



March 2026

## MARCH IS WATER, SANITATION & HYGIENE MONTH

### CLEAN WATER AND HYGIENE MATTERS

Safe Water



Healthy Lives



Wash



Your Hands

### “Clean water is a human right.”

When you cough or sneeze  
cover your nose and mouth with a tissue



or Cough or sneeze into your elbow,  
not your hands



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**Rtn.R.Venkataraman****Club Mentor****The Editor's Desk****Reaffirm our commitment to WASH**

Access to safely managed water, sanitation, and hygiene (WASH) is crucial for human health, dignity, and socio-economic progress. Sadly, billions of individuals worldwide still lack these fundamental necessities, with 2.2 billion people without safe drinking water and 3.5 billion lacking adequate sanitation facilities.

Unsafe WASH conditions contribute to over 1.4 million preventable deaths annually. Diarrheal diseases, often stemming from contaminated water, rank among the leading causes of mortality in children under five. The scarcity of clean water often forces children, particularly girls, to spend hours collecting it, which detracts from their educational opportunities. Furthermore, insufficient facilities in schools lead to increased absenteeism, especially among girls during menstruation. Investing in sanitation has significant benefits, as every rupee spent results in reduced health costs and enhanced productivity.

Rotary International has made WASH a priority, dedicating March as WASH Month to highlight these vital initiatives. Their focus goes beyond merely constructing wells; members are committed to long-term solutions, including rainwater harvesting systems, latrines, and water purification plants.

Rotary has implemented WASH facilities in over 30,000 schools globally, concentrating on separate toilets for boys and girls, handwashing stations, and menstrual hygiene management.

Through the Rotary-USAID WASH Partnership, the organization collaborates with governments to plan and finance sustainable water services. The WASH Rotary Action Group (WASH-RAG) provides professional guidance and resources to ensure that projects are community-driven and sustainable over time.

The Rotary Foundation has invested over \$148 million in global WASH initiatives, with just \$24 providing lifelong safe water for one person.

By undertaking these efforts, Rotary not only supplies a vital resource but also empowers communities to break the cycle of disease and foster a future filled with dignity and health.

March highlights Rotary International's dedication to Water, Sanitation, and Hygiene (WASH)—essential components of sustainable development and human dignity. Access to clean water and proper sanitation is not just a basic necessity; it is a fundamental right that enhances health, education, and economic opportunities. Unfortunately, millions worldwide face daily struggles to secure safe drinking water and hygienic living conditions.

Rotary's commitment to WASH exemplifies its enduring belief in transformative service. Through various initiatives around the globe, Rotary clubs have constructed wells, installed filtration systems, improved sanitation facilities, and promoted hygiene education. These actions do more than provide infrastructure; they empower communities, reduce disease, and create educational opportunities for children, particularly girls, enabling them to attend school instead of spending hours collecting water.

The impacts of WASH projects reach far beyond immediate aid. Clean water reduces the spread of waterborne diseases, improves maternal and child health, and strengthens community resilience. Sanitation facilities restore dignity and safety, particularly for women and girls. Hygiene education fosters long-term behavior changes, ensuring that the benefits of clean water and sanitation persist for generations.

As Rotarians, we are called this month to reaffirm our commitment to the WASH cause. Every action matters—whether through local awareness campaigns, partnerships with schools, or global grants providing sustainable solutions to underserved communities. Collaborating with governments, NGOs, and local populations ensures that projects are not only implemented but also maintained and embraced by those they serve.

Water connects all aspects of life. By ensuring its safety and availability, Rotary promotes healthier, stronger, and more equitable communities. Let this month serve as a reminder that service above self begins with compassion and action—transforming the flow of clean water into a current of hope and progress for all.

**When you dare to believe in the impossible, you give it a chance to become your reality**



Francesco Arezzo  
President, Rotary International

RI PRESIDENT  
MESSAGE

## The reach of community action

Water connects us all. From a river in a remote forest to a stream running past a city neighborhood, freshwater ecosystems sustain humanity. Yet these waters are increasingly under strain. Pollution, overuse, and climate pressures remind us that protecting freshwater is a global challenge.

Rotary has always believed change begins within communities. Now we are working to see how far the impact of community action can travel. When local service is connected, measured, and shared, it becomes a force that extends beyond geography and borders.

A water project led by the Rotary Club of Panamá Nordeste exemplifies this idea. The project served indigenous communities in Panama's Darién province, a region accessible only by canoe and small boat. With no roads, limited electricity, and reliance on untreated river water, families faced serious health risks.

To reach these communities, Rotarians had to rethink how supplies and services could be delivered. Working with a partner club in the United States and a specialized water organization, they introduced solar-powered water treatment systems for an area without access to an electrical grid. Local leaders were trained to operate and maintain the system, ensuring that clean water would continue flowing long after installation crews departed.

The results were immediate. Children who once missed school due to illness returned to classrooms. No longer needing to haul water from rivers, adults gained time and strength to work and support their families. What began as a water project became a foundation for healthier, more resilient communities.

This is how we extend our reach: combine local leadership with global partnerships, technical expertise, and long-term thinking.

That same spirit is at the heart of Rotary's partnership with the United Nations Environment Programme through the Community Action for Fresh Water initiative. Around the world, Rotary and Rotaract clubs are restoring waterways, protecting wetlands, and safeguarding vital freshwater sources. By collecting data to map and measure this work, we can better understand its impact and show how local service contributes to worldwide solutions.

Data is not an end. It is a tool that helps us learn and improve so that Rotary's service delivers real, measurable change. Each project entered and each waterway restored adds to a shared story of stewardship and responsibility. You can learn more and get involved at [communityactionforfreshwater.org](http://communityactionforfreshwater.org).

As we observe Water, Sanitation, and Hygiene Month, I encourage you to reflect on the freshwater systems that sustain your community and the role Rotary can play in protecting them.


When we connect local action to a global vision, we strengthen Rotary's ability to make lasting change. Together, by extending our reach and working side by side, we truly unite for good.

## Where Every Drop Builds Tomorrow

This March, we celebrate Water, Sanitation, and Hygiene Month, where dignity flows with every drop. Clean water fuels resilience. Sanitation protects families. Hygiene turns simple habits into lasting hope. When communities safeguard these essentials, they do more than prevent disease. They build healthier tomorrows.

Courtesy : SYMPHONY-GML March 2026 Issue





**Purpose**

- 1-To clean contaminated hands.
- 2-To remove dirt
- 3-minimize number of microorganism
- 4-To prevent cross and nosocomial infection.

