



Rotary Club of Surat West

R.I. District 3060 Zone 4-B



CREATE HOPE
in the WORLD

Rotary Year 2023 - 2024

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: www.rotaryclubofsuratwest.org

SPARK

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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



My dear Rotary Surat West family,

In this edition of E Spark we present to you a detailed article on **Digital Detox** by **Dr Drashti Shah, MD (Psychiatry)**.

In this age of Mobiles and Gadgets we clutter our Minds with Continuous use of electronic devices which lead to long term Health issues and Mental distress.

I request all Rotarians to read the complete article and make it a point to go for Digital Detox atleast 1 hour before sleeping.

Mental Health is a prerequisite to Physical Health and our overall well being.

Regards

Rtn Mausam Jalan

Bulletin Editor – 2023 -24

Fun , Fellowship and Fitness – Sunday Morning – 3rd December 2023.

Members of Rotary Club of Surat West participated in a Energetic Morning Walk - Run –Jog Event to welcome the winter season in surat.

It was a 6 kms Stretch from Surat International Airport to Dumas Beach.

We had a great Sunday Brunch consisting of Tea , Coffee and Bhajiyaas at Dumas. A Sunday Morning well spent with friends.





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How to go for Digital Detox?

What is digital detox?

Digital detox as a term was introduced in 2012 by Felix and Dean. While it was included in the 2019 edition of oxford dictionary, the dictionary defined digital detox as a “period of time during which a person refrains from using their electronic devices, such as smartphones, regarded as an opportunity to reduce stress or focus on social interaction in the physical world”.

Why to go for digital detox?

Long term technology use has impacted the mental health of the population in the following ways by causing:

1. Increase in stress levels: As per the research by American psychological association it was found that many people found it technology as a source of significant stress as there is constant need to check messages or e-mails.
2. Disruption of sleep cycle: Mobile phones or any technology use specially during night has found to be altering the sleep duration causing insomnia and anxiety. It was also found that lighting emitted from the devices suppress melatonin (A hormone essential for regulation of sleep cycle) which again led to the disruption of sleep cycle.
3. An increase in prevalence of severe psychiatric disorders
4. A continuous fear of missing out
5. Increases the frequency of eye strain and migraine
6. Self-Image problems
7. Lack of time management and difficulty in work

How does use of digital screen impact brain and alter its circuits?

Research has indicated that there are high chances of getting addicted to the screen because it causes the release of Dopamine in the reward circuitry in brain. This circuit is also associated with the high addictive property of substances like nicotine, cocaine etc. The activation of reward pathway leads to feeling of pleasure in brain making detoxification from digital screens difficult.

Who should go for digital detox?

Anyone can undergo digital detox who uses technological gadgets like smartphones, tablets, laptops or PC and feel any of the problem mentioned above.

What will be the benefits?

1. Feeling calm and content
2. Improve productivity
3. Feeling better about yourself
4. Getting healthier (reduced eyestrain, headaches, dry and teary eyes)
5. Sleep improvement
6. And it's always better for your mental health

How to go forward with digital detox?

If you feel that using screen has led to any of the problems then you can always go for reduction in screen time. Yes, in today's tech savvy world completely being abstinent from technology is very difficult, but a reduction in screen time is always possible.



Here are a few tips and tricks:

- **Pay attention to your emotion when you use your phone:**

Just be aware about why are you using your screen at the respective time, is it for work or is it out of boredom or is it because you are missing something or someone, also keep in mind whether the use of the screen makes you happy or sad. Anytime you feel it is taking toll on your health just try and cut back.

- **Keep a scheduled break from your gadgets**

Keep an alarm in the phone and check it only every 15-20min. Don't use it before the alarm goes off which will make it a regular break from the screen helping in detox. Do it multiple times a day increasing in frequency. If you still feel being hard to resist, keep the phone out of sight and focus on any other activity which gives you pleasure but doesn't involve screen use.

- **Keep a track of your usage**

There are a few apps available for free on play store or apple store which help lock the device so that it reminds you about the daily usage and helps you keep away from difficulty in detoxing. Nowadays many phones even have inbuilt apps for locking the apps after the daily use limit set by us. It is just about finding and innovating on how to keep track of the

usage. Even the age old method of recording use in diary is a good way to keep a track of your progress in reducing your screen time.

