



Rotary
DISTRICT 3211



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Suburban Voice

Monthly Bulletin of Rotary Club of Trivandrum Suburban

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A New Era of Leadership Begins Rotary club of Trivandrum Suburban 2025–26





President's Message

Dear Fellow Rotarians Anns and Annets,

“It’s simple. The more members we have, the more people we can help. A stronger membership base will result in stronger communities.”- Gary C K Huang

As we begin the new Rotary Year 2025–26, I am filled with immense gratitude and pride for the enthusiasm and commitment each of you has shown in making a vibrant start to our journey together.



July has been a truly inspiring month — one that sets the tone for what promises to be another remarkable year for our club.

We held four weekly meetings, a Club Assembly, and a Board Meeting — each marked by strong participation, fellowship, and purpose. The highlight of the month was undoubtedly our Installation Ceremony, a memorable event that brought together Rotarians, Anns, and well-wishers to celebrate leadership, continuity, and our shared Rotary spirit. The energy and warmth displayed that evening reaffirmed our collective commitment to “Create Hope in the World.

”We also initiated several meaningful projects, including Oppol District Projects – Shreya, Vidya, and Mothers’ Touch, reflecting our dedication to Service above Self and our continued focus on community impact. In addition, we launched a unique program titled “Beyond Rotary”, aimed at recognizing the outstanding achievements of Rotarians, Anns, and Associates in their careers, professions, and contributions to society.

I extend my heartfelt thanks to all Rotarians and Anns for your wholehearted support, participation, and teamwork throughout this first month. Your active involvement remains the true strength of our club. Let us continue this momentum and work hand in hand to make this Rotary year one filled with service, fellowship, and joy. Together, let us keep the Suburban spirit shining bright!

Yours in Rotary,
Rtn. Vinod Narayanan
President, Rotary Club of Trivandrum Suburban
Rotary Year 2025-26



Secretary's Message

Dear Rotarians, Anns and Annets, “The foundation upon which Rotary is built is friendship; on no less firm foundation could it have stood.”-Helen Keller As we embark on this new Rotary Year 2025–26, I am delighted to share my thoughts with you through this second edition of Suburban Voice. July has been a month of renewed energy, meaningful connections, and purposeful action — a reflection of our club’s enduring spirit of service and fellowship. Under the inspiring leadership of our President and the guidance of our senior Rotarians, we began the year with great enthusiasm. The Installation Ceremony was a proud moment that showcased our unity and the strength of our Rotary family. The participation of members, Anns, and well-wishers truly made it a memorable evening. Throughout July, our club actively engaged in impactful initiatives, including Oppol District Projects – Shreya, Vidya, and Mothers’ Touch, reaffirming our commitment to community service. The launch of our innovative program “Beyond Rotary” has also set a wonderful precedent for recognizing excellence among our members in their personal and professional spheres. I take this opportunity to express my sincere appreciation to every member who contributed their time, ideas, and efforts during this inaugural month. Your support and teamwork are the foundation of our success. Let us continue to uphold the Rotary ideals of Service above Self and make this year truly special for the Rotary Club of Trivandrum Suburban.



With Warm regards,

Rtn. Ramesh R
Secretary, Rotary Club of Trivandrum Suburban



HOW TO WIN ACCEPTABILITY IN AN ORGANIZATION



PAG Rtn. Dr. N.R.U.K. Kartha

District Chairman – Vidya (under OPPOL District Project)
Rotary Year 2025-2026

Preamble

An organization, institution, or establishment may comprise members of different ages, genders, and nationalities, each possessing unique aptitudes, tastes, and experiences. They may speak different languages, follow varied work cultures, and observe distinct food habits and social practices. As in the case of Rotary International or other voluntary organizations or business establishments, each entity operates with its own vision, mission, goals, management style, evaluation practices, motivational systems, and member welfare procedures. All said and done, acceptability — both internal and external — is essential for achieving efficiency, ownership, effectiveness, camaraderie, synergy, and overall job satisfaction. Together, these lead to guaranteed growth and a healthy, enduring organizational atmosphere.

