

# THE Banyan Tree

Rotary



ROTARY CLUB OF ADYAR  
Inaugurated on 19.02.1985  
Chartered on 12.06.1985  
Club No. 22785

Issue 4  
October 2014



## From the President

### Light up Rotary by Donating More of your time....

Dear Rotarians,

Happy Diwali Greetings to all.

During the lighting festival, let us light up rotary through our efforts and by dedicating time to rotary events.

The Governor visit during September 2014 was a memorable event for all of us. The District Governor and his team fully appreciated our club activities and our professional approach. I thank each and every Rotarian of Rotary Club of Adyar for his contribution to our club.

In this juncture I request all of you to mobilize funds for our forthcoming project of installing a dialysis unit in the Rotary Fourrts Medical Centre. We are also trying to make Nallambakkam School as a Model School.

I invite ideas along with your contribution for the same.

With regards

Rtn. PHF. J. JAYASEELAN



### Light Up Team 2014-15

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|---|--|--|--|---|
| <ul style="list-style-type: none"> <li>President<br/>Rtn. Jayaseelan J</li> <li>Joint Secretary<br/>Rtn. Eashwer C</li> </ul> | <ul style="list-style-type: none"> <li>Imm. Past President<br/>Rtn. Jayaram Krishnan</li> <li>Treasurer<br/>Rtn. Siva S</li> </ul> | <ul style="list-style-type: none"> <li>President Elect<br/>Rtn. Narayanan R</li> <li>Seargent at Arms<br/>Rtn. Vittal Rajan</li> </ul> | <ul style="list-style-type: none"> <li>President Nominee<br/>Rtn. Seshiah M N</li> <li>Club Trainer<br/>Rtn. Gopalakrishnan R</li> </ul> | <ul style="list-style-type: none"> <li>Secretary<br/>Rtn. Sathish T</li> <li>Club Advisor<br/>Rtn. Veeramani S V</li> </ul> |
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### Directors

- |   |  |  |  |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>Club Services<br/>Rtn. Boopathiraja M E</li> <li>New Generations<br/>Rtn. Karunakaran</li> </ul> | <ul style="list-style-type: none"> <li>Community Services<br/>Rtn. Jayaraman N R</li> <li>Public Relation<br/>Rtn. Ramesh R</li> </ul> | <ul style="list-style-type: none"> <li>Vocational Services<br/>Rtn. Ananth C S</li> <li>Membership<br/>Rtn. Archana</li> </ul> | <ul style="list-style-type: none"> <li>International Service<br/>Rtn. Narasimha Iyengar</li> <li>Magazine Editor<br/>Rtn. Sivakumar</li> </ul> |
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### Light Up Team: Chairman

- |  |   |   |   |   |  |   |
|--|---|---|---|---|--|---|
| <ul style="list-style-type: none"> <li>Programs<br/>Rtn Thiagarajan R</li> </ul> | <ul style="list-style-type: none"> <li>Fellowship<br/>Rtn. Seshiah M N</li> </ul> | <ul style="list-style-type: none"> <li>Fund Raising<br/>Rtn. Narayanan R</li> </ul> | <ul style="list-style-type: none"> <li>Polio Plus<br/>Rtn. Vijay</li> </ul> | <ul style="list-style-type: none"> <li>Attendance<br/>Rtn. Rajendran</li> </ul> | <ul style="list-style-type: none"> <li>Rotaract<br/>Rtn. Viswakumar</li> </ul> | <ul style="list-style-type: none"> <li>Interact<br/>Rtn. Kannan Arumugam</li> </ul> |
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Yoga Guru M R Chandrasekaran - Speaker, Meeting of Rotary Club of Adyar on 2<sup>nd</sup> Sept 2014

There is a definite air of tranquility about M R Chandrasekaran. He is a storehouse of knowledge about Yoga. Yoga is a vast subject, says he. He belts out verses in Sanskrit to explain many aspects of Yoga and its practice.

M R Chandrasekaran was the speaker on the 2<sup>nd</sup> Sept 2014 Meeting of Rotary Club of Adyar.

Yoga means Samadhi. Yoga is a way to realize ones Consciousness, to know the unknown spirit, to condition the body, care for the body and attain Salvation. Yoga is the coordination of the Mind, Body and Consciousness. Yoga is for introspection. It is to realize your true nature and true self.

Yoga is a way of life. There are actually 16 stages/steps to follow in order to practice Yoga ---- Satyam i.e. speak the truth, Ahimsa i.e. non violence, Appreciate others, Share and care, Discipline, Cleanliness of not only the outer body but also inner body, Desire to learn, Effort, Determination, Dedication, and finally Surrender to GOD. The actual practice of Asanas features in between, it is the 11<sup>th</sup> Stage. Yoga and Meditation -Both go hand in hand.

