



# Elite's Chronicle

## RCN ELITE OFFICIAL NEWSLETTER

November 2024

Issue - 5



**ROTARY CLUB OF NANGANALLUR ELITE**

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

# President's Desk

**DEAR FELLOW ROTARIANS,**

I'm so glad to release our 5th edition of our Monthly Newsletter, we have such a vibrant editorial team...

We are so proud to serve this great community with so many value adding projects across all avenues covering 7 areas of focus. This November edition covers lot of meaningful projects as you will see our Avenue Directors & Chairman leading them from the front

Thank you once again for the dedicated team and club members. Your passion brings us the true Magic of Rotary Experience

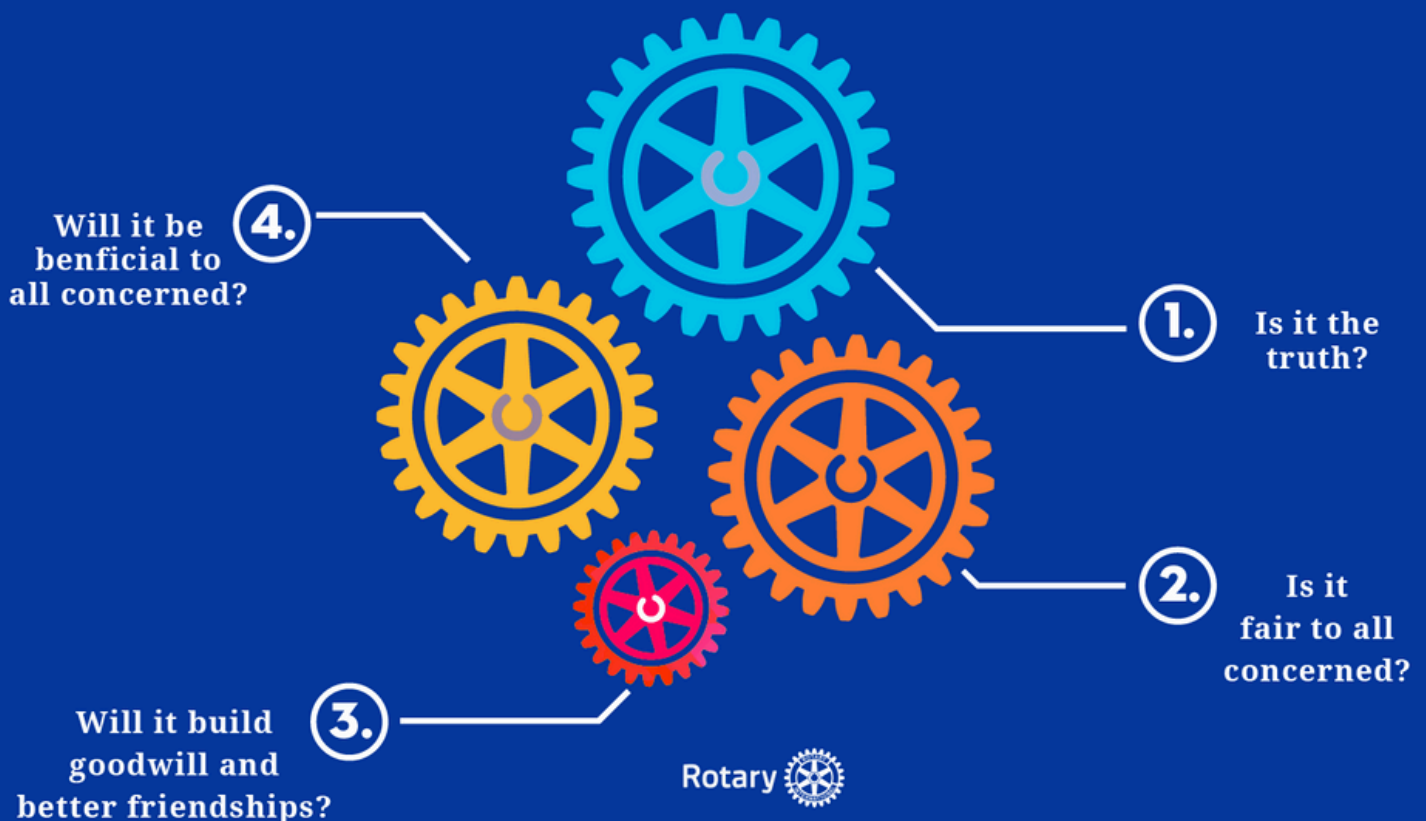


**RTN. SATHISH R.**

President  
2024-25

**Your Pride Your Club**

## THE ROTARY 4-WAY TEST



# Empowering Future Leaders

The Rotary Club of Nanganallur Elite is committed to empowering the next generation of leaders while celebrating the achievements of our members and leaders. Under the visionary leadership of President Rtn Sathish, we have formed two new Interact Clubs this year, encouraging students to take up meaningful service projects and contribute to their communities.

