

P2	PRIP KR Ravindran honoured for DEI by IFC/WIM	P3	Lakshmi elected to lead RCA in 2025-26.	P3	My Fitness Challenge: Rtn Dr Arun Babu	P4	Rotarian in the Spotlight: Rtn Venugopala Panickar
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EDITORIALLY YOURS



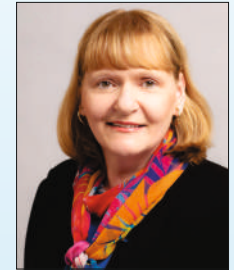
This week I thought of sharing an incident happened during our sojourn in Tasmania. We were driving back from St Helens to Hobart on last Friday, to catch the flight to Melbourne on the next day. We were intercepted by the Tasmanian Police on the way to be informed that the Tasmanian Highway, south of St Helens has been closed after hazardous material spilled across the road and could stay shut for the whole day. It was understood that a truck rolled earlier on Friday morning, near Basin Creek Road, with police and emergency services called to the incident around 11am. The Tasmania Fire Service has issued a hazardous material advice, warning that exposure to the substance may be dangerous. Motorists were asked to avoid the area until the scene is cleared. The police has cordoned the area and experts were brought from Hobart for neutralising the chemicals. We were asked by the Police to take an alternative route through a forest area which made us to travel 3 hours additionally negotiating bumpy road. While passing through the forest road, I recollected many such incidents happening in our own state. Had it been in our place, the Kerala Fire Force would have been pressed into service immediately and the entire area would have been washed thoroughly and the traffic restored, unminding where the washed chemical will flow and what damage it would create to the environment. The main difference with developed countries is that they do everything after a thorough study and in the process there will be more delay in setting it right. I am happy to learn that the elections to the office bearers of 2025-26, was conducted successfully and Rtn Lakshmi is all set to take over as the second lady rotarian President and she will be followed by Princy in the year 2026-27. I am sure RC Alleppey is going to reach in its zenith of glory in the coming years. Jai Rotary!

Rtn PAG MPHF M Kumaraswamy Pillai

Rotary Healthy Communities Challenge will strengthen health systems in four countries



The Rotary Healthy Communities Challenge, a three-year, US\$30 million program to combat disease in the Democratic Republic of Congo, Mozambique, Nigeria, and Zambia, has been officially launched. Rotary International is partnering with the Gates Foundation and World Vision to target pneumonia, malaria, and diarrheal diseases, which are among the leading causes of death for young children and other vulnerable populations in these countries "Our goal is to empower communities by strengthening their health systems, ensuring that every child has access to life-saving care," says Larry Mapani, the program's lead in Zambia and a member of the Rotary Club of Kitwe, Zambia. "This program not only addresses urgent health challenges but also lays the groundwork for a healthier future, where all children can thrive and reach their full potential." The Rotary Healthy Communities Challenge aims to reach an estimated 3.5 million people in 700,000 households. In addition to treating the targeted diseases, it will engage communities, raise awareness about the importance of treating disease early, and improve the collection and management of data. The latter are essential for accurate health reporting and informed decision making. "This initiative marks a significant milestone in our shared fight against childhood health challenges," says Marc Nosbach, World Vision's national director for Zambia. "It demonstrates the power of united values and collective dedication when it comes to creating sustainable, lasting change for those most in need." Despite substantial declines over the last 20 years, malaria, lower respiratory infections, and diarrheal diseases remain among the leading causes of death for children under five in sub-Saharan Africa. These three diseases killed about a million children in the region in 2017 alone, according to a 2021 study. The Rotary Healthy Communities Challenge uses an approach similar to that of Partners for a Malaria-Free Zambia, the highly successful recipient of Rotary's first Programs of Scale award, in 2021. Like that program, the Healthy Communities Challenge will collaborate with local partners to strengthen existing health systems. It will train, equip, and deploy thousands of community health workers to reach children where they live. "Rotary is committed to improving health outcomes by empowering communities," says Aloysius Dele Balogun, the program lead in Nigeria and a member of the Rotary Club of Agege, Lagos State, Nigeria. "Through this initiative, we are equipping our community health care workers with the tools and training necessary to deliver life-saving services right where they are needed the most." By training health workers and bolstering medical resources at the local level, the program is expected to yield benefits for each country far into the future. "Community health workers are the heart of a resilient health system. Empowering them with the right tools and information can transform lives," says Abigail Pratt, senior program officer at the Gates Foundation. "This next phase of our partnership with World Vision and Rotary International will help ensure these dedicated individuals have the resources they need to protect children and build healthier communities."



