

THE LIGHTHOUSE

BOND | BUILD | BRING CHEER

WEEKLY BULLETIN OF THE ROTARY CLUB OF MADRAS | ISSUE 05 | August 05 | August 4, 2024

Grooming Gen Alpha for Service above Self

S. Priyanka M. Ct. M. C. C. H.S

A. Kalyan LMOIS ICSE

S. Srinivasan AM Jain

Anagha Tadepalli Sri Sankara Senior

S. Aadhiya Vidya Mandir Estancia

I.S. Rishwin LMOI

Sabari Menon L.M. Daatha

A. Afrah Khanam The Children's Garden

S. Pooja Sree Chintadripet Kalyanam

I. Mariyam Alagappa Schools

Varshini Sivaram Bala Vidya Mandir

M. Heyramban Christ Church Anglo-Indian

Anushka Shankar Sri Sankara Vidyashramam

A. Abina Shrine Vailankanni

Ethan Ezekiel Sherwood

K. Samprajan Hindu Senior School

Hajara Beevi Kerala Vidyalayam

A.V. Rajeswari Adarsh Vidyalaya

N. Priyadarshini Vidyaodaya Girls

R. Anbu The Chintadripet H.S

S. Benjamin Charles R.C.M Boys Town

Nitheesh Sai CSI Ewart

Darshan Vidya Mandir

Dear RCMers,

Hero of the Kargil war ,Hon.Capt Yogendra Singh Yadav Param Vir Chakra as the Chief Guest for the weekly meeting , the All a'Bout Cancer (ABC) event and installation of the Presidents of 25 Interact Clubs were the highlights of yet another action- packed week at RCM.

Plus all our regular features in this issue of The Lighthouse !



Rtn.Shivkumar Eashwaran
Editor

Rtn.A.R.Raghunandan
Chairperson

Mr.Madhu Mathen
Co-Chairperson

Cover Pic : Presidents of the Interact Clubs under the umbrella of RCM

THE LIGHTHOUSE

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Rotary Club of Madras (RCM)
Minutes of the 5th Weekly Meeting held on 30-07-2024
 at Hyatt Regency, Teynampet, Chennai

Call to Order and Invocation:

The meeting commenced at 01:30 PM.

Sergeant at Arms Rtn. Jayant Hemdev collared the President.

President Rtn. Chella Krishna G called the 5th weekly meeting to order.

A silent invocation was observed.

Welcome and Introduction of Guest of Honour:

President escorted Honorary Captain Yogendra Singh Yadav, the youngest recipient of the Param Vir Chakra, as the guest of honour.

Attendees, including Rotarians, spouses, and Probus Club members, were welcomed.

Confirmation of Previous Meeting Minutes:

The minutes of the 4th weekly meeting were confirmed by the attendees.

Announcements by Members:

Unify Update by Rtn. Balaji Chinni:

Coordinated the installation of 28 Interact clubs in a single day.

Event details: 400 participants, including distinguished guests like District Governor Rtn. N.S. Saravanan and Youth Service Director Rtn. Ravindran.

Acknowledged the efforts of 55 Rotaractors from 11 Rotaract clubs.

Health Events Announcement by Rtn. Dr. Sangeetha Viswanathan:

Two Events to be held on 1st August at Apollo Children's Hospital and Institute of Child Health, respectively.

RCM Redington Apollo Save a Little Heart project inauguration and equipment handover.

Special thanks to Rtn. V.S. Narasimhan and Redington for funding .

ABC Event Recognition:

Acknowledged the ABC (All a'Bout Cancer) event organized by Rtn. PP.Dr.Vijaya Bharathi Rangarajan. 16,000 children made aware of cancer over the years.

Rotary Club of Madras received a shield for co-sponsorship.

Secretary's Announcements by Rtn. Rajesh Mani:

Birthdays and Anniversaries for the week were announced.

Next Meeting:6th Weekly meeting is on 6th August with speaker Mr. Shanmuganathan N., who will discuss his book "RIP USD and the Way Forward".

Subscription dues reminder.



Introduction of Chief Guest:

Rtn. Alankrit V. Arora introduced Hon.Captain Yogendra Singh Yadav, highlighting his bravery and achievements.

Captain Yadav's story and achievements were presented through an audio and video tribute.

Address by Chief Guest:

Hon.Captain Yogendra Singh Yadav addressed the Rotarians, sharing his thoughts and experiences during the Kargil War, particularly the capture of Tiger Hill, for which he was awarded the Param Vir Chakra.

Presentation of For the Sake of Honour Award:

Rtn. Maya Thiagarajan read the citation for the award.

Captain Yogendra Singh Yadav was presented with the "For the Sake of Honour" award, a memento and the Timeless Legacy book.

Vote of Thanks:

Delivered by Honorary Secretary Rtn. Rajesh Mani.

National Anthem:

The National Anthem was played.

Adjournment:

The meeting was adjourned by the President.

A Living Legend

Honorary Captain Yogendra Singh Yadav, is only one of three living Param Vir Chakra awardees and the youngest recipient ever.

Yadav enlisted with the 18 Grenadiers Regiment, and as part of the Ghatok Force commando platoon, was tasked to capture three strategic bunkers on Tiger Hill during the Kargil war.

