

Ottapalam Rotary News

the monthly Bulletin of Rotary club of Ottapalam

Issue # 11

RID 3201 – Club 22653

May-2020

Covid19 Special



The new normal
There is no exception

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 11th issue covering the COVID-19 pandemic all over the world. Let us pray for the well being of all human society around the world.

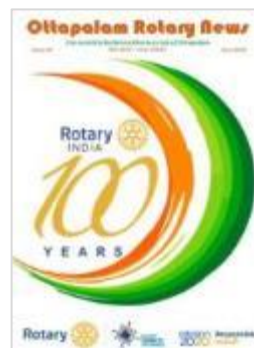
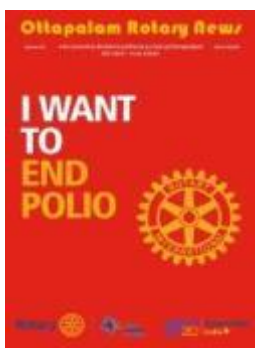
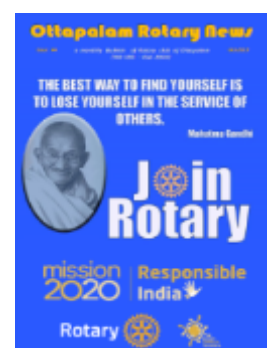
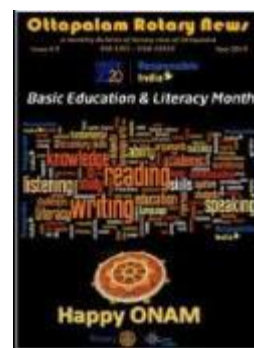
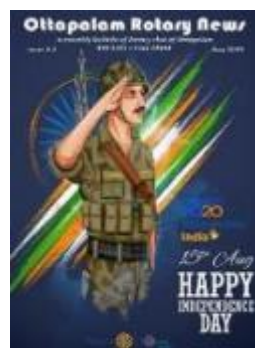
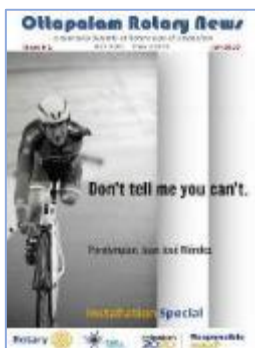
Also covers other activities of April 2020.

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!

We started our action on Covid19 pandemic on 26th Mar 2020 by fabricating 4 hand washing stations for the public. We jumped on to as many activities were possible before and after the lockdown measures by the government to contain the spread of this pandemic.

We have made tremendous progress in helping the society by providing several services thru government agencies. They included pedestal fans to Govt hospital, face masks for health workers, police and other essential volunteers.

We donated generously to PM Cares fund for Covid19 through Rotary International.

We donated over 91,000 towards the Mask Project initiated by the District thru a Global grant for supplying surgical masks for the health workers.

Though we missed meeting regularly for the past 6 weeks, we were able to conduct over 5 meetings thru ZOOM Cloud platform. We missed our GOV scheduled for 16th April 2020 but all reports were submitted on time to the DG. We had joined DG twice in a ZOOM meeting along with other presidents of the District. We had completed all the Goals and achievements set at the RI Site in the beginning of the year. The reporting has resulted in achieving a RI President's Citation for our club this year. Let us all pat ourselves on this achievement.

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

Jai Rotary! Jai Hind!

Activities Summary



Rtn. KN Kesavadas,
Secretary

Projects of March 2020

- 4 hand washing stations were fabricated and installed for the public as part of Covid-19 support. In March and April 2020.

SUMMARY

- 5-Weekly meetings were carried out during the month on ZOOM Cloud meeting platform
- Several covid19 related activities carried out during the month of April.
 - Supplied rice, groceries and vegetables to Community kitchen worth over 50,000 by individual Rotarians.
 - Rs. 91,000 collected and remitted to TRF towards GG 201165o Masks for Medics project
 - Emergency medical assistance offered to a terminally ill person
 - Donated Rs.37,000 towards PM Care covid fund
 - Supplied masks, gloves and hand washing gels to police stations
 - Supplied 50 food packets daily for 14 days in April. By Rtn. Dr. Narayanan worth Rs.28,000. Another lot of food supply to 50 persons for 17 days are also committed by him.

Obituaries



The whole World is running through a crisis fighting the Corona pandemic. India declared nationwide lock down with effect from March 24. The people of India started learning new lessons of how to live a life without moving out of the house. We got used to living in isolation staying far away from our own neighbours. The most affected were the aged and ailing who required special medical attention as a routine course. The Octogenarian, our former Rotarian BK Nair father of Rtn. Manoj B Nair, was one among them. He left for heavenly abode when the whole country was locked down. His demise was very saddening to the family for multiple reasons.

