

December is
Disease Prevention & Treatment
month

DON'T BOTTLE IT UP



**Mental Health
Initiatives**
Rotary Action Group

**“I’m not afraid to speak up
– Neither should you”**

Stephanie Urchick, Rotarian
Rotary International President Elect

Approximately 1 in 4
people officially suffer with
some form of mental
illness and due to Covid
this is rising.

In reality, almost everyone
will encounter a mental
health issue either directly
or indirectly at some point
in their lives.

Even if you’re not in the
25% directly affected, help
break the taboo of Mental
Health

Don’t suffer in silence.
#dontbottleitup



Doing
Good
In The
World





A month dedicated for disease prevention and treatment

As the month of December begins, Rotary clubs around the world are focusing on an essential area of focus: **disease prevention and treatment**. Through this focus area, Rotary aims to promote access to healthcare and support efforts to prevent and treat diseases.

Disease prevention and treatment are critical to improving the health and well-being of individuals and communities around the world. This includes efforts to prevent the spread of infectious diseases, such as HIV/AIDS, malaria, and tuberculosis, as well as supporting research and treatments for non-communicable diseases, such as Polio, cancer and diabetes.

One-way, Rotary clubs can support disease prevention and treatment is by partnering with local healthcare organizations. This might include supporting vaccination programs, providing funding for medical equipment or supplies, or organizing health education programs.

An important strategy for Rotary clubs is to support global health initiatives. Through programs such as the Rotary Foundation's "PolioPlus" program, clubs can help to eradicate polio and support efforts to prevent the spread of other infectious diseases around the world.

Rtn. Ramachandran Kunduthody

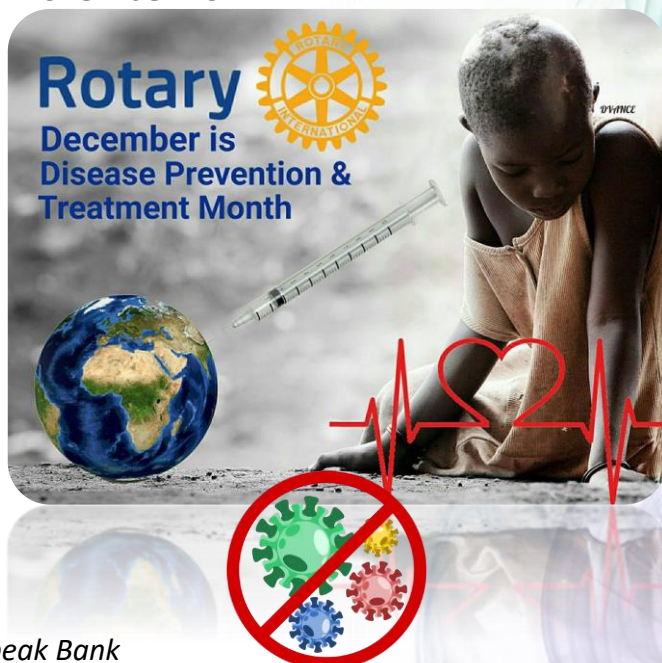
Chair Public Image & Bulletin Editor | Zonal Chair Speak Bank

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>

In addition, Rotary clubs can also support disease prevention and treatment through youth programs. For example, the Rotary Youth Exchange program provides opportunities for students to study abroad and gain exposure to different healthcare systems and practices. By promoting cross-cultural understanding and education, Rotary clubs can help to support the next generation of healthcare professionals.

In conclusion, disease prevention and treatment are critical to improving the health and well-being of individuals and communities around the world.

Let us all work together to promote access to healthcare and support efforts to prevent and treat diseases around the world. This edition include activities of November 2024.





From the President's Desk

Greetings Dear Rotarians,

The month of November for the Rotary year 2024-25 was truly great. We were able to execute 11 new projects taking the total number of projects done during the Rotary year 2024-25 to 87.

