

June 2024

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SUNSHINE

ROTARY MAGIC



THIRUKURAL OF THE MONTH

ஒன்றானுந் தீச்சொல் பொருட்பயன் உண்டாயின்
நன்றாகா தாகி வடும்.



Uttering even a single harmful word
will surely spoil all the Goodness

EDITOR'S MESSAGE



Dear Suncitians,

Greetings

The theme of this year is “ROTARY MAGIC”. Rotary Magic encapsulates the extraordinary spirit and transformative power of Rotary International. It refers to the unique blend of fellowship and dedication that drives Rotarians to create positive change worldwide. This ‘magic’ is evident in the seamless collaboration among diverse members, the innovative solutions they bring to local and global challenges. From eradicating polio to providing clean water and supporting education, Rotary Magic is the invisible yet palpable force that turns goodwill into action, uniting people from all walks of life in a shared mission to make the world a better place.

Rotary magazine typically emphasizes the core values and ongoing initiatives of Rotary. It highlights the organization’s commitment to service, leadership, and community engagement, often reflecting on recent accomplishments and upcoming projects. Additionally, it may address current global challenges and how Rotary aims to contribute positively, reinforcing the magazine’s role as a vital communication tool for fostering unity and collaboration among its members.

Exhibiting the hidden talents among Anns, Annettes, and Rotarians—is yet another aim of this magazine. These exhibitions provide a platform for Anns to showcase their artistic, literary, and professional talents, thereby enriching the Rotary community with their creativity and expertise. It will also enhance the learning of other departments through the experts in that field.

So, it gives me immense pleasure to restart the E -magazine of our club “The Sunshine” in this year with the support of my Rotary family. It will be released once in two months. Request all Suncitians to actively participate in this initiative.

Thank you

Dr. Pratheeba Devi Nivean

CO-EDITOR'S MESSAGE



Dear Suncitians,

I am delighted to be a part of the editorial team releasing this year's edition of "The Sunshine," the E-magazine of our club. The Rotary Club of Chennai Sun City has always actively been engaged in several noble initiatives, and it is truly inspiring to witness the collaborative efforts of our team. This magazine not only showcases our club's initiatives but also highlights the talents of our Anns, Annettes, and Rotarians. I look forward to learning, exchanging ideas, and growing together as a community.

Thank you
Rasika Venkadasamy

MEDICAL CAMP

The Rotary Club of Chennai Sun City organised a successful medical camp under the presidentship of Rtn. Dr. V J Saravanan. This initiative aimed at providing essential health services to the community and saw a significant turnout, with numerous individuals benefitting from the medical consultations and treatments offered.



HOUSING PROJECT

It gives me great pleasure to send you the project completion report for the Rotary Club of Chennai Sun City Pilot Project at Meiyur Kuppam, Kalpakkam. On behalf of team Nivasa and the Indian Housing Federation, I would like to thank the Rotary Club of Chennai Sun City for the opportunity, continuous support and timely help with this project. Despite the delay due to various factors (contractor, labour, government funds delay, weather conditions, etc) the club has supported us till the completion and for that we are very thankful.

PMAY – U Housing Project for 4 fishermen families in Meyyur Village

Completion Report February 06 2024



Construction Updates

Houses of: Munnuswamy, Kuppulakshmi, Elangiyam & Macchagandhi



DISTRIBUTION OF LAPTOPS



Join us for the Laptops distribution function



PHILIPS

on

Friday, Feb 23rd 2022, 3.00 PM

at Rotary Thangasamy Memorial Vocational Centre
No 16, Madurai Meenakshipuram,
Iyyencheri, Urapakkam 603210

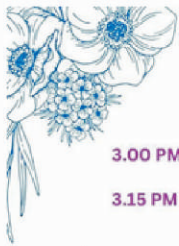
Distribution of Laptops
to
Rotary Vocational Centre & RECAL Foundation
to upskill the needy students.

Chief Guest

Mr. Akhilesh Kohli

Philips GBS, APAC Head

Rtn. Dr. V J Saravanan, President, Rotary Club of Chennai Sun City
Mr. K. Mahalingam, President, RECAL.