Dreams are not meant to stay dreams, they are invitations to grow & stretch beyond comfort

Rtn D Devendran District Governor



DISTRICT GOVERNOR  
MESSAGE

### Finishing Strong, Together

The echoes of Indiravizha 2026 still resonate across our district. With nearly 2,000 Rotarians and guests gathering at the Chennai Trade Centre, the conference truly became a grand festival of Rotary leadership, fellowship, and celebration. My heartfelt congratulations to Conference Chairman Rtn. Kathirvel Ganapathiappan and his dedicated team for delivering such a magnificent and memorable event. Indiravizha reflected the strength, unity, and vibrant spirit of Rotary District 3233.

I was also delighted to witness the 'Run to End Polio' 2026 marathon organized by the Rotary Club of United Chennai. With hundreds of participants running along Besant Nagar's coastline, the event beautifully combined community engagement with Rotary's global mission to eradicate polio. It stands as an excellent example of Rotary's public image and our continued commitment to a polio-free world.

Across the district, our clubs have continued to implement impactful projects—be it in healthcare, education, the environment, or community development. From medical camps and school infrastructure support to environmental initiatives and skill development programs, Rotary District 3233 continues to touch thousands of lives.

I would also like to place on record my appreciation to our Presidents, Secretaries, Assistant Governors, and all District Officers who work tirelessly to translate Rotary's vision into meaningful service. Your dedication at the club level truly powers the success of our district.

As we enter the final four months of this Rotary year, let us focus on completing our goals in membership growth, TRF giving, and polio fundraising. Membership remains the lifeblood of Rotary, and The Rotary Foundation remains the engine that powers our service to the world.

With eight months completed in style, let us continue the journey with the same energy and determination. Together, let us unite for good and finish this Rotary year stronger than ever.

Rtn Murali Achuthan, Club President



CLUB PRESIDENT  
MESSAGE

### Initiate to Maintain Water Bodies

Dear Beehiveians,

As we step into March, we reflect on the conclusion of the district conference. Many of us had the opportunity to participate, and it was both informative and enjoyable. We encourage even more members to join in, as this will help raise our club's profile and popularity.

March also signals the gradual approach of summer in Chennai, bringing with it the heat and our ongoing water challenges. This month's Rotary theme is Water, Sanitation, and Hygiene, commonly referred to as WASH.

Here in our region, we are well aware of the importance of water conservation and hygiene practices. Our ancestors excelled in maintaining water bodies and reaping their benefits, but we have strayed from this path, leading to concerning water conditions in Chennai. It is crucial that we initiate projects focused on cleaning and safeguarding our water resources for the benefit of all.

We have been involved in smaller projects, and one that brought us great satisfaction was the recent donation of a hearing aid, which will significantly enhance someone's quality of life.

I also want to acknowledge the conflicts and wars currently affecting many regions. If you believe we are insulated from these issues, that is far from the truth. Many of us have loved ones in those areas, so please stay safe. The impact on our energy needs is evident, with long lines forming at gas stations. During these challenging times, let us take a moment to remember those who are less fortunate and keep them in our prayers.

Lastly, no March message would be complete without congratulating our T20 cricket team for winning the cup for the second consecutive time. Kudos to them! Stay safe and enjoy these wonderful moments together.

Hard days build strong people.  
Strong people build great lives.  
Most people quit in the middle.

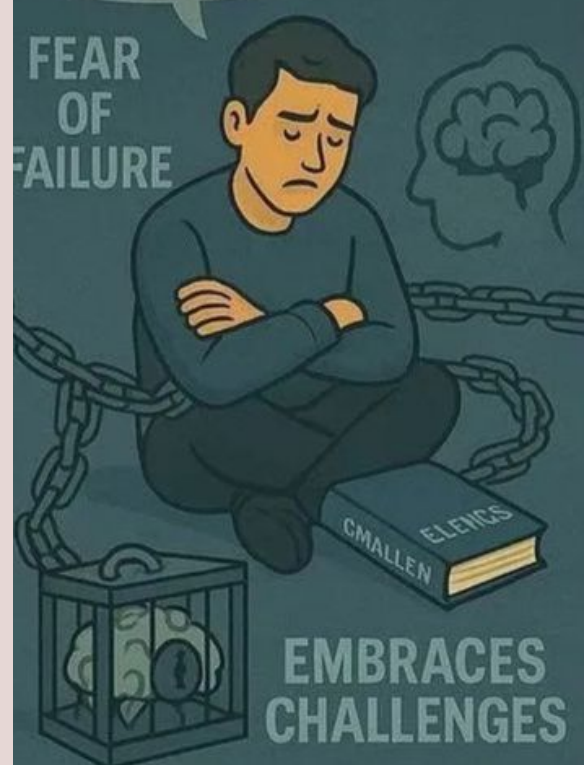


SAVE WATER  
SAVE LIFE



FIXED MINDSET

I CAN'T DO THIS  
FEAR OF FAILURE  
AVOIDS CHALLENGES



EMBRACES CHALLENGES

GROWTH MINDSET

I'LL LEARN FROM THIS  
INSPIRED BY OTHERS' SUCCESS  
EMBRACES CHALLENGE



Difficult Roads Lead to Beautiful Destinations

## Report on Weekly Meeting of RC Chennai Beehives



The weekly gathering of our club took place on Sunday, March 15, 2026, under the leadership of Club President Rt. Murali Achuthan at the BM Hospital premises.

### Guest Speaker

During our meeting, we were honored to have Mr. Shankar Dixit from Ekal Abhiyan as our guest speaker. He delivered an insightful speech about the organization and its impactful activities.

Ekal Abhiyan is a non-profit organization dedicated to providing basic education for children in rural and tribal regions of India. Its primary goal is to ensure that education reaches villages where access to formal schools is limited. The organization follows the concept of "One Teacher Schools," where a single trained teacher instructs a small group of children within the village.

### How It Started

The idea for Ekal Abhiyan emerged between 1986 and 1988 in the tribal areas of Jharkhand. Social workers and volunteers identified that numerous villages lacked access to schools, leading to the proposal of one-teacher schools as a solution to illiteracy in remote areas. The first experimental schools were launched in the Dhanbad district, resulting in approximately 60 village schools being established.

The movement gained momentum quickly due to the simplicity and low cost of these schools. Classes were typically held under a tree or in a small hut, with children studying for 2 to 3 hours in the evenings. This initiative was inspired by the belief that "If a child cannot go to school, the school should go to the child."

### Growth and Statistics

Over the years, the initiative has expanded across numerous states in India, becoming one of the largest grassroots educational movements in the nation. Key statistics include:

- More than 100,000 village schools established nationwide.
- Approximately 2.1 million students enrolled in Ekal schools, with around 50% being girls.
- Each school typically accommodates 25–30 students for about 2–3 hours each day.

### Other Activities and Goals

In addition to basic education, Ekal Abhiyan emphasizes community development through various programs, including:

- Functional literacy for children
  - Health and hygiene awareness
  - Training in rural entrepreneurship
  - Cultural and value-based education
  - Empowerment of village communities
- These initiatives contribute to enhancing both education and the overall progress of rural society.

