



Rotary  
Rotary Club of Chennai Capital  
District 3233



OCT - DEC ISSUE

# CAPITAL TIMES

A PERIODICAL OF  
ROTARY CLUB OF CHENNAI CAPITAL



.....  
*Unfolding Potential,*

*Elevating Possibilities*  
.....



# From The President's Desk

Dear RCCC Family,

When I took over as President, I thought my biggest challenge would be keeping my speeches under five minutes. Turns out, it's keeping up with the energy and enthusiasm of this incredible club! What a whirlwind of activity the last quarter has been—and what a fantastic one at that!

## Learning through Experiences

We had the privilege of hosting enriching **Business Speaker Meets**, with Rtn. Alope Mimani and Rtn. Varinder Singh Bobby inspiring us on Nov 7 at Hotel Novotel, followed by Rtn. Pranav Lilani on Dec 5. These sessions provided invaluable insights and learnings, shaping our journey as Rotarians and professionals.

## Stars of Capital Family

Our club's stars shone brightly this quarter!

- At the **Voice of the District** event, we triumphed in **Group Singing**, **Duet Male** and **Individual Singer Male** categories.
- Rtn. Apoorva Modi, an epitome of patience and resilience along with Hardwork received the **Distinguished Service Award** at the Round Table India National AGM.
- Rtn. Alan Bartley was honored with the **Cinematica Lifetime Achievement Award**.

## Service Projects

In true Rotary spirit, our projects created a meaningful impact:

- On Nov 6-7, we organized an **Eye Donation Camp**, touching lives and promoting the gift of vision.
- The **Lake Conservation Project** at Medavakkam, a joint effort with other district clubs, was flagged off with great enthusiasm.
- On Nov 14, our **Eye Camp**, led by Dr. Prasanth Gireesh, served many in need.
- The **Annadanam Project** on Dec 11 at Sevalaya orphanage, coinciding with my birthday, was a heartfelt moment of giving back.

## Fellowship and Bonding

Our fellowship events strengthened the bonds within our RCCC family:



• The **District Dandiya Night** at Hotel Taj Connemara (Oct 3) with Rotary Club of Central Elite was a vibrant affair.

• Celebrating Tamil cinema with a movie outing for **Vettaiyan** (Oct 11).

• Festivities like **Diwali Nite** (Oct 27) and our **Christmas Brunch** at Farzi Café (Dec 22) were memorable highlights.

• District events like the **Past Presidents Conclave** (Nov 10) at Mohan Gardens and a brunch at **Sin & Tonic** (Dec 1) further enriched our camaraderie.

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## Youth Empowerment through Interact Clubs

We installed multiple **Interact Clubs** in October and November, fostering leadership and service among young minds. These included events at Jai Gopal Garodia School, Shree K. Sugunibai Sanatana Dharm Girls Higher Secondary School, and others.

## Annettes' Achievements

Our Annette **Arihant**, brought immense pride to RCCC by being accepted to represent India in squash by the Indian Government.

## Publicity and Recognition

The **Voice of the District (VOD)** generated significant visibility for RCCC, showcasing our vibrant community and commitment to service.

As we step into a new quarter, I thank each one of you for your unwavering support, enthusiasm, and dedication. Together, let us continue to create lasting impacts and strengthen the bonds of fellowship and service that define RCCC.

And remember, if you ever find me missing during an event, you'll probably spot me sneaking a second helping of dessert at the buffet! Here's to more laughter, camaraderie, and impactful service in the months to come.

Warm regards,

**RTN. HEMANT KHANDELWAL**

President (2024-25)

Rotary Club of Chennai Capital





# STARS OF THE CAPITAL FAMILY



Congratulations to **Annette Arihant S/O**  
Proud parents Rtn Sunil and Ann Lakshmi who  
won Silver in Boys Under-19 Squash Junior  
Nationals Championships.

Arihant was in the selection trials for the Asian  
Junior Squash team and he has made it to

## TEAM INDIA

He will be leading a 4 member team to  
HongKong in Feb 2025.



Congratulations to **Rtn Apoorva Modi**  
(Sq leg of MART 100) and now the Area Chairman  
of 41ers Area 2 from Club 97 for being awarded  
the highest recognition and honour of Round Table  
India to a Past Tabler

**DISTINGUISHED SERVICE AWARD**  
For his contribution towards the movement of  
Round table India



Heartiest congratulations to Rtn  
Alan Bartley on receiving the  
prestigious Cinematica Lifetime  
Achievement Award! Your  
dedication and innovation in design  
and engineering have truly shaped  
the future of cinema. Wishing you  
continued success and inspiration!

