

THE LIGHTHOUSE

BOND | BUILD | BRING CHEER

WEEKLY BULLETIN OF THE ROTARY CLUB OF MADRAS | ISSUE 11 | September 15, 2024

RCM Continuing to break new ground



Dear RCMers,

In India, approximately seven lakh children under the age of five die annually, with 70 percent of these child deaths linked to malnutrition.

Balwadis address the issue of malnutrition by providing essential nutrition to children and pregnant women.

Read all about RCM's Balwadi initiative in this issue.



Rtn.Shivkumar Eashwaran
Editor

Rtn.A.R.Raghuandan
Chairperson

Mr.Madhu Mathen
Co-Chairperson

Rotary Club of Madras
cordially invites you to celebrate

**INTERNATIONAL DAY OF
Peace**

*Saturday Sept 21, 2024
7 pm at Abbotsbury, Hyatt Regency, Chennai.*

Chief Guest
PRIP. Rtn. Kalyan Banerjee

Guest of honor
Rtn. Vinod Saraogi
District Governor Elect

Rtn. Chella Krishna President	Rtn. Rajesh Mani Honorary Secretary	Rtn. Shanno Ravi Director-Club Service
Rtn. Sabina Narayan Director	Rtn. Suresh Amirapu Chairperson	Rtn. Ashish Gupta Co-Chairperson

THE LIGHTHOUSE

BOARD 2024-25

- President**
Rtn. G. Chella Krishna
- Honorary Secretary**
Rtn. Rajesh Mani
- Immediate Past President**
Rtn. S. Ravi
- President - Elect**
Rtn. Nikhil Raj
- President - Nominee**
Rtn. S. Balakrishna
- Director - Community Development**
Rtn. Dr. Anuradha Ganesan
- Director - Club Service**
Rtn. Shanno Ravi
- Director - Vocational Service**
Rtn. Sanjay Rao Chaganti
- Director - Youth Service**
Rtn. Balaji Chinni
- Treasurer - Club Funds & RCM BTS**
Rtn. Asha Mathen
- Asst. Secy./ Bulletin Editor**
Rtn. Shivkumar Eashwaran
- Director - CSR**
Rtn. Ganesh Ananthakrishnan
- Director - Rotary Foundation & International Service**
Rtn. Sabina Narayan
- Director - Community Health**
Rtn. A.M. Visvanathan
- Treasurer - RCMCT**
Rtn. A. Gooch Kumar
- Director - Fund Raising & PR**
Rtn. Prasanna Rajagopalan

THE LIGHTHOUSE COMMITTEE

- Editor** : Rtn.Shivkumar Eashwaran
- Chairperson** : Rtn. Akur Raman Raghunandan
- Co-Chairman** : Mr.Madhu Mathen
- Mentors** : Rtn.PP.N.K.Gopinath
Rtn. PP.Indra Subramanyam

COMMITTEE MEMBERS

- Rtn.E.As swath Kumar Reddy, Rtn.Himanshu Budhia
- Rtn.Vummidi Shailesh Raj, Rtn. Bhaswar Mukherjee
- Rtn.Indrani Krishnaier, Rtn.Shri Shakthi Girish
- Rtn.Reji Joseph, Rtn.Maya Thiagarajan
- Rtn.Fharzana Siraj, Rtn.Dr.M.Parkavi,
- Mr. Vikrm.S.Eashwaran, Rtn.Govind Parikh
- Rtn.Rakesh Jaiswal, Rtn.Dr.Rama Narasimhan

EDITED & PUBLISHED BY

Rtn. Shivkumar Eashwaran, Asst. Secretary
Rotary Club of Madras,
RAYALA TOWERS,
2nd Mezzanine Flr., 158, Anna Salai,
Chennai 600 002 Phone: +91 44 2859 1020

CONTACT THE EDITOR AT:
editor@rcmlighthouse.com

Bulletin Design:

CHARIS MEDIA WORKS

Visit RCM's official website
www.rotarymadras.in

CONTACT RCM SECRETARY AT:
office@rotarymadras.in



Rotary Club of Madras (RCM)
Minutes of the 11th Weekly Meeting held on 10-09-2024
 at Hyatt Regency, Teynampet, Chennai

Call to Order and Invocation:

The meeting commenced at 01:30 PM. The Sergeant-at-Arms, Rtn. Jayant Hemdev, collared the President. President Rtn. G. Chella Krishna called the 11th weekly meeting of the year to order. A silent invocation was observed.

