

BULLETIN of ROTARY CLUB OF SURAT WEST



Spark

Rotary Year **2024-25**
Charter Date : **30-4-96**
R.I. Dist. **3060** Zone **4-B**
Club No. : **31549**
Vol. **29**

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10/2024-25

NEXT MEETINGS

***Tuesday, 15th October and Wednesday, 16th October**

 <p>ROTARY MENTAL HEALTH CONCLAVE 2024 Joint Club Speaker Meeting of Rotary Clubs of Surat City</p> <p>DAY 1 - ROTARY WORKSHOP "First Aid for Suicide Prevention" How to identify people around you who are at risk? How to help them at that moment of crisis to save life?</p>  <p>Dr. Parag Shah Professor & Head, Dept. of Psychiatry SMIMER, Surat</p>  <p>Dr. Heena Jariwala Khanna Consultant Psychiatrist Surat</p>  <p>Dr. Birva Desai Modh Consultant Psychiatrist Deaddiction / Child Specialist Surat</p> <p>15 OCT 2024 (TUE) 08:00 PM - 09:30 PM Dilip Paresh Rotary Hall, Nanpura, Surat</p> <p>Meeting preceded by Dinner - 07.30pm to 08.00pm Rotarians & their family - from participating clubs are cordially invited Registration is Free but Compulsory</p> <p><small>Rtn Tushar Shah (District Governor) Rtn Sarah Makwana (Dist Service Project Chair) Rtn Dr. Parag Shah (Mental Health Project Co-ordinator)</small></p>	 <p>ROTARY MENTAL HEALTH CONCLAVE 2024 Joint Club Speaker Meeting of Rotary Clubs of Surat City</p> <p>DAY 2 A CANDID CONVERSATION WITH DR. MUKUL CHOKSI Practising Psychiatrist Surat</p>  <p>"VIRTUAL INTIMACY IN THE DIGITAL ERA" A one to one dialogue on: How technology mediated online interactions are influencing our youth, relationships & society? Moderator: Rtn Nikul Dave</p> <p>16 OCT 2024 (WED) 08:00 PM - 09:30 PM Dilip Paresh Rotary Hall, Nanpura, Surat</p> <p>Program preceded by Dinner - 07.30pm to 08.00pm Rotarians & their family - from participating clubs are cordially invited Registration is Free but Compulsory</p> <p><small>Rtn Tushar Shah (District Governor) Rtn Sarah Makwana (Dist Service Project Chair) Rtn Dr. Parag Shah (Mental Health Project Co-ordi) (Prof. & Head, Dept. of Psychiatry, SMIMER, Surat)</small></p>
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Project Co-ordinator: PE Rtn. Dr. Parag Shah

Time: 7.00Pm- 8.00 Pm- DINNER

8.00Pm onwards: Conclave meeting

Venue: Dilip Paresh Memorial Rotary Hall, Nanpura.

- **Rotarians, Spouses and Annets are welcome. Please register online.**

Forthcoming Programs

- **Friday, 25th October: DIWALI GET-TO-GATHER**
Venue: Crazy Bite Restaurant Lawn Time: 7.30 Pm
***Rotarians, Spouses and Annets most welcome.**

***Entries are invited from Rotarians, Spouses and Annets to perform DANCE item in Maximum 5 Minutes in any format (Solo/Couple/Group).**

Please send your entry to

Program Co-Ordinator: Ann Sukruti Vaidya (M) 98247 01682.

Maximum 10 entries from Rotarians and Spouse and

5 Entries from Annets on First cum First served basis.

BIRTHDAY GREETINGS

October 2 : **PP. Dilip Gulwani**
October 4: **PP. Setu Gandhi**
October 4 : **Ann Sukruti Paresh Vaidya**
October 6: **PP. Ashit Kothari**
October 7: **Rtn. Vishal Khator**
October 9: **PP. Hitendra Mody**
October 10: **PDG. Devendra Shastri**
October 10: **Rtn. Vinod Patel**
October 12: **Ann Dr. Mansi Nirav Mandlewala**
October 17: **Rtn. Rahul Mandhyan**
October 24: **Ann Dr. Purvi Ashit Kothari**
October 28: **Ann Shivani Rakesh Mandlewala**
October 30: **Ann Anita Jayprakash Dhanuka**

PLEASE BLOCK THIS DATE
MUST ATTEND MEETING BY
ROTARIANS AND SPOUSES.

- **MONDAY, 02ND DECEMBER**
- **PROGRAM; OFFICIAL VISIT OF**
DISTRICT GOVERNOR
RTN. TUSHAR SHAH
- **VENUE ; THE AMORE**
- **TIME; 08.00PM**

Last meeting – Wednesday, October 02 , 2024

Speaker meeting – Mr. Lalit Kapoor (Diet & Lifestyle Coach)

We had a very interesting and effective interaction with **Mr Lalit Kapoor from USA**, on Plant Based Whole Food. He narrated, with scientific citations, that 5 steps of healthy living create well being and avoids, as well as reverses, lifestyle diseases. It was a pleasant privilege to listen to Shree Lalit Kapoor on this interesting topic.

