

Ripples

Vol.17

Issue : 8

February 2025

NEWSLETTER OF ROTARY
CLUB OF PILATHARA



GOV
Special
Edition

The Rotary Foundation transforms your gifts
into service projects that change lives
both close to home and around the world

WHAT IMPACT CAN ONE DONATION HAVE?

- For as little as Rs. 5, a child can be protected from polio
- Rs. 4,500 can provide clean water to help fight waterborne illness
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PHF



Rtn. PHF
Sunil Kottarathil

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Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

President : Rtn. C.K. Purushothaman
 Secretary : Rtn. Sunil Kottarathil
 Treasurer : Rtn. T.T. Sajeewan
 GGR : Rtn. Aravindakshan K
 Asst. Governor : Rtn. Dr. K. Padmanabhan

RI President : Stephanie Urchick
 District Governor : Rtn. MD. Dr. Santhosh Sreedhar
 District Secretary : Rtn. Er. C.R Nambiar
 Rot. Int. Director : Rtn. TN Subramanian (Raju)
 Zonal Coordinator: Rtn. V.K.V Manoj

Stephanie A. Urchick

**RI President 2024-25
Rotary Club of McMurray
Pennsylvania, USA**



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13 January 2025

Dear Rotary Club of Pilathara,

It is my honor to send you goodwill and good wishes from Rotary leadership and all across our family.

Your club's inspiring accomplishment reflects Rotary's commitment to Service Above Self. It is also a testament to your club's devotion to its members, your community, and the world we all share.

As our vision statement says: Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

Your work is a shining example of Rotary's positive impact within and beyond our membership. Thank you for being active Rotary leaders who exemplify *The Magic of Rotary*.

Warm regards,

A handwritten signature in black ink that reads "Stephanie A. Urchick".

Stephanie A. Urchick
Rotary International President, 2024-2025

Know Our
DISTRICT GOVERNOR



A portrait of Dr. Santhosh Sreedhar, a middle-aged man with dark hair, wearing glasses and a light-colored patterned shirt. He is smiling and looking towards the camera. The background is dark and out of focus.

Rtn. MD. Dr. Santhosh Sreedhar

District 3204 Governor 2024-25

Dr. Santhosh Sreedhar is a renowned Dental Surgeon and Consultant Periodontist, whose dedication to the field of dentistry has earned him immense respect. He served as Professor & Head of the Department at Pariyaram Dental College, Kannur, and currently leads as the Director of S.S. Multi-Speciality Dental Clinic, Payyanur.

Beyond his professional achievements, he has been a guiding force in the Indian Dental Association and the Society of Periodontology, holding prestigious positions such as Editor of the Kerala Dental Journal, State President & National Vice President of IDA, and National President of the ISP. His contributions to the medical and dental community are truly commendable.

Dr. Santhosh Sreedhar's Rotary journey began in 1999 when he joined the Rotary Club of Payyanur. His leadership qualities quickly shone through, leading him to serve as Club Secretary in 2002-03 and later as President in 2009-10. Since then, he has held numerous key positions in Rotary Districts 3200, 3202, and 3204, including - District Chair (Dental Care), Editor (Governor's Monthly Letter), Deputy Director (The Rotary Foundation), District Director (Leadership Development), Assistant Governor, GGR, Regional Coordinator, Conference Chair, District Membership Chair, District Public Image Chair, and New Club Advisor, among many others.

A true Rotarian at heart, Dr. Santhosh Sreedhar has been recognized with multiple prestigious awards, including Best Secretary, Best President, Best GGR, Best District Officer, Best Assistant Governor, and Best Regional Coordinator.

His dedication to Rotary International extends beyond borders - having attended Rotary Zone Institutes, RI Conventions, and the International Assembly. His humanitarian spirit led him to serve as a member of the Indo-Nigerian Medical Mission's Vocational Training Team in 2020 and 2023, making a significant impact on global healthcare.

An exemplary **CENT PERCENTER**, Dr. Santhosh Sreedhar has upheld the highest standards of commitment in Rotary. His philanthropic spirit is reflected in his contributions as a Major Donor & Benefactor of The Rotary Foundation, an End Polio Fellow, a member of the Polio Plus Society, and the Paul Harris Society.

A Certified Trainer of the Rotary Leadership Institute, he has also authored a book on Rotary in Malayalam, making Rotary knowledge more accessible to our community.

Beyond his professional and Rotary commitments, he is a perfect example of balancing family, profession, and service. His better half, Rtn. **MD Dr. Sudha Santhosh**, is also a passionate Rotarian and Dental Surgeon. Their children continue the legacy of excellence—Rtn. MPHF Dr. Sanjana Santhosh, a final-year MDS student, and Annet MPHF Dr. Sanjith Santhosh, currently completing his House Surgency after BDS.

With his unwavering dedication, leadership, and inspiring vision, District Governor Rtn. Dr. Santhosh Sreedhar is truly a beacon of Rotary's motto, **Service Above Self**.

Message from ZONAL COORDINATOR

Dear Rotary Leaders,

I wholeheartedly congratulate President **Rtn. C.K. Purushothaman** and his dedicated team of office bearers for an **exceptional Rotary year** filled with impactful activities. I also take this opportunity to appreciate the **Rotary Club of Pilathara** for consistently publishing the club bulletin, **Ripples**, especially on the occasion of the **Governor's Official Visit**. Club bulletins serve as a powerful medium to spread Rotary's message, enhance public image, and inspire community engagement.

Pilathara Rotary, being a vibrant club, has demonstrated its commitment to **effective meetings and dedicated service to society**. As the Zonal Coordinator, I extend my full support in ensuring another remarkable year of service and leadership.

Let us join hands to spread the magic of Rotary across the world!

“Spread the
MAGIC of Rotary
across the World.”

Rtn. MPHF, VKV Manoj
Zonal Coordinator 2024-25



Rtn. Dr. K. Padmanabhan
Asst. Governor, 2024-25

I extend my heartfelt congratulations to Rotary Club of Pilathara for its **outstanding performance this year**. Under the leadership of **President Rtn. C.K. Purushothaman** and his dedicated team, the club has maintained a well-balanced approach, excelling in projects, membership growth, and contributions to The Rotary Foundation.

A special appreciation to Secretary **Rtn. PHF Sunil Kottarathil** for his **prompt reporting, meticulous record-keeping, and efficient club administration**.

My vision this year has been to inspire RC Pilathara to reach new heights, and I sincerely hope to see the club achieve its first Major Donor and work towards becoming an **Every Rotarian Every Year club**.

Keep up the fantastic work, Pilatharians!

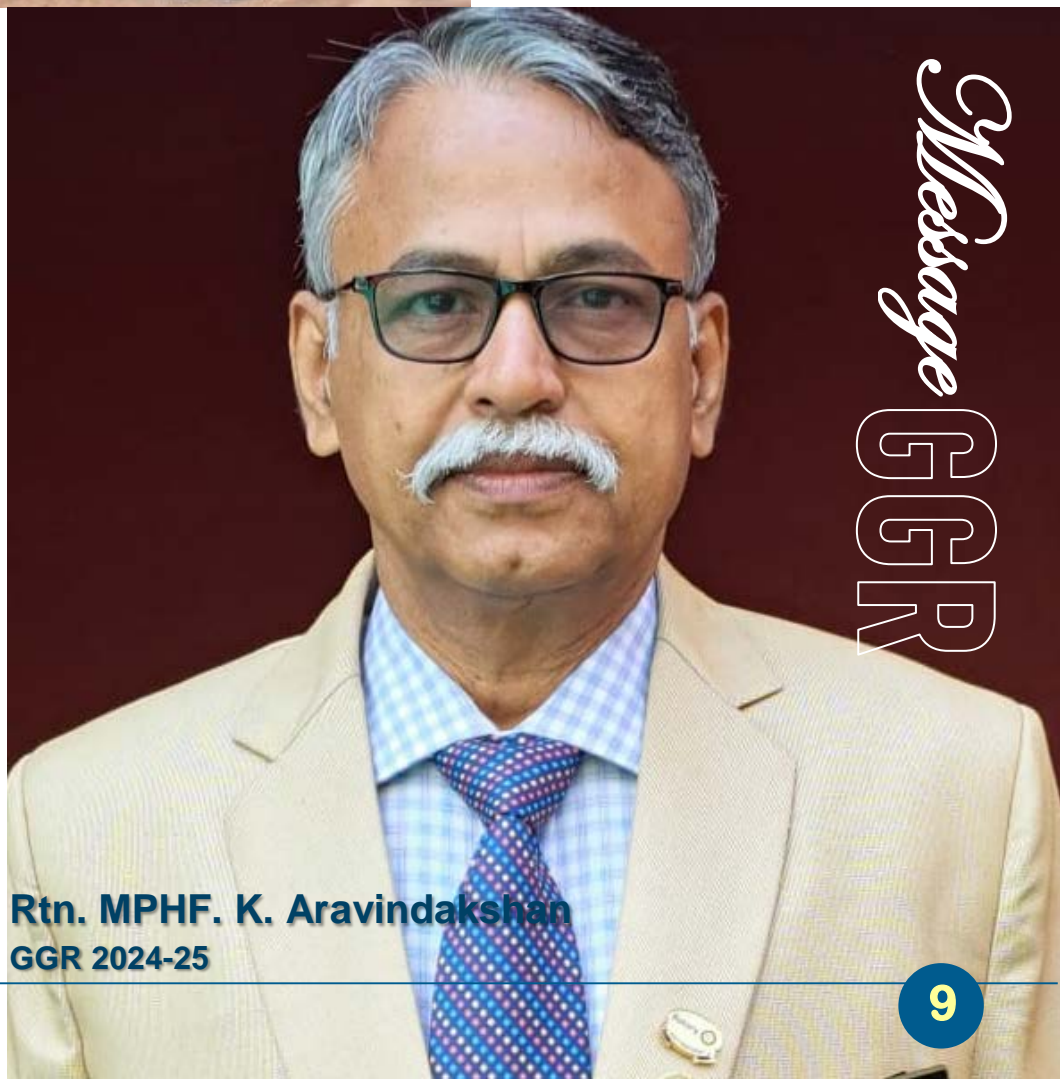
Dear Rotarians,

As our club completes 17 successful years, it is heartening to see its **steady growth and continued excellence**. This year holds special significance as our club bulletin, **RIPPLES**, is being published every month with **exceptional content and presentation**.

I am delighted to know that the eighth issue is set to be released during the Governor's Official Visit, showcasing the remarkable activities undertaken throughout this Rotary year.

Kudos to the President, Secretary, Bulletin Editor, and the entire team for their **dedication and hard work**. Keep up the great momentum and continue reaching new heights!

With you always.



