



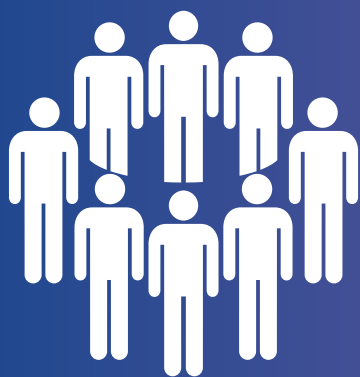
# ROTARY CLUB OF CHENNAI TOWERS

ROTARY INTERNATIONAL DISTRICT 3232

23  
24

August 2023 | VOLUME 26 | Issue 2





# COMMUNITY SERVICE DEVELOPMENT

AUGUST 2023 | VOLUME 26 | Issue 2

## WORLD BREAST FEEDING WEEK

1st August 2023

A project by RID 3232 Rotary Clubs along with Team Community Service Health participated in the inauguration of the World Breastfeeding Week program at the Institute of Child Health, Egmore on the 1st of August.

We gave kits to all the young mothers, consisting of a feeding night dress, sanitary napkins, baby diapers and wet wipes.

They expressed the need for an air conditioner for the 'Human Milk Bank' where mothers can sit comfortably and donate milk. Ann Radha represented RCCT for this event.







## AKSHAYAM

13th August 2023

Ann Mala Vijayakumar

Akshayam Project, (feeding the needy) was done on 13th August, in a traditional manner, as it coincided with Tamil Aadi month. Ann Mala Vijayakumar arranged to serve traditional ragi koozhu with murungkeerai as an accompaniment, at Nagavalli Amman Temple in Kamaraj colony at Kodambakkam. The Housing Board residents around the Temple brought their own vessels and collected the food being distributed. This project felt special and heartwarming as it connected spirituality with service to the people.



## DID YOU KNOW

In February 1929 the Rotary Club of Colombo was inaugurated at a Dinner Meeting held at the Galle Face Hotel, introducing Rotary to Sri Lanka. The first District to which Ceylon was attached was No. 89 which covered Afghanistan, Burma, India and Ceylon. The club bulletin was issued and named 'Contact'. The Colombo club sponsored two new clubs at Jaffna and Galle in 1940-41.



# INDEPENDENCE DAY

15th August 2023

As has been a RCCT practice for the past few years, on Independence Day we distributed sweets, savouries and lunch to 30 children in our Vocational training centre at Poondi. We do this every year through Mr Justin who is incharge of the centre. Wishing everyone a happy Independence Day.







# COMMUNITY SERVICE DEVELOPMENT

Medical

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## RCCT DIALYSIS PROJECT

20th July 2023

Rtn Umapathy, Chairperson Dialysis Committee

A one of a K.I.N.D. project,

Playing hide and seek, running, spinning on the merry-go-round, or just laughing aloud is not possible for some little ones having kidney problems. Many of these children are in need of dialysis but unfortunately they don't get the opportunity because of lack of facilities. Private hospitals are way too expensive for such prolonged treatments. In short, the children are effectively deprived of their childhood because they do not have the kind of medical facilities needed to recover and get as close to normalcy as they can. That's why our Project at the Government Institute of Child Health, Egmore, provides us with so much satisfaction. Through the consistent, dedicated and tireless efforts of RCCT from 2019-2023, we were able to provide dialysis to little lives with sophisticated equipment that offer treatment with less pain and more comfort.

As chairperson of the Dialysis Project and with the support of my team, I was keen to follow up on the success of our first Dialysis Centre at Retteri where we were treating patients free of cost. Facing and overcoming many challenges posed due to Covid, like, the change of Government and backing-out of a vendor, the opportunity to complete this project, came like a heaven sent. The required infrastructure was in place at the Pediatric Dialysis Center at the Institute of Child Health, a Government hospital. They were looking for the right equipment so they could help young patients and ease the trauma of their families. And so the K.I.N.D. (Kidneys In Need Of Dialysis) project came to being.



