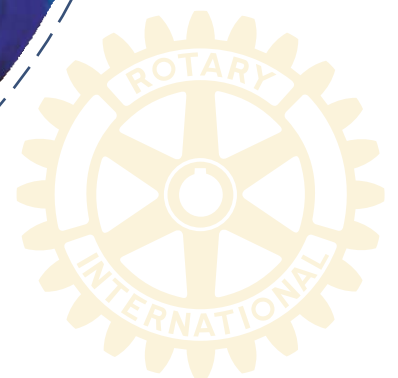


midvox

MONTHLY NEWS LETTER OF ROTARY CALICUT MIDTOWN, RI DIST. 3204



Rotary
Calicut Midtown



UNITE
FOR
GOOD

2025-2026, ISSUE-1

PRESIDENT'S MESSAGE

Dear Rotarians & Anns,

It's been a reasonably good 4 months since the new team has taken over. We are now settling down....

A house boat trip off Calicut and an outdoor experience at Tusharagiri contributed to some great Family bonding. We celebrated Independence Day Flag hoisting followed by a breakfast buffet. with emphasis on Family get together.

Speaker meets were well attended. Speakers were a mix of topics ranging from motivational to food.

Some of the meetings were moved out of Cosmopolitan Club to Hotel Hyson to try out a new experience and on popular demand.

Secretary and me along with a few members have been attending Dist events during the past 3 months to keep the Club presence active. Our wish is to have better participation in future events.

I would also request better Attendance in Club functions though it has been optimal till now. More people more involvement in whatever we are doing

As far as Projects are concerned we have taken a decision to have mini projects every month that serves community in its own small way but very effective. A water dispenser at a rural Govt school where children had no access to drinking water was a very gratifying experience. Chairs for children at the dining area, where they now to sit on the floor and eat, for an LP School is another initiative coming up. An awareness talk was done to educate young girls on their Sexual Health awareness in a HS Girls' School. This talk by a specialist Gynaecologist from PVS Sunrise was well received by an audience of around 300 girls. We also had a small contribution with the Malabar Assn for the Deaf for promoting activities of Deaf children on the International Day of Sign language. Kargil Diwas was celebrated honouring our fallen heroes in the presence of a large audience at Kendriya Vidyalaya. Tributes were paid to Capt Vikram's bust installed there by Midtown.

We are planning on a major Project in terms of HPV vaccination for young girls against Cervical Cancer. Hopefully it should happen in the coming months. The scope would depend on the funds that would be available.

Bigger projects need bigger involvement in terms of funds. I appeal to all Rotarians to come forward with contributions for our mini as well as larger commitments. Contributions to Projects are through our Midtown Trust Funds. So I would urge all to pay up the joining fee of Rs 2000/- as also additional contributions. I also request your generous contributions to the Abdul Hameed Endowment Award Fund.

As in past years any member who would like to support any of our Club service initiatives through financial support are more than welcome to do so.

TRF contributions : we have the EREY commitment - every year every Rotarian. Our endeavour is for every Rotarian in Midtown to atleast contribute \$ 100 if not more to the Foundation this year. It's our wish by the time of the GOV in April 2026 we have a good result to show. Request everyone to come forward and support. Let's Unite for Good.

We are all members of the great Rotary Family. So let's join hands and give whatever possible to sustain its Objective of "Service above Self".

Wishing you a wonderful year ahead

Yours in Rotary,

Rtn PHF K J Jayakumar
President 2025-26



EDITOR'S NOTE

Instant Gratification- Delayed Consequences

A phenomenon we all are experiencing, it has become the human trait now.

Quick and easy rewards always gives us a surge of pleasure, whereas delayed gratification calls for patience and self discipline.

In today's fast paced world, the technology and convenience makes it hard to resist this pull of instant rewards. While the immediate pleasure is undeniable, it often blinds us to the delayed consequences—binge eating leading to poor health, impulsive shopping resulting in financial stress, endless scrolling resulting time loss , or even weakened focus etc...

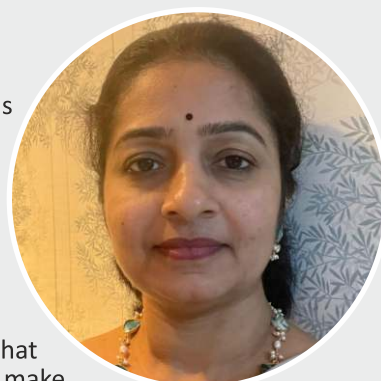
There is even swiggyfication of mental health and physical health today..

Thus, the dynamic between instant gratification and delayed consequences is a reminder that every choice carries both immediate rewards and hidden costs. Recognizing this helps us make decisions that are not just pleasurable in the moment but also sustainable for the future.

