

February 2026

An In-house Bulletin of Rotary Club of Chennai Beehives

Peace Building



Conflict Prevention Month



Beehives Board

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Rtn A C Boopathy

Rtn.R.Venkataraman

Club Mentor



The Editor's Desk



Create a collective commitment to build peace & to prevent conflict

Rotary International recognizes February as Peacebuilding and Conflict Prevention Month, a theme that aligns with its mission to be “architects of peace.” This initiative focuses on addressing the root causes of conflict while promoting global understanding and goodwill. It is part of the broader 2025–2026 Rotary Presidential Theme, *‘‘Unite for Good,’’* which encourages members to leverage human connections for a meaningful global impact.

Peacebuilding goes beyond merely preventing war; it is a proactive effort to identify, address, and transform the underlying causes of conflict. This involves strategies aimed at reducing violence, ensuring safety and security and promoting social, political, and economic justice. The ultimate goal is to foster lasting and positive peace.

Conflicts often arise from specific grievances or tensions, making it essential to implement systems for early warning and rapid response. This requires tackling root causes, such as poverty, inequality, illiteracy, and resource scarcity, which frequently drive conflict. We can build peace and prevent conflict by educating both adults and youth in mediation and conflict resolution, supporting vulnerable populations in the process.

Throughout this month, Rotary clubs are encouraged to participate in impact developing activities, such as, organizing open sessions with local leaders to discuss community issues and resolve tensions in a safe environment, facilitating leadership and conflict-prevention workshops for Interact and Rotaract members, sponsoring or mentoring individuals pursuing graduate studies related to peace and development, and conducting awareness campaigns using social media to share success stories of peace initiatives and educational resources on conflict resolution.

Education plays a vital role in shaping attitudes and behaviors. By integrating peace values into curricula and promoting critical thinking, we can cultivate a culture of peace and non-violence. Creating spaces where individuals from diverse backgrounds can share experiences, build relationships, and deepen understanding is essential.

Building peace and preventing conflict requires a collective commitment. By embracing these strategies, messages, and actions, individuals and communities can strive towards a more peaceful and harmonious world. Every effort, no matter how small, can create a significant impact.

World Understanding and Peace Day* (February 23) commemorates the first Rotary meeting in 1905, emphasizing the mission to promote global goodwill. Rotary Peace Centers provide academic training and global networking opportunities for Peace Fellows, who serve as catalysts for peace in governmental and international organizations.

‘‘Let obstacles be stepping stones to something greater’’

Let Affection Define Us

Rtn. Francesco Arezzo



President, Rotary International

At last month's International Assembly, President-elect Olayinka "Yinka" Hakeem Babalola called on members of the Rotary world to live out our presidential message for the 2026-27 Rotary year: Create Lasting Impact.

This February, as we observe Peacebuilding and Conflict Prevention Month, we have an opportunity to channel Yinka's call to action into real change.

Peace is not simply the absence of war. A life free from conflict but marked by hunger, instability, or the inability to care for one's family is not true peace. Peace requires liberty, opportunity, and respect for human dignity. Yet fear often blocks that path – fear of change, of cultural loss, of people we don't understand.

Fear isn't defeated through avoidance or aggression. Knowledge is the first step toward peace. Rotary embraces this idea. Our Rotary Peace Centers and their peace fellows, along with other peace education initiatives, demonstrate how knowledge builds trust and helps communities find solutions to conflict.

In Colombia, decades of conflict have left deep wounds. The 2025 Rotary Foundation Programs of Scale awardee, Pathways to Peace and Prosperity, partners with the United Nations World Food Programme to expand opportunity, improve conflict resolution, and connect people with social services. Its goal is to break cycles of violence, poverty, and food insecurity so peace can take root.

In Maharashtra, India, People of Action honoree Swati Herkal built peace through prosperity. Her project confronted farmers' declining soil health, rising debt, and illness caused by chemical fertilisers. She and her Rotary partners launched a regenerative agriculture programme that revitalised the land, lowered costs, and restored stability. More than 1,100 farmers now participate and over 50 villages have adopted the model.

Rotary also advances peace by restoring dignity. In Chad, Rotary Peace Fellow Domino Frank discovered that more than 1,500 women who fought in a rebellion had been erased from reintegration programmes. His advocacy led to Chad's first Rotary Foundation global grant and the creation of Corridors of Peace. More than 100 women – triple the goal – completed literacy and vocational training and formed a cooperative to support their families.

From Colombia to India to Chad, the lesson is clear: Peace is not a dream. It is the result of sustained action with a focus on true, lasting impact. To replicate these successes, Rotary clubs can take three steps: Learn from peace fellows and other peace experts in our organisation, apply a peacebuilding lens to community assessments, and prioritise impact over ceremony.

In a world filled with fear, Rotary cannot be satisfied with half-measures and empty words. If we are truly people of action, then action must define us. Together, we can Create Lasting Impact – across the globe, in our communities, and in ourselves. Francesco Arezzo President, Rotary International

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Club President

Club President's Message

Foster Peace within Families



Rtn Murali Achuthan

February Rotary Theme: Peace Building and Conflict Prevention. This month's Rotary theme focuses on peace building and conflict prevention. It is important to note that peace does not imply a lack of conflict; rather, it signifies the ability to manage conflict effectively. This theme resonates with February, as it reflects the balance of Earth's revolution with the number of days in the year.