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Asst. Governor



Rtn. JOHN KURIAN  
President



Rtn. SUJITH T.S  
Secretary





## Lakshmi elected to lead Rotary Club of Alleppey in 2025-26.

Rtn Lakshmi Gopakumar has been elected as the President of RC Alleppey for the year 2025-26. She will be the second lady rotarian to adorn the post of President . It is a coincidence that she has been elected to the coveted post while a Second Lady Rotarian Stephanie Urchick, is in chair as Rotary International President. Furthermore Lakshmi will be guided by the First Lady Rotarian Governor of the District 3211, Rtn. Dr. Tina Antony  
The following will constitute Tem Lakshmi- 2025-26:



**President Elect - Rtn Princy Sebastian**  
**Vice President - Rtn. Subramania Iyer**  
**Secretary - Rtn. Nagaraja**  
**Treasurer - Rtn. CA. Antony. M. Malayil**

### DIRECTORS

**Rtn. Adv. Murugan**  
**Rtn. CA. R.Krishnan**  
**Rtn. Tom Joseph**  
**Rtn. Jijo Chacko**  
**Rtn.CA Muhammed Shafeeq**



**Royalweeks wishes the team all the very best for the Rotary year 2025-26.**

## NOTICE

I am directed to inform that, to decide on the candidate in whose favour the votes of RC Alleppey has to be cast in the ensuing election to the post of District Governor Nominee(2025-26), club level election will be held in our regular meeting scheduled on 27th December 2024. All members are requested to attend the meeting and participate in the election process

**Rtn Dr Sethu Ravi**  
Jt Secretary



## Tuberculosis Free Kerala

RC Alleppey join hands with Women & Children Hospital, Alappuzha in launching a 100 days intensive campaign for creating awareness on the disease through house visits, distributing medicines and providing nutritious food etc. The launching programme was inaugurated by Smt Asha C Abraham, Additional District Magistrate in a function presided over by Dr K K Deepthi, Superintendent. President Rtn John Kurian welcomed and Dr Shani M, District TB Officer made a presentation on the subject. Those who felicitated from Rotary include AG Antony Malayil, past AGs Rtn George Thomas, Rtn K Cherian. An action plan was also prepared.



## PRIP K R RAVINDRAN HONOURED FOR DEI by IFC/WIM

One of Sri Lankan's respected business leaders and the only Sri Lankan to head the Rotary Global as Rotary International President based in Chicago , US- K R Ravindran was recognized as Top 10 champions of Diversity by WIM /IFC ( member of world bank) in Sri Lanka for his role played in promoting DEI in Rotary and his work place . Ravindran co-founded Printcare Plc with the late Merrill J Fernando nearly 40 years ago. Printcare is one of South Asia's highly respected, diversified printing and packaging companies with multiple manufacturing plants in Sri Lanka, India, and Africa. Printcare is also well known in the industry as a sought-after employer. It promotes DEI strongly, offers several worker-friendly schemes, employs physically and mentally challenged people, and works with and supports the schools and community around its plants Ravindran thanked the Women in Management team, for their unwavering dedication to advancing Diversity, Equity, and Inclusion at a time especially when such values are being questioned and regrettably scaled back in some parts of the world. "In the U.S., for instance, leading companies like Walmart, John Deere, Ford, and Harley Davidson have recently reduced or halted their DEI initiatives, citing financial pressures and maybe current political trends. In contrast, companies in Sri Lanka remain steadfast in their



commitment to creating a genuinely respectful workplace, fostering a space where everyone feels valued, heard, and empowered and where differences are celebrated as strengths, said KR Ravindran who has also been featured on the cover of the worldwide-circulating printing magazine Heidelberg News. Ravindran, the first Sri Lankan and 11th Asian to serve as the global head of the Chicago-based Rotary International. He subsequently served as the Chairman of the Board of the \$3 billion Rotary Foundation. Ravindran has an impressive track record of service to our country through Rotary. He has been personally instrumental in channeling millions of dollars of philanthropy funds into worthwhile projects in the education and health sectors. He has met with many Heads of state, including Pope Francis and then UN Secretary-General Ban Ki-Moon. Ravindran serves on many boards and charitable Trusts. A leader with courage and the ability to take risks, he championed the establishment of a task force between the Government of Sri Lanka, UNICEF, and Rotary to eradicate Polio. He influenced Rotary to fund a significant part of Sri Lanka's polio vaccine requirements. He worked with UNICEF to negotiate a cease-fire between the government and the LTTE, enabling the immunization of children against polio across the country. Sri Lanka became one of the first countries in Asia to become polio-free. Subsequently, he led the Rotary project to build 23 new schools in the country, which the tsunami had destroyed. The project cost US \$12 million, and Rotary completed it in three years. One of the schools won the Geoffrey Bawa award.

