SUBURBAN VOICE









PRESIDENT'S MESSAGE

with you our oll sh'

Dear Fellow Rotarians.

As we begin a new Rotary year, I am excited to share with you our club's goals and objectives for the upcoming year. Our focus will be on increasing membership, enhancing our community service projects, new generation projects, vocational service projects and strengthening our partnerships with local institutions. Further, we try our best to enhance/improve bonding among suburban families, increase attendance, boost teamwork/team spirit and elevate the overall energy and vibe of the club with a competitive spirit.

I am proud to report that our club has been actively involved in several new initiatives, such as Suburban PenDrive Project, Suburban Make a difference initiatives, Suburban Round table discussions, Suburban Family One-to-one Conclave, Suburban Punctuality Mementos, 6 nu munpe 6 contest, Suburban Premiere League, TRR (Take a Role on Rotation basis) in weekly meetings and so on. In the month of July 2024, the club carried out 10 plus projects which included around 5 district projects.

This year, our club made a concerted effort to increase female involvement in club activities. We took a significant step forward by inducting a lady Rotarian into our Director Board, who also serves as one of our team coordinators/captains. Additionally, we made a conscious effort to invite some female speakers as guests at our weekly meetings, providing a platform for them to share their perspectives and expertise. To further encourage participation, we requested our Women's Wing (Satellite Club Members) and Anns to ensure their representation at our suburban meetings and events. Through these initiatives, we aim to create a more inclusive and diverse environment, fostering greater engagement and opportunities for women to contribute to our club's activities and service projects.

Mark your calendars for our upcoming family get-together, Independence Day Celebrations, and Character Day programs. I urge you all to participate and bring your families and friends to join in these events.

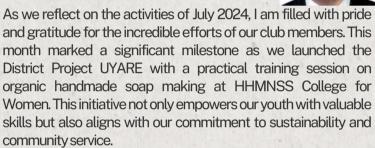
As Rotarians, we have the power to make a difference in our community. Let's work together to create positive change and inspire others to do the same.

Yours sincerely,

Rtn. Dr. Baiju Ramachandran FCS President, Rotary Club of Trivandrum Suburban

SECREATARY'S MESSAGE

Dear Rotarians and Friends,



We also celebrated the 36th Installation Ceremony of our new President, Rtn. Dr. Baiju Ramachandran, at a vibrant gathering at Hotel Hycinth. It was heartening to see so many members and guests come together to support our new leadership team. The inspiring speeches and the warm fellowship shared during the evening reaffirmed our collective dedication to the Rotary ideals of service above self.

In addition to these events, our club has been actively involved in various community service projects and vocational service projects and organizing workshops promoting environmental awareness. These initiatives reflect our ongoing commitment to making a positive impact in the lives of those around us. I encourage all members to stay engaged and participate in our upcoming activities. Together, we can continue to foster a spirit of service and camaraderie that defines our Rotary family.

In the coming months, we are excited to launch several new projects aimed at enhancing community engagement and environmental sustainability. Our District Membership Development Seminar 2024, SOUHRUDAM, is scheduled for August 25th at Sabari Convention Centre Haripad, to which I request all of your active participation.

Thank you for your excellent support and dedication to our mission. Let us move forward with enthusiasm and a shared vision for a better tomorrow.

Warm regards,

Rtn. Dr. Ciniraj Raveendran Secretary, Rotary Club of Trivandrum Suburban



ACTIVITY REPORT

JULY 2024

1. Practical training on organic handmade soap making

As a kick-start of the incredible District Project UYARE, all clubs are requested to organise a skill development program on July 1st and make a meaningful impact from day one in society. Hence, RC Suburban organized a practical training on making organic handmade soap for the students of HHMNSS College for Women, Neeramankara, Trivandrum, in short notice. Uyare Chair of our club (2024-25) Rtn.Albert Alex inaugurated the event. Club President (2024-25)Rtn. Dr. Baiju Ramachandran, Satellite Club President (2024-25) Rtn. Dr. Saritha K R, Dr.Aswathy.P, coordinator of, Entrepreneurship Development Club spoke on the occasion. Soap-Making Moulds and good quality raw materials (Purchased from Kerala Sasthra Sahithya Parishad) were handed over to the students who are members of the Innovation and Entrepreneurship Development Centre (IEDC) in the event.

