

ORN Ottapalam Rotary News

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

Vol. XXXIX - Issue # 5

Nov 2024

The Rotary Foundation



Charity ✨ Navigator



✦ **FOUR-STAR** ✦

100% rating 16 consecutive years from 2008





A Month of Gratitude and Service, and a Call to Action

November is a month rich with tradition and meaning. As we gather together to celebrate **DIWALI**, let us also reflect on the many blessings in our lives and the opportunities we have to serve our communities and the world.

Gratitude is a powerful force. It can shift our perspective, foster positive relationships, and inspire us to give back. When we cultivate a sense of gratitude, we recognize the interconnectedness of all beings and the importance of compassion and kindness.

As Rotarians, we are committed to making a difference in the lives of others. November is an ideal time to renew our commitment to service and to find new ways to make a positive impact. Whether it's volunteering at a local food bank, mentoring a young person, or supporting a global humanitarian project, there are countless opportunities to serve our communities and make a difference.

And let's not forget the incredible work of The Rotary Foundation.

November is Rotary Foundation month, a time to celebrate the Foundation's impact on communities around the world. From providing clean water and

education to supporting polio eradication efforts, the Foundation's work is truly transformative.

I urge all members to consider donating to The Rotary Foundation.

Your contribution can help to fund life-changing projects and make a lasting difference in the lives of people in need. Together, we can create a better future for all.

Let us embrace the spirit of gratitude and service this November. By giving thanks for our blessings and taking action to help others, we can create a more compassionate and just world.

This month bulletin includes activities of October 2024.

Wish you all a **Happy Kerala Piravi!**



Rtn. Ramachandran Kunduthody

Chair Public Image & Bulletin Editor | Zonal Chair Speak Bank

Please send your comments, suggestions and contribution to improve our club bulletin to the club email cio.rotaryotp@gmail.com For more information visit us at <http://www.rotaryclubofottapalam.org>



From the President's Desk

Greetings Dear Rotarians,

The month of October for the Rotary year 2024-25 was truly fabulous. We were able to execute 16 new projects, taking the total number of projects done during the Rotary year 2024-25 to 76 covering all most all avenues of service. In the Remaining months of the Rotary year, we are also committed to pursue same level of excellence as far as our service to make most vulnerable and weaker section of the society is concerned.

The month of November, we are focusing medical treatment support to cancer, Kidney transplantation patients and those who suffer from various ailments. We are also planning to conduct Speaker and Classification sessions on various informative subjects.

Thank you

Yours in Rotary

Rtn. Sunil Ammath
President 2024-25

Happy
INTERNATIONAL
MEN'S DAY
NOVEMBER 19



*On 12-Oct-2024
President, GGR and Secretary
at Kedarnath*

Activities



Shot on OnePlus
Ottapalam, Kerala 2024/10/02 10:21
By VM pics

Swachh Bharat - Cleaning activities conducted on Gandhi Jayanti day ,2nd October 2024 at Rotary CRR Hall (above and below)



Activities



Classification talk
Speaker:
Rtn MGK Menon
Topic:
Automobile
Engineering
On 10-Oct-2024



**4th Board
Meeting
20-10-2024**

Activities



Club Bulletin ORN
October print
edition released
on 20-10-2024 by
Editor Rtn.
Ramachandran to
the President Rtn.
Sunil Ammath.

At CRR Hall



Activities



22-Oct: Provisions for one month given to a person who suffer from stroke (above left) and Provisions for one month given to a family kids, who lost their mother and father, is partially blind due to diabetics (above right)



24-Oct: Treatment support for a Mr Santhosh a resident of Ikkadi who suffers from cancer his brother receiving the cheque on behalf of him (above left) Ms Soumini a resident of Totakkara who is also suffering from Cancer receiving treatment support (above right)



RCO president receiving a copy of Inner Wheel Bulletin during their Chairman Official Visit on 29-Oct (above).

Activities



20 Oct Attending District seminar Parathamya



Activities



President donating sewing machine to Amrutha on 26-Oct (above)



26-Oct President handing over Education support for Master Rithvik, a 7 STD student (Above)



26-Oct President handing over Education support for Master Anekh R, a 2nd standard student (Above)



27-Oct Dress collected from Rotarians given to Orphans living in Shoranur Railway station area.



