

Rotary
District 3233



Francesco Arezzo
RI President (2025 - 26)

UNITE FOR GOOD

ROTARY INTERNATIONAL DISTRICT 3233

SYMPHONY

GOVERNOR'S MONTHLY LETTER

TUNE 06 | DECEMBER 2025

UNITED VOICE OF RID 3233



Be the Change.

Fund The Foundation

SYMPHONY

GOVERNOR'S MONTHLY LETTER

ISSUE - 6

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Published & Owned By

Rotary International District 3233

Conceptualization & Complementary Design by

praanha.com

Pictures Courtesy

Ashokan

Printed by

rathnaoffset.com

Feedback & Subscriptions

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Letters to the Editor



Rtn. Sindhu

RC Chennai Maithri

Huge congratulations to Sashi Sir, the editor of GML Symphony edition 5! Your meticulous effort to capture every Rotary event in detail is truly commendable. The way you've woven the stories, highlighted the achievements, and added vibrant visuals has made the magazine a treasure trove for members and non-members alike. Your dedication to showcasing the spirit of Rotary is inspiring, and I'm sure this edition will be cherished by all who read it. Kudos to you and the entire team for a job well done! Looking forward to the next edition.



Rtn. Renuka

RC Chennai Silkcity

Our Rotary SYMPHONY, our Governor's monthly letter brings me closer and dearer to Rotary, Sashi & team you are proving 'Service above self' the sacrifice of sleepless nights and anxiety to complete the month on time is mind blowing, the articles on our projects are amazing with the fantastic language presented, wishing you and the team blessed for bonding all Rotarians United with SYMPHONY.



Rtn. K. Nagendra Babu

RC Madras North West

Dear Rtn. Sashi, The excellent edition of Nov month Symphony is in my hands, Your column of Rotary in Tamilnadu is a real fictional chronicle of Real Legacy throwing light of unheard, untold and unlearned happenings in this part of Rotary world. The happening in Tanjore club is touching and makes me to visualise how rotarians are kind hearted and with big heart when a request and service appeal is made. Through this who ever is reading this I request the rotarians to read this column of symphony in your club meetings as Rotary information to members so that the legacy will continue. Kudos to the Symphony team.

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Letters to the Editor



Rtn. Balaji Sripathy Sridhar
RC Chennai Amethyst

Symphony always arrives as a reminder of how much thought, time and heart go into bringing our district's work together. What stands out in this issue is the honesty with which it captures Rotary life. The celebrations, the service projects, the lighter moments and the sheer effort behind each initiative are presented with clarity and care. As I went through the pages, I found myself appreciating not only the work that is done, but the people who make it possible. The stories feel real and grounded. They show Rotary as it is at its best. Quiet, steady work. Collective commitment. Genuine fellowship. My thanks to Rtn. Sashikumar and the team for another thoughtful edition. Your consistency and attention to detail give the district a magazine that feels both warm and purposeful. It is a pleasure to read and a privilege to be part of.



Rtn. B. Karthikeyan
RC Madras Golden City

Dear Editor Sashi sir, I'm writing to express my appreciation for the latest November month issue of Symphony. The article on Say Yes to TRF was particularly learningful and Useful for Green Rotarians like me. I enjoy the every month magazine's diverse content which caters to various interests of projects carried out in our district. Keep up the excellent work Sashi Sir!"



Rtn Usha Sithapathy
RC Chennai Utsav

First of all, i like the name SYMPHONY.. Symphony means music..the music covers everything like raagam and thaalam.. Symphony also covers all club meetings, events and district events..so i read immediately once the news letter releases.. Good job Sashi..Best wishes.



Rtn. Ravi
RC Chennai Velachery

A good read of Symphony. From Editor's Deadline drama to Valarpirai-2.0 all are captivating. DG in his inimitable style captured activities across the District. International vPresident's message of compassion of fellow human beings is a clear message of TRF contribution's money spent on polio eradication and so on. The other District programs like UYIR THULI -a mega blood donation; Diwali celebrations- Golden Seniors with lot of fun; Thaiyal Nayagi- donating Sewing machines; Aasan Virudhu-honoring Teachers; Rotary in TN- A fictional Chronicle Down the memory Lane; A Leader Beyond borders- an excellent tribute to our PDG A.S. Venkatesh aka Venky are well covered along with photos of Clubs in action.



Rtn. Sujatha Sathish
RC Madras North

Sashi, the journal is well structured, thought provoking, and very insightful. Absolutely commendable read!



Rtn Kamal Narendra
RC Madras Mid-Town

Sashi, we're not sure what's harder — creating Symphony every month or dealing with Rotarians who think “content” means forwarding something at 11:58 PM. We honestly don't know how you survive this. You get write-ups that wander everywhere and descriptions that make no sense. You get excuses, chaos, and a fresh dictionary of last-minute nonsense — yet you still turn it all into Symphony. We send you photos that defy focus, framing, and logic, and you still make them usable. Without you, the magazine would look like a school project thrown together during lunch break. Thanks to you, District 3233 actually stands out. So keep shining, Sashi — because if you ever stop, we'll need a Rotary disaster-management team.

The Caffeine Chronicles

– Symphony Edition 6.0

Yes, ladies, gentlemen, Rotarians, Rotaractors, and those still figuring out which group they belong to — **we've hit SIX editions!** And guess what? Symphony is now officially that one celebrity who walks into a meeting and instantly becomes the topic of conversation. Everywhere I go, someone starts with, “Sashi... this Symphony... semma class!” If this continues, I may start carrying autographs.

But the real stars? **My caffeine-fuelled, sleep-deprived, miracle-performing Symphony squad.** These legends burn enough midnight oil to power a small village and survive on caffeine levels that would scare NASA. Yet, every month, they produce a magazine that looks like it walked straight out of a design heaven.



Special thanks to DG **Rtn. D. Devendran** — for giving me full freedom, zero micromanagement, and infinite encouragement. And of course, my mentor my Governor **PDG Dr. N. Nandakumar**, whose faith in me means I don't panic (much). And oh... before I forget... **Raji**, our co-editor, and the design gurus at **Praanha** — these people hold the magic wand. They make Symphony look *expensive, elegant, error-free, and editor-proof*. Bless them.

Now... the REAL heroes —**YOU**. Club officers, district officers, you are the oxygen of this magazine. Without your projects, your photos, and your action-packed Rotary adventures, I'd be writing poems to fill space. Thankfully, you keep us alive — even though some of you send reports one week late, photos in expired WeTransfer links, captions without context, or PDFs that look like ancient manuscripts. But hey... *publishing is a sport*, and we love a good challenge.

We've crossed half the Rotary year in full superstar mode, and the rest is going to be blockbuster level — I can feel it. Our rockstars of 3233 have rocked again this month, and we've given them space, spotlight, and full red-carpet treatment.

One small housekeeping request: We'd LOVE to send Symphony hard copies to every Rotarian... but Rotary.org addresses look like people typed them while running. Please — beg, plead, threaten your club members to update their address. Help us help you look stylish with a magazine in hand.

Until then, share the digital copy like you're promoting a box-office hit. Show the world what RID 3233 is doing — the good, the great, and the goosebumps stuff.

And yes... keep sending your projects, keep missing deadlines (if you must)... and keep loving Symphony. See you in 30 days — I'll be here with my coffee.

GML Editor & Chairman
Rtn. Sashikumar VS



RI President's Message To health and happiness

This month's special issue of Rotary magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McNally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship, and access to happiness.

Rtn. FRANCESCO AREZZO
President, Rotary International

Progress in Motion:

A Message from DG's Desk

My dear Rotarians, November — our Rotary Foundation Month — has wrapped up on a strong and heartwarming note. We are still tallying our district's remarkable contributions, but let me remind you: giving is not seasonal. Rotary may dedicate November to the Foundation, but the spirit of giving belongs in every month, every week, every heartbeat. Let's keep that flame glowing.