He took 19 bullets at the age of 19 years and is a living legend and hero, who sets an example of heroism and patriotism for every Indian.

Standing tall and striding purposefully, no one could see or imagine the myriad battle wounds he suffered. He spoke in chaste Hindi and was eloquent in his description and humble in his manner. He credited the freedom and peace of such gatherings and fellowships to the grace of the soldiers who stand on their feet day and night and protect the borders.

He was very appreciative of the young children in the audience and reminisced about his own childhood. When he was in the sixth grade, he was inspired by a story of a soldier who fought valiantly for "Bharat Mata" and finally died and was laid to rest in the lap of Bharat Mata. At that instant, it was clear to him that he wanted to be a soldier and at the age of 10, he dreamt of not only being a soldier, but also fighting a war for his beloved country.

According to him, this is the age when children seek a role model. We must therefore provide such inspiring role models to young children to shape their future and



inculcate a sense of discipline, purpose and pride to serve their country. True pride for a soldier is when he defeats the enemy and returns home, for his mother to realise, that she gave birth, not to a soldier, but a "Lion of India".

Yadav's role model was a strikingly handsome Lieutenant who inspired Yadav to enlist in the army at the age of sixteen, when he had just passed his eleventh grade. His rigorous military training tempered and annealed him, much like extreme heat making iron malleable and strong. A soldier carries the trust of the nation on his shoulders. When a soldier dons his military uniform, it is not a mere piece of clothing, but a shield with the power of the blood of thousands of soldiers before him, the trust of 140 crore people of the country and

pride of the tricolour, for which a soldier is ever ready to sacrifice his life.

Recalling the background of the Kargil War, Yadav said that our Prime minister strived for peace while the Pakistan Premier General Musharraf felt otherwise. Pakistan seized Indian territory in Kargil, where temperature hovers around minus 10 to minus 60 degrees centigrade.

Thus, in May 1999, while the rest of the country was battling just the sweltering summer heat, on the peaks of the Kargil, at sub-zero temperatures, the Indian army soldiers joined forces, shoulder to shoulder, to re-capture Tiger Hill.

15 Indian soldiers fought for 22 days at 37000 ft altitude, in their bid to hoist the Indian tricolour on Tiger Hill.



Yadav, the son of a soldier and farmer, was one of three soldiers who were handpicked for the Ghatak Force commando platoon and tasked to capture three strategic bunkers on Tiger Hill, in the early hours of 4th July, 1999. Yadav ruefully stated that many people think that a soldier signs up to die, but refutes this misconception and stated that a soldier signs up, not to die, but to consign the enemy to death.

Under the cloak of the darkness, they scaled the mountain and hid behind rocks all day near the Tiger Hill top. He remembers the night of the war as if it was yesterday, even though it was 25 years ago. He was scaling the sheer perpendicular ice face, when the enemy opened fire. 21 soldiers were reduced to 7, but they fought valiantly and opened fire at the enemy bunkers in front and destroyed it. But up ahead, were multiple Pakistani soldiers and bunkers. The seven were no match. The end was near.

But he recalled the promise a soldier makes, to always take the bullet bravely on the chest and never on the back. Marching on was the only choice and retreat was not an option. So with their heads held high and chests swelling with pride, they went forth.

Five long hours under enemy fire and a massacre of Indian soldiers followed. Yadav witnessed the inhuman and cruel way his colleagues were shot and brutally killed. And yet, not one Indian soldier dropped his weapon, nor stopped fighting unto death. He was surrounded by dead, severed, bleeding corpses of his own brothers. And if that was not enough, the Pakistani soldiers sadistically pelted stones on the corpses.

He felt divine intervention when he was shot in the chest, but the bullet struck his purse with some coins, which caused the bullet to ricochet. Cap Yadav thought that he was dead, until the enemy kicked his leg and he realized that he was indeed alive. With renewed sense of life and energy, he threw a hand grenade at the bunker. The enemy thought that the Indian reinforcements had arrived and opened fire. Yadav

picked up a rifle with his one functional arm and returned fire, forcing the Pakistanis to flee their bunker.

Yadav then dragged himself down, searching to see if any of his fellow soldiers were alive - not one was alive. In the wilderness of the snowy mountains, this young 19-year-old wept, feeling rudderless and lost, not even knowing which direction to take, to reach his camp. His tears were therapeutic and cathartic, to relieve all the pent up emotions. He then reaffirmed his will to survive and crawled down the cold dark hills for several hours and finally reached his base camp. He met his commanding officer and shared all the crucial and critical information of the enemy positions and promptly passed out.

When he regained consciousness three days later, he was in the Army Hospital in Srinagar and was greeted with the joyful news of Indian forces reclaiming Tiger Hill and hoisting the Indian Tricolour there, with no further casualties. 26th July is Kargil Victory Day, thanks to this hero!

Yadav was in the hospital for 16 months and then returned to serve the Army for 25 years. He retired from the Army two months ago. However, he continues his service of travelling across India inspiring the youth and soldiers. A Sainik School to be opened with the initiative of the Rotary District and planting of 535 trees in honour of 535 martyrs, were on his wish list to the RCM President.

Yadav concluded his address by reminding the audience that the safety we so often take for granted, is made possible by the sacrifices of the brave men and women who guard and secure our borders.

Jai Hind.

