



Beehives

An Inhouse Journal of Rotary Club of Chennai Beehives BUZZ



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October 2025

# Community Development Community Support

Engaging with community members encourages collaboration, leading to initiatives that benefit everyone and strengthen bonds.

### **Economic Growth**

Stimulating local businesses is vital for job creation and fostering a resilient community that thrives together



### Rotary Values

Promoting shared values and service, Rotary empowers individuals to make a lasting impact on communities worldwide



Supporting Growth for a Better Tomorrow







### The Rotary Club of Chennai Beehives Trust

Registration No:112/2021

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

# Join Hands for Change Make a Difference Today



# Support Our Community Service Initiatives with Your Contributions

Your contributions help us enhance our community service efforts.

Visit Our Trust Website at

https://www.rccbeehivestrust.org

# Beehives **BUIL**

October 2025

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Rtn R Venkataraman **Club Mentor** 



Economic development refers to the increase in the production of goods and services in an economy over a period of time. It's typically measured by the percentage increase in a country's gross domestic product (GDP).

Community development encompasses a broad range of activities undertaken to improve the social, economic, environmental, and cultural well-being of a community. It's about empowering residents to shape their own future.

Economic growth and community development are deeply interconnected. Sustainable economic growth provides the resources needed to invest in community development initiatives, such as improving infrastructure (roads, schools, healthcare), creating job training programs, supporting local businesses, enhancing public safety, and promoting affordable housing.

Conversely, strong communities attract businesses and investment, fueling further economic growth. A skilled workforce, a positive quality of life, and a supportive environment are all assets that make a community attractive to employers.

Through economic growth, we derive increased job opportunities, higher incomes, improved living standards, and greater tax revenues for public services.

Through community development, we achieve stronger social networks, reduced crime rates, increased civic engagement, improved health outcomes, and a more vibrant and resilient community.

The growth of tech hubs has led to significant economic growth. This, in turn, has spurred community development initiatives like new housing developments, improved public transportation, and investments in local schools.

Investments in renewable energy projects in rural communities can create jobs, boost local economies, and provide funding for community improvements like new community centers and improved internet access.

Economic growth and community development are mutually reinforcing. By implementing strategies that promote both, we can create stronger, more prosperous, and more equitable communities for all.

Rotary strengthens economic and community development by funding and implementing projects that support local entrepreneurs, create jobs, improve financial literacy, and foster sustainable businesses through vocational training, access to capital like microloans, and capacity building for community organizations.

Rotary focuses on empowering individuals, especially women and youth, to build prosperous and self-reliant communities by addressing the root causes of poverty and providing practical solutions.

Let us work together to promote economic and community development and reduce poverty in underserved communities through various projects ranging from providing people with equipment to vocational training.

Let us work with resolute decision to strengthen the economy and ensure the growth of people in impoverished communities.

Education is both a tool of social justice as well as a fundamental driver of economic development.



### RI President's Message

**Rtn Francesco Arezzo** 

President, Rotary International



### What community-led Development looks like

October is Rotary's Community Economic Development Month, a time to spotlight our efforts to help communities build a thriving, sustainable future. This month's observance aligns perfectly with Rotary's core value of leadership.

Leadership means empowering people to guide their own progress. That is precisely what Rotary's economic development projects aim to achieve.

Take, for example, a recent initiative in southern India in which Rotary members unlocked the power of women from the Adivasi tribal groups through sewing training to earn a living and regain social inclusion. Historically, widows and abandoned women in this region lose social standing and are shunned by society or blamed for their misfortunes. Opportunities to support themselves or obtain training are minimal.

This year, the Rotary Club of Windsor Roseland, Ontario, partnered with clubs in Districts 3203 and 3234 in India — and with the Indian organization Sevalaya Trust - to provide sewing machines and training to 80 Adivasi women. They learned to stitch saree blouses, kurta tunics, and salwar suits, enabling them to support themselves and their families. Each woman received a certificate for completing the program, and the sewing machine provider offered free long-term maintenance for the machines. The project offered vital income and dignity to women ostracized by society after widowhood.

This story is one example of Rotary leadership in action: local people guiding solutions that address their community needs. Our role is not to deliver charity or to impose outside models, but to foster

self-reliance by investing in leadership, skills, and sustainable enterprise.

This October, I invite Rotary members worldwide to reflect on economic leadership in their communities. Who is stepping forward to lead local economic initiatives? Where is untapped talent that could be supported with training or mentorship? How can your club catalyze opportunity through partnerships with local businesses, vocational schools, or savings groups?

Leadership is not always about being visible. Sometimes it means listening, working collaboratively, and amplifying the voices of others. That approach lies at the heart of Rotary's philosophy and our lasting impact on economic development.

By building capacity - whether through microcredit groups, vocational training workshops, or entrepreneurship programs — we enable communities to lead their own transformation. When people take ownership of their progress, change becomes sustainable.

Let us lead with good intention and provide support with heart. By nurturing local leadership, we can create opportunities that ripple through communities, empowering individuals, families, and societies.

Together, we can support economies that work for everyone and enact community development projects that last.

### No Challenge is too big for Rotary

For more than a century, Rotary has been bridging cultures and connecting continents. Rotary champion peace, fight illeteracy and poverty, help people get access to clean water and sanitation, and fight disease. Rotary's newet cause is to to protect our planet and its resources.



