



December 2025

An inhouse bulletin of RC Chennai Beehives



# Disease Prevention & Treatment





Welcome,  
New Year 2026!  
Sending warm greetings  
to everyone!



Let the New Year bring in us more affinity than ever before.

Let us observe a cultured code of conduct and conduct ourselves in an exemplary manner.



## Embrace the theme "Disease Prevention & Treatment" Continue to serve humanity

Each December, Rotary International dedicates its efforts to Disease Prevention and Treatment, which is one of its core focus areas.

This theme underscores Rotary's commitment to enhancing global health and well-being. Through initiatives like polio eradication and local health support, Rotary members are making a significant impact in the battle against disease.

Disease does not recognize borders and affects all facets of life, from economic stability to education. By concentrating on disease prevention and treatment, Rotary tackles crucial health challenges, fortifies communities, and strives to create a healthier, more prosperous world for everyone. These efforts align with the United Nations' Sustainable Development Goals, particularly Goal 3: Good Health and Well-being.

Rotary's strategy for disease prevention and treatment is holistic, covering a wide array of interventions, from extensive global initiatives to focused local projects. Key activities include: Vaccination programs to prevent diseases, ensuring access to essential medical care and medications, and enhancing the healthcare workforce through education and training.

Rotary's flagship initiative, Polio Plus, has played a vital role in the worldwide endeavor to eliminate polio. Since 1985, Rotary has invested billions of dollars and countless volunteer hours to immunize children against this debilitating disease. Rotary clubs globally are engaged in malaria prevention efforts, such as distributing insecticide-treated bed nets and educating communities about effective malaria prevention strategies. Ensuring access to clean water and sanitation is critical for preventing waterborne diseases.

Contribute to Rotary's Disease Prevention and Treatment initiatives by supporting Rotary's Polio Plus fund or other disease prevention programs, participating in local health projects or international service trips, raising awareness about disease prevention within your community, collaborating with local organizations and healthcare providers, and advocating for policies that promote global health and disease prevention.

Rotary's commitment to Disease Prevention and Treatment showcases our dedication to fostering a healthier world. By uniting our efforts, we can create a profound impact on the lives of countless individuals and communities. Let us embrace this theme and continue to serve humanity through purposeful action.

**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

### To Health and Happiness



This month's special issue of Rotary magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us unite for good — for healing, friendship, and access to happiness.

Rtn. Francesco Arezzo  
President, Rotary International

**The wise adapt themselves to circumstances,  
as water moulds itself to the pitcher.**

Club President's  
Message

## Return with Renewed energy

Season's Greetings to All Beehivians. As we approach the end of the year and wrap up 2025, we also reach the midpoint of our 2025-2026 Rotary year. Reflecting on our progress, it has been a mixed experience. While we may wish we could have accomplished more, our club has successfully engaged in smaller projects within our capacity. Your contributions have made a significant impact on many of the initiatives we've undertaken, for which we are deeply grateful.

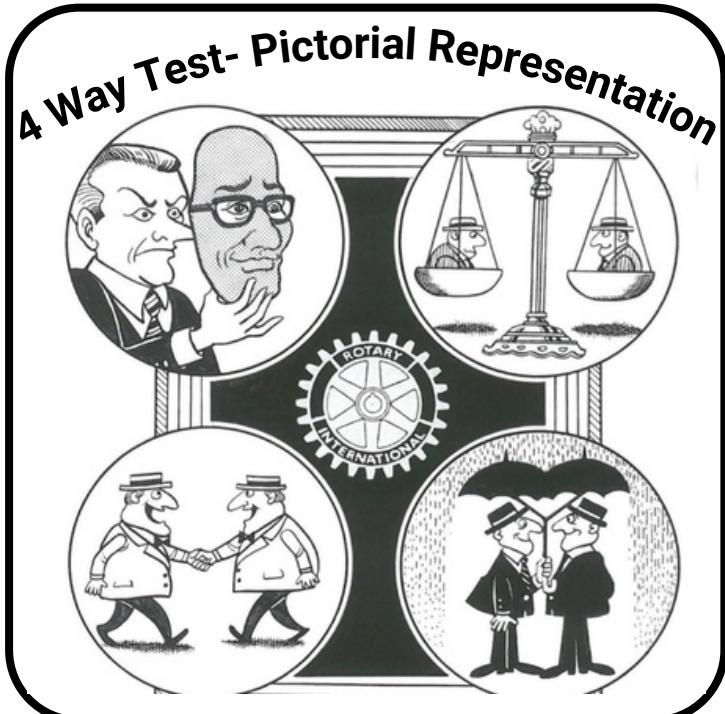
However, one area where we could improve is in establishing consistent projects that we can carry out annually. It is essential for us to brainstorm and identify such initiatives, and as a club, we should execute them regardless of who holds the positions of president or secretary. In the past, we had a rhythm to this, but it seems to have slipped through the cracks.

One aspect I take great pride in is our ability to work as a cohesive team, especially when many clubs are struggling to maintain unity. This year alone, I've seen three presidents resign due to disagreements with board members.