-Rtn. Dr.Rama Narasimhan

BIRTHDAYS

4th - 11th August

- 5th August - Rtn. Abdul Kareem Sait
- 5th August - Rtn. PP Rani Muralidharan
- 5th August - Rtn. Rohit Toshniwal
- 6th August - Rtn. N. Vivek Pai
- 7th August - Rtn.PP. Dr. Gauthamadas Udipi
- 9th August - Rtn. PP. S. N.Srikanth
- 11th August - Rtn. M. Ct. P. Chidambaram
- 11th August - Rtn. N. R.Gupta

- 5th August - Ann. Dr. Priya, Spouse of Dr.R. Chandrasekhar
- 6th August - Ann. Priya Rajenderan, Spouse of Rtn. R.Rajenderan
- 9th August - Ann. Gulab Jain, Spouse of Rtn. Doulat Jain

Hon.Capt.Yogendra Singh Yadav Youngest - Recipient of Param Vir Chakra

Patriot Par Excellence

What can you say about a 19-year-old who nearly died!

That he was very young, a Braveheart who despite being riddled with 19 bullets managed to defend his territory, spent 16 months in rehab and lived to tell the tale!

This, I have plagiarized from the opening sentences of the evergreen "Love Story" by Erich Segal. Only that this is a different story of Love.

This was the 19 year-old's love for his country, the love which was a burning ambition from his school years, which made him enlist in the Grenadier Regiment when he was barely out of school. The love for his motherland, respect for the army and the exceptional faith in the higher power (Paramatma) which came out in no uncertain terms during his address to the audience. His delivery was well curated, so very humane, often choking with emotion as he literally re-lived those minutes, hours and days of unimaginable conflict.

I would not want to repeat what he narrated, for that would be an exercise in futility. He owns what he experienced. And the copyright lies with him. No one has the right over that!

This was Hon.Capt. Yogendra Singh Yadav, the country's youngest recipient of Param Vir Chakra for his exceptional courage & bravery during the capture of "Tiger Hill" in the Kargil war.

As we celebrate the 25th year of Kargil Vijay Divas, RCM in its wisdom decided to bestow the "For



the sake of Honor" award on him and rightly so. We must congratulate the President, the Board and the Awards Committee for making an exceptional choice.

Rtn.Alankrit Arora, another soldier par Excellence, (who I have a very high regard for - we joined RCM more or less at the same time) introduced Capt.Yadav and he was brief. Like I said, he is the story and he owns it. No one else can be a part of it.

I can of course comment on his style. He was passionate, full of energy and his delivery had a strength about it. The way he described his fellow soldiers being literally blown away by the enemy fire virtually transported us to Tiger Hill as he literally relived those horrors. In a few moments, he took

us to his waking moments in the hospital.

In all, he is someone special. I shook his hand after the meeting and it felt like our country is in safe hands. We're fortunate to have such men at our borders so that we can sleep well at night.

He seems to be extremely concerned about the youth of our country. He sees the need for them to be guided better. He thinks that there is not enough awareness among the younger generation about the role of the services and their importance to the nation. These are his worry points. And I'm with him on this. Being a part of South India, which is far removed from the dangers of border issues, we do not experience the trouble of intrusions and skirmishes. The role of our gatekeepers is far removed from our own vision and personal experiences.

I am in no way doubting the patriotism of the South. There are many families amongst us who are a part of the services, have lost their children to the war and been at the forefront of sacrifices to the nation. But all the same, the spread of knowledge and awareness is a moot point. Something to ponder on!

There is a custom in the United States. Whenever you come across a Soldier, you say, "Thank you for your service", irrespective of his rank or seniority.

So we at RCM say to Capt.Yadav, "Thank you for your bravery and service to the nation" and salute him!

- Rtn.A.R.Raghuandan



**DAY 1
25TH SEPTEMBER**

Highlight of the day
Visit to the famous Turkish Hammams

The design of a Turkish bath is unique, with a central dome that allows natural light to enter the bathhouse. The bath is usually divided into different sections, including a hot room, a cold room, a dressing room, and a massage room. The central dome is the heart of the bathhouse, and it provides a calm and serene atmosphere.



The best way to relax after your international flight and before you begin exploring Istanbul

**DAY 5
29TH SEPTEMBER**

Highlight of the day
The iconic hot air balloon ride

Hot air balloons were initially created by the Chinese. The tradition of drinking champagne after a flight originated when the Montgolfier brothers offered it to farmers to appease them for landing in their fields, calming fears and superstitions of dragons landing from the sky.





The Name "Cappadocia" Dates Back To The 6th Century, And Its Origin Means "Low Country"

**DAY 2
26TH SEPTEMBER**

Highlight of the day
Lunch at a Michelin star guide restaurant

The Sultan requested that the minarets be crafted in Gold (Altin in Turkish). However, the architect lacked the funds, so he pretended to have understood "Alti" (six) instead of "Altin" and constructed 6 minarets. This was unusual because, during that period, no mosque outside of Mecca was permitted to have more than 4 minarets!





Prepare to be awed by the Blue mosque, Hagia Sophia, Cistern palace and a Dervish show!

**DAY 6
30TH SEPTEMBER**

Highlight of the day
leisure and relaxation

A much needed easy day with just the flight to Istanbul and a relaxed morning and evening for you to recuperate after the intensity of Cappadocian delights .



