



BHARATHI BYTES



News Letter of Rotary Club of Chennai Bharathi

Charter Date: 8th April 2015

Club ID: 86610

R I District: 3232



From the President's Desk



My dear members and Fellow Rotarians,

As I look out of my window at the grey skies and the sudden rains, wonder if autumn has arrived or if there is a blip in our state's weather. I guess it's a ray of hope for us, right? Even as we face new and severe challenges, Rotary takes care of its members and those we serve, work to build lasting peace, and embeds belonging and inclusion in everything we do.

That's why we have our theme for this rotary year 2023-24 as **CREATE HOPE IN THE WORLD**.

I welcome you all to this maiden edition of our club bulletin of the Rotary Club of Chennai Bharathi. As you read, you will see that a vision has come into action. A lot of HOPE is being created through our efforts in July.

The beginning of this month was a blessed one for us. After a successful start with the tree plantation, the day of Guru Purnima, July 3, 2023, witnessed the most divine and blissful moments in the history of our club. The grand installation in the presence of a galaxy of artists who were divinity personified was a treat to our eyes. These details are mentioned in the following few pages of this bulletin. Not just that. It was also notable for us as our member had to travel from Bangalore for the installation ceremony, although she was on vacation then. This gesture truly humbles us.

During this create hope year, two critical avenues of service have been emphasized to us. Mental wellness and holistic living are essential with the amount of stress we go through these days. The DEI (Diversity, Equity and Inclusion) is another avenue that is need of the hour.

Our club has already been working with a diversified community that gives many avenues of inclusion and recognition.

Mental wellness and holistic living have also been fostered among us. It's not just about conducting workshops and meeting for others; as they say, "charity begins at home." Let's care for each other and create bonding and a strong friendship. I thank each of you for traveling with me consistently to support and guide me in all possible ways. I wish you a great year to all.

I wish you all a happy reading!

Best Regards

Rtn. Dr. JAYASHREE KADAMBI

Special Educator

President 2023-24, RC Chennai Bharathi



Editor's Note:

Dear readers,

I am pleased to issue the first edition of Bharathi Bytes for the new Create Hope in the World Rotary Year 2023-24. July has been an eventful month for Chennai Bharathi, as the new team set forth on the right note toward service projects for the year. We have also taken the initiative to provide articles by expert members to spread awareness and knowledge sharing. Bharathi Bytes is also a great way to keep in touch with the work done by the club and render your support where possible. I hope you enjoy the issue like I enjoyed putting it together for you. For suggestions or questions or to publish advertisements, write to rccbchennai@bharathi@gmail.com.

Yours in Rotary

SUJATHA S

Club Secretary / Public Image, Director / Editor – Bharathi Bytes

UNIQUE APPROACH A DIFFERENT DIMENSION IN THE HISTORY OF RI DISTRICT 3232

Signature Project: Save our Antiquities – Namma Kalacharam - Series 1 Speaker meet.

Venue : Sastra Satsangh , Koadambakkam , Chennai

Speaker A spiritual discourse by Shri Dushyanth Sridhar
(eminent public speaker, Sanskrit scholar, and vocalist)

Topic : ACHARYA DEVO BHAVA

Fundraiser : to support the education of students at Gurukul in Kumbakonam

Lighting of the lamp



Event Synopsis



Lifetime Achievement Award To Shre Dushyanth Sridhar



After the launch of this project on July 3rd, the first series was beautifully lit on July 15, 2023; We were blessed to have an eminent speaker, **Shri Dushyanth Sridhar, among us to impart his knowledge of our Gurus during the ester years.**

Our first fund-raising initiative to support the infrastructure and education for students in Gurukul at Kumbakonam was unique and a different dimension in the history of the Rotary District 3232, as stated by one of our veteran Rotarians who attended the discourse.

As a small initiative to preserve our cultural heritage, this series began with lighting the lamp by Smt Yamuna from Bharatiya Sikshan Mandal and by Rtn—Parimala Amizhdhu from RC Chennai Aristo.

Rtn. Dr. Jayashree Kadambi, president of RC Chennai Bharathi, delivered the welcome address, followed by garlanding of the speaker by Ann: Srinivas, spouse of president Rtn. Jayashree Kadambi, RC Chennai Bharathi.

It was an overwhelming response from the audience. People from various parts of Chennai attended this event. This event had over 150 registrations and a few walk-ins. Our audience received the interactive session well by Shri Dushyanth Sridhar. It was delightful to see the participation from 11 clubs of RI District 3232. Thank you, presidents, for joining this noble cause. We appreciate your presence, despite the other commitments.

Our club conferred a **LIFETIME ACHIEVEMENT AWARD TO SHRI DUSHYANTH. SRIDHAR, for his excellence in a rendition of discourses across the globe and bringing our ancient language Sanskrit alive through dance drama, AGRE PASHYAMI.**

This fund-raising project will be executed by the end of this month.

