

# Ottapalam Rotary News

Vol. XXXVI Issue # 10

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

Apr 2022



Welcome

GOV special edition

District Governor  
Rtn. Rajasekharan

First Lady  
Mrs. Shanti Rajasekharan

Rotary



SERVE TO  
CHANGE LIVES

Dear Rotarians,

Welcome to this Ottapalam Rotary News (ORN) bulletin, the 10<sup>th</sup> issue for April 2022.

We welcome our beloved District Governor Rtn. Rajasekharan and first lady Mrs. Shanti Rajasekharan to Rotary club of Ottapalam during his official visit on our charter anniversary day 16<sup>th</sup> April

The Bulletin also covers other activities of March 2022.

I would request all members to visit regularly the club website [www.rotaryclubofottapalam.org](http://www.rotaryclubofottapalam.org) Club APP, District website [www.rotary3201.com](http://www.rotary3201.com) and RI website [www.rotary.org](http://www.rotary.org) . We have our presence on the Facebook [www.facebook.com/rotaryclubotp](https://www.facebook.com/rotaryclubotp) and YouTube. Please promote them too.

Thank you

Rtn. Ramachandran Kunduthody

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



*editor's  
desk*

**April  
2022**

**APRIL IS**



**MATERNAL & CHILD HEALTH  
MONTH**

"It is health that is real wealth and not pieces of gold and silver"

Mahatma Gandhi

**Rotary**



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

# Message from **President**

Rtn. E.P. Chitresh Nair



Dear Rotarians, Anns and Annets,  
Greetings.

Covid Pandemic made us new way of bonding virtually and Rotarians maintained bonding with the help of technology.

Now bright days already started but still we have some hangovers of yesters. Club witnessed higher attendance in Physical meetings shows dedication and responsibility of members. But still service Projects what we have are considerably less.

We presented a Wheelchair to Ottapalam Railway station, we honoured women RCC members on March 8th Women empowerment Day, RCC meeting was conducted, and Rotarians were part of it. Water tank was supplied to a primary school and helped to make a road for deserving ailing patient are few projects we did this month.

Like every month Our beloved Secretary Rtn Balu Treasurer Rtn Kesavadas doing their responsibility in a great manner and Our beloved bulletin editor Rtn Ramachandran bulletin is one of the highlight of Rotary club of Ottapalam and his efficacy is commendable.

So the conclusion is encapsulated in one sentence. Let us take advantage of the lessons learnt, try to absorb and adjust changes.

Rotary always for love and Compassion

Jai Rotary

Jai Hind

**Rtn. E.P. Chitresh Nair**

*President 2021-22*

*Rotary club of Ottapalam*



## SERVE TO CHANGE LIVES



This  
**Women's Day**  
**EMBRACE  
WOMEN  
Empowerment**

# Secretary's Report - March 2022

Rtn. V.A. Balu



Dear Rotary Family members,

Yes, we are surpassing the hard times of pandemic and hope those days never return. An unprecedented, unpleasant spell of more than two years. Let us go forward live our life as normal as before.

Month of hectic activities for many members in own vocation being the financial year end, but still had no less of Rotary. Culminated the evens with a blasting celebration on March 31, a club assembly in a style and fashion any Assistant Governor would not have ever dreamt off, hosted by the boon of Rotary Club of Ottapalam Rtn Dr KS Menon.

We had five weekly meetings, two family get togethers, a board meeting and Club Assembly prior to GOV, during the month. We hope to switch over to physical meetings from hybrid meetings as we have moved forward from the days of pandemic.

During the month, we could accomplish few community service projects, like a pavement built for a paraplegic to move around, an artificial limb fitted to a needy under our walk again project, A water tank donated to an Anganwadi in a remote place. We also did our might by supporting a muscular atrophy patient whose parents are running around to raise huge funds for her treatment.

We were really saddened by the unexpected demise of wife of Sabari, who has been in our Service for past thirty-five years. Rotarians have decided to build up a welfare fund to support him life-long. Thanks to Rtn Dr KS Menon for his quick response to the call with a hefty inaugural contribution towards this cause.

