

Beehives

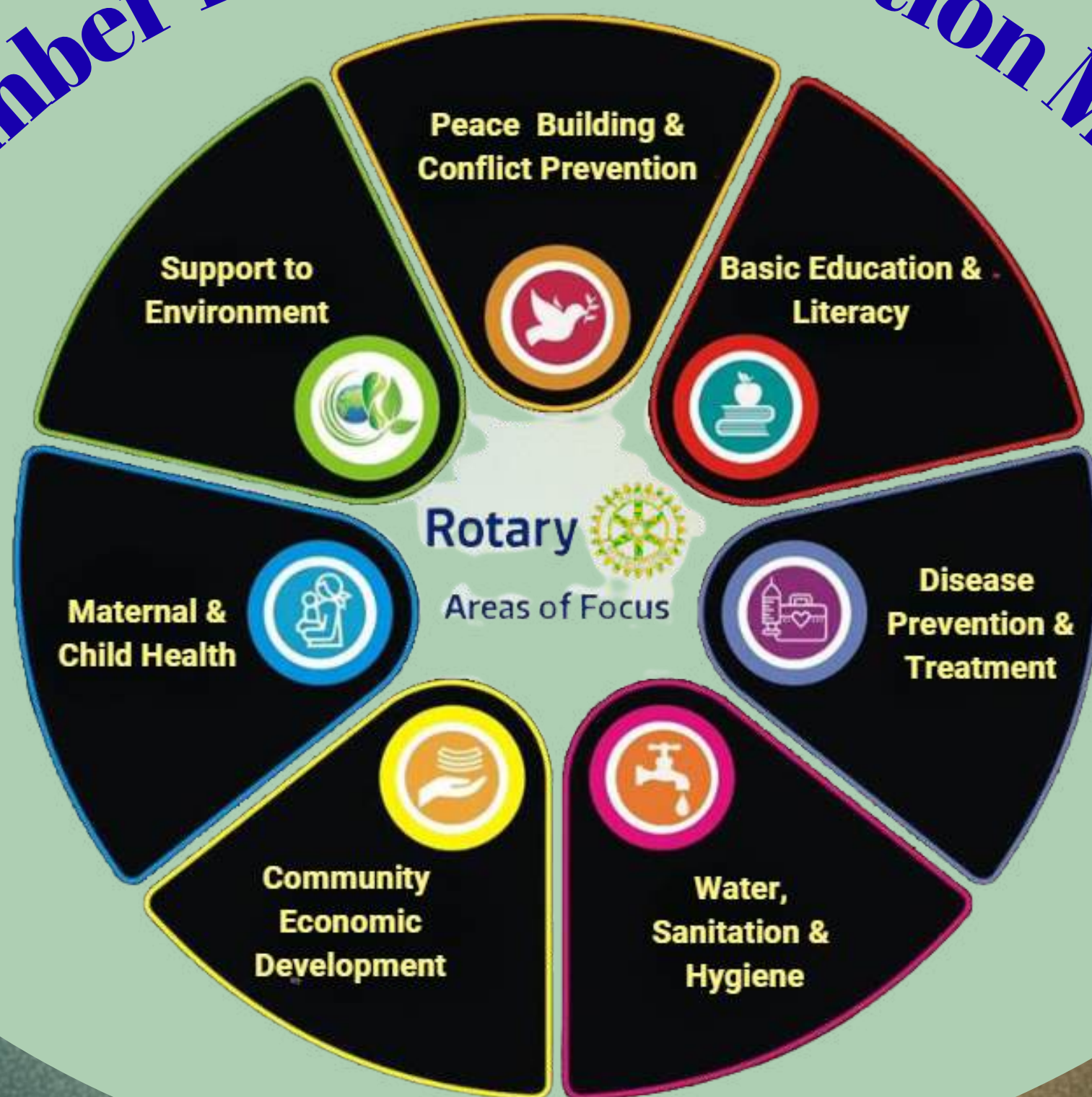
BUZZ

Volume:3

November 2025

Edition:5

November Rotary Foundation Month



The
Rotary
Foundation





The Rotary Club of Chennai Beehives Trust

Registration No:112/2021

**36, Fifth Main Road, Thillai Ganga Nagar, Nanganallur,
Chennai 600061**

Beehivians

**Join Hands for Change
Make a Difference Today**



***Enhance Our Community Service Initiatives
with Your Contributions and Support from
Your Inner Circles.***

***Contributions are essential in bolstering
our community service efforts.***

Our Trust Website

<https://www.rccbeehivetrust.org>

From the Editor's Desk

The power to change lives is within our grasp.

The Rotary Foundation: Transforming Generosity into Global Change

The Rotary Foundation lies at the core of Rotary's mission to foster lasting change across the globe. Since its founding in 1917, it has stood as a beacon of hope, channeling generosity into impactful initiatives worldwide. Every contribution, regardless of size, fuels projects that promote peace, provide clean water, support education, combat disease, and strengthen local economies. Each donation, no matter how modest, drives this global engine of goodwill and service, creating a profound impact in communities both near and far.

Global Impact of the Foundation

The Foundation's influence is felt in every corner of the world. It has played a vital role in the near-eradication of polio, bringing hope to millions of children. It empowers communities to access clean water, supports literacy programs that open doors to new opportunities, and funds scholarships for future leaders committed to a life of service. Each grant, project, and act of generosity fortifies the chain of compassion that connects Rotarians around the globe.

Investing in Humanity

Supporting The Rotary Foundation transcends simple philanthropy; it is an investment in humanity itself. Every contribution enables Rotarians to respond swiftly to crises, sustain long-term development projects, and nurture the next generation of leaders dedicated to service above self. The Foundation's dedication to transparency ensures that donations are used effectively, yielding measurable results and accountability.

As Rotary members and friends, the call to contribute is a rallying cry for action. It offers a chance to extend compassion beyond borders and join a global movement that uplifts lives. Whether through personal donations, club initiatives, or community fundraising efforts, every action strengthens the Foundation's mission and amplifies Rotary's impact.

A Shared Responsibility

Let this serve as a reminder that the power to create change lies within each of us. By supporting The Rotary Foundation, we help build a world where hope flourishes, peace prevails, and service illuminates the path forward. Each donation is an investment in hope, transforming compassion into action and ideals into tangible results. As members of this global family, we share the responsibility to uphold the Foundation's mission. By giving generously, let us reaffirm our commitment to a world where service knows no boundaries and kindness reigns supreme.

The Role of Charity in Community Building

Giving to charity plays a vital role in nurturing stronger, more compassionate communities. Charitable contributions not only aid those in need but also cultivate a sense of unity, empathy, and collective responsibility among community members.

When individuals contribute to charitable causes, they promote a culture of care and collaboration. Donations, whether financial or in-kind, bring people together around shared goals, such as alleviating poverty, enhancing education, or improving healthcare. This collective effort strengthens social bonds and fosters mutual respect within the community.

Let this be a clarion call—to give, to inspire, and to create a future where Rotary's light continues to shine brightly. Together, through The Rotary Foundation, we hold the power to change lives within our grasp.

