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EDITORIALLY YOURS



On August 21, 2024 there was a shocking revelation by PRID Rtn Ashok Mahajan that Polio virus has resurfaced in India as a polio case was reported from Tikrikilla in West Garo Ditsrict, Meghalaya. It is also reported that low vaccination rate in the North-Eastern States and Uttar Pradesh was found to be the cause. It is a matter of great concern for all of us. We have been beating the drums for more than 10 years that due to the concerted efforts of the Rotarians, India was declared Polio-free in the year 2014. Till recently only in the countries Pakistan and Afganistan polio cases were reported. Rotary in association with WHO has been working hard focussing in these two countries in our attempt to eradicate Polio from the face of earth. At this juncture, the polio case reported in India gives us great concern. Let us hope that this is only an isolated case and soon we will become polio free.

It was heartening to note that the President honoured all the Rotarian Teachers in the regular meeting held on 4th September, on the eve of Teacher's day.

When we look at the genesis of the Teacher's day, it is reported that when Dr S Radhakrishnan, the great teacher India has produced, was approached by his students who wanted to celebrate his birthday, he proposed that instead of a personal celebration, the day should be dedicated to honouring teachers across the country. This idea was embraced, leading to the establishment of September 5 as Teachers' Day in India. Let us give back by our show of allegiance to our teachers by honouring them what ever way possible.

Jai Rotary!

Rtn PAG M Kumaraswamy Pillai

ROYALWEEKS @10



The issue #3910, 10th issue of the Rotary year was released at the regular meeting held on 4th September 2024, by the AG Rtn Antony Malayil. Rtn Tomi Eapen received the first copy. Tomi was commenting very high on the design, lay out and contents of Royalweeks. He said that the promo flair can be termed "Herald" In English Literature. Cuckoo bird is regarded as "Herald of Spring", the Forerunner of Spring!

When the main islanders anxiously awaiting the arrival of spring, they hear the hooting of Cuckoo from the far away Hebrides Island, announcing the arrival of spring. Here this

herald highlights the main content of the forthcoming RW. It could be the crux of its theme. The voracious regular reader is given an introduction of what will be served in RW. We await. Great idea dear editor. Rtn Antony Malayil also appreciated the Editor in bringing out the issues of RW in such a fabulous manner befitting to the legacy of our 75 year old club.

Rtn Kumaraswamy Pillai in his reply speech said that he consider it as great honour to receive rich complements from the doyen of Rotary and a person who has edited RW for 14 years in different spells. He added that this year RW focusses more on members and their families news so as to enthuse the readers more. Rtn Kumaraswamy Pillai exhorted the members to share their contributions for publishing in the RW.









STEPHANIE A. URCHICK
RI President



Rtn. AKSM SUDHI JABBAR
Dist. Governor



Rtn. ANTONY MALAYIL
Asst. Governor



Rtn. JOHN KURIAN
President



Rtn. SUJITH T.S
Secretary

Minutes of the regular meeting held on 4th September 2024

The meeting was called to order by the president Rtn. John Kurian at 7:30 pm. Rtn. Muhammed Shafeeq invoked the blessings of God almighty. In the presidential address, the President spoke on the importance of 'Teachers Day' and the teachers present at the meeting Rtn. Dr. Abraham Thayil, Rtn. Tomi Eapen, Rtn. Raju Chandy, Rtn. Varghese K A and Rtn. Dr Sethu Ravi were honoured by adorning with ponnada. Then the president informed that the club proposes to give Onam kits this year to paliative care patients and requested all the members to contribute. All members were requested to pay their subscriptions before the 15th of this month and those who have not contributed to the Platinum Jubilee Project may do so urgently. President informed that the house warming function will be conducted on 14th of this month. He also informed that the club has decided to conduct anti – drug awareness sessions in various schools in Alleppey. The club released the 10th edition pf the weekly bulletin "Royalweeks"and AG Rtn. Antony Malayil handed over a copy to Rtn. Tomi Eapen. Rtn Tomi Eapen made a review of the bulletin and said that this year the design, layout and contents of the bulletin are really good and befitting to the club like RC Alleppey. Thereafter Rtn. Sethu Ravi reported the progress of Uyare project. The Secretary, Rtn. Sujith T S thanked Rtn Tomi Eapen, Rtn. Kumaraswamy Pillai, Rtn. Dr. Sethu Ravi, Rtn. Antony Malayil and offered a special thanks to the host of the day Rtn. Vidhu Kumar. The meeting was adjourned by the president at 8:45 pm for dinner and fellowship.

