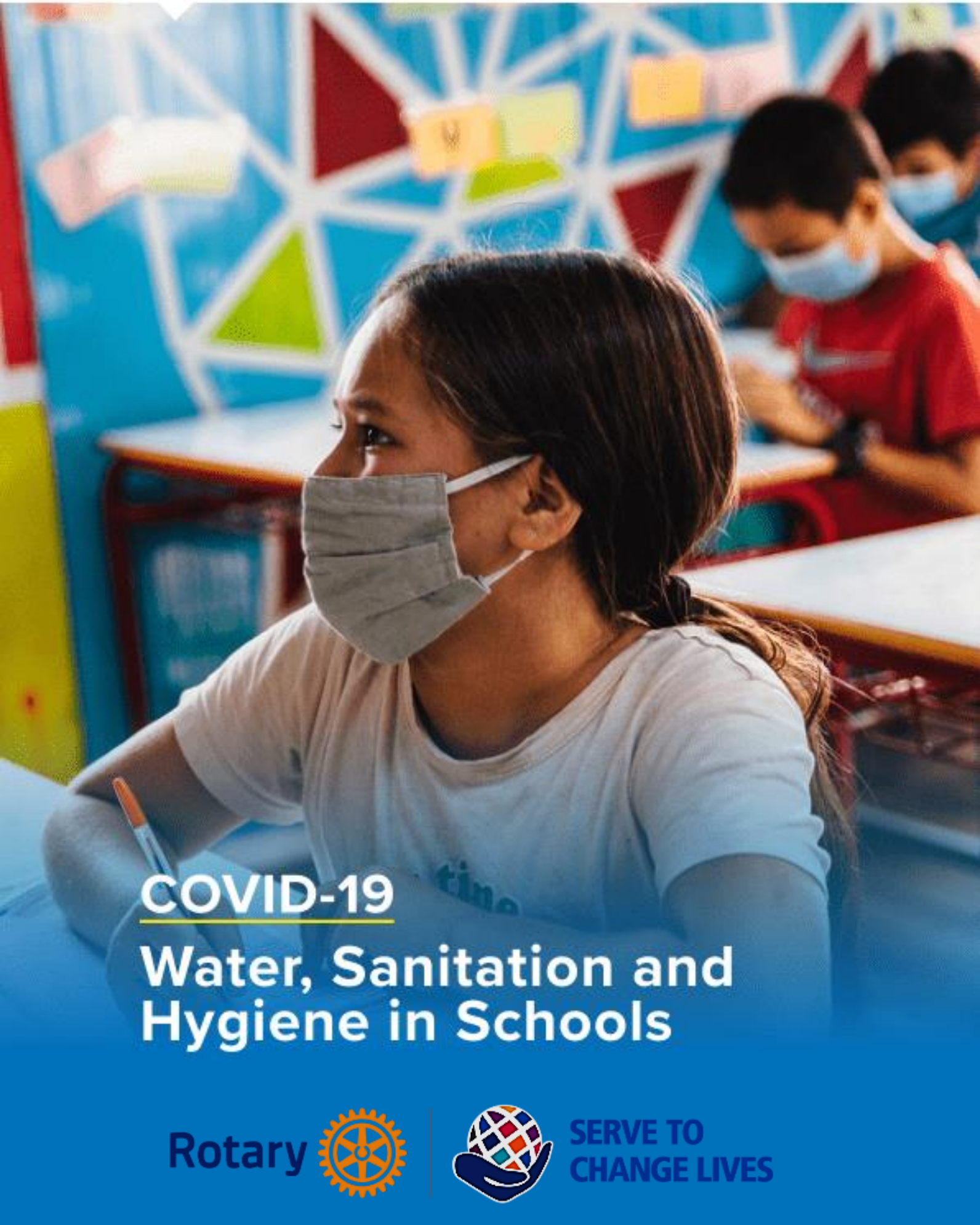


Ottapalam Rotary News

Vol. XXXVI Issue # 9 *A monthly bulletin of Rotary club of Ottapalam (RID 3201 - Club 22653)*

Mar 2022



COVID-19

**Water, Sanitation and
Hygiene in Schools**



**SERVE TO
CHANGE LIVES**

Dear Rotarians,

Welcome to this Ottapalam Rotary News (ORN) bulletin, the 9th issue for March 2022.

We once again wish all Rotarians a happy anniversary and be thankful to be part of this oldest social organisation that gave us an opportunity to serve the community with a **Service Above Self** motto.

The Bulletin also covers other activities of Feb 2022.

