

# SUBMITHAM

"A WARM SMILE"





Major Donor Dr.G.Sumithran District Governor

Governor's Monthly Letter RI District 3211, 2023-24

### GML ISSUE # 9, MARCH 2024



SAHAYI - Identification of eligible beneficiaries & Distribution of Assistive Devices to 1348 physically challenged persons through 21 Camps conducted in Kollam, Kottayam and Pathanamthitta districts. Project cost Rs.1.25 crores, funded by Ministry of Social Justice & Empowerment, Govt of India under ADIP Scheme. Facilitation and logistics by Rotary.

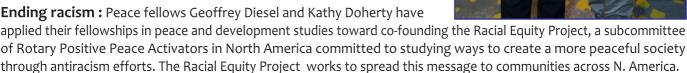


### RI PRESIDENT'S MESSAGE (Excerpts....)

### Think like a Rotary Peace Fellow

There are many pathways to peace. In Rotary, we have Rotary Peace Fellows who demonstrate this truth time and again. Each year, Rotary awards up to 130 fellowships for leaders around the world to study peace and development, and prepares them to work in conflict prevention and resolution and promote Positive Peace. Here are a few examples.

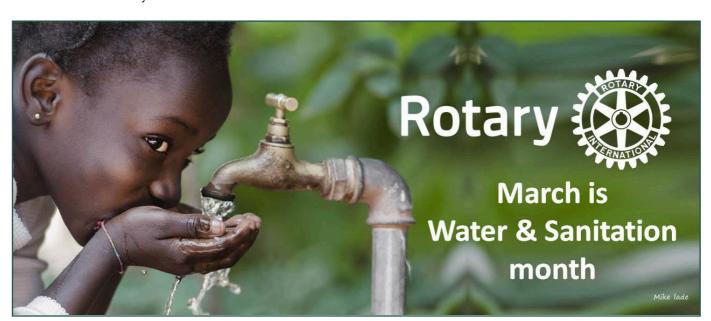
Promoting sustainability: Alejandra Rueda-Zarate combined her Rotary Peace Fellowship with her master's degree in energy and resources to support her dream of protecting the Colombian countryside. She founded NES Naturaleza in 2011 to help farmers gain access to knowledge and training to uphold sustainable farming standards. That support has improved the lives of 4,500 farmers, inspiring many of them to become entrepreneurs, thus promoting both natural and social sustainability.



**Managing disasters using data:** Through a Rotary Peace Fellowship, Jamie LeSueur earned a master's degree in social science. He now leads emergency operations for the International Federation of Red Cross and Red Crescent Societies, setting a management and operational framework for agency collaboration in emergency response situations. Jamie has found that research data is a powerful tool to bring calm to the complex world of disaster response and be the foundation for decision making to help clarify even the most complicated emergencies.

These stories — and hundreds like them — show how Rotary is creating a generation of leaders ready and able to build peace worldwide. Nearly 1,800 peace fellows have graduated from Rotary Peace Centers, and they are applying their craft in more than 140 countries. May the continuing work of peace fellows and the Rotary members who support them inspire you to continue to Create Hope in the World through service, fundraising, and creative thinking.

- R.Gordon R McInally.





### FROM DG'S DESK....

### TWO THIRD OF THE ROTARY YEAR IS SUCCESSFULLY OVER AND ONLY ONE THIRD REMAINS !!!!

And I am extremely happy to note, dear friends, that all our proposed projects are being implemented at maximum pace, to the absolute satisfaction of the district. It is but natural on my part to appreciate and congratulate our esteemed clubs and the dedicated Rotarians for their unparalleled enthusiasm to achieve the targets in the entire areas of focus. District Project SATRANGI registered its impact all over the district, other focus projects like SAHAYI & SUDARSHAN find equally expected results thanks to the unlimited efforts put in by the respective Chairmen. The befitting success of the Rotary family program, FIRE, is an epitome of the strong family bonding; which in fact will lead to the formation of strong rapport among the Rotarians and their loving family members. PUNYOLSAV, the TRF seminar could create very many Major Donors, PHFs, MPHFs and two AKS members apart from a number of Rotarians' offers to donate to TRF during the current Rotary year itself. Let me express my sincere gratitude to all the concerned chairmen for their rare mindset of putting in the maximum efforts to turn the programs into meaningful ones.

Now let me attract your notice to the incoming programs like RISE and SYMPHONY (the District Conference). I am sure that you, the committed Rotarians, will rise to the occasion, as usual, to turn the events with everlasting memories. As you know, the Dist Conference is the most meaningful mega event of a Rotary year which is expected to showcase the wonderful Rotary spirit of Rotarians and their loving family members. So it's my ardent appeal to my fellow members to use all the arrows in your quiver to support the organizers of the Dist Conference to present an unforgettable experience to the participants. To translate this dream into reality, we should have maximum registration to the spectacular event which is scheduled to be on 27th & 28th of April 2024 at Al Saj Convention Centre, Kazhakkoottam. So my dear friends, please be with me and do the maximum possible to conduct the conference in presence of nearly 2000 participants.

March is the designated month for Water and Sanitation. Clean water, sanitation and hygiene education are basic necessities for a healthy environment and productive life. When people have access to clean water and sanitation, water - bacteria diseases decrease, children stay healthier and go to school more regularly. Through water and hygiene (WASH) programs, Rotary can mobilize resources, partnerships and invest in infrastructure and training that yield long term changes.

Based on the aforesaid principles, Rotary clubs and Rotarians are requested to plan your meaningful activities and implement it for the benefit of the society.

Wishing you all the very best, Yours in Rotary





Congratulations to RC Quilon who are celebrating their Diamond Jubilee year.



I congratulate Rtn.Dr.Narayana Kurup of RC Karunagapally my home club, for receiving T.Regunath Memorial Endowment of Rs 1,00,000, instituted by RC Quilon Lake City, recognizing his selfless, outstanding service in palliative care.

#### **FUTURE RI CONVENTIONS**

2024; 25-29 May - Singapore.

2025; 21-25 June - Calgary, Canada.

2026; 13-17 June - Taipei, Taiwan.

2027; 5-9 June - Honolulu, USA.

2028; 3-7 June - Manila, Philippines.

2029; 26-30 May - Minneapolis, USA.



### റോട്ടറി ക്ലബ്ബിന്റെ നേതൃത്വത്തിൽ വൃക്കരോഗികൾക്കായി സാന്ത്വനസ്പർശം

ചേർത്തല: ചേർത്തല ടൗൺ റോട്ടറി ക്ലബ്ബിന്റെ ആഭിമുഖ്യത്തിൽ മണ പ്പുറം മാജഗിമി സെന്റ് ചാവറ സിഎംഐ പണ്ണിക് സ്കൂളിന്റെ സഹക രണത്തോടെ വൃക്ക രോഗികൾക്കായി ഡയാലിസിസ് കിറ്റ് വിതരണ വും കൂടുംബ സംഗമവും നടത്തി. ചേർത്തല ടൗൺ റോട്ടറി ഹാളിൽ നടന്ന സാന്ത്വന സ്പർശം എന്ന പരിപാടിയിൽ രോഗികളുടെ മാനസി കോല്ലാസത്തിനായി വിവിധ ഇനം കലാപരിപാടികളും നടന്നു.

ചടങ്ങിൽ ചേർത്തല ടൗൺ റോട്ടറി ക്ലബ് പ്രസിഡന്റ് കെ. ലാൽജി അധ്യക്ഷത വഹിച്ചു. അസിസ്റ്റന്റ് ഗവർണർ എം. മോഹനൻ നായർ, രാജഗിരി സ്കൂൾ പ്രൻസിപ്പൽ ഫാ.പി.എ. ജെയ്സൻ, വൈസ് പ്രിൻ സിപ്പൽ സിന്ധു, എൻ.ജി. നായർ, ജയിംസ് കുട്ടി, തങ്കച്ചൻ ടി. കടവ ൻ, വാർഡ് കൗൺസിലർ എ. അജി, ഡോ. ബസന്ത് റോയി, പിടിഐ പ്രസിഡന്റ് റോയി എന്നിവർ പ്രസംഗിച്ചു.