Today's Choices Shape Tomorrow's Consequences"

Thank you.

Rtn PHF Dr Muktha Girish
Editor 2025-26



SECRETARY'S MESSAGE

05 Oct 25 - ROTARY FAMILY PICNIC A family picnic to Thusharagiri was organised by Rotary Calicut Midtown on 5th September at KH Club ,Kodanchery.

29 Sep 25 - DONATION OF WATER DISPENSER TO SCHOOL In going with our objective of supporting mini projects every month, Rotary Calicut Midtown donated a Water Dispenser to GHSS Parambil, Calicut. Rotarians, HM ,PTA President and students attended the function.

8 Sep 25 - INTERNATIONAL DAY OF SIGN LANGUAGE The international day of sign languages was observed by Rotary Midtown- along with Malabar association of the deaf. The president Rtn K J Jayakumar gave a talk and handed over a cheque for Rs 5000.

26 Sep 25 - REGULAR MEETING A regular meeting of Rotary Calicut Midtown was held at Hotel Hyson Heritage . There was a cake cutting ceremony to celebrate birthdays and anniversary of members and Anns. AG, Rtn Adv Prabeesh and team announced RLI event scheduled on 19th October and revealed the flyer in the meeting today .

21 Sep 25 - MIDTOWN FAMILY PICNIC A family picnic was organised on Sunday, 21 September to Oloppara. It was a memorable day as we had set sail for a leisurely houseboat experience, complete with stunning views, good food and great company Location : Green Island Cruise, Thekkeppuram boats, Oloppara, Kozhikode .

12 Sep 25 - SPEAKER MEETING A speaker meeting was held on 12th September 2025 at Cosmo Club Calicut . The speaker was Vivek Iyer, a first year Ph.D student in physiology at the University of Calicut ,Public speaker and spokesperson for the Miracle of Mind app launched by Sadhguru, Volunteer with Isha Foundation - Coimbatore, & the Kozhikode centre.

09 Sep 25 - BOARD MEETING The Board meeting was held on 9th September 2025 at Cosmo Club Calicut .

29 Aug 25 - CHARTER NIGHT CELEBRATION 45th Charter night at Hotel Hyson Heritage .The Past Presidents were honoured followed by entertainment programme ,fellowship and dinner .Two new members were inducted to Rotary Midtown.

22 Aug 25 - SPEAKER MEETING Speaker meet for August month was conducted at Cosmo Club. Speaker was Ms.Sheela Devi Nair a teacher by profession, her career spanning a total of 40 years abroad and in Calicut. Ms. Sheela has explored the field of culinary arts and finds great pleasure in experimenting on all types of cuisines ranging from pan Indian to Chinese, Mediterranean and Continental as well. She demonstrated an Indonesian dish named Rojak. A quiz also was conducted.

15 Aug 25 - Independence day Celebration Celebrated INDEPENDENCE DAY at Nikarthil Chambers lawn. President Jayakumar hoisted the flag at 8:00 am. Many Rotarians and their family members of Midtown graced the occasion.

08 Aug 25 - BOARD MEETING The Board meeting for August month was held on 8th August 2025 at Cosmopolitan Club Calicut .The projects on July month was reviewed. Upcoming projects and events were discussed in the meeting .

31 Jul 25 - AWARENESS TALK ON MENSTRUAL AND SEXUAL HEALTH organized an awareness talk on Menstrual and Sexual Health: What every Girl should know? for senior students At Govt Achuthan Girls Senior School on 31 July 2025. The guest Speaker was Dr Dhanya R Shenoy ,MBBS, MS, DNB(Obg), MNAMS, MRCOG, FNB (High Risk Pregnancy & Fetal Medicine) of PVS Sunrise Hospital Calicut. More than 100 students participated. As a token gift Midtown also handed over few packets of sanitary pads to be kept in the school for use of students as and when they need.

26 Jul 25 - KARGIL VIJAY DIVAS held a function to commemorate Kargil Vijay Divas at Kendriya Vidyalaya-1, East Hill honouring Capt PV Vikram by paying floral tributes at his memorial. The memorial was erected by Rotary Club Calicut Midtown in 2021 at Kendriya Vidyalaya-1, East Hill. Capt Vikram's father (late) Lt Col PKPV Panicker and his mother Ms Kalyani Panicker are Rotarians of Calicut Midtown. A large number of School Staff and students along with several NCC Cadets and Girl Scouts attended. NCC officials and other dignitaries attended the event .