As we step into December, the theme of Disease Prevention and Treatment takes centre stage. Our world is tantalizingly close to wiping out polio — a victory Rotary has fought for over three decades — yet the job is not done. A few pockets still threaten to undo years of progress. I urge every club: continue raising awareness, continue supporting immunization, and continue contributing to the Polio Fund. The last mile is the hardest, but also the most important.

I was delighted to see the enthusiastic participation of our clubs in this year's Naturopathy Day celebrations. In a world rushing toward convenience, your events gently reminded us to move closer to nature — for our physical and mental well-being.

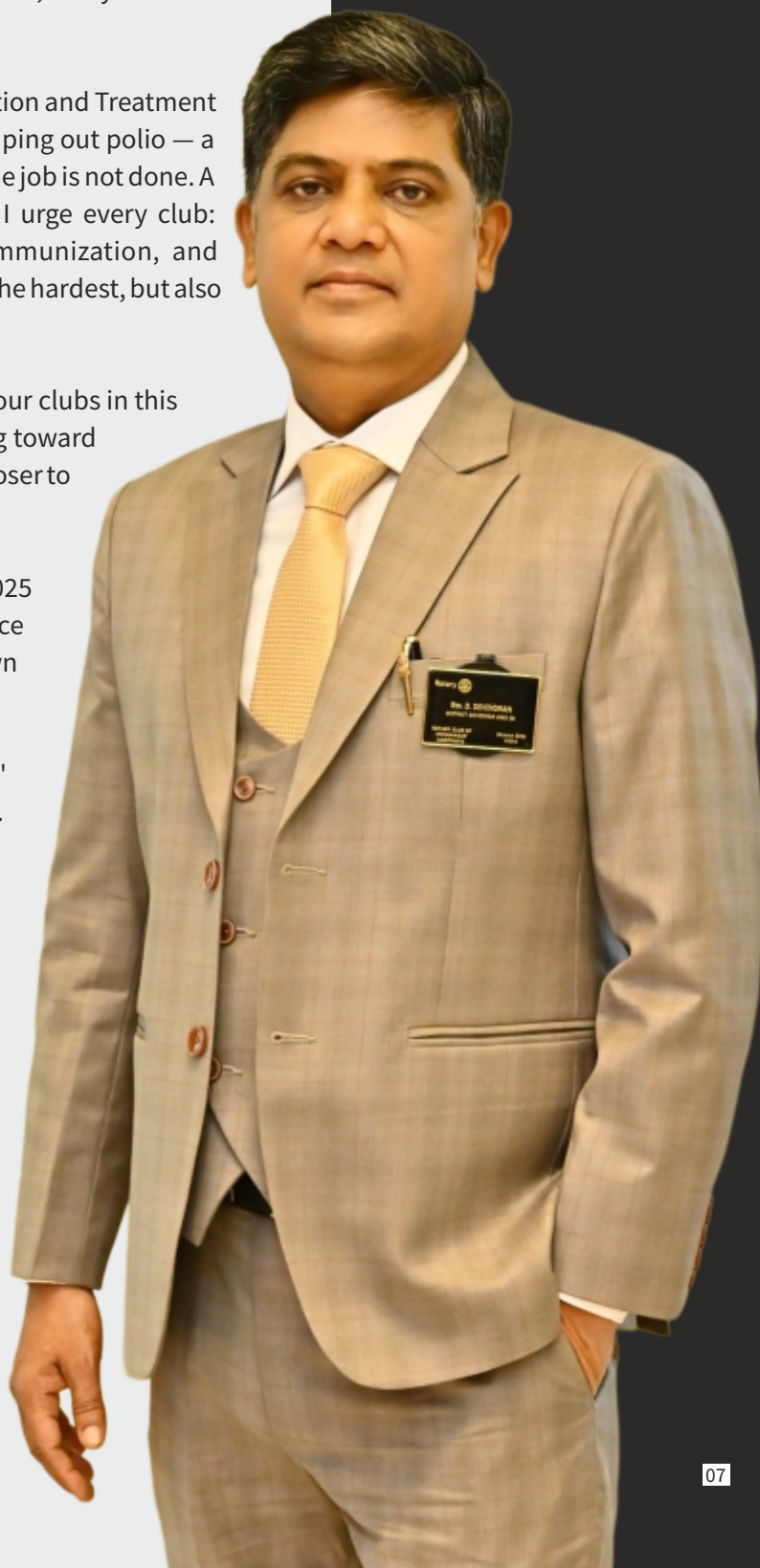
Our district's strength was on full display at TEJAS 2025 Rotary Institute in Delhi, where our mid-year performance was appreciated and applauded. Every avenue has shown strong progress, thanks to your dedication.

A special smile crossed my face seeing our First Ladies' trip to Yelagiri — fellowship, empowerment, bonding... this is how we grow the Rotary family in spirit and joy. We must do more of these for our Anns and Annettes.

With half the Rotary year behind us, I am proud of how far we have come — and confident of how far we will go. December promises a burst of activity: Valarpirai 2.0, Pongal Vizha, and a calendar full of celebrations, service, and fellowship.

Let's end the year on a high, with energy in our hearts and purpose in our actions. Together, we have done well. Together, we will do even better.

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





Becoming an Arch Klumph
Society Member

A Legacy of Impact

By **AKS Rtn. M. Ambalavanan**
District Governor Nominee Designate

“
When passion fuels philanthropy,
giving becomes joyful
rather than transactional.
”

The Arch Klumph Society (AKS), named after Rotary's sixth President, who initiated The Rotary Foundation, represents the highest level of philanthropy within The Rotary Foundation. Membership is conferred upon individuals or couples, whose giving to TRF reaches US \$250,000 or more.

While the milestone may seem ambitious, reaching AKS is possible through thoughtful planning and purposeful giving. The most effective strategy is to start early and give consistently – scheduled systematically, monthly, annually, or linked to milestones.

I became an AKS member in a period of 9 years. PHF as a Light Up Secretary in RY2014-15, by a single contribution of \$1,000. TRF celebrated its 100th year in 2016-17, when, as a Club President, I contributed \$39K. Reached 2nd Level Major Donor of US\$50K, when my Club RC Madras Mid-town hosted its maiden GG project in RY2017-18. As the DRFCC of D3232, the impactful GG projects helped to add another \$50K to reach the 4th Level of Major Donor of \$100K in the 2 years of 2018-2020.

Became an AKS in the RY 2020-21 with a contribution of

\$50K in that year, totalling to \$150K contribution & a commitment of \$100K in 2 Rotary years, which was duly completed in Jun'23.

Donors support causes closest to their heart – Cancer Treatment, hearing & disability support, girl child education. When passion fuels philanthropy, giving becomes joyful rather than transactional. AKS members utilize planned giving options, including endowments or CSR support, aligning their tax planning.

My Contributions were divided into 2% to Polio; 8% to Annual Fund; 35% to Endowment Fund, and 55% towards Global Grants projects. My Endowment Contributions of \$86,000 are a Legacy, like mutual Funds, and have appreciated to \$100,000. Available this year as DDF US\$1,683, growing & provided every year, in perpetuity, with appreciating US\$ getting in more INR as well.

Every contribution to our TRF — big or small — moves us closer to a world where every Human life, every community, and every dream has a chance to thrive.
Best Wishes and God Bless.

Prevent Protect. Prosper.

The Rotary Way

By Rtn. Dr S. Ramesh Babu

District Chairman, Community Service Health



“
Health is wealth,
yes, but more importantly,
health is opportunity. It is dignity.
”

As we step into December – Rotary's month for **Disease Prevention and Treatment** – I am reminded why this avenue of service sits so close to my heart. Health is wealth, yes, but more importantly, health is opportunity. It is dignity. It is the quiet foundation on which individuals and communities build their hopes.

