

SUBURBAN VOICE

MONTHLY BULLETIN OF ROTARY CLUB OF
TRIVANDRUM SUBURBAN, RI DIST 3211 ZONE V
SEPTEMBER 27, 2024 | VOLUME 38 | ISSUE 3



PRESIDENT'S MESSAGE



Dear fellow Rotarians,

As we move forward into September, I reflect on our remarkable journey in August, filled with impactful initiatives that transformed lives and communities. Notably, our financial literacy program with MANAR, donation of ceiling fans to Bharatiya Vidya Bhavan School, and conducting the poster making competition for World Nature Conservation Day showcased our commitment to empowering marginalized communities and as well as upholding the values of Rotary. Our 77th Independence Day celebrations with CMS Bala Bhavan inmates and launch of Practical Tailoring classes for women under District Project UYARE further underscored our dedication. Our 37th Charter Day celebrations, featuring a Nostalgia Exhibition and our round table discussions, highlighted our profound influence on personal bonding and growth.

Looking ahead, September promises to be equally eventful. We will be celebrating Teachers day, distributing Onam kits, participating in District Projects, UYARE etc.

I urge each of you to actively participate in our initiatives, invite like-minded individuals to join our Rotary family, and share our experiences and expertise. Your tireless efforts have made a difference, and together, we will continue to empower communities and enrich lives.

Thank you for your unwavering commitment and support. Service above self remains our guiding principle. I take the opportunity to wish all Rotarians, Anns and Annets an advance Happy Onam...

Dated this 1st day of September 2024.

Dr. Baiju Ramachandran FCS
President, RC Trivandrum Suburban

SECRETARY'S MESSAGE



My Dear Rotarians, Anns, Annets

This month, our club actively engaged in several meaningful projects and events. We kicked off the month with a family meeting on "Karkidaka Chikitsa," where Ayurvedic experts shared valuable insights. We supported our community by donating a mixer grinder to the Government. UPS also held a round table discussion to address the Wayanad disaster. Our Make a Difference initiative is working well. We covered hospital food expenses for a child and provided financial assistance to cancer patients. Independence Day was marked with the donation of kits to the inmates of CMS Bala Bhavan, along with the distribution of ceiling fans to Bharatiya Vidya Bhavan School. The launch of a tailoring class under the UYARE project further highlighted our commitment to empowering women. We also honored the winners of a poster-making competition, and our Nostalgia Exhibition celebrated 36 years of cherished club memories. We stand united to serve the community and foster personal growth among members. Looking forward, we are committed to bringing more projects and making a greater difference in the coming months. I am also expecting your wholehearted support and participation in the coming months.

Warm regards,

Rtn. Dr. Ciniraj Raveendran
Secretary, Rotary Club of Trivandrum Suburban

ACTIVITY REPORT

AUGUST 2024

24. Family Meeting on the topic "Karkidaka Chikitsa"

On 03.08.2024 weekly meeting No. 1744 was held at Prasanth Hotel on the topic "Karkidaka Chikitsa". The guest speakers were Ayurveda Doctors Rtn. Prof. Dr.Krishnakumar, Dr.Sreeja Krishna and Dr.Priyanka R. The meeting was called to order at 7:30 PM by President Rtn. Baiju Ramachandran. Rtn.Praveen G Mohan read the Rotary Invocation and Rtn.Arun S delivered the welcome address. After the presidential address, Rtn. Dr. Ciniraj Raveendran presented the Secretary's Report. Rtn. Rtn.KG Nair shared Rotary Information on "rotary designated months." Rtn.Sreekumar K.P introduced the guest speakers. The guest speakers explained karkidaka chikitsa, geriatric care and treatments in Susrutha Ayurveda Hospital, followed by a panel discussion. In the question-answer session, many Rotarians raised many questions and the speakers clarified to their satisfaction. After announcements by AG (Zone 5) Rtn. NRUK Kartha, mementos were presented to the guest speakers by Rtn.Raveendran Nair B. Then, a formal vote of thanks was also proposed by him. 70 pax attended the meeting. The meeting concluded with the National Anthem and was adjourned for fellowship and dinner at 8:45 PM. Later, various Ayurveda and herbal products sponsored by Susrutha Ayurveda Pharmacy were presented to 20 Rotarian couples who reached the venue before 7.30pm through the lucky dip. Then, prizes for winners of the contest "aarinu munpe 6", were awarded to those who paid their full Rotary annual subscription before 16th July. In the contest, 20 Rotarians bagged the prize kits which contained an umbrella with the Suburban logo, a thermometer, a herbal mosquito repellent set, a packet of OATS, 3 Star Hotel Ruby Arena's Redeemable Gift Voucher of Rs.500 and a Gift Voucher for Rs. 500 of OVENLY bekkary &

