

മെസിനുസ് ബുള്ള

# BUSINESS BOOM

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രോട്ടിക്യൂഡ്



A legacy deep-rooted in helping people improve their physical well-being: Born the youngest child of Thekkemadom Ayurveda Acharya Sri. M. K. Gangadharan and Smt. Chandramathi in 1964. Dr. Sumithran's family has been engaged in the practice of Ayurveda for decades.

He was elected unanimously to lead RID 3211 for the year 2023-2024

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**മുഴുതോ**

**DISTRICT TRAINING ASSEMBLY & DISTRICT GOVERNOR'S INSTALLATION CEREMONY**

02:30 p.m., Sunday, 25th June 2023  
@ Sreedhareeyam Convention Center, Karunagappally

**RTN. GORDON R MCINALLY**  
RI President 2023-24

**RTN. ANIRUDHA ROY CHOWDHURY**  
RI Director 2023-24

**SHRI. K KRISHNANKUTTY**  
Hon. Minister for Electricity

**RTN. K BABUMON**  
District Governor 2022-23

**SHRI. A M ARIF**  
Hon. Member of Parliament

**SHRI. C R MAHESH**  
Hon. MLA Karunagappally

**SHRI. KOVOOR KUNJUMON**  
Hon. MLA Kunnamthur

**RTN. PDG DR. JOHN DANIEL**  
District Chief Advisor 2023-24

**RTN. PDG SHIRISH KESAVAN**  
District Trainer 2023-24

**RTN. PDG DR. G A GEORGE**  
Vice Governor 2023-24

**RTN. ALEX KOSHY**  
District Secretary General 2023-24

**RTN. ADV. P N KRISHNAKUMAR**  
Chair-Organizing Committee Sukrutham

**RTN. DR. G SUMITHRAN**  
District Governor 2023-24

**RTN. DR. SITA SUMITHRAN**  
First Lady 2023-24

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Rtn. PH. ROJES JOSE IPP, Rotary Club of Alleppey Greater  
Managing Director, Alpha Entrance Academy & Genius +1,+2 Science Integrated School  
Rtn. Jincy Rojes, Rosemaria Rojes, Angelin Rojes, Evagelin Rojes

Started his career as a medical practitioner at George Memorial Hospital, Pathanapuram in 1990.

He did his MS (Masters in General Surgery) from Trivandrum Medical College in 1997.

In 1999, he obtained M. Ch in Cardio-Thoracic Surgery. He had the privilege of working closely with renowned and distinguished Cardiac Surgeon Padma Shri Dr. K. M. Cherian

**CONGRATS...**

Rtn. AKSM  
DR. JOHN DANIEL

RRFC RI Zone 5

Member - RI Fund Development Committee 2023-2026



Nominated as the Chairman Rotary Institute, Grand Hayat, Cochin 2024.

## OVERALL BEST ASST. GOVENOR

Rtn Major Donor  
Susann Koshy



Considering the remarkable community services credibility rendered to humanity, Rotarian Major Donor Susann Koshy (POOTHICOT) of Rotary club of Kottayam has been selected as the OVERALL BEST ASSISTANT GOVERNOR of Rotary International District 3211 comprising of 5 revenue districts of Kerala. She has been crowned for the same by the District Governor Rotarian K. Babumon on the Award Night held at Contour Backwater Resorts, Changancherry on Sunday, the 18th of June. She is the wife of Rtn. Major Donor J.K. Thomas (KAROT) MD, MALANKARA PLANTATIONS LTD & the mother of Annettes ITHAK & RIVKA Thomas. She is the Executive Director of MALANKARA PLANTATIONS LTD, Director, JOHN SON's Estates & Agencies (P) Ltd & Business & Marketing Advisor - MK MOTORS.

Every year hundreds of heart surgeries are done free of cost by him in association with various charitable and non-governmental organizations of South Kerala.

# Heart to HEART

Inspiring those around him

He also conceptualised 'PURA' (Providing Urban Facilities in Rural Area), and implemented that in Sasthamcotta.

For years, Dr. Sumithran has been actively associated with more than a dozen major medical, educational, welfare, social and cultural institutions.

He is a member of the Association of Cardiovascular and Thoracic Surgeons of India, Life Member of Indian Medical Association, Member of Association of Rural Surgeons of India and the Past President of Kollam Surgical Club. He is also a member of Rotary International, Lions Clubs International and Grand Lodge.