You can't build a great building on a weak foundation. You must have a solid foundation if you're going to have a strong superstructure."





#### **Beehives President's Message**

(Rtn Murali M Achuthan, Club President)

Greetings to all Beehivians! It brings me great joy to share my October message, a month filled with significant events. As we embark on October, recognized as Rotary's

Community Economic Development theme, we also honor \*Pink October\*, dedicated to raising awareness for breast cancer, mental health, and pregnancy & infant loss.

We have kicked off our club activities by sponsoring new homes for Arunodyam in Thirutani, donating \*\*20 solar street lamps\*\* funded by member contributions.

I encourage all members to engage in vocational training projects that foster community leadership and drive economic growth.

Our club participated in a breast cancer awareness walk organized by our district.

October is also a festive month, marked by the celebrations of "Deepavali" and "Dussehra." Our members contributed to a district program honoring senior citizens during Deepavali. Additionally, we will be providing gifts to 25 children in a children's home.

Finally, let us not forget that October includes \*\*World Polio Day\*\* on the 24th, a date of significant importance to Rotary.

In closing, I'd like to share our mentor's message and encourage everyone to consider contributing \$500, as this amount will be matched towards earning the "PHF title." I urge all members to take this opportunity to donate for a worthy cause.



### PRID Rtn Venkatesh elected as **Rotary Foundation Trustee**

Rtn A S Venkatesh, affectionately known as Venky, has esteemed various positions within Rotary held International, including International Training Assembly Leader, Rotary Coordinator, and Lead Trainer of Rotary Coordinators at the Regional Leaders Training Institute for three years, as well as serving as Rotary International Director.

Heartfelt congratulations to Venky PRID on his recent appointment as Trustee of The Rotary Foundation for the term 2026-2030.

We wish him tremendous success as he embraces this important leadership role and continues to create a positive impact through his service and dedication.

#### **District Governor's Message**

(Rtn D Devendran, District Governor)

September, the month of Basic Education and Literacy, has been another inspiring chapter in our Rotary year. While our focus was on education, we also continued our phenomenal momentum in membership. I am delighted to share that we



welcomed two new clubs into our family—Rotary Club of Chennai Verve and Rotary Club of Madras Miracles-further strengthening our network of service and fellowship. One of the major highlights of this month was our International Friendship Tour to England and Scotland, where 89 Rotarians from our district came together to celebrate Rotary beyond borders. The trip was not just about camaraderie—it resulted in the signing of 15 Sister Club agreements, creating bridges of friendship and service across continents.

Fellowship too found its vibrant expression this month. The District Dandiya Night at Hyatt Regency was a grand success, with 350 Rotarians from 25 clubs joining in a night of dance, color, and cheer. My heartfelt thanks to everyone who participated and made it memorable. Let us now channel that same enthusiasm into our upcoming Diwali Nite and Golden Seniors Program—your presence and support will make them shine brighter. The September Business Meet saw remarkable participation from over 200 Presidents and Secretaries, alongside district officials. It was heartening to witness the commitment, curiosity, and collaboration that make our district thrive.

Several clubs also led exemplary events this month. Rotary Club of Radiance hosted the RPL - Radiance Premiere League Shuttle Tournament, showcasing the spirit of sportsmanship. Rotary Club of T. Nagar organized a spectacular Awards Night featuring rising political star Thiru Annamalai, and their Eye Donation Awareness Walk-where I too pledged my eyes—was a noble step toward a Blind-Free India. Rotary Club of Chennai Capital introduced a unique 100 Balls Cricket Tournament, blending innovation with fellowship.

Our future leaders too are rising to the occasion—DGE Shriram Duvvuri and his team successfully conducted ASCENT, the Pre-Assistant Governors Learning Seminar, preparing the next line of leadership. Attending the District Rotaract Assembly (DRA) and witnessing the enthusiasm of our young Rotaractors was truly energizing. Friends, September has reinforced that Rotary's heart beats strongest when service, learning, and fellowship come together. Let us carry this rhythm forward—with passion, purpose, and unity—as we continue to Unite for Good.

#### Golden Seniors - Deepavali Celebration by District

With individual contributions of ₹7,500 from Rtn Selvamurugan, ₹1,500 from Rtn Murali Achuthan, and ₹1,000 from Rtn G S Suresh, our Club is proud to have sponsored 20 Golden Seniors for the District's "Golden Seniors Diwali Celebration" program.

Furthermore, Rtn R Venkataraman has generously sponsored the District Diwali Night event on October 17, 2025, with a contribution of ₹10,000.

Rtn M V Mukundhan and Rtn Selvamurugan offered their volunteer services. Rtn M V Mukundhan, Secretary of our Club, was honoured by Sri S.V. Sekar.





A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."







## Know About Rotary

### **Learn about Rotary & Lead Your Club**

#### THE OBJECT OF ROTARY

We all think we choose what path we take in life, who we socialize and mix with, what views we hold. But those decisions are actually shaped by networks of people - David Brooks.

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The Development of acquaintance as an opportunity for service.

Rotarians have the opportunity to create relationships with many business, professional, and community leaders.

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society.

Being a Rotarian authenticates the person and their business or profession.

THIRD: The application of the ideal of service in each Rotarian's personal, business, and community life.

Rotarians nurture this personal characteristic; the cornerstone of building and sustaining relationships.

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Rotarians become better world citizens and often build lasting international relationships.

