



◆ Presidential Communique



Life is beautiful if we fill it with *LOVE*.

And giving is the soul of *LOVE*...

Dear Friends,

Rotary is doing good to the world and is making it beautiful through service above self. The month of November reminds us about our Rotary Foundation. It is our generous contributions that keeps the foundation going.

Last year we could make our club 100% PHF and also generate two Major Donors from our club. Thanks to our IPP Rtn.PHF. R Madhav Chandran, Rtn.PP Major Donor John George, Rtn.Major Donor Paul Raj and all our members.

As the President of the Rotary Club Of Cochin Downtown, let me earnestly request all the fellow Rotarians to contribute generously to the Rotary Foundation this year too.

Let us "make our dreams real"

Yours in Rotary
Rtn.PHF.Ar.M.A.Sebastian
President

Life Watch

Fortnightly bulletin

Rotary Club of

Cochin Downtown

Vol 10. Issue 9 Nov-1-15, 2008

Rotary Foundation Month

[DREAM LIFE
SAVE LIVES]



Highlights

- **AG's review meeting with President and Secretary**
- **Deepavali Celebration & AG's visit to the club**
- **Induction of New Member**
- **District Pulse Polio Orientation Seminar at Angamaly**
- **Green School Project Launch by A G Rtn. PHF R. Jayashankar**
- **Activities at Proficiency Finishing School**
- **Weekly meetings**



Nov 9: Pulse Polio Orientation Seminar at Angamaly



The District Pulse Polio Orientation and Planning Seminar was held at Hotel GB Palace, Angamaly on Nov 9. This was jointly sponsored by Rotary Club of Cochin Downtown, Cochin Harbour, Cochin West, Angamaly and Angamaly Heritage. The seminar was inaugurated by DG Rtn.. MPHJ Baby Joseph. Rtn PDG Venugopal C. Govind gave the keynote address. Rtn. PDG K.P. Kamaluddin, DGN Rtn. G. Viswanathan DS, Rtn. Venugopalan Menon were the other dignitaries that were present on the occasion. The seminar was attended by President & Secretaries of various clubs, District officials, Doctors and Govt. Medical Officers.

History of The Rotary Foundation



Arch C. Klumph, founder of The Rotary Foundation. (circa 1916 Courtesy of Rotary Images)

The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

In 1917, RI President Arch C. Klumph proposed that an endowment be set up "for the purpose of doing good in the world." In 1928, when the endowment fund had grown to more than US\$5,000, it was renamed The Rotary Foundation, and it became a distinct entity within Rotary International

Throughout this time, support of the Foundation grew tremendously. Such strong support, along with Rotarian involvement worldwide, ensures a secure future for The Rotary Foundation as it continues its vital work for international understanding and world peace.



Annet. Sandeep Santhosh



Annet. Sanjana Santhosh



Be a part of history and celebrate the 100th Rotary convention, which will take place in Birmingham, the heart of England!

Working with the youth

RI. Dist. 3201



Greetings,

We have stepped into the *Rotary Foundation Month* .. So friends, It is a month to reflect on how blessed we are , but we don't realize it !!!.

Many normal natural things in life are seen positively by some people ,but resented by others . Take a rainy day for example . Some might complain about it while others might consider it a blessing . Each of us has something in our life that could seriously hinder us, if we allowed it to get us down.

Look at all the men and women throughout history who rose above insurmountable odds to become great. Beethoven was stone deaf when he composed some of the most beautiful music ever written, and Thomas Edison was deaf when he invented the phonograph.

I guess this is enough inspiration to better our own lives and the lives of others and to contribute generously to the Foundation .

God Bless You

Rtn. Major Donor J. Paul Raj
Editor

"SMOKING"



By Dr KM Ramesh Nair
Consultant Pulmonologist
9847024501,0484-2112030.



So we have seen what the innocuous 'White stick' can do to you and your life and also learnt that this is a totally preventable situation where you have the 'Control'. Quitting smoking is an achievable goal and Expert Counseling by a Qualified Psychologist is the first step. Essentially the counselor will go through the detailed history of the smoking habit and its evolution and also analyze the environment around the patient which promote the habit.

The guide then will help the smoker to focus on all the activities linked to perpetuate this habit and try and break the shackles by modifying ones lifestyle.

There are other methods to help get to the goal of becoming an Ex-smoker. Plan a reward for yourself with the money you save from not buying Cigarettes, eg. a pleasure trip.

Remember: *By choosing not to smoke you are putting yourself in Control. As days go by, your addiction and craving becomes weaker. Get plenty of rest and eat healthy.*

If you get an urge to smoke, wait for two minutes, it will pass.



Make your Car, office and Home smoke-free zones.

Just one Cigarette can undo all your hard work

Some people experience withdrawal symptoms especially long term heavy smokers. Continuing craving, Irritability,

lack of sleep, lack of concentration, feeling of exhaustion, Constipation, Weight gain etc are all known .

Remember: *Most withdrawal symptoms pass off over few days.*



Drug therapy: Nicotine replacement therapy consists of the use of Gums, patches etc. to gradually wean off the addiction to Nicotine. It is fairly successful if used properly but is expensive. Relapse rate- high.

Medications like Bupropione and Varnecline are available today which when taken under strict medical supervision for periods of 8 to12 weeks gives nearly 60-62% success rates. Relapse rates are low. Follow up by Clinician is important. Motivation is the bottomline of all therapeutic methods. Political commitment and legislative measures also help in reducing the number of habitual users and the recent ordinance passed by the Union Govt will go a long way to curb the menace of tobacco habit.

Remember *when you quit successfully, Your kids will be proud of you, You will be in Control of yourself ,you will have more energy and not cough often.*



SHARE AND ENJOY CLEAN
NEW ENVIRONMENT. SAY
'NO' TO TOBACCO.

