

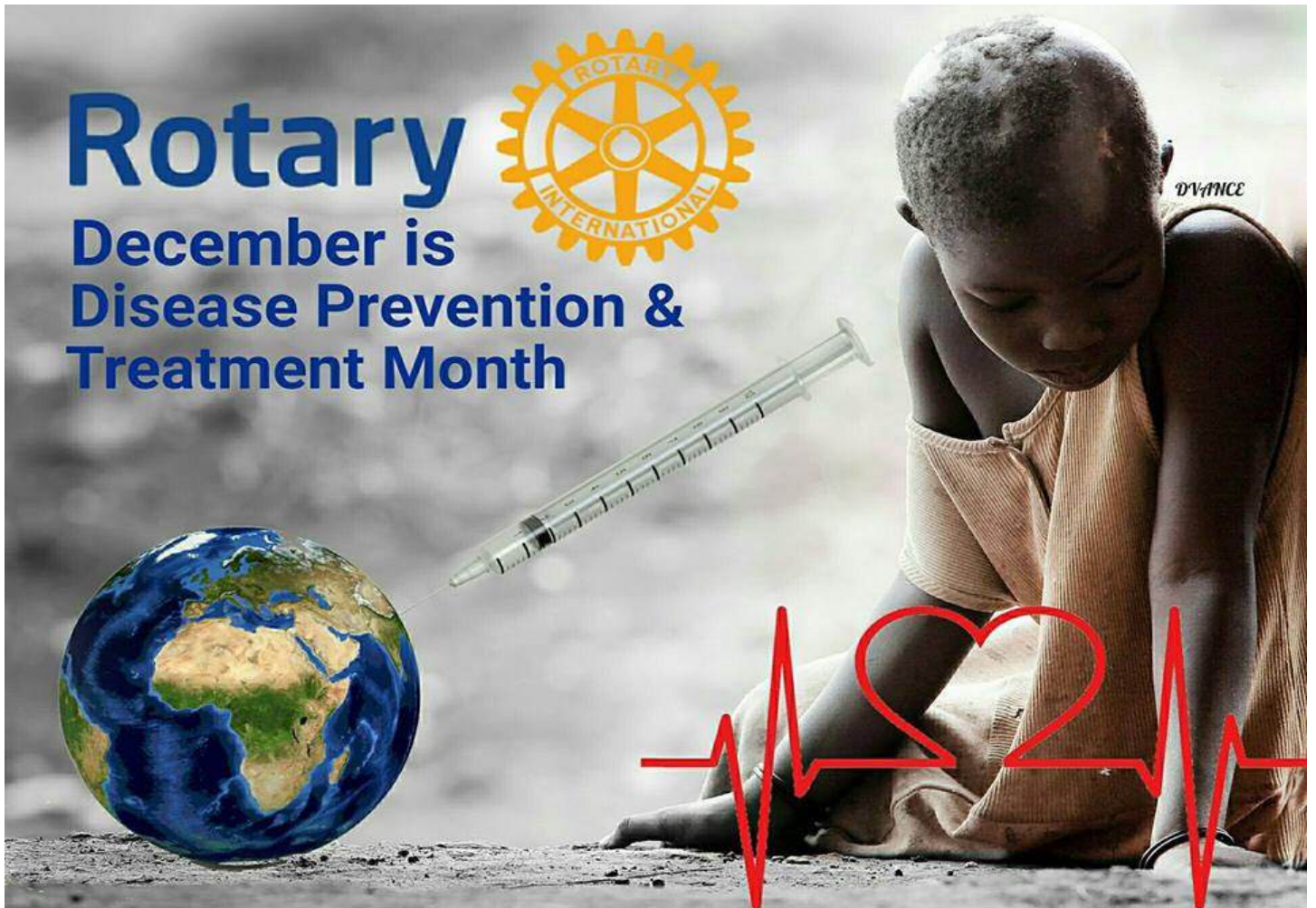


# FLYOVER

Edition 6 : 2024-25

Bulletin of the Rotary Club of Madras T. Nagar

RI District 3233



**Rotary**  
 December is  
 Disease Prevention &  
 Treatment Month

*Nurturing Hope*




## Magic Board Members 2024-25

-  **Rtn. Narendra Srisrimal**  
President
-  **Rtn. Dr. Poornima Karthik**  
Club Secretary
-  **Rtn. G. Sasikannan**  
Additional Club Secretary
-  **Rtn. Shantala Sathya**  
Joint Secretary, Chairman Bulletin
-  **PP Rtn. Dr. Mohan Rajan**  
Club Mentor
-  **PP Rtn. Pankaj Davey**  
Club Trainer
-  **PP Rtn. Jacob Rajkumar**  
Club Advisor & Chairman  
Golf Tournament
-  **Rtn. Kavitha Shankar**  
Immediate Past President
-  **Rtn. Dr. Vasudha Rajasekar**  
Chairman Rotary Foundation
-  **PP Rtn. NR Mukundan**  
Treasurer Admin
-  **PP Rtn. A Perikaruppan**  
Sergeant at Arms
-  **PP. Rtn. Naresh Jain**  
Treasurer Trust
-  **PP. Rtn. Meenakshi Perikaruppan**  
Director- Club Service
-  **PP Rtn. Vipin Agarwal**  
Director- Community Service  
Development

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## Magic Board Members 2024-25

-  **Rtn. Dr. Pravin Tellakula**  
Director- Community Service  
Health
-  **Rtn. Lakshmi Venkataramana**  
Director- Vocational Service
-  **Rtn. Dr. B Mahalakshmi**  
Director - Youth Service
-  **PP Rtn. T S Narayanaswamy**  
Director - International Service
-  **Rtn. Dhakshayini Venkatesh**  
Director - Membership Development
-  **Rtn. Anand Subramanian**  
Director- Public Image
-  **Ann. Ratna Krishnan**  
Chairman - Literacy &  
Special Projects
-  **PP Rtn. Dr. Ravi Venkatraman**  
Chairman - Fundraiser
-  **Rtn. Nirmala Yuvaraj**  
Chairman- Polio Plus
-  **Rtn. S. Balasubrahmanyam**  
Chairman- Annadhanam
-  **PP Rtn. Kapil Kumar**  
Chairman - ROTA Talent
-  **Ann. Jayashree Bothra**  
Chairman - ROTA Talent
-  **Rtn. Kavitha Suresh**  
Chairman - Fellowship

## *President's Desk*



*Rtn. Narendra Srisimal*

Dear RCMT Family,

Warm greetings to all

As we embrace the festive season, I wish you all a Merry Christmas and a joyous, prosperous New Year 2025. December was a month of meaningful milestones and memorable celebrations for our club.