The first reason was that the family had not yet recovered from the grief after the untimely demise of Mrs. Santha B Nair, w/o B K Nair just 12 days ago. On both sorrowful occasions, the last rituals had to be performed in strict adherence of government regulations with limited number of loved ones to attend. The family of Rtn. Manoj was literally shattered as nobody among the close relatives or friends could attend the last rituals for his mother on March 27 because of the lock down and same adversity repeated again when another blow hit the family when BK Nair breathed his last on April 8. We Rotary family also felt so sad that we could not be there on both occasions to console the Rotary family member Rtn. Manoj and Rtne. Ranjini. Though the close family members including brother of Rtn Manoj, the elder son Ajith, who is in Saudi Arabia could not perform last rites for both BK Nair and Mrs Santha B Nair, the couple is sure to attain moksha by virtue of the Karma, they did throughout their life time.

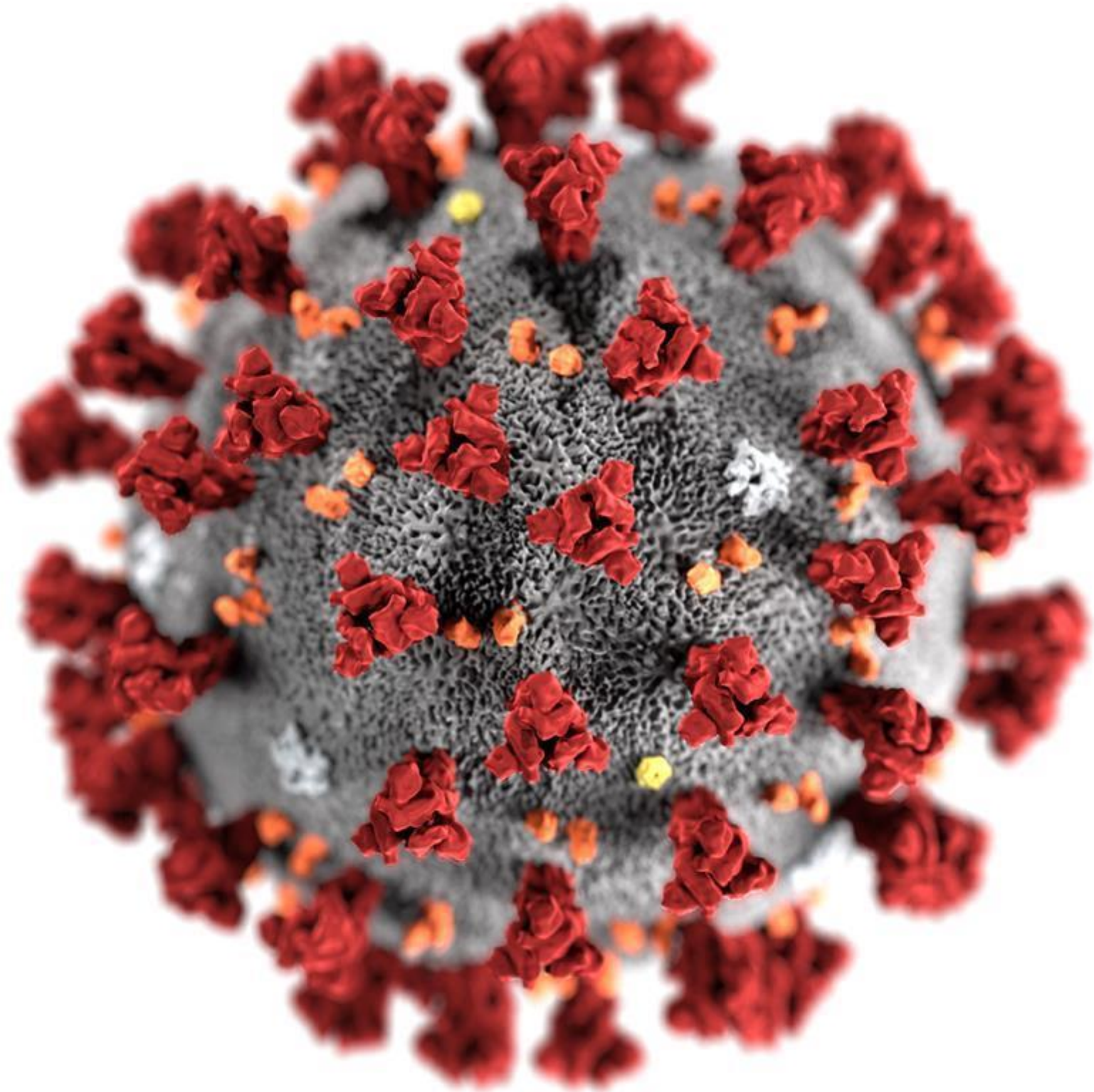
After having retired from work, working in different firms in Calcutta, BK Nair and family though they were natives of Kavalam, in Kuttanad, Alappuzha, chose Ottapalam to settle down for their remaining part of life. They settled in Manissery in the year 1988 and started doing own business. It was in 1995, BK Nair joined Rotary by the invitation of then Secretary Rtn Ambalakat Ram Mohan, during the tenure of Rtn T N Kutty as President. During his Rotary life, he has participated in all Rotary service activities silently but in full dedication. He volunteered in many service projects particularly in conducting medical camps, supply of health care equipment etc. His support was a strength to the club for one and a half decades till 2010.