2. The 36th Installation Ceremony of the club

On 06.07.2024 installation ceremony of Rtn. Dr. Baiju Ramachandran as President and the team of office bearers for the RY 2024-25 held at Hotel Hycinth, Trivandrum at 6.30pm. Shri. Jyothilal IAS, Additional Chief Secretary to Govt of Kerala was the Chief Guest. The function started with a Rotary Invocation by Rtn. Javanthi Bai, followed by lighting the lamp by the Chief Guest. President Nominee Rtn. Vinod Narayan delivered the welcome address. In the presidential address farewell cum Rtn.Janardhana Naik offered best wishes to the new team. Club Secretary Rtn Arun S presented the annual report of the club for the period 2023-24.

Rtn. C B Kartha introduced the new President Rtn. Dr. Baiju Ramachandran to the audience. Then, President Rtn. Janardana Naik adorned the collar to the new president Rtn. Dr Baiju Ramachandran and also handed over the Charter of the club to him. He also handed over the Gavel and Gong. Later, they exchanged their seats. In the acceptance speech of the newly installed President, Rtn Dr Baiju Ramachandran congratulated the outgoing team for their performance and he assured that the new team will try their best to continue the same. Then, he installed his team of office bearers. After that, Rtn. Mohandas introduced the chief guest and then, the chief guest delivered keynote address. In his address, Shri. Jyothilal IAS appreciated the role taken by the Rotary Clubs for the betterment of society.

The Chief Guest also released the July Edition of e-Bulletin "Suburban Voice" by pressing the remote button. To sponsor Interact Clubs, officials of Green Valley International School and Manvila Bharatiaya Vidya Bhavan School handed over their willingness letter to the President. To sponsor Rotract Clubs, officials of Christ Nagar College, Maranallor and Kerala Institute of Cooperative Management (Kic-MA), Neyyardam handed over their willingness letter to the President. Then, the Asst. Governor of Zone 5 Rtn. Dr.NRUK Kartha, President of Satellite Club of Trivandrum Suburban Rtn. Dr. Saritha Baiju, President Inner Wheel Club Ms.Smitha Mohanrai. representing other Rotary clubs, President of RC Travancore Rtn.Baiiu Ranganathan felicitations to the new team. In fellowship/dinner session, Rotarians, Anns and Annets performed various cultural programs. More than 160 people participated in the event.



3. Soft launch of Suburaban's website

The RC Suburban has purchased a new website from Rotary India, www.rctrivandrumsuburban.rotaryindia.org and the same was launched by Shri. Jyothilal IAS, Additional Chief Secretary to Govt of Kerala in 06.07.2024 along with installation ceremony by pressing the button of LCD projector and displaying the home page at the screen.

4. First sale of hand-made Organic Soap prepared by students

As part of District Project Uyare, the club organized a practical training for the students of Neeramankara NSS Womens College on July 1st and handed over soap-making moulds and materials to the students. They successfully prepared organic hand-made soaps under the supervision of Satellite Club President and Chemistry Dept HoD of the college. After the incubation period, the students started the sale of those soaps with the logo Suburan and Uyare on 06.07.2024 as mark of their acknowledgment to the Rotary. The first one is purchased by the chief guest of the installation ceremony, Shri. Jyothilal IAS, Additional Chief Secretary to Govt of Kerala from the students' representatives Messers Ananya, Aparna and Megha. The students also sold the soaps to the participants of the installation ceremony for Rs. 40 per piece at the stall given to them free of cost. Many Rotarians & family members purchased the same by making payments to the students and thereby the club successfully implemented one Uyare District Project. The object of the Uyare Project is not only to provide training but also to make people employable.

5. Setting up of Independent Organic Soap Making Unit for students

With the initial sale proceeds of organic hand-made soaps under Uyare Project of RC Suburban, the students of NSS Women's College, Neeramankara who were also the members of the Innovation and Entrepreneurship Development Centre (IEDC) of the same college decided to set up an independent organic soap making unit at their college. The logo of their brand "FRESHE - Feel Fresh, Feel Fabulous" was officially inaugurated on 06.07.2024 at the installation day by Shri. Jyothilal IAS, Additional Chief Secretary to Govt of Kerala. He officially released their brand logo, by pressing the button of the LCD projector and displaying the logo on the screen. A hard copy of the logo was also handed over to the Chief Guest by the students' representatives.

