JULY 2022

THE BANYAN TREE

ROTARY CLUB OF ADYAR

IMAGINE ROTARY

Rotary
RI DIST 3232

RCA
Club No:22785
Chartered on:12-06-1985

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FROM THE PRESIDENT'S PEN

Dear Rotary Family

I am honored to stand in front of you as the 38th President of the Prestigious Rotary Club of Adyar.

As I take the mantle from my good friend IPP PHF. Rtn. Dr. Prem Alex Laurance, it is going to be a humongous job to continue all the amazing projects that the previous team has done and all I can say is "Let's do it" with my IMAGINE team of board 2022-23 and the support of entire Rotary family standing united with one thought for this year "BRIDGE THE GAP".

This year, under the leadership of Rtn.Jennifer E. Joneswho has asked us to IMAGINE the sways of changing our society and world. True sign of Knowledge is not intelligence but IMAGINATION.

Come let us IMAGINE all the ways we can BRIDGE THE GAP!

Let's create an impact in whatever we do and show that we are not only thinkers, but doers as well.

As your president,I am not above anyone, but just represent each one of you for our club "The Rotary Club of Adyar."

What makes Rotary so wonderful is that we get to share our experiences together,we get to learn, to laugh, to dream, to help, serve and IMAGINE together.

I would like everyone in the club to actively involve in all the club activities as it not only creates bonding and strengthening of the club but also motivates everyone to help the other.

Let's unite the world, one bridge at a time.

Rtn. Dr. M. Nishanth

THANKING THE OUTGOING PRESIDENT

With immense pleasure and honour, I would like to thank the outgoing president Rtn. PHF. Dr. Prem Alex Lawrence for all his contributions along with his team of board members for the support and contributions provided to RCA for the year of 2021-22.

Board service is one of the toughest volunteer roles of all, and yourself and your team have performed with utmost dedication and tenacity. I would also like to take this opportunity to thank the first lady Ann. Amali Prem who gracefully fulfilled her roles and responsibilities.

An activist once said, “Wisdom is knowing what to do next; virtue is doing it”. Yourself and your team proved to be both wise and virtuous.

The remarkable success that we at RCA are experiencing today wouldn’t have been possible without all of you. Be it arranging an event, projects, in person speaker meeting or inducting new members. It was a joy to have known all of you.

Thanks for your support, Thank you for your confidence. And with great pride, I congratulate all of you on a job well done!!!

Rtn. PHF. Dr. Prem Alex Lawrence

EDITOR'S NOTE

Dear RCA family,

It is indeed a great honour and an extremely delightful moment to present myself in the forthcoming Rotary year as the editor of RCA's bulletin, The Banyan. It's an enviable task and an adventure at the same time, with my predecessors having set the bar really high. I propose to keep it highly inclusive, engaging and colourful with a variety of trivia and facts from the past, present and future.

A few special add-ons will be 'Namma Ooru Semma Ooru', which is amazing trivia about namma Chennai; 'Ann Arattai', a special forum for Anns to contribute; 'Humour Haveli', for the lighter moments of our members; health and fitness topics; a monthly feature from a physical fitness Trainer-Fitness after forty; 'Annettes' Ensemble', a forum for Annettes to contribute; Crossword Corner; Awards and Achievements; 'Cook with Komalas', a culinary platform to highlight traditional and authentic recipes; 'Paati Vaidhyam,' a Monthly feature to revisit Home and Health titbits from Grandmothers; 'Rangeela Rangolis,' a step by step guide for Rangolis for beginners and enthusiasts; 'Project Parade', for forthcoming projects, 'Celebrating our Club Celebrities', for birthdays and anniversaries, 'Quizza Hut,' a monthly feast with a prize for winners of our quizzes and 'Eco Friendly Eka,' a page dedicated to Rotarians and family members who undertake eco-friendly projects to bridge the gap.

It's going to be a promising year, and I aim to engage with each and everyone and make this a hugely inclusive, fun-filled success for the IMAGINE guided team!

Ann. Dr. Meera Ragavan

Dear RCA Family,

Greetings To You!!!

