



# Suburban Voice

Monthly Bulletin of  
Rotary Club of  
Trivandrum Suburban



RI DIST 3211 | ZONE V | April, 2025 | Volume 38 | Issue 10

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## **President's Message**

Dear Rotary Family,

As we reflect on the impactful month of March, I am filled with immense pride for the strides we have made in community service and empowerment. Through our continued efforts under the UYARE Project, we forged key partnerships with institutions such as Susrutha Ayurveda, Karthika Associates, and Akshara Offset, providing invaluable training and skill development opportunities.



Our Women's Day celebrations and the launch of the UYARE STREE Project for digital marketing training have further solidified our commitment to gender equality. Additionally, initiatives like the Self-Defence Program for Girls, distribution of tracksuits at Sree Chitra Poor-home School, and programs celebrating World Water Day and World Forest Day have reinforced our dedication to education, health, and environmental sustainability.

Noteworthy health programs, including the distribution of menstrual cups at Chinnamma Memorial Girls School and the Vimukti Yatra against substance abuse, have had a significant impact on the lives of many.

Our fellowship activities, including the Movie Buff event and the special outing for orphanage inmates, strengthened the bond of our Rotary family, ensuring that service and joy go hand in hand.

As we move forward into April, let us be guided by the words of Margaret Mead: "Never doubt that a small group of thoughtful, committed citizens can change the

world. Indeed, it is the only thing that ever has.” Together, we will continue to make a meaningful impact.

Dated this 1st day of April, 2025

**Rtn. Dr. Baiju Ramachandran FCS**  
President, Rotary Club of Trivandrum Suburban

## **Secretary's Message:**

My dear fellow Rotarians, Anns and Annets,

As we journey further into this Rotary year, it is heartening to witness the enthusiasm and commitment each of you brings to our shared mission. Our strength lies not just in the projects we undertake, but in the spirit of unity and service that binds us. The month gone by has been a testament to our club's dedication—be it through vibrant fellowships, impactful initiatives, or thought-provoking discussions. Let us continue to embrace innovation, inclusivity, and compassion in all that we do. The Rotary wheel keeps turning, powered by our collective effort and unwavering resolve to serve above self. Let this spirit guide us forward in the months ahead.



Warm regards,

**Rtn. Dr. Ciniraj Raveendran**  
Secretary, RC Trivandrum Suburban

## **Birthdays**

Apr 03: Saritha Baiju  
Apr 08: Purushothaman Asan S  
Apr 13: R A D Pillai  
Apr 17: Sangeeth Kumar M  
Apr 23: Sabarinathan Krishnan  
Apr 28: Alex K  
Apr 29: Jayakumar N

## Wedding Days

Apr 02: Rtn. Aqib Shaick & Ann. Simmi

Apr 09: Rtn. Ambady Chandrasekharan Nair & Ann. Jayasree Ambady

Apr 28: Rtn. Praveen G Mohan & Ann. Sandhya S Kumar

Apr 28: Rtn. Shaji Jos & Ann. Meera Shaji

## Forthcoming Meetings

Apr 04: Weekly Meeting at Hotel Prasanth; Guest Speaker Mr. Vava Suresh

Apr 12: Family Meeting at Tanjavur Amma Veedu, West Fort

Apr 17: Weekly Meeting at Hotel Prasanth; Guest Speaker Ms. Pinky S Nair

Apr 22 to Apr 28: International Tour Program to Georgia (Europe)

May 01: Weekly Meeting; Guest Speaker Mr. Anilkumar

May 09: Weekly Meeting at Hotel Prasanth; Georgia Trip Visheshangal

May 16: Weekly Meeting at Hotel Prasanth; Guest Speaker Mr. Padmaprasad R

May 23: Weekly Meeting at Hotel Prasanth; Guest Speaker Ms. Geetha Dinkar

May 31: Vocational Excellence & Service Award Function

## Activity Report of March

### 181. MOU with M/s. Susrutha Ayurveda Science and Panchakarma Hospital to provide training and apprenticeship for ayurveda and panchakarma therapy

On 01.03.2025, the RC Trivandrum Suburban signed an MOU with M/s. Susrutha Ayurveda Science and Panchakarma Hospital, Kattakada, to provide on-the-job training cum certification program in Ayurveda and Panchakarma therapy to impart apprenticeship under the District Project, UYARE. The training expenses were borne by the Satellite club member Rtn. Dr. Sreeja Krishna. The MOU was signed by Rtn. Dr. Krishnakumar, Chairman, Susrutha Group with Rtn. Dr. Ciniraj Raveendran, Secretary representing the Club.



