

**Team 2015-2016**

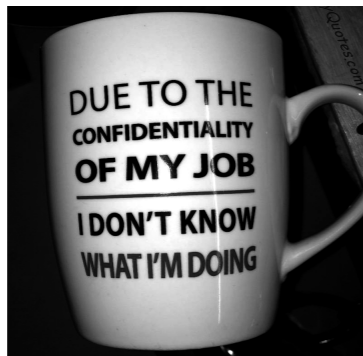
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**The four Way Test**  
of the things we think, say or do

- ☀ Is it the truth?
- ☀ Is it fair to all concerned?
- ☀ Will it build Goodwill and better friendship?
- ☀ Will it be beneficial to all concerned?

**Family Gallery**



A great man said... I still use Pythagoras theorem of 30 degrees, 60 degrees, 90 degrees to solve most difficult problems of life. The only difference is the 'degrees' have been replaced by 'ml'



A bull was deployed for servicing the cows on a farm. A farmer and his wife go to check out the facility. The lady asks the farm manager: how many times can this bull perform. Manager replies: 5 to 6 times in a day depending upon the requests. Lady looks at her husband and says you heard that? Husband then asks the manager: Is it the same cow every time? Manager replied: No sir, it is a different cow every time. Man then looks back at wife and says you see!!



**Happy Birthday**

Sethu Jacob Philipose	08.03.2016
Mallu George Mathew	11.03.2016
Vinod Balaji	12.03.2016
N.A.M. Kunju	14.03.2016
Joppu George Mathew	16.03.2016

**Wedding Anniversary**

Radhamani	20.03.2016
Reshmi Vinod	20.03.2016
R. Sreenivasan	20.03.2016
Dr. Abraham Thyil	21.03.2016
A.R. Vijayakumar	22.03.2016
Mohammed Sali	23.03.2016

Contributions, suggestions can be sent to the editor: alleppeyrotaryclub@gmail.com

**ROYALWEEKS**  
ROTARY CLUB OF ALLEPPEY DISTRICT 3211  
CHARTERED AS 7339TH CLUB ON 25.07.1949  
We meet on Wednesdays at 7.00pm  
at Revi Karunakaran Rotary Hall, Alleppey  
Vol : 67 | Issue 3471 Since 1 August 1949 | No. 37 (2015-16)



**How to survive in a busy business world: BECOME A GO-GETTER**

The business world is an animal entirely. Politically motivated and fraught with nonsensical change, it's not a natural fit for ambitious students who leave school expecting results from a logical combination of education and effort. Suddenly, the tenets of success we've followed since kindergarten don't apply, because getting ahead in the business world often has nothing to do with intelligence or exceeding a set of defined expectations. Since they don't teach corporate in college, here are some tips to help you win at the business world's game: Many times in our lives—both professional and personal—we need either to transfer knowledge we have built up over years of experience from our heads to someone else's or we have the reverse need: to somehow access those bits of wisdom accumulated in someone else's cranium. Every time we take over a new job or leave an old one, there is an immense waste of knowledge and the most important knowledge can be gathered from life itself.

When anyone lands with a job after completing the studies the usual thought

is: "the toughest part of my entry into the business world is over." And we dump our extra résumés in a recycling bin and eagerly await a pay cheque. And a few years later, we are found to be always on the lookout for a better opportunity that would bring the ever-elusive job satisfaction.

**BECOME A MARKETABLE CORPORATE PERSON:**

Think of yourself as a publicist with the task of promoting yourself. Learn to capitalize on your skills, assert your achievements and project a corporate persona or your most mature, professional and competent face.

**BUILD PROFITABLE RELATIONSHIPS:**

Business networking is a valuable tool to gain information, increase your visibility in your field and

Continued..

RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor



C. Luke

Assistant Governor



Prof. S.Gopinathan Nair



Reshape yourself through the power of your will; never let yourself be degraded by self – will. The will is the only friend of self, and the will is the only enemy of the self.

**Bhagwat Gita**

Airports and railway stations have seen more affectionate hugs and kisses than wedding halls.

