



Rotary  UNITE FOR GOOD  
District 3233

 ROTARY CLUB OF CHENNAI TOWERS  
IN SERVICE SINCE 1946

# TOWERS TIMES

Bulletin of Rotary Club of Chennai Towers  
Volume 28 Issue 5



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Chartered on 10th June, 1998.  
Charter number: 51278



**Rtn. Venkatesh R**  
President



**Rtn. Dr. Vignesh Pushparaj**  
Secretary



# Community Service Development

**Director: Rtn. Rojarajan**

# Used Clothes donation to Bushmen in Tanzania

RCCT sent used clothing, including shirts, pants, shorts, and kids wear, to the Bushmen in Tanzania ! This initiative was made possible through Martha, a social worker . The Bushmen face extreme conditions, and used clothes will help protect them from the elements. As nomadic hunters, they requested no new clothes . Thanks to Rtn Sriram , Anns Shobha and Nikitha for the initiative.





# Community Service Medical

**Director: Rtn. Dr. Vivek Shanmugam**



# Pink Promise

10th November 2025

## Breast Cancer Screening Campaign at Dr Kamakshi Memorial Hospital

Pink Promise - 100 days Breast Cancer Screening Campaign an initiative by Dr. Kamakshi Memorial Hospitals, Chennai to create awareness about Breast Cancer and to do Breast imaging in form of USG for women between age group 30-40 yrs and Mammogram for women aged above 40 years.

In this 100 days campaign, 1076 women were screened and RCCT took pride in sponsoring the cost of screening 37 women from Magalir Suya Uthavi Kuzhu.

Part of the money was contributed from the prize money which our RCCT team won in the Car Rally conducted by RI District 3233 on eve of Madras day.

On Valedictory day, our Secretary, Rtn. Dr. Vignesh Pushparaj was felicitated by Chairman Dr.T. Govindarajan and Director Dr.T.G. Sivaranjani of Dr. Kamakshi Group of Hospitals for being part of Pink Promise Campaign.





# Scoliosis

We have been supporting the treatment of a 10-year-old girl with severe kyphosis, Grade 3 listhesis at the lumbosacral junction, and scoliosis. The child had already begun experiencing neurological symptoms, including numbness in her feet.

Her treatment was planned in two stages:

Phase 1 - Kyphosis and listhesis correction

Phase 2 - Scoliosis correction (if required)

Phase 1 has been successfully completed with the support of RCCT. The child is now walking independently without any assistance.

Remarkably, the scoliosis has already started correcting on its own in the immediate postoperative period. With this progress, we can proudly say that we have likely avoided the second surgery and protected the long-term mobility and quality of life of this young girl