The key factors that contribute to generating acceptability include:

- * Polite and dignified behavior
- * Mutual respect and genuine concern for others
- * Knowledge, attitude, and willingness to help
- * Avoiding actions that injure, insult, or intrude into others' affairs
- * Refraining from unnecessary criticism or pointing out mistakes with wrong motives

Becoming Acceptable to Others

To prepare ourselves to become acceptable to others, we can begin with the following actions:

1. Be acceptable to yourself first — and then to your close friends, family, relatives, neighbors, and associates.
2. To understand and enhance our acceptability, we should carry out a SWOT Analysis (Strengths, Weaknesses, Opportunities, and Threats). Identifying our areas of improvement (instead of calling them weaknesses) helps reduce distractions that distance others from us.
3. Next, list down what, which, or who your threats are. This improves confidence, enabling us to face challenges with courage, agility, and good intent.
4. Common threats include reluctance to teamwork, difficulty in appreciating others' good deeds, prioritizing personal interests over organizational welfare, and falling prey to flattery or flowery speech.
5. Equally damaging is the laxity to contribute to organizational progress — remaining silent, avoiding participation, refusing to volunteer, and saying no to progressive efforts.
6. There is no shortcut to greatness. Voluntary admittance of mistakes elevates a person to the metaphorical height of Mount Everest.
7. Once a good percentage of members in an organization become acceptable, others naturally follow.
8. The takeaways of total acceptability include enhanced public image, higher professional standing, superior performance standards, reduced absenteeism, cheerful work culture, and employees willingly becoming goodwill ambassadors of their organization.

Conclusion

In this short article, not every point could be covered — but it is certain that readers, especially Rotarians, will be able to add many more valuable insights from their rich experience.

Note: The author has been awarded a copyright by The Intellectual Property India for his work “Total Acceptability for Increased Productivity and Peace” in September 2025

Best regards,
PAG. Rtn. Dr. N. R. U. K. Kartha
District Chairman for Vidya under OPPOL District Project (Rotary
Year 2025–2026)



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The Value of Rotarians in Society



In every corner of the world, there exists a common thread that binds communities together—the spirit of service. Within Rotary, this spirit finds its most meaningful expression through the dedication and compassion of Rotarians. Their value to society goes far beyond the projects they complete or the funds they raise; it lies in their unrelenting commitment to making the world a better place, one thoughtful action at a time.

A Rotarian is not defined merely by membership, but by mindset — a mindset rooted in empathy, ethics, and excellence.

Whether it is eradicating disease, supporting education, empowering women, protecting the environment, or uplifting the underprivileged, Rotarians bring purpose and professionalism to every sphere of service. They lead by example, showing that true leadership is not about position, but about participation.

The value of Rotarians in society is reflected in the quiet changes they bring—the clean water in a distant village, the smile of a vaccinated child, the dignity restored to a struggling family, or the hope rekindled in a student's heart. These acts may seem small in isolation, but together they create a ripple effect that strengthens communities and unites people across boundaries.

Rotary's guiding principle — Service Above Self — continues to remind us that progress is most powerful when it is shared. In an age when society is often driven by self-interest, Rotarians stand as beacons of integrity, compassion, and global fellowship. Their voluntary service bridges divides of language, culture, and belief, reaffirming that humanity thrives

As Editor, I am proud to witness how our Rotarians in the Rotary Club of Trivandrum Suburban embody these values every day — not just through their service projects, but through their humility, teamwork, and unwavering sense of responsibility toward others. Their actions define Rotary's value to society: not in grand gestures, but in the consistent effort to make life better for someone else.

The true measure of a Rotarian's worth cannot be written in numbers or awards. It lives in the gratitude of those they serve and in the example they set for generations to come. Indeed, the value of a Rotarian is the value of humanity itself — selfless, compassionate, and ever-evolving in the pursuit of peace and goodwill.

Warm regards,

Rtn. Arunkumar B

Magazine Editor Rotary Club of Trivandrum Suburban



Global Rotary News

Rotary Initiative Supports Midwives in Remote Communities



Empowering women, saving lives, and building global connections

In an inspiring effort to address the global maternal health crisis, Rotary members have stepped forward to support midwives who play a crucial role in saving lives. Around 830 women and 7,000 newborns — mostly in low- and middle-income countries — die each day due to complications related to pregnancy and childbirth. The heartbreaking reality is that most of these deaths are preventable.

