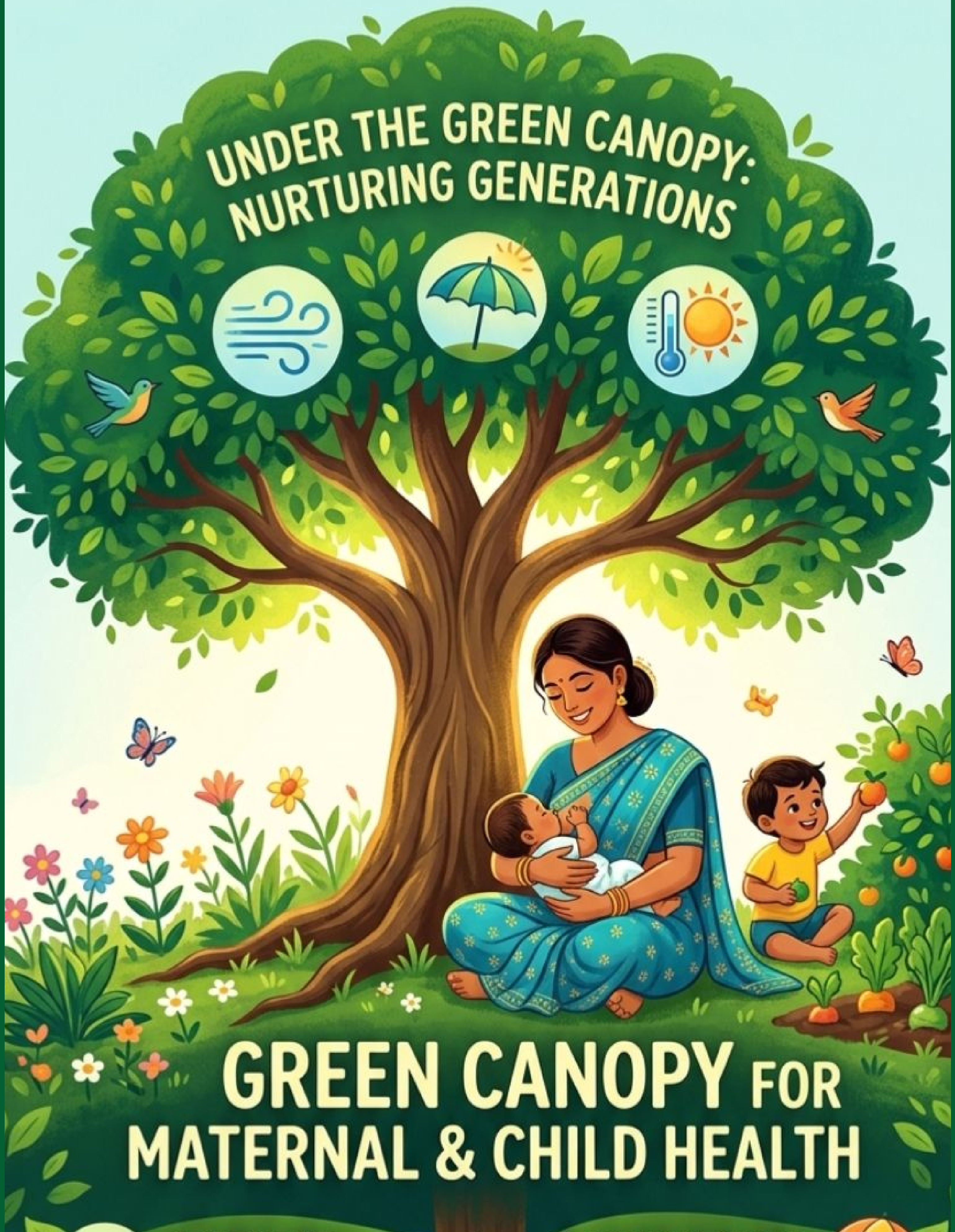


UNDER THE GREEN CANOPY: NURTURING GENERATIONS



GREEN CANOPY FOR MATERNAL & CHILD HEALTH



Strengthening Our Roots

A message on our shared commitment

A tree can only grow as high as its roots are deep.



A Quick Reflection as We Prepare for the Upcoming Rotary Year. As we get ready for the next Rotary Year, I'd like to take a moment for a brief reflection.

It's often said that *service begins at home,* and for us, that home is our Club, where we proudly belong. This is the space that has fostered our growth and given us a platform. While it's fantastic to witness our members actively engaging in District matters, we must remember our duty to our Club—and to each other—to channel that same enthusiasm and those resources back to our own table.

As we look forward to the exciting District initiatives on the horizon, now is a perfect time to reflect on what underpins those larger achievements: the strength of our home Club.

It's easy to be swept away by the thrill of major District events, but we must not forget that our Home Club is our primary responsibility. The growth of our local community relies on each of us being present, sharing our talents, and investing our energy right here at home.

While serving at the District level is a commendable and vital endeavor, we must always remember that our Home Club is the cornerstone of everything we accomplish. It's where we build our community, share our foundational resources, and create the local impact that defines who we are.

Let's renew our commitment to attend our meetings, participate in local activities, and invest our unique experiences back into our "home" first.

By ensuring our foundation is robust, we amplify our collective voice when we engage with the larger District. Let's prioritize our roots through our involvement in club meetings, projects, and all other events.



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

Count on preparation, not luck

Rtn. Francesco Arezzo



RI President,

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Not long ago, in a small health center in the village of Aaye in southwest Nigeria, a woman arrived in labor carrying twins. The facility was short-staffed. The nurse midwife in charge was not present.

A community health worker stepped forward. She had participated in Together for Healthy Families in Nigeria, a Rotary Foundation Programs of Scale initiative. And though she was not formally trained as a midwife, she was equipped with essential emergency obstetric skills.

Count on preparation, not luck Not long ago, in a small health center in the village of Aaye in southwest Nigeria, a woman arrived in labor carrying twins. The facility was short-staffed. The nurse midwife in charge was not present.

A community health worker stepped forward. She had participated in Together for Healthy Families in Nigeria, a Rotary Foundation Programs of Scale initiative. And though she was not formally trained as a midwife, she was equipped with essential emergency obstetric skills.

Hours later, both babies had been delivered, one at the health center and the other at a general hospital, where the mother had been referred after complications were quickly identified. The newborns and their mother were alive and safe. Women around the world face similar circumstances every day – moments when the difference between life and loss depends on well-trained medical staff and reliable systems and procedures.

Together for Healthy Families in Nigeria exists to increase the chances that those moments end in hope. By strengthening health systems and training frontline workers, this program helps communities protect mothers and children even when circumstances are difficult.

This work reflects the very heart of Rotary service. Service is not only what we do when conditions are ideal. It is what we do when systems are strained, resources are limited, and the need is urgent. It is the commitment to prepare people before a crisis arrives and to stand with communities when it does.

Maternal and child health is not an abstract goal. It is deeply personal. It is a mother who survives childbirth. It is a newborn who takes a first breath. It is a family that remains whole because someone was trained, ready, and cared enough to act. Rotary understands that service means investing in people and systems long before they are tested.

Programs like Together for Healthy Families in Nigeria show what is possible when Rotary brings together local knowledge, global partnerships, and sustainable solutions. By working alongside health professionals and local leaders, Rotary helps ensure that lifesaving care does not depend on luck or location.

The story of the mother and her twins is at its core a story of service. It is a reminder that Rotary's impact is measured in human moments when people step forward to help others in their most vulnerable hours. When we Unite for Good, service becomes more than an ideal. It becomes a lifeline for families, a source of strength for communities, and a promise that Rotary will continue to go wherever help is needed most.

