

Ottapalam Rotary News

the monthly Bulletin of Rotary club of Ottapalam
RID 3201 - Club 22653

Issue # 10

April -2020

GOV Special

Welcome to
Rotary Club of
Ottapalam

Rotary



ROTARY
CONNECTS
THE WORLD

mission
2020

Responsible
India

From the Editor's Desk

Rtn. Ramachandran K



Dear fellow Rotarians,

This ORN bulletin is our 10th issue covering the COVID-19 and also the GOV of our club scheduled for 16th April 2020. Our charter date was 16-April-1985. Though we do not have a GOV public meeting this year, all reports in connection with the GOV are ready, so is the ORN.

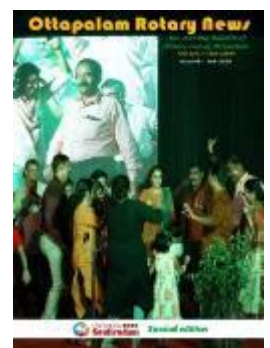
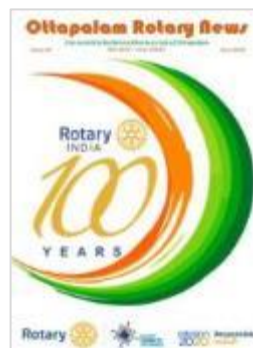
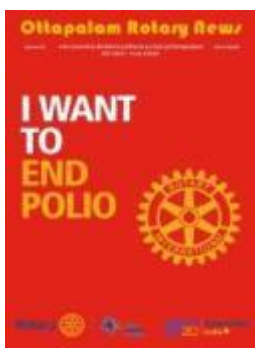
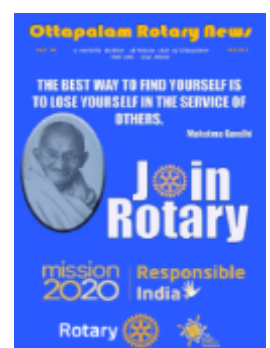
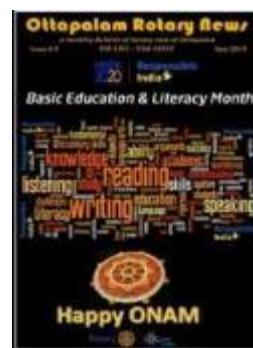
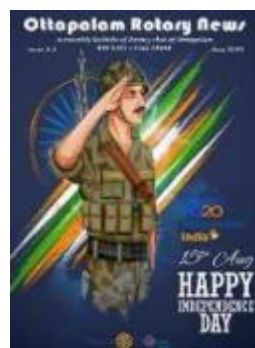
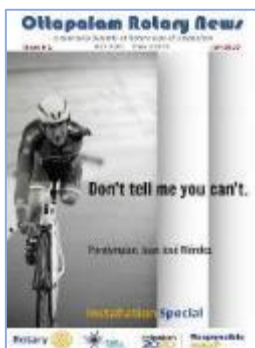
Also covers other activities of Mar 2020 and also a summary of activities Jul-2019 to Mar-2020.

I would request all members to visit regularly the club website www.rotaryclubofottapalam.org Club APP, District website www.rotary3201.com and RI website www.rotary.org and District APP. We also have a presence on the Facebook and please promote them too.

Thank you

Send your comments and suggestions by email to cio.rotaryotp@gmail.com

Past editions of ORN 2019-20



President's message



Rtn. Ramachandran K

Dear Fellow Rotarians,

Greetings!

This is the month of our charter day anniversary and GOV for us every year. This year the excitement is less due to the Covid-19 pandemic situation in the world. Let us all be alert and safe guard ourselves from this viral pandemic attack. Let us also pray and work towards the well being of all others in this world.

However we issue this ORN as a GOV special with good coverage of GOV reporting as well as our preparedness in fighting against the Corona virus. We shall be getting ready for any eventuality in fighting for eradicating this virus from the earth. Let us all be vigilant now and ready to jump into action when ever we are called to act.

We congratulate Rtn. Dr. KS. Menon who has been awarded by NNS for his philanthropy and service to the human kind and to the business society. Rtne. Mrs. Sukumari Narendra Menon was also awarded at the same function for her contribution to the classical music world. Congratulations .

We congratulate and wish Rtn. Ambalakkat Ram Mohan all the best on his 80th birthday that was celebrated on 15th Mar 2020.

Thanks to all Rotarians who participated in the District conference during Feb 28,29 and Mar 1 at Le Meridien Kochi. The conference was a different experience this year because of the excellent speakers.

Let us all work like a team and do good things for a better world in 2020 and beyond!

Jai Rotary! Jai Hind!