RC Kottiyam conducted a talk on Cancer awareness along with a musical evening for the inmates of Gandhi Sadan and also distributed Dialysis kits, besides conducting an awareness talk by Dr.Ranjith on Kidney diseases.

RC Trivandrum South conducted a health camp for the tribal women of Chonampara settlement. Medical teams from Al Hiba Eye Hospital Kazhakuttom and PMS Dental College conducted routine examinations for 52 participants at the camp. The club organised another Medical camp for female workers residing in a colony at Kunnukuzhy on Feb 17, in association with National Health Mission, Family Planning Association and SK Hospital. A Breast cancer screening camp was conducted, using the Ibreast device, to nearly 75 residents of the colony. Blood tests to check anaemia and diabetes were done, supplying free medicines and multivitamins.

RC Cherthala Town conducted a Sex Education Programme for B.Ed students at SN College, Poochakkal. Juvenile Justice Board Member Dr. Anju Lakshmi took the classes. The club also distributed Dialysis kits at Sherthalay Town Rotary club hall on Feb 17.

RC Kollam Residency conducted a Medical Camp at the premises of the Koonambayikulam Devi Temple, as part of the local Chandra Pongal celebrations.



### ഡയാലിസിസ് കിറ്റുകൾ വിതരണം ചെയ്തു

കൊട്ടിയം | റോട്ടറി ക്ലബിന്റെ ക്ലബ് പ്രസിഡന്റ് ഷിബു റാവു ന്ദ് നേതൃത്വം നൽക യാം ജോയ് ആലുക്കാസ്, ഹൗ താർ അധ്യക്ഷത വഹിച്ചു. ജോയ് ആലുക്ക

കൊട്ടിയം | റോട്ടറി ക്ലബിന്റെ ക്ലബ് പ്രസിഡന്റ് ഷിബ്യ റാവു യും ജോയ് ആലുക്കാസ്, ഹൗ തൽ അധ്യക്ഷത വഹിച്ചു. ണ്ടേഷന്റെയും സംയുക്താടി ജില്ലയിലും അനുബന്ധ ജില്ല മുഖ്യത്തിൽ റോട്ടറി ഇന്റർന്നാ കളിൽ നിന്നുമായി അബായാളം കേറ്റിന്റെ ഭാഗമായി സാന്ത്വനം കെറ്റികൾ നൽകി. ക്ലബിന്റെ ക്റ്റിന്റെ ഭാഗമായി സാന്ത്വനം ചായി തൽഹരായ രോഗികൾക്ക് തഴുത്തല റോട്ടറി ഹാളിൽ ചികിത്യാ ഗനസഹായ പെൽ തഴുത്തലെ ഗോട്ട് ഡാമാലിസി ഷന്നാ വിതരണാ ചെയ്തു. ആർ ഹരിലാൽ, രാജൻ കാ സ് കിറ്റുകളുടെ വിതരണോ വ്യക്ക രോഗികൾക്കുള്ള ആരോ യ്നോസ്, അജയ് ബി ആന ദ്വോടനോ മന്റനാട് ഗ്രാമപഞ്ചാ' ഗു ബോധവത്കരണ ക്ലാസ്റ്റിന് ന്ദ്, സാമൂഹിക പ്രവർത്തകൻ ഇത്ത് പ്രസിഡന്റ് ജെഷാഹിദ കൊട്ടിയാ റോട്ടറി ക്ലബ് ചാർട്ടർ മുഖത്തല സുഭാഷ് സംസാ നിർവഹിച്ചു. കൊട്ടിയാ റോട്ടറി അംഗമായ ഡോ. ജിത്ത് ആന രിച്ചു.

ജോയ് ആലുക്കാസ് ഫൗ ണ്ടേഷൻ പി ആർ ഒ. എൻ വി ശേശാരൻപിള്ള, ജോളി സിൽ ക്സ് മാനേജർ സന്തോഷ്, സാൻജോ വർഗീസ്, കൊട്ടിയം റോട്ടറി ക്ലബ് പ്രസിഡന്റ് കുമാരൻ, റോട്ടറി ക്ലബ് അംഗ ങ്ങളായ എസ് അനിൽ കുമാർ,



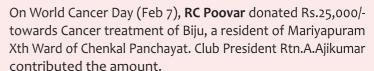


RC Haripad conducted an Awareness class on Adolescent issues at UPS, Ericavu on Feb 22, featuring talks and discussions wth the Medical Officer, Psycho-social counsellors and staff of Urban Health Centre.

RC Alleppey handed over financial aid of Rs. 50,000/for the medical expanses of Smt. Arya an accident victim who is in a very serious condition in hospital.







RC Trivandrum Capital conducted a medical camp for senior citizens residing at Karunalayam Old Age Home, Amaravila, Neyyattinkara on Feb 2. The club also combined a Satrangi and Career Development Programme at LMS Higher Secondary School, Amaravila on Feb 15.

RC Trivandrum Central arranged a motivational class on Feb 10, by psychologist Dr Shobha Mathew, for children of the tribal community of Kottoor and those attending Sabari Tutorial classes. These children are preparing for their school exams and the session was arranged to help them mentally prepare for these exams. A wheelchair, donated by Rtn.Prem Kumar Thampi was handed over to the beneficiary Sri.Thankappan. A medical camp as well as counseling for children was given to students of St.Mary's Higher Secondary School, Vettukad on Feb 27. Rtn.Col.Dr K.E.Rajan examined more than 100 students and recommended followup treatment where required.



**RC Puthur** handed over their cash contribution for community service to Rtn.Sheena Sajan, AG Zone 18.

**RC Sasthamcotta** conducted a Mega Medical Camp on Feb 22 in assocation with Elster Medical Centre, with free examination by Physician, Ortho, Paediatrician, Dietician, Physiotherapy along with free medicine distribution.

**RC Kazhakuttom** conducted a Cancer Awareness Programme on Feb 24, where all aspects of cancer including prevention and treatment were discussed in a one-hour speech by Rtn.Dr.Rajendran.

**RC Kottiyam** conducted a Camp with Mukhathala Block Panchayat to receive applications for supply of Training & Learning Materials Kits for mentally shallenged children. The kits supplied by NIEPD, Govt of India are intended for children suffering

from autism, cerebral palsy and other learning difficulties and cost Rs.10,000/- each. About 300 applications were received. RC Puthoor conducted a similar camp at Vettikavala Panchayat, with 121 children applying for the kits.

### **VOCATIONAL EXCELLENCE AWARDS PRESENTED**

**RC Alleppey** presented Jewel of Alleppey award to Dr.M.Mohan, Director, HSFC, ISRO and four vocational excellence awards to outstanding performers in different fields on Feb 10.

**RC Haripad** conducted Vocational Award Night on Feb 11. Former Public Works Minister Sri.G.Sudhakaran distributed awards to Paliative Care Nurse Sujatha Mohan, Best School Teacher Award Winner Subash, Parakottipattu Folklore Accademy Award winner Suku Narayanan, Kathakali Artist Kalamandalam Balakrishna Pillai, Motivation speaker and Psychologist Lakshmi Gireesh Kurup.

RC Alleppey Coir City presented Vocational Excellence Awards to Manohari Joy (film actress) and Dr.Sangeetha Joseph (Paediatrician) and Youth Excellence Award to Jaitley James (Kickboxing Championship Bronze medallist). RC Marari presented Vocational Excellence Awards to Punnapra Jyothi Kumar, Folklore and folk song expert. Film star Lekha Nair was Chief Guest. PDG.K.Babumon, Guest of Honour launched the club's Karunyam and Pension scheme and handed over Rs.20,500/- for medical treatment of Sunil Kumar, a deserving needy person. The club has decided to give lifelong pensoon of Rs.1000/- each to 14 persons suffering from various illnesses.

**RC Alleppey Greater** presented Vocational Excellence Awards to achievers in various vocations - Nipin Rawat, Maya Lakshmi, Amal K and Deepu Raj on Feb 23, with former Minister Sri.G.Sudhakaran handing over the awards. **RC Shertallay Town** presented Vocational Excellence Awards to Salam P Hydrose (Asianet Bureau Chief), Dr.Anju Lakshmi (Counsellor, Juvenile Justice Board), Anjita Jose (Teacher, St.Mary's HS) and Asha Shaiju (young farmer), with Sri.Johny Lukose, Director (Manorama News) handing over the awards.

