



# ROTARY CLUB OF CHENNAI CHOLA

Clul ID 86102 Charter Dt 5-8-2014

Vol:12 Issue: 5 Nov 2025

Bulletin Editor: R.Suresh Babu

## CHOLA EXPRESS

### SPEAKER MEETING

The Speaker Meeting of RC Chennai Chola club was held on November 11th, 2025, at Hotel Beverly.

The meeting commenced with President Rtn. Suresh Babu calling the session to order, delivering the welcome address, and sharing updates on our club's past and forthcoming activities and projects.

Joint Secretary Rtn.Yoganand then announced the birthdays and anniversaries of our members and their families, followed by the Four Way Test read by Rtn Krishnakumar.

Club Facilitator Rtn. Venkat Reddy and IPP Dayalan gave a detailed explanation about the importance of Valarpirai Conclave.

Mohanbabu extended a warm introduction to our distinguished Chief Guest and Speaker, Rtn Kavitha . She captivated the audience with her engaging and insightful presentation on "THE ART OF INFLUENCING WINNING HEART NOT JUST DEALS"

Visiting Rotarian Rtn Jerolin Lisbon Singh

RC yarn city Nagarcoil

Dist 3212

Dist. Information chairman

General Manager

SETC ( State Express Transport Corporation) Participated in this meeting.

The session concluded with a heartfelt Vote of Thanks by Rtn. VenkatReddy, after which the meeting was adjourned.

A group photograph was taken to mark this memorable occasion, symbolizing unity and fellowship. The evening gracefully ended with dinner and camaraderie, further strengthening the bonds among our members.





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### CLOSE DOOR MEETING

#### Rotary Club of Chennai Chola – Closed Door Meeting

18 November 2025

Our Club successfully conducted the Closed-Door Meeting, presided over by President Rtn. Suresh Babu and Secretary Rtn. Vijay, beginning with a soul-stirring invocation.

The President shared insights about the Naturopathy Project held at Arumbakkam Hospital earlier in the day, and also announced the plan to set up a Security Cabin near Metrozone under our Public Image initiatives. He further noted that the GOV visit is scheduled for 17th March 2026.

Treasurer Rtn. Sundar presented the Club Accounts, informing that the Project Account holds ₹1.87 lakhs. It was also resolved to remove a few inactive members from the club.

Disaster Management Chairman Rtn. Gopinath generously came forward to sponsor raincoats worth ₹5,000 for community service.

Club Trainer Rtn. Venkata Reddy briefed the members about the upcoming Ugadi District Event on 15th March and sought club support.

The meeting concluded with a heartfelt Vote of Thanks by Secretary Rtn. Vijay.

Together, we continue to serve with purpose and progress.







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### AWARENESS PROGRAM BY ROTARACT SAHAS

Rotaract Club of Sahas Empowers Students with Awareness Programs

The Rotaract Club of Sahas, Family of Rotary Club of Chennai Chola, conducted a series of awareness programs on 05 November 2025 at Nabi Crescent Matriculation School, Avadi Kollumedu.

The initiatives included Drug Free Dreamers (Drug Awareness for Classes 8–10 Boys), Smile Secure (Women's Safety for Classes 8–10 Girls), Speed Brake (Traffic Rules Awareness for Classes 4–5 Students), and Singapenny Flash Mob (Child Abuse Awareness for Class 10 Girls).

Each session aimed to educate and empower students through interactive learning, creating awareness on vital social issues. The programs received enthusiastic participation from students and teachers alike.

The club expressed sincere gratitude to Rtn. Suresh Babu, President of Rotary Club of Chennai Chola, for his constant support and generous sponsorship of stationery kits and chocolates for the students. His motivation and guidance inspired the Rotaractors to make the event a grand success.







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### REVIVE MEETING WITH ROTARACT CLUB

Revive Meeting – Rotary Club of Chennai Chola with Rotaract Club of Sahas

Date: 9th November 2025

Venue: Nathan's Café

Rotary Club of Chennai Chola organized a Revive Meeting with the Rotaract Club of Sahas, aiming to strengthen the bond between Rotarians and Rotaractors. The session began with a warm Welcome Address by President Rtn. Suresh Babu, who appreciated the enthusiastic participation of the young Rotaractors.

An engaging introduction session followed, where the Rotaract President and his team shared their project experiences, innovative ideas, and individual talents. Their commitment and creativity were truly inspiring to all present.

The fellowship was further enriched by the presence and active participation of our club members — Rtn. Krishnakumar, Rtn. Pannerselvam, Rtn. Ananthan, and Rtn. Sundar. The meeting concluded with a positive note of collaboration and mutual motivation between the two clubs.







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### ANNADHANAM AND VASTHRA DHANAM AT MITHRA

Community Service

November 7, 2025

Venue: Mitra Rehabilitation Centre

Our Club organized a meaningful Community Service Programme at Mitra Rehabilitation Centre today.

Vastra Dhanam: Bedsheets were distributed to the inmates as a gesture of warmth and care.

