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EDITORIALLY YOURS




The meeting held on 13th November was proceeding without any lacklustre but suddenly turned out to be a lively, attentive and interactive meeting with PE Lakshmi Gopakumar taking the mike. She came to the podium invited by the President to share the update on the health conditions of our Venki Swami and she readily obliged. President and all present at the meeting wished Venki Swamy a speedy recovery. Lakshmi continued at the podium to share some latest updates on "Online crimes". She talked on Mules bank accounts. Mules recruited online are typically used to transfer the proceeds from online fraud, such as phishing scams, malware scams or scams that operate around auction sites like eBay. Lakshmi cautioned that we have to be very careful in opening links shared as it may look very identical with the original. Followed to this Rtn Jacob Neroth also shared his experience on an attempted online crime. Some anonymous caller informed about a parcel received in his name containing some unlawful items and he refused to respond and disconnected the call. How informative this session turned out to be. This shows the talents and resources we have in our club.

I wonder whether we are using the resources at our disposal properly. I am of the firm opinion that we are not using even one fourth of talents at our disposal.


Jai Rotary!




**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

### BOOK REVIEW

'Know Your Rotary' (8th Edition)  
By Rtn. N.Bhaskaran Pillai, RC Kalamassery.



### Rtn Tomi Eapen

I just received a copy of the recently released 'Know Your Rotary', written by my good Rotarian friend N. Bhaskaran Pillai of RC Kalamassery. Look, its the 8th edition, the first edition was released in October 1998 by the then DG.Rtn. Sunil Zacharia. There after its new and updated editions were published in regular intervals. Its contents, updated facts and necessary changes, printing and number of pages changed accordingly to make it more current. Its vast readership crossed the barriers of the State and Nation. He won plaudits from great Rotary luminaries and leaders alike. The book is priced at Rs.425/-. I strongly believe that it is more than its price. This edition is bound in hard board and has almost 500 pages. Its contents spread out in 37 chapters cover the complete know how about Rotary from its beginning to the present. Almost all aspects pertaining to this hundred and twenty year old organisation is amply and explicitly covered, leaving no point untouched. As I always say: "A well informed Rotarian is an asset., whereas an ill informed Rotarian is a liability ". This book will definitely change this concept and transform every Rotarian to a knowledgeable member so as to become an asset to the Club and Rotary in general. As PRIP, Rajendra K. Saboo wrote to the Editor: " 'Know Your Rotary' is a beautifully produced compendium of knowledge, history and encouragement", ". Its an excellent reference material for any student/practitioner of Rotary". So its my earnest appeal to my fellow Rotarians that this book is a guide in your Rotary life and help you to know more on Rotary and take Rotary more closer to your heart.

As I always misquote Francis Bacon, the celebrated English Essayist, " Reading Rotary literatures makes a full Rotarian" (instead of "Reading Maketh a full Man").





## Minutes of the regular meeting held on 13th November 2024

The meeting was called to order by the president Rtn. John Kurian at 7:30 pm. Rtn. Adv. S Murugan invoked the blessings of God almighty. The President Rtn. John Kurian in his speech, announced that the Beach cleaning project was jointly carried out by Rotary club of Alleppey and W & C hospital on 7th Nov 2024 and three of our rotarians participated. Then the president informed that 9 members from our club have registered for the TRF seminar, after which he congratulated our member Rtn. Tom Joseph who got first for Arm wrestling, he then requested those who have not paid, to pay the 1st installment of the subscription as soon as possible and finally requested maximum participation from members for the Multi District Presidential Conclave to be held on 8th December 2024, 5 PM at Grand Hyatt Kochi Bolgatty. Then the Secretary Rtn. Sujith T S thanked everyone present at the meeting and offered special thanks to the host of the meeting Rtn. Thomaskutty Joseph. Then the meeting was adjourned by the president at 8:30 for dinner and fellowship.

**Rtn. Sujith T S**  
Secretary



## Best wishes Tia

Annet Tia Mathew, D/o Rtn Mathew Joseph and Ruby got engaged to Jithu on 16/11/2024. Royalweeks extends best wishes to Tia and Jithu.

## Kitchappa, the Globetrotter

Kitchappa is on a sojourn in USA with his family. Happy that he is as active as he was in India in the whatsapp group. Royalweeks wishes Kichappa and family happy days in USA



## Congratulations Tom

Rtn Tom F Joseph became Champion in the male section of the Arm wrestling District Championship organised recently by District Sports Council and District Arm Wrestling Association. Royalweeks congratulates Rt. Tom F Joseph & wishes him all the best. Tom and wish him all the best in the future.



