



Elite's Chronicle

RCN Elite Official Newsletter

August 2024

Issue - 2

Rotary District 3234 | THE MAGIC OF ROTARY | RCN ELITE

Rotary Club of Nanganallur Elite Fund Raising Project

Construction of a patient ward at Hindu Mission Hospital, Nanganallur

Title Sponsor
GO COLORS! by Rtn.Vinod Saraogi

Event Sponsor
Rtn. Abirami Ramanathan

Co Sponsor
BRENSOL

AUDITION ON 29.09.24
@ Prince School, Nanganallur

QTR FINAL ON 06.10.24

SEMI & GRAND FINAL ON 27.10.24
@ Dir. Subramanian Hall, Dr. MGR Janaki College, RA Puram, Chennai

Registration
1st August '24 to 29th September '24

AWARDS each GROUP (Group 1 to 3)
Rs. 15000 1st
Rs. 10000 2nd
Rs. 5000 3rd
and Certificate & Gifts to all

SPOT REGISTRATION ON 29.09.24

| | | | |
|--|---|---|--|
| GROUP 1 7 to 15 YEARS Reg. Fee: Rs. 500 | GROUP 2 16 to 30 YEARS Reg. Fee: Rs. 500 | GROUP 3 31 & above YEARS Reg. Fee: Rs. 500 | GROUP 4 (Special Prize) TRANSGENDERS Reg. Fee: NIL |
|--|---|---|--|

REGISTER ONLINE @
<https://rcnanganallurelite.rotaryindia.org>

For Details, Contact : 99406 66920 / 99429 04699

SCAN to REGISTER

Live Orchestra
Yuvaraj Band



Rotary Club of Nanganallur Elite

Club ID: 224292 | Charter Date: 28.04.2022 | RI Dist.: 3234

President's Desk



Dear Fellow Rotarians,

As we enter the third month of our new Magic Rotary Year, I hope this message finds you energized and motivated to continued making a positive impact in our community and beyond.

This issue is specific to focus on August, it is indeed a great time to reflect on our progress so far and plan for the exciting initiatives ahead. Let's keep up the fantastic work and continue to embody the Rotary spirit of service, fellowship, and leadership.



Rtn. Sathish R.
President
2024-25

I'm so glad to have some nice words from our District Secretary Rtn Vidya Raghu & our Region 2 Assistant Governor Colonel Rtn Bhupinder Singh in this issue, I'm sure their words are so inspiring and encouraging for our Club Members...

Thank You so much..

In August, we have focused on Adding New Members and several Environment related projects, other initiatives for our Fund Raising Project Elite Singer Of TN Season 3. Lets continue encourage everyone to get involved and make a difference. Thank you for your dedication and commitment to our club's mission.

Together, we can achieve great things! Celebrate the Magic Of Rotary"



Rotary  **4 Way Test**
of the things we think, say, or do:

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

Will it be **BENEFICIAL** to all concerned?

Stepping Forward: My Commitment as Club Secretary

As I write my second article in this role, I am reminded of the legacy of strong leadership within our Rotary Club of Nanganallur Elite. Following in the footsteps of those who have led before me, I am committed to ensuring that our club continues to operate smoothly and effectively.

Under President Rtn Sathish's guidance, our vision for this Rotary year is clear and inspiring. My focus is on supporting this vision by maintaining efficient operations, fostering clear communication, and encouraging every member's active participation.

A key part of our growth lies in welcoming new members, fresh ideas, and enthusiastic contributors to our club. By building on the foundation laid by past leaders and embracing the energy and creativity of new members, I am confident that we will achieve our goals and make this year truly impactful.



Rtn. Sivashanmugam R.

Secretary
2024-25

“Rotary is made up of three parts: our clubs, Rotary International, and The Rotary Foundation. Together, we work to make lasting change in our communities and around the world.”

Celebrate Every Moment:

Joyful Wishes for Birthdays and Anniversaries

Birthdays:



August 18 - Rtn Pugalenth S.

August 19 - Rtn Victor

August 20 - Rtn Ramanan

Rtn R. Srinivasan

Anniversaries:



August 18 - Rtn Victor

Rtn Punitha Victor

August 30 - Rtn Vijay Anand

From District Membership Chairman

Hello Dear Nanganallur Elitees,

Thank you to President Sathish in asking me to pen few words. During your Installation, I was impressed with the warmth your club showed with such wonderful and vibrant members. New members were inducted during the installation and I'm sure they will add to bringing new ideas and new energy.