Annadhanam: Delicious and nutritious food was served to all the residents, spreading joy and smiles.

Adding to the joy of the day, our President celebrated his birthday at the Centre, sharing the special occasion with the inmates and club members.

The event concluded with a delightful fellowship and lunch at Hotel Radha Regent, marking a memorable day of service and togetherness.







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### DISTRICT NATUROPATHY DAY CELEBRATION

#### Naturopathy Food No Boil No Oil Cooking Competition

Date: 8th November 2025

Venue: Govt Anna Naturopathy Centre  
Arumbakkam.

On the occasion of World Naturopathy Day, the Rotary Club of Chennai Rising Stars, as a part, supported by the Rotary Club of Chennai Chola, organized a unique “No Boil No Oil Cooking Competition” under the inspiring theme “உணவே மருந்து – Food is Medicine.”

This event promoted the naturopathic philosophy of healthy living through natural, raw, and unprocessed foods prepared without fire, oil, or boiling to preserve their full nutritional value.

Participants showcased a colorful array of naturopathic dishes such as:

Sprouted salads packed with protein and fiber

Fresh fruit juices and smoothies full of vitamins and antioxidants

Millet-based raw preparations for wholesome nutrition

Nut and seed energy balls for strength and immunity

Herbal and detox drinks to refresh and rejuvenate

All dishes were beautifully presented using eco-friendly materials like clay pots, leaf cups, and banana leaves symbolizing harmony with nature.

The initiative, graced by District Governor Rtn. D. Devendran, inspired everyone to embrace natural foods and a healthier lifestyle through the wisdom of naturopathy.





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### NATUROPATHY DAY CELEBRATION

Naturopathy Day Celebration at Anna Hospital, Arumbakkam

Date: 18th November

Time: 11:00 AM

Venue: Govt. Yoga & Naturopathy Medical College, Arumbakkam, Near Anna Hospital

Rotary International District 3233, in association with the Government Yoga and Naturopathy Medical College & Hospital, Arumbakkam, proudly celebrated National Naturopathy Day with great enthusiasm and community spirit.

This meaningful event was organized under the guidance of District Governor Rtn. D. Devendran, who also graced the occasion as the Chief Guest.

#### Event Highlights

The programme focused on promoting the essence of natural healing and creating awareness about the benefits of Naturopathy, Yoga, and Alternative Medicine.

The event featured demonstrations and informative sessions on:

Awareness on Naturopathy

Banana Leaf Bath Therapy

Mud Therapy

Sun Bath Therapy

Nature Cure Diet & Lifestyle Practices

These sessions were conducted by experienced doctors and naturopathy professionals from the Government Naturopathy Medical College.

#### Distinguished Participation

The event witnessed the active involvement of multiple Rotary Clubs.

Rotary Club of Chennai Chola, led by President Rtn. R. Suresh Babu, served as the Lead Club, coordinating and supporting the programme.

Supporting clubs included:

Rotary Club of Aarch City Madras President Rtn. I. Syed Sajjan

Rotary Club of Madras North East President Rtn. Narayanan S

Rotary Club of Chennai Gemini President Rtn. Victor Martin

Club presidents, secretaries, and members from all participating clubs attended the event and contributed to its success.

#### Chief Guest Address

District Governor Rtn. D. Devendran delivered an insightful address highlighting:

The growing importance of natural medicine in modern lifestyle

The role of Rotary in creating health awareness

The significance of preventive care through yoga, diet, and naturopathy practices

His speech encouraged the public to adopt nature-based healing as a part of daily living.

#### Community Impact

The celebration successfully reached many beneficiaries, spreading knowledge on holistic wellness. The practical demonstrations helped visitors understand simple naturopathy treatments that can be followed at home for better health.

Rotary's initiative strengthened community connection and emphasized "Service Above Self" in the area of health awareness.







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### MEGA SPEAKER MEETING

The Rotary Clubs of Chennai Castle and Chennai Radiance successfully conducted the Mega Speaker Meeting titled “ஆரோக்கியமான குடும்பம்” on Sunday, 23 November 2025, at Dr. M. Anandakrishnan Hall, Alumni Club.

The session featured renowned Actor & Motivational Speaker Dr. Dhamu, who delivered an engaging and insightful talk on creating healthy, happy, and harmonious families. His humour-filled motivational style kept the entire audience captivated.

District Governor 2025–26, Rtn. D. Devendran, graced the occasion and appreciated the clubs for organizing such a valuable programme.

Members from several Associate Clubs and Supporting Clubs actively participated, including enthusiastic representation from the Rotary Club of Chennai Chola, adding great energy and fellowship to the event.

It was a truly inspiring and impactful evening, leaving every participant enriched with positive family values and motivation.







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### FIFTH MONTH ANNADHANAM

Rotary Club of Chennai Chola's Fifth Month Annadhanam Project Spreads Hope and Nourishment

Date: November 29 2025

In a beautiful demonstration of compassion and community spirit, the Rotary Club of Chennai Chola conducted its fifth month Annadhanam project on Saturday, 29th November 2025. The event was graciously hosted at the residence of our Club President, Rtn.Suresh Babu.