Recognizing that midwives are key to reducing maternal and infant mortality, Rotary clubs have launched a groundbreaking initiative that strengthens their leadership and professional networks. The Papua New Guinea Midwifery Leadership Buddy Project, a collaboration between Rotary members, the Australian College of Midwives, and the Papua New Guinea Midwifery Society, has already made a significant impact.

As of April 2025, the project has empowered 52 midwives from Papua New Guinea and 31 from Australia to enhance their leadership, advocacy, and clinical skills. The program brings together pairs of midwives from both countries for five-day leadership workshops, followed by yearlong community health projects designed and implemented in Papua New Guinea with ongoing mentorship from their Australian counterparts.

Project organizer Judith Brown, a retired midwife and past president of the Rotary Club of Morialta, South Australia, emphasizes that the exchange is reciprocal and collaborative, fostering mutual respect and cultural understanding. “The partnership enables midwives to learn from one another’s strengths,” Brown says, “but the primary focus is trying to help women have a voice — in both countries.”

The outcomes extend far beyond training sessions. From supplying essential medical equipment to tackling challenges like teen pregnancy, the initiative has left lasting footprints in the participating communities. Yet, beyond the tangible results, the program’s greatest achievement lies in the bonds of friendship and solidarity formed among midwives who share a passion for improving maternal health and saving lives.

At its heart, this Rotary initiative exemplifies the organization’s enduring mission — to create hope, empower communities, and change lives across borders.



Eco-brick by Eco-brick, Interactors in Peru Learn the Magic of Rotary

Building sustainability, leadership, and connections — one eco-brick at a time



In Lima, Peru, Rotary's spirit of service and creativity is being passed on to a new generation — one eco-brick at a time.

Raquel Lozano Fernández, the 2024–25 President of the Rotary Club of Lima and adviser to the Interact Club of Abraham Valdelomar, guided a group of enthusiastic Interactors on an ambitious mission with two goals: to protect the environment and to inspire young leaders.

The Interactors collected plastic bottles and other recyclable materials to create durable eco-bricks, which they then used to build tables and chairs for Bellavista School in Independencia, a municipality north of Lima's city center. This not only promoted environmental sustainability but also gave the students a sense of accomplishment and teamwork.

The project didn't stop at construction. The Interactors invited Bellavista students to participate in crafting the eco-brick furniture, teaching them the importance of recycling and resourcefulness. Alongside these activities, they organized "la gincana" — a series of fun, connection-based games, songs, and activities — through which they conducted social-emotional workshops, helping the younger students learn empathy and confidence while the Interactors honed their leadership and mentoring skills.

By the end of the project, the laughter and camaraderie among the older and younger students showed the true impact of the initiative — learning, bonding, and building a better world together.



Warmest Wishes to Our July Birthday Stars

In the spirit of fellowship and camaraderie, we extended our warmest wishes to our esteemed members who celebrated their birthdays in July.

July 10 : Rtn.Mohandas

July 10 : Rtn.Jayakumar

July 15 : Rtn.Baiju Balakrishnan

July 24 : Rtn.Ramakrishnan

Anniversary Wishes to Our Radiant Rotary Couples

July 08 : Rtn.Sebin Roay & Ann.Resmi

July 11 : Rtn.Raveendran Nair & Ann. Girija Devi

July 12 : Rtn.Dr. P P Nair & Ann. Dr.Praseetha

July 14 : Rtn.Jayakumar & Ann.Suseela

“Warm wishes to our beloved Rotarians and their Anns on their special milestones “

Forthcoming Meetings

August 01 : Weekly Meeting at Hotel Prasanth

August 08: Online Weekly Meeting

August 22 : Weekly Meeting at Trivandrum Club

ACTIVITY REPORT –JULY 2025

1. Club Officers Learning Seminar : Rotary Club of Trivandrum Suburban conducted Club Officer's Learning Seminar on 22nd June 2025 at Hotel Chaithram. Rtn. Dr. Baiju B, AG addressed the audience. Rtn. Dr. Baiju Ramachandran, President (2024-25) gave a brief idea about how we can improve Club Service with innovative initiatives. Rtn. NS Sarma gave a presentation about Rotary and roles and responsibilities of Club Officers. Rtn. Albert Alex led the brainstorming session to identify the action items for the year 2025-26. 19 Board Members attended the session.

