

Ottapalam Rotary News

a monthly Bulletin of Rotary club of Ottapalam

Issue # 3

RID 3201 – Club 22653

Sep-2019

mission
2020

Responsible
India

Basic Education & Literacy Month



Happy ONAM



From the Editor's Desk



Rtn. Ramachandran K

Dear fellow Rotarians,

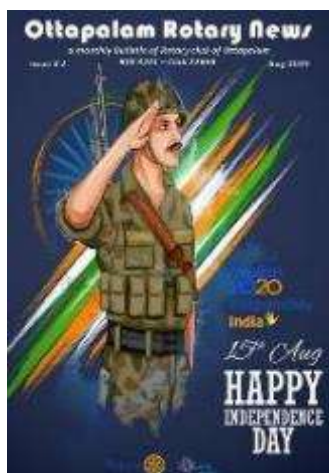
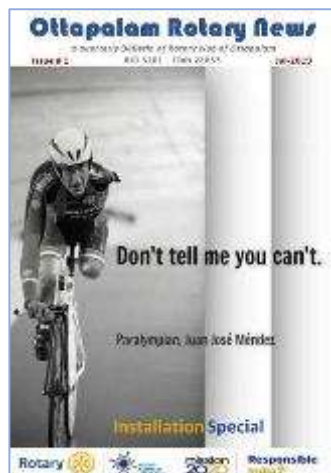
ONAM and Responsible India are themes of September 2019. Here is our 3rd issue of the ORN bulletin.

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, please promote them.

Happy ONAM to all!

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

Past editions



ഒട്ടപലം
മാസപ്പത്രം

Ottapalam Rotary News (ORN) 2018-19

12 issues, over 360 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

- July 2018 - <https://tinyurl.com/ORN-201807>
- Aug 2018 - <https://tinyurl.com/ORN-201808>
- Sep 2018 - <https://tinyurl.com/ORN-201809FINAL>
- Oct 2018 - <https://tinyurl.com/ORN-201810-v3>
- Nov 2018 - <https://tinyurl.com/ORN-201811>
- Dec 2018 - <https://tinyurl.com/ORN-201812>
- Dec 2018: - <https://tinyurl.com/GG-1861779-Inauguration>

- Jan 2019 - <https://tinyurl.com/ORN-201901>
- Feb 2019 - <https://tinyurl.com/ORN-201902>
- Mar-2019 - <https://tinyurl.com/ORN-201903>
- Apr-2019 - <https://tinyurl.com/ORN-201904>
- May-2019 - <https://tinyurl.com/ORN-201905>
- Jun-2019 - <https://tinyurl.com/ORN-201906>

Special Edition Bulletin - Global Grant Project # 1861779 (support to Paraplegic & Quadriplegic patients)

President's message

Rtn. Ramachandran K



Dear Fellow Rotarians,

Greetings!

September Month is a month of youth, Basic education and Literacy. Rightly we chose to concentrate on youth programs like school events, new Interact and Rotaract clubs etc. in various schools in and around Ottapalam.

We conducted an orientation program for new Interact Team at Lakshmi Narayana HS School, Palapuram. We conducted a Traffic safety awareness for children at Bhavans Vidyalaya, Ottapalam. We have plans for several such sessions for students and parents at schools and at residential associations.

Nature had shown its fury this year too in the form of incessant rain and flood. We jumped into action on the 1st 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 1st level training to School coordinators. The workshop chaired by Responsible India Rtn. Balagopal, Rtn. Meena Viswanath, District Secretary Rtn Praveen and Rtn Santhosh Kumar was attended by 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.

Our continuing projects of meals to several places like mentally retarded homes, homes of visually impaired and old ages continued this month too. The total food served during Jul-Aug 2019 has reached 500. Total committed for the year is around 4000 meals for the year.

Educational scholarship paid to date is around Rs.90,000 against a committed target of Rs.3,16,000 worth of scholarships.

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

Happy ONAM to all!

Jai Rotary! Jai Hind!