He played a major role in setting up the National Cancer Detection Center and continues to serve as its ambassador, especially in bringing together investors and partners. The center has screened over 100,000 women free of charge and is now expanding to screen individuals for cervical cancer. Sri Lanka hopes to become the first country in the world to eradicate cervical cancer by 2030. In the COVID-19 environment, he led Rotary Sri Lanka project to upgrade the MRI. During the recent economic crisis in the country, he persuaded the Rotary International Board to make a one-time exception to enable the use of the Rotary brand in a unique joint program with UNICEF to fund lifesaving medical supplies to Sri Lanka with funds which Rotary members predominantly raised across the world. The University of Korea conferred him with a doctorate. The Government conferred on him the title of Sri Lanka Sikhamani (Jewel of Sri Lanka) and released a postage stamp to honor him.

## Minutes of the regular meeting held on 18/12/2024

The meeting was called to order by the president Rtn. John Kurian at 7.30 pm. Rtn..Adv.Murugan invoked the blessings of God Almighty. The President after welcoming the members, briefly narrated the decisions of special Board meeting . He requested all members to contribute generously to donate an electric wheelchair to Mr. Babu..C. P .whose both legs had been amputated and whole hearted participation in KSHAYA ROGA MUKTHA KERALAM program conducted by W& C hospital, Alappuzha in collaboration with Rotary club of Alleppey on December 19. The president informed the club that the Christmas- New year celebration would be held on 3rd January 2025. Later he requested the Returning officer Rtn. Adv. Venugopala Panickar to conduct the election for five executive posts and five board of directors. Rtn. Lakshmi Gopakumar who was elected as the president elect during the previous year is declared as President for 2025- 26. Rtn. Subramania Iyer was proposed by Adv. Murugan and seconded by Jose Aarathpally for the post of Vice president. President elect for 2026- 27. Rtn. Princy Sebastian was proposed by PAG. Cherian and seconded by Rtn. CA John Mathew. For the post of Secretary Rtn. Nagaraja 's name was proposed by Rtn. T Sivakumar and seconded by Rtn. T. S. Ajith. Rtn. CA Rajneesh proposed Rtn. CA Antony.M..Malayil for the post of Treasurer and seconded by Rtn. Jijo chacko. Since no other nominations were there, all these were declared elected.

The five directors are

Rtn. Adv. Murugan (proposed by Adv. Vidhu Unnithan and seconded by Rtn. Raju chandy),  
Rtn. CA. R. Krishnan( proposed by Rtn. A Balakrishnan and seconded by Rtn. Sajan. B. Nair),  
Rtn. Tom joseph ( proposed by Rtn. George Thomas and seconded by Rtn. Dr. Sethu Ravi.),  
Rtn. Jijo Chacko ( proposed by Rtn. Thomas Kutty Joseph and seconded by Rtn. R. N. Ajith) and  
Rtn. CA. Muhammad shafeek ( proposed by Rtn. Varghese kurisingal and seconded by Rtn. N.A. M. Kunju).

Since no more nominations to all these posts were received, all were declared elected.

Rtn. Adv.Vidhu Unnithan, Rtn. CA

R. Krishnan, Rtn.. Sajan. B. Nair, Rtn. Prof.Gopinathan Nair , Rtn. Vijayalekshmi Nair and AG. Antony. M. Malayil felicitated the president and team 2025-26.

Rtn. Dr. Sethu Ravi officiated as secretary expressed vote of thanks with special thanks to the host team Rtn. Adv. Murugan and Rtn. CA Rajneesh and the meeting was adjourned for dinner and fellowship at 9pm.

