

SAGAR MANTHAN

November 2025 -- Vol 5

Rotary
RC Chennai Sagar



RCC Sagar Team 2025-26

Shobana Ravi Raman - President
Lakshmi PK - Secretary
Renyha Kalyan - Treasurer/Youth Service
T Suresh Babu - CLF
SN Srikanth - Club Service
S Balaji - CSD
Biju Narayanan - CSD Health
VC Padma Priya - Vocational Service
Sukumar Dinesh - International Service
Priya Rajshekhar - Membership/Environment
Rudradev Raman - Public Image
Deepa Aravind - DEI/Women Empowerment
Sundaresan - Polio Plus/Literacy
Manikandan Paramisivam - Sergeant-at-arms
Lakshmi PK - President Elect
Biju Narayanan - President Nominee

From the President's Desk..

Rotary Greetings!



Its almost the end of the year – its the laaasst month of 2025!!!

November gave the members of Sagar to continue our service to Persons with Disability (PwD), a sector that is dear to the Club given our close association with The Clarke School for Special Children. The Mega Job Fair and the Children's Day celebration was another way to reach out to them and do our small bit.

Our Health camps continued with gusto with our participation in the District Diabetes initiative Sa'iyam with screenings at major Railway stations. And our regular health camps at Railway sites had good response as usual.

President Shobana attended the Rotary Institute for Zones 4, 5, 6 and 7 held at New Delhi, and continued her Rotary journey along with her spouse PDG Ravi Raman, as aides to the Vice President of Rotary International. Shobana is continuing with her international presence making the club members more excited!

New project ideas were discussed and RCC Sagar looks forward to ending the year with renewed spirit, maybe literally also! 😊 Members are keen to expand the footprint and reach as many as possible!

Shobana Ravi Raman



RID 3234, Chennai, India

IDIYAPPAM MACHINE DONATION

by Rtn Umashankar

The donation of the Idiyappam making machine to Barter Trust, was a truly humbling experience.

We all had the opportunity to serve food to cancer patients and their attenders at the GH. Seeing so many people battling pain and suffering reminded me how kind God has been to us — we are blessed to be healthy and have food on our plates. It was a strong reminder to be grateful for everything we have today.



The joint collaboration of RC Chennai Sagar, along with RC Chennai Evergreen, RC Madras Mylapore Uptown, along with Soroptimist International Chennai Downtown chapter, was a testament to people coming together for a cause that truly makes a difference to someone on a personal level. And to be able to witness that first hand was an eye opener about life and how much we need to give back! This has given me many more such service avenues to consider and work on.

A heartfelt thanks to Rotary for giving me this wonderful opportunity to serve and reflect. A special mention to Mr. Rajeev for his tremendous and selfless service to these people — truly a great man and an inspiration to all of us.



SOUTHERN RAILWAYS HEALTH CAMP



Rotary VS Medical Trust

CANCER SCREENING FOR ALL

ORGANIZED BY ROTARY CLUB OF CHENNAI SAGAR

IN ASSOCIATION WITH VS MEDICAL TRUST FOR BREAST SCREENING, CERVICAL EXAMINATION, PROSTATE (MEN), BLOOD SUGAR, LIVER, KIDNEY, HIGH BLOOD PRESSURE AND DENTAL EXAMINATION

Chief Guest
Shri. S.Senthil Kumar
SR. DEE /RS/AVD

DATE 07/11/25
TIME 9AM - 1PM

VENUE - RAILWAY HEALTH UNIT ANNANUR

Mammo Mobile Medical Camp
Report - Southern Railways
Quaters, Annanur 07/11/25

● Total Consultations: 67

Blood Test : 66 PSA: 2

Papsmear : 22

Mammogram : 23

Thermal : 7

Dental : 45



RC Chennai Sagar's collaboration with Southern Railways and VS Medical trust for conducting Health Camps and Cancer Screening for both men and women -- This time it was held at Railway Health Unit, Annanur.



WORLD DIABETES DAY

World Diabetes Day was highlighted across District 3234 at various locations from November 9 to 12 2025. This was done in association with Madhav Diabetes Center, and headed by District Diabetes Chair Rtn Vrinda Deepak.

The aim was to create awareness about this silent killer disease and to encourage people to test themselves and be aware of the possible dangers if unchecked. Random sugar tests and BP checks were done at railway stations, Besant Nagar beach, apartment complex and airport.

