



Presidential Communique



*Life...is a music of love , beauty and truth.
Together let's enjoy the power of it...!*

My dear friends,
Rotary is a team where every one is important. Each and every individual has a noble role to play. Rotary is such a team where leaders are created year after year.

A leader's role is twofold; to see that the job is done and to support those who carry out the work. A leader who does the latter well is far more likely to achieve the former.

So, let me appreciate each and every one in our team for making their role very special and noticed in all our projects especially SWAPNOTSAV 2009 .

All my team members need to know that their contributions were well noticed, appreciated, and that they are a valued part of our team.

I would like to specially mention the efforts of our Convenor for Swapnotsav 2009,GGR Rtn.PHF. R.Madhav Chandran and the Chairman for District Youth Festival Rtn.PHF. Unnikrishnan towards making this event a grand success.

On this occasion , let me express my heartfelt gratitude to our DG Rtn Adv.Baby Joseph, DGS Rtn. Venugopalan Menon, AG Rtn R Jayasankar, PDGs , all Dist.Officials, Committee members, Presidents and Secretaries of all sister clubs.

With regards

Affectionately yours

Rtn.PHF Ar.M.A.Sebastian

President



Life Watch

Fortnightly bulletin

Rotary Club of

Cochin Downtown

Vol 10. Issue 14 Jan 15-31, 2009

Rotary Awareness Month



Highlights

- ▶ **SWAPNOTSAV 2009 District Fellowship Meet & Youth Festival**
- ▶ **Leaders Meet Dist 3201**
- ▶ **Board Meeting**
- ▶ **Closed Meeting**
- ▶ **Participation in Football Match organized by Rotary Club of Cochin East - Winner of Best Fair Play Trophy**
- ▶ **Family Meeting - Recognition of Members for their contribution to Swapnotsav 2009**



Working with the youth

R.I. Dist. 3201



Make Dreams Real



Swapnotsav - 2009

District Fellowship Meet and Youth Festival

Swapnotsav 2009 was held at Gokulam Convention Centre , Ernakulam on 17 Jan 2009. The District Youth Festival was inaugurated by District Governor Rtn. Adv Baby Joseph by lighting the lamp at an auspicious ceremony held in the morning. The other dignitaries present were Rtn.Rajmohan Nair, Music Directors Berny & Ignatius, renowned lyricist Sri.R.K Damodharan, Swapnotsav Convenor GGR Rtn. Madhav Chandran, Youth Festival Chairman Rtn. Unnikrishnan , President Rtn. M A Sebastian and Rtnne Nandini Nair.

Leaders Meet Dist. 3201



A President and Secretary's meeting was held at Gokulam Convention Centre , Ernakulam at 2.00 pm on 17 Jan 2009 . District Governor Rtn. Adv.BabyJoseph presided over the meeting . PDG Rtn.Sunil Zachariah, PDG Rtn. K S Pillai were few of the dignitaries who attended the meeting. District Officials, Presidents and Secretaries of most of the Clubs of District 3201 were present for the meeting.Rtn.S R Nair spoke on the occasion

**[DREAM LIFE
SAVE LIVES]**



Success and happiness are what people want most out of life .But what if people had to choose between the two, Success and happiness ? — Happiness would win !!!After all what good is success if it doesn't make you happy ?

We , Downtowners are a great happy family because we realize our level of happiness is in part a reflection of how successful we are in our relationships with other people.

We are right now basking in the glory of Swapnotsav 2009 !!!

Thanks to Madhav , Unnikrishnan & the whole team of Cochin Downtown .

So , Friends if you want real success and fulfillment in life , get busy building up others and helping them succeed; the rewards will far surpass any monetary or material success you could ever dream of ---- and you could start today !

God Bless You

Rtn. Major Donor J. Paul Raj
Editor



The much awaited First District Fellowship Meet held at Kochi on 17 Jan 2009 at Gokulam Convention Centre, Ernakulam literally proved to be a dream come true for many! It was indeed a befitting launch of a District level Fellowship Event and

Rotarian families turned up in hundreds to make it a real Mega Event.