Since July 2025, under the dynamic leadership of our District Governor Rtn. D. Devendran, our district has embraced this mission with remarkable commitment. And, as the District Chairman for Community Service Health, I have had the privilege of witnessing Rotary's impact unfold in real time – in clinics, in health camps, in classrooms, and in the grateful eyes of the people we serve.

One of our proudest achievements this year has been the **flagship initiative on early detection of Oral Cancer**, personally championed by our Governor. In a world where late detection continues to devastate families, our district has taken bold steps to bring screening and awareness to the very doorsteps of vulnerable communities.

But our work extends far beyond a single focus. Through **multi-specialty medical camps**, we have screened thousands for diabetes, hypertension, obesity, osteoporosis, cancer, and preventable blindness – conditions that silently plague our society. These camps

are not just medical events; they are bridges of reassurance for people who often don't know where to begin.

Our CSH team has also made preventive awareness a district-wide habit. From **menstrual hygiene** to **oral hygiene**, from **nutrition** to **yoga**, from **cancer prevention** to **lifestyle awareness**, our educational talks have helped families understand that prevention is not a luxury – it is a responsibility.

This year, we also celebrated several important health observances with purpose and pride:

- ® Doctor's Day – Healer's Harmony (July 1)
- ® Uyir Thuli – Voluntary Blood Donation Drive (Oct 8)
- ® World Hospice and Palliative Day celebration (Oct 11)
- ® World Diabetes Day (Nov 12)
- ® National Naturopathy Day (Nov 18)

Through the tireless support of Rotary clubs across our district, we continue to respond to evolving community health needs with compassion, science, and service.

As we honour December's theme, I invite each of you to stay committed, stay aware, and stay united – because healthier communities do not happen by chance. They happen because Rotarians care.



The Yelagiri Takeover: First Ladies Unleashed

When District First Lady Ann Archana Devendran invites you on a trip, one thing is guaranteed: fellowship with a sparkle. That promise unfolded in full colour from November 7th to 9th, as she led 14 vibrant Club First Ladies on a three-day getaway to Yelagiri – an unforgettable blend of spirituality, wellness, laughter, and the kind of bonding only Rotary can inspire.

A Journey Blessed from the Start

The adventure began at TTD, T. Nagar, where excited faces and matching bags set the tone. Their first stop, the serene Sri Kamakshi Amman Temple in Kanchipuram, offered a divine beginning – quiet darshan, peaceful hearts, and the first of many shared smiles.

Next came the majestic Vellore Golden Temple, where the group was warmly welcomed by Rtn. Karthikeyan and felicitated by Rtn. V. Ramesh of RC Vellore Presidency (RID 3231). A lovingly hosted lunch reminded the ladies of Rotary's signature hospitality – generous, warm, and always plated with affection.



Yelagiri: A Hill top Haven

By evening, AGS Holiday Resort in Yelagiri came alive with laughter as the First Ladies settled in. The night unfolded with hot snacks, a glowing campfire, friendly chatter, and a hearty dinner – fellowship at its cosy best.

Wellness, Wonder & a Whole Lot of Fun

Day two began on a soulful note with a yoga and meditation session conducted by Ann Archana herself – calming minds before the day's cheerful chaos. The ladies explored Yelagiri's charms: Fundera Park's feathered friends, breezy boating spots, and scenic gardens perfect for photos and shared moments. Evening shopping added a dash of retail joy, because what's a getaway without a souvenir (or five)?

The Perfect Curtain Call

The final morning kicked off with high-energy Zumba, followed by breakfast, packing, and plenty of “We should do this more often!”

On the way back, a warm reception by RC Ambur (RID 3231), led by Rtn. Manoj added one last touch of Rotary fellowship. A delicious Ambur biryani lunch and a quick shopping detour sealed the trip's happy ending.

By night, everyone reached home safely – tired legs, full hearts, and memories stitched forever into the fabric of their Rotary sisterhood.

Team Symphony



Healing

Naturopathy Day Across RID 3233

Through Nature *Team Symphony*

Lessons from Nature: Awareness Sessions in Schools

Rotary International District 3233 marked National Naturopathy Day with a powerful message – “Nature cure to cure nature.” Leading this movement was Dr. C. Elancheran, Chairman for Alternative Medicine (RID 3233) and President of the International Naturopathy Organisation, Tamil Nadu. Under his guidance, a series of school-based awareness programs brought natural wellness into young minds.

The journey began at Chettinad Vidyashram School, R.A. Puram, on 12 November, where 120 students explored the fundamentals of naturopathy. On 14 November, the mission amplified at Chennai Girls Higher Secondary School, Perambur, reaching an impressive 550 students, followed by 275 students at Dharma Bahadur Calavala Cunnan Chettys School, Perambur – all in a single day of impactful outreach. The final session on 17 November at Leo School of Excellence, Anna Nagar, engaged 300 enthusiastic learners.

Through these thoughtful sessions, students learned how nature-based habits, mindful eating, fitness, and emotional balance strengthen wellbeing. These programs didn't just commemorate Naturopathy Day – they planted seeds of lifelong wellness across Chennai's next generation.



Naturopathy Day Grand Celebration: Healing the Natural Way

On 18 November, Rotary District 3233 hosted a grand celebration of National Naturopathy Day at the Government Yoga & Naturopathy College, Arumbakkam – a gathering that blended wellness, learning, and service with over 150 participants.



The event was led by District Governor & Chief Guest Rtn. D. Devendran, whose presence added significance to the celebrations. The naturopathy mission was steered by: Director – Rtn. Dr. S. Ramesh Babu, Additional Directors – Rtn. Dr. S. Vetrivel & Rtn. V. Vidhya Gopal Avenue Chairmen – Rtn. H. Babu, Rtn. Dr. Kasturi Damodaran & Rtn. PHF Dr. Elancheran C.

Lead Club President Rtn. R. Suresh Babu anchored the event seamlessly, supported by Rtn. I. Syed Sajan, Rtn. Narayanan S, and Rtn. Victor Martin, representing the united strength of supporting clubs.

Participants received insights into traditional naturopathy, lifestyle correction, and preventive health practices, followed by experiential wellness treatments that showcased the therapeutic power of nature.

The celebration wasn't just an event – it was a district-wide affirmation that healing begins with harmony between body, mind, and nature.



No Oil, No Boil, All Joy: Fireless Cooking with Rising Stars

When **Rotary Club of Chennai Rising Stars** celebrated Naturopathy Day, they did it with flair – through a vibrant *No Oil, No Boil Fireless Cooking Competition* held on 8 November at the Government Yoga & Naturopathy College, Arumbakkam.

The event embodied creativity and the naturopathic principle that “*Food is Medicine.*” Rotarians, Anns, and Annettes turned everyday ingredients into colourful, delicious natural dishes – without a flame in sight. The fellowship was infectious, the laughter abundant, and the innovation remarkable.

A big cheer went to: **1st Prize – RC Madras Downtown, 2nd Prize – RC Chennai Meraki, 3rd Prize – RC Chennai Nolambur**

District Governor **Rtn. D. Devendran**'s encouragement infused the event with purpose and pride, inspiring members to embrace wellness in daily life.

What began as a competition transformed into a celebration of healthy living, companionship, and Rotary unity – proving that nature's simplicity can be wonderfully delicious.



Kalviyum Selvamum: Lighting the Path for 200 Young Scholars



On 23 October 2025, Rotary District 3233 took a powerful step toward shaping brighter futures with the launch of *Kalviyum Selvamum* – an ambitious ₹1 crore initiative aimed at supporting NMMS scholarships for 200 underprivileged students from 30 government-aided schools. The programme also includes specialised training for 60 teachers, ensuring stronger academic outcomes where it matters most.