SA'IYAM
Diabetes Awareness
Walkathon
Early awareness. Beat diabetes
9th November 2025
7.45 a.m - 9.15 a.m
Registration 7.30 a.m. Please collect your T-shirt & Cap
FLAG OFF BY CHIEF GUEST
RTN A.K.S. VINOD SRAOGI
Dist Governor 2025-26
FOR MORE INFORMATION
Rtn. Vrinda Deepak
A.K.S. Chair Diabetes 2025-26
+91 97999 28159
VENUE
Besant Nagar Beach,
Near Dindigul Thalappakatti
Rtn. Sathish Kumar
DKR - MD 3234, 2025-26
Rtn. Suryanarayana Rao
Dist. Chair Comm Serv Health
2025-26



RC Chennai Sagar Health Chair Rtn Biju Narayanan, enthusiastically participated in all the District Diabetes events and was a crucial link for permissions at Railway Stations. Sagar Family appreciates the sincere efforts of Rtn Biju and his continued service on health related initiatives!

SA'IYAM - TAMBARAM STATION



In continuation of the District Diabetes Awareness events Sa'iyam, which means self-restraint or moderation, highlighting the importance of balance as a key factor in preventing and managing metabolic disorders, RC Chennai Sagar conducted a Diabetes screening at Tambaram Railway Station for the general public. A total of 57 people were screened.



A huge Thank You to Station Manager Mr. Abdul Rehman, and RC Mambalam President Rtn Senthil, for collaborating in this initiative and awareness drive.



SA'IYAM - EGMORE STATION



Diabetes Awareness Screening continued at Egmore Railway Station, with the Railway Staff and general public participating in the procedures. A total of 126 people were seen. A big Thank You to RC Meenambakkam President Rtn Madhupriya, Head Nurse Ms. Anu Soman from Egmore Railway Hospital, Railway Protection Force (RPF) and Station Staff for their collaboration and participation for this drive.



CANCER SCREENING



RC Chennai Sagar's continuing association with Southern Railways saw a cancer screening camp for both men and women, in collaboration with VS Medical Trust. Their mobile testing van was available at the venue at Railway Health Unit, near Central Station.








CANCER SCREENING FOR ALL

ORGANIZED BY ROTARY CLUB OF CHENNAI SAGAR



IN ASSOCIATION WITH VS MEDICAL TRUST

FOR BREAST SCREENING , CERVICAL EXAMINATION, PROSTATE (MEN) USING BLOOD SAMPLE, BLOOD SUGAR, LIVER, KIDNEY, HIGH BLOOD PRESSURE AND DENTAL EXAMINATION

Chief Guest

RTN SHOBANA RAVI RAMAN
PRESIDENT RCC SAGAR

DATE 12/11/25
TIME 9AM - 1PM

VENUE - RAILWAY HEALTH UNIT, NGO MADRAS ADJACENT TO CHENNAI DIVISION

Total Consultations: 115
 Blood Test : 112 PSA: 46
 Papsmear : 14
 Mammogram : 17
 Thermal : 2
 Dental : 38

*Support
Cancer
Awareness*

**GET
REGULAR
HEALTH
SCREENINGS**

MEGA JOB FAIR FOR PwD



Celebrating a Game-Changing Job Fair for the Differently Aabled! 🌟

Absolutely thrilled and deeply moved to share that the Mega Job Fair was, without a doubt, the most impactful event we have ever hosted!

The success we achieved is a testament to incredible teamwork and a shared commitment to inclusion. Our sincerest thanks go to:

Rotary Club of Madras Mylapore Uptown

Rotary Club of Chennai Serenity

Rotary Club of Chennai Legends

Rotary Club of Chennai Premier

for their swift support and commitment to join hands!