Rtn. KN Kesavadas,
Secretary

Activities Summary

Projects of March 2020

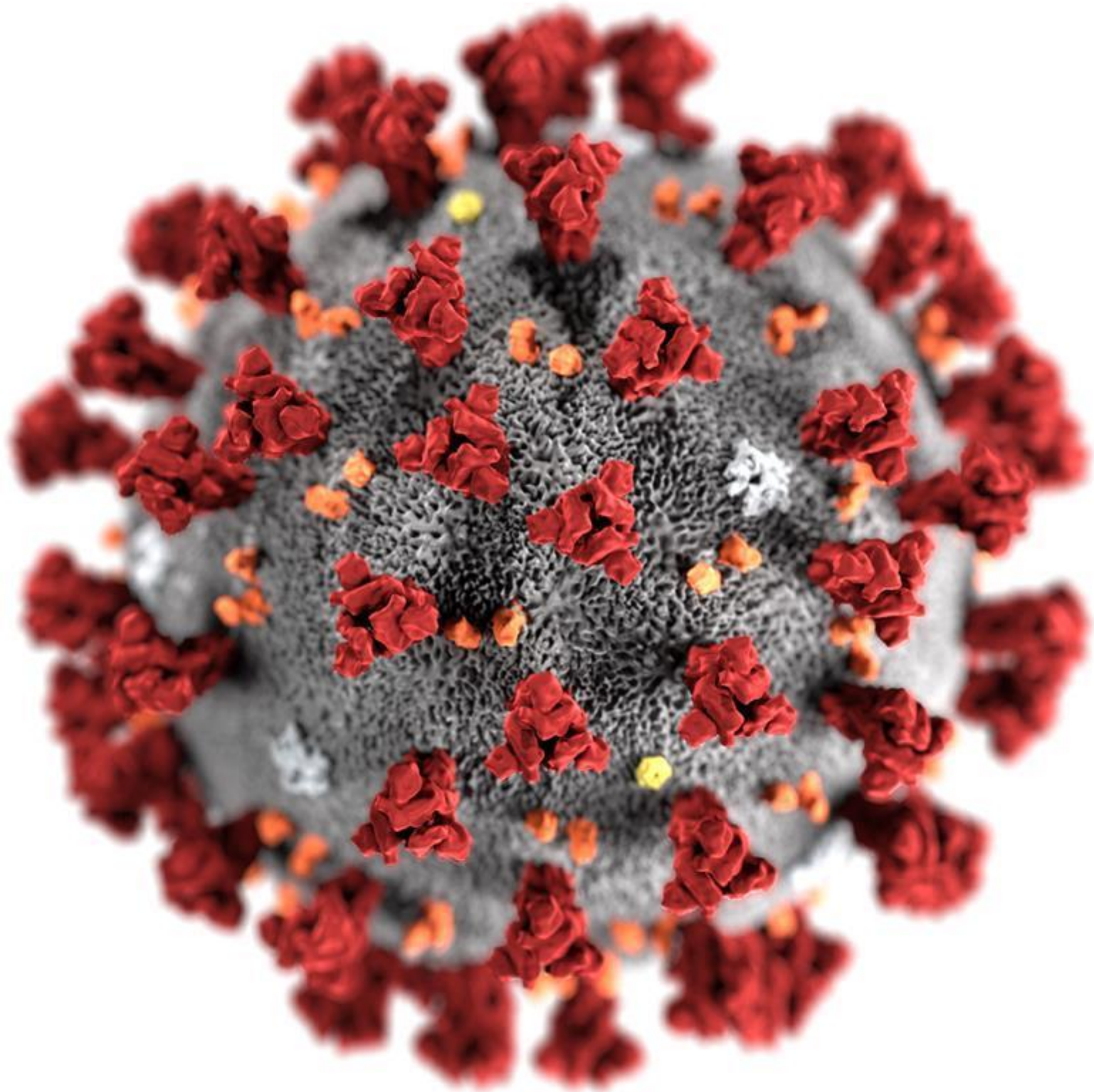
- A workshop on Single use plastic ban was conducted in association with Kerala Suchitwa Mission on 5th Mar 2020.
- On 8th March several Rotarians and their families participated in the Dil Mange Mor program in connection with Chinakkathur Pooram by distributing butter milk to around 3000 persons
- A project review meeting was conducted for Rotaract club of NAL on 4th Mar 2020. We conducted a leadership workshop for the Rotaract club of NAL on 10th March lead by coordinator Rtn. Col KCK Nair.
- Rtn. Ram Mohan's 80th birthday was celebrated on 15th Mar 2020.
- 4 hand washing stations were fabricated and installed for the public as part of Covid-19 support.