# General Medical & Liver Screening Camp

6th November 2025  
Bethel Faith Mission

Number of Patients: 44

Diabetic: 5

Hypertension: 1

Hep B Positive: 0

Hep C Positive: 0



# General Health Camp

Vyasarpadi  
12<sup>th</sup> November 2025

Number of Patients: 52

Diabetic: 19

Hypertension: 5

Hep B Positive: 0

Hep C Positive: 0



# General Medical & Hepatitis Screening Camp

14th November 2025  
Anna Nagar Tower

Number of Patients: 50

Diabetic: 29

Hypertension: 9

Hep B Positive: 0

Hep C Positive: 0



# General Health Camp

15<sup>th</sup> November 2025

Welfare Association, Washermanpet

Number of Patients: 60

Diabetic: 14

Hypertension: 17

Hep B Positive: 0

Hep C Positive: 0



# General Health Camp

19<sup>th</sup> November 2025

Laljee Godhoo & Co, Sholavaram

Number of Patients: 28

Diabetic: 1

Hypertension: 0

Hep B Positive: 0

Hep C Positive: 0



# General Health Camp

28<sup>th</sup> November 2025

Performance Products and Services, Gummidipoondi

Number of Patients: 60

Diabetic: 5

Hypertension: 2

Hep B Positive: 1

Hep C Positive: 0



# Ongoing Projects



# Dialysis

## ICH Dialysis Centre

No of kids - 16

No of dialysis - 133

## Retteri Dialysis Centre

No of Patients - 47

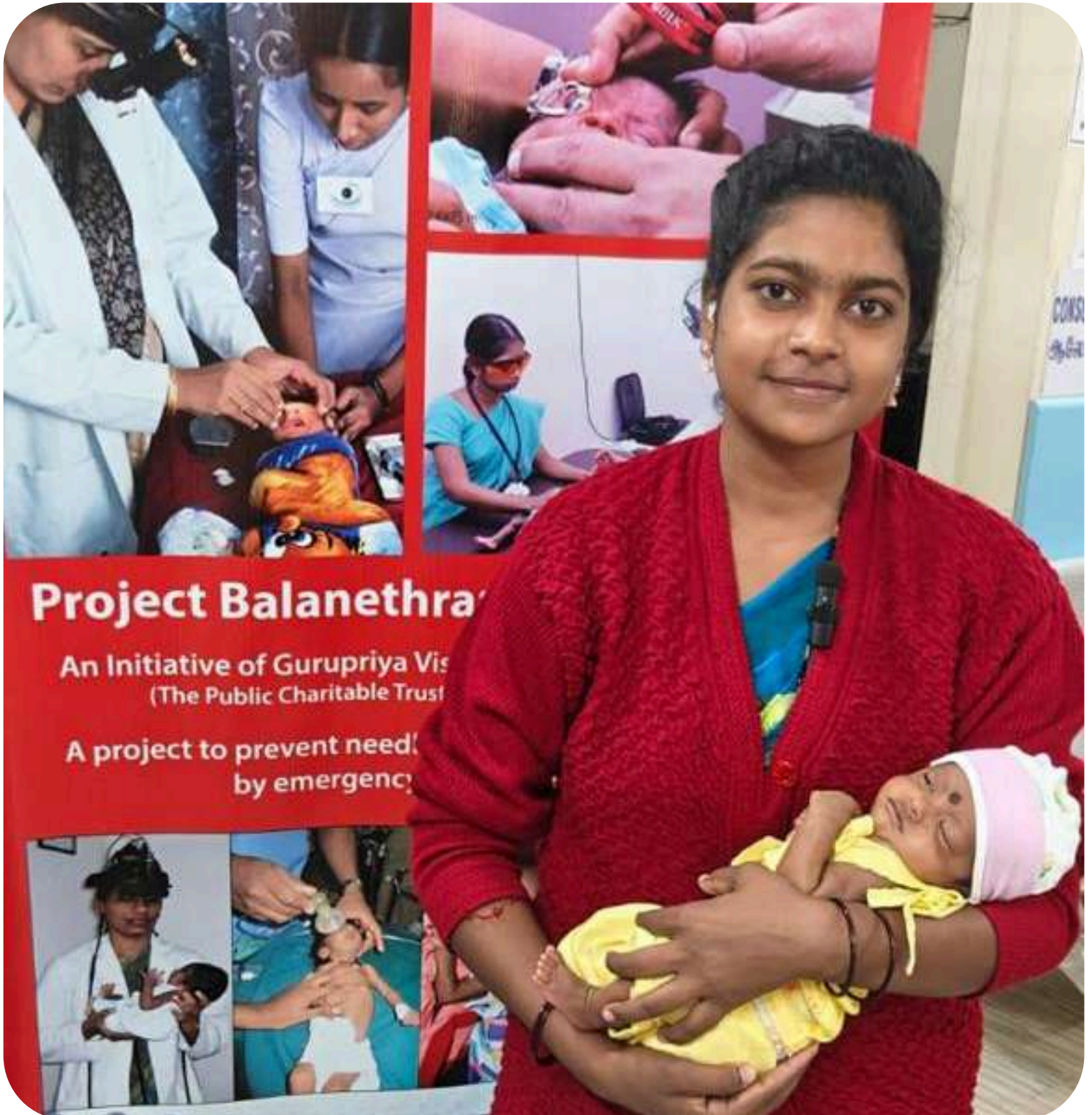
No of Dialysis - 437



# Balanethra

The project to provide free laser eye surgery to new born babies was started under the new global grant. The surgery for the first baby out of the planned 225 was done on 13th Nov 2025

A special thanks to Dr Vasu, IPP Shalin & KC for the TRF contribution towards the grant.





# Club Service

**Director: Rtn. Samuel Mathew**



# VOD Season 17 - Prelims

2nd November 2025

**Ann Carmelita**

On November 2nd, I had the wonderful opportunity to attend and take part in the VOD Prelims conducted by the Rotary Club of Chennai Towers. The event was bursting with enthusiasm and vibrant energy, with participants from various Rotary clubs across Chennai showcasing their exceptional talents. From young children to senior citizens, every age group took the stage, turning the auditions into a heartwarming celebration of music, passion, and expression.