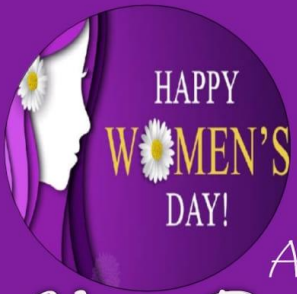
We are on our way to receive our District Governor Rtn Rajasekhar Srinivasan on his official visit on the Charter Day of our Club April 16<sup>th</sup>. Assistant Governor Rtn Pradeep has concluded his Club Assembly in connection with GOV. It was a spectacular ambience set by Rtn Dr. KS Menon for the Club Assembly followed by Cultural programs, fabulous dinner and what not. This years club assembly will be recorded in the history in golden letters as a never before event.

Once again, I feel proud to address you through the pages of this e bulletin. Proud because the idea of publishing an e bulletin on a monthly basis was originally mooted by me and I could bring out 24 issues of e bulletin In a row facing all odds. Feel happy that Rtn PP Ramachandran Kunduthodi has added all his technological expertise and uncompromising passion to make the project a grand one. Now the mouthpiece of Rotary Ottapalam has grown to high standards. Congratulations, to Editor Rtn Ramachandran and President Rtn Chitresh Nair for their continuous efforts in making the content-rich bulletin so attractive and informative.

We all head to the main event of the year GOV of our Club, followed by UTSAV 2022 the District Conference. All members are requested to register for the magnificent UTSAV 2022 and attend in full strength as we used to do in the past.

Thank you With warm regards

**Rtn V A BALU**



As part of our  
**Women Empowerment Program**

An interactive session at  
**RCC LAKKIDI CENTRAL**

by  
**Rtn Uma Peethambaran**

Director, Women Empowerment

On 8th March 2022, At Akalur, at 11.30 am

All Rotary Family members are Invited

Rtn Chitresh Xair



# Wheel Chair to Railway Station Ottapalam



Shekhar Mehta  
RI President 2021-22



S Rajashekhar  
Dist Governor 2021-22

*A Public Image Project*



Handing Over a Wheel Chair For the use of general public



**At 10.30 am**  
**On 10.03.2022**  
At Railway Station Ottapalam

All Rotarians are invited to the function



RUBBER PRODUCERS' SOCIETY  
IN ASSOCIATION WITH  
RCC LAKKIDI PERUR  
ORGANISES  
RUBBER TAPPING TRAINING  
FROM 16.03.2022 TO 23.03.2022

**Inauguration**

**At 10.30am on 16.03.2022**

**At RPS TRAINING HALL MULANJUR**

**Your presence earnestly solicited**





*Above and below: the District Team meeting to plan the year 2022-23*





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**Rtn EP Chitresh Nair**  
President  
Rotary Club of Ottapalam

