

# ***THE E-FOCUS***

Issue No:2/2023-24

**JULY 23**

**President**



**Rtn. Sony Thomas**

**Secretary**



**Rtn. Sunil Sajeev**

**RI President**



**Rtn. Gordon R McInally**

**Dist. Governor**



**Rtn. T R Vijayakumar**

## ***E - BULLETIN OF ROTARY CLUB OF KOTHAMANGALAM Dist 3201 Club No. 22602***

**District Priority**

Find us at [www.facebook.com/rotaryclubkothamangalam](https://www.facebook.com/rotaryclubkothamangalam)  
We meet every Friday 8:00 pm at Rotary Bhavan, Kothamangalam



# GLIMPSES OF INSTALLATION CEREMONY 'TEAM SONY THOMAS' 23-06-2023



## Remarks of Chief Guest, DGN Rtn. Adv. N. Sundaravadivelu

"The installation Programme of Kothamangalam Club was well organised. The function was warm and intimate between the members of your club which speaks volumes of 39 years of service. Once again convey my best wishes to Sony Thomas and team for a very meaningful year"





# President's Message



Rtn. Sony Thomas  
President

Dear Rotarians, Anns and Annets,

First and foremost, I welcome you all to the New Rotary Year 2023-24.

The Rotary International Priority for the Year 2023-24 is **“Create Hope in the World”** and our District Priority is **“SMILE”** which primarily focuses on “School Support, Mental Health, Infant and Mother Health, Livelihood, Environment and Simple plus”. As part of the SMILES priority, the theme for the month of July 2023 is “Maternal and Child Health”.

We would be focusing on improving the community around us with the above-mentioned priorities which will help us “Create Hope for the World” we live in. Everything we do across our areas of focus has the potential to help us attain our district priority “SMILE” and ultimately achieve the RI Priority. As a Rotarian I urge every one to take significant steps to access our full potential of talents and experiences, so that we can serve the humanity better.

Last Rotary year has been an eventful year under the able leadership of Rtn. Praveen Mathew and their efforts have been well appreciated at the District level with our club winning four recognitions there. I take this opportunity to compliment Rtn Praveen Mathew and his team for their excellent work.

After the successful completion of Club Officers Training Session, we have chalked out our plan for the entire Rotary Year. The Rotary calendar showing all the planned activities of the year 2023-24 is being released today. As the President of this prestigious Club I am fully aware of the duties and responsibilities entrusted on me and I assure you I will do my best to fulfil the same. So, my dear friends in Rotary let's work together to make Rotary proud by Connecting the World and creating Hope.

The office bearers and myself as President of club request you all to join in this noble effort.

Wishing you all a great Rotary Year.

Yours in Rotary,

Rtn. Sony Thomas  
28-07-2023

## R.I. President's Message



R. Gordon R. McNally

Even as we face new and serious challenges, Rotary takes care of its members and those we serve, works to build lasting peace, and embeds belonging and inclusion in everything we do. That is why I am asking everyone in Rotary to *Create Hope in the World*.

This year, we're prioritizing projects to support mental health. This effort is deeply personal to me. I know what it's like to see someone suffer in silence. I have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment. Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being. And by building peace within, we become more capable of bringing peace to the world.

Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we'll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently — and bravely. Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain more members and attract more prospective members. We must make our clubs as welcoming and as engaging as we can. Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves.

Over the next year, I will be putting a focus on continuing our journey in diversity, equity, and inclusion — ensuring that Rotary reflects the communities we serve and continues to take significant steps toward accessing the full range of human talents and experiences, so that we can better serve humanity. And we will continue to empower women and girls by helping them unlock the potential already within them.

As we begin this journey together, I take inspiration from Scotland's national poet, Robert Burns, who in the 18th century spoke of all the world becoming kin, promoting “sense and worth, over all the earth.” This has long been my call to action, and I share it now with you.

Let us build peace within and spread it freely. Let us create belonging and imagine the future of Rotary afresh. Let us work together joyously and *Create Hope in the World*.

