



Rotary
DISTRICT 3211



UNITE
FOR
GOOD



Suburban Voice

Monthly Bulletin of Rotary Club of Trivandrum Suburban

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**ROTARY CLUB OF
TRIVANDRUM SUBURBAN**



President's Message

Dear Fellow Rotarians , Anns and Annets,

“The Future depends on what we do in the present.”

Mahatma Gandhi



December, observed as Disease Prevention & Treatment Month, was a purposeful and vibrant period for the Rotary Club of Trivandrum Suburban, marked by meaningful meetings, impactful projects, and warm fellowship.

The month commenced with an engaging weekly meeting featuring a Chai Pe Charcha on personal reflections, followed by an enlightening talk by Dr. Anitha Mohan on “Eat to Beat Diseases,” aptly aligning with the Rotary theme. Our subsequent meeting continued the spirit of reflection and sustainability, with thoughtful discussions on gratitude and an informative session on the role of solar energy by Rtn. Senthil S.

One of the highlights of the month was our Family Meet combined with Christmas and New Year celebrations. The evening was filled with joy, fellowship, and festive cheer, further enriched by the induction of our new member, Rtn. Ajesh Sukumara Pillai. Carol singing, gift exchanges, and lively interactions strengthened the bonds within our Rotary family. The month concluded with an online meeting that encouraged reflection through shared experiences and discussions.

December also witnessed several impactful service initiatives. Our club observed Karthika Vilakku, contributed to the Shreya Project by supporting Combio Foundation, and continued active engagement in the Bhoomika Project. Members’ generous contributions to The Rotary Foundation were recognized, reflecting our commitment to Rotary’s global mission. Participation in district projects such as ASHA, VIDYA, and Harithasree further reinforced our dedication to community service.

I sincerely thank every Rotarian, Ann, speaker, sponsor, and supporter who contributed to making December a meaningful month. Together, we truly embodied the Rotary ideal of Service Above Self. Let us carry this enthusiasm forward into the New Year with renewed commitment and purpose.

Yours in Rotary,

Rtn. Vinod Narayanan

President, Rotary Club of Trivandrum Suburban

Rotary Year 2025-26



Secretary's Message

Dear Rotarians, Anns and Annets,

“Let us keep our hearts strong, enthusiasm fresh, hope high.

As long as we keep imbued with this spirit, Rotary can never die.”

Paul Harris



December was a productive and inspiring month for the Rotary Club of Trivandrum Suburban, marked by purposeful meetings, joyful fellowship, and impactful service initiatives. Our discussions on health, gratitude, and sustainability during the weekly meetings enriched our perspectives and strengthened member engagement.

The month witnessed meaningful project activities, including our contribution under the Shreya Project to support livelihood development, steady progress of the Bhoomika / Harithasree Project promoting organic farming, and active participation in district initiatives such as ASHA for early breast cancer detection and VIDYA through the sponsorship of bicycles for girl students. These projects reflect our commitment to community development and responsible CSR-driven service.

Our festive Family Meet with Christmas and New Year celebrations further strengthened fellowship, while recognition of TRF contributors and member achievements highlighted the spirit of giving and participation within our club.

As we move forward into the New Year, I encourage all members to actively participate in our projects and meetings, contribute ideas, and continue working together in the true spirit of Service Above Self.

With Warm regards,

Rtn. Ramesh R

Secretary, Rotary Club of Trivandrum Suburban



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Editor's Message



Dear Fellow Rotarians , Anns and Annets,

As we step into the New Year, it is heartening to reflect on a purposeful and inspiring December for the Rotary Club of Trivandrum Suburban. Guided by our President's vision, the month beautifully blended learning, fellowship, celebration, and service, truly reflecting the spirit

of Service Above Self.

Our engaging weekly meetings, meaningful discussions on health and sustainability, and the joyous Family Meet with Christmas and New Year celebrations strengthened our bonds as a Rotary family. The steady progress of service initiatives such as Bhoomika, Shreya, and our active participation in district projects once again highlighted the collective strength of our club.