Dr.Balaraman, the Chief Nephrologist of Children's Hospital Egmore was of great support in ensuring the process was executed smoothly. 7 dialysis machines including a haemodiafiltration unit, a portable RO, ultrasound and a body composition machine were handed over. The children who undergo dialysis for long hours would use phones to keep themselves entertained. To save them from this harmful radiation we also installed a television. Apart from this we also donated a wheel chair, an examination table, trolley and a cot.

With this project by RCCT, our vision of being able to get children suffering from kidney diseases back on their feet and able to lead a normal life has been made a possibility.

A K.I.N.D. story,

“A little boy aged just 18 months old from Namakkal was accidentally poisoned when he swallowed some pills. The family tried many hospitals close by, to no avail. They then reached out to the Institute of Child Health, Egmore. When they heard that this hospital had equipment that could clean out the poison through haemodiafiltration, they rushed the child here in an ambulance travelling for over 10 hours. The child was intubated and the poison was flushed out after two, five hour sessions. Performing hemofiltration on children less than 10kg is usually challenging. Thanks to this machine donated by RCCT it has actually saving lives every day. Not many private hospitals own this machine and hardly any Government hospitals have it.” As narrated by Dr.Balaraman citing one of the many cases helped by haemodiafiltration. RCCT has created a benchmark of sorts through this project which will impact many little lives.





# EYE SCREENING CAMP

22nd and 24th August 2023

Radhathri Netralaya and Rtn Dr. Vasumathy conducted eye screening camps at Maharishi International Residential school on 22nd and 24th August.

**Total number of students screened: 352**

**C.T.C. Refraction: 63**

**Ptosis: 1**

**Normal: 288**





# VOCATIONAL SERVICE

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## FACTORY VISIT

19th August 2023

Ann Vidya Sagar

Modern automotive ancillary manufacturing facilities consider Quality Control to be a foundational part of their entire production process. The reason is that the facilities can increasingly maximize the volume of products within a small time window. Our factory visit to Devendra autocom pvt ltd. was well aligned to the above statement. The visit was slated for 11am on 19th of August and most of us were on time. After a short introduction to our group leaders and some refreshing snacks and tea we were divided into groups led by some of Devandras staff.

Basically they are into manufacturing of auto ancillaries for heavy vehicles and the defence sector. Devendra autocom is an offshoot of its parent the famed Autolec industries which is now owned by the TVS group, founded in 1965 by Mr. Vasudevan, our member Rtn Rashmi's father. The clean and green environment that surrounded the premises and the spotless shop floors were really impressive. We visited all the facilities and had an overview of their online production monitoring including. Thanks to the discipline, passion for work and perfection inculcated by the founder and followed by Mr.Vinodh who is in charge of operations.

We visited the main work floor, feed pump assembly room and fuel filter assembly room. They also have a totally women only run unit! Canteen with subsidized food at Rs.10 per head is run by the management. Would love to go try out some day!

My take away from the entire experience can be summed up as:

Devendra autocom follows the 3 principles of :

1. Quality in Product;
2. Quality in Production; and
3. Quality in Ownership.

The visit concluded with a vote of thanks by Ann Shoba.









# YOUTH SERVICE

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## EFFECTIVE COMMUNICATION

4th August 2023

Rtn Sapna Sriram

An 'Effective Communication' session was conducted at KRMM School on August 4, 2023, as one of our special initiatives this year under the Youth Service Avenue. We plan to do monthly sessions on special topics and educate the students on topics which are non curriculum based.

