

The Lighthouse

Rotary
Club of Madras



WEEKLY BULLETIN OF THE ROTARY CLUB OF MADRAS

ISSUE 06

August 10
2025



SERVICE ABOVE SELF

BIRTHDAYS



| | |
|--|------------------------|
| Rtn Abdul Kareem Sait | 5 th August |
| PP Rtn Rani Muralidharan | 5 th August |
| Rtn Rohit Toshniwal | 5 th August |
| Rtn Vivek Pai N | 6 th August |
| Rtn Dr Prof Gauthamadas Udipi | 7 th August |
| PP Rtn Srikanth SN | 9 th August |
| Dr. Priya, Spouse of Rtn Dr. R Chandrasekhar | 5 th August |
| Priya, Spouse of Rtn R Rajenderan | 6 th August |
| Priyanka Acharya, Spouse of Rtn Chetan Acharya | 7 th August |
| Gulab Jain, Spouse of Rtn Doulat Jain | 9 th August |



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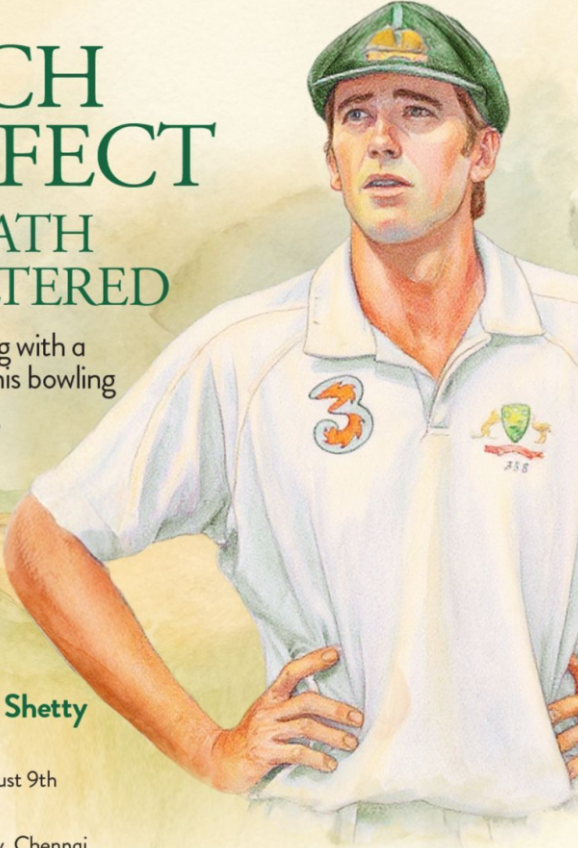
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

PITCH PERFECT

McGRATH UNFILTERED

A rare evening with a man who let his bowling do the talking



Moderated by
Rtn Bharath Shetty

 Saturday, August 9th
 7:00 PM
 Hyatt Regency, Chennai

Rtn. Nikhil Raj
President

Rtn. Prasanna Rajagopalan
Honorary Secretary

Rtn. Rajesh Mani
Director - Club Service

Rtn. Mohit Bajaj
Chairperson - Programs Committee

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Stay updated with our very own RCM magazine!

Rotary Club of Madras (RCM)

Minutes of the 6th Weekly Meeting, held on Tuesday, 5 August 2025

1.30 pm, Hyatt Regency, Teynampet, Chennai

The 6th weekly meeting of the Rotary Club of Madras was called to order by President Nikhil Raj at 130 pm commencing with a poignant invocation that celebrated the club's unwavering commitment to social impact. Held at the Hyatt Regency in Teynampet, Chennai, the meeting proceeded with the confirmation of the minutes from the 5th weekly meeting.

WELCOME AND INTRODUCTIONS

The President extended a cordial welcome to Rtn. Gajendra S.P. from Rotary Club of Colombo, Port City. Probus Club members Brig. Jayalakshmi Srinivasan and A.G. Pranesan were also duly acknowledged. The Chief Guest, Dr. Satya Sriram was warmly introduced as the keynote speaker for the topic "Be Healthy, Be Happy".

