

ROTARY CLUB OF CHENNAI TOWERS

ROTARY INTERNATIONAL DISTRICT 3232

23
24

September 2023 | VOLUME 26 | Issue 3



SEPTEMBER IS



**BASIC EDUCATION
AND LITERACY
MONTH**

"Education is a social process. Education is growth. Education is not a preparation for life; education is life itself."

John Dewey



COMMUNITY SERVICE DEVELOPMENT

September 2023 | VOLUME 26 | Issue 3

AKSHAYAM AT FORESHORE ESTATE

3rd September 2023

Peace begins when the hungry are fed. The beloved project 'Akshayam', this month was conducted on September 3, 2023 at Foreshore area, Pattinapakam beach. In this area, the fishermen community were busy getting ready for sales at the fish market. As soon as we stopped our vehicle to distribute food packets, they came rushing to receive them. Everyone there were extremely happy as we started serving hot pongal with sambar, frooti, five star chocolates and a bottle of water. Their eyes lit up with gratitude at this unexpected surprise! A very gratifying moment for Anns Biju, Anuradha and Monika who executed this heartwarming project.







COMMUNITY SERVICE DEVELOPMENT

Medical

September 2023 | VOLUME 26 | Issue 3

JOINT PROJECT AT RADHATRI NETHRALAYA

8th September 2023

RCCT's Community Service (medical) avenue conducted a meeting on September 8, 2023 at Radhatri Nethralaya. This meeting was attended by the beneficiaries of the "Global Grant Project - Balanethra" where premature babies with Retinopathy of Prematurity were treated with Laser therapy.

It was a Joint project with members of Rotary club of Anna Nagar and Rotary club of Damasara (Malaysia) participating.

We also had the inauguration of the block for Project Nethra Rakshak - vision therapy for precious children. RC Chennai Towers President Rtn Binoy, Secretary Rtn Jayashree, CS Medical Chair Rtn Dr. Vignesh Pushparaj, Rtn Krishnachandar and Ann Deepa also attended this event.



**BALANETHRA GLOBAL GRANT PROJECT
BENEFICIARY VISIT
(GLOBAL GRANT - GG1642195)**

A JOINT PROJECT BY
ROTARY CLUB OF CHENNAI TOWERS
ROTARY CLUB OF DAMANSARA,
ROTARY CLUB OF ANNA NAGAR MADRAS

**CHIEF GUEST - RTN TANKARAJU,
ROTARY CLUB OF DAMANSARA, MALAYSIA**

**GUEST OF HONOUR - RTN DR SAI KRISHNA
DIRECTOR COMMUNITY HEALTH, RID 3232**

SEPTEMBER FRIDAY 2023
 08

3 PM @ RADHATRI NETHRALAYA
12, HINDI PRACHAR SABHA ROAD
PARTHASARATHI PURAM
T NAGAR, CHENNAI 600017

RTN.BINOY.P.K
PRESIDENT

RTN.DR VIGNESH
DIRECTOR, MEDICAL

RTN.K.P JAYASHREE
SECRETARY





MEDICAL CAMP AT APOLLO HOSPITAL

9th September 2023

RCCT Community Service (medical) avenue conducted a medical camp in association with Apollo Speciality Hospitals, Vanagram on September 9, 2023 at Ankur Palm Springs Community, Padi.

Total of 120 people were benefitted in this camp. Height, weight, blood pressure, random blood sugars were checked for all those who attended this camp where they were given free medical consultation.

ECG was taken for 52 people and ECHO was done for 21 people and based on the findings, necessary medical advice was given. The medical camp was well received and was beneficial for all those who attended. It was a service well done.





LITERACY

September 2023 | VOLUME 26 | Issue 3



TEACHER'S DAY AT SHENOY NAGAR SCHOOL 5th September 2023

Ann Anuradha Prasad

RCCT celebrated Teacher's Day at Shenoy Nagar Girls Higher Secondary school on September 5, 2023. Being a teacher myself, I realize how genuinely happy we feel, as students wish us throughout the day!

Yummy packed lunch was provided to the staff members as well as non-teaching sub staff in hygienic and convenient take away boxes along with bottles of water. Ann Vidya gave a beautiful sari to Jaya Amma the senior most sub staff at the school. A very warm and thoughtful gesture which was well deserved and appreciated.