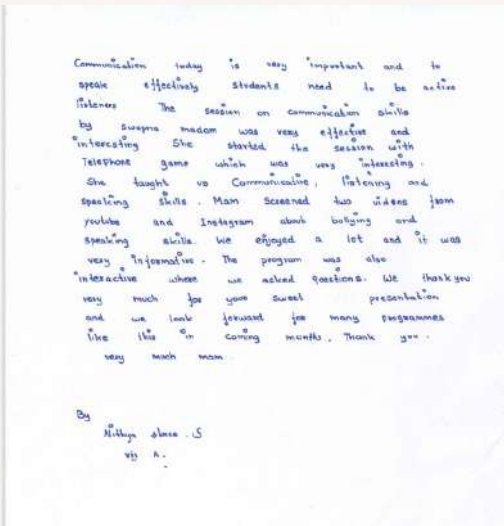
The principal of KRMM School had requested us to conduct a session on behaviour science and communication skills, as many of students lacked in those. We began our first session on 'Effective communication skills' for the students of 7th and 8th standards. The session was modulated by Ann Archana and myself with a power point presentation showing slides on use of correct sentences. This was followed by a small quiz on words and its correct pronunciation, how to structure the conversation etc with some examples. The students were called on stage to speak before and after the learning session. A small video on bullying was shown to the children and Ann Archana explained the future mental repercussions because of it.

Mrs Rashmi, who is a professional trainer on soft skills and communication from Pune, helped us teach the children pronunciation through her wonderful recorded videos.

The session was well received and the feedback was very positive and encouraging. We hope to impact these young minds in a positive, constructive and meaningful manner.







**NITHYA SHREE S**



## INSTALLATION OF ROTARACT CLUB OF CHENNAI TOWERS

6th August 2023

Rtr. Urmila Kalesh – Secretary

The Rotaract Club of Chennai Towers had their 11th installation ceremony - 'Aadhya', on the 6th of August 2023, at Nahar Hall, Royapettah. Rtn. Vijay Ram M was installed as the 11th President of Rotaract Club of Chennai Towers along with the Board Officials for the Rotary Year 23-24. Rtn. Binoy P. K, President of Rotary Club of Chennai Towers, Rtn. PP. Essaki Sekar S, District Rotaract Representative of RID 3232 for the Rotary Year 23-24 and Rtn IPDRR. PP. Gowtham Raj S, Immediate Past District Rotaract Representative of RID 3232 graced the occasion with their presence. Also present were family and friends of the Rotaractors who lent their support. The Board of Rotaract Club of Chennai Towers 23-24 is all set to roar and make the year a remarkable success.







# INSTALLATION OF ROTARACT CLUB AT KRMM COLLEGE

14th August 2023

Ann Archana

The Rotaract Club of KRMM College had their installation on August 14, 2023, with 400 students joining the Rotaract Club. The installation was very meticulously planned with introduction of the Rotaract Council. Our Chief Guest Rtn. Seshasai, Secretary of Rotaract Club of Madras gave a very inspirational speech on how agriculture is of paramount importance to the society and global economy and how proud he was to be a farmer. Rtn. Nirmala, Chairman for District Interact Club, spoke of the 3 C's which is important for student life, communication, collaboration and cooperation which entails assisting each other to achieve their objectives.

Ann Archana provided few tips on choosing the right career which can have a profound impact on life. The students were provided insights of how building networks helps in job opportunities and making the optimum use of social media like LinkedIn. Rtn Sanjana Varma, DRR Elect, requested the members to support the council in all their endeavours.

Rtns. Rajesh Narang and Sapna Sriram, played a significant role in the success of this event. The feedback received was very encouraging, memorable and inspiring for all the participants. This was a great opportunity to highlight the Rotaract Club's values, goals and enthusiasm.



## DID YOU KNOW

After the Second World War the need was to restore peace and friendship among nations in the world. Governor Robert Haussman (Rotary club of Stuttgart, Germany) and Roger Coutant (Rotary club of Lille France) officially created the first Inter country committee between France and Germany on May 23rd 1950 with the main purpose to encourage Rotarians to learn about the other country and its culture







# LITERACY

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## BOOK DONATION

9th August 2023

Annette Shishir, son of Rtn Dr Vasumathy and spouse Dr Pravin donated 250 books which included those on science, math, dictionary, LOGICO set of activity books for teaching English and math especially for first generation learners and other activity books. These books will be useful to teachers for planning projects and competitions. Ann Anuradha Prasad handed the books to the Principal of KRMM School on August 9, 2023.



