



# ELDERS' VOICE

AUGUST 2019

FOR PRIVATE CIRCULATION

News Bulletin of The Senior Citizens' Forum, Kottayam

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## The President's Message

P. I. John

With global population moving towards the 9 Billion mark, resource consumption would grow, leading to severe environmental destruction due to increasing exploitation of natural resources compelled on us by the linear model of consumption where goods made from raw materials become waste after use. This is one of the major existential crises facing humanity. Realizing that the linear model is no longer sustainable, the idea of a Circular Economy where waste from one company become the raw material for another is emerging. Automotive, machinery, and equipment industries are material intensive and CE would benefit them the most.

The genesis of the concept of Circular Economy can be traced back to the idea of Industrial Symbiosis which originated in the industry town of Kalundborg in Denmark in 1961, and has become a model of environmental sustainability. The Kalundborg Symbiosis is the result of the evolution of cooperation among four neighboring industries: a power plant, an oil refinery, a plaster-board manufacturing plant, and a biotechnology production facility and the Kalundborg municipality. Though this co-operation began without prior planning, the project has now developed into a high level of environmental consciousness in which the participants are constantly exploring new avenues of environmental cooperation.

Industrial symbiosis is defined

as a process whereby a waste generated in one industry is used as a resource for use in other industries. This is the essence of an ideal and efficient ecosystem. The Kalundborg experience shows this kind of symbiosis among different industries in the use of waste is not only environmentally prudent, but increases the viability of the industries.

The circular economy model had contributions from many thinkers in the 1970s and gained prominence in the 1990s. They include the functional service economy concept by Walter Stahel; the Cradle to Cradle design philosophy postulated by William McDonough and Michael Braungart; biomimicry concept of Janine Benyus; the industrial ecology concept articulated by Reid Lifset and Thomas Graedel; natural capitalism of Amory and Hunter Lovins and Paul Hawken; and the blue economy systems approach described by Gunter Pauli.

French car maker Renault is an exponent. They re-engineer mechanical parts, from water pumps to engines. Renault has reduced energy consumption by 80%, water usage by 88% and waste by 77% from re-manufacturing. Renault works with waste management companies to incorporate end-of-life expertise into products. Companies like Ricoh, Philips, H&M and Vodafone are also using circular arbitrage.

India has traditionally been a frugal society eschewing wastefulness, reusing and recycling products, making these last beyond its intended purposes. The waste

pickers of Ahmedabad are

legendary. It

is not surprising that the concept of Circular Economy is finding increasing resonance in India.

YES BANK and TERI in a report, 'Circular Economy: A Business Imperative for India', (available at <http://wsds.teriin.org/2018/files/>

[teri-yesbank-circular-economy-](http://wsds.teriin.org/2018/files/teri-yesbank-circular-economy-report.pdf)

[report.pdf](http://wsds.teriin.org/2018/files/teri-yesbank-circular-economy-report.pdf)) establish the business case for adopting this model by presenting strong economic arguments, going beyond the environmental considerations and good corporate citizenship. The report presents specific opportunities in four sectors that are cornerstones to the Indian economy - Agriculture, Automotive, Construction and Electronic & Electricals. These sectors have high potential for growth and are assessed for benefits accrued by adopting circular economy.

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**The chemical elements of the universe are forged in the cores of high-mass stars that end their lives in spectacular explosions, enriching their host galaxies with the chemical ingredients of life as we know it. The result? The four most common chemically active elements in the universe: nitrogen, carbon, oxygen, and hydrogen are the four most common elements of life on Earth. You are literally made out of stardust.**



# Editor's Musings

Dhanya Gopinath

Hello Friends!

During our last meeting on the 9th of this month, we heard from Dr.Vineetha Alexander about the anti-cancer properties of the humble lemon fruit.

Lemons are indeed one of the most versatile of fruits as they can not only be consumed in the juice form, they can be squeezed over raw vegetables, chicken and fish or used in desserts and consumed in the pickle form.

This fruit is low in calories and is a good source of vitamin C. In fact, a majority of the health benefits of lemon, is because of the presence of vitamin C.

Apart from vitamin C, lemons contain Vitamin B5, B6, B1, & vitamin B2. It also contains calcium, copper, iron & potassium.

