



Rotary Club of Surat West

R.I. District 3060 Zone 4-B



CREATE HOPE
in the WORLD

Rotary Year 2023 - 2024

Club No 31549 / Charter Date : 30th April 1996



: rotarysuratwest



: rotarysuratwest



: www.rotaryclubofsuratwest.org

SPARK

Issue No.: 13 / 2023 - 2024



Rtn. Gordon R. McNally
R.I. President - 2023 - 2024



Rtn. Nihir Dave
D.G. 3060 - 2023-2024



Rtn. Sonal Shah
Club President



Rtn. Meeta Kapoor
Hon. Club Secretary

Bulletin Editor : Rtn. Mausam Jalan

FROM THE DESK OF BULLETIN EDITOR



My dear Rotary Surat West family,

Every Year **Donate Life** organizes the Kite Festival in Surat where they Invite Members of the Civil Society to come forward and take a Pledge to Donate their Organs .

This is a very wonderful initiative for such a Noble Cause. Members of Our Club are invited every year to attend this Grand Event.

Those who wish to Join this Noble Cause can Contact the Organisers for the same.

Regards

Rtn Mausam Jalan

Bulletin Editor – Year 2023 -24

District Sweater Distribution Project:

DG Rtn Nihir Dave Has Come Up With District Service Project

I.E. Sweater Distribution Project and as To Be Executed As Monthly Service Project.

Of Course The Same Sweaters, Has To Be Distributed Amongst The Poor Students Of Primary School (Std 1-5) Or Whoever Required In The Community.

We are Very Proud to Share With You That our club will distribute 138 sweaters with the help of our rotarians and Anns.

The Sweaters are of 4 Different Sizes (28, 30, 32, 34) and in a Bundle it Contains One Sweater of Each Size With Single Colour & Rotary Logo.

The Cost Of Each Sweater Is Re 205/-

Members who wish to Contribute for the same can Contact President Rtn Sonal Shah or Hon Sec Rtn Meeta Kapoor

The following Members have agreed to Contribute for Sweaters:

1	Sonal Shah	10
2	Meeta Kapoor	10
3	Devendra Uncle	5
4	Prashant Acchodawala	5
5	Rajesh Agarwal	5
6	Bankim Sitwala	5
7	Setu Gandhi	3
8	Shilpa Bansal	10
9	Nanda Aunty	5
10	Rajesh Nandwani	10
11	Tinish Mody	5
12	Amit Desai	10
13	Hitendra Mody	5
14	Madhav Khaitan	10
15	Krunal Mehta	10
16	Anant Agarwal	10
17	Mausam Jalan	10
18	Sneha Agarwal	5
19	Amit Agarwal	5

Four Way Test Promotion Video Contest

RID 3060 requests entries for promotion of The Rotary's Four Way Test.

Video in MP4 format should not exceed than 3 minutes

The Four-way Test Videos for the competition can be presented as:

- Group 1: Solo Performance Video
- Group 2: A video by club's interact / Early Act members/Rotarian
- Group 3: Video by all Club members, Ann's and Annettes.

The presentations can be a

- video of song
- dance
- short Drama/skit/Speech

The Best 3 Videos were Played at the District Conference at Indore

Our Club had also sent a Entry for the same. Rap Song Video was made by Annet Akshat Vaidya , Son of PP Rtn Paresh Vaidya.



Kite Festival & Organ Donation Camp

To spread the message of organ donation, Kite Festival was organized by **Donate Life** in association with **The Surat District Cricket Association** at the Lalbhai Contractor Stadium on 7th January 2024.

Members of Rotary Club of Surat attended the event as special invitees to pledge their support to Organ Donor Families

It was an Electrifying Atmosphere with live Music and Dancing and Kite flying at the Venue.



Rtn Anil Pitalia from Our Club has pledged to Donate his Organs at the Event

District Conference at Indore: Anand Utsav..

Members of Rotary Club of Surat west along with President Rtn Sonal Shah and Hon Sec Rtn Meeta Kapoor attended the **54th District Conference** of District 3060 at Sheraton Grand Palace – Indore..