In our quest to equip young minds with essential skills, we conducted a session on cyber security for Interact Club students. This initiative underscores our dedication to providing them with the knowledge and tools to navigate today's challenges responsibly.



**Rtn. Sivashanmugam R.**

Secretary  
2024-25

Our efforts to nurture youth leadership are further reflected in the formation of the RYLA (Rotary Youth Leadership Awards) committee. With Rtn KrishnaPrasad as the newly appointed Chairman, we are excited to organize a transformative program that will inspire and develop future leaders.

The achievements of our club are made possible by the relentless contributions of our Charter President, Immediate Past President, Advisor, Trainer, and senior leaders, whose guidance and mentorship continue to inspire us. Their unwavering support ensures that our projects are impactful and sustainable.

Together, these milestones embody Rotary's motto, "Service Above Self," as we continue to build a stronger, more compassionate community. With the guidance of our leaders and the enthusiasm of our members, we look forward to creating a lasting impact in the lives we touch.

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## CELEBRATE EVERY MOMENT: JOYFUL WISHES FOR BIRTHDAYS AND ANNIVERSARIES

### **Birthdays:**



November 19 - Rtn Sowmya Kannan

November 25 - Rtn Sushila Maran

### **Anniversaries:**



November 1 - Rtn Dr. Velmurugan

Rtn Sampath N.V.

November 13 - Rtn Murali Mohanbari



Dear Fellow Rotarians,

As we release the 5th edition of our magazine, I'm excited to look ahead to the future. Our editorial team has set the bar high, and I'm confident that upcoming editions will continue to inspire and engage us.

This milestone edition showcases our Rotary Club's vibrant spirit and commitment to service. I'm proud to be part of this community, and I'm grateful for the opportunity to share our story.

Thank you to our talented editorial team for their tireless efforts. Your passion for storytelling has brought our Rotary experience to life.

Here's to many more editions of sharing our Rotary journey!



**RTN. KANNAN A.**  
**EDITOR**  
**ELITE'S CHRONICLE**

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## November – Rotary Foundation Month

### Foundation History

At the 1917 convention, outgoing Rotary president Arch Klumph proposed setting up an endowment “for the purpose of doing good in the world.” That one idea, and an initial contribution of \$26.50, set in motion a powerful force that has transformed millions of lives around the globe.

### Financial Structure:

The Rotary Foundation is organized as a public charity operated exclusively for charitable purposes and governed by a Board of Trustees. The operations of Rotary International, a member organization, are overseen by its Board of Directors.

The headquarters of Rotary International and The Rotary Foundation are in Evanston, Illinois, USA. We have associate foundations in Australia, Brazil, Canada, Germany, India, Japan, Korea, and the United Kingdom.

Your generous contributions to The Rotary Foundation are essential to securing and growing Rotary programs throughout the world.

**Source: [rotary.org](https://www.rotary.org)**



At Rotary, we're committed to treating everyone with dignity and respect, allowing everyone's voice to be heard, and providing equitable opportunities for fellowship, service, and leadership.

Our members want and expect Rotary to be a diverse, equitable, and inclusive organization. Although the Rotary experience may differ from country to country, issues of diversity, equity, and inclusion are globally relevant.

We embrace the principles of diversity, equity, and inclusion. We recognize that being a diverse, equitable, and inclusive organization will enhance the experience that members have in Rotary, allow us to carry out more meaningful and effective service efforts, and create open, welcoming environments that appeal to people who want to connect with us.



**DIVERSITY**

People of all backgrounds, experiences, and identities regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, or gender identity.



**EQUITY**

Carefully considering how to provide differing levels of support, opportunities, and resources so participants have a welcoming and productive experience.



**INCLUSION**

Creating experiences in which all people are welcomed, respected, and valued.