Shankar also pointed out how our Rotary Club of Beehives can play a role in organizing health camps and participating in rural education efforts. He encouraged members to engage actively for practical experiences that could open new avenues for both individuals and the club.

### Conclusion

Ekal Abhiyan has significantly impacted the lives of countless children in villages lacking educational facilities. Through its innovative one-teacher school model and strong community involvement, the organization has enabled millions of children to access education and build a brighter future.



## Strengthening Membership at RC Chennai Beehives

by Rtn R Venkataraman

As the Club's Founder and Mentor, I advocate for a strategy centered on youth recruitment, member engagement, and community-driven impact. Based on official club communications and newsletters, here are the essential strategies to enhance the club:

### Membership Growth & Diversification

**Target Younger Professionals:** A key priority is to attract new members who are younger and come from various professional backgrounds, infusing the club with fresh energy and perspectives.

**Alignment of Interests:** When introducing potential members, ensure their personal interests align with the club's objectives to enhance their contribution to both the club and the community.

**"Together We Can":** Utilize the club motto to cultivate a collective identity that encourages every "Beehivian" to engage in expanding the club's impact.

### Enhancing Member Engagement

**Internal Forums:** The club has established the "Queen Bees" forum, designed for Beehivian spouses (Anns) to connect and share knowledge across various fields.

**Vibrant Fellowship:** Strengthening "fellowship and camaraderie" among members is seen as a fundamental tool for progressive development and club vitality.

**Communication:** Regularly publish and distribute the club's in-house journal, Beehives BUZZ, to celebrate achievements and keep members up to date.

### Community Visibility & Impact

**High-Impact Projects:** Enhance the club's reputation through visible social initiatives, such as:

**Educational Assistance:** Offering scholarships to engineering students and providing school kits to underprivileged children.

**Rotary Initiatives:** Actively participating in global and local initiatives like Pulse Polio drives and large-scale book donations.

**Collaborative Events:** Partnering with other clubs for significant events, like the S. V. Ramani Memorial Trophy (6x6 cricket tournament), to expand our networks.

### Leadership & Culture

**Inclusive Culture:** Foster a positive environment where members are inspired by clearly communicated project values.

**Leading by Example:** Motivate senior members to set the standard for involvement in activities beyond regular meetings.

## Secretary Elect Learning Seminar

"SEYALARANGAM", the Secretary Elect Learning Seminar (SELS) is scheduled to be held from April 10 to 12 at Club Mahindra Resort, Mysuru. The participant Secretary's applicable charge is Rs. 25,000/-.

**Our Club's Secretary Elect Rtn. M. Harikrishnan has enrolled in the SELS and made the payment of Rs. 25,000/- for his participation.**

Beehives Team 25-26 and Team 26-27 wish him all the best for the successful completion of the Training.

Always make a total effort, even when the odds are against You.

## Have You registered Your Rotary Account? If not do it Now... Follow the steps given

By Rtn R Venkataraman

Registering on rotary.org (specifically creating a My Rotary account) is essential for Rotarians to manage their membership, access exclusive resources, and track their impact within the global organization.

### Importance and Necessity of Registration

**Access to Personal and Club Data:** A My Rotary account allows members to view and update their personal contact information, ensuring they receive official communications from Rotary International.

**Grant and Project Management:** Registration is mandatory for club and district leaders to apply for, manage, and report on Rotary Foundation Global Grants.

**Contribution Tracking:** Rotarians can track their personal and club contributions to The Rotary Foundation, view their giving history, and download tax receipts.

**Learning and Development:** The portal provides access to the Learning Center, which offers training modules for leadership development, public speaking, and vocational skills.

**Networking and Global Connection:** Registered members can find and connect with other Rotarians and clubs worldwide through the official directory. It enables access to Rotary Fellowships and Rotarian Action Groups, which unite members with shared interests or professional expertise.

**Exclusive Benefits:** Registration allows members to access Rotary Global Rewards, a program offering discounts on travel, hotels, and retail shopping for Rotarians.

**Official Reporting:** Club officers must be registered to report member attendance, service hours, and club goals via the Rotary Club Central platform.

To register for a My Rotary account at rotary.org, members should have their Membership ID, District Number, and Club Number ready to ensure accurate linking of their record.

### To create your My Rotary account, follow these steps to register on Rotary.org:

**Visit the Site:** Go to my.rotary.org, click My Rotary, and then click on Register.

**Create Account:** The Create Account screen will appear. Fill in your first name, last name, and the email address associated with your Rotary membership.

{Note: Use the exact email address you provided to your club secretary to ensure your account automatically links to your official Rotary Member ID.}

**Confirm Age:** Verify that you are 18 years or older.

**Click on "I'm not a robot" security check.**

**Click Continue.**

#### Email Activation:

A message stating "An email has been sent to (your email). Follow the instructions in the email to activate your account" will appear.

**Check Your Inbox:** Look for an email from Rotary International Support with the subject "Complete your My Rotary registration."

**Click the Link:** Open the email and click the blue Activate my account link.

(If the link doesn't work, try opening it in a different browser like Chrome or Safari.)

#### Account Setup:

**Create a Password:** Your password must be at least 8 characters long and include:

- One uppercase letter.
- One lowercase letter.
- One number.

It cannot include any part of your email address.

#### Security Question:

Choose a security question from the drop-down menu and provide an answer (must be at least 4 characters) for future account recovery.

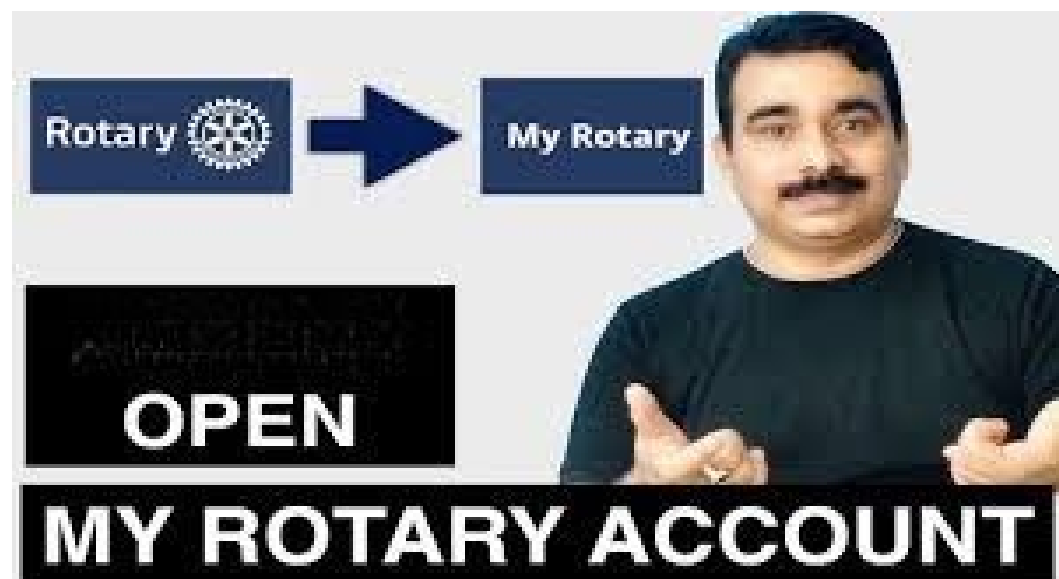
#### Finalizing Membership Status:

**Sign In:** Return to rotary.org, click My Rotary, and log in with your new credentials.

**Verify Status:** You may be asked to confirm your member status. If asked to verify your status, enter your Member ID, District Number, and Club Number. If your email matched the database, you should see your club name and Member ID automatically.

### Rotary ID and email address of those Beehivians who are yet to register their My Rotary account.

1	Baabu V	ID: 10787036	vbabhu@gmail.com
2	Harikrishnan M	ID: 10787024	harikriz33@gmail.com
3	Kesavan T	ID: 10800491	kesavanlawoffice@gmail.com
4	Krishnan	ID: 10787029	krishnankuppuswamy515@gmail.com
5	Lambert Winston	ID: 10800366	lambertw@rediffmail.com
6	Narayani T	ID: 11678455	narayani1965@gmail.com
7	Natarajan J	ID: 10802381	dmknatarajan6@gmail.com
8	Panigrahi K K	ID: 10935389	kamalpanigrahi09@gmail.com
9	Ramnarayan M	ID: 7000959	rmahalin@rediffmail.com
10	Shankar B	ID: 10787073	shankar98jai@gmail.com
11	Srinivasan V	ID: 11529134	srinivasan21051958@gmail.com
12	Sundararajan M S	ID: 5694308	sundar53@gmail.com
13	Umamaheswari S Dr	ID: 11397122	uma_sai@mitindia.edu
14	Vaishnavi Deepak Shankar	ID: 12148715	vaishshankar@yahoo.com



Your greatest weapon is your mind. Train it to see opportunities, not obstacles



## The Evolution of Rotary International's Presidential Theme

For seventy years, Rotary members eagerly anticipated the announcement of the annual theme by the incoming Rotary International president during the International Assembly, a key learning event for new leaders.

The tradition began with Percy C. Hodgson in 1949-50, who presented four objectives for his term. When Hodgson addressed the International Assembly in 1949, he conveyed to the incoming leaders their "glorious opportunity to impart Rotary knowledge," stressing that a lack of this knowledge could hinder a Rotary club's success. Percy Hodgson pioneered the tradition of creating a theme at the 1951 Rotary Convention in Atlantic City, New Jersey. His original theme was a detailed 83-word proclamation that evolved into the shorter, catchy slogans used in later decades. His 83-word theme included four objectives and was significantly longer than the succinct themes of later years, reflecting his hope for incoming leaders to possess essential Rotary knowledge.

Some early themes included "Rotary Is Hope in Action" (Joaquin Serratoso Cibils, 1953-54), "Kindle the Spark Within" (Nitish C. Laharry, 1962-63), and "Good Will Begins With You" (Ernst G. Breitholtz, 1971-72). These themes encouraged members to celebrate and support an annual program of service and focused interests. Over the years, presidents introduced specific theme logos, lapel pins, ties, and scarves. Iconic themes included "Service Above Self" (2005-06) and "Imagine Rotary" (2022-23). The Final Theme: "The Magic of Rotary" (2024-25), introduced by Stephanie Urchick, marked the last official theme and logo before transitioning to the "presidential message" format.

In subsequent decades, RI presidents introduced various theme logos, lapel pins, ties, and scarves. Limited-edition theme ties emerged in the 1990s, followed by scarves in 1998-99. Many designs featured the year's theme logo, while others, such as those by William Boyd from New Zealand and Sakuji Tanaka from Japan, reflected their home countries through colors and imagery.

Although the annual themes and logos held special significance for many Rotary members, they had minimal impact on non-members and their understanding of Rotary. To avoid confusion with Rotary's official mottoes and vision statement, the presidential themes and logos were officially retired at the end of the 2024-25 Rotary Year.

Beginning in 2025-26, a new tradition of an annual presidential message was established, starting with "Unite for Good," which inspires members, participants, and the public to unite as people of action. This shift aims to enhance Rotary's public recognition while maintaining cherished elements from the past for members. The president continues to announce the annual message at the International Assembly. While presidential ties and scarves remain popular attire among district leaders and donors to The Rotary Foundation's Annual Fund, they will no longer feature a specific logo.

### Upcoming Presidential Messages

2025-26 Presidential Message: "Unite for Good." - Focus: Emphasizes human connection, collaboration, and a unified voice across all clubs to mitigate public confusion from changing logos.

2026-27 Presidential Message: "Create Lasting Impact." Focus: Building on the connections from "Unite for Good" to inspire collective actions leading to sustainable global and local change.

## Rotary Organisational Structure, Rotary Convention International Assembly

Rotary International is a global service organization structured into three main parts: Rotary clubs, Rotary International, and The Rotary Foundation. Its governance and leadership development are facilitated through major annual events like the International Convention and the International Assembly.

### Organizational Structure

Rotary operates at several levels to coordinate its 1.2 million members across 45,000+ clubs:

**Rotary Clubs:** The basic unit of the organization. Clubs are autonomous, electing their own officers and managing local service projects.

**Districts:** Groups of approximately 60-80 clubs, each led by a District Governor who serves a one-year term. There are roughly 530 districts worldwide.

**Zones:** Districts are grouped into 34 paired zones. Each pair of zones elects a director to the RI Board.

**Rotary International (RI):** The global association headquartered in Evanston, Illinois. It is led by the RI President and a 19-member Board of Directors.

**The Rotary Foundation:** The charitable arm that funds humanitarian activities, governed by a Board of Trustees.

### International Convention

The Rotary International Convention is the organization's largest annual event, held in a different world city each year that brings together the members and their families from around the World. Every Year, each May or June the convention is held in a different part of the world to stimulate, inspire and inform all Rotarians to conduct the business of Rotary. The First Rotary convention was convened on 15 August by Paul Harris.

It serves as a platform for members to celebrate successes, exchange ideas, and foster international fellowship.

Includes plenary sessions with keynote speakers, breakout workshops, and the "House of Friendship" exhibition.

The 2026 Rotary International Convention is scheduled for 13-17 June 2026 in Taipei, Taiwan.