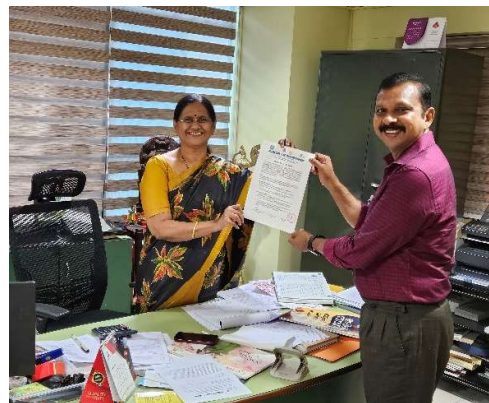
### **182. MOU with M/s Karthika Associates to provide training & apprenticeship for GST Return Filing**



On 01.03.2025, the RC Trivandrum Suburban signed an MOU with M/s Karthika Associates to provide on-the-job training cum certification program in GST Return Filing and to impart apprenticeship under the District Project, UYARE. The training expenses were borne by Rtn. Arun Kumar B. The MOU was signed by Rtn. Arun Kumar B, Proprietor, M/s. Karthika Associates with Rtn. Dr. Baiju Ramachandran representing the Club.

### **183. MOU with M/s. Akshara Offset to provide training and apprenticeship for Printing Technology**

On 01.03.2025, the RC Trivandrum Suburban signed an MOU with M/s Akshara Offset to provide on-the-job training cum certification program in Printing Technology and to impart apprenticeship under the District Project, UYARE. The training expenses were borne/sponsored by Rtn. Madhusoodhanan Nair. The MOU was signed by Ann. Rajalakshmy, Proprietor, M/s. Akshara Offset with Rtn. Dr. Baiju Ramachandran representing the Club.



### **184. MOU with M/s Accovet Limited to provide training and apprenticeship for Junior Accounts Executive**



On 03.03.2025, the RC Trivandrum Suburban signed an MOU with M/s Accovet Limited to provide on-the-job training cum certification program in Junior Accounts Executive and to impart apprenticeship under the District Project, UYARE. The MOU was signed by Ms. Remya Rema, Director, Accovet Limited with Rtn. Dr. Baiju Ramachandran representing the Club.



### **185. MOU with M/s S. Vijayan & Associates to provide training and apprenticeship for Legal Drafting and Research**

On 05.03.2025, the RC Trivandrum Suburban signed an MOU with M/s S.Vijayan & Associates to provide on-the-job training cum certification program in Legal Drafting and Research and to impart apprenticeship under the District Project, UYARE. The MOU was signed by Advocate S. Vijayan with Rtn. Dr. Baiju Ramachandran representing the Club.



### **186. MOU with M/s Mint & Mentor Investments Solutions Private Limited to provide training and apprenticeship for Online Stock Trading**



On 07.03.2025, the RC Trivandrum Suburban signed an MOU with M/s Mint & Mentor Investments Solutions Private Limited to provide on-the-job training cum certification program in Online Stock Trading and to impart apprenticeship under the District Project, UYARE. The MOU is signed by Rtn. Jose Pampackal, Director, M/s Mint & Mentor with Rtn. Dr. Baiju Ramachandran representing the Club.

### **187. MOU with Waymaker Ads to provide training and apprenticeship for Digital Marketing**

On 07.03.2025, the RC Trivandrum Suburban signed an MOU with Waymaker Ads to provide on-the-job training cum certification program in Digital Marketing and to impart part-time apprenticeship (online) under the District Project, UYARE. The MOU was signed by Rtn. Deepu Thomas, Managing Director, Waymaker Ads with Rtn. Dr. Baiju Ramachandran representing the Club.