6. Sponsoring of Nursing Education of a poor girl

On 06.07.2024, after the installation ceremony, the club sponsored the education of Miss Arya B who belongs to the BPL family and backward community. for her Diploma Ayurveda Nursing & panchakarma skill development course in Susrutha Hospital & Nursing School, Kattakada. The course fee of Rs. 25,000 was jointly contributed by Rtn. George Varghese, Rtn. Venugopal and Rtn.Shahabudeen. From the CSR Fund of the Hospital Management contributed Rs. 7,500. On their behalf, Club President Rtn. Dr. Baiju Ramachandran handed over the course fee cheque in the name of the institution to Miss Arya B (Aadhar card No. 353705236827) and Dr.Krishna Kumar, Managing Director and Chief Consultant of the Susrutha Hospital received the same. The nursing course comprises 6 months of theoretical cum practical classes and 6 months of compulsory internship. During the internship, the candidate used to get a stipend ranging from Rs. 5000 to Rs. 20,000.



7. Sponsoring essential clothing to the inmates of Sree Chitra Poor Home

On 06.07.2024, after the installation ceremony, the club sponsored essential clothing to the inmates of Sree Chitra Home for Destitutes and Infirm worth Rs. 7,500. The officials of Chitra Home Smt.Prasanthi and Shri.Binu Ravindran collected the cheque from the Club president. The cheque is issued in the name of M/s.V Subramania Pillai Sons, wholesalers of cloth materials. The arrangement is Poor Home will buy the necessary cloth materials from the said wholesaler at a discount rate and stitch the necessary undergarments by the in-house tailor of Poor Home for the inmates...

8. Suburban PenDrive Initiative

On 06.07.2024, a pen drive initiative was launched with the object to provide stationery (pen, pencil etc) to poor school students in Rural areas. Under the initiative, a box will be placed in all weekly meetings of the club to deposit the pens, pencils etc which the Rotarians and their family/friends receive from seminars, meetings and other programs. They may also contribute voluntarily. Once the box fills, the collected pens and stationaries will be distributed to poor school students in Rural areas through NSS & NCC volunteers. Again the empty box will placed at every weekly meetings for further collection. This initiative of the club is called the SUBURBAN PEN-DRIVE PROJECT. The project is inaugurated by Rtn. Dr. NRUK Kartha, Asst. Governor (Zone 5) by dropping a pen at the PenDrive Box on the installation day.

9. Felicitation Ceremony

As an encouragement/motivation, the club used to acknowledge, recognize and celebrate the achievements of their members, anns and annets so as to strengthen the bond within the suburban family and reinforce the organization's values. Based on the

information/nomination received as of 28.06.2024, the club organized a felicitation ceremony on 06.07.2024 at 4.30pm at Hotel Hycinth to honour the academic and other excellence of Suburban members, anns/annets. The event was sponsored by companies, young business owners and women entrepreneurs and the awardees received shields from them. The following Suburban family members are felicitated - (1) Annet Amy Elizabath Jacob, D/o. Rtn. Dr. Abhilash Jacob for her Class XII with 98% marks, (2) Annet Dr. Bharath A, S/o. Rtn. Ajith Babu for his MBBS Degree from AIIMS, New Delhi, (3) Annet Bismi Agib, D/o. Rtn. Dr. Agib Shaick for her ICSE class X exam with 97.2% marks, (4) Annet Bharath J Baiju, S/o. Rtn. Dr. Baiju Ramachandran for his graduation in BBA (5) Annet Aravind B Nair, S/o. Rtn. Bijukumar R for his class XII (ISC) examination, (6) Annet Arjun Santhosh, S/o. Rtn. Dr. Santhosh Mithra for his Graduation in B.TECH (7) Annet Manjari Roy, D/o. Rtn. Sebin Roy, Graduation in B.Com (8) Annet Roshan Shaji, S/o. Rtn Shaji Jos for his Masters In Business Administration, (9) Annet Rosmi Shaji, D/o. Rtn Shaji Jos for her Graduation In B.Tech, (10) Annet S Narayana Sarma, S/o. Rtn. CA N S Sarma for his Masters In Sports Management, (11) Annet Gavathri Sreekumar. D/o. Rtn. Sreekumar K P for her ICSE CLASS X EXAM WITH 95% MARKS, (12) Annet Sourav Praveen, S/o. Rtn. Praveen G Mohan for his badminton championship and selection in state team, (13) Rtn K ALEX for his NISM'S mutual fund distribution certification EXAMINATION and (14) Rtn Vinod Narayanan for being elected as NIPM National Council Member. After the felicitation ceremony at 6.00pm, tea/coffee and snacks were provided to awardees and participants.