The other health benefits of lemons are the following:-

a) As lemons have the highest concentration of citrate, consuming lemon juice daily could help reduce the risk of kidney stone formation.

b) Lemons are also useful in improving heart health as they could reduce the hardening of the arteries .

c) They are said to be useful in reducing the levels of Low Density Lipoproteins (LDL or Bad Cholesterol).

d) Lemons are said to have a role in detoxifying the body as they could play an active role in flushing the bacteria that could cause Urinary Tract Infections (UTI).

e) As lemons have a diuretic property, they could fight water retention in the body.

f) Lemons contain anti-oxidants and hence are believed to be extremely good for the health of the skin.

g) The presence of vitamin C in lemons helps us fight cold and flu.

h) Lemons do not contain much iron but the presence of vitamin C & Citric acid in lemons could increase the absorption of iron from other foods.

In addition to all these health benefits, how can we ignore the usage of lemon when we are told that lemons could reduce the risk of many types of cancers , including breast cancer.?

On a note of caution, I would, also like to mention here, that lemons do have a few adverse effects .



Although well-tolerated by most people , this citrus fruit might cause allergic reactions in a small number of cases.

They could cause allergy and skin irritation in people with dermatitis.

Lemons are quite acidic, hence make sure to wash your mouth after drinking lemon juice or else the enamel of your tooth could get damaged.

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**A Neutron Star is the remnant of a massive star that has run out of fuel. The dying star explodes in a supernova while its core collapses in on itself due to gravity, forming a super-dense neutron star. Typical neutron stars have a mass of up to three solar masses.**

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## Meetings in July

The first meeting for the month of July was held on 12th July.

Adv Anil Kumar spoke on the work carried out by the 'Water Police' of Kottayam town. He uses the term Water Police, as he feels that there is a need to have a group of dedicated people to manage the health of our rivers.

He spoke about how the five volunteers of the NGO, 'Green Fraternity' had worked tirelessly for two weeks with the objective of linking the Meenachil river with its two tributaries, the Meenanthara and the Kodoor rivers.

It was Mr Anil Kumar, who helped the 'Green Fraternity' go

ahead with their project. As an environmentalist and a local politician, he helped transform the project into a mass-funded movement by connecting them to the various government projects. A lot more needs to be done but the foundation has been laid.

The second meeting of the Forum was held on the 26th of July.

Our President, Dr P I John was the chief speaker that day.

The topic was given an intriguing caption, 'Is there a future for Humanity.'

He mentioned the word, 'APOCALYPSE', that means a prophetic disclosure or revelation, or an event involving destruction or damage.

He referred to the prediction that there would be a complete destruction of the world in the twenty first century. The movie, '2012' is one such movie.

Dr. John gave an account of the positive steps being taken to mitigate the environmental destruction carried out in the name of development.

He mentioned, 'Carbon Engineering', a project backed by Bill Gates.

Dr. John spoke about how efforts were being made to shift from a Linear Economy to a Circular Economy that is based on recycling materials. Companies like Vodafone, Renault and Google have already got into Circular Economy.

## For My Sister

(On her 85th Birthday)

How blessed you are  
To have reached the 85th mile  
stone  
While many others failed to do so!

The God of our fathers  
Has been your help to this day  
Spurring you on through your way.

Your son and daughter support  
you,  
With love and thoughtfulness  
In the absence of your spouse.

Your husband was your mainstay  
Always loving and caring  
Even when bedridden.

You have been an inspiration to  
students

Making positive their lives  
Earning their gratitude and love

Your friends and well wishers are  
many  
And thankful to you they remain  
For never forgetting their  
birthdays!

A constant visitor to many homes  
Even now, when you need  
A walking stick for your aid.

As my older sister, I love and  
admire you  
For your many inimitable qualities  
Especially in scanning the obituary  
page!

May God bless you today and  
tomorrow  
And till the last day of your life  
Filling each day with joy and inward  
peace.

### Mrs Molly Benjamin

"If anyone, no matter who, were given the opportunity of choosing from amongst all the nations in the world the set of beliefs which he thought best, he would inevitably—after careful considerations of their relative merits—choose that of his own country. Everyone without exception believes his own native customs, and the religion he was brought up in, to be the best."  
— Herodotus, The Histories

## Congratulations!

Mr K P P Thampy and Mrs Usha Thampy are delighted to share with us some of the achievements of their grand children.

