



Rotary
District 3233



UNITE
FOR
GOOD



ROTARY CLUB OF
CHENNAI
TOWERS
IN SERVICE SINCE 1944

TOWERS TIMES

Bulletin of Rotary Club of
Chennai Towers
Volume 28 Issue 3



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Chartered on 10th June, 1998.
Charter number: 51278



Rtn. Venkatesh R
President



Rtn. Dr. Vignesh Pushparaj
Secretary



Community Service Medical

Director: Rtn. Dr. Vivek Shanmugam



Scoliosis Surgery

5th September 2025

Ms. Vaishnavi 12 years old had her deformity corrected by Dr.Vignesh as part of our ongoing project on Scoliosis



Medical Camp

11th September 2025

Don Bosco Social Service, Pulianthope

Number of Patients: 66

Diabetic: 10

Hypertension: 12

Hep B Positive: 0

Hep C Positive: 0



Medical Camp

12th September 2025

Veera Thirumana Mandapam, Grand Northern Trunk Road

Number of Patients: 57

Diabetic: 6

Hypertension: 15

Hep B Positive: 0

Hep C Positive: 0



Medical Camp

16th September 2025

St George Milton School, Puzhal

Number of Patients: 151

Diabetic: 17

Hypertension: 13

Hep B Positive: 0

Hep C Positive: 0



Medical Camp

18th September 2025
Federal Bank, Velachery

Number of Patients: 21

Diabetic: 0

Hypertension: 0

Hep B Positive: 0

Hep C Positive: 0



Medical Camp

24th September 2025

Centific Global Tec, Manapakkam

Number of Patients: 93

Diabetic: 10

Hypertension: 0

Hep B Positive: 0

Hep C Positive: 0



Ongoing Projects



Dialysis

ICH Dialysis Centre

No of kids – 66

Retteri Dialysis Centre

No of Patients – 46

No of Dialysis - 493





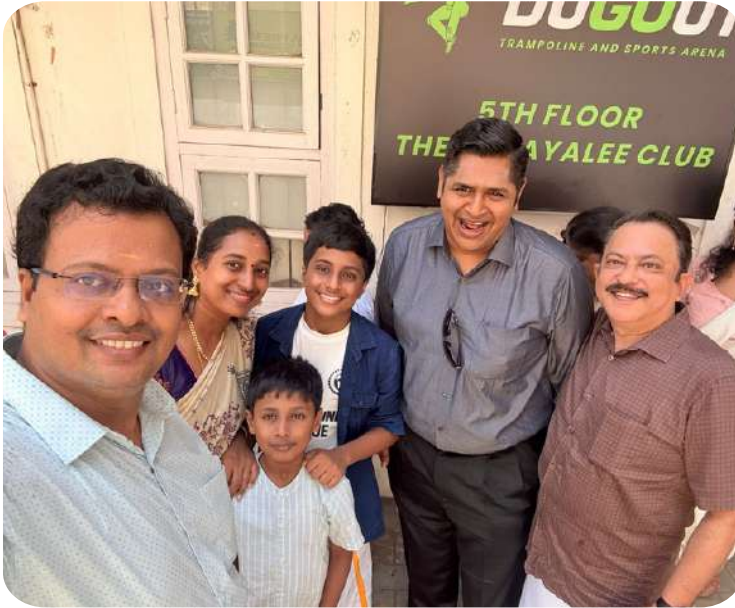
Club Service

Director: Rtn. Samuel Mathew



Onam Sadhya @ Malayalee club, Chetpet

5th September 2025





Club Trip

Marariyil Njanum Ente Gangum – RCCT Club Trip 2025

-Annet Vaishnavi Krishnachander

This year, the RCCT family went on a three-night, four-day club trip to the CGH Marari Resort in Mararikulam, Kerala. We started on 11th Sept 2025 to Cochin by flight. From there we boarded a bus organized to take us to CGH Marari at Mararikulam. We stopped briefly at the Casino hotel in Kochi for a quick lunch and finally reached the resort by 4.30 pm where we were greeted with garlands and arti. After a seamless check-in, light tea break, we rested and then gathered in the evening.

