

SEPTEMBER 1, 2025

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ROTARY CLUB OF ADDICTION PREVENTION 3141

# NEWSLETTER



## Game On for Well-Being

Harnessing the Power of  
Sports for  
Mental Health  
and  
Addiction Prevention

### President's Note

Dear Friends,

August was special for us as we celebrated National Sports Day on 30th August, honoring the spirit of teamwork, discipline and resilience that sports bring into our lives.

Sports are more than just games; they are a way of life. They teach us balance, patience and how to channel our energy in the right direction. These very values are powerful in the prevention and treatment of addiction. Where unhealthy habits often arise from stress, loneliness, or lack of structure, sports offer a healthy alternative, connection, purpose and joy.

Our biggest project this month revolved around this theme and I couldn't be prouder of how our members came together to spread awareness. By encouraging communities, especially the youth, to engage in physical activity, we are not just promoting fitness but also strengthening mental health and building resilience against addictive behaviors.

As we move forward, let us carry this spirit beyond just one day of celebration. Let sports remind us that every small step, a walk, a game, or a team effort can be a powerful shield against stress and dependency.

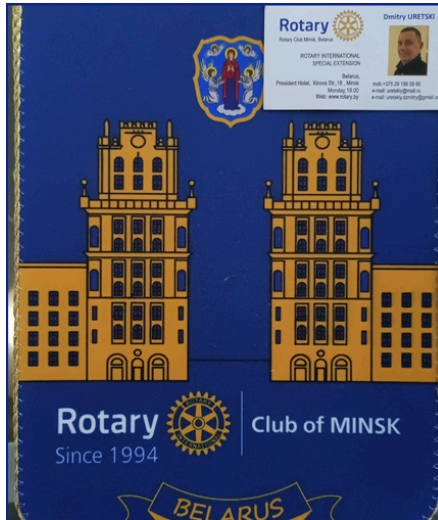
**Together, let's continue fostering a healthier, stronger and more balanced community.**

# ACTIVE AUGUST

Stronger Minds, Stronger Lives

## This Month in Numbers

- Total Projects Conducted: 7
- Total People Impacted: 1125+
- Rotary Man Hours: 80+ hours
- Club Meetings: 1
- Board Meeting: 1
- International Collaboration & Flag Exchange: 1



## International Services in Action

This month, our Director of International Services, Rtn. Manpreet Negi, met Eng., PhD Alexander Bezberdy, Charter President and National ICC Coordinator, Rotary Club of Minsk, Belarus.

The meeting included a flag exchange and discussions on digital de-addiction for school children. Club President Rtn. Dmitry Uretski assured collaboration through a joint virtual International Vimukti Yatra with at least three schools.

***A step forward in building global partnerships for a digital addiction-free future.***

***'Spreading Smiles with Every Strand' - 6 months long 'Hair Donation Drive' across two districts, 3rd August***

**Project Chair: Rtn. Kalpana Durai**  
**In Association with: Rotary Club of Metal Town, Tirupur**

On 3rd August, we proudly launched our first project of the month — a Hair Donation Drive, in association with the Rotary Club of Metal Town, Tirupur.

Through this initiative, we will be collecting hair donations for the next 6 months, after which the contributions will be sent to a trusted organization that creates wigs for cancer patients. For those undergoing treatment, these wigs are not just about appearance — they are a source of confidence, dignity and hope.

We are deeply grateful to our members and community for supporting this noble cause. A special acknowledgment goes to Project Chair, Rtn. Kalpana Durai from Tirupur, whose dedication and leadership have made this project possible.

👩🏻 Every lock donated is a gift of courage.

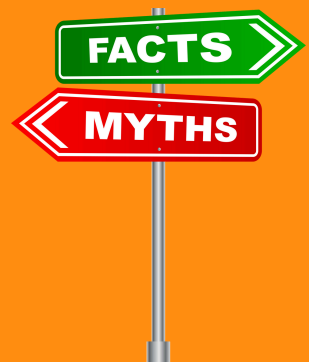
❤️ Every smile received is a reminder of the power of compassion.