- **Bed and screen don't go well together so keep them separate**

Bedroom is a place which should ideally be free from screens but as today's world is a fast paced one with calls and meets happening at any time and any place it is difficult to avoid screens. But when in bed try and avoid screen.

- **Turn off notifications**

A message or an email or a ping just makes us inquisitive or anxious of what the message will be thus distracting ourselves from the task we are on to. The best way to reduce the same is to turn off the notifications beforehand while trying to detoxify from the screen. Do not disturb mode might also be helpful.

- **Convert black to white**

Screens are so bright and vibrant. The vibrancy of the screen attracts our attention for more use so if possible, convert to retro or switch to greyscale mode on your phone.

- **No screen while meals**

Whenever using screens during meals our attention goes to the screen rather than going to the meal or the people around us. Meal times are important for bonding so avoid screens while having meals

- **Re-discover the joys of reading paper**

Paper has an innate property of inculcating different senses of touch and vision. There are also fewer distractions when using paper. The eyestrain is reduced when using paper and the neck and back strain are less. So go for paper where ever possible instead of using kindle or laptop book reading.

- **One screen at a time**

Using one screen at a time reduces multitasking and helps the brain to focus at one thing at one time. Say for example, you are reading an

article and suddenly a message comes, the focus is immediately diverted to the message and then the time taken to recalibrate increases.

- **Small steps can help reduce bodily stress**

Many a times specially in adolescents the use of screens has increased to a level which has led to the introduction of term internet addiction and withdrawal from the same has shown to have withdrawal symptoms, craving, tolerance, use despite harm. There have been physical issues like text neck and smartphone thumb along with increased incidence of dry eyes. If addiction develops or any physical issues have occurred one can always consult a specialist who have specific treatment for the same. So, one can take small steps in the above-mentioned article to prevent serious long-term damage.

Thus, would conclude by saying that digital screens are necessary evil and in an balanced way it has opened many portals of learning and working but in an excess has also led to a plethora of new illness. So be mindful of using the screen and enjoy reading.



Dr. Drashti Shah

M.D (Psychiatry)

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GMERS Medical College

Gotri, Vadodara.

RI President's Message – December 2023



December, I will attend the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I will speak about the convergence of two global crises: climate and mental health.

As the World Health Organization has noted, climate change worsens risk factors — such as disruptions to homes and livelihoods — for mental

health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild.

Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and technical support. I wish to share this month's column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter.

R. Gordon R. McInally

President 2023-24

The term "natural" disaster has long been used to describe tropical storms, floods, earthquakes, and volcanic eruptions, but there needs to be an urgent shift in the language we use. While the term may seem harmless, and we've not always gotten it right, we've learned through our work with disaster-affected communities how it perpetuates a dangerous myth that nothing could have been done to prevent people being so badly affected. This misleading and harmful narrative can lead to a lack of action to help people who need it.

The language we use matters. When we frame disasters as natural, we fail to acknowledge the complex interplay between nature and the role of human actions and how they impact communities around the world.

Earthquakes, tsunamis, volcanic eruptions, and extreme storms, drought, and flooding occur because of natural processes on Earth. But it is how these events affect people or the environment that has the potential to make them a disaster — outcomes influenced by human factors like where people live, what types of homes they have, political instability,

and the lack of proactive measures to protect vulnerable communities. A disaster is the result of systemic inequalities in access to resources and power. Where we live and how much money we have often determines our ability to recover. The people worst affected are those living in poverty, with the least means to protect themselves and few resources to withstand the next event.

By framing these events as natural, we undermine the need for proactive measures to protect vulnerable communities, masking the underlying social, economic, and political instability that makes marginalized and disadvantaged communities disproportionately affected. Our teams see firsthand how issues like inequality, poverty, urbanization, deforestation, and the climate crisis can make communities more vulnerable.