I was truly amazed by the talent present in every club across the district. The entire program was brilliantly organized, and special appreciation goes to Gopal and Nirmala for their dedicated efforts in ensuring everything ran seamlessly, supported wholeheartedly by the members of Chennai Towers.

The esteemed judges for the day, Mrs. Meenakshi Srinivasan and Mr. Solomon, added immense value to the auditions with their expert insights and encouraging words. Our MCs, Aarti and Sangeetha, brought great energy to the event—Aarti handled the first half while Sangeetha took over the second, and both of them absolutely rocked with their engaging and lively presence. During the breaks, everyone joined in karaoke singing and dancing, adding even more joy and camaraderie to the day.

We had 75 registrations and 94 participants (Duet included) and participation from 42 clubs.

Overall, it was a memorable experience—a day beautifully spent and one that I will cherish for a long time.

## Training Session

We had a training and rehearsal session for the finalist with the orchestra on 8th November by Singer Bellieraj of **Kangal irandal fame** from **Subramaniapuram**







# VOD Season 17 - Finals

16th November 2025

**Rtn. Rukmani Mohan**

On a bright, music-filled morning, RCCT transformed the Egmore Museum Theatre into a lively world of rhythm and joy. The moment one stepped in, the air seemed to hum with the magic of our ever-faithful orchestra.

Voices blended across districts as enthusiastic participants took the stage with confidence and heart. Our judges, cool and encouraging, kept the spirit high. And guiding the entire flow was our one and only Aarti as MC, whose perfect mix of humour and spontaneity made every moment sparkle.

Surprises kept coming. The judges Madhu, BG, Shyamala devi set the pace with peppy performances. Then arrived SaReGaMaPa showstopper Master Divinesh, whose effortless retro rendition stole everyone's breath. Cheers rose again when our Rtn. Dr Rajkumar, delivered a power-packed number that electrified the hall.

A serene shift followed as Chief Guest Smt. Anuradha Sriram described RCCT's effort as divine and therapeutic before offering her soulful "Kaatriil Varum Geethame." Her presence reminded us why music heals and unites.

Guest of Honour - our DG Rtn. D. Devendran enjoyed the music and was all praise for RCCT for organizing such a wonderful event and consistently for 17 seasons.

Every participant shone with dedication and pure love for music, each one truly a winner.

Behind the scenes, the unstoppable VOD team led by Gopal powered everything. His trendsetting ideas—bringing districts together, inviting musical stalwarts, and arranging rehearsals with a voice trainer—lifted the event into a different league.

Adding warmth to the morning, Anand and Saranya ensured that the food, served with love and hospitality, completed the experience.

Even now, the steps of the Egmore Museum Theatre seem to echo with our laughter, applause, and the unforgettable spirit of RCCT—a day when music didn't just play... it lived



## Junior

**Winner - Esha Vinoth , RC Aarch City**  
**Runner up - Utkarsh Snehal , RC Madras North West**  
**Cool Voice - Shrinika Raghunathan, RC Royapettah**

## Young Adult

**Winner -Vignesh, RC Octave**  
**Runner up -Kaavya, RC Madras East**  
**Cool Voice - Pranav Kumar, RC Chennapatna**

## Super Seniors

**Winner - Murali, RC Centennial Madras**  
**Runner up - Kani Patrick, RC Chennai Mithra**

## Seniors

**Winner - Rama Suresh, RC Madras North**  
**Runner up - Sumitra R, RC Madras Vadapalani**

## Duet

**Winner - Rangarajan J / Shrividhya , RC Octave**  
**Runner up - Shivathmika / Sathvika, RC Adyar**









# Project Malabaricus – Fund Raiser Event

21st November 2025

**Ann Shoba Sriram**

RCCT is known for its musical fundraisers and this year too we decided to have one to collect money for ongoing projects and new ones that may come. Anand suggested the new band who's never come to chennai before, the Kerala band "PROJECT MALABARICUS " headed by Sitara Krishnakumar and her team.