To say that I am excited to be writing to you for the very first time is an understatement of great proportions. Being new to Rotary and Chennai, I have learnt a lot from the people out here. I have grown both professionally and personally and Rotary has driven me to contribute more to the society.

I am always excited to meet and catch up with all of you be it in fellowships, meetings at Savera Hotel and other functions pertaining to rotary since I get to interact with a diverse group of individuals who have a lot to say and share thus bridging the gap in different ways from age to opinions.

There is a lot in store for all of you right from club news, awards & achievements, Ann's corner, delicious cooking recipes, health &fitness, and many more interesting topics! Our focus this time is to get everyone involved to bridge the gap between all of you so that we can be even more closely knit.

Happy Reading!!
Ann. Madhuvanthi Sricharan

Ann. Madhuvanthi Sricharan

GOING BACK IN TIME

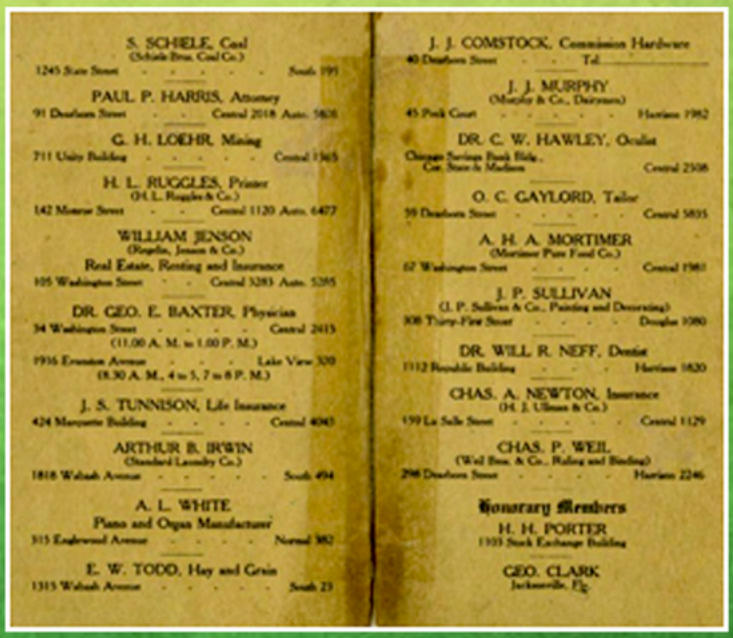
History of The Rotary and The First Four Rotarians:

Rotary started off with the humble vision of one man – Paul Harris. He was an attorney for Chicago who formed the Rotary Club of Chicago on 23rd February 1905. This vision of his enabled professionals from diverse background could exchange and share meaningful and lifelong friendship. Over time, this friendship grew in popularity and Rotary's reach and vision slowly extended to humanitarian services.

On 23 February 1905, Paul P. Harris, Gustavus Loehr, Silvester Schiele, and Hiram E. Shorey gathered in Loehr's office for what would become known as the first Rotary club meeting. Rotary's founder, Harris, was born in Racine, Wisconsin, USA, on 19 April 1868. Harris, a lawyer, was Rotary president from 1910 to 1912 and a member of the Rotary Club of Chicago until his death on 27 January 1947.

Loehr, a mining engineer, was born on 18 October 1864 in Carlinville, Illinois, USA. He was a Rotarian for only a few years, never holding office at the club or international level. But that first Rotary meeting was held in his office, Room 711 of the Unity Building in downtown Chicago. Shorey, a merchant tailor, served as recording secretary during the club's first year. He was a Rotarian for only a few years, too. He was born in Maine, USA, in August 1862. Schiele, a coal dealer, served as the Chicago club's first president in 1905 and Rotary International's treasurer from July to December 1945. Born in Terre Haute, Indiana, USA, in June 1870, Schiele attended Terre Haute Business College and served in the U.S. Army during the Spanish-American War.

Ruggles was a graduate of North-western University in Evanston, Illinois, and joined Rotary at its second meeting. He was treasurer of the Chicago club during its first year, club president from 1908 to 1910, and a Rotary director from 1912 to 1913. He is known for having introduced singing to Rotary club meetings.


