

Rotary
District 3233



Francesco Arezzo
RI President (2025 - 26)

UNITE FOR GOOD

ROTARY INTERNATIONAL DISTRICT 3233

SYMPHONY

GOVERNOR'S MONTHLY LETTER

TUNE 05 | NOVEMBER 2025

UNITED VOICE OF RID 3233

Cultivating Collective Prosperity
transforming potential
into palpable growth



SYMPHONY

GOVERNOR'S MONTHLY LETTER

ISSUE - 5

Editor

Rtn. Sashikumar V S

Co-Editor

Ann V. Rajalakshmi

Mentor

PDG Dr. N. Nandakumar

Advisors

Rtn. Gnanavelan G

Rtn. Ashok

Rtn. Manickavel

Additional Chair

Rtn. Dr. Arul Ananda Kumar S

Rtn. Nagalakshmi Copparam

Rtn. Dr. Ranjitham T P

Rtn. Dr. Saritha Damodaran

Published & Owned By

Rotary International District 3233

Conceptualization & Complementary Design by

praanha.com

Pictures Courtesy

Ashokan

Printed by

rathnaoffset.com

Feedback & Subscriptions

rid3233gml@gmail.com

Follow us on



#rid3233 #symphony

Disclaimer: The contents of this magazine is provided for information purposes only and RID 3233 does not guarantee or warrant the accuracy, reliability, completeness or currency of the information or its usefulness in achieving any purpose.

RID 3233 will not be liable for any loss, damage, cost or expense incurred or arising by reason of any person using or relying on the information from this magazine.

MISSION: CONTENT POSSIBLE

Rotary Protocol 3233

*(Because deadlines self-destruct
faster than my sleep schedule)*



Dear Friends, If you've ever wondered how this magazine reaches you every month looking *so composed*, just know—it's built on caffeine, chaos, and a dangerously low number of sleeping hours.

Our official **deadline is the 20th of every month**. Why 20th? Because it takes **15 days** of pure wizardry (and mild panic) to transform a truckload of project reports into something that looks like a glossy Rotary dream. Writing, rewriting, resizing, colour-correcting, photo-finessing—it's a marathon we run *every single month*... and the twist? It's all **voluntary**. Not a paisa, just passion (and a sprinkle of pain).

Now, onto our favourite genre—"Deadline Drama". One gentleman sent his *September* report on **October 3rd** and was genuinely shocked when I said it'd go in the *next* issue. Another sent a story with *no photos* (we're still visualizing it through meditation). Some send pictures via **WeTransfer links that expire faster than popcorn in a movie interval**, and then there are the sweet souls who send **20-page annual reports** expecting me to turn it into a haiku.

And yes, sometimes I have to say "no" to my closest friends—which is worse than skipping dessert. But that's the editor's life: part journalist, part therapist, part magician. Still, when the final issue lands, with all its stories of service and sparkle—it's worth every late night, every expired link, every sigh.

So, dear Rotarians, send your stories **before the 20th**, attach your photos (real ones, not promises), and share your feedback—it keeps our creative madness alive.

— The Editor & Chairman

Rtn. Sashikumar VS

(Running on deadlines, dopamine & district pride — in that order)

Letters to the Editor

Sashi you really make merry through Symphony. Well presented. Letters to the Editor is a Testament to your Crowning Glory. That too when PDG. Subbu my Co president (99-2000) complimenting my co- president Sashi(22-23) is so special. A president of my other co president in 99-2000. Rtn. PDG. APK giving Rotary's Economic View is notable. The poem by IPP. Kamal of MMT was a classy touch. Congratulations to you and to your consistent Rotary Service YoY. Reminds me of the RI Theme 99-2000. Act with consistency, Credibility and Continuity.



Rtn. Gopu Sambandam
Phenoix Arizona
RC Thriuvanniyur

Symphony is nothing short of a marvel — thoughtfully curated and articulated with precision. Kudos to Sashi and team for this remarkable creation! The attention to detail of every topic is excellent! Can't wait to turn the pages!



Rtn Sujatha Sathish
Secretary, RC Madras North

Congratulations. Your penning, crafting and presentation is awesome and making us proud and when it is in our hands makes us feel that RID is in our hands. Keep up the good work.



K. Nagendra Babu
RC Madras North West

சிம்பொனி... ஓங்கி ஒலித்திட...
அதன் வெற்றியை பறை...
எட்டு திசைகளிலும் முழங்க....
கலைமகளும்
மலைமகளும்
அலைமகளும் அருளிட
என் வாழ்த்துக்கள்



Rtn. PP. Rajeswari
RC Madras Porur

Inside

RI President's Message	04
Rotary RID 3233: A Season of Celebration & Service - District Governor's Message	05
Say 'Yes' to TRF... Keep giving! - Rtn AKS Er Muruganandam M (MMM)	06
Felicitations of DGND Rtn. AKS Ambalavanan M	07
When Rotary's Leading Ladies Lit Up Vijayadasami!	08
Pre-PELS 1: A Blockbuster Beginning to the Leadership Journey	10
Uyir Thuli: A Drop of Hope, A River of Life	11
Rotary Olympiad 2025: When the Spirit of Service Took the Field	12
Clubs in Action - Project Spotlight	14
Golden Seniors Diwali - Lighting Up Lives with Joy & Dignity	20
A Dazzling Diwali Nite – Where Rotary Sparkled Brighter Than the Lights!	21
Thaiyal Nayagi: Where 200 Dreams Found Their Thread	22
Aasan Virudhu: Rotary Excellence Awards for Teachers 2025	24
The Leadership Lab of Rotary	27
My Rotary Moment	29
Rotary in Tamilnadu Part 4: The Spirit of Service	32
The Siddha's Secret: Your Kitchen is a Pharmacy	34

RI President's Message

Let us give with Gratitude

This November, as we celebrate The Rotary Foundation, I invite you to consider not only what we give but why we give. The Foundation is more than a fund for projects. It is the beating heart of our promise that service, rooted in trust and friendship, can create lasting change.

Our Action Plan calls us to increase our impact, and the Foundation is how we make this vision real. Since 1988, Rotary and our partners have immunized nearly 3 billion children against polio. We have committed more than \$2.6 billion to this cause, and last year alone we directed \$146 million toward the final push for eradication. These numbers are significant, but the true impact is not in statistics — it is in the lives of children who will never again fear polio. It is in the hope restored to families and the peace built in communities once defined by disease.

But polio is only one story among many. Each year, Rotary Peace Centers train new generations of leaders who will transform conflict into dialogue and division into understanding. In 2023-24, nearly 100 new fellows began their studies, continuing a legacy of more than 1,800 peacebuilders from over 140 countries. When we invest in them, we are planting seeds of peace that will bear fruit for decades to come.

The Foundation also touches lives through district and global grants, supporting projects large and small. A clean water well for a rural community, scholarships for young professionals, medical care in the wake of disaster — these are not temporary gestures, but steps toward dignity, resilience, and opportunity. This is how Rotary service becomes lasting impact. And when natural disasters strike, our Foundation allows Rotary to act quickly with disaster response grants.



Our Foundation is not about what we can do alone but what we can do together. Each contribution, no matter its size, joins with others to create a collective act of faith in humanity and in the future.

The last mile of any great journey is always the hardest. We see this in our final steps toward ending polio, in our work for peace, and in every project that seeks to lift people out of despair. Yet every time we give, we declare that our work will continue regardless of the challenge.

This November, let us give with gratitude, with joy, and with hope. Through our Foundation, we Unite for Good, and in doing so, we leave behind not only projects but a legacy of peace, trust, and Service Above Self.

Rtn. FRANCESCO AREZZO
President, Rotary International

Rotary RID 3233: A Season of Celebration & Service

Dear friends, October has truly been one of the most vibrant and fulfilling months in our Rotary journey this year. I am deeply moved to see how our clubs embraced the spirit of **Diwali** — celebrating together, engaging members, and making every club meeting a festival of fellowship. Your energy and enthusiasm perfectly mirror my vision of creating **vibrant, inclusive clubs** that radiate positivity and purpose.