This year's Rotary Youth Festival for Annets was also held as part of SWAPNOTSAV and the District level competition saw more than 220 Annets showcasing their talents and fighting fiercely for the coveted 'Rotary Kalaprathibha' title. Competitions were held in multiple stages in numerous events like vocal solo light and classical, recitation, dance classical and freestyle, group dance, elocution , quiz, ad spoof, painting, pencil sketching, mono-act, fancy dress, story telling ,story writing. All the events were conducted with utmost professionalism and perfection which was ensured by our Anns. Lyricist R.K. Damodaran, Kalamandalam Kesavan, Music directors Bery and Ignatius were among the judges who chose the winners.

Ganga Menon, daughter of Rtn Suresh Kumar of Rotary Club of Tripunithura was crowned as the 'Kalaprathibha' .

Rotary Club of Cochin International bagged the 'Most Talented Club Award'.

With an overflowing crowd of Rotarian families thronging the picturesque outdoors of Gokulam, it was a real festive ambience. The Fellowship Meet began in an innovative style with PDGs Rtn Venugopal C Govind, Rtn Sunil Zachariah and Rtn KC Philip alongwith DGN Rtn G Viswanathan and DGS Rtn Venugopalan Menon handing over the symbolic Rotary flame to DG Rtn Baby Joseph who then lit the SWAPNOTSAV flame. The Winners of the Youth Festival were announced amidst the various entertainment programs performed during the evening . The awards were handed over to the winners by the District Governor Baby Joseph and Cine actor Mukesh ..

The 'Rotary Star of the Year Award' from the field of business was presented to Mr P.V. Mathai of the Olive Group of Companies for his contributions in joining with Rotary to serve the community.

Three cheers to Swapnotsav Convenor Rtn. Madhav Chandran, Youth Festival Chairman Rtn. Unnikrishnan and the entire Downtown family for the immaculate planning and conduct of a real festival of dreams!





News & Events

Swapnotsav 2009 Review Meeting

A review meeting was organized on the eve of Swapnotsav 2009 at the Gokulam Convention Centre, Ernakulam. Rotarians, Rtnnes and Annets of Cochin Downtown arrived in full strength to put in all their effort, and take responsibility of the various tasks assigned. The enthusiasm was worth watching.

Board meeting

The 7th Board meeting was held on 23rd Jan 2009 at Hotel Wytefort. President Rtn. M A Sebastian presided over the meeting. The board discussed various topics from the agenda.

Closed Meeting

A Closed meeting was also held the same day which was presided over by President Rtn. M A Sebastian. The minutes of the board meeting was presented by Secretary Rtn. Vivek Govind, which was passed by the General body.



Football Match

Our Club actively participated in the football match organized by Rotary Club of Cochin East on 25 Jan 2009. The team under the leadership of Rtn Abey Varkey played 5 matches and won the Losers Final. We also won the Best Fair Play Trophy. Our annets Pranav Unnikrishnan and Angela Prince also won Prizes for the childrens games.

Family Meeting

A Family Meeting was organized on 31 Jan 2009 at Abad Baypride, Marine drive by Youth Festival Chairman Rtn Unnikrishnan to recognize the hard work and effort of all the organizers of Swapnotsav 2009 and also to thank all the participants of the Football and Cricket Match. President Rtn M A Sebastian presided over the meeting and congratulated the Swapnotsav Convener Rtn. Madhav Chandran, Youth Festival Chairman Rtn. Unnikrishnan and all the Rotarians, Rtnnes and Annets for making Swapnotsav, a grand success.

Rtn Madhav Chandran handed over a memento to the Youth Festival Chairman Rtn. Unnikrishnan who then handed over mementos to his team members. President Rtn M A Sebastian proposed a Standing Ovation to recognize the excellent performance of the Convener Rtn. R Madhav Chandran and presented an accolade to him. Vote of thanks was proposed by Rtn. Major Donor PaulRaj. The meeting was then adjourned for entertainment, fellowship and dinner.

A charity auction was conducted by Rtn Abey Varkey which was very interesting. There was also Karaoke, with most of the members having a go at the mike!!! It was good to watch Rtn Padmaraj accompanied by Rtn Viju Mathew give us a few of their favourite numbers. We also had a few budding singers perform for us Rtn Michael & Rtn Unnikrishnan (Next years participants for Group Music - Sruthilayam!!!)



This is to convey my appreciation for the outstanding programme that you organized last Saturday. The Rotary youth festival is growing in content and stature year after year.

My special congratulations to all your club members.



Congratulations for a great show. Please

convey to your members on my behalf.



