



SUMITHAN

"A WARM SMILE"



സുഖസ്മിതം



Major Donor Dr. G. Sumithran
District Governor

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

CREATE HOPE
in the WORLD

INSTALLATION DAY SPECIAL

GML ISSUE # 1, June 25, 2023



With Rotary International President R Gordon R McNally and First Lady Heather at LAKSHYA International Assembly 2023



Rotary International President's Special Message

R. Gordon R. McNally
President, 2023-24
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12 May 2023

Mr. G Sumithran

2023-24 Governor, District 3211

Dear Sumithran,

Please accept my congratulations on your installation to the office of 2023-24 district governor.

You have been handed the reins of leadership at an historic moment. In the wake of the COVID-19 pandemic, more people than ever feel hopeless. Many have lost people close to them. Social networks have been uprooted and divisions have grown wider as opportunities for connection have been lost.

Rotary's ability to create lasting change begins with the bonds we form with each other. This year, I need your help to ensure the bonds between our fellow Rotary members are strong enough to bring hope to those who need it most.

Join me in making Rotary a source of strength for all of those who feel they have lost hope, within and beyond our membership. Let this be the year we *Create Hope in the World*, and let Rotary be known as an organization that takes care of its members as well as the people we serve.

It is within your power to help bring peace and soothe those afflicted by conflict, both in their communities and in themselves.

I look forward to working alongside you as we come together to *Create Hope in the World*.

Warmest Regards,

A handwritten signature in black ink, appearing to read "R. Gordon R. McNally". The signature is fluid and cursive, with a large initial "R" and "M".

R. Gordon R. McNally
President, Rotary International 2023-24

Dear Dr. Sumithran,

At the outset let me congratulate you and all the Leaders in the Clubs for taking over the leadership mantle for the year 2023/2024, Creating Hope in the World.



Our organization has a strong set of values - integrity, ethics, diversity, equity and inclusion and total financial transparency. Let us connect the Donor to the Beneficiary. This is essential to build Trust. Let us not make a business out of Rotary but make Rotary and Service our business.

Let the Leadership be built on these values to ensure that you make a difference and set an example for the years ahead, for the Society will judge our organization by our actions. The Team and you need to ensure that there is fairness in your actions as leaders. Arrogance has no place in Rotary Leadership at any level. Be a Team player as Together we can always achieve more.

Be Dreamers - Think Large and not small. There is nothing impossible for a committed Rotary Leader to achieve. Communication is the Key to Success. The most vital aspect is being a good listener. Be a compassionate leader - leading with Commitment, Zeal, Enthusiasm and Passion.

Our success lies in touching more lives and making a difference. Let's be the harbingers of change. A change from the past to a change for the future and for the better. A change that embodies the spirit and soul of our organization, taking the clubs and the organization a few notches higher than we took over the mantle of leadership. Growth as anywhere else is essential and important even for our Organization. Let us do all that we need to, to improve our public image. Let the world be told of the good that we do to give a ray of hope for a better tomorrow to so many whose lives we touch. Let us be selfless in the service that we do. Let's eschew the I and truly serve above self. Let's work together as a Team to give Hope and build a better future together, for our clubs, districts and our organization and for the society who we seek to serve.

Get set to embark on a journey of a life time, an opportunity not to be missed and display your leadership as we serve with humility and simplicity. God bless you all for what you do in service and fellowship. Have a great year ahead and Enjoy Rotary as you Create Hope in the World

TN (Raju) Subramanian, RID 2023/2024

Rotary International Directors' Special Message

Dear DG Dr.Sumithran, (2023-24)

My Rotary Greetings....

Thank you for providing me the opportunity to express my thoughts in your GML.



Service and fellowship being the fulcrum of Rotary, most of the clubs are working on various projects & most importantly the clubs are planning for bigger projects through Global Grant of rotary foundation.

It is also evidence that our seven areas of service opportunities especially on health care and literacy, where you all should do enough to take-up meaningful projects in your respective areas.

I would like to put across this message to the Rotarians that there are huge untapped resources in your district in the form of CSR fund or medium scale industries and these resources should be earned collectively by putting up a District CSR committee. I am sure that under your able leadership you will put this action in motion & the result will follow.

Should you require any assistance we are always by your side to support the cause of Rotary.

I wish the team of RY 2023 -2024 to have great success in all aspects of service to create hope in this World.

Thanks with regards,

Yours-in-Rotary,

**RID Anirudha Roychowdhury 2023-2024
Zone 5 & 6**

Dear friends in Rotary,
2023–2024 is at the doorstep!

The start of a brand-new Rotary year heralds a fresh era of good deeds around the world. I must say that this Rotary year is quite special for our district. After the mammoth efforts put in by our vibrant immediate Past District Governor Rtn K Babumon, the tenure of Rtn Dr.G. Sumithran as the district governor, is unique in many aspects.



This is a widely held belief that a leader with high character will be more inclined to act in the interests of the whole rather than simply of their own interests. The most effective leaders are those who have a balance of character and intelligence. I am confident in saying that Dr.Sumithran is a modest, down-to-earth individual who is securely grounded and honest. He is a well-known cardiothoracic surgeon who is passionate about his work and always willing to help the less fortunate. He will always be blessed for the numerous free heart surgeries he performed and the kind contributions he made to TRF along with the innumerable services he has been doing, to make the world a better place to be.

He is a servant leader who never demands anything and instead allows us the freedom to use our thoughts to create hope in the world. As a result, it becomes twice as important for us to support our leader. Therefore, instead of working on smaller-scale projects, let us band together to sponsor a cancer ward or a renal ward or even a Rotary hospital, for example. Consider larger, more audacious signature initiatives that RI District 3211 has never seen!

Let our imaginations be wide enough and let us spread hope through our actions! Let us extend a warm welcome to our Rotary District Governor, a great and caring human being who personifies the true meaning of putting others before oneself. Here's to a year full of chances to positively influence our communities. May the year 2023-2024 be distinct and different !!

Best wishes and congratulations!

With kind regards,

PDG Dr John Daniel

District Chief Advisor 2023-2024 , RID 3211

World Fund Development Committee Member 2023-2026

The R I Presidential theme "**Create Hope In the World**" will be implemented in true spirit by our Dist. Governor 23 - 24 Dr G.Sumithran. As PRIP Shekhar Mehta says, Service is the rent we pay for our time on earth. Through the seven verticals of Service "Satrangi" there is a wide scope in serving humanity by all our Rotarians.



We have a large number of Rotarians who have shown and lead by examples through their munificent contribution and support to The Rotary Foundation. Hope we all together will achieve a remarkable milestone in 23-24 to keep our flag flying high in this Rotary world.

I hope and believe that with simplicity & humility our leader Dr.G.Sumithran, will show and lead the way to create hope in this world.

- Dr.G.A.George PDG, AKSM, DRFC & Vice Governor 2023-24

Dear GML Editor PDSG Rtn.Ravindra Kumar,

I am extremely happy to note that the GML of our District is making its debut on the occasion of the installation of Dr.G. Sumithran as Governor, for the Rotary Year 2023-24, which is scheduled on 25.06.2023.



