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Monthly Bulletin of Rotary Club of
KARUNAGAPPALLY

RI District: 3211 · Charter No. 15917
Vol.No. XXXIII · Issue No 2 · Aug 2016





സ്വപ്നസാധങ്ങൾക്ക് വിഴിവേകുവാൻ.....

അതിശയിപ്പിക്കുന്ന വിലക്കുറവിൽ വാൾ & ഫ്ലോർ ടൈൽസുകളുടെ അന്താരാഷ്ട്ര ബ്രാൻഡുകൾ....



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Our Brands.... Your Imaginations.....





Message

Rtn. Dr. Narayana Kurup



ChiefGuest

Rtn PHF S.Muraleedharan



Dear Rotarians

Thank you all for making our installation meeting a success. After a good start, we have to be careful not to destroy the advantage we got at that time. As is already thought, the Rotary year under the leadership of our energetic Governor is going to be very hectic.

We are indeed working to keep up the tempo. Regarding district project, we have completed the survey and already in the preparation for starting one 3 star project. Of course, it requires funds which I am hopeful that we will be able to mobilize. Regarding the continuing project geriatric clinic, we had a colorful start. Our beloved MLA inaugurated the programme. Regarding the palliative care clinic, we are progressing as usual with our weekly clinics and home visits. We are planning for an official inauguration of the same around Onam season, most probably on 11.09.16. One field we are to be vigilant is the attendance in weekly meetings. Even though the Rotary international is not keen on strict attendance now, almost all of the Indian clubs are adhering to the previous norms. I am making an earnest appeal to all of you to make sure to attend the weekly meetings regularly.

While we were listening to Dr. Manoj Desai in the WinS meeting at Kovalam, he was speaking about future. It would be nice each one of us also think of future especially the role of Rotary in the future. Let a million ideas bloom.

We are in to publishing Rotary. We had a meeting at Karunagappally School in association with Malayala Manorama, for its 'vayanakalari' on 28.07.16. I should congratulate Rtn. Prasanna Kumar and Rtn. Babuji for the excellent work they have done in this regard.

All my thanks to our energetic and youthful secretary Rtn. Alex Koshy for his untiring work in all the fields.

Let me thank all of you again

Jai Rotary, Jai Hind

Rtn. Dr. Narayana Kurup

Rtn S. Muraleedharan, born and brought up at South Paravoor, did his schooling at Kottappuram High School. After his post graduation in English Language and Literature from Sree Narayana College, Kollam, he started an educational institution- T.M.College of English- in Kollam, way back in 1987 and is a prestigious coaching centre for English Language and Literature.

He is a well known sports personality in Kerala. A ball badminton player of the highest standards, he has represented Kerala State as a Captain and player in many national championships. He is the Senior Vice President of the Kerala State Ball Badminton Association. He is also a first grade sports commentator with Doordarshan Kendra, Trivandrum.

In his eighteen years of service in Rotary, he has assumed various positions at the Club and District level. This Charter Secretary of the Rotary Club of Quilon West End went on to become the Club President in 2005-06. He was adjudged the Best Secretary in the District in 2014-15. He won the district award for the best editor of club bulletins three times.

He has served our District as the District Editor three times. This year also, he is our District Editor who is all set to bring out an exceptional district directory containing the photographs of all the 4240 Rotarians in our district.

Married to Suja. He has a daughter, Mrs Athulya Vipin.



Rtn. Er. Alex Koshy
Secretary



ACTIVITY REPORT FOR THE MONTH OF JULY 2016

Dear Rotarians,

I am presenting a brief report on our club's activities during the month of July 2016.



BLOOD DONATION CAMP

Rotary club of Karunagappally kick-started its activities for the Rotary year 2016-17 by organizing a Zonal Level Blood donation camp at Padmavathy Hospital, Sasthamcotta. In line with Rotary theme 'Rotary Serving Humanity', it was a novel idea to donate blood on 1st of July 2016, the very first day of Rotary year 2016-17.

Program started at 7.30 am at Padmavathy Hospital's blood bank. Rtn. MPHF Dr. G Sumithran Assistant Governor Zone 19 and Chairman of Padmavathy Medical Foundation inaugurated the function. Rtn. MPHF. Dr. R Narayana Kurup also addressed the gathering and reminded that 1st of July observed as Doctor's day. Rtn. Alex Koshy, Rtn. M K Ashokan (Chairman Service Projects), Rtn. K. G. Unnikrishnan, Rtn. P. Babuji, Rtn. P Jayakumar and Rtn. Sam Thomas represented our club. Doctors and paramedics of Padmavathy Hospital also attended the function.

Rtn. Sam Thomas of Rotary Club of Karunagapally, was the first person to donate blood. Members from Rotary Clubs of Kayamkulam and Chavara Mineral Coast later joined the camp and donated blood.

