

# Ottapalam Rotary News

Issue #4

a monthly Bulletin of Rotary club of Ottapalam  
(RID 3201 – Club 22653)

Oct-2019

**THE BEST WAY TO FIND YOURSELF IS  
TO LOSE YOURSELF IN THE SERVICE OF  
OTHERS.**

**Mahatma Gandhi**

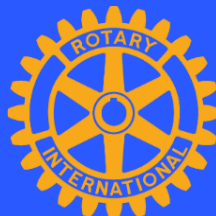


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# From the Editor's Desk



Rtn. Ramachandran K

Dear fellow Rotarians,

Here is our 4<sup>th</sup> issue of the ORN bulletin and the second quarterly print edition. Installation was the 1<sup>st</sup> issue. While Independence day and honouring Jawans was the 2<sup>nd</sup> issue, ONAM and Responsible India were the themes of 3<sup>rd</sup> issue of ORN in September 2019. This issue summarises all the previous 3 issues.

Please support whole heartedly in contributing to our bulletins by way of useful articles and other information. Let us take our club's public image to new heights!

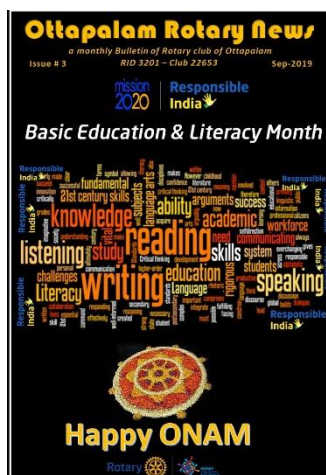
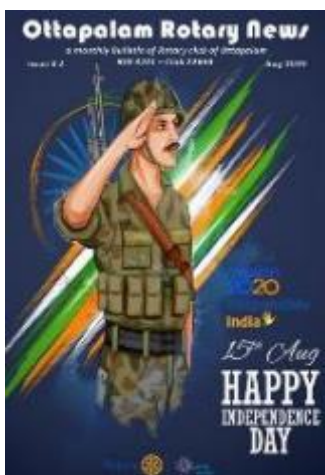
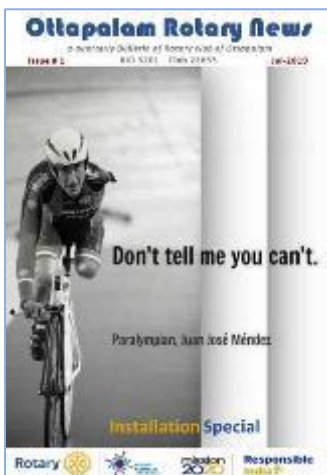
I would request all members to visit regularly the club website, Club APP, District and RI websites and District APP. We also have a new presence on the Facebook and please promote them too.

Jain Hind ! Jai Rotary!



Send your comments and suggestions by email to [cio.rotaryotp@gmail.com](mailto:cio.rotaryotp@gmail.com)

## Past editions



Just click on the past edition icons to read the bulletin online

**Ottapalam Rotary News (ORN) 2018-19**  
12 Issues, over 350 pages, covering 250+ projects of 2018-19. Click on any of the previous issue to read


Links to our 2018-19 editions of all Bulletins

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Special Edition Bulletin - Global Grant Project # 2018179 (Support to Paralympic & Quadriplegic patients)

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150 YEARS OF CELEBRATING THE MAHATMA

# President's message

Rtn. Ramachandran K



Dear Fellow Rotarians,  
Greetings!

October Month is a month dedicated to Economic and community Development of our society. For us this is the month of Gandhi Jayanthi and this year it is the 150th Birth Anniversary of Mahatma Gandhi.

Nature had shown its fury this year too in the form of incessant rain and flood. We jumped into action on the 1<sup>st</sup> day of setting up of the relief camp inquiring about help needed by the authorities. We supplied all that were asked for by the authorities like 100 bed sheets, 50 sleeping mats and meals for 350 persons at the relief camp.