# ABHAYAM - HOME FOR THE HOMELESS - FOCUS PROJECT

**RC Alleppey**, as part of their Platinum Jubilee celebrations, is constructing ten houses for deserving homeless beneficiaries at a total cost of Rs.1 crore. Seven of these will be in a housing complex known as Rotary Village, at Muhamma Panchayat. DG Dr.G. Sumithran laid the foundation stone along with President Rtn.Mohammed Aslam, AG Rtn.K.Cherian, Project Chairman Rtn.Raju Chandy and other senior rotarians on Feb 15.

As part of their Golden Jubilee Celebrations, **RC Trivandrum South** are in the final stages of completion of their first set of houses under UDAYKIRAN Project, to construct 50 homes for the homeless needy, with a matching contribution from K. Chitilapally Foundation. Many other Rotary clubs are joining hands in this noble initiative.







റോട്ടറി ക്ലബ് ഓഫ് ആലപ്പി നിർദ്ധനരായ 10 കട്ടാബങ്ങൾക്ക് വീട്ടകൾ സൗജന്യമായി നിർമ്മിച്ച നൽകന്നതിന്റെ ശിലാസ്ഥാപനം ഡിസ്ലിക് ഗവർണർ ഡോ.സൂമിത്രൻ ഗംഗാധരൻ നിർവഹിക്കന്ന

### വീടുകളുടെ ശിലാസ്ഥാപനം

ആലപ്പുഴ: പ്ലാറ്റിനം ജൂബിലിആഘോ ഷിക്കുന്നതിന്റെ ജാഗമായി റോട്ടറിക്ല ബ്ഓഫ്ആലപ്പിനിർദ്ധനരായ 10 ക ട്രംബങ്ങൾക്ക് ഒരു കോടിത്രപ്പട്ടുക്കി പത്ത് വീട്ടുകൾ സൗജന്യമായി നിർ മ്മിച്ചു നൽകം. ഇതിന്റെ ശിലാസ്ഥാ പന്നം മുഹമ്മപ പഞ്ചായത്തിൽ കാട്ടുക ട ക്ഷേത്രത്തിന സമീപമുള്ള റോട്ടറി ക്ലബ് ഓഫ് ആലപ്പിയുടെ സ്ഥലത്ത് റോട്ടറിഡിസ്കിക്റ്ഗവർണർഡോ.സു മിത്രൻ ഗംഗാധരൻ നിർവഹിച്ച, റോ ട്ടറി ക്ലബ് ഓഫ് ആലപ്പി പ്രസിഡന്റ് ഡോ.മുഹമ്മദ് അസ്സാം, അസി.ഗവർ ണർകെ.ചെറിയാൻ, പ്ലാറ്റിനം ജൂബി ലി കമ്മിറ്റി ചെയർമാൻ രാജ ചാണ്ടി , റോട്ടറി ക്ലബ് ഓഫ് ആലപ്പി സെക്ര ട്ടറി ജിജോ ചാക്കോ എന്നിവർ സം സാരിച്ച

**RC Kazhakuttom** conducted the foundation stone laying ceremony of the first of six houses under this project on Feb 12. Rtn PAG Timmy Antony is handling the construction activities. The beneficiary is Smt Jasina Beevi. Club President Rtn Balan Bhaskaran, RC Trivandrum South President Rtn Parvathy Reghunath, Pothencode Block Panchayat President Sri Hariprasad and Udaikiran Housing Chairman Rtn Vijayakumar together laid the foundation stone. All houses will be completed in this Rotary year itself, ie.before 30 June.

RC Kozhencherry inaugurated the next stage of their Ambulance service - the unique Hearse Van, to transport dead bodies to the crematorium/graveyard. Hon.Ministers Smt. Veena George (Minister for Health, Women and Child Development) and Sri.Kadannapally Ramachandran (Minister for Registration, Museums and Archeology) jointly flagged off the Hearse Van at a function organized at Aranmula Satharam on Feb 11.



# News Roundup

**RC Trivandrum South** handed over the Interact Club charter to Carmel School, Peyad on February 13. The school has 1200 girl students; nearly 200 of them are offered free education. Full of energy and optimism, the new Interact Club is already working on a project for ADHD children.

**RC Alleppey North** felicitated the "Kutty Karshakar" of the Mannamcherry Govt. High School at the harvesting ceremony of the organic vegetable garden created by the members of

"Nallapadam Club". The club also performed Annadanam and Vasthradanam at Kalavoor Old Age Home.

**RC Poovar** conducted a Motivation class for SSLC students and parents in association with Pozhiyoor Santhinikethan Charitable Society. The club also conducted a Gandhian Quiz competition in association with English Academy on Jan 31. More than 50 students of the academy participated. Rtn.Rajan V.Pozhiyoor who has won many awards from the government, was the Quiz Master.

**RC Quilon West** organised a Traffic Awareness programme with focus on Road Safety for the strudents of Scilore Central School. Rtn.Jacob Jerome, Retd ACP led the programme and discussions.

**RC Kottayam** distributed "Kurunilla" pre-primary book series to various Anganvadis under Basic Education and Literacy vertical, in association with Kerala Sastra Sahithya Parishad.

**RC Alleppey Coir City** conducted a project for pesticide free vegetable cultivation at members' homes on Feb 2. Ariyad Block President Sri.Maheendran inaugurated the project at President Rtn.T.G.Sanal Kumar's residence.

**RC Kottayam East** conducted the District RYLA leadership programme for students on Feb 24-25 at Mar Baselious College of Engg, Kuttikanam in association with Manorama Online. The trainer was Sri.Cherian Varghese, Life Coach, with talks by Dr.Arun S Nair IAS, Sub-Collector Idukki, Vijay Babu, Actor, and other young leadership personalities.













**RC Tiruvalla** handed over Beach umbrellas to roadside vendors in the town for their protection from the hot sun.

**RC Kayamulam Palace** organised an Awareness Talk for the students of NSS HS, Pullikkanakku on Feb 13. The topic was How to oversome Examination Fear and Stress.

**RC Kollam Residency** conducted Annadhanam and Vastradhanam (free food and clothes distribution) at MGM Charitable Trust, Chittumala, Kollam.

**RC Karunagapally** constructed and handed over an Open Stage to the Govt UPG School, Karunagapally to enable them to conduct art and other extracurricular programmes for the students. Sri.M.M.Arif MP inaugurated. DG Dr.G.Sumithran presided over the function.

**RC Palai** inducted Nisha and Adarsh (both Managers in SBI) as new members at their family meeting on Feb 28, bringing their total membership to 161.









On Feb 23, Rotary's Birth Anniversary, a Webinar on "Rotary's Role in promoting Understanding and Peace in the World" was conducted, led by Rtn.S.Salikumar, AG Zone XXII. Inaugurated by DG, Panel presentations by PDG.Shirish Kesavan, PDG.Dr.John Daniel and DGN.Dr.Tina Antony followed, with an interactive session. The hour-long webinar was well participated by rotarians all across the district.



### **ROTARY CLUB OF POOVAR CENTRAL - NEWEST CLUB IN DIST 3211**

The Rotary Club of Poovar Central held its charter presentation and installation ceremony on Feb 26, 630 PM at Shruthy Royal Auditorium, Poovar. DG Dr.G.Sumithran inaugurated and handed over the Charter in the presence of First lady Dr Smitha Sumitran. PDG AKSM Dr.John Daniel was Guest of honour. Project Inauguration was by PDG Major Donor PG Muraleedharan, District Vice Governor PDG Dr.G.A.George, District Project Chair Rtn.PAG AKSM Dr.Meera John, Rtn PAG Sudheer Devarajan (Trivandrum Revenue District Director), Rtn ER Udayakumar (Asst Governor Zone 1) and President of the Rotary Club of Karode Rtn.Dr.S.Sasidharan, the New Club Advisor.