It was Rotary that brought us together, regardless of our political, religious or any other sectarian identities and symbols. Through Rotary, we have found friendship, made connections and expanded the horizons of our social and professional life, and are trying to do good in the world. Thus, it is in the fitness of things that our incoming RI President Rtn.Gordon R. McNally has chosen "**Create Hope in the World**" as RI theme for the coming Rotary year.

We are on the threshold of entering a new Rotary year. Each new year brings new hopes, new dreams, new goals and new ambitions. I am sure, each incoming President, Secretary and their team have a lot to contribute to the Club and would lead from the front. So many challenges lie ahead for each club in the year ahead. We have to concentrate on membership development and also support TRF, the backbone of Rotary, to take the movement forward. Our District Project is "SATRANGI", a very ambitious one, intended to extend a helping hand to improve the health of the general public.

Like every other organization, Rotary is also changing on a daily basis. Therefore, we cannot afford to remain still. We have to move with the changing times without compromising on our core ideals of service, friendship and fellowship. I wish the very best to each Rotarian of our District for the coming Rotary year.

Yours in Rotary Service

PDG Shirish Kesavan, District Trainer 2023-24

Rotary International Theme 2023-24

“Our human compassion binds us the one to the other — not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.” These words were spoken by Nelson Mandela, and they express so much of what it means to be a Rotary member and to take up the challenge of our times, to see beyond the divisions and conflicts, finding our singular human need for connection and peace.

Our theme this year is **Create Hope in the World**. Five simple words that build on Mandela’s invitation. To create hope, we must continue doing our most important work — and do it better than ever before. We must refocus our efforts to build peace across the globe. And we must help each other find peace within, and share that ethic of care to the people we serve. The work that we will do..... is all about building on the good ideas of others and showing proper respect for the efforts made before us. It is not about closing the door on a previous year, but about building a bridge to the next.

We’re unlocking the potential of women and girls, elevating the status of young people, and we’re also taking a strong stand in support of diversity, equity, and inclusion. (More than just) increasing numbers, ... the most important aspect of DEI is expanding a sense of belonging by making Rotary an open, inclusive organization that embraces the best people, the best ideas, and the best partnerships, no matter where they come from.

(Our work on polio).... remains Rotary’s top corporate priority. And there is so much we have done over the past 35 years of which we can be proud as we have followed our dream of a polio-free world. Together, we will end polio. When that happens, Rotary will deserve enormous historical credit. We (should) raise at least \$50 million each year to receive the full Bill & Melinda Gates Foundation match. We need to heed the insightful words of Jonas Salk, the creator of the polio vaccine, who said, “Hope lies in dreams, in imagination and in the courage of those who dare to make dreams into reality.”

One of the most important ways we can do that is to put greater focus on peace. It’s wonderful that Rotary members respond when war breaks out — in Ukraine, South Sudan, Yemen, Afghanistan. Beyond soothing the innocent victims of conflict, we need to use the full power of Rotary to build Positive Peace and prevent conflicts.

Peace is the soil where hope takes root. We till this soil every time we create new connections between people and find new opportunities for commonality. Over the next year, we will be introducing virtual international exchanges that build on our current programs and make them more accessible. Peace is not a passive



**CREATE HOPE
in the WORLD**

dream. It is an outcome of hard work, earned trust, and often difficult conversations. We know that peace must be waged persistently ... and bravely.

As we help create peace across the globe, we also must work to create a similar kind of change within ourselves. Because for many people, lost hope is not just a function of material poverty. All of us face challenges that threaten our well-being, having lost loved ones to disease, war, and disasters. Social circles have narrowed. Divisions have grown wider. Opportunities for connection have been lost. Sadly, children and young adults are feeling this loss the strongest; their education and personal growth have been interrupted. And, sadly, there are many parts of the world where discussing mental health challenges is considered a weakness. We must change that.

Research shows that performing acts of kindness is the most effective step anyone can take to protect our sense of well-being and to make us more resilient to all the challenges life throws our way.

The Rotary Action Group for Mental Health has been focused on these kinds of issues for several years now. A wonderful initiative is being implemented by the Rotary Club of Nagpur, in partnership with the Rotary Club of Naples, USA. Wellness in a Box is delivering a depression awareness curriculum to ages 12 and older and a web-based train-the-trainer module. It focuses on breaking the stigma of anxiety and depression and increasing awareness with coping skills, by suicide prevention, and by training teachers as school counselors.

I aim to prioritize (mental health). To do this, I encourage you to help erase the stigma associated with emotional wellbeing, to raise awareness of mental health needs, to help improve access to preventative and interventive mental health services.

Let us Create Hope in the World.

MEET OUR GOVERNOR

Rtn. Major Donor. Dr. Sumithran Gangadharan MS, MCh (CTVS)

[Rtn.Dr.P.Balachandran pens his knowledge and experience about his beloved fellow rotarian]

A disciplined, hard-working and compassionate human being, Rtn. Dr. G Sumithran has been an active member of Rotary for over a decade now. During his time at Rotary International, apart from his steadfast focus on his work as one of Kerala's finest cardio-thoracic surgeon, he has also exhibited incredible leadership skills, having won the best Assistant Governor for the Rotary year 2016- 2017.

A legacy deep-rooted in helping people improve their physical well-being: Born the youngest child of Thekkemadom Ayurveda Acharya Sri. M. K. Gangadharan and Smt. Chandramathi in 1964. Dr. Sumithran's family has been engaged in the practice of Ayurveda for decades.

He had his schooling at Govt. U.P. School Oachira and RVSM Higher Secondary School, Prayar before undertaking his pre-degree course at MSM College Kayamkulam. Dr. Sumithran did his MBBS from TD Medical College, Alappuzha in 1989.

Started his career as a medical practitioner at George Memorial Hospital, Pathanapuram in 1990.

He did his MS (Masters in General Surgery) from Trivandrum Medical College in 1997.

In 1999, he obtained M. Ch in Cardio-Thoracic Surgery. He had the privilege of working closely with renowned and distinguished Cardiac Surgeon Padma Shri Dr. K. M. Cherian at Madras Medical Mission, Chennai and St. Gregorious Cardio Vascular Centre, Parumala and became his favourite disciple.

On April 7th, 2007, the World Health Day, Dr. Sumithran set up Padmavathy Medical Foundation, named after his mother, and since then has been serving as Chairman as well as Chief Cardio-Thoracic Surgeon at the hospital.

Exposed to more than 9000 cases of Cardiac, Thoracic & Vascular cases, which include a variety of pediatric & adult cardiac surgery cases. His Field of professional interest is Total Arterial Revascularization, Heart Valve Repair, Minimally Invasive Heart & Lung Operation, Rural Health Care etc.