SUMMARY

- 3-Weekly meetings, and 1-Board Meeting were carried out during the month. (including 1-ZOOM Cloud meeting on 26th March)
- Anna Daanam – Free meals at several places –A total of 5400 of 7000 meals c was served to date Thanks to all members who have generously offered several days of meals to the needy.
- Educational scholarships Jun-Jul-2019 to Mar 2020 is Rs.334,000.

CoviD-19

RCO Activities Mar-2020



CoviD-19



Designs inspired by similar washing stations made by RC Chalakkudy



Report submitted to District Governor



Rtn. R. Madhav Chandran

*On the occasion of District Governor's
Official Visit to the Club on*

Thursday, 16th April 2019



Rtn. Ramachandran K
President



Rtn. KN Kesavadas
Secretary



Rtn. Dr. Achuthan Kutty
Assistant Governor



Rtn. Dr. Suresh Kumar
District Director



Rtn. Adv. Pradeep P
GGR

Mantles handed over in Jul 2020



RCO - Board of Directors 2019-20

Srl.#	Name	Club Title / District Officer Title/District Priorities
1	Ramachandran K	President / CIO / Bulletin Editor
2	Pradeep P Adv.	IPP / PR - GGR Toilet Blocks & Girl Hygiene / Library & Computer Lab
3	Kesavadas K N	Secretary
4	Vijayakumar Konikkal	Vice President / Director - Events & Fellowships
5	Radhakrishnan K.	Treasurer
6	Srinivas M Nair	Sergeant-At-Arms /Secretary Elect/Director - Health camps/Blood Donatio
7	Pramodkumar K	President Elect/Director-Attendance Promotion
8	Sivadasan P.	Chair - Administration Committee
9	Satheesh Kumar Nair	Director - Art & Cultural programs/ Environment Protection
10	Balu V A	Director - Classification Talks/Speaker sessions Chairman-Zone-2(TCR/PKD) 24 clubs - TRF
11	Vijayan Parakkottil	Director - Club service
12	Madhu Sudhan R	Chair - Membership Committee WINS & Safe Drinking Water/Smart Classroom & Tablets District coordinator-Smart class Rooms
13	Ambalakat Ram Moha	Chair - TRF / Director-International services/Training Centre District Coordinator - Responsible India
14	Venugopalan K Lt.Col	Director - RI Priorities / Rotary I - Share
15	Nirmala Ram Mohan	Director - Rotary Friendship Exchange / Rotary Family/ Partner Relations
16	Gangadharan C. Col	Chair - Services Committee
17	Koman M G	Director - Community Service
18	Baiju C.P.	Director - Vocational Regional Chair-Membership Development
19	Raaj Mohan K	Jt. Secretary/Director - Youth Service / School Events Chairman-Zone-2(TCR/PKD) 24 clubs - Community Service
20	K.C.K. Nair Col.	Director - Rotaract & Interact clubs / Tours Coordinator/ Resource Pool
21	Narayanan M Dr	Director - Health Services/ Nectar of Life/Maternal & Child Health
22	Krishnadasan PM	Director - District Priorities - Mission2020/Responsible India Regional Chair-International Services
23	Ravindran Nair	Director - Reach out to Elders / Palliative help
24	Jayadevan N.K. Adv.	Chair - Public Image Committee Chairman-Zone-2(TCR/PKD) 24 clubs - RI Priorities
25	Kutty T.N.	Advisor
26	Gopikumar K. Dr.	Adviser
27	Peethambaran P K	Advisor
28	Prabhurajan Edathol	Advisor

Rtn. Pramod Kumar	President Elect 2020-21
Rtn. Srinivas M	Secretary Elect 2020-21
Rtn. Lt Col Venugopalan Kalath	President Elect 2021-22
Rtn. Adv Sree Raj	Secretary Elect 2021-22

CLUB LEADERSHIP PLAN - DISTRICT OFFICERS 2019-20



Rtn. Balu V A
Chairman-Zone-2(TCR/PKD)
TRF



Rtn. Raaj Mohan K
Chairman - Zone-2(TCR/PKD)
Community Service



Rtn. Adv. Jayadevan N.K.
Chairman - Zone-2(TCR/PKD)
RI Priorities



Rtn. A Ram Mohan
Coordinator
Literacy & Resource Pool



Rtn. Madhu Sudhan R
Coordinator -
Smart class Rooms



Rtn. Baiju C.P.
Regional Chair
Membership Development



Rtn. Krishnadasan PM
Regional Chair
International Services
Coordinator Responsible
India

