

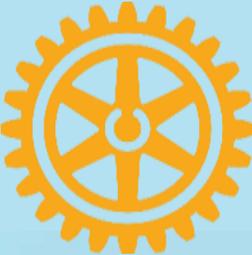
Ottapalam Rotary News

Vol. XXXVII Issue # 3

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

Sep 2022

THE GIFT OF LITERACY THROUGH

Rotary 



IMAGINE
ROTARY



RAINBOW
OPPORTUNITIES TO SERVE



Rotary
India Literacy Mission
T-E-A-C-H



Dear fellow Rotarians, anns, annets and friends,

Greetings from the Editorial team! Here is the 3rd issue of Ottapalam Rotary News(ORN) bulletin Volume XXXVII Issue #3 for the Rotary year 2022-23. September is the month of Basic education and Literacy for Rotary.

This ORN include activities of Aug 2022. Activities have picked up in August with celebrating 75th Anniversary of Indian Independence. We have joined the national appeal “Har Ghar Tiranga” and we made it a success by procuring and distributing national flags to members.

You may help us promote Rotary club of Ottapalam(RCO) by visiting RI website www.rotary.org District website www.rotary3201.com and our club website www.rotaryclubofottapalam.org, Club APP (Android & iOS) . We also have our presence on the Facebook and YouTube www.facebook.com/rotaryclubotp and <https://www.youtube.com/watch?v=mODYyn2GPtY> Please promote them too.

Please send your comments, suggestions and contribution to email cio.rotaryotp@gmail.com

Thank you



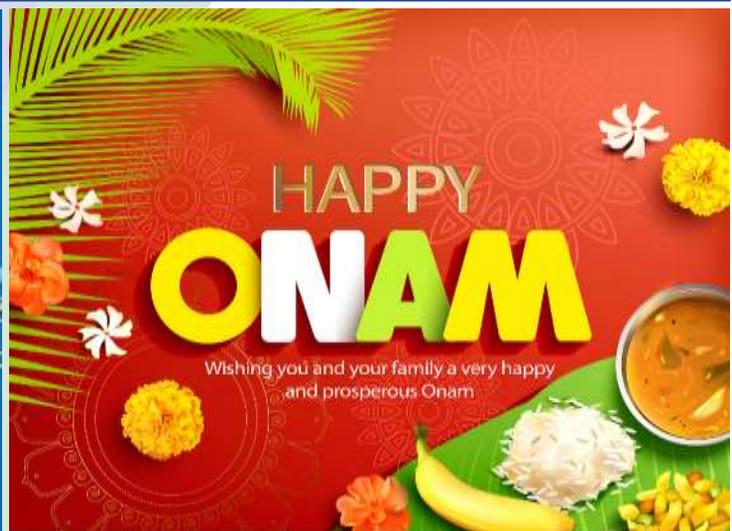
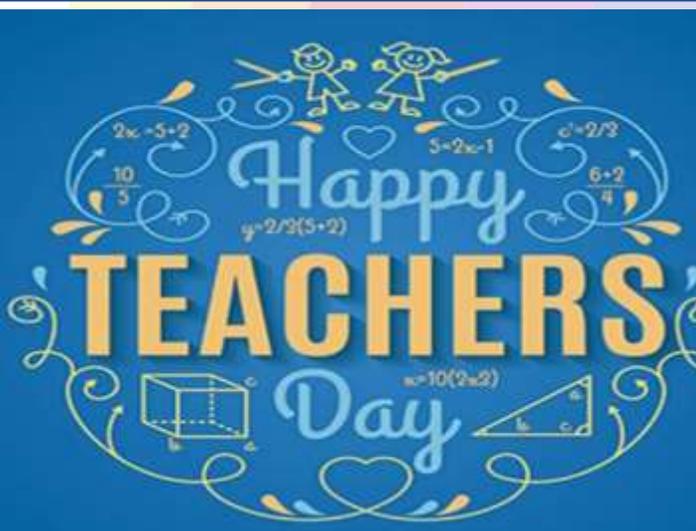
Rtn. Ramachandran K, Editor

Rtn. Sandeep Narayanan, Sub-Editor

San QR code for visiting our website www.rotaryclubofottapalam.com

Other editorial team members: President, Secretary and Rtn. Raaj Mohan

Greetings





President's Message



Dear Rotarians, Anns and Annets

Rotary Greetings.