Sujith T S
Secretary



Princy to become the first Lady Sergeant at Arms of District 3211

Rtn Princy Sebastian is all set to create history as the first lady sergeant at arms of the Rotary International District 3211 for the year 2025-26. The year is significant as the State of Kerala is getting first Lady Governor in Rtn Major Donor Dr Tina Antony. Tina has choosen another lady, Princy as her District Sergeant at Arms. Royalweeks wishes Princy all the very best as District Sergeant at Arms during the year 2025-26.

POLIO CASES RESURFACES IN INDIA

Reminds us of the vulnerability we still face despite our collective efforts to eradicate polio- says PRID Ashok Mahajan



Dear Rotary Leaders,

It is with deep concern that I write to you regarding the recent polio case reported in Meghalaya. On August 21, 2024, India woke up a shocking news about a polio case reported from Tikrikilla in West Garo District, Meghalaya. More alarming was the subsequent revelation published on August 29, 2024, of low vaccination levels of 75% and below in the States of Nagaland, Meghalaya, Arunachal Pradesh, Assam, Tripura and Uttar Pradesh.

The World Health Organisation, which certified India as Polio-free country in 2014, has said that, "Circulating vaccine-derived polio virus (CVDPV) occur in places where routine immunisation or supplementary immunisation activities are poorly conducted. Circulating VDPV can impact the entire community." This reminds us of the vulnerability we still face despite our collective efforts to eradicate polio.

Based on this news, The International PolioPlus Committee of TRF has advised the members of the INPPC to collaborate with the District Leaders in India and health

authorities. The INPPC will need your assistance to intensify awareness campaigns and ensure that vaccination programs reach every corner of our nation. Our commitment to eradicating polio is not just about numbers but about safeguarding the health and future of our children.

As an organization that has played a pivotal role in the global fight against polio, you must urgently address these developments. As Rotary members, we have long championed the cause of a polio-free India. The resurgence of polio, even in isolated cases, underscores the critical need for sustained vigilance and enhanced efforts in immunisation. Together, let us reaffirm our dedication to ensuring that every child is protected against this preventable disease.

Yours in Service

Rtn Ashok Mahajan

Advisor, India National Polio Plus Committee

Rotarian Teachers honoured on the eve of Teacher's Day



MY FITNESS CHALLENGE



I prioritize my health by incorporating exercises into my daily routine. Every morning, I start my day with a 30-minute walk or an hour-long cycling session by the sides of the canals. This helps me to cultivate a positive mindset and boosts my energy levels to tackle the day's tasks. In addition to physical exercise, I focus on a balanced diet and proper hydration. I aim to have breakfast by 9:00 am and plan my meals accordingly, ensuring adequate time intervals to prevent gastric problems. I strive to balance junk food cravings with healthy meals, incorporating vegetables into my diet through salads or curries. Throughout the day, I stay hydrated, especially during office hours. After work, I take a 15-20 minute walk to release muscle spasms. I make a conscious effort to have an early and healthy dinner. I exercise on the treadmill for an hour or so when cycling is not possible. Furthermore, I try to incorporate physical activity into my daily chores, such as taking the stairs instead of the elevator, walking to nearby destinations, and doing household chores like gardening. I also make time for stretching to reduce muscle tension. In conclusion, my daily routine is designed to maintain a balance between physical exercise, healthy eating, and hydration. By prioritizing my health, I have noticed improvements in my energy levels, overall well-being, and mental clarity. I believe that small, consistent changes can lead to significant long-term benefits, and I encourage others to incorporate healthy habits into their daily lives.