## CONGRATS KRIPA

Kum.Kripa Sameepan, Grand Annet of Tomi Eapen won 4 Silver Medals in Rhythmic Gymnastics State Championship in under 10 category held at Trivandrum last Saturday. 8 year old Kripa is studying in class 3 at Rajagiri in Kalamassery. The championship was organized by Kerala State Olympics & Gymnastics Association. Royalweeks congratulates Kripa ad wishes her all the best in future.

## Glimpses of 3921<sup>st</sup> Meeting



## Quote of the week

### Rtn Shyam Kurup:

Can see so much love for you Tomi sir everywhere..no wonder you are so special and important to all ! And I can see that you are getting healthier day by day !! It's because of your positive mind and golden heart ! We are all imagining to have a drink with you soonest ! Pain will be there ,but this tough phase shall ease soon and we will have you back here soon.



# Women in Rotary -Rtn R Krishnan



Moving on further, it is important for us the present Rotarians to understand how Dist. 3211 came into existence to really understand the role of women in Rotary in our Dist.

There was no Rotary district in India until 1931 and the geographical jurisdiction was termed as "Provisional District A" in 1931-32. This provisional District 'A' covered the regions of India, Burma and Ceylon. This continued till 1936 when it was regularly constituted as District 89. District 89 comprised of four geographical regions viz. Afghanistan, Burma, Ceylon and India. In the year 1938 District 89 was bifurcated into two districts viz. Districts 88 and 89. District 88 covered the geographical regions of Afghanistan, Burma and the whole of Northern India and District 89 retained Southern India and Ceylon. Thereafter there were periodical bifurcations such as 91, 54 and 55 until District 320 was formed in the year 1958. District 320 covered the southern parts of India and Ceylon. District 320 covered some portions of Mysore and Andhra to create district 317. During 1970 district 320 was further bifurcated into two districts 320 and 321 and the latter covered the clubs in the revenue districts of Trichy and southwards in Tamil Nadu, the clubs in the revenue district of Kottayam and south of Kottayam in Kerala and all the clubs in Ceylon. When District. 321 was formed on the first of July

1970 it had only 33 clubs and R.I. doubled the total number of districts from 6 to 12.

Soon district 321 had registered an impressive record of growth within the span of 13 years and further bifurcation was very much needed. During 1983-84, District 321 was bifurcated into two districts viz. 321 and 322, the former covering the revenue districts of Ramand, Pasumpon, Kamaraj, Chidambaram, Tirunelveli Kattabomman and Kanayakumari in Tamil Nadu and Trivandrum, Kollam, Alleppey, Kottayam, Pathanamthitta Districts in Kerala and the latter retained the remaining revenue districts viz Madurai, Trichy, Pudukottai in Tamil Nadu and all the clubs in Ceylon. When the district 321 was formed on the first of July 1984, it had only 45 clubs. In the year 1991-92 our District was numbered as 3210.

In the Year 2007 - 2008, the district gets bifurcated into 3211 & 3212, with District 3211 having all the revenue districts of Kerala and District 3212 having all the revenue districts of Tamilnadu as it stood on earlier bifurcation. So, technically speaking the first woman Rotarian of our district joined when the District had no.3210.



**ROTARY ON HEADLINES Rotary International President Stephanie Urchick's Article on Polio appeared in BusinessLine Paper dated 18-11-2024. Proud to be a rotarian.**

## Closer to a polio-free world

BY  
INVITATION

STEPHANIE URCHICK

In the realm of public health, India's battle against polio stands as a beacon of hope and determination. Once a global epicentre for the disease, India has now completed a decade without a single case of wild poliovirus, marking a significant milestone in its healthcare journey.

In 2009, India grappled with over 60 per cent of all global polio cases. However, the nation turned the tide through an extensive vaccination campaign, supported by the Global Polio Eradication Initiative (GPEI) partners and the government. Thousands of volunteers traversed diverse terrains, administering polio drops to millions of children. The last case was recorded in 2011. This achievement led to the World Health Organization (WHO) certifying the South-east Asia region as polio-free in 2014 — the fourth WHO region to receive the certification.

Global immunisation efforts for polio and other vaccine-preventable diseases like bacterial meningitis, measles, pneumococcal diseases, rubella, and yellow fever continue even today. National initiatives have helped five out of six WHO regions attain polio-free status.

This positive development strengthens hope as more children are now reaching their fifth birthday — a remarkable advancement in global child survival rates.

The robust surveillance systems, encompassing environmental surveillance sites and laboratories across 90 countries, have emerged as a functional and foundational public health machinery for multiple preventable diseases.