DISTRICT OFFICERS 2020-21



Rotary Opens Opportunities



Rtn. Raaj Mohan K
Assistant Governor



Rtn. Madhu Sudhan R
District Chair,
WINS



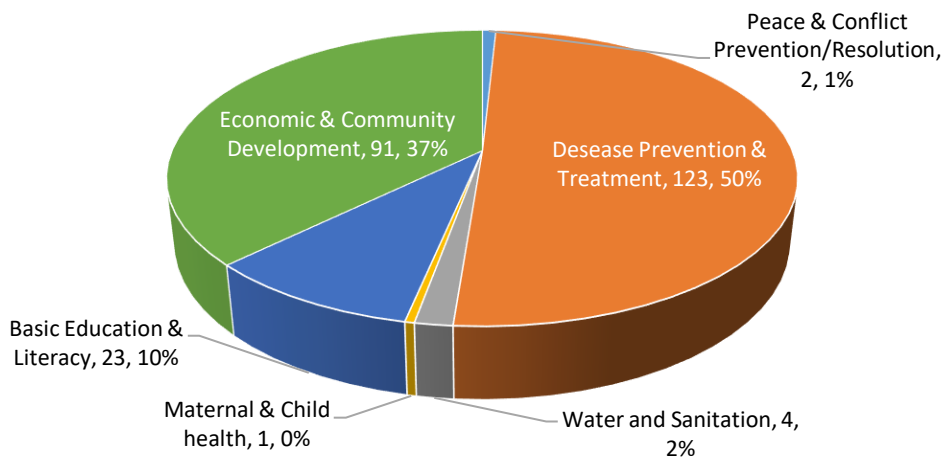
Rtn. Balu V A
District Training
Team member

CLUB ACTIVITY SUMMARY REPORT

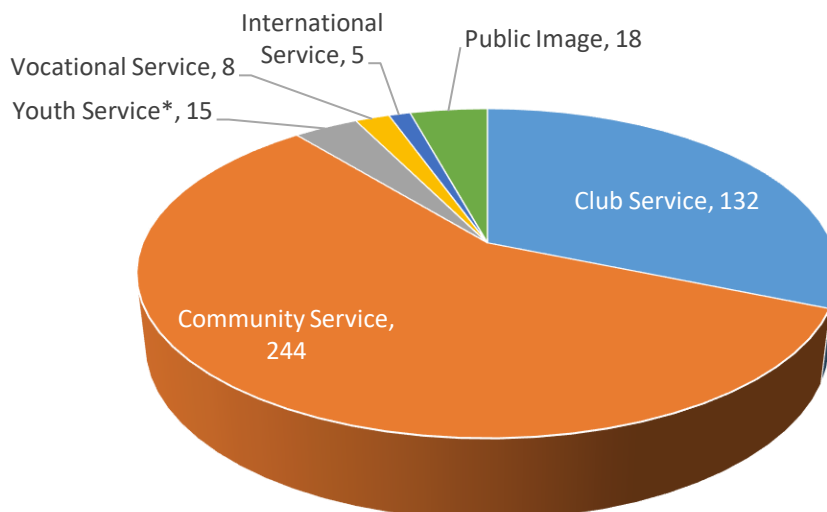
Community Service-2019-20				
Type of Project		Nos	Beneficiaries	Man Hrs
1	Anna Daanam	79	7538	158
2	Scholarships(cost included in Youth service)	43	43	43
3	Medical camps/ assistance	9	200	73
4	Polio	1	7000	1
5	Drug awareness	1	300	20
6	Blood Donation	1	10	24
7	Drinking water	3	500	32
8	Senior citizen	1	150	48
9	Win A Smile	4	300	42
10	Flood Relief	2	800	32
11	Bio Gas project	1	120	12
12	SnehaSparsam Palliative days	35	250	280
13	RCO team service to OTP Palliative (8 months)	64	336	512
Total		244	17547	1277
Other Services -2019-20				
International		Nos	Beneficiaries	Hours
1	Visiting foriegners received with cultural exchange	3	11	60
2	Our member Rtn. Kishore attended meeting at USA club	2	1	
Vocational				
1	RCC Related activities	1	100	12
2	Tailoring institute - Koonathara	1	50	12
3	Tailoring institute - Kalluvazhy	1	50	12
4	Paraplegic training center	1	50	120
5	Others	4	50	32
Public Image				
1	Media coverage of 13 projects	13		
2	Railway beautification Project	1	1500	120
3	Club bulletins(12) and special souvenirs	2		400
4	Website maintenance etc	2		326
Youth				
1	Responsible India	1	110	30
2	Scholarships	1	43	10
3	School events	9	150	36
4	Rotaract club - NAL	2	35	40
5	Others	2	12	72
TOTAL		46	2162	1282
TOTAL PROJECTS		290	19709	2559
Club Services				
1	All Meetings + other club service projects	132	60	4959
GRAND TOTAL		422	19769	7518