Rtn. MPHF. K. Aravindakshan
GGR 2024-25

Message from the PRESIDENT

Looking back at the past seven months of this Rotary Year, it is truly gratifying to see how far we have come. The initial concerns and challenges have faded in the light of the remarkable progress we have achieved - an undeniable testament to the *Magic of Rotary*.

Some of the most fulfilling service projects include the impactful environmental initiatives led by Rtn. MPH MC Shaji, the inspiring RYLA at Vellora School, and the life-changing *Gift of Sight Eye Camp* spearheaded by Rtn. PHF Rajivan T. Our commitment to environmental sustainability is evident in projects like *Snehathoppu*, the *Miyawaki Forest*, and the *Mathamangalam Town Beautification*. With over ten awareness sessions and five medical camps completed, we are now moving towards even more transformative initiatives. The commencement of construction for two houses under the *Chittilappally Rotary Swapnabhavanam* project marks the beginning of yet another impactful journey.

Achieving milestones across all five Avenues of Service and the seven Areas of Focus within such a short span is a remarkable feat. Pilathara Rotary Club has not only effectively executed the activities designated for each Rotary month but has also aligned with district priorities by implementing projects across all seven paths.

With meaningful service at the core, it is no surprise that we have welcomed five new members, who value the services of Rotary, this year. More than numbers, our emphasis remains on quality, sustainability, retention, and impactful service. I am confident that what we have initiated will leave a lasting legacy and propel us towards even greater heights in the coming months.

Rtn. C.K. Purushothaman
Club President

Since the installation of the 2024-25 office bearers on June 22nd, the Rotary Club of Pilathara has made remarkable strides that we can all be proud of.

Over the past seven months, each Rotary-designated month has been marked by meaningful and impactful projects. January, being *Vocational Service Month*, was no exception, featuring initiatives such as the *Vocational Excellence Award*, *Mini-Classification Talks* by members, recognition of professionals from various fields, and a dedicated session on the *Four-Way Test*.

Our approach to service has been organic and strategic—what began as awareness sessions has steadily evolved into large-scale initiatives, reinforcing the belief that true impact is built over time, not just checked off a list:

For instance, our educational initiatives in September took on a greater dimension in November during *World Interact Week*, when club officers actively promoted Rotary values in educational institutions. This led to a series of impactful programs, including *RYLA*, *Motivational Sessions*, *Creative Adolescence*, the chartering of *Interact and Rotaract Clubs*, and other tailored initiatives aligned with institutional needs.

Beyond service, our club has strengthened its bonds through the observance of special days such as *Independence Day*, *Teachers' Day*, *Doctors' Day*, *Children's Day*, *Indian Navy Day*, *Handwashing Day*, and *Human Rights Day*, along with festive celebrations of *Diwali*, *Onam*, *Christmas*, and *New Year*.

Report of Activities SECRETARY

Rtn. PHF Sunil Kottarathil
Club Secretary

As you explore the detailed reports in this newsletter, we hope you gain deeper insights into the impactful projects we've undertaken and the best practices that continue to drive our success.



Rotary



FIVE AVENUES OF SERVICES

Rotary's ideal of service is deeply rooted in its **Five Avenues of Service**—**Club Service**, **Vocational Service**, **Community Service**, **International Service**, and **Youth Service (New Generations)**—which form the philosophical cornerstone of Rotary International. Each avenue represents a vital aspect of Rotary's mission, guiding clubs in their efforts to create meaningful impact both locally and globally.

Club Service focuses on the effective functioning of the club by fostering fellowship, engagement, and strong administration. **Vocational Service** encourages Rotarians to uphold high ethical standards in their professions and contribute their expertise for the greater good. **Community Service** addresses local needs through impactful projects that uplift society. **International Service** fosters global goodwill and understanding by supporting humanitarian efforts across borders. Finally, **Youth Service** invests in young leaders by mentoring and empowering the next generation through programs like Interact, Rotaract, and RYLA.

By actively engaging in these avenues, Rotary clubs work collectively to fulfill the **Object of Rotary**, which emphasizes service, ethical leadership, and international peace and goodwill.

Service Above Self



*Club Service, **Rotary's first avenue of service**, plays a pivotal role in ensuring the effective administration and internal functioning of the club. It serves as the foundation upon which the other avenues of service—focused on local and global impact—can thrive. A well-organized and vibrant club fosters **strong fellowship, encourages member participation, and enhances the overall effectiveness of Rotary's mission.***

*In essence, Club Service encompasses a wide range of **internal activities**, including promoting members' attendance at meetings, maintaining camaraderie among members, planning engaging programs, fostering membership development, conducting classification surveys, providing Rotary information, publishing club bulletins, and strengthening public relations. By prioritizing Club Service, Rotary clubs can **enhance their health, vigor, and overall effectiveness**, ensuring **sustained impact** within the community and beyond.*

CLUB SERVICE

The Cornerstone of Rotary

1. Installation of Office Bearers for the year 2024-25:-

The installation ceremony of **President Rtn. CK Purushothaman** and his team of office bearers for the **2024-25 term** took place on **22nd June 2024** at **Pilathara Pearl**. The event was graced by **Chief Guest PDG Rtn. MD VG Nayanar**, adding prestige to the occasion.



With an enthusiastic gathering of around **250 attendees**, including **Rotarians, Anns, and invited guests**, the ceremony was a grand success. The event marked the beginning of a new Rotary year with renewed commitment and vision for impactful service.

2. Weekly Meetings:-

The **Rotary Club of Pilathara** holds its **regular weekly meetings every Wednesday at 7 PM** at **Rotary Pearl, Pilathara**. Attendance at these meetings varies between **40% and 70%**, reflecting the commitment and engagement of the members.

These gatherings serve as a platform for **creative discussions**, where members actively evaluate ongoing projects, suggest improvements, and contribute valuable insights. Beyond project discussions, the meetings foster camaraderie, providing an opportunity for members to connect, share their views, and strengthen fellowship within the club.

3. Monthly Board Meetings:-

The **Rotary Club of Pilathara** has established a routine of conducting its **monthly board meeting on the second Wednesday of every month**. These meetings play a crucial role in shaping the club's activities, as **major decisions and planning for upcoming weeks** are discussed and finalized.

In addition to the board members, the meetings are attended by **club officers and committee chairs**, ensuring a collective and strategic approach to decision-making. This structured planning helps in the smooth execution of club projects and enhances the overall efficiency of the club's administration.



4. Monthly Family Gatherings:-

Monthly family meetings are a cherished tradition of the **Rotary Club of Pilathara**, bringing members and their families together to celebrate special occasions such as **birthdays, anniversaries, marriages, and notable achievements**. These gatherings foster camaraderie and strengthen the bonds among Rotarians, creating a warm and inclusive club atmosphere.

The meetings are filled with **fun, entertainment, music, dance, and joyful celebrations**, culminating in a **grand dinner**. The **Ann's Forum** plays an active role in organizing various activities, ensuring each family meeting is memorable and engaging. This tradition reflects the club's commitment to fellowship and togetherness, making it a distinctive aspect of its culture.

5. Club Assembly:-

Whenever **detailed discussions and preparations** are required for specific projects or activities, the **Rotary Club of Pilathara** organizes **special meetings** to gather members' insights and suggestions. These **Club Assembly meetings** provide a platform for focused discussions, ensuring that all aspects of a project are thoroughly examined and planned effectively.

The most recent **Club Assembly** was convened to **discuss the planning and preparation for the Governor's Official Visit (GOV)**. Members actively participated, contributing valuable ideas and ensuring that all arrangements were meticulously organized to present the club professionally to the **District Governor and other visiting Rotarians**. These assemblies play a crucial role in maintaining the club's efficiency and effectiveness in executing its service initiatives.



6. Honoring Immediate Past team (01-Aug-24):-

Rotary Club of Pilathara has continued to excel, especially over the past two years, by truly embodying Rotary International's motto, **"Service Above Self."** Recognizing that the wisdom and dedication of past leaders serve as the foundation for the club's ongoing growth, the club **honored Immediate Past President Rtn. MPHF Muraleedharan KP and Secretary Rtn. MPHF Raveendranathan C** for their **remarkable contributions during the 2023-24 term**. As a token of appreciation, they were adorned with **traditional shawls**, symbolizing the club's gratitude for their selfless service and leadership.

7. Honoring Ex-Service Men (15-Aug-24):-

On **Independence Day**, the club paid tribute to its esteemed **ex-servicemen members** in a heartfelt ceremony. **Rtn. MPHF Aravindakshan, Rtn. MPHF Chathukutty Nambiar, Rtn. Lakshmanan Amanthra, and Rtn. Lakshmanan K** were honored for their distinguished service in the **Indian Army and Navy**. Their service stands as an **inspiration to the younger generation**, reinforcing the values of patriotism and commitment to the community.





8. Independence Day Celebrations (15-Aug-24):-

The Rotary Club of Pilathara proudly celebrated the **78th Independence Day** with great enthusiasm and patriotic spirit. The event commenced at **9:00 AM**, with **Club President Rtn. CK Purushothaman** hoisting the **tricolor flag** in front of **Rotary Pearl**, the home of Pilathara Rotary Club. Several members actively participated, making the occasion truly memorable.

Beyond the club premises, members **extended their commitment to society** by taking part in **Independence Day celebrations** at nearby **schools and community centers**, reinforcing Rotary's dedication to nation-building and community service.

9. New Member Induction (29-Aug-24):-

Spreading awareness about **Rotary International's noble services** is essential for the organization's growth and helps attract dedicated individuals who can **contribute meaningfully to societal service**. The Rotary Club of Pilathara actively promotes its activities and follows a **selective induction process** to ensure that new members align with its values and mission.

On 29th August 2024, the club warmly welcomed **Rtn. Ramesh Chirayil** as its newest member. The traditional lapel pin ceremony was conducted by **GGR Rtn. MPHF Aravindakshan**, marking Rtn. Ramesh's formal induction. A seasoned finance professional, Rtn. Ramesh brings **valuable expertise and commitment to the Rotary movement**.



10. Rotary Club Level Quiz Contest (11-Sept-24):-

The Rotary Club of Pilathara successfully conducted its **Club Level Quiz Contest** on 11th September. The session was meticulously led by **District Zonal Learning Facilitator, Rtn. PHF PV Surendranath**, whose efforts in organizing and conducting the contest were highly appreciated by all.

The written quiz, consisting of **20 questions**, focused on the history, service, and activities of Rotary International. After an **engaging and competitive session**, the top three winners, (**Rtn. Aravindakshan, Rtn. Sunil Kottarathil and Rtn. Gireesh Kumar**) who will advance to the **Zonal Level Quiz Competition** scheduled for **October**.



