

Rotary
RID 3211



**CREATE HOPE
in the WORLD**



इतरांगी



BOOKLET ON SATRANGI- DISTRICT PROJECT 2023-2024

शत्रंगी

A DIVINE HOPE

*In skies adorned with hues divine,
A marvel weaves, a sight so fine,
The rainbow arcs with grace untold,
As hope in vibrant shades unfold.
From storm's embrace, it springs to life,
Dispelling darkness, quelling strife,
Each vibrant band a promise made,
Of brighter days that won't evade.
In tender arcs, a bridge it forms,
Connecting hearts in wild storms,
A tapestry of dreams unfurled,
Where hope and love can mend the world.
So gaze upon this vivid art,
Let joy and faith ignite your heart,
For in the rainbow's radiant gleam,
Hope blossoms, like a timeless dream*

*In every Rotarian, a flame aglow,
A beacon of hope in actions they show,
With service as our guiding light,
We strive to make the world shine bright.
Through Satrangi, we all unite,
Transforming darkness into radiant light,
We bridge souls, break barriers apart,
Nurturing hope in every kind heart.
Rotarians, ambassadors of goodwill,
Spreading compassion, a powerful skill,
In our selfless endeavors, we unfurl,
A world of hope, for all to live.*

Dr Meera John



PREFACE

സത്രംഗി (SATRANGI)

രോഗം വരുന്നതുവരെ ആരോഗ്യം വിലമതിക്കപ്പെടുന്നില്ല, ആരോഗ്യം ദൈവം തന്ന വരദാനമാണ്. ആരോഗ്യം എന്നത് മനുഷ്യന്റെ ശാരീരികവും മാനസികവുമായ അവസ്ഥയെ സൂചിപ്പിക്കുന്നു. ആരോഗ്യത്തോടെ ഇരിക്കുക എന്നത് ഒരു ഓപ്ഷൻ അല്ല, മറിച്ച് ആഹ്ലാദകരമായി ജീവിക്കാനുള്ള ആവശ്യമാണ്.

ആധുനിക കാലത്ത് ധനസമ്പാദനത്തിനായി മനുഷ്യൻ അവന്റെ ആരോഗ്യത്തെ ത്യജിക്കുകയും, ഒടുവിൽ ആ ഓട്ടത്തിനിടയിൽ നഷ്ടപ്പെട്ടുപോയ ആരോഗ്യത്തെ വീണ്ടെടുക്കുവാനായി നേടിയ പണം ത്യജിക്കുകയും ചെയ്യുന്ന കാഴ്ചയാണ് നാം കാണുന്നത്. ഒരു മനുഷ്യന് അവന്റെ ജീവിതത്തിൽ ലഭിക്കുന്ന ഏറ്റവും വലിയ സമ്പത്ത് ആരോഗ്യം തന്നെ. അളവറ്റ സമ്പത്ത് ഇല്ലെങ്കിലും ഒരാൾക്ക് ജീവിക്കാൻ പറ്റും, എന്നാൽ ആരോഗ്യമില്ലാത്ത അവസ്ഥയിൽ ജീവിക്കാൻ പ്രയാസമാണ്.

വലിയ സമ്പത്തിന്റെ ഉടമയല്ലെങ്കിലും ജീവിതം സന്തോഷമായി ആസ്വദിക്കുന്ന ആരോഗ്യവാന്മാരായ നിരവധി ആളുകളെ നമുക്കു ചുറ്റും കാണാം. മറിച്ച്, നാം കാണുന്ന സമ്പന്നരായ പലരും പലവിധ വ്യാധികൾ മൂലം ക്ലേശം അനുഭവിക്കുന്നു. നമ്മുടെ ഗ്രഹം, നമ്മുടെ ആരോഗ്യം (Our Planet, Our Health) എന്നായിരുന്നു ലോകാരോഗ്യ സംഘടനയുടെ കഴിഞ്ഞവർഷത്തെ പ്രമേയം. ഈ വർഷമാകട്ടെ എല്ലാ വർക്കും ആരോഗ്യം എന്നതാണ് ആപ്തവാക്യമായി WHO തിരഞ്ഞെടുത്തിരിക്കുന്നത്.

ആരോഗ്യത്തിന്റെ പ്രാധാന്യം പൂർണ്ണമായും ഉൾക്കൊണ്ട്, ഒരു ഹൃദയരോഗവിദഗ്ദ്ധൻ കൂടിയായ റോട്ടറി 3211ന്റെ ഗവർണർ ഡോ. ജി. സുമിത്രൻ ഈ വർഷത്തെ ഡിസ്ട്രിക് പ്രോജക്ടായി തിരഞ്ഞെടുത്തിരിക്കുന്നത് 'സത്രംഗി' എന്ന പദ്ധതിയാണ്. സത്രംഗി എന്ന വാക്കിന്റെ അർത്ഥം തന്നെ മഴവില്ല് എന്നാണ്. മാരിവില്ലിന്റെ ശോഭ വർദ്ധിപ്പിക്കുന്ന ഏഴുനിറങ്ങൾ പോലെ തന്നെ ഇന്ന് മാനവരാശി നേരിടുന്ന പ്രധാന ഏഴുതരം രോഗങ്ങൾക്കെതിരെ സ്വീകരിക്കേണ്ട മുൻകരുതലുകളും, കൃത്യസമയത്ത് വേണ്ട രോഗനിർണ്ണയത്തിന്റെ പ്രാധാന്യവും, ചികിത്സയും പുനഃരധിവാസവും തുടങ്ങിയ വിഷയങ്ങളാണ് സത്രംഗി കൊണ്ടു ലക്ഷ്യമിടുന്നത്.

ഇതോടൊപ്പമുള്ള നിർദ്ദേശങ്ങളും സൂചനകളും, ക്ലബ്ബുകൾ എടുക്കേണ്ട മുന്നൊരുക്കങ്ങളും എല്ലാ പ്രസിഡന്റുമാരും അസിസ്റ്റന്റ് ഗവർണർമാരും അംഗങ്ങളും വിശദമായി മനസ്സിലാക്കി ഡിസ്ട്രിക് പ്രോജക്ട് ഒരു സമ്പൂർണ്ണ വിജയമാക്കുവാൻ ശ്രമിക്കാം. സമ്പൂർണ്ണ ആരോഗ്യമുള്ള ഒരു സമൂഹത്തെ വാർത്തെടുക്കുവാൻ നമുക്ക് തുടക്കമിടാം.

ഡോ. മീര ജോൺ
(ഡിസ്ട്രിക്ട് പ്രോജക്ട് ചെയർ)

*Dear Friends in Rotary,
This booklet on Satrangi is written and compiled to provide insight into our district project. I have tried to include all the required details and also an action plan on how you can implement this project. There may be shortcomings, but I wish and hope with your zest and zeal, Satrangi will be our magic wand to create hope in the world.*

*Yours in Rotary Service
PAG Rtn. Dr Meera John
District Project Chair*

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ILLUMINATING HEALTH ACROSS SEVEN VERTICALS

In the tapestry of life, there is an undeniable truth we all hold dear: health is an invaluable treasure. Mahatma Gandhi's words resonate deeply, reminding us that true wealth lies not in material possessions of gold and silver, but in the vitality of our bodies and minds. Yet, each day, we are confronted with the harsh reality of lives lost to heart attacks and illnesses like cancer, diabetes, and hypertension have become hauntingly familiar. We all are mentally stressed and unsatisfied in life. Depression and drug abuse pervade the lives of our youth, leaving us heart-broken at the tragic loss of so many promising souls to accidents and suicides. It is a sober reminder that no matter what achievements we amass in the external world, they ring hollow if we sacrifice our health and inner peace.

