







ROTARY CLUB OF CHENNAL TOWERS

ROTARY INTERNATIONAL DISTRICT 3232

2324

DECEMBER 2023 | VOLUME 26 | Issue 6



Celebrating our RCCTians













DECEMBER is disease prevention and treatment month Rotary is dedicated to fighting and preventing disease. Disease prevention and treatment is one of Rotary's Seven Area of Focus.



COMMUNITY SERVICE DEVELOPMENT DECEMBER 2023 | VOLUME 26 | Issue 6

AKSHAYAM

All you need is love, but a cup cake would be nice too, it's the perfect sweet treat and compliments the season's spirit!

On December 22, 2023, small gift packets containing homemade chocolate and vanilla cupcakes along with cookies and juice were distributed to small children, women and people sitting near the Velankanni Church and Besant Nagar beach areas. They were thrilled and thanked us for the thoughtful gesture. The festival of Christmas brings in joy and happiness more when we share goodies with the homeless people and share some holiday cheer.

Members who contributed for the project were Secretary Rtn. Jayshree, Rtn. Padmaja,Rtn. Aarthi and Anns Biju, Deepa and Anuradha.

















CYCLONE MICHAUNG – A STORY OF RELIEF AND HOPE

Ann Shobha Sriram

December 4, 2023, cyclone Michaung wreaked havoc in and around Chennai bringing the city to a grinding halt. On Decembers 5th, we realized that so many people needed help and relief.

We joined the 'Disaster Management group' formed by our District and started reaching out to those who needed rescue from rising water.

We had contacts of boatmen from the Army and the Chennai Corporation. My role was to verify the calls, identify the location and pass the verified information for action to be taken. It was a heart wrenching experience, but we managed to help as a team.

Then started the relief work. Raising funds, making food for those whose homes were inundated with flood water. We faced lots of challenges but we managed amazing coordination with so many clubs, either giving funds or getting into the act of actually sourcing and distributing relief materials to areas that really suffered badly. A brief gist of the relief works that were done are listed below.

Ann Anuradha organized 500 packets of lunch prepared by her lovely neighbors in her apartment which were handed over to a contact person with the Army who personally distributed them.

We donated necessary provisions and essentials to Akshaya trust, which went under water with so many old men and women whose cots and bedspreads were totally destroyed. Lot of materials collected by the residents of Ann Anuradha's apartment and relief materials that we packed were handed over to them.

RCCT donated ₹ 25000 and a few of us raised close to 4 lakhs, with which we packed 400 bags of rice, dal, and other provisions worth Rs.1000 /- per kit. We relied on a reputed NGO, Aid India, to help us identify deserving areas where there was complete dearth of relief materials.

Rtn Venkatesh, Ann Anuradha and myself travelled to three villages Pattipulam, Irumbedu and Oragadam and distributed the relief materials to migrant workers and Irula tribes who live in the most impoverished conditions. Such a deep sense of satisfaction looking at their happiness on seeing us. They were filled with gratitude on receiving simple things that we have and take for granted. It was a very humbling and fulfilling project.

RCCT conducted a much needed project at Mylapore on December 8, 2023. Rtn Manoj spearheaded this project along with a few sponsors and distributed 300 bed sheets and packets of food. The people who received these relief materials expressed their sincere gratitude. This was another small drop in the ocean of help required in these challenging circumstances and we were glad to be a part of this heartening project.

Along with the above projects, a few of us donated mats, water bottles and biscuits during the rescue period. Almost everyone was doing their mite to help those in need in their own capacity and to take a count of all the collective efforts would be impossible to assimilate and mention.

Relief work continued relentlessly and we pray and hope that we do not face such severe natural disasters. We hope to able to overcome them with better planning and management. Yet again the true spirit of unity, magnanimity, resilience and humanity prevailed in Namma Chennai.



























DID YOU KNOW?

CART - Coins for Alzheimer 's research Trust an initiative by Rotarian Roger Ackerman from South Carolina raised funds to support research grants in prevention of the disease.