Our service projects serve as a meaningful approach to manage conflict and foster peace within families that are seeking attention

Today, we are confronted with more conflicts than ever before. This situation urges each of us to take action, no matter how small, to contribute to peace. Every human relationship may encounter conflict, but peaceful relations result from diligent effort in managing that conflict.

In closing, I wish all members a peaceful and conflict-free month of February!

DG's Message

Purpose, People, Progress

District Governor



Rtn.D.Devendran

Dear Fellow Rotarians, A New Year always arrives with quiet promise. It invites us to pause, reflect, and recommit. As we step into this fresh beginning, let us remind ourselves of our shared goal: building vibrant clubs through meaningful member engagement, strong retention, and continuous development.

A vibrant club is not measured by numbers alone, but by the energy, purpose, and joy with which we serve.

The year began on an auspicious note with the Shirdi pilgrimage by our United Presidents and First Ladies. What made this journey truly special was not just the spiritual fulfilment, but the service initiative undertaken there. Faith, fellowship, and service came together beautifully, proving once again that Rotary touches hearts wherever it goes.

Equally heartening was the United Secretaries Meet, the first of its kind in our district. The enthusiasm, ownership, and unity displayed by our secretaries deserve special appreciation. I sincerely hope this becomes a tradition, strengthening the backbone of our clubs year after year. Our TRF Dinner and International Business Meet was another proud milestone, with over 350 participants coming together in the spirit of global fellowship and purposeful giving. The response reflected the district's growing commitment (\$1.4 million) to The Rotary Foundation and to impactful, sustainable service.

February's theme, Peacebuilding & Conflict Prevention, reminds us that peace does not begin on global platforms. It begins at home, in our clubs, and in our communities. When we practise understanding, respect, and compassion locally, the ripple effect is felt globally.

As we look ahead, I urge every Rotarian to register for our District Conference – Indravizha. This is our flagship event, a celebration of Rotary at its best. With excellent fellowship, inspiring speakers, international entertainment, and great food – all specially curated for you – I encourage you to attend with your family and fellow club members. Let us move forward together with clarity of purpose, unity of spirit, and renewed enthusiasm to Unite for Good.



RID 3233 Indra Vizha - District Conference 2026

February 28 & March 1, 2026 @

Trade Centre, Nandambakkam, Chennai

Don't miss

“Do not compare your journey with anybody else's. You walk different paths”



Rotary's Mission, Vision & Core Values

Vision Statement

Rotary's vision statement is: "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." This guiding principle informs the organization's strategic goals, aimed at fostering sustainable, positive change through both local and international service.

Key Elements of the Vision:

Unite and Take Action: Highlights the importance of collaboration and proactive service.

Lasting Change: Concentrates on achieving sustainable, long-term results instead of temporary solutions.

Scope: Strives for impact on three fronts: locally, globally, and within ourselves.

This vision underpins Rotary's initiatives in areas such as peace, literacy, disease prevention, and environmental protection.

Mission Statement

Rotary's mission is to serve others, promote integrity, and foster global understanding, goodwill, and peace through a fellowship of business, professional, and community leaders. Together, they tackle persistent global challenges, including Promoting peace, Combating disease, Providing clean water, Supporting education.

Key Aspects of the Mission: Service Above Self, Fellowship, Areas of Focus, Integrity. Moreover, the Rotary Foundation plays a crucial role in advancing world understanding, goodwill, and peace by enhancing health, supporting education, and alleviating poverty. Their vision is a world where people unite and take action to create lasting change.

Core Values of Rotary International

Rotary's core values include "Service, Fellowship, Diversity, Integrity," and "Leadership". These principles guide members to act ethically and serve their communities, fostering strong relationships, embracing diverse perspectives, and leading positive change, all encapsulated in the motto "Service Above Self." The principles are further expressed through guiding tenets like the Four-Way Test and Avenues of Service.



Service

A fundamental aspect of our mission, emphasizing the importance of prioritizing others and utilizing professional skills to address social issues and create positive community impacts. Our programs and activities aim to foster greater understanding and peace worldwide. Through the efforts of individual clubs, we cultivate a culture of service that provides unparalleled satisfaction to those who engage.

Fellowship

The foundation of strong, lifelong relationships and meaningful friendships across cultures. While individual contributions address personal needs, collective endeavors benefit humanity. The strength of collaboration knows no bounds, enhancing resources and broadening our perspectives. Fellowship promotes tolerance and transcends racial, national, and other barriers.

Diversity

Embracing varied perspectives, backgrounds, and experiences to strengthen our organization and its impact. Rotary brings together people worldwide under the shared ideal of service. We encourage diverse vocations within our membership and activities, as a club reflecting its community is key to its future.

Integrity & Leadership

Upholding commitments, acting ethically, and ensuring accountability in all actions and relationships. We expect accountability from our leaders and fellow members, both in the outcomes of our endeavors and the processes we follow. High ethical and professional standards are paramount in our work and personal interactions. We approach our interactions with fairness and respect, diligently managing the resources entrusted to us.

