



VISION

REVIVAL

NOV 2020 - MAY 2021



Rotaract Club of
Coimbatore Cosmos

**CLIMATE CHANGE AND
THE MELTING POLES**

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EDITOR'S NOTE

Greetings!



If someone had told me a year ago that I would be a part of the Rotaract Club of Coimbatore COSMOS, meet amazing people and organize events without an ounce of physical interaction, with google meet as our only savior, I would have laughed at how ludicrous it sounded.

But now, in less than a year, we have been able to experience and achieve all this and much more. It makes me proud and elated to be a part of a team with such distinguished and talented members and it would be amiss if we didn't showcase our thoughts, ideas and achievements to the world, and hence we bring to you the first edition of Vision – Revival.

Our vision this year was to play our part in shaping people's lives to be sustainable and to revive the earth, in whatever small way possible. With simple tips on how to reduce plastic waste, to large scale events on how to attain a sustainable future, we have had tremendous success.

I hope this newsletter inspires you to be kinder towards the earth and motivates you to do what little you can. Try out our puzzles, do send in feedback and most importantly, have just as much fun reading it as we did while compiling it.

Regards,
Subhasri Manigandan.

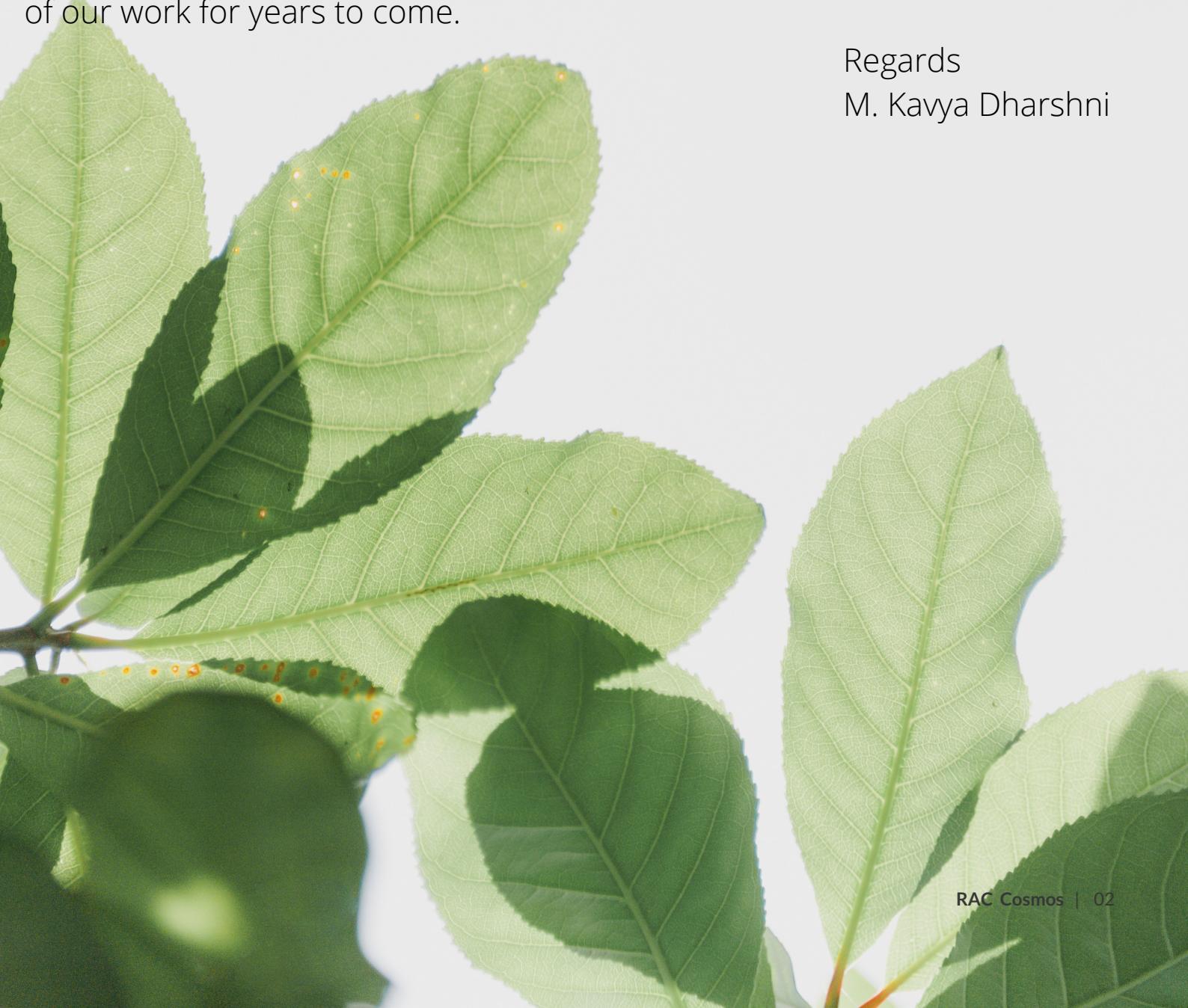
PRESIDENT'S NOTE

Greetings!

We, from the Rotaract Club of Coimbatore Cosmos, are immensely glad in presenting our very first edition of Vision - Revival. We believe Vision is a platform through which we communicate and stand for what we collectively believe, to the world. This bulletin will not only present the work we do and who we are, but also share the values and purpose that is imbibed in everything we do.