A special mention goes to our heartwarming **Golden Seniors' Diwali Celebrations**, where over **1000 seniors** rejoiced with us across the district. It was an iconic event — a shining example of how compassion and connection make Rotary truly timeless.

Our **Polio Fundraising Drive** has gathered tremendous momentum. With the collective strength of our clubs, the Rotary family, and corporate partners, we are marching confidently towards our ambitious goal of **₹6 crores** — a commitment that echoes Rotary's global promise to end polio forever.

Our **Rotary Olympiad** brought out the best in sportsmanship and youth spirit, benefiting more than **1400 students**, while **Thaiyal Nayagi** empowered over **200 women** with education and entrepreneurial support — a true celebration of dignity and self-reliance.



As we now prepare for **Valar Pirai 2.0**, I'm excited to welcome our *Green Rotarians* — members inducted in the last three years — into a deeper understanding of Rotary's values, ensuring they grow into informed and lifelong Rotarians.

October may have been spectacular, but in Rotary, we never pause. As we step into **November — The Rotary Foundation Month**, let us rededicate ourselves to giving more, so that we may serve more. Together, let us keep the lamp of Rotary glowing bright — spreading light, love, and lasting change in every community we touch.

Let us unite for good.
With rotary regards
Rtn. D Devendran
District Governor

Say 'Yes' to TRF...

Keep giving!

Ever since I joined Rotary, I've been continuously inspired — watching hope, dignity and peace reach those who need it most. Rotary is a system-driven organisation that has grown stronger and taller over the last century, spanning over 200 countries.

Being born in Tamil Nadu, I grew up with Avvaiyar's timeless words — Aram Seya Virumbu, "Desire to do good deeds." This echoes with TRF's motto Doing Good in the World. Our Foundation's goodwill, exemplary stewardship and high ranking among global charities have made us one of the world's most trusted organisations. I'm reminded time and again to give, and keep giving consistently, to our Foundation.

The Rotary Foundation offers donors a range of contribution options: you can choose to give through Annual Fund, Endowments, the End Polio initiative, or CSR funding — each designed to empower Rotarians and communities uniquely.

Think of the Annual Fund as a collective pool. Every gift, large or small, is invested for three years. Your investment then returns to your district as grant money, directly supporting vital projects in your community.

Endowment Fund giving is all about building Rotary's future. When you contribute or leave a bequest, that money is invested forever. The earnings help support Rotary projects and programmes for generations to come, guaranteeing that as Rotarians, our legacy of service will never fade away.

CSR funds are the buzzword in India, offering enormous potential for scaling up Rotary's reach. Embracing CSR partnerships will help us touch countless lives, cross new frontiers, and push the boundaries of what Rotary can achieve.

Just as the proverb says, "You may know by a handful, the whole," Rotary's End Polio initiative, launched in 1979, reflects the organisation's phenomenal work and now stands on the edge of historic success.



Each of these giving modes helps Rotary fulfil its promise of advancing world understanding, goodwill, and peace by improving health, education, and alleviating poverty.

I have vivid memories of my time as a volunteer during a National Polio Immunisation Day. I crossed a canal in Tondamanpatti, a hamlet near Trichy, to bring vaccines to 150 children. That day, I felt the true power of Rotary in every drop of help delivered.

That experience inspired me to open my TRF account with a modest \$100 contribution. As a young Rotaractor, my commitment grew, and I eventually became a Major Donor. Today, having moved to the Arch Klumph Society Members' second circle, TRF, being the lifeline of Rotary, has become an integral part of my philosophy: to keep giving consistently so we can continue creating lasting change through our service.

The End Polio initiative is a cause very close to my heart. As a consistent contributor to the Polio Fund, I share with fellow donors the vision of a polio-free world — achieved not only through our contributions but also through steadfast advocacy and sustained awareness efforts.

"Doing Good in the World" isn't just our motto; it's a timeless invitation. Let's practise it with all our heart and inspire those who come after us to keep giving to The Rotary Foundation. Now, it's your turn to begin.

Together, let's keep giving and say 'Yes' to TRF!

Rtn AKS Er Muruganandam M (MMM)
Rotary International Director 2025-27



Felicitation of DGND Rtn. AKS Ambalavanan M

By IPP Rtn. Kamal Narendra, RC Madras Mid-Town

It was an evening of warmth, camaraderie, and celebration when the members of the Rotary Club of Madras Mid-Town hosted a grand felicitation in honour of District Governor Nominee Designate (DGND) Rtn AKS Ambalavanan M on October 5th, 2025, at Hotel Green Park, Chennai.

The event was a graceful acknowledgement of Rtn AKS Ambalavanan's dedicated service, inspiring leadership, and distinguished Rotary journey. The ambience was filled with cheer and pride as Rotarians, friends, and well-wishers gathered to celebrate the occasion.

In his well-received acceptance speech, Rtn AKS Ambalavanan fondly remembered his mentors who guided his Rotary journey. He promised to pursue the aspirational goals of Rotary Clubs, assured support to the three preceding District Governors for their benchmark years, encouraged contributions to Polio Plus and the Annual Program Fund, and urged members to refer two new contacts to Rotary. He concluded by sharing how Rotary helps one attain a higher purpose in life.

The evening was presided over by Past Rotary International Director (PRID) Rtn C Baskar, who served as the Chief Guest. In his address, he lauded Ambalavanan's innovative project ideas, constant communication, and steadfast commitment to Rotary ideals. The Guest of Honour, District Governor Rtn D Devendran, appreciated his consistency, humility, and inspiring vision for the Rotary movement.

Heartfelt felicitations were offered by District Governor Elect (DGE) Rtn Shriram Duvvuri and District Governor Nominee (DGN) Rtn Ganapathy Suresh, who highlighted Rtn AKS Ambalavanan's integrity, inclusiveness, and love for the organisation.

District Counsellor Rtn ISAK Nazar also joined in extending his greetings and warm wishes, commending the honouree's dedication and humility.

A particularly touching moment came when Rtn AKS Ambalavanan's mother shared a few affectionate words about her son, filling the hall with warmth and emotion.

Several Past District Governors from Districts 3233 and 3234 also spoke in admiration of Ambalavanan's Rotary journey and his steady rise as a respected leader.

The event began with a gracious welcome by President Rtn Edwin and concluded with a heartfelt vote of thanks by President-Elect Rtn Cecil Sundar K. It was meticulously organised under the leadership of Senior Member Rtn Ashok Shetty, Chairman of the Committee of Hosts, and his dedicated team.

The celebration beautifully reflected the Rotary spirit – honouring service, celebrating leadership, and cherishing fellowship and friendship.

When Rotary's Leading Ladies Lit Up Vijayadasami!

It was a day to remember at the home of District Governor Rtn. D Devendran and District First Lady Ann Archana, as they celebrated Vijayadasami with the wonder women of District 3233.

The house brimmed with laughter, colour, and camaraderie as Club First Ladies and Lady Secretaries gathered for a sumptuous festive lunch, while Lady Presidents joined later for a delicious dinner. Traditional nalungu games added a joyful sparkle, and each guest received a lovely tamboolam from Ann Archana — a token of affection and blessings. The first tamboolam was presented to Ann Sujatha Sathish, Secretary, RC Madras North — setting a beautiful tone for the evening of sisterhood and smiles.

- By Team Symphony







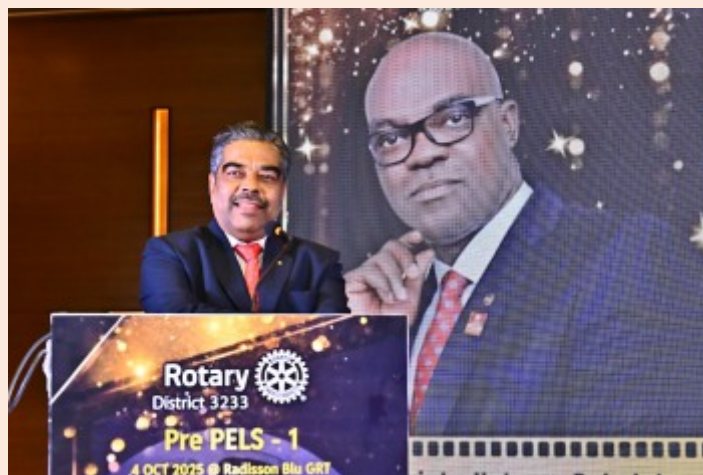
Pre—PELS 1: A Blockbuster Beginning to the Leadership Journey

- By Team Symphony

The Rotary year 2026–27 began its leadership journey with a burst of energy, colour, and camaraderie at **Pre-PELS 1 – Sooper Stars**, the first orientation session for the Presidents-Elect of **Rotary International District 3233** on **4th October, 2025** at **GRT Radisson Blu**. The evening wasn't just an event; it was an experience – one that combined learning, laughter, and leadership in perfect harmony.