At the beach grill we were presented with a stunning Oottamthullal performance that featured audience interactions, elegant movements, remarkable facial expressions, and synchronised movements between the percussionists and the performer. It was a true visual splendour for us all. This was followed by dinner and fellowship. When we got back to our rooms, we were pleasantly surprised by the goodie bag that was waiting for us. It contained t-shirts, snacks, and spices.

For the next 3 days, our mornings started on a leisure note with a stroll by the beach, Yoga session, quick swim and then breakfast.

On the first day mid morning, the Onam celebrations began in full swing, with all the ladies dressed in the cream and gold saris and the men in their shirts and mundus. The staff had drawn a beautiful design for the pookkalam, which the ladies and kids filled patiently with the different coloured flowers, bringing life to the hand-drawn design. Our forever-ready Ann. Shoba Sriram became our tutor for Onam dance, teaching a few of us some steps as we danced along the pookkalam in a circle, truly immersed in the celebrations. Then, in RCCT style, we enjoyed a photo session with everyone lining up near the pookkalam. This was followed by the scrumptious Sadhya at the restaurant, which included a hearty spread on a banana leaf with different items such as banana chips, papadam, alan olan, pumpkin-based curry, avail, beetroot pachidi, injipuli, buttermilk, parupu, sambar, rasam, red rice, white rice, pal payasam, etc This is just a small list of whatever I could remember, but the spread was so heavy that it put me into a deep sleep.



After a good sleep, it was time to walk again and explore the property. Some of us took a stroll by the beach to enjoy the marvellous sunset that painted the sky in varying shades of orange, red and pink. A sight now etched in memory. We assembled at the clubhouse at 7:30 pm to start the games organised by Ann. Prerna, dressed in our assigned team colours, ranging from yellow, green, blue, red and pink. The first game of the night is letter scramble. The teams raced on with competitiveness to finish first, and the entire room roared in chaos. In the next game item hunt, each team was handed a slip containing a list of weird items that they had to procure to win the game. Then came the old school game of lemon and spoon, balancing a basket on the head, blowing a balloon and skipping with the balloon between your legs. The games had everyone engrossed and constantly on the go, enjoying themselves. For those wondering which team won, the blue team won the games in totality. Dinner was followed by a visit to the restaurant.

On the 13th morning, it started on a relaxed note with some heading to the ayurveda centre for spa, some enjoying a game of ball at the swimming pool, some exploring temples near the resort, and some taking a walk along the shore & a delicious breakfast at the restaurant. Then came the photoshoot in the RCCT t-shirts that were organised especially for this trip. The blue T-shirts paired with denims seemed like we had taken over the resort. Then some played games at the clubhouse, some cooled down at the spa, some headed to the tennis court, while a secret practice was taking place at the clubhouse. Then, at around 5 PM, some of us gathered at the tea cart for refreshments. Then a few of us took our aim at archery, after which a game of throwball took place by the beach. Then, as usual, some took a walk along the shore, admiring the sunset. For the night, a fellowship by the coconut grove was specially organised for us with fairy lights, tables and chairs all neatly organised. Then came the show of talents with Annette. Sushmita performing a flamenco (Spanish) style dance in her red dress to the song Senorita had us all cheered up. Annette Abhinav entertained all of us with his take on mimicking different accents and a few celebrities. He had us all laughing till the official roasting session began with Rtn. Sam, Aditya, Eashwar, Vivek and Ann. Anita taking the floor to continue the fun. Then, an impromptu singing by Ann. Aarti, Rtn. Sabu, Anns. Carmel and Priya Ravinder added a musical touch to the night. Last but not least, a small dance performance by Ann. Shoba, Ann.Carmel, Annettes.Sushmita, Nitharaa and Vaishnavi ended the night's talent.

