

THE LIGHTHOUSE

BOND | BUILD | BRING CHEER

WEEKLY BULLETIN OF THE ROTARY CLUB OF MADRAS | ISSUE 12 | September 22, 2024



RCM's HPVax Tally crosses the 100 Mark



Dear RCMers,
 Considering the lack of awareness and the public misconception about the HPV vaccination, RCM's achievement of crossing the 100 figure mark in HPV vaccines administered in this Rotary Year, is a noteworthy milestone.

Read the details in this issue.



Rtn.Shivkumar Eashwaran
 Editor

Rtn.A.R.Raghuandan
 Chairperson

Mr.Madhu Mathen
 Co-Chairperson

Rotary Club of Madras

13th
Weekly Meeting

Tuesday,
24th September 2024 | 1.30 pm
 at Hyatt Regency, Chennai.

Speaker:
K R Lakshminarayana
*Chief Endowment Officer
 Azim Premji foundation*

Topic:
**“SCALING
 PHILANTHROPY-
 The Azim Premji
 Foundation
 experience”**

Please note that spouses are cordially invited for this meeting

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 President

Rtn. Shanno Ravi
 Director - Club Service

Rtn. Rajesh Mani
 Honorary Secretary

Rtn. PP. Rani Muralidharan
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THE LIGHTHOUSE

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It's a ton ladies and gentlemen as RCM hits the ball out of the park...

It is with great pride and joy that we are happy to announce that we have administered 108 doses of HPV vaccines so far in this initial phase of HPVAX, our HPV vaccination program for Cervical Cancer Prevention. This has been made possible largely through your generosity and goodwill and we are very thankful. Also, we extend our sincere thanks to Cancer Institute Adyar for their efforts and involvement as a medical partner in our campaign.

Since the launch of the project on 6th July 2024, we have conducted 6 awareness events at various school venues and have reached around 2050 individuals with our message of HPV vaccination and cervical cancer prevention. We were given a huge platform to spread our message at the ABC event and we are thankful to Dr Vijaya Bharathi Rangarajan for this kindness.

During this pilot phase of the project, we have identified the vari-

ous steps in the process of awareness creation and vaccination and the logistical hurdles that will need to be overcome when we scale-up the program to reach a much wider section of society. We have developed awareness materials and a repository of FAQs which we will continue to refine and improve. The next phase will involve putting systems and processes in place and designating roles and responsibilities to the various stakeholder members of our club.

We welcome you to join this effort and be part of the HPVAX team as this cannot be a one-person effort. This vaccination project is going to require all of us to come together for the greater good of the women of our country. Do join the journey and make a difference.

On the 14th of September we conducted two parallel events under the HPVAX banner. 81 girl students were vaccinated at Cancer Institute

Adyar between 9 am and 1.30 pm. This event was managed by Mr. Kannan from Pres. Chella Krishna's office, and we are very thankful for his logistical support. The event was attended by Pres Chella, Hon Sec Rajesh Mani and me.

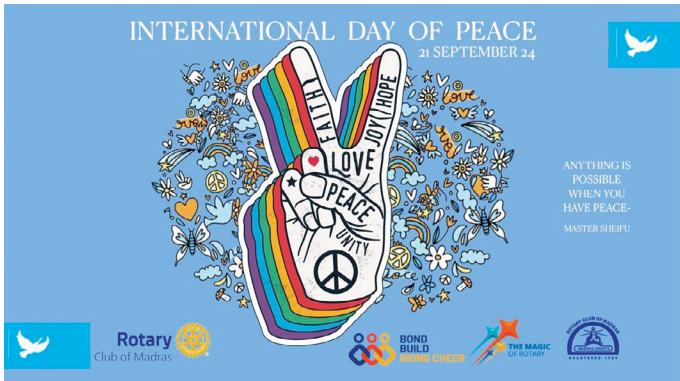
We also simultaneously ran our awareness event at RKM Sarada Vidyalaya Matriculation school which was attended by around 90 to 100 parents. This event was supported by Mr. Venkatesh from the Rotary office. Information leaflets and consent forms were distributed during the talk and there was a question & answer session after the talk that saw good audience engagement and participation. The school will now collate a list of willing students who will undergo vaccination at the next session.