Setting the tone for the evening, **District Governor Rtn. D. Devendran (2025–26)** delivered an inspiring address, reminding the gathering that leadership in Rotary begins with purpose and fellowship. His words struck the perfect chord, preparing the stage for what would be a memorable start to the PELS series.

The event was graciously hosted by **District Governor-Elect Rtn. Shriram Duvvuri** and **Ann. Shalini Duvvuri**, whose warmth and hospitality made every participant feel at home. Their thoughtful touches – from the ambience to the President Elect intro videos – created a space where connections thrived and confidence bloomed.



Chief Guest PDG Rtn. Baby Joseph (RID 3205) added further brilliance to the evening with his insights on Rotary leadership and his trademark wit. His words resonated deeply with the Presidents-Elect, offering both motivation and perspective.

The event was seamlessly curated by **Rtn. K. Venkatesan**, PELS Chairman 2026–27, whose meticulous planning ensured a blend of elegance and enthusiasm. Supporting the learning framework were stalwarts **PDG Rtn. ISAK Nazar**, District Counsellor 2026–27, and **PDG Rtn. R. Srinivasan**, District Learning Facilitator 2026–27, guiding lights for the year's leadership journey.

Behind the scenes, **Rtn. B. Alaguselvan**, District Secretary 2026–27, and **Rtn. Natarajan R**, District General Secretary 2026–27, ensured flawless coordination.

With laughter echoing, ideas flowing, and friendships forming, **Pre-PELS 1** was truly a *sooper* start – a spectacular prelude to a year of inspired leadership.



Uyir Thuli A Drop of Hope, A River of Life



Rotary International District 3233 turned compassion into action on **October 8, 2025**, with the grand launch of its mega blood donation initiative – **“Uyir Thuli: A Drop of Hope.”** The event, held at **Godavari Hall, Andhra Club, T. Nagar**, was spearheaded by the **District Community Service Health Team** and the **Blood and Organ Donation Team**, in collaboration with **33 Rotary clubs** from across the district.

Presiding over the event, **District Governor Rtn. D. Devendran** inspired the audience with his vision for a healthier, more compassionate society. Joining him as **Guest of Honour, IPDG Rtn. S. Mahaveer Bothra** added gravitas and encouragement to the mission.

The morning began with a warm welcome by **Rtn. Dr. S. Ramesh Babu**, Director of Community Service (Health), followed by the outline of the scope of this life-saving project by **Rtn. Dinesh Kumar Sethi**, Chairman of Blood and Organ Donation – **50 blood donation camps** across Chennai, aiming to collect **5,000–10,000 units of blood** to save up to **30,000 lives**.

Adding depth to the occasion, **Dr. Joshua Daniel** (HOD, Transfusion Medicine, MIOT International) and **Dr. Deepa Devi** (HOD, Cancer Institute, Adyar) delivered enlightening talks on the science and impact of blood donation. The interactive Q&A session that followed helped debunk myths and build confidence among potential donors.

In a symbolic gesture of leadership through service, **28 Rotarians rolled up their sleeves** and donated blood on the spot. The event also saw **IPDG Rtn. Mahaveer Bothra** release an informative booklet on blood donation, received by **PDG Rtn. S. Muthupalaniappan**.

With **Rtn. Vidya Gopal** anchoring the program seamlessly and **Rtn. Dr. Vetrivel** proposing the vote of thanks, the launch of *Uyir Thuli* marked more than an event – it ignited a movement of hope, humanity, and Rotary's timeless spirit of giving.

- By Team Symphony



Rotary Olympiad 2025: When the Spirit of Service Took the Field

October 10, 2025 began before sunrise, with Chennai still stretching awake, when a ripple of yellow began to move through its streets. Hundreds of Rotarians, families, and students – all wearing the same yellow T-shirts and caps – walked together for one cause: **breast cancer awareness**.

Led by **Cancer Care Chair Rtn. Dr. Sarita Damodaran**, the Walkathon for Breast Cancer Awareness set the perfect tone for what was to follow – a day where service, health, and youth converged on one field. The walk was flagged off by **Hon'ble Justice A.D. Jagadish Chandira**, who lauded Rotary for “making health awareness a community movement.” His words echoed the spirit of Rotary – where every step counts toward saving lives.

By 8 a.m., the energy had shifted to the **YMCA College of Physical Education Grounds**, where over 1,400 students from schools and colleges assembled for the grand inauguration of the **Rotary Olympiad 2025** an inter-institutional sports event organized entirely free of registration fees.

If the Walkathon was a message, the Olympiad was a movement. This was **Rotary International District 3233** taking to the field – quite literally – to prove that service isn't confined to conference halls; it thrives in open grounds, running tracks, and cheering crowds.

The event was inaugurated by **Thiru. S. Viswanathan, IAS**, Deputy Chairperson of the Chennai Port Authority, who joined **District Governor Rtn. D. Devendran**, the driving force behind this ambitious initiative. Together, they declared the Olympiad open amid loud cheers, waving flags, and the unmistakable buzz of youthful excitement.



For **DG Devendran**, a passionate sportsman himself, the Olympiad was never just about athletics. It was about access – creating an equal playing field, in every sense. “When every student gets a chance to play, irrespective of background, that’s when real inclusion begins,” he said.

At the heart of this initiative was **Chairman Rtn. Ravi Venkatraman**, a Rotarian whose lifelong love for sport found its perfect expression in Rotary service. The Olympiad was his brainchild – a multi-sport spectacle featuring football, basketball, volleyball, badminton, handball, and track & field. “We wanted to build a platform where talent meets opportunity,” said Ravi, watching from the sidelines as young athletes sprinted toward finish lines both literal and symbolic.

And while the spotlight was on the athletes, the seamless orchestration behind the scenes carried the mark of **Event Secretary Rtn. Sashikumar V S**. From scheduling fixtures to coordinating logistics for over a thousand participants, he ensured the event ran with clockwork precision. “Rotary’s greatest strength is teamwork,” he remarked. “What you see on this field today – that’s what unity looks like when it’s in motion.”

As the games unfolded, Rotarians were everywhere – managing hydration points, cheering from stands, capturing photos, even doubling as referees. It wasn’t just an Olympiad; it was a Rotary festival, with laughter, camaraderie, and competition woven seamlessly into one fabric of service.

By late afternoon, as the last race ended and whistles quieted, the **Valedictory Ceremony** began. The atmosphere was equal parts exhaustion and exhilaration. **Thiru. P. Cephas Kalyan, IPS**, Joint Commissioner of Police (South Zone), presided as Chief Guest, presenting medals to gleaming young winners. DG Devendran, who had been present from the Walkathon’s start to the day’s final medal, congratulated them warmly.

As dusk painted the sky gold, athletes posed for selfies, Rotarians shared high-fives, and a thousand tired smiles filled the ground. Somewhere amid the laughter and applause, a truth shimmered – this was Rotary in its most kinetic form.

The **Rotary Olympiad 2025** will be remembered not just as a sports meet, but as a living expression of Rotary’s theme – Unite for Good. It showed that service can be as dynamic as a sprint, as strategic as a team game, and as joyous as a victory lap.

- By Team Symphony



Clubs in Action — Project Spotlight

Rotary Club of Chennai Chola

The Rotaract Clubs of Sahas and HITS jointly organised a Science Festival at the Government Girls School, Thiruporur, where students from Classes 6–12 showcased their innovative projects. Rtn. Suresh Babu, President of RC Chennai Chola, graced the event as Chief Guest, encouraged the participants, and presented prizes, inspiring the young minds.