**Rtn C P Baiju**  
President RPS  
Vice President Rotary





Koonathara road project



Free meals project

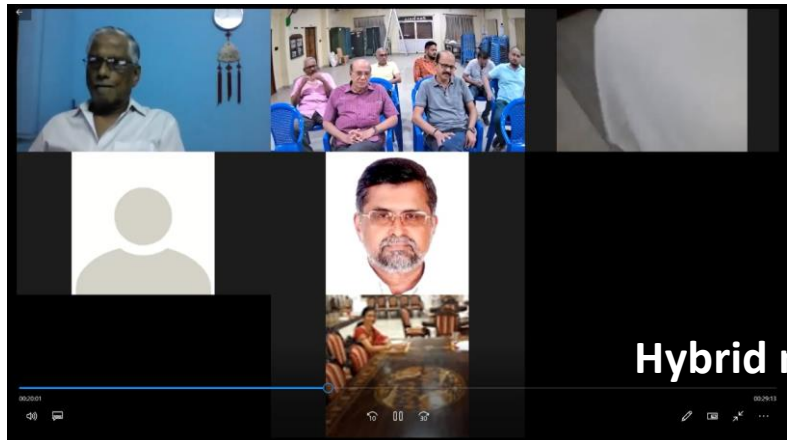


Free meals project

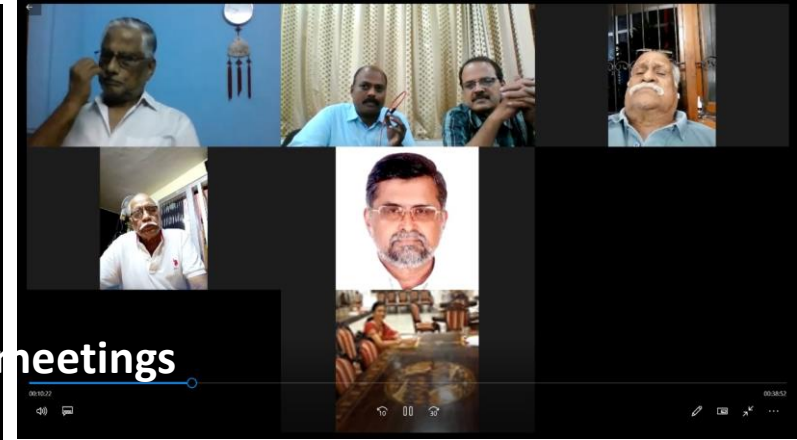




Hybrid meetings



Hybrid meetings



Hybrid meetings



On a special invitation from the RC Shoranur Rtn. Ram Mohan attended the House Key Handing over Ceremony by Hon Minister Govindan Master at Koonathata this Tuesday. Being the GSR of this Club sponsored by RCO, it was an honor for me and I addressed the august gathering. On behalf of RCO I presented mementos made by the Training School students of the same area.

# Activities – Board meetings

March 2022

A Record number of Board members attended the Board meeting on 19<sup>th</sup> Mar 2022



Left: The 2020-21 financial books of accounts were audited by auditor Rtn. CP Baiju and handed over to President Rtn. Chitresh on 19-3-2022



The club assembly before our GOV was conducted as a family meet the residence of Rtn. Dr. KS Menon on 31-Mar-2022. Some pictures from the event... AG Rtn. Pradeep chaired the club assembly. President on behalf of all members thanked Rtn. Dr. KS Menon for this wonderful event.



Birthday of Rtn. Adv. PT Narendra Menon and Rtn. CP Baiju was celebrated



Left: Rtn. Dr. KS Menon introducing Mr. Venkatesh a well wisher of Rotary and Bhavans Vidyalaya, Ottapalam.





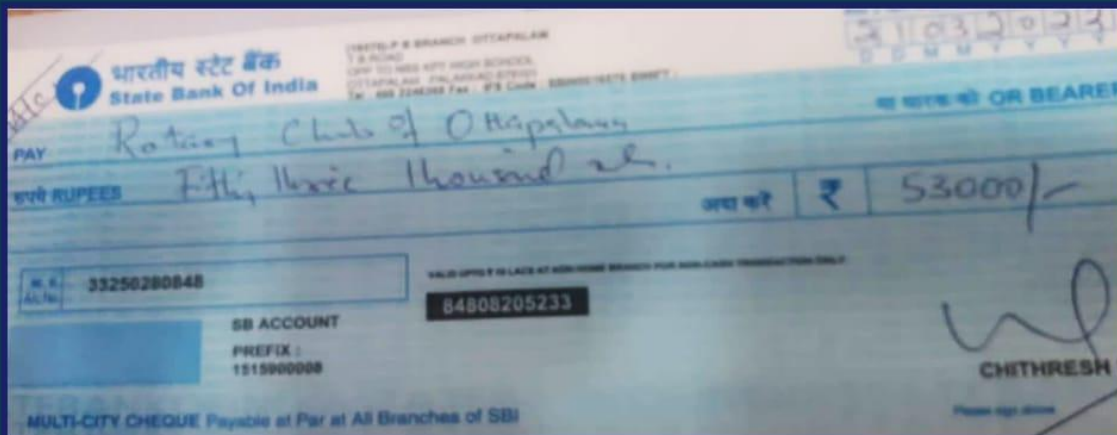
*President and members of Rotary club of Ottapalam congratulate Annet Madhav Chitresh on his achievement.*



*Got employed with prestigious*

*prestigious*

**Annet Madhav Chitresh** Commonwealth  
*S/o President Chitresh Nair* Bank of Australia



**CONGRATULATIONS**  
**President Rtn Chitresh Nair**  
*For having contributed the entire purchase price of 100 new chairs for our club amounting to ₹ 53000. Great gesture..*

## The Role of the District Governor

District governors provide leadership, motivation, and guidance to Rotary clubs under the general supervision of the RI Board of Directors. Governors act as officers of RI, fostering achievement in their district at the club level.