December is recognized in Rotary as the month for Disease Prevention & Treatment.

Yet we have not initiated any projects in this area. Before the year concludes, let's focus on accomplishing something meaningful here. December is also a time for family celebrations; take a moment to enjoy quality time with loved ones. In many cultures, this month is about giving, so please consider making personal contributions to the causes and projects you care about. It truly is the best investment with rewarding returns.

Wishing everyone a joyful New Year as we step into 2026. Let's return with renewed energy to finish the remainder of the Rotary year with enthusiasm and purpose, participating with the genuine need of the hour.



**The starting point of all achievement is desire.**

District Governor's  
Message

## Progress in Motion



My dear Rotarians, November — our Rotary Foundation Month — has wrapped up on a strong and heartwarming note. We are still tallying our district's remarkable contributions, but let me remind you: giving is not seasonal. Rotary may dedicate November to the Foundation, but the spirit of giving belongs in every month, every week, every heartbeat. Let's keep that flame glowing.

As we step into December, the theme of Disease Prevention and Treatment takes center stage. Our world is tantalizingly close to wiping out polio — a victory Rotary has fought for over three decades — yet the job is not done. A few pockets still threaten to undo years of progress. I urge every club: continue raising awareness, continue supporting immunization, and continue contributing to the Polio Fund. The last mile is the hardest, but also the most important.

I was delighted to see the enthusiastic participation of our clubs in this year's Naturopathy Day celebrations. In a world rushing toward convenience, your events gently reminded us to move closer to nature — for our physical and mental well-being.

Our district's strength was on full display at the TEJAS 2025 Rotary Institute in Delhi, where our mid-year performance was appreciated and applauded. Every avenue has shown strong progress, thanks to your dedication.

A special smile crossed my face seeing our First Ladies' trip to Yelagiri — fellowship, empowerment, bonding... this is how we grow the Rotary family in spirit and joy. We must do more of these for our Anns and Annettes.

With half the Rotary year behind us, I am proud of how far we have come — and confident in how far we will go. December promises a burst of activity: Valarpirai 2.0, Pongal Vizha, and a calendar full of celebrations, service, and fellowship.

Let's end the year on a high, with energy in our hearts and purpose in our actions. Together, we have done well. Together, we will do even better. Let us unite for good.

With Rotary regards,  
Rtn. D Devendran, District Governor

**When you have a dream, you've got to grab it and never let go.**

## Learn - Know About Rotary - - Lead

### The Significance of Room 711 in Rotary's History



Room 711 was the site of Paul Harris's office and hosted the first Rotary meetings. This room symbolizes Rotary's humble beginnings and highlights the importance of fellowship. It serves as a testament to the power of simple ideas and the impact of community involvement. Situated in the Unity Building in Chicago, Room 711 holds immense significance in the history of Rotary International.



In 1905, Paul Harris established his law office here, where the initial concept for Rotary was born. He envisioned a club where professionals from various backgrounds could come together, exchange ideas, and build meaningful connections. It was within these walls that the first meeting took place between Paul Harris, the founder and attorney; Gustavius Loehr, the mining engineer; Sylvester Schiele, the coal dealer; and Hiram Shorey, the merchant tailor. These four individuals formed the core of the first Rotary club, and Room 711 became the backdrop for their discussions, where they laid the groundwork for Rotary's principles of fellowship, service, diversity, integrity, and leadership.



In 1980, during Rotary's 75th year, the Rotary Club of Chicago rented Room 711 and gathered furnishings to recreate the room. In 1983, the Paul Harris Club 711 was established to preserve Room 711 as Rotary's Landmark and Heritage Site. When the Unity Building was scheduled for demolition in 1989, the Paul Harris 711 Club temporarily reconstructed the room at another location in Chicago to safeguard its fixtures and items. In 1992, Rotary International agreed to reconstruct the room at One Rotary Centre, initially placing it on the 16th floor before relocating it to the first floor in 2014.



Although the Unity Building no longer exists, Room 711 remains a vital symbol in Rotary's collective memory. The legacy of Room 711 transcends its physical location; it embodies the spirit of innovation, collaboration, and community engagement that continues to propel Rotary International's mission today. It serves as a reminder that every great movement has its origins, often in the most unassuming of places.



**The only thing we have to fear is fear itself.**

## The Spirit of Being a Rotarian

(By Rtn R. Venkataraman, Mentor, RC Chennai Beehives)

Becoming a member of Rotary means joining a global community dedicated to the principle of "service above self." As part of the Rotary Club of Chennai Beehives, you will connect with a diverse network of leaders.

As a Rotarian, you are expected to: Prioritise the needs of others over your own, uphold ethical standards and maintain honesty in all interactions, cultivate strong relationships and nurture a sense of community, embrace diversity by welcoming individuals from various backgrounds, cultures, and professions, inspire others and take action to foster positive change.

You are encouraged to dedicate your time, talents, and resources to achieve the club's goals by: Voluntarily participating in service projects, contributing to fundraising activities, and sharing your experiences and knowledge to empower others.