Hoping to see you all there!

-Rtn. Dr Sangeetha Viswanathan

Embracing the Essence of International Peace Day

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



Poster Design by Rtn. Sakthivel Raja

Interlocked Fingers: The Power of Unity and Collaboration

Interlocked fingers, a gesture where hands are joined together with fingers intertwined, symbolize the strength of unity and the spirit of collaboration. This gesture represents the idea that when individuals come together, their combined efforts are stronger and more impactful than when they act alone.

In a world filled with challenges, the interlocking of fingers is a powerful reminder that we are all interconnected. It illustrates the beauty of diversity coming together to form a stronger whole, where each person's unique abilities and perspectives contribute to a common goal. Collaboration is the key to overcoming obstacles and achieving lasting peace, as it encourages cooperation, mutual respect, and the sharing of resources.

On International Peace Day, the symbol of interlocked fingers serves as a call to action for all of us to join hands in the pursuit of peace. By working together, we can create a world where unity prevails over division and where collaboration leads to solutions that benefit everyone.

Yogic Tip:

Corresponding Yoga Mudra: Granthita Mudra

Embracing Peace with Granthita Mudra: Improves Mental Clarity and Encourages Truthfulness



The Granthita Mudra, a gesture often seen in various spiritual traditions, involves clasping the hands together at the chest, with the fingers interlaced and the palms touching. The Knot Gesture is believed to activate the Throat Chakra, unlocking the power of self-expression, communication, and truthfulness. This gesture helps release the knots or blockages within the body, whether emotional or energetic.

The Granthita Mudra encourages us to find balance and integration within ourselves. By interlacing our fingers and focusing on the touch of our palms, we center our energies and cultivate a sense of inner calm. This gesture also serves as a visual and physical reminder of the importance of coming together in solidarity and mutual respect.

As we celebrate International Peace Day, let this mudra be a reminder of the strength found in unity and the peace that arises from bringing together our diverse energies and intentions. Let it also inspire us to work towards a harmonious world, where every act of unity contributes to the ultimate truth.

- Rtn.Fharzana Siraj

BIRTHDAYS (23rd to 29th September 2024)	
Rtn. Srinivas Garapati	23/9
Rtn. Ravindran Ramachandran	23/9
Rtn. N.Prakash	25/9
Rtn. N. Sukumar	27/9
Rtn. Ateeq Ur Rehman	27/9
SPOUSES' BIRTHDAYS	
Ann. Mallika, Spouse of Rtn.PP.A.S.Venkhat Ramani	24/9
Ann. Meena, Spouse of Rtn.Mohankumar Subramanyam	25/9
Ann. Priyadarshini, Spouse of Rtn. V.Murali	25/9
Ann. Vasudha, Spouse of Rtn. Hemant Srivatsa	25/9
WEDDING ANNIVERSARY	
Rtn. Rita Chaudhuri & Moloy Chaudhuri	27/9
Rtn. N.K.Bhatia & Amita Bhatia	29/9
Rtn. PDG J.B. Kamdar & Marlene Kamdar	29/9

Cricket lover Rtn. Rajesh Mani plays a straight bat and fields the four questions posed by The Lighthouse, with aplomb!

1. Is the Four-Way Test an impossible and impractical quest?

Well, if by "impossible" you mean achieving a perfect score on your personal ethical report card every day, then yes, it might be a bit of a stretch. But if you're talking about striving to follow it in your day-to-day life, then it's less about reaching perfection and more about making a genuine effort. Think of it as a moral GPS—sometimes you'll take a wrong turn, but at least you're trying to get to the right destination!



4

Questions on The Four-Way Test

2. Is it just an idealistic notion?

Sure, it's idealistic—like believing you'll never accidentally binge-watch an entire season of a show or that your children will always obey without needing a bribe. But that doesn't make it useless. The Four-Way Test sets a high bar, but it's not just about lofty dreams; it's a practical framework for navigating tricky situations.

3. Can it inspire or transform a Rotarian's perspective?

You bet! Think of the Four-Way Test as the ultimate motivational guide. It can help Rotarians view challenges through a more ethical lens, making them better leaders and decision-makers. It's not just about the test itself, but the way it can reframe how one approaches life's little dilemmas. So yes, it can absolutely transform your perspective—and make you look really cool doing it.