I must first mention when I met President Sathish, First lady Rtn Meena and their son, Sai during PETS 1, their enthusiasm and active involvement for all things rotary was very evident. Meena has a very infectious way of bringing people together and this will definitely have an impact on your committed and engaged group of members.

As said, by Helen Keller - " Alone we can do so little, but together we can do so much." Keep inspiring your members, for as individuals they each play a significant role in shaping your clubs' efforts and Rotary's efforts to promote peace, fight disease, provide clean water, support education and enhance community development.

As Membership Chair for District 3234, 2024-'25, let me congratulate on some of your community projects already being done.

- Maybe, take one project in having a bigger impact and publicize these efforts.
- Encourage every member to take an active role in one project or another, where a sense of ownership will develop.
- think out of the box and come up with something new and fresh ideas.
- strengthen your public image, by highlighting the good work that is being done
- create a continued group of leaders, involving them in key roles where your club's vibrancy and mission will endure.

As Arch Klumph says " we should not live for ourselves alone, but for the joy in doing good for others."

As our DG Rtn N.S. Saravanan, likes to remind us, see the JOY in what you do for others and do it with JOY which can than spread and make it an Irresistible Club, as RI President likes to say. Wishing you and your club continued success in all your endeavors.



**Rtn AKS PP
Vijayabharathi
Rangarajan**

Chairman-
Membership & PETS-
RID 3234

From District Secretary...

A Young & vibrant rising star of our district 3234 is the Rotary club of Nanganallur Elite , as the name unveils is a dynamic group of leaders who do good in their community through myriad service projects while enjoying a strong camaraderie & being ambassadors of culture and heritage. The yearly musical programs from the club is well received not only by the rotary fraternity but also singers from across the state.

The clubs monthly health service project for the community is a boon and has benefited numerous along with various other projects taken up on regular basis.

The club boasts of an active leadership tribe , President Sathish & First Lady Meena have always gone extra mile whether be it in participating in district programs or initiating bonding activities or supporting projects , past presidents of the club have also consistently contributed as district leaders and are integral part if district administration.

This is a rising club that will surely leave its mark of impact In its unique style and i wish each member of this illustrious club to experience the best of rotary and in turn contribute in their best way through their vibrant talent, resources , connect so together we strengthen our district and celebrate our friendship , fellowship journey.

Let's celebrate the joy of coming together as Rotarians and strive to create bold and at scale meaningful programs.

I wish president Sathish, First Lady Meena and all members of RC Nanganallur Elite an amazing year of leadership- strengthening the club , delivering impactful service projects while forging new bonds across the district.



Rtn Vidya Raghu
District Secretary
2024-25

August is a membership month...

Impact starts with our members – people like you who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.



From Assistant Governor...

It's really a matter great honour, immense pleasure and joy to be associated with Rotary Club of Nanganallur Elite lead by a very committed Rotarian Sathish Rajasekar and his team of experienced and passionate fellow rotarians.

Our Charter District Governor RID 3234 a dynamic leader NS Saravanan had given his vision and the way forward. Based on the vision of the leader, the enthusiastic team of the vibrant club has worked out the plans have systematically started executing it.

We are happy to see that the Club members taking the initiative and meticulously planning and executing the projects from the day one as per the Avenues of Service to achieve Rotary International mission ie. to create lasting change the communities around.

The impact of projects is so beautifully show cased in the club magazine Elite's Chronicle.

Congratulations to the Editorial Team and each and every member of the club for an amazing compilation of the service projects done to impact the lives of many unknown individuals of the society and enjoy **The Magic of Rotary**.

The Foundation upon which Rotary is build is friendship; on no less firm foundation could it have stood.

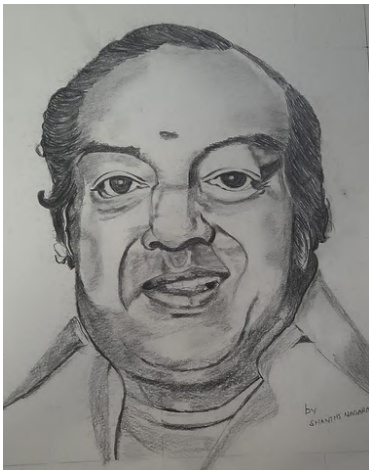
Paul P. Harris



**Rtn Col. Bhupinder
Singh**

Asst. Governor

Ann's Corner



Beautiful Drawing of Kaviarasar Kannadhasan by our Ann Shanthi Nagarajan spouse of Rtn. Nagarajan.