In a wonderful show of unity, 27 Rotary clubs came together to contribute ₹3 lakhs, reaffirming the belief that collective effort fuels meaningful change. Learning assistance is powered by the QB365 team, who provide the online coaching tools and academic support essential for student success.

Spearheaded by Rtn. Purushothaman of District 3203, the initiative is guided by DG Rtn. D. Devendran, DGND Rtn. Ambalavanan, and Interact Chairman Rtn. Annamalai – with Additional Director Rtn. P. Jayanathan (Namma School) sharing the project's vision and momentum.



Echoes of Talent : When NextGen Turned the Mic into Magic

October 2025 hit all the high notes as District 3233 NextGen Connect hosted “*Echoes of Talent – A Karaoke Evening*,” a celebration of music, confidence, and pure youthful energy.

Led by Talents Vertical Lead Rtn. Dr. Vamsi Krishna and guided by the brilliant Ms. Shruthi Sundar (Zee Sa Re Ga Ma Pa fame & vocal coach at Singkaro), the evening sparkled with melody and charisma. Over 30 enthusiastic NextGenners took the stage, transforming the room into a vibrant concert of budding stars. Their performances were met with cheers, laughter, and a healthy dose of friendly competition – ending with certificates and prizes for the standout singers.

With events like these, NextGen Connect continues to craft a lively space where young Rotarians thrive through learning, bonding, and fun. And this is just the beginning – exciting business meets, trips, celebrations, and workshops are on the way. Stay tuned!



Ninaithaley Kasakkum: The Wellness Wake-Up Call

Team Symphony

World Diabetes Day in RID 3233 began not with statistics, but with a powerful call to action – the launch of the district-wide initiative “*Bitter Sweet – Ninaithaley Kasakkum*.” Held on November 12, 2025, at the Leo Academy of Excellence, Anna Nagar West, the event brought together medical expertise, Rotary spirit, and youthful enthusiasm in one inspiring morning.

District Governor **Rtn. D. Devendran**, presiding as Chief Guest, set the tone by stressing the urgent need for awareness-led prevention. The Guest of Honour, **Rtn. V. G. Jayaraman**, Vice Chairman of Leo Academy of Excellence, applauded Rotary's proactive approach to community health.

From there, the torch was carried by the district's health leaders. **Rtn. Dr. S. Ramesh Babu**, Director of Community Service Health, welcomed the gathering with clarity and conviction. **Rtn. Dr. M. C. Deepak**, Chairman of the Diabetic Care Team, delivered the keynote address – a crisp, relatable guide to healthy living, reminding students that good diet, daily movement, and weight discipline are not optional but essential.

One of the most heartening moments came when students took the *Health Warrior Pledge*, led by **Rtn. Dr. M. C. Deepak**, **Rtn. Dr. S. Vetrivel**, and **Rtn. V. Vidhya Gopal**, planting seeds of lifelong wellness among the next generation. An awareness song and an information-packed pamphlet were also released, with the first copy received by **Rtn. Sandeep Bagri**, President, Rotary Club of Anna Nagar Aadithya.

The event closed with a warm vote of thanks by **Rtn. Dr. S. Vetrivel**, seamlessly hosted by **Rtn. Sunitha**.

But the impact didn't stop there.

A diabetic screening camp – conducted by Madhav Diabetic Centre – immediately served parents, teachers, and staff. Over the next three days, from November 13th to 15th, the momentum expanded across the district. Nearly **15 diabetic screening camps** were conducted by Rotary Clubs including **Madras Cosmos**, **Chennai Gemini**, **Chennai Medical Fraternity**, **Madras Vadapalani**,

Chennai Maithri, and **Chennai Aram**, along with support from partners like the **Wockhardt Foundation**.

The result? **1,391 individuals** screened. Countless lives empowered with awareness. And one unified message: Prevention begins today.

“*Bitter Sweet – Ninaithaley Kasakkum*” isn't just a campaign – it's Rotary in action, turning knowledge into health and awareness into hope.



When Music Became a Movement for Giving

Team Symphony

In Rotary, fundraising is never just about raising money – it is about raising hope. And this year, the Rotary Club of Madras Downtown struck the perfect chord by turning its annual fundraiser into a powerful symphony of generosity, purpose, and district-wide inspiration.

At the heart of this effort was District Governor Rtn. D. Devendran, whose leadership and unwavering emphasis on *impact-driven giving* set the tone for clubs across the district. His presence at the event wasn't ceremonial; it was catalytic. With every encouraging word and appreciative gesture, he reinforced the belief that fundraising is the fuel that powers Rotary's biggest transformations – especially in priority areas like cancer screening and women's empowerment, two cornerstones of his vision for RID 3233.

The club's 33rd-year fundraiser unfolded on October 11th at the historic Kamarajar Arangam – a musical evening headlined by the incomparable Subashree Thanikachalam and vibrant Super Singers Sai Santosh, Pavithra, and team. It wasn't just entertainment; it was an evening where every note carried purpose. The crowd-funded event saw an overwhelming turnout, with members, families, and friends filling the auditorium with enthusiasm and heart.

What distinguished this fundraiser was its clarity of purpose: every rupee raised would directly support oral and breast cancer screenings and empower underprivileged women with sewing machines and pushcarts – tools that could reshape entire households. DG Devendran, PDG Raja Seenivasan, and several senior leaders stayed through the event, applauding not just the music but the mission it stood for.

By the end of the night, Rotary Downtown had achieved something remarkable – the first club-level fundraiser of the Rotary year in District 3233, setting a vibrant benchmark for others to follow. It was proof that when fellowship meets purpose, fundraising becomes a celebration of what Rotary does best: turning compassion into action, and action into impact.





My Rotary Moment: The Richest Habit I Ever Learned

By Rtn. AKS Ram N. Ramamurthi, RC Madras Mount



There is a saying I once heard that changed the way I looked at life: **“When your wealth increases, don't increase your standard of living — increase your standard of giving.”**

Those words didn't just stay in my mind; they settled in my heart. And somewhere along the way, giving stopped being something I *did* and became something I *am*.

Over the last 15 years, by God's grace, I've been able to give more than **₹5 crores** to causes that matter. Every rupee given has brought me a peace no luxury ever could. People often ask me, “Don't you worry about giving so much?” And I tell them what life has taught me again and again: **You do not become poor by helping others.**

I say this because I lived the other side of that truth. I was not born into wealth. In fact, I studied in a free boarding and lodging school — every meal, every book, every lesson I received then was someone else's giving. Today, being able to support that same school with my own money feels like completing a sacred circle.

Rotary became the bridge between my gratitude and my

purpose. What makes giving through Rotary special is the certainty. I know, without a shadow of doubt, that every rupee goes to the deserving—untouched by caste, creed, religion, or bias. That belief is what encouraged me to stretch, to give boldly, to deepen my commitment. It is also why I quietly became part of Rotary's global circle of distinguished givers—Arch Klumph Society (AKS) Member—an honour I wear not as a badge, but as a responsibility. People talk about earmarking a percentage of income for charity. I don't believe in that.

When there is a need in front of you, you give. And then you manage your life with what remains. Somehow, life always provides.

Thanks to giving, I sleep peacefully every night. Thanks to giving, I have thousands of friends and well-wishers. Thanks to giving, I feel rich in the only currency that truly matters—kindness.