We the entire Rotary family join Rtn Manoj B Nair and Rtne. Ranjini in our thoughts and prayers during the time of sorrow. We all pray that the noble souls rest in eternal peace.

Written by Rtn. VA Balu

CoviD-19

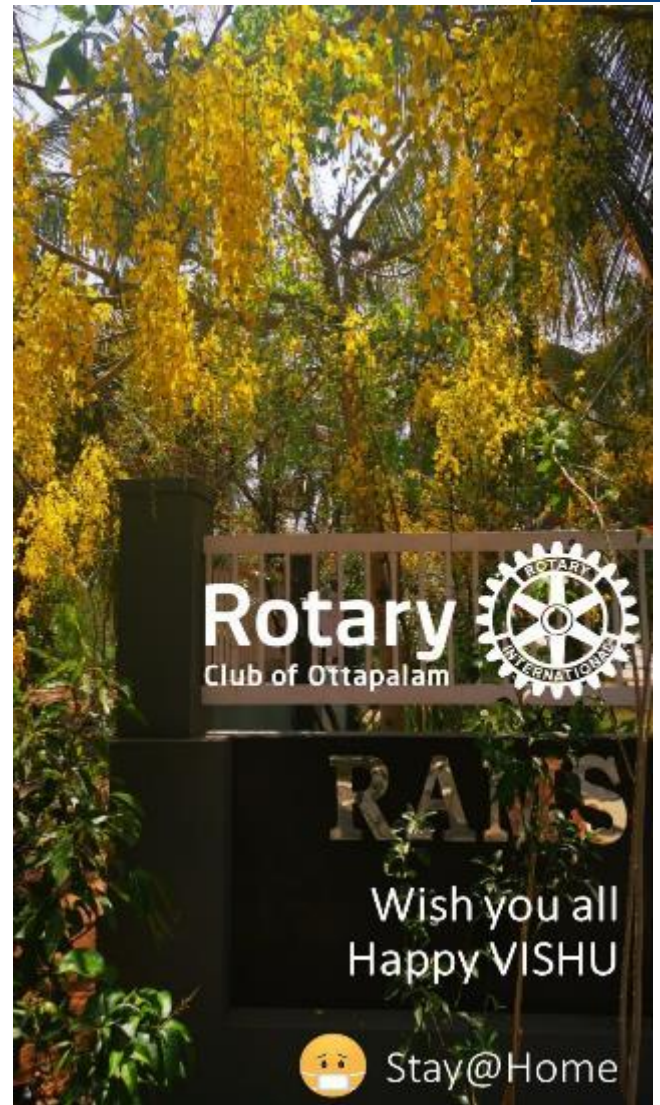
RCO Activities Mar-2020



CORONAVIRUS

Grocery and vegetable supplies to needy families and community kitchen





RCO members responded well to calls for donating to PM Care Covid Fund and also for supporting the District initiative on supplying 1 million masks to health workers in the district. Club donated Rs. 1.28 lakhs in cash towards both initiatives during this lockdown period.

In addition to the cash assistance we have been active in providing all kinds of support to the society. We fabricated and installed 4 hand washing units at various places around Ottapalam, supplied emergency medicines to needy families, supplied grocery and vegetables to community kitchen in Ottapalam and directly to over 210 families in Lakkidi. Total cash and kind contribution till to-date is around Rs. 3 lakhs towards Covid19 support.

The Month of April 2020 saw members and their families staying at home safely during Vishu and Easter.

Rotary Garden in Koonathara was full of activities during lockdown too. RCC with Mangoes distribution and local families get their share of drinking water





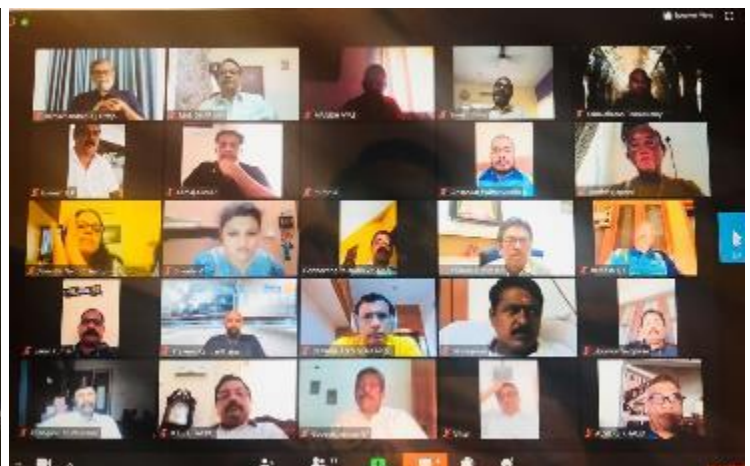
All weekly meetings from 26th March till to-date were conducted on ZOOM cloud platform.