Editor's Message

Dear fellow Rotarians and friends,

I am thrilled to present to you the second edition of our club's magazine Elite's Chronicle, building on the momentum of our successful inaugural issue of 2024-25. Our team has worked tirelessly to bring you inspiring stories, updates, and insights that showcase the spirit of Rotary.

In this edition, we feature our club's journey, highlighting the impact of our collective efforts in making a difference in our community.

I would like to extend my gratitude to our contributors, writers, and designers for their dedication and creativity. Your efforts have made this magazine a valuable resource for our members and a testament to our club's vibrancy.

As we move forward, we welcome your feedback, suggestions, and contributions to make our magazine an even more effective platform for sharing our Rotary story. Thank you for your continued support.



Rtn. Kannan A.
Editor
Elite's Chronicle



Upcoming District Officials for the Rotary Year 2025-26 from Rotary Club of Nanganallur Elite

Congratulations
تبریکات



Rtn. Sowrirajan
District Chairman -
Membership Extension and
New clubs



Rtn. Kannan Azhagirisamy
District Chief Co-ordinator



Rtn. Natarajan
District Chairman -
Hospital Projects



தலைமுடி பராமரிப்பு

தலைமுடி உதிர்வது ஏன் ?
காரணங்கள் என்ன? தீர்வு என்ன?



Rtn. Sowmiya
Kannan

காரணம் 1 : அதிகமுறை சீப்பு கொண்டு தலையை சீவுவது.

தீர்வு : ஒரு நாளைக்கு இரண்டு முறைக்கு மேல் சீப்பு கொடு தலை சீவாதீர்கள். மற்ற நேரங்களில் விரலால் தலையை கோதி அழகுபடுத்துங்கள்.

காரணம் 2: பரம்பரை ஒரு காரணம். தாத்தா & அப்பாவிடமிருந்து வழுக்கை இருந்தால், நமக்கும் முடி கொட்டுவது இருக்கும்.

தீர்வு: இளவயது முதல் தலைமுடியை ஆரோக்கியமாக பராமரித்தால், இதனை தவிர்க்கலாம்.

காரணம் 3 : மன அழுத்தம் & மன குழப்பம் காரணமாக ஹார்மோன்களில் ஏற்படும் ஏற்ற தாழ்வு தலைமுடியை பாதிக்கும்.

தீர்வு : மனதினை அமைதிப்படுத்தும் முறைகளான நடைபயிற்சி, இசை கேட்டல், தியானம் மற்றும் பிடித்த ஒழுக்கமான விஷயங்களை செய்து மன அமைதி பெறலாம்.

காரணம் 4 : அதீத மாவுச்சத்து உண்பதினால் ஹார்மோன்களில் ஏற்படும் ஏற்ற தாழ்வு தலைமுடியை பாதிக்கும்.

தீர்வு : குறைமாவு உணவுமுறை ஹார்மோன்களை சரியான நிலைக்கு கொண்டுவரும். எனவே முடி உதிர்வு நின்றுவிடும்.

காரணம் 5 : இரத்த அழுத்தம், சர்க்கரை, கொலஸ்ட்ரால், தைராய்டு போன்ற பிரச்சனைகளுக்கு சாப்பிடும் மாத்திரைகள் தலைமுடியை பாதிக்கும்.

தீர்வு : குறைமாவு உணவுமுறை இரத்த அழுத்தம், சர்க்கரை, கொலஸ்ட்ரால், தைராய்டு ஆகியவற்றை கட்டுப்படுத்தி மாத்திரை அளவுகளை குறைக்கும்

காரணம் 6 : கண்ட கண்ட ஸ்டைலிங் பொருட்கள், ஜெல்கள், எண்ணைகள், தலைமுடி சாயங்கள், ஷாம்புகள் உபயோகிப்பது, தலையின் தோல்களை (SCALP) பாதித்து, கிருமி தொற்று ஏற்பட்டு, பொடுகு உருவாகி, தலைமுடியை பாதிக்கும்.

தீர்வு : கண்ட கண்ட ஸ்டைலிங் பொருட்கள், ஜெல்கள், எண்ணைகள், தலைமுடி சாயங்கள், ஷாம்புகள் உபயோகிப்பதை தவிர்க்க வேண்டும். கிருமி தொற்று & பொடுகு ஏற்படாமல் பார்த்துக்கொள்ளவேண்டும். பேராபேன் & சல்பேட் (Paraben & Sulphate) ஆகிய ரசாயனங்கள் இல்லாத ஷாம்புகள் உபயோகிக்கலாம்.