### 188. Women's Day Special Meeting with the Club's RCC Members



On 08.03.2025, the RC Trivandrum Suburban President Rtn. Dr. Baiju Ramachandran was the chief guest in the program organized by the Club's RCC as part of their Women's Day Celebration at Jai Nagar Residence Association Hall, Plavilal. In his

address, Dr. Baiju Ramachandran shared the club's initiative to promote women's economic freedom, education, health etc. The Club organized many programs to teach girls practical skills to prepare them for economic independence in a challenging social environment. Some of the RCC Members shared their personal stories and experiences, highlighting their humanitarian work and achievements. The Chairperson of RCC Ms. Preethakumari J. and Vice-Chairman Balakrishnan Nair spoke on the occasion. Around 70 RCC Members attended the program. Refreshments were served to the participants.

### 189. Women's Day Special DEIB Program on Gender, Equality and Inclusivity

On 08.03.2025, the Satellite Club of RC Trivandrum Suburban organized a Women's Day Special DEIB Program on Gender, Equality and Inclusivity at Hindu Mahila Mandiram (orphanage), Poojapura, with the goal of promoting Diversity, Equity, Inclusion and Belonging (DEIB) in the society. Smt. Meena, Officer-In-Charge, delivered the opening remarks. The Satellite Club President Rtn. Dr. Saritha Baiju and Immediate Past-President Rtn. Lisa Jose addressed the inmates of Mahila Mandhiram. To commemorate the women's day celebration, sweet distribution was held after the program. Around 40 persons attended the program.



## 190. Nikunjam Tharangani visit



On 08.03.2025, the RC Trivandrum Suburban organized a tour at the multi-faceted facilities of Nikunjam Tharangani, a luxurious residential project located in Kesavadasapuram, Trivandrum, as part of the Club's industry visit as per Project Code VS 7/ Pg-19. It offers 3 and 4 BHK premium apartments with modern amenities and spacious living areas. The project features high-end facilities like a home theater, guest suite, multipurpose hall, health club, and rooftop swimming pool. The Club's Past President and Managing Director of Nikunjam shared with the participants that the residents of the flat can also avail themselves of amenities like kids' play areas and co-working spaces, promoting a balanced lifestyle. The apartments also come with

amenities like 24/7 security and ample parking facilities. The volunteers accompanied the Rotarians and Anns and briefed them on various amenities of the project.

## 191. Family Meeting cum Women's Day Program

On 08.03.2025, an International Women's Day Celebration cum weekly family meeting was held at the conference hall of Nikunjam Tharangini, Kesavadasapuram, Trivandrum. Before the meeting, a tour of the facilities provided by the Nikunjam Tharangini was arranged, which was utilized by many members and their families. In the Women's Day program of the club, the former first ladies were felicitated with a Red Rose and mementos (a book 'The Not To Do List' authored by Rolf Dobelli) by their Spouses. After collecting the



mementos, the first ladies addressed the gathering, where they shared their Rotary experiences in the past and present and their expectations for the future. They thanked the Club President and his team for organizing various innovative programs involving members and their families. The meeting began with a Rotary invocation by Ann Asha Maria, followed by the welcome address by Rtn. K. Alex. In his Presidential address, Rtn. Baiju Ramachandran briefed on fifty-plus activities organized by the club for





women's empowerment this term so far. He added that at least one lady guest speaker was invited by the club every month to our weekly meetings and he shared their names and the topics covered. The secretary's Report was presented by the Club Treasurer, Rtn. R Ramesh and the meeting

took note of the same. Further, the Women's Day messages were shared by Rtn. S. Krishnakumar & Rtn. Saritha Baiju. As part of Women's Day, a special UYARE STREE PROJECT was launched at the meeting. In the end, a vote of thanks was proposed by Rtn. Lisa Jose. The club thanked Rtn. S. Krishnakumar for hosting the meeting at Nikunjam Tharangini and for offering delicious and homely food to all participants. The event drew 73 people and the memorable meeting concluded with resounding success.



## 192. UYARE STREE PROJECT

On 08.03.2025, as part of Club's Women's Day Program the RC Trivandrum Suburban



launched a special UYARE STREE PROJECT for the benefit of plus-two completed students of Chinnamma Memorial Girls Higher Secondary School and inmates of Mahila Mandhiram. The official brochure of the 'certification program cum part-time

internship on digital marketing' was handed by the Club's first lady, Rtn. Saritha Baiju to the office bearers of the Interact Club of SMSS Mahila Mandhiram.