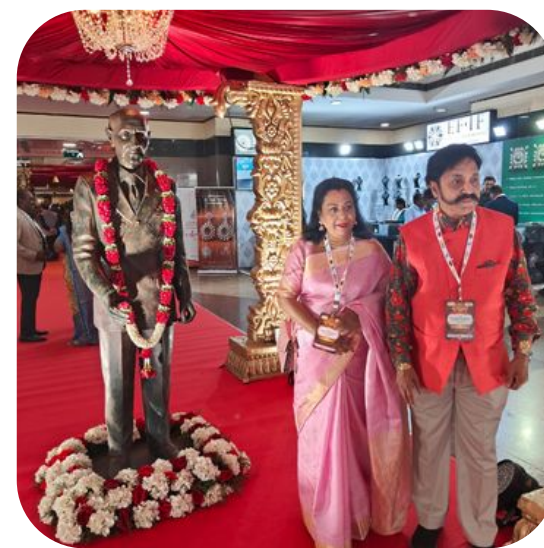
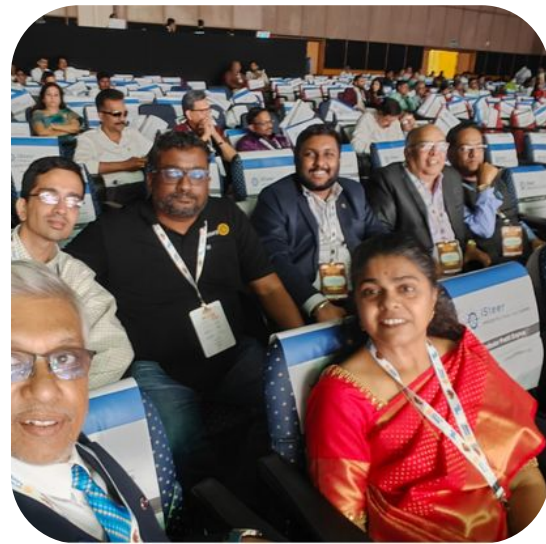
### International Assembly

The International Assembly is an annual training event held immediately prior to the international convention and its primary goal is to provide education and administrative instruction to District Governors-elect from around the world. It is attended by incoming district governors, RI general officers, and committee chairs.

It is a planning session where leaders prepare for their upcoming terms, discuss program implementation, and are inspired by the incoming RI President's theme for the year.



## District Conference : Indra Vizha 2026: A Celebration of Rotary Spirit



Indra Vizha 2026 marked the premier Annual District Conference for Rotary International District 3233, recently held on 28 February and 1 March 2026 at the Chennai Trade Centre in Nandambakkam. Centered around the theme "Unite For Good," the conference celebrated leadership, service, and fellowship, highlighting the importance of collective impact and leadership. The event provided a lively platform for Rotarians and their families to connect and experience a spectacular display of the \*Rotary spirit\*.

Representing our Club were: President Rtn. Murali Achuthan, Club First Lady Ann Vanaja, Secretary Rtn. M. V. Mukundhan, Treasurer Rtn. G. S. Suresh, Rtn. Mariselvamohan, Rtn. M. V. Badrinarayanan, Rtn. M. R. Sudharshan, Rtn. Sashaank, Rtn. Selvamurugan, Rtn. Dr. V. Thiagarajan, Ann Dr. Vasundhara, and Rtn. R. Venkataraman, along with Annette Vikas Karthick and Annette Monisha, all of whom registered as delegates and participated enthusiastically.

The conference was hosted under the guidance of District Governor Rtn. Damodaran Devendran and First Lady Ann Archana Dev, with the organizing committee led by Conference Chairman Rtn. Kathir Ganapathiappan and Secretaries Rtn. V. R. Lakshmanan and Rtn. M. Srikumar.

The event featured an impressive lineup of speakers from various fields:

Mr.P. Thiagarajan (PTR): Delivered a keynote on India's role in the emerging global order and the significance of civic engagement.

Bhakti Vinoda Swami Maharaj shared insightful management and leadership lessons from the Mahabharata.

Velusamy: President of Automotive Business at Mahindra & Mahindra, provided insights on leadership and growth.

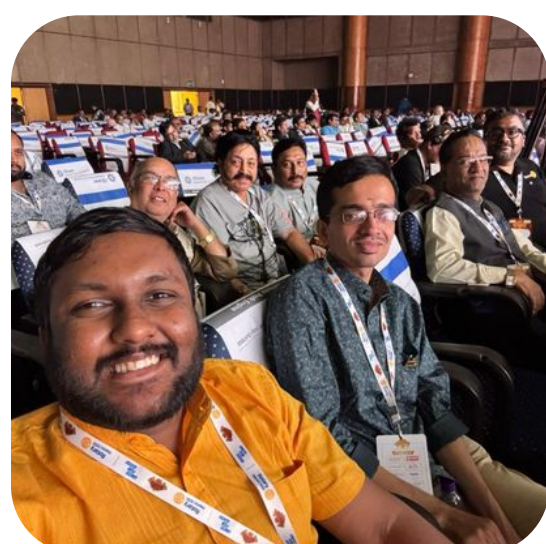
Radhika Sarathkumar renowned actress was honored as a special awardee for her iconic journey.

Other Notable Personalities included Tamil scholar Tamilaruvi Manian, young innovator Raul John Anuj, and actor Dhruv Vikram.

Excellence in service was recognized through various district-level awards. The program included musical performances by Mahathi Mani and Band, literary sessions with poet Joe Malloori, and appearances by sports figures, including Kabaddi champion Mannathi Ganesan.

Over 1,000 Rotarians enjoyed two days of networking, sharing meals, and engaging with vibrant commercial stalls. The event created a festive carnival atmosphere, featuring lucky draws with prizes, such as gold, silver coins, and many more costly prizes. From our Club, Ann Vasundhara Thiagarajan won a silk saree which was presented by PDG Rtn. R. Srinivasan.

Our Club President Rtn. Murali won a silver coin in the lucky draw, while Annette Monisha, daughter-in-law of Rtn. E. Selvamurugan, won a scooter. However, both Murali Achuthan and Ms. Monisha could not receive their prizes as they were absent at the time of the announcement, leading to the prizes being reallocated through another lucky draw.



Dreams are not meant to stay dreams, they are invitations to grow & stretch beyond comfort



## The Vibrancy of Our Rotary Club

### What Defines Our "Vibrant" Spirit?

By Rtn R Venkataraman, Club Mentor



When we speak of the "vibrancy" of our Rotary club, we mean more than just a busy agenda. Vibrancy embodies the lively energy that greets you as you step into the room—it's the joyful laughter exchanged during fellowship, the shared pride after a successful service project, and the diverse viewpoints that spark new ideas.