27-Oct cash given to organiser for the days expenses(Above)



27-Oct Food sponsorship for 55 orphans for the month of October living in Shoranur area(Above)



Rtn. Dr. M. Narayanan



Breast cancer in India - facts to know

STATISTICS

- Commonest cancer in Females
- Incidence increasing over years
- 25 cases per 1 lakh population
- Death 12 per 1 lakh population
- 1 in every 28 women can get breast cancer
- Age - common 35 to 65 years
- 75 % will survive for more than 5 years after diagnosis
- Highest incidence state - Kerala
- More younger females are getting cancer now
- Though rare a male can also get breast cancer.

Risk factors for breast cancer

- Family history of breast cancer
- Unmarried
- Married but no children
- First childbirth at late age
- No breast feeding
- Early menopause
- Late age of menstrual onset
- Prolong usage of contraceptive pills
- Cancer of uterus or ovary
- Overweight / Inactivity
- Alcohol / Smoking

Breast cancer screening

- Self-Breast Examination
- Examination by healthcare expert

- Breast Ultrasound
- Breast X Ray
- (Mammography include USG & Xray)

Breast Cancer Diagnosis

- Fine Needle Cytology
- Core needle biopsy
- Open Biopsy
- The tissue is studied for
 - 1) Histology or cell study to know type of cancer
 - 2) Hormone receptor study to know hormone sensitivity of cancer,
 - 3) Immune Histo Chemistry to note biological characters of the cancer.

Studies to assess extend of Breast cancer

- X Ray chest
- USG Breast and Abdomen
- CT Scan chest and Abdomen
- CT scan of other organs if indicated
- Whole body PET SCAN to know spread to other organs and bone.

NB: Breast cancer is not a single disease but a group of different type of diseases with its own unique cancer biology, virulence, treatment response and outcome. Hence it is important to diagnose all details about a particular person's cancer before starting a tailor-made treatment to get best treatment outcome.

TREATMENT

By the time the breast cancer is diagnosed it would have practically invariably spread beyond the breast. So, treatment should include targeting cancer cells in breast and other parts of body. It is always a combination of various treatment modes depending on the disease and the patient factors.

Treatment modes

Locoregional (Disease of Breast + Axilla)

- Surgery
- Radiotherapy

Systemic (Disease spread outside breast)

- Chemotherapy
- Hormonotherapy
- Immunotherapy

Types of Surgery in breast cancer

- Biopsy
- Mastectomy (Remove full breast)
- BCS Breast Conservation Surgery (Remove the cancer only)
- Breast Reconstruction (After treatment completion)

Chemotherapy

- Use combination of drugs to kill cancer cells all over body. Drugs and the combination and duration are selected depending on type and stage of cancer
- Given as cycles repeated every 3 or 4 weeks
- Usually, 4 to 8 cycles decided as per disease and patient factors
- Side effects reverts after the therapy

Radiotherapy

- To Breast alone (after BCS)
- To Breast and Axilla
- Usually, 25 sittings spread as 5 sittings a week over 5 weeks
- External Beam Radiation

Hormonotherapy

- Given for patients with hormone sensitive breast cancers
- TAMOXIFEN as tablet form daily for 5 years. Reduce recurrence of cancer

Immunotherapy

- Use drugs which enhance immune system to fight against cancer cells
- Used in specific cancer types
- Costly
- Limited usage
- Still evolving and is in R & D and trial modes

Survival After treatment

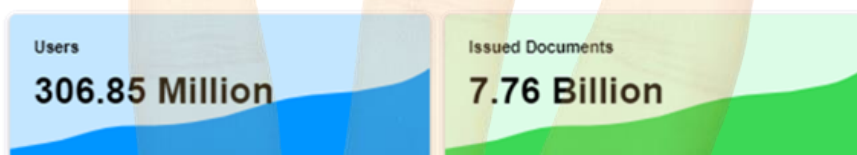
- Depends on Type of cancer
- Stage of cancer at diagnosis effective and complete,
- Overall, with treatment survival is 5 year 75% ; 10 year 60%

Key factors for better out come

- Awareness about disease
- Risk factor modification
- Screening
- Early detection
- Correct Diagnosis
- Proper and complete treatment



- **DigiLocker** is a flagship initiative of the Indian government under the Digital India program, launched in 2015. It provides a secure and dedicated personal electronic space for citizens to store, share, and verify their documents and certificates. Benefits include:
- Secure storage: Store important documents like Aadhaar, PAN, passport, Covid Vaccine, Driving License, Vehicle Registration certificate, Ration Card, Residence certificate, Income certificate and academic certificates in a secure and encrypted environment.