Leadership Development

We are a global fellowship of individuals who excel in their respective fields. We value leadership development as a vital quality of our members. As Rotarians, we embody leadership in implementing our core values.

“You are the only one who can define your success”



The Importance of Rotary Club Constitution and Bylaws



A solid understanding of the Rotary Club Constitution and Bylaws is fundamental to effective club governance and harmonious relationships among members. These documents, sourced from the Rotary International Manual of Procedure (MOP), lay the groundwork for leadership and conflict resolution.

Key Documents :

Standard Rotary Club Constitution: This essential document must be adopted by every club upon joining Rotary International. **Manual of Procedure (MOP):** Published every three years after the Council on Legislation, the MOP serves as the primary reference for the constitutional and governance framework of Rotary Clubs.

While the Constitution is standardized through the MOP, clubs have the flexibility to adapt the Recommended Rotary Club Bylaws to align with local practices, as long as they remain consistent with Rotary International's core documents.

Importance of Constitution and Bylaws:

Purpose and Structure: These documents define the club's mission, framework, and operational procedures, ensuring the Object of Rotary is upheld. **Binding Nature:** Once adopted, these documents are obligatory for all members, outlining clear expectations for ethical behavior and administrative responsibilities.

Necessity for Leader Knowledge:

Leaders must possess a comprehensive understanding of these documents to effectively manage club operations, including budgeting, nominations, and member orientation.

A lack of familiarity with constitutional provisions can lead to "unhealthy messages of displeasure." When leaders operate outside the established guidelines, it can create misunderstandings and divisions within the club.

The bylaws explicitly state that clubs should resolve conflicts in an "amicable manner." Familiarity with these provisions empowers leaders to address grievances through mediation or arbitration rather than personal disputes.

Consequences of Ignorance:

Club Fragmentation: Decisions made without a constitutional foundation can be challenged or result in litigation, jeopardizing the club's stability.

Clubs that do not adhere to Rotary International's constitutional documents may be deemed "failing to function," which could ultimately lead to the revocation of the club's charter.



Before You get into an arguement. remember this quote:

"A bee does not waste its energy trying to convince a fly that Honey is better than SHIT"



If you cannot be a pencil to write someone's happiness, then be an eraser to help remove their sadness



A negative mind will find fault in everything and a positive mind will find opportunity in everything

If you really want to do something, you'll find a way. If you don't, you'll find an excuse."

RC Chennai Beehives Partnered with RI District for Cancer Screening



On February 4, 2026, coinciding with "World Cancer Day," our Rotary Club collaborated with the RI District 3233 Health Team to organize a "Cancer Screening" event for Chennai Corporation Sanitary Workers. Under the Leadership of District Chairman for Special Projects, Rtn Dr S Ramkumar, the comprehensive Cancer Screening Camp was successfully launched at the Arulmigu Sakthi Vinayakar Thirukoil Mandapam in K K Nagar, Chennai.

The camp was inaugurated by Mr. A.M.V. Prabhakara Raja, MLA of Virgampakkam, with District Governor Rtn. Devendran Damodaran from Rotary International District 3233 serving as the Guest of Honour. This event resonated with the global theme for World Cancer Day 2026, "United by Unique," which highlights the importance of personalized care and the need to address health disparities.

Understanding that sanitary workers are crucial to maintaining city hygiene yet often encounter obstacles to accessing regular healthcare, our club proudly supported this initiative as a Silver Sponsor. Club President Rtn. Murali and the project team efficiently coordinated the logistics for the day, ensuring that the workers received professional medical attention and guidance on health awareness.

"Our goal today was to bring life-saving screenings directly to those who serve our city daily," noted Rtn. Murali. "By partnering with this camp, our club has taken a significant step to bridge the care gap in our community."





Happy Marriage

Annette SABARRIE daughter of Beehivian Rtn.T Kesavan, Founder Trustee of Our Club Trust, got married with Sri Maheswaran on 20.02.2026

Rtn Dr V Thiagarajan, Rtn G S Suresh, Rtn R Venkataraman, Rtn Sashaank participated in the Reception on 22.2.26 and wished the couple

Beehivians & their Families

Wishing the Young Couple a lifetime of LOVE and HAPPINESS



The District FMLR Team, led by Beehivian Rtn G. S. Suresh as Chairman, proudly presented "ISHQ-VISHQ," a Musical Gala Event, on February 8, 2026, at the Tamil Virtual Academy Hall in Kotturpuram, Chennai.



WEEKLY MEETING

Our most recent weekly meeting took place on Sunday, February 22, 2026, at the BM Hospital premises, led by our President, Rtn. Murali Achuthan. Eighteen members were in attendance.

The session commenced with a warm welcome and an extensive update on club matters from the Club Secretary.

The day's highlight was an engaging presentation by Rtn. R. Venkataraman, who discussed "Legacy, Luxury, Rotary." He offered captivating insights into the various aspects and unique identity of Legacy and Luxury. The speaker provided a thorough examination of how Rotary's rich history (Legacy) and its standard of excellence (Luxury) align with its service mission.

A formal Vote of Thanks was presented, expressing heartfelt appreciation to:

The speaker for his thought-provoking session, the management of BM Hospital for generously providing the venue and ensuring seamless arrangements, all members for their enthusiastic participation.



