



TRIVANDRUM RESIDENCY CLUB NEWSLETTER



RESIDENCY Connect

VOLUME I

ISSUE I

AUGUST- SEPTEMBER 2024



Installation Ceremony Of New Office Bearers



Rotary Club of Trivandrum Residency welcomes Rtn. PHF Sekhar P President 2024-25, in the installation ceremony inaugurated by Rtn. PAG Dr. Tina Antony. The ceremony was graced by Chief Guest Kollam Thulasi, a prominent Cine Artist, alongside Ann Priya Sekhar, the esteemed First Lady. Among the distinguished attendees were Rtn. Uthaman Nair, Zone 3 AG, Sreedhar Kasi, Immediate Past President, Rtn. Dr. KCC Nair, Secretary and Rtn. Ramesh AR Immediate Past Secretary.



President's Message

Dear Rotarians and Friends,

As we step into another exciting period of service and fellowship, I am filled with immense pride and gratitude for the dedication and enthusiasm each one of you brings to our Rotary Club of Trivandrum Residency. Our collective efforts continue to make a significant impact on our community and beyond.

Over the past two months, we have achieved remarkable milestones. Our recent projects in Sreekandeswaram park for the homeless souls and in the Government run Asha Bhavan for the homeless men recovered from psychosis provided essential support to hundreds of needful humans. This would not have been possible without the generous support and the volunteer efforts of our fellow Rotarians.

Looking ahead, we have several exciting projects and events lined up. Our upcoming RISE 24 events are just around the corner, and I encourage everyone to participate. Additionally, the Planetree project we have launched with Bharathiya Vidya Bhavan Senior Secondary School, Kodunganoor aimed to plant herbal plants in 10 cents will be our next focus. Your involvement and support will be crucial in making these initiatives successful.

I am very much thrilled to know that our club has been recognized for its outstanding service in the district and zone. This accolade is a testament to the hard work and dedication of each member. Let us continue to strive for excellence and uphold the values of Rotary in all our endeavours.

Thank you for your unwavering commitment and passion. Together, we can achieve great things and make a lasting difference in the lives of those we serve.

Rtn. PHF Sekhar P

President

Rotary Club of Trivandrum Residency

Club Secretary writes

I am delighted to introduce our Rotary Club of Residency's inaugural bimonthly newsletter, a concept born out of our club's desire for enhanced communication, collaboration, and community engagement. As we embark on this new Rotary year, I am excited to share our journey, achievements, and inspiring stories with you.

This newsletter aims to foster connectivity among members, showcase community service projects, highlight member achievements, Announce upcoming events, inspire with stories of Rotary's impact. I would like to highlight two flagship projects of Rotary District 3211 here:

Planetree Reloaded: Empowering efforts to promote environmental sustainability, climate change awareness, and education. This project aligns with Rotary International's focus on protecting the environment and promoting peace.

Uyare: Fostering innovation and entrepreneurial spirit among needful individuals. This project embodies Rotary's commitment to empowering communities and promoting economic growth.

Our club's participation in these projects demonstrates our dedication to Service Above Self, Fellowship, Diversity, Integrity, Leadership

In the coming issues, we will feature project updates and success stories, member spotlights and achievements, event announcements and recaps, inspirational stories from Rotary International, district and global Rotary news.

This is just the beginning of a beautiful journey, and let us assure each other by putting in our sincere efforts to make it a success.



Dr. KCC Nair

Secretary

Rotary Club of Residency

From the editor's desk

As we embark on the first edition of our club newsletter, I am reminded of the incredible spirit of service and camaraderie that defines our Rotary Club of Trivandrum Residency. Each section and page of this newsletter is a testimony of the hard work, dedication, and passion that every member of our club brings to every project and event.



When I was given the role of editor for this newsletter, it felt like an unfamiliar challenge. However, witnessing the dedication and enthusiasm of our club's leaders inspired me to join this task. We have made every effort to include all events. The stories and updates showcased here emphasize the impact we are creating together, project by project.

In this edition, we celebrate the success of recent initiatives and ongoing projects. Reflecting on our completed projects fills me with pride and optimism about the transformative impact our collective efforts can have on our communities and beyond. These achievements are not just milestones but stepping stones towards a brighter future for our community, illustrating that Rotary thrives when we nurture inclusivity and a sense of belonging in our club. This feeling of belonging is the essence of Rotary, uniting us in a shared purpose and enhancing our effectiveness.

