

ROTARY INTERNATIONAL CONVENTION MELBOURNE MAY 2023 (SPECIAL EDITION)



EDITORIAL

"INSPIRING US TO DO BIGGER AND BETTER"

We are happy and proud to present a special issue of Mind Matters for the RI Convention, Melbourne, 2023.

The recent visit of RIPE Gordon McNally and the First lady Heather to the Rotary Club of Nagpur, India, on 25 April 2023, served as a major shot in the arm for us to continue our work for the cause of Mental Health, with greater zeal and gusto. **He and Heather inspired us to do bigger and better and take our work to higher levels and spread it geographically.** The First couple (Elect) of RI, Gordon and Heather come across as a passionate and compassionate couple as they assured me of their full support for furtherance of the work on Mental Health.

Having started my practice as a Consultant Psychologist, in Nagpur – India, way back in 1988, I have seen the ignorance, reluctance and stigma attached to mental health issues. I started spreading awareness by lecturing and writing a regular column in "The Hitavada", a leading daily newspaper in Central India. Over the three decades of publication of my column, I have seen the gradual increase in acceptance and inflow of people for treatment.

In 2016 a handful of us Rotarians chartered the formation of the Rotary Action Group on Mental Health Initiatives. I thought it was time to work in the Rotary ecosystem, the world's largest NGO, with an international network and presence.

We received the Global Grant on Mental Health for school children, in early 2020. Thanks to Bob Anthony of the Rotary Club of Naples, Florida for making this happen. As Covid pandemic struck, we pushed for the formation of the District Action Group on Mental Health Initiatives as the first Chapter of global RAG on Mental Health. The e-newsletter, "Mind Matters", was a natural fall-out of the fast-paced work being done by the inspired team of Rotarians. Ironically, Covid opened opportunities for mental health issues as humanity suffered!

We, as a team, started working with a missionary vision and energy. Rotarians and writers from all across the country kept the ball rolling! We took off with the first issue in April 2021 and have published 26 issues till date.

The e-newsletter is free of cost and circulated globally, through emails and WhatsApp broadcast groups to Rotarians. It is sent to students of various colleges officially through the Deans via emails. It has a circulation of more than 200,000 plus, with a fantastic readership response! Being an e-paper, we really do not know what the true numbers are, and may well be way beyond my guesstimate. We intend to circulate it to all the members of Rotary International!

Do write to us and subscribe to it and we are open for donors who will provide their support in meeting our designing expenses.

Rita
Rita Aggarwal.
Editor.

mindmatterseditor@gmail.com

RI PRESIDENT ELECT GORDON MCINALLY'S VISIT TO ROTARY CLUB OF NAGPUR ON 25 APRIL 2023

The short, sudden surprise visit of RIPE Gordon McNally to the Rotary Club of Nagpur gave a sense of thrill to the Global Grant Team and the club members. In his brief 30-minute visit, Project Director Rita Aggarwal made a presentation on the **Global Grant Project on Mental Health, 'Wellness in a Box- Prevention of Depression, and Peer Leadership Programmes'**, a brief presentation for the **DAGMHI 3030 (District Action Group on Mental Health Initiatives) and the work done so far.** President-Elect Gordon appreciated very much the hard work and the successful outcome of the project. He said such a **project needs to be scaled up to cater to a much larger audience** and should not remain at this level. **He was emotionally touched by the work done, as he is passionate about mental health and is launching mental health as his presidential initiative in his term of July 2023-2024.**

-Rtn. Rita Aggarwal,
Project Director, Wellness in a box,
Chair Programs- RAGMHI; Advisor DAGMHI 3030.



RI Director Anirudha, Sati Khanna, Gordon, Rita and Heather



Gordon speaking at Rotary Club of Nagpur.



Friendly exchange between Heather and Rita.



Rita presenting the Global Grant and Action Group 3030.



Gordon with the Global Grant team at DAGMHI 3030 booth.

DAGMHI 3030: GENESIS AND HISTORY

The Rotary Action Group on Mental Health Initiatives (RAGMHI) was formed in 2016 to promote mental health and wellness.

Rtn. Rita Aggarwal who was a Charter Director, Programs (and currently the Chair, Chapters - Asia) of RAGMHI, thought of introducing the concept in India. In the year 2020-2021, she was appointed as Chair of RAG for Rotary District 3030. She trained many Rotarians from the district to handle depression with her program **'First Aid Depression'**. During this training session, she appealed to the Rotarians to join the action. Many of them volunteered and a WhatsApp group was formed to discuss, plan and execute various mental health awareness programs.

As the COVID pandemic triggered various mental health issues, I (Dr. Aabha Pimprikar) organised **'Manonmesh - Mind Your Mind' - an Online Slogan and Poster Making Competition to spread awareness about mental health**. My club RC Nasik Grapecity & four other Rotary Clubs were co-hosts.