An embodiment of selflessness, Dr. Sumithran cares about his patients over himself and family. The long, tiring and stressful life of this great surgeon never inhibited his humanism. He understands that compassion is a great catalyst for healing. And in keeping with his love and care to his fellow human beings, his hospital is a role-model in extending medical care to the rich and poor alike. His team is always ready to render assistance to the needy and helpless. Every year hundreds of heart surgeries are done free of cost by him in association with various charitable and non-governmental organizations of South Kerala.

Inspiring those around him

He also conceptualised 'PURA' (Providing Urban Facilities in Rural Area), and implemented that in Sasthamcotta.

For years, Dr. Sumithran has been actively associated with more than a dozen major medical, educational, welfare, social and cultural institutions. He is a member of the Association of Cardiovascular and Thoracic Surgeons of India, Life Member of Indian Medical Association, Member of Association of Rural Surgeons of India and the Past President of Kollam Surgical Club. He is also a member of Rotary International, Lions Clubs International and Grand Lodge.

He has to his credit, numerous international papers, awards from professional and community organizations and accreditations from the government. An ardent lover of music, particularly Carnatic music, Dr. Sumithran is also a gifted singer.



From Top to Bottom :
With RI President Jennifer Jones;
With PRIP Shekhar Mehta;
With RIPE Stephanie Urchik
With PRIP Gary C K Huang.

His active involvement was a source of inspiration to many hesitant Rotarians to participate in the competitions. He is a Trustee of ‘Mohammed Rafi Foundation’, Kollam. He is also an avid reader who can debate on anything from contemporary Indian literature to presence of life in Mars.

Dr. Sumithran was instrumental in mobilising support during major catastrophes, including the Cyclone Ockhi and the floods of 2018 in Kerala apart from the outbreak of Nipah virus (NiV).

Dr. G Sumithran joined the Rotary Club of Karunagappally in 2006.

The mastermind behind Implementing District Project “Heart to Heart,” he conducted 40 successful heart surgeries in the Year 2010-11 under the leadership of PDG Rtn.T.N Koshy Panicker.

He served as the President of Rotary Club of Karunagappally in the year 2015-16. He was elevated to Star Assistant Governor in the year 2016-17 under the vibrant Governorship of PDG AKS Member Rtn. Dr. John Daniel.

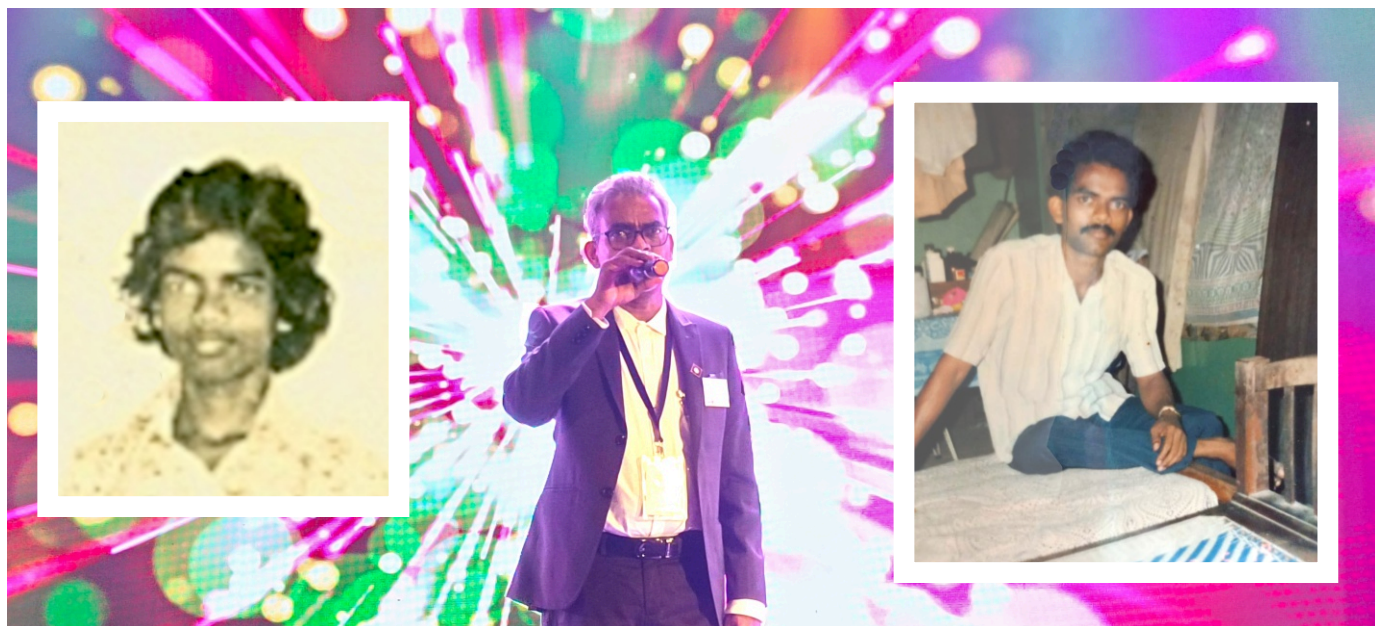
His exemplary service as an Assistant Governor, District 3211 led him to being adjudged the best Assistant Governor for the Rotary year 2016-17. He became Major Donor in the same year by his generous contribution to The Rotary Foundation

He was entrusted with the responsibility of Chairman of ‘FIRE’ (Family Involved Rotary Entertainment) in the Rotary year 2017-18. Same year Dr. Sumithran was also serving the district as Chairman of Hridayathalam (“Heart to Heart”)which was intended to give completely free cardiac care to minimum 100 underprivileged cardiac patients. At the close of the second year of launch, one hundred under privileged patients stand benefitted from this great charity medical support project.

The sterling performance of Dr. Sumithran as Chairman of District Conference (‘Vismayam’) 2019 was well-appreciated by the Rotary fraternity. The support received from the fellow Rotarians gave him more confidence to take up greater challenges . Dr. Sumithran led the arrangements for PETS (‘Vaikhari’), held in April 2019 at Grand Hyatt Kochi, Bolgatti. As Chairman of the Organizing Committee , it was a proud moment for him when RIP Rtn. Shekhar Mehta, the fourth Indian to become Rotary International President lit the lamp to inaugurate the event. He was elected unanimously to lead RID 3211 for the year 2023-24.

He is married to Dr. Smita Sumithran, the Managing Director of Padmavathy Medical Foundation. The couple is blessed with a son and two daughters. Anandan is doing his Masters in Business Administration at Christ College, Bangalore, Vaishnavi is doing her Bachelor in Business Administration at GRD College, Coimbatore and Shivani is studying in 8th Standard at Pallikoodam, Kottayam. Dr.Smitha is a member of Rotary club of Quilon Lotus and Anandan is a member of Rotary Club of Karunagappally.

Glimpses of our DG, from his Family Album



Clockwise from Left :
An early family photo - Dr.Sumithran (centre) with father Gangadharan Vaidyan, mother Chandramathy, brothers Subhash & Suhothran; Pre-Degree days; our singing DG; as Medical College student; with wife Dr.Smitha, daughters Vaishnavi & Shivani and son Anandan; Professional performing a heart surgery.