## ESSAY WRITING COMPETITION

9th August 2023

Literacy Avenue conducted an essay writing competition at KRMM School for High school students.

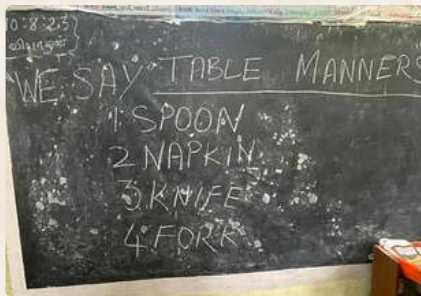




# ANJUGAM SCHOOL

10th August 2023

The Literacy team on August 10, 2023 conducted an etiquette class and a refresher class on August 31, 2023, on table manners for the students of Anjugam School studying in standard 5. Basic instructions of how to use cutlery, polite body language, conducted by Ann Alpana and a fun action poem conducted by Ann Riya were taught. The children responded with so much enthusiasm and excitement. Our aim is to motivate the children to be more confident using these techniques in their daily lives and interactions. President Rtn. Binoy and Ann Vidya generously contributed towards sourcing and providing the necessary tools for this purpose.



## DID YOU KNOW

Rotary club of Bombay presented the Sohrab Godrej Science and Technology award to Mr. Sudheer Kumar N, Director CBPO ISRO (Chandrayaan III fame) this year in February 2023 !







# CLUB SERVICE

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## MOVIE NIGHT

10th August 2023

Ann Prerna Asrani



**RCCI**  
ROTARY CLUB OF CHENNAI TOWERS

**JAILER**

**TOMORROW**  
10th August Thursday  
At AGS T nagar  
Screen 2  
Rs. 550 per head  
Movie Time: 7:30 pm

<b>President</b> Rtn Binoy Pillai	<b>Secretary</b> Rtn K P Jayshree	<b>Director Club service</b> Rtn Vinay Asrani
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On August 10th 2023, Rcct organized a movie night to watch the most awaited movie of the year “Jailer” the latest blockbuster starring our very own superstar Rajnikanth! Needless to say it added more to the bonding, excitement and camaraderie for this movie, and boy was it awesome!

Everyone was so looking forward to this movie because of the one and only Rajnikanth sir who showcases his larger than life screen image and enthralling performance!

Even though it was a last minute plan, many of the members participated with such enthusiasm. It was a fun bonding session of hooting, screaming and shouting for our most loved film idol!!! It was an exciting and entertaining experience and we headed home thereafter with a satiated doze of our Thalaiva in full form.







# CLUB TRIP - SUNDOWNERS, SURF & SAMBOL

12th August 2023

Ann Akther

As we sat with legs stretched out, wriggline our toes on the sands of Hikkaduwa beach, we had the opportunity to reminisce on how lovely the trip had been so far. Leisurely, yet full of activities if we chose to be adventurous...we could play handball, squash, go swimming or take the glass boat out into the waters to see the teeming marine life below. There is even an opportunity to play with the turtle friend which swims up to the shore to be fed and petted. Club Trips are mostly about the destination and more so about the company. And Rotary Club of Chennai Towers always scores well on both counts.

The fun started right from when the Whatsapp group RCCT Club Trip 2023 was formed. With over 40 of us already pulling each other's legs in good spirit, we had a sense of things to come and they did not disappoint. The Terminal of the Chennai International Airport seem to get a happy buzz with the presence of this energetic group on the morning of 12th Aug 2023. Landing in Colombo airport we were led into two comfortable air-conditioned buses, stopping for lunch at the Pegasus Reef Resort and onward to Hikka Trance where we unwound over tea and biscuits.

