



# ELDERS' VOICE

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News Bulletin of

Senior Citizens' Forum Kottayam

Editor

Pushpa Mathew

AUGUST 2022

## President's Message

Dr. Joseph Cherian

Sony AI, the artificial intelligence division of Sony Corporation, has developed a software programme called Gran Turismo Sophy. Its purpose is to control racing cars participating in Gran Turismo, a racing simulation video game that simulates the conditions of actual vehicles and racing tracks exceptionally realistically. In a series of events held last year, Sony competed against some of the greatest human experts in the world of professional simulated driving.

To Sony's chagrin, it soon realized that speed alone wasn't adequate to win the competition. Without human competition, the programme went around three different virtual courses in record times. However, on tests against a team of real professional drivers, where intelligence and speed are needed, GT Sophy lost. The program was often too aggressive and got penalized for reckless driving. However, it was too timid, ceding way on many occasions when it didn't have to.

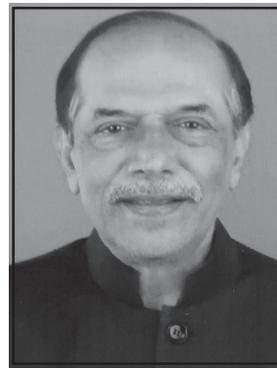
Sony changed its programme and retrained its AI to acquire an element of "etiquette"- proper racecourse behaviour. It was equipped with a skill to balance its aggression and timidity, and to choose a behaviour suited for the situation at hand. This time GT Sophy won with ease.

As of April 2022, India topped the countries with the largest YouTube audience, with close to 500 million viewers interacting with the popular social video platform. The United States followed India, with approximately 250 million YouTube viewers.

Indonesia was the third, with 139 million users watching content on YouTube.

Content Creators on YouTube contributed close to Rs 7000 Crores to the country's GDP. According to a new report released by Oxford Economics, a consulting company, the activity supported close to a full-time equivalent of 7 Lakhs jobs in India in 2020. The report defines a 'creative entrepreneur' as one with at least 10,000 subscribers on their channel. Creators who generate funds from other sources with their YouTube videos and permanently employ others to support their YouTube activities also come under this category. It indicates that India's "creator economy" can emerge as soft power, impacting economic growth and job creation. It can also exert cultural influence. As the content creators and artists set up the next generation of media companies which connect to a global audience, their impact on the economy's overall success will only continue to accelerate.

These earnings not only provide income for creative entrepreneurs themselves but also supports secondary channels. The number of channels in India exceeding 100,000 subscribers is estimated at 40,000, representing an annual growth of over 45%. In addition, YouTube said that new ways are emerging to monetize content on the platform. With this, the number of channels making revenue over a million rupees has grown by more than 60% yearly.



Induction of our new Jt Secy  
Mr M M Thomas



Our guest speaker Mr John Kuriakose  
speaking on "My rags to riches story"

<https://www.seniorcitizensktm.net/>

<http://www.scfktm.com/>

**Editor's Musings**

**Pushpa Mathew**

Hello Everyone,

Our fortnightly meetings have now settled into a comfortable pace. Connecting with people is more than just forwarding and responding to messages on WhatsApp, though, I must admit, it does help to stay connected. But to connect on a deeper level, the best way is the good old-fashioned get-togethers, where you meet each other face to face, share experiences, exchange activities and listen to each other's problems. This increases the bond between members.

After the 2-year hiatus due to Covid, we have lost several of our members. Some have passed on, while others have relinquished their memberships. All members are requested to bring in their like-minded friends and family members to join our Forum.

On 8<sup>th</sup> July, Dr P I John spoke on "Is social media controlling our minds?" He explained the utopian and dystopian faces of the internet. In fact, Facebook (FB) knows us better than we know ourselves! Using data from our digital footprint, they reconstruct our personality with the help of an advanced system of personalization algorithm. That is why each one's FB account is unique. FB tracks our location, our preferences in products, our friends, our internet usage etc. Dr John warned us therefore, to be careful how we use social media and that we should approach it intelligently.