The New Year also invites us to renew our commitment to Rotary's global and local missions. I encourage all members to generously support The Rotary Foundation (TRF), which empowers Rotary to transform lives across the world, and to actively contribute to the VIDYA Project, helping educate and uplift young minds through meaningful support such as the sponsorship of bicycles for girl students. These contributions are not just donations—they are investments in hope, education, and a better future.

As your Editor, I thank each member for your participation, enthusiasm, and unwavering commitment. Let us enter this New Year with renewed energy, stronger fellowship, and a shared determination to make our service more impactful and visible.

Wishing you and your families a happy, healthy, and purposeful New Year.

Warm regards,

Rtn. Arunkumar B

Magazine Editor, Rotary Club of Trivandrum Suburban



Warmest Wishes to Our December Birthday Stars

In the spirit of fellowship and camaraderie, we extended our warmest wishes to our esteemed members who celebrated their birthdays in December 2025.

December 19 : **Rtn. Shahabudeen M**

Anniversary Wishes to Our Radiant Rotary Couples

December 05 : **Rtn. Mohandas K P & Ann. Thara**

December 12 : **Rtn. Praseetha Prabha & A P Nair**

December 13 : **Rtn. N S Sarma & Rtn. Kala Krishnaswamy**

December 16 : **Rtn. Anil Kumar G & Ann. Dr. Reshma RA**

December 25 : **Rtn. Shajahan N M & Ann. Noorjhahan**

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

Forthcoming Meetings

January 02 : First Weekly Meeting at Hotel Prasanth.

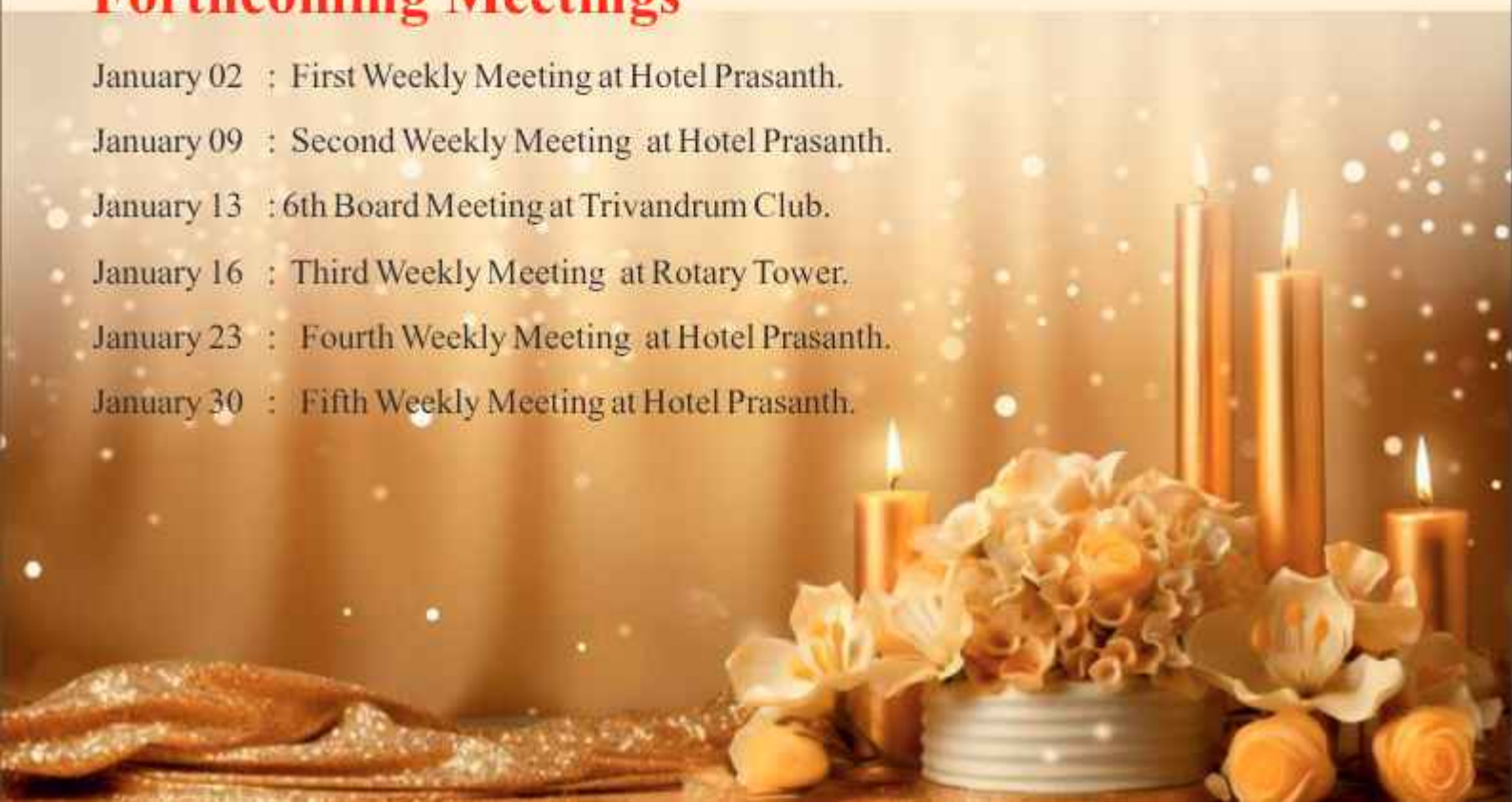
January 09 : Second Weekly Meeting at Hotel Prasanth.