Secretary Position Filled for Rotary Year 2026-27

Secretary Elect



Rtn M Hari Krishnan

Following the resignation and subsequent termination of Secretary-Elect Rtn. Raghupathy, the position of Secretary for the Rotary Year 2026-27 became available. According to Article 3, Section 9(b) of the Club Constitution, the incoming Board is required to convene to fill such vacancies. Consequently, a meeting of the 2026-27 Board was arranged.

On February 20, 2026, the 2026-27 Board gathered under the leadership of Rtn. Dr. V. Thiagarajan (President 2026-27), as per Article 3 section 9(b) of the Constitution of RC Chennai Beehives.

Eleven Board members, along with the Pro-tem Secretary, attended the meeting.

During this session, the Board unanimously elected Rtn. M. Hari Krishnan as Secretary for RY 2026-27. This appointment has been officially communicated to the District. Additionally, the Board engaged in productive discussions regarding various Avenues of Service and made several significant decisions for the upcoming year.

“Ten Years later, you would wish you had started today”



Think Twice Before You Ink

By Rtn R Venkataraman

Taking on any role or responsibility within an organization demands careful thought. Before committing to a position, it is vital to thoroughly assess your availability. Once you agree to a role and are unanimously selected, it's important to engage with full dedication, putting aside personal biases and preferences.

It can be quite disheartening when a promising candidate suddenly becomes unresponsive. After someone has accepted a position and received unanimous support, their unexpected absence raises numerous concerns. This behavior disrupts team dynamics and undermines the trust of those who backed their nomination.

Individuals who accept a role and then resign abruptly within a month, requesting their names be removed from official records, often overlook the consequences of such a "silent resignation." Taking on a leadership position only to leave prematurely can lead to significant operational and cultural instability. Such departures frequently result in a "leadership void," marked by a loss of strategic direction, stalled decision-making, and a breakdown of institutional knowledge.

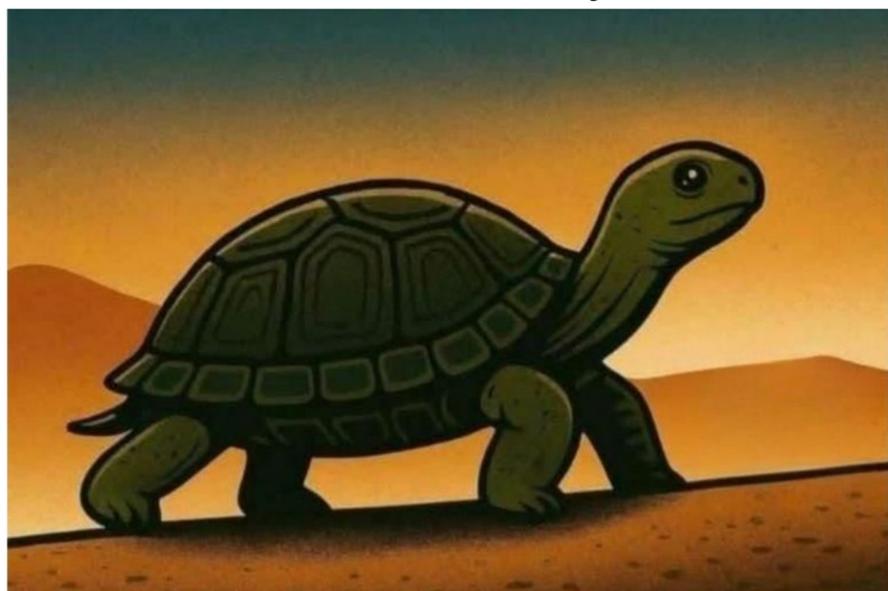
Those exhibiting erratic behavior must recognize the governance challenges stemming from their actions. Their lack of communication before leaving hampers the board's ability to advance or find a suitable replacement, leading to governance gaps and obstructing the flow of essential information to senior levels of the organization.

This decision not only puts the proposer in a difficult position but also impacts the credibility of those who endorsed the candidate. It serves as an important reminder to evaluate not just a candidate's skills but also their commitment and temperament.

Remember, no organization thrives solely on individuals. While removing names from the roster may seem drastic, it can ultimately open doors for someone who is genuinely committed to the team.

Therefore, do not step forward to accept a position merely to fulfill someone else's request. After accepting the role, derailing is not only unfair but also detrimental to the organization.

Motivation Message Turtle Theory



Progress does not need speed. It needs direction.
You do not need to be fast. You just need to keep moving in your own times, in your own way.



The Ethical Framework of Rotary

By Rtn R Venkataraman

In a service-oriented organization like Rotary, ethics serve not merely as regulations—they act as the "grease" that facilitates trust and collaboration among diverse global leaders.

The Core Moral Compass: The Four-Way Test

Rotary's ethical foundation is famously summarized in the Four-Way Test, which assesses every thought, word, and action through four essential questions:

Is it the TRUTH? – Emphasizing honesty and transparency to establish credibility.
Is it FAIR to all concerned? – Promoting impartiality and justice, ensuring no one is taken advantage of.

Will it build GOODWILL and BETTER FRIENDSHIPS? – Encouraging harmony and mutual respect.

Will it be BENEFICIAL to all concerned? – Weighing the broader impact and the common good over personal interests.