### 193. A Special Self-Defence Program for Empowering Girls

On 10.03.2025, the Rotaract Club of KICMA Business School in association with RC Trivandrum Suburban celebrated International Women's Day at the seminar hall of the KICMA with great enthusiasm and reverence. KICMA Director Rtn. Rajesh S Pyngavil presided over the meeting.

The Chief Guest of the event was Mrs. Lekha K.C., Former World Boxing Champion. In her address, she emphasized on the significance of self defence and how it plays a vital part in today's society, including the skills and knowledge to protect



themselves from harm, build confidence, and overall improving the quality of life. The event honoured the achievements, contributions and resilience of women across all spheres of life, while also creating awareness about gender equality and empowerment. Around 60 students attended the meeting.

### 194. Film Dam999: 4th Suburban Movie Buff

On 15.03.2025, the RC Trivandrum Suburban arranged the 4<sup>th</sup> Movie Buff at 6.30 pm at Aries Plex Theatre to enjoy an Oscar nominated film "Dam999", a Malayalam Movie



(re-released in 4K & Dolby Atmos), an Indian science fiction disaster film directed by Sohan Roy. The movie revolves around a dam on Kerala-Tamil Nadu border that becomes the

focal point of a catastrophic event, putting the lives of thousands at risk. The film explores themes of disaster management, heroism, and the consequences of human actions. A total of 76 pax including Rotarians, Anns, Annets, Rotaract and Interact Members participated in the Movie Buff Program. Past President Rtn. Albert Alex was instrumental in organizing the free movie show. After the program, members and their families enjoyed a vegetarian dinner at Pazhayidom Ruchi Restaurant.

### 195. Movie outing for orphanage inmates

On 15.03.2025, the RC Trivandrum Suburban organized a special movie outing for the inmates of Mahila Mandhiram, providing a unique opportunity for the children to enjoy a cinematic experience of the Oscar nominated film, "Dam999", a Malayalam Movie. Around 28 inmates and officials of the Mahila Mandhiram enjoyed the outing. The event brought immense joy and excitement to the children, offering a welcome break from their daily routine. With warm hospitality and attention from Club Members and Anns, the children felt special and valued, highlighting the club's commitment to community service and supporting vulnerable groups.



### 196. MOU with Ms. Ajittil to provide training and apprenticeship for Fashion Fit Stitching

On 16.03.2025, the RC Trivandrum Suburban signed an MOU with Ms. Ajittil to provide on-the-job training cum certification program in Fashion Fit Stitching and to impart apprenticeship under the District Project, UYARE. The MOU is signed by Ms. Ajittil, a women entrepreneur in Kanchampzhinji PO, Trivandrum with Rtn. Dr. Baiju Ramachandran representing the Club.



### 197. Distribution of tracksuits to the poor home

On 18.03.2025, the RC Trivandrum Suburban distributed tracksuits to the students of Sree Chitra Poor-home Lower Primary School, located within the Sree Chitra Home for Destitutes and Infirm in Pazhavangadi, Trivandrum. The program was inaugurated by Club President Rtn. Dr. Baiju Ramachadran, with Sree Chitra Home Warden Ms. Bindhu presiding over the function. School Headmistress Smt. Bindhu delivered the welcome address, while Project Coordinator Rtn. CA N S Sarma and Board Member Rtn. Mohandas also





addressed the gathering. The tracksuits were distributed to the students, who then wore them and expressed their joy. The event featured a musical segment where the students sang songs together, thoroughly enjoying the occasion. To add to the celebration, the Rotary club distributed sweets among the students. The project was made possible by the generous sponsorship of Shri. Narayanan Rajan Pillai from the USA, with Rtn. CA N S Sarma playing a key role in its execution.



#### **198. The 9th Board Meeting**

On 18.03.2025, the 9th Board Meeting of the RC Trivandrum Suburban was held at Amritha Hotel, Thycaud, Trivandrum. The meeting was sponsored by Rtn. Vinod Narayanan.

