



Rotary 



# e-royalweeks

Official Bulletin of Rotary Club of Alleppey (Chartered on 25th July 1949)



President  
Rtn. PHF K. Cherian



RI President  
Rtn. Mark Daniel Maloney



Dist. Governor  
Rtn. Shirish Kesavan



Vol No. 1 / Issue No. 12 / Dated 14th September 2019



## From Editor's desk

Basic education and literacy is one of Rotary's six areas of focus. We know that basic education and literacy are essential for reducing poverty, improving health, encouraging community and economic development, and promoting peace. September month is designated as Basic education and literacy month in Rotary. Most of the clubs in this part of the country are contented by doing some projects like donating books, giving computers, making schools eligible to become Happy School etc. All are one time affair. Left to me, we should be able to address the issue differently. Education is the basic requirement for human development. With education, employment opportunities are broadened and income levels are increased. The development of an individual and the progress of a nation depend on education. While on this, one of the major constraints in education is the school drop outs. An attempt was made by Mr. T V Sekhar of International Institute of Population Studies in his research study to understand the differentials and factors associated with school dropouts in India. Based on the data from National Family Health Survey-3, it was found that only 75 percent of the children in the age group 6 to 16 years were attending school. About 14 percent of the children never attended the school and 11 percent dropped out of school for various reasons. It was observed that the dropout was high among the children belonging to particular community and SC&ST families. Parental characteristics also play a significant role in determining school education. The dropouts among the children belonging to illiterate parents were four times higher than that of the literate parents. It was also observed that if parents were not working, the possibility of dropout among their children was relatively high. The study suggests that unless and until there is considerable improvement in the economic status of households and change in the social attitudes of parents, achieving the goal of universalisation of school education will remain a major challenge for India. What I would suggest is that the Rotarians should take a pledge to fight school drop outs and do whatever possible to retain children in schools. One way is to adopt the children belonging to economically and socially backward areas by the Rotarians world over and maintain them at least for one year. If this is done as a routine, it will be possible to support 1.2 million students every year. Let the leaders of Rotary ponder over it and arrive at a consensus.



Secretary  
Rtn. PHF John Kurian



Asst. Governor  
Rtn. PHF V. Deepak



Bulletin Editor  
Rtn. PHF M. Kumaraswamy Pillai



Jai Rotary

Rtn. PHF M. Kumaraswamy Pillai



We meet on Wednesdays at 7.30 pm at Revi Karunakaran Rotary Hall, Alleppey

## ONAM CELEBRATIONS

Onam brings Happiness and Joy in our families. Last year we were not able to celebrate Onam. We earmarked our energy and resources for giving maximum support to our brethren who were affected by flood. Though Wynad is still a pain in our hearts, this year Onam went on with celebrations and Sadhyas. Now the celebrations at our families are over, and we are set for our Club Onam get together. The host team comprising of Rtn. Sajan Nair, Rtn. R. Unnikrishnan, Rtn. Vidhu Unnithan, Rtn. George Z George, Rtn. B. Sivadas, Rtn. Cijo Alex and Rtn. Rosie John are making all arrangements to make it a good show. It will be befitting if our members, Anns and Annets bring a Kerala touch to the celebrations by dressing in traditional way. Let us all enthusiastically look forward for what all are in stock for the host team. Wishing You all Happy Onam and a Prosperous New Year.

## Minutes of the Regular meeting dated 11.09.19

The regular meeting of the club for the week started at 7.45PM with invocation to God Almighty by Rtn. John Mathew. On the occasion of Onam eve, President greeted all Rotarians with Onam wishes. Though the meeting had thin attendance, he thanked all Rotarians who had attended the meeting. President informed that today's host Rtn. Jacob Neroth is nominated as one of the members of the Working Committee on Marketing of Coir Board. President congratulated Rtn. Jacob Neroth for the recognition. Rtn. Rosie John then shared her childhood experience of Onam celebrations. Rtn. Secretary then proposed vote of thanks with a special reference to Rtn. Jacob Neroth host of the meeting.