On the 14th, as we checked out of the hotel, we were visited by the Past District Governor of District 3211, Rtn. Babumon and his wife Ann. Bina, who came just to visit us. After a quick snap and exchange of a few words, we bid adieu to CGH Marari and left for the airport. The entire trip was well organised, and every small detail was taken care of by the organisers. Kudos to President Rtn. Venkatesh, First Lady Ann Anita, Rtn. Sam, Ann. Monica and Rtn. Eashwar, the team behind this show, executed the trip to perfection, leaving no stone unturned. Each one of us enjoyed, relaxed, rewound and reconnected during the trip, taking away a new set of memories that one would cherish forever.



noy ultra-23
September 2025









Kinder Voice – Marari 2025

Annet Jaden

Thank you RCCT!

In just 3 days at Marari I've played tennis, badminton, table tennis, swimming (pool), swimming (beach), water polo, beach throw ball, sequence, UNO, and archery... 10 activities in 3 days – only possible because of RCCT!

Big thanks to Sri Ram uncle for tutoring me in tennis (my first time ever), Abhinav Anna & Praveen uncle for the TT matches , and the entire water polo squad – Vinay uncle, Arthi aunty, Sabu uncle, Vignesh uncle, Vivek uncle, Shalini aunty, Sam, Venketesh uncle, Shoba aunty, Vaishnavi akka, Sushmita, SriRam uncle & Nithara – for the crazy fun games .

Shout-out to the beach throw ball team – Sriram uncle, Roja uncle, Sabu uncle, Vignesh uncle, Vivek uncle, Sam, Adithya uncle, Vaishnavi akka, Abhinav Anna & Prithvi uncle – for some epic matches on the sand .

And thanks to Shalini aunty, Mom, Sushmita, Prerna aunty & Arthi aunty for the super fun sequence games .

This trip is filled with great memories and lovely ppl . Thank you RCCT for making it so special!

– Master Club Service

kinder voice

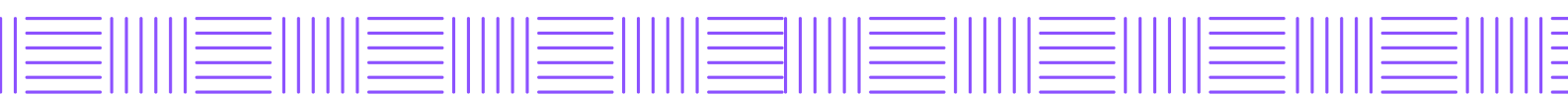


Annet Rachel

My Super Fun Trip to Marari !

Wow ! I had the one of the best time at Marari CGH with our RCCT family! The resort was so pretty, and the whole trip was packed with fun. We had a treasure hunt – I felt like a real explorer ! Then we made a colorful pookkalam with flowers, which looked amazing. We ate super tasty food (I loved the desserts !).

The most fun part was playing table tennis with Sushmi and Jaden – we laughed so much! Later, we had our sequence game sessions with Shalu aunty, Monika aunty, Sushmi and Anitta aunty, and guess what? We even played UNO on the airplane ride back! It was such a happy trip, and I didn't want it to end. I can't wait for the next adventure !



Annet Sushmi

My Rotary Club Trip

I was very excited about this year's Rotary Club trip, as it was only my second trip since joining the club. Early in the morning, I got ready and, along with my father, went to the airport. On the flight, I was busy chatting with Anita aunty, Eswar uncle, Sam uncle, and others. Finally, we reached Cochin. I had a great time talking non-stop with Abi anna and Jaden anna, though one seat was left unused because I never sat still!

When we reached CGH Marari, I was amazed by how beautiful the place was. That night there was a wonderful dance show. For the very first time, I wasn't bored while watching—it was so entertaining. The next day, something totally unexpected happened. Monika aunty, Shalu aunty, Arthi aunty, and a few others got stuck in the sea. The funniest part was when Arthi aunty twisted her leg, her glasses fell off, and even her hair straightening got spoiled—it was both scary and funny at the same time!

The trip was full of fun activities. I enjoyed eating tasty food, playing endless sequence games, and going swimming every evening. I also joined in every game possible. One of my favorite moments was performing a dance along with Shobha aunty, Carmel aunty, Vaishuakka and Nithara. We even managed to put together a two-minute dance performance with the help of Shobha aunty—it was so much fun!

