



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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Teenage or Adolescence— a difficult period for parents

A teenager or a teen is a young person whose age falls within the range from 13 to 19. Most societies traditionally had a formal ceremony to mark the change from childhood to adulthood. During puberty, rapid mental and physical development occurs. Adolescence is the name for this transition period. Adolescence means to grow up. It is a transitional stage of physical and psychological human development that generally occurs during growing years. The period of adolescence is most closely associated with the teenage years though its physical, psychological and cultural expressions may begin earlier and end later. Adolescents thinking is less bound to concrete events than that of children: they can contemplate possibilities outside the realm of what currently exists. This provides the ability to plan ahead, see future consequences of an action and to provide alternative explanations of events. This also makes them reason against friend's or parents assumptions. They also develop a more sophisticated understanding of probability. Compared to children adolescents are more likely to question others' assertions less likely to accept facts as absolute truths.



My mentality is to enhance everyone's life around me.

The best way to hold on is to let go.

You have to be odd to be number one.

You are not a drop in the ocean but an ocean in the drop.

If you want to destroy something then destroy your negative thinking.

Protect your spirit from contamination; limit your time with negative people.



Here are ten facts every parent should know about their teenager's restless head and why:

They are dramatic, irrational and throw a tantrum for seemingly no reason. Besides, they have a deep need for both independence and tender loving care. This is because after infancy the brain's most dramatic growth spurt occurs in adolescence, which doctors say, most parents do not seem to know. If you are parenting a restless and reckless teen, here's a handy guide.

Critical period of development

The brain continues to change throughout, but there are huge leaps in development during adolescence. So, when a teen may go through an awkward growth spurt, new cognitive skills and competencies may come

Continued..

RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor



C. Luke

Assistant Governor



Prof. S.Gopinathan Nair

in leaps and stutters. Doctors suggest parents should understand that no matter how tall their ward has grown, they are still in a developmental period that will affect the rest of their life.

Blossoming brain

Brain imaging studies have discovered that a second burst of neuronal sprouting happens right before puberty. The adolescent's experiences — from reading Mills & Boon, Harry Potter, to learning to drive — shape this grey matter. The structural reorganisation is thought to continue until the age of 25, and smaller changes continue throughout life.

New thinking skills

So ever since the Little Master or Miss at home turned 13 they seem to be over-ruling daddy dearest's decisions? Here's why. Due to the increase in brain matter, the teen brain becomes more interconnected and gains processing power. In fact, if given time and access to information, adolescents have the decision-making skills of an adult. But in the heat of the moment, their decision-making can be influenced by emotions, because their brains rely more on the limbic system (the emotional seat of the brain) than the more rational prefrontal cortex. Don't let this duality exasperate you.

Endless tantrums

At the same time, adolescents are in the middle of acquiring new skills sets, especially when it comes to social behaviour. But remember, they are not good at using them yet, which is why they tend to experiment, and more often than not, use their parents as guinea pigs. Many teens view conflict as a type of self-expression and may have trouble understanding another's point of view. Parents must remember their teenager is dealing with a huge amount of social, emotional and cognitive flux and have underdeveloped abilities to cope with them. They need their parents to help them. Keep calm and be patient with them.

Intense emotions

Puberty is the beginning of major changes in the limbic system (part of the brain that not only helps regulate heart rate and blood sugar levels, but also critical to the formation of memories and emotions). A part of the limbic system is thought to connect sensory information to emotional responses. Its development, along with hormonal changes, may give rise to rage, fear, aggression, excitement and even sexual attraction. Over time, the limbic system comes under greater control of the prefrontal cortex, the area just behind the forehead, which is associated with planning, impulse control and higher order thought. As additional areas of the brain start to help process emotion, older teens gain some equilibrium and have an easier time interpreting others. Sometimes, you can be as careful as possible and you will still see them break into tears, or in a fit of rage. This is because they tend to have a tendency to misunderstand everything that

Peers are important

When a teen becomes better at thinking abstractly, their social anxiety increases. Abstract reasoning makes it possible to consider yourself from the eyes of another. Teens may use their new skill set to ruminate about what others are thinking of them. They are constantly worried about looking cool. Their peers also provide them with opportunities to learn skills such as negotiating, compromise and group planning. They are practising adult social skills in a safe setting and they are not good at it at first. So the next time if your kid is 'chilling' at his/ her friend's house, do not nag him too much. He's acquiring important people skills. But you should definitely know what he or she is doing there.

