

# The Lighthouse

Rotary  
Club of Madras



BULLETIN OF THE ROTARY CLUB OF MADRAS

ISSUE 18  
NOVEMBER 02  
2025



SERVICE ABOVE SELF

**BIRTHDAYS**

Rtn Geetha Nagappan	27 <sup>th</sup> October
Rtn Ravi Bhatkal	27 <sup>th</sup> October
Rtn Fazal Mohamed M	28 <sup>th</sup> October
Rtn Thyagarajan T G	30 <sup>th</sup> October
Rtn Vijay Kumar Kadel	30 <sup>th</sup> October
Rtn Pranay H Gambhir	30 <sup>th</sup> October
PP Rtn Verghese Chummar A	31 <sup>st</sup> October
PP Rtn Venkhat Ramani A S	31 <sup>st</sup> October
Vidya, Spouse of Rtn R Vasudevan	29 <sup>th</sup> October
Manisha Singhee, Spouse of Rtn Ravi Prakash Singhee	29 <sup>th</sup> October
Sujata, Spouse of Rtn Gopalan Kannan	31 <sup>st</sup> October
Nagu Chidambaram, Spouse of Rtn Geetha Nagu	2 <sup>nd</sup> November
Rohini, Spouse of Rtn Vivek Pai N	2 <sup>nd</sup> November

**ANNIVERSARY**

Rtn Ravindran Ramachandran & Ambika	27 <sup>th</sup> October
PP Rtn Srikanth S N & Subha	29 <sup>th</sup> October
Rtn Dr Anuradha Ganesan & Dr A S Ganesan	30 <sup>th</sup> October
Rtn Shyam Sunder P C & Mohana	31 <sup>st</sup> October
Rtn Suman Voora & Shalini	1 <sup>st</sup> November
Rtn Deepak Chander & Divya Chetti	2 <sup>nd</sup> November
Rtn Dr M Parkavi & Mr Kathirganapathiappan	3 <sup>rd</sup> November

**RCM BOARD 2025-26****PRESIDENT**

Rtn Nikhil Raj

**HONORARY SECRETARY**

Rtn Prasanna Rajagopalan

**IMMEDIATE PAST PRESIDENT**

Rtn Chella Krishna G

**PRESIDENT - ELECT**

Rtn Balakrishna S

**PRESIDENT - NOMINEE**

Rtn Ganesh Ananthakrishnan

**DIRECTOR – COMMUNITY SERVICES - DEVELOPMENT**

Rtn Suresh Amirapu

**DIRECTOR – CLUB SERVICES**

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**DIRECTOR – VOCATIONAL SERVICES**

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**DIRECTOR – YOUTH SERVICE**

Rtn Suman Voora

**TREASURER – CLUB FUNDS & RCM BTS**

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**DIRECTOR – ROTARY FOUNDATION & INTERNATIONAL SERVICE**

Rtn Shivkumar Eashwaran

**DIRECTOR – COMMUNITY HEALTH**

Rtn Arjun Ananth

**TREASURER – RCMCT**

Rtn A Gooch Kumar

**DIRECTOR – FUND RAISING & PR**

Rtn Sandhya Sridhar

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Co-Chairperson: Rtn Rajesh Mani

Mentor: Rtn Sesha Sai

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Rtn Akur Raman Raghunandan

Rtn Dr Rama Narasimhan

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**Bulletin Design:****YATRATECHS**

Spouses are invited for this meeting

Rtn. Nikhil Raj  
PresidentRtn. Prasanna Rajagopalan  
Honorary SecretaryRtn. Rajesh Mani  
Director-Club ServiceRtn. Mohit Bajaj  
Chairperson-Programs CommitteeSend in your articles, news and stories for consideration in the Lighthouse bulletin to: [lighthouse@rotarymadras.in](mailto:lighthouse@rotarymadras.in)  
Stay updated with our very own RCM magazine!

# Rotary Club of Madras (RCM)

## Minutes of the 17th Weekly Meeting held on 28 Oct 25

1.30 pm, Hyatt Regency, Teynampet, Chennai

### Call to Order

President Rtn Nikhil Raj called the 17th weekly meeting of the Rotary Club of Madras to order at 1:30 pm.

The meeting commenced with the Rotary Song.

### Confirmation of Previous Minutes

The minutes of the 16th weekly meeting were confirmed.