President

Rtn.Murali M Achuthan

Immediate Past President

Rtn G. Vijendran

President Elect

Rtn. Dr. V Thiagarajan

Secretary

Rtn.M.V.Mukundhan

Joint Secretary

Rtn C H Sudarsanam

Treasurer

Rtn G.S.Suresh

Sergeant At Arms

Rtn M.R.Sudharshan

Directors

Club Service

Rtn.Ezhilarasi

Community Development

Rtn.R.Seralathan

Community Health

Rtn.Dr.V.Thiagarajan

Vocational Service

Rtn.Dr.Sabitha Ramakrishnan

International Service

Rtn.Vaishnavi Deepak Shankar

Youth Service

Rtn T.Narayani

Chairmen

Membership

Rtn Mari Selvamohan

Foundation

Rtn A C Boopathy

Club Mentor

Rtn.R.Venkataraman

RI President's Message

Rtn. Francesco Arezzo
President, Rotary International

**Let us give with gratitude**

This November, as we celebrate The Rotary Foundation, I invite you to consider not only what we give but why we give. The Foundation is more than a fund for projects. It is the beating heart of our promise that service, rooted in trust and friendship, can create lasting change.

Our Action Plan calls us to increase our impact, and the Foundation is how we make this vision real. Since 1988, Rotary and our partners have immunised nearly three billion children against polio. We have committed more than \$2.6 billion to this cause, and last year alone we directed \$146 million toward the final push for eradication. These numbers are significant, but the true impact is not in statistics — it is in the lives of children who will never again fear polio. It is in the hope restored to families and the peace built in communities once defined by disease.

But polio is only one story among many. Each year, Rotary Peace Centers train new generations of leaders who will transform conflict into dialogue and division into understanding. In 2023–24, nearly 100 new fellows began their studies, continuing a legacy of more than 1,800 peacebuilders from over 140 countries. When we invest in them, we are planting seeds of peace that will bear fruit for decades to come.

The Foundation also touches lives through district and global grants, supporting projects large and small. A clean water well for a rural community, scholarships for young professionals, medical care in the wake of disaster — these are not temporary gestures, but steps toward dignity, resilience and opportunity. This is how Rotary service becomes lasting impact. And when natural disasters strike, our Foundation allows Rotary to act quickly with disaster response grants.

Our Foundation is not about what we can do alone but what we can do together. Each contribution, no matter its size, joins with others to create a collective act of faith in humanity and in the future.

The last mile of any great journey is always the hardest. We see this in our final steps toward ending polio, in our work for peace, and in every project that seeks to lift people out of despair. Yet every time we give, we declare that our work will continue regardless of the challenge.

This November, let us give with gratitude, with joy, and with hope. Through our Foundation, we *Unite for Good*, and in doing so, we leave behind not only projects but a legacy of peace, trust and *Service Above Self*.



The Rotary Foundation has received a four-star rating -the highest level possible - for the 17th consecutive year from Charity Navigator, an independent charity evaluator in the United States

District Governor's Message

Rtn. D. Devendran
RI District 3233

**A Season of Celebration & Service**

October has truly been one of the most vibrant and fulfilling months in our Rotary journey this year. I am deeply moved to see how our clubs embraced the spirit of Diwali — celebrating together, engaging members, and making every club meeting a festival of fellowship. Your energy and enthusiasm perfectly mirror my vision of creating vibrant, inclusive clubs that radiate positivity and purpose.

A special mention goes to our heartwarming Golden Seniors' Diwali Celebrations, where over 1000 seniors rejoiced with us across the district. It was an iconic event — a shining example of how compassion and connection make Rotary truly timeless.

Our Polio Fundraising Drive has gathered tremendous momentum. With the collective strength of our clubs, the Rotary family, and corporate partners, we are marching confidently towards our ambitious goal of ₹6 crores — a commitment that echoes Rotary's global promise to end polio forever.

Our Rotary Olympiad brought out the best in sportsmanship and youth spirit, benefiting more than 1400 students, while Thaiyal Nayagi empowered over 200 women with education and entrepreneurial support — a true celebration of dignity and self-reliance.

As we now prepare for Valar Pirai 2.0, I'm excited to welcome our Green Rotarians — members inducted in the last three years — into a deeper understanding of Rotary's values, ensuring they grow into informed and lifelong Rotarians.

October may have been spectacular, but in Rotary, we never pause. As we step into November — The Rotary Foundation Month, let us rededicate ourselves to giving more, so that we may serve more. Together, let us keep the lamp of Rotary glowing bright — spreading light, love, and lasting change in every community we touch.

Let us unite for good.

Congrats to Ann Soumya Ramnarayan

During the National Meet of the Innerwheel Conference "AIKYAM," which took place in Kolhapur from November 21 to 23, 2025, the national finals of the singing competition were conducted. Ann. Soumya, the spouse of Beehivian Rtn Ramnarayan, achieved the title of **Second Runner-Up**.



It is not in numbers, but in Unity, that our great strength lies



Club President's Message

Rtn Murali M Achuthan, RC Chennai Beehives



Together we can achieve what we cannot do alone.

Greetings to All Beehivians. As we approach the end of the year, I want to highlight November's Rotary theme, which focuses on the foundation and contributions to Polio. As many of you know, the Rotary Foundation serves as the cornerstone and heartbeat of our organization, funding much of its international charitable work. It's only fitting that we dedicate a month to this important cause.

Our club has consistently supported the foundation, thanks to the commitment of some very active and dedicated members. Our founder, RV Sir, is a major level 2 contributor to the foundation. He has also generously volunteered to cover 50 percent of contributions to the Paul Harris Fellow for any club member. This is a wonderful opportunity to be part of a noble cause. I encourage you to take advantage of this offer, especially since November is the month dedicated to the foundation. Additionally, I will sponsor two members with 50 percent of contributions towards becoming a Paul Harris Fellow (PHF). Please think about this option and become a PHF.

If becoming a PHF feels unattainable, I urge you to contribute whatever you can to the Polio initiative, as Rotary aims to completely eradicate this disease, now in its final phase. Even small contributions, when combined, can significantly help us close out this last and challenging mile.

November brings vibrant colors as winter approaches, with many trees shedding their leaves to start anew. As club members, let's inspire one another to bring about new beginnings in someone's life in whatever way we can.

Our district is also organizing many fun and engaging activities for members, fostering friendship and camaraderie while creating a sense of belonging and purpose within the organization. I encourage all members to participate, as this will also help increase our club's visibility within the district.

Thank you, and let's remember that together we can achieve what we cannot do alone.

RC Chennai Beehives Annual General Meeting 2025, notified



A Date of AGM : Sunday, 21 December 2025 ; Time: 0930 am onwards

G Venue : BM Hospital premises, Thillaiganaga Nagar, Nanganallaur, Chennai 600061

Notification and Nomination form sent to the latest available email address of each member

M Administrative business in AGM

Meeting Minutes: Review and adopt the minutes from the previous AGM.

Financial Review: Approve the audited financial accounts from the past year.

Officer Elections: Elect Board Members for the Rotary Year 2026-27

Attendance in AGM is mandatory. All members are requested to attend the meeting punctually. Presence and participation of every member are vital for the effective functioning and progress of the Club. Notification & Nomination form published elsewhere in this issue.