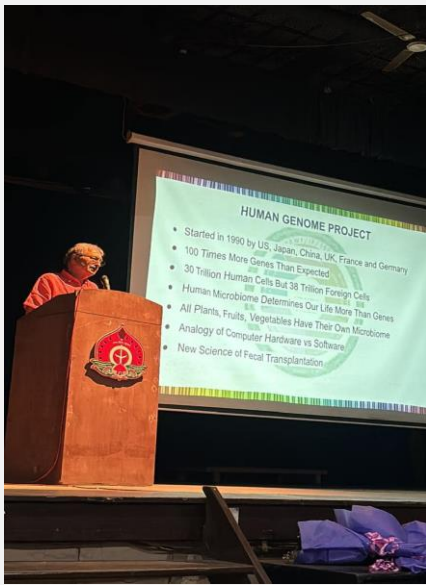
PP Bhavesh Shah and IPP Sonal Shah coordinated the event. Our **Rtn Gaurang Goel and Rituji** were hosts to **Mr. Kapoor**. **President PDG Devendra Shastri, PP Setu Gandhi, PE Paragbhai, PN Dr Vijaybhai, Rtn Anirudh, Ann Yukti** were amongst the participants.

Surat Literary Foundation, Team Prayas, Rotary clubs of Surat, Roundtown and Seaface participated in the event, along with our club.

More than 120 persons took benefit of this event. Congratulations to all organizations who hosted this highly intellectual address.

Report by Rtn. IPP Sonal Shah





The Rotary Foundation



Rotary Foundation receives highest rating from Charity Navigator for 16th consecutive year. The Rotary Foundation has received the highest rating — four stars — from Charity Navigator, an independent evaluator of charities in the U.S.

The Foundation earned the recognition for adhering to sector best practices and executing its mission in a financially efficient way, demonstrating both strong financial health and commitment to accountability and transparency.

“We are delighted to provide the Rotary Foundation with third-party accreditation that validates their operational excellence,” said Michael Thatcher, president and CEO of Charity Navigator. “The Four-Star Rating is the highest possible rating an organization can achieve. We are eager to see the good work that the Rotary Foundation is able to accomplish in the years ahead.” Charity Navigator analyzes nonprofit performance based on four key indicators, referred to as beacons. Currently, nonprofits can earn scores for the impact and results, accountability and finance, culture and communities, and leadership and adaptability.

Charity Navigator is the largest and most utilized independent charity evaluator in the U.S. Since 2001, the organization has been an unbiased and trusted source of information for more than 11 million donors annually.

- **Rotary International**

Sweater Distribution Project



Responding to the request for sponsoring Sweater Distribution project of District 3060, **Anonymous Rotarian of our club** has come forward to sponsor donation of **240 sweaters** to be distributed to under privileged children. **The total cost of the project is Rs. 50,400.**

Salute to this philanthropic Rotarian for this handsome donation which will protect 240 children from cold winter. **True example of Service Above Self. No craving for recognition!!**

****  Join Us for the First-Ever "Mera Terah Run" in Surat!  ****



*** Date:** October 13, 2024 (Sunday)**

****  Time:** Gather at 6:00 AM | Flag Off at 6:30 AM**

****  Venue & Route:** Starting at SCET Amphitheatre, moving towards Y Junction and back to SCET**

****  Let's Run/Walk for Mental Health!****

Mental health is essential for everyone. Join us for a day filled with awareness, fun, and community spirit. Whether you choose to run or walk, this event is for everyone — children, teenagers, adults, and seniors.

****  Highlights of the Event:****

- ****Run/Walk Time:** 6:30 AM to 8:00 AM**
- ****Breakfast & Stage Program:** 8:00 AM - 9:00 AM at the Amphitheatre**
- ****Special Guest:** Flag off by Police Commissioner Shree Anupam Singh Gehlaut (IPS)**

****  Be a Part of History!****

This is Surat's largest event focused on mental health awareness, with over 35 organizations coming together for the first time!

****  Register Now! Let's make a difference together!****

<https://www.townscript.com/e/MERA-TERAH-RUN-WALK-2024>

Unlocking the Significance of Navratri



Unlocking the Significance of Navratri

Navratri, a vibrant celebration honoring Goddess Durga, embodies the triumphant union of divine energies. According to Hindu Vedas, Maa Durga emerged from the combined powers of Brahma, Vishnu, Shiva, and other celestial beings.

Infused with divine strength and attributes, Goddess Durga vanquished Mahishasura, the formidable buffalo demon king, who ravaged celestial and mortal realms.