PROJECT UPDATES AND CLUB ACTIVITIES

Homes for the Homeless: Two new projects were launched, with plans to construct 33 homes in total—18 in one location and 15 in another. A purchase order and cheque were presented to Mr. Balaji from Aid India to initiate the work.

District Projects: The club contributed 15 maternity kits as part of a district-wide maternal health initiative. Financial support of 30,000 per auto was also provided for five "Pink Autos," empowering women drivers to own their vehicles.

Global Grant Project: A collaborative project with Rotary Club of Chennai, Thiruvannamiyur, will fund 25 heart surgeries for children from Uganda, to be performed at Amrita Institute, Kochi, once their visas are processed.

Technology Enhancement & Youth Engagement: A new video conferencing facility was inaugurated at the RCM office. The Rotary Club of JPR University recently held its installation ceremony.

ANNOUNCEMENTS

Lucknow Trip: Rtn. Sarada Sriram announced a domestic trip to Lucknow from 6th – 9th November 2025. Highlights of the trip organized by Pass Forward, include a concert at Sanatkada, a heritage food walk, and lunch with the Nawab at Sesh Mahal. The cost is 59,800 per person on a twin-sharing basis, with a 50% advance required for registration.

Club Fellowship: Rtn. Suniel U Lulla announced the "Back to School" themed full club fellowship to be held at Secret Stories on Sunday at 12 noon, dress code being a school or principal uniform, and valet parking has been arranged.

Vocational Services: Rtn. Sharon Krishna Rau provided an update on a medical camp at Rotary Nagar that served 121 children. She highlighted the Four-Way Test Film Workshop, which saw participation from 11 schools and 108 students and teachers.

Health Initiatives: Rtn. Arjun Ananth announced that funding has been secured for four dialysis machines through Technicas Unidas. Free heart surgeries will soon commence in partnership with Kokilaben Dhirubhai Ambani Hospital.

ENVIRONMENTAL AWARDS PRESENTATION

Led by Rtn. Suresh Amirapu, the Green Schools Program awards were presented to schools for their year-round environmental activities. Joint first prize was awarded to Sri Sankara Vidyashram, Thiruvannamiyur and MCTM International School. The second prize went to Heartfulness International School, Omega Branch and the third prize was awarded to Sri Sankara Senior Secondary School, Adyar. Ms. Deepa received special recognition as the Program Coordinator & Evaluator. The club acknowledged generous sponsors: Rtn. Sabina Narayan for saplings, Rtn. Nimish C. Tolia for certificates, and an anonymous sponsor for the plaques.

FLAG EXCHANGE AND SECRETARY ANNOUNCEMENTS

Rtn. Akur Raman presented a flag from the Rotary Club of Singapore, and visiting Rotarian Gajendran was formally welcomed. Honorary Secretary Rtn. Prasanna Rajagopalan announced Birthdays and Anniversaries for the week. Rtn. Abdul Karim Sait made a generous sunshine contribution of Rs.5,000.

UPCOMING MEETINGS

The next meeting on 9 August 25 will be an evening event with legendary cricketer Glenn McGrath, moderated by Rtn. Bharat Shetty. A joint meeting with the Rotary Club

of Madras Midtown will be held at Madras Cricket Club on 13 August 25, focusing on Cervical Vaccine Awareness.

CHIEF GUEST ADDRESS: "BE HEALTHY, BE HAPPY"

Rtn. Himanshu Budhia introduced the guest speaker, Dr. Satya Sriram, with a heartfelt and personal anecdote about their sons being close friends since childhood. He lauded Dr. Sriram as an "ideal mother," a person of high values, and a compassionate guide for children. Dr. Sriram holds a PhD from Johns Hopkins University and has over 20 years of experience with diverse organizations such as Apollo Hospitals, McKinsey and The Hindu Group. As an independent advisor and

educator, she is known for leading large-scale preventive health programs and teaching leadership at IIT Madras. Dr. Sriram's talk, "Be Healthy, Be Happy," was praised for its powerful communication style, making complex topics relatable and actionable. Her approach combines deep scientific understanding with practical tools to help individuals lead healthy, balanced lives, emphasizing the importance of prioritizing health amidst pursuit of success.