Key decisions from the 2025 COL that impact the 2026-27 year

Council on Legislation (COL), held in Chicago, introduced several pivotal changes to Rotary's governing documents. While most enactments go into effect on July 1, 2025, they directly shape the operational landscape and financial requirements for the Rotary Year 2026-27 and beyond.

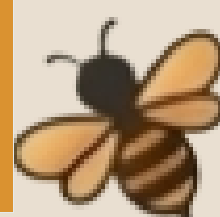
Financial and Membership Changes

- **Rotary International Dues Increase:** To ensure long-term financial sustainability, the Council approved a phased increase in per capita dues. For the 2026-27 year, dues will rise to US\$42.75 per half year (US\$85.50 annually).
- **Reduced Charter Requirements:** The minimum number of members required to charter a new Rotary or Rotaract club was lowered from 20 to 15 members.
- **Removal of Admission Fees:** References to admission fees were officially removed from the bylaws to promote a more modern image of the organization.
- **Club/Member Termination Power:** The RI Board has enhanced power to suspend or terminate clubs or members who misuse Rotary Foundation funds or breach stewardship policies.

Operational and Governance Flexibility

- **Optional District Conferences:** Holding an annual district conference is no longer mandatory, granting districts more flexibility in how they engage members.
- **Renaming Training Events:** To reflect a shift toward a learning culture, the Presidents-elect Training Seminar (PETS) was renamed the Presidents-elect Learning Seminar, and the District Training Assembly was renamed the Club Leadership Learning Seminar.

You can't rely on luck to win; you must create the opportunity through preparation.





From Promise to Performance

My dear Friends, As we move steadily toward the closing stretch of this Rotary year, my heart is filled with gratitude and pride. Over the past nine months, you have truly lived our theme—Unite for Good. Through your dedication, energy, and commitment, you have created a meaningful impact across communities and made this journey a remarkable Rotary experience.

Now, we stand at a defining moment. With just over 80 days remaining, this is not the time to slow down—it is the time to refocus. I urge each one of you to revisit the commitments you made at the beginning of the year—to your club, to the district, and most importantly, to yourself. Reflect on the goals you set on Rotary.org. Not as numbers on a dashboard, but as promises of impact.

Because in Rotary, we do not measure success by intention—we measure it by delivery. I would also like to especially appreciate the clubs that actively participated in the 50:50 Annual Fund Challenge and made our district proud. Your contribution reflects not just generosity, but a deep commitment to Rotary's global mission.

As we look ahead, I request every club to take part in the Polio Fund Challenge—a contribution of ₹1000 by 100% of members—during the Immunization Week celebrations from April 20 to 24. This is more than a campaign; it is our continued promise to a polio-free world.

Two areas now call for your focused action—Membership and The Rotary Foundation (TRF). These are not mere metrics; they are the pillars that define the strength, sustainability, and global image of our district. Every new member expands our reach, and every contribution strengthens our impact.

Let us remember—our duty is not complete until we fulfill what we have committed. And I know each one of you is here to deliver, not just participate.

I also invite you to come together for Golden Sparrow 2.0, led by Rtn. Dhakshayini. Let us celebrate the women who strengthen our Rotary family.

I encourage you to register in large numbers and ensure strong participation from your clubs. My dear Rotarians, this is our final stretch. Let us move forward with renewed energy, sharper focus, and unwavering commitment. Let us unite for good and finish strong.



Rtn D Devendran
District Governor

**DISTRICT
GOVERNOR
MESSAGE**

Message from Rtn Murali Achuthan RC Beehives President



April's president message is one of precaution; Chennai is slowly getting into hotter months. Keep yourself hydrated and protect yourself from direct heat. As the months progress, it will get really hot.

April is also the New Year in many states. I wish everyone a new beginning and a happy New Year.

Environment service is the theme for April, aligning with Earth Day on April 22nd. We, as a species, have been expanding and progressing by leaps and bounds. As part of this progress, we consume and destroy many of our natural resources. We should strike a balance and preserve our environment for future generations. We keep borrowing from our younger generation, and we have a responsibility to preserve some for them.

Rotary has a lot of projects that are community-based ecological projects. As a club, we will participate in one of these projects which will have a long-term community impact and sustainability.

We should also collaborate with other clubs in executing projects and conducting our meetings. This will help us execute more sustainable projects and meetings that are attended by many more members.

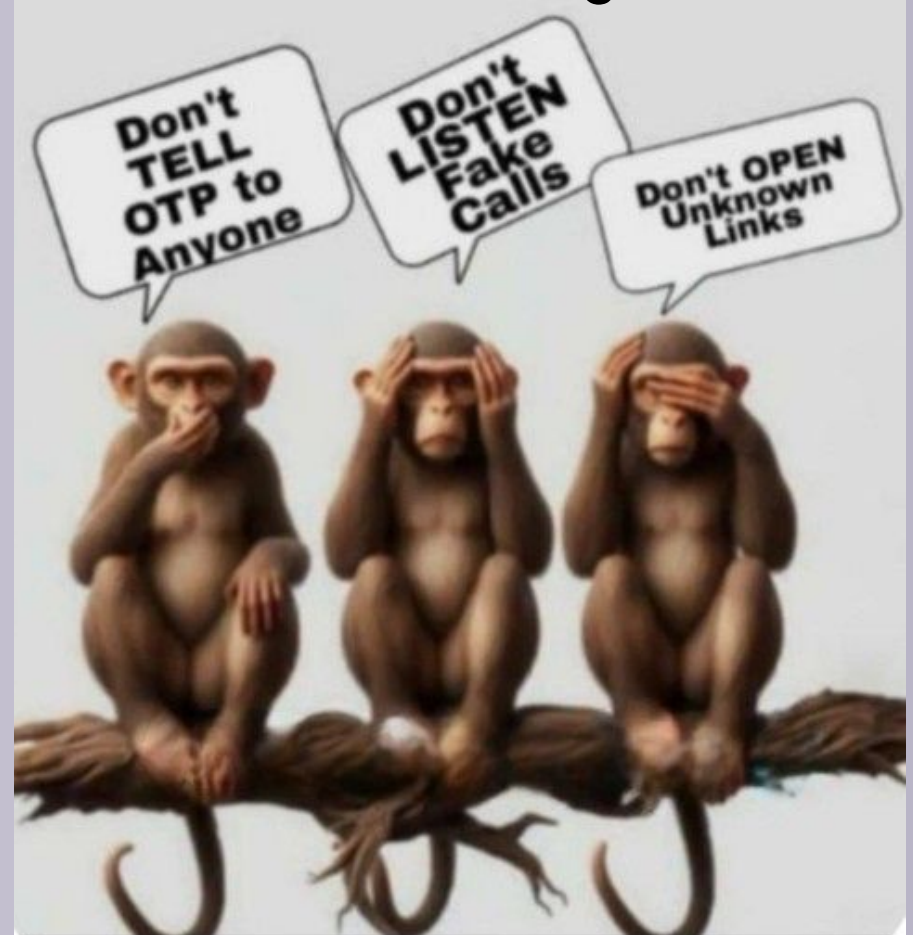
April is also an election month; please take that civic responsibility and cast your vote. Each and every person's vote counts; it is your constitutional right.

5 Things You Can't Recover In Life;

- 1) A stone after it's thrown.
- 2) A word after it's said.
- 3) An occasion after it's missed.
- 4) Time after it's gone.
- 5) Trust after it's lost.



Old 3 Monkeys with New Message





The Importance of Environmental Protection for Maternal and Child Health

The Impact of Environmental Risks on Mothers and Children

Mothers and children frequently share the same environmental spaces, making them equally vulnerable to local hazards.

