



From the Editor



Dear Rotary friends,

As we turn the pages of another vibrant month in our Rotary journey, I extend heartfelt thanks to our President for orchestrating the weekly meetings and the family gatherings in July with such grace and excellence. These events truly set the tone for the year ahead, strengthening bonds and rekindling our Rotary spirit.

While fellowship continues to flourish, let us also begin to focus on impactful service projects in parallel, staying true to our motto – Service Above Self. A special word of appreciation to our Secretary for organizing a memorable Mini Award Nite at the club level. It was a delightful occasion to celebrate achievements and recognize the commitment of our members.

As we step into a new month, I am hopeful it will be even more colorful and engaging. Thank you to all our members and committee chairs for your continued support and cooperation. Together, let's make every effort count.

In Rotary Service,

Rtn. Major Donor K. Janardanan Nair

Editor, "Centre of the wheel"

President's Message



My Dear friends at RCTC,

We are just about to complete our first month of the new Rotary year. Let us take a brief look at what we have accomplished together and plan for the next month. Accolades for the previous year: Several awards and recognitions— individual, zonal and district level awards for the hard work of our Rotarians as well as Office bearers during RY 2024-25, have been received during 'Adaravu' award function on 13th July at Raviz Hotel, Kollam. All the awardees were acknowledged again during our family meeting on 25th July. During the 'Adaravu' award function, the immediate PDG AKSM Sudhi Jabbar made it a point to highlight the innumerable contributions made to the Rotary by our departed Rotarian, PP MPHF Ravindra Kumar R. A special commemorative plaque from the District 3211 was entrusted to us in a solemn ceremony at Kollam. Our club was delighted to hand over the same memento to Rty Ann Shylaja R Kumar during the family meeting on 25th July in the presence of his son, daughter-in-law as well as granddaughter. A dynamic training session on Rotary's focal areas was held. I'm grateful to Rtn Flt Lt Shibu Varghese for organising an interesting session on the 'Six Thinking Hats'. Invited speaker Prof. Gopalakrishnan delivered a thought provoking lecture, coated with humour to the extent that the members in the audience were in splits.

Our bulletin and social media channels were revamped with fresh visuals and storytelling. The installation edition and subsequent issues of COW have caught the attention and appreciation of several clubs in the district, as evidenced by their comments in WhatsApp. We celebrated birthdays and Rotary anniversaries of our members with heartfelt messages, cake cutting and spreading joy around. Let me thank all members for curating those events. Thank you to everyone, committee chairs, volunteers, and each Rotarian of the club. Your energy, ideas, and dedication define our club's values and impact. Next month, we are looking forward to enhancing our membership and retain the existing ones. A talk from a famous film personality is on the cards at one of our weekly meetings. Rotary International's theme—Create Hope in the World—reminds us that even small acts ripple outward to inspire change. We are a People of Action, and our growing club is a powerful force for good. We are looking forward to march ahead with greater enthusiasm and impact. Let's uphold the spirit of Service Above Self, working passionately, kindly, and together.

Gratefully and in Rotary fellowship,

Rtn. Col. Dr. K E Rajan



Rotary International has recently been involved in several significant initiatives and news items. Key focus remains on polio eradication, with a renewed commitment from Rotary and the Gates Foundation. Additionally, Rotary is expanding its efforts in peacebuilding, with a focus on supporting communities affected by conflict in places like Colombia. Other notable initiatives include supporting midwives in remote communities, establishing a peace center in India, and promoting environmental sustainability as a new area of focus.

Here is a more detailed look at some of the highlights:-

POLIO ERADICATION:

Rotary and the Gates Foundation renewed their commitment to ending polio, pledging up to \$450 million to support the Global Polio Eradication Initiative (GPEI).

PEACE BUILDING:

Rotary is investing in peace-building programs, including a \$2 million "Programs of Scale" grant to foster peace in Colombia.

This program focuses on strengthening local leadership and expanding access to education and resources in conflict-affected communities.

Rotary also partners with **SYMBIOSIS INTERNATIONAL UNIVERSITY TO ESTABLISH A PEACE CENTER IN INDIA**. The organization recognizes that conflict is often rooted in issues like poverty, inequality, and lack of access to education, and is working to address these root causes through its projects.

OTHER NOTABLE INITIATIVES

SUPPORTING MIDWIVES:

Rotary is working to improve maternal health by supporting midwives in remote communities, helping them build leadership skills and professional networks.

ENVIRONMENTAL FOCUS:

Rotary has added supporting the environment as a new area of focus, recognizing the importance of addressing environmental challenges.

END POLIO NOW:

Rotary continues to work towards the eradication of polio, with the goal of ridding the world of this disease.