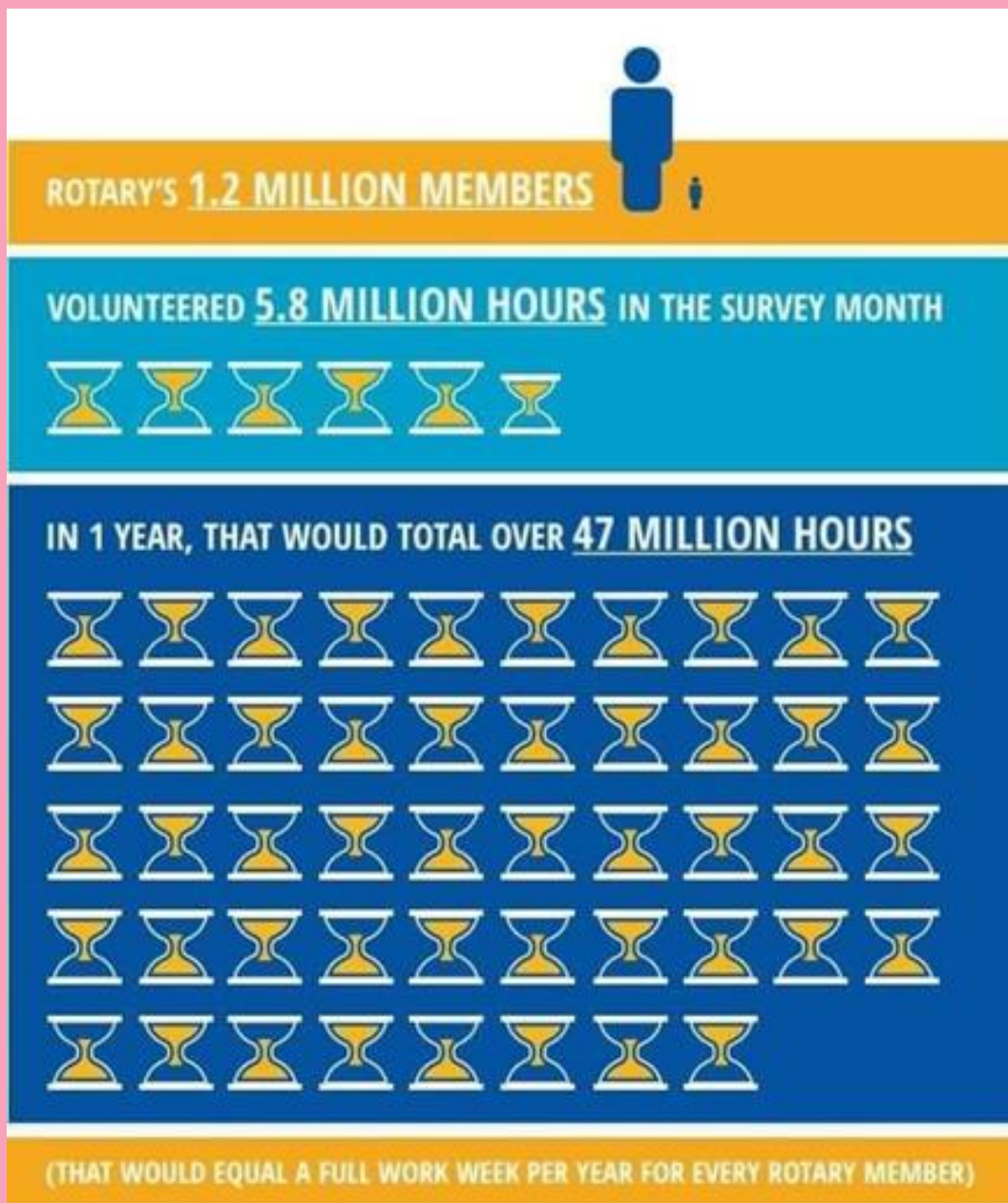
At ShelterBox, we simply say “disaster” or are more specific, describing the extreme weather, earthquake, tsunami, or volcanic eruption. I urge everyone to help us in breaking this cycle by committing to language that accurately reflects why people are affected so badly.

Only then does it pave the way to address the underlying causes of vulnerability and work toward a more just and equitable future for all, with the necessary investment, resources, and proactive measures to help protect affected communities.

Disasters are not natural. Let’s stop saying they are.