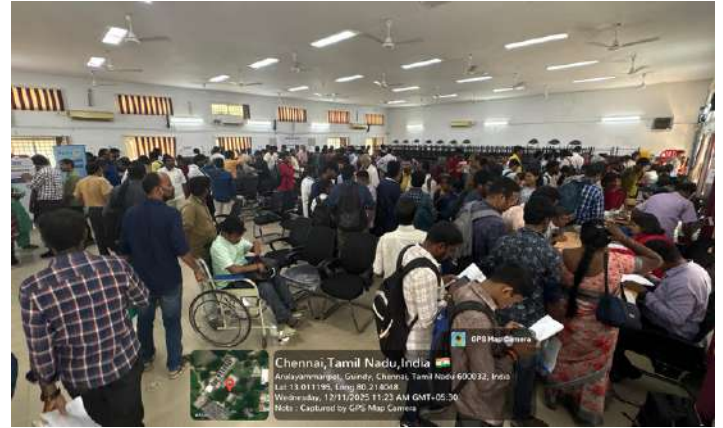
A special acknowledgement to Mr Gunasekhar from Equitas CSR initiatives for championing the project to bring jobs to the differently abled.

This initiative is a life-time game changer—it builds confidence for the candidates and is a true reward for the patience and perseverance of their parents.

Thank you to PDG Ravi Raman - Counsellor, Vocational Service for immediately accepting our invite to be the Chief Guest along with Sri Ajay S Bhagat, Regional Director, NSTI Chennai, and Mr Umashankara, Asst Director, Ministry of Labour and Employment.

Rtn Dhanashekar, District Job Fair Chairman, also graced the occasion.





We extend our gratitude to the National Career Service Center for Differently Abled for hosting this crucial event.

Results --

- * Candidates attended 238
- * Shortlisted 159
- * Spot offer 18
- * No of companies participated 20

A very satisfying and motivating collaboration from Rotary that United for Good!



“Know me for my abilities, not my disability.”

CHILDREN'S DAY

Children's Day is always a special day of celebrating the children around us, and the child within us! And it becomes even more meaningful when spent with children who are extra Special.

The Clarke School for the Deaf and Special Children in Mylapore is a 55 year plus institution that has seen many firsts in the city since its inception. It has since expanded to accept all Special Children under its wings with the experienced Principal Jayanthi and trained teachers who pass on a wealth of knowledge and comfort to both the children and their families.



This November, Children's Day at The Clarke School was enjoyed by both the children and the staff of the school with performances by them where no one was left out!

Sumptuous lunch and gifts for all, were sponsored by Clubs that came together to make the smiles on these children that much wider.

Many Thanks to RCM Coromandel, RC Chennai Vikas, RC Chennai Serenity for your generous contributions in joining together for this celebration!





Certificates of Recognition from TN Skill Corporation were given to those who completed the skill development course successfully.

Certificates of Recognition were given all children to recognize and appreciate their all round development and progress across all parameters from The Clarke School, as an encouragement and motivation for the children and their families!

Gift bags were given to all the children with art supplies, pencil pouch with stationery and a key chain with the Rotary logo.

Gift bags were given to all the school teachers and staff also.

Our appreciation to Rtn Ravishankar, District Community Service Chair, and Assistant Governor Rtn Senthil Palanisamy, for gracing the event and spending time with the children.

A morning full of special moments that touched many a heart, and memories for the children who had a grand event that celebrated them!



SHOES FOR GIRLS SPORTS TEAM



On a request from the Tambaram Government Girls School, RC Chennai Sagar sponsored 12 pairs of shoes for the girls volleyball team.

Rtn Sundaresan, Club Literacy Chair, facilitated the process and ensured good quality shoes from Decathlon was purchased. Club Secretary Rtn Lakshmi was also present for the handover of the shoes to the girls.



ADULT DIAPERS FOR GH



RCC Sagar Health Chair Rtn Biju Narayanan, along with Barter Trust Mr Rajeev, handed over 100 adult diapers to the Rehabilitation Ward at Rajiv Gandhi GH. This is the first aid center for those lost and injured on the roads.

Dr Suresh, in charge of the ward, accepted the diapers.

GREEN ROTARIAN SEMINAR



It is always exciting to welcome new members into your club, and Sagar was no different! The Green Rotarian Seminar organized by the District gave them a chance to participate and engage with other new Rotary members.

The networking was a lovely way to introduce Rotary to them and started many conversations about their journeys.



Our members Rtn Biju Narayanan and Rtn Umashankar, joined with the presentation team to participate in a few of the small skits presented to the gathering, about Rotary and its activities, and how it can impact one's life and give a new purpose to contribute to the society. Their enthusiastic participation showed Sagar members a lovely side to their personalities, and the Sagar Club looks forward to more such engaging activities from our new members!