2. Shreya (Oppol District Project) Rotary Club of Trivandrum Suburban has initiated a project for giving skill training to destitute women. This project aims to give training to widows on Stitching. After two months' training they will be able to either start a stitching Centre or stitch clothes which will be supplied to local shops. This is a continuing project to help women initiated in association with Cambio (a voluntary organization) located at Chirattakonam, Poovar. In the month of July 2025, six destitute women were trained. This is a continuing project and Rotary Club of Trivandrum Suburban will be supporting financially, finding market and professional guidance to run the organization. The first installment of the project to purchase stitching machine is handed over to The Founder of Cambio Foundation Sri Ajo on 5th July 2025. Rtn. Mohandas KP donated it for the first installment. Subsequently Rtn. Arun S and Rtn. Naik is now approaching textile shops to find a market for the products.

3. Vidya (Oppol District Project) :



Rotary Club of Trivandrum Suburban conducted the first Vidya Project at Pattom Government Girls High School on 23rd July. Around 30 Girls Students attended a session on Soft Skills. Rtn. NRUK Kartha was the resource person.

The workshop started at 10.00 am and ended at 01.00 pm Dr. Baiju B was guest of honour. Rtn. Naik, Rtn. Arun S (Club Chairman, District Project) and Rtn. Naik organized the function. Rtn. Vinod Narayanan, President addressed the audience.



4. Vidya(Oppol District Project) A workshop on Terrarium making was conducted by the Satellite Club of Trivandrum Suburban in association with the Innovation and Entrepreneurship Development Centre (IEDC) of HHMSPB NSS College Women, Trivandrum for the students of the college. The training was conducted on 21/07/2025 by Mrs. Pournami Sankar, Founder of Urban Forest, Kowdiar, Trivandrum. The workshop started at 10:30 am and was over by 2 pm.

The objective was to give training on entrepreneurship for the members of IEDC so as to ensure a stable income during their student years as well as their future. 43 students participated in the workshop which was conducted in a hands-on -training mode. Kits

were purchased by the Satellite club of Trivandrum Suburban and were provided to financially challenged students for practice. The training session lasted for nearly 3 hours and was extremely useful for the participants. 6 terrariums were made during the workshop and were donated to the participants.

5.Mothers' Touch (Abhaya -Oppol District Project) This is a unique project initiated by Rotary Club Of Trivandrum Suburban. On the installation day, all Rotary members and invited guests were given a Key Chain and QR code with the logo of Abhaya (District Project). Those who wish to donate may do so by scanning the QR Code and contributing any amount. This amount will be given to widows who will cook food and the volunteers of Cambio foundation and Rotary will distribute the food to destitutes. The profit generated will be kept by widows. This is also a continuing project. On installation day of President and Team for the year 2025-26, a key Chain with a gift box was given to all Rotarians. This gift box and Key chain worth INR 6000/- was given to the women volunteers of Cambio foundation. This will be an earnings for the women volunteers.



6. Uday Kiran Project :As part of Uday Kiran Project Keys to a new home were handed over to Smt. Baby by Rtn. Janardhana Naik during Installation Ceremony in the presence of Rtn. Arun S, Project Coordinator.

7. Release of Club Bulletin :



The Club Bulletin 'Suburban Voice' was officially released on 05 July 2025 during the Installation Ceremony held at Hotel The Residency Tower, Trivandrum. The Chief Guest, Mr. Anoop Ambika, received the first copy from Rotary Magazine Editor Rtn. Arun Kumar B, followed by the distribution of copies to all club members.

8. Recognition: Beyond Rotary This is an initiative to recognize the achievements of Rotarians, Anns and Annets for their achievements in their profession. On installation ceremony, following Rotarians, Anns and Annets were recognized for their achievements.