A stark contrast is observed in our society, where many people find themselves aged and retired by their sixties, the people in the Western world lead vibrant and healthy lives well into the eighties. Regrettably, we often take good health for granted until it slips through our fingers. As Rotarians and conscientious global citizens, it is our duty to cherish and safeguard our well-being while advocating for good health throughout our communities. In this world, where we dream of a more beautiful and hopeful tomorrow, Rotary stands as a beacon of light, striving to improve lives and foster a better society. We are here to infuse the lives of our fellow beings with vibrant colours and unwavering brilliance.

Just as a rainbow's seven hues come together to form a mesmerizing spectacle, our district project, aptly named SATRANGI, spans seven verticals that promise a lasting impact on our lives and those of our communities. This all-encompassing initiative aims to tackle six major health-related issues prevalent today while addressing a seventh area crucial for the development of our future citizens. By ensuring physical, mental, and emotional well-being, we endeavor to nurture a generation of robust individuals who will ardently work towards our nation's progress. A healthy body, a sound mind, and a wealth of knowledge will paint a stunning world illuminated by newfound hopes and aspirations for a brighter tomorrow.

With great pride, we have designed this magnificent project—SATRANGI—a symbol of hope, compassion, and dedication to creating a world where health and happiness flourish. Together, as Rotarians, we shall weave a tapestry of benevolence that uplifts lives and leaves an indelible mark on humanity's journey.

In a world that often seems shrouded in darkness, a beacon of hope has emerged—'Satrangi,' meaning "rainbow" in the ancient Sanskrit language. Satrangi is a transformative health-related project that aims to create a wave of positive change and inspire hope in the world. 'Satrangi' stands tall on its foundation of seven verticals, each representing a vibrant color of the rainbow. These verticals are designed to address and improve various aspects of health, catering to the holistic well-being of individuals and communities worldwide. Through its comprehensive approach, 'Satrangi' endeavours to prevent and combat diseases, empower individuals, and transform communities.

LOGO OF SATRANGI

'Satrangi' depicts the seven colours of the rainbow. The heart with an ECG line represents the central theme of health care. The VIBGYOR coloured seven dots represent the seven areas that we focus and the seven tick marks represent Rotary's intervention to make it right. Each dot and tick together represent a Rotarian and jointly all the figures represent the teamwork in Rotary.



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The seven verticals of Satrangi would be

1. CANCER CARE
2. CARDIAC CARE
3. DRUG ABUSE PREVENTION
4. MENTAL HEALTH CARE
5. PREVENTION OF LIFESTYLE DISEASES INCLUDING DIABETES
6. RENAL CARE
7. STUDENT HEALTH CARE AND SUPPORT TO SCHOOLS

The first vertical, "Cancer Care," is dedicated to raising awareness about cancer prevention, early detection, and effective treatment options. Satrangi seeks to support individuals and families affected by cancer, offering resources, educational programs,

and access to specialized care, fostering hope and resilience in the face of this formidable disease.

"Cardiac care" forms the second vertical, focusing on cardiovascular health and reducing the prevalence of heart diseases. Satrangi works towards educating communities about risk factors, promoting healthy lifestyle choices, and advocating for early intervention and advanced treatments. By fostering a culture of heart-healthy practices, Satrangi strives to prolong lives and create a brighter future for all.

The third vertical, "Drug Abuse Prevention," tackles the grave issue of substance abuse and addiction, that takes the future of our generation to darkness. Drug abuse is believed to be a new form of hideous war against the future citizens and is more fierce than even terrorism. Satrangi aims to raise awareness about the dangers of drug abuse, provide prevention programs in schools and communities, and offer support and rehabilitation services for individuals battling addiction. By empowering individuals to make informed choices and providing a compassionate path to recovery, Satrangi aims to reduce the devastating impact of drug abuse on individuals and communities.



"Mental health", an integral part of overall well-being, forms the third vertical, which is also the thrust area of focus advocated by RI President Gordon R McNally." Satrangi recognizes the importance of mental health care and aims to destigmatize mental illnesses, provide awareness against common problems like depression, provide group counseling, and facilitate self-support techniques as well as family and community support. By nurturing mental wellness, Satrangi strives to create a society that embraces compassion, understanding, and support for those facing mental health challenges.

"Prevention of Lifestyle Diseases including Diabetes" comprises the fifth vertical, which seeks to tackle the growing epidemic of obesity, diabetes, hypertension, and lifestyle-related conditions. Satrangi aims to promote healthy behaviors, encourage physical activity, and provide accessible resources for diabetes management. By empowering individuals to take charge of their health, Satrangi envisions a world where the impact of these diseases is significantly reduced.

The sixth vertical, "Renal care," centers around kidney health and the prevention of renal diseases. Satrangi aims to provide comprehensive renal care, including awareness campaigns, regular screenings, and support for patients with chronic kidney conditions. Through early detection and efficient management, Satrangi endeavours to improve the quality of life for individuals facing renal challenges.

Finally, the seventh vertical, "Student Health Care and Support to Schools," recognizes the crucial role schools play in shaping the health and well-being of young minds. Satrangi aims to establish comprehensive health programs in educational institutions, focusing on physical and mental health, nutrition, and overall wellness. By providing support and resources to students, teachers, and parents and also building on the infrastructure of the schools such as digital classrooms, clean toilets, safe drinking water, libraries, furnitures, etc, Satrangi strives to create a nurturing environment that promotes learning, growth, and optimal health.

Thus Satrangi stands as a symbol of hope, encompassing the entire spectrum of health and well-being. It envisions a world where diseases are prevented, mental health is prioritized, and communities come together to support and empower one another. Through its seven vibrant verticals, Satrangi aims to illuminate the path towards a healthier and more hopeful future for all. Together, let us embrace the power of Satrangi and create a world where health and hope shine bright like a beautiful rainbow. Let us together create hope in the world !

LIFTING THE VEIL: INSIGHTS INTO CANCER PREVENTION AND COMPASSIONATE CARE

Cancer is a complex and devastating disease that continues to be a significant global health challenge. It is characterized by uncontrolled cell growth, which can invade and spread to other parts of the body. While significant advances have been made in cancer research, prevention, and treatment, it remains one of the leading causes of death worldwide.

Cancer is a major public health issue in India, with a rising burden over the past few decades. According to the World Health Organization (WHO), cancer is the second leading cause of death in India, only surpassed by cardiovascular diseases. The incidence of cancer is expected

to continue increasing due to several factors, including an aging population, changing lifestyle habits, environmental pollution, and improved cancer detection and reporting systems.

The state of Kerala has also witnessed a significant rise in cancer cases. Our state, known for its high literacy rates and improved healthcare facilities, experiences a unique pattern of cancer incidence. In 2016, cancer incidence rate in Kerala was 135.3 per 1 lakh people, and in 2022, it has jumped to almost 169 per 1 lakh population. The mortality rate in the state is now about 92 deaths per 1 lakh population. Cancer incidence (CR) in Trivandrum was the highest in both genders in India (except Aizwal). This is mainly due to the highest life expectancy in Kerala. Also, an epidemiologic transition in cancer pattern is taking place and is changing to more similar to "Western" jurisdictions.

COMMON CANCERS SEEN :

Cancer can affect various organs and tissues in the body, leading to numerous types of the disease. Among men, the most common types of cancer are **prostate, lung, colorectal, and stomach cancers**. Prostate cancer is the leading cancer among Indian men, followed closely by lung cancer. For women, **breast cancer** is the most prevalent type, followed by **cervical, ovarian, and colorectal cancers**. In Kerala, **oral cancer** is also a significant health concern, particularly among men, mainly attributed to tobacco and alcohol consumption.



CAUSES OF CANCER :

The development of cancer is a multifactorial process, and numerous risk factors contribute to its occurrence. Some common causes and risk factors include:

1. Genetic Factors: Certain genetic mutations inherited from parents can increase the likelihood of developing certain types of cancer.
2. Environmental Factors: Exposure to environmental carcinogens, such as tobacco smoke, asbestos & pollution, can significantly increase the risk of cancer.
3. Lifestyle Habits: Unhealthy lifestyle choices, including tobacco and alcohol use, poor diet, lack of physical activity, and excessive sun exposure, can contribute to cancer development.
4. Infections: Some infections, such as human papillomavirus (HPV), hepatitis B and C, and Helicobacter pylori, are associated with specific types of cancer.