Both Rtn Biju and Rtn Umashankar enjoyed the seminar, and have expressed interest to convey the Rotary message to invite more of their friends into the Rotary fold. They described how being engaged in the club projects thus far, has made them more committed in their service, and are looking for ways to contribute more personally and through the Club.

Rtn Umashankar with his lovely voice is already networking in the music groups of Rotary, and hopes to take music as a path to service. Rtn Biju is passionate about Health service and is already on his way with health camps every month!

A TRIP WITH RI VICE PRESIDENT

The Rotary Institute for each Zone is the coming together of Rotarians across Districts, that gives an opportunity to meet with District officials of all kinds - national and international. In India, all four Zones - 4, 5, 6, & 7 - has a common Rotary Institute which gives both an International presence with representation from Sri Lanka and Nepal, as also domestically across all 40-odd Districts in India. Like any District Conference, the event has eminent speakers, Rotary updates and networking. This time the Institute was in New Delhi - aptly named Tejas.



President Rtn Shobana along with her spouse PDG Ravi Raman, had the opportunity to attend Tejas - Rotary Institute in New Delhi, and Shobana could manage photo ops with the online Yoga sensation Saurabh Bothra, who appealed for 5 minutes of exercise a day! Shobana also exchanged talks with Raul John Aju, the 16-year old AI prodigy, who was excited to discuss about Shobana's three boys who are also tech nerds!

There were other eminent speakers like the Honourable Vice President of India, Shri Radhakrishnan, MP Shri Sudhanshu Trivedi, Sahil Barua of Delhivery, Padmashree awardees, Young Achievers and Past RI Presidents.

Brigadier Basera of the Kendriya Sainik Board, gave a soul stirring speech about patriotism, and how similar Rotary and the Indian Armed Forces is, where service is concerned. Brigadier Basera leads the welfare arm where 37+ lakh retired soldiers are taken care of once they enter civilian life.

He appealed for more collaboration between the two entities, and proudly said that his son will be the fourth generation in his family to join the Army! Goose bump moments during his speech that ended with a call to serve the country first.

Past RI President Ravindran put some senior RI Members in the hot seat and subjected them to some tough questions, exchanged ideas and opinions about the future of Rotary, both across the world and in India. RI President Francesco and his lovely spouse Anna Maria, were present for all the events across different venues – the majestic new convention center Yashobhoomi, the Manekshaw Center and Chabra Farms in the evenings to wind down the day.

President Rtn Shobana and spouse PDG Ravi Raman were the designated aides for the Rotary International Vice President Alain Van de Poel and his wife Françoise. They were received at the Delhi airport as they arrived from Belgium for the Tejas Institute. This was their first visit to India, and Asia too! They were excited to explore and experience our culture and Rotary in India, after hearing so much about it!



After the Institute formalities, we accompanied the Vice President and his wife, to Agra as they wished to visit the Taj Mahal.

We walked around the Agra Fort, Taj Mahal and Fatehpur Sikhri. The amazing grandeur and workmanship was very impressive and we had a lot of discussions about the history of the world, and comparisons of architecture styles in churches back in Belgium and Italy.

But the Taj Mahal was more than they imagined and were spellbound with the beautiful marble structure.



President Shobana and PDG Raman, with the help of D3011 and RC Gurgaon, arranged a visit to the Rotary Public School - started, funded and run by RC Gurgaon. A dream that took seed in 1981 with 4 classrooms, has since evolved into a sprawling 5-acre campus in the year 2000 with modern facilities and comforts across the entire school.



A true testament to Rotary enabling a shift in the education of the community children, accomodating 25% from EWS of society. A model school that leaves no child behind!
A lovely trip with lot of Rotary inspiration and better understanding of how the world deals with its problems, and how we as citizens can make even a small difference!

DISTRICT QUARTERLY AWARD



RC Chennai Sagar is very proud to have been awarded the second place in our group, for Community Health Service projects thus far in the Rotary year! Our medical camps and awareness drives every month has reached 1466 people in total so far!