Pregnant women experience significant metabolic and immunological changes, heightening their sensitivity to toxins.

Children, relative to their body weight, consume a greater amount of air, water, and food than adults, resulting in a higher proportional intake of pollutants. Their developing immune and nervous systems are less capable of repairing damage caused by toxic exposures. Exposure to environmental toxins during pregnancy can alter a child's genetic and epigenetic programming, increasing the likelihood of chronic diseases later in life, such as asthma, obesity, and cardiovascular conditions.

Environmental Degradation and Its Threats

Environmental degradation poses direct threats to the health of mothers and infants through various channels:

It is linked to negative outcomes, including preterm birth, low birth weight, and stillbirth.

It can trigger childhood asthma and hinder neurodevelopment.

Contaminated water sources lead to diarrheal diseases, which are a leading cause of child mortality, underscoring the need to protect safe water systems for maternal health and successful breastfeeding.

Extreme heat and natural disasters amplify the risks of gestational diabetes, preeclampsia, and maternal mental health challenges. Climate-induced food insecurity also worsens malnutrition and stunted growth in children.

Exposure to heavy metals like lead and mercury, along with endocrine-disrupting chemicals (EDCs) found in plastics, can cause irreversible neurological damage and developmental delays.

A Holistic Approach to Maternal and Child Health

To effectively promote maternal and child health, a comprehensive approach that extends beyond clinical care to include environmental stewardship is vital.

Transitioning to cleaner household fuels can decrease indoor air pollution, safeguarding mothers and infants who spend considerable time indoors.

Investing in public parks and gardens encourages physical activity, boosts children's mental development, and fosters social connections.

Healthcare providers should integrate environmental risk assessments into standard prenatal and pediatric care to assist families in recognizing and minimizing toxic exposures.

Enhancing regulations concerning industrial emissions and waste management is essential to alleviate the global burden of environmentally related diseases in children.



Ensure that the beauty of the natural world is preserved for future generations".



President Elects Learning Seminar

President Elect 26-27 Rtn Dr VT & First Lady 26-27 participated in the event



The Rotary International District 3233 President-Elect Learning Seminar (PELS) 2026 was recently held in Bangkok, Thailand, concluding in early April 2026. Rtn Dr V Thiagarajan, President Elect of our club, participated in the seminar.

Led by District Governor Elect Rtn Shriram Duvvuri, the seminar served as a pivotal training ground for incoming club presidents for the 2026-2027 Rotary Year.

The seminar focused on the incoming Rotary Theme "MAKE LASTING IMPACT," emphasizing a shift from merely chasing membership numbers to building sustainable, purpose-driven clubs.

DGE Shriram Duvvuri outlined an ambitious Vision 2030 plan, which includes a target of 1,000 new members for the district, with a primary focus on membership retention as the foundation for growth. Building on the district's recent achievement as global number two in membership growth, the long-term vision is to push membership toward the 6,000 mark.

For the upcoming 2026-27 Rotary Year, he has established a strategic roadmap centered on sustainable growth and member engagement under the theme "Make Lasting Impact." The district aims to shift from simply attending to participating, encouraging clubs to create friendship-centered environments where relationships flourish alongside service.

The event featured distinguished leaders, including RI Director and incoming Vice President Rtn A K S Muruganandham, who shared insights on strengthening Rotary's global and local influence.

Over 200 Rotarians from RI District 3233, primarily Presidents-Elect and incoming district leaders, attended the intensive learning sessions in Bangkok.

The seminar was closely aligned with the Vision 2030 Regional Membership Summit, organized jointly with Districts 3231 and 3234 to foster inter-district collaboration.

The Bangkok seminar was the "grand finale" of a phased learning journey.



Secretary Elects Learning Seminar

Secretary Elect 26-27 Rtn.Harikrishnan.M participated in the event



An essential training event for incoming club officers, namely, secretary elects, was held in Mysuru from 10 April to 12 April 2026. This Secretary Elects Learning Seminar is a key component of the district leadership development, preparing secretaries for the upcoming 2026-27 Rotary Year under the leadership of District Governor Elect Rtn Shriram Duvvuri.

The seminar aimed to equip Secretary Elects with the necessary tools, administrative knowledge, and leadership skills required to manage their respective clubs effectively during the next Rotary Year.

The event aligned with the district's vision for the 2026-27 year, focusing on continuity and "Setting the Stage" for impactful service.

Dedicated sessions were held on the specific roles and responsibilities of a club secretary, including reporting to Rotary International and maintaining club records. Workshops led by senior district leaders focused on goal setting and implementing the district's strategic vision at the club level.

The seminar was conducted under the guidance of top district officials. DGE provided the vision for the upcoming year. DG Devendran ensured a smooth transition between leadership teams.

Supported by stalwart mentors including PDG Rtn ISAK Nazar, District Counselor 26-27, and PDG Rtn R Srinivasan, District Learning Facilitator 26-27. Insights on conflict management and club engagement were shared by both of them.

The seminar focused on operational excellence for 26-27, imparting training on using digital platforms, maintaining membership records, attendance, and reporting. Guidelines for ensuring club goals and service activities were accurately recorded with Rotary International were also provided.

The three-day event provided an opportunity for incoming secretaries from across the district to build professional networks and exchange best practices.



Leaders become great, not because of their power, but because of their ability to empower others.

Weekly Meeting Report

The weekly meeting of RC Chennai Beehives took place on 12 April 2026, presided over by Club President Rtn. Murali Achuthan. Following the President's welcome and introductory remarks, the Club Secretary shared key announcements and extended warm birthday and wedding anniversary wishes to the members of the Beehives family. President-elect Rtn. Dr. V. Thiagarajan addressed the meeting, sharing insights on "Creating Lasting Impact: My Journey from PELS" (President Elects Learning Seminar).

The report presented outlines the strategic vision for the 2026-27 Rotary Year, focusing on aligning district efforts with the global mission to move beyond short-term change toward sustainable results.

District Theme

"Start, Rise, Deliver." Theme aligned with the RI President's theme of "Creating a Lasting Impact." Three-stage framework: Start – begin with intent and drive; every impact begins with action, Rise – rise above limits, lead together, raise the bar, Deliver – deliver real change, lasting impact, fulfill community promise.

District Conference

Conference name: "Saptaswara" (themed around the number 7). Conference name inspired by Lord Ram's 7 virtues of leadership plus Rotary's 7 areas of focus; Sa = Sanitation & Water | Ri = Removal of Disease | Ga = Galvanizing Community Economy | Ma = Mother & Child Health | Pa = Protection & World Peace | Dha = Developing a Better Environment | Ni = Need for Basics.

District Project

Project Sanjeevani (AED Initiative - Automatic External Defibrillator (AED) deployment across public spaces).

Project Sponsored by DG's wife, Shalini (First Lady); named "Sanjeevani" (life-saving, Ramayana reference).

Cost: ₹2.5 lakhs per machine.

Deployment targets: Government offices, suburban stations, metro stations, government parks, high-footfall public areas.

Agreement to be signed with the government for supply.

Triple benefit model: Health project impact, Public image / Rotary branding at high-visibility locations.

Beehives Public Image Project



The Rotary Club (RC) of Chennai Beehives has initiated a campaign to boost voter participation in the Greater Chennai Corporation for the Tamil Nadu Assembly Election, which is set for Thursday, April 23, 2026. Their proactive Public Image Project, titled "Your Vote–Your Right," aims to raise voter awareness and encourage a 100% turnout for the upcoming elections.