Rtn M V Mukundhan, Secretary
Rotary Club of Chennai Beehives



President Murali on tour abroad. His whatsapp message

Dear Friends,

I will be away from Chennai for more than a month, starting tomorrow the 28.12.2025, evening.

I asked Vijendran our IPP to stand in for me during my absence. He has agreed, so please feel free to contact him in case anything is needed. I am always available on phone or Whatsapp anytime if needed.

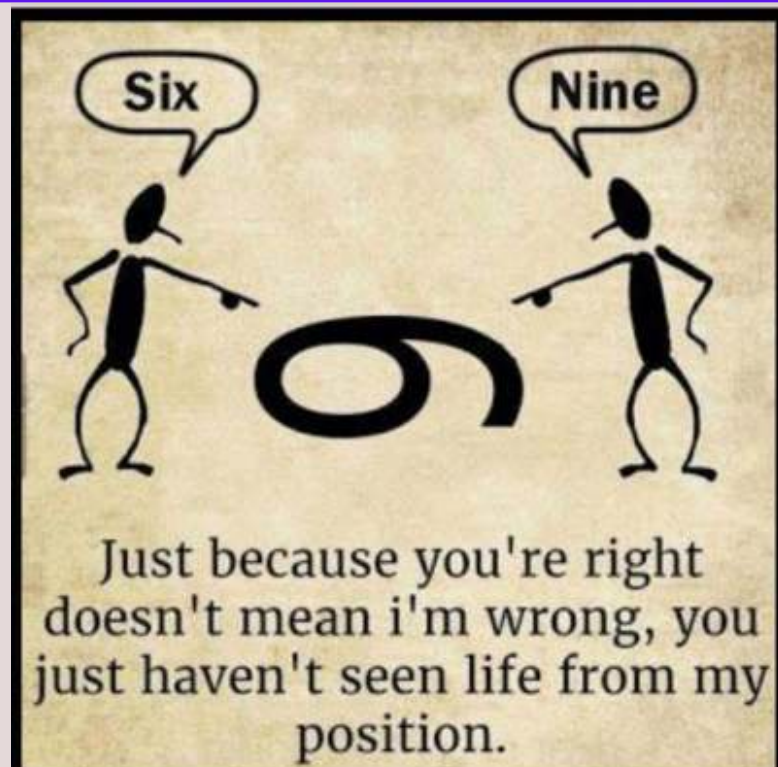
Thank you. See you in a while...

LIFE TODAY

@successpictures

FREE BOOK

FREE WIFI



Coming together is a beginning, staying together is progress, and working together is success

A G M Notification



Rotary Club of Chennai Beehives

Club No: 90682

Chartered on: 07.01.2020

Rtn Murali Achuthan
President
Mob: 98415 42314

Rtn MV Mukundhan
Secretary
Mob: 9444145473

Rtn GS Suresh
Treasurer
Mob: 9884972835

21st November 2025

Notification

In accordance with the provisions contained under Article II, Section 5 of the Constitution and Article 3, Section 2 of the Bye Laws of Rotary Club of Chennai Beehives, **NOTICE** is hereby given for convening the **SIXTH** Annual General Meeting of the club on **21st December 2025 at 9.30 A.M.** The meeting will be held at **B.M. HOSPITAL, EASTERN BLOCK, GROUND FLOOR, 5th MAIN ROAD, THILLAI GANGA NAGAR, NANGANALLUR, CHENNAI-61.**

It is further noted that in this Annual General Meeting, Election for the following positions of the Club Office Bearers/Directors , for the Rotary Year 2026-2027, will take place in accordance with the provisions/by-laws of the club.

1. President (already selected in the previous AGM, there will be no election for this post)
2. President Elect (2027-28)
3. Secretary
4. Joint Secretary
5. Treasurer
6. Sergeant –at-arms
7. Director - Club Service
8. Director – Community Service Development
9. Director – Community Service Health
10. Director – Vocational Service
11. Director – International Service
12. Director – Youth Service
13. Chairman – Membership Development
14. Chairman – Foundation

Nominations are invited from the Members of the Club, who fulfill the conditions stipulated under Article 3, Section 5 of the Club's Bye Law for the above-mentioned positions, in the prescribed format (copy of the nomination form is annexed).

Duly filled in and signed nomination forms may please be forwarded to Rtn MV Mukundhan, Secretary of the Club on or before 14.12.2025. Last date for withdrawal of nomination is 19.12.2025.

Nominations, if any, may also be submitted by members on the floor of the house on the date of the meeting.

Rtn Dr. V.Thiagarajan, currently Director- Community Service Health will be the presiding officer for conducting the Election.

Rtn Murali Achuthan
President

Rtn MV Mukundhan
Secretary

Candidate Nomination Form



Rotary Club of Chennai Beehives

Club No: 90682

Chartered on: 07.01.2020

Rtn Murali Achuthan
President
Mob: 98415 42314

Rtn MV Mukundhan
Secretary
Mob: 9444145473

Rtn GS Suresh
Treasurer
Mob: 9884972835

Nomination Form

1. Name of the Nominee :
2. Nomination for the Position of :
3. Name of the Proposer :
4. Name of the Seconder :
5. Signature of the Proposer :
6. Signature of the Seconder :

Acceptance of the Candidate

I, hereby agree with my nomination for the position of
..... in Rotary Club of Chennai Beehives for
the Rotary Year 2026-2027.

Signature of the Nominee :

Date:

To be filled by the Election Officer

Nomination made in this Form is Accepted / Rejected :

Remarks of the Election officer, if any :

Nominee in this form is elected / not elected for the position for which nomination is made in this Form.

Signature of the Election officer



Know About Rotary

Learn about Rotary &
Lead Your Club



The Four-Way Test is an ethical guideline for Rotarians and others to apply to their thoughts, words, and actions. Created by Herbert J. Taylor.

The test consists of four questions:

**"Is it the truth?",
"Is it fair to all concerned?",
"Will it build goodwill and better friendships?", and
"Will it be beneficial to all concerned?"**

Good decisions don't just happen.

Ask yourself these 4 questions:



1. Is it the TRUTH
2. Is it FAIR to All Concerned?
3. Will it build GOODWILL and Better friendships?
4. Will it be BENEFICIAL to All Concerned?

The above 24 word code of ethics was adopted by Rotary as Four Way Test in 1943 and has been translated into more than 100 languages and published in thousands of ways.

Four Way Test serves as a moral compass for making decisions in both personal and professional life and is used to promote ethical conduct, build character, and find mutually beneficial solutions to problems.

About the Four-Way Test

Origin:

Created by Herbert J. Taylor in 1932 to save his company from bankruptcy, it was adopted by Rotary International in 1943.

Purpose:

To provide a simple, memorable guide for ethical decision-making and behavior in all aspects of life.

Application:

It can be used for everything from personal interactions and business decisions to club activities and public policy.

Method:

The test encourages individuals to think through the potential consequences of their actions by examining them against the four questions. It does not provide the answers but stimulates creative and effective solutions.

Guideline, not judgment:

It is intended as a tool for self-reflection and a framework for problem-solving, not as a means to judge others.