# Secretary's Monthly Report



Rtn. Sunil Sajeev

- The Rotary Year started with COTS held on 19/6/2023 at the Silver Tips Hotel in Kothamangalam. The incoming President Rtn. Sony Thomas presided over the meeting and all the incoming office bearers gave their inputs, plans and suggestions for the incoming Rotary year.
- The installation for the new team of office bearers was held on 23/6/2023 and we were honored to have Rtn. Adv. N. Sundaravadivelu as the chief guest. During the ceremony an electric water dispenser was handed over to the representatives of the 'Sacred Heart School, Ramalloor, Kothamangalam'
- The Rotary District 3201 Award ceremony for the year 2022-23 was held on 30/6/2023 and Rotary Club of Kothamangalam garnered four prestigious awards.
- The 1<sup>st</sup> Rotary weekly meeting was held on 1/7/2023 which was attended by members of the club.
- The DG Installation was attended by the office bearers and members of the club on 2<sup>nd</sup> July 2023 at Palaghat.
- The On-going Rotary project "Rotary Yoga" headed by Rtn. Adv. K.I. Jacob was inaugurated on 3<sup>rd</sup> July 2023 by key office bearers of the club.
- During the second weekly meeting on 7/7/2023 Rtn. Dr. V.R. Mani held a Rotary Information Talk on key aspects namely "My Rotary, Rotary Club Central and Rotary Show Case" which was very informative and practical sessions were held.
- The first board meeting for the current Rotary Year was held on 12/7/2023 and key issues and agendas were discussed. Post and current budgetary planning were one of the key agendas. All board members actively participated and gave their valuable inputs.
- "Gurukulam 2023" a new member orientation program was held on 23/7/2023 and all the new members attended the same along with President Rtn. Sony Thomas.

## Inauguration of Continuing Project "Rotary Yoga 2023"



## Classification Talk by Rtn. Dr. V.R. Mani



## Club Delegation for New DG Installation at Palaghat





## Ayurvedic Tit Bits



Rtn. Dr. Vijayan Nangelil

# കർക്കിടകകുഞ്ഞി

കർക്കിടകകുഞ്ഞി അല്ലെങ്കിൽ മരുന്നുകുഞ്ഞി മലയാളികൾക്ക് പ്രിയപ്പെട്ടതാണ്. വീട്ടുമിറ്റത്തും പറമ്പിലും ഉള്ള പച്ചമരുന്നുകൾ പറച്ചെടുത്ത് ഞവരയരി കൊണ്ട് പണ്ടാക്കെ

എല്ലാ വീട്ടമ്മമാരും ഉണ്ടാക്കുമായിരുന്നു, ഇന്നോ!..

ഞവരയരിയും മുതിര, ഉലുവ, ആശാളി, ഇല്ലകട്ടി, ശതകുപ്പ, കാട്ടുമുല്ല, മല്ലി, അയമോദകം, ചുക്ക്, മഞ്ഞൾ, കുരുമുളക്, തേങ്ങാപ്പാൽ, എന്നിവയെല്ലാം ചേർന്നതായ കർക്കിടക കുഞ്ഞിക്ക് വ്യത്യസ്തങ്ങളായ ഗുണങ്ങളേറെയാണ്. പ്രതിരോധശേഷിയും ദഹനശേഷിയും വർദ്ധിപ്പിക്കും. കൂടാതെ ദിവസേന മലശോധന ക്രമീകരിക്കുന്നതിനും ഉത്തമം. കർക്കിടക ചികിത്സയായി കുഴമ്പുതേച്ചുകുളിക്കുന്നതും അതോടോപ്പം ലഘുഭക്ഷണം കഴിക്കുന്നതും സുഖചികിത്സയാണ്.

കർക്കിടക കുഞ്ഞി കുടിക്കൂ...രോഗപ്രതിരോധശേഷി വർദ്ധിപ്പിക്കൂ.

ഡോ.വിജയൻ നങ്ങേലിൽ

### Ingredients

1. Biskin Dalda (Vanaspathi) - 450 gm
2. Sugar Powder - 450 gm
3. Milk Powder - 50 gm
4. Vanilla Powder - 25 gm
5. Custard Powder - 25 gm
6. Maida - 800 gm
7. RKG - 50 gm
8. Egg - 02 Nos
9. Peanuts - 100 gm



## Peanut Cookies



Ann Rani Sunny

### Step 1

In a bowl, mix ingredients 1-5 with an electric mixer until the mixture is light. Add the egg. Beat well. Add the maida and RKG. Blend well.

### Step 2

Make the blended mixture into small balls. Dip the biscuit balls in egg white and roll it in a small tray of peanuts.