Engaging Voters Effectively

To promote high voter engagement, the club has created bilingual signboards featuring the slogan "Your Vote–Your Right / உங்கள் வாக்கு உங்கள் உரிமை," along with the important election date. These signs are strategically positioned at the main entrances of private homes and apartment complexes to effectively reach a broader audience within Greater Chennai neighborhoods.

This initiative serves as a reminder for eligible citizens to exercise their voting rights and participate actively in the democratic process. It is part of a city-wide awareness campaign designed to enhance voter knowledge and encourage maximum participation in the upcoming Tamil Nadu Assembly Elections. By placing these placards at high-traffic residential gates, the project ensures daily visibility among urban voters in their own communities.

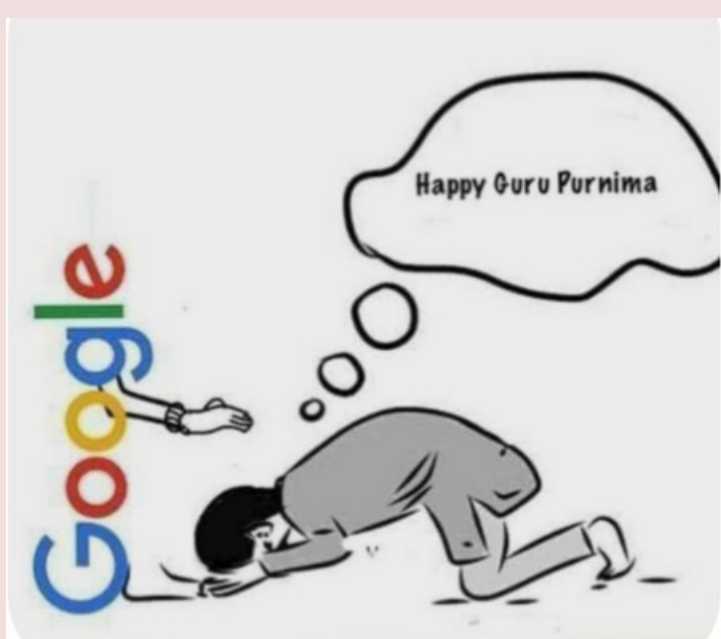
Key Features of the Campaign

Each signboard prominently displays the election date alongside an image of an inked finger, the universal symbol of exercising the right to vote.

Focusing on 500 apartment complexes and flats, the project targets the urban electorate, effectively delivering the message of civic responsibility directly to residential areas.

As a Public Image Project, it not only serves the community but also boosts the visibility of the Rotary Club of Chennai Beehives and its dedication to national and social causes.

This campaign aligns with broader state-wide initiatives, such as the SVEEP (Systematic Voters' Education and Electoral Participation) program, which aims to achieve 100% voter turnout.





CLIP "On Wheels"

Club Leaders Internship Program "



The Club Leaders Internship Program "On Wheels" provides an innovative mobile leadership training experience where the entire internship journey—including training, collaboration, and project execution—takes place in a specially equipped van or mobile unit during May 2026. This program aims to empower Club Officers, Directors of Avenues of Service, and Chairs of Foundation, Membership, and Public Image within the club.

This creative approach seeks to deliver high-quality leadership development directly within various communities, fostering a fast-paced and high-stakes environment for interns.

Core Features of the "On Wheels" Program

Mobile Classroom & Hub

The van serves as a true "office on wheels," outfitted with hands-on training and presentation tools, creating a space for interns to strategize and learn effectively.

Community Outreach

Interns travel to diverse locations to implement social projects and connect with local stakeholders, breaking free from the limitations of a fixed office environment.

Immersive Learning

The compact, mobile nature of the van promotes teamwork and adaptability, allowing leaders to manage resources and logistics while on the go.

Accessibility

This model enables the program to reach underserved areas that lack permanent leadership centers, providing professional development opportunities to youth across various locations.

Program Activities Typically Include

On-the-Go Workshops

Skills training in management, public speaking, and project planning conducted while traveling or stationed at different sites.

Field Assignments

Real-time problem-solving during visits to various community stops.

Leadership Shadowing

Opportunities to engage with and learn from community and business leaders in their own environments.

This groundbreaking model distinguishes itself from traditional internships by emphasizing agility and direct community engagement rather than a stationary office experience.

The program will commence with:

- Group prayer and reflection on Ethical Leadership and the Four-Way Test
- Informal introductions among interns and mentors
- Leading effective meetings and goal setting for the President
- Record keeping and RI reporting for the Secretary
- Budgeting and financial transparency for the Treasurer
- Meeting decorum and protocol for the Sergeant at Arms
- Enhancing member engagement and conducting successful meetings for the Club Service Director
- Identifying and executing projects based on local needs for Community Development and Community Health Directors
- Ethics and global partnerships for Vocational and International Service Directors
- Empowering Interact/Rotaract for the Youth Service Director
- Extension and retention of membership for the Membership Chairman
- Contributions to the Foundation for the Foundation Chairman
- Public Image activities for the Public Image Chairman

Additionally, there will be a Social Service Site Visit for real-world observation of community needs and active project management, followed by a lead discussion and Q&A with local leaders on sustainability and community engagement.

Grow through what you go through. Your future self will thank you

Co-Designing the Rotary Experience: Shaping the Future of Rotary Club of Chennai Beehives

By Rtn R Venkataraman

At the Rotary Club of Chennai Beehives, our hive's strength is rooted in the active involvement of every member. Co-designing our Rotary experience means shifting away from a "top-down" leadership approach and inviting each member to play a role in architecting the club's journey.

What is Co-Design?

Co-design involves engaging all stakeholders—our members—in the development process to ensure that the outcomes align with their genuine needs and aspirations. For the Beehives, this means your voice directly influences our service projects, meeting formats, and fellowship activities.

Why Member Involvement Matters

1. **Shared Ownership:** When you participate in designing a project, you become more invested in its success.
2. **Diverse Innovation:** With members from various professional backgrounds, blending these distinct perspectives fosters creative solutions for community service.
3. **Personal Fulfillment:** Customizing the club experience to align with your passions transforms Rotary into a source of personal growth and professional satisfaction, rather than just another obligation.

How We can Co-Design Beehives

Ideation Sprints: Open forums during meetings where members brainstorm new initiatives to positively impact Chennai, ranging from environmental projects to youth mentorship.

Feedback Loops: Regular check-ins to assess what's working. If a particular meeting style isn't resonating, we adapt together.

Interest-Based Committees: Members lead "mini-hives" based on their specific skills (e.g., technology, public relations, or hands-on volunteering), ensuring that everyone can contribute according to their strengths.

By co-designing our journey, the Rotary Club of Chennai Beehives guarantees that we remain a vibrant, inclusive, and impactful community. We don't just join Rotary; we actively build it.

Brainstorming frameworks or feedback tools to implement this co-design process during your next board meeting?

Implementing a Co-Design Process

To effectively establish a co-design process for the Rotary Club of Chennai Beehives, structured frameworks and digital feedback tools can be utilized to capture and translate every member's perspective into actionable steps.

Brainstorming Frameworks for Board Meetings : Enhance your discussions with these collaborative methods:

Reverse Brainstorming: Instead of asking, "How can we improve member engagement?", inquire, "How could we make a member want to leave?" Identifying these "blockers" allows the board to proactively design solutions to eliminate them.

Refine existing club traditions by:

- Substituting a meeting venue.
- Combining a social event with a service project.
- Adapting a successful project from another club.
- Modifying the meeting frequency or format.

Brainwriting: To prevent "groupthink" where only the loudest voices are heard, have everyone jot down three ideas on slips of paper. The slips can be passed around for others to enhance before discussing them as a group.

Stakeholder Round Robin: Divide the board into "perspectives" (e.g., New Members, Senior Members, Potential Partners). Each group brainstorms specifically from that viewpoint to ensure the club experience remains inclusive.