The newly installed team of the Club includes Charter President Rtn Dr.Sajikumar E.A, Charter Secretary Rtn Adv Santhosh Kumar, and Charter Treasurer Rtn Usha William. Additionally, the club adopted two specially-abled children, Miss Aiswarya S. Nair and Durga Priya for their education support, and made donations of Rs.86,000/to the Superintendent Govt W & C Hospital, Thycaud for purchasing hospital equipment. The club also contributed Rs.25,000/- towards Miss Greeshma's marriage as a deserving request.

### "SATRANGI MED-TALK" YOUTUBE CHANNEL STARTED

As an excellent initiative by RC Chengannur as part of SATRANGI, a new YouTube channel is started. This channel is intended to showcase informative talks on health care and medical field. The video is in an informal, Interview-based, simple, Q&A format. All rotarians are urged to support by sharing and subscribing to the channel. More of our doctor friends in rotary can participate in future med talks.

Episode 1: <a href="https://youtu.be/-QdpHxxKu6M?si=Du1BCjhVQdruJWVU">https://youtu.be/-QdpHxxKu6M?si=Du1BCjhVQdruJWVU</a>

(DG in conversation with Rtn.Col.K.G.Pillai on Heart related ailments)

Episode 2: <a href="https://youtu.be/YFVbG-MUku8?feature=shared">https://youtu.be/YFVbG-MUku8?feature=shared</a>

(Rtn.Dr.Jayakrishnan in conversation with Er.Careen Elsa Mathew on Bone related ailments)



DGN Dr.Tina Antony, along with Rtn.Dr.C.Antony was felicitated at "KOODIMAGAL"- District Conference 2023-24 of RID 3203 Jharkhand, in presence of His Excellency Sri CP Ramachandran, Hon'ble Governor of Jharkhand and RI Director Anirudha Roy Choudhary. District Governor Dr Sunderajan, First Lady Rtn Kokila Sunderajan, District Learning facilitator PDG Rtn Balasundar were present.

### Rotary honors six members as People of Action: Champions of Impact

Rotary recognized six extraordinary members as People of Action: Champions of Impact. This distinction celebrates the honorees' successes in projects that have had positive, long-term impact. Their work relates to several of Rotary's areas of focus, including fighting disease, growing local economies, and protecting the environment.

### Rita Aggarwal, RC Nagpur, Maharashtra, India [Project: Wellness in a Box - Nagpur]

A consulting psychologist for 35 years, she established Manodaya, a private mental health clinic in 1992 to address the low Mental health literacy in young peoplethe high number of students who showed signs of anxiety, depression, and other psychological problems. She applied the toolkit called Wellness in a Box in Nagpur. The project created a curriculum for 14-year-olds that covered depression awareness and coping skills, to counter the stigma that surrounds mental health. It also taught teachers counseling skills. Ten teachers have completed a yearlong counseling course; 10 more are expected to complete it in March. Wellness in a Box—Nagpur has trained 2,280 students and 768 parents and faculty members in the "Break Free From Depression" curriculum.

### Steve Dudenhoefer, RC Puerto Barrios, Izabal, Guatemala [Project: Guatemalan Tomorrow Fund]

Steve founded the Guatemalan Tomorrow Fund 33 years ago, after selling his business in the US and moving to Guatemala to serve as a full-time volunteer. GTF helped develop a program of work-based learning and job placement for young indigenous people. 1000 girls and boys receive vocational training at rural residential schools, with scholarships offered. Teachers were trained in improved methodologies and taught how to provide psychological support to students. 4,000 students have graduated; 86% of them are gainfully employed. The project is now managed by a board of directors composed of Indigenous graduates of the program.

#### Amal El-Sisi, RC El Tahrir, Egypt [Project: Heart2Heart]

Amal El-Sisi is a professor of pediatrics, led Heart2Heart, which helps children in remote parts of Egypt, Kenya, Libya, and Yemen who have heart conditions. El-Sisi recruited 30 local Rotary clubs and 10 clubs in other countries to collaborate on the project by fundraising and TRF global grants. Heart2Heart treats children born with heart disease through state-of-the-art, less invasive catheterization procedures. Before it was started, patients and their families in remote areas had to travel to cities to get these lifesaving procedures. Besides treating 120 children in remote areas, it also trained 20 doctors and 50 nurses and technicians over four years. Rotary members oversaw the monitoring and evaluation of all of Heart2Heart's activities, including follow-up with patients and health care providers.

### Evangeline Buella Mandia, RC Marinduque North, Philippines [Project: Mangrove Rehabilitation]

Mandia's project addressed the decline in mangrove populations in parts of Marinduque, due to deforestation, pollution, and climate change, causing increased coastal erosion, degraded water quality, and a loss of biodiversity. Rotary members raised funds to plant mangrove seedlings and rehabilitate established forests as well as train community members in mangrove propagation and aquaculture. The project also established a seedling nursery and a long-term mangrove conservation plan. Local fishers and farmers gained better job prospects and higher earnings, while the entire community enjoyed a more dependable supply of fresh, local food. The revived mangroves protect against storm surges and reduce coastal erosion.

### Bindi Rajasegaran, RC Ipoh Central, Perak, Malaysia [Project: National Coalition for Mental Wellbeing]

Bindi helped establish the National Coalition for Mental Wellbeing in 2019 addressing youth mental health. 400,000+ children in Malaysia have mental health problems, but many do not seek care. Family and societal pressures, bullying, and loneliness all contribute to this. The project helped school counselors develop their crisis management skills through a Mental Health First Aid certification course and showed them how to foster supportive school environments that promote mental wellness. Awareness campaigns encouraged students to discuss issues and seek help when needed. The project also developed an online platform where counselors recorded case data so the results of their efforts could be measured.

## Walley Temple, RC Calgary, Alberta, Canada [Project: Towards the Elimination of Cervical Cancer in Guatemala]

Walley, a professor of Surgical Oncology at University of Calgary established a training program to identify and treat the conditions that lead to cervical cancer, which is caused by the human papillomavirus, and can be prevented by vaccinating girls aged 9 to 14 and screening women aged 30 to 55. The equipment that is needed for screenings is low-cost and can be carried to even the most remote communities by mobile health care teams. Under his leadership, teams of clinicians conducted training, did examinations, and provided treatment purchasing mobile screening equipment. The project has screened 8,000 women, educated 3,000 women about cervical cancer, and trained and certified 65 health care practitioners.





### SAHAYI - Rotary's Initiative for the Differently Abled

### - Rtn.PAG. PHF. Laji Koshy Eapen, District Chief Co-ordinator, SAHAYI

Under the Assistance to Disabled Persons (ADIP) scheme funded by Ministry of Social Justice and Empowerment (MoSJ&E), Govt of India, Rotary, in collaboration with National Career Service Centre for Differently Abled and Artificial Limb Mfg Co. (ALIMCO), conducted camps in Kollam, Pathanamthitta and Kottayam Districts of RID3211 to identify eligible persons and distribute various aids and appliances to improve their quality of life. The items distributed included Hearing Aids, Smart Phones for Blind students, Smart Cane and folding Braille canes, small and large Wheelchairs, CP Wheelchairs, Braille kits, Artificial Limbs, Rollators, Auxiliary and Elbow Crutches, Walking Sticks, Tricycles, etc.

Rotary's role was to publicise the camps, provide camp venues and facilitation/screening services for the applicant beneficiaries, along with verification of documents to ascertain eligibility. In this way, fourteen eligibility camps were conducted at Vaikom, Pala, Changanassery, Kanjirapally, Kottayam, Pathanamthitta, Thiruvalla, Adoor, Kulanada, Ranny, Sasthamcotta, Punaloor, Paripally and Kollam. Seven Distribution Camps were conducted in various locations in Kollam & Pathanamthitta Districts. The individual camps



were inaugurated by eminent public persons such as H.E Sri. P.S. Sreedharan Pillai (Governor of Goa), Sri. Anto Antony MP, Sri. Jose K. Mani MP, Sri.Thomas Chazhikadan MP, Sri. Mathew T Thomas MLA, Sri. Thiruvanchoor Radhakrishnan MLA, Sri. Job Michael MLA, Sri G S Jayalal MLA, Sri. M. Noushad MLA, Sri. Raju Abraham (Ex MLA)

Addl S.P. Pradeep Kumar and our beloved DG Dr.G.Sumithran, with full involvement from the local Panchayat administration.