11. Onam Celebrations (29-Sept-24):-

The Rotary Club of Pilathara celebrated **Onam** on Sept. 29th, marking it as a memorable day for all. Nearly 100 attendees enjoyed a **blend of cultural programs**. The highlight was the grand **Onam Sadya**, complemented by fun games. Chief Guest Sri **Ebi N Joseph**, Vice President of Kerala Lalithakala Academy, inspired the gathering with his words. **Program Chair Rtn. Gireesh Kumar**, with support from Ann **Deepa Gireesh** and the Anns Forum, ensured meticulous planning and seamless execution. The celebration fostered camaraderie and cultural pride, reflecting the Rotary Club's commitment to fellowship, unity, and tradition, making it a truly **unforgettable event**.





CLUB SERVICE

12. Combined Meeting of Clubs Under Kannur Mid Zone:-

The **Rotary Club of Pilathara** successfully hosted a **combined meeting** of all **clubs** under the **Kannur Mid Zone** on **9th October**. The session was chaired by Zonal Coordinator **Rtn. VKV Manoj** and skillfully moderated by Past District Governors **Rtn. VG Nayanar** and **Rtn. Pramod Nayanar**.

The meeting brought together **Club Presidents, Secretaries, GGRs, AGs, and invited guests**. Participants engaged in a **comprehensive review of the first-quarter activities**, discussed **district priorities**, addressed concerns, and brainstormed strategies for future initiatives.

The **productive discussions** and exchange of ideas were followed by a **fellowship dinner**, fostering a strong sense of **unity and collaboration** among the clubs in the zone. The event highlighted the power of collective effort in driving meaningful impact within the Rotary community.

13. Kannur Mid Zone Rotary Quiz Contest (20-Oct-24):-

Rotary District 3204 launched the **Zonal Level Quiz Contest** on **20th October**, beginning with the **Kannur Mid Zone Rotary Quiz Contest** held at **Pilathara**. The event, organized under the leadership of **Zonal Coordinator Rtn. VKV Manoj**, was hosted by the **Rotary Club of Pilathara**. The function was presided over by Club President **Rtn. CK Purushothaman** and inaugurated by the **Chief Guest, District Deputy Learning Facilitator Rtn. Dr. M. Vinodkumar**. **GGR Rtn. Aravindakshan** welcomed the audience.

The Quiz Master, **Rtn. AK Vinodkumar (ZLF, Kannur North Zone)**, conducted the contest professionally, guiding participants through four engaging rounds of questions, including audio-visual segments. The event witnessed enthusiastic participation and a competitive spirit, making it a remarkable knowledge-sharing experience for all attendees.



14. Celebrating Achievements of Past team (20-Oct-24):-

On the evening of **20th October**, the **Rotary Club of Pilathara** hosted a vibrant **Family Night**, celebrating the club's achievements over the past year. The event was skillfully planned by **Program Chair Rtn. Surendranath**.

The **district awards** received by the club last year were proudly displayed, and past **President Rtn. Muraleedharan** and **Secretary Rtn. Raveendranathan** were honored for their invaluable contributions leading to the best President and best Secretary awards during 2023-24 term, by **Chief Guest Rtn. Suresh Shenoy**.



15. Diwali Celebrations (31-Oct-24):-

The **Pilathara Rotary Club** celebrated **Diwali** on the evening of **31st October 2024** at **Rotary Pearl**, bringing together around 50 members and families. Participants gathered to **light traditional lamps**, illuminating the **Rotary Pearl building** at sunset and **creating a serene and festive ambiance**. The event concluded with the distribution of sweets, marking a shared gesture of joy and unity. This Diwali gathering was a reminder of the club's shared vision to brighten not only homes but hearts and hopes for a better tomorrow.





16. Awareness Session on TRF (20-Nov-24):-

As part of Rotary Foundation Month, the Rotary Club of Pilathara organized a 90 minutes awareness session on TRF on 20th Nov. Leading the session, **AG Rtn. Dr. Padmanabhan** presented the purpose of TRF, its utilization, contribution opportunities, various funds including Annual Fund, End Polio Fund, Endowment Fund, Disaster Management Fund etc. Recognition opportunities such as the EREY award, guidance on correcting errors in fund allocations and the inclusion of non-Rotarians as potential contributors to TRF were also detailed. The session provided valuable insights, answering members queries and encouraging greater involvement in TRF contributions. Members expressed their commitment to promoting TRF within the club.

17. Family and Fellowship Meet (24-Nov-24):-

On 24th November, the Rotary Club of Pilathara hosted a delightful Family Night filled with fun, games, entertainment, and musical performances by members and guests. The event, skillfully planned by Program Chair **Rtn. MPHF Sukumaran KV**, created an atmosphere of joy and camaraderie. The interactive, music-based games, led by **Ann Jaya Haridas**, took everyone on a nostalgic journey through old and new Malayalam film songs, adding a unique charm to the celebration. The **vibrant family bonding atmosphere** inspired guests to participate, making the event even more memorable. The evening concluded with lively activities, delicious dinner, and shared laughter, leaving everyone with **cherished memories of the special night**.



18. New Year Celebrations (31-Dec-24):-

The Rotary Club of Pilathara celebrated **New Year's Eve** on 31st December 2024 at the Pilathara Pearl, bringing together members and their families for a night of **joy and camaraderie**. Members came together to cut a cake, symbolizing the spirit of unity and celebration. The program was filled with entertainment, including songs, dances, fun games, and engaging activities, ensuring an enjoyable time for all. A spectacular display of **fireworks** added to the charm of the night, making it truly unforgettable. The celebrations concluded with a sumptuous dinner, leaving everyone in high spirits. The event marked a vibrant welcome to the New Year, reinvigorating members with **renewed energy and enthusiasm**.

19. Remembering Late Rtn. Unnikrishnan (24-Jan-24):-

The Rotary Club of Pilathara hosted its January Family Meeting on 24th January 2025 to commemorate the death anniversary of **Past President Late Rtn. Unnikrishnan**. The event was graciously sponsored by **Rtn. Vimala Unnikrishnan** and brought together members and their families for an evening of remembrance, entertainment, and fellowship. The highlight of the evening was a mesmerizing violin performance by Engineer **Sudheesh Puracheri**, which captivated the audience. The event concluded with a lavish dinner, leaving everyone with a **sense of warmth, gratitude, and shared camaraderie**.





VOCATIONAL SERVICE

Vocational Service is a fundamental aspect of **Rotary's mission**, emphasizing the **application of the ideal of service in all vocations**. It promotes **high ethical standards in professional and business practices**, recognizes the **value of all useful occupations**, and encourages Rotarians to **contribute their vocational talents** to address societal challenges. This includes promotion of 4 way test, declaration for Rotarians in businesses and professions, vocational service related activities, volunteer services and vocational tours and recognising the good vocations properly by conferring excellence awards etc.

By embracing **Vocational Service**, Rotarians uphold integrity, foster professional development, and make meaningful contributions to society through their expertise.



VOCATIONAL SERVICE The Soul of Rotary

1. Recognition of Vocational Service (01-Jul-24):-

Marking the Doctors Day, the **Rotary Club of Pilathara** recognized the **selfless and dedicated service** of **Dr. DK Manoj**, Deputy Superintendent of Govt. Medical College, Kannur.

As a token of appreciation, a team from the **Rotary Club of Pilathara** visited **Dr. DK Manoj** at his office, where he was honored in the presence of the hospital staff. **Club President Rtn. CK Purushothaman** presented a **traditional shawl** to Dr. Manoj as a mark of respect.



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2. Freedom Scholarship 2024:-

On the occasion of the **78th Independence Day**, the **Rotary Club of Pilathara**, in collaboration with **Archikites Computer Education, Pilathara**, launched the **Freedom Scholarship-2024** program. This initiative is designed to **empower youth with in-demand digital skills**, aligning with India's vision of a "**Vikasith Bharath**."

By encouraging the younger generation to acquire **practical, job-oriented skills**, this initiative aims to **contribute to India's transformation into a developed nation by 2047**, the **centennial year of independence**.

3. Vocational Training Program With RUDSET Institute:- (Refer to District Priority Projects for details.)

4. Mini-Classification Talk (January-2025):-

With the goal of promoting awareness and dignity of various professions, the **Rotary Club of Pilathara** organized a series of **Mini-Classification Talks** during Vocational Service Month. **Rtn. KP Balan, Rtn. Balakrishnan, Rtn. Lakshmanan Amandra and Rtn. PHF Sunil Kottarathil** conducted an engaging sessions. These sessions provided members with a deeper understanding of various industries, fostering greater appreciation for their challenges and contributions while **strengthening professional connections within the club**.





5. Special Meeting Dedicated to Four-Way Test:-

The Rotary Club of Pilathara held a **special meeting on 22nd January**, dedicated to the Four-Way Test and the Declaration of Rotarians in Business and Professions.

The session aimed to encourage and **foster high ethical standards in business and professions**, to recognise the worthiness of all useful occupations, to dignify the Rotarians occupation as an opportunity to serve society. Moderated by **GGR Rtn. MPHF Aravindakshan K**, the discussion saw active participation from all members, making the session engaging and impactful.

6. Recognition of Vocational Service (24-Jan-2025):-

On 24th January 2025, the Rotary Club of Pilathara **honored Sri. O.K. Narayanan Namboothiri**, Editor of Mathrubhoomi Daily, for his outstanding contributions to journalism and his dedicated commitment to social causes. This recognition was part of the club's initiatives to commemorate **Vocational Service Month**, underscoring the significance of professional excellence and ethical service to society.



7. Vocational Excellence Award (29-Jan-2025):-

To commemorate **Vocational Service month**, the Rotary Club of Pilathara honored an outstanding individual from the community with the prestigious Vocational Excellence Award. This award celebrates **exemplary professional achievement** combined with the **highest ethical standards** - a tradition the club has proudly upheld over the years. **Sri. K.V. Ramachandran**, postman at Nareekkamvally Post Office, has been selected as this year's recipient. Over his remarkable 36-year career, he has earned the admiration and respect of the local community by delivering letters directly to individuals' hands without delay, embodying the true essence of dedicated service. The award was presented by Past District Governor Rtn. **MD Pramod Nayanar** on 29th January at Rotary Pearl, Pilathara.

8. Training on Vocational Skill Development (31-Jan-25):-

The Anns Forum of the Rotary Club of Pilathara launched a vocational training program aimed at empowering local residents with the skills needed to start their own small-scale businesses. The training session was conducted on 31st January 2025 at Kadannappalli East LP School, focusing on soap manufacturing as a sustainable livelihood option. Payyanur Block Development Officer, Smt. Smitha RK, led the session, providing insights into business opportunities and skill development. Smt. Mary Benny Chunduparamba demonstrated the step-by-step process of making organic soap, ensuring participants gained hands-on experience. The program benefited 30 women from the neighborhood, equipping them with practical knowledge to embark on their entrepreneurial journey.