25 Jul 25 - SPEAKER MEETING The first speaker meet of year 25-26 was held at Hotel Hyson Calicut .The speaker was Mrs Bindu Vijayan on topic Emotional Intelligence. It was a very lively , interactive, and well conducted session.

15 Jul 25 - BOARD MEETING The first Board meeting was held at Cosmo Club Calicut on 15th July 2025. It was an interactive and brain storming session in which various topics were discussed and few projects for month of July were finalised.

11 Jul 25 - FAMILY MEETING The first family meet of Rotary Calicut Midtown was held at Hotel Tripenta on 11 July 2025. it was a grand celebration of 80th birthday of Rtn Joy Philip. We had a fun filled and memorable evening .

04 Jul 25 - REGULAR MEETING The first Regular meeting for the year 25-26 Chaired by President Rtn K J Jayakumar was held at Cosmo Club Calicut.

01 Jul 25 - DOCTORS DAY CELEBRATION On this special occasion of Doctors day we on behalf of Rotary Calicut Midtown were privileged to felicitate and honour a very special Doctor couple Dr. Bhaskaran, Surgeon and Dr Nalini Warriar, Anaesthesiologist who have rendered selfless service for decades.



Rtn Deepa SR
Secretary 2025-26

THE TIME MANAGEMENT MATRIX

In today's hyper connected world, Notifications, feeds, and digital devices lure us into endless scrolls—fracturing focus and hijacking productivity. Social media, once a tool for connection, now often serves as a means of distraction. Amid this digital noise, the ability to manage time with intention has become a strategic imperative. The Time Management Matrix, popularized by Stephen Covey, offers a simple yet powerful framework to reclaim control and prioritize what truly matters. The Four Quadrants offer a timeless framework for reclaiming control—not just of time, but of purpose. This matrix helps individuals and organizations prioritize tasks based on urgency and importance, shifting the focus from reactive busyness to intentional productivity.

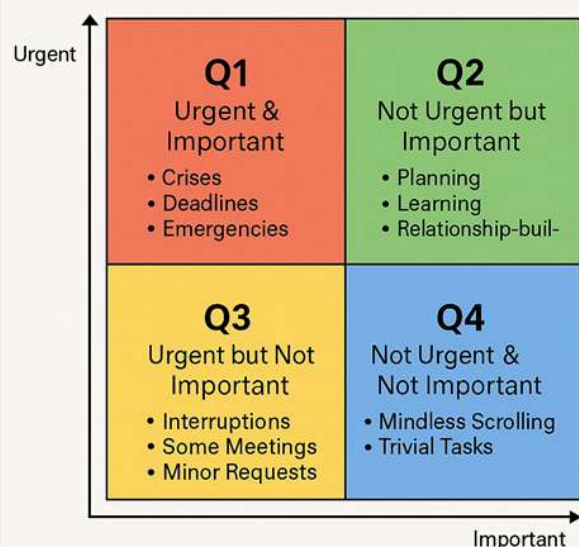
Escaping the Trap of Q3 and Q4

Many professionals unknowingly operate in Quadrants 3 and 4, mistaking urgency for importance. Modern life is saturated with, Endless notifications, alerts, social media loops and multitasking that fragments attention. These distractions often pull us into Quadrant 3 (Urgent but Not Important) or Quadrant 4 (Not Urgent & Not Important)—where we feel busy but accomplish little of lasting value.



Rtn Roshan Kynadi

Stephen Covey's Four Quadrants



The brilliance of Stephen Covey's Four Quadrants lies in the distinction between two deceptively simple words: Important and Urgent. Understanding their difference is the key to mastering time, energy, and strategic focus. Important - Refers to tasks that contribute to your goals, planning, learning etc. They often lack deadlines but carry deep consequences. Urgent - Refers to tasks that demand immediate attention like a crisis or a ringing phone. They feel pressing but aren't always meaningful.

Why Quadrant 2 Is the Game-Changer? Not Urgent but Important

While Quadrant I is unavoidable, true effectiveness lies in investing time in Quadrant II. While all other quadrants act on you, you must act on Quadrant 2. Quadrant 2 is where transformation happens. These are the proactive, strategic activities that prevent crises, foster growth, and align with long-term goals. People who prioritize this quadrant build resilience, clarity, and momentum. This is where personal growth happens like - exercise, reading, or learning a new skill. Spending more time in Q2 leads to spending less time in Q1 and leads to reduced stress, fewer crises, greater focus, personal growth and sustainable success. Unlike Q1, which demands reaction, Q2 invites reflection and strategic action.

Living in Quadrant 2

Quadrant 2 (Not Urgent but Important) is the antidote. It encourages us to pause before reacting to digital stimuli, prioritize deep work over shallow tasks, schedule time for strategic thinking, learning, and relationship-building and help reflect periodically on what truly matters. By consciously choosing Q2 activities, we shift from being reactive to being purposeful.

