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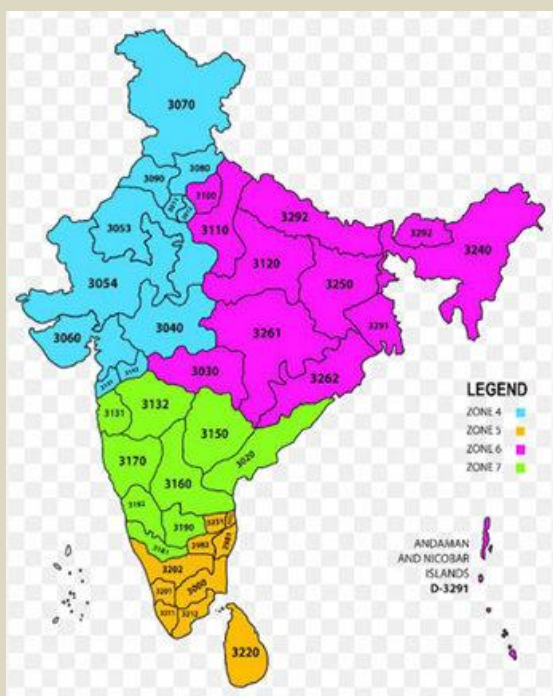
JULY 2025.

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WEEKLY BULLETIN OF ROTARY CLUB OF TRIVANDRUM CENTRAL

INTERNATIONAL NEWS



ABOUT ROTARY CLUBS IN ZONE 4,5,6,&7

ROTARY ZONES

Zones are geographical groupings used by Rotary International for administrative and electoral purposes, particularly for selecting members of the Board of Directors.

ROTARY INTERNATIONAL

Zones 4 focusing on Western and Northern India, and Zone 7 on Central and Southern India. Zone 5 & 6 primarily includes Districts in India, Sri Lanka, Nepal, Maldives and Bhutan.

Zone 5 encompasses Districts in Southern India, Maldives and Sri Lanka. Zone 6 includes Districts in Bhuta, Eastern India and Nepal.

Here's a more detailed breakdown:

Zone 4: Includes Districts 3011,3012,3040,3053,3054,3060,3070,3080,3090,3141 and 3142.

Zone 5: Includes Districts 2981,2982,3000,3201,3202,3211,3212,3220,3231, and 3232.

Zone 6: Includes Districts 3030,3100,3110,3120,3240,3250,3261,3262,3291,3292, & Dists in Bhutan & Nepal.

Zone 7: Includes Districts 3020,3131,3132,3150,3160,3170,3181,3182, and 3190.

AUGUST IS

MEMBERSHIP & NEW CLUB DEVELOPMENT MONTH

"Rotary's strength lies in the sincerity of purpose of its members."
Estes Snedecor, Rotary Club of Portland, Oregon - 1921 Rotary Convention

Rotary **EACH ROTARIAN: REACH ONE, KEEP ONE** www.rotary.org

"Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

- Einhold Niebuhr

AUGUST- MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH
12th AUGUST - INTERNATIONAL YOUTH DAY

EDITOR'S DESK



July was a month of energy and fellowship. We began this Rotary year on a high note with the Installation of Rtn. Col:Dr.Rajan as our President, along with his dedicated team. In the month that followed, we successfully conducted three weekly meetings, a delightful family get-together, and impactful service projects.

As we move into August, we look forward with great enthusiasm and hope to achieve even more together. Let's continue this spirit of fellowship and service for the betterment of our community.

With best wishes

Rtn.Major Donor.K.Janardanan Nair,
Editor, "CENTRE OF THE WHEEL "



THE MESSAGE FROM THE PRESIDENT

Dear Rotarians,

At the outset, I extend my heartfelt thanks to all of you for your enthusiastic participation in the meetings, the memorable family get-together, and the meaningful service projects we successfully carried out during the month of July. Your commitment and cooperation truly reflect the spirit of Rotary.

In Rotary, August is dedicated worldwide as "Membership and New Club Development Month". Membership is the backbone of our organization, and together, we can ensure that our club grows stronger in both numbers and fellowship. It is time to celebrate our members, strength the bonds of fellowship, and invite likeminded individuals to join us in our mission of "Service Above Self". Let's all work together to grow our Rotary family, ensuring that our meetings, service projects and fellowship activities are welcoming, inspiring and impactful.

