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Rotary



WEEKLY BULLETIN OF ROTARY CLUB OF TRIVANDRUM CENTRAL

JULY 2025.
VOL:39,ISSUE-8
Dtd:12.08.25

INTERNATIONAL NEWS

SANGKOO YUN IS SELECTED TO BE 2026-27

ROTARY INTERNATIONAL PRESIDENT



Sangkoo Yun, of the Rotary Club of Sae Hanyang, Seoul, Korea, is the selection of the nominating committee to become Rotary International's president for 2026-27. He will be officially declared the president-nominee on 15 September if no other candidates challenge him.

Yun received his bachelor's and master's degrees from the Syracuse University School of Architecture in the U.S. and an honorary doctoral degree from The University of Edinburgh, Scotland. He is the founder and CEO of Dongsuh Corp., which engineers and markets architectural materials, and the president of Youngan Corp., which operates in real estate and financial investment. He is involved in many civic organizations and has a special interest in the preservation of cultural heritage.

A Rotary member since 1987, when he was a charter member of the Rotary Club of Sae Hanyang, Yun has served Rotary International as a director, trustee, committee member and chair, and RI learning facilitator. He served for eight years as co-chair of the Keep Mongolia Green Project, by Korean members of Rotary. His RI committee roles include the Board Administration Committee (2013-15, vice chair 2014-15), the International Assembly Committee (vice chair, 2020-21), and the End Polio Now Countdown to History Campaign Committee (regional vice chair, 2023-27). He also served on The Rotary Foundation's Executive Committee (2019-22, chair 2020-21) and Programs Committee (2019-22, chair 2020-22).

Yun received The Rotary Foundation's Distinguished Service Award in 2021-22. He was appointed an Officer of the Most Excellent Order of the British Empire by Queen Elizabeth II, awarded the Friendship Medal by the president of Mongolia, and recognized for distinguished services by the president and prime minister of Korea. He is a veteran of the Republic of Korea Army and an emeritus elder at Andong Presbyterian Church.

Yun and his spouse, Eunsun, are Rotary Foundation Benefactors, Major Donors, and members of the Arch Klumph Society, the Paul Harris Society, and the Bequest Society. They have two children.

INTERNATIONAL NEWS,

OUR MEMBER PDG. SURESH MATHEW & PDG. THOMAS VAVANIKUNNEL
WITH THE CHIEF GUEST SENIOR MINISTER OF STATE SINGAPORE Ms SIM ANN



FORMALLY HANDING OVER OUR CLUB FLAG
TO THE NEWLY INSTALLED PRESIDENT Rtn.PHILLIP TOLATH

DISTRICT NEWS

PDG Dr. John Daniel, Chairman of the Rotary Institute Kochi, and Dr. Meera John, inviting RPN Larry Lunsford to attend the Rotary Institute in Kochi during his visit to the RISE Institute in Bangalore. He will serve as the RI President in 2027-28



സോടോക്സ അനലൈസർ (SoToxa analyzer) വിഭവസ്ഥ കേരള പോലീസ് വകുപ്പിന് കൈമാറ്റം ചെയ്തു. കണ്ണൂർ സി. സെയ്ഡ് റോട്ടറി ക്ലബ്ബിന്റെ സഹകരണത്തോടു കൂടി, വാക്കറോ ഫൗണ്ടേഷന്റെ "സി എസ് ആർ" ഫണ്ട് ഉപയോഗിച്ച് വാങ്ങിയ സോടോക്സ അനലൈസർ വിഭവസ്ഥ പോലീസ് വകുപ്പിന് കൈമാറി. യെക്കുരയ്ക്കൽ സാന്നിധ്യം പരിശോധിക്കാനുള്ള ഉപകരണമാണ് സോടോക്സ അനലൈസർ.

ഈ വിഭവസ്ഥിന്റെ വാപാശിരി കൈമാറ്റം ചോറ്റാഴ്ച്ച ആഗസ്റ്റ് അഞ്ചിന് കണ്ണൂർ നോർത്ത് മലബാർ ചോബർ ഓഫ് കോമൺസ് ഹോളിൽ വച്ചു നടന്നു. സമ്മാന പോലീസ് മേധാവി ശ്രീ റവറഡ എ. ചന്ദ്രശേഖർ IPS ഉദ്ഘാടനം ചെയ്തു. ശ്രീലീലാജ് മാത്യുവർ, ഡിസ്ട്രിക്റ്റ് ഗവർണർ (റോട്ടറി ഇന്റർനാഷണൽ ഡിസ്ട്രിക്റ്റ് 3204) അധ്യക്ഷതയും, ശ്രീ. വി. നാഷാദ്, ചേരമംഗലം, വാക്കറോ ഫൗണ്ടേഷൻ മുഖ്യ അധിപിയുമായിരുന്നു. നോർത്ത് സോബ് എ.ജി. ശ്രീപി ശ്രീ രാജ്പാൽ മിണി IPS, കണ്ണൂർ റെയിഞ്ച് ഡി.എ.ജി. ശ്രീ. ജി.എച്ച്.യെൽ ചന്ദ്ര, IPS, കണ്ണൂർ സിറ്റി പോലീസ് കമ്മീഷണർ, ശ്രീ.പി. നീധിൻ രാജ്, IPS, റോട്ടറി (ROPE) കേരള ചീഫ് കോർഡിനേറ്റർ, മുൻ ഡിസ്ട്രിക്റ്റ് ഗവർണർ ശ്രീ. സുരേഷ് മാത്യു, റോട്ടറി (ROPE) കേരള റ്റേറ്റ് സെക്രട്ടറി ശ്രീ. ജി.ജി. രാജയൻ എന്നിവരും പങ്കെടുത്തു.