Source: rotary.org

**Compiled by: Rtn. Meena Sathish**

# Vitamin B12: The Unsung Hero of Our Health

Vitamin B12, a nutrient found primarily in animal products, plays a vital role in our overall health and well-being. Often overlooked, this essential vitamin deserves recognition for its numerous benefits. In this article, we'll delve into the world of Vitamin B12, exploring its functions, deficiency symptoms, food sources, and health benefits.



## What is Vitamin B12?

Vitamin B12, also known as cobalamin / mecobalamin, is a water-soluble vitamin that belongs to the B-complex family. It's essential for the production of red blood cells, nerve function, and DNA synthesis. Vitamin B12 works closely with folate (Vitamin B9) to maintain healthy homocysteine levels in the blood.

## Functions of Vitamin B12

1. **Red Blood Cell Formation:** Vitamin B12 is necessary for the production of red blood cells, which carry oxygen throughout the body.
2. **Nerve Function:** Vitamin B12 plays a crucial role in the synthesis of myelin, the fatty substance surrounding nerve fibers.
3. **DNA Synthesis:** Vitamin B12 is required for the production of DNA, the genetic material found in every cell.

## Deficiency Symptoms

A Vitamin B12 deficiency can cause a range of symptoms, including:

1. Fatigue and weakness
2. Shortness of breath
3. Dizziness and lightheadedness
4. Pale or yellowish skin
5. Headaches and migraines
6. Digestive issues, such as diarrhea or constipation
7. Mood changes, including depression and anxiety



# Vitamin B12: The Unsung Hero of Our Health

## Food Sources

Vitamin B12 is primarily found in animal products:

1. Meat
2. Fish and seafood
3. Poultry
4. Eggs
5. Dairy products (milk, cheese, yogurt)
6. Fortified plant-based milk



## Health Benefits

Adequate Vitamin B12 intake offers numerous health benefits:

1. Prevents Anemia: Vitamin B12 helps maintain healthy red blood cells, preventing anemia.
2. Supports Nervous System: Vitamin B12 is essential for nerve function, reducing the risk of neurological disorders.
3. Boosts Energy: Vitamin B12 plays a role in energy production, helping to alleviate fatigue.
4. Maintains Healthy Skin: Vitamin B12 is necessary for the production of skin cells, promoting healthy skin.
5. Supports Heart Health: Vitamin B12 helps regulate homocysteine levels, reducing the risk of cardiovascular disease.

## Conclusion

Vitamin B12 is a vital nutrient that deserves our attention. Its numerous health benefits, from preventing anemia to supporting nervous system function, make it an essential part of a balanced diet. Ensure you're getting enough Vitamin B12 through foods or supplements, and reap the rewards of optimal health.

**By Rtn Kannan Azhagirisamy**



# HARMONY FOR HUMANITY PROJECTS - NOVEMBER 2024

Donated of Nutrition & Essentials to Vedapadasala, Adambakkam,



Participated in Sailaja Special - Cancer care @ Vani Mahal Mini Hall, T Nagar, Chennai as Silver Sponsor. Co-Sponsored the 3M Bed Warmer for ICH Egmore.



Donated cloths, Medicines & Cotton Bandage to Leprosy Patients at Schieffelin Institute of health research and Leprosy Centre @ Karigiri





## PROJECTS - NOVEMBER 2024

Installation of Interact Club at **DAV Baba School** conducted and Our Club President **Rtn Sathish Rajasekar** welcomed all in his speech and committed to support the interact club in a right manner. The Newly installed Interact President S Harshitha got Collared and pinned by our Chief Guest Rtn Jayashri Raghunath. Chief Guest Rtn Jayashri Raghunath gave a inspiring speech to the students to do good service to the student community. The Newly installed Interact President S Harshitha accepted to do the service inside and surrounding of the school.



Interact Club Installation at **Hindu Colony Chellammal Vidyalaya Sr. Sec. School**, Nanganallur, Chennai. Our Club President welcomed all and gave valueable inputs of FOCUS by a Story. Chief Guest: Rtn A Ravindran, Chairman, District Youth Service. Guest of Honor: Rtn T V Rama kumar, Regional Secretary, RI District 3234. Newly Installed Ineract President Vignesh Narayanan.



