

SAGAR MANTHAN



From the President's Desk..

Rotary Greetings!



The Rotary year 2025-26 has commenced on its juggernaut and RCC Sagar stepped into August with a flurry of projects!

RCC Sagar was part of the Job Fair conducted by District 3234, as one of the lead Clubs; we contributed towards educational assistance; continued with the career guidance initiative; collaborated with the Rocket Science project; installed our first Rotaract Club – and many more such impactful events!

The launch of the nutrition project, Aarogyam@Nilgiris, was a satisfying one with members from our collaborating clubs being a part of the event. The beneficiaries, and the local authorities are excited to work with Rotary, and the possibilities are endless, with a win-win situation all around!

The LEAD 25 was a pan-India event organized by RI Director MM Muruganandam, and was a true eye-opener for Rotarians in Chennai! The opportunity to attend for so many Rotarians in this part of the world was amazing.

With the festival season around the corner, RCC Sagar and its members will continue with our service projects, and here's to sundal and Golu hopping next month!

Shobana Ravi Raman





Rotary District 3234

ROTARY CLUB OF CHENNAI SAGAR
ALONG WITH
DISTRICT 3234 VOCATIONAL SERVICE TEAM

NAALAI NAMADHE
A CAREER GUIDANCE PROGRAM IN
CHENNAI HIGHER SECONDARY SCHOOL
No.16, Subbarayan St, Shenoy Nagar, Chennai 600030
(Near Pachaiyappan College):

7 AUGUST - THURSDAY
10.00-12.30 PM

9th & 10th students

Rtn Priya Srinivas
(Chairman Career Guidance District 3234)

Rtn Shobana Ravi Raman Rtn Lakshmi Prem Kumar
(President) (Secretary)

Rtn Sundaresan
(Literacy Chair)

CAREER GUIDANCE

In continuation of the extended opportunities for the students, RCC Sagar along with the District Career Guidance Team, and with RCC Serenity and RCC Evergreen, conducted a session for the class 9 & class 10 students at Chennai Higher Secondary School, Shenoy Nagar. A Team of 8 trainers oversaw the sessions – Career Guidance Program -- “Naalai Namade” at on 7th Aug 25. Around 120 students participated and benefited out of this program. More sessions being planned for other classes after a good feedback and response.



**A DREAM BECOMES A GOAL WHEN
ACTION IS TAKEN TOWARD ITS
ACHIEVEMENT.**



ROCKET SCIENCE



"Rocket Technology" session to 12th Standard students

Dr Srinivasan, Retired Scientist ISRO, a Mechanical Engineer involved in Rocket Fabrication, conducted a session on "Rocket Technology" for the benefit of 12th standard students on 7th Aug 25, at Chennai Higher Secondary School, Shenoy Nagar.

He covered history of Rocket Science in India, launching techniques, Satellite and the future missions of ISRO which was well received by the students, quite a few of them taking notes. Many students were seen talking to Dr Srinivasan.

IT DOESN'T MATTER WHERE YOU ARE COMING FROM. ALL THAT MATTERS IS WHERE YOU ARE GOING.

Rotary Club of Chennai Serenity in association with RC of Chennai Sagar and RC of Chennai Evergreen Organising

"Serenity's Rocket Science"
FUTURE LEADERS Awareness Program

Chief Guest & Speaker
Dr. Srinivasan
Retired Scientist, ISRO

Guest of Honour
Mr. M Manivannan
Head Master,
Chennai Higher Secondary School

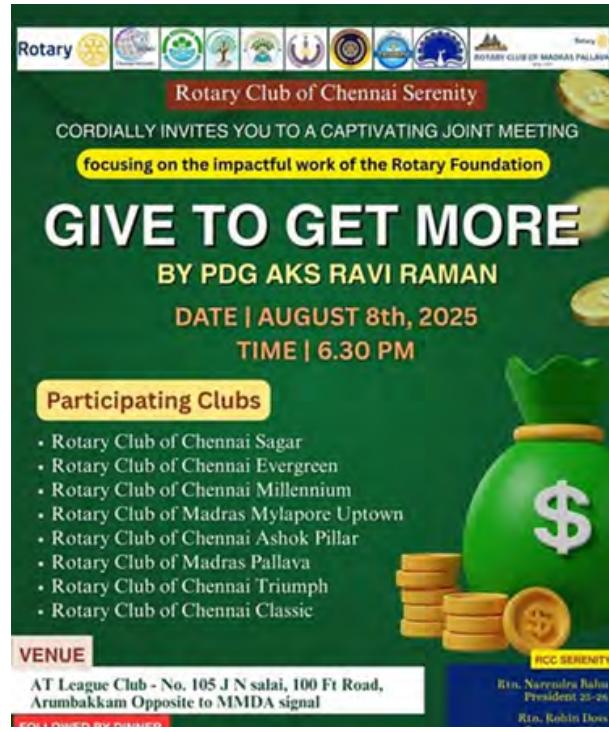
Join us as we inspire and nurture the leaders of tomorrow through this exciting initiative.