Has to his credit, numerous international papers, awards from professional and community organizations and accreditations from the government. An ardent lover of music, particularly Carnatic music, Dr. Sumithran is also a gifted singer. His active involvement was a source of inspiration to many hesitant Rotarians to participate in the competitions. He is a Trustee of 'Mohammed Rafi Foundation', Kollam. He is also an avid reader who can debate on anything from contemporary Indian literature to presence of life in Mars.

Dr. G Sumithran was instrumental in mobilising support during major catastrophes, including the Cyclone Ockhi and the floods of 2018 in Kerala apart from the outbreak of Nipah virus (NiV).

Dr. G Sumithran joined the Rotary Club of Karunagappally in 2006.

The mastermind behind Implementing District Project "Heart to Heart,"



he conducted 40 successful heart surgeries in the Year 2010-11 under the leadership of PDG Rtn.T.N Koshy Panicker.

He served as the President of Rotary Club of Karunagappally in the year 2015-16. He was elevated to Star Assistant Governor in the year 2016-17 under the vibrant Governorship of PDG AKS Member Rtn. Dr. John Daniel.

His exemplary service as an Assistant Governor, District 3211 led him to being adjudged the best Assistant Governor for the Rotary year 2016-17. He became Major Donor in the same year by his generous contribution to The Rotary Foundation

He was entrusted with the responsibility of Chairman of 'FIRE' (Family Involved Rotary Entertainment) in the Rotary year 2017-18. Same year Dr. Sumithran was also serving the district as Chairman of Hridayathalam ("Heart to Heart") which was

intended to give completely free cardiac care to minimum 100 underprivileged cardiac patients. At the close of the second year of launch, one hundred under privileged patients stand benefitted from this great charity medical support project.

The sterling performance of Dr. Sumithran as the Chairman of District Conference ('Vismayam') 2019 was well-appreciated by the Rotary fraternity. The support received from the fellow Rotarians gave him more confidence to take up greater challenges and Dr. Sumithran leads the arrangements for PETS ('Vaikhari') which was held on April 2019 at Grand Hyatt Kochi, Bolgatti. As the Chairman of the Organizing Committee for PETS 2019, it was a proud moment for him when RIP Rtn. Shekhar Mehta, the fourth Indian to become the International President of Rotary, lit the lamp to inaugurate the event.



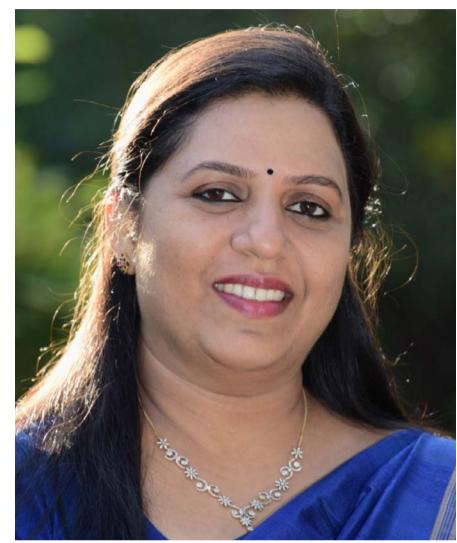
**The long, tiring and stressful life of this great surgeon never inhibited his humanism. He understands that compassion is a great catalyst for healing. And in keeping with his love & care to his fellow human beings, his hospital is a role-model in extending medical care to the rich and poor alike. His team is always ready to render assistance to the needy and helpless.**



Has to his credit, numerous international papers, awards from professional and community organizations and accreditations from the government. An ardent lover of music, particularly Carnatic music, Dr. Sumithran is also a gifted singer. His active involvement was a source of inspiration to many hesitant Rotarians to participate in the competitions. He is a Trustee of 'Mohammed Rafi Foundation', Kollam. He is also an avid reader who can debate on anything from contemporary Indian literature to presence of life in Mars.

at Christ College, Bangalore, Vaishnavi is doing her Bachelor in Business Administration at GRD College, Coimbatore and Shivani is studying in 8th Standard at Pallikoodam, Kottayam. Dr. Smitha is a member of Rotary club of Quilon Lotus and Anandan is a member of Rotary Club of Karunagappally.