Feedback & Co-Design Tools : Utilize these tools to gather real-time insights from the broader "Beehive" membership:

Surveys & Sentiment Tracking:

- **SurveyMonkey or Google Forms:** Ideal for "Start, Stop, Continue" surveys to gauge what members value and wish to change.
- **Mentimeter:** Excellent for live polling during meetings to gain instant consensus on project ideas or social themes.

Visual Collaboration Platforms:

- **Mural or Miro:** For remote board members, these digital whiteboards can map out the "Member Journey" from onboarding to leadership.
- **Padlet:** Create a "digital suggestion box" for members to post ideas and "like" others' suggestions throughout the month.

Stakeholder Mapping: Use tools like *Simply Stakeholders* to track which community partners (NGOs, local businesses) the Beehives should collaborate with on service projects.

Implementation Tip: The "Yes, And..." Rule

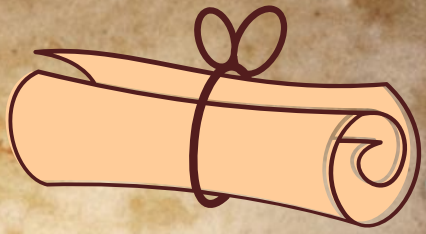
Embrace a "no judgment" policy during the initial ideation phase. Encourage board members to build on each other's ideas rather than critiquing them immediately. This approach fosters a safe environment for innovative ideas that could shape the club's future

Problems are a part of life, facing them is an art of life



Beehives Buzz

April 2026



10



Rotary Governance Documents

Know Rotary!



Rotary International (RI) is governed by a hierarchical set of documents that define its structure, mission, and operating procedures. These documents are primarily managed and updated through the Council on Legislation, which meets every three years to consider changes proposed by clubs and districts.

Constitutional Documents

These are the foundational documents of the organization and can only be amended by the Council on Legislation.

Constitution of Rotary International: Establishes the purpose and basic framework of RI.

Bylaws of Rotary International: Provides more detailed rules for the administration of RI, its officers, and its meetings.

Standard Rotary Club Constitution: The mandatory constitution that every club admitted to RI membership must adopt to ensure uniformity across the organization.

Manual of Procedure (MOP)

The Manual of Procedure is a comprehensive guide published every three years following the Council on Legislation. It serves as a concise version of all Rotary policies and procedures relevant to club and district leaders.

Key Contents: Includes the constitutional documents, the Rotary Code of Policies, and guidance on the structure of zones and districts.

Usage: It acts as the official reference for international meetings, the mission of The Rotary Foundation, and RI's strategic plan.

Codes of Policies

These documents compile all general and permanent policies established by the governing boards.

Rotary Code of Policies: A compilation of RI Board decisions and permanent policies. It is updated after each RI Board meeting and Council session.

The Rotary Foundation Code of Policies: A separate document containing policies specifically for the Trustees of The Rotary Foundation.

Club-Level Governance: While clubs must follow the Standard Constitution, they have flexibility in other areas:

Recommended Rotary Club Bylaws: A template that clubs can tailor to their specific needs, provided the changes do not conflict with the RI Constitution or Bylaws.

Rotaract Governance

Similar to Rotary clubs, Rotaract clubs use a Standard Rotaract Club Constitution and may adopt recommended bylaws.

Proposals for Changes to Rotary's Constitutional Documents

Any Rotary club or district can propose changes to Rotary's constitutional documents through enactments or share opinions via resolutions. The process is highly structured to ensure every proposal is legally sound and broadly supported.

Internal Club Approval : Before a proposal can move forward, it must be officially adopted at the club level:

Board Action: The club's board of directors must first approve the proposal.

Member Adoption: The proposal must then be presented to and adopted by club members at a regular meeting.

Certification: Once adopted, the club president and secretary must sign a letter certifying the adoption.

District Endorsement : A club cannot submit a proposal directly to Rotary International without its district's support.

Methods of Endorsement: The proposal must be voted on and endorsed by the clubs of the district at a District Conference, a District Legislation Meeting, or via ballot-by-mail.

Governor Confirmation: The District Governor must confirm the district's endorsement of the proposal.

Formal Submission Requirements

Proposals are submitted through an online form on My Rotary and must include:

Statement of Purpose and Effect: A summary (300 words or less) identifying the problem and how the proposal solves it.

Proposed Text: A Word document showing the exact changes to the constitutional documents, typically using "track changes."

Deadline: For the Council on Legislation (held every three years), enactments must be received by December 31 of the year prior to the Council. For the annual Council on Resolutions, the deadline is June 30.

Review and Finalization

Legislative Review: The RI General Secretary and the Constitution and Bylaws Committee review proposals for defects. If a proposal is "defective" (e.g., conflicts with other laws), the proposer is given a chance to amend it.

Financial Impact: A financial impact statement is added to each proposal to estimate its cost to the organization.

Good governance requires to be active participants and co-creators, not just passive consumers



SILENT KILLERS



By Rtn Dr V Thiagarajan

A well-dressed, cheerful gentleman walks into the clinic for a routine check-up. He has no complaints—no pain, no fatigue, no warning signs. Yet, his reports tell a different story: blood pressure is high, blood sugar is elevated, and cholesterol levels are abnormal.

His question is simple: “Doctor, how can I be sick when I feel perfectly fine?”

This is the silent danger many of us live with.

Certain diseases progress quietly within the body, causing damage over months or even years without producing any noticeable symptoms. These are often called “silent killers”—because they remain hidden until they present dramatically, sometimes as a heart attack, stroke, or organ failure.

Among the most common silent killers are hypertension (high blood pressure), diabetes, high cholesterol, and fatty liver disease.

Hypertension is often termed the “silent pressure.” It may not cause any discomfort, yet it continuously strains the heart and blood vessels. Many individuals discover it only after a serious complication like a stroke or cardiac event.

Diabetes is another slow but destructive condition. Over time, uncontrolled blood sugar can affect the eyes, kidneys, nerves, and heart. What makes it dangerous is that early symptoms—like increased thirst or tiredness—are often ignored or attributed to routine stress.

High cholesterol is even more deceptive. It produces no symptoms at all but gradually leads to narrowing of arteries, increasing the risk of heart attack without prior warning.

Fatty liver disease, now increasingly seen in our population, is closely linked to a sedentary lifestyle and dietary habits. It often remains undetected until it advances to more serious stages.

The common thread among all these conditions is silence. By the time the body starts “speaking,” significant damage may have already occurred.

The good news, however, is that these diseases are detectable early and manageable effectively—if we choose to look for them.

