

AUGUST 2023

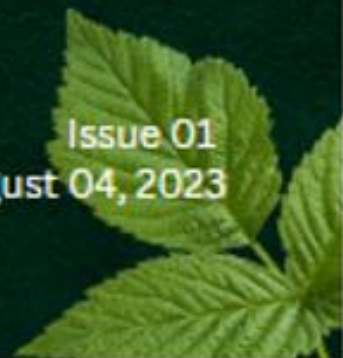


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Monthly bulletin of Rotary
E-club of Chennai Shakthi

Prepared by:
Divya K

Issue 01
August 04, 2023



Dear Rotarians,

Presenting to you an exciting month of RECS activities.

Many achievements, participations, and contributions by our members.

Members are walking their talk in a slow and steady pace. This adds value for the e-club and to all its members and gives us a happening and a wishful future.

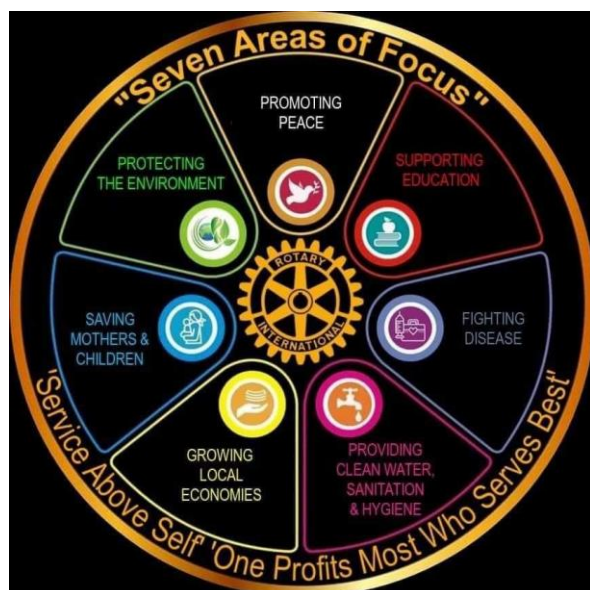
Thank you!
Rtn. Divya

Send in your articles, news, and stories for consideration in the Trishul bulletin to:

rccchennaishakthi@gmail.com

Stay updated with us, our





very own RCM magazine!



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VICE PRESIDENT
Rtn. Sathiya Priya
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Rtn. Sathya Dhanakodi
CLUB TREASURER
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Rtn. Balu
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INCLUSION
Rtn. Jayanthi
EDITOR CLUB MAGAZINE – TRISHUL
Rtn. Divya




Rtn. Sathiya had a remarkable milestone in their family, her daughter Annette Dheekshita had her Salangai pooja at Sharathabal Temple on July 2nd.


Rotary    


District Youth Icons & Awards(YIA) Team 2023-24
and
Rotary Club of Madras Gold Coast (RCMGC)
Presents


Photography & Short Film Contest
on the occasion of
World photography day
on
August 25th 2023


Exclusive for Interactors
THEME : CREATE HOPE IN THE WORLD

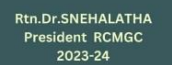

Rtn. GORDON MCINALLY
RI PRESIDENT 2023-24



Rtn. AKS RAVI RAMAN
DISTRICT GOVERNOR 3232 2023-24



Rtn. Dr. M.S. RAVI VARMA
Dist. Chairman Youth Service 2023-24


Rtn. USHA AJIT PRASAD
Dist. Chairman YIA 2023-24


Rtn. DHANASEKAR
Dist. Co-Chairman YIA 2023-24


Rtn. Dr. SNEHALATHA
President RCMGC 2023-24


Rtn. VIJAYALAKSHMI
Secretary RCMGC 2023-24


Rtn. Y. ANNIE HEPZIBAH
Dist. Co-Chairman YIA & Chairman Youth Service RCMGC 2023-24

Birthdays

Ann Vidhya – July 2

Jagamoham - July 7

Rtn. Divya – July 17

Rtn. Harish – July 18

Rajalakshmi – July 22

Naren Karthik – July 28

Prabhakaran – July 29

Bharathi – July 30

Annette Thanushree – July 30



President Contributions

July 1

Get In on The Act

President's act was to bite off more than you can chew.

Greening & Healthy Contributions

President, Rtn. Kannaki Mam, participated in some greening activity at Velachery as a joined project. She also distributed health mix powder packets to the house keeping employees. Addition to that, Kannaki mam advised them to stay positive in all their activities and instructed them few mudras for mental health.



Caption Here





Just What the Doctor Ordered

Rtn. Mohanraj celebrated Doctor's Day on July 1st, 2023. To honor his service, he distributed free deworming syrups and handed over instructional pamphlet on children's health.