### President's Address

The President welcomed Probian Purushothaman.

Rtn Russell Jashim and Rtn Mufti Satiullah both from RC Dhaka Northwest, Bangladesh.

Guest: Mr. Suraj Saravana Raman, Mrs. Sharmala Nath and Mr. Gopal Palapu

President Nikhil Raj shared the following updates.

#### Fundsraised:

Rs. 2,00,000 allocated for two dialysis machines.

Rs. 4,00,000 allocated for HPV Vaccination

Project.

Rtn. Ranjit Rathod contributed Rs. 25,00,000 through CSR funding for various projects.

Rtn. Ashwath Reddy donated Rs. 2,00,000 for HPV vaccination drive.

Dr. Anuradha Ganesan donated Rs. 25,000 towards HPV vaccination programme.

Appreciation was extended to all contributors.

Members were encouraged to attend the **Community Service Presentation** next week to gain a better understanding of ongoing Rotary projects.

### Announcements - Medical Update – Rtn Arjun Ananth

Ongoing paediatric cardiac surgeries were conducted.

10 children at Apollo Hospitals.

7 children at Amrita Institute.

11 children (ongoing) at Kokilaben Hospital. A major medical camp was held at Sivaswamy

Kalalaya, Mylapore, in collaboration with Yash Dental, VHS, and Child's Trust, benefiting about 500 children.

Rotarians were urged to attend medical handovers and camps to experience Rotary's community impact first-hand.

### Fellowship Announcement – Rtn. Rajesh Mani

Upcoming Full Club Fellowship on Saturday, 1 Nov 25, hosted by PDG Rtn. J.B. Kamdar and Rtn. Marlene Kamdar at Park Hyatt Apartments.

Theme: Black and Gold – Dress as Your Favourite Superstar.

Fellowship starts at 7:30 pm

### Secretary's Announcements – Rtn. Prasanna Rajagopalan

Next meeting: Combined Projects Meeting to be held on Tuesday, 4 Nov 25, at Madras Cricket Club, 6:30 pm.

Birthday, Spouse Birthday and Anniversary for the week was announced.

Sunshine Contribution: Rs.2,000 from Rtn. Pranay Gambhir.

### President's Address

Rtn Shri Shakthi Girish introduced the guest speaker, Mr. Saravanan Balakrishnan, Founder of Amura, a health and wellness platform focusing on gut health and holistic well-being. Rtn. Shri Shakthi Girish shared her personal transformation story after undergoing the Amura programme, emphasizing

improvements in health, energy, and vitality.

Mr. Saravanan spoke on the science of gut health, lifestyle modifications, and long-term health optimization.

An engaging Q&A session followed, with members actively participating.

## Presentation and Felicitation

President Nikhil Raj presented the Club's commemorative book, A Timeless Legacy – 97 Years in the Making, to the guest speaker.

## Adjournment

President Rtn. Nikhil Raj adjourned the meeting.

## Vote of Thanks

Secretary Rtn Prasanna Rajagopalan proposed the Vote of Thanks, expressing gratitude to Mr. Saravanan Balakrishnan for his insightful session, members, guests, and visiting Rotarians for their presence, Donors for their continued support of Club Projects.

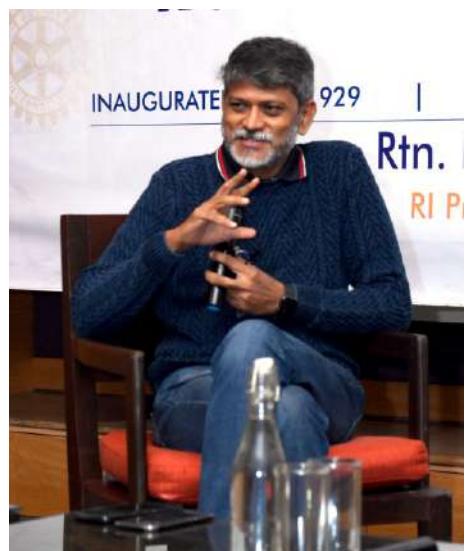
## Food is Poison, Longevity is Coming: Inside the Radical Health Philosophy of Amura.ai Founder, Saravanan Balakrishnan



In an insightful afternoon address to the Rotary Club of Madras, health pioneer Mr. Saravanan Balakrishnan, founder of Amura.ai, delivered a challenging yet inspiring perspective on wellness, longevity, and why the established wisdom about food and aging may be fundamentally flawed.