The evenings were always enjoyable thanks to the different themes planned. Sporting the batik tops and shirts for women and men respectively that came along with the thoughtful gift bag we swayed and swung along to live music on the first night. The local dances, live food counters, drinks and spread of dishes were all thoroughly enjoyed. The next evening, we were treated to the ambience of Jet wings, the Geoffrey Bawa hotel with its iconic metallic creations along the stairway. The following night was the all-white theme accessorized by feathery head-dresses for the ladies. The gusto with which we played the games organized was testimony to our heightened levels of excitement.

The day trip to Galle, a UNESCO world heritage site was an eye-opener. The quiet, tree lined streets, the Dutch architecture, the plethora art galleries and quaint cafes...one could spend hours just taking leisurely walks. The views of the ocean were spectacular and gave us plenty of photo ops. It is a good place for shopping too and we did make use of the opportunity. Apart from this, at Hikkadua we did go out for foot massages and long walks along the beach. Singing sessions in the bus with some professional singers from our club, doctors on hand to attend to injuries, supportive friends helping each other out, trying out new cuisine... in all it was a fulfilling trip that ended on 15th Aug 2023 as we headed home with happy memories.

Big shout out to Club Trip Chair Rtn. Venkatesh and his spouse Anita, Club Service Director Rtn.Vinay and his spouse Prerna and the entire Club Trip team. The free hand and support provided by President Rtn. Binoy needs a special mention.







## ONAM SADHYA

26th August 2023

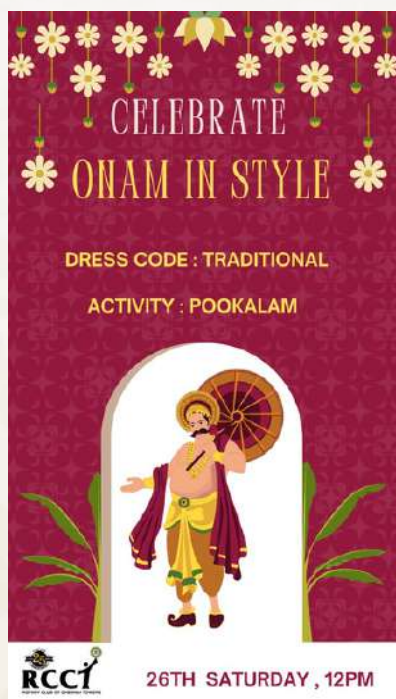
Rtn Mani

Onam commemorates and celebrates King Mahabali and Vamana, according to Hindu scriptures and traditional folklore. The legend holds that jealous of Mahabali's popularity and power, the devas conspired to end his reign. They sent Vamana to earth in the form of a dwarf Brahmin who asked Mahabali for three feet of land as his wish. After measuring the entirety of universe, leaving nowhere to place his third foot, Mahabali offered his own head for him to place it, fulfilling his wish, but alas trampling himself to 'Patala'. In return to his generosity, Vamana granted the king's sole wish to visit his land and subjects once every year. This homecoming of Mahabali is celebrated as Onam in Kerala every year.

RCCT family got together on August 26, 2023, to celebrate this amazing festival amidst 'pookolams', ladies dressed in their traditional best, festive decorations and an atmosphere of joy. Complete with an amazing traditional Sadhya which left everyone satiated. This was followed by a quick fire round of Antakshari getting our team ready for the upcoming VOD! We also celebrated Annette Gokul's birthday!! Wow what a day of celebrations it turned out to be!



Special mention to Pres Rtn Binoy, Rtn Vinay and team club service, Anns Prerna and Radha for their excellent and personalised efforts that made this an amazing, memorable and thoroughly enjoyable event.







## DID YOU KNOW

International History of Rotary began in 1918 with the creation of District Number 4 which established the first truly International district in the Rotary world .







