



THE VISION WEEKLY BULLETIN



**ROTARY CLUB OF
KOTTAYAM NORTH**

VOL: 31 / No : 03

MEETING DAY : EVERY THURSDAY
@ 7.30 PM, NORTH ROTARY HALL KODIMATHA.

DIST: 3211 • ZONE : 34 • CLUB No: 15922

RI President : Rtn Stephanie A. Urchick
District Governor Dist. 3211 : Rtn Aksm Sudhi Jabbar
Asst. Governor - Zone 34 : Rtn Mathew Thomas

2024- 25

PRESIDENT

Rtn Subash K Pillai

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SECRETARY

Rtn Kiran C Kurian

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BULLETIN EDITOR

Rtn. V.J. John

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COMMITTEE MEMBERS

Rtn. G. Mohanachandran

Rtn. Jabyson Philip

Rtn. George Thomas Kannukuzhi

THE MAGIC OF ROTARY

Weekly Meeting

Dear RCKN members,

Notice is hereby issued for the
2249th weekly meeting of our club
being held on 18/07/2024 @
Assembly Hall, Kottayam Club at
7.30 pm.(IST).

Request all members to attend the
meeting.

Rtn Kiran C Kurian
Secretary

Rotary





Know Your District Project

Uyare (2024-2025), RID 3211

District Chairman –

Rtn. AKSM. Dr. Meera John



- • Blue Background: The blue background represents the sky of opportunities, symbolizing the vast potential and possibilities available to the underprivileged communities through the UYARE project.
- • Yellow Circle: The yellow circle in the centre represents the rising sun. It signifies the hope, positive change and a brighter future brought about by the project's skilling and livelihood creation initiatives.
- • Birds: The three birds depicted flying upwards represent the empowered communities who are taking flight and achieving success in their lives thanks to the upskilling and livelihood creation programs offered by Rotary.
- Overall Message:
- The UYARE project logo visually conveys the idea of hope, opportunity, and empowerment.

Mission:

To provide skill development through all the 162 Rotary Clubs of RI District 3211 to shape the lives of as many people as possible.

Vision:

To create an endless sky of opportunities to bring about economic stability and peace in the community.

Skills Defined:

Skills are specialized knowledge and training required for specific tasks. They include:

1. **Technical Skills:** Expertise in particular fields such as computer hardware, culinary arts, and tailoring.
2. **Soft Skills:** Essential for effective communication, teamwork, and customer service.
3. **Life Skills:** Necessary for personal development, including time management and critical thinking.

Types of Skill Development:

Upskilling: Enhancing existing skills.

Cross-skilling: Learning new skills related to current expertise.

Reskilling: Acquiring new skills for different career paths.

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Program Offerings:

Technical Skills: Blue-collar jobs, health sector, hospitality, mechanical skills, and more.

Soft Skills: Communicative skills, critical thinking, time management, and interpersonal relations.

Collaboration:

District Project Uyare partners with government sectors (ASAP, KASE, NSDC, SIM), Kudumbasree, ITIs, RVTIs, public sector CSR programs, and the private sector to support skill development initiatives.

Operational Structure:

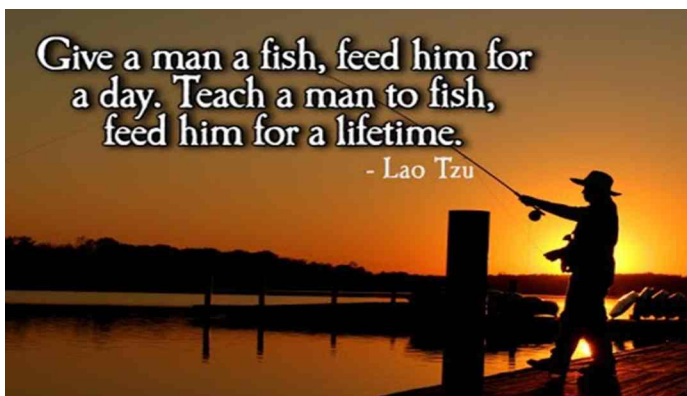
Operates at club, zonal, revenue district, and RI district levels, facilitating apprenticeships, job opportunities, scholarships, financial assistance, certifications, and organizing skill training programs, awareness campaigns, workshops, and mega graduation functions.