Sincere gratitude to DG Rtn. AKS Ravi Raman and Rtn. Shobana for their consistent mentor ship and guidance. Humble gratitude to our club secretary Rtn. Sujatha and director of community service – Rtn. Gayatri Ravindran for their constant support. A huge thanks to my family Ann. Srinivas's sons, Aditya and Exhale Srinivas, were the support pillars. Sincere thanks to Rtn. Surest Jain for his support.

The speaker, Shri Dushyanth Sridhar, enlightened the gathering about the importance of Gurus (teachers) in our lives. He beautifully connects the two epics, Sri Ramayana, the Mahabharata, and the Puranas, to tell us what great Gurus our country has produced. He enlightened the importance of Gurus in our lives who will lead us on the right path and highlighted that India is the origin of the birth of all these great Acharyas. We are blessed to be born in this beautiful land called Bharath. The session concluded with a tinge of music and group photos.

Inspired by one of his discourses, a devotee Mrs. Vijayalakshmi, presented him with an artwork done by her.

RTN. DR. JAYASHREE KADAMBI

VIBRANT BEGINNING
PETS (PRESIDENT-ELECT TRAINING SEMINAR)
FEB 19, 2023, IN BENGALURU



SECRETARY-ELECT TRAINING SEMINAR- BLOSSOM
February 24, 2023, AT KODAI



COMMUNITY SERVICE

Area Of Focus : Environment

TREE PLANTATION PROJECT – ENVIRONMENT

Date July 1, 2023

Venue : Hope Public Charitable Trust, Annambedu

Rotary Club of Chennai Bharathi started their Hope Journey with - Tree Plantation Project headed by

Aby led by Rtn Sridevi - Chairman Go Green/ Environment, RC Chennai Bharathi, this event saw a soulful beginning to create more HOPE*

We took great pleasure in volunteering to plant 100 saplings (including paneer rose, Bangalore rose, everyday flowers, Neem Tree, and Mango Tree) at the *Hope Charitable Trusts - Home and Vocational Training Centre for Persons with Intellectual Disabilities located at Annambedu Village, Thiruvallur District. The event happened on the 1st of July, 2023.

It's been an honor to continue our association with *Mrs. Nagarani (Founder) and Hope Charitable Trust* is an organization that works tirelessly to develop the skills of these challenged people with special needs, providing them with opportunities to bring them on par with others. The inmates are educated and trained in skills like tailoring, making sustainable plates, incense sticks, room fresheners (sambrani), decors, oils, and soaps. They marveled at how these people did exceptionally well in them. They are also trained in music, dance, art, and sports.

The Environment Chairman herself sponsored the Trees and Plants required for the project.



July 1, 2023
RC Chennai Bharathi



TREE SAPLINGS AND JUTE FILES AS RETURN GIFTS FOR INSTALLATION:



JULY 3, 2023

The Rotary Club of Chennai Bharathi installation ceremony took place on the 3rd of July, 2023. The event was a grand success and launched many main projects of the year.

The event saw the participation of over 150 attendees, and they were all presented with sustainable gifts – Jute folders and tree saplings.

E Gurukul, Excellence of Learning sponsored Jute folders-

Rtn Sridevi, The Chairman of Environment / Go, Green of RC Chennai Bharathi, sponsored the saplings

CLUB SERVICE: INSTALLATION CEREMONY: Date: July 3, 2023

The installation ceremony of the Rotary Club of Chennai Bharathi wonderfully took place. Rtn. Dr. Jayashree Kadambi, Rtn. Sujatha. S the secretary, Rtn. Nisreen Madraswala, treasurer, and her board of Directors and Chairpersons of different avenues took up charge on the 3rd of July in the presence of chief guest Rtn AKS Ravi Raman (DG- RI 3232 District) and First Lady Shobana along with other district officials, co-presidents and co secretaries.

Dr. Nithyashree Mahadevan, Kalaimamani Smt, Sikkil Mala Chandrasekhar, Smt. Vishakha Hari, Dr. Chithra Madhavan, and district first lady Rtn. Shobana lit the lamp. To invoke the blessings of the Almighty, the event began with the divine blessings of Lord Krishna. Rtr. Kamatchi performed the invocation dance, Swagatham Krishna.

Dr.J Radhakrishnan IAS was the Guest of Honor. The day was star-studded with the Presence of an

eminent galaxy of Carnatic classical musicians, including Shri Unnikrishnan, Dr. Nithyashree Mahadevan, and Kalaimamani Smt. Sikkil Mala Chandrasekhar, Kalaimamani Smt. Vishakha Hari Sikkil Gurucharan, and Thrichur Brothers. We were happy to honor them with a lifetime achievement award.

Installation of Rtn Dr. Jayashree Kidambi as President of the club for years 23-24 was covered by Thanthi TV. The installation ceremony was also live-streamed on Thanthi TV YouTube Channel and has been posted in two parts on the YouTube Channel of AVK Productions.

Dr. J. Radhakrishnan, in his address, spoke very **highly** of Rotary and applauded the club for honoring the galaxy of artists and recognizing women on this day.