- Easy access: Access documents anywhere, anytime, and share them with authorized entities.
- Reduced paperwork: Minimize the need for physical documents, reducing the risk of loss, damage, or forgery.
- Authenticity: Ensure the authenticity and verification of documents through digital signatures and timestamps.
- Integration: Seamlessly integrate with other government services and departments.

digiYatra

- **DigiYatra** is an innovative biometric-enabled digital processing system for air travel in India, launched in 2018. It aims to enhance the passenger experience, improve security, and reduce wait times. Benefits include:
- Fast check-in: Use facial recognition technology for fast and seamless check-in.
- Biometric authentication: Ensure enhanced security through biometric verification at multiple checkpoints.
- Paperless travel: Enjoy a convenient and paperless travel experience, eliminating the need for physical documents.
- Reduced wait times: Minimize queues and wait times through automated processing.
- Personalized experience: Receive personalized notifications and updates throughout your journey.

Both **DigiLocker** and **DigiYatra** demonstrate the Indian government's commitment to leveraging technology to enhance citizen convenience, security, and efficiency.



The Digi Yatra Journey: Concept



Compiled by Rtn, Ramachandran, RC Ottapalam. Source: <https://www.civilaviation.gov.in/>

Shahi Malai kofta

Ingredients

- Bottle gourd/ Ghia (medium size) - 1 no
- Gram flour – up-to 3 tablespoon
- Onions (medium) -2
- Tomatoes – 2
- Ginger+ garlic paste - 2 tsp
- Green chilli chopped 3-4
- Whole cummin - 1 TSP
- Bay leaf – 1
- Hing(asafoetida) - one pinch
- Oil - 2 tablespoons
- Turmeric powder- 1 TSP
- Coriander powder - 3 TSP
- Kashmiri chilli powder - 2 tsp
- Roasted cumin powder - 1 TSP
- Fresh cream - 1 tbsp
- Curd (room temperature) 1/2 cup
- Kasuri methi - 1 TSP
- Salt to taste
- Oil for frying
- Coriander leaves
- Cashew - 8-10 for grinding



Rtn. Venus G Menon



Preparation

Grate the bottle gourd in the grater with big holes. Press the grated gourd and remove the water and keep it aside. To the grated gourd, add one spoon of onion, half a TSP of chilli powder, coriander powder, cumin powder, turmeric powder, whole cumin, and chopped coriander leaves, along with half of chopped cashew and kismis. Add salt and the gram flour little by little and make a dough with soft consistency, where gourd should be more and less of flour. Make round balls and keep aside to be deep fried. Fry on medium to low heat so that the koftas are cooked well from the inside too.

For the gravy:

Heat oil in a pan and add, cumin seeds, bay leaf and a pinch of hing. Once the cumin seeds crackle, add half of the chopped onions, coarsely ground ginger garlic, once the onions are golden brown, add turmeric powder, 1 TSP kashmiri chilli powder, 1 TSP coriander powder, and half a teaspoon of roasted cumin powder and fry well, add 2 medium sized tomatoes chopped and fry till oil separates. Add 1/2 cup of curd and keep stirring continuously. Once it starts boiling, add the water left over from the gourd, and some hot (boiled) water and a tablespoon full of fresh cream beaten. Add the leftover cashew kismis and kasuri methi powdered to the gravy and salt to taste. Let it boil nicely for 5 mins and then add the ground cashew paste. Adjust water consistency and then add the koftas and switch off the heat. Make sure there's enough gravy because, kofta will soak the gravy. Garnish it with a tbsp full of fresh coriander leaves and enjoy it with bread, rotis, parathas or rice. Happy cooking 😊

NB: while making koftas, salt to be added just before frying, else the koftas can get watery and difficult to fry.