Date: Thursday, 7th August 2025
Time: 11.00 am to 12.00 Noon
Venue: School Campus
No. 16, Subbarayan Street, Shenoy Nagar, Chennai – 30

Together, let's make a difference and propel the future forward!

RC of Chennai Serenity RC of Chennai Sagar RC of Chennai Evergreen
Rtn. Narendrababu M Rtn. Shobana Ravi Raman Rtn. Sothish Kumar
President President President
Rtn. Rohin doss, Secretary Rtn. Lakshmi, Secretary Rtn. Devanand, Secretary





Rotary Club of Chennai Serenity

CORDIALLY INVITES YOU TO A CAPTIVATING JOINT MEETING
focusing on the impactful work of the Rotary Foundation

GIVE TO GET MORE
BY PDG AKS RAVI RAMAN

DATE | AUGUST 8th, 2025
TIME | 6.30 PM

Participating Clubs

- Rotary Club of Chennai Sagar
- Rotary Club of Chennai Evergreen
- Rotary Club of Chennai Millennium
- Rotary Club of Madras Mylapore Uptown
- Rotary Club of Chennai Ashok Pillar
- Rotary Club of Madras Pallava
- Rotary Club of Chennai Triumph
- Rotary Club of Chennai Classic

VENUE
AT League Club - No. 105 J N salai, 100 Ft Road,
Arumbakkam Opposite to MMDA signal

FOOTED BY PHOTOS

JOINT SPEAKER MEETING

“Interactive session on Global Grant” by PDG AKS Ravi Raman

“Give to Get More”, an interactive session arranged by RCC Serenity with 8 participating Clubs, RCC Sagar being one of them, on 8th Aug 25, about The Rotary Foundation.

PDG AKS Ravi Raman was the speaker on this occasion, and with his experience in Global Grants, explained the nitty-gritties of Global Grant projects.

He also explained how it can be achieved through crowd Funding, and the various other ways to raise funds.

Many members from various clubs shared their suggestions on viable and feasible projects. PDG Ravi then commented on what was accepted by RI and what was not eligible under Global Grants. It was a very captivating interactive session throughout.



JOB FAIR

The District Vocational Service Team organized a Mega job Fair at Ramakrishna Polytechnic College, Tiruvottiyur. RCC Sagar was one of the participating Clubs.

The event was a great success with over 500 prospective candidates who came with their resumes approaching an impressive 80 companies.

In the end, 25 deserving candidates walked away with offer letters.



STATIONERY ITEMS

Our member, Rtn Sundaresan and his friends, together collected an amount to give to the Clarke School for the Deaf and Special Children, towards their stationery item needs as required. The cheque was handed over at the school premises to Secretary, Rtn SN Srikanth.



INTERACTIVE GLOBE

Our member and Literacy Chair Rtn Sundaresan, graciously sponsored an interactive globe to the Tambaram Government School, wherein using a mobile phone or tab, one can scan the QR code to explore wildlife, inventions, culture, landmarks etc across the world map, giving the students a quick way to learn and observe.



MEGA HEALTH MELA

Gleneagles Hospital, Chennai
in association with RR Towers, Guindy
presents

**"The Fresh Health Initiative"
Mega Health Mela 2025**

Tuesday | 12 August 2025
10 a.m. to 5 p.m.
RR Towers, Thiru Vi Ka Industrial Estate,
SIDCO Industrial Estate, Guindy,
Chennai - 600032



 RR Towers I, II & III  Gleneagles Hospital
SHOLINGANALLUR, CHENNAI

 Chennai Serenity  Rotary Club Chennai Sagar  Rotary Club Chennai Triumph  Rotary Club Chennai Aristo  Rotary Club Chennai Evergreen

Services offered
Height | Weight | Blood Pressure Check |
Random Blood Sugar | BMD (Bone Mineral Density)
PFT (Pulmonary Function Test) | ECG Screening
| Electro Cardio Gram (for employees aged above 35 years)

Speciality
EYE Screening | Dental Screening |
Aesthetics consultation | Doctor Consultation

 Blood Donation Drive
(Certificate will be provided)

For more details contact: +91 9003030798

RCC Sagar in collaboration with Gleneagles Hospital, conducted a Mega Health Mela in RR Towers Guindy, for all the corporate employees of the commercial offices in RR Towers 1, 2 and 3.

