



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.: 2 / 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,

We started the year with a bang, and shifted gears to more intense and impactful projects. While we continue giving, we decided it's time to think about the quality of 'being'. More specifically, 'being well - both mentally and physically'. Our own Rtn Dr Parag Shah has taken up the task to work on mental health awareness, and working in a focused way for suicide prevention. He has already built a core team and a long term plan. We were the first one to start such an elaborate program, beginning with a seminar on Mental hygiene. The District Governor was impressed and praised our President and the club for the same. We look forward to some great projects, and saving or improving lives - through this year and beyond!

Wait for announcement on a special program by PP Rtn Amit Gajjar and Ann Pooja Gajjar on physical well being, in coming days.

It feels great to be in RCSW – holistically :)

Regards

Rtn Mausam Jalan

Bulletin Editor – Year 2023 -24

Note Book Distribution at Shantaba Vidyalaya, Kukeri on 16th July 2023.

Members of Rotary Club of Surat West went to an interior village called Kukeri to visit Vatsalyadham Hostel. It is run by **Malvi education and charitable trust, since 2005.**

Currently they are running a residential school for around 850 underprivileged children from the surrounding villages. President Sonal has been supporting them in her ways since a few years. (Thanks to PP Amit Gajjar for introducing them). PP Paresh Vaidya and Rtn. Sukrutiben too had worked with them, along with their family.

On the request of the caretakers Mr Vineet and Mrs Priti Iyer, we decided to donate about 3,000 notebooks there. Many from RCSW family contributed (list produced below). Hon Sec Meeta and President carried some clothes for the girls too.

The campus is beautifully developed, with amenities and education of admirable quality. We interacted with the management to understand their history, set up, and requirements. There were two rounds of interaction with the students, where we distributed notebooks, other books, and clothes. It was satisfying to see the happiness on the children's faces.

Rtn Sanjay Jalan and Rtn Anurag committed Rs. 30,000 each to take care of education of two students for 1 Year. They promised to continue their support for long term.

Annet Khushal Nandwani offered his acupressure skills to the students. He will go back for a few sessions to teach them.

We all disbursed after a delicious lunch at their hostel. It was a Sunday with a beautiful drive, lovely fellowship with lots of sharing and banter, and an extremely rewarding experience!

Kudos to the Chair, Rtn Sukrutiben, President Sonal, Hon Sec Meeta, and team RCSW for such an amazing project.

DONOR LIST

	Name	Qty
1	Rtn Sonal Shah	50
2	Rtn Meeta Kapoor	20
3	Rtn Ritu Goyal	20
4	Rtn Manisha Agarwal	30
5	Rtn Sukriti Vaidya	20
6	Ann Anita Dhanuka	20
7	Ann Laxmi Jasrasaria	20
8	Ann Anal Parikh	200
9	Ann Archita khaitan	24
10	Ann Anita bagaria	20
11	Rtn Mausam Jalan	50
12	Rtn Gunjan Agrawal	300
13	Rtn Kinjal Mehta	50
14	Rtn Tripti Goel	20
15	Rtn Rakhi Gandhi	300
16	Rtn Nipa Sitwala	20
17	Ann Anita Gupta	100

18	Ann Shivani Mandlewala	20
19	Rtn Aditi Jain	1080
20	Ann Shilpa Bansal	50
21	Ann Archana Kathor	21
22	Ann Pooja Gajjar	30
23	Ann Kavita Bhagat	20
24	Rtn Sarita Singhal	21
25	Ann Gita Monga	20
26	Ann Kanchan Pransukhka	100
27	Ann Sneha Agarwal	100
28	Ann Dharti Mandalewala	25
29	Ann Seema Shah	30
30	Ann Anita Gupta relatives	200
31	Ann Kiran nahata	50
32	Ankur - Employee	24

Total Books 3057

Shantaba Vidyalaya (School)
834 Students

Vatsalyadham (Hostel)
737 Students

Vidyavan (Community Learning Centers)
988 Students

Alumni Support (Higher Education)
145 Students

36% Orphan/Single Parent 57% Girls

Malvi Educational and Charitable Trust
At & Post Kukeri, Tal:Chikhali, Dist:Navsari
PC 396580 Gujarat
Email: shantabaschool@gmail.com
Website: www.shantabavidyalaya.com
9574000838, 94227463773
95587 58918

Giving tribal children the right to quality education and care.