Congratulations



Congrats to **Annet Adv. Adithya Lakshmi Baiju BBA LL.B(hons)** on completing her LLB in flying colours.

Adithya Lakshmi(left) participated in the Rotary Youth Exchange Program in 2016-2017, a cultural and educational exchange program that fostered international understanding and acceptance. During her time in the Czech Republic, she immersed herself in the local culture, strengthening her language skills and broadening her global perspectives. Rotary club of Ottapalam wish her all success in her career life. RCO recognised her success by presenting a memento on 26th Oct 2024 (right)



Congrats to **Annet Adv. Abigail Joyson BBA LLB** (left) on completing her LLB in flying colours.

Rotary club of Ottapalam wish her all success in her career life. RCO recognised her success by presenting a memento on 26th Oct 2024(right)



Congratulations

THE NOBEL PRIZE
ANNOUNCEMENTS
7-14 OCTOBER 2024

THE
NOBEL
PRIZE

The Nobel Prize

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870,460 followers

See a collection of active or
past ads by The Nobel Prize.

[View ad library](#)

The Nobel Peace Prize 2024 has been awarded to Nihon Hidankyo, a Japanese organisation founded by atomic bomb survivors. The Nobel Committee recognised their efforts to achieve a world free of nuclear weapons, especially in light of growing international tensions involving nuclear threats.

NOBEL PRIZE 2024 PEACE

WORLD FREE OF NUCLEAR WEAPONS

BY-DUSHYANT SIR



All

Images

Videos

Articles

Documents

Sort by: Top



The Nobel Prize

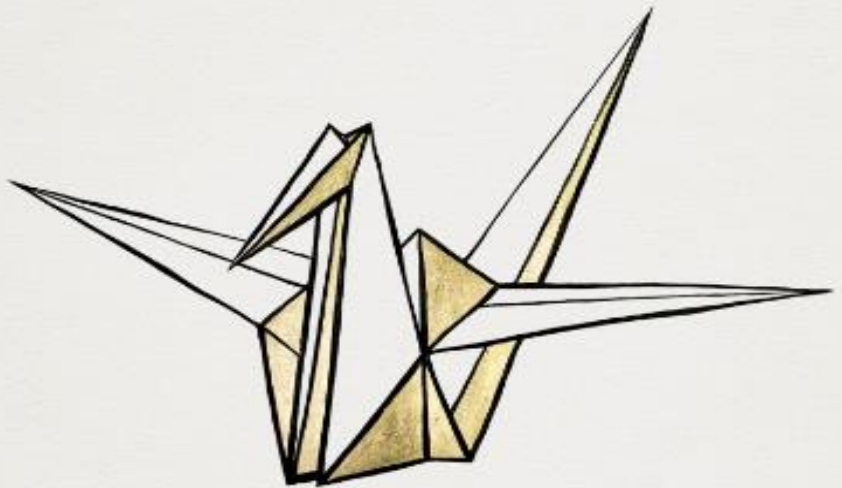
870,460 followers
2d · Edited ·

BREAKING NEWS

The Norwegian Nobel Committee has decided to award the 2024 Nobel Peace Prize to the Japanese organisation Nihon Hidankyo. This grassroots movement of ...more

THE NOBEL PEACE PRIZE 2024

Illustration: Nikas Elmehed



Nihon Hidankyo

"for its efforts to achieve a world free of nuclear weapons
and for demonstrating through witness testimony
that nuclear weapons must never be used again"

THE NORWEGIAN NOBEL COMMITTEE

Happy Anniversary!