Welcome Address By Rtn. Ipp Shilpa Menon



Collaring Of Create Hope President Rtn. Dr. Jayashree Kadambi By Imagine President Phf. Rtn. Shilpa Menon



HOUSE FULL AUDIENCE

FAMILY PARTICIPATION AND CELEBRATIONS:



PRESIDENT RTN. DR. JAYASHREE KADAMBI, HER PARENTS, AND FAMILY FROM HONGKONG TO WITNESS THIS MOMENT



LIGHTING OF THE LAMP – KALAIMAMANI SMT. SIKKIL MALA CHANDRASEKHAR, DR. NITHYASHREE MAHADEVAN, KALAIMAMANI SMT. VISHAKHA HARI, Dr. CHITHRA MADHAVAN, DISTRICT FIRST LADY RTN. SHOBANA RAVI, PRESIDENT RTN. DR. JAYASHREE KADAMBI



INVOCATION DANCE – ALL EVENTS BEGIN BY INVOKING THE BLESSINGS OF THE ALMIGHTY. TO WELCOME LORD KRISHNA, RTR KAMATCHI PERFORMED A DIVINE TRACK, SWAGATHAM KRISHNA WHICH FILLED THE HALL WITH BLISS.



CREATE HOPE PRESIDENT WITH THE DG RTN. AKS RAVI RAMAN, FIRST LADY SHOBANA, DISTRICT OFFICIALS, IPP AND HER FAMILY



CHARTER EXCHANGE – IMAGINE SECRETARY RTN. GAYATRI RAVINDRAN TO HOPE SECRETARY RTN. SUJATHA



RTN. JYOTI AND HER FAMILY – RC CHENNAI BHARATHI



SHRI UNNIKRISHNAN AND HIS FAMILY



RTN. ARCCHANA NITISH & HER FAMILY – RC CHENNAI BHARATHI



KALAIMAMANI SMT. VISHAKHA HARI AND HER FAMILY



AG and MEMBER RECOGNITION AWARDS



President of RC Chennai Bharathi – Rtn Dr. Jayashree Kadambi presented recognition awards to club members to support their work and encourage them to keep up their efforts.

Being an all-woman's club, it is essential for each member to feel a sense of community and have a healthy, understanding relationship. RCCB has a team of women who fix each other's crowns, lift each other, rejoice at each other's wins, and support each other during difficult times.

The members received the recognition with utmost joy, making this a memorable day.



Our AG and a well-wisher of our President, Rtn. V.S Rose was conferred with BEST SPORTSMANSHIP AWARD 2023 for his achievement in the comrades' Marathon 2023, held in South Africa. His childhood friend, Mylapore Thiagarajan, also joined him.

VOCATIONAL SERVICE LIFETIME ACHIEVEMENT AWARDS - July 3, 2023



THE ICONIC MOMENT

The installation ceremony on July 3, 2023, was a blessed day for RC Chennai Bharathi. On this occasion, we conferred the galaxy of artists with a

The following Artists received the Lifetime Achievement Award from the club in recognition of their invaluable work in their respective fields of Art and Culture. The

- * **Smt. Sikkil Mala Chandrasekar – Renowned Flautist**
- * **Dr. Nithyashree Mahadevan – Carnatic Vocalist**
- * **Smt. Vishaka Hari – Harikatha Artist**
- * **Thrichur Brothers (Shri. Srikrishna Mohan and Shri. Ramkumar Mohan) – Carnatic Vocalists**
- * **Sikkil C Gurucharan – Carnatic Vocalist**

We take immense pride in honoring them and look forward to carrying out our ongoing signature project of the year NAMMA KALACHARAM with their support. **LIFETIME ACHIEVEMENT AWARD.**



**Kalaimamani SMT. SIKKIL MALA
CHANDRASEKHAR – RENOWNED
FLAUTIST**



**KALAIMAMANI SMT. VISHAKHA HARI ,
HARI KATHA ARTIST**



**TRICHUR BROTHERS – RAMKUMAR
MOHAN AND SRI KRISHNA MOHAN
CARNATIC VOCALISTS**



**DR. NITHYASHREE MAHADEVAN –
CARNATIC VOCALIST**



**SIKKIL C GURUCHARAN, CARNATIC
VOCALISTS**



WOMEN EMPOWERMENT JUTE FOLDERS AS RETURN GIFT Date – July 3, 2023

On the day of Installation (July 3rd), RC Chennai Bharathi presented Jute folders as return gifts to the guest who participated.

E Gurukul – Excellence of Learning sponsored these jute folders, and they were distributed to support the effort of widowed women earning their living through this small-scale business.

RC Chennai Bharathi, an all-woman's club, further wishes to support and empower women in all fields from different walks of life and appreciate their courage in stepping out of the barriers society builds around them—more power to all of us.



VOCATIONAL SERVICE: CAREER GUIDANCE AND COUNSELING JULY 5, 2023



July 5th, 2023
RC Chennai Bharathi



Chennai Bharathi's first vocational service project was led by Rtn Rajeshwari Duraipandian (Director- Vocational Service 23-24) on the 5th of July at S.P. Krishna Govt. Boys Hr Sec School, Kadappakkam, Kanchipuram dt.