If my journey has taught me anything, it is this: **Giving doesn't reduce what you have. It expands who you are.**

Clubs in Action - Project Spotlight

Rotary Club of Chennai IT City

The Rotary Club of IT City Chennai began the season with an insightful meeting on 12 October, hosting a Fireside Chat on the importance of community health projects in Rotary. The discussion featured PDG Dr. Nanda Kumar, Mr. S. K. Satish Kumar of YRG Care, and Rtn. Dr. Sujatta Gajendran, with PP Rtn. Dr. Senthil Nathan moderating. The evening also celebrated two special moments: DGN Rtn. Ganapathy Suresh inducted Rtn. Karthick Raja as a new member and inspired the audience with his message on service and giving. The club also proudly recognised Rtn. Madhavan Srinivasan as a Major Donor Level 2.

On 9 November, the assembly focused on aligning efforts for World Disabilities Week beginning on 3 December. In a thought-provoking Fireside Chat, Mr. Ponnuswamy, Secretary of TNDCT, and Mr. Siddharth Daga, Co-Founder and CIO of NeoMotion, shared perspectives on empowering individuals with physical impairments through livelihood opportunities and mobility solutions. Anchored by Rtn. Hari Prakash and Rtn. Mohanakrishnan, the session highlighted the importance of dignity and economic independence for the differently abled.

Continuing its commitment to education, the club enhanced infrastructure at NKT Girls' School. President Rtn. Rewins Raj, IPP Rtn. Dr. Vijaya Ramesh, and Membership Chair Rtn. Seshasundari handed over a cheque to Headmistress Mrs. Shylashree for installing fans and LED lights in the auditorium, creating a more conducive learning space.

In October and November, the club also focused on compassionate service. Cataract surgeries were sponsored for Ms. Yashodha, Ms. Mallika, and Ms. Rani, helping restore their vision and daily independence. Additionally, nutrition hampers were provided to seven families of children living with HIV, ensuring better health and care for these young beneficiaries.



Smile. Snap. Share

Your style, your story!



Take a selfie with the smile you've created and **send it** to rid3233gml@gmail.com. Your smile selfies will be featured in our Symphony of smiles. Let's spread smiles.

Rotary Club of Madras North East

Guinness World Record Certificate Distribution – Rotary Clubs

A proud and historic moment unfolded as Guinness World Record certificates were presented to our esteemed Rotary Clubs for their remarkable support and participation in our global achievement. This celebration recognised the collective effort, dedication, and unity of Rotarians who stood with us throughout the journey. The event highlighted our club's commitment to service, community impact, and excellence. Each certificate symbolised not just a record, but the spirit of collaboration and the power of coming together for a meaningful cause. We extend our heartfelt gratitude to all Rotary Clubs for their unwavering encouragement, enthusiasm, and hands-on involvement. Their contribution played a vital role in bringing this honour to our district. This milestone inspires us to dream bigger, serve stronger, and move forward with renewed energy for our upcoming Guinness World Record initiatives in 2026.



Rotary Club of Royapettah



RC Royapettah hosted its Signature Project, a Basic Photography Workshop for Rotarians, Anns, and Annettes, beginning with a warm welcome by President Rtn. Dr. Ashok, who emphasised creative learning and member engagement. District Governor Rtn. Devendran inaugurated the session, encouraging participants to explore photography as a powerful creative skill.

The workshop was led by Creative Director Rtn. Lakshmanan of Madras Visual Media, who shared practical techniques and insights drawn from his long journey in photography, from film cameras to modern mirrorless systems. His interactive approach kept participants thoroughly engaged.

Five clubs sponsored the event — RC Chennai Royals, RC Chennai Korattur, RC United Chennai, RC Chennai Nollambur, and RC Chennai Kodambakkam — and their support was gratefully acknowledged. The session received enthusiastic feedback across the FPLR WhatsApp group, reflecting its strong impact.

FPLR Chairman Rtn. Shivanram concluded the program with thanks and announced an exciting Photography Contest to be held from December to mid-January, adding further motivation for participants to apply their new skills.

Rotary Club of Madras North

The Rotary Club of Madras North continued its impactful journey through a series of meaningful initiatives and proud moments this Rotary year. On 17 August 2025, the Annettes Club launched their signature project, Thottil Seer: Cradle of Love, at the Government Maternity Hospital, Egmore. The team donated 100 beds and 100 dry sheets, along with demonstrations on specialised feeding bottles for babies with cleft palate or lip. With generous support from Rtn. Safeer and the dedication of Rotarians, Anns, and Annettes, the project created a nurturing start for newborns and their mothers.

On 5 November 2025, the club hosted a heartfelt skill development programme at 541, T.H. Road, Wimco Nagar, in collaboration with The Clarke School, Mylapore, supported by Rotary Club La Valette, Malta. Led by Dr. Pamela Raj, Mr. Raj, and Ms. Maria Sabina Priya, visually challenged beneficiaries inspired the audience with music and stories of resilience, reaffirming their determination to pursue entrepreneurial paths with dignity.

Adding to the month's celebrations, the club proudly applauded Ann Rama Suresh, spouse of Past President Rtn. Suresh Krishn, for winning the Senior Category Award at the Voice of District 3233 – Season 17 Finals held on 16 November 2025 at Egmore Museum Theatre, graced by Smt. Anuradha Sriram and DG Rtn. Damodaran Devendran.

On 14 November 2025, the club celebrated youth leadership at the Interact Club Installation of SSV Higher Secondary School, Park Town. President Rtn. Mary Amutha Raj, Secretary Rtn. Sujatha Sathish, and Youth Service Director Rtn. Thina Guru honoured the outgoing board and inducted the new team, encouraging them to lead with purpose and compassion.



Rotary Club of Chennai Rising Stars



The RCC Rising Stars lit up 16 November 2025 with an energetic and fun-filled Zumba session. The vibrant ambience, lively music, and enthusiastic moves created an unforgettable morning of fitness and bonding. Everyone brought in great spirit, making the session both refreshing and joyful. The excitement continued as members wrapped up the event with a delicious breakfast together — a perfect, power-packed start to a cheerful Sunday.

Rotary Club of Chennai Velachery

On 12 October 2025, the Rotary Club of Chennai Velachery carried out two impactful community initiatives at the Anna Centenary Library, Kotturpuram. The club handed over a Pink Auto to Mrs. T. Premila, a poor widow, supporting 50 percent of the cost (Rs. 1.50 lakhs) and assisting her with driving training, licence, and permit. The vehicle was presented by District Governor Rtn. Devendran, PDG Rtn. G. Chandramohan, Pink Auto District Chairman Rtn. Shanthi Selvam, and Club President Rtn. Senthil Kumar Balraj.

The club also celebrated the completion of a three-month Spoken English and AI Literacy course for 28 underprivileged college girls, conducted in partnership with the Rajeswari Radhakrishnan Trust. The students showcased their skills and received certificates and dresses. Special appreciation goes to Rtn. Yesudasan and Rtn. Balasubramani for leading this initiative.



Rotary Club of Chennai Korattur



On the occasion of Children's Day, the Rotary Club of Chennai Korattur carried out two meaningful initiatives that reflected its commitment to nurturing young learners and strengthening school environments.



At the Government Girls Higher Secondary School, Podutharpet, Pallipatti, Thiruthani, the club distributed 1,200 student kits containing pencils, pens, erasers, scales, and pouches. The Headmistress expressed heartfelt thanks to President Rtn. D. Suresh and Secretary Rtn. Sreelatha Suresh for supporting students' academic needs. Past Presidents Rtn. Anuradha and Rtn. Sudhasivakumar, along with Rtn. Sivakumar and Rtn. Geetha Sridharan, participated enthusiastically in the distribution. Special appreciation was extended to Md. Rtn. Sivakumar, Eagle Burgmann, for his generous contribution.



As part of the same celebration, the club also donated 10 table-and-bench sets to the Government Girls Higher Secondary School, Kundrathur, improving classroom facilities for the students. The Headmistress shared her gratitude with the club leadership and participating Rotarians, including Rtn. Anbuselvi S.