As the world applauds India and the Southeast Asia region for its victory over polio, the fight against this paralyzing disease is not over. Afghanistan and Pakistan are the two countries where wild polio periodically surges, threatening the health of children and communities.

In 2024, 68 cases to date have been detected — 45 in Pakistan and 23 in Afghanistan.

Health workers in Pakistan and Afghanistan are taking on the task of fighting vaccine misinformation with



**DROP BY DROP.** Volunteers take polio vaccine to millions of children

empathy, and gradually making families understand the necessity of immunising children against polio.

The global community must focus on these regions and extend strategic support, as no child is safe anywhere unless every child receives the shield of vaccination.

Alongside their fight against polio and other infectious diseases, countries are looking to tackle emerging health issues such as mental health and cervical cancer. For instance, India is now broadening its focus to tackle cervical cancer along with existing efforts against diseases such as measles and rubella. Rotary is expanding its resources to support the Indian government in this objective.

More than 5,000 girls were vaccinated against cervical cancer in Delhi and Faridabad last year. The drive is being expanded in other states such as Maharashtra, Tamil Nadu, West Bengal, and Telangana. This initiative exemplifies India's ability to adapt and innovate in addressing emerging health threats, demonstrating leadership in public healthcare on a global scale.

As we stand on the threshold of global polio eradication, it is vital to recognise that the struggle against preventable diseases is relentless and demands constant vigilance. The goal is for the public, private sector, and government to reignite commitment, escalate region-specific efforts, and evaluate the effectiveness of programmes to eliminate preventable diseases from our planet. Driven by optimism and unwavering determination, the journey ahead promises a healthier future for all.

The writer is Rotary International President (2024-25). Views are personal

## MY FITNESS CHALLENGE



**-Rtn Major Donor D. Vijayalakshmi Nair**

Eversince I got married to Gopi Sir, we both usually get up at 4 am everyday as my husband has to start his tuition classes by 6 am. My day start with a morning tea followed to which I spend some time to scan the WhatsApp messages on mobile and send greetings on birthdays/anniversaries. Thereafter I start aerobic exercises to warm up the body, which will last for 20 minutes. This process

will cover all joints to avoid any stiffening. I stopped heavy exercises since 2016, as I had a fall while using a Tread Mill which ruptured my muscles of both hands below the collarbones. I was in plasters for more than six months. Thereafter I switched over to walking and other aerobic items. After my morning exercises, I used to go for a brisk walk within our compound for another twenty minutes. This will make me fit for the day to attend to the daily routines including long travels by car. Usually I average nearly 5000 km per month of travel by car, mostly to attend the rotary functions. Everyday in the late night after I return from long travels, I will have back ache, but I never skip my exercises in the next day morning and this makes me rejuvenated for the day's challenge.

My fitness programme doesn't end with exercises alone. I am a frugal eater and follow a controlled diet plan. I take only one dosa or idly whether it is for the breakfast or dinner. I also take only a spoon full of rice and compensate the meal with side dishes and salads. In spite of all these controls, I have developed a large tummy. My habit of wearing saree helps me a lot. I try to cover up by wearing a high-waisted blouse, choosing sarees with strategic pleating and tucking. My advice to fellow rotarians is that start exercising, if you are not practicing right now. It will benefit you the most in maintaining your fitness level.





### Rtn Dijo Antony Cherian

This rotarian is very handsome resembling a bollywood film star. He is very quiet, unassuming and soft spoken at Rotary meetings. But is a keen observer and commets positively in our WhatsApp group whenever situation demands. Born to a Jeweller, he chose to become an exporter of floor coverings. Rtn Dijo Antony Cherian participated in the Alleppey Beach Run held during last month with his little princes and continues to support Rotary projects wherever possible. He has offered to give placement to all the ladies undergoing training in the "UYARE KAYARILOODE" programme. Dijo will support the programme by providing the raw materials and devices to make the mats. Great gesture Dijo. Royalweeks places Rtn Dijo in the spotlight this week.

## NEXT MEETING

@7.30 pm on 20.11.2024. Host: Rtn Joseph Francis



10 Tomy Pulikattil 15 Geetha D/O Arjun Rediar 17 Ashwin S/o R. Srinivasan  
20 Ms. Tiya D/o Jacob Neroth 21 Dr. Abraham Thayyil  
23 Antony Malayil 27 Sajan B. Nair 30 Darsan S/o R. Krishnan



3 Nagaraj. H & Vigeesha 5 Vijayakumar. A.R & Syama  
8 Vidhu M. Unnithan & Nisha 13 Vidhu Kumar & Preetha  
19 Mathew Joseph & Ruby 22 George Thayyil & Deepa  
25 Joseph Thayyil & Divya

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