Restaurant, Vazhuthaicaud each. The prizes were sponsored by Dr. Gopinath Scans, Dream Enterprises, Susrutha, Skyways, Ruby Arena and Ovenly.

25. Payment of hospital food expenses of a child

The Rotary Club of Trivandrum Suburban paid the hospital food expenses of a patient who was admitted to SAT Hospital as the patient's family was experiencing financial difficulty. The food arrangements were made with the SAT Hospital Canteen and the amount is reimbursed to the canteen after submission of bills on 09.08.2024. As promised, Rtn.Jeyakumar Thomas and Ann Susheela Jayakumar sponsored the expenses of the project as part of their wedding day celebration under the MAKE A DIFFERENCE initiative of the Club.

26. Donation of a Mixer Grinder to Govt. UPS, Kulasekharam

On 09.08.2024 Rotary Club of Trivandrum Suburban donated a brand new Mixer Grinder to Govt. Upper Primary School, Kulasekharam, Vattiyoorkavu. The program commenced with a prayer by the students. Ms.Shajeela P.M, Headmistress delivered the welcome address. Rtn. Dr. Baiju Ramachandran presided over the function. Rtn. George Varghese presented a Mixer Grinder to the School. On behalf of the school, Ms.Shajeela P.M, Headmistress collected the same. In his address, Rtn. George offered best wishes to the students. Rtn.Prasanth Varghese, (son of Rtn. George Varghese) sponsored the expenses of the project as part of his birthday celebration under the MAKE A DIFFERENCE initiative of the Club. Sweets were distributed to the students on the occasion. 170 plus students are studying in the school. Shilpa Raj, School Management Committee

Chairperson offered felicitation. A vote of thanks was proposed by one of the school teachers Ms. Sreedevi.

27. Suburban Round Table Discussion on Wayanad Disaster

On 09.08.2024 the Rotary Club of Trivandrum Suburban organized a round table discussion on the topic of the Wayanad Disaster. Club members participated in the discussion wearing unironed clothes as a tribute to those who died in the Wayanad disaster. In the discussion, Rtn. Dhananjayan, Rtn. G Ramakrishnan, Rtn C B Kartha, Rtn NRU K Kartha, Rtn. George PM, Rtn. RAD Pillai, Rtn Ramesh etc activity participated. Secretary Rtn. Dr. Ciniraj moderated the discussion. It was decided during the discussion that the club would do whatever it could to help the families struggling with the devastating tragedy properly.

28. Weekly Meeting on Disaster resilience in Kerala context

Weekly Meeting No. 1745 of RC Suburban was held on 09.08.2024 at 7:30 pm at Trivandrum Club on the topic "Disaster resilience in Kerala context. Padma Shri G Shankar, Architect was the Guest Speaker. The meeting was called to order by President Rtn. Dr. Baiju Ramachandran, followed by the Rotary Invocation by Rtn. G Ramakrishnan. The welcome address was delivered by Rtn. Purushothaman Asan, after which the Presidential Address was given by President Rtn. Baiju Ramachandran. Secretary Rtn. Dr. Ciniraj Raveendran presented the Secretary's Report. Rtn. George P M shared Rotary Information on "Satellite Clubs". Then, Rtn. Vinod Narayan introduced the Chief Guest, Padmashri G Shankar. In his address, Shri. Shankar explained in detail the geography and fragile environment of the Wayanad area. He stressed the importance of the optimum use of natural resources,