We support the Rotary International effort in fighting Polio. As a part of that each member of the Rotary club of Ottapalam(RCO) has contributed US \$25 towards TRF Polio fund. We are proud to announce that RCO is recognized by Rotary International as a 100% contributing club.

In the month of December also we are planning to do more projects based on our District theme BLOSSOM.

My advance Merry Christmas and New year wishes to all.

Thank you

Yours in Rotary

Rtn. Sunil Ammath

President 2024-25



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)

Activities



Thank you Rtn. Pramod Menon for distributing sweets on Diwali (Left) ORN Nov-2024 released (Right)



Nov-8: Treatment support for Mr janardenan collected by his wife Vasantha(left) Treatment support for a patient waiting for Kidney transplantation(right)



Nov-8: Honouring Rtn Rajan George for his outstanding contribution in the field of medical sciences at Multi club meeting at RC Kalladikode

Activities



Nov-14-Classification talks by Rtn Pramod Menon on Hindu Undivided Family HUF the relevance tax benefits advantage and disadvantage



Nov-14-Essential materials provided to 1st Mile Anganwadi



Nov-14-Essential materials provided to Vani Vilasini Anganwadi

Activities



Nov-22-Flag exchange with RC Payyannur
Inside the Payyannur RS VIP room



Handing over of RC Ottapalam RID 3201
Bulletin to RC Puttur East RID 3181



Nov-27-Palakkad Region clubs meeting at CRR Hall, Ottapalam (above & below).



Activities



Nov-19-President felicitating at the IWC Shoranur installation (Above)



Support for Ms Viji for providing food to 50 orphans in and around cheruthuruthy for the month of November 2024.

Activities



New member Adv. Narayanan Kutty inducted on 30-11-2024 by AG. Welcome Rtn. Adv. Narayanan Kutty to the Rotary fraternity



Nov-24-Educational Support for an LLB student presented by Rtn. Dr KS Menon.(above left) A schoolboy given education support(above right) A Sewing machine donated to a family as part of women empowerment, a project with 12 sewing machines for the year 2024-25(BELOW)



Rotary – News



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:



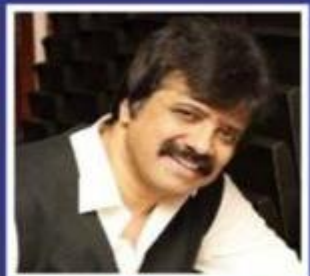
K. Annamalai (Ex-IPS)



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



TRUE HUMILITY MEANS GIVING JOY TO OTHERS

SRI CHINMOY

Members'
CORNER

'Giving with Humility' In this season of giving, what is most important is: How do you give? Do you find joy in giving in little ways? Do you give cheerfully with the sweetness of humility?

As a great giver said, "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. "An anecdote which comes to mind is of Tulsidas, who was scripting the **Ram Chritra** manas at that time, came to know about the unique behaviour of Rahim, who was one of the Navratan in Akbar's court. While giving alms to the poor, Rahim gave with extreme humility & he kept his gaze downwards towards the earth. He never looked at the person he was giving alms to. Tulsidas promptly wrote the following couplet and sent it to Rahim.

“ऐसी देनी देंज्यूँ, कित सीखे हो सैन जयोंज्यों कर ऊंच्यो करो, त्योंत्यों निचे नैन” “O great person, where have you learnt this amazing way of giving? As your hands rise to give, your eyes look down” Completing the couplet which Tulsidas wrote, Rahim replied in extreme humility. His reply shows how evolved Rahim was as a soul.

“देनहार कोई और है, भेजत जो दिन रैन लोग भरम हम पर करे, तासो निचे नैन” “The Giver is someone else (the God almighty), giving day and night. The world has a misconception that I am the giver. So, I lower my eyes in embarrassment.”