I humbly seek the continued cooperation of each member so that we may conduct our meetings and service projects even more smoothly and effectively in the coming weeks. Let us work hand in hand to make this month as vibrant and impactful as the last. Together let us make this month even more meaningful.

With warm regards, Rtn.Col.Dr.K.E.Rajan

YOUR SPACE, YOUR VOICE

THIS IS SHARED BY OUR TREASURER
Rtn.MPHF.V.BALAGOPAL



COCONUT OIL THROUGH THE AGES, CRACKING THE COCONUT: HEALTH, HEART AND THE HYPE AROUND COCONUT OIL:

Long before it found its way onto modern wellness shelves, coconut oil held a revered place in the traditions of ancient cultures. In Ayurvedic medicine, it was prized for its cooling properties and used in formulations to soothe inflammation, nourish the skin, and support digestion. Across Polynesian islands, it was considered a sacred elixir—used for cooking and healing wounds, protecting hair from the harsh sun, and massaging infants. In Southeast Asia, coconut oil was a household staple, believed to strengthen the body, enhance immunity, and preserve youthfulness. Its versatility as a food and a natural remedy reflects a wisdom passed down through generations.

COCONUT OIL'S UNIQUE CHEMISTRY:

Beneath its creamy texture and subtle aroma lies a fascinating chemical composition that sets coconut oil apart from other fats. At the heart of its nutritional intrigue are medium-chain triglycerides (MCTs)—a unique group of fatty acids primarily composed of lauric acid, capric acid, and caprylic acid. Unlike long-chain fatty acids in most vegetable oils, MCTs are metabolized differently. They bypass the conventional digestive route and are rapidly absorbed by the liver, where they are converted into ketones, a quick and efficient energy source for the body and brain. This distinct metabolic pathway has made coconut oil especially popular in ketogenic diets and energy-boosting regimens.

The types of coconut oil also differ greatly. Virgin coconut oil preserves its original scent and health-promoting polyphenols since it is extracted without the use of heat or additives. In contrast, refined coconut oil is processed to eliminate contaminants and odour, which improves its suitability for cooking at high temperatures. Even though refining eliminates some of the oil's natural components, refined coconut oil retains its taste and is more stable when used in high-heat cooking.

The liquid form of coconut oil with specific fatty acids extracted for specialized applications—most notably in skincare and cosmetics—is called fractionated coconut oil. Each variety has special advantages that are influenced by its composition and extraction technique.

IS COCONUT OIL A CARDIAC TONIC:

Few natural oils have stirred as much scientific debate as coconut oil, particularly in cardiovascular health. At the heart of the controversy lies its high concentration of saturated fat—primarily lauric acid—which comprises nearly 90% of its fat content. Traditionally, saturated fats have been linked to elevated LDL cholesterol, a known risk factor for heart disease. As a result, many health authorities remain cautious in endorsing coconut oil for heart health. Yet the picture is more nuanced. Some clinical studies suggest that while coconut oil may raise LDL, it also tends to increase HDL (the "good" cholesterol), potentially offsetting adverse effects. Furthermore, the MCT content may offer metabolic advantages that differentiate it from the long-chain saturated fats in animal products.

When compared to butter, coconut oil is often seen as a lighter alternative. However, it still falls short of the proven cardiovascular benefits associated with olive oil and unsaturated vegetable oils like canola or sunflower. Ultimately, moderation and context matter. Virgin coconut oil contains polyphenols and tocotrienols that reduce inflammatory markers and oxidative stress—key contributors to heart disease. Some studies show virgin coconut oil improves vascular elasticity and endothelial function, which is crucial in preventing hypertension and arterial stiffening.

BRAIN, ENERGY AND IMMUNITY: COCONUT OIL'S RISING STARS:

Beyond its culinary appeal, coconut oil has gained recognition for potential benefits that extend to the brain, energy metabolism, and immune function. Central to these claims are its MCTs, which are rapidly metabolized by the liver into ketones—Emerging research suggests that in conditions like Alzheimer's disease, where glucose metabolism in the brain is disturbed, ketones may offer a supportive energy pathway, potentially improving cognitive clarity in early stages.

Coconut oil also plays a prominent role in ketogenic diets, where ketone production is intentionally elevated to support fat-burning and neurological resilience. Many users report improved mental focus and sustained energy when coconut oil is incorporated into a low-carb regimen.