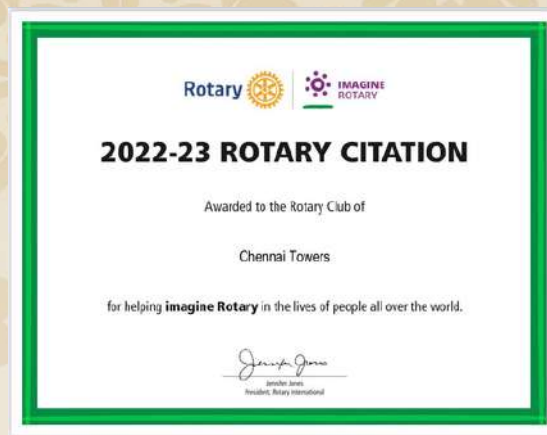
# RCCT IN THE DISTRICT

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## CITATION AWARD

2022 -2023

2022-23 Rotary Citation award by R. I. President Jennifer Jones was presented to our club for helping Imagine Rotary in the lives of people all over the world.



## WINE FELLOWSHIP

11th August 2023

Ann Mala Vijaykumar

Rotary Dist 3232 Wine Appreciation Fellowship Team had their first fellowship of the Rotary year with a fabulous wine dinner at the iconic Jamawar restaurant at the Leela Palace Hotel, Chennai on 11th August'23. The wines that were of outstanding quality were from Italy, France, Australia and Portugal - courtesy Monika Alcobev Ltd - which were paired excellently with Indian cuisine.

The several members from Rotary clubs across the District enjoyed a great evening of bonding and fellowship sipping fine wines, all dressed in ethnic Indian attire. PP Rtn Sabu is the Chairman of this Wine Fellowship Team with PP Rtn Rajie and Ann Mala as the Committee members.

Guest of honor for the event was his Excellency Mr.Nitirooge Phoneprasert, the Consul General of Thailand. It was an elegant evening of celebration and appreciation for the finest of wines and fellowship.

Rotary Dist 3232  
CREATE HOPE IN THE WORLD  
**ROTARY FELLOWSHIP FOR WINE APPRECIATION**  
invites you for an  
*Exotic*  
**sit down 5 COURSE DINNER**  
specially paired with imported wines  
**DATE:** 11th August 2023  
**TIME:** 7 pm onwards  
**VENUE:** Jamawar restaurant, The Leela palace hotel Chennai  
**DRESS CODE:** Men: Indian traditional  
Ladies: Indian attire  
Cost per person:  
**Rs. 5000 nett**  
SABU BALAGOPAL  
Please RSVP to 9841032000  
MONIKA Alcobev Limited





## DID YOU KNOW

Fondly known as "Father of Rotary in South America." Herbert P. Coates a native of England, was instrumental in chartering the Rotary Club of Montevideo, Uruguay on 1. 2 1919.







# ACHIEVEMENTS

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## ANNETTE VAISHNAVI KRISHNACHANDER

Annet Vaishnavi Krishnachander daughter of Rtn Krishnachander and Ann Deepa received first place for “MAD ADS.” at Vrittanta 2023 competition conducted by Presidency College, in July 2023. Congratulations.



## ANNETTE KUNAL

Son of Rtn Manoj and Ann Alpana won Player of the match award in the Annettes Premier League season 2 organized by Rotary Club of Madras Downtown held on 5th and 6th August at Amir Mahal, Chennai. He was the highest scorer of the tournament.





## ANNETTE RAGAVI AND NETHRA

Annett Ragavi and Nethra daughters of Rtn . Dr Vidhyadharan and Ann Mrinalini participated in World Scholars cup, an international debating forum held for high school children at Bangkok. Ragavi got 7 golds and 1 silver and was top 11th debater overall. Nethra got 6 golds and was top essayist there. They have been selected for the finals to be held at Yale University in November.



## GURUPRIYA VISION RESEARCH FOUNDATION

Gurupriya Vision Research Foundation, the public charitable trust of Radhatri Nethralaya is a finalist at the prestigious PMI South Asia Awards for its innovative Project Vision on Wheels.

**Congratulations!**





# ONGOING PROJECTS

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## ANBAGAM

29th August 2023

RCCT continues to contribute monthly provisions to Anbagam, a home for the mentally challenged destitutes.

