



SUMITHAN

"A WARM SMILE"

സ്മിതം



CREATE HOPE in the WORLD



Major Donor Dr.G.Sumithran
District Governor

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

GML ISSUE # 2, AUGUST 2023



Dr.G.Sumithran gets installed as DG (RID3211) by IPDG.K.Babumon on June 25, 2023 in the presence of Sri.K.Krishnankutty (Hon'ble Minister for Electricity, Govt of Kerala), RID Anirudha Roychowdhury and a galaxy of dignitaries.

RI PRESIDENT'S MESSAGE - AUGUST 2023 [Excerpts]

What makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care. I ask all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

These connections are deeply meaningful. Recently loneliness was declared a public health epidemic. As US Surgeon General Dr Vivek Murthy said, "We must prioritise building social connection the same way we have prioritised other critical public health issues such as tobacco, obesity and substance use disorders." Our worldwide community and our foundational value prioritising Service Above Self makes Rotary a powerful global advocate for mental health.

Performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Performing acts of kindness seems to be one of the best ways to promote those connections. Doing good helps transform not just the communities we serve, but it also transforms us.

Mental healthcare fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services. Together, we will Create Hope in the World.

R Gordon R McNally
President, Rotary International



An old poster for Rotary Membership Development

AUGUST



MESSAGE FROM DISTRICT TRAINING FACILITATOR

"WELL BEGUN IS HALF DONE"

The wheel of Rotary rolls on; the journey of yet another year of Rotary Dist. 3211 has commenced with a big bang. Clever and astute leadership needs training which compliments the inborn talents of Rotarians who have taken up the various offices. Thus Rotary believes in training and provides it to all its leaders right from the President of the Rotary International to the Directors and officers of Districts and clubs.

As the District learning facilitator, I am proud to state that all the training sessions of Rotary District 3211 for the year 2023-24 were conducted in a superb and satisfactory manner. We kick started the year with a familiarization meeting of Assistant Governors held at the Gokulam Resorts, Kumarakom where the participants greeted and shared love and their regards after getting introduced to each other.

The Asst Governors Training Seminar (AGTS) was a three day affair called 'TRISHA' held under the chairmanship of PAG. Dr. Johny Gabriel at Chandy's Windy Woods, a Luxury Resort at Munnar. It was a wonderful experience and the ambience was truly remarkable. Dr. Johny Gabriel and his team had sincerely put in the best of their efforts for the success of the training seminar. Let me thank them sincerely.

PREPETS for Trivandrum and Quilon were held in the concerned districts and those of Kottayam, Alleppy and Pathanamthitta were held at Contour Resorts, Chanaganacherry. It was organized by the Assistant Governors and Revenue District Directors of the respective Revenue Districts and I understand that they were very well conducted and beneficial to the participants.

PETS 2023- 'PRAJNA' was held at the Luxurious Five Star Hotel "The Leela Kovalam" which, from its location on the cliff offers a panoramic view of the Kovalam shoreline and the Arabian sea. The three day meet was inaugurated by RI Director Dr. Mahesh Kotbagi. Rotary leaders from our District and outside and Professional trainers were engaged for making the training session effective, motivational and informative. The delegates enjoyed the three days and two nights stay, packed with sumptuous food, fellowship and entertainment, in an atmosphere of friendship and love. PAG. Krishnan Nair, the chairman, had whole-heartedly done his best for making the PETS 2023 a thumping success. Two make-up PETS in the same style was held at Mahindra Resorts, Chavara South and Hotel Sea palace, Kollam for those who couldn't attend PRAJNA 1. I take this occasion to thank you Rtn. Krishnan Nair and your team for all the good work you all have done.

Grant Management Seminar- 'ANUDAAN' was the next organized by Assistant Governor Prakash Kumar of the



Rotary Club of Kulanada, at one of the best back water Resorts in Kerala. The Raviz Ashtamudi. It was again a well organized seminar, inaugurated by RRFC Elect Rtn. Gowry Rajan from Srilanka and the sessions were handled by famous Rotary leaders.

The District Team Training Seminar 'DREAMS' was held at Al-Saj Arena, Trivandrum under the chairmanship of PAG. K.J Rajeev. Shri Jayakumar IAS (Rtd) the former Chief Secretary of Kerala was the Chief Guest. Enterprising sessions were handled by Rotary leaders from the District and outside. It again was a well organized seminar which helped the District leaders to learn more about Rotary and its vision for the future.

For the first time, in the history of our club, as directed by the Governor we planned and decided to conduct Club Officers Training (COT) at the club level. As a first step we had selected and given direction and training to the District Training Committee members and it has made mandatory that atleast one training committee member should be invited for each COT held at the club level. We are glad to say that 90% the clubs have already conducted the COT during this year. I take this opportunity to congratulate all the clubs who had conducted COT. It was also declared by the Award committee that 1000 marks will be given to those clubs who conduct the COT. We have been receiving messages from senior Rotary members that COT had helped a lot not only to the junior members but seniors too to update information regarding Rotary. Felicitations are due to all the District Training Committee members for sparing their valuable time, travelling far and wide and training the club leaders with all the seriousness that it deserves.

The District Training Assembly and installation of the District Governor was held at Sreedhareeyam Convention

Centre, Karunagappally. PAG Krishnakumar, the Chairman sincerely put in his mind and body to make it a grand success. The members of Rotary Club of Karunagappally under the leadership of District Secretary General Rtn. Alex Koshy and Treasurer PAG. K. Satheesan had taken it to their heart and without any difference between seniors or juniors, all of them worked as one man and made it a grand success. More than 2200 delegates attended the function and the installation of the District Governor 2023-24 was a glorious and rewarding ceremony. The Venue, the Training Sessions, Food, fellowship and entertainments were all excellent.

Let me place on record the timely bold and wise decision taken by the Core Executive Committee and efforts put in by its members which are contributed immensely to the success of these District events so far. My sincere thanks are also due to Revenue District Directors and Assistant Governors who have always been a source of support and encouragement to the District in all its programme.

Being the District Training Facilitator I feel very happy for the small role I played for the launching of District Governor Dr. Sumithran's team. They now have all the necessary knowledge to lead the clubs, Zones and District during the year 2023-24. I request all the leaders to put into practice the knowledge you have acquired and take the clubs and Districts to greater heights by creating records in every avenue of service.

