



# SUMITHRAN

"A WARM SMILE"

# സുഖിതം



Major Donor Dr.G.Sumithran  
District Governor

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

CREATE HOPE  
in the WORLD

GML ISSUE # 5, NOVEMBER 2023



Rally conducted by RC Quilon on the International Day of the Girl Child, to spread public awareness of the Importance to Empower Girls

## RI PRESIDENT'S MESSAGE - November 2023 [Excerpts]

### The Road to Peace

This month, Rotary takes a step toward supporting peacebuilding in the Middle East and North Africa region. In November, Rotary and District 2420 are hosting a signing ceremony for our newest peace center in partnership with Bahçeşehir University in Istanbul. The ceremony is the first in a series of events recognizing the new center at BAU and Rotary's work to promote peace. The 2024 RI Convention in May will mark 25 years since the first Rotary Peace Centers were announced — coincidentally at the Rotary Convention in Singapore in 1999. Recruitment for the first cohort of Rotary Peace Fellows at BAU also starts in 2024, and selected candidates will begin their program in early 2025.



Since its beginning, the peace centers program has prepared more than 1,700 peace fellows working in more than 140 countries to create a more peaceful world. That is certainly worth celebrating, but Rotary Peace Fellows are more than statistics on a page. Their actions have helped Create Hope in the World and will continue to do so. For example, Jennifer Montgomery and Gorett Komurembe — peace fellows from the program at Makerere University in Uganda — are co-founders of Magenta Girls Initiative. The international nongovernmental organization equips Ugandan girls and young women with the support and tools to overcome harmful gender norms, generational poverty, gender-based violence, trafficking, and trauma.

Ndzi Divine Njamsi, another peace fellow who studied at Makerere, has taken lessons learned about Positive Peace and is sharing them with students of his own in Cameroon. He became interested in the Rotary Positive Peace Activator training program after witnessing extremism, online hate speech, and violence in Cameroon. Since completing the program, he has brought his lessons on peace to students at the Yaoundé International Business School and other organizations in the Central Africa country.

The world needs more people like the graduates of the program at Makerere and our other peace fellows. To that end, we can all advance peace by encouraging our local peacebuilders to learn more about Rotary and apply for this impactful fellowship. Rotary members can also mentor candidates for the fellowship. Or you can work with peace fellows who have already graduated. They probably have an initiative or two that would benefit from your help.

Our peace centers in North America, Europe, Africa, Australia, and Asia depend on financial support as well. The program at BAU was made possible thanks to a generous gift of \$15.5 million to The Rotary Foundation from the Otto and Fran Walter Foundation. This new Rotary Peace Center will offer a one-year professional development certificate in peace and development studies for fellows focusing on peacebuilding within the Middle East and North Africa region. Peace must be waged persistently; it is the soil where hope takes root. But as with any journey, we take one step at a time. Let's take those steps together.

R Gordon R McInally  
President, Rotary International



## FROM DG'S DESK.... "BE A GIVER , NOT A TAKER"

My dear friends,

Rtn.Dr.Smita joins me to wish you all a happy "VIJAYA DASAMI" and also for your exemplary performance in each and every avenue of the wonderful organisation, Rotary ! I am overwhelmed with joy and contentment by experiencing the unlimited efforts you put in to implement unique service activities in tune with the principles of Rotary. At this outset, let me express my personal gratitude, on behalf of the mighty district team, to all the clubs and Rotarians for taking the district project "SAT-RANGI" to the level of ultimate glitter and glory. Thanks a lot to SATRANGI's committed Chair, Rtn.AKSM Dr.Meera John for her unparalleled leadership qualities towards its overall success.

Friends, as you know, one of the most vital areas of any organisation with a long-standing existence is, of course, the financial status. In the case of Rotary it's TRF. Rotary is blessed with the association of large number of generous Rotarians who believe in the art of giving; just because of their kind generosity, RI is able to fulfil the financial commitments to implement meaningful projects all over the world. To make you all aware of this concept, we are pleased to organise a seminar on TRF, suitably named as "PUNYOLSAV", at the most mind soothing venue, KT-DC WATER SCAPES, Kumarakam from 02:30 pm onwards on Sunday 5th November 2023 under the meticulous guidance of a passionate Rotarian, PAG Major Donor Joseph Lukose of Vaikom Lake City. Rotarians willing to contribute a sizable amount to TRF will be honoured on-stage by the District Governor in the gracious presence of the Chief guest of the program. So it's my personal appeal to you, my friends, kindly rise to the occasion by maximum participation and contributing generously to TRF. We have made a promise of US \$ 1.5 million to TRF and we are deeply determined to keep our words for which I earnestly depend upon your support. See you all at Kumarakam!!

### END POLIO TODAY

Rotary is a matter of pride globally and it's accepted and kept close to the hearts by the people because of the paramount relevance of its flagship project, "POLIO PLUS". Except one or two cases which still exist, the dreaded disease has been wiped out of the world, simply through the outstanding voluntary efforts extended by Rotary and Rotarians. We must be proud of ourselves as Rotarians for this wonderful deed. It may be mentioned that Bill Gates, the IT billionaire and philanthropist, came forward to donate US \$ 300 million to TRF, getting attracted by this amazing humanitarian project of Rotary.

Yours in Rotary

Rtn.Dr.G.Sumithran, DG, RID 3211



## FIRST LADY'S COMMUNICATION

Dear friends,

October was a hectic month for all Rotarians, as the International Day of the Girl Child and World Polio Day fall on the same month. Awareness talks and rallies were conducted by many clubs to highlight the importance of these days. Renowned personalities addressed the challenges faced by girl children and I'm sure that the community will be benefitting a lot.

Another highlight of this month was RLI ( Rotary Leadership Institute), held on the 14-15 October. The first physical RLI of District 3211, about 40 Rotarians attended, with DG and myself. RLI mainly focused on cultivating Leadership qualities. It also threw light on what Rotary is all about. I was thrilled by the two days' sessions, so were the others. Rtn George Sundarajan, the key speaker is popularly known as Rotary encyclopedia. Rtn Rajiv Sharma, Rtn Chandra Bob, Rtn Santhosh Sreedhar and Rtn Sarada Ramani were the other faculties. I owe them all a big thanks...

November 5th is the TRF seminar, PUNYOLSAV to be held at Kumarakom Waterscape Resort; I am eagerly waiting to meet you all there.

Yours in Rotary

Rtn.Dr.Smita Sumithran  
First Lady-RID 3211 (2023-24)

## Q & A ON THE ROTARY FOUNDATION

(DRFC PDG.Dr.G.A.George AKSM clarifies common doubts expressed by Rotarians)

### 1. TRF was founded in 1916 with a corpus of USD 26.50. What is the present corpus?

The present corpus is more than USD 2 billion. As of 2020, an amount of USD 1,127,298,300 had been received as TRF contributions from all over the world.