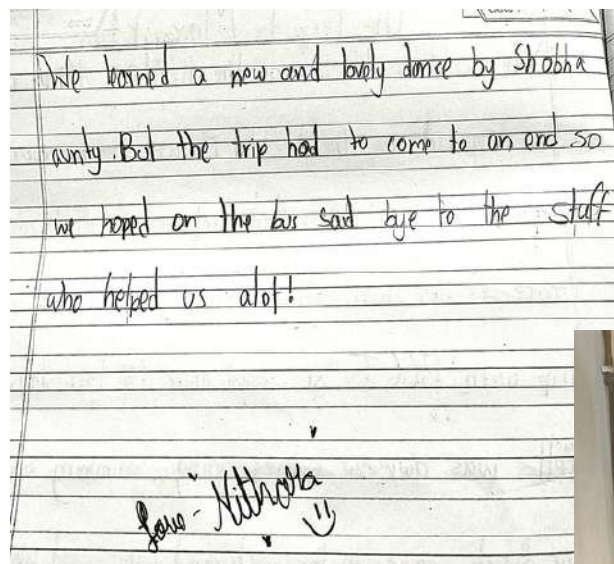
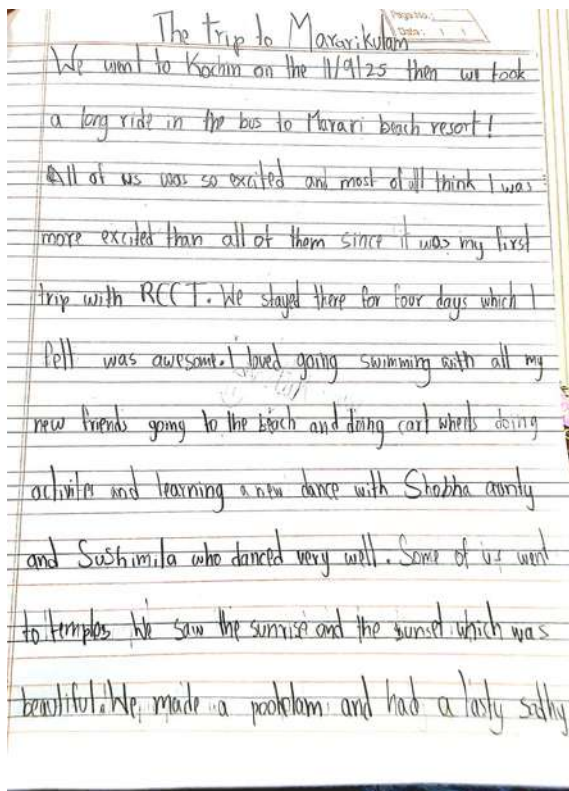
Another highlight was the colourful night. I especially loved the scavenger hunt game. I ran and ran until I found all the things on my list. Thank you to Prerna aunty for planning such amazing games for all of us!

Most importantly, I made many new friends on this trip, like Abi anna, Rachel, and many more. This trip gave me memories that I will always treasure.

To me, this was truly one of my favorite trips ever. And this is me—Sushmita



Annet Nithara



Speaker Meeting

26th September 2025

-Ann Carmelita

A Night of Fun and Facts: Trivia Evening at Chennai Towers Club

The Chennai Towers Club recently hosted an unforgettable Trivia Night, bringing together members for an evening filled with laughter, learning, and a healthy dose of competition. The theme for the night was a perfect blend of local pride and popular passions - Cricket, Chennai, and Cinema.

From the very first question, the energy in the room was electric. Teams huddled together, debating answers and recalling long-forgotten facts.

The cricket round had everyone on their toes, with questions ranging from iconic moments to records set by famous cricketing legends. It was a true test for die-hard fans !

The Chennai-themed segment was a nostalgic journey through the city's rich heritage, culture, and quirks. Participants discovered fascinating tidbits about landmarks, traditions, and even some lesser-known stories that make Chennai so unique. For many, it was a chance to see their city in a whole new light.

And then came the cinema round, an absolute crowd favorite ! From classic Tamil films to blockbuster hits, the questions celebrated the magic of the silver screen. The excitement peaked when teams had to identify famous dialogues and soundtracks, sparking spontaneous laughter across the room.