The donors for the month of August 2023 are Spouse Ravi Varanasi, Rtn Kiran Bajaj , Rtn Shyam and Ann Monica



## RETTERRI DIALYSIS CENTER

Rcct continues to provide free - medical care at our Dialysis Centre .

August - 50 patients/516 Dialysis

## EGMORE DIALYSIS CENTER

August - 263 Children





# ANNIVERSARY WISHES

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RCCT extends warm wedding anniversary wishes to the lovely couples celebrating their special day



Rtn Kiran Bajaj  
and  
Ann Riya



Rtn Vinay Asrani  
and  
Ann Perna



RCCT extends warm wishes and blessings to Annette Sanjeev (son of Rtn Rukmani) and Shilpa. We wish them a happy married life.





# JOURNEY OF TOWERS TIMES

Gita needs no introduction to our club. Her dedication, commitment and hard work as editor of Towers Times for many years not only got us the Gold Award for the Best Bulletin in the District in the year 2000-01 but many more awards. Under her guidance, each bulletin that was released was comprehensive and well laid out. Even though Rtn Sanjay and Gita left RCCT on 30 June 2023, when we requested her to share her experiences as Editor,( former Ann ) Dr. Gita immediately obliged.



Ann Anuradha Prasad



In the second year of the club, Sanjay was Joint Secretary and one of the responsibilities of the Joint Secretary was to handle the bulletin. I was wondering how to go about doing the layout of the bulletin. Padmaja helped me out. She came home and taught Sanjay and me how to use Page Maker. Sanjay handled first bulletin and after that, I took over. We had the masthead designed for the entire year; stored the sheets with the printer. I used to depute people to write articles, collect them, edit them and fit them all into the existing format. I couldn't play around much with the layout since everything had to be done on a pre-printed masthead! The bulletin could only be in single colour, so we used as much colour as possible while designing the masthead. This year ended with us getting the third place for the bulletin among clubs with less than 40 members. The next year, I took over formally as the editor and put my own procedure in place. Since the bulletin had to come out once in two weeks, I had the general RI articles in place well ahead of time. The district and club events were collected. The bulletin had to be four pages, not more, not less! The president's message, one RI column, one district column, all club events, announcements, achievements, know your Rotarian, and an annets column. The articles would be ready on Tuesday (I would write them if they weren't ;) do the editing and layout on Wednesday, choose only the best possible photos (take the originals) and go personally to the printer's office to hand over a floppy disk by Wednesday afternoon. The existing printer was not doing a great job, so Sanjay and I found a printer close to home. The calls to the printer would start at 8 on Thursday. If it was not ready by 10, I would go and sit in his office and make sure it got printed before lunch. Then, go back in the evening, get them trimmed and folded, and take the bundles with me in time for the meeting. The physical copies were distributed to all those who attended the meeting and posted to the rest of the members and District officials. A year flew by and we ended up with the best bulletin award (I even remember what I wore to collect the award, it was such a big thing ;) After this year, there was a lot of upgradation in the available software and Paddy was there to take care of the layout, so I didn't have to deal with that anymore! Off and on I took on the responsibility for the bulletin and handled it for another 7 or 8 years. We gradually moved on to a hybrid bulletin where the members would get e-bulletins and the District officials would get physical copies; eventually, we completely shifted to e-bulletins where we had (have) the freedom to play around with the layout, the number of pages, and best of all, it was in technicolour and we could put in as many photographs as we wanted ; My high point as bulletin editor was in Rajie's year, when the then DG Rtn Olivannan said in his speech that Towers Times was the only bulletin he had seen that year which consistently had **ABSOLUTELY NO ERRORS** and had covered the Club, the District and the RI news! I'll sign off on that note with fond memories of 25 years in RCCT! All the best to the current and future editors of the Towers Times!



# BULLETIN TEAM

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Ann Alpina T  
Editor



Ann Anuradha Prasad



Ann Priya Vivek