#### **199. MOU with Adv. David Varghese to provide training and apprenticeship for Drafting and Advocacy**

On 20.03.2025, the RC Trivandrum Suburban signed an MOU with Adv. David Varghese to provide on-the-job training cum certification program in Drafting and Advocacy and to impart apprenticeship under the District Project, UYARE. The MOU is signed by Adv. David Varghese with Rtn. Dr. Baiju Ramachandran representing the Club.



#### **200. MOU with M/s. Big Poppas to provide training and apprenticeship for Restaurant Management**

On 20.03.2025, the RC Trivandrum Suburban signed an MOU with M/s. Big Poppas to provide on-the-job training cum certification program in Restaurant Management and to impart apprenticeship under the District Project, UYARE. The is signed by Mr. Kenneth Sparkling with Rtn. Dr. Baiju Ramachandran representing the Club.



## **201. Round Table Conversation (Chai Pe Charcha) as part of observing World Water Day**

On 21.03.2025, the RC Trivandrum Suburban organised Round Table Conversation (Chai Pe Charcha) as part of observing World Water Day at 7 PM at Hotel Prasanth. Various topics were allotted to the participants through a WhatsApp poll to select and address on interested topics such as ‘memories of rainy days long ago’, ‘stories of rivers from our



past’, ‘water and bathing: feeling fresh’, ‘how we used water as kids’, ‘why drinking water keeps us healthy’, ‘why we shouldn’t waste water’ etc, etc. Rtn. Dhananjayan, Rtn. C B Kartha, Rtn. Sivaprasad, Rtn. G Ramakrishnan, Rtn. Mohandas etc shared their views as per the selected topics. As part of the celebration, “water softeners with water filters” were distributed to all members who attended the event.

## **202. Talk on Increasing drug use among some students, highlighting the concerns of parents, teachers, and the community by Dr. Jolly Jacob**



On 21.03.2025, the 1774<sup>th</sup> weekly meeting of the Rotary Club of Trivandrum Suburban was held at Hotel Prasanth. The meeting was called to order at 7:30 PM by President Rtn. Dr. Baiju Ramachandran, followed by the Rotary invocation

by Rtn. Bijulal. The President Elect, Rtn. Vinod Narayanan delivered the welcome address and introduced the guest speaker. In the presidential address, Rtn. Dr. Baiju Ramachandran shared updates on the club’s ongoing and completed projects. The Secretary’s report was presented by Rtn. Dr. Ciniraj Raveendran. The guest speaker, Dr. Jolly Jacob, Principal of Christ Nagar College, Maranalloor, Trivandrum delivered an insightful talk on the increasing drug use among some students, highlighting the

concerns of parents, teachers, and the community. She elaborated on the social causes as well as the political and administrative challenges associated with drug abuse and presented real-world examples. The address was followed by an engaging question-and-answer session. As a token of appreciation, Rtn. Laila presented a memento to the guest speaker. Rtn. Jose Pampackal proposed the Vote of Thanks. Then, the meeting concluded with the National Anthem, followed by fellowship and dinner at 8.30 PM.

### **203. Awareness Program on World Forest Day and World Water Day**

On 22.03.2025, the Rotaract Club of KICMA Business School, the RC Trivandrum Suburban and the KICMA Business School jointly organized an awareness class as part of World Forest Day and World Water Day. Rtn. Dr. Rajesh S Pyngavil presided over the program. Shri. J. R. Ani, Director, FIB inaugurated the event. Shri. Saju S. Nair, Assistant Conservator, Social Forestry Division, was the resource person. In the thought-provoking session on forest conservation and sustainability, the resource person shared the importance of preserving our natural ecosystems. In the second session on the World Water Day Awareness Program, the resource person highlighted the importance of protecting the precious resource for future generations. Around 50 MBA students attended the program.