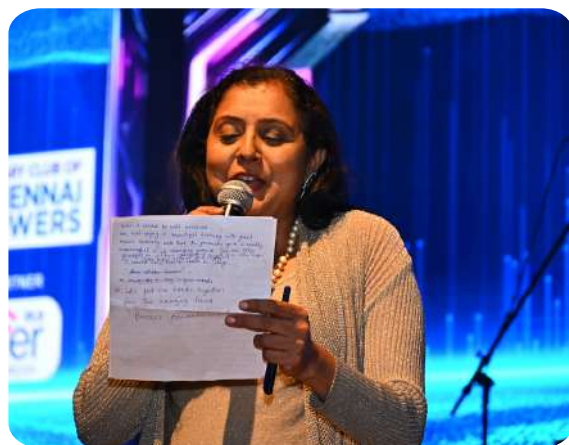
Lot of effort was put in by President Rtn. Venkatesh, Chairman Rtn. Eashwar, Ann Shoba and Rtn. Anand in coordinating the show and getting the best in the city, the Music Academy, as the venue. Being the co-chairman my work was more with motivating our members into taking part. Rtn. Padmaja did the creatives, as she's been quietly doing for many years without a fuss.

The day approached and the band was a SENSATION. SITARA was magic and all of us including the public loved her singing and the bands performance.

Highlight of what was done this year which we haven't done before are the hoardings with RCCT and the band's name (courtesy Anand) on the metro rail pillars in many places in the city. That gave our club a nice image.

The program was a big hit and RCCT always rocks









Rotary Club of Chennai Towers  
presents



A concert to raise funds  
for their humanitarian projects

7.00 pm | 21st November 2025  
Music Academy, Chennai



For details contact: +91 7358076090 +91 98842 62836

bookmyshow Donor Passes: Rs 2000 | Rs. 1500 | Rs. 750 (Balcony)





# Literacy

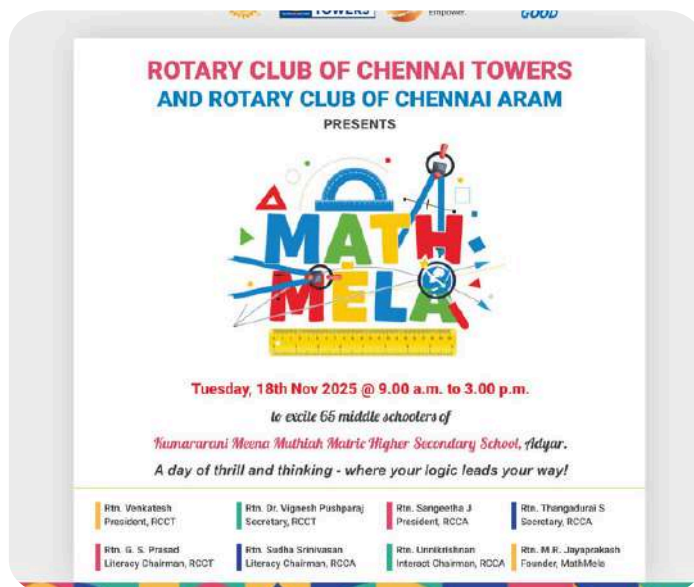
**Director: Rtn. G. S. Prasad**



# Maths Mela at KRMM School

18<sup>th</sup> November 2025

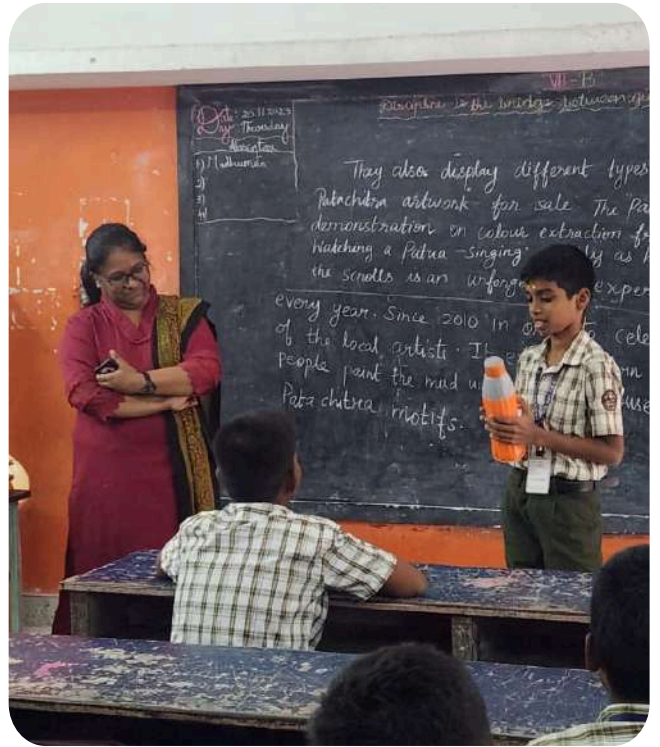
As part of Literacy Avenue, the Rotary Club of Chennai Towers, in collaboration with the Rotary Club of Chennai Aram, organized a joint project at KRMM School for 8th-grade students – the Maths Mela program. President Rtn Sangeeta and Rtn Unnikrishnan presented simple, understandable concepts to students, demonstrating how Mathematics connects to daily life and supports other subjects like Science, History, and Geography. The session highlighted how maths helps solve real-world problems, fosters collaboration, builds teamwork, encourages logical thinking, and enables decision-making by identifying solutions within problem statements. It was truly an amazing session by the Aram team through the Maths Mela program! RCCT Anns Gomathi, Geetha, Carmel & Anuradha were present along with President Rtn Venkatesh who distributed certificates to all participants.



