



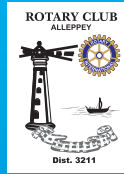
# Royalweeks



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

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## Dealing with boredom

Boredom is an emotional or psychological state experienced when an individual is left without anything in particular to do, is not interested in his or her surroundings, or feels that a day or period is dull and tedious. Some people argue that boredom is not a problem to be solved. It is the last privilege of a free mind. This 7-letter word was not so familiar even 50 years ago. Come to think of it, have we ever heard our parents complain that they were 'bored'? No, we haven't. Yet these days, even kids often say that they simply don't have anything to do. We see them lounging luxuriously on the living room sofa with the remote in their hands grumbling that there is simply nothing on TV or on their smart phone screen forever doing nothing. Going out to play with buddies is something almost unknown to them. Why is it so? What has changed since our parents' times?

## Lack of exercise

The first thing to blame would probably be the advancement of technology and the transformation of human mind as a result. During our parents' times, few people even considered taking a cab to office. They would get ready on time to grab a bus.

Cabs would qualify only as solutions for desperate time crunch (which seldom occurred) or as makeshift ambulances to take emergency patients to the hospital. If they lived at a distance from the main road, they would walk the distance from the home to the bus stop. The exercise kept them healthy and also in a good mood. We have a much easier access to cabs and rickshaws. Morning walk or working out is something almost absent from our dictionaries, unless we are sports persons or seriously health conscious. Thus we are left with a lot of unused time, which we can never use productively. The result invariably is bad health, fatigue and boredom.

## Too much entertainment

Our parents would sparingly look at the TV.

Continued..

RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor

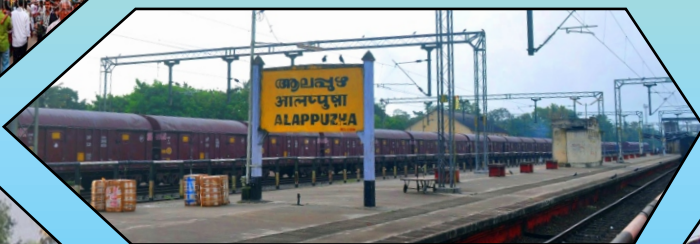


C. Luke

Assistant Governor



Prof. S.Gopinathan Nair



Never under estimate the determination of a kid who is time rich and cash poor.

.....  
Boredom is the conviction that you cannot change... the shriek of unused capacities.

.....  
Our labours preserve us from three great evils- weariness, vice, and want.

.....  
Humour can make a serious difference. A sense of humour helps us to get through the dull times, cope with the difficult times, enjoy the good times and manage the scary times.

In fact there was no TV till the late 70's if my memory is right. They would read newspapers and have tea in the morning. They would talk about various topics including politics and chat about the latest developments in the world of sports. They would listen to news and cricket broadcasts on the radio. They would get access to a few channels on radio and even fewer ones on TV. Hence, whatever they got, they valued it highly. Since they got so less, they never found time to crib about it. We have access to 350+ channels even on the cheapest television sets these days. Channel distributors have spoiled us for choices. Maybe that is why we get bored so easily, watching the same kind of programs again and again. Even too much of entertainment can get monotonous after a time.

### High levels of career stress

Work pressure also has something to do with boredom. Our parents handled the work of one person each. Nowadays, it is the time of 'efficient utilization' of human resources. Thus we may indeed be handling the work fit for three or even four persons alone. This sheer workload, along with the constant pressure to produce flawless results leaves us drained at the end of the day. Our parents went to office at a fixed time and left when it was officially the time to leave. For us, the departure time at office usually has no value; we can leave only when the workload for the day is off the shoulder. This kind of repetition of work with stress leaves us drained and bored at the end of the day.

Boredom is not tragic. Properly understood, boredom helps us understand time and ourselves.

### How can we counter boredom?

Brainstorm some ideas or create an idea jar or box: Involve other people. Try to keep tasks doable within a day.

Try doing something new: A change is the best way to ease up boredom.

Firstly, we need to get moving instead of lounging all day on holidays. Let us go out with friends. Let us call our long lost friends and relatives. The more we socialize, the less time we will have to be bored. For married couples, having a night out in town is a great idea. Becoming couch potatoes is not the solution for boredom. It is all right if we spend an hour watching something good on TV, but then we need to do something productive. Let us give the maid a day off and cook the dinner. Let's do some housework that has been pending for so long. Besides, it might be a good time to finish that nice book we started reading a month ago but never finished. Indulging in a good hobby is not so bad either.