INSTALLATION CEREMONY

The Installation Ceremony of Rtn.MPHF.Dr.R. Narayana Kurup and his team of office bearers for the year 2016-17 was conducted at RCC on 5th of July 2016. The chief guest, Dr. P. Chandramohan, (Dean Emeritus of Sree Gokulam Medical College & former Vice Chancellor of Kannur University) inaugurated the function by lighting the traditional Lamp. Rtn. MPHF. Dr. G Sumithran, President, adorned the President's Collar to incoming President Rtn. MPHF. Dr. R Narayana Kurup and seats were exchanged. The Directors for the year Rotary 2016-17 were installed by the President Rtn Dr. R Narayana Kurup. The Club Bulletin 'The Image' was released by the Chief Guest.



Various community service projects were inaugurated at this function. The sponsoring Rotarians handed over their cheques to the Chief Guest, Dr. P. Chandramohan who in turn handed the same over to the beneficiaries. A total amount of Rs. 85000.00 were distributed under community service projects. As part of Centennial Year celebrations of Rotary Foundation, the Rotary Club of Karunagappally donated \$1000 to TRF. The sponsoring Rotarians handed over the cheques to AG Rtn. Dr. G. Sumithran.

The District Project 'WinS' was formally inaugurated when Rtn. Muhammed Sherif handed over a cheque of Rs. 50000.00 to Rtn. M L Sebastian, Chairman of District Projects. Towards the continuing project, 'Geriatric Clinic', Rtn. Dr. K. Parameswaran Pillai (Chairman, Geriatric Clinic) received a donation of Rs. 5000.00 from Rtn. MPHF M L Sebastian.



ACTIVITY REPORT FOR THE MONTH OF JULY 2016

'Palliative Care,' another continuing project of the club was inaugurated by handing over Rs. 47000.00 to Sri. N M Pillai, Secretary, Pain & Palliative care Trust, Kollam. 'Happy School' program was inaugurated by President Rtn. Dr. Narayana Kurup when a sum of Rs.20000/- was handed over to Mr. Rajendran Pillai of SRV UP School, Changankulangara. Dinner was hosted by Rtn. M K. Asokan, Rtn. P.N. Suresh, Rtn. M G Jayakumar, Rtn. Jayakumar, Rtn. Dr. Manoj Unnithan and Rtn. Dr. L Manoj. A professional musical program was arranged for the entertainment of guests.

MEETINGS

Three ordinary meetings and one meeting of the Board of Directors were conducted at RCC. 'Rotary information talk' was done by Rtn. Er. Alex Koshy on 12th of July 2016 and Rtn. AG Dr. G. Sumithran has given the 'classification talk' on "Recent Advances in Cardiothoracic Surgery" on 26th of July 2016.

DISTRICT PROJECT WINS

'WinS' Survey was completed in twenty schools before 24th of July 2016. It was decided to do a minimum of 14 'One Star', 3 'Two Star' and one 'Three Star' projects during this Rotary year. A total budget of Rs. 3,50,000.00 was estimated for WinS project. In order to raise the fund, it was decided that each Rotarian must contribute a minimum of Rs. 3000.00 to WinS.

GERIATRIC CLINIC



Inauguration of the activities of the continuing project Geriatric Clinic was done at RCC at 11:30 am on 17th July 2016 by Sri R. Ramachandran MLA. Rtn. RFSM. R Vijaya Kumar, District Secretary General, was the Guest of Honor. Our President Rtn. Dr. R Narayana Kurup welcomed the gathering. Rtn. Dr. K. Parameswaran Pillai, the Project Chairman briefed on the activities. On behalf of the club, Shri. R. Ramachandran, MLA distributed blankets to the beneficiaries. The distribution of medicines to Geriatric Clinic beneficiaries was inaugurated by Rtn. R Vijaya Kumar. Rtn. Dr. G Sumithran, Assistant Governor Zone 19, felicitated the meeting. Rtn. Er. Alex Koshy expressed gratitude to all the 125 patients, members of the club and the guests. The blankets for the beneficiaries were sponsored by Rtn. Dr.B. Abdul Salam, Rtn. Anvar Sadath and Rtn. Dr.V. Vijayan.

PAIN & PALLIATIVE CARE CLINIC



Four Pain & palliative care Clinics were conducted at RCPM Hospital, Changankulangara from 3.00 pm to 5.00 pm on all Mondays under the leadership of Dr. Radha Bai and our President Rtn. Dr. Narayana Kurup who is also the Chairman Pain & palliative care Project.

