

# SAGAR MANTHAN

September 2025 -- Vol 3

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!



The month of September formally ushered in the festival season, with Golu hopping and prep for Diwali.

RC Chennai Sagar had an interesting month with the President, Rtn Shobana, making a Rotary trip to Brazil and exchanging cultural fellowship and extending the Rotary network for projects.

September also saw RC Chennai Sagar step into the Health avenue with gusto, where 4 Health camps that were conducted across medical requirements, reaching close to 450 beneficiaries! RCC Sagar extends a grateful Thank You to the collaborators and medical professionals who helped conduct and execute these health camps.

Preparations for two upcoming major events are in full swing, with the Rapid Chess Tournament (Oct 12<sup>th</sup>) and the Teachers' Day felicitation for Special Educators (Oct 15<sup>th</sup>), both to be held at The Clarke School for Special Children, Mylapore.

The festival season will reach its peak soon – RCC Sagar and its members, wishes all Rotarians and their families, early Diwali wishes!

May your lives continue to light up those around you, with prosperity always!

*Shobana Ravi Raman*

RID 3234, Chennai, India



# BRAZIL – ROTARY PAYANAM

By Rtn Shobana Ravi Raman

Rotary has many events that any Rotarian can attend and be a part of. From local events, to National and International events, all it takes is the intent and enthusiasm to experience Rotary outside of your own District.

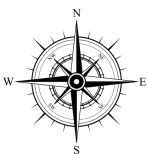
The biggest event is of course the Annual Rotary International Convention, where Rotarians from all around the world, converge to meet and share Rotary, showcase projects and expand the Rotary network and friendship. This year it was in Calgary, Canada, and the upcoming Convention is in Taipei, Taiwan, in June 2026.

Another major event in each Rotary Zone is the Rotary Institute, where Governor Training Seminar, Governor Elect Training Seminar and other Zonal and District level Chairs meet to discuss targets and other matters.



With the Rotary International President Francesco Arezzo,  
and Rtn Jussara from D4630

The Institute in Brazil this time was held in the city of Maringa, in the state of Parana, South-East of the country. The area is very fertile and is mainly agricultural, with sugarcane, soy, oranges, corn, being some of the bigger industries there. Brazil's largest orange juice factory, Prats, is in Maringa.



***Not all those who wander are lost.***



**RID 3234, Chennai, India**



The Institute was a confluence of Rotarians from not just around Brazil, but from Colombia, Argentina, Uruguay and Peru also, making it a South American event! There was good representation from Rotarians across Districts, along with District officials of all levels.

One of the highlights was the Project Fair, where Rotarians propose and present their projects, and other clubs and members can collaborate if interested. These were for Global Grant proposals also.



With Director for 2025-27, Cesar Luis Scherer



With current DG Celso Yoshiaki Miyamoto D4630 and spouse Luciana



At the Rotary Foundation Major Donor Dinner Gala



With Rtn Maricler, Rotary Inter Country Committee (ICC) Brazil Chair

Rotary Inter Country Committee – ICC, (not to confuse with the cricket council!) is a great way to connect clubs and members across the world. The inter country partnership gives multiple opportunities to be part of projects that fulfills a vital part of Rotary; international partners for Global Grant projects too, and an event like the Institute which is across zones, expands the network!



RC Maringa, Parque do Inga, has a unique project – "Mobilidade para Todos" (Mobility for All) – 2-decades running – where beneficiaries are identified by Rotarians across Brazil, and wheelchairs are provided for better mobility and dignity of life.



**Attended the club meeting of RC Maringa, Parque do Inga, D4630**



Brazil has been a huge supporter of the Rotary Youth Exchange Program. All Clubs and Rotarians are equally invested in this program, and many have hosted long-term students from across the world, and local Brazilian students have experienced other parts of the world too.

Each family enrolls at least one child in the RYE program, and many Rotarians have been RYE students themselves in the past!

The Japanese migrated to Brazil, and South America from the 1800s, to work in the agricultural fields, looking for a better life. This particular park is Japanese in every way, including every plant in the property, and the Koi fish! The place is lovely to enjoy nature in peace.



**Japanese Garden in Maringa**

The trip to Brazil was an amazing experience that showed how similar our cultures are, and how Rotary has touched so many lives in many different ways! The language barrier was the most challenging but google translate came to the rescue! But the smiles and warmth was most comforting away from home, and I look forward to the next Institute in Brazil in 2026 at Recife! Let me know if you wanna join me!



