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ISSUE 08 21th August

Membership and New Club Development Month

Report of Weekly Meeting dated 21-08-2020 at 7.00 pm (Virtual Meeting)

Club's weekly meeting was combined with District Event – "Pradan" on Rotary Foundation. It was a very informative session addressed by Rotary leaders.

Diversity, Equity & Inclusion

As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity.

A top priority for Rotary is growing and diversifying our membership to make sure we reflect the communities we serve.

We're creating an organization that is more open and inclusive, fair to all, builds goodwill, and benefits our communities. We want people with differing perspectives and ideas who will help Rotary take action to create lasting change in communities around the world.

Through Rotary, you'll find unique opportunities to get involved. Everyone is welcome in Rotary.



INCLUSION

Rotary is working to create experiences where all people feel welcomed, respected, and valued.

EQUITY

Rotary strives for the fair treatment, opportunity, and advancement of all Rotary participants.



DIVERSITY

Rotary welcomes people of all backgrounds, cultures, experiences, and identities.

Why being kind is as important as ever

Your parents told you to be nice to people. Guess what? They were right. Here's why.

by Arnold R. Grahl

Doing good doesn't only benefit other people. It helps us, too.

Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

"When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost," says psychologist Mary Berge, a member of the Rotary Club of Johnstown, Pennsylvania, USA, who has led discussions with many Rotary clubs about coping during the pandemic.

Club Office: Dr.Sarosh Bhacca Memorial Rotary Hall, Jivan Bharti School Annexe, Timaliyawad, Surat-395001. Gujarat, India.

E-Mail : rotaryclubofsurat@gmail.com. Web : www.rotaryclubofsurat.org. Time : Friday 7:30 PM

INCOMING PROGRAMMES

30 Aug 2020

District Event – Prerna



30th Aug - Rtn Manoj Gautam

31st Aug - Rtn Kundan Shah

1st Sep - Rtn Bhisma Jariwala

2nd Sep - Rtn Farida Wadia

2nd Sep - R.Partner Ayushi Garg



2nd Sep

Rtn Rahee & Prateek Guar

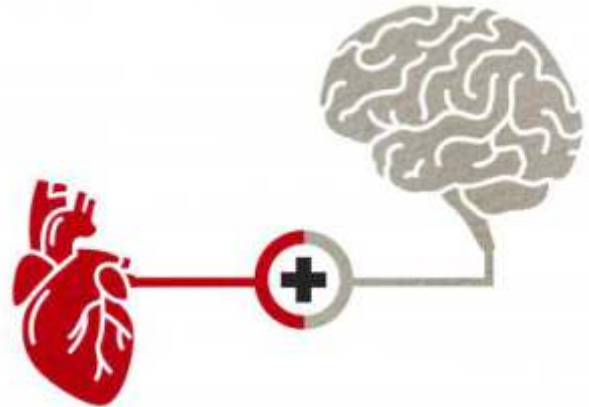




“There has been a lot of research that when we are helping others, or when we are doing something for someone else, our reward centers light up in the brain and our stress levels go down as cortisol is released.”

It feels good to do good

In a [2016 study, researchers asked participants about scenarios in which they either gave or received support. The study, published in Psychosomatic Medicine: Journal of Biobehavioral Medicine, found that MRI tests showed only the instances of giving correlated to reduced stress and enhanced activity in the brain's reward centers — which suggests that giving support ultimately had greater mental benefits than receiving it.](#)



Researchers at Oslo Metropolitan University in Norway and the Technical University of Dortmund in Germany explored the relationship between volunteering and well-being in 12 European countries, noting the relative lack of such studies outside the U.S. Their [2018 analysis found that people who are or have been volunteers report greater well-being than people who have not.](#) [found that people who are or have been volunteers report greater well-being than people who have not.](#)

And in a 2013 Canadian [study posted by the National Library of Medicine, researchers looked at the effect on the cardiovascular health of adolescents who do volunteer work. The study confirmed that helping people reduced the volunteers' body mass index and other cardiovascular risk factors.](#)

Coping during the pandemic

Berge, a training leader for Rotary, saw anxiety rising among her patients because of the pandemic and developed the [Staying Sane During COVID-19 presentation. She has delivered the talk by videoconference more than 70 times, mostly at Rotary-related events.](#)

“Rotarians in particular have a high need for being compassionate,” says Berge. “In my Zoom meetings, I hear people say, ‘What can we do to help?’ They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability.”

Rotary member Jenny Stotts, a social worker, child advocate, and trauma specialist, has [written about how we can increase our resiliency, adapt to adversity during the pandemic, and emerge stronger.](#)

“When we express meaningful and intentional gratitude or engage in planned acts of kindness, we experience the benefits of serotonin and dopamine, which are two neurotransmitters responsible for us feeling pleasure or joy,” says Stotts, a member of the Rotary Club of Athens Sunrise, Ohio, USA. “Not only do we benefit others from this activity, but it has a way of recharging our batteries.”

Stotts notes that when we do acts of good repeatedly, something interesting happens in our brains. “If we engage in a regular daily practice of kindness and gratitude, we are essentially carving out pathways within our brain that make us healthier and a little more emotionally stable.”

Because of all this, Stotts tells her staff and clients, “You deserve to be your kindest self.”

Rotary members may not realize the significant role they can play in changing how people think, Stotts says.

“When we, as leaders in our community, adapt a way of thinking — that level of intentional gratitude and intentional kindness — we have a way of setting a really good example,” she says. “I think it is a calming and stabilizing force. We can set that tone for our entire club and for our communities.”



Do Join

Rotary District 3060

TEAM PINNACLE

प्रेरणा
Action for Purpose

SERVICE PROJECT SEMINAR

PDG Dr Gulshan Thakral
Counsellor - District Service Project

Rtn. Nihir Dave
Chairman - District Service Project

SUNDAY
30
AUGUST
10.00 am
On Line Zoom Platform

Rtn. Prashant & Hita Jani
District Governor

Rtn. Kamal Gandhi
Event Chairman
9825193381
kamal2615@yahoo.co.in

Hosted By :-

Rotary Club of Surat

Rtn. Dr. Ajay Mahajan
President
7600021696

Rtn. CA Tejas Gandhi
Secretary
9327361002

Congratulations

Congratulations to PDG Pinky Patel for being nominated in the Rotary India Web – Committee for Zone 4.

HUMF & Tree Plantation project – Pal Anganwadi

RC of Surat distributed healthy & Nourishing food to the expecting mothers at Pal Anganwadi on 20 Aug 2020. The project was sponsored by Rtn. Purnima & Rtn. Jagruti Gandhi. Also 30 saplings were planted by members at Pal Anganwadi.





Community Service – Vatsalyapuram & Pal Anganwadi

Healthy Meals served to 30 children at **Vatsalyapuram** Orphanage sponsored by PP Girish Sethi. Thank you for sponsoring the good cause.

Healthy Meals served to the children at **Pal Anganwadi** sponsored by R' partner Amisha Kinkhabwala & Prachi Kinkhabwala. Thank you for sponsoring the good cause.



Sad Demise

Shri BC Dhabuwala, Secretary RCC Sachin -Lajpore left for the heavenly abode on 26 August 2020. May the departed soul rest in peace.

" Thanks to PolioPlus, the world has discovered Rotary, and Rotarians have discovered themselves.

"PRIP Kalyan Banerjee (2011-12)