Under the District Leadership Plan, district governors prepare for and execute their duties over a three-year period.

Districts nominate governors 24-36 months before the governors take office. Governors-nominee are elected at the RI Convention and serve as governors-elect for 12 months prior to taking office.

### Responsibilities

- During the 12-24 months prior to taking office, governors-nominee Analyze the district's strengths and weaknesses
- Review the district's organization and club administrative framework (club leadership plan)
- Attend district meetings and participate in district committees
- Select a site for the district conference

### During the 12 months prior to taking office, governors-elect:

- Set annual district goals
- Conduct district meetings, including the district team training seminar, presidents-elect training seminar, and district assembly
- Plan the district conference

### During their term of service, governors:

- Strengthen existing Rotary clubs, organize new clubs, and promote membership growth
- Issue a monthly letter to each club president and secretary in the district
- Support The Rotary Foundation and serve as a district and RI spokesperson, when appropriate
- Hold a district conference and other district meetings
- Ensure that district nominations and elections are conducted in accordance with the RI Constitution and Bylaws and established policies of RI

### Visiting clubs

- Each year, governors visit every Rotary club in the district to draw attention to important Rotary issues and provide special attention to weak or struggling clubs. The purpose of these visits is also to motivate Rotarians to participate in service activities and to personally recognize the outstanding contributions of Rotarians in the district.
- Visits may be conducted individually or with several clubs at the same time.

**Nothing has changed,  
only the *DATES*...**



**Rotary**  
**UTSAV** 2022

**DISTRICT CONFERENCE  
RI DISTRICT 3201**

**May 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> 2022**

**Venue: PSG Convention Centre,  
Neelambur, Coimbatore.**



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



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



**Rtn. PDG A V Pathy**  
District trainer 2021-22



**Rtn. R S Maruti**  
Conference Chairman

**Hosts:** Rotary Clubs of Coimbatore Region

# Happy Anniversary!



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



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



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



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



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



Rtn. Sandeep & Rtn. Mrs Sandeep (11-May)

# Happy Anniversary!



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



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



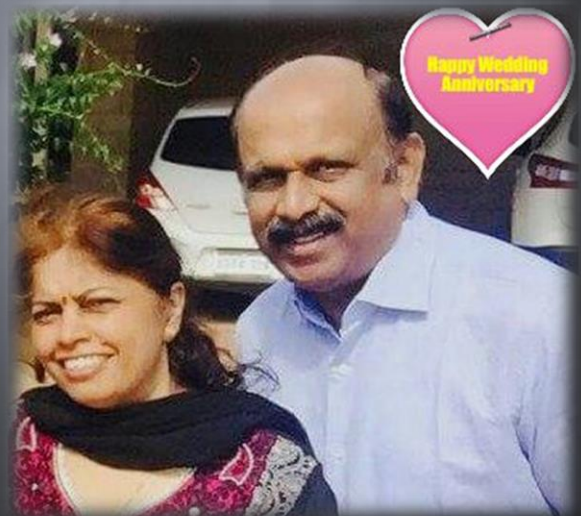
Rtn. Koman M G & Rtne. Meenu  
Koman (13-May)



Rtn. Prof. Jayakrishnan & Rtne. Mrs  
Jayakrishnan (19-May)



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



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



## 90 – 10% Principle

(Author: Stephen Covey)

### What is this Principle?

**10%** of life is made up of what happens to you.  
...**90%** of life is decided by how you react...

### What does this mean?

We really have NO control over 10% of what happens to us.

- We cannot stop the car from breaking down.
- The plane will be late arriving, which throws our whole schedule off.
- A driver may cut us off in the traffic.

We have NO control over this 10%.

The other 90% is different.

You determine the other 90%.

How?... By your reaction.

You cannot control a red light. However, you can control your reaction. Do not let people fool you. YOU can control how you react.

Let us use an example...

- You are having breakfast with your family. Your daughter knocks over a cup of coffee onto your business shirt. You have no control over what has just happened.
- What happens next will be determined by how you react.
- You curse.
- You harshly scold your daughter for knocking the cup over.
- She breaks down in tears.
- After scolding her, you turn to your wife, and you criticize her for placing the cup too close to the edge of the table.
- A short verbal battle follows.