CLUB ACTIVITY REPORT

RC Ottapalam - Projects-2019-20 by Avenues				
Area of Focus		Total	Beneficiaries	Man Hrs
1	Peace & Conflict Prevention/Reso	2	174	90
2	Desease Prevention & Treatment	123	2492	919
3	Water and Sanitation	4	620	15
4	Maternal & Child health	1	70	12
5	Basic Education & Literacy	23	2614	217
6	Economic & Community Develop	91	7998	465
7	Others	194	5,741	5,800
Total		438	19709	7,518



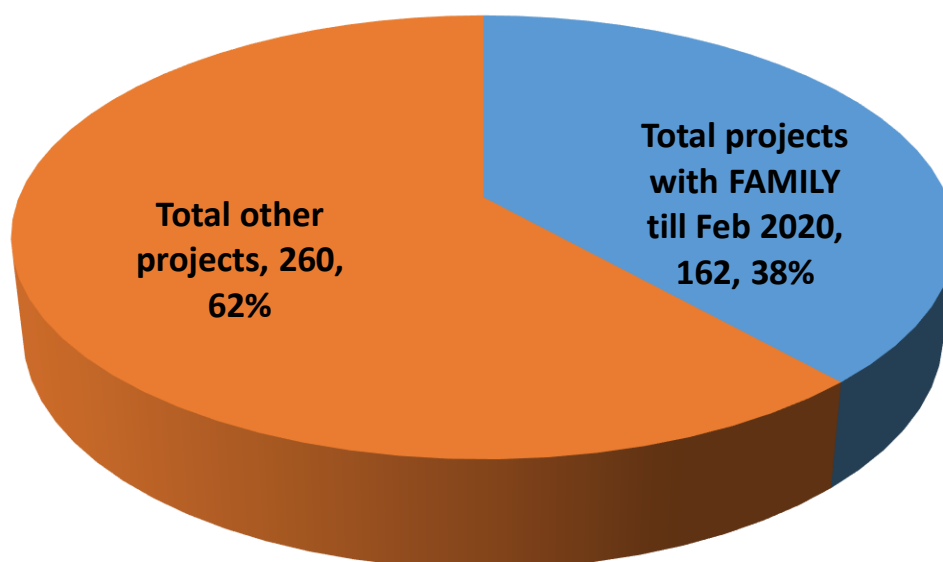
RC Ottapalam - Projects-2019-20 by Service				
Projects by Service		Total	Beneficiaries	Man Hrs
1	Club Service	132		4959
2	Community Service	244	17547	1277
3	Youth Service*	15	350	188
4	Vocational Service	24	300	188
5	International Service	5	12	60
6	Public Image	18	1500	846
Responsible India*				
Total		438	19,709	7518



FAMILY PARTICIPATION

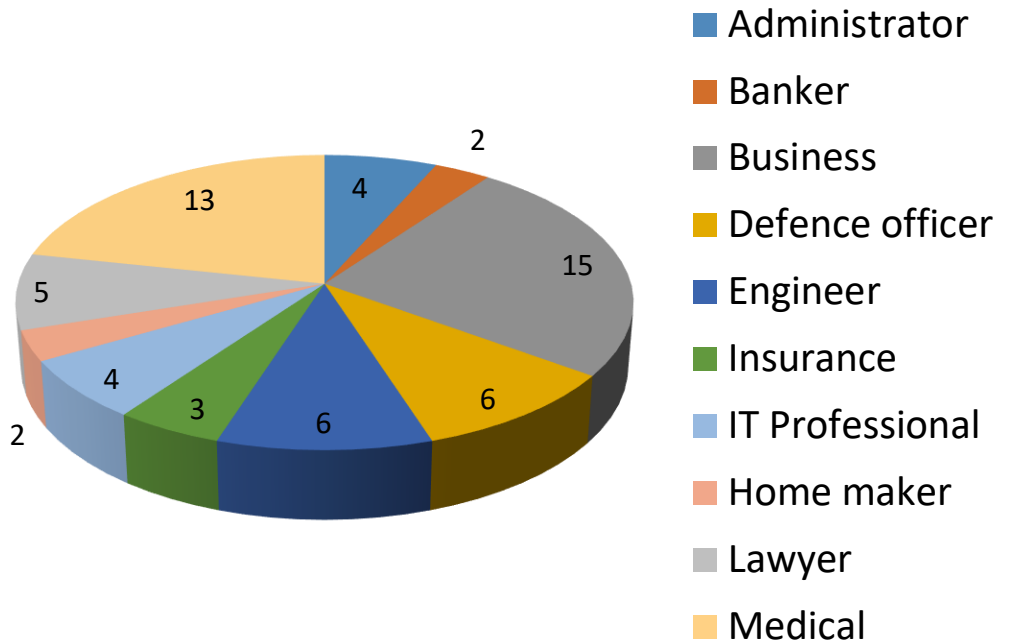


	Projects with FAMILY participation	Nos
1	Installation meeting	1
2	Board meetings	9
3	Speaker/classification meetings	16
4	Independence day celebration	1
5	Onam/X-Mas New year Family meet	4
6	Community service(mainly Annaddanam)	108
7	International service	5
8	Public image (Railway)	2
9	Vocational	2
10	Youth	10
11	Inter-District Exchange meets	2
12	Inner Wheel function	1
13	Zone-2 Fellowship Meet	1
	Total projects with FAMILY till Mar 2020	162
	Total other projects	260
	Total projects till Mar-2020	422



