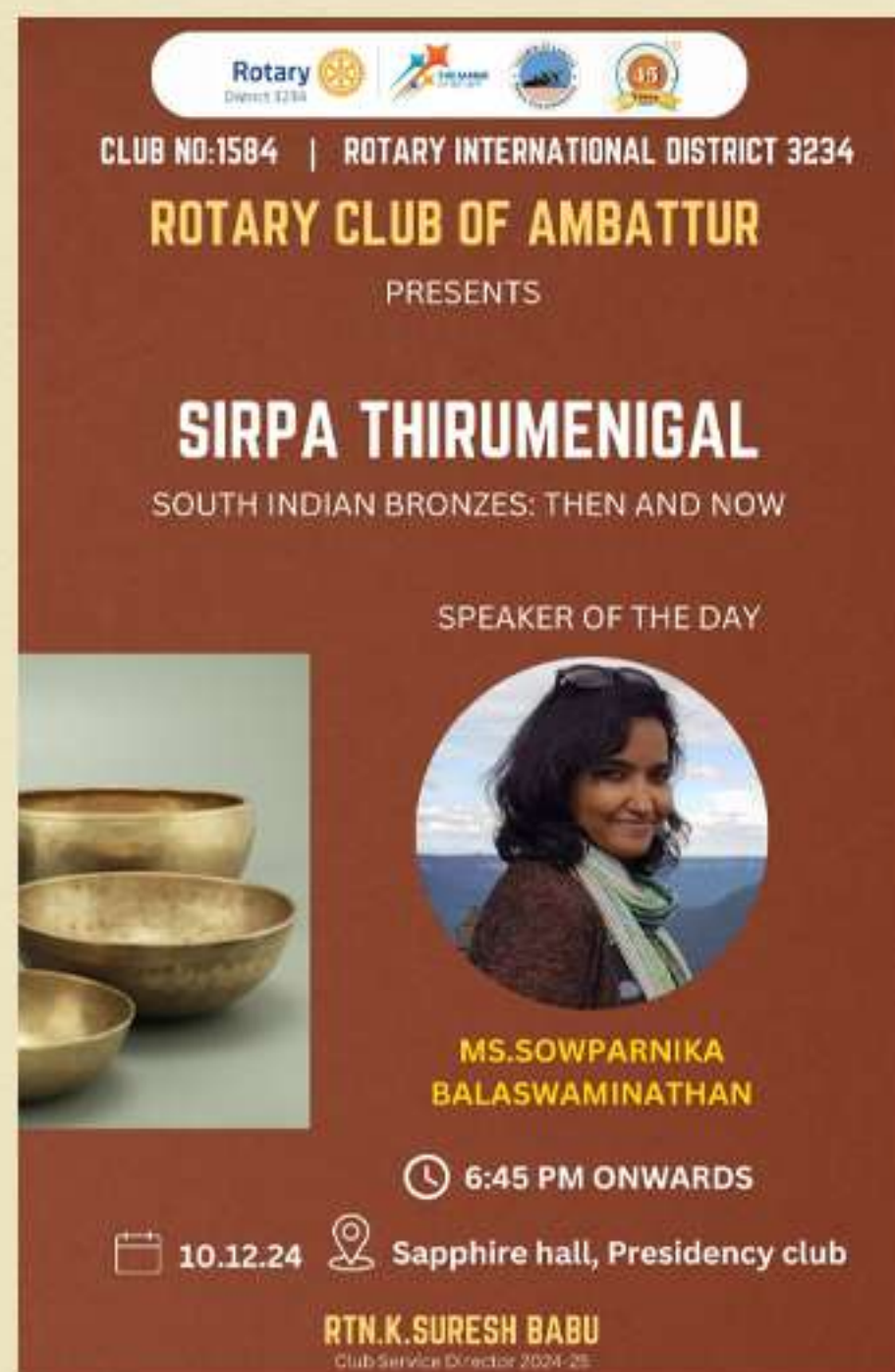


AMBER

Bulletin of Rotary Club of Ambattur RID 3234

December – Disease Prevention and Treatment Month



Rotary Club of Ambattur and QNQ Pharmacy Host Successful Wellness Marathon

The Rotary Club of Ambattur, in collaboration with QNQ Pharmacy, organized a highly impactful Wellness Marathon featuring 2km, 5km and 10km runs. The event witnessed overwhelming participation, with over more than 1000 enthusiastic runners taking part and more than 10 winners emerging across various categories.