You have the potential to make a significant difference in your community by: Eradicating polio, providing access to clean water and sanitation in underserved areas, and supporting education through scholarships, literacy programs, and vocational training.

To ensure your club remains vibrant, you should: Attend meetings regularly and stay informed, network with fellow members and engage in discussions, and contribute ideas to

Enhance the club's initiatives, get involved in service projects, fundraisers, and actively participate in club projects while sharing your skills to support initiatives. Share Rotary's values and mission with others in your community. Build strong relationships with fellow Rotarians, fostering teamwork and camaraderie. Pay membership dues and support Rotary Foundation initiatives when possible. Take on roles within the club, mentor new members, and help sustain the club's growth and impact.

We believe that Rotary offers a unique opportunity to create positive change in the world while building lasting relationships with like-minded individuals. We hope you will consider your commitment to ensuring the vibrancy of your club!

### Choice is Yours



We are not given a good life or bad life. We are given a life. It is up to us to make it good or bad

**Some people want it to happen, some wish it would happen, others make it happen."**



## RC Chennai Beehives Projects & Activities in 2025



Projects and initiatives undertaken by the Rotary Club of Chennai Beehives in 2025. Our efforts align with Rotary International's key focus areas, reflecting our dedication to making a positive difference within our community and beyond, from 1st January 2025 to 31 December 2025. Kudos to the team headed by Rtn Vijendran and the present team headed by Rtn Murali Achuthan.

### Education Initiatives:

Education serves as the cornerstone for unlocking potential. Our club provided financial assistance totaling Rs. 1,17,700/- to six students, detailed below:

Student of Don Bosco Matric School 18500/-

Student of Sanakara Edu Trust Rs.21,000/-

Student of VenkateswaraEng College Rs 25000/-

Student of Annai Velankanni College Rs.20,000/-

Student of Chellammal Vidyalaya Rs.14,200/-

Student of Prince Venkateswara College Rs.19000/-

### Health Projects:

1. Participated in the national polio immunization drive by providing logistical support and volunteers to ensure the campaign's success.
2. Conducted free health camps in rural areas, offering medical checkups and basic treatment.
3. Contributed Rs. 50,000/- to cover a patient's surgery expenses for a kidney transplantation.
4. Paid Rs. 50,000/- towards charges for essential tests for a patient preparing for a liver transplantation.
5. Joined as a Golden Sponsor in the District 3233 program to honor doctors on Doctor's Day

### Community Activities & Celebrations:

1. Celebrated Deepavali with destitute children at the Indian Council for Child Welfare, Shenoy Nagar, Chennai, providing them with crackers, sweets, snacks, stainless steel plates, and tumblers.
2. Honoured experienced farmers on Independence Day from a village on the outskirts of Chennai.
3. Conducted career guidance sessions for approximately 150 students from a local school.
4. Provided Annadhanam to all inmates (individuals with intellectual disabilities) at Arunodayam Home, Kolathur, Chennai.
5. At a cost of Rs. 2,70,000/-, we have successfully provided 20 solar street lights at Thanigai Complex, Ramanagaram Village, a unit of Arunodayam Home for Destitute Children with Intellectual Disabilities.

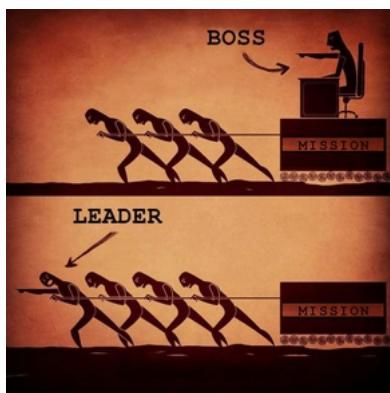
### Public Image:

Display of ten numbers of Display Boards with 100 Thirukkural versions.

The Rotary Club of Chennai Beehives has had a fruitful year in 2025. Through our diverse range of projects, we have positively impacted number of lives and contributed to the advancement of our community. We remain dedicated to our mission of "Service Above Self" and look forward to continuing our efforts in the years ahead.

On 21.12.2025 handed over cheque for Rs.19,000/- to the student of Prince Venkateswara College





