



# 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.: 16 / 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



My dear Rotary Surat West family,

Cardiopulmonary resuscitation (CPR) is a crucial life-saving skill that can make a significant difference in emergency situations. CPR involves chest compressions and rescue breaths to maintain blood circulation and oxygenation when a person's heart has stopped or is not effectively pumping blood.

Learning CPR empowers individuals to respond effectively to cardiac emergencies, increasing the chances of survival until professional medical help arrives.

Regular training and awareness are vital to ensure that more people are equipped with the knowledge and confidence to perform CPR when needed, potentially saving lives in critical moments.

I thank the District 3060 Team for their sessions on CPR training on the occasion of World Rotary Day

Regards

**Rtn Mausam Jalan**

**Bulletin Editor – 2023-24**

## *“That’s Insane” – did you just said that ?*

(How our language stigmatizes mental illness)



Dr. Heena Jariwala Khanna, (M.D. Psychiatry) an alumna of NHL, Ahmedabad, and a proud graduate of GMC, Surat, is not your typical psychiatrist.

She's not just about textbooks and prescriptions. Driven by a curiosity for the unique mental health challenges of our modern era, she's on a mission to untangle the knots of the mind.

Dr. Heena, actively engages in pioneering solutions, making significant strides towards a more inclusive and comprehensive approach to mental well being and redefining what it means to feel okay in today's world.

### **Unraveling the Misuse of Mental Health Terms:**

#### **A Call for Clarity and Sensitivity**

Language is a powerful tool that shapes our perception and attitudes. When it comes to mental health, precision in language is paramount.

In recent years, conversations surrounding mental health have gained momentum, fostering a greater understanding and empathy towards those facing mental health challenges. However, amidst this progress, a concerning trend has emerged - the misuse of mental health terms. This misuse can range from casual conversations to media portrayals, not only perpetuating stigma but also distorting the understanding of mental health conditions. This can lead to trivialization, misunderstanding, and, in some cases, hinder individuals from seeking the help they need.

### **Let's delve into common examples of this phenomenon:**

1. **"I'm so OCD"** : In everyday language, people often use the term "OCD", to describe someone who is neat, organized, or particular about certain things. However, OCD (Obsessive Compulsive Disorder) is a serious mental health condition characterized by intrusive thoughts and repetitive behaviors that significantly disrupt daily life. Using "OCD" to describe tidiness trivializes the distress and impairment experienced by individuals with the disorder.
2. **"She's so bipolar"** : Bipolar Disorder involves extreme shifts in mood (from manic highs to depressive lows), energy and activity level, affecting an individual's ability to function. Labeling someone as "Bipolar" to describe mood swings or changes in behavior, which are a normal part of the human experience, oversimplifies the complexity of the condition.
3. **"That exam gave me PTSD"** : Traumatic experiences are a part of life for many individuals, and it's not uncommon to hear someone say they have "PTSD" after a minor inconvenience or upsetting event. However, Post Traumatic Stress Disorder is a mental health condition triggered by experiencing or witnessing a traumatic event, leading to symptoms such as flashbacks, nightmares, and severe anxiety. Trivializing PTSD undermines the experiences of those who struggle with its debilitating effects.



4. **"I'm so depressed"** : Depression is a mental health condition characterized by persistent feelings of sadness and a lack of interest or pleasure. Using the term to describe temporary feelings of sadness oversimplifies the experience of depression and can contribute to a misunderstanding of the severity and persistence of the condition.

5. **"He is a psychopath for cheating in the exam" or "She's such a psychopath for breaking up with him"** : Cheating in an exam might reflect poor judgment or lack of integrity, but it doesn't necessarily align with the clinical criteria for psychopathy. Similarly, while breakups can be emotionally challenging, applying a clinical diagnosis to normal relationship dynamics oversimplifies the nuance aspects of human behavior.

### **Impact of Misuse:**

1. **Stigmatization:** Casual use of mental health terms in inappropriate contexts can perpetuate stereotypes and stigmatize individuals with actual mental health conditions. This contributes to a culture that trivializes the struggles of those facing genuine challenges.

2. **Undermining the real experience:** By misusing mental health terms, we risk belittling the experiences of those genuinely living with mental health conditions. This trivialization may discourage open conversations about mental health and impede progress towards destigmatization.