VOTE OF THANKS AND ADJOURNMENT

Rtn. Prasanna Rajagopalan delivered a comprehensive Vote of Thanks, extending gratitude to the speaker, all attendees, and the

teams at Hyatt and the RCM office. The President then formally adjourned the meeting.

BE HEALTHY, BE HAPPY — AND OTHER DECEPTIVELY DIFFICULT THINGS

A Delightful Talk By Dr. Satya Sriram

Let's be honest. Most of us want to be healthy, happy, and maybe fabulously rich, but if someone handed us a crore, how much would we pay for a full night's deep sleep? Judging by the audience, the answer was: all of it... and possibly some of our neighbour's share too. And thus began Dr. Satya Sriram's sparkling session on wellness, equal parts science, wisdom, and comic timing.

Who's Talking?

Dr. Satya Sriram—a Johns Hopkins PhD, educator at IIT-Madras, ex-McKinsey consultant, and health program leader, a kind of person who can terrify a teenager into eating vegetables and still make you laugh while explaining visceral fat. A Rotarian at heart and an Interactor in youth, she called this talk a homecoming.

The Sleep Auction & Other Million-Dollar Habits

In an imaginary game, Dr. Satya offered a crore to everyone and flashed statements like:

"8 hours of deep sleep"

"A calm mind under pressure"

People bid high. Very high. The message: we know what matters. We just don't do it.

Sugar, Salt, and the Sly Saboteurs

Did you know bread, ketchup, and even "healthy" juices are sugar traps? Salt?

We're consuming 250% more than WHO suggests. Want to see how bad it is? Put your family's daily quota of salt in a bowl. You'll run out by lunch.

Her fix?

Trick your brain:

Reduce sugar/salt gradually

Train taste buds like babies—introduce healthy foods repeatedly Replace white rice with millet (the Pongal protest was real, but they survived)

Eat Big (But Not What You Think)

100 calories = 1 poori, 1 chapati, or a whole bowl of watermelon. Guess which one fills you up more?

Lesson: high volume foods trick your stomach. So, start with fruit or buttermilk. Eat heavy stuff after. Size matters (at least when it comes to salads). = 09 Saboteurs

Sit Less. Move More. Period

Sitting for 30 minutes? Your metabolism dips to "sleep mode." Solution? Stand up. Shake. Walk. Take calls on the move. Schedule walking meetings. Burn calories even if you can't hit the gym. Also: exercise \neq movement. Think movement throughout the day, not just gym time.

Strength Training & Why You're Not Too Old

From age 40, you lose 1% of muscle each year. So yes, even if you're not chasing six-packs, you need to strength train. Grate coconuts. Carry groceries. Do squats with attitude. Muscles = longevity. And check that belly: women < 90 cm, men < 80 cm. That's the inch tape truth.

Sleep: The Free Therapy You Ignore

We process 32 GB of info daily (more if you're on WhatsApp family groups). Sleep is the brain's way of decluttering the junk, like a system reboot. Skipping sleep = running a PC with 200 tabs open and no RAM. Key pillars of sleep: Quantity – 6 to 8 hours Quality – deep & REM sleep Regularity – fixed bedtime and wake time Want to binge-watch? Do it with Epsom salt foot soaks. That's Dr. Satya's hack.

Hobbies, Healing & The Sandwich Generation

If your car gets serviced yearly, why not your body with 37 trillion cells?

She asked: "When was the last time someone asked your hobby?" (Cue: awkward silence.) Turns out, hobbies matter—for joy, creativity, and brain balance. And if you're stuck between caring for kids and aging parents, yes—you're the sandwich generation. Be kind to yourself.