SYMPTOMS AND SIGNS OF CANCER :

The symptoms of cancer can vary depending on the type and stage of the disease. However, some general signs to watch out for include:

1. Unexplained weight loss
2. Fatigue and weakness
3. Persistent pain
4. Changes in the skin, such as moles or warts that change in size, shape, or color
5. Unusual bleeding or discharge
6. Changes in bowel or bladder habits
7. Difficulty swallowing or persistent indigestion
8. Persistent cough or hoarseness



EARLY DIAGNOSIS AND PROGNOSIS :

Early detection of cancer significantly improves the chances of successful treatment and improved outcomes. Various screening methods, such as mammograms, Pap smears, colonoscopies, and PSA tests, are available for early cancer detection. Additionally, awareness of potential risk factors and regular health check-ups play a vital role in early diagnosis.

The prognosis of cancer depends on several factors, including the type and stage of cancer, the patient’s overall health, and the effectiveness of the treatment. Advancements in cancer research and treatment modalities have led to improved survival rates for many types of cancer. However, early detection remains critical for the best possible outcome.

COMMON MYTHS ABOUT CANCER :

Misconceptions and myths surrounding cancer can lead to fear, stigma, and delayed medical treatment. Some common myths about cancer include:

MYTH	FACT
Cancer is always a death sentence.	With early detection and advancements in treatment, many cancers can be effectively treated, leading to a good quality of life for patients.
Cancer is contagious.	Cancer is not contagious, and you cannot “catch” it from someone else.
Cancer is caused by injury or trauma	Cancer is a result of genetic mutations and other risk factors, not by physical injury.

Only smokers get lung cancer	While smoking is a significant risk factor for lung cancer, non-smokers can also develop the disease due to other factors such as exposure to secondhand smoke or environmental pollutants.
Superfoods or alternative therapies can cure cancer	Fact: While a healthy diet and lifestyle can play a supportive role, there is no evidence that any specific food or alternative therapy can cure cancer on its own.

PREVENTION OF CANCER

Given that many risk factors for cancer are modifiable, prevention plays a crucial role in reducing the burden of the disease. Here are some essential prevention strategies:

1. **Avoid Tobacco:** Tobacco use, in any form, is a leading cause of cancer. Quitting smoking and avoiding secondhand smoke can significantly lower the risk of cancer.

2. **Adopt a Healthy Lifestyle:** Engage in regular physical activity, maintain a balanced diet rich in fruits and vegetables, limit alcohol consumption, and avoid excessive sun exposure.

3. **Get Vaccinated:** Vaccinations for certain infections, such as HPV and hepatitis B, can protect against specific types of cancer.

4. **Screen Regularly:** Undergo age-appropriate cancer screenings as recommended by healthcare professionals.

5. **Environmental Awareness:** Be conscious of environmental pollutants and take steps to reduce exposure.



CONCLUSION

Cancer is a formidable global health challenge, impacting millions of lives each year. Its prevalence in India and Kerala continues to rise, making awareness, prevention, and early diagnosis imperative. Understanding the common types of cancer among men and women, recognizing its causes, symptoms, and debunking myths are essential steps in the fight against this disease. By adopting healthy lifestyle choices, promoting early detection, and embracing prevention strategies, we can collectively work towards reducing the burden of cancer and improving the quality of life for those affected by it.

HEARTBEATS OF HOPE : NURTURING LIVES THROUGH CARDIAC CARE

Cardiac disease, also known as cardiovascular disease (CVD), is a significant global health burden, affecting millions of people and causing a considerable number of deaths each year. It encompasses a range of conditions that impact the heart and blood vessels, impairing their normal functions.

Cardiac disease is a leading cause of mortality in India, with an increasing prevalence in both rural and urban areas. According to the Indian Heart Association, nearly 2.5 million deaths occur due to CVD annually in the country. Kerala, a southern state in India, is particularly affected by CVD due to changing lifestyle patterns and a higher incidence of risk factors like smoking, hypertension, and diabetes.

Common Types of Cardiac Disease among Men and Women :

a) Coronary Artery Disease (CAD): CAD is the most common type of cardiac disease among both men and women. It occurs when the arteries that supply blood to the heart become narrowed or blocked, leading to chest pain (angina) and increasing the risk of a heart attack.

b) Myocardial Infarction (Heart Attack): This condition results from a sudden blockage of blood flow to the heart muscle. Men are more likely to experience heart attacks at a younger age, whereas women tend to develop them later in life.

c) Heart Failure: Heart failure occurs when the heart's pumping ability weakens, leading to a reduced supply of blood and oxygen to the body's organs. It is a serious condition affecting both genders but is slightly more common in men.

d) Arrhythmias: Arrhythmias are abnormal heart rhythms that can cause palpitations, dizziness, or fainting. Certain types of arrhythmias may be more prevalent in one gender over the other.

Causes:

- Lifestyle Factors: Sedentary lifestyle, poor diet, smoking, excessive alcohol consumption, and stress contribute to cardiac disease development.

- Medical Conditions: Hypertension, diabetes, high cholesterol levels, obesity, and family history of CVD increase the risk of developing cardiac disease.

- Age and Gender: The risk of CVD tends to increase with age, and men are generally at a higher risk at an earlier age compared to women.



Symptoms and Signs:

- Chest pain or discomfort (angina)
- Shortness of breath
- Fatigue and weakness
- Rapid or irregular heartbeat
- Dizziness or fainting
- Swelling in the legs, ankles, and feet (edema)



Early Diagnosis and Prognosis :

Early diagnosis of cardiac disease is crucial for prompt management and improved outcomes. Regular health check-ups, monitoring blood pressure, cholesterol, and blood sugar levels, and adopting a healthy lifestyle can aid in early detection. Diagnostic tests such as electrocardiograms (ECGs/EKGs), stress tests, echocardiograms, and coronary angiograms help in assessing heart function and identifying any abnormalities.

The prognosis of cardiac disease depends on various factors, including the type and severity of the condition, the individual's age, overall health, and the timeliness of treatment. Early intervention, lifestyle modifications, and adherence to prescribed medications can significantly improve the long-term outlook of individuals with cardiac disease.

Common Myths about Cardiac Disease :

MYTH	FACT
Only men are at risk of developing heart disease.	While heart disease is more common in men at a younger age, it is a significant threat to women as well. In fact, heart disease is the leading cause of death among women globally.
Heart disease only affects older individuals.	Heart disease can develop at any age, and unhealthy lifestyle choices from an early age can increase the risk significantly.
Heart disease is unavoidable if it runs in the family	Although family history is a risk factor, making healthy lifestyle choices and managing other risk factors can significantly mitigate the risk.
Heart disease is only related to high cholesterol levels.	While high cholesterol is a risk factor, other factors like hypertension, smoking, diabetes, and obesity also contribute to heart disease development.

Prevention of Cardiac Disease

Preventing cardiac disease involves adopting a heart-healthy lifestyle:

- Regular Physical Activity:** Engaging in regular exercise, such as brisk walking, cycling, or swimming, helps maintain cardiovascular health.
- Balanced Diet:** Consuming a diet rich in fruits, vegetables, whole grains, lean proteins, and low in saturated and trans fats helps manage weight and cholesterol levels.
- Quit Smoking:** Smoking is a significant risk factor for heart disease, and quitting can significantly reduce the risk.
- Limit Alcohol Intake:** Moderating alcohol consumption is essential, as excessive drinking can lead to hypertension and heart failure.
- Stress Management:** Practicing relaxation techniques, yoga, or meditation can help manage stress levels, benefiting heart health.

Conclusion

Cardiac disease is a prevalent and serious health issue affecting both men and women worldwide. In India, and specifically in Kerala, its prevalence is rising due to changing lifestyles and an increasing incidence of risk factors. Early diagnosis, prompt management, and adherence to a heart-healthy lifestyle are vital in mitigating the impact of cardiac disease. By dispelling common myths and promoting preventive measures, we can collectively work towards reducing the burden of cardiac disease and improving overall heart health in our communities.