THALASSEMIA AWARENESS:

The Rotary Club of Calcutta Metro City is actively promoting awareness and treatment of THALASSEMIA, an inherited blood disorder, through various initiatives.

NEW CLUB VISIONING MODEL:

Rotary is encouraging clubs to develop strategic plans to ensure their continued relevance and impact.

MOMENTS THAT MATTER

MEETING UPDATE BY SECRETARY



ROTARY CLUB OF TRIVANDRUM CENTRAL

Minutes of Monthly family meeting No.1799, Dated: Thursday, 25th July 2025

Venue: Hotel Horizon, Trivandrum, Time: 7:30 PM

1. Call to Order

The meeting was called to order by President Rtn.Col.Dr. K.E. Rajan, which was attended by 50 members.

2. Rotary Invocation

The Rotary Invocation was rendered solemnly by Rtn.Dr.Bijulal

3. Presidential Address

The President welcomed all members, anns, and annettes. He thanked members for their continued enthusiasm and urged everyone to sustain their active participation in club events and service initiatives. The President also requested all members to remit their club dues at the earliest so that the Club can remit the first-half dues to Rotary International on time.

4. Confirmation of Minutes

The minutes of the meeting # 1798, which had been circulated in advance, were approved without amendments.

5. Brief on Service Projects:

A brief update was provided on current and upcoming service activities, viz providing Malayalam newspaper (Rs. 10,000 for 10 newspaper annual subscription) and water purifier (Rs 10,000 approximately) to St Gorett;s L.P.School, Nalanchira reflecting the club's ongoing commitment to community welfare.

6. Mini Award Nite – Presentation and Celebration:

The club celebrated a Mini Award Nite, recognizing both collective achievements and individual excellence. Charter Members and Past Presidents took part in the award distribution, which added grace and prestige to the event.

7. Guest Speaker Session (Health Awareness):

Dr. Reshmi Nair, Chief Operating Officer at SP Medifort, delivered a short but informative talk on breast cancer, focusing on the importance of mammography and the latest technologies in early detection.

She was warmly introduced by PDG Rtn. Suresh Mathew.



8. New Initiatives

The Fish Philosophy: Flt Lt Shibu Varghese was invited to present a new approach to enhancing meeting culture through the Fish Philosophy, which emphasizes:

- (a) Choose your attitude,
- (b) Make others happy
- (c) Be present,
- (d) Have fun

He highlighted how these values can strengthen trust, build teamwork, and foster an engaging, positive atmosphere within RCTC.

9. Attendance:

31 Rtns, 34 Anns/Annettes and 2 guests. Total 67 participants.

10.National Anthem:

The National Anthem was sung in unison to mark the conclusion of the formal proceedings.

11. Vote of Thanks

Our Secretary Rtn.Prem Kumar Thampi, proposed the Vote of Thanks,

12.. Announcements

There were no announcements, and the meeting concluded with the National Anthem.

13.Adjournment:

The meeting was formally adjourned by the President, who thanked everyone for their participation and support. This was followed by fellowship and dinner.

AWARD DISTRIBUTION





Why I Believe Quality of Life Must Be the Heart of Public Policy and NOT Gross Domestic Product (GDP)

Thinking Why Politics Exists

Over the years, I've become increasingly convinced that we need to fundamentally rethink what politics is for. Too often, governments are judged solely by how much they grow the economy or increase GDP. While economic progress certainly has its place—especially in lifting people out of poverty—it simply doesn't capture the full picture of what makes life worthwhile. For me, the true measure of a society should be the quality of life its people enjoy.

Why Economic Growth Isn't Enough

It's clear that economic success, on its own, doesn't guarantee wellbeing. We've seen people's incomes rise while stress, loneliness, and dissatisfaction continue to grow. I believe this shows that public policy has been chasing the wrong goals. If our focus remains fixed only on financial indicators, we ignore the deeper factors that bring happiness—like human connection, security, meaning, and the ability to shape one's own future.

What People Truly Value

When I speak with people or reflect on my own life, what matters most isn't wealth—it's about feeling valued, being in control, nurturing relationships, and having time and space for personal growth. These are the things that define a high quality of life. Research supports this too: once our basic needs are met, more income has diminishing returns on our happiness.

The Problem with GDP

I've come to see GDP as a deeply flawed measure of progress. It doesn't account for inequality or the destruction of nature, and it treats harmful activities—like pollution or even crime-related spending—as economic "growth." Worse, it fails to register things that enrich life, like caring for a loved one, volunteering, or enjoying a walk in the park. It's time we measured what really matters.

Measuring What Matters

Thankfully, we now have tools to measure subjective wellbeing in meaningful ways. We can ask people how satisfied they are with their lives, how happy they feel day-to-day, and whether they find meaning in what they do. These insights, backed by neuroscience and psychology, give us a better way to understand national progress—not through wealth alone, but through wellbeing.