Trends Matter, Not Just Tests

One-off health tests don't help. Track trends. An 86 on a test is only impressive if the previous score was 46. Same goes for your cholesterol.

Monitor. Compare. Don't fear your doctor—ask for data. Patterns reveal everything

- Final Takeaways (a.k.a. your cheat sheet)
- Reduce – Replace – Reorder your food
- Move often (not just once)
- Sleep like your life depends on it (it does)
- Strength train (even if your gym is your kitchen)
- Track trends (not just test results)
- Binge-watch smart (Epsom salt, anyone?)
- Ask about hobbies, not just cholesterol

Mic Drop Moment

"Your car gets its annual service. Your body has 37 trillion cells. It deserves at least one spa day."



AN AFTERNOON OF ART, APPETITE, AND AFFECTION AT SABINA & VIJAY'S



A wonderful afternoon was hosted by Sabina and Vijay in their beautiful home on 3 August 2025. Their space told a story of art, culture, texture, form, and feeling. There was vibrant interaction between both old and new members, fostering meaningful connections and helping ease the journey into RCM.



Conversations flowed effortlessly, accompanied by delicious starters that kept both our bellies and minds full. It's always a pleasure to be part of the RCM community, which values service and open communication.



We left with full stomachs and spirits lifted—thanks to Siddharth's unforgettable paan shots! RCM is truly grateful to Sabina and Vijay for so generously opening their home to us.



- Shalini (Spouse of Rtn Ashish Ahuja)

A GREENER TOMORROW: RCM HONORS ENVIRONMENTAL ACTION IN SCHOOLS

The Green Schools programme is a joint effort by RCMs Environmental Action Committee (EAC) and Youth Services. Under this programme, Interact Clubs of Schools affiliated to RCM are encouraged to report all their environmental activities undertaken during the year. Since different environmental activities require different resources and effort levels, these activities are given weightages and then graded and ranked by our in-house expert, Deepa Sathiam, Spouse of Rtn Sathiam. Winners are announced each year on World Environment Day, 5 June 25 and prizes awarded at RCM meeting thereafter.

Over the years the programme has gained traction, with more schools participating and encouragingly the quality of submissions is improving commendably. So much so that for the Rotary year 2024-25 we had two joint first prize winners!



Environmental Awards Presentation

Led by Rtn. Suresh Amirapu, the Green Schools Program awards were presented to schools for their year-round environmental activities. Joint first prize was awarded to Sri Sankara Vidyashram, Thiruvannamiyur and MCTM International School, presented by Deepa. The second prize went to Heartfulness International School, Omega Branch presented by Rtn Suman Voora, Director, Youth Services and the third prize was awarded to Sri Sankara Senior Secondary School, Adyar presented by Rtn. B V Gautam, Chairman EAC. Ms. Deepa received special recognition as the Program Coordinator & Evaluator. The club acknowledged generous sponsors: Rtn. Sabina Narayan for saplings, Rtn. Nimish C. Tolia for certificates, and an anonymous sponsor for the plaques.



**- Rtn Suresh Amirapu
Director, Community Services**

Rtn Srinivasan M

Founding Force



Larry A. Lunsford, a member of the Rotary Club of Kansas City-Plaza, USA, is the choice of the Rotary International President's Nominating Committee for 2027/2028.

Larry A. Lunsford, a member of the Rotary Club of Kansas City-Plaza, USA, has been named the nominating committee's choice for 2027-28 Rotary International President. He will officially become President-Elect on September 15 if no opposing candidates are nominated.

1. Think about one seemingly small, unconventional, or even rebellious act you undertook in your younger days – something that might not have seemed important at the time, but unexpectedly created a lasting, positive ripple effect in your life or in the lives of others. What was that act, and what did it teach you about the unpredictable nature of impact?