Vive la Rotary !

Shirish Kesavan
District Learning Facilitator



Rotary

THE FOUR WAY TEST
OF THE THINGS WE THINK, SAY, DO

- 1 Is it the **TRUTH**?
- 2 Is it **FAIR** to all concerned?
- 3 Will it build **GOODWILL & BETTER FRIENDSHIP**?
- 4 Will it be **BENEFICIAL** to all concerned?



RC Pala inducted
Six New members.



Rtn. Dr. Meera John is appointed as District Conference Chair. The District Conference is being rechristened as HARMONY. The Venue and Date remain unchanged.

RC Vaikom Town added Five members to Rotary Family.



SUKRUTHAM - DISTRICT ASSEMBLY & GOVERNOR'S INSTALLATION







"SUKRUTHAM" - A BIRD'S EYE VIEW

June 25th 2023 was a spectacular day; witnessing the overwhelming joy of 2000 plus Rotarians and family, congregating at SREEDHAREEYAM Convention Centre, Karunagappally, our beloved Governor's home town, to witness his installation. The presence of RID Anirudh Roy Chowdhury and Hon.Kerala Minister for Electricity added colour and aura to the event. The useful training sessions utilising the service of eminent faculty, including our seasoned PDGs, were rich in form and content, besides following the precise timelines set by the agenda.

The grand installation ceremony was the second part of the program. Dr.G.Sumithran made a grand musical entry, singing his way on to the stage, along with Dr.Smitha Sumithran and their lovely children - this simple gesture created a sense of unbridled joy and love in the minds of all present. In a touching farewell speech, serving Dist Governor K.Babumon expressed heartfelt gratitude to his dedicated team members for leading the district to the heights of glory; he showered best wishes to the incoming leader and his team. In his acceptance address, DG Dr.Sumithran pledged to strive for the betterment of our society through his proposed projects, requesting unstinted support from Rotarians. The formal "crowning" ceremony was followed by true Rotary celebration with all associated amenities like exciting fellowship, sumptuous food and mind blowing entertainment. SUKRUTHAM Chairman PAG Krishna Kumar and his team deserve rich kudos for success of the momentous event.

- Rtn.PDSG Major Donor D.Vijayalakshmi Nair, Associate Governor.



NEWS



ക്യാമ്പ് നടത്തി

കോഴഞ്ചേരി കോഴഞ്ചേരി റോട്ടറി ക്ലബ്ബിന്റെ സഹായത്തോടെ റോട്ടറി ക്ലബ്ബിന്റെ സഹായത്തോടെ കോഴഞ്ചേരി റോട്ടറി ക്ലബ്ബിന്റെ സഹായത്തോടെ കോഴഞ്ചേരി റോട്ടറി ക്ലബ്ബിന്റെ സഹായത്തോടെ...

മഴക്കാല മെഡിക്കൽ ക്യാമ്പ്

മുഖ്യമന്ത്രിയുടെ നേതൃത്വത്തിൽ 75-ാമത് പ്രസിഡന്റിന്റെ നേതൃത്വത്തിൽ മഴക്കാല മെഡിക്കൽ ക്യാമ്പ് നടത്തി. റോട്ടറി ക്ലബ്ബിന്റെ സഹായത്തോടെ...

സൗജന്യ ഓർത്തോഡോണ്ടിക് ക്യാമ്പ് നടത്തി

ഏതാനും ഓർത്തോഡോണ്ടിക് ക്ലിനിക്കുകൾക്ക് ശുഭപ്രതീകമായി ക്യാമ്പ് നടത്തി. റോട്ടറി ക്ലബ്ബിന്റെ സഹായത്തോടെ...



ആരോഗ്യ റോട്ടറി ക്ലബ്ബിന്റെ നേതൃത്വത്തിൽ മെന്റൽ ആരോഗ്യ പ്രവർത്തനം നടത്തി. റോട്ടറി ക്ലബ്ബിന്റെ സഹായത്തോടെ...





മൾട്ടി സ്പെഷ്യാലിറ്റി മെഡിക്കൽ ക്യാമ്പ്

ഓച്ചിറ: രോഗി ക്ലബ്ബിന്റെ നേതൃത്വത്തിൽ ക്ലാപ്പന എസ്. വി. എച്ച്. എസ്. എസ്. സി. യിൽ നടത്തിയ മൾട്ടി സ്പെഷ്യാലിറ്റി മെഡിക്കൽ ക്യാമ്പ് സി. ആർ. മഹേഷ് എം. എൽ. എ. ഉദ്ഘാടനം ചെയ്തു. രോഗി ക്ലബ്ബിന്റെ കരുത്താഗമങ്ങളും, എ. കെ. എ. കരുത്താഗമങ്ങളും, അടിയന്തിര സർവ്വീസുകളും, സി. ആർ. സി. പി. എം. റോസ്റ്റിംഗ് റൂമുകളും, റെഫറൽ സെന്ററുകളും തുടങ്ങിയവയാണ് ക്യാമ്പിന് സംഭാവനകൾ നൽകിയത്.

ക്ലാപ്പന ഷൺമുഖ വിവാസം സമുച്ചയിലെ 600 ഹെൽപ്പർ വിദ്യാർത്ഥികൾക്കായി രക്ത പരിശോധനയും പരിശോധനയും നടത്തി. പെൺകുട്ടികൾക്കായി ഗൈനക്കോളജിസ്റ്റ് ഡോ. ശ്രീകുമാരിയുടെ നേതൃത്വത്തിൽ ആരോഗ്യ ബോധവൽക്കരണ ക്ലാസ്സും നടത്തി. രോഗി ക്ലബ്ബിന്റെ കേരള ഗ്ലോബൽ പ്രസിഡന്റ് സുധി സാഹിബ് അദ്ധ്യക്ഷനായി. സ്കൂൾ മാ

നേജർ ജയചന്ദ്രൻ, ഹെഡ് മാസ്റ്റർ സജികുമാർ, പി.ടി.എ പ്രസിഡന്റ് നൗഷാദ് തുടങ്ങിയവർ സംസാരിച്ചു. രോഗി ക്ലബ്ബ് അംഗങ്ങളായ അശോകൻ, മനോജ്, സാം തോമസ്, ബാബുജി, ഡോ. സുരേഷ് എന്നിവർ ക്യാമ്പിന് നേതൃത്വം നൽകി. മുൻ പ്രസിഡന്റ് സുഗതൻ കുംഭമേലിൽ സ്വാഗതവും കരുത്താഗമങ്ങളും രോഗി ക്ലബ്ബ് പ്രസിഡന്റ് ജയകുമാർ നന്ദിയും പറഞ്ഞു.