**Rtn Dr Sethu Ravi**

Jt Secretary

## GLIMPSES OF ELECTION MEETING HELD ON 18th DECEMBER 2024



## MY FITNESS CHALLENGE



**Rtn Dr. Arun Babu**

Physical exercise involves engagement of both body and mind and is vital for maintaining good health. It strengthens the muscles, improves bodily functions and promotes overall well-being. Physical exercise can be achieved by engaging in one or more of activities that one likes such as Yoga, walking, running, swimming, weightlifting or sports, but regular participation is important. However, age is also an important and determining factor in selecting the kind of exercise .In my case, I remember that in my younger days I was interested in sprint and while studying in second, third and fourth standards I used to participate in 100 meters, 200 meters race and 400 meters relay race etc. I was later interested in Badminton and in a way I can attribute that as a hereditary trend as my father was interested in Basket ball and badminton. As I reached the high school level I was interested in body building and cricket. Later my interest shifted to Cricket as a passion and I remember that during my Pre degree class I had to pay a heavy toll for that. At present my days start with a brisk walking of approximately 4 kilometres or cycling for a minimum of 8 kms. On rainy days I use treadmill for atleast 20 minutes. I have also tried weight lifting and and as I have mentioned earlier, age is surely a determining factor. I had to stop it as I developed some cramps.Obviously, exercise not only gives development for the body but also gives a boost to the mental health of the person concerned. All the exercise I have mentioned like cycling, racing weightlifting, sports items etc are certainly helpful for this . As it is said "to keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."





### Rtn Venugopala Panickar

This seasoned rotarian is a gentleman Rotarian of the club, ready to extend his whole hearted support to the President whenever needed, notwithstanding his busy schedules as the Senior Advocate practicing both in District Court and the High Court. He is currently serving as a member of the Platinum Jubilee Committee and has contributed significantly in drafting the agreements and providing legal advice wherever needed. Recently the most appropriate legal advice was given by him when the Board was deliberating on the action to be taken against a member who was found to be guilty by the Inquiry Officer. His matured advice facilitated the Board to take an unanimous decision. Whenever elections to the officer bearers are planned in our Club, his name will come up first as the Returning Officer and there was no change this year too. He conducted the proceedings of the election in our meeting on 18th December meticulously and results declared. Royalweeks proudly places the versatile lawyer and seasoned Rotarian Venugopala Panickar in the spotlight

## NEXT MEETING

**@7.30 pm on Friday, 27th December 2024.**  
**Host. Rtn Dijo Antony Cherian.**



**6** Zarina D/o Rtn. Jacob Philipose **6** Rtn. John Mathew  
**17** Rithika D/o Rtn.S. Murugan **18** Rtn'e Shyma Vijayakumar  
**19** Rtn. Tom F Joseph **20** Appu S/o Rtn. Raju Chandy



**9** Rtn. V. Deepak & Sindhu  
**16** Rtn. B.S. Ajith Vani & Asha  
**30** Rtn. Tom F Joseph & Lancy

TEAM 2024 — 2025

**PRESIDENT** - Rtn John Kurian | **VICE PRESIDENT** - Rtn T.S.Ajith  
**PRESIDENT ELECT** - Rtn Lakshmi Gopakumar | **SECRETARY** - Rtn T.S.Sujith  
**TREASURER** - Rtn R.N.Ajith | **Imm.PP** - Rtn John .V.George  
**CLUB ADMINISTRATION DIRECTOR** - Rtn Vijayalakshmi Nair | **ROTARY FOUNDATION** - Rtn T.Sivakumar  
**MEMBERSHIP DIRECTOR** - Rtn George Jose Malayil | **PUBLIC RELATION DIRECTOR** - Rtn Tomy Pulikkattil  
**SERVICE PROJECT DIRECTOR** - Rtn Raju Chandy | **BULLETIN EDITOR** - Rtn M Kumaraswamy Pillai  
**CLUB ADVISOR** - Rtn Mohamed Shafeeq | **GENERAL CO-ORDINATOR** - Rtn K.Cherian  
**CLUB TRAINER** - Rtn R.Krishnan | **EXECUTIVE SECRETARY** - Rtn George Thomas  
**JL. SECRETARY** - Rtn Dr.Sethu Ravi | **SERGEANT AT ARMS** - Rtn Princy Sebastain

STRATEGIC COMMITTEE

**INTERNATIONAL SERVICE** - Rtn Sajan.B.Nair | **DIST. PROJECT** - Rtn Adv. Venugopala Panicker  
**GENERAL CONVENOR** - Rtn Prof. Gopinathan Nair | **CLUB SERVICE** - Rtn Adv. S.Murugan  
**COMMUNITY SERVICE** - Rtn Subramania Iyer | **FOCUS PROJECT** - Rtn Adv. V Deepak  
**VOCATIONAL SERVICE** - Rtn Jose Arathupally | **FAMILY OF ROTARY** - Rtn Rosie John  
**YOUTH SERVICE** - Rtn Ambu Vaidyan | **LITERACY MISSION AND CLUB HISTORIAN** - Rtn Tomi Eapen  
**CLUB RECREATION** - Rtn Naga Raj | **CLUB IT OFFICER** - Rtn Lukose Mathew Malayil  
**CLUB PROJECTS** - Rtn R.Sreenivasan | **FESTIVAL AND FELLOWSHIP** - Rtn Jijo Chacko

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