The Rotary Club of Chennai Chola also held its Speaker Meeting at Hotel Beverly, featuring Pulavar Maa Ramalingam, who delighted the audience with his engaging Tamil talk “Siripu Oru Varam,” a perfect mix of humour and wisdom. The evening concluded with fellowship, dinner, and a group photograph.

On 26 September 2025, Rtn. Harigopal hosted a warm club gathering at his residence, showcasing a vibrant Golu exhibition. District Governor Rtn. Devendran and District First Lady Archana added charm and grace to the festive evening.



MOBILE
DSLR / MIRRORLESS

JOIN
NOW

FPLR
2526

Rotary
Club of Harigopal et al.

RTN VR LAKSHMANAN
*Creative Director
Madras Visual Media*

Workshop

SUNDAY, 2ND NOV
@THE MALAYALEE CLUB

RTN DR. SURESH BABU
PRESIDENT

RTN VR LAKSHMANAN
MENTOR

RTN SUBRAMANIAM
CHAIRMAN-FPLR

Rotary Club of Madras Vadapalani



On 7 September, RCMV celebrated Teachers' Day at PSBB Sr. Sec. School, KK Nagar, marking its third club meeting. Two new members were inducted on the same day. Under Anbum Aravanaippum, Rtn. Natarajan donated medicines to Egmore Children's Hospital, while Rtn. Dr. Manikandan and Ann. Dr. Bhanupriya conducted a cancer screening camp for 40 beneficiaries worth ₹60,000. The event received media coverage in Porur Times and Mambalam Times. Other club highlights included the founding of a new senior heritage home, a Navarathri Golu visit, a Dandiya Night celebration, and participation in a badminton tournament.

Rotary Club of Madras North East



The Rotary Club of Madras North East (RID 3233) has launched a meaningful project to build a home for a homeless priest in Thirukazhkundram, Chengalpattu District. Entirely funded by senior member and Past President Rtn. V. Raveender, the ₹8,00,000 initiative reflects Rotary's true spirit of service. The stone-laying ceremony, held on 18 September 2025, was attended by President Rtn. S. Narayanan and Treasurer Rtn. K. Subramani. To further support the priest's family, the club is also donating a ₹25,000 laptop for his children's education — a gesture of hope and compassion.



The Rotaract Club of Zenith, sponsored by RC Madras North East, celebrated its installation ceremony, welcoming Rtr. Sandhya and Rtr. Charan as President and Secretary, along with 18 new members. The event was graced by Chief Guest Rtn. Dr. C. M. Kishore and concluded with a vote of thanks and an inspiring orientation by PDRR Solomon.

Rotary Club of Madras North West

As part of their compassionate initiatives, the Annettes of the Rotary Club of Madras North West organised a Water Bowl Distribution Drive to care for stray animals. Water bowls were placed near homes by Annettes and community members, ensuring hydration for strays. Led by Annettes President Manusri, this thoughtful act embodied kindness in action.

Meanwhile, Rotaractors from the Rotaract Club of LICET, sponsored by RC Madras North West, visited two orphanages in Chennai on the eve of Diwali, spreading joy by distributing sweets and spending time with the children.



Rotary Club Chennai Medical Fraternity



On 28 September, RC Chennai Medical Fraternity observed World Heart Day with a medical camp at Anna Park, Royapuram, offering free blood tests for diabetes and dyslipidemia screening to 150 beneficiaries. The Rs. 30,000 project was followed by a mega evening event featuring awards for 60 senior doctors, a CME on heart health, and gifts for the differently abled, worth Rs. 50,000. The event was graced by Chief Guest Dr. Aravind, Dean of Stanley Medical College, and speakers Dr. Ezhilan, Dr. Vijay Viswanathan, and Dr. Asha Mahilmaran.

Clubs in Action — Project Spotlight

Rotary Club of Madras North

The Rotary Club of Madras North organised a Multi-Speciality Medical Camp, a Scholarship Distribution for girl students pursuing higher education, and inaugurated a fully equipped Science Laboratory at MCSM Higher Secondary School, Padalam. These initiatives were made possible through the generous CSR support of Bay-Forge Pvt. Ltd. (FOMAS Group of Companies) via Rotary Foundation India.

The Club was privileged to host delegates from Bay-Forge Pvt. Ltd. and FOMAS Group, Italy, whose contributions of nearly ₹2 crores over the past three years have enabled several impactful projects. A moment of pride was the induction of Rtn. Mike Muralidharan, Chairman of Ethiraj College for Women, as an Honorary Member, and the recognition of Dr. Aravindan Selvaraj, Co-founder and Executive Director of Kauvery Hospital, for his service to healthcare.

The Club also hosted its flagship event, the AASAN Awards 2025, honouring 57 special educators for their selfless dedication to differently abled children.



Rotary Club of East R.A Puram



On 23 September 2025, ERA Club, in collaboration with Dr. Mohan's Diabetes Specialities Centre, Gopalapuram, conducted a free diabetes screening camp for 108 employees of Run Service Infocare Pvt. Ltd., Ambattur. Ten were diagnosed with diabetes (seven new cases) and thirty with high blood pressure (eleven new cases).

Free medical consultation for six months was offered to all newly diagnosed individuals. This initiative reflected Rotary's spirit of Service Above Self, promoting community health and awareness.

On 24 September 2025, RC East R.A. Puram launched the 5th RMB Chapter (#261) within RID 3233, fostering ethical networking and business collaboration.

Rotary Club of Chennai Sneham



The Rotary Club of Chennai Sneham celebrated World Palliative Care Day on 11 October at Soul Palliative Care, Medavakkam. Chief Guest Rtn. Dr. S. Ramesh Babu, District Health Director, and Guest of Honour Rtn. Dr. S. Vettrivel, Additional Health Director, graced the event. The programme reaffirmed Rotary's commitment to providing comfort and dignity to patients through the donation of essential equipment and supplies, led by President Rtn. Manohar and Community Service-Health Chairman Rtn. Dr. Saravanan.

The Rotary Club of Aura

The Rotary Club of Aura conducted an 18-day JAM Public Speaking Contest across 20 schools in Chennai, engaging over 1,200 ninth-grade students in September. Each participant spoke for a minute on Independence Day during their school assembly, promoting confidence and communication skills. Winners received medals and certificates. The programme also highlighted Rotary's role in community development, making it an excellent public image initiative that inspired young voices and celebrated the spirit of expression.



The Rotary Club of Rising Stars



The Rotary Club of Rising Stars conducted a Road Safety Awareness Programme at PS North School, Mylapore, on 24 October, to educate students on road discipline and safety. President Rtn. Sudha Senthilkumar opened the session with an inspiring address, followed by Cluster Coordinator Rtn. Prashanth, who spoke about Rotary values and World Polio Day. District Road Safety Chairman Rtn. Arulmalar led an engaging session with demonstrations and practical tips. Students enthusiastically took a Road Safety Pledge, vowing to practise and promote safety in their daily lives.



Rotary Club of Chennai K. K. Nagar

Rotary Club of Chennai K. K. Nagar ushered in Diwali with a vibrant Diwali Nite on 15th October 2025 at Hotel Gokulam Park. The evening brimmed with energy as members danced to Dandiya beats, played fun games, and celebrated unity across generations. The club also honoured Zoya Parveen, President of Interact Club of St. Dominic's School, with the Masterstroke Achievement Award for excellence in art. The celebration ended with fireworks, dinner, and cherished fellowship moments.



Rotary Club of East R.A. Puram (ERA Club)



On 15th October 2025, ERA Club celebrated its 15th annual Diwali with the Children of Aalayam, a home for destitute girls. Held at Pallava Hall, Chetpet, the event brought joy to 26 children with games, music, new clothes, sweets, and provisions worth ₹1,30,000. Graced by DG Rtn. D. Devendran, DGN Rtn. Ganapathy Suresh, and AG Rtn. C. H. Mukesh, the celebration beautifully embodied Rotary's spirit of love, light, and Service Above Self.