Happy Birthday

October 2025

- 2nd Rtn PHF P.O. Musthafa
- 6th Ann Anu Jacob
- 12th Ann Annie Jose
- 13th Ann Nasreen Salam
- 13th Ann Asha Jayakrishnan
- 21st Rtn PHF Mahalakshmi Arun

November 2025

- 6th Rtn PP. Roshan Kynadi
- 6th Ann Lekha Shah
- 8th Rtn Zareena Hameed
- 11th Rtn PP MPHf Dr C.K.N. Paniker
- 12th Rtn PHF P.G. Vinayakumar
- 14th Ann Priyanka Saboo
- 18th Rtn PHF Sreejith Kalathil
- 21st Rtn PHF Dr. Mamatha George
- 23rd Rtn PP. PHF P. Jayakrishnan
- 24th Ann Deepa Roshan
- 27th Rtn. PP PHF Jose Joseph

December 2025

- 10th Ann Khadeeja
- 10th Ann Sindhu Poyyeri
- 12th Rtn PHF K.C. Jamshad
- 13th Rtn PHF Satishkumar P.
- 19th Rtn MPHf Vinod Nair
- 20th Ann Dr Sudesh
- 24th Rtn PHF Adeep Salim

Happy Wedding Anniversary

October 2025

- 20th Rtn Dr Muktha Girish
- 24th Rtn PP MPHf R.P. Mohammed Salih

November 2025

- 6th Rtn PP PHF K.N. Jayanth
- 19th Rtn PP. PHF. Prakash A. Bhulani
- 29th Rtn PP BEN. Dr Rajesh Subash

December 2025

- 4th Rtn PHF Dr Shanthi Ganga
- 7th Rtn PHF Dr K. Subash Mallya
- 11th Rtn PHF Jose Joseph
- 28th Rtn Deepa SR
- 30th Rtn PHF K.V. Sreejesh

CLUB ACTIVITIES



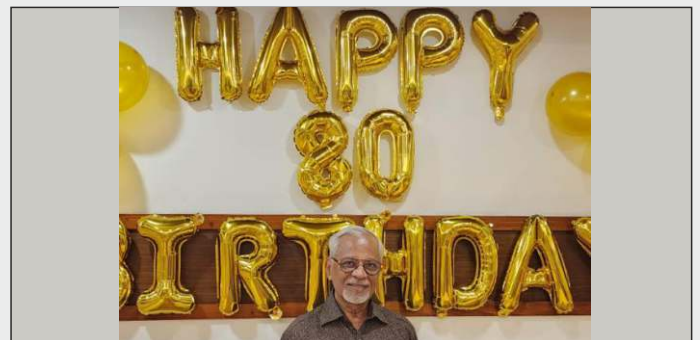
Board members for the year 2025-26



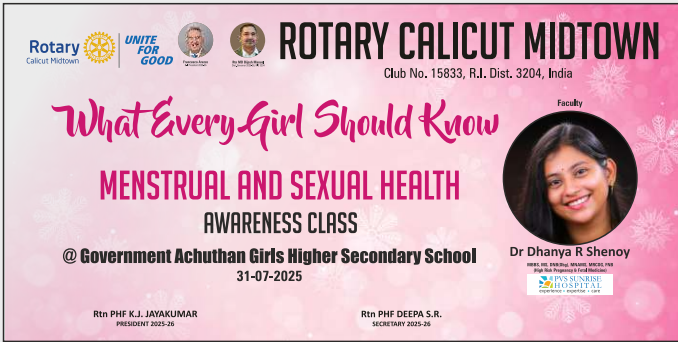
Midtown Inner Wheel Installation



Special appreciation award for Dr Rashmi



Rtn Joy Philip's 80th Birthday Celebration



Doctors day Celebration with Dr Bhaskaran & Dr Nalini Bhaskaran



Independence Day celebrations



Charter Nite



Charter Nite



Speaker Meeting-Yoga for mental well being by Isha Foundation



New Member Induction - Mr Harigovind and Mrs Maya



Speaker Meeting - Rojak Story by Mrs Sheela Devi Nair



New Member Induction - Mr Nandakumar & Mrs Shashikala



Kargil Vijay Diwas



Awards to Midtown



Family trip to KH club Kodencherry



Family trip to KH club Kodencherry



Sponsorship to Malabar Association of Deaf



Project- Donation of water purifier to school



Picnic to Oloppara



Picnic to Oloppara





Painting by **Rtn PHF K J Jayakumar**