



ELDERS' VOICE

MAY 2024

FOR PRIVATE CIRCULATION

News Bulletin of the Senior Citizens' Forum

Editor: K K Mathew

മുതിർന്നപൗരന്റെ ആത്മ വിശ്വാസം

പി ഐ മാണി

സമൂഹത്തിലെ മുതിർന്നപൗരന്മാരായ നമ്മെ സംബന്ധിച്ചിടത്തോളം ഒട്ടുമിക്കവരും മനസിലാക്കാത്ത ഒന്നാണ് നമുക്ക് സമൂഹം നൽകുന്ന അംഗീകാരവും ആദരവും. ഇതുപറയുമ്പോൾ നമ്മളിൽ ചിലരെങ്കിലും പറയും ഇപ്പോഴത്തെ പുതിയ തലമുറ ഈ അംഗീകാരം നമുക്ക് തരാൻ തയാറാകുന്നില്ല എന്ന്.

എന്റെ കഴിഞ്ഞകാലത്തെ അനുഭവത്തിൽ നിന്ന് ഞാൻ തികച്ചും സംതൃപ്തനാണ് എന്ന് ഞാൻ പറയുന്നു. ഇളംതലമുറ നമ്മെ അംഗീകരിക്കുന്നില്ല എന്ന അനുഭവമുള്ളവരോട് എന്റെ എളിയ അഭ്യർത്ഥന, നാം മുതിർന്നവരാണെന്നു നമുക്ക് തന്നെ അംഗീകരിക്കാൻ കഴിയാതെ വരുന്നതു കൊണ്ട്. തികച്ചും അപരിചിതരായ ആൾക്കൂട്ടത്തിൽ പോലും നമുക്ക് ചുറ്റും ഉള്ളവരുടെ തിരിച്ചറിയാൻ നാം അനുഭവിക്കണം. ഒരു ടിക്കറ്റ് കൗൺസിലിനു മുൻപിലെ കുവിലും, വിശ്രമിക്കാനുള്ള ഇരിപ്പിടങ്ങളിലും, ഭക്ഷണം വിളമ്പുന്നിടത്തും എല്ലാം നാം ഇത് അനുഭവിച്ചുകൊണ്ടിരിക്കുന്നു.

ഈ അംഗീകാരത്തിന് നമുക്കും ചിലതെല്ലാം നമ്മുടെ പ്രവർത്തനങ്ങളിലൂടെ പെരുമാറ്റങ്ങളിലൂടെ, നമ്മുടെ ലോകപരിചയങ്ങളിലൂടെ, ശരീരഭാഷകളിലൂടെ മറ്റുള്ളവരെ അറിയിക്കേണ്ടതുണ്ട് ആ ആ