Rtn Alope Mimani and Rtn Varindar Singh Sahney (Bobby) were appointed as the Speakers for the Speaker meet held @ Novotel.

## KEY TAKEAWAYS

### ALOKE MIMANI "Finding Your way Home"

-Acceptance and choosing the language we speak is the key to our personal growth.

- 92% of how we function is based on sub consciousness as we train the subconscious by our emotional responses to daily life events.

### VARINDAR SINGH SAHNEY "The Healing Power of Forgiveness"

-Acceptance and forgiveness is the way forward.  
-Art of forgetting, forgiving, getting along back is not an easy task - needs to be acquired.

Their wonderful and insightful session truly empowered other Fellow Rotarians and Anns.

# SPEAKER MEET 3

# 07 NOV



Rotary Club of Chennai Capital  
MEET NO. 3  
RCCC SPEAKER MEET

**SPEAKER**  
RTN. ALOKE MIMANI  
TOPIC  
FINDING YOUR WAY HOME

**SPEAKER**  
RTN. VARINDAR SINGH SAHNEY  
TOPIC  
THE HEALING POWER OF FORGIVENESS

07.11.2024  
18.30 pm

Novotel  
Chamiers Road

RTN. HEMANT KUMARDEWAL PRESIDENT  
RTN. MANJU KUMAR BHAYYA SECRETARY  
RTN. SUDHANSHU BUDHA CLUB SERVICE DIRECTOR





# SPEAKER MEET 4

# 05 DEC

Rtn Pranav Lilani was appointed as the speaker for the Speaker meet held on 05 December, 2024 @ Hotel Novotel

Topic: "Food & You - CIRCLE OF LIFE "

Rtn Pranav enlightened the audience about the CYCLE / CIRCLE OF LIFE

Comfort Zone > Uncomfortable Transition > New comfort zone

*Comfort zone -is a beautiful place but nothing ever grows there.*

**Growth begins where comfort ends.**

*Uncomfortable Transition Zone - The process of leaving a comfort zone and transitioning into a new comfort zone is a transformative experience*

Fear Zone | Learning Zone | Growth Zone

*New Comfort Zone - Over time what was once uncomfortable becomes familiar and suddenly you are in a new higher comfort zone*

- More skillful than before
- More 'wiser' than before
- More Confident then ever before
- Ever ready - Give me more
- As you expand your capabilities
- Personal growth happens





## COMMUNITY SERVICE

# Eye Donation Camp

6<sup>th</sup> and 7<sup>th</sup> November, 2024

Kissflow



Eye donation camp was organised by the members of Rotary club of Chennai Capital on 6<sup>th</sup> and 7<sup>th</sup> November, 2024 @ Kissflow (Orangescape Technology)

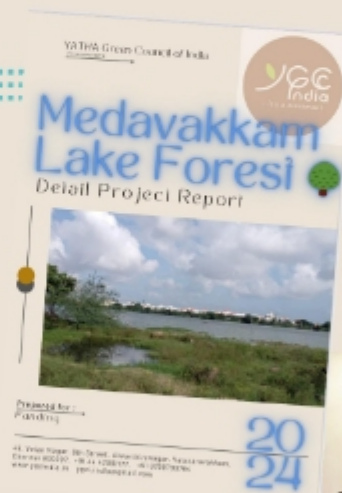
Total OP	- 80
Glasses Advice	- 9
Booked	- 3
Cataract Advice	- Nil
Lasik Advice	- 20

# Lake conservation project Medavakkam

With the efforts put by Rtn Ashish, Rotary Club of Chennai Capital is Happy to announce that LOU had been signed for First Phase of Lake conservation project in Medavakkam where 10,000 TREES to be planted in 7.5 Acres.

This project is being implemented with the NGO - YGC. Yatha Green council of India. This project involves reforestation around the lake , with a natural fence (bamboo) and walkers path. Later the lake will be restored by dredging and cleaning it.

Trying to make a small Forest within the city to get back the lost Flora and Fauna





# Project Eye Camp



14<sup>th</sup> November, 2024  
Jai Gopal Garodia 📍  
MHSS Virukambakkam.