# It is health that is **REAL WEALTH** and not pieces of gold and silver"



Rtn. PAG Major Donor  
Dr. Meera John  
District Chairman "Satrangi"



In the current scenario, we are living in a world filled with uncertainties. Life has become unpredictable and it seems age is not a criterion for someone's longevity. Lifestyle diseases like obesity, hypertension, diabetes, and hypercholesterolemia have become a status symbol and every day we hear about someone dying of a heart attack or cancer. Diseases like cancer and renal diseases not only put a person in endless suffering but also affects the financial, mental, and emotional well-being of his family. People are richer than in the olden days but very poor in terms of time, love, and care. Depression and drug abuse are so common, especially among youth, and is heart-breaking to note so many youngsters end their lives in accidents or suicides. If we achieve all kinds of things in the material world, but we lose our health or our peace of mind, we get little or no pleasure from any of those accomplishments. In our society, we find people becoming old and retired by the time they hardly turn sixty but in the Western world, they sport an active and healthy life even after they cross their 80s. We give very little importance to good health until we lose it. As Rotarians and as responsible citizens of the world, it is prudent that we look after ourselves and spread the message of good health to all around us. Our duty to the world is to imagine how Rotary can support a beautiful world and to create hope in the world that we are here to make the world a better place to live in. In short, we Rotarians are here to add colours and brilliance to the life of our fellow beings.

*Our goal as Rotarians would be to create intellectually, mentally, and physically healthy citizens, which is needed for any healthy and peaceful nation while keeping ourselves healthy in all aspects.*

For that, our District Governor Dr. G. Sumithran has designed a beautiful project named 'Satrangi'. Just as the seven colours that form the rainbow create the most beautiful and enchanting sight in the world, our district project 'Satrangi' too has seven verticals that would create a long-standing impact in our lives and of those in our communities. Our district project is

*For that, our District Governor Dr. G. Sumithran has designed a beautiful project named 'Satrangi'. Just as the seven colours that form the rainbow create the most beautiful and enchanting sight in the world, our district project 'Satrangi' too has seven verticals that would create a long-standing impact in our lives and of those in our communities.*

Mahatma Gandhi

of operation. Rotary clubs can individually or together take up signature projects like mobile screening vans for detecting drug users, Cancer, and renal disease screening, sponsoring, and conducting heart surgeries in our district or even internationally, adopting hospital wards for renal dialysis units and cancer chemo therapy wards, providing equipments for cardiac, renal and cancer care, providing long term treatment support to diabetic patients, especially in juvenile diabetes, etc. In short, the motto of Satrangi aligns with the Presidential Theme of the current year, 2023-2024 - 'Create Hope in the World'.

Our goal as Rotarians would be to create intellectually, mentally, and physically healthy citizens, which is needed for any healthy and peaceful nation while keeping ourselves healthy in all aspects. Let us be traders of hope and joy. Satrangi would definitely add beautiful and vibrant colours to the life of people in the community. May Satrangi make the world a better place to live in!

**CONGRATS...**



**Rtn MPH Arun Kumar CA**

RC of Alleppey East  
District Overall Meritorious Supper Hero Secretary 2022-23



**Rtn. MPH Jose Arthumpally**

RC of Alleppey - President 2022-23  
Overall Best President of the District 3211

# RTN. AKSM SUDHI JABBAR DISTRICT GOVERNOR ELECT



Kaloor, Cochin. His efficient team management is an eloquent testimony to his leadership skills.

He was granted Life Membership of Muslim Educational Society, which runs Higher Secondary Schools, Colleges of Education and Engineering Colleges, and medical colleges, Life Member in Muslim Association Trivandrum, in appreciation to his services for the Association, and the School Trust. He is a Member of Kerala Hotels & Restaurant Associations (KHRA). He is a member in chamber of commerce Trivandrum chapter.

As part of activities of Dr. Abdul Razack Memorial charitable Trust for the last 15 years, Rtn. Sudhi Jabbar has been ensuring that complete educational expenses for students under privileged are sponsored, sewing machines are donated to underprivileged women, Donations are given for Cancer treatment every year, houses to the homeless. Competitions are conducted for school children of coastal area and prizes distributed, 30% of students are given free education in A.J. Group of Institutions.

Sudhi Jabbar was inducted as a second-generation Rotarian of Rotary Club of Kazhakutom in the year 2002-2003, at the young age of 25. By virtue of his hard work and unflinching commitment, he gradually took up important positions at the Club and Rotary District levels.

Rtn. Sudhi Jabbar became the Club Secretary, during 2005-2006 and President in 2011-2012. He bagged Best Club President (Group 2), of District 3211, in 2011-2012, Star Rotarian award in 2014-2015, best Assistant Governor District in 2015-2016, Best Rotarian of the District in 2016-2017, Benevolent Rotarian of the Year 2017-2018 and Everrolling Trophy for Overall Best Rotarian of the District in 2020-2021.