Confirmation of Minutes:

The minutes of the 10th Weekly Meeting were confirmed and adopted.

Welcome and Introductions:

Following guests were welcomed

- Ms. Medha Joseph and Ms. Sujal Patwardhan from Embarq.
- Rtn. Bernard Steinbecker from the Rotary Club of Bombay Midtown.
- Probian A. J. Manavalan and Probian Dr. D. S. Ramaiah from the Probus Club.
- Other guests were also welcomed.

Announcements and Recognitions:

- Rtn. PP. Dr. Vijaya Bharathi Rangarajan donated \$50,000 to the Rotary Foundation.
- Rtn. Krishnamurthy Vijayan was acknowledged for raising funds to provide a Mammogram Machine to Adyar Cancer Institute at their centre at Tiruvannamalai. The advance has been received and order placed.
- Rtn.PP.Jayashree Sridhar was acknowledged for putting in a lot of effort for selecting the right type of Mammogram Equipment for the Cancer Institute.
- Rtn.PP.Indra Subramanyam's son Shravan was thanked for his consultative advice on the Mammogram equipment.
- Access Healthcare Services Pvt. Ltd. contributed Rs. 60 lakhs to the Ramakrishna Mission School WASH Project, with additional support from Rtn. Govind Parikh and TVS Motors.
- Rtn.Arun Palaniappan and Rtn.Bikram Shivkumar were appreciated for their efforts in implementing the Tata ClassEdge program in 19 of the 25 schools shortlisted.
- Rtn. Lieutenant Gopalakrishnan was acknowledged for his efforts in inspecting implementation of grant projects.
- Rtn. Bernard Steinbecker presented the idea of partnering with the Rotary Club of Aachen for the 100th anniversary celebration.
- Rtn. Sanjay Rao Chaganti announced the ongoing "cause champion" initiative for the week - supporting college education for twelve deserving students from Boys Town and Rotary Nagar.
- Rtn. PP. Ranjit Pratap and Rtn. Manu Reddy were recognized for their donation towards an autism room at the Institute of Child Health, Tamil Nadu.
- Rtn. Abdul Kareem Sait and Raheela Kareem welcomed a new grandson.

Upcoming Events and Trips (Domestic and Outstation Trips):

Rtn. Ashish Gupta presented two domestic outstation tours:

- **Mumbai Exploration:** December 6th-8th, 2024, featuring dining experiences and cultural visits.
- **Brahmaputra Cruise:** February 16th-20th, 2025, exploring wildlife and ancient culture.

International Peace Night:

The next meeting on September 21st will be an evening event featuring Past RI President Kalyan Banerjee. There will be no weekly meeting on September 17th.

Program:

Guest Speakers: Ms. Medha Joseph and Ms. Sujal Patwardhan shared their insights on "The Road Less Travelled."

Memento Presentation: Rtn. PP. Rajendran Sabanayagam presented a memento and a "Timeless Legacy" to the chief guests.

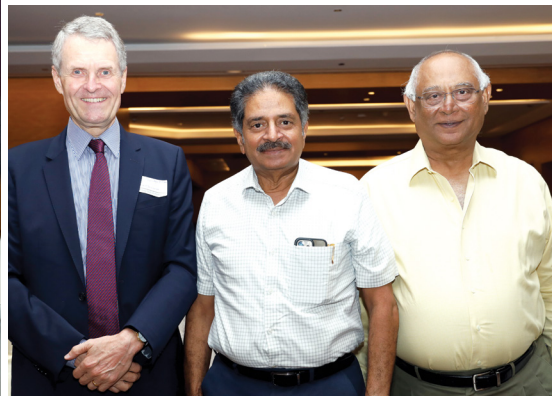
Secretary Announcements: Rtn. Asha Mathen announced Birthdays and Anniversaries for this week.