Weekly virtual club meetings (above and below)



Virtual District meetings conducted by District Governor Rtn. R Madhav Chandran for all Presidents of RID 3201 (below)



International service

A Guest from US Mr. Girijan Menon being hosted by Rtn. Ambalakat Ram Mohan is busy doing some service at his host's house on the 20th day of his quarantine in Chempak Vilas. Well done Rtn. Ram Mohan. We are proud of you!



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

നാം കർശനമായി പാലിക്കേണ്ട

10 നിർദ്ദേശങ്ങൾ

കൊവിഡ് - 19
പ്രതിരോധം



സോപ്പ് ഉപയോഗിച്ച് കൈകൾ വൃത്തിയാക്കുക



വയോധികരും കുട്ടികളും ഗർഭിണികളും രോഗികളും വീട് വിട്ട് പുറത്തിറങ്ങരുത്



മാസ്ക് ഉപയോഗിച്ച് മുഖം മറയ്ക്കുക



പരമാവധി യാത്രകൾ ഒഴിവാക്കുക



സാമൂഹിക അകലം പാലിക്കുക



മാസ്ക് ഉൾപ്പെടെ ഉപയോഗിക്കുന്ന വസ്തുക്കൾ വലിച്ചെറിയരുത്



പോഷകാഹാരം കഴിക്കുക, ധാരാളം വെള്ളം കുടിക്കുക, ആരോഗ്യം നിലനിർത്തുക



കഴുകാത്ത കൈകൾ കൊണ്ട് കണ്ണ്, മൂക്ക്, നായ തുടങ്ങിയ ഭാഗങ്ങളിൽ തൊടരുത്



ചുമയ്ക്കുമ്പോഴും തുമ്മുമ്പോഴും തുവാല ഉപയോഗിച്ച് മൂക്കും നായും അടച്ചു പിടിക്കുക

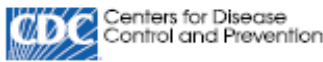


പൊതുഇടങ്ങളിൽ തുപ്പരുത്



ആരോഗ്യ - കുടുംബക്ഷേമ വകുപ്പ്, കേരള സർക്കാർ

സർക്കാർ ഒപ്പമുണ്ട്
ദിശ 1056, 0471 255 2056



Coronavirus Disease 2019 (COVID-19)

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

Printer friendly version 

How to Wear a Cloth Face Covering

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

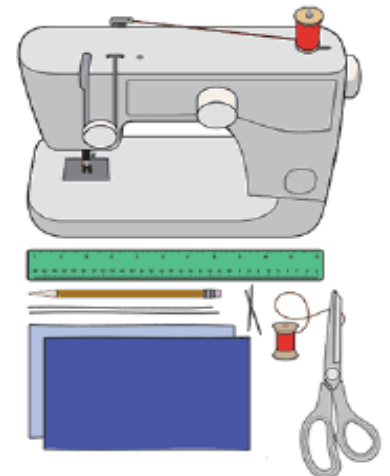


Sew and No Sew Instructions

Sewn Cloth Face Covering

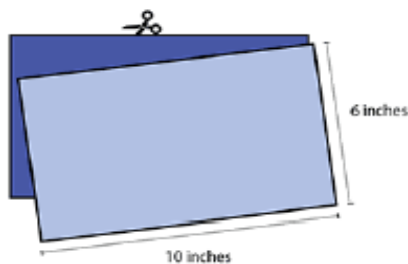
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

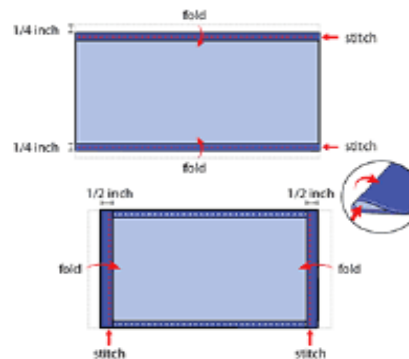


Tutorial

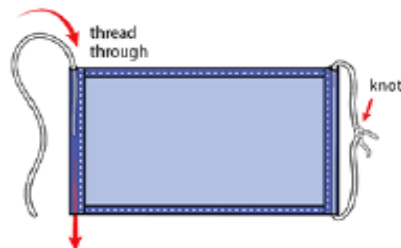
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



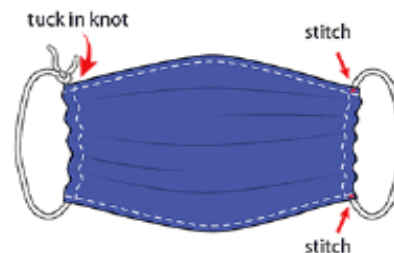
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



