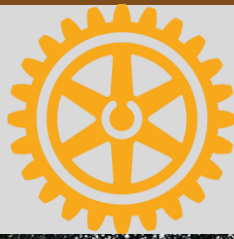


Rotary



**THE MAGIC
OF ROTARY**



THE FOCUS



President
Rtn. Binu George



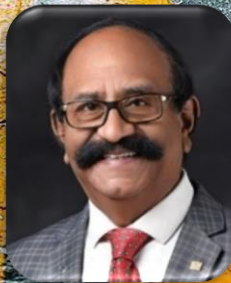
Secretary
Rtn Dr. Vijith V Nangelil

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2024



RI President
Rtn. Stephanie Urchick



Dist. Governor
Rtn. Adv. N Sundaravadivelu

BULLETIN OF
ROTARY CLUB OF KOTHAMANGALAM
Dist 3201 Club No. 22602

*Find us at www.facebook.com/rotaryclubkothamangalam
We meet every Friday 8:00 pm at Rotary Bhavan, Kothamangalam*

Installation ceremony of new office Bearers 2024-25



Club Officer's Training Seminar- COTS'24



Weekly and Board meetings



Budget presentation in Board meeting



Observance of National Day



Attending Membership development Seminar



President's Message



Dear Rotarians, Anns and Annets,

August is the membership and new club development month. We have witnessed many cultural activities in the last year under the leadership of Rtn. Sony Thomas which created a vibe in our club which is strong enough to push through this year.

Becoming a rotary member, you will discuss your community needs and develop creative ways to meet them, connect with the leaders who are changing the world, expand your leadership and professional skills and catch up with good friends and meet new ones.

Over the past few years our state has witnessed several natural/manmade calamities and pandemics which took lot of lives. Many became homeless and the Rotary sprang into action for the flood relief activities and various rehabilitation works. We have been a role model by sending trucks of relief materials to the worst flood affected areas in 2018 and also with the distribution of masks, sanitizers and other essentials during the pandemic. We gave hope to many homeless people by handing over a new home to live safely and hygienically. Many surgeries and dialysis were done free of cost or at a very nominal expense. Supporting the children in continuing their education. With these helping hands, once again we have shown the world that we are here to serve and been the inspiration to many.

Through Rotary new friends await in every corner of the world, let's connect them to make the world more happy.

Yours in Rotary

Rtn. Binu George

RI President 2024-25

Rtn. Stephanie Urchick



If we are to truly change the world with *The Magic of Rotary*, it's up to all of us to foster a sense of belonging in our clubs. But every club should take its own path to get there, and the Action Plan can help you find your way. What does that look like?

Take for instance the Rotary Club of Beveren-Waas in Belgium. It was chartered in 1974 but has evolved with the times, developing both a strategic plan and a membership plan. To find new members, the club analyzes the city's professions to help focus its search, and all new members are quickly assigned tasks and roles.

The club also mixes up meeting times, alternating between evening and afternoon sessions, making them accessible for all members.

Sometimes, circumstances force clubs to make changes. But as people of action, we know that behind every obstacle is an opportunity.

The Rotary Club of Holyoke in Massachusetts was forced from its meeting place because of rising costs after the COVID-19 pandemic, but members took this setback and turned it into a strength. The club started meeting in a library community room that was available for no charge and catering lunch from a nearby deli. Lunch costs \$10 per person but it's optional, so no one has to spend money to attend a meeting. What a great way to work toward being "fair to all concerned."

Since making this change, the Holyoke club has gained 13 members. I suspect part of its membership growth is due to the club's sense of inclusivity — the first step toward belonging.

If you ask members what they expect from the club experience, you might find that your club doesn't meet expectations. Think of this as an opportunity to reshape your club in exciting ways, as alternative club models are making a positive impact.

For example, a Rotary Fellowship called Beers Rotarians Enjoy Worldwide, or BREW, has worked closely with the Water, Sanitation, and Hygiene Rotary Action Group for the past eight years to assist with clean water projects. In that time, BREW has funneled 25 percent of its dues to those initiatives.

BREW is one of many examples of members pursuing belonging to improve the world.

I can't stress enough the importance of belonging. Clubs become simply irresistible when all members feel that they are exactly where they need to be. To me, belonging is the spark that ignites *The Magic of Rotary*.

As you receive feedback from club members and the community you serve, I urge you to pursue that spark. The Action Plan can help you find the path to success, and if you light your way with the spirit of belonging, that path will lead to a bright future for your club, your community, and the world.

Secretary's Report



Here I am proudly presenting the report for this month, August.

Club Service

We used to meet every week on Fridays to discuss the club activities. The first weekly meeting was a club assembly under A.G Rtn. Jibumon Varghese. The president discussed about the forthcoming service activities and events for the month. Blossom meeting was conducted on 26th of July. Dr Chinnu Vijith was the speaker of the meeting and the topic was maternal and child health. The dinner and fellowship of the day was at AG Rtn Jibumon Varghes and Ann Elsa Jibu's residence in connection with his 25th wedding anniversary. The combined board meeting was on 9th of August, 2024. 25 Board members attended the meeting. We decided to have the first family meeting on 16th August. We celebrated our Independence Day on 15th of August. The President hoisted the flag at Rotary Bhavan, Kothamangalam. Rtn. Adv KI Jacob delivered the Independence Day message. Freedom quiz competition was conducted on the same date. More than 60 students from various schools participated in the program. Col. Ishenour inaugurated the quiz competition.