S. SCHIELE, Coal
(Schiele Bros. Coal Co.)
1245 State Street - - - - - - South 195

PAUL P. HARRIS, Attorney
91 Dearborn Street - - - Central 2018 Auto. 5838

G. H. LOEHR, Mining
711 Unity Building - - - - - - Central 1365

H. L. RUGGLES, Printer
(H. L. Ruggles & Co.)
142 Monroe Street - - - Central 1120 Auto. 6477

WILLIAM JENSON
(Ruggles, Jenson & Co.)
Real Estate, Renting and Insurance
105 Washington Street - - Central 3283 Auto. 5205

DR. GEO. E. BAXTER, Physician
34 Washington Street - - - - - Central 2415
(11.00 A. M. to 1.00 P. M.)
1916 Evanston Avenue - - - - Lake View 330
(8.30 A. M., 4 to 5, 7 to 8 P. M.)

J. S. TUNNISON, Life Insurance
424 Marquette Building - - - - - Central 4043

ARTHUR B. IRWIN
(Standard Laundry Co.)
1818 Wabash Avenue - - - - - - South 494

A. L. WHITE
Piano and Organ Manufacturer
315 Englewood Avenue - - - - - Normal 382

E. W. TODD, Hay and Grain
1315 Wabash Avenue - - - - - - South 23

J. J. COMSTOCK, Commission Hardware
40 Dearborn Street - - - Tel.

J. J. MURPHY
(Murphy & Co., Dairymen)
45 Park Court - - - - - - - Harrison 1982

DR. C. W. HAWLEY, Oculist
Chicago Savings Bank Bldg.
Cor. State & Madison - - - Central 2508

O. C. GAYLORD, Tailor
59 Dearborn Street - - - - - - Central 5835

A. H. A. MORTIMER
(Mortimer Pure Food Co.)
62 Washington Street - - - - - Central 1961

J. P. SULLIVAN
(J. P. Sullivan & Co., Painting and Decorating)
308 Thirty-First Street - - - - - Douglas 1080

DR. WILL R. NEFF, Dentist
1112 Republic Building - - - - Harrison 1820

CHAS. A. NEWTON, Insurance
(H. J. Ullmann & Co.)
159 La Salle Street - - - - - - Central 1129

CHAS. P. WEIL
(Weil Bros. & Co., Ruling and Binding)
298 Dearborn Street - - - - - - Harrison 2246

Honorary Members

H. H. PORTER
1103 Stock Exchange Building

GEO. CLARK
Jacksonville, Fla.

ROTARY CLUB OF ADYAR

Then in 1984, as now, the need was to increase the membership in Rotary. It was with this objective that the Rotary Club of Madras South (RCMS) under the Presidency of Rtn Gopalswamy & at the instance of the then Dist. Governor Dist.323 (now3230) Rtn Purushothaman, had at its club assembly held on 14 Dec 1984 resolved to sponsor an extension for a new club. RCMS had already sponsored the Rotary Club of Meenambakkam. There were already eleven Rotary clubs in the city of Madras and so was a hesitation.

The new club was to be called the "Rotary Club of Thiruvanmiyur". Rtn R Desikan a member of the Rotary Club of Madras South was appointed Governor's Special Representative (GSR) to take up the responsibility of getting new members & do all that was necessary to get the new club started. The DG issued the extension letter, which was received by the RCMS on Jan 01, 1985.