EMPOWERING YOUTH, BUILDING RESILIENCE: THE KEY TO DRUG ABUSE PREVENTION

In the serene landscapes of Kerala, where nature's bounty unfolds in vibrant hues, a sinister force lurks, casting a dark shadow over the once-tranquil society. Drugs and similar addictions have woven their way into the heart of modern Kerala, leaving a trail of unrest and destruction in their wake.

Once celebrated for its communal harmony and progressive mindset, Kerala now faces an alarming rise in drug and substance abuse cases. What initially seemed like a distant issue has morphed into a harrowing crisis, infiltrating the lives of people from all walks of life. The allure of escaping reality, seeking temporary solace, or succumbing to peer pressure has ensnared the vulnerable, pushing them into the abyss of addiction. The youthful energy that once thrived in the vibrant streets now withers away under the spell of drugs. The younger generation, who hold the key to Kerala's future, are trapped in a cycle of dependency, relinquishing their dreams and potential for fleeting moments of euphoria. Educational pursuits suffer as school and college dropouts become commonplace, robbing Kerala of its bright minds and future leaders.

The corrosive effects of addiction extend beyond individuals and encroach upon families, tearing apart the very fabric of relationships. Once-close-knit families are fractured, as trust and communication are replaced by deception and withdrawal. The emotional toll on parents, siblings, and spouses is immeasurable, leaving them helpless witnesses to the gradual disintegration of their loved ones.

With drug trafficking and distribution rampant, Kerala grapples with a surge in crime rates. As addiction breeds desperation, individuals are driven to illegal means to sustain their habits. Robberies, assaults, and other illicit activities cast a dark pall over the once-peaceful streets, instilling fear and uncertainty in the hearts of law-abiding citizens. Many of the affected youth indulge in violence leading to multiple incidents of brutal murders and even end their lives in accidents or suicides. Story of drug abusers brutally killing their dear and near ones is very common.



The impact of addiction reverberates through the state's economic landscape as well. Once flourishing industries like tourism and agriculture now bear the burden of an addicted workforce, leading to reduced productivity and inefficiency. The soaring costs of law enforcement, healthcare, and rehabilitation only serve to deepen the economic quagmire. The health-care system groans under the weight of addiction-related issues. The financial strain imposed on families trying to secure treatment further exacerbates their already precarious situations. Moreover, addiction fuels unrest and instability within communities. Rivalries and disputes over drug territories brew violence, threatening the very foundations of Kerala's peace-loving society. The sense of trust that once bound neighbours together erodes, replaced by suspicion and fear.

Early pointers to Drug Abuse :

1. Behavioral Changes: Look out for sudden changes in behavior, such as becoming secretive, withdrawn, or unusually aggressive.
2. Physical Changes: Keep an eye on any unexplained changes in appearance, like bloodshot eyes, rapid weight loss or gain, and poor hygiene.
3. Social Withdrawal: Notice if the person starts avoiding friends, family, and social activities they used to enjoy.
4. Financial Problems: Watch for signs of money issues, as drug abuse can lead to financial strain and borrowing money frequently.
5. Neglecting Responsibilities: Pay attention if the person starts neglecting their work, school, or family responsibilities.
6. Mood Swings: Be aware of extreme mood swings or sudden emotional outbursts.
7. Changes in Sleep Patterns: Notice if the person experiences significant changes in sleep, such as insomnia or oversleeping.
8. Loss of Interest: Observe if they lose interest in hobbies or activities they once loved.



Steps to be taken to save an affected person:

1. Open Communication: Encourage open and honest communication with the person struggling with drug abuse. Let them know you are there to support them.
2. Family support: Internal factors that led to the condition such as parental fights, insecurities, unattainable targets and comparisons with others need to be rectified. Family counseling may be needed.



3. Seek Professional Help: Encourage them to seek help from a medical professional or a counselor experienced in addiction treatment.

4. Support Groups: Suggest attending support groups or counseling sessions where they can connect with others going through similar challenges.

5. Create a Supportive Environment: Offer a supportive and drug-free environment to aid their recovery.

6. Remove Temptations: Help them avoid situations or people that may trigger drug use.

7. Encourage Healthy Habits: Promote a healthy lifestyle with regular exercise, a balanced diet, and enough rest.

8. Consider Medication-Assisted Treatment: For certain drug addictions, there are medications that can aid in the recovery process.

9. Be Patient: Understand that recovery takes time and setbacks are possible. Be patient and supportive throughout the process.

10. Avoid blame-game : Create a positive nurturing environment for the survivor.

Our District project Satrangi holds the promise of bringing hope to the battle against drug abuse. By addressing this pressing issue through a comprehensive approach that involves awareness campaigns, community engagement, and professional support, Rotary district 3211 aims to create a positive impact on individuals and society as a whole. Through Satrangi's initiatives, people will get awareness on hazards of drugs, and those struggling with drug abuse will find a supportive network, access to treatment, and opportunities for personal growth. By fostering an environment of compassion and understanding, Satrangi seeks to break the stigma surrounding addiction and provide a pathway towards recovery and brighter futures. Thus through Satrangi ,our district would strive to build a society where hope overcomes the darkness of drug abuse.

ROTARY: HEALING HEARTS AND MINDS-CHAMPIONING MENTAL HEALTH CARE FOR ALL!

Mental health is an essential aspect of our overall well-being and is as important as physical health. It encompasses our emotional, psychological, and social well-being, affecting how we think, feel, and act. In today's society, mental health issues have become increasingly prevalent, affecting individuals of all ages, from young children to older adults. However, despite the growing awareness, there remains a significant stigma associated with mental illnesses, hindering proper understanding and support for those who need it.

The significance of mental health cannot be overstated. Good mental health allows individuals to cope with life's challenges, maintain positive relationships, and achieve their full potential. It impacts every aspect of our lives, from personal happiness to professional success. When mental health is neglected, it can lead to a range of problems, such as decreased productivity, strained relationships, and even severe mental illnesses. Recognizing and prioritizing mental health is crucial for promoting a balanced and fulfilling life.

In recent years, the prevalence of mental health issues has been on the rise worldwide. Factors such as increased stress levels, economic pressures, and changing societal norms have contributed to this trend. Young and old alike are affected by mental health conditions, but it is particularly concerning among the youth and elderly populations.

Common Mental Health Conditions:

a) Young Population:

1. Anxiety Disorders: Anxiety disorders, such as generalized anxiety disorder and social anxiety disorder, are common among young people, affecting their ability to function in social and academic settings.

2. Depression: Depression is a prevalent mental health condition in young individuals, leading to feelings of sadness, loss of interest, and changes in sleep and eating patterns.

3. Eating Disorders: Conditions like anorexia nervosa and bulimia nervosa are common among adolescents and young adults, arising from complex psychological and social factors.

b) Older Population:

1. Dementia: Dementia is a group of cognitive disorders prevalent among older adults, affecting memory, thinking, and behavior.

2. Depression: Elderly individuals may also experience depression due to factors like isolation, chronic health conditions, and bereavement.

3. Anxiety: Anxiety disorders can also occur in the elderly population, leading to increased fear, worry, and restlessness.

Stigma Associated with Mental Illness in Society:

Despite the growing awareness and efforts to combat mental health stigma, it remains a significant barrier to seeking help and support. The stigma arises from misconceptions, fear, and discrimination associated with mental illnesses. This negative perception often prevents individuals from opening up about their struggles and seeking professional assistance, which can exacerbate their condition.

Symptoms of Depression and Suicidal Tendencies:

Depression is a common mental health condition with various symptoms that can vary from person to person. Some common signs include persistent sadness, loss of interest in activities, changes in appetite and sleep patterns, feelings of guilt or worthlessness, and difficulty concentrating. In severe cases, depression may lead to suicidal thoughts and tendencies, making it a critical issue that requires immediate attention and support.