MY VISION FOR OUR YEAR AHEAD

Our GML Editor PDSG Rtn.Ravindra Kumar has asked me to articulate my thoughts on "My Vision for the year ahead. I have taken the liberty of tinkering a little with the topic suggested by him and changed it into "My vision for our year ahead", because without the Rotarians of our district extending me a helping hand, whatever vision I may have for the coming Rotary year, will remain just a dream.

Since I am going to be Rotary Governor, my Vision is to be strictly in line with the RI action plan for the coming Rotary Year. To put it differently, my Vision is inextricably intertwined with the ideals, the guiding principles and core values of Rotary.

Rotary, as we know well, is an association of persons who voluntarily joined together to use their skill and passion to make a difference in the communities in and around the world, based on certain guiding principles and core values. These guiding principles and core values provide a road map for each Governor to envision his year ahead. We have Mottos, we have a Mission and, we have Core Values, which every Rotarian should hold dear to his heart.

What is Rotary's official Motto? In fact, Rotary has two official Mottos 1) **"Service above Self"** and 2) **"One profits most who serves best"**. Between them, **"Service above self"** is the principal Motto of Rotary.

As an organisation, Rotary International has a Mission - **To provide service to others, promote integrity, and advance world understanding, goodwill and peace through our fellowship of business, professional, and community leaders.**

Rotary Foundation, the financial wing of RI, also has a Mission, and it is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and alleviation of poverty.

Our Core Values are:

- 1)Fellowship,
- 2)Integrity,
- 3)Diversity,
- 4)Service and
- 5)Leadership.



The vision statement: **"TOGETHER WE SEE A WORLD WHERE PEOPLE UNITE AND TAKE ACTION TO CREATE LASTING CHANGE ACROSS THE GLOBE, IN OUR COMMUNITIES AND IN OURSELVES"**.

To translate this vision, the RI has set our action plan with four priorities that will direct our work over the coming Rotary year:

- i. INCREASE OUR IMPACT
- ii. EXPAND OUR REACH
- iii. ENHANCE PARTICIPANT ENGAGEMENT
- iv. INCREASE OUR ABILITY TO ADAPT

Therefore, my vision for the coming Rotary year comprises of the following ;

FIRST: TO INCREASING OUR IMPACT IN SOCIETY:

Our most important, continuous and impactful programme for the past many years has been the programme of eradication of polio from the face of the earth. We have almost reached that goal. Only very little remains to be done. But, still, we have miles to go before we can sleep. We have to encourage our members to contribute to the polio plus fund and, reach out to implement the polio eradication programme, so that Rotary will be able to sustain our great legacy of being the Prime Mover, which has eradicated polio from the face of the earth.

SECOND: TO EXPAND OUR REACH:

Membership is the life blood of every organization. Rotary is no exception. In Rotary, membership is the single most important thing and one of the greatest assets. More members means more membership fee, more contribution to The Rotary Foundation, more hands to serve and more ideas for the growth and evolution of Rotary. Currently, RID 3211 has 160 Clubs and 5228 Members. I envision an increase in our membership strength to 6228. For achieving that magic figure, we should not only attract more members but also prevent attrition. Team work and togetherness helps to achieve the goal of membership growth. To attract new members, creating a welcome culture in clubs is very important. New members should never feel that they are unwanted or are second class citizens in the Club. When we create new Clubs, the existing Clubs should take care to nurse, nurture and nourish them till they get past their infancy period and stand on their own legs.

THIRDLY: OUR COMMITMENT TO D E I:

Diversity means, People of all backgrounds, experiences and identities, regardless of their age, ethnicity, race, color, abilities, religion, socio-economic status, culture, sex, sexual orientation, or gender identity. Equity requires us to carefully consider how to provide differing levels of support, opportunities, and resources so that participants have a welcoming and productive experience. Inclusion means creating experiences in which all people are welcomed, respected and valued. Other two important aspects are empowering girls and empowering rotroactors.

LASTLY: INCREASING CONTRIBUTION TO TRF:

I would like to limit my vision with respect to the TRF contribution to a reasonable, moderate and achievable target of one million USD.

Finally, “Create Hope for the World” being the RI

Theme, we need to heed the insightful words of Jonas Salk, the creator of the Polio Vaccine, who said, “Hope lies in dreams, in imagination and in the courage of those who dare to make dreams into reality.” These words are meaningful for all the work we do. They apply just as well to every aspect of the Rotary Action Plan. This plan is all about creating hope — and providing our members with the knowledge and courage they need to change.

To realize Vision for the coming Rotary year, we will need to loosen our purse strings more, increase our membership strength and, enhance our contribution to TRF.

I would like to conclude by quoting the words of Dr.A P J Abdul Kalam, the sage and visionary among Indian Presidents. He said: “A Dream is not what you see in sleep, dream is something which doesn't let you sleep”

To realise our vision and translate them into a reality, we need to work hard for the year ahead. Expecting the wholehearted co-operation and support from each one of you,

Yours in Rotary Service,

Rtn.Dr.G.Sumithran, District Governor, 2023-24

Rotary's Four Way Test



“നാം ഉറക്കത്തിൽ കാണുന്നവയല്ല നമ്മുടെ യഥാർത്ഥ സ്വപ്നം; മറിച്ച്, എന്താണോ നമ്മെ ഉറങ്ങാൻ അനുവദിക്കാത്തത് അതാണ് നമ്മളുടെ യഥാർത്ഥ സ്വപ്നം” - Dr.A.P.J.Abdul Kalam

इतरांगी DISTRICT PROJECT 2023-2024

- Dr.Meera John, Chairman, District Project



“Our bodies are our gardens – our wills are our gardeners.” – William Shakespeare.

We are living in a world filled with uncertainties. Age does not seem to be the sole criterion for someone’s longevity. Lifestyle diseases - obesity, hypertension, diabetes, and hypercholesterolemia have become common; every day we hear about someone dying unexpectedly or after being bedridden for some time. Renal diseases and cancer put a person and his family into endless suffering - physical, financial, emotional. Depression and drug abuse are common, especially among youth; many youngsters end their lives in accidents or suicides. In our society, we find people becoming old and retired by the time they hardly turn sixty but in the Western world, they sport an active and healthy life even after they cross their 80s. We give very little importance to good health until we lose it. As Rotarians and as responsible citizens of the world, it is in the fitness of things that we look after ourselves and spread the message of good health to all around us.

True to his own vocation, our beloved District Governor Dr.G.Sumithran has conceived **SATRANGI**. Just as the seven colours of the rainbow create the most beautiful and enchanting sight in the world, our district project ‘Satrangi’ too has seven verticals that would create a long-standing impact in our lives and of those in our communities, as an umbrella project. **SATRANGI**, thus, aims to look into the most crucial factors that would create a healthy body and a sound mind.

The **SATRANGI** logo depicts the seven colours of the rainbow. The heart with an ECG line represents the central theme of health care. The VIBGYOR coloured seven dots represent the seven areas that we focus and the seven tick marks represent Rotary’s intervention to make it right. Each dot and tick together represent a Rotarian and jointly all the figures represent the teamwork in Rotary.