Rtn. Sreejith & Rtne. Sivapriya
(6-Nov)



Rtn. Joyson & Rtne. Sheeba
(11-Nov)



Rtn. Dr. Narayanan Kutty & Rtne. Sindhu
(14-Nov)



Rtn. TN Kutty & Rtne. Vasanthi
(20-Nov)



Rtn. Madhusudhan R & Rtne. Sajitha
(24-Nov)



Rtn. Gopakumar & Rtne. Venus
(27-Nov)



Rtn. Stephanie A. Urchick
RI President 2024-25



Rtn. AKS. Adv. N. Sundaravadivelu
Dist. Governor 2024-25



Rtn. Ramesh Veeraraghavan
Chairman District Conference 2025

Engage with
**Renowned
Speakers**

Engage with
Celebrities

Entertainment
Par Excellence

Exciting
Prizes

Great
Fellowship



Engage, Learn, and Celebrate with inspiring sessions
from an incredible lineup of speakers:



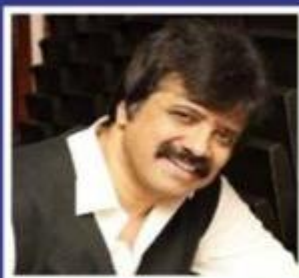
K. Annamalai (Ex-IPS)



Dr. Pal Manickam



Actress Khushboo



Singer Srinivasan D.

And many more renowned speakers!

Fellowship, Food, and Fun Await!
**Don't miss out on this exciting opportunity to
connect and grow with fellow Rotarians.**

-: Registration Fee :-

Early Bird (100% Club Registration): ₹ 999/-

Register by November 15 to avail this special rate!

Late Registration (After November 15): ₹ 2,999/-



Register Now

For Registration please contact

Rtn. Ramesh Veeraraghavan
Chairman, District Conference 2025

97515 76946

Why the Rotary Foundation is exemplary

The Rotary Foundation is widely recognized as an exemplary global humanitarian organization.

Established in 1917, it has a long history of implementing impactful service projects and promoting international understanding.

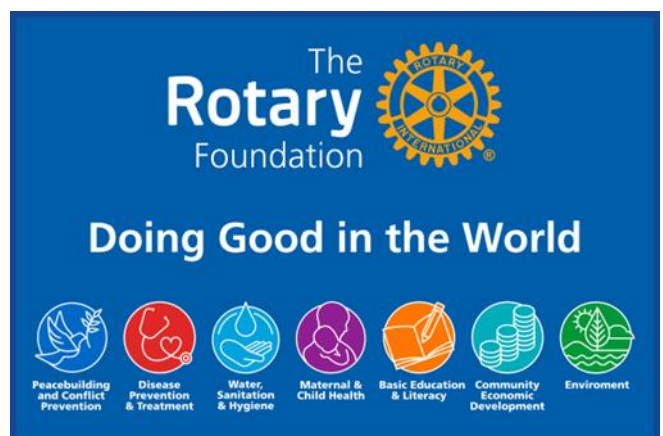
The organization's core focus areas include promoting peace, fighting disease, providing clean water and sanitation, supporting education, and growing local economies.

Through its network of over 1.2 million members across 200 countries, the Rotary Foundation mobilizes volunteers and resources to address pressing community needs worldwide.

Its commitment to ethical practices, transparency, and measurable outcomes has earned it a strong reputation.

The organization's flagship programs, such as the PolioPlus campaign and the Rotary Peace Centers, have achieved remarkable results.

The Rotary Foundation's collaborative approach, focus on sustainable solutions, and dedication to making a lasting difference in people's lives make it a model for effective philanthropic and service-oriented organizations globally.



The polio shot heard round the world

A son recalls his father's great medical achievement

**WORLD
POLIO DAY**
24 OCTOBER



By Dr. Peter L. Salk

I have been president of the [Jonas Salk Legacy Foundation](#) since its founding in 2009. As you can imagine, focusing my attention in that role on the legacy of my father's many contributions to humanity — including his creation of the [Salk Institute for Biological Studies](#), just up the road in La Jolla on a bluff overlooking California's magnificent Pacific Coast — has a special significance for me. My father, Dr. Jonas Salk, developer of the first polio vaccine, was born in New York City on 28 October 1914, exactly three months after the beginning of World War I.

.....

In 1955, more than 10 million children received one or more injections of the Salk vaccine. Within one year, polio cases and deaths in the United States had been nearly halved, a trend that continued and made a vision of polio eradication a possibility.