Total OP	: 484
Normal	: 325
Abnormal	: 159
Uncorrected RE	: 121
CSPG	: 16
Headache	: 07
Ptosis	: 02
Cataract	: 01
Amblyopia	: 10
Squint	: 01
Trauma	: 01



## Donations on 14th November



100 pair of Shoes donated by Ann Shweta and Rtn Anurag Jhawar

30kgs of Dry Fruits for Kids at Sevalaya by Rtn Hemant and Ann Sofia Khandelwal

Food Service (Anna Daanam) @ Thiruninravur for Orphanage and Old Age home was provided by the members of Sanskriti ladies club. President Rtn Hemant Khandelwal's mom is a member of this Club.



## Presidents Birthday Celebration

On the occasion of Mr. President Rtn Hemant Khandelwal birthday, provisions & dry fruit boxes worth 31500/- were donated to SIP Memorial Trust that shelters AIDS affected orphan children.

At Mercy home - Kilpauk, snacks were distributed to aged folk.



**SIP MEMORIAL TRUST**  
Plot No 20, Door No 16, Nabigal nayagam Street,  
Vetri Selvi Anbhazagan Nagar, Chennai - 600 082  
Phone No: 044-25503165 / 25505385.  
Mobile : 9841813785 - 7299118777  
sipplus@gmail.com, sipmemorialtrust@gmail.com  
www.siphoms.org





## CLUB SERVICE

# Dandiya

## Nite 2024

The Rotary International District 3233, in association with the Rotary Clubs of Chennai Capital and Chennai Elite, successfully hosted the highly anticipated *Dandiya Nite 2024* on October 3<sup>rd</sup>, 2024, at Taj Connemara, Chennai.

The event, which started at 7 pm, saw an overwhelming turnout of enthusiastic participants dressed in traditional attire. With the atmosphere filled with vibrant music and colorful dance performances, attendees enjoyed unlimited fun and entertainment throughout the night. The evening included exciting prizes for categories such as Best Dressed (Male, Female, and Couple) and Best Dancer (Male & Female), with a special lucky draw offering a grand prize of Rs. 75,000.



# VETTAIYAN

## Movie Fellowship



The Rotary Club of Chennai Capital organized a vibrant Club Fellowship for the screening of the movie *Vettaiyan* at AGS Cinemas on October 11<sup>th</sup>, 2024. Members enjoyed a fun and engaging evening, strengthening camaraderie while watching the exciting film together. It was a successful and enjoyable fellowship event for all involved.



## CLUB SERVICE

# Diwali Celebrations at Capital



The Rotary Club of Chennai Capital celebrated Diwali on October 27<sup>th</sup>, 2024, thanks to the generous hosts: Rtn Vishal & Ann Sweta, Rtn Sanjay & Ann Anjali, Rtn Rajesh & Ann Roopam and Rtn Prasanth & Ann Pratheeksha. Members enjoyed the perfect blend of excitement, playing cards at the tables, and the joy of live music, making it a memorable Diwali celebration for everyone involved.

## Let's Brunch Social Get-Together

The "Let's Brunch" social get-together took place on December 1<sup>st</sup>, 2024, at Sin n Tonic. A special thanks to the hosts: Rtn Anurag & Ann Shweta, Rtn Vinay Grandhi & Ann Sweta, Rtn Anshumali Jain & Ann Ruchi and Rtn Sapan Gupta & Ann Nidhi. The members enjoyed a wonderful, relaxed afternoon, making it a memorable and enjoyable gathering.





# CLUB SERVICE

## Festive Christmas Brunch

To celebrate the most wonderful time of the year, a festive Christmas Brunch was hosted by Rtn DK Jain & Ann Poornima, Rtn Naresh & Yogita Jain, Rtn Vijay & Vani Vijay, and Rtn Vivek & Varsha Chordia at Farzi Café. Members enjoyed the joyful occasion with a red and white dress code, making it a memorable and festive celebration.