ROTARIANS INFLUENCED BY THE OBJECT OF ROTARY HAVE MADE THEIR FAMILIES, BUSINESSES, COMMUNITIES, AND THE WORLD BETTER. WHAT THEY DID IS A BY-PRODUCT OF WHO THEY ARE AND THE IMPACT THE OBJECT OF ROTARY HAD ON THEM PERSONALLY.



### Official Mottoes of Rotary Primary Motto: "Service Above Self"

Secondary Motto: "One Profits Most Who Serve the Best"

The First Motto of Rotary was an outcome of the speech delivered in 1910 in Chicago by Rotarian Art Sheldon, who in his speech said, "He profits most who serves his fellows best."

The First Motto of Rotary International is "He Profits Most Who Serves Best." This was approved at the second Rotary Convention held in Portland, Oregon, USA, in 1911.

Rtn Ben Collins, President, Rotary Club of Minneapolis, Minnesota, USA commented that the proper way to organize a Rotary Club was through the principle of his Club that is "Service, Not Self."

In 1989, the Council on Legislation established "Service Above Self" as the Principal MOTTO of Rotary, since it best explains the philosophy of unselfish volunteer service.

We are not put on this earth for ourselves, but are placed here for each other. If you are there always for others, then in time of need, someone will be there for you

### Our Activities does not end with Community Service Alone

### FOR GREATER IMPACT, EXPAND FOCUS IN OTHER AVENUES ALSO

Reaffirm Our Core Values: Rotary Club of Chennai Beehives is dedicated to making a positive impact. We have traditionally focused on Community Development and Community Health, and these remain vital areas of our focus. However, there is a broader framework encompassing several Avenues of Service, allowing us to diversify our activities and engage our members in new and meaningful ways.

The Five Avenues of Service: Rotary's mission is realized through the Five Avenues of Service, which form the foundation of club activity.

Club Service: Focuses on making sure our club functions effectively, fostering fellowship among members, and strengthening our club.

Vocational Service: Encourages Rotarians to serve others through their vocations and to practice high ethical standards.

Community Service: Involves projects and activities the club undertakes to improve life in its community.

Youth Service: Recognizes the importance of empowering youth and young leaders through leadership development programs.

International Service: Encompasses actions taken to expand Rotary's humanitarian reach around the World and to promote World Understanding and peace.

Examples of Activities Across All Avenues: Here are some potential activities our club could undertake in each Avenue of Service

**Club Service**: Family meets and tours, club social events, mentorship programs for new members.

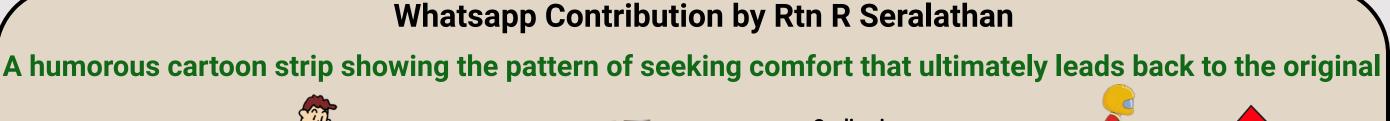
Vocational Service: Ethics workshops, career guidance seminars, recognizing outstanding professionals in our community, skills-sharing sessions.

Community Service: (Continuing existing projects) Health camps, community clean-up drives, supporting local charities, blood donation drives.

Youth Service: Sponsoring youth leadership camps (e.g., Rotary Youth Leadership Awards - RYLA), Interact/Rotaract club support, scholarship programs, mentorship for students.

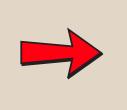
International Service: Partnering with clubs in other countries on projects, international exchange programs, supporting global initiatives like polio eradication, disaster relief efforts.

Next Step: All members to consider how we can broaden our club's activities to encompass all Five Avenues of Service. This will not only enhance our impact but also provide more diverse and engaging opportunities for our members. Let's discuss these possibilities at our next meeting and form committees to explore new initiatives.











Cycling is giving me foot pain. It is time for a less strenuous ride









The vibration on this motorcycle is giving me a backache. I need something smoother.



My doctor says I need to do some exercise







All this sitting and snacking has given me a tummy ache.







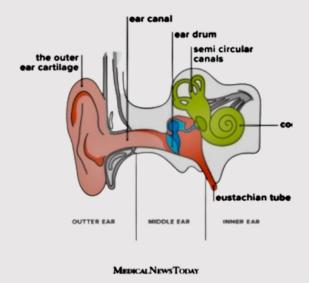
We are not put on this earth for ourselves, but are placed here for each other. If you are there always for others, then in time of need, someone will be there for you."



### Healthy Ears, Clear Nose, Soothing Throat - - Every Day Care for Every Day Life

(By Rtn Dr V Thiagarajan, MD, BM Hospital)

Our ears, nose, and throat work tirelessly every day — helping us hear, breathe, and speak. Yet, these vital organs are often taken for granted until discomfort sets in. Many common ENT problems can be easily prevented through awareness and simple lifestyle habits.



### **Ear Problems**

#### Wax build-up

October 2025

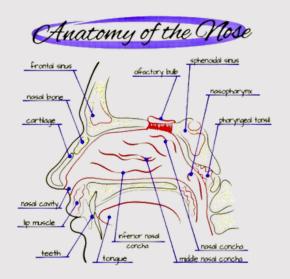
Avoid using earbuds. They push wax deeper and can injure the ear canal. Use mild waxsoftening drops once in a while if needed.