Istanbul was once known as Byzantium, and later Constantinople. It was the capital of the Roman Empire for over 1000 years and the center of the Eastern Orthodox Church for nearly the same amount of time.

**DAY 3
27TH SEPTEMBER**

Highlight of the day
The Tranquility of Prince's Island and an ice cream maybe?

The main feature of the Princes' Islands is the sound of ... silence. All fuel-driven vehicles are banned, making the islands an oasis of peace and quiet. The main transportation means are bicycles, electric buses, and electric taxis. Enjoy the beautiful mansions and cafés of the island that is the most favoured destination of the rich and famous of Turkey




Must try- Turkish tea/coffee and desserts of Ergün Patisserie and Cafeteria

**DAY 7
1ST OCTOBER**

Highlight of the day
Shop, explore, capture

The Grand bazaar—established in the 15th century, is one of the largest and oldest covered markets in the world. It features over 4,000 shops.

Turkey introduced tulips to Holland and the rest of Europe during the 17th century. It is the national flower of Turkey





World's 75% of Hazelnut Exports are from Turkey

**DAY 4
28TH SEPTEMBER**

Highlight of the day
The largest underground city

Derinkuyu in Cappadocia is the largest underground city known, having hosted up to 20,000 people across 18 stories at one time. It was fitted stables, churches, lodging, and food and wine storage, showcasing inventive architecture



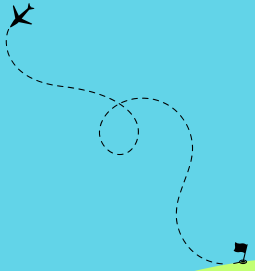
How did they manage to survive? Did they have access to freshwater? And what about oxygen? Discover all the details on the Turkey trip.

**DAY 8
2ND OCTOBER**

Highlight of the day
Experience home coming

Research has shown that travel helps reduce stress, keeps your body healthy and boosts brain health, all important factors in increasing the longevity of your life.

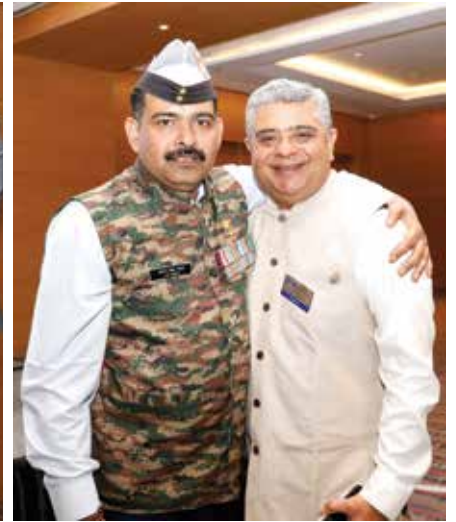
It also makes you appreciate home and its familiar comforts.



25TH SEPTEMBER TO 2ND OCTOBER

TURKEY AWAITS YOUR ARRIVAL





Installation of Presidents of 25 Interact Clubs under the umbrella of RCM **Unify-A Celebration of Unity and Talent**

Overview

The UNIFY Installation Ceremony, hosted by the Youth Service Team of the Rotary Club of Madras (RCM), marked the combined installation ceremonies of RCM's 28 Interact Clubs. The event brought together a vibrant community of Rotarians, Rotaractors, Interactors, and esteemed guests, creating a memorable day of celebration and new beginnings.

Distinguished Guests

Rtn. N. S. Saravanan,
District Governor

Rtn. A. Ravindran,
District Youth Service Director

Rtn. Chella Krishna,
President, Rotary Club of Madras

Event Highlights

The ceremony commenced at 10 AM with a formal inaugural segment featuring classical welcome dance performances by the Interactors. This set a graceful tone for the event, showcasing the rich cultural heritage of the participants.

Welcome Address

Delivered by Rtn. Balaji Chinni, the welcome address set the stage for the day, acknowledging the efforts of all involved and the significance of the event.

Award Segment

Recognizing the best-performing Interact Clubs, this segment celebrated excellence and motivated all attendees.

Website Launch

An exciting step forward in digital engagement for the Interact Clubs.



Special Guest Speeches

Inspiring and enlightening speeches from the special guests provided valuable insights and encouragement.

Presentations and Action Plans: Several key presentations outlined the roadmap for the upcoming year.

Presentation of Schedule of Events and Plan for the Year:

By Rtn. PP. Jayshree Sridhar, InteractChairman Zone 3.

Launch of International Interact Exchange Program: By Rtn. Dinesh.

Special Project Presentation: By Rtn. E. Aswath Kumar Reddy.

Installation Ceremonies

The heart of UNIFY was the zone-



wise installation ceremonies where Interact Clubs, accompanied by their faculty coordinators, took center stage. Newly elected office bearers were collared and the new presidents delivered their acceptance speeches, introduced their office bearers, and took the oath for the year, emphasizing their roles and responsibilities.