We are happy that we could help distribute appliances and aids worth a total of Rs.1,25,21,036/- to more than 1348 physically disabled brethren in our district through SAHAYI Focus Project. We express our gratitude to Rtn.David Jacob,

Revenue District	# Camps (Identification & Distribution)	# Eligible Beneficiaries			Total value of appliances (Rs.)
		Male	Female	Total	
Pathanamthitta	8	259	154	413	35,52,772/-
Kottayam	5	321	227	548	55,37,229/-
Quilon	8	231	156	387	34,31,035/-
Alleppey	To be held				
Trivandrum					
GRAND TOTAL	21	811	537	1348	1,25,21,036/-

Chairman, SAHAYI, the participating clubs and the local government administration machinery for providing Rotary with various inputs and support to facilitate this momentous effort of Community Service.









### ഭിന്നശേഷിക്കാർക്ക് സഹായ ഉപകരണ വിതരണം: ജില്ലാ നിർണയ ക്വാമ്പ് 16ന്

ക്ക് സൗജന്യമായി സഹായ ഉപ കരണങ്ങൾ നൽകുന്ന കേന്ദ്ര സ ർക്കാരിന്റെ പദ്ധതിയായ എഡി ഐപി സ്കീം. മുതിർന്ന പൗര ഐപി സ്കീ. മുതിർന്ന ചൗര മാർക്ക് സഹായ ഉപകരണങ്ങ ൾ നൽകുന്ന ആർവിവി സ്കീം എന്നിവയിൽ ഉൾപ്പെടുത്തി സ ഹായ ഉപകരണങ്ങൾ നൽകുന്ന ജില്ലാ നിർണയ ക്യാവി ചങ്ങനാ ശേരി വാരാളി ക്ലബ്ബിന്റെ നേത്യമു ത്തിൽ ദന് നടക്കും. പാലാത്ര ബൈപാസ് റോട്ടറി എബ്ബിൽ രാവിലെ എട്ടിന് ആരം ദീക്കുന്ന ക്യാമ്പിൽ അർഹരായ വരം ഒതരെഞ്ഞാട്ടുപ്പിലൂടെ ക ക്ഷെത്തിയാണ് ഉപകരണങ്ങൾ കൈമാറുന്നും

ഭിന്നശേഷിക്കാർക്ക് ശ്രവണ സഹായി, കൃത്രീമ കാൽ, അന്ധ രായവർക്ക് (16 വയസിന് മുകളി ൽ പ്രായമുള്ളവർ) സ്മാർട്ട്ഫോ ൺ, സ്മാർട്ട്കെയിൻ, ബ്രെയ്ലി കെയിൻ, ഫോൾഡിംഗ് ബ്രെയ്ലി

ലി കിറ്റ് തുടങ്ങി 15 ഓളം ഉപകര ണങ്ങളാണ് നൽകുന്നത്. മുതിർ ന്ന പൗശോർക്ക് വീൽ ചെയർ ഫോൾഡിംഗ്, വാക്കർ, ബിടിഇ ശ്രവണ സഹായി. ശാരീരിക അ

ശവണ സഹായി. ശാരീരിക അ വശതകരള പ്രതിരോധിക്കുന്ന ഉപകരണങ്ങൾ നാൽകും. കുഗ്നിലുടെ തൊരഞ്ഞെടുക്ക പ്ലെടുന്നവർക്ക് നാലുമാസത്തി നകം സഹായ ഉപകരണങ്ങൾ ലഭ്യമാകുമെന്നും സഹായം ആ വശ്യമായ വ്യക്തികൾക്ക് മാത്ര മാണ് കുറമ്പിൽ പങ്കെടുക്കാൻ കഴിയുന്നതെന്നും റോട്ടറി ഭാര വാഹികളായ റോട്ടറി മുൻ ഗവർ ൺ സ്കറിയ ജോസ് കാട്ടൂർ, പ്ര സിഡൽ്റ്റ കെ.ജെ. ലൂയിസ്, ജോ സഫ് ആര്യ്ത്തി മെട്രോ, ലാജി കോൾ, ബെന്നി ജോസഫ്, സാ

സമ്മേളനത്തിൽ അറിയിച്ചു. പങ്കെടുക്കാൻ ആഗ്രഹിക്കുന്ന വർ ഫോൺ: 9447791255 ബന്ധ

പ്പെടുക

#### രേഖകൾ ഹാജരാക്കണം

40 ശതമാനമോ അതിലധിക മോ വൈകലും തെളിയിക്കുന്ന മെഡിക്കൽ ബോർഡ് സർട്ടിഫി കേറ്റ്, മാസവതുമാനം 22,500തൂപ യിൽ താഴെയാണെന്നു തെളിയി ക്കുന്ന വില്ലേജ് ഓഫീസറുടെ സ ർട്ടിഫിക്കറ്റ് അല്ലെങ്കിൽ ജനപ്ര തിന്ധികളുടെ കത്ത് അല്ലെങ്കിൽ റേഷൻകാർഡ് കോപ്പി, റേഷ ൻ കാർഡ്, ആധാർകാർഡ്, ഹാഷ് ൻ കാർഡ്, ആധാർകാർഡ്, ഹാഷ് ൻ കാർഡ്, ആധാർകാർഡ്, ഹാഷ്യ ൽ വോയമുടെങ്ങനു തെളിയി ക്കുന്ന ആധാർ കാർഡിന്റെ കോ പ്പി. മാസവരുമാനം 22,500തൂപയി ൽ താഴെയാണന്നു തെളിയിക്കു ന്ന വില്ലേജ് ഓഫീസറുടെ സർട്ടി ഫിക്കറ്റ് അല്ലെങ്കിൽ ജനപ്രതിന് ധികളുടെ കത്ത് അല്ലെങ്കിൽ റേ ഷൻകാർഡ് കോപ്പി, ഫോട്ടോ എന്നിവ ഹാജരാക്കണം. 40 ശതമാനമോ അതിലധിക







## ദിന്നശേഷി വിദ്യാർഥികൾക്ക് പഠന പരിശീലന സാമഗ്രികൾ

കൊട്ടിയം റോട്ടറി ക്ലബ് നേതു ത്വത്തിൽ ഭിന്നശേഷി വിദ്യാർഥി കൾക്ക് പഠന പരിശീലന സാമ ഗ്രികൾ അടങ്ങിയ സൗജന്യ കി റ്റ് നൽകുന്നതിനുള്ള അപേക്ഷ കൾ ഏറ്റുവാങ്ങി.

മുഖത്തല ബ്ലോക്ക് പഞ്ചാ യത്ത് ഓഫീസ് ഹാളിൽ നടന്ന പരിപാടി സിഡിപിഒ അല്ലി ഉദ്ഘാടനംചെയ്തു. കൊട്ടിയം റോട്ടറി ക്ലബ് പ്രസിഡന്റ് ഷി ബു റാവുത്തർ അധ്യക്ഷനായി. സാമാഹിക നീതി മന്ത്രാലയ



കൊട്ടിയം റോട്ടറി ക്ലബ് സംഘടിപ്പിച്ച ചടങ്ങിൽ ഭിന്നശേഷി വിദ്യാർഥികൾക്കുള്ള പാന പരിശീലന സാഖ്യറികൾ അടങ്ങിയ സൗജന്യ കിറ്റ് നൽകുന്നതിനുള്ള അപേക്ഷകൾ എറുവാങ്ങുന്നു

ത്തിന് കീഴിലുള്ള എൻഐഇ പിഐഡിയുടെ സഹായത്തോ ടെ നാഷണൽ ട്രസ്റ്റ് ലോക്കൽ കമ്മിറ്റി മുഖേനയാണ് കിറ്റ് നൽകുന്നത്. റോട്ടറി ഇന്റർനാ ഷണൽ സഹായി ഡിസ്ട്രിക് പ്രോജക്ട് ചെയർമാൻ ഡി ജേക്കബ്, ബ്ലോക്ക് പഞ്ചായ ത്ത് പ്രസിഡന്റ് ബി യശോദ, എൽഎൽസി വളന്റിയർമാ രായ ലാലമ്മ, ലാലിജോസ്, സജിത, അർഷാദ്, ബി സുകു മാരൻ, രാജൻ കായ്നോസ് എന്നിവർ സംസാരിച്ചു.

