

AUGUST 24

ROTARY'S COASTAL CHRONICLES

MONTHLY NEWSLETTER OF ROTARY CLUB OF UMBERGAON

**4 the
Way
test**

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

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EDITOR'S NOTE



India's 78th independence anniversary underscores the persistent struggle for providing safety to women and establishing gender equality. The brutal incident against a female doctor has sparked widespread outrage throughout the nation. While assurances of justice have been made by politicians and government officials, we must recognize the need for a fundamental change in laws against such heinous crimes and how we address gender biases. Teaching self-defense to daughters is important, but so is teaching sons to respect and value women.

Let us strive for a future where better safety, equal rights, equal education, better opportunities, and equal salaries are a reality for all, and where women can live without fear of violence or discrimination.

As Rotarians, we have the power to make a difference - let's pledge to advocate for the safety of women and gender equality, building a stronger, more harmonious nation.

RTN DR.PRIYANKA SHETH

MONTHLY SERVICE PROJECTS

Notebooks and Stationery Kit Donation

We have distributed 1000 notebooks and stationery kits to 485 students at two schools in Vanganpada and Singalpada Vevji village. We encouraged them and told them the importance of education in life. All teachers and students were happy with this initiative, and they thanked Rotary for the cause.



Blood Group Detection

Blood Group Detection at Solsumba Central Shala



HUMF

Provided protein and iron-rich food kits to malnourished pregnant women.



Ray of Hope (ROH)

Provided food kits to malnourished children.



Nourish to Flourish

The seminar on Nutrition in Schools successfully highlighted the importance of proper nutrition in supporting children's growth and learning.



CLUB ACTIVITIES

Independence Day Celebration

Our Club has celebrated Independence Day with students of Primary and Secondary School Gowada



MEETINGS

Date: 02-08-2024



Date: 16-08-2024



Date: 24-08-2024





BILORI

SCREAM

I hope and pray to the divine that you all are safe and well wherever you are, in these difficult and ferocious rainy days....

In this article, I am going to dwell on one topic which I was avoiding to write and express my views for a very long time. As this is both, very personal and societal at the same time and I have my own doubts, if I will be able to maintain neutrality or not.

But, since last two days, I have been receiving news about disturbance and loss of peace and harmony in our small peace-loving community of Umbergaon. Also, the entire country is still burning with the demand for justice for the brave female medical student from Bengal. Under such atmosphere I am compelled to examine and write about the sexual offences committed against females.

Whenever such incidents happen, my mind is filled with lot of different images, like those posters I receive on WhatsApp, depicting and glorifying Indian women as Goddesses and men worshipping the Nari Shakti. Then there are also images where in the past, women belonging to the losing tribe were subjected to unimaginable sexual horrors by the winning army in the medieval times world over, even Japanese army's atrocities against Korean women is one more example. Even today, many tribal women in Africa have to face such offences on daily basis. During aftermath of Godhra carnage and riots that followed, many Muslim women were raped and tormented, the Bilkis Bano case is one such incident. And even after the culprits were booked and put behind the bars, they could secure early release for themselves.

More disturbing is the way they were welcomed, both by men and more disturbingly women of the community they belonged to. What does that show? That the community felt that they were performing some sort of duty when they rapped and killed the unborn fetus and killed her little children, and the community has approved and sanctioned such act by those men. They were welcomed with garlands upon their release from prison.

In the much disturbing Nirbhaya gangrape case of Delhi, the tormentors were just acquaintances, hardly knowing each other, while the main accused had his younger brother with him. Few of them gave statements that they wanted to teach the young women a lesson in modesty as she was behaving inappropriately in a public bus. They also pointed to the fact that nobody would oppose the main accused as he was the eldest of them all and it was not appropriate to oppose an elder man, even if he is forcing them to commit such heinous crime. Same way, during the 1984 anti-Sikh riots in Delhi or during the partition, women were the tool to vent anger of one particular community

against another community. Then there is the case of Bhavaridevi from Rajasthan, a poor lady who agreed to take up the responsibility of helping Govt. to launch a drive against child marriages and as a result the elders and Panchayat members of the village needed to teach her a lesson...by gang raping her in public. Then there is the case of Phoolan devi, a dacoit, who was a normal regular village girl, who was gang rapped and paraded naked in the village by the powerful men, ultimately finding her strength in the gang of dacoit.