President Rtn Binoy extended full support in organizing the event. A day well spent in paying tribute to the pillars of our society.





DID YOU KNOW?

Dolly Parton and ROTARY in Australia
launched the Imagination Library in 1996. Since then over 56,000,000 books have been gifted to children across the globe.



WORLD LITERACY DAY AT KRMM SCHOOL

8th September 2023

RCCT celebrated 'World Literacy Day' by conducting a prize distribution function at KRMM school, Chennai. Rtn Karthikeyan and Ann Geetha interacted with the children and encouraged them to read. They highlighted the importance of reading books daily as a habit, thus increasing their knowledge as well as inculcating and incorporating meaningful changes in their lives. President Rtn Binoy, literacy chairperson Rtn Rukmani and Annette Nethra actively helped in supporting the smooth implementation of the function.

To give a brief overview of the activity preceding this event, RCCT Literacy Avenue had conducted two rounds of essay writing competitions in the month of August, for students of classes 8, 9 and 10. They were evaluated based on certain parameters. All the participants got certificates and books were given as prizes to winners. A fitting tribute to World Literacy Day!







CLUB SERVICE

September 2023 | VOLUME 26 | Issue 3



SPEAKER MEETING

7th September 2023

Ann Anuradha Prasad



RCCT conducted a meeting on September 7, 2023 at Marriot hotel, to discuss their upcoming fundraising event.

The meeting began with collaring of President Rtn Binoy by Past President Rtn Vijaykumar.

Rtn Kethan Shah, in his classification talk, mentioned about his business and future plans to expand.

This year's fundraiser is 'Smart Vision Project' enabling blind individuals to see. This novel concept is poised to transform our society with a high definition camera taking image of the surroundings and enabling a visually challenged person to experience a better quality of life. Rtn Umapathy, Chairperson of the committee, told the members present about the main idea why RCCT had chosen smart vision as fund raising project. Rtn Anand further discussed about fund raising event coming up in November.

The technical aspects of Smart vision glasses along with its demonstration, were explained by Mr Ebrahim. Making the best use of technology that is available today like Artificial Intelligence (AI), machine vision and machine learning will make it easy for visually impaired. He also explained how this project started in Chennai with support from a few Rotary Clubs. This was followed by fellowship and a sumptuous dinner.





A WALK IN THE PARK

23rd September 2023

Ann Abha Sunil Soni



On the serene Saturday morning of September 23, 2023, I had a wonderful experience at the RCCT's 'Health n Happiness' morning walk held at the beautiful Eco Park, Chetpet, Chennai. It was a refreshing start to the day as enthusiastic fellow RCCTians gathered to embrace the beauty of nature and prioritize their well-being.

The scenic Eco Park provided the perfect backdrop for our morning session. Surrounded by lush greenery, we embarked on a brisk walk that invigorated both body and spirit. The crisp morning air, chirping birds, and camaraderie among fellow walkers made the experience truly uplifting.

After our invigorating walk, we decided to continue the bonding over a leisurely breakfast at Mayur Sweets and Spices Cafe on Spurtank Road.

This morning at Eco Park was a perfect blend of fitness, happiness, and togetherness. It reminded me of the importance of starting the day on a healthy note and helped me get back on track with my morning walks!





FUN AND FELLOWSHIP AT MADRAS SQUARE

24th September 2023

Ann Jayanthi K Shah

Snippets from an Advocate!

I finally got to understand the term 'too good to be true' post the fellowship held on September 24, 2023 at the Madras Square, Chennai.

The best....just got better, and what better way to spend your Sunday than to pair up with likeminded free spirited people, where we discussed everything from why the earth is round to why can't we dance with two left feet!

And to top it all, even the kids who were reluctant to join us at first, having the feeling of being left out among elders, were pleasantly surprised to see the afternoon shaping up beyond their expectations. They made new friends, were seen grooving throughout and at the end, were reluctant to leave!

Thank you hosts (Rtns Shalin, Prasad, Karthikeyan, Shyam, Krishna Kumar, Kiran and Dr. Vivek) for an impeccably wonderful afternoon, that had all the elements in it for a perfect Bollywood pot boiler. The ambiance, food, music and endless spirits and not to forget, the peels of laughter and fun, were beyond par.