காரணம் 7 : உணவில் சரியான ப்ரோட்டீன் & இரும்பு சத்து இல்லாதது, தலைமுடி உதிர்வை ஏற்படுத்தும்.

தீர்வு : நம் உடலின் ப்ரோட்டீன் ஒரு நாள் தேவை என்பது 1 கிலோ உடல் எடைக்கு 1 கிராம் என்ற அளவில் இருக்க வேண்டும். எனவே நம் உணவின் மூலம் இதனை சரியாக எடுக்கவேண்டும்.

உணவில் இரும்புசத்து இருக்குமாறு பார்த்துக்கொள்ளவேண்டும். இரும்புசட்டியில் சமைக்க வேண்டும்.

காரணம் 8 : உணவில் சரியான பயோடீன் சத்து இல்லாதது, தலைமுடி உதிர்வை ஏற்படுத்தும்.

தீர்வு : பயோடீன் சத்து கிடைக்கும் முட்டை, இறைச்சி, மீன்கள், பாதாம் பருப்பு போன்ற உணவுகளை சாப்பிடவேண்டும். தலைமுடியை ஆரோக்கியமாக வைக்க உதவும் BIOTIN சப்ளிமென்ட் ப்ரோட்டோகால் எடுப்பது நல்ல பயனளிக்கும்.

The Eternal morals



Rtn. J. Suryanarayana

Club Trainer

No charity equal to giving food to a hungry man,
No one is greater than your mother
No one is more respectable than your teacher
No place is happier place than your own home

The boat does carry the carts where they have to travel on the water,
The cart does carry the boat where they have to traveling on the land,
The people who have nature of taking help and giving help are
The people who will be called as "visionary and progressive".

Rain is friend of crops and mankind, when no rain the crops gets dry and die,
When high rainfall leads, crops and homes inundated and crops and human die
In both the cases result is famine, human death, so rains needed but in limits,
Even in the friendship also same, once limits are crossed friend becomes foe.

Knowledge comes out of education,
Knowledge is invisible mine,
Knowledge is like ATM you can en-cash any time.
Knowledge gives person respected in his country and in abroad.

With bad charactered mindset, even if you have best charactered friends and
Have highly respected children, you will not be respected in society
Like well-polished iron will shine short time, when compared to shining of gold
One has to change his mindset instead of changing friends.

The Eternal morals...

A noble person in the vicinity, gives best advice to the community,
The noble person helps them till the end, without expectation, to exemplify
After extracting all juice sugar cane fibers thrown in dust bin
Even after, the sugar cane feeds the ants in dust bin with leftover juice.

A crocodile in the water holds an elephant,
The crocodile fails fighting a dog when out of the water,
It is not strength of the crocodile or the dog,
It is strength their respective places in the village.

A scholar some time may say harsh words at you, no need to react,
Keep those words, they are useful in future at one turning point of life,
Early rain brings hail storm, standing in hail storm you will be injured, but,
Collect the hail carefully, the hail melts it gives fresh and cool water.

Where you are, is not important, your humbleness is important,
What you are, is not important how generous are you important.
Like a monkey is on the top of the tree, it is not stronger than,
The elephants, rhinos, ostriches down the tree, they are strong at their position.

When an incompetent person to manages home, Wealth may flood, but nothing
remains at the end as monsoon floods breach the bunds ponds and lakes,
Water do not remain in pond or lakes at end of monsoon. So same way
What is needed is competent person in home, strong bunds for lakes and ponds.

When great person born in the community, whole community develops
When a crook born in the families, whole family destroyed because of his acts,
Like an sandalwood in a forest gives fragrance to whole forest,
But a monkey destroys whole forest with her acts.

When born we did not bring anything, nor we take anything,
We do-not know where did we come from, nor where do we go,
Birth or death what remains is fame, what good deeds you did nothing else,
Many kings born, ruled and died, but a few of them only are in history.

என்னருமை சுதந்திரமே எங்கேயிருக்கின்றாய்?

என்னருமை சுதந்திரமே எப்படியிருக்கின்றாய்?

நாற்பத்தேழில் பெற்றாலும்
எழுபத்தியெட்டிலும் எழ மறுக்கும் குழவியாய் !

ஒருவரிடம் ஒடுங்கி நின்ற நூறாண்டு காலம் போய்
மாறி மாறி துச்சாதனரால் துகிலிழக்கும் காரிகையாய் !

