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EDITORIALLY YOURS



It was a hectic week that gone by for RC Alleppey. The Club launched its prestigious district project titled "UYARE- KAYARILOODE" on 3rd and participated in the fourth edition of the Alleppey Beach Run by sending a 17-member delegation on 6th October. Since the District 3211 announced its district project for the year 2024-25 UYARE, our President Kurian was thinking aloud to plan an innovative project for employment generation. When I suggested to take up a training project in the manufacture of value-added products out of coir leveraging the field training programmes of Coir Board through the Alappuzha Coir Cluster Development Society, Kurian whole heartedly welcomed the idea and got the approval of the Board too. A beautiful name for the project was also coined as "UYARE- KAYARILOODE". Befittingly Rtn Dr Sethu Ravi having flair for organising women groups, was nominated as the Programme Co-ordinator. Thereafter things moved fast and we were able to launch the project on 3rd. Rtn Dr Meera John, Chairman of UYARE readily accepted our invitation and inaugurated the project. Shri Sudheer, President, ACCDS inaugurated the awareness creation programme and AG Rtn Antony Malayil felicitated. President Kurian, mentor Rtn. Prof. Gopinathan Nair Mrs Asha S Nair from ACCDS and myself spoke. Secretary Rtn T S Sujith proposed vote of thanks. 20 women workers are undergoing training in manufacture of coir mats and handicrafts. It is proposed to link up the successful

trainees to PMEGP programme of the Govt. of India. Let us hope that on completion of the training we will be able to create employment opportunities for all the 20 women workers.

It was a different experience for the 17-member delegation of RC Alleppey at the fourth edition of the Alleppey Beach Run on 6th. It was due to concerted efforts made by Rtn Jijo, Rtn Lakshmi, Kitchappa and Kannan we were able to send a fairly big delegation. I was able to enjoy the run though I didn't finish the 3K run. Many of us also could not finish the run completely. But two of our team stood out, Kitchappa and Lakshmi completed 5K run. Congrats Kitchappa and Lakshmi for your dedication in completing the run and also to all others who participated.

Jai Rotary!

Rtn PAG MPHF M Kumaraswamy Pillai

FOURTH EDITION OF ALLEPPEY BEACH RUN HELD ON 6th OCTOBER 2024 ROTARIANS OF RC ALLEPPEY MADE ALLEPPEY BEACH VIVACIOUS



(RC Alleppey had a fairly big delegation in the fourth edition of Alleppey Beach Run. A total number of 17 Rotarians, Anns and Annets of RC Alleppey participated in the Run. Most of our rotarians did not finish the run with the exception of Kitchappa and Lakshmi. While all of us registered for 3K Fun run, both Kitchappa and Lakshmi opted for 5K run and finished bringing pride to RC Alleppey. Lakshmi for that matter, has put her heart and soul in the project and was instumental in this 'never before' participation of RC Alleppey in the run. Lakshmi shares her experience in participating in the 5K category run)

Completing a 5K Barefoot Beach Run is a transformative experience, one that challenges not just the body but the mind and spirit as well. As I set out in this journey, I encountered obstacles, triumphs and a deeper understanding of what it means to push my limits. It all began with a desire for a personal challenge.

It was Rtn Jijo Chacko and his lovely partner Rty Ann Megha Jijo motivated me like anything to take part in the event. The idea of 5K barefoot seemed daunting, yet exhilarating. I made up my mind to take up the challenge months away, providing myself ample time to prepare.

I used to walk from Kidangaparampu to my home during my school and college days and it was quite normal in those days. But now with the course of time and my weight gain, I find it a big deal. Positive affirmations became part of my daily routine, reinforcing my belief in my capabilities.

On the Big day, nerves and excitement mingled within me. The weather was quite welcoming. As I lined up at the start, I reflected on my determination that had brought me there. With me was Rtn R Krishnan, my dearest Kitchappa Uncle, who constantly motivated and supported me like my Acha, throughout the race. As I approached the finish line a wave of emotions washed over me. Crossing the finishing line was not just the end of a race for me. I felt an overwhelming sense of accomplishment and gratitude. The entire race was such a fantastic experience and I couldn't have achieved this without the motivations from our dearest Rotations who all were there throughout the event encouraging us.