A Wellbeing Institute for Better Governance

One policy I strongly support is the creation of a Institute for Wellbeing. This independent body would collect data, offer insights, and hold governments accountable for how their decisions impact the quality of people's lives. I see it playing a similar role to the Kerala State Planning Board Kerala Development and Innovation Strategic Council (K-DISC), but focused entirely on human wellbeing. It's an idea whose time has come.



Empowerment Is the Foundation of Wellbeing

At the heart of my values is the belief in individual autonomy. People are happiest when they feel in control of their lives. That's why I believe policies must focus on empowering individuals—not making decisions for them, but helping them make informed choices. Whether it's at work, at school, or in healthcare, giving people a greater say over their circumstances is crucial.

Education and Informed Choice

Of course, freedom is only meaningful when people have the tools and knowledge to use it wisely. Too often, people pursue goals—like chasing status or material goods—that don't bring lasting satisfaction. That's why I support a strong focus on education and public awareness. People should understand what really contributes to wellbeing and be supported to make choices that serve their long-term happiness.

Teaching Happiness in Schools

I believe schools have a critical role to play in this transformation. Alongside literacy and numeracy, children should be learning about emotional intelligence, resilience, relationships, and self-awareness. Personal, Social and Health Education (PSHE) must become a core part of the curriculum. If we want a society of happy, well-adjusted adults, we need to start building those skills early.

Lifelong Learning for a Fulfilling Life

But education shouldn't stop when we leave school. I believe public health campaigns should focus more on emotional wellbeing—especially during life transitions like becoming a parent or retiring. Ante-natal classes, for instance, could include relationship and mental health education. Adult education—whether formal or community-based—should also be promoted as a path to both personal growth and better mental health.

Workplaces Must Support Wellbeing

For most of us, work takes up a huge part of our lives. It's essential that the workplace contributes positively to our wellbeing. I believe in promoting flexible working, supportive environments, and employee involvement in decision-making. Employers should measure staff satisfaction and wellbeing—and be transparent about it. In fact, large organisations should publish this data annually, so people can make informed choices about where they work.

Supporting the Unemployed with Dignity

Unemployment doesn't just hurt people financially—it erodes self-esteem, purpose, and social ties. I believe we must do more to support those out of work, not just through job placement, but by addressing emotional needs and promoting volunteering and community engagement. It's about restoring dignity and purpose while building paths back into meaningful world.

A NEW PURPOSE FOR POLITICS:

Quality of Life .

This article reflects my personal perspective,

inspired by the published paper

This is shared by our Secretary Rtn.Prem Kumar Thampi,



Families and the Early Years

If we want to build a wellbeing society, we must start early. The evidence is overwhelming: the first three years of life are critical for brain development and emotional health. That's why I strongly support investing in early years services—like health visitors, parenting support, and family mentoring. These interventions aren't just socially just—they're among the smartest long-term investments we can make.

Public Services with a Human Touch

Public services can either uplift or frustrate. Too often, people feel like numbers in a system. I believe services must be more responsive, joined-up, and centred on the person—not just their “case.” Users should have more control, for instance through individual budgets in social care. And those who are vulnerable must have advocates to ensure their voices are heard.

Our Surroundings Shape Our Happiness

Where we live matters—more than we often realise. Clean air, green spaces, quiet streets, and access to nature all contribute to peace of mind and physical health. I want planning decisions to put wellbeing front and centre. Communities must have a real say in preserving public spaces, and we must resist selling off green land without local consent.

Building Stronger Communities

Community isn't just a nice idea—it's essential to wellbeing. I believe in strengthening the bonds between neighbours, supporting volunteering, and recognising civic contributions. We can do this through time banking, local awards, and encouraging grassroots initiatives. These activities build trust, reduce isolation, and enrich our lives in ways no government program alone ever could.

Advertising and Informed Citizens

In a world saturated with marketing, we need to equip people—especially the young—to critically understand how advertising affects their choices and self-image. Media literacy and resilience should be part of our wellbeing strategy, so people aren't manipulated into unhealthy lifestyles or distorted expectations.

Putting Wellbeing at the Heart of Politics

In the end, I believe politics should serve the most basic human goal: to help people live better lives. That means shifting from narrow economic thinking to a broader, more human measure of success. Just as environmental sustainability moved from the fringes to the mainstream, I believe the wellbeing agenda must now take its rightful place at the centre of government decision-making.

A Call to Rethink What Really Matters

For me, this is more than policy—it's a new way of seeing what really matters. Quality of life is not a soft or secondary issue. It is the foundation of a healthy, productive, and cohesive society. I believe we should judge every government policy by a simple question: does this make people's lives better, happier, and more meaningful? If not, why are we doing it?