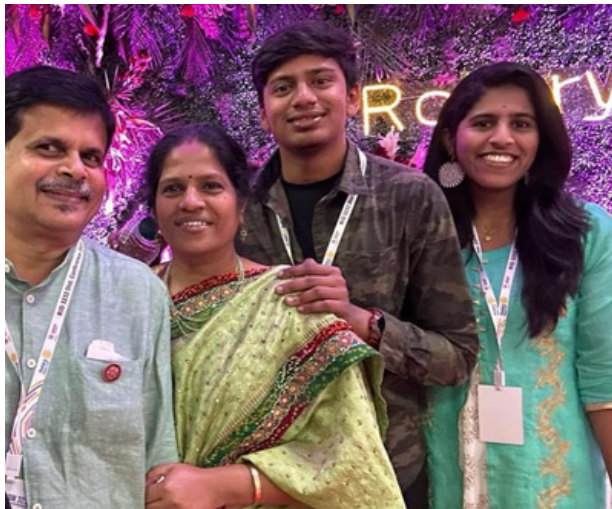
# KNOW YOUR



**NAME: RTN. T. NAGARAJAN**

Native Place: Nagercoil

Profession: Information Technology



## **Brief about yourself:**

Software Engineer graduated from Government college of Technology, Coimbatore. Worked for MNCs such as EDS, HP and Mphasis for 25+ years. At present exploring a career in the field of Trading in financial markets.

## **Brief about family**

Spouse Santhi is a drawing artist and teaches pencil drawing for kids. Daughter Dhanushya is holding a Masters degree in Genetics and working as a Geneticist in Adayar Cancer Institute. Son is holding a bachelor degree in Animation and working as a "Graphic Designer" in Zerky Goodies.

## **Hobbies:**

Whole family is passionate about music. Dhanushya is an upcoming singer and Tarun is an upcoming guitarist/ composer.

# KNOW YOUR FRIEND

## NAME: RTN. K. MURALLIDHARAN

Native Place: Chennai

Profession: Project Manager at Cognizant Technology Solutions

### Brief about yourself:

I am born and brought up in Chennai. I did my education at "The Muthialpet Higher Secondary School" and graduated in commerce at "A.M. Jain College". Also, I have accomplished UK-based certificates to enhance my current role.

### Professional life:

I have been working with Cognizant for the past 14 years, and presently, I am performing as an operations program manager for Artificial Intelligence & Analytics practice.

Beforehand, worked as Sr. officer at Wipro Ltd, and AP Analyst in Flextronics GSSC.

### Onshore travels:

-Travelled to US (Minneapolis) for Operations role transition

-Short term work done in North Sydney for a Financial company to do program management role setup

### As a Rotaractor:

During my college days, I got a chance to join the Rotaract movement in 2001 and gained a lot of leadership skills, organized events, networking, socializing, worked on various avenue services from 2001 to 2009

### RC AM Jain College (College based) - 2001 - 2004

Accolades from R.I. District - 3230

- Human-chain awareness and received "Best visibility project" award

### RC East Coast (community-based) - 2004 - 2009

Accolades from R.I. District - 3230

- Best community service project - Vizhudugal
- Best community service project - Pudhiya Padhai
- Best Rotaract club of the year - Community Based

### Event organizer:

Organized various events in Rotaract

- Sargam (A musical event)
- Short-film festival



# KNOW YOUR FRIEND

## Brief about Family:

**Father:** Mr. R. Krishnamoorthy, who served as the head clerk of a government-aided school and served as my inspiration and role model, passed away in 2002.

**Mother:** Mrs. A. Mathimugai, is my primary support for life. She is an excellent homemaker and held lot leadership roles in a various private enterprise.  
At present, happily living for her grandkids.

**Spouse:** K Leelavani, is the one who brought my life into a new chapter and employed at Atos India as a senior financial analyst.

**Son:** M Tanvik, who is studying at grade 2 in TIPS, Perungudi.



## EDITORIAL TEAM



**Rtn. A. Kannan**  
Editor



**Rtn. Meena Sathish**  
Chairman - Media  
and Magazine



**Ann. Shanthi  
Gopalakrishnan**



**Rtn. T. Nagarajan**



**Rtn. Mayavaram  
Somasekar**

We invite you to contribute articles for our upcoming Elite's Chronicle Monthly Newsletter. Please send the articles in a simple word format not exceeding 250 word limit. Please attach any pictures separately in the same email address rather than adding to the Word Document, this is to ensure Quality & Clarity. All your articles are valuable and it is the decision of Editor & Editorial Team to publish them in our Newsletter..

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