Today, that goal is getting ever closer to reality. Rotary International has been a champion in ensuring that one day — and, I hope, one day soon — that goal will be reached. Rotary helped found the Global Polio Eradication Initiative, and it continues to put a major emphasis on getting the job done, as does the Gates Foundation, with its generous donations, and the other organizations that are part of the GPEI. Everyone is working unbelievably hard, and practical work is being done on the ground where it's most essential. Efforts are underway to remove obstacles and deal with societal issues that have impeded progress in some remaining parts of the world.

The contributions Rotary has made toward eradicating polio have been indispensable, and its indomitable spirit has been a driving force in this effort. I've had the great pleasure on many occasions of speaking to and with members of Rotary, and each time it has been an uplifting experience. The desire shared by Rotary members to help the world is inspiring and mirrors the driving force in my father's life.

<https://www.rotary.org/en/polio-shot-heard-round-world>

END
POLIO
NOW

MAKE
HISTORY
TODAY



100% \$25 Club

100% members of Rotary club of Ottapalam made \$25/each contribution towards POLIO fund

YOUR DONATION
US\$25

+

BILL & MELINDA GATES FOUNDATION
US\$50

TOTAL CONTRIBUTION
US\$75

150
VESTS FOR VOLUNTEERS



75
VACCINE CARRIERS



600
PURPLE FINGER MARKERS



Rotary 

DONATE  [ROTARY.ORG/CONTRIBUTE](https://rotary.org/contribute)

LEARN  [ENDPOLIONOW.ORG](https://endpolionow.org)



28 Oct 2024
Date last refresh

Global Wild AFP cases and environmental samples 2018-2024



Source	Period	Wild virus type 1 confirmed cases									Wild virus type 1 reported from other sources ²							
		Full year total								Date of most recent virus	Full year total							Date of most recent virus
		2018	2019	2020	2021	2022	2023	2023	2024		2018	2019	2020	2021	2022	2023	2024	
Afghanistan		21	29	56	4	2	6	6	23	14-Sep-2024	86	66	43	1	22	62	100	23-Sep-2024
Pakistan		12	147	84	1	20	6	4	41	08-Oct-2024	139	391	438	65	41	127	438	03-Oct-2024
Islamic Republic of Iran												3						20-May-2019
Malawi					1					19-Nov-2021								
Mozambique						8				10-Aug-2022								
TOTAL (TYPE 1)		33	176	140	6	30	12	10	64		225	460	481	66	63	189	538	
Tot. in endemic countries		33	176	140	5	22	12				225	457	481	66	63	189		
Tot. in non-end countries					1	8							3					
No. of countries (infected)		2	2	2	3	3	2				2	3	2	2	2	2		
No. of countries (endemic)		2	2	2	2	2	2				2	2	2	2	2	2		
Total Female		18	72	59	2	10	4				2	3			1			
Total Male		15	104	81	4	20	8					8						