### **204. Charter Handover and Installation Ceremony of Rotaract Club of Christ Nagar College, Maranlloor**



On 27.03.2025, the Charter Handover and Installation Ceremony of ROTARACT CLUB OF CHRIST NAGAR COLLEGE, MARANLLOOR (Sponsored by RC Trivandrum Suburban) was held at the Conference Hall of Christ Nagar College, Maranlloor, Trivandrum. Rtn. Baiju

Ramachandran, President of the Sponsorer Club was the Chief Guest who formally handed over the charter to Dr. Jolly Jacob, the Principal of the College. Mr. Rajeshkumar R, Mr. Vinod M S, Ms. Anjima Saritha, Ms. Neba Anna Thomas, Ms. Lydia



S, Ms. Namitha Krishnan B I, Mr.Jeevan S and Ms.Devika Santhosh formally assumed their positions as President, President-Elect, Secretary, Treasurer, Membership Chair, Rotary Foundation Chair, Service Projects Chair and Public Image Chair among the 20 charter members. College Principal Dr. Jolly Jacob, Rotaract Advisor and Sponsoring Club President Rtn. Dr. Baiju Ramachandran, the Rotaract Club President Mr. Rajeshkumar R, etc. spoke on the occasion.

## 205. Upskilling Program for Commerce and Management Students of Christ Nagar College

On 27.03.2024, the RC Trivandrum Suburban and Rotaract Club of Christ Nagar College, Maranalloor jointly organized an upskilling program for the Commerce and Management Students of the College. Rtn. Dr. Baiju Ramachandran was the resource person. In this



program, the resource person also enlightened the students on various practical aspects on commerce and Management, that are necessary for their future endeavours. He also clarified their doubts regarding higher education which paved a path for their career guidance. The Rotaract Club President Mr. Rajeshkumar R delivered opening remarks and the Secretary Ms.Anjima Saritha proposed vote of thanks. Under the UYARE Project, 100 plus students attended the program.

## 206. Say not to drugs event: "Vimukti Yatra" Against Substance Abuse"



On 27.03.2025, the Rotaract Club of Christ Nagar College, Maranalloor (sponsored by the RC Trivandrum Suburban) in association with the NSS Unit of the college and RC Suburban in collaboration with the Excise Department, Govt of Kerala, organized a 'Vimukti Yatra' (SAY NO TO DRUGS) to raise awareness about the growing drug abuse in society. The program, held at Malayinkeezhu Junction, was inaugurated by Adv. IB Satheesh, MLA of Kattakkada constituency. The MLA praised the club and students for taking up the fight against substance abuse and noted that even small initiatives like this can have a significant impact in the future.



The Excise Commissioner Sri Harikumar delivered an anti-substance abuse message to the students. Malayinkeezhu Grama Panchayat President A Vatsalakumari presided over the event. The Vimukti Yatra's Lamp representing everlasting flame of light was handed over to the students by IB Satheesh MLA, Excise Commissioner Sri Harikumar, and College Manager Rev. Fr. Cyriac Madathil CMI. A flash mob, themed around anti-substance abuse, was also performed by the students. The College Manager Fr. Cyriac Thathil, the Rotaract Club President Mr. R. Rajeshkumar, NSS Program Officer D.V. Athira etc also spoke on the occasion. 100 plus students attended the program.



## 207. Iftar Gathering cum Chai Pe Charcha on the pros and cons of fasting



On 28.03.2025, the RC Trivandrum Suburban organized an Iftar gathering at 6:30 PM at Hotel Prashanth, PMG, Trivandrum. The event commenced with the breaking of the fast at the scheduled time, followed by a sumptuous spread of snacks and other starters for Iftar. Members, along with

Rotary Anns and Annets, participated enthusiastically, engaging in lively round table conversations (Chai Pe Charcha) on the pros and cons of fasting. Later, Rtn Dr. PP Nair shared insightful remarks on the benefits of fasting with the audience. The special dinner featured a variety of dishes, including some special items, which were enjoyed by all attendees. In a commendable act of generosity, several members voluntarily contributed funds to



cover the expenses of the program. The contributors included Rtn. Sivaprasad, Rtn. Dr. P.P. Nair, Rtn. K. Alex, Rtn. N.S. Sarma, Rtn. Arun Kumar from Kannammoola., Rtn. Rufus Joseph, Rtn. Mohandas, Rtn. Dr.Ciniraj, Rtn. Vinod Narayanan, Rtn. Dhananjayan, Rtn. Rajesh Kumar and Rtn. Deepu Thomas.