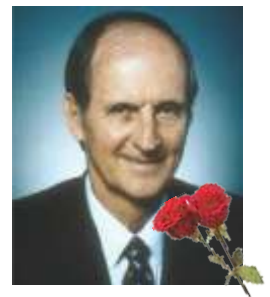
Rtn Ajith T S

(Next week: Rtn Jijo Chacko)

Glimpses of 3910th regular meeting held on 4th September 2024



OBITUARY



Sad to inform you all that RIPP Glen Kinross is no more. He breathed last at 3.30 pm today, 10th September 24. He was Rotary International President during the year 1997-98. Royalweeks extends heartfelt condolences to Ruth and family.

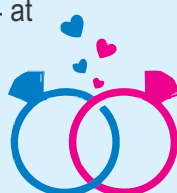
PAP SMEAR TEST CAMP CONDUCTED AT W&C HOSPITAL

RC Alleppey in association with W&C Hospital, Alappuzha conducted a Free PAP Smear Test Camp for women on 7th September. Dr K K Deepthi, Superintendent inaugurated the camp in a function presided over by President Rtn John Kurian. Dr Beena P K, Gynaecologist took the awareness class. Rtn Sujith T S, Secretary proposed vote of thanks. Rtn George Thomas, Rtn Jijo Chacko and Rtn Sethu Ravi also participated.



Annet Jeevan gets wedlocked

Annet Jeevan Anand s/o of Rtn Sajan B Nair and Rty Ann Sheela got married to Anuthara on 8th September 2024 at Kottayam. Royalweeks wishes the newly married couple a happy married life.



ഭാഗ്യവതി ജൂണ് ഓഫ് രേഖകളുടെ എല്ലാ ബഹുമാന്യരായ ഭാര്യമാരും ഭർത്താക്കളും സുഖത്തോടെയും സന്തോഷത്തോടെയും ജീവിക്കട്ടെ

റോണാൾഡ്

Rtn. ജോൺ കുര്യൻ

Rty Ann. എൻ.എ. ജോൺ



Rotarian in the spotlight



I am happy to spotlight another highly enterprising Rotarian having a midas touch in every project he launches. Aju Jacob Mathew, fondly called Aju, has proved to be a successful entrepreneur who has spread his wings in the tourism industry, edible oil sector, IOC distribution and above all an A class PWD contractor. He had executed works both under Irrigation department and PWD Roads division. Aju recalls that he had taken up works under Kuttanad Package of the Irrigation department evolved by Dr M S Swaminathan. Aju loves to work in challenging situations and has proved to be a multi-tasker. Aju's company "JCT House Boats" is the first to start online marketing of house boats in Alappuzha. Still the major chunk of business for JCT is through online bookings only. JCT is the first company started selling rooms in house boats like the hotel industry. Of late, the baby unit of Aju, M/s. MRL KUTTANAD COCONUT OIL has been certified as Kerala Brand by the Industries and Commerce Directorate, Government of Kerala. Aju received the Namma Kerala Award for the Best Coconut Oil Mill in Kerala from Minister Shri P Rajeeve. Royalweeks extends hearty congratulations to Aju and wish him all the very best in future.

NEXT MEETING

11.09.2024 @7.30 pm
Rtn. Ajith Vani



10 Rtn. Mohammed Aslam
23 Rtn. Vijayalakshmi Nair
24 Rtn. Krishnan. R

SEPTEMBER



4Rtn. Shan T. P & Renjini
8Rtn. Sabil Raj & Yamuna
8Rtn. Lakshmi Gopakumar & Pramod Nair
11Rtn. Aju Jacob Mathew & Soumya

vismay



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