Vote of Thanks: Delivered by Rtn. Asha Mathen.

Adjournment:

The President, Rtn. G. Chella Krishna, adjourned the 11th Weekly Meeting.

BIRTHDAYS (16th to 22nd September 2024)	
Rtn. Maya Thiagarajan	16/9
Rtn. Vivek A. Parachur	17/9
Rtn. R. Ashok Thakkar	18/9
Rtn. Dr. R. Chandrasekhar	18/9
Rtn. Ravi Prakash Singhee	19/9
Rtn. Shri Shakthi Girish	21/9
Rtn. Shivkumar Eashwaran	21/9
SPOUSES' BIRTHDAYS	
Ann. Divya Chetti, Spouse of Rtn. Deepak Chander	16/9
Ann. Vidya Venugopalan, Spouse of Rtn. Bikram Shivkumar	17/9
Ann. Meghana, Spouse of Rtn.Kishor Dandeker J	20/9
Ann. K.T. Pillai, Spouse of Rtn.Manasa T Pillai	21/9
SUNSHINE	
Rtn. PP. Shanker C. Mangadu	12000
Rtn. PP. Indra Subramanyam	3000



Off the Beaten Track

This week's talk was by two adventurers who decided to give up their high-paying jobs to follow their passion: travel! The two ladies, Medha and Sujal, had been friends for years before starting Embarq. They hadn't been in touch until six of them got into cruisers and drove from India to Morocco in 57 days.

This trip turned out to be life-changing as a Facebook page they had set up personally for family and friends to stay in touch and see what they were up to evolved into something far greater, with 3,000 followers, all living vicariously and enjoying the amazing experiences through their photographs and short videos.

It was then that they realized that there are many Indians interested in travel but who never actually live out their dreams because of visa concerns, lack of time to research, worries about rules and regulations they may not be able to comprehend or follow in different languages, and so on.

Thus, their project was born. They secured angel investor funding and now conduct trips every month, sometimes twice a month. These can be trips they have already done before or new ones. It was explained that these were for people who are accustomed to luxury and are willing to pay top dollar for the trip of a lifetime. Usually, there are a few cars, with each car driven by a family or group, and other cars in convoy, with people of similar interests traveling in tandem. There is a car that leads and one that follows. One of the



founders usually accompanies the group, though presumably, that will change over time as they expand and hire people to do this job for them.

What was impressive, as Krish Vijayan attested to, was that there was a lot of attention to detail, and everything had been checked out in advance. Very little is left to chance, ensuring the travellers were completely comfortable driving, with a walkie-talkie explaining things as they went along.

All in all,
two very interesting
entrepreneurs
who love to help others
experience their
passion.

It was great to see
women doing this and
discussing motorbikes
and the like as well.

Personally, I really appreciated the philosophy of encouraging people to meet and interact with the locals and to try out the local cuisine. Sometimes, I feel that we tend to stick to what we know, and to truly get to know a

new country, we need to make the effort to experience their culture as best we can. What better way than through their food? Having said that, they were conscious of the fact that sometimes vegetarian food is hard to come by in certain countries, and hence they make arrangements for this.

The question of price came up. We were told that, aside from the airfare, once you have paid them between 2.5 to approximately 9.5 lakhs, it is "fully loaded." In other words, you don't have to spend anything more on your stay, your meals, or your travel—only shopping would be additional.

All in all, two very interesting entrepreneurs who love to help others experience their passion. It was great to see women doing this and discussing motorbikes and the like as well. Good luck to them, and perhaps we will see an IPO at some point if they decide to scale up further. Their knowledge of the corporate world should certainly hold them in good stead. Having a personal endorsement from Rotarians added to the credibility and attraction, and there were questions long after the talk was over.

- Rtn. Maithili Shaan
Katari Libby

Construction of a Balwadi at Kanathur



The Balwadi in Kanathur was functioning in a small room of about 250 square feet, where the children had to eat, sleep and play. Additionally, the gas cylinders and ovens used to cook for them were operating inside that same room, making it highly unsafe. The place also served as a primary healthcare center for pregnant mothers.