Rtn Desikan lost no time in talking to prospective members & on 27 Jan 1985- fifteen prospective members assembled for the purpose of forming a new club. Geographical areas had to be earmarked for the new club from the areas of the RCMS. All areas south of the Adyar River on the east coast up to the limits of Madras Metropolis were ceded by RCMS to the new club. (The then rule was that the club could take in members, who either resided or worked in demarcation). During the preliminary meetings of the prospective members, it was decided to adopt the name 'Rotary Club of Adyar' (instead of Thiruvanmiyur). The new club was inaugurated with 22 members on Saturday, 19 February 1985 at 6.30 pm at Hotel Connemara Madras. The meeting was presided by President Rtn Gopalswamy, of RCMS & the chief guest was DG Rtn.Purushothaman. The charter president was Rtn R Desikan. The charter secretary was Rtn Ramana Prasad, Treasurer- Rtn Murli Chabbria & directors - Rtns. Lalith Sarin & Swaminathan Mani. The function was a memorable one with 75 persons attending and included the spouses. The charter from Rotary International was received dated 15 May 1985.
Source: http://www.rotaryadyar.com/

Rotary

IMAGINE ROTARY

RCA Club No:22785 Chartered on:12-06-1985

BRIDGE THE GAP

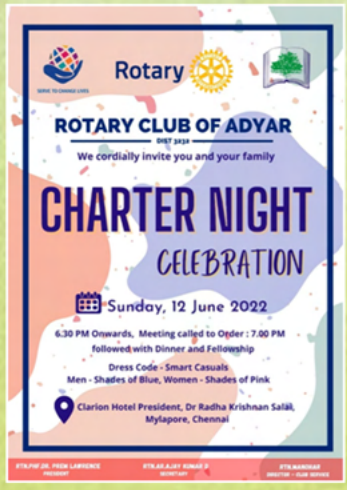
KNOW YOUR BOARD

RCA BOARD MEMBERS LIST

SNo	NAME	POSITION	POSITION	MOBILE
1	Rtn. Dr. M. Nishanth	President	nishimadhi@gmail.com	9842340409
2	Rtn. PHF. Dr. Prem Alex Lawrence	Immediate Past President	premlaury@gmail.com	8939887201
3	Rtn. Kavitha Anand	Secretary	a.kavithaakn@gmail.com	9042783187
4	Rtn.Vijay Prabhu	Treasurer	mvijay83@gmail.com	9842490258
5	Rtn. Duraivelu Premnath	Director - Club Service	duraivelupremnath@gmail.com	7708305888
6	Rtn. PHF. T. Sathish	Club Trainer	rtn.rts@gmail.com	9962239344
7	Rtn. PHF. Jayaseelan J	Club Advisor	jj@delvin.in	91766 19072
8	Rtn. M. N. Seshiah	Sergeant - At - Arms	mnseshiah@gmail.com	9841095091
9	Rtn. Venkata Raghava Annapragada	President Elect	anna_vra@yahoo.com	9841565889
10	Rtn.Veloo Pushparaaj	President Nominee	vpushparaaj@gmail.com	9787097000
11	Rtn. Dr. M. Kumaravel	Director - Community Service Health	drmkvel@gmail.com	9383371141
12	AKS. Rtn. S. V Veerramani	Director - International Service	svv@fourrts.com	9840355542
13	Rtn. M. E. Boopathiraja	Director - Membership Development	boopathiraja.me@gmail.com	9789970044
14	Rtn. Kannan P	Director - Youth Service	kannanthangalakshmi@gmail.com	9789084850
15	Rtn. PHF. R Gopalakrishnan	Director - Vocational Service	rcadyar@gmail.com	7358412140
16	Rtn. Ar. Ajay Kumar	Chairperson - Environment	archi06ajay@gmail.com	9551646367
17	Rtn. PHF. Archana R	Chairperson - Fellowship	coolarchi@gmail.com	7373090258
18	Rtn. R. Senthil nathan	Director - Community Service Development	Senthil.ranganathan@yahoo.co.in	9884091407
19	Rtn. Pria Srinivas	Chairperson - Women Empowerment	pria.srinivas@gmail.com	9840296659
20	Rtn. Dr. Sricharan Srinath	Chairperson - Literacy	srichmech@gmail.com	7358445064
21	Ann. Chitra Thiagarajan	Director - Special Project		9444406276
22	Ann. Suraj Menon	Chairperson - Public Image	poiizenstudio@gmail.com	9840534056
23	Ann. Dr Meera Ragavan	Club Bulletin Editor	dr.meeraragavan@gmail.com	9488648574
24	Ann. Madhuvanthi Sricharan	Assistant Club Bulletin Editor	madhuvanthi.efm@gmail.com	8095635243
25	Ann. Archana Boopathiraja	Chairperson - Annette club	archboopy@gmail.com	9840966870
26	Annette. Naveen Kumar	President - Annette club	naviakn@gmail.com	7338982917