Mr. Saravanan, who was introduced by Amura's success story Shakthi (who lost 18 kilos in four months and saw a complete revitalization of her health), captivated the audience by offering four counterintuitive concepts designed to permanently change their life trajectory.

## The Two Truths About Food



Mr. Saravanan argues that our common understanding of nutrition is drastically incomplete, offering two radical new perspectives:

**1. Food Is Not Just Medicine, Food Is Everything.** This concept is deceptively simple: everything in your body, your hair, skin, brain, and heart is built from something you consumed. Logically, food must impact everything you do. However, modern agriculture is optimized for profit (high weight, good looks on the shelf) rather than nutritive value, and the food industry has relentlessly hijacked our taste buds, diverting us from what is actually healthy. The solution lies in taking personal responsibility and developing "body intuition", connecting with how food feels after consumption, rather than while consuming it.

**2. Food Is Not Just Medicine, Food Is the First Poison.** Mr. Saravanan dramatically stated that food is the first poison because we interact with it frequently (four or five times daily, if not more). Every time non-water food enters the body, a "war" ensues, requiring immense work and digestive enzymes. With age, the ability to digest, reduces. Over a 56-year lifespan, a person has roughly a hundred thousand interactions with food. If anything external is damaging you, "food is the first suspect".



### Beyond Willpower: Fixing the System

Amura.ai's fundamental approach to wellness and weight loss stems from this perspective. Mr. Saravanan contests the common belief that people struggle with weight due to a lack of willpower. Instead, he asserts that willpower is manufactured in the brain, and if something is "off-balance" or "out of equilibrium" in the body,

the ability to manufacture willpower is compromised.

Amura works by finding and fixing what is broken inside the system, which causes clients to experience dramatic behavioral changes and loss of cravings.

### Planning for Your Century

The second pair of radical ideas concerned longevity, which Mr. Saravanan views not as a distant possibility, but as a near certainty for many in the room..

1. **Longevity Is Real and It's Coming.** He argues that anyone in reasonably good condition today is likely to live past 100 and will be mentally and physically fitter than they are now. The most crucial decision one can make, which costs no money, is to believe that longevity is coming. This belief immediately changes your life trajectory and decision-making.

2. **The Second Innings Will Be Better Than the First.** Most traditional life plans are built around a 30 to 35-year working life followed by retirement at 60. But if you are 50 or 60 today, you have accumulated wisdom, money, and network—resources that you lacked at 20. Making a 30-year plan at 50 or 60 stacks the resources in your favour, making the "second innings" likely to be the most joyful and successful period of your life. He estimates that the money made in the next 10 years could exceed all previous earnings combined.

### The Amura Program: Filling the Gaps

Amura.ai began after Mr. Saravanan, an entrepreneur, faced a harrowing personal health crisis involving his own Type 2 diabetes and his young son's hyper triglycerides. Frustrated by conventional medicine's inability

to solve complex issues, he immersed himself in neuroscience and longevity medicine, eventually reversing his own diabetes and dealing with misdiagnosed conditions (such as depression, which was actually ADHD).

## The Amura Program: Filling the Gaps

Amura was founded to address the fact that people were "literally dying because this information is not there."

While Amura's doctors hold MBBS degrees and the company respects conventional medicine,

their purpose is to look for gaps and fill them using conventional medical theory that has not yet reached medical schools—a process that shortens the wait time for benefits by 10 to 20 years.



### Key Details on the Amura Program

- Focus: Amura calls itself a longevity program available "on the cheap," but its results manifest differently for individuals—from weight loss to anti-aging. They largely focus on diet and nutrition requirements, but the program deals with over 100 health conditions.
- Conditions Addressed: They have been successful in fixing Type 2 diabetes, depression, and anxiety. They plan to spin off separate practices for conditions like dementia, multiple sclerosis, and Alzheimer's in the near future.
- Limitations: Amura works solely via telemedicine and avoids "brittle conditions" like cardiac disease. They also currently avoid hormone therapy due to potential controversy.
- Methodology: Amura clients are provided

with necessary nutrients (like vitamins and minerals), which Mr. Saravanan stresses are inherent parts of the body, not medicines, and are administered at safe, non-toxic levels. They explicitly do not offer surgery, drug therapy, yoga, or gym workouts, as they don't wish to overlap with competent professionals. In fact, they ask clients to avoid exercise for the first three months to ensure they can accurately understand and titrate the body's response.