The seven verticals of **SATRANGI** would be

1. Cancer care
2. Cardiac care
3. Drug Abuse Prevention
4. Mental health care
5. Prevention of lifestyle diseases including Diabetes
6. Renal Care
7. Student Health Care and Support to Schools



Besides, **SATRANGI** aims to provide health awareness, screening and early detection of disease, and treatment support for cardiac, renal, and lifestyle diseases, mental illness and drug abuse. We plan to conduct awareness classes, screening surveys, and early detection camps, identify at-risk patients, and provide them treatment support. The overall health, growth, and development of the young generation is a main concern. Student health care and support to schools form the seventh vertical of **SATRANGI**. Conducting community-based and educational institutions-based awareness sessions and mass screening and early detection in the seven verticals of **SATRANGI** through multi-speciality medical camps, mobile cancer screening vans, etc would be the main mode of operation. Rotary clubs can individually or together take up signature projects like mobile screening vans for detecting drug users, Cancer, and renal disease screening, sponsoring and conducting heart surgeries in our district or even internationally, adopting hospital wards for renal dialysis units and cancer chemotherapy wards, providing equipments for cardiac, renal and cancer care, providing long term treatment support to diabetic patients, especially juvenile diabetics, etc.

The motto of **SATRANGI** resonates well with the Rotary International Theme of the 2023-2024 - ‘Create Hope in the World’. May **SATRANGI** make the world a better place to live in!

SUDARSHAN - FOCUS PROJECT 2023-24

- A baby step towards combating Climate Change

- Rtn PAG M Kumaraswamy Pillai, Chairman, Sudarshan Focus Project 2023-24



Introduction:

Realising the need for our intervention to protect our Environment, Rotary International added "Support to Environment" as one of the seven areas of focus. Of late, one of the major concerns of world leaders is Global Warming and its adverse impact on the environment and mankind, so as to bring about positive change in the world and increase our impact. As a pilot scale activity in this direction, our DG Dr G Sumithran has resolved to implement a focus project "SUDARSHAN-Reversing Global Warming" during the year.

What is Climate Change?

Climate Change is a significant variation of average weather conditions - becoming warmer, wetter or drier, over several decades. It is attributed directly or indirectly to human activities, that alter the composition of the global atmosphere, and is in addition to natural climate variability observed over comparative time periods.

The major natural causes of Climate Change are Volcanic eruptions, Ocean currents, Earth orbital changes (more tilt - warm summers & cold winters; less tilt - cooler summers & mild winters), Solar variation, etc.

We have little control over these, whereas the human causes can be controlled to a great extent with proper planning and control measures. The percentage impact of different human activities on CC are : Burning Fossil Fuels (49%), Industrial Processes (24%), Deforestation (14%), Agriculture (13%).

Effects of Climate Change

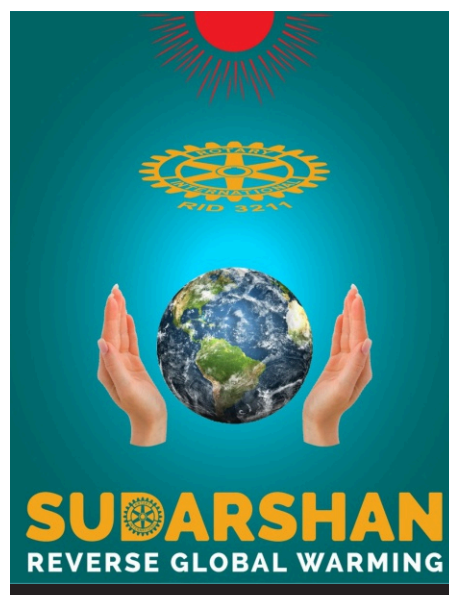
- Rise in sea level, due to melting of ice sheets.
- Heavy rainfall across the Globe
- Extreme Draught
- Decline in crop productivity
- Change in eco-system
- Hurricanes
- Rise in temperature
- CO₂ acidifies sea water

Carbon Footprint is a measure of the amount of Carbon dioxide(CO₂) released into the atmosphere as a result of the activities of a particular individual, organization or community. We need to cut CO₂ emissions in half by 2050 to contain the increase in temperature to within 1.5 degree Celsius.

Role of Rotary

REVERSE is the key word used, with seven verticals envisaged as follows:

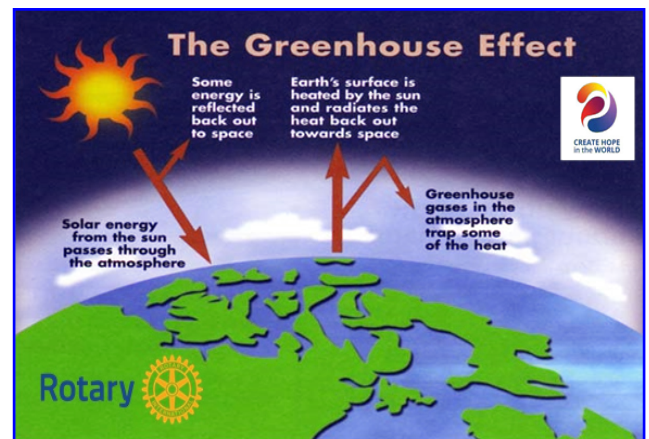
- R** - Renewable energy (viz. activities for installation of Solar Panels, Wind Mills, etc.)
- E** - Education & Awareness (viz. propagate ill effects of climate change and the need to combat the same)
- V** - Volunteers of Nature/ESRAG (viz. creation of groups in every town/panchayats to promote afforestation)
- E** - Energy Conservation (viz. to reduce electricity by switching to LED bulbs and other electrical appliances)
- R** - Recycling of products (viz. minimize the use of valuable natural resources and reusing waste materials)
- S** - Soil & Water Conservation (viz. using environment friendly methods)
- E** - Environment Protection (viz. Campaign against cutting of trees, etc.)



At the club and district level, we can organise a Mobile video producing competition among children, organise a ROTARY COMBAT GLOBAL WARMING RALLY in all major towns and cities, etc. to create public awareness.

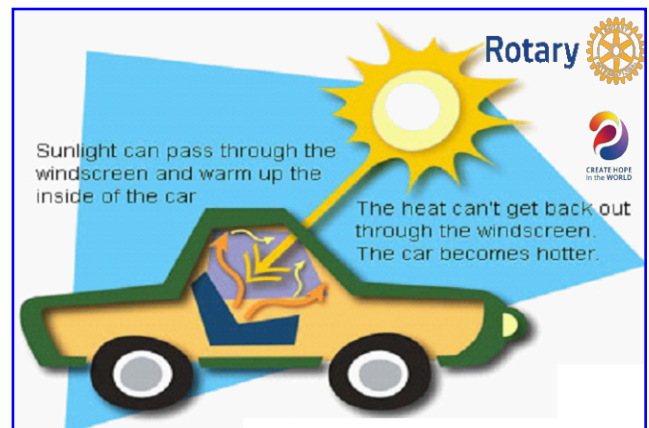
DAYS TO CELEBRATE

1. World Soil Day - 5th December
2. International Soil Conservation Day - 7th July
3. World Climate Change Day - 15th May
4. World Meteorological Day - 23rd March
5. International Day of Forest - 21st March
6. National Renewable Energy Day - 21st March
7. International Mountain Day - 11 December
8. World Oceans Day - 8 June
9. World Mangrove Day - 26 July
10. WORLD EARTH DAY on 22nd April and
11. WORLD ENVIRONMENT DAY on 5th June.



