



CHARTER NO. 4377  
23RD AUGUST 1937  
R.I. DISTRICT 3201

**OFFICE**  
ROTARY CLUB OF COCHIN  
BALBHAVAN  
PANAMPILLY NAGAR, KOCHI- 682 036  
PHONE: 0484 7963023  
email: [rotarycochin2013@gmail.com](mailto:rotarycochin2013@gmail.com)  
website: [www.rotarycochin.com](http://www.rotarycochin.com)

**PRESIDENT**  
**Rtn. MPH Rajesh Nair**  
**VICE PRESIDENT**  
**Rtn. PHF Adv. K. Anand**  
**TREASURER**  
**Rtn. PHF Michealle Niaz**  
**SECRETARY**  
**Rtn. PHF Gayatri Krishnan**  
**BULLETIN COMMITTEE**  
**Rtn. PHF Prathik Nayar- Bulletin Editor**  
**Rtn. PP MD Dr. Sujit Vasudevan**  
**Rtn. PHF Varghese Eapen**  
**Rtne. Gita Krishnan**  
**Rtn. PHF Shantha Mathew**  
**Rtn. PHF PP Joseph Malieckal**

## NEXT MEETING

Wednesday  
24<sup>th</sup> July 2024 at 7.00 PM  
at Rotary Cochin Balbhavan

**Extraordinary  
General Meeting**



BULLETIN OF THE ROTARY CLUB OF COCHIN

Volume 89, Issue 03, 17<sup>th</sup> July 2024

# THE COCHIN ROTARIAN

## YEARLY PLANS PRESENTED AT ROTARY CLUB WEEKLY MEETING

In the meeting held on 10<sup>th</sup> July at Bal Bhavan, the Rotary Club of Cochin outlined an ambitious vision for the upcoming year. Building on a strong foundation of past successes, the Rotary Club of Cochin is poised to embark on new initiatives aimed at making a meaningful difference in the community.

The Rotary Club of Cochin is prioritizing several key areas to foster growth and development. Central to its mission is the focus on education, where innovative approaches are being planned to enhance learning experiences for young minds. This reflects the Rotary Club of Cochin's belief in the transformative power of knowledge and its role in shaping the future.

Economic development within the community is also a significant priority. The Rotary Club of Cochin is leveraging its network of professionals to support local enterprises, ensuring they receive the guidance needed to thrive. This initiative highlights the Rotary Club of Cochin's commitment to fostering a robust local economy and encouraging entrepreneurship.

Expanding its reach, the Rotary Club of Cochin is identifying new regions for development, applying successful models from previous projects to these new areas. This strategy underscores the Rotary Club of Cochin's dedication to sustainable and impactful community service.

To support these endeavors, the Rotary Club of Cochin is exploring



various fundraising avenues, including partnerships with corporate entities. By aligning with organizations committed to social responsibility, the Rotary Club of Cochin aims to amplify its impact and resources.

Collaboration remains a cornerstone of the Rotary Club of Cochin's strategy. By working closely with other Rotary clubs in the district, the Rotary Club of Cochin aims to maximize the effectiveness of its initiatives through shared expertise and joint projects.

Addressing the needs of an aging population is another area of focus. The Rotary Club of Cochin is developing programs to support seniors, reflecting its empathy and proactive approach to social challenges.

Internally, the Rotary Club of Cochin is rekindling its rich history and traditions, aiming to boost member engagement and community spirit. By celebrating its legacy and fostering a sense of belonging, the Rotary Club of Cochin hopes to inspire renewed enthusiasm and participation among its members.

As the Rotary Club of Cochin looks ahead, the overarching goal

is to enhance interaction within the club and strive towards excellence in all its endeavors. With a year of exciting initiatives on the horizon,

the Rotary Club of Cochin is set to make a significant impact on the community.

## ADAPTIVE SPEED: THE KEY TO SAFE AND TIMELY TRAVEL

Reaching your office on time is essential, and let's consider a scenario where your goal is to reach your office in 30 minutes. However, you have allocated only 20 minutes for the actual traveling time, leaving little margin for unexpected delays.

Speed is a predominant factor in about 73% of road crashes in India. Every year, over 170,000 lives are lost, and approximately 500,000 people suffer injuries on our roads due to road crashes.

We often talk about "over-speeding" as the main issue, but it is actually "unadaptive speed" that causes most crashes. Speed should be adaptive to the conditions of the road, your vehicle, and the surrounding vehicles. Even if your vehicle has efficient brakes and a shorter stopping distance, the vehicle behind you might not have the same capability. It could be a loaded truck or a different car with a longer stopping distance. Additionally, the reaction time of drivers can vary. For instance, at 60 km/h, a one-second reaction time translates to about 17 meters of non-braking distance. This means there is a 17-meter gap during which the driver is merely reacting before they start braking. Another factor is the condition of the tires, which varies



across vehicles.