Mr. Saravanan concluded by urging the audience to shift their health thinking from "how late I can die" to "how big I can live today," emphasizing that without dedicating more time and money to health optimization, individuals are leaving 30-40% of their potential on the table.



## An Evening of Warmth, Fellowship & Flavour



Saturday, 25 Oct 25, was a truly sparkling evening as Rtn Vijay Kadel and Ann Pratibha Kadel opened their beautifully decorated home for a fireside that perfectly blended warmth, tradition, and fellowship. The ambience glowed with the charm of diyas and lights, setting the tone for an evening to remember.

Over 20 Rotarians and their families were welcomed personally by our gracious hosts, a gesture that instantly created a sense of togetherness. The pass-around snacks were nothing short of fabulous and the Indian cocktails and malts were so thoughtfully curated that Rtn Ashok Thakkar couldn't help remarking that even our Prime Minister would be proud of the "Make in India" spirit on display!

Adding to the magic of the evening was some soulful live music - two talented youngsters on the flute and keyboard kept everyone swaying and dancing to their tunes. The energy and joy were infectious, and Annette Shraddha Kadel deserves a special mention for being the heart of the evening, ensuring every guest felt comfortable and engaged throughout.

A sumptuous Rajasthani feast followed, rich in flavours and hospitality, and the evening concluded on a sweet note with stunning Diwali-themed return gifts; delicious nuts beautifully packed in elegant metal baskets.



It was an evening that celebrated the very essence of Rotary - fellowship, friendship, and fabulous hospitality. Truly, a fireside to remember!

Stunning Diwali-themed return gifts; delicious nuts beautifully packed in elegant metal baskets.



-Ann Viji Chinni  
Spouse of Rtn Balaji Chinni

## A Grand Beginning: Charter Installation of the Rotaract Club of Vepery

The Rotaract Club of Vepery proudly celebrated its official charter installation, marking a memorable beginning in the spirit of fellowship and service. The ceremony beautifully reflected unity, leadership, and purpose under the inspiring leadership of Charter President Rtr Harish G and Charter Secretary Rtr Linda Jane D.M.

We were deeply honored by the presence of our Chief Guest, President Nikhil Raj, who delivered an insightful address on the importance of civic sense and encouraged every Rotaractor to serve with purpose and responsibility. Our Guests of Honor, Rtn

Anuradha Ganesan, the guiding mentor of the Rotary Club of Vepery, and Youth Service Director, Rtn Suman Voora, shared invaluable insights on leadership and community engagement. Rtn Anuradha also inspired the gathering with project ideas, particularly emphasizing the innovative initiative of recycling plastic waste into furniture — a project that resonated deeply with everyone present. District leaders DRR PP Rtr Sathish Kumar PHF and DRRE PP Rtr Vignesh Chandran PHF shared their vision for the Rotaract movement and motivated the new team to lead with passion and commitment.



PP Rtn NK Gopinath addressed the gathering with a heartfelt message about the rich legacy of the Rotaract Club of Vepery. He shared how some of the former Rotaractors of this very club have gone on to become proud members of the Rotary Club of Madras, reflecting the true spirit of continuity and growth within the Rotary family. His words inspired the audience to carry forward the club's legacy with renewed enthusiasm and purpose.

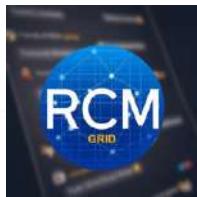
We were privileged to have among us distinguished leaders and former members of the Rotaract Club of Vepery who are now part of the Rotary Club of Madras — PP Rtn Shankar C Mangadu, PP Rtn Indra Subramanyam, PP Rtn NK Gopinath, and PP Rtn S Ravi — whose presence added a special touch of legacy and pride to the event.

A special note of gratitude was extended to Rotaract Chair, Rtn Arunachalam Palaniappan and Rtn Sesha Sai, District Rotaract Committee Chairman, for their constant encouragement and guidance at every stage of the club's formation.

The event concluded with joy, fellowship, and inspiration as the Rotaract Club of Vepery embarked on its journey to "Create Hope and Serve to Change Lives."