QUIT SMOKING AND
MAKE YOUR LIFE MORE
SECURE.



EVENTS For the Next Fortnight

Nov 15 -30

- Nov 16 : 'Pakalveedu' Inauguration at Karikattuthuruth
Proficiency Training Program.
- Nov 18 : Presidents and Secretary's meeting
- Nov 19 : Project 'Santhwanam' - Dedication of cradles to an orphanage
- Nov 20 : Board Meeting

- Nov 21 : Weekly Meeting
- Nov 23 : Proficiency Training Program.
- Nov 28 : Weekly Meeting
- Nov 29 : Inauguration of Kadamakkudy Pipeline Project
"SRUTHILAYAM" Inter Club Music and Dance Competition
- Nov 30 : Proficiency Training Program.

News & Events

GREEN SCHOOL PROJECT



The Prestigious GREEN SCHOOL PROJECT for the Model Tech HSS, Kaloor was launched on Nov. 12th by our Asst. Governor Rtn. PHF. R. Jayashankar at Ernakulam Town Hall. President Rtn. M.A. Sebastian, Mrs. Saleena, Principal, Model Tech School, Dr. Enasu, Pro Vice Chancellor Cochin University, Gazal Singer Mr. Umbai and the Staff Co-coordinator Mrs. Ligina spoke on the occasion.

AG'S REVIEW MEETING

Asst. Governor's Review meeting was held at Lotus Club on Nov 5 which was attended by our President Rtn. M.A. Sebastian and Secretary Rtn. Vivek Govind

AG'S VISIT TO THE CLUB



A family meet was organized to celebrate Diwali on 07 Nov and we were honoured to have our Asst. Governor Rtn. PHF. R. Jayashankar with us on a visit to our club



A G Rtn PHF R Jayashankar inducted the New Member Mr. Reji Varghese ,Dy.General Manager After Sales , Geeyem Motors Pvt Ltd , Ernakulam to the club .

A Multimedia presentation on the 100th Rotary Convention at Birmingham UK was also viewed.



Birthday gifts were distributed and a Wedding Anniversary Cake was cut by the senior most couple of the club AT Chayan and Annamma Aunty who celebrated their 46th year of married life. The other members who celebrated their Wedding Anniversary during the month also participated. The evening ended with a Sumptuous North Indian Cuisine Dinner & Music.

WEEKLY MEETING

International Service Director Rtn. PHF. Prince George, a well known Financial Expert, gave a classification talk on "Current Economic Scenario" during the weekly meeting at Wytefort Hotel. Rtn. Akhilesh Agarwal presented a talk on Global financial meltdown and its future. Vocational Service Director Rtn. Dr. (Brig) Sasi Kumar spoke on his recent visit to Tashkent , Uzbekistan.



Proficiency - Finishing School

- Nov 16 Personality Development - Attitude
- Nov 23 Cement Mix & Testing
- Nov 23 Communicative Skills
- Nov 23 Cost Effective Techniques in Building - Part 1
- Nov 30 Basic English & Etiquettes
- Nov 30 Quotations , Contract Agreements, Quality survey

Nov 2:

Rtn. Dr. Prakash Chandran, renowned Psychologist and Rotary District Secretary spoke on the importance of 'MOTIVATION' for the construction workers He emphasized on the aspects of SELF AWARENESS and the necessity to inspire and appreciate others. This was followed by a session on 'FIRE FIGHTING' by Er. Jolley Mathew. He spoke explicitly ,alongside with a multimedia presentation on safety measures to be taken at the worksites. The third session was handled by Er. Sebin Jose from Zuari cement, who gave a multimedia presentation on CEMENTS.

Nov 9:

Rtn. PHF Dr. (Col) Mathews P. George, a renowned ENT Specialist and one of our club members spoke on Noise pollution at construction sites and its remedial measures. Er. Benny Varghese, Eminent Plumbing Consultant spoke on Plumbing a topic very useful for the construction workers.

Our President Rtn. PHF M.A Sebastian, Rtnne. Annie Sebastian and Ar. John Kuruvilla took lead in conducting the various sessions.



Rtn. Reji Varghese & Family NEW MEMBER

An Automobile Engineer, born and brought up in Ranchi Jharkhand. His parents were working with Heavy Engg Corporation, Ranchi. He completed his Schooling and College at Ranchi and Chennai. He started his career at Ranchi, but later on moved to the Middle East for 5 years before joining Chevrolet Group.

Presently he heads the Service Department as Dy. General Manager, After sales at Geeyem Motors Pvt Ltd, Ernakulam. He is married to Reena and they are blessed with two sons, Leon & Johan. Reena is a postgraduate and is employed as a Teacher at S.N.Public School, Poothotta for the last 13 years. Leon is 9 years old and is in the 4th Std & Johan is 4 years old and is in LKG, at Bhavans School, Eeroor. Reji and Reena belong to Chengannur, but presently are residing at Kottaram Jn., Maradu. They both are interested in traveling, reading and watching TV.



Happy Children's Day to all the Annets of Cochin Downtown



" There is a Garden in every childhood, an enchanted place where colours are brighter, the air softer, and the morning more fragrant than ever again...."

Many Happy Returns ...!!



Birth Days

- Nov 21 : R. Unnikrishnan
Anamika Akhilesh
- Nov 26 : Vijay Abraham Cherian
- Nov 30 : Binesh Sukumar

Wedding Anniversaries



- Nov 21 : Akhilesh Agarwal & Rekha Agarwal
- Nov 26 : R Madhav Chandran & Sujatha Chandran
- Nov 29 : V R Santhosh & Deepa

Nov 15-30



Property Developers
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