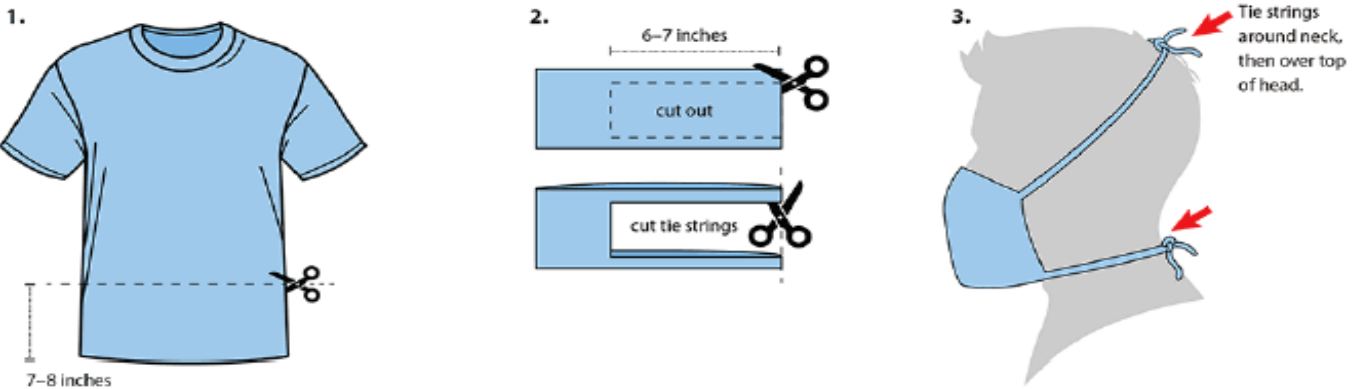
Quick Cut T-shirt Face Covering (no sew method)

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Materials

- T-shirt
- Scissors

Tutorial

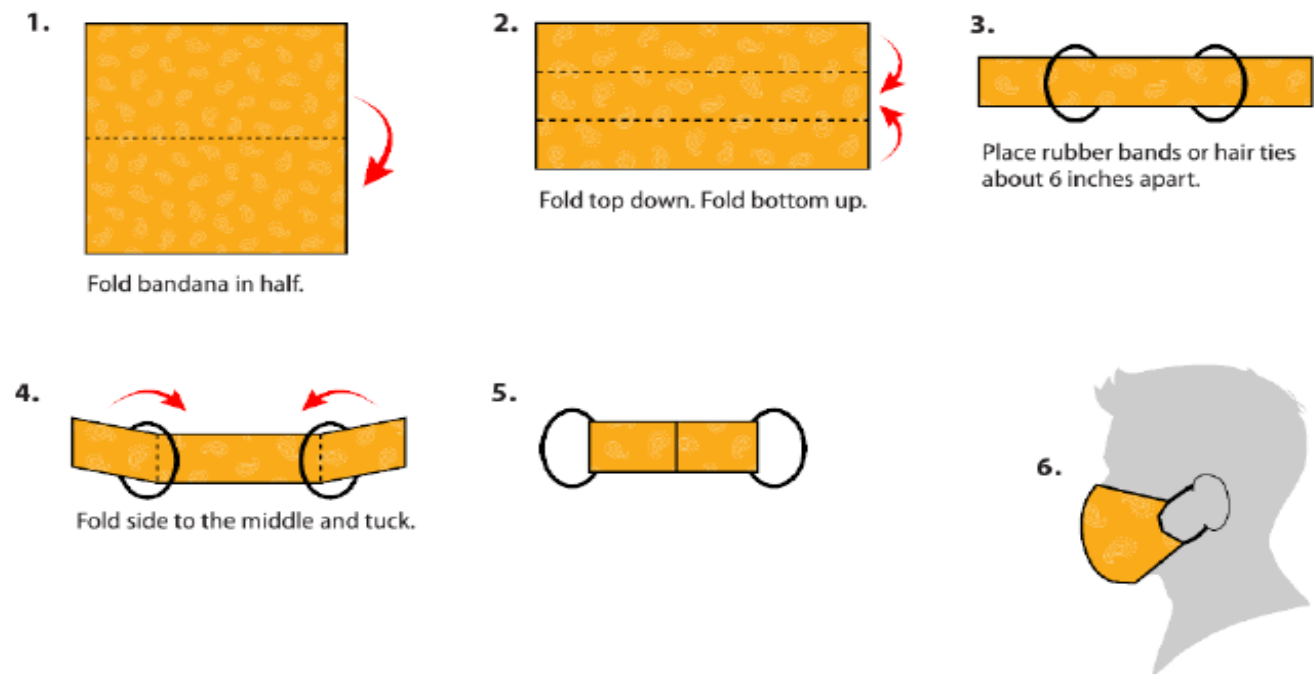


Bandana Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

A new Normal

Wearing masks in public are now mandatory along with social distancing



MASK PROTECTION EFFICIENCY



N95

STRONGEST PROTECTION



SURGICAL MASK

MEDICAL USE



FFP1 MASK

ISOLATE SUSPENDED PARTICLES



ACTIVATE CARBON

STOP ODOR



CLOTH MASK

DIY



SPONGE MASK

FASHION USE





How To Clean A Fabric Coronavirus Face Mask And How Often

Is your mask susceptible to the virus?