A vibrant club doesn't happen by chance; it's a carefully orchestrated effort where each of us plays an essential part. Here's how our "Rotary Machinery" works together to keep us advancing:

#### The Navigators: Our Club Officers

Our Officers—the President, Secretary, and Treasurer—act as our navigators, steering our mission and strategies. By establishing a clear vision for the year and maintaining our administrative health, they uphold our club's standing as a respected member of the global Rotary community. They inspire us and, most importantly, listen to your dreams for our club.

#### The Architects: The Board of Directors

The Board serves as our strategic backbone, focusing on the long-term sustainability of our club beyond immediate meetings. By managing our finances astutely and following our bylaws, they create a stable platform that allows our most ambitious dreams to soar.

#### The Engines: Our Committee Chairs

While the Board sets the stage, our Committees provide the momentum. Whether concentrating on Membership, Public Image, or Service Projects, these teams embody the true spirit of "Service Above Self." A vibrant club thrives with active, inclusive committees that consistently explore innovative ways to serve.

#### The Heartbeat: You, the Members

Ultimately, the vibrancy of our club resides in our members. You are the heartbeat of our organization. Whether you invite a guest, volunteer your Saturday, or share a meal and a story with a fellow Rotarian, you energize our collective spirit. Your involvement is the true measure of our success.

#### The Bottom Line:

Vibrancy is a shared mission. When we fully embrace our roles—whether leading meetings or grilling at fundraisers—we nurture a club that individuals don't just join; they truly belong to.

The vibrancy of a Rotary club is a collective responsibility. When officers lead with passion, the board governs wisely, and members engage wholeheartedly, the club becomes an unstoppable force for good.

In Rotary, a vibrant leader actively cultivates an environment of innovation, engagement, and sustainable service within their club. This role extends beyond mere administrative duties to become a "person of action" who inspires others to effect lasting change.

#### Core Responsibilities of a Vibrant Leader

**Inspiration & Vision:** Acting as a catalyst for "something greater," a vibrant leader encourages members to realize their full potential and envision possibilities beyond current club limits.

**Member Engagement:** They focus on creating a positive member experience by involving both new and longtime members in projects that align with their interests and talents.

**Innovation & Flexibility:** A vibrant leader welcomes new ideas, including experimenting with different meeting formats, updating bylaws, or initiating satellite clubs to better serve the community.

**Strategic Planning:** They guide the development of long-term and annual goals that are measurable and achievable, ensuring the club remains relevant and effective.

**Mentorship & Succession:** They proactively identify and mentor potential future leaders, ensuring a continuity of vision from year to year.

#### Key Attributes

**Ethical Leadership:** Guided by the Four-Way Test, they uphold high standards of truth, fairness, and goodwill.

**Collaborative Mindset:** They prioritize consensus-building and actively listen to diverse opinions rather than seeking personal recognition.

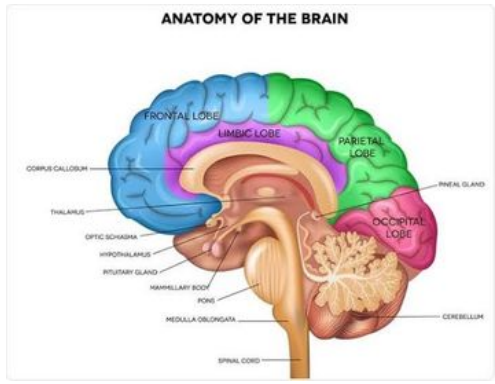
**Commitment to Learning:** They embrace Rotary's evolution from traditional training to a culture of continuous learning, utilizing programs like the Rotary Leadership Institute (RLI).

#### Impact on the Club

A vibrant leader helps transform a club into an "irresistible" community that is fun, diverse, and deeply connected to both local and global needs. By focusing on Service Above Self, they ensure the club's projects have a sustainable, measurable impact.

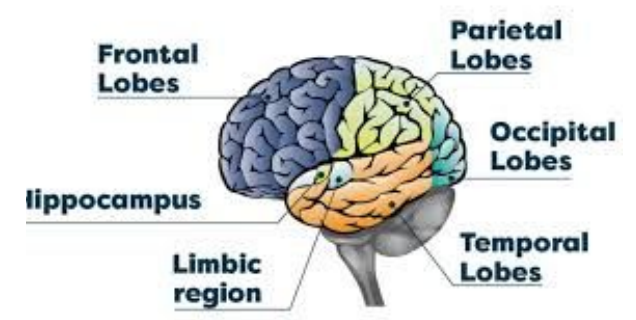
Let's keep that energy soaring and amplify our impact even further!

A diamond in the wrong hands is just a stone



# The Marvel of Human BRAIN

## The Master Controller of Our Body – The Engine that drives your life



### The Remarkable Human Brain

“The human body contains many fascinating organs, but none are as extraordinary as the brain. Serving as the command center, it quietly manages all functions—from breathing and heartbeat to thinking, learning, and emotions. Weighing approximately 1.3 to 1.4 kilograms, the brain is the most complex structure known to humanity. It contains nearly 86 billion nerve cells (neurons) that communicate through electrical and chemical signals. Every second, millions of messages travel through these networks, orchestrating our movements, memories, and decisions. Despite making up only 2% of our body weight, the brain consumes an astonishing 20% of the body’s energy to function effectively.

### Main Structural Divisions of the Brain

The brain is generally divided into three primary regions, known as structural divisions:

#### Cerebrum

The largest part of the brain, responsible for thinking, intelligence, memory, speech, and voluntary movements. Whenever we read, solve problems, or recognize friends, the cerebrum is actively involved. It accounts for 85% of the brain’s weight and is responsible for higher functions like reasoning, planning, and sensory processing, divided into two hemispheres connected by the corpus callosum.

The Four Lobes of the Cerebrum Each hemisphere is further divided into four specialized lobes:

- Frontal Lobe: Governs executive functions, personality, and voluntary movement.
- Parietal Lobe: Integrates sensory information such as touch, temperature, and spatial awareness.
- Temporal Lobe: Essential for sound processing, language comprehension, and memory storage.
- Occipital Lobe: Primarily dedicated to visual processing.

#### Cerebellum

Positioned at the back of the brain, the cerebellum is crucial for balance and coordination. It facilitates smooth walking, maintaining posture, and executing delicate tasks like writing or playing musical instruments.

#### Brainstem

This section connects the brain to the spinal cord, regulating vital functions such as breathing, heart rate, blood pressure, and swallowing—activities that continue even during sleep.

### Cellular Composition & Function

- Neurons (Nerve Cells): Around 86 billion neurons transmit information via electrical and chemical signals across gaps called synapses.
- Glial Cells: Approximately equal in number to neurons, they provide structural support, nutrition, and insulation (myelin).
- Gray vs. White Matter: Gray matter primarily consists of neuron cell bodies (processing), while white matter contains myelinated axons (communication tracts).