What made the evening truly special was the spirit of camaraderie. It wasn't just about winning; it was about sharing knowledge, reliving memories, and learning something new. By the end of the night, everyone walked away with a smile and a head full of fun facts they couldn't wait to share.

In short: It was more than just a trivia night; it was a celebration of everything we love our city, our cinema, and our cricket. Here's to many more evenings like this at Chennai Towers.









Literacy

Director: Rtn. G. S. Prasad



Spoken English Class at KRMM School

4th September 2025

Spoken English class was conducted for 7th-grade students at KRMM school, focusing on improving their language skills.

Ann Geetha Gomathi, Anuradha, conducted Interactive Spoken English session covering topic "My Favorite Book."



Teacher's Day celebration at KRMM school

6th September 2025

The Teachers' Day celebration at KRMM school on September 6th featured an inspiring guest speaker, Mrs. Neelam Sarada, a renowned menstrual health educator and founder of Parwah Period Care Clinic. She shared valuable insights on sustainable menstruation, highlighting the benefits of menstrual cups as an eco-friendly alternative to traditional products. The interactive session empowered teachers with knowledge, allowing them to spread awareness among students. This was followed by an interactive session conducted by Chair Ms Nandita of Madras Sterling Ladies Circle



World Literacy Day at KRMM School

8th September 2025

On World Literacy Day a special event was held at KRMM and Shankara schools, featuring an Art and Drawing competition on "Digital Literacy" for 110 students. Anns Gomathi, Dr. Lavanya, and Anuradha evaluated the artwork at the respective institutions



Arts and Crafts Session at Anjugam Primary School

11th September 2025

Mr. Suhail, a visual artist and designer from My Little Caravan - a Creative academy where students explore Visual Art, Craft, and Design through joyful learning., conducted an engaging arts and crafts session at Anjugam Primary School.

With a unique STEAM-based curriculum, Mr. Suhail's engaging session, beautifully blended - creativity with concepts from Science, Math, and Problem-solving, making ART a way of Learning, Thinking, and Communicating.



Session on Hygiene & Healthy eating habits at Anjugam Primary School

11th September 2025

Ann - Dr. Lavanya* conducted an insightful session on Proper hand washing techniques along with an engaging explanation of the Food Pyramid, helping children understand the importance of Hygiene and Healthy eating habits.



Navratri Celebrations at Shankara School, Thiruvannamiyur

23rd September 2025

Anns Gomathi and Anuradha participated in the Navratri celebrations at Shankara school, engaging with students through the Colu theme "VISHWAS," which incorporated stories from Ramayana and Mahabharata. Ann Archana & Radha also visited the school to view the golu



Women Empowerment

Director: Rtn. Aarthi Varanasi

Grooming Session

8th September 2025

Siruvar Seerthirutha Palli

As part of the ongoing project for the juvenile girls of the Siruvar seerthirutha palli, we held a Grooming session along with a special talk on personal, menstrual and oral hygiene. A few kids had a dental check on special request

A very special thanks to Ann Nikitha for volunteering to conduct this session along with a two inner wheel members, big thanks to Ann Anuradha for agreeing to go and be a part of the project. She interacted with all the girls. 51 girls attended the session. They also distributed kits with snacks and interacted with dedicated staff of the Home



Mehendi workshop

28th September 2025

Seva Chakkara Children Home

We had a special project for the girls of SEVA CHAKKARA CHILDREN'S HOME. A special mehendi design workshop was conducted as per the request from the girls of that home. 32 children took part in the workshop. Thanks to Ann Dr. Lavanya for introducing this home to us. Special thanks to Anns Dr. Runita Vignesh, Monika and Nikita for taking time off on a Sunday, that too during Navratri and ensuring the project went off smoothly. The girls were very happy to learn this and are eager to do an advanced session so they can use this and try and earn some money.





Youth Service

Director: Rtn. Adithya Roongta



Session on Good Samaritan Law

Session on Good Samaritan Law was held at KRMM School, Saveetha college of Physiotherapy & Patrician college.