3. **Misunderstanding:** Misuse of terms can lead to a misunderstanding of mental health conditions, creating a gap between the reality of these disorders and public perception. This gap may prevent individuals from seeking help or cause loved ones to overlook warning signs.

4. **Diminished Sensitivity:** The misuse of mental health terms can desensitize individuals to the gravity of these conditions, fostering an environment where mental health challenges are not taken seriously.

## Strategies for clarity:

1. **Promoting Linguistic awareness:** Initiatives to educate the public about the accurate use of mental health terms can foster a more informed and compassionate dialogue, reducing the chances of inadvertent misuse.
2. **Encouraging thoughtful media representation:** Media outlets play a pivotal role in shaping societal perceptions. Encouraging accurate portrayals of mental health in various forms of media helps counteract the perpetuation of stereotypes and misinformation.
3. **Destigmatizing honest conversations:** Creating an environment that encourages open and honest conversations about mental health promotes understanding and reduces the stigma associated with these conditions.

## Conclusion:

**As we continue to progress in our understanding of mental health, it is imperative to address the misuse of related terms. Using psychiatric terms inaccurately in everyday discourse not only perpetuates stigma but also reflects a lack of understanding about mental health conditions. By fostering clarity in our language, we contribute to a more empathetic and informed society. Let us strive to use our words wisely, ensuring that our conversations surrounding mental health are respectful, accurate, and ultimately supportive of those facing genuine challenges.**

## Visit to Bachhpann Day Care center for School Bag distribution on 16<sup>th</sup> February 2024.

Members of Rotary Club of Surat West visited Bachhpann Day Care Centre at GIDC Sachin and distributed school Bags and Snacks to the Children.

Bachhpann Day Care Centre is a permanent project of our Club where children of the labours working in the Industries of GIDC Sachin are taken care of when their parents are at work

**The Project Chairman was Ann Kavita Bhagat**





## Made for Each Other – 21<sup>st</sup> February 2024

Rotary Club of Surat West organized the much awaited fellowship event Made for Each other at Crazy Bite Banquet , Piplod.

PP Dr Jigish Shah & his better half Dr Alka Shah were the Anchors for the show.

The winning Couple were Rtn Nirav Mandlewala & Ann Mansi Mandlewala and First runner up Couple were Rtn Rajesh Nandwani & Ann Tripta Nandwani.

Congratulations to the Winners and also to all the Couples who participated in the fun and enjoyable Game.



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# Cardio Pulmonary Resuciation (CPR)Training at SMC Vadod School – 23rd February 2024..

On 119th birthday of Rotary, celebrations started early morning with an impactful project. At our adopted SMC school at Vadod, we reached early in the morning. RID 3060 has undertaken an initiative to train at least 10,000 persons for CPR (Cardio Pulmonary Resuscitation).

CPR trained citizens can help save lives in cases where heart and breathing has stopped due to drowning or accident or any other reason.

Dr. Praful from the Civil Hospital of Surat, joined us at the school. He very nicely explained all the aspects to the teachers, as well as the students. He even demonstrated and help a few students practice the same on mannequins.

President Rtn Sonal Shah informed everyone about the Rotary Day and welcomed the doctor. We presented him, as well as the principal with tokens of gratitude from our club.

PP Bhavesh proposed vote of thanks.

What a way to celebrate the 119th Rotary Day!!



## **Joint Club Program on Patient Awareness – 23<sup>rd</sup> February 2024**

On the Occasion of Rotary Day, Rotary Club of Surat West along with Rotray Club of Surat, Rotary Club of Surat Tapi and Rotary Club of Surat Round Town jointly organized the following program at Dr Sarosh Bhacca Memorial Rotary Hall, Jeevan Bharti , Timaliyawad, Nanpura , Surat

**Patient Awareness Program** – by faculties from **Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute**, Mumbai

Speaker : **Dr Raghuram Shekhar** (Consultant – Vascular & Endovascular Surgery) spoke on the topic : **Diabetic Foot Problem**

Speaker : **Dr Sanjay Pandey** (Head – Andrology & Reconstructive Urology) spoke on the topic : **Safe gaarding Urinary & Prostrate Health** in 2024.

