

Rotary
District 3205



**UNITE
FOR
GOOD**



THE FOCUS

**Issue 4
Sept 2025**



President
Rtn. Bobby P Kuriakose
(2025-26)



Secretary
Rtn. Col. Shery Peter
(2025-26)



RI President
Rtn. Francesco Arezzo
(2025-26)



Dist. Governor
Rtn. Dr. G N Ramesh
(2025-26)

BULLETIN OF
ROTARY CLUB OF KOTHAMANGALAM
Dist 3205 Club ID 22602

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

Onam Celebrations



Presidents Message



Dear Rotary Family Members,

It gives me immense pleasure to write to you as our club continues to engage in vibrant and meaningful activities. One of our priorities has been to involve the maximum number of members in every event, and I am truly happy to see this happening.

Our recent Onam celebration was a shining example, with more than 160 members taking part. The Onappattu, Thiruvathirakali, Koolukali, Pookalam, Onam Oonjal, traditional games, and the grand Onam Sadya were all memorable highlights that reflected the spirit of togetherness.

Our weekly meetings too are becoming more active and lively, with the second-week meetings alongside Anns adding a special charm through their enthusiastic participation.

I sincerely hope we will continue this momentum in the coming months. Let us all come forward wholeheartedly to take part in the upcoming events and make every gathering even more meaningful.

Thank you

President,

RC Kothamangalam

R I President's Message Month of September 2025



When I stepped into the role of Rotary International president, the moment came swiftly and unexpectedly. It got me thinking how the world can change in an instant, and how Rotary has the power to be a steady force for good in that change. This month, Rotary's Basic Education and Literacy Month, we have a clear call to action: to strengthen the foundation of learning in every community we serve.

Millions of people worldwide remain unable to read. Millions of children lack access to basic education. And yet, we know the solution: sustainable, inclusive, and equitable education, especially for girls and marginalized youths. Literacy is more than the ability to read and write. It is the key to human dignity, economic mobility, and peace. Every book opened, every classroom supported, and every teacher trained becomes a building block of peace.

This year, our message is *Unite for Good*. "Unite" speaks to the strength we find in each other. When we unite our talents and resources — not only among our clubs but across partners, organizations, and communities — we expand our reach. And when we do so consistently over time, we create lasting change. Rotary service cannot be measured only in annual goals. Our work in education must extend beyond a single year. Literacy projects take time to take root, grow, and bear fruit.

Now is the time to think boldly and creatively. New types of clubs can help us engage educators, students, and advocates in new ways. Let us use this month to welcome new members with a passion for education and empower existing ones to lead service projects that reflect local needs. Whether you're building libraries, distributing textbooks, or mentoring students, your actions matter.

Education is also peacebuilding. Every scholarship we provide, every early childhood program we support, every adult literacy class we fund is an act of peace. And Rotary has been building peace in this way for more than a century.

Let us not forget that the fight for literacy is not only about access, it's about equity. It is about ensuring every learner, regardless of background, has the opportunity to reach their potential. And it is about standing together — across borders, languages, and generations — to say that education is a right, not a privilege.

Let's *Unite for Good* by committing to literacy that lasts. Let's dream of a world where every child learns to read. And then, as people of action, let's work together to make that dream a reality.

Together, we can change lives, starting with the power of education. Together, we *Unite for Good*.

FRANCESCO AREZZO

President, Rotary International

Secretary's Report



SECRETARY'S REPORT FOR THE MONTH OF SEP 2025

The weekly meeting and Committee meeting was done regularly on every Friday at 8 PM. The family meeting of Aug held on 29 Aug was celebrated as Onam Meet. Mahabali was welcomed to the club with full fanfare. The Onam message was given by Ann Mary C Varkey reminding every one about the essence of ONAM. The in house musical team led by Rtn Bijy M Thomas enthralled everyone with Onam songs. The Anns of the club presented a mega thiruvathira and not lacking behind the Rtns presented an excellent Kolu Kali led by Club Administration Chair Rtn Kurian S Parackal. The Annets also presented an excellent fusion dance. With a number of games related to Onam being organised the evening ended up as a memorable one enjoyed by one and all.

Speaker meeting with Anns was held on 12 Sep 25 during which an an inspiring speaker sessions led by Rtn. Dr. George Abraham on the topic “ THE HIP – Pathway to the World and Beyond” which was well appreciated by everyone present.

A unanimous decision was taken during the weekly meeting on 12 Sep 25 to take up a case for a Global Grant Project of donating seven Dialysis machines to be done by our club at MBMM hospital. The total cost of the project is approx. Rs. 50 lakhs. A committee has been formed as under for further progressing of the project :

- Rtn. Bobby P. Kuriakose (Club President)
- Rtn. Col. Shery Peter (Club Secretary)
- Rtn. Dr. Ebin T. M. (Club Treasurer)
- Rtn. Basil Abraham (Community Service Chairman)
- Rtn. Jibumon Varghese (TRF Chairman)
- Rtn. Dr. V. R. Mani (Executive Secretary)
- Rtn. Binoy Alias (Fundraiser)
- Rtn. Shajan Kuriakose (Deputy District Director – TRF)
- Rtn. Dr. Saju Joseph (Committee Member)
- Rtn. Praveen Mathew (Committee Member)

The first meeting of the committee was held on 19 Sep 25 during which Rtn basil Abraham was selected as the Single point contact for the project. Decision was also taken to prepare the project report at the earliest and identify suitable global partners for the same.

It was followed by the weekly speaker meeting in which Senior Rotarian Paulson Paul spoke about “Club membership addition and retention”.