Targets

1. Installation of roof top solar panels in houses of Rotarians - 2000
2. Installation of solar powered street lights - 1500
3. Installation of windmills (within/outside the district) - 1
4. Installation of rain water harvesting projects - 100
5. Formation of Volunteers/Nature's Club/ESRAG - 10
6. Distribution of LED bulbs - 2500
7. Establishment of Miyawaki forest - 5
8. Upgradation to EV lby Rotarians/Anns/Annets - 500
9. Renovation of water storage tanks/public ponds – using environment friendly methods - 10
10. Printing bills on the evils of climate change and the ways to combat the same -1,00,000
11. Organising Awareness programmes in Schools/Public places – 250
12. Organising 'ROTARY COMBAT GLOBAL WARMING RALLY' – 10
13. Distribution of saplings of fruit bearing trees to children/residents' associations – 1,00,000



Linkages with the Govt of India and International Organisations/NGOs

1. Non-conventional energy- Installation of solar panels in houses availing subsidy of KSEB
2. Tree plantation in association with the Department of Social Forestry
3. Miyawaki forest creation in association with Department of Forests
4. Water conservation in association with the local self governments
5. Soil Conservation in association with the department of agriculture and soil conservation.
6. Campaign against cutting of trees - NGOs and Environmentalists
7. District Seminar inviting experts in the field like TERI
8. Revenue District Workshops for Rotarians
9. Awareness Classes in Schools and Colleges
10. Rallies involving public and students on World Climate Change Day
11. Flash mobs in crowded areas
12. Solar Powered Street Lights.

"Climate change is real. It is happening right now, it is the most urgent threat facing our entire species and we need to work collectively together and stop procrastinating." - Leonardo Di Caprio, Actor & Environmentalist.

Rotary awards US\$2 million to prevent cervical cancer in Egypt

**NEWS FROM
ROTARY
INTERNATIONAL**

CAIRO, Egypt (May 28, 2023) — In Egypt, less than 10 percent of women have undergone cervical cancer screenings in the last 5 years, and of those diagnosed with cervical cancer, over half have died as a result. The Rotary-led initiative 'United to End Cervical Cancer in Egypt' aims to reduce cervical cancer cases and enhance women's health in Egypt through targeted awareness-raising and improved access to preventative care.

A large majority of cervical cancer is due to the human papillomavirus (HPV), the most common viral infection of the reproductive tract. It is considered one of the most preventable cancers, yet 90 percent (2) of the deaths it causes, occur in low- and middle-income countries because routine HPV vaccinations and cervical cancer screenings aren't available. Social and cultural misconceptions also affect women's choices about seeking proper health measures and vaccination for HPV.

By providing vaccines to girls, regular screenings and timely treatment for women, the initiative strives to reduce the burden of this preventable disease and encourage communities to prioritize cervical health.

Initiated by the Rotary Club of El Tahrir, supported by Rotary clubs in Greater Cairo and modeled after President Abdel Fattah El-Sisi's Egyptian Women's Health Initiative on breast cancer, the program was awarded \$2 million by The Rotary Foundation. With the expertise and knowledge of key program partners, Rotary aims to vaccinate more than 30,000 girls ages 9-15 and provide screenings for 10,000 women in greater Cairo and launch a public awareness campaign to reach 4 million people. Health care workers, school administrators, and staff will receive training on HPV and cervical cancer to ensure proper care and counseling for women and girls.

"By increasing awareness and promoting preventive care for cervical cancer, we can save lives and create healthier communities," said Dr. Amal El-Sisi, Professor of Pediatrics, Cairo University and member of the Rotary Club of El Tahrir. "As we gather data for the first time on the HPV and cervical cancer burden in the Greater Cairo area, we are gaining crucial insights into the overall prevalence in Egypt. Upscaling our efforts will enable us to reach more women and girls and empower them with the knowledge and tools they need to take control of their health."

'United to End Cervical Cancer in Egypt' takes Rotary members' commitment to prevent cervical cancer and improve women's health to the next level by building a longer-term, multi-stakeholder partnership on the ground in Egypt with the Egyptian Ministry of Health and Population, the Egyptian Society of Colposcopy and Cervical Pathology, the NGO Sonaz el Khair Development Foundation, Cairo University's Obstetrics and Gynecology Department, the World Health Organization in Egypt, and the National Cancer Institute.

"Rotary believes that every woman and girl should have access to quality healthcare, no matter where they live. With the 'United to End Cervical Cancer in Egypt' initiative, we are taking a critical step towards making this a reality. By providing preventative care, we can empower them with the knowledge and resources they need to stay healthy and thrive. Our joint efforts endeavor to establish more resilient communities through a shared vision for women's health, ultimately saving lives and demonstrating Rotary's capacity to create large-scale, impactful projects that foster lasting change." - Jennifer Jones, Rotary International President.

"With Rotary's Programs of Scale, our members are inspired to tackle large-scale challenges and collaborate with organizations that share our vision for transformative change. Drawing on our experience from the global effort to eradicate polio, we understand that collaboration and the integration of specialized skills, talents, and resources amplify our impact. This synergy enables Rotary members to develop and implement ambitious, results-driven initiatives, leveraging past successes to build healthier, more resilient communities." - Ian H.S. Riseley, Trustee Chair of The Rotary Foundation.

"Collaboration with organizations like Rotary is vital in our fight against cervical cancer in Egypt. By providing HPV vaccinations and cervical cancer screenings, we can make significant strides in reducing the impact of this preventable disease on the lives of Egyptian women. Through this initiative, we hope to create a culture of awareness and encourage women to prioritize their cervical health, ultimately saving lives and improving overall health outcomes." - Dr. Mohammed Ibrahim Elazab, Chairman, Egyptian Society of Colposcopy and Cervical Pathology.