JULY

Rytn.Ann Amma Panicker - 10th
Rytn.Ligy Thomas - - - - 10th
Rtn.Dr.K.L.Jayakumar - - - 12th

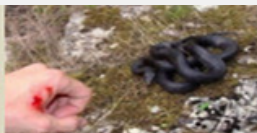


JULY

Rtn.K.P.Sathyapal & Rytn.Manju -10th

INSPIRED TO SERVE

**HURTING PEOPLE HURT PEOPLE, BUT
HEALED PEOPLE HEAL PEOPLE TOO**



A man saw a snake burning to death and decided to take it out of the fire. When he did, the snake bit him causing excruciating pain. The man dropped the snake, and the reptile fell right back into the fire. So, the man looked around and found a metal pole and used it to take the snake out of the fire, saving its life.. Someone who was watching approached the man and said:

“That snake bit you. Why are you still trying to save it ?

The man replied: “The nature of the snake is to bite, but that’s not going to change my nature, which is to help.”

Do not change your nature simply because someone harms you.

Do not lose your good heart.... but learn to take precautions.

Helping those who are hurting may bite, they may not be receptive.

But don’t change the amazing person that you are.

Hurting people hurt people... But healed people heal people





With Best Compliments from

Lif Care

LIFE CARE

Dealers in Life Saving & Imported Medicines
(ONCOLOGY, NEPHROLOGY, RHEUMATOLOGY, VIROLOGY)

V.BALAGOPAL

T.C. 17/1295 / 1 & 2, Chalakuzhy Road,
Medical College, Trivandrum. 695011
email: lifecaretvm@gmail.com
www: lifecareindia.co.in

M+91 93490 73534
T - + 91 471 2443450
T - + 91 471 4010545

VITAL HEALTHCARE SOLUTIONS

T C 6/2860/4, Ulloor Gardens, UG144-A
Ulloor, Medical College PO, Thiruvananthapuram-695011
Mob : 9895532646, 8547722477

STOCKIST & DISTRIBUTORS FOR
NIPRO :- ALL TYPE SYRINGES

BHUT BIO-TECH INDIA :-
DIAGNOSTIC TEST DEVICES (CARDS) FOR VARIOUS TESTS.

AVAC : BLOOD COLLECTION TUBES
DISTRIBUTORS FOR ECG MACHINES
(12 CHANNEL, 3 CHANNEL & SINGLE CHANNEL)

METRO PAINTS

Housing Board Commercial Complex S.S Covil Road, West Thampanoor, Tvpm- 1

"Manufacturers of Decorative and Industrial paints"
"Plumbing and Hardwares"

C.SURESH, Mob: 94470 23970
LL: 0471 4000840
email: sureshc.metro@gmail.com

THE GOLDEN FORKS
Marappalam, Pattom
Fast Food & Outdoor Caterers
Rtn. P. Sivaprasad
Mob: 93881 22451





1,263
BHK
APARTMENTS

JUST
250 METER
FROM
BYPASS
NEAR LULU MALL



94956 22 000
94957 22 000

Where **LUXURY**
MEETS LifeStyle



www creationskerala.com

**"34 years of Excellence in helping
our clients to create their wealth..."**

Future Assets
Financial solutions for your life
AMFI Registered Mutual Fund Distributors

+91 98460 25240 | +91 80751 18903
futureassetstvm@gmail.com
www.futureassetstvm.co.in



10% to 15%

5MP

PHARMA PRIVATE LIMITED



For Medicines



TC No.: 23/2700, House No.: JNWA-B
Jawahar Nagar, Kowdiar, Trivandrum -695

+91 99950 07934 07943/07958
5mp Pharmindia@gmail.com

Addicnes:

Medicines | Health Care Products | Health Care Devices | Personal Care | Baby Care | Women Care | Health & Nutrition | Sexual Wellness



BHARATH SURGICALS

Anandamandiram T.C. 1/996 (1), SRA-69, Opp: 'E' Quarters,
Medical College P.O. Thiruvananthapuram - 695 011

P 0471 2443839 **M** 09387034782, **E** bharathsurgi@rediffmail.com

Dealers in Surgical and Pharmaceutical Products

WITH BEST COMPLIMENTS



VEENA CHEMICALS

PALLIMUKKU PETTAH THIRUVANANTHAPURAM

☎ 0471-2477748, 6579388

☎ FAX: 0471-2476842

☎ 9745250079

✉ rohit_gireesh2002@yahoo.com

✉ veenachemicals03@rediffmail.com

✉ veenachemicals03@gmail.com

**STOCKISTS AND DEALERS IN
ORTHOPEDIC INSTRUMENTS AND IMPLANTS**

**BRANCH: SHINE ROAD VYTILA-682019
CHANNEL PARTNER DEPUY SYNTHES**