The Four Questions

Is it the truth?

This question emphasizes honesty and factual accuracy in one's thoughts, words, and actions.

Is it fair to all concerned?

This question promotes impartiality and ensures that a decision or action does not unfairly advantage one party over another.

Will it build goodwill and better friendships?

This principle encourages actions that foster positive relationships, trust, and mutual respect.

Will it be beneficial to all concerned?

This final question assesses whether the outcome will positively impact everyone involved, creating a win-win situation rather than a zero-sum game where one person's gain is another's loss.

Ethics is knowing the difference between what you have a right to do and what is right to do



Attendance in Club Meeting & Projects is Key and vital for Club's growth

By Rtn R Venkataraman, Club Mentor

The Importance of Active Participation in Rotary Club : Engaging in weekly Rotary Club meetings and participating in projects is essential for personal development, effective service, and fostering the spirit of Rotary. Regular involvement not only strengthens the club but also amplifies its positive impact on society. Consistent attendance at Rotary Club meetings is not just a formality; it is the lifeblood of our organization. These gatherings allow us to connect, collaborate, and generate the ideas that drive our service initiatives.

Building Relationships and Enhancing Knowledge : Weekly meetings reinforce relationships among members, promoting trust, friendship, and teamwork. They provide a platform for connecting with fellow Rotarians, business leaders, and community members, fostering relationships that extend beyond the club. Regular attendance keeps members informed about ongoing and upcoming projects, club events, and significant Rotary initiatives, along with updates from speakers and club leaders. Additionally, these meetings serve as an opportunity for members to hone their leadership, communication, and organizational skills, increasing their ability to make a meaningful impact. Active participation ensures that every member's voice is heard and contributes to the club's direction and initiatives.

The Necessity of Attendance : Attendance is crucial for decision-making, project updates, and aligning efforts toward shared goals. Regular participation signifies a commitment to Rotary's principles of "Service Above Self." Meetings often feature guest speakers and discussions that deepen members' understanding of community and global issues.

The Advantages of Engagement

Members develop confidence, leadership experience, and exposure to diverse viewpoints.

Connections are made among individuals from various professions, paving the way for collaboration and mentorship.

Active involvement in projects enables members to effect significant change in local and international communities.

Engaging actively fosters a sense of pride, accomplishment, and recognition within the Rotary community.

The Power of Project Participation : Rotary's strength is rooted in its impactful projects. When members actively engage, we enhance our ability to serve both our community and beyond. Here's how your involvement makes a difference:

Direct Impact: Participate in hands-on projects addressing critical community needs, from food drives to environmental cleanups.

Skill Development: Volunteering on projects provides opportunities to learn new skills, refine existing talents, and contribute your expertise to a cause you are passionate about.

Community Visibility: Successful projects elevate Rotary's profile in our community, attracting new members and increasing our service capacity.

Personal Fulfillment: Experience the joy of making a tangible difference in others' lives, knowing your efforts contribute to a better world.

Building a Stronger Rotary Community : Active engagement in Rotary is vital for a thriving and vibrant club. When members attend meetings, participate in projects, and share their ideas, we cultivate a stronger sense of community and collective purpose.

Here's how your involvement enhances our club:

A lively club attracts and retains members who are passionate about service and dedicated to making a difference.

Active participation promotes teamwork, allowing us to harness our collective expertise and resources for greater impact.

An engaged club is better equipped to tackle complex challenges and create lasting positive change in our community and beyond.

Through regular interaction and shared experiences, we build enduring friendships and a supportive network of like-minded individuals.

Take Action Today! : Commit to attending upcoming Rotary Club meetings and explore ways to engage in our diverse range of projects. Your involvement is vital to our success and will enrich your life in countless ways. Together, we can continue to make a positive difference in our community and the world!

Miss not attending our club's Meetings.

Join in Club Project activities

**Encourage and strengthen the hands of
your club Leaders with your
participation**



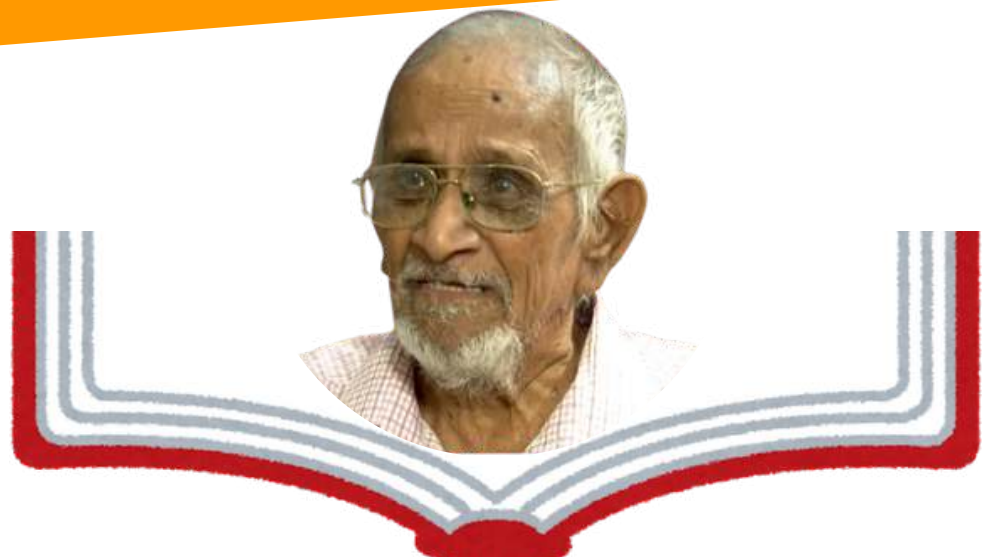
Meetings of Other Clubs

You can make up at Rotary clubs all around the world, which allows you to:

- ☐ Meet a new group of Rotarians
- ☐ Observe how another club operates
- ☐ Share information about your club
- ☐ Make international contacts for club projects

In organisational activities, be present, be engaged, and watch your knowledge grow.

Beehives Buzz – Dedication Note



This issue of Beehives Buzz is dedicated to the doyen, Dr. Gopalie – a visionary who played a pivotal role in launching Doordarshan in Tamil Nadu. Beyond his remarkable contributions to broadcasting, Dr. Gopalie was an inspiring artist and teacher whose guidance shaped the journeys of many leading cine stars, as well as countless drama and theatre artists. His legacy continues to shine through the performances of those he mentored, who today captivate audiences across diverse media platforms.

Dr Gopalie & His Spouse

Dr. K. S. Narayanaswami (affectionately known as **Dr.Gopalie**), a highly respected figure from Doordarshan Tamil, was a beloved personality among his family and is deeply missed by all who knew him. He passed away on November 17, 2025.

Born in Kulitalai, Trichy District, Dr. Gopalie excelled in his studies, completing his BA in English Literature at St. Joseph's College, Trichy, as a merit scholar alongside Dr. A.P.J. Abdul Kalam, with whom he graduated. Following his graduation, he joined the National School of Drama in New Delhi as part of its inaugural batch, receiving training under Ebrahim Alkazi and graduating with a Diploma in Dramatic Arts.