January 13 : 6th Board Meeting at Trivandrum Club.

January 16 : Third Weekly Meeting at Rotary Tower.

January 23 : Fourth Weekly Meeting at Hotel Prasanth.

January 30 : Fifth Weekly Meeting at Hotel Prasanth.



മകളേ യമുനേ..

ആശാൻ അമരവിള

കഴിഞ്ഞ കുറേമേളയിൽ പ്രയാഗ് രാജിലെ ത്രിവേണി സംഗമത്തിൽ യമുനയിലൂടെ സഞ്ചരിക്കുമ്പോൾ യമുനയുടെ തീരത്ത് നൂറ്റാണ്ടുകളുടെ ചരിത്രവും പേരി നിൽക്കുന്ന രമ്യഹർമ്മ്യങ്ങളുടെ പേരുകളും കഥകളും തോണിക്കാരൻ പറഞ്ഞുകൊണ്ടിരുന്നു.

ഗംഗയിലെ ജലത്തിന് സാധാരണ നദീജലത്തിന്റെ നിറമാണെങ്കിൽ യമുനയിലേത് കറുപ്പ് കലർന്ന നീലയാണ്. പുരാണപ്രസിദ്ധമായ കാളിന്ദി. യമുനയുടെ പേര് കാളിന്ദിയാണെന്ന് ഞാനറിയുന്നത് അപ്പോഴാണ്. ഹിമാലയത്തിലെ യമുനോത്രി എന്ന മഞ്ഞു തടാകത്തിൽ നിന്നും സ്പർശിക സമാനമായി തുടങ്ങി പ്രയാഗ് രാജിലെ ത്രിവേണി സംഗമത്തിൽ എത്തുമ്പോൾ കരിനീലയായി മാറിക്കഴിഞ്ഞിരിക്കുന്നു.