COMMUNITY SERVICE DEVELOPMENT

Medical

DECEMBER 2023 | VOLUME 26 | Issue 6

DIABETES AWARENESS CAMP AT AMBATTUR

On December 1, 2023, on the occasion of world diabetes day/ month, RCCT conducted a diabetic awareness and screening programme at Ambit IT Park, Ambattur. There we were able to educate 40 people offline and more than 100 people online about type 2 diabetes. We were also able to do blood sugar screening for all the people (40) parallelly. We were delighted to have Dr. Hemalatha actively participating in this camp along with RCCT's community service (medical) chain person, Rtn Dr Vignesh













PROJECT RADAR – WALKATHON

Rtn Dr Vasumathy

Project RADAR (Radhatri Nethralaya Diabetic Retinopathy project with Rotary) held on 17th December at Besant Nagar Beach was a grand success with 250 attendees comprising of Rotarians, college students, doctors and even female auto drivers. The walkathon was graced by the presence of Hon'ble Minister of health Ma Subramanian. The chief guest was PDG Natarajan Nagoji and Guest of Honour was Actor Rekha Nair. ACP Mr. Julius encouraged the participants by his presence. The walkers shouted slogans, distributed pamphlets, carried placards and banners, to create awareness on Diabetic Retinopathy, the blinding disease affecting diabetic patients. Happy to have the occasion graced by our RCCT first lady Sangeetha Binoy, club secretary Jayashree, PP Rtn Rajie and Rtn Satish Kandimala, representing RCCT and supporting the cause.













'A single text message could save a life.' This concept was developed by Pakistan Rotary Foundation to replace the traditional paper based reporting of public health information with mobile phones and e-monitoring technology.





VOCATIONAL SERVICE DECEMBER 2023 | VOLUME 26 | Issue 6



TRAIN THE TRAINER ABA WORKSHOP AT THANC HOSPITAL

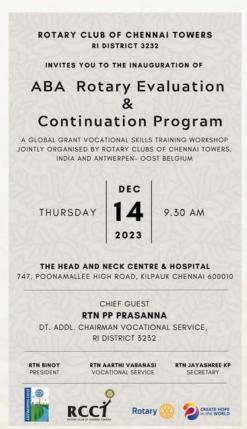
Rtn Aarthi Varanasi

On the 14th and 15th of December, 2023, RCCT conducted a two day workshop at the THANC hospital, Chennai. This is a Global Grant project and this was the second year that this workshop was being conducted.

This is a Global Grant project done along with Rotary Club of Antwerpen - Oost, Belgium. The project of 2021-22 between Rotary Club of Chennai Towers and the Rotary Club of Antwerpen - Oost, Belgium, was to train a group of psychologists, speech and language pathologists and special educators through a customized 'Train the Trainer' Applied Behavior Analysis program. Due to Covid the training was delayed and was provided by a team of vocational training trainers from Belgium in February 2023.

The workshop was conducted to improve social communication, self-care, and gain the ability to manage the behavior of children with Autism Spectrum Disorder. The 'Behavior Analysis Workshop' was to highlight Applied Behavior Analysis (ABA) therapy and provide insights into how to learn and improve behavior by using evidence based ABA principles. The behavior analysis workshop was held for 6 days from the 13th to the 18th of February, 2023. The continuation program held on the 14th and 15th, 2 days was a follow-up session that will help evaluate if the trainees were able implement ABA, get feedback on the implementation, how many are still using/participating at the intervisions trained in the workshop.

The inaugural function was presided over by the Dist Addl Vocational Chair Rtn. Prasanna, Rtn Tony Jannsens, District 2140 Antwerpen - Oost, Belgium, Sarah the trainer, President Rtn.Binoy,Rtn. Jayshree, the secretary, Rtn. Aarthi Varanasi Vocational Chair, Rtn.Amudha PR, and spouse Prithvi. The whole workshop was conducted at THANC Hopsital, with the complete support and coordination of Rtn. Dr. Vidyadharan and Ann. Mrinalini Vidyadharan. We hope to equip and educate individuals to understand and handle these specialised areas of teaching.























