



# Elite's Chronicle

## RCN ELITE OFFICIAL NEWSLETTER

October 2024

Issue - 4



**ROTARY CLUB OF NANGANALLUR ELITE**

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

## PRESIDENT'S DESK



DEAR FELLOW ROTARIANS,

It has been an amazing journey with completing a Quarter(July-Sep) as President of this Magical Year, from the bottom of my heart I would like to thank everyone and take pride in reflecting our accomplishments. We are more than impressive in serving the community and this journey shall continue with all success in upcoming months..

Recent Highlights:

- Successful fundraising event our Elite Singer of TamilNadu Season 3
- Completion several community service projects
- Induction of new members

"Service Above Self" is not just a motto; it's our guiding principle. This issue covers in detail about our Celebrations, Friendship & Fellowship meetings, we have lot of 3234 District Leaders participating in our Club Events which is extremely encouraging..

As the poem from Robert Frost quotes:

" The woods are lovely, dark and deep.  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep"

Take Away: Despite the beauty of the woods, there are always hardships, the leader must prioritize their responsibilities and continue their travels, peaceful contemplation to a sense of duty as the leader should remember their obligations and the long journey ahead

Thanking each one of them for their tireless efforts. Together, we're making a difference.

**Your Pride, Your Club**



**RTN. SATHISH R.**

President  
2024-25

## STRENGTHENING COMMUNITY RESILIENCE

At the Rotary Club of Nanganallur Elite, our commitment to service goes hand in hand with building strong, engaged communities. Guided by President Rtn Sathish, we have focused this year on impactful service projects that address immediate needs and uplift vulnerable communities.

Our recent peace-building and conflict resolution project at a Sri Lankan refugee camp provided essential aid, including clothing for children and elders, and nutritional supplements for young children. Additionally, we committed to supporting students in these camps, helping them access resources for continued education amidst challenging circumstances.

The strength of these projects has been amplified by the enthusiastic involvement of our members, especially in our public image project, "Elite Singer of Tamil Nadu Season 3." This event was a resounding success, showcasing the incredible contributions of our members, who poured their energy and dedication into making it memorable. New members, under the guidance of experienced leaders, have been instrumental, bringing fresh perspectives and vitality to our club's mission.

Beyond local projects, our commitment to education has extended globally with the sponsorship of notebooks for students in Guinea, West Africa. This support aims to empower young minds by providing them with essential tools for learning, nurturing the next generation of leaders.

These efforts reflect Rotary's motto, "Service Above Self," and the dedication of our club to fostering compassion and resilience both near and far. Together, with the guidance of our leaders and the energy of our members, we are building a brighter future.



**Rtn. Sivashanmugam R.**

Secretary  
2024-25

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

### Birthdays:



- October 7 - Rtn P.S. Ravindran  
Rtn Sathish Rajasekar
- October 13 - Rtn Kalyankrishnan A.G.  
Rtn Muralidharan

### Anniversaries:



- October 24 - Rtn G. Srinivasan  
Rtn S. Banumathi



# Empowering Service... Inspiring Change

Dear Fellow Rotarians and Friends,

As we release the fourth edition of our Rotary Club magazine, I am filled with pride and gratitude. Our publication has become a vibrant platform for sharing stories, experiences, and ideas that showcase the essence of Rotary's motto: "Service Above Self."

In this edition, we feature:

- Updates on our community projects and initiatives
- Inspiring member profiles and testimonials
- Reports from our recent events and activities
- Insights on Rotary International's global initiatives

Our club's commitment to service and fellowship continues to grow stronger. I would like to thank:

- Our dedicated members for their tireless efforts
  - Our sponsors and partners for their generous support
  - Our contributors and writers for sharing their stories
- As we move forward, let us:
- Strengthen our bonds within the club
  - Expand our reach in the community
  - Embody the principles of Rotary

I invite you to share your thoughts, suggestions, and stories for future editions. Together, let's keep inspiring and motivating each other to make a difference.