Join us for our  
**MERRY BRUNCH**  
Social

With the season of joy & celebration kicking in...  
Let us together toast to the spirit of friendship on

**22** | DECEMBER  
SUN | 2024

**FARZI CAFÉ**  
11.30 am onwards

Dress Code:  
**RED & WHITE**

Hosts  
Rtn. D K & Poornima Jain  
Rtn. Naresh & Yogita Jain  
Rtn. Vijay & Vani Vijay  
Rtn. Vivek & Varsha Chordia





# Capital

## @ Pre PELS

## 18<sup>th</sup> October, 2024 | Radisson Blu GRT

### DISTRICT EVENTS



## ★ Conclave of ★ Rotary Past Presidents

A huge recognition goes to Club Trainer Dr. C.M. Kishore Reddy and Ann Leela Kishore for hosting the Conclave of Rotary Past Presidents District event on November 10<sup>th</sup>, 2024, at Mohan Gardens. Their efforts made the event a grand success, bringing together past presidents for an insightful and memorable gathering.







## INSTALLATION OF INTERACT CLUBS

### G.K. Jain Higher Secondary School, Royapuram

President Rtn Hemant Khandelwal and Dr. Rtn Kishore Reddy attended the Installation of the Interact Club on October 18<sup>th</sup>, 2024, at G.K. Jain Higher Secondary School, Royapuram. The event featured a unique Food Fest competition where all dishes were made without fire on the school campus. It was a fulfilling experience to hear from the future leaders of our country.



## Jaigopal Garodia School

President Rtn Hemant Khandelwal and Chief Guest Rtn Tejas Mehta were part of the Interact Club Installation at Jaigopal Garodia School on October 28<sup>th</sup>, 2024. Special thanks to Rtn Apoorva Modi for coordinating with the school and ensuring the event's success.

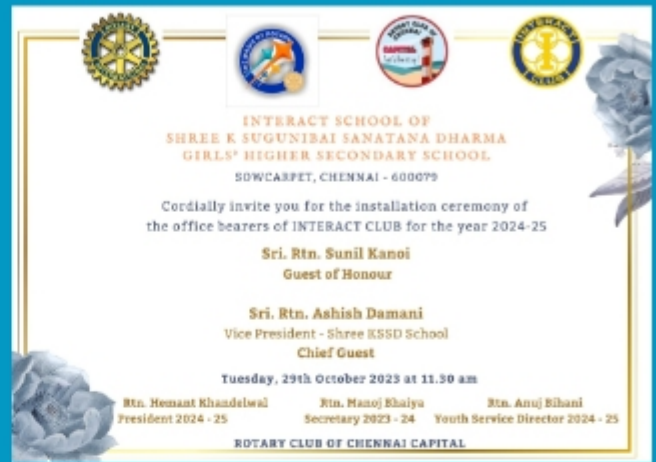




## Shree K Sugunibai Sanatana Dharm Girls Higher Secondary School

**Oct 29, 2024**

The Interact Club Installation was held at Shree K Sugunibai Sanatana Dharm Girls Higher Secondary School, with Rtn Sunil Kanoi and Rtn Ashish Damani gracing the occasion. It was an inspiring event, and we thank them for their valuable presence and support.



## Shree K Sugunibai Sanatana Dharm Girls Higher Secondary School

**Nov 05, 2024**

A lovely installation ceremony of the bearers of the Interact Club was held at Shree K Sugunibai Sanatana Dharm Girls Higher Secondary School. It was wonderful to meet such highly motivated children.

A big thank you to Rtn Ashish Damani (Guest of Honour) and Ann Sofia Khandelwal (Chief Guest) for being a part of this special occasion.





# VOICE OF DISTRICT

# Our melodious Champs

Music truly became a form of meditation and joy for our RCCC members! The practice fellowship, organized by Ravi at Office Beat Music, was a great initiative, allowing members to refine their skills and bond creatively.

*Our talented team achieved impressive results:*

Western : Gautam won for Western

Cool Voice : Awarded to Gautam and Ankit

Group Song : Runners-up  
(Rishi, Tejas, Prasad, Gautam, President Hemant,  
First Lady Sofi, Preeti, Dhanaya, Ravi)

Rotary Voice of District : Won by Rtn Ankit Shah

With a strong practice group of 7-8 members and 15 participating on the day of the finals, the event was a musical feast, showcasing immense talent and camaraderie. We look forward to more members joining the musical journey!





# PUBLICITY

Our Voice of District champions were featured in the Hindu newspaper Downtown section.

Rtn Gautam Garg and Rtn Ankit Shah's names were mentioned as winners. Rtn Gautam Garg for Western music and Rtn Ankit Shah for Cool voice and for Rotary voice of district.