10. Platform for stalls, exhibitions and business presentations

As part of promoting the young, differently abled and women entrepreneurs and also to under the Public Image Initiative (Rotary Fairs), the RC Suburban



provided a platform for stalls, exhibition cum sales and business presentations on 06.07.2024 from 4 pm to 10 pm at Hotel Hycinth, Trivandrum. There were 10 numbers counters of stalls where exhibitions cum sales happened. Entrepreneurs Mr. Dennis Thomas (Naturelite Paints), Ms. Hema Edvin (OVENLY Bakery & Restaurant), Ms. Deepa Demis (Forever Living Products), Mr. Arun AS (Third Degree Productions), Dr. Athira (Dr. Jacob's Omega Dental Clinic), Dr. Deepa Gopinath (Dr. Gopinath's Scans), Dr. S Krishnakumar (Susrutha Ayurveda Hospital), Mr. Lijoy of Enterprises (differently abled person/blind), Tharun Jagadeesh (Expert Gyaan Consulting Pvt Ltd), Ms. Sheron Ann Paul (Anoma Women Apparel Store), Ms. Priyanka Sundareshan (Priyaroosh), Lekshmi (Pure Craft) and Ms. Aswathy (EIRA) carried out their business initiatives and idea. There was a question answer session. 100 plus persons attended the program.

11. Weekly meeting on "Journey to Civil Service"

On 12.07.2024 club's weekly meeting No. 1741 was held at Spring Hall, Trivandrum Club on the topic "Journey to Civil Service". The guest speaker was Miss Fabi Rasheed, who secured all India 71st Rank in the last civil service examination in her first attempt. The meeting was called to Order at 7:30 PM by President Rtn. Baiju Ramachandran. Rtn. Ambadi C Nair read the Rotary Invocation and delivered the welcome address. After the presidential address, Rtn. Dr. Ciniraj Raveendran presented the Secretary's Report. Rtn. CANS Sarma shared Rotary Information on "Women in Rotary." Rtn. Ajith Babu introduced the chief guest. In her address, Miss Fabi Rasheed shared her journey to civil service, including her preparation strategies, challenges faced, and key moments leading to her success. She praised Rotary's initiatives for social service, and her speech was both inspiring and insightful. A lively question-answer session followed, where the participants had the opportunity to interact with Miss. Fabi. The club honoured her with ponnada.

Rtn. Alex K presented a memento to Miss. Fabi Rasheed as a token of appreciation and also proposed a vote of thanks. The chief guest and her parents were felicitated. The meeting concluded with the National Anthem and was adjourned for fellowship and dinner at 8:30 PM.

12. Distribution of uniform clothes to the students of Govt blind school

On 18.07.2024, The RC Suburban participated distribution of uniform clothes to the students of Govt blind school as part of Red FM's initiative. Red FM RJ Ms. Anjali, Club president Rtn. Dr. Baiju Ramachandran gave felicitation address in the school assembly. The club's share jointly contributed by Rtn. Dr. Abhilash Jacob and Rtn. Dr. Abhilash Jacob.

13. Weekly meeting on "4 Year UG Program & National Education Policy"

The weekly meeting No. 1742 was held on Friday, July 19th, 2024, at 7:30 pm in Hall No. 2 "Autumn" at Trivandrum Club. Prof. Dr. Gabriel Simon Thattil. (The Member of Committee on formulating 4 year UG Program, Kerala State Higher Education Council and Dean of Commerce & Management Studies, Kerala & Kannur Universities) was the Guest Speaker and the topic for discussion was "Four Year Degree Program & New Education Policy." The meeting was called to Order by the Club President and commenced with the Rotary Invocation, followed by a welcome address by Rtn. Dr. Saritha K R. Secretary's Report was presented by Secretary Rtn. Dr. Ciniraj Raveendran. Then, Rtn Albert Alex shared Rotary Information on the new code of conduct adopted by Rotary International. Rtn. Sreekantan Nair introduced the Chief Guest. In his address, the Guest Speaker Dr.Simon Thattil delivered an engaging and informative presentation on the recent changes and future directions in National Education Policy 2020, emphasizing the implications and benefits of the four-year degree