# Interactive English Class at KRMM School

20<sup>th</sup> November 2025

An amazing session on Brain yoga was conducted by Ann. Carmel. The kids enthusiastically participated. It was a pleasure to watch them work on activating their brain followed by Show and Tell, Speak few lines about pencil pouch, water bottle, cube, chopsticks followed by an interactive session on Acronym and Initialism.



# Craft Work Session at Anjugam Primary School

21st November 2025

Craft work using origami paper and making umbrella taught by Suhail and team to students of Anjugam primary school



# Women Empowerment and Environment

Director: Rtn. Aarthi Varanasi

# Minimal Consumerism and Waste Management

14th November 2025

Olcott Memorial School

An awareness talk on Minimal Consumerism and Waste Management session was done by Rtn. Rukmani for the students of Olcott Memorial School





# Youth Service

**Director: Rtn. Adithya Roongta**



# Interact Installation at Sankara Matriculation School

4th November 2025

We had the Installation ceremony of the Interact Club at Sankara Matriculation School. Rtn. Sethuraman Annamalai - District Chairman, Interact graced the occasion as Chief Guest. President Rtn. Venkatesh & Secretary Rtn. Dr Vignesh pinned the newly inducted Interactors, joined by President Elect Rtn. Dr. Sumedha, Jayashree, Krishnakumar, Rukmani & Ann Archana. The students were enthusiastic and eager to focus on creating an impact for a cleaner environment. We have already conducted sessions on Robotics Camp & AI Learning, Digital Safety & Good Touch Bad Touch in the recent past. We look forward to creating impacts along with them in future & once again thank Ann. Archana for pursuing the school to be our Interact Club.





Sankara Mat. Hr. Sec. School, Thiruvalluvar Nagar, held the installation ceremony of Interact Club on November 4, 2025. The event was conducted by the school Interact Club members. The club

Rtn Rukmini and the chief guest Rtn Sethuraman Annamalay, district chairman-Interact and other members were welcomed by the school Interact Club president. In their inspiring speech,



# Public Image

Director: Rtn. Anand Krishnan



# PORUR TIMES

## Free Diabetic Retinopathy screening

November 5, 2025 Uncategorized No comments



On occasion of World Diabetes Day, the 13th annual Project RADAR (Radhatri Nethralaya Diabetic Retinopathy Project in Association with Rotary), an annual month long free Diabetic Retinopathy screening for the public was launched on Oct 28 at Radhatri Nethralaya.

The Rotary 3233 district governor Rtn. Devendran was the chief guest and actress Sanchita Shetty was the guest of honour. The dignitaries released pamphlets to promote awareness on Diabetic Retinopathy to be distributed amongst the public. This project is spearheaded by Rotary club of Chennai Towers.

For the first time in India, a novel Virtual Reality (VR) platform and Kiosk was dedicated to the public by the dignitaries. Dr. Vasumathy Vedantham, Medical director, Radhatri Nethralaya said that this was a public awareness initiative by Radhatri Nethralaya to make caregivers of patients understand what patients with retinal problems experience, which would improve empathy and follow up of patients. The Kiosk will also be used to allay the fears in

the minds of patients especially with regard to treatment and intraocular injections, she added. She gave a presentation on Diabetic Retinopathy and demonstrated the VR platform to show how vision could be impaired in diabetic retinopathy.