Being a small, growing club, we are immensely glad to have this opportunity to be a part of all the positive change Rotaract is impacting at a global level and to be able to see it visibly and tangibly on a daily basis. We hope we are able to amplify the little impact we do through this magazine which will hold the proof of our work for years to come.

Regards
M. Kavya Dharshni





EVENTS



Rotary Opens Opportunities

Rotaract District 3201

ROTARACT CLUB OF COIMBATORE COSMOS

Club ID - 42238 , Sponsored by Rotary Club of Coimbatore
Group II, RI District 3201, Zone 5, India

We seek your support and presence from **05.00 PM to 06.00 PM** on **Friday, 21 November 2020**

Zoom ID – 863 2256 5598 Zoom Password – COSMOS



ORIENTATION 2020-21

Rtn. Rathnavel Pon.
Rtr. Sathish Balakrishnan

Rtr. Samyuktha
Secretary

Rtr. Kavya Dharshini
President

ORIENTATION



BLANKET DONATION



FEEL THE WARMTH

INSTALLATION



This promotional card has a dark teal background. At the top, it displays logos for Rotary International, District 3201, Rotaract, and the Rotaract Club of Coimbatore Cosmos. Below this, the text "Rotaract Club of Coimbatore Cosmos" and "Sponsoring Rotary : Rotary Club of Coimbatore" is shown, along with the club's "Club ID - 42238 | Charter Date - 30 September 1994". A circular photo of a man wearing sunglasses and a red shirt is on the left. To the right, the text "TRF Orientation" and "A session on 'The Rotary Foundation'" is written. Below this, the date, time, and platform are listed: "Date: 11.01.2021", "Time: 7:00pm", and "Platform: Zoom". At the bottom, the "Resource Person: Rtr. Vijay Adith" is mentioned, along with their title "District General Secretary". The names of the "President" (Rtr. Kavya Dharshni), "Event Chairman" (Rtr. Harshitha), and "Secretary" (Rtr. Samyukthaa) are also provided.

TRF ORIENTATION

Rotary | **Rotary Opens Opportunities** | **Rotaract**

District 3201 | Rotaract Club of Coimbatore Cosmos | DISTRICT CLUB OF MADRAS | LOYOLA INSTITUTE OF TECHNOLOGY
RI Dist 3201 & 3232

