



Rotary 



# e-royalweeks

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



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RI President  
Rtn. Mark Daniel Maloney



Dist. Governor  
Rtn. Shirish Kesavan



Issue No.17 (2019-20) Dated 19th October 2019



## From Editor's desk

It was a matter of joy and rejoice for all of us watched TV sets on 14th on the announcement of the prestigious 2019 Sveriges Riksbank Prize in Economic Sciences in memory of Alfred Nobel, popularly called the Nobel Prize in Economics to the Indian origin Abhijit Banerjee, his partner Ms Esther Duflo and Mr Michael Kremer. The Nobel Prize was awarded in consideration of their experimental approach to alleviating poverty. All the more important is that major part of the study was conducted in India. Later we also came across reports that India is in the at 102th position as far as poverty is concerned. It adds to our worry that our neighbouring countries like Pakistan are in a much better position than us. It is a fact that nearly 1.4 billion people in the world live on less than \$1.25 a day. This will be hardly sufficient to feed their families. We are duty bound to address this issue. Rotarians worldwide are determined to reduce poverty through projects that deliver equipment, vocational training, and work to strengthen local entrepreneurs and community leaders, particularly women, from impoverished communities. Members of 35,00+ clubs across the globe promote economic and community development and reduce poverty in underserved communities through training, well-paying jobs, and access to financial management institutions. Projects range from providing people with equipment to vocational training. But we have to make an introspection as to how serious are we in implementing community service project which will provide sustainable employment to the workers. For most of us service is just charity where we provide food or cloths as a one time affair. I am not forgetting stand alone projects of Clubs providing self employment opportunities by providing sewing machines etc. We have to have more and more such projects in future. Let me wind up the column with a quote by the Nobel Laureate Mr Abhijit Banerjee on poverty "the poor are no less rational than anyone else—quite the contrary. Precisely because they have so little, we often find them putting much careful thought into their choices: They have to be sophisticated economists just to survive"



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

## Congratulations to Participants, winners and organizers of FIRE Zonal level Competitions.

It is a matter of pride that our new generation Rotarian Tom Joseph and Ann. Lancy got first place in the Rotary Best Couple competitions. Our Rtn. T. Sivakumar came second in Solo song. Rtn. Jose Abraham and Ann. Suni were second in cooking competitions. Congratulations to all participants. The event, conducted by Zone at our Club premises was well organized by our AG Rtn. V. Deepak, ably assisted by our FIRE District Coordinator Rtn. Vijayalakshmi Nair and Associate Governor Rtn. Gopinathan Nair. Though Rtn. Nagaraj, Zonal Chairman for FIRE, who had earlier made all arrangements, had to be away on some urgent assignments, AG Deepak managed the show flawlessly. The flow of events and programmes were very professionally managed and there were no rooms for any complaint regarding conduct or judgments. Rtn. P.S. Sreedharan, District Chairman for FIRE also was present to witness the function. Let us all wish our Rtn. Tom and Ann. Lancy to win the District Level competitions and bring laurels to the Club.

**Rtn. K. Cherian**

## Minutes of the Regular meeting dated 16.10.19

Regular meeting of the club for the week started with invocation of Blessings of God Almighty by Rtn. Jacob Philipose. President informed the sad demise of Mariakutty Joseph, mother of Rtn. Babu Joseph on 12th October and requested for a minute silent prayer to pay respectful homage to the departed. President detailed about the Seminar on Waste Management conducted by the Club on 11th October to the members of Bhoomika Residents Association.

Rtn Kumaraswamy Pillai addressed the gathering in connection with World Food Day celebrated worldwide on 16th October in honor of the date of the founding of the Food and Agriculture Organization of UN in 1945. Kumaraswamy told that the excess food consumed and wasted by the haves in India is sufficient to feed the millions of have-nots in our country. Rtn. Varghese Kurisinkal mentioned about the underutilization of billiards table in the recreation room. Rtn. Rosie John and Rtn. Sajan Nair participated in deliberations. Rtn.V. Deepak, AG informed that FIRE zonal level competitions will be conducted at our Club premises on 20th Sunday from 4PM. He requested participation and moral support from all the members.