Upon invitation from the South Indian Film Chamber of Commerce, he became a Professor in the Tamil section at the Institute of Film Acting, where he designed and directed Ibsen's "A Doll's House" in Tamil with his students. During this time, he was also selected to join All India Radio, Madras, where he introduced a segment on Western music.

When the Ministry of Information and Broadcasting initiated the establishment of Doordarshan Kendra in Madras, he played a pivotal role in launching several Doordarshan Kendras across Tamil Nadu. Dr. Gopalie continued his academic pursuits, completing his MA in English Literature, as well as his Doctorate and Post-Doctorate in an interdisciplinary field combining Theatre and English Literature.

Invited by the Singapore Government, he assisted in establishing the Tamil Section at the Singapore Broadcasting Corporation. He is credited with teaching today's stars, including Rajinikanth, Chiranjeevi, Rajiv Narain, and Bose Sudhakar, along with numerous drama and theatre artists who continue to entertain audiences through various media. Additionally, he co-founded Madras Players with Mr. P.C. Ramakrishnan and produced the first play, "Yayati," written by Girish Karnad.

Dr.Gopalie is survived by his spouse, daughter, son, and grandchildren. He was a devoted parent, grandparent, and sibling, cherishing every moment spent with his family, and was a great friend to all who will miss him dearly.

Admired for his commitment to Tamil broadcasting, Dr. Gopalie's warm presence touched countless viewers over the years. His contributions to the realms of media and culture will be remembered with deep respect and affection.

Our heartfelt condolences go out to his daughter, Rtn. Vaishnavi, and PP Deepak Shankar, along with his family, friends, and colleagues during this time of profound loss.

Dr Gopalie working with Actor Sanjeev Kumar



Cricketers Kapildav & Sivaramakrishnan in a film shooting "Un Idaththil Nan" directed by Dr Gopalie. One of the podisu is Rtn Vaishnavi



Views of a Drama directed by Dr Gopalie



Rtn Vaishnavi , Annette Kauveri with Sri P.C.Ramakrishna of Madras Players



Dr Gopalie with Actor/Directo Bose Venkat



[Click here to view Rajinikanth's tribute to Dr Gopalie](#)



[Click here to view the TV Interview by Dr Gopalie](#)



STOMACH SPEAKING

A Friendly Talk by Your Stomach

**I am your Stomach, the silent worker inside your abdomen
but today, I've decided to speak!**

**By Rtn Dr.V.Thiagarajan, Director-Community Service-Health,
Rotary Club of Chennai Beehives**



My Best Friend - The Oesophagus:

Every day, I team up with my BEST FRIEND & long partner, the Oesophagus, to help you enjoy your favorite idli, dosa, coffee, or biryani. The moment you swallow food, your Oesophagus – the muscular food pipe – gently pushes it down into me. This journey takes just a few seconds.

If You eat too fast, talk while eating, or swallow without chewing properly, poor Oesophagus has to work extra hard! Sometimes, acid from me creeps upward, irritating him – that's called Acid Reflux or GERD (Gastro-Oesophageal Reflux Disease). You might feel it as a burning sensation in your chest or sour fluid in your throat – what you often call "heartburn." It's not your heart's fault; it's me trying to tell you to slow down, eat properly, and avoid overloading me with spicy or oily food.

Inside My World

Once food enters,, I churn it like a washing machine, mixing it with strong digestive juices containing acid that helps digest food and kills germs and enzymes to turn it into energy for your body. But when produced in excess or when my lining becomes weak, problems begin.

But lately, I've been feeling a bit upset! Many of you are rushing through meals, skipping breakfast, or swallowing food with your phones in hand. Some even lie down immediately after eating or overload me with spicy, oily treats. That's when I protest – with acidity, heartburn, bloating, or indigestion.

When I Get Irritated – Gastritis

If you skip meals, eat irregularly, or take painkillers too often, my inner lining becomes inflamed. That's called Gastritis. You may feel burning, nausea, bloating, or a heavy sensation after meals.

My simple requests are: Eat on time, Avoid excessive coffee, tea, or spicy food., Don't smoke or drink alcohol, Manage stress – it increases acid too! Sometimes, a small germ called Helicobacter pylori (H. pylori) infects me and causes chronic gastritis or even ulcers.

My Cry for Help – Peptic Ulcer

When the acid damages my inner wall, a wound forms – that's a Peptic Ulcer.

You may feel pain in the upper abdomen, especially when the stomach is empty, or you may vomit blood or pass black stools if the ulcer bleeds.

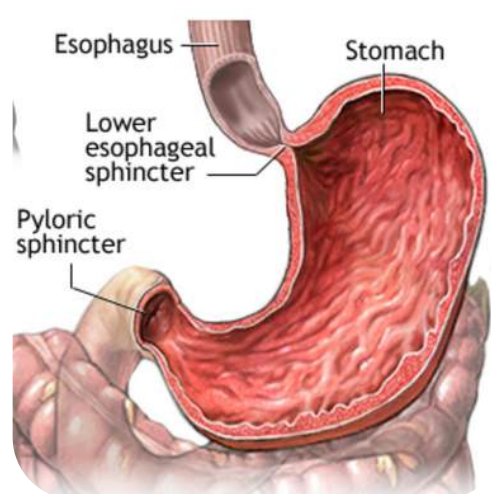
Ulcers are often due to: Infection by H. pylori, Irregular meals, Excess painkiller use, Stress and smoking.

These can be treated effectively with medicines – so don't ignore persistent pain or indigestion.

The Silent Enemy – Cancer of the Stomach

Long-standing ulcers, chronic gastritis, and smoking can sometimes lead to Stomach Cancer. It starts silently – with loss of appetite, early fullness, or weight loss – and is often missed until late.

Early diagnosis saves lives. If you have persistent stomach symptoms, don't self-medicate – get a simple endoscopy. It's a short, safe test that shows how I really look inside.



My Daily Plea

Please remember: I am your loyal servant, not your dustbin. Here's what keeps me happy:

- ✓ Eat slowly and chew well.
- ✓ Take small, frequent meals.
- ✓ Drink water between meals, not during.
- ✓ Avoid lying down immediately after food.
- ✓ Walk a few minutes after eating.
- ✓ Sleep with your head slightly raised if you have reflux.
- ✓ Take medicines only as prescribed by your doctor.



And above all, manage your mind – tension and anxiety directly affect me.



My Final Words

**Take care of me, and I will take care of you for a lifetime.
Because a "Healthy Stomach" means a "Healthy Mind and Body."**



With Love, Your Stomach



பப்பாளி பழம், நம் பங்காளி ஆகட்டும்! ஆரோக்கியத்திற்கு ஒரு இயற்கை பரிசு -



பப்பாளி, இயற்கையின் சுவையான பழங்களில் ஒன்று, தமிழ்நாட்டில் பரவலாக கிடைக்கும் ஒரு சத்தான உணவு. இது சுவையாக இருப்பது மட்டுமல்லாமல், உடல் ஆரோக்கியத்திற்கு பல நன்மைகளை வழங்குகிறது. பப்பாளியை உங்கள் உணவில் சேர்ப்பது உங்கள் நலவாழ்வை மேம்படுத்துவதற்கு ஒரு எளிய வழியாகும். இந்த கட்டுரையில், papaya benefits in Tamil பற்றி விரிவாக பேசுவோம், இதன் சத்துக்கள், ஆரோக்கிய நன்மைகள் மற்றும் இதை உங்கள் வாழ்க்கையில் எவ்வாறு இணைத்துக்கொள்ளலாம் என்பதைப் பற்றி ஆராய்வோம்.