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 . We have our presence on the Facebook 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



**editor's
desk**

**March
2022**

MARCH



“Life is a perspective and for me, if a human being has access to school, clean water, food, proper health care, that is the basis of human rights.”
Gelila Bekele

WATER, SANITATION AND HYGIENE MONTH

Message from **President**

Rtn. E.P. Chitresh Nair



Dear Rotarians, Anns and Annets,
Greetings!

The third wave of Covid 19 Omicron did affect us .Few Rotarians were down with and we all recovered fast by Grace of God.

Now Covid situation is fading away and hope bright days are ahead. Efficacy of Projects was altered past years and new hopes strengthen in our mind.

Our ongoing Projects Feeding the hungry is going smooth. We are giving away 50 food packets every week to the needy. Slowly we are into Projects and service. New Rotaract club has been formed at Lakshmi Narayana Arts & Sciences college and was inaugurated by Sri Shankar renowned South Indian Movie star. We celebrated Rotary Day by donating R.O .Plant for pure drinking Water at Primary health Center Lakkidi and also Laid Drinking water pipe-line for BPL families at Chunangad, Ottapalam.

We were part of Pulse polio campaign with Vaniyamkulam Primary health center. Our

family dinner meet and Board started in full vigor and Our beloved Rotarians started pouring. Our enterprising Secretary Rtn Balu, Treasurer Rtn Kesavadas and our dynamic Bulletin editor Rtn Ramachandran and all beloved Rotarians have been playing important roles to Keep up Rotary's like past.

In one word may I succinctly describe the support from Rotarians just fantastic. Let us work together to strengthen the lost bonding during Covid years Yes at last we are the Winners.

In Rotary we all stand for love and Compassion.

Jai Rotary

Jai Hind

Rtn. E.P. Chitresh Nair

President 2021-22

Rotary club of Ottapalam



PUBLIC IMAGE

Communication
for a
Better World!

Secretary's Report - Feb 2022

Rtn. V.A. Balu



Dear Rotary Family members,

Month of February ended up in a positive note that we are slowly returning back to normalcy after Covid pandemic literally devastated all areas of life. We held three weekly meetings, Board meeting and Family Dinner meeting in the month. One weekly meeting was cancelled due to Chinakkathur Pooram. We were really happy to have conducted a physical get together of Rotary Family members on our Family Dinner meet after a long time. The fellowship and friendship exchanged among Rotarians and family members were encouraging.

February being the month of Rotary Birthday celebrated on Feb 23, our President Rtn Chitresh was keen on carrying out meaningful and worthy service projects in connection with World Rotary Day.

Accordingly, two projects were scheduled to be launched on the auspicious day as all preliminary works were meticulously finished in time. The first one was installation of a water purifier unit in Government PHC Lakkidi. The project will help hundreds of patients every month get pure drinking water. The project became one fitting memorial of Rotary's 117th Birthday. Congratulations to President Rtn Chitresh for visualising such a worthy project for the special day. The second project launched on the same day was too a drinking water project. Pipeline was extended to an area of ten BPL families of Chunangad to enable the families get drinking water which was a much awaited facility for them. Congratulations to Rtn PP Col Gangadharan Service Projects Chair for executing such a wonderful project on the special day.

Earlier in the month we could arrange the colourful function of Inauguration of Rotaract Club of Lakshmi Narayana Arts and Science College Mayannur. The Chief Guest was Sri Shankar, famous South Indian Film Star.

Another regular project of Feeding the Hungry was successfully carried out on four Thursdays. On the National Immunisation Day of our Pulse Polio program, we supported government machinery in different ways. Lunch was served to health care workers serving in polio immunisation centres. President attended the inaugural function and gave polio vaccine to children.

I have immense pleasure to address you through the pages of 9th successive edition of our Monthly E Bulletin published this year. Our Bulletin editor Rtn PP Ramachandran must have conceptualised the format of this issue, while he was in East London, South Africa. Though he was away from Ottapalam for few months, he ensured that the e bulletin came out promptly every month. He has been giving away lot of his time, energy and skills to bring out each issues. Congratulations to PP Ramachandran and President Rtn Chitresh for the excellent support being extended.

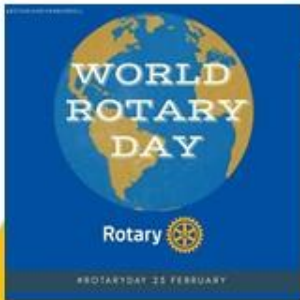
We are indeed moving towards normalcy. Let us hope that we would start our full-fledged activities soon without any obstacles whatsoever.