We have shown our initiative and teamwork by holding zonal seminar on Responsible India to impart 1<sup>st</sup> level training to School coordinators. The workshop was inaugurated by Responsible India Chair Rtn. Balagopal. Rtn. Meena Viswanathan, District Secretary Rtn Praveen and Rtn Santhosh Kumar were present along with 26 clubs of Zone-2 Palakkad and Trissur with a good attendance of over 80. Thanks to Rtn. Madhusudhan who gave me the courage to accept the offer to conduct the workshop at our CRR Hal at a very short notice of 4 days. Thank you all who have sincerely cooperated and worked for its success. We have selected two schools in the region where implementation process is in progress.



As part of School events, we conducted a drawing competition for 20 schools in the region to commemorate the 150<sup>th</sup> birth anniversary of Mahatma Gandhi. Several awareness seminars on Traffic Safety were conducted during Aug-Sep 2019 at schools. We have initiated five Interact and one Rotaract clubs around Ottapalam. Rotaract club and 2 of the Interact clubs are new. Educational scholarship paid to date is around Rs.122,000 against a committed target of Rs.3,16,000 worth of scholarships.

A public image function was held at our Rotary Hall for ONAM Paayagam 'MADHURAM 2019' competition that was open to all. Local Residential Associations and Rotary families participated in the program conducted in association with Asianet / ACV.

Our continuing projects of free food to several places like homes of mentally challenged, visually impaired and old age homes continued this quarter too. The total food served during Jul-Sep 2019 has reached 1100. Several projects of previous years are also being continued this year too including water and Gas distribution.

Let us all work like a team and do good things for a better world.

Jai Rotary! Jai Hind!



## Projects of Jul-Sep 2019

- School Health program held at Bhavan Vidyalaya in association with PK Das Hospital on 2-Aug
- Flood relief camp help day-1&2 with 100 blankets, 50 floor mats and meals for 350 on 9 & 10 Aug
- Rs.30,000 was donated to Assam/Bihar flood victims who were provided with 5 shelter boxes.
- Independence day celebration on 15-Aug. Honored all 11 members who served DEFENSE forces. Family break-fast weekly/speaker-meeting was held on the day after flag hoisting.
- 6 Rotarians attended the LEAD District Leadership Seminar on 18th at Le Meriden, Kochi.
- 24 members participated at UNARVU zonal district seminar on 24-Aug at River Retreat, Shoranur.
- Three Traffic awareness seminars were conducted at Bhavans Vidyalaya and Lakshmi Narayana Vidyaniketan (one for students & one for PTA) by RTO & MVI in August & September
- Interact & Rotaract clubs Orientation at Lakshmi Narayana HSS and Nehru Academy of Law.
- We hosted DISHA-2019 a zonal District seminar on Responsible India, training for teacher coordinators on 29-Aug at CRR Hall.
- A camp for providing artificial legs and hands was held on 4-Sep and 8 beneficiaries selected.
- One of senior most Rotarians Rtn. Ambalakkat Ram Mohan was honoured at District level on 28<sup>th</sup> Sep 2019 at DAKSHINA 2019
- Children drawing competition for commemorating Mahatma Gandhi's 150<sup>th</sup> Birth anniversary was conducted on 29<sup>th</sup> Sep 2019.
- Eight German & Swiss friends taken to Kerala Kalamandalam for a cultural tour.
- Onammadhuram-2019 a Paayasam competition was held on 21-Sep along with Asianet / ACV
- Every Thursday is Rotary Palliative Day by sponsoring a day's expenditure of Palliative team's house calls at cost of Rs. 3,000 per day.
- Win-A-Smile Projects: Uniform cloth to NSS poor students; Blood Donation camp at PK Das Hospital; Sweets / Paper pen making training to autism children at Ashadeepam, Koonathara; Steel plates to Vanivilasini school 1st Standard children; 20 Baby chairs to GVHSS class LKG; President and 1st lady had lunch together with children of Aasha Deepam Special school for autism.
- Our projects started in previous years and continuing now are Ajay/Vijay Medical Assistance every month, Biogas for 12 families, Sreekrishnapuram, Drinking water project - Chunangad (24 families), Drinking water project - Koonathara (10 families), Palliative Team RC Ottapalam, RCC coordinated activities, Tailoring training centre, Kalluvazhy, Tailoring Training Institute, Koonathara, Vocational Training Centre for Paraplegics, etc.