Both initiatives beautifully captured the spirit of Rotary by creating joyful, supportive, and empowering learning spaces for children on their special day.

Rotary Club of Chennai Medical Fraternity

The Rotary Club of Chennai Medical Fraternity (RCCMF) began its season of meaningful engagement with the Official Visit of District Governor Rtn. D. Devendran on 26 October 2025 at Hotel Savera. The club presented its ongoing projects, achievements, and future plans, receiving high appreciation from the DG for its impactful work in fellowship and service. He congratulated President Rtn. Dr. S. Jayaraman, Secretary Rtn. Dr. Sujatha Gajendran, and all members for their dedication. The meeting was well attended by club members, United Presidents, United Secretaries, and district officials, making it a memorable and inspiring gathering.



Next, on 14 November 2025, RCCMF observed World Diabetes Day with a large-scale Awareness Rally in Ikkadu Village, Tiruvallur District. Organised by Rtn. Dr. R. Prem Kumar, the programme highlighted the WHO theme Diabetes and Wellbeing. Motivational talks on prevention, symptoms, and early diagnosis were delivered, and schoolchildren participated with placards and pamphlet distribution. Secretary Rtn. Dr. Sujatha Gajendran flagged off the rally, joined by Youth Director Rtn. Dr. Vamsi Krishna and Sergeant-at-Arms Rtn. Dr. M. Ravichandran as Guests of Honour. Over 200 students, teachers, and local residents participated, supported by police protection and media coverage.



The season concluded joyfully with GETAWAY on 16 November 2025, a refreshing staycation at a serene villa on the city outskirts. Members enjoyed a relaxed lunch, team activities, a breezy beach walk, swimming, and a lively cultural evening filled with music and camaraderie. The following morning's unhurried breakfast ended with a shared promise of more such staycations, reaffirming that wellness thrives through rest, laughter, and togetherness.



Rotary Club of Chennai Chola



On 26th October 2025, members of the Rotary Club of Chennai Chola came together for a delightful fellowship experience in Bangkok and Pattaya, Thailand. The meet felt like a refreshing pause from routine, filled with shared laughter, heartfelt conversations, and memorable moments that strengthened bonds beyond borders. The group indulged in exciting adventures including a Coral Island speed boat ride, parasailing, and exploring the vibrant underwater world, each activity adding its own sparkle to the trip. The blend of discovery, camaraderie, and pure fun made this journey not just a getaway but a cherished Rotary experience that celebrated friendship and togetherness.

RC Chennai Hindustan and RC Chennai Silk City



On 7 November 2025, a Tobacco Free Youth awareness session was held at Hindustan University, coinciding meaningfully with National Cancer Awareness Day. Organised by RC Chennai Hindustan in association with RC Chennai Silk City, the programme followed a 3-in-1 format that included an awareness talk, a pledge to say “No to Tobacco”, and a signature campaign reinforcing the commitment to stay tobacco-free.

District Chairperson for Abuse Awareness and Addiction Prevention Rtn Jayasathya led an interactive session explaining how tobacco in cigarettes and other forms silently damages health and quality of life. President Rtn Sudalai Muthu, Secretary Rtn Marcilin Pushpa, and NSS Coordinator Rtn Gnanasekaran were present to support the initiative.

With around 150 students and Rotaractors participating, the event created strong awareness and positive resolve. Clubs may reach out to Rtn Jayasathya (9840269554) for similar sessions on child safety and addiction-related awareness.

Rotary Club of Madras Temple City

The Rotary Club of Madras Temple City, along with EPICENTTRE, observed National Epilepsy Day on 20 November with a warm and meaningful gathering at the EPICENTTRE/RCMTC Vocational Training Centre in Egmore. The event brought together two batches of bakery trainees and their families, persons living with epilepsy, and Templers from Rotary. Dr. Prithika Chary delivered an insightful session that dispelled myths surrounding epilepsy and encouraged understanding and empathy within the community. Guests enjoyed cakes prepared by the trainees and a delightful high tea from Winners Bakery, generously sponsored by Sun Pharma. A moving flute performance by the visually impaired husband of one of the beneficiaries added a heartfelt touch to the evening, creating a spirit of unity and encouragement.

Continuing its focus on health awareness, RCMTC and RCRF conducted an HPV Vaccine Awareness Programme on 18 November at Rani Meyyammai Girls High School, R. A. Puram. Dr. Saritha, Chairman – Cancer Care (District 3233), led the session, explaining the importance of early HPV vaccination, modes of transmission, symptoms, and long-term risks. She addressed common misconceptions and highlighted the vaccine’s safety and effectiveness. The programme received a positive response from students and staff. Special thanks were extended to RCRF Trustee Rtn. Shankar, Headmistress Ms. V. Amutha, RCMTC President Rtn. Radhi, Dr. Indra (CS Health), and Rtn. Gayathri (Polio Chair) for their support and coordination.



Rotary Club of Chennai ERA

The Rotary Club of Chennai ERA carried out a series of meaningful service activities across October and November 2025. The month began with a heartwarming Diwali celebration on 15 October 2025 at Bala Vihar School, Kilpauk, a home for children and adults with moderate to severe intellectual disabilities. The event, graced by DGE Rtn. Shriram Dhuvvuri, saw the club distributing 100 packs of baby diapers, 150 sweet boxes, and 50 kg of Basmati rice, bringing festive joy to the residents.



On 15 and 16 October 2025, ERA organised a medical camp at Thenambakkam and Thirupanankadu villages in partnership with Chettinad Super Speciality Hospital. Doctors from General Medicine, Orthopaedics, and Ophthalmology treated patients and offered free medicines. The club assisted 55 villagers in enrolling for ABHA, arranged free cataract surgeries, and sponsored 18 spectacles.



On 4 November 2025, ERA attended the felicitation ceremony of R. Karthika, Vice-Captain of India's U-18 Girls Kabaddi Team, at Government Girls' School, Kannagi Nagar, honouring her Asian Youth Games gold medal achievement. Next, on 5 November 2025, ERA collaborated with multiple Rotary clubs to host a dinner for the K2K IFMR Rally participants at the Cosmopolitan Club. The rally, covering 14,000 km across India to promote "Peace through Environment and Health", featured inspiring addresses from Rtn. Naveen Kumar and Chief Guest Rtn. AKS Ambalavanan M. (DGND). The club concluded its international engagement with a flag exchange on 17 November 2025 in Barcelona, where Secretary Rtn. Lawrence M. Rosario exchanged flags with the Presidents of Rotary Club of Barcelona Mar and Rotary Club of Barcelona, RID 2202.



Rotary Club of Agaram



On 14 November, RC Agaram celebrated Children's Day with an engaging and educational programme at St. Francis School, St. Mary's Road. The event began with an awareness rally, followed by informative sessions on road safety and healthy handwashing practices, led by GCC Health Education Officer Mr. Srinivasan.



As part of promoting environmental responsibility among young students, the club distributed 350 Manoranjitham plant saplings, encouraging children to nurture and protect nature. The celebration combined learning, awareness, and joyful participation, making it a memorable and meaningful Children's Day for the students.

Rotary Club of Madras Porur

Rotary Club of Madras Porur hosted RYLA 2025 at the Dr. MGR Home & Higher Secondary School campus, Ramapuram, with enthusiastic participation from students of Dr. MGR Home & Higher Secondary School and Government Higher Secondary School, Mugalivakkam. The event was graced by Club President Rtn. Nagaraj, Correspondent Rtn. Latha Rajendran, Guest of Honor Rtn. Varindar Singh Sahney, Special Invitee Rtn. AKS Ram N. Ramamurthy, and Chief Guest Rtn. Senthil Kumar M. The programme featured four inspiring sessions by Rtn. Saloman on discovering personal dreams and potential, Rtn. Meenakshi on leadership and decision making, Rtn. Dr. Venkat on training the mind, and Rtn. Joseph on leadership development. Students also participated in a lively Storytelling Relay led by Rtn. Venkatesh Balasubramanian, sharing real-life experiences that added depth and meaning to the day. The event concluded with a valedictory ceremony and certificate distribution, leaving students motivated and energised by the RYLA experience.