WOMEN EMPOWERMENT DECEMBER 2023 | VOLUME 26 | Issue 6



ASSOCIATION FOR NON- TRADITIONAL EMPLOYMENT FOR WOMEN

Rtn Rukmani

Introduction:

The workshop organized by RCCT Women Empowerment in collaboration with ALERT for the beneficiaries of ANEW (Association for Non-Traditional Employment for Women) proved to be an invaluable experience, enhancing the skill set of women enrolled in the Auxillary Home Care program. This program, initiated by RCCT, aims to empower less privileged women by providing them with free skill-based training, enabling them to care for patients at their homes.

ANEW and Auxillary Home Care Program:

ANEW, established in 1997, focuses on improving the socio-economic status of less privileged women through free skill-based training programs. The Auxillary Home Care program, a flagship initiative, targets women who have completed only high school due to inadequate family and financial support. The age group of beneficiaries ranges from 18 to 35, and their passion and dedication toward building a better future for themselves and their families are evident in their commitment to the program.

ALERT Session Highlights:

Conducted over two days, the workshop covered essential topics facilitated by ALERT, contributing to the overall skill development of the participants. The sessions were structured as follows:

Day 1:

Good Samaritan Law

Golden Hour

Medical Emergency

Importance of First Aid

Vitals - Do's & Don'ts

Basic Life Support (6-step process)

Recovery Position

CPR (100% hands-on)

Bleeding Management

Fracture First Aid

Day 2:

Quick Refresher of Day 1
Use of AED (Automatic External Defibrillator) and Ambu Mask
Common Medical Emergencies
Choking Response
First Aid for Bites (snake, dog, insects, etc.)
Managing Fits
Stroke Awareness
Rescue Techniques

Benefits to Participants:

The knowledge imparted during the ALERT sessions is of immense value to the Auxillary Home Care program participants. Learning about first aid, CPR, and emergency response equips these women with the necessary skills to provide better care to their patients. The practical, hands-on approach ensures that the participants can confidently apply their knowledge in real-life situations, enhancing the quality of healthcare they can deliver.

In conclusion, the collaboration between RCCT Women Empowerment, ALERT, and ANEW has not only provided essential life-saving skills to the women enrolled in the Auxillary Home Care program but has also reinforced the commitment to empowering women through education and skill development. This workshop stands as a testament to the transformative impact that targeted training can have on the lives of less privileged women, paving the way for a brighter and more empowered future





The Women Empowerment wing of the Rotary Club of Chennai Towers, in collaboration with

ALERT

(an NGO that equips the common man with essential life-saving techniques) is hosting a workshop for women from ordinary walks of life associated with

ANEW

(Association for Non-traditional Employment for Women)

Join us in fostering empowerment and skill development.

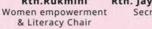
> 28 & 29 th December, 2023 1:00 p.m to 5:00 p.m at ANEW,

AH-16/107, 4th St, Shanthi Colony, Anna Nagar, Chennai, 600040

Rtn.Binoy President

Rtn.Rukmini

Rtn. Jayshree KP Secretary

















DID YOU KNOW?

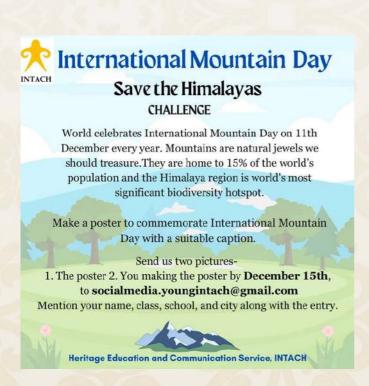
A 72 strong, all female club was formed 25 years ago in Indonesia by the Rotary Club of Solo Kartini in Sura Karta. By using white tiles in water bodies, they successfully reduced the spreading of Dengue fever in the region.