We successfully conducted our Annual General Meeting, during which all our Trust and Club accounts were presented and unanimously approved. This reflects the transparency and diligence with which we operate.

Our RCMT Science Lab at Jaigopal Garodia School continues to progress. Addressing the additional requirements for furniture, we ensured their timely provision, further enhancing the lab's utility for the students.

A significant new initiative was launched in collaboration with Rajan Eye Care and Kinder Eye to provide spectacles to underprivileged children below the age of 15. My heartfelt gratitude to our mentor and Past President, Rtn. Dr. Mohan Rajan, for spearheading this thoughtful and impactful project.

We celebrated Christmas and New Year with great enthusiasm and style. The evening came alive with a spectacular performance by the renowned stand-up comedian and mimicry artist, Badava Gopi, and an electrifying musical show by the famous singer and DJ artist, Naburan Ghosh. It was indeed a treat for all of us!

We were also privileged to host Rtn. Rengan Rajan, District Governor Elect of RI District 9675, Sydney, Australia. His inspiring words and the exchange of flags added immense value to our celebrations.

As we complete six months of this term, I am filled with gratitude and pride for all that we have achieved together. Let us continue our journey with renewed vigor and commitment to service as we enter the second half of this Rotary year.

Once again, wishing you and your loved ones a happy, healthy, and prosperous New Year!

Warm regards,

Team Narendra Srisimal

## *Editor's Desk*



*Rtn. Shanthala Sathya*

Dear Friends,

December is Disease Prevention and Treatment Month

As part of our initiatives, RCMT, in collaboration with Rajan Eye Care, has been conducting free cataract surgeries for the underprivileged. We have also organized health camps, donated artificial prosthetic limbs to those in need, and facilitated free hand reconstruction surgeries for patients affected by leprosy.

Rotary is committed to combating and preventing diseases as part of its mission. Disease Prevention & Treatment is one of Rotary's Seven Areas of Focus. Diseases and illnesses cause pain, suffering, and can lead to loss of employment and income, deeply affecting individuals and families.

Additionally, this month, we feature an inspiring story from Rtn. Dr. Vasudha Rajasekar on the Members' page. She shares her courageous battle with cancer and how she triumphed over it.

Wishing everyone a Happy and Prosperous New Year!

Regards

Rtn. Shanthala Sathya.



## CLUB SERVICE

Director : PP Rtn. Meenakshi Perikaruppan



## Annual General Meeting (AGM)



The Annual General Meeting (AGM) of the Rotary Club of Madras T. Nagar was held at GRT Grand Hotel.

The following documents were presented during the meeting:

1. Minutes of the previous AGM.
2. Audited Balance Sheet of the Trust.
3. Receipt and Expenditure Statement of the Club for the period from 1st July 2023 to 30th June 2024.

The meeting was attended by 45 Rotarians and was followed by fellowship and dinner.





## A Joyful Celebration to Welcome the New Year

The Rotary Club of Madras T. Nagar (RCMT) ushered in the New Year with an evening of grandeur, excitement, and heartfelt camaraderie. With an atmosphere filled with laughter, music, and celebration, the event truly set the tone for a vibrant year ahead.

The program began with a warm welcome by President Narendra Srisrimal, who extended his greetings to all the members and special guests. He introduced the distinguished guest of honor for the evening, Rtn. DGE Renga Rajan from RI District 9675, Sydney, Australia. His presence added immense value to the occasion, symbolizing the spirit of international fellowship.

The evening unfolded with high-energy performances and captivating entertainment. Renowned stand-up comedian and mimicry artist Badava Gopi had the audience in splits with his wit and humor, while the multi-talented Nabarun Ghosh kept the energy soaring as a singer, DJ, MC, and more. The combination of their talents ensured an unforgettable experience for all present. Adding to the festive cheer, Shanta made a grand entrance, spreading the magic of Christmas with jingles and distributing delightful gifts to everyone in the audience.

Adding to the festive cheer, Shanta made a grand entrance, spreading the magic of Christmas with jingles and distributing delightful gifts to everyone in the audience.

The event witnessed an exceptional turnout of 95 members and guests, a record-breaking attendance that reflected the enthusiasm and unity of the RCMT family.

A highlight of the evening was the exchange of flags between RCMT and RI District 9675, symbolizing a shared commitment to service and fellowship. Rtn. DGE Renga Rajan commended RCMT on its remarkable membership growth and exemplary community service projects, acknowledging the club's contributions as a model of excellence.

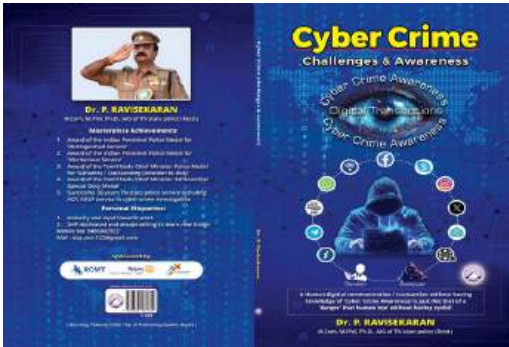
A special moment during the program was the induction of Green Rotarians, who were introduced with enthusiasm, reflecting the club's commitment to sustainability and environmental responsibility.

