



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 6



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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

Akshayam 365

4th December 2025

Ann Saranya Anand

04/12/2025 - AKSHAYAM 365 - 100 packets every day for next 365 days.

This is when and how it all started .

Some actions don't ask for attention they earn it. *AKSHAYAM 365* is one such effort , a humble initiative by Rotary Club of Chennai Towers & MUDRA OOH headed by Rtn.Anand of RCCT

AKSHAYAM began as a heartfelt initiative by Ann. Biju serving food to the needy every Thursday. The simple yet powerful question from Rtn.Anand why only one day a week and why not every day , sparked a larger vision. From that thought , AKSHAYAM 365 was born with an idea of transforming a weekly act of kindness into a daily commitment which was quickly accepted by President Rtn.Venkatesh , further which a quiet promise was made by Rtn.Anand to fund 100 packets of food every day for the next one year.

With the help of Greater Chennai Corporation a dedicated kiosk was set up adjacent to Pondy Bazaar police station , TNagar

In a fast moving world , this kiosk stands as a reminder that real compassion is measured in presence. We at RCCT focus on consistency & the assurance that tomorrow's meal is accounted for and so is the day after. There is no one day spectacle here . The discipline of showing up daily without pause transforms charity into responsibility and this what makes this effort noteworthy.

On the other note, the original Akshayam initiative continues every Thursday at the Adyar Cancer Institute staying true to its weekly commitment of serving those in need.

Our sincere thanks to the Greater Chennai Corporation for generously providing the space for the kiosk, to all the donors who have been contributing to this initiative, and to the members of the Rotary Club of Chennai Towers for their unwavering support and commitment.







Akshayam at Cancer Institute

Akshayam project at Cancer Institute was restarted again on December 18th continues every Thursday with distribution of 200 food packets.

This month it was done on 18th & 25th of December





TV Donation, Sri Sankara Mudiyor Illam

13th December 2025

Rtn Sanjay and Ann Ektha Ahuja donated TV to Old Age home - Sri Sankara Mudiyor Illam (Hindu Seva Samajam Trust), Pandith Mede, Thiruporur, Chengalpattu on 2nd December supporting the elderly community



AID INDIA Award

13th December 2025

President Rtn. Venkatesh & Ann Shoba attended an event organized by AID INDIA where RCCT was recognized for our support in providing dry ration during the floods and the pandemic, donating used clothes as well as funding a borewell to Irula settlement in Irumbedu village about 50 kms from Chennai. It was a truly deserving project as they had to walk about a kilometer to get water. AID India has done some phenomenal work to uplift the Irula community and RCCT is very happy to have been a part of it. The award was given by Ms. Kakarla Usha IAS.



Thrift Sale

21st December 2025

Ann Anuradha Prasad

Women of RCCT conducted thrift sale at Abhirami Hall on 21st December to raise funds for our projects. The project was initiated by our First Lady Anitta and spearheaded by Rtn. Rukmani. Rtn. Satish Jupiter & Hamsa gave us the space to set up a stall at the Sunday market.

Members had a fun-filled time collecting and segregating items from friends & relatives for the thrift market sale. Anns, Annets and Rotractors helped us in setting up the stall. We had brisk sales through the day where our Anns went all out to sell the items. The stall was buzzing with laughter, fun, and selling spree. Thanks to everyone's efforts - we brought smiles, joy, and collected funds for our humanitarian projects .

A big shoutout to everyone who contributed and supported us in this initiative





Wishing Well for children of Ziya Orphanage

24th December 2025

Ann Gomathi

The 'Wishing Well' project is a simple and heartfelt initiative to fulfill the wishes of children. Wishing Well project was done at farmhouse of Rtn Kiran and Ann Ria for the 45 children from Zia orphanage. Amazing time celebrating the Wishing Well Project with the kids at ZIVA Orphanage! The kids were very happy and grateful for the gifts, snacks, and blessings.

Our committee organizers faced some initial hurdles, but true to RCCT style, we made it happen and had a good celebration with the kids! The kids were over the moon receiving gifts and seeing their wishes come true. Our Ann's and Annette's games had everyone grooving with singing, dancing, and acting - especially that one song "nobody looked at us but like you good soul turned back towards us".