**Happy Reading!**



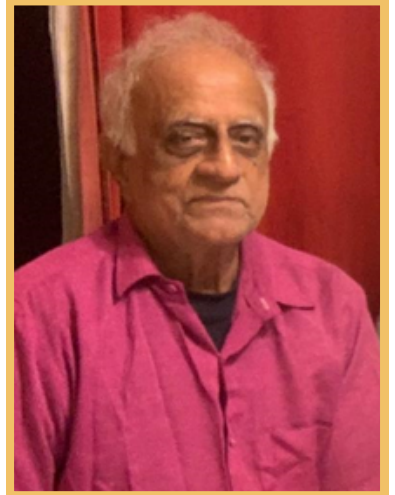
**RTN. KANNAN A.**  
**EDITOR**  
**ELITE'S CHRONICLE**



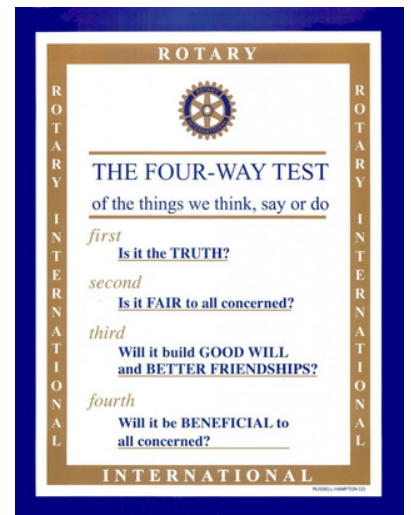
# Passing /Pausing love

-Short story by Prof K. Sundarajan

Rtn Mukundh of Rotary club of Success and Rtn.Prabha Rotary club of Confidence know each other for a few years. They have met in mutual club meetings and a few district events. Today also he met her in a meeting .She smiled on seeing him. He gave her a book with a love letter. Mukundh confidently wrote "I love you, if you wish to reciprocate Pl wear green dress when you come tomorrow to return the book "When the next day came she was in lovely peacock blue dress and returned the book with "Thanks" Rtn Mukundh felt very bad and never looked her afterwords. Time never stops! Years went by Rotarian Prabha got happily married. After some time after his settling down Mukundh was returning home from office .When he entered he came to know his friend Rtn Sundar waiting .He saw his wife cleaning his shelf for calling paper vendor. When He and Sundar were talking casually, he saw that book which was given to Prabha a few years before and Sundar took a letter protruding from the book .The message in the letter was "I love you too.I don't have green dress. Sorry, also I don't like green dress" Both Mukundh and Sundar saw each other to blink to repent on the happenings. Mukundh wife luckily did not know what happened and what was going on.



**RTN. PROF.  
K. SUNDARAJAN**



"Time has passed. Mukundh. We are settled we have to care our children growing, it is better we serve the community by some way or other and contribute to TRF and the like and to live the rest of our life peacefully. "What we understand :See every thing then and there. WE are in digital world use fast communication to clarify. "

Rtn Sundar pacified Mukundh!

Rotarians are not exceptions !

*\*All the names, events and conversations in the short story are imaginary! Not a reference to anyone or anything!*

## ஒளிரும் முகத்தை அடைய சில பயனுள்ள குறிப்புகள்

### தோல் பராமரிப்பு குறிப்புகள் :

1. சுத்தப்படுத்துதல்: மென்மையான க்ளென்சர் மூலம் ஒரு நாளைக்கு இரண்டு முறை முகத்தைக் கழுவவும்.
2. எக்ஸ்போலியேட்: வாரத்திற்கு 1-2 முறை ஸ்கர்ப் அல்லது கெமிக்கல் எக்ஸ்போலியண்ட் பயன்படுத்தவும்.
3. டோனர்: சருமத்தின் pH ஐ சமநிலைப்படுத்தவும்.
4. ஈரப்பதம்: பொருத்தமான மாய்ஸ்சரைசருடன் ஹைட்ரேட் செய்யவும்.
5. சன்ஸ்கிரீன்: SPF 30+ உடன் தினமும் பயன்படுத்தவும்

### இயற்கை வைத்தியம் (உள்ளும் புறமும்) :

1. மஞ்சள் மாஸ்க் உபயோகிப்பது: சரும வீக்கத்தைக் குறைக்கிறது.
2. வெள்ளரிக்காய் மற்றும் தயிர் உபயோகிப்பது: நீரேற்றம் மற்றும் குளிர்ச்சி தருகிறது.
3. எலுமிச்சை மற்றும் தேன்: இயற்கையான ப்ளீச் மற்றும் பாக்டீரியா எதிர்ப்பு தருகிறது.
4. கிரீன் டோனர்: ஆக்ஸிஜனேற்றம் நிறைந்தது.
5. ரோஸ்வாட்டர்: சருமத்தின் pH ஐ சமப்படுத்துகிறது.