Homemade masks are definitely susceptible to viruses. Wearing a mask reduces the concentration of virus particles that can be inhaled from respiratory droplets, which in turn reduces the transmission of COVID-19, but masks can also carry the virus.

“Cotton cloth is not designed to fully filter virus particles in the nanometer range. However, it could be very helpful for asymptomatic individuals who would normally be wearing nothing,” said Rodney Rohde, associate dean for research at the College of Health Professions at Texas State University. “This is why we advise the use of cloth masks as a method to protect others but not for self-protection,” he added.

How often should we wash our masks?

The CDC recommends washing your mask at least once a day. “It should be washed typically when you are done with it,” Rhode said. “Avoid touching your face and wash your hands before and after”.

What’s the best way to wash and dry a fabric face mask?

It is important to note that detergents with bleach-like compounds or other active ingredients should be used when washing masks. Those kill microbes more effectively than standard detergents, Rhodes explained.

Machine washing is optimal, and the material of your face mask will determine the temperature of the water. “Fabric masks can be washed in the warmest possible water that the fabric will tolerate,” de Golian said.

You can also disinfect masks by ironing or putting them in an oven for 20 minutes at about 160 degrees Fahrenheit, Marinov said.

If hand washing is your only option, de Golian suggested lathering the masks with soap and scrubbing them for at least 20 seconds with warm to hot water.

“Washing should be followed by hot air drying or 5 hours sun drying,” Almer said.

Dry your mask on the highest possible heat the fabric will allow. Again, this will depend on what material was used to construct your mask.

Source: <https://www.huffingtonpost.in/entry/how-to-clean-fabric-coronavirus-face-mask | 5e8f6e5dc5b6458ae2a5cab1>

COVID-19 Guidance for Clubs



Due to the ongoing COVID-19 pandemic, your club is likely considering alternatives to in-person meetings and wondering how to keep your members engaged. As RI President Mark Maloney and RI President-elect Holger Knaack expressed in their recent message to all Rotarians, we can make good use of technology in this time of need and seize the opportunity to demonstrate that *Rotary Connects the World* in innovative ways! Here are some suggestions, ideas and resources for club members to consider:

Cancel Meetings as Needed

Article 7 of the Rotary Club Constitution allows club boards to cancel regular meetings during an epidemic or disaster that affects the whole community. To read the full article, consult the [2019 Manual of Procedure](#).

Register for a My Rotary account

My Rotary gives you a customized member experience and easy access to a range of tools, club information, and the latest news and announcements from around the Rotary world. Learn how to [create a My Rotary account](#) (PDF).

Learn online at Rotary Learning Center

Enroll in an online learning plan created for your [club role](#). You can also [learn by topic](#) on issues such as membership, public image or professional development. We're developing a mobile version of the Learning Center. Until it's available, the best way to use the Learning Center is on your desktop, laptop, or iPad.

Explore Online Meeting Options

Try an online meeting product like [Zoom Video](#). They offer a free version with a 45-minute time limit. Rotary and Rotaract members can get a special discount on Zoom through Rotary Global Rewards via on.rotary.org/zoom. Other popular tools like [GoToMeeting](#), [Google Hangout](#), and [LINE](#) all offer group video chat in their basic versions at no cost.

Visit a Club that Meets Online

This may be a perfect opportunity to visit another club that meets online in your district, region or anywhere in the world. Don't forget that online clubs are no longer required to use "e-club" in their names. If you don't know about a club that meets online, you can use Google to search for "Rotary meeting online" or something similar. You can also try [Rotary's Club Finder tool](#). Scroll down, select the "E-Club" dropdown option, and enter your search parameters or choose "View All".

Other Resources

- Look [here](#) for information on how Rotary monitors the coronavirus impact.
- District 6690 created a [helpful page](#) full of links and resources.
- Rotarians are sharing stories and tips on the [Rotary Voices blog](#).
- Your [Club and District Support team](#). Let us know how we can help!