Rtn Kiran's mom and grandma's food, hospitality, and kindness stole the show! Thanks, RCCT, for letting me be a part of this - seeing those smiles was the best feeling ever!







Community Service Medical

Director: Rtn. Dr. Vivek Shanmugam



Project RADAR Walkathon

21st December 2025
Besant Nagar Beach

Chennai Towers & Federal Bank in association with Radhatri Nethralaya held Project RADAR walkathon on Besant Nagar Beach to raise awareness on Diabetic Retinopathy. Guest of Honour was Mr. Venketram from RCCT. It was a great success with 405 participants from Rotary Club of Chennai Towers, Federal Bank, AMJ College, Lions Avadi, Shri BS Mootha School, Lions Club of Avadi, ANM Jain college, Vasan Institute of Optometry, PSG College, SRM College, Female Auto Association, Retired Armed Forced Association and the General Public. The participants raised slogans on awareness of Diabetic Retinopathy and walked through Besant Nagar Beach

President Rtn Venkatesh, First lady Anitta, Secretary Rtn Dr Vignesh, Sriram, Eashwar, Rojarajan, Padmaja, Satish Kandimalla, Anns Dr. Runitha, Shoba, Gomathi, Annet Sushmita participated in the walk.





General Medical & Liver Screening Camp

14th December 2025

Elango Nagar park, Mogapair

No of Patients - 27

Diabetes - 5

Hypertension - 2

Hep B - Nil

Hep C - Nil



General Health Camp

17th December 2025
Naravarikupam, Primary Health Centre

No of Patients - 60

Diabetes - 60

Hypertension - 60

Hep B - Nil

Hep C - Nil



General Medical & Liver Screening Camp

18th December 2025
Naravarikupam, Primary Health Centre

No of Patients - 57

Diabetes - 57

Hypertension - 57

Hep B - 1

Hep C - Nil



General Health & Liver Screening Camp

19th December 2025

Padi Nallur Primary Health Centre, Red Hills

No of Patients - 66

Diabetes - 66

Hypertension - 66

Hep B - 1

Hep C - Nil



General Health & Liver Screening Camp

20th December 2025

Theerthayampattu, Vadakarai, Primary Health centre – Red Hills

No of Patients - 74

Diabetes - 74

Hypertension - 74

Hep B - Nil

Hep C - Nil



General Health Camp

22nd December 2025

Shalom Prayer House, Korukupet

No of Patients - 65

Diabetes - 9

Hypertension - 10

Hep B - Nil

Hep C - Nil



Ongoing Projects



Dialysis

ICH Dialysis Centre

No of kids - 17

No of dialysis - 154

Retteri Dialysis Centre

No of Patients - 48

No of Dialysis - 442



Balanethra

Balanethra continues to bring hope to premature infants through free laser surgeries at Radhatri Nethralaya. The programme recently marked the successful treatment of its 30th baby in the presence of Rtn. Krishna Chander and Rtn. Dr. Vasumathy. In December alone, 15 babies received timely treatment under this initiative, reinforcing its commitment to preventing avoidable childhood blindness.



(13.12.2025)



(15.12.2025)



(15.12.2025)



(18.12.2025)



(18.12.2025)



(18.12.2025)



(19.12.2025)



(19.12.2025)



(19.12.2025)



(23.12.2025)



(23.12.2025)



(23.11.2025)



(25.12.2025)



(25.12.2025)





Club Service

Director: Rtn. Samuel Mathew



Madras & Art Deco Speaker Meeting

Ann Alpana

RCCT's speaker meeting held on Dec 11, 2025 at GRT hotel, was graced by Ms Sujatha Shankar, a member of the Governing Council and Executive Committee of INTACH (Indian National Trust for Art and Cultural Heritage) and Convenor, INTACH, Chennai Chapter, the speaker for the evening.

Ms Sujatha, an architect by profession, is very passionate about heritage. From directing documentary films on Madras, to designing a heritage map of the city, she has a long list of outstanding accomplishments including winning a prestigious national award for excellence in design and being featured in the book 'Women Architects and Modernism in India' by Madhavi Desai, among 28 contemporary practitioners in the country, to name a few!