The effects of stress on human health are profound and multifaceted.

Physically, chronic stress can lead to an increased risk of heart disease, high blood pressure, obesity, and a weakened immune system. Moreover, it can manifest in symptoms like headaches, muscle tension, digestive problems, and sleep disturbances.

Mentally, stress can trigger anxiety, depression, mood swings, and cognitive difficulties, affecting one's ability to concentrate, make decisions, and manage emotions effectively.

The Importance of Stress Management: Effective stress management empowers individuals to cope with stressors and build resilience, reducing the adverse impact on their physical and mental health. Furthermore, it enhances overall quality of life and promotes a sense of well-being. Managing stress is crucial for maintaining good mental and physical health, regardless of age. Here are ten important points on how to manage stress effectively in all ages:

1. **Identify Triggers:** Recognize the sources of stress in your life and try to identify common triggers. Understanding what causes stress can help you develop coping strategies and avoid unnecessary stressors.

2. **Practice Mindfulness:** Engage in mindfulness techniques, such as meditation or deep breathing exercises, to stay present and focused. Mindfulness can help reduce anxiety and improve overall well-being.

3. **Physical Activity:** Regular exercise is an excellent way to manage stress. Engaging in physical activities, such as walking, jogging, yoga, or dancing, releases endorphins, which are natural stress relievers.

4. **Maintain a Balanced Diet:** A well-balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins can support your body's ability to handle stress and promote overall health.

5. **Establish Healthy Sleep Habits:** Ensure you get enough quality sleep each night. Sleep is essential for both physical and mental restoration, helping to reduce stress levels.

6. **Social Support:** Stay connected with friends, family, and support networks. Sharing your feelings and experiences with others can provide emotional support and perspective during stressful times.

7. **Time Management:** Organize your daily tasks and prioritize them according to importance. Effective time management can reduce feelings of overwhelm and help you accomplish tasks more efficiently.



8. Engage in Relaxation Techniques: Incorporate relaxation techniques into your routine, such as progressive muscle relaxation, guided imagery, or spending time in nature. These activities can calm the mind and reduce stress levels.

9. Limit Exposure to Stressful Situations: While it may not always be possible to avoid stress entirely, try to limit your exposure to unnecessary stressful situations. Learn to say no to additional commitments when you feel overwhelmed.

10. Seek Professional Help: If stress becomes overwhelming and interferes with your daily life, do not hesitate to seek professional help. Mental health professionals can provide guidance and support to manage stress effectively.

Remember that everyone's experience with stress is unique, and not all techniques will work the same for everyone. It's essential to find what works best for you and incorporate these stress management strategies into your daily routine. By taking proactive steps to manage stress, individuals of all ages can lead healthier and more fulfilling lives.

Rotary International's stress on mental health :

. One of the thrust areas it has increasingly advocated under the leadership of President Gordon McInally is mental health. Acknowledging the profound impact mental health has on individuals and communities, McInally has tirelessly emphasized its importance as a key aspect in creating hope and positive change in the world.

Since assuming the role of Rotary International President, Gordon McInally has been determined to bring mental health to the forefront of discussions. He has tirelessly emphasized the significance of mental well-being and its direct impact on the overall health and happiness of individuals and society at large. By raising awareness, McInally strives to break the stigma surrounding mental health issues, encouraging open conversations and support for those in need. Under the leadership of President Gordon McInally, Rotary International is making significant strides in promoting mental health care and fostering hope worldwide.. As mental health becomes an integral part of Rotary's humanitarian efforts, it serves as a testament to the organization's commitment to creating hope, understanding, and a brighter future for all.

LIFESTYLE DISEASES- KERALA'S BURNING ISSUE

Lifestyle diseases, also known as non-communicable diseases (NCDs), are chronic conditions that are largely preventable through modifications in lifestyle choices. These diseases have become increasingly prevalent in modern society, including the state of Kerala,

Lifestyle diseases or Noncommunicable diseases (NCD) refer to health conditions that are linked to the choices individuals make in their daily lives. These diseases arise from long-term exposure to unhealthy habits such as poor dietary choices, physical inactivity, tobacco use, and excessive alcohol consumption.

Common lifestyle diseases include cardiovascular diseases, type 2 diabetes, obesity, hypertension, and certain cancers.

Incidence and prevalence :

In India, it is estimated that 42 percent of total death are due to NCD [Non-Communicable Diseases]. In Kerala, the situation is more serious as more than 52 percent of the total death between the productive age group of 30 and 59 is due to NCD. Hypertension, diabetes mellitus, cardio vascular diseases, stroke and cancer are the major non communicable diseases seen in Kerala. Studies show that 27 percent of Kerala adult males are having diabetes mellitus compared to 15 per cent at national level. 19 per cent of adult female population is diabetic compared to 11 percent in India. Genetic predisposition, dietary habits and sedentary lifestyle are considered to be the reason for this phenomenon. 40.6 percent of adult males and 38.5 percent of adult females are hypertensive compared to 30.7 percent and 31.9 percent at national level. Incidents of obesity, hyper lipidemia, heart attack and stroke are also high.



Causes of increased prevalence of Lifestyle Diseases in Kerala: Kerala has undergone significant socio-economic changes over the years, leading to changes in lifestyle patterns. Rapid urbanization, increased disposable income, and dietary transitions have contributed to the escalating prevalence of lifestyle diseases in the region. Statistics on the incidence of NCDs in Kerala highlight the seriousness of the issue and the need for preventive measures.

Causes of Increased Prevalence in Modern Society:

Causes of Increased Prevalence in Modern Society:

a) Sedentary Lifestyle: Advancements in technology and the shift towards desk-bound jobs have reduced physical activity levels significantly, leading to increased obesity and related diseases.

b) Unhealthy Diets: The traditional Kerala diet, rich in fruits, vegetables, and fish, has been replaced with calorie-dense and processed foods, increasing the risk of NCDs.

c) Stress: Modern life brings with it greater stress and mental strain, which can contribute to lifestyle diseases like hypertension and heart problems.

d) Tobacco and Alcohol Consumption: The prevalence of smoking and alcohol consumption in Kerala contributes to respiratory and liver diseases.

Factors Leading to Lifestyle Diseases, Especially Food Habits:

a) Changing Dietary Patterns: The increasing consumption of refined carbohydrates, saturated fats, and sugary beverages has resulted in obesity and diabetes becoming more prevalent.

b) Low Fruit and Vegetable Intake: A lack of fresh fruits and vegetables in the diet contributes to nutrient deficiencies and increases the risk of chronic diseases.

c) High Salt Intake: The use of excessive salt in cooking and processed foods elevates blood pressure and contributes to hypertension.

d) Excessive use of oil in cooking : Excessive of fried snacks ,pickles and oily curries.

Ten Steps to Prevent Lifestyle Diseases:

- a) Regular Exercise: Engaging in physical activity for at least 30 minutes daily can significantly reduce the risk of lifestyle diseases.
- b) Balanced Diet: Adopting a balanced diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can help maintain a healthy weight and prevent NCDs.
- c) Limiting Processed Foods: Reducing the consumption of processed and fast foods can lower the intake of unhealthy fats, added sugars, and excess salt.
- d) Moderating Alcohol Consumption: Limiting alcohol intake to moderate levels can protect against liver disease and certain cancers.
- e) Avoiding Tobacco: Quitting smoking or avoiding exposure to tobacco smoke is crucial for preventing respiratory and cardiovascular diseases.
- f) Stress Management: Engaging in relaxation techniques such as meditation, yoga, or hobbies can help manage stress and promote overall well-being.
- g) Regular Health Checkups: Regular health checkups aid in early detection and timely management of risk factors associated with lifestyle diseases.
- h) Weight Management: Maintaining a healthy weight through proper diet and exercise can prevent obesity-related diseases.
- i) Limiting Salt Intake: Reducing salt consumption can help control hypertension and related cardiovascular issues.
- j) Public Health Awareness: Educating the public about the impact of lifestyle choices and promoting healthy living can have a significant effect on disease prevention. Propagate the slogan of "One spoon less of sugar, oil and salt."