## SUMMARY

- 13-Weekly meetings, 3-Board meetings, 7-Speaker meetings, 3 Family meetings, 1 Club Assembly
- 1-Zonal District seminar – DISHA-2019 Responsible India Teacher coordinators training
- Anna Daanam – Free meals at several places –A total of 1100 of 4000 meals committed so far for the year. Thanks to all members who have generously offered several days of meals to the needy.
- Educational scholarships Jun-Sep 2019 is Rs.110,000. Total committed for the year is Rs.3.2 lakhs.

## DISHA 2019 – Responsible India Teacher Coordinators training Held at RC Ottapalam CRR Hall on 29<sup>th</sup> August 2019



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)



Presidential address by RC Ottapalam President Rtn. Ramachandran K(above left) and Rtn Balagopal making his inaugural speech(above right). the Objectives of Responsible India is explained by Rtn. Meena Viswanathan (below left) and by District secretary Rtn. Praveen(below right)



# DISHA 2019 – Responsible India Teacher Coordinators training Held at RC Ottapalam CRR Hall on 29<sup>th</sup> August 2019



School events are explained by Regional Chair Rtn. Santhosh Kumar(above left) and Watching a sample video(above right). The attentive participants (below left) and A traffic safety Awareness class on 26<sup>th</sup> Aug 2019 at Bhavans Vidyalaya (below) right)



## ട്രാഫിക് ബോധവൽക്കരണം



ഒറ്റപ്പാലം വെൻസ് വിദ്യാലയത്തിൽ നടന്ന ട്രാഫിക് ബോധവൽക്കരണ ക്ലാസ്സിൽ  
 ഓപ്പറേഷൻ വിദ്യാലയത്തിൽ ട്രാഫിക് ബോധവൽക്കരണ ക്ലാസ്സ് നടത്തി. പാലക്കാട് ആർ.ടി.ഒ. ശിവകുമാർ പരിപാടി ഉദ്ദേശ്യമാണ് ചെയ്യും. മോട്ടോർ വെഹിക്കിൾ ഇൻസ്പെക്ടർ രവികുമാർ റോഡ് നിയമങ്ങളെക്കുറിച്ചും അവ പാലിക്കപ്പെടേണ്ടതിന്റെ ആവശ്യകതയെക്കുറിച്ചും സംസാരിച്ചു.  
 ഒറ്റപ്പാലം റോട്ടറി ക്ലബ്ബിന്റെ നേതൃത്വത്തിലായിരുന്നു പരിപാടി. റോട്ടറി ക്ലബ്ബ് പ്രസിഡൻ്റ് രാമചന്ദ്രൻ, പ്രിൻസിപ്പൽ വൈജയനിമാല, അഷ്വന എനിവർ സംസാരിച്ചു.



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

# Activities Jul-Sep

## Flood Relief camp – volunteers and helping hand from RCO

Distributed 100 blankets, 50 Payaas and food for 350 persons at the relief camp at NSS Training college, Ottapalam





# Activities Jul-Sep



RCO Participants at LEAD Seminar at Le Meridien, Kochi on 18<sup>th</sup> Aug 2019



Rtn. Madhusudhan talking on Responsible India at RC Pattambi during the e-Reporting workshop on 3<sup>rd</sup> Aug (above)



UNARVU Membership seminar at River Retreat(above)



President and 1<sup>st</sup> lady had their wedding anniversary on the family dinner on 31<sup>st</sup> Aug



Rtn. Ram Mohan Receiving DAKSHINA 2019 awards on 28<sup>th</sup> Sep 2019

# ASWINI SPECIALITY HOSPITAL

## Department

## Doctors

## Visiting Doctors:

1. Obstetrics & Gynaecology

: Dr.Sarojini. MBBS, MD,DGO

■ 1. Paeditarics:

: Dr. B. Sethulakshmi, MBBS, DGO

■ Dr.C.Chinnan,

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

■ MBBS, MD, DCH

2. Paeditarics & Neonatology

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

## Medical Superintendent:

3. General & Laparoscopic Surgery

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

■ Dr. K. Divakaran

Paeditaric Surgery

■ D.M.O.H (Retd)

4. Urology

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

**OTTAPALAM - 679101**

5. Anaesthesiology

: Dr.Sreeraj Chinnan, MBBS, MD, DA

**PALAKKAD DIST.**

6. Orthopaedics

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

**PH: 0466 - 2244 297,**

7. ENT



: Dr.Sunil Kumar MBBS, DLO

**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
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- 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

# Activities Jul-Sep

## Anna Daanam അന്നദാനം



Food for inmates of Helen Keller, Institute for the visually impaired, Aasha Deepaam a special school for autism children and Poly Garden a home of mentally retarded (above and below).



# Activities Jul-Sep

Weekly Meeting # 01 - Thu, 04-Jul-2019



**SPEAKER of the DAY**  
**Rtn. V.A. BALU**

**TOPIC of the DAY**  
**Club Administration**  
**Part-1**

ഗുരുവും അറിവും

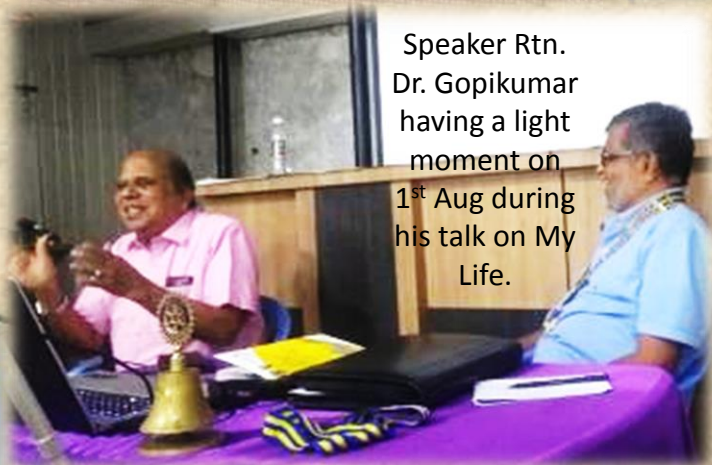
Speaker Mr. Krishnakumar on eco farming 11<sup>th</sup> July



Speaker Mr. Rahul Ramachandran on AI & Machine Learning on 18<sup>th</sup> July



Speaker Rtn. Dr. Gopikumar having a light moment on 1<sup>st</sup> Aug during his talk on My Life.



Speaker Col Gurung on 15<sup>th</sup> Aug 2019 speaking on Life in Siachin.



Speaker Mr. Abdul Latheef Naha on 29<sup>th</sup> Aug 2019 speaking on Journalism.



Speaker Nagesh Kumar of Clean Kerala co on e-Waste 21<sup>st</sup> Sep



Speaker Rtn Madhusudhan on Responsible India on 12<sup>th</sup> Sep



# Activities Jul-Sep

Strategy and Budget meeting on 13<sup>th</sup> July



Rotary Club of Ottapalam | റോട്ടറി ക്ലബ് - ഒറ്റപ്പ

A Special hearing aid gifted to Sudha of Mayanur The hearing aid was sponsored by Rtn. Dr. K.S.Menon



A team of German and Swiss visitors were taken to Kerala Kalamandalam (above left) They also visited the Global Grant Training centre (above right)



ONAM 2019 celebrations on 27th Sep 2019 (this and above)

**DRAWING COMPETITION**  
 Venue: Seventh Day Adventist Higher Secondary School  
 Kaniyampuram, on Sunday, 29<sup>th</sup> Sep 2019 10 AM  
 Students from 15 schools in and around Ottapalam



Drawing competition 29<sup>th</sup> Sep



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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# Ottapalam Rotary News



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CONSTRUCTION - PLAN  
SUPERVISION - ESTIMATE

*Designed, edited and published by Rtn. Ramachandran K, for Rotary club of Ottapalam*