- You storm upstairs and change your shirt.
- Back downstairs, you find your daughter has been too busy crying to finish her breakfast and getting ready to go to school.
- She misses the bus. Your spouse must leave immediately for work.
- You rush to the car and drive your daughter to school.
- Because you are late, you drive 40 miles per hour in a 30mph speed limit zone.
- After a 15-minute delay and throwing \$60.00 traffic fine away, you arrive at school.
- Your daughter runs into the building without saying goodbye.
- After arriving at the office 20 minute late, You realize you forgot your briefcase.
- Your day has started terribly.
- As it continues, it seems to get worse and worse. You look forward to coming home.
- When you arrive home, you find a small wedge in your relationship with your wife and daughter.

Why?

Because of how you reacted in the morning.

Why did you have a bad day?

- A) Did the coffee cause it?
- B) Did your daughter cause it?
- C) Did the policeman cause it?
- D) Did you cause it?

The answer is “D”

You had no control over what happened with the coffee. How you reacted in those 5 seconds is what caused your bad day.



## 90 – 10% Principle

Here is what could have and should have happened.

- Coffee splashes over you.
- Your daughter is about to cry.
- You gently say: “It’s okay, honey, you just need to be More careful next time.”
- Grabbing a towel, you go upstairs and change your shirt.
- You grab your briefcase, and you come back down in time to look through the window and see your child getting on the bus.
- She turns and waves. You arrive 5 minutes early and cheerfully greet the staff.
- Notice the difference?
- Two different scenarios.
- Both started the same.
- Both ended differently.
- Why?
- Because of how you reacted.

You really have no control over 10% of what happens in your life.

The other 90% was determined by your reaction.

### ***Here are some ways to apply the 90/10 Principle.***

- If someone says something negative about you, do not be a sponge. Let the attack roll off like water on glass. You do not have to let the negative comments affect you.
- React properly and it will not ruin your day. A wrong reaction could result in losing a friend, being fired, or getting stressed out.
- How do you react if someone cuts you off in the traffic?

- Do you lose your temper?
- Pound on the steering wheel? (a friend of mine had the steering wheel fall off),
- Do you curse? Does your blood pressure skyrocket?
- Who cares if you arrive 10 seconds later at work?
- Why let the cars ruin your drive?
- Remember the 90/10 Principle and don’t worry about it.
- You are told you lost your job.
- Why lose sleep and get irritated? It will work out.
- Use your worrying energy and time to find a new job.
- The plane is late. It is going to mangle your schedule for the day.
- Why take out your frustration on the flight attendant?
- She has no control over what is going on.
- Use your time to study, get to know the other passenger, why stress out?
- It will just make things worse.

Now you know the 90/10 Principle.

Apply it and you will be amazed at the results. You will lose nothing if you try it. The 90/10 Principle is incredible. Very few know and apply this Principle.

The result? You will see it by yourself! Millions of people are suffering from undeserved stress, trials, problems and headaches.

We all must understand and apply the 90/10 Principle. It can change your life!

***...Enjoy it...***

President and members of Rotary club of Ottapalam wish to convey their heartfelt condolences to the bereaved families of beloved Rotarians

# ആദരാഞ്ജലികൾ!

ആത്മാവിന് നിത്യശാന്തി നേരുന്നു.



**25 Mar 2022**

*Rtn. Dr. Achuthan Kutty was our AG in 2019-20*



**6 Apr 2022**

*Ramachandran Nair  
F/O Rtne. Dr. Lekha Narayanan &  
F/L of Rtn. Dr. Narayanan*

We also express our deepest heartfelt condolences to our caretaker for the last 30+ years Mr. Sabari and his family on the loss of his wife on

**28<sup>th</sup> March 2022.**

We intend to setup an endowment fund for the welfare of Mr. Sabari by generous donations from members. Rtn. Dr. KS Menon has set the project moving with a generous donation of Rs. 1 lakh towards the fund. We request all members to donate generously towards the fund. Details on **next page.**



# Sabari Welfare Fund

Dear Rotary Family Members,

Considering sincere services rendered by Sri Sabari, for more than three decades, we have decided to pay back a little to him at his sorrowful time.



We would make a fixed deposit in his name and the proceeds from the funds would fetch him a regular income.