TREE PLANTATION DRIVE



RC Chennai Sagar initiated a tree planting project at Sollankuruni village in Madurai (same area where our GG MOOving Lives is being executed) in collaboration with the Forest Department. 4500 saplings were procured - jamun, mahogany, mandhaarai, pomogranate. 🌳🌳🌳



SERVICE THROUGH MUSIC

by Rtn Umashankar



I had the opportunity to visit Madhav Diabetic Centre, where I sang a few songs for their dedicated volunteers who had done an excellent job at the Railways Diabetes Health camps. As a small gesture of appreciation, I represented RC Sagar and entertained them. They were kind enough to honor me and Rtn Biju Narayanan, Sagar Club Health Chair. On the same day, I also visited Annai Teresa Old Age Home in Kilpauk, along with some of the FMLR members and the Rotary Club of Madras Southwest, where I performed for the residents and spent some quality time with them.

I have participated in the Voice of the District event by D3233, and found many such music friends who enjoy lending their voice for others to find solace – just for a while!

My heartfelt thanks to Rotary for giving me this wonderful opportunity to serve, connect, and spread a little joy through music.



UNIFORMS FOR TRANSGENDERS

A life of dignity – Something most of us take for granted!

But for some, it is an everyday battle with the world which is full of judgement and reluctant acceptance. In a world which is becoming increasingly harsh and polarized, voices tend to get drowned out, or worse, even silenced.

Whether it is the growing concern of bullying – be it in person or online – with the rising suicide cases among young children, or gender dysphoria among children and adults, every day seems like a mountain to climb and conquer!



A lovely collaboration of Rotary Clubs saw history being made with the Tambaram Police Unit inducting 15 Transgenders into their Home Guard Section – the first of its kind in India! And they have been given training to be part of the system right away, with their Passing Out Parade on 29th November.



The collaboration of 8 Clubs – RCC Sagar, RCM Coromandel, RCC Tiruvanmiyur, RC Meenambakkam, RCM Silver Beach, RCC Triumph, RCC Sea View and RC Port City – was a lovely example of Rotarians coming together for community inclusion and support to those who are left behind on the periphery. Each of these clubs sponsored the Police Uniforms for these 15 candidates, thereby ensuring their successful graduation.



Passing out Parade with the Uniforms sponsored by the Clubs

The event was graced by Assistant Commissioner of Police Thiru Radhakrishnan , Sub Inspector of Police Thiru Chidambaram , Women Company Commander Ms Nirmala , Men Company Commander Thiru Palani, and Section Leader Thiru Gopal. With the Blessings of senior leaders, the new inductees are definitely going to encourage more in their community to take up positions that helps the entire society at large!

Our sincere Thank You to all the collaborating Club members who came early in the morning for the uniform handover!

CHENNAI SAGAR GOVERNOR'S VISIT

The Annual Governor's Official Visit to RC Chennai Sagar took place on November 29th 2025, at Gandhi Nagar Club, Adyar, with DG Vinod Saraogi and First Lady Usha gracing the occasion, along with District Secretary Rtn Saptagiri, Deputy Governor Rtn Mohan Raghavan, AG Rtn Senthil Palanisamy and RS Rtn Vijayalakshmi Rajesh.

The weather in the evening had a cyclone warning and heavy rains in some parts of the city. But despite the adverse weather, many well wishers braved the rains and participated with Sagar Club members. The Club members express their appreciation to all the visitors!



The District Governor, along with District Secretary, Assistant Governor and Regional Secretary, were updated about the Club projects and dynamics by the Board members. The Bulletin captured the projects at a quick glance, and DG gave suggestions about projects that could be scaled up, and converted into long-term public image projects. He also gave options where the District could work along with Chennai Sagar for better and wider reach. A fruitful meeting with many positives that also gave Sagar Board members more opportunities to consider.





Chennai Sagar members convey their appreciation to all the visiting Rotarians who have supported us and encouraged us in many ways!

Appreciation for our Rotaract Club Madras Steps for their presentation and participation!

Big Thank You to Co-Presidents for collaborations in projects and here's to many more to come!



Upcoming Projects for Chennai Sagar

1. Sagar is the co-sponsor with RCM Coromandel for the Parallel Music Fest at Music Academy for Differently Abled artists
2. Handover of books for library to Lamech Govt School, Tambaram
3. 3 health camps planned with Southern Railways
4. Christmas gifts distribution to Irular community children
5. Health camp with Tambaram Police
6. Bio toilet for transgenders at Tambaram and Avadi police units

Chennai Sagar always believes that collaborations and joining hands gives best outcomes so do reach out to work together!



This edition is designed and executed by

Rtn Shobana Ravi Raman

Additional inputs from Rtn Biju Narayanan, 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