## MUSIC PROGRAM FOR A CAUSE

Our member Rtn Umashankar, a passionate performing singer with his own troupe, entertained the audience as part of the event, organized by AL4S Trust, a public interest organization started in 2016. It carries out social service based on Sanatana Dharma, following the teachings of great minds like Kanchi Mahaperiyava.



Some of the programs were Samashti Upanayanam for economically backward Brahmin youth, free astrology matching event for economically backward women and men, providing opportunities for emerging talents, assistance through musical performances, and providing a space for first-time professionals. To support this great cause, our club RC Chennai Sagar, joined as a supporting partner of the event. Through this, we had the opportunity to help different sections of the community.

Rtn Umashankar and his troupe, sang retro Tamil movie songs to entertain the audience. Umashankar is a huge SPB fan, and he does full justice to the songs he chooses to sing!

His troupe also had other singers who supported him, all of whom hit the right notes!

Chennai Sagar is planning a musical nite in the future.





## INTERNATIONAL DAY OF PEACE

**"Together for PEACE"**



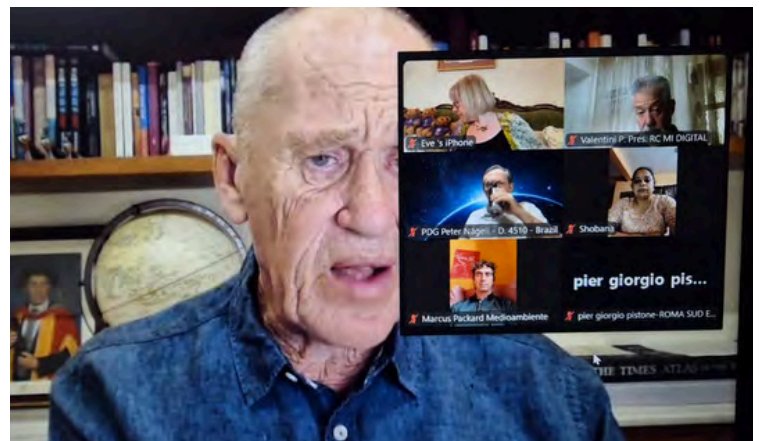
This worldwide zoom meeting discussed options where Rotary and members can promote peace initiatives in their communities. With the growing polarized world today, peace is a challenge with many issues that now have repercussions beyond just the local community. Many Rotarians shared their experiences of peace programs through Rotary. Though India is yet to promote Peace as one of the more engaging verticals, it was interesting to be part of the meeting.

This zoom meeting saw participants from around the world, and there was much hope and belief in the Rotary Peace Programs in bringing about a positive change in our communities.

Each country has its own challenges and the interactive session brought out Club member experiences for better understanding.

Rotary places a renewed emphasis on Peace, with the newest Peace Center to be established in Pune, India. This is the 8<sup>th</sup> addition, and the fourth in Asia, after Australia and Thailand, and Japan.

RC Chennai Sagar participated in this meeting, one of the first of its kind programs the Club has been part of, with lot of learning and ideas for the future.





# MEGA HEALTH MELAS



RC Chennai Sagar collaborated with Southern Railways to conduct multiple Health Camps at the main office near Central station. The camps were held on consecutive days under the Central Government "Swasth Naari, Sashakt Parivaar Abhiyaan" scheme during Sept 17 - Oct 2 period. While there was focus on women's health, men were also screened during the multiple camps which gave them valuable feedback.

Rotary Southern Railway Chennai Serenity Soroptimist International Chennai Downtown VS Medical Trust UNITED FOR GOOD

## CANCER SCREENING FOR WOMEN

Organized by Rotary Club of Chennai Sagar Chennai Serenity | Chennai Evergreen | Soroptimist International Chennai Downtown  
IN CONNECTION WITH " SWASTH NARI SASHAKT PARIVAR ABHIYAAN" PROGRAM BY VS MEDICAL TRUST

**SERVICES PROVIDED**

- Breast Cancer Screening by Mammogram and Thermal Imaging
- Cervical Cancer Screening Paps Smearing
- Dental Screening for Oral Cancer
- Blood Screening (Aged above 50 years)

**Chief Guest**  
Rtn Suryanarayana Rao  
Director - Dist Community Service Health RI 3234

**Camp Inaugural by**  
Shri. Shailendra Singh, DRM/MAS

**DATE**  
**22/09/25**  
**Time : 09.00 - 2 Pm**

**Venue - Railway Health Unit, NGO Madras Adjacent to Chennai Division**



Health Camps were inaugurated by Subhasree from Thunai NGO and Dr. Arul Jyothi, Chief Medical Officer, S Rly