#### Ear infections

Swimming in unclean water or inserting objects into the ear can cause infection. Keep ears dry, especially after bathing.

#### **Hearing loss**

Continuous exposure loud noise to (headphones, machinery) can harm hearing. Use ear protection and take listening breaks.



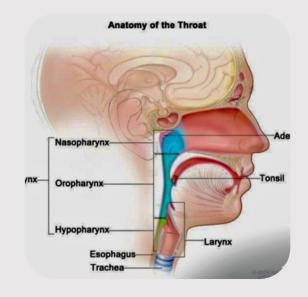
#### **Nose Care**

#### Common cold and sinusitis

Frequent hand washing, hydration, and avoiding sudden changes temperature can infections. reduce Steam inhalation offers relief from congestion.

#### **Allergies**

Dust, pollen, and perfume can trigger sneezing or nasal blockage. Keep your surroundings clean and avoid known triggers.



#### **Throat Care**

#### **Sore throat**

Usually viral, it settles with warm fluids, rest, and gargles. Avoid unnecessary antibiotics.

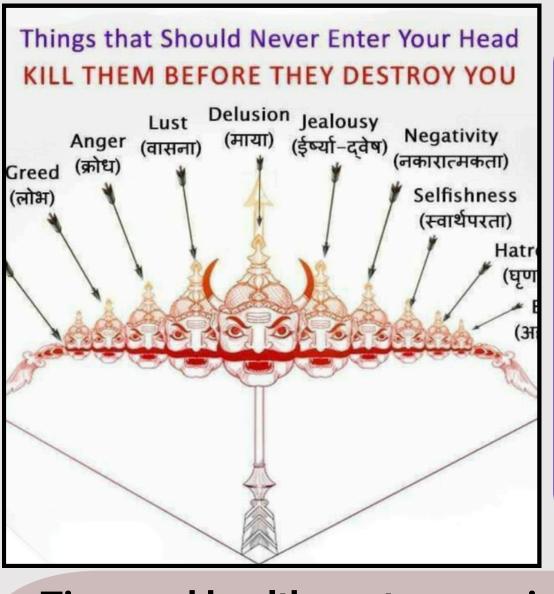
#### **Voice strain**

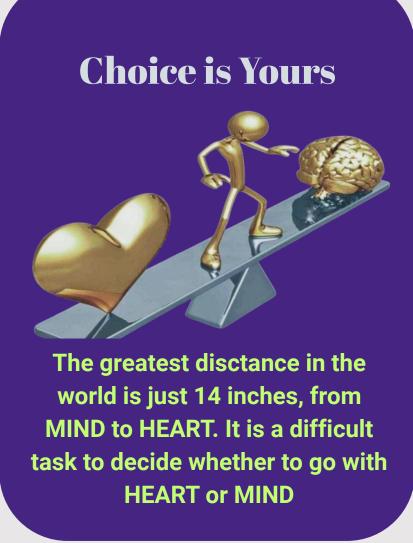
Teachers, speakers, and singers should give their voice periodic rest and stay hydrated.

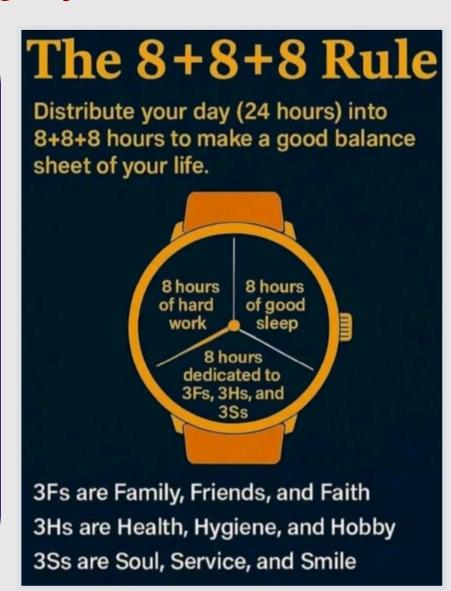
#### **Acid reflux irritation**

Avoid late dinners, spicy foods, and lying down immediately after eating.

### Whats App Contribution by Rtn Dr V Thiagarajan







Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.





### கொய்யாப் பழம் நன்மைகள் -புற்றுநோய் முதல் இதய ஆரோக்கியம் வரை



கொய்யா ஒரு ஆரோக்கியமான பழம், இது பல நன்மைகளை வழங்குகிறது. இதை உங்கள் தினசரி உணவில் சேர்த்துக்கொள்வது உங்கள் ஆரோக்கியத்தை மேம்படுத்த உதவும்.கொய்யா, வைட்டமின் சி, ஃபைபர், பொட்டாசியம் மற்றும் லைகோபீன் போன்ற பல ஊட்டச்சத்துக்களின் சிறந்த மூலமாகும். இது ஒரு சுவையான மற்றும் ஆரோக்கியமான பழம், கொய்யாப் பழம் பல ஆரோக்கிய வழங்குகிறது. கொய்யாவின் சில நன்மைகளை முக்கிய நன்மைகள்(Guava benefits in tamil) :

**நோய் எதிர்ப்பு சக்தியை அதிகரிக்கிறது** : கொய்யாவில் அதிக அளவு வைட்டமின் சி உள்ளது, இது நோய் எதிர்ப்பு சக்தியை அதிகரிக்கவும், காய்ச்சல் போன்ற சளி மற்றும் நோய்த்தொற்றுகளுக்கு எதிராகப் போராடவும் உதவுகிறது.