It was an extra ordinary event with esteemed Speakers from various fields :

B K Shivani Didi – Keynote Speaker

Shri Mangubhai Patel – The Hon Governor of Madhya Pradesh

Major General G D Baxi – Retired Indian Army Officer

Dr. Deepak Vohra – Special Advisor to the Prime Minister of India

Maninderjeet Singh Bitta – Chairman The All India Anti Terrorist Front

Shazia Ilmi – TV Journalist and Politician

Mayank Gandhi – Social Activist

And many more.

Our Club won the Diamond award for Membership Growth at the District Conference !!

Congratulations to President Rtn Sonal Shah, Hon Sec Rtn Meeta Kapoor, Membership Chair- Rtn Rakhi Gandhi, and everyone in the Rotary Surat West family

Glimses from the Event



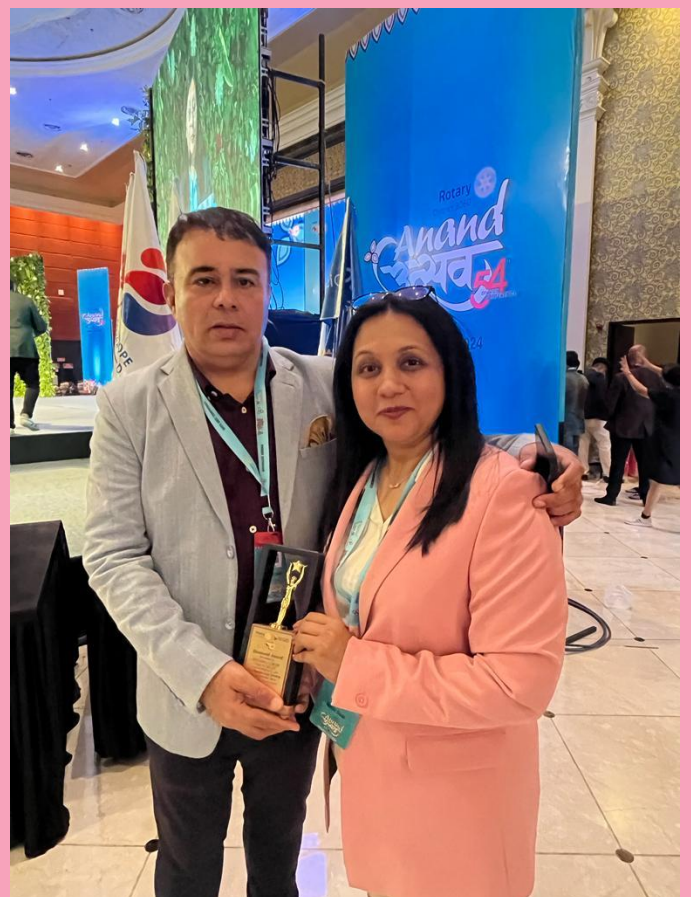
Train Journey



Innaugration Function





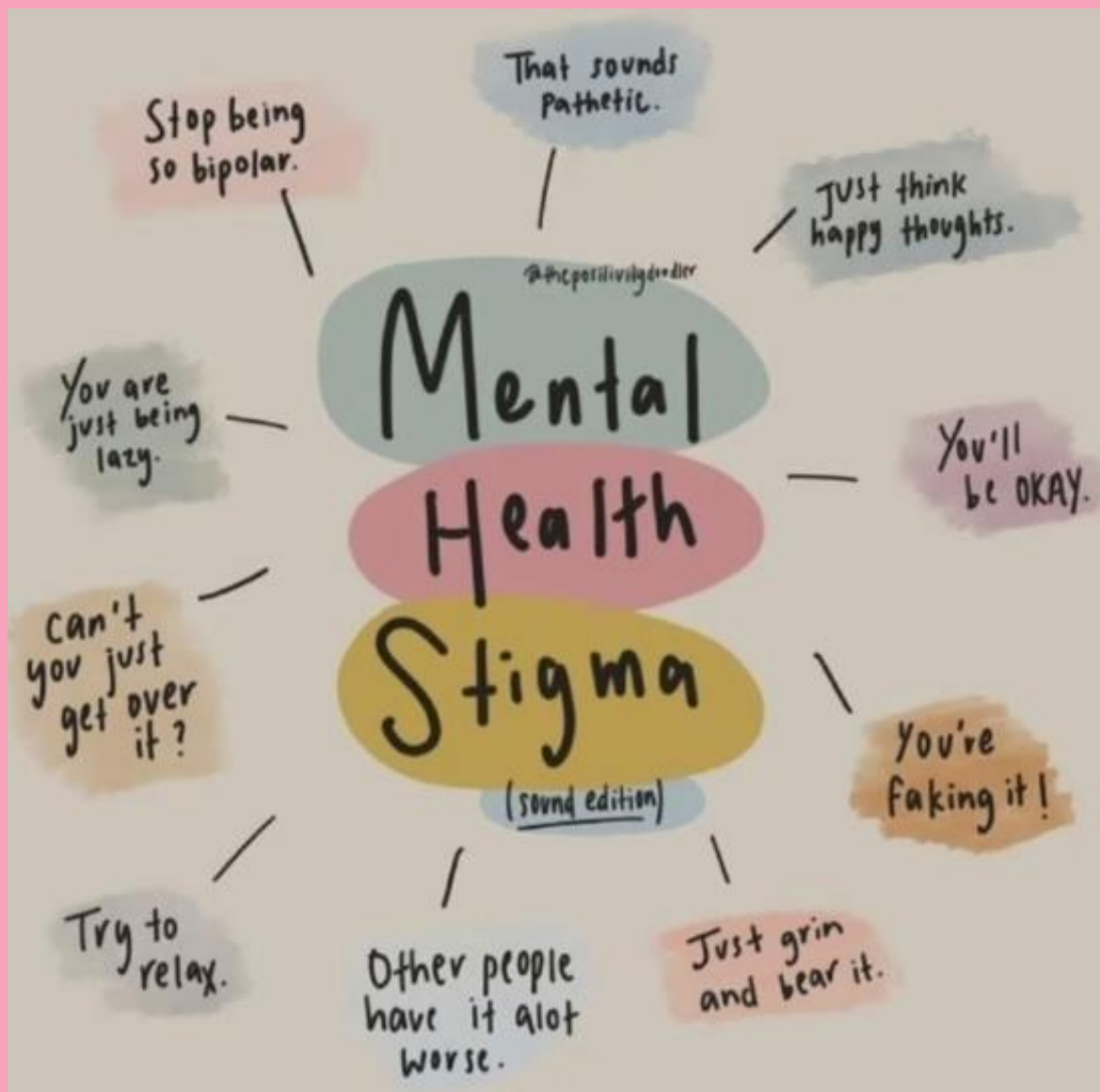


SHHHH.... LET'S TELL THEM IT'S A HEADACHE..

We have all read the WHO definition of “Health” in our science classes at school as “a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity”. But if I would want all of you to be supremely honest and tell me what part of this definition is just left at cramming, I am sure it would be mental health without a doubt. Perhaps, mental health might still be acknowledged and given its due to a certain extent, but only in private rather than in public – probably a similar experience that my psychiatrist friends would have themselves had socially, at least once in their lives.