Rotary Club of Chennai Maithri



Rtn. Rukmini Devi Talluri brought immense pride to RCC Maithri and to India by winning two Gold Medals in the 70+ age category for Pole Vault and Hammer Throw at the 23rd Asia Masters Athletic Championship, held at Jawaharlal Nehru Stadium from 5 to 9 November 2025. The championship saw 3,500 athletes from 21 countries competing across age groups starting from 35 years and extending beyond 95 and 100. The event was inaugurated by Deputy CM Thiru Udhayanidhi, who also honoured medal winners. Rukmini Devi expressed her gratitude for Rotary's support and proudly represented RCC Maithri. She is now gearing up for the World Masters Athletics 2026 in Korea, continuing her inspiring journey of strength and determination.

The Rotary Club of Chennai Banyan Tree

The Rotary Club of Chennai Banyan Tree introduced indoor games as a pre-meeting activity to encourage early attendance and create a relaxed atmosphere. The initiative was well received, with members arriving on time, enjoying friendly competition, and engaging in lively fellowship before the formal meeting began. The games helped reduce stress, strengthen camaraderie, and set a positive tone for the session. Photographs captured during the activity reflect the enthusiasm and bonding it generated. The club hopes this idea inspires other clubs to enhance member engagement through similar initiatives.



KSN

Rtn. PP K.S. Nagarajan - Rotarian since 1964

-An Ode to a Veteran



A Rotarian for over 60 years, whose Rotary journey is hard to come by and a Rotarian who has had the same zest and enthusiasm for all that is Rotary after these many years is even harder. Well, this special Rotarian was none other than Rtn. PP K.S. Nagarajan of the Rotary Club of Madras Mid-Town. When he joined the Club as a charter member in 1972, he was already a seasoned Rotarian, having been a president and completed eight years in Rotary. He was the sergeant-at-arms for the new Club, and it is a matter of coincidence that he held the same post in the Golden Year of the Club.

Here is what the veteran had to say:

Rotary is not something tangible, something that can be grasped in one's hand. It is electricity, which we cannot see or describe, but both are recognized by what they give. While electricity gives us light, heat, power, and motion, Rotary gives us fellowship, goodwill, understanding and tolerance.

Mere entering into Rotary will give you satisfaction, but imbibing the quality of extending service to society through one's capacity will derive unbelievable satisfaction. It is not the Rotary lapel pin or badge that matters, but the ability to give lustre to Rotary by following the principles of the 4-Way test.

I understood over a period of years that Rotary is a part of one's self in all one's endeavours. You carry the noble qualities of Rotary while moving with your

family/neighbours/in your profession, and the society. A noble thought, smiling face, positive attitude, friendly act and urge to do something good come automatically, and the amount of satisfaction it gives is immeasurable. I CAN CALL IT ROTARY CREED. As someone who has seen Rotary for over 50 years, I feel that I am still learning to brighten up/sharpen myself to be a better human being. PROUD TO BE A ROTARIAN & TO SERVE ROTARY THROUGH MY YEARS OF LIVING.

Rtn. K.S. Nagarajan joined the Rotary Club of Salem on 2/1/1964. His career took him places, and his Rotary journey followed suit.

Here is the path he travelled: Salem – Coimbatore – Bhavani Komarapalayam, where he became a president – Madras Mid-Town – Salem – Coimbatore – Coimbatore West – Madras Mid-Town – Musaffarpur- Dindigul West – Madurai Central – Madras Mid-Town (1992). Eight different Clubs, twelve inductions, a world of experience and was still raring to go. A blessed soul and a role model indeed.

Members of the Rotary Club of Madras Mid-Town are sure to miss Rtn. K. S. Nagarajan.

- Rtn Usha Kumar



RYLA 2025: A Day That Lit Up Young Leaders of Tomorrow

October 25th will be remembered as a landmark in our district's youth development calendar, as 150 bright Interactors from seven schools came together for RYLA 2025 – a day Rotary District 3233 proudly celebrated as a masterclass in shaping tomorrow's leaders. Hosted at the scenic DRBCCC Hindu College, the event was powered by the Rotary Club of Madras T. Nagar under the leadership of President Rtn. Dr. Pravin Tellakula, RYLA Chair Rtn. Dr. Mahalakshmi, and District Director (International Service) Rtn. Meenakshi Perikaruppan. From the moment the students received their RYLA T-shirts and kits, the excitement was palpable – a hint of the transformation awaiting them.

The grand inauguration brought together inspiring district leaders. District Governor Rtn. D. Devendran, as Chief Guest, encouraged the young participants to “lead with purpose and curiosity,” while Interact Chair Rtn. Annamalai, as the Guest of Honour, charged the atmosphere with passion for service. Dr Smt. Kalvikkarasi, Dean of DRBCCC, added academic warmth to the proceedings.

The sessions began with expert trainer Dr. Kusum from Bangalore, who kept the hall buzzing with energy through immersive, activity-based modules. Students plunged into challenges that sharpened communication, teamwork, time management, innovation, and emotional intelligence – the core skills that shape true leaders.

The valedictory ceremony, led by District Director-Youth Service Rtn. Senthil and District RYLA Chairman Rtn. Varindar Singh Bobby, celebrated the day's achievers. Awards for Best Rylarians, Top Performers, and Best Teams marked proud moments for many first-time winners.

Adding flavour to the learning, the students were treated to a spread of delicious meals and refreshments, keeping spirits high throughout the day.

As dusk arrived, cultural performances and a vibrant dance

finale turned RYLA into a festival of fellowship. Laughter echoed, friendships bloomed, and many Interactors wished the day wouldn't end.

RYLA 2025 was more than a program – it was a promise: that our youth are ready, eager, and equipped to embrace the Art of Life.

Team Symphony



TEJAS 2025:

A Dazzling Display of Rotary Excellence

THEJAS 2025, the Rotary Zonal Institute held in Delhi, wasn't just an event — it was a week-long masterclass in leadership, learning, collaboration, and Rotary brilliance. From GNLS and GELS to the Pre-Institute (Adjunct) sessions — including the DG Mid-Year Review, District Learning Facilitators Seminar, DRFC Seminar, and the Rotaract Seminar — every segment sparkled with energy and purpose. And in the midst of it all, **Rotary International District 3233 stood tall and proud.**

Under the dynamic leadership of **District Governor Rtn. D. Devendran**, our district made its presence felt across every forum.

- **Incoming District Learning Facilitator PDG R. Srinivasan** represented RID 3233 at DLFS with his characteristic depth and dedication.
- **DGE Rtn. Shriram Duvvuri** engaged in GELS with insights that reflect the district's strong leadership pipeline.
- **DGN Rtn. Ganapathy Suresh** added strength to GNLS, preparing for the road ahead.
- **PDG Dr. Nandakumar**, our district's proud mentor, served as a resource person at the future governors' learning seminar — a testament to his wisdom and influence.





The DRFC Learning Seminar saw participation from **Rtn. Neelakantan**, with **DGND Rtn. Ambalavanan** serving as a respected resource person, reinforcing RID 3233's stature. Meanwhile, First Ladies **Ann Shalini Duvvuri** and **Ann Sathya Suresh** took part in specially curated partner sessions that celebrated fellowship and shared leadership.

A highlight for every participant was the **House of Friendship**, artistically curated by **PDG Rtn. Muthu Palaniappan** — a vibrant showcase of culture, creativity, and Rotary spirit.