### 2. How much money has TRF disbursed last year for humanitarian projects?

In the last 106 years TRF has spent over USD 4 billion on life changing and sustainable projects. In 2022 alone, TRF disbursed USD 144 million under various Grants and USD 150 million for PolioPlus.

### 3. What is the basis on which TRF funds are distributed to the districts? How much is our District 3211's allocation for the current year?

Every year every district gets back DDF which is 47.5 % of the Annual Fund giving, 3 years back. This year our district received USD 88,000+, which includes the carry over DDF from previous years.

### 4. What is DDF? How does the district allocate TRF funds to the clubs?

DDF means District Designated Fund. Clubs are given DDF on the basis of projects submitted by the clubs for global grants and district grants.

### 5. Does TRF fund a project in full? Or does it only provide a matching grant?

No. TRF funds only a portion of the project. Of the remaining funds, 15% has to be secured from an international partner and the balance by the club members.

### 6. What are the conditions for a project to be eligible for a matching grant?

Conditions for global grants are :

- a). Must have an international partner
- b). Project should be within 7 areas of focus

Rest of the conditions will be as required in the Global Grant application.

### 7. If I wish to personally fund a deserving service project, can I channel my contribution through TRF? Will the project become eligible for a matching grant if the other conditions are fulfilled?

You can donate personal funds for a project and make it a Directed Gift. The condition is that the minimum project cost should be 30,000 US dollars (+ 5% admin charges for TRF). The project must have an international partner. However, the international partner need not contribute 15% as for normal Global Grants.

### 8. Will my contribution above be eligible for PHF points? Can I claim the income tax benefit of 80G?

YES. It will be counted as your personal contribution and will also become eligible for recognition up to Major Donor level. You can also avail the benefit of 80 G in IT exemption.

### 9. How long does a TRF grant application normally take to get approved?

As soon as all the criteria necessary for global grants are fulfilled (Including satisfactory replies to the questionnaire asked by the grant officer), the grant gets sanctioned by RI.

### 10. Once approved, is the TRF grant money given in advance or as a reimbursement after the expenses are incurred?

YES. Once the GG is approved, money is given in advance by TRF.

### 11. Can I draw up a Will, donating a portion of my immovable assets to TRF, executable after my death? Can this be treated as my contribution for Major Donor or AKSM recognition by RI?

Donation of Immovable assets is practised at present in USA only; but in future it is likely to start in India also.

### 12. What is the Annual Fund of TRF? How is this different from other types of TRF contributions?

The Annual Fund is a contribution given by rotarians from all over the world and gets added to the corpus of The



Rotary Foundation. 47.5% of the amount collected under this head comes back to the contributing district in the 3rd year as DDF.

**13. Is it possible to institute my family endowment through TRF, in memory of my father, mother or loved ones? If so, how does it work? What is the minimum amount required for such an endowment?? Will the donation to the endowment be considered for PHF/Major Donor recognitions?**

YES . Any rotarian can open an Endowment Fund in his or her name and that of dear ones. Minimum contribution for an endowment fund is 25,000 USD, which will be invested by TRF. Every year in September/ October, the dividend received for this amount, called “Spendable Amount”, is declared and published for each donor. The spendable amount can be used in doing a project which you wish to recommend. Donation to the Endowment Funds will not be eligible for transferred/donation points in considering PHF/MPHF, but will be eligible for Major Donor recognitions.

**14. Can CSR funds be mobilised for TRF funded projects? What will be the Matching Grant formula in such cases?**

YES. CSR fund can be mobilised for projects, but they will not be eligible for matching through Global Grants.

**15. Can multiple clubs join together to execute a TRF funded service project?**

YES. Multiple clubs can join together and do a global grant project.

**16. What is Paul Harris Society? How can one become a Paul Harris Society Member?**

Any member giving his/her intention to donate USD 1000 or more every year in cash to TRF gets recognition as PHS member and a pin.

**17. Can I become a Major Donor by including the transferred/donated points availed while getting PHF / MPHF recognition?**

NO. Transferred and donated points are not counted for Major Donor recognition. You must contribute the full equivalent of USD10,000 to become eligible for Major Donor status. However, your past cash contributions to TRF can be included.

**18. Is the spouse of a rotarian also eligible to be called a Major Donor?**

YES. He or she can also add the title Major Donor to her name. If the spouse is also a Rotarian of the same or another club, then his/her Membership ID and Club name may also be included in the application for Major Donor contribution, so that it goes into RI’s official records.

**19. Who are the top five donors to TRF from our District??**

1. AKS member Mrs.Betty Karan
2. AKS member PDG Dr G A George
3. AKS member PDG John Daniel
4. AKS member DGE Sudhi Jabbar
5. Rotarian PAG Krishnan G Nair

*Among the top ten RI districts worldwide which contributed to The Rotary Foundation in 2022-23, three Districts are in India. Two of them (RID3121 and 3141) are in Maharashtra and one (RID3232) is in Tamilnadu.*

#### **DO YOU KNOW???**

##### **5.020.2. Prohibition of Mandatory Contributions to The Rotary Foundation**

The Rotary Foundation has developed on the basis of voluntary contributions. Contributions to the Foundation shall not be a condition of membership, and any reference implying such condition of membership shall not appear on the membership application card. Clubs are prohibited from enacting a bylaw that makes contributions to the Foundation a condition of membership. Any reference to such contributions on membership identification cards is not authorized.

**As of July 1, 2023, there are 1,427 Arch Klumph Society members, 47,324 Major Donors and 35,910 PHS members worldwide. Rotary recently celebrated AKS week of this year at RI World Hqrs, with 39 inductees around the world. This year, five AKS inductees are from India.**

## WHAT TYPES OF PROJECTS AND ACTIVITIES ARE NOT ELIGIBLE FOR GLOBAL GRANT FUNDING?

The Foundation considers the following activities to be outside the scope of the basic education and literacy area of focus and therefore not eligible for global grant funding:

- Projects that consist exclusively of infrastructure, vehicles, or equipment purchases (such as schoolbooks, furniture, or computers), and training in their use
- Projects that provide salaries, tuition, or school supplies without the means for the community or a non-Rotary entity to maintain these in the future
- Projects that purchase only extracurricular or play materials or playgrounds
- Projects that focus on school feeding or providing infrastructure and equipment for school feeding programs
- Projects that the community, school, or education system can't sustain after the grant funding ends
- Projects that benefit only one cohort of students, such as tutoring or after-school programs that will function only during the life of the grant
- Projects that provide only technology equipment or projects that provide equipment and only basic computer or digital literacy training (e.g., how to use the internet or how to use specific programs)

## Rotary statement on the conflict in Israel and Gaza

Recognizing there has been protracted suffering in the long history of conflict between Israel and Palestinians in Gaza, Rotary International urges all parties to seek avenues to peace.

At the same time, we unequivocally condemn the horrific attack by Hamas on Israeli civilians and are appalled at the number of people who have been injured, killed, and kidnapped.