സൗജന്യ കാൻസർ പരിശോധന ക്യാമ്പ്

കരുത്താഗമങ്ങളും, രോഗി ക്ലബ്ബിന്റെ നേതൃത്വത്തിൽ റെഡ് ക്രോസ്സും, സി. ആർ. മഹേഷ് എം. എൽ. എ. ഉദ്ഘാടനം ചെയ്തു. പി.ടി.എ പ്രസിഡന്റ് പ്രദീപ് അസിസ്റ്റന്റ് ഗവർണർ സന്തോഷ്, ബി. എം. എം. സി. ചെയർമാൻ സന്തോഷ്, ക്ലബ്ബ് ട്രഷറർ സനിൽ കുമാർ, പ്രിൻസിപ്പൽ ശോഭ എണി വർ പ്രസംഗിച്ചു. കാൻസർ രോഗത്തെ കുറിച്ചുള്ള കരുത്താഗമങ്ങളും, ആശുപത്രിയിലെ ഗൈനക്കോളജിസ്റ്റ് ഡോ. ദിവ്യ ക്ലാപ്പനും ഉൾപ്പെടെയുണ്ട്.

ക്ലബ്ബ് പ്രസിഡന്റ് സോണി രവി അദ്ധ്യക്ഷനായി. സി. ആർ. മഹേഷ് എം. എൽ. എ. ഉദ്ഘാടനം ചെയ്തു. പി.ടി.എ പ്രസിഡന്റ് പ്രദീപ് അസിസ്റ്റന്റ് ഗവർണർ സന്തോഷ്, ബി. എം. എം. സി. ചെയർമാൻ സന്തോഷ്, ക്ലബ്ബ് ട്രഷറർ സനിൽ കുമാർ, പ്രിൻസിപ്പൽ ശോഭ എണി വർ പ്രസംഗിച്ചു. കാൻസർ രോഗത്തെ കുറിച്ചുള്ള കരുത്താഗമങ്ങളും, ആശുപത്രിയിലെ ഗൈനക്കോളജിസ്റ്റ് ഡോ. ദിവ്യ ക്ലാപ്പനും ഉൾപ്പെടെയുണ്ട്.

സന്തോഷ്, ക്ലബ്ബ് ട്രഷറർ സനിൽ കുമാർ, പ്രിൻസിപ്പൽ ശോഭ എണി വർ പ്രസംഗിച്ചു. കാൻസർ രോഗത്തെ കുറിച്ചുള്ള കരുത്താഗമങ്ങളും, ആശുപത്രിയിലെ ഗൈനക്കോളജിസ്റ്റ് ഡോ. ദിവ്യ ക്ലാപ്പനും ഉൾപ്പെടെയുണ്ട്.

കല്ലറ രോഗി ക്ലബ്ബിന്റെ ആഭിമുഖ്യത്തിൽ ആനാകുടി അംഗനവാടികളിൽ നടന്ന സൗജന്യ മെഡിക്കൽ ക്യാമ്പ് വാമനപുരം ഗ്രാമപഞ്ചായത്ത് ആരോഗ്യ സ്റ്റാൻഡിംഗ് കമ്മിറ്റി ചെയർപേഴ്സൺ ശ്രീമാം ബി.കെ.എ. ഉദ്ഘാടനം നിർവഹിക്കുന്ന

OTHER SATRANGI NEWS

RC Trivandrum Central donated a fully automated biochemistry analyser worth Rs 7 lakh to Govt Hospital, Palode which will be used for testing life style diseases and kidney care for the local community.

RC Aroor Satellite City conducted a Medical Camp on July 24 at Victoria Club Indoor Stadium, Kodamthuruth.

RC Haripad Greater donated a refrigerator to LP School, Karuvatta for storage of milk and other essentials.

RC Trivandrum South held a free breast cancer screening camp for 25 members in association with UE Life sciences. Their revolutionary device lbreast exam which has been approved by WHO, helps women to identify breast lumps with absolutely no pain and radiation.

RC Trivandrum organised Cancer Detection camp for 69 ladies on July 22. They were subjected to cancer screening tests by Doctors from Regional Cancer Centre.

RC Kozhuvanal distributed 150 Dialysis kits worth Rs. 1.5 Lakhs to kidney disease patients.

RC Kundara Mid Town organised Mega Medical camp and distributed medicines with the help of LMS Hospital Kundara on July 22. 292 persons participated.

RC Pathanamthitta Metro, handed over medical financial aid of Rs.12,500/- to Pankajakshan Nair, a Paralysed Patient from Lakkoor.

RC Thiruvalla conducted a Dental camp at Niranam St Mary's LP School.

RC Udiyankulangara implemented their monthly financial assistance scheme for 25 physically disabled persons (Rs.1000/- each) for their medical treatment.

RC Kottayam East, RC Kozhencherry, RC Erumely & RC Kollam Residency conducted separate Awareness classes against Drug abuse. RC Ranny conducted a Workshop on Challenges Faced by Adolescent Girls.



SUDARSHAN ROUNDUP

സ്കൂളിൽ ആർടെ പ്ലാന്റ് നിർമ്മിച്ച് നൽകി റോട്ടറി ക്ലബ്

ആലപ്പുഴ • ആലപ്പുഴ ഞാൻറ് റോട്ടറി ക്ലബ് ഡിസ്ട്രിക്ട് പ്രോജക്ട്കിൻ്റെ ഭാഗമായി തെന്നടി ഗവൺമെൻ്റ് എൽപി സ്കൂളിൽ 10 ലക്ഷം രൂപ ചെലവഴിച്ച് ആർടെ പ്ലാന്റ് നിർമ്മിച്ചു നൽകി. വിദ്യാർഥികൾക്കും സമീപവാസികൾക്കും ശുദ്ധജലം ലഭിക്കുന്നതിനുവേണ്ടിയാണ് പ്ലാന്റ് നിർമ്മിച്ചത്.

