



# Suburban Voice

Monthly Bulletin of  
Rotary Club of  
Trivandrum Suburban



RI DIST 3211 | ZONE V | February , 2025 | Volume 38 | Issue 08

## **President's Message**



My dear fellow Rotarians, Anns and Annets,

The month of January demonstrated a successful commencement to the new year, featuring impactful projects and meaningful community engagements, in addition to our usual weekly meetings with guest speakers.

We started the year with the signing of a MOU with M/s. T.E.A.M, to provide accounts & GST on-the-job training and apprenticeship to three poor unemployed graduates under our UYARE project that would empower them with employability and a solid career. Our Republic Day celebration was not only a wonderful family gathering but also a chance for us to give back to the society. We donated provisional kits and medicines to families of differently-abled children and provided mental health counselling cum palliative messages, which were one of the proudest works during the previous month. The house-warming and key handover ceremony for the first of three houses (Beneficiary- Shalinj), sponsored by the Club under the Uday Kiran I Project, was also one of the significant milestone for the club.

Throughout the month, we hosted several chai pe charcha sessions and weekly meetings on diverse topics, including the effectiveness on new year resolutions, marital discords, RTI, awareness on space docking, body scanning & diagnosis, Kaviyodoppam oru Sayanam etc We also had the privilege of engaging with Adv. Dr. Sandhya Santhosh, Family Court Lawyer and Supreme Court-Accredited Mediator, Dr. M. Sreekumar, State Information Commissioner, Dr. Alex Ittyavirah, and Shri. Sidheek Subair, where they addressed our weekly meetings.

The club is all set for the month of February as preparations are in full swing for our participation in the District Conference: Veliya Perunnal, to be held in Kochi. Many of our dedicated Rotarians and Anns have already registered for

the event. Furthermore as part of Rotary Day Celebration, the Club is planning to host a special Breakfast Meeting, preferably at Hotel Amrita.

As we move forward, I urge each one of you to continue your unwavering support and active participation in our upcoming projects and events. As

Helen Keller said, "Alone we can do so little; together we can do so much." Hence let's join hands to for the better of our community.

Thank you once again to each one of you for your dedication and service.

Dated this 1<sup>st</sup> day of February, 2025

**Rtn. Dr. Baiju Ramachandran FCS**

President, Rotary Club of Trivandrum Suburban

## **Secretary's Message:**



My dear fellow Rotarians, Anns and Annetts,

January commenced a notably productive year for our Rotary Club, characterized by substantial projects and meaningful community engagements. As part of our Uyare project, the Club is actively working on organising on-the-job training programs with the support of our dedicated club members and their resourceful connections. The Club is thankful to Rtn. CA N S Sarma for enabling an MOU with M/s. TEAM for on-the-job training in Accounts and GST, along with apprenticeship. This year, our Club celebrated Republic Day with the spirit of unity, freedom, and service, featuring the active participation of our whole family representatives such as Inner Wheel Club, RCC, Satellite Club, Rotaract clubs, Interact Clubs, in addition to our Members, Anns and Annettes. Additionally, in our chai pe charcha sessions and weekly meetings, diverse topics concerning vital contemporary issues were discussed where elegant guest speakers addressed and interacted. Attendance at all the weekly meetings was fairly good, allowing us to commence and complete all meetings on time, with the support of our beloved members. In January, we also sponsored an 'ente pathram' project at Kottoor Govt School, which expanded our educational outreach in settlement areas. In summary, January's activities have set a remarkable precedent for the year ahead. We commend the members' noteworthy dedication and look forward to continuing this momentum throughout the year.

Warm regards,

**Rtn. Dr. Ciniraj Raveendran**

Secretary, RC Trivandrum Suburban

## Birthdays

Feb 07: Vinod Narayanan

Feb 13: Lekha C S

## Wedding Days

Feb 01: Rtn. Ciniraj Raveendran & Ann. Deepa

Feb 03: Rtn. Shivaprasad & Ann. Omana Prasad

Feb 11: Rtn. Ramesh R & Ann. Sharmila

Feb 17: Rtn. Shahabudeen M & Ann. Lubabath

## Forthcoming Meetings

Feb 8&9: District Conference at Gokulam Convention Centre, Kochi

Feb 14: Weekly Meeting at Hotel Prasanth; Guest Speaker Mr. Rahul Bhatkoti

Feb 28: Family Meeting at Trivandrum Tennis Club; Guest Speaker Ms. Lekha K C

Mar 08: Women's Day Celebration & Family Meeting at Hotel Highland (Venue may change)