As the war between Israel and Hamas intensifies, we remain deeply concerned about the potential for further escalation as well as the loss of life and the humanitarian crisis that is occurring in Gaza. We denounce the violence against innocent civilians and support upholding international humanitarian law.

Peacebuilding is both a cornerstone of Rotary's mission and one of our areas of focus. At our core, Rotary is a common ground for people to come together – across nationalities and religions, cultures and histories – and connect around their shared belief in a better tomorrow. That connection is what humanizes us in times of conflict and builds a foundation for lasting peace.

Rotary remains committed to working with our members, partners, and communities to find long-term, sustainable solutions that support peace and development in the region and elsewhere.

Dtd. 13 Oct 2023

*The Rotary Foundation is not to build monuments of brick and stone.*

*If we work upon marble, it will perish;*

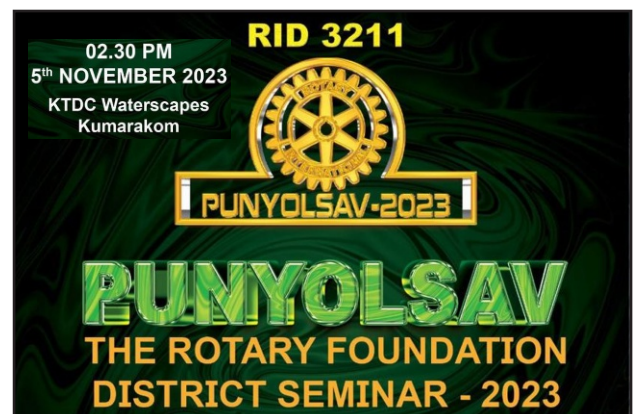
*If we work on brass, time will efface it;*

*If we rear temples, they will crumble into dust;*

*But, if we work upon immortal minds ... ,*

*We are engraving on those tablets something that will brighten all eternity.*

*-- Arch C. Klumph  
(Father of The Rotary Foundation)*



## ADDING MORE POWER TO GIRLS THROUGH ROTARY

- Rtn.Nisha Jose , Chairperson, Empowering Girls RID 3211

I walked down the slushy roads of Assam to reach Brahmaputra river. Beautiful and magnificently flowing! The beauty of Majuli had to be seen to be told. Walking on the banks of the river I saw a broken down building. On it were beautiful paintings of little girls & boys. The NGO worker who accompanied me told me that the school got taken away by the floods. There was very little remaining. A group of youngsters had come to paint the walls as a protest against the Government for not doing anything about it.

There was a village nearby. I walked thinking I'll meet the children there. The houses were in stilts, all prepared to face a flood. Everywhere I saw boys playing and running around. In the houses mothers were cooking rice with their daughters. Some mothers were weaving the loom and their daughters were helping them. Apparently the mothers were happy not to send their girls to school. They had someone to help them in their daily chores. "What is the use of sending a girl to school when she can help us earn a livelihood and cook while I weave!" exclaimed a mother.

As part of my travel all over India, I noticed one more thing. In some places girls had no sense of menstrual hygiene. There were many who wore their pads for hours at a stretch and still others who used torn dirty clothes, even old leaves as sanitary pads. At school and at college, instead of preparing them for life, girls were being prepared for marriage. In the more technologically advanced States, girls face a different set of complex problems.

A doctor told me that cases of young girls getting pregnant is very common these days, with many waiting in Medical college for abortions. The age when they experiment with their sexuality we see them engaged in consensual sex. And for some others it was forced sex.

Post lockdown, parents complain of the time their children spend over the phone chatting and late night calls. Being a Social Enabler, I get many cases of girls being blackmailed after they have shared their pictures with boys - nude, semi nude or even fully clothed. Usage of Drugs too has become common. Some girls say that if we have alcohol and come home our parents catch us because of the smell. Drugs are

safer. But it's later that they realise they are in this web from which is difficult to crawl out, without external support.

Depression. Suicide. Unemployment. Gender discrimination. You name it, you see it. These are reasons why the RI Director's call to empower girls through Rotary rings a welcome bell. Rotary can do so much in the areas of education, boosting self confidence, safety and security in real life and cyber world, mental and physical health.

Empowering girls is adding more power to a girl child. A girl is often referred to as the light of a house. A light gives light and shows the path. But if she has no light how can she give light? If she has no spark in her, how can she start the fire? If her spark has been whiffed off much before it starts how can she be a light to her house or society at large? True to the logo, a girl should be flying high. But burdens of her true life

pull her down. She needs to come out of these shackles, barbed wires and fences and walk bravely to embrace her true self and release her true worth. Who else but Rotarians all over the world can help her do so?

A girl is born into this world, which is a seamless ocean. She knows no limits. She has no fears. But as she grows older, her wings are clipped slowly, feather by feather. And as she matures out, she forgets that she ever had wings. As Rotarians we can help those who have lost their wings rediscover them and those still in the process of growing discover their own wings.

***Oh girl, this is your life's story!  
Be it Punjab, Arunachal or Kerala  
You hold the world on your shoulders  
And In your eyes there is an ocean of tears.***

***Some tears for moments of childhood lost  
Some tears for being denied your status on Earth  
Some tears as you hold a little baby in your hand clueless  
about how to take it forward.  
Some tears for the words that remind you that you  
are only a girl.***

***The real world and the cyber world gnaw you  
They attack you like you are a stranger in this planet  
Clueless and helpless at times you resort to actions  
That silence you in thoughts, words & action***

***Standup with Rotary to empower yourself  
Because no one but you can take that first step  
Let's hold hands and discover the world within you  
As you face the world outside you.***

***~ poem by Nisha Jose***



2



1



3



4



അഞ്ചാലും മുട്ട് റോട്ടറി ക്ലബ്ബിന്റെയും ഇടവട്ടം ചെറുമുട്ട് ഹരിത നഗർ സിഡിസ് അസോസിയേഷന്റെയും കണ്ടറ ഹോസ്പിറ്റലിന്റെയും സംയുക്താഭിമുഖ്യത്തിൽ ചെറുമുട്ട് താവളയിൽ ഓഡിറ്റോറിയത്തിൽ സംഘടിപ്പിച്ച സൗജന്യ മൾട്ടി സ്പെഷ്യാലിറ്റി മെഡിക്കൽ ക്യാമ്പ് ജില്ലാ പഞ്ചായത്തം ബി. ജയന്തി ഉദ്ഘാടനം ചെയ്യുന്നു