-Rtn Lakshmi Gopakumar









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Asst. Governor



Rtn. JOHN KURIAN
President



Rtn. SUJITH T.S
Secretary

UYARE KAYARILOODE ROUNDUP



RC ALLEPPEY IN BEACH RUN



Glimpses of 3915th meeting held on 2nd October 2024



Rtn Shyam in Moscow

Rtn Shyam Kurup attended International Film Festival Sochi(Russia). At the same venue, the 2014 Winter Olympics was held.He also represented India at two different panel discussions (International distribution and Co-productions) at KIFF Russia/Sochi along with panelists from other countries. Royalweeks congratulates Shyam for his achievement





Rtn. Muhammed Shafeeq

Right from my school days I was a very ardent sports lover. In my college days I read Sports Star magazine more than my books. In those days I was a 24 x 7 cricketer. I was hoping around ground after ground playing tournaments. I had the rare privilege of captaining the college cricket team during my 2nd year of degree, normally one become captain of the college team only in the final year. Being the college team captain, I took the liberty of not attending classes from the second year onwards. Honestly, many of my class mates, especially girls, whom I met during our alumni get together during the silver jubilee of our graduation didn't know me at all. Only a very few of my lady class mates like Dr. Sethu Ravi could identify me. I still continue my passion towards sports and cricket and keenly follows it. I believe in the habit of early to bed and early to rise. I normally wake up by 4.45-4.50 am. We have a very early morning prayer "Subah Namaz" which I do at my nearest mosque. I go by my bicycle. After the prayers I start my regular cycling routine and ride for nearly 10 kms every day. It takes about 40-45 minutes to cover the distance. I used to go by the canal banks and along the sea shore. I believe this gives fresh air and thereby energy to my daily life. After reaching home I do work out for 30-35 minutes, few stretch and crunch exercises, few yoga asanams and pranayams. The routine ends with the most difficult of all, the savasanam, which at times take me even to a nap. I was very good at eating tasty and varitey food. As many of you know, Sebi is an expert chef and she cooks many varieties of food. In my younger days, if the food is tasty I used to eat food till my tummy is full; but now a days I eat only to quench my hunger no matter how tasty the food is. My humble request to my friends is to spend at least one hour for our own body, eat only to keep you healthy and active. Only a healthy body can have a healthy mind. So, please keep fit, be healthy and be happy.

Minutes of the regular meeting held on 2nd October 2024

The meeting was called to order by the president Rtn. John Kurian at 7:30 pm. Rtn. Lakshmi Gopakumar invoked the blessings of God almighty. In the presidential address, the president informed that the chairman of the Dist. Project Uyare, Rtn. Meera John will inaugurate the project "UYARE KAYARILLOODE" on 3rd October at our club hall at 11 am, and he requested all the Rotarians to attend the inaugural function. Rtn. Kumaraswamy Pillai then gave a detailed speech on project.

Rtn. Nagaraja gave the details of the family tour planned for 19th Oct and requested active participation from members. Rtn T Sivakumar also spoke. Thereafter Rtn. Lakshmi Gopakumar explained about the beach run on 6th Oct 2024 and requested everyone to participate. Then the Secretary Rtn. Sujith T S thanked everyone present at the meeting and offered special thanks to the host of the meeting Rtn. Jacob Philipose. The meeting was adjourned by the president at 8:30pm for dinner and fellowship.

Rtn. Sujith T S
Secretary



Quote of the week

We should appreciate Lakshmi for completing 5 km .. sheer dedication.. hats off Lakshmi and of course Kitchappa .. great run and also encouraging Lakshmi through out the run.