Currently, he is the Managing Trustee of A.J. Group of Institutions that owns schools, colleges and technical institutions under its fold. He is also the Managing Director of Hotel A.J. Residency

the community, patience and compassion. Sudhi is holding Post graduate Degrees in Commerce from Bangalore University, he has also acquired a Diploma in Hospitality & Hotel Management.

Currently, he is the Managing Trustee of A.J. Group of Institutions that owns schools, colleges and technical institutions under its fold. He is also the Managing Director of Hotel A.J. Residency

DGN.Sudhi has always been in the forefront of rotary and served as chairman of



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all the mainstream programs and projects at the Club as well as district level.

Rtn. Sudhi has become an Arch Klumph Society – Trustees Circle Member and Benefactor during 2017-2018 and he was honoured for the highest personal contribution to TRF from our District during 2020-2021.

Rtn. Sudhi Jabbar is the Founding Member of AKS Forum of India during 2019-2020 and Charter Member – International Fellowship for Cricket Loving Rotarian (IFCR), RI District 3211 during 2016-2017.

Some of the significant achievements of Rtn. Sudhi Jabbar in Rotary services include Major contribution to "SNEHAV-EEDU" (Low-Cost Housing Project), and Dialysis Projects of RC Kazhakutom at Sreramakrishna Mission Hospital – Trivandrum, SN Mission Hospital – Varkala and CSI Hospital – Kazhakutom, Total Gifts to Annual Fund – Disaster Response and SHARE, PolioPlus Fund, Endowment Fund – SHARE, Term Global Grant, worth 171,468 US \$, Total Giving of 336,166.48 US \$, including pledge balance to Endowment Fund & SHARE, Named "End Polio Fellow" by Rotary International, in appreciation of tangible and significant contribution given to END POLIO NOW CAMPAIGN during 2020-2021. As District Chairman - District Project (H2O) during 2020-2021, he motivated clubs and co-ordinated execution of various H2O projects throughout District 3211.

Rtn. Sudhi Jabbar had attended RI Conventions and major RI events in India and abroad. Rtn. Sudhi Jabbar was elected District Governor of R I District 3211 for 2024-2025, unanimously.

Rtn. Sudhi Jabbar's wife Salma, a Graduate in Law, is a homemaker. Like Sudhi, Salma also has Rotary heritage through her father Rtn. P. H. Mohamed, Rotary Club of Calicut East, RI District 3204 and her mother Mrs. Shabnam Mohamed, Past District Chairman (2009/10), Inner Wheel District 320, Past President (twice) and Past Secretary (thrice) of Inner Wheel Club of Calicut East, Association Council member 2010/11 and District ESO 2014/15 and 2018/19.

Rtn. Ann Salma Sudhi is his spine, strength and inspiration. She is very active in the family of Rotary activities and has participated in District level FIRE competitions. Their Son Shahzaib Sudhi Jabbar eight years old, and daughter Shreyen Sudhi Jabbar, four years old, are studying at Rajagiri Public School.

**Warm Rotary Greetings**



**Rtn. PHD S Nandakumar**  
President,  
Rotary Club of Central

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## RTN. MAJOR DONOR Dr. TINA ANTONY DISTRICT GOVERNOR NOMINEE 2025-26



Dr. Tina Antony has served Rotary for 25 years having joined Rotary in 1998 and is one of the earliest Lady Rotarians of our District and is the member of RC of Aroor Satellite City.

She was elected unopposed as DGND in 2023. She will be first Lady District Governor in D 3211 in 2025-26 and in the Rotary world of Kerala.

Presently she is the Assistant Zonal Am-

bassador for Empowering Girls which is the Presidential initiative of RI President Jennifer Jones and is responsible for RID 3201, 3204 and 3211.

She has also been selected as the Lead Ambassador for the Rotary Jaipur Limb Project for India Region.

Dr Tina is a committed Rotarian and has taken up many District assignments which she executed in the most remarkable manner.

She has proven her mettle as an excellent organizer having organized many successful District Seminars like - District Membership Development seminar, TRF Seminar, District Assembly, District Awards Nite for 2019-20 and 2020-21, PETS 2020 and AGTS at Kodaikanal in 2021.