**മൾട്ടി സ്പെഷ്യാലിറ്റി മെഡിക്കൽ ക്യാമ്പ്**

അഞ്ചാലും മുട്ട് അഞ്ചാലും മുട്ട് റോട്ടറി ക്ലബ്ബിന്റെയും ഇടവട്ടം ചെറുമുട്ട് ഹരിത നഗർ സിഡിസ് അസോസിയേഷന്റെയും കണ്ടറ ഹോസ്പിറ്റലിന്റെയും സംയുക്താഭിമുഖ്യത്തിൽ ചെറുമുട്ട് താവളയിൽ സംഘടിപ്പിച്ച സൗജന്യ മൾട്ടി സ്പെഷ്യാലിറ്റി മെഡിക്കൽ ക്യാമ്പ് ജില്ലാ പഞ്ചായത്തം ബി. ജയന്തി ഉദ്ഘാടനം ചെയ്തു. റോട്ടറി ക്ലബ്ബ് പ്രസിഡന്റ് എൻ.പി.സജീവ് അദ്ധ്യക്ഷതയിൽ വഹിച്ചു. സൽരംഗി ക്ലബ്ബ് ചെയർമാൻ ഡോ.എസ്.പി. സുരേഷ് ബാബു, അസോസിയേഷൻ പ്രസിഡന്റ് ബി. ശ്രീകുമാർ, സെക്രട്ടറി പി. സുരേഷ് കുമാർ, റോട്ടറി സെക്രട്ടറി സി. അജിത് കുമാർ, അസിസ്റ്റന്റ് ഗവർണ്ണർ സലീം നാരായണൻ, ഡോ. പി.കെ. സുരേഷ് എന്നിവർ സംസാരിച്ചു. കണ്ടറ ഹോസ്പിറ്റലിലെ ഡോ. ആര്യ അജിത്തിന്റെ നേതൃത്വത്തിലുള്ള മെഡിക്കൽ സംഘമാണ് ക്യാമ്പ് നയിച്ചത്.

1. RC Kottayam handed over financial aid to Mandiram Hospital as its commitment to sponsor free dialysis proccures for indigent patients of chronic kidney disease.
2. RC Haripad conducted a Mega Speciality Medical Camp in collaboration with Adoor Life Line Hospital, Kayamkulam, Ahalya Kannashupatri and Mahadevikad SNDP branches. More than 150 people participated. Among this 16 defective visions cases were detected and prescribed spectacles and 12 cataract cases detected and advised surgery. 70 persons were blood tested for life style disease and 10 persons detected high blood sugar level and advised to continue their treatment and given diet chart by the dietitian from Taluk Hospital, Kayam-kulam. 10 persons who were having mental stress and anxiety were coun-selled by Haripad ICDS.
3. RC Kollam Bypass City conducted a Dental Camp at Lifeskills BVET center, Chathanoor, Kollam.
4. RC Quilon conducted a Medical Camp and consultations for 45 inmates in General Medicine and Dentistry, at Shantidaan, managed by the Missionaries of Charity and distributed free medicines.



- 5,6, 7. RC Shertallay Town In connection with Cardiac care CPR training and demonstration in Sree Narayana college poochakkal Cherthala and CPR training in St Mary's HS Cherthala.
8. RC Thalayolaparambu conducted a free kidney disease detection camp.
9. RC Trivandrum South conducted a breast cancer screening camp.
10. RC Alleppey, in association with W&C Hospital, conducted a free Cervical Cancer Detection Camp for Women.
11. Rtn. Prabhakaran, Vice President of RC Poovar donating Rs. One lakh to a Liver patient, Sri. Santhosh (43), as part of Satrangi.
12. RC Kuzhimathicadu observed International Mental Health Day (Oct 10) at MGM Mental Home, Chittumala with a musical programme, lunch, and distribution of Bedsheets and clothes.
13. RC Chathannoor, in association with Quilon Medical College, conducted a Medical Camp for Kudumbasree workers.
14. RC Changanassery presented an electric wheelchair to Appu (25), a physically disabled deserving person, with DG Dr.G.Sumithran visiting his home at Purakkad and formally handing over the same.

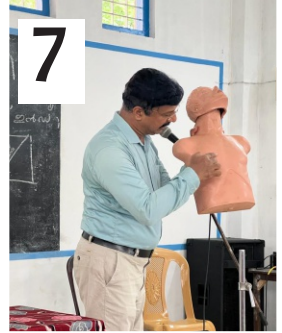




5



6



7



8



9



10



11

**ബോധവൽക്കരണ ക്ലാസ്**

കിളിമാനൂർ: കിളിമാനൂർ റോട്ടറി ക്ലബ്ബും കിളിമാനൂർ ഗവ. ഹയർ സെക്കന്ററി സ്കൂളും സംയുക്തമായി ലഹരിമരുന്നുകളുടെ ബോധവൽക്കരണ ക്ലാസ് നടത്തുന്നു. നാളെ രാവിലെ 11.30ന് ഹയർ സെക്കന്ററി സ്കൂളിൽ നടക്കുന്ന പരിപാടി എളൈക്രസ് ഇൻസ്‌പെക്ടർ ദീപക് ഉദ്ദേശ്യമാകുന്നതും ഉദ്ദേശ്യമാകുന്നതും ചുരുക്കി അദ്ധ്യക്ഷത വഹിക്കും. സ്കൂൾ പ്രിൻസിപ്പൽ നൗഫൽ സ്വാഗതം പറയും. വിദ്യാർത്ഥിനികൾക്ക് ജില്ലാ കോഓർഡിനേറ്റർ വിദ്യാർത്ഥി ഉദ്യോഗസ്ഥൻ എന്റർപ്രൈസ് ക്ലബ്ബിന് ഹൃദയം നൽകും.



12



14



13

## OTHER CLUB NEWS.....

Many clubs conducted awareness programmes on Mental health and menstrual hygiene for girl students, cardiac care, thyroid care, cancer care, parenting, etc. as part of SATRANGI activities. [RC Alleppey East, RC Chathannoor, RC Quilon Lotus, RC Trivandrum Central, RC Pathanamthitta]

**RC Kanjirapally** undertook the distribution of wheelchairs, inaugurated by PDG.K.S.Sasikumar on 27th September.

**RC Alleppey** conducted free PAP smear test for cancer detection and awareness at W&C hospital, Alappuzha.

**RC Kottiyam** handed over a Wheelchair to Abhishek, an inmate of Ammaveedu children's home on World Polio Day.

**RC Alleppey** conducted a Leprosy detection camp at Vattayal High School, Alappuzha on 20th October.

**RC Chathannoor** donated a large size Steel Almirah to Palliative Care unit of Medical College Hospital, Paripally for Storing Medicines.

**RC Alleppey Coir City** organized a cycle rally by students of TD High School, Alappuzha to spread awareness on Drug abuse.

**RC Alleppey East**, in association with Tiny Tots Junior School, Alappuzha, donated 55 FM radios to Bed ridden patients for their mental happiness, as they are isolated and forced to stay in room without any type of entertainment. The club also provided food to children of Buds School at Punnapra North Panchayath. Rotarians and Anns have spent time with the children by playing music, dancing with them and participated in other entertainments.

**RC Kazhakkuttom** observed World Mental Health Day on 10 October in Assissi Old Age Home, Pangappara, Trivandrum with around 50 senior citizen inmates.