2021-22 MBBS Alumni

Partners: DRSHI, De Chh, Aakash, AGASTYA, PEE DEE, naik



Visit to Dhinka Chika Orphanage on 24th July 2023

On 24th July 2023 Hon Sec Rtn Meeta Kapoor along with a few other Rotarians visited the Dhinka Chika Orphanage and Distributed Snacks to the Children. We also provided the Orphanage with Vegetables required by them for 1 Week. Members Spent quality time with the children and Staff. Special thanks to Rtn. Aditi Jain for her contribution.



Our club's association with 'Dhinka Chika' child home dates back to the year 2010.

The 'Child Home' run by a trust, houses children who are either orphaned or have single or extremely poor parents who cannot even feed them, leave alone provide them any education. If not for this initiative, these children would surely be destined to live a life of begging, crime, or abuse.

There were 35 children residing there when our club decided to take up the cause. The sparkle and love in the eyes of the children made our Rotarians want to contribute in some way towards providing a better future for them. It was decided in one of our Board meetings to introduce this as a permanent project in the club. We decided to have a long term and continuous engagement with the Child Home and its inhabitants.

Club Assembly & Assistant Governor Visit – 26th July 2023

On Wednesday, 26th July, Members of RCSW gathered for a club assembly cum AG visit. We preceded it with an interesting and interactive presentation by our short term inbound from RID 1730, Tatiana Tilotta. Everyone learned a bit more about France, as well as their lifestyle, values, and culture.

AG Manish Naik shared the inputs from the Rotary international, and RID 3060. Total 29 committee reports were presented under 5 heads.

The AG appreciated efforts of President Sonal, Hom Sec Meeta, and all the chairs. RCSW is a sure candidate for RI citation, as per his views. The commitment to service projects was specifically admired. Total of 40 persons attended the meeting, participated, and shared lovely fellowship at the end.





Online Session on Mental Health & well being – 27th July 2023

As a part of our RI theme 'Create Hope in the World' & our RI President's suggested Initiative on 'Mental Health & Wellbeing', Rotary Club of Surat West is committed to work on Mental Health Initiatives, by conducting a series of programs, as well as service projects, in the coming year.

Dr Parag Shah has made a team and a detailed plan to carry the cause well. As the first in the series, we had a session on “Mental Hygiene”.

An online presentation was open for the whole 3060, as well as invitees. People from four cities joined and benefited from Dr Shah. It was very informative indeed. Followed by nice participation by our members!

Rtn Nipa Sitwala served as the sergeant, PP Shilpa Shah introduced the speaker Rtn Dr Parag. PP Bhavesh introduced DG Nihir Dave, and Hon Sec Meeta proposed a hearty vote of thanks.

Rtn Dr Parag Shah gave an exhaustive and detailed presentation about the types of Mental Illness and ways to improve Mental Health

Congratulations President Sonal, and team RCSW for taking the lead at the District level and getting special mention and appreciation by the District Governor Nihir Dave. We acknowledge with gratitude, DG's support, address and encouragement.

We look forward to many informative and impactful activities in coming months.

We can say, “West is the Best, because West works the Best!”



RI President's Message – August 2023

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship and compassion, and has been from the beginning of our organisation.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The US surgeon general recently declared loneliness a public health epidemic. Dr Vivek Murthy said, "We must prioritise building social connection the same way we have prioritised other critical public health issues such as tobacco, obesity and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections.

Our worldwide community and our -foundational value prioritising Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State -University found -performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study -co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years, and we will be looking to members of that group for leadership as we continue to build awareness.

Mental healthcare fits comfortably within several of our areas of focus. As of May, there are 41 global -grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.

R Gordon R McinallyPresident, Rotary International

TO BE A ROTARIAN

TO BE A ROTARIAN

It takes a unique quality to set aside one's needs
and join a special club to ensure dreams succeed
It takes determination that comes from deep within
It takes one of a kind- to be a Rotarian

It takes one who is willing to heed a call for help
It takes belief to act in SERVICE ABOVE SELF
It takes a heart of gold to say "Yes, count me in"
It takes rock-solid character- to be a Rotarian

It takes time and patience and staying to the end
and a stranger's cry for help for you to be their friend
It takes dealing with rejection and leading with your chin
It takes real humility- to be a Rotarian

It takes far reaching vision to see when people fall
and a hand outstretched to help them again stand proud and tall
It takes a shoulder to the wheel and words of "Let's begin!"
It takes a voice of hope- to be a Rotarian

It takes a kind of magic to achieve the things they've done
Teamwork-Trust-Tenacity and of course a lotta fun!
It takes all of the above but when all is said and done
It just takes one who cares- TO BE A ROTARIAN

Doug Slater

AUGUST DESIGNATION IS



**MEMBERSHIP
AND EXTENSION
MONTH**

Photo by Alyce Henson. © Rotary International. Layout by Gilbert Thien.

