



ROTARY CLUB OF CHENNAI TOWERS

ROTARY INTERNATIONAL DISTRICT 3232

23
24

October 2023 | VOLUME 26 | Issue 4

Celebrating our RCCCTians



Economic and Community Development
month including International Day for
eradication of Poverty and World Polio Day





COMMUNITY SERVICE DEVELOPMENT

OCTOBER 2023 | VOLUME 26 | Issue 4



AKSHAYAM

Ann Biju Jayadevan

The Akshayam project this month was done by Ann Biju and family in Besant Nagar and Tiruvanmayur areas. Packets of hot chapatis, dal, samosa and mixture were distributed. Akshayam project, as we all know, aims to feed the needy. The people at the receiving end readily accepted the help and in turn showered blessings. A heart warming project that is being done consistently over the years by compassionate RCCTians and their families.





COMMUNITY SERVICE DEVELOPMENT

Medical

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MEDICAL CAMP AT PORUR

15th October 2023

RC Chennai towers conducted a general medical camp in association with Apollo Specialty Hospitals, Vanagram at Siddharth upscale, Porur on 15/10/2023. A total of 90 people were benefitted in this camp. Height, weight, blood pressure, random blood sugars were checked for all and they were given medical consultation. General medical advised was given to all, ECG was taken for 40 people and ECHO was done for 25 people. Based on the findings, necessary medical advice was given to the individuals who attended this camp. The response was tremendous and it was very rewarding to see so many people benefiting from this project.



Jointly organise

**Free Cardiac (ECG)
EYE and Dental
Camp**



Height & Weight | Blood Pressure | Random Blood Sugar | Diabetologist
Physician, Cardiologist Consultation With
ECG, Dentist Consultation, Ophthalmologist Consultation

Date: 15 - 10 - 2023 (Sunday)
Time : 10:00 am to 2:00 pm
Venue : Siddharth upscale, Porur

RTN. Binoy P.K. President	RTN. Dr. Vignesh Director, Medical	RTN. K.P. Jayashree Secretary
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 **91507 44424**

Apollo Specialty Hospitals, Vanagram
64, Vanagram - Ambattur Road, Ayanambakkam, Chennai - 600095







BREAST CANCER AWARENESS TALK AT ST. MICHAEL'S ACADEMY

20th October 2023

PP Rtn Rajie Vijay Sarathy

October - Breast Cancer Awareness month.

Great talk by Ann Dr Runitha on "Breast Cancer Awareness" this morning (20th October 2023) for the teachers of St. Michael's Academy. We had around 120 teachers attending the awareness talk.

Dr. Runitha explained in a simple manner that was easily understood by all. The presentation helped bust several myths about cancer. Most importantly the fear that cancer means death.

Rtn Dr. Vignesh & PP Rtn Rajie Vijay Sarathy chipped in to ensure the teachers went back with that much more knowledge about breast & cervical cancer awareness. We also emphasized the utmost importance of prioritizing health care including regular master health checkup, medical insurance, cancer vaccines, being fit and healthy.

Rotary Club of Chennai Towers
in association with
NIMIRNDHU NILL TRUST
AND **ANNAAMALAI CANCER CENTER**
cordially invites you to
Breast Cancer Awareness Talk
by
Dr. Runitha Unna.N DMRT, DNB (RT),
Radiation Oncologist
FRIDAY, OCTOBER 20TH 2023
Time : 12.00 p.m to 1.00pm
Venue : St. Michael's Academy, Adyar
RTN. Binoy P.K. President
RTN. Dr. Vignesh Pushparaj Director, Community Medical Service
RTN. K.P. Jayashree Secretary







LITERACY

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Entire volumes of Encyclopedia International were handed over to the underprivileged students at Olcott Memorial School, donated by Rtn Sagar and Ann Vidya Sagar on October 9th 2023. It was handed over to the school principal by the Literacy avenue chair Rtn Rukmani. The principal expressed her sincere thanks for this kind gesture as it would aid in helping equip the school library and in turn be a knowledge bank for the students of the school for many years to come.



DID YOU KNOW?

In the year 2011, 9 municipalities, 8 town panchayats and 25 village panchayats were annexed to Chennai city, leading to an increase of community service programs of Rotary clubs in the city .