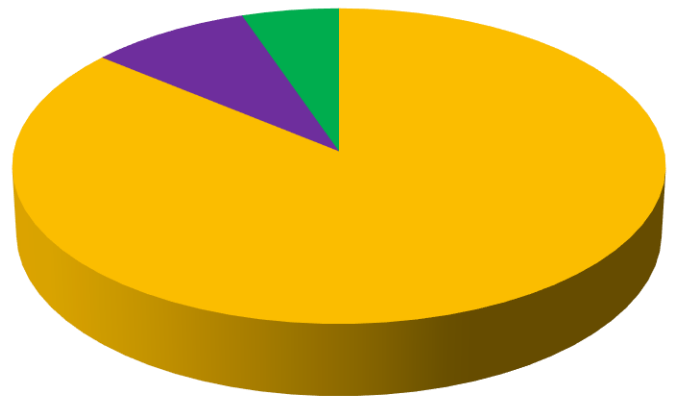
FILLED CLASSIFICATIONS

Classification	Nos
Administrator	4
Banker	2
Business	15
Defence officer	6
Engineer	6
Insurance	3
IT Professional	4
Home maker	2
Lawyer	5
Medical	13
Total	60



Gender Count

Male / Female	
Active Male members Jul-2019	49
Active Female members Jul-2019	5
New Male Members added	3
Active members Mar-2020	57
Homorary Members	3
TOTAL members at Mar-2020	60



- Active Male members Jul-2019
- Active Female members Jul-2019
- New Male Members added

ASWINI SPECIALITY HOSPITAL

Department

1. Obstetrics & Gynaecology

2. Paediatrics & Neonatology

3. General & Laparoscopic Surgery
Paediatric Surgery

4. Urology

5. Anaesthesiology

6. Orthopaedics

7. ENT



Doctors

: Dr. Sarojini. MBBS, MD, DGO

: Dr. B. Sethulakshmi, MBBS, DGO

: Dr. Lekha Narayanan, MBBS, DGO, Dip La

: Dr. Sudheer. K. Menon, MBBS, MD

: Dr. M. Narayanan MBBS, MS, M.Ch

: Dr. M. Eswaran MBBS, MS, M.Ch

: Dr. Sreeraj Chinnan, MBBS, MD, DA

: Dr. M. B Sathyapal, MBBS. D. Ortho, DNB (Ortho)

: Dr. Sunil Kumar MBBS, DLO

Visiting Doctors:

- I. Paediatrics:
- Dr. C. Chinnan,
- MBBS, MD, DCH

Medical Superintendent:

- Dr. K. Divakaran
- D.M.O.H (Retd)

OTTAPALAM - 679101

PALAKKAD DIST.

PH: 0466 - 2244 297,
2245 897

Infrastructure

Air Conditioned Labour Room, Experienced Staff, CTG, Well Equipped Operation Theatres, Neonatal Intensive Care Unit, Multipara Monitor/Defibrillator, Laparoscope with High Definition Camera and Medical Grade Monitor, 4D Ultrasound Digital Scan with Doppler Probe, Uroendoscopy, 24 X 7 Digital X-Ray, 24 hours Well Equipped Laboratory Service, 24



AVAILABLE FACILITIES

- Normal & High Risk Labour
- Painless Labour
- Laparoscopic Hysterectomy
- Laparoscopic Ovarian Surgery
- ENT Care
- All open Gynaecological Surgeries
- Neonatal Care including ICU
- Paediatric Medicare
- General Surgery
- Paediatric Surgery
- Laparoscopic Surgery
- Paediatric Urology
- Urology & Andrology
- General Orthopaedics
- Trauma Care
- Sports Medicine
- Back pain Clinic
- Ultrasound, Colour Doppler

INFRASTRUCTURE

- Air conditioned Labour room
- CTG
- Well Equipped Operation, Theatre
- Neonatal Intensive Care Unit
- Multipara Monitor/Defibrillator
- Laparoscope with HD 3 Chip Camera
- Control Unit
- 4 D Ultrasound Scan with Doppler Probe
- Uroendoscopy
- 24-hour Well Equipped Laboratory Service
- 24-hour Medical Store
- 24-hour Digital X-ray Service
- 24-hour Casualty Service
- Ambulance Service



