

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>

October 2023

Joint Club Speaker Meeting

The Power of Straight Lines

by Lt. Gen. A. Arun YSM, SM, VSM



Lt. Gen A. Arun, YSM, SM, VSM, a decorated Indian army officer and a motivational speaker addressed the joint club meeting on 9th Sept 2023 at Madras Race Club, Guindy, Chennai. About 90 Rotarians were enthralled by his speech explaining how straight lines help us achieve our goals and overcome challenges in life. He emphasized on the virtues of self discipline, total commitment to ones work, respect and finding inner joy and peace.

Baby Prathiksha benefits from “Healing Little Hearts”



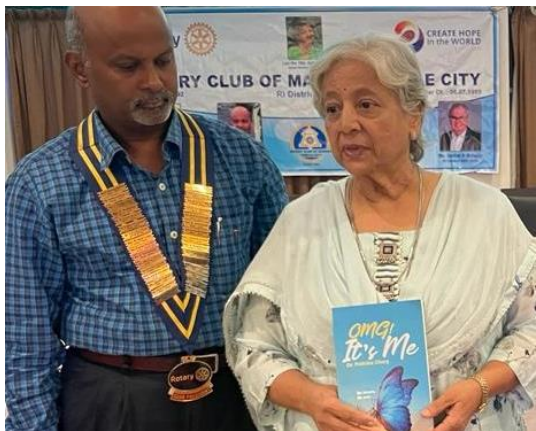
Baby Prathiksha who has been diagnosed with birth defects of the heart was yet another beneficiary of the “Healing Little Hearts” project of RCM Temple City. She was cured without the scar of an open heart surgery, free-of-cost.

Shanas Fathima Inducted



Ms. P. M. Shanas Fathima is a Lawyer practicing multiple disciplines of law including Intellectual Property Rights, Company Law and Family Law. She is a Partner in PVS Giridhar Associates. She was inducted as a Rotarian on 28 Sept 2023 by PP. Dr. Jayanthi Srivardhan. Shanas is married to a Rotarian and has two daughters. Hobbies include Sudoku.

PP. Dr. Prithika's Book



PP. Dr. Prithika Chary unveiled her book "OMG! It's Me" and read a few paragraphs from her book on 28 Sept 2023. She shared her book writing journey and thanked late PDG. Rekha Shetty for prodding her to complete the book. She sold copies to Templers and donated the proceeds to the club.

World Heart Day



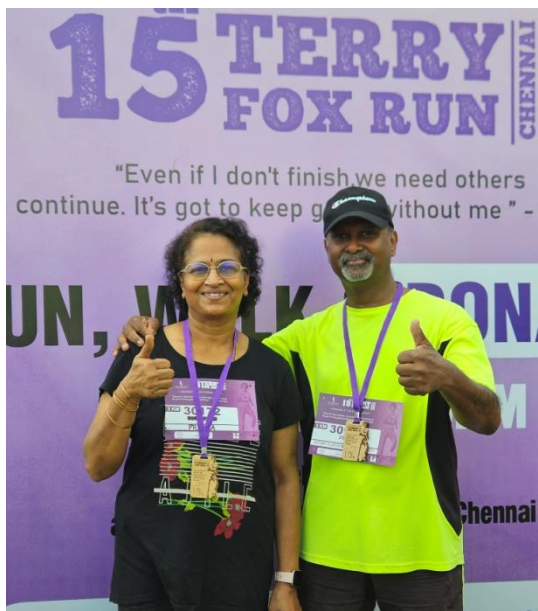
As part of the World Heart Day celebration Rtn. Dr. Premsekar, an interventional paediatric cardiologist and President of the club made a PowerPoint presentation illustrating the various heart related ailments and their management. He emphasised the preventive measures such as lifestyle modifications and healthy habits to prevent heart disease while also focusing on the global threat posed by childhood obesity due to a sedentary lifestyle.

Free Heart Screening Camp



A free children's heart screening camp was conducted on 30th Sept 2023 in Chidambaram, Tamil Nadu by the Rotary Club of Madras Temple City (RID 3232) along with Dr. Kamakshi Memorial Hospital, Chennai and Edison group of companies, Chidambaram to commemorate the World Heart Day this year. A total of 45 children from surrounding villages of Chidambaram were screened for heart defects by Rtn. Dr. Premsekar, an interventional Paediatric Cardiologist and President of the Rotary Club of Madras Temple City.

Terry Fox Run



President Premsekar and Ann. Prema set an example in supporting the social cause by participating in the Terry Fox Run organized on 1 Oct 2023 supporting the fund raising effort for cancer research.

PHF Recognition



THE ROTARY FOUNDATION OF ROTARY INTERNATIONAL

Dr. Premsekar Rajasekaran

is hereby named a

PAUL HARRIS FELLOW

in appreciation of tangible and significant assistance given for the
furtherance of better understanding and friendly relations among
peoples of the world.



Berry Porath
Berry Porath
Chair, The Rotary Foundation Trustees

R. Gordon H. McNally
R. Gordon H. McNally
President, Rotary International

President Dr. Premsekar was named a Paul Harris Fellow in recognition of his contribution of USD 1,000 equivalent to the TRF. This is apart from his various contributions to the Club funds and leading the initiative of the “Healing Little Hearts” project in Chennai and nearby towns.