Ms Sujatha, with her gentle demeanor and vast knowledge of the "Art Deco" style of architecture, enlightened us about this concept of design used in several buildings in Chennai (Madras!). She explained (in architectural terms) the various influences in the design aspects of buildings like EID Parry, United India, National Insurance, Madras High Court, Casino theatre, Bank of Mysore and the other magnificent buildings along Mount Road and Beach Road in Chennai. Her passion resonated in the way she explained the details of the design, their significance, the architectural firms who were involved and the mark that they have left on the city's architectural landscape.

It was sad to note that we drive past these magnificent marvels with rich heritage every day without realising or acknowledging their solid history. So caught up in our busy lives we tend to take for granted these magnificent beauties that have stood the test of time and neglect.

Thankfully a few of the dilapidated ones are getting restored, that is a relief! I am sure that henceforth we will look at these historic cityscapes in a different light and take the time to savour their unique and timeless beauty. The evening ended on an awe inspiring note with the lovely speaker Ms Sujatha interacting with us over a sumptuous dinner. An evening well spent with incredible insights and memories etched in our minds and hearts.



 **ROTARY CLUB OF CHENNAI TOWERS**

Speaker Meet

 **Sujatha Shankar**
Architect | Heritage Conservationist | INTACH Convenor

MADRAS & ART DECO

The Style, The Story, The Structures.
Learn why the buildings you pass every day
are secret masterpieces!

Don't just drive past it **Understand it!**





AGM

16th December 2025

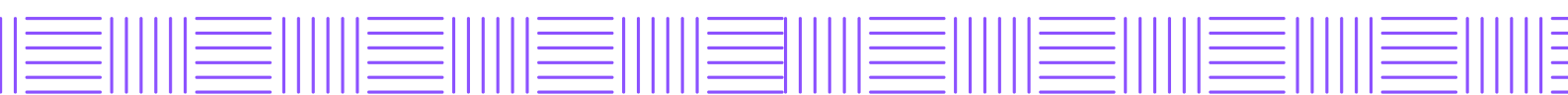
Presidency Club, Diamond Hall

The Annual General Meeting of RCCT was held at the Presidency club Diamond Hall on 16th December. President Venkatesh updated the club of the various projects done so far and spoke about upcoming projects.

Secretary Rtn. Dr. Vignesh presented the details of projects done from various Avenues so far. Unaudited half yearly accounts was presented by Treasurer Rtn Pravin. Rtn. Hitesh presented the audited accounts for the previous year.

President Elect Rtn Sumedha announced the office bearers for the Rotary year 2026-27.

Some other matters pertaining to Membership, Project Akshayam, CSR Committee and VOD were also discussed.



Christmas Fellowship

19th December 2025

NOCI Adante, EA Mall

Ann Archana

Xmas time fellowship, as always has been a delightful celebration, this year it was made even more memorable with an elegant white and gold dress code. Adding to the excitement was the thoughtfully curated Secret Santa activity, where all Anns had to pick gifts for were their Chris child and adding subtle clues on the gifts to identify their Chris moms.

The hosts, with special mention to Saranya planned and coordinated the Shecret Santa, she meticulously assigned Chris moms and Chris children and efficiently managing the collection of gifts with the support of the other hosts. Their attention to detail ensured a seamless execution of the entire exchanges.

On the day of the fellowship, the enthusiastic participation of 105 people transformed the gathering into a great success. The joy of Chris children guessing their Chris moms, complemented by exquisite cuisine, an inviting ambience, and an energetic DJ, created an atmosphere of vibrant celebration.

As one of the hosts, I was truly happy seeing the excitement of everyone in this fellowship Events like these truly reflect the essence of our club, a harmonious blend of meaningful service and joyous fellowship.







NOCI ADANTE
1st Floor, EA Mall

Christmas Fellowship

DRESS CODE | White and Gold

Hosts

Anand Krishnan | Krishna Kumar | Rajarajan
Dr. Ramesh | Rukmani | Samuel Mathew
Sanjey Ahuja | Shalin Shah | Dr. Vidhyadharan

Friday 19th	7:30 PM DEC 2025
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Sabha Sappadu

29th December 2025

Ann Geetha Karthikeyan

New Place, Nalla Saapadu, No Frustrating long queues, and Plenty of Smiles – the Sabha lunch on 29th December truly had it all!

Around 26 of us came together for the RCCT customary Sabah Saapadu, catered by RR Kitchens at Aradhan Mini Hall, TTK Road. The setting was comfortable and well-organised, making it a relaxed afternoon to enjoy the scrumptious spread.

