



FLYOVER

Rotary
District 3232



CREATE HOPE
in the WORLD

Bulletin of THE ROTARY CLUB OF MADRAS T. NAGAR

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content

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MESSAGE FROM THE PRESIDENT

Dear Friends,

The month of October began with the inauguration of our second Global Grant Project "Project Pallikoodam" at Government Higher Secondary School, MGR Nagar which was initiated last year under the leadership of PP Rtn. Meenakshi Perikaruppan & Rtn. Dr. Vasudha Rajasekar.

October being Breast Cancer Awareness month a talk on the same was organised at Diana Nursery & Primary School, Saidapet. RCMT was one of the lead clubs for the HPV Cervical Cancer Screening held at UPHC, Padi.

On the occasion of International Day of the Girl Child, a talk on Menstrual Hygiene to the girl students was done at our RCC Government Secondary School, Kannammapet.

Ms. Shiny Surendran, Sports Nutritionist & Dietician as speaker gave a very informative talk on healthy eating which will result in a healthy lifestyle.

With the Rotaract Installation at Saveetha Allied Sciences we completed all our Rotaract & Interact Installations for the year.

A Workshop for the teachers and parents of Ekadaksha School was conducted.

RCMT was a part of World Record by participating in the largest Human Heart formation as part of the World Heart Day. We were also one of the clubs participating in the World Polio Awareness Campaign at Jeeva Park, T.Nagar.

Annadanams & Eye camps at its best as always !

Retro Karaoke theme Night by Thilaka & group was enjoyed by the members.

Appreciate the efforts of all the Avenue Directors and Chairmans for making all the events successful..

Thank you!!

Yours in Rotary
Rtn. Kavitha Shankar.
President

ROTARY DESIGNATED MONTH

October ..

Economic and Community development month .

CLUB SERVICE

OCTOBER

12

GUEST SPEAKER

Interactive session with health nutritionist Shiny Surendran at GRT Grand Hotel .

Meeting followed by fellowship & dinner .

  

ROTARY CLUB OF MADRAS T.NAGAR
Cordially invites you to an Healthful evening with

GUEST SPEAKER
SHINY SURENDRAN

Accredited Sports Dietitian (IOC & SDA),
Preventive Health Nutritionist,
Level 2 Kinesiotherapist (SAK),
Lecturer, Author, Speaker, & Consultant.

Thursday, 12 October
7PM
@
Art Bistro Hall, Hotel GRT Grand,
T.Nagar



Rtn. Kavitha Shankar
President

Rtn.Dr. Ganapathy
Director - Club Service

Rtn.S.V. Srinivasa Moorthy
Secretary



OCTOBER
29

KARAOKE NIGHT

A family fellowship at GRT Convention centre
on 29 th October.

Retro Karaoke by Thilaga & party.

Fun-filled ,stress buster musical family meet .

Followed by Fellowship & Dinner.



COMMUNITY SERVICE DEVELOPMENT PROJECTS

OCTOBER
04

PALLIKOODUM

We the members of Rotary Club of Madras T. Nagar strongly feel that the youth are our future and we need to give them a good environment to grow and develop into responsible individuals.

One such initiative was the project Pallikudam initiated last year. This project is a project of RCMT through Rotary International Global Grant . On this note we chose Government Higher Secondary School (GHSS), MGR Nagar, Chennai.

Here we had upgraded educational infrastructure - Physics, Chemistry, Biology and Computer Laboratory equipments , smart class room with furniture as well as, basic sports facilities such as their playground & their backyard benefiting the 987 students (Boys – 783, Girls – 204) and teachers. Plus we had provided STEM Based training to the teachers and students of GHSS, MGR Nagar.

Our efforts to upgrade the school at an approximate cost of ₹48,00,000/- had finally reached the completion stage.

Our large hearted member , industrialist and donor Rtn. Narender Srisimal had accepted to inaugurate the same. We had the CEO of education Mr. Mars, the local MLA Thiru Raja and our Immediate Past District Governor Rtn. Dr. Nandakumar had graced the inauguration.



RCMT whole heartedly appreciates the tremendous efforts of Rtn. Meenakshi Perikaruppan and Rtn. Dr. Vasudha Rajasekar for this project .



EKADAKSHA

Teachers workshop

A workshop full of fun

A workshop to reflect on oneself

A workshop to forget stress

A workshop to create a space for an Individual and as a team .

This workshop was conducted by Hemalatha Swaminathan .

Sponsored by Rtn. Priya Ravichandran.



YOUTH SERVICE

OCTOBER

11

INTERNATIONAL DAY OF THE GIRL CHILD

International Day of the Girl Child* was observed by Rotary Club of Madras T. Nagar at the Chennai High School, Kannammapet,

Rtn. Dr. Mahalakshmi educated the young girls of the school on *Menstrual Hygiene.* Around 50 students attended the talk.

Keeping the spirit of hygiene maintenance, hand soap strips were distributed among the young girls.



