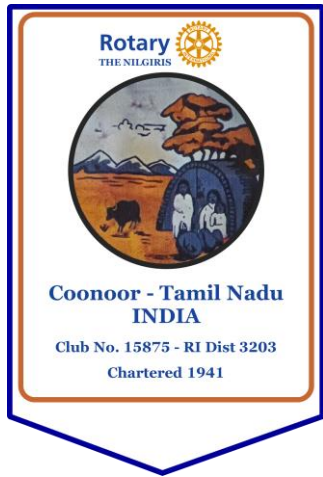




Rtn Sheela Bhasin receives the AKS pin from Rtn Lt Col Chabra on behalf of her sister AKS Rtn Shirley George at the fellowship function following the District Governor's official visit.

President's Message



Dear Fellow Rotarians,

April has truly been a month of momentum, meaning, and milestones for our club. Our commitment to service, learning, and collaboration was reflected in every initiative we undertook and every gathering we shared.

We began the month with a **Board Meeting**, followed by four regular meetings. Of these, a couple of meetings were **speaker meetings** that brought fresh perspectives. **Ram Ramakrishnan** spoke on ***How***

Nilgiris can benefit from Viksit Bharath, offering thoughtful insights on regional development. Young speaker **Nithya Sivakami** shed light on the **mental challenges of living in a small town** and the need to **confront and overcome mental health stigma**. Both sessions left us with food for thought and a renewed commitment to advocacy.

Most significant event this month was the **official visit of our District Governor, Rtn Dr. Suresh Babu**. The day's itinerary included the **Assistant Governor's Club Assembly**, the **District Governor's Club Assembly**, followed by site visits to our impactful projects—the **Palliative & Geriatric Care Center** and **Dialysis Center** at Government Lawley Hospital, Coonoor. The day culminated in a grand **evening function**, followed by **fellowship and dinner**. A highlight of the evening was our **secretary's comprehensive report**, summarizing all our club's initiatives and accomplishments this Rotary year.

The evening was a memorable affair, with **members and their families, district dignitaries, sister Rotary club representatives, and prominent community leaders and NGO members** in attendance.

During the function, we honored distinguished members with **Avenue of Service Awards**: **Rtn Vijaya Kumar Dar, Rtn Norman Wood, Rtn Javrilal Parekh, and Rtn Colaso Jeyprakash**. We also celebrated two prestigious recognitions announced during the District Conference—**AKS Rtn Shirley George**, for her **generous contribution of US\$ 465,000 to the Rotary Foundation**, and **Rtn General Girish**, for his **outstanding work in Community Service**. Since they were not present at the conference, where the awards were received on their behalf, these were again presented at the function—**Rtn Sheela Bhasin** received Shirley's award, and **General Girish** received his in person.

Adding to the celebratory spirit, we proudly presented the **Silver Salver Quality Tea Award** to **M/s Homedale Tea Industries, Coonoor**, owned by **Rtn Raman Menon** and his son **Annet Prashant**. This award honours the factory that achieves the **highest average price for teas sold through the Coonoor Tea Auction**—a noteworthy achievement.

President's Message

Six Rotarians from our Club participated at the **District Conference 'Rangoli,'** held from **4th to 6th April at Codissia, Coimbatore.** It was a vibrant, energizing event that reinforced the strength of the Rotary community.