### வாழ்க்கை முறை மாற்றங்கள்:

1. நீரேற்றத்துடன் இருங்கள்: 8-10 கிளாஸ் தண்ணீர் குடிக்கவும்.
2. சமச்சீர் உணவு: பழங்கள், காய்கறிகள், கொழுப்பு & புரதம் ஆகியவை.
3. உடற்பயிற்சி: வழக்கமான உடல் செயல்பாடு போ தும்
4. தூக்கம்: 7-8 மணி நேரம் ஓய்வு கட்டாயம்.
5. மன அழுத்தத்தை நிர்வகித்தல்: தியானம் & இசை.

### கூடுதல் உதவிக்குறிப்புகள்:

1. கடுமையான அழகு சாதன பொருட்களை தவிர்க்கவும்.
2. அதிகமாக கழுவ வேண்டாம்.
3. வெதுவெதுப்பான நீரைப் பயன்படுத்துங்கள்.
4. முகத்தை அழுத்தி தேய்க்க வேண்டாம்.
5. புன்னகை மூலம் உங்கள் முக தசைகளை தளர்த்தவும்.
6. கரும்புள்ளிகள்: வைட்டமின் சி சீரம் முயற்சிக்கவும்.
7. மந்தமான தன்மை (Dull Skin): தொடர்ந்து எக்ஸ்போலியேட் செய்யவும்.
8. ஃபைன் லைன்ஸ்: ரெட்டினோல் அல்லது ஆன்டி-ஏஜிங் தயாரிப்புகளைப் பயன்படுத்தவும்.



**RTN. SOWMYA  
KANNAN**

## Let us now learn how to live happily in life



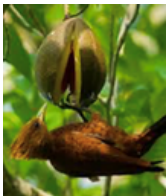
RTN. J. SURYANARAYANA

### Let's learn something from the birds!

1. Do not eat at night. The birds do not roam around at night.
2. They teach everything to their children on time.



3. Don't eat too much. No matter how many grains you throw, they will eat a little and fly away. They take a little-grains with them for their children, not total fortune.



4. They sleep at night, get up early in the morning, and wake up happily singing, dancing and cheering.





# Let us now learn learn how to live happily in life

5. They never change their diet. They take only as much as they need from nature.



6. Select spouse with own chois “Swayamvaram” no mother or father interference,



7. Constantly work with their body and build the nest. Make their house eco-friendly. Do not rest except at night.



8. Stop eating when sick, eat only when in good health, Do not rest except at night.



9. Give their children lots of love.



10. They do not speak any language other than their mother tongue.



Very interesting isn't it! We also need learn from of these birds to keep life will be wonderful.

# Magnesium Glycinate - The metabolic Booster

**Magnesium Glycinate supplements offer numerous health benefits due to their high bioavailability and gentle absorption. Here are some advantages:**

## **Physical Health Benefits**

1. Relaxes muscles: Reduces muscle cramps, spasms, and soreness.
2. Improves sleep: Regulates sleep patterns and enhances quality.
3. Bone health: Supports bone density, reducing osteoporosis risk.
4. Heart health: Lowers blood pressure, cholesterol, and cardiac arrhythmia risk.
5. Digestive health: Soothes irritable bowel syndrome (IBS) symptoms.

## **Mental and Emotional Benefits**

1. Reduces anxiety: Calms nervous system, alleviating anxiety and stress.
2. Improves mood: Helps manage depression, bipolar disorder, and mood swings.
3. Cognitive function: Enhances focus, memory, and mental clarity.
4. Stress resilience: Supports adrenal function, reducing burnout.

## **Additional Benefits**

1. Anti-inflammatory: Reduces inflammation, alleviating chronic pain.
2. Antioxidant properties: Protects cells from oxidative damage.
3. Immune system support: Boosts immune function.
4. Skin health: Improves skin hydration, reducing acne and inflammation.
5. Eye health: Protects against age-related macular degeneration.