Their grand daughter, **Nikhita Manjunath** (photo below) was the



District Topper from Kozhikode in 2018. She scored 494 marks out of a total of 500, in the Xth Std. Exam

from the CBSE stream. She is now with her grand parents and is studying in the Kuriakose Elias English Medium School at Mannanam in Kottayam. Nikhita hopes to do well in the Board Exams, crack the NEET with a high score and pursue her studies in Medicine.

Nikhita's brother **Neil Manjunath** is a IVth std. student at the C M I Public School in Kozhikode. He is an avid Chess



Player and recently secured the II<sup>nd</sup> place in the District Chess Tournament, conducted by the Kerala

Chess Association.

Their parents are Dr Manjunath & Dr Mrs Manju. Dr Manjunath is the HOD, General Medicine at the Aster MIMS at Kozhikode, while Dr Manju is a Senior Consultant at Vasan Eye Care in Kozhikode. Dr Manjunath is the elder son of Mr K P P Thampy and Usha Thampy.

Let us congratulate the proud grand parents and wish Nikhita a good score in the NEET exams and a great career in Medicine.

To Neil, we have this much to say. We wish to see his name figuring in the list of National Chess Champions some time in the near future.

## Onam Celebrations!

On September 14th, The SCF is planning to celebrate Onam in the picturesque surroundings of "**johnnymoose backwater farm**" near Aymanam.

According to their website, the farm is located on the banks of Meenachil River and is part of Kumarakom Wetland System. The Farm is within the limits of Aymanam Village. Arundhati Roy's

Booker prize-winning novel The God of Small Things was set at Aymanam. The farm is about 20 acres where the primary activities is fish farming. The major crops on the farm are coconut, banana and many other fruits, vegetables and spices.

Apart from the regular meeting, a sumptuous Onam feast and a scintillating musical programme are planned.



Birthday celebrants in the July 26th meeting. Elizabeth Philip, Rachel Gorge and Minnu John.



Dr Vineeta Alexander delivered a talk on Autism Spectrum Disorders and Cancer on 9th August.



### Membership Request

Dr Jacob George, residing at Ozhathil, Nagampadom, Kottayam 686001 has applied for membership of the Senior Citizens Forum. He is being sponsored by Prof K M Varghese.

He had served as Head of the Chemistry Department of CMS College, Kottayam. He is also an environmental activist and has played a major role in cleaning up the rivers and canals in Kottayam.

This is for the information and approval of the members.

### ഗാഡ്ഗിൽ സമിതി റിപ്പോർട്ട്

കേന്ദ്ര പരിസ്ഥിതി മന്ത്രാലയം പ്രസിദ്ധീകരിച്ച പശ്ചിമഘട്ട പരിസ്ഥിതി വിദഗ്ദ്ധ സമിതി റിപ്പോർട്ടിന്റെ (WGEEP - ഗാഡ്ഗിൽ റിപ്പോർട്ട്) മലയാള പരിഭാഷ പരിഷ്കരണ തയ്യാറാക്കിയത് ഇവിടെ നിന്നും ഡൗൺലോഡ് ചെയ്ത് വായിക്കാം. പ്രസാധകർക്ക് ക്രെഡിറ്റ് രേഖപ്പെടുത്തി (CC-BY) ഈ പരിഭാഷ പുനരുപയോഗിക്കുവാനും പ്രസിദ്ധീകരിക്കുവാനും ഏവർക്കും അവകാശമുണ്ടായിരിക്കും.

[http://kssp.in/sites/default/files/Report\\_attachment/Gadgil%20report\\_0.pdf](http://kssp.in/sites/default/files/Report_attachment/Gadgil%20report_0.pdf)

### Condolences to the Family of Adv K J Kurien



Adv K J Kurien was a member of the Senior Citizen's Forum, Kottayam for a long time. His professional and public engagements often prevented him from attending our meetings on a regular basis. He was a partner of the legal firm Joseph & Paulose. He was a former president of the Kottayam Bar Association. On behalf of all members let us place on record our heartfelt condolences to the bereaved family.

### WISH YOU A VERY HAPPY BIRTHDAY!

May your birthday and every day ahead be filled with the warmth of love, the joy of good health and blessings in abundance!

- John Joseph Kattoor 1st Aug
- Dr. M Joseph Cherian 2nd Aug
- Prof Babu Joseph 7th Aug
- A. M. Mathew 11th Aug
- Jacob Kuruvilla 16th Aug
- T. R. Ravi Menon 28th Aug
- M. Gopinathan 29th Aug