LITERACY DECEMBER 2023 | VOLUME 26 | Issue 6

The students of KRMM School participated in a painting competition as the global community observes 'International Mountain Day' on December 11 each year. In honor of this occasion, the Heritage Education and Communication Service (INTACH) had declared a poster-making competition to commemorate International Mountain Day, complete with a fitting caption. In response to our Club Literacy Avenue initiative, 12 students from KRMM School actively participated in this creative competition. Here are some of the interesting entries to this competition.



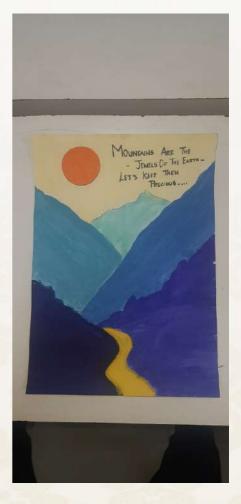


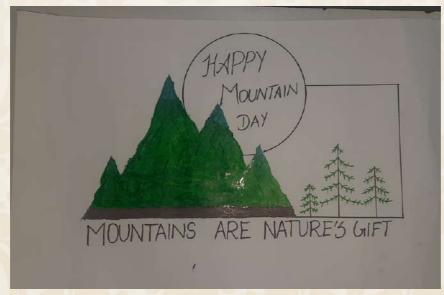


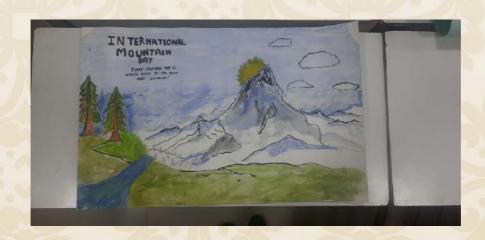














CLUB SERVICE DECEMBER 2023 | VOLUME 26 | Issue 6



SPEAKER MEETING

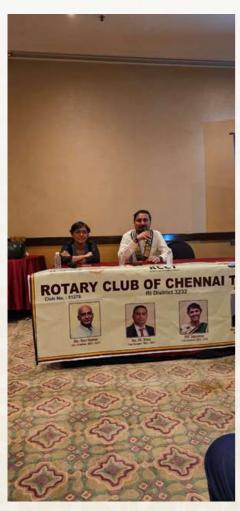
PP Rtn Vijay Kumar

Our Speaker meeting held on 14/12/23 at hotel Courtyard Marriot was exceptionally good in content. The esteemed speaker for the evening, Sqn Leader Unni Nair's talk was interactive, though provoking and down to earth. His videos were so meaningful and had a good selection of songs.

Basically his message was that we have 24 hours × 7 days, we have to manage 168 hours only per week. From the given 168 hours, if one start to budget them & use it properly, one can lead a stress free life. There will be no surprises as every hour value is spent consciously. There after the visiting Rotary dignitaries PDG elect Rtn Tony talked about our handling of emotions. The meeting ended with vote of thanks by Rtn. Dr. Vidyadharan. Following which we had a great fellowship, interesting conversations and a sumptuous dinner.

















FELLOWSHIP – GREEK SOIREE BY THE BEACH

Annette Rithwik Ramakrishnan

The evening of December 16, 2023, at VGP's Beach Terrace, unfolded in a kaleidoscope of floral elegance. The theme for this dreamy event was 'colours of bougainvillea'. Attendees adorned themselves in vibrant colours, transforming the gathering into a mesmerizing collage of lively hues. The ambiance, curated by delectable food and spirited libations, set the mood for an unforgettable night. Laughter and conversation flowed like a gentle tide, creating memories that lingered in the sea breeze. The Beach Terrace, bathed in the warm glow of evening, became a canvas for shared joy and camaraderie. As the night unfolded, the intertwining of floral patterns and the symphony of clinking glasses encapsulated an experience that transcended time—a cherished evening etched in the collective memory of those fortunate enough to be part of its enchantment.

The gracious hosts for this enchanting evening were Rtns. Gopal, Sriram, Manoj, Vinod, Satish K, RM Suresh and Imtiaz and their lovely spouses. Congratulations all, it was a great evening that will be etched in our memories for a long time to come.

























