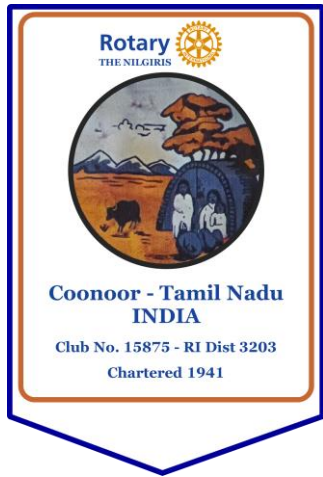




The Nilgiris Rotary Family got together to celebrate the wedding of Annette Girish, son of Rtn Raja Venkatraman and Ann Lalitha. It was a wonderful evening of smiles and friendship as we gathered to bless the young couple.

President's Message



Dear Fellow Rotarians,

As we approach the final stretch of the Rotary year, May 2025 has been a month that reaffirmed our long-term commitments—especially in the areas of education, healthcare, fellowship, and remembrance.

We continued to strengthen our **educational initiatives for government schools** through two significant actions. First, we completed the **appointment of Mathematics and Spoken English teachers at Panchayat Union Middle School, Bettatti**. This step ensures sustained

support for quality instruction in subjects vital to students' future academic and career success. Secondly, we finalized the **admissions and scholarship disbursements under our 'Bhavishya Nidhi' Scholarship Scheme**, ensuring that meritorious students from this school continue their educational journeys with dignity and hope.

Our **'Mission Vision' eye screening camps** were actively pursued this month, with camps held on **5th, 7th, 16th, 17th, 19th, 24th, 28th, and 29th of May**, extending care and early detection to underserved communities. This consistent outreach continues to reflect our belief that sight is not just a sense—it is a right.

In an exciting development, **'Mission Vision' is now set for a major upgrade into the 'Blue Mountain Near Vision Initiative'**, which will be **extended across the entire revenue district of The Nilgiris**, covering a population of approximately **seven lakh** people. All **sister Rotary clubs** in the Nilgiris will be **invited to partner in this noble initiative**, the **contours of which are currently being finalized**. The structure and execution will be shaped in consultation with all relevant stakeholders, ensuring a united and impactful rollout.

In terms of club administration, we conducted **one Board Meeting** and **four Regular Meetings**. Among these, the meeting on **20th May** stood out as a **special family gathering**. The highlight of the evening was a captivating **presentation by Rtn Bharat Mohindra**, who took us on a visual and emotional journey through his **exhilarating adventure in Antarctica**. The gathering was further enlivened by the **celebration of birthdays** of **Rtn Norman Wood, Rtn Diana, and Annet Darius**, who generously hosted the **High Tea** for the occasion. It was a warm evening of fellowship, curiosity, and joy.

An especially delightful celebration this month was the **wedding reception of Girish**, son of our **Secretary Rtn C. R. Venkatraman and Ann Lalitha**, which they graciously hosted for all Rotarians and their families at the **Wellington Gymkhana Club**. It was a joyous occasion filled with warmth, cheer, and togetherness.

President's Message cont...

A proud moment for our club came with the **charter of our sixth Interact Club** at **Holy Innocent High School & Junior College**. The **installation ceremony is scheduled for June**, and we look forward to welcoming this vibrant new club to our growing Interact family.

May also brought with it a solemn moment of loss. On **20th May**, we bid farewell to **Veteran Rotarian and Padma Vibhushan Dr M R Srinivasan**, former **Chairman of the Atomic Energy Commission of India**. His **funeral, conducted with state honors at Sorga Bhoomi, Wellington**, reminded us of the deep legacy of service and excellence that some among us leave behind. We offer our deepest condolences and salute a life so meaningfully lived.

As the Rotary year nears its conclusion, I am deeply moved by the dedication and compassion of our members. May's blend of action, celebration, reflection, and renewal prepares us to close this Rotary chapter with grace—and step into the next with purpose.