The evening concluded on a high note, leaving everyone inspired and energized to embark on the New Year with renewed zeal for service and fellowship.



**NEW GENERATION**

Director - Youth Service: Rtn. Dr. B Mahalakshmi



## Cyber Security Awareness Book for Students

In the rapidly evolving digital era, the rise in cyber scams and frauds has led to significant financial losses and mental distress. Addressing this growing challenge, it has become imperative to educate young minds on the importance of cyber safety. In collaboration with the Tamil Nadu Police, we are proud to present a comprehensive book in Tamil that aims to empower students with the knowledge and tools to safeguard themselves in the digital world. The Importance of Cyber Security Awareness

The book, titled

**சபைர் கிரமை - சவால்களும் எச்சரிக்கைகளும்**

(Cybercrime: Challenges and Warnings),

authored by **Dr. P. Ravisekaran**, serves as an essential guide to understanding cyber threats and adopting proactive measures to prevent them.

The Rotary Club of Madras T. Nagar is honored to support this vital initiative by sponsoring the printing of 1,000 copies of this valuable resource. These books will be distributed across schools, cultivating a culture of safe and responsible online behavior among students.

The book was officially launched at the Anna Centenary Library, with the inaugural copy received by **Hon'ble Thiru R. Subramanian**, Judge, High Court of Madras.

We extend our heartfelt gratitude to the following individuals for their unwavering support in bringing this initiative to life:

- **PP Rtn. Sathyanarayanan and Rtn. Shanthala**
- **PP Rtn. Pankaj Davey and Rtn. Jigna**

Their generous contributions have made the production and distribution of these books possible, paving the way for increased cyber security awareness among young learners. Special thanks to PP Rtn. Ravi Venkatraman for spearheading this initiative and successfully executing the project. We also acknowledge the support of PP Rtn. Rajamanickam and Rtn. Latha Ravi, whose efforts have been invaluable. This initiative reaffirms our steadfast commitment to social welfare and education. We firmly believe that this resource will make a significant impact by equipping students to navigate the digital world safely and responsibly. Let us unite in building a safer and more secure digital future for the next generation!



**COMMUNITY SERVICE PROJECTS  
Development**

**Director : PP Rtn. Vipin Agarwal**



## Science Lab at Jaigopal Garodia School



To inspire and nurture young minds in their quest for scientific knowledge, the Rotary Club of Madras T. Nagar generously donated science lab equipment to Jaigopal Garodia Government Girls Higher Secondary School, Saidapet, on 25th September 2024.

This initiative, valued at Rs. 2.8 Lakhs, included the provision of science lab equipment, 800 notebooks, and essential furniture for the lab.

Responding to a request for additional furniture, RCMT further donated 10 wooden tables and 12 wooden stools to the school on 23rd December 2024, at an additional project cost of Rs. 1.15 Lakhs.

The donation events were graced by the presence of distinguished Rotarians, including PP Rtn. Vipin Agarwal, Director - Community Service Development; PP Rtn. Kavitha Shankar; Rtn. Dr. Poornima (Secretary); Rtn. Vallekannu; Rtn. Bhadrash Mehta; and Rtn. Govindarajan. The principal, staff, and students of the school also participated enthusiastically.

Under the visionary leadership of President Rtn. Narendra Srisimal, RCMT's thoughtful contributions—comprising science lab equipment, furniture, and notebooks—have brought joy and inspiration to the students. These efforts are a testament to RCMT's commitment to community development and education. Kudos to the RCMT team for making a lasting impact and fueling the students' aspirations for a brighter future!"



**COMMUNITY SERVICE HEALTH**

**Dir. Com.Service. Health : Rtn. Dr. Pravin Tellakula**



**RAJAN EYE CARE HOSPITAL PVT LTD**  
KINDER EYE (USA)  
ROTARY CLUB OF MADRAS T.NAGAR  
R.I. Dist. 3233

Cordially invites you for the Launch of  
**ROTARY RAJAN KINDER EYE PROJECT**

**Chief Guest**  
DG. Rtn. MAHAVEER BOTHRA  
Dist. Governor, R.I. Dist. 3233

**Guest of Honour**  
Rtn. NARENDRA SRISISMAL  
President, R.C. Madras T.Nagar

**TUESDAY 24 DEC 2024**  
The Conference Hall  
3.00PM Rajan Eye Care Hospital, T.Nagar

Prof. Dr. Mohan Rajan  
Chairman & Medical Director, RECH

Rtn. Narendra Srisismal  
President 20-25, RCMT

Dr. Sujatha Mohan  
Director, RECH

Rtn. Dr. Poojamma Karthik  
Club Secretary 20-25, RCMT

**DONATE EYES - GIFT SIGHT**

WWW.RAJANEYECARE.COM | TRUST | TECHNOLOGY | TOTAL EYE CARE | HELD IN TRUST



**Rotary Rajan Kinder Eye Project**

Empowering Young minds through enhanced Eye Care

RCMT, in collaboration with Rajan Eye Care Hospital, launched the Rotary Rajan Kinder Eye Project, an initiative dedicated to improving vision for underprivileged school children up to the age of 15. The launch event was graced by DG Rtn. Mahaveer Bothra as the Chief Guest and Rtn. Narendra Srisismal, President of RCMT, as the Guest of Honour.

This transformative project aims to provide 1000+ free spectacles to children in need, giving them the clarity of vision essential to excel academically and personally. It represents a meaningful step towards empowering young minds through enhanced eye care.

The initiative stands as a testament to the power of community service and the profound impact that dedicated individuals like Ms. Maya Singh, supported by medical luminaries such as Rtn. Dr. Mohan Rajan and Rtn. Dr. Sujatha Mohan, can have on the lives of others.