Cultural Performances

UNIFY also served as a platform for Interactors to showcase their talents through various cultural performances and demonstrations. Participating schools included:

- Lalaji Memorial Omega International School
- Kerala Vidhyalayam Higher Secondary School
- Sri Sankara Vidyashramam Matriculation Higher Secondary School
- AM Jain School
- Vidya Mandir Estancia
- Chintadripet Boys Higher Secondary School



Conclusion

The event concluded with a heartfelt vote of thanks delivered by Rtn. Vinay Mohan, Interact Chair Zone 1. Following the formal proceedings, organizers and Interact Clubs enjoyed a celebratory lunch, marking the successful completion of UNIFY's second year.

UNIFY 2024 was a testament to the spirit of Rotary, showcasing unity, leadership, and talent. The enthusiastic participation and meticulous organization by Rotaractors and Interactors alike ensured that the event was a resounding success, setting a high standard for future installation.

- Rtr. Asifa, Rotaract Club of Chennai



President's Message

The month of July that went by was one filled with tremendous excitement. We had the launch of the Ramakrishna Mutt project, the Anew project, and the inauguration of the famed HPV project. Additionally, we kick-started some vaccination efforts. Our charter night was well appreciated for its brevity and content. A special mention goes to the wonderful Unify event organized by the Youth Services team.

We also had great weekly speakers, including M.M.Murugappan, Rakesh Raghunathan, and an esteemed 'Param Vir Chakra' awardee, all with the help of the Programs Committee.

The board is all fired up and is progressing to execute its plans in full earnestness. The fundraising machine has had a nice run rate with very generous foundation pledges as well.

Importantly, the Lighthouse and its caption contest have found some fan following. The momentum is strong, and we are looking forward to maintaining this pace.

I look forward to another exciting month of programs, community work, and fun-filled meetings. In particular, I welcome you to Boys Town on the 15th of August for our Independence celebrations with your spouse.

Let's continue to bond, build, and bring cheer with gusto!

Rtn.G.Chella Krishna
President



Our hearts swell with pride as we reflect on the historic legacy and remarkable milestones our club has achieved. Through impactful projects touching countless lives, we have built a community centered on compassion and progress. As one of the most dedicated Rotary clubs worldwide, our initiatives strive to uplift lives. Every rupee you contribute, whether through your companies, friends, or family, brings us closer to a healthier, educated, and more equitable society.

Your support empowers us to build homes for the homeless, construct toilets for schools and communities, install digital classrooms in schools, skill and empower women and differently-abled individuals, provide scholarships, and run health camps-efforts that truly transform lives and communities. At RCM, we view your contributions

The Heart of Giving



as acts of kindness; symbols of our shared humanity, reflecting your commitment and belief in a better future.

The Rotary Club of Madras deeply values transparency and integrity, ensuring that every contribution is effectively utilized for the cause.

We acknowledge with profound gratitude all the donors who have come forward so far, with pledges amounting to USD 727,000 through individual and CSR contributions to The Rotary Foundation and

another INR 2,13,00,000 towards CSR contributions to our Charitable Trust. Your generosity helps turn dreams into reality, fostering a legacy of compassion and progress.

While we celebrate this wonderful start, our journey is far from over. To fulfill our projects for the year, we earnestly appeal to all Rotarians to generously contribute towards our initiatives. Every contribution, no matter the size, brings us closer to our goals.

We look forward to your continued support with heartfelt thanks and optimism.



Rtn. Sabina Narayan
Director - Rotary Foundation

Rtn. Rahul Saraogi
Director - Fund Raising Services

Rtn. Ganesh Ananthkrishnan
Director - CSR & International

CSR/ TRF Pledges

NAME	COMPANY NAME	Amount (in USD)
AKS. Rtn. Mahinder Jain	Access Healthcare Services Pvt Ltd	3,61,000
AKS. Rtn. Rahul Saraogi		1,50,000
AKS. PP. Rtn. Dr. Vijaya Bharathi Rangarajan		1,00,000
Rtn. Ranjeeth D. Rathod	DRA Aadithya South Projects Pvt. Ltd.	30,000
Rtn. G. Ravindran	Century Flour Mills Ltd	25,000
Rtn. Dr. Anuradha Ganesan		25,000
Ann. Swetha Krishna		10,000
Rtn. IPP. S. Ravi		10,000
Rtn. P. S. Jagdish (Golf Committee)		10,000
Rtn. Manu Reddy	Chaitanya	6,000
	Total	7,27,000

Rotary Nostalgia

Jean Harris retreats

“Rotarians the world over know Paul Harris as the founder of Rotary, but few of them know much about the woman who was his wife for almost 37 years. The 2nd of July 1910 was the memorable day on which Paul Harris and Jean Thomson of Edinburgh, Scotland, were married. It was a curious coincidence that in the same year, Rotary became an international movement. Rotarians in many countries recall Jean’s pleasant manners and graceful speech. As Paul and Jean toured almost all over the world, she was the inspiring force behind the success of the movement.”

“Paul and Jean were not blessed

with children but they showered love on all and have been loved by many Rotarian families throughout the world. Jean and Paul were married for 37 years (SIC), and she lived another 16 years after his death.”

“In 1955, as the Rotary golden jubilee Anniversary Convention in Chicago was drawing to a close, there was a dramatic climax. The chairman announced a very special guest. Ches Perry, the man who had served as Rotary’s first general secretary, escorted ‘the bonnie Scottish lassie’ to the stage. As Ches concluded his brief introduction of the woman who had stood at the side of Paul Harris for four decades (SIC), the draperies at the back of

the stage slowly parted, revealing a large lifelike portrait of Rotary’s founder.