WITH ROTARY SPIRIT - EDITOR SPEAKS

Dear fellow Rotarians ;

Good evening! It is an honour to serve as the Editor for this Rotary year. As we embark on a new chapter marked by leadership, commitment, and service, this brochure reflects not only the ceremonial transition but also the collective spirit that drives our club forward. Rotary is built on the foundation of action, integrity, and fellowship. As Editor, my goal is to document and communicate the initiatives, achievements, and values that define our journey. Through thoughtful storytelling and clear communication, I hope to keep our members informed, engaged, and inspired.



There's a well-known story of a man walking along a beach, picking up starfish and gently tossing them back into the ocean. When asked why—since there were thousands, and he couldn't possibly make a difference—he simply replied, "I made a difference to that one." This simple story reminds us that impact doesn't always come in grand gestures; often, it lies in small acts of consistent kindness.

This edition captures the essence of continuity and change—respecting the efforts of those who have served before us, while embracing the responsibilities that lie ahead. It is a privilege to present the highlights of our club's vision, leadership, and dedication to service. I look forward to the year ahead, to meaningful collaboration, and to sharing the impact we create—one story at a time.

Warm regards

Rtn. Major Donor K. Janardanan Nair,
Editor, "Centre of the Wheel"

FROM THE DESK OF OUR LEADER

I would like to express my gratitude to our Immediate Past President, Rtn. Capt. P.R.K. Kartha, and his team for their remarkable leadership and dedication. I am thrilled to share that our team has launched an array of impactful projects.

I would like to add that our club's achievements and initiatives are a testament to our collective efforts and dedication. I encourage each of you to continue your outstanding work and support our team in making this year truly magical. Let's work together to build on the momentum of last year and create a year filled with purpose, passion, and impact.

"To conclude, I may not speak much, but I believe in letting actions do the talking. I'm committed to delivering real impact - through every project, fundraiser, and act of service.

"Thank you once again for your commitment, your camaraderie, and for placing your trust in me.

Regards

Rtn. Col: Dr. K.E. Rajan



CLUB NEWS

Our member Rtn. Dr. S.V. Lekshmi, inaugurated a function to commemorate "World Breastfeeding Week on 6th Aug

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COMMEMORATE WORLD BREASTFEEDING WEEK 2025,
AUGUST 1ST-7TH.
INAUGURATION: DR. LAKSHMI S.V. HOD
& CONSULTANT GYNECOLOGIST
EXPERT TALK: UMA KALYANI, REGISTERED DIETITIAN
QUIZ: ACHU C RANNAN, SENIOR DIETITIAN
DATE: 06/08/2025, 8-4 PM
VENUE: BASEMENT NEAR SCAN ROOM



**SHARED BY OUR
SECRETARY**

Rtn.PREM KUMAR THAMPI



BEYOND GDP, WHAT TRULY MAKES ME HAPPY AS A CITIZEN

As I reflect on the well-being of our society, I realize more than ever that Gross Domestic Product (GDP) doesn't tell the full story. Yes, economic growth is important, but it is not the only or even the most important measure of how well we are doing as a people. What matters more to me is how happy, secure, and fulfilled we are in our everyday lives. The true measure of a state's progress lies in the Happiness Quotient of its citizens.

When I think about what makes me, or anyone else, truly happy as a citizen, I see a blend of interconnected factors that go well beyond financial wealth. These are the aspects of life that touch us daily and shape our experiences, our relationships, and our dreams.

EDUCATION: EMPOWERING THE MIND AND SPIRIT

Access to quality education has been a cornerstone of my personal development. It gave me the confidence to make informed decisions, the ability to find decent work, and the curiosity to keep learning throughout life. I believe that when a state invests in accessible, inclusive, and forward-looking education, it lays the foundation for an empowered and contented society.