issues related to climate change, and its relation to the Wayanad disaster. He gave insights into ozone layer depletion, global warming, and the need for regulatory changes for environmental protection. His speech was followed by a Q&A session. A token of love and respect, a memento was presented to the Chief Guest by the club. The meeting concluded with a vote of thanks, followed by the National Anthem. The meeting was adjourned for fellowship and dinner at 8.45 PM.

29. Awareness Program on Financial Discipline

As part of the financial literacy programs of the Rotary Club of Trivandrum Suburban, an awareness program on financial discipline is organised in association with the Rotary Community Corps (RCC) of the Club, MANAR (Mass Action for National Renaissance) on 10.08.2024 at 3.00 PM at Jai Nagar Resident's Association Hall, Plavila, Thirikkannapuram Road, Trivandrum on the topic "Financial Discipline". Rtn CS Hazeem H S, Practicing Company Secretary was the Resource Person. The program was started with a silent prayer. One of the Vice Chairmen of MANAR Sri. Balakrishnan Nair V presided over the program. Another Vice Chairman Sri. Sanal Kumar A welcomed the gathering. In his address, he introduced the President of Suburban Rtn. Dr. Baiju Ramachandran and President of Satellite Club Rtn. Dr. Saritha K R. In his address, Rtn. Dr. Baiju introduced the resource person and also assured all the support from the Club. He remarked that the role played by the club under the leadership of Rtn. K G Nair and through the late Shri.Sasamalam Sasi. Rtn. Saritha in her address, briefed various government schemes available to the BPL families, especially to women. MANAR office bearers Smt. Shyamala, Chairperson; Smt. Padma Kumari, Patron; Smt. Preethakumari I, General Secretary; Smt. Omana J, Secretary, Padma Kumari S K and Finance Controller spoke on the occasion. In his session, Rtn. Hazeem H S briefly

explained the role of housewives/homemakers in financial discipline of a family, family budgeting, the importance of health insurance, how to select a life insurance policy, problems associated with credit cards, the significance of timely repayment of EMI's and CIBIL Scores, advantages of chitty, mutual funds and SIP etc. Sri. Sanal Kumar A proposed a vote of thanks. Around 70 MANAR Members attended the program.

30. Donation of ceiling fans to Bharatiya Vidya Bhavan School

On 12.08.2024, the Rotary Club of Trivandrum Suburban donated 10 Nos of brand new Bajaj ceiling fans to Bharatiya Vidya Bhavan School, Manvila for their classrooms. A grand function was held at the Munshi Auditorium of the School where the School Principal Smt.Radha Viswakumar presided over the meeting and delivered a welcome address. On behalf of the Club President Rtn. Baiju Ramachandran handed over the fans to the school and the Principal received the same. After the inaugural address by Rtn Baiju Ramachandran, felicitation were offered by Rtn. Dr. NRUK Kartha (AG zone 5) and Rtn G Ramakrishnan (Chairman, Service Projects). As part of public image initiative, Rotary stickers affixed on the fans distributed by the club. Interact Staff Co-ordinator and Psychology Faculty Smt.Gauri Jayachandran, proposed a vote of thanks. As promised, Rtn. Dr.PP Nair & Ann Dr.Praseetha sponsored the significant portion of the project as part of their wedding day celebration under the MAKE A DIFFERENCE initiative of the Club.