Together, we are making a difference — one strand at a time.



## Untangling the Myths

- **Myth:** Short hair cannot be donated.
- **Fact:** Even 10 inches of hair can make a difference. Every strand counts.
- **Myth:** Hair donation is only for women.
- **Fact:** Increasingly, men and children are donating their hair, breaking stereotypes and spreading hope.
- **Myth:** Donated hair directly goes to patients.
- **Fact:** Hair is first collected, processed and then used to make wigs, which are given to cancer patients in need.



**A10 Minutes. Thousands of Lives.  
4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> August**

**Impact Snapshot – Pledge Against Addiction**

- 🏭 **Factories Reached: 10**
- 👤 **Workers Reached: 225+**
- ⌚ **Session Duration: 10 minutes each**
- 📰 **Media Coverage: Featured in Nasik Newspaper**

In this initiative, more than 225 workers across 10 factories in Silvassa took a Pledge Against Addiction over a span of just three days.

Renowned companies like Navneet Education Ltd, Hindustan Pencil Ltd, President Engineering, Vin Plasticizers Ltd, and others opened their doors to this cause, proving that even 10 minutes of awareness can spark a lifetime of change.

Speaker Rtn. Kishorbhai Dadia led the sessions with a powerful message:

**“Together, in this noble duty of humanity, our 10 minutes of contribution can gift life to thousands.”**

The impact has already gone beyond Silvassa — the initiative was covered in Nasik Newspaper.



**ये जिंदगी मिलेगी ना दोबारा**

**नवाशरुप मंत्र**  
देवळासी कॅम्प, प्रतिनिधी गोकुळ लोखंडे मुंबई बरेपली येथील 85 वर्षीय किशोर खडिया य पत्नी मंजुला खडिया यांचे सुख समृद्धी आणि भरभराटीचे आयुष्य असूसाठी स्वतःसाठी न जगता **जवाबदेव** असा निर्धार करून त्यांनी व्यसनमुक्तीचे कार्य हाती घेऊन आतापर्यंत अनेक शहरांमध्ये जाऊन तंबाखू नुटका मावा किडी सिगरेट यांचे सेवन केल्याने अनेक कुटुंबातील व्यक्ती वॉन्सर मुळे व्रत होऊन मृत्यू झाले आहे जेव्हा एखाद्या व्यक्तीला या व्यसनमुळे कॅन्सर होतो त्यानंतर त्या कुटुंबाची अवस्था किती भयावह असते अशी अनेक उदाहरणे अनेक जणवून बघितलेली आहे यापुढे असे भोगवडील सगळ्या वेळां मध्ये राखणीत किशोर खडिया यांनी देवळासी कॅम्प मधील शाळा महाविद्यालयांना वॉन्सर व्रताने तयार केलेल्या कामगार कर्मचारी आता अनेक शासकीय कार्यालयांमध्ये जाऊन व्यसनमुक्ती कर प्रबोधन करून अनेकांचे तंबाखू नुटका विहिडेओ आदी व्यसने सोडवण्यामध्ये त्यांना यश आलेले आहे देवळासीच नसून तर संपूर्ण नारिक मध्ये सुद्धा त्यांनी शासकीय कार्यालय पोलिस स्टेशन महाविद्यालय महानगरपालिकेतील कर्मचारी वर्ग कारकीर्दीत व्यसनमुक्ती कर अनेक पुरस्कार मिळविले असून आतापर्यंत दौड लाखापेक्षा अधिक पुरस्कार विनामूल्य लोकांना वाटप्य आली आहे आजही घरी न बसता ते सिरच्यार येथे अनेक कंपन्या फॅक्टरीमध्ये जाऊन ते