Speed should also adapt to the road conditions. Different categories of roads—two-lane, four-lane, or six-lane—demand varying speeds. The accessibility of a road is a major point in adapting the speed. Remember, the human body is generally safe only at speeds below 20 km/h. If a road has high accessibility (like pedestrian zones), speed should be less. Traffic conditions are another factor to consider when selecting a speed.

Speed should also be adaptive to weather conditions. Sunny days and rainy or foggy days require different speeds. Most of the information our brains receive while driving comes

through our eyes, so vision is crucial. As speed increases, our field of vision narrows, causing tunnel vision. In rainy conditions, visibility is reduced, and braking distances increase. Additionally, the risk of hydroplaning or aquaplaning (skidding on water) is higher.

So please rely on adaptive speed. Allow more time for travel, understand that a collision at 100 km/h is equivalent to a fall from a 12-story building. Have an enjoyable and safe ride.

Stay safe and plan your travels with ample time to account for varying conditions.

- Rtn. Prathik Nayar

## COMMUNITY SERVICE INITIATIVE: A HEARTFELT DONATION TO PERUMBALAM

In a commendable display of generosity and community spirit, the Rotary Club facilitated the donation of 2000 adult diapers to the elderly and bedridden residents of Perumbalam on 15<sup>th</sup> July 2024. This substantial contribution, valued at

approximately Rs. 1 lakh, was made possible by the Aswani Lachmandas Group, represented by Rtn. IPP Prakash Aswani and Rtn. PP Susheel Aswani.

The donation comprised 1000 medium and 1000 large adult diapers,





each valued at approximately Rs. 50. This essential support will significantly enhance the quality of life for many individuals in the community, addressing a critical need with compassion and care.

We extend our heartfelt gratitude

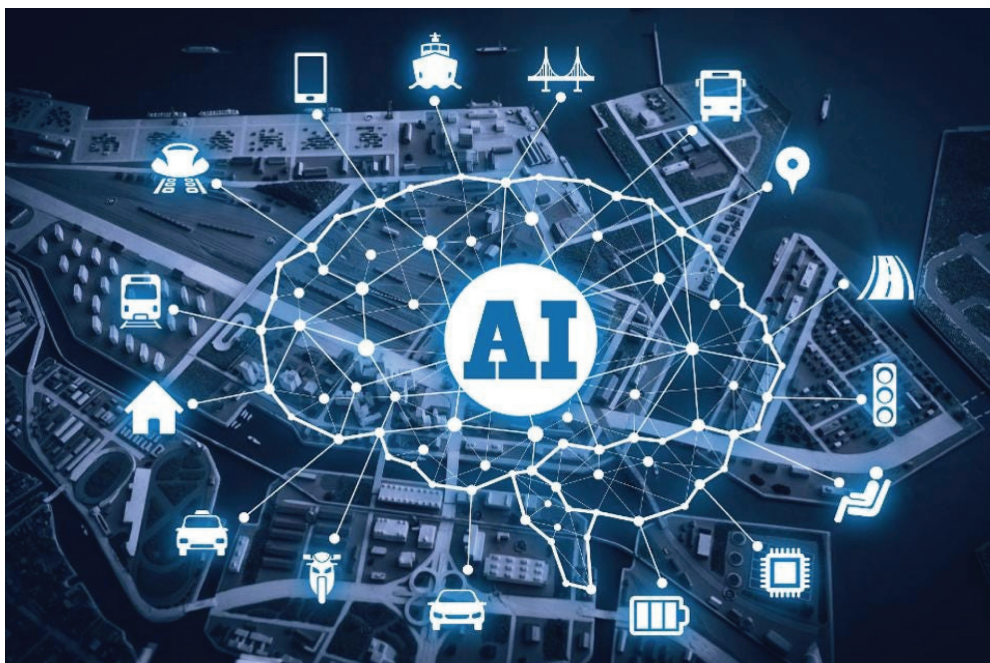


to the Aswani Lachmandas Group, Rtn. IPP Prakash Aswani, and Rtn. PP Susheel Aswani for their selfless contribution. Their commitment to community service exemplifies the Rotary spirit of service above self and stands as an inspiration to us all.

## ARTIFICIAL INTELLIGENCE IN YOUR DAILY LIFE

**A**rtificial Intelligence (AI) has become an increasingly pervasive force in our daily lives. Where we are actively working in professions, entering the portals of work or retired from public AI is operating behind the scenes to enhance various aspects of our everyday experiences. Here are ten ways AI is affecting your daily life:

1. **Personal Assistants:** AI-powered virtual assistants like Siri, Google Assistant, and Alexa help manage tasks such as setting reminders, sending messages, playing music, and controlling smart home devices, making daily life more convenient and efficient.
2. **Streaming Services:** AI algorithms curate personalized content on platforms like Netflix, YouTube, and Spotify. By analyzing your viewing or listening habits, AI recommends movies, shows, and music tailored to your preferences, enhancing your entertainment experience.
3. **Social Media:** Social media platforms like Facebook, Instagram, and Twitter use AI to personalize your news feed, detect harmful content, and suggest new friends or groups. AI-driven algorithms analyze your interactions to show you the most relevant and engaging content.
4. **Online Shopping:** E-commerce websites such as Amazon and Flipkart use AI to recommend products based on your browsing history, past purchases, and



preferences. AI also powers chatbots that provide customer support and assist with shopping queries.