Every day is a fresh start for all of us. For Rotarians, month of August is Membership month. Rotary needs youths who can fine tune their abilities and attributes. Rotary gives a platform to take on and mold oneself to the shape he or she imagine. Membership growth is not limited to the month of August only and any time we can add members to strengthen ourselves.

I am proud of our Rotarians and Anns to became part of "Azadi Ka Amrit Mahostav" by hoisting National Flag at their residences and business establishments for three days – 13 to 15 August 2022. Our Flag Hoisting function on 15th August was colourful and I thank our Annets and Inner wheel Club members for their participation in Patriotic songs.

We have participated in both District programs - District Membership Seminar HARNESS 2022 held on 21 August 202 and the Workshop on Corporate Social Security held on 7th August 2022. Both these programs were enriching, educative and enjoyable. My sincere thanks to Rotarians those volunteered themselves to attend these programs.

I am happy to inform that our both Rotaract Clubs – Nehru Academy of Law and Lakshmi Narayana Arts and Science College, Mayannur - are performing exceedingly well. I congratulate new President and Secretary of Rotaract Club of Nehru Academy of Law Rtr. Mashroofa T and Rtr. Neha Kaynat respectively. Rotaractors at Lakshmi Narayana Arts and Science College have proved their organizing skills by arranging an Eye Camp at their College. Congratulations and appreciation to Rotaract Club of Lakshmi Narayana Arts and Science College.

Jai Hind,
Jai Rotary





Secretary's Report



Dear Rotarians,
Greetings!

Here is the summary of activities for the month of Aug 2022.

- We had 4 weekly meetings, 1 Board Meeting, 1 Family Meeting and `1 Speaker meeting.
- 6th Aug - President and Secretary attended a Cluster meeting conducted by AG Rtn. Jyothi Prakash
- 7th Aug – Three Rotarians attended the district seminar on Corporate Social Responsibility CSR
- 11-Aug – A drinking water project with a water filter was inaugurated at the Gov LP School Chunangad
- 13-Aug Club members joined in large numbers to celebrate Azadi ka Amrit Mahotsav by hosting flags at every members' home.
- 14-Aug - A felicitation meeting was held by Bharathiya Vidhya Bhavan, Ottapalam, for honoring Rtn. Dr. KS Menon who was recent awarded the 1st Karuna Award.
- 15-Aug – Independence day was celebrated at the club by hoisting the flag and breakfast was provided to members and their families.
- 15-Aug Rtn. Ram Mohan attended the ceremony at RC Pune Baner
- 15-Aug Rtn. Col. KCK Nair attended Independence day celebrations at Nehru College of Pharmacy.
- 19-Aug – An orientation projects planning workshop was held for Rotaract club of Lakshmi Narayana Arts & Science college.
- 21-Aug The district seminar on membership development HARNESS 2022 @ Coimbatore was attended by Rtns. Madhusudhan and Rajesh Nambiar.
- 29-Aug An EYE check up camp was held at Lakshmi Narayanan Arts & Science college
- 31-Aug An EYE check up camp was held at Bharathiya Vidya Bhavan, Ottapalam

Our ONAM celebrations will be held on 4th Sep 2022 after gap of 2 years.

On behalf of the club, I wish a very happy ONAM to all members and their families.

Happy ONAM

Activities

20220806-President and Secretary attending cluster meeting conducted by AG Rtn Jyotiprakash



Activities



Workshop on CSR



Activities

Provided a water filter at Govt LP School Chunangad on 11 Aug 2022



Harness 2022 @ Coimbatore with event chair Rtn Sriramalu



Activities – Friendship Exchange visit

Rtn. Ambalakkat Ram Mohan visited RC Pune Baner representing RC Ottapalam. He exchanged friendship greetings, mementos and Flags.