On the immunity front, lauric acid - a dominant fatty acid in coconut oil - is believed to exhibit antimicrobial and antiviral properties, capable of disrupting the lipid membranes of specific pathogens. However, traditional medicine and anecdotal evidence support its role as a natural immune booster.

HOW TO USE COCONUT OIL IN DAILY LIFE:

Coconut oil's versatility makes it a nice addition to both the kitchen and personal care routines. In cooking, its subtle, nutty-sweet aroma pairs beautifully with curries, sautéed vegetables, and baked goods. With a smoke point of approximately 350°F (175°C), virgin coconut oil is best suited for medium-heat cooking, while refined versions can tolerate slightly higher temperatures.

For raw consumption, moderation is key. Around 1 to 2 tablespoons per day is generally considered safe for most adults, mainly when used as part of a balanced diet. Many incorporate it into smoothies and bulletproof coffee or consume it with a spoonful for its potential metabolic benefits.

Coconut oil is widely used as a natural moisturizer, lip balm, and makeup remover. In hair care, it helps reduce protein loss, enhancing shine and strength. The ancient Ayurvedic practice of oil pulling—swishing coconut oil in the mouth—is believed to support oral hygiene and detoxification, further illustrating its multifaceted appeal.

COCONUT OIL, DOSAGE MYTH AND MODERATION:

Health experts generally recommend limiting intake to 1 to 2 tablespoons per day for adults, particularly given its high saturated fat content. When consumed within these bounds and as part of a varied, nutrient-rich diet, coconut oil can be a valuable addition rather than a nutritional risk.

However, myths surrounding coconut oil abound—chief among them is the belief that it automatically burns fat or accelerates weight loss. While MCTs may slightly boost metabolism and support satiety, the effect is modest and should not be overstated. Coconut oil is not a remedy for obesity or metabolic disorders. Coconut oil is best realized when used thoughtfully with other whole foods, healthy fats, and lifestyle choices.

There is credible evidence suggesting that coconut oil was unfairly vilified—partly due to industrial lobbying by Western vegetable oil producers and flawed nutritional generalizations about saturated fat.

COCONUT OIL Vs OTHER OILS: WHAT SHOULD YOU CHOOSE?

Each culinary oil brings its composition, health profile, and purpose to the table. Coconut oil, rich in medium-chain triglycerides, offers a unique flavour and moderate heat stability—making it ideal for baking, sautéing, and recipes that benefit from a mild tropical aroma. Olive oil, lauded for its heart-healthy monounsaturated fats and antioxidants, is perfect for salads, drizzling, and gentle cooking. Sunflower oil provides a neutral taste and high smoke point, making it a staple in frying and roasting.

In contrast, butter and ghee, which are valued for their rich flavour and essential function in traditional cuisines, are mostly made up of cholesterol and long-chain saturated fats, which, when ingested in excess, may raise.

LDL LEVELS:

Palm oil, although economically attractive and highly stable for industrial use, raises significant health and environmental concerns. Unlike coconut oil, which is rich in medium-chain triglycerides (MCTs) that are rapidly metabolized for energy, palm oil contains higher proportions of long-chain saturated fats and pro-inflammatory omega-6 fatty acids, which have been associated with increased cardiovascular risk, endothelial dysfunction, and inflammation in some studies.

Additionally, refined palm oil often undergoes high-heat processing, leading to the formation of potentially harmful compounds like glycidyl esters and 3-MCPD, both of which are under scrutiny for carcinogenic potential. These factors make coconut oil a favourable option when considering both metabolic impact and nutritional profile.

CONCLUSION:

Coconut oil has many possible health advantages, including immune system stimulation, brain energy metabolism, cardiovascular support, and metabolic health. Rich in medium-chain triglycerides and lauric acid, it differs from other saturated fats in its unique nutritional properties. Recent research has shown that it raises HDL cholesterol, enhances cognitive function via ketone production, and aids in weight management by promoting satiety and metabolic rate. Its versatility as a complete health support is further enhanced by its use in skin care, dental hygiene, and hair nutrition. However, because of its high saturated fat content, coconut oil should only be used sparingly and in conjunction with a well-balanced diet. When used sparingly, coconut oil may be a valuable and practical addition to diet and lifestyle habits.