ENGAGE WITH EVENTS

Charter Night Celebration
12 June 2022



- A fun filled celebration which was light-heartedand refreshed everyone's mind.
- Lots of awards and gifts were distributed recognising the contribution of various members towards the club.
- Fun activities and games were also held which made the atmosphere even more enjoyable and light.

Joint Board Meeting Held on 18 June 2022

Rotary

IMAGINE ROTARY

RCA
Club No:22785
Chartered on:12-06-1985

BRIDGE THE GAP

"On a Mission to Empower 1 Million Women" Speech
21 June 2022.

- Ms. Divya Swapna Raj was the speaker of the day.
- She enlightened us about the difficulties faced by the Disadvantaged and Underprivileged women and children and how she is on a mission to empower them through skill development and creating livelihood opportunities.
- It was an eye-opening talk as well as an interactive session.

Time to Celebrate Our Annettes Achievements

Annettes club of Adyar headed by President Annette Vhasavi Ragavan and Secretary Annette Aurelia Laurette Premwas awarded The Gold Trophy for Leap of Hope (donating artificial limbs). Our Annette Club has donated 12 limbs

FITNESS AFTER FORTY

After age 40, your metabolism begins to slow down

As we grow older, the efficiency with which our body produces energy is markedly decreased.

Even if the routine of our daily activities doesn't change as we age, less of our caloric intake is burned. Women may experience heavy bleeding, irregular periods, heavy cramping, longer or shorter duration and changes in frequency.

After age 40, you begin to lose as much as 3% to 5% per decade. Most men will lose about 30% of their muscle mass during their lifetimes, yearly 1.2-1.8kg muscle loss. Less muscle means less BMD which is greater weakness and less mobility, both of which may increase your risk of falls and fractures. The cause is age-related sarcopenia or sarcopenia with aging. Physically inactive people can lose more muscles mass.

When you hit 40, your hormones start a 10–15-year decline. These declining hormones make it hard to sleep, hard to lose weight, give you brain fog, make you irritable, anxious, low libido, lack of motivation to work out and can make you feel like you are living in someone else's body and mind

Many people aged over 40 have admitted that they live a stressful life, and some have admitted to experiencing anxiety. Working out is a great way of relieving stress and a positive way to take out frustrations.

How to overcome above mentioned problems

1. PROPER PHYSICAL ACTIVITY
2. WELL BALANCED NUTRITION
3. STRESS MANAGEMENT MENTAL HEALTH
4. ADEQUATE REST / SLEEP
5. PERIODIC MEDICAL SCREENINGS

Exercise improves your immune system and improves your body's ability to resist infections. It also improves the strength of your bones and important muscles that you breath with, including your heart muscles which lead to improved circulation. Keeping yourself busy is vital to staying healthy mentally and depression and lead to a happier life. Working out improves the rate that your brain gets oxygen. Studies have also shown that workouts are linked to improved memory.

As you get older your memory declines, working out is a great counter active method to memory decline. One of the most common complaints about getting older is loss of libido, which can be traced to hormonal changes that start around the age of 40 in both men (drop in testosterone) and women (decrease in both estrogen and testosterone)

Author

Dr.N. K Aridhas PhD is a National Athlete from the year 2003. He started his carrier as a swimming coach in the year 2005 and entered fitness field since 2006. He has trained 1000+ clients and has done 5000+ counselling. He has involved himself in several social cause activities and corporate events. He is the founder of Altitude Fitness centre in the year 2015. He has to his credit 15 Fitness courses, 4 Masters, 3 International Fitness courses. He has published many national, international journals and given various interviews in various channels. He presented a paper "Fit to Dance "for a wing of UNESCO in Greece. He has conducted workshops and camps in USA, Europe, and other countries. He is a Holistic Fitness Trainer and Consultant for selective corporate events. He has won gold and bronze medal in Masters National Athletic Championship-2022 and will be participating in World Championship. He has acted in two movies yet to release.