She was President in 2015-16 and for her excellence and commitment she received the OVERALL BEST PRESIDENT of the District and also bagged the OVER-ALL BEST CLUB of the District award besides 32 District Awards. She has also been recognized as the Best Assistant Governor.

Dr Tina won the BEST ROTARIAN of District 3211 in 2018 for her exemplary work as District Coordinator of the Kerala Flood Relief particularly her efforts in the Rehabilitation work in Kuttanad where 750 Water filters costing Rs. 21 lakhs were distributed. She was featured in the Rotary News for her work in the rehabilitation of the Flood affected in Kuttanad. Besides that year as Chairman she married Antony Chacko, who hails from the Kunnumkal family of Muttathiparambu Cherthala. PAG Major Donor

Dr C Antony joined Rotary in 1986 and was past District Secretary and served the District as District Chairman of various avenues. Dr Antony was the recipient of Best President of the District when our District included clubs from Tamil Nadu. They are both Dental Surgeons and run their private Dental Clinic, Mayo Dental Clinic, in Cherthala. Their daughter Rtn. Junta Antony too is Dentist and is married to Anil Thomas, Project Manager at Nissan Technologies; their son Rtn. Tivian Antony is a Business Analyst in Toronto, Canada and is married to Sharika who is a Research analyst in Toronto. The entire family are Rotarians and contributors to the Rotary Foundation.

Dr Tina is a member of Indian Dental Association, Patron member of the Alappuzha District Rifle Association and Charter member of Alleppey Toastmasters Club.

Dr Tina loves to read, paint, browse the net and her latest passion is Shooting as a sport.

humanitarian activities.

She has done a number of Projects in association with Clubs from overseas including a Sthreeshakthikarna project where 100 ladies were made self reliant through a Sewing machine project involving a matching grant.

Her father, DX Sebastian was in the Merchant Navy and her mother, Annamma Sebastian was a demographer with the International Institute of Population Studies and was into research and teaching international students.

Tina did her schooling from St. Antony's High School, Chembur, and her plus two from Ruia College and secured her BDS from Govt. Dental College, Mumbai. Her only brother Tony Sebastian is a senior software engineer in Kakkadan.

Throughout her school days and college,

Tina represented her institutions in Elocution, debates, and Quiz winning many prestigious titles. After her graduation, she married Antony Chacko, who hails from the Kunnumkal family of Muttathiparambu Cherthala. PAG Major Donor

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## Green Energy Adoption During Changing EV ERA



Rtn PHF Thulaseedas T N  
Managing Director

Secretary  
RC Alleppey Central 2023-24

Rtn Thulaseedas is an Engineer by Profession and joined Rotary by 2020. He is very passionate Rotarian and committed to serve society.

He has appointed as Treasurer of RC Alleppey Central for the year of 2021-22 and Secretary in charge for Mid 2022.

Rtn Thulaseedas now been selected as Secretary of Rotary Club of Alleppey Central for the year of 2023-24.

Rtn Thulaseedas has completed his Di-

ploma in Electrical Engineering with Distinction from Carmel Polytechnic, Punnappa, Alappuzha. He has associated with many contractual firms in Kerala for Low and High tension installations as well as Telecommunication sector with Reliance and Airtel. Then he went abroad for MBH Power Ltd, Nigeria as Project Manager for Transmission Substation and Lines. Later on he has promoted as Country Manager and transferred to United Republic Of Tanzania, there his team has achieved many milestones by completing around 2500 km Distribution Lines along with electrification of 30,000 houses for different communities in All Over Tanzania. He has ended his association with MBH Power Ltd from Liberia by 2018.

Once he returned from abroad he has incorporated Tharayil Power for customers to understand the importance of energy conservation in this changing era and implement appropriate rejuvenation plans. Solar Power Plants, Solar Water Heaters, BLDC fans and DC house wiring are just a few of the products they have chosen for Energy Conservation.

As in many other areas, Tharayil Power is in the process of working on a variety of projects that will benefit ordinary people and women in small business. With this becoming a reality, a lot of people will be able to get products at affordable prices. Recently they have delivered a Solar Agri Kiosk to Kudumbashree through Community Development Society (CDS).

Rtn Thulaseedas and team has set up Solar Street Lights and Traffic Blinker Lights in Alappuzha revenue district under various Rotary Service Projects. He is married to Rtn Munia Thulaseedas and having two Sons - Abhinand and Aadharsh, both are students of Matha Senior Secondary School, Thumboly, Alappuzha.