The walls of hospitals have heard more sincere prayers than the walls of temples, mosques and churches.

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make connections that will help you move forward in your career. Seek out new contacts and potential mentors whom you like and admire and whose interests you share. On the home front, don't expect your boss to figure out what you're all about. Determine her priorities, find out what she wants from you, and brainstorm ways to surpass her expectations.

#### **MASTER SKILLS LIKE GOAL SETTING, EFFECTIVE COMMUNICATION AND TIME MANAGEMENT:**

You might not know exactly what you want to do with your life, but transferable skills will serve you well no matter what future path you decide to pursue. Make your time count now by working with your boss to set specific, reasonable and attainable goals for your present position that will help you advance to the next level.

#### **KEEP YOURSELF MOTIVATED DESPITE TRYING CIRCUMSTANCES:**

There's no doubt that the business world can be frustrating, but remember that you can choose your response to your environment. If you make a conscious decision to begin each day with a positive outlook, negative conditions at work can't take that away from you. Aim to increase your self-awareness so you can better understand your emotional hot buttons.

#### **GET PEOPLE TO COOPERATE:**

Always keep in mind that other people don't care what you want -- they want to know what's in it for them. By approaching negotiations with an attitude that allows both parties to win, you'll be more effective at eliciting cooperation and ultimately getting what you want.

#### **GROW PROACTIVE ABOUT YOUR CAREER GROWTH:**

Approach your performance review strategically by soliciting feedback on your progress, identifying new goals and growth opportunities and hammering out a long-term promotion plan. When asking your boss for a raise, be prepared with a list of contributions that have positively impacted the bottom line.

#### **TAKE CHARGE OF YOUR OWN PROFESSIONAL DEVELOPMENT:**

You can't always count on your firm to provide assignments that will give you the ideal mix of experiences. Instead, you have to take the initiative in your own professional development.

Rtn. PHF S Sasidharan

### **Club Business**

#### **Minutes of the meeting held on 9th March 2016/Zonal Seminar on "Peace and Conflict Management"**

The meeting was called to order by the President Rtn. Adv. V Deepak. Rtn. George Samuel invoked the blessing of Almighty. Rtn. Prof. Gopinathan Nair welcomed Rtn. Adv. Manoj John, District Chairman "Peace and Conflict Management" and the Rotarians from Zone 20 and from RC Chengannur. In Presidential address Rtn. Adv. Deepak talked about the significance of peace and conflict management, and as a Public Prosecutor how apt Rtn. Adv. Manoj John is for the post of chairman. Rtn. D Vijayalakshmi then briefly introduced Chief Guest Adv. Manoj John.

In Chief Guest's address Rtn. Adv. Manoj John detailed on hostile situations spread over the globe, he shared his experience at these areas during his different assignments of peace initiatives. He appealed to Rotarians to engage in peace initiatives initiated in nearby conflict affected areas. Every club should form a team which should be trained to manage such situations. He also was disappointed that this year the plans couldn't be executed as desired but in following years it can be implemented properly.

As a token of respect and appreciation President Rtn. Adv. Deepak adorned Chief Guest with a "Ponnada". Felicitation was offered by GGR Rtn. Adv. S Murugan.

Secretary Rtn. Krishnan Venugopal gave Vote of thanks and also thanked Hosts. Rtn. George Samuel and Kumaraswami Pillai for a wonderful evening.

Then the meeting was adjourned by the President.

Rtn. Krishnan Venugopal

#### **Minutes of the 7th Board Meeting 04.01.2016**

Meeting started with a silent prayer, President Rtn. Adv. V Deepak welcomed the gathering and briefed on the agenda for the day. Secretary read the minutes of 6th Board meeting, then Minutes was passed by the board. President replied to Matters arising out of Minutes, next general body will be informed about decision on making Dr. E K Antony a Honorary member of our club. The Website inauguration will be on 20/01/2016 instead of 06/01/2016 since Governor's visit postponed. The postponed meeting X'mas New year Celebration on 26/12/2015 is further postponed to 02/01/2016 since charter Presentation of RC Cherthala Green City is happening on 26/12/2015.

