



RI PRESIDENT'S MESSAGE



The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary

Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to Create Hope in the World.

MESSAGE FROM PRESIDENT'S DESK



Dear Fellow Rotarians

I am delighted to share the joyous news of the successful Blood Donation Camp organized at JIMS on 11 October 2023. The event was a true testament to the spirit of compassion and service that defines our Rotary Activa Club.

I extend my sincere appreciation to each and every member who played a role in planning, coordinating, and executing this vital initiative. Your dedication and hard work were instrumental in ensuring the smooth operation of the camp and in making a significant impact on the lives of those in need.

The enthusiasm and support from the JIMS community, including students, faculty, and staff, contributed to the overall success of the event. Together, we were able to create a positive and welcoming atmosphere, encouraging individuals to come forward and donate the gift of life.

I would also like to express my gratitude to the donors who generously gave their blood. Your selfless act has the potential to save lives and create a ripple effect of goodwill within our community.

As we reflect on the success of the Blood Donation Camp, let it serve as a source of inspiration for our future endeavors. Together, as members of Rotary Activa Club, we have the power to bring about positive change and make a lasting impact on the well-being of those we serve.

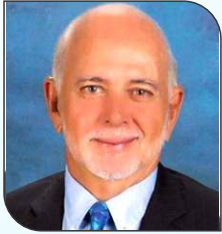
Rtn. Arun Saxena

President, Rotary Club Delhi Activa

FORTHCOMING MEETINGS

Dinner meeting on 29th November
at PHD House

MESSAGE FROM THE ROTARY FOUNDATION TRUSTEE CHAIR



OUR GOAL IS IN SIGHT

Dear Rotarians, Rotaractors and friends of Rotary,

On October 24, we renew our commitment to our top humanitarian goal for World Polio Day. This year, let's remember a young health worker in Pakistan known as Bibi Marjana (Miss Marjana). She braves

the snow and cold in the mountains to vaccinate 84 children in rural areas, visiting each home, often miles apart.

Marjana is one of the thousands of frontline workers in Afghanistan, Pakistan, and outbreak areas I consider heroes in the final push to end polio. The work they do, coupled with the vision of our partners and the support you give, is moving mountains.

With Rotary's partnership, the Global Polio Eradication Initiative is aggressively pursuing two key goals from its 2022-26 strategy. First, we aim to halt wild poliovirus type 1 transmission. This year, only seven cases have been documented as of this writing. Could this be the year we see the last of these poliovirus cases? We're cautiously optimistic that it might.

Second, we aim to report the final case of circulating vaccine-derived poliovirus type 2, or cVDPV2, in outbreak countries. About 80 percent of cVDPV2 cases last year occurred in subnational areas of the Democratic Republic of Congo, Nigeria, and Yemen. We must implement tailored strategies to stop the virus in these areas. Other challenges persist, including political tensions, security risks and access

issues, and the lasting effect of the pandemic in Afghanistan and Pakistan.

Despite these challenges, we are making progress. Poliovirus strains are diminishing, as is the number of affected regions where polio once prevailed. A new vaccine we have introduced reduces the incidence of the circulating vaccine-derived virus type 2.

Rotary is the organization that had the audacity to take on a global effort to protect children everywhere from disability or even death due to polio. We must have the tenacity to see it to the finish line. What can you do to help us get there, you ask? Join or initiate a PolioPlus Society in your club or district and engage all members in this historic moment. (Editor's Note: District 7070 has a Polio Plus Society. We encourage you to join.) And don't forget that the Bill & Melinda Gates Foundation continues to amplify Rotary's donations to polio eradication with a 2-to-1 match for every dollar. You can also advocate the cause of polio eradication with governments to secure political and financial support and promote Rotary's leadership role in all media. (Editor's Note: Please join us, in person or online on Oct 19 for the World Polio Day 2023 LIVE from the Rotary Global Classroom at Durham College in Oshawa, Ontario Canada. Barry will be on our panel)

Like Marjana marching up the mountain, we have our goal in sight, and we will keep going until we get there.