பப்பாளியின் ஊட்டச்சத்து மதிப்பு

ஏராளமான ஊட்டச்சத்துக்கள் மற்றும் ஆரோக்கிய நன்மைகள் நிறைந்த ஒரு அற்புதமான பப்பாளி ஒரு சத்து நிறைந்த பழமாகும். இதில் வைட்டமின் C, வைட்டமின் A, வைட்டமின் E, மற்றும் B வைட்டமின்கள் உள்ளன. மேலும், இதில் நார்ச்சத்து, பொட்டாசியம், மக்னீசியம் மற்றும் ஆன்டி-ஆக்ஸிடன்ட்கள் நிறைந்துள்ளன.

ஒரு நடுத்தர அளவு பப்பாளியில் (சுமார் 150-200 கிராம்) உள்ள சத்துக்கள்: 60-70 கலோரிகள் வைட்டமின் C: ஒரு நாளின் தேவையை விட அதிகம் (100%+ RDA), பப்பாளி பழத்தில் வைட்டமின்கள்: வைட்டமின் ஏ, வைட்டமின் சி, வைட்டமின் ஈ மற்றும் வைட்டமின் கே; கால்சியம், மெக்னீசியம், பொட்டாசியம், இரும்பு மற்றும் தாமிரம்; செரிமானத்திற்கு உதவும் அதிகப்படியான நார்ச்சத்துக்கள். பீட்டா கரோட்டின், ஃபிளாவனாய்டுகள், பாலிபினால்கள் மற்றும் கரோட்டினாய்டுகள் போன்ற சக்திவாய்ந்த ஆன்டி-ஆக்ஸிடன்ட்கள். பாப்பேன் (Papain) போன்ற செரிமான நொதிகள் ஆகிய ஊட்டச்சத்துக்கள் நிறைந்துள்ளன.

ஆரோக்கிய நன்மைகள்

செரிமானத்தை மேம்படுத்துதல்: பப்பாளியில் உள்ள 'பாப்பேன்' (Papain) என்னும் நொதி புரதச் செரிமானத்திற்கு உதவுகிறது. இதில் உள்ள நார்ச்சத்து மலச்சிக்கல் மற்றும் அஜீரணக் கோளாறுகளைத் தடுக்கிறது.

எடை இழப்பு: பப்பாளியில் கலோரிகள் மிகக் குறைவு மற்றும் நார்ச்சத்து அதிகம். இது வயிற்றை நீண்ட நேரம் நிரம்பச் செய்து, பசியுணர்வைக் கட்டுப்படுத்த உதவுகிறது, இதனால் எடை மேலாண்மைக்குச் சிறந்தது.

இதய ஆரோக்கியம்: பப்பாளியில் உள்ள பொட்டாசியம், நார்ச்சத்து மற்றும் வைட்டமின்கள் இரத்த அழுத்தத்தைக் கட்டுப்படுத்தவும், கெட்ட கொழுப்பின் (கொலஸ்ட்ரால்) அளவைக் குறைக்கவும் உதவுகின்றன. இது இதய நோய் அபாயத்தைக் குறைக்கிறது.

நோய் எதிர்ப்பு சக்தியை அதிகரித்தல்: இதில் அதிக அளவில் உள்ள வைட்டமின் சி, இரத்த வெள்ளை அணுக்களின் உற்பத்தியைத் தூண்டி, உடலின் நோயெதிர்ப்புச் சக்தியை மேம்படுத்துகிறது.

சரும ஆரோக்கியம்: பப்பாளியில் உள்ள வைட்டமின் ஏ, சி, ஈ மற்றும் ஆன்டி-ஆக்ஸிடன்ட்கள் சரும சுருக்கங்கள், வயதான தோற்றம் ஆகியவற்றைத் தடுத்து, முகப்பொலிவை மேம்படுத்த உதவுகின்றன.

கண் பார்வை: வைட்டமின் ஏ சத்து அதிகமாக இருப்பதால், இது கண் ஆரோக்கியத்திற்கு நல்லது மற்றும் கண்பார்வை கோளாறுகளைக் குறைக்க உதவும்.

புற்றுநோய் எதிர்ப்பு பண்புகள்: பப்பாளியில் உள்ள கரோட்டின் மற்றும் சில ஆன்டி-ஆக்ஸிடன்ட்கள் புற்றுநோய் ஏற்படும் அபாயத்தைக் குறைப்பதாக சில ஆய்வுகள் தெரிவிக்கின்றன.

மாதவிடாய் வலி நிவாரணம்: பப்பாளிக்காயைச் சமைத்து உண்பது அல்லது பப்பாளிப் பழம் சாப்பிடுவது மாதவிடாய் காலங்களில் ஏற்படும் வயிற்று வலி மற்றும் தசை பிடிப்புகளைக் குறைக்க உதவும்.

கல்லீரல் ஆரோக்கியம்: பப்பாளி கல்லீரலில் உள்ள நச்சுகளை வெளியேற்றி, கல்லீரல் செயல்பாட்டை மேம்படுத்த உதவுகிறது.

முக்கிய குறிப்பு

கர்ப்பிணிப் பெண்கள் பப்பாளி (குறிப்பாக பச்சைக் காய்) சாப்பிடுவதைத் தவிர்க்க வேண்டும், ஏனெனில் அது சில பக்க விளைவுகளை ஏற்படுத்தக்கூடும்.

இந்த பழத்தின் விதைகளில் மக்னீசியம், பொட்டாசியம், நார்ச்சத்துக்கள் போன்றவற்றுடன், பீட்டா கரோட்டின், கரோட்டினாய்டுகள் போன்றவைகளும் உள்ளன. இப்படிப்பட்ட பப்பாளி பழத்தை தினசரி உணவில் சேர்த்து வந்தால், உடலினுள் நல்ல மாற்றங்களைக் காணலாம்.

நீங்கள் உடல் எடையை அல்லது தொப்பையைக் குறைக்க முயற்சித்துக் கொண்டிருக்கிறீர்களா? அப்படியானால் உங்களின் காலை உணவாக 1 கப் பப்பாளியை தினமும் சாப்பிடுங்கள்

Sow a thought, and you reap an act; sow an act, and you reap a habit; sow a habit, and you reap a character; sow a character, and you reap a destiny



Recipe



Uchelu Chatni Recipe



இட்லி தோசைக்கு தேங்காய் சட்னி, கார சட்னி, தக்காளி சட்னி என்று செய்து போரடித்துவிட்டதா? சற்று வித்தியாசமான சுவையில் ஏதாவது சட்னியை செய்ய நினைக்கிறீர்களா? உங்கள் வீட்டில் கொஞ்சம் எள் உள்ளதா?