With warm regards

Rtn V A BALU

Rotary  |  SERVE TO CHANGE LIVES |  OUR LOVELY PLANET | 

Rotary Club of Ottapalam



Shekhar Mehta
RI President



S Rajashekhar
Dist Governor

Celebrating Rotary Day on February 23, 2022

Installing an RO
Plant for Pure
Drinking Water
In PHC Lakkidi



Laying Drinking
water pipe line
for BPL Families
in Chunangad

Rtn E P Chitresh Nair
President

Rtn PP Col C Gangadharan
Chair Service Projects



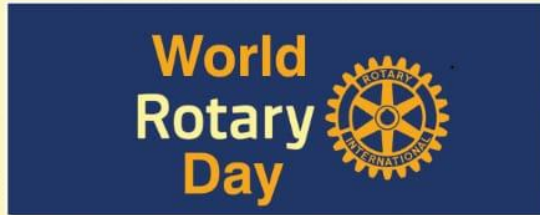
ROTARY CLUB OF OTTAPALAM



Rtn P PRADEEP
Asst Governor



Rtn Dr M NARAYANAN
GGR



Shekhar Mehta
RI President 2021-22



S Rajashekhar
Dist Governor 2021-22

INSTALLATION OF WATER PURIFIER UNIT - RO PLANT IN PHC LAKKIDI

23. 02. 2022



Sri K SURESH
President
Lakkidi Perur GP





പോളിയോ നിർമ്മാർജ്ജനം
ഭാവിയുടെ സുരക്ഷയ്ക്ക്...



പൾസ് പോളിയോ ഇമ്മ്യൂണൈസേഷൻ പരിപാടി

2022 ഫെബ്രുവരി 27 ഞായറാഴ്ച

രാവിലെ 8 മണി മുതൽ 5 മണി വരെ

5 വയസിന് താഴെയുള്ള എല്ലാ കുഞ്ഞുങ്ങൾക്കും
പോളിയോ തുള്ളിമരുന്ന് നൽകുക

With Best Compliments from :



Rotary Club of Ottapalam



First physical family meeting at Rotary Hall in FEB since Covid-19 started



Rotary Hall caretaker Mr. Sabari was honored by the club during the family meeting

President and members of Rotary club of Ottapalam congratulate and welcome new member Rtn. PRASAD who was inducted during Jan 2022 to the Rotary family.



Welcome
to
Rotary
family

PRASAD K

Born and raised in Guruvayoor. Later we moved in Thrikkengode in connection with my father work. My father was worked as Non-Medical Supervisor of Leprosy Control Unit in Palakkad District Hospital, now a pensioner. My Mother is passed away.

Education

Diploma in Sanitary Inspectors Training course (Health Inspector)

Teacher Training Course (TTC)

Family

Spouse : Shiji.A (Proprietor, Graphon Innovative Digital Solutions)

Son : Rahan. K.P Student : B Tech Computer Science, Dhanalakshmi Sreenivasa Engineering college , Coimbatore

Daughter : Miya .K.P Student : Plus Two , TRK Higher Secondary School , Vaniyamkulam

Work

He has been working as a Jr Health inspector Gr-I in Shornur Municipality since 2017, From 2002 to 2008 he was an LP School Teacher. Jr. Health Inspector was in 2008 at Ottappalam Municipality

Cultural Activities

Started writing song for All India Radio in 2001 and Later directed 3 Telefilms for Dooradharsan. Directed 88 Special Programmes for various channels including Asianet , Surya TV , Kairali TV and Jeevan TV . Surya T V has telecasted 100 Episodes of the “KUDUMBASAMETHAM ”.Kalabhavan mani’s “ORMANILAVU” which was directed for Kairali TV in 2016 was the last Programme.

WHY YOUR CLUB NEEDS A PUBLIC IMAGE CHAIR

- Bernd Meidel, District 1950 Public Image Chair (Germany)

It's important that Rotary and Rotaract clubs tell their stories in ways that help communities understand what Rotary does and why our work matters so as to inspire others to get involved. Appointing a club public image chair can increase your success at making the club's communications consistent and unmistakably Rotary.

As the District 1950 Public Image Chair (Germany), I have been responsible for promoting Rotary and its activities on the district level and helping clubs develop their public image. Here are a few things I have observed: Why you should have a public image chair When a club promotes itself and its work, they are increasing Rotary's awareness in the community. But it's also difficult for those club members who are organizing service projects to be responsible for marketing them too.