It was the early 1970s, and like many kids in Madras back then, my playground was the residential street right outside our home. Life was simpler. Parents didn't hover—because they knew we were either playing cricket on the road or were safely holed up in a neighbor's house, stealing mangoes or whatever! Now, Deepavali was when our collective mischief reached its peak. And one act of mischief stands out even now—because it taught me a lesson I never forgot.

We had this 'brilliant' idea—why rockets should go up, when they could go forward? So, we decided to lay them horizontally on the empty road, light them, and watch them zip by like missiles. The phrase "what if" didn't exist in our vocabulary back then.

But one rocket had other plans. It hit a stone, spun awkwardly, and shot straight into the thatched roof of a house across the road. Flames leapt up instantly. Luckily, the adults came running in time to douse the fire. Disaster

was narrowly averted. But what followed was a proper dressing down—one that I still remember word for word, more than 50 years later. Looking back, it was a small act—stupid and thoughtless. But it left a big mark on me. That day taught me that every action, however small or seemingly harmless, carries consequences.

You may not see them coming. But they're there. And as I grew older, in my personal life and career, I learned to pause, ask "what if?", and weigh decisions with care—because sometimes, you don't get a second chance to put out the fire.

In hindsight, that one incident, though reckless, became a lifelong teacher. It taught me the value of responsibility, foresight, and how even our smallest actions can affect others in ways we may never foresee.

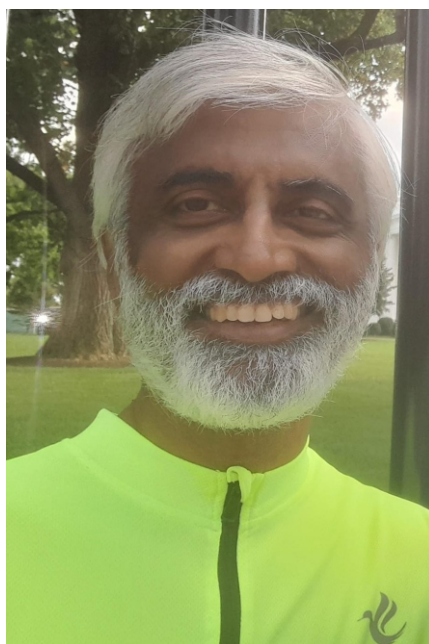
And in many ways, that aligns closely with what we stand for in Rotary: thinking beyond ourselves, considering the ripple effects of our

choices, and ensuring that our actions—whether in service or speech—uplift rather than harm.

It reminds me that true leadership often begins with restraint, reflection, and responsibility. Qualities that Rotary encourages in each of us, every single day.

2. If you were writing a candid, no-holds-barred letter to the RCM of 2050, what would the one indispensable piece of wisdom, the most critical warning, or the most audacious vision you would impart to ensure our club's enduring relevance and impact?

The Rotary movement has done more good than one can truly measure—and its resilience speaks volumes. It has weathered two World Wars, the Great Depression, a global pandemic, and countless other challenges



across the decades. Its survival is not an accident; it's a testament to its enduring purpose. But as we look ahead, mere survival is not enough. If Rotary must continue into the next millennium—not just existing, but thriving—it must remain deeply relevant to a changing world and to the evolving needs of its members, who are, and always will be, the heartbeat of this movement. Service will always be Rotary's north star. That will never change. But the nature

3. Rotary prides itself on service, but sustained impact often requires navigating difficult currents. Reflect on a time when RCM faced a significant internal or external hurdle – a crisis of confidence, a dissenting opinion, or a major setback. What was the real story behind that challenge, what uncomfortable truths did you have to confront, and what leadership lesson did you personally carry forward from that experience?

RCM Challenge – A Lesson in Leadership from 2015

Let me take you back to 2015, when PP Rtn Venkhat Ramani was at the helm of affairs.

A critical decision had been made—to close the Boys Town unit at Selaiyur and consolidate operations at the main center in Gummidipoondi. The move made sense on paper: better resource utilization, economies of scale, and streamlined management. But there was one major misstep; it was made without first informing the General Body.