Rotary Club of Chennai Korattur



Rotary Club of Chennai Korattur celebrated Diwali with the special children of Sri Arunodayam Charitable Trust, Madanakuppam, creating a day filled with laughter and joy. The children received new dresses, sweets, fruits, and crackers, with a festive lunch sponsored by members. The event, graced by club leaders, featured games and dance performances. Special thanks to Rtn. Sivakumar of Eagle Burgmann Pvt. Ltd. for sponsoring the dresses. The celebration truly reflected Diwali's spirit of spreading happiness and light.

Rotary Club of Chennai Amethyst

On 19th October 2025, Rotary Club of Chennai Amethyst supported a Dental Camp organised by First Lady Dr. Ann Manjusha Shetty during the Deepavali Festival Program by AGNI Youth Mandal, Buntoodi®, Peraje. Sponsored with ₹20,000, the camp benefited over 600 villagers and students through dental check-ups and oral hygiene awareness by six doctors. The initiative reflected the club's commitment to preventive healthcare and community welfare, truly spreading smiles this Diwali through compassionate service.



Rotary Club of Madras Porur



Rotary Club of Madras Porur celebrated Diwali with students of Dr. MGR Higher Secondary School for the Speech and Hearing Impaired. Chief Guest ACP Elangovan inspired everyone with his warmth and wisdom. The club distributed sweets and snacks, and children joyfully burst crackers, filling the day with laughter and light. It was a heartwarming celebration that reminded all participants of the true spirit of Diwali — sharing happiness and creating unforgettable Rotary moments.

Golden Seniors Diwali

– Lighting Up Lives with Joy & Dignity

By **Rtn. V. Ramani**

District Chairman – Rotary Action Plan

It was a morning that glowed with warmth and humanity. The *Golden Seniors Diwali Celebrations* brought together over 1,000 senior citizen beneficiaries from 13 homes across the city – 400 of whom made it to the Aiyavoo hall, Aminjikarai, despite the weather challenges, while the remaining will be personally visited by our team to extend the festive spirit to their doorstep.

The event was more than a celebration – it was a beautiful expression of Rotary's purpose. The hall came alive with music, laughter, and the uninhibited joy of our seniors, many of whom joined the dance floor with infectious enthusiasm. Among the most unforgettable moments was a sprightly 94-year-old participant, dancing with grace, energy, and sheer delight – a true embodiment of the Rotary spirit that knows no age.

Every detail reflected thoughtfulness – from the curated music and engaging entertainment to the carefully planned gifts and lunch. The smiles said it all.

Most importantly, this project stood tall as a shining example of Rotary's Action Plan in motion:

1. **Impact:** Created a deep and lasting emotional impact on beneficiaries and Rotarians alike.
2. **Reach:** Reached out meaningfully to senior citizens and the wider community.
3. **Engage:** Brought together Rotarians, volunteers, and well-wishers in active fellowship.
4. **Adapt:** Overcame weather and logistics challenges with creativity and compassion.

This large-scale celebration, held right in the heart of the city, blended accessibility with atmosphere – ensuring full participation, joy, and connection.

Kudos to Chairman Rtn. Sreekumar and the organising team, volunteers, Club Presidents, DG Dev, IPDG Mahaveer Bothra, PDGs, DOs, and everyone who made this Diwali a truly golden one – for our seniors, and for Rotary.



A Dazzling Diwali Nite

– Where Rotary Sparkled Brighter Than the Lights!

By Rtn. Srikumar M, Event Chair

When Rotary District 3233 celebrates, it does so in style – and *Diwali Nite 2025* was no exception! Held on **17th October 2025** at **Hotel Green Park, Vadapalani**, the evening glittered with laughter, rhythm, and radiant fellowship.

The beautifully lit venue welcomed guests into a world of festive splendour, where every corner shimmered with the warmth of Rotary camaraderie. The evening began with lively tunes that set the perfect tone for what turned out to be a spectacular celebration. Professional dance performances wowed the audience, and the energy only grew when our spirited *United Presidents* took over the stage, surprising everyone with their vibrant, joyous moves. It was Rotary talent on full display – confident, colourful, and completely captivating!

Adding to the sparkle was the gracious presence of **District Governor Rtn. D. Devendran** and **District First Lady Ann Archana Devendran**, whose cheerful participation and warm interactions lit up the evening even more. Their presence added a personal touch of festivity and togetherness that perfectly reflected this year's theme – *Unite for Good*.

The celebration was as much about fellowship as it was about festivity – with chat counters buzzing, a lavish buffet delighting every palate, and a premium cocktail service ensuring no cheer ran dry. Everywhere you turned, there was music, laughter, and that unmistakable Rotary joy that binds hearts together.

With **Rtn. Srikumar M** leading as Chairman, **IPDG Rtn. S. Mahaveer Bothra** offering his steady guidance as Advisor, and **Rtn. Pradeep Siddharthan** coordinating seamlessly as Secretary, the evening unfolded like a beautifully choreographed symphony.

A night of sparkle, smiles, and shared spirit – *Diwali Nite 2025* was Rotary District 3233 shining at its brightest!





Thaiyal Nayagi: Where 200 Dreams Found Their Thread

- By Team Symphony

The morning of October 11th felt different at Valluvarkottam's freshly refurbished Thiruvalluvar Hall. The air buzzed with possibility — 200 women, each carrying quiet hope, were about to receive the key to rewriting their lives: a sewing machine.

District Governor **Rtn. D. Devendran** set the tone for the day with his presence and inspiring words. Congratulating **Event Chair Rtn. Anees Begam** for the meticulous arrangements, he emphasized that *giving away sewing machines is only the first stitch*. True transformation, he said, will unfold when these women continue to learn, grow, and educate their children — for that is how an entire community rises.

Guided by Advisor **PDG A.P. Kanna**, the initiative was more than an event — it was a movement stitched with belief. The vision was bold: to equip 200 underprivileged women with machines and the skills to turn talent into livelihood.

PDG Isak Nazar introduced the Chief Guest, **Hon'ble MP Ms. Kanimozhi**, whose words resonated with conviction. She





recognized the project's far-reaching impact and assured her support, amplifying Rotary's effort. **Ms. Nina Reddy, Guest of Honour**, brought a corporate perspective on women's empowerment. **PDG Chandramohan** drew a beautiful



parallel to Rotary's Pink Auto initiative — different vehicles, same destination: women's independence. And then came the moment that quieted even the music — 200 women stepping forward, one by one, to receive their machines. Each handover was a story of resilience, renewal, and hope reborn.



Between speeches, laughter, and live music, empowerment found its rhythm. Stalls by women entrepreneurs stood as living proof that when skill meets opportunity, miracles are handmade.

When the day ended, Thiruvalluvar Hall had found its first story — not of grandeur, but of courage stitched to hope. *Thaiyal Nayagi* had turned compassion into livelihood and dreams into dignity.





The Aasan Virudhu – Rotary Excellence Awards for Teachers 2025 was a magnificent celebration honouring the torchbearers of knowledge – dedicated school teachers who shape the future of our society. Organised by Rotary International District 3233 under the visionary leadership of District Governor Rtn. D. Devendran and District Vocational Service Director Rtn. S. Nevil P. Rayan, the event was held on 25th October 2025 at the Ethiraj College Auditorium, Chennai.

The grand ceremony, attended by a packed audience of over 1,000 guests, felicitated 113 outstanding school teachers from across Chennai for their excellence, commitment, and invaluable contribution to education.

The event was graced by eminent dignitaries –

Chief Guest: Dr Govi Chezhiaan, M.A., B.L., PhD, Hon'ble Minister for Higher Education, Government of Tamil Nadu

Guest of Honour: Mr V. M. Muralidharan, Chairman, Ethiraj College for Women

Special Invitee: Dr Dhamu, Film Actor and Motivational Speaker, whose lively and inspiring address captivated the audience.

The programme received valuable guidance and encouragement from PDG Rtn. ISAK Nazar (District Counsellor), PDG Rtn. Dr N. Nandakumar (District Learning Facilitator), and Rtn. S. Nevil P. Rayan (District Vocational Service Director).