## "Leading by Example".

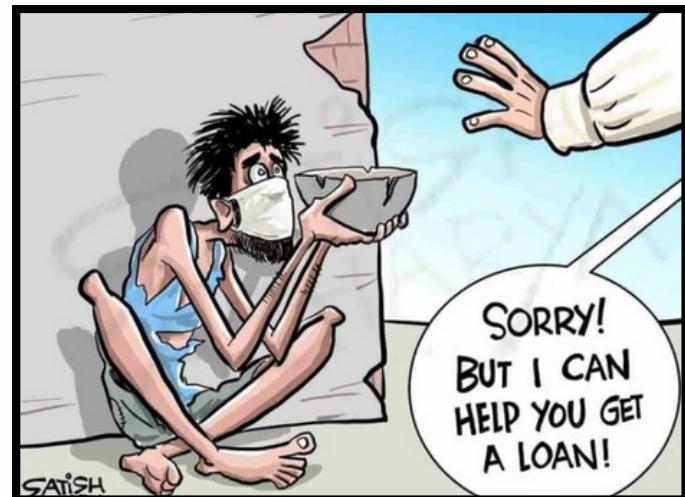
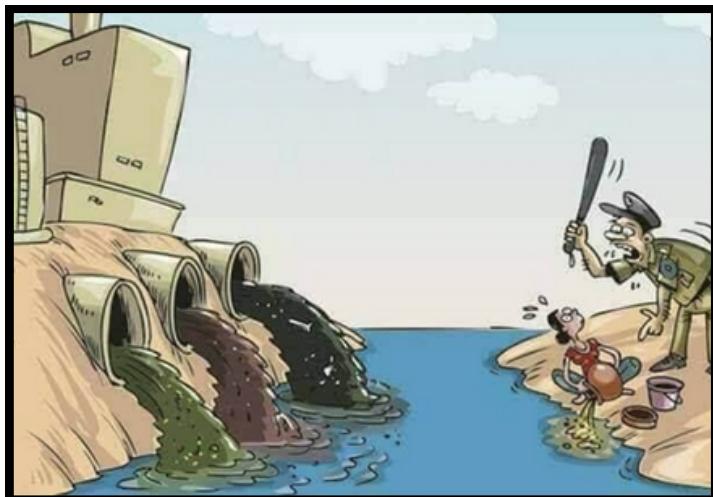
The phrase emphasizes that before expecting others to adhere to rules and procedures, you must first ensure that you are doing so yourself, a principle often referred to as "leading by example." It implies that your actions should reflect your expectations for others, fostering a more effective and trustworthy environment.

This approach promotes mutual respect and understanding, increasing the likelihood that individuals will cooperate and adhere to expectations because they view you as a fair and consistent role model.

### Why This Approach is Effective

- Builds Credibility: By modeling the behavior you expect from others, you establish trust and demonstrate that you are not asking for anything you wouldn't do yourself.
- Creates a Consistent Standard: This method establishes a clear and uniform standard of conduct that applies to everyone, including yourself.
- Fosters Mutual Respect: When you practice what you preach, you show respect for others, leading them to reciprocate that respect.
- Increases Compliance: People are more inclined to comply with requests when they recognize that these requests are rooted in shared principles, and when they see the requester is also committed to those principles.

Promotes a Positive Environment: This fosters a more positive and collaborative atmosphere, as opposed to one built on demands and resentment.



**It is better to be hated for what you are than to be loved for what you are not.**

## Weekly Meeting Report held on 14.12.2025

The first weekly meeting of the month was held on 14.12.2025. This report summarises the key discussions and decisions made during the weekly meeting held on 14.12.2025, including plans for a mega medical camp, the Charter Day celebration, future projects, and the AGM. Key decisions involved setting dates for events and approving the commencement of future projects through CSR and Global Grants. The following decisions were made during the meeting:

- Mega Medical Camp to be held in January 2026
- Charter Day celebration on 7 January 2026
- Progress and follow-up on the installation of twenty solar street lights at Arunodayam
- Proceeding with a major project by availing CSR and Global Grant

## Annual General Meeting held on 21.12.2025

The Annual General Meeting of the Rotary Club of Chennai Beehives was held on 21 December 2025 at 10:00 AM at B M Hospital Premises, Thillaiganga Nagar, Nanganallur, Chennai, under the Presidentship of IPP/Looking after President Rtn G Vijendran. The meeting was well-attended by members, reflecting the club's strong engagement and commitment to service.

The meeting commenced with a review of the Rotary Club of Chennai Beehives' activities and the approval of the minutes of the previous Rotary year's AGM. This was followed by the approval of the audited accounts for the Rotary Year 2024-25. The Treasurer presented the current financial report, highlighting a year of sound financial management.

The highlight of the AGM was the election of club officers and Board Members for the upcoming Rotary Year 2026-27. The election was conducted by Rtn Ezhilarasi, assisted by Rtn M S Sundararajan. All the Board members were elected unanimously, and the President for 2026-27 announced the appointment of the Chairpersons of the eight committees. A list of Board Members and Chairpersons of the Committees can be found on pages 12 and 13.

**If you don't like the road you're walking, start paving another one**

## Club officers and Board Members elected for Rotary Year 2026-27.

### RC Chennai Beehives Board - Elected on 21.12.2025

President



Rtn Dr V Thiagarajan

Immediate Past President



Rtn Murali Achuthan

President Elect



Rtn M V Mukundhan

Secretary



Rtn M Raghupathy

Treasurer



Rtn C H Sudarsanam

Joint Secretary



Rtn M V Badrinarayanan

Sergeant at Arms



Rtn M Harikrishnan

Director-Club Service



Rtn E Selvamurugan

Director-  
Community Service



Rtn Vaishnavi

Director-  
Community Helath



Rtn G S Suresh

Director-  
Vocaional Service



Rtn R Seralathan

Director-  
International Service



Rtn Murali Achuthan

Director-  
Youth Service



Rtn A C Boopathy

Chairman  
Membership



Rtn G Vijendran

Chairman  
Foundation



Rtn Dr Sabitha

**T**ogether  
**E**very One  
**A**chieve  
**M**ore



There are so many great things in life; why dwell on negativity?