proudly present

Tarun Ayitham
Founder,
DeepThought EduTech
Ventures

Resource Person

MATHCEPTION

Steering the cogs of intuition

22/12/2020 | ID: 863 1620 389 | Passcode: MATHDAY | 5pm IST

Rtr. Subhasri Manigandan
CHAIRPERSON

Rtr. Akshaya
CO - CHAIRPERSON

Rtr. Swathy
CO - CHAIRPERSON

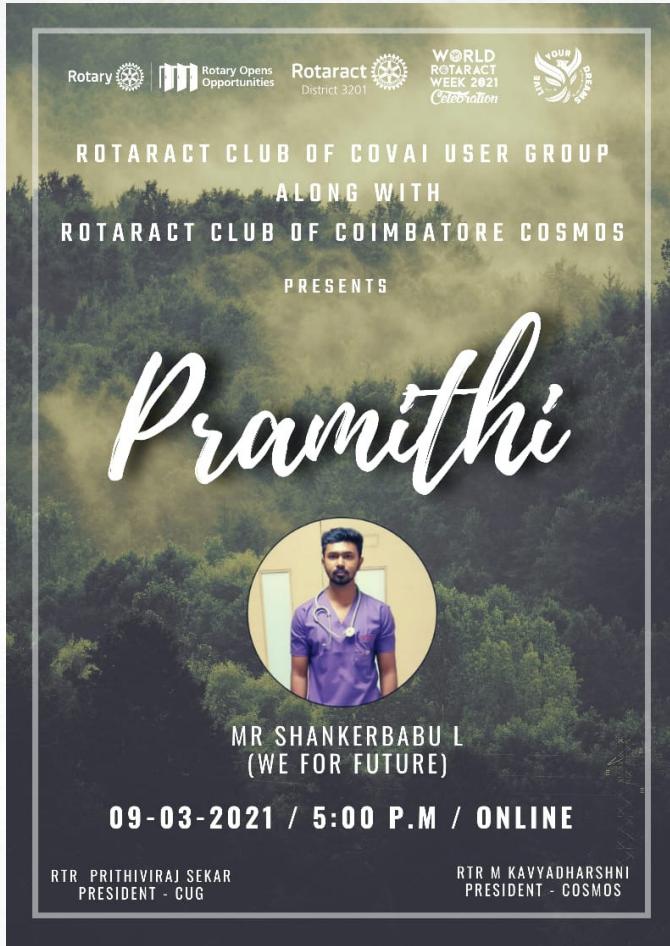
Rtr. IPP. Suraj
SECRETARY



MATHCEPTION

GAME KNIGHT





PRAMITHI

MINDFUL DOODLING



IDEATHON

Rotary | Rotary Opens Opportunities | District 3201 Rotaract | Rotaract Club of Coimbatore Cosmos | ESRAG SOUTH ASIA | India Sri Lanka Nepal Bhutan Maldives

IDEATHON 21

A contest designed to inspire thought processes to find solutions and alternatives for unsustainable practices.

THEME REFASHIONING LIFESTYLES
Making Sustainability Mainstream

JURY PANEL

MR. CGS MANION
Director Lead India 2020 Foundation,
Organic Farmer

RTN. RAMESH BABU
Apex member of Siruthuli NGO,
Investment Banker

RTN. DR MEEAKSHI VENKATARAMAN
Chair, South Asia, Environmental
Sustainability Rotary Action Group

CHIEF GUEST

A CASH PRIZE AWAITS THE WINNER !

Event Chairperson
Rtr. Akkshaya
President
Rtr. Kavya
Secretary
Rtr. Samyuktha

OPEN TO NON-ROTARACTORS AS WELL!
For more updates:
<https://linktr.ee/rac.cbe.cosmos>
 rac_cbe_cosmos
 rac.coimbatore.cosmos@gmail.com

17 APRIL 2021
3:00-6:00 PM

Register Now!
FOR FREE !
(TILL APRIL 14)



Rotary | Rotary Opens Opportunities | District 3201 Rotaract | Rotaract Club of Coimbatore Cosmos

Soulace - Mental Health Awareness Month

Mood Tracker

Start your Journey of Emotional Wellness

20 DAY CHALLENGE | STARTING FROM MAY 11TH

START TRACKING:
<https://forms.gle/dFyNM2uWCZCoU2Nn6>

Participation Certificates will be provided

SECRETARY
Rtr. Samyuktha
EVENT CHAIRPERSON
Rtr. Harshitha
PRESIDENT
Rtr. Kavya

MOOD TRACKER

Talk with Cosmos

Gender Roles and Eyebrows Raised



FT. MRS. SUMATHI RAMASITAPATHY

General Manager,
Shipping Corporation of India, Chennai

Catch us live on Instagram
20th March | Saturday | 7 pm IST |



rac_cbe_cosmos_

TALK WITH COSMOS #1



District 3201

Rotaract

Rotaract Club of Coimbatore Cosmos

Talk with Cosmos • E2

TRASH TALK

FT. MS. APARNA KRISHNA

Environmental Volunteer,
Sustainability and
DesiCircularity Enthusiast



Catch us live on Instagram
27th March | Saturday | 8 pm IST

rac_cbe_cosmos_



TALK WITH COSMOS #2

E LETTER HEAD EXCHANGE



LETTERHEAD EXCHANGE

DISCOVER

Soulace - Mental Health Awareness Month

Discover

Understanding Mental Health

EVENT CHAIRPERSON
Rtr. Harshitha

Submit your entries using the link in the description by 2nd June 2021

A competition for school and college students.