എത്രയെത്ര സംസ്കാരങ്ങളിലൂടെയാണ് സഹസ്രാബ്ദങ്ങളായി യമുന ഒഴുകുന്നത്. ഗോപാഗനകൾ തൻ ഹേമാംഗരാഗങ്ങൾ ആപാദിച്ചുലഭിക്കണമെന്നു കൊണ്ട് യദുവംശ മോഹിനിയായി ഒഴുകിയ യമുന എത്രയെത്ര കവികൾക്കും, കലാകാരന്മാർക്കും അനന്ത പ്രചോദനമായിരുന്നു. എത്രയെത്ര രാജകുമാരിമാരുടെ പ്രിയ സ്വപ്നങ്ങൾക്ക് വർണ്ണചാർത്തണിയിച്ച കുളിർ നിലാരാവുകൾ സമ്മാനിച്ച യമുന വിണ്ടും വിഷവാഹിനിയായപ്പോൾ എവിടെയോ ഒരു തേങ്ങൽ.

ഈ തീരത്ത് പണ്ടേതോ ജന്മത്തിൽ ഞാൻ വന്നിരുന്നുവോ? അല്ലെങ്കിൽ എന്തിനി നഷ്ടബോധം? വെറുതെ വെറുതെ ചിന്തിച്ചപ്പോൾ യമുന എന്റെ കൊച്ചു മകളായി. തുലികത്തുമ്പിൽ എന്റെ ഹൃദയ നൊമ്പരം പദങ്ങളായി.

'ഹിമഗിരി മടിയിൽ തപസ്സിരുണൊരു
യമുനേ മകളേ എവിടെ?
സ്പർശിക വിശുദ്ധ കളേബരമായി
എൻ മന മാമലകളിലൂടെ
പ്രിയതരമാമൊരു ഗാനം പോലെ
ഒഴുകി വളർന്നവളല്ലേ....
മകളേ... പ്രിയമകളേ...

നിന്റെ നിലാവും സ്വപ്നാടനവും
നി കുളിരേകിയ സംസ്കൃതിയും
ആനന്ദാശ്രു നിമീലിതനായി ഞാൻ
പലവരു കണ്ടു രസിച്ചു
ഈ മുത്തച്ഛന്റെ ഹൃദയം
ജ്ഞാവിടെ നിൻ ചാരുതലേകും
നർത്തന നൃപുര നാദം?
പറയൂ മകളേ പറയൂ...

അഭിനവ കാളിദാസ അതിനിർദ്ദയമായി
നിന്റെ വിശുദ്ധി കെടുത്തി
വിഷമമായി അതിവിഷാദവതിയായി
നിശ്ചേതനമായി തീർത്തോ?
പറയൂ മകളേ പറയൂ...'



ACTIVITY REPORT –DECEMBER 2025

1. Weekly Meetings.

A) First Weekly Meeting – 05 December 2025

The first weekly meeting for December 2025 was held on 05 December 2025 at Hotel Prasanth. The evening commenced with Chai Pe Charcha at 7.00 PM on the topic “2025 Resolutions – Did I Meet Them?”, which encouraged members to introspect on their achievements and personal commitments during the year.

The formal meeting began at 7.30 PM with the Rotary Invocation by Rtn. Arun S, followed by a cordial welcome address by Rtn. Dr. Baiju Ramachandran. The President, Rtn. Vinod Narayanan, addressed the gathering, highlighting the importance of preventive healthcare and lifestyle awareness. The minutes of the previous meeting were presented by Rtn. Ramesh R, Secretary.

The highlight of the meeting was an enlightening talk by Dr. Anitha Mohan, Clinical Nutritionist and Dietician, on the topic “Eat to Beat Diseases”. The session provided valuable insights into healthy dietary practices and preventive healthcare, aligning well with the month’s theme.



B) Second Weekly Meeting – 12 December 2025

The second weekly meeting was conducted on 12 December 2025 at Hotel Prasanth. The Chai Pe Charcha session focused on “Thanksgiving – Express gratitude to those who supported you in 2025”, creating an atmosphere of appreciation and reflection among members.

The meeting began with the Rotary Invocation by Rtn. K. Alex, followed by a welcome address by Rtn. N. S. Sarma. The President, Rtn. Vinod Narayanan, addressed the members and emphasised Rotary’s role in promoting sustainable practices.