1.Rtn. Dr. Rajesh Paingavil

- Elected as Vice Chairman - NIPM Trivandrum Chapter
- Appointed as Academic Expert BBA FYUGP Programme- University Institute of Technology, Adoor
- Presented a paper titled Smart Tourism- Enhancing Experiences and Services- ISTD - KIITS National Seminar on 24 April 2025.

2.Ann. Deepa Gopinath

- Certified as Life Coach



3. Rtn. Dr. NRUK Kartha

•Research papers published in year 2024-25.

- 1). Effect of DEI on Human Capital Development National Institute of Personnel management (NIPM CALCUTTA) Published in Vol.10of Research Compendium of Personnel Today
- 2). Total Acceptability Management (TAM) for Indian Schools Harvard Educational Review (HER), USA
- 3). HR Excellence Through Social Environment Governance National Institute of Personnel management (NIPM CALCUTTA) Published in Vol.11of Research Compendium of Personnel Today
- 4). Up-skilling improves efficiency in Construction Sector Journal of Organizational Psychology, North American Business Press, USA.
- 5). DEI practices followed in mid-eighties in Kerala, India Ramachandran International Institute of Management (RIIM), PUNE
- 6). Effective Management-Union relations a boon for astounding success National Institute of Personnel management (NIPM CALCUTTA)

4. Ann Roslyn Maria Rufus

•8th Position Mahatma Gandhi College, Department of Psychology)

5.Rtn. Albert Alex

•Elected as Executive Committee Member of ATMA (Association of Television and Media Artists)- Membership Strength 625

6. Rtn. Sebin Roy

- Winner in 50+ doubles - District level badminton Championships organized by Trivandrum District Badminton (Shuttle) Association
- Runer Up in 50+ doubles- State Level badminton championships organized by Kerala State Badminton (Shuttle) Association.
- Second Runner up in 45+ doubles- State Level badminton championships organized by Kerala State Badminton (Shuttle) Association.
- KRC All Kerala Badminton Open Tournament Runner Up 45 + Category.

Weekly Meetings

(a) Installation Ceremony.



Date: 5th July 2025

Venue: Hotel The Residency Tower, Trivandrum

Time: 6:00 PM – 9:00 PM

The evening commenced at 6:00 PM with a special segment recognizing achievers for their contributions. The formal meeting was called to order at 6:40 PM by the outgoing President, Rtn. Dr. Baiju Ramachandran. The ceremonial lighting of the lamp was conducted to mark the beginning of the installation. Rotary Invocation was led by Rtn. Dinesh VP. Welcome Address was delivered by President-Elect Rtn. Biju Kumar.

Immediate Past President Rtn. Dr. Baiju Ramachandran delivered the presidential address, reflecting on the club's achievements during Rotary Year 2024–25, and extended best wishes to the incoming team. Annual Report was presented by Secretary Rtn. Dr. Cini Raj Raveendran, outlining major projects and accomplishments of the year.

Incoming President Rtn. Vinod Narayana was introduced by Rtn. Santhosh Mitra. The charter was formally handed over to President Rtn. Vinod Narayana by the outgoing President. The President Disarmed the outgoing Sergeant-at-Arms Rtn. G. Ramakrishnan and Armed the incoming Sergeant-at-Arms Rtn. Dr. Santhosh Mitra.

In his acceptance address, President Rtn. Vinod Narayanan Sought the blessings and support of all members. Outlined his vision, priorities, and action plan for the year. Acknowledged contributions of all past presidents. Introduced the 2025–26 Team (Rotary Club of Trivandrum Suburban Board)

Chief Guest Mr. Anoop Ambika was introduced by Dr. Saritha Baiju. In his inspiring keynote address, Mr. Anoop Ambika emphasized the importance of thinking big and acting boldly. He expressed interest in collaborating with the club on future projects. A memento was presented to the Chief Guest as a token of appreciation.

Oppol District Projects- Shreya, Abhaya and Vidya Project were launched.

Assistant Governor Dr. Baiju B addressed the gathering and conveyed greetings for the new Rotary Year.