What followed was understandable and, frankly, inevitable: a huge uproar, questions flying from every corner, and a crisis of confidence brewing within the club. Emotions ran high. People felt left out, even betrayed.

We realized quickly that the only way to calm the waters was not with silence, but with dialogue.

So, a mediation meeting was organized. Everything was laid bare—the reasoning, the data, the concerns, the intentions. Once the members heard the thought process behind the decision and the long-term vision for RCM, the entire mood shifted. Even those who were initially the most vocal in opposition came around and endorsed the move.

of service must evolve—from large gestures to deeply personal impact. Touching individual lives must become the defining measure of our success.

The world in 2050 will be faster, louder, more digital—but what will always matter is human connection. Never lose sight of that. Rotary is not just about what we do—it's about who we reach, how we make them feel, and the dignity we restore.





What could have snowballed into a full-blown crisis was diffused—not by authority, but by transparency.

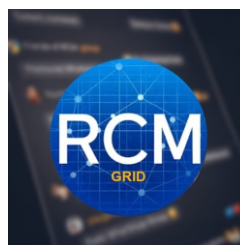
The lesson that stayed with me?

Most conflicts don't need winners or losers; they just need conversation. When people feel heard and respected, even the most difficult decisions can be accepted, and sometimes, embraced.

Leadership isn't about avoiding tough calls. It's about how you bring people along when you make them.



| <div>  <div>    </div> <div> Francisco Arezo 19 President 2022-23 </div> <div> Rajesh Agarwal 19 Director </div> <div> Rajesh Agarwal 19C - Zone 4 </div> </div> | | | | | | |
|---|---------|------|-------------------|-------------------|---------|---------|
| TOP 50 ROTARY CLUBS WORLDWIDE (MEMBERSHIP WISE) AS ON 1ST JULY 2025 | | | | | | |
| Rank | Club ID | Zone | Country | Club Name | Club ID | Members |
| 1 | 0020 | 7 | India | Vijayawada Madras | 22695 | 760 |
| 2 | 0860 | 30 | Alabama, USA | Birmingham | 4026 | 575 |
| 3 | 0750 | 31 | Alabama, USA | Oklahoma City | 1709 | 557 |
| 4 | 0900 | 34 | Georgia, USA | Atlanta | 4107 | 506 |
| 5 | 0200 | 31 | Louisiana, USA | Baton Rouge | 2600 | 477 |
| 6 | 0440 | 11 | South Korea | Seoul-Hongdae | 2834 | 468 |
| 7 | 0760 | 30 | Tennessee, USA | Nashville | 3823 | 459 |
| 8 | 0056 | 4 | India | Kota | 15110 | 451 |
| 9 | 0250 | 29 | Wisconsin, USA | Madison | 2696 | 418 |
| 10 | 0170 | 26 | California, USA | San Jose | 501 | 399 |
| 11 | 0110 | 26 | Kentucky, USA | Louisville | 3735 | 380 |
| 12 | 0340 | 26 | USA | San Diego | 930 | 379 |
| 13 | 0141 | 4 | India | Bombay | 15482 | 368 |
| 14 | 0055 | 4 | India | Almedabad Skyline | 22409 | 361 |
| 15 | 0000 | 5 | India | Karur | 15918 | 356 |
| 16 | 0270 | 29 | Wisconsin, USA | Wausau | 2744 | 356 |
| 17 | 0480 | 29 | Kansas, USA | Wichita | 1788 | 347 |
| 18 | 0580 | 2 | Japan | Osaka | 14051 | 337 |
| 19 | 0610 | 29 | South Dakota, USA | Sioux Falls | 1461 | 335 |
| 20 | 0600 | 30 | Ohio, USA | Columbus | 3510 | 331 |
| 21 | 0840 | 25 | Texas, USA | San Antonio | 1921 | 327 |
| 22 | 0190 | 7 | India | Bangalore | 15786 | 321 |
| 23 | 0780 | 30 | Tennessee, USA | Chattanooga | 3848 | 319 |
| 24 | 0120 | 32 | New York, USA | Rochester | 4811 | 319 |
| 25 | 0011 | 4 | India | Ratna Scholars | 87861 | 301 |
| 26 | 0234 | 5 | India | Madras | 15860 | 296 |
| 27 | 0150 | 31 | Arkansas, USA | Little Rock | 2522 | 294 |
| 28 | 0790 | 12 | Pennsylvania, USA | York | 5371 | 287 |
| 29 | 0420 | 21 | Turkey | Istanbul | 13350 | 284 |
| 30 | 0030 | 6 | India | Nagpur Mahatma | 55773 | 281 |
| 31 | 0056 | 4 | India | Jaguar Citizens | 88785 | 278 |
| 32 | 0030 | 27 | Washington, USA | Seattle | 130 | 276 |
| 33 | 0670 | 30 | Ohio, USA | Cincinnati | 3621 | 269 |
| 34 | 0340 | 26 | California, USA | Coronado | 900 | 262 |
| 35 | 0142 | 4 | India | Dombivli East | 22963 | 261 |
| 36 | 0060 | 28 | Washington, USA | Yakima | 229 | 260 |
| 37 | 0050 | 3 | Japan | Nagasaki | 14490 | 252 |
| 38 | 0290 | 26 | Michigan, USA | Ann Arbor | 2809 | 249 |
| 39 | 0170 | 26 | California, USA | Oakland | 490 | 245 |
| 40 | 0056 | 4 | India | Jaguar Gurukul | 88164 | 243 |
| 41 | 0056 | 4 | India | Kota Dine | 90414 | 243 |
| 42 | 0860 | 30 | Alabama, USA | Huntsville | 4043 | 240 |
| 43 | 0900 | 34 | Georgia, USA | Columbus | 4119 | 239 |
| 44 | 0170 | 12 | South Korea | Jeju-Pyeongnam | 16619 | 235 |
| 45 | 0880 | 30 | Alabama, USA | Mobile | 4086 | 235 |
| 46 | 0271 | 1 | Pakistan | Karachi | 16079 | 233 |
| 47 | 0500 | 26 | Arizona, USA | Tucson | 1284 | 232 |
| 48 | 0790 | 25 | Texas, USA | Fort Worth | 1784 | 227 |
| 49 | 0660 | 3 | Japan | Osaka | 14540 | 226 |