ത്മയെറ്റും ആണ് നമ്മുടെ മുതൽക്കൂട്ട്. ഇത്രയും ഞാൻ ഓർമ്മിച്ചിട്ട് ഒരു ഉപദേശമാണെന്ന് ആരും ധരിക്കരുത്. ഇതെല്ലാം നാം അറിയാതെതന്നെ സംഭവിച്ചുപോകുന്നതാണ്. ഉദാഹരണത്തിന് നമുക്ക് നമ്മുടെ സ്വന്തം ഗൃഹാന്തരീക്ഷത്തിൽ എങ്ങിനെയാണ് ഈ അംഗീകാരം നേടിയെടുത്തത്. നമ്മുടെ വീട്ടിനുള്ളിലെ കാര്യങ്ങളെപ്പറ്റിയുള്ള നമ്മുടെ അറിവ്, നിയന്ത്രണം, ജീവിതപരിചയം, മറ്റ് അംഗങ്ങളെപ്പറ്റിയുള്ള ആഴമായ അറിവ്, നിയന്ത്രിക്കാൻ തന്നിടം പ്രാപ്തിയുണ്ടെന്ന് നമ്മുടെയും, പിന്നെ മറ്റുവീട്ടുകാരുടെയും എല്ലാം കൊണ്ടും വീട്ടിൽ മുതിർന്ന ആളായ നമുക്ക് സ്നേഹവും നിയന്ത്രണവും ലഭിക്കുന്നു, ഒപ്പം അംഗീകാരവും. ഇതേ ചിന്ത നമുക്ക് വീട്ടിനു പുറത്തും ലഭിക്കുന്നതിനു കാരണം ലോകപരിചയം, പ്രശ്നങ്ങളെ ആകമാനം ജീവിതത്തിൽ വിരലിൽ എണ്ണാൻ മാത്രമേ ഉള്ളൂ എന്ന് കാണാം. ചുരുക്കത്തിൽ ഞാൻ ഈ പേജുകളിൽ കൂടി നൽകാൻ ശ്രമിക്കുന്ന സന്ദേശം ഒന്നുമാത്രമാണ്. നമ്മൾ മുതിർന്നപൗരന്മാർ മറ്റാരേക്കാളും പ്രശ്നങ്ങളെ നേരിടുന്നതിനും ഏതുചെറുത്തുനില്പിനെയും മറികടക്കാനും ഉള്ള മനക്കരുത്ത് ഉള്ളവരാണ് എന്ന് ഞാൻ വിശ്വസിക്കുന്നു. ഈ വിശ്വാസത്തിന് മറ്റൊരു വലിയ ഗുണം കൂടി ഉണ്ട്. നമ്മെ കണ്ടുവളരുന്ന പുതിയ തലമുറക്ക് കിട്ടുന്ന അനുഭവ പാഠം.

എന്റെ ഇത്രയുംകാലത്തെ ജീവിതത്തിൽ ഞാൻ ആഗ്രഹിച്ച എല്ലാ സംരംഭങ്ങളിലും ശ്രമിക്കാനും ചിലതിലൊന്നും ഞാൻ വിചാരിച്ചതിലും



അനേകമടങ്ങ് ജനോപകാരപ്രദങ്ങളായ കാര്യങ്ങൾ ചെയ്തുതീർക്കാനും അല്ലെങ്കിൽ ശ്രമിക്കാനെങ്കിലും എനിക്കുകഴിഞ്ഞു എന്നത് എന്നെ കൃതാർത്ഥനാക്കുന്നു.

ഈ സന്ദേശം മുതിർന്നപൗരന്മാരായ നിങ്ങളിൽ പൂർണ്ണതയുടെ ആത്മയെറ്റും പകരും എന്നാരിക്കുന്നു

വിജയാശംസകളോടെ പ്രസിഡന്റ്



Chief Guest, Sri Thiruvanchoor Radhakrishnan being received

Editor's Voice

K K Mathew

Dear Members,

It is with great pleasure that we announce the new leadership of the Kottayam Senior Citizens Forum for the term 2024-25.

The meeting was presided over by Mrs. Dhanya Gopinathan and witnessed the appointment of the following individuals to key positions:

- President: Mr. P I Mani

-Vice President: Mrs Rani Mathew

-Secretary: Mrs. Pushpa Mathew

-Joint Secretary: Mrs. Minnu John

- Treasurer: Mr. V G Shyam.

We were honoured by the presence of Shri Thiruvanchoor Radhakrishnan MLA for the installation ceremony.

We extend our heartfelt gratitude to the outgoing President, Mrs. Dhanya Gopinathan, for her unwavering support to the new team.

Under the guidance of the previous team, led by Mrs. Dhanya Gopinathan, the SCF functioned excellently. The new team, led by Mr. P I Mani, has already been sworn in and assumed office.

The installation ceremony of the new office bearers took place on the 12th of April 2024 at SEERI Auditorium. Prof. K M Varghese conducted the oath-taking ceremony.

