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EDITORIALLY YOURS



The devastating earthquake that struck Myanmar on March 28, 2025, has once again reminded us of nature's unpredictable fury. The loss of lives, widespread destruction, and the displacement of countless families call for immediate global solidarity and action. The tremors were felt across neighboring regions, underscoring the urgent need for preparedness, response, and resilience-building. In moments of crisis, the spirit of Rotary shines the brightest. Rotary International, through its Disaster Response Fund and local clubs, plays a pivotal role in providing swift relief—emergency shelters, clean water, medical aid, and food supplies. Beyond immediate assistance, Rotary's commitment to long-term rehabilitation ensures that affected communities regain stability. From rebuilding homes and schools to supporting livelihoods, our collective efforts can pave the way for recovery and hope.

Rotary District 3211, along with clubs worldwide, has the opportunity to make a meaningful difference. By mobilizing resources, collaborating with international partners, and offering hands-on assistance, we can extend our service beyond borders. Let us stand united, upholding our motto, Service Above Self, as we lend our support to the people of Myanmar in their time of need.

As we step into April, Rotary International emphasizes Maternal and Child Health Month, a time to focus on ensuring better healthcare access for mothers and children worldwide. Rotary's initiatives in this field span a broad spectrum—enhancing medical services, addressing malnutrition, improving sanitation, and training healthcare professionals to build sustainable community health programs.

Though this may be the designated month, our club has consistently championed these causes. Through impactful projects in collaboration with the District Women and Children's Hospital, we have organized medical camps for cervical cancer detection and tuberculosis screening, bringing crucial healthcare services to those in need. As Rotarians, let us continue our efforts to protect and uplift women and children, ensuring healthier futures for generations to come.

Jai Rotary!  
 Rtn. PAG M Kumaraswamy Pillai

Dr.Hamid Jafari, Director of Polio Eradication, WHO honoured by RI President Stephanie



Dr.Hamid Jafari, Director of Polio Eradication, WHO Regional Office for the Eastern Mediterranean has been honored with the Paul Harris Fellow recognition by RI President Stephanie Urchick at the UK Houses of Parliament. Dr. Hamid Jafari is a distinguished medical professional renowned for his pivotal contributions to global polio eradication efforts. Currently, he serves as the Director of Polio Eradication at the World Health Organization's (WHO) Eastern Mediterranean Regional Office, overseeing initiatives across 22 member states, including the last two polio-endemic countries: Afghanistan and Pakistan. Dr. Jafari's extensive career encompasses several key roles: WHO Global Leadership (2012–2016): As Director of Global Polio Eradication Operations and Research at WHO headquarters in Geneva, he led the Global Polio Eradication Initiative (GPEI), achieving significant progress in regions like Syria, Iraq, Somalia, and Africa, where wild poliovirus transmission was interrupted except in northeastern Nigeria. Leadership in India (2007–2012): Serving as the Project Manager of WHO's National Polio Surveillance Project in India, Dr. Jafari was the main technical advisor to the Indian government, directing a vast network of over 2,000 field staff. His leadership was instrumental in India's success in eradicating polio, a milestone achieved in 2011. CDC Global Immunization Division (2004–2006): As Director, he provided











STEPHANIE A. URCHICK  
 RI President



Rtn. AKSM SUDHI JABBAR  
 Dist. Governor



Rtn. ANTONY MALAYIL  
 Asst. Governor



Rtn. JOHN KURIAN  
 President



Rtn. SUJITH T.S  
 Secretary

strong leadership to global immunization and polio eradication efforts, enhancing strategies and collaborations worldwide. WHO Eastern Mediterranean Region (1996–2002): Dr. Jafari served as the Medical Officer for Polio Eradication, mobilizing resources and guiding countries in establishing effective polio eradication programs across the Middle East, North Africa, and the Horn of Africa. Dr. Jafari’s educational background includes a medical degree from Jinnah Sindh Medical University in Karachi, Pakistan, a pediatrics residency at Dartmouth Medical School, and a fellowship in pediatric infectious diseases at the University of Texas Southwestern Medical Center, Dallas. He is certified by the American Board of Pediatrics in the sub-specialty of Pediatric Infectious Diseases and is a graduate of the CDC’s Epidemic Intelligence Service program. Additionally, he completed a research fellowship at Harvard Medical School. Throughout his career, Dr. Jafari has published extensively on global health security and vaccine-preventable diseases, contributing significantly to the scientific community’s understanding and strategies in combating polio. His unwavering commitment and strategic leadership have been instrumental in bringing the world closer to the goal of complete polio eradication.