ഇപ്പോഴത്തെ ഗ്രീനൻജിയുമായി സഹകരിച്ചാണ് പദ്ധതി നടപ്പിലാക്കിയത്. റോട്ടറി ഡിസ്ട്രിക്ട് 3211ൻ്റെ ഡിസ്ട്രിക്ട് ഗവർണർ എ.സുമിതൻ ഉദ്ഘാടനം ചെയ്തു. ആലപ്പുഴ ഞാൻറ് റോട്ടറി ക്ലബ് പ്രസിഡൻ്റ് കെ.പി.ഹരൻ ബാബു അധ്യക്ഷത വഹിച്ചു. പഞ്ചായത്ത് പ്രസിഡൻ്റ് എസ്.അജയകുമാർ, റോട്ടറി ഡിസ്ട്രിക്ട് അഡ്വൈസർ സമിത സുമിതൻ, ഡിസ്ട്രിക്ട് അസിസ്റ്റൻ്റ് ചെയർമാൻ ജി.അനിൽകുമാർ, റോട്ടറി ഡിസ്ട്രിക്ട് ചെയർമാൻ ബേബികുമാരൻ, അസിസ്റ്റൻ്റ് ഗവർണർ അനീത ഗോപകുമാർ, മുൻ അസിസ്റ്റൻ്റ് ഗവർണർ കെ.ജി.ഗിരീശൻ, മുൻ റോട്ടറി ക്ലബ് പ്രസിഡൻ്റ് ഗോപാൽ ഗിരീശൻ, സെക്രട്ടറി അനീതകുമാർ ശിവദാസ്, റോട്ടറി ക്ലബ് ഡയറക്ടർമാരായ ദേവരാജ്, ഷാജി, റോണി മാത്യു, അരുൺ കുമാർ, പഞ്ചായത്ത് അംഗങ്ങളായ ജയപ്രദൻ, സിന്ധു ജയപ്പൻ, ബെൻസൺ ജോസഫ്, ഹെൽമിസ്ത്രസ് മിനി എ.ജോസഫ്, കെ.ആർ.മുരളീധരൻ നായർ തുടങ്ങിയവർ പ്രസംഗിച്ചു.

SUDARSHAN was inaugurated at Alleppey on July 19 by Sri.A.M.Arif MP. An Environmental Pledge was taken by the participants. The seminar was organised observing green protocols, with Drinking water served in glass bottles, avoiding plastic wrappers for bouquets and presenting saplings to Guests. Backdrop banner was prepared on biodegradable cloth material. RC Alleppey East Initiated the Sudarshan project by distributing saplings of trees to schools. Chief Guest Smt Haritha V Kumar IAS, District Collector jointly with District Chairman Rtn.Kumaraswamy Pillai did the honours. RC Marari honoured Shri Byju the best Agriculturist from Kanjikuzhi. RC Trivandrum Ananthapuri, RC Balaramapuram and Tvm South initiated Sudarshan project at St Joseph School, Govt LPS Balaramapuram and Sree Chitra Home, Trivandrum respectively. RC Alleppey donated 150 earthen pots to St Joseph's College for Women for creating an organic vegetable garden. RC Alleppey North handed over the sapling of a fruit bearing tree to Kalavoor Government HSS. RC Tvm South also give away study material for the girl students of Sree Chitra Home, Trivandrum; preparing for NEET exam. This is the first time that students from the Home are writing an entrance exam

Below (L-R): RC Kottiyam honored the memory of Kargil martyr Vinod, placing a wreath at his memorial and recognising his mother; the club constructed a toilet for a deserving family; the club distributed uniforms to children of Devi Vilas LP School.



LEADERSHIP - RANDOM RAMBLINGS DURING LEADERSHIP MONTH...

- PDG.Suresh Mathew.

Leadership has existed since the dawn of human civilization, starting with the dominance of alpha males among early Homo sapiens. Over time, leadership has undergone significant change and transformation. In prehistoric hunter-gatherer societies, male leaders emerged within hunting groups, while females were often relegated to domestic roles. There is a new school of thought that women were intentionally sidelined in the name of their physical limitations and hunting hazards because the menfolk were well aware of the strengths of women if given an opportunity. There could also have been the issue of additional protection required to propagate the species. Modern education and exposure in the (largely) civilised society of today has made them emerge from this artificial cocoon. Today women are breaking many male dominated barriers, effectively leading nations and mammoth multinational corporations with consummate ease.



Defining Leadership Styles

As a subject of study, renowned thinkers such as Peter Drucker analysed various leadership styles and approaches. Democratic, autocratic, laissez-faire, and transformational leadership are among the most recognized types. Let's delve into each of these leadership styles and explore their characteristics and impact.

Democratic Leadership involves the active involvement of team members in decision-making processes. This style emphasizes collaboration, open communication, and collective decision-making. A democratic leader encourages participation, values diverse opinions, and fosters a sense of ownership among team members. By promoting inclusivity and shared responsibility, democratic leadership enhances employee engagement and motivation.

Autocratic Leadership: In contrast to democratic leadership, autocratic leadership is characterized by a centralized decision-making process where the leader holds absolute power and authority. Autocratic leaders make decisions independently and expect strict adherence to their directives. While this style may provide efficiency and direction in certain situations such as for ignorant masses, it can also stifle creativity, discourage open communication, and limit employee autonomy.

Laissez-Faire Leadership, also known as hands-off leadership, grants significant freedom and autonomy to subordinates. Leaders adopting this style provide minimal guidance and intervention, allowing employees to make decisions and manage their work independently. Laissez-faire leadership can foster innovation, creativity, and a sense of ownership among team members. However, it requires a highly skilled and self-motivated workforce to thrive, as the lack of structure and guidance may lead to disorganization and a lack of direction.

Transformational Leadership: is a dynamic and inspiring style that aims to motivate and transform followers. These leaders inspire their teams through a compelling vision, charisma, and personal role modeling. They empower employees, encourage personal growth, and foster a supportive environment. Transformational leaders often challenge the status quo and inspire their teams to achieve extraordinary results through innovation, collaboration, and shared values. Transformational leadership also involves identifying, nurturing and motivating new leaders to take over in the future.