BARRY RASSIN

Rotary Foundation trustee chair

Blood Donation Camp On 11 October, 2023 At Jagannath Community College, Rohini

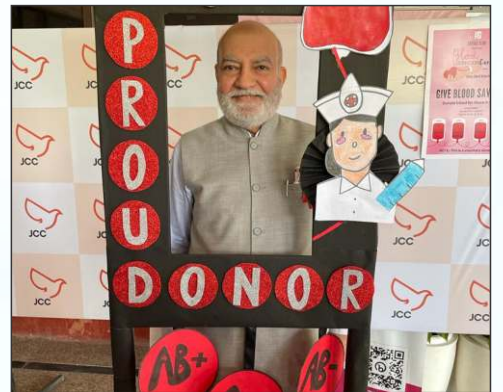
Blood Donation Camp was organized by the Rotary Club of Activa in collaboration with Social Club of Jagannath Institute of Management Studies at Jagannath Community College, Rohini. The camp was led by Rtn. Shri Suresh Bhasin. The camp received 365 registrations. The event was a grand success with collection of 250 units of blood. Number of students, teachers including the Chairman of the Institute Shri Deepak Gupta and parents came forward to donate their blood.

The Rotary Club of Activa, in collaboration with the Social Club of Jagannath Institute of Management Studies, organized a Blood Donation Camp at Jagannath Community College, Rohini. Under the leadership of Rtn. Shri Suresh Bhasin, the camp witnessed an overwhelming response, with 365 registrations.

The success of the event was truly remarkable, as it resulted in the collection of 250 units of blood. This achievement is a testament to the generosity and community spirit of the participants, including students, teachers, and parents. Notably, the Chairman of the Institute, Shri Deepak Gupta, actively participated in the camp, setting an inspiring example for others.

The impact of the Blood Donation Camp extends beyond mere numbers; it reflects the collective commitment of the community to a noble cause. The Rotary Club of Activa is proud to have facilitated this initiative, fostering a culture of altruism and unity within the Jagannath Community College and the broader community.





Speaker's Profile



Dr. Rajat Mohan, a Senior Consultant Cardiologist at Sir Ganga Ram Hospital in New Delhi, brings more than 25 years of extensive experience in the field, catering to patients both in India and abroad. His emphasis on preventive cardiology underscores his commitment to proactive healthcare. Dr. Mohan is an active clinical cardiologist with a vast background in non-invasive and interventional cardiology. His expertise includes a wide array of interventional procedures, with a notable focus on Coronary Angioplasties (PTCA). Known for his personalized approach, Dr. Rajat Mohan has garnered high praise from patients, who often describe him as the top cardiologist in Delhi, appreciative of his exceptional care and treatment for a diverse range of cardiac conditions.

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BRAIN TEASERS

1. The more you take, the more you leave behind. What am I?
2. Alive without breath, as cold as death. Never thirsty, ever drinking. Clad in mail, never clinking. What am I?
3. The one who makes it, sells it. The one who buys it never uses it. The one who uses it never knows they're using it. What is it?

Answers 1. Footsteps 2. Ice 3. Coffin

Birthdays and Anniversaries



Arun Saxena	1 October
Suresh Bhasin	1 October
Priyanka Agarwal	5 October
Pukhraj S Chugh	8 October
Seema Gadia	13 October

Speaker's Profile

Question: When was the first Rotary Club established?

Answer: 1905

Question: What is the Rotary International motto?

Answer: "Service Above Self"

Question: In which city was the first Rotary Club founded?

Answer: Chicago

Question: Who is considered the founder of Rotary?

Answer: Paul Harris

Question: What does the Rotary Wheel symbolize?

Answer: Civilization and movement

Question: How often are Rotary International Conventions held?

Answer: Annually

Question: What are the six areas of focus for Rotary's global service?

Answer: Peace and conflict resolution, Disease prevention and treatment, Water and sanitation, Maternal and child health, Basic education and literacy, Economic and community development

Question: What is the highest honor a Rotarian can receive?

Answer: The Rotary Foundation's Citation for Meritorious Service

Question: Which month is celebrated as Rotary's Foundation Month?

Answer: November

Question: What is the name of the official Rotary magazine?

Answer: The Rotarian