## A music contest for Rotarians

More than 140 Rotarians registered for the 'Voice of District-Season 36', a music competition organised by Rotary Club of Chennai Towers.

A total of 44 contestants were shortlisted for the finals held at Hotel Le Meridien recently. Singers Yugendran Vasudevan, Devan Ekambaram, NSK Ramya, and Ganga judged in the finale.

Rotarian Mahaveerchand Bothra, district governor of RI District 3233, was the chief guest. The winners in different categories are:

Carnatic: Winner - Shrinidhi R, runner-up - Balaje MS Viswa-

Junior: Winner - Utkarsh Snehal, runner-up - Sathvikasri  
Young adult: Winner - Jayaprakash, runner-up - Meghna V  
Western: Winner - Ganbham Garg, runner-up - Aishwarya V  
Senior female: Winner - Deepa Venkatraman, runner-up - Laxmi Mohandas

Duet: Winner - Aishwarya/Rangarajan, runner-up - A Akash / Shrinidhi  
Senior male: Winner - Ankit Shah, runner-up - Anindya Ghosh  
Group: Winner - S. Nagarajan, runner-up - Gautham Garg

The special awards were presented to Sumithra, Shivathirika / A Akash Adithyana Madhan, and

# ANNETTES

## Pickleball Tournament



### Rtn Thomas & Annette Sasha

Congratulations to Rtn Thomas on winning the Pickleball Doubles Trophy!

Annette Sasha, daughter of Rtn Alan Bartley and Ann Sarah Bartley, won the Runners-Up Trophy and was named the Princess of the Tournament.

**FELLOWSHIP OF PICKLEBALL LOVING ROTARIANS**  
An Initiative of Rotary Club of Madhav Mid-Town  
30<sup>th</sup> October 2024 | Madhav Arena

**Diwali Damaka**  
Friendly Tournament

**WINNERS**  
Dr. NISHANT & Rtn THOMAS JOY

**RUNNER**  
Ann SASHA & Ann AADITYA

**1<sup>st</sup> RUNNER**  
1. Annette, SAMHITH & Annette, SANCHIT  
2. Rtn. BOOVA & Annette GAUTHAM

**King of PPLR** | **Queen of PPLR** | **Princess of PPLR**  
Rtn. Thomas Joy | Ann. Radhika V | Annette Sasha Bartley

**Prince of PPLR**  
Annette, Adithya Sharan

**Rtn. Kamal Narendra** | **Rtn. Cecil Sundar K**  
President | Secretary

**Rtn. Vikram Jindal** | **Rtn. Shoba Cecil**  
Event Chairman | President Fellowship of Rotarians



## Welcome TO THE RCCC FAMILY

Rtn. Bharat Vetrivel was inducted at the Diwali meet in October and Rtn. Dr. Kaushal Kishore was inducted at the Xmas meet in December. We welcome Ann. Sasipriya and Ann. Nishi also into the RCCC family.

# INDUCTION





# KNOW YOUR ANN



Roshni Modi

Name	- Roshni Apoorva Modi
Husbands name	- Apoorva Modi
Walked the aisle with her husband on	- 24 <sup>th</sup> February, 1999
Education	- Masters in Human Resource and PD Diploma in Marketing Management
Profession or Speciality	- Human Resources
Belonged to Circle / Table	- MART 100
Passions & interests	- Endurance Sports and Philosophy
Your role model	- My Mother and My Mother in Law
Favourite holiday destination	- Maldives
What according to you is feminism?	- Being Strong enough not to get suppressed and Compassionate enough not to suppress the other



# KNOW YOUR ANN



Sandra Andrews

Name	- Sandra Andrews
Husbands name	- Suresh Andrews
Walked the aisle with her husband on	- 12 <sup>th</sup> February, 1999
Annettes	- Jason & Rachel
Education	- Masters in HRM
Profession or Speciality	- CHRO
Belonged to Circle / Table	- MCLC 73 / MCRT 82
Passions & interests	- Passionate about my family, cooking , my career and social change
Your role model	- Keeps changing as I age, none specific
Favourite holiday destination	- Italy
What according to you is feminism? is about to promote gender diversity, empowering women and girls , challenging social norms and fostering inclusive communities .	- Feminism in the social and corporate world



# Editors



Ann. Sonu



Ann. Dhvani



Rtn. Sriram



Rotary Club of Chennai Capital District 3233