### സഹായ ഉപകരണ വിതരണം: ക്യാംപ് 15ന്

കോട്ടയം • ഭിന്നശേഷിക്കാർക്കും മുതിർന്ന പൗരന്മാർക്കും സഹായ ഉപകരണങ്ങൾ സൗജന്യമായി നൽകുന്നതിന് അർഹരായവരെ തിരഞ്ഞെടുക്കുവാനുള്ള പ്രാഥ മിക ക്യാംപ് 15ന് ഒൻപത് മുതൽ അഞ്ച് വരെ പുതുപ്പള്ളി പഞ്ചായ ത്ത് കമ്യൂണിറ്റി സെന്ററിൽ നട ത്തും. റോട്ടറി ക്ലബ് പുതുപ്പള്ളി യും കോട്ടയം സതേണും ചേർ ന്നാണു ക്യാംപ് നടത്തുന്നത്.

പി.ടി. ഉഷ എംപിയും കോട്ട യം കലക്ടർ വി.വിഘ്നേശ്വരി യും പങ്കെടുക്കും. റോട്ടറി ഡി സ്ട്രിക്ട് ഗവർണർ ഡോ.ജി സു മിത്രൻ അധ്യക്ഷത വഹിക്കും.

കേന്ദ്ര സാമൂഹിക നീതി മന്ത്രാ ലയത്തിന്റെ കീഴിലുള്ള അലിം കോ ബെംഗളൂരു റോട്ടറി ഡിസ്ട്രി ക്ട് 3211 ന്റെ സഹായി പദ്ധതിയു ടെ ഭാഗമായി ത്രിതല പഞ്ചായ ത്തുകളുടെ സഹകരണത്തോടെ യാണ് പദ്ധതി.





















### THE MAGIC OF ROTARY AS WE CREATE HOPE IN THE WORLD

- Rtn. Dr. Tina Antony, DG Nominee

Rotary International has a tradition of selecting THEMES that inspire and guide Rotary clubs and members worldwide.

RI President R. Gordon R. McInally at the Rotary International Assembly of 2023 unveiled the **Theme for 2023-24 - CREATE HOPE IN THE WORLD** where he called for Rotary to create hope in the world by working for peace and mental wellbeing. He urged members to engage in tough conversations and earn the trust that's necessary to realize these values. I realized he meant every word when he addressed upcoming Rotary leaders at the Rotary Institute in Bangalore and urged us to play it fair in Rotary elections.



RI President-elect Stephanie Urchick took it even further when she unveiled the **Theme for 2024-25 - THE MAGIC OF ROTARY.** She said members create that magic with every project completed, every dollar donated, and every new member of Rotary.

"CREATE HOPE IN THE WORLD" is about fostering optimism, positive change, and making a tangible impact on people's lives. In essence, "Create Hope in the World" reflects Rotary International's commitment to being a force for positive change. It inspires Rotary clubs and members to actively participate in initiatives that bring hope, resilience, and lasting transformation to communities, both locally and globally. The theme serves as a rallying call to harness the collective power of Rotary in making a meaningful difference in the lives of individuals and in the world as a whole.

"THE MAGIC OF ROTARY" captures the essence of the transformative and impactful work that Rotary does globally. Rotary International is known for its commitment to service, community development, and fostering goodwill.

**TRANSFORMATION THROUGH SERVICE** - Rotary clubs engage in a wide range of service projects, from supporting local communities to participating in international initiatives. The "Magic of Rotary" emphasizes the transformative power of service in creating positive change.

**COMMUNITY CONNECTION** - Rotary thrives on the connections it builds within communities. The theme highlights the magic that happens when individuals come together, pooling their resources, skills, and passion for a common cause.

**GLOBAL IMPACT** - Rotary's impact is not limited to local communities; it extends globally through initiatives like polio eradication, Global Grant Projects that implements projects in the 7 areas of focus, peace initiatives, disaster relief efforts worldwide. The theme emphasizes the worldwide influence of Rotary's efforts.

**COLLABORATION AND FELLOWSHIP** - The sense of fellowship and collaboration within Rotary is magical in itself. Members, often from diverse backgrounds, work together harmoniously to address challenges and create positive change.

**INNOVATION AND ADAPTABILITY** - Rotary has a rich history of adapting to the changing needs of society. The "Magic of Rotary" celebrates the innovative solutions and adaptability demonstrated by Rotary clubs in addressing contemporary issues.

**INSPIRING LEADERSHIP** - The theme underscores the role of Rotary leaders in inspiring others to contribute to the organization's goals, creating a ripple effect of positive influence.

**ENDURING VALUES** - Rotary's core values of service, integrity, leadership, and fellowship are integral to its identity. The theme highlights the enduring magic found in these values.

**THE MAGIC OF ROTARY** encapsulates the extraordinary impact that Rotary has by creating hope in communities, individuals, and the world at large. It aims to inspire members to continue their service with passion and dedication, creating positive transformations that leave a lasting magical imprint on the world as we **CREATE HOPE IN THE WORLD.** 

### [Contributed by Rtn.K.M.Mammen, RC Chengannur]

### **Milestones of Rotary International**

1905: First Rotary club organized in Chicago, Illinois

1905: Second club formed in San Francisco

1909: Rotary Club of New York organized in

1910: Rotary Club of Winnipeg, Manitoba, Canada, becomes the first club

outside the US to be officially chartered.

1912: First Rotary convention held in Chicago

1917: Endowment fund, forerunner of The Rotary Foundation, established

1932: Four-Way Test formulated by Chicago Rotarian Herbert J. Taylor

1945: Forty-nine Rotarians help draft United Nations Charter in San Francisco

1947: Rotary founder Paul Harris dies

1947: First 18 Rotary Foundation scholarships granted

1962: First Interact club formed in Melbourne, Florida

**1965 :** Rotary Foundation launches Matching Grants and Group Study Exchange programs

1978: RI's largest convention, with 39,834 registrants, held in Tokyo

1985: Rotary announces PolioPlus program to immunizeall the children of the world against Polio.

1985: Council on Legislation opens Rotary membership to women worldwide

1989: Rotary clubs chartered in Budapest, Hungary, and Warsaw, Poland, for first time in almost 50 years

1990: Rotary Club of Moscow chartered first club in Soviet Union

1990-91: Preserve Planet Earth program inspires some 2,000 Rotary-sponsored environmental projects

1994: Western Hemisphere declared polio-free

1999: Rotary Centers for International Studies in Peace and Conflict Resolution established

2000: Western Pacific declared polio-free

2002: Europe declared polio-free;

2002: First class of 70 Rotary Peace Scholars begin study

2003: Rotarians raise more than US \$118 million to support the final stages of polio eradication

**2005**: 23 February 2005: The Rotary Club of Chicago and Rotary International celebrated the centennial of the "Room 711" meeting, the first meeting of four men whose gathering became a world wide movement.

2006: Rotary opens extension to China and Cuba (source Rotary International)

**2006 :** Only four countries remain polio-endemic: Afghanistan, India, Nigeria, and Pakistan. Polio cases worldwide have dropped by 99 percent since 1985.

**2007 :** The Rotary Foundation celebrates the millionth Paul Harris Fellow by recognizing 34 individuals "one from each Rotary zone. The donors receive plaques and certificates honouring their contribution.

**2008 :** Rotary officially launches its effort to match a US\$100 million challenge grant from the Bill & Melinda Gates Foundation to help eradicate polio.

2009: Rotary celebrates the 100th RI Convention in Birmingham, England.

**2010 :** More than 199,000 women are members of Rotary clubs worldwide, with an increasing number serving as district governors.

2012: Elizabeth S. Demaray begins her term as treasurer, the first woman to serve in this position

2013: Anne L. Matthews begins her term as the first woman to serve as RI vice president.