OCTOBER

19

ROTARACT INSTALLATION

Installation Ceremony of Rotaract Club of Saveetha College of Allied Health Sciences was on 19th October .

Dir Youth Service-Rtn Dr.Madhusudhan





ON GOING PROJECTS

ANNADHANAM

Annadhanam at Akshaya trust by Rtn. Priya Ravichandran.

Annadhanam at Akshaya Valasaravakkam by Ann. Rathna Krishnan

Bajanas were sung and tumbler sets were given to the inmates of Akshaya trust .





EYE CARE PROJECT

A joint project of Rotary club of Madras T nagar ,
Rajan Eye Care hospital &
Chennai Vision Charitable trust focusses on Blind Free India .
Rtn.Dr.Mohan Rajan & Ann. Dr Sujatha Mohan are doing
Yeoman service to the Society



CAMP REPORT FOR THE MONTH OF SEPTEMBER 2023

| Date | Day | Camp Venue | No.of Screened | No .of Cataract surgery Done | Exp | No of Spectacles Given | Exp | Referred patient for Treatment | Transportation | Total |
|-------------------|-----------|------------------------------|----------------|------------------------------|-----------|------------------------|----------|--------------------------------|----------------|-----------|
| 3rd October 2023 | Tuesday | VALLUVARKOT-TAM, Chennai | 312 | 23 | 115000.00 | 19 | 19000.00 | 19 | 1500 | 135500.00 |
| 4th October 2023 | Wednesday | Virugambakkam | 121 | 14 | 70000.00 | 11 | 11000.00 | 12 | 2000 | 83000.00 |
| 8th October 2023 | Sunday | Manavalan Nagar, thiruvallur | 112 | 11 | 55000.00 | 13 | 13000.00 | 11 | 8000 | 76000.00 |
| 17th October 2023 | Tuesday | Thiruvannamiyur, chennai | 91 | 9 | 45000.00 | 9 | 9000.00 | 11 | 2000 | 56000.00 |
| 22nd October 2023 | Sunday | Koyambedu | 106 | 10 | 50000.00 | 8 | 8000.00 | 12 | 3000 | 61000.00 |
| 18th October 2023 | Wednesday | Red cross, Egmore | 72 | 9 | 45000.00 | 11 | 11000.00 | 8 | 2000 | 58000.00 |
| 25th October 2023 | Saturday | Vyasarpadi | 102 | 11 | 55000.00 | 12 | 12000.00 | 10 | 3000 | 70000.00 |
| | | | 916 | 87 | 435000.00 | 83 | 83000.00 | 83 | 21500 | 539500 |

BLAST FROM THE PAST

"For the Sake of Honour" award to Ann.Dr. Sujatha Mohan..





NEIGHBOURGOOD

Rotary club of Adambakam

The event was held to support and provide assistance to the Thooimai Paniyalargal who work tirelessly every day to keep our surroundings clean. The Rain Coats were distributed to them to help them continue their work even during the rainy days without any hindrance. The Thooimai Paniyalargal expressed their gratitude and felt happy for being recognized and supported by the Rotary Club.





RCMT AT DISTRICT EVENTS

OCTOBER
04

OCTOBER IS BREAST CANCER AWARENESS MONTH-

An International campaign to increase awareness of the disease. Self-examination helps in increasing the chances of early detection and better prognosis.

Rtn. Dr. Poornima Karthik of 'Radiant smile care' gave an insight of the disease.

This camp helped in educating the public and create awareness regarding breast cancer.



Rtn. Kontha Shankar
President
RC Madras T Nagar

Rtn. S V Srinivasa Moorthy
Secretary
RC Madras T Nagar

Rtn. Dr. Poornima Karthik
Director, Community Service (Health),
RC Madras T Nagar

Breast Cancer Awareness Month

#AbhayaCaresForBreastHealth

Date: 4th October 2023, Wednesday

Venue: Diana Nursery & Primary School, Saidapet

Time: 3:30 pm – 4:30pm

Beneficiaries: Teachers of the School



CERVICAL CANCER SCREENING CAMP

Cervical Cancer is the 4th most common cancer in women. It is one of the most successfully treatable forms of cancer as long as it is detected early and managed effectively.

We joined with *RCC Meraki* for a cervical cancer screening camp at UPHC Padi for women of low socio-economic group. Based on the reports, the patients were referred to PHC or Egmore Maternity Hospital.



WORLD HEART DAY

World heart day observed at 'Olcott memorial higher secondary school'. Nearly 50 Rotary clubs joined together to form the largest Human heart .





WORLD POLIO DAY

October 24th is observed as World Polio Day*.

The onus of making this world polio free lies on the shoulder of each one of us and we must do it.

We the Members of RCMT along with few other clubs joined on this day at *JEEVA PARK and created awareness. A drop can do many wonders, One drop can save many lives, so let us work together for a polio free tomorrow.