“Later that year, Jean left for Scotland, and Rotarians of Edinburgh kept in close touch with her until her death in November 1963.”

(This item was first published by “Westwords,” the bulletin of RC of Poona, India in February 1991, and The Rotarian reproduced the same in its April & June 1992 issues)

Sourced by:

Rtn. PP. N. K. Gopinath

Courtesy:

The Book “Know Your Rotary” by *Rtn. N. Bhaskaran Pillai* of the RC of Kalamassery.

Issue 5



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 6 August .



Issue 4 : Best Captions

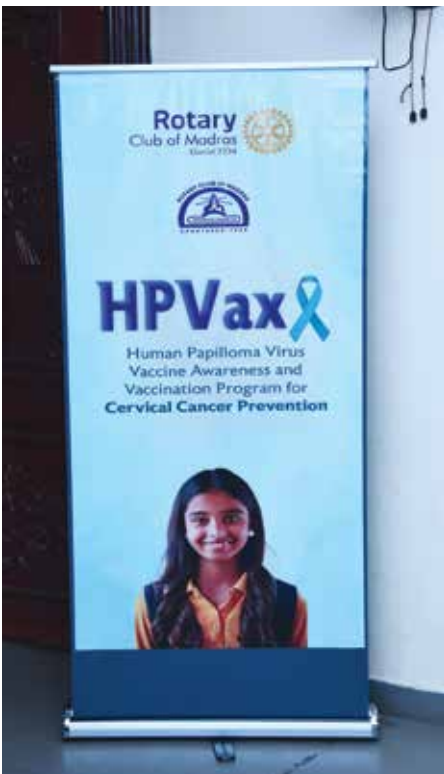
1. “You too Brutus” – *Rtn. Fharzana Siraj*
2. That’s it...cheers- *Rtn. Vijay Dugar*
3. “You are the one who started this”- *Rtn. Naveen Kumar Bhatia*
4. I guzzled four glasses, but it’s not what you think ! – *Rtn. Asha Mathen*
5. Keep watching of all you, I’m sitting tight here for one year – *Rtn. Nisreen*, President RC Bharathi Chennai.
6. “You said it- I do it” - *Rtn.PP.Shanker Mangadu*

Rotary Club of Madras at All a’Bout Cancer (ABC) Exhibition

CAN-STOP and Rotary District 3234 successfully organized the 13th edition of the ABC “All a’Bout Cancer” Exhibition, an annual event aimed at creating mass awareness about cancer among students and the public.

The event, held at the Madras Christian College Higher Secondary School (MCC), Chetpet, on July 27, 2024, saw participation from 1200 students across 75 schools in Chennai. The awareness program featured various competitions, including informative stalls, painting, skits, quizzes, and oratorical events in Tamil and English.

CAN-STOP (Cancer Support Therapy to Overcome Pain) is a community-based, voluntary organization dedicated to helping people affected with cancer by holistically providing counselling



The ABC Event on Cancer organized by Dr. PP. Vijaya Bharati (Dr. VBR), along with Sundaram Medical and District 3234, was a resounding success. With over 16,000 children having benefitted from the awareness program over the years, I am sure it has played an important role in awareness and in the alleviation of cancer. Using kids as a basis of awareness is novel, and I compliment the effort on behalf of RCM. RCM also got a chance to talk about cervical cancer vaccination to the media and the audience, thanks to the efforts of Dr. VBR. The highlight was the former Corporation Commissioner Radhakrishnan, who took it upon himself to speak about HPV vaccination and its benefits while lauding RCM all the time.

President Chella Krishna



Inner Wheel President Ms. Shamantha Reddy presenting the cheque for Rupees One Lakh to President G. Chella Krishna as Inner Wheel Club's contribution to RCM's HP Vax Project.

services to patients, family, and friends, conducting awareness programs and screening camps through education and advocacy." "CAN-STOP," in its 26th year of service, extends support to patients of lower socio-economic backgrounds.

Over the past 12 years, the ABC Exhibition has educated more than 16,000 students, and this year's event marked another significant milestone in CAN-STOP's 26-year journey of supporting patients and families affected by cancer.



The ABC annual event appeared to be an appropriate one to spread awareness of cervical cancer and the vaccination program; but I, for one, did not envisage the magnitude and scale of the event itself. 86 schools and over a thousand children created magic that day at the MCC School. With so many school administrators and Rotarians around, our small effort of setting up a stall created ripples beyond our original plan. Kudos to our "Cancer Team" of dedicated Rotarians and spouses who attended to all those who evinced interest, and created a database that will enable a solid start to our program.

A special thank you and big congratulations to PP Dr. Vijaya for the event, and for co-opting RCM. The 'words of praise' from Dr. Radhakrishnan were the icing on the cake. Overall, it was a satisfying day, one spent in service to the community. The "Coffee Interludes at ID" ensured that we stayed true to the theme of the year as well. :

Rtn. A. M. Visvanathan, Director -Community Health.

ABC was a one of a kind, energetic endeavor – it was heartening and heartwarming to see young bright minds from various schools share their enthusiasm to spread awareness about cancer. Particularly, the knowledge base of the children was surprisingly high. The audience was charged and interactive. We are happy to see ABC achieve its goal to create cancer awareness and remove the stigma and fear attached – especially with and through the next generation.