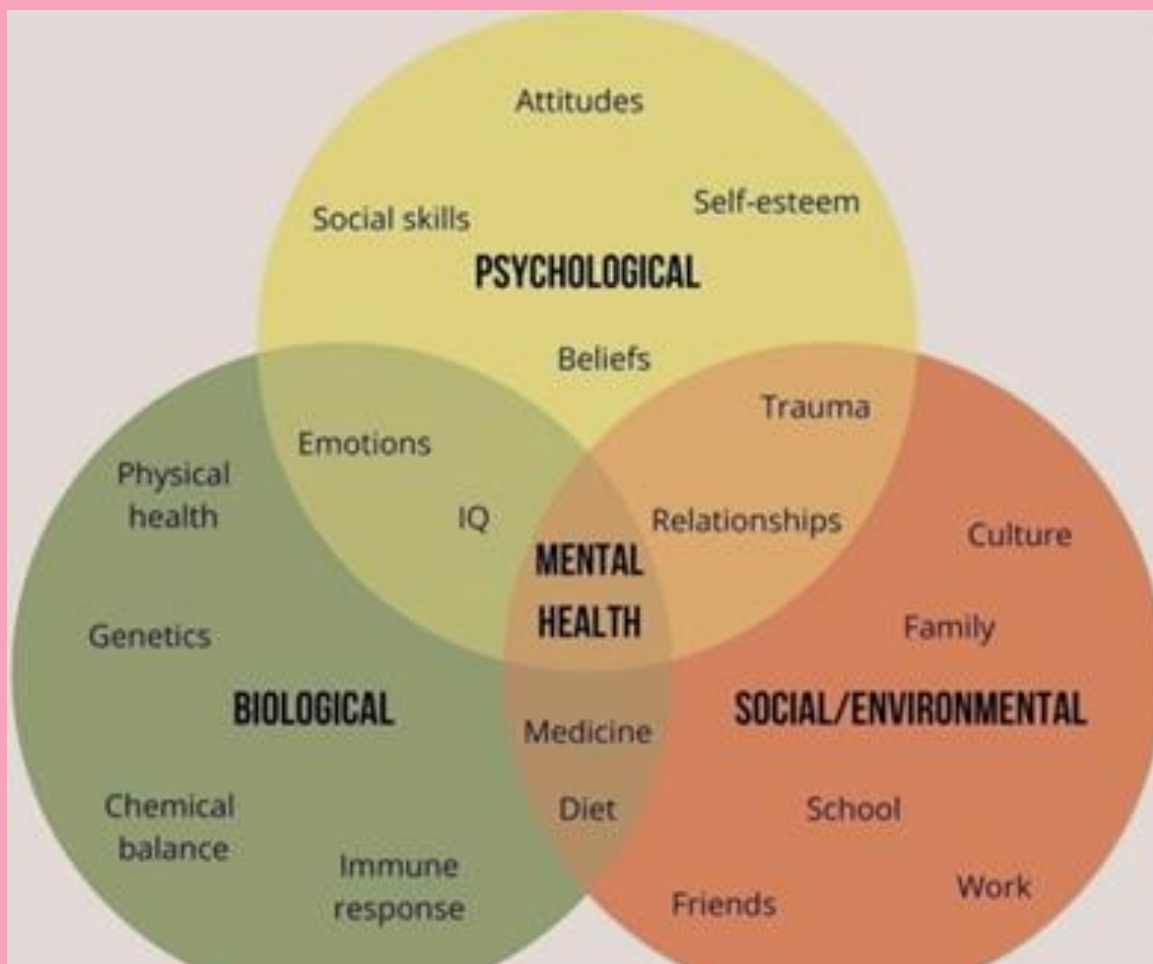
Physical illnesses are elaborately discussed in gatherings and even worn as a badge of pride – as if it were their children’s achievements that were being talked about. Why is it so, that mental health issues are never even invited to the party? Maybe we’ve all imbibed the idiom “Ignorance is bliss” to such an extent in our lives that we forget to acknowledge the troubles of the very organ that helps us comprehend it in the first place.

I completely agree that the understanding of mental health issues is not as straightforward as a mosquito bite causing a fever or a bacterial infection landing one into a pneumonia. But are we genuinely even giving a chance to understanding the how’s and why’s of psychiatric disorders? The internet probably gets asked 50 times more questions than a mental health professional ever would be – and the alarming part is, 80% of the population swears by it. Looking at the numbers according to the National Mental Health Survey, 13.7% of the total population in India struggles with mental illnesses and 28% of the global suicides occur in India – amounting to a rate of 10.9 per every lakh people, making India the suicide capital of the world. Despite of these grim statistics, nearly 57% of the people in India are not aware of any person with mental illness whereas, 28% did not consider suicide to be associated with mental illness.



As psychiatrists, we encounter a host of different cases day in and out. One of the commonest scenarios that I've frequently come across is that family members of a patient are generally the ones making important decisions when it comes to mental health, irrespective of their insight and understanding of the problem. I had a patient who used to get frequent episodes of unprovoked restlessness, anxiety, tightening of chest (panic attacks), enough to disrupt his daily functioning. He tried hard to persuade his family that he needed help, but none of them really accepted it was even a problem in the first place and forbade him to seek professional help – because of course, "What would people think if they get to know you are consulting a psychiatrist! You aren't a 'MAD' person". Finally after wading through helplessly for months together, he decided to seek help himself, against his family's wishes and to put an end to his suffering. Ostriches usually bury their heads deep in the sand when they sense danger ahead of them – helps them believe there's none as they

can't see it. This is precisely how mental health issues are treated – ignoring obvious signs and reassuring oneself that the problem does not exist at all. Issues are usually brushed off as “It’s just a long standing habit”, “He/She is doing it just to avoid work”, “My child just doesn’t want to study”, “She just has to stop thinking about it but she doesn’t do it” and so on. The biggest hurdle here is that too much precious time is lost where the patient could have received the right treatment and the outcome could have been far better if not for the delay. Especially in the Indian scenario, a strong advocacy of the age old cultural beliefs and superstitions poses a humongous hindrance. What we as caregivers really need to understand is that it is a multitude of **BIOLOGICAL**, **PSYCHOLOGICAL** and **SOCIO-CULTURAL** factors which contribute to the causation of mental illnesses.