The overall aim should be at keeping ourselves busy. If our mind is idle, it becomes not just a proverbial workshop for the devil, but a haven for boredom as well. Let us work our way to a boredom free life. The antidote to boredom is thinking. It might be beneficial to think through why something bores you. You will get a whole new angle of things. Hold on to your boredom: you will not notice how quickly time goes by once you start thinking about things that bore you.

Rtn. PHF S Sasidharan

## RI News

***Buoyed by the success it achieved in its Polio Eradication project, Rotary India has strategised the Rotary India Literacy Mission (RILM) to ensure 'Total Literacy & Quality Education' for India through its 'T-E-A-C-H' programme.***

Carrying forward its annual footprints to bring into focus and applaud the unsung people as well as organisations that have been working to spread the joys of literacy across India, RILM organized an online Literacy Hero Awards contest in February 2016.

Providing a glimpse about the awards, RILM chairperson PRID Shekhar Mehta said, There are hundreds of thousands of passionate people in India working tirelessly to remove the scourge of illiteracy from this country. They care for others, so they share their talent for the others. Literacy Hero Awards is our way of putting the spotlight on these unsung heroes. The contest was held under two categories the Jury Award and the Peoples Choice Award. The winners of the Jury Award are Arman Ali, Armene Modi, Dorothy Fernandes, Friends of Tribal Society and Wisdom Library.

Arman Ali is associated with Guwahati-based Shishu Sarothi for Rehabilitation Training for Multiple Disability as its Executive Director since 2009. He has played a pivotal role in ensuring better education to children with cerebral palsy and mental retardation through the Centre for Special Education. Armene Modi gave up her teaching career in Japan to return home after stumbling upon Indias 1991 census that 61% of Indian women were illiterate. Her Ashta No Kai (ANK) is a literacy and empowerment project for rural women in 10 villages of Maharashtra. Dorothy Fernandes took a step to set up non-formal centres of education for the children of unorganized sector and the homeless communities across 25 villages of Bihar in 1997. The Friends of Tribals Society founder observed that running full-fledged schools in a tribal area was almost impossible. Hence, he designed a new concept, Ekal Vidyalaya -- One Teacher School, that started off with 60 areas in Jharkhand as a pilot project. Wzdoms Library developed 820 libraries and donated 2,50,000 books, benefitting 1,200,000 students in rural areas. Conceptualized in 2007 by Lt. Cdr. Vikram B.Naik (Retd), this organization believes in While People Go to Libraries-Let Libraries also go to People.

Huge response was received after the submission of nominations was thrown open on Feb 12 for both the categories. Nominations for the Jury Award closed on Feb 22, following which a panel of six eminent juries led by former Chief Justice of India Manepalli Narayana Rao Venkatachaliah met in Delhi to select the five winners.



Other members on the Jury Awards panel were former Chairman and Country Managing Partner at Ernst Young, India, Kashi Nath Memani, former Governor of Uttarakhand and Sikkim Sudarshan Agarwal, honorary visiting lecturer to Tokyo Womens Christian College and University of Indonesia Dr Kavita A. Sharma, first chairperson of National Commission for Protection of Child Rights Shantha Sinha, and co-founder and executive chairman of Emami Radhe Shyam Agarwal. Online nominations for the Peoples Choice Award were accepted till Feb 24. Voting is open till Mar 6.

This event is a part of the Rotary International Literacy Wash in Schools Presidential Conference scheduled at Netaji Indoor Stadium in Kolkata from Mar 11-13, 2016. Many national as well as international dignitaries, including Union HRD Minister Smriti Zubin Irani, Rotary International President KR Ravindran, Rotary Foundation Trustee Chair Ray Klingensmith, Rotary International Director Manoj Desai, will add sparkle to the programme.

## Club Business

### Minutes of the meeting held on 16th March 2016



The meeting was called to order by the President Rtn. Adv. V Deepak. Rtn. R Sreenivasan invoked the blessing of Almighty.

In Presidential address Rtn. Adv. Deepak informed the members that the Zonal Seminar on "Peace and Conflict" went well and Rtn. Manoj John chairman of facet spoke well. He also informed members about two members from our club PAG. Rtn. D Vijayalakshmi and AG Rtn. Gopinathan Nair attended Presidential Conference held at Kolkata on 11-13 March. He also congratulated senior Rtn. R Sreenivasan on his 60th birth day and welcomed Rtn. Varghese Kurisunkal back to club after his absence from club for a short while.