The project had Dr. Duraipandian and Rtn Rajeshwari as speakers and was on CAREER GUIDANCE & COUNSELLING for 11th-grade students of the institution. A total of 62 participants benefitted from this program.

Rtn Rajeshwari and Dr. Duraipandian expressed that they found the program very impactful, and the students participated enthusiastically, raised many questions, and clarified them. Such events and opportunities aren't quite accessible to these students who study in villages, and we look forward to conducting more such programs to address the gap.

**SHRI. DUSHYANT SRIDHAR
LIFETIME ACHIEVEMENT AWARDS
July 15, 2023**



Our club conferred a *LIFETIME ACHIEVEMENT AWARD TO SHRI DUSHYANTH. SRIDHAR, for his excellence in a rendition of discourses across the globe and bringing our ancient language Sanskrit alive through dance drama, AGRE PASHYAMI*.

Shri Dushyant posted the recognition on his social media handle.

**NEW GENERATION SERVICE
YOUNG ACHIEVERS AWARDS**

Awardee: Ms. Uthra Unnikrishnan

DATE 03-07-2023 Venue: Savera Hotel, Alwarpet.

Uthra is a 19y old National Award-winning playback singer trained in classical music from a very young age. She has performed in numerous classical and light music events and won much recognition. At the Age of 11, she was awarded the National Award for her song at the 62nd National Film Awards Event. She is also the daughter of renowned musician Shri. Unnikrishnan.

Chennai Bharathi is honored to recognize this child prodigy with the Young Achiever Award.



AWARDS OF EXCELLENCE:

JULY 3, 2023

Awardees: Volunteers and Rotaractors who helped with MC, Awards, and AV. Chennai Bharathi wanted to recognize the efforts of Rotaractors Rtr. Abdul Afriq, Rtr. Anand Hariharan, Rtr. Ashwin, Ms. Kamatchi M, Ms. Vaishalee HP, Rtr. Keerthi.



These students selflessly volunteered to help us with the Audio Visuals, Award distribution, and MCing, and we appreciate it. They were recognized with Awards of Excellence by Guest Playback Singer Shri. Unnikrishnan.

INSTALLATION CEREMONY of INTERACT CLUB

BMS School, Shenoy Nagar.

JULY 26, 2023



On Wednesday, July 26, 2023, the Rotary Club of Chennai Bharathi had the pleasure of inducting their interactions at Dr. BMS school, Shenoy Nagar.

It was a great beginning on a pleasant rainy day to induct the vibrant team of students who aspire to do many things during the year. They have envisioned exploring arts, speech, and sports and keeping the environment clean.

The installation happened amidst the presence of the president of the Rotary Club of Chennai Bharathi Rtn. Dr. Jayashree Kadambi, club secretary Rtn. Sujatha, youth service director – Rtn. Sarika Prakaash Kumar, Chairman of art and culture Rtn. Arcchana Nitish, Rtn. Jyothi, Rtn. Cauviya, the school principal Ms. Jayanthi, and the school's teachers.

Ms. Vijayalakshmi was inducted as the president



along with her team of office-bearers. The club president also explained the importance of interaction and detailed the functions of the president, secretary, and treasurer.

It was delightful to see around 40 vibrant interacts eager to give back to society in their way. The club plans to support them with projects and services in every possible way.

The installation was a grand success and eventful, with only the presence of vibrant members of RCCB, the teachers, and enthusiastic students at Dr. BMS school.

COMMUNITY HEALTH MOU WITH APOLLO HOSPITALS.

Rotary Club of Chennai Bharathi signs MOU with the esteemed Apollo Hospitals on the 1st of July 2023.

We share a common vision to improve access to healthcare facilities and health, wellness, and disease awareness. Chennai Bharathi is excited and looking forward to collaborating with Apollo for various healthcare projects.

Apollo hospitals were also kind enough to provide Club Member benefits through discounts for treatment at Apollo Hospitals to all RCCB Members and their immediate family.

We are grateful and honored. ☆



JOINT PROJECTS : RC CHENNAI BHARATHI – LEAD CLUB AMPLIFY A LIFE, HEARING AID DONATION WITH 17 OTHER CLUBS.

Happy to share that our first collaborative project – where 17 clubs joined together to donate a hearing aid to Mr. Nagaraju.

