



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

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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

FROM THE DESK OF BULLETIN EDITOR



My dear Rotary Surat West family,

As September dawns upon us, Rotary proudly heralds the beginning of the Basic Education and Literacy Month. This dedicated time is a celebration of our commitment to nurturing minds, fostering growth and drive change through education.

At the core of our mission is the drive to strengthen the community's capacity to support literacy. I firmly believe that education is not just a privilege, but a fundamental right that empowers individuals to shape their destinies. Through collaborative efforts, let us aim to break down barriers, open doors and create a world where every person has access to quality education.

One of the key aspirations during this month is to address and reduce gender disparity in education. Every child deserves an equal chance to learn and flourish, regardless of the gender. By focusing on eliminating gender-based barriers, let us lay the foundation for a more equitable and inclusive society.

But friends, our commitment should not end with children. Do you know? Across the world, more than 775 million people over the age of 15 are illiterate. That is 17 per cent of the world's total population. This data forces us to also shift our focus to recognise the importance of lifelong learning and thus champion adult literacy as well. Empowering adults with the ability to read and write not only enhances their personal growth but also strengthens the fabric of our communities. A literate society is a society poised for progress.

"Our progress as a nation can be no swifter than our progress in education." These words from John F Kennedy underscore the pivotal role of education in shaping the destiny of nations. Rotary's dedication towards literacy for both children and adults resonates deeply with this sentiment. By investing in education, we invest in the future of our societies and the world at large.

This September, let us stand united in our pursuit of a world where every child has the opportunity to learn, every adult has the chance to grow, and every community thrives. Let's turn the page towards a brighter, more literate tomorrow. Together, we can reshape destinies, uplift lives and create lasting impact.

So friends, celebrate the Basic Education and Literacy Month and let our action reflect our commitment to building a better world through education.

Regards

Rtn Mausam Jalan

Bulletin Editor – Year 2023 -24

Quiz Time – 23rd August 2023 at Cummins Banquet

On August 23rd, RC Surat West family carried out an effective exercise to involve new members and make them aware about Rotary.

A quiz on Rotary and General Knowledge was handled by none other than PDG Rtn Devendra Shastri as the quiz master. Various rounds covering aspects like history, leadership, abbreviations, programs etc. on both the subjects were carried out.

There were four teams named after four Past RI Presidents from India:

Nitish Lahery

Raja Saboo

Kalyan Banerjee

Shekhar Mehta

The event reached the peak of excitement with the rapid fire round, and settled with final bonus questions.

There was a special quiz segment for the audience, too!

Team Kalyan led by our new member Rtn Rajesh Nandwani won the quiz. The members of the team were: PP Rtn Geeta Modi, Ann Chaitaly, Rtn Rahul Mandhyan, Rtn Nirmal Mandlewala, Rtn Nirav Mandlewala, Rtn Vishal Mandlewala, and Rtn Krishna Mehta.

More than 50 persons participated.

We also launched physical fitness program for members by PP Rtn Amit Gajjar and Ann Pooja Gajjar.

Further ideas about our mental health initiatives were discussed too.

We felicitated PP Amit Gajjar for his election as the Chairman of prestigious Surat People's bank.

We had PDG Devendra uncle and Ann Nilima aunty cut a cake, as it was the birthday of their grandson Neal. Everyone conveyed their love and blessings to the little champ.

President Rtn Sonal Shah, Hon Sec Rtn Meeta Kapoor, and PP Rtn Bhavesh Shah served as the support team.

PE Rtn Ishant Sethi offered a hearty vote of thanks.

Delicious menu, as usual, was managed by Ann Dharti Mandlewala.

Banter and camaraderie extended till the late hours after the meeting.