**RC Vembanad** conducted a program in connection with World Polio Day at PHC PALLIPURAM and Dr. Niya Chief Medical Officer delivered a speech for importance of polio vaccination.

**RC Marari** conducted mega dental and medical camp at SNHSS Cherthala. 383 students, parents and teachers went through dental, checking, BP checking, diabetes checking, Oral Cancer Detection.

Dr.Anjulekshmi, Member, Juvenile Justice Board, conducted a session on exam fears and adolescent issues.

**RC Kozhuvanal** presented Dress materials to inmates of Girls Town Kozhuvanal on Oct 8.

**RC of Kollam Residency** conducted Annadhanam Project at Quilon Poor Home, Mundakkal, Kollam on Oct 18.

**RC Trivandrum South** took out 80 school children of Christ Nagar Higher Secondary school on a tour of Magic Planet.

**RC Cherthala Green City** organised a training on kitchen gardening in association with the Block Panchayat officials.

**RC Sherthalay Town** organized a mega car rally in connection with World Polio Day, flagged off by Sri A.M Arif. Hon'ble MP.

**RC Alleppey** distributed five sewing machines to eligible women in connection with Girl Empowerment Day, sponsored by Y Daniel Foundation.

**RC Kazhakkootam** donated sewing machines to six indigent persons Rtn Dr Meera John, District Chairman, SathrangI, gave away five sewing machines donated by Y. Daniel Foundation and an embroidery machine donated by Rtn Roynold Gomez.

**RC Kollam Royal City** conducted a Student's support project at St. Antony's LP School, Tillerry, Kollam on Oct 12.

**RC Alleppey Coir City** organised a Legal awareness class to girls of St. Michel's School, Alappuzha on Oct 11.

## Facing Page :

**1. RC Kayamkulam Palace** donated a sum of Rs.17,000/- for treatment of an indigent Cancer Patient.

**2. RC Erumeli** organised a tour to Magic planet for children of Jeevan Jyothi Special School.

**3. RC Kovalam** inducted five new Members.

**4. RC Alleppey Greater** distributed cardiac care kits on the occasion of World Heart Day.

**5. RC Chengannur** inducted three new Members.

**6. RC Alleppey** installed a Convex Mirror at near Kalappura Bypass and Bappu Vaidyar Jn.

**7. RC Vaikom Lake City** inducted five new Members.

**8. RC Punalur** organised a tour by the specially abled children of Buds School along with their mothers to Thenmala Ecotourism project where they spent a whole day enjoying the sights.

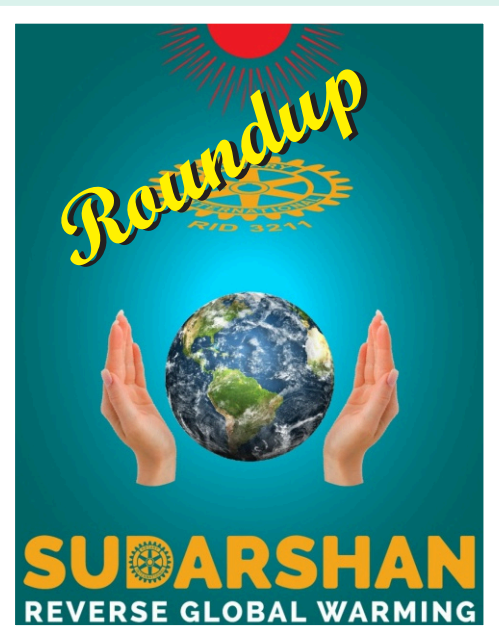
**9. RC Trivandrum Residency**, along with Dept of Economics Govt Womens' College, Trivandrum organised a Seminar on "The World Needs Strong Women - Create Your Own Future", helmed by Rtn.Dr.K.C.C.Nair.

**10. Zone XXXV** was among the first to conduct the FIRE Zone level competitions, with **RC Kuravilangad** taking the lead.

**11. RC Pathanamthitta Metro** honoured Mr.Varun Kumar, who secured a gold medal in WAKO INDIA National Kickboxing Championship 2023 at Kolkata. (The club also inducted three members, sponsored annual subscription for Malayala Manorama newspaper to Govt. LP School, Nannuvacadu and handed over Rs. 18,000 towards dialysis kits for CKD Patients.

**12. RC Kottayam** conducted a RYLA to develop leadership skills among our youth.





മണ്ണഞ്ചെരി ഗവ.ഹൈസ്കൂളിൽ നല്ല പാഠം കൂട്ടിന്റെയും പി.സി.വർഗ്ഗം ഫൗണ്ടേഷന്റെയും നേതൃത്വത്തിൽ തുടങ്ങിയ വേനൽ പച്ച ഫാം സ്കൂൾ പദ്ധതി ജില്ലാ പഞ്ചായത്ത് അംഗം ആർ. റിയാസ് ഉദ്ഘാടനം ചെയ്യുന്നു.

**വേനൽ പച്ച ഫാം സ്കൂൾ പദ്ധതി**

ആലപ്പുഴ • മണ്ണഞ്ചെരി ഗവ.ഹൈസ്കൂളിൽ നല്ല പാഠം കൂട്ടിന്റെയും പി.സി.വർഗ്ഗം ഫൗണ്ടേഷന്റെയും നേതൃത്വം നോട്ടറി ക്ലബ് ഓഫ് ആലപ്പുഴി നോർത്തിന്റെയും സഹായകത്തോടെ വേനൽ പച്ച ഫാം സ്കൂൾ പദ്ധതി തുടങ്ങി. ജില്ലാ പഞ്ചായത്ത് അംഗം ആർ. റിയാസ് ഉദ്ഘാടനം ചെയ്തു. വാർഡ് മെമ്പർ നവാസ് നൈന അധ്യക്ഷത വഹിച്ചു.

കുട്ടികൾക്കുള്ള സൗജന്യ കാർഷിക കിറ്റ് വിതരണ ഉദ്ഘാടനം ഡിസ്ട്രിക്ട് റോട്ടറി ചെയർമാൻ എം. കുമാരസാമി വീളൂർ നിർവഹിച്ചു. മണ്ണഞ്ചെരി കൃഷി ഓഫീസർ റെനി ശ്രാൻസിസ്, പഞ്ചായത്ത് പ്രസിഡന്റ് ടി.വി അജിത് കുമാർ, സ്കൂൾ ഹെഡ്മിസ്റ്റ്രസ്സ് സുജാത കുമാരി, അസിസ്റ്റന്റ് ഗവർണർ പി. എച്ച്. സുനിൽ കുമാർ, റോട്ടറി ക്ലബ് ഓഫ് ആലപ്പുഴി നോർത്ത് പ്രസിഡന്റ് അഗസ്റ്റിൻ ചാക്കോ, പി.സി.വർഗ്ഗം ഫൗണ്ടേഷൻ സെക്രട്ടറി രവി പാലത്തുങ്കൽ, ബ്ലോക്ക് പഞ്ചായത്ത് അംഗം പി.എ സബീന, എസ്.എ.സി ചെയർമാൻ മുഹമ്മദ് മുസ്തഫ, പിടിഎ പ്രസിഡന്റ് സി.എച്ച്. റഷീദ്, നല്ല പാഠം കോ-ഓർഡിനേറ്റർ റിനാ ബിഗം, പി.സി.വർഗ്ഗം ഫൗണ്ടേഷൻ പ്രഷറർ എൻ. സുനിൽ വർഗീസ്, കെ.പി. ഹരിലാൽ, മഹേഷ് രാജ്, സീനിയർ അസിസ്റ്റന്റ് ജില്ലീവ് കുമാർ എന്നിവർ പ്രസംഗിച്ചു.