# ON GOING PROJECTS

Chairman Annadhanam : Rtn. Balasubramaniam



## Annadhanams

- **At Chaaru illam:** For New year and Christmas by Rtn. Balasubramanyam & Family, Rtn. Dileep Kumar .
- **At Sankara Old age Home:** Rtn. VT. Moorthy ,Nalini Moorthy & Rtn.Bakasubramanyam.
- **At Arunodayam Home:** For mentally challenged children by Rtn. Shanthala Sathya in the memory of Annette Sujay Sathya.
- **At Mellow Circle Prathyusha:** Rtn. VT. Moorthy ,Nalini Moorthy & Rtn.Bakasubramanyam.
- **At Akshaya trust:** Rtn. Dr. Padmanabhan & Ann. Dr. Sridevi .



## Summary

Annadanam given in December 2025					
Date	Trust	Donor	Rs	Purpose	Period
1st	sankara old age	Rtn. V T moorthy	5000	birthday	full day
1st	Prathyasha	Rtn. Balasubrahmanyam	2000	birthday	lunch
14th	arunodayam	Rtn. Shantala Sathya	6000	remembrance	lunch
19th	charu illam	Rtn. Dileep	2500	charity	lunch
20th	sankara old age	Rtn. Balasubrahmanyam	3000	remembrance	lunch
25th	charu illam	Rtn. Balasubrahmanyam	2500	christmas	dinner
30th	akshaya trust	Rtn. Dr padmanabhan	3500	remembrance	lunch
			<b>24500</b>		

"In December 2024, a total of 7 Annadhamams were successfully conducted."



## LIST OF EYE CARE PROJECT







Rotary Club of Madras T Nagar, Rajan Eye Care hospital & Chennai Vision Charitable Trust have been focussing on Blind Free India for many years. Rajan eye care has been conducting thousands of free Eye camps in and around Chennai for almost three decades.

**PP Rtn.Dr. Mohan Rajan & Dr Sujatha Mohan**

have been spearheading this yeoman service.

**CAMP REPORT FOR THE MONTH OF DECEMBER 2024**

Date	Day	Camp Venue	No.of Screened	No .of Cataract surgery	Exp	No of Spectacles Given	Exp	Referred patient for Treatment	Transportation	Total
02.12.2024	Monday	Virugambakkam	52	4	20000.00	8	8000.00	10	1000	29000.00
02.12.2024	Monday	Koyambedu	43	3	15000.00	7	7000.00	8	1000	23000.00
03.12.2024	Tuesday	Valluvarkottam	214	19	95000.00	12	12000.00	11	2000	109000.00
06.12.2024	Friday	Broadway, CHENNAI	112	12	60000.00	13	13000.00	14	2000	75000.00
08.12.2024	Sunday	Kodungaiyur, chennai	109	13	65000.00	17	17000.00	9	4000	86000.00
08.12.2024	Sunday	Nanganallur, Chennai	67	6	30000.00	11	11000.00	11	3000	44000.00
15.12.2024	Sunday	Korukkupet, Chennai	86	8	40000.00	12	12000.00	9	3000	55000.00
15.12.2024	Sunday	Thirupachur, Kanchipuram	75	7	35000.00	13	13000.00	6	8000	56000.00
22.12.2024	Sunday	Velachery , Chennai	71	8	40000.00	16	16000.00	17	3000	59000.00
29.12.2024	Sunday	Villivakkam, Chennai	76	6	30000.00	8	8000.00	12	2000	40000.00
<b>Total</b>			<b>905</b>	<b>86</b>	<b>430000.00</b>	<b>117</b>	<b>117000.00</b>	<b>107</b>	<b>29000</b>	<b>576000</b>

**Summary**

- A total of 10 eye camps were conducted.
- 905 individuals were screened for eye testing.
- 86 cataract surgeries were performed.
- The total expense incurred was ₹5,76,000/-.

# RCMT INTERNATIONAL



Director International Service : PP Rtn. T S Narayanaswamy



Venue: Hotel CRT GRAND, T.nagar

We cordially invite you and your family to Celebrate the **New Year 2025** in a truly RCMT style  
**Tausi Narayana Srisrinial**

**SPECIAL GUEST**  
**Rtn. Renga Rajan**  
District Governor Elect., RI District 9675, RY 2025-2026

**Profession:** International Officer, Bangalore with 30 years experience

**Villa Ramya**  
International Manager - Club Program

**Regional Support:** RI District 9675, Bangalore & surrounding areas

**Short Term Goals:** 1. Increase membership by 10% in the next 12 months  
2. Launch 5 new projects in the next 6 months

**Long Term Goals:** 1. Increase membership by 20% in the next 3 years  
2. Launch 10 new projects in the next 3 years

**History of Community Involvement:**

1. Served as a member of the District Committee for 10 years
2. Served as a member of the District Committee for 10 years
3. Served as a member of the District Committee for 10 years
4. Served as a member of the District Committee for 10 years
5. Served as a member of the District Committee for 10 years
6. Served as a member of the District Committee for 10 years
7. Served as a member of the District Committee for 10 years
8. Served as a member of the District Committee for 10 years
9. Served as a member of the District Committee for 10 years
10. Served as a member of the District Committee for 10 years

**Awards and Recognitions:**

- 1. Rotary International Governor of the Year 2022
- 2. Rotary International Governor of the Year 2023
- 3. Rotary International Governor of the Year 2024
- 4. Rotary International Governor of the Year 2025
- 5. Rotary International Governor of the Year 2026
- 6. Rotary International Governor of the Year 2027
- 7. Rotary International Governor of the Year 2028
- 8. Rotary International Governor of the Year 2029
- 9. Rotary International Governor of the Year 2030
- 10. Rotary International Governor of the Year 2031

**Achievements:**

- 1. Served as a member of the District Committee for 10 years
- 2. Served as a member of the District Committee for 10 years
- 3. Served as a member of the District Committee for 10 years
- 4. Served as a member of the District Committee for 10 years
- 5. Served as a member of the District Committee for 10 years
- 6. Served as a member of the District Committee for 10 years
- 7. Served as a member of the District Committee for 10 years
- 8. Served as a member of the District Committee for 10 years
- 9. Served as a member of the District Committee for 10 years
- 10. Served as a member of the District Committee for 10 years



## Exchange of Flags

During our 'Ring in 2025 with RCMT Magic' Christmas and New Year Celebrations, we were honored to have Rtn. Renga Rajan, District Governor Elect of RI District 9675 for the year 2025-2026 from Sydney, Australia, as our special invitee. Our esteemed District Governor, Rtn. Mahaveer Bothra, graced the occasion, and the event featured a memorable exchange of flags.