Community Service

The Rotary club of Kothamangalam on the occasion of the installation meeting on July 5th have executed Hunger free project at Govt. Taluk Hospital Kothamangalam. The project costing Rs 1,00,000 is intended to provide food at the hospital for once in a month for one year.

The Rotary club of Kothamangalam in association with Malayala manorama news paper have executed the project Vayanakalari by which news paper is distributed to two government schools. The project cost is Rs 19,800.

Thank you,

Rtn Dr. Vijith V. Nangelil

DEVELOPMENT OF MILESTONE IN CHILDREN AND ITS SIGNIFICANCE



A developmental milestone is an ability that is achieved by any child by a certain age and thereby indicating the typical/healthy growth and development. Developmental milestones are comprised of Physical, cognitive, speech-communication and Socio-emotional skills. These different domains are closely related. Development in one domain influences and is influenced by the development in other domains.

Hence delay or breach in any of these areas should be observed keenly and taken seriously so that ultimate output in the form of “typical development” is not affected.

At any point of infancy and toddlerhood if delay in developmental milestone is observed, they are considered as “Red Flags” and indicate the immediate need for “early intervention”. The first 3 years of life is considered as “critical period” in child’s life. The sensory experiences, stimulation and language exposure during this period may determine synaptogenesis, myelination and neuronal connectivity. The brain develops by an “experience dependant” process where experiences activate certain pathways in the brain, thereby organising the brain’s basic structure and creating the foundations for all subsequent development and behaviour. The principal is “Use it or lose it” and “use it and grow it”.

COGNITIVE DEVELOPMENTAL MILESTONES CHART	
Age by Month	Cognitive Development
2 Months	<ul style="list-style-type: none">• Focuses on familiar faces, such as parents and caregivers• Follows moving object nearby
4 Months	<ul style="list-style-type: none">• Develops eyesight and hand skills• Reacts to things either by crying or laughing• Learns to grab random objects that are interesting
6 Months	<ul style="list-style-type: none">• Plays with toys with both hands• Get curious easily; starts to look around• Reacts to playful games
9 Months	<ul style="list-style-type: none">• Learns to pick up food and objects by hand• Establishes strong curiosity
12 Months	<ul style="list-style-type: none">• Uses strong force to throw things• Starts to use cups, combs and toothbrushes

The child is considered to be at risk because of adverse genetic, pre- natal, peri- natal, neonatal and environmental influences that may lead to subsequent developmental delay. Early intervention during this critical period has its own rationale because:-

- All motor milestones are achieved during 0-5 years.
- Speech and language development is rapid during this period.
- Myelination gets completed.
- Brain has maximum neuroplasticity.
- Major personality traits gets established.

So, it is essential to observe the development of each child closely and catch them at the earliest and start intervening so that the child is rescued from entering the field of mental retardation and development delays.

Thank you,

Dr Chinnu Vijith Nangelil,
Consultant Pediatrician,
Sabine hospital,
Muvattupuzha

BIRTHDAYS (AUGUST)	
4 Rtn Paulson Paul	7 Annet Ema Joy
4 Rtn Joy Mathew	13 Annet Simon J Puthukkayil
5 Rtn Binu Paul	14 Annet Anna Binu
7 Rtn Sony Thomas	14 Annet Angel Mariya Sony
11 Rtn Prakash Kallanickal	15 Annet Aleena James
13 Rtn Dr Harikrishnan T P	20 Annet Ann Mary Shery
15 Rtn Dr Vijith V Nangelil	21 Annet Kezia Elizabeth Sunil
19 Rtn Kurian S Parackal	21 Annet Miriam Soni
21 Rtn Dr Babu Kurian	23 Annet Adrian Abraham
26 Rtn Jolly K V	24 Annet Meekha Soni
30 Rtn Mathew K P	26 Annet Elizabeth Basil
31 Rtn Dr Varghese P I	27 Annet Kai Ruben Biji
5 Ann Elizabeth Paul	29 Annet Mathew Ebin
8 Ann Kumari Mathew	30 Annet Paul Anto Sony
24 Ann Aja Boby	30 Annet Vaiga V Nanfelil
26 Ann Shiney Varghese	30 Annet Ryan Zacson
27 Ann Dr Densely Sherry	
WEDDING ANNIVERSARIES	
30 Rtn Franklin George and Ann Megha Franklin	

**Donating Rs 60,000/- towards hunger
free project**



**Free one year Newspaper subscription at Elambra LPS &
St Johns HSS**



Rotary Freedom Quiz competition in association with Independence Day Celebration



Rotarian's one day fellowship trip



Entertainment programmes by Rotarians, Anns & Annets during Family Meeting



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