A wide range of basic tests along with dental and eye screening, ECG and doctor consultation was available.

A total of 333 people were screened, and necessary advice was given by the doctors present.

A blood donation drive was also encouraged and 14 units of blood was collected.

The health camp was conducted with the support of RCC Serenity, RCC Evergreen, RCC Triumph, and RCC Aristo from D3233.

A total of 35 staff of doctors and nurses were in attendance. The Health Mela was appreciated by all the corporate companies.





AAROGYAM@NILGIRIS

RCC Sagar launched the Multi-Club, Multi-District project Aarogyam@Nilgiris at the Sollurmattam PHC, Kil Kotagiri.

In continuation of the World Breast Feeding Week, RCC Sagar along with the partner clubs and generous Rotarian friends, organized 80 nutritional kits for distribution to pregnant women and new mothers from tribal communities. Around 35 women, pregnant and new mothers, under the care of the PHC doctors, were present.

Members of the some of the participating Clubs were present, along with local officials who helped us with arrangements.



The items were received with great appreciation as the area is deficient in nutrition across ages, and this PHC caters to 34 surrounding villages. Requests have been raised for further resources to be made available in the coming months.

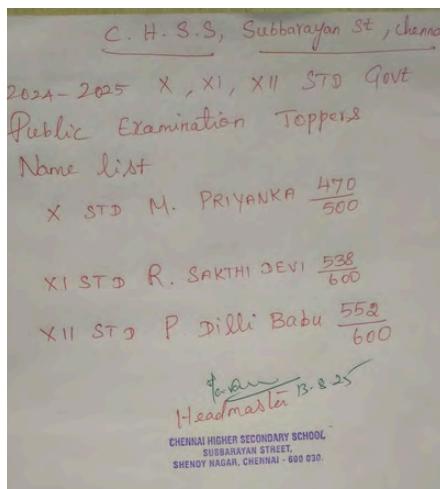
The 80 sets of nutritional items (ghee, groundnuts, urad dal, ragi flour, millets, dates, country eggs and other high nutrition items) have been handed over to the PHC to be distributed as and when the women come in for check ups to better monitor their health progress.



INDEPENDENCE DAY



RCC Sagar participated in the Independence Day celebrations at the Chennai Higher Secondary School, Shenoy Nagar, Chennai. The students enthusiastically showcased their patriotic fervour and their talents came forth with their speeches and oratory skills. Their costumes were on-point and overall their performances were appreciated by all.



Our member Rtn Sundaresan sponsored the prizes for the school toppers on the occasion of Independence Day celebrations. Each student was chosen by the school, and given a cash prize of Rs 2000 each, which they were thrilled to receive!

The Chennai Higher Secondary School, Shenoy Nagar, is a school that gets good support and encouragement from the management, with passionate teachers and Assistant Headmaster and Headmaster, who go the extra mile to give their students as many opportunities as possible. The school has since seen 2 children qualify as finalists in the RCM East program, Wings to Fly.

ROTARACT INSTALLATION

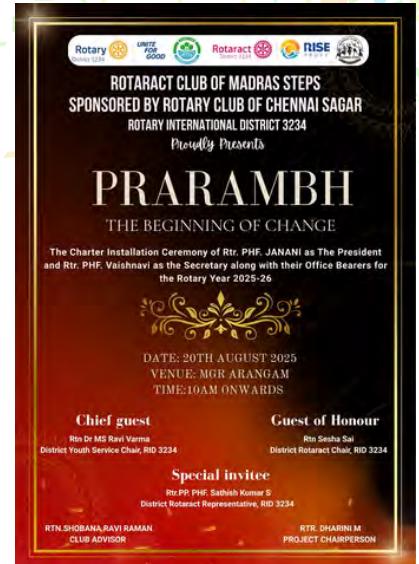
RCC Sagar was proud to install its First Rotaract Club!

A community based club, the Rotaract Club of Madras Steps is aimed at using dance and arts as a medium to reach out to the world, one Step at a time!

Rotaractor Janani was installed as the Charter President, and Rotaractor Vaishnavi was installed as the Charter Secretary for the year 2025-26.

Their team of office bearers were also inducted and introduced to the gathering and the Sagar team members, and the District officials present at the event.