**RC Chennai Beehives Committees for Rotary Year 2026-2027 -**  
**Chairman Appointed by President**

<b>Name of the Committee</b>	<b>Duties &amp; Responsibilities of the Committee</b>	<b>Committee Chairman</b>	<b>Committee under club Officer / Director</b>
Club Administration	Club Attendance,Meeting Logistics	Rtn B Shankar	Rtn E Selvamurugan
Fellowship, Special Projects, Youth Coordination	Informal gatehrings, Family Meet, Tours, Interact, Rotaract,RYLA, Youth Exchange Programmes	Rtn M S Sundararjan	Rtn E Selvamurugan
Public Relations	Club Website, Social Media, Club Bullein,Public Image, Club events Poster/Flyers creation	Rtn MariSelvamohan	Rtn Dr VT
Education,Wash, Environment, Annadhan,Diwali, Special Projects	Educational Assistance, Support to Schools Environment, WASH	Rtn Ezhilarasi	Rtn Vaishnavi
Health Awareness & Poio Plus	Health Camps, Health Awareness Campaigns, Polio Plus	Rtn M R Sudharshan	Rtn G S Suresh
Legal & Disaster Management	Legal Assistance, Natural Calamities	Rtn T Kesavan	Rtn Dr VT
International Goodwill	Foundation Contributions, Polio Plus,CSR,Grants Rotary Friendship Exchange, Sister Club Arrangements	Rtn R Venkataraman	Rtn Dr VT
Vocational Activities,	Career Guidance, Recognition of Professionals for Awards	Rtn M Harikrishnan	Rtn R Seralathan

**Nothing is impossible. The word itself says 'I'm possible!'**

## Embracing Responsibility: More Than Just Finishing a Task

(By Rtn R Venkataraman, Club Mentor)

### Embracing Responsibility in Your Role

When you accept responsibility for a role, you are expected to carry out the associated job duties, be accountable for the outcomes, demonstrate commitment, and actively strive towards achieving goals. This involves building trust and showcasing your value while gaining skills and growth within the organization. It's about taking ownership of your tasks, learning from your mistakes, and going beyond the bare minimum.

#### What Accepting Responsibility Means:

- **Accountability:** Taking ownership of your actions and results, whether good or bad, without placing blame on others.
- **Commitment:** Demonstrating dedication to both your role and the overall success of the organization.
- **Proactivity:** Seeking ways to improve processes, solve problems, and take initiative.
- **Ownership:** Feeling personally invested in your tasks and their outcomes.

#### Benefits of Accepting Responsibility:

- **Growth:** Leads to elevated status within the organization and opens up new opportunities.
- **Skill Development:** Facilitates the acquisition of new skills and knowledge.
- **Increased Trust:** Fosters strong relationships with colleagues at all levels of the organization.
- **Higher Engagement:** Enhances personal job satisfaction and productivity.

Embracing responsibility means you are not merely fulfilling a job description; you are actively contributing to the organization's success and growing within your role.

**Coming together is a beginning; keeping together is progress;  
working together is success**



## Liver and its challenges

By Rtn Dr V Thiagarajan

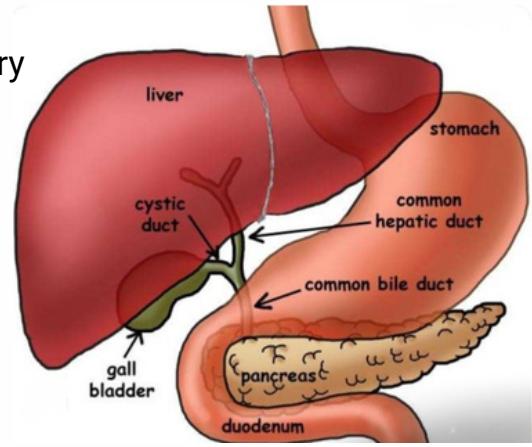
The liver, the body's largest internal organ, is a vital reddish-brown gland located in the upper abdomen. It is responsible for over 500 essential functions, acting as our body's chemical factory, detoxification center, energy reservoir, and nutrient processor. Regardless of whether the substances we ingest are beneficial or harmful, the liver is the first organ to process them.

**The Impact of Modern Lifestyle :** Unfortunately, modern lifestyles have led to a rise in liver disease, making it increasingly common, silent, and dangerous. We often unknowingly harm our livers through:

- Excessive oily and junk food → Fatty liver
- Regular or binge alcohol consumption → Liver inflammation
- Overuse of painkillers and supplements → Drug-induced injury
- Lack of exercise and obesity → Silent liver damage

We frequently overlook warning signs such as:

- Persistent fatigue
- Loss of appetite
- Abdominal heaviness on the right side
- Unexplained weight gain or bloating
- Abnormal blood test results discovered incidentally



Liver diseases represent significant global health challenges, often arising from viruses, alcohol, toxins, genetics, or metabolic conditions. These factors may lead to subtle symptoms like fatigue and jaundice, which often indicate inflammation, scarring, and potential liver failure.