AG Rtn. Gopinathan Nair gave a brief summary of happenings at Presidential Conference held at Kolkata, he also Wished Rtn. R Sreenivasan on his birthday. Then Rtn. R Sreenivasan was invited to cut a cake and Rotarians joined him singing birthday greetings. Rtns. Shafeeq, D Vijayalakshmi, Raju Chandy, Tomi Eapen and Prakash Ponnu shared their pleasant memories with Rtn. Sreenivasan and wished him long, prosperous and healthy life. Secretary Rtn. Krishnan Venugopal read out anniversaries for the coming week, he extended a very sincere birthday greeting to Rtn. R Sreenivasan. He thanked Rotarians from our club, neighboring club and

guests for joining in the birthday celebration. Finally thanked Rtn. R Sreenivasan for hosting a fabulous Party.

Then the meeting was adjourned by the President.

**Rtn. Krishnan Venugopal**

Our PP and PAG, DG Aspirant Vijayalakshmi Nair along with PP Gopinathan Nair attended the Presidential Conference at Kolkata in March 2016 Below is her narration in a nutshell of the events there.

"Kolkata Conference- a bird's eye view !

A team of nearly 25 members of RI Dist. 3211 headed by DG Rtn. Luke, DGE Rtn. Dr. John, DGN Rtn. Suresh, PDG Raghu & PDG Dr. George Mathew had the opportunity to be the delegates of the presi conf at Netaji Indoor Stadium, Kolkata.

Our Dist 3211 stood a class apart from other Dists, in the WinS activities, especially during the presentation by Dist Co ordinator, PDG Raghu. Among the plenary sessions, the most memorable one was that of Nobel Peace Laureate, Kailash Sathyarathi. Entertainment programs were of super quality and V could enjoy to the maximum. A conference with 3000 regn, Rtns from India, Sri lanka, UK& USA could move along as one team. Rtn. Sudhi Jabbar, Rtn. Rynold Gomes & Rtn. Shaffi Kurumpelil stood unique in their prestigious role of SGT at Arms through out the programs, creating a special impression on Dist 3211. The whole Dist, 3211 is proud by the exciting efforts put in by our eminent leaders who in fact turned to be instrumental in the profound glory of our Dist.

Thanq leaders, PAG Vijayalakshmi Nair"



Reproduced from Whatsapp Message

**Host for Regular meeting on 23/03/2016 Rtn. Dr. Parameswaran Nair**

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

For Private Circulation only.

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Krishnan Venugopal

Bulletin Editor



S Sasidharan

## 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 little old lady was walking down the street dragging two large plastic rubbish bags behind her. One of the bags was ripped and every once in a while a Pound 20 note fell out onto the pavement.

Noticing this, a policeman stopped her, and said, "Madam, there are Pound 20 notes falling out of that bag."

"Oh, really? Damn it!" said the little old lady. "I'd better go back and see if I can find them. Thanks for telling me constable."

"Well, now, not so fast," said the cop. "Where did you get all that money? You didn't steal it, did you?"

"Oh, no, no", said the old lady. "You see, my back yard is right next to a golf course. A lot of golfers come and pee through a knot hole in my fence, right into my flower garden. It used to really annoy me - kills the flowers, you know.

Then I thought, 'why not make the best of it?' So, now, I stand behind the fence by the knot hole, real quiet, with my hedge clippers. Every time some guy sticks his thing through my fence, I surprise him, grab hold of it and say, 'OK, buddy! Give me Pound 20, or off it comes!'

"Well, that seems only fair," said the cop, laughing. "OK. Good luck! Oh, by the way, what's in the other bag?"

She replied: "Not everybody pays!!!"



### Happy Birthday

Dr. Abraham Thyil	21.03.2016	Seema Unnikrishnan	24.03.2016
A.R. Vijayakumar	22.03.2016	Vidhu Kumar	24.03.2016
Mohammed Sali	23.03.2016	Mancy Varghese	24.03.2016
Arun Varghese Kurisnikal Son	23.03.2016	Alex Cijo Alex Son	24.03.2016
Aswathy Venugopala Panicker Daughter	24.03.2016	T.S. Sujith	25.03.2016
		Johnu George George Thomas Son	26.03.2016
		Tijo George George Thomas Son	29.03.2016
		Deepa Biju	30.03.2016

Contributions, suggestions can be sent to the editor: [alleppeyrotaryclub@gmail.com](mailto:alleppeyrotaryclub@gmail.com)

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