Sanj Srikanthan
CEO, ShelterBox

THE #IMPACT OF ROTARY VOLUNTEERING— 47 MILLION HOURS A YEAR AND COUNTING



"This ground-breaking new report, undertaken by the Johns Hopkins Center for Civil Society Studies with support from Rotary International is the first systematic, empirical analysis of the extent of volunteer activity generated by a major global service organization..."

This report is definitely worth a read to see visual data on Rotary's global impact, demographics, and other findings. Find the article and where to download the full report at the link below:

<https://ccss.jhu.edu/rotary-volunteering-report/...>

Trustee chair's message - #December 2023



"So this is Christmas / And what have you done?" sang John Lennon in the holiday classic "Happy Xmas (War Is Over)," released in 1971 with Yoko Ono.

The holidays are a time of warmth and togetherness but also of reflection. Above all, the season is a time of generosity, especially to those less fortunate.

During your holiday giving, remember that gifts to The Rotary Foundation may not fit nicely in a present box, yet they keep on giving throughout the year.

December is also Disease Prevention and Treatment Month. Just think of all the Rotary efforts that would not be possible without the generosity of you, our Rotary family. Consider the incredible progress we have achieved in our fight to end polio — the countless lives we've saved and the hope we've restored. Think of all the clinics around the world Rotary has equipped and the medical professionals trained through Foundation grants, helping fight heart disease and Guinea worm disease.

Your gifts to the Foundation also help make health care accessible to underserved communities in a big way through Programs of Scale. Right

now, those grant recipients are working to end malaria in Zambia, reduce the mortality rate of mothers and their infants in Nigeria, and eliminate cervical cancer in Egypt.

Of course, our reach extends far beyond disease prevention and treatment. During times of disaster, we must act swiftly to alleviate suffering and offer support. In response to the devastating earthquake in Morocco in September, The Rotary Foundation Trustees established the Morocco Earthquake Response Fund to support immediate relief efforts led by Rotary members on the ground. You can contribute directly, and your districts can apply for grants from the fund until 21 September 2024 or until the funds are fully allocated. Anyone can initiate a fundraiser for the Morocco fund on Raise for Rotary, opening further avenues for your generosity.

We truly have the gift of giving. There are no limits to the opportunities to give and make a difference through Rotary.

As we approach the end of the year, I invite you to make your gifts before 31 December. Your generosity will have a profound impact on many — people who you may never meet, but whose lives you will change just the same.

On behalf of Esther and myself, we wish you all a joyful holiday season. Thank you for your continued support, dedication, and unwavering commitment to The Rotary Foundation and to what Rotary is all about: helping others.

Barry Rassin

**Rotary International Data : Courtesy PDG
Rtn Devendra Shastri**



**“The future of Rotary will not be shaped at
RI headquarters -- it will be shaped in
each and every Rotary club, because
it is for each of us -- as Rotarians --
to do what is necessary to keep
Rotary strong.”**



**– John Kenny
(RI President 2009-10)**

Trikarpur Rotary RI District 3202

ROTARY WISDOM


*“Rotary opens these doors
and we need to harness
our connections, to deepen
these relationships and create
new partnerships, and the
best part is, this can happen
at every level of leadership.”*

R.T.N. TONY CAMA


Jennifer Jones

*Rotary Club of Windsor-Roseland, Ontario, Canada
Rotary International President
RY 2022-23*



Rotary 
Club of Makati F. Zobel

Public Image

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Rotary
Club of Felicity / Charlieville



BEST WAYS TO ENJOY ROTARY

- Attend meetings regularly
- Get involved on Service Projects
- Network and Fellowship
- Share your Skills
- Take a Leadership Role
- Attend Conferences
- Encourage new members
- Balance your personal commitments

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Important Message :

Election Meeting for Rotary Club of Surat West will be held on 27th December 2023 for the Election of **5 Directors, Hon Treasurer, Jt Secretary, Hon Secretary , Vice President and President for the Rotary Year 2024 -25.**

Elections for the **President for the Rotary Year 2025 -26** will be held simultaneously .

Members who wish to Serve the Club, may fill the Nomination forms sent in the official Whatsapp Group of the Club and Send the completed form to **Election Officer IPP Rtn Tanmay Agarwal** before 20th Dec 2023.