From crispy carrot vadai to yummy payasam, the spread was a delightful mix of Simple, Tasty, and Comforting dishes that everyone enjoyed. The food was well-cooked, flavourful, and easy on the palate, bringing back the warmth of home-style meals. The overall experience left many plates happily cleared.

A special highlight was that RCCT had its own bay, with special attention from RR Kitchens' owner, Mr. Rajesh.

A big thank you to the Club Service team for organising such a warm, smooth, and relaxing afternoon – Nalla Saapadu, Nalla Company, Nalla Neram !

PS: It took me a couple of hours to resurface after the heavy meal







Literacy

Director: Rtn. G. S. Prasad



Tamil & Maths Class

6th December 2025

Sankara School Thiruvanmiyur

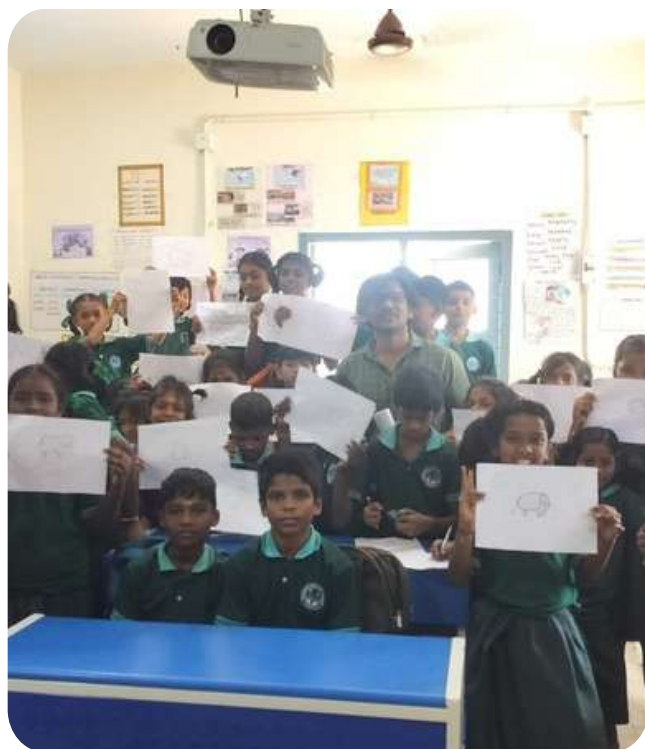
Literacy avenue conducted classes for weak students as revising concepts teaching class 10th students appearing for Board exams . Ann Monika, and Ann Gomati taught Tamil & Maths for the students.



Art Class at Anjugam

12th December 2025

Art class by Suhail for students of class 4 and 5 at Anjugam school on the topic ANYTHING FROM SHAPE



Membership

New Member Induction

New member Mr. Lalith Israni & Jaya were inducted into RCCT family



Women Empowerment and Environment

Director: Rtn. Aarthi Varanasi

Waste to Wealth Workshop

14th December 2025

Seva Chakkara Children's Home

Rtn. Rukmani conducted the workshop for the children of Seva Chakkara Children's Home

THE PRESIDENT AND MEMBERS OF
ROTARY CLUB OF CHENNAI TOWERS
R I DISTRICT 3233

CORDIALLY INVITE YOU FOR THE



WASTE TO WEALTH WORKSHOP

DECEMBER
SUNDAY 14 2025

3.00 TO 5.00 PM
SEVA CHAKKARA CHILDREN'S HOME
89, 41, SAMI PILLAI ST, PERIYAMEDU, CHOOLAI

RTN. R VENKATESH
PRESIDENT

RTN. DR VIGNESH PUSHPARAJ
SECRETARY

RTN. AARTHI VARANASI
WOMEN EMPOWERMENT CHAIR



Public Image

Director: Rtn. Anand Krishnan

INBRIEF



Walkathon promotes diabetic retinopathy awareness

Radhatri Nethralaya organised its annual Project RADAR (Radhatri Nethralaya Diabetic Retinopathy Project in Association with Rotary) walkathon on Sunday at Besant Nagar beach, to promote awareness on diabetic retinopathy. Over 405 people took part in the event. The event was powered by the Rotary Club of Chennai Towers and Federal Bank, under the aegis of Gurupriya Vision Research Foundation. Participants mainly came from B.S Mootha school, AMJ College, Female Auto drivers Association, Retired Armed Forces Association, AM Jain College, Lions club of Avadi, Vasani Institute of Optometry, PSG Medical College and SRM Medical College. Guest of honour G. Venket Ram and actor Ashwin Kakumanu flagged off the walkathon. Medical Director of Radhatri Nethralaya Praveen Krishna said that diabetes and diabetic retinopathy are on the rise and more awareness should be created. Medical Director Vasumathy Vedantham said certificates naming students Yuva Nethra Jyotis, or Youth Vision Ambassadors were distributed.