Their service project plans were impressive and RCC Sagar is excited to begin this journey with Madras Steps!



GUEST SPEAKER



Our member Rtn Biju Narayanan, was invited as a guest speaker at the Rotaract Club of SA College of Arts and Science, a Rotaract Club sponsored by RC Ambattur, to talk about "Why Rotary, Why Rotaract"

The students addressed were both current Rotaractors and prospective Rotaractors.

They were told about the history of Rotary and the 4 Way Test as a guide to life as we live it also.



Rotary and Rotaract is a platform that gives us a wonderful opportunity to improve ones skills like communication, build leadership qualities to plan and execute things that helps us to follow Service Above Self.

This session gave opportunities to all the (15 Rotaractors & 17 new prospects - 32 Students) of SA arts and science college to speak about themselves and build confidence in their minds, and they understood how they can gain as a Rotaractor – both personally and professionally.



They were taken through the Power of Visualization, and building their self-confidence and how to plan and achieve their goals in their life and contribution of giving back to the society was addressed – the culture of service in our life along with career and family.

After the meeting, all the new prospects associated as Rotaractors and took the pledge as Rotaractors! Way to go Rotaract Club of SA College of Arts and Sciences!

SCHOOL FEES

Rs. 20000 assistance provided to Suresh Kumar for his daughter's 10th Standard education at Good Shepherd School. Suresh suffered huge losses post Covid in his petty shop, and is now running an auto provided to him by a good Samaritan.

The amount was donated by Rtn Sundaresan, Literacy Chairman and Raman Charitable Trust.



CANCER AWARENESS



"Cancer Awareness Program" with Film screening, slide presentation and interactive session to Teachers & staff at Avvai Home Girls Hr. Sec. School, Adyar, Chennai. 39 women teachers & staff from the school were benefited.

Ms. Deepika - Psycho Oncologist & Ms. Anitha - Social Worker from WIA Cancer Institute Adyar presented and gave a speech on Cancer & interacted with the participants. A very well received program by those who attended.

After the session 12 participants checked for Oral, Breast & Cervical Cancer by the mobile testing unit from Cancer Institute Adyar.

Rtn. Y. Kavitha, Club President, RCM Coromandel, Rtn. Biju Narayanan, Director Health & Rtn. Sundar, Literacy Chairman from RCC Sagar attended the program and addressed the participants - supported by the Rotary Club of Madras Coromandel, Rotary Club of Chennai Sagar and Nalamdana.

LEAD 25 - AIM HIGH

By Green Rotarian Umashankar



The Lead25 Rotary event which was my first event after joining the RCC Sagar, 3234 was an outstanding experience. From Start to finish, it was well organised, engaging, and deeply inspiring. Thanks to Biju Narayanan who introduced me to Rotary.

The sessions were not only thought provoking but also practical and offering insights into leadership & community impact.

The ENERGY in the room was awesome! The purpose of meeting and networking was really commendable. The Cultural activities was a treat to the eyes and ears!!! The speakers brought fresh perspectives and the stories were mind blowing. We were really captivated more than an audience.

The meticulous planning was very evident by the way of the seamless activities and the stalls which provided a great network/products.

It clearly indicated what Rotary Stands for : Leadership, Service and a commitment to making a difference.

To put it in a single word, Lead25 Rotary was WOW.



TRIP OF A LIFETIME

By Rtn Sundaresan



Banff National Park, situated about 90km from Calgary, located in the Canadian Rockies is a UNESCO World Heritage Site. It is known for its huge lakes fed by glaciers running to several km. Our family visited Banff Gondola first, which was a thrilling experience reaching the peak at 2300 meters in a cable car. A wonderful view covering six mountains, river and the town from the top. Then we took a 60 minutes cruise in Minnewanka Lake which is 21km length, 1 km width and 466 feet depth which was really an awesome experience. Then we covered Lakes Louise and Moraine and both were a delight for our photography skills. From the educative side, visit to the Cave and Basin hot springs, where inside the cave you can smell Sulphur in the pond where the tiniest snails live. All types of food are available, shuttle services to all places and nice hotels apart from shopping areas. A trip to cherish and remember for the lifetime.

Though thanks to the disturbance in the Middle East during our return, I missed my Club installation ceremony, this trip is a must-do for every traveler!



This edition is designed and executed by Rtn Shobana Ravi Raman
Additional inputs from Rtn Sundaresan and Rtn Lakshmi PK

This bulletin is only for Rotary related news, and RCC Sagar member contributions. Any queries or suggestions, preferably positive ones to be kindly directed to rccsagar2019@gmail.com