Projects of August 2019

- AnnaDaanam at Helen Keller institute for the visually impaired to 80 inmates on 1-Aug
- School Health program held at Bhavan Vidyalaya in association with PK Das Hospital on 2-Aug
- A team of Rotarians helped RC Guruvayur Heritage in the preparation of their GOV scheduled for 17th Aug
- Flood relief camp help day-1 & day 2 helped with 100 blankets, 50 floor mats and meals for 350 on 9 & 10 Aug
- AnnaDaanam given at Poly Garden for 120 inmates on 11-Aug & on 13-Aug
- Independence day celebration on 15-Aug. Honored all 11 members who served DEFENSE forces. Family break-fast meeting was held on the same day with home made food after flag hoisting.
- A team of 8 Rotarians attended the GOV of RC Guruvayur Heritage on 17th Aug.
- A team of 6 Rotarians attended the LEAD District Leadership Seminar on 18th at Le Meriden, Kochi.
- AnnaDaanam-Helen Keller to 80 inmates on 19-Aug
- 24 members participated at UNARVU zonal district seminar on membership development on 24-Aug at River Retreat, Shoranur.
- A Traffic awareness seminar was conducted at Bhavans Vidyalaya by RTO & MVI on 26-Aug
- An Interact club Orientation was carried out for the new Interact team at Lakshmi Narayana HSS Palapuram on 27-Aug
- We hosted DISHA-2019 a zonal District seminar on Responsible India, training for teacher coordinators on 29-Aug at CRR Hall.
- AnnaDaanam by President and First lady at Aasha Deepam Special school for autism students on 31st Aug.

SUMMARY

- 5-Weekly meetings
- 1-Zonal District seminar – DISHA-2019 Responsible India Teacher coordinators training
- 1-Board Meeting
- 3-Speaker meetings (Total 6 Speaker Meetings in Jul-Aug)
- 1-Festival Meeting(Independence Day)
- 1-Family Meeting
- Anna Daanam – Free meals at several places –A total of 500 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-Jul-Aug 2019 is Rs.90,000. Total commitment for the year has reached Rs.3.2 lakhs.

DISHA 2019 – Responsible India Teacher Coordinators training Held at RC Ottapalam CRR Hall on 29th 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 29th 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 Q&A session (below right)

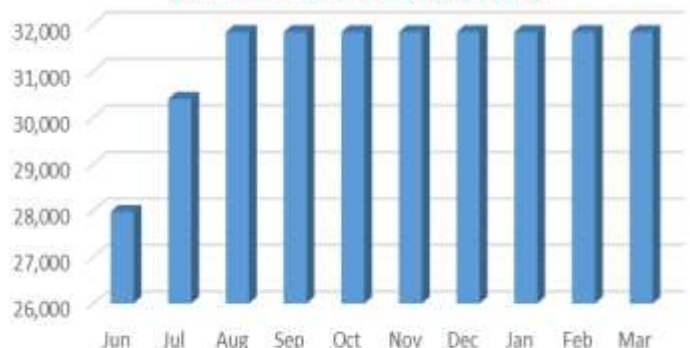


Rotary club of Ottapalam is committed to implement the District priority project at 2 schools. The MOUs with the schools were submitted on time before PETS. Following are the schools selected by us:

1. **AVM HSS – Chunangad**
2. **Govt Vocational HSS – Koonathara**

Team Responsible India is in contact with the schools for planning and implementation. We are awaiting further instructions.....

Rotary Club of Ottapalam Educational Scholarships 2019-20 (Total commitments Rs. 3,25,315)



Activities of August



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



GOV Planning meeting in progress at RC Guruvayur under the leadership of GSR Rtn. Madhusudhan at RC Guruvayur (above)



GOV at RC Guruvayur was well attended by Rotarians and Anns from our club (Above)

Activities of August



RCO Participants at LEAD Seminar at Le Meridien, Kochi on 18th Aug 2019



UNARVU Membership seminar at River Retreat

Activities of August

Flood Relief camp – volunteers and helping hand from RCO

Distributed 100 blankets, 50 Payas and meals for 350 presons at the relief camp at NSS Training college, Ottapalam

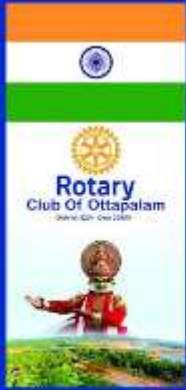


Activities of August



School Health camp on 2nd Aug 2019 at Bhavans Vidyalaya, Ottapalam in association with PK Das Institute Medical Sciences, Vanimakulam(Above) A traffic safety Awareness class on 26th Aug 2019 at Bhavans Vidyalaya (below)





Rotary Club of Ottapalam (RCO)

Global Grant Project 1861779



Rotary Club of Del Mar-Solana Beach (DMSB)

A JOINT PROJECT OF RC OTTAPALAM DIST 3201 INDIA & RC DEL MAR-SOLANA BEACH DIST 5340 USA

Activities in August 2019 found a new trainee at the GG Training centre



ASWINI SPECIALITY HOSPITAL

Department

Doctors

Visiting Doctors:

1. Obstetrics & Gynaecology

: Dr.Sarojini. MBBS, MD,DGO

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

INFRASTRUCTURE

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



Dhaanya Dhaan
Just A Million Meals



Anna Daanam അന്നദാനം



Food for inmates of Helen Keller, Institute for the blind on 1st Aug sponsored by Rtn. Vijayakumar & Rtn. Sivakumar.