Mar 15: Movie Buff Program at Aries Plex Theatre at Free of Cost

Mar 21: Weekly Meeting at Hotel Prasanth; Guest Speaker Ms. Sandhya

Mar 28: Weekly Meeting at Hotel Prasanth; Guest Speaker Mr. Anilkumar

## Activity Report of January

### 142. MOU with M/s. TEAM to provide accounts training with apprenticeship (Rt)

On 02.01.2025, the RC Trivandrum Suburban signed an MOU with M/s TEAM (Tax, Education, Accounting, Manpower) to provide training for accounts and GST and to impart apprenticeship to Mr. Kiran Saji, Ms. Rajani C and Ms. Smitha C under the District Project UYARE. The



training course fee of Rs.10,000 per student was sponsored by Rtn. N. S. Sarma. The MOU is signed by Shri. Gurukumar S K, Proprietor, M/s. TEAM with Rtn. Dr. Baiju

Ramachandran representing the Club. The scheme and syllabus of the training was finalized in consultation with Rtn. CA N.S. Sarma.

#### **143. Coffee Break with Suburban Leader (Rtn. K P Mohandas)**

On 03.01.2025, the RC Trivandrum Suburban organized a mentoring program- Coffee



Break with Suburban Leader at Hotel Prasanth. In this program, Rtn. K P Mohandas shared his experience in his career with a few students and motivated them on the importance of goal setting. Few

students from Christ Nagar College, Maranalloor and St. Johns Model Higher Secondary School attended the program.

#### **144. Round Table conversation on Effectiveness of New Year Resolutions**

On 03.01.2025, the Rotary Club of Trivandrum Suburban conducted a round table conversation (Chai Pe Charcha) focused on a theme, "Do New Year resolutions actually work, or are they just a fleeting trend?". The Members and Anns actively participated and shared their views on the effectiveness of new year resolutions.



Some members even expressed their resolutions in 2025. Rotarians Sabarinath, K G Nair, C B Kartha, Dhananjayan, Sivaprasad, Mohandas, Sukumaran, Albert Alex, Jose Pampackal, Shaji Jos, Baiju Ramachandran, Ramesh R and Ann Renu Sabari shared their views.



#### 145. Weekly Meeting on "Marital Discord- Provisions, challenges, impact of social media, misuse of protective legislation, recent trends & changes"



On 03.01.2025, the RC Trivandrum Suburban organized a talk on "Marital Discord– Provisions, Challenges, Impact of Social Media, Misuse of Protective Legislation, Recent Trends & Changes" at Hotel Prasanth, PMG, Trivandrum. The guest

speaker was Adv. Dr. Sandhya Santhosh, Family Court Lawyer and Supreme Court-Accredited Mediator. In her talk, Dr. Sandhya covered critical aspects, including the legal framework for protecting women, the influence of social media on marital relationships, instances of misuse of protective legislation, and the challenges faced by children of divorced parents, supported by real-life cases and examples. A Q&A session followed, where members actively participated by posing questions and clarifying doubts. At the end, Ann Dr. Praseetha presented a memento to the guest speaker as a token of appreciation. Ann. Renu Sabarinath the Club President Rtn. Dr. Baiju Ramachandran, Club Secretary Rtn Dr. Ciniraj Raveendran and Rtn. Albert Alex took various roles such as invocation, welcome and presidential address, secretary's report and vote of thanks. A total of 29 persons attended the meeting.

#### 146. Round-table Discussion on 'Street Smart: How Street Vendors are Outperforming Traditional Retailers'

On 10.01.2025, the Rotary Club of Trivandrum Suburban conducted a round table conversation (Chai Pe Charcha) focused on a theme of Street Smart: How Street Vendors are Outperforming Traditional Retailers". The Members actively participated and shared their views on uncovering strategies and innovations of street



vendors and their revenue growth. Some members discussed the role of Government policies in supporting street vendors, thereby helping regulated retail stores that are suffering losses. Rotarians Dr. Baiju Ramachandran, Ramesh R, NS Sarma, NRUK Kartha, Albert Alex, Madhusoodhanan, Jose Pampackal, etc., shared their views.