Everything from the word go was spot on...as I said the best...just got better! This being the first fellowship of the year, you guys totally rocked it!



Fellowship @Madras Square
Sunday, 24th September

Hosts

Shalin Shah
Dr Vivek
Kiran Bajaj
Krishna Kumar
G S Prasad
Karthikeyan
Shyam Sundar

Its Party Time- 11.30AM to 3PM
We don't know what's tighter
our jeans or our friendship!









ROTARY INTERNATIONAL

September 2023 | VOLUME 26 | Issue 3



ROTARY FRIENDSHIP EXCHANGE FELLOWSHIP, UGANDA

Rtn Amudha Jayaprakash

It was indeed heartwarming to see Rotary members and DG Rtn Fransisco Semwanga, of District 9214 welcoming us, the members of District 3232, who had just embarked on a trip to Uganda, Kenya and Tanzania, at the airport of Entebbe, Uganda.

As part of the mega Rotary Friendship Exchange Fellowship, members of various clubs (16 clubs) of District 3232 had 4 fellowships in Uganda, Kenya and in Tanzania with the Rotary Clubs of Districts 9212 (Kenya), 9213 (Uganda), and 9214 (Uganda and Tanzania).

Members of more than 50 Rotary and Rotaract Clubs from Districts 9212, 9213, 9214 and 3232 met on these 4 fellowships and exchanged ideas for future collaboration and global grant projects. Club flags were exchanged between the different clubs during each of these fellowships. DG Rtn Ravi Raman during all the fellowships invited clubs to visit India on friendship exchange programs, joint projects, and encouraged collaborative initiatives through Global Grants

The first Fellowship was held by District 9214 (Uganda and Tanzania) on 4th September, which was hosted by the Rotary Club of Kampala Munyonyo, Kampala, Uganda.

The second Fellowship was on 6th September, hosted by the Rotary Club of Kiwatule on behalf of District 9213(Uganda) in Kampala, Uganda.

The third Fellowship was held on 7th September, and was hosted by Rotary Club of Nairobi, Nairobi, Kenya on behalf of District 9212 (Kenya).

15th September saw the fellowship hosted by the Rotary Club of Arusha, Arusha, Tanzania on behalf of District 9214 (Tanzania)

The hosting Clubs entertained us with cultural programs and enlightened us about their ongoing projects.

On the whole, these fellowships hosted by the 3 Districts in Uganda, Kenya, and Tanzania forged friendships, and collaborative initiatives in which DG Rtn Ravi Raman encouraged the visiting Rotarians of 3232 to go forward with their respective clubs.





DID YOU KNOW?

District 7070 Guatemala Literacy Project is also known as 'Gold Standard of Rotary Projects'. Since 1997 has served over 188,000 Guatemalan students through FOUR sustainable programs Reading, Providing Textbooks, Computer education and and Youth development program .





RCCT IN THE DISTRICT

September 2023 | VOLUME 26 | Issue 3

ANNUAL SPORTS MEET - CSI ST. STEPHEN'S MATRICULATION SCHOOL

RC Chennai Towers President Rtn Binoy and Past President Rtn Rajesh Narang (AG District 3232) attended the District event as Guests of Honor at the 38th Annual Sports Meet "DOURAH - 2023". at CSI .St. Stephen's Matriculation School, Chennai. They were this year, celebrating International Year of Millets. The Guest of honour for this event was Rtn G. Rajagopal (Rotary District Secretary) and Rt.Rev. Dr. J. George Stephen (Bishop & manager – CSI Diocese of Madras) and Mrs. Yamuna George Stephen (President board of women concern, CSI Diocese of Madras) were the other dignitaries present at this event.