Rtn. Munia Thulaseedas has obtained her Bachelor of Engineering Degree from Sardar Vallabhai Patel Institute of Technology. She is very hardworking and very enthusiastic about entrepreneurship. She is very keen to learn business strategies from experienced veterans. After her management training from Torrent Power, she has associated with MBH Power Private Ltd a subsidiary of Tolariam Group Singapore. Later on she has transferred to MBH Power Ltd- Nigeria as Procurement Manager and served company for 3 years.

Rt. Thulaseedas is Treasurer to Kerala Renewable Energy Entrepreneurs Promoters Association (KREEPA) and Junior Chamber International, Punnappa (JCI Punnappa) as well.

### Warm Rotary Greetings



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# R. GORDON R. MCINALLY

## WANTS ROTARY MEMBERS TO CREATE HOPE IN THE WORLD



Rotary International President-elect R. Gordon R. McInally called for members to capture the world's attention and lead the way toward possibilities far beyond our current expectations.

McInally, a member of the Rotary Club of South Queensferry, West Lothian, Scotland, revealed the 2023-24 presidential theme, Create Hope in the World, during the Rotary International Assembly in Orlando, Florida, USA, on 9 January. He urged members to promote peace in troubled nations, help those affected by conflict, and maintain the momentum of initiatives begun by past leaders.

"The goal is to restore hope — to help the world heal from destructive conflicts and, in turn, to help us achieve lasting change

***Rotary helps create the conditions for peace, opportunity, and a future worth living," he said. "By continuing what we do best, by remaining open and willing to change, and by keeping our focus on building peace in the world and within ourselves, Rotary helps create a more peaceful world — a more hopeful world."***

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RTN. ADV.P N KRISHNAKUMAR  
Chair-Organizing Committee  
District Conference 2023-24

for ourselves," McInally said at Rotary's annual training event for incoming district governors.

McInally spoke about a woman he met in Ban Taling Chan, Thailand, where Rotary members helped build houses, a meeting hall, and childcare and health care facilities following the tsunami that devastated South Asia in late 2004. The woman had lost her husband, her daughter, and her son in the tsunami, as well as her livelihood. But she still had a gift to offer McInally: a beautiful seashell.

"She went on to tell me that Rotary... had restored her optimism. We gave her hope," McInally said.

"This is how Rotary brings lasting change to the world," he added, "one restored or newly created hope at a time."

### Promoting peace

A significant way to bring hope to the world is to put a greater emphasis on peace, McInally said. He cited the action Rotary members have taken in the past year to support the people of Ukraine after the invasion by Russia. Rotary has made humanitarian relief a priority, attracting more Ukrainian members in the process. But McInally noted that true relief won't come without peace — not just in Ukraine, but in Yemen, Afghanistan, Syria, and dozens of other places around the globe.

"Peace is the soil where hope takes root," McInally said.

McInally also emphasized the power of continuity, calling for Rotary members to continue the work of some past leaders. He pledged to maintain the Empowering Girls initiative launched by 2021-22 President Shekhar Mehta and uphold the emphasis on diversity, equity, and inclusion throughout Rotary. He also noted recent events that underscore the importance of Rotary's continuing focus on polio. In the past year, polio cases have emerged in many areas around the world, making it more crucial than ever for Rotary members to lead the fight against the disease.

To do that, McInally said, Rotary must continue to raise at least US\$50 million each year to receive the full 2-to-1 fund-

ing match from the Bill & Melinda Gates Foundation. Only about 1 in 12 members currently gives to the polio eradication campaign, with fewer than 1 in 5 clubs donating each year.

McInally asked the district governors-elect for support creating a new sense of urgency in their clubs to help realize Rotary's vision of a polio-free world. "This is the time for us to go beyond what's necessary year to year and make sure we provide every resource necessary to succeed as quickly as possible," he added.

### Focusing on mental health

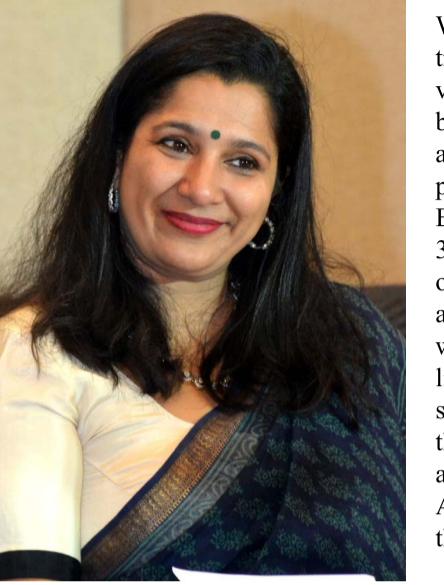
In addition, McInally said, Rotary members should offer hope to those affected by mental health challenges — a crisis exacerbated by the COVID-19 pandemic. Many people have lost family members, many more have found their social networks uprooted, and young people especially have had their educational and developmental paths interrupted. As a result, more people around the world are facing mental health issues. And yet, seeking assistance is often perceived as a sign of weakness.

