

Rotary



DELHI, INDIA

Rotaract

RI DISTRICT 3011



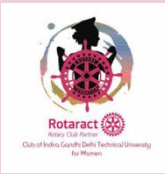
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R.I. District 3011  
2020 - 2021



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Opportunities



# Health Awareness Programs

An initiatives by IGDTUW

# Mental health Awareness Week



**Area of focus:** to break the stigma associated with mental health disorders.

IGDTUW organized awareness campaign about one's mental health. Posts about the same were posted regularly on our instagram handle for seven days. RCIGDTUW also recommended to install the <http://bit.ly/quokodownloadapp>, an android app specifically for positive news. The idea was to provide users with positive stories amidst this pandemic wherein most of the content we consume is negative and ensure mental balance.

LINK : [https://www.instagram.com/p/CAVi7U\\_APkQ/](https://www.instagram.com/p/CAVi7U_APkQ/)

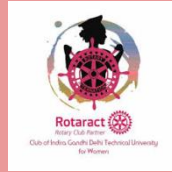
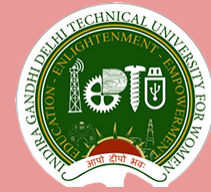
# PRABHAV PHASE I: ESTABLISHING FOUNDATION

IGDTUW participated in the District initiated project PRABHAV Phase I- ‘ESTABLISHING FOUNDATION’, where 20+ Rotaractors participated to plant saplings near their localities and parks. They also encouraged 38 Non-Rotaractors to participate. All the safety measures were like wearing masks, etc. RCIGDTUW funded 100 saplings to RWA Indra Vihar colony and also cleared the parks and donated 200 saplings to a park in Sanjay nagar L block ghaziabad, planting a total of 350 saplings. All the participants shared their pictures while planting the sapling and the pictures were featured on our social media pages.



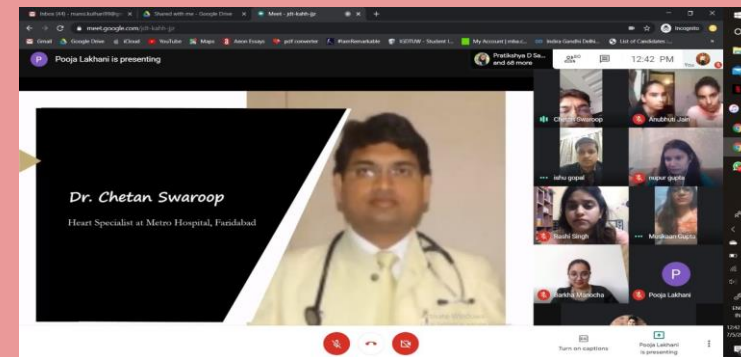


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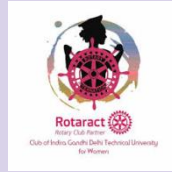
# WEBINAR ON MENTAL HEALTH AWARENESS

RC-IGDTUW along with 5 other clubs collaborated to spread awareness surrounding various topics related to mental health and helped people to deal with uncertain situation and post-pandemic trauma. Through this initiative we aimed to spread happiness, joy, provide clarity and explanation of responsibilities to our youth in order to find ways to deal with negativity surrounding us today. During the webinar the speaker shared various ways to deal negativity and some participants shared their experience and how they came out of it.





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# MADHUMEHA 12 DAYS Program

RCIGDTUW collaborated with others clubs for the project MADHUMEH initiated by Rotaract Club of Vizag City, to spread awareness regarding diabetes. Diabetes is a hazardous disorder that most of the people are not aware of its consequences. Despite the age group, there are some myths surrounding it, so we decided to spread awareness through our project. This project was covered in three phases which were:-

Phase-1: Spreading awareness through sharing relevant posters on Diabetes

Phase-2: General Public Opinion Survey on Diabetes

Phase-3: Demonstrating our support by holding the awareness Placards on Diabetes.

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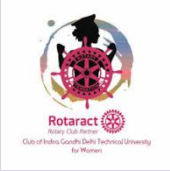


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RID 3020 Rotaract

BE THE *Madumeha*

Rotaract Bangalore West

RCBVB

LAKETOWN CONQUERORS WE FIGHT, WITH PRIDE!