31. Distribution of Poster Making Awards and Certificates with Rotary logo

On 12.08.2024, the Rotary Club of Trivandrum Suburban and Bharatiya Vidya Bhavan School,

Manvila jointly organised a grand award ceremony to honour the winners of poster making competition conducted on 26th July in connection with world nature conservation day celebrations of the Club. Club President Rtn Baiju Ramachandran, Past President and AG Zone-5 Rtn. Dr. NRUK Kartha and Chairman, Service Projects of the Club Rtn G Ramakrishnan carried out the honours to the winners. The winners of the competition are as follows: Category: 1 (Standard VIII - X) 1st: Niranjana Raj of XA, 2nd : Prarthana.D.S of VIII B, & 3rd : Aditi Nair of VIIIB; Category: 2 (Standard V-VII) 1st : Gautham.P.M of V B, 2nd : Diya. V. Nair of VA & 3rd: Vedika of VI A; and Category: 3 (Standard III-IV) 1st : Parthiv Krishna S of IVA, 2nd : Jia Shenoj of III A & 3rd: Niya Nimith of IVB. The club presented trophies and certificates with Rotary logo to the above winners as part of public image initiative.

32. Ente Kaumudi Meeting

On 12.08.2024, IPP Rtn. Janardhan Naik and Former AG Rtn. Albert Alex participated Ente Kaumudi inaugural program held at Kerala Kaumudi campus. In the program the club offered to sponsor 10 newspaper in 2 educational institutions, were Rtn. Dr. Gopinath sponsored 5 newspaper and another 5 from club fund. DG Rtn. Sudhi Jabbar inaugurated the program. Many officials from District Office, and the officials of other club, Kerala Kaumudi staff etc attended the program. The photos and report of the program published in Kerala Kaumudi daily.

33. Seminar on Effective Communication at KICMA Business School

On 13.08.2024 Rotary Club of Trivandrum Suburban and KICMA (Kerala Institute of Co-operative Management) Business School jointly organised a seminar on "Effective Communication" at KIMCMA

Campus, Neyyattur, under its vocational service, in skill development category. Past President and AG (Zone-5) for the RY 2024-25 Rtn. Dr. N. R. Kartha was the resource person. The program started with a prayer by Ms. Ameya Sakunthala, Ms. Jaini R and Ms. Aparna Suresh. Professor & Director (KICMA) Dr. Rajesh S. Pyngavil delivered the keynote address. By applying lecture, quizzing, interactive and role-play methods, Dr. Kartha handled the session very effectively. There was very good involvement from the participants. KICMA faculty members Dr. Praveena Krishnan & Dr. Rakesh Kumar S also participated in the program. Around 35 students benefited from the session. Ms. Veena T.V delivered a Welcome Speech and a vote of thanks by Ms. Soosan L.

34. Second Board Meeting for the RY 2023-24

On 13.08.2024, the second Board meeting of the Rotary Club of Trivandrum was held at Trivandrum Tennis Club at 7:30 PM. The meeting was jointly sponsored by Rtn. Rufus and Rtn. Ramakrishnan.

35. The 77th Independence Celebration

The Rotary Club of Trivandrum Suburban celebrated 77th Independence Day on 15.08.2024 at Rotary Tower, Trivandrum. The Members, Anns, Annets, Satellite Club Members, Inner Wheel Club Members, inmates of CMS Bala Bhavan & officials, invited guests, etc. assembled at Rotary Tower at 8.30 am. Club arranged a feeder vehicle to commute between parking place to Rotary Tower as the access road was treacherous and impassable due to road maintenance and rain. At the scheduled time Club President Rtn. Dr. Baiju Ramachandran, Satellite Club President Rtn. Dr. Saritha Baiju and Inner Wheel Club Vice President Smt. Raja Lakshmi together hoisted the National Flag. Sweets brought by Rtn. George P

M & Laila George couple and Rtn. K P Sreekumar were distributed among the participants. In Mahatma Gandhi's getup (with Gandhi's costume dress) Rtn. Mohandas K P arrived to the spot with a wooden Charkha (spinning wheel). It was a great surprise to everyone. In a simple function, after the flag hoisting, on behalf of the club Past AG Rtn. Mohandas delivered an Independence Day message. The Inner wheel club Vice President and Satellite club President were also shared Independence day wishes to all. Club President welcomed the participants and Club Secretary proposed vote of thanks. Breakfast was arranged at the venue for the participants including inmates of Bala Bhavan. Around 100 persons attended the program.