Seeing this situation, the Rotary Club of Madras (RCM) decided to step in at the request of Exnora International. Exnora International, a 33 year old International non-governmental environmental service organization founded in 1989 in Chennai, by social activist M. B. Nirmal, focuses on preserving nature and preventing environmental degradation. Its Environmental Training Institute conducts training programs for school teachers on various environmental issues, including biodiversity, climate change, and solid, liquid, and zero waste management.

Exnora International identified 60 Balwadis that needed a facelift and decided to focus on 20 of them. They felt that RCM was one of the best organizations to take this project forward, given its extensive experience in executing similar projects with government authorities through its WASH initiatives.

Currently, RCM is taking up the construction of three such Balwadis. One of these involves building a new 600-square-foot Balwadi at Kanathur. RCM organized





RCM was one of the best organizations to take this project forward, given its extensive experience in executing similar projects with government authorities through its WASH initiatives.

the necessary funds for this project through the CSR initiative of TVS Tyres.

The Bhoomi Pooja to build the 600-square-foot building took place on Friday, the 6th of September, 2024, at 10:30 a.m. The event was attended by the District Governor Nominee Rtn. D. Suresh Jain, President Rtn.G. Chella Krishna, Director Community Development Rtn. Dr. Anuradha Ganesan, WASH Committee Chairperson Rtn. Arvind Kumar Sankar, Co-chairperson Rtn.M.M. Philip, all committee members and other RCM members.

- Rtn.Arvind Kumar Sankar ,
Chairperson WASH Committee

It was a genuine pleasure to be part of the Balwadi function on 6 September 2024.

The Balwadi is part of the Integrated Child Development Services (ICDS) programme of the government, which enables pre-school learning and nutritional supplements for young children, as well as care and information dissemination to pregnant and lactating mothers. It is one of the best projects of the state government, but is not administered in full, owing to the lack of infrastructure facility.

Rotary Club of Madras is in the process of trying to take on nine of these Balwadis and rebuild them ground up, so that the infrastructure facility will be available to the fullest, for the government. As a starting point, the Kanathur Balwadi ground breaking function was held and was duly attended by the ICDS officials in charge from the state government as well as the Panchayat president, along with various other government officials attached to the project.

The project is going to be implemented by ExNoRa and Mr. Senthur Pari, President of ExNoRa is a valuable partner. This is one of my favourite projects and I look forward to its speedy implementation on a multi-location basis. As early as we can, we are also in the process of kickstarting two more Balwadis at the earliest, and we will keep you all informed of the progress made.

Rtn.G.Chella Krishna
President



HPVax Awareness Event at RKM Sarada Vidyalaya HSS, Burkitt Road

H HPVax Awareness Event at RKM Sarada Vidyalaya HSS, Burkitt Road

The second event in a series of planned awareness activities at the RKM Sarada Vidyalaya group of schools was conducted on the morning of the 10th September.

Following the success of our first awareness event at RKM Sarada Vidyalaya Model HSS in August, held for the parents of girls from classes 6 to 10, we returned to address the remaining parents of students from the 11th and 12th standards.

The event was attended by around 120 parents, who participated actively and engaged with our team. We were delighted to discover several advocates within the audience. One parent stood up to share that they had already vaccinated their daughter at the age of 10. This was a great morale booster for our efforts and instilled confidence in the rest of the parents gathered in the auditorium. Another parent came forward and addressed the gathering, encouraging everyone to ensure that their daughters were vaccinated. A special mention was made for the fathers in attendance, acknowledging their interest in their daughters' health and welfare.

We began the event with a brief invocation prayer and an introduction by Mrs. K. Rama, the headmistress of the school. During the event, we distributed information sheets and consent forms in Tamil to all the attendees, which they could take home and review before giving their consent for vaccination.

The event was attended by President Rtn. G. Chella Krishna and PP. Rtn. Indra Subramanyam, both of



A special mention was made for the fathers in attendance, acknowledging their interest in their daughters' health and welfare.

whom addressed the gathering, encouraging the parents to take advantage of this opportunity to avail themselves of free vaccination for their daughters.

At the end of the session, we held a productive Q&A session, where parents posed their questions, which we answered to their satisfaction.