Aasan Virudhu Rotary Excellence Awards for Teachers 2025

By Rtn. R. Kanchana
RC Chennai Silk City



The event was flawlessly planned and executed under the able leadership of Rtn. Shabeer Nazeer (Event Chairman), ably supported by Rtn. JSK Naidu (Event Mentor), Rtn. Manigandan C (Event Co-Chairman), Rtn. Paku Sastri (Event Secretary), Rtn. Er Kali M (Event Co-Secretary), Rtn. Arul Malar (Event Coordinator), Rtn Kanchana Rajagopalan, Rtn Mekala Sivamohan and Rtn Antony Firmin. Their teamwork ensured impeccable coordination, dignified presentation, and memorable execution.



With extensive media coverage across The Hindu, The Times of India, Makkal Kural, Trinity Mirror, ABN Andhra Jyothi, News Today, and several YouTube channels, the event reached lakhs of viewers and garnered immense appreciation from the public and the teaching fraternity.

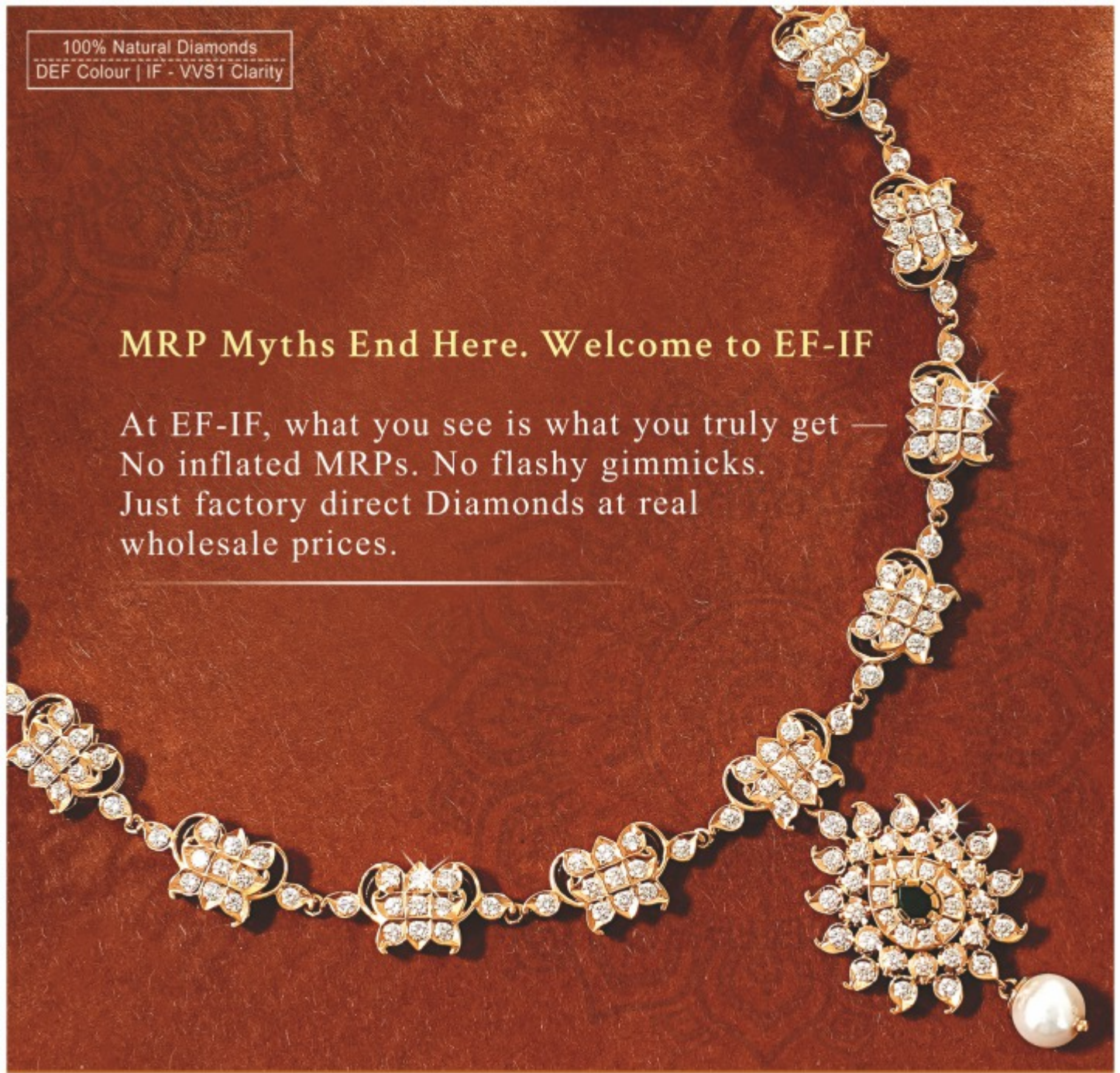
The Aasan Virudhu truly reflected Rotary's motto – "Service Above Self" – standing as a glowing tribute to teachers, the true architects of knowledge, character, and society.



100% Natural Diamonds
DEF Colour | IF - VVS1 Clarity

MRP Myths End Here. Welcome to EF-IF

At EF-IF, what you see is what you truly get —
No inflated MRPs. No flashy gimmicks.
Just factory direct Diamonds at real
wholesale prices.



SCAN HERE TO



VISIT OUR WEBSITE



EF·IF

DIAMOND JEWELLERY®

CHENNAI | 044-28151987

f efifdiamonds | diamonds.efif | +91-91769 72821 | customer@efifdiamonds.com

NO. 57, G.N.Chetty Road (Near Jain Temple), T.Nagar, Chennai - 600 017.

Phone: 044-45588811 / 044-28151987 | www.efifdiamonds.com



The Leadership Lab of Rotary

By Rtn. P.P. Bhuvaneswari
Rotary Club of Alandur
Additional Chair, RLI team

Rotary Leadership Institute (RLI) Part 1 and Part 2, a flagship leadership development program, was successfully conducted in Chennai, by District 3233 on October 25th and 26th.

The program saw enthusiastic participation of 90 Rotarians.

The esteemed faculty for the program included Rtns PDG .Dr. George Sundararaj , PDG A. Subramaniam, PDG. N. Asoka, PDG. C.R. Chandra Bob, PDG Shanmuga Sundaram, PP. P. Kumaraappan, and PP. Reji Jose, who shared their valuable insights and experiences with the participants, in a program that lasted two whole days of interesting and engaging discussion style, learning.

The DGE Rtn. Shriram Duvvuri was the Chief Guest for the inaugural function, while DGN Rtn. Ganapathy Suresh distributed the completion certificates as the Chief Guest for the Valedictory function of RLI Part 1.

DGND Rtn AKS. M. Ambalavanan inaugurated Part 2, while DG Rtn. D. Devendran was the Chief guest for the closing ceremony and distributed the certificates for RLI Part 2.

During his valedictory address, the DG. highlighted the importance of proper Rotary information, training of incoming leaders, as well as interesting methods that need to be used to impart such training.

RLI is a vital program that empowers Rotarians to become effective leaders, equipping them with the knowledge, skills, and network to drive positive change in their



communities. The program's importance lies in its ability to foster a deeper understanding of Rotary's mission and values, enabling participants to make a meaningful impact in their personal and professional lives.

The participants appreciated the program's engaging sessions, excellent faculty and the opportunity to network with fellow Rotarians. They congratulated and thanked the RLI Chairman Rtn Dr. V. Rajendran, and the Dist. 3233's RLI team, for their successful efforts in conducting this program.

Prime Forex

Currency Exchange



RBI Authorized Money Changer

Planning an International Trip?

Exchange currency easily and conveniently with Prime Forex.



Best Exchange Rates in Chennai



Open 365 days a Year



9000+ positive Google reviews



Rtn K.L.Arun
Chennai Presidency

+91 98841 77799
www.primeforex.in



T.Nagar - Phoenix Mall - Chennai Airport

Pink Autos — Driving Change, One Ride at a Time

Rtn. Dr Sujatha Gajendran

Secretary, RC Chennai Medical Fraternity



Rotary is often defined by its moments, memories, and meaningful methods – and one such moment came alive for me today. Years ago, during PDG **Rtn. Chandramohan's** governorship, our district launched the **Pink Auto Project**, a powerful initiative for **women empowerment**. I had witnessed its scale again at **LEAD 25**, when **100 Pink Autos** were handed over at Chennai Trade Centre.