Dr. Praveen Krishna, Medical director Radhatri Nethralaya, reiterated the fact that for every five years of diabetes, the incidence of diabetic retinopathy is doubled and hence diabetic patients should get their eyes examined at least once a year and gave an outline of the month-long free camps with a new artificial intelligence (AI) based retinal camera to detect diabetic retinopathy in urban slums, parks etc.

Students of Optometry were certified as "Youth Vision Ambassadors: Yuva Nethra Jyotis" for spreading awareness of blinding eye conditions in the public and received certificates from the chief guests.

Diabetic patients can register themselves for a free eye checkup to rule out Diabetic retinopathy throughout November 2025 at Radhatri Nethralaya, 12, Hindi Prachara Sabha street, T. Nagar, between 9 am to 10.30am. Patients can call 94454 38681 to register and are requested to bring their latest blood sugar report when coming for consultation.



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Vol. 18 Issue - 18 English & Tamil Weekly November 8, 2025 - November 14, 2025 FREE 8 Pages

## Free Diabetic retinopathy camp

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## Installation of Interact Club office bearers held

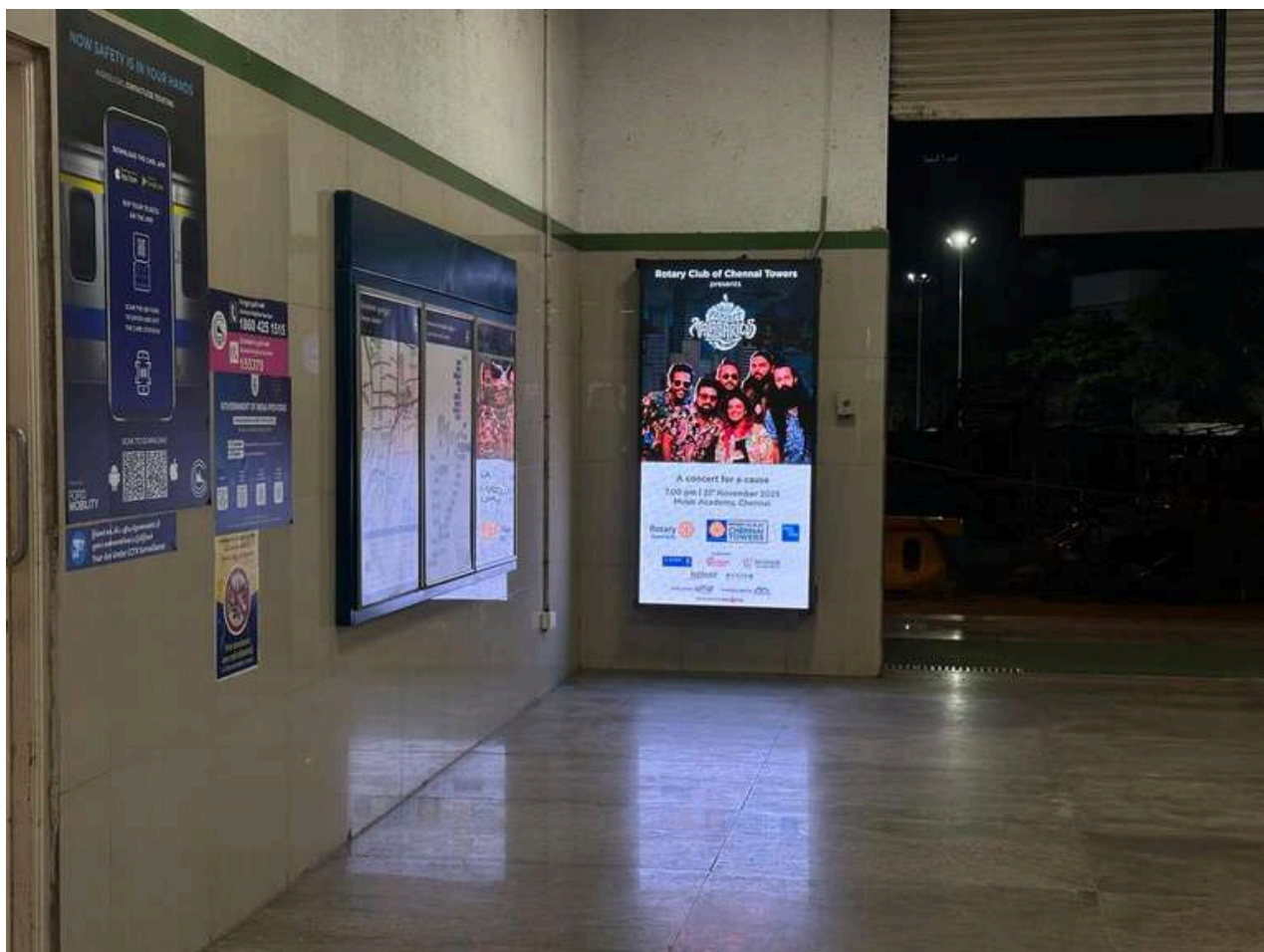


**Sankara Mat. Hr. Sec.**  
SCHOOL, THIRUVALLUVAR NAGAR

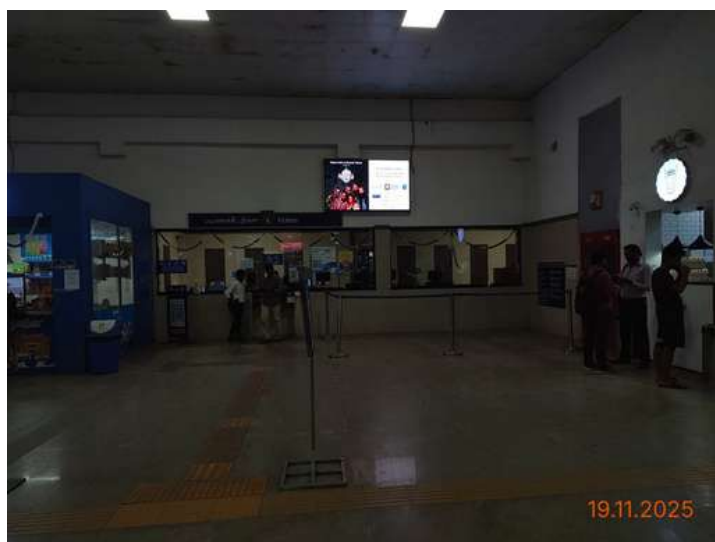
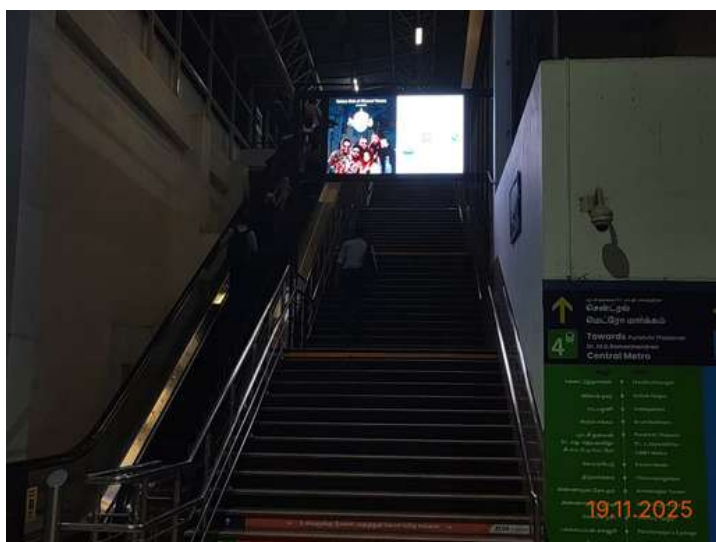
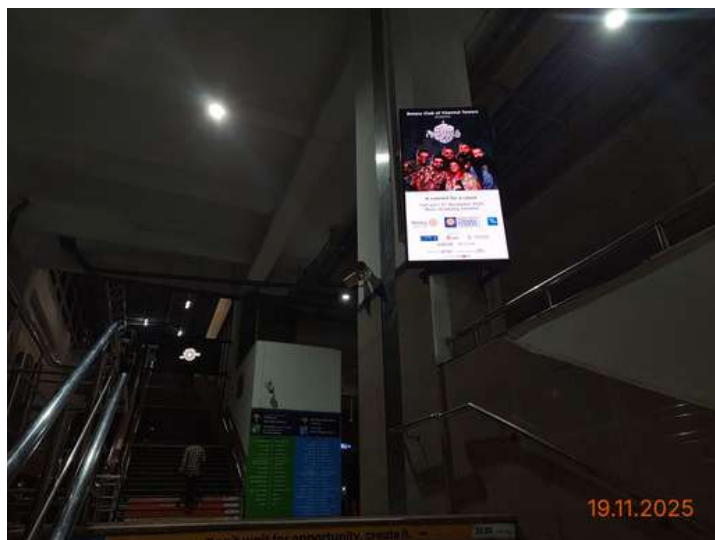
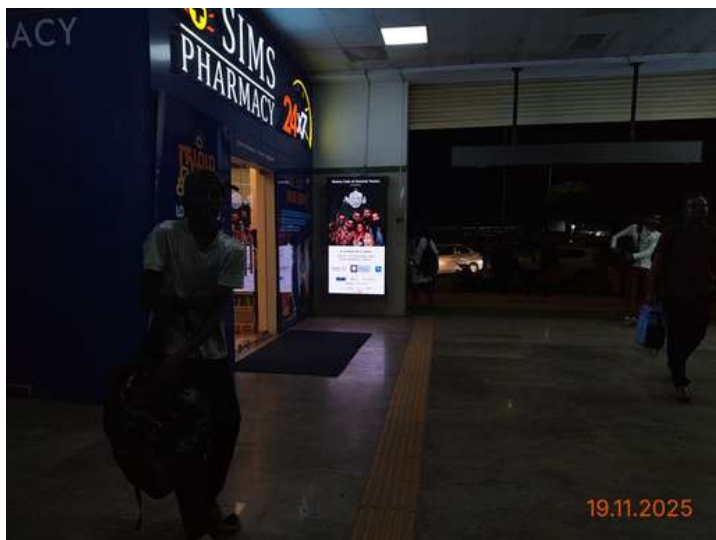
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The dignitaries Rtn. Vignesh Pushparaj, Rtn Venkatesh, Rtn Archana and