செரிமானத்தை மேம்படுத்துகிறது : கொய்யாப் பழத்தில் ஃபைபர் செரிமானத்தை மேம்படுத்தவும், இது அதிகம் உள்ளது, மலச்சிக்கலைத் தடுக்கவும் உதவுகிறது.

**இரத்த அழுத்தத்தை சீராக்குகிறது** : கொய்யாவில் உள்ள பொட்டாசியம் இரத்த அழுத்தத்தை சீராக்க உதவுகிறது.

புற்றுநோயைத் தடுக்க உதவுகிறது: கொய்யாவில் உள்ள மற்றும் லைகோபீன் புற்றுநோய், குறிப்பாக சிறுநீரக புற்றுநோய் சுவாசக்குழாய் புற்றுநோய் போன்ற நோய்களைத் தடுக்க உதவுகிறது.

இதய ஆரோக்கியத்தை மேம்படுத்துகிறது : கொய்யாவில் உள்ள ஆன்டிஆக்ஸிடன்ட்கள் இதய ஆரோக்கியத்தை மேம்படுத்தவும், இதய நோய் மற்றும் பக்கவாதம் போன்ற நோய்களின் அபாயத்தைக் குறைக்கவும் உதவுகிறது.

சரும ஆரோக்கியத்தை மேம்படுத்துகிறது : கொய்யாவில் உள்ள வைட்டமின் சி சரும ஆரோக்கியத்தை மேம்படுத்தவும், முகப்பரு

நீரிழிவு அல்லது ஏதேனும் நோய் வேறு உடல்நலப் பிரச்சினைகள் இருந்தால், கொய்யாவை உட்கொள்வதற்கு முன்பு மருத்துவரை அணுகுவது நல்லது.

பாதிப்பினை பிடித்தலினால் வரக்கூடிய தடுக்க புகை உதவுகிறது புகைபிடித்தலை தடுப்பதற்கு மூன்று வழிகள்:

- நெல்லிக்காய் வாயில் வைத்திருந்து வற்றலை உமிழ்நீருடன் சேர்த்து விழுங்கலாம்.
- 2. அதிமதுர பொடியை வாயில் வைத்திருந்து அதனை உமிழ்நீருடன் சேர்த்து விழுங்கலாம்.
- > 3. தினமும் காலையில் கொய்யா இலையை கொதிக்க வைத்து அதன் நீரினை அருந்தலாம்.

துவர்ப்பு சுவையை நம் உடலுக்கு சேர்க்க கொய்யா இலை தளிர்களை கொதிக்க உதவும்.கொய்யா எடுத்து வைத்து அருந்தினால் நீரிழிவு நோயினை சரி செய்யும்.

வாய்ப்புண் மற்றும் உடல் புண்ணை கொய்யா நீரினை பயன்படுத்தி கழுவலாம் .உடல் புண்ணில் உள்ள கெட்ட சதைகளை வெளியேற்றி பாக்டீரியா அதிகரிப்பினை குறைக்க இந்த நீர் உதவுகிறது.

நாள்பட்ட வயிற்றுப்போக்கு சரி செய்ய இதன் இலையை அரைத்து குடிக்கலாம். காலை மற்றும் மாலை என இரண்டு வேளை குடித்து இடையில் மோர் மட்டும் குடித்து வர குடலுக்கு நன்மை பயக்கும். நாள்பட்ட வயிற்றுப்போக்கு சரியாகும்.

நீண்ட நாட்கள் மருந்து உண்ணும் நோயாளிகள் கொய்யா தளிர் மற்றும் மிளகு சேர்த்து கொதிக்க வைத்து தேன் கலந்து உண்ணலாம்.இதனால் நீண்ட நாள் மருந்து உண்பதால் ஏற்படும் பக்க விளைவுகளை சரி செய்யும்.

### Whats App Contribution by Rtn M V Mukundhan

**Greater Chennai Corporation Programme** to collect old furniture, cushions, mats at your gate

Greater Chennai Corporation on 11 October 2025 has launched a programme to collect unwanted items directly from homes. A new initiative is executed by the civic body to collect worn-out goods like sofas, furniture, bedspreads, washroom utilities, and the like from the gates of residences. To make use of the facility, one has to call 9445061913 or 1913. Based on the request of the caller, the officer will call back and arrange for the collection.

This facility is available only on Saturdays, and you need to keep the used goods at the gate, like you do with the garbage that Urbaser Sumeet staff collect daily. A nominal fee will be collected for this service. GCC says that all the goods collected will be incinerated at a specified location outside the city.



Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.





### Is It necessary to hold Weekly Meetings of the Club?

The answer to the above question is a big YES since it is a basic Requirement.

#### The Purpose and Importance of Regular Meetings in Rotary Clubs

While clubs benefit from flexible meeting formats—whether in-person, online, or hybrid—and have the option for bi-monthly gatherings, regular meetings are crucial for enhancing the Rotary experience and achieving its objectives. Interestingly, very few clubs deviate from the requirement of holding at least two meetings each month.

Rotary International (RI) mandates that clubs convene a minimum of twice monthly. These meetings play a vital role in fostering camaraderie, managing club operations, facilitating ongoing education, and planning humanitarian service initiatives.