#### 147. Weekly Meeting on "Recent Trends & Changes in RTI"



On 10.01.2024, the RC Trivandrum Suburban organized an invited talk on "Recent Trends & Changes in RTI" along with the 1765th weekly meeting. Dr. M. Sreekumar, State Information Commissioner, Govt of Kerala was the guest speaker. Dr. Sreekumar shared valuable

insights, highlighting the growing emphasis on transparency in educational institutions, including unaided ones, in Kerala. He emphasized that private institutions receiving substantial government funding are indeed covered under the RTI Act. After his session, a very good interactive session was held where the guest clarified the queries raised by members. The session was lively and interesting. The PAG Rtn Madhusoodhanan, Club President Rtn Dr. Baiju Ramachandran, Treasurer & acting secretary Rtn R Ramesh, PAG Rtn Albert Alex and PP Rtn. Sudhir took various roles such as invocation, welcome and presidential address, secretary's report, Introducing the speaker, vote of thanks, etc., Rtn P P Nair presented a memento to the guest speaker as a token of appreciation. A total of 28 persons attended the meeting.

#### 148. Participation in FIRE Competition at Trivandrum Revenue District Level

On 12.01.2025, the RC Trivandrum Suburban participated in the District Level Competition under Solo Song category in FIRE Competitions, 2024-25 held at Freemasons Hall, Vazhuthacaud, Trivandrum, wherein our member, Rtn. Rufus Joseph participated. The function was inaugurated by the DG Rtn. Sudhir Jabbar. Many members from our club attended the program. Despite Rtn. Rufus Joseph's tremendous effort as a debut, in the Revenue District Level competition he couldn't qualify for the District Level Competition.





#### 149. The 7th Board Meeting



On 16.01.2025, the 7th Board Meeting of the RC Trivandrum Suburban was held at Hotel Prasanth, PMG, Trivandrum. The meeting was sponsored by Rtn K Alex.

#### 150. Coffee break with Suburban Leader (Rtn. CB Kartha)

On 17.01.2025, the RC Trivandrum Suburban organized a mentoring program- Coffee Break with Suburban Leader at Hotel Prasanth. In this program, Rtn. CB Kartha advised students based on the story of Dr. APJ Abdul Kalam. Few students from St. Xaviers College, Thumba, Christ Nagar College, Maranalloor and St. Johns Model Higher Secondary School attended the program.



#### 151. Round-table discussion on INDIA - "Made It to the Elite Group of Nations Capable of Executing Space Docking Operations"



On 17.01.2025, the Rotary Club of Trivandrum Suburban conducted a round-table conversation (Chai Pe Charcha) on the topic INDIA- "Made It to the Elite Group of Nations Capable of Executing Space Docking Operations". The ISRO/VSSC engineers of the club attended the meeting, elaborated the topic and also clarified the doubts of other members on docking.

Rotarians Dr. NRUK Kartha, CB Kartha, Dhananjayan, Naik, etc., addressed on the topic.

## 152. Weekly Meeting on "Body Scanning for a Healthier Life: Aid in Disease Diagnosis and Preventive Care"

On 17.01.2025, the 1766th weekly meeting of the Rotary Club of Trivandrum Suburban held at Hotel Prasanth, PMG, Trivandrum. The topic discussed was "Body Scanning for a Healthier Life: Aid in Disease Diagnosis and Preventive Care" where



Dr. Alex Ittyavirah MBBS, MD was the guest speaker. In his talk, he simply explained various scanning methods and the multiple uses of each. He also shared the difference between the roles of the physician and the radiologist. Later, a very good interactive session was held, where the guest speaker answered the queries raised by participants. The AG (Zone V) Rtn Dr. N.R.U.K. Kartha, Rtn. Prof. Jose Pampamkal, Club President Rtn Dr. Baiju Ramachandran, President Nominee/Acting Secretary of the day, Rtn. Bijukumar, and Rtn. C B Kartha took on various roles such as invocation, welcome address, presidential address, secretary's report, and vote of thanks. Rtn P P Nair presented a memento to the guest speaker as a token of appreciation. In the



announcement, the President shared details of the Republic Day Celebration of the club, District Conference Arrangements, International Trip at Georgia, etc. He also requested Members to contribute to the Medical Aid Fund for

the cancer treatment of those whose cancer was detected at our club's cancer detection camp held on 28th December at the 16th ward of Pallichal Panchayat. Many members contributed on the spot, while others promised to transfer later on. A total of 36 persons attended the meeting.