As society and workplaces continue to evolve, the concept of leadership has expanded beyond traditional hierarchical structures. Today, leadership is not limited to a designated title or position but can emerge from anyone within the organization, irrespective of his/her formal level. Besides domain knowledge, contemporary leaders are expected to possess a diverse skill set, including effective communication, adaptability, emotional intelligence, and a global mindset.

Leadership and Rotary

Leadership in Non-Governmental Organizations (NGOs) like Rotary presents unique challenges and requires a distinct, well considered approach. Unfortunately, there is a common misconception, at least among some leaders, that they have to exercise an authoritarian leadership style to achieve results. Nothing could be further from the truth. Rotary emphasises a cohesive environment that fosters camaraderie and encourages servant leadership. When Rotary's first club was established, members addressed each other on a first-name basis without any prefixes, highlighting the organization's commitment to informality, equality and collaboration.

LEADERSHIP

As Rotary expanded its presence into developing nations such as ours, it encountered remnants of the hierarchical structures inherited from the colonial era, especially in the pre-independence period. Initially, given that the early members consisted of influential figures (mostly Englishmen) in a feudalistic society, a sense of mutual respect prevailed despite the existence of hierarchies. However, as Rotary welcomed more members from all walks of life and with diverse backgrounds, the influence of bossy leadership tendencies began to emerge. A Rotary leader, be it a club president, District Governor or RI President is not an unquestionable leader, he or she is only a facilitator, that too, for a limited term as elected by the "ordinary" Rotarian member, after which (s)he reverts to the position of a rotarian of the home club. Many a time, (s)he has to work hard at getting elected, in every which way possible (and imaginable!). This is exactly the reason why RI has rechristened some positions (eg. District Trainer to District Learning Facilitator); these have strong connotations on perceptions of Rotary leadership.

In my personal opinion, it is the transformational leadership model that would be most suitable for voluntary-member-based organisations like Rotary, of course combining the democratic values of governance in the leadership process. In Laissez- Faire model, the success depends on the self-inspiration, maturity and responsibility of the delegatee. During my tenure as District Governor, I have taken special care to delegate specific responsibilities to certain Rotarians, who took them up with total commitment and led their assigned portfolios with conviction, without the district leadership following up with them or doing "back seat driving".

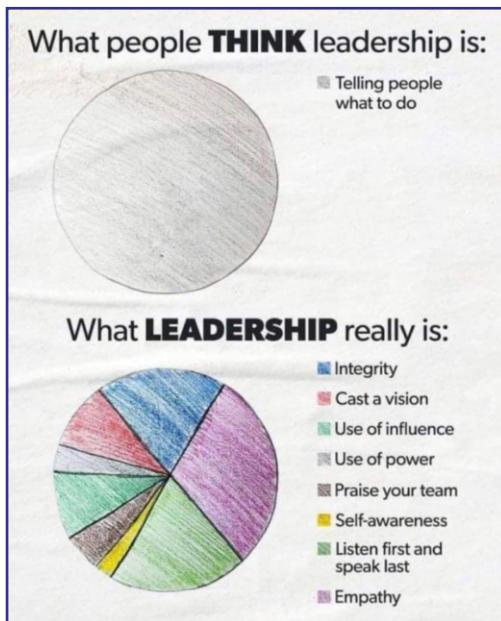
There is yet another group of Rotarians who lobby for district posts just to get their pictures published in the District Directory, but don't even raise their little finger to perform their duty. That is the reason why we see many ornamental designations - to accommodate such personalities. A statistic informs that in Rotary, 63% of the members are disengaged (ie. don't contribute at all, but are only interested in fellowship activities and business networking). Of these, 24% are "actively disengaged" (ie. neither do they work, nor do they let others to work). Only about 13 % rotarians actually do the hard work and

bring results. The outcomes that we see every year are the result of the hard work and committed efforts put in by these 13%, who constitute the real "performing assets" of Rotary Clubs.

What Rotary leadership should be

Rotary's essence lies in servant leadership, where leaders prioritize the needs of others, empower their teams, and foster a sense of unity and purpose. As the organization continues to evolve, there is a concerted effort to reignite the values of servant leadership and eradicate bossy leadership behaviours. By promoting a culture of mutual respect, empathy and inclusivity, Rotary aims to ensure that every member embraces the principles of servant leadership, regardless of background or position within the organisation. We must realise that unlike other organisations, Rotary is a "company" where the "employees" pay dues to the company instead of vice versa, for the privilege of doing voluntary service work. Every rotarian expects to be treated with regard and respect. This should be clearly borne in mind by every rotarian "leader". I am aware of the olden days when the DG would deign to talk only to the club Presidents and not even recognise the grassroot level rotarians; those practices are dead as the dodo.

To Conclude.....



Every rotary year starts afresh with renewed ideas and commitments.

A leader is not a know all personality. He, like every others, has to Learn.

A leader is not a loner; he has to Engage his team members to achieve the shared vision

In Rotary, a leader has only one year to perform, so he has no other options but to Accelerate the process

A leader's role is to improve, if necessary even disrupt, the established concepts, paving the way for innovation.

Learn..... Engage..... Accelerate..... Disrupt

This just about sums up what Rotary leadership should be, in my view.....

ROTARY AND MENTAL HEALTH CARE

SOME ADDICTION ISSUES

[Excerpts from MIND MATTERS, Newsletter of Rotary Dist 3030 Action Group on Mental Health Initiatives, June 2023]

Addiction is a pandemic that is least talked about. The age at which one can get addicted is coming down year by year. Ease of availability and peer pressure easily allure youngsters. Also, novelty (trying new things) leads to dopamine (the 'feel-good' hormone) release, and the reward system of the brain (explained in the 'neurobiology of addiction' article) leads to a vicious cycle of addiction. The next generation is involved in substance abuse as well as drug peddling. Adolescents are getting addicted to drugs, nicotine, and alcohol. This may lead to or aggravate already existing mental illnesses. It may create mental health issues in the family as an addict might land into criminal behaviors and face financial crisis too. We as parents should be aware of the signs and symptoms of addictions. Most importantly we must establish healthy relations and communication with our wards.

According to the survey through the National Drug Dependence Treatment Centre (NDDTC) of the All India Institute of Medical Sciences (AIIMS) in 2018 :

- 1.58 crore children aged between 10 and 17 years are addicted to substances.
- Alcohol is the most commonly used psychoactive substance.
- About 16 crore people consume alcohol and more than 5.7 crore individuals are affected by harmful or dependent alcohol use and need help.
- 3.1 crore individuals use cannabis products and about 25 lakhs suffer from cannabis dependence.
- 2.26 crore people use opioids and approximately 77 lakh individuals require help for opioid use problems.