But today, the impact felt deeply personal. When I booked an auto, it turned out to be a **Pink Auto** – driven by **Nandhini**, a proud beneficiary of Rotary's initiative. With a radiant smile, she shared how her life had transformed – how she now stands tall, independent, and self-assured.

That short ride reminded me that Rotary's work doesn't just move communities – it moves lives.

My Rotary Moment

My father's struggles with his vision shaped the way I saw the world. Watching him face those challenges made me realise how much strength it takes to live in the dark – and how important it is to help others see the light. That thought has guided me every step of my Rotary journey since I joined in 2018.

Even today, I visit the visually challenged every month – spending time with them, sponsoring and sharing a meal, and finding immense joy in their laughter. Those moments fill my heart in ways words can't describe.

During my year as President (2020–21), when our District Governor Rtn. Muthupalaniappan launched Orange Ray of Sight, I knew exactly what I wanted to do. On my installation day, I dedicated a Vision Centre in Villivakkam – in my name, with my parents by my side. That ribbon-cutting wasn't just an inauguration. It was the beginning of my lifelong vision – to give the gift of sight.

Seeing with the Heart

Rtn. Vidhya Gopal

Rotary Club of Chennai Sunrise





Candid Clicks





Candid
Clicks



Rotary in Tamilnadu

— A FICTIONAL CHRONICLE OF REAL LEGACY

Part 4: The Spirit of Service

Tanjore, 1952. A Young Man Finds His Calling

Told in the first person by Govindarajan, a fictional composite based on true stories of early Indian Rotarians whose lives were transformed by a single encounter with Rotary.

I still remember the dusty scent of the Tanjore Club's library, the creak of cane chairs, the faint murmur of the Cauvery in the evening air.

I had come that day only because my friend Srinivasan insisted. "Just one Rotary meeting," he said. "You might like it."

I was twenty-six. A lawyer by training. A patriot at heart. Restless. Caught between Gandhi's dream and the world's demands. What did I want with a room full of elites?

But something happened that night.

Not immediately. Not during the greetings or the badge

pinning or even the round of introductions.

It happened when an elderly man—his name escapes me now—stood up and spoke softly about a **school roof in Pudhukottai**. One that had collapsed in the monsoon. Thirty children without a classroom. No fanfare. No donations collected yet. Just a problem, waiting for a solution.

There was silence.

Then, a man in a white shirt said, "I'll take care of the tiles."

Another said, "I'll arrange the transport."

Yet another: "We can mobilize volunteers from our factory."

And just like that, the matter was settled.

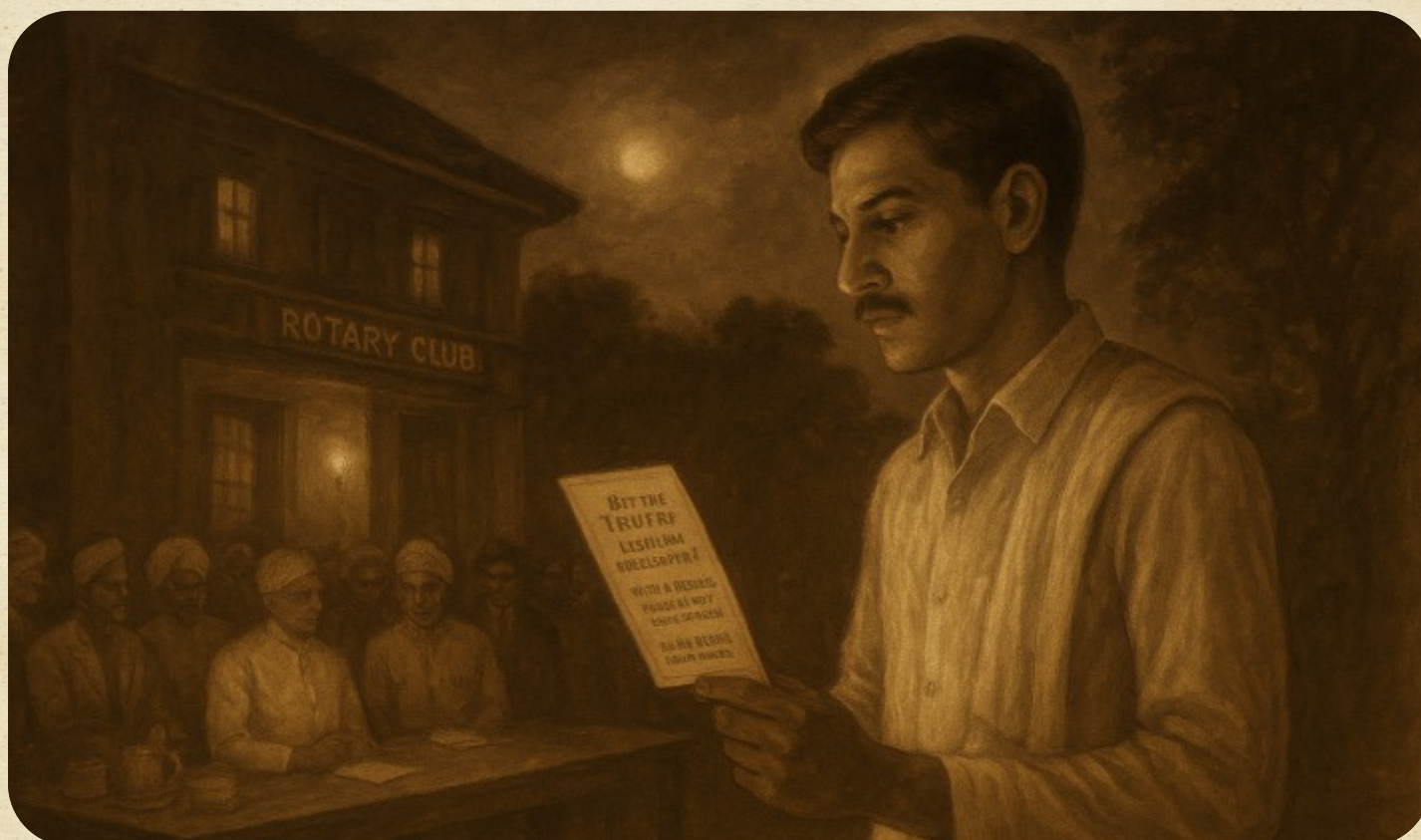
No vote. No red tape. No applause.

Just quiet decisions.

Made by men who didn't speak of service.

They **became** it.

I sat frozen, something stirring deep within me. Was this



what my father meant when he said, “*Help, but don't shout about it*”? Was this what Gandhi meant when he said, “*The best way to find yourself is to lose yourself in the service of others*”?

After the meeting, someone handed me a small pamphlet.

On it were four lines:

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

I read those lines a hundred times.

They weren't slogans. They were questions. Mirrors. That night, I couldn't sleep.

I kept seeing the faces of the children without a roof, and the faces of those who had just quietly decided to give them one.

I joined the Rotary Club of Tanjore the next week.

Not because I wanted to become a Rotarian.

But because I had already become one.

And in the years that followed, I would help build libraries, sponsor girl's education, and lead eye camps in villages I had never even heard of. Not for awards. Not for status.

But because of that night.

The night Rotary stopped being a club.

And became a **calling**.

To be continued in Part 5: *Fire in Colombo*

At the 1967 Rotary Conference in Ceylon, emotions flare and a Tamil Rotarian named Parke Nadesan takes the stage—with words that shake the hall and redefine what Rotary means in the subcontinent.

a historical fiction by Rtn. Sashi

A Leader Beyond Borders — PRID A.S. Venkatesh to Serve as TRF Trustee

Rotary's pride and Chennai's own, **PRID A.S. Venkatesh**, has been appointed **Trustee of The Rotary Foundation (TRF)** for the term **2026–2030** — a moment of joy and inspiration for Rotarians across India.

A visionary leader and eloquent Rotarian, Venkatesh earlier served as **RI Director (2021–23)** and **RI Treasurer (2022–23)**, and created history as the **first Indian Moderator** of the **Rotary International Assembly 2025** in Orlando, USA.

A member of **Rotary Club of Chennai Mambalam**, he continues to make the city and the country proud with every new milestone. His wife **Vinita**, member of **RC Chennai Anchorage**, stands beside him as an equal partner in Rotary service.