### Key Physiological Facts

- Energy Consumption: Although it represents merely 2% of total body weight, the brain consumes 20% of the body’s energy and oxygen.
- Chemical Balance: Communication relies on neurotransmitters such as dopamine (reward/movement), serotonin (mood), and glutamate (learning).
- Protection: The brain is safeguarded by the skull and three layers of membranes called meninges, floating in cerebrospinal fluid (CSF) for added cushioning against injury.

### The Brain Never Rests

Unlike many other organs, the brain functions continuously. Even during sleep, it processes information, consolidates memories, and regulates essential bodily functions. Quality sleep is vital for maintaining brain health and supporting memory formation.

### Fuel for the Brain

Even though the brain accounts for only about 2% of our body weight, it utilizes nearly 20% of the body’s oxygen and energy, underscoring its active and demanding nature.

### Healthy Habits that Support Brain Function Include

Adequate sleep, Regular physical exercise, Balanced nutrition, Engaging in mental activities like reading, puzzles, and learning new skills. Positive social interactions

### Protecting the Brain

Given its significance, the brain is well-protected by nature, encased within a sturdy skull and surrounded by cushioning cerebrospinal fluid. Nonetheless, injuries, strokes, and neurodegenerative diseases can affect brain function, reminding us of its vulnerability.

### The Brain and Human Potential

One of the brain’s most remarkable features is its plasticity—the ability to learn, adapt, and change throughout life. Through practice and learning, new neural connections can form, allowing us to acquire new skills even as we age. In many ways, the brain defines our identity—shaping our thoughts, creativity, personality, and aspirations.

### Conclusion

The brain is truly the master controller of the human body. Nurturing it through healthy living, lifelong learning, and emotional well-being is essential for a fulfilling life. The human brain is the central organ of the nervous system and the most intricate structure within our bodies, weighing around 1.4 kilograms (3 pounds). It serves as the command center for intelligence, sensory interpretation, motor control, and behavior, working alongside the spinal cord to form the central nervous system (CNS).

Perfection keeps you stuck. Done moves you forward



## நெல்லிக்கனி -- இயற்கை அன்னையின் அழகான பரிசு அள்ளித் தரும் ஆரோக்கியங்கள்!



நெல்லிக்கனி, மனிதனுக்கு இயற்கை அன்னையின் அளித்த அழகான பரிசு. நெல்லிக்காய் (Gooseberry) என்பது வைட்டமின் C மற்றும் ஆண்டிஆக்ஸிடன்ட்கள் நிறைந்த ஒரு செடி, இது நோய் தீர்க்கும் நிவாரணி. உடலில் உள்ள நச்சுக்களை நீக்குவதில் சிறந்த ஆண்டிஆக்ஸிடென்ட்! இது நோய் எதிர்ப்பு சக்தியை அதிகரிக்க, நீரிழிவு நோயைக் கட்டுப்படுத்த, இதய ஆரோக்கியத்தை மேம்படுத்த, செரிமானத்தை உதவ மற்றும் உடல் எடையை குறைக்க உதவுகிறது. தினமும் ஒரே நெல்லிக்காய் சாப்பிடுவது கண் பார்வை, முடி வளர்ச்சி மற்றும் பளபளப்பான சருமத்தைப் பெற உதவுகிறது.

### நெல்லிக்கனியின் மருத்துவ குணங்கள்

- நெல்லி மரத்தின் ஒவ்வொரு பாகமும் மருத்துவக் குணங்கள் கொண்டது, ஆனால் காய்க்கும் காயே அதிகம் பயன்படுத்தப்படுகிறது.
- நெல்லிக்கனி, வியக்கத்தகுந்த கனி, இதில் கரிப்புத்தன்மை தவிர, மற்ற ஐந்து சுவைகளும் உள்ளன.
- நெல்லிக்காயைச் சாப்பிடும்போது, ஒருபுறம் இனிப்பு, ஒருபுறம் கசப்பு, துவர்ப்பு என்றிருந்தாலும் புளிப்புச்சுவை மேலோங்கியிருக்கும்.

### நெல்லிக்கனியில் உள்ள சத்துக்கள்

- 80% நீர், புரதம், மாவுச் சத்து, நார் சத்து, வைட்டமின் மற்றும் தாதுப் பொருட்களும் உள்ளன.
- கால்சியம், பாஸ்பரஸ், இரும்புச் சத்து, கரோடின், வைட்டமின் B மற்றும் C போன்றவை உள்ளன.

### ஆயுர்வேத மருத்துவத்தில் நெல்லிக்காயின் பயன்பாடு

- பல்லாயிரம் ஆண்டுகளுக்கு முன், நம் மருத்துவ ரிஷிகள் சுகாதார மருந்துகளில் நெல்லிக்காயை பயன்படுத்தினார்கள்.
- நெல்லிக்காய், உடலில் கொழுப்புகளை கரைத்து, ரத்த அழுத்தத்தைக் குறைக்க உதவுகிறது.

### கொலஸ்ட்ரால் கட்டுப்பாடு

- உலர்ந்த நெல்லிக்காயைப் பொடி செய்து, சர்க்கரைக்கு சேர்ந்தால், காலை வெறும் வயிற்றில் குடிக்கும் போது ரத்தத்தில் உள்ள கொலஸ்ட்ரால் அளவைக் கட்டுப்படுத்துகிறது.

### நெல்லிக்காயின் மாறுபாடுகள்

- நெல்லிக்காய் பலவிதமாக கிடைக்கிறது: அரை நெல்லிக்காய், முழு நெல்லிக்காய், இளஞ்சிவப்பு நிற அரை நெல்லிக்காய்.
- கசப்புத்தன்மை மாறுபடும், சாலட்களில் சேர்க்கப்படுகிறது அல்லது சர்க்கரைப்பாகில் கொதிக்கவைத்து சாப்பிடலாம்.

### மருத்துவ குணங்கள்

- நோய் எதிர்ப்பு சக்தி: ஆரஞ்சு பழத்தை விட 20 மடங்கு அதிக வைட்டமின் C அடங்கியுள்ளது, நோய் எதிர்ப்பு மண்டலத்தை வலுப்படுத்துகிறது.
- மலச்சிக்கல், கண் பார்வை கூர்மையாக்குதல், முடி வளர்ச்சி மற்றும் பலவித உடல்நிலை சிக்கல்களை தீர்க்க உதவுகிறது.

### சாப்பிடும் முறை

- தினமும் காலையில் வெறும் வயிற்றில் ஒன்று அல்லது இரண்டு நெல்லிக்காய்களை சாப்பிடலாம்.
- சாறு, ஜூஸ் + இஞ்சி சாறு, அல்லது நெல்லிக்காய் வற்றலாக உட்கொள்ளலாம்.