For
NAME CHANGE
SCAN HERE



TRINITY MIRROR

Goa Chess
2025

Chennai MONDAY 22.12.2023
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◆ NATIONAL DAILY FOR THE PEOPLE ◆

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Radhatri Nethralaya hosts walkathon for Diabetic Retinopathy awareness

Chennai, Dec 22: Radhatri Nethralaya organised its annual Project RADAR (Radhatri Nethralaya Diabetic Retinopathy Project in Association with Rotary) walkathon at Besant Nagar Beach, drawing over 405 participants to promote awareness about diabetic retinopathy, a leading cause of blindness among diabetics.

The walkathon saw enthusiastic participation from school and college students, women auto drivers, doctors, Rotarians, Lions Club members, optometrists, retired armed forces personnel, and other professionals. Powered by the Rotary Club of Chennai Towers and Federal Bank, the event was held under the aegis of the Gurupriya Vision Research Foundation, the public charitable trust of Radhatri Nethralaya. Participants represented institutions and organisations including B.S. Mootha School, AMJ College, ANM Jain



College, PSG Medical College, SRM Medical College, Vasani Institute of Optometry, the Female Auto Drivers Association, the Retired Armed Forces Association, Lions Club of Avadi, and members of the public.

Actor Ashwin Kakumanu, known for Ponnin Selvan, flagged off the walkathon as chief guest, while celebrity photographer G. Venket Ram attended as guest of

honour. Both highlighted the importance of such awareness initiatives and urged diabetics to undergo regular eye examinations, while appreciating Radhatri Nethralaya's sustained efforts in preventing blindness caused by diabetic retinopathy.

Dr. Praveen Krishna, Medical Director, Radhatri Nethralaya, said the rising incidence of diabetes and diabetic

retinopathy made public awareness and regular eye screening crucial. Dr. Vasumathy Vedantham, Medical Director, added that participating students were awarded certificates recognising them as Yuva Nethra Jyotis (Youth Vision Ambassadors), and informational pamphlets on diabetic retinopathy were distributed to further spread awareness.



राजस्थान पत्रिका

बेसेंट नगर बीच पर वॉकथॉन आयोजित



वॉकथॉन में भाग लेते प्रतिभागी।

चेन्नई@पत्रिका. राधात्री नेत्रालय ने अपने वार्षिक प्रोजेक्ट राडार (डायबिटिक रेटिनोपैथी अवेयरनेस प्रोजेक्ट) के अंतर्गत बेसेंट नगर बीच पर वॉकथॉन आयोजित किया। इस कार्यक्रम में 405 से अधिक प्रतिभागियों ने भाग लिया जिनमें विद्यालय एवं महाविद्यालय के छात्र-छात्राएं, महिला ऑटो चालक, चिकित्सक, रोटेरियन, लायंस क्लब सदस्य, ऑप्टोमेट्रिस्ट, सेवानिवृत्त सेना अधिकारी और विभिन्न पेशेवर शामिल थे। कार्यक्रम का शुभारम्भ पॉनियिन सेल्वन प्रसिद्ध अभिनेता अश्विन काकुमानु ने मुख्य

अतिथि के रूप में एवं सेलिब्रिटी जी. वेण्कट राम ने विशिष्ट अतिथि के रूप में किया। उन्होंने डायबिटिक रेटिनोपैथी जैसी अंधत्वकारी बीमारी के प्रति जागरूकता की आवश्यकता पर बल दिया और नियमित नेत्र परीक्षण कराने का आग्रह किया। डॉ. प्रवीन कृष्णा ने कहा कि मधुमेह और डायबिटिक रेटिनोपैथी तेजी से बढ़ रही हैं, अतः जनजागरूकता आवश्यक है। डॉ. वासुमति वेदांथम ने बताया कि छात्रों को युवा नेत्र ज्योति प्रमाणपत्र प्रदान किए गए और जागरूकता पत्रक वितरित किए गए।