As we strive for excellence, let us uphold Rotary's fundamental values: service above self, fellowship, diversity, integrity, and leadership. These principles guide us in our quest to make a positive impact on the world.

I invite your suggestions, contributions, and feedback to make this newsletter a vibrant reflection of our club's spirit. Your participation will ensure this newsletter remains a valuable resource for our Rotary family. Together, we are leaving a lasting impression, and I am honored to be part of this remarkable journey with all of you.

Rtn. Sreejith B Singh
Editor
Club Newsletter

GLIMPSES FROM THE INSTALLATION CEREMONY



Inauguration of the ceremony and the speeches by Rtn. Dr. Tina Antony PDG & Shri Kollam Thulasi Cine Artist



Sreedhar K IPP delivering keynote, Rtn. Ramesh past Secretary summing up the previous year in the annual report, Speech by Rtn. Dr. KCC Nair Secretary



Rtn. Dr. N Aravindakshan, Rtn. Jayagopi, Rtn. BS Pillai, Rtn. Davis Tharakan, Rtn. Sugunan Cosmos club

On July 15th, 2024, the Rotary Club of Trivandrum Residency 2024-25 held its installation ceremony for new office bearers at Hotel Cordial Sopanam in Thiruvananthapuram. Shri Shekhar Padmanabhan was named as the President, Dr. KC Chandrashekhara Nair as Secretary, and Shri Girish Kumar as Treasurer during a conference inaugurated by Major Donor Dr. Tina Antony. The esteemed Guest of Honour was renowned film actor Sri Kollam Thulasi, with the gracious presence of Rotary Zone 3 Assistant Governor Shri Uthaman Nair. Sreedhar K IPP presided the meeting and Rtn. Ramesh presented the report. The RC Residency's yearly Bulletin was also released on this occasion. Rtn. Shaj Sreedharan PAG, Rtn. BS Pillai PAG, Rtn. Davis Tharakan, Rtn. Dr. N Aravindakshan, Rtn. Jayagopi PAG, Rtn. Adv. Jayamohan, Rtn. Manikandan Nair, PAG spoke in the event. Fellow rotarians from RC Cosmo congratulated the new team.

The new President, Rtn. Shekhar Padmanabhan, has been actively participating in various social responsibility initiatives like Rotary for 15 years alongside his business endeavors. Having held various roles in Rotary Residency, he now assumed the role of President for the year 2024-25. Rtn. Dr. KCC Nair, the Secretary, brings 40 years of experience in the areas of ISO, Finance, and Quality Standards. He co-founded Thiruvananthapuram Technopark and served as the founder MD of Kerala Startup Mission, with service in organizations including KITCO. Shri KCC Nair has received numerous accolades for his significant contributions in his respective fields.

RESIDENCY ALWAYS AN ACHIEVER



Revenue District / Zonal Awards

The club proudly secured the following awards among the clubs in the revenue district and Zone 3.

Revenue District

1. 1st Runner up in Public Relations.
2. 1st Runner up Membership Development

Zone 3

1. Best Secretary
2. Best Club in District Projects
3. Best Club in Membership

HERE IS OUR NEW BOARD MEMBERS

The following board members for the new rotary year 2024-25 were selected.

President	: Rtn Sekhar. P
IP President	: Rtn.Sreedhar Kasi
Secretary	: Rtn. Dr. KCC NAIR
Joint Secretary	: Rtn. Rahul Ravi
Treasurer	: Rtn Gireesh Kumar
Sergeant at Arms	: Rtn. Sreejith B Singh
Learning Facilitator	: Rtn. Manikandan Nair G
Administration	: Rtn.Jayagopi
Advisor	: Rtn. Dr. Aravindakshan Nair
Trainer	: Rtn. Ajith Kumar
District Projects	: Rtn. Davis Tharakan
TRF/ Vice President	: Rtn.Adv. Jayamohan
FIRE	: Rtn Madhu Gopan
RISE	: Rtn Krishna Kumar
Public Image	: Rtn. A R Ramesh
Membership	: Rtn.Sudheer Devarajan
Bulletin Editor	: Rtn Sreekumar

OUR PART IN ROTARY DISTRICT PROJECTS

The Rotary Club of Trivandrum Residency has been actively involved in various district projects, demonstrating its commitment to community development and innovation. Two notable projects undertaken recently are the "UYARE" Programme and the "Planetree" Project.