According to reports published in the Journal of the American Medical Association (updated in May 2023):

- Roughly 50 percent of individuals with severe mental disorders are affected by substance abuse.
- 37 percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental illness.
- Of all people diagnosed as mentally ill, 29 percent abuse alcohol or drugs.

FOOD ADDICTION

Food addiction is a widespread problem in today's fast-paced world, impacting people of all ages. It is characterised by compulsive and uncontrollable desires for certain foods, notwithstanding harmful effects. Food addiction involves the brain's reward system, certain high fat, sugar and salt (HFSS) release dopamine, a neurotransmitter associated with pleasure and reward. Over time, people may need more addictive foods to feel satisfied. It can be caused by a mix of biological, psychological, and environmental factors, such as genetic predisposition, psychological variables, easy availability of highly processed foods, deft marketing strategies, and societal norms that favour overconsumption.

Food addiction can have serious effects for one's physical health, causing weight gain, obesity, and other health problems. Additionally, the emotional and psychological costs of food addiction can lead to low self-esteem, anxiety, sadness, and a lower quality of life. The social consequences of food addiction can be severe, resulting in broken relationships, isolation, and feelings of shame or guilt.

Overcoming food addiction requires a multifaceted approach that addresses the root causes and promotes better habits. Some effective tactics:

- Talking to dietitians, therapists, and addiction specialists can help during recovery.
- Understanding the foods that cause addiction can help to avoid or moderate them.
- Mindful eating involves focusing on taste, texture, and satiety cues. This disrupts unconscious feeding habits.
- Gradually replacing addictive foods with healthier ones may satisfy cravings and provide nutrients. New flavours and cooking methods can ease the transition.
- Meditation, exercise, and hobbies reduce emotional eating triggers.
- Long-term lifestyle changes can create durable behaviours and enhance overall well-being.

August is the Month for Membership, with maximum new inductions. Some basic doubts are addressed below:

1. What are the qualities to be looked for when a person is invited to become a Rotarian?

Ans: A prospective Member should have good character, integrity, leadership skills, good reputation and willingness to serve for the benefit of community and world.

2. What is the rationale behind Classification in Rotary Clubs?

Ans: When the Members are from different fields of Profession, Business or Occupation they bring in their expertise, experience and knowledge for the benefit of the Club and the community.

3. Can a group of people from the same Profession or Business or Occupation form a Rotary Club for themselves?

Ans : Rotary International Constitution states that the number of Members from the same Profession or Business or Occupation should not exceed 50%.

4. What are the types of Membership? What are the differences setting them apart?

Ans : There is no financial obligation for the Clubs to the District or Rotary International on behalf of Honorary Members. They also cannot hold any official positions or take part in any voting on matters relating to the Club.

5. Is it a fact that the Honorary Membership is only for an year and has to be renewed every year?

Ans : No. Contrary to the popular belief that it is for one year, the duration of Honorary Membership is for the period fixed by the Director Board of the Club.

6. Is it the Director Board or the General Body which takes the ultimate decision to invite a person as a Member?

Ans : According to the RI Constitution, it is the Director Board (DB) which takes the ultimate decision.

7. Can the General Body cancel the decision of the DB to take a new Member?

Ans : It requires two thirds majority of Club Members present and voting, to cancel the decision of DB, in a Club meeting where this is mentioned in the Agenda beforehand. To avoid this situation RI has given leeway to the Clubs if they so desire, to incorporate in their own Club Bylaws provisions for enquiring about any objections from the members to take a particular person as a New Member, before the DB takes the final decision. Such decision has to be taken within a month of the proposal reaching the DB.

8. Can a Member get a transfer from one Club to another?

Ans : Yes. The former Club of the transferring Member or another Member of the New Club can put in a proposal to the DB of the New Club for the transfer. The transfer is subject to getting a No Dues Certificate from the previous Club. However if no certificate is received after one month from the previous Club after their getting the request, it will be assumed that there are no dues.

9. Is it correct to delay any changes in the membership till just before the invoice of the next Semiannual Dues is prepared so as to avoid Pro-rata dues?

Ans : No. Any changes in the membership has to be reported to RI at the earliest. Not reporting any changes on time can result in the Club getting suspended.

10. Can a Member resign from the Club?

Ans : A Member has the right to resign; this cannot be denied. When such a resignation letter is received by the Club Official, a DB meeting has to be called before the next Regular meeting to accept the resignation and subsequently announce it to the Club. The Member is not liable to pay any dues or other financial obligations which arise after the letter has been received.

11. What are the reasons for termination of Membership?

Ans : A Member can be terminated for nonpayment of dues, non attendance and for good cause.

12. How do the Clubs go about termination of a Member?

Ans : A Member has to be given 10 days' written notice by the DB. Member has to be given the opportunity to respond in writing to the DB and also to appear before the DB to state his case. A decision to be taken by the DB by at least two thirds of the DB Members present and voting in favour of termination.

13. What are the remedies open to the Member against the termination?

Ans : Within 14 days of receiving the intimation of termination, a Member can appeal to the Club, request for Arbitration/ Mediation. An appeal to the Club requires a two thirds majority at the meeting specifically called for the purpose to reverse the decision of the DB.

14. How long can a Member be suspended?

Ans : A Member can be suspended upto 90 days maximum. Procedure and remedies are the same as for termination.

FINANCIAL COMMITMENTS OF CLUBS TO ROTARY INTERNATIONAL AND DISTRICT 3211

Rtn. MPH. CA. K. Satheesan, District Treasurer

Meeting the financial commitments to Rotary international and the district in time is the first and foremost responsibility of each and every club. The various financial commitments of each club are narrated below: -

A. RI Dues: - Semi-annual dues of Rotary International. This is the first and foremost commitment of each club. The Club officials should ensure that they remit the per capita RI dues well within time. Important details with respect to RI dues are given below: -

1 st SAR due on	1 st July, 2023
2 nd SAR due on	1 st January, 2024
Payment Period	Within 120 days of the respective due dates
Half yearly per capital dues:	2023-2024 2024-2025 2025-2026
2023-2024	\$37.50 \$39.25 \$41.00
Add GST	@ 18% extra
Payable in respect of	All members on roll as on the due dates
New Members	Pro-rata rate for members joining in between the due dates
Payment Rate	At the rotary exchange rate announced for the month in which the payment is made. For July 2023, it is Rs.82/- per dollar

B. COL Dues: - An Additional payment of \$ 1 per member is to be paid by every club along with July SAR dues for meeting the expenses of the COL meetings as per the decisions of the RI Board.