A G Rtn R. Jayasankar

Events for the next fortnight

Feb 01-15

- Feb 1: Pulse Polio Immunization day
- Feb 3: Interact Charter Presentation
Road Safety Talk By Mr. Jayaprasad, RTO Ernakulam at Govt Model H S S Kaloor
- Feb 6: Conference Eve at Das Continental Thrissur

- Feb 7&8: Dist. Conference - POORAM 3201 at TRICHUR
- Feb 8: Tobacco Free Initiative Launch
Joint Programme with Cochin Thoracic Society at Durbar Hall Ground
- Feb 13: Speaker Meeting- Talk by AG Rtn. R Jayasankar



Life Watch



RTN. PHF. Dr. SAJU RAJU
SENIOR DENTAL SURGEON
DIVINE DENTAL CLINIC OPP. LOURDE CHURCH THEVARA KOCHI-15

ORTHODONTICS



Teeth add beauty to a smile and shape to the face. Today Cosmetic Dentistry plays a big role in attaining a good smile and shape of your face. In Cosmetic Dentistry Orthodontics plays a major role. Let us discuss something

in Orthodontics.

What is Orthodontics? Dental treatment procedures aimed at correcting malaligned (irregular, crowded or improperly placed) teeth.



We can start Orthodontic treatment as soon as the tooth erupts. The most common problem we see is crowding of teeth. This is usually developmental. The teeth have naturally erupted in the wrong way. It could also be due to poor jaw alignment. Early loss of teeth due to dental decay or traumatic injuries are yet another reason for badly-aligned teeth.

Reasons for irregularity of teeth:

1. Oral habits-Thumb sucking, Nail biting, breathing through mouth.
2. Small jaw
3. Incompetent lips
4. Injury due to accidents.

Orthodontic treatment can be divided into mainly two stages.

1. Preventive Orthodontics
2. Corrective Orthodontics

In preventive orthodontics we can prevent Oral habits which in turn leads to tooth proclination, jaw discripciens etc. by giving small corrective habit breaking appliances for



habits like thumb sucking, mouth breathing, nail biting etc. 80% of these habits can be withdrawn within 6-8 months.

In corrective orthodontics we give removable appliances, fixed appliances or combination of both according to the nature of treatment. There are different types of fixed orthodontic treatment like Beggs technique, Straight wire technique etc. In Straight wire technique brackets are smooth and least irritant.

Some questions frequently asked about Orthodontic treatments.

1. Do we have to extract teeth during Orthodontic treatment?

In cases of severe crowding of teeth, there is a need for extraction of teeth.

Mostly the need for extraction can be avoided if the treatment begins at an early age (i.e. when the initial signs of teeth irregularity appears.)

2. Is the treatment procedure painful?

After the Orthodontic wires have been fixed mild pain may last for almost a week. Even this can be limited by taking medicines if needed.

3. Do we have to alter our food habits during Orthodontic treatment?

You can continue to eat all your favorite food stuffs as before. But a little preparation is needed before eating some foods.

The food may be softened, made in to small pieces before chewing. It is best to avoid sticky food stiffs, hard fruit and nuts.

4. How do we clean the teeth during Orthodontic treatment?

With special Orthodontic tooth brushes and the brushing techniques as demonstrated by the Dentist.

5. Does the treatment procedure affect an any way with school performances?

Not at all. But care has to be taken while playing sports like boxing hockey, cricket, football etc. as these contact sports may cause injury to the teeth and lips by the Orthodontic braces.

Nowadays we have different types of



braces. We have Ceramic tooth colored braces other than the conventional metal

braces, coloured and fluorescent elastics and also pure invisible braces with tooth tone wires.

Faster perfection in treatment can be achieved by starting the treatment at

an earlier stage.



Many Happy Returns!!!

Feb 03 : Annie Sebastian

Feb 06 : Adarsh Binish

Feb 08 : Jessy Joseph
Naveen Joseph

Feb 09 : Dr. Nandini

Feb 12 : John George



Feb 03 : Thomas Joseph & Molly

Feb 05 : Anil Nair & Anju

Feb 09 : Rajkumar & Sreevidya



Birth Days

Feb. 01-15

Wedding Anniversaries



Property Developers
Architectural Designers

- Commercial Projects
- Premium Apartments
- Quality Homes
- Turnkey Projects



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