# RCMT PUBLIC IMAGE



**Director : Rtn. Anand Subramanian**



## RCMT Installs Tower Clock in School : Tower Clock of Rotary Dist 3233

A Testament to Rotary's Timeless Service and Tireless Dedication

On 17th December 2024, the Rotary Club of Madras T. Nagar (RCMT) proudly unveiled the first-ever Tower Clock of Rotary District 3233 at the iconic Don Bosco Matriculation Higher Secondary School. The Clock is installed at the Main gate giving visibility to the general public all day with in built light.

This landmark initiative exemplifies Rotary's unwavering commitment to building enduring legacies that benefit the community.

The grand inauguration ceremony was presided over by Rtn. Mahaveer Bothra, District Governor of RID 3233. He was joined by Rev. Fr. Dr. Xavier Packiam, SDB, Rector & Correspondent of Don Bosco Matriculation Higher Secondary School, and Rev. Fr. Mathias, SDB, the institution's Principal. The event also featured the esteemed presence of Rtn. Ambalavanan, District Chair for Public Image.

Representing RCMT with pride and leadership were Rtn. Narendra Srisrimal, President of RCMT; PP Rtn. Pankaj Davey, Club Trainer; and Rtn. Dr. Poornima, Secretary of RCMT. Several distinguished RCMT members, including PP Rtn. Raja Manickam, PP Rtn. Ravi Venkatraman, Rtn. Bhadrash Mehta, Rtn. Dharani Prakash, Rtn. Rajesh Balecha, Rtn. Govindarajan, and Rtn. Dr. Pravin Tellakula, graced the occasion with their support and enthusiasm.

This landmark initiative exemplifies Rotary's unwavering commitment to building enduring legacies that benefit the community.



## RCMT NEWS

**Rtn.Dr Mohan Rajan is contesting for the post of vice president AIOS\*.**

**Be the change  
you wish to see in the  
AIOS**

<p><b>Available</b></p> <p><b>Accessible</b></p> <p><b>Approachable</b></p>	}	<p>Your Candidate for <b>VICE PRESIDENT</b> AIOS 2025</p>
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	<p><b>Seeking your Blessings And Support</b></p>
<p><b>Prof. Dr. MOHAN RAJAN</b> <small>MBBS, DD, DNB, FPMF, MRAMS, MCh, FACS, FRCOphth, DCP, FRCS, DSC PAST President - TNQM Chairman &amp; Medical Director, Rajan Eye Care Hospitals, Chennai</small></p>	

He has been a VISIONARY leader in varying categories.

His leadership qualities as former secretary of Madras city Ophthalmic association, President of Tamil Nadu Ophthalmic Association, President Rotary club of Madras T.nagar, President intraocular implanting refractive society of India, President Sankara Nethralaya Alumni Association is very evident in the various projects and programs he started and implemented.

His passion for Ophthalmology is reflected in his career as a speaker, and surgeon in various National and International conferences over the past 3 decades.

His vision in eradicating blindness via projects such as Blind free India project with out-reach programs covering 150 square kilometer around Chennai, Retinopathy of prematurity project with free screening of premature and high risk infants and various other community service projects show him to be a true and compassionate leader in ophthalmology.

Dr.Mohan Rajan has earned numerous awards throughout his career for his work in improving vision and promoting eye care solidifying his reputation as a leader in the ophthalmology community. His passion for teaching and mentoring the next generation of ophthalmologists further showcases his dedication to the field.

\*Madras city ophthalmic association strongly endorse his candidature as a vice president of all India ophthalmic society\*



**Hearty Congratulations to Dr. Raghavendhar Karthik**

For taking over the post of Treasurer of the prestigious Indian Dental Association Madras Branch



## FLASH FROM THE PAST



Golf Award Night 2017-2018 President Rtn. Perikaruppan.

Vijay Amritraj presenting the Lifetime Achievement award to former India Wicket keeper Syed Kirmani. Vocational Excellence Award to Mr. Rishi Narain ,Indian Golf Player.

## RCMT MEMBER

### My Cancer Journey

December in Rotary is “Disease Prevention & Treatment” month. I finally relented to our gorgeous from inside out Flyover Editor’s gentle persistence for an article about my cancer journey. My initial reaction was to not relive that dark period of my life, but I however felt that sharing it would be a lesson for the readers to not be naïve enough (as I was) to think that “only other people get cancer”.

I had always had hormonal issues since youth, but we were still in an era when “getting married and having children” would sort it out. Going through the grind of life, profession and family – one forgets about health. As age and youth give you abundant resilience, you keep going through the motions of daily living - UNTIL, DISEASE HITS YOU. Doctors are really the worst patients who do not take care of their own health mostly, and having a family of doctors around you all the more blinds you.

One day I had a sudden severe pain in my left breast. We had just lost my mother in a road traffic accident and with so much to be done, I did not bother. I told my husband when it happened again. My usually stoic husband insisted I get a mammography. He had been advising me to do so since I had my Hysterectomy at 40. I, who worked in a tertiary care hospital, could have just walked into the Radiology unit but did not. Why? Because “Only our patients get cancer!”. Only in the last decade and a half, intense research all over the world is linking various causative factors – genetics, hormonal imbalances, anemia, thyroid issues, oral contraceptive pills, extreme stress, environmental pollution – and I had at least 3 of the above causative factors – AND I STILL IGNORED IT.

