

# Ottapalam Rotary news

Vol. XXXVI Issue # 1

*A monthly bulletin of Rotary club of Ottapalam (RID 3201 - Club 22653)*

July 2021

## Installation special



**Rtn. Shekhar Mehta**  
*RI President 2021-22*



**Rtn. VA Balu**  
*Secretary 2021-22*



**Rtn. Rajasekhar Srinivasan**  
*District Governor 2021-22,  
RI District 3201*



**Rtn. Rtn Prathap Varkey**  
*District Director 2021-22*



**Rtn. P Pradeep**  
*Asst. Governor 2021-22*



**Rtn. E.P. Chitresh Nair**  
*President 2021-22*



**Rtn. Dr. M Narayanan**  
*GGR 2021-22*



**Rtn. Ramachandran K**  
*Bulletin editor 2021-22*



**District special focus projects**



**SERVE TO  
CHANGE LIVES**

Dear Rotarians,

This Ottapalam Rotary News (ORN) bulletin is the inaugural issue for the year 2021-22, an installation special bulletin.. Let us all wish the incoming team lead by Rtn. Chitresh all the best. An earnest request to all members and their family to contribute articles to ORN and make it richer and richer...

Rotary club of Ottapalam (RCO) carried out several activities during COVID-19 pandemic lockdowns all over the region. Let us continue pray for the well being of the human society around the world.

I would request all members to visit regularly the club website [www.rotaryclubofottapalam.org](http://www.rotaryclubofottapalam.org) , District Website [www.rotary3201.com](http://www.rotary3201.com) , Rotary International website [www.rotary.org](http://www.rotary.org) and RCO Club APP for both Android & iOS.

We have our presence on the Facebook and YouTube. Please promote them too.

Thank you  
**Rtn. Ramachandran Kunduthody**  
Chairman Public Image | Club Bulletin Editor | Internet Communication Officer

*Send your comments & contributions to [orn.rco@gmail.com](mailto:orn.rco@gmail.com)*



*editor's  
desk*

**July  
2021**

*Designed & edited by Rtn. Ramachandran K and published Rtn. Chitresh Nair, President(2021-22), Rotary club of Ottapalam 2021-22*

**A true leader  
doesn't create  
separation**



**A true leader  
brings people together**



## Five priorities for presidential year

- **Membership:** Can you imagine an organisation not growing for the last 20 years? I can not accept this status quo in our membership. For almost two years, I have been asking each member to get one member. It is possible and I have got commitments from across the world for this.
- **Flexible, hybrid clubs:** When we focus on each-one-bring-one, and bring new members, we will also retain them by having flexible clubs such as cause-based, hybrid clubs, etc. My club has already become a hybrid club; we have virtual meetings and that is the way to go forward. This will also get us young members... when a youngster doesn't have to drive through traffic and can comfortably log in from home, munching on his samosa, and even attending to a child for a few minutes by switching off the video, they'll be attracted to join Rotary. Also, elderly members say that young people are not willing to join our club. Okay, form a satellite club with 15 people; when it grows to 25, form a separate club. Or, by that time they may want to assimilate and join your club. Have cause based clubs; people around the world interested in water and sanitation come together, do water projects in Ethiopia this year, India the next, followed by Bolivia, enjoying worldwide fellowship. Zoom has shown it is possible. The speed with which we can interact is the biggest advantage emerging from this pandemic.
- **Empowering girls** (see box below)
- **Presidential conferences:** Seven across the world, including one in Hyderabad, India (May 3–5, 2022), on the different focus areas of Rotary.
- **Rotary days of service:** To showcase the work done by Rotary at the local level by observing heart days, literacy and schools, water and sanitation projects, etc. Let's make Rotary trend on social media at least twice a month

*Under Shekhar Mehta's leadership in 2021–22, "our overarching theme will be empowering girls. World over there is discrimination against the girl child. It takes different forms in different places. In our zone, a big percentage of girls drop out by Class 7 or 8. Can we ensure that we send back such girls to school; give scholarships to retain them? Many states are giving girls bicycles to ride to schools and back home. How about giving them solar lights where there is no electricity so that they can study at home. A girl educated is a family educated. And after completing their education, let us give them skills which brings economic empowerment.*

*"Let's take care of their nutrition, especially of pregnant mothers, also teach them self-defense techniques. Surely rapists around the world need to be taught a lesson! Then there is water, sanitation and MHM. The movie Padman has shown this subject — reusable pads and menstrual cups — can be discussed freely without inhibitions. Just for `300 (\$4), a girl can be given five reusable pads for two years. There is no environmental hazard and social enterprises run by women can get this project started. So many girls/young women face domestic violence. They need a helpline, with somebody to counsel and solace them in the local language and get them help. Child abuse, which comes in school education, can also be handled here.*

*There is so much we can do to empower girls and make them equal partners in making this world a better place."*

# Message from **District Governor**

**Rtn. Rajasekhar Srinivasan**  
District Governor 2021-22



My Dear Change Maker President Rtn. Chitresh,  
Warm Rotary Greetings !

Please accept my hearty congratulations to you on taking up the mantle of leadership of your prestigious club, Rotary Club of Ottapalam, during the Rotary year 2021 – 22, when I will have the privilege of leading our District. Let me also congratulate the Incoming Office Bearers of your club who have come forward to be part of the team which will make the “Seven Wonders of Rotary” happen.

Rotary is perhaps the only organization where you would find a change in leadership every year. To be the President of a Rotary Club is a very significant period in your career. It gives you an opportunity to prove your talent, ability to take decisions, and capacity to work a team leader. Your elevation to this position is the result of your sincere efforts as a Rotarian as also the esteem in which you are held by your fellow members.

Apart from different need-based service projects of our community, Rotary gives us an opportunity to serve for world understanding and peace through local, national and International humanitarian, educational and cultural programs.

Let us be inspired by the words of our RI President Elect Rtn. Shekhar Mehta who says “Rotary kindled the spark within me to look beyond myself and embrace humanity. Service became a way of life for me and I, like many others, adopted the guiding philosophy that Service is the rent I pay for the space I occupy on this earth, and I want to be a good tenant of this earth.”

I am sure under your able leadership your club will perform in an excellent manner in all avenues of service towards the success of our District Priorities – “OUR LOVELY PLANET” with particular attention to Projects in Earth, Water and People. I am also very confident that Rotary Club of Ottapalam will be a significant contributor for achieving our goals for the year as envisaged in “SEVEN WONDERS OF ROTARY”.

I wish you and your team all success. Let us together “Serve to Change lives”

Sincerely,

Yours in Rotary,

**Rtn. Rajasekhar Srinivasan,**  
District Governor 2021-22, RI District 3201

**SERVE TO CHANGE LIVES**

# Message from **District Director**

Hello,

Ottapalam club has been always a vibrant club. You have done wonderful and successful projects for humanity. I wish you'll continue your endeavour. I congratulate Rtn Pramod Kumar, secretary Rtn Srinivasan and team for a successful year during this pandemic. I wish incoming president Rtn Chitresh Nair, Rtn Balu and team a very successful year ahead. Let's to gather fight this pandemic .

Thank you,

With Regards

**Rtn Prathap Varkey**  
District Director



# Message from **Assistant Governor**



**Rtn. P Pradeep**  
Asst. Governor 2021-22

Dear President Rtn Chitresh,

Congratulations on your installation as President of one of the most dynamic clubs of our District.

Congratulations to Rtn Pramodkumar for leading the club so well during a year when normal activities were not possible due to Covid 19. But President and his team did extremely well. Congratulations to Secretary Rtn Sreenivas for his extra ordinary brilliance in extending support to President and team.

As we all know, Rtn Shekhar Mehta has coined the RI theme for the year SERVE TO CHANGE LIVES. Our District Governor Rtn Rajasekhar Sreenivasan has set our District theme as Our Lovely Planet to give focus on Earth, Water and People. I am sure Rotary Club of Ottapalam can do a good number of projects in each of the areas of protecting our planet earth, conserving water, and serving our people.

Our District Governor has also set 7 Goals by name 7 Wonders of Rotary for the District in which Rotary Ottapalam can contribute in big way. I am sure Rtn Chitresh will take our club to next level of glory. I assure you maximum of my support as Assistant Governor. In fact, I am proud and privileged to have been assigned the duty of serving my own club in the capacity of AG.

President Chitresh and Team, I wish you all success.

# Message from **GGR**



**Rtn. Dr. M Narayanan**  
GGR 2021-22

Warm Rotary greetings to all fellow Rotarians.

At the outset as GGR and on personal behalf sincerely appreciate and congratulate the IPP Rtn MPH F Pramodkumar, Secretary Rtn Sreenivas and their team for the commendable efforts in leading RCO in one of the most uncertain and challenging times upholding the stake and traditions of our Club. Congratulations and best wishes for the incoming President Rtn Chitresh Nair and his team of office bearers. With the vast experience and leadership roles in his vocation and various public platform, it will be easy for him to take RCO to further heights. With 'Cent percent Rotarian', PP MPH F V.A Balu as secretary we are expecting another golden year to be added to RCO history by this team. With PP Rtn Ramachandran K, the bulletin editor, we expect a series of masterpiece e-bulletins. Wishing him and the editorial board all success.

Dear friends as we enter another year of Rotary, activity of service, friendship & fellowship, we are faced with new challenges as the world is still under the shadow of covid-19 pandemic and the multipronged restrictions it has caused to our society crippling the vibrancy of various facets of human activities. With the availability of various vaccines and the knowledge gained about the epidemiological & clinico-pathological perspective of the disease and its treatment we hope we will be able to adopt more effective collective resistance globally against it. Apart from our commitments in containing the pandemic disease by working hand with the society we are faced with putting all our efforts in rehabilitating the society, socially economically and psychologically from the sequels it has left behind. In these efforts we are at a very unique Rotary Year 2021-22, we have an Indian, Rtn Shekhar Mehta as our RI President. With another Shekar Rtn S Rajashekar as DG of 3201 with his innovative District Priority programmes of SEVEN WONDERS OF ROTARY & LOVELY PLANET targeted action plan, we are together going to make history. So, friends let us work together to fulfil our RI President's motto 'SERVE TO CHANGE LIVES' which cannot be a better need of the times.

Thanking you

**Rtn Dr Narayanan M**

Ottapalam Rotary News(ORN)



# Message from **President**

Rtn. E.P. Chitresh Nair



Dear Rotarians, Anns and Annets

Greetings.