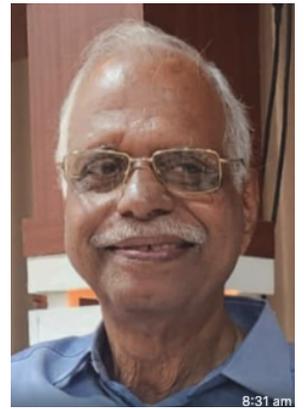
We hope to maintain the vigor and vibrancy of the forum for its continued success.

The newsletter "Elders' Voice," previously managed by Mrs. Pushpa Mathew, has served as a vital communication medium. Under her tenure, the publication flourished, featuring informative and engaging articles. Members were also encouraged to

contribute articles, revitalizing the bulletin after a two-year

hiatus prior to Mrs. Pushpa's leadership. We extend our heartfelt appreciation to Mrs. Pushpa Mathew for her outstanding contribution.

As I assume the role of Editor from May 2024, I acknowledge the responsibility it entails. With your unwavering support, trust, and cooperation, I am confident in our continued success. It has been an honor serving the Senior Citizens' Forum through "Elders' Voice."



Scenes from the Installation Ceremony of the new Governing Council



Being the President of the Senior Citizens' Forum

Dhanya Gopinath

Hardly had I adorned the New President with the presidential collar,(in the symbolic gesture of Passing the Baton), then there comes the brand new Editor of the Elders' Voice with a request that I pen a few words about my experiences during the year 2023-24.

To tell you the truth, I was at a loss as to what I should write. "How can I express one Whole Years' Experience in a brief one Page?" I said to myself.

I could not say no and hence, here are a few words which I felt would be appropriate for the occasion. When I joined the SCF I had no set plans or ambitions about holding any particular office. However, I was eager to use the skills that I had, to contribute in one form or the other, to this wonderful Forum of Enlightened Seniors.

The Editorship of the Elders' Voice came my way because of the previous office bearer's health issues. I took it up without any hesitation.

Here I must mention the mentorship that I got from the late Prof M G Sukumaran Nair. He gave me a few backdated issues of the newsletter that he had started and

gave me timely guidance on many an occasion. My biggest regret is that this association was all too brief as age had already caught up with him.

In a few years, I felt that the Elders' Voice was crying for a change of leadership. There could have been no better choice than Annie Pushpa Mathews, who handled the post with elan. This only proved the oft-quoted expression that every organization needs an infusion of new ideas periodically to keep it relevant & interesting.

I am people-oriented and enjoy being with friends. Thus when I was made president, my first attempt was to contact members and persuade them to attend our meetings regularly. I hope I can credit myself with the satisfaction that I have been successful to a good extent. More women have started coming to our meetings thanks to the efforts of Kochu Rani Mathews, Minnu John & Pushpa Mathews.

Very often, we tend to forget members who are unable to attend our meetings due to age-related disabilities. My decision to phone them once in a while seemed to give them a lot of joy. They all seemed to appreciate our efforts to get them to read our newsletter and see their names included in our What's App group, 'Sassy Seenagers'.

Celebrating Onam outdoors has become a norm in the SCF. This practice was followed and there was plenty of fun & entertainment this time also.



Three super-seniors attended our Christmas Programme, this year. As the function had been arranged during the daytime, they could be with us right from start to end and enjoy a meal with us. The joy of participation was all too evident on their faces. Could we ask for anything more?

None of this would have been possible without the cooperation of my team and the support of the male members, who saw to it that everything from the Guest Speaker down to the last detail was attended to with great care.

The good things that happened during my presidency and the little little things that could be achieved to keep the Kottayam Senior Citizens' Forum alive and vibrant could not have been achieved without all of you.

Thank you all for giving me a chance to take leadership and serve the Forum.



The SCF members enjoying the Installation ceremony

Energy Transitions: From Hydrocarbon to Hydrogen

P I John

From the earliest wood fire found 75,000 years ago in a cave near Marseilles in France to 1800 AD, wood was the prime energy source. Then came coal, oil and gas, each ascending and declining. Wood, bulky and awkward to transport and store, lost the competition to coal to fuel multiplying urban centres during the Industrial Revolution.