Key Reasons for Holding Regular Meetings are fostering fellowship, planning and implementing service activities, continuing education and information, club governance and accountability, maintaining engagement of members, upholding ethical standards, and more.

#### **Fostering Fellowship and Networking:**

The core of Rotary lies in fellowship and connections. Regular meetings allow members to bond, nurture strong friendships, and network with a diverse range of local professionals.

#### Planning and Implementing Service:

Club meetings serve as a platform for discussing community needs, brainstorming innovative solutions, and organizing service projects on both local and global scales. These initiatives are central to Rotary's mission of "Service Above Self."

#### **Continuing Education and Information:**

Meetings frequently feature guest speakers addressing a variety of local, national, and international topics, keeping members informed and broadening their perspectives. They also provide opportunities for developing leadership and public speaking skills.

#### **Club Governance and Accountability:**

While business decisions are made by the Board of Directors, regular meetings offer a venue for announcements, committee reports, and general updates, ensuring transparency and keeping all members engaged in the club's direction.

#### **Maintaining Engagement:**

Consistent meetings establish a regular touchpoint, which is essential for retaining members and ensuring their ongoing engagement and commitment to the club's values.

#### **Upholding Ethical Standards:**

Meetings often include a recitation of "The Four-Way Test," serving as a constant reminder of the high ethical standards that Rotarians are expected to maintain in both their professional and personal lives.

It is essential to avoid skipping mandatory weekly meetings unless under extreme circumstances. Even if the club president is unavailable, meetings should still occur under the leadership of a Past President or the Senior Most Rotarian.

### Beehivian Mari selvamohan's Tweet in "X" became a focal point in Commentary Box



On 19 October 2025, during the first ODI match between India and Australia at Perth, both legendary players Rohit Sharma and Virat Kohli were dismissed cheaply within the first ten overs, raising concerns about India's top-order performance.

Rtn Mariselvamohan, under the handle "Common Man" on X (formerly Twitter), posted a tweet questioning whether a lack of match practice led to Rohit and Virat's poor performance, specifically mentioning "roko failure" (run out or quick dismissals) and tagging it #Staraikelungal.

This tweet became a focal point in the commentary box, as experts acknowledged that missing regular match action—even with a few practice sessions—may not be enough for batters to regain competitive rhythm, especially on challenging pitches like Perth.

Continuous meetings provide a structured environment for members to work together, share ideas, and solve problems, which is crucial for any group's success.





The Rotary Club Chennai Beehives believes that even small acts of kindness can make a big difference in the lives of others. Deepavali, the festival of lights, is a time for joy, celebration, and giving. The Rotary Club Chennai Beehives embraced this spirit by organizing a special Deepavali celebration for destitute children housed at the Indian Council for Child Welfare (ICCW).

Our Club's Deepavali celebration at the Indian Council for Child Welfare was a heartwarming event filled with the spirit of giving and community service. The children received essential items and festive treats, bringing joy and happiness to their Deepavali. This initiative exemplifies the Rotary Club Chennai Beehives' commitment to making a positive impact on the lives of those in need and spreading the light of hope and compassion.

The event focused on bringing smiles to the faces of the children and making their Deepavali memorable. The Rotary Club Chennai Beehives believes in the power of community service and the importance of supporting those in need. This initiative was a testament to their commitment to these values.

Stainless steel plates, stainless steel tumblers, dress materials, and boxes of sweets and savories were distributed to the children. The children were delighted to receive these thoughtful gifts, which aimed to provide them with essential items and festive treats. The stainless steel plates and tumblers will contribute to their daily needs, while the dress materials and sweets added to the festive cheer.

This Deepavali celebration was more than just a distribution of gifts; it was about sharing love, compassion, and the joy of the festival with children who deserve it the most. The Rotary Club Chennai Beehives hopes that this initiative inspires others to embrace the spirit of giving and contribute to creating a more inclusive and caring community.

The event's success was a result of the collaborative efforts of the Rotary Club members, volunteers, and supporters who came together to make a positive impact on the lives of these children.





### Rtn.E.Selvamurugan

Inducted as a Member of RC Chennai Beehives on 14.10.2025

Rtn E Selvamurugan joined Rotary in 2001 as an active member of the Rotary Club of Nanganallur. He succeeded Rtn R Seralathan as President of the Club during 2014-15, the lightup year when Rtn ISAK Nasar was the Governor and received 30 District awards.

During his term, he held a mass induction of 20 members on a single day, published the club bulletin in the local newspaper "Suburban Voice" with a distribution of 30,000 copies to the residents in and around Nanganallur, and introduced the 6x6 Cricket Tournament and the Golden Voice of Chennai competition through the club, involving public participation.

In the District, he held positions such as GGR, Chairman, Assistant Governor, Associate Governor's Aide, and District Coordinator.

### **Congrats Beehivian Raghupathy**



Congratulations to Rtn Raghupathy on the recognition and selection of his outstanding photography skills, and for the publication of his work by FPLR in GML "Symphony." This achievement is a testament to his talent, dedication, and creative vision. Wishing continued success and many more accolades in all future endeavors.





Doubt and Faith both are states of mind. Doubt creates the darkest moments in our finest hour, while Faith brings the finest moments in our darkest hour.

Festival Season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.

