



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



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: www.rotaryclubofsuratwest.org

SPARK

Issue No.: 9 / 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,

Our Beloved DG Rtn Nihir Dave on the eve of his official Visit to our Club has requested the presence of all members at the 54th District Conference at Indore from 5th to 7th January 2024.

District Conference is a chance to meet other Rotarians from our Rotary District 3060. Galaxy of Eminent personalities would also be present at the Conference.

I request all members to grab this opportunity and Register for the conference. Details are available with the office bearers of our Club.

Regards

Rtn Mausam Jalan

Bulletin Editor – 2023 - 24

Official Club Visit of District Governor Rtn Nihir Dave – 3rd November 2023

The most Important Event for the Year OCV was held on 3rd Nov 2023. The Day Began with the welcome of DG Rtn Nihir Dave and First Lady Vaishali Dave at the office of President Rtn Sonal Shah.

After the pleasantaries were exchanged DG Rtn Nihir Dave along with AG Rtn Manish Naik presided over the Board Meeting held at Office of President Rtn Sonal Shah.

Committee reports were presented by Directors and Committee Chairmen of the Club.



DG Rtn Nihir Dave gave his suggestions about the working of the Board and also guided us for the events for upcoming months

DG Visit to Dhinka Chika Orphanage Home



After the Board Meeting, DG Rtn Nihir Dave and First Lady Rtn Vaishali Dave along with President Rtn Sonal Shah, PP Rtn Bhavesh Shah, Hon Sec Rtn Meeta Kapoor, Rtn Anurag Kapoor visited **Dhinka Chika Orphanage**.

Diwali Get together and Club Meeting with District Governor – 3rd November 2023.

Venue – The Amore , Surat

It was a beautiful Friday Evening when Members of our Club along with a Galaxy of Past District Governors and President and Secretaries of nearby Clubs gathered to welcome DG Rtn Nihir Dave and first Lady Rtn Vaishali Dave on his Official Visit to Rotary Club of Surat West.



President Rtn Sonal Shah, Hon Secretary Rtn Meeta Kapoor , DG Rtn Nihir Dave and first Lady Rtn Vaishali Dave launched the Gala night by Lighting the Customary Lamp.



Like all auspicious occasion this event started by a Divine prayer sung beautifully by PP Rtn Paresh Vaidya, PP Rtn Vivek Goel and Rotarian Rakesh Mandlewala.



No Function of Rotary is complete without reading the 4 Way Test. Hon Treasurer Rtn Hem Modi did the Honors



President Rtn Sonal Shah Welcomed all Dignataries and Members to Join us for a memorable Evening.



Atithi Devo Bhava – has been the motto of Rotary Club of Surat West.

Dignataries were welcome by flowers , presented by President Rtn Sonal Shah, first Gentleman PP Rtn Bhavesh Shah, Hon Sec Rtn Meeta Kapoor , Rtn Anurag Kapoor and PP Rtn Hitendra Mody.



Presence of District Officers, Presidents and Secretaries of Nearby Clubs was also recognized..

Hon Sec Rtn Meeta Kapoor presented the Activity Report of the Club. She enlightened the gathering about the work done by RCSW till date and also outlined the planned Programs for the rest of the Year.



Rtn Parag Shah – Project Chair for our **Mental Health Awareness Program** explained in great detail about this initiative taken by our Club.



Assistant Governor Rtn Manish Naik, Addressed the gathering and informed them about his satisfaction with working of our Club. He also praised the Dedication of Hon Sec Meeta Kapoor and Pres Rtn Sonal Shah



A Brief Introduction of Our Beloved DG Rtn Nihir Dave was made by First Gentleman and PP Rtn Bhavesh Shah by means of a Audio Video presentation.



DG Rtn Nihir Dave enlightened the audience about the importance of Rotary, The work carried out by District 3060 and also the importance of The Rotary Foundation. He also Congratulated PP Rtn Bhavesh Shah for coming forward to become Major Donor Level - 1



First Lady gave a Mesmerising presentation of **Anand Pradhan – Gift of Hope**. This Gift is launched by District 3060 for just Rs 1100.00 the proceeds of which will go for Charitable donations



Individual Achievers from Our Club were honoured for their achievements in their respective Fields by presenting them with flowers..



The Official event Concluded with a Vote of thanks by Young and Dynamic President Elect Rtn Ishant Sethi and Singing of The National Anthem.