Rtn Dr. KS Menon has kindly inaugurated the welfare fund with a generous contribution of Rs ONE LAKH. Beloved members are requested to offer maximum possible support to make Sabari Welfare Fund handsomely big so that Sabari would have a reasonable regular income.

Please transfer your contributions to Rotary Account TODAY with intimation of transaction details to treasurer.

**A/c No: 1 43 10 1000425 1 1      IFSC: FDRLO00 1 43 1**

**Rtn E P Chitresh Nair  
President**



Dear Rotarians, friends and Family

You might be aware, for the past fourteen years, Meenu and myself are fully engaged in Palliative Service at Ottapalam. Beginning as a small not-for-profit movement it has allowed us to be true to our mission and has continued to offer unparalleled care.

Now our clinic has been registered as a Society and is depending upon public funds - Despite the cost, it now requires a helping hand from donors like you to help us to maintain that level of care and quality.

Even in this pandemic period we have not canceled a single day of Homecare. The palliative care unit provided by us has become a spacious haven to all those who have spent their precious moments with us.

Being the president of the society, I require your help and patronage. Your donation today will help us to be there for all the patients and their families who need us in these difficult times and in the months and years to come.

We will be extremely thankful to you, if you can sponsor a few days expenses. ( per day expense will come to Rs 3500/- ) You can also help us by donating small amounts. Your donation will mean we can be here to help our patients make the very best of everyone.

Your consideration will be much appreciated.

Yours Sincerely

**M.G. Koman & Meenu Koman**

***(Bank details : Account name: OTTAPALAM PALLIATIVE CLINIC AND CHARITABLE SOCIETY, Account No.: 14310100193272 IFSC: FDRL0001431 MICR CODE: 679049002.***

***Federal Bank - Ottapalam.)***

# RCO CALENDAR: *April-2022*



*Thu, 7-Apr - Weekly Meeting*

*Sat, 9-Apr - Board Meeting*

*Thu, 14-Apr - Weekly Meeting*

*Sat, 16-Apr - GOV Meeting\**

*Thu, 21-Apr - Weekly Meeting*

*Thu, 28-Apr - Weekly Meeting*

*Sat, 30-Apr - Family Meeting\**

*\* subject to Covid-19 status*



മാസ്ക്



സാനിറ്റൈസർ ഉപയോഗിക്കുക



സാമൂഹിക അകലം



കൈ കഴുകുക

## APRIL

*“Every child deserves a chance at life filled with love, laughter, friends and family.”*  
Marlo Thomas



# MATERNAL AND CHILD HEALTH MONTH



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

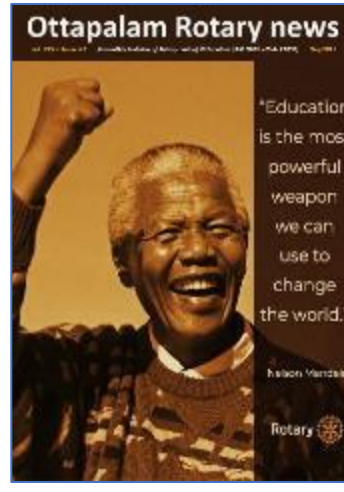
# ORN Past Issues 2021-22 *(click on the bulletin icon to read)*