Measuring risk

So also, teens need higher doses of risk to feel the same amount of rush adults do. Taken together, these changes may make teens vulnerable to engaging in risky behaviour like trying drugs, getting into fights, driving rashly or jumping into unsafe water. By late the time he/she turns 18, the part of the brain responsible for impulse control and long-term perspective taking is thought to help them reign in some of the behaviour they were tempted by in middle adolescence. Do not panic, continue to parent them. However, if they do go out of hand, be firm.

Need more sleep

Teenagers need nine to 10 hours of sleep a night. Part of the problem why most fall short is because of a shift in circadian rhythms during adolescence: It makes sense to teen bodies to get up later and stay up later. However, due to early class schedules, many teens rack up sleep debt and become increasingly cognitively impaired across the week. Sleep-deprivation only increases moodiness.

Craving for constant attention

The hormone changes at puberty have deep effects on the brain, one of which is to spur the production of more receptors for oxytocin. Studies reveal, while oxytocin is described as the bonding hormone, increased sensitivity to its effects in the limbic system has also been linked to feeling self-consciousness, making an adolescent feel like everyone is watching him or her. Until their brains develop enough to handle all of this, their answers to these questions can be one-sided. In such an instance, the parents' job is to help them explore the questions, rather than provide them with answers.

TEENAGERS ARE TOMORROWS ADULTS – LET US DO OUR BIT AND NURTURE THEM INTO BLOSSOMING INDIVIDUALS AND GOOD CITIZENS OF THE WORLD.

Rtn. PHF S Sasidharan

●●●
“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits . Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny” **Mahatma Gandhi**

Club Business

Minutes of the meeting held on 13th April 2016

The meeting was called to order by the President Rtn. Adv. V Deepak. Rtn. Jacob Neroth invoked the blessing of Almighty. In Presidential address Rtn. Adv. Deepak welcomed the gathering and also recognized the presence of Adv. Ranjith, he also extended a warm and cordial welcome to Rtn. Jaffar Sura from RC of Dubai. Then he informed about the annual Family Picnic for the year on April 30 – May 1st to Munnar. President informed that already 14 families and 5 stags have confirmed and expecting few more participation from club. President requested members to bring in maximum no. of students for career guidance seminar on 24th April at our club hall, the seminar is being organized jointly with MES Educational society, Mr. Jaleel will be conducting the session. The detail of the seminar is published in bulletin. Along with the seminar there will be awareness programmes on Road Safety and Drug Abuse.

Rtn. Jaffar Sura extended greetings from RC Dubai and he detailed on functioning and achievements of his club, he then gathered information on functioning and achievements of RC Alleppey. He welcomed members of RC Alleppey to his club. Rtn. T S Ajithkumar read out anniversaries for the coming week, and thanked Rotarians for attending the meeting; he also thanked Adv. Ranjith and Rtn. Jaffar Sura for attending the meeting. Finally thanked Rtn. A R Vijayakumar host for the day. Then the meeting was adjourned by the President.

Rtn. Krishnan Venugopal



Rotary Magazine

Member Column

“A magazine or a newspaper is a shop. Each is an experiment and represents a new focus, a new ratio between commerce and intellect.”

The quality of a publication depends not only on the ability of its author or editor but also on that of every single member of the organization which that publication represents. You may ask how. Diligent members will scrutinize the work and **prevent** unwanted 'fat' from appearing. I exhort you therefore, to show no mercy in analyzing the **content** of any material being published in the name of Rotary.