### Step 3

Keep this in a baking tray approx 2" apart and bake it for 18 minutes at 170 degree temperature or until the cookies turn light brown. Cool. Your delicious peanut cookies will be ready.



# GLIMPSES OF DISTRICT AWARD NIGHT

Our Club got four recognitions during the District Award Night held on 30 Jun 23 At Ernakulam. IPP Rtn Praveen Mathew, Rtn Basil Abraham and Rtn Jebin M. Puthukkayil attended the function and received the awards. Congratulations to Rtn Praveen Mathew and his team for the good work done during the last Rotary year.



## Model Road Project

The project is taking shape in an excellent manner





# From the Doctor's Desk



Ann Dr. Ektah Khosla

## Healthy Baby Teeth - What Every Parent Should Know

Healthy baby teeth are crucial for a child's overall development. While it's commonly believed that baby teeth hold little importance as they eventually shed, the health baby teeth, are fundamental for several reasons. They aid in proper chewing contributing to overall health, play significant role in speech development, boosts self esteem and social acceptance, serves as space holder and paves the way for permanent teeth.

### *Important points for parents to consider..*

**1. CARE DURING PREGNANCY:** care during pregnancy is vital as poor dental health and untreated cavities in pregnant women can lead to complications such as preterm deliveries, low birth weight babies, and an increased risk of tooth decay in children. Dental visits during pregnancy are safe, effective, and highly encouraged.



**2. EARLY DENTAL CARE:** Oral care should begin before the first tooth emerges by gently cleaning and massaging the infant's gums with a clean, moist gauze or soft cloth after every feed .

**3. FIRST DENTAL VISIT:** first dental visit should occur within six months of the first baby tooth eruption or before turning 12 months old. Early dental visits can help identify any potential issues and allow the dentist to offer guidance on proper oral care for the child.



**4. BRUSHING AND FLOSSING:** As soon as the first tooth appears, introduce brushing using a soft-bristled child-sized toothbrush. For children below three years, use a smear of toothpaste about the size of a rice grain, and for ages three to six, a pea-sized amount is recommended. Encourage brushing twice daily for at least two minutes, with supervision until the child is around 7 to 8 years old. Introduce flossing once two adjacent teeth come into contact, and encourage its practice at least once a day to remove food particles stuck between teeth.





**5. PREVENTION OF TRANSMISSION:** Avoid saliva-sharing activities like using common utensils, kissing ,etc to minimize the transmission of cariogenic bacteria from caregiver to child.



**6. EARLY CHILDHOOD CRIES (ECC):** ECC, a condition of rapidly developing cavities in baby teeth due to prolonged and at will bottle/ breast feeding and faulty feeding habits like feeding to put the child to sleep or feeding inbetween sleep. This can be prevented through good oral hygiene and proper feeding habits.



**7. TEETHING:** eruption of baby teeth may be associated with Teething symptoms, such as irritability, low grade fever, excessive drooling,,rashes on chin and cheeks .these can be alleviated with clean and chilled teething toys and gentle gum massages. Consult a pediatric dentist for severe cases.



**8. HABITS:** Non-nutritive habits like finger sucking or pacifier use are common in infants but may require intervention if they persist beyond four years of age.

In conclusion, oral and dental care for children is fundamental for their overall health and well-being.

## COTS 2023 at Silvertips Kothamangalam



## *They Did Us Proud*



Congratulations to **Rtn Ruben Bijy** for being selected as one among the 35 under 35 entrepreneurs of India in 2023



Congratulations to **Annets Dr Joseph M Pothanikat, Dr Elizabeth Basil, and Dr Joel Joseph Binoy** who have joined the medical fraternity after completion of their MBBS course with flying colours. Congratulations to the proud Rotarian Families also.