COMMUNITY SERVICE

Rotary's third avenue of service, **Community Service** encourages and fosters the application of ideal of service to the personal, business and community life of every Rotarian. This is an opportunity for every Rotarian to exemplify the Rotary's main motto, "**Service Above Self**". In simple words, all services rendered to the community for their benefit by an individual Rotarian and the clubs are called community services.



PEACEBUILDING AND
CONFLICT PREVENTION



DISEASE PREVENTION
AND TREATMENT



WATER, SANITATION,
AND HYGIENE



MATERNAL AND
CHILD HEALTH



BASIC EDUCATION
AND LITERACY



COMMUNITY ECONOMIC
DEVELOPMENT



ENVIRONMENT

PEACE BUILDING AND CONFLICT PREVENTION



1. Training Session on Conflict Resolution (2-Oct-24):-

On 2nd October 2024, marking Gandhi Jayanthi, the Rotary Club of Pilathara conducted an insightful awareness session on **Peace Building and Conflict Resolution**. The session was led by **Rtn. Sunil Kottarathil**, who highlighted the enduring values taught by Mahatma Gandhi and their relevance in today's world. Emphasizing Gandhi's principles of non-violence, tolerance, and dialogue, Rtn. Sunil discussed practical approaches to implementing these values in modern times to foster peace and resolve conflicts. The session was an opportunity to reflect on Gandhi's teachings and explore how they can be integrated into our daily lives **to build a more harmonious society**.



WATER, SANITATION, AND HYGIENE

2. Cleanliness Campaign (02-Oct-24):-

Rotary Pilathara promoted a **healthy environment** through a cleanliness campaign on 2nd Oct, emphasizing the importance of maintaining cleanliness both at home and in public spaces, reinforcing the message that a cleaner environment begins with individual and community action.

3. World Toilet Day - Cleaning of Womens Toilet (19-Nov-24):-

Pilathara Rotary Club revisited Pilathara UP School to renovate the girls toilet, observing **World Toilet Day**.



4. Hand Hygiene Campaign on Global Handwashing Day (15-Oct-24):-

The Rotary Club of Pilathara observed Global Handwashing Day by spending the afternoon with the students of Kadannappalli UP School. **Dr. Anjali Sivaram**, a renowned Ayurveda doctor, conducted an interactive session where she demonstrated proper **handwashing techniques**, encouraging the students to practice and adopt this essential habit in their daily routine. The students actively participated, gaining valuable insights into the **importance of maintaining hand hygiene**.



DISEASE PREVENTION AND TREATMENT



5. Knowing the Unknown – Disease Prevention Session:-

The Rotary Club of Pilathara conducted an insightful awareness session titled "**Knowing the Unknown**," led by Rtn. **Dr. Sujesh Viswanathan**, on 10th July 2024. The session was attended by 21 members. Dr. Sujesh emphasized the **importance of early detection and appropriate action** to prevent further damage. The seminar concluded with a highly informative Q&A session, where members took the opportunity to clarify their concerns. Inspired by Dr. Sujesh's talk, members pledged to utilize the modern facilities available at the clinic in Pilathara, underscoring the session's success in raising awareness and encouraging proactive healthcare.

6. Disease Prevention Through Ayurveda (16-July-24):-

In collaboration with the Nareekkam Valli Vayanasala, the Rotary Club of Pilathara conducted an enlightening awareness session on the prevention of communicable diseases. The session was led by the esteemed Ayurveda doctor, **Dr. Jino Gopal Paleri**, and attended by an audience of 45 people. Dr. Paleri emphasized the importance of adopting **traditional Ayurveda treatments** for a healthier life, stressing that Ayurveda should be embraced as a cultural practice. The event, which lasted over an hour, was well received by the audience. Officials from Pilathara Rotary Club, Anns Forum and the Vayana Sala addressed the audience. The **Anns Forum** took the lead in organizing this impactful event, underscoring the community's commitment to promoting health and well-being through **traditional practices**.



7. Honoring Medical Professionals on Doctors Day:-

Rotary Club of Pilathara honored the club members who are involved in the medical profession for their vocational excellence and social commitments, by visiting them at their home / work place with an aim to spread general awareness among the circles on the values of their service in the community. Dr. Prakash KV, Dr. Sheena Prakash, Dr. Jiji Sankar, Dr. Sujesh Viswanathan, Dr. Ashil Mohandas, Dr. Ranjith Raveendran, Dr. Rajani Sajeewan, Dr. Keerthana and Prasanna Kumar were honored as part of the program.

8. Gift of Share – Awareness on Organ Donation:-

An awareness program on Organ Donation was held on 14th August at Pilathara Pearl. Rtn. **Dr. KV Prakash** led the session, emphasizing the concept of the "Gift of Life after Life." He explained the significance of organ donation and detailed the procedures involved, including which organs can be donated posthumously and the time frame within which transplants need to be conducted. Many Rotarians were inspired by the session's insights and expressed their willingness to register for organ donation, realizing the profound impact it can have on saving lives.



9. Medical Camp (22-Sept-24):-

The Rotary Club of Pilathara, in collaboration with Sahakar Medicals and Kunhimangalam Rotary Club, successfully organized a free medical camp at Ezhilode on 22nd September. The camp was inaugurated by **Rtn. Dr. KV Prakash**. Over 200 local residents benefited from the camp, where more than 16 types of medical tests, including ECG and eye tests, were provided. Along with the tests, the attendees received diagnoses and recommendations for further medical check-ups and treatments. The event, aimed at delivering essential healthcare services to the local community, was well-organized and recognized as a significant success.



10. Gift of Cure - Kidney Care - (25-Aug-24):-

Refer to District Priority Projects for details.

11. Gift of Smile - Dental Care - (04-Sept-24):-

Refer to District Priority Projects for details.

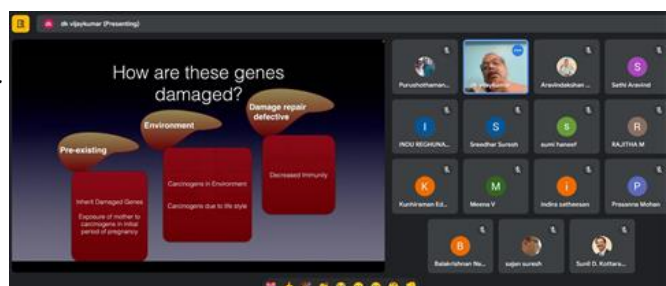
12. Gift of Love – White Canes to Visually Impaired (14-Oct):-

In observance of World White Cane Day, the Rotary Club of Pilathara, in collaboration with BRC Madayi, presented white canes to 20 visually impaired individuals on 14th October. The event emphasized the need for continued support for the visually impaired and highlighted the critical role of accessibility and assistance in their daily lives. The function was attended by local social leaders, Panchayat and government officials, school teachers, and students. **Rotary District Zonal Coordinator, Rtn. VKV Manoj**, graced the event as the chief guest.



13. Breast Cancer Awareness Session (13-Oct-24):-

On **Breast Cancer Awareness Day**, the Rotary Club of Pilathara organized an interactive awareness session for Rotarians, their families, and guests. The session was led by **Dr. DK Vijayakumar**, Professor and Head of the Breast Cancer Division at Amrita Hospital, Kochi. Dr. Vijayakumar engaged with the audience through an online platform, providing valuable insights on breast cancer awareness, prevention, and treatment. He addressed various questions from participants, helping to enhance understanding and emphasize the importance of early detection and regular check-ups.



14. Awareness Session on World Diabetes Day (14-Nov-24):-

The Rotary Club of Pilathara observed **World Diabetes Day** on 14th November 2024 with an insightful awareness session held at the Cheruthazham Public Health Center. The session, led by medical officers **Dr. Ranjith** and **Dr. Shyla**, emphasized diabetes prevention, management, and the global significance of the day. The program saw active participation from the health center staff, Rotarians, Anns, and the public. Attendees gained valuable knowledge on diabetes prevention strategies, treatment options, and the importance of maintaining a healthy lifestyle to combat the disease. This initiative underscores the club's dedication to promoting health awareness and supporting community well-being.

15. Gift of Share – Organ Donation - (01-Dec-24):-

Refer to District Priority Projects for details.



16. World Aids Day – Medical Camp (01-Dec-24):-

The Rotary Club of Pilathara marked **World AIDS Day** on 1st December 2024 with a mega medical camp at SPECTRA MediCity, Pilathara. Spearheaded by **Rtn. Ramesh Chirayil**, the camp offered free specialist consultations. The event was inaugurated by District Deputy Learning Facilitator Dr. M. Vinodkumar and honored by the visit of AG Rtn. Dr. Padmanabhan. The initiative witnessed active participation, with 20 club members, 7 Anns and many local residents benefiting from the comprehensive medical services provided.

17. Observing World Disability Day (03-Dec-24):-

The Rotary Club of Pilathara commemorated **World Disability Day** on 3rd December 2024 by visiting Inspire, a center dedicated to **empowering differently-abled individuals**. The International Day of People with Disabilities (IDPD) aims to foster understanding and acceptance of persons with disabilities. The club collaborated with Ezhilode EMS Vayanasala to honor the mothers of disabled children. In a heartfelt gesture, Club President **Rtn. CK Purushothaman** presented traditional shawls to the mothers, acknowledging their unwavering strength and dedication.



18. Wheelchair Distribution (25-Dec-24):-

On 25th December 2024, the Rotary Club of Pilathara extended its support to a deserving individual by distributing a **wheelchair to Mr. Vishnupriyan** from Chumaduthangi, Pilathara. Mr. Vishnupriyan, a final-year degree student at Pilathara Cooperative College, has been bedridden following a severe road accident three months ago. After undergoing extensive treatment at Kannur MIMS Hospital, he recently returned home to continue his recovery. The wheelchair was officially handed over to his father, Mr. Pavithran PP, by the club's President, Rtn. CK Purushothaman, exemplifying the club's commitment to community service and making a meaningful difference in people's lives.

19. Gift of Sight – Avoidable Blindness (12-Jan-25):-

Refer to District Priority Projects for details.

20. Gift of Life – Basic Life Support (30-Jan-25):-

Refer to District Priority Projects for details.



21. Distribution of Eye Glasses (29-Jan-25):-

The Rotary Club of Pilathara successfully distributed spectacles to 40 individuals on 29th January 2025 at 5 PM at Rotary Pearl, Pilathara. These beneficiaries were identified during the recent eye camp, ensuring that those in need received the necessary vision support. This initiative marks yet another significant step in the club's ongoing commitment to community service, reinforcing its dedication to improving the quality of life for the underprivileged.

