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## NEXT MEETING

Wednesday

29<sup>th</sup> January 2025

at 07.00 PM

at Rotary Balbhavan

Classification talk by  
Rtn. Dr. Tharun Krishna



BULLETIN OF THE ROTARY CLUB OF COCHIN

# THE COCHIN ROTARIAN

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## REPUBLIC DAY: A CELEBRATION OF UNITY AND PROGRESS

Every year on January 26th, India stands together to commemorate a momentous day in its history: Republic Day. This day, marking the adoption of the Indian Constitution in 1950, is not merely a national holiday but a celebration of our unity, diversity, and the democratic ideals that define us as a nation.

### The Significance of January 26

January 26 holds a unique place in India's journey to independence and self-governance. While the Constitution came into effect on this day in 1950, the date was deliberately chosen to honour the Purna Swaraj resolution passed in 1930, declaring India's intent to achieve complete independence. It is a reminder of the sacrifices made by countless freedom fighters and vision-

aries who laid the foundation of modern India.

### A Day of Grandeur and Patriotism

The Republic Day celebrations across the country showcase the spirit of patriotism and the rich cultural heritage of India. The grand parade at Rajpath in New Delhi, featuring marching contingents, cultural tableaux, and the latest advancements in defence technology, epitomizes the strength and diversity of the nation. The highlight of the parade is the honouring of brave soldiers and civilians with awards for their valour and contributions to society.

### Unity in Diversity

India's diversity is its greatest

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strength, and Republic Day celebrations emphasize this aspect beautifully. From the vibrant colours of Rajasthan's folk dances to the serene traditions of Kerala, the parade is a tapestry of India's myriad cultures, languages, and traditions. It serves as a reminder that despite our differences, we stand united under one Constitution and one national identity.

### **Role of Citizens in a Republic**

While the day is an occasion for celebration, it also serves as a

moment for reflection. A republic thrives when its citizens actively participate in nation-building. Upholding the values enshrined in the Constitution—justice, liberty, equality, and fraternity—is not just the responsibility of the government but of every individual.

As members of Rotary, an organization dedicated to “Service Above Self,” we have a unique opportunity to contribute to the vision of a progressive and inclusive India. Whether through community service, literacy programs, or initiatives promoting peace and sustainability, our efforts resonate with the spirit of Republic Day.

### **Inspiring the Future**

On this Republic Day, let us rededicate ourselves to the ideals that our Constitution represents. Let us inspire the next generation to take pride in our shared heritage and work towards a future that reflects the values of equality, harmony, and progress.

As we hoist the tricolor and sing the national anthem, let us remember that the true essence of Republic Day lies in the actions we take as citizens to strengthen the fabric of our nation. Together, let us build an India that continues to shine as a beacon of democracy and unity for the world.

## **THE OVERUSE OF PHONES: A GROWING CONCERN**

In today's hyperconnected world, the smartphone has become an indispensable part of our lives. From facilitating communication to offering a plethora of digital tools, these devices have transformed the way we live and work. However, the flip side of this technological marvel is its overuse, which is increasingly becoming a cause for concern. The Rotary Club, committed to fostering community awareness, believes it is vital to address this issue for the betterment of society.