Comparison of WHO recommended healthy diet to Indian diet

WHO Recommendations	Indian Diet
A diet rich in fruits and vegetables, as they are excellent sources of essential nutrients, fiber, and antioxidants, w	Traditional Indian Diet includes a variety of fruits and vegetables, which align with WHO recommendations. But newer generations opt less for it.
1 teaspoon of salt or salty food per day	3 teaspoons of salt
5 teaspoons of sugar & sugary food per day	15-20 tsp sugar & sugary food
3 teaspoons of oil or oily food per day	10 tsp of oil or oily food
Limiting processed and unhealthy fats	Snacks are used widely and in large quantities
Alcohol consumption in moderation	Excessive use of alcohol, especially in social gatherings

The Role of Rotary in Preventing Lifestyle Diseases:

Rotary International, has been actively involved in various health initiatives worldwide. Rotary clubs can collaborate with local healthcare providers, governments, and NGOs to conduct

health camps, awareness programs, and community outreach initiatives aimed at preventing and managing lifestyle diseases. These efforts play a critical role in raising awareness and empowering communities to take control of their health and make informed lifestyle choices. By adopting the various steps to prevent lifestyle diseases and with the active engagement of organizations like Rotary, Kerala can pave the way towards a healthier and happier population.

KIDNEY DISEASES – A SURGING MENACE

In recent times, there has been a noticeable surge in the number of cases of kidney disease in the state of Kerala. The rise in these cases has raised concerns among healthcare professionals and the general public alike. It is of paramount importance to recognize the increasing cases of renal diseases and address them promptly. Early detection and intervention can significantly impact disease outcomes and improve the quality of life for affected individuals. Public health authorities, healthcare providers, and communities must collaborate to raise awareness about preventive measures and the importance of regular health check-ups.

The kidneys, a vital pair of organs responsible for filtering waste and excess fluids from our blood, play a crucial role in maintaining our overall health. However, the prevalence of renal diseases in Kerala has been on the rise, affecting people of all ages and backgrounds.

Factors contributing to this alarming trend, includes changes in lifestyle, dietary habits, environmental pollution, and an aging population. Kerala, known for its rich cultural heritage and serene landscapes, has also experienced rapid urbanization and modernization in recent years. This has brought about significant lifestyle changes, with sedentary habits, unhealthy diets, and stress. Additionally, environmental factors such as air and water pollution can contribute to the burden of renal diseases.



Prevalence of Renal Diseases in India and Kerala:

India faces a substantial burden of renal diseases, with an increasing number of cases reported each year. Both acute kidney injury and chronic kidney disease are significant public health issues. In Kerala, as in the rest of India, the prevalence of renal diseases has been on the rise due to lifestyle changes, increasing incidence of diabetes and hypertension, and a lack of awareness about preventive measures.

Types of Renal Diseases:

1. **Chronic Kidney Disease (CKD):** Chronic kidney disease is a prevalent condition where the kidneys gradually lose their ability to function properly over an extended period. The two leading causes of CKD are hypertension and diabetes mellitus. Other contributing factors include glomerulonephritis, polycystic kidney disease, and urinary tract obstruction.

2. **Acute Kidney Injury (AKI):** Acute kidney injury is a sudden and severe impairment of kidney function, often caused by conditions such as severe infections, dehydration, kidney stones, or exposure to nephrotoxic drugs.

3. **Glomerulonephritis:** Glomerulonephritis refers to inflammation of the glomeruli, which are tiny filters in the kidneys responsible for filtering the blood. This condition can be caused by infections, autoimmune disorders, or certain medications.

4. **Polycystic Kidney Disease (PKD):** Polycystic kidney disease is an inherited disorder characterized by the growth of numerous cysts in the kidneys, leading to kidney enlargement and impaired function.

Symptoms and Signs:

The symptoms of renal diseases may vary depending on the type and stage of the condition. Common signs include:

- | | |
|--|--|
| 1. Fatigue and weakness | 2. Swelling in the legs, ankles, or face |
| 3. Changes in urine frequency and volume | 4. Blood in urine |
| 5. Persistent itching | 6. High blood pressure |
| 7. Nausea and vomiting | 8. Shortness of breath |

Early Diagnosis and Prognosis:

Early diagnosis of renal diseases is crucial to prevent further complications and slow down the progression of the condition. Physicians use various diagnostic tests, such as blood tests (e.g., creatinine levels), urine tests (e.g., urinalysis), imaging (e.g., ultrasound, CT scan), and kidney biopsy to assess kidney function and identify the underlying cause.

The prognosis of renal diseases depends on factors such as the type and stage of the condition, the patient's overall health, and the effectiveness of treatment. For some conditions, such as AKI, prompt treatment and appropriate management may result in a full recovery. In contrast, chronic kidney disease may require long-term management and, in severe cases, may progress to end-stage renal disease necessitating dialysis or kidney transplantation.

Common Myths about Renal Diseases:

MYTH	FACT
Only older adults are at risk for kidney diseases.	Renal diseases can affect people of all ages, including children and young adults.
Kidney disease only affects people with a family history.	While genetics can play a role, lifestyle factors such as diet, exercise, and managing chronic conditions like diabetes and hypertension also significantly influence kidney health.

Drinking more water can cure kidney diseases.	While staying hydrated is important for kidney health, it cannot reverse or cure established kidney diseases.
Over-the-counter pain medications are safe for the kidneys	Prolonged and excessive use of certain pain medications, such as NSAIDs, can harm the kidneys.

Prevention of Kidney Diseases

Preventing kidney disease is essential for maintaining good health. Here are ten simple steps you can take to reduce the risk of kidney disease:

1. **Stay Hydrated:** Drink plenty of water throughout the day to help flush out toxins and waste products from your kidneys. Aim for at least 8 cups of water daily, or more in hot weather or during physical activity.

2. **Eat a Balanced Diet:** Follow a healthy and balanced diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit salt, sugar, and processed foods to protect your kidneys.

3. **Control Blood Pressure:** High blood pressure can strain the kidneys over time. Monitor your blood pressure regularly and take steps to keep it within a healthy range through lifestyle changes and, if necessary, medication.

4. **Manage Diabetes:** If you have diabetes, work closely with your healthcare provider to manage blood sugar levels effectively. Uncontrolled diabetes can damage the kidneys over time.

5. **Quit Smoking:** Smoking can narrow blood vessels and decrease blood flow to the kidneys, increasing the risk of kidney disease. Quitting smoking will benefit your overall health, including your kidneys.

6. **Exercise Regularly:** Engage in regular physical activity to maintain a healthy weight and improve circulation. Physical activity can also help control blood pressure and reduce the risk of kidney disease.

7. **Limit Alcohol Intake:** Excessive alcohol consumption can harm the kidneys. If you choose to drink, do so in moderation—up to one drink per day for women and up to two drinks per day for men.

8. **Avoid Over-the-Counter Painkillers:** Overusing non-prescription pain medications like ibuprofen and aspirin can be harmful to the kidneys. Use them only as directed and avoid prolonged or excessive use.

9. **Avoid Exposure to Toxic Substances:** Limit exposure to chemicals and toxins at home and in the workplace. Follow safety guidelines and wear protective gear if necessary.

10. **Regular Health Check-ups:** Schedule regular check-ups with your healthcare provider to monitor your kidney function and overall health. Early detection of any issues can help prevent or manage kidney disease effectively.

By adopting these simple steps into your lifestyle, you can significantly reduce the risk of kidney disease and promote the health and longevity of your kidneys. Remember, prevention is always better than cure, and taking care of your kidneys is a vital part of maintaining your well-being.