"Let us run with endurance the race that is set before us"
Hebrews 12:1

The Management Staff and Students of
CSI ST.STEPHEN'S MATRICULATION SCHOOL
Request your august presence as we celebrate the
International Year of Millets
at our

**38th ANNUAL SPORTS MEET
"DOURAH - 2023"**
On Thursday August 24, 2023 at 8.30 a.m
in our school premises

With the blessings of
Rt Rev.Dr.J.George Stephen
Bishop & Manager – CSI Diocese of Madras
Mrs.Yamuna George Stephen
President, Board for Women Concern
CSI Diocese of Madras

Our Chief Guest
Rtn **G.Rajagopal**
(Rotary District Secretary),
Will take the Salute and declare the Sports Meet Open

OUR GUESTS OF HONOUR
Rtn Binoy Pillai **Rtn Rajesh Narang** **Mr. R Yesudoss**
President AG District 3232 Diocesan Education Officer
(Rotary club of Chennai Towers) (Rotary club of Chennai Towers) (CSI Diocese of Madras)

Will light the torch & distribute the prizes

Mrs.Hannah Daniel **Dr.P.E.R.Premchand**
Principal Correspondent





ROTARY DISTRICT CONFERENCE MYSURU

3rd September 2023

Rtn Dr. Vasumathy

Honored and humbled to receive the "Nethra Mitra" Award for Community eye care from the Rotary Avoidable Blindness Foundation at the Rotary Inter - district Conference held at Mysuru on Sept 3rd 2023.

I was happy to give a talk and gave a keynote on ROP: the blinding disorder affecting preterm babies. A project that we do at Balanethra and Project Vision on wheels. I got to meet several District Governors and their spouses in and around Karnataka, West Bengal and other states, notably DG Rtn Srinivas, DG Rtn Uday and DG Rtn Hiralal and several Presidents and distinguished Rotarians.

They held a brainstorming session of all eye related community projects and how Rotary can and is involved in treatment of cataract, Diabetic Retinopathy and childhood blindness.

I highlighted the support given by Rotary, RC Chennai Towers and RC Damansara, in particular and other NGOs in this regard.

The icing on the cake was a trip to Mysuru palace and witnessing the brilliant light show!





PRESIDENT ELECT TRAINING SESSION (PETS - 1)

9th September 2023

Rtn Shalin Shah

As President elect of RC Chennai Towers for the year 2024/25, I attended the PETS – 1, on September 9, 2023. This event was held at GRT convention centre, Chennai. Sharing a few insights and take aways which I learned and wanted to share.

In District 3233 we have totally 89 clubs, 20 region and 3250 (approx) Rotarians. We belong to region 16. Our AG is Rtn Venkataraman V from RC of Madras North.

Our DG elect for District 3233 Rtn S Mahaveer Bothra has highlighted some focus points.

1. Membership development.
2. Public Image.
3. Social service.
4. Foundation.

The PETS - 2 is planned to take place in December 2023 and the PETS – 3 at Kuala Lumpur, Malaysia from March 6th to 10th 2024. Looking forward to participate and bring more insights and ideas for a successful Rotary year ahead.





DISTRICT BEER FELLOWSHIP

15th September 2023

Rtn Sanjay Ahuja

The weekend started early with The Rotary Beer Fellowship on Friday 15th Sep. The venue was a restobar called SOS. Strange name for a bar, but realized it was an acronym for Same Old Story. And very apt, as that bar had gone through multiple name changes!

The evening started well with exchanging pleasantries with Rotarians across various clubs. As the evening progressed, and the beer continuously flowing on the tap, the pleasantries became more vociferous and we even had a few trying out Michael Jackson dance moves!

Overall a great fun filled evening and a great opportunity to interact with fellow Rotarians. Thanks to Rtn. Manoj from our club (RC Chennai Towers) who is the district chair for the Beer fellowship. Great effort. RCCT members were present in good numbers adding camaraderie and support! The evening ended with the mandatory round of pictures and selfies, with eager anticipation of the next beer fellowship!





ROTARY BEER FELLOWSHIP

Beer Fellowship group welcomes all of you for a fun evening of smiles laughter and much more

@SOS RESTO BAR

Unlimited draft Beer & Veg/ Non Veg starters
@ ₹1500/PERSON

KINDLY RSVP IN THE GROUP

VENUE : ● SOS Murugeson Nalcker Complex, 65/5, Greens Rd, Thousand Lights West, Thousand Lights

DATE : 15/9/2023 , FRIDAY
TIME : 7pm onwards

Karthik Surendran
Co - chairman.