Importance of Rotary Organisation is growing all over the world especially this pandemic year. We face new challenges globally and time has come to show more dedication to the society. Yes. Rotarians have only one objective in mind that is "SERVICE"

Under the leadership of Rtn Pramod and Rtn Sreenivas the club has carried out numerous projects even though they faced difficulties during Covid 19. Their unconditional support to Covid 19 patients was well acclaimed by the society. More over during lock down period they took stupendous effort to continue weekly meetings in time and gave special attention to maintain Rotary protocols.

I am blessed to have enterprising and dynamic secretary this year Rtn PP V A Balu. A true Rotarian who has vast experience in Rotary. His ubiquitous influence was felt by all Rotarians. He has held various prestigious posts in Rotary with utmost dedication. His willingness to become Secretary this year was boon to me.

This yeat Ottapalam Rotary has a privilege, both AG and GGR are from our club. Rtn Pradeep and Rtn Dr Narayanan both have enormous experience as Past Presidents. Their leadership open new avenues of service to our club. Past President Rtn K Ramachandran, Chair Public Image and Bulletin Editor has solid knowledge of computers and IT by profession. He will come up with wonderful bulletins in coming months which will reflect his dedication.

This year our RI theme is SERVE CHANGE LIVES and District theme is OUR LOVELY PLANET which relates earth, water and people. District special focus projects include Free Heart Surgery for children with congenital defects, Hope after Fire, Project Walk Again, and Cancer Care. Our beloved DG has set his goal in the name 7 Wonders of Rotary and also has come up with colossal number of projects in line. Let us unite again to fulfil his dream projects into reality.

I salute and congratulate all our Past Presidents and their teams who brought laurels and fame through the humanitarian projects meant for the needy. We hope coming team will be able to follow our predecessors and live up to the expectations and trust of others. Selection of priorities to reach the deserving is an important task Let us go forward with one mind.

Ottapalam Rotary always stands for Caring and Sharing. Love and Compassion

Jai Rotary

**Rtn. E.P. Chitresh Nair**  
*President 2021-22*  
*Rotary club of Ottapalam*



# Secretary's Message



Rtn. V.A. Balu

Dear Fellow Rotarians and Rotary Family members,

Greetings and good wishes. It is indeed a proud privilege for me to serve the prestigious club of Rotary Club of Ottapalam as its Secretary for a second term in my Rotary career after fifteen years of my first assignment as Secretary of this ever-growing club. I am glad to address the Rotary family through the pages of Ottapalam Rotary News.

We are crossing over a year that was wholly affected by the pandemic. But never we rested on the excuse or remained idle. Rtn. Pramodkumar led the club from the front and carried out community service projects regardless of the hurdles created by Covid 19, wave after wave. On account of the difficulties faced by many Rotarians being locked down and confined to their houses, few affected by Covid, few working as frontline warriors above all, huge deficit in budget provisions for service activities resulted from covid-related decisions thoughtfully taken by us, it would have been a year of inaction but the dynamic President and team proved otherwise. It was an incredible show of commitment doing meaningful service activities at the most appropriate time where it was badly required. Congratulations to Rtn Pramodkumar, fully supported by Rtn. Sreenivas M Nair, the diligent Secretary and the entire team.

The new year we are just entering into is no different as the Covid pandemic is continuing. But we are sure to have yet another year full of activities with the enormous support from the Rotary Family. Together we can defeat Covid 19 and together we can **SERVE TO CHANGE LIVES**. Rotary International is going to be led by Rtn Shekhar Mehtha during the year 2021-22, the fourth Indian to occupy the prestigious position.

President E P Chitresh Nair is all set to take off, fully confident of taking the club to newer heights. His vast experience having successfully led various social and sports organisations is sure to help us accomplish our goals. The added advantage of the fact that both the Assistant Governor Rtn Pradeep and GGR Rtn Dr Narayanan are our own Past Presidents with glorious track records during their terms as Presidents, gives us extra energy. Indeed, we will succeed in rising up to the expectations of the members who have reposed confidence in us.

It is going to be a different experience altogether to read our facebook "Ottapalam Rotary News" to be crafted month after month by our Past President Rtn K Ramachandran the cyber wizard, the techie Chairman of Public Image/Bulletin Editor. We would request all members of Rotary family to make use of the rich pages of our E Bulletin to express your novel ideas in your areas of interest. We would request you all to deposit generously in our **article bank** at your convenient times to enchant readers when your literary creation adorns the pages of ORN, in due course.

Let us hope to have a Covid free year ahead. All members of Rotary Family are earnestly requested to get vaccinated against novel corona virus, at the earliest opportunity. Sunny days are sure to come back.

Assuring you the best of my service as Secretary of our club during the Rotary year 2021-22.

Thank you

Yours in Rotary

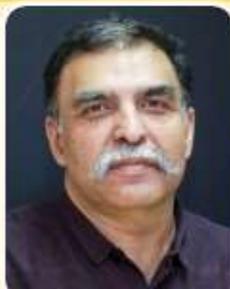
**Rtn. V.A. Balu**



# Activities – Installation 29-June-2021



Rotary Opens Opportunities



Manoj K Das



Shankar



Rtn Pramod Kumar  
President 2020-21



Rtn Chitresh Nair  
President 2021-22



Rtn Sreenivas M Nair  
Secretary 2020-21



Rtn V A Balu  
Secretary 2021-22



Rtn Col Gangadharan  
Treasurer 2020-21



Rtn Kesavadas  
Treasurer 2021-22

## President and Members of Rotary Club of Ottapalam

Cordially invite you with family  
To the Installation ceremony  
of President

**Rtn E P Chitresh Nair**

And his team of Office bearers  
On 29 June 2021, At 7.00pm

**Sri Manoj K Das**

Editor Mathrubhumi Daily  
and

**Sri Shankar**

Acclaimed movie star  
have kindly consented  
to grace the occasion

**ZOOM Meeting ID : 823 9298 9161**  
**Pass Code : 29062021**

**Rtn. K Pramod Kumar**

President 2020-21

**Rtn. E P Chitresh Nair**

President Elect

**Rtn Srinivas M Nair**

Secretary 2020-21

**Rtn PP V A Balu**

Secretary Elect



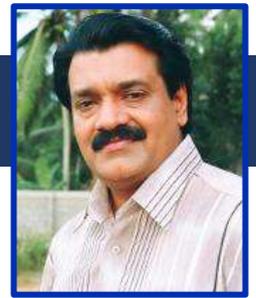
SERVE TO  
CHANGE LIVES



## Installation Day 29-June-2021

### Introducing our Guest of the day

Shankar



**Shankar** is an Indian actor and director, in Malayalam films. In the early 1980s, he was a most prominent romantic lead actor of Malayalam cinema. Shankar's debut, Tamil film Oru Thalai Ragam, ran for over 365 days in theatres. His Malayalam debut, Manjil Virinja Pookkal, ran over 200 days in theatres and became one of the highest-grossing Malayalam films of all time. He acted in over 200 films. Shankar won many awards including Kerala film critics award for best actor on television, best director award for his HIV based short film and he also won the best romantic hero award in Malayalam Cinema by a national film magazine on the occasion of 100th anniversary celebrations of Indian Cinema. Not only this but also he won many other awards and accolades throughout his film career in both Kerala & Tamilnadu.

Shankar was born to Thekkeveetil N. K. Panicker and Sulochana in Kechery, Thrissur, Kerala in 1960. His family later moved to Chennai when he was four years old. His father was a senior manager at Indian Drugs and Pharmaceuticals Limited. He completed the schooling from St. Bede's Anglo Indian High School, Chennai. He pursued a Bachelors in History from Gadwarl University,

Rishikesh. Later he joined South Indian Film Chambers of acting completing 2 years of an acting course.

Shankar was, selected as the lead actor in Oru Thalai Ragam a box office hit, not only completed 365 days run in theatres but also became a cult romantic film of Tamil film history. He did an extended cameo role in the legendary Malayalam superstar Jayan starred Sharapanjaram. Navodaya Studio's romantic film Manjil Virinja Pookkal was Shakar's big break, along with newcomers Mohanlal and Poornima Jayaram, directed by Fazil. The success of Manjil Virinja Pookkal made Shankar the leading young star of Malayalam films. Shankar became a hot property in both the Tamil and Malayalam film industry. He was the second star of Malayalam films of 80s after action star Jayan. He never experimented with his roles and had a very large fan base in Kerala. Most of his ordinary films were hits just because of his presence.

Though he is well known in Kerala and Tamil Nadu as a successful actor, having acted in hundreds of movies, he has half a dozen films in his bag as director as well.

Spouse : Chitra Chitrlekshmi.

## Installation Day 29-June-2021

### Introducing our Guest of the day

Manoj K Das



**Manoj K Das** is a senior journalist who has marked his fingerprint in his area of passion as a true journalist. He was born in Kangazha in Kottayam. First started his career in 1994 in New Indian Express. He was Kochi Bureau Chief, Deputy Resident Editor and Resident Editor in NIE. He has also worked as Resident Editor in Asianet News, Deccan Chronicle and Times of India. Currently he is Editor in Mathrubhumi Daily. His family includes wife Saritha Manoj and two children Manas M Das and Manjeera M Das, both students of Rajagiri Public School.....