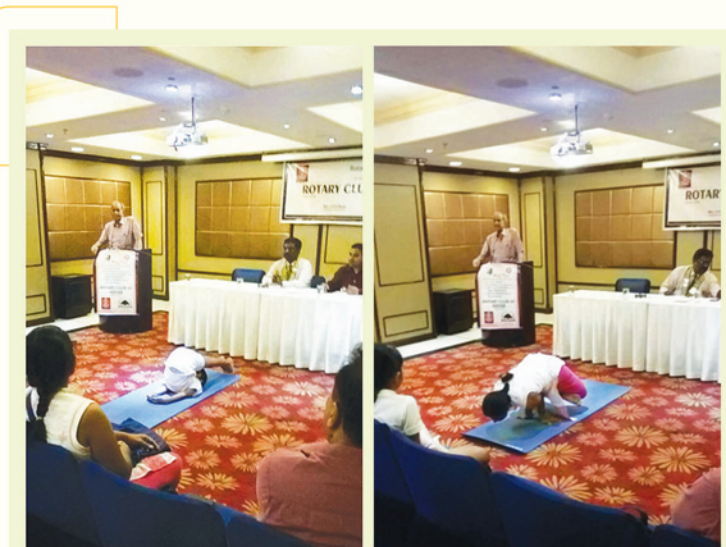
Yoga is skill in action. Meditation is concentration on something. Meditation is purification of the mind, healing of the mind and to get into a different stage of reality. Mind is the master of senses. Pranayama, which is also part of Yoga practice helps control the mind.

M R Chandrasekaran explained that there are 7 main Chakras in the body. There is one Asana that activates all 7 Chakras is the Surya Namaskar. The main purpose of Yoga is to massage the body and work on the organs in order to make them function well. 7000 cells in the body get activated with the practice of Yoga.

Yoga is for all - the Young and the Old. It is experiential and not experimental! 2 of his students demonstrated some popular Asanas.

### The main benefits of Yoga practice are:

- Removal of diseases    · Purification of the mind
- Inner immunity development        · Fitness
- Longevity                    · Moral and spiritual
- Upliftment of society



M R Chandrasekaran summed up by saying that Yoga was such a vast subject and he had touched had just the tip of the ice berg. He has been teaching Yoga for several years at the Jeeva Park, Haddows Road Park and Independence Day Park to the early risers who like to start their day with a refreshing session of Yoga.

**Reported by Ann RADHA RAMESH**



On Tuesday, 9<sup>th</sup> September 2014, we had Dr. Vallish K Bharadwaj from Nithra Institute of Sleep Sciences – a prestigious center for Sleep medicine in India, spoke to us on Sleep and Sleep Disorders and its impact on health and lifestyle.





As part of the Rotary Youth Month, on 16<sup>th</sup> September 2014, a Debate was Held on the Topic, **Is Pocket Money Good or Bad ?**

Rotractors from Patrician College spoke that Pocket money is needed in Today's world and the Rotractors from MNM Jain College spoke against it

- Considering the Substance, content, delivery, fluency, preparation, time management
  - Both the teams faired & did well.
  - Rtr. Gokul was adjudged the BEST SPEAKER from MNM Jain College
  - Rtr. Yeshwanth was adjudged the BEST SPEAKER from Patrician College.
- The Debate was Moderated & Judged by our Past President Rtn. Gopal.



On 30th September 2014, we had a Quiz competition between the Interact Club of Sishya School & Interact Club of Devi Academy. There were mind benders, riddles, pictures depicting words, questions with visuals, on sports, science, politics, famous sites, world famous personalities... for the Rotractors to answer. And answer they did, with great confidence!. The Quiz master was our Rtn. Issa Fathima. Interact Club of Sishya were the Winners. Rtn Karunakaran Director New Generation, was instrumental in organizing this event.





## GOVERNOR'S VISIT - 20th September 2014, Saturday

By Ann Radha Ramesh



The Governor's visit of Rotary Club of Adyar's is usually held towards the latter part of the Rotary year. It was to be the same this year too. But District Governor ISAK Nazar sprang a surprise on us and decided to visit our Club on a much earlier date. Pleasure, it was, as we did not have to wait too long!

Rotary Club of Adyar President Rtn Jayaseelan, Secretary Rtn Sathish and President Elect Rtn Narayanan were joined by District Governor ISAK Nazar, District Secretary Chandramohan and Assistant Governor Dilip Kumar on the Dais.

### Wecome Address:

President Rtn Jayaseelan welcomed the gathering. He felt glad to be a Rotarian and be able to do Service. He recalled 2 life saving experiences which reaffirmed his faith in doing Service.

- The first incident was when he received a call from his wife that an accident at home involving his young son was just averted. Rtn Jayaseelan had just then issued a cheque in charity for another child in need.
- The second incident he related was his family's escape from being devoured by the Tsunami -- just to think that they were at the Marina Beach minutes before its waves hit the Chennai shores. He owes it to the benevolent hand of Charity.