Rtn. Dr. Rama Narasimhan

The entire CPAC team rocked it at the 'All 'Bout Cancer' event at MCC school on Harrington Road. RCM put up a stall for HPV vaccination awareness with a digital TV running an awareness video and also gave out flyers to the attendees. Standing at the stall, we engaged with the students about HPV and cancer cervix, using our standee as a selfie spot. We also collected details from the accompanying teacher about the school, offering to run an awareness event at their premises. Our awareness clip was also aired at the end of the inaugural function to a fully packed auditorium of over 400 students and teachers.

We also had actress Sanchita Shetty (of Soodhu Kavvum fame) come by the stall and hope that her 600,000 Insta followers will benefit from the reels captured at the event! Our team (Anns Smita Jaiswal and Anuradha Sachdev) also became mobile messiahs, taking our message along as they walked around the exhibits.

Strong filter coffee and warm camaraderie allowed all of us to bond, build, and bring cheer. A special shout-out to Mr. Varadarajan, our manager, who was there from set up to take down of the stall, and also to Rtn. Srinivasan for his help with the audio-visual arrangements.

Rtn. Sangeetha Viswanathan, Chairperson



I was a part of the audience when the quiz on “Cancers and All You Need to Know About Them” was being conducted. The children in different school groups were so enthusiastic, well-informed, and competitive. The questions that were thrown out to the children in the audience were also received with much gusto and well-answered. It was very refreshing to watch them :

Rtn. Supriya Dabir Gautam

It was wonderful to note the in-depth study all the children put into their project work. In fact, one of the schools had a goat’s lung in a jar to differentiate between a healthy lung and a smoker’s lung. There were also models on breast cancer, how to do self-checks, and prevention. One of the slogans on smoking – “Smoking doesn’t mean you are brave, it only takes you to the grave” – made a deep impact.

It was heartening to see that 10 out of the 40 schools had displayed material on HPV and were so well-informed about the prevention of HPV infection through vaccines, etc.! All in all, it was a very interesting, informative, and interactive morning.

Ann Anuradha Sachdev



I was overwhelmed by the sheer scale of the event. The students of some 40-odd schools were there to discuss cancer through skits, posters, models, badges, flyers, speeches, and a quiz competition. Causes, preventive measures, and treatments were explained in layman’s language. Usage of tobacco and HPV were the most taken-up topics. The discerning kids made our task of creating awareness about the availability of the HPV vaccine much easier. They enthusiastically shared their school information with us so that we could discuss and demonstrate our cause later at their convenience.

Ann Smita Jaiswal

A magnificent Saturday morning was made more resplendent with the energy of over 1,000 school children gathered to listen attentively to the various ways by which cancer can affect us. Various speeches and presentations, including one by actress Ms. Sanchita Shetty, got the message across to the children that prevention and detection are the first important steps in the fight against cancer. A prominently located stall by RCM ensured that a lot of people stopped by to have their questions answered by RCM’ers and their spouses who manned the stall.

Rtn.PE Nikhil Raj



Addressing the media, CAN-STOP founder Rtn.Dr. Vijaya Bharathi Rangarajan emphasized three critical points about cancer: the importance of having the right information to ensure accurate diagnosis and making the right choices; that cancer is not contagious; and the fact that cancer is preventable, if detected early.

Report compiled by **Team Cancer Prevention and Care (CPAC)**.

Rotaract Club of AVIT 7th Installation Ceremony

The Rotaract Club of AVIT hosted its 7th installation ceremony, entitled “AURELIA,” on a delightful evening filled with enthusiasm and camaraderie. The Honourable Madam Chancellor of VMRF, Rtn. Dr. Anuradha Ganesan, conveyed her wishes to the upcoming leadership team. The event was graced by esteemed dignitaries and marked the beginning of a new chapter in the club's journey of service and fellowship.

The ceremony commenced with heartfelt greetings from the faculty coordinators, Dr. S. P. Sangeetha and Dr. Aravind Raj, who warmly welcomed the chief guest, Rtn. Chella Krishna, President of the Rotary Club of Madras (RCM). Joining the celebration were Guests of Honour, Rtn. Balaji Chinni, Director of Youth Service – RCM, and Special Invitee Rtr. PP.PHF.Sasi Kumar.



An important moment of the evening arrived when Rtr. Naresh was collared as the new president by the outgoing president, Rtr. M. K. Manobala. Alongside this transition, the club's charter was passed on to the new secretary, Rtr. D.Kaviya,

symbolizing continuity and progress. The installation ceremony also marked the official launch of the letterhead and theme for the current Rotary year, 2024-25, setting the tone for the club's forthcoming projects and initiatives.



PDG S. Krishaswami is crystal clear in his replies to the four questions posed by The Lighthouse.

1. Is the Four-Way Test just a “feel good” ethos or a practical guardrail?

The Four-Way Test is both a “feel good” ethos and a practical guardrail. It provides a clear framework for decision-making, ensuring that actions align with ethical principles. While it may evoke positive feelings, its primary purpose is to serve as a practical guide for ethical behavior.

2. Can the Four-Way Test be a Rotarian’s moral compass?

Absolutely! The Four-Way Test can be a Rotarian’s moral compass, guiding their personal and professional decisions. Its principles are universal and timeless, making it an effective tool for navigating complex situations.