In a world that seems to reward those who shout the loudest, humility can feel like an outdated virtue. Humble people are not trying to impress anyone, they are at ease with themselves, and they can take a compliment without letting it go to their head. They say thanks, and they mean it. Being humble means, you do things out of the kindness of your heart, without the expectation of anything in return; even gratitude.

So, when people asked “why would I do that if I’m not getting anything?

"My response is always “because it’s called being human.

"If you cannot be great, be willing to serve God in that which is small. If you cannot do great things for Him, cheerfully do-little ones.

"Actions truly do speak louder than words. Let your humble giving approach be your voice. Like Martin Luther King Jr. asked from himself, Ask yourself today, life’s most persistent and urgent question – "What are you doing for others?

"This festive season, let's give with humility, If you can't give big things, contribute by giving little things, Just make someone smile, just be kind, be nice, Selflessly care & share!



It's Easy to Stay Safe Online **STAY VILGILANT! PREVENT FRAUD!!**

Don't Let Urgency Steal Your Money- Protect yourself from Illegal loan apps!

In today's digital landscape, cyber security awareness is essential to safeguard against evolving threats. Let's stay informed, stay vigilant, and practice safe online habits to protect ourselves and our digital community.

Let us spread awareness against illegal loan apps. These apps, typically unregulated and operated by fraudsters, employ unethical tactics to trap borrowers by promising quick hassle-free loans.

Modus Operandi:

Apps use enticing advertisements promoting fast, hassle-free loans with minimal documentation and quick approval without background checks.

Once the loan is disbursed, users often face exorbitant interest rates, hidden fees, and shortened repayment periods, which are rarely disclosed upfront.

If payments are delayed, borrowers are harassed, constantly threatened via calls.

Precautions:

- Always Check if the lender is registered with the regulator. If suspect any illegal activities file a complaint with RBI.
- Restrict unnecessary app permissions to protect your personal data. Avoid apps with unclear loan terms and repayment conditions.
- Download apps from official app stores only. Review app ratings and user feedback before downloading.
- Report cyber fraud on Govt. of India portal: www.cybercrime.gov.in OR CALL: 1930.
- Banks will never request your Card number, PIN, Expiry date, CVV, or OTP. Never provide these sensitive details with anyone. Always check SMS and Email alerts from banks and promptly report any unauthorized transactions.



Congratulations

President and members of Rotary club of Ottapalam congratulate and extend their best wishes to Annet Shon who got married to Neha on 17-Nov-2024. Some select photos with friends in Rotary!



Congratulations



Congratulations to Annet Sangeerthana Pradeep on her getting Graduated in mechanical engineering from Jyothi Engineering college. President and members wish to extend her all the best.



Congratulations to Annet Pranay P Menon on his success in Essay and Quiz competitions

Happy Anniversary!