A public image chair can help with all of that. They can manage the club's public relations, press, and marketing in a coordinated and consistent way throughout the entire Rotary year, across projects. What a club public image chair does? The chair is responsible for designing flyers and posters, writing press releases, updating the website, managing the club's social media presence, and making sure the club logo is used properly and consistency. Ideally, the club public image chair would manage a team with the appropriate skills to help, all working together to showcase the club and their members as people of action.

What qualifications are needed. The chair should have experience in marketing, journalism, copywriting, or digital media. Photo or video creation and editing is also a plus, as is having existing contacts to local journalists. Available resources to help you succeed.

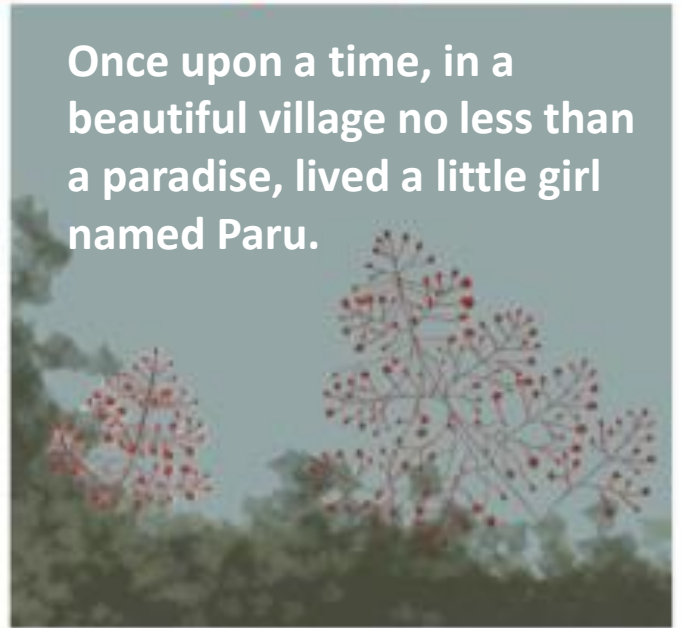
The Rotary Brand Center contains templates that are extremely helpful. I also recommend club public image chairs meet regularly with the district public image chair via digital networks or events to share ideas and strategize.

(Bernd Meidel is a member of the Rotary Club of Schweinfurt-Peterstin, Germany.- Rotary Voices.)

-Contributed by Rtn. PP R Madhusudan



Once upon a time, in a beautiful village no less than a paradise, lived a little girl named Paru.



Although Paru loved her village, all she wanted in life was to grow up and go to a place far away.



Everyday morning she went for a walk with her grandfather and this was the time when he introduced her to new tiny friends. “See how lovely she is. BE GENTLE” he would say.

After coming back from the walk, Mini Chechi would bathe her in a big tub out in the backyard. Mini chechi was the one who took care of her when her mother went for work. Paru loved her and she was her only best friend. She used to enjoy this time a lot.



“When I grow so big and go to work, you should still bathe me”, Paru would say.



After taking bath, Paru would go around the village to explore. She would be the most excited on rainy days not just because she loved getting drenched but also because she got to make paper boats and let them float around in the rain water.



Each day, Paru discovered a new fascinating thing. One thing that excited her the most was Touch-me-nots.

She could spend hours touching them and seeing them shyly fold themselves in.



Paru even had a secret spot nearby. She would hang out in the meadows with her little calf whom she called Ammu. Lying under the tree, with yellow flowers around, she would let herself sink into the world of imagination.



After all the me-time, she joined Mini chechi to the pond nearby. Mini chechi would show her how to catch small fish with her towel.

Some days, Mini chechi would even allow her to take a few of them home in a small bowl. Paru would then keep it for a day before Mini chechi would take them back to let them free.



She then went on spending a lot of time in the pond and sometimes even got herself a waterlily.



After all the roaming around and playing, she hid behind a wall near the road and waited for her mother to come back from work.





After her long tiring day, when she was all alone in her room, she tried draping Saree like her mother and dreamt of going far away to a town in a bus, buying biscuits and chocolates on her own, carrying bags and going to work!



Pulling her close she told her with all her heart, "PLEASE DON'T GROW UP"!!!