What does all these point to? We must recognize that our society is the breeding ground for such heinous incidents, and in fact at times the same society comes out in support of such crimes, believing that they have the right to decide which women will be punished and which can walk away. We don't mind welcoming the criminals with garlands and putting under the carpet incidents of rape being committed within four walls of our homes by the relatives, sometimes father-in-law, sometimes brother-in-law, sometimes rape of domestic helps by the man of the house. So, in such incidents, what is actually

happening is society at large, and individual man are sexually tormenting women to show their power and supremacy, with a desire to subjugate them rather than to satisfy their sexual desires.

Also, another image that comes to mind is that of young innocent girls who become victims of sexual hunger and unfulfilled desires of the animal instincts of the male members of the society. While I was a Senior Research Fellow at Hafkins institute, many a times I had to go to KEM and Wadia hospital and even Sion hospital. Where I was told that almost each week one such minor girl is rapped by someone very close to them, may be uncle, cousin, tuition teacher, driver, school staff or even their own fathers. The scale is unimaginable and so deep rooted, that it has actually numbed me beyond worlds. I just remain speechless. Because we can pinpoint the fault of the society and wrong practices and ideologies, but how to explain the desire of a father to get sexual satisfaction from his daughter at any cost and by any means? And it's not like there are no options. They can go to brothels and pay for the services they desire, or may be if

they have the ability can have multiple partners. Why are they targeting little unprotected defenseless girls? I am answerless....

To my mind the only possible answer is unimaginable fear in the minds of such animals. A fear that they would be forever deprived of the very satisfaction that they are after. May be life imprisonment, may be forced castration, may be death in very extreme cases. Also, we must explore if the right sexual education, censoring of the contents on social media, fear of law, protection and support for the victims or targets are in place to curb the rising number of such incidents. And pray that one day our daughters will be able to move around without the fear of that scary male gaze and without even once being touched and squeezed inappropriately in a crowded train or bus.....till then we can only pray that it does not happen with our little angels.

RTN. ANN PURVI TRIVEDI



SKIN DEEP GRATITUDE

13th August is celebrated every year as “World Organ Donation Day”. It is a simple thing to promote awareness about organ donation in the society. Organ donation includes various organs like kidney, lungs, liver, cornea, heart, bone marrow and skin. We already know about many of the above lists, but “Skin Donation” is a unique topic about which many people still do not know. If seen, skin is the largest organ of our body and our skin provides us the primary protection from changes in the environment.

The only reason why there is no awareness in the society about skin donation is that, we do not know much about this topic. Skin donation was not possible until the beginning of the 20th century because there were no amendments to preserve it. But now this is easily possible. If we want to bring

awareness about skin donation, then first we have to share information about it with small units. For example, we can start it from higher level text classes. We can include options like organizing lectures on this subject in schools through local doctors, presenting plays on this subject in the annual conferences, quiz competitions etc. in a small unit of the school.

If we go one step higher, we will have to focus on secondary schools, higher secondary schools and finally universities. Giving an information about skin donation at this stage can prove to be more simple and effective.

We should include it not only in science branch but also in Arts, Commerce and Engineering branches. According to the information so far, some state governments have included this subject at the introductory level in

medical colleges. But our efforts should be that this subject gets equal status in the schools of the entire country, only then the information about it will be spread parallel in the society.

In India alone, 60 to 70 lakh people are affected every year due to skin burns or other skin related diseases, and such patients often have to undergo various surgical procedures. It is very unfortunate that many patients lose their lives simply because they cannot find a skin donor. Even if the patients recover from this, the scars of this terrible incident remain on their bodies for life. Actually, the skin heals itself from minor wounds. When the patient's skin is slightly burnt, his/her own body skin is used, but when the patient has 40% to 50% burns, he/she needs skin from a donor.

If we have to be successful in this awareness campaign, we cannot depend only on the government. Here we have to move forward by taking government and non-government organizations together.

We can put up banners and hoardings on this subject in local languages in collaboration with state government officials.

We can target district level government and private hospitals, especially those where such patients are treated. Efforts will have to be made to provide more information on this subject by talking to the officials of such hospitals, and it is essential to have a "Skin Bank" in all such hospitals.

It is important to have information circulars in all government, private and small and big hospitals about some important issues related to skin donation.

Some important and frequently asked questions are mentioned here:-

What exactly is skin donation?

- Donation of skin by any healthy or deceased person which can benefit the patient.

When can skin donation be made?

- Within 6 hours after death.

Who can donate skin?

- Any person who is above 18 years of age. People who have diabetes and blood pressure problems can also donate skin.

Who cannot donate skin?

- A person suffering from AIDS, Cancer or any infectious disease cannot donate skin.

How long does it take to separate the skin from the body?

- Only 30 to 45 minutes.

Is it necessary to take the skin donor to the hospital?

- Not at all, the team of experts will reach your address.