On the flip side, I have come across cases where caregivers despite of having meagre means, diligently come for regular follow ups; mothers of middle aged patients who are not as functional fighting all odds to come and seek treatment regularly. At times, it is not the unwillingness, but a lack of awareness as to what the actual problem is that leads to a delay

in treatment. I distinctly remember meeting one such family in the train while travelling back home. The couple was travelling with the elderly parents, his father being in his early 80's. He was resting and his wife was sitting by his side on the berth. Just out of concern, I asked if everything was okay. His son told me that his father gets worried very easily, has difficulty falling asleep and needs his wife by his side all the time as he fears he'll get lost or be left alone. Enquiring further, I could make out that he was actually suffering from 'Dementia' since last two years – a condition where due to age related changes in the brain, a person's ability to think, remember and execute tasks is impaired – popularly known to us as "Alzheimer's disease". The family never sought treatment as they thought it is a part of the normal ageing process. Through the rest of the journey, I explained to them about the primary symptoms, the treatment modalities available, their role as a caregiver for a dementia patient and the prognosis of the illness. Two years down the line, he is still my patient – fails to recognize me sometimes, but the improvement in his quality of life and the blessings of him and his family members are my treasures to cherish.

Another obstacle is the distorted perception about the psychiatric medications in the general public. Psychiatric medicines have a purely scientific mechanism of action and are not just drugs that 'sedate you and make you gain weight'. That being said, I do not by any means say that they are completely free of side effects. But denying medicines when they are absolutely required for the fear of side effects is like choosing to die of an infection over taking that one shot that could save a life. One of the most demonised modes of treatment and probably the biggest contributor to the stigma associated with psychiatric disorders is the "ECT – Electro-convulsive Therapy", popularly known as "electric shock treatment". I wouldn't hesitate a bit from blaming the completely erroneous media representation of this treatment modality for escalating the taboo and misconceptions associated with it. It is in fact, ONE OF THE MOST effective, safe and quicker response treatment options that especially works wonders in combination with medication and in cases of severe mental illness.

When the aim is to live a holistic life, mental health needs to be given as much importance as physical health, if not more. Shun the Shame, shun the hushing – open up, come out and discuss – because it is indeed JUST ANOTHER ILLNESS that the body is trying to recover from. As a patient seeking treatment, one needs to make sure to follow through regularly, discuss any and every doubt that comes to your mind with your psychiatrist rather than turning to the internet, matching your symptoms, self-diagnosing and then self- medicating. As family members of patients, being there, not making judgements, not labelling patients as “MAD” / “USELESS”, complying with the doctor’s instructions and not taking matters in one’s own hands is of utmost importance. The need of the hour as a community is to educate oneself and ultimately the masses to be equipped with the knowledge of common psychiatric disorders that will aid in identifying the signs earlier, seek timely and accurate treatment. The ultimate goal is to improve the quality of life of patients and reduce the morbidity and mortality due to psychiatric disorders.

“Know your enemy and know yourself and you can fight a hundred battles without disaster” said Sun Tzu in “The Art of War”. Let us all befriend mental health and providers of mental well-being and collectively fight the most dreaded of enemies - psychiatric disorders to make the world a better place. The dream is to build a society where talking about mental health issues and seeking help for the same as talking about a headache or getting a broken bone fixed.



I am Dr. Disha Vasavada - A psychiatrist by profession working to contribute my bit to make mental health services accessible. Striving to destigmatize mental illness and make a difference in the lives of people dealing with mental health problems.

RI president-elect announces 2024-25 presidential theme :



Rotary International President-elect Stephanie Urchick announced that the 2024-25 presidential theme is The Magic of Rotary and called on members to recognize and amplify the organization's power to save lives.