Send us your entries that depict your Understanding of Mental Health.

It can be in any form of artwork-painting, drawing, poem or writing

E-Certificate will be given to participants

WINNER GETS AN EXCITING GIFT!

PRESIDENT
Rtr. Kavya

SECRETARY
Rtr. Samyuktha

District 3201 Rotaract | Rotaract Club of Coimbatore Cosmos



ARTICLES



CLIMATE CHANGE AND THE MELTING POLES

IT'S TIME TO TAKE ACTION

By Shobika.D

At the ends of the Earth, life thrives despite extreme conditions. In the Arctic and Southern Oceans, organisms have evolved adaptations to cope with the year-round cold and six months of darkness. The tough critters living in these harsh climates believe in the delicate balance that holds the ecosystem together—a balance that human activities are disrupting in alarming ways. Among the biggest threats to the poles is rapid climate change. Atmospheric carbon dioxide has been rising for more than a century, with hefty contributions from fossil fuels used to power our homes, businesses and cars. The dense blanket of greenhouse gases is trapping heat and taking its toll on the planet, especially at the poles.

Global temperatures have increased since the 1800s, with models predicting their continued rise and sea ice has been decreasing in extent and thickness. By 2040, Arctic sea ice may disappear altogether during summer months. The warming of polar oceans has powerful implications for organisms living there and for us. Polar sea ice helps regulate the Earth's climate. White ice reflects more of the Sun's energy back into space than dark water does. Without sea ice, Earth would absorb more solar radiation and our climate would be even warmer.

Other species, such as caribou, are changing their migration patterns and ranges as seasons and weather patterns shift. For people who live near the poles, like the Inuvialuit people of Sachs Harbor, Canada, weather and hunting grounds are becoming unpredictable.

Knowledge of the environment that has served generations is being defied by a changing climate. Many northern communities have also observed coastal erosion and watched the permafrost—ground that is frozen most of the year—melting and buckling under their homes and roads. While not common, some communities like Kivalina and Shishmaref, both in Alaska, are planning to entirely relocate, with costs in the hundreds of millions of dollars.

It is high time that we act like we are responsible for the mess we and other species that call this beloved planet their home face altogether, only they have no part in creating the mess itself. As always, “change” has to come from individuals. If we as individuals can take pledge to use only clean energy, sustainable transportation methods, use water judiciously, reduce, reuse and recycle plastics if not completely avoid, turn off electrical equipment when not in use, use only recycled paper, condemn deforestation, practice afforestation and decide to heroes, this villain called ‘climate change’ that’s threatening the very existence of this beautiful planet can be defeated without a hitch.

Let's do this for us and our future generations to come.

Many animals also depend directly on sea ice. Polar bears, for instance, hunt seals from the ice and gain most of their weight in winter. But with ice declining and breaking up earlier, bears have less time to hunt. Because their habitat is melting, bears were listed as a threatened species under the Endangered Species Act in May of 2008. Pacific walruses, which usually plow a large area of the ocean floor while looking for clams and other prey, have started congregating near the shore and on land because the sea ice is beyond their reach. Ringed seals, ivory gulls, and ice algae are just some of the other species that rely on the ice to survive.

In polar waters, tiny swimming snails called pteropods will feel the changes in another way. In addition to warming, the ocean is becoming more acidic as it absorbs more carbon dioxide from the air. Scientists predict that during this century, parts of the Southern Ocean will be so acidic that the shells of pteropods and other organisms will begin dissolving. Since they are an essential food source for larger animals such as the herring, cod and baleen whales, the problems pteropods face could disrupt the entire ecosystem. Their plight also spells trouble for corals and other marine animals that build their shells or skeletons from calcium.





How will you live without me?
I was created, I was adorned
With beautiful ornaments
water-seas, oceans, rivers, valleys
land-mountains, plains, plateaus
greenery-plants, trees, flowers
I cheered.
You were created
I bore the responsibility of
nurturing you.
You ran around, confused
I showed you the way.
You pushed me down whenever
you had to stand
I took pride in it.
You found yourself a partner
I blessed you both.
You brought a younger one to
me
I rejoiced.
He went extracting my
ornaments
I thought it was out of
childishness.
You built huge buildings on me
I took the pain for your
development.