ANNUAL GENERAL MEETING

IPP Rtn Satish Jupiter

The Annual General Meeting (AGM) of Rotary Club of Chennai Towers was held on the 21st December 2023 at the Pearl Hall, Presidency club, Chennai. As the members started trickling in the formal proceedings of the evening commenced at 7:00 pm. Secretary Rtn Jayashree, presented the half yearly activity report followed by an update from the treasurer Rtn Shyam about the financials. All members were waiting to take a look at the new incoming team of office bearers for the year 2024-2025 to be headed by Rtn Shalin Shah. The new team was introduced by Rtn Shalin, which has a fair mix of experienced Rotarians and fresh faces too. There were lot of other formal deliberations and healthy discussions that will enhance the working and smooth functioning of the club.

PP Rtn Sagar, sprang a surprise when he came up and said that he has a sweet gesture to perform. He spoke about Ann Anuradha Prasad and her immense contribution in chronicling the coffee table book that was released last year 2022-2023 during the Silver Jubilee celebrations. Rtn Sagar mentioned that Ann Anuradha Prasad had done a beautiful, meticulous compilation featuring the history of club and as a token of appreciation and behalf of RCCT he presented her with PHF certification and a medallion. This was deemed as a fitting recognition and appreciation to Ann Anuradha.

The AGM ended with fellowship and dinner, members and spouses greeting each other for the season of festivity and holidays as we march and move ahead to the New Year 2024 with hope, cheer and positivity.

























SABHA SAAPAD

Rtn Kailash Chabria

The RCCT seasonal event, "The Sabha Saapad" is an invite to all rotarians, anns and annets to come and experience 'Elai Saapad' which happens during "MARGHIZHI Festival Season". Here we get to taste the most authentic 'Tambram' south Indian food at its traditional best. This year we got to savour the exemplary quality and authentic taste at the Arusuvai Arasu caterers at Vidya Bharti kalyana mandapam, Mylapore on December 26, 2023. RCCT club service chairperson, Rtn Vinay Asrani outdid himself with the meticulous preparation and planning, making this an even more enjoyable experience. The food was delicious, the variety vast and you didn't know when to stop eating in spite of having full bellies...!

It is also a way of trying out new cuisines for people who haven't had this experience before. It very interesting to see not only people from different parts of our country but even foreigners enjoying this gastronomical experience. It's truly a treat for all your senses with the hum of cultural performances in the background and a full on treat for your taste buds to devour!

Overall a great experience and looking forward to the next year already.... Cheers...



















RCCT IN THE DISTRICT DECEMBER 2023 | VOLUME 26 | Issue 6



WINE FELLOWSHIP

Rtn Samuel Mathew



The Rotary Wine Appreciation Fellowship threw a fantastic bash celebrating Chennai's Winter Season on December 1, 2023, luckily dodging the floods that followed. Picture this: a fancy 5-course dinner with exquisite French and Italian wines at Focaccia Restaurant, Hotel Hyatt Regency. Yours truly, along with Pres Rtn Binoy, Rtn Dr Vignesh and Rtn Captain Jayadevan, snagged the VIP seats at the head table (self-declared, of course).

As the crowd played it cool, we four decided to spice things up a bit, infusing some local flavor into the wine affair—adding a touch of 'kallu' to the wine dine. Despite friendly reminders from others, including our buddy Rtn Rajie, to handle the wine glass with finesse, we clung to it like a baby clutching onto a feeding bottle.

In the end, it was an awesome experience, complete with fantastic wine, delicious food, and a hefty dose of super fun. Big thanks to Rtn Sabu for the invite; here's hoping our quirky behavior won't get us disqualified! Cheers to unforgettable nights and questionable wine etiquette!