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

Rotarians can inculcate the Four-Way Test in their daily lives by:

- Displaying the test in their workplace or homes as a reminder
- Reflecting on the test before making important decisions- Discussing the test with others to foster a culture of ethics
- Using the test as a framework for personal and professional goal-setting

4. Any real-life examples from your own experience or from Rotary annals of the Four-Way Test acting as a guidepost.

Examples of the Four-Way Test in action include:

- A business owner refusing to engage in a lucrative but unethical deal, choosing instead to prioritize fairness and intergrity.
- A Rotarian volunteering time and resources to support a community project, exemplifying goodwill and beneficial service.

- A professional facing an ethical dilemma, using the Four-Way Test to guide their decision and ensure truth, fairness, and beneficial outcomes.

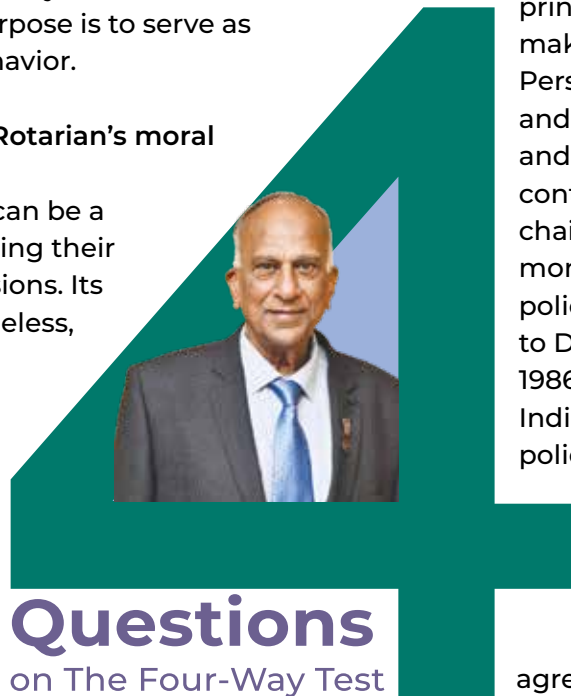
Numerous stories and examples from Rotary International’s history and members’ experiences demonstrate the Four-Way Test’s impact as a guiding

principle for ethical decision-making.

Personally, I joined Rotary in 1967 and was involved in the measles and polio program for 12 continuous years from 1980-92 as chairman, giving my time and money for the eradication of polio. I was a GSE team member to Denmark Districts 147 & 148 in 1986. When I told the truth that in India we have no vaccines for polio, the Rotarians in Denmark collected one million Danish Kroners. PDG Knud Hodal arranged for my meeting with various committees, and they all agreed unanimously to supply polio and measles vaccines to

District 320. The then Prime Minister of Denmark made a token presentation and handed over the vaccines at a function in his office. At my cost, I went to Delhi and met the Minister of Health, Mrs. Saroj Khaparde, and got the letter for the import of vaccines under OGL. I also met Mr. P. Chidambaram, Deputy Minister of Finance, and got the letter for exemption from customs and import duty.

I am still in contact with my host families. After the Hamburg convention in 2019, I visited Denmark and met my hosts and stayed with them. Rotary gives wonderful opportunities to individual Rotarians if they follow the Four-Way Test in their personal and official lives.





1. What is your current state of mind?
I'm feeling thoughtful and introspective.
2. What is your idea of perfect happiness?
Being at peace with myself, living in the moment, and appreciating the simple joys of life.
3. What is your greatest fear?
Living a life without meaning or purpose.
4. What is the trait you most deplore in yourself?
I dislike my lack of patience.
5. What is the trait you most deplore in others?
Being judgmental.
6. Which living person do you admire most?
Rajnikanth.
7. What is your greatest extravagance?
Cars, travel, and gourmet dining.
8. What do you consider the most overrated virtue?
Humility.
9. On what occasion do you lie?
To avoid a commitment that I know I will not be able to do justice to.
10. Which living person do you most despise?
I find it more productive to channel my energy towards positive change rather than despising someone.

11. What is the quality you most like in a man?
Confidence without arrogance.
12. What is the quality you most like in a woman?
Intelligence and insight.
13. Which words or phrases do you most overuse?
"Dude," "You know."
14. What or who is the greatest love of your life?
Mom, wife, daughter, and cars, of course.
15. When and where were you happiest?
On my birthday at my factory, surrounded by family and staff wishing me a long life and good health.
16. Where would you most like to live?
In a small town with pleasant weather year-round and a strong sense of community.
17. What is your most treasured possession?
My watches.
18. What is your favorite occupation?
Relaxing.
19. What is your most marked characteristic?
Positive attitude, optimism, sense of humor, and ability to make people laugh.
20. Who is your hero of fiction?
Spiderman.
21. Which historical figure do you most identify with?
I feel I'm unique. I don't think I can relate myself to any historical figure.
22. Who are your heroes in real life?
I've admired everyone who has demonstrated courage and resilience in the face of challenges.
23. What is your greatest regret?
Not traveling more when I had the opportunity.
24. How would you like to die?
Amidst family, friends, and loved ones while partying.
25. Your motto in life?
Live life king size.



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