"Nothing could be further from the truth," McInally said. "Reaching out for help is courageous — and continuing on a path toward wellness is even more so."

He added that Rotary will work to improve mental health services in the next year and beyond. Rotary should be known as an organization that takes care of its members as well as the people it serves, McInally said. "Any mental health professional will tell you that by helping others, we essentially help ourselves."

McInally ended his speech by describing his ideal balance of continuity and innovation. "Rotary helps create the conditions for peace, opportunity, and a future worth living," he said. "By continuing what we do best, by remaining open and willing to change, and by keeping our focus on building peace in the world and within ourselves, Rotary helps create a more peaceful world — a more hopeful world."

## Women entrepreneurship promotion. Chief convenor Nisha Jose



While the country is steering towards transforming its economic and social development status through women-owned businesses, several women dynamos have ascended to fame with their stellar entrepreneurship skills. According to the Sixth Economic Census results, Out of total 33.55 lakh establishments in Kerala State, ownership of 29.7 lakhs is proprietary and 30.72% establishments are owned by women entrepreneurs. ie 913917 establishments are under women entrepreneurship in Kerala. In this context there is a lot that we Rotarians can do to create Hope and guide women entrepreneurs in Kerala. All the best to District Governor Sumithran as he steers Rotary this new year.



Friends in Rotary,

Rotary District 3211 is hopeful and confident that our district is marching ahead to a new dawn when a compassionate leader is taking the reins as our district Governor. No introduction is needed to this unassuming humble Rotary leader Dr. Sumithran, when we are going to create hope in the world.

fight trying to stay mentally strong and give our best efforts. Hope is a belief. You believe something good will happen. The intensity of this feeling can really change your present and future. It's said hope, which is also your belief, is a deep sense hidden in our subconscious mind. Remember that our subconscious mind is the most powerful thing on this earth. With its help, you can make an impossible possible, or win a war, for example.

A true hope or belief is unbreakable. There are many theories regarding the pure definition of hope. But you don't have to confuse yourself with so many opinions. Just ask yourself — what you believe. If you believe to have something good in the future, and expect it to happen, that is hope. When you keep yourself telling that there will be no more pain and sufferings soon, you hope for it.

As now you understand, the essence of hope is always very sweet. It's an inspiration to live life the best way we can. So make your hope strong. Hope will give you the courage and inspiration to stick to your dream as long as you breathe. If you have a strong aspiration, hope and faith, nothing can bring you down. It lets you aim at the sole purpose of your life.

Let us wish Dr. Sumithran and the wonderful team a glorious year ahead.

warm regards

### Rtn. Nazir Salam

Managing Editor  
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## Warm Rotary Greetings



Rtn. Major Donor  
TT Kuruvilla  
District Chief  
Chairman APS Group



Rtn. MPHF R. Vijayakumar  
District Chief  
General Coordinator

## Warm Greetings Rtn. Adv. Anitha Gopakumar AG Zone XXV



Kinopharm Ltd, a pharmaceutical Company in India. She is also the Joint Secretary of Chemist Society, Kerala, managed by All Kerala Chemist & Druggist Association under this they are running two Pharma Colleges in Trivandrum and Kochin. Rtn Adv Anitha joined Rotary in the year 2014 and ever since been a live wire of the club. She has served the club as Editor and held various post in the club Zonal and District level, while serving has the editor and won the best Editor District Award. She was the Alleppey Revenue District Coordinator for the women empowerment in Rotary 2020-2021. Rtn Anitha was the first Lady President of Rotary Club of Alleppey East in 2021-2022, after 47 years in club history and won the Over all Best President Award of Rotary District 3211. Current year that is 2022-23 she serves as Amritam District Project District Secretary and now nominated as Assistant Governor for District Governor Rtn Dr G Sumithran 2023-24. Rtn Anitha is a multi talented personality who is a professional in all that she does. She enjoys singing and dancing. Her greatest hobby and time pass is her flower and kitchen garden. She is a very vocal environmentalist. The couple is blessed with two daughters, elder daughter Gayathri studying for Law in Sree Narayana Law College, Eranakulam and younger daughter Gauthami studying for BBA LLB in Bharth Mata School of Legal Studies, Alva. Rtn Anitha is also one of the Director of