RCCT IN THE NEWS DECEMBER 2023 | VOLUME 26 | Issue 6

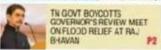
THURSDAY 21, DECEMBER 2023 | CHENNAI

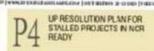


A walkathen was held at Elliot's Beach, Besant Nagar on Sunday, (December 17, 2023), to create awareness on Diabetic Retinopathy (the blinding disease affecting the eyes due to diabetes). Radhatri Nothralaya Eye Hospital along with Rotary Dist 3232 Health & Public Image team organised the evert in which hundreds of emergetic students from arts and optometry colleges, Retariass, doctors, and "Veera Pengal" (Female auto drivers of Chemiali participated. Rekha Nair actress was the guest of henour and Rtn Natarajan Rappi was the chief guest. Heribic minister for health Ma Subramanian and ACP Mr. Julius pleasantly surprised and escouraged the walkers with their appearance. The programme was an eye opener for diabetic patients and the public on hew to recognise visual symptoms of diabetic retinopathy (eg. vision changes, fisaters, distortion) and the need to regularly get the eyes examined. The walkers should slogans, distributed pamphlets, carried piscards and bansers, to create awareness on Biabetic Retinopathy. The participating students received certificates of participation recognising them as Yuva Nethra Jyotis: Youth Vision Ambassadors of Radhatri Nethralaya.











ONGOING PROJECTS DECEMBER 2023 | VOLUME 26 | Issue 6

ANBAGAM

RCCT continues to contribute monthly provisions to Anbagam, a home for the mentally challenged destitute. The donors for the month of December 2023 are Secretary Rtn. Jayashree, Rtn. Shyla and Spouse Ravi Varanasi



RETTERI DIALYSIS CENTER

No. of patients treated: 59 Patients No. of procedures done: 588

EGMORE DIALYSIS CENTER

No of dialysis done - 247 procedures



ACHIEVEMENTS DECEMBER 2023 | VOLUME 26 | Issue 6

Rtn Dr VASUMATHY

Rtn Dr Vasumathy was conferred (for the second time) the Chetpet Balakrishnan Baskaran Gold Medal, by Tamilnadu state IMA (Indian Medical Association). She also delivered an oration on Diabetic Retinopathy: Pearls and Paradigms for the physician at TIMACON, Erode.





Rtn Dr. Vasumathy was nominated unopposed as the executive committee member of the Vitreoretinal society of India - National society of Retina specialists.



ANNETTE JADEN

Annette Jaden Mathew son of Rotarian Sam and Ann Monica ranked 6th in the U13 category for Badminton in the State of Tamil Nadu. He has three additional opportunities tournaments in the upcoming year to showcase his sills in the U13 category.



RANK	NAME	TNBA ID	DISTRICT	C'SHIP 23 CHE	VRD 4.6.23	TOTAL
1	G K SATHIYAN R.	TNBA/1/0436	KANCHIPURAM	1520	1370	2890
1	LINESH VAIBAV	TNBA/2/0354	TIRUVALLUR	1520	1370	2890
2	S PRITHISH	TNBA/32/1350	CHENNAI	2200	550	2750
3	PAPPU NOMAAN	TNBA/11/1571	COIMBATORE	1520	550	2070
4	SARAN S	TNBA/22/1561	DINDIGUL	920	920	1840
5	M F TAABIN ANU	TNBA/31/1960	TIRUPPUR	1520		1520
6	JADEN SAMUEL	TNBA/32/0151	CHENNAI	920	550	1470
7	ABDULLAH S	TNBA/20/1309	MADURAI	920		920
7	RITHIK KRISHNA	TNBA/16/1985	TIRUCHIRAPPAL	920		920
8	ILAMARAN B	TNBA/29/0792	KRISHNAGIRI	360	550	910
9	PRANAV S V	TNBA/32/2427	CHENNAI	360	210	570
9	S CHARAN	TNBA/29/2097	KRISHNAGIRI	360	210	570
9	SIBI JERO J	TNBA/22/1556	DINDIGUL	360	210	570
10	ILANJITHRA DEV	TNBA/32/0561	CHENNAI		550	550
10	SELVAMADHAN.	TNBA/22/1558	DINDIGUL		550	550
11	ASHWATH RAMA	TNBA/3/2320	CUDDALORE	360		360
11	J. DARSAN	TNBA/6/2255	TIRUVANNAMAL	360		360
11	NALAN MARSHA	TNBA/16/2251	TIRUCHIRAPPAL	360		360
11	PAGARAN	TNBA/10/2231	ERODE	360		360
11	P D DARSHAN	TNBA/22/1709	DINDIGUL	360		360
11	P VEDHANTHRAI	TNBA/31/0780	TIRUPPUR	360		360
12	K.M.PRASANNA	TNBA/1/1853	KANCHIPURAM		210	210
12	SIDDHARTH SRII	TNBA/32/1687	CHENNAI		210	210