All fuels burn Carbon and Hydrogen. Wood burns about 10 carbons for each hydrogen atom. Coal has two C's per H, while oil is better with two H's per C, and methane is a carbon-trim CH₄.

About 1900, the advantages of fluids, like oil with higher energy density, became evident. Though

oil became by 1950 the world's leading energy source, it has storage issues. The preferred configuration for spatially spread energy consumption is a grid. The European grid for Natural gas is a pervasive, efficient system of 200,000 km-long pipes, which can provide for 100 days of consumption without refill.

The demand for higher energy density drove decarbonization, the process of reducing the Carbon-Hydrogen ratio of fuels. This naturally ends at Hydrogen, ideal since it can be used in fuel cells and combustion reactions.

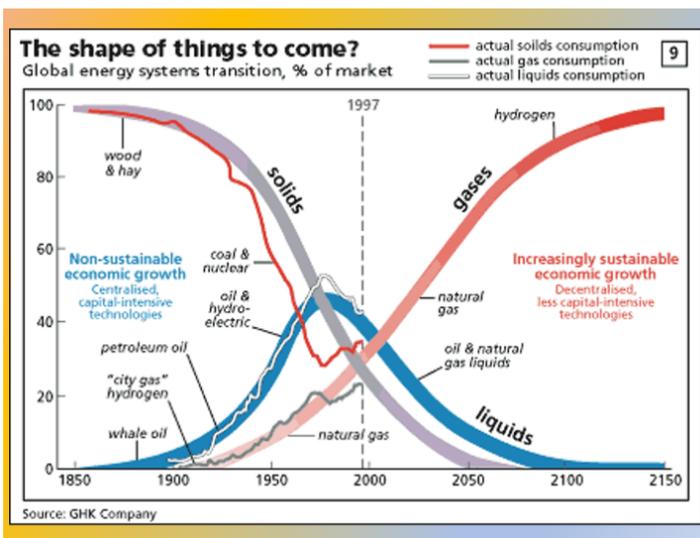
Since the start of the Industrial Revolution, the Carbon Dioxide concentration in the atmosphere began increasing with a correlated increase in global warming. The transition to Carbon-free energy is driven by the need to protect Earth from excessive warming. The UN Panel on Climate Change

recommends 40% of green energy by 2030 and 100% by 2040 to keep warming limited to 1.5 degrees. Blue hydrogen is produced via a steam-methane reaction at 700-1000 degrees in the presence of a catalyst. An alternative is to produce Green Hydrogen through electrolysis where an electrical current through water releases Hydrogen and Oxygen.



Hydrogen can be converted to electricity in a fuel cell. In Hydrogen internal combustion engines, Hydrogen is injected directly into the cylinders. Hydrogen fuel cell vehicles offer greater ranges and faster refuelling times. The Hyundai Nexu, for example, can manage 414 miles and only takes five minutes to fill up, as opposed to hours needed to recharge an electric vehicle.

The hydrogen economy is a vision where all industrial processes like the manufacturing of steel and transportation will be met through Hydrogen. India has an ambitious plan to enter the Hydrogen economy. The investment is in the range of 8 Lakh Crore. However, if the past transitions are any guide, the transition to a Solar-Hydrogen phase will take at least fifty years, though prodded on by climate change concerns. Our grandchildren shall inherit this future.



recommends 40% of green energy by 2030 and 100% by 2040 to keep warming limited to 1.5 degrees. Blue hydrogen is produced via a steam-methane reaction at 700-1000 degrees in the pres-

Wish you a Very Happy Birthday!

Kunjoonjamma Mathew 12th May
 Susan Mathews 14th May
 P. P. Abraham 18th May
 K. P. Joy 24th May

Prof. Sivasankara Pillai 24th May
 Annie Mathew 26th May
 Lizzy Mathew 27th May
 P. K. Abraham May
 Prof. T M Philip 31st May

Layout designed by Prof. P. I. John using Marq software