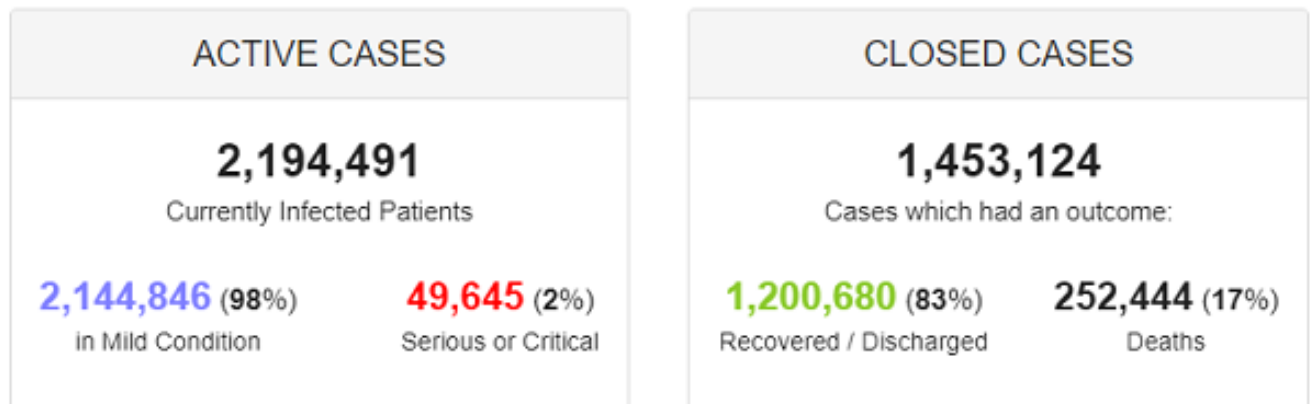
COVID-19 CORONAVIRUS PANDEMIC

Last updated: May 05, 2020, 07:36 GMT

Coronavirus Cases:
3,647,615

Deaths:
252,444

Recovered:
1,200,680



Source: https://www.worldometers.info/coronavirus/?utm_campaign=homeAdvegas1?

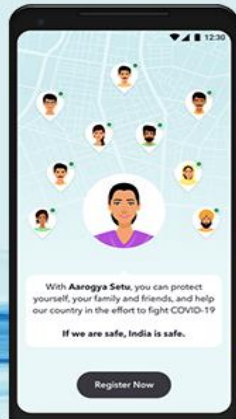
Which Countries Have Escaped The Coronavirus So Far?

Countries that have not reported COVID-19 cases (as of May 4, 2020)

- 
-  North Korea
 -  Turkmenistan
 -  Lesotho
 -  Solomon Islands
 -  Vanuatu
 -  Samoa
 -  Kiribati
 -  Federated States of Micronesia
 -  Tonga
 -  Marshall Islands
 -  Palau
 -  Tuvalu
 -  Nauru

Sources: Johns Hopkins University, Al Jazeera

Source: <https://cdn.statcdn.com/Infographic/images/normal/21279.jpeg>



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PMINDIA

About PM CARES Fund

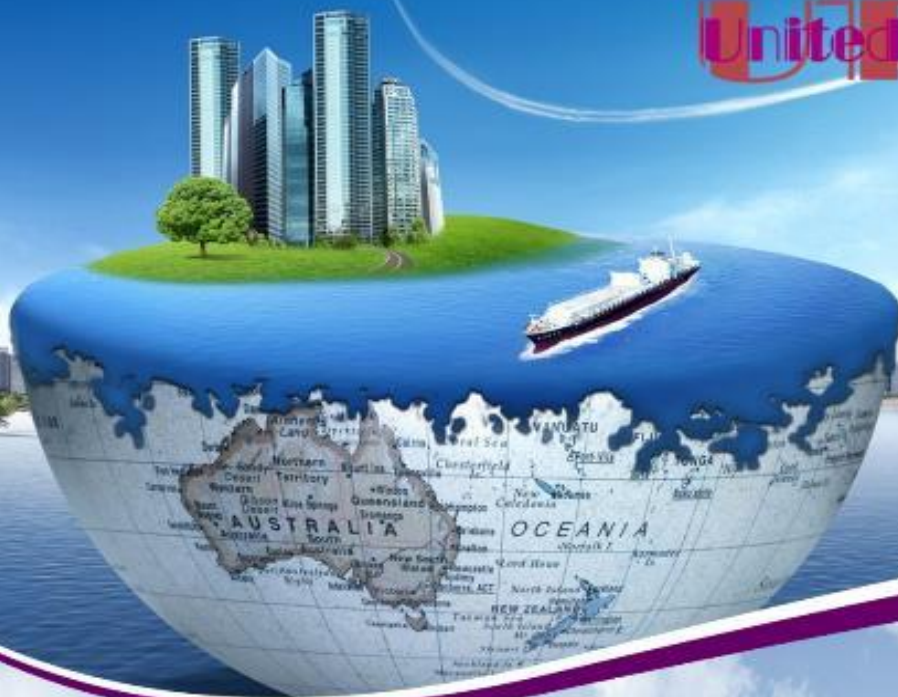
About Us :

Keeping in mind the need for having a dedicated national fund with the primary objective of dealing with any kind of emergency or distress situation, like posed by the COVID-19 pandemic, and to provide relief to the affected, a public charitable trust under the name of 'Prime Minister's Citizen Assistance and Relief in Emergency Situations Fund' (PM CARES Fund)' has been set up.

<https://www.pmindia.gov.in/en/about-pm-cares-fund/>

Objectives :

- To undertake and support relief or assistance of any kind relating to a public health emergency or any other kind of emergency, calamity or distress, either man-made or natural, including the creation or upgradation of healthcare or pharmaceutical facilities, other necessary infrastructure, funding relevant research or any other type of support.
- To render financial assistance, provide grants of payments of money or take such other steps as may be deemed necessary by the Board of Trustees to the affected population.
- To undertake any other activity, which is not inconsistent with the above Objects.