Mammo and pap smear screening by VS Medical Trust Mobile van



Our Sagar members with Divisional Railway Manager, Southern Railway, Mr. Shailendra Singh (second from left), District Health Chair Rtn Suriyanarayana Rao and Mr Gowrishankar, RC Chennapatna member (first from right)

## Mammo Mobile Medical Camp Report - Southern Railways, Chennai Central - 22/09/25

● Total Consultations: 103

Blood Test : 98 PSA: 12

Papsmear : 24

Mammogram : 27

Dental : 30

Thermal : 11

## HU/NGO/MAS

23.09.2025

Swasthya Nari Sashakt Parivar Abhiyan

EYE AND DENTAL CAMP

Total beneficiary - 101

Total Men - 61

Total women - 40

Rly Beneficiaries - 97

Contact Hka - 04

EYE CAMP - 95

Cataract - 02

Visual error - 45

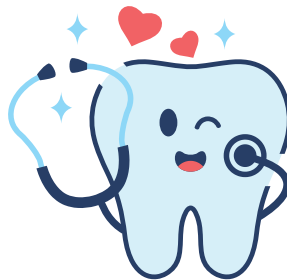
DENTAL CAMP - 63

Advice given

Extraction-02

Filling-01

Scaling-05



Rotary Club of Chennai Sagar Chennai Serenity  
Chennai Evergreen | Soroptimist International Chennai Downtown

## EYE AND DENTAL CAMP

Organized by Rotary Club of Chennai Sagar Chennai Serenity  
Chennai Evergreen | Soroptimist International Chennai Downtown

IN CONNECTION WITH "SWASTH NARI SASHAKT  
PARIVAR ABHIYAAN" PGM BY V.S SMART HEALTH  
VENTURES AND ALPHA DENTAL STUDIO

**CHIEF GUEST**  
DR SUSAN VERGHESE MS (OPHTH)

**DATE**  
23RD SEPTEMBER, 2025

**TIME**  
10 AM - 2 PM

Venue - Railway Health Unit,  
NGO Madras Adjacent to Chennai Division



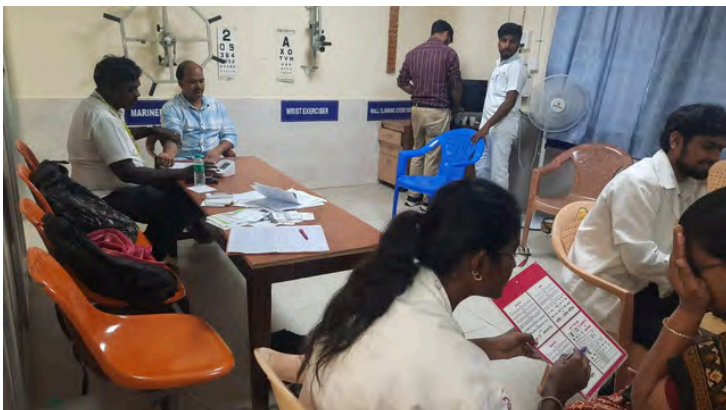
**Your health, your wealth  
— start today!**







The Eye and Dental camps were executed with the collaboration of Alpha Dental Clinic and VS Smart Health Ventures. Their teams of professionals conducted the camp with positive feedback from the Railway employees who appreciated the Rotary efforts.



Take care  
of your body





Rotary Southern Railway Chennai Serenity Chennai Evergreen | Soroptimist International Chennai Downtown  
IN CONNECTION WITH "SWASTH NARI SASHAKT PARIVAR ABHIYAAN" PROGRAM BY MADHAV DIABETES CENTRE

Foot Screening and HBA1C testing

**DIABETIC SCREENING**

Organized by Rotary Club of Chennai Sagar Chennai Serenity  
Chennai Evergreen | Soroptimist International Chennai Downtown  
IN CONNECTION WITH "SWASTH NARI SASHAKT PARIVAR ABHIYAAN" PROGRAM BY MADHAV DIABETES CENTRE

Foot Screening and HBA1C testing

**CHIEF GUEST**

**RTN. VRINDA DEEPAK**  
Chairperson Diabetes RID 3234

**DATE**  
**24th SEPTEMBER, 2025**

**TIME**  
**9 AM - 2 PM**

Venue - Railway Health Unit,  
NGO Madras Adjacent to Chennai Division

HU/NGO/MAS

24.09.2025

Swasthya Nari Sashakt Parivar  
Abhiyan  
Diabetic Screening Camp

Total beneficiary - 150

Total Men - 103

Total women - 47

Rly Beneficiaries - 146

Contract Hka - 04

HbA1c test - 45

Diabetic Neuropathy screening  
test for foot - 45

New DM - 05

Advice given to patients with  
high HbA1c value - 15





## DIABETES SCREENING CAMP AT ANNANUR, Southern Railway

Total Screened : 134

Male : 110

Female : 24

Existing Diabetes : 52

Newly Detected : 0

Sugar + BP : 18

HbA1C >9 : 10



*I believe that the greatest gift you can give your  
family and the world is a healthy you*

