


**Save Water**  
**The World Is In Your Hand**

 **Water is the  
driving  
force of all nature**

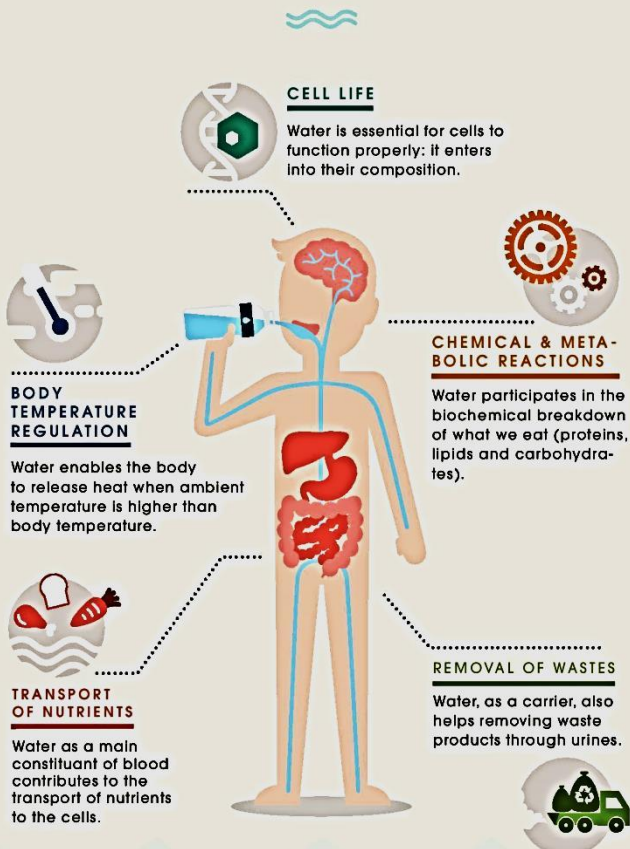
A typical women  
needs about  
2.7 of water per day  
A typical man needs about  
3.7 liters of water per day

The birthplace of all Life



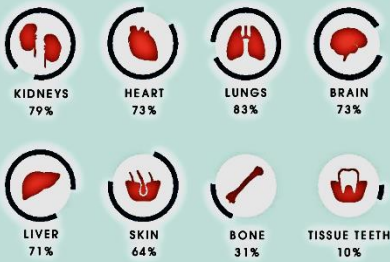
## FUNCTIONS OF WATER IN HUMAN BODY

The water you consume through food and drinks follows a very precise route to arrive in your cells, of which it is a vital constituent.



### VITAL FACTS

CERTAIN ORGANS AND BODY PARTS ARE PARTICULARLY RICH IN WATER



# 1.5

L/DAY

For a healthy sedentary adult living in a temperate climate

### DID YOU KNOW ?

**00** CALORIES  
Pure water contains no calories and no sugar. That is why drinking water should be the choice for a healthier hydration

**42** LITERS  
The water in the body's cell represents approximately 42 liters of water for a man weighing 70kg (134 pounds)

Rotary Club of Cochin Beachside



## 33<sup>rd</sup> Club /Joint Meeting Minutes.

Date: 19<sup>th</sup> March 2017

Venue: Chathamma.

Time: 6:30Pm

Coloring By: Vincent Thomas

Invocation By: Nawaz Khan



Meeting no. 33 was a joint meeting with RCC held at Panangad on Sunday 19th March

14 Beachsiders went to Panangad and welcomed by RCC members and took them to Chathamma for a boat ride.

After the boating, a formal joint meeting was held at the Chathamma Resort where President Murali Nair thanked all the RCC team for such an excellent joint meeting.

Many Beachside members spoke on the history of our relationship with RCC and Pakalveedu. Also RCC & Pakalveedu members spoke on the relationship with Beachside and wished this would continue for years to come.

RCC arranged an excellent dinner and fellowship in honour of the visiting Beachside



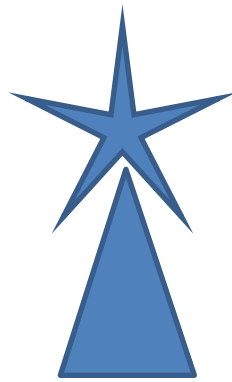
Secretary,  
Vincent Thomas Varghese





*On a discussion of future project with RCC Panagad, among various projects in discussion, our Rtn .Raggopal offered an endowment /Scholarship for the best student which officers Rs.10000/- Best student will be selected by the school in liaison with RCC Panagad .*





### Joint Meeting with 7C's Clubs

Have had joint meeting with Rotary 7Cs on 16th March at hotel Fern.

This meeting was presided over by all the presidents of the 7Cs including AG Bibu Punnooran and DG Prakash Chandran.

The purpose of the meeting was to distribute sewing machines to a group of ladies/widows in Paravur area.

This joint meeting also witnessed launching of 7Cs formally with its logo by DG.

The consortium of 7 city clubs together was formed under Rtn.AG Bibu Punnooran to carry out possible common projects and the distribution of the sewing machines was one among the projects.



A Photograph is a secret  
about a secret.  
The more it tells  
you the less you know

**MASQUERADE**

Our Rotracts at Rajagiri College conducted a cluster of meet of all their friendly Rotracts from other colleges and the event was inaugurated by Beachside President Rtn. Murali Nair on 17th March. This meet was named after MASQUERADE where **Rtn.Sree Kumar. S** and **Rtn. Shiyas Hashim** also addressed the gathering.

Mementos were presented to Beachsiders who attended the event by the Rotracts



I like to photograph  
any one before  
they know what their  
best angles are



Secretary,  
Vincent Thomas Varghese