வாணலியின் சூட்டுக்கு வாட்டம் கண்டு தப்பி விட்டு
அடுப்பினிலே நேராக வீழ்ந்து விட்ட அபலையாய்!

இருளிலே பெற்றதாலே விடியவே யில்லையென்றார்
விடிந்து வெகு நாளானாலும் நீதான் வீணே காந்தாரியாய்!

எங்கு சுதந்திரம் எதிலே சுதந்திரம் ?
எங்கும் சுதந்திரம் எதிலும் சுதந்திரம் !

பால்மணம் மாறாத பச்சிளம் குழந்தையுமே
பாலினக் கொடுமைகளுக்காளாகும் சுதந்திரம் !

நூலிழை இடுக்கினிலும் நுழைந்தே புறப்பட்டு
நூதனமாய் தப்பிக்க சட்டத்திலே சுதந்திரம் !

பத்து கொலை செய்தாலும் பதவி தரும் சுதந்திரம்!
வித்தகனாய் வீதிவலம் வந்திடவே சுதந்திரம் !

வாலில்லா வானரம் போல் கட்சி தாவும் சுதந்திரம்!
காளையை பசுவென்று பால் கறக்கும் சுதந்திரம் !

பதவியிலிருந்தாலே பலவகையில் சுதந்திரம்!
பதவிக்கே மானத்தையும் அடகு வைக்க சுதந்திரம் !



Rtn. V.S. Gopalakrishnan
President Elect



என்னருமை சுதந்திரமே எங்கேயிருக்கின்றாய்?

என்னருமை சுதந்திரமே எப்படியிருக்கின்றாய்?

பேசியே ஏமாற்றும் பேயர்களின் காலம் போய்
ஊமைகளும் இங்கு வந்து ஊர் கெடுக்கும் சுதந்திரம் !

கோலூன்றும் வயதினிலும் கோடிகள் குவித்திடவே
கோலொச்சம் அரசனுக் கொப்பான சுதந்திரம்!

ஊழலில் முத்தெடுக்க கிழவனுக்கும் சுதந்திரம்!
ஊர் பணத்தைத் தின்றாலும் உத்தமனாய் கௌரவம் !

முற்பட வேண்டுமென்ற முனைப்புகள் செத்து விட்டு
பிற்படுத்தப் பட்டவனாய் பெருமை கொள்ளும் சுதந்திரம் !

நல்லவர் நகர்ந்து நிற்க நயவஞ்சகர்க்கும் சுதந்திரம்!
சொல்லொனா தீமைகளில் திளைத்திடவே சுதந்திரம் !

தன்னையே அர்ப்பணித்து நாடு மீட்ட சுதந்திரம் - இன்று
நாட்டையே அர்ப்பணிக்க அமைச்சனுக்கும் சுதந்திரம் !

ஏழையின் சிரிப்பினில் இறைவன் என்பார்!
இறைவன் ஒருவன் இல்லையென் றுரைப்பார்!

பசித்திரு விழித்திரு என்றார் !இவரிங்கு
பசியாலுன் விழிமூட பிழைத்து விட்டார் !

எப்படியும் இருக்கலாம் என்று சொன்னால் சுதந்திரம்!
இப்படியும் இருக்கலாம் சொன்னவர் நம் "கலாம்" !

ஒரு கலம் சோற்றுக்கு ஒரு சோறு பதமென்பார்
ஒரு "கலாம்" போதாது ! நூறு கோடி வேண்டுமிங்கு !!



Reverse Your Diabetes



Reversing Diabetes with the Low Carb (Paleo) Diet

The Low Carb (Paleo) diet has been gaining popularity for its potential to reverse type 2 diabetes. This low-carb, high-fat diet has been shown to improve blood sugar control, increase insulin sensitivity, and even put diabetes into remission.

How the Low Carb (Paleo) Diet Works

The Low Carb (Paleo) diet works by drastically reducing carbohydrate intake, forcing the body to switch from relying on glucose (sugar) for energy to relying on Low Carb (Paleo)nes (fat) for energy. This metabolic state is called Low Carb (Paleo)sis.



**Rtn. Kannan
Azhagirisamy**

Clinical Nutritionist

Benefits for Diabetes Reversal

1. Improved Blood Sugar Control: By reducing carbohydrate intake, the Low Carb (Paleo) diet helps regulate blood sugar levels and improve insulin sensitivity.
2. Weight Loss: The Low Carb (Paleo) diet promotes weight loss, which is a key factor in reversing type 2 diabetes.
3. Increased Fat Burning: The Low Carb (Paleo) diet helps the body burn fat for energy, reducing the reliance on glucose.
4. Reduced Inflammation: The Low Carb (Paleo) diet has anti-inflammatory effects, which can help reduce inflammation associated with diabetes.