### Handing over of Club Documents



### New Members attending "Gurukulam" at Ernakulam with the Chief Guest





# Birthdays & Wedding Anniversaries

## JULY

### BIRTHDAYS

- 1 Jithin Roy (Annet) Roy Varghese
- 3 Rtn. Jibumon Varghese
- 7 Mariya Bony (Ann) Bony Paul
- 9 Abraham Basil( Annet) Basil Abraham  
Harsha Jibu( Annet ) Jibumon Varghese
- 10 Rtn. James Mathew  
Ria Mathew( Ann) Praveen Mathew  
Paul Prakash (Annet) Prakash Kallanikkal
- 11 Anna Pratheesh (Annet) Pratheesh Philp
- 14 Shiny Jose (Ann) Jose Mathew
- 17 Rtn. Saju Skaria
- 17 Roopa Mathew (Ann) Mathew Joseph  
Maya Jolly (Ann) Jolly .K.V.  
Adarash Sanil ( Annet) Dr. Sanil Joseph  
Deepak Vinod ( Annet) Vinod Kumar
- 19 Riya Mathew( Ann) Binu Paul
- 21 Rtn. George Mathew
- 22 Julie Biju (Ann) Biju Kuriakose  
Issac Jeju (Annet) Jeju M Varghese
- 25 Dr. George Thomas(Annet) P V Thomaskutty
- 28 Mathew Jose (Annet) Jose Mathew
- 30 Gibi Vinod (Ann) Vinod Kumar Jacob

### WEDDING ANNIVERSARIES

- 4 Sunil Sajeev & Reshmi Sunil
- 11 Ruben Biji Thomas & Rachel Ruben

## AUGUST

- 4 Rtn Joy Mathew  
Rtn Paulson Paul
- 5 Rtn Binu Paul  
Eizabeth Paul (Ann) Kurian Parackal
- 7 Rtn Sony Thomas  
Ema Joy (Annet) Joy Mathew
- 8 Kumari Mathew (Ann) Mathew K P
- 11 Rtn Prakash Kallanickal
- 13 Simon J Puthukkayil (Annet)Jebin Mathew
- 14 Angel Mariya Sony (Annet) Sony Thomas  
Anna Binu (Annet) Binu George
- 15 Rtn Vijith V Nangelil  
Aleena James (Annet) James Joseph
- 19 Rtn Kurian S Parackal
- 20 Ann Mary Sherry (Annet) Col Shery Peter
- 21 Rtn Babu Kurian  
Kezia Elizabeth Sunil(Annet) Sunil Sajeev  
Mariam Soni (Annet) Sony Kuriakose
- 23 Adrian Abrahan (Annet) Sunil Eldho Elias
- 24 Aja Boby (Ann) Bobby Kuriakose  
Meeka Soni (Annet) Sony Kuriakose
- 26 Rtn Jolly KV  
Shiney Varghese (Ann) Mohan K T  
Elizabeth Basil (Annet) Basil Abraham
- 27 Densely Shery (Ann) Col Shery Peter
- 30 Rtn Mathew K P  
Paul Anto Sony(Annet) Sony Thomas  
Tom Christy Sony(Annet) Sony Thomas  
Vaiga V Nangelil (Annet) Vijith V Nangelil  
Riyan Zackson (Annet) Zackson Skaria
- 31 Rtn Dr PI Varghese

### WEDDING ANNIVERSARY

- 30 Rtn. Franklin George and Megha Franklin



### *From the Editors Desk*

After a well organized installation ceremony of the new team under the Presidentship of Rtn Sony Thomas is gaining momentum with the activities. I urge all talented Rtns , Anns and Annets to rekindle their writing skills and contribute for the future editions of the Bulletin to make it more interesting.

Rtn Col Shery Peter



# Down The Memory Lane

The Rotary Club of Kothamangalam made its humble beginning with 31 members in early 1985 fulfilling the aspirations of many in the buzzing township. Sponsored by Rotary Club of Muvattupuzha, our club was **inaugurated on 21 Feb 1985 by then DGN, Rtn A K Azad** at the Vimalagiri School Auditorium. The Charter was presented by DG Rtn Joseph Jacob on 12 May 1985.

Below is the first Directory of the club published in 1987 and the photos of few of the members of our club taken from the calendar, who continues to be our members.



*Service above self*    *"He profits most who serves best"*

**ROTARY**  
CLUB OF

**Kothamangalam**  
DISTRICT - 320

**Club Directory for 1987**

<b>President:</b>	Rtn. N. G. PAULOSE
<b>Charter President:</b>	Rtn. GEORGE THOMAS KONIKARA
<b>President elect:</b>	Rtn. C. V. KURIAKOSE
<b>President elect for 88-89:</b>	Rtn. Prof. P. V. THOMASKUTTY
<b>Secretary:</b>	Rtn. Prof. M. V. GEORGE
<b>Joint Secretary</b>	Rtn. PAULSON PAUL
<b>Treasurer:</b>	Rtn. C. K. PETER
<b>Sergeant-at Arms:</b>	Rtn. VARGHESE PAUL