Soon, various Rotary clubs started arranging MH awareness sessions in the district.

Rtn. Rita and I decided to consolidate this work by forming a District Action Group on Mental Health Awareness.

Thus, after working informally for a year, **DAGMHI 3030 (District Action Group on Mental Health Initiatives, District 3030 - the inaugural chapter of RAGMHI), was chartered on 7th April 2021.**

-Dr. Aabha Pimprikar,
President DAGMHI 3030,
Co-Editor Mind Matters.



SUBJECTS COVERED IN MIND MATTERS UPTILL NOW

01.Stress De-Stress, 02.Depression, 03.Anxiety, 04.Grief, 05.Anger, 06.Pandemic Special, 07.Alternatives Therapies, 08.Social media and Mental Health, 09.Children's Mental Health, 10.Workplace Mental Health, 11.Love Special, 12.Women's Mental Health, 13.Positive Psychology, 14.Nutrition and Mental Health, 15.Somatic Symptom Disorders, 16.Geriatric Mental Health, 17.LGBTQAI+, 18.Teenage Mental Health, 19.Emotions Special, 20.Cyberpsychology, 21.Traditional Medicines and Therapies, 22.Domestic Violence, 23.Movies and Mental Health, 24.Obesity and Mental Health, 25.Health Psychology, 26.Daily Hassles, And upcoming issue, 28.**Addiction Special**.



SCAN THIS QR CODE TO ACCESS ALL MINDMATTERS ISSUES.

DAGMHI 3030 India

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MAJOR PROJECTS DONE BY DAGMHI 3030 UP TILL NOW

- Mind Matters:** Monthly e-newsletter to spread MH awareness – 26 issues, global circulation, 2 lakh + readership.
- Global grant project** on Mental Health in schools of Nagpur
 - Training in prevention of depression, for 5 schools, 2000 children, 2000 parents, 500 teachers.
 - Diploma in school counselling.
 - Free psychological counselling services to 5 schools.
- 2 phase **First Aid Depression Training program** for District Officers and Rotarians of the district.
- Anxiety Awareness Training Program** for Rotaractors – a three phase program. First session conducted in Nashik, 25 Rotaractors were trained. Few more sessions have been proposed.
- Several **Stress Management programs** for children and adults throughout the district during covid.

-Dr. Aabha Pimprikar,
President DAGMHI 3030,
Co-Editor Mind Matters.

DISTRICT ACTION GROUP ON MENTAL HEALTH INITIATIVES 3030

DAGMHI 3030 SUMMARY REPORT MAY 2020 TO MARCH 2023

60+ TOTAL PROJECTS DONE	08 INTERNATIONAL EVENTS ATTENDEES ON GROUND ON ONLINE PLATFORM
40+ TOTAL CLUBS ENGAGED	05 MH AWARENESS COMPETITIONS
400+ ROTARIANS ACTIVELY PARTICIPATED	1000+ VISITORS TO DAGMHI BOOTHS IN DISTRICT EVENTS
8 INTERDISTRICT PROGRAMS	

WEBINAR OUTREACH

4000+ ROTARIANS
1500+ INTERACTORS
700+ ROTARACTORS

5000+ STUDENTS
1500+ PARENTS
600+ TEACHERS

35+ REELS (SMALL VIDEOS) ON VARIOUS MENTAL HEALTH TOPICS

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ANXIETY AWARENESS PROGRAM BY DAGMHI 3030

Anxiety is an unpleasant emotion. Many of us are oblivious of this feeling of worry & fear. We should also know that there is a difference between anxiety & anxiety disorders. Hence DAGMHI 3030 thought of having a three phase program throughout the district. Phase 1 (Awareness phase) is open to all; phases 2 & 3 are need-based sessions with mental health professionals & mental health allies.

The pilot project was conducted in Nashik & was hosted by Rac Nasik Youth Force & Rac Grape Valley on 15th of August 2022. There were 30 young participants.

During phase 1, Dr. Nilesh Jejurkar, renowned psychiatrist of the city mentored everyone on the topic & a self awareness questionnaire was shared with all. This was followed by a Q & A session.

During phase 2, the participants had a one-on-one discussion with the subject expert. DAGMHI 3030 is sure that these young, now cognizant minds will spread Mental Health Awareness.

-Dr. Aabha Pimprikar,
President DAGMHI 3030,
Co-Editor Mind Matters.