With a legacy of serving society for over 45 years, the Rotary Club of Ambattur continues to inspire community engagement. The event was graced by the presence of Rotary President David, Secretary Dr. Winston and Chief Guest Rtn. DG N. S. Saravanan, along with special invitee AG Rtn. Pazhani.

The marathon received strong support from Decathlon, Big FM, and Poorvika, while the event organization was led by AD 5 Media and TS3. The Wellness Marathon was yet another testament to the Rotary Club of Ambattur's unwavering commitment to promoting health, wellness, and community service.

Seppu Thirumenigal – An Insight into South Indian bronze sculptures

Sowparnika Balaswaminathan, an asst. professor in the department of religions and cultures at Concordia university, Montreal Canada, addressed our club on 10th December 2024. She is an anthropologist by training and researches South Indian Bronzes and the artisan community in Swamimalai, which has continued making these Bronzes for over a thousand years !

She gave us an insight into the field of South Indian bronzes or seppu thirumenigal which are bronze sculptures that used to be exclusively made for temples as processional icons. Nowadays, they can also be found in museums all over the world as art objects, as well as decorative art in handicraft shops. How did a religious idol become a museum artifact and a secular decoration? My overall argument is that although we think of traditional art as something that has to stay the same for it to be called "traditional," there is usually a fluidity that is built into tradition that allows for it to evolve over time.

– Article by Rtn. Mullai Subbiah

Christmas Celebration at RC Ambattur



The Ambatturians met to celebrate the Spirit of Christmas on 20th December at the Gymkhana Club. A lot of effort was put in towards the event by Anns Veena and Tamara and Rotarians Gita Menon and Ashish Coelho.

The event was held at Gymkhana club which was facilitated by Rtn PP Ashok Rao, looking splendid in a Suit. Members and Anns attended in large numbers. A 4 member Carol group enthralled the Audience with their melodious rendition of popular Carols and they were joined by Rtns. Gita and Dr Winston, Anns Tamara and Tara. The Carols were interspersed with a Memory game and a Game of drawing objects on a Thermocol plate held over the head. Everyone participated in all the events with gusto. Cake was arranged by Rtn Ashish and wine by Rtn Dr Winston. The decorations were done by Rtn Ashish and Anns Veena and Tamara and the decorations and Christmas tree were very elegant and classy.

Drinks were served and that kept the spirits high. The food selection was very good especially the starters and the Shepherds Pie. The festive atmosphere, the vibrant interaction, the lovely decorations, the lively music and Carols and the mouth watering food boosted by the Spirits all contributed to a great evening. All in all, it was a very enjoyable evening well appreciated by the members

– Article by Rtn. Dr. Winston Noronha

World Saree Day Celebrations ENWRAP BY RID 3234

World Saree Day, Enwrap to show case the enchanting beautiful sarees by the weavers of the Nation was organised under the guidance of First Lady of the District Bharti Saravanan on the 21st of December at Hotel Royal Lee Meridian, Alandur, Chennai. Each club was asked to register atleast 5 to 7 ladies for participating in the Fashion Walk and 5 ladies as audience.

Five ladies from the RCA Mano, Mala, Vijaya Sairam, Mullai Subbiah and Mangaikarsi dressed in beautiful traditional sarees took part in the event.

A total of 18 clubs took part in the competition. The Judges for the event were celebrities Gauthami and Poornima Bhagyaraj. A well coordinated and Choreographed fashion walk was enjoyed and appreciated by one and all. The top four clubs were nominated to take part in District Conference.