Dhaanya Dhaan
Just A Million Meals



Anna Daanam
അന്നദാനം



Poly Garden

Sponsor: Rtn. Peethambaran & Rtn. Uma (above)



Poly Garden

Sponsor: Rtn. Shiva Kumar (above)



Poly Garden

Sponsor: Rtn. Dr. KS Menon (above & Below)



Thanal



Thanal

Meals summary 2019-20	
Meals served till 31-MAR-2020	5890
Meal Days till todate	61
Committed meals: Nos	7666
committed days	79
Total cost Rs.	2,83,000



Project Win-A- SMILE





DISHA-2019 is inaugurated by lighting the lamp by District Chair Responsible India Rtn. Balagopal (above left) and Rtn R Madhusudhan welcoming the participants(above right)



Traffic awareness for Students(above left) and for parents and teachers(above right)



The 1st School adopted for Responsible India initiative was AVM HSS in Chunangad. A tablet received from the District was handed over to the Principal and Head Master on 4th Oct 2019. Children watching one of the short video(above)



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Leadership training to Rotaractors

Rotaract Club of NAL
Rotary Club Partner Nehru Academy of LAW

Club Meeting # 2

Date: Tuesday, 10th March 2020

Time: 10:30 AM

Venue: Nehru Academy of Law, Lakkidi

Agenda

- Meeting call to order
- Prayer
- Minutes of last meeting
- Welcome address by president
- Leadership development Workshop (by Rot. Co. RCK Nair, Rotaract Coordinator)
- Project plans – discussion/Schedule
- World Rotaract Day - 13th March
- Other Items
- Vote of thanks by Secretary
- National Anthem

Sponsored by

Rotary Club of Ottapalam
District 3201



Chinakkathur Pooram

Rotary
District 3201 - Club 22653

Rotary club of Ottapalam
ഒറ്റപ്പാലം റോട്ടറി ക്ലബ്ബ്

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പുരാശംസകൾ
Dil Maange Mor
दिल मांगे मोर



4 the Way Test

Of the things we think, say or do

- ❶ Is it the TRUTH?
- ❷ Is it FAIR to all concerned?
- ❸ Will it build GOODWILL & BETTER FRIENDSHIPS?
- ❹ Will it be BENEFICIAL to all concerned?

സംഭാരം | മോരും വെള്ളം
Sambhaaram | நீர் மோர்



Chinakkathur Pooram



Reports from GML Mission-2020



Reports from GML Mission-2020



Clubs in Action

RC Ottappalam

Meals were served at Thanal Balashram orphanage and Poly Garden home for the mentally retarded adults.



RC Cochin

Eye clinics are being conducted regularly at their own premises, Rotary Balbhavan. Many people of lower strata of the society are being benefitted by these camps.



RC Cochin East

Cancer awareness camp was conducted jointly with Cochin Cancer Society.



RC Tripunithura

Under IShare programme, the students of VHSS Irimpanam school collected a sum of Rs.16500/- and handed over to the President at a function held at the School premises. With that amount and a contribution from Club members, a cycle shed to house 60 cycles was constructed at a cost of Rs. 75,000/-



A Hydrotherapy pool at Vimukti Special School - CSR project of SFS Homes initiated by Rotary Club of Cochin and Inner Wheel Club of Cochin was inaugurated.



RC Tripunithura

Centre of excellence - "Wings" jointly with 50th ward of Cochin Corporation and Rotary Tripunithura was formed. This is where the youth can prove their talents and many a programmes are being organized jointly for the benefit of the youth. This centre is aimed at the youth to express their talent and the centre helps them to reach their goals.

Reports from GML Mission-2020

six runners escorted by four bikers would complete the marathon next day at Palghat.

After an overnight stop over at Walyar the second leg of 25 kms started at five o'clock in the morning. Three runners and four bikers escorting the Centennial Rally and the Torch reached Chandra Nagar Junction at Palghat around 9:30 in the morning. District Director Dr. Suresh Kumar, Past District Governor Jayarajan and Rotarians were waiting to



morning free medical checkup camp for all visitors of the mall arranged by President Girishankar and District Chairman for Strategic Planning Dr. Balasubramaniam C had attracted interest of mall visitors.

On the pleasant beautiful morning of 25th, President Radhakrishnan and members of Guruvayur Heritage Club

receive, AG NC Krishnan and presidents of Rotary Clubs in Palghat received the Centennial Torch. After visiting the health checkup camp, set course for next destination, 50 kilometers to Ottapalam. President Ramachandran and members of Ottapalam Club has made the place look like an atmosphere of festival. AG Dr. Achuthan Kutty received the torch.