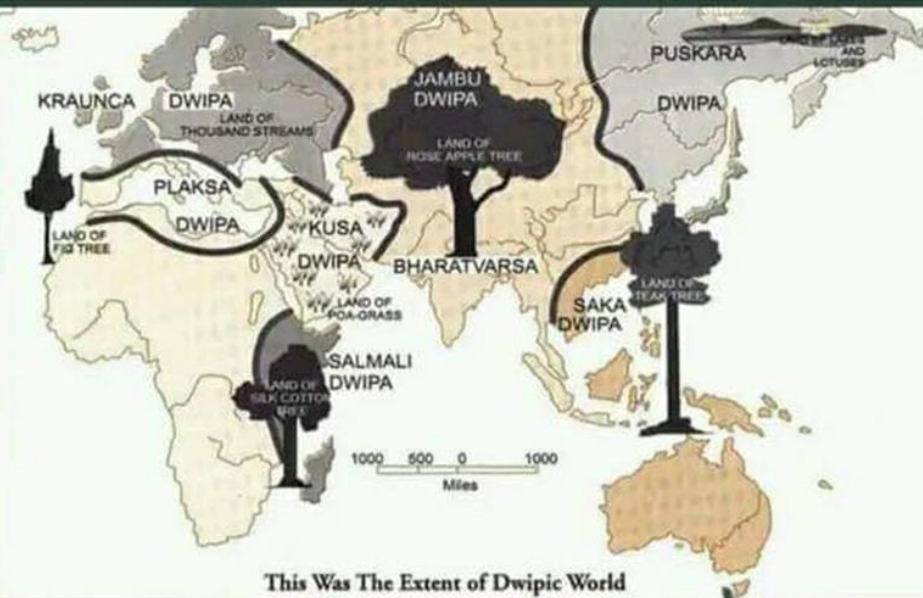
Over nine sacred days, Maa Durga battled valiantly, ultimately emerging victorious. This glorious victory is commemorated during Navratri.

Ya Devi Sarva Bhuteshu Sakti Rupen Sansthita

May the divine feminine energy, embodied by Ma Durga, inspire strength, resilience, and spiritual growth within us.



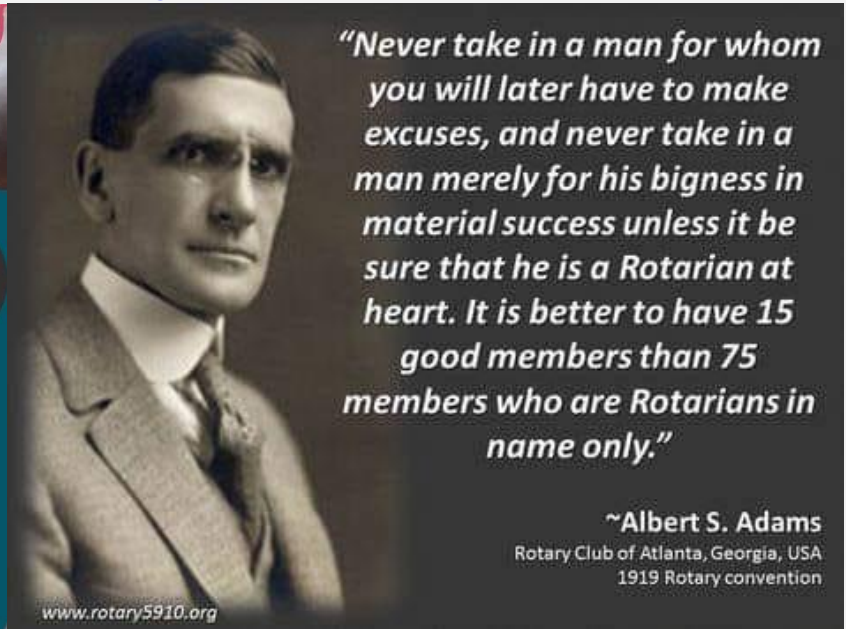
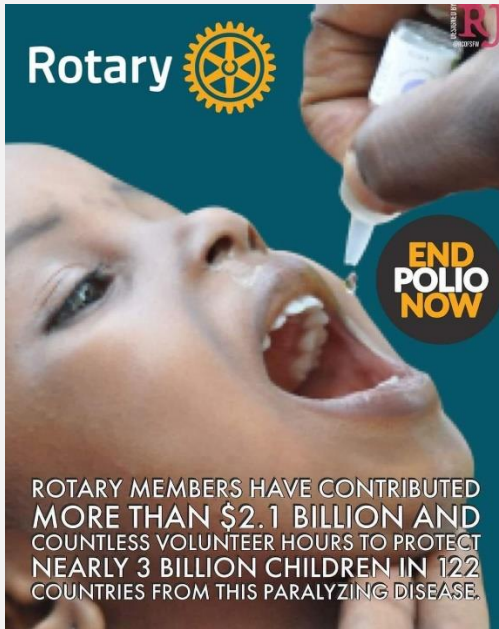
Did you know that the names of Seven Continents are mentioned in Srimad Bhagavatam Puran



- Jambudvipa: The central continent
- Kusadvipa (Europe)
- Krauncadvipa (North America)
- Sakadvipa (Southeast Asia & Oceania)
- Plaksadvipa (South America)
- Salmali-dvipa (Africa)
- Puskaradvipa (Antarctica)



Rotary Wisdom



HUMOUR



JOKE

Patient: **What are the chances of my recovery, doctor?**

Doctor: One hundred percent. Medical records show that nine out of ten people die of the disease that you have.

Yours is the tenth case I've treated. All others died.