This sudden sharp pain came as a huge warning sign. December 31, 2013 – at 7 am Husband insisted on driving me to my clinic to see a waiting patient and then straight for the Mammogram. My classmate, a famous breast surgeon was waiting. Of course, the left breast only had a huge cystic lesion she said that was causing pain, and would resolve with meds. And by the time I was thinking “see nothing at all”, she started screening the absolutely normal right breast. The sudden eerie silence and a palpable emotion on both their faces made me look up at the monitor – and there it was – a silent 3 cm dumbbell shaped tumor, extremely vascular, BIRAD 4, and definitely malignant. An immediate biopsy was done. Even then I was only upset with them for doing the painful biopsy and ruining my New Year’s Eve plans. DENIAL! By evening it slowly sunk in.

After an agonizing wait, the official biopsy result came on Jan 3rd. My treatment was planned by my surgeon friend here, my senior Oncosurgeon friend in New Delhi (who came to operate), and my overzealous brilliant husband. My mind had shut off totally and I could not process anything at all. I begged them to chop both sides off fully like Angelina Jolie. My tumor pathology was aggressive, would only moderately respond to treatment, and chances of recurrence was high. Even though PET scan was done, we would not know the spread status in the axillary nodes until post-surgery biopsy. Funnily enough, surgery itself is known to cause spread of cancer in the body.

Surgery was done and I went home in 24 hours. Much to my dismay, only a partial Mastectomy was done. WHYYYY???? Was I going to participate in MRS INDIA contest? But both my surgeons said no indication again. My overall good health due to healthy eating and sports helped the wounds to heal well and in 4 weeks the chemotherapy started. All cancer survivors agree that the treatment is actually more traumatic than the disease. I had prepared myself mentally by chopping off my long curly locks and waited for the inevitable. 12 days after chemo your nails and teeth start turning black. 14 to 16 days after chemo your hair starts coming out in clumps in your fingers. Even your eyebrows and eyelashes fall. I refused to wear a scarf or wig. Knowing these will happen still does not prepare you for the intense emotions you feel when your hair falls out. “Chemo brain” was the most debilitating and frustrating. I lost 40% of my memory according to the assessment. I had aphasia where I could not verbalize my thoughts and all this is technically called cognitive impairment or cognitive dysfunction. This is attributed to the chemicals released by the targeted drugs that kill fast multiplying cells like nerves and brain cells.



The 3rd and 4th chemo's brought out such strong side effects that I had to be constantly hospitalized. Hallucinations and insomnia post chemo was a curse. My white cell count (normal is 4000 to 11000) started falling to 100 and 200 on day 3, and I would have to inject myself with Neupogen every day and go on antibiotics. Hubby was terrified of injecting me, and I refused to go to the hospital by then. My son had just failed in his 12th pre boards and I would lie down on the living room sofa with my IVs to monitor his tuitions. How could I go into sterile isolation when my sons needed me? God is great. And No family to help except my elderly uncle and aunt.

The chemos were stopped at 4 cycles due to lack of tolerance, and 2 weeks later the radiations started - 30 days, 30 sittings. I got allocated a special 6 am slot (thanks to my college senior) so I could finish before other patients came. By the end of the month, it was a struggle to stay motivated, eat and continue to survive. However precise and focused software planned targeted radiation is given, surrounding tissues suffer, and that part of your body is cooked! Well, finally the 6 months of treatment were over. It took nearly 2 years for the body to get back to normal and counts to come up. And slowly but steadily, one got into the groove of a "normal" life with new burden of treatment induced diabetes. I challenged myself by going on a nearly solo trip to Japan 1 year later and completed an MBA from ISB just to prove to myself that my brain had not vegetated.

It is a very emotional journey and all the survivors I have met relate to these emotions. When we meet, we just hug and cling to each other in silent empathy. My surgeon friend wanted me to motivate others in her support groups just as I motivated myself, but I could not bring myself to do that. However, I work hard through various NGOs to ensure that poor women are able to afford free screening and treatment. I have helped Rotary to plan and execute 3 Mammography bus projects for free screening, the first one while still undergoing my treatment. Cancer is on the rise and the only way to fight it is through awareness and early diagnosis.

I could have copy pasted generic information from the internet about cancer for this article, and you dear reader would not have searched for information about cancer to read. Sharing my story is my way of getting you to read more about cancer and take care of yourself. The take aways from this piece for you my dear readers: .

1. Do not neglect your health.
2. Be aware.
3. Do not ignore signs and symptoms.
4. Be healthy, eat healthy and exercise. Enjoy life as it is too short but avoid excesses.
5. Annual checkups are mandatory after age 40. If there is a family history of anything, then much earlier.
6. Self-breast exam, Pap smear and mammography for women over 40 years.
7. Did you know that Prostate cancer is more common in men in India than breast cancer in women? So, dear men, make sure after 40 your checkups include PSA testing.
8. And finally, NEVER give up

Happy living!

Rtn.Dr Vasudha Rajasekar

**RCMT AT DISTRICT**



District Director Youth Service: PP Rtn. Meenakshi Perikaruppan



**Valarpirai- Green Rotarians Conclave**

Valarpirai: A Historic Event Celebrating the Future of Rotary

For the first time in Rotary's history, Valarpirai, an event dedicated to honouring the future of Rotary—our Green Rotarians—was celebrated with grandeur. This year, over 800 members joined Rotary District 3233, marking a significant milestone.

Valarpirai served as a gateway to endless possibilities in Rotary, providing an opportunity to explore the Rotary world, forge meaningful friendships, and ignite the spirit of service. This mega event was hosted at Mohana Gardens, Kolathur, under the leadership of District Governor Rtn. Mahaveer Bothra.