<https://polioeradication.org/wild-poliovirus-count/>

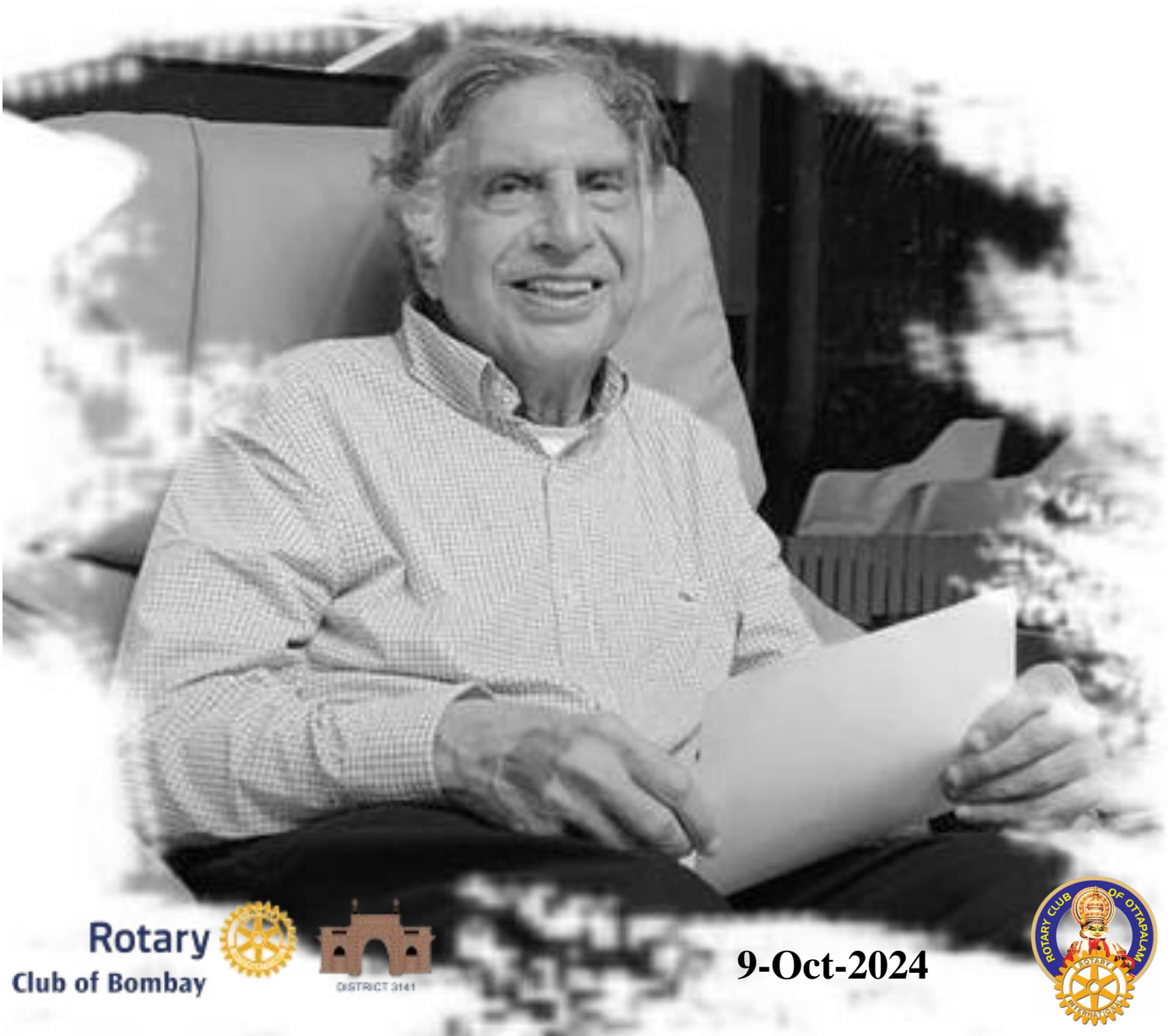
Countries in yellow are endemic.

¹ Cases reported to WHO HQ on week 44 in 2023 and 2024
² Wild viruses from environmental samples, selected contacts, healthy children and other sources

Obituary

Ratan Tata (1937 - 2024)

**A true Titan whose vision transformed
industries and lives alike**



9-Oct-2024



*Mr. Tata's association with the **Rotary Club of Bombay** has been a source of great pride and inspiration for all Rotarians. He was an **Arch Klumph Society** member of The Rotary Foundation. His values of service, ethics, and compassion align perfectly with the Rotary ideals. We extend our deepest condolences to Mr. Tata's family and friends during this difficult time. May his soul rest in peace.*

Share Your Expertise - Join the Speaker Bank!

Dear Fellow Rotarians,

As we strive to create engaging and informative meetings for our clubs, the Rotary District 3201 is excited to announce the launch of a new Speaker Bank initiative! The Speaker Bank will be a valuable resource, allowing us to easily identify qualified Rotarians willing to share their knowledge and experiences with other clubs in our district. This will not only provide fresh perspectives for our own meetings but also foster collaboration and knowledge exchange throughout the Rotary community.

Here's How You Can Get Involved:

We are actively seeking Rotarians with expertise in a wide range of topics relevant to Rotary's core values of Service, Fellowship, Diversity, Integrity, and Leadership. If you possess a unique skillset, have a passion for a specific cause, or have a compelling story to tell, we encourage you to volunteer your services as a speaker!