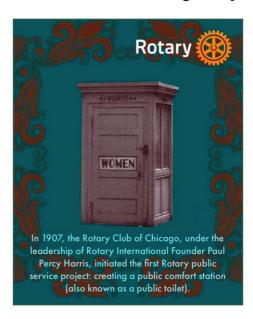
2013-15: Celia De Giay from Argentina and Mary Ann Growney-Selene from Wisconsin become Directors

**2017 :** Brenda M. Cressey, TRF Trustee (2017-2021) begins her term as treasurer.

**2020 :** Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada becomes Rotary International's president for 2022-23, it makes her the first woman to hold that office in the organization's 116-year history.

**2021-22:** Shekhar Mehta, member of Rotary Club of Calcutta-Mahanagar, West Bengal, becomes RI President, the fourth Indian to hold this position.

**2023 :** Stephanie A. Urchick of Rotary Club of McMurray, Pennsylvania, USA becomes Rotary International's president for 2024-25, it makes her the second woman to hold that office.





### THE LEGAL SIDE - What Club Leaders should know

- Rtn.Dr.George F. Moolayil (PDSG)

### Q: What is the ideal number of Rotarians in the Director Board of a Rotary Club?

Ans: There are no ideal numbers as such, for the Director Board of a Club. However the following Rotarians are the mandatory members of the Director Board of a Rotary Club as per the Bylaw suggested by the RI for the Rotary Clubs.

- \* The President of the Club
- \* The Immediate Past President
- \* The President Elect
- \* The Secretary
- \* The Treasurer
- \* The Vice President
- \* The Sergeant at Arms (if the Bylaw of the Club permits)

More members can be elected if there is a provision in the Club Bylaw for doing so.

## Q: Are the decisions taken by a Director Board valid if there are non Director Board Members participating in the decision making process?

Ans: No. The decisions of the Director Board should be taken by the Director Board Members only.

### Q: Can the General Body overrule the decisions of the Director Board?

Ans: The General Body can overrule the decisions of the Director Board by a two-thirds majority of members present and voting in a meeting specifically called for the purpose with the proper notice and mentioning the agenda. However in the case of termination of a member he/she has the option for going for Mediation and Arbitration apart from the appeal to the Club.

### Q: Which Body decides on Honorary Membership? General Body or Director Board?

Ans: It is the Director Board which takes the final decision.

#### Q: There is a belief that Honorary Members are taken only for a year. Is it correct?

Ans: No. The period is determined by the Director Board. It can be even for ten years or more.

#### Q: Can a Rotarian hold two posts in the Director Board like Secretary and President Elect?

Ans: The Bylaw does not prohibit such a provision.

# Q: What are the mandatory committees for the Clubs as prescribed by RI?

**Ans:** The club can form suitable committees to manage its projects and activities. However, the following committees are mandatory.

- \* Club Administration
- \* Membership
- \* Public Image
- \* Rotary Foundation
- \* Service Projects

OFFICIAL NOTIFICATION INVITING NOMINATION
FOR DISTRICT GOVERNOR 2026 -27 AND
BALLOTING OFFICERS FROM CLUBS has already
been sent via email on 15th of February 2024 at
O5.05 PM. The hard copy of the same sent via
registered post. Last date of suggestions from
clubs is 20-03-2024
(WEDNESDAY) 05.00 PM

CLUB HAS TO CLEAR DISTRICT DUES IN ORDER TO PARTICIPATE IN THE ELECTION



District plans to conduct a ballot election if needed during the 2nd day of our District Conference i.e. 28th of April 2024 (SUNDAY)

PDG.M.MURUGANANDAM, of Rotary Club of BHEL City, Tiruchi, RI District 3000, has been elected as Rotary International Director Zone-5 for 2025-27. He is the Chairman of EXCEL Group of Companies, currently serving as Rotary Public Image Coordinator Zone 5 for the three-year period 2023-26.



### **HEARTY CONGRATULATIONS AND BEST WISHES!!**

MARCH IS WATER, SANITATION AND HYGIENE MONTH. During this month, we're celebrating our commitment to create healthier communities by supplying clean water and sanitation facilities to prevent the spread of infectious diseases. Clean water and sanitation is a human right. When people, especially children, have access to clean water, sanitation, and hygiene, they lead healthier and more successful lives. Over the past decade, The Rotary Foundation has invested more than \$180 million in over 2,500 water and sanitation projects worldwide. We don't just build wells and walk away. Rotary members integrate water, sanitation, and hygiene into education projects. When children learn about disease transmission and practice good hygiene, they miss less school. And they can take those lessons home to their families, further expanding our impact.

### **OBITUARY**

Rtn.PAG.Santosh George (56) of RC Tiruvalla left us suddenly and unexpectedly due to a heart attack on Feb 2 while on a visit to Cochin. During his 25+ years in Rotary, he served his club as President and also led the Zone as Asst Governor in 2017-18. He was Proprietor of Mediwin Laboratories, which offers health care diagnostics and services. He is survived by his wife Rtyn.Rachel John and two sons Annets Alan and Aaron.





Rtn.PAG.R.Bhaskaran Pillai of RC Kollam Palace City expired on Feb 20. He was 87 years old, retiring as Dy. Development

Commissioner in Govt service. A long standing member of the club for more than 20 years, he served as President and as Asst Governor. He is survived by his wife Rtyn. Pushpavally (retired Headmistress), children Annets Biju Bhaskar (Engineer, USA), Dr.Lakshmi Krishna Kumar (Paediatrician, Palghat) and Dr.Manju Pradeep (Ophthalmologist, UK).

We pray that the dear departed souls may Rest In Eternal Peace!!!

This Newsletter is for Private circulation only. Printed and published by Dr.G.Sumithran, Rotary District 3211 Office, Pada South Market Road, Karunagapally, Kollam 690 518. Contributions & suggestions may please be sent to the editor by email, ravindrakumar.rm@gmail.com. Disclaimer: Views expressed by contributors are not necessarily those of Rotary District 3211. Every effort is made to see that the GML contents are accurate. Information published is in good faith and no liability can be accepted for any loss or inconvenience arising from errors and omissions.

# FAMILY PAGE

### THE POWER OF ONE!

- Rtn Lekshmi M Kumaran, RC Trivandrum South

Lekshmi is a Senior Lead in Management with expertise in Communication, CSR, HR and Branding. Currently she is working as CER Consultant to Winterfell, Taurus India.

It was around April in 2011. Shri Mohammed Arif, of VijayaKarnataka spoke to me about a humble orange hawker who was doing tremendous work in promoting education in a remote part of Mangalore (Harekala New Padpu village near Konaje). He had been honoured with the 'Common Persons and Uncommon Works: Real Heroes' award instituted by CNN-IBN and Reliance Industries Group. I was unprepared for what followed.

Shri Hajabba was frail to the point of being wiry, wore his grey hair really short, walked

bare feet and was dressed in a white moondu and a white shirt. The white shirt and dhoti were clean. Perhaps

the only sign of his lofty mind and "extraordinary" ness. He spoke Kannada in a soft voice and sold oranges for a living. His house was still thatched and very modest. His award money and any funds that flowed in post his recognition, had been channelled to building a school for the children of the locality. Educating the children of his village had been his mission from 1990. He put away most of his daily earnings from selling oranges and with a small sum thus saved, Hajabba approached a young teacher to help him in his mission. She agreed and the beginning of a school was seeded that day. Few students enrolled and the teacher took classes under a thatched roof. Impressed by Hajabba's commitment and the need of the day, Dakshina Kannada zilla panchayat sanctioned a school for the junior classes in the year 1999. Hajabba was overjoyed. But he did not rest on his laurels, he pushed on, his dream growing into a full fledged school with students upto Xth, equipped with a proper lab and computer lab. He continued to sell oranges for a living and his family lived off his meagre earnings. In 2020, the Govt of India rewarded him with a PadmaShri. And his school today is successfully imparting education upto Xth. Every rupee that came his way as part of the many awards he won, sponsorship and The Power of One!