Rtn. John Kurian proposed vote of thanks with a special mention of the host of the meeting Rtn. Jacob Philipose. The meeting disbursed for fellowship at 8.15PM

**Rtn. John Kurian, Secretary.**



## FIRE Zonal competitions were held at RC, Alleppey



Rtn V Deepak, AG inaugurating the competitions

Rtn Abraham Jose and Ann Suni participates in the Cookery competitions. They emerged as runner-up in the zone



Rtn Tom and Ann Lancy bagged best rotary couple award in the zone

Rtn T Sivakumar, PAG won second place in the zone for solo song item

## A Strain of Bacteria Linked to Non-Alcoholic Fatty Liver Disease

## SHOPPING CART



Liver damage is often attributed to poor lifestyle choices, such as a bad diet, lack of exercise and drinking, but a new study is raising awareness about a strain of bacteria called Klebsiella that similarly causes fatty liver disease. This is an unprecedented finding, as never before had we imagined that a bacterium may be the culprit behind one of the most common liver diseases out there. Fatty liver disease is the most common health condition of the liver and one that is slow to heal. In many cases, alcoholism causes the condition, but in other cases, scientists just aren't sure what's causing it, although we know that diabetes, high blood pressure and obesity are all contributing factors. The cases came to be known under the umbrella term nonalcoholic fatty liver disease (NAFLD), and it's terribly common, affecting an estimated 25% of the world population. Though not dangerous in itself, untreated NAFLD will progress into cirrhosis, which can be life-threatening, or other, more serious liver conditions. More recently, a link between gut bacteria and NAFLD has been established, with a 2019 Chinese study published in the journal 'Cell Metabolism' pointing out that a bacterium known as Klebsiella may be a potential cause. Klebsiella is a common bacterium, commonly associated with

## 2019-2020

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**District Project-REACH** - Rtn. PHF Thomaskutty Joseph  
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**LN 4 Hand - Cont.. Project** - Rtn. PHF R.N. Ajithkumar  
**District Project - WinS** - Rtn. PHF Shyam Kurup  
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**Asst. Governor** - Rtn. PHF V. Deepak  
**Club Historian** - Rtn. MPHf Tomi Eapen

**HAPPY BIRTHDAY** dear Rotarians **ANNES & ANNETS**

**October**

**15** Vivek, s/o Rtn. Jacob Neroth

**23.** Rtn. N.Rajeev,

**28** Rtn. Raju Chandy

**31** Rtn. Babu Joseph



pneumonia and respiratory infections, but it can be present in other parts of the body, like the gut. The way a bacterium may be causing liver damage is interesting in itself, as the authors suggest that Klebsiella produces alcohol in our guts, which, in turn, can cause a fatty liver. This mechanism isn't new, as certain gut bacteria have been observed to cause auto-brewery syndrome, a weird condition where carb consumption makes a person feel tipsy. This condition was previously thought to be very rare, but it turns out that mild cases of it may be more common than previously estimated. The study consisted of 2 different trials. In the first trial, 43 patients suffering from NAFLD were matched with controls, and gut microbiota samples were taken from all the participants. Klebsiella showed up in 60% of the samples in NAFLD patients, but only in 6% of the healthy controls. This trial had confirmed their hypothesis that the bacterium may be linked to NAFLD, which subsequently led to the second trial, in which the researchers observed how Klebsiella affected the liver in mice. Klebsiella-infected mice developed liver damage only 2 weeks after the introduction of the bacterium into their gut. An antibiotic treatment was then administered to kill the bacteria, which caused an improvement in their liver health. Therefore, the presence of this specific strain of bacteria is linked to liver damage. Admittedly, the study was quite small, but it's a meaningful step in our understanding of the connection between liver health and gut microbiome, which may play a much greater role in our overall health than we ever expected.

## Engagements



Next Meeting: 23rd October 2019  
(Closed meeting)

Host: Rtn Tom Joseph

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