Many Many Congratulations to the winning Team, Surely a Night to remember for all . Informative, Fun and Competitive

Some Rotary Trivia for You

1.	The first service project of the first Rotary Club was the installation of public toilets in Chicago in 1917. This project made Rotary the World's First Service Club.
2.	Rotary's primary motto is "Service Above Self".
3.	There's a secondary motto: "One profits most who serves best."
4.	There are more than 1.4 Million Rotarians all over the world in more than 35,000 Rotary Clubs in more than 200 countries in all geographic areas.
5.	The first women joined Rotary in 1987. Today, more than 196,000 women are members of Rotary International.
6.	The first Rotaract Club was formed in Charlotte, North Carolina.
7.	The Rotary emblem was printed on a commemorative stamp for the first time in 1931, at the time of the Vienna Convention.
8.	Arch Klumph established the "Rotary Endowment Fund" in 1917, when the Kansas City, MO Club donated \$26.50. In 1928, it became The Rotary Foundation.
9.	In 1929, The Rotary Foundation made its first gift, \$500, to the International Society for Crippled Children.
10.	Rotary first adopted the name "Rotary International" in 1922, when the name was changed from the International Association of Rotary Clubs.
11.	Rotary first established Paul Harris Fellowships in 1957, for contributors of \$1,000 to The Rotary Foundation.
12.	In 1979, Rotary began a project to immunize six million children against polio in the Philippines. This led to Rotary making polio eradication its top priority.
13.	In 1988, Rotary began the PolioPlus campaign with an initial fundraising pledge of \$120 million.
14.	In 2010, Youth Service became Rotary's fifth Avenue of Service.
15.	In 2022, Jennifer Jones becomes Rotary's first female president

Rotary Friendship Exchange (RFE) – Orientation for outbound team to Mexico – 28th August 2023

On August 28th, President Sonal and PP Bhavesh hosted RFE orientation for outbound team to Mexico RID 4195.

District RFE Chair Rtn Praful Dewani, along with Co Chair, Rtn Murari Saraf and Rtn Kavita Saraf shared their experiences with the outbound team.

The rules mixed with lots of tips on how to enjoy the RFE experience, were presented. Wonderful interaction and bonding among everyone present was the outcome!

Our best wishes to the outbound team of which, our club's first couple is a part !!!

All the Rotary West family members must take benefit of this amazing program of Rotary International.

The forms are available for this year. Please connect with the club

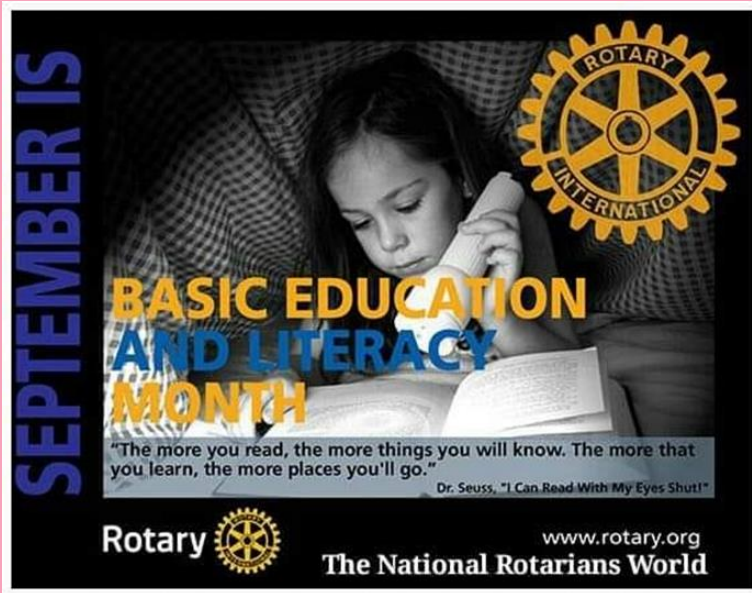
RFE Chair PP Rtn Hitendra Modi.





Rotary Club of Surat West family wishes a very Happy Journey to President Rtn Sonal Shah & PP Rtn Bhavesh Shah

#September is Basic Education And Literacy Month



Basic education and literacy is one of Rotary's six areas of focus.

We know that basic education and literacy are essential for reducing poverty, improving health, encouraging community and economic development, and promoting peace.

Consider these facts:

If all women completed primary education, there would be 66% fewer maternal deaths.

A child born to a mother who can read is 50% more likely to survive past the age of five.

If all students in low-income countries left school with basic reading skills, 171 million people could be lifted out of poverty, which would be equivalent to a 12% cut in world poverty.

The world is making good progress in this area.

According to a 2014 United Nations Millennium Development Goals progress report, literacy rates among adults and youths are on the rise and the gender gap in literacy is narrowing. But pressing global needs remain:

58 million children worldwide are out of school.

Even after four years of primary schooling, as many as 250 million children cannot read and write. 781 million adults are illiterate.