- Charter Secretary Rtr Linda Jane D M



## Painting the Town Pink *One Step at a Time*

On October 26, 2025, the Island Grounds in Chennai turned into a stunning sea of pink as over 2,000 participants, including 1200-Rotaractors, came together for **One Walk One Hope**, a walkathon dedicated to Breast Cancer Awareness, organised by CAN-STOP & Sundaram Medical Foundation.

From the first rays of sunrise, Rotaractors across District 3234 gathered in vibrant shades of pink to support a cause that matters. The morning buzzed with excitement, purpose, and unity as young change-makers took each step with a shared mission: to spread awareness and save lives through early detection. It reminded everyone that real change begins with awareness, and when thousands walk together, their steps can echo far beyond the finish line.



# ROTARY RADAR



Rotary leaders met Taiwan's president 🇺🇸 to secure personal support for the **2026 Rotary International Convention in Taipei**.

🏮 From **13-17 June 2026**, more than **30,000** attendees will come together from over **120** countries! 🎉

# selfie

FOR THE WEEK





1. Think about one seemingly small, unconventional, or even rebellious act you undertook in your younger days – something that might not have seemed important at the time, but unexpectedly created a lasting, positive ripple effect in your life or in the lives of others. What was that act, and what did it teach you about the unpredictable nature of impact?

Ans. Growing up in Chennai city...it was called Madras back then, my sister and I went to the same school. We had very different and unique ways of doing things. I was always busy doing things outside of my schoolwork. While my sister would go home by 4 p.m., I would be a part of some activity or the other not directly connected with school and go home much later, causing much agony to my mom.

2. If you were writing a candid, no-holds-barred letter to the RCM of 2050, what's the one indispensable piece of wisdom, the most critical warning, or the most audacious vision you'd impart to ensure our club's enduring relevance and impact?

Ans. I remember once my friend and I spent 2 hours searching for something that she lost.... went home only after finding it. Little did I realize that even after I grew up, I would still be involved with things outside of my realm, giving my time and efforts to make a difference.

Friends and family are not outside of my core, but very much a part of it. And now Rotary. Rotary has enlarged the scope of the very same thing that I have been doing. The fact that we all come together to do so much.

We are moving towards our centenary year. 100 years of Yeoman service and a fabulous legacy to be proud of. We have grown in terms of membership, and our projects are much bigger now than ever before. We must, however, not lose sight of our core values. Inclusiveness and empathy are key to our club's success in the years to come. Technology will enable us to do more, and corporate funding and sponsorship will facilitate bigger projects. We must always make sure that the truly underprivileged sections are the beneficiaries. To provide opportunities to the neediest and to create platforms for their growth are commitments that RCM must hold high in the years to come..

3.Rotary prides itself on service, but sustained impact often requires navigating difficult currents. Reflect on a time when RCM faced a significant internal or external hurdle – a crisis of confidence, a dissenting opinion, or a major setback. What was the real story behind that challenge, what uncomfortable truths did you have to confront, and what leadership lesson did you personally carry forward from that experience?

Ans. We face many challenges as members of Rotary. But as President of RCM, we face unique situations, where we have to act, stay firm, stand on the right path, choose among peers so dear to us and all of this I did during my term as President 2022-23. There were occasions when my integrity was questioned. A crisis of confidence, a dissenting opinion that I faced and more. My guiding principles were simple. My Board and I stood by RCM's value system that has stood the test of time.

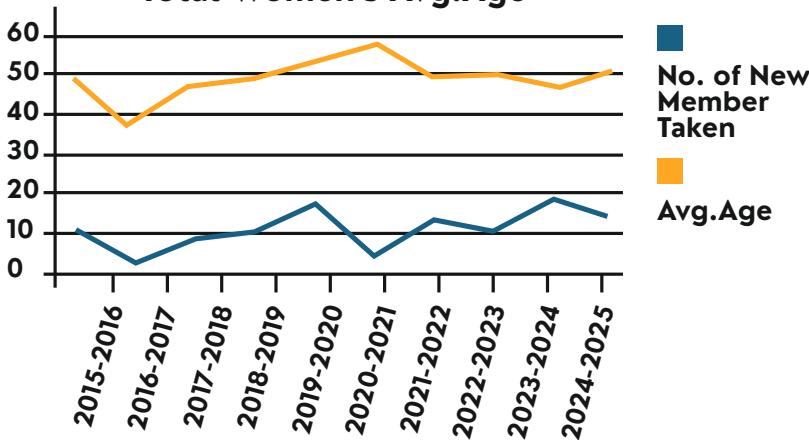
We also ensured complete transparency. I say We and not I, because everything came together with the solid and uncompromising support of the Board members.