On 22<sup>nd</sup> July, we listened in rapt attention to the astounding rags to riches story of John Kuriakose, M D Dental Care, Muvattupuzha. He narrated the

bject poverty of his family and the mental illness that afflicted his father. At the age of 14, he got a job as a menial worker at a dental clinic earning Rs 250/- pm but seeing his motivation, his boss taught him how to set dentures. He worked diligently and took up additional denture setting work in other clinics as well. In 7 years, he was able to save Rs 4 lacs and then got a Rs 15 lac loan from the South Indian Bank to set up a dental laboratory in Muvattupuzha. Beginning with 2 products in 1988, he went to Switzerland to study ceramic technology and now manufactures 400 different dental prostheses. He is now the no.1 dental products manufacturer in Asia and has factories in U K, Australia, New Zealand and UAE apart from India. In a state like Kerala where unions are rife, Dent Care has been running without any Union problems. All the staff are treated like family with mutual love and respect. A biography of John Kuriakose is being published by D C Books and will be available by September. Mr. Kuriakose has also invited the members of the SCF to visit his factory and we may take up his offer shortly.



In this issue we have 2 human interest articles contributed by our members, based on their personal experiences—"My Cousin Ravi" by Ann Jacob and "Relocating from Abroad" by Maya Cherian. Incidentally, Maya Cherian was sworn in as the President of the Kottayam Inner Wheel during the month. Hearty congratulations to our Power Couple – Dr. Joseph Cherian, President of SCF and Maya Cherian, President of Inner Wheel!!!

Until next time, then.



**RELOCATING FROM ABROAD**

**Maya Cherian**

After a prolonged stay abroad, coming back to Kottayam was something we were earnestly looking forward to. Our decision to come back was a good one, in all aspects. Settling down was easy, as we were fortunate to have a lot of family and friends here, which made our transition simple and smooth.

Once my husband decided to continue with his medical practice, it made me think about how best to utilize my available time. Rekindling friendships and hobbies were high on my mind. Giving back to society in some form or other was also on the agenda. I succeeded doing both eventually.

Reconnecting with friends enabled me to join different social and charitable organizations, including the SCF. I felt quite at home interacting with like-minded persons, who encouraged me to take up activities on various social platforms, which ultimately moulded me into leadership positions. In the bargain, I must say, settling back in Kottayam was comfortable and the apprehensions that I had, eventually disappeared, leading to a sense of contentment.

To conclude, I don't miss our overseas stay, except for some of our close friends, the variety of fruits, eateries and international travels. One additional gift from God is that we are blessed to be with our grand children here in Kottayam.

# GOVERNING BODY MEETING

Dhanya Gopinathan



Governing Body Meeting

The first Governing Body Meeting of the New Team was held at the residence of the President Dr. Joseph Cherian, on 1<sup>st</sup> of July 2022. 13 Members were present. The meeting began at 5 p m.

The matters put forward for discussion at the meeting were the following:-

- 1) Paying the arrears due to FOSCAK (Federation of Senior Citizens' Associations of Kerala).
- 2) As many Guest speakers had expressed their difficulty in coming for our meetings at 4pm, it was decided to consider shifting the timing to 5pm.
- 3) Finding out from Mr. John Kunnath & his wife Mrs. Lizzie Kunnath about their readiness to take up the positions of Jt. Secretary & Assistant Editor respectively.
- 4) Exploring the possibility of celebrating Onam at some interesting outdoor location.

It was decided to keep our membership with FOSCAK intact, by paying up the arrears if any, as the FOSCAK could help the Senior Citizens gain the status of a Vote Bank.

Members agreed that we could start the SCF meetings at 5pm from the next meeting onwards.

Prof. K. M. Varghese was entrusted with the responsibility of talking to John Kunnath & Mrs. Lizzie Kunnath before deciding on finding substitutes to fill up the vacant posts.

Prof Babu Joseph suggested that we could have our Onam programme at a farm in Manimala. He promised to take along, one or two of our members to visit the spot and arrive at a consensus before deciding on the spot.