We ended the Rotary day celebrations with joint club event. Rotary Surat West joined hands with clubs of Surat area to listen to senior doctors from Kokilaben Dhirubhai Ambani Hospital.

Dr. Raghuram Shekhar and Dr. Sanjay Pandey shared interesting insights about “Diabetic Foot Problem” and “Safeguarding Urinary and Prostate Health”. They not only discussed major symptoms and treatment, but also about day to day habits and practices for overall better health. The best aspect was that they made such a technical subject so interesting and easy to understand.

Members of senior citizen groups were also invited and benefited greatly from the presentations as well as interactive session.



President Rtn Sonal Shah felicitated Dr. Shekhar.

Rtn Rahul Madhyan, Ann Chitali and PP Bhavesh joined the event.

The event ended with cake cutting to celebrate 119th Rotary Club. We wish more and more members take benefit of such meetings.





## Rotary honours six members as People of Action: Champions of Impact



We are proud to announce and celebrate our #PeopleOfAction: Champions of Impact!

This award recognizes honourees' who have led projects with positive, long-term impact around the world. Their work exemplifies Rotary's areas of focus, including fighting disease, growing local economies, and protecting the environment.

Rotary recognized six extraordinary members as People of Action: Champions of Impact in January. This distinction celebrates the honourees' successes in projects that have had positive, long-term impact. Their work relates to several of Rotary's areas of focus, including fighting disease, growing local economies, and protecting the environment.

Meet the honourees: <https://on.rotary.org/3US3wjg>

## Protecting Environment



We work together to protect our shared heritage—the environment. That's why we've allocated \$18.4 million in grants to environment-related causes in the past five years. From strengthening communities affected by climate change to implementing sanitation and hygiene projects, our members are making a difference for future generations.

Learn more about our environmental initiatives:

<https://on.rotary.org/3vwuRZZ>



## Rotarians- People of Action

# play a leading role in your community

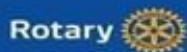
For more than a century leaders have joined Rotary to make lasting changes in communities all over the world.

Rotary played a leading role setting up such organizations as Outward Bound, Crippled Children's Society (now called CCS Disability Action), Cure Kids and many others.

If you want to play a part in Rotary or help to get a great community idea off the ground, get in touch with Rotary. There's a club near you.

CONTACT ROTARY'S  
**PEOPLE OF ACTION**  
OF THE ROTARY CLUBS NEAR YOU!

JOIN LEADERS   EXCHANGE IDEAS   TAKE ACTION



rotary.org



#rntonykama #peopleofaction #rotariansontheinternet

### Rotary at a glance

Rotary clubs	:	36,769
Rotaract clubs	:	10,784
Interact clubs	:	15,138
RCCs	:	13,258
Rotary members	:	1,166,174
Rotaract members	:	161,551
Interact members	:	348,174

*As on January 17, 2024*

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

## Did you Know !!



### **Did you know there are #Rotary clubs in over #200countries**

Rotary in Deutschland highlighted a few clubs in the different corners of the globe.

In Nuuk, Greenland, home to the country's only Rotary club, the aurora borealis fill the sky.

In Saint-Pierre and Miquelon, France, the Rotary Club owns a brightly painted clubhouse – in blue and gold, of course.

The Rotary Club of Tarawa, Kiribati, founded in 2019 on the country's main atoll, has ten members. It is 2,230 kilometers from the nearest Rotary Club on the Fiji Islands. This club has carried out nearly \$2 million in projects, including immunizing children on 21 inhabited islands of the Gilbert Islands group.

Learn where in the world our clubs are: <https://on.rotary.org/42E5pBX>

**Save the date**

# EMPOWERING AND ELEVATING WOMEN IN THE WORKPLACE

Friday 8 March | 11:00 AM CHICAGO TIME



## **Empowering & Elevating Women in the Workplace**

**Date : 8 March 2024** [on.rotary.org/3T7Tr0e](https://on.rotary.org/3T7Tr0e)

Celebrate International Women's Day with us ! How can we reach our gender equality goals and have more women in leadership positions ?

Hear from our experts on the importance of allies, mentorship, and identifying leaders. **Register today**



“In Rotary, your actions  
will create your legacy.”

PDG Ray Sanford



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**Patience,**  
**persistence** and  
**perspiration** make  
an unbeatable  
combination for  
success.

— Napoleon Hill —