Ethical Standards for Members

Members are encouraged to "Serve Above Self" by adhering to a high Rotarian Code of Conduct in both their professional and personal lives.

Vocational Integrity: Members should represent their profession with dignity, serving as ethical role models in their workplaces.

No Unfair Advantage: Rotarians must refrain from seeking special business privileges from fellow members that are not typically extended to others.

Diversity & Inclusion: Valuing and respecting varied perspectives, backgrounds, and cultures is fundamental.

Accountability:** Members are responsible for their commitments, whether attending meetings or fulfilling service project obligations.

Ethics of Leadership

Leaders within these organizations bear a greater responsibility to nurture trust and manage resources effectively.

Conflict of Interest Management: Leaders must disclose any potential personal or financial benefits from service projects and step back from biased decision-making.

Transparency: Leaders are expected to openly communicate about board decisions and invite member input on significant matters.

Harassment-Free Environment: Current Rotary policy enforces a zero-tolerance stance on harassment or retaliation, ensuring all participants feel secure and included.

Mentorship: Leaders are encouraged to use their expertise to mentor young individuals and guide newer members into service roles.

The Essence of Rotary Culture

Ultimately, these ethical principles cultivate a culture of People of Action who harness their diverse skills for humanitarian purposes. By adhering to these shared standards, members transform a simple professional network into a formidable force for global peace and understanding.

Motivation Message - Crow Rule: Carry Less



What you carry decides what you drop -
Choose one priority and give it your full presence

“A thousand miles is just a thousand one miles. The trick is to look at one mile at a time.



Tips for Rotary Club Member Retention (Engage / Empower / Inspire)



1. Strengthen the Welcome Experience :

Greet every member by name at meetings, Assign hospitality champions for every meeting, Ensure guests and new members never sit alone. Follow up with absentees warmly, not punitively, Celebrate member milestones (birthdays, anniversaries, achievements)

2. Improve Meeting Quality :

Start and end meetings on time, Keep agendas engaging and purposeful, Invite high-quality speakers, Use multimedia to make presentations lively, Rotate meeting roles to keep members involved

3. Build a Culture of Belonging:

Encourage inclusive seating—avoid cliques promote respectful, positive communication, Celebrate diversity in age, gender, and profession, Create safe spaces for new ideas, Recognize contributions publicly and often

4. Strengthen Member Engagement:

Give every member a meaningful role, Match members to committees based on passion, Encourage members to lead small projects Offer leadership development opportunities, Conduct regular member Interest surveys

5. Improve Club Communication:

Send clear, timely meeting reminders, Share minutes and updates promptly, use WhatsApp, email, and social media effectively, Highlight member stories and successes, Keep communication friendly, not transactional

6. Deliver High-Impact Projects:

Choose projects that members care about, Involve members in planning, not just execution, Celebrate project results with photos and stories, Invite beneficiaries to share testimonies, Ensure projects are sustainable and visible

7. Strengthen Fellowship & Relationships:

Organize regular social events, Celebrate cultural days and themed nights, Encourage family involvement pair new members with mentors, Create small fellowship circles for deeper bonding

8. Support Member Growth:

Offer professional development sessions, Encourage networking and business connections, Provide mentorship opportunities, Invite members to district and international events, Promote continuous learning through Rotary resources

9. Improve Club Administration:

Keep dues affordable and transparent, Share financial reports openly, Ensure smooth, respectful leadership transitions, Maintain accurate member records, Avoid overburdening members with too many requests

10. Build a Strong Club Identity:

Maintain consistent branding in all materials, Share your club's impact story regularly, Display Rotary values in action, Wear Rotary pins and branded attire proudly, Promote your club's achievements in the community

11. Prevent Member Burnout:

Rotate responsibilities fairly, Respect members' time and commitments, Encourage members to take breaks when needed, Avoid over-meeting—focus on quality, not quantity, Check in privately with members who seem withdrawn

12. Celebrate & Appreciate Members :

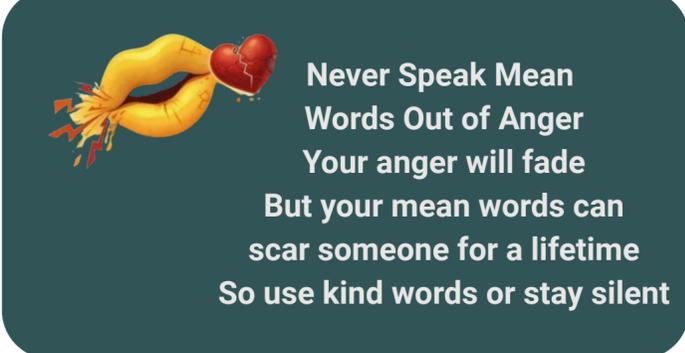
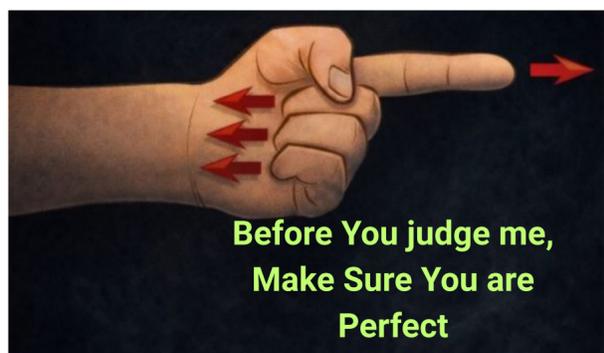
Hold annual awards or recognition nights, Appreciate volunteers immediately after activities, Highlight member achievements on social media, Send personal thank-you messages, Celebrate long-term membership milestones