Agenda

3.00 PM – Arrival of Guests from Philips, Rotary, RECAL

3.15 PM – Volunteer activities by the team from Philips

- Wall Painting
- Cleaning of the Vocational Training Centre & Tuition Centre
- Interaction with the beneficiaries

4.30 PM – Formal Meeting for distribution of Laptops

- Invocation (1 Minute)
- Welcome Address by Rtn. V.J. Saravanan (3 Minutes)
- Brief about the activities at the Rotary Vocational Centre (3 Minutes)
- Brief about the Philips CSR Activities (3 Minutes)
- Introduction of the Chief Guest (1 Minute)
- Address by Chief Guest Mr. Akhilesh Kohli (5 Minutes)
- Felicitation and Vote of Thanks by Mr. K. Mahalingam (3 Minutes)
- National Anthem

5.00 PM – Refreshments & Snacks, Photo Session

5.15 PM – End of Program



In addition, on February 23, 2022, the club conducted a laptop distribution event to support the Rotary Vocational Centre and RECAL Foundation. This initiative was focused on upskilling needy students by providing them with the necessary technology to enhance their educational opportunities.



SAVE A LIFE – BY DONATING BLOOD

DR KAVYA SOMESH M.B.B.S , M.D (GENERAL MEDICINE),FIAMS RIGHT HOSPITAL BLOOD BANK

I have nothing to offer but blood, toil, tears and sweat.- Winston Churchill

Awareness about blood donation in India is sharply skewed. While some states are able to accumulate extra blood than what is required, other needy states face a deficit. The cause for this wide difference in blood donation is primarily the lack of knowledge about its simple process in the lesser-developed states and the various unfounded myths that people have harboured over the years.

On the whole, India today faces a huge shortage of blood requirements. In absolute terms, this means that we require to cover a shortfall of over 12 lakh units. Given that the eligible donor population of India is more than 512 million, this deficit is surprising , but solvable If we contribute. Blood donations is the need of the hour since many road traffic accidents, major trauma surgeries, cancer related surgeries , general surgeries, anaemia complicating pregnancy, children with bone marrow cancer, thalassemias, sickle cell anaemias all require regular sometimes even weekly/monthly transfusions.

During road traffic accidents or surgeries there is a huge loss of blood from the injured site and if not promptly restored, the oxygen supply which is carried by the blood decreases and it may prove fatal.



Donating blood obviously benefits the recipient. U might be able to save lives of not just the person who receives it but for the entire family who is dependent on the person.

Did u know that Blood Donation actually helps you..???

- 1.It reduces the stress levels and helps us to feel better .
2. Reduces iron overload which sometimes may be detrimental to the body.
3. Do you know blood donation even burns more than 500 calories/donation.
4. lot of surveys are being conducted on health benefits of blood donation.. here are a few observations...

☑ Regular blood donation in nonsmoking men is associated with significantly lower mean total cholesterol and low-density lipoprotein levels , than in non-donors and hence a reduced risk of cardiovascular events such as myocardial infarction, angina, and cerebrovascular accidents.
☑ Blood donation removes oxidants and decreases oxidative stress which is associated with premature ageing and a lot of diseases..

5. You get tested for your haemoglobin levels , HIV , Hepatitis B , Hepatitis C , syphilis and other infectious diseases while donating blood and it increases the chances of detecting and treating it early. Any positive blood tests will be intimated to the donor personally and advise regarding follow up of the same is also given. Infact, we see a lot of young blood donors who did not previously know they had hepatitis, were screened during donation and appropriate treatments instituted which otherwise could have landed them in serious liver problems later in life.

? So who can donate blood?

- Physically fit individuals.
- Age group : 18-65 yrs
- A minimum Hemoglobin of 12.5 mg/dl
- Blood pressure less than 180/100 mmHg

? Who are not eligible?

- Those with infectious disease like HIV, Hepatitis , Syphilis
- Recent Myocardial infarction ,major cardiac problem or seizures
- Pregnant females
- Recent history of surgery/blood loss
- Drug abusers
- Those who are under the influence of alcohol



Few Facts about Blood Groups and Blood Components

Who can Donate to Whom?