program in the State of Kerala. This was followed by a expenses, as part of his birthday celebration under vibrant Q&A session, where Members actively the "Make a Difference" initiative of the Club. engaged with the speaker on various aspects of the new policy. After announcements, Rtn. T. Jeyakumar 16. Round table discussion on Nature Conservation presented a memento on behalf of the club to Dr. Simon Thattil as a token of appreciation. The meeting On 26.07.2024 the RC Suburban organised a round concluded with a vote of thanks by Rtn. T Jeyakumar, table discussion on various elements of nature followed by the National Anthem. The meeting was conservation as part of World Nature Conservation adjourned for fellowship and dinner at 8.40 PM.

14. Donation of a Specs to a poor girl at Rajaji Nagar

the MAKE A DIFFERENCE initiative of the Club. The of the program. parents and school officials thanked the club, Rtn Sebin and his family.

15. Paper pen making workshop

inaugurated Ramachandran the Baiju students attended the program. Rtn. such as the cost of refillers, scissors, seeds and travel vision and plan. After that Rtn. Dr. NRUK Kartha

Day celebrations of the club at Trivandrum Club. 23 Members of the club participated in the discussion and contributed their views. Members shared their views on reducing, recycling and reuse of plastics, On 24.07.2024, the club donated a SPECS to Ms. protecting wildlife, saving water, protecting natural Nimisha N, a partially blind student of Govt. School for resources, saving trees and animals, stopping the Visually Impaired, Vazhuthaicaud (who is a BPL pollution and so on. Members attended the program family member of Rajaji Nagar) at the School's in green colour attire. Ethnic food and snacks were Assembly. The School Headmistress Ms. Leena C, served in vessels made out of areca palm leaves Club President Rtn. Baiju Ramachandran and Rtn. (kamukin paala). The program venue is decorated with Albert Alex addressed the occasion. Rtn. Sebin Roy & pots filled with flowering plants, haram made of green Ann Reshmi Sebin sponsored the expenses of the leaves, coconut leaf thoranams etc. Traditional and project as part of their wedding day celebration under eco-friendly items were presented to the participants

17. Weekly Meeting and Club Assembly

Weekly Meeting No. 1743 of RC Suburban was held on Friday, 26.07.2024, at 7:30 pm in Hall No. 2 As part of the club's World Nature Conservation Day "Autumn" at Trivandrum Club. The meeting was celebrations the district project "UYARE", the club called to Order by the Club President Rtn. Dr. Baiju organized a paper pen-making workshop at Ramachandran. The meeting commenced with the Chinnamma Memorial Girls HSS, Poojappura, on 25. Rotary Invocation by Rtn. Shajahan. Rtn. Dr. 07.2024. The School Headmistress, Ms. Lekha Venugopal delivered the welcome address. Rtn. Dr. delivered a welcome address. Club President Rtn. Baiju Ramachandran presided over the meeting. skill Secretary's report read by acting secretary Rtn. development training. Club Treasurer Rtn. Ramesh R. Ramesh R. Then, Rtn. K P Mohandas shared Rotary in his felicitation address shared that once you bury Information on "Rotary Means Business" (RMB). After the paper-pen, the seeds in it grow into new saplings some announcements, the President adjourned the or plants. Ms.Devabala Thampi and her team of NSS meeting for the Club Assembly. The president again volunteers handled the practical session. Around 80 welcomed all members to the club assembly and he G. briefed the overall plan of the club for the RY 2024-25. Ramakrishnan sponsored all expenses of the project Then, all the Board Members briefly explained their



shared plans and projects of the District. Later, the Rtn. Lisa Pampakkal thanked the school for their Members shared their views and expectations. After wholehearted support in making the function a grand the president's concluding remarks, Rtn. M success. Sukumaran proposed a vote of thanks. The club assembly adjourned for fellowship and dinner at 8.35 19. First SUBURBAN Family One-to-one Conclave PM.

