

BHARATHI BYTES



NEWS LETTER OF
ROTARY CLUB OF CHENNAI BHARATHI

RI District: 3234

Club Id: 86610

Charter date: 8th April 2015

President's desk



EDUCATION IS OUR
PASSPORT TO THE FUTURE,
FOR TOMORROW BELONGS
ONLY TO THE PEOPLE WHO
PREPARE FOR IT TODAY.

-Malcolm X

**RTN.NISREEN
MUSTAFA
MADRASWALA**

***President of RCCB
Founder - MUNSHI's
Wholistic Services
French Teacher***

PROJECTS FOR THE MONTH

IMMERSIVE EXPERIENCES

A MENTAL HEALTH AWARENESS EVENT



Rotary's dance-sound healing fusion

The Rotary Club of Chennai Bharathi is hosting a fundraising event that combines sound healing, dance movement, and mindful conversations. This two-hour experience aims to help participants relax, reflect, and connect while supporting the School Project at Madambakkam. Led by experienced professionals, the event includes Sound Healing with Sandhya, who will use

soothing sound frequencies for deep relaxation; Dance Movement Therapy with Masuma Vagh, who will guide expressive dance to help release emotions; and Mindful Conversations with Aiswarya Dev. The event will take place on October 2, from 8.30 am at The Yoga Space in Nungambakkam. It's open to anyone over 20 years old. For more details, contact 9884526259.

The Art therapy & Human Libraries sessions where everyone was given a blank sheet, once they expressed their thoughts through colours and messages on paper, it had to be passed in a circle where everyone added their bit. On receiving the paper we realise that we are a whole because of the additions of people and experiences that we may choose to embrace or resist. We had engaging conversations and safe spaces for our participants to share their stories.

@myrafiky
#mentalhealth
#mentalhealth



The dance Movement was a slow connection we established with ourselves and then with others. @movement_from_within you had a great flow. You knew your Audience and it was visible in every batch how the energy changed. From daily movements to letting go of our stored energy,we released it all and had great fun whilst doing it. #somatichealing

NOTHING TO SAY ,Nothing to do. Just Rest and receive. And what's meant for you ,will come to you! @aasmaa.life



These workshops are aimed at creating safe spaces for the participants to release their suppressed emotions in a meditative manner .

The therapist guiding them ,using Colors as a medium and post the session we have a Interactive Art therapy session.

The Sound Healing that created a complete relaxed atmosphere with the healing frequencies of the instruments and the guidance by the Healer was the final event.

Each session lasting 40 minutes ie 2 hours culminating into 4 batches through the day.

Each feedback received charged us through the day and we intend to continue this in our forthcoming events.

The brainstorming & revelations in all these sessions has helped me understand and arrive at this that as humans we seek conection with others but it's vital to establish that first with ourselves.

FLY HIGH



Lake view L&D center, Chembarambakkam, District International service team , RI DISTRICT 3234 Along with RC CHENNAI BHARATHI, Kick started the first series of FLY HIGH under the leadership of Rtn. Dr. Jayashree Kadambi, the Chairperson for project fly high and Ipp of Chennai Bharathi.. This is a career development initiative to educate students about various options and scholarship opportunities for study abroad. On this note, with the unwavering support from the international service director of RC CHENNAI BHARATHI, RTN RAJESWARI DURAIPANDIAN , the first series was organized for the 2nd and 3rd year students of AMET UNIVERSITY , where 25 students along with 2 professors attended the career development program at THE AMERICAN CENTER, NUNGAMBAKKAM.

The students were exposed to various options on exchange programs and higher education options available in the USA. This interactive brainstorming , knowledge sharing session gave the students a wide range of opportunities to think about for their future. The sessions by all the resource persons were extremely gratifying and has opened new doors for the students.

The students and their teachers Dr. Premnath and Dr. Sivabala were extremely thankful for this opportunity. We thank Mrs. Usha from the American center in helping us organize this wonderful informative program .

RYLA SERIES I

EXPERIENTIAL LEARNING TRIP TO HYATT



Rccb took the initiative to take a batch of students to a visit to Hyatt ,to experience and learn the workings of the hotel industry .

INTERACT SCHOOL CLUB INSTALLATION

St George's school pH road, Shenoy nagar



NEW MEMBER INDUCTION



Monica choraria

HEALER

FOUNDER of MERAKI WELLNESS STUDIO

ANNETTES

BEACH CLEAN UP DRIVE

**Annettes Aditya and Akhil
participated in the
Beach clean up,
The event was held in Marina beach .**



WORLD POLIO DAY



A proud day full of celebrations
, Oct 24th world polio day

CLUB DIWALI MEET



Club diwali meet @Asian katha with families

RECOGNITIONS



A special recognition for our Immersive experiences Fundraiser event at the District quarterly Awards Function.

DISTRICT TEACHER'S DAY AWARDS



TWO TEACHERS WERE FELICITATED BY ROTARY CLUB OF CHENNAI BHARATHI FOR THEIR EXEMPLARY WORK.



A momento
received
by
Our President,
**RTN.NISREEN
MUSTAFA
MADRASWALA**
for her
Career Guidance
session
at Mctm school.

FLAG EXCHANGE



Flag Exchange
with
ROTARY
CLUB OF
ADELAIDE