The magazine serves as an excellent source of information and ideas for programs at Rotary club meetings and district conferences. Although each regional publication has its own unique style and content, they all provide Rotarians with up-to-date information and good reading in all through the year.

We all receive The Rotary News as part of our membership. How much attention do you pay to the magazine that is delivered to you every month? Do you skip through the pages, or read every article from cover to cover? I suggest you to share your magazine with others. Put it in your workplace and in waiting areas of professional offices, and give others the opportunity to read about the good work we do in Rotary. And most important, read it carefully and then set apart few minutes in your Club meetings about an exciting article that is of interest to your fellow Rotarians. The Rotary International has a global presence. Each publication in the name of the Rotary should reflect this 'sans frontiers' image. Efforts should focus on building this image not just among members but also among every dutiful citizen of this world. The material we produce is for generations to see. Hence I exhort each member of the Rotary family to be use our resources wisely and promote the magazine as our voice in the Rotary as well as the non-Rotary world.

Rtn. MPHF. P. O. Thomas

Family Gallery

A successful man, working as a sales representative in a large company, tells his boss one day,

“If you want me to continue working for you, I need a 20% raise. You have 24 hours to give me an answer. I have four companies chasing me, so let me know your decision”.

The boss is alarmed. “In this recession, a 20 percent raise? So many employees are being laid off, and so many others have seen a major cut in their salaries, yet you want a 20% raise?”

“I will not argue with you,” says the employee. “As I said, there are four companies pursuing me, so just let me know your decision.”

Next day, the boss calls him in, and says, that due to his great performance he decided to comply and will give him the requested raise. “Great,” the man says, “ I will continue gladly with you.” As he is leaving, his boss asked, “Out of curiosity, who are the four companies chasing you?”

“Oh” man responded, “Master Card, ICICI Card, Bajaj Finance and HDFC Home loans.”

Host for Regular meeting on 20/04/2016 Rtn. Sabil Raj

Calendar of event: April 24, 2016 Career guidance seminar at our club hall, **April 30-May 01, 2016** Family Picnic, Munnar

June 19, 2016 Awards Night, Trivandrum Club, Trivandrum

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S Sasidharan

The four Way Test

of the things we think, say or do

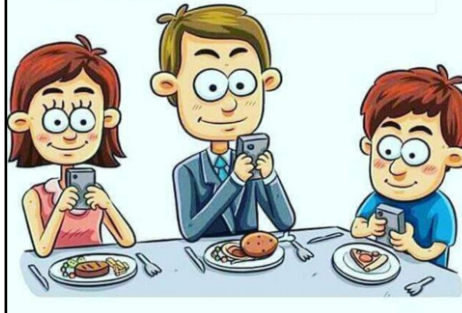
- ☀ Is it the truth?
- ☀ Is it fair to all concerned?
- ☀ Will it build Goodwill and better friendship?
- ☀ Will it be beneficial to all concerned?

Family Gallery

Sometimes I look at my husband and think...
'Damn he's one lucky man'

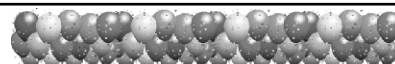


Cell phones bring you closer to person far from you. But it takes you away from the ones sitting next to you!



The Seven social sins are:

- Wealth without work.
- Pleasure without conscience.
- Knowledge without character.
- Commerce without morality.
- Science without humanity.
- Worship without sacrifice.
- Politics without principle.



Happy Birthday

Roy Raj	14.04.2016
Dhanya Vivek Venugopal	17.04.2016
Yamuna Arun	24.04.2016
Thapassu D/O.Mohammed Kunju	25.04.2016
Siby George	27.04.2016

Wedding Anniversary

Venugopala Panicker	22.04.2016
S. Sasidharan	24.04.2016
Sivakumar	27.04.2016
Vinod Balaji	28.04.2016
Usha Kumari Paramaswaran	28.04.2016
Pooja D/o. Rajeev	30.04.2016
Mathew S/o. Antony Malayil	30.04.2016

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