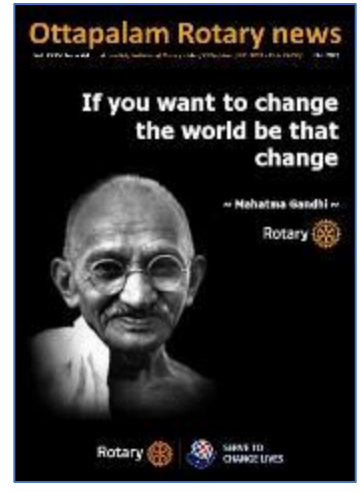
ORN #1 JULY-2021



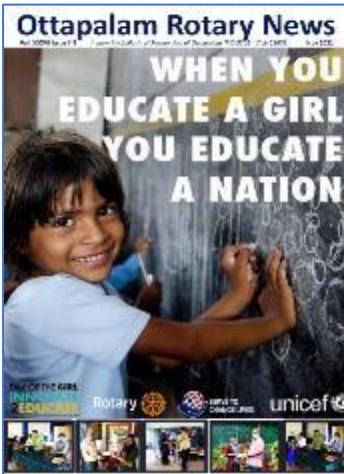
ORN #2 AUG-2021



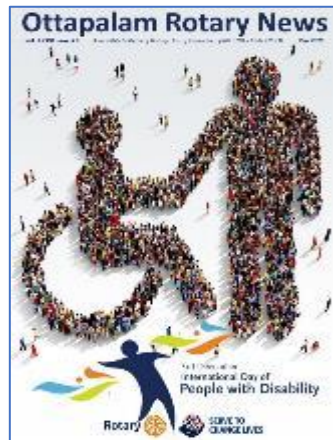
ORN #3 SEP-2021



ORN #4 Oct-2021



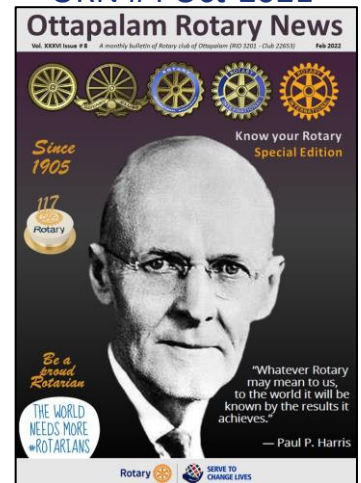
ORN #5 Nov-2021



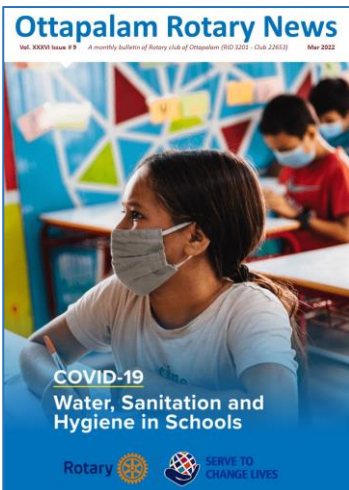
ORN #6 Dec-2021



ORN #7 Jan-2022



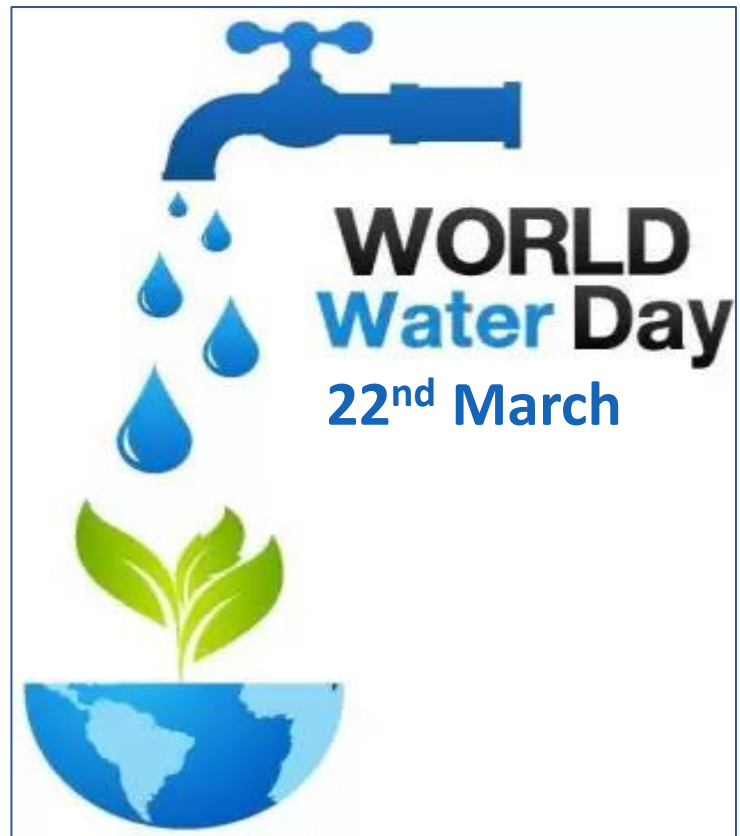
ORN #8 Feb-2022



ORN #9 Mar 2022



ORN #10 Apr 2022



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