4. Any practical examples of its relevance in this day and age?

Oh, totally!

Picture this: you're dealing with a tricky business negotiation and tempted to stretch the truth. Applying the Four-Way Test is like having a moral lie detector strapped to your brain, keeping you honest and fair.

Or consider social media—it's the wild west out there, but using the Four-Way Test can help you steer clear of the myriads of misinformation. Like I said, it's like having a personal ethical GPS in the chaos of modern life.



International Outreach

JWD Clubs

The legendary James Wheeler Davidson, known as the "Marco Polo of Rotary," embarked on a remarkable journey, establishing 23 clubs across 12 countries. His unwavering zeal inspires us to continue his legacy of global outreach and cultural understanding.

Key contributions of James Wheeler Davidson:

- **Global Outreach:** He played a pivotal role in establishing Rotary clubs in many countries, including Australia, New Zealand, India, and Southeast Asia.
- **Cultural Understanding:** Davidson's experiences as a traveler and diplomat helped foster cultural understanding among Rotarians from diverse backgrounds.

- **Service Above Self:** He exemplified the Rotary ideal of service above self through his dedication to expanding the organization and promoting its humanitarian goals.

It is this very spirit that binds us together.

JWD: The Elusive Bond

JWD played a pivotal role in expanding Rotary's reach and fostering partnerships based on shared ideals and a sense of heritage. This year, we have taken a step further by reaching out to these clubs. On behalf of the President, each of these clubs was contacted, and our greetings for the year were sent. Alongside, we also shared our eagerness to acquaint ourselves with the club and their plans for the year.

As Past President Rtn. S. Gunashekar eloquently stated, this outreach is our form of soft diplomacy, aimed at cultivating common goals and understanding.

Engagement with The Lighthouse

Beyond mere greetings, our President, Rtn. G. Chella Krishna, and Director, Rtn. Sabina Narayan, have expressed a desire for ongoing communication. These JWD clubs are now engaging with our Lighthouse, a platform that showcases our projects and aspirations that have expanded beyond our shores. This outreach not only inspires us but also provides new perspectives and ideas to strengthen our resilience. The Rotary Club of Madras, with its 96-year journey, stands as a shining example of the Rotary Foundation's impact and our commitments.





James Wheeler Davidson (1872-1933)

Potential Outcomes and Aspirations

As a green Rotarian, I am intrigued by the potential outcomes of this international outreach. The promotion of service as a way of life, as outlined in the Object of Rotary, is a key objective.

Imagine if we, the JWD clubs, unite our resources and strengths, becoming resolute change-makers capable of implementing impactful initiatives that transcend club-level aspirations. True to our theme, "Bond to Build," we can create significant change and generate immense enthusiasm and cheer.

By harnessing our collective power, we can be the beacon to imagine initiatives that elevate the impact we have on society, resonating far beyond ourselves.

- Rtn. V. Sp. Sakhivel Raja

Committee Member – International Relations



Issue 11 : Best Captions

1. When the doctor is right here, why worry about calorie count? Go for it! – **Rtn. Asha Mathen**
2. Turning a corner into a sweet escape – coffee, payasam, and dessert, where meetings turn into treatings! – **Rtn. Hemant P. Chordia**
3. Picture Perfect - surely post a sumptuous lunch... – **Rtn. Vijay Dugar.**
4. She looks like the cat that got the cream – **Rtn. PP. Dr. Gauthamadas Udipi.**
5. See, see... enjoy onion-garlic free! – **Rtn. Jayshree Raveendran**
6. A Cuppa chai some mithai and bliss – **Rtn. PP. Ravi Katari**
7. "Tea time: where calories don't count and conversations flow endlessly!" – **Rtn. Naveen Kumar Bhatia.**
8. Oh the beautiful 'trimurthi' of RCM....keep bonding on! – **Rtn. PP. Vivek Harinarain.**
9. "Sharin- a Cha- Man" - **Rtn. Rajesh Mani**
10. An icecream parlour scene : philanthropist funds it, school principal grades it, gastroenterologist is on standby for the aftermath! - **Rtn. M. Sessa Sai**



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 24th September .

Issue 12





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