Inauguration of District Governor's Office - Sep 16, 2022



DISTRICT SECRETARIAT

1. Rtn. Dr. G. Sumithran, District Governor
2. Rtn. PDG. AKSM Dr John Daniel, District Chief Advisor
3. Rtn. PDG. Shirish Kesavan, District Trainer
4. Rtn. PDG. AKSM. Dr. G.A George, Vice Governor
5. Rtn. Alex Koshy, District Secretary General
6. Rtn. R. Vijayakumar, District Chief General Coordinator
7. Rtn. CA. K. Satheesan, District Treasurer
8. Rtn. Adv. Alex Thomas, District Chief Director General
9. Sri.Karthik, Office Staff Member

RID 3211 - PROGRAMME CALENDAR FOR 2023-24

Sl. No.	Date	Programme	Chairman	Venue
1	09-Oct-22	Asst Governors' Familiarisation Meeting		Gokulam Grand, Kumarakom
2	10-12 Feb 2023	THRISHA - AGTS	Dr. Johny Gabriel	Chandy's Wind Woods, Munnar
3	19-Feb-23	Pre-PETS - Pathanamthitta, Alleppey, Kottayam	All RDDs & AGs	Contour Resorts, Changanassery
4	26-Feb-23	Pre-PETS - Kollam	RDDs & AGs	Hotel Sea Palace, Kollam
5	05-Mar-23	Pre-PETS - Trivandrum	RDDs & AGs	Hotel Forte Manor, Trivandrum
6	17-19 Mar 2023	PRAJNA - PETS	Krishnan G. Nair	Hotel Leela Palace, Kovalam
7	21-23 Apr 2023	LAKSHYA		Kolkata
8	06-07 May 2023	Make-up PETS	Krishnan G.Nair	
9	21-May-23	Grants Management Seminar	Prakash	
10	28-May-23	DTTS	K.J.Rajeev	
11	25-Jun-23	Dist Training Assembly & Installation of DG	P.N.Krishna Kumar	Sreedhareeyam Convention Centre, Karunagapally
12	23-Jul-23	District Project Seminar	Dr.Meera John	
13	20-Aug-23	Membership Seminar	Gopakumar Logic	
14	24-Sep-23	New Generations, Focus Projects, Public Image	K.Alex, R.Vijayakumar	
15	15-Oct-23	RISE - Shuttle	Shyam Starry	
16	05-Nov-23	Rotary Foundation Seminar	Joseph Lukose	
17	10-Dec-23	RISE - Cricket	Shyam Starry	
18	07-Jan-24	FIRE	B.Ravi Kumar	
19	18-Feb-24	Vocational Awards Seminar	Suresh Palakottu	
20	27-28 Apr 2024	District Conference	P.N.Krishna Kumar	
21	16 Jun 2024	Awards Night	R.Sreekumar	

KARMAPADHOM - ONWARD TO ROTARY LEADERSHIP



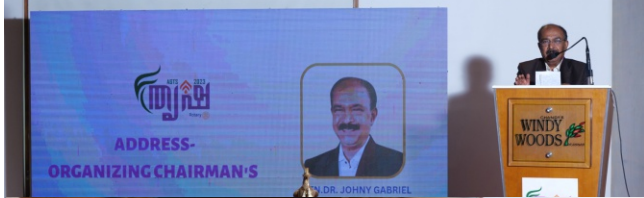
International Assembly
AGTS
Pre-PETS & PETS
DTTS
COTS
District Seminars

Rotary is known for the quality of training it imparts to rotarians in order to become successful leaders in society. Conducted as formal training programmes just before the beginning of every Rotary year, these prepare the rotary leaders, especially incoming club officers, to take up the responsibilities associated with their assigned posts. Topics addressed include Club Administration & Finances, Building Public Image, conceiving and implementing Service projects, applying for Rotary Foundation Grants and more.

Separate training is organised for Governors Elect (GETS), Asst Governors (AGTS), Presidents & Secretaries Elect (PETS), Club Directors and members of the Board (DTTS). Besides, many clubs conduct Club Officer Training Programmes (COTS) for their incoming leaders.



GETS - Abu Dhabi



AGTS - Munnar



AGTS - Munnar





PRAJNA PETS 2023 - A REPORT **[17th – 19th March, 2023 @ The Leela Kovalam]**

- Rtn.Krishnan G.Nair, Chairman (PETS)



Prajna is used to refer to the highest and purest form of wisdom, intelligence and understanding. Prajna is the state of wisdom which is higher than the knowledge obtained by reasoning and inference. The objective of Prajna was to equip the leaders to boldly face the challenges which accompany responsible positions in the dynamic present day Rotary world, and to transform them to emerge as beacons of leadership in society, worthy of emulation - a one stop shop for Rotary education, role facilitation, skill empowerment, personality development, resource enrichment, leadership training, meaningful networking and fun filled, enthralling and energizing entertainment. No stone was left unturned to seek out faculty, renowned for erudition, expertise and experience in their chosen fields to impart an invigorating, insightful, interesting and inspiring learning experience for the delegates. The Seminar was held at the Leela Kovalam, India's only cliff top beach resort, a truly iconic, classy super deluxe destination, located on the scenic Kovalam Beach. RI Director Dr Mahesh Kotbagi was Chief Guest.

Inaugural Session (17th March)

The Seminar was called to order by DG K.Babumon. A Prayer Song was rendered by Ann Rajashree V Nair, Rtn AG Prof K V Sanal Kumar read the Rotary Invocation, Rtn DSGE Alex Koshy welcomed the audience and Rtn Krishnan G Nair, Chair – Organising Committee explained the purpose of Prajna. After DGE Dr.G.Sumithran and DG K.Babumon addressed the audience, Chief Guest RID Dr.Mahesh Kotbagi delivered the Inaugural address. The Vote of thanks was delivered by Rtn V.Jyothi, General Coordinator, Organising Committee.

Plenary Sessions (17th March)

- 1. Be The Inspiration** - PDG AKSM Dr.John Daniel, RRFC, District Chief Advisor 2023-24
Primus Inter Pares - Rtn PDG Shirish Kesavan, District Trainer 2023-24
- 2. Your Support From Rotary International** - Sri Joseph Thomas, Senior Coordinator CDS, RISAO
- 3. Delegate Briefing** - Rtn G Anil Kumar, Assistant District Trainer 2023-24

After the announcement by the Chair, Rtn P.N Krishna Kumar, the registration for Sukrutham – District Training Assembly & Installation of the District Governor 2023-24 was inaugurated by RID Dr Mahesh Kotbagi and DGE Dr G Sumithran. **Fellowship, Entertainment and Dinner followed.**

Opening Sessions (18th March)

- 4. The RI Theme** – Create Hope in the World was presented - DGE Dr.G.Sumithran.
- 5. Introduction of District Project, Satrangi** - Dr Meera John, Chair – Satrangi

Plenary Sessions (18th March)

- 6. Change or Perish** - PDG.Prof K Udayakumar, District Chief General Mentor 2023-24
(Topic and Speaker introduced by PDG Koshy Panicker, District Chief Patron 2023-24 & Secretary, COG)
- 7. Touching New Lives** - PDG K.P.Ramachandran Nair, District Chief General Patron & Chairman, COG
(Topic and Speaker introduced by Rtn PDG George Mathew, District Chief Patron 2023-24)
- 8. Deciding your Destiny** - PDG R.Reghunath, District Chief Patron 2023-24
(Topic and Speaker introduced by Rtn PDG K S Sasikumar, District Chief Patron 2023-24)
- 9. Why One Should Become a Rotarian** - PDG C.M.Aboobacker, District Trainer 2023-24, RID 3204
(Topic and Speaker introduced by Rtn PDG P G Muraleedharan, District Chief Patron 2023-24)
- 10. Be the Pilot, Not the Passenger** - Rtn Krishnan G. Nair, Chair – Organising Committee
- 11. Running The Meetings** - AKSM DGND Sudhi Jabbar
(Topic and Speaker introduced by Rtn PDG K Srinivasan, District Chief Counsellor 2023-24)
- 12. Financial Management of Clubs** - Rtn CA K Satheesan, District Treasurer 2023-24

