

# THE LIGHTHOUSE

BOND | BUILD | BRING CHEER

WEEKLY BULLETIN OF THE ROTARY CLUB OF MADRAS | ISSUE 14 | October 6, 2024



Trainees at the Spoken English Course at Selaiyur



Dear RCMers,

"Give a man a fish and you feed him for a day.  
Teach a man to fish and you feed him for a lifetime."

This old saying is exemplified in RCM's 'Caring Hands' Home Nursing Course, 'Wheels to Meals' autorickshaw driving course and Spoken English course for underprivileged women.

Read the report in this issue.



**Rtn.Shivkumar Eashwaran**  
Editor

**Rtn.A.R.Raghunandan**  
Chairperson

**Mr.Madhu Mathen**  
Co-Chairperson

## Rotary Club of Madras

16<sup>th</sup>

Weekly Meeting

**Speaker:**  
Justice K. KANNAN

**Topic:**  
“Untold Stories of Manipur”

Tuesday, 8th October 2024 | 1.30 pm

Lunch : 12:30 - 1:30 pm

at Hyatt Regency, Chennai.

Please note that spouses are cordially invited for this meeting

Rtn. G. Chella Krishna

President

Rtn. Shanno Ravi

Director - Club Service

Rtn. Rajesh Mani

Honorary Secretary

Rtn. PP. Rani Muralidharan

Chairperson - Programs Committee

# THE LIGHTHOUSE

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Dear Fellow Rotarians and friends,

Hope this letter finds you well. We had an excellent and action-packed September with enormous activity. The Signal events of the month were the International day of peace, which was graced by Past RI President Rtn. Kalyan Banerjee. This event featured a culmination of our peace activities with over 500 children participating in our essay contests.


We had some superb speakers including two lady travel entrepreneurs and a discussion on Philanthropy at scale. Past RI President and Chair of the Trustees of the Rotary Foundation, Rtn. Mark Maloney visited us and we showcased the club and launched over 6 projects.

The entire process gave me personally an idea of the size and scale of our club and the teamwork the club is capable of. October promises to be even more energetic, with the health, community and vocational teams ratcheting things up.



Regards,  
**Rtn. G. Chella Krishna**  
 President RCM


Birthdays (7th Oct to 13th Oct 2024)	
Rtn. Siddharth Ganeriwala	7/10
Rtn. Dr. Sudha S Ramachandran	7/10
Rtn. Aditya Agarwal	11/10
Rtn. Sandhya Sridhar	11/10
Spouses' Birthdays	
Ann. Marlene J Kamdar, Spouse of Rtn. PDG Kamdar J.B.	9/10
Ann. Sandhya Ravishankar, Spouse of Rtn. P.Ravishankar	10/10
Ann. Deepam R.Spouse of Rtn. Ravindran. G	10/10
Ann. Rashmi, Spouse of Rtn. Bharat B. Mohindra	12/10
Ann. Umagowri, Spouse of Rtn. Subramanian. N	13/10
Wedding Anniversary	
Rtn. Anil Mulchandani & Devdatta	08/10
Rtn.PDG Benjamin Cherian R. & Valsa	10/10



Issue 14

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](mailto:editor@rcmlighthouse.com) on or before 8th October.





Issue 13 : Best Captions

1. "Rock paper scissors!!" – *Rtn. Dr. Sharon Krishna Rau*
2. "Rotary and Peace? Only the tax man can give you peace!" – *Rtn. Sanjay Rao Chaganti*
3. "Even on International Peace Day, the tax man can ruin your peace of mind." – *Rtn. Asha Mathen*
4. "Mine is bigger and better." - *Rtn. PP. Dr. Gauthamadas Udipi*
5. "When negotiations for 'world peace' turn into a debate over who gets the last Samosa!" – *Rtn. N. K. Bhatia*
6. I am keeping this "Peace"!!! - *Rtn. Rajesh Mani*
7. Captain: "I command troops, you command taxes. We're basically national heroes." - *Rtn. M. Sessa Sai*



## Q & A with Rtn. Archana Shri Sanjay, The Senior-most Lady Member of RCM

She's a "Life of the party" person. She is frank, open, candid and doesn't pull any punches. That is Rtn. Archana Shri Sanjay! The senior most lady member of Rotary Club of Madras. 28 years to date. We at Lighthouse thought that getting her insights about being a Lady Rotarian and what it takes to be participative, involved and contribute to RCM & Rotary as such, was important.