This heartfelt initiative provided a wholesome and dignified meal to over 150 individuals from underprivileged backgrounds in the Arumbakkam area. The project is a cornerstone of our club's service efforts, aiming to address food insecurity with timely support and care.

Held consistently on the last Saturday of every month, the Annadhanam project reaffirms our club's deep-rooted commitment to uplifting the community. The success of this event is a testament to the dedication of our members and the powerful Rotary ideal of Service Above Self. We extend our gratitude to all the volunteers and Club members, Krishnakumar, B.K.Reddy, V.Balaji, Krishna, Dayalan and Muthukumaran who made this act of kindness possible.







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### RAIN COAT DISTRIBUTION

On 2nd December 2025, during the challenging hours of the Didwah Cyclone, the Rotary Club of Chennai Chola stepped forward with compassion and responsibility to support those most affected by the heavy rains.

Understanding the hardships faced by people who work on the streets with no proper shelter, our club members actively distributed raincoats to protect them from the relentless weather.

This humble service initiative reached several vulnerable groups, including:

Cycle rickshaw pullers

Cobbler brothers who continue their work on roadside platforms

Gas cylinder delivery personnel

Flower vendors and daily wage earners

Other street-side workers who dedicate their livelihood to serving the community

Despite the harsh weather, their spirit to work for their families inspired us to extend this timely support. The raincoats not only offered protection but also conveyed a message of care, solidarity, and humanity.

Rotary Club of Chennai Chola remains committed to standing with the community—especially during times of crisis—by bringing hope, support, and meaningful action.







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### 5<sup>TH</sup> BOARD MEETING

On November 26th 2025, the fifth board meeting of our club convened at the Towers Club. The President then provided an overview of the projects and activities planned for the upcoming month and the presented the financial statements. The Club Service Director has distributed the schedule of events for the December meetings.

The avenue directors and chairmen subsequently clarified their respective responsibilities regarding their projects. This Board meeting was graciously sponsored by Rtn T.Suresh & Rtn Panneerselvam.







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### BOARD OF DIRECTORS & CHAIRS

| Club Officers           | Designation                           |
|-------------------------|---------------------------------------|
| Rtn Suresh Babu R       | President                             |
| Rtn Vijay Lazar         | Secretary                             |
| Rtn Yoganand            | Joint Secretary                       |
| Rtn Sundar P            | President Elect & Treasurer           |
| Rtn Dayalan V           | Immediate Past President              |
| Rtn Venkata Reddy A     | Club Facilitator                      |
| Directors               |                                       |
| Rtn Ananthan N          | Club Service                          |
| Rtn Thirumalai.A        | Mentor- Community Service Development |
| Rtn K Radhakrishna      | Community Service Development         |
| Rtn Venkatesh G.R       | Mentor- Community Service Health      |
| Rtn Ravichandran M      | Community Service Health              |
| Rtn Panneerselvam D     | Vocational Service                    |
| Rtn Krishnakumar K      | Youth Service                         |
| Rtn Narasimha Murthy MV | International Service                 |
| Chairmen                |                                       |
| Rtn Balakrishna Reddy Y | Foundation                            |
| Rtn E.Ravichandran      | Membership                            |
| Rtn T.Suresh            | Public Image                          |
| Rtn Vinayaka Murthy     | Go Green                              |
| Rtn Thilip Kumar        | Polio Plus                            |
| Rtn Harikumar K         | Interact                              |
| Rtn Babu Hariramulu     | Water and Sanitation Hygiene          |
| Rtn Chandra Reddy K     | Sergeant at Arms                      |
| Rtn Rajesh TA           | Environment                           |
| Rtn Gopinath CK         | Disaster Management                   |
| Rtn Sivakumar L         | Rotaract                              |
| Rtn Balaji S            | Literacy                              |
| Rtn SP Ramesh           | Family Participation                  |
| Rtn Bhogeswara Rao      | International Sister club             |





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### BIRTHDAYS & ANNIVERSARIES

| November 2025-26                      |      |
|---------------------------------------|------|
| <b>Rotarians birthdays</b>            |      |
| Suresh Babu R                         | 7th  |
| Gowarthanan. K                        | 12th |
| Dhurvasal. K                          | 12th |
| Balaji. V                             | 14th |
| Krishna Kumar K                       | 20th |
| Kothandan. B                          | 23rd |
| Dayalan                               | 25th |
| <b>Anns birthdays</b>                 |      |
| Jobi Vijay (W/o Vijay L)              | 9th  |
| Sudha Rajesh (W/o Rajesh T A)         | 16th |
| <b>Annettes birthdays</b>             |      |
| Harshitha Gopinath (D/o Gopinath C K) | 2nd  |
| A.Monish (S/O Thirumalai)             | 10th |
| <b>Rotarian Anniversary dates</b>     |      |
| Balaji. V & Ann. Lavanya.B            | 16th |
| Krishna Kumar K and Ann Shashikala    | 30th |