ACTIVITY REPORT FOR THE MONTH OF JULY 2016

'WORKSHOPS AND FRATERNITY VISITS

A level-two workshop of District Project WinS was attended by Assistant Governor Rtn. Dr.G. Sumithran and Rtn. Alex Koshy, on 3rd of July, 2016 at Hotel Sea Palace Kollam. Installation Ceremony of Rotary Club of Quilon West End was attended by Assistant Governor Rtn. Dr.G. Sumithran, Rtn. Alex Koshy, Rtn.Unnikrishnan, Rtn. DrAbdul Salam and Rtn.Er.Janardhanan Pillai on 7th of July, 2016 at Hotel Sea Palace Kollam. Installation Ceremony of Rotary Club of Quilon West was attended by our President Rtn. Dr. NayaranaKurup, Rtn. Assistant Governor Dr. G. Sumithran, Rtn. Er. Janardhanan Pillai, Rtn. M K Ashokan and Rtn. Prasanna Kumar on 9th of July 2016 at Rotary Community Center Beach Road, Kollam.

WINS DISTRICT PROJECT SEMINAR AT KOVALAM



District Seminar on WinS at GV Raja Convection center, Kovalam was held on Sunday 24th of July 2016. Brand Ambassador to WinS Cine Actor, Mr. Dileep and Rtn. Dr. Manoj Desai attended the seminar. Rtn. Dr. Narayana Kurup, Assistant Governor Rtn. Dr G. Sumithran, Rtn. K.G. Unnikrishnan, and Rtn.Alex Koshy attended the seminar.

'VAYANAKALARI' & 'NAMMUDE AROGYAM'



In order to promote Literacy and Education, club will sponsor Malayala Manorama newspaper, one copy each, to each classes in the school in this Rotary year. The overall Project cost is Rs. 16000.00 annually. President Rtn. Dr. Narayana Kurup inaugurated the 'Vayana Kalari'project by handing over a copy of Malayala Manorama Newspaper to the School Head Mistress Ms. The Head Mistress welcomed the gathering. Assistant Governor Rtn. Dr. G Sumithran G, Rtn. Dr. Parameswaran Pillai, Prof. Chandrasekharan Pillai (School Manager), the Ward Councilor and PTA president. In order to promote Health Awareness among school students Rtn MPH. Dr. Parameswaran Pillai handed over the copies of IMA's "Ayrogya Masika" to the school Head Mistress. The inauguration function was also attended by Rtn. K Satheesan, Rtn. K G UnniKrishnan, Rtn. Dr. C. M. Rajaram, Rtn. K. Dinamony, Rtn. Sam Thomas, Rtn Mohan Kumar, Rtn. M L Sebastian, Rtn. M K Asokan, Rtn. Babuji, Rtn.K Prasanna Kumar, Rtn. K J Menon, Rtn. Alex Koshy and Rtn. K. Suresh Kumar.

Thank you

Rtn. Er. Alex Koshy
Secretary



THE PLIGHT OF THE ELDERLY

India is known for its healthy joint family system. And the elderly people were treated with reverence and care. The children and grand children imbibed the morals and values from them. With them around the corner, the families were safe and the heritage was intact.

Of late, the scenario changed. The globalization brought in opportunities as well as threats. The younger generation found new pastures in many rich countries. The work culture crept into our system stole away the harmonic family life of the youth. The lightning speed in transport and communication brought down the distance between continents. The most affected one was the fine labyrinth of the joint family system. Joint families gave way to nuclear families. And in the rat race, often the elders are left out. Growing incidences of neglect and maltreatment of the senior people are coming out. But in majority of cases, the elder people bear everything silently and never complain.

As per the 2001 census, the elderly people were 7.5% of the total population of India. The National Commission on Population predict the population of senior citizens to rise to 12.4% by 2026. According to UN estimates, the total population of India will rise by 55%, the 60+ group will grow by 326% and the 80+ group by 700%.

As on today, there are no concrete programmes to address the needs of the elderly. The problems of the elderly aggravate in proportion to the rising levels of poverty. The doles, subsidies and financial assistance shelled out by governments often reach the young and earning members

of the families, and never to the needy elders. As the age advances, the chances of illnesses rise. The need for healthcare and support too rise. Most of the senior citizens are left to the mercy of the near and dear. The plight is still grave if there are no one to look after them.

There exists a national policy for the older people but in the absence of a coordinating machinery, it bears no fruit. The National Council for Senior Citizens is almost dysfunctional and so are the state councils. Heard of a ministry or directorate for the welfare of the elderly?

Old age homes, day care centres and mobile medi-care centres are un-evenly distributed in the country and even they do not function properly due to the non-availability of sufficient funds. The Local Self Governments too are apathetic to the needs of the elderly. Geriatric clinics are available only in 65 district hospitals and geriatric wards only in 53 district hospitals in the country. When will all the 640 districts be equipped with such facilities, leave alone the establishment of super specialty hospitals for the aged?