[Anti-clockwise from Top Left]

RC Alleppey conducted a Beach Cleaning Programme in association with W&C Hospital. Rotary Clubs in Zone 28 handed over the dust bin donated to Chengannur Railway Station on the Gandhi Jayanthi Day. They also took an environmental pledge at Chengannur Railway Station.

RC Alleppey North launched "Venal Pacha - Farm School" project in association with the PC Varghese Foundation and Mannancherry GHS for inculcating farming habits among students. Vegetable seed kits were distributed, with guidance for cultivation from experts.

RC Manarcad organised an awareness class on Reversing Global Warming by Prof. Dr Punnan Kurian, Director, Tropical Institute of Ecological Science for the Rotarians and families.

RC Parassala organised a workshop on making carpets out of waste materials for the students of Kulathoor V&HSS.

Many Clubs observed Gandhi Jayanti (Oct 2) as Swatchh Bharat Day, and conducted programmes to create awareness on the importance of cleanliness to ensure good public health.

[Clockwise from right]:  
 RC Shertthalay Town conducted a cleaning program at Cherthala Railway Station in association with St. Michael's College, Ayurkshetra Nursing College, and HSSKandamagalam, RC Satellite Club of Shertthalay Town launched Project Revamp; RC Alleppey Greater led students and public to take an environmental pledge; Eotatians of Zone 28 took out a procession displaying placards on the need to maintain cleanliness inside the trains and railway platforms; RC Kot-tayam Southern organized Gandhi Smruthi Sangam at Rotary Gandhi Peace Square; RC Vaikom Town cleaned both entrances of KSRTC Bus Station and built a small garden.



# RC Quilon Celebrates International Day of the Girl

- Rtn PP Humayun Thaj, RC Quilon.

October 11 is observed worldwide as International Day of the Girl Child. Along with the United Nations, the day is for Rotary members to support and celebrate the girls of our world by participating in Rotary International's Empowering Girls initiative. This is a club-level service opportunity. The initiative encourages Rotary and Rotaract club members to participate in service projects that focus on the health, education, safety, well-being and economic development of girls worldwide. RI exhorts RI Districts and Clubs to do projects that could relate to Empowering Girls, with special emphasis on creating awareness in the individual thrust areas of Drug Abuse, Cyber Abuse, Violence against girls, Adolescent issues, Mental Health and Menstrual Hygiene.

RC Quilon, one of the senior most clubs in the District, chartered in 1949, organised a mega rally and a public meeting on October 11, 2023. The Rally started from Rotary Community Center, Beach, Kollam, flagged off by District First Lady Dr Smita Sumithran along with District Governor Dr Sumitran G. It was a massive show of women's strength with Rotarians, Annes, Annets. College students, School Children and the general public participating. An announcement vehicle in front decorated with banners and balloons clearly announced the importance of the day and Rotary's initiatives for the cause. It was followed by the traditional Kerala Drummers CHENDAMELAM, Roller Skaters consisting of Rotary Annettes from Adventure Sports Academy followed by the processionists on bikes and on foot. A highlight was the convoy of ten decorated electric autorickshaws given away in the year 2021, by the club to deserving women under then RI President Shekhar Mehta's Empower Women initiative. These women were an exuberant group who happily took part in the rally. The rally traversed a distance of 2 kilometres through the city centre and arrived at a stage specially prepared for the public meeting.

State Minister Smt Chinchu Rani, the chief guest and an enthusiastic supporter of the Club's women empowerment projects, spoke eloquently on how the status of women could be bettered with support from service organisations like Rotary. Guest of Honour our beloved DG Dr Sumitran G, in his speech, elaborated on Rotary initiatives around the world for the upliftment of women. He exhorted Clubs to take up projects on this initiative in the coming days and promised all support from the District team. President Rtn.Rajiv Kumar K welcomed the gathering and Secretary Rtn.Dr Manuel Peeris presented the EMPOWER WOMEN project in a nut shell. Past President Rtn.Humayun Thaj thanked everyone assembled, before the meeting concluded. The large gathering of public at the venue, being the city centre and the major bus station, hopefully will help to carry the message far and wide.

**[Many other clubs, notably RC Alleppey, RC Alleppey East, RC Haripad, RC Kottiyam, RC Kazhakkuttam, RC Trivandrum South and RC Trivandrum Phoenix also conducted significant programs on Empowerment of Girls, with awareness talks on Menstrual hygiene management and Mental health issues. Gender-based violence, etc. - Ed.]**



## PALLIATIVE CARE SERVICES – RC Karunagappally

- Rtn.Dr.R.Narayana Kurup, Chairman, Palliative Care Project

Considering the dire need of the community, Rotary Club of Karunagappally identified and initiated Free Palliative Care as a continuing project in the year 2009. Since then, the club is actively involved in various palliative care processes. The services offered are to the patients in and around Karunagappally town. The services are by way of an Out Patient clinic every Monday at RCPM Hospital and also by customized home care for the needy. Initially home care was on Fridays. However, during the Covid pandemic, home care services were offered at more frequent intervals; the practice is continuing. In the Out Patient clinic, patients are personally attended to by Doctors, Nursing staff and palliative care volunteers. Medicines and essential items like adult diapers, dressings, and various supportive devices are distributed, free of cost. The club has registered 1200 patients, of which 600 are still under our care.



RC Karunagappally usually inaugurates the program each year during Onam season with an Onasadhya and Onam kit distribution to the beneficiaries.



Home care services are intended for patients who are unable to attend the OP clinics. Homecare is a comprehensive care including social assistance. The common cares offered are by way of providing Cots & beds, Oxygen cylinder, Oxygen concentrators, Wheel Chair commodes, Walkers, Crutches, Adult diapers, Dressing of wounds, etc. Some other critical care services rendered in this regard are Caring of various tubes like tracheostomy, Ryles tubes, Urinary catheters, Tapping of fluids (ascites pleural effusion), etc.



RC Karunagappally maintains a dress bank from which they supply clean clothes to the patients.

We have instances of caring very neglected patients in pathetic stage with maggot infested ulcers with foul smell and in unhygienic environment. They were cleaned up properly and attended to with utmost care. We have built toilets for some of these patients, and assisted some of them in completing houses under the life mission care.