He was assessed at the ALL-INDIA INSTITUTE FOR SPEECH AND HEARING AT MYSURU. The aid cost Rs. 23,685/-

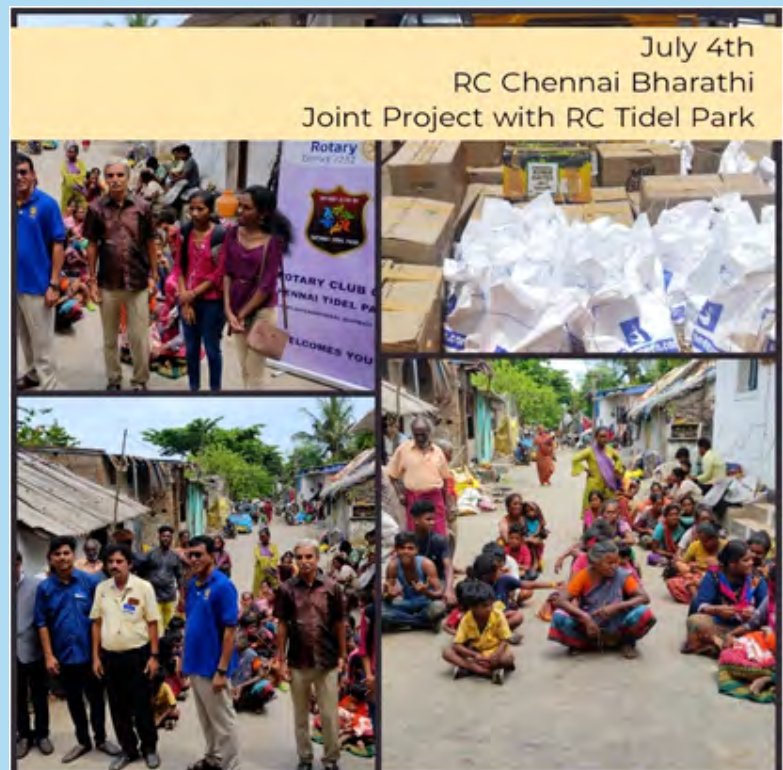
Mr. Nagaraju has received his hearing aid and wishes all 17 clubs to make this possible.

All the participating clubs were recognized on July 3, 2023, during the installation ceremony in the presence of DG Rtn. AKS Ravi Raman and Guest of Honor Dr. J. Radhakrishnan, IAS.



ANNADANAM with RC Tidel Park

RC Chennai Bharath joined hands with RC Tidel Park and six other Rotary Clubs and 2 Rotaract Clubs for their Project ANNAM – Donation of food for the needy belonging to the Narikuravar Community in Poonamallee. The day was well planned and executed jointly by the clubs involved, and the event saw 300 needy people fed to their satisfaction. Rtn Rajasekar, Community Service Director- RI District 3232, was the chief guest.



HIGHLIGHTS OF THE MONTH

RC CHENNAI BHARATHI SIGNATURE PROJECT LAUNCHES NAMMA KALACHARAM- SIGNATURE PROJECT



Namma Kalacharam is Chennai Bharathi's Signature's on going project for the Create Hope Year 23-24.

This is the brain child of Rtn. Dr. Jayashree Kadambi, President of the Club, is an initiative to improve awareness and encourage participation in ancient culture tradition-oriented art forms, with particular emphasis on classical music and Harikatha.

We have collaborated with renowned artists from the industry, including Dr. Nithyashree Mahadevan, Dushyant Shridhar, Sikkil Mala Chandrasekar, Sikkil Gurucharan, Thiruchur Brothers and Vishaka Hari, and have planned crowdfunding events throughout the year every month.

The idea is to provide participants with a blissful enlightening evening of music and storytelling. The funds raised through the ticketing of the event go towards four main projects of the year – Pedal Away Gift a Cycle, Bridge the Gap (Music Therapy Room for Autistic People), Ladies Check Yourself (Breast Cancer Awareness and Screening Drive), and Save our Ancient Civilization (Support to Gurukulam System of Education).

We look forward to a great year of music, art, stories, and service.



BRIDGE THE GAP INCLUSION FOR CHILDREN WITH SPECIAL NEEDS

The installation ceremony of Chennai Bharathi saw the star-studded Namma Kalacharam Project launch, a crowd-funding initiative to support four ongoing projects of the year.

One of these is the BRIDGE THE GAP - Inclusion for Children with Special Needs Project, aimed to provide support to children and adults with intellectual and cognitive disabilities and those belonging to the neuro-divergent spectrum.

RC Chennai Bharathi has collaborated with Hope Charitable Trust to help support the creation of a Music therapy room in their facility to benefit their inmates. This project was launched on the 3rd of July in the presence of Mrs. Nagarani - Founder of Hope Charitable Trust, Dr. Radhakrishnan IAS, IRS Nandakumar, Rtn Sumathi Mohan (Literacy Chairman - RCCB) along with President and Secretary of the Club.



LADIES CHECK YOURSELF- BREAST CANCER SCREENING



RC Chennai Bharathis Signature Namma Kalacharam Project is a crowdfunding initiative to support four ongoing projects – one of which is Free Breast Cancer Screening and Awareness – Ladies Check Yourself!

This project was launched on the 3rd of July, In the presence of Dr. J Radhakrishnan IAS, Dr. Sai Krishna – Director – Community Health RI District 3232, Dr. Tamil Selvan, and Mr. Tamil Selvan from the VS Group of Hospitals, Chennai. Rtn Shruthi Shambavi (Community Health Director – RCCB) and Dr. Renuka (Senior Member of RCCB) were also present during the launch.