Success Stories

Many people have successfully reversed their type 2 diabetes using the Low Carb (Paleo) diet. A study published in the Journal of Medical Internet Research found that 94% of participants were able to reverse their diabetes after following a Low Carb (Paleo) diet for 12 weeks.

Conclusion

The Low Carb (Paleo) diet offers a promising approach to reversing type 2 diabetes. By improving blood sugar control, promoting weight loss, increasing fat burning, and reducing inflammation, the Low Carb (Paleo) diet can help individuals take control of their diabetes and improve their overall health.

Note: Consult with a healthcare professional before starting any new diet or making significant changes to your lifestyle.

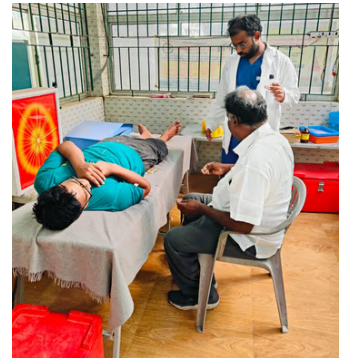


Harmony for Humanity

Projects - August 2024

Monthly Blood Donation Camp:

Conducted our 2nd Monthly Blood Donation Camp which is part of our ongoing project



World Breast Feeding Week:

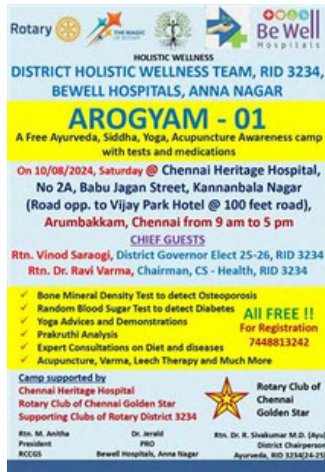
We have participated in the World Breast Feeding week joint project by District.



Projects - August 2024

District Holistic Wellness Arogyam:

One of the Co-Host Club participating in District Holistic Wellness Arogyam Project (A Free Ayurvedha, Siddha, Yoga, Accupuncture Awareness Camp with Tests & Medications)



Rotary Be Well HOSPITALS
HOLOGISTIC WELLNESS
DISTRICT HOLISTIC WELLNESS TEAM, RID 3234,
BEWELL HOSPITALS, ANNA NAGAR

AROGYAM - 01

A Free Ayurveda, Siddha, Yoga, Accupuncture Awareness camp with tests and medications

On 10/08/2024, Saturday @ Chennai Heritage Hospital, No 2A, Babu Jagan Street, Kannanbala Nagar (Road opp. to Vijay Park Hotel @ 100 feet road), Arumbakkam, Chennai from 9 am to 5 pm

CHIEF GUESTS
Rtn. Vinod Sarangi, District Governor Elect 25-26, RID 3234
Rtn. Dr. Ravi Varma, Chairman, CS - Health, RID 3234

- ✓ Bone Mineral Density Test to detect Osteoporosis
- ✓ Random Blood Sugar Test to detect Diabetes
- ✓ Yoga Advices and Demonstrations
- ✓ Prakruthi Analysis
- ✓ Expert Consultations on Diet and diseases
- ✓ Accupuncture, Varma, Leech Therapy and Much More

All FREE !!
For Registration
7448813242

Camp supported by
Chennai Heritage Hospital
Rotary Club of Chennai Golden Star
Supporting Clubs of Rotary District 3234

Dr. Jayid PBO Rtn. Dr. R. Shankar M.D. (Ay) District Chairperson
RCCGS Bewell Hospitals, Anna Nagar Ayurveda, RID 3234(24-25)