It gives us an insight and perspective over a period of time as to how RCM has evolved.

Archana is not your ordinary 'girl next door' type. Like I said, she is open and frank. It was a pleasure talking to her to share her thoughts as a Lady member and a long standing one at that. You will get to understand through the course of our conversation, her sensibility of approach and her commitment to tasks on hand. Archana typifies the Lady Rotarians of RCM, who help us to keep our flag flying high!

(This is dedicated to all the Lady members of RCM who I feel have contributed immensely to the exalted status we enjoy amongst the clubs worldwide. It is befitting that Rtn. Dr. Anuradha Ganesan is slated to lead us in our centennial year.)

**Rtn. A.R. Raghunandan,**  
Chairperson,  
Lighthouse Committee

### 1. Why Rotary? What made you join? And why RCM in particular?

My father, Late Shri R. S. Falor, was a member of Rotary club of Madras South. Growing up, I have fond memories of actively participating in the FCFS and cultural events. So,



when I was older, and my father asked me if I wanted to join Rotary, without batting an eyelid, I said YES!! PP. Late Shri R. Rajagopalan, a member of our club who knew my father and me, was happy to introduce me to RCM. And thus, I was inducted. RCM was surely lucky to have me!!!

### 2. When did you join? Are you the senior-most lady member of RCM?

I joined RCM on 14.05.1996. So that's 28 years completed!!! Phew!

Yes, I am the senior most Lady Rotarian of RCM.

### 3. What has been your participation in RCM's committees over this period, and which has been the most satisfying among the lot?

I have been actively involved right from the beginning of my Rotary

journey, mainly in youth service. I was the Director for youth service for a year too.

I have contributed in other avenues as well, whenever asked. I don't go and ask, but when asked, I don't remember declining. I have enjoyed every avenue that I have contributed to.

### 4. Financially too, you've contributed to the projects. What more?

Nothing specific. As I mentioned earlier, when asked, and if I feel I can bring something to the table, I am game to be a part of any project.

### 5. You're an experienced Rotarian and a senior one at that. What are your future plans as regards RCM? Are there plans to take on more responsibilities in the Club / District?

This year, Rtn. PP. Dr. Vijaya Bharathi Rangarajan is heading the membership development committee in the district. I joined her team when she asked me.

### 6. How much of your personal time is consumed by Rotary activities, and how do you balance out the family time with it?

I balance my work, family, and Rotary well enough to not have any cracks in the family- sorted on that front.

### 7. What other activities, other than Rotary, occupy your time? Do you have hobbies?

I have been an outdoor person all my life. I love any sport activity and was active before COVID. I haven't reached to those levels of fitness after that, but hopefully soon. Traveling keeps me occupied.



**8. From what one sees of you, Rtn. Archana Shri Sanjay, you're frank and outspoken, and a gregarious person. How much of it is because of Rotary? I am asking you this because I think our persona acclimatizes to the environment we are part of. An answer you need to think about!**

That's my persona, I think. Right from the time I can remember, since childhood, that's how I was- straight-forward, not keeping a grudge. Talk it out, sort it out, and forget about it. That keeps me grounded and smiling.

ing. Not a malicious bone in my body. Rotary has allowed me to be what I am.

**9. I understand that your family owned the famed 'STANDARD PENCIL' factory, which we all grew up with. No plans to continue with the legacy?**

A standard pencil does bring back fond memories for the madraasis. With the competition in pencils, and lesser margins, my father prudently shifted over to making cosmetics, and Lakme was the first company we were OEMs for. This continues...

**10. What do you think is the effect that Rotary has had in your life and how has it made you a better human being. What has been Rotary's contribution?**

Having grown in an environment where our family has always done something for society, beginning with a water project for the people in my village in Rajasthan about 50 years ago, I see Rotary as an extension to our core belief of making a small difference in other people's lives. I am happy to be a part of it.