**WE ARE PEOPLE OF ACTION,
WE ARE ROTARY**

**"WE CONNECT PASSIONATE
PEOPLE WITH DIVERSE
PERSPECTIVES TO EXCHANGE
IDEAS, FORGE LIFELONG
FRIENDSHIPS, AND, ABOVE
ALL, TAKE ACTION TO
CHANGE THE WORLD."**

Rotary



Rotary Wisdom

**A Rotarian is someone
who, through their efforts:**

- Digs wells from which they will never drink
- Restores eyesight for those they will never see
- Builds houses they will never live in
- Vaccinates children they will never meet
- Plants trees they will never sit under
- Educates children they will never know
- Feeds hungry people, regardless of colour, race or politics
- Knows real happiness

Rotary



RI President's Message – September 2023

Peace in practice - Rtn Gordon R Mcinally

The International Day of Peace takes place on September 21. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace through observing 24 hours of non-violence and ceasefire.

It is not enough, as people of action, to simply avoid war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. **I look to Rotary members in Pakistan and India for inspiration.**

In March 2020, about 50 Rotary members from Pakistan met with around 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honours Guru Nanak, the founder of Sikhism, a religion practised in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace

when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club agreements to recognise their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programmes and make them more accessible.

A virtual exchange uses online platforms to connect people from different parts of the world so that they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies. Taking that knowledge and using it to better the lives of our fellow human beings is the next step.

Let's see where it takes us.

R Gordon R Mcinally

President, Rotary International

Health: your first fundamental right

Bharat & Shalan Savur

Some September, and the festival season arrives: from fall (pun intended) to spring, India celebrates festivals in a zesty manner. Coincidentally, this is also the season of the Big Fat Indian wedding. No Indian festival is complete without a feast. Coupled with the wedding season, this period is literally stretched with culinary spreads. From traditional food to salads and fast food, the dining counters are packed. Temptation enough to turn a gourmet into a glutton. The gourmet enjoys the taste of food, the glutton devours it and then some. This distinction is ignored by the self-confessed 'foodie'. And the sensuous spread is often also the middle-aged spread around the foodie's middle. This piece is meant to be a not-so subtle siren call. A bugle before the impending battle of the bulge. Hence this preface to put this in a healthy perspective. Remember: hunger is a need. Appetite

is not. The latter is artificial, superficial and, most often, causes superfluous overflows to the body's beleaguered equator. Eat moderately like a connoisseur. Eat to enjoy not to fill. Eat like there is a tomorrow.

The Covid cocktail

The world has just about recovered from Covid. The year 2019 was a landmark. We call it the new BC — before Covid. Lockdowns, work or study from home, etc turned many couch potatoes into sitting ducks. Natural intervention or lab-induced bug? No one knows for sure. However, what is obvious is an almost complete 180 degrees turnaround attitude in our country. Masks, social distancing may no longer be required. But here is a tip worth considering: Please continue to mask-up whenever you anticipate dust pollution to keep asthma, bronchitis, laryngitis, cough, cold and sore throat

taking one little walk around the block; drinking one glass of water; deleting one toxic habit; refusing one fried dish; paying up one debt/bill; and consuming one fibre-rich food. Start by taking up that one thing you love doing, and spending one hour in sweet solitude.

A balancing act

What are we doing with these small but significant start-ups? We are heading towards a wonderful life, a balanced life even as we navigate the streams of festivals, weddings, foodie binges, the BC-effect and more. In fact, talking of balance, I'd like to share two easy exercises you can do wherever you are: a) Stand with legs apart. Raise your left leg 6 inches above the ground and stay in that position to 20 counts. Next, do the same by raising your right leg. b) Stand with feet together. Now, place your left foot just in front of your right foot, left heel touching right toes, so that both feet are in a straight line. Remain in that position to 20 counts. Next, repeat with your right foot in front of your left foot.

The hand on the shoulder

Consult medical experts if there is a family history. Don't live by denial. Like justice, illness denied is well-ness delayed. For the same reason, don't allow a constant undercurrent of unease or stress to continue unchecked. Talk to a counsellor, friend or family doctor. Shedding stress is very important. Stress is not only in the head, it is all over your body. The fight-or-flight response courses through every organ, every cell. If there is persistent long-term stress in the system, one can get high blood pressure, heart disease, thinning bones, cancer... If you're upset, stressed and your heart is palpating, your pulse is racing... And somebody intuitively your state, puts her hand on your shoulder and says, 'Want to talk about it?' immediately, you breathe slower, the brain gets more oxygen, the heart returns to its original rhythm, and the body functions normally. That's how vital timely help is. We all need that hand on our shoulder at the right time.