"UYARE" Programme on Innovation and Entrepreneurship in Ayurveda

An event was conducted as a part of the "UYARE" Programme, which was aimed to foster innovation and entrepreneurial spirit in the field of Ayurveda. The session featured enlightening speeches by esteemed personalities including Dr. Jai G, Principal, Government Ayurveda College, Thiruvananthapuram, Dr. Leena CD State President, Ayurveda Medical Association of India, Dr Mini V. G Convenor Research Entrepreneurship Development Cell, Dr Seemaja, President AKGACAS, Rtn. P. Sekhar, Rtn. Dr. KCC Nair, and Rtn. Dr. Anand. These speakers shared their insights on the potential of Ayurveda in modern healthcare and the opportunities for innovation and entrepreneurship within this traditional healthcare system.

Their talks highlighted the importance of integrating innovative ideas with modern business practices to create sustainable and impactful healthcare solutions.

This "UYARE" Programme is a testament to the club's dedication in promoting education and innovation. By encouraging young minds to explore the entrepreneurial possibilities in Ayurveda, our club is contributing to the



Rtn.Dr.KCC Nair Rtn. Dr Anand, Rtn. Shekar sharing their views



preservation and advancement of this traditional medical system. This initiative not only supports the growth of Ayurveda but also empowers individuals to create new business ventures that can benefit society at large.

Planetree Reloaded 2024-25 Project Launch

Another significant district project undertaken by the Rotary Club of Residency is the Planetree Reloaded 2024-25 Project. This initiative was launched at Bharathiya Vidya Bhavan Senior Secondary School Kodunganoor with the aim of initiating and developing the school's Herbal Garden. The Planetree Project is part of a broader district effort to promote environmental sustainability, climate change and education.

The enhancement of the Herbal Garden at Bharathiya Vidya Bhavan Senior Secondary School is a crucial step towards educating students on the importance of medicinal plants and their role in health and wellness. By creating a well-maintained and diverse herbal garden, the project provides a hands-on learning experience for students, allowing them to understand the value of biodiversity and the practical applications of herbal medicine.

The Planetree Project reflects the Rotary Club of Residency's commitment to environmental conservation and preservation. By involving students in the care and maintenance of the herbal garden, the project fosters a sense of responsibility and stewardship towards nature. It also aligns with Rotary's broader goals of promoting sustainable practices and enhancing community well-being.

YES, WE ARE COMMITTED

On July 5th, 2024, our club proudly fulfilled its commitment to the Rotary Foundation by transferring the promised TRF Donation amount during the District Governor's visit. This contribution underscores our dedication to supporting the impactful initiatives of the Rotary Foundation,

which strive to create lasting change in communities around the world. Our collective efforts and generosity continue to drive positive transformations, and we remain committed to the values and mission of Rotary.

WE ARE PUNCTUAL AND ACTIVE

711th Weekly Meeting

The 711th weekly meeting presided by Rtn Sreedhar Kasi was held on July 3rd, 2024, at Hotel Highland. Members discussed various club activities and upcoming events.

712th Weekly Meeting

The 712th weekly meeting took place on July 11th, 2024, at Hotel Highland. Key discussions included the Installation ceremony of the new office bearers.

713th Weekly Meeting

The 713th weekly meeting was the installation ceremony held at Hotel Cordial Sopanam on 15 July 24. It was observed as the first family meeting in RY 2024-25.

714th Weekly Meeting

The meeting was held on July 25th, 2024, at Hotel Highland. Discussions included the President nominee for the year 2025-26, ONAM 2024 program, Planetree program, and Independence Day celebrations.

715th Weekly Meeting

The meeting was held on 8th August 2024 at Hotel Highland. The major highlight of this meeting was a guest speech by Dr Shameem KU, KIMS Health Group Clinical & Academic Coordinator after the usual proceedings of the official meeting.