The service organizations as Rotary clubs can play a great role. Spread across the country, such clubs can identify the needy, replenish them with nutrition, support with medication and instill them with confidence. They deserve a better treatment. They are our fathers and mothers and caring for them should be the first priority while formulating policies and projects of the Rotary clubs.

Rtn. Dr. P. Balachandran





Dr. V. Krishnakumar



ORCHIDS: THE ENTICING ELEGANCE

"A thing of beauty is a joy forever" this Keatsian reflection limns the aesthetic sensibility that defines humans. Even though the concept of beauty doesn't dare subjective confinements, there are parameters universal and undisputed that corroborate beauty. Accordingly, it has a bearing upon appearance, abundance, attitude, proportionality, shape and shade. When it comes to the domain of flowers, orchids excel its competitors by far in all these. Orchids are a very unique creation in almost all the aspects we associate with a thing of beauty. We shall begin with its nomenclature.

The ancient Greeks believed in God's benevolence that provides us with remedies for all our discomforts. So He created herbs that closely resemble human organs in appearance - a kind of clairvoyant non verbal communication - which may be used for disorders related to that particular organ. The term "orchis" in Greek means human testicles and "Orchid" is an adaptation of the term given for plants having very conspicuous bulbous stem therapeutically used as an aphrodisiac and for impotency and erectile dysfunction.

The habitat of Orchids is also unique in that they are widespread in varied climatic conditions, bestowed with a special kind of root structure called 'velamen' capable of absorbing nutrients from air. Orchids thrive perched on diverse surfaces from tree trunks to bald rocks. When it comes to the growth pattern, there are categorically two- the definite growing pattern of sympodial with a series of bulbs or stems in succession and the monopodial with stems growing indefinitely if not disturbed.

The uniqueness of Orchids continues with the flowers as well. The orchid flower is regularly irregular so to speak. The flowers have characteristically three sepals and three petals.

But one among the petals, the dorsal one commonly termed lip, will always be different in shape, size and with most cases in colour. This unique feature accounts for the weird beauty that orchid flowers alone could claim. The flower with shoe shaped lip for instance earns the name ' Lady's Slipper orchid' and the flower with lip resembling a dove is called 'Dove orchid.'

It is not always the shape of the lip that determines the common name for orchids but it can be the shape of the flower as in moth orchid, patterns on the petals as in tiger orchid, overall shape of the flower bunch as in foxtail orchid the colour of the flower as in Vanda Coerulea indicative of blue colour, and fragrance of flower as in Arachnis muskifera having musk fragrance.

The most unique feature of Orchids is still to disclose, that it has no endosperm or stored food enclosed in its seed. This opens up endless possibilities of hybridization across different genus which is not even thinkable with other plants. So the first cross hybrid was between Arachnis and Vanda giving the mono hybrid Aranda. The series of hybridizations have of late crossed the penta hybrid level. Hybridisation is governed by the principle of getting more and more desirable features, attractiveness, abundance and frequency of flowers. The Western Ghats being a rich repository of endemic orchid species, our potential for contribution to Orchid gene pool is sizable and hence it exacts attention of connoisseurs of beauty.

(Dr V Krishna Kumar, former Head of Department of English, MSM College, Kayamkulam is a well known horticulturist and nature lover. Aimed at enriching the expertise of orchid lovers, this article is first of a series slated to appear in this bulletin.)





WEDDING ANNIVERSARY



Rtn. PP PHF Dr V Vijayan & Rty. Ann. T Ambika (23 Aug 2016)



THE FOURWAY TEST

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

CONGRATULATIONS

Rtn AG MPHF Dr G Sumithran becomes 'Major Donor.'

Your generous contributions to the Rotary Foundation are essential to securing and growing Rotary programs throughout the world. We are proud of you.



EDITORIAL



Cover Photo : Praying hands of an old woman
(Courtesy: Shutterstock)

Dear Rotarians,

According to a latest study conducted by Agewell Foundation, 65 per cent of old people are poor with no source of known income. Good news is that 35 per cent still have money, properties, savings, investments, inheritance and above all supportive children. However, put up against facts like India has a population of 100 million old people and that the number will touch 324 million by 2050, the good news fizzles out.

What is more important is that irrespective of their financial status, most old people face abuse in one form or the other, states the report. ('The ugly truth about old age in India: The Hindu dated 15 June 2016')

Geriatric clinics rendered by caring souls and hands like Rotary clubs will of course help wipe the tears out of the worn out faces.

Rtn. Dr.P. Balachandran Editor



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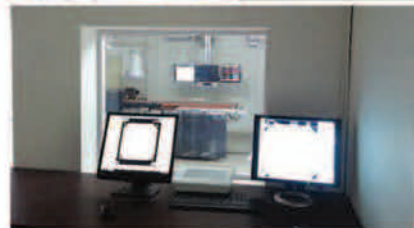
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