WOMEN EMPOWERMENT

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PROJECT AT VISHRANTHI HOME FOR THE AGED

31st October 2023

Rtn Rukmani

RCCT's Women's Empowerment Avenue organized an enchanting evening with the perpetually jovial inhabitants of Vishranthi old age home on October 31, 2023. The ambiance exuded a pervasive aura of positivity and the facilities were truly exceptional. The management team of the home were so polite and professional throughout the event.

All the elderly ladies exhibited remarkable camaraderie, resembling a closely-knit family. The gifts (consisting of sarees, in-skirts and blouse pieces) generously contributed by our RCCT club members were warmly embraced and in return, they regaled us with captivating dances, melodious music and tons of blessings.

In their simple and genuine pleasures, we discovered the wellspring of their happiness and mirth. Their vitality was apparent and their blessings were bestowed upon us with open hearts. In the aftermath of this heartwarming gathering, we can confidently assert that love, when shared, multiplies in abundance.

Join us for a heartwarming evening of music and joy



SONGS OF SILVER LINES

Inviting the wonderful souls of RCCT to share your love in a musical evening to brighten the lives of the elderly women of Vishranthi Old Age Home.

31ST OCTOBER, TUESDAY
4:30PM – 5:30PM

VISHRANTHI OLD AGE HOME,
PALAVAKKAM

President
Rtn. Binoy PK
9962294474

Avenue Director,
Women Empowerment
S Rukmani
9382222838

Secretary
K P Jayashree
9884262836







DID YOU KNOW?

The Rotary Club of North Sydney, North Sydney Sunrise and Crows along with the Salvation Army, raised funds in a record time of three hours.





CLUB SERVICE

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SPEAKER MEETING

12th October 2023

Ann Geetha Karthikeyan

In today's fast paced life, it is daunting how conveniently we overlook our mental health but rush to the doctor without hesitation for common body ailments!

Speaker for the evening on October 12, 2023, was the young and vibrant Ms. Raushni Khanna who joined us to talk on mental health. Ms Khanna, a Psychology Major from Christ University, Bengaluru and a practising Counsellor at Chennai, has helped many clients and conducted various 'Mental Health Awareness' sessions for corporates and colleges.

Today, where a simple disappointment is termed depression, where being virtually accepted takes precedence over physical and familial relationships, comment on appearance even with good intentions is termed "body shaming", constant peer pressure of the so-called liberal society, and many such scenarios...



The primary focus for the evening was on the requirement of scientific counselling and Mental Therapy. How a qualified therapist plays a significant role in today's nuclear family world. Further emphasising on how pivotal it is, to trust the therapist enough to open up about our inner thoughts and concerns. Ultimately guiding us towards clarity and calm in our lives she delved on how traumas and past triggers shape us and how important it is to liberate our minds from such traumas. How we can be vigilant on certain trigger points like changes in physical conditions and significant hesitance to social interactions that are outcomes of an underlying mental knot. The current Gen Therapist, managed to keep up to an interactively bombarding session with the clashes of Gen A and Gen Z Kids (Vs) us poor millennial and Gen X parents!

In conclusion, it is imperative that we understand the evolving societal landscape. How each generation's unique experiences, pain points and challenges differ. To magically manoeuvre the over sensitive, over liberal and yet keep intact family values and belief systems in place. This paradox underscores the urgent need to prioritise mental health as an essential part of our healthier physical being.

Cheers to a happy mind and a healthy body!!!

SPEAKER MEET

**HEY
LET'S
TALK.**



MS. RAUSHNI KHANNA
MENTAL HEALTH COUNSELOR

12TH OCTOBER, THURSDAY
7PM, COURTYARD MARRIOTT
TEYNAMPET, CHENNAI : 18

PRESIDENT	SECRETARY	CLUB SERVICE
RTN. BINOY PK	RTN. K.P. JAYASHREE	RTN. VINAY ASRANI

PS : PLEASE ENCOURAGE ANNETS TO JOIN







K.N.K. - RCCT WOMEN'S TRIP

First lady Ann Sangeeta Binoy

This October saw yet another fun filled event which was the much anticipated RCCT women's trip! The planning of the trip started off with a few of us brainstorming as to the places we wanted to go and zeroed in on a beautiful place called 'Anantya Resorts' in Kanyakumari district.