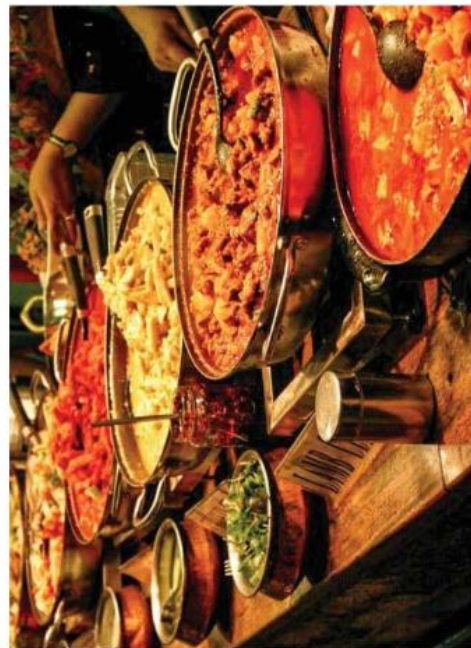
Such balancing exercises ground us and make us feel more confident in ourselves. It's true of our daily diet too. In many ways, you are what you eat. It literally defines your mind and body. Light, low-fat foods keep you light and limber. It's important to understand that what you eat, do or not do, should not destroy you. Hence, as far

Eat moderately like a connoisseur. Eat to enjoy not to fill. Eat like there is a tomorrow.

...Happily ever after
Ever since we switched from farm food to fast food, health has been trundling downhill for many of us. Modern

medicine has kept pace, but we haven't. We still can. It's never too late. To junk colas and burgers, as well as blajis and bhaturas, would be an excellent start along with all the tips and suggestions strewn through this piece. The more volatile the world gets, the more stable we need to remain emotionally, mentally and physically. The secret is to keep experimenting with healing practices — do fun things, enjoy whatever you do, and laugh a lot. It is still the best medicine. Good health is your first fundamental right in life. It is built into your very constitution. Revel in maintaining it.

The writers are authors of *Fitness for Life and Simply Spiritual* — You Are Naturally Divine and *teachers of the Fitness for Life programme*



From RI South Asia office desk

Fundraising highlights from South Asia for Rotary year 2022–23

- India has achieved its highest ever contribution of **\$31.2 million** and has retained its No 2 position in worldwide TRF giving.
- RID 3141 ranks world No 1 with a total giving of \$6.5 million.

- Nine districts from India has crossed \$1 million mark.
- 38 new AKS members (including level change) from South Asia have been added during 2022–23.
- 71 per cent clubs and 32 per cent members have contributed to TRF with 10 districts achieving 100% Giving Clubs status.

Zone-wise TRF contribution as on June 2023 (interim unaudited) in US\$

Zone	Annual giving	PolioPlus	Endowment Fund	Other giving	Total contribution
4	2,884,115	177,420	1,664,264	8,427,642	13,153,441
5	2,293,397	498,792	567,171	3,572,777	6,932,137
6	1,368,954	140,348	374,507	1,776,751	3,660,560
7	2,645,959	302,428	932,757	3,121,046	7,002,190
Total	9,192,424	1,118,987	3,538,700	16,898,216	30,748,328
Total*	8,950,358	2,074,372	3,416,792	16,778,662	31,220,184
1B*	189,936	86,524	55,125	462,120	793,705
Total*	9,497,439	2,216,404	3,699,592	17,454,994	32,768,429

India and South Asia total contribution includes \$1 million contribution of Rajashree Birla for Polio.

*Zone-1B figure includes only Pakistan and Bangladesh.