Consequences of not making the RI dues (including COL):

- Clubs will be terminated if the arrear is above \$250 and beyond 120 days from the due date.
- Re-instatement of club after

termination as aforesaid is possible only if the arrears are paid within another 150 days from the end of 120 days from the due dates, along with a re-instatement fee of \$ 30 per member

iii. Club will be Permanently terminated after a period of 270 days from the original due dates if the arrears are not cleared.

iv. After permanent termination, the Club will lose its original charter and will not be eligible for re-instatement.

C. Magazine Subscription: - Apart from RI Dues, subscription to rotary news is mandatory for every Rotarian. For those having the same address, one subscription is sufficient. Rotary News subscription details are:

Annual subscription for Print version	Rs.480/- per member
Annual subscription for e-version	Rs.420/- Per member
Payment Mode	Full year subscription to be paid in July in prescribed form
Subscription for New Members jointing after July	Rs.40/- per month for print version and Rs.35/- per month for e-version

Consequences of non-payment:

- Unpaid dues will be considered as outstanding against the club
- Details of clubs with subscription arrears will be shared with RI and are liable for suspension
- Clubs cannot participate in the election process

D. DISTRICT DUES: - It is mandatory for all clubs to pay district dues for its members to a district fund for administration and for district projects. Spouses of rotarians are exempted. Details of District Dues are:

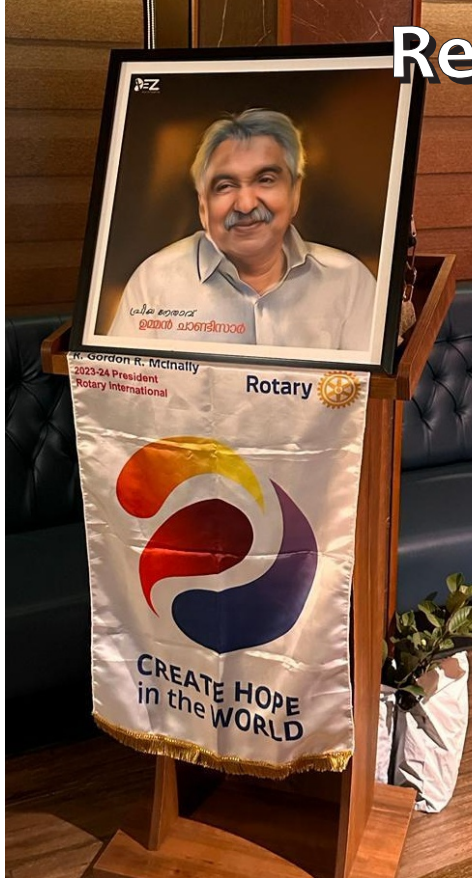
District Dues Per Rotarian	Rs.600/-
GST	@ 18% Extra (Total Rs.708/-)
Due Date of Payment	1 st July
Payment Period	Within 4 months
Bank Account Details:	
Bank	HDFC Bank
Branch	Bharanikavu
A/c No.	50200080288170
IFSC	HDFC0001505

Consequences of not making the District dues:

- RI will suspend its services to the defaulting clubs if it is in arrear for more than six months and on hearing from the District Governor.
- Defaulting clubs will not have voting rights at the district meetings.

All clubs are requested to fulfil their financial commitments to Rotary International and the Rotary District 3211 well in time and support Rotary to Create Hope in the World. **Jai Rotary!!!**

Respectful Homage



Rotarians of the District and RC Puthupally paid respectful homage to their member Rtn.Oommen Chandy, former Chief Minister of Kerala, who passed away on July 18. Many rotarians visited his house with family and placed a wreath in honour of the noble departed soul. Above: AG Rtn Dr K K Kuruvilla inducting Shri Oommen Chandy as Honorary Rotarian [ID:9170291] of Rotary Club of Puthupally.

FOCUS PROJECT ABHAYAM : Home for Homeless

A most meaningful focus project of our District 3211 envisaged by our visionary leader DG Dr.G.Sumithran was kick started on 15 th July by handing over the keys of the first house under this project, sponsored by RC of Kottayam, to Mekhala Joseph, a deserving beneficiary. Noted film director/actor Dileesh Pothen did the honours in the presence of our Vice Governor and DRFC PDG.AKSM.Dr.G.A George and Dist Advisor PDG.EK.Luke at the club's Installation meeting. Earlier, DG Dr.G.Sumithran released the flyer of ABHAYAM.



Rtn PP Mathew (RC Kottayam) has agreed to donate 1.25 acres of land in Panachikadu Panchayat, close to Kottayam municipal limit, for Rotary to construct homes for our landless brethren , which will be launched soon. In connection with their Golden Jubilee celebrations, RC Trivandrum South have decided to hand over 50 houses.

Let us join hands to create hope by lighting the lives of those who are in desperate need of a shelter and thereby create a new era of humanitarian service activity in our District 3211. Soliciting your whole hearted support and cooperation for the success of Abhayam.

**- Rtn PAG Anu Kurian
District Chairman, Abhayam Project.**



ROTARY TRIVIA...

- In 1917, RC Kansas City made the first contribution of \$26.50 to the endowment fund suggested by Arch Klumph. At the 1928 Rotary Convention in Minneapolis, the Rotary Foundation was named and a Board of Trustees created.
- In 1929, The Rotary Foundation made its first gift, \$500, to the International Society for Crippled Children.
- Astronaut Neil Armstrong, the first man to walk on the moon, was a Rotarian of RC Wapakoneta, Ohio (US).
- John Frick, a member of Rotary Club of New York, made the first ever Rotary pin in October 1909.