Rtn. John Kurian, Secretary

SHOPPING  
CART



## 7 Herbs and Supplements for Healthy Joints and Bones

As we grow older, our bones and muscles ache, our skin begins to sag and our hair becomes thinner. We accept these things as a natural byproduct of aging, but what actually causes them are internal processes by which certain substances that occur naturally in our bodies are produced at a lower rate, as well as oxidative stress. Instead of managing the aforementioned symptoms of aging, you take those same substances that your body has stopped producing as a supplement? Would that remedy the aches and pains you've been experiencing? Why, yes, it will.

### Curcumin

Osteoarthritis, the most commonly occurring of all types of arthritis, occurs when there is wear and tear of the cartilage. When cartilage breaks down, the bones begin to rub against each other causing pain, swelling, and stiffness. Age, genes, metabolism, and mechanical and chemical factors are all leading causes of osteoarthritis. Thankfully, turmeric and its active ingredient curcumin can help to reduce inflammation and protect bone health in osteoarthritis sufferers. Studies have found that a daily intake of turmeric can greatly benefit our breathing, digestion, blood flow, heart, and even our brains. Curcumin has strong anti-inflammation and anti-carcinogenic properties. It's amazing what just a teaspoon of turmeric, mixed with the right ingredients, can do. In supplement form, curcumin is far more concentrated than your everyday turmeric spice powder.

### MSM

Despite the intimidating acronym, what MSM really is, is a natural sulfur compound that appears in some plants. MSM has a variety of health and beauty benefits which make it a popular supplement. MSM beauty appliances promote hair growth and protect the skin by strengthening the connective tissue in our skin and the keratin in our hair and nails. But more importantly, as a health supplement, MSM relieves joint pain such as that caused by osteoarthritis and reduces oxidative stress on the body which can cause cell damage and the formation of tumors.

### Glucosamine Chondroitin

Rather than a single supplement, this mouthful is actually a pair of two active ingredients that complement each other in battling arthritis. Glucosamine and chondroitin help form cartilage, thus preventing joint deterioration, while chondroitin is also effective in reducing inflammation. These effects combine to relieve pain caused by osteoarthritis.

Though glucosamine is often derived from the chitin of shellfish, there does not appear to be any danger of

severe reactions for those who suffer from shellfish allergies, and it is also possible to attain glucosamine that is not derived from shellfish

### **ch-OSA**

A fancy scientific name for silicon, as a supplement it has been found to have numerous benefits in those fields where beauty and health coincide. The silicon in ch-OSA supplements restores function and liveliness in skin tissue that has been damaged by the elements, as well as strengthens hair and nails. It has also been found to help bone formation in women who suffer from low bone density (osteopenia).

### **Hydrolyzed Collagen**

Collagen is the main building block of all mammals, including humans, and functions as a glue that connects bone, muscle and skin cells, as such it is crucial to the well-being and function of our joints and consuming it can improve skin density as well as pain symptoms in the joints. Hydrolyzed collagen is collagen that has been broken down to allow for easier consumption and absorption.

### **Hyaluronic Acid**

Also known as hyaluronan, this is a naturally-occurring substance in our bodies that has an important role in moisture retention and skin regeneration. In our skin, hyaluronic acid serves to bind water to our skin tissue which keeps it soft and supple. Upon injury to the skin, hyaluronan has an important role in accelerating cellular repair and regulating inflammation levels. As we age, the amount of hyaluronic acid present in our skin decreases, and by taking it as a supplement, we can restore these crucial functions.

### **SAMe**

S-Adenosyl methionine (or SAMe) is a molecule produced in the liver that has an important role in methylation- a process by which certain genes are regulated and inhibited. This natural process is critical to our development and the protection of our DNA. As a supplement, SAMe has been shown to be as effective at alleviating the pain of osteoarthritis as NSAIDs like ibuprofen are, without the harmful side-effects associated with taking those medications. SAMe is also known to be as effective as some antidepressants in treating the symptoms of major depressive disorder (consult a doctor before taking SAMe for depression).