Manoj J
Chairman - Beer fellowship, RI dist 3232







ACHIEVEMENTS

September 2023 | VOLUME 26 | Issue 3

RTN DR VASUMATHY

Project Vision on Wheels of Radhatri Nethralaya: rural teleophthalmology project to prevent needless childhood blindness, under the aegis of Gurupriya Vision Research Foundation: won the silver trophy for project of the year at the prestigious PMI South Asia Awards at ITC Grand Chola on September 2nd 2023.



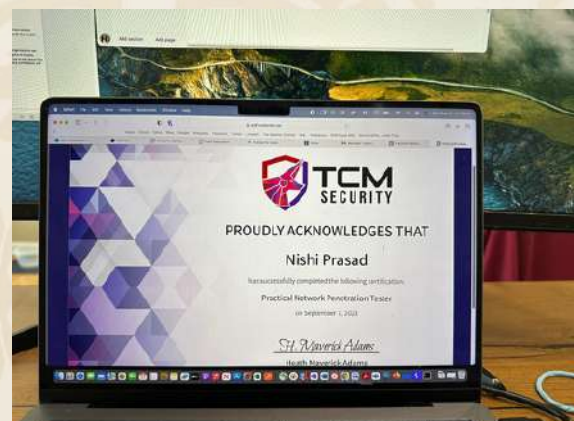
RADNET 2023 held

On the occasion of its 15th anniversary, Radhatri Nethralaya eye hospital conducted RADNET 2023, its annual continuing medical education programme for eye doctors. The theme this year was Paediatric Ophthalmology, eye disorders in children. More than 200 doctors from all over India participated. Dr Vijayalakshmi from Aravind Eye Hospital, Madurai delivered the tenth Dr. T.N.C Vedantham Memorial oration on visual rehabilitation of special children. The oration plaque was given by Rtn Tankaraju, founder Breyer group of Colleges, Malaysia.



ANNETTE NISHI PRASAD

Annette Nishi Prasad daughter of Rtn GS Prasad and Ann Anuradha Prasad won a prestigious certification for ‘ practical network penetration ‘ held by TCM security.



RTN KRISHNA KUMAR

Rtn Krishna Kumar won Doubles in the ITF tennis national championship held on 15—2023 at the Presidency Club, Chennai.



ANNETTE JADEN

Annette Jaden was the runner up at the U13 badminton championship held on September 29, 2023 at Fireball Badminton Academy, Chennai.



Congratulations!



RCCT IN THE NEWS

September 2023 | VOLUME 26 | Issue 3

Award for Radhatri Nethralaya project to combat blindness in babies

By Our Staff Reporter

Dr. Praveen Krishna and Dr. Vasumathy Vedantham (Medical Directors, Radhatri Nethralaya, Hindi Prachara Sabha Road, T. Nagar) were presented a silver trophy in the PMI (Project Management Institute)



Dr. Praveen and Dr. Vasumathy receiving the trophy.

South Asia Awards function in ITC Grand Chola recently.

The award was given in recognition of the extensive work done by Project Vision on Wheels of Radhatri

Nethralaya under the aegis of its public charitable trust Gurupriya Vision Research Foundation. Under the rural teleophthalmology project to combat needless childhood

blindness, more than 45,000 babies in rural Tamilnadu and Andhra Pradesh have been screened for the blinding condition called Retinopathy of Prematurity (ROP).



MAMBALAM TIMES

The Neighbourhood Newspaper for T. Nagar & Mambalam
www.mambalamtimes.in

Vol. 29, No. 17

September 10 - 16, 2023



'Nethra Mitra' award for Dr. Vasumathy



Dr. Vasumathy Vedantham receiving the Nethra Mitra award from Dr. Hemanth Murthy (President, Karnataka State Ophthalmic Society) and Dr. Ravikumar (President, RABF).

By Our Staff Reporter

Dr. Vasumathy Vedantham (Medical Director, Radhatri Nethralaya, 12, Hindi Prachara Sabha Street, T. Nagar) was conferred the 'Nethra Mitra: Emerging Community Ophthalmology Leader' award for her community work in the field of childhood blindness by the Rotary Avoidable Blindness Foundation (RABF) at the Rotary Interdistrict conference in Mysuru on Sept. 3. The award was in recognition of her work in preventing blindness in thousands of preterm babies from poor socioeconomic background through free vision preserving laser surgery under Project Balanethra of Gurupriya Vision Research Foundation, the public charitable trust of Radhatri Nethralaya.