தேவையானப் பொருட்கள்: -

3 ஸ்பூன் எள் விதைகள் -

1/4 கப் துருவிய தேங்காய் -

3 வரமிளகாய் -

2 முதல் 3 பல் பூண்டு -

1/4 கப் கொத்தமல்லி இலைகள் -

1 சிட்டிகை சர்க்கரை -

உப்பு தேவையான அளவு

செய்முறை

தாளிக்க: -

1 டீஸ்பூன் எண்ணெய் -

1/2 டீஸ்பூன் கடுகு -

1 கொத்து கறிவேப்பிலை -

2 வர மிளகாய்

முதலில் எள் விதைகளை ஒரு கடாயில் மிதமான தீயில் ஒரு நிமிடம் வறுக்கவும். எள் ஒருபோதும் தீய்ந்து விடக்கூடாது, இல்லையெனில் சட்னி கசந்து விடும்.

சட்னியில் போட்டு அரைப்பதற்கு முன்பு சிறிது நேரம் குளிர்விக்க வாணலியை ஒதுக்கி வைக்கவும்.

பின்னர் மிக்சியில் துருவிய தேங்காய், பூண்டு, வரமிளகாய், கொத்தமல்லி, சர்க்கரை மற்றும் தேவையான அளவு உப்பு சேர்த்து தண்ணீர் சேர்க்காமல் முதலில் அரைக்கவும்.

பின்னர் வறுத்த எள் மற்றும் தேவையான அளவு தண்ணீர் சேர்த்து மென்மையாக அரைக்கவும்.

இந்த சட்னி கெட்டியாகத்தான் இருக்க வேண்டும். எனவே சிறிது தண்ணீர் மட்டும் சேர்க்கவும்.

மிக்சியில் இருக்கும் சட்னியை ஒரு கிண்ணத்திற்கு மாற்றவும்.

சட்னியை தாளிக்க ஒரு கடாயை குறைந்த தீயில் வைத்து ஒரு ஸ்பூன் எண்ணெய் ஊற்றவும்.

எண்ணெய் காய்ந்ததும் அதில் கடுகு சேர்த்து தாளிக்கவும். - கடுகு பொரிந்ததும், கறிவேப்பிலை மற்றும் சிவப்பு மிளகாயைச் சேர்த்து தாளித்து சட்னி மீது கொட்டினால் உச்செலு சட்னி ரெடி.

இந்த உச்செலு சட்னி கர்நாடகாவில் பிரபல உணவுகளாக இருக்கும் அக்கி ரொட்டி, ஜோவர் ரொட்டி போன்றவற்றுடனும் நம்முடைய இட்லி, தோசையுடன் சேர்த்து சாப்பிடவும் அருமையாக இருக்கும்.

Murungai Keerai Thogayal Recipe | Drumstick Leaves Chutney

Ingredients

2 cups Murungai Keerai, stems removed

3 tablespoons Chana dal

2 tablespoons White Urad Dal (Split)

3 Dry Red Chillies, adjust to taste

3 tablespoons Fresh coconut, grated

20 grams Tamarind, lemon sized

Salt, as required

For Tempering

2 teaspoons Oil

1/2 teaspoons Mustard seeds

1/2 teaspoon Cumin seeds (Jeera)

1 teaspoon White Urad Dal (Split)

1 sprig Curry leaves

10 Cashew nuts, broken

1.To begin making Murungai Keerai Thogayal Recipe, get all the ingredients together for easy cooking.

2.First prepare the Drumstick Leaves. Carefully pluck the drumstick leaves from their stalks, discarding any tough stems. Rinse the leaves thoroughly in running water to remove dirt or grit. Shake off excess water and keep the leaves aside.

3.Next roast the Lentils and Chillies. Heat a heavy-bottomed pan over a medium flame. Add the chana dal, urad dal, and dry red chillies. Stir continuously so they roast evenly. When the lentils turn golden brown and release a toasty aroma, it's time to move to the next step.

4.Add Tamarind, Drumstick Leaves & Asafoetida. Stir gently for a few seconds.

5.Sauté until the leaves shrink in volume and appear softened. This usually takes a couple of minutes.

6.Turn off the heat and allow the mixture to cool to room temperature.

7.Next step is to grind into a smooth paste. Transfer the cooled Murungai Keerai Thogayal mixture to a blender.

8.Add the fresh coconut, required salt, and a small amount of water to help with blending.

9.Grind until you get a smooth but slightly coarse thogayal consistency. If the paste is too thick, add a little more water in small increments. Once done, transfer to a serving bowl and keep aside.

10.To prepare the tempering, in a small tadka (tempering) pan, heat 2 teaspoons of oil over a medium flame.

11.Add the mustard seeds, cumin seeds and urad dal. Allow the seeds to splutter and the dal to turn golden brown and crisp.

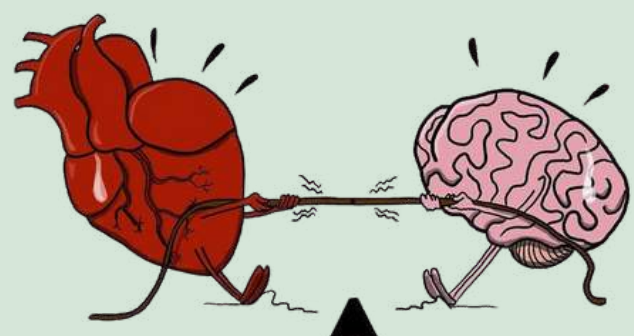
12.Next, toss in the cashew nuts. Stir-fry them briefly until they turn light golden.

13Finally, add the curry leaves and let them crackle for a few seconds. Switch off the heat and pour this fragrant tempering over the freshly ground thogayal.

14.Gently mix the tempering into the Murungai Keerai Thogayal Recipe (Drumstick Leaves Chutney). Serve the thogayal piping hot or at room temperature with steamed rice and a spoonful of homemade ghee.

15.Enjoy this flavorful recipe as part of your everyday meal or even for a special lunch spread.

Choice is yours



All beautiful things start from heart. All bad things start from mind. So never let the mind rule your heart, let the heart rule your mind.

A Recipe has no soul. You as the cook must bring soul to the Recipe

Whatsapp Group -- Guidelines to help everyone know what to expect.



When dealing with groups, practicing good etiquette is always a good idea.

While WhatsApp and other group chat methods are convenient ways to distribute information quickly, they can also become overwhelming and cause people to leave or tune out important messages. Here are some helpful tips to keep your group chat running smoothly. Follow these guidelines to ensure you are not nuisance in your chat. Respecting each other's time will keep the chat a happy and positive place for everyone.

Before posting, ask yourself these three questions:

Is this relevant and on topic?

Is this information necessary for hundreds of people in the chat right now?

Is this a good time to post?

Do's and Dont's

Stay on topic and avoid sharing irrelevant messages.

"To keep this group focused, avoid posting long stories. Keep messages short and to the point in the group to make it easier for everyone to follow? Try to be mindful of everyone's time and avoid lengthy messages in the group chat."

Think before you post, and avoid responding hastily. Consider sleeping on it.

Check if the information is available online before posting. Use the chat to ask questions that cannot be found online or by contacting directly.