What We're Looking For:

Engaging and informative presentations on topics aligned with Rotary's focus areas (e.g., Community service, peacebuilding, vocational service, literacy, environment, etc.)

Passionate and articulate speakers who can captivate an audience.

Flexible Rotarians willing to travel within a reasonable distance for speaking engagements.

How to Sign Up:

To join the Speaker Bank, simply complete the brief online form available at [Rotary District 3201 - Speaker Bank](https://tinyurl.com/RotarySpeakerBank). The form will ask for your contact information, areas of expertise, etc. If you are not able to join online, kindly reply to through email cio.rotaryotp@gmail.com or by WhatsApp to 9544396966, along with your biodata and Speaker Topics of Interest.

Benefits of Participating:

By becoming a part of the Speaker Bank, you have the opportunity to:

- Share your knowledge and expertise with a wider Rotary audience.
- Gain valuable speaking experience.
- Connect with Rotarians from other clubs and foster inter-club collaboration.
- Support your club's service initiatives by raising awareness for important causes.

We believe this Speaker Bank will be an asset to our Rotary network. By sharing your talents, you can help us create even more impactful and engaging club meetings.

Together, let's make Service Above Self a reality by fostering knowledge exchange and building stronger connections within Rotary!

Rotary regards,

Rtn. Ramachandran Kunduthody | Zonal Chair - Speaker Bank

RC Ottapalam - Club Chair - Public Image | Bulletin Editor | 9544396966

<https://tinyurl.com/RotarySpeakerBank>

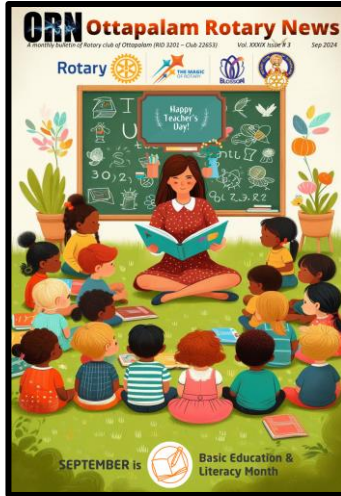
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July-2024



Aug-2024



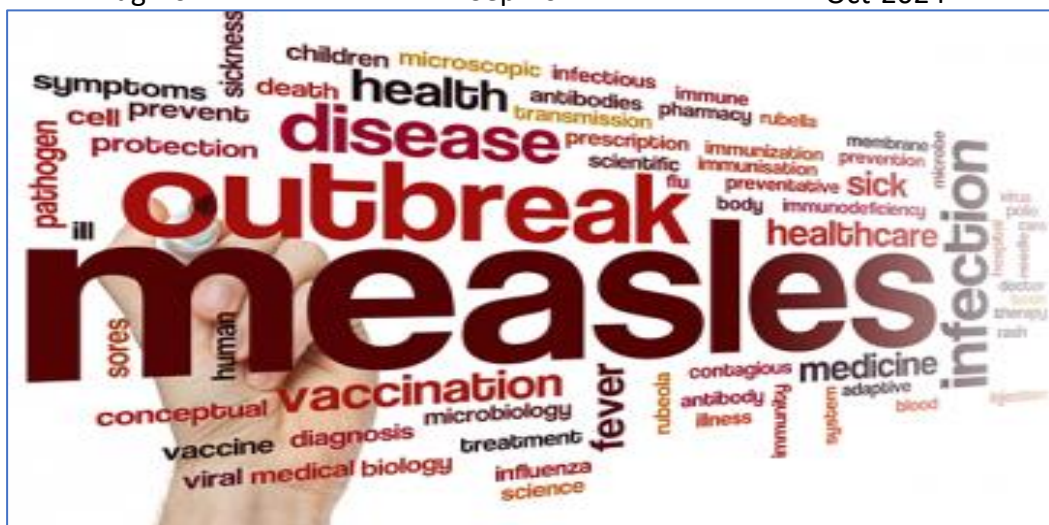
Sep-2024



Oct-2024



Nov-2024



DECEMBER IS
www.rotary.org/donate



Designed & edited by Rtn. Ramachandran K and published by Rtn. Sunil Ammath, President (2024-25), Rotary club of Ottapalam