



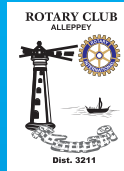
# Royalweeks



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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## Internships –stepping stone for a successful career

As the global economy becomes more global, the competition for good jobs continues to increase. You no longer have to be qualified than the person next to you, you have to be qualified than the countless others all around the world. Going to a college is a critical step but you can enhance what you learnt by gaining real world experience through internships.

Internships provide real world experience to those looking to explore or gain relevant knowledge and the skills required in a particular field. Internships are short term in nature with a primary focus on getting some on the job training and taking what is learned in the classroom and applying into the real world. Interns have a supervisor who assigns specific task and evaluates the overall work.

This is an opportunity offered by an employer to potential employees to work for affixed, limited period of time. The practical experience gained by this activity is very invaluable and also forms the basis for future employment or stepping stone for successful career.

At a time coaching classes are mushrooming to help students crack entrance

tests and job interviews there is hardly any guidance to make job seekers aware of the actual demands of a job and prepare them accordingly. It is very common to find confused or dissatisfied young professionals who take up a job not knowing its demands. Career guidance is important for job seekers. Internships are the best way to test one's comfort and skills for a job. Most of us do not realise its importance. Many a time, students lack information about a specific job and are unaware of its parameters. It is essential that all colleges have a recruitment cells that cater to provide assistance and secure meaningful internships. Some colleges that provide post graduate courses have these cells, but there is a lack proper internship programme

Continued..

RI-President



K.R. Ravindran

President



Adv. V. Deepak

District Governor



C. Luke

Assistant Governor



Prof. S.Gopinathan Nair

The diamond has always been esteemed the rarest stone, and the most precious of all: among the ancients it was called the stone of reconciliation.

It is the supreme art of the teacher to awaken joy in creative expression and knowledge.  
*Albert Einstein.*

Pizza always confuses us. It comes in a square box. When you open the box it is round, when you start eating it, its triangle. Life and people are like Pizza. Looks different, appears different and behave absolutely different.



policy in colleges offering under graduate courses. I think vocational training institutes if set up within big colleges or universities will go a long way in helping and grooming students. Some big corporates can set this up as part of their corporate social responsibility programme.

Internships are not only required for grooming students to meet the demands of the corporate world but also add value to their resume. What is expected of the students is evolving now. The corporate world is on the lookout for trained professionals who can start performing from day one. Internship programmes are the best way to test the grey matter of a prospective employee. Fresher's who join the company come with a lot of expectations and require a lot of hand holding. Companies want them to contribute immediately and do not want to invest time in training new recruits. Although training programme is conducted for new recruits, these are held for those recruited through college placement cells. I think companies should conduct workshops in colleges which will help job seekers familiarise with the different work profiles.

Students who have organised workshops, who led teams or are a part of various clubs would definitely make good interns.

Start ups are constantly seeking individuals who are willing to learn and eager to prove themselves. On the one side start-ups are aware of their position as an educational one stop for interns, thereby having a variety of people and skills on their journey towards growth. Bu there are certain start-ups who scout for young innovative minds who will help nurture while they work and grow together. The operations of a start ups are bound to be enveloped in a steady pace of deadlines and never ending assignments. An intern's ability to juggle tasks and perform well under pressure will help him or her during the training time and in the future as well. It will also help them to work independently and effectively with the least amount of supervision and guidance. It will help in communication skills as it involves being able to converse with diverse set of teams clearly and regularly as and when required. Having a channel open at all times can dispel the office politics syndrome with ease.

No matter what the skills you exclusively look for in the interns it is important to assess them first. You could ask them scenario based questions, have them come up with hypothetical issues and their solutions in dealing with them void of any guidance. It might not be possible for the intern to come up with all the skills, but if they possess a few of them it is safe to assume that they will learn and grow in the job.

While internships help in getting hands on experience, it is also important to reach out to working professionals and ask for their inputs. It is important to network. Social media sites are helpful for asking around for help. When you see an advertisement for a job, go through the demands of the job in detail and see if you are really cut for the job.

Rtn. PHF S Sasidharan



### Club Business

#### Minutes of the meeting held on 11th May 2016

The meeting was called to order by the President Rtn. Adv. V Deepak. Rtn. George Z George invoked the blessing of Almighty. In Presidential address Rtn. Adv. Deepak welcomed the gathering then he informed that few minor works left in 3 star WinS projects at GGHS was finished today now the project is 100% complete. Due to unavoidable situation the Dinner meeting for the May scheduled on 20th has to be preponed and new date will be 18th May, it has been decided to invite DGND Rtn. E K Luke as chief guest. Rtn. P O Thomas gave clarification on matching grant for WinS 3 star project receivable by club, and assured that club will receive at the earliest according to his communications. Rtn. T Sivakumar asked for more clarification on Matching Grant and wished the fund be reimbursed this Rotary year itself to avoid complication on accounts. Rtn. George Thomas informed that next year's District directory will be bearing photo of every member and due to some mismanagement photos of few members went missing from Directory office which we have promptly submitted. He requested those members to co operate in submitting photos at earliest.

Secretary Rtn. Krishnan Venugopal read out anniversaries for the coming week, and then thanked Rotarians for attending the meeting with a special thanks to Rtn. Roy Raj host for the day.

Then the meeting was adjourned by the President.

Rtn. Krishnan Venugopal

NB: Proposal of a new member Adv. Ranjith was accepted by Board in last meeting. If any member has any opinion regarding the proposal please share it with President or Secretary within 14 days.