SAVE OUR ANCIENT CIVILIZATION

RC Chennai Bharathi's Signature Project - Namma Kalacharam is a crowdfunding initiative to raise money to support four ongoing service projects for the years 23-24.

One of the four projects is Save Our Ancient Civilization - where we aim to support the goodness of ancient cultural practices, education systems, and lifestyle methods in this new age of technological takeover.

The project was launched by First Lady Shobana Ravi, Mrs. Chitra Madhavan - a renowned historian, Rtn Swarnalatha Mahesh (Chairman for Peace Building), and President Rtn Jayashree. Mrs. Chitra was then honored by Rtn Gayathri (Community Service Director, RCCB) for her support.

The initiative's first project is a donation of wooden holders for scripture and ancient literature for students and teachers at Veda Patashala, Kumbakonam. The event to raise funds for the same will occur on July 15, 2023.



COMMUNITY SERVICE

PEDALAWAY – GIFT A CYCLE SERIES 1 PROJECT – DONATION OF 3 COMMUTER BICYCLES

DATE: JULY 3, 2023

Pedal Away – Gift a Cycle – which aims at sponsoring free cycles to daily commuters.

The project was launched on the installation day, and the first series of donations happened on the same day.

RC Chennai Bharathi has collaborated with WCCG to execute this project. Three women beneficiaries from Sevalaya Organization received the cycles from Mr. Felix John, bicycle Mayor of Chennai, and in the presence of Rtn. Rajasekar (Director – Community Service RI District 3232) and the president and secretary of RC Chennai Bharathi.

The beneficiaries were pleased to receive their cycles to help them lead a comfortable lifestyle.



PEDAL AWAY GIFT A CYCLE LAUNCH AND DONATION

PEDAL AWAY – GIFT A CYCLE, aims to support livelihood commuters who struggle to commute to work, college, or school. We plan to donate around 60 cycles throughout the entire year.

GESTURE OF KINDNESS – ANNA DANAM BY DHANYA SHANKAR

JULY 8, 2023



Yet again, RCCB members have proved their might through their services—our dear member and chairman for polio plus, Rtn. Dhanya Shankar distributed 246 chocolates to the children of Sevalaya, kasuva campus on July 8, 2023. Two hundred forty-six children received them, totaling Rs. 3000. Yet another generous act, she sponsored Rs 2500 towards breakfast for Sevalaya, Kasuva campus inmates on July 11, 2023. Keep up the spirit of service and reach great heights. May God bless you with good health and prosperity in abundance. You are another gem of our club.

JULY 9. 2023 – ANNA DANAM BY RTN . SRIDEVI

The members of The Rotary Club of Chennai Bharathi have set an example by celebrating birthdays uniquely and nobly. Yet again, our dear member and Chairman for Go Green/ Environment Rtn. Sridevi celebrated her birthday on July 9, 2023, by sponsoring lunch at two locations.

She sponsored lunch for 35 HOPE PUBLIC CHARITABLE TRUST inmates at Aminjikarai and 25 people at Anurag nursing home Thiruninravur. She supported Rs. 5000 each toward a full meal.

Thank you, Rtn. Sridevi for this noble gesture. We are happy to have you as a part of our team. May God bless you with good health and prosperity.



FRIENDSHIP DAY CELEBRATION:

VENUE – NAMMA VEEDU VASANTHA BHAVAN, SHANTHI COLONY, ANNA NAGAR
JULY 30, 2023



It just seemed like the new rotary year had begun. Time just flew, and we are already at the end of July, completing one month of “CREATE HOPE YEAR.”

The month of July, we had a very eventful roller coaster month. To give a vibrant touch to wrap up July, the members decided to have an impromptu fun meeting to relax and chat. On a bright Sunday evening, our members gathered for a TEA Party at Namma veedu Vasantha Bhavan in Anna Nagar.

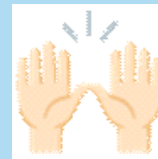
This gathering gave us all a chance to bond with each other to build a strong friendship. The UNITED NATIONS also declared July 30th as INTERNATIONAL FRIENDSHIP DAY. To mark this occasion, we also invited a new friend who had expressed interest in meeting all our vibrant members.

Our past president, PHF Rtn. Renuka Ramakrishnan was recognized as the “MOST INSPIRING WOMAN.” We will cherish this moment forever and carry forward this journey to create more memories.

We express our humble gratitude to all those who took the time to join us despite your commitments. We wish the tribe to increase soon.

LET'S HEAR FROM OUR MEMBER EXPERTS

Golden lessons of life



The art of Acceptance and letting go

The sooner we learn to accept certain realities, the better for us to move on and pursue the path the divine has already chosen.

Sometimes we consciously make decisions, yet our subconscious remembers the patterns, so what do we do?

How do we get rid of specific thoughts and the anxiety that follows?

*Deep breathing - a few minutes of this will reset our minds.

The 4-6-8 method works magically.

*Journalling- Writing down the consequences of specific actions prevents us from repeating them.