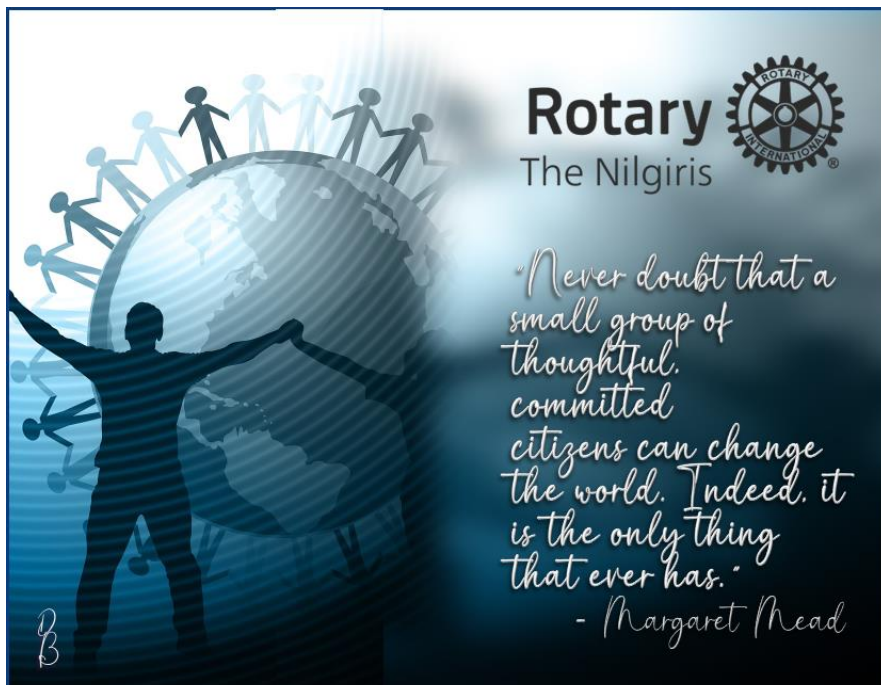
Our healthcare outreach efforts continued with a series of **Eye Screening Camps** on **4th, 10th, 11th, 26th, 27th & 28th April**—extending vision care to those in need.

April also brought new energy to our **Rotary Scholarship Fund**, with members voluntarily pledging an **additional Rs 2000 each** above their annual subscriptions. A special thanks to **Rtn Deepika, Rtn Vijaya Dar,** and **Rtn Sonia** for going the extra mile—Sonia also mobilized support through her network. This strengthened fund will help provide access to quality education for underprivileged students.

A truly inspiring initiative this month was our engagement with the **Eco Park development project at Madras Regimental Centre (MRC).** On **8th April**, under the dynamic leadership of **Brig Krishnendu Das**, Commandant of MRC, a detailed briefing was held on transforming **16 acres of previously degraded land**—formerly a dumping site—into a vibrant **eco-friendly park.** Our members actively participated in the session, offering ideas and committing to partner in this significant environmental initiative.

As April draws to a close, we take pride in the paths we have walked and the purpose we have upheld. Let us carry forward this enthusiasm, as we prepare for a meaningful close to the Rotary year.

Yours in Rotary



From the Editor's desk

Dear Fellow Rotarian,

In a world of round the clock connectivity where success is increasingly defined by relentless productivity, the appropriate utilisation of our time is often debated. The lines between personal, public and professional life continue to blur, and as we seek to optimize our days and hours we need to make choices of how we spend our time.



The 70 hour week has been framed as a badge of honour by some. It has been lauded as an indicator of extreme commitment, and ambition, also as proof of grit, drive, and sacrifice. But for many this is a glorification of overwork, and a growing chorus is asking: *What are we sacrificing—and is it worth it? Who are we proving ourselves to?*

The argument against prolonged overwork includes burnouts, chronic stress, declining mental health, and even physical illness. A 70-hour work week might yield short-term results, but at a long-term cost: relationships suffer, creativity declines, and eventually, so does productivity. Moreover, long hours are no guarantee of meaningful output - only of time spent.

Work-life balance isn't about laziness or lack of ambition. It's about sustainability and quality of life. And at the heart of that conversation is not just how much we work, but why. People don't just want to count hours, they look for *better hours*, spent on work that feels purposeful. Without that sense of meaning, even a "balanced" schedule can feel empty.

It is important to evaluate not just workload, but also the underlying motivation. Is it chasing a title, social recognition, or doing something that matters? Is it building a life - or just a résumé? In the end, the question isn't whether you can work 70 hours a week - it's whether you should. Balance and meaning are not signs of weakness, but essential ingredients of a life well lived. The future of work depends not just on productivity, but on humanity.