716th Weekly Meeting

The 716th weekly meeting was held on August 15th, 2024, at Hotel Highland. The club proudly honoured all four Defence veteran club Members. Rtn A R Ramesh was finalised as the President Elect for 2025-26 in the meeting and Onam celebration was decided on 29 Sep 24. Two Internal Auditors Rtn N Aravindakshan & Rtn Manikandan Nair G were engaged for auditing the accounts.

Residency Club Board Meeting

The board meeting of the club was held at Hotel Highland on 20 Aug 24.

717th Weekly meeting

The 717th weekly meeting was held online via Zoom on August 21st, 2024. This turned to be the first online meeting of the club. The key discussions were about creation of bio space, proposal of a Signature project, Planetree programme at the Central Jail at Poojapura, Uyare programmes to be conducted at schools & colleges.

718th Weekly meeting

The 718th weekly meeting sponsored by Rtn. Manikandan Nair G, PAG to share the joy of his grandson's first birthday was held on August 29th, 2024, at Hotel Highland park. Dr. V Narendran was the guest speaker. A project Initiated by Rtn. A R Ramesh to provide Accident cum death insurance coverage given to 27 Auto Rickshaw drivers was distributed.

RESIDENCY CLUB LOVES TO CELEBRATE

National Doctors Day 2024

On July 1st, 2024, the Rotary Club of Residency celebrated National Doctors Day by honoring Dr. Anand and Ann Dr Anila the only Doctor Rotarian family in our club. Members visited his residence at Thittamangalam to express their gratitude and celebrate his contributions to the medical field. The programme was made colourful with the presence of fellow Rotarians of our club P. Sekhar, Dr. KCC Nair, BS Pillai, Dileep, Adv. Jayamohan, Ajith Kumar, Gireesh Kumar, Manikantan Nair and Annets Krishnapriya and Kalyani



78th Independence Day Celebration

The Rotary Club of Residency marked the 78th Independence Day of our nation with a series of heartfelt and meaningful activities that underscored the spirit of service and community. The celebrations were conducted in a humble yet impactful manner, reflecting the club's commitment to making a difference in the lives of those in need.

The day began with the club members joining the flag hoisting ceremony at "ASHA BHAVAN" in Poojappura, a government-run facility dedicated to homeless men who have recovered from psychosis. This act of solidarity and respect for the national flag was a poignant reminder of the freedoms we cherish and the responsibilities we hold as citizens. The ceremony was not just a formality but a moment of unity and reflection for all present. Rtn. Manikantan honored the memory of his beloved mother by sponsoring a nutritious breakfast for the residents of Asha Bhavan. This heartfelt gesture, driven by Rtn. Manikantan's commitment to serving humanity, brought joy and warmth to the lives of those at Asha Bhavan. Rtn. Sekhar and Rtn. KCC Nair also joined him by donating a clock and a television with the Rotary spirit of compassion, kindness, and community service. The team handed over clothes collected by the club for the use of inmates to the management of Asha Bhavan.

The celebrations continued in the weekly meeting with the club honoring its four Defence Veteran Members: Rtn. B. S. Pillai, Rtn. Rajesh Nair, Rtn. Rahul Ravi, and Rtn. Sreejith B. Singh.



These veterans, who have dedicated their lives to the service of the nation, were recognized for their bravery and commitment. Their stories and experiences, shared during the event, were a source of inspiration for all. They reminded the club members of the sacrifices made by countless individuals to secure the safety of the citizens we enjoy today.

The 78th Independence Day celebration by the Rotary Club of Residency was an evidence to the club's dedication to service above self. It was a day filled with acts of kindness, respect, and gratitude, embodying the true spirit of Rotary. Through these activities, the club not only celebrated the nation's independence but also reinforced its commitment to community service and support for those in need.



HURRAY!! WE HAVE A NEW MEMBER



Dr. Sajeev Kumar Nair is installed as a new member to our club on 15 Aug 24 by Rtn. Uthaman Nair AG Zone 3. Rtn. Sajeev who holds a PhD in Engineering Science, is a qualified Electrical Engineer, Chartered Engineer, and a distinguished member of various engineering institutions. He is also a Lead IMS auditor with additional international qualifications in Learning and Competency, and an Assessor and Verifier from Edexcel-UK. Dr. Nair has extensive experience working in diverse environments including offshore, onshore, islands, corporate offices, and with renowned companies such as Reliance Industries Limited, Royal Dutch Shell and ADNOC.