The guest speaker, Rtn. Senthil S, Founder of Confid Solutions, delivered an informative presentation on “How Solar Panel Installations Help Save Energy”, highlighting renewable energy solutions and their long-term benefits for society.



ACTIVITY REPORT –DECEMBER 2025

C) Third Weekly Meeting – Family Meet (21 December 2025)

The third weekly meeting of the month was celebrated as a Family Meet, combined with Christmas and New Year celebrations, on 21 December 2025. The programme fostered fellowship and camaraderie among members and their families.

The meeting commenced with the Rotary Invocation by Rtn. Dr. Rajesh Payingavil, followed by a welcome address by Rtn. Bijukumar, President-Elect. The President, Rtn. Vinod Narayanan, addressed the gathering and extended season's greetings.

The minutes of the previous meeting were presented by Rtn. Ramesh R, Secretary. A significant highlight of the evening was the induction of a new member, Rtn. Ajesh Sukumara Pillai, who was formally inducted by Rtn. Dr. N. R. U. K. Kartha, Past Assistant Governor. The new member was introduced by Rtn. Dr. Subha Nair.

The celebration included a Christmas message by Rtn. Dr. Santhosh Mitra, Rotary information shared by Rtn. N. S. Sarma, carol songs, cake cutting, and gift distribution. Annets were specially appreciated for creating Christmas cribs. Several sponsors supported the event, making it a memorable occasion for all participants.

D) Fourth Weekly Meeting – Online Meeting (26 December 2025)

The fourth weekly meeting was conducted online via the Zoom platform on 26 December 2025 at 7.30 PM. The session included an invocation and welcome address by Rtn. Vinod Narayanan. Members were invited to share photographs that captured meaningful moments of the year 2025 and present their views, making the meeting highly interactive and reflective

E) Board Meeting – 16 December 2025

The 6th Board Meeting for December was conducted on 16th December 2025 at TTC Tower.



ACTIVITY REPORT –DECEMBER 2025

2. CLUB PROJECTS & COMMUNITY SERVICE

A) Karthika Vilakku

On 05 December 2025, the Club observed Karthika Vilakku by lighting traditional lamps and distributing sweets. The programme symbolised unity, hope, and cultural harmony and was coordinated by Rtn. N. S. Sarma.

B) Shreya Project

As part of the Shreya Project, the Club continued its support to the Combio Foundation by contributing ₹30,000 towards the procurement of a high-end stitching machine, supporting livelihood development initiatives.

C) Bhoomika Project

To ensure active participation and monitoring, a dedicated WhatsApp group was formed to encourage members to take part in the Bhoomika Project, promoting sustainable agricultural practices.

3. RECOGNITIONS & ACHIEVEMENTS

A) The Rotary Foundation (TRF) Contributions

November 2025 was observed as The Rotary Foundation Month, during which the Club contributed USD 2,200 towards TRF. Contributors were recognised during the weekly meeting held on 05 December 2025, appreciating their commitment to Rotary's global mission.

B) FIRE Participation

Rtn. Rufus Joseph was felicitated for his commendable participation in the Zonal FIRE Competition under the solo song category.



ACTIVITY REPORT –DECEMBER 2025

4. SPECIAL PROGRAMMES & DISTRICT INITIATIVES

An Election Prediction Contest was organised during the weekly meeting on 05 December 2025, adding a fun and interactive element to the meeting. Winners were announced during the Family Meet held on 21 December 2025.

Members also actively participated in Oppol District Projects such as ASHA, an AI-powered early detection programme for breast cancer conducted on 23 December 2025, and VIDYA, under which 30 bicycles were sponsored for girl students.

5. HARITHASREE PROJECT – OPPOL DISTRICT – BHOOMIKA

As part of the Harithasree Project – Bhoomika, the Club organised “Karshaka Dinam” on 28 December 2025 at Santhinagar Residence Association. The programme was inaugurated by Rtn. Dr. Santhosh Mitra, emphasising the importance of sustainable farming and community participation.