*Mirror technique

Talking to your reflection helps a lot; vent it out and loosen up.

*Nature heals - Walking in the park helps; the fresh oxygen refreshes the brain cells.

*Visualization

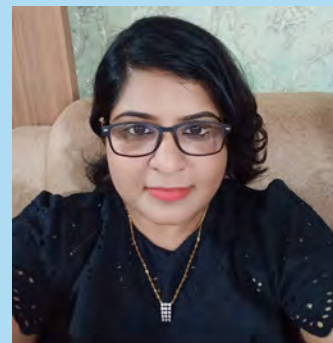
Seeing ourselves already healed makes us the hero of our story. The events that hurt us will fade as memories if we observe them, like passing scenes, not resisting them, and not taking any action over them by de-identifying them.

When we accept and truly work on ourselves, our mind follows suit, treats it like an organ that needs healing with compassion, and slowly yet steadily, we will see the outcome of the consistent efforts and let go of the unnecessary baggage of the past.

Rtn. Nisreen Madraswala

Club Treasurer

Founder Of Munshi Holistic Services



IMPORTANCE OF SELF-DEFENSE

We have all heard of kung fu, karate, aikido, jiu-jitsu, Muaythai, and more such martial art forms. It would intrigue you to know that all these martial art forms are based in Kerala, India. Kalaripayattu- the most ancient and, if I may boldly say so, the mother of all martial art forms. It is said that Lord Parashurama took this art of warfare to the far east, from which the other art forms were born. A warrior walks at the edge of a sword, i.e., they are full of awareness. Kalaripayattu aims to make one utterly aware

of the physical and spiritual space- physical space being self-defense and spiritual space channeling the energy within to the divine. As a martial art, Kalari uses warfare techniques that target the marma points of the body to cause injury. Kalaripayattu is also deeply rooted in Ayurveda. Kalari treatments have been used for years to heal wounds, physical ailments, and other medical conditions by practitioners and doctors with mastery over Marma and Ayurveda.



- Shweta ANIRUDH

Fitness Coach

Kalaripayattu Trainee at Kalarigram, Auroville.

FROM OUR GREEN ROTARIANS

Importance of hobbies in mental health

The relationship between mental health and hobbies is a complex and multifaceted one. Engaging in hobbies can positively affect mental health, depending on various factors. Here are some key points to consider:

- **Stress Reduction and Relaxation:** Hobbies can provide a means of escape from daily stressors and pressures. Engaging in enjoyable activities can promote relaxation, reduce anxiety, and provide a much-needed break from the demands of life, leading to improved mental well-being.
- **Positive Emotions and Satisfaction:** Pursuing hobbies that bring joy and satisfaction can trigger the release of endorphins and other positive neurotransmitters. These "feel-good" chemicals contribute to happiness and overall well-being.
- **Sense of Accomplishment and Self-Esteem:** Mastering a hobby or completing a creative project can boost self-esteem and provide a sense of accomplishment. This can particularly benefit individuals with mental health challenges like depression or low self-confidence.
- **Social Interaction:** Many hobbies involve social engagement, which can help combat feelings of isolation and loneliness. Socializing with like-minded individuals through group activities or clubs can foster a sense of belonging and support.
- **Distraction and Coping Mechanism:** Hobbies can be a healthy distraction and coping mechanism for individuals dealing with stress, trauma, or emotional difficulties. Immersing oneself in a hobby can help take the mind off negative thoughts and emotions.
- **Flow State:** Engaging in certain hobbies can induce a state of "flow" where individuals are fully absorbed in the activity, experiencing deep concentration and focus. This flow state has been linked to enhanced well-being and increased happiness.
- **Time Management and Routine:** Structured hobbies can provide a sense of routine and purpose, benefiting individuals struggling with mental health conditions like anxiety or bipolar disorder.

Some of the hobbies that can have a positive impact on mental and emotional well-being are:

- **Physical Exercise:** Regular physical activity, such as jogging, yoga, dancing, or swimming, has been shown to improve mood, reduce stress and anxiety, and boost overall mental well-being. Exercise releases endorphins, which are natural mood lifters.
- **Meditation and Mindfulness:** Practices like meditation and mindfulness can promote relaxation, reduce anxiety, and improve focus. They help individuals become more aware of their thoughts and emotions, leading to better emotional regulation.
- **Art and Creativity:** Engaging in creative pursuits like painting, drawing, writing, or crafting can be a form of emotional expression and provide a sense of accomplishment. These activities can also be meditative and improve mood.
- **Music:** Listening to music or playing a musical instrument can be a powerful way to manage emotions, reduce stress, and improve cognitive function. Music has a unique ability to evoke emotions and create a positive atmosphere.
- **Reading:** Reading books, articles, or poetry can be a form of escapism and a way to gain new perspectives, which can benefit mental health. It can also help reduce stress by distracting the mind from daily worries.
- **Gardening:** Working with plants and spending time outdoors can have a calming effect on the mind. Gardening can be a therapeutic hobby that promotes relaxation and a sense of connection with nature.
- **Cooking or Baking:** Preparing and cooking food can be a creative and enjoyable hobby that boosts mood and provides a sense of accomplishment. It can also promote mindful eating, which benefits mental and physical health.
- **Photography:** Photography allows individuals to express themselves creatively and encourages them to find beauty in the world around them. It can also serve as a form of mindfulness by focusing on the present moment and capturing it through the lens.
- **Pet Care:** Taking care of pets can provide companionship, reduce loneliness, and promote a sense of responsibility, all contributing to improved mental well-being.
- **Volunteering and Community Engagement:** Engaging in activities that give back to the community and help others can foster a sense of purpose, satisfaction, and social connection, all beneficial for mental health.