### Common Types of Liver Disease

- **Viral Hepatitis:** Inflammation caused by viruses (Hepatitis A, B, C), which can be acute or chronic, affecting millions worldwide.
- **Fatty Liver Disease (Steatosis):** An accumulation of fat often linked to metabolic syndrome (MASLD/MASH), alcohol, or toxins.
- **Alcohol-Related Liver Disease:** Damage due to excessive alcohol consumption, progressing from fatty liver to alcoholic hepatitis and cirrhosis.
- **Cirrhosis:** Severe scarring of liver tissue, often the final stage of chronic liver diseases, impairing its function.
- **Liver Cancer:** Abnormal cell growth that frequently develops from cirrhosis or chronic hepatitis.
- **Inherited Diseases:** Conditions such as hemochromatosis (iron overload) or Wilson's disease (copper buildup).

**Autoimmune Hepatitis:** A condition where the immune system attacks liver cells, resulting in inflammation.

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**Keep your face towards the sunshine and shadows will fall behind you**

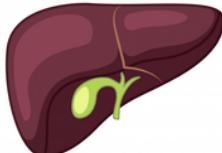
## Liver & Its Challenges .. continued from previous page

**Liver Symptoms & Diagnosis :** The symptoms of liver issues can often be quite nonspecific and may include, Fatigue, Weakness, Nausea, Abdominal pain, Jaundice (yellowing of the skin and eyes), Dark urine, Pale stools, Weight loss.

In severe cases, liver transplantation may be required, particularly for those suffering from "liver failure."

You can help prevent liver issues by: Getting vaccinated against Hepatitis A, B, and C, Avoiding alcohol consumption, Maintaining a healthy diet and engaging in regular exercise to prevent fatty liver.

Caring for your liver is quite manageable. Here are some tips: Focus on eating home-cooked, balanced meals, Reduce the intake of fried and sugary foods, Engage in at least 30 minutes of exercise daily , Consume alcohol in moderation or avoid it entirely, Avoid unnecessary medications Schedule periodic health check-ups, especially after the age of 40



## The Gallbladder



The gallbladder is a small, pear-shaped organ beneath the liver that stores and concentrates bile, a fluid essential for digesting fats. It releases bile into the small intestine (duodenum) when you eat, aiding fat absorption. Common issues include gallstones (cholelithiasis) and inflammation (cholecystitis), often leading to symptoms like abdominal pain, though gallbladder cancer is also a concern.

The liver makes bile, which flows into the gallbladder to be stored and concentrated. After eating, a hormone (CCK) signals the gallbladder to contract, squeezing bile into the duodenum to help digest fats.

### Common Disorders:

- Gallstones (Cholelithiasis): Hard deposits forming from bile imbalances, causing blockages and pain.
- Cholecystitis: Inflammation of the gallbladder, often due to gallstones.
- Gallbladder Polyps: Growths on the inner lining.
- Gallbladder Cancer (GBC): A rare but aggressive cancer.

**Risk factors:** Obesity, rapid weight loss, certain diets, genetics, and chronic inflammation.

**Diagnosis:** Relies on clinical signs, blood tests, and imaging (ultrasound, CT).

**Treatment:** Watchful waiting for asymptomatic stones to surgical removal (cholecystectomy) for symptomatic disease, often via laparoscopy.



**Beware of Social Media Impersonation Scams**

**Friend or Scammer?**



## **R U Fraud Smart ? Double Check!**

**Don't be a victim Be Vigil - Smart -Beat the Fraud**

Fraud Messages usually posted to your mobile & sometimes to email account

Few examples of fraud message shown below.

See the fraud behind the message & Beware

**"Your Account will be blocked today. Verify Now :....."**

**"Earn 3x profit in 5 days. Join our exclusive group now!"**

**"Parcel stuck in customs. Pay to realise"**

**"I feel really close to you ❤ ..... Can You help me with some urgent money?"**

**"Congrats!You have been selected for this job.Pay joining Fee to confirm your offer"**

**"This is Cyber Police. You are under a digital arrest.**

**Pay Rs.50k to avoid legal action"**

### **5 Seconds Safety Habits**

**Avoid unknown links / apps**

**Do not Click on the given links on such messages**

**Use only Your Bank's Official Apps / Website**

### **Act Fast if you suspect Fraud**

**Report fraud at [Cybercrime.gov.in](http://Cybercrime.gov.in) / Call 1930**

**STAY SAFE**

**Inform your Bank Immediately**



**The future is not something we enter.**

**The future is something we create.**



## Rotary International role in polio containment



Rotary International is a founding partner of the Global Polio Eradication Initiative (GPEI), a public-private partnership formed in 1988 that has reduced global polio cases by over 99.9%. As of 2025, Rotary remains a key leader in the final stages of containment, particularly in the last two endemic countries, Afghanistan and Pakistan.

Rotary's role is defined by three primary pillars: fundraising, advocacy, and grassroots volunteerism.

