



Rotary District 3233  UNITE FOR GOOD

 ROTARY CLUB OF CHENNAI TOWERS
IN SERVICE SINCE 1946

TOWERS TIMES

Bulletin of Rotary Club of Chennai Towers
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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 @ Cancer Hospital

Project Akshayam continues its service at Adyar Cancer Institute every Thursday, providing 1,000 meals through January – a vital support for patient attenders coming from distant places to care for their loved ones undergoing treatment.

8th January 2026



10th January 2026



15th January 2026



22nd January 2026



29th January 2026



Akshayam 365

Ann Shoba Sriram

Akshayam 365, concept of feeding the underprivileged and the hungry mouths 365 days a year by RCCT.

Every day one volunteer from RCCT has been distributing the food packets to anyone who reaches out.

We have regulars coming everyday who thank and bless us. Such a happy joyful feeling. God bless Rtn Anand, Ann Saranya, RCCT and all the donors who are joining hands with us in ensuring no one stays hungry. Special mention to our Charter President Rtn Sabu who has brought in 10 lakhs and various members of RCCT who are personally contributing towards this noble project.



Akshayam 365



Akshayam 365



Saree Distribution

07th January 2025

Sarees generously donated by Ann Radha were distributed to the residents of Monegar Choultry's women's home & Female LGS workers & QPMS workers at Dean's Office, Stanley Medical College

In addition, Ann Dr. Lavanya contributed biscuits and snacks to the men's home.

President Rtn.Venkatesh, Mani, Ann Radha & Dr. Lavanya were present during the distribution.





Nilakottai Trip

24th and 25th January 2026

Rtn Rojarajan

RCCT Pongal celebrations with Aspire Foundation at Nilakottai went extremely well and were truly memorable. Our journey began with an exciting Tejas Express ride from Chennai to Dindigul, followed by a delicious biriyani at Ponram Hotel and travel to Nilakottai.

We received a very warm welcome from the Aspire Foundation children, who beautifully showcased the spirit and mission of the foundation through energetic performances. This was followed by amazing cultural performances by the children, along with an RCCT dance performance that lived up to expectations. Prizes were distributed to children who excelled in sports activities.

The next day, RCCTians arrived in traditional attire and looked amazing. Highlights included bullock cart rides, traditional music and dances, Pongal cooking competition, rangoli contest (with RCCT participation), folk dances, karate and yoga performances. The celebrations ended on a high note with Tug of War and Uri Adi, cheered by a huge crowd. Annet Suhitha won the Uri Adi contest and bagged the prize.

RCCT donated prizes, 6 bicycles, 4 laptops, books worth ₹15,000, and also committed support towards a sports centre.

It was an amazing experience and a great learning opportunity for young Rotarians. Heartfelt thanks to Ann Shoba, President Venkatesh, Aspire Foundation Chair Smt. Parvathi & her energetic team for excellent arrangements.

Special thanks to Rtn Sriram, Rajeev, Anns Anita, Shalini, Aparna, Manasa, Gomathi, Annets Vaishu, Suhitha, Sarvesh, Isha, Srinidhi & Dwarkaraja for their presence and support.

Thanks to all RCCTians for making this project a grand success!







Community Service Medical

Director: Rtn. Dr. Vivek Shanmugam



General Medical & Liver Screening Camp

13th January 2026

Ebinesar Praising Center, Purasawalkam

No of Patients - 55

Diabetes - 15

Hypertension - 7

Hep B - Nil

Hep C - Nil



General Health Camp

23rd January 2026

Basin Bridge Housing Board, Old Washermanpet

No of Patients - 82

Diabetes - 13

Hypertension - 3

Hep B - Nil

Hep C - Nil



General Medical & Liver Screening Camp

25th January 2026

Toshniwal Vivekananda Vidyalaya, Periya Mathur

No of Patients - 80

Diabetes - 12

Hypertension - 6

Hep B - Nil

Hep C - Nil



General Health & Liver Screening Camp

28th January 2026
VOC Nagar, Pulianthope

No of Patients - 62

Diabetes - 12

Hypertension - 10

Hep B - Nil

Hep C - Nil



Ongoing Projects



Dialysis

ICH Dialysis Centre

No of kids - 18

No of dialysis - 175

Retteri Dialysis Centre

No of Patients - 45

No of Dialysis - 504





Club Service

Director: Rtn. Samuel Mathew



Mylapore Festival

11th January 2026

Ann Mrinalini

A light drizzle, cool breeze - a rare chennai experience welcomed us as we made our way into the buzzing streets of Mylapore this Margazhi.

The streets usually lined with vendors and chugging traffic, for 2 days in a year, is cordoned off for the much awaited kolam competition. People, young and old, were busy drawing intricate 'pulli kolams' while some were making art with rangoli. It was heartening to see so many people come together as families and friends to participate.

We made our way to the Kabaleeshwarar temple before the crowds filled in. We were lucky to get the rare chakkarai pongal as prasadam - something even the regular temple goers rarely chanced upon.