Board Meeting. The first board meeting of the rotary year was held on 23 Sep 25. The board approved the following :-

- (a) The induction of two new members (Mathews M Paul and Zacharia Mohan) to our club of which Zacharia Mohan and family is being inducted today (26 Sep 25).
- (b) The proposal for the proposed Global grant project.
- (c) The land committee to search for a new and more spacious location for our club.
- (d) The board also recommended to suggest to the bylaw committee to fix the strength of our future board to be $\frac{1}{3}^{\text{rd}}$ of the total strength from the present 18.

Major Activities of the Month

1. **01 Sep 25** : A Lottery stand with an umbrella was donated to a widow at a total cost of Rs. 5000/- . The same was sponsored by Rtn Praveen Mathew.
2. **12 Sep 25** : Dinner on behalf of our Club was distributed for the patients and by standers of Taluk HQ Hospital Kothamangalam as part of the “Hunger Free Hospital Project”

Weekly meetings and Speaker meetings



Screen Time in Kids – A Growing Concern

In today's digital era, screens are everywhere—televisions, smartphones, tablets, and computers. While technology has undoubtedly made our lives easier, its excessive use among children has become a matter of growing concern.



Ann. Dr. Chinnu Vijith

What is Screen Time?

Screen time refers to the amount of time a person spends using a device with a screen. For children, this includes watching television, playing video games, using mobile phones, and browsing the internet.

Why Does Screen Time Matter?

The developing brain of a child is highly sensitive to external influences. Too much exposure to screens can affect:

- Physical health – leading to eye strain, headaches, obesity, and sleep disturbances.
- Cognitive development – particularly language, memory, and attention span.
- Social skills – reduced outdoor play and less face-to-face interaction.
- Emotional well-being – higher risk of irritability, anxiety, and addiction-like behavior.

Global Recommendations

Health experts recommend the following limits:

- Below 2 years: Avoid screen time, except for video calls with family.
- 2–5 years: Not more than 1 hour a day, with supervised and high-quality content.

- 6–12 years: 1–2 hours per day, balanced with physical activity, homework, and social interactions.
- Teens: Encourage mindful use, ideally under 2–3 hours a day for recreation.

Building Healthy Habits

Parents and caregivers play a vital role in guiding children towards responsible screen use. Some practical strategies include:

- Creating screen-free zones such as bedrooms and dining tables.
- Encouraging outdoor play, hobbies, and reading as alternatives.
- Watching programs together and discussing content, rather than leaving children unsupervised.
- Avoiding screen use at least one hour before bedtime to ensure quality sleep.

A Balanced Approach

It is important to remember that technology is not the enemy. When used wisely, screens can be educational and engaging. The key lies in balance—ensuring that children enjoy the benefits of technology while staying physically active, emotionally healthy, and socially connected.

As members of society, educators, healthcare providers, and families, it is our shared responsibility to raise awareness and guide the next generation towards healthier screen habits. After all, the real screen we want them to shine on is the stage of life itself.

Ann. Dr. Chinnu Vijith

Soulless

One to ten to hundred to thousand to..
An infant, a mother, a brother, another life..
Brick to walls to rooms to buildings..
A hospital, a school, a church, another structure..
A bullet to guns to tanks to missiles..
A life, another, yet another, and a genocide..
Blood to bones to flesh to bodies..
A smile, a laughter, a hope, another human..
Fever to contagions to starvation to death..
Unintended to intended to weaponless massacres..
The numbers are rising, the night is falling..
Another day will dawn, despite the prayers of many..
I am not yet the one, nor my son, or my love..
And it still blooms red and rains in my garden..



Annet Neha Susan Bobby

Little Artist



Annette Abram Chethan

Step 2 (UKG)

MA International School.





Our Annet Dr Meekha Cizly James won the third prize in All India dermatology conference at Gujarat for her research work...Congratulations 🏆
Annet Meekha, her proud parents Rtn James and Ann Shiny



Another doctor to our family,
"Congratulations Annet Joel Varghese George and the proud parents"

Best Wishes



Obituary



Mrs Cicly Joseph (87)

Mother of Rtn Sanil Joseph



Rtn K P Mathew(78)

Birthdays for the month of September		Wedding Anniversary in the month of August	
2	Annet Alex Mathew	4	Col Shery Peter & Densly Shery
	Annet Susan Jēju	5	Rtn Dr Francis Mathew & Dr Joble Francis
5	Ann Rani Sunny	6	Rtn Paulson Paul & Saramma Paul
6	Annet Bert Paul		Rtn Dr. Saju Joseph & Kavitha Saju
	Annet Preetha Mathew	11	Rtn Binoy Alias & Dr. Elizabeth Varghese
9	Rtn. Biji M Thomas	12	Rtn Dr. George Abraham & Annu Anna Varghese
	Annet Neethu Saju	15	Rtn Dr. Mani V R & Vidhya K C
10	Annet David Paul Abraham		Rtn Abraham Paul & Anna Paul
20	Ann Usha Saju		
	Ann Ansom Babu.		
21	Rtn Mathew Joseph		
	Annet Issac Jacob		
	Annet Maria Denny		
25	Rtn. Mohan K T		
	Annet Mathew George		
27	Annet Roosy Jose		
28	Rtn Roy Varghese		

From the Editor's Desk

We welcomed September by celebrating Onam, the festival of hope and goodness. Although we had limited opportunities for service projects this month, we look forward to making up for it in the months ahead.

This issue of Focus is our third for the year, and I'd like to invite all Rotary families to contribute their ideas and stories for future issues of the bulletin

Thank you,

Rtn. Prakash M Kallanickal



Published by Secretary, Edited by Rtn. Prakash M Kallanickal on behalf of Rotary club of Kothamangalam, Rotary Bhavan, Thankalam, Kothamangalam

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