Yours in Rotary



THE FOUR WAY TEST

OF THE THINGS WE
THINK, SAY, & DO



BB

1

IS IT
THE
TRUTH

2

WILL IT BE
BENEFICIAL
TO ALL CONCERNED

3

IS IT
FAIR
TO ALL CONCERNED

4

WILL IT BUILD
GOODWILL
& BETTER FRIENDSHIPS

From the Editor's desk

Dear Fellow Rotarian,

A healthy diet is defined by content and proportions. And I am not talking about what we eat, but what we consume at the digital smorgasbord that is offered to us through our mobile phones and other digital devices.

In the digital age, mobile devices have become an extension of ourselves—always within reach and constantly demanding our attention.

While they offer unprecedented access to information and connectivity, these devices may also be rewiring our brains in ways that diminish our ability to focus for longer periods. Rapid, bite-sized digital content consumption trains the mind to crave constant stimulation and instant gratification. Notifications, vibrations, and pop-ups fragment concentration, pulling us away from tasks that require sustained mental effort. We are pushed to ingest what is served, without exercising any conscious processing and evaluation of the information.

A much quoted Microsoft study in 2015 found that the average human attention span had dropped from 12 seconds in 2000 to about 8 seconds - shorter than that of a goldfish! Although the goldfish comparison is debatable, the underlying concern remains valid: The consequences are far-reaching. Shorter attention spans can impact learning, productivity, and emotional regulation. People may find it harder to stay engaged in conversations, or work without frequently checking their phones. Inability to have focus for longer periods can decrease critical thinking and problem-solving abilities.

Years ago, in 1971 the economist Herbert A. Simon said, *"In an age of information overload, the ultimate scarce resource is human attention."* While mobile devices are here to stay, developing healthier habits around their use is essential. By reclaiming our attention, we can preserve our capacity for focus, reflection, and, meaningful engagement in an increasingly distracted world.

Here's to healthier mental diet for all of us!

Yours in Rotary,

Dakṣha Bhat



**"You don't have to be great to start,
but you have to start to be great."**

- Zig Ziglar

03		Weekly Meeting Board Meeting
5		Eye Camp- Jackanarai Village, Kotagiri
7		Eye Camp- ACTS Farm Colacombai Village
10		District Training Assembly
13		Weekly Meeting
16		Eye Camp- Beekad Tea Factory, Selas
17		Eye Camp- MN Trust Old Age Home, Denalai Village
19		Eye Camp- Beragani Village, Kotagiri
20		Weekly Meeting Speaker & Family Meeting
24		Eye Camp- SBI Life Office, Yedapalli Village
28		Eye Camp- Kaikatty Village Mosque
29		Eye Camp- Kil Kaithala Village
27		Weekly Meeting

President Elect Rtn Harikrishnan attended the District Learning Assembly on 10th May at Kangeyam





Ongoing work at Bettati school for landscaping of the area.



Interact



The Interact Club of The Holy Innocents High School and Junior College received its charter. This is our club's 6th Interact club. Rtn M Gopalakrishnan has generously offered to sponsor the kit for the Interact Club

The Rotary Scholarship Fund received a donation of Rs.100,000/- from the Shri Subhkaran Jatia Charitable trust for the support of meritorious students. This donation was facilitated by Rtn Sonia Gadeock.



June

Rotary Fellowships Month

Rotary
The Nilgiris



DB

About an Expedition to Antarctica.



Rtn Bharat Mohindra addressed the weekly meeting on the 27th of May. He shared his experiences on his Expedition to Antarctica.



High Tea was hosted by Rtn Norman Wood and Rtn Diana Bharucha to celebrate their birthdays. Fun fact, Rtn Diana shares her birthday with her son, Annet Darius, also seen cutting the cake.