Felicitations were offered by Dr. Deepa Gopinath, President, Inner Wheel, Rtn. Subha Nair President, Satellite club, and other dignitaries.

Mementos were presented to the Immediate Past President and Former Secretary in recognition of their service.

Vote of Thanks was delivered by Secretary Rtn. Ramesh R.

The meeting concluded at 9:00 PM with the National Anthem, followed by fellowship and dinner.



(b) Second Weekly Meeting for the month of July 2025 was conducted on 11 July 2025 @ Hotel Prasanth. Chai Pe Charcha @ 7.00 pm Topic: Sudhansu Shukla's Journey to International Space Station and prospects. Guest Speaker: Ms Sankari Unnithan, CEO of Time Tronic Pvt. Ltd. and Chair, Young Indians (CII) Trivandrum Chapter. Topic: Chasing Dreams, Changing Roles: A Journey Beyond comfort zones.



© Third Weekly Meeting for the month of July 2025 was conducted on 18 July 2025 @ Hotel Prasanth. Chai Pe Charcha 7.00 pm Topic: Monsoon Memories. Guest Speaker: Mr. Mohanachandran MS. Joint Secretary to Government of Kerala. Topic: A Journey into the art of Reading.



(d) Fourth Weekly meeting was conducted on 25th July 2025 @ Hotel Prasanth at 7.30 pm.

(e) Club Assembly

The first Club Assembly of Rotary Club of Trivandrum Suburban was conducted on 25 the July at 7.45 pm at Hotel Prasanth.

(f) Board Meeting

Board meeting for the month of July 2025 was conducted on 15 July 2025 at Hotel Prasanth.



AADHARAV 2025 – District Awards Nite

Celebrating the Magic of Rotary



The Aadharav District Rotary Programme is the annual District Awards Nite of Rotary International District 3211, which includes clubs from Thiruvananthapuram, Kollam, Kottayam, Alappuzha and Pathanamthitta. This prestigious event recognizes and honors the remarkable achievements, leadership, and community service projects undertaken by Rotary clubs, presidents, and secretaries during the Rotary year.

The AADHARAV 2025 – District Awards Nite was held on July 13, 2025, at The Leela Ashtamudi, A Raviz Hotel, Kollam. The event beautifully captured the Rotary International theme for the year — 'The Magic of Rotary' — celebrating the dedication and impact of Rotarians who bring positive change to society.

Purpose

The event serves as a platform to celebrate excellence in Rotary leadership and service, inspiring members to continue their humanitarian efforts with renewed passion and commitment.

Key Highlights and Initiatives

Aadharav showcased the diverse range of impactful community service initiatives carried out by clubs across the district. Some of the notable focus areas included:

- **Disease Prevention and Treatment:** Rotary clubs undertook several health-related initiatives such as donating ventilators and dialysis machines to hospitals and organizing free dialysis programs for the underprivileged.
- **Maternal and Child Health:** Noteworthy efforts included proposals for setting up a Human Milk Bank and implementing cervical cancer prevention programs, promoting women's and children's health.
- **Community Development and Empowerment:** Rotarians actively supported women's empowerment through projects such as safe homes for women, working women's hostels, and skill development training in tailoring, DTP, and beauty care. Microcredit initiatives and the distribution of pushcarts and Pink E-autos to women vendors further strengthened their economic independence.
- **Environmental Protection:** Environmental initiatives focused on promoting organic vegetable cultivation, urban gardening, installation of solar panels in homes, and driving efforts to make Panchayaths plastic-free.
- **Disaster Relief:** Rotary clubs in Kollam and nearby areas extended timely support to those affected by natural calamities, showcasing the Rotary spirit of compassion in action.
- **Literacy and Education:** Educational programs aimed at enhancing general literacy, digital literacy, and creating awareness on cyber safety were also key areas of focus.

Inspiring Service, Building the Future

The Aadharav District Awards Nite stands as a powerful reminder of the transformative impact of Rotary service. It not only celebrates the milestones achieved but also motivates every Rotarian to continue spreading the 'Magic of Rotary' through selfless service and community engagement.



PHOTO GALLERY