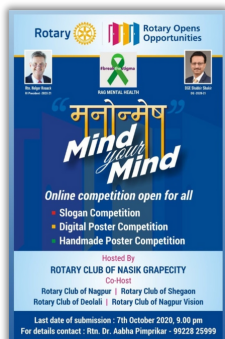


MENTAL HEALTH AWARENESS COMPETITIONS CONDUCTED BY DAGMHI 3030

1. Manonmesh (Mind Your Mind) – Online Slogan and Poster-Making Competition
2. Joyful July – 'Tell us what fills your life with happiness' competition
3. Review Writing Competition – the Good, the Bad, and the Ugly of Bollywood Romance
4. Healthy Minds Project Suggestion Competition
5. Manonmesh – Online Reel-Making Competition

Upcoming competition

Manonmesh (Mind Your Mind) 3.0 – International Competition (details to follow soon)



GLOBAL GRANT PROJECT: "WELLNESS IN A BOX" PREVENTION OF DEPRESSION & PEER LEADERSHIP PROGRAMME

A Global Grant Project By The Rotary Club Nagpur and Rotary Club of Naples, Florida, USA (2021-2024). The Director of the project is Rita Aggarwal from Rotary Club of Nagpur. Bob Anthony from Rotary Club of Naples is the primary contact. The objectives for this project are:

1. To launch a one- year Diploma in School Counselling. To build competency in 20 teachers from 5 schools in the Diploma.
2. To provide regular School Counselling Services to 5 schools by a Psychologist for 2 years.
3. To train all the teachers of 5 schools in the "Break Free From Depression" curriculum (BFFD) prepared by Boston Children's Hospital, Harvard Medical School.
4. To train all the parents of Std 8 students of 5 schools in the BFFD curriculum.
5. To train all students of Std 8 of 5 schools in the same.

The project is for 2 years and is being implemented in phases. One year has been completed successfully.

Rita Aggarwal,
Project Director.



**PRIP Shekhar Mehta at
DAGMHI 3030 booth**



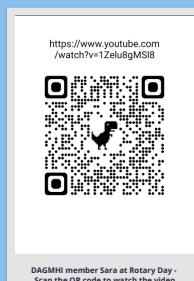
**RIP Jennifer Jones with DGE Asha Venugopal
at DAGMHI booth**



DAGMHI member Sara in Rotary NEWS
February 2023 - Rotary Young Leaders in Action



STRESS MANAGEMENT PROGRAMME



DAGMHI member Sara at Rotary Day -
Scan the QR code to watch the video



Shield : a platform to educate, protect and support young adults

SUBJECTS ON WHICH SEMINARS AND WORKSHOPS WERE CONDUCTED

- First Aid Depression.
- Basic Counselling Skills and Help-Line.
- Prevention of Stress Among Youth.
- Managing Exam Stress.
- Managing Stress through Yoga
- Mental Well-Being and Immunity
- Prioritizing Positivity for Well-Being.
- Mind the Miracle.
- Cultivate Positivity for Happiness.
- Mental Health Matters
- Emotional Fitness.
- Emotional Wellness
- Battling Mental Health Issues.
- Stress and Mental Health.
- Good Personality for Youth.
- Managing Anger.
- Fun with Emotions.
- Preventing Depression and Suicide.
- Positive Thinking.
- Talking to Grand Parents & Elders.
- Healthy Mind
- Awareness Of Emotions & Management.
- Rational Emotive Behavior Therapy.
- Key to Happiness.
- Women as Caregivers.
- Gripping Anxiety.
- Assertive Anger.
- Effective Communication.

DISTRICTS INTERESTED IN FORMING CHAPTERS CAN CONTACT US: dagmhird3030india@gmail.com

CHAPTER DISTRICT 3190 FORMED IN NOVEMBER 2022

District Action Group on Mental Health Initiatives Chapter 3190 was launched on November 14th, 2022 in the august presence of the DG Rtn Jitendra Aneja, DGN Rtn Udaya Bhaskara, and other senior DGs, past and current presidents of different clubs from D3190, D3191 and D3192.

The Board of Directors is a team of professionals with a psychology background and a passion for reaching out to the needy in this area.

We have conducted a few awareness programs and will be shortly organizing a musical show in aid of Autistic children which will be in July 2023.

-Sharmila Ganesh
President & Chair DAGMHI 3190



ಬೆಂಗಳೂರು : ರಾಜ್ಯದಲ್ಲಿ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಸ್ಥಿತಿ ಬಹುತೇಕ ಮಂದಿಯಲ್ಲಿ ಕಾಡುತ್ತಿದೆ. ಅದರಲ್ಲಿಯೂ ಬೆಂಗಳೂರಿನಲ್ಲಿ ವಿವಿಧ ರೀತಿಯಲ್ಲಿ ಮಾನಸಿಕವಾಗಿ ಬಳಲುತ್ತಿರುವವರು ಹೆಚ್ಚಿದ್ದಾರೆ. ಅವರಿಗೆ ಸೂಕ್ತ ಆಪ್ತ ಸಮಾಲೋಚನೆ ಜೊತೆಗೆ ಧೈರ್ಯ ಹೇಳುವ ಅವಶ್ಯಕತೆ ಇದೆ ಎಂದು ರೋಟರಿ ಆಕ್ಟ್ ಗ್ರೂಪ್ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಸಂಸ್ಥೆಯ ಬೆಂಗಳೂರು ದಕ್ಷಿಣದ ಮುಖ್ಯಸ್ಥ ಶರ್ಮಿಷ್ಠ ಗಣೇಶ್ ತಿಳಿಸಿದರು.