You rode heavy machines on me
I stayed silent, for your growth.
You reduced my wealth
I believed you would double it
again.
You brought in many changes
I gave in.
Now you are destroying me
I am ready to die for you.
But if I die, how would you live?
Am I not the source of life?
Am I not your home?
Am I not your soul?
Am I not your breath?
Am I not Your Mother Earth?
Whom you should've loved,
cared, nurtured and
shown gratitude towards?
I was your responsibility
And you broke your promise.\
But I will bleed till the last
For you.
Bear the heaviness
As much as I could
Till my last breath.
'Cause I keep my word
And you, the one who breaks it.

LIFE WITHOUT ME

BY AAYESHA

TRASH TALK

By SUBHASRI
MANIGANDAN

This is an excerpt of the second episode of Talk with COSMOS – Trash Talk, with Aparna Krishna, Environmental volunteer and Sustainability enthusiast, hosted by Samyuktha K.

S: What is Trash?

A: We (humans) are the only species on this earth who produce trash. Take any other species, animals, insects (27:20), whatever they put out of their daily lives, it simply goes back to the soil and enriches it. But we use technology; while it is a great move for humans, there are 2 sides to the same coin. Most of the time we think, “we can throw this away as soon as it goes away from our circle” and we think there is no responsibility after that. But where is this “away”? Where is all this trash going? We are just shifting it from one place to another. Maybe, we are not polluting our surrounding areas but we are polluting somewhere else. This affects everything: our animals, insects, water, the crops that grow around that area and even us, but we forget about it. What we do to the environment, always comes back.



S: Many centuries ago, even if people throw things away, those things were made of substances that could naturally find their way back to the environment, to the earth but we have now made things that nature can't take back. So, trash can be defined as "something which cannot be broken down into components which can be used to make something else ". Even if we can't use it for something useful, then that is trash.

A: Trash is a design flaw. For example, take the cloth industry. Every piece of fabric produced has waste associated with it. Take any manufacturing process, every stage of it has waste. When we think of trash, we only think of what we throw away, say milk packets. But waste and trash transcend that. For example, consider energy waste. Say, I make 100 m of cloth, only 50 meters is used and the rest goes to waste. The soil, crops, water, farmer's effort; the energy involved in everything goes to waste. But we can still use that waste to make other things. Recently, industries have come up with "circular-economic concepts", where they are taking the trash and making resources from it, so that they don't have to harm the earth more than what they already have. Not only do we create new things out of what is existing, we also try to include the trash in the design of the product itself. Instead of naming it trash, we can name it "resource", a very good resource at that.

S: We have grown up on the thought process that, whatever we get, we must save it and never waste it. But we have never thought about what happens to the thing that we get, before we get it. There is a before and an after to every commodity we get. Let us say, we get a plastic banner. We may think, "It's only a single banner and I am going to use this for decades. So, it's okay, right?". But in the background, the plastic had to be manufactured, the dye which was used in the poster had to be manufactured etc. All these manufacturing processes would have led to waste, effluents in the river, in the air and so on. So, that's also something we need to think about, the before and the after of what we use.

A: The disconnect in almost everything we have has been a cause of many problems. Even if there are awareness campaigns about environmentalism such as "Save Earth", "Save the Planet", they make it sound like the earth is somewhere else. But that's where we all are living. In the end, it is saving ourselves. It might be so difficult to process that we are selfish and do not care about the environment, but that is how we have lived. In the end, it is all about survival.

S: Thinking about ourselves has been evolutionary and a part of our genes so we need to break those patterns. Recently I was talking to a family member on how our actions may impact others and how we need to be considerate about that. But they advised me to first look out for myself and then the society. That's when it occurred to me that the reason why people are not on board with being sustainable is because they think it's about saving the society; but we are doing it for ourselves too.

A: If it does not mean anything to us, why would we care about it? If it is not affecting me, then I am not even bothered about it. In a way, it is partly selfish. Even though it is selfish, it connects everyone and everything around us. Even if we want to just breathe, we need plants, animals, their survival etc. Even though our population is not as much as the plethora of insects and other species, we are writing the story now. What humans do matter a lot. It is important for us to rethink, reimagine and restructure whatever it is we are doing. The word "change" may cause panic but words like "rethink" are open-ended ideas for us to follow because you don't know what is going to happen.