Rotary Be Well HOSPITALS
HOLOGISTIC WELLNESS
DISTRICT HOLISTIC WELLNESS TEAM, RID 3234,
BEWELL HOSPITALS, ANNA NAGAR

AROGYAM - 01

A Free Ayurveda, Siddha, Yoga, Accupuncture Awareness camp

PARTICIPATING ROTARY CLUBS OF ROTARY DISTRICT 3234

| Sl. | Rotary Club Name | President | Secretary |
|-----|-------------------------------|----------------------------|-------------------------|
| 01 | Chennai Golden Star (East) | Rtn. Anitha M. | Rtn. Velumani |
| 02 | Thiruvanniyur | Rtn. S. Subramanian | Rtn. Suresh |
| 03 | Chennai Warriors | Rtn. Di. Kanya | Rtn.K.Gopinathan |
| 04 | Madras Marsikar | Rtn.M.Nila | Rtn. Paayappa MS |
| 05 | Chennai Infinity | Rtn. Udayakumar S. | Rtn. Harishbabu |
| 06 | Industrial City | Rtn. Aravindh Sundaram | Rtn. Raghu Achit |
| 07 | Chennai Harmony | Rtn. Sundaresan R. | Rtn. Aruna Rajasekar |
| 08 | Madras Heritage | Rtn. Saravankumar | Rtn. Gowthaman J. |
| 09 | Gummudipoondi Industrial City | Rtn. Venkateshkumar Kannan | Rtn. S. Dhanasekar |
| 10 | Chennai Prestige | Rtn. Madhavan | Rtn. Vigneshwaran |
| 11 | Chennai Sriroshni | Rtn. K. Venkateshganesh | Rtn. V. Maheswaran |
| 12 | Chennai Melody | Rtn. Karthik | Rtn. Srija |
| 13 | Nanganallur Elite | Rtn. Saritha Rajasekar | Rtn. Sivashanmugam |
| 14 | Mogappair | Rtn. Arun | Rtn. Leelah |
| 15 | Chennai Dynamic | Rtn. Manikanda Prasad | Rtn. Vijay Ranjan |
| 16 | Madras Ashoknagar | Rtn. Lij Senthosh | Rtn. Meena Chandrasekar |
| 17 | Chennai Silverbeach | Rtn. Anil Kumar | Rtn. Bharathi |
| 18 | Madras Silverbeach | Rtn. Charlie Jacob | Rtn. Mohammad Kamal |
| 19 | Chennai Bharathi | Rtn. Nivreen Madraswala | Rtn. Sarika Prakash |

Annadhanam @ Sai Baba Oldage Home:

We have performed Annadhanam to Sai Baba Old age Home.



Donation of Essentials to Vedapadasala:

We have donated Essentials and Groceries to Vedapadasala



Projects - August 2024

Tree Saplings Plantation at Kendriya Vidyalaya Meenambakkam & DGQA Nanganallur:

We have performed Planting of Tree Saplings along with Tree Guards, Distribution of Seed Balls, Palm seeds were distributed to School Students of Kendriya Vidyalaya Meenambakkam. 100 saplings with Tree Guards, 100 Palm Seeds and 2000 Seed Balls



Planting 2000 Tree Saplings:

Planting of 2000 Tree Saplings along with Tree Guards on 25th Aug 2024(Sun) at Thiruverankaranai, Walajabad, Kanchipuram District.



Projects - August 2024

Planting Tree Saplings -Govt Subbaraya Mudaliyar:

Planting Tree Saplings -Govt Subbaraya Mudaliyar Higher Secondary School-Kanchipuram. 1500 Tree Saplings and Tree Guards are distributed.



Free Friday Relaunch:

We have relaunched our ongoing project Free Friday at Dr. Vels Ortho Clinic, Nanganallur and Honoured Dr. Vel Murugan for his exemplary service. District Community Health Chairman Rtn. Dr. Ravivarma and AG (Region 2) Rtn. Col. Bhupinder Singh felicitated the project.



Planting Palm Trees & Saplings:

Performed Planting Palm Trees and Saplings at Sri Sathya Sai Medical College Hospital, Thirukazhakundram



Awards & Recognitions

Rotary Club of Nanganallur Elite has secured 15 Awards for the Rotary Year 2023-24

RI CRYSTAL AWARD TO Rtn. Kannan Azhagirisamy:

The Avenues of Service Award (RI-Level) recognizes individual Rotarians and Rotaractors who have received recognition in all five Avenues of Service: Club Service, Vocational Service, Community Service, International Service and Youth Service.



AVENUE OF SERVICES : 7



CHAMPIONS AWARDS Rtn. Kannan, Rtn. Sowrirajan and Rtn. Natarajan



Awards & Recognitions

BEST REGIONAL SECRETARY TO Rtn. J. Suryanarayana



BEST PRESIDENT TO Rtn. Sivakumar



BEST SECRETARY TO Rtn. Sathish Rajasekar



The Rotary Foundation was created in 1917 by Rotary International's sixth president, Arch Klumph.

Its mission is to help Rotarians to "advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty."