HEALTHCARE: THE ASSURANCE OF BEING CARED FOR

Health is happiness. I feel secure knowing that if I or my loved ones fall ill, there is a system in place to take care of us without pushing us into financial hardship. Affordable and reliable healthcare services, mental health support, and a focus on prevention are critical to my sense of well-being. For many of us, healthcare is not just a service; it's a lifeline.

INFRASTRUCTURE: THE EASE OF DAILY LIVING

Whether it's the road I drive on, the water I drink, or the connectivity that lets me work and communicate, infrastructure affects every minute of my life. Good infrastructure means less stress, more productivity, and a greater sense of pride in where I live. Public spaces like parks and libraries add richness to community life and give us opportunities to bond and rejuvenate.

SAFETY AND SECURITY: LIVING WITHOUT FEAR

Happiness withers in the face of fear. I feel deeply grateful when I can walk freely on the streets, when my home feels secure, and when justice is accessible and fair. True security goes beyond law enforcement—it includes harmony in society, respect for diversity, and freedom from discrimination.

ECONOMIC STABILITY: THE DIGNITY OF LIVELIHOOD

While money doesn't buy happiness, the lack of it certainly brings stress. What gives me peace of mind is not luxury, but stability. Being able to support my family, pay for my children's education, and plan for old age without constant anxiety is crucial. A state that nurtures employment, supports small businesses, and ensures a fair economic playing field fosters contentment among its people.

ENVIRONMENTAL QUALITY: BREATHING EASY

I find joy in clean air, green spaces, and quiet natural corners. Pollution, deforestation, and climate disasters not only harm our health but also erode our sense of well-being. I am happiest in an environment where sustainability is taken seriously and where nature is respected as part of our collective home.

COMMUNITY AND SOCIAL BONDS: BELONGING MATTERS

Being part of a community that values mutual respect, inclusivity, and cooperation adds immeasurable warmth to life. I cherish festivals, public events, and simple neighborhood interactions. They give me a sense of belonging and make life more colorful and connected.

GOOD GOVERNANCE: TRUST IN THE SYSTEM

I feel hopeful when I see transparency, fairness, and responsiveness in governance. Knowing that my voice counts, that my concerns are addressed, and that leaders are accountable gives me confidence in the future. Participatory governance is not just a political ideal; it's a vital ingredient of happiness.

CONCLUSION: HAPPINESS IS THE TRUE MEASURE OF PROGRESS

In the end, I want to live in a state that sees me not just as a unit of productivity but as a human being with dreams, emotions, and needs. Happiness should not be an afterthought in policymaking. It should be the very goal. If we can build a society where these elements are nurtured, we won't just grow richer—we'll grow happier. And that, to me, is the real progress we must aim for.

MOMENTS THAT MATTER MEETING UPDATE BY SECRETARY



ROTARY CLUB OF TRIVANDRUM CENTRAL

Minutes of Weekly Meeting

Date: 8 August 2025 (Friday) at 7.30 pm,

Venue: Hotel Horizon

1. Call to Order - The meeting was called to order by the President at 7:30 PM.
2. Rotary Invocation - The Rotary Invocation was read by Rtn Sudeep V.
3. Presidential Address - The President reminded members to pay their dues at the earliest to maintain the club's eligibility for awards. He also briefly mentioned the proposed Onam program at RCC (Paediatric Ward).
4. Confirmation of Minutes of the Last Meeting - The minutes of the previous meeting, already circulated, were confirmed without amendments.
5. Service Project Update – Onam Celebrations at RCC

The Service Project Chair provided detailed information on the planned Onam celebrations at RCC (Children's Ward). Members came forward generously to sponsor various aspects of the event:

- Rtn Mohan Kumar – Clothes for the children
- Rtn Don, Rtn Dr Sudeep, Rtn Chand Gupta – Sadya and Payasam
- Rtn Bijulal – Materials required for painting competition
- Rtn Suresh Kumar – Chocolates, toys, and biscuits
- Rtn Satyapal – Stage decorations
- Rtn Sasy Menon & Rtn Anil Apsara – Promised additional items required to make the event a grand success

6. Update on FIRE/RISE Participation - Rtn. Thomas Vincent presented an overview of the FIRE program, outlining this year's rules and schedule.

7. Guest Speaker Session - PDG Suresh Mathew introduced the guest speaker, Shri T. K. Rajeev Kumar, noted film director. Shri Rajeev Kumar shared his personal experience with contracting Lyme disease, caused by the bacteria Borrelia burgdorferi and less commonly Borrelia mayonii, transmitted through bites of infected black-legged (deer) ticks. He also narrated his journey through liver replacement surgery. His talk was engaging and likened to watching a short film. The President presented a memento to Shri Rajeev Kumar, and the Secretary expressed gratitude for his enlightening presentation.