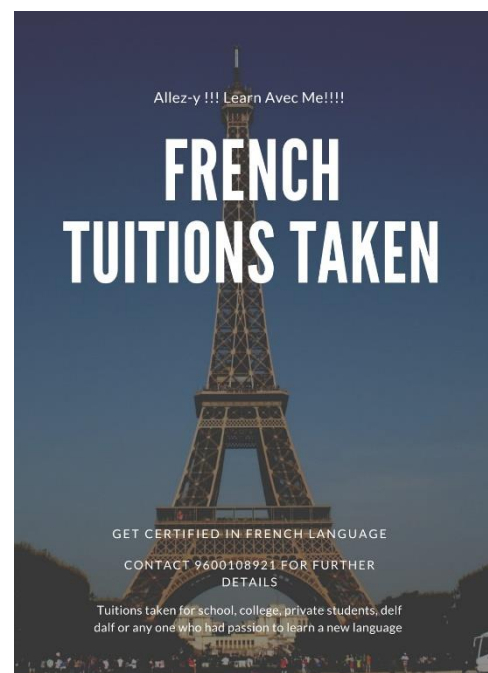


Annette's Achievements



Annette Varnikaa received second prize in International Athlete meet.

Annette Sanvi won first prize in light music and third prize in fashion designing.



Annette Dheekshita's Salangai Pooja



My Experience In Teaching Yoga To Kids

By Rtn. Sajitha



IT'S ALWAYS FUN TO TEACH AND BE WITH KIDS.
SHARING MY EXPERIENCES WHEN I GOT TO TEACH YOGA TO KIDS
IN A SUMMER CAMP.

TEACHING YOGA TO KIDS IS A LITTLE CHALLENGING AS
SUSTAINING THEIR ATTENTION INVOLVED IS A BIT DIFFICULT.
EVEN IF YOU HAVE EXPERIENCE IN TEACHING ADULTS IT'S VERY
DIFFERENT WHEN YOU APPLY THE SAME TO KIDS.

THE FIRST THING DONE WAS TO APPROACH THEIR PARENTS TO
WHOM I COULD DESCRIBE THE BENEFITS OF YOGA ASANAS, ONLY
THEN DO THEY UNDERSTAND HOW IMPORTANT IT'S FOR THEIR
KIDS.

NOW TO PREPARE MYSELF FOR HOW THE CLASS SYLLABUS
SHOULD BE, I HAD TO ADJUST MY PLAN ACCORDINGLY WITH KID-
FRIENDLY GAMES AND POSTURES DESIGNED RELATING TO
NATURE. ALL THE MOVEMENTS CONNECTED TO BIRDS, ANIMALS,
TREES, MOUNTAINS ETC WHICH MADE IT EASY FOR THEM TO
UNDERSTAND AND RELATE AND REMEMBER.

MY CLASS ALWAYS STARTED WITH A LONG BREATHING EXERCISE
RELATING THEIR TUMMY WITH A BALLOON INFLATING AND
DEFLATING AS AND WHEN INHALING AND EXHALING, SO THEY
FOUND IT FUNNY. EACH DAY I TRIED PREPARING THE SAME
THINGS DIFFERENTLY TO KEEP THEIR INTEREST AND DEVELOP
NEW SKILLS THAT PUSH THEM FORWARD. I FOUND THAT
REPETITION OF POSTURES IS VERY IMPORTANT TO DEVELOP A
SENSE OF MASTERY. THEY ACTUALLY TEND TO COPY MOVEMENTS
THAT THEY SEE YOU DOING AND CAN'T FOLLOW THE CUEING.
ALSO, KIDS FIND IT MORE INTERESTING TO DO YOGA ASANAS
EITHER OUTSIDE IN NATURE OR ON A CARPETED FLOOR WHERE I
COULD INTRODUCE AND ENTERTAIN THEM WITH GAMES
INVOLVING POSTURES.

My Experience In Teaching Yoga To Kids By Rtn. Sajitha



AS TEACHERS, WE HAVE TO PREPARE OUR MINDS AND LET GO OF OUR EXPECTATIONS ABOUT WHAT IT MEANS TO BE A GOOD YOGA STUDENT, NEED TO UNDERSTAND THAT EVERY KID IS DIFFERENT AND ESPECIALLY WHEN THEY ARE OF DIFFERENT AGE GROUPS. KIDS TEND TO PERFORM WELL WHEN THEY ARE APPRECIATED AND ENCOURAGED AND GIVEN ATTENTION.

I INCLUDED SOME GAMES LIKE PASSING THE PARCEL WHEREIN WHEN THE MUSIC STOPS, THE ONE WITH THE PARCEL OPENS UP AND TAKES A CHIT WHICH STATES A POSTURE TO SHOW. ANOTHER WAS A STATUE GAME, WHERE THE KIDS DANCE TO THE MUSIC AND EACH TIME THE MUSIC IS PUT OFF, WERE ASKED TO SHOW SOME RANDOM POSTURE.