Dr. Vasumathy spoke on Retinopathy of Prematurity (ROP), the blinding disorder affecting preterm babies. The audience included ophthalmologists.



DID YOU KNOW?

'Literacy in a Box' the brain child of Rotary Club of Roborough, Plymouth. Each box had basic study materials that reached countries like Ghana, Nepal, Philippines and Zambia.





ONGOING PROJECTS

September 2023 | VOLUME 26 | Issue 3

ANBAGAM

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

The donors for the month of September 2023 are Rtn Padmaja and Ann Vidya



RETERI DIALYSIS CENTER

499 Dialysis
48 patients.

EGMORE DIALYSIS CENTER

303 Dialysis
28 Children



ANNIVERSARY WISHES

September 2023 | VOLUME 26 | Issue 3

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



Rtn. Vijay Kumar
and
Ann Mala



Rtn. Sabu Balagopal
and
Ann Priya



Rtn. Jayashree KP
and
Spouse Prithvi

RCCT extends warm wishes and blessings to Annette Preethie (daughter of Rtn Rukmani and Spouse VN Mohan) with Vikram



RCCT extends warm wishes and blessings to Annette Rahul (son of Rtn Satish Jupiter and Ann Hamsa) with Damayanti



We wish the newlyweds a very Happy Married Life.

JOURNEY OF TOWERS TIMES

The meaning of words like commitment, sincerity and consistency are easy to find in a dictionary .In RCCT all these three qualities combined are found in one person, Ann/Rotarian Padmaja Venkat Ram. She along with the bulletin team had started the work of designing the “Towers Time’s” bulletin even before the club was chartered. For years she has been the creative head of our bulletin, doing her work silently and bringing in new ideas adapting from TYPEWRITER era to DIGITAL era! Here she is, sharing her experiences with us.



Ann Anuradha Prasad

In 1998, when Venket and I along with Charter President Sabu , First lady Ann Priya Sabu and others !) were finding our feet as newly inducted charter members in a brand –new club, the job of designing the bulletin fell into my hands. G.K.Selvaraj uncle, who was instrumental in starting RCCT , gave it the name TOWERS TIMES and asked me to design a logo and masthead . The logo was so basic, with a brush –stroke tower.....and I cringe every time I see it in the archives now! We had a member, Rtn Rajasekhar who was Sabu’s neighbour and handled the printing first year. I still remember the thrill of getting the copies of the first bulletin one rainy evening!

It was a single –fold A4 size newsletter. We printed only the masthead for the whole year and printed the inside pages in a single- colour content every month

Annet’s corner with their jokes , ‘Know your Rotarian’ where we featured a Rotarian every month speaking about him/herself, were features everyone looked forward to during the first years . From then on, barring one or two years in between, I think, I must’ve designed the bulletin for at least about 20 years. This gave me the front –row seat to all the club activities. The vibrancy of our club that dazzles our fellowships the generous and caring spirit that shines through the projects , our involvement in the bigger circle-the district are, all captured month after month .

My journey with Towers Times, from print to digital, has been eventful, to say the least. What started off with 4 sides of an A3-sized paper, folded in the middle, has grown to 30 to 38 pages now.

From designing the bulletin in PageMaker to Corel Draw to Canva the technology and methods have changed and evolved over the years. From just me and an editor then to a full-fledged bulletin team now speaks volumes about the growth of the bulletin.



Thanks to Ann Anuradha, it's such a pleasure to reread old issues every time she shares them in the group!

In 2009, I had the pleasure of designing the GML for the year. It was so lovely to work with the same editor, Sukanya, in 2022 for Rtn Sumedha's Purple Reign, a partners' newsletter for the district. I didn't realize it back then, but over the years, RCCT has given me meaning in life. If not for Rotary, I would have never been exposed to people from other sections of our society, whose lives we could impact with so little effort from us. This gives me a great sense of fulfilment and purpose. This has been reinforced every time I read our bulletin.

Whenever I walk into an RCCT event, be it a fellowship or a speaker meeting, the sense of belonging that washes over me is just awesome. My RCCT. My tribe!



BULLETIN TEAM

September 2023 | VOLUME 26 | Issue 3



Ann Alpina T
Editor



Ann Anuradha Prasad



Ann Priya Vivek