**Did you know?**

**Why does our heart beat rate rise when we get frightened?**

Our body responds to stress, worry, anxiety, fear and excitement by activating the "fight or flight" system. Our body releases a series of hormones that makes us hyper alert, focussed and energised. This chemical cascade causes increased heart rate, respiratory rate and perspiration. From an evolutionary stand point this is a system we need in place for survival. When in danger our brain just sends signals to our entire body warning us that we need to leave the life threatening situation. The hormones then create adrenaline that will keep us awake and alive while we are fighting or fleeing. Our cells too contribute by keeping everything working and pumping so that the adrenaline can pump through our blood. While the adrenaline is pumping through our blood, so are the fat and sugar. The fat and sugar make our bronchi open wider causing heart beat and breathing rate to accelerate. This is why our heart beats faster when we get frightened.

**Why do we sweat more in humid conditions?**

Water vapour is a major part of our atmospheric circulation and precipitation mechanism. Water as we know can exist in all the three states of matter and when it is in gaseous state it is called water vapour.

The concept of relative humidity is used whereby the amount of water vapour present in air is calculated with respect to the amount of water vapour the air can hold. During rainy season or conditions of high humidity, the relative humidity is on the higher side which means air cannot hold moisture further.

Human body ( human being a warm blooded animal) via its hypothalamus regulates the body temperature and in high temperature conditions in the environment body tries to maintain its internal temperature by evaporating moisture from the skin to the atmosphere and the evaporated moisture or sweat takes away with it specific heat and hence cools the body. In humid conditions where surrounding air cannot hold further water vapour, sweat evaporates slowly, if at all. As a result the body heats up, it is difficult for the sweat to evaporate and in high humidity conditions we tend to sweat more. This explains why it feels so much hotter in high humidity. When relative humidity reaches a high enough level, the body's natural cooling system simply cannot work .Sweat evaporates very slowly, and the body heats up. Hence it feels much hotter in humid conditions.

A Woman was out GOLFING one day when she hit the ball into the woods. She went into the woods to look for the golf ball and found a frog in a trap. The frog told to her, "If you release me from this trap, I will grant you 3 wishes."

The woman freed the frog, and the frog said, "Thank you, but I failed to tell that there was a condition to your wishes"

Whatever you wish, your husband will get the same wish ten times !

The woman said, "That's okay." For her first wish, she wanted to be the most beautiful woman in the world.

The frog warned her, "You do understand that this wish will also make your husband the most handsome man in the world and whom women will flock to".

The woman replied, "That's okay, because I will be the most beautiful woman and he will have eyes only for me."

So, KAZAM - she becomes the most beautiful woman in the world!

For her second wish, she wanted to be the richest woman in the world.

The frog said, "That will make your husband the richest man in the world. And he will be ten times richer than you."

The woman said, "That's okay, because what's mine is his and what's his is mine."

So, KAZAM becomes the richest woman in the world!

The frog then inquired about her third wish, and she answered, "I'd like a mild heart attack."

Moral of the story: Women are clever. Don't mess with them.

Attention female readers : This is the end of the joke for you. Stop here and continue feeling good.

The man had a heart attack ten times milder than his wife.

Moral of the story: Women think they're really smart.

Let them continue to think that way and just enjoy the show.

Note: If you are a woman and are still reading this; it only goes to show that women never listen!!!

**Host for Family Dinner Meeting on 18/05/2016 Rtns. Abdul Rahim, George L Mathew, Jacob Neroth, Muhammed Shafeeq, Tomi Eapen, Jacob Philipose, Muhammed Sali, W D Nelson, Raju Chandy, P O Thomas and Varghese Kurisinkal.**

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

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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

I found a leaflet in my newspaper this morning which read, 'ARE YOU AN ALCOHOLIC? CALL NOW. WE CAN HELP!'

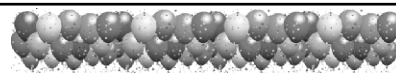
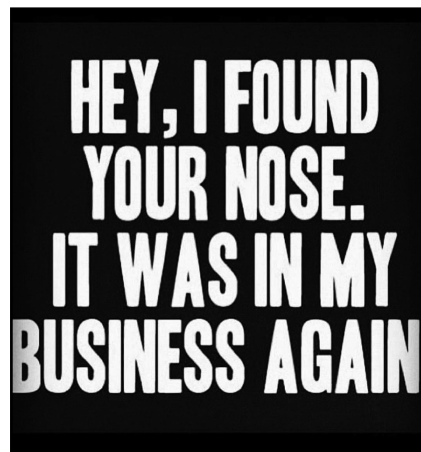
My wife insisted I make the call.

I Called up. It was a liquor shop offer: 'Buy 3 & get 1 free'.....

My eyes were filled with emotion and love for my wife...

9 nine letter words are broken in to chunks of three letters and given below. These chunks have been mixed up. Determine the nine words from the chunks. No chunk is to be used twice and all chunks are to be used.

OME	CLO	ERE	REF	INT	ERE	BAR	PLE	PIN
ISE	PHY	GRA	HNI	BIO	EWB	EAP	SOR	FES
TEC	CKW	SOM	QUE	TPR	PRO	NCE	TER	FOO



### Happy Birthday

Vishakh (S/o. Philip Abraham)	14.05.2016
Soudhu John Thayyil	14.05.2016
Usha (D/o. P. Arjun)	15.05.2016
Krishnakumar (S/o. Kumaraswami Pillai)	16.05.2016
Sumar Ashok	18.05.2016

### Wedding Anniversary

Parameswaran	24.05.2016
Kumaraswami Pillai	24.05.2016
Tomy Pulikatil	26.05.2016

Cijo Alex	19.05.2016
Vinod Kumar	21.05.2016
Deepa George	25.05.2016

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

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