**Rtn. Adv. Pradeep &
Rtne. Shimna (6-Apr)**



**Rtn. Vijayakumar &
Rtne. Padmaja (11-Apr)**



**Rtn. Adv. Jayadevan &
Rtne. Adv. Suprabha (16-Apr)**



**Rtn. Dr. Benoy &
Rtne. Dr. manju (21-Apr)**



**Rtn. Kesavdas &
Rtne. Sujatha (21-Apr)**



**Rtn. Adv. Suresh &
Rtne. Adv. Siji (22-Apr)**



**Rtn. CP Baiju &
Rtne. Reshmi (24-Apr)**



**Rtn. Noufel &
Rtne. Safna (27-Apr)**

Happy Anniversaries!

ONION RAVA DOSA

Ingredients

- Maida 1 cup
- Rava 1 cup
- Rice flour ½ cup
- Green Chilies 3-4 nos.
- Jeera 1 tsp
- Curry leaves a sprig
- Onions 1 big
- Pepper (Whole) 1 tsp
- Coriander leaves few sprigs
- Mustard seeds 1 tsp

Preparation



1. Soak maida, rava and rice flour along with jeera, green chilies and curry leaves for 6 -7 hours. The water level should be above the mixture.
2. At the time when you are going to prepare dosas, season with mustard and pepper and add it to the dosa batter along with salt, onion, curry leaves and coriander and mix .
3. Add a handful for rava to the batter and adjust water, to make it to **pouring consistency (thin)**.
4. Heat tawa spread oil , pour the batter in the outer into a circle, so that it spreads in the inner sides.
5. Add oil over it and turn it the other side. wait till it gets crispy. Enjoy with potato Masala and chutney.

Enjoy your RAVA DOSA with your favorite Chutney or Sambar!

Personal Finance Rules - A Thread

- Rule of 72 (Double Your Money)
- Rule of 114 (Triple)
- Rule of 144 (Quadruple)
- Rule of 70 (Inflation)4% Withdrawal
- Rule100 - Minus Age
- Rule 10, 5, 3 Rule50-30-20
- Rule 3X Emergency
- Rule 40% EMI Rule
- Life Insurance Rule



- **Rule of 72** No. of yrs required to double your money at a given rate, U just divide 72 by interest rate Eg, if you want to know how long it will take to double your money at 8% interest, divide 72 by 8 and get 9 yrs. At 6% rate, it will take 12 yrs At 9% rate, it will take 8 yrs .
- **Rule of 114** No. of years required to triple your money at a given rate, U just divide 114 by interest rate. For example, if you want to know how long it will take to triple your money at 12% interest, divide 114 by 12 and get 9.5 years At 6% interest rate, it will take 19yrs
- **Rule of 144** No. of years required to quadruple your money at a given rate, U just divide 144 by interest rate. For eg, if you want to know how long it will take to quadruple your money at 12% interest, divide 144 by 12 and get 12 yrs. At 6% interest rate, it will take 24yrs
- **Rule of 70** Divide 70 by current inflation rate to know how fast the value of your investment will get reduced to half its present value. Inflation rate of 7% will reduce the value of your money to half in 10 years.4% Rule for Financial Freedom Corpus Reqd- 25*Annual Expenses Eg- annual expense is 500,000 then corpus required to retire is 1.25 cr. Put 50% into fixed income & 50% into equity. Withdraw 4% every year, i.e. 5 lakhs. This rule works for 96% of time in 30 yr period
- **100 minus your age rule** This rule is used for asset allocation. Subtract your age from 100 to find out, how much of your portfolio should be allocated to equities. Age 30Equity : 70%Debt : 30%Age 60Equity : 40%Debt : 60%10-5-3 Rule One should have reasonable returns expectations10% Rate of return - Equity / Mutual Funds5% - Debts (Fixed Deposits or Other Debt instruments) 3% - Savings Account
- **50-30-20 Rule** – Allocation Divide your income into50% - Needs - Groceries, rent, emi30% - Wants - Entertainment, vacations, etc. 20% - Savings - Equity, MFs, Debt, FD, etc. At least try to save 20% of your income.. You can definitely save more
- **3X Emergency Rule** Always put at least 3 times your monthly income in Emergency funds for emergencies such as Loss of employment, medical emergency, etc. 3 X Monthly Income. You can have around 6 X Monthly Income to be on a safer side
- **40% EMI Rule** Never go beyond 40% of your income into EMIs. Say you earn, 50,000 per month. So you should not have EMIs more than 20,000 .This Rule is generally used by Finance companies to provide loans. You can use it to manage your finances.
- **Life Insurance Rule** Always have Sum Assured as 20 times of your Annual Income 20 X Annual Income. Say you earn 5 Lacs annually, you should at least have 1 crore insurance by following this Rule

Source: unknown

RCO CALENDAR: **March-2022**



Thu, 3-Mar - Weekly Meeting

Thu, 10-Mar - Weekly Meeting



Sat, 12-Mar - Board Meeting

Thu, 17-Mar - Weekly Meeting



Thu, 24-Mar - Weekly Meeting

Sat, 26-Mar - Family Meeting*



** subject to Covid-19 status*

MARCH IS

WATER AND SANITATION MONTH

"Clean water, the essence of life and a birthright for everyone, must become available to all people now."