MOMENTS THAT MATTER MEETING UPDATE BY SECRETARY



ROTARY CLUB OF TRIVANDRUM CENTRAL

Minutes of the Weekly Meeting - Club Assembly –

Date: 1st August 2025, Venue: Hotel Horizon, at 7.30 pm

1. ADDRESS BY THE PRESIDENT - The President welcomed all members to the Club Assembly and briefed on the highlights of the Board Meeting held on 31st July. He reiterated the need to maintain budgetary discipline in weekly meetings and announced revised norms.

2. INCOME AND EXPENDITURE FOR JULY - The Treasurer, Rtn V Balagopal, presented the income and expenditure statement for July 2025. He emphasized the need for strict adherence to budget limits in the future.

3. SERVICE PROJECTS UPDATE - Rtn.V.Sudeep Kumar, Chair - Service Projects, updated members on key ongoing and upcoming projects:

[a]"Madhuram Malayalam Project":

10 newspaper subscriptions per day were donated to St Goretti's L.P. School to promote reading habits among children for one year.

[b] **Solar Project:** Rs.3lakh project underway, expected to be completed in August.

[c] **Oppol Project:** Two sewing machines to be donated to beneficiaries in Chirayinkeezhu

[d] **Educational Sponsors:** Rtn.Donn Thomas,sponsored two students at Rs.7,500 each.

[e] **Water Purifier:** Costing Rs.9000/- will be donate to St Goretti's L.P.School during Aug.

[f] **Onam Event:** Decided to conduct Onam celebration for in mates of RCC pediatric ward.

[g] **HPV vaccine:** Meetings with officials are being planned to get approval for vaccination.

4. MEMBERSHIP UPDATE: Of the pending applications two Rotary Anns,Vimala Nair and Manju Thampi was approved for membership. Earlier 3-member Committee was constituted under the Chairmanship of Rtn.P.S.Rajan Nair, for screening of applications from prospective members.

5. INTERACT ROTRACT CLUBS: Decided to start two Interact Clubs, and one Rotract Club, and authorised Rtn.Shibu Varghese, to be in charge of all the will oversee their development and continuity, who will be supported by one more club member.

5. ANY OTHER MATTER:

[a] Club authorised Rtn.P.Sivaprasad, Chair, Food & Entertainment, for planning to conduct Onam and Christmas celebrations.

[b] Rtn.S.K.Menon's proposal for a family outing to Muraliya Farm, Tirunelveli was appreciated the dates of which will be finalised soon.

6. INTERNATIONAL ROTARY GUEST:Rtn Devanand Mahadeva, Rotary Club of Dubai Downtown, attended the meeting and a gave a brief talk regarding the functioning of Rotary District 2452, consisting of clubs from Armenia, Bahrain, Cyprus, Georgia, Jordan, Lebanon, Palestine, Sudan, an UAE.

7. ATTENDANCE: 12 Rotarians and one Rotarian Guest from Dubai attended the meeting.

Meeting adjourned with fellowship.

Recorded by: Rtn.Prem Kumar Thampi, Secretary
Rotary Club of Trivandrum Central

Rtn Devanand Mahadeva, Rotary Club of Dubai Downtown, attended the meeting and gave a brief talk regarding the functioning of Rotary District 2452, consisting of clubs from Sudan, an UAE, Armenia, Bahrain, Cyprus, Georgia, Jordan, Lebanon, Palestine,



UPCOMING MEETINGS GUEST SPEAKER ON MEETING Dtd: 8TH FRIDAY

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BON VOYAGE, Rtn.Suresh Mathew & Rtn.Dr.M.Sureshkumar!
Wishing you both a safe, pleasant, and memorable journey.
Looking forward to hearing all about your trip when you return.



RECIPE SPOTLIGHT "YUMMY DOSA" A CULINARY GEM, Shared by: Rytn.MANJU THAMPI



CRISPY RAGI DOSA WITH TEMPERED CHUTNEY

Imagine the golden morning sun peeking through your kitchen window, and the sizzling aroma of ghee and roasted spices waking up your senses. That's the magic of this Ragi Dosa – a humble yet powerful blend of taste, health, and nostalgia. It's crispy, earthy, and deeply satisfying – everything a perfect dosa should be. Best of all? It comes together in minutes with no fermentation!