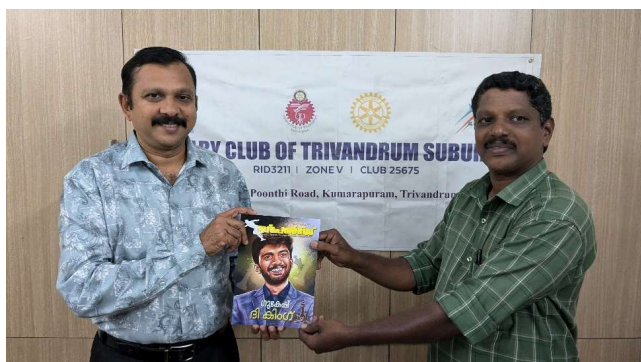
### 153. Club's participation in the 2nd Zonal Meet of Zone V

On 21.01.2025, the Club participated in the Second Zonal meet of Zone V of the Trivandrum Revenue District at Mannam Memorial National Club. The AG (Zone V) Rtn. Dr. NRUK Karta inaugurated the meeting. In the meeting, all clubs in Zone V presented their activities and projects. The meeting also discussed the action plan for the remaining period. In addition to the AG, President Rtn. Dr. Baiju Ramachandran, Secretary Rtn. Dr. Ciniraj Raveendran, Rtn N S Sarma and Rtn. Dr. Baiju B attended the meeting.



### 154. Ente Pathram Project (Kottoor Govt HSS)

On 22.01.2025, as part of the 'Ente Pathram' Project, the RC Trivandrum Suburban subscribed Kerala Olympic Association's monthly magazine "SPORTS" for the students of Kottoor Govt HSS to learn about different sports, stay updated on sports news, motivating children to participate in sports and promote healthy lifestyles, besides improving reading skills. The school faculty member Jayakumar collected the first copy from the Club President, Rtn. Dr. Baiju Ramachandran.



### 155. Upskilling Program for students at The Salvation Army School

On 24.01.2025, the RC Trivandrum Suburban organized an upskilling program for the Commerce Students of The Salvation Army Higher Secondary School, Kowdiar. The Club President Rtn. Dr. Baiju Ramachandran was the resource person. School Faculty Ms.



Bindhu R delivered opening remarks and students' representative proposed the vote of thanks. Under the UYARE Project, 50 students attended the program.

### 156. Republic Day Celebrations cum Family Meeting

On 26.01.2026, the RC Trivandrum Suburban celebrated India's 76th Republic Day along with the family get-together in style at the Rotary Tower along with its Satellite



Club, Rotaract and Interact Clubs, RCC and in association with the Inner Wheel Club of Trivandrum Suburban and Suburban Charitable Society. The members and inmates of Sneha Sandram, an association of mothers of differently-abled children from low-income backgrounds,

were the guests and they also actively participated. The celebration began with the flag unfurling ceremony, led by the presidents and authorized representatives of the participating clubs, etc. To add a sweet touch, Jalebi and Ladoo were distributed among the attendees. Then, RC Trivandrum Suburban President Rtn. Dr. Baiju Ramachandran delivered the welcome and presidential address, setting the tone for the event. Republic Day messages were shared by Rtn. G Ramakrishnan, Ms. Smitha Mohanraj, Rtn. Saritha Baiju, Ms. Prabhavathi, and Gopika, wishing everyone a Happy Republic Day and expressing hopes for India's continued prosperity, guided by justice, equality, and liberty. A notable highlight of the program was Rtn. KG Nair receiving the MPHF pin from the Club President, recognizing his contributions to the club's humanitarian efforts. The program culminated with the release of the Club Bulletin, "Suburban



Voice", January issue, by IWC President Ms. Smitha Mohanraj. The club Secretary Rtn. Dr. Ciniraj Ravindran proposed the vote of thanks, after which the gathering adjourned for fellowship and breakfast. Over 100 members and guests, including Anns and Annettes, attended the program.



### 157. Donation of Essentials to the families of differently-abled children

On 26.01.2025, the RC Trivandrum Suburban, in association with/ support of the Sneha Sandram Charitable Trust, Inner Wheel Club, its Satellite Clubs, Rotaracts Club,



Interacts Club and its RCC distributed bedsheets, medicines and provisions containing Oats 1 packet , Rice 2Kg , Kuravu 1 Kg, Rava 1Kg , Cherupayar 1Kg, Karutha kadala 1 Kg, Sugar 1 Kg, Surf 500gm, bathing Soap 1nos, Big Onion 1 Kg, Small Potato

1 kg, Mamypoko Diaper 1 each etc. to the families of 15 differently abled children from Sneha Sandram, under the project AMC:- PR 18 (Pg-21). The Club President Rtn. Dr. Baiju Ramachandran, IWC President Ms. Smitha Mohanraj, Service Project Chairman Rtn. G Ramakrishnan spoke on the occasion. Project Cost:- 50,000/-

### 158. Distribution of medicines to the differently-abled children (L)

On 26.01.2026, the RC Trivandrum Suburban distributed medicines under project code AMC:- CSCED 8/Pg.No:17 to 18 mentally challenged children who are suffering from chronic illness. The Club President Rtn. Dr. Baiju Ramachandran and Service Project Chairman Rtn. G Ramakrishnan spoke on the occasion.