Special Mention for the Ever Smiling Ann Yukti Garg for her flawless conducting of the Event as the **Master of Ceremonies** with the Help of Vice President Rtn Sanjay Jalan.



It was an evening to remember for all Members and Guest where Rotary Club of Surat West welcomed District Governor Rtn Nihir Dave and First Lady Rtn Vaishali Dave on their Official Visit.

Annual Diwali get together celebrated along with Galaxy of Past District Governors, District Officers and Presidents and Secretaries of Nearby Clubs.

Melodious Music and Yummy Dinner. Rotarians and Anns in their Enchanting Traditionals outfits.

Rotractor in Action – Old Clothes Donation

On 27th October 2023 Members of Rotaract Club of Surat West carried out a Project of distributing Old Clothes to the Needy.

Distributions were made at Narayan nagar and paatichaal slum areas.



Kudos to Rotaract President Aishani and Team for Participating in the Noble Cause

Our Mental Health Committee is pleased to start, the 'The Mind Matters' page in our monthly bulletin 'E-Spark'.

It shall cover a one page Article, on various topics, related to mental health, by guest authors.

Our first Guest Author is **Dr Aditi Acharya – Lokhande**

Dr Aditi Acharya-Lokhande has completed her MBBS from Terna Medical College, NaviMumbai in 2009. She has completed her post graduation in psychiatry (MD) from BJMC, Ahmedabad in 2013. She has also done an observership in Cognitive Behavior Therapy at NIMHANS, Bangalore in 2013. She is practising psychiatry for last 10 years in Chembur, Mumbai. She also appears on various marathi tv channels for talk on mental health issues.



MINDFULNESS AND ITS RELEVANCE TODAY

'The sky is clear and unaffected by what is happening, the clouds come and go, the winds come and go, so does the rain and sunlight, but the sky remains clear.'

This paragraph essentially sums up the purpose of mindfulness. Here the clear sky is our mind and what we want to achieve through this practice of mindfulness is not to be shaken by our thoughts and actions and rather to witness and become more aware of our surroundings.

Mindfulness is a philosophy that was given by Gautam Buddha many centuries earlier. Later, Dr John Kabat Zinn conducted thorough research and in 1979, started an eight week program called Mindfulness Based Stress Reduction.

WHY MINDFULNESS ?

These days due to globalization, all of us are caught up in the rat race to compete with others, constant striving to achieve certain goals; there is constant bombardment of advertising industry which adds to the clutter in our mind. When our mind is very confused , we lose clarity as to what we want in our lives. We forget to live in the present moment because we are preoccupied with worries of future or incidents in the past. If we allow water in a glass to stand still, gradually turbidities settle down and we get a clearer view of the water. Similarly, when we slow down, look within ourselves, the clutter in our mind is cleared and we gain clarity in our thoughts. When we settle back into the moment realizing that past and future are simply thoughts in the present then we are freeing ourselves from the bondage of 'time'. Through mindfulness, mind can become very malleable. Just like a piece of clay can be easily shaped into a pot, similarly when awareness and concentration of mind are developed, the mind also has that kind of workability and flexibility. Through the practice of mindfulness of not clinging, not condemning, not identifying with anything, the mind becomes lighter and freer.

WHAT IS BEING MINDFUL ?

Mindfulness means total non-judgemental awareness of surroundings and one's own body from moment to moment. The awareness of breathing, sounds, physical sensations, thoughts, feelings in every moment. But, there should be no force or tension inspite of greatest effort. Being aware of every moment, helps us to live, relish every moment in life. Because the present moment is going to become past soon and then again we would feel guilty of not living it, cherishing that moment to the hilt. This practice cannot be cultivated in a few days. It requires consistent efforts and perseverance for months to become more mindful in life. By being continuous in our practice, each moment builds over another and in a short time the mind will develop an acute strength and penetrating power.