13. Strengthen New Member Integration:

Conduct structured orientation sessions, Assign mentors for the first 6–12 months, Involve new members in at least one project quickly, Introduce them formally during meetings, Help them understand Rotary culture and expectations

14. Build a Future-Focused Club:

Encourage innovation and new ideas, Involve young professionals meaningfully use technology to modernize club operations. Plan long-term projects that inspire commitment Regularly evaluate and improve club practices



Action breeds confidence and courage. Inaction breeds doubt and fear



Human Tongue - Organ of Taste

By Dr V Thiagarajan, B M Hospital

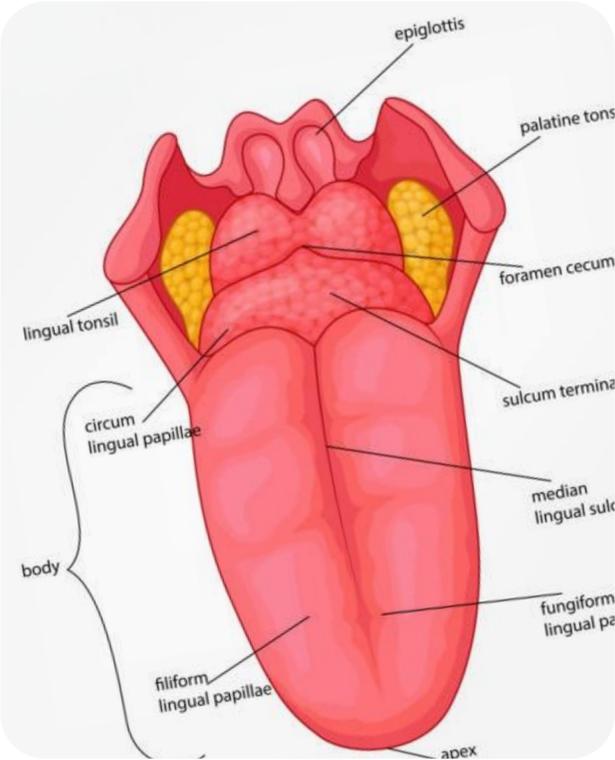


The tongue is a highly flexible, muscular organ in the mouth essential for tasting, chewing, swallowing, and speech. A healthy, normal-coloured tongue covered in a mucous membrane. these are papillae and taste buds, it detects flavors and helps move food. They help to speak, taste, chew and swallow. Anchored to the floor of the mouth, it consists of intrinsic and extrinsic muscles allowing complex, rapid movement.

The tongue is divided into three main parts:

- Tip (Apex) – the front portion, highly mobile and sensitive
- Body - Oral part (anterior) – the middle section that helps in chewing and speech
- Base - Root (posterior) – the back part attached to the throat, important for swallowing

Tongue is composed of 8 muscles (4 intrinsic and 4 extrinsic)



Major Functions of the Tongue

Structure: Covered in papillae (tiny bumps) that provide texture for gripping food. The underside is anchored by the lingual frenulum.

Immunity: Contains lingual tonsils at the back for pathogen defense

Taste (through Taste buds)

The tongue helps us recognize five primary tastes: sweet, sour, salty, bitter, and umami. Taste not only provides pleasure but also protects us by identifying spoiled or harmful food.

Speech

The tongue works with the lips, teeth, and palate to form clear words. It enables us to communicate thoughts, emotions, and knowledge—making it one of the most powerful tools of human interaction.

Swallowing and Digestion

The tongue mixes food with saliva and pushes it toward the throat, forming a soft mass (bolus) for safe swallowing. Thus, digestion begins in the mouth.

Indicator of Health

The tongue often reflects overall health. Changes in color, coating, or texture may indicate dehydration, infections, nutritional deficiencies, or systemic illness. A healthy tongue is usually pink, moist, and clean.