दिस सातत्याने 225 पेक्षाही अधिक लोकांना व्यसनमुक्ती देण्याच्या अजारावरून माहिती देऊन व्यसनमुक्ती सुरू केले आहे यापुढे असेच सतत कार्य चालू देता संपूर्ण महाराष्ट्र व्यसनमुक्तीचे प्रबोधन कार्य चालू राहील असे आश्वासन किशोर खडिया यांनी यावेळी दिले



**DID YOU KNOW?**

- Sports are not just about physical fitness — they build mental strength and emotional balance.
- By engaging in sports, young people channel their energy positively, reducing the temptation to turn to harmful habits.
- Team games like football promote belonging, discipline and resilience, which are protective factors against addiction.
- Sports also boost self-esteem and mood, lowering stress and anxiety — two of the biggest triggers for addictive behaviors.
- Rehabilitation programs worldwide are increasingly including sports, as they provide a healthy alternative to dependency and foster long-term recovery.
- In short, every match played is not just about scoring goals, but about building stronger, healthier and addiction-free communities.



### Seminar Series on “Freedom from Addiction”, 21<sup>st</sup> and 26<sup>th</sup> August

As part of our August initiatives, two impactful seminars on “Freedom from Addiction” were conducted by Rtn. Mehul Vyas to spread awareness among students about addiction, its causes and pathways to recovery.

**21<sup>st</sup> August 2025** – Panchavati Education Society, LCD Hall

Over 250 students participated in this engaging session where Mr. Vyas explained the causes and consequences of addiction, shared strategies to overcome it and highlighted the importance of resilience through his own inspiring cancer survival story.

**26<sup>th</sup> August 2025** – Kalpana English Medium School, Pune

The second seminar reached another enthusiastic group of students, with a strong focus on self-care, seeking support and transformation in recovery. The students were deeply motivated by Mr. Vyas’s message of hope and strength.

★ Both sessions received overwhelming response and left students inspired to make healthier lifestyle choices.

A special acknowledgment goes to Rtn. Mehul Vyas, our club member from the USA, whose dedication and passion for creating awareness shone through. Despite his limited time in India, he not only conducted these impactful seminars but also took part in other projects, exemplifying true service and commitment.



## Harmful Effects of Smoking

- Smoking kills more than 8 million people every year worldwide (WHO).
- Each cigarette reduces your life expectancy by about 11 minutes.
- Smoking increases the risk of cancer, heart disease, stroke and lung disease.
- Even secondhand smoke causes serious health issues, killing more than 1.3 million non-smokers annually.
- Teenagers who start smoking are more likely to become long-term addicts, as nicotine rewires the developing brain.
- Quitting smoking at any age has immediate health benefits — within 20 minutes, heart rate and blood pressure begin to drop.



PROJECT OF THE MONTH

# Kicking Off Change

## Football Tournament for a Healthier, Addiction-Free Future



## IMPACT AT A GLANCE



- 20 Teams – 10 girls' teams + 10 boys' teams
- 200+ Underprivileged Children showcased their talent and team spirit
- 200+ Families came together to cheer and support
- 6 NGOs' Teams Participated – including CRY, Magic Bus, Parcham, Jeevandhara, Halwa and more
- Major Sponsorship by RECAP – contributing ₹25,000 and standing as the driving force behind the event

The highlight of August was our Football Tournament, a project that beautifully combined the spirit of sports with the mission of addiction prevention. The event brought together underprivileged children, families and NGOs on one field, creating a vibrant atmosphere of teamwork, discipline and joy.

For many of these children, it wasn't just about playing football — it was about finding confidence, building resilience and experiencing the power of community support. With girls' and boys' teams competing with equal enthusiasm, the tournament stood as a symbol of inclusivity and empowerment.

By being the major sponsor, RECAP reinforced its belief that sports are one of the strongest shields against addiction — offering youth healthier pathways, stronger self-esteem and a sense of belonging.



Every goal scored was a step closer to a healthier, addiction-free future.