**Minutes of the regular meeting held on 26th March 2025.**

The meeting was called to order by the president, Rtn. John Kurian, at 7:30 PM. Rtn. Jijo Chacko invoked the blessings of the God Almighty. One minute silence was observed to pay respects to the departed soul of the father-in-law of Rtn. S Sivakumar.

In his opening speech, the president, Rtn. John Kurian, informed the members about the projects conducted in the previous week. The club sponsored 10 boats and participated in the Vembanad backwater cleanup program in connection with World Water Day on March 22nd. The District Collector inaugurated the function. The president then congratulated and thanked Rtn. Jogi Cyriac and Rtn. Jijo Chacko for their active participation in the Nakshatra Vanam project. Both of them travelled to Trissur and visited several nurseries to collect the saplings of all 27 birth stars. Following this, Rtn. Jogi Cyriac announced the tree related to each birth star proposed to be planted in the Nakshatra Vanam project.

Rtn. T. Sivakumar spoke about the Platinum Jubilee Project and informed the members that the electricity connection taken for the construction work is being maintained as it will be difficult to get separate connections when we resume the construction of the remaining houses. He requested the President to initiate the work of at least two more houses, foundation stones of which may be laid during DG visit. The Assistant Governor (AG), Rtn. Antony Malayil, then spoke about the District Governor's (DG) visit, scheduled to be held on April 9.

The Secretary, Rtn. Sujith T. S., thanked all Rotarians who participated in the meeting and offered special thanks to the host of the meeting, Rtn. Dr. Abraham Thayil.

The meeting was then adjourned by the president at 8:00 PM for dinner and fellowship.

**Rtn. Sujith T S**  
Secretary

**A Rotarian astronaut lives her out-of-this-world dreams**



*(Samantha Cristoforetti longed for space travel since she was a kid. Now, she’s sharing the cosmic awe with her fellow earthlings. By Diana Schoberg)*

In some ways it’s just like any other Rotary meeting. Dozens of members of the Rotary Club of Köln am Rhein gather on a pleasant Monday evening at one of the famous Krankenhaus office buildings, architectural gems shaped like upside



down L’s over the Rhine River with the towers of Cologne Cathedral visible in the distance. The night’s speaker, an out-of-this-world member of the club, is scheduled to give the Rotarians a virtual tour of her workplace. The Wi-Fi connection on her end is finicky, and they wait eagerly. At last, she appears, and that’s when this meeting takes a decidedly different turn. Because Samantha Cristoforetti, an astronaut aboard the International Space Station is floating.

Cristoforetti is four months into her second stint on the space station, a research vessel about the size of a six-bedroom house that orbits the Earth every 90 minutes. Her hair set loose from the confines of gravity in a way that would make an ’80s metal rocker jealous, she takes questions and wows club members with the cosmic views. “Most of the time I try to take meetings from the cupola, because then you can show people the Earth from the windows,” she says in an interview with Rotary magazine.



## 5 tips to increase the impact of your club's service project



**Hauwa Abbas, member of the Rotary Club of Abuja Metro, Nigeria**

Do you want your club's service projects to have a lasting impact? Hauwa Abbas of the Rotary Club of Abuja Metro in Nigeria offers valuable insights. She's a member of the Rotary International Programs Committee (through 2027), part of The Rotary Foundation's Cadre of Technical Advisers, and a board member of the Rotary Action Group on Mental Health Initiatives. Hauwa has also served as assistant governor and international service chair for District 9125. Her expertise gives her a unique perspective on creating meaningful change. In her interview with Rotary magazine in February 2025 issue, about "Increase Our Impact", a priority of Rotary's Action Plan, Hauwa shared how clubs can increase the impact of service projects. Here are her top tips:

**1. Start with community engagement.** Understanding the community's priorities is crucial. Engaging its members by conducting community assessments—using interviews, surveys, focus groups, and others—is key. These assessments can reveal gaps and guide planning. "Community assessment is vital," Hauwa says. We might think we know what a community needs, but often, they have other, more urgent priorities.