Day 1, was spent with some of us visiting local rubber plantation while some of us chilled in the resort. We ended the day with a unique themed party in which each of us dressed in a way which symbolized who we were as a person. We chatted and bonded, pleasantly discovering lesser known fact about each other!

Day 2, went towards visiting local attractions including the palace, waterfalls etc. That night we had an exciting party with us hitting the time travel button taking us to being gypsies! All of us were in colorful costumes adorning the most vibrant jewelry, each one outshining the other! The highlight of the evening was a surprise 'Cosmic Card' reading in which each one of us had to pick a card and try to foresee our luck with the 'Universe'. We were also joined by one of the co-owner of the resort Ms. Lakshmi, who enthusiastically participated in our cosmic conquest. But hey, the day had not ended yet! We moved to the groove of various popular dance tracks and ended the evening on a fun note.

On the last day, some of us decided to visit a local temple while others were basking in the beauty of the sunrise and pristine nature. Very reluctantly we realized that it was time to leave and off we went boarding the bus back to Trivandrum and then to Chennai and our journey back home. With hearts filled with contentment and minds filled with the wonderful memories of the three magical days spent with our lovely ladies of RCCT.

KANYAS IN

Kanyakumari

DEPART 8TH OCT
RETURN 10TH OCT

2 NIGHTS
3 DAYS
₹ 22,500

ITINERARY

Leave 6th Oct. from Chennai
Stay at resort 7th & 8th Oct
Leave 9th Oct. from Kanyakumari
Return to Chennai on 10th Oct.

PACKAGE INCLUDES

- **Travel** - Train from and to Chennai Central and road travel to and from resort
- **Stay** - 2 nights stay at the exotic Anantya Resorts, Kanyakumari
- **Food** - All inclusive
- **Sightseeing** - One day trip

EXCLUSIONS

Room Service, Alcohol, Spa / Salon services, Additional sightseeing & other miscellaneous.







RCCT AND THE GOLU SEASON 2023

Ann Anuradha Prasad

Nine days of NAVRATRI festival were filled with fun fellowships and meeting old and new friends at their beautifully decorated homes. Each one having unique and meaningful themes and lovely colourful Golu Dolls on display. There were also some rare old dolls which were well preserved by the family over many generations. It was also a time to savour variety of south Indian sundal, snacks and other gastronomical delicacies. The warmth with which each one of the hosts welcomed all of us was something that cannot be expressed in words, only experienced in person. The best part was the opportunity and pleasure of wearing our colourful Indian attire, colour themed for every day of the festival. Such a joyous beginning to the festival season.









DID YOU KNOW?

CIRCUS QUIRKUS

is one of the major fund raising activities for the Rotary Club of Canberra. It involves giving donation to around 5,000 children with special needs to attend the circus in Canberra each year .





VOICE OF DISTRICT - PRELIMS AT IITM CHENNAI

“Voice of District” the signature RCCT event is slated to be held on November 5, 2023. This is the 15th season of this popular and much anticipated event, where singing superstars from the entire district eagerly and enthusiastically wait to participate and compete.

The preliminary round for this singing extravaganza was held on October 29th at the beautiful IITM campus at Taramani, Chennai.

With Rtn Mani as chairperson this year and his dynamic committee members, the event was handled efficiently and effectively. Our Annettes Vaishnavi and Suhita lent a helpful hand in supporting team VOD.

Apart from the usual categories like solo, duet, group etc there was a surprise element this year where children with special needs were also included. It was so heartwarming to see them participate with such excitement and enthusiasm.

The day's selection process was divided into two sessions (morning/afternoon) and saw a good number of participants competing in both. The judges for the Prelims were:

Morning Slot - Vishnu Ram, Vaja, Karpagam and Shibin.

Afternoon slot were Al-Rufian, Shanti, Charanya and Arvind Karneeswaran.

The singing, dancing and cheering hit new decibels and set the mood for the day. The judges had a tough time making their decisions because the talent on display was absolutely of the highest quality.

As the day drew to a close, the participants, the organising committee and the ever enthusiastic RCCTians, present there to lend support and cheer them along, left the venue in eager anticipation of the grand finale of this prestigious event. Next stop VOD 15 grand finale on November 5th. All the best.