**Financial Contributions:** Rotary has contributed more than US\$2.6 billion to global eradication efforts. Through a long-standing partnership, every dollar Rotary raises is matched 2-to-1 by the Bill & Melinda Gates Foundation, generating up to \$150 million annually for the GPEI. In June 2025, they renewed this partnership with a joint commitment of up to \$450 million over three years.

Rotary members use their professional networks to secure political and financial support from world governments, helping to secure over \$10 billion in donor funding.

Rotary often acts as a neutral party to negotiate "days of tranquility," securing ceasefires in conflict zones to allow health workers to safely vaccinate children.

Over 1 million Rotary members have volunteered to assist in National Immunization Days, often working alongside health workers to administer vaccines.

Local members build community trust by working with religious and traditional leaders to address misinformation. Rotary funds critical infrastructure, including vaccine transport, laboratories, and surveillance systems to monitor sewage and detect new cases.

In 2025, Rotary is actively implementing the GPEI Polio Eradication Strategy 2022–2026, which focuses on:

**Variant Polio Containment:** Deploying the novel oral polio vaccine type 2 (nOPV2), which is more genetically stable and designed to stop outbreaks of variant poliovirus.

**Transition Planning:** Ensuring the infrastructure built for polio (such as surveillance networks and emergency operation centers) is integrated into national health systems to address other diseases like measles and COVID-19.

**New Leadership:** In December 2025, it was announced that Michael McGovern, Chair of Rotary's International PolioPlus Committee, will become the Chair of the GPEI's Polio Oversight Board effective January 1.

**Success is stumbling from failure to failure  
with no loss of enthusiasm**



## வாழைப்பழம் தரும் நன்மைகள்

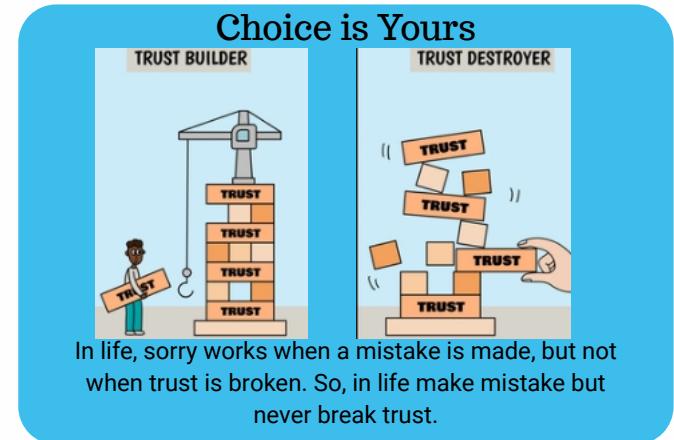
வாழைப்பழங்கள் மிகவும் எளிதாகவும் மலிவாகவும் கிடைத்தாலும், நம்மில் பலர் அதிலுள்ள சத்துக்கள் மற்றும் ஆரோக்கிய நன்மைகளை புரிந்துகொள்ளாமல், அதனை சாதாரணமாக நினைக்கிறோம். வாழைப்பழங்கள் நம் ஆரோக்கிய வாழ்விற்கு வழங்கக்கூடிய நன்மைகள் என்னென்ன? தாவரவியலின் அடிப்படையில் வாழைப்பழம் கொட்டையில்லா பழமாகும் மற்றும் வாழைமரம் மரம் வகையை சார்ந்தது அல்ல உலகின் மிகப்பெரிய மூலிகை வகை. 7000ம் ஆண்டுகளுக்கு முன் முதன்முதலாகப் பயிரிடப்பட்டு, உலகில் மிக அதிகமாக பயிரிடப்படும் பழமாகவும் கோதுமை, நெல், சோளம் இவற்றிற்குப் பிறகு நான்காவதாக மிக அதிகமாக பயிரிடப்படும் விளைபொருளாகவும் உள்ளது. ஆண்டிற்கு பத்து லட்சம் கோடி வாழைப்பழங்கள் உட்கொள்ளப்படுகின்றன.

வாழைப்பழத்தில் பொதிந்திருக்கும் முக்கியமான ஆரோக்கியமான உடல் மற்றும் மனதுக்கு தேவையானது. மேலும், பொட்டாசியம் சத்து மிகுந்துள்ளதோடு, நுண்ணாட்டச் சத்துக்களான வைட்டமின் A, வைட்டமின் C, வைட்டமின் B6, இரும்புச்சத்து, மெக்னீசியம் மற்றும் சோடியம் ஆகியவற்றை வாழைப்பழம் வழங்குகிறது.