We have received various awards for our palliative care. Our dedicated sister Sreedevi Dileep received special award from Rotary District Governor in 2009. She was featured in the popular magazine Vanitha in September 2017. She has also received several awards for service such as Rotary Vocational award in 2013, District award for palliative care in 2013, etc.

The prestigious Dr.K C Baby Olickal Memorial Award instituted by Rotary Club of Palai and Dr.K.C.Baby Olickal Charitable foundation was awarded to us in 2022, the year of inception, which comprised of a Citation along with Rs.1,00,001/- as a cash award. The District 3211 Rolling Trophy award for Palliative Care is bagged by our club ever since its inception.



## OBITUARY

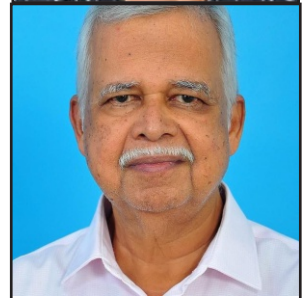
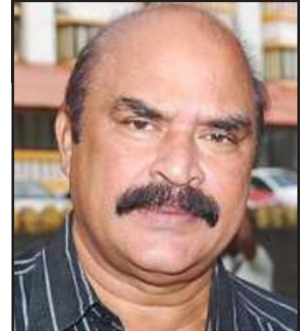
**PRIP James L. Lacy** passed away on Oct 4. He served as President of Rotary International in 1998-99. Joining Cookeville Rotary Club in 1964, he became president of the club, led a GSE team to England in 1977 and he was district governor in 1980-81. In 2005 the James & Claudine Lacy Fund was established by the club contributing funds to provide clothes, shoes, and other necessities to students. The fund was established to recognize Jim's service as RI president and his worldwide program of improving the lot of the world's children. Jim Lacy would have turned 93 next week.

**Rick King**, Past RI President, 2001-2002, left for the heavenly world on Oct 13. He was 84. A distinguished military graduate of the University of California who served as captain in the U.S. Military Intelligence, he was a trial lawyer and also taught law at Brigham Young University. A Rotarian since 1968 of the RC Niles-Fremont, California USA, he served as a trustee of The Rotary Foundation, director and as chairman of the executive committee of RI's board of directors. One of Rotary's most popular speakers, Mr. King has addressed RI Conventions, Assemblies, Institutes, Seminars, Conferences and Rotary Clubs in 100 countries. He is survived by wife Cherie Kay King and two grown sons.

**Rtn.Kundara Johny** (71 years), Malayalam movie actor, member of RC Kollam Metro expired on Oct 18. He had been inducted as a Rotarian of the club just this year. DG Dr.G.Sumithran visited his residence to pay respects and placed a wreath.

**Rtn.PP.PHF.C.N.Sasidharan**, senior rotarian of RC Quilon North, expired on Oct 29. He was a Retd.Chief Engineer, Kerala Water Authority.

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



**CONGRATULATIONS!!!**  
PDG Dr John Daniel has been appointed as World Fund Development Committee member of Rotary International and Plan leader of RI Zone 5, for a period of three years.



The District Rotary Leadership Institute (DRLI) was held at Kollam as a two-day affair on Oct 14-15. About 40 participants benefited from the programme which was led by PDG Dr.George Sunder Raj, renowned Trainer and with an encyclopaedic knowledge on Rotary matters.



**1. Q : Is it mandatory that a Rotarian should attend a minimum number of meetings in an year?**

Ans : The RI Bylaws state that a Member must attend or make up at least 50 % of regular club meetings or satellite club meetings in an year. However for all practical purposes, this provision is not enforced by the clubs using the following provision in the Bylaws: "A member who fails to attend as required may be terminated unless the Board consents to the non attendance for good cause."

**2. Q : What are the methods for make up attendance?**

Ans : Attend regular meeting of another Club or Satellite Club, RI Covention, District Conference, etc.

**3. Q : Do the RI Bylaws give any exemption to a Rotarian from the mandatory requirement of attendance?**

Ans : Assistant Governors are excused from the mandatory attendance requirement of their Clubs. A member can be allowed excused absences upto one year by the Director Board of the Club and more than that in certain Medical situations like birth or adoption or foster care of a child.

**4. Is there is any attendance exemption for Senior Rotarians?**

Ans : For Senior Rotarians with 20 or more years' membership in Rotary International, attendance is not mandatory if their Age+Years in RI is 85+.

**5. Q : Are the Clubs exempted from paying RI Dues on behalf of these Senior Rotarians?**

Ans : No. To remain as a member of Rotary International, the RI dues have to be paid on their behalf.

## ROTARY MEMBERSHIP GROWTH - FIRST QUARTER 2023-24

[As on October 1, 2023]

TOP CLUBS IN MEMBERSHIP GROWTH		
Club	# Members	Growth in Q1
RC Trivandrum South	79	24
RC Tangasseri Quilon	40	8
RC Karunagapally	102	8
RC Desinganad Kollam	29	8
RC Palai	156	7
RC Quilon Lotus	28	7
RC Quilon North	24	6
RC Kattanam	26	6
<b>TOTAL IN DIST 3211</b>	<b>5135</b>	<b>207</b>
<b>TOTAL IN INDIA</b>	Clubs : 4,624	87
	Members : 173,674	9,576

REINSTATED CLUBS	
Club	# Members
RC Kunnicode Royals	17
RC Chavara Mineral Coast	17
RC Pandalam	15
RC Trivandrum Amity	20
RC Trivandrum Galaxy	10
RC Trivandrum West	20
<b>NEW CLUBS FORMED</b>	<b>NIL</b>

## FIRE - ZONE LEVEL COMPETITION SCHEDULE

Alappuzha - 12/11/23 Sunday

Pathanamthitta - 19/11/23 Sunday

Kollam - 26/11/23 Sunday

Kottayam - 03/12/23 Sunday

Trivandrum - 09/12/23 Saturday

All clubs and zones are requested to complete the preliminaries in preparation for the dates above.

- Rtn.PAG.B.Ravikumar, District Chairman, FIRE

## ROTARY INFORMATION ...

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

The first Rotary Convention was held in Chicago in the year 1910 with members of 16 Rotary clubs participating.

In 1911, the second Rotary Convention, in Portland, Oregon, USA, approved **He Profits Most Who Serves Best** as the Rotary motto. The wording was adapted from a speech that Rotarian Arthur Frederick Sheldon delivered to the first convention the previous year. Sheldon declared that "only the science of right conduct toward others pays. Business is the science of human services.

Rotarians from over 120 Countries participated in the 2023 Rotary Convention held at Melbourne, Australia. With nearly 15,000 attendees, the local economy received a significant boost of over \$91 million, supporting nearly 1,000 jobs. It was one of the most economically valuable conferences in the history of Melbourne Convention & Exhibition Centre, MCEC.

Next Rotary convention is scheduled to be held on 25th-29th of May 2024 in Singapore.

Cartoon from The Rotarian, May 1939 issue.