KUDOS TO OUR PAL

Congratulations to Rtn. Ramesh

We are thrilled to extend our heartfelt congratulations to Rtn. Ramesh for being selected as the Best Secretary in the Zone 3. This prestigious recognition is a testament to his exceptional dedication, hard work, and outstanding service to our club. Additionally, we are delighted to announce his selection for a new assignment in the Rotary Revenue district. We are confident that Rtn. Ramesh will continue to excel and inspire in his new role. Best wishes for continued success and impactful service, Rtn. Ramesh!

OUR PROJECTS ARE MOMENTOUS

Awareness program for school girls

On 15 July 24, The Rotary Club of Trivandrum Residency conducted a vital program on "Self-awareness and Menstrual Hygiene" at Sisuvihar UP School, Vazhuthacaud. Led by Ann Ms. Meera Krishnakumar, the session focused on educating young girls about essential health topics, particularly menstrual hygiene. This initiative aimed to empower the students with knowledge and awareness, helping them to understand and manage their health better. The program was well-received, providing a safe and informative environment for the girls to learn and ask questions about their health and well-being.

Financial Support for Ocular Cancer Treatment

On August 6th, 2024, the Rotary Club of Residency made a compassionate decision to extend monthly financial support for the treatment of an 8-year-old child suffering from a rare ocular cancer. This initiative is a testament to our club's commitment to supporting those in need, especially in critical health situations. We are grateful to the following Rotarians for their generous contributions to this program: Rtn. Umesh Rajan, Rtn. Davis Tharakan, Rtn. Sudheer Devarajan, Rtn. Sekhar, Rtn. Gireesh Kumar, Rtn. KCC Nair, Rtn. Sreejith B. Singh, Rtn. Rahul, Rtn. Manoj Pillai, and Rtn. B. S. Pillai. Their support is making a significant difference in the life of this young child and their family.

House Maintenance Project for a Widow

Continuing our commitment to community support, on August 12th, 2024, the Rotary Club of Residency initiated another project to provide financial assistance for a widow's house maintenance. This project focuses on covering the electrical wiring of the new house. We extend our heartfelt thanks to Rtn. Sreekumar for supplying the materials and Rtn. Jayagopi for covering the labor costs. Additionally, Rtn. Manikantan Nair G., Rtn. Sreedhar K., and Rtn. Ramesh A. R. have each contributed towards this noble cause. Rtn. Sekhar has also expressed his willingness to contribute more if needed. This project is a continuation of our efforts from the previous year and reflects our ongoing dedication to improving the living conditions of those in need within our community.

Providing breakfast for homeless souls

We are delighted to share the heartwarming news of our latest community outreach project, initiated and generously sponsored by our esteemed member, Rtn Ramesh AR. Every month, this initiative provides a nutritious breakfast to 200 homeless individuals residing in Sreekandeswaram Park, Trivandrum. Recognizing the fundamental importance of a healthy start to the day, Rtn Ramesh AR's sponsorship ensures that these individuals receive a wholesome meal, offering not just sustenance but also a sense of dignity and care. This action is a proof to the Rotary's spirit of service above self, and we hope it inspires more members and the community to join hands in making a meaningful difference. Together, we can continue to spread kindness, one meal at a time.

ACQUIRING LIFE SAVING SKILLS

The Rotary Club of Residency recently conducted a comprehensive session on emergency care, first aid, and basic life support, led by the esteemed Dr. Shameem KU, MD, DNB, MRCEM Group Clinical & Academic Coordinator for the Department of Emergency Medicine at KIMSHEALTH Trivandrum. Dr. Shameem an established leading authority in critical care was introduced by Rtn. Sreejith B

Singh as a researcher and academic, by contributing his valuable insights to the medical community through his publications and presentations. This enlightening program was aimed to equip club members with essential skills to handle critical situations, which enables them to provide timely and effective assistance. The Key Takeaways of the training are

1. Wound Management and Bandaging Techniques were demonstrated. Bandaging methods for different types of wounds, emphasizing the importance of proper wound care.
2. Seizure Management: Members learned how to identify and respond to seizures, including proper positioning and safety measures.
3. Techniques for controlling external bleeding, including the application of tourniquets and hemostatic agents.
4. CPR and CPR techniques were demonstrated by using mannequin highlighting the critical importance of timely intervention in the case of Cardiac Arrest.
5. Choking and Faint: Members learned how to recognize and respond to choking and syncope (fainting) incidents.