**2. Build a strong, diverse team.** A successful project begins with a skilled team. Members with expertise in technology, programming, finance, and communication can provide valuable perspectives and skills that strengthen the project's foundation.

**3. Promote a culture of learning.** Encourage club members to adopt an attitude of flexibility and continuous learning. Rotary provides a wealth of resources, including courses on the Rotary Learning Centre to help them develop the skills to plan and implement projects effectively. This approach promotes both personal growth and project success.

**4. Collaborate.** "I cannot overemphasize the power of collaboration, especially with our Rotary network," Hauwa says. "Clubs and districts have access to tremendous expertise across the globe through Rotary Action Groups, the Cadre of Technical Advisers, and district resource networks. These collaborations can support a club through the entire project cycle." Additionally, partnering with nonprofit organizations, and even corporate or government entities can amplify the impact of your project. Working together increases resources, expertise, and the potential for lasting change.

**5. Integrate diverse interests.** Hauwa points out that members often have varied passions, from the environment and health to education. However, these interests can be integrated into one program or addressed through multiple activities. She also recommends engaging Interact clubs, Rotaract clubs, and Rotary Community Corps to expand volunteer support and capacity. "It's another avenue to involve them in your programs and gives you more hands on deck."

By focusing on these strategies, your club can create projects that not only meet immediate needs but also have a lasting, positive change in the communities it serves. We at Rotary are here to support you through every stage of your project. Explore the Developing Effective Projects page to learn more.

### Rtn. Joji Cyriac's Father-in-Law's Literary Legacy Unveiled

The fourth edition of the book 'A Treatise on Forest Laws in Kerala', authored by Shri M. I. Varghese, IFS (Retd.), was formally released on 27/02/25 at the Forest Headquarters in Thiruvananthapuram. The launch was graced by Principal Chief Conservator of Forests (PCCF) Shri Rajesh Raveendran, IFS, who handed over the first copy to PCCF Dr. Chandrasekhara, IFS.

The event saw distinguished forest officials, including Shri K. P. Ouseph, IFS (Retd.), and Shri Patric Gomes, IFS (Retd.), extending their felicitations. Attended by forest officers, media representatives, and members of civil society, the gathering highlighted the book's significance in the evolving legal landscape of forest governance.

This latest edition embodies both continuity and progress, integrating key amendments and new legislation to reflect the most up-to-date legal framework. Building upon the strong foundations laid in the 2016 and 2022 editions, it serves as an invaluable resource for policymakers, legal practitioners, and environmentalists alike.

Royalweeks congratulates the esteemed author, Shri M. I. Varghese, along with his proud son-in-law, Rtn. Joji Cyriac, and Ann Mitzy Joji, on this remarkable

## GLIMPSES OF THE REGULAR MEETING HELD ON 26/03/2025



### MY FITNESS CHALLENGE



### Rtn Vidhu Kumar

I have completed 49 years of age and now running 50th year. Turning 50 isn't just about aging—it's about embracing life with wisdom, gratitude, and renewed enthusiasm. This milestone marks a transition into a phase of greater self-awareness, reflection, and purpose. It also serves as a wake-up call to prioritize health—both physical and mental. Regular check-ups, a disciplined fitness routine, and a balanced diet become non-negotiable.

As I approach 50, these thoughts weighed heavily on my mind. Having led a predominantly sedentary lifestyle, largely due to my professional commitments as a Chartered Accountant, I spend at least 10 hours a day seated—both in the office and at home. Late nights, irregular sleep patterns, and minimal physical activity gradually took their toll. The most visible sign was my expanding waistline, and soon enough, my friends and family began urging me to start exercising.