"The more clubs we have, the more friends we have, and the more friends, the greater our opportunity for service."
Past RI President Joaquin Serratosa Cibils, 1953-54

Rotary
End Polio Now



The National Rotarians World

JOIN LEADERS: www.rotary.org

People of Action

#August is #Membership and #Extension Month

Rotary celebrates each month, except for July, in the calendar with a different theme.

Impact starts with our members — people like you who want to be part of making the world a better place. At club meetings in communities across the globe, our members come together to strengthen their connections to friends and neighbours and their commitment to improving lives.

Who can join?

We're looking for people who want to give back to their communities.

Rotary clubs also welcome Rotaractors, Rotary Peace Fellows, and other members of the family of Rotary who qualify for membership.

How can I become a member?

Clubs accept new members by invitation. Make contact with any of our members and we will get the invitation process going. Or fill out this form and someone from our membership committee will be in contact with you.

What are the benefits?

Becoming a Rotary member connects you with a diverse group of community leaders who share your drive to give back. Through regular meetings and events, you'll:

Discuss your community's needs and develop creative ways to meet them

Connect with other leaders who are changing the world

Expand your leadership and professional skills

Catch up with good friends and meet new ones

What's expected of me?

As a club member, you will be asked to:

Pay club dues

Attend meetings and events

Use your skills and talents to make a difference,

Membership and New Club Development Month, a time to focus on Rotary's continuing need for growth, to seek new members and form new clubs.

Update your classifications list and circulate amongst members and accordingly fill up the Vacancies

Educate members about membership Procedure

Induct New Members

Invite Retractors to join Rotary

Consider inviting Local Personalities to be Inducted as Honorary Members
Organise Seminar on Club level & a Public meeting inviting non rotary friends and Rotary Alumni to emphasis Advantages of Joining Rotary.

ROTARY WISDOM

**IN ORDER TO LIVE
IN THE KIND OF
SOCIETY YOU WANT,
YOU HAVE TO
HELP BUILD IT**



— JENNIFER JONES, RI PRESIDENT



ENHANCING ROTARY'S PUBLIC IMAGE

Strengthen Rotary's image by delivering a clear and compelling message that conveys what we do and how people can engage with us. By speaking, writing, and designing in a unified voice and look, we ensure that our communications are unmistakably Rotary.



**Rotary International Information – Courtesy PDG Rtn
Devendra Shastri**

What is Rotary !!

R **Recognize**
an ethical issue

Rotary



The National Rotarians World

O **Obtain Information**
about the situation and others'
interests and perceptions

T **Test**
alternative actions
from various
perspectives

A **Act**
consistently with
your best judgment

R **Reflect**
on your decision
after acting

Y **Yield**
to your
ethical judgments



1. What action
benefits me
most?



2. What action
do my friends
think I should
do?



3. What
action would
produce
the greatest
amount of
good and the
least amount
of harm?



4. What
action
respects
the
integrity
of every
person?

Forthcoming Events for the Month of August 2023



**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



Monthly Program Schedule

August - 2023 Membership & New Club development Month	
2 nd August - Wednesday	Fellowship meeting with Housie game Project Chair: Ann Sarita Tulsian & Rtn. Tripti Goel *Venue will be shared soon
9 th August - Wednesday	Rotary Umbrella Distribution Project [Public Image Project] Project Chair: Rtn. Meeta Kapoor *Details will be shared soon
13 th August - Sunday	Mental Health Project Project Chair: Rtn. Dr. Parag Shah Online Guest Lecture on "How does screen use affect our Attention, Concentration & Activity Level?" *Details will be shared soon
15 th August - Tuesday	Independence day celebration at Aanadgram School Vadod
23 rd August - Wednesday	Rotary and GK Quiz Followed by Q&A on Rotary Project Chair: PDG Devendra Shastri *Venue will be shared soon
	Mental Health Project Project Chair: Rtn. Dr. Parag Shah School based program, on topic of 'ADHD', for 1-2 hours, for teachers. *Details will be shared soon

Rtn. Sonal Shah
President (2023-24)

Rtn. Meeta Kapoor
Hon. Secretary (2023-24)