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CHLORELLA

CHLORELLA IS EXTREMELY NUTRIENT DENSE:
AMINO ACIDS
MINERALS
TRACE MINERALS
PHYTONUTRIENTS
ESSENTIAL FATTY ACIDS
CHLOROPHYLL

HEALTH BENEFITS:



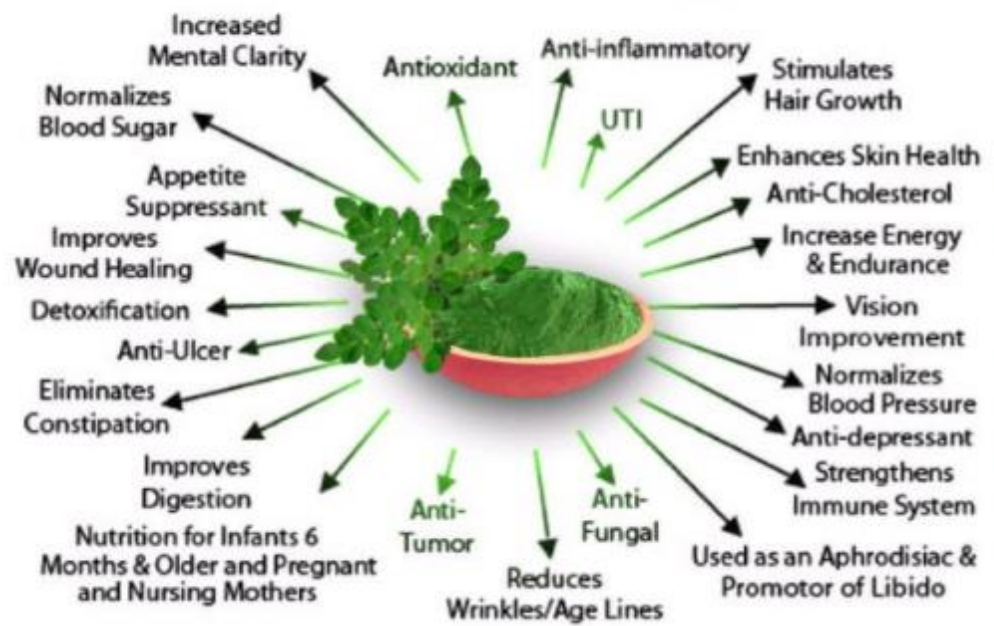
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Maintains healthy cholesterol levels.
Increase antioxidants in the blood.
Boosts immune function.

**PROTEIN
70%** per serving. The most protein rich food on the planet.

Benefits of The Organic Moringa :



- Contains:**
- 92 nutrients
 - 46 anti-oxidants
 - 36 anti-inflammatories
 - 18 amino acids
 - 9 essential amino acids
- Nutritional Value:**
- 2x the Protein in Yogurt
 - 3x the Potassium in Bananas
 - 4x the Calcium in milk
 - 4x the Vitamin A in Carrots
 - 7x the Vitamin C in Oranges

Vitamins: Moringa also contains vitamins B1, B2, B3, B6, B7, A, C, K, E and D.



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)



Happy Anniversary!



Rtn. Arun Aravindan & Rtne. Deepa Arun (1-May)



Rtn. Raaj Mohan K & Rtne. Pushpa Raaj Mohan (1-May)



Rtn. Nair K.C.K. Col. & Rtne. Jayashree (2-May)



Rtn. Dr. Gopikumar K. & Rtne. Bhagyalakshmi (8-May)



Rtn. Gangadharan C. Colonel & Rtne. Rema Gangadharan (11-May)



Rtn. Dr. Thajuraj P.K. & Rtne. Saritha (12-May)

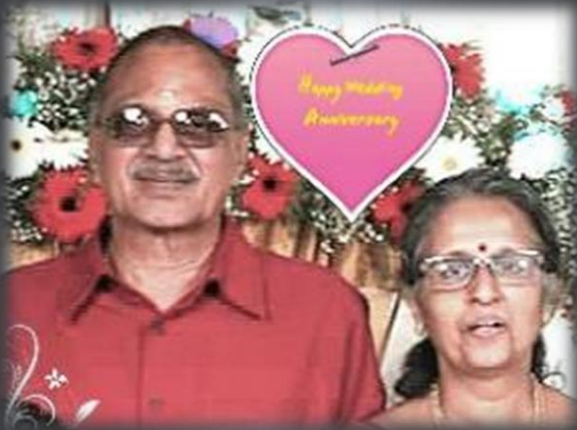
Happy Anniversary!



Rtn. Dr Deepak Venugopal & Rtn. Dr Seema Sundaran (12-May)



Rtn. Koman M G & Rtn. Meenu Koman (13-May)



Rtn. Dr. Divakaran K & Rtn. Premalatha (17-May)



Rtn. Geetha Jaypal & Mr. Jaypal Nair (27-May)



Rtn. Gopinath V. & Rtn. Geetha (28-May)



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Ottapalam Rotary News



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