In conclusion, the increasing cases of renal diseases in Kerala demand urgent attention and collective action. Through a comprehensive understanding of the contributing factors and concerted efforts in prevention, early detection, and management, we can work towards alleviating this health crisis. Together, we can pave the way for a healthier future for the people of Kerala and beyond.

STUDENT HEALTH CARE AND SUPPORT TO SCHOOLS

In today's fast-paced and competitive world, schools serve as the foundation for shaping the next generation's leaders and innovators. While academic excellence is undoubtedly a priority, it is equally vital to recognize the crucial role that student health and support play in a child's overall development. When we talk about student health, it goes beyond just physical well-being; it encompasses mental, emotional, and social aspects as well. As such, schools must create an environment that nurtures and supports students holistically, allowing them to flourish not only academically but also personally.

Satrangi addresses the pressing need for a comprehensive approach to student health and support in schools. We will delve into the far-reaching benefits that such a system offers and how it profoundly impacts a student's educational journey and future prospects. By fostering a positive and caring atmosphere, schools can lay the groundwork for students to thrive both inside and outside the classroom. Amidst the challenges that students face today, including academic pressures, social interactions, and personal growth, a robust support system becomes indispensable. It is essential to address their mental and emotional needs and provide resources to navigate any difficulties they encounter. By prioritizing student health and well-being, schools not only enhance academic performance but also instill vital life skills that will serve students throughout their lives.

Why Student Health Matters for a Better World:

1. Improved Academic Performance: Healthy students are better equipped to focus, learn, and retain knowledge. Physical fitness and mental well-being positively impact cognitive function, leading to improved academic performance and ultimately contributing to a more educated and skilled global workforce.

2. Enhanced Emotional Intelligence: A healthy mind enables emotional intelligence, empowering students to understand and manage their emotions effectively. Emotionally intelligent individuals are more compassionate, empathetic, and capable of fostering positive relationships, which promotes a harmonious world.



3. Building a Resilient Future Generation: A robust physical and mental foundation equips students to cope with challenges, setbacks, and adversities in life. Resilience enables them to bounce back from failures, which is essential for addressing global issues and fostering a resilient society.

4. Sustainable Global Development: Healthy students are more likely to embrace sustainable lifestyles and make environmentally responsible choices. They can be key players in addressing climate change and promoting eco-friendly practices for a greener world.

5. Reducing Healthcare Burden: Prioritizing student health helps prevent chronic diseases, reducing the burden on healthcare systems. A healthier population translates to reduced healthcare costs, enabling governments to allocate resources to other critical areas

Cultivating Healthy Minds and Bodies in Children:

1. Physical Health:

a. Encouraging Regular Exercise: Incorporating physical activities into the curriculum promotes fitness and instills lifelong healthy habits.

b. Balanced Nutrition: Schools and parents should collaborate to provide nutritious meals, ensuring students' physical development and overall health.

2. Mental Health:

a. Raising Awareness: Educating students, parents, and educators about mental health is essential to break the stigma and foster open conversations.

b. Providing Counseling Support: Schools must offer access to mental health professionals to assist students facing emotional challenges.



3. Emotional Intelligence:

a. Emotional Education: Integrating emotional education in the curriculum equips students with the skills to recognize and manage their emotions.

b. Mindfulness Practices: Incorporating mindfulness exercises can improve focus and emotional regulation among students.

Ten Points on the Importance of Early Screening in Students:

1. Early Detection of Health Issues: Screening allows for the identification of health problems at their nascent stages, increasing the chances of successful intervention and treatment.

2. Learning Disabilities Identification: Early screening enables the identification of learning disabilities, facilitating tailored educational support for struggling students.

3. Vision and Hearing Assessments: Early screening of vision and hearing problems prevents learning barriers and ensures students can fully engage in the learning process.



4. Preventing Developmental Delays: Early screenings can identify developmental delays in motor, speech, or cognitive skills, allowing for timely interventions.

5. Mental Health Screening: Identifying mental health issues early on helps in providing appropriate support, reducing the risk of long-term psychological challenges.

6. Immunization and Preventive Measures: Early screening ensures students are up-to-date with immunizations and preventive health measures, safeguarding them from preventable diseases.

7. Addressing Nutritional Deficiencies: Screening for nutritional deficiencies enables targeted interventions to support students' physical and cognitive growth.

8. Identifying Risky Behaviors: Early screening can detect risky behaviors, such as substance abuse or unhealthy habits, allowing for timely interventions and support.

9. Tailoring Health Education: Screening results inform educators about students' specific health needs, enabling targeted health education initiatives.

10. Encouraging Healthy Lifestyles: Early screenings foster a culture of proactive health management, encouraging students to adopt healthy habits for life.

How a Congenial Atmosphere Brings out Holistic Development:

1. Supportive Family Environment: A nurturing family fosters a strong foundation for holistic development, promoting emotional security and confidence.

2. Positive School Environment: Safe and inclusive schools provide students with the necessary tools and resources to explore their potential fully.

3. Caring Educators: Compassionate and skilled educators play a pivotal role in inspiring and guiding students toward their goals.

4. Peer Interaction: Positive peer relationships encourage teamwork, empathy, and social skills, contributing to students' overall growth.

5. Co-curricular Activities: Engaging in extracurricular activities exposes students to diverse experiences, honing their talents and passions.

6. Community Involvement: Involvement in community projects instills a sense of responsibility and empathy in students, nurturing their civic engagement.

7. Arts and Creativity: Encouraging artistic expression cultivates creativity and critical thinking in students.

8. Volunteer Opportunities: Engaging in volunteer work promotes altruism and a sense of purpose among young individuals.

9. Character Education: Integrating character education into the curriculum helps students develop essential values like integrity and respect.

10. Peer Support Programs: Establishing mentorship and peer support programs fosters a sense of belonging and support among students.

Investing in the health of students is an investment in a better world. By prioritizing their physical and mental well-being, fostering healthy minds and bodies, implementing early screening measures, and creating a congenial atmosphere for holistic development, we can equip our youth with the tools to become responsible, compassionate, and capable global citizens. As they mature into future leaders, their positive impact on society will shape a better world for generations to come.

Satrangi - PLAN OF ACTION

It is said that "Health is wealth" and "Health is that crown on a well-person's head that only an ill person can see."

It is really an irony that we never recognize the value of good health until we lose it.

'Satrangi', being that magic wand designed to Create Hope in the world. We believe in the motto of "EMPOWER, INSPIRE, AND THRIVE WITH GOOD HEALTH." Our motto says that we Rotarians must take good care of our health and Our slogan to the community is "Your Health is our priority".

The modus operandi of 'Satrangi' is based on 4 aspects

- | | |
|---------------------------|--------------------|
| 1. Prevention of diseases | 2. Early detection |
| 3. Treatment | 4. Rehabilitation |

1. PREVENTIVE MEASURES through 'Satrangi'

Prevention is better than cure

AWARENESS is the keyword in the prevention of almost all diseases

a) Awareness classes can be conducted for three sets of people

- | | |
|--|---|
| <ul style="list-style-type: none"> • Rotarians and their families • Non-Rotarians The classes can be held at • Zonal level | <ul style="list-style-type: none"> • Students—Schools and Colleges • Club level • Multi-zonal level—For Rotarians and families • Educational Institutions |
| <ul style="list-style-type: none"> • Revenue District Levels • Gated communities, • Residential areas, Colonies, Auditoriums etc for public | |

Please note :

• Mental health care and drug abuse must be focused more in schools and colleges. Youth has to be targeted.



• We can get the support of the Kerala Police and Excise Department, associate with their Vimukthi and Yodhavu projects.