# Beehives 6





### **Visit to Temples & Our Solar Street Light Project Site** Celebration of Deepavali with inellectually disabled children



### Beehives Cultural Exploration with Significant Community Service

On October 18, 2025, our Club organized a family tour that seamlessly combined cultural exploration with significant community service. This report highlights the Rotary Club Family Tour's unique blend of temple visits and meaningful engagement at Arunodhayam Home, fostering cultural appreciation, strengthening community ties, and reaffirming the club's dedication to service.

#### **Temple visits**

These temple visits provided a wonderful opportunity for members and their families to immerse themselves in the region's rich cultural heritage. Participants, known as Beehvians, along with their families, explored intricate temple architecture, learned about the historical significance of each site, and took part in traditional ceremonies. This experience nurtured a deep reverence and appreciation for our cultural roots.







#### **Visit to Project Site Arunodhayam**

















A key highlight of the tour was our visit to Arunodhayam, a home for intellectually disabled individuals at Ramasamudram Village, Tiruvellore District. This visit exemplified the Rotary Club's commitment to service and community support.

Our members participated in various activities, which included:

- Interacting with the residents
- Providing companionship
- Distributing Deepavali dress materials, sweets, and crackers

Additionally, participants viewed the development and progress of the Club's project—the provision of twenty solar street lights, costing ₹2,72,000 at the campus. The visit to Arunodhayam, Thanigai Complex was a profoundly moving experience for everyone involved, serving as a powerful reminder of the importance of compassion, empathy, and service to those in need.





















The Rotary Club Family Tour was a resounding success, achieving its dual objectives of cultural enrichment and community service. The temple visits deepened our appreciation for our heritage, while the experience at Arunodhayam reinforced our commitment to supporting the less fortunate. Furthermore, the tour strengthened connections among club members and their families, promoting a greater sense of unity and purpose.

The experiences from this tour will undoubtedly inspire our members to continue our community service efforts and seek new opportunities to positively impact the lives of others.

Family gatherings provide opportunities for strengthened bonds and emotional connections among family members, creating a sense of belonging and support.

# Beehives **6**

### Beehives' Bites - Culinary Delights from Beehivian's Family



### Pachari Appam

A kerala style Breakfast Dish

#### By Ann Vanaja Pangiyil, First Lady, RC Chennai Beehives



A Kerala style breakfast dish that we prepare at home. It is synonymous with a new beginning for me since it is consumed at the beginning of a day, and every new day is a new beginning for me. This dish is one that everyone enjoys at home, and I hope you will too.

Required Ingredients:

October 2025

Raw rice - 3 cups,

Small onion/shallot - 10 - 12 pieces,

Red chillies (long) - 6-7 (or according to your preference),

Curry leaves - a handful, and

2 tablespoons grated coconut.

#### Method

Soak the raw rice for 2 - 3 hours and then drain it and keep it aside. Grind the abovementioned ingredients with a little water. Add salt (to taste) and hing (1/4 tsp). Add hot water as needed for a runny batter consistency. Heat a pan, pour the batter from the outside in. Sprinkle coconut oil/refined oil on the edges. Cover and cook for a few minutes. Flip it over. Cook for a few minutes. Remove from the pan.



**ENJOY** with a little coconut chutney on the side.

### The light within

By Ms. Neha Murali, M.A. d/o Rtn. Murali Achuthan

Light is a source of energy or illumination. It is something that is always present somewhere in the background. Light is not only the literal light we see, like light from the sun, or a lamp, or a candle. There is light within people too, and metaphorically speaking, it conveys the idea of hope as well. The quote, "We've all got both light and dark inside us. What matters is the part we choose to act on. That's who we really are," talks about light as an aspect of how we seem and as a characteristic within us too. Sometimes it is a choice, as it is said above. To choose light over darkness and let the light out. To make an active choice about the kind of person we would like to be, and that is important; it can truly make a difference.

We, as people, are similar to a lamp that emits light. We all have light within us. We may want to show it to others too. Our 'shell' gets in the way of this. This shell could be our inhibitions, our fears, our biases, or even a version of ourselves that we have constructed. We all have inhibitions that dampen our light. Sometimes they stand in between ourselves and where we would like to be. Even with all these things getting in the way, we inadvertently are able to give out some amount of light; it makes its way through the gaps it finds in our 'shell'.

Now imagine the light shines brighter within the lamp. Brighter and brighter. The rays of light will come out much stronger than before. The outer shell, although it is still there, would not be able to block the light because of how intense the light is. The light would shine right through it and make it seem like there is no real shell. How do we do that?

By showing ourselves some compassion, by accepting ourselves for who we are, and learning to love ourselves. Why is this necessary? Because we too are human, and humans are flawed by nature, and we deserve to feel supported and cared for. By learning to show compassion to ourselves for who we are, by embracing the people we are, it is possible to navigate around our inhibitions. It can help us nurture the light within us and further help it shine onto others as well. In doing so, we help ourselves and can further find ways to support the people in our lives when they need it the most.

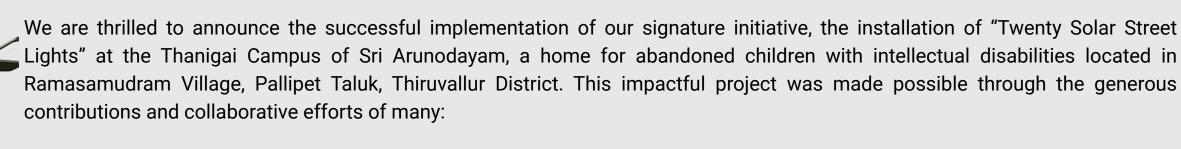
Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors—it's how you combine them that sets you apart.