We remained until all questions were addressed and accepted a hot beverage graciously offered by the school authorities.

A list of willing children will be compiled by the school, and free vaccination will be administered at the Cancer Institute, Adyar.

- Rtn. Dr. Sangeetha Viswanathan

Inviting Cause Champions for the Week

Dear RCMers,

We're excited to announce the launch of our 2nd Cause Champion initiative!

This is your chance to support college education for 12 deserving students from Boys Town and Rotary Nagar. Together, we aim to raise ₹6.55 lakhs to make their dreams a reality.

Every contribution, no matter the size, makes a difference! To contribute, simply click the link below:

<https://rzp.io/i/rcmctscholarship>

The scholarship applications have been carefully vetted by Rtn.Shivakumar Vellur, Chairperson of the Scholarship Committee. For any questions, feel free to reach out to Rtn.Shivakumar Vellur, Rtn.Prasanna Rajagopalan, or Rtn.Sanjay Chaganti.



Contribute directly here:
<https://rzp.io/i/rcmctscholarship>

(Any amount is welcome)

Thank you for your support!

Yours in Rotary,

Cause Champions
Rtn.Shivakumar Vellur, Rtn.Mehul Uday Nanavati

Director - Fundraising
Rtn. Prasanna Rajagopalan

Support Them Attend College
RCM



Issue 11

Suggest the most quirky, whacky or creative caption/ blurb for this photo (Maximum 15 words). The best entries will be reproduced in the next week's edition of Lighthouse.

Mail your captions to editor@rcmlighthouse.com on or before 17th September .



Issue 10 : Best Captions

1. A captain and an administrator - **Rtn. PP. A. S. Venkhat Ramani**
2. "When words aren't enough, a hug says it all."
- **Rtn. Hemant P. Chordia**
3. In-Vest-ing Rotary brothers. No Vested interests.
- **Rtn. E. M. C. Palaniappan**
4. 'come on , Let's talk diplomacy @ the bar' invites the smiling captain ...- **Rtn. Vijay Dugar**
5. "When midlife crisis meets the mid-party groove"
- **Rtn. Naveen Kumar Bhatia**
6. "Bhai - Bandi ka Bandhan" - **Rtn.Asha Mathen**

Embracing the Essence of International Peace Day

This is the second in a series of five articles on Peace by Rtn.Fharzana Siraj, to commemorate International Day of Peace (September 21st).

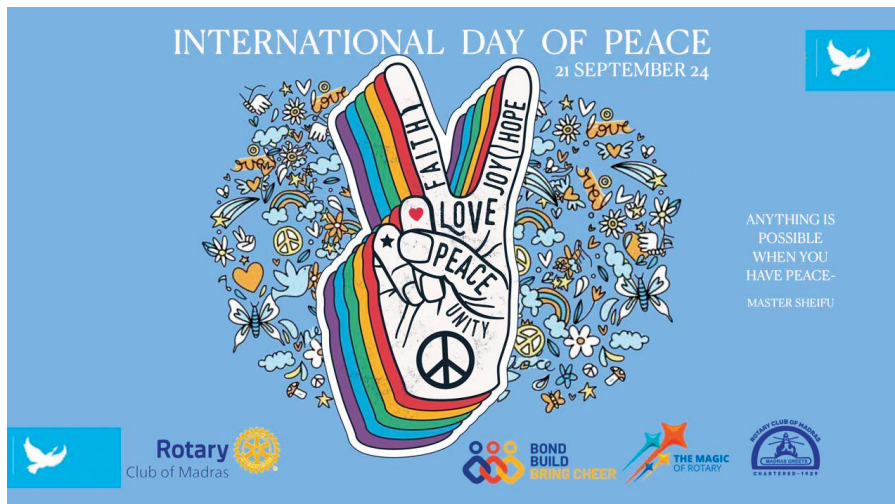
The Open Hand: A Gesture of Friendship and Understanding

The open and extended hand is a timeless gesture that conveys a message of friendship and understanding. This simple yet powerful sign has been used throughout history to signify a

willingness to connect, to listen, and to forge bonds of trust.