There is a time for work and a time for other things. The truly happy soul is one who can find a mission that resonates beyond a bottom line, which is able to bring happiness to themselves, their family and the community.

Yours in Rotary,

Daksha Bhat

“Living a life of purpose is the truest form of success.”



- Paul Harris

01		Weekly Meeting
04-06		Rangoli District Conference
08		Eco Park Briefing Weekly Meeting
10		Eye Screening Camp
11		Eye Screening Camp
15		Governor's Official Visit
19		Mass Cleanup Drive
22		Weekly Meeting Family & Speaker Meeting
26		Donation to M N Trust Denalai Eye Screening Camp
27		Eye Screening Camp
28		Eye Screening Camp
29		Weekly Meeting Speaker Meeting



Rtn President Sunil Goyal and Rtn PP Muralidharan attended the District Conference 'Rangoli,' held from 4th to 6th April at Codissia, Coimbatore . They accepted recognition awards for AKS Rtn Shirley George for her most generous contribution of US\$ 465000 to the Rotary foundation and Rtn Gen Girish. for his remarkable initiatives in community service



Events



Weekly meeting attended by senior member Rtn. Rtn M Gopalakrishnan

08/04



Speaker Nithya Sivakami spoke about the mental challenges inherent in living in a small town and mental health stigma. An interesting discussion about the mental health needs of students benefiting from our Scholarship initiative ensued.

29/04

District Governor's Official Visit





Rtn General Girish was felicitated by DG Rtn Suresh Babu for his outstanding work in Community Service





The Silver Salver Quality Tea Award was presented to Homedale Tea Industries, Coonoor, owned by Rtn Raman Menon and his son Annet Prashant



Rtn Norman Wood was honoured with Avenue of Service Award



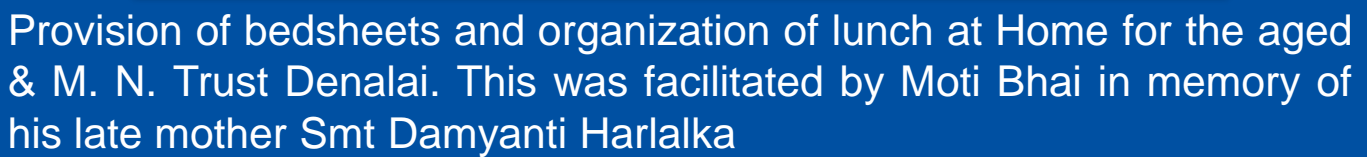
Rtn Javrilal and Rtn Colaso were honoured with the Avenue of Service Award





Guest speaker Mr V Ramakrishnan engaged the members and guests with his insight into the future of the Nilgiris.





of the things we think, say, and do

is it **Fair**
to all concerned

will it be
Beneficial
to all concerned

Rotary
The Nilgiris



**Eye Camp
26/04
@ Bharati Nagar
Bearatty**



Mass clean-up drive organized by the district administration.

19/04

May Birthdays

01	Rtn Sushil Parekh
	Annet Madhavan S/o Rtn. Mukund
05	Rtn Glen Croning
	Annet Elizabeth D/o Tini Korah
	Annet Kushagra S/o Rtn Sunil Goyal
	Ann Renu Spouse of Rtn Rajesh Chandra
06	Ann Maria Lisbel Spouse of Rtn. Nishant Mohan
07	Annet Aditya Menon S/o Rtn Ullas Menon
09	Rtn Stephen Jayaseelan
16	Annet Karun Harshaini D/o Rtn H Harikrishnan
	Annet Jyotsna D/o Rtn T M Krishn Dev
18	Annet Carol D/o Rtn Norman Wood
21	Rtn Diana Bharucha
	Rtn Norman Wood
	Annet Darius Bharucha S/o Rtn Diana Bharucha
22	Annet Parvathi Menon D/o Lt Gen M G Girish

Anniversaries

21	Rtn Colaso Jeyprakas
	Rtn Sam Cherian
22	Rtn M Gopalakrishnan
25	Rtn Raman Menon
31	Rtn B C Kumar