"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words," Urchick told incoming district governors at the Rotary International Assembly on 8 January. "It's up to you. You create the magic with every project completed, every dollar donated, and every new member."

Urchick, a member of the Rotary Club of McMurray, Pennsylvania, USA, said she saw the magic of Rotary on display when she was helping install

water filters in the Dominican Republic. Two boys were watching as dirty water entered the filter, then ran out clean at the other end.

"One of the boys grabbed my sleeve and said, 'Show me the magic again,'" she said. "Obviously, the water filter wasn't magic. We worked hard to transport those filters, install them, and work with community leaders in the area to maintain them. But those boys knew that easy access to clean water would change their lives. Knowing that I played a small part in that certainly changed my life."

Prioritizing peace

Urchick urged members to champion Rotary's Action Plan, find a balance between continuity and change, and work for peace. She plans to host a presidential peace conference in 2025 with the theme "Healing in a Divided World."

Rotary has a long history of promoting peace through its network of peace centers, Urchick noted. Located at top universities around the globe, the centers have trained nearly 1,800 peace fellows who are now working in more than 140 countries. The newest center, located at Bahçeşehir University in Istanbul, Turkey, will welcome its first class of fellows in early 2025.

"The Rotary Peace Fellowship began more than 20 years ago to equip peace and development professionals from communities around the world to become effective catalysts for ending and preventing conflict," Urchick said. "This conference will focus on Rotary's peace efforts and provide opportunities to learn together."

In addition to emphasizing peacebuilding, Urchick reiterated Rotary's commitment to eradicating polio. She urged the incoming governors to

join or initiate PolioPlus Societies in their districts and do all they can to help end the disease.

“Contact elected officials and other government leaders. Remind them that polio is still a threat. Push them to support polio eradication,” she said. “Polio remains our top priority and requires our fullest commitment, but there is so much important work to do.”

Balancing continuity and change

Urchick also underscored the necessity of balancing continuity and change, both of which animate Rotary’s Action Plan.

“The plan is all about building on our best ideas, not abandoning them,” she said. “We face a tough balancing act. We must change ourselves and stay true to who we are.”

She asked the governors to do whatever is needed to make the club experience irresistible to members.

“That might mean changing how things are done in your district,” she said. “If your district has been doing things one way for 50 years, it’s probably time to reassess. If a club in your district isn’t active or is losing members, maybe it’s time to start a new club that fits better with the community. Just because a club or district hasn’t changed in a while doesn’t mean no one is hungry for change.”

One way to make positive change, she said, is to embrace the principles of diversity, equity, and inclusion within clubs.

“I hope you’ll join me in opening your arms to future people of action, even if – and in some cases, especially if – they don’t look or act like the typical member of your local club,” she said. “With DEI, it is easier to be united in a common purpose. It’s in those moments when we are committed and focused that we are the most effective and relevant.”

Rotary International Assembly held at Orlando, USA

January 7-11, 2024



The event is called International Assembly. All District Governor Elects in the World are required to attend. The purpose of the Assembly is to train DGEs in their duties and to meet with RI leaders.

Every year in January, Rotary International calls a special assembly in Orlando, Florida, USA. The event is called International Assembly. All District Governor Elects in the World are required to attend. The purpose of the Assembly is to train DGEs in their duties and to meet with RI leaders. One of the exciting opportunities that International Assembly provides is the chance to meet and partner with other districts from around the world to accomplish good internationally.

From our District 3060, DGE Tushar Shah and First Lady Rtn. Nehal Shah participated in the International Assembly.



Rotary

Each Rotarian is a connecting link between the idealism of Rotary and his trade or profession. To others in his vocation or trade he bears peculiar responsibilities of securing their cooperation in the development of the highest standards for his vocation.

Paul Harris
Founder of Rotary International
'My Road to Rotary' - c.1945

JANUARY - VOCATIONAL SERVICE MONTH

**"EVERY GUN THAT IS
MADE, EVERY WARSHIP
LAUNCHED, EVERY ROCKET
FIRED, SIGNIFIES IN THE
FINAL SENSE A THEFT
FROM THOSE WHO HUNGER
AND ARE NOT FED, THOSE
WHO ARE COLD AND ARE
NOT CLOTHED."**

- DWIGHT D. EISENHOWER

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Rotary's Partnership with UNEP Announced



We (**Rotary International**) are partnering with UN Environment Programme to protect, restore, and sustain local waterways across the Globe.

