Initiatives:

"Wellness in a Box": A school-based campaign promoting awareness and reducing stigma.

"Don't Bottle It Up": A social media campaign encouraging people to seek help.

Scholarships: Awarding scholarships to students pursuing graduate-level work on mental health.

Coping Kits: Assembling and distributing kits containing items to support children with burn injuries.

Inspiring Kindness Initiative: Promoting mental health and wellness among school-age children.

Combating Loneliness: Rotary clubs are launching projects to reconnect individuals with their communities and foster social bonds.

Child and Maternal Health:

Saving Mothers and Children:

Rotary makes high-quality healthcare available to vulnerable mothers and children, aiming to improve their health and reduce mortality rates.

Specific Initiatives:

Providing Medical Equipment and Training: Rotary provides medical equipment, trains healthcare personnel, and supports projects that improve access to healthcare services.

Clean Births: Rotary members distribute clean birth kits and train health workers in safe delivery of babies.

Family Planning: Rotary supports family planning initiatives to improve maternal health.

Addressing Malnutrition and Poor Sanitation: Rotary works to address malnutrition, inadequate healthcare, and poor sanitation, which are major causes of preventable child deaths.

WASH in Schools Target Challenge: Rotary encourages clubs to build sustainable WASH and school education projects.

Mobile Cancer Screening Unit: Funding mobile cancer screening units and awareness trainings to help with the high mortality rate of women with breast and cervical cancer due to late diagnosis.

Community Services- March 2025

Project 1- Ayushman Bhavah

Dated- 2nd March 2025

Rotary Allahabad Midtown organized a free health checkup camp at Atal Awasiya Vidyalaya, Soraon on Sunday 2nd March. Rtn Dr Arpit Bansal along with the team of doctors of Jeevan Jyoti Hospital did free Sugar, BP, Eye checkup of relatives of students and people of neighbourhood areas. Eye & General health checkup of students was also done. Free medicines were also distributed at the camp.



Project 2- Taru Vithika

Dated- 2nd March 2025

Rotary Allahabad Midtown organized a plantation event at Atal Awasiya Vidyalaya, Soraon on Sunday, 2nd march. 25 saplings of flowering trees namely harsingar, Palash, Champa, bougainvillea etc were planted at the venue.



Project 3- Palak

Dated- 8th March 2025

Rotary Allahabad Midtown organized a Heartfulness session for teachers at the Autism Center on Saturday, March 8. The club's president, Rotarian Radha Saxena, chaired the session and said, "Through mindfulness practice, an individual can recognize how their mind responds to thoughts, sensations, and information. This process gives the person the necessary space to maintain focus and make more stable, thoughtful decisions." The objective of this session was to promote a sense of mental peace and stability among teachers, so they can maintain balance in both their teaching methods and personal lives.



Project 4- Rakt Sashakt

Dated- 12th March 2025

Rotary Allahabad Midtown attended a call for emergency blood Donation request on Wednesday, March 12th at AMA Blood Centre. PP Rtn Saurabh Puri attended to the call and requested past member of the club Ashish ratn Mishra to donate blood to which he readily responded. This shows the spirit of Rotary and individual values in the eyes of members and past members.



Project 5- Palak

Dated- 13th March 2025

Rotary Allahabad Midtown celebrated Holi with inmates of Aadharshila Old Age Home on Thursday 13th March. The members put Gulal on forehead of inmates and wished them a very happy and joyous Holi. They also distributed groceries for the inmates of the Old Age Home. The visit provided companionship and emotional support to the residents and helped them combat feelings of loneliness and isolation.



Project 6- Rakt Sashakt

Dated- 16th March 2025

Rotary Allahabad Midtown attended a call for emergency blood Donation request on Sunday, March 16th at AMA Blood Centre. PP Rtn Saurabh Puri attended to the call and requested member of the club Rtn. Sudhir Potdar to donate blood to which he readily responded. This shows the spirit of Rotary and individual values in the eyes of members.



Project 7- Palak

Dated- 25th March 2025

Rotary Allahabad Midtown organized a heartfulness session at RSJ Public School, Jhunsi for the teachers of the school on Friday 25th March. President Rtn Radha Saxena said that Heartfulness teaches us to dive deep into our heart and be in natural state of love, peace and calmness.



Project 8- Palak

Dated- 30th March 2025

Rotary Allahabad Midtown distributed windcheater jackets to labourers of L & T group of construction at High Court Parking Construction site on Sunday, 30th March. The jackets had Rotary Logo printed on them.



Fun Activities- March

1. Holi Party

Dated- 9th March 2025

Rotary Allahabad Midtown organized a Holi party on Sunday, March 9, at the residence of Rotarian Anita Goyal. All the members and their families were welcomed with a tika of gulal. On this occasion, a large screen was set up to watch the final cricket match between India and New Zealand. The Midtown members enjoyed delicious food and had fun. The event was a memorable and joyous occasion, where Rotary Club members celebrated the festival of Holi together and strengthened the bond of goodwill among themselves.



2. Zumba Fitness Class

Dated- 29th March 2025

Rotary Allahabad Midtown organized a Zumba fitness class for the female Midtowners and Annes of Midtowners on Saturday 29th march at Priyanka's Academy. The aim was to improve cardiovascular health, calorie burning, stress reduction and social interaction.





6th April- Dr Ritesh Agarwal
8th April Umang Agarwal
11th April - Nidhi Agrahari
12th April - Smriti Shangloo
15th April - Devarshi Agarwal
15th April - Rajiv Arora
15th April - Vivek Shukla
18th April - Anil Shah
21st April - Raj Kamal
Agarwal(Honorary Member)
26th April - Rajesh Athwani
28th April- Vijay Kr. Agarwal



15th April- Tarun & Sangeeta Savla
17th April- Hemant & Mansi Modi
17th April - Rohit & Ruchika Malik
20th April- Sanjay & Divya Gupta
21st April- Sudhir & Monika Potdar
21st April- Vivek & Pooja Gupta
21st April- Neelu & Vivek Shukla
29th April- Roshan & Manu Agarwal

Thanks
Compiled By
Swati Kharbanda