**RCM Calendar for October 2024 - Economic & Community Development Month**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	<b>NO MEETING</b> 1	2	3	4	Week - 15 5
		<b>INTERNATIONAL FELLOWSHIP</b>			Rotaract RYLA-BAE	<b>RAJIV MENON</b> "Evolution of Film Making"
6	7 Old Perangala-thur lake Boomi Puja	Week - 16 8 <b>JUSTICE K KANNAN</b> The Untold stories of Manipur	9	10	11	12 <b>VOCATIONAL VISIT TO ITC GRAND CHOLA</b>
GLITZZ 24 - Rotaract Club Chennai Bommaji Kulam Homes inauguration.	14	Week - 17 15 <b>PANEL DISCUSSION</b>	16	17 Handing over of equipment -Child Trust Hos.	18	19 <b>DIWALI FULL CLUB FELLOWSHIP</b>
20	21	Week - 18 22 <b>Rtn PP RAVI SHANKAR DOKOJU</b> Philosophy of giving	23	24	25	26
		<b>INTERACTORS VISIT TO KWALITY ICECREAM FACTORY</b>				
27	28	Week - 19 28 <b>COMBINED COMMUNITY SERVICES MEETING</b>	30	31	1	2

**"PLEASE WATCH OUT FOR THE FOLLOWING EVENTS:"**

1. Commencement of Irumbedu
2. Handing over of RSRM van
3. MOU with Suryoday
4. MOU with McDermott
5. Vaccination camps

# HPVax Reaches Yet Another Milestone

It was our third vaccination drive on the 28th of September at Cancer Institute, Adyar, where we administered 102 doses of HPV vaccine in a single day to girl students from Sarada Vidyalaya School, Burkitt Road.

This brings our total tally in this initial phase of HPVax, our HPV vaccination program for Cervical Cancer Prevention, to 196 students vaccinated and 210 vaccine doses administered (14 have received their second dose). This achievement has been made possible largely through your generosity and goodwill, for which we are very thankful. We also extend our sincere thanks to Cancer Institute Adyar, for their efforts and involvement as a medical partner in our campaign. This event was managed by Mr.Kannan from President Rtn. G. Chella Krishna's office along with Rtn. A. M. Viswanathan, Director Community Services - Health.



Since the launch of the project on 6th July 2024, we have conducted several awareness events at various school venues, reaching over 2,050 individuals with our message of HPV vaccination and cervical cancer prevention.

As we continue our efforts to expand the HPVax Program, we need to strategize and develop a framework that will allow us to scale up to reach a wider audience. We welcome you to join this effort and be part of the HPVax journey.

**- Rtn. Dr. Sangeetha Viswanathan**



# Empowering Lives Through Vocational Training

Under the Vocational Services of the Rotary Club of Madras, two impactful projects, 'Caring Hands' and 'Wheels to Meals', are making significant strides in providing skill-building opportunities to those in need. With ANEW as the skilling partner, these initiatives aim to uplift underprivileged communities, by offering training in home nursing and auto-rickshaw driving, respectively. Through focused programs, both projects strive to create sustainable livelihoods and empower beneficiaries with life-changing skills.

## Caring Hands: Building Compassionate Caregivers

The 'Caring Hands' initiative has sponsored a Home Nursing course for 25 beneficiaries, running from July to December 2024. September

2024 marked an important milestone in the program as participants completed 90 hours of theory sessions and special workshops on topics like Health & Hygiene, Cancer Awareness, and Self-Defence (Krav Maga). This month also introduced 10 hours of Communicative English and 20 hours of Life Skills training, equipping students with essential skills like anger management and financial literacy. Upon completing their theory and skills sessions, the students will begin practical placements in hospitals and elder care homes, preparing them for a career in compassionate service.