Activities

Independence Day celebrations at CRR Hall on 15-08-2022



Flag hoisting at residences/business houses of Rotarians



Ramachandran



Krishnadas



Madhusudhan



Dr KS Menon



Sivadas



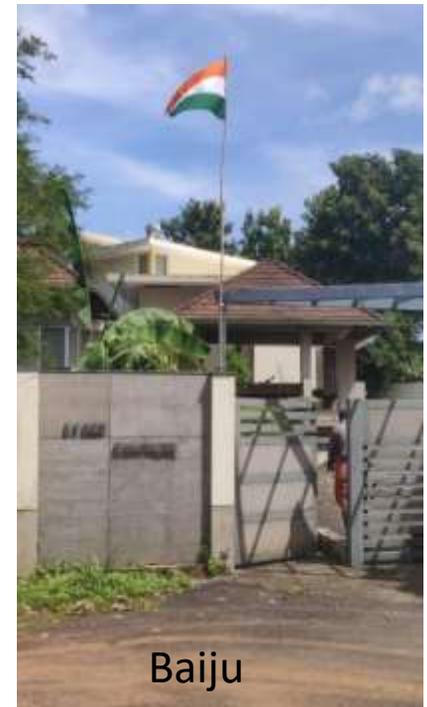
Col Gangadharan



Ram Mohan



Vijayakumar



Baiju

Flag hoisting at residences/business houses of Rotarians



Ravindran



TN Kutty



Col. KCK Nair



Prasad



Radhakrishnan



Mohandasanunni



Dr Narayanan



Lt Col Venugopal

Activities - Rotaract club



20220819-Orientation and projects planning for Rotaractors at Lakshmi Narayana Arts and Science College



Activities - Family Meeting #2

Ottapalam SHO Mr. Sujith was our chief guest and speaker for the 2nd Family meeting and the 1st of Guruvum Arivum series on 27-08-2022.



Wedding anniversary gifts

Wedding anniversary gifts

Activities - Health Camps



20220829- EYE Camp conducted by Rotary and Rotaract clubs at Lakshmi Narayana Arts and Science College in association with Zains Eye Hospital, Cherppulassery



Activities - Health Camps

20220831-EYE Camp at Bharathiya Vidya Bhavan, Ottapalam in association with Ottapalam EYE Care Hospital



Congratulations



Stephanie A. Urchick of the **Rotary club of McMurray**, Pennsylvania, USA, is the selection of the Nominating Committee for **President of Rotary International for 2024-25 (left)**

<https://www.rotary.org/en/stephanie-a-urchick-selected-to-be-2024-25-rotary-international-president>



Congratulations to **Annet Rashmi**, daughter in law of president Rtn. Lt. Col. Venugopalan, for her **promotion to the rank of Commander.. (above & left)**

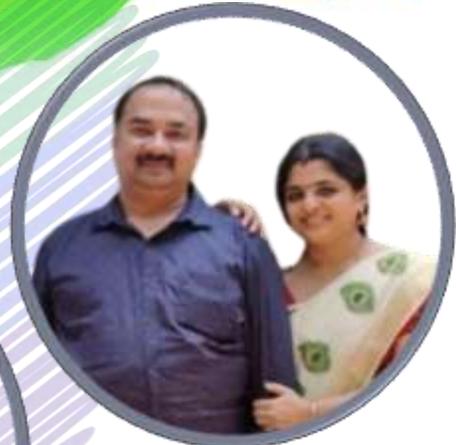
Happy Anniversary!



**Rtn. Govind &
Rtne. Rajitha
(23-Oct)**



Rtn. P Sivadasan & Rtne. Hema (25-Oct)



**Rtn. Vijayan K &
Rtne. Sandhya
(29-Oct)**

Congratulations

**Rtn Pradeep
receiving
Excellence Award
won by Hotel
Kottaram for
Hyegene from
Hon. District
Collector
Mrunmai Joshi**



**Rtn Noufal
receiving
Excellence
Award won by
Nila Restaurant
for Food Safety
from Hon.
District Collector
Mrunmai Joshi**

Recipe of the month

MANGO RASAM

Sujatha Venugopalan



Ingredients

- Raw mango diced- 1/4 cup
- Thur dhal- 3 tablespoons
- Turmeric - 1/4 teaspoon
- Tomato crushed – 1 cup
- Lemon juice - 1 teaspoon
- Crushed garlic- 5 cloves
- Green chilly slit -1
- Rasam powder -1 tablespoon
- Mustard -1/4 teaspoon
- Cumin seeds-1/4 teaspoon
- Hing powder -1/4 teaspoon
- Dry red chillies -2 nos
- Kadipatha- 8 leaves
- Coriander leaves chopped -2 tablespoons



Preparation

- In a pressure cooker add washed dhal, diced mangoes, turmeric. Add 1 cup water, pressure cook it for 3 whistles and keep it aside.
 - After removing the steam of the cooker, mash the content in the cooker to a fine paste.
 - In a pan, heat 1 tablespoons of oil. To that add crushed garlic, kadipathas, green chillies. Saute it for 30 second and then add the rasam powder and the crushed tomatoes, 1 glass water and salt for taste.
 - To this add the mango dhal paste and till it come to boil.
 - In the mean while, heat one tablespoon oil in a pan, add the mustard seeds, jeera, red chillies, hing powder and temper it to the boiled mango rasam.
 - Add the lemon juice to it and garnish it with chopped coriander leaves.
- *** enjoy the RASAM