### **208. Talk on Osteoporosis: Causes and Remedies in Elderly Individuals and Women by Dr. M. Sabarisree**



On 28.03.2025, the 1775th weekly meeting of the Rotary Club of Trivandrum Suburban was held at Hotel Prasanth. The Guest Speaker was Dr. M. Sabarisree, Professor of Orthopedics. The topic discussed was Osteoporosis: Causes and Remedies in Elderly Individuals and Women. In his insightful and interactive session, Dr. M. Sabarisree elaborated on the causes, preventive measures,

and treatment options for osteoporosis, emphasizing its impact on health and quality of life. He addressed questions from attendees with clarity and enthusiasm, making the session highly engaging for all present.

The meeting commenced with an invocation read by Ann Navya Deepu, followed by a welcome address and presidential remarks delivered by Rtn. Dr. Baiju Ramachandran. Acting Secretary Rtn. K.P. Mohandas presented the Secretary's Report. Rtn. George PM formally introduced the guest speaker to the audience. Following the talk, Ann Meera presented a memento to Dr. Sabarisree as a token of appreciation. The meeting



concluded with a vote of thanks proposed by Rtn. Shahabudeen. Later, the meeting was adjourned at 8:40 PM following the National Anthem, and members proceeded to fellowship and dinner. The dinner featured a variety of dishes, including some special items, which were enjoyed by all attendees. Approximately 45 persons participated in the event, contributing to its success.



## 209. Free Menstrual Cup distribution and Awareness Class

On 29.03.2025, the RC Trivandrum Suburban organized free distribution of menstrual



cups and an awareness class as part of its district project 'PINK TULIP' in association with its RCC (Rotary Community Corps), its Satellite Club, its Interact Club and Rotaract Clubs with the CSR funding of M/s. SACH (Society for Action in Community Health) at Chinnamma Memorial Girls

Higher Secondary School, Poojappura. The Chief Guest for the event was Smt. Geetha Kumari, Manager of CMG HSS, Poojappura, who is also the Secretary of SMSS Hindu Mahila Mandiram. In her inaugural address, she expressed her gratitude towards RC Trivandrum for initiating such impactful events. The awareness class was handled by Smt. Sindhoori Vijayan, the resource person from SACH NGO who emphasized the numerous benefits of using menstrual cups.



She highlighted how menstrual cups positively impact the environment by reducing waste, provide cost savings for families due to their reusable nature, and offer health