## Wheels to Meals: Steering Towards Independence

'Wheels to Meals,' focuses on training 20 beneficiaries from less-privileged backgrounds in au-

torickshaw driving, enabling them to pursue stable livelihoods. By September 2024, they had completed one month of driving sessions and attended supplementary courses on Communicative English, Life Skills, and Self-Defence. As they approach their driving tests in October, preparations for their licenses and badges are well underway. This initiative is not just about driving; it is about instilling confidence and independence in each participant, offering them a chance at a brighter future.

Both projects are closely monitored by Rotarians, who play an active role in mentoring and supporting the beneficiaries. These initiatives highlight RCM's commitment to vocational service and societal upliftment.

**-Rtn.Fharzana Siraj**



# Free Medical Camp at His/Her Place



The Rotary Club of Madras, in association with Sundaram Medical Foundation, organized a free medical camp on September 26, 2024, from 2:45 PM to 6:30 PM at His/Her Place, T. Nagar, Chennai. The camp ensured that the general public received both medical treatment and necessary medications.

During the camp, medical professionals provided counselling to patients and conducted health check-ups. Health assessments included CBG, BP, and general screenings. A total of 113 beneficiaries accessed the medical services.

We provided Medicines worth Rs. 4,400 to individuals in need.

Rtn. A.M Visvanathan , Rtn. Abdul Kareem Sait, Rtn. Vummidi Shailesh Raj, Rtn. G. Ravindran, and Rtn. Sankari visited the camp.

Medical support was provided by the Sundaram Medical Foundation, Dr. Rangarajan Memorial Hospital, Anna Nagar, Chennai.



## Add Vibrancy to Your Festivities!

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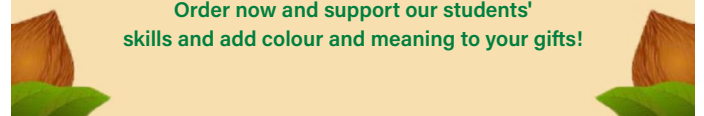
More than 500 bags already ordered on Saturday's meeting! So grab them quickly.

- Set of 10 bags for Rs. 1000
- Glittering jewel tones to brighten up your gifting
- Bulk orders welcome for all festive occasions!



## RCM Selayur & Sembakkam Thamboolam Gift Bags

Order now and support our students' skills and add colour and meaning to your gifts!



### Newly Inducted Rotarians And Their Assigned Areas Of Service

Rtn. Chetan Acharya	Club Service, Youth Service
Rtn. Dr. Gururaj Rao	Youth Service, Fund Raising
Rtn. Dr. Karthik Mathivanan	Community Service - Health, Vocational Service
Rtn. Siddarth Chandrasekhar	Vocational Service, Youth Service
Rtn. Divya Poduval	Fund Raising for Play, Club Service
Rtn. Archana Parekh	Community Service - Health, Rotary Nagar





# Building Confidence through Language

We are thrilled to share that the Spoken English Course at Selaiyur has been a resounding success. Chairperson Rtn. Rajib Kumar Hota and I had the opportunity to interact with the ladies on the final day of the course today, and Rtn. Rajib Kumar Hota noted this was the most enthusiasm he has ever seen in a course like this.

(A quick reminder: The student fees covered 75% of the trainer's cost.)

**Key Insights:**

**1. Professional Teaching Matters :** The impact of having a qualified trainer was evident, with many students expressing their desire for the course to continue and they are willing to pay for it. Rtn. Rajib Kumar Hota and Vimeleshwari are exploring ways to keep this going.

**2. Three Key Benefits for Participants:**

- Assisting their children with school work
- Gaining more self-confidence
- Improving job prospects for those seeking employment

The next batch is tentatively scheduled for October 14.

A big shoutout to Vimeleshwari and Rtn. Rajib Kumar Hota for initiating this project, especially for taking the leap to introduce a fee structure and successfully recruiting the first batch of 30 students!