Rotary District 3222 RCCI

Rotary Club of Chennai Towers
Presents

VOICE
District 3222
SEASON 15

PRELIMS
29 OCTOBER SUNDAY
VENUE
IIT ALUMNI

DRESS CODE
Black and Gold

GRAND FINALE
05 NOVEMBER SUNDAY
VENUE
MADRAS MANAGEMENT CENTER, CHENNAI

Rtn.P.K.Binoy President 98410 94474	Rtn.S.R.Mani Chairman 95000 07361	Rtn.K.P.Jayashree Secretary 98842 62836
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ACHIEVEMENTS

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RTNS MANOJ AND SHYAM

The International Fellowship of Cricket Loving Rotarians conducted their annual district level cricket tournament at Chennai this year. A proud moment for Rtns Manoj and Shyam and their “Team SB” who won the ‘Diamond Runners up’ title in this prestigious tournament.



RTN SHYAM

The International Fellowship of Cricket Loving Rotarians – National tournament was held at Nagpur between October 26th – 29th, 2023. Rtn Shyam won 'Man of the match' and 'Batsman of the series' awards.



RTN GOPAL

Rtn Gopal's team 'Krazy Friends' won the Gold Award in the IFCR District tournament held in Chennai



DID YOU KNOW?

Started in the year 1975
known as 'The Stephenville
Rotary music festival' is an
annual festival for the youth



ONGOING PROJECTS

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ANBAGAM

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

The donors for the month of October are Rtms Satish Reddy, Satish Kandimala, Ajoy Kumar and Ann Reena.



RETERI DIALYSIS CENTER

No of patients treated – 49

No of dialysis done - 490

EGMORE DIALYSIS CENTER

No of dialysis done - 273



ANNIVERSARY WISHES

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



Rtn. Dr Vivek
and
Ann Priya.



Rtn. Karthikeyan
and
Ann Geetha



Rtn. Shyla
and
Spouse Raghav Reddy



Rtn. Shalin Shah
and
Ann Reena.

JOURNEY OF TOWERS TIMES

In the Journey of Towers times we have our creative talented Editor Ann Akther Ghori sharing her experiences.

It was in the year 2015 along with Rtn Padmaja she had brought out special edition of our Bulletin and in her words ,

"Presenting the Dec edition of Towers Times
- WHEN CHENNAI STOOD TALL

We rose as one in Chennai to bravely face the ravage of the floods. It would be amiss of us not to capture some of the many stories of humanitarianism, personal struggles and how we reached out through Rotary at this time of crisis. Thanks to all those who took time out to contribute to this edition of the bulletin. "

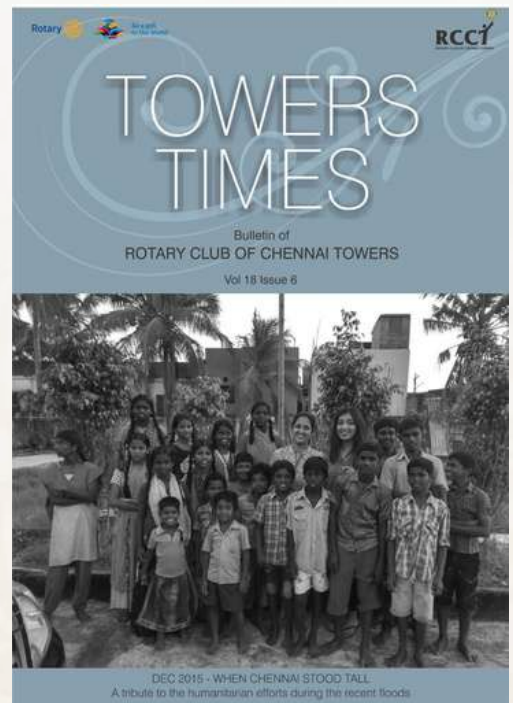
As Albert Einstein rightly said

" Creativity is what others see and thinking what no one else thought. "



Ann Anuradha Prasad

These were days before teams worked on bulletins. When I was asked to take on as Editor for the Towers Bulletin, Rtn Hitesh was the secretary. He shared info on events that happened and I had to flesh them out into articles. It was interesting work but my only regret was that no one really read the bulletins. Of course with more effort being put in over the years, teams working on it and design being outsourced the bulletin is a lot more colourful and rich with information.



BULLETIN TEAM

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Ann Alpana T
Editor



Ann Anuradha Prasad



Ann Priya Vivek