## **Who Can Benefit**

1. Individuals with magnesium deficiency or insufficiency.
2. Athletes (reduces muscle cramps, improves recovery).
3. Individuals with anxiety, depression, or stress.
4. Those with insomnia or sleep disorders.
5. People with digestive issues (IBS, constipation).
6. Women experiencing menstrual cramps, PMS symptoms.
7. Older adults (supports bone health, cognitive function).

## **Dosage**

1. Typical dosage: 400 mg per day. Opt for Magnesium Glycinate (MG GLY 400) over other forms (oxide, citrate).
2. Combine with other nutrients (vitamin D, K2MK7) for enhanced benefits.

**By Rtn Kannan Azhagirisamy**



# HARMONY FOR HUMANITY

## PROJECTS - OCTOBER 2024

Conducted Project Dhanvantari @ SriLankan Refugees Camp, Puzhal in which we donated 120 sets of clothes to Children, 30 Sarees to Elderly women, 60 Packs of MultiVitamin Jellies and 100 Biscuit Packets to deserving kids. Rtn Abirami Ramanathan PDG and Rtn Vinod Saroagi, DGE, RI District 3234 were present at the event and graced the occasion. Rtn PP Suryanarayana sponsored the Clothes and Biscuits. Rtn Kannan Azhagirisamy, Our Charter President sponsored the Multi-Vitamin Jelly bottles.



Participated in Clean River Awareness Programme at Cooum River Area near Connemara Hotel and created awareness on importance of keeping the Rivers Clean.





## PROJECTS - OCTOBER 2024

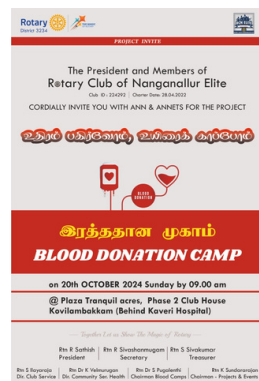
### DEDICATION OF DIODE LASER SURGICAL UNIT:

Participated in the Inauguration of Global Grant No. 24261047 by which we dedicated Diode Laser Surgical Unit & Patient Care Monitors to Hindu Mission Hospital at Hindu Mission Hospital, Tambaram. Rtn AKS Abirami Ramanathan was the Events Chief Guest and Dedicated the equipment to the Hospital. On behalf of the Rotary Club of Nanganallur Elite, Rtn AKS Abirami SV Ramanathan paid \$10000 for this project.



### Monthly Blood Donation Camp:

Conducted Monthly Blood Donation Camp on 09:00AM of 20/10/2024 at Plaza Tranquil Acres, Phase 2 Club House, Kovilambakkam. We were able to collect 20 units of blood.



### World POLIO DAY:

Participated World POLIO DAY at Alandur and Saidapet Metro Stations, Chennai





# PROJECTS - OCTOBER 2024

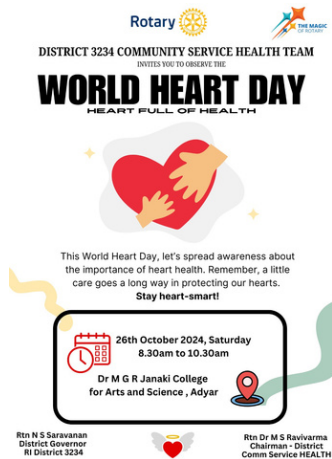
## THE MUSICAL DIWALI CELEBRATION WITH CHILDREN:

Conducted the Musical Diwali Celebration with Children on 06:00PM of 25/10/2024 at Avvai Home Orphanage, Adyar. Chief Guest: Rtn Vinod Saraogi, DGE, RI District 3234.



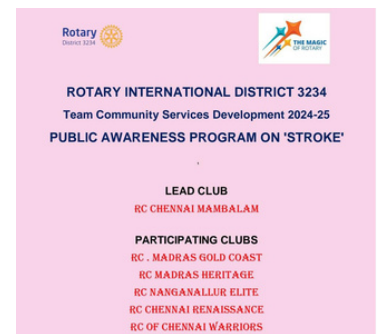
## World Heart Day - Heart Full of Health:

Participated in World Heart Day - Heart Full of Health 08:30AM of 26/10/2024 at Dr MGR Janaki College for Arts & Science, Adyar. Chief Guest: NS Saravanan, DG, RI District 3234



## Public Awareness Program on Stroke:

Participated in Public Awareness Program on STROKE on at Anna University Alumni Club, RA Puram, Chennai.