President further informed that District Governors visit is postponed to 20/1/2016 due to his inconvenience. The 3 star WinS project at Govt. GHSS, Alappuzha is progressing as expected and almost 90% completed will be inaugurating during DG visit, time scheduled for ceremony is 11 am on 20/01/2016. Club Assembly will then follow at 12 PM at our club hall. Later by 7.30 pm meeting will commence in which 2 projects will be inaugurated by District governor "Website Launch" and "Enable the Disabled". Secretary Rtn. Krishnan Venugopal gave vote of thanks with a special thanks to Host Rtn. Adv. Vidhu M Unnithan (Public Relations).

Rtn. Krishnan Venugopal

#### **Minutes of the 8th Board Meeting 01.02.2016**

Meeting started with a silent prayer, President Rtn. Adv. V Deepak welcomed the gathering and briefed on the agenda for the day. Secretary read the minutes of 7th Board meeting, then Minutes was passed by the board, President replied to Matters arising out of Minutes. President informed that Vocational Service Excellence award function will be conducted on 27/02/2016 along with 111th anniversary celebration of Rotary. He also shared list of probable awardees identified so far; T V Prasad, Chief Reporter Asianet, (Media) Sanave Thomas, Commonwealth Mens Doubles Silver Medalist, (Sports) Manju Santhosh, (Cine Artist) Person from Social work has to be identified. DGP Sri Rishiraj Singh has consented to be chief guest for the function.

Board decided to postpone the regular meeting on 24/02 to 27/02, and president notified about second phase of NID happening on 21/02/2016. Secretary Rtn. Krishnan Venugopal gave vote of thanks with a special thanks to Host Rtn. Adv. R Unnikrishnan (Membership).

Rtn. Krishnan Venugopal

### **RI News**

"Rotarians can change the world", said KR Ravindran, Rotary International President. Rotary's capability to change the world will not be sudden or overnight; but surely it will happen in stages. This was the central message of President Ravindran's address today at the Rotary Zone Institute at Jaipur, India. Over 800 delegates from India, Pakistan, Sri Lanka, Bangladesh and other countries are participating in the Zone Institute of South Asia. Director Dr Manoj Desai, the Convenor and Dr Ashok Gupta, Chair also spoke.

The Institute is being attended by Past Presidents Raja Saboo, Kalyan Banerji, General Secretary John Hewko and the leadership of Rotary in the region. Literacy and Wash in Schools are the main projects being discussed in the three day Institute. The Institute is being held at the beautiful pink city of India. It got a colourful start with a host of activities. Earlier GETS and several training sessions were held as a prelude to the Institute.



### **Family Gallery**

#### **Did you know?**

Why does a mosquito get infected by Zika virus while it is unharmed by HIV and other deadly viruses?

The blood sucked by a mosquito goes straight into its digestive system and not in its blood stream. Unlike mosquito borne diseases, HIV is unable to replicate within the mosquito's gut as it has no T cells over there and therefore is broken down very soon. HIV must have blood as medium to further proliferate. The mosquitoes thus remain unharmed by HIV. Not only this, they cannot transfer the HIV into any person as they have no mechanism to inject back the HIV from their guts to human body. On the other hand, the Zika virus is a mosquito transmitted infection related to dengue, yellow fever and West Nile virus. Transmission of the Zika virus in nature is thought to follow that of other closely related flaviviruses. This transmission includes a mosquito vector and a mammalian host. For Zika virus, a variety of mosquitoes from the genus Aedes are viable vectors. Incubation of the Zika virus in mosquito vectors is approximately 10 days. The Zika virus proliferates within the mosquito's guts from where they travel to saliva glands ready to be transmitted into humans. In humans the Zika virus does not cause a lot of serious complications except in pregnant ladies where it may result in small headed babies. At present there is no effective vaccine against Zika viruses.

#### **High tea hosted by Rtn. R Sreenivasan In prelude to his 60th birthday on 20/03/2016**

**Calender of event: June 19, 2016 Awards Night, Trivandrum Club, Trivandrum**

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