36. Donation of 45 Kits containing Bucket, Mug, Bathing Soap, Soap Case & Bath Towel

On 15.08.2024, the RC Suburban Club donated 45 kits containing bucket, mug, bathing soap, soap case and bath towel to the 45 inmates of CMS Bala Bhavan, Kannammoola, on the independence day. On behalf of the Club President Rtn. Dr. Baiju Ramachandran handed over the same to the inmates of Bala Bhavan at Rotary Tower. In the program, Bala Bhavan Warden Mr. C. C Mathew thanked the club for the said donation. M/s. Karthika & Associates, GST Consultants sponsored travel expenses of the inmates and the officials of Bala Bhavan to participate the event. As part of public image initiative, Rotary stickers affixed on the products distributed by the club.

37. Photo Exhibition of rare pictures relating to Independence

On 15.08.2024, a photo exhibition of rare pictures relating to the independence were exhibited at the IIE Chapter hall at Rotary Tower. The participants of

Independence Day program of the club, inmates of Balabhavan (School Students) etc experienced the evocative imagery and the heart fest expressions of freedom fighters. The photographs taken at various occasions across the country were infused with the life and emotion, each telling a unique story about history of India. 80 plus persons visited the photo gallery organized by RC Suburban along with its independence day celebrations.

38. Awareness programs to the inmates of Bala Bhavan

On 15.08.2024, RC Suburban organized an awareness program for the benefit of inmates of CMS Bala Bhavan, Kannammoola. The Club President Rtn. Dr. Baiju Ramachandran presided over the program. The program comprised of 3 sessions and they are Importance of Independence day, Social media addiction and Healthy teeth for a happy future. The Resource Persons were Rtn. Prof. Jose T. Ponpackal, Rtn. Sreekumar K.P and Smt. Dr. Gadha R. Pillai. In addition to 45 inmates of Bala Bhavan many Rotarians and Anns were also attended the program.

39. Participation at Trivandrum Revenue District Seminar on Uyare Project

On 16.08.2024 the RC Suburban delegates participated Trivandrum Revenue District Seminar on Uyare Project at Prasanth Hotel, PMG, Trivandrum. The President Rtn. Dr. Baiju Ramachandran, Secretary Rtn. Ciniraj Raveedran, AG (Zone 5) Rtn. Dr. NRUK. Kartha, Rtn. Albert Alex and Rtn. K. Alex from the club attended the seminar.

40. Film Nunakuzhy: 1st Suburban Movie Buff

On 20.08.2024 the RC Suburban arranged a Movie

Buff at 6pm at Kairali Sree theatre to enjoy the comedy movie " Nunakuzhy", a Malayalam crime comedy movie directed by Jeethu Joseph, and starring Basil Joseph, Grace Antony and Siddique in the lead roles. 27 Suburban family members participated in the 1st Suburban Movie Buff (2024-25). A movie buff refers to a group watching /enjoying movies at regular intervals and connecting with others who share similar interests, creating a sense of community and social bonding. RC Suburban considers it a great way to relax and unwind, providing a healthy distraction from stress to the participants. Further, a movie buff is fun and enjoyment that can provide an unforgettable excitement to the life of each one. All the participants sat together, laughed together and enjoyed the movie together. Water bottles and snacks were provided during the show. After the movie, the participants enjoyed dinner together at Arya Nivas hotel. The expenses of the program were shared by the participants.