MATERNAL AND CHILD HEALTH



22. Post Delivery Health – Plastic Surgery (11-Aug-24):-

The **Anns Forum** of Pilathara Rotary Club organized an enlightening session on the vast possibilities of plastic surgery, particularly focusing on **post-delivery** body contouring for women. **Dr. Krishnakumar KS**, Chief and Senior Consultant in Plastic & **Reconstructive Surgery** at Baby Memorial Hospital, Kannur, led the session with an informative audio-visual presentation. **Anns Forum** President **Ann Deepa Gireesh** welcomed the audience, and **Rtn. CK Purushothaman** presided over the event.



23. Supporting Women and Children at Shelter Home (29-Oct):-

Under the leadership of **Anns Forum**, the Pilathara Rotary Club supported women and children at **St. Luke's Home** for Aged and Infirm Women in Muriathode, Ariyil PO, Pattuvam, Taliparamba. Clothes and essential supplies were distributed to over 30 women residing in this shelter, which is supported by missionary efforts and social organizations. As part of "**Santhwanam-2024**," the Rotary Club contributed additional **resources toward medication**, healthcare, and the general well-being of the home's residents, emphasizing their commitment to impactful service.

24. Women Wellness – Ayurveda Camp (24-Nov-24):-

In observance of the International Day for the Elimination of Violence against Women on 25th November, a day dedicated to combating gender-based violence and promoting women's rights, the **Anns Forum** of Pilathara Rotary Club, in collaboration with Govt. Ayurveda College Pariyaram, organized a **Free Ayurveda Medical Camp**. Held at EMS Vayanasala, Arathil, the camp offered essential healthcare services to the local community.



BASIC EDUCATION AND LITERACY

25. Distribution of Education Material (01-Jul-24):-

Rotary Club of Pilathara supported six deserving students with **education materials** (school bag, books, writing material, uniform etc) with an aim to encourage them to continue education and to support their school education. The education material kit were arranged by the **Anns Forum** of the club and distributed during the Officers installation ceremony.

26. Distribution of Books to Vayanasala (19-Jul-24):-

Anns Forum of Pilathara Rotary Club donated books to the PM Narayanan Nambeesan Memorial Vayanasala, **Nareekkam Valli**.



27. Distribution of Books to Koran Peedika Vayanasala (11-Aug):-

Rotary Club of Pilathara donated books sponsored by **IPP Rtn. KP Muraleedharan** to the **Koran Peedika Vayanasala** on 11-Aug-24.

28. Donation of Carom Board to Yuvadhara Arts Club (11-Aug):-

Rotary Club of Pilathara donated carom board sponsored by **IPP Rtn. KP Muraleedharan** to the **Yuvadhara Club**, Koran Peedika.





29. Observing Teachers Day (05-Sept-24):-

On 5th September, in celebration of **Teachers Day**, the Rotary Club of Pilathara paid tribute to the invaluable contributions of its members and Anns engaged in the education field. Embracing the powerful message that "One book, one pen, and one teacher can change the world," **Anns Forum** took the lead in honoring over 15 members by presenting them with a symbolic gift—a pen and a book—acknowledging their service **in shaping the future and inspiring positive change through education.**

30. Nation Builder Award Presentation (30-Sept-24):-

Pilathara Rotary Club presented the **Nation Builder Award** to **Smt. Anitha Kumari K**, Headmistress of Kannapuram East UP School, on September 30th, 2024. The event, presided over by Club President Rtn. CK Purushothaman, was attended by Chief Guest **Smt. PP Divya**, District Panchayat President, as well as teachers, parents, residents, children, panchayat officials, and representatives from the parents-teachers association. Her dedication to education makes her a deserving recipient of this prestigious award, marking a proud moment for the Rotary Club of Pilathara and Kannapuram East UP School.



31. Distributing Newspaper to School (29-Nov-24):-

To promote reading habits among students and enhance awareness of current affairs, the Pilathara Rotary Club, in collaboration with leading Malayalam daily Malayala Manorama, organized a "**Vayanakkalari**" program at Kadannappalli UP School on 29th November 2024. As part of the initiative, five copies of Malayala Manorama will be provided daily to the school for one year, supporting students in cultivating a regular reading habit. The interactive session emphasized the importance of staying informed and developing a lifelong reading habit in today's fast-paced world. It also introduced students to Rotary and its community service initiatives. The event was presided over by Club President Rtn. CK Purushothaman. Club Secretary Rtn. Sunil Kottarathil, Past President Rtn. Satheesan KC, and member Rtn. Govindankutty addressed the gathering, sharing insights on the benefits of reading and staying informed. Ann. Ramani T concluded the program with vote of thanks.

32. Vayanakkalari (29-Nov-24):-

Vayanakkalari, a program aimed at fostering reading habits among school children, was held at **Pilathara UP School on 29th November 2024.**



33. Fostering a Love for Reading Among Children (11-Dec-24):-

Rotary Club of Pilathara, in collaboration with Mathrubhoomi, a leading Malayalam daily, organized the **Madhuram Malayalam** program at **Edamana UP School** on 11th December 2024. This initiative aims to nurture reading habits among students by providing the school with ten daily copies of Mathrubhoomi for an entire year. The program encourages young minds to stay informed, develop a deeper connection with their language, and cultivate a lifelong culture of reading. The students and teachers expressed their appreciation for the thoughtful effort, recognizing its potential to inspire academic growth and cultural awareness.



34. Financial Aid to Educate a Girl Child (01-Jul-24):-

Rotary Club of Pilathara has provided financial aid to **Ms. Andria Shibu**, the daughter of Shibu Sathyan and Beena Vincent, under the **Educate a Girl Child** campaign. Andria, who hails from Kovvappuram, is a 4th standard student at Sree Rama Vilasam LP School, Cheruthazham. For the past 10 years, our club has been committed to supporting the education of girl children through the dedicated efforts of **Rtn. Sudha Damodaran**. This initiative is conducted in loving memory of her late husband and **Past President of the Rotary Club of Pilathara, Rtn. Damodaran**.



35. Membership Orientation Talk -50 Member Club (1-Aug-24):-

Past President **Rtn. PHF Satheesan KC** emphasized the importance of attracting new members to the club. By maintaining the current momentum, the club has the potential to reach **50 members this year**, further strengthening its capacity to serve the community.

36. Membership Orientation Talk (29-Aug-24):-

Members are the foundation of any club, and **Pilathara Rotary Club** is renowned for attracting **quality members** and retaining them by fostering a sense of belonging and promoting the values of Rotary International through meaningful service to society. On 28th August 2024, **GGR Rtn. MPHF Aravindakshan** conducted an insightful membership orientation session focusing on **recruitment, retention, and quality enhancement** of members.



37. Relief Distribution to Shelter Home (07-Sept-24):-

Continuing its longstanding tradition, the Rotary Club of Pilathara, under the leadership of **Rtn. PK Bijoy**, distributed Onam kits and Onakkodi to the inmates of **Aasraya Swasraya Sangham, Mathamangalam** on 7th September 2024. This annual event, held in memory of late **Rtn. PHF M V Purushothaman**, past President of the Club and founder and former Principal of National College, Thaliparamba, made a long lasting impact among the inmates of the shelter home for poor and needy people. More than 20 Rotarians and Anns participated in the program.



38. Empowering Girls (12-Sept-24):-

The **Anns Forum** of Pilathara Rotary Club organized an impactful community service project on 12th September by visiting **Mahila Shikshan Kendra, Padannakkad**. Members engaged the children through stories, riddles, songs, dance, and fun-filled moments, while also sharing important lessons on women empowerment through education. The three-hour event provided the girls with a unique learning experience. In addition to the interactive sessions, the team distributed dress materials, hygiene kits, and other essentials, followed by a dinner for the students.



39. Economic Development and Insurance (18-Sept-24):-

Past President **Rtn. PHF Satheesan KC** delivered an insightful awareness session on the role of insurance in promoting **economic stability**. He emphasized the importance of fostering a stable economic environment where individuals can live more comfortably despite the fluctuations in today's ever-changing economy.



40. Mental Health Campaign at HOPE (10-Oct-24):-

World Mental Health Day, observed on **10th October**, is an international day dedicated to mental health education, awareness, and advocacy against social stigma. The Rotary Club of Pilathara is honored to observe this significant day by spending quality time with the inmates of **HOPE Rehabilitation Center, Pilathara**. This initiative underscores the importance of mental health, reflecting Rotary's commitment to promoting well-being in the community.

41. Workshop on Self Defense Empowering Girls:-

On **World Peace Day**, 16th November 2024, the Pilathara Rotary Club, in collaboration with the NSS unit of Kunhimangalam GHSS, conducted a workshop on Self-Defence aimed at empowering girls. The session was led by **Smt. Swapna NV, Assistant Sub-Inspector**, DYSP Office, Payyanur. Approximately 100 students attended the workshop, gaining invaluable insights into self-protection techniques, defensive strategies, and proactive measures for unforeseen situations.



42. Gift of Care – Menstrual Cup Distribution (29-Nov-24):-

Refer to District Priority Projects for details.

43. Awareness Drive Against Drug (12-Dec-24):-

The **Anns Forum** of Pilathara Rotary Club, in collaboration with the Excise Department, organized a powerful anti-drug awareness drive at **Pilathara Arts and Science College** on 12th December afternoon. The session featured an impactful Solo Performance, "**Rasathanthram**," that captivated the audience and emphasized the critical message of the campaign. This initiative aimed to empower young minds and inspire them to lead **value-driven, drug-free lives**. Students gained valuable insights into the devastating effects of drug abuse through real-life stories shared by Excise officers, highlighting the harsh realities of addiction and its consequences. These compelling narratives served as a wake-up call, reminding everyone that such challenges are alarmingly close to home. This session reflects Rotary Pilathara's unwavering commitment to fostering a healthier, drug-free campus environment and nurturing a generation equipped to build a brighter future.



44. Hunger Relief – Distribution of Healthy Food:-

Pilathara Rotary Club began January 24th with a meaningful act of service as **GGR Rtn. MPHF Aravindakshan** handed over a food kit containing essential items to a deserving family in Kadannappalli. Later that evening, an additional five families in need were provided with kits during a special event held at Rotary Pearl. These kits, arranged by the **Anns Forum** members as a compassionate gesture, are part of the club's ongoing project, **Asrayam**, which is planned to continue regularly to **support underprivileged families**. The event, Hunger Relief, was an inspiring initiative conceived by Anns Forum President **Ann Deepa Gireesh**. It was further enriched by the contribution of other Anns Forum members.