RCCT in 3233

Rtn.Krishnachander was recognised at Valarpirai event on 7th Dec at Guru Nanak college for Major Donor contribution

Valarpirai Green Rotarian seminar was held on 7th Dec at Guru Nanak college. The Green Rotarians were oriented on different facets of Rotary and Thiru. Karu Palaniappan as Chief Guest spoke. Rtn Karthikeyan, Srikumar and Krishnachander attended from RCCT





Achievements



Annette Sushmita D/o of Rtn Dr Vignesh participated in DOD season 13 and won prizes in following category

- 3rd prize in solo kid category
- 2nd prize in junior couple category
- 1st prize in DPL (Dance Premiere League)



Anniversary Celebrations



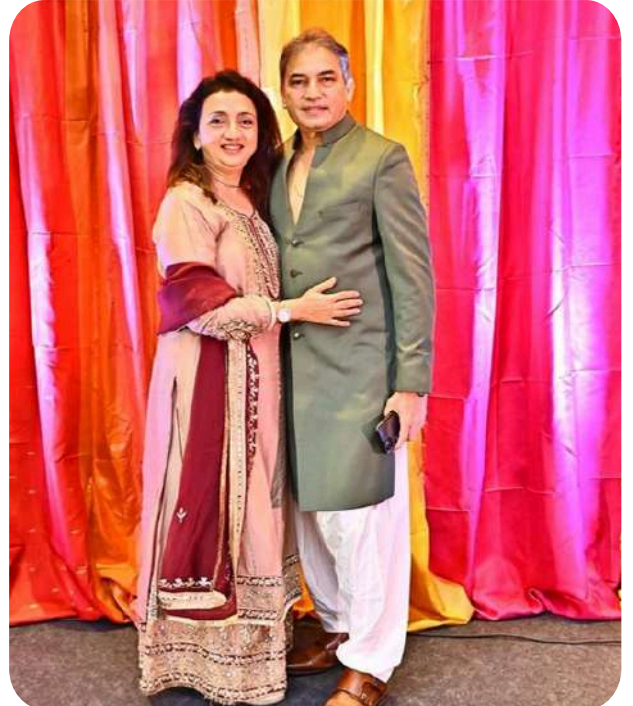
Rtn. Venkatesh & Ann Nikitha



Rtn Aarthi Varanasi & Spouse Ravi Varanasi



Rtn. Sanjey Ahuja & Ektha



Rtn. Hitesh Shah & Parul



Know your Rotary Terms

PDG

PDG stands for Past District Governor, referring to a member who has previously served as the leader (Governor) of a Rotary district, overseeing multiple clubs for a year.

Interact

A Rotary Interact Club is a youth-focused service club (ages 12-18) sponsored by a local Rotary club, empowering young leaders to develop skills, build friendships, and make a positive impact through fun service projects that benefit their school, community, and promote international understanding, all while being self-governing with Rotary guidance

Rotaract

Rotaract ("Rotary in Action") is a service club for young adults (18+) sponsored by Rotary club, focusing on developing leadership, gaining professional skills, and serving their communities and the world, acting as the next generation for Rotary's mission of service. It's a global movement where young people organize projects, manage clubs, and partner with Rotary to address local and global challenges, emphasizing "Fellowship Through Service".

RLI

RLI stands for Rotary Leadership Institute, a multi-district program that provides Rotarians with leadership training and deeper knowledge of Rotary's structure, history, and goals to strengthen clubs and develop effective leaders for the future. It's a grassroots, non-official program supported by Rotary International, offering interactive, discussion-based sessions on leadership skills and Rotary principles to both new and seasoned members.

Rotarian Community Corps (RCC)

Groups of non-Rotarians who work on service projects for their communities. Organized and sponsored by Rotary clubs.

PolioPlus

The Rotary Foundation's program focusing on global and polio eradication efforts

Rotary Youth Exchange (YE)

A cultural and educational exchange for students ages 15 - 19, A chance to travel and live abroad for cultural exchanges. More than 8,000 students participate in this immersive program each year.