# GLIMPSE - ELITE SINGER OF TAMIL SEASON - 3

Elite Singer of Tamilnadu(EST ) is one of the ongoing Signature Projects for our Club.

**This project is having three main objectives..**

1. The primary objective is to raise funds for a Good Cause where the money is utilized on various community service projects (This year Season 3 we are planning to fund the construction of a “Geriatric Ward” in Hindu Mission Services in Nanganallur)
2. To identify the singing talents and encourage them by offering a platform through Rotary, where in the winners are selected by the Eminent & Celebrity Judges and get a cash award along with other gifts through sponsors. Apart from this the winners stand a better chance to participate at a higher level competitions...
3. This is also considered as a “Public Image” project for Rotary, since various activities of Rotary is being projected / explained during the course of the competition to the General Public and attract further participation from them in our other ongoing projects.

## Quarter Finals



Rotary District 3234

The President and Members of  
Rotary Club of Nanganallur Elite

Cable ID: 234292 Charter Date: 28.04.2022

cordially invite you for the inauguration of  
Tamil Cine Songs Singing Competition

Fund Raising Project for  
Construction of a geriatric ward at  
Hindu Mission Hospital, Nanganallur

06.10.2024  
SUNDAY  
@ 08.00 am

Chellammal Vid.  
Sr. Sec. School,  
Nanganallur

Rotary Club of Nanganallur Elite  
Elite Singer  
Tamilnadu  
SEASON 3

KARAOKE  
Quarter Final

Chief Guest  
**AKS Rtn Ghanesh Palanivel**  
Dist. Chair Person - Public Image  
RID 3234

Rtn R Sathish President	Rtn R Sivashanmugam Secretary	Rtn S Sivakumar Treasurer	Rtn R Sowrirajan Dir. Com. Service
Rtn K Sundararajan Chairman - Projects & Events	Rtn VS Gopalakrishnan Chairman - EST 3	Rtn S Vijay Anand Chairman - Public Image	



# GLIMPSE - ELITE SINGER OF TAMIL SEASON - 3

## Semi Finals





# GLIMPSE - ELITE SINGER OF TAMIL SEASON - 3

## Grand Finale





# GLIMPSE - ELITE SINGER OF TAMIL SEASON - 3

## Grand Finale





# KNOW YOUR



**NAME: RTN. PHF KANNAN AZHAGIRISAMY**

Native Place: TRICHY

Profession: Pharmaceutical Entrepreneur, Diet & Nutrition Consultant

## **Brief about yourself:**

A visionary pharmaceutical entrepreneur, renowned diet and nutrition consultant, and dedicated community servant, Kannan has made a lasting impact in the lives of thousands.

## **Education & Early Career**

- Completed education in Trichy and Madurai
- Began career as Medical Representative in 1991
- Progressed through various leadership positions in esteemed pharmaceutical companies

## **Entrepreneurial Journey**

- Founded own pharmaceutical company in 2001, alongside fellow visionaries
- Successfully navigated challenges, driving business growth and expansion

## **Leadership in Pharmaceutical Industry**

- Led Pharmaceutical Marketers & Manufacturers Association for multiple years, shaping industry standards
- Respected voice in pharmaceutical policy and advocacy

## **Health Transformation & Nutrition Advocacy**

- Discovered Paleo Diet in 2015, reversing personal diabetes and obesity
- Pioneered research on diet and nutrition, emerging as a trusted consultant
- Guided over 25,000 individuals in reclaiming health through holistic nutrition

## **Community Service**

- Joined Rotary Club in 2010, dedicating time and expertise
- Contributed to diverse community health initiatives, empowering underserved populations
- Recognized with: **Crystal Award & Pin** of Avenues of Service Award (Rotary International recognition)

# KNOW YOUR FRIEND

## Philosophy & Passion

- "Health is wealth, and nutrition is the key"
- Committed to educating and inspiring individuals to adopt sustainable lifestyle choices

## Current Pursuits

- Nutraceutical business leadership
- Diet and nutrition consultancy
- Ongoing Rotary Club service and community engagement
- Leading Pharmaceutical Marketers & Manufacturers Association

## Brief about family

Kannan is blessed with a loving family:

Spouse: Sowmya (married in 1995), a Fashion designer with a creative flair

Child: Saatwika (born 1996)

- Completed Post-Graduation in Law
- Assistant Professor of Law
- Married in 2020

Grandchild:

- Lyan (born [2023])



## Family Philosophy

Kannan believes in the importance of family values, mutual respect, and support. The family's collective passion for learning, creativity, and community service has fostered a nurturing environment.