Interesting Facts About Good Sense of Hearing:

The hearing organs start growing in the five –month old foetus while in the mother's womb and by the time he is born, is fully developed playing an essential role in his life.

The three – month old when on his stomach

i) turns when called
ii) shows a reflex action when he hears the doorbell ring, the pressure cooker whistle etc.

His hearing is associated with his comprehension and speech. The one-year-old child understands simple instructions, says a few words which progresses, and he becomes a talkative toddler. On the contrary the child who does not hear will not speak. He does not comprehend what is spoken around, points at things that he needs, gestures and signs to get themsatisfied. Gradually he becomes deaf-mute. Many specialists have realized the importance of early screening and have started universal screening programs in many hospitals. They screen all children born within the first 24 hours using a simple screening test 'OAE' The OAE tells the specialist if the child has passed or failed the test. If the child has failed, he needs to go for further diagnosis done by Audiologists at Diagnostic Centers

It is advisable to definitely screen High Risk infants, who include those born off consanguine parents, born to a mother who has been infected with rubella while pregnant, born with low birth weight or premature, as well as the infants affected with jaundice or meningitis, and those with family history of deafness.

Screening and diagnosing hearing loss in the child below the age of three years brings a complete change into his life. He can be fitted with hearing amplification devices and intervened into a good early intervention program. He can lead a near normal life understanding speech and talk. He will join regular schools and get into higher education streams and jobs of his choice. Early diagnosis and early intervention will change the child's life by helping him listen from infancy and talk for a lifetime.

Dr Meera Suresh

Dr Meera Suresh

Honorary Vice Principal

BDr Meera Suresh is the Honorary Vice Principal of Balavidyalaya The school for young deaf children and Institute for Teacher Training. She has been working in this field for the last 29 years. In the school she is involved in helping infants and young deaf children develop language and speech so that they can join the mainstream. In the Institute she helps interested organizations establish early intervention centers across India and Sri Lanka.

She is also the Vice President of the National Convention of the Educators of the Deaf India. She has presented more than hundred papers in National as well as international seminars all over India and US. Some of her papers have been published in the Journals of the National Convention of the Education of the Deaf

Dr Suresh can be reached by calling 9677248172 or by email to hear@balavidyalayaschool.org
Balavidyalaya Chennai 600020

COOK WITH KOMALAS

செட்டிநாட்டுப் பலகாரம் பால் கொழுக்கட்டை

செய்ய தேவையான பொருட்கள்:

இடியாப்பமாவு - 1 உழக்கு_வெல்லம் - 1 உழக்கு (சரியான அளவு) ஏலக்காய்த்தூள் –கொஞ்சம்_கெட்டி தேங்காய்ப்பால் – வேண்டிய அளவு

செயல்முறை :

1/4 டம்ளர்தண்ணீரை கொதிக்கவிட்டு 2 அல்லது 3 துளி எண்ணெய் சேர்க்கவும். உப்பு கொஞ்சமாகபோடவும். இந்த வெந்நீரைமாவில் ஊற்றிபிசைந்துகொள்ளவும். சப்பாத்தி மாவு பதம் வரவேண்டும். கொழுக்கட்டையை உப்புச்சீடைபோலநீலமாக உருட்டிக்கொள்ளவும். உருட்டிய கொழுக்கட்டை மென்மையாக இருக்க வேண்டும்.

வாய் அகலமாக உள்ள பாத்திரத்தில் தண்ணீரைலேசாக ,கொதிக்கவிட்டு, கொழுக்கட்டையைப் போட்டுவேகவிடவும் . பத்து , பத்து கொழுக்கட்டையாக போட்டுவேகவைக்கவும்.

பொடித்தவெல்லத்தை தண்ணீர், கொழுக்கட்டையுடன் சேர்க்கவும் .