We were honoured to have Rtn. AKS. Er. Muruganandam M, Director of Rotary International 2024–27, as the Chief Guest of the event.

Our Green Rotarians enthusiastically participated in all activities, showcasing their commitment and spirit. Notable achievements included:

Early Bird Award to RCMT.

Outstanding performance in the quiz, with Rtn. Vivek Karwa securing 17th rank and Rtn. Dharani Prakash achieving 13th rank. The District thoughtfully arranged breakfast and lunch for all attendees, ensuring a delightful and seamless experience. Valarpirai truly celebrated the future of Rotary and inspired everyone to embrace service and camaraderie.



# RCMT IN MEDIA

## Rotary Club unveils tower clock at school in Egmore



Rotary Club of Madras T. Nagar unveiled a tower clock at Don Bosco Matriculation Higher Secondary School,

Egmore. According to a press release, the tower is a symbol of Rotary's commitment to community service.

The clock is installed at the main gate so that it is visible to the general public. Mahaveer Bothra, district



governor of Rotary International District 3233, took part in the event, adds the press release.

## T. Nagar Rotary Club installs tower clock in school



Rotary Club of Madras T. Nagar has installed a Tower Clock in Don Bosco School (Egmore). As the clock is installed on one of the main gate pillars, it provides a good view for the persons passing by the school. The unveiling ceremony was presided over by Mahaveer Bothra (District Governor of Rotary International District 3233). Rev. Fr. Dr. Xavier Paekiam (Rector and Correspondent of Don Bosco School), Rev. Fr. Mathias (Principal) and Narendra Srisrimal (President, Rotary Club) were present. The Club's contact number is 94440 29811.



Rotary Club of Madras T. Nagar unveiled the first ever Tower Clock of Rotary International at the Main Gate of Don Bosco Matric Higher Secondary School, Egmore, Chennai. Mahaveer Bothra, District, Dr. Xavier Paekiam, Correspondent of Don Bosco Matriculation Higher Secondary School, Egmore, Chennai and Mathias, Principal, Ambalavanan, Narendra Srisrimal, President, are also seen.

## Rotary Club unveils tower clock at school in Egmore



Rotary Club of Madras T. Nagar unveiled a tower clock at Don Bosco Matriculation Higher Secondary School, Egmore. According to a press release, the tower is a symbol of Rotary's commitment to community service. The clock is installed at the main gate so that it is visible to the general public. Mahaveer Bothra, district governor of Rotary International District 3233, took part in the event, adds the press release.

தான்லாபிக்கு ஸ்கூலு வந்து 'టవర్ క్లాక్' லைட் செய்து தருகிறது. இது ஒரு மெட்ராஸ் டிஸ்ட்ரிக்ட் ராஜன் கிண்டர் ஐயு கிளப் மூலமாக நடைபெற்றது. இது ஒரு மெட்ராஸ் டிஸ்ட்ரிக்ட் ராஜன் கிண்டர் ஐயு கிளப் மூலமாக நடைபெற்றது. இது ஒரு மெட்ராஸ் டிஸ்ட்ரிக்ட் ராஜன் கிண்டர் ஐயு கிளப் மூலமாக நடைபெற்றது.

## Rotary Rajan Kinder Eye Project launched in city



Chennai, Dec 25: The Rotary Rajan Kinder Eye Project was officially launched at Rajan Eye Care Hospital, T. Nagar, aiming to provide free prescription glasses to underprivileged children under 15 years old. Founded by Nayab Singh, a pre-medical student from New York City, the project's goal is to combat preventable blindness by screening lakhs of children in and around Chennai and offering corrective eyewear to those with refractive errors.

The launch event, attended by key figures including Rotary District Governor Mahaveer Bothra and Rotary Club of Madras T. Nagar President Narendra Srisrimal, highlighted the project's comprehensive approach to eye care, encompassing prevention, early detection, and timely correction. Dr. Mehan

Rajan, CEO of Rajan Eye Care Hospital, emphasized the growing concern of eye problems among children, with the rise in screen time contributing to higher incidences of myopia and other vision issues. This initiative is a significant step towards improving the lives of underprivileged children and ensuring they have access to the best possible visual health.

## पत्रिका सिटी कम्युनिटी & कर्त

### आरसीएमटी ने किया टावर क्लॉक का उद्घाटन



चेन्नई में पत्रिका 'रोटरी क्लब ऑफ़ मद्रास टी. नगर (आरसीएमटी)' ने मुख्य के साथ महानवंबर को रोटरी टॉवर क्लॉक 3233 के पहली टावर क्लॉक का उद्घाटन किया। यह ऐतिहासिक परिवर्तन है। इस उद्घाटन समारोह में महानवंबर, रिटिरेट एडमिरल, मुख्य अतिथि के रूप में शामिल हुए। उनके साथ डॉ. जैवियर पिकियाम, करव्यान्टि, डॉन खिचो क्लब और पिकियाम, एरार्डिनी, प्रभावार्थ, श्री उर्वरिया रहे। इसके अतिरिक्त अम्बालवानन, रिटिरेट रेक्टर (पब्लिक इमेज) ने

श्री दत्त अयोजन में भाग लिया। रोटरी क्लब ऑफ़ मद्रास टी. नगर का प्रतिनिधित्व रॉदर श्रीश्रीमल, अग्रज, पंकज देवी (कलम ट्रेनर) और डॉ. पुष्पिमा (सॉफ्ट) ने किया। क्लब के अन्य प्रमुख सदस्यो में राजा गणिका, रवि चंद्रशेखर, महेश शेट्टा, धरनी प्रकाश, गणेश बालेश, सवित्रदेवजा और डॉ. प्रवीण शिल्लुका शामिल थे।

## कண் பார்வை பாதிப்பு குழந்தைகளுக்கு அதிகரிப்பு



ராஜன் கண் மருத்துவமனையில் தேற்று நடந்த திகழ்வில் ரோட்டரி கவர்னர் மகாவீர் போதீரா, குழந்தைகளுக்கு கண்ணாடியை அணிவித்தார். இடபிரித்து: மருத்துவமனை இயக்குனர் டாக்டர் கஜாதா மேனகன், சோமன் டாக்டர் மேனகன் ராஜன், ரோட்டரி தலைவர் நரேந்திரா பூபூ மால், டாக்டர் குமுதா.