Remember that the effectiveness of a hobby in improving mental health may vary from person to person. The key is to find activities that bring you joy, relaxation, and a sense of purpose. If you are struggling with mental health challenges, consider seeking support from a mental health professional who can provide personalized guidance and treatment.



Rtn. Cauviya Madhiyazhagan
Counseling Psychologist

SPOTLIGHTS OF THE MONTH BLESSINGS AND WISHES



On the auspicious day of Guru Poornima, Smt. Jayshree was inducted as the President of the Rotary Club Chennai, Bharathi. I was humbled to see that very beneficial projects were taken up that day, like reviving our ancient civilization like the Veda Patashalas, free cycles to the deserving, free health care (cancer testing aids) to women, supporting aids to special children, etc. The function was attended by a galaxy of artists, philanthropists, and social workers, and it was nice to see such noble initiatives taken up and humbled to have attended it and be honored by Sri Radhakrishnan Sir, IAS, COMMISSIONER, GREATER CHENNAI CORPORATION, former Health secretary.

BY- KALIMAMANI SMT. VISHAKHA HARI

Thank you very much, Jayashree, and congratulations to you and the team for organizing a very grand function so beautifully. Despite a long agenda and many project initiatives, there was no undue delay. It was a beautiful meeting fellow musicians and especially Mr J Radhakrishnan. He is humility personified. What a fantastic person. Wishing you the best in all your endeavors, and may God give you the strength to continue this tremendous service to society for many more years. Sorry had to leave a little early as my son was coming from the UK and we had to go to the airport to pick him up. Take care.



Regards
UNNIKRISHNAN



The Rotary Club has always been very close to my heart for a variety of reasons. The causes that their chapters take up is commendable. This year, 2023 has been special for me performing for its Chennai Bharathi chapter. Smt Jayashree had meticulously planned the discourse event and directed its proceeds for preserving cultural values. I was also bestowed the 'Lifetime Achievement' award at the event. I wish this chapter the very best.

Thanks and Regards,
Dushyanth Sridhar
www.desikadaya.org

Very memorable 🧡 6:08 PM

Kalaimamani Smt. Sikkil Mala Chandrasekhar

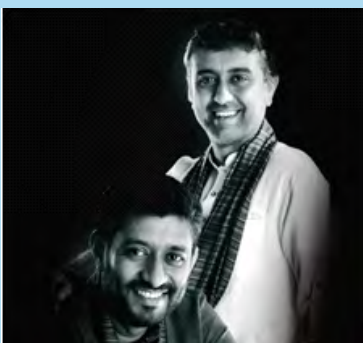


Hearty Congratulations to you! I am sure you will do beautiful things and execute more than planned with the abundant Grace of the Almighty! Sorry that I had to leave by 8.40 p.m.

Dr.Nithyashree Mahadevan

Good morning. Thanks for having me. It was a great event packed with a lot of agendas and releases. Congrats on becoming the president.

9:13 AM



Namasthe ji 10:39 AM

thanks a lot for all the pics 10:39 AM

wish you the very best in your noble efforts! 10:39 AM

Very glad that you are working for the upkeep of our culture and values 10:39 AM

Jai Shri Ram! 10:40 AM

ANNETTES CORNER

"It is the youth of today that will be responsible for shaping our future."

Annettes Club of Chennai Barathi has been as vibrant and on par with the Rotarians. Their thoughts, achievements, and talents are impeccable. Let's have a sneak peek at their accomplishments.



DAC YEAR-END AWARDS – Our annettes won awards in 5 different categories. Well done!

ANNA DANAM – THE MOST SACRED DANAM JULY 9, 2023



Feeding the hungry is the most sacred gesture. Annette Tvisha is feeding people experiencing poverty at AYYAMITTU UNN, a community fridge that serves food for roadside passers by like workers, platform vendors, sweepers, etc.

Annette Tvishaa and her friends created a thrift store and sold the clothes as a part of the sustainable fashion campaign. They donated the proceeds to an orphanage.



HELPING HANDS!



Avyukt helps his mom with cooking after he's back from school.



Annette Aaditya Menon secured 3rd place in the Inter school Archery Championship held in February 2023 at Maharishi School.



Aaditya won a bronze medal for the 4x25 m freestyle relay at the Padma Bhushan inter-school swimming meet organized by the Lady Andal school in February 2023.

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3rd July



9th July



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