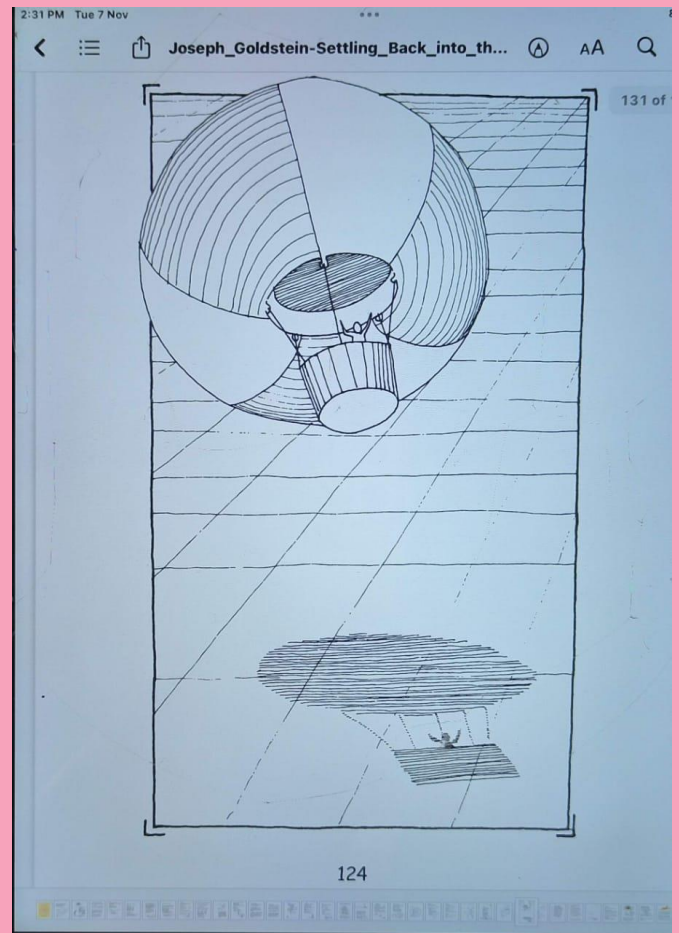
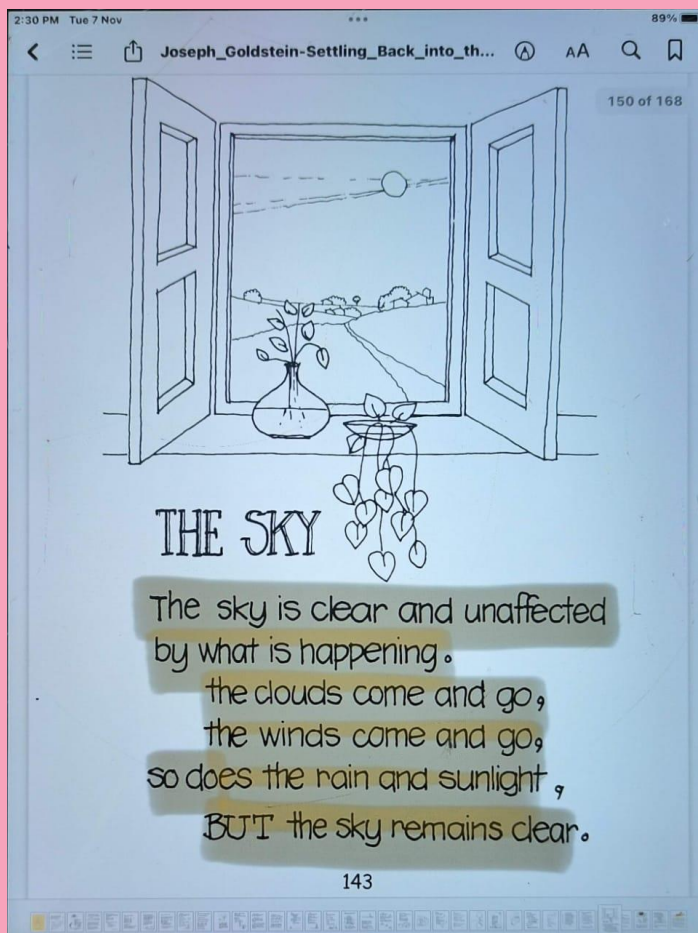
Just witnessing each thought without judging it as right or wrong, just being aware of the thoughts coming and going in our mind. Thoughts coming is not the problem but our reaction to those thoughts arouses strong emotions within us. When we look at thoughts as just a chemical reaction in the brain and distance ourselves from our thoughts, our reaction to them also changes. We enter a state wherein ,any thought coming to our mind, loses the power to unsettle us. We become more balanced in our reactions.

While we try to focus on every moment, it is very likely that our mind will get distracted to some other thoughts, worries etc.. But as soon as we realise this is happening, we need to bring our attention back to the present moment, to 'here and now'. Mindful living also enhances our productivity because we direct our complete attention to the task in the present moment. So, for example, when you are eating mindfully, relishing every bite, feeling gratitude for people involved in the process of cultivation to cooking, you feel greater sense of satiety and satisfaction even with less quantity of food. While unmindful eating like while watching television or phone leads to lesser feeling of pleasure with every bite and also leads to overeating and weight issues.