# Activities – Installation 29-June-2021

## TEAM 2021-22



**SERVE TO  
CHANGE LIVES**



**Rtn. EP Chitresh Nair**  
President



**Rtn. PP V.A. Balu**  
Secretary



**Rtn. K. Pramodkumar**  
IPP



**Rtn. K.N. Kesavadas**  
Treasurer / Sgt At Arms



**Rtn. PP C.P. Balju**  
Vice President



**Rtn. PP P. Sivadasan**  
Sr Sgt At Arms/Speaker Coordinator



**Rtn. Col. Venugopal K**  
President Elect



**Rtn Capt SunyilKumar**  
Joint Secretary



**Rtn. PP K. Raaj Mohan**  
Chair Club Admin Committee



**Rtn. PP R. Madhu Sudhan**  
Chair Membership Committee



**Rtn. PP Col. C. Gangadharan**  
Chair Service Projects



**Rtn. PP K. Ramachandran**  
Chair Public Image/ Bulletin Editor



**Rtn. PP P.M. Krishnadasan**  
Chair Rotary Foundation

**Club Committee Chairs**



**Rtn. T.N. Kutty**  
Advisor



**Rtn. P.K. Peethambaran**  
Advisor



**Rtn. E. Prabhurajan**  
Advisor



**Rtn. Parakkottil Vijayan**  
Advisor

**Club Advisors**

## TEAM 2021-22



**SERVE TO  
CHANGE LIVES**

### Directors



**Rtn. PP Ambalakkat Ram Mohan**  
Director Vocational Service



**Rtn. PP Dr. M. Narayanan**  
Director Community Service/**GGR**



**Rtn. PP Adv. P. Pradeep**  
Director International Service  
/Grants/**AG**



**Rtn. Vijayakumar K**  
Director Club Service



**Rtn. Dr. Satheesh Kumar Nair**  
Director Health Projects/ Covid 19



**Rtn. PP K. Radhakrishnan**  
Director RI Priorities



**Rtn. Adv. N.K. Jayadevan**  
Director District Priorities



**Rtn. M.G. Koman**  
Director Palliative Care Projects



**Rtn. Dr. Arun S Menon**  
Director Art & Cultural Programs



**Rtn. Srinivasan M**  
Director Youth Services/Rotaract/  
Interact



**Rtn. PP Col. KCK Nair**  
Director Tour Coordination



**Rtn. Ravindran Nair**  
Director Cultural Program Team



**Rtn. Nirmala Ram Mohan**  
Director Rotary Family/  
Partner Relation



**Rtn. Uma Peethambaran**  
Director Women empowerment



**Rtn Lt Col Sindhu Santhosh**  
Director Women empowerment



**Rtn. Dr. Sreeraj**  
Director Health Care Projects



**Rtn. Adv. Sreeraj**  
Director Legal Services



**Rtn. Adv. Suresh**  
Director Legal Services

Rotary  
**Nalanda 21**

PRESIDENT ELECT & SECRETARY ELECT TRAINING SEMINAR



**PETS at OOTY STERLING ON 19,20 and 21 March 2021**



President attending PETS



PETS Chair and Secretary



GGR attending PETS



PETS 2021 Team



AG, GGR, President and Secretary in PETS

# Padashala 2021 – District Assembly



DGE Rtn. Rajshekhar at the event



District Trainer PDG Rtn. VA Pathy



## Our Year Ahead 2021 - 2022

**The Year of  
The Change Makers**

## SHARED VISION OF THE CHANGE MAKERS

**THE DISTRICT PRIORITIES  
& DISTRICT GOALS**

### OUR LOVELY PLANET

#### EARTH

#### WATER

#### PEOPLE

SOIL  
MATTER

GOLDEN  
HARVEST

YARDS

CROP  
CROP

ENRICH  
LIVES

THIRSTY  
TRIBE

SURE  
SHORES

RAINY  
DAY

AQUA  
MIND

CHEER

HEALTH

LIFE SKILL

EDUCATION

GOODNESS

#### EARTH

SOIL  
MATTER

GOLDEN  
HARVEST

YARDS

CROP  
CROP

ENRICH  
LIVES

#### WATER

THIRSTY  
TRIBE

SURE  
SHORES

RAINY  
DAY

AQUA  
MIND

## District Special Focus PROJECTS




**CANCERcare**<sup>®</sup>

Free Surgical Rehabilitation for Patients with Early Stage Abdominal & Colorectal Cancers



FREE ARTIFICIAL LIMBS FOR AMPUTEES



**hope after fire**

Reconstructive Surgery for Burn Deformities

A joint initiative



Rotary DISTRICT 3201



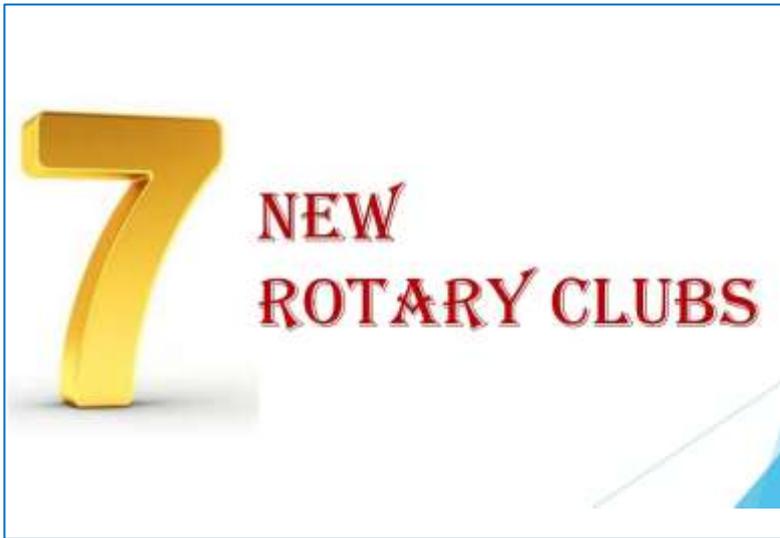
Ganga Hospital Coimbatore



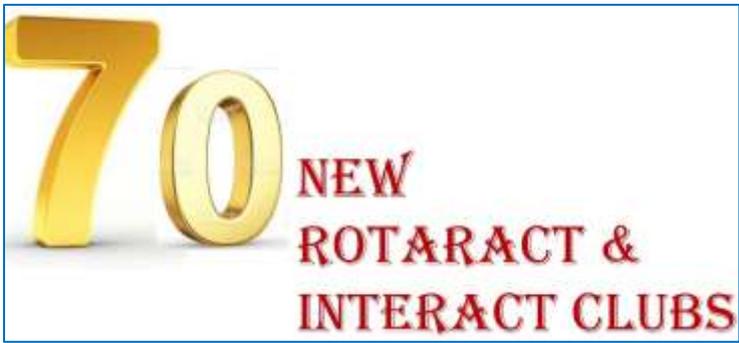
Free Heart Surgery for Children with Congenital Defects



Rotary   
**SEVEN**  
WONDERS  
OF ROTARY



**7** NEW  
ROTARY CLUBS



**70** NEW  
ROTARACT &  
INTERACT CLUBS



**700**  
ROTARY COMMUNITY  
CORPS



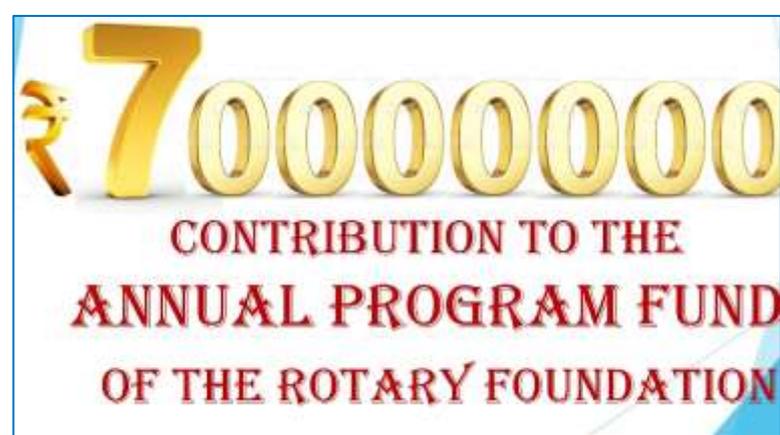
**7000**  
ROTARIANS



**70000**  
YOUTH SUPPORT



**700000**  
FARMERS SUPPORT



**₹700000000**  
CONTRIBUTION TO THE  
ANNUAL PROGRAM FUND  
OF THE ROTARY FOUNDATION

# Activities – Installation 29-June-2021



IPP Rtn. Pramodkumar adorning the Rotary President's collar to the incoming President Rtn.Chitresh



Selected physical attendance ± over 60 on ZOOM

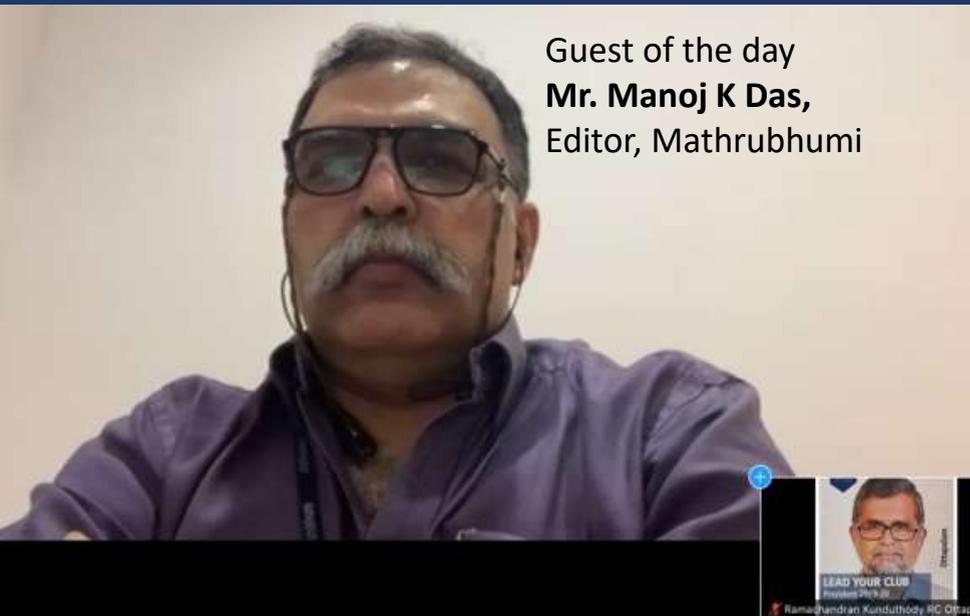


President's acceptance speech

# Activities – Installation 29-June-2021



# Activities – Installation 29-June-2021



Guest of the day  
**Mr. Manoj K Das,**  
Editor, Mathrubhumi



Guest of the day  
**Mr. Shankar,** Cine Artist.



Rtn. Prathap Varkey,  
District Director



GGR  
Rtn. Dr. Narayanan M



# Welcome to our new members



## Rtn. Rajesh Govindan Nambiar

Chief Engineer at Anglo Eastern Ship Management Hong Kong. S/o: P.K.G.Nambiar. Wife: Rtne. Srilekha Rajesh. (Worked as Postal Assistant at Ottapalam Division till 2019. Took VRS in 2019) Daughters:1. Malavika ( Passed +2 from KV Ottapalam recently)2. Krithika ( 6th standard student at KV Ottapalam).