## Personal Interests

- Listening to music (genres: classical, instrumental)
- Reading books (focus: self-improvement, health)
- Cooking innovative, nutritious recipes
- Conducting research on diet and nutrition

# KNOW YOUR FRIEND

**NAME: RTN.PHF. N.B.KHANNAN AYYAR**

Native Place: KARUR

Profession: Health care , Music and Astrology

## Brief about yourself:

I was born in Karur. I did my schooling and college in Tiruchirapalli. Got into health care industry in 1990 and did my herbal based research for cancer care and successfully filed my application for the patent. I have been performing my flute concerts from 1990.

For the past 10 years, I am practicing astrology and guiding my clients.



## Brief about family

I'm married to Subhashini who is in Media and Music . We are blessed with a son, Jwalant Krishna. My son Jwalant Krishna is in 12th standard and a budding music director and a vocalist.



**NAME: RTN.MEENA SATHISH**

NATIVE PLACE: NAGERKOIL

Profession: ePublishing, Trainer, Graphic Designer, Entrepreneur, Youtuber & Social media Influencer

## Brief about yourself:

Born in Chennai. Did my schooling and graduation in Chennai. I have started my career in ePublishing Industry. 20+ years of experience in various MNCs. Worked in process management, production planning, operations, training and quality management.

Established my own venture named "Subhiksha Group" to start my entrepreneurship journey.

## Other Activities

**President** 2023-24 in Inner Wheel Club of Chennai Unique.

**Joint Secretary** – Nexterra Owners Association

**Chairman Media and Communication** in Rotary Club of Nanganallur Elite.

**Volunteer** at 'Lets Teach English' NGO for helping underprivilege kids to develop English Communication.

**Life Member** – Urathasinthanai Vasaga Ezhuthalargal Sangam.



# KNOW YOUR FRIEND

## Recognition and Accolades:

Awarded by Sakthi Masala group as "SuyaSakthi Digital Homepreneur Award" in the special mention category.

"Innovapreneur - Singa Penne" Award from Iris Foundation.

"Latchiya Magudam" Award from Crescentia Educational and Charitable Trust.

## Brief about family:

I am blessed to have a loving and supportive family.

I'm Married to Rtn Sathish Rajasekar (2009). We are proud parents of Sai Sabarish. Together, we share values of love, respect, and compassion.

Our family enjoys spending quality time together, whether it's through travel, traditions, or simple moments at home...

I am grateful for my spouse's unwavering support and partnership..

My son Sai is doing his 5th Grade in Velammal NewGen School an active sports person in Badminton & Athlete participating in several tournaments..



## Personal Interests:

- Reading Books (Tamil Novels and Story Books)
- Teaching Tamil to Kids
- Fitness and Healthy Food Vlogger



Art by:  
Priyanka Baarath  
W/o Annette Baarath



Art by:  
Ann Shanthi Nagarajan  
W/o Rtn. Nagarajan



## THE FOUR-WAY-TEST ... What does it mean?

For Rotary, The Four-Way Test is the cornerstone of all action. It has been for years, and it will be in the future. 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?

The test is one of the hallmarks of Rotary. Since it was developed in 1932 by Herbert J. Taylor, who later became RI president, it has never ceased to be relevant. Its four brief questions are not based on culture or religion. Instead, they are a simple checklist for ethical behavior. They transcend generations and national borders.

As Rotarians, we should have The Four-Way Test in mind in every decision we make, all day long. Our utmost responsibility is to speak the truth, to be fair, to build goodwill and better friendships, and to do our very best in all situations.

### EDITORIAL TEAM



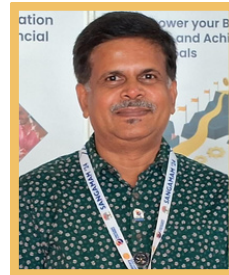
**Rtn. A. Kannan**  
Editor



**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)