KIDS ENJOY DYNAMIC MOVEMENTS SO I TRIED ARRANGING PATTERNS OF FLOW OF POSTURES AND REPEATED IT 3 TO 5 TIMES AFTER WHICH THEY GET TIRED AND AT THE END, THEY WERE READY FOR SAVASANA-GUIDED MEDITATION.

THE CLASS WAS FOR 15 DAYS AND WAS FUN-FILLED AND I COULD ALSO GET RECHARGED ALONG WITH THEM. INITIALLY, I HAD THOUGHT THAT KIDS MIGHT FEEL BORED, BUT WHEN THE CLASS WAS DESIGNED WITH FUN-FILLING ACTIVITIES, THE ENVIRONMENT CHANGED.

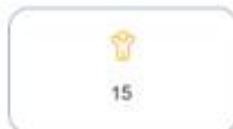
ON THE FINAL DAY OF THE CLASS, I PREPARED SMALL AUDIO FOR THEM TO PERFORM. THE AUDIO COMPRISED OF NATURE AND ANIMALS WHICH COMPLEMENTED VARIOUS YOGA POSTURES. THEY ENJOYED SO VERY WELL SINCE THEY COULD CONNECT THE POSTURES WITH EVERY BIT OF NATURE.

INTRODUCING CHILDREN TO YOGA AT AN EARLY AGE CAN HELP THEM LEARN HEALTHY LIFESTYLE HABITS TO STAY FIT.





JOY OF GIVING



Rotary E- Club of Chennai Sakthi with Arista welfare club organized provisions, vegetables, and sweets for 15 disabled people families. The presence of Mr. Arunkumar, and his wife Ms. Priya Arunkumar made the occasion more graceful.

On 11th July

**Organized by Rtn.
Dr. B.
Vijayalakshmi**

**Active
participation of
Annette Nikilesh
& Tanushree**

**Job offers for a
member with a
dual degree by Mr.
Vinothkumar**

**Medical support
offered by Rtn.
Kavitha**

VOLUNTEERS:

Rtn. Dr. B. Vijayalakshmi & family, Mr. P. Vinothkumar, Ms. Nisha, Rtn. Kavitha

THIRU CHITRAMBALAM



Oh What ecstasy,
Mastering the mind with *Mudra*,
Never has it been so divine,
Amazing and real,
Mesmerizing beyond words,
Absolutely Surreal,
Shiva in every pulse,
His Shakthi in our every move,
Invading every soul,
Valuable moments of life,
All made possible with his glory,
YAH, *He* is the one-*Om*nipresent,
*Om*niscient and *Om*nipotent.



RTN. JAYANTHI IYER
ROTARY E-CLUB OF
CHENNAI SHAKTHI



JOY OF GIVING



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15



11

Annadhanam was given to 15 families affected by AIDS (Acquired Immune Deficiency Syndrome). The hospitality and love showered by Mr. Issac and Mr. Daniel along with their families was heart throbbing. Along with them, Mrs. Uma Yuvaraj, Club services director, Rtn. Mr. Narayanan, Rtn. Rajdurai, Mr. P. Vinothkumar, Mr. Sanjay, Mr. Nikilesh, Mr. Gobi, Mr. Tamilselvan and Mr. Muthuraja participated to share this care.

On 10th March

**Organized by Rtn.
Dr. B.
Vijayalakshmi**

**Helping hands are
better than
praying lips**

**Provision bag
containing rice,
sugar & needed
groceries were
given to each
family**

**Supported by
'Youth with a
mission trust'**

**RTN. DR. B. VIJAYALAKSHMI DONATED
RS.8500/- FOR THE STUDY OF A X STD
CHILD WHOSE MOTHER WAS
AFFECTED BY AIDS.**

EDUCATIONAL DEVELOPMENT DAY

Fond remembrance of Karmaveerar Kamarajar's
Birthday



Our President, Rtn. Kannaki Prabhakaran gave a fine speech on current affairs to the students. Various competitions on Drawing, Oratorical, Essay was conducted, and prizes were given for the winners. Students gave electrifying speeches about Kamaraj. Ms. Uma Yuvaraj, addressed the children on all the important aspects which paved the way to the students towards enlightenment.





**21
JULY**

2023

Collar Exchange Protocol

Collar exchange program happened gracefully in the presence of Mr. Suresh Kumar, Mr. Ganesh Pandi, Ms. Sathya, Ms. Nandini and Ms. Uma Yuvaraj.



ART COMPETITION

Sanju Women's Welfare Association & Rotary E-
Club of Chennai Shakthi @ Sri Rkm Sharadha
Vidyalaya



Nearly 1500 students from 5 groups of Sharadha Vidyalaya schools attended the competition with laudable creativity, energy, and enthusiasm. Rtn. Dr. B. Vijayalakshmi addressed the children on how to nurture creativity and inborn talents. Rtn. Kannaki Prabhakaran addressed the children on various topics such as discipline, decorum, sustainability, participation, and on how to become winners.