## Rtn. K R Sandeep Narayanan

Team Leader of Lakshmi Narayana Educational Institutions – Ottapalam, Palappuram & Mayannur Has previously worked with GE, Barclays Bank PLC & National Bank of Ras Al Khaimah  
Education: - School Education from Kendriya Vidyalaya, Ottapalam, - BSc. Physics & MSc. Physics from N.S.S. College, Ottapalam and MBA from University of Aberdeen, UK  
Personal Life: Married to Rtne. Vaishna, who is a home maker and blessed with two kids, Vedh and Nakshatra. Hobbies: Automobile enthusiast, loves travelling, music and movies.



## Rtn. Sreejith A.S

born and brought up in Ottapalam, my father ( late ) A.S SIDHARTHAN a native of Valapad and my mother ( late ) VALSALA SIDHARTHAN from Nemmara. Wife Rtne. Sivapriya Sreejith is from Kuniseri, Alathur.

Two children: elder son Sidharth Krishna studying in 6th standard and younger daughter Sriya Krishna at UKG both are studying at Carmel school Shornour. I am a B. Com graduate. Studied at SDA SCHOOL & NSS COLLEGE Ottapalam and joined my family business. Currently I am running my business at South Panamanna, Vattanal. It's a food processing industry in the name and style of SIDHARTH AGRO FOODS, with brand name PREESA.



## Rtn. Vijayan

Rtne. Sandhya (wife ), Nidhin (son)  
Doing business at Ottapalam (Kumar Books & Stationery, since 104 years, Started by my grand father)



Rtn. Adv. P.T. Narendra Menon

## The Genesis of the name 'Ottapalam'

There was an obscure and sequestered village with the quaint name of 'Ariyoor Thekkumuri' on the banks of the Nila river which used to flow throughout the year with abundant waters. It was part of the erstwhile 'Nedunganad' which extended up to the 'Thootha river'. The village had rutty footpaths, littered with dried fallen leaves, thatched mini houses, fields green with paddy crops, and occasional bullock-carts making its cumbersome travel through narrow lanes. There were only two or three comparatively affluent families. The rest were all hutments.

Sometime after the half of the nineteenth century, the ruling white men laid the iron railings to carry the newly introduced locomotives. Olavakkode was the main junction. The trains were running on steam and the railway wanted a watering station at every twenty-mile interval. Thus, the village saw the advent of a railway station on the banks of the river.

The British engineer who was laying the railway line required a name for the station. 'Ariyoor Thekkumuri' seemed to be too long and tongue-twisting to the white man. So, he asked his assistant to coin a name for the station. There was a solitary 'Paala' tree (Dita tree - botanical name : *Alstonia Scholaris*; Sanskrit Name : Saptaparni ) standing on the far side of the station towering above the dense growth all around it. During the cool season, the fragrance of its flowerage would be wafted for long distances, especially during the night. The villagers believed that the tree was the abode of a fearsome 'Yakshi' who used to parade the vicinity as a beautiful

damsel in white dress. So, they avoided the area even at day-time.

The assistant of the engineer suggested the name 'Ottappala' denoting the above-mentioned tree. Those who came to write the above name board were Tamilians. In Tamil Nadu, there were several villages and towns, the names of which ended in 'Palam' or 'Palayam'. So they mistakenly painted the name 'Ottappala' as 'Ottapalam'.

Afterwards everyone started using that word to name the village. The region on the other side of the tree eventually came to be known as Pala – appuram which was syncopated as Palappuram in due course of time. A few decades later, the 'Kuthiravattam' family from far away 'Pulapetta' founded a thatched school at Ottapalam which soon became a high school of renown.

Infact that was the only high school in Malabar between Palakkad and Kozhikode for a long time. Students from as farther as Tirur and Perinthalmanna came to this school. Many of their parents built houses in Ottapalam because of the railway station and school.

As time passed, the village became a small-time town with narrow roads, mishappen cluster of shops, and uneven architectural monstrosities. It became a Panchayat and then a Municipality. But the soul of Ottapalam is not yet polluted. Because it is still carrying in the heart the spirit of innocence of greenery, the gentle flow of river Nila, and hardihood and stoicism of the near vista of 'Anangan Mala'.

**Rtn. Adv. P.T. Narendra Menon**



Preethi

## Recipe of the month

### KARIMEEN POLLICHATHU

#### Ingredients:

- Karimeen (Pearl Spot) - 2
- bigGinger - 2 inch piece
- Garlic - 8 cloves
- Shallots - 10 - 15 no.s
- Tomato - 2 medium
- Curry leaves - 2 sprigs
- Coriander seeds - 1 tspn
- Pepper corns - 1 tspn
- Dry red chillies - 8 - 10 no.s
- Coconut milk - ½ cup
- Salt to taste.



#### Method:

1. First, cut and clean the fish and keep aside. Make a paste of ginger, garlic, dry red chillies and salt. Then crush the coriander seeds and pepper corns. Mix all the ground ingredients with turmeric powder and marinate the fish with this paste and keep it for 10- 15 minutes. Keep the rest of the ground paste to prepare the masala.
  2. Heat oil in a pan. Add chopped shallots and curry leaves and saute till the shallots become golden brown in colour. Then add the masala paste and saute on a low flame till the raw smell goes. Then add chopped tomatoes and enough salt and saute till it become soft and mushy. Finally, add the coconut milk and saute till the masala becomes thick.
  3. Shallow fry the marinated fish in coconut oil and keep aside.
  4. Take a banana leaf and place it over low flame for a minute till it slightly changes colour and becomes ready to be folded.
  5. Lightly brush a thin layer of coconut oil on the banana leaf. Spread a layer of the masala on the banana leaf and place the fried fish on top of that and spread one more layer of masala on top of the fish.
  6. Fold the banana leaf and make a packet and tie it with a string.
  7. Heat a pan and sprinkle some coconut oil and place the fish packet in the pan and cook on both the sides for 10 to 12 minutes, on a low flame.
- Garnish with onion rings and lemon wedges and serve hot.



സംഗീത യാത്രകളിലെ ചില അനുഭവങ്ങൾ

സുകുമാരി നരേന്ദ്രമേനോൻ

നമ്മുടെ ഏറ്റവും വിശിഷ്ടമായ സാംസ്കാരിക പൈതൃകമാണ് ഭാരതീയ സംഗീതം എന്നത് ലോകം അംഗീകരിച്ചു കഴിഞ്ഞിരിക്കുന്നു. ലോകത്തിലാകമാനം കേളി കേട്ട ബീറ്റിൽസ് എന്ന സംഗീത സംഘം പണ്ഡിറ്റ് രവിശങ്കറിന്റെ ശിഷ്യരായി തീർന്ന കാലം മുതൽ വിദേശ രാജ്യങ്ങളിൽ ഭാരതീയ സംഗീതത്തിന് ആസ്വാദകർ ഏറി വന്നിട്ടുണ്ട്.

പതിമൂന്നാം നൂറ്റാണ്ടിൽ ഭാരതത്തിൽ വന്ന സൂഫി ഹസ്രത്ത് അമീൻ ബുസ്രൂ 'ഭാരതീയ സംഗീതം ദൈവീകമാണ്, അതിനെ പരിശുദ്ധമായി സൂക്ഷിക്കുക' എന്ന് പറഞ്ഞിട്ടുണ്ടല്ലോ.

ഇംഗ്ലണ്ട്, അമേരിക്ക തുടങ്ങിയ പാശ്ചാത്യ നാടുകളിലും നൈജീരിയ തുടങ്ങിയ ആഫ്രിക്കൻ നാടുകളിലും, അഞ്ചോളം ഗൾഫ് നാടുകളിലും, ശ്രീലങ്ക, മൗറീഷ്യസ് തുടങ്ങിയ ദ്വീപുകളിലും മലേഷ്യയിലും സംഗീതക്കച്ചേരികൾ അവതരിപ്പിക്കുവാൻ എനിക്ക് ഭാഗ്യം ലഭിച്ചിട്ടുണ്ട്. ആ സദസ്സുകളിൽ മിക്കതിലും ശ്രോതാക്കളായി നിരവധി വിദേശീയരും ഉണ്ടായിരുന്നു. ആ കേൾവിക്കാരിൽ കണ്ടിരുന്ന അച്ചടക്കവും ശ്രദ്ധയും എന്നെ അത്ഭുതപ്പെടുത്തിയിട്ടുണ്ട്. പ്രത്യേകിച്ച് പാശ്ചാത്യ നാടുകളിലെ സംഗീതം തികച്ചും ഫ്ലാറ്റ് നോട്ട്സിൽ (flat notes) അധിഷ്ഠിതമാണല്ലോ. നേരെ മറിച്ച് ഭാരതീയ സംഗീതം ഗമകാധിഷ്ഠിതവും രാഗാധിഷ്ഠിതവും ആണ്. വിദേശീയരായ ആ ശ്രോതാക്കളിൽ അധികം പേർക്കും നമ്മുടെ സംഗീതത്തിന്റെ സാങ്കേതികത അറിയുന്നവരായിരുന്നില്ല. എന്നിട്ടും അവർ ലയിച്ചിരിക്കുന്നത് കണ്ടു.

ന്യൂ ജെഴ്സിയിൽ കച്ചേരി നടത്തുന്നതിന് മുമ്പായി ഒരു പാശ്ചാത്യൻ എനോട്ട് വന്നു പറഞ്ഞു 'ഞാൻ 150 നാഴിക കാരോടിച്ചു വരികയാണ്.

20 കൊല്ലം മുൻപ് നിങ്ങൾ മദിരാശി മ്യൂസിക് അക്കാദമിയിൽ തോടി രാഗത്തിൽ ഒരു കൃതി ആലപിക്കുന്നത് കേട്ടിട്ടുണ്ട്. അത് ഇന്ന് പാടാൻ പറ്റുമോ?' സംഗീതസാഗരത്തിന്റെ തീരത്തിരുന്ന് അതിന്റെ ജലം ഒരു കൈക്കൂട്ടുന്ന മാത്രം പാനം ചെയ്ത് എനിക്ക് വല്ലാത്ത ഒരു സാഹചര്യം തോന്നി. തമിഴ്നാട്ടിലെ ഒരു ഗ്രാമത്തിൽ ജനിച്ച ത്യാഗരാജൻ നൂറ്റാണ്ടുകൾക്ക് മുൻപ് രചിച്ച കൃതി ആയിരക്കണക്കിന് നാഴികകൾ അകലെ ജീവിക്കുന്ന ഒരു പാശ്ചാത്യന് കേൾക്കാൻ ആഗ്രഹമുണ്ടായി എന്നതാണ് ആ സാഹചര്യത്തിന്റെ ആദ്യഭാഗം. 20 കൊല്ലക്കാലം എന്റെ എളിയ ആലാപനം ആ വിദേശി ഓർമ്മ വെച്ചു എന്നതായിരുന്നു രണ്ടാം ഭാഗം.