INGREDIANS:

FOR THE DOSA BATTER:

- Ragi Flour (Finger Millet) – 1 cup
- Rice Flour – ½ cup (for crispiness)
- Curd (Yogurt) – ½ cup (adds slight tang)
- Water – As needed to make a thin, free-flowing batter
- Salt – To taste
- Coriander leaves – A handful, finely chopped
- Onion – 1 small, finely chopped
- Green chilli – 1 finely chopped (optional for heat)
- Cumin seeds – ½ tsp

FOR THE TEMPERING:

- Oil or Ghee – 1 tsp
- Mustard seeds – ½ tsp
- Curry leaves – A few
- Dry red chilli – 1, broken
- Asafoetida (Hing) – A pinch



HOW TO MAKE IT

1.WHISK THE BATTER

In a large mixing bowl, combine ragi flour, rice flour, and curd. Add water gradually to form a thin, watery batter – similar in consistency to rava dosa batter. Stir in the salt, chopped onions, green chilli, coriander, and cumin seeds. Let it rest for 5–10 minutes while you prep the tempering.

2.SIZZLE THE TEMPERING

In a tadka pan, heat ghee or oil. Add mustard seeds and let them splutter. Then toss in the dry red chilli, curry leaves, and a dash of hing. Let everything sizzle for a few seconds. Pour this fragrant tempering straight into the batter and mix well. Pro Tip: This tempering elevates the humble dosa to divine status.

3.POUR AND CRISP

Heat a cast iron or non-stick dosa tawa until hot. Drizzle a few drops of oil. Using a ladle, pour the batter from a height in a circular motion – let it naturally form lacy patterns. Do not spread – this is what gives it the signature crispy texture. Let it cook on medium flame until the edges lift and the center turns crisp and golden brown. No need to flip! Just fold and serve.



Rtn.V.BALAGOPAL - - 13th

Rytn.LEELA SUKUMARAN - 12th

Rytn.J.N.SOUMYA RANJIT - 15th

Rytn.LETHA VENU - - 18th

Rytn.Adv.RITA.K.G - - 23rd



Rtn.BABU STEPHEN & Rytn.GRACY STEPHAN - 17th

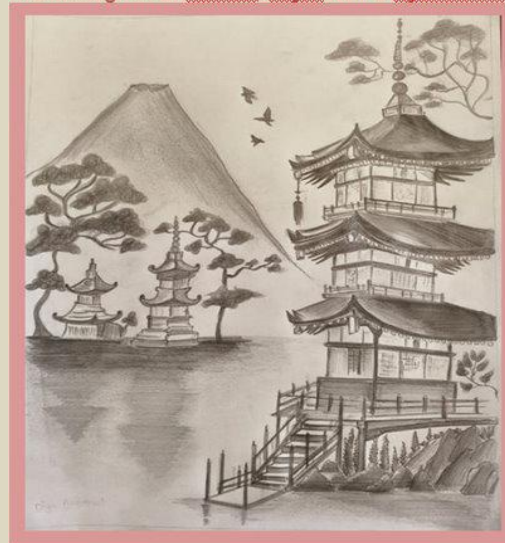
Rtn.G.N.NAIR & Rytn.MAYA NAIR - 23rd

Rtn.GEORGE SAMUAL & Rytn.MOLLY - 23rd

Rtn.JANARDANAN NAIR & Rtn.S.V.LEKSHMI - 27th

"A Budding Artist's Touch:"

Pencil Drawing by Diya, 10th Std Student from Dubai, Granddaughter of Rtn.P.S. Rajan Nair & Rytn.Vimala"



SMILES ARE THE BEST REMEDY

One day, the donkey said to the tiger - "The color of grass is blue"

The tiger replied — "No, the color of grass is green."

After a while, the discussion between the two turned into a heated argument, and they appeared before the king of the jungle, the lion, for judgment. Before reaching the lion in the royal court, the donkey started shouting —

"Your Majesty, tell me whether the color of grass is blue or not?"

The lion replied — "Yes, the color of grass is blue."

The donkey quickly reached the lion and kept saying —

"The tiger is not listening to me, arguing and bothering me. Punish him."

The lion then announced — "The tiger is punished to remain silent for 5 years."

The donkey started jumping happily and went away saying —

"The color of grass is blue, the color of grass is blue."

The tiger accepted the punishment, but asked the lion —

"Your Majesty, why did you punish me when the color of grass is really green?"

The lion said, "Yes, the grass is green".

The tiger asked, "Then why did you punish me?"

The lion replied, "I have nothing to do with punishing you whether the grass is green or blue. I have punished you because you, a brave and intelligent animal like you, wasted your time arguing with a donkey and you have come to me for such a stupid reason and wasted my time."

NEVER ARGUE WITH A FOOL.



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