Ann Vijaya Sairam won the best dressed and Mangai got a prize in the questionnaire round.

Ann Mano was in the stage decor and Stalls Managing Core Team and Mala was the Treasurer of the event.

A big round of applause for the participating Anns of the RCA

– Article by Ann. Mano Singh





Amba Vision Cataract Surgeries

For the Month of December, Nine free cataract surgeries were performed on the 17th December at our Ambattur Rotary hospital organized by Rtn. Anjula Bhatia

Dental Camp

RCA Conducted dental camp by Rtn. Anjula Bhatia on 20th Dec at Dr. G.D Boaz Memorial Hospital School centre in collaboration with Rotary Club of Centennial Madras



Accolades Section

Accolades achieved by our Annettes



Sidhant Khurana is 12 years old, and this is his first piano competition. Sidhant is passionate about playing the piano and violin. He performed at the 2023 Horner Middle School Talent Show and for the Gift of Music program at the Mission Hills retirement home in Fremont, California. Sidhant has performed on several occasions with the Hopkins Elementary String Orchestra and his school band. He enjoys playing pieces on the piano by composers such as Mozart, Chopin, and Haydn. Sidhant likes to hike, read, travel and try foods from different cuisines. When he travelled to Europe, he was inspired by the music he heard there and hoped to pursue the piano and violin to study music there.



Pleased to inform you that our Grand Annette, Sidhant Khurana, grand son of our member Rtn Ashok Rao and Ann Tara Rao, has been awarded the citation of the American Protege, in the International Piano and Strings Competition 2024!

Let us wish him the very best to grow from strength to strength and look forward to his winning many more laurels in the near future to make India proud!

Rotaractors Section

Serve the Dead



Date : 8/12/2024

"Serve the Dead" is an ongoing signature project of Rotaract Club of Ambattur. It happens once in every 2 months, the project provides dignity in death for unclaimed bodies from government hospitals, ensuring respectful last rites and cremation. The initiative emphasizes empathy, social responsibility, and closure for those with no one to care for them.

Laughter is The Best Medicine

Benefits of Laughing



Physical health benefits

Boosts immunity

Lowers stress hormones

Decreases pain

Relaxes your muscles

Prevents heart disease



Mental health benefits

Adds joy and zest to life

Eases anxiety & tension

Relieves stress

Improves mood

Strengthens resilience



Social benefits

Strengthens relationships

Attracts others to us

Enhances teamwork

Helps defuse conflict

Promotes group bonding

Birthdays



Jan04	Annette Akash Raj	V Sairam
Jan06	Ann Jayashree	T Parasuram
Jan07	Rtn. Parankusam	
Jan09	Annette Lata Mukundan	R Mukundan
Jan14	Rtn. Mahaveerchand Dugar	
Jan15	Annette R Srilatha	TR Mala
Jan18	Ann Sheela UB	Udaya Bhanu
Jan19	Rtn. Ashok Rao	
Jan19	Rtn. K Suresh Babu	
Jan23	Rtn. Muthu Kumaran	
Jan24	Annette Swathi UB	Udaya Bhanu
Jan26	Ann Gunasundari	Mahaveerchand Dugar
Jan29	Rtn. P Sridharan	
Jan29	Rtn. S L Omprakash	

Anniversaries



Jan13	Rtn. R John Rose & TK Bindhu
Jan18	Rtn. Dr. Winston & Dr. Veena Noronha
Jan22	Rtn. R Mukundan & Pramila
Jan26	Rtn. Alban & Mavis Rebello
Jan29	Rtn. A S Hari Prasad & Vijayalakshmi
Jan31	Rtn. Udaya Bhanu & Sheela

Editorial Committee

Ann Lata Sarma
Rtn. GVR S Sarma
Rtn. Ashish & Ann Tamara Coelho
Rtn. DR. Winston Noronha
Ann Tara Rao
Rtn. Geetha Menon