## रोटरी राजन किंडर आई प्रोजेक्ट की शुरुआत

चेन्नई, रोटरी राजन किंडर आई प्रोजेक्ट का शुभारंभ खास राजन आई केयर में सफलतापूर्वक किया गया। 15 वर्ष की आयु तक के जरूरतमंद स्कूलों के बच्चों को नि:शुल्क चश्मे का दान इस महान परियोजना का मुख्य उद्देश्य है। रोटरी जिला प्रमुख महावीर बोधरा और आरसीएमटी के अध्यक्ष नरेंद्र श्रीश्रीमल ने इस अवसर पर अपनी उपस्थिति दर्ज कराई और सभी को गुणवत्तापूर्ण नेत्र



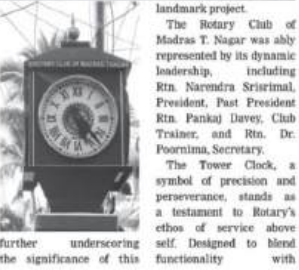
देखभाल प्रदान करने में आरसीएमटी के प्रयासों की सराहना की। माया सिंह, किंडर आई, यूएसए के अध्यक्ष और सभी को गुणवत्तापूर्ण नेत्र

## Rotary Club of Madras T. Nagar Unveils the First Ever Tower Clock of Rotary International District 3233

**T**ower Clock\* installed and inaugurated at Don Bosco Matriculation Higher Secondary School, Egmore. A landmark initiative to enhance Rotary Club of Madras T.Nagar's Public Image & noble presence. Marking a historic milestone, the Rotary Club of Madras T.Nagar (RCMT) proudly installed and inaugurated the first ever Tower Clock of Rotary International District 3233 at the esteemed Don Bosco Matriculation Higher Secondary School, Egmore, Chennai. The clock is installed on the main gate giving visibility to the general public all day with in built light. This visionary initiative epitomizes Rotary's unwavering commitment to creating meaningful and enduring legacies within the community. The grand unveiling ceremony was presided over by Rtn.Mahaveer Bothra,



District Governor of Rotary International District 3233, who inspiring presence lent grandeur to the event. Joining him were Rev. Fr. Dr. Xavier Paekiam, SDB, Rector and Correspondent of Don Bosco Matriculation Higher Secondary School, Egmore Chennai and Rev. Fr. Mathias, SDB, Principal of the institution. The event also witnessed the distinguished presence of Rtn. Ambalavanan, District Chair for Public Image,



landmark project. The Rotary Club of Madras T. Nagar was ably represented by its dynamic leadership, including Rtn. Narendra Srisrimal, President, Past President Rtn. Pankaj Davey, Club Trainer, and Rtn. Dr. Poornima, Secretary. The Tower Clock, a symbol of precision and perseverance, stands as a testament to Rotary's ethos of service above self. Designed to blend functionality with

aesthetics, this clock not only enhances the architectural appeal of Don Bosco Matriculation Higher Secondary School but also serves as an enduring emblem of Rotary's mission to uplift and inspire communities for generations. Speaking on the occasion, Rtn. Narendra Srisrimal, President of Rotary Club of Madras T.Nagar remarked, "This project embodies the essence of Rotary's legacy uniting people to create a lasting impact. We are deeply honored to dedicate this Tower Clock as a beacon of hope and resilience to our community." Spearheaded by Team Narendra Srisrimal, the project showcases Rotary Club of Madras T.Nagar's dedication to fostering innovation, collaboration, and community engagement, leaving an indelible mark on Rotary District 3233's rich history.

Happy  
*Birth*day  
to you

**RCMT GREETINGS**

Happy  
Anniversary

Name	Date
Ann.Nalini.Moorthy	01-Dec
Ann.Sindhu Shyam	02-Dec
MANISHA CHORDIA	10-Dec
S. Dilip Kumar	19-Dec
Rtn. Dr. Vasudha Rajsekar (Major Donor)	20-Dec
Rtn. Dr. Murugusundram	20-Dec
Rtn. R.V. Prasad	21-Dec
Madhu Shree Karwa	21-Dec
Rtn. A. Shankar - (Past President)	23-Dec
Anand Dhanasekar	28-Dec

Name	Date
G GOPINATH	01-Dec
G SANGEETHA	
RAKESH GADIYA	07-Dec
SHARMILA GADIYA	
RAJESH KUMAR BALECHA	08-Dec
SARITHA BALECHA	

**SUMMARY OF PROJECTS**

Dec 2024 Projects		
S.no	Name	Total
1	Club Service	2
2	Community Service Projects	2
3	New Generation	1
4	RCMT International	1
5	RCMT Public Image	1
6	RCMT in District	1
7	Eye Camps (On Going Projects)	10
8	Annadhanams (On Going Projects)	7
	<b>Total</b>	<b>25</b>

YTD (Jul-Dec) 2024 Projects		
S.no	Event	Sum
1	Club Service	18
2	Community Service Projects	12
3	Community Service Health	8
4	Community Service Literacy	1
5	New Generation	24
6	RCMT Interanational	4
7	Annettes Wing	2
8	Eye Camps (On Going Projects)	50
9	Annadhanams ( On Going Projects )	68
10	Eye Donation Rally (Image Building )	1
11	RCMT (Image Building)	3
12	RCMT in District	12
13	Global Grant Project	1
14	RCMT Public Image	1
	<b>Total</b>	<b>205</b>

**Rotary Club of Madras T. Nagar RI District 3233**

**Presence in Social Media**