**Rtn. Prabhurajan Edathol &
Rtne. Saraswathy Prabhurajan (4-Dec)**



**Rtn. Dr Narayanan M &
Rtne. Dr Lekha Narayanan(23-Dec)**



Register and pay by 15 December 2024
before prices increase

convention.rotary.org

MAJESTIC
MOUNTAINS

VIBRANT
CITY

MAGIC ALL
AROUND

ROTARY INTERNATIONAL CONVENTION

21-25 JUNE 2025 • CALGARY, CANADA



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>

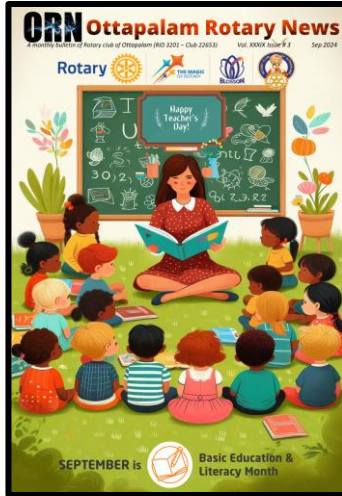
ORN – Archives



July-2024



Aug-2024



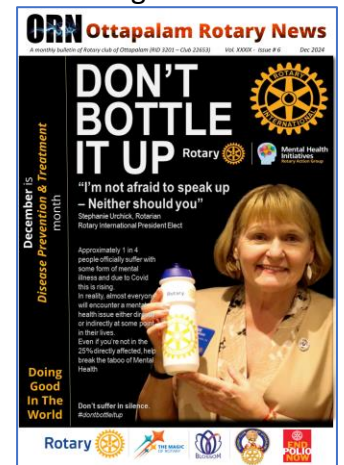
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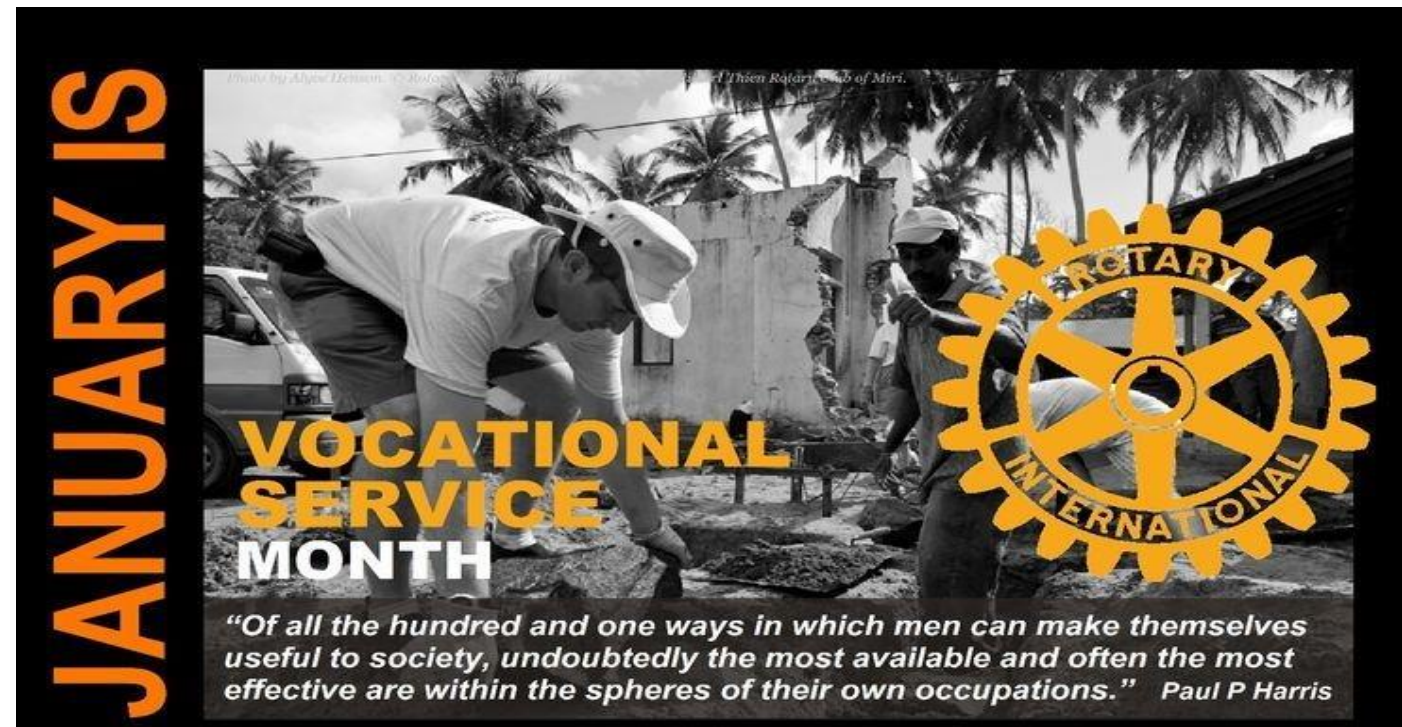
Oct-2024



Nov-2024



Dec-2024



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