18. Hands-on workshop on MicroGreen

Educational Secretary of the school, Mr. Silas V B the participants. presided over the meeting. In the inaugural function, School Headmistress Smt. Pushpitha B delivered the 20. Painting Competition for students welcome address. Satellite Club president Rtn. Dr. Saritha Baiju inaugurated the function. Club In connection with the World Nature Conservation inaugural session, Rtn. Dr Saritha Baiju, the president Conservation. The winners of the competition are:of Satellite Club gave a very informative lecture on Category: I (STD VIII - X) help of slide shows and live samples, she explained 3rd: Aditi Nair of VIIIB the technique in a very simple and interesting style Category: 2 (Std V, VI-VII) understand very easily. After her presentation, Vedika of VIA students were also given hands-on training. School Category: 3 (Std III-IV) teachers and school management personnel also 1st:Parthiv Krishna S of IVA, 2nd: Jia Shenoj of III A & attended the workshop. Kits with required materials 3rd: Niya Nimith of IV B were distributed to the class teachers to enable the The club will present trophies and certificates with project with the support of Rotary. At the end,

To strengthen the bonding among Members & their families, build trust, exchange stories & ideas, create a sense of belonging & support each other, inspire each In commemoration of Nature Conservation Day and other, know each other, share passions, interests & part of District Project "UYARE", the Women's Wing ideas etc, RC Suburban organised a SUBURBAN of the club [Satellite Club of RC Suburban] conducted FAMILY ONE TO ONE CONCLAVE on 28.07.2024 at a hands-on workshop on 'Growing with Microgreens - Hotel Lantern Grove, Vazhuthacaud, Trivandrum. 24 Pathway to sustainable future' at the Salvation Army persons (i.e.12 Members and their Anns) participated higher Secondary School, Kowdiar on 27.07.2024. in the fellowship program where each couple could The idea was to impart the simple technique of get 4 sessions of 1-2-1s. It was a great experience for producing microgreens, which are very nutritious and the participants. All the participants observed the 1-2healthy from simple items like green grams, chic 1 guidelines voluntarily and so the coordinators peas, mustard etc available in our own houses. The thanked them. The tea and snacks will be provided to

Secretary Rtn. Renuka Kartha gave an insight into the Day celebrations, the Rotary Club of Trivandrum Rotary and its activities. Past President Rtn. Lisa Suburban conducted a Poster Painting Competition Pampackal and Personnel Secretary Mr. Saju Daniel for students (standard 3 to 10) of Bharatiya Vidya offered felicitations. Smt.Sonia T, Science Club Bhavan, Manvila at Munshi Auditorium of the school. Convenor proposed vote of thanks. After the The theme of the competition was Nature

how to grow microgreens in our own homes. With the 1st: Niranjan Raj of XA, 2nd: Prarthana.D.S of VIII B, &

that the students and the participants could 1st: Gautham.P.M of VB, 2nd: Diya. V. Nair of VA & 3rd:

students to grow the microgreens as a class-level Rotary logo to the above winners at the School Assembly as part of public image initiative of the Rotary.



Wedding Day

Aug 20 - Rtn Arun S & Ann Lekshmi

Aug 27- Rtn K Sreekantan Nair & Ann Sathi

Aug 27- Rtn K Venugopal & Ann Swapna Venugopal

Birthday

Aug 23 - Rtn Philip MT









Forthcoming Programs

Aug 03: Family Meeting at Hotel Prasanth - Benefits of Karkidaka Chikitsa, Guest Speaker Dr. Priyanka R

Aug 09: Weekly Meeting at Tvm Club. Guest Speaker - Ms. Mini Viswajith

Aug 15: Flag hoisting at Rotary Tower.

Aug 23: Weekly Meeting at Tvm Club. Speaker: Rtn Purushothaman Asan

Aug 25: District Seminar on Membership Development at Sabaris Convention Centre, Haripad at 2pm

Aug 30: Charter Day Celebration at Tvm Club.

Sept 7: Family Meeting (Teachers Day & 1750th Meeting)

Sept 13: Weekly Meeting at Tvm Club. Guest Speaker – Ms. Sreekutty

Sept 20: Weekly Meeting at Hotel Prasanth Guest Speaker – Mr. Vikas

Sept 22: District Project Seminar on UYARE at Pavithram Convention Centre, Mulavana, Kundara, Kollam at 2pm

Sept 27: Weekly Meeting at Tivandrum Club Guest Speaker – Ms. Mini







































First Suburban Family One to One Conclave Photo



Photos from installation ceremony 2024-25











































































































































