8. Announcements - No additional announcements were made.
9. National Anthem - The meeting concluded with the National Anthem.
10. Adjournment - The meeting was adjourned at 9:00 PM.
11. Attendance: Rotarians: 23 and Anns: 10, were present
12. Meeting Arrangements: - PDG Suresh Mathew and Flt Lt Shibu Varghese



STORIES THAT INSPIRES WHEN INDIAN COWS TAKE ON HUMAN TECH: (AND ALMOST WIN) COWISH: By Rtn.MPHF.S.K.Menon



In the age of smartphones, smart homes, and smart everything, no one expected the next digital revolution to come from a quiet cow farm in South India. But that's exactly what happened when a group of curious cows decided to explore the wonders of human technology — with utterly hilarious results.

THE MOO-PHONE CHRONICLES

It all began when Sonu, our cheerful farm manager, left his smartphone unattended near the feeding trough (probably while checking milk prices or cricket scores). Enter Ammini, the herd's self-appointed Sherlock. She nosed the glowing device curiously, and boom - selfie mode activated. One nose boop later, and Ammini had taken her first photo. Then another. And another. Before long, she had a full gallery of tongue-out selfies, hay-in-teeth portraits, and confused close-ups. Nearby cows Bessie and Nandini looked on, thoroughly impressed. Sonu, peeking from behind a tree, was in splits. "If she figures out Instagram, I'm finished," he chuckled.

GPS: GRASS POSITIONING SYSTEM?

Encouraged by Ammini's accidental selfie stardom, the cows set their sights on the GPS. Their mission: find the best grass patch on the farm. The result: a navigational nightmare. Meenu, the herd's rebel, proudly marched in the opposite direction of every GPS instruction. "Recalculating," the phone groaned over and over. Meanwhile, little Shanti tried to chew the charging cable, thinking it was a shiny new snack. When the device suddenly barked, "Turn left!" she nearly jumped over the trough in shock. From that point on, any GPS command became a challenge. "Turn right?" Moo, no thanks - we're turning left. The farm became a comedy of wrong turns and wandering hooves.

COW-CULUS OF CONFUSION

Convinced the glowing gadgets were divine puzzles, the cows poked, sniffed, and stared. Bessie began meditating before the screen. Ammini tried to unlock it with her tail. Sonu just shook his head and muttered, "Next they'll want Wi-Fi in the barn."

MOO-RAL OF THE STORY

Though they never quite cracked smart phones or GPS, these cows reminded us of something far more valuable: curiosity, courage, and the joy of learning. In their wide-eyed, clumsy, and utterly adorable efforts, they turned a quiet farm into a field of laughter. So, the next time your phone confuses you or your GPS gets you lost, remember - somewhere out there, a cow is probably doing the same with a lot more style. *From cows with love – and just a hint of moo-schief.*



Rtn.V.BALAGOPAL - 13th

Rytn.LEELA SUKUMARAN - 12th

Rytn.J.N.SOUMYA RANJIT - 15th

Rytn.LETHA VENU - 18th

Rytn.Adv.RITA.K.G - 23rd



Rtn.BABU STEPHEN & Rytn.GRACY STEPHAN - 17th

Rtn.G.N.NAIR & Rytn.MAYA NAIR - 23rd

Rtn.GEORGE SAMUAL & Rytn.MOLLY - 23rd

Rtn.JANARDANAN NAIR & Rtn.S.V.LEKSHMI - 27th

RECIPE SPOTLIGHT, Shared by Rytn.Manju Thampi

Ingredients:

Finger millet (ragi) flour 1 cup
+ some for dusting and salt to taste
Ghee 1 tspn

Method:

Heat one cup water in a heavy bottom pan.
Add salt and ghee and bring to a boil.
Reduce heat, add millet flour and mix well.
Switch off the heat, cover and set aside for 10-15 minutes to cool down to room temperature.
Apply some ghee on the worktop, place the millet flour dough on it and knead well.
Divide the dough into equal portions and shape them into balls.
Dust the balls with a little flour and roll out into rotis.
a pan, place rotis on it, one by one and roast for a minute on each side or till some bubbles form. Place the rotis on the direct flame and puff them (optional).
Place them on a serving plate and enjoy it hot.



Ragi Roti (Finger Millet Roti) Soft Gluten Free Roti



**Welcome to
Laugh Corner**

and that concessions, if repeated long enough, often turn into expectations.

- o *Never lose your integrity.*
 - o *Surround yourself with people you can learn from.*
 - o *Seek out those who are kind and passionate.*
 - o *Don't try to be a big fish in the ocean—start as a big fish in a small pond before moving on to bigger waters.*

AUGUST IS

MEMBERSHIP & NEW CLUB DEVELOPMENT MONTH

"Rotary's strength lies in the sincerity of purpose of its members."
Estes Snedecor, Rotary Club of Portland, Oregon - 1921 Rotary Convention

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