Then started our food walk, as we had hot bajjis at the 'jannal kadai', paniyarams with kara chutney from a small house off the main roads, and finishing it off with some strong filter kaapi. All this, as the light drizzle kept us company throughout. It was a perfect melange of art, spirituality, food and culture.





Speaker Meet: How brands & influencers create marketing campaigns these days!

22nd January 2026 - GRT Convention Centre

Ann Sangita Vinod

On January 22, 2026, we had an excellent speaker meet at the GRT Convention Centre featuring the iconic RJ Dheena fondly called Blade Dheena. Rising from a humble background against all odds—originally starting his journey as an engineer in Salem—Dheena captivated the audience with his personal growth story, detailing his evolution into a powerhouse digital influencer and "Chennai's Voice."

He shared the incredible grit required to achieve his record-breaking radio marathon of 168 hours (7 full days) in 2008, a feat that secured his place in the Guinness World Records after surpassing the previous global standard. Additionally, he highlighted his entry in the Limca Book of Records for his remarkable 92.7-hour non-stop broadcast. Drawing from his extensive media legacy, including his landmark work with BIG FM and his international presence, Dheena provided an insightful master class in influencer marketing. He explained how creators build loyal followers, determine market value, and open new commercial avenues for products.

The session was highly interactive, with Dheena engaging the members in a lively exchange about the evolving media landscape. He also touched upon his role as a seasoned advisor to the viral sensation Koomapatti Arumugam, guiding him through the complexities of his newfound fame. Dheena's talk proved that whether on the airwaves or a smart phone screen, authenticity is the ultimate key to success.



Speaker Meet



The Business of Influence:
How Brands and
Influencers Collaborate



Literacy

Director: Rtn. G. S. Prasad



Spoken English classes at KRMM school

29th January 2026
KRMM School

As part of Literacy Avenue activities, Anns Geetha, Gomati, Lavanya, and Carmel completed 8 sessions of Spoken English classes for a total of 80 students of Std 7 A&B at KRMM school. As part of celebrations students were given snacks and colorful scratch book note pads .

Three students who read the maximum number of books as part of the Book Donation Project were given certificates and books as a token of appreciation from the club by Literacy avenue Chair Rtn GS Prasad. While addressing the students he spoke on the importance of Reading books in inculcate habits of learning 5 new words daily .







National Poster Making Competition

31st January 2026

KRMM School

As part of Literacy avenue, for the first time, an all-girls team of 7 students from KRMM School participated in the National Poster Making Competition for the title "TREE OF LIFE" held at Sri Sankara School on Jan 30, 2026. This event was organised by INTACH, and all the participants will be recognized with certificates from them



Indian National Trust for Art and Cultural Heritage
INTACH

TREE of Life

INTACH invites you to make a poster accompanied by a write-up on a tree of your region

- The poster should show ANY ONE indigenous tree, shrub, etc. with unique characteristics like leaves, bark, flowers or fruits, that is found in your region ALONG WITH the life found on and around the tree (animals, birds, insects, etc.). It should be drawn in an interesting style
- It should have a suitable slogan
- The poster on your selected topic should be on A5 size paper
- It should be accompanied with a write-up on
 - description of the tree
 - its uses and benefits
 - steps for its protection
- The write-up should be written on A4 size paper in 200 words.
- The write-up and slogan can be in English, Hindi or any major regional language
- The competition is for students of classes 7 to 9 only
- All entries will receive participation certificates
- There will be 100 regional winners
- There will be 10 national winners
- All entries must have the student's full name, class, school's name and address in block letters along with signature of convener and chapter stamp
- A covering letter from the convener should be submitted with a typed list of entries including all the particulars of the students

VENUE : Sri Sankara Vidyashramam Matriculation Higher Secondary School, South Ave, Kamazai Nagar, Thiruvanniyur, Chennai, Tamil Nadu 600041
DATE : Saturday 31st January, 2026 | TIME : 9 am till 1 pm | 7 Students max per school
Contact : SHAMA 99401 77787 / SUNSHI 98840 72433 | Registration : youngintachennai@gmail.com
Last date of registration will be 27.01.26

INDIAN NATIONAL TRUST FOR ART AND CULTURAL HERITAGE

International

Director: Rtn Vinay Asrani

International Assembly 2026

Rtn. Sumedha Nandakumar

What an incredible journey it has been for me & PDG Dr Nandakumar as a learning Facilitators for the International Assembly 2026 at Orlando Florid . It was such an honor to work along with amazing co-facilitators from 23 countries, Assembly moderators, Seminar leaders & Rotary International staff. We had been on this journey since last 5 months after being invited by the Rotary International President, attending zoom meetings & practice sessions. On Jan 5th the moment finally came to meet at Rosen Shingle creek, Orlando. Nearly 60 learning facilitators & Partner facilitators continued the training in person with moderators & seminar leaders. Over a 4 days sessions, I built new partnerships, made new friends & learnt how Rotary functions across the globe. The assembly taught us to prepare the incoming Governors & partners of 2026-27.

We facilitators didn't speak the same language but we spoke the language of heart & shared passion for Rotary.