The session covered the following key aspects :

- The Good Samaritan Law: Protecting individuals who help accident victims from legal interventions
- Importance of timely medical aid: Providing assistance within the "Golden Hour" can save lives
- Encouraging bystander assistance: The law aims to promote a culture of helping others in emergency situations without fear of legal repercussions.

The session concluded with an AV presentation about Road Safety

Rotary District 3233 UNITE FOR GOOD ROTARACT CLUB OF CHENNAI TOWERS Rotaract District 3233 unite

**ROTARACT CLUB OF
SAVEETHA COLLEGE OF PHYSIOTHERAPY**
SPONSORED BY ROTARY CLUB OF CHENNAI TOWERS
RI DISTRICT-3233

ALONG WITH
ROTARACT CLUBS OF SAVEETHA COLLEGE OF ALLIED HEALTH SCIENCES &
SAVEETHA COLLEGE OF NURSING
RI DISTRICT - 3233

PROUDLY PRESENTS

FARISHTEY

SESSION ON GOOD SAMARITAN LAW: LEGAL PROTECTION FOR LIVES

SPEAKER FOR THE DAY
SANTOSH YELCHUR
TEAM ROAD SAFETY, YI CHENNAI

9th September, 2025 | **ELECTROTHERAPY LAB**
(4th Floor, AHS BLOCK) | 1:00 - 2:00 PM

R. MYTHILI M. PRESIDENT 25-26 RAC- SCPT	RTR. LIRISHA M. CHAIRPERSON	RTR. AKSHITHA KANNAN SECRETARY 25-26 RAC-SCPT
NA AJAN PRESIDENT 24-25 RAC-SCPT	RTR. PORKODI PRESIDENT 25-26 RAC-SCAHS	RTR. ABDUL KHADHAR SECRETARY 25-26 RAC-SCAHS
		RTR. MOHAMMAD SECRETARY 25-26 RAC-SCPT

Rotary District 3233 UNITE FOR GOOD ROTARACT CLUB OF CHENNAI TOWERS Rotaract District 3233 unite

PATRICIAN COLLEGE OF ARTS AND SCIENCE
(An Institute of the Brothers of St. Patrick)
Affiliated to the university of Madras with 2(f) Status by UGC, Reaccredited with "A+" Grade By NAAC
26, Canal Bank Rd, Gandhi Nagar, (Behind Kotturpuram Railway Station), Adyar, Chennai-600 020, India.

Rotaract Club of PCAS
Sponsored by Rotary Club of Chennai Towers
Rotary International District 3233 | Group 4

PROUDLY PRESENTS

FARISHTEY

(Good Samaritan Law Awareness Drive)

RESOURCE PERSON

Ms. Janani Iyer
Chair - Masoom
Yi Chennai Chapter

DATE
29/09/2025

VENUE
PATRICIAN COLLEGE OF ARTS AND SCIENCE
(E Block DELANY HALL)

TIME
11:00AM ONWARDS

RTR. SOUNDHARYA V PRESIDENT 25-26	RTR. NIVEDHA K CHAIR PERSON	RTR. VISHNU P SECRETARY 25-26
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Dr. Shiny Y.M. (Chairperson) Dr. Arokiamary Geetha Rufus (Moderator) Dr. Fatima Vasanth (Resource Person) Bro. Ramesh Amalanathan (Member & Moderator)

KRMM School

4th September 2025

The Interact Club members of KRMM school had an engaging session on Good Samaritan Law under Road Safety initiative of Young Indians Chennai Chapter, led by Mr.Tobin, Ms.Divya & Mr.Gobind today.

Rtn.Adithya Roongta & Ann. Anuradha Prasad attended the session. The event concluded with vote of thanks by the Interact Club secretary.



Saveetha College of Physiotherapy

27th September 2025

The Rotaract Club of Saveetha College of Physiotherapy had an engaging session on Good Samaritan Law (Farishtey) under Road Safety initiative of Young Indians Chennai Chapter, led by Mr.Santhosh Yelchur yesterday.

Around 70 rotractors attended the session & incidentally none had heard about the Law !

Rtn.Adithya Roongta & Rtn.Venkatesh Nair attended the session. The event concluded with an oath to spread the details about the law in the college & community.