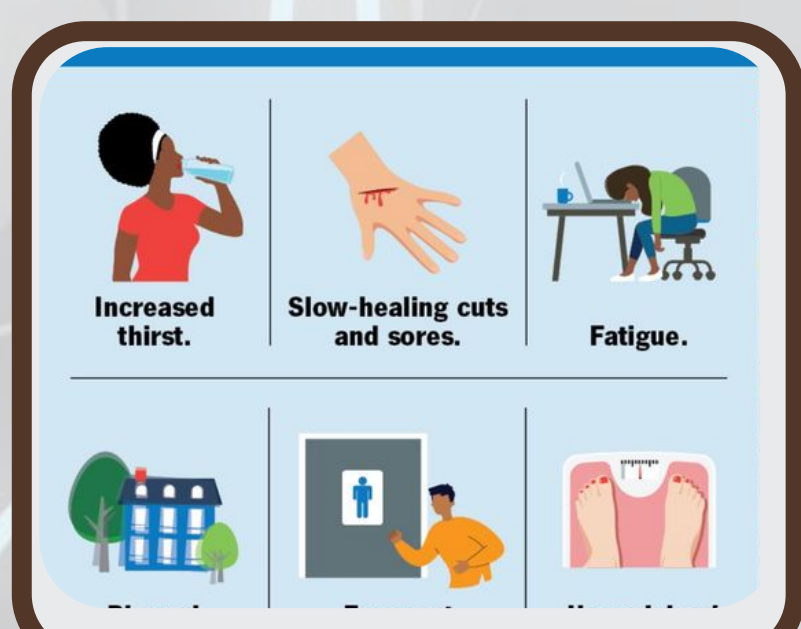
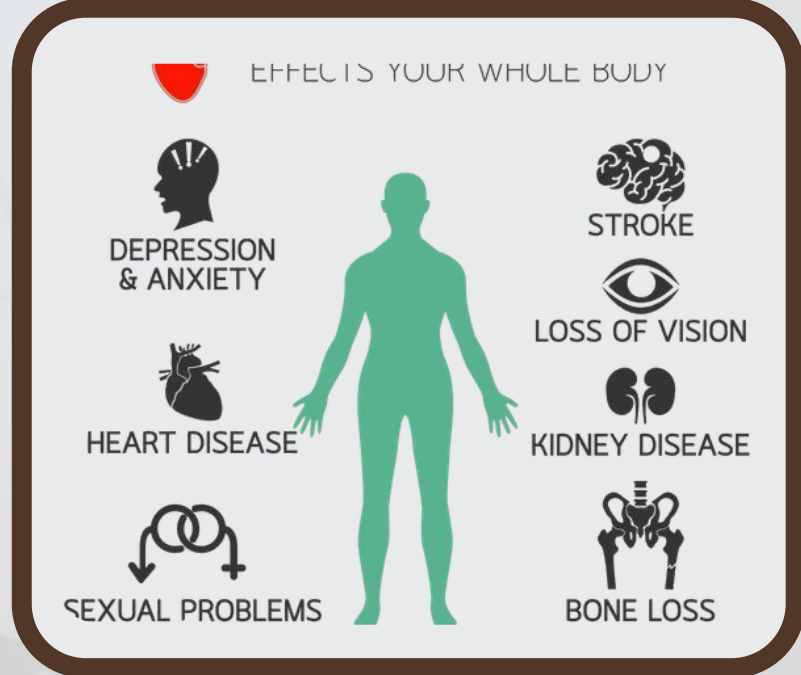
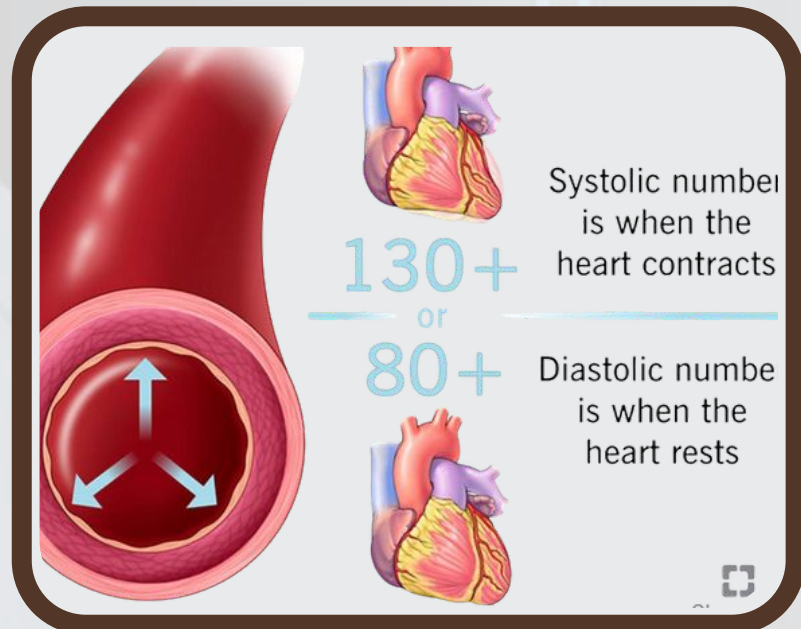
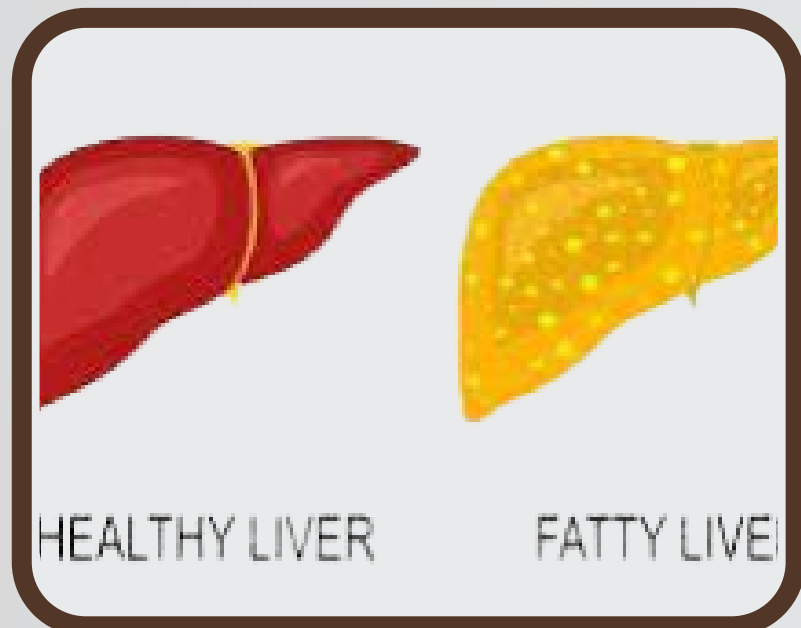
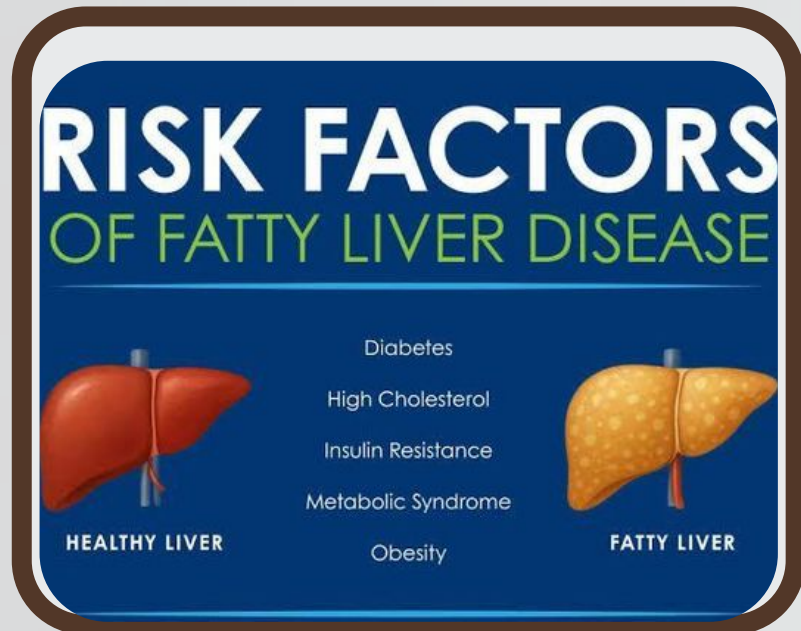
Preventive health is not complicated. A simple routine can make a profound difference:

- Periodic blood pressure checks
- Annual blood sugar testing
- Lipid profile once every 1–2 years
- Monitoring body weight and waist circumference

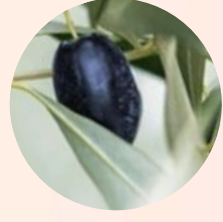
Equally important is our daily lifestyle. Regular physical activity, a balanced diet with controlled salt and sugar intake, adequate sleep, and stress management form the true foundation of good health. Avoiding tobacco and limiting alcohol further reduce risk.