മൗറീഷ്യസിൽ എന്റെ ഒന്നര മണിക്കൂർ നീണ്ട കച്ചേരി ആ നാടിന്റെ പ്രസിഡന്റും പ്രധാനമന്ത്രിയും മുഴുവനും കേട്ടിരുന്നു എന്നതാണ് മറ്റൊരു അവിസ്മരണീയമായ അനുഭവം. കച്ചേരിയെപ്പറ്റി നല്ല വാക്കുകൾ പറയാനും അവർക്ക് മടി യുണ്ടായില്ല. ന്യൂഡൽഹി രാഷ്ട്രപതി ഭവനിലെ പ്രശസ്തമായ അശോക ഹാളിൽ കച്ചേരിക്ക് ക്ഷണിക്കപ്പെട്ടപ്പോൾ അന്നത്തെ രാഷ്ട്രപതിയായിരുന്ന ശ്രീ കെ ആർ നാരായണൻ വലിയ ഒരു പൂക്കൂട തന്നു സ്വീകരിച്ചതും സ്വാഗതം പറഞ്ഞ തുമാണ് അപ്പോൾ ഓർമ്മ വന്നത്. ഹസ്യ കാല സന്ദർശനത്തിന് ശ്രീലങ്കയിൽ പോയപ്പോൾ അവിടുത്തെ 'രൂപവാഹിനി' എന്ന് പേരുള്ള ടെലിവിഷനിൽ ലൈവ് കച്ചേരി നടത്താൻ അവസരം കിട്ടിയതും ഓർമ്മ വരുന്നു. ലണ്ടനിൽ കച്ചേരി നടത്തുമ്പോൾ മുൻ നിരയിൽ സാമാന്യം വയസ്സ് ചെന്ന ഒരു ദമ്പതികൾ ഉണ്ടായിരുന്നു. അവർ നല്ലവണ്ണം കച്ചേരി അനുഭവിച്ചിരുന്നപോലെ തോന്നി.



Mrs. Sukumari Narendra Menon  
സുകുമാരി നരേന്ദ്രമേനോൻ

കച്ചേരിക്ക് ശേഷം അതിലെ പുരുഷൻ എന്നോട് വന്ന് 'ഞാൻ ഒറ്റപ്പാലത്തു കാരനാണെന്നു' പറഞ്ഞു. കർണാടക സംഗീതത്തെക്കുറിച്ച് അവർ ഇരുവരും കച്ചേരിക്ക് ശേഷമുള്ള വിരുന്നിനിടയിൽ നല്ല സംഗീതവിജ്ഞാനത്തോടെ സംസാരിക്കുകയും ചെയ്തു. ഒടുവിലാണ് അദ്ദേഹം പറഞ്ഞത് 'എന്റെ അച്ഛൻ പഴയ മദിരാശി സംസ്ഥാനത്തിന്റെ പോസ്റ്റ് മാസ്റ്റർ ജനറൽ ആയി വിരമിച്ചു ഒറ്റപ്പാലത്തെ മാനുവലുകളിൽ താമസിച്ചിരുന്ന നാരായണൻ നായർ ആണ്. ഞാൻ റോ (RAW) ഇന്ത്യയുടെ (Research Analyst Wing) റിസേർച്ച് അനലിസ്റ്റ് വിംഗ് ന്റെ ഡയറക്ടർ ആയിരുന്നു. ലണ്ടനിൽ ഒരു സന്ദർശനത്തിന് വന്നതാണ്'. ഭാരതത്തിലെ പ്രശസ്തമായ ഒരു പോലീസ് വിഭാഗത്തിന്റെ മേധാവി ആയിരുന്ന ഒരാൾക്ക് ഇത്രയും സംഗീത ജ്ഞാനം ഉണ്ട് എന്നത് എന്നെ അത്ഭുതപ്പെടുത്തി. ഗായക ചക്രവർത്തി ആയിരുന്ന ചെന്നൈ വൈദ്യനാഥ ഭാഗവതർ അന്തരിക്കുന്ന ദിവസം എന്റെ വീട്ടിൽ വരികയും, നാലഞ്ച് മണിക്കൂർ ചെലവഴിക്കുകയും ചെയ്ത് മറ്റൊരു ദീപ് സ്മരണയാണ്.

സ്വാമി വിവേകാനന്ദന്റെ പ്രശസ്തമായ അമേരിക്കൻ പ്രഭാഷണത്തിന്റെ സ്ഥലമായ ചിക്കാഗോവിലെ ക്ഷേത്രത്തിൽ സ്ഥാപിക്കപ്പെട്ട അദ്ദേഹത്തിന്റെ ഭീമാകാരമായ പ്രതിമക്ക് മുന്നിൽ ഇരുന്നുകൊണ്ട് കച്ചേരി നടത്താൻ സാധിച്ചത് എങ്ങനെ മറക്കാൻ പറ്റും? മറ്റൊരു വിദൂര വൻകരയിൽ അർദ്ധനഗ്നനായി ജീവിച്ച ത്യാഗരാജ സ്വാമികൾ, മുത്തുസ്വാമി ദീക്ഷിതർ, ശ്യാമാ ശാസ്ത്രികൾ എന്നിവരുടെ കൃതികൾ പാടുമ്പോൾ അത് കേട്ടിരിക്കാൻ നൂറുകണക്കിനാളുകൾ അമേരിക്കയിൽ ഉണ്ടായി എന്നത് എന്നെ കുറച്ചൊന്നുമല്ല സംതൃപ്തയാക്കിയത്. വിദേശയാത്രകളിൽ ഒരു കാര്യം എനിക്ക് മനസ്സിലായി. അവിടങ്ങളിൽ ജീവിക്കുന്ന ഇന്ത്യാക്കാരാണ് നമ്മുടെ ശാസ്ത്രീയകലകളെ ഏറ്റവും സ്നേഹിക്കുന്നത് എന്ന്.

ഒരു പ്രാദേശിക പത്രത്തിൽ എന്റെ കച്ചേരി ഉണ്ടെന്ന് വാർത്ത കണ്ട് ഞങ്ങൾ താമസിക്കുന്ന സ്ഥലത്തെ ഫോൺ നമ്പർ കണ്ടുപിടിക്കുകയും ഞങ്ങൾക്കും കൂടെ ഉള്ളവർക്കും 100 നാഴികയോളം അകലെ നിന്ന് കാരയച്ചു കൊണ്ടു വന്ന് വിരുന്നുട്ടുകയും ചെയ്ത ഒരു പ്രായമേറിയ ദമ്പതികളെ ഓർമ്മ വരികയാണ്. അവർക്ക് വീട്ടുവേലക്കാരിയെല്ലെന്ന് എത്തിയപ്പോൾ മനസ്സിലായി. എന്നിട്ടും വിഭവസമൃദ്ധമായ വിരുന്നാണവർ ഒരുക്കിയത്. അവർ പറഞ്ഞു - മക്കളാരും ഇവിടെയില്ല. പക്ഷെ ഞങ്ങളുടെ പക്കൽ നിരവധി സംഗീതലേഖനങ്ങൾ ഉണ്ട്. അവ കേട്ടാസ്വദിക്കുന്നതാണ് ഞങ്ങളുടെ ഏറ്റവും വലിയ സന്തോഷം. അബുദാബിയിലെ സന്ദർശനവേളയിൽ ഞങ്ങളെ ക്ഷണിച്ച് വീട്ടിൽ സദ്യയൊരുക്കിയ അഹല്യ വ്യവസായ ശ്രീംഖലയുടെ (ഹോസ്പിറ്റൽ അടക്കം) ഉടമസ്ഥനായ ശ്രീ ഗോപാലനെയും യു എ ഇ എക്സ്പ്രെസ്സിന്റെ ഉടമസ്ഥനായിരുന്ന ശ്രീ ബി ആർ ഷെട്ടിയെയും ഓർമ്മ വരികയാണ്. സംഗീതത്തെക്കുറിച്ച് വലിയ അവഗാഹമൊന്നും ഇല്ലെങ്കിലും കലാകാരന്മാരെ അവർക്ക് വലിയ ബഹുമാനം ആയിരുന്നു.

ഒറ്റപ്പാലത്തുകാരനായ ഡോ. കെ എസ് മേനോൻ ബഹറിനിലെ ഒരു വ്യവസായ പ്രമുഖനും, ജീവകാരുണ്യ പ്രവർത്തനമാണ്. അദ്ദേഹം ബഹറിനിൽ സംഘടിപ്പിച്ച കച്ചേരികളും നൽകിയ ആതിഥ്യവും എങ്ങനെ മറക്കാനാണ്? അതുപോലെ ബഹറിൻ കേരള സോഷ്യൽ ആൻഡ് കൾച്ചറൽ അസോസിയേഷൻ പ്രസിഡന്റ് ശ്രീ പമ്പാവാസൻ നായർ, ബഹറിൻ കേരള സമാജം പ്രസിഡന്റ് ശ്രീ പി വി രാധാകൃഷ്ണപിള്ള, ചത്തറിലെ ശ്രീ കോട്ടക്കൽ യു അച്ചു, എന്നിവരും ഓർമ്മയിൽ തങ്ങി നിൽക്കുന്നു...



## Health tip of the month

### AGE GRACEFULLY – Tips & Tricks

“Invest in your skin. It’s going to represent you for a very long time.”

...Linden Tyler

We all find it difficult to accept the process of aging, but it is inevitable. The best aspect of the art of living is to know how to age gracefully.

As a dermatologist, I feel that we can modify our aging process through our lifestyle & skin care. Skin care is like dieting. You have to invest time & effort. There is no miracle cure. But it is never too late to start your skin care regime.

Here are some of my top tips -

#### 1. Diet & Exercise

This includes eating right food at the right time. Make sure to include colored fruits and vegetables which are rich in anti-oxidants and Vitamin C, like berries, papaya, broccoli, avocado and other leafy vegetables. Hydrate yourself by drinking 3-4 liters of water every day. Substitute fizzy drinks with fresh juices, coconut water and green tea. The amount of salt and sugar in our diet is also crucial hence make sure to add the right amount of salt and sugar in your food, neither in excess nor too less. Anti-oxidants (like turmeric), protein, omega 3 fatty acid (in fish and fish oil) and nuts are a must-have in our diet and make your skin look healthy and glowing. Exercise (in the form of yoga, cycling, walking, etc.) along with hydration and good sleep, not only reduce stress and increase your oxytocin levels, but also boosts your mental health and energy.