S: As humans, we are designed to resist change. When something doesn't fit in, we resist it. After sometime, we see that change is beneficial and we start being open to it- the resistance goes away

A: We need to set the context, start thinking that it is about saving ourselves. Nobody's ever going to do something unless we think this way. I think that it is really important for us to share our ideas, what we do. I felt that after I joined Instagram. I had started my account because a few friends wished to tag me and then I started sharing. I realised that when we share, it becomes easier for people to think that "Okay, this is possible." I started posting and then I saw a lot of people coming back to say that they tried this and that. Then, I feel that Instagram becomes an energy giving space. This is the kind of shift we need to think about. It is definitely gradual but we have to persist and keep doing it.

S: A lot of people don't understand why we should it. Until I knew why, even I was creating a lot of waste. So, how do you think we can spread this "why"?

A: The way we communicate it to people is very important. The conversation and context it should be restricted to show the value it has for us. We start taking simple things from our everyday lives: say washing clothes and pouring off the water after washing and show how the toxic chemicals we release from our house matters to us and the environment. The water goes to the drains, rivers, ponds, lakes, where there are lots of marine animals, and then we use that



same water for agriculture and drinking water. So, where we put out our waste is where we take what we need from. So, if we see the outcome/consequences of their action, then we would understand.

S: So, if people can see that it is a cycle, that would be the key to sustainability. We do know that things that happen in the earth are cyclic, ex: the water cycle which we learn as kids in school, but maybe, that thought is not in the forefront of our brain.

A: I remember having environmental study classes, in both school and college, and I remember skipping them because I felt bored. The way things are communicated does not indicate that those things affect us, or that we are a part of it. It is portrayed as though we are observing it from outside. This is why we do not connect with what we see and read. Once we understand the connection, that changes everything.

S: There is also the question of what we can do as individuals and the thought that no matter what we do it does not matter because the system is flawed.

A: A lot can be done at the individual level. When you start to think at issues from the global level, it can be really overwhelming. The problem looks so huge that we feel our small steps may not change anything. But we should try to narrow it down, then we will have much more control and opportunities for improvement. Policy level actions are definitely needed to change things at the global level; but in the individual's realm, it is in our control; its our choice and our actions that matter. We just have to try.

S: What are examples of things we do that we can directly see in our surroundings?

A: Air pollution can always be seen: traffic, electricity that we use, perfumes we use are all causes. Let us consider perfumes. Instead of using the foggy, air pressed perfumes which are filled with CFCs and chemicals which are used to maintain the air, we can use the liquid ones. This can have an impact. If all of us start doing this, it will have a huge impact.

S: When did you start rethinking your thought process (to sustainable ideas)?
A: It is difficult to point out one single event where things changed for me; it was a gradual change. Looking back, it was different events, conferences, speakers who I spoke to, ideas I listened, took in, thought and drew my own conclusions from that made me reach where I am today. Volunteering with organisations, clean-ups etc. makes you see the reality on ground. I went to a 3-day conclave where I saw different sectors and their impacts presented in a way that I could relate to. The next day, I came back home and I changed my shampoo. The triggers come from different places. So, all of us have to be open to dialogue and conversation. Something that strikes me may not strike you the same way. Some may have more socially inclined, some economically and some environmentally. Even then, you need to figure out what relates you with the subject matter at hand.

S: Even in individuals who try to live sustainably, different people focus on different things. For example, I focus on reducing plastic waste because I think plastic is one of the major harmful substances that we make although it is useful to make medicines. What I try to reduce is single-use plastic: plastic used just once and then thrown away. It cannot even be recycled. There are some people who focus on sustainable fashion, thrifting and the fashion industry itself, there are others who focus on community gardening and home gardening. So, people don't do everything and instead focus on one thing.

A: That's good enough, that's what matters, gives you happiness in the end. You avoid using one bottle of plastic and you feel accomplished. That kind of encouraging feeling is what you'll get.

We do need different people; we do not want everyone to be the same. The uniqueness, the diversity of what we do is what makes life fun. Whenever we look at history and look at our attempts to streamline everything, that has had its own effects. Even now, we are talking about sustainability because all these years, we have streamlined our thoughts towards the economy and forgotten everything else. That's why things became unsustainable. So, it is important for different people to do different things so that the balance persists. Personal, societal, governmental, you may do anything. You should not judge them for that, because its their personal choice. For example, a person going to politics may be seriously judged, but they may be amazing at making policies that impact us at such a higher level.