5. **Navigation and Travel:** GPS and navigation apps like Google Maps leverage AI to provide real-time traffic updates, suggest optimal routes, and estimate travel times. AI also powers ride-sharing apps like Uber and Lyft, matching drivers with passengers efficiently.
6. **Healthcare:** AI is transforming healthcare by enabling more accurate diagnoses, personalized treatment plans, and predictive analytics. Wearable devices like Fitbit and Apple Watch use AI to monitor your health metrics and provide insights to improve your well-being.
7. **Finance and Banking:** AI is used

in banking and finance to detect fraudulent activities, provide personalized financial advice, and automate customer support through chatbots. AI-driven algorithms also help manage investments and recommend financial products.

8. **Smart Home Devices:** AI powers smart home gadgets such as thermostats, security cameras, and lighting systems. These devices learn your preferences and habits to automate and optimize your home environment, improving comfort and energy efficiency.
9. **Email and Communication:** AI helps manage and organize your email through features like spam filtering, auto-sorting, and predictive typing (e.g., Gmail's Smart Compose). AI-driven

tools also enhance productivity by scheduling meetings and generating summaries.

**10. Photography and Image Recognition:** AI enhances smartphone photography by automatically adjusting settings for optimal

results, recognizing scenes, and clustering similar photos. Apps like Google Photos use AI to organize and search your photo library based on content.

In conclusion, AI's integration into various aspects of daily life significantly enhances convenience, efficiency, and personalization. From entertainment and shopping to health-

care and smart home devices, AI improves experiences and provides valuable assistance, often without us even realizing it. Understanding the impact of AI on everyday activities highlights its importance and potential benefits across different areas of life, making it an indispensable part of modern living.

- Rtn Rajesh Nair

## OUR GARBAGE MENTALITY

Late one evening, after returning from a meeting, I was dropped off near my house. As I attempted to cross the road to reach my gate, I was almost knocked down by a scooter. The vehicle carried two men, both wearing helmets—law-abiding citizens, I guess. They paused for a millisecond, during which the pillion rider hurled a few bags against the compound wall of my house. With their task complete, the scooter made a swift U-turn, nearly mowing me down again, before speeding off in the direction it had come from. A closer examination of the bags revealed that they contained all sorts of garbage. At first, I thought it might have been disgruntled patients. However, when this happened with alarming frequency, I realized these individuals were simply offloading their waste to avoid polluting their immediate vicinity.

This phenomenon is not an isolated one. Friends have often told me of rubbish and trash bags mysteriously appearing near their walls early in the morning, followed by beratings from Corporation workers. While cleanliness may be next to godliness, for us Keralites, it seems God resides only in our immediate vicinity. It doesn't matter if we pollute others' spaces as long as our homes remain squeaky clean. Our approach to garbage is that it is someone else's problem. While solid waste disposal is a worldwide issue, we Indians



seem to revel in wallowing in our own refuse. When visitors tell me that Kerala and Cochin are so clean, I shudder to think of the places they come from.

A walk along the empty pavements of our city in the early mornings reveals Kochi in her true glory. Stuff is scattered everywhere: cigarette butts, chewing gum and candy wrappers, empty plastic cups, used bus (and now Metro) tickets, and several other unrecognizable, yucky items. There are also plenty of cartons that once held ice cream sticks. The only redeeming factor about the latter is that the popular brands of ice cream are manufactured by a fellow Rotary club member.

In addition to the callous attitude of citizens who litter everywhere, the stance of the authorities also leaves much to be desired. One may notice that Cochin is bereft of trash cans. All these receptacles were removed by a former Mayor who, I understand, went on to receive an international award for making Cochin garbage bin-free (not garbage-free). The workers tasked with removing Cochin's waste are a law unto themselves. While they may remove one set of plastic waste bags from an

area, they often leave another point about ten meters away untouched. Several workers are busy sweeping the pavements in the morning, but closer observation reveals their lack of enthusiasm. In a desultory manner, they carefully transport a pile of rubbish from one point to another, leaving it there.

All of us need to take a hard look at our civic duties. It is rightly said that we are all aware of our privileges but sadly lack awareness of our responsibilities. Knowledge about avoiding littering and proper waste disposal must be inculcated from a very young age. Civic sense must be drilled into our heads. The civic bodies need to awaken from their Rip Van Winkle sleep and realize that we are drowning in a sea of garbage, necessitating the planning of proper disposal methods. We are heading towards a great calamity and seem oblivious to it. We need first to remove the garbage from our minds.

*(Then there are our roads, buses, auto rickshaws, stray dogs, and so on, but these are different stories.)*

- Rtn. PP Dr. Sujit Vasudevan