## Warm Rotary Greetings



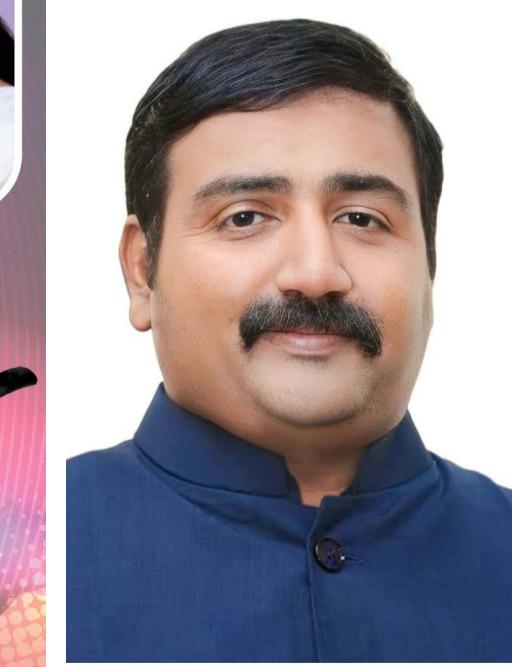
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Rotary Club of Alleppey East



Rtn. MPH K Lalji  
President,  
Rotary Club of Sherthalai Town  
100% MPH Club



Rtn. PAG C Jayakumar  
Joint Assistant Governor  
Rotary Club of Alleppey Central



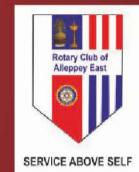
Rtn. Alex Koshy  
District Secretary General  
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Celebrating

50

Golden Years

Rotary



SERVICE ABOVE SELF

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club in India

## Rotary Club of Alleppey East

CHARTERED ON 05-08-1974

Club No. 15904, District 3211, [www.rotaryalleppeyeast.com](http://www.rotaryalleppeyeast.com)

### The Golden Jubilee Celebration Inauguration on 5th August 2023 @ Hotel Prince, Alleppey

- The Model Club of the District
- The First MPHF of District 3211
- The First Major Donor of the District 3211
- The First Major Donor Couple - Rotarian
- The Largest MPHF Club in India
- The Club with maximum Major Donors
- Recipient of Significant achievement award of RI in the year 2014-15
- Distinguished club award of RI in 2001-02
- Recipient of the Over all Best club, best President, best Secretary, and all other coveted awards of the District

Rtn. Haran Babu  
PresidentRtn. Anilkumar Sivadas  
Secretary

Rtn. Anil Kumar G Chairman

Rtn. Dr. Prasanth Jacob  
General ConvenorGolden Jubilee Celebration  
Committee

“ This Rotarian, a leader and orator par excellence embodies the true spirit of Rotary. He is a perfect blend of erudition, philanthropy, self confidence, diligence and selflessness ”

### Rtn MPH ANIL KUMAR. G

Rtn ANIL KUMAR.G is the member of Rotary Club of Alleppey East. He is an HR consultant, International Trainer & Motivational Speaker.

He has conducted thousands of training programs all over the country and abroad. He is a regular faculty for Rotary PETS, DTTS, AGTS, Leadership Seminars. He is a faculty for International / District / Multi zonal RYLA's in various Districts.

A Rotarian with more than 3 decades of Rotary service, he is the recipient of the prestigious Four Avenues of Service award from RI, District Service Above Self Award, Best Rotarian & Star Rotarian award. He was adjudged as the distinguished club president of RI in 2001.

He served as a district official for more than 25 times. Including district Chairman, Leadership Training, District Chairman implementation of CLP, District Chairman speakers forum, Asst. District Trainer, District Chairman RYLA, District Chairman Rotract, District Chairman RLI & District Assembly Secretary in 2007. He attended all the district conferences, District assemblies and all important district seminars from 1992. Also attended Rotary South Asia Literacy summits at Hyderabad, Chennai & Culcutta, Rotary Institute at Cochin & Dubai, Rotary International Conventions at Bangkok, Atlanta USA & Germany.