In today’s fast-paced world, we often pay attention only when the body demands it loudly. But true wisdom lies in listening to its whispers.

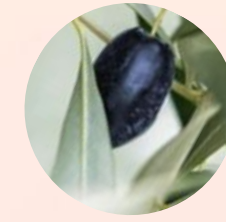
Silent killers do not announce their arrival—but they do leave clues. Early awareness, timely screening, and simple lifestyle changes can protect us from serious consequences.



Don't focus on things you can't control or change. Instead, focus on something you can do to prove your life



நாவல் பழம் (Jamun Fruit)



இது தமிழில் நாவல் பழம், நாகப் பழம், அல்லது ஜம்பு என்று அழைக்கப்படுகிறது. ஆங்கிலத்தில் 'Jamun', 'Java Plum' அல்லது 'Blackberry' என்று பெயர். ஆண்டுதோறும் மார்ச் மாதத்தில் பூக்கத் தொடங்கி, மே மற்றும் ஜூன் மாதங்களில் பழங்கள் அறுவடைக்கு வரும். இனிப்பு, புளிப்பு மற்றும் துவர்ப்பு ஆகிய மூன்று சுவைகளின் கலவையாக இருக்கும். இதனைச் சாப்பிடும்போது நாக்கு ஊதா நிறமாக மாறும். துவர்ப்புச் சுவையுடைய நாவல் பழங்கள் உடலுக்கு குளிர்ச்சி தரக்கூடியவை. நாவல் பழங்களில் கால்சியம், பாஸ்பரஸ், சோடியம், தாமிரம், இரும்புச்சத்து மற்றும் வைட்டமின் B போன்ற சத்துக்கள் அடங்கியுள்ளன. குறிப்பாக நாவல் பழங்களிலுள்ள கால்சியம் எலும்புகளுக்கு பலம் தருவதுடன், இதிலுள்ள இரும்புச்சத்து ரத்தத்தில் ஹீமோகுளோபினை அதிகரிக்கச் செய்கிறது.

வெள்ளை நாவல் என்ற வகையைச் சேர்ந்த பழங்கள் சர்க்கரை நோய்க்கு நல்ல மருந்தாகிறது. மேலும் உடல் சூட்டை குறைத்து இரத்த சிவப்பு அணுக்களை அதிகரிக்கச் செய்கிறது. இன்னொரு வகையான ஜம்பு நாவல், வாதநோய் மற்றும் தாகத்தை கட்டுப்படுத்துகிறது. இம்மரத்தின் பழங்கள் சர்க்கரை நோய்க்கு நல்ல மருந்தாக இருக்கின்றன. இதில் உள்ள ஜாம்புலின் எனும் பொருள் ஸ்டார்ச் (starch) சர்க்கரையாக ஆவதைத் தடுக்கிறது. இதனால் இரத்த சர்க்கரை அளவுகட்டுக்குள் வருகிறது.

உடலில் புதிய செல்களை புதுப்பிக்கும் திறன்கொண்ட ஆன்டி-ஆக்ஸிடன்ட் இதில் அதிகமாக உள்ளதால், தோல் அரிப்பு போன்ற சரும பிரச்சனைகளுக்கு தீர்வாகிறது. இந்த நாவல் பழங்களை தொடர்ந்து சாப்பிடுவதால் வயதாகும் செயல்முறை தாமதமாகிறது. பெண்களுக்கு ஏற்படும் மாதவிடாய் பிரச்சனைகள், வெள்ளைப்படுதல் போன்ற உபாதைகளுக்கு நாவல் பழங்கள் நல்ல தீர்வாகின்றன. நாவல் பழங்களை கஷாயம் வைத்து குடித்தால் வாயுத் தொல்லை சரியாகும்.

நாவல் பழங்களை பிழிந்து சாறெடுத்து, 3 டீஸ்பூன் நாவல் பழ சாறுடன் 3 டீஸ்பூன் நாட்டுச்சர்க்கரை சேர்த்து காலை மற்றும் மாலை இருவேளை குடித்துவந்தால், சிறுநீர் கழிக்கும்போது உண்டாகும் எரிச்சல் தணியும். நாவல் பழங்களைத் தொடர்ந்து சாப்பிட்டு வருவதால் பசியைத் தூண்டுவதோடு, பல் மற்றும் ஈறுகளை சுத்தம் செய்கிறது.

சாப்பிடும் முறை மற்றும் முன்னெச்சரிக்கைகள்:

வெறும் வயிற்றில் தவிர்க்கவும்: நாவல் பழத்தை வெறும் வயிற்றில் சாப்பிட்டால் அமிலத்தன்மை (Acidity) ஏற்படலாம். மதியம் 1 மணி முதல் மாலை 5 மணி வரை சாப்பிடுவதற்குச் சிறந்த நேரமாகக் கருதப்படுகிறது. சிறிதளவு உப்பு சேர்த்துச் சாப்பிடுவது வயிற்று உபாதைகளைத் தவிர்க்க உதவும். பழம் சாப்பிட்ட உடனடியே பால் அல்லது தண்ணீர் குடிப்பதைத் தவிர்க்க வேண்டும். ஒரு நாளைக்கு சுமார் 7 பழங்கள் வரை சாப்பிடுவது பாதுகாப்பானது; அதிகப்படியாகச் சாப்பிட்டால் வாந்தி அல்லது வயிற்றுப்போக்கு ஏற்படக்கூடும். நாவல் பழங்கள் மட்டுமல்லாமல் அதன் கொட்டைகள், வேர்கள், இலைகள் மற்றும் மரப்பட்டைகள் என அனைத்துமே பல்வேறு மருத்துவ குணங்கள் கொண்டவை.

நாவல் கொட்டை பொடி தயாரிக்கும் முறை (Step-by-Step):

நாவல் பழங்களைச் சாப்பிட்ட பிறகு அதன் கொட்டைகளைத் தனியாகச் சேகரித்து வைக்கவும். கொட்டைகளில் ஒட்டியிருக்கும் சதைப்பகுதியை நன்கு கழுவி நீக்க வேண்டும். கழுவின கொட்டைகளை ஒரு சுத்தமான துணியில் பரப்பி, சூரிய ஒளியில் 3 முதல் 5 நாட்கள் வரை நன்கு காயவைக்க வேண்டும். கொட்டைகள் நன்கு காய்ந்ததும், அதன் மேல் உள்ள கடினமான கபில நிறத் தோலை நீக்கினால் உள்ளே பச்சை நிறக் பருப்பு இருக்கும். இது பொடியை மிருதுவாக மாற்ற உதவும். நன்கு காய்ந்த கொட்டைகளை சிறு துண்டுகளாக உடைத்து, மிக்ஸியில் போட்டு நைஸான பொடியாக அரைக்கவும். அரைத்த பொடியைச் சல்லடையால் சலித்து, துகள்கள் இல்லாமல் எடுத்துக்கொள்ளவும். இந்தப் பொடியை ஈரப்பதம் இல்லாத காற்றுப்புகாத டப்பாவில் (Air-tight container) சேமித்து வைத்தால் ஓராண்டு வரை பயன்படுத்தலாம்.