#Rotary24

Rotary 

 SINGAPORE  
2024

**SHARING  
HOPE  
WITH THE  
WORLD**

**SINGAPORE  
25-29 MAY 2024**

Registration Fee (Up to 15-12-2023)

\$500 (Club member/non-member/guest, age 31 or over)

\$175 (Club member/non-member/guest, age 30 or under)

16-12-2023 to 31-3-2024 : \$595, \$225

01-4-2024 to 29-5-2024 : \$695, \$275



*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](mailto: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

## "Leaking Bucket" of Good Karma

[Contributed by Rtn.Susann Koshy, RC Kottayam]

~ You wake up early morning trying to do your Pooja / Prayers /Yoga but your mind is elsewhere and before you know it, you're done with it, without being mindful of it. (A leaking bucket)

~ You're very kind to outsiders / people in general and speak with them gently, but with your own family you're always harsh / rude. (A leaking bucket)

~ You honour and treat your guests well but when they leave, you gossip about them and talk about their flaws. (A leaking bucket)

~ You try to read as much religious books, listen to Satsang /Keertan, participate in social services/ Sewa but you swear, insult, curse daily. (A leaking bucket)

~ You help others but you're doing it to gain something in return from them or to get a good public name; and you are not doing those acts of kindness selflessly. (A leaking bucket)

~ You frequently advise/preach others, but practice none yourself. (A leaking bucket)

~ You slander other persons out of hatred/spite when your views do not meet one another. (A leaking bucket)

~ You look down on others and feel more superior than them, judging their level of knowledge, based on external appearances (A leaking bucket)

- You pretend to be a very positive person and also advise others to be positive. But in private conversations, you always gossip about others. (A leaking bucket)

We struggle to fill our "lives"(the bucket) with "earnings" of religion and knowledge (the water), hoping it will be retained inside. But it is leaked by the many flaws (the holes) that we commit daily.

An excellent reminder for many of us, to try and patch these holes up so we may progress further on this beautiful path of life.

## PAAL KAPPA

### Ingredients :

- 1 kg Tapioca
- 2 Shredded Coconuts
- 2 Nos Chilli
- 6 nos Birdseye Chilli
- 8 nos Shallots
- Curry Leaves
- Mustard
- Salt
- 3 nos Dried Chilli



**Rtn. Rosemol Sano,**  
**wife of Rtn. Sano**  
**Jose, RC Kozhuvanal**



### DIRECTIONS

1. Cut the tapioca into small pieces and boil well.
2. Strain the tapioca and keep it aside.
3. Make 2 cups of thick 1st coconut milk.
4. Then 2 and 1/2 cups of 2nd coconut milk.
5. Add the boiled tapioca, 2nd coconut milk, and salt then boil.
6. Take 4 shallots and bird eye chili, grind the same to a paste and add to the tapioca. Mix it well.
7. Add 1st coconut milk and turn off the flame when it comes to boil.
8. Garnish it with fried shallots, mustard, and curry leaves.
9. Paalkappa is best served with fish curry or chicken curry.

## BULLETIN REVIEW...

[Reviewing a selected club bulletin of our District]

### SOUND OF WHEEL

#### - BULLETIN OF RC TRIVANDRUM SOUTH

I had the opportunity to read and review the monthly digital bulletin "Sound of Wheel" of the Rotary Club of Trivandrum South. The bulletin contains 20 pages and I am given to understand that it is published both in printed and digital versions. As I opened the digital copy of the October issue, I was highly impressed by its page layout, clarity of photos and print quality. It has a professional touch in the design, page layout, contents and appeal. The masthead has been properly and prominently placed and the cover page indicates what is in store for the readers by giving the highlights. The cover photos of Onam celebrations are distinct and catch the immediate attention of readers. The lead article line "Bananas of Triumph and Bonds of Service" is aptly coined for the celebrations. The supporting cover lines are also given in a box in a concise manner. Right fonts and styles are used throughout the pages and the typography is meaningful and attractive. Left to myself, the brilliant use of white space for the background makes it all the more attractive, as it is neat, clean and elegant. The inner pages start with the President's Note and Editorial. Great to note that the club has added 24 new members by now and the versatile president Rtn Parvathy has noted that the club is raring to go. The report and photos of Onam celebrations are exhaustive. The club's activities under district project Satrangi, empowering girls and other charity projects are well documented. The report on the presentation made by Mr Balan Madhavan, a nature conservation photographer and the photograph of a jumping squirrel is really amazing. I am also highly impressed to read the progress report of the project UDAYKIRAN, to construct 50 houses for the poor, in commemoration with the golden jubilee celebrations of the club. I missed any RI news and district news in the October issue and I collected the previous issues from the President and found that those are adequately covered in the back issues. Only suggestion is that the issues could have been continuously numbered from the year one, so that we would be able to know where we stand in the fiftieth year. I profusely compliment the President Parvathy and the Editor Lekshmi M Kumaran for the stupendous work of bringing out such a professional club bulletin.

- Rtn PAG M Kumaraswamy Pillai.

Composition & Layout : Mahesh P, 95640-63576. Printed at Akshara Offset, Trivandrum, 0471-2473470.

## EDITOR'S CORNER

[The next few issues will feature Guest Editorials from Rotarians in our district. Any subject of topical interest is encouraged. Inviting Rotarians to send their creations, limiting to 300-350 words. - Ed.]



### A Masked World...

- Rtn Dr Abhirami Sugathan  
Rotary eClub of Kerala Global, Dubai.

I am a Rotarian. It is more than a mere title. We Rotarians embody the values of integrity, diversity and service above self. Despite being finite but sentient beings, together we strive to make a difference in the society and thereby the world.

The past few years have been unimaginably difficult for everyone. After we finally cut loose from the clutches of the pandemic; natural calamities, wars and trials of all manner kept challenging human beings' perseverance.

Sadly, we live in a masked world. A world wherein we hide our emotions. Seldom we express it. With time, we become experts in "masking" our emotions. The person who seems happy and cheerful on the outside, would deep down, be empty and longs to be heard, to be loved and cared for. Have you ever thought, even once, about what is going on in the mind of your co-worker or your best friend or someone from your own family? Who knows how much they have perfected the art of "masking" their emotions.

Humans judge everything, including their fellow beings. But we always fail to notice the smallest changes in someone's behavior. We are all distracted by the masks that they put on, perfectly and we always fail to hear the cries of a dying soul.

With the change of seasons, our lives go on but the masks remain. It's really difficult to find someone who sees through the perfect mask that we have created. The world lacks people who are ready to listen and those who can be trusted. If we all had someone of our own, who is not judgmental, who is willing to listen and who can be trusted, the masks that we put on, can be thrown away forever.

There is a war raging inside each one of us...our personal wars. Some win at it while some give up. Unbeknownst that war rages around and inside us. Let us learn to be sensitive and open. As the saying goes..."Everyone you meet is fighting a battle you know nothing about. Be kind. Always."

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