Ecofriendly bags were distributed to participants. At Shornur President Adv S. Prabhasankar, Rtn. Geetha Abraham and other Rotarians received the rally at the Mylvahanam auditorium. Special appearance of a doctor delivering message on NCD made the event unique from other receptions. Assistant Governor Seejo Ponnore received the Centennial Torch. Final stop of the day was at Kopan Mall. Since



Reports from GML Mission-2020

MEMORABLE MOMENTS

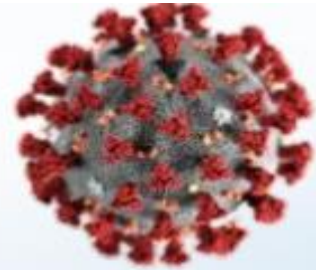


PRIDE OF
3201

"Legacy of District 3201 through colours of India – A Grand Parade of the legends of District 3201". District leaders – past, present and future Governors and their partners, dressed up in ethnic iconic outfits, each representing different culture of India, walked the ramp amidst pumping music and a cheering crowd. Starting from the incoming leaders to the senior most, as they came in, not only showcasing the culture they represented by the costume but also had the backdrop RI Theme of the year they lead the District as well as clippings of the highlights of their years. A never before experience when the leaders themselves took the lead to entertain the delegates!



COVID-19 Facts & Preventative Measures



What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

What are the symptoms?

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

If I think I'm feeling sick, what should I do?

COVID-19 presents very similarly to the common flu, so don't panic if you are symptomatic. Contact the nearest health center and explain your symptoms. The Health Center staff are trained to assess your symptoms, and will recommend the proper course of action.

How does it spread?

Person-to-person spread:

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).

- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Can someone spread the virus without being sick?

- People are thought to be most contagious when they are most symptomatic (the sickest).

- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new corona virus, but this is not thought to be the main way the virus spreads.

Spread from contact with contaminated surfaces or objects
It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

How easily the virus spreads?

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without

stopping.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community ("community spread") in some affected areas.

Steps to Prevent Illness

There is currently no vaccine to prevent corona virus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick

- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.



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Regional Office : Opp. Oberon Mall, N.H.Byepass, Cochin, Ph: 0484 - 2340694, Mob: 9744444222

Rotary



Club of Ottapalam
District 3201
Club 22653

Wish you many many returns of the day!

Happy Birthday Monettan!

Wish you happy
and healthy
years ahead and
continue your
service above self
to Rotary.





Congratulations to recipients of Awards from NSS of North America

Rtn. Dr. KS Menon & Mrs. Sukumari Narendra Menon

Selected Dr.K.S.Menon to receive the award in recognition to his services as a Philanthropist, Educationist and a successful Business man.

8:17 pm ✓



Congratulations!





**Rtn. Adv. Pradeep &
Rtn. Shimna (6-Apr)**



**Rtn. Vijayakumar &
Rtn. Padmaja (11-Apr)**



**Rtn. Adv. Jayadevan &
Rtn. Adv. Suprabha (16-Apr)**



**Rtn. Dr. Benoy &
Rtn. Dr. Manju (21-Apr)**



**Rtn. Kesavdas &
Rtn. Sujatha
(21-Apr)**



**Rtn. Adv. Suresh &
Rtn. Adv. Siji
(22-Apr)**



**Rtn. CP Baiju &
Rtn. Reshmi (24-Apr)**

Happy Anniversary!



Rotary India Centennial Summit 2020



ROTARY 3201
DISTRICT
CONFERENCE

Reflections
2020

February March
28 | 29 | 01





Let noble thoughts come to us from every side -Rigveda: 1-89-1

*"... ageless message of Faith, Self-discipline and Dedication:
Shraddha, Samyama and Samarpana."*

**Bharatiya Vidya
Bhavan** Founded with the blessings of Mahatma Gandhi.

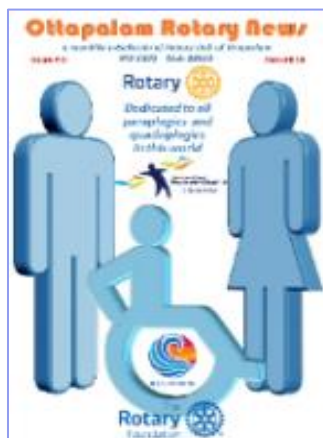


With Best Wishes From Bhavan's Vidyalaya Ottapalam Kendra & Bhavans Sangeet Nartan Siksha Kendra (CSN Trust Building, Ottapalam)



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12 issues, over 360 pages, covering 250+ projects of 2018-19. Click on any of the previous issue to read



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Ottapalam Rotary News



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