The partnership unites Rotary members' expertise in mobilizing volunteers with the technical guidance from UNEP to make a sustainable, long-term environmental impact.

The program, Community Action for Fresh Water, expands upon the successful work of members who have been protecting and restoring freshwater ecosystems under the pilot program "Adopt a River for Sustainable Development," which began in 2020 with UNEP and Rotary clubs in Eritrea, Ethiopia, Kenya, and South Sudan and has expanded worldwide.

Learn more: <https://on.rotary.org/41U8Nbp>

New Polio Vaccine Approved



2024 has started off with some great news – the novel oral polio vaccine, nOPV2, has received WHO Prequalification !

With nearly 1 billion doses administered so far, this next-generation vaccine will continue to play a key role in tackling variant type 2 polio and protecting millions of children against illness and paralysis.

Learn more about this groundbreaking achievement:

<https://endpol.io/3vAar5K>



ROTARY CLUBS AND MEMBERS BY COUNTRY AND GEOGRAPHIC AREA AS OF 12/11/23

Continent	SubContinent	Region	Country Name	Club Count	Member Count
Asia	Central & Southeast Asia	Central & Southeast Asia	Afghanistan	3	32
Asia	Central & Southeast Asia	Central & Southeast Asia	Bangladesh	521	11,541
Asia	Central & Southeast Asia	Central & Southeast Asia	Bhutan	1	28
Asia	Central & Southeast Asia	Central & Southeast Asia	Brunei Darussalam	2	54
Asia	Central & Southeast Asia	Central & Southeast Asia	Cambodia	9	177
Asia	Central & Southeast Asia	Central & Southeast Asia	China, People's Republic of	27	566
Asia	Central & Southeast Asia	Central & Southeast Asia	Hong Kong	83	2,194
Asia	Central & Southeast Asia	Central & Southeast Asia	Indonesia	114	2,230
Asia	Central & Southeast Asia	Central & Southeast Asia	Lao People's Democratic Republic	1	11
Asia	Central & Southeast Asia	Central & Southeast Asia	Macao	8	201
Asia	Central & Southeast Asia	Central & Southeast Asia	Malaysia	135	3,442
Asia	Central & Southeast Asia	Central & Southeast Asia	Maldives	1	43
Asia	Central & Southeast Asia	Central & Southeast Asia	Mongolia	21	433
Asia	Central & Southeast Asia	Central & Southeast Asia	Myanmar	7	382
Asia	Central & Southeast Asia	Central & Southeast Asia	Nepal	153	5,583
Asia	Central & Southeast Asia	Central & Southeast Asia	Pakistan	342	5,244
Asia	Central & Southeast Asia	Central & Southeast Asia	Singapore	24	852
Asia	Central & Southeast Asia	Central & Southeast Asia	Sri Lanka	69	1,971
Asia	Central & Southeast Asia	Central & Southeast Asia	Taiwan	979	35,914
Asia	Central & Southeast Asia	Central & Southeast Asia	Thailand	348	7,654
Asia	Central & Southeast Asia	Central & Southeast Asia	Viet Nam	5	83
Asia	Central & Southeast Asia	Philippines	Philippines	987	29,432
Asia	India	India	India	4,663	175,158
Asia	Japan	Japan	Japan	2,206	84,515
Asia	Korea	Korea	Korea, Republic of	1,688	68,445
Australia, New Zealand, & Pacific Islands	Australia, New Zealand, & Pacific Islands	Australia, New Zealand, & Pacific Islands	American Samoa	1	41
Australia, New Zealand, & Pacific Islands	Australia, New Zealand, & Pacific Islands	Australia, New Zealand, & Pacific Islands	Australia	983	22,714

News Maker of the Month – Surat City

#No **1** Banega
SURAT

CONGRATULATION SURAT FOR BEING THE CLEANEST CITY OF INDIA



Indore and Surat have been awarded with the prestigious 'cleanest cities' of the 2023 title !

Indian President Draupadi Murmu presented the **Swachh Survekshan Awards** on Thursday, declaring the two cities as the joint cleanest cities in the country.

Rotary Club of Surat West Wishes You a Very Happy



One India One Festival Different Names