#### 2. Skin Hygiene

It is advisable to avoid using highly perfumed and harsh soaps. Wash your face at least twice daily in cold or lukewarm water. Always remember to remove your makeup and cleanse your face at night before sleeping. Facial scrubs can be used once or twice in a week to exfoliate the dead skin cells. Avoid washing your face too often as it will harm your skin barrier function and excessive makeup can clog your pores resulting in pimples and acne.

#### 3. Sun Protection

Photo damage can be prevented by using good sun protection creams. Sun screens above SPF 30+ should be applied 15 to 30 minutes before stepping out. One must wear sun screen from sun rise to sun set and even during winter. Re-application of sun screen every 4 hours is advisable, especially for people working outdoors. You can also wear protective barrier clothing and hats to increase protection against sun damage.

#### 4. Moisturizers & Anti-aging creams

Moisturizers must be applied immediately after a shower and/or facial cleansing to trap the water particles on the skin surface. Based on your skin type, water-based and oil-based moisturizers are available. Apply moisturizer at least twice daily and before going to bed. Anti-aging night creams containing Retinol as the base should be used. Retinol is a form of Vitamin A which helps to reduce wrinkle formation. Ideally, we should start using anti-aging creams from the age of 28 to 30.

#### 5. Skin Rejuvenation

If you’ve already entered your forties and fifties and if wrinkles have already made its appearance, you will need to go through some skincare procedures along with your skin care regime. This includes chemical peels, botox, fillers and laser procedures. These are purely out-patient procedures and can be done your dermatologist’s clinic. Such procedures give significant results on wrinkled faces but they need to be repeated at regular intervals as the doctor advises.

#### What can YOU do every day to protect your skin?

- After waking up – Cleanse, tone and moisturize your face. Apply generous amount of sun-screen.
- Before going to sleep – Cleanse, moisturize and apply anti-aging creams

Follow the above tips for happy and healthy-looking skin and always remember to consult your dermatologist before making any drastic change in your skincare routine.



Rtn. Ramachandran K



### Puzzle of the month

(send your answers to [cio.rotaryotp@gmail.com](mailto:cio.rotaryotp@gmail.com))

## TWO x TWO = THREE

Each letter stands for one and only one digit, and no digit is represented by more than one letter. Can you work out what digits the letters in the above multiplication stand for, so that the identity above is actually correct?



There's no doubt that social media is a powerful medium. And it has been proved yet again. Kannaiyan Subramanian, a farmer from Erode, Tamil Nadu, did not have buyers for 95 tonnes of cabbage, all eroding, thanks to the lockdown. With no buyers, he could see his ₹ 4 lakh investment going down the drain. It was at this point that he decided to tweet about it! On April 18, 2020, his tweet went viral, receiving 340,000 views and counting. It helped him find buyers for his crop. He was overwhelmed with the response he received on social media. Not only him, many across platforms, felt indebted to social media for offering a space to talk, inform, buy, and sell.

## LOGOPHILE Word of the month:

stentorian (adjective) -- extremely loud.



## Positive news of the month:

### Tweet

ANI @ANI · May 23  
Kerala | A 51-year-old autorickshaw driver from Vellur, Kannur offered 500+ rides to people with #COVID19 symptoms to hospitals  
"Asha workers & local authorities gave me trips of those who were in need of medical assistance. Trips increased during lockdown," says Premachandran

<https://twitter.com/ANI/status/1396410603967684612?s=20>



## The perils of Long Covid

*Doctors warn of the dangers of a lingering post-Covid syndrome that puts patients at risk long after the virus has left their body*

[The perils of Long Covid - Cover Story News - Issue Date: Jun 28, 2021 \(indiatoday.in\)](#)



### What is Long Covid?

“We still do not entirely know the short- and long-term impact of the virus on the body,” says N.K. Arora, head of the operations research group of the ICMR’s (Indian Council of Medical Research) national task force for Covid. “But we do know that patients may develop new symptoms even six months to a year after recovery. This is known as Long Covid.” According to ICMR, if a person has symptoms four to 12 weeks after testing negative for Covid, it should be treated as post-Covid Syndrome or PCS. “If after 12 weeks, symptoms continue or reappear, the patient should go for an RT-PCR test. If positive, they are deemed reinfected with Covid. But if negative, it should be treated as Long Covid,” says Dr Randeep Guleria, director of the All India Institute of Sciences (AIIMS) in Delhi. A majority of the second round of symptoms, according to most doctors, begin four weeks after the onset of the first symptoms. Not all symptoms indicate serious underlying conditions but, left untreated and undiagnosed, can lead to medical problems in the short or long run.

Long Covid has made its presence felt in other countries too. In the US, for example, a study looking at two million

Covid-19 patients found that 250,000 of them had sought treatment for PCS even a month after recovery. Many of them had had a mild or asymptomatic run. The most common new problem reported was pain, including in the nerves and muscles, along with breathing difficulties, high cholesterol, fatigue, high blood pressure and parosmia (a distortion of the senses of smell and taste).

In the absence of national data on PCS, or the symptoms and risk factors, one has to rely on the testimonies of doctors across Covid wards in the country. And they present a grim picture. “We have seen a very high percentage of patients developing PCS,” says Dr Vivek Nangia, a pulmonologist at the Max Super Specialty Hospital in Delhi. “Most of them complain of persisting bodyache, fatigue, breathlessness, anxiety, voice changes, even memory lapses.” At the Rajiv Gandhi Super Specialty Hospital in Delhi, director Dr B.L. Sherwal says that 80-90 per cent of their patients complain of a dry cough, weakness and the tendency to get dehydrated very quickly post recovery. “Many cannot do simple activities like walking from one room to the other in the house.”

## 100 glorious years: RC Calcutta

Apr 2020 [Rasheeda Bhagat](#)

It has a lineage, pedigree and a hoary past that will not be easy to match by any Rotary club in the world. Did you know that the Rotary Club of Calcutta, RID 3291, which completes 100 years this year, played a role in getting the Howrah Bridge over the River Hooghly being constructed? Not only that, for long after this, one of its club members was on the government committee formed for the upkeep of the bridge.

The club had the honour of being addressed by none less than Mahatma Gandhi, and though memories are hazy about what exactly he said, there is one comment that is quoted over and over again. Apparently all the *bada sahibs* of Calcutta, who were the members of this prestigious club, agreed to their luncheon meeting being an entirely vegetarian one, in honour of the vegetarian Gandhi. And the Mahatma said (undoubtedly with that famous twinkle in his eye), "I notice today the Rotarians are eating a Bengali widow's luncheon!"

Also, as past president Ritwik Gupta told *Rotary News*, a million dollars were donated through two \$500,000 cheques, to the Missionaries of Charity, even after Mother Teresa's death by an "American woman, who I think was the wife of a Rotarian. She gave the cheques for two successive years and insisted that RC Calcutta hand it over to the charity. Later, Sister Nirmala, who headed this charity, said that we are getting enough donations from other sources too, so please ask this lady to give the money to other charities too."

"The biggest challenge is getting the Rotarians to participate. He has got members alright but not all of them have the kind of passion that is necessary." That passion, says Rohatgi, does not come during the first one or two years of membership of any NGO. "Only when you have been there as a good member for three years, and get involved, you will never leave Rotary!"



RC Calcutta President Purnendhu Roy Chowdhury (far left) and Centennial Committee Chairman Saumen Ray (R) with tribal children of Santhali in Purulia. A boarding school is being built here by the club to accommodate 400 young students.



RID Bharat Pandya and Madhavi at the club's charter day celebrations on Jan 1, 2020.

Over 100 years, generations of Rotarians in RC Calcutta have touched and changed forever lakhs and lakhs of lives. What is heartening is that the present continues to be great too. Amit Ghosh tells me about the great work done by one of their RCCs, which has left an indelible impression on his mind.

<https://rotarynewsonline.org/100-glorious-years-rc-calcutta/>

# Activities – Gratitude

*RCO honoured the Captain and Crew of INS VIKRAMADITYA for supporting our Global Grant beneficiaries by ordering paper pens in large quantity.*

Rotary  Rotary Opens Opportunities

President's special appreciation award 2020-21  
Presented to the **Captain and Crew of INS VIKRAMADITYA**



*for their effort in supporting differently abled and economically backward community especially during this pandemic period*

Rotary  Club of Ottapalam District 3201 Club 22653 

Rotary  Rotary Opens Opportunities

President's special appreciation award 2020-21  
Presented to **annette Praveen & his team at INS VIKRAMADITYA**



*for their effort in supporting differently abled and economically backward community especially during this pandemic period*

Rotary  Club of Ottapalam District 3201 Club 22653 



**Order executed**



# Activities – District honoured by Kerala Police



Kerala Police Chief, Mr. Loknath Behra, IPS, honouring Kerala Rotarians through the Past and present District Governors present physically on 28.06.2021, at the Police HQ for the support extended to the Police Force during the pandemic situation during last year and this year as well. Many Rotarians were invited to attend virtually.



PDG Rtn. Madhav Chandran and IPDG Rtn. Jose Chacko being honored.

# Activities – Congratulations to Team 2020-21

Bye Bye from Team 2020-21

**Rotary** Club of Ottapalam District 3201 Club 22653 **yes** Youth Environment Shelter

**Rotary** **EXEMPLAR PLUSO** District Awards 2021

**Outstanding Project of the District**  
**Aashwas - Project COVID Battle Reinforcements**  
 By Rotary clubs of Cochin Zone  
 Provide vital medical equipment required for Tertiary Covid Treatment Centre

**Special Recognition Awards**

**District Awards 2021**  
**EXEMPLAR PLUSO**  
 DISTRICT AWARD NIGHT

**Tree Plantation Project  
 Shelter- renovation of one house**

**Rotary Club of Ottapalam**  
 Sponsored a new club- Palakkad Green city  
 Annadanam: Noon meals to thr Patients and bystanders of Ottapalam Govt. Hospital  
 Online Educational Support: 6 smart television sets with Dish Antenna and mobile phone  
 Tree Planting: saplings planted at Rotary garden  
 Shelter- Constructed a house  
 RI Citation

**EXEMPLAR PLUSO**  
 DISTRICT AWARD NIGHT

**DISTRICT AWARDS CEREMONY**  
 Wednesday 30<sup>th</sup> June 2021, 5 pm

**EXEMPLAR PLUSO** **Rotary** District Awards 2021



**Rtn. Madhu Sudhan R**  
 RC Ottappalam, GSR (New Club Advisor)  
 Palakkad Green City

**EXEMPLAR PLUSO** **Rotary** District Awards 2021



**Assistant Governor**



**Rtn. Rajmohan K**

An interview of Rtn. Pramodkumar (IPP) by Kerala Kaumudi

## അട്ടപ്പാടിയുടെ ഗോത്ര മണ്ണിൽ നിന്നും ഒരു ജന നേതാവ് ...

അട്ടപ്പാടിയിലെ ആദിവാസി മനുഷ്യരെയും, അവരുടെ മണ്ണിനെയും, മലനിരകളെയും, മരങ്ങളെയും, സംസ്കാരത്തെയും, സംരക്ഷിക്കാൻ അവർക്കിടയിൽ നിന്നു തന്നെ പൊതുരംഗത്ത് ഉയർന്നു വന്ന പേരാണ് കെ.പ്രമോദ്കുമാർ.