41. Suburban Round Table Discussion on India's Independence & rise as a global power : challenges & opportunities

On 23.08.2024 the Rotary Club of Trivandrum Suburban organized a round table discussion on the topic India's Independence & Rise as a Global at Trivandrum Club, 7 PM. In the discussion, Rtn. Purushothaman Asan, Rtn. G Ramakrishnan, Rtn. RAD Pillai, Rtn. KP Mohandas, Rtn. Sreekantan Nair, Rtn.NS Sarma, RtnShahabudeen, Rtn. T Jeyakumar, Rtn. Ravendran, Rtn Albert Alex and other Rotarians actively participated. President Rtn.Dr. Baiju Ramachandran moderated the discussion. Members actively discussed India's independence. Topics covered included the historical significance of India's independence, the socio-economic challenges and reforms in the decades following independence, and the major economic liberalization of the 1990s that accelerated India's growth. Key themes discussed

included the foundational ideals of liberty, equality, and fraternity that shaped India's early policies and their impact on modern governance and society. The conversation also covered population control efforts and their role in managing resources and economic stability. A significant point of discussion was the rise of nationalism among young people and how it influenced India's domestic and foreign policies. The Rotarians actively participated, raising questions about the balance between economic growth and social equity and India's position in global geopolitics.

42. Weekly Meeting on Asan Astrology

The weekly meeting (meeting no 1747) of the Rotary Club Of Trivandrum Suburban and the "Know Your Rotation" program began at 7:30 PM on August 23, 2024, at Trivandrum Club, with a Rotary invocation and welcome by Rtn. G. Ramakrishnan, followed by a presidential address from the Club President, Rtn. Dr. Baiju Ramachandran. He highlighted the club's initiatives and community service efforts. Rtn. Dr. Ciniraj Raveendran then presented the Secretary's Report detailing recent activities. Rtn. Shahabudheen provided Rotary information on Rotary's Four-Way Test, emphasizing its ethical application. Rtn. RAD Pillai introduced the "Know Your Rotation" program and the evening's Rotarian speaker, Rtn. Purushothaman Asan, who gave an enlightening talk on his career in astrology, covering the historical perspectives of astrology, its emergence in Kerala, and the social background related to astrological practices, including horoscopes, information on "grihadosham," and "vasthu shastra." A lively Q&A session followed his presentation. The Club President then announced financial aid support for a poor cancer patient, reinforcing our commitment to community welfare. The meeting concluded with a vote of thanks by Rtn. Dr. Baiju Ramachandran, who presented a memento to Rtn. Purushothaman Asan as a token of appreciation. After the National Anthem,

the meeting adjourned at 8:45 PM for fellowship and dinner. As part of upcoming charter day celebration, key chains with club logo presented to the participants of the Meeting.

43. Participation in District Membership Development Seminar at Haripad

On 25.08.2024 the RC Suburban delegates participated District Membership Development Seminar 2024, SounDHARAM at Sabari Convention Centre, Haripad. The President Rtn. Dr. Baiju Ramachandran, Secretary Rtn. Ciniraj Raveendran, AG (Zone 5) Rtn. Dr. NRUK. Kartha, Rtn. Albert Alex and Rtn. CA NS Sarma from the club attended the Haripad seminar.

44. Financial assistance to cancer patient

On 25.08.2024 the club IPP Rtn. Janarthana Naik attended the SBRA (Sree Bhadra Residents Association) Family Meeting held at Utharam Auditorium, Thazha Kariyam, Trivandrum and offered felicitation. The club donated Rs. 15,000 to Smt. Dr. Krishnakumari, a member of SBRA who is suffering from cancer and undergoing treatment at RCC. The said fund has been contributed by Rtn. Dr. Sabarinath, Rtn. Shahabudeen, Rtn. Naik, Rtn. Mohandas, Rtn. Raveendran Nair, Rtn. Ramakrishnan and Rtn. Dr. Baiju Ramachandran. Rtn. Naik and Rtn. Ramakrishnan along with SBRA officials visited the house of the patient and handed over the financial assistance.

45. Launching Practical Tailoring classes for women

In connection with 37th Charter Day Celebrations, on 30.08.2024 the Rotary Club of Trivandrum Suburban launched Practical Tailoring classes for women under

the District Project UYARE in association with SMSS Mahilamandiram, Poojappura at Aiswarya Tailoring Unit, Poojappura. AG (Zone-5) Rtn.Dr. NRUK Kartha inaugurated the program. President Rtn. Baiju Ramachandran presided over the inaugural function. Charter Secretary Rtn.K G Nair explained the Rotary International and its projects to the audience. District Project Chairman of the Club Rtn.Alber Alex shared the object of UYARE Project. The welcome address delivered by Mandiram Secretary Smt. Geetha Kaimal and vote of thanks proposed by Executive Committee Member of the Mandiram Smt. Devika Vijay. Around 30 persons attended the program. Tea and snacks were served at the occasion.