Rotary News



Rotary
District 3201



IMAGINE
ROTARY

18-19
FEBRUARY
2023

LE MERIDIEN
INTERNATIONAL
CONVENTION CENTRE, KOCHI

EARLY BIRD
REGISTRATIONS

₹3500/- ONLY

Till 2022, September 6th

C nfluence

DISTRICT CONFERENCE 2023



Rtn. RAJMOHAN NAIR
District Governor (2022-23)
District-3201

**ROTARY DISTRICT 3201
FUND 22-23 CONFLUENCE**

Account Number: 10040200044505

Bank: Federal Bank

IFSC: FDRL0001004

Branch: Ernakulam North

E-mail: rotarydist32012223@gmail.com



Chairman
Rtn. VARGHESE K. JOY
Mob: 9895006337

Co-Chair
Rtn. PRADEEP KUMAR
Mob: 9846151088

Secretary
Rtn. JAIRAJ T.S.
Mob: 9995550550

Rotary News

IMAGINE
WHAT'S
NEXT



IMAGINE WHAT'S NEXT

27-31 MAY 2023 | MELBOURNE, AUSTRALIA



REGISTRATION CATEGORY	4 JUNE TO 8 JUNE 2022	9 JUNE 2022 TO 15 DECEMBER 2022	16 DECEMBER 2022 TO 31 MARCH 2023	1 APRIL TO 31 MAY 2023
Club member, nonmember, or guest, age 31 or over	\$425	\$475	\$575	\$675
Club member, nonmember or guest, age 30 or under	\$105	\$125	\$175	\$225
Guest age 5-18	\$20	\$20	\$30	\$40
Guest under age 5	Free	Free	Free	Free
Saturday, House of Friendship only	\$60	\$60	\$60	\$100



Register today at convention.rotary.org

#Rotary23

EN

Know your Rotary

Club assembly:- A meeting to discuss the club's programs and activities. Open to all club members.

District conference:- An annual motivational meeting that showcases club and district activities. Open to all Rotarians in that district and their families.

Interact:- Service and social clubs for youth ages 12 to 18 that are sponsored by Rotary clubs.

Polio Plus :- The Rotary Foundation program focused on global polio eradication efforts.

Project LINK:- A database at www.rotary.org that lists Rotary service projects needing volunteer or financial assistance. Also highlights model projects from around the world.

Rotaract:- Service and social clubs for young adults ages 18 to 30 that are sponsored by Rotary clubs.

Rotarian Action Groups:- International groups of individuals who share a passion for a humanitarian issue or service activity. An example is the Water and Sanitation Rotarian Action Group.

Rotary Community Corps:- Groups of non-Rotarians who work on service projects for their communities. Organized and sponsored by Rotary clubs.

Rotary Fellowships:- International groups of individuals who share a vocational or recreational interest. An example is the International Skilling Fellowship of Rotarians.

Rotary Foundation :- The philanthropic arm of Rotary International. Helps Rotarians advance world understanding, goodwill, and peace through humanitarian projects and educational programs. Rotarians who manage the business of The Rotary.

Rotary Foundation Board of Trustees:- The 15 Rotarians, led by the trustee chair. Appointed by the RI president, with agreement from the RI Board, to four-year terms.

Rotary International (RI) :- The international association composed of 34,200 Rotary clubs in nearly every country of the world. Headquartered in Evanston, Illinois, USA, with International offices on four continents.

RI Board of Directors: The 19 Rotarians who set policy for Rotary International. Elected to two-year terms.

RI Convention:- An annual celebration of Rotary and Rotarian accomplishments. Held in a different location around the world each year. Open to all Rotarians and their families.

RI President:- The Rotarian who presides over the RI Board. Elected to a one-year term.

Rotary Peace Centers :- Programs at several universities around the world that offer advanced degrees and professional certificates in peace and conflict resolution.

Rotary Peace Fellow:- A recipient of a Rotary Foundation scholarship for study at one of the Rotary Peace Centers.

Rotary Youth Exchange:- A cultural exchange program for youth ages 15 to 19. Exchanges can last from one week to one year.