ஆயுர்வேதத்தில், பொதுவான ஆரோக்கியத்திற்கு சுத்தமான பெருங்குடல் மிக அவசியமானதாக கருதப்படுகிறது. அதிக நார்ச்சத்து உள்ளதால் வாழைப்பழத்தை தினசரி உணவில் சேர்த்துக்கொள்வதால் உங்கள் குடல் இயக்கம் சீராக இருக்க உதவும். ஒரு நடுத்தர அளவிலான வாழைப்பழத்தில் நம் உடலுக்கு தினசரி தேவையான நார்ச்சத்து 12 சதவிகிதம் உள்ளது. மேலும், மலச்சிக்கலை சரிசெய்யும்

தன்மையும் உள்ளது. பச்சை வாழைப்பழம் (பச்சை வாழை வகை) இதற்கு ஏற்றது, ஏனெனில் அதில் resistant starch எனப்படும் மாவுச்சத்து அதிகம் உள்ளது. இது கரையாத நார் போல செயல்பட்டு குடல் இயக்கத்தை சிறப்பாக வைக்கிறது.

உங்களுக்கு வாழைப்பழத்தின் சுவை பிடித்தாலும், பிடிக்காவிட்டாலும், அவை உங்களை சந்தோஷமாக வைத்திருக்கும். வாழைப்பழத்தில் செரோடோனின் என்ற முக்கியமான ஹார்மோன் (ரத்தத்தில் உள்ள முக்கிய உட்சரப்பி நீர்) உள்ளது. இது நமது நல்வாழ்விற்கும் சந்தோஷத்திற்கும் தேவையான மனநிலை மற்றும் உணர்வுகளை சமநிலையில் வைத்திருக்கும். வைட்டமின் B6 ன் சத்தான மூலமாகவும் இது உள்ளது. மேலும், மூனையில் இயற்கையாக செரோடோனின் உருவாக இது வழிசெய்கிறது. வாழைப்பழம் போன்ற அமினோ ஆசிட் ட்ரிப்டோபான் அதிகம் உள்ள உணவை உட்கொள்வதன் மூலம் நம் உடலின் செரோடோனின் அளவை மேம்படுத்த முடியும். நீங்கள் சோர்வாக இருக்கும்போது, பேரிச்சம்பழம் வாழைப்பழ கூழை பருகுங்கள். பேரிச்சையின் அற்புதமான இயற்கையான இனிப்பும், புத்தம்புதிய வாழைப்பழமும் சேர்ந்து உங்களை மகிழ்ச்சியாக வைத்திருக்கும்.



## Enhancing Community Awareness & Celebrating Tamil Heritage Public Image Project by RC Chennai Beehives

The Rotary Club of Chennai Beehives is excited to announce the installation of TEN Thirukkural display boards along the pedestrian pathway surrounding the Arthanareeswarar Temple.



Each board will feature selected Thirukkural verses along with their meanings in both Tamil and English. The aim is to inspire visitors and devotees with moral values, cultural pride, and ethical living.

**Objectives:** Promote the enduring wisdom of Thirukkural to the public, Beautify the temple area with meaningful and educational displays. Enhance Rotary's public image through community-focused cultural initiatives.

**Impact:** This initiative aims to create a serene and reflective environment for visitors, fostering an appreciation for Tamil literature and values while simultaneously enhancing the image of Rotary.

**Yesterday & Today, What awaits us tomorrow – Pictures Posted in club Whatsapp group by Rtn R Seralathan**



**Yesterday to Today – What Awaits Us Tomorrow?**

Posted by K S Srinivasan  
in whatsapp



**It is better to fail in originality than to succeed in imitation**



**Ann Deepak Shankar h/o Rtn Vaishnavi  
celebrated on 08.12.2025**



**Rtn C H Sudarsanam  
Celebrated on 10.12.2025**



**Ann Sanjulakshmi w/o Rn K K Panigrahi  
celebrated on 13.12.2025**



**Rtn Collins Manford & Ann Susan  
celebrated on 19.12.2025**



**Birth Day & Wedding Day in January 2026**

#### **Birth Days**

Annette Cheryl d/o Rtn Lambert on 2nd, Rtn K K Panigrahi on 5<sup>th</sup>, Rtn Narayani on 9<sup>th</sup>,  
Rtn Shankar on 16<sup>th</sup>, Rtn Raghupathy on 17<sup>th</sup> & Ann Maheswari w/o Rtn Harikrishnan on 20th.

#### **Wedding Anniversary**

**Rtn Murali Achuthan & Ann Vanaja Pangiyil on 19th**

**To succeed in life, you need three things:  
a wishbone, a backbone, and a funnybone**



## The Rotary Club of Chennai Beehives Trust

Registration No:112/2021

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

**Collective action is essential for success - Make a Difference.**

**Help amplify our message and engage a wider audience in our mission. Team up with fellow members and supporters to create innovative solutions and initiatives.**

**Regardless of whether you can contribute a lot of resource & time or just a little, your participation is both valued and appreciated.**

**Offer your time and skills to support our projects and events. Assist us in securing the necessary resources to extend our reach and influence.**

**Contributions by Cheque/DD may be drawn in favour of “The Rotary Club of Chennai Beehives Trust”**

**Contributions through UPI/NEFT/RTGS/IMPS to**

**The Rotary Club of Chennai Beehives Trust**  
**SB Account No:0735104000052137**  
**IDBI Bank, Nanganallur**  
**IFSC: IBKL0000735**

**Another way to bring positivity into your life is to become a giver**