46. Donation of Sewing Machines to Aiswarya Tailors

On 30.08.2024 the club in association with Dr. Prema Kumari Memorial Trust donated three Sewing Machines to Aiswarya Tailors (a unit of SMSS Mahilamandiram) for the purpose of tailoring classes. The event was formally inaugurated by Rtn. K G Nair, Trustee and Charter Secretary of RC Suburban. The cost of the project was Rs. 18,000 and the amount is sponsored by Rtn. K G Nair. Rotary Club logos were affixed in the sewing machines.

47. Donation of Rs.5000 to SMSS Hindu Mahilamandiram

On 30.08.2024 the club donated Rs.5,000 to SMSS Hindu Mahilamandiram to utilize for the upliftment and empowerment women. Charter Secretary of RC Suburban Rtn. K G Nair sponsored the full amount. The cheque of Rs.5,000 handed over by Rtn.K G Nair to Ms. Geetha Kaimal Secretary, SMSS Hindu Mahilamandiram.

48. Nostalgia Exhibition: celebration of 36 years

memories

On 30.08.2024 the Rotary Club of Trivandrum Suburban organized a "Nostalgia Exhibition - Celebration of 36 years Club's Memories" at 7.00 PM at Trivandrum Club in connection with 37th Charter Day Celebrations. The Members of the Club brought many items and things such as old newsletters, old photographs, old souvenirs, books authored by Charter President, wooden name boards, trophies and mementos, certificates, pictures of deceased members, newspaper clippings and many things. The audio-visual document (CD) on the club's history and interviews of Charter Members were played at the venue. In the Nostalgia Exhibition Program, the Members and Anns cherished the old memories. A tea party in 80s style was arranged in paper plate with kappa pazham, laddu, jilebi, paper cake, mixture, salt as well as sugar coated biscuits, poppins sweets, drinks in sodakkuppi with straw etc.

49. Round table discussion on Rotary's influence and personal growth

On 30.08.2024. a lively round table discussion was held on the theme "Rotary's influence on personal growth, in connection with 37th Charter Day Celebrations of the Club. In the discussion, the Members and the Anns namely, Rotarians K.G Nair, Shahabudeen, Prof.John Kurian, Raveendran Nair, Dr.Ashok Paliyath, Purushothaman Asan, Ramakrishnan, Mohandas, CB Kartha, CA.NS Sarma, T.Jeyakumar, Dr.Sabarinath, Dr.NRUK Kartha, Dhananjayan, Naik, Dr.Santhosh Mithra, Madhusoodhanan Nair, George PM, Rufuls Joseph, Sivaprasad, Bijulal, Venugopal, Dr.Saritha Baiju, Renuka Kartha, Ramesh, Albert Alex, Sreekantan Nair, Dr. Ciniraj, Baiju Ramachandran, Anns Omana, Mercy, Luba Balh, Thara, Girija and Laila George shared their personal reflections and the club's impact on their lives.

50. Weekly Meeting and 37th Charter Day Celebration

The weekly meeting (meeting no 1748) of the Rotary Club Of Trivandrum Suburban and the "37th Charter Day celebrations " held at 7:30 PM on 30.08. 2024 at Trivandrum Club.