Rtn A. Balakrishnan

ഓം ശ്രീ മഹാദേവൈ നമഃ

നവരാത്രി പൂജ - ഐതിഹ്യം ലക്ഷ്മി ഗോപകുമാർ



ദാരതമൊട്ടാകെ ആഘോഷിക്കുന്ന മഹോത്സവമാണ് നവരാത്രി. ദേവീ പൂജയ്ക്ക് ഏറ്റവും ശ്രേഷ്ഠമായ 9 രാത്രികൾ പ്രഥമ മുതൽ ദശമി വരെയുള്ള 10 ദിവസങ്ങൾ അറിവിന്റേയും വിജ്ഞാനത്തിന്റേയും ആയോധന വിദ്യകളുടേയും കലകളുടേയും പോഷണത്തിനായി സകലതും ദേവിയിൽ സമർപ്പിച്ച് ശക്തിതേജസ്സായ ജഗദംബികയെ ആരാധിക്കുന്ന പ്രഭാപുരിതമായ ദിനരാത്രങ്ങളാണ് നവരാത്രികാലം. ഇത് ദേവീ ഭക്തർക്ക് ആത്മസമർപ്പണത്തിന്റെ ദിവ്യദിനങ്ങളാണ്. മനസ്സിന്റെ അഗാധതയിൽ കട്ടപിടിച്ചുകിടക്കുന്ന ഇരുട്ടിനെ ജ്ഞാനാംബികയുടെ അനുഗ്രഹപ്രകാശത്താൽ തുടച്ചുനീക്കുവാൻ ഭക്തരെ പ്രാപ്തരാക്കുന്ന നവരാത്രികാലത്ത് പക്ഷിമൃഗാദികളും വൃക്ഷലതാതികളും കാറ്റും ജലവും സമസ്തപ്രപഞ്ചവും ദേവീ ചൈതന്യത്താൽ നിറയും. നവരാത്രി വ്രതം പോകും വ്രതാനുമുത്തമം വ്രതം എന്നാണ് പ്രമാണം. നവരാത്രിയിൽ ദുർഗ്ഗാ, ലക്ഷ്മി, സരസ്വതിമാരെ 3 ദിവസം വീതം പൂജിക്കണമെന്നാണ് വിധി. ഇങ്ങനെ ആരാധിക്കുന്നതിന് ഒരു കാരണമുണ്ട്. നമ്മുടെ മനസ്സ് സദാ കാമ, ക്രോധ, ലോഭ, മോഹ, മദ, മാത്സര്യങ്ങളാകുന്ന ശത്രുക്കളേയും നിഗ്രഹിക്കുവാനായി ആദ്യ 3 ദിവസം സമസ്ത ശത്രുക്കളേയും സംഹരിക്കുന്നവളും സകല ദേവതാ സ്വരൂപിണിയും സിംഹാരൂഢയുമായ ദുർഗ്ഗാദേവിയെ ആരാധിക്കുന്നു. ദുർഗ്ഗാ കടാക്ഷത്താൽ ഈ 6 ശത്രുക്കളും നശിച്ചുപോകുന്നു. മനസ്സിലെ അസുര ശക്തികൾ നിങ്ങളെപ്പിന്തിൽ പിന്നീട് മനസ്സിൽ ദേവീ ചൈതന്യം വളർത്തിയെടുക്കണം. അതിന് അഷ്ടൈശ്വര്യപ്രദയും അഷ്ടസ്വരൂപിണിയും പത്മാസനസ്ഥയും നിർമ്മല സ്വരൂപിണിയുമായ മഹാലക്ഷ്മിയെ ആശ്രയം പ്രാപിക്കണം. മഹാലക്ഷ്മി കടാക്ഷത്താൽ ദേവീചൈതന്യം മനസ്സിൽ പരിപൂഷ്ടമാകുന്നു. ദേവീചൈതന്യം തിരിച്ചറിഞ്ഞാൽ പിന്നീട് ആവശ്യം ജ്ഞാനമാണ്. ജ്ഞാനമുണ്ടെങ്കിലേ പരബ്രഹ്മസ്വരൂപിണിയായ ദേവിയുടെ ജ്ഞാനസ്വരൂപിണിയും വിദ്യാദേവതയുമായ സരസ്വതിയെ ഉപാസിക്കണം. ഇപ്രകാരം പരമ ജ്ഞാനം സിദ്ധിച്ചുകഴിയുന്നതോടെ 10-ാം ദിവസമായ വിജയദശമിയിൽ ജഗദംബികയുടെ പൂർണ്ണ പ്രഭാവം നമ്മെ തേടിയെത്തും. അതായത് ശക്തിയിൽ നിന്ന് അനുകൂലമായി ഐശ്വര്യവും വിദ്യയും നേടിയെടുക്കണമെന്ന് സാരം. ഒരു ശിശു ജനിച്ചു വീഴുന്നതു മുതൽ നടത്തുന്ന ചടങ്ങുകളിൽ പ്രധാനപ്പെട്ട ഒരു ചടങ്ങാണ് വിദ്യാരംഭം. അറിവ് നേടാനുള്ള മാധ്യമമായ അക്ഷരങ്ങളുടെ ലോകത്തേയ്ക്ക് ഒരു കുട്ടി ആനയിക്കപ്പെടുന്ന ചടങ്ങാണ് വിദ്യാരംഭം. ഈ ചടങ്ങ് പ്രഥമ വിദ്യാമന്ത്രം ഗ്രഹിക്കുന്നതിന്റെ ആദ്യപടിയാണ്. ദേവിയുടെ ശരീരമാണ് അക്ഷരങ്ങൾ. അക്ഷരമാല ചൊല്ലിപഠിക്കുക വഴി കുട്ടികൾ മന്ത്രജപമാണ് നടത്തുന്നത്. ഇങ്ങനെ ചൊല്ലി പഠിക്കുന്ന കുട്ടികളിൽ ദേവിയുടെ അനുഗ്രഹമുണ്ടാകുകയും കുട്ടികളുടെ ഉച്ചാരണ വൈകല്യം നീങ്ങുകയും വാക്ശുദ്ധിയും ബുദ്ധിശക്തിയും സംഭാഷണ ചാതുര്യവും വർദ്ധിക്കുകയും ചെയ്യുന്നു.