## RI News



PDG Rtn A S VENKATESH has been selected as RI Director 2021-23 from Zone V, by the Nomination Committee at its meeting held at Trivandrum. Royalweeks profusely congratulate Rtn. Venkitesh and wish him all the very best



### **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 ?

# 2019-2020

- President - Rtn. PHF K. Cherian
- Vice President - Rtn. PHF T. S. Ajithkumar
- President Elect - Rtn. MPHF Krishnan Venugopal
- Imm PP - Rtn. MPHF Antony M Malayil
- Secretary - Rtn. PHF John Kurian
- Jt. Secretary - Rtn. PHF Ambu Vaidhyan
- Treasurer - Rtn. MPHF George Thomas
- Bulletin Editor - Rtn. PHF M. Kumaraswamy Pillai

## COMMITTEE CHAIRS

- Club Administration - Rtn. MPHF Raju Chandy
- Rotary Foundation - Rtn. PHF Venugopala Panicker
- Membership - Rtn. MPHF Murugan. S
- Public Relation - Rtn. PHF Jose Abraham
- Service Project - Rtn. PHF T. Sivakumar
- Club Advisor - Rtn. MPHF Prof. Gopinathan Nair
- Club Trainer - Rtn. PHF Subramaniya Iyer
- General Co-ordinator - Rtn. MPHF Vijayalakshmi Nair
- Executive Secretary - Rtn. MPHF P.O. Thomas
- International Service - Rtn. MPHF R. Krishnan
- Serjeant at Arms - Rtn. PHF Tom Joseph

## STRATEGIC PLANNING COMMITTEE

- Club Service - Rtn. MPHF Jacob Neroth
- Community Service - Rtn. PHF Biju Sathyan
- Vocational Service - Rtn. PHF MPHf Sajan Nair
- Family of Rotary - Rtn. PHF Rosie John
- Youth Service - Rtn. PHF Tomy Pulikkattil
- Literacy Mission Convenor - Rtn. PHF Siby George
- General Convenor - Rtn. PHF Vidhu Unnithan
- Club IT Officer - Rtn. PHF Dijo Antony Cherian
- Club Recreation - Rtn. PHF A. Balakrishnan
- Club Projects - Rtn. PHF John Mathew
- District Project-REACH - Rtn. PHF Thomaskutty Joseph
- FIRE - Rtn. PHF T.S. Sujith
- LN 4 Hand - Cont.. Project - Rtn. PHF R.N. Ajithkumar
- District Project - WinS - Rtn. PHF Shyam Kurup
- District Project - REAP - Rtn. MPHf NAM Kunju
- District Project - RISS - Rtn. PHF V.J. Francis
- Asst. Governor - Rtn. PHF V. Deepak
- Club Historian - Rtn. MPHf Tomi Eapen

## HAPPY BIRTHDAY dear Rotarians ANNES & ANNETS September

- 15 Rtn'e Sebia Shafeeq
- 23 Rtn. Vijayalakshmi Nair
- 24 Rtn. R. Krishnan
- 25 Rtn'e Jeeja Raju



THE ROTARY FOUNDATION RECEIVES THE HIGHEST RATING FOR THE 12TH STRAIGHT YEAR. THE ROTARY FOUNDATION HAS RECEIVED A FOUR-STAR RATING, THE HIGHEST POSSIBLE, FROM CHARITY NAVIGATOR, AN INDEPENDENT EVALUATOR.



## BRavo, ROTARY FOUNDATION!



## Rotary Badminton Last date of Registration 1st Oct 2019

**Doubles Category only Below 45 and Above 45 Age as on 30.06.2019**

**Maximum 3 Teams from one Club but not exceeding Two Team from Category**

**Venue: Jimmy George Indoor Stadium Date: October 20, 2019**

**Murukan Palayathril Dist secretary**

**Registration Fee Rs.1000**

## Engagements

### ONAM CELEBRATIONS ON 20.09.2019



The regular meeting on 18.09.19 is postponed to 7.30 pm on 20.09.19 as family dinner meeting and Onam Celebrations.

Hosts: Rtn Sajan Nair, Rtn Unnikrishnan, Rtn Vidhu Unnithan, Rtn George Zacharia George, Rtn. B. Sivadas, Rtn. Cijo Alex and Rtn. Rosie John

**നിലി**  
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Design and Printing at Koral Graphics Phone: 9349415901,

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