தண்ணீர்கூட இருந்தால் இருத்துக்கொள்ளவும். பின்னர் கெட்டியான தேங்காய்ப்பால் சேர்த்துசெய்யவும்.

ஏலக்காய்த்தூள்தூவவும் .

சூடாக பால் கொழுக்கட்டையைப் பரிமாறவும்!

CELEBRATING OUR CLUB CELEBRITIES

Birthdays:

04-Jul	S. Prithvi Narayan	S/O Rtn. Pria Srinivas
06-Jul	Ann.Gowri S	W/O Rtn. Srinivasan H
09-Jul	Annette. Nitia V Mohan	D/O Rtn.PHF.S V Veerramani
11-Jul	Rtn.M E Boopathiraja	
12-Jul	Annette.Suhas	S/O Rtn. PHF Latha Rajan
13-Jul	Rtn.Dr.M.Nishanth	
16-Jul	Annette. Ananyaa Rajan	D/O Rtn. PHF.Vittal Rajan R
21-Jul	Annette.Charanya	S/O Rtn. Krishnan S
21-Jul	Annette.Arvind	S/O Rtn. Rajendran. R
27-Jul	Rtn.S.Sivakumar	
27-Jul	Annette.Mahaswedha P	D/O Rtn.Veloo Pushparaaj
28-Jul	Annette. Lavanya	S/O Rtn. Krishnan S
30-Jul	Annette.Poorvi Rajesh	D/O Rtn. Pinky Rajesh
31-Jul	Annette.Pradeep	S/O Rtn. Rajendran. R

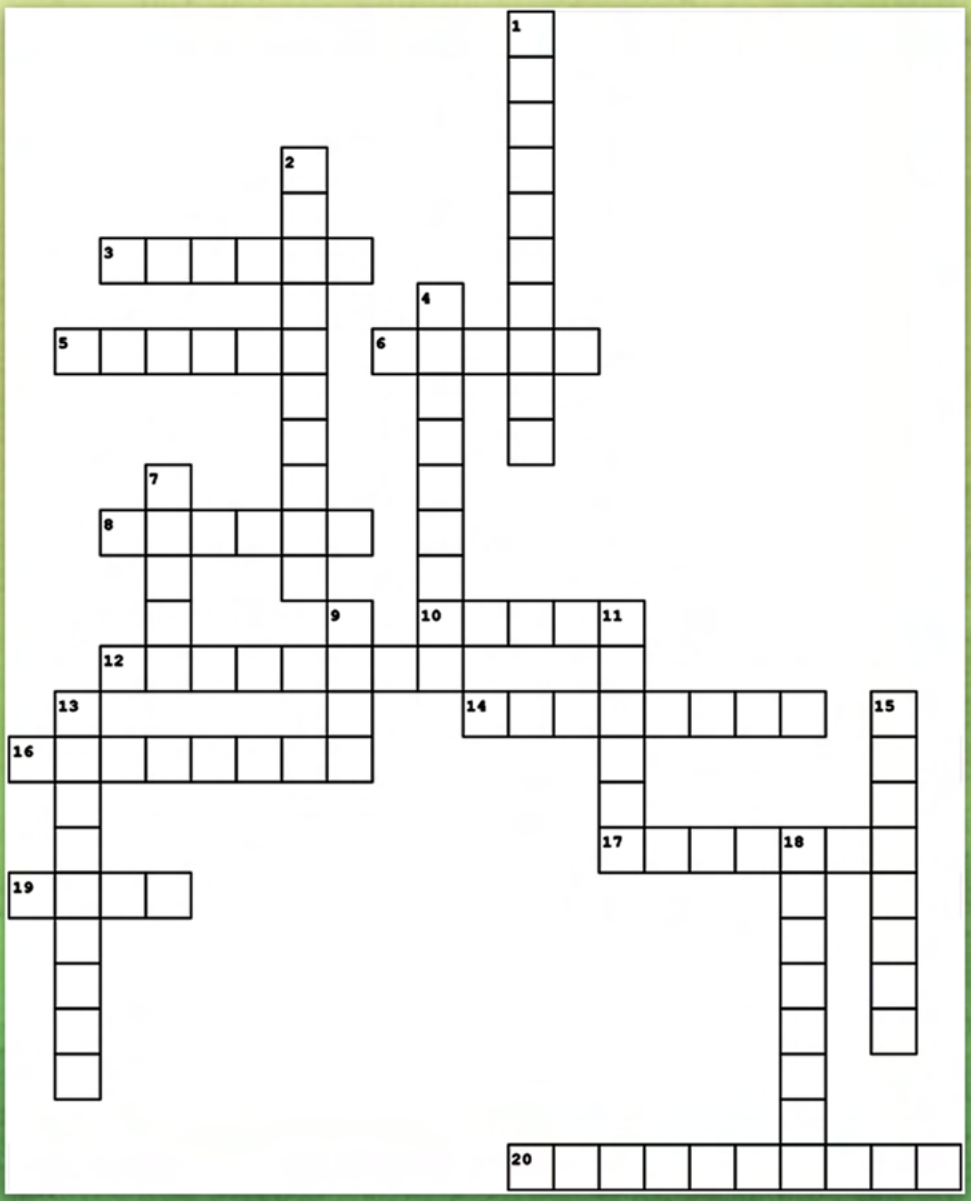
Wedding Anniversaries:

01-Jul	Rtn.Kannan Arumugam & Ann.Chitra Kannan
04-Jul	Rtn.PHF.S V Veerramani& Ann. RadhaVeerramani
10-Jul	Rtn.PHF.ThiagarajanR & Ann.Chitra Thiagarajan
14-Jul	Rtn.M Suresh & Ann.Meera Suresh
15-Jul	Rtn. Ramesh R & Ann.Radha

NEXT MONTH'SAGENDA

5.07.2022 - President's Installation
19.07.22- Avenues Directors Presentation

CROSSWORD CORNER



Across:

3. Occupation of Rotary's founder.

5. RCA's theme for 2022-23 is _____ the Gap.

6. Disease Rotary is trying to eradicate is _____.

8. A person who contributes $1000 to the Rotary Foundation is awarded a Paul Harris _____.

10. The 1st test of the 4-way test: Is it the _____?

12. RCA was inaugurated with 22 members on Saturday, 19 _____ 1985.

14. Rotary was founded on _____ 23, 1905.

16. _____ E. Jones is the RI President for 2022-23.

17. Rotary's motto is _____ above self.

19. Rotary's official colours are Blue and _____.

20. The 3rd test of the 4-way test: Will it build goodwill and better _____?

Down:

1. The 4th test of the 4 -way test: will it be _____ to all concerned?

2. One of the six areas of focus of RI is Disease _____ and Treatment.

4. The 5 avenues of service of RI are Club, Vocational, _____, International and New Generations.

7. One of the 6 areas of focus of Rotary International (RI) is _____ and Conflict Resolution.

9. The 2nd test of the 4-way test: Is it _____ to all concerned?

11. Last name of Rotary's founder.

13. City where the 2023 RI convention is going to be held.

15. One of the six areas of focus of RI is Basic Education and _____.

18. City where RI headquarters is located.

ANTHEM OF ROTARY CLUB OF ADYAR

Under the banyan tree,
Christened by the Rotary wheel,
We are the fellows of Rotary,
We are the Rotary family.

We care, we feel
We are the Adyar Rotary family
We reach out, we heal
We are the Adyar Rotary family

'Service before self' is our aim,
Fairness and justice, we proclaim.
We rejoice together in fellowship,
We celebrate the bonds of friendship.

Give the needy, help the ill,
Spread love and build goodwill,
Be faithful to the truth,
Be kind and gentle to the youth.
Four-way test will guide you
In everything you do.

We stand below the banyan tree,
We care for our community.
We join our hands in pride and say –
We're here for you every day.

We care, we feel
We are the Adyar Rotary family
We reach out, we heal
We are the Adyar Rotary family

Rotary

RI DIST 3232

IMAGINE ROTARY

RCA

Club No:22785

Chartered on:12-06-1985

BRIDGE THE GAP