Common Tongue Problems

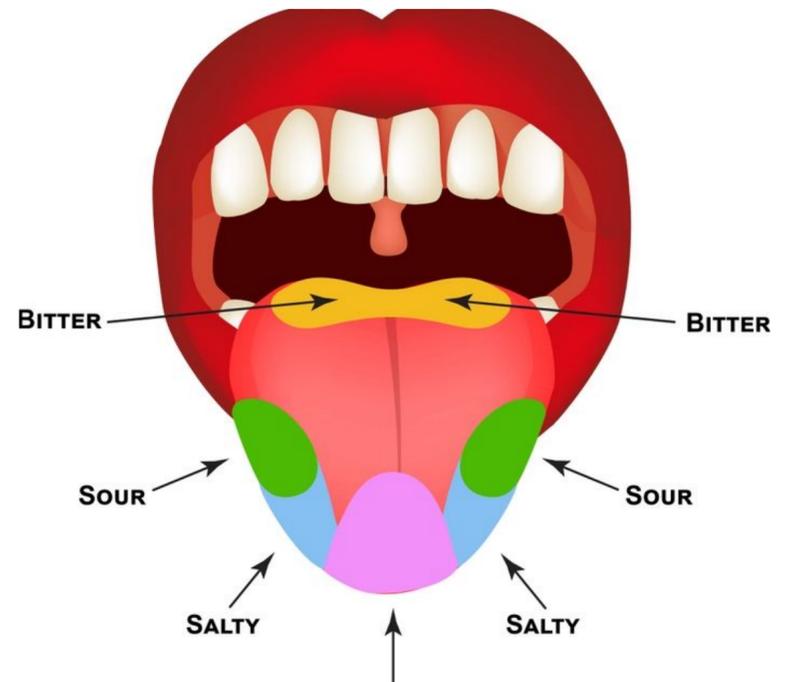
- Coated tongue due to poor oral hygiene or dehydration
- Mouth ulcers causing temporary discomfort
- Fungal infection (Oral thrush), common in diabetics and elderly
- Geographic tongue (harmless patchy appearance)
- Burning or smooth tongue due to vitamin deficiency

A major disease of Tongue

“Tongue cancer, a major subset of oral cancer, is highly prevalent in India, driven primarily by the, widespread use of tobacco (smoking and chewing), areca nut (betel nut/pan), and alcohol

Care of the Tongue

- Clean the tongue gently every day
- Maintain good oral hygiene
- Drink adequate water
- Avoid tobacco and excessive alcohol
- Eat a balanced, vitamin-rich diet
- Seek medical advice for persistent ulcers, pain



நாக்கைப்பற்றி சில திருக்குறள்கள்

யாகாவா ராயினும் நாகாக்க காவாக்கால்
சோகாப்பர் சொல்லிழுக்குப் பட்டு.

பொருள்: எதைக் காக்காவிட்டாலும் நாலைக்
காக்க வேண்டும். இல்லையெனில், காக்கத்
தவறிய நாக்கு, தவறான சொற்களைப் பேசி
துன்பத்தை உண்டாக்கும்.



தீயினாற் சுட்டபுண் உள்ளாறும் ஆறாதே
நாவினாற் சுட்ட வடு.

பொருள்: நெருப்பால் சுட்ட புண் ஆறிவிடும்,
ஆனால் நாவால் சுட்ட வடு (தீய வார்த்தைகள்)
ஒருபோதும் ஆறாது

Nothing kills you faster than own mind. Do not stress over things that are out of your control



*Wishes of Beehivians &
their Family to*

**Happy
Birthday!**



Ann Lakshmi Shankar

w/o Rtn B Shankar -

Celebrated on 10.2.2026



Ann Dr Vasundhara Thiagarajan

w/o Rtn Dr V Thiagarajan

Celebrated On 15.2.2026



**Happy
Anniversary**



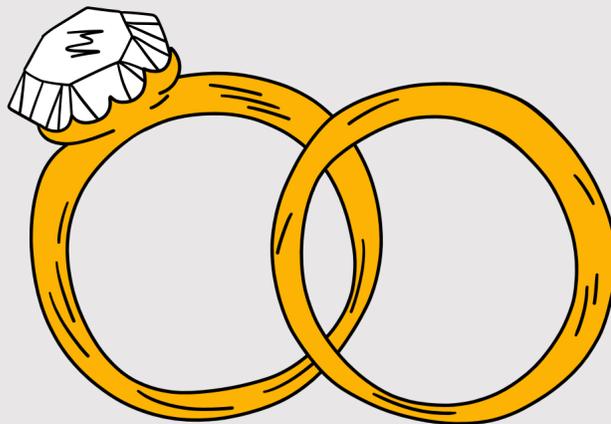
Wishes from Beehivians & their Family to

Rtn R Seralathan & Rtn Ezhilarasi celebrated on 1.2.2026

Rt.T.Kesavan & Ann Amutha celebrated on 9.2.2026

Rtn.Mariselvamohan & Ann Sivasakthi celebrated on 16.2.2026

Rtn M Harikrishnan & Ann Maheswari celebrated on 20.2.2026



Making one person smile can change the world – maybe not the whole world, but their world."



சீத்தாப்பழம் சத்துக்களும், அதன் பலன்களும்



சீதாப்பழம் (Seethapalam) கொண்டுள்ள சத்துக்கள் மற்றும் அதன் பலன்கள், மற்ற பழங்களுக்குப் பழக்கம் மாறுபட்டதாக இருக்கிறது. அத்தகைய சீத்தாப்பழங்களின் சிறப்புகளை அறிந்துகொள்ளலாம் வாருங்கள்!

ஸ்வீட் சாப்பிட பயமா? சீத்தாப்பழம் சாப்பிடுங்கள்!

சாப்பாடு சாப்பிட்ட பிறகு ஒரு இனிப்பை தேடுகிறீர்களா? உடல் எடை கூடுதல், கொழுப்புச் சத்து, சர்க்கரை அளவுகள் பற்றிய பயம் உங்களை தடுக்கும்? ஸ்வீட்டிற்குப் பதிலாக ஒரு சீத்தாப்பழம் சாப்பிடுங்கள். இந்தப் பழம் இனிப்பு சுவையையும் தரும், மேலும் நார்ச்சத்து நிறைந்தது என்பதால் சர்க்கரையை பாதிக்காது, நல்ல சத்துக்களும் கிடைக்கும்.