Mindfulness based exercises include sitting meditation, mindful eating, mindful walking etc .Basically, all these practices train our mind to live fully in the present moment with nonjudgemental awareness..

Finally, I would like to conclude by saying, 'Impermanence is only permanent.' If we realise that change is constant in every moment, we can get rid of attachment to various worldly pleasures, emotions etc. .Once we get rid of this greed, desire to own, we can live much more meaningful lives which not only enrich us but also people around us.

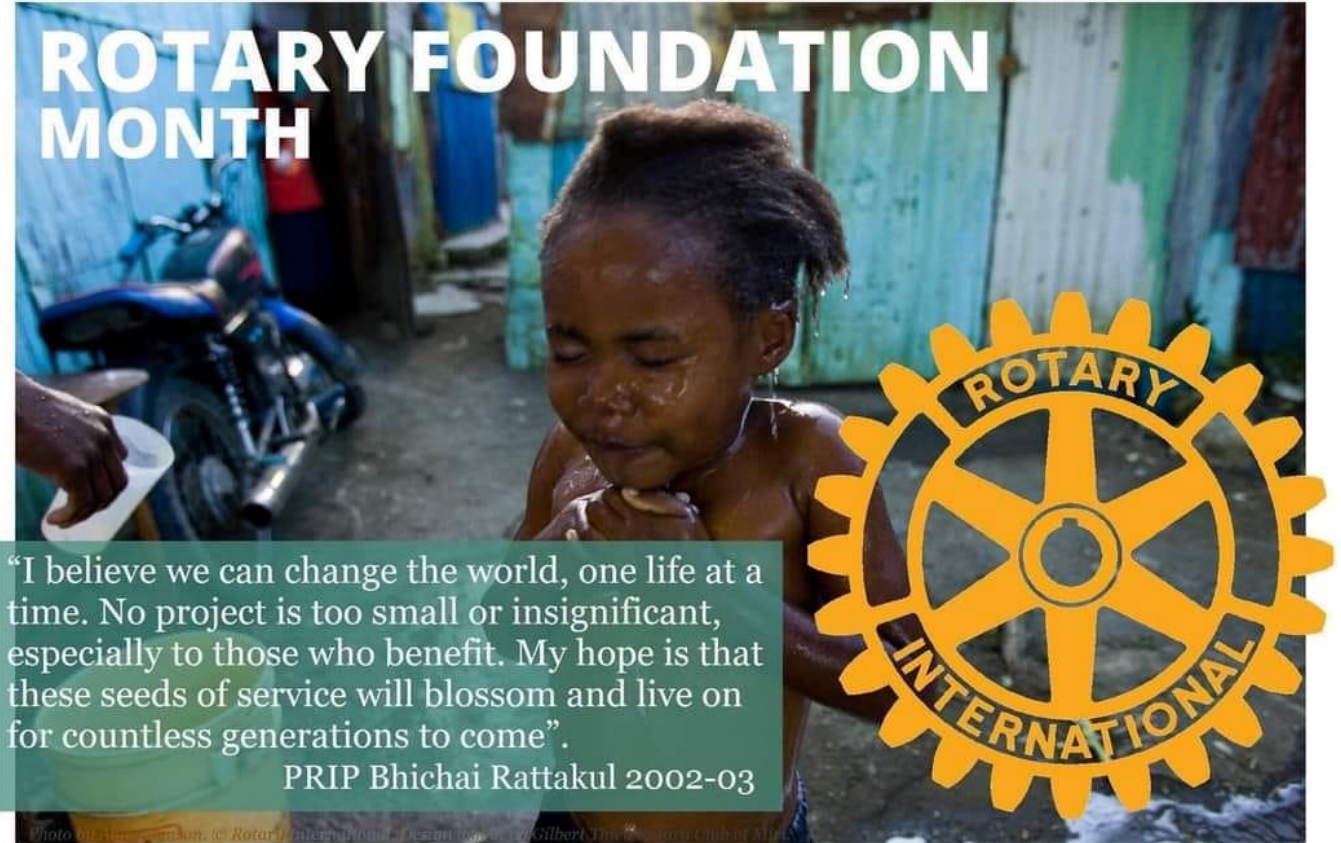
Dr Aditi Acharya,
MBBS, [MD Psychiatry].