Creating Magic for a Better Tomorrow:

District Project Uyare strives to empower individuals through comprehensive skill development, paving the way for a brighter and more prosperous future for all participants and their communities

Slogan. "Give a man a fish, feed him for a day. Teach a man fishing, feed him for a lifetime."

Compiled by Jojo Alexander





District Focus Project

“Ente Kanmanikku First Gift”

District Focus Project Chair-

Rtn. Maj. Donor Vijayalakshmi Nair



In collaboration with Kerala Vision, the District Focus Project “Ente Kanmanikku First Gift”

aims to celebrate and support the arrival of every newborn in Government Hospitals by providing a thoughtful and practical gift. Each newborn will receive a free gift worth Rs. 1000, facilitated by the Rotary District.

Project Details:

Objective:

To celebrate the birth of newborns and provide essential items through a special gift kit.

Implementation:

1. Partnership:

The project is a joint effort with Kerala Vision, ensuring comprehensive coverage and support.

2. Gift Contents:

Each gift kit, valued at Rs. 1000, includes essential items beneficial for newborn care and early childhood development.

3. Distribution:

The distribution will be organized at Government Hospitals, ensuring that every newborn receives their first gift with care and warmth.



Rotary District's Role:

Facilitation:

The Rotary District oversees the procurement and distribution of the baby kits. bs actively participate in the project, embodying Rotary's commitment to community service and supporting families during a momentous occasion.

Impact:

Celebration of Life:

Recognizing and celebrating the birth of every newborn promotes a sense of joy and community spirit.

Support for Families:

Providing essential items through the gift kits supports families, especially those in need, in welcoming their newborns into the world.

Long-term Benefits:

Promoting early childhood care and development contributes to the health and well-being of newborns and their families.

Conclusion:

“Ente Kanmanikku First Gift” exemplifies Rotary District's dedication to humanitarian service and community welfare. By partnering with Kerala Vision and leveraging the collective efforts of Rotary clubs, the project not only celebrates new life but also underscores Rotary's commitment to making a meaningful impact in the lives of families across the region.





The 2248th meeting of Rotary Club of Kottayam North was held on July 11, 2024, at the Club Hall at 8 Pm.

1. **President's Adornment:** Rtn Subash K Pillai was honored with the Rotary Collar by PP Rtn Dr. P Biju.
2. **Meeting Commencement:** President Rtn Subash K Pillai called the meeting to order.
3. **Invocation:** PP Rtn George Thomas Kannukuzhi delivered the invocation.
4. **Presidential Address:** President Rtn Subash K Pillai extended a warm welcome to all attendees. He emphasized the club's upcoming activities and sought support from members for the next year. Notably, he highlighted the club's plan to donate a water purifier funded by the CSR Fund of Virbac Animal Health India Pvt Ltd. He commended PP Rtn P Biju for his initiative in this endeavour.
5. **Comfort Station Update:** President Subash informed members that the comfort station began operating on the morning of July 11, 2024. Eswaran, the previous staff member, resumed his duties. The representatives from municipality tried to take over but were instructed to return, following the Court directives.
6. **Rtn. Adv.Tomy K James's Report:** Tomy provided updates on recent events related to the comfort station, including obtaining a copy of the 1987 agreement with the municipality.
7. **Approach Road:** Plans were discussed to clean and re-lay the sunken tiles on the access road in front of the Club. PP Rtn Joshy Chandy confirmed that the road work would commence next month, funded by MLA funds.



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8. Secretary's Announcements:

Secretary Kiran C Kurian made announcements and expressed gratitude.



9. Meeting Conclusion: President Subash K Pillai concluded the meeting



with a call for continued fellowship. The meeting was followed by dinner, sponsored by Rtn Jojo Alexander in celebration of his wedding anniversary. The occasion featured a joyful cake cutting ceremony by Jojo along with PP Rtn



Pradeep Cherian, who was also celebrating his birthday.



Kiran C Kurian- Secretary



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CLUB NEWS

AWARDS

The Kottayam Revenue District Awards for best Club, President and Secretary were presented by District Governor Nominee Rtn Krishnan G



Nair on 6 th July before the start of the Installation Meeting. These Awards were bracketed with Kottayam East, but however was missed at the Award Nite. Congratulations Jabyson and team !

