

# Temple Bell



WhatsApp / Mobile Magazine of the

## **Rotary Club of Madras Temple City**

Dist. 3232, Chennai, India

Club No.: 26692

<https://rcmadrastemplecity.rotaryindia.org/Home.aspx>

**November 2023**

## **St.Jude Cancer Care Centre Infection Control Week**



Rotary Club of Madras Temple City donated an Ultraviolet Sterilizer to St. Jude Cancer Care Centre during the Infection Control Week (9<sup>th</sup> to 15<sup>th</sup> Oct 2023). St. Jude Centre is a hospice for children undergoing cancer treatment and their accompanying parents and supported by RCM Temple City.

## **World Mental Health Day**



Ann Sheila Navneeth addressed the students at Ganapathi Iyer Girls High School on 10th October 2023, the World Mental Health Day on how to stay motivated and goal oriented while maintaining inner peace. She emphasised on positive affirmations as a means of achieving life goals as well as the importance of good diet and exercise on mental health. She talked about the need to think and use positive phrases like I wish, I hope, I dream of, I have to, I must, I can, I will and I am going to, to bring about change in their life.

## **Dr. Prithika's Online Talk**

### **"Become Stress-fit"**



Rtn. Dr. Prithika Chary gave an online lecture to corporate employees on World Mental Health Day (10th Oct 2023). The talk was titled 'Wellness unleashed. Change your health. Become Stress-fit'. The interactive session was well received.

# **Multi-District Job Fair at Kanchipuram**



A Multi-District Multi-Club Job Fair was organised on 14th oct 2023 at Sri Sankara Arts and Science College, Kanchipuram. Six Rotary Clubs from RID 3231 and Six Rotary Clubs from RID 3232 came together to bring this mega job fair to fruition. Equitas Developmental Initiatives Trust, the CSR arm of Equitas Small Finance Bank partnered with the Rotary clubs to ensure participation by various companies. The project was inaugurated by DG. Bharanidharan of RID 3231. 787 candidates attended the job fair, including 394 Female candidates. Confirmed placement was offered to 524 candidates.

## **World Polio Day on 24 Oct**



World Polio Day is celebrated globally on 24th Oct every year to commemorate the birthday of Jonas Salk who led the team that discovered the Polio Vaccine in 1955. Rotary Club of Madras Temple City celebrated world polio day this year by contributing 10 USD from each member of the club to the Polio Fund of The Rotary Foundation which then gets matched twice its total value by the Bill & Melinda Gates Foundation. With this donation, the club continues to maintain the status of 100% polio fund donor.

## **Do women know what they really want in a man?**



RCM Temple City organised a lively debate on 12th Oct 2023 on the topic 'Do women know what they really want in a man?' Being a club, with 50% women members, this debate elicited a spirited and jovial response from both the teams. The all women team comprising Dr. Prithika, Dr. Bhuvana and Viji scored a big win and audience applause.

## **The Board Meeting**



The Board Meeting held on 26th Oct was hosted in style by PP. Rtn.

Jayanthi Gopinath at The Gymkhana Club. Fifteen Rotarians met to discuss on fund raising projects, scaling up our signature project Patriotic Song Competition and Global Grant project. A fun and productive meeting.

Thank you Jayanthi.