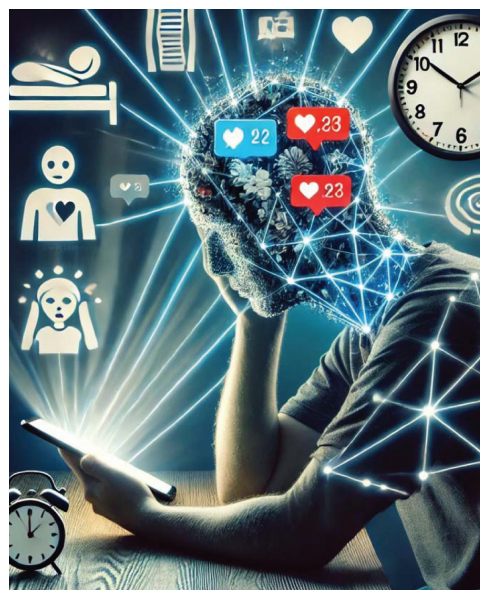
### **Physical Health Impacts**

Excessive screen time can lead to a host of physical health issues. Prolonged phone usage often results in “tech neck,” a condition caused by tilting the head forward to look at screens. This posture can lead to chronic neck and shoulder pain. Additionally, the constant strain on the eyes from staring at screens may result in digital eye strain, characterized by dryness, irritation, and blurred vision. Sleep disorders are another significant concern, as blue

light emitted by screens can disrupt the body's natural sleep-wake cycle.

### **Mental Health Concerns**

The psychological effects of overusing phones are equally alarming. Excessive engagement with social media platforms can lead to



feelings of inadequacy, anxiety, and depression, as individuals compare their lives to the curated highlights of others. Moreover, the addictive

nature of many apps and games fosters compulsive behaviour, leading to a dependence that can disrupt daily routines and productivity.

### **Impact on Relationships**

Smartphone addiction often erodes the quality of personal relationships. Family dinners, social gatherings, and even one-on-one conversations are increasingly interrupted by notifications and the urge to check phones. This “digital distraction” not only diminishes the depth of interactions but also leaves individuals feeling isolated, despite being constantly “connected.”

### **Cognitive and Behavioural Changes**

Overreliance on smartphones can also impact cognitive functions. Studies suggest that constant multitasking between apps and notifications reduces attention span and impairs the brain's ability to retain information. Furthermore, children and adolescents, who are in critical



stages of development, are particularly vulnerable to these adverse effects.

### Addressing the Issue

While smartphones are essential in modern life, striking a balance is crucial. Here are some steps individuals and communities can take to mitigate the negative effects of overuse:

1. Set Boundaries: Allocate specific times for phone use and prioritize screen-free periods, especially during meals and family time.

2. Use Technology Wisely: Leverage apps that monitor screen time and promote healthier usage patterns.

3. Promote Awareness: Community campaigns, like those organized by Rotary Clubs, can educate people about the consequences of overuse and encourage healthier habits.

4. Encourage Offline Activities: Participate in hobbies, sports, and other activities that do not involve screens.

The overuse of smartphones is

a multifaceted issue with implications for physical health, mental well-being, relationships, and cognitive development. As Rotarians, it is our responsibility to lead by example and foster awareness in our communities. By promoting a balanced approach to technology use, we can help create a healthier, more mindful society.

Let us remember that while our phones connect us to the world, it is the quality of our offline connections that truly enrich our lives.

**By Rtn Prathik Nayar**

## BON VOYAGE



‘**Bon Voyage**’, organised by the Cochin cluster Deputy Director Designate Rtn. Sudhin Vilangadan, for the District Governor Elect, Rtn PP Dr. G.N. Ramesh, was held on 12<sup>th</sup> January 2025. Our club is the lead club for organising the training seminar for the Presidents and Secretaries for 2025-26 which will be held on 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> April 2025 at Ashtamudi, Kollam. The seminar chair is Rtn. PP Algiers Khalid and secretary is Rtn. PP Shweta S. Vasudevan.



## CHEERS TO THE SEASON: CHRISTMAS & NEW YEAR GALA DINNER



Spreading joy, laughter, and festive cheer! Here's a glimpse of our unforgettable Christmas & New Year Gala Dinner, where celebrations brought everyone closer. Cheers to the season of togetherness and new beginnings!

Happy  
Wedding  
Anniversary

Rtn. Dr. Vijayamohan / Rtne. Dr. Manju  
Rtn. Varghese Eapen / Rtne. Latha  
Rtn. Dr. Anilkumar R. / Rtne. Radhika

24<sup>th</sup> Jan  
27<sup>th</sup> Jan  
29<sup>th</sup> Jan