With a wealth of experience and advanced qualifications Dr. Shameem KU conducted the interactive session resoundingly successful, empowering Rotary Club of Trivandrum Residency members with essential emergency medical care skills. This session exemplified the Rotary values of Service Above Self by acquiring life-saving skills, members can serve their communities more effectively. The club extended heartfelt gratitude to Dr. Shameem for sharing his expertise in a very interesting manner.

HONOURING OUR NEIGHBOURS

On July 20th, 2024, the Rotary Club of Residency had the privilege of honouring the President of RC Cosmos during their installation ceremony. Our President and Secretary attended the event to extend their heartfelt congratulations and best wishes. This gesture of companionship and mutual respect highlights the strong bonds between our clubs and our shared commitment to the values of Rotary. We look forward to continued collaboration and friendship with RC Cosmos as we work together to serve our communities.



LEARNING NEVER STOPS

On 29 August 2024, the Rotary Club had the privilege of hosting Dr. V. Narendran, a renowned thought leader and innovator in the field of learning and development. As the Founder Director of Alert and former Corporate L&D Head at Hindustan Zinc Limited (HZL), Dr. Narendran brought a wealth of experience and expertise to the session, which was aptly titled **"From Ordinary to Extra Ordinary - A path breaking learning movement"**.

The session was conducted in a hall filled to capacity with Rotarians, who were eager to absorb the insights and wisdom that Dr. Narendran had to share. From the outset, it was clear that this was going to be no ordinary session. Dr. Narendran's passion and energy were infectious, and he quickly had the audience enthralled with his inspiring stories and anecdotes from his time at HZL Visakhapatnam.

Throughout the session, Dr. Narendran emphasized the importance of continuous learning and self-improvement in achieving extraordinary success. He shared practical tips and strategies for overcoming obstacles and pushing beyond one's comfort zone to achieve excellence. The audience was actively engaged, asking questions and sharing their own experiences, and he skillfully wove these interactions into the fabric of his presentation.



What resonated with the audience was Dr. Narendran's focus on creating a "learning movement" that encourages individuals to take charge of their personal growth and development. He urged Rotarians to rethink their approach to learning and embrace a culture of experimentation, innovation, and continual progress. The session was highly successful, leaving attendees feeling motivated, inspired, and armed with fresh ideas and perspectives to implement in both their personal and professional endeavors. Dr. Narendran's presentation showcased the transformative power of learning on individuals and organizations, promising a lasting influence.

SERVICE BEFORE SELF

Empowering Drivers with Insurance Coverage

In a noble endeavor to safeguard the well-being of vulnerable communities, the Rotary Club of Residency has launched an ambitious project spearheaded by Rtn. A R Ramesh to provide accident-cum-death insurance

coverage to 27 auto rickshaw drivers. This pioneering initiative, aims to ensure financial security for these drivers and their families in the face of unforeseen circumstances with the following Key Features: Accident-cum-death insurance policy providing comprehensive protection, Coverage of ₹4 lakhs for disability, Coverage of ₹5 lakhs for death, Benefitting 27 auto rickshaw drivers.

Rtn. A R Ramesh's tireless efforts which showcases his commitment to social responsibility and community empowerment requires a special appreciation for realising this project,



OBITUARY

It is with deep sorrow that we announce the passing of beloved family members' :

- Leelavathi Pillai Thankachi, aged 95, mother of Dr. Sumamaheswari and the mother-in-law of Rtn. Dr. Aravindhakshan N, peacefully passed away on August 25 at 1:30 pm.



- On July 27th, 2024 at 7:30 PM, Smt. Vijayalekshmi, Mother of Rtn. Adv. Jayamohan, passed away at the age of 74.

- On July 20th, 2024, Rtn. Suresh Kumar's mother left for her heavenly abode. We extend our deepest condolences to Rtn. Suresh Kumar and his family.



May their souls rest in peace, and may their families find strength and comfort in the cherished memories of their loved ones.