### 159. Mental Health Counselling and Palliative Messages



On 26.01.2026, the RC Trivandrum Suburban organized a Mental Health Counselling Program along with the Republic Day celebration under project code AMC:- CSCED 5 (Pg No:17). In this program, palliative messages were shared by Rtn. P P Nair,

Rtn. G Ramakrishnan and Ann. Dr. Praseetha Nair. The Club President Rtn. Dr. Baiju



Ramachandran delivered opening remarks and the IWC President Smt. Smitha Mohanraj delivered the closing remarks. Around 60 persons attended the program.

### 160. Key Handover Ceremony of Ms. Shalini's home

On 30.01.2025, the house-warming and key handover ceremony of the first among 3 houses (Beneficiary – Shalini) sponsored by the RC Trivandrum Suburban under the Uday Kiran Project was held. In the event, the President Rtn. Dr Baiju Ramachandran, IPP and the



District Project Chairman (Uday Kiran), Rtn. Naik UJ, Immediate Past Secretary and District Project Co-ordinator (Uday Kiran) Rtn. Arun S, Rtn. Albert Alex, Rtn. NS Sarma, Rtn. Dhananjayan K and Rtn. Mohandas KP attended. More details of the Uday Kiran Project will be shared in the next bulletin.

### 161. A Round-table Conversation on Malayali & Violence

On 31.01.2025, the Rotary Club of Trivandrum Suburban conducted a round-table



conversation (Chai Pe Charcha) on the topic Malayali & Violence. In the opening remarks, Rtn. Dr. Baiju Ramachandran informed that there has been a recent surge in violence among Malayalis, particularly in Kerala,

linked to political, social, and economic tensions. Community leaders and authorities are working to address these issues and promote peace and harmony among Malayalis. Rtn. C B Karta, Rtn. Jos Pampackal, Rtn. Sivaprasad, Rtn. Dhananjayan, Rtn. Rufus, Rtn. K Alex, Rtn. Dr. Ciniraj, Rtn. Sukumaran etc participated in the discussion, where they actively participated, exchanging insightful views on the societal aspects of the subject.

## 162. Weekly meeting on Kaviyodoppam oru Sayahnam

On 31.01.2025, the RC Trivandrum Suburban organized its 1768th weekly meeting, an “Evening with a Poet of Shreshta Bhasha, Malayalam” at Hotel Prasanth, Trivandrum. Shri. Sidheek Subair a Malayalam teacher in Kulathoor HHS, Poet & Journalist was the guest. In his address, Shri. Sideek delivered a thought-provoking address on the cultural and linguistic significance of Malayalam as a Shreshta Bhasha. He eloquently articulated



themes of love and motherhood. Shri. Subair further captivated the audience with a recital of select compositions from his esteemed literary works, which were met with great appreciation. Following the talk, an interactive session ensued, allowing members of the club to engage directly with the poet, fostering meaningful dialogue and



discussion about his works and the broader cultural context of Malayalam literature. In recognition of his remarkable contribution to the literary world, a memento was formally presented to him by Rtn. Dr. Baiju Balakrishnan as a token of the club's

gratitude. Rtn. Jose Pampackal, Club President Rtn. Dr. Baiju Ramachandran, Secretary Rtn. Dr. Ciniraj Raveendran, Rtn Dhananjayan and Rtn Dr. Baiju Balakrishnan took various roles such as invocation, welcome & presidential address, secretary's report, introducing the guest and vote of thanks respectively. In his remarks, the President announced that details regarding the Cancer Aid Fund which would be released soon and encouraged members and friends to participate in the upcoming international trip to Georgia, organized by the club. He also shared information about the forthcoming district conference. 21 pax attended the program.

### 163. Ente Pathram Project (Kulathoor Govt HSS)

On 31.01.2025, as part of Ente Pathram Project the RC Trivandrum Suburban subscribed Chiri magazine to the library of Kulathoor Government Higher Secondary School to promote literary engagements. The first copy was ceremoniously handed over to the School Faculty Shri Sidheek Subair, by Rtn. Dr. Abhilash Jacob.