Jean-Michel Cousteau

Rotary  

www.rotary.org

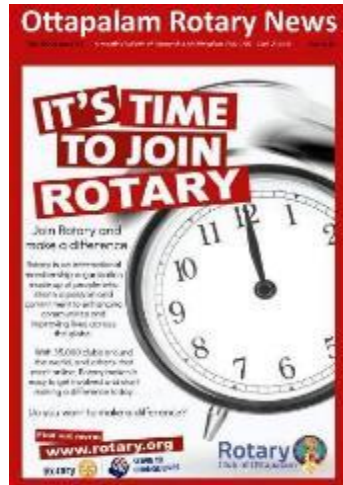


We meet on every Thursday 7:30 pm at CRR Hall, Manisseri

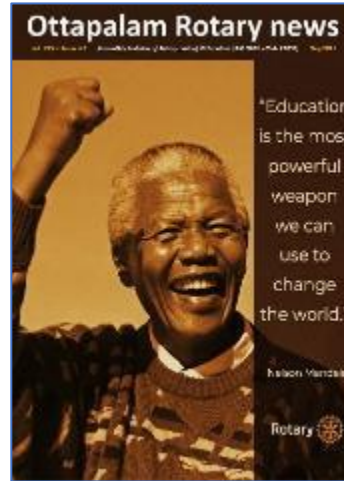
ORN Past Issues 2021-22 *(click on the bulletin icon to read)*



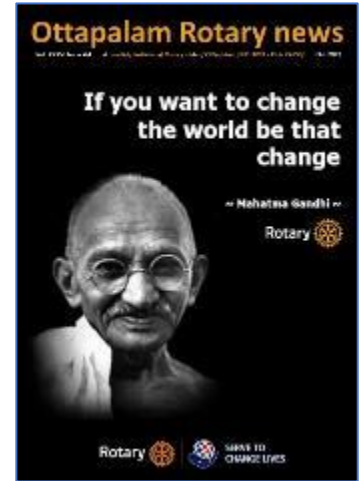
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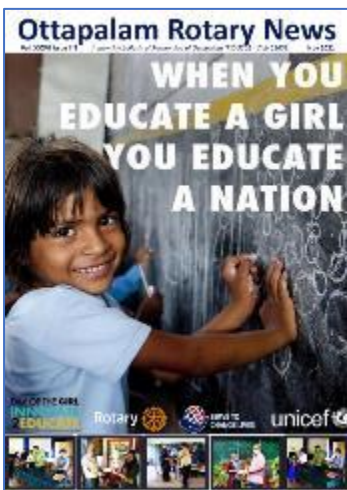
ORN #2 AUG-2021



ORN #3 SEP-2021



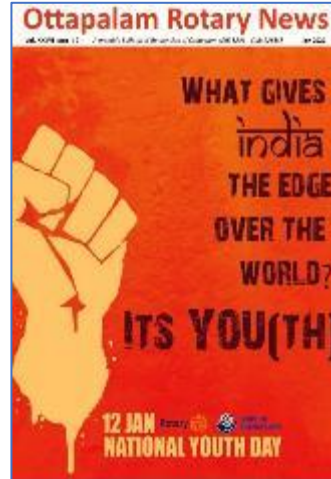
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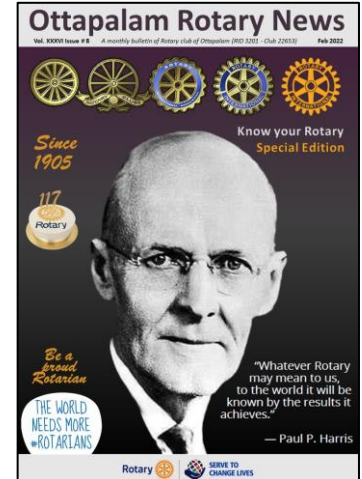
ORN #5 Nov-2021



ORN #6 Dec-2021



ORN #7 Jan-2022



ORN #8 Feb-2022

8 MARCH

Happy Women's Day



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