**Rtn.Sanjay Rao Chaganti**  
Director – Vocational Services

Rotary Club of Madras District 3234

## E-WASTE Collection Drive

An initiative by Rotary Club of Madras

*Technological advancement is a boon, but it comes with a negative side effect of generation of tonnes of electronic waste.*

*Join us this month in the E-WASTE Collection drive and do your bit to divert this from landfills.*

*Bring your old and unusable electronics and household appliances to our drop off point so that it can be sent to appropriate recycling centres. Let us get going to help our planet.*

**Drop off point** **Wasted 360 Solutions,**  
30, Mylai Ranganathan St, Parthasarathi puram, T. Nagar, Chennai, Tamil Nadu 600017

Scan here

Please Do fill the google form once you send for our team to quantify and know you participated <https://tinyurl.com/rcm102024>

**CONSULAR CORPS DIPLOMATIC**

We are delighted to announce the appointment of the following distinguished individuals as officers of our organization:

President  
**HC. Capt. Ramaswamy**  
Honorary Consul for Angola

Vice President  
**HC. Sanjay Madhavan**  
Honorary Consul for Switzerland

Secretary General  
**HC. M Sesa Sai**  
Honorary Consul General for the Republic of Seychelles



## United Hands: A Collective Expression of Unity

This is the last 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

The image of many hands joining together with palms facing upwards is a powerful symbol of unity and collective strength. This gesture embodies the idea that when individuals come together with open hearts and minds, they can achieve greatness.

Each hand, reaching out and connecting with others, represents a commitment to mutual support, shared goals, and the common good.

Palms facing upwards signify openness and receptivity, a willingness to give and receive help, ideas, and understanding. This gesture highlights the importance of community, reminding us that we are stronger together. It reflects a world where differences are celebrated, and collaboration leads to a brighter, more peaceful future.

As Rotarians, achieving international peace involves uniting across borders to foster understanding, collaboration, and goodwill. Rotarians are dedicated to promoting peace through service projects that address the root causes of conflict, such as poverty, illiteracy, and inequality. By supporting initiatives in education, healthcare, and economic development, Rotarians create opportunities for communities to thrive, reducing tensions and fostering harmony. Through global

partnerships, Rotarians work hand-in-hand with local leaders and organizations, bridging cultural differences and building trust.

This collective effort exemplifies the Rotary spirit of "Service Above Self," where the shared commitment to peace transcends national boundaries, leading to a more just and peaceful world for all.

On International Peace Day, the gesture of united hands serves as an inspiring reminder that peace is a collective effort. By joining our hands and working together, we can overcome any challenge and build a world where unity and harmony are at the forefront. Let us lift our hands in unity, embracing the strength that comes from standing together as one.

As we observe International Peace Day, let us each reflect on how we can contribute to this global movement. Let us reaffirm our commitment to peace, not just as an ideal, but as a tangible reality that we strive to bring into the world through our thoughts, words, and deeds. In doing so, we honor the essence of this day and move closer to a world where peace is not just a fleeting dream, but a lasting reality for all.

- Rtn.Fharzana Siraj



Rtn.PP.George B.Chерian imparts practical tips on inculcating the Four Way Test into one's daily life, while answering the four questions posed by The Lighthouse.

**1. Is the Four Way Test just a 'feel good' ethos or a practical guardrail?**

I believe the Four Way Test is a "Practical Guardrail" if every Rotarian practices 50% of the Four Way test before taking up any new project or any action. The outcome of such decisions will make the world a better place.

# 4

## Questions on The Four-Way Test

**2. Can the Four Way Test be a Rotarian's moral compass?**

Yes it can be, and it is something which I have personally believed in.

**3. How can Rotarians inculcate in their daily lives, the principles of the Four Way Test ?**

The most important thing is to have it imbibed in your mind. A few tips on how it can be done is to have it printed in some form on your table or have it displayed in your room.

Read it once in the morning after you do your daily prayer.

Once you practice this on a regular basis, you don't need to be looking at any paper or display to remember it, because it will be a part of your DNA.

**4. Any real life examples from your own experience or from Rotary annals, of the Four Way Test acting as a guide post ?**

During my Presidentship Year in 2009-10, we worked on Projects (CREATE – Boy's Town) not considering what is achievable during the year but what is needed for the project and the community in the long run. Hence the project was executed over many years with the ultimate goal in mind, which is to benefit the community and simultaneously to make it sustainable.







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