Patrician College

29th September 2025

On September 29th, Rotaractors of Chennai Towers organized a meaningful session on Good Samaritan Law, titled "Farishtey," at Patrician College of Arts and Science.

Dr. A. Geetha Rufus, Principal of the college, thanked the volunteers from Young Indians (Yi) & Rotary Club of Chennai Towers for their efforts.

Ms. Janani, Yi Chennai Chapter, delivered an engaging presentation highlighting the importance of the golden hour in emergency situations and the Good Samaritan Law's role in protecting individuals who provide voluntary assistance in road accidents. The interactive session encouraged students to spread awareness about the law.

The event concluded with a vote of thanks proposed by the secretary, expressing appreciation to all involved. This initiative promoted awareness about the Good Samaritan Law and empowered students to make a positive impact in their community.

Ann Anuradha Prasad on behalf of the Youth Service team attended the event.



RCCT in 3233

Chess Tournament

14th September 2025

RCCT sponsored 9 students from KRMM school to participate in the Chess Tournament organized by the Rotary Club of Guindy. The students advanced to the 4th level of the competition



Rotary Club of Guindy

UNITE FOR GOOD

RAPID CHESS TOURNAMENT
SEASON-1
by RCG

An Exclusive Event for Rotarians, Anns, Annettes, Rotaractors, Interactors of RID 3233 & other districts Along with Specially Abled Players

TITLE SPONSOR

JAYA EYE CARE CENTRE
An NABH Accredited Organisation
maxivision eye hospital

CHECKMATE FOR CHANGE

DATE:
SUNDAY
14 SEPTEMBER 2025

VENUE:
ANNA ALUMNI CLUB
Boat Club Road

TIME:
9:30 AM to 4:30 PM

FEE:
Rs. 590/-
incl. of GST

FOR ANY QUERIES, PLEASE CONTACT: 8870826370

Scan for Payment



Dandiya Nite

21st September 2025

RCCT members participated in the Dandiya nite organized by the district







Achievements



Annet Sarvesh & Team Varicon Dynamics emerged as winner of Dr APJ Abdul Kalam tournament in the District



Anniversary Celebrations



Rtn. Vijaykumar & Ann Mala



Rtn. Pravin Jayabal & Ann Carmelita



Rtn. Sabu Balagopal & Ann Priya



Rtn. Jayashree & Spouse Prithviraj



Fun Facts about Rotary

The world's first service club, the Rotary Club of Chicago, Illinois, USA, was formed on 23 February 1905 by Paul P. Harris, an attorney who wished to recapture in a professional club the same friendly spirit he had felt in the small towns of his youth. The name "Rotary" derived from the early practice of rotating meetings among members' offices. Rotary's popularity spread throughout the United States in the decade that followed; clubs were chartered from San Francisco to New York. By 1921, Rotary clubs had been formed on six continents, and the organization adopted the name Rotary International a year later. As Rotary grew, its mission expanded beyond serving the professional and social interests of club members. Rotarians began pooling their resources and contributing their talents to help serve communities in need. The organization's dedication to this ideal is best expressed in its principal motto: Service Above Self. Rotary also later embraced a code of ethics, called The 4-Way Test, that has been translated into hundreds of languages.

In 1979, Rotary began a project to immunize six million children against polio in the Philippines. This led to Rotary making polio eradication its top priority. In 1988, Rotary began the PolioPlus campaign with an initial fundraising pledge of \$120 million. Providing vitamin A supplements during polio immunization has averted an estimated 1.5 million childhood deaths since 1998 - the "plus" in PolioPlus.

The Rotary Foundation Ambassadorial Scholarships are the world's largest, privately-funded scholarships.

Arch Klumph established the "Rotary Endowment Fund" in 1917, when the Kansas City, MO Club donated \$26.50. In 1928, it became The Rotary Foundation.

In 1929, The Rotary Foundation made its first gift, \$500, to the International Society for Crippled Children.

In 1968, the first Rotary Club banner to orbit the moon was carried by astronaut Frank Borman, a member of the Houston Space Center Rotary Club.