Rotary Youth Leadership Awards (RYLA):- Leadership training and recognition activities conducted by Rotary clubs or districts for youth and young adults ages 14 to 30.

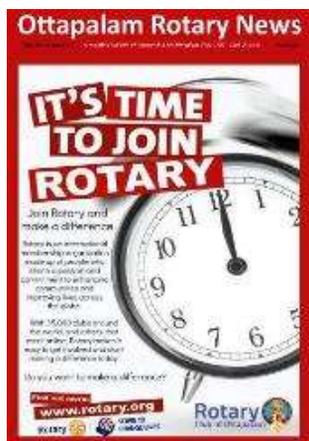
Contributed by Rtn. Madhusudhan R

Ottapalam Rotary News (ORN)

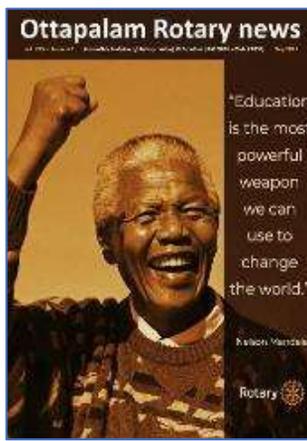
All Issues of 2021-22 (click on the bulletin icon to read)



ORN #1 JULY-2021



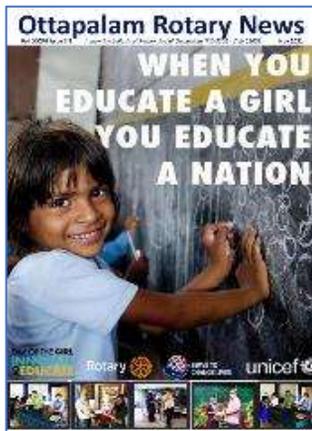
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ORN #3 SEP-2021



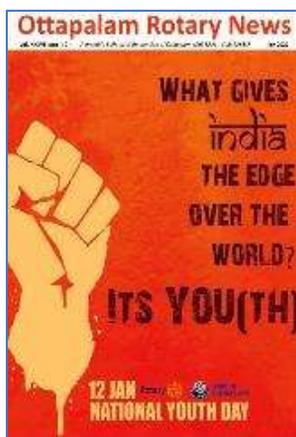
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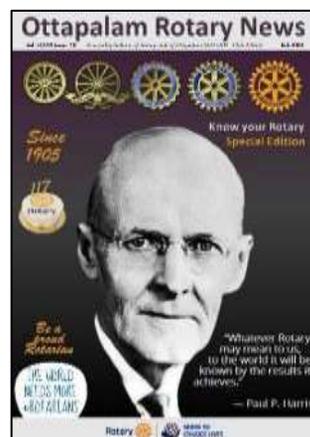
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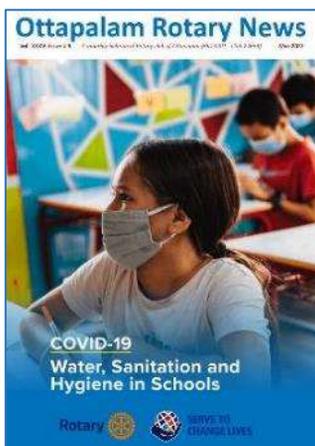
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ORN #7 Jan-2022



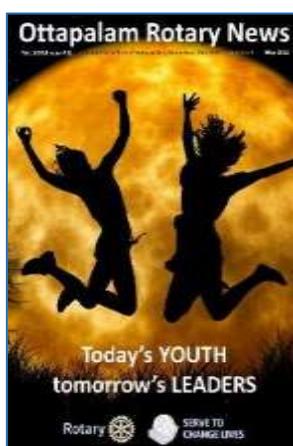
ORN #8 Feb-2022



ORN #9 Mar 2022



ORN #10 Apr 2022



ORN #11 May 2022



ORN #12 Jun 2022

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

Ottapalam Rotary News (ORN)

Bulletins of 2022-23 (click on the bulletin icon to read)

ORN #1 JULY-2022

ORN #2 AUG-2022

ORN #3 SEP-2022

SEPTEMBER IS

BASIC EDUCATION AND LITERACY MONTH

"Education is a social process. Education is growth. Education is not a preparation for life; education is life itself."

John Dewey

Rotary 

TAKE ACTION: Join Rotary, Get Involved