There are some who volunteer and even run organizations. My inspiration is Arun Krishnamoorthy. In one of his talks, he said "To be an environmentalist, you do not need to be part of an environmental organization." That stuck with me. Do it in your style, in your way, wherever you are. S: In a way, there is a connect back to our education system, we are asked to specialize on one thing. For example, I saw my friend studying about transistors and circuit diagrams, which looked just like how the connections between the neurons in our brain look. In a way, there is a lot of connection between what different people do and the fact that the education system puts boundaries between these disciplines makes it feel like these do not have that connection.

A: Many times, people mistake whatever you say and get offended. That's why I continue to encourage open discussion instead of aggression. I saw this quote which told us to "Follow our Passion". But what is passion exactly? Its not one thing. It can mean different things to different people. Anything that gives us happiness is passion. We are taught that passion should just be focusing on one thing, which I think stems from our education system, and the connection between concepts is always missed out.

A: On Earth Day, we switch off our lights and electronic devices for an hour, from 8:30 to 9:30. Let us pledge to consider every day as earth day and try something small and simple every day. We do not have to protest on the streets, but let's do something. Let's all just try.



APARNA KRISHNA,
ENVIRONMENTAL VOLUNTEER
AND
SUSTAINABILITY ENTHUSIAST



FACTS





Thought-Provoking Facts

BY SHOBIA.D

- 1. Human-caused emissions of carbon dioxide needs to fall 45% from 2010 levels by 2030 and reach net-zero around 2050 to limit climate change catastrophe.**

Measures like renewable energy extraction, sustainable transportation, energy and water efficiency, sustainable infrastructure, sustainable agriculture, forest management, responsible consumption and recycling are being taken and practiced by governments across the world to reduce carbon emissions as well as prevent the climate change catastrophe.

- 2. Lighting accounts for 15% of global electricity use. Switching to LEDs will use 90% less energy and last far longer than with the use of incandescent lights.**

It is proven that when you turn on an incandescent light bulb, only 10% of the electricity used is turned into light. The other 90% is wasted as heat.



MAKE YOUR OWN

REDUCE REUSE RECYCLE

- 3. Recycling a single 330 ml aluminium drink can save enough energy to power a TV for over 3 hours**

Almost 30 billion aluminium cans are thrown away each year! We can only imagine how many of us can watch TV powered by clean energy if these cans were recycled.

- 4. One ton of 100 percent recycled paper saves the equivalent of 4,100 kWh of energy, 7,000 gallons of water, 60 pounds of air emissions and three cubic yards of landfill space.**

About 1,87,201 hectares of forest have been cut down in just 3 days since the new year for paper production.

- 5. Water use has grown at more than twice the rate of population increase in the last century.**