45. Know the Nature – Madayippara (20-Aug-24):-

On 20th August 2024, the Rotary Club of Pilathara, led by the **Anns Forum**, organized an **educational visit to Madayippara** for the students of Central MLP School, Mattul. Known for its rich biodiversity, Madayippara provided an ideal setting for an eco-awareness program. Botanist **Sri Kunhikrishnan Master** guided the students through the area, explaining the importance of preserving natural resources. The program was inaugurated by **Hyma Teacher**, HM of GBVHSS Madayi. Anns Forum President **Ann Deepa Gireesh** welcomed the students and parents, while Club President Rtn. CK Purushothaman presided over the event. The students thoroughly enjoyed the awareness session on the environment and ecosystem, which fostered a sense of connection with nature-an essential lesson in today's world.



46. Gift of Nature – Miyawaki Forest (09-Aug-24):-

Refer to District Priority Projects for details.

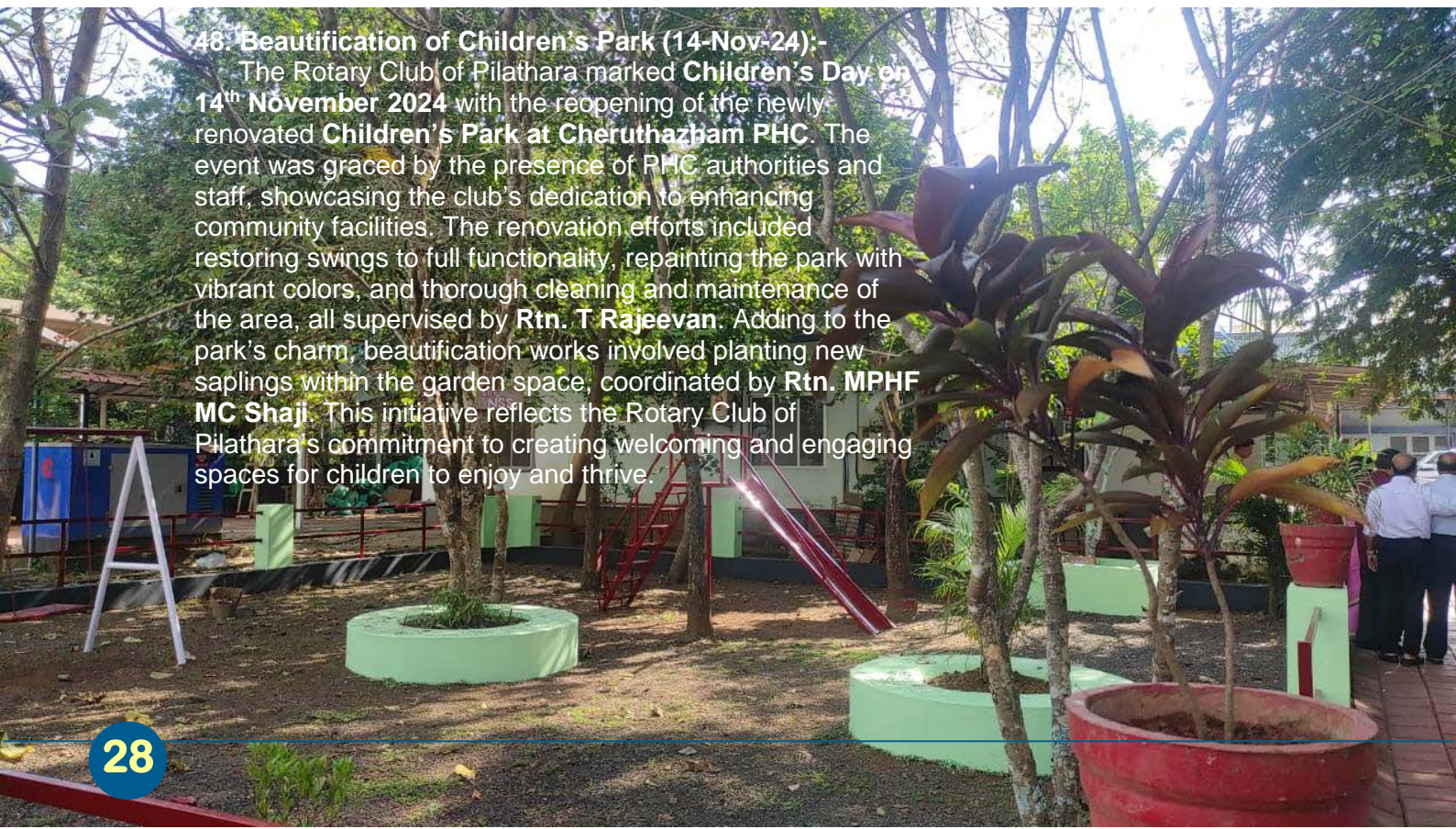
47. Mathamangalam Town Beautification (01-Jan-24):-

In alignment with its strategic vision of fostering long-term positive growth, the Rotary Club of Pilathara initiated a Town Beautification Project centered around Mathamangalam Town, aimed at enhancing its aesthetic appeal and increasing Rotary's visibility. The program was inaugurated by **District Governor Rtn. MD Dr. Santhosh Sreedhar** on 1st January 2025. As the Project Chairman, **Rtn. MPHF Shaji MC** coordinated the placement of 500 high-quality earthen pots with low-maintenance decorative plants to ensure long-term sustainability.



48. Beautification of Children's Park (14-Nov-24):-

The Rotary Club of Pilathara marked **Children's Day on 14th November 2024** with the reopening of the newly renovated **Children's Park at Cheruthazham PHC**. The event was graced by the presence of PHC authorities and staff, showcasing the club's dedication to enhancing community facilities. The renovation efforts included restoring swings to full functionality, repainting the park with vibrant colors, and thorough cleaning and maintenance of the area, all supervised by **Rtn. T Rajeevan**. Adding to the park's charm, beautification works involved planting new saplings within the garden space, coordinated by **Rtn. MPHF MC Shaji**. This initiative reflects the Rotary Club of Pilathara's commitment to creating welcoming and engaging spaces for children to enjoy and thrive.



YOUTH SERVICE

Rotary seeks to provide an opportunity for young men and women up to the age of 30 to enhance the knowledge and skills that will assist them in personal development, to address the physical and social needs of their communities, and to promote better relations between all people worldwide through a framework of friendship and service. This service mainly includes, forming Rotaract and Interact clubs, Rotary Youth Leadership Awards and Rotary Youth Exchange Programs.



1. Supporting Anganvadi in its Needy Area (1-Jul-24):-

Supporting organizations that make genuine efforts to empower youth and positively impact society is one of the best services Rotary Club of Pilathara undertakes. Responding to a request from **Kadannappalli Parishad Bhavan Anganvadi**, our club provided a pressure cooker to assist them. These small gestures can make a huge impact, as expressed by the grateful Anganvadi workers.

2. Supporting Anganvadi with Mixer Grinder -15-Aug:- "Today's children are tomorrow's leaders."

Kindergartens and Anganwadis play a crucial role in shaping the mindset of children at an early stage, helping them grow into compassionate individuals who understand social needs and contribute positively to society. On **15th August**, Rotary Club of Pilathara extended support to the **Anganwadi, Chumaduthangi**, Pilathara by donating a brand new mixer grinder.



3. Donation of Bicycle to Young Boy (18-Sept-24):-

On 18th September, the Rotary Club of Pilathara donated a bicycle to **Master Adam John**, a needy young boy from CM Nagar, Pilathara. The initiative, led by **Rtn. Sajith Kumar KC**, was aimed at supporting the younger generation by providing them with essential resources to foster a positive and healthy mindset.

4. Supporting Anganvadi with a Ceiling Fan (14-Nov-24):-

The club donated a ceiling fan to the newly constructed Paicheel Anganvadi building, sponsored by **Past President Rtn. PHF KP Balan**.

5. World Interact Week (November 4-10, 2024):-

In celebration of **World Interact Week**, the Rotary Club of Pilathara took proactive steps to spread awareness about Interact and Rotaract clubs among nearby educational institutions. Club officers visited St. Joseph's College, Pilathara Arts and Science College, and Kuttoor Udayakiran College, engaging with Principals and other officials to discuss the benefits of establishing **Rotaract** clubs. These clubs play a crucial role in shaping students into committed citizens prepared to serve the nation in the future. The outreach extended to Mathamangalam GHSS, Kadannappalli GHSS, Kunhimangalam GHSS, and Cheruthazham GHSS, where the team met with headmistresses and staff to highlight the advantages of **Interact Clubs** for school students.



6. Rotaract Club Informational Session at SR College (17-Dec-24):-

Rotary Pilathara conducted an engaging one-hour session at **SunRise College, Kuttoor**, aimed at promoting the benefits of establishing a Rotaract Club. The session received an enthusiastic response, with over 30 students registering for club membership. Club President **Rtn. CK Purushothaman** delivered an inspiring address, highlighting the transformative impact of Rotary's initiatives on the global community. Secretary **Rtn. Sunil Kottarathil** provided an in-depth overview of the advantages of chartering a Rotaract Club. Adding a lively touch, **Ann Jaya Haridas** actively engaged the students with interactive activities.



7. Susaktham – Youth Empowerment (05-Dec-24):-

Susaktham, an innovative initiative by the Rotary Club of Pilathara, aims to nurture the confidence and leadership skills of today's youth, empowering them to emerge as transformative leaders of tomorrow. During World Interact Week, the club extended this concept by engaging nearby schools and colleges to spread awareness about Rotary, Rotaract, and Interact clubs. The inaugural Susaktham program took place on 5th December 2024 at **GVHSS, Madayi**, targeting 10th-grade students. Led by **Rtn. PV Surendranath**, the session delivered enriching content on leadership development while maintaining an engaging, interactive, and fun atmosphere. The students were introduced to **practical tips for becoming effective leaders**, making the session both enjoyable and impactful. The session was well appreciated by the students and staff for its effectiveness in preparing the students for the future.



8. Susaktham at Pariyaram School (07-Dec-24):-

Building on the success of the inaugural **Susaktham** session, Rotary Club of Pilathara organized another impactful youth empowerment program at **Pariyaram Public School** on 7th December.

9. Empowering Next Generation (13-Dec-24):-

The third session of **Susaktham** was conducted by **Rtn. Sunil Kottarathil** at **GHS Kalikkadavu** for the 75 ninth-grade students on 13th December.

10. Creative Adolescence (07-Jan-25):-

On January 7th, the Rotary Club of Pilathara organized an enlightening session on **Creative Adolescence** at **Pariyaram Public School**. The event was inaugurated by Club President, **Rtn. CK Purushothaman**. Esteemed psychologist and counselor, **Smt. Sreekala P**, delivered an interactive session that resonated deeply with the high school students. The session addressed the physical and emotional changes and challenges unique to adolescence, fostering a better understanding and resilience among the attendees.