Food for inmates of POLY Garden, Lakkidi on 11th Aug sponsored by Rtn. Dr. K.S. Menon



Food for inmates of POLY Garden on 13th Aug sponsored by a well wisher M. Vivek Chandrasekhar.



Dhaanya Dhaan
Just A Million Meals



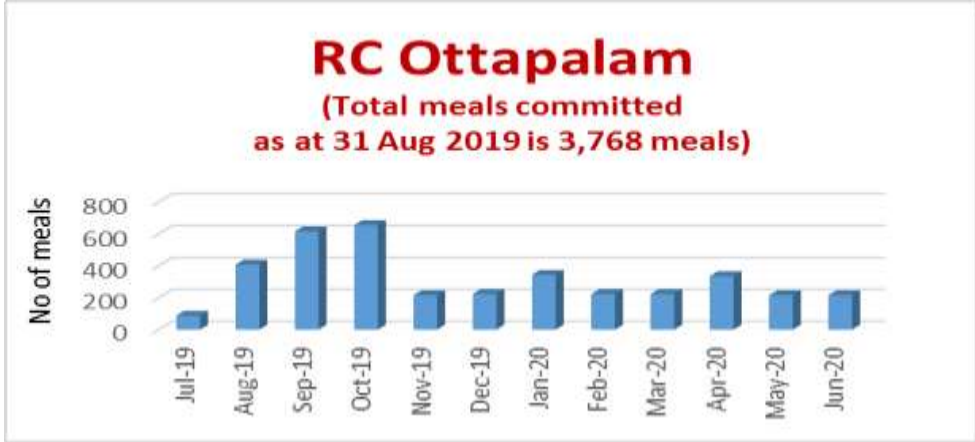
Anna Daanam അന്നദാനം



Food for inmates of Helen Keller, Institute for the visually impaired on 19th Aug sponsored by a well wisher M. Vivek Chandrasekhar.



President and 1st lady spent their good time with Autism children of AashaDeepam school and had lunch together with them celebrating their wedding anniversary on 31st Aug.



Activities of August

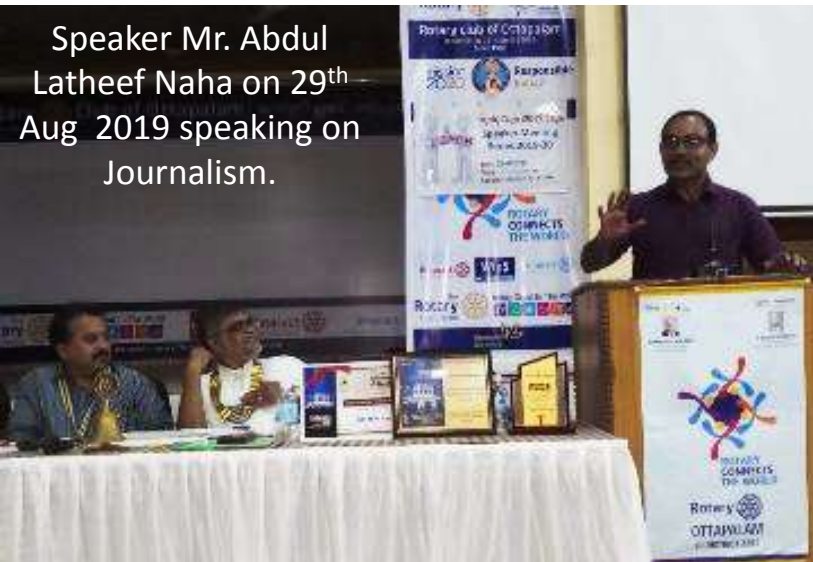
3 Speaker meetings and Independence day



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



Speaker Col Gurung on 15th Aug 2019 speaking on Life in Siachin.



Speaker Mr. Abdul Latheef Naha on 29th Aug 2019 speaking on Journalism.



Flag Hoisting at the club on 15th Aug.