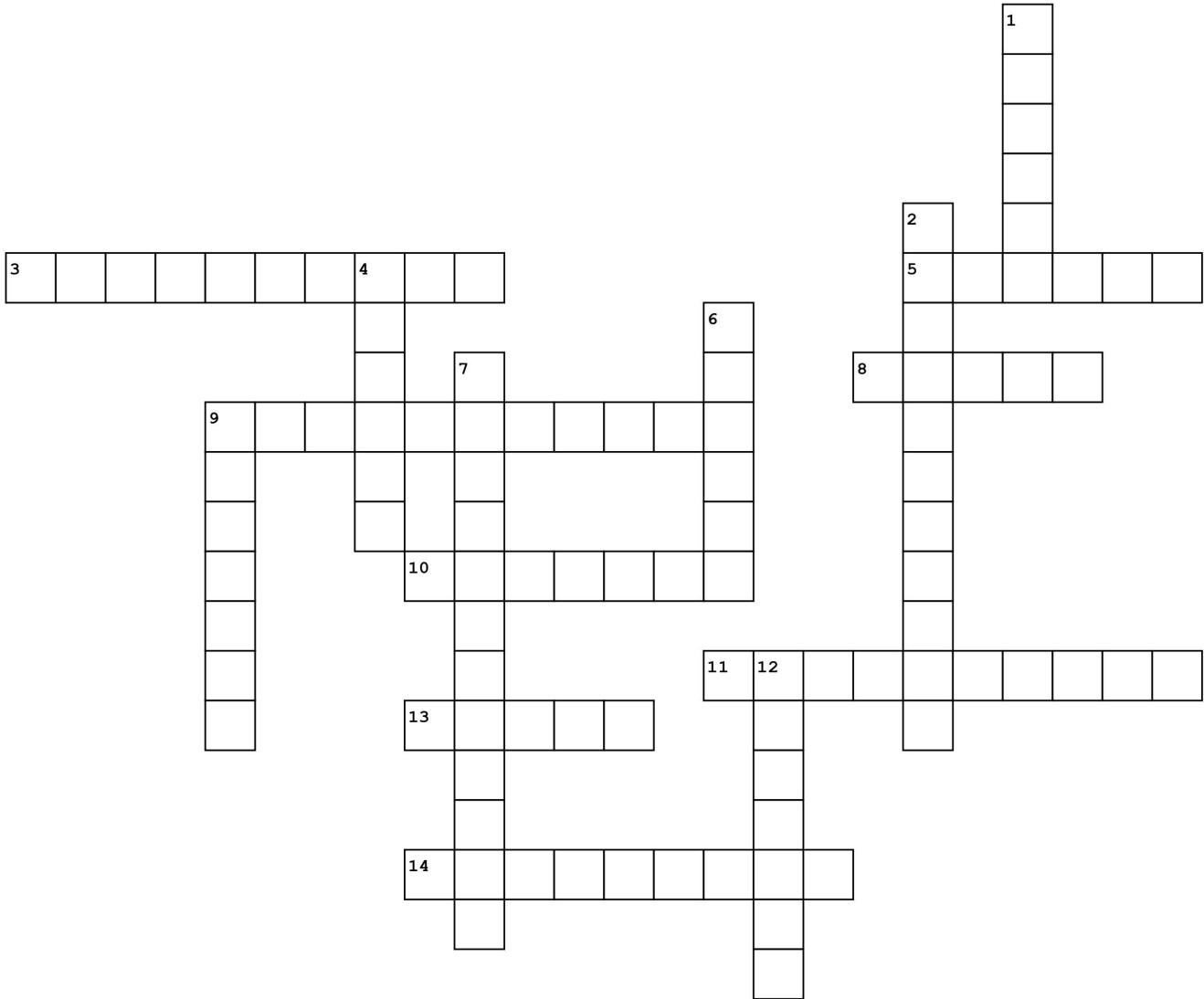
And yet 790 million people (11% of the world population) are estimated to not have access to improved water supply.



PUZZLE

THEME :

SUSTAINABILITY



C L U E S

DOWN

1. MINIMIZING THE AMOUNT OF WASTE CREATED
2. GROWTH OR A POSITIVE CHANGE
4. PROVIDING EQUAL OPPURTUNITIES TO EVERYONE (ONE OF THE E'S OF SUSTAINABILITY)
6. TIME THAT IS TO COME
7. THE ACT OF PRESERVATION AND PROTECTION
9. THE STUDY OF CONNECTIONS BETWEEN LIVING ORGANISMS AND THE WORLD AROUND THEM (ONE OF THE 3 E'S OF SUSTAINABILITY)
12. THE STATE OF A COUNTRY'S RESOURCE MANAGEMENT(ONE OF THE 3 E'S OF SUSTAINABILITY)

ACROSS

3. THE PROCESS OF PLANNING AND ORGANIZING
5. PROVIDED BY VARIOUS SOURCES:
8. USE PRODUCTS MORE THAN ONCE (ONE OF 3 RS)
9. THE NATURAL WORLD
10. CONVERGING WASTE INTO USABLE MATERILA (ONE OF THE 3 RS)
11. APPLICATION OF SCIENTIFIC KNOWLEDGE
13. THE ELIXIR OF LIFE
14. PRESENCE OF HARMFUL MATERIALS IN THE SURROUNDINGS

Send in your submissions to rac.coimbatore.cosmos@gmail.com

The club with the highest submissions gets a shoutout on our Instagram page.

Mail:

Subject: Puzzle Submission

Mention your name, club name and its district

Add the solution as jpeg or just type it



ART CORNER

I'M DREAMING OF A
Aritra Karak







CONTACT US

MAIL US AT:

RAC.COIMBATORE.COSMOS@GMAIL.COM

INSTAGRAM:

@RAC_CBE_COSMOS

JAN 16-17

ROTARACT
CLUB
OF
COIMBATORE
COSMOS

VISION

**ROTARACT CLUB OF
COIMBATORE COSMOS**