*- Joyce Meyer -*



# BLIND WOMEN'S CRICKET

RC Chennai Sagar had the opportunity to support the Tamilnadu Blind Women's Cricket team training camp at Loyola College, Chennai. Our member Rtn Deepa Aravind has been supporting them during camps towards expenses like food, accomodation and travel with attenders.



A team of 20 probables were trained this time, with another camp scheduled for next month to trim the team to 14.



Tamilnadu Cricket Association for the Blind have been promoting this sport to encourage more visually challenged to take part. They organize tournaments and manage Blind cricket teams in Tamilnadu. This camp was one of two towards selection of the team. The months of November and December will see the 14-member team have intensive training for the National Tournament in Odisha in January.



# TEACHERS' DAY AWARDS

The Rotary Club of Chennai Sagar and the Rotary Club of Chennai Serenity, hosted a Teachers' Day Celebration on Monday, September 29, 2025. This event was a powerful demonstration of the Clubs' commitment to promoting literacy and quality education. The highlight of the evening was the presentation of the prestigious Dr. APJ Abdul Kalam Teaching Excellence Award. This award, named after India's revered "People's President" and celebrated scientist, aims to formally recognize and appreciate the extraordinary efforts of educators who have shown exemplary dedication not just in teaching, but also in the critical field of academic research.



The ceremony was graced by the presence of distinguished guests -- Dr. V. Chandrasekar (Retd.), an Associate Professor and former Principal of Ramakrishna Mission Vivekananda College, Mylapore, Chennai, was the Chief Guest. His presence, representing a legacy of academic leadership, added more shine and depth to the event. The Guest of Honour was Rtn Kamala Selvam, who serves as the Chairperson for Literacy in District 3234 and is the National Editor for the Association of Inner Wheel Clubs.





# TEACHERS' DAY AWARDS

As a retired Associate Professor and former Principal, Dr Chandrasekar highlighted the profound impact of educators in shaping character and national destiny. Emphasizing the importance of coupling teaching excellence with meaningful academic research, he urged educators to see themselves not just as disseminators of facts, but as nation-builders and igniters of curiosity. The address stressed on the moral responsibility of a teacher to instill ethical values that encourages leadership in students.



There were 32 recipients of the award out of which 16 were school teachers, 13 college teachers and 3 special educators. This award, being a "Teaching Excellence Award," is often presented to a selected group of exemplary teachers from different institutions. The Rotary Club of Chennai Serenity and Chennai Sagar has been presenting the Dr. APJ Abdul Kalam Teaching Excellence Award for several years, taking its pride in presenting it for the 6th consecutive year. Dinner was enjoyed by all after the formal program.





# GOLU MEETING

The Golu season was a lovely occasion for RC Chennai Sagar members to meet and exchange updates and possible project ideas. President Rtn Shobana and Rtn Priya hosted the club members at their Golu.

Possible project ideas were discussed, and Rtn Biju Narayanan, Club Health Chair, updated the club members about the health camps with Southern Railways. The District upcoming events for participation also was shared with the World Polio Day coming up in October, and World Diabetes Day in November.

Rtn Sundaraesan, Club Literacy Chair, placed requests from 2 Government schools for various needs, for the Club to consider taking up possible sponsorship of items enlisted.



Charter President Rtn Srikanth updated the club members about two major events in October at the Clarke School for the Deaf – the Rapid Chess tournament and the Teachers' Day event to honour Special Educators - being multi District with International collaboration - a unique opportunity that RC Chennai Sagar is fortunate to get! The members enjoyed the sundal and sweets and were upbeat with the projects coming up! Looking like a busy October too!



Another month gone by with meaningful projects, and in avenues that needed our assistance. The festive season added to the service we rendered, making it that much more special! And RCC Sagar is looking forward to more such projects to help as many in our community as possible! With the Rapid Chess Tournament and the big Teachers Day event to look forward to, it is going to be another special month ahead!

शुभ दीपावली

**RC Chennai Sagar  
wishes you and your  
families, a very Happy  
and Bright Deepavali!**



This edition is designed and executed by Rtn Shobana Ravi Raman  
Additional inputs from Rtn Biju Narayanan 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](mailto:rccsagar2019@gmail.com)