Rtn Rukmini and the chief guest Rtn Sethuraman Annamalay, district chairman-Interact and other members were welcomed by the school Interact Club president. In their inspiring speech they emphasized the duties of the office bearers of the Interact Club. The pinning of office bearers was done by the Rotary members, in the presence of the principal, principal and vice-principal of the school, making the event a great success.



# Hoardings & boards at Chennai Metro stations



Rotary Club of Chennai Towers presents  
**PROJECT MALABARICUS**  
A concert for a cause  
7:00 pm | 21st November 2025  
Music Academy, Chennai

Rotary Club of CHENNAI TOWERS

**Vikatan EMagazine**  
Project MALABARICUS - a Kerala based band is performing for the first time in Chennai . This is a fundraiser event to support various humanitarian...

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1:08 PM



# Achievements



Gurupriya Vision Research Foundation – the public charitable trust of Radhatri Nethralaya, a tertiary eye care hospital in Chennai was awarded the prestigious 10th Edition HCL Tech Grant by the HCL Foundation this year. The award recognises their initiative, Project Vision on Wheels, a rural tele-ophthalmology program dedicated to screening preterm babies in villages for preventable and blinding eye conditions



# Anniversary Celebrations



Rtn Dr Vignesh & Ann Runitha



Rtn Dr Vasumathy & Spouse Dr Pravin



Pres Rtn. Venkatesh & Ann Anitta



# Know your Rotary Terms

## **DGN**

District Governor-Designate (DG next+2 Rotary Year) DGE. District Governor-Elect (DG next Rotary Year) DGN. District Governor-Nominee (DG next+1 Rotary Year)

## **TRF**

The Rotary Foundation (TRF) The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

## **PHF**

Paul Harris Fellows

Continuing the legacy of our founder, the Paul Harris Fellow program recognizes individuals who contribute, or who have contributions made in their name, of \$1,000 to The Rotary Foundation of Rotary International

## **GGR**

Governor's Group Representatives(GGR)

Help to formulate club plan and objectives, Membership increases extension and major projects for each club.

## **ICGF**

Rotary International Club and Group Finder (ICGF) is a tool provided by Rotary International to help people find Rotary clubs and groups in their area.

## **RMB**

Rotary Means Business (RMB) is a networking fellowship where Rotarians support each other professionally while living our values of Service Above Self. It's about trusted referrals, collaboration, and doing good and good business.

## **RYLA**

Rotary Youth Leadership Awards (RYLA) is an intensive leadership experience organized by Rotary clubs and districts where you develop your skills as a leader while having fun and making connections.