This brings me to the power of one. One determined person can transform a whole community if he/she sets to do it. I could go on and on about countless names, dates and acts of valour that I have come upon in the course of my life. Those unsung heroes never came under the spotlight of the public, never went through coaching sessions or were nurtured to be heroes. And yet that spark in them ignites when faced with a situation, they stand resolute in their mission and transform society, often alone. Now everyone has a voice,

"We make a living by what we get, but we make a life by what we give", said Winston Churchill.

My father the late Adv C V Thrivikraman walked this belief and to him Rotary was a powerful means to realizing this philosophy by bonding with like-minded people. Right till his 91st year every Tuesday he was at the Rotary Club of Trivandrum South. He had been a charter member and right upto 2022 he carried with him the same excitement and enthusiasm for the Club's projects and progress. Amma, the late Dr K Lalitha, after his passing entrusted me with the legacy Achan left behind and his belief in Rotary. In the past year and a half I have realized the potential and the impact of Rotary in the communities : locally, nationally and globally and met many extraordinary souls who infuse the Rotary movement with their singular dedication and drive.

thanks to social media; which has empowered citizen journalists to go out there and celebrate our incredible Indians. So there is always recognition and support that comes faster, easier for these heroes, these days.

We must doff our hats to Smt Vani Murthy aka Worm Rani, Smt Geethu of Greenworms, who cleaned up the entire Konnad beach and changed the habits of her folks and attitude to waste management, Desraj Singh, Daulat Bi Khan, Sharib Hassan, Ananya Wig & Sabrina who were feted by Ariel for their work during the pandemic... ordinary people living anonymously amongst us and making a sustained remarkable change in people and life around them. Today they are recognised heroes, role models, thanks to social media.

And yet, a large number of people still hesitate as they don't trust their own power to make a difference, little knowing that they are losing their one chance at realising that "life is service and service is joy", as Guru Tagore declared.

Few days back I participated in a beach cleaning activity and was revulsed, shocked and disturbed by how badly we pollute our seas and beaches. Remember when we could drink water directly from roadside taps?? Today we cannot live without water filters and boiling water. Our rivers have streams and canals that have been transformed into drains. The open garbage dumps burning has been associated with the rise of respiratory diseases and cancer; not to mention of the plastic that's seeped into breastmilk even. Each one of us CAN make a difference to this plastic menace, marine pollution and air pollution.

When will we realise what really matters to us?? When will we realise the power to make a difference?? We frequently hear this defeating excuse "what difference can I make ..so many things are wrong... I am just one person, helpless to do anything alone. The Government or some agency should do the needful". The Harakkala Hajabbas, Saalu Marada Thimakkas, Tulasi Gowdas, the Geethus are shining beacons that stare at us in response... they became change makers because they didn't know they don't have the power... they were driven by the power of their vision to make the change.

Like them, You and I do have the power to make a difference. The power of one.. who makes a beginning! And besides, we are empowered by a movement called Rotary.... a movement that can make not just changes, but sustainable shifts.



Sunset at Edava Beach
- Photo by Rtn.Prem Kumar Thampi,
RC Trivandrum Central

The question is - do we want to ??

Tongue-in-Cheek

Actual sign inside the parking lot

of a shopping mall



### A Tongue Twisting Tribute to the letter "T"...

[A play of words, all starting with the letter T, courtesy Dr.Shashi Tharoor MP, who has graced many of our Rotary events]

The tongue's terrible tendency to tell tall tales totally tarnishes traditional transcommunication theories. The tempestuous tirades traceable to the tongue testify to the traumatic tactics of this tiny tab of tissue. Thousands that take the time to think, try to tame the tumultuous torrent of the too talkative tongue. Temporarily, the tide turns. Towering tempers turn to tenderness. Then, tragically, the trend tapers. The tongue trips, teeters, then takes a tumble; the temptation to trifling twaddle triumphs.

Take time to tabulate this timeless truth: to train the tongue takes the tremendous talent of trust. Theology teaches that trust thrives through toil. Therefore, throttle the testy tongue! Terminate the trivial topics that tinge the tenor of talk! Trim the trashy, tasteless terms that transgress traditions of truth! Trounce the trite themes that toady to thoughtless tattling!

Theoretically, the tantalizing target of a true, tactful, temperate tongue torments and teases those that tackle the task. To tell the truth, thrilling triumph throngs the tracks of the tough, tenacious thwarter of tawdry talk !!!!!

#### **BULLETIN REVIEW...**

[Reviewing a selected club bulletin of our District]

### **HARINADAM**

### - BULLETIN OF RC HARIPAD GREATER

When I was asked by the erudite editor to review the bulletin of Haripad Greater, I was little exposed to the publication.

Later I talked to the President Rtn Suresh Rao to share the copies of the bulletin so far published this year and I was surprised to receive a call back from the Secretary of the Club Rtn Maya Suresh informing me that she handles the bulletin of the club also as its editor. Knowing Maya, a committed Rotarian highly passionate for projects on environment protection, I was pretty sure that she will be doing full justice to the post of Bulletin Editor.

I have gone through all the seven issues of the bulletin so far published and to my delight the bulletin carries a beautiful name "Harinadam". Hari is Lord Vishnu, who symbolizes someone who forgives sins and Nadam is voice. Another thing which attracted me the most was that in every issue; Maya has earmarked one page for environment matters. Great gesture by the Editor.

Barring one issue, all issues have 6 pages. I enjoyed reading the articles on 'Ra... mayanam' by Ramakrishna Warrier, the poem 'Letter to the Moonlight' by Annet. Mitha Lakshmi M.P and the regular column by PAG Dr Prasannan on Rotary and Yoga. All the designated months in Rotary have been prominently covered in the different issues.

The bulletin has all ingredients of a standard club bulletin including President's and Secretary's messages, but the editorials were badly missing. Perhaps, Maya through her 'Secretary's Desk' would have thought of passing the editorial messages also. I wish the Editor could have found space for some more District and Rotary International News. The photographs of different activities are so crowded into one or two pages which I felt didn't serve the purpose. Notwithstanding the shortcomings, I place on record my sincere appreciation for the commitments of Rtn Maya Suresh in her dual role in Rotary as Secretary and Bulletin Editor.

- Rtn PAG M Kumaraswamy Pillai.

### **EDITOR'S CORNER**

[Featuring Guest Editorials from our Rotarians. Any subject of topical interest is encouraged., limiting to 300-350 words. - Ed.]

The Role of District Governors, Rotary 3211 - PAG Er. Rajan G. Pinaruvila RC Punalur.



Dear Friends in Rotary,

The current District Governor of RID3211 is Rtn. Major Donor Dr. Sumithran Gangadharan, a disciplined, hardworking, and compassionate human being, who has been an active member of Rotary for over a decade. Apart from being one of Kerala's finest cardio-thoracic surgeons, he has exhibited incredible leadership skills. Notably, he won the Best Asst Governor award for the Rotary year 2016-2017.

But unfortunately, the perceived quality of governor selection within RID 3211 has been a topic of concern for several years. While opinions may vary, some factors I believe, that could contribute to this perception include:

- **1. Lack of Transparency:** If the process lacks transparency or if decisions are made behind closed doors, it can lead to doubts about the fairness and quality of the selection.
- **2. Nepotism or Favoritism:** If there is a perception that certain individuals are consistently chosen due to personal connections rather than merit, it can erode confidence in the selection process.
- **3. Limited Pool of Candidates:** If the pool of potential candidates is small or if the same individuals are repeatedly nominated, it may limit the diversity of leadership styles and fresh ideas.
- **4. Inadequate Training and Support:** Governors play a crucial role in leading Rotary activities. If they lack proper training or ongoing support, their effectiveness may suffer.
- **5. Performance Evaluation:** Regular evaluation of governors' performance and accountability mechanisms are essential. If these are lacking, it can impact the overall quality of leadership.

It's important for Rotary Districts to address these concerns and continually strive for transparency, fairness, and excellence in selecting governors. Constructive feedback and open dialogue can lead to positive changes and enhance the quality of leadership within the organization.

Chief Editor: Rtn.R.Ravindra Kumar Co-Editor: Rtn.Dr.Tessy Kurian