ഭാരതീയ പട്ടികവർഗ്ഗ മോർച്ച സംസ്ഥാന ജനറൽ സെക്രട്ടറി



കെ.പ്രമോദ് കുമാർ  
Ph: 94477 27405

ദം അലങ്കരിക്കുന്ന കെ.പ്രമോദ്കുമാർ, ഈ സമൂഹത്തിന്റെ ക്ഷേമത്തിനും, സാമൂഹ്യ പുരോഗതിയ്ക്കുമായി പ്രയത്നിക്കുന്നു.

കഴിഞ്ഞ 18 വർഷമായി ഒറ്റപ്പാലം തോട്ടക്കരയിലാണ് താമസം. 'സത്യം' എന്ന ഈ വീട്ടിൽ ഭാര്യ സത്യഭാമയ്ക്കും, മക്കളായ അനന്ദ പ്രമോദിനും, അനൂപിത് കെ.പ്രമോദിനും കുടുംബനാഥനായി കഴിയുമ്പോഴും, പൊതുരംഗത്ത് സജീവമാണ് പ്രമോദ്കുമാർ.

അട്ടപ്പാടിയുടെ ആത്മാവ് സംരക്ഷിക്കാൻ വേണ്ട പ്രവർത്തനങ്ങൾക്ക് പ്രമോദ്കുമാർ എന്നും മുന്നിലുണ്ട്. തന്റെ ഗോത്രഭൂമിയിൽ വേരൂന്നി കൊണ്ട് തന്നെയാണ് പ്രമോദ്കുമാർ രാഷ്ട്രീയത്തിലെ ഈ ഉന്നത സ്ഥാനത്ത് പ്രവർത്തിക്കുന്നത്.

'സത്യം ഇൻഫോസ് സർവ്വീസസ്' എന്ന പേരിൽ ഒറ്റപ്പാലത്തെ ബൃഹത്തായ ഗ്യാസ് ഏജൻസിയുടെ ഉടമ കൂടിയാണ് കെ.പ്രമോദ്കുമാർ.

ഒറ്റപ്പാലത്തെ 'സത്യം നിവാസി'ലിരുന്ന് പ്രമോദ്കുമാർ കേരളകൗമുദിയോട് സത്യസന്ധമായി തന്നെ സംസാരിച്ചു.

ഭാരതീയ പട്ടികവർഗ്ഗ മോർച്ച സംസ്ഥാന ജനറൽ സെക്രട്ടറി

കെ.പ്രമോദ്കുമാറുമായി നടത്തിയ അഭിമുഖസംഭാഷണത്തിൽ നിന്ന്...

? ആദിവാസി സംരക്ഷണത്തിന് സംസ്ഥാന സർക്കാരിന്റെ സത്യസന്ധമായ ഇടപെടൽ ഉണ്ടാവുന്നുണ്ടോ...?

ഉ: 'ഇല്ല' എന്ന് ചോദിച്ചപ്പോൾ പരമേശ്വരൻ ആദിവാസി ക്ഷേമവും, സംരക്ഷണവും ഭരണകർത്താക്കളും ഉദ്യോഗസ്ഥരും ആത്മാർത്ഥതയോടെ നടപ്പാക്കിയിരുന്നെങ്കിൽ അട്ടപ്പാടിയിലെ കേരളത്തിലെ ആദിവാസി ലോകത്തെ കുറ്റകൃത്യങ്ങളെയും ഇങ്ങിനെയാവുമായിരുന്നില്ല. ആദിവാസി സമൂഹത്തിന്റെ ജീവിത ചുറ്റുപാടുകൾ മറ്റൊന്നാകുമായിരുന്നു.

? ആദിവാസി ക്ഷേമത്തിനായി സർക്കാരിന് മുന്നിൽ വെക്കാൻ കഴിയുന്ന മികച്ച ബദൽ നിർദ്ദേശങ്ങൾ, പദ്ധതികൾ മുതലായവ താങ്കളുടെ മനസിലുണ്ടോ...?

ഉ: ഒന്നല്ല, ഒരപാടുണ്ട് അത്തരം പദ്ധതികളും, നിർദ്ദേശങ്ങളും. ആദിവാസി ക്ഷേമവും, സംരക്ഷണവും പറഞ്ഞ് കരപദ്ധതികളും, ഫണ്ടുമാർക്കെ സർക്കാരിന്റെ പ്രവർത്തനങ്ങളിൽ നമുക്ക് കാണാം. പക്ഷേ, കാലങ്ങളായി പരമ്പര ഈ 'ക്ഷേമവും, സംരക്ഷണവും' നടപ്പാക്കുന്നില്ല.

ആദിവാസി മേഖലകൾക്കായി കോടികൾ ഒഴുക്കി എന്ന് അവകാശപ്പെടുമ്പോഴും,

അട്ടപ്പാടി പഴയ അട്ടപ്പാടിയായും, അവിടത്തെ ആദിവാസി പഴയ ആദിവാസിയായും മാറ്റമില്ലാതെ ഇന്നും ഇടമേങ്ങി വരുന്നത് നിലവിലെ പദ്ധതി നടത്തിപ്പുകളിലെ പരാജയമല്ലേ...? അഴിമതിയല്ലേ...? അനാസ്ഥയല്ലേ...? അലംഭാവമല്ലേ...? ആത്മാർത്ഥതയില്ലായ്മയല്ലേ...?

അട്ടപ്പാടിയിലെ ഭവന പദ്ധതികളെ തന്നെ ഒന്ന് നോക്കുക.

ആദിവാസികളുടെ അവസ്ഥ, വേദന, ആവശ്യങ്ങൾ, പ്രശ്നങ്ങൾ മാനിക്കുന്ന, മനസിലാക്കുന്ന ഉദ്യോഗസ്ഥർ ഉണ്ടാവണം. ആദിവാസി സമൂഹത്തിൽ നിന്ന് ത

ന്ന വിദ്യാഭ്യാസപരമായി ഉയർന്ന് വന്നവരെ ഇത്തരം ക്ഷേമപദ്ധതികളുടെ നടത്തിപ്പുകളിൽ സർക്കാർ ജീവനക്കാരായി ഭാഗ്യവാക്കാക്കണം. ആദിവാസികളുടെ വേദന അവർക്ക് വേഗം മനസിലാവുമെന്നാണ്.

ഇടനിലക്കാരെ ഒഴിവാക്കി വേണം പരമാവധി ആദിവാസി ക്ഷേമപദ്ധതികൾ നടപ്പാക്കാൻ.

വ്യക്തിഗത ആനുകൂല്യങ്ങൾ പോസ്റ്റ് ഓഫീസുകൾ വഴി ആദിവാസികളുടെ കൈകളിൽ നേരിട്ട് എത്തിക്കാനാവണം. പട്ടികവർഗ്ഗ വികസന ഫണ്ട് ആവശ്യമെന്നതന്നെ ഏല്പിക്കണം. സത്യസന്ധവും, സുതാര്യവുമായ പദ്ധതി പ്രവർത്തനങ്ങൾ, ഫണ്ട് ചെലവഴിക്കൽ ഈ സമൂഹത്തിന് അനിവാര്യമാണ്.

? കോവിഡ് പൊതുജനങ്ങൾ അട്ടപ്പാടിയടക്കം ആദിവാസി മേഖലയെ എത്രത്തോളമാണ് ബാധിച്ചിരിക്കുന്നത്...?

ഉ: സാരമായി ബാധിച്ച നിലയിലാണ്. ഉരുമ്പിയിൽ വലിയ പ്രതിസന്ധിയാണ് മഹാമാരി തീർത്തിരിക്കുന്നത്. ആദിവാസി സമൂഹത്തെ ഒരു 20 വർഷം പിന്നിലാക്കി കഴിഞ്ഞു മഹാമാരി സൃഷ്ടിച്ചു.

അട്ടപ്പാടി പഴയ അട്ടപ്പാടിയായും, അവിടത്തെ ആദിവാസി പഴയ ആദിവാസിയായും മാറ്റമില്ലാതെ ഇന്നും തുടരേണ്ടി വരുന്നത് നിലവിലെ പദ്ധതി നടത്തിപ്പുകളിലെ പരാജയമല്ലേ...? അഴിമതിയല്ലേ...? അനാസ്ഥയല്ലേ...? അലംഭാവമല്ലേ...? ആത്മാർത്ഥതയില്ലായ്മയല്ലേ...?

പ്രത്യം ലാതങ്ങൾ, തൊഴിലും, വരുമാനവും നിലച്ചു ആദിവാസി മേഖലകോവിഡിന്റെ ആക്രമണവും ഏറ്റുവാങ്ങുന്നു.

സർക്കാർ പ്രത്യേക മനസ്സെടുത്ത് ആദിവാസി മേഖലകൾക്കായി കോവിഡ് ആരോഗ്യസൗകര്യങ്ങൾ സുരക്ഷിതമാക്കേണ്ട അടിയന്തരമായി നടപ്പാക്കണം.

? ഗരിബിണികൾ മുതൽ ഗിശ്രൂ മരണം വരെ അട്ടപ്പാടിയിൽ നിന്ന് ഇന്നും ഉയർന്ന് കേൾക്കുന്നു. എന്തുകൊണ്ടാണിത്...?