It was an intense & transformative experience where we lived the values rotary has taught us, tolerance understanding, support & genuine friendship
For the next 5 days, we were on our own, training Incoming Governors & partners from all over the world with separate rooms for different languages. Had an opportunity to meet, greet & mingle with top rotary leaders. We facilitators had a separate room for breakfast everyday where we could meet all leaders personally.
Flag hoisting of all the 250 countries & cultural exchange was the highlight.
Appreciate the impeccable planning & perfect timing of Rotary international.
Execution of each program & every speech was monitored by time. Personally I took 6 sessions for the Governor partners on different rotary topics . English as the chosen language, each time I facilitated different partners across globally. Learnt a lot from partners how rotary functions in western countries. Proud to say that India is highest in giving to Rotary foundation & the projects we do. Made lifetime friendships. Overall it was a great learning experience.





Youth Service

Director: Rtn. Adithya Roongta



Amplifive Half Yearly Awards

11th January 2026

We are delighted to share that the Rotaract Club of Chennai Towers had the honour of serving as the Host Club for AMPLIFIVE – The District Half-Yearly Awards 25–26, held on 11th January 2026 at The Spastics Society of Tamil Nadu, Taramani. The event, convened under the able chairmanship of Rtr. Anuj S. Krishnan, was a grand celebration of service, leadership, and fellowship.

The Rotaract Club of Saveetha College of Physiotherapy (RAC SCPT) had the privilege of co-hosting the event, with Rtr. Mythili M. as the Co-Chairperson, contributing to the seamless execution of the awards ceremony. Together, both clubs worked to make AMPLIFIVE a memorable celebration of Rotaract's impact in the district.

Along with hosting, we are humbled to have received several accolades for our initiatives. The Rotaract Club of Chennai Towers was recognised for:

- Best Community Service Project (Community Based Clubs) – Project ARAM, a heartfelt initiative that spent meaningful time with special children and their families, spreading dignity, warmth, and emotional support through shared moments and the distribution of sarees to mothers.
- Outstanding Club Service Project (Community Based Clubs) – Project Golu Galatta, a vibrant Navaratri celebration that brought members together, strengthened fellowship, and honoured cultural traditions.
- Outstanding International Service Project (Community Based Clubs) – Project Kaapi to Kuta, a unique cultural exchange connecting members from Chennai Towers with the Rotaract Club of Bali, fostering international friendship through meaningful conversations and shared traditions.

The Rotaract Club of Saveetha College of Physiotherapy was equally proud to receive recognition for:

- Outstanding Club Service Project – Sing in the Ring
- DRR Special Recognition – Mazhalai (Movie Day Out with Special Children)
- Faculty Recognition – Dr. Kamalakannan M.
- Club Recognition Award







RCCT in 3233

District International Nite

RCCT was recognized for the Global Grant at the District International Nite held on the 27th Jan 2026 at Hotel Le Meridien. RCCT members President Rtn.Venkatesh, Secretary Rtn. Vignesh, Rtn. Sabu Balagopal, Krishnachander, Srikumar, Dr. Sumedha & Samuel Mathew attended.



District International Nite

Rtn Krishnachander was recognised for his contribution as major donor





Achievements



Radhatri Nethralaya received the prestigious Times Health care excellence award for Ophthalmology from the Times of India group, for the second time.



Rtn. Satish Reddy and SR Mani team Tiger Tandem won the PHCC tournament. Congratulations to Rtn Satish Reddy for having won 2 Man of the Match award and 1 MVP player





Congratulations to Rtn Manoj who played for VGP and was awarded the MVP for a match



Anniversary Celebrations



Rtn. Adithya Roongta & Ann Swathi



Rtn. Capt Jayadevan & Ann Biju



Rtn. Dr Ramesh & Ann Malar



Anniversary Celebrations



Rtn. Rajeev Rammohan & Ann Aparna



Rtn. Sapna & Spouse Dinesh



Rtn. Krishnachander & Ann Deepa





ABOUT ROTARY

THE SPONSOR OF A NEW MEMBER

The bylaws of Rotary clearly outline the procedure for a prospective member to be proposed for Rotary club membership. The "proposer" is the key person in the growth and advancement of Rotary. Without a sponsor, an individual will never have the opportunity to become a Rotarian.

The task of the proposer should not end merely by submitting a name to the club secretary or membership committee. Rotary has not established formal responsibilities for proposers or sponsors, however, by custom and tradition these procedures are recommended in many clubs. The sponsor should:

1. Invite a prospective member to several meetings prior to proposing the individual for membership.
2. Accompany the prospective new member to one or more orientation/informational meetings.
3. Introduce the new member to other club members each week for the first month.
4. Invite the new member to accompany the sponsor to neighboring clubs for the first make-up meeting to learn the process and observe the spirit of fellowship.
5. Ask the new member and spouse to accompany the sponsor to the club's social activities, dinners or other special occasions.
6. Urge the new member and spouse to attend the district conference with the sponsor.
7. Serve as a special friend to assure that the new member becomes an active Rotarian.

When the proposer follows these guidelines, Rotary becomes stronger with each new member.