Ross Sea

Victoria Land

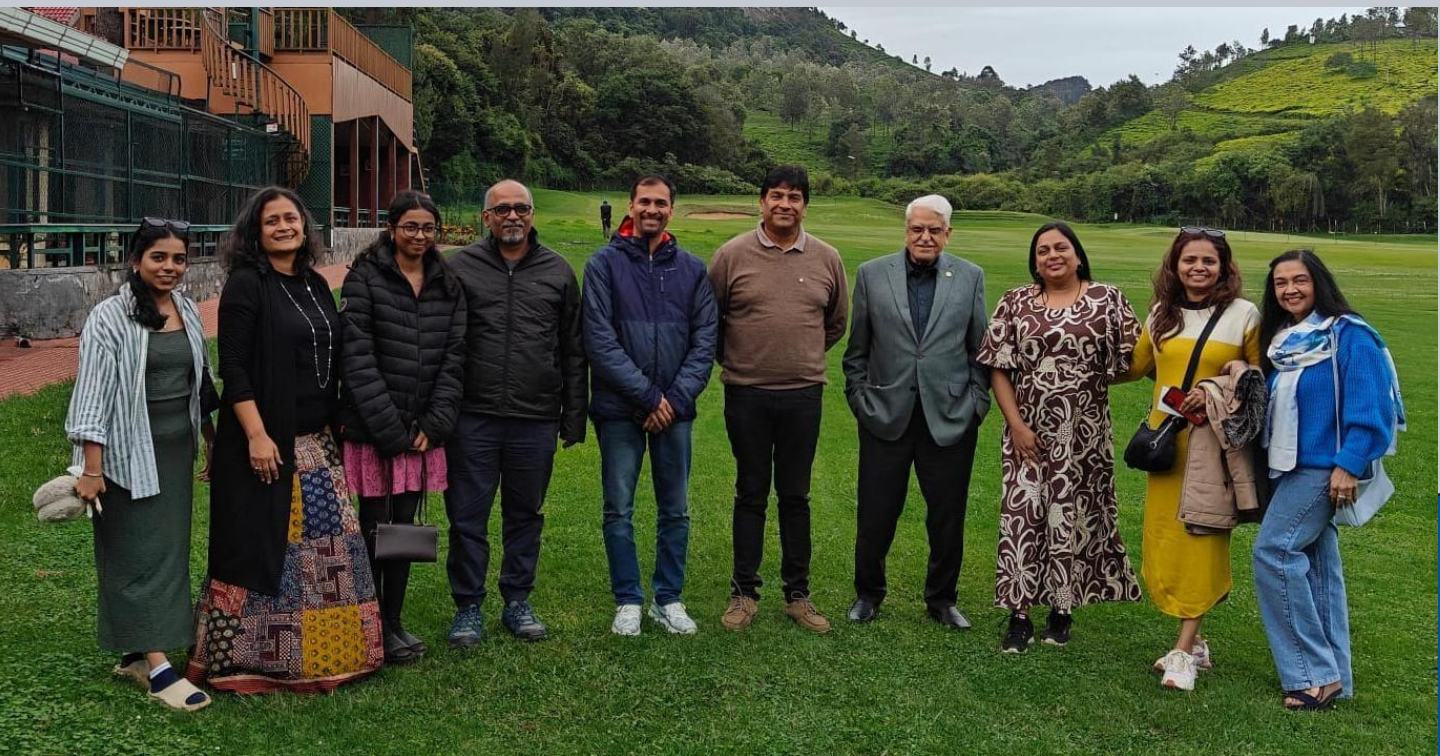
Barbara Coast

Law Dome

70S

135W

135E



Rotarians from the Smart City Rotary Club of Navi Mumbai were our guests at the Wellington Gymkhana Club. Rtn President Sunil Goyal, Rtn Vijaya Dar, Rtn Deepika and Rtn Sonia joined to host them.



June

Birthdays

06	Ann Ashish Kishore Spouse of Rtn Nithya Ashish
11	Annet Dr Rashi D/o Rtn Sunil Goyal
21	Annet Keona Liz D/o Rtn Glenn Croning
27	Rtn Chandra Kumar B
	Rtn Raman Menon

Anniversaries

06	Rtn Diana Bharucha
29	Rtn Sheela Bhasin