சீத்தாப்பழம் 'கஸ்டர்ட் ஆப்பிள்' என்று அழைக்கப்படுவதன் காரணம் என்ன?

நம்மில் சீதாப்பழம் என அழைக்கப்படும் இந்த பழம், ஆங்கிலத்தில் 'கஸ்டர்ட் ஆப்பிள்' என்றழைக்கப்படுகிறது. 'கஸ்டர்ட்' என்ற ஐஸ்கிரீம் போன்ற சுவை காரணமாக இதற்கு இப்பெயர் வந்துள்ளது.

நச்சுப் பொருட்களை வெளியேற்ற உதவும் சீத்தாப்பழம்!

சீதாப்பழம் வைட்டமின்கள், புரதம், தாதுப் பொருட்கள், சக்தி தரும் இனிப்பு, கொழுப்புச் சத்து மற்றும் நார்ச்சத்தை கொண்டுள்ளது. நம் உடலுக்குள் உள்ள நச்சு பொருட்களை வெளியேற்ற அன்டிஆக்ஸிடென்ட்கள் தேவை. இது உடலுக்கு வழங்கப்படும் வைட்டமின் சி மூலம் நடைபெறும். ஆனால், வைட்டமின் சி உடலில் நீண்ட நேரம் தங்காது. எனவே, தினமும் வைட்டமின் சி அடங்கிய உணவுகள் உட்கொள்ள வேண்டும். சமைத்த உணவில் இந்த வைட்டமின் குறைவாகிவிடுவதால், பழங்களைச் சாப்பிடுவதன் மூலமே நாம் இந்த வைட்டமினை பெற்றுக்கொள்கிறோம்.

ஜீரண சக்தியை அதிகரிக்கும் சீத்தாப்பழம்

சீதாப்பழம் ஜீரண சக்தியை அதிகரிக்கும், இதனால் பித்தம், வாந்தி, பேதி, தலைசுற்றல் போன்றவற்றை குணப்படுத்தும்.

மன அழுத்தத்தை சரி செய்யும் சீத்தாப்பழம்

இரவில் ஒரு சீத்தாப்பழம் சாப்பிடுங்கள், நல்ல ஆழ்ந்த தூக்கம் உண்டாகும். இப்பழத்தில் உள்ள கால்சியம் மற்றும் மக்னீசியம் மன அழுத்தத்தை சரிசெய்யும். மேலும், இவை எலும்புகள், தசைகள் மற்றும் இருதயத்திற்கு வலுவளிக்கின்றன.

தினசரி தேவைக்கு சீத்தாப்பழம்

பலர் அதிகமாக பதப்படுத்தப்பட்ட உணவுகள், புகை, டீ, காபி மற்றும் மது ஆகியவற்றை உட்கொள்கிறார்கள். இவர்கள் அனைவருக்கும், இதன் பாதிப்புகளை சமாளிக்க பொட்டாசியம் சத்து அன்றாடம் தேவை. இதனை உடலில் தேக்க முடியாததால், தினமும் சீத்தாப்பழம் சாப்பிட வேண்டும்.

சீத்தாப்பழம் கிடைக்கும் பருவம்

சீதாப்பழம் வருடம் முழுவதும் கிடைப்பதில்லை; குறிப்பிட்ட பருவத்தில் மட்டுமே காய்க்கிறது. அடர்ந்த, குறைந்த உயரம் உள்ள சீத்தாப்பழ மரங்களில் காய்கள் காய்க்கின்றன, பின்னர் அவற்றை நன்கு வளர்ந்த பிறகு காயாகப் பறிக்கின்றனர்.

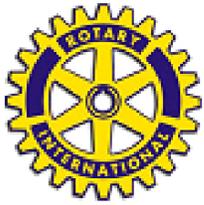
விதைகள் மற்றும் வளர்ச்சி

சீதாப்பழத்தை நிறைய மக்கள் சாப்பிடத் தயங்குவது, அதில் உள்ள விதைகள் காரணமாகவே. இந்த விதைகளை விதைத்து மட்டுமல்லாமல், பதியன் வைத்தும் சீத்தாப்பழ மரங்களை வளர்க்கலாம்.

முதலில் மேற்கு இந்தியத் தீவினர்களால் வளர்க்கப்பட்ட இந்த மரங்கள், இன்று உலகின் பல பகுதிகளில் வளர்க்கப்படுகின்றன.

இதன் சுவை மற்றும் மணம் அனைவரையும் கவரும் என்பதால், ஜாம், ஜெல்லி, ஐஸ்கிரீம் மற்றும் பழரசங்கள் தயாரிக்கப் பயன்படுகிறது.

Be with someone who brings out the best in you, not the stress in you.



The Rotary Club of Chennai Beehives Trust



help us help



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Dear Esteemed Donors, Philanthropists, and Fellow Rotarians,

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Note: We accept Indian Currency (INR) only. For donations above ₹2,000, please use Cheque, DD, or Online Transfer.

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Life's most persistent and urgent question is, 'What are you doing for others?'