### Thanks to Donors for the Signature Project of RC Chennai Beehives







Contribution from the following Members of Rotary Club of Chennai Beehives: Rs. 67,500/-

- Rtn K. S. Srinivasan Rs. 12,000/-
- Rtn Vaishnavi Deepak Shankar Rs. 12,000/-
- Rtn R. Venkataraman Rs. 12,000/-
- Rtn M. Raghupathy Rs. 5,000/-
- Rtn V. Srinivasan Rs. 5,000/-
- Rtn K. K. Panigrahi Rs. 5,000/-
- Rtn Ezhilarasi Rs. 2,500/-
- Rtn Seralathan Rs. 2,500/-
- BM Educational & Medical Trust Rs. 2,500/-
- Rtn G. Vijendran Rs. 2,000/-
- Rtn Dr. Sabitha Ramakrishnan Rs. 2,000/-
- Rtn G. S. Suresh Rs. 2,000/-
- Rtn M. S. Sundararajan Rs. 2,000/-
- Rtn Mari Selvamohan Rs. 1,000/-

Contribution by Mr. Stephen, a personal friend of our President, Rtn. Murali Achuthan: Rs. 35,000/-

Fund Released from Beehives Trust Fund: Rs. 1,61,300/- (During this year, the Trust received a contribution of Rs. 60,000/- from Rtn. Murali Achuthan and Rs. 50,000/- from ELC Lab, Chennai)



Contribution by Rotary Club of Chennai Beehives: Rs. 4,720/-.

The total project cost of Rs. 2,68,520/- was fully covered through the above combined contributions.

This initiative represents a hallmark achievement for the Rotary Club of Chennai Beehives, accomplished swiftly since its inception. The project not only enhances safety and accessibility on the campus but also promotes the use of sustainable energy.

We extend our heartfelt gratitude to all donors and supporters whose generosity and dedication brought this meaningful project to fruition.









### IF YOU COULD **SAVE MORE LIVES**

**Organise** 

**Blood Donation Camp** 

**Organise Organ Donation Camp** 

**Blood donation:** one of Rotary's most useful actions

Shine your light and make a positive impact on the world; there is nothing so honorable as helping improve the lives of others.



Rtn M V Mukundhan celebrated on 5<sup>th</sup> October 2025

Rtn Murali M Achuthan celebrated on 6<sup>th</sup> October 2025

Ann Karpagam w/o Rtn K Krishnan celebrated on 6<sup>th</sup> October 2025

Rtn Dr Sabitha Ramakrishnan celebrated 13<sup>th</sup> October 2025

Ann Durgadevi w/o Rtn J Natarajan celebrated on 24<sup>th</sup> October 2025

Rtn M R Sudharshan celebrated on 26<sup>th</sup> October 2025







Rtn.Vaishanavi Ann.Deepak Shankar

Celebrated on 24<sup>th</sup> October 2025

Rtn.B.Shankar Ann.Lakshmi

Celebrated on 26th October 2025

**Cheers to** 

your special day and the beautiful journey you've shared.

"Happy anniversary!"

Rtn Dr VT & Ann Dr Vasundhara on 01.11.25, Rtn A.C.Boopathy & Ann Nageswari on 01.11.25, Rtn R Venkataraman & Ann Bhanumathi on 17.11.2025, celebrate their Wedding Anniversary

Rtn R Seralathan on 21.11.25, Rtn V Srinivasan on 21.11.25, Annette Celsia Margaret d/o Rtn Collins on 21.11.25, Annette Vidhyalakshmi d/o Rtn Seralathan on 24.11.25, Rtn A C Boopathy on 30.11.25, celebrate their Birth Day

A purpose of human life, no matter who is controlling it, is to love whoever is around to be loved











### A humble appeal for your generous contribution to "The Rotary Club of Chennai Beehives Trust"

### **Building a Brighter Future Together**

At "The Rotary Club of Chennai Beehives Trust," we firmly believe that a brighter future is attainable for everyone.

Over the past five years, our trust has dedicated itself to realizing our Mission and Vision, which include providing educational assistance to underprivileged children and offering medical support to the elderly and economically disadvantaged. We also extend support to old age homes and facilities for mentally challenged individuals and institutions.

Our impactful work is made possible through the kindness and generosity of supporters like you, enabling us to create meaningful changes in our community.

You can make your tax-deductible contribution today under Section 80G of the Income Tax Act, 1961. After making your payment, for issuance of the 80G certificate, please send us your PAN number and address on whats app to 9444850950 or 9884062833 or 9445156781

Donations can be directed to:

"The Rotary Club of Chennai Beehives Trust"

IDBI Bank, Nanganallur

SB Account No: 0735104000052137

IFSC Code: IBKL0000735

Your support not only sustains our legacy of service but also enables us to expand our reach to assist even more individuals in need.

Thank you for considering our appeal. We are sincerely grateful for your belief in our mission and your commitment to effecting positive change.

With heartfelt gratitude, Rtn Dr. V. Thiagarajan, Chairman & Managing Trustee, Rtn R Venkataraman, Founder Trustee

The Rotary Club of Chennai Beehives Trust [Contact Secretary of the Trust at 9884062833 for more information]

Giving is the master key to success, in all applications of human life.