From which parts of the body is the skin removed and to what extent?

- Skin is removed from the legs, thighs and back, and out of eight layers of skin, only the top layer is removed.

Does the body bleed while removing the skin?

- No, there is no bleeding of any kind.

How are the removed skin parts covered?

- The part from which the skin is removed is wrapped with a bandage.

What are the gender, age, and colour provisions for skin donation?

- Any man or woman above 18 years of age, of any caste and of any blood group, can donate skin

Is the removed skin used only for family members?

- No, the removed skin can be used for patients other than the family.

How and for how long can the extracted skin be preserved in the skin bank?

- The skin is preserved in a “skin bank”, at controlled temperatures, for up to 5 years.

The questions mentioned above are usually the first ones that come to the mind of a common person. Solid information about all these questions will create confidence in the minds of people and their understanding of seriousness towards skin donation will increase.

The questions mentioned above are usually the first ones that come to the mind of a common person. Solid information about all these questions will create confidence in the minds of people and their understanding of seriousness towards skin donation will increase.

If we think a little further, we should appreciate the families of such donors for promoting skin donation. For this we can also give them certificates or honor marks. Whenever there is a program on this subject, we should respectfully invite such families and present them as a good example and the patients

questions

who have been cured through the skin bank should also be included in such programs. Along with this, we will also have to maintain the complete data of such recovered patients.

In today's digital world, it is very important for us to be digital. A web page related to skin donation should be created, in which all the basic information is available and this web page should be available in the local language of every state in a very simple manner. It is also necessary to develop a helpline that is available 24 hours a day.

It Is mandatory for big corporates to organize seminars and webinars on this topic. Despite such a huge population of India, there are very few skin banks, to increase which we have to keep our thinking forward.

In conclusion, skin donation is a remarkable act of generosity that deserves our attention, action and appreciation. The power of skin donation lies not only in its ability to heal physical wounds but also in its capacity to bring people together and foster a sense of community.

RTN. ANN KIRTI JETHWA



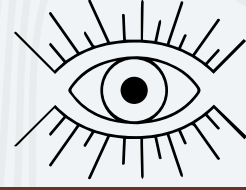


आईना (जिन्दगी का)

उठ रूक मत तु, चलता चल
मत थक तु, चलता चल
हौसलो की धार पर
रह अपने लक्ष्य पर अडिग,
अपने को भी कुछ तैयार कर
कई तो तुम्हे गिरायेगे
कई तुफान आयेंगे जीवन मे
मंजिल पाने के लिए कई इम्तिहान है
रोकेंगे अपने ही
परन्तु मंजिल पाने का इंतजार न कर
अपने किस्मत को ना कोस
अपने काबिलियत पर गुमान कर
खुद को तराश, रास्ता बना,
मंजिल अपने-आप मिलेंगी
किसी ओर का ना इंतजार कर

अंधेरा है मगर आगे राह मे उजाले भी है
हिम्मत रख आगे बढ
राह मे दरिया भी आ जाए तो उसे भी
पार कर,
मत हार खुद से, मौका मिलता है
जिन्दगी मै एक बार
जीत तुम्हारी ही होगी
कामयाबी कदम चूमेगी
खुद पर ऐतबार कर
जीत जब तुम जाओगे
सारी दुनिया तेरे पास होगी
यही है
आईना (जिन्दगी का)

RTN. VIRENDRA PATNI



दृष्टिकोण

THE POWER OF ASSOCIATION

महाजनस्य संसर्गः कस्य नोन्नतकारकः ।
पद्मपत्रस्थितिम् तोयम् धत्ते मुक्ताफलश्रयिम् ॥

For whom is the company of great people not beneficial? Even a water droplet when on a lotus petal, shines like a pearl. This Sanskrit Subhashita highlights the importance of the type of company we keep.



I have recently read the "Five Chimps Theory" in a book by entrepreneur Naval Ravikant, it suggests that an individual's mood and behavior patterns are heavily influenced by the five people they associate with most. Just as chimps tend to mirror the traits of their

closest peers, humans also unconsciously adopt the thoughts, opinions, and behaviors of those in their inner circle.

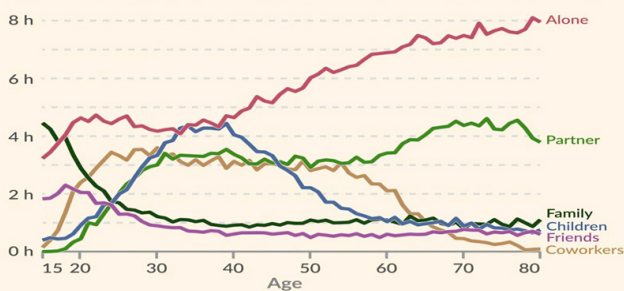
We essentially become the average of the five people we surround ourselves with. Hang out with five addicts, and you're likely to become the sixth. Spend time with five fools, and you may well become the sixth. Conversely, if you associate with five successful individuals, you stand a good chance of also becoming successful.