South Asia's million dollar districts 2022–23 (interim unaudited update)

Zone	District	Total contribution	Worldwide rank
4	3141	\$6,510,341	1
7	3131	\$2,615,321	5
5	3232	\$1,998,018	9
4	3011	\$1,836,479	12
5	3201	\$1,808,675	13
4	3012	\$1,765,200	14
7	3190	\$1,633,379	17
6	3110	\$1,311,847	34
4	3060	\$1,054,754	58

Certificate of Appreciation for districts

During their April 2023 meeting, the TRF trustees took a decision to annually recognise districts that achieve at least 90 per cent compliance with grant reporting requirements during a Rotary year. Please refer to Section 34.050.3. in the TRF code of policies for further details. Your dedication towards transparent reporting and stewardship is instrumental in driving meaningful impact in your communities.

Thirty-nine districts worldwide were recognised for their exceptional grant reporting efforts during 2022–23 and they received a certificate of appreciation signed by the trustee chair. TRF trustee vice-chair Bharat Pandya joins Rotary's stewardship department in congratulating RID 3203 on receiving this important recognition.

Rotary encourages all districts to aim for reporting compliance above 90 per cent in the next four quarterly analyses and 100 per cent compliance with district grants and district-sponsored global grants for Rotary year 2023–24. Your dedication towards transparent reporting and stewardship is instrumental in driving meaningful impact in your communities. Keep up the great work, and we wish you all the best in your future endeavours. ■

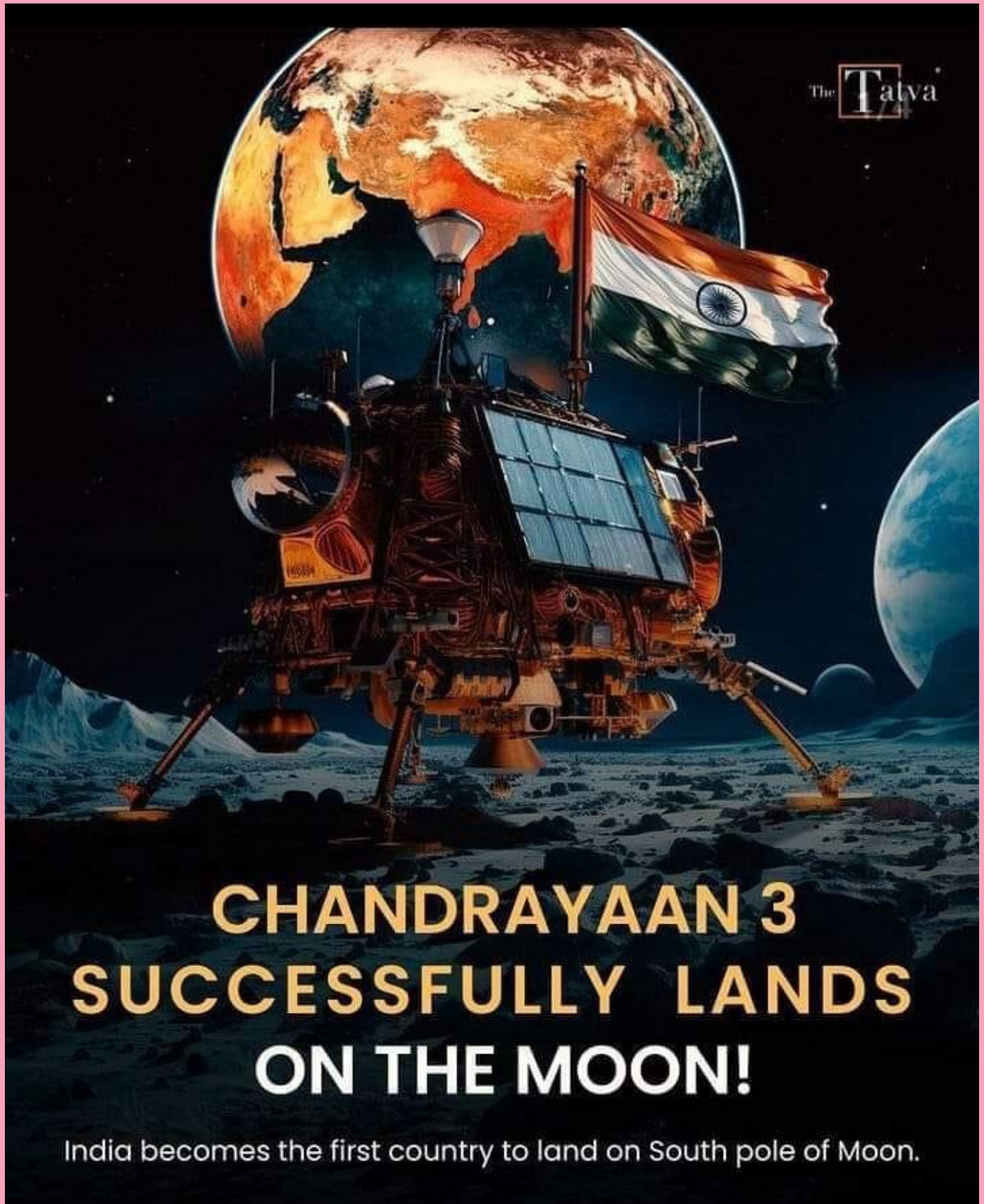
District Wise TRF Contribution as on July 2023 (interim).
(in US Dollars)