All members who served Indian Armed Forces were honored by the club. Senior most member Rtn. TN Kutty being honored

Activities of August

Family meeting of August 2019 was held on 31st Aug 2019

President and 1st lady had their wedding anniversary on the day. It was also celebrated with flowers and cake.



Wedding anniversary Gifts to President & 1st Lady by Secretary KN Kesavadas .



Wedding anniversary Gifts to Rtn. Radhakrishnan & Rtne. Lathika

Activities of August



Family friendship visit by PP RC Hubli Rtn Prakash and PP Inner wheel of same club Anuradha Kanoor visited the Friends of Flowers (Above)

Friendly visits



Visit of Rtn Arun and his Family to the Friends of Flowers (left) Rotarians mad a visit to **Pratheeksha Palliative** centre at Kootanad where IWC sisters donated a special wheel chair(above)



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



Friendly visit of Rotarians from RC Kongad

Congratulations



Hon Rtn Adv PT Narendra Menon receiving C A Joseph Kavitha Award from Prof M Leelavathy, at Sahithya Academy Hall Thrissur on 24th Aug 2019



Happy Anniversary!



Rtn. Prakash Palliyalil & Rtn. Raghi Prakash(4-Sep)



Rtn. Lt. Col. Sreelatha Rajeev & Rtn. Rajeev K(5-Sep)



Rtn. Peethambaran P K & Rtn. Uma Peethambaran(6-Sep)



Rtn. Dr. K.S.Menon & Rtn. Pushpa Menon (6-Sep)

Happy Anniversary!



**Rtn. Adv. Sreeraj & Rtne. Anila
(6-Sep)**



**Rtn. Ravindran Nair & Rtne.
Sobha Nair
(7-Sep)**



**Rtn. KNS Narayanan & Rtne.
Punneri Madam Valsala
(10-Sep)**



**Rtn. Manoj B Nair & Rtne.
Ranjini Manoj
(12-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)



Know your Rotary

50 Things Every Rotarian Should Know About Rotary

(by Steve Garret, District Governor 1994-1995)

3 - ROTARY'S WHEEL EMBLEM

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate "Civilization and Movement." Most of the early clubs had some form of wagon wheel on their publications and letterheads. Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel, with 24 cogs and six spokes was adopted by the "Rotary International Association." A group of engineers advised that the geared wheel was mechanically unsound and would not work without a "keyway" in the center of the gear to attach it to a power shaft. So, in 1923 the keyway was added and the design which we now know was formally adopted as the official Rotary International emblem.



Source courtesy: <https://www.rotaryclubone.org/makeups/articles/50thingseveryrotar/>



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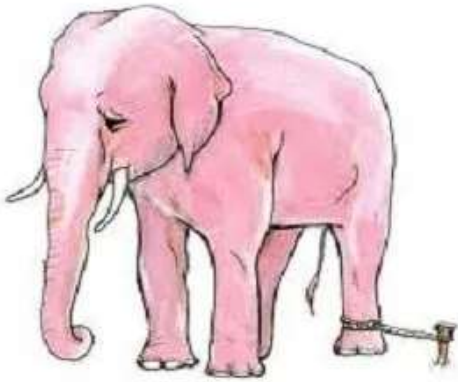


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BE INSPIRED



ELEPHANT ROPE

The Elephant Rope (Belief)

A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains.

All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs.

As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead, they didn't try to at all.

Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape.

The trainer replied;
"when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible.

Moral of the story:

No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.



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

CALENDAR: **Sep-Oct 2019**

September-2019

Sun, 22nd Sep – ONAM celebrations

Sun, 29th Sep – 10 AM Drawing Competition

October-2019

Wed, 2nd - 8 AM Gandhi Jayanthi (**Swatch Bharat**)

Wed, 2nd Award Drawing competition winners

Thu, 3rd - Weekly Meeting

Sat, 12th - Board Meeting

Thu, 10th - Weekly Meeting

Thu, 17th - Weekly Meeting

Thu, 24th - Weekly Meeting

Sat, 26th – Family Meeting

Thu, 31st - Weekly Meeting

Our website: www.rotaryclubofottapalam.org

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

Our Address Book <https://tinyurl.com/RCO-AddressBook-2018-12>

Ottapalam Rotary News



Ph: 999 52 43600
Off: 903 77 27887
Resi : 0466 2247029



Manutty Building, New Bazaar, Ottapalam

CONSTRUCTION - PLAN
SUPERVISION - ESTIMATE

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