We are like sponges, absorbing the mindsets and habits of our reference group. This makes the company we keep critically important. We must be highly selective about the people we allow to have the greatest influence on us, whether they are friends, family, coworkers, or social media connections.

If someone in your life does not align with your desired future, or consistently exhibits negative, demotivating tendencies, it may be wise to distance yourself and spend your time more mindfully.

Who do Americans spend time with over their lives?

Hours per day, based on averages from surveys in the US in 2009–2019



Data source: American Time Use Survey (2009–2019); Lindberg (2017)

Note: Relationships used to categorize people are not exhaustive. Time spent with multiple people (e.g., a party with friends and partner) counts toward each category.

OurWorldInData.org/time-use | CC BY



The long-term study on how Americans spend their time has revealed a significant increase in solitary activities, with social

media playing a major role. The types of content we consume online can also profoundly impact our mood, behavior, and trajectory.

Ultimately, we must be intentional and discerning about the people and information we allow to shape us. Our future is greatly determined by the "five chimps" we choose to surround ourselves with.

The month of August is designated as Membership Development Month in Rotary. Immerse yourself in the company of exceptional individuals by joining Rotary and becoming a Rotarian.

RTN DR. PRIYANKA SHETH

Medical Information:

Mpox is affecting thousands of children in Africa. World Health Organisation (WHO) has declared it as "Public Health Emergency of International Concerns".

How does it spread and how does it impact children?

Mpox is caused by a virus named monkey pox, transmitted from animals to humans and it can also be transmitted between humans through close contact with an infected person through close contact with skin lesions, bodily fluids and contaminated cloth material and surfaces. People infected with mpox can experience fever, headache, body ache, skin lesions and more. The Democratic Republic of the Congo (DRC) is the epicenter of the current outbreak where children under 15 represent more than half of the cases. This new strain is likely more transmissible and has the potential to spread further beyond African continent. The children who are malnourished or are suffering from poor health are likely at greater risk of severe Mpox. Prioritizing the need of children is not just necessary it's urgent. "For every child a healthy life." (Source: Unicef)

ANNET'S CORNER



SUCCESS

Beauty lies in the level of success you achieve.

The delightment you have after completing the work, no matter what people think about your achievements, is success. For achieving enormous success you need to dream widely i.e. the person who dreams wide will achieve wider success in an individual's life.

One of the best ways of being successful is keeping your subconscious mind satisfied and motivated. Now the question arises: How to keep our subconscious mind satisfied? So to keep your subconscious mind satisfied 'Divide your work into short term goals, start achieving it and don't forget to appreciate your success'.

By practicing this method your mind gets strongly satisfied because you see your work getting accomplished and find yourself closer to your ultimate goal.

It is common for the mind to send either positive or negative signals when undertaking a task. Positive messages facilitate successful completion, while negative messages can create discomfort and self-doubt, often rooted in past experiences or a lack of confidence. To address these negative signals, practice meditation to achieve a state of calm and clarity, allowing for better understanding and effective action towards your goals.

**RTN. ANNET JANAM MILIND SONPAL
(ADVOCATE)**

GREETING OF THE MONTH

Birthday & Anniversary








SEPTEMBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
01	02 <i>Happy Birthday</i> Rtn. Malay Sanghavi	03	04	05	06 <i>Happy Birthday</i> Rtn. Munindra Jain	07
08	09	10	11	12	13	14
15 <i>Happy Birthday</i> Rtn. Champak Suthar Rtn. Daulat Dhanesha Onam	16	17	18 <i>Happy Birthday</i> Rtn. Suresh Joshi Rtn. Chintan Shah	19	20	21
22	23	24	25	26	27	28
29 <i>Happy Birthday</i> Rtn. Amol Bokadia <i>Happy Anniversary</i> Rtn. Aakash Taneja	30					


- Birthday
- Anniversary



Rotary's 7 Areas of Focus

						
PEACEBUILDING AND CONFLICT PREVENTION	DISEASE PREVENTION AND TREATMENT	WATER, SANITATION, AND HYGIENE	MATERNAL AND CHILD HEALTH	BASIC EDUCATION AND LITERACY	COMMUNITY ECONOMIC DEVELOPMENT	ENVIRONMENT

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