• Also better to get the support of various voluntary agencies working on mental health as they will do the follow-up of the students identified

- Only identification and awareness of mental health
- In awareness classes on mental health and drug abuse, mobile phone abuse, etc parents and teachers must be given awareness classes on how to identify and how to handle the affected children.

b) Posters can be exhibited in public areas. Pamphlets, leaflets, etc on preventive as well as early detection aspects of diseases can be distributed.

c) Bites /Very Short Messages from famous personalities in and out of Rotary to spread awareness- to send awareness through social media

d) Flash Mobs, rallies, street plays, short films, documentaries, advertisements in cinema halls, etc are very effective, especially in the prevention of drug abuse

e) Mega Processions involving at least 10000 students from various educational institutions.

f) Innovative And Creative Ideas: Roadshow, Marathon, Walkathon, etc for creating awareness, Interesting interviews with famous doctors on common myths about health, cooking competition to promote healthy life style, etc.

In addition to this, any innovative awareness program or project on any of the verticals of Satrangi can be carried out.

Special rewards depending on the importance of the program will be given.

Points to be noted :

- It is always advisable to educate and involve Asha workers, Kudumbasree workers, NGOs etc as they have more accessibility and reach.

- We must include local bodies including Panchayat, Municipality,etc. As far as possible, leaders such as ministers, MLAs, MPs, Mayor, Panchayat etc.



2) Early Detection through Satrangi: The progress and severity of any diseases we have chosen can be arrested by recognition of risk factors and early preventive and corrective measures.

- Medical camps and screening camps must be conducted for Rotarians and families. As good health forms the basis of all happiness,we need to look into ourselves first and then reach out to the public.

- Cancer screening and detection camps -with the help of regional cancer center, district hospitals, or other reputed hospitals with such facilities.

- Multi-specialist medical camps with an emphasis on lifestyle diseases including diabetes and hypertension, cardiac care, and renal care.

- Can associate with multi-specialist hospitals, who can provide further follow-up and treatment free or at subsidized rates

- Can associate with big laboratories for free or subsidized checkups

- Mobile screening vans for cancer care, kidney care, and cardiac care

Points to be noted while conducting a medical camp:

Every medical camp needs lot of manpower, precious time, effort, and money. So proper planning is needed for conducting a good medical camp .

- For conducting a medical camp, one needs to arrange doctors, paramedical staff as well as medicines. It can be arranged with the help of doctors in our Rotary clubs or through hospitals. Government hospitals have a community service wing, but usually, they are general screening camps. Meanwhile, most of the private multi-specialist hospitals and private medical colleges have their team for conducting medical camps. They may have a target of doing medical camps for their publicity, but we can very smoothly conduct specialty medical camps with their support.

- Ensure public participation with the prior distribution of information through flyers, posters. Involve local bodies, Kudumbasree, and other volunteers, so that a maximum number of people in the locality can make use of it.

- Tie up can be made with laboratories and leading hospitals for giving subsidized rates to Rotarians, families as well as people who can afford it and to give free treatment to financially poor people.

- For every camp, proper registration is mandatory as award points are based on the number of participants and verticals of Satrangi involved.

- Each medical camp should include at least one vertical from Satrangi, which should be given priority.

- Proper reporting with photographs is needed, as per the standards set by the awards committee

- All projects must be publicized through newspapers, television, and other print and visual media.

3) Treatment Support

The financial burden often deters the poor from early diagnosis and seeking proper treatment. Many cases that are detected in medical camps may not go for treatment. Even if they start treatment, they discontinue it due to a lack of awareness or due to a lack of money. So they can be given awareness, counseling, and financial support to seek medical advice.

Treatment also takes away man hours. So families can be supported for daily needs and also for the education of their children while the patient is in treatment.

So our plan is to

- Ensure medical support to the patients detected through our camps

- Financial aid to support the medical treatment of patients suffering from complications of diabetes, hypertension, heart diseases, kidney diseases, cancer, mental health problems or drug abuse.

- Financial aid to support surgeries for cancer, cardiac and renal patients

- Financial aid to support medicines for any patients who need lifelong support such as bedridden patients, accident victims, pediatric diabetic patients requiring insulin, patients on anti-rejection medicines etc

Awards will be given according to the amount spent for treatment.

Student Health Care And Support To Schools

- Conduct medical camps in schools where school students can be examined by pediatricians, gynecologists, dentists, ophthalmologists, ENT surgeons. Can combine with classes on

lifestyle diseases and healthy eating by nutritionists, menstrual health by gynecologists, multi-specialist medical camps for staff, parents, and people in the locality, etc

Lakshya scholarship project –

Schools must provide the list of twenty five bright students for the Lakshya scholarship. Rotary club must pay Rs 1000 per student (Rs. 25,000/- per school) to RILM. They will get the Byjus app worth Rs.80000 free for three years. This project is purely done to improve the public image of Rotary International.



Caution: No money should be collected from students or schools, under any circumstance. If any club collects such an amount, the district will be canceled from this project.

- Treatment support for children suffering from chronic illness like diabetes, renal disease, cerebral palsy etc.
- Education scholarship for wards of patients suffering from a chronic debilitating illness and also bedridden patients.

4) REHABILITATION PROGRAMS

Being successful in the fight against disease is no small feat. Every survivor serves as an inspiration to other patients and a reminder that illness may be overcome. Rotarians need to support them in a variety of ways because they must go on living with dignity after surviving.

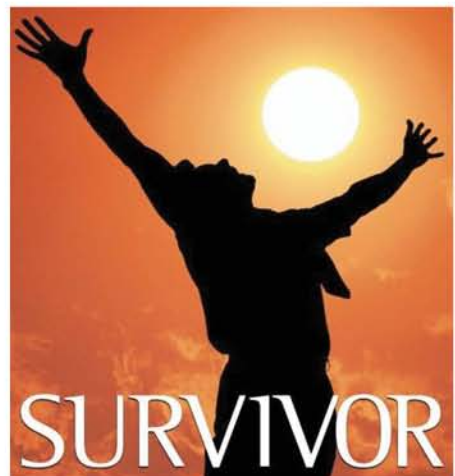
For survivors of Cancer, renal diseases, mental illness, and drug abuse

- Mental & emotional guidance and support
- Vocational rehabilitation by sponsoring suitable business or jobs
- Support life and livelihood by building houses, supporting the education of their wards etc.

5) SIGNATURE PROJECTS

Building Public Image of Rotary through
(Minimum project Cost–Rs 10,00,000/-)

- Mobile cancer screening vans.
- Cancer wards and chemotherapy units, equipment.
- Blood banks with blood separation units to support cancer and kidney patients.
- Recreation centers for cancer patients in cancer hospitals such as indoor play parks for kids, indoor games, and reading or recreation rooms for patients.
- Mobile kidney screening / diabetic screening vans
- Dialysis ward with multiple hemodialysis units
- Cardiac screening vans



- Cardiac care wards
- Sponsoring at least 5 heart surgeries
- International patient exchange
- Mobile clinics
- Rotary hospitals

Any project on drug abuse prevention, or mental health care such as movies, mega shows, multiple hoardings, etc that has cost a minimum of Rs 10,00,000/-. Signature projects must be given widespread publicity. Inauguration of these projects must be held with good media coverage, involving the public and local bodies.

In short, our district project Satrangi can be implemented in ways big and small. It is suited for every club in the district and also for every Rotarian. Satrangi aims to create a change in our behavioral patterns related to health care and to enable us to lead a healthy, happy life. Through Satrangi, we can improve our lives and the lives of others in the world.

MEGA PROJECTS DONE DURING THE FIRST MONTH OF SATRANGI



4 renal dialysis units installed by RC Tangasseri at a project cost of Rs 40lakhs



UV +RO plant installed in Govt LPS school by RC Alleppey East. Project cost is around Rs 9 lakhs



Fully automated biochemistry analyzer for testing renal and lifestyle diseases by RC Trivandrum Central. Project Cost -- Rs 8 lakhs



BLOOD COMPONENT SEPARATION UNIT BY RC OF CHERTHALA TOWN. Project cost _ Rs 1.2 crores



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Registration Fees

- | | |
|---|--------------------|
| Rotarians | - Rs 4720/- |
| Rotary Anns & Lady Rotarians | - Rs 4130/- |

Early bird offer for registrants on 30/07/2023



Non Stick Tawa worth Rs 600/-