ഉ: ഇത് ചോദ്യമാക്കിത്തങ്ങൾ ആദിവാസികൾ, സർക്കാരിനോടും, സമൂഹത്തിനോടും തന്നെ തിരിച്ചുചോദിക്കുകയാണ്. എന്തുകൊണ്ടാണിത്...?

ണ്ട് തങ്ങളിലെ കണ്ണുങ്ങൾ, അമ്മമാർ മാത്രം ഇത്തരം മരണത്തിന്റെ വാർത്തകളിൽ സ്ഥാനം പിടിക്കുന്നു. അട്ടപ്പാടിയിലെ തന്നെ കഴിഞ്ഞ 3 വർഷത്തെ ശിശു മരണങ്ങൾ അടക്കം പല മരണകാരണങ്ങളും എന്തുകൊണ്ടാണെന്ന് സർക്കാർ ഗൗരവമായി പരിശോധന നടത്തണം.

? കോട്ടത്തറയിൽ സൂപ്പർ സ്പെഷ്യാലിറ്റി ആശുപത്രി തന്നെ വന്നു. ആരോഗ്യ രംഗത്ത് അട്ടപ്പാടിക്ക് ഇതൊരു വലിയ നേട്ടമല്ലേ...?

ഉ: പേരിൽ സൂപ്പർ സ്പെഷ്യാലിറ്റി പോസ്റ്റിന്റേ എന്ന് പറയാം. പ്രവർത്തനം കൊണ്ട് അത് ഇതുവരെ അട്ടപ്പാടിക്ക് അനുഭവപ്പെട്ടിട്ടില്ല. സൗകര്യങ്ങളുണ്ട് പക്ഷേ, ഡോക്ടർമാർക്കും ആവശ്യമായ ജീവനക്കാരില്ല.

പെരിന്തൽമണ്ണയിലെ റ്റേറ്റർ പെട്ടുന്നതാണ് തിരി. ആദിവാസി കൾക്ക് ഇവിടേയും അവസാനന ബോധ്യപ്പെടുന്ന അനുഭവങ്ങൾ പറയാനാണ് നോഡൽ ഓഫീസർ തിരുത്തേണ്ടതായ പലതുണ്ടായിരിക്കും. ഭരണാധികാരികളും, ജില്ലാ ഭരണകൂടവും ഏറെ ശ്രദ്ധ പുലർത്തേണ്ടതുണ്ട്.

? അട്ടപ്പാടി താലൂക്ക് ആസ്ഥാനമായല്ലോ...

ഇത് കൊണ്ട് വരുന്ന നേട്ടങ്ങളിൽ പ്രതിക്ഷയമുണ്ടോ?

ഉ: ഏറെക്കാലത്തെ ആവശ്യമാണിത്. താലൂക്ക് പദവി അലങ്കരിക്കുന്നത് വേണ്ടിയാവരുത്. ആവശ്യമായ ഓഫീസുകൾ, ഫണ്ടുകൾ, ജീവനക്കാർ എന്നിങ്ങനെ പുതിയ താലൂക്കിന് വേണ്ടതൊക്കെ കൃത്യമായി സർക്കാർ നിർവ്വഹിക്കണം.

? നഞ്ചിയമ്മയെ പോലെയുള്ള പ്രതിഭകൾക്ക് ആദിവാസി സമൂഹത്തിൽ നിന്ന് ഇനിയും ഉയർന്ന് വരാൻ കഴിയുമെങ്കിലും...?

ഉ: അട്ടപ്പാടിയുടെ ഗോത്ര പാരമ്പര്യത്തിൽ ഇവരെ പോലെ നിരവധി പേരുണ്ട്. വേറിട്ട സംസ്കാരത്തിന്റെ നന്മയാണിത്. അവർക്കുവേണ്ടി വരാൻ സർക്കാരും, സാംസ്കാരിക വകുപ്പും, പട്ടികവർഗ്ഗ വകുപ്പും, അക്കാദമികളും കൈനൽകണം.

സാംസ്കാരിക വിനിമയത്തിന്റെ ഭാഗമായി ആദിവാസി കൾക്ക് ചെറുപ്പം പെട്ടെന്ന് സംഘടിപ്പിക്കണം.

# CALENDAR: July 2021

Google Meet



*Thu, 1-Jul - Weekly Meeting*

*Thu, 8-Jul - Weekly Meeting*

*Sat, 10-Jul - Board Meeting*

*Thu, 15-Jul - Weekly Meeting*

*Thu, 22-Jul - Weekly Meeting*

*Thu, 29-Jul - Weekly Meeting*

*Sat, 31-Jul - Family Meeting\**

*(\* subject to Covid-19 status)*

**We meet on every Thursday 7:30 pm at CRR Hall, Manisseri**

**[www.rotaryclubofottapalam.org](http://www.rotaryclubofottapalam.org)**

# Happy Anniversary!



**Rtn. Dr. Vinod & Rtne. Dr. Soni**  
(3-Jul)



**Rtn. Satheesh Kumar Nair & Rtne. Preetha Unni**  
(20-Aug)



**Rtn. Dr. K.V. Ramachandran & Rtne. Dr. Sarala**  
(22-Aug)



**Rtn. Unnikrishnan Menon M.S. & Rtne. Sarada**  
(28-Aug)



**Rtn. Sivakumar & Rtne. Prema**  
(28-Aug)



**Rtn. Radhakrishnan K. & Rtne. Lathika**  
(29-Aug)



**Rtn. Dr Sreeraj Chinnan & Rtne. Lasitha**  
(30-Aug)



**Rtn. Ramachandran K & Rtne. Jayanthi Ramachandran**  
(31-Aug)



**Rtn. Mohadasanunni & Rtne. Anandavally**  
(31-Aug)



## New Area of Focus: Supporting the environment

**T**he Rotary Foundation Trustees and RI Board of Directors have unanimously approved adding a new area of focus: supporting the environment.

More than \$18 million in Foundation global grant funding has been allocated to environment-related projects over the past five years. Creating a distinct area of focus to support the envi-

ronment will give Rotary members even more ways to bring about positive change in the world and increase our impact.

Supporting the environment becomes

Rotary's seventh area of focus, which are categories of service activities supported by global grants. It joins peace-building and conflict prevention; disease

prevention and treatment; water, sanitation and hygiene; maternal and child health; basic education and literacy; and community economic development.

Grant applications for projects will be accepted from July 1, 2021. Gifts and commitments from Rotarians and others will be sought to provide global grant support for the new area of focus.

[Rotary.org](https://www.rotary.org)

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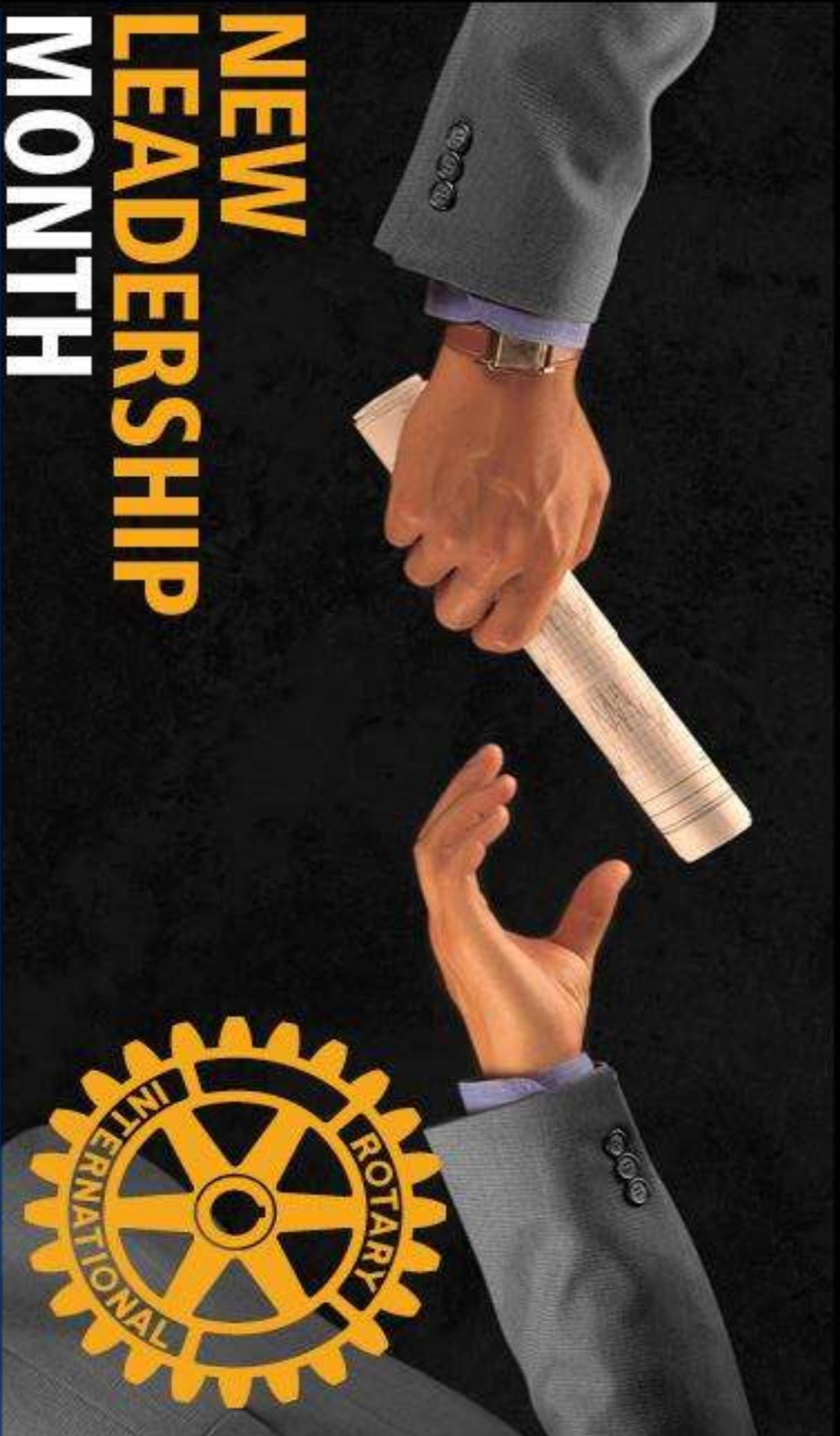
Grant applications for  
environment-related projects will  
be accepted from July 1, 2021.

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# JULY IS

## NEW LEADERSHIP MONTH

*True leaders don't create followers, they create new leaders.*



Rotary



[www.rotary.org](http://www.rotary.org)