District Number	Annual Fund	PolioPlus Fund	Endowment Fund	Other Funds	Total Contribution
India					
2981	7,846	405	0	0	8,251
2982	9,716	0	7,085	3,929	20,730
3000	38,746	0	0	585	39,331
3011	45,268	1,753	0	36,585	83,606
3012	1,574	0	0	1,720	3,294
3020	9,725	176	0	0	9,901
3030	1,264	5	0	2,675	3,944
3040	799	24	0	0	823
3053	4,011	0	0	0	4,011
3055	2,896	33	0	0	2,929
3056	1,413	0	0	0	1,413
3060	14,355	9,125	0	67,679	91,159
3070	101	0	0	0	101
3080	6,822	1,702	0	1,500	10,024
3090	14,497	713	0	5,121	20,331
3100	6,889	0	0	0	6,889
3110	0	0	0	0	0
3120	2,188	24	0	0	2,212
3131	119,793	51	6,098	5,934	131,875
3132	15,444	125	0	0	15,569
3141	46,270	1,452	25,000	38,387	111,109
3142	96,277	1,110	4,500	0	101,887
3150	779	130	50	44,976	45,935
3160	4,862	0	0	0	4,862
3170	13,689	15,063	0	0	28,752
3181	4,584	122	0	24	4,730
3182	1,146	0	0	0	1,146
3191	9,100	1,341	60,976	0	71,417
3192	6,801	1,220	0	0	8,021
3201	6,523	3,553	1,012	12,775	23,864
3203	584	308	1,220	2,531	4,642
3204	1,011	500	0	2,962	4,473
3211	1,494	1,000	0	4,011	6,505
3212	12,575	728	0	0	13,303
3231	1,417	386	0	0	1,803
3232	13,918	1,800	8,300	8,543	32,561
3240	6,785	1,088	0	30	7,903
3250	4,118	1,148	26	2,974	8,266
3261	3,049	0	0	0	3,049
3262	289	24	0	0	313
3291	14,385	0	24,390	0	38,776
3220 Sri Lanka	15,522	615	0	0	16,138
3271 Pakistan	5	0	0	5,775	5,780
3272 Pakistan	0	60	0	25	85
3281 Bangladesh	2,901	198	1,000	1,000	5,099
3282 Bangladesh	5,035	100	0	0	5,135
3292 Nepal	2,876	200	0	34,010	37,086

Annual Fund (AF) includes SHARE, Areas of Focus, World Fund and Disaster Response.

Source: RI South Asia Office

News Makers of the Month – ISRO



CHANDRAYAAN 3 SUCCESSFULLY LANDS ON THE MOON!

India becomes the first country to land on South pole of Moon.

Congratulations to the whole Team of ISRO who made this possible..

Forthcoming Programs for the month of September 2023

6th Sept, Wednesday – Zoom Speaker Meet with Dr. Neelima Shah
Topic : Mental Health Awareness

8th Sept, Friday- Speaker Meet with Rtn Anil Srivatsa
Topic : Organ Donation
Joint Club Meeting at Jeevan Bharti Hall

9th Sept, Saturday – KBC Participation at Mumbai

24th Sept, Sunday – Interschool Elocution Competition
Venue : Cummin Banquet Hall
Time : 11:00 am onwards

29th Sept, Friday – Mental Health Project with Rtn Dr Parag Shah
School Based program on the Topic of ADHD

Request all Members to join all the above programs in Huge Numbers

Rotary Club of Surat West wishes You a very Happy Raksha Bandhan



May this Raksha Bandhan be a special one for you and may it bring you all the happiness in the world.