NOVEMBER – Rotary Foundation Month

NOVEMBER

ROTARY FOUNDATION MONTH



“I believe we can change the world, one life at a time. No project is too small or insignificant, especially to those who benefit. My hope is that these seeds of service will blossom and live on for countless generations to come”.

PRIP Bhichai Rattakul 2002-03



TAKE ACTION: www.rotary.org/give



The Rotary Foundation transforms your gifts into projects that change lives both close to home and around the world. As the charitable arm of Rotary International, we tap into a global network of Rotarians who invest their time, money, and expertise into our priorities, such as eradicating polio and promoting peace. Foundation grants empower Rotarians to approach challenges such as poverty, illiteracy, and malnutrition with sustainable solutions that leave a lasting impact.

Strong financial oversight, a stellar charity rating, and a unique funding model mean that we make the very most of your contribution. Give and become a part of Rotary's life-changing work!

The collective leadership and expertise of our 1.2 million members helps us tackle some of the world's biggest challenges, locally and globally. We are united by common values and vision for the future as we sharpen our focus with targeted specific causes that will reach communities most in need.

GUIDING PRINCIPLES

For more than 100 years, our guiding principles have been the foundation upon which our values and tradition stand. The Four-Way Test, Object of Rotary, and the Avenues of Service express our commitment to service, fellowship, diversity, integrity, and leadership.

AREAS OF FOCUS

We direct our efforts in six areas to enhance our local and global impact. Our most successful and sustainable projects and activities tend to fall within the following areas:

- Promoting peace
- Fighting disease
- Providing clean water
- Saving mothers and children
- Supporting education
- Growing local economies
- * Supporting Environment

HISTORY OF THE ROTARY FOUNDATION

At the 1917 convention, outgoing RI President Arch C. Klumph proposed to set up an endowment "for the purpose of doing good in the world." In 1928, it was renamed The Rotary Foundation, and it became a distinct entity within Rotary International.

GROWTH OF THE FOUNDATION

In 1929, the Foundation made its first gift of \$500 to the International Society for Crippled Children. The organization, created by Rotarian Edgar F. "Daddy" Allen, later grew into Easter Seals.

When Rotary founder Paul Harris died in 1947, contributions began pouring in to Rotary International, and the Paul Harris Memorial Fund was created to build the Foundation.

EVOLUTION OF FOUNDATION PROGRAMS

1947: The Foundation established its first program, Fellowships for Advance Study, later known as Ambassadorial Scholarships.

1965-66: Three programs were launched: Group Study Exchange, Awards for Technical Training, and Grants for Activities in Keeping with the Objective of The Rotary Foundation, which was later called Matching Grants.

1978: Rotary introduced the Health, Hunger and Humanity (3-H) Grants. The first 3-H Grant funded a project to immunize 6 million Philippine children against polio.

1985: The PolioPlus program was launched to eradicate polio worldwide.

1987-88: The first peace forums were held, leading to Rotary Peace Fellowships.

2013: New district, global, and packaged grants enable Rotarians around the world to respond to the world's greatest needs.

Since the first donation of \$26.50 in 1917, the Foundation has received contributions totaling more than \$1 billion.

#endpolionow

#growrotary

#rotaryconnectstheworld

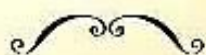
Rotary International Data : Courtesy PDG Rtn Devendra Shastri

Great things happen
to those who don't stop
believing, trying, learning,
and being grateful.



Being
HUMBLE
means recognizing
that we are not on earth
to see how
IMPORTANT
we can become,
but to see how much
DIFFERENCE
we can make in the lives
of others.

-Gordon B. Hinckley



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Rotary Club of Surat West wishes you a Very Happy Diwali and a Prosperous New Year

वैराग्य-तैल-संपूर्णे भक्ति-वर्ति-समन्विते ।
प्रबोध-पूर्ण-पात्रे तु ज्ञप्ति-दीपं विलोकयेत् ॥

दक्षिणामूर्ति उपनिषद्

*vairagya-taila-sampurne bhakti-varti-samanvite
prabodha-purna-paatre tu Jnapti-deepam Vilokayet.*

Dakshinamurty Upanishad

One must behold the Lamp of Knowledge with the oil of vairagya,
wick of devotion, shining in the container of the Completely Awakened (Mind).

*Happy Deepavali
&
A Prosperous New Year*



Swami Swatmananda