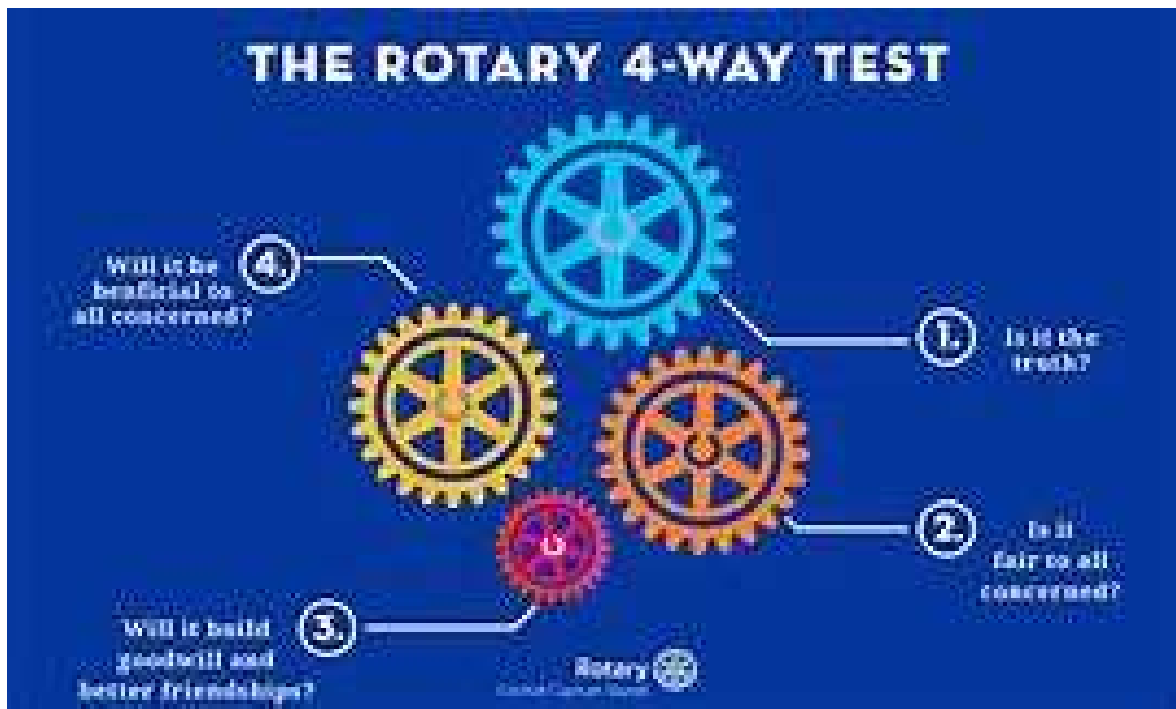


advantages such as a reduced risk of irritation and improved menstrual hygiene. This was followed by an interactive session wherein the resource person clarified various doubts of the audience. Following the awareness session, menstrual cups (Havmi brand) were

distributed free of charge, with each cup valued at around Rs 600. Rtn. Renuka Kartha, Secretary of the Satellite Club of RC Trivandrum, initiated the free distribution. The distribution was then carried out by Rtn. Lisa Jose, Rtn. Laila George, Rtn. Lekha CS, and other Interact club volunteers. The event saw participation from students, parents, teachers, RCC members, Rotary Anns, and various other distinguished guests. The program was presided over by Club President Dr. Baiju Ramachandran. In his



presidential address, he acknowledged the Satellite Club members for facilitating such an opportunity for the younger generation with the support of SACH NGO. Additionally, he appreciated the efforts of Interact Club members for their dedication in organising the program, despite their ongoing examinations. Rtn. Dr. Saritha Baiju, President of the Satellite Club, delivered the welcome address, while Smt. Sushmala, Joint Secretary, Mahila Mandiram, proposed the vote of thanks. Furthermore, School Headmistress Smt. Lekha, Ms. Aleena A S (Joint secretary, Interact club) and Club's RCC Chairperson Smt. Preetha Kumari addressed the gathering. A total of 180 participants attended the program. Refreshments were served at the venue after the event.



## സ്ഥലത്തെ പ്രധാന ദിവ്യൻ

അവിടമാണവിടമാണവസാന സ്റ്റോപ്പ്  
ആതുര ശുശ്രൂഷയിലവസാന വാക്ക്  
സകല യാനയാനവും സമാപിക്കും ദിക്ക്  
സ്ഥലത്തെ പ്രധാന ദിവ്യൻ തൻ പാർപ്പ്.

അധികമായുണ്ട് കൈപ്പുണ്യം പിന്നെ  
മെമ്പോടിയ്ക്കോ ദൈവീക ഇടപെടൽ  
മറ്റാർക്കുമില്ലാത്തൊരു വൈഭവമിത്  
അതിമാനുഷൻ തന്നെയീ ദിവ്യൻ.

ചുട്ട കോഴിയെ പറപ്പിച്ചിട്ടുണ്ടത്രേ!  
ചാത്തൻ സേവയോ, മറുതയോ,  
ചുടല മാടൻ തുണയോ, എന്താവാം  
ചിരസഹായമായ് വർത്തിപ്പതിങ്ങനെ

സകലരും വൈദ്യം പഠിച്ചതൊരേ  
കളരിയിൽ, ഒരേ ഗുരു മുഖേനേ  
സ്ഥലം ദിവ്യൻ പ്രധാനി ആയതോ  
കളരിയ്ക്കന്യുമാം വാക്പയറ്റിനാൽ.

ചുണ്ടയിൽ കൊരുത്തിട്ടോരിര പോലെ  
സെക്കന്റ് ഒപ്പീനിയനാമൊരു പ്രലോഭനം  
ചെറുമീനൊന്നു കൊത്തിയാലാക്ഷണം  
സഞ്ചിയിലാക്കിടും മഹാവിരുതൻ.

കരിക്കോഴി വേണ്ട, കഞ്ചാവ് വേണ്ട  
കാണിക്കയായി ഒന്നുമേ വേണ്ടയി  
കാരുണ്യവാന്, പക്ഷേ പഠിക്കും കൂമ്പും  
കുലയും, മിച്ചമാവുന്നതോ മുള്ളു മാത്രം.

**Dr Aqib Shaick**