In Collaboration with 3011 Clubs

An Initiative By  
**Rotaract Club Of Vizag City**  
RID 3020

**Madhumeha**

Helping you to help your loved ones.....❤️

Follow us at @Rotaractclubvizagcity

Follow us at @rotaract.hh

Follow us at @rotaract\_bangalore\_west

Follow us at @rclc2020

Follow us at @rcbvb

madhumeha 3w

Helping you to help your loved ones

HELPING YOU TO HELP YOUR LOVED ONES

HELPING YOU TO HELP YOUR LOVED ONES

Helping you to help your loved ones

Helping you to help your loved ones

#MADHUMEHA  
#RACVC  
#RID3020  
#RID3011

Send Message

# KARGIL VIJAY DIWAS

On 26th of July , India celebrated Kargil Vijay Diwas, the nation remembered valour, sacrifice and exemplary courage of our soldiers. On this day in 1999, Indian armed forces snatched back one of the most hard-fought victories in history. RCIGDTUW shared videos on our social media pages from the rotaractors and young enthusiasts to pay a tribute to the war heroes and expressed their respect towards the Indian soldiers who sacrificed their lives at the border for the nation. We salute all the real heroes and their efforts.



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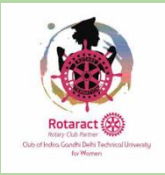


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## PLASMA +

RCIGDTUW collaborated with other clubs to organise a Plasma Donation Awareness Project PLASMA +. People who've recovered from COVID-19 have antibodies — proteins the body uses to fight off infections — to the disease in their blood. The blood from people who've recovered is called convalescent plasma. Keeping this in mind we aimed to spread awareness through our project and sessions. PLASMA + was covered in three phases:

Phase-1: Spreading the Word of awareness through sharing relevant posters on Convalescent plasma Therapy

Phase-2: Live Session on Plasma Donation Awareness by the alleged doctor from Mumbai.

Phase-3: General Public Opinion Survey on Plasma Donation.



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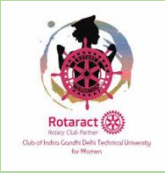
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Anushree Nigam is presenting

Niraj Gera and 42 more

4:19 PM

but apart from acid attack there are many things which has happened in my life

Shubham H has left the meeting

Meeting details

Turn on captions

Anushree Nigam is presenting

Participants: Niraj Gera, Siddharth Sin..., Gaurav Borse, ARCHANA Y..., Manya Kumari, Abhishek Ver..., Prateek Dayal, anjali srivasta..., Bhavya Shree, Rishab Singh, Anushree Nig..., shruti gupta, anjali srivastava

plasmaplus 2w

# PLASMA

Blood plasma is a 'yellowish liquid' component of blood that holds the blood cells of whole blood in suspension. It is the liquid part of the blood that carries cells and proteins throughout the body. It makes up about 55% of the body's total blood volume. It is the intravascular fluid part of extracellular fluid

@RCAY\_\_\_  
@PINTNETWORK  
#BROCODE  
#PLASMA+  
#PINTNETWORK

Send Message

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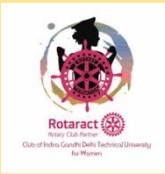


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## #21 DAYS FITNESS CHALLENGE

RCIGDTUW collaborated with other clubs to organise a 21 days fitness challenge which was a 21 days event. In this initiative we asked people to share a picture or video of themselves while doing some yoga asanas or any other fitness activity. Through this project we aimed to motivate people towards their health and fitness. We tried to convey that how one can focus on his /her health by doing yoga and fitness activity. This project received an overwhelming response and was a huge success. More than 80 Rotaractors and Non- Rotaractors participated in this projects and shared their pictures while doing yoga or fitness activity. These pictures were featured on our social media pages.

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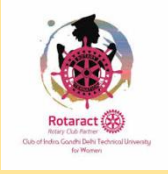


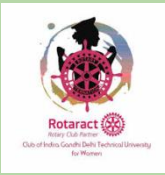
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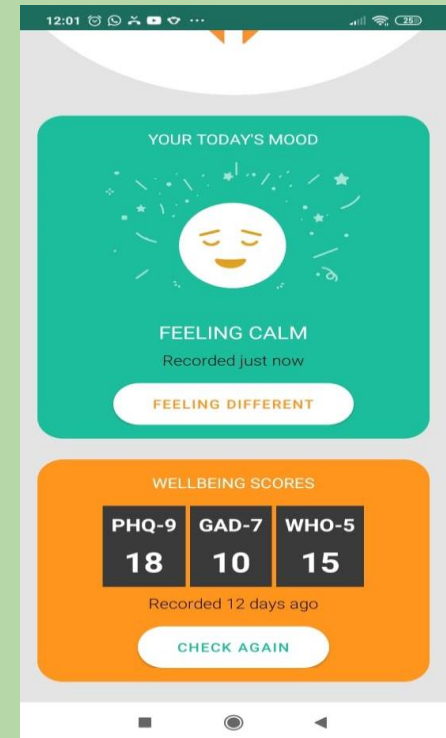


# MANNKI APP

IGDTUW in collaboration with Rotaract Club of Ingenious Minds and Mannki App organised a 10-day mental health challenge, an initiative to facilitate effective stress management and self-care. Mannki is a wellbeing platform to track, analyse and monitor your mental well being.