குறிப்பு: நாள் ஒன்றுக்கு 2-க்கு மேல் சாப்பிடுவது மலச்சிக்கலை உண்டாக்கும், எனவே அளவோடு உண்பது நல்லது.

### அரைநெல்லி/இளஞ்சிவப்பு அரைநெல்லி (Star Gooseberry) நன்மைகள்:

ஊட்டச்சத்துக்கள்: இதில் வைட்டமின் சி, கால்சியம், இரும்புச்சத்து, பாஸ்பரஸ் மற்றும் நார்ச்சத்து நிறைந்துள்ளது.

கல்லீரல் ஆரோக்கியம்: நச்சுக்களை வெளியேற்றி கல்லீரலைச் சுத்தப்படுத்த உதவுகிறது.

நோய் எதிர்ப்பு சக்தி: வைட்டமின் சி, உடலில் நோய் எதிர்ப்பு சக்தியை அதிகரிக்கிறது.

செரிமானம்: செரிமானக் கோளாறுகளைச் சரிசெய்து, செரிமானத்தை மேம்படுத்துகிறது.

சருமம் மற்றும் முடி: சருமப் பிரச்சனைகளைத் தீர்த்து, ஆரோக்கியமான முடி வளர்ச்சிக்கு உதவுகிறது.

கண் பார்வை: வைட்டமின் சி மற்றும் ஏ சத்துக்கள் கண் பார்வையை மேம்படுத்த உதவுகின்றன.

Forget your age. If you have goals to achieve, you are still young.

**Ideal Foods for Your Wellness**

**EGG**



**Best Food to Reduce FAT**

**Grapes**



**Best Food for Constipation**

**Dragon Fruit**



**Best Food for Digestion**

**Water Melon**



**Best Food for Hydration**

**Coconut**



**Best Food for Energy**

**Corn**



**Best Food for Fiber**

**Kiwi**



**Best Food for Sleep**

**Rasp Berry**



**Best Food for FAT Burning**

**Lychee**



**Best Food for Skin Glowing**

**Cucumber**



**Best Food for Detox**

**Orange**



**Best Food for Immunity**

**Banana**



**Best Food for Muscle Recovery**

**We are here to nourish you.**

**Straw Berry**



**Best Food for Glowing Skin**

**Salmon**



**Best Food for Thick Strong Hair**

**Blue Berry**



**Best Food for Brain Focus**

**Durian**



**Best Food for Natural Testosterone Support**

**Pine Apple**



**Best Food for Digestion**

**Peach**



**Best Food for Hydration**

**Avacado**



**Best Food for Heart Health**

**Grape Fruit**



**Best Food for Appetite Control**

**Lemon**



**Best Food for Liver Support**

*Eat best,  
FORGET  
the rest*



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*Stay  
healthy*

Life is full of fake people. Think twice before trusting billion people & billion faces

# Happy Anniversary

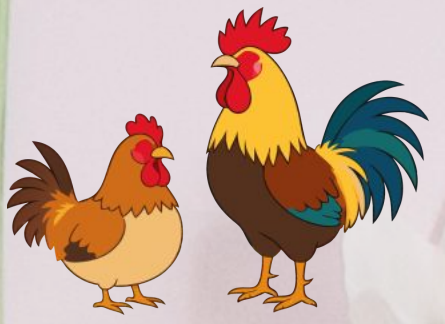
Rtn Kamal Kumar Panigrahi & Ann Sanju Lakshmi



**Celebrated on 05. March 2026**



**May Your hearts continue to overflow with love and happiness today and for all the days to come**



# Happy BIRTHDAY



Rtn Lambert Winston celebrated on 01 March 2026

Ann Bhanumathi Venkataraman celebrated on 04. March 2026

Ann Amutha Kesavan celebrated on 12 March 2026

Rtn Bharatkumar V celebrated on 16 March 2026

Ann Girija Suresh celebrated on 22 March 2026

**Wishing you a day filled with joy, laughter, and all the things that make you smile.**



**When someone support you while they are also struggling, that is not help, it is love**



## An Appeal to Donors

Warm greetings from The Rotary Club of Chennai Beehives Trust! We truly appreciate your support.

Over the years, the generous contributions from donors like you have been the cornerstone of our mission to assist underprivileged communities, provide educational support to children in need, and strengthen healthcare initiatives. Thanks to your donations, we have achieved remarkable milestones.

As we look ahead, the need for ongoing support is more critical than ever. The challenges faced by those we serve continue to evolve, and with your continued partnership, we can expand our reach and enhance our impact. Every contribution—regardless of size—plays a vital role in bringing hope, opportunity, and transformation to more lives.

We humbly ask for your continued support through a renewed contribution. Your generosity will empower us to provide scholarships, deliver essential supplies, fund community projects, and more.

I would like to take a moment to express my heartfelt gratitude for your past generosity. Your contributions have been invaluable and have significantly aided the successful completion of the following projects during this financial year:

- Provision of ₹1,00,000 (One Lakh Rupees) to five students to cover their curriculum fees.
- Donation of garments and steel plates, totaling ₹10,000, to children residing in care homes.
- Free distribution of blankets (under the project "Margazhiyil Manudam" to 100 platform dwellers during winter, at a cost of ₹15,000, ensuring their comfort without disrupting their rest.
- Provision of a hearing aid to a daily wage earner at a cost of ₹26,000.
- Installation of 20 solar street lamps at a total cost of ₹2,65,000 at Sri Arunodhayam Home for abandoned children with intellectual disabilities, located in Thanigai Campus, Ramasamudram Village, Thiruvallur.

We could not have achieved these milestones without your support. As we move forward, we aim to maintain this momentum and expand our impact, and we are reaching out for your continued assistance. Your ongoing partnership is essential as we enter this next phase. To sustain our current initiatives and accomplish our goals, we are seeking your contributions.

Would you consider making a donation similar to or greater than your previous support to help us fulfill our objectives? Every contribution directly enhances our efforts to serve the community effectively. You can transfer your donation via bank transfer using the following details:

**Account Name: The Rotary Club of Chennai Beehives Trust**

**Bank Name: IDBI Bank**

**Account Number: 0735104000052137**

**IFSC Code: IBKL0000735**

**Branch: Nanganallur, Chennai**

Please remember that all donations to The Rotary Club of Chennai Beehives Trust are eligible for tax deductions under Section 80G of the Income Tax Act. Thank you for your unwavering commitment to our cause.

Help Our Mission at The Rotary Club of Chennai Beehives Trust.

Together, we can continue to create lasting change.

With warm regards,

Trustees

The Rotary Club of Chennai Beehives Trust

**People will come and go in life, but the person in the mirror will be there till the end of life.  
So be good to yourself.**