സർവ്വൈശ്വര്യ സ്വരൂപിണിയായ ജഗദംബികയേയും ദേവിയുടെ അനുഗ്രഹത്തേയും പറ്റി പറഞ്ഞാൽ തീരാത്തത്ര കാര്യങ്ങളാണുള്ളത്. എന്തായാലും ഈ ഗ്രൂപ്പിലുള്ള എല്ലാവർക്കും നവരാത്രി ആശംസകൾ അറിയിക്കുന്നതോടൊപ്പം എല്ലാവർക്കും ദേവിയുടെ അനുഗ്രഹം എപ്പോഴും ഉണ്ടാകട്ടെ എന്ന് പ്രാർത്ഥനയോടെ എന്റെ വാക്കുകൾ നിർത്തട്ടെ.



Rtn Lakshmi Gopakumar, a second generation rotarian, is relatively new rotarian in the RI records. But she was a regular attendee in the family meetings of the club since 3 decades. She recalls that she used to attend the meetings as child hanging on the hands of her father. She has imbibed many good qualities from her late father Rtn Gopakumar including his immense passion to Rotary. Royalweeks places Lakshmi in the spotlight for her sterling performance in the just concluded Alleppey Beach Run. It was due to her persuasion with others, there was a record participation in the run from our club. She in the company of Kitchappa was able to complete the 5K run successfully. Royalweeks congratulates Lakshmi and wish her all the best.

NEXT MEETING

@7.30 pm on 9th October 2024. Host: Rtn Aju Jacob Mathew



1 Rtn Preetha Ajith **4** Rtn'e Rajalakshmi Balakrishnan **7** Mehza, D/o Rtn. NAM Kunju
12 Vijayalakshmi, D/o Rtn.Balakrishnan **15** Vivek, S/o Rtn. Jacob Neroth
17 Rtn. Remya D/o Kumaraswamy Pillai **18** Isha Nagaraj D/o Nagaraj
26 Thomaskutty Joseph **28** H. Nagaraj **28** Raju Chandy

OCTOBER



19 Rtn Abraham Thayyil & Rtn. Ammini Thayyil
21 Rtn. R.Krishnan & Rtn. Prabha Krishnan

TEAM 2024-2025

PRESIDENT - Rtn John Kurian | **VICE PRESIDENT** - Rtn T.S.Ajith
PRESIDENT ELECT - Rtn Lakshmi Gopakumar | **SECRETARY** - Rtn T.S.Sujith
TREASURER - Rtn R.N.Ajith | **Imm.PP** - Rtn John .V.George
CLUB ADMINISTRATION DIRECTOR - Rtn Vijayalakshmi Nair | **ROTARY FOUNDATION** - Rtn T.Sivakumar
MEMBERSHIP DIRECTOR - Rtn George Jose Malayil | **PUBLIC RELATION DIRECTOR** - Rtn Tomy Pulikkattil
SERVICE PROJECT DIRECTOR - Rtn Raju Chandy | **BULLETIN EDITOR** - Rtn M Kumaraswamy Pillai
CLUB ADVISOR - Rtn Mohamed Shafeeq | **GENERAL CO-ORDINATOR** - Rtn K.Chorian
CLUB TRAINER - Rtn R.Krishnan | **EXECUTIVE SECRETARY** - Rtn George Thomas
Jt. SECRETARY - Rtn Dr.Sethu Ravi | **SERGEANT AT ARMS** - Rtn Princy Sebastain

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VOCATIONAL SERVICE - Rtn Jose Arathupally | **FAMILY OF ROTARY** - Rtn Rosie John
YOUTH SERVICE - Rtn Ambu Vaidyan | **LITERACY MISSION AND CLUB HISTORIAN** - Rtn Tomi Eapen
CLUB RECREATION - Rtn Naga Raj | **CLUB IT OFFICER** - Rtn Lukose Mathew Malayil
CLUB PROJECTS - Rtn R.Sreenivasan | **FESTIVAL AND FELLOWSHIP** - Rtn Jijo Chacko

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