பயன்படுத்தும் முறை:

நீரிழிவு நோய்க்கு: தினமும் காலையில் வெறும் வயிற்றில் ஒரு டீஸ்பூன் பொடியை வெதுவெதுப்பான நீரில் கலந்து குடிக்கலாம். பல் ஆரோக்கியத்திற்கு: இந்தப் பொடியுடன் சிறிது உப்பு சேர்த்துக் கொண்டு பற்களைத் துலக்கினால் ஈறுகள் வலுவடையும்.

முக்கிய குறிப்புகள்:

நாவல் கொட்டை பொடி இரத்த சர்க்கரை அளவை வேகமாகக் குறைக்கும் என்பதால், ஏற்கனவே சர்க்கரை நோய்க்கு மருந்து எடுக்கும்வர்கள் மருத்துவரின் ஆலோசனைப்படி உட்கொள்வது அவசியம். கர்ப்பிணிகள் மற்றும் தாய்ப்பால் கொடுக்கும் தாய்மார்கள் இதைத் தவிர்ப்பது நல்லது.

நாவல் இலைகளின் பயன்கள் (Benefits of Jamun Leaves):

நாவல் இலைகளில் பாக்டீரியா எதிர்ப்பு பண்புகள் (Anti-bacterial properties) அதிகம் உள்ளன. நாவல் இலைகளைத் தண்ணீரில் கொதிக்க வைத்து வாய் கொப்பளித்தால் வாய் துர்நாற்றம் நீங்கும். ஈறுகளில் ரத்தம் வடிதல் மற்றும் பல் வலிக்கு இது சிறந்த மருந்தாகும். இலைகளை அரைத்து விழுதாகப் பூசினால் சொறி, சிரங்கு மற்றும் கட்டிகள் குணமாகும். இதன் இளம் தளிர்களைச் சாறு எடுத்து தேனுடன் கலந்து குடித்தால் அஜீரணம் மற்றும் வயிற்றுப்போக்கு சரியாகும்.

நாவல் மரப்பட்டையின் பயன்கள் (Benefits of Jamun Bark):

மரப்பட்டை ஒரு சிறந்த ரத்த சுத்திகரிப்பானாகச் (Blood purifier) செயல்படுகிறது. பெண்களுக்கு ஏற்படும் அதிகப்படியான ரத்தப்போக்கு (Excessive bleeding) மற்றும் வெள்ளைப்படுதல் போன்ற பிரச்சனைகளுக்கு நாவல் பட்டைக் கஷாயம் நல்ல பலன் தரும். நாள்பட்ட வயிற்றுப் புண் (Ulcers) மற்றும் குடல் புண்களை ஆற்றும் சக்தி இதற்கு உண்டு. மரப்பட்டையைத் தண்ணீரில் போட்டு கொதிக்க வைத்து, அந்த நீரைக் கொண்டு தொண்டையில் படுமாறு கொப்பளித்தால் தொண்டை வலி மற்றும் வீக்கம் குறையும்.

கவனிக்க வேண்டியவை:

எந்தவொரு கஷாயத்தையும் ஒரு நாளைக்கு 30-50 மில்லிக்கு மேல் எடுக்க வேண்டாம்.

நீங்கள் ஏற்கனவே வேறு ஏதேனும்

நோய்க்காக நீண்ட கால சிகிச்சை எடுத்து வருபவர் என்றால்,

இதனைத் தொடங்கும் முன் ஒரு சித்த மருத்துவரை அணுகுவது நல்லது.



Beehives Buzz

April 2026

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HAPPY BIRTHDAY



Rtn M Ramnarayan celebrated on 02.04.2026

Annette Manikandan s/o Rtn Seralathan celebrated on 202.04.2026

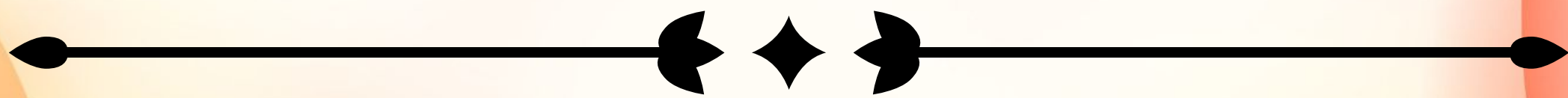
Rtn V Baabu celebrated on 03.04.2026

Ann Sudha w/o Rtn M V Mukundhan celebrated on 08.04.2026

Rtn R Venkataraman celebrated on 14.04.2026

Ann Rose Jenila w/o Rtn Lambert Winston celebrated on 16.04.2026

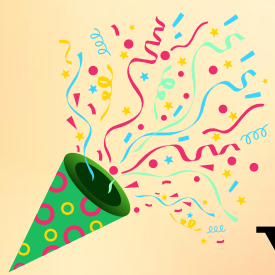
May your special day overflow with joy, laughter, and unforgettable moments. The Beehivians are sending you their warmest wishes for all the best and many more incredible years to come!



Happy Anniversary

Rtn G Vijendran & Ann Padmaja

celebrated on 13.04.2026



You complement each other in the best way!



Beehivians Wish you Happy anniversary!



In the end, people will judge you anyway. So dont live your life impressing others. Live your life impressing yourself.



Beehives Buzz

April 2026



14



AN APPEAL TO YOUR GENEROSITY



Dear Philanthropists and Partners in Service,

At "The Rotary Club of Chennai Beehives Trust," we firmly believe that true success is measured not by what we possess, but by the lives we uplift. Our guiding principle, "We Rise to Lift Others," serves as our North Star, reminding us that our collective strength is most impactful when used to support others on their journey.

Collaboration Invitation

We warmly invite you to join hands with the Rotary Club of Chennai Beehives Trust. Your contributions empower us to turn empathy into action, ensuring that your resources reach the heart of the communities that need them most.

Our Seven Pillars of Impact:

Your generous support is strategically directed toward Rotary's seven global areas of focus:

1. Peacebuilding and Conflict Prevention
2. Disease Prevention and Treatment
3. Water, Sanitation, and Hygiene
4. Maternal and Child Health
5. Basic Education and Literacy
6. Community Economic Development
7. Environmental Support

Since our inception, the support from philanthropists and donors has enabled us to provide essential infrastructure for government schools, assist orphanages, and organize health camps for those in greatest need. It is through the generosity of donors like you that we are able to "Serve to Change Lives" and create a lasting, positive impact in our community.

Our Commitment to You

Direct Utilization: We assure you that 100% of your contribution is dedicated to community projects.

Total Transparency: Our operations are governed by an "open-book" policy. Every transaction is meticulously tracked and audited, ensuring that every rupee is accounted for.

Tax Benefits: All donations to the Trust qualify for tax exemption under Section 80G of the Income Tax Act.

Contribution Details

Account Name: The Rotary Club of Chennai Beehives Trust

Bank Name: IDBI Bank

Branch: Nanganallur

Account Number: 0735104000052137

IFSC Code: IBKL0000735

For Donor Inquiries

Phone: Chairman/Managing Trustee 98410 84048, Secretary 98840 62833, Treasurer 9445156781, Founder Trustees: 94448 50950, 9364554936, Trustees: 9841542314, 9444145473, 9884972835, 9176023996

Email: rccbeehivetrust@gmail.com

Important Instructions for Donors:

After making your contribution, please share your PAN number and address with any of the contact numbers above or via email at rccbeehivetrust@gmail.com. This information is essential for issuing your official receipt and the subsequent 80G Tax Exemption Certificate.

As we look forward to expanding our reach and embarking on new service projects, we sincerely request your continued support and patronage. Together, we can remain a catalyst for change and build a more compassionate world. Let us rise together, so that we may lift others.

Trustees

The Rotary Club of Chennai Beehives Trust



Helping those in need is not Charity it is humanity