## Perks of the challenge

- Helpful recommendations for healthy self-care practices.
- Satisfaction from contributing towards research advancement.



# SANJEEVANI

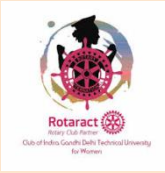
IGDTUW collaborated with Rotaract Club Of Faridabad Sanskar, Is organizing an awareness campaign for "Cancer" from 20th September,2020 to 26th September,2020.

Where cancer awareness posters were circulated and posted on social media pages to spread awareness. The campaign ended with a session on cancer awareness by Mrs. Ruby Ahluwalia(founder of Sanjeevani...Life Beyond Cancer).She has herself battled and beaten stage 3 breast cancer which she was diagnosed with in 2009 which prompted her to setup Sanjeevani in 2012.





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## JUST BEAT IT

Rotaract Club of IGDTUW collaborated with 9 other clubs to organise “JUST BEAT IT”.

Under this project , we posted posters made by our club members on our club’s social media handles creating awareness about Breast Cancer. The posters covered every detail regarding the disease like causes, symptoms, FAQs, treatment and prevention.

Various myths regarding the disease were covered so as to make people more aware about Breast Cancer and to convey the actual fact.

LOVE HOPE AWARE CARE LIFE

**MYTH**  
A family history of breast cancer means you're likely to develop it too.

**FACT**  
Only 10% chances of diagnosed individuals have a history of breast cancer.

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LOVE HOPE AWARE CARE LIFE

**MYTH**  
Young women don't get breast cancer.

**FACT**  
The truth is all women are at risk of breast cancer! Although rare, young women can get breast cancer, even in their 20s! However, fewer than five percent of all breast cancers diagnosed under 40.

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LOVE HOPE AWARE CARE LIFE

**BREAST CANCER**

**Symptoms**

- Redness or flaky skin in the nipple area or the breast
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Pulling in of the nipple or pain in the nipple area.
- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Nipple discharge other than breast milk, including blood.

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**BREAST CANCER CAUSES**

**AGE**  
The risk of breast cancer increases with age.

**GENETICS**  
Women carry certain mutations in the BRCA1 and BRCA2 genes have a higher chance of developing breast cancer, ovarian cancer or both.

**DENSE BREAST TISSUE**  
With more dense breasts are more likely to receive a diagnosis of breast cancer.

**BODY WEIGHT**  
Due to the increase estrogen levels. High sugar intake may also be a factor.

**ESTROGEN EXPOSURE AND BREAST FEEDING**

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LOVE HOPE AWARE CARE LIFE

**BREAST CANCER CAUSES**

**GENETIC**  
BRCA1 and BRCA2

**DENSE BREASTS**

**HORMONE THERAPY**

**ALCOHOL**

**EARLY AGE OF FIRST PERIOD**

**AGE**

**OVERWEIGHT**

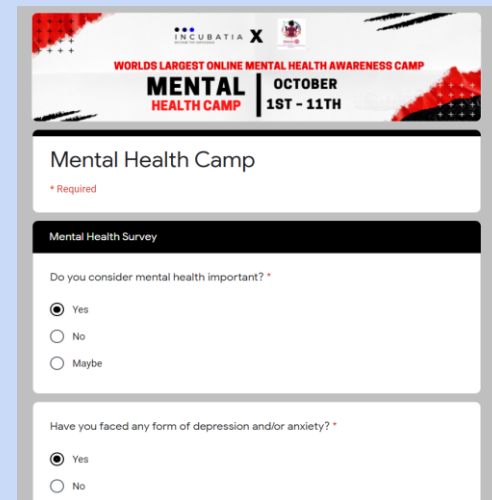
**FOOD**

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# THE MENTAL HEALTH CAMP

IGDTUW collaborated with an organisation Incubatia to start the initiative, "The Mental Health Camp", in collaboration with 30+ international organizations to Raise Awareness as well as create a positive impact on the Mental Health scenario.