That was when I made a conscious decision—I joined Swamy Gym, conveniently located near my home. This time, I was determined not to quit, unlike my previous attempt eight years ago when I had joined a gym only to drop out on the second day. Thankfully, this time has been different. I have already completed two months, and I am still going strong! The difference is evident—I feel more energetic throughout the day, my appetite has improved, and my overall well-being has taken a positive turn.

To complement my gym routine, I have also started incorporating other physical activities. Since my office is close to home, I make it a point to return home for lunch, ensuring better meal discipline. I also have plans to resume playing badminton and, on rare occasions, I even practice cricket at the S.D. College ground.

This journey has been a revelation—I now fully understand the importance of maintaining my fitness and well-being. My commitment is firm: I will continue my gym workouts and other sporting activities for as long as possible. After all, the best gift we can give ourselves at this stage of life is good health!





### Rtn Ajith R N

Rtn. Ajith R. Narayana Pillai, fondly called Aji, is a dedicated Rotarian and has been a pillar of service and commitment in our club. His father, the esteemed Shri R. Narayana Pillai, served as the Municipal Councillor for Thiruvambady Ward for an impressive 12 years (1967–1979), leaving an indelible mark on public service. He played a pivotal role in ushering in progressive reforms, including the historic abolition of manual scavenging in the town—an act of true leadership and compassion. Aji is the Alleppey Branch Head of Sharekhan by BNP Paribas, excelling as a Financial Analyst. Beyond his professional accomplishments, Ajith was an active cricketer during his college days, a testament to his team spirit and perseverance. Aji's Rotary journey is equally remarkable. He first took on the role of Sergeant-at-Arms in the cabinet of President Murugan (2013–14) and has since frequently stepped in as Stand-in Sergeant-at-Arms, a rare quality that showcases his unwavering dedication. In 2015–16, he served as Joint Secretary, followed by Treasurer in 2018–19 under President Antony. This year, he has once again taken on the crucial responsibility of Treasurer, ensuring the club's financial stability with his meticulous planning. Under his watchful eye, the first half of RI dues was remitted well before the deadline, and with his relentless efforts in the collection drive for the second half, the dues are on track to be paid on time once again. His commitment to Rotary's financial integrity and smooth operations is truly commendable. Royalweeks proudly places Rtn. Ajith R. N. in the spotlight this week, celebrating his dedication, perseverance, and service to Rotary.

## NEXT MEETING

@7.30 pm on 2nd April 2025. Host: Rtn Mathew Joseph Mappilassery



**7.** Rtn. Lakshmi Gopakumar, **20.** Selvi D/o Arjun Reddiar  
**20.** Rtn. S. Sivakumar **22.** Rtn. Joseph Francis, **23.** Rtn. George Thomas  
**24.** Rtn. Yamuna Arun, **25.** Thahassum D/o NAM Kunju  
**27.** Rtn. Siby George, **29.** Rtn. Varghese Kurisinkal

### APRIL



**02.** Rtn. George Thomas & Lizzy **10.** Rtn. Jose Abraham & Suni,  
**16.** Rtn. Subramania Iyer & Meera **19.** Rtn. Sivakumar & Princy  
**22.** Rtn. JVenugopala Panicker & Sunitha,  
**25.** Rtn. Dr. Sethu Ravi & Sri. Jayakumar  
**24.** Rtn. T. Sivakumar & Sreedevi, **28.** Rtn. Vinod Balaji & Mini

### 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  
**Jt. SECRETARY** - Rtn Dr. Sethu Ravi | **SERGEANT AT ARMS** - Rtn Princy Sebastain

### STRATEGIC COMMITTEE

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**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  
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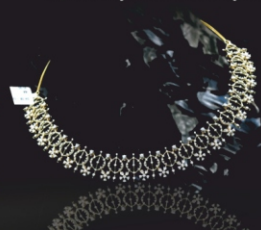
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