The Rotary Club of Madras is thrilled to share yet another feather in its illustrious cap! In a remarkable global distinction, RCM ranks No. 27 in the world in terms of membership strength—an extraordinary achievement given the vast expanse of over 37,000 Rotary clubs across the globe.

To be counted among the top 50 largest Rotary clubs worldwide is no small feat. To stand tall at No. 27 is a testament to the club's enduring legacy, magnetic fellowship, and unwavering commitment to service.

This is not just a number. It is a resounding declaration of RCM's stature, influence, and spirit. Another shining reason to be proud. Another moment that cements RCM's place in Rotary history.

HPV Vaccine Camp at Cancer Institute, Adyar

Beneficiaries: Sivaswamy Group of Schools – 94 children



As part of the preventive healthcare initiative aimed at reducing the risk of cervical cancer among eligible girls and young women, an HPV vaccination camp was conducted on Tuesday, 29 July 2025, at the Cancer Institute (WIA), Adyar. As a follow-up to the initial vaccination, the second dose of the HPV vaccine was administered to students of Sivaswamy Group of Schools, Mylapore. A total of 94 children were vaccinated during the session. The vaccination process was carried out under the supervision of trained medical professionals, following all safety and hygiene protocols. Students were accompanied by school staff and parents, ensuring seamless coordination throughout the camp. This initiative marks another successful step towards strengthening adolescent health through awareness and timely intervention.



- Rtn Dr Sangeetha Viswanathan



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