Lessons learnt as President stay with us. I'm sure many Past Presidents will agree with me.

# NEW FACES, STEADY ROOTS: A DECADE OF WELCOMING ROTARY'S NEW MEMBERS

YEARS	No. of New Member Taken	Avg. Age
2015-2016	11	45.01
2016-2017	3	37.14
2017-2018	9	45.6
2018-2019	11	46.96
2019-2020	16	51
2020-2021	5	54.5
2021-2022	14	48.85
2022-2023	10	49.78
2023-2024	19	48.81
2024-2025	14	52.02

Total Women's Avg.Age



WHEN NEW HANDS JOIN

Each year they come, a few, a flame,  
With different stories, hearts the same.  
From halls of work and streets unknown,  
They choose a path that feels like home.  
Three one year, nineteen the next,  
Their reasons varied, none perplexed.  
Some seek to serve, some long to grow,  
All plant their roots where Rotarians sow.  
At forty-five or fifty-two,  
Each age brings something bold and true.  
The young bring spark, the wise bring grace,  
Together shaping Rotary's face.  
Through every dip, through every rise,  
New voices bring new questions, whys.  
And with their steps, the circle grows—  
A garden rich with what they chose.  
So let them in, both sage and new,  
With dreams to build and things to do.  
For every name upon our roll,  
Becomes a stitch that makes us whole.

Every Rotary year tells a story—not just through its service projects or leadership changes, but through the people who choose to walk through our doors for the very first time. Over the past decade, the data on new member induction paints a vivid picture of growth, continuity, and evolution.

## Growth in Numbers

In 2015–2016, 11 new members joined, with an average age of 45.01. Over the next few years, this number rose and fell in waves, reflecting both external challenges and internal shifts in focus. A sharp dip to just 3 new members in 2016–17 revealed a year of lower intake—perhaps due to structural changes or stricter selection.

Yet by 2019–20, Rotary welcomed 16 new faces, a significant peak that coincided with a rise in the average age to 51—marking a turn towards attracting more mature professionals.

Post-2020, as the world adapted to pandemic realities, so did Rotary. While 2020–21 saw only 5 new members, the organization bounced back with 14 in 2021–22 and 19 in 2023–24, the highest intake of the decade.

## Who We're Attracting

The age data reveals a telling trend: Rotary continues to attract professionals in their late 40s to early 50s. In 2024–25, the average age reached 52.02, the highest recorded, indicating that Rotary remains a compelling choice for individuals who bring with them deep experience, networks, and commitment to service.

This age group reflects stability, influence, and capacity for leadership—yet also signals an opportunity: to broaden our outreach to younger professionals and ensure generational continuity.

## What the Numbers Say

What's clear is that Rotary has remained relevant and resilient. Every member who joins does more than fill a form—they bring stories, service, and spirit.

As we look ahead, the focus must be on diversifying the age spectrum, not just expanding it. To ensure that future generations carry the torch forward, we must keep our doors open to both the wise and the wide-eyed.

Because in Rotary, every member, new or seasoned becomes part of something timeless.



# WE HAVE SPENT 5 GENERATION BUILDING A 5 LETTER WORD **TRUST**

OMR  
CHENNAI



BEVERLY RIDGE

ECR  
CHENNAI



*Beach Boulevard*

ECR  
CHENNAI



PALM BEACH

PAMMAL  
CHENNAI



*Brookside  
Residences*

PAMMAL  
CHENNAI



**CREEK**  
RESIDENCES

SRIPERUMBUDUR  
CHENNAI



Waterfront Villas

L&T BYPASS  
COIMBATORE



 ENGLISH  
BUNGALOWS

SINGANALLUR  
COIMBATORE



**Regal**  
Villas

### Corporate office:

Sun Centre, First Floor,  
No.2, Tank Bund Road,  
Nungambakkam, Chennai – 34

### Dubai office:

No 605, Bank street Building  
Next Building of Adidas Showroom  
BurJuman Dubai.



SCAN ME



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