Recipient	Donor							
	O-	O+	A-	A+	B-	B+	AB-	AB+
O-	✓							
O+	✓	✓						
A-	✓		✓					
A+	✓	✓	✓	✓				
B-	✓				✓			
B+	✓	✓			✓	✓		
AB-	✓		✓		✓		✓	
AB+	✓	✓	✓	✓	✓	✓	✓	✓

What all can be transfused?

- Whole blood
- Packed red blood cells
- Random donor platelets
- Single donor platelets (SDP)
- Fresh Frozen Plasma
- Cryoprecipitate

SO HOW SIMPLE IS THE PROCEDURE?

Blood collection as such is just a 15 minute procedure.
Registration and Consent form



Eliciting history and Physical Examination by a medical officer



(if fit)
You are Ready to Donate!



The donor's arm is cleaned with an alcohol prep pad and a technician inserts a needle into a vein which is attached to a collection tubing and bag. One pint (375 ml) of blood is collected.

(After the donation) ↓

The needle is removed and pressure gauze is applied and a bandage is placed over the person's arm.



The donor will usually wait for 10-15 minutes to observe for any side effects and also they'll be provided with light refreshments.



Dr.KAVYA SOMESH M.B.B.S.,M.D

Some minor side effects during donation

Having said the benefits and procedure, it needs to be mentioned that certain minor side effects like bruising at the collection site, mild dizziness etc can be experienced by the donor which is quite normal and it resolves within a few minutes, which should not discourage one from donating.

SO HOW FREQUENTLY CAN YOU DONATE??

One must wait at least eight weeks between donations of whole blood. Platelet apheresis donors may give every 7 days up to 24 times per year since other components are returned back to the donors..

WHAT IS APHERESIS?

There are four main components in blood: plasma, red blood cells, white blood cells and platelets. Now a days it is possible to extract only the required component like platelets or red cells and rest of the components can be reinfused back to the donor. For example, in patients with Dengue where platelet count goes below 20,000 or if there is any bleeding manifestations, the patient may benefit from highly concentrated PLATELETS which is called Single Donor Platelets(SDP). This procedure is called Platelet Apheresis. The procedure of separating just the required components from a donor is called apheresis which is available in only authorized blood banks.

NOBODY CAN DO EVERYTHING BUT EVERYBODY CAN DO SOMETHING

**So Make up your mind to donate blood today !
SAVE A LIFE BY DONATING TODAY!**

GIGGLE BITS

POWER DRINK AMLA JUICE



Mrs. Kalpana Suresh



1. Amla - 4
2. Lemon - 2
3. Pineapple pieces (for natural sweetner) - 1

1. Small ginger piece
2. Blacksalt
3. Salt - According to your taste
4. Mint leaves (1 handful)
5. Honey, if you want
6. Everything you can add or less, According to your taste buds
7. Put everything in the mixie and grind.
8. Filter it and add water
9. Refrigerate and enjoy your drink.



மாமியார் மருமகளிடம்
தேங்காய் போட்டு
குழம்பு வைக்க
சொன்னார்களாம்; 😊
இன்னும்
மாமியாருக்கு மயக்கம்
தெளியவில்லையாம்.



Sophi's GK Corner

- 1 Land of Smiles- *Thailand*
- 2 Land of The upright men
- *Burkina Faso*
- 3 Land of Hope and Glory
- *England*
- 4 Land of Milk and Honey
- *Switzerland*
- 5 Land of Hermit Kingdom
- *North Korea*
- 6 Land of beauty and Music
- *Austria*
- 7 Land of Great white north
- *Canada*
- 8 Land of Thousand Lakes
- *Finland*
- 9 Land of Emerald of the
Equator- *Indonesia*
- 10 Land of Emerald Isle- *Ireland*

Daffodils

Oh daffodils oh daffodils,
I soar across my sorrows with you,
High in the fields for my misfortunes.
Oh I wonder how beauty is in looks and not by heart.

The outer petals of you being judged,
While the inner layers are being ignored.
Overlooked for the slightest of mistakes,
Forsaken for the small steps you take.

While its only a phase,
Happiness or sadness,
I will come back to you,
Sometime or later or never.

While my hope for you,
Oh daffodils Oh daffodils, is very hard to cope.

- Mahetha Nivean