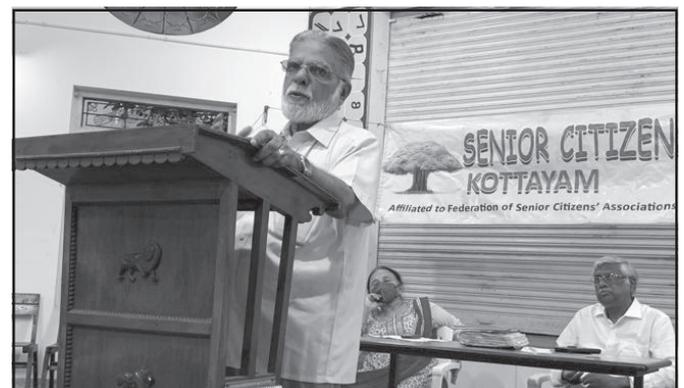


Governing Body Meeting in progress

Members departed after enjoying the sumptuous spread laid out by the hostess Mrs. Maya Cherian.



The President welcoming the new Jt Secretary



Dr P I John delivering the talk on Social Media - pros & cons

# My Cousin, Ravi

Ann Jacob



My uncle used to live in a flat on Napean Sea Road. And we lived in the suburb of Bandra, near the beach. My uncle had two sons, whom we called Chettayi and Ravi. Because of the distance, we cousins rarely got to meet each other, except on Sundays at church. But, on occasions like Christmas, we used to meet up in their house. We enjoyed their company and this was mutual.

I recall an incident in church on Good Friday. The atmosphere was somber and melancholic. The church was overflowing and it was hard to get space inside, as each person was kneeling down to do "kumbasaram". Ravi had reached before us and had kept place for us. The service had already started and everybody was devoutly praying and chanting, while kneeling down to do "kumbasaram". Ravi, as usual, was fidgety

and restless.

My elder brother, John, a strict disciplinarian, would keep an eye on Ravi and reprimand him for not concentrating on the service. At one point, I saw Ravi taking a step towards my brother and whispering something in his ear. Then he turned to us and said "Just watch me. I'm going to do a Super Kumbasaram." My brother tried to stop him but before he could do so, Ravi started by kneeling to do a kumbasaram, which got converted into a flying somersault and he landed plonk on the back of a crotchety old gentleman, who was in mid-kumbasaram in front of him! Then, all hell broke loose. My brother ran to help the elderly gentleman, who was sprawled out on the coir mat inside the church. Then, when he caught his breath, he caught Ravi, twisted his ear and gave him a piece of his mind,

much to all our amusement!

In Bombay, all Kerala Christian families used to get together once a year before Christmas. There were games and athletic events organized. My mother was good in sports, having been a basketball player in her younger days. There was a "matka" race for women above 40 but my mother was not keen on participating. But my uncle, who was the compere, spotted her and kept announcing "First call for SarammaPoulose". She was shy to come into the limelight, but finally, just to stop the announcement, she reluctantly joined the race and got a prize.

Now coming to my cousin, Ravi, when I told him I was going to participate, he took it upon himself to coach me. He kept telling me that everything depends on how good a start one gets. And for that he explained, that I needed to hold my breath, partially kneel on one leg and then raise my hips slowly, all the while keeping my eyes focused on the track. I was not used to this but did not want to displease him. My mother was most surprised to see me kneeling at the start like a professional racer. But once the whistle was blown, in the few seconds I took to get up from that kneeling position, the race was already half over! I could see my mother's outraged expression in the crowd. I don't blame Ravi for this for he had coached me in all sincerity. I should have used my own common sense.

## WISH YOU ALL 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	1 <sup>st</sup> August
Dr. M Joseph Cherian	2 <sup>nd</sup> August
Prof. Babu Joseph	7 <sup>th</sup> August
A. M. Mathew	11 <sup>th</sup> August
Jacob Kuruvilla	16 <sup>th</sup> August
M. Gopinathan	29 <sup>th</sup> August