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

THE NATIONAL ROTARIAN		Jan 1911 issue 11
<p>UPON JB. Omaha el one Kansas raveled cepted attend of the rtainly ow how meeting el) and ere was te hote</p>	<p>AN IMPOSTER IS AT LARGE, is the report from Portland, calling himself "Supreme President of the National Rotary Clubs". Look out for him. Let us know if you see him.</p> <p>TACOMA ROTARY CLUB recently had a Special Legislators' Banquet for the members of the state legislature. Matters of interest to Tacoma and Pierce Co. were discussed by the Rotarians and their guests.</p> <p>W. FRASER STEWART OF ST. LOUIS has been installed as President of his Club—the largest probably in the whole country. Secretary Rutledge is on the job with him as he was with Bruno Batt.</p>	<p>PRESIDENT HARRIS SAYS "If I were to find myself standing upon a platform and looking into the eyes of every living Rotarian"—</p> <p>YOU WOULD LIKE TO do that very thing probably if you could talk to them about your A1 goods or the splendid service you give to your patrons.</p> <p>PUT YOUR ADVERTISEMENT IN THE NATIONAL ROTARIAN and you will be doing that very thing. Your brother Rotarians want to patronize you and influence business to you. Let them know where you are and what you are</p>

There were Rotary charlatans during those days too!!!

OBITUARY



Our District lost the services of a valuable member, Rtn.K.R.Mohanan Nair (73) of Rotary Club of Trivandrum on July 27. He was serving as Treasurer of the club.

May his soul Rest In Peace! Deep condolences to his family and club members.

NEWS FROM R.I..... Called by a cause: Rotary Club of Mental Health & Wellness

Whenever Maribel Khoury-Shaar's Rotarian husband suggested she join Rotary, the busy physician declined. But when she learned that a Rotary club dedicated to mental health and wellness was forming, she jumped on board. After the pandemic started, most of her patients were anxious and depressed, and she was getting burnt out as a health care provider. "This club reinvigorated my life because I was around like-minded people who wanted to do the right thing," says Khoury-Shaar, president of the Rotary Club of Mental Health & Wellness in District 5280, Los Angeles, California. The club meets online and welcomes members to join from anywhere in the world. Its current members include professionals in the mental health field and others who hold the issue close to their hearts.

The club, chartered last May, is one of the first cause-based Rotary clubs to focus on mental health and wellness. It's one of a growing number of cause-based clubs around the world. Mental health, especially the issues of depression, anxiety, and suicide have caught the attention of Rotarians worldwide. There is also a Rotary Action Group on Mental Health Initiatives and a partnership between RI in Great Britain and Ireland and the nonprofit Bipolar UK. Members have launched notable initiatives, including an effort to award \$5,000 in scholarships annually to students pursuing graduate-level work on mental health. Members assembled and distributed coping kits containing stuffed animals, supportive cards, and other items to children with burn injuries. They are also promoting mental health and wellness among school-age children through the Inspiring Kindness initiative. Focus will also be on suicide prevention and partnering with organizations that provide mental health services and promote awareness. The number of suicides is increasing year after year. The club meets virtually twice a month. Other such "Cause Based Rotary Clubs" will soon be underway. Rotarians are encouraged to identify new causes.

FEEDBACK

I just received the well crafted 'Susmitham', the Installation Day special. Good effort. I enjoyed reading it from top to toe. Keep it up. - Rtn.Tomi Eapen, RC Alleppey.

BULLETIN REVIEW...

[This column attempts to review a selected club bulletin of our District]



THE KAZHAKUTTAM NEWS LINE (TKNL)

The issue 04 of Volume XXXII was on hand. It is something unique for a club having a 20-page bulletin, though a quarterly publication. All the pages are loaded with Rotary Information at Club level, District level and the messages from RI President. A club bulletin primarily should carry the news items of the activities of the Club and their family members and I am happy to note that TKNL has done full justice on that score.

The article on Kidneys by Dr Rajendran is exhaustive but wishes that he could have linked it with the current year's District Project Satrangi, explaining how best we can prevent kidney failures. Both poems by Annet Aparna Suresh (English) and veteran Rtn Sheela Devi (Malayalam) kindle our thoughts. Sheela has posed many questions on the 7-letter word "Vayalar", whether it is the legendary poet Vayalar Ramavarma or the land which turned to be the cradle of "Punnapra-Vayalar revolution" and so on. Finally she left it to the imagination of the readers. The write up on Fellowship by Rtn Balan Bhaskaran stands out for its brevity and contents. The photo gallery is exhaustive including Wynad trip, by enjoying the Vande Bharat ride.

I felt that the reproduction of the entire text of RI President's message was unwarranted, as those have already appeared in the publications like Rotary News and GML. Reports on 2023-24 Zonal Cabinet meeting, installation of new team and COTS have been inserted but the issue badly misses the theme for 2023-24 and the logo.

- Rtn PAG M Kumaraswamy Pillai.

EDITOR'S CORNER

Dear Rotarians and family,

Let us ponder over the ways rotary can recognize a woman's worth, working with like-minded men and women. It is gratifying to note that following Dr Sylvia Whitlock of US, the first woman in rotary, Rotary finds women as the best vehicle for humanitarian ventures in service to mankind. Rotary offers ordinary women opportunities to do extraordinary things; it is a platform for lifelong friendships with the motto of serving the community, country and the world.

My home club, RC Palai, the largest Club with 149 members including 43 women rotarians, has reshaped my outlook and attitude to mould myself to be a compassionate human being. Recognizing my worth as a woman to empower the society, my club offered me an year to be the leader. All Rotarians, Anns and Annets supported me to find new avenues for being Helping Hands in the lives of the less fortunate in times of natural calamities and crisis. There was no gender difference while joining hands towards service for the needy.

We can be proud that our district has elected Rtn Dr. Tina Antony as DG Nominee. Lady rotarians are known to be multitaskers who can balance friendship, fellowship and service with deeper passion, intimacy and warmth. They can identify even minute issues in families and society - gender imbalances, care of the elderly, sexual/substance abuse, etc. Mothers can motivate kids to forsake a part of their luxuries for their less fortunate counterparts, instil value education among school students to respect women. However, women constitute only 8.68% rotarians in our district, hope this will increase this year and in the coming years.

August being the month of membership development, this issue also carries a Q&A concerning Membership, where a lot of relevant information is given for the benefit of office bearers of the Rotary clubs.

- Rtn.Dr.Tessy Kurian.

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

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.