ಬೆಂಗಳೂರಿನ ಬಸವನಗುಡಿಯ ದಿ ಬೆಂಗಳೂರು ಸಿಟಿ ಸಂಸ್ಥೆಯಲ್ಲಿ ರೋಟರಿ 3190 ದಕ್ಷಿಣ ಭಾರತದಿಂದ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಉಪಕ್ರಮದ ಆಕ್ಟ್ ಗ್ರೂಪ್, ಚಾಪ್ಟರ್ ಬಿಡುಗಡೆ ಮಾಡಿ ಮಾತನಾಡಿದ ಅವರು ಬೆಂಗಳೂರಿನ ನಗರದಲ್ಲಿ ಮಾನಸಿಕವಾಗಿ ಬಳಲುತ್ತಿರುವವರಿಗೆ ಆಪ್ತ ಸಮಾಲೋಚನೆ ಮಾಡಲಾಗುತ್ತದೆ. ಅದರ ಯಾರೂ ಸಹ ಕೌನ್ಸಿಲ್ ಮಾಡಿಸಿಕೊಳ್ಳಲು ಸಮಾಜದಲ್ಲಿ ಮುಂದೆ ಬಾರದಿರುವುದು ವಿಪರ್ಯಾಸದ ಸಂಗತಿಯಾಗಿದೆ ಎಂದರು.

ಮಾನಸಿಕತೆಯನ್ನು ಬಹುತೇಕವಾಗಿ ಯಾರು ಬಿಟ್ಟು ಮನಸ್ಸಿನಿಂದ ಹೇಳಿಕೊಳ್ಳುವುದಿಲ್ಲ. ಮಾನಸಿಕತೆಯನ್ನು ತೊಲಗಿಸಲು ಮೊದಲು ಮನೆಯಲ್ಲಿ ಧೈರ್ಯ ಹೇಳಬೇಕು. ತದನಂತರ ಮಾನಸಿಕ ವಾಗಿ ಬಳಲುತ್ತಿರುವವರಿಗೆ ಕುಟುಂಬದವರು ಸಾಂತ್ವಾನ ಹೇಳಬೇಕು ಎಂದರು.

ಮಾನಸಿಕ ರೋಗಿಗಳಿಗೆ ಕೇವಲ ಆಪ್ತ ಸಮಾಲೋಚನೆ ಮಾಡಿದರೆ ಸಾಲದು. ಅದರ ಬದಲಿಗೆ ನಾಟಕ, ಸಿನಿಮಾ, ಗಾಯನಗಳಂತಹ ಕಲಾವಿದರು ಮೂಲಕ ಮಾನಸಿಕತೆಯನ್ನು ತಣಿಸುವುದು ಮುಖ್ಯ ಎಂದರು.

ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ರೋಟರಿ ಜಿಲ್ಲಾ ರಾಜ್ಯಪಾಲರಾದ ಜಿತೇಂದ್ರ ಅನೇಜ್, ರೋಟರಿ ನಾಗರಾಜ್ ಬಿ. ರೋಟರಿ ಆರ್.ಎ.ಜಿ.ಎಂ.ಎ ಮುಖ್ಯಸ್ಥರಾದ ಶರ್ಮಿಷ್ಠ ಗಣೇಶ್, ರಘು ಅಬ್ಬಿಮ್, ಸತೀಶ್ ಮಾಧವನ್, ಬಾಬ್ ಅಂಬೋನಿ ಬಾರದಿರುವುದು ವಿಪರ್ಯಾಸದ ಸಂಗತಿಯಾಗಿದೆ ಉಪಸ್ಥಿತರಿದ್ದರು.

DAGMHI 3190 in news



LET'S TALK MENTAL HEALTH !

BREAKOUT SESSION
TUES, MAY 30
15:30-17:00

PRIORITIZING MENTAL HEALTH

PANEL

BOB ANTHONY
Chair, Mental Health Initiatives RAG

SHARMILA SESHADRI
Title or group association

REV. FELIX-KINGSLEY OBIALO
Title or group association

MODERATOR

PHILIP MUNEE FLINDT
Rotary Public Image Coordinator

Breakout session-Sharmila on the panel