The Members and Anns also participated in the program in 80s attire with enthusiasm. The weekly meeting was called to order by the President Rtn. Dr. Baiju Ramachandran, followed by the Rotary Invocation by Rtn. Santhosh Mithra. The welcome address was delivered by Rtn. Dhananjayan. President Rtn. Baiju Ramachandran delivered the presidential address, detailing ongoing charity projects and club activities. Rtn. Dr. Ciniraj Raveendran, presented the Secretary's Report. Rtn. Dr. NRUK Kartha provided Rotary Information on the international responsibilities of Rotarians. Charter Members Rtn. KG Nair, Rtn. Shahabudeen and Rtn. Prof John Kurian were honored by adhoning ponnadas by AG (Zone 5) Rtn. Dr. NRUK Kartha, IPP Rtn. Naik and Charter Day Meeting Coordinator Rtn. Santhosh Mithra respectively. As part of Charter Day celebrations, many activities and projects were carried out. After brief concluding remarks from the President, followed by the National Anthem, the meeting adjourned for fellowship and dinner at 9.10 pm. A group photo was also taken on the occasion

51. Sponsoring fees to a drop out girl for Patient Care Assistant Course under UYARE Project

On 30.08.2024, as part of Charter Day Celebration, the club sponsored 50% fees of Patient Care Assistant Diploma Course to Smt. Megha, a drop out girl from a poor family under the UYARE District Project. Smt. Megha along with her mother Smt. Simi collected the cheque of Rs.12,500 in the name of Mahatma Medical Institute Towards the education assistance of the Club. In the address, Smt. Simi

thanked the club for the support.

52. Donation plastic chairs to Muttathara Govt. Homeo Dispensary with club logo

On 30.08.2024, as part of Charter Day Celebration, the club donated plastic chairs to Muttathara Govt. Homeo Dispensary. The Medical Officer of the Dispensary Smt. Dr. Sophy Ramdas collected the chairs worth Rs.5,000 and thanked the Club for the support in her address. The club contributed Rs. 3,150 and M/s. COSMOS Trading Company contributed the balance from their Charity/CSR Fund towards the project.

The Rotary Four Way Test



1. Is It Truth?
2. Is It Fair To All Concerned?
3. Will It Build Goodwill And Better Friendships?
4. Will It Be Beneficial To All Concerned?

Tentative Schedule of Forthcoming Programmes

- **Sept 6:** Family Meeting (Teachers Day Celebration) at Hotel Forte Manor
- **Sept 6:** Family Meeting (Teachers Day Celebration) at Hotel Forte Manor
- **Sept 20:** Weekly Meeting at Hotel Prasanth on Unlocking Trivandrum"s Business Revolution, Guest Speaker Mr.Vikas Agarwal
- **Sept 22:** District Project Seminar on UYARE at Pavithram Convention Centre, Mulavana, Kundara, Kollam
- **Sept 27:** Weekly Meeting at Tivandrum Club on Recent Trends in Travel Industry and Overseas Educatin, Guest Speaker Ms. Mini Viswajth
- **Oct 05:** Family Meeting & Onam Celebration at Lagoona Resort, Neat Thiruvallam
- **Oct 11:** Club Advisory Council Meeting & Club Assembly at Tvm Club
- **Oct 18:** Weekly Meeting at Tivandrum Club Guest Speaker Dr. Alex
- **Oct 25:** Weekly Meeting at Tivandrum Club Guest Speaker Ms.Sankaran Suma

Wedding Day's

Sep 2 : Rtn. Purushothman Asan & Ann. Jayasree.

Sep 5 : Rtn. Bijukumar & Ann. Lakshmi.

Sep 5 : Rtn. Dr G Gopinath & Ann. Renuka.

Sep 7 : Rtn. Sudhir B & Ann. Veena.

Sep 7 : Rtn. Philip Mulapone & Ann. Valsamma Philip.

Sep 8 : Rtn. Dr. Baiju Ramachandran & Ann. Dr. Saritha.

Sep16 : Rtn. Sudevan & Ann. Somavathy.

September - Birthdays

Sep-7 : Rtn. Dr Abhilash.

Sep-27 : Rtn. KG Nair.



cross section of audience before starting the



Observing a moment of silence for



Rotary Invocation by: Rtn.Praveen G Mohan



Prayer by students



Presentation of Memento



Presenting Mixer Grinder to the School

[illegible]