11. Creative Adolescence at Madayi (08-Jan-24):-

On **January 8th**, the Interact Club of GBVHSS, Madayi, under the guidance of Pilathara Rotary Club, organized an insightful session on **Creative Adolescence** for high school students. **Smt. Sreekala P** led the session.



12. RYLA – Shaping the Future (04-Jan-25):-

Providing the right guidance to the younger generation is crucial for building a brighter future. In an era filled with distractions, it is essential to help students stay focused on their studies and skill development. With this vision, the Rotary Club of Pilathara organized a **Rotary Youth Leadership Awards (RYLA)** program on 4th January 2025 at **Vellora HSS**. This day-long camp empowered students with the skills and awareness needed to navigate today's dynamic world and overcome potential challenges. Renowned speakers and professionals led insightful and engaging sessions on key topics relevant to youth, equipping them with the tools needed for success. The camp also featured educational games and fun-filled activities, ensuring an interactive and enriching experience for all participants. The initiative was well-received, reinforcing the club's commitment to shaping confident and responsible future leaders.

INTERNATIONAL SERVICE

International Service encompasses actions taken to expand Rotary's humanitarian reach around the globe and to promote world understanding and peace. In this area, Rotarians strive for the advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service. International Service Projects are designed to meet the humanitarian needs of people in many lands, with particular emphasis on the most underprivileged children and families in developing countries.



Supporting Rotary Activities in California (14-Aug-24):-

Utilise every opportunity to promote Rotary activities across the world and help the organization grow. On 14th August, during the Toastmasters International Annual Conference at Marriott, Anaheim, California, USA, **Rtn. Sunil Kottarathil**, Secretary of Pilathara Rotary Club, actively supported the Rotary International promotional campaign. By engaging non-Rotarians at the stall, he played a vital role in spreading the message of Rotary. **The Rotary-Toastmasters** alliance, which focuses on sharing educational programs for mutual benefit, was a key aspect of raising awareness. Toastmasters from around the world were introduced to Rotary, inspiring them to explore involvement with Rotary activities upon returning to their home countries. Rtn. Sunil's time spent with **Carrie Goldbeck**, a member of Rotary Internationals Membership Development Team, provided deeper insights into Rotary's initiatives globally, enriching his understanding of the organization's impact beyond borders.

Observing World Polio Day (24-Oct-24):-

On **World Polio Day, 24th October 2024**, the Rotary Club of Pilathara organized an awareness program to support Rotary International's global effort to eradicate polio. Members, along with Anns, gathered at **Cheruthazham Public Health Center** at 9:00 am, pledging their commitment to the cause. The event continued with a **rally from the health center to Pilathara Bus Stand**, covering over 500 meters. Participants displayed banners conveying the message of polio eradication, which drew significant attention from the public. Upon reaching the bus stand, the club members **engaged with the community**, spreading awareness about polio prevention. President Rtn. CK Purushothaman, Secretary Rtn. Sunil Kottarathil, GGR Rtn. MPH Aravindakshan, and President-Elect Rtn. MPH C Raveendranathan spoke to the crowd, highlighting the history of polio and Rotary's pivotal role in nearly eliminating the disease worldwide.

PUBLIC IMAGE INITIATIVES



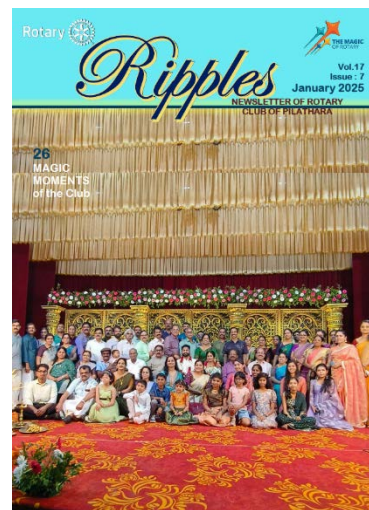
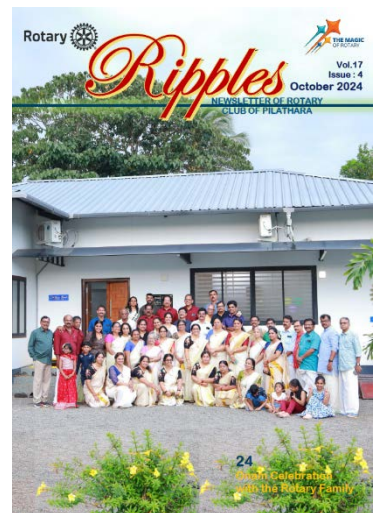
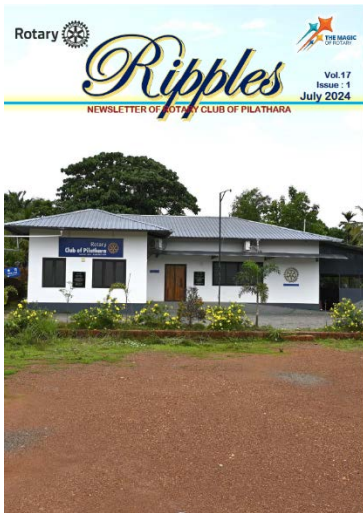
PUBLIC IMAGES INITIATIVES

Club Newsletters – Public Image Enhancing Tool

A newsletter is a powerful tool for keeping members and the community informed about club initiatives, meetings, and events. It ensures timely communication, fosters engagement, and encourages participation by highlighting volunteer opportunities and achievements. Recognizing members' contributions boosts morale and reinforces their commitment to Rotary's mission.

Club newsletters also play a vital role in promoting Rotary's service initiatives and strengthening its public image. By consistently showcasing activities and achievements, they help raise awareness and inspire greater involvement.

For the past seven months, the Rotary Club of Pilathara has been publishing the newsletters monthly and has been effectively utilizing them to enhance visibility, strengthen community ties, and highlight the impact of its service.



DISTRICT PRIORITIES 2024-25

SAPTHAPADHANGAL (SEVEN PATHS)

1. GIFT OF SMILE – DENTAL CARE



Pilathara Rotary Club conducted **multiple projects** on Dental Care. On 4th September, **Rtn. Dr. Jiji Sankar** delivered an informative awareness session on Dental Care, highlighting the importance of maintaining proper oral hygiene. Presented in a friendly and approachable manner, the session made it easy for all members to grasp key concepts and practices. The session on 10th July 2024 led by **Rtn. Dr. Sujesh Viswanathan** focused on **oral and maxillofacial surgery**.

The valuable tips shared were highly appreciated by everyone in attendance. Following the presentation, a Q&A session was held, during which members had the opportunity to ask questions, clarify doubts, and address their concerns.

2. GIFT OF SIGHT – AVOIDABLE BLINDNESS

The Rotary Club of Pilathara, in collaboration with **Mam Trust Hospital, Kanhangad**, and the **NSS unit of St. Joseph's College, Pilathara**, successfully organized an eye camp on 12th January at St. Joseph's College, Pilathara. The camp was inaugurated by Past District Governor **Rtn. MD VG Nayanar** and witnessed an overwhelming response from the community. More than 180 local residents benefited from comprehensive eye screenings aimed at detecting **avoidable blindness**. Of them, nearly 40 individuals were identified for vision-corrective surgeries, generously offered free of cost by Mam Trust Hospital, Kanhangad. Additionally, another 40 individuals were recommended for prescription spectacles. This noble initiative by Rotary Club of Pilathara was highly appreciated by the participants, reinforcing the clubs commitment to service and community well-being.



SAPTHAPADHANGAL (SEVEN PATHS)

3. GIFT OF SHARE – ORGAN DONATION

Building on the impactful awareness session led by **Rtn. Dr. KV Prakash** on organ donation, the Rotary Club of Pilathara took a step further by organizing an Organ Donation Drive at SPECTRA MediCity on **1st December 2024**. District Deputy Learning Facilitator **Rtn. Dr. M. Vinodkumar**, along with Rtn. Dr. KV Prakash, actively promoted the cause by engaging attendees and emphasizing the life-changing impact of organ donation. Demonstrating their commitment to this noble cause, several members registered as organ donors during the event. This drive reinforced the club's dedication to fostering awareness and contributing to this vital cause.



4. GIFT OF NATURE – MIYAWAKI FOREST



Rotary Club of Pilathara champions sustainability through impactful environmental initiatives.

In line with Rotary Internationals seventh area of focus and district priorities, Rotary Club of Pilathara launched an **afforestation** project using the **Miyawaki** method on **9th August 2024**. The project site, located in Embate on land owned by **Rtn. Sunil Kottarathil**, was prepared under the supervision of **Rtn. MC Shaji**. **GGR Rtn. MPHF Aravindakshan K** inaugurated the project by planting the first sapling. Project Chair **Rtn. MC Shaji**, with the support of **Rtn. Balakrishnan**, organized **250 saplings of 25 different native plant varieties**. Rotarians and Anns actively participated in planting the saplings across a 5-cent area. The saplings were planted close together, approximately half a meter apart, to promote dense growth and maximize the project's environmental impact.

5. GIFT OF CURE – KIDNEY CARE

Rotary Club of Pilathara organized a medical camp at Puravattom, in collaboration with Karuna Charitable Society and Trinity Medicity Hospital, Perumbadavu, focusing on **kidney care** under the leadership of Project Chairman **Rtn. Balakrishnan** on **25th August**. **Dr. Sandeep K. Sukumaran** and **Dr. Ayisha Becker** conducted an awareness class, **Kidney checkup** and general medical checkup to all registered patients. During the camp, Club President **Rtn. CK Purushothaman** handed over financial aid to a needy patient, **Sri Madhusoodanan VG**, who is suffering from **acute kidney malfunction**. Free medicines were distributed to patients in need. Rotary Club members, along with Anns, actively participated in the event, which **benefited over 200 individuals**.



SAPTHAPADHANGAL (SEVEN PATHS)

6. GIFT OF CARE – WOMEN HYGIENE & WELLNESS



The Anns Forum of the Pilathara Rotary Club organized an impactful awareness session on **adolescence and menstrual cup usage** for over 120 girl students of Madayi GVHSS on 29th November 2024. The session aimed to promote **women's hygiene and wellness** among the younger generation, addressing a crucial aspect of health education in today's world. Led by **Dr. Nithya AK, Specialist Medical Officer at Koyonkara Govt. Ayurveda Hospital**, the two-and-a-half-hour interactive session effectively covered the challenges faced by girls during adolescence and practical strategies for managing them.



The students actively participated, raising questions and seeking clarifications on their concerns. The session also provided a detailed overview of **menstrual cup usage**, highlighting its convenience and long-term benefits. Recognizing the growing interest among the participants, plans were made to distribute additional menstrual cups in the near future.