- 13. Skin in the Game** - PDG Suresh Mathew, District Chief Counsellor 2023-24
(Speaker and Topic introduced by Rtn PDG Dr Thomas Vavanikunnel, District Chief Patron 2023-24)
- 14. Fulfilling Your Dream** - Rtn Sushil Raj, Past Regional Grand Master, Regional Grand Lodge of Southern India
- 15. Chai Ke Pehle Charcha** - Interaction with RI Director Dr Mahesh Kotbagi
- 16. Lead to Excel** - Sri Harish Kumar, International Trainer – JCI

17. Information on DISTRICT PROGRAMS

- a). Public Image - DPIC R.Vijayakumar, District Chief General Coordinator 2023-24
- b). Membership - Rtn Gopakumar Logic, Chair – Membership
- c). The Rotary Foundation - Rtn Joseph Lukose, Chair – TRF
- e). District Awards - Rtn R.Sreekumar, Chair – Awards
- f). New Generations - Rtn K.Alex, Chair – New Generations
- g). Vocational Service - Rtn AG P.N.Suresh, Chair – Vocational Service
- h). Environment - Rtn Kumaraswamy Pillai, Chair – Environment
- i). Grant Management Seminar - Rtn AG Prakash Kumar, Chair – GMS
- j). District Team Training Seminar - Rtn K.J Rajeev, Chair – DTTS
- k). RISE - Rtn Shyam Starry Pereira, Chair – RISE
- l). FIRE - Rtn B.Ravi Kumar, Chair – FIRE

Followed by Entertainment, Fellowship and Dinner at the Beach

Plenary Sessions (19th March)

- 18. My Hopes & Ambitions** - DGE Dr G.Sumithran
- 19. Why & How to Give** - PDG AKSM Dr G.A George, DRFC, District Vice Governor 2023-24
- 20. Image Builders** - Rtn G Anil Kumar, Assistant District Trainer 2023-24
- 21. Zonal Cabinets** - Rtn DSG Vijayalakshmi Nair, Associate Governor 2023-24
- 22. Why Set Goals & Goal Setting** - PDG Shirish Kesavan, District Trainer 2023-24

Valedictory Session (19th March)

- 23. Convocation**
- 24. Book Release** - Ente Priya Rotary (Author Rtn Tomi Eapen, Deputy Governor)
- 25. Feedback from the Delegates**
- 26. Vote of Thanks** - Rtn Jai Kumar Tharamel, Additional District Secretary General 2023-24
- Followed by Entertainment, Fellowship & Lunch**

We believe Prajna served to amply equip, enrich, empower, enable and entertain the delegates to take over the reins of leadership confidently, competently and comfortably.

For Presidents who could not attend PRAJNA Kovalam, the PRAJNA MAKE UP PETS 2023 was organised during 6th & 7th May, 2023 at Club Mahindra Resort, Ashtamudi, overlooking the beautiful Ashtamudi Lake. It was a mini replica of the Kovalam PETS 2023.

A recorded version of the entire proceedings is available at the following youtube links:

<https://youtu.be/ATGG46i-hpo>
<https://youtu.be/OKMDKot7JCS>
https://youtu.be/fo_OaNqoiK8
https://youtu.be/78BiN_B5CbQ
<https://youtu.be/g9UFRrp294Aw>
<https://youtu.be/zNu3RFIqww0>
https://youtu.be/iIOXv_7iaQA
<https://youtu.be/lyhd7meOB7U>

<https://youtu.be/VudJmQSjoRQ>
<https://youtu.be/FpTFdU66aWc>
<https://youtu.be/iab36SuX86Y>
<https://youtu.be/dsSFHWtd-BY>
<https://youtu.be/tE-VZHqc5bY>
<https://youtu.be/bXVXb8LHxME>
<https://youtu.be/xiSldTriuAs>
<https://youtu.be/uTS8T69hGcY>

“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.” - Jack Welch.





PETS - Kovalam, Trivandrum

MANANAM - 23, PRE-PETS

- PAG Prof.S.Gopinathan Nair, Alleppey Revenue Dist Director elect



A well trained team will be able to create wonders, whether it's in Rotary or any other organisations. Keeping this concept close to heart, our beloved DG elect Rtn.Dr.G.Sumithran, along with the visionary Dist Trainer elect, PDG Rtn.Shirish Kesavan, have creditably and successfully organised Pre-PETS in all the five revenue districts of RID3211, that too sufficiently early in the months of February and March 2023, at exotic venues. The Assistant Governors elect provided excellent support for the meeting logistics.

Each Pre-PETS event started with the customary Rotary Invocation, followed by an explanation of its purpose, beautifully presented to the delegates by the unassuming Dist Governor elect, Rtn.Dr.G.Sumithran (in brief) and by the District Trainer elect, PDG Shireesh Kesavan (in detail). Experienced rotarians spoke about important aspects of Rotary club leadership, administration, projects and finances. A professional trainer provided insightful experiences of leadership. Our eminent PDGs gave motivating talks to the incoming Presidents on leading their respective clubs. Each of the events concluded with National Anthem followed by dinner and fellowship.



COTS (Club Officers' Training)



COTS (Club Officers' Training)



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

EDITOR'S CORNER



Dear rotarians and family,

No doubt you would have noticed the unique name of our GML this year, conjoining that of our ebullient DG along with his gracious First Lady. But it also connotes a Warm Smile, like the one you would always be sure of getting from our dear Dr.Sumithran, whenever and wherever you meet him.

A very apt name indeed..., It is our ardent wish that the GML brings a similar warm smile to the reader's face when (s)he goes through its pages upon receiving it, hopefully promptly, every month.

A new rotary year is being kicked off - with lots of expectations, hopes, desires. To use the football analogy, 160 clubs will be vying to excel. However, unlike in the game, they will not be competing against one another; but will all be playing together, to score common goals. These goals are nothing but service to our fellow human beings, tempered with empathy and "the wish to do something good in the world", as our visionary founder Paul Harris so succinctly put it, more than a hundred years back.

We earnestly solicit your full help and support. For the GML, it will be primarily in the form of providing timely news on your club's activities. Please also contribute by way of articles for publication, on interesting topics and perspectives, giving free rein to your knowledge, experience and imagination. Please motivate your family members also to send in their creative literary and artistic outputs.

Wish you happy reading and a purposeful Rotary year ahead, brimming with fellowship and service activities.

R.Ravindra Kumar.

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