When one extends an open hand, it is an invitation to engage in dialogue and build bridges of mutual respect. It signifies an openness to new perspectives and a readiness to offer support without judgment. This gesture is foundational to peaceful coexistence, reminding us that true friendship is rooted in empathy and the shared desire for harmony.

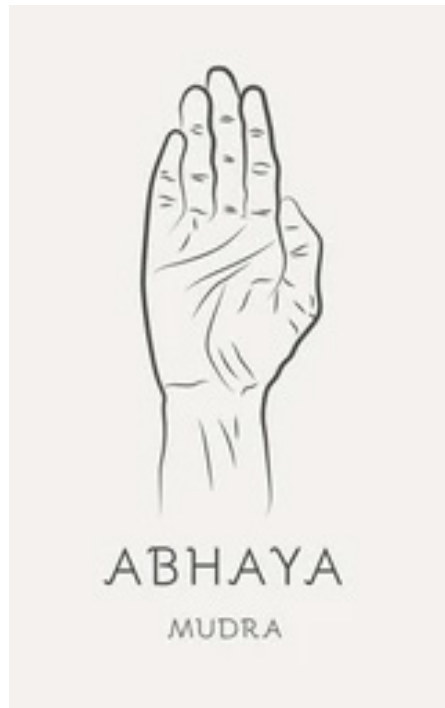
In a world often divided by differences, the open hand serves as a universal symbol of our shared humanity. On International Peace Day, let us extend our hands to one another, embracing the values of friendship and understanding. By doing so, we take a step closer to a world where peace is nurtured through genuine connections and the appreciation of our diverse cultures and experiences.



Poster Design by Rtn. Sakthivel Raja

Yogic Tip:

Corresponding Yoga Mudra: Abhaya Mudra



Cultivating Peace with Abhaya Mudra: Drives Away Fear

The Abhaya Mudra, often depicted in Buddhist and Hindu iconography, is a hand gesture that embodies the essence of fearlessness and protection. To perform this mudra, one raises the right hand to shoulder height with the palm facing outward,

symbolizing reassurance and the dispelling of fear.

By adopting this mudra, we not only seek to alleviate our own anxieties but also extend a gesture of reassurance to those around us. It is an act of solidarity and compassion, affirming our dedication to fostering an environment where fear and conflict are replaced by understanding and harmony.

As we observe International Peace Day, let the Abhaya Mudra inspire us to face challenges with a fearless heart and to create a space where peace can thrive. In embracing this gesture, we reaffirm our role in building a world where tranquility and safety are accessible to all.

- Rtn.Fharzana Siraj

Inauguration of Digital Learning Programme at Panchayat Union Primary School, Kanathur

The Rotary Club of Madras inaugurated the Digital Learning Programme of Tata ClassEdge at the Panchayat Union Primary School, Kanathur. Additionally, RCM painted the outside compound wall and painted and waterproofed the academic building. The project had an allocated budget of Rs. 5 lakhs. Tata ClassEdge is an edtech company that provides instructional e-learning curriculum and technology solutions specifically created for Indian schools, teachers and students.

Mr. Albert from Tata ClassEdge demonstrated a lesson on the digestive system to eager and curious students and Rotarians. After the digital class, the Assistant Headmaster of the school thanked and praised Rotary for their efforts, which also included an earlier refurbishment of the school, post the 2004 tsunami.

-Rtn. Arvind Kumar Sankar
Chairperson WASH Committee

The pleasure in the eyes of the children of the Panchayat Union School at Kanathur was simply breathtaking !

The topic that was taught using the first Tata ClassEdge tools was digestion and the movement of food through the alimentary canal. This was explained in great detail by the Tata software and it facilitated learning for the kids, while serving as a good tool for the teachers to explain to the children as well.

The Rotary club Of Madras is proud to be associated with this digital literacy program. RCM will try to ensure proper training of the faculty as well as engagement with the Tata company to ensure that the results are maximised.

Rtn.G.Chella Krishna
President





GO COLORS!

Leggings | Joggers | Ethnic | Palazzos | Jeggings | Pants | Denim | Culottes & more

Present across 150+ cities with over 650+ exclusive brand stores in all leading malls, high street & airports.
Shop Online at www.gocolors.com