7. GIFT OF LIFE – BASIC LIFE SUPPORT

The **Rotary Club of Pilathara**, in collaboration with the **NSS unit of St. Joseph's College**, Pilathara, organized a **hands-on CPR training** session to equip individuals with this life-saving skill. CPR significantly increases the chances of survival when administered swiftly and effectively, making such training crucial for community preparedness.

The session was held on 30th January 2025 at 2:00 PM at **St. Joseph's College, Pilathara**. **Dr. K.T. Madhavan, Associate Professor, Department of Emergency Medicine, Kannur Government Medical College**, led the training, sharing his expertise in emergency care. His practical demonstrations and in-depth guidance provided students and attendees with essential knowledge on performing CPR, **empowering them to act confidently in emergency situations**.



CHITILAPPALLY-ROTARY സ്വപ്നഭവനം



In alignment with its commitment to **district priority projects**, the Rotary Club of Pilathara has taken proactive measures to make the **Chittilappally-Rotary “SwapnaBhavanam”** project a success. This noble initiative aims to provide housing support to deserving families in need.

The project is being spearheaded by **Past President Rtn. PHF Satheesan KC**, appointed as the project chair in September. To ensure seamless execution, a dedicated Four Member committee was formed.

To identify deserving beneficiaries, applications were invited from local residents, with a submission deadline of 20th November 2024. A remarkable 28 applications were received. The committee meticulously reviewed each application, gathering additional information through phone calls wherever necessary. After a thorough analysis and thoughtful deliberations that took three weeks, the **committee finalized two applicants** who will benefit from the project. Upon receiving the approval from Chittilappally Foundation, the works started under the coordination of **Rtn. Rajivan T.**



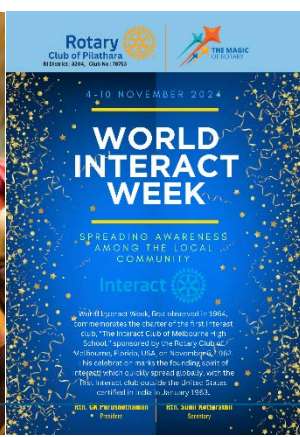
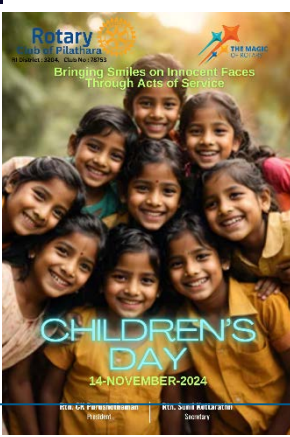
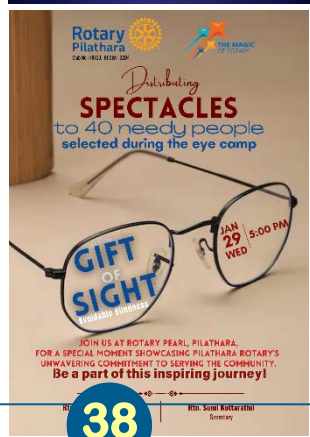
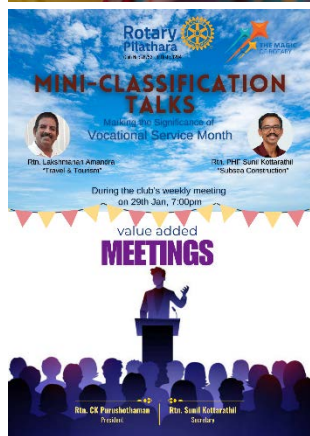
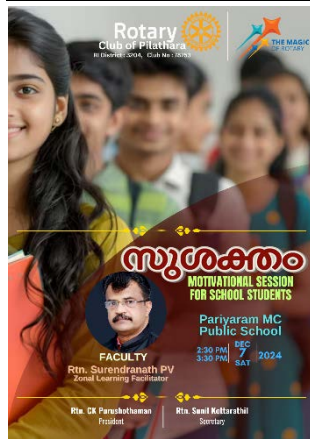
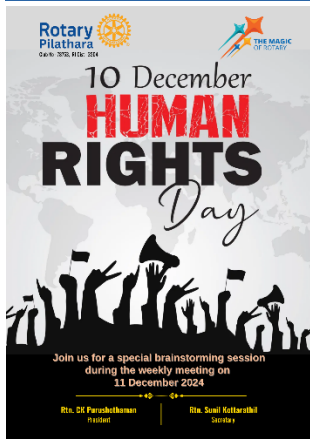
RSETI-ROTARY VOCATIONAL TRAINING PROGRAM & SELF EMPLOYMENT PROJECT

RUDSETI

The Rotary Club of Pilathara conducted a promotional campaign on **15th November** at the Rotary Pearl Pilathara to attract local people towards the **vocational Training programs** conducted by **RUDSETI Institute**. The half a day session covered awareness about two 30 days free vocational training courses (**Mobile Phone Servicing and Beauty Parlor Management**) that will commence in November month at the RUDSETI Institute, Kanhirangad, Taliparamba. The session was conducted by the RUDSETI Director **CV Jayachandran** and faculty Abhilash Narayanan. More than 25 beneficiaries attended the program and registered for the courses.

The program was inaugurated by Zonal Coordinator **Rtn. VKV Manoj**, welcome address by **GGR Rtn. Aravindakshan K**, presided over by **Rtn. CK Purushothaman**, Club President. Representatives from nearby Rotary clubs were also present to promote the program. Rtn. VP Madhu and Rtn. P Ashokan, President and Secretary respectively of Kunhimangalam Rotary Club showed their presence.

Six members sponsored by Rotary Club of Pilathara joined and **completed the training** course on Beauty Parlor Management.

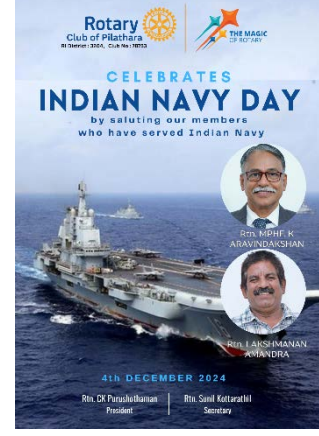
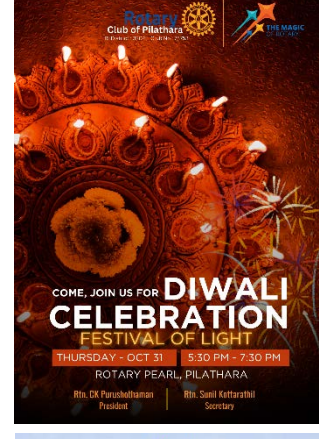
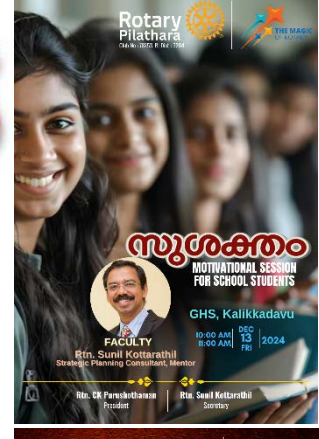
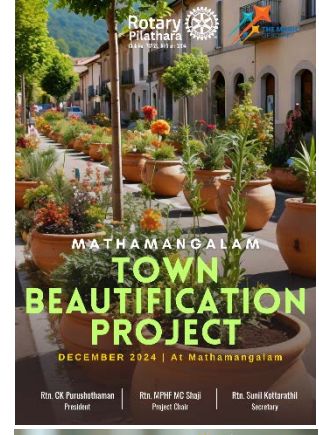


Rotary Pilathara BEST PRACTICES

The Rotary Club of Pilathara believes that every challenge presents an opportunity to learn and grow. By embracing lessons from experiences, the club continues to refine its practices, ensuring sustainability, progress, and harmony. Some of the key best practices introduced this term include:

- ✓ **Responsible Financial Management** – Every contribution from members is valued and utilized wisely, leveraging in-house expertise to optimize resources (e.g., designing event flyers in-house).
- ✓ **Transparency & Accountability** – A monthly financial summary is shared with members to maintain clarity and trust.
- ✓ **Effective Communication** – Detailed minutes of each meeting are documented and shared, ensuring absent members stay informed.
- ✓ **Empowering Members** – Recognizing individual skills and delegating tasks accordingly fosters engagement and a sense of belonging.
- ✓ **Encouraging Growth, Not Competition** – Instead of unhealthy comparisons, members are inspired to aim higher using global standards as benchmarks.
- ✓ **Building Good Habits** – Regular board meetings, family meetings, and monthly newsletters strengthen consistency and club engagement.

By implementing these best practices, the club is paving the way for a more impactful and sustainable future!



"This year, the office bearers have been exceptionally organized, taking the club's functioning to a new level. A special appreciation for the Secretary's report - it truly stands out and deserves recognition!"

Rtn. Chathukutty Nambiar

"Heartfelt congratulations to the 2024-25 team for their outstanding dedication and efficiency in completing all projects on time. Your hard work and commitment truly reflect the spirit of Rotary!"

Rtn. Er. E Kunhiraman

"I truly feel proud to be part of such a dedicated and cohesive team. The spirit of collaboration and commitment in our club is truly inspiring!"

Rtn. TK Narayanan

"What a proud moment for our club! Successfully completing 100 meaningful and impactful projects this year is a true testament to the selfless dedication, unwavering determination, seamless coordination, and deep bond shared among our members. With every milestone, we are truly rising to our motto, *Service Above Self*."

Rtn. M Balakrishnan

From the Desk of THE EDITOR

It is with immense joy that we present this special edition of Ripples, marking the Governor's Official Visit to the Rotary Club of Pilathara. Our monthly newsletter serves as a chronicle of our journey - capturing the impactful projects, cherished moments, and upcoming initiatives while also spreading valuable insights about Rotary International. Designed to be more than just a publication, Ripples is a resource of knowledge and inspiration to be preserved for years to come.

Each edition is crafted with the purpose of increasing awareness about Rotary and its mission of service. This special issue highlights the remarkable projects and activities undertaken over the past seven months, offering not just a recap but a deeper understanding of the vision behind these initiatives. Beyond listing events, we aim to provide meaningful insights into the various avenues of service and their significance in Rotary's larger mission.

We hope this edition offers an enriching reading experience and leaves a lasting impression. May it serve as a source of inspiration and pride for our members and the community.

Happy Reading!



Rtn. PHF Sunil Kottarathil
Editor (GOV Special Edition)

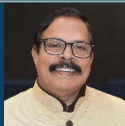


Rotary



EXPERIENCE THE MAGIC AT ROTARY CLUB OF PILATHARA

We meet every Wednesday
evening 7pm to 8pm at
Pilathara Pearl, Arathil,
the Home of Rotarians in Pilathara.



Rtn. Purushothaman CK
President

Rtn. Sunil Kottarathil
Secretary