-Rotary International

KNOW YOUR



Name: T.ANANDA BABU

Native Place: SRIMUSHANAM, CUDDALORE DISTRICT

Profession: Working as Finance Manager in ABI Estates Private Limited

Brief about yourself: I am born and brought up at Srimushnam. I did my Schooling at Srimushnam and later MCOM Degree from Annamalai University, Chidambaram. My Father was a Doctor who was used to call as Five Rupees Doctor by the people of Srimushnam. I Came to Chennai in 1994 and started my career. Going to office on time and also finishing the work on time.

Brief about family: I got married on March 17th 1997. My Spouse's name is Mrs.Sreemathy. I have got two Children namely Ms.Keerthan and Ms.Narmadha. My Wife is running a flour shop. Elder daughter is working in Infosys(Work from home) and my Second Daughter is studying Artificial Intelligence in Vel's College at Jammin Pallavaram.

Hobbies: My family love to watch movies in the Theatre as well as in OTT. My wife and My Younger Daughter are fan of Mr.Vijay and my Elder Daughter is fan of Mr.Dhanush and i of course fan of Mr.Kamalhasan.



KNOW YOUR FRIEND

Name: A. Dhanalakshmi

Native Place: Chennai

Profession: Lab Technician

Brief about yourself: Schooling done at Sivagangai Lab technician course done in Chennai.

Brief about family: I have 2 children (1 daughter and 1 son)

Hobbies: Cooking, TV, drawing/art

Name S. Pugalenti

Native Place: Chennai

Profession: Lab Technician

Brief about yourself: Schooling done at Vanjinagaram. Lab technician course done in Melur

Brief about family: I have 2 children (1 daughter and 1 son)

Hobbies: Business, reading



KNOW YOUR FRIEND

Name: Gopalakrishnan VS

Native Place: Virinchipuram - Tamilnadu

Profession: CEO – Batliboi Renewable Energy Solutions Pvt Ltd

Brief about yourself: Mechanical Engineer with MBA in Finance, having 35 + years of experience in Engineering Industry, now heading a Batliboi Group of companies. An avid traveller Travelled extensively across the country and many places abroad. Member of CIT86 Trust (an Alumni Trust for sponsoring education of underprivileged). Being with Rotary for past 4 + years.. Regular contributor to The Rotary Foundation (TRF) having donated more than \$7000 and a proud member of Paul Harris Society. Absolute team player and willing to take up any leadership roles in life.



Brief about family: Married to Shanthi KS , who is an exponent in Carnatic Music and a member of IWC Nanganallur. Having two sons Baarath and Nithin both married. Baarath working as an IT consultant in an American company in Chennai and Nithin, an Economist working with PWC – Sweden.

We are blessed with a new arrival (our grand daughter) in the family and she is Bhaavna Baarath , 11 months old.

Mother , Lakshmi who is the 93 years and head of the family guiding us.

Hobbies Self: Numerology, writing poems in Tamil, Travelling, interested in social activities.

Wife: Singing, Social activities

Baarath: Singing, travelling

Nithin : Singing, travelling

KNOW YOUR FRIEND

Name: Gopu TK

Native Place: Mettupalayam, Coimbatore

Profession: Software

Brief about yourself: I am Gopu, and I have 26 years of experience in the IT industry. I was born in Trichy and studied in different schools and colleges since my father was a Central Government Employee. My qualifications are a Diploma in Commercial Practice (DCP), a B.Com., and an MCA. I am more passionate about helping people and providing service to society. I arranged for the Ambulance sponsorship in Rotary through Aithent Technologies and Quinte Financial Technologies CSR fund.

Brief about family: I am living in Adambakkam, Chennai, for the past 24 years. My wife, Gayathri, is an associate director at a leading IT firm.



My daughter Sruthi has completed her Visual Communication degree and is working for a media company. My son Pranav is currently pursuing his 1st year of MBBS.

Hobbies: Listening to Music, Travel

Editorial Team



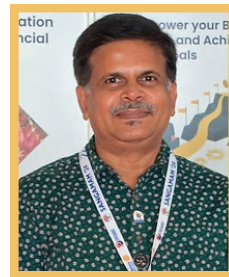
Rtn. A. Kannan
Editor



Rtn. Meena Sathish
Chairman - Media
and Magazine



**Ann. Shanthi
Gopalakrishnan**



Rtn. T. Nagarajan



**Rtn. Mayavaram
Somasekar**

Please send your articles/news to our official Email id: rotaryclubnanganallurelite@gmail.com, the cut off date is 5th day of every month... For Comments & Feedback reach us at rotaryclubnanganallurelite@gmail.com