The celebration doubled when **IPDG Rtn. Mahaveer Bothra** was honoured on stage for remarkable achievements in *Rotary Foundation contribution* and *membership excellence* — a proud moment for the entire district.

Behind the scenes, RID 3233 carried immense responsibility:

- **PDG Rtn. Srinivasan** efficiently handled the Registrations Desk for the entire institute.
- **DGE Rtn. Shriram Duvvuri** powered the Social Media Promotions, ensuring TEJAS 2025 reached screens and hearts across the zone.

With **over 1,400 participants**, TEJAS 2025 was a grand success — and RID 3233 shone as one of its brightest contributors.

A week of learning.

A stage for leadership.

A moment of glory for District 3233.





Presidents' Meet 2.0

By Rtn. Pradeep Sidhardhan, Cluster 5 Co-Ordinator

The 2nd Presidents' Meet turned out to be one of the most vibrant and engaging gatherings of the year. Hosted with great enthusiasm by Cluster 5, the evening brought together all Presidents, their spouses, AGs and Cluster Coordinators for a memorable blend of fellowship, fun and purposeful interaction.

The meet began with registrations and an informal photo session that set a warm and cheerful tone. Guests were welcomed with refreshments, giving everyone the perfect opportunity to reconnect and network. The grand entry of the District Governor added energy to the atmosphere, followed by a brief interaction and words of encouragement.

A highlight of the evening was the spirited dance performance by the Cluster team, which showcased excellent coordination and camaraderie. This was followed by a series of fun games exclusively designed for the Presidents. From Tug of War to Pick the Fruit, the activities sparked healthy competition and plenty of laughter, helping the leaders bond beyond their regular work.

The agenda for the evening also included discussions on upcoming events, responsibilities and collaborative plans for the district. Inputs from Presidents were taken constructively, reinforcing the spirit of teamwork and transparency.

The meet concluded on a warm note with a collective commitment to supporting one another and ensuring smooth execution of all district initiatives in the months ahead. Overall, it was an enjoyable, productive and well-orchestrated evening that highlighted the unity and enthusiasm of our leadership team.





Rotary in Tamilnadu

— A FICTIONAL CHRONICLE OF REAL LEGACY

Part 5: Fire in Colombo

Colombo, Ceylon – 1967. A Voice Rises for the South

Told through the perspective of a fictional young Sri Lankan Rotarian, Santhosh Perera, attending his first Rotary South Asia Zonal Conference.

They called it a celebration. A coming together of the Rotary world across Asia.

It was my first time in a hall that grand—**over a thousand delegates**, dressed in linen and legacy, seated under chandeliers that trembled slightly with the buzz of diplomacy. Flags of different nations stood like sentinels behind the dais. The hall was in Galle Face Hotel, Colombo, but the mood was global.

I was nervous. Freshly minted Rotarian. Just thirty-five. My badge still smelled of plastic and ink. And then he walked in.

Not tall. Not loud. But **Parke Nadesan** commanded

the room like a lion prowling in silence. A senior Rotarian from Ceylon. Known for his projects, but feared for his candour.

There were murmurs—

“He’s not on the schedule today.”

“What’s he doing here?”

“Will he speak again?”

He did.

And how.

It started with numbers.

Rotary in India and Ceylon had grown exponentially—dozens of clubs across the South, hundreds of committed Rotarians. Cities like Madras, Coimbatore, Bangalore, and Colombo were now home to thriving projects, eye camps, maternal wards, and vocational training centres.

Yet, **all the key positions in the district hierarchy were still skewed towards the North.** Delhi, Bombay, Calcutta—again and again.



Parke Nadesan rose to speak.
And it wasn't a complaint.
It was **an appeal wrapped in fire.**

"I stand here," he said, his Tamil accent deepening every word,
"not as a southerner, but as a son of Rotary."
He spoke of **service without ego**, of **recognition without bias**, of the need to **restructure the districts**, not just to divide territory—but to unite hearts.
He reminded them:
"Rotary is not a crown to be inherited, but a lamp to be passed. And the South has lit more than its share of lamps."
I still remember the hush in the room when he said:
"Let South not wait for North's permission to serve. Let service draw its own map."

The crowd did not applaud immediately.
They digested.
And then, **a thunderous standing ovation.**
It wasn't just about Rotary zones anymore.
It was about equity. About voice. About legacy not being limited to geography.

Within few years, the seeds sown that evening began to sprout.
District 321 was carved out, giving the southern states their own Rotary leadership. Later, districts like 323, 2980, and 3230 would emerge—each carrying the flame of service across Tamil Nadu, Kerala, and beyond.
I remember going up to Parke Nadesan after the session.
He was drinking tea. Alone.
I said, "Sir, you changed the room today."
He smiled, his eyes still on the floor.
"No," he said. "I only reminded them who else was in it."

To be continued in Part 6: *From Madras to Millions*

As clubs blossom across Tamil Nadu, Rotary becomes not just a legacy of the city elite—but a movement of the people. A story told through a fictional mother-son pair serving in different districts.

a historical fiction by Rtn. Sashi

Rotary Trivia

1962

Interact was born in a single Florida high school — proving teenagers can lead, serve, and still finish homework on time.

1965

Matching Grants debuted, letting small Rotary clubs suddenly dream like billionaires — turning tiny donations into global impact.

1965

Group Study Exchange took young professionals abroad for a month — many returned with new careers, new accents, and sometimes... new life goals.

1968

Rotaract launched, giving 20-somethings a global playground for leadership, service, and lifelong friendships (and occasionally, marriages).

Seeing Clearly: Your Eyes, Your Future

Rtn. Dr. C. Senthil Nathan

Past President, Rotary Club of Chennai IT City

Rotary friends, imagine losing the ability to see the smiling faces of children we serve, or missing the intricate details of a project that could change lives.

As an eye care specialist dedicated to preserving vision, I'm here to be your eye health champion.

Your Vision: More Than Meets the Eye

Let's talk about the four horsemen of eye health that can sneak up on you faster than you can introduce yourself in a Rotary meeting.

1. Cataract: The Inevitable Age Companion

Think of cataracts as your lens getting a natural "fog filter" as you age. If you're over 50 and notice:

- Blurry vision
- Faded colours
- Reduced contrast

Don't panic! This isn't a life sentence. Modern surgery is a game-changer:

- Procedure time: Under 20 minutes
- Technique: Swap cloudy lens for a crystal-clear artificial one
- Success rate: Practically guaranteed

2. Glaucoma: The Pressure Cooker

Your eyes have their own internal pressure system. When it goes haywire, we call it glaucoma.



Warning signs:

- Over 40? Get yearly checks
- Family history of glaucoma
- Diabetes or high blood pressure
- Steroid medication users

Early detection is your superhero move. A simple test can prevent potential blindness.

3. Diabetic Retinopathy: Sugar's Dark Secret

Diabetes doesn't just mess with your sugar levels

- it can wage war on your eyes. High sugar can cause internal eye bleeding. Your defence?
- Annual eye exams
- Laser treatments for early stages
- Strict sugar control
- Proactive medical management

4. The Tear Duct Dilemma

Watery eyes aren't just an inconvenience. Blocked tear ducts or age-related tissue changes can be more than a minor nuisance. Modern surgical techniques offer permanent solutions.

Rotarian's Eye Health Pledge

We're problem solvers. We build communities. We change lives. But first, we must protect our most crucial tool – our vision.

Proactive steps:

- Regular eye check-ups
- Understand your personal risk factors
- Maintain overall health
- Spread awareness

Your eyes are not just windows to the world – they're your gateway to continued service.





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Rotary
District 3233



**UNITE
FOR
GOOD**

Rotary International District 3233 Presents



28
December
2025

**ST. THOMAS
COLLEGE**
Koyembedu

**Sunday
9:00AM**