The Siddha's Secret: Your Kitchen is a Pharmacy

Rtn. PP Dr. Arul Ananda Kumar, RC Chennai Crown

Vanakkam, health-seekers! As a seasoned Siddha practitioner, I am here to reveal a little secret: your kitchen is a treasure trove of healing wonders. Who needs a trip to the pharmacy when you have got an "Anjarai Petti" at your fingertips?

Let's start with milagu, the king of spices.

This fiery fellow isn't just here to make you sneeze; it's packing a punch against inflammation and even helping you shed those stubborn pounds. Feeling under the weather? A pepper and honey concoction will have you saying "achoo" to that pesky cold in no time!

Next up, jeeragam, the unsung hero of your spice rack.

This little seed is iron-rich and ready to wage war against free radicals. It's like a tiny superhero for your digestive system, and it might even help you win the battle against diabetes. Talk about small but mighty!

Vendhayam, oh vendhayam!

Ladies, listen up - this seed is your monthly ally. It's here to ease those cramps and make your time of the month a little less... well, cramp-y. And for our friends managing diabetes, fenugreek is like a natural glucose guardian.

Now, let's talk about manjal, the golden child of Siddha medicine.

This vibrant root is the Swiss Army knife of health. Inflammation? Goodbye. Heart disease? Not on turmeric's watch. It even shows promise in battling the big C - cancer. And for those of you feeling a bit blue, turmeric might just be the sunny boost you need.

Kothamalli vithai, the often-overlooked gems

of the spice world, deserve their moment in the spotlight too. These little powerhouses are packed with vitamins and minerals, ready to lower your blood pressure and keep

those pesky parasites at bay. It's like nature's multivitamin! But wait, there's more - coriander might just be your ticket to saying goodbye to anxiety, constipation, and even skin irritations.

And let's not forget about kothamalli's leafy form.

This herb isn't just for garnishing your sambar or rasam; it's a nutritional powerhouse in its own right. Packed with vitamin C, calcium, magnesium, potassium, and iron, it's like a mineral mine in leaf form. The essential oil from coriander has antibacterial properties too, making it a natural defender against those microscopic troublemakers.

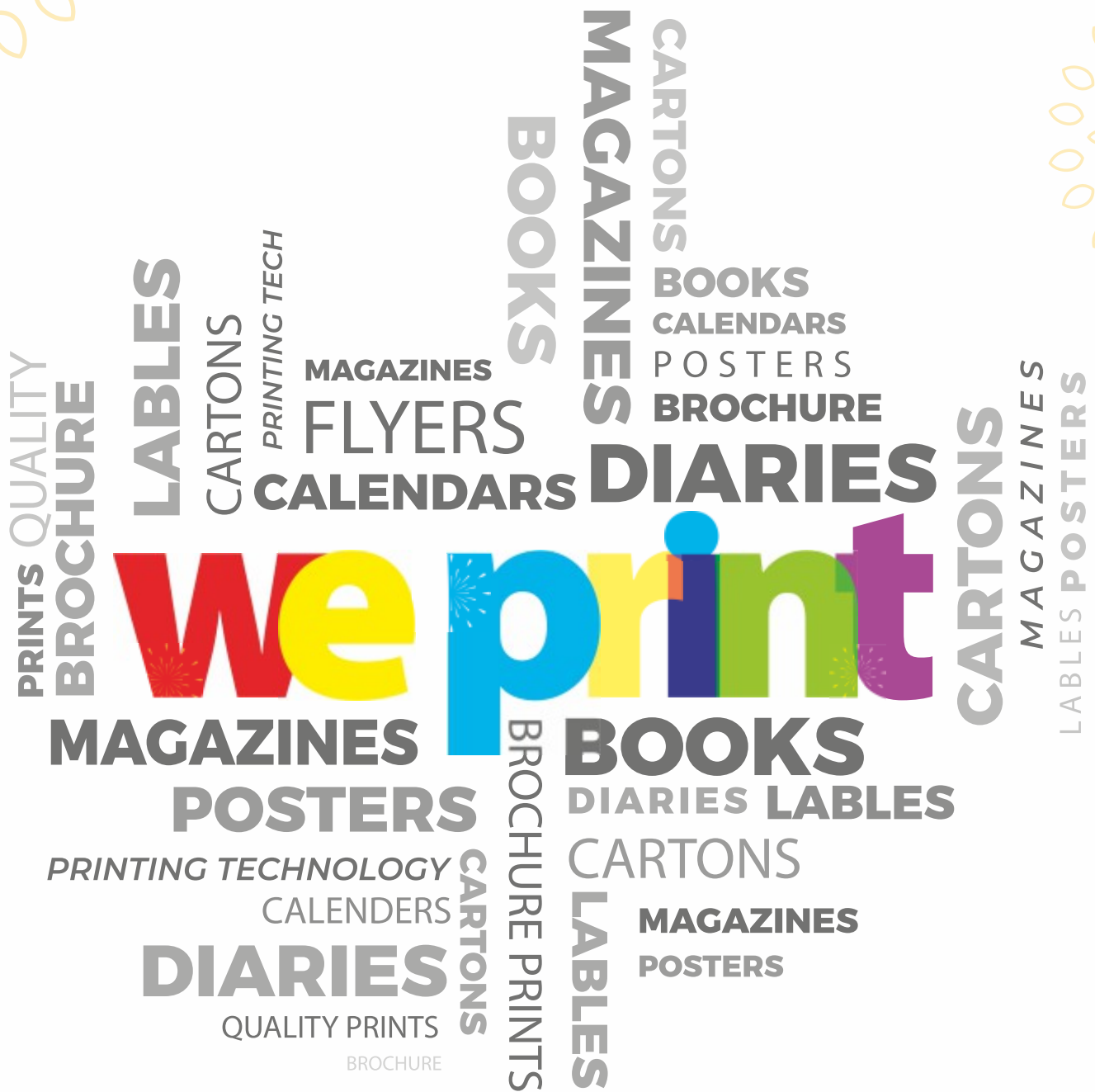
Here's a little Siddha secret:

Coriander might just be nature's gentle diuretic. It helps your body flush out excess water and toxins, all while keeping your blood vessels nice and relaxed. It's like a spa day for your insides!

So, the next time you are feeling under the weather, don't rush to the pharmacy. Take a stroll to your kitchen instead. Remember, in the world of Siddha, your spice rack isn't just for flavouring - it's for flourishing! Each pinch of spice is a step towards balance and wellness.

From the fiery kick of milagu to the soothing touch of kothamalli, your kitchen holds the key to unlocking ancient wisdom and modern health. So go ahead, spice up your life - vaidyar's orders! Stay spicy, stay healthy, and remember: in Siddha, every meal is an opportunity for healing.

Next time you are brewing a cup of sukku malli coffee or tossing some karuveppilai into your poriyal, remember - you're not just cooking, you're healing! That's the beauty of our ancestral wisdom, namma veetu marundhu. Your body will thank you, and your taste buds will too!



www.rathnaoffset.com

RATHNA OFFSET PRINTERS

☎ 91766 20232 ✉ rathnaindia@yahoo.com

📍 # 40, Peters Road, Royapettah, Chennai - 600 014.

☎ + 91 - 44 - 2813 2790 / 2813 1232

Rotary
District 3233



UNITE
FOR
GOOD

The Crescent Rises Again!

VALARPIRAI RETURNS

— brighter, bigger, and more inspiring!



Mark your calendar and get ready to
celebrate the spirit of new Rotarians once again

SUN - 30 - NOV

SAVE
the date

Rtn. D. Devendran
Dist. Governor

PDG Rtn. ISAK Nazar
Dist. Counsellor

PDG Rtn. Dr. N. Nandakumar
Dist. Learning Facilitator

PDG Rtn. R. Srinivasan
Event Mentor

DGN Rtn. Ganapathy Suresh
Event Advisor

Rtn. M. Senthil Kumar
Event Chair

Rtn. Shabeer Nazeer
Event Secretary

Rtn. V. Balamurugan
Dist. Exe. Secretary

Rtn. Dr. G. Saravanan
Dist. Secretary