Avoid spamming the group. If you want to share memes, business promos, family pictures, etc., create another chat specifically for that purpose and invite others to join.

Post your message in one single chunk of text, and do not repost the same information multiple times.

Avoid responding with separate thumbs up, prayer hands, "done," and checkmarks. If there is a call to action, assume everyone in the group is participating and only respond if necessary. Consider just liking the message if warranted rather than writing comments, checkmarks, etc.

Avoid one-on-one conversations in the group. Switch to private messages.

Refrain from posting in the group between 10:00 PM and 7:00 AM, except in emergencies.

When someone asks for a positive response like an RSVP, only reply if you can attend. If you cannot attend, do not respond.

If someone asks a question to the group and you do not know the answer, do not respond with "I don't know." Wait for someone who knows the answer to reply.

Avoid sending a hundred "thank you" messages. If you want to express gratitude, tell the person in a private message.

If someone asks a question, do not respond if someone else has already answered, or respond directly to the person in a private message if you have pertinent information to add.

Avoid using the group as a political platform. Do not argue, express heated opinions, or spread fear-mongering or fake news. Verify sources before sharing.

Never use the group to berate someone or air grievances. Address the relevant person separately.

Do not criticize the group leader or members. The chat was not created for the purpose, and it can cause trouble. Take grievances to the proper channels or discuss them with friends separately.

Giving up doesn't always mean you're weak, sometimes it means you are strong enough and smart enough to let go and move on.

Following Rotarians, Anns & Annettes
celebrated their birth day during November 2025.



Wishes from
Beehivians

on 5.11.2025

Annette Sruthi d/o Rtn. Ramnarayan
Annette Bargavi d/o Rtn.MV Badrinarayanan

on 21.11.2025

Rtn R.Seralathan, Rtn V Srinivasan,
Annette Celsia Margaret d/o Rtn.Collins Manford

on 24.11.2025

Annette Vidhayalakshmi d/o Rtn R Seralathan Rtn Ezhilarasi

30.11.2025

Rtn Boopathy



Wedding Anniversary Wishes from Beehivians

HAPPY
ANNIVERSARY



Celebrated on 1.11.2025
Rtn Dr VT & Ann Dr Vasundhara
Rtn Boopathy & Ann Nageswari

Celebrated on 5.11.2025
Rtn.Ramnarayan & Ann

Celebrated on 9.11.2025
Rtn M V Badrinarayanan & Ann

Celebrated on 17.11.2025
Rtn R Venkataraman & Ann Bhanumathi



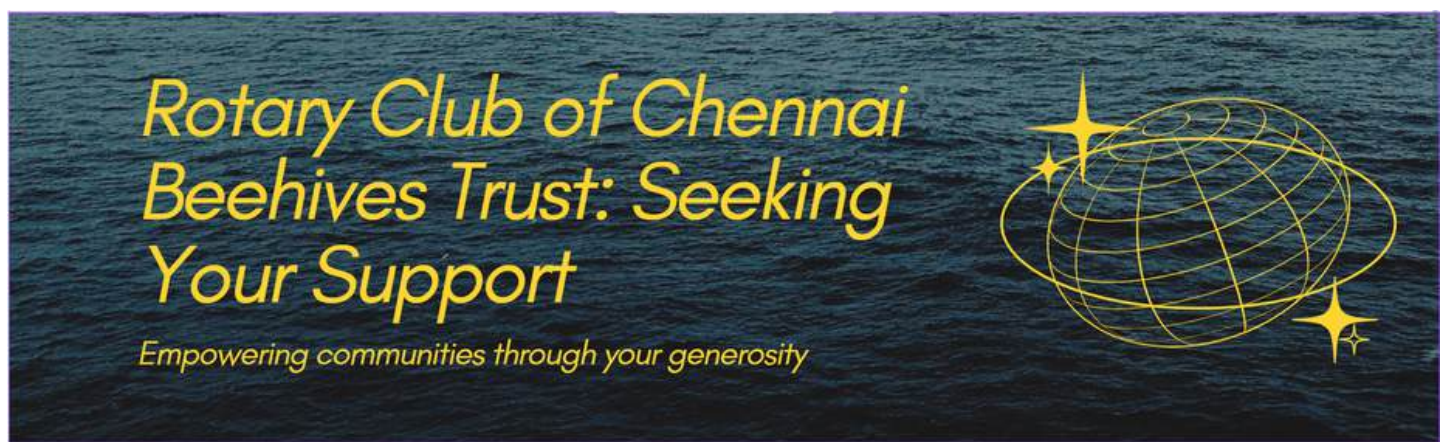
Birth Day / Wedding Day Celebration during December 2025

Birth Day

Ann Deepak Shankar h/o Rtn Vaishnavi
Rtn C H Sudarsanam
Ann Sanjulaakshmai, w/o Rtn K K Panigrahi

Wedding Day

Rtn Collins Manford & Ann Susan



Esteemed Donors and Philanthropists,

We at The Rotary Club of Chennai Beehives Trust extend a warm greeting and a sincere invitation to join us in our mission to uplift and empower communities across Chennai. For years, we have been dedicated to providing impactful community service through various initiatives, addressing critical needs and fostering sustainable development.

This document outlines our vision, achievements, and the urgent need for your support to amplify our impact. We believe that by partnering with you, we can collectively create a brighter future for those less fortunate.

The Rotary Club of Chennai Beehives Trust is committed to:

Providing Clean Water and Sanitation: Addressing water scarcity and promoting hygiene to prevent waterborne diseases.

Supporting Education: Enhancing access to quality education, providing scholarships, and improving school infrastructure.

Promoting Healthcare: Organizing health camps, raising awareness about preventive healthcare, and supporting medical facilities.

Empowering Communities: Implementing sustainable livelihood programs, promoting vocational training, and fostering self-reliance.

Environmental Stewardship: Promoting sustainable practices and conservation efforts to protect our planet.

Our core values of service, integrity, fellowship, diversity, and leadership guide every action we take and ensure that your contributions are utilized effectively and ethically.

Your generous donations directly translate into tangible improvements in the lives of individuals and communities. These are just a few examples of the transformative power of your contributions. Every rupee donated is meticulously allocated to ensure maximum impact and lasting change.

All donations to The Rotary Club of Chennai Beehives Trust are carefully managed and directed towards our community service projects. We maintain complete transparency and accountability in our financial operations.

We are committed to ensuring that your donations are used wisely and efficiently to maximize their impact.

We invite you to partner with The Rotary Club of Chennai Beehives Trust and become a catalyst for positive change. Your support, regardless of the size, will make a significant difference in the lives of countless individuals and families.

Contributions by Cheque or DD may be drawn in favour of "The Rotary Club of Chennai Beehives Trust"

Online transfers may be made to
 Beneficiary :The Rotary Club of Chennai Beehives Trust
 Bank & Branch : IDBI Bank, Nanganallur Branch
 Account details : SB Account no: 0735104000052137
 IFSC Code : IBKL0000735

please visit our website at <https://www.rccbeehivetrust.org>

We are confident that together, we can create a more equitable and prosperous society for all.

Thank you for considering our request and for your commitment to community service.

Sincerely,
 The Rotary Club of Chennai Beehives Trust

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