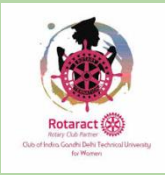
It was a 10 days most exciting Mental Health Camp, where we raised awareness, as well as did a parallel assessment through a Sociological Quiz! The camp ended with a webinar on 11th of Oct.







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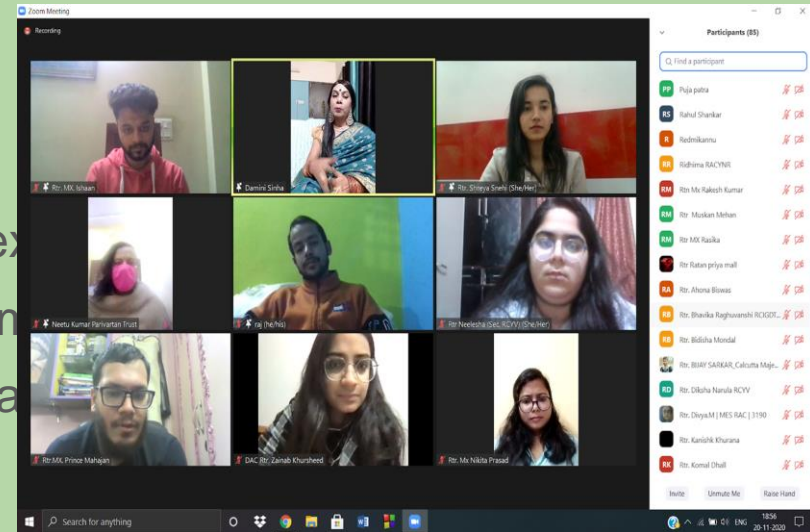
# November 2020 : PEHCHAAN: Sabka Haq 20 NOV/ 1.5 HOURS

RCIGDTUW took part in Rotaract District 3011 organised 'PECHAAN: Sabka Haq' a Talk Show on the occasion of Transgender Day of Remembrance, supported by Rotaract Club of Young Visionaries.

The talk show covered the topic: Gender and Intersectionality: A focus on the Transgender community in India.

Guest speakers for the session were:

- Mx Simranjeet Singh: Gender Rights Advocate
- Mx Raj: Gender Activist, Founder of Indian Asexual Community
- Mx Neetu Kumar: Model, Governing Board member of Transgender Community
- Mx Damini Sinha: Host of Dew's Social, Software Engineer



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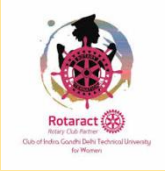


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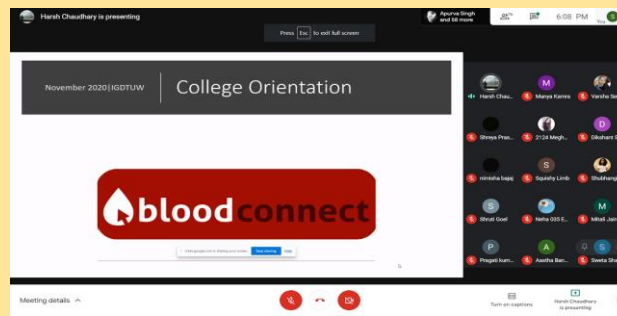
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# BLOOD SHORTAGE FACED BY INDIA

IGDTUW with Bloodconnect Foundation has successfully conducted a webinar on "Blood shortage faced by India during Covid-19 pandemic". Hospitals are currently overburdened due to the coronavirus pandemic. The fear of coronavirus infection has stopped many people from seeking medical help for other ailments, which is not right. Thus, it makes us more responsible to serve people in need. Anyone who has no symptoms, or has not fallen sick recently and has not come in contact with a COVID 19 patient, can donate blood safely.

Every blood donor is a life saver. We would like to thank all the participants to make this campaign a success and hope that this journey brings us to the bright future.



# WOMEN EMPOWERMENT

IGDTUW in association with Career Launcher along with Ms. Neha Wahi organised a webinar - Women's Empowerment.

Ms. Neha Wahi is the Associate Vice President- Capacity Building & Career Launcher Education Foundation at Career Launcher Pvt. Ltd.

The webinar covered the points:

- Inspirational Stories
- Gender Disparity
- Goals: Mean Vs End
- Need for Women Empowerment
- Discover yourself
- Pathways to Empowerment
- Celebrating Womanhood