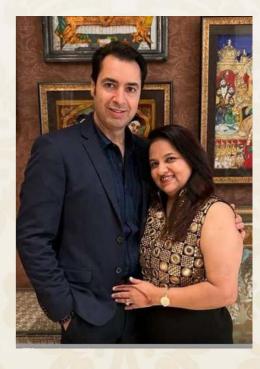
ANNIVERSARY WISHES

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







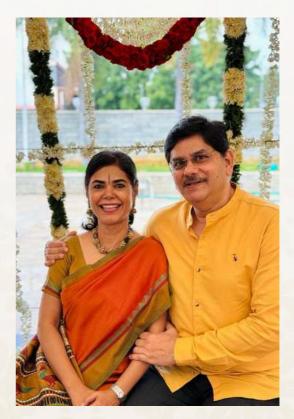
Rtn Aarthi Varanasi and Spouse Ravi Varanasi

Rtn Hitesh Shah and Ann Parul

Rtn Kailash Chabaria and Ann Ritika



Rtn Sanjey Ahuja and Ann Ektha



PP Rtn Suchitra Sagar and Ann Vidya

RCCT extends warm wishes and blessings to the newly weds Annette Sneha (daughter of Rtn Ajoy and Ann Lakshmi) and Ramakrishna. We wish them a happy married life.



JOURNEY OF TOWERS TIMES

'Technology is all around us we have to use it to suit to our convenience'. Editor for the year 2018-19 Ann Ektha Ahuja wife of Rtn Sanjey Ahuja along with her team introduced 'Flip Book' template for our bulletins thus not only reducing cost of printing but an added attraction, easy for Secretary Rtn Mani to circulate in the District. The team under her guidance was successful in making bulletins of our club a memorable Digital Reading experience every month and information saved for years.

Please read further as Ann Ektha shares her experience as an editor..

Ann Anuradha Prasad



As a first-time Editor for our Club Bulletin, the journey was packed with many learning experiences. Starting from an amateurish standpoint, I set about understanding the club's essence and the dynamics of its members. It was all about improvisation and evolving through the process.

Getting to know the members well was key, understanding what works and what resonated with them. Each edition was a learning curve, with feedback serving as a valuable guide. The appreciation received for the work done on the bulletin was truly rewarding and served as a testament to the growth achieved throughout the year.

Heading the bulletin for such an eventful year left me with a sense of pride and accomplishment. It was more than just editing, it was about connecting with the club and contributing to its vibrant community. My team (Anna Anitta & Alpana) supported and stood by me all through, and our joint efforts won us "The Silver Award" amongst all the other Rotary Clubs in the District.

A big thanks to Late Rtn Urmish Mehta (president for the year) who trusted me more than I trusted myself, with the Editor's Post. The sudden loss of a good friend devastated all of us, but like they say, 'The Show must go on,' Rtn .Gopal took over as the president and continued to encourage us. Special thanks to Rtn. Mani, the secretary for the year 2018-19 who circulated our bulletin very meticulously in the District, that gave us great visibility and exposure."



BULLETIN TEAM

DECEMBER 2023 | VOLUME 26 | Issue 6





Ann Alpana T Editor



Ann Anuradha Prasad



Ann Priya Vivek