REFUND OF DEPOSITS

IPP Rtn Jabyason informed that Rs 2500 will be refunded this year to the depositors of the Club's new Public Address System fund collected last year.

FIRST LADY PRESIDENT

Rtn Valsala Venugopal is the first lady President of Kottayam East, leading a Club of 71 Members. Rtn Valsala is the wife of Rtn Venugopal of Krishnan Nair Time & Jewellers. Our Congratulations and best wishes Rtn Valsala!

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Walmart CEO on Emotional Intelligence

More often than not, commencement addresses are full of bland platitudes. But every once in a while, one of these speeches will contain a gem of wisdom. Walmart CEO Doug McMillon's recent speech at his alma mater, the University of Arkansas, is a perfect example.



If you want to know how to fight back when you're feeling negative and defeated, then you can read a ton of fancy psychology research. Or you can just remember these simple words from McMillon's speech.

"It's not what you gather, but what you scatter that tells what kind of life you've lived."

- Helen Walton, the wife of late Walmart founder Sam Walton.

On its surface, this seems like a sweet reminder of a lesson you probably learned from your mom or kindergarten teacher: it's better to give than to receive. But McMillon goes on to make a subtler point.

Being focused on helping others isn't just kind, and morally correct. It doesn't just make life better for others or for society as a whole (though it certainly does that). It also makes life better for givers themselves.

"If you find yourself feeling stuck or negative, go do something to help someone else, then notice how you feel. It works. It's unselfish and kind of selfish in a way," McMillon insists.



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Walmart

McMillon is arguing that being kind to others will make you happier, more positive, and more productive. Turns out this isn't just down-home wisdom—it's actually backed by an absolute mountain of respected science. Hold on to your hats, folks, because I am about to hit you with a whole bunch of studies to prove it.

One classic experiment from the University of Oxford asked participants to engage in small, random acts of kindness for a week, carefully measuring their happiness levels and comparing them with a control group. The result? A big spike in well-being among those who practiced kindness compared with those who did not.

And kindness doesn't just make you and your general environment happier and more positive. It makes you healthier too. Another whole set of studies shows that kindness helps us recover faster from injuries and traumas and resist the ravages of age. This research is so convincing that Yale psychologist Laurie Santos claims the best form of self-care is being kind to others.

"The right way to treat ourselves would be to do nice things for other people. We actually get more out of being more open and more social and more other-oriented than spending money on ourselves," she insists.

Finally, acts of kindness will probably help you perform better at work too. As neuroscientists say, "synapses that fire together, wire together." By being positive and kind, you train your brain to make it easier to be positive and kind in the future. And according to a massive recent study with one million participants, positive, happier people are simply more likely to be successful in life.

The bottom line is that there is a whole lot of research-backed wisdom going on under the hood of McMillon's simple-seeming comment. A key part of emotional intelligence is understanding how to keep your own mood up and your outlook hopeful.

"What you scatter really does matter more than what you gather. It's scientifically proven."

Compiled by **Rtn PP G Mohanachandran**

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BOARD MEMBERS 2024 – 2025

- | | |
|----------------------------|-------------------------------|
| 1. President | - K. Subash |
| 2. Imm. Past President | - Jebyson Philip |
| 3. Vice President | - George Thomas
Kannukuzhy |
| 4. Secretary | - Kiran C Kurian |
| 5. Joint Secretary | - Rahul |
| 6. President Elect | - George Lukose |
| 7. Treasurer | - Madhu John |
| 8. Sergeant at Arms | - Adv. Tommy K James |
| 9. Club Administration | - K J Jacob |
| 10. Bulletin Editor | - V.J. John |
| 11. Club facilitator | - Dr P Biju |
| 12. District Project | - Betty K Kurian |
| 13. Community Service | - Joseph K J. |
| 14. Youth Service Chairmen | - Jojo Alexander. |
| 15. TRF | - Biju Prambil. |
| 16. Membership. Devl | - Joshy Chandy. |
| 17. Interact Club | - Philip Joseph |
| 18. Public Relation | - Praveen Thomas |
| 19. Entertainment | - Legi C. John |
| 20. Fellowship | - Ciby Kurian |
| Charitable Society- | |
| 21. Secretary | - Sherry K Mathew |
| 22. Treasurer | - Binoy Varkey |