He placed his gratitude to his mentor Rtn Veeramani and thanked him for bringing him into Rotary and leading the way

### Paul Harris Fellow:

- District Governor ISAK Nazar pinned the PHF Badge on Secretary Sathish.



### Major Donors:



- District Governor ISAK Nazar pinned the Badge on Rtn Veeramani and District First Lady pinned the PHF Badge on Ann Radha Veeramani.



- District Governor ISAK Nazar pinned the Badge on President Rtn Jayaseelan and District First Lady pinned the PHF Badge on Ann Sugrita Jayaseelan.





### Contribution to Rotary Foundation:

Rtn Veeramani and President Rtn Jayaseelan contributed \$10000 each towards the Foundation.

### Contribution to EREY:

Rtn Jayaraman contributed \$100 towards EREY. President Rtn Jayaseelan contributed Rs 1,00,000 towards building 10 Toilets at Nallambakkam.

### For the World Record:

Rtn Mohan Raghavan made an AV presentation of "ROTARY MY FLAG MY INDIA". The Rotary District – 323 event, to be held at the YMCA Grounds, is about assembling 75000 to 1 Lakh people holding the Indian Flag. It will be a show of solidarity and also an aim to enter the Record Books. Rtn Mohan Raghavan said "Let's make history" and requested all Rotarians, Anns, Annetes and Rotractors to join in this endeavour!

### District Governor's Address:



After AG Rtn Dhilip Kumar then introduced District Governor ISAK Nazar; he began his speech by saying that Rotary Club of Adyar was one of the respected and revered Clubs in the District. Rotary Club of Adyar was a senior club with 30 years of legacy. There was a great deal of contribution for the Rotary Foundation.

Governor ISAK Nazar said that Rotary Club of Adyar is one of the top clubs in terms of its Projects, its well functioning and Record keeping. A role model club.

Governor ISAK Nazar praised the Banyan Tree for its content and presentation. He said that it was read by many in the District and well appreciated.

Governor ISAK Nazar coined a slogan for Rotary Club of Adyar "Bigger, better, bolder" and said that the club had a visionary President this year. He mentioned that the Rotary International President Rtn Gary CK Huang is a great leader; the man behind the theme "Light up Rotary". The visiting Rotarians were all handed over a Torch – a "Light up" Memento – in keeping with the theme this year.

### Little Steps

Earlier in the evening, as District Governor ISAK Nazar entered the premises, President Soundarya of the Annette Club of Adyar requested him to inaugurate their Fund Raising Project "Donate a Brick" for building of Toilets.

### Vote of Thanks:

President Elect Rtn Narayanan placed his gratitude to one and all of those who helped in making the evening a very pleasant and memorable one





 **Community Service**

**Reported by Secretary Rtn Sathish**

- The Panchayat union School at Nallambakkam had huge vacant land of 3½ acres, but with bushes, thorns, etc., so it was unusable. The school had requested us our help in Cleaning of this Vacant Land for Developing & Maintaining of Garden.
- The teachers wanted the land to be cleared of the jungle and make it cultivable, so that they can cultivate vegetables using the school children as part of their vocational training and use the vegetables in their noon meal kitchen .
- The project involved 1 month of work with JCB to clear the bushes & proper laying of land for gardening.
- The cost of the project @ **Rs. 65,000.00** was met out by the contribution by our members.
- The project was solely coordinated & completed by our Community Services Director Rtn. Jayaraman.
- Green Rotarian Rtn. Senthil Nathan Sponsored First Aid Kits to our following adopted Schools on 16<sup>th</sup> September'14.
  - Panchayat union School at Nallambakkam
  - Panchayat union School at Ayambakkam
  - Panchayat union School at Kandigai
- The cost of the project was **Rs. 3,000.00**.

It was presented in person by Rtn. Senthil Nathan along with our Community Services Director Rtn. Jayaraman



 **All in the Family**

There is a joy in numbers! It was good to see the induction of 2 new members who are highly accomplished in their own fields.. We welcome Rtn Anuradha Prabhakar and Rtn Dr Rajesh into our Rotary Adyar family.



The District First lady pinned the Rotary badge



Regional Secretary Rtn Senthilnathan pinned the Rotary Member Badge



50 Things Every Rotarian Should Know About Rotary... ( Contd )



**Vocational Service**

Vocational Service is the "Second Avenue of Service." No aspect of Rotary is more closely related to each member than a personal commitment to represent one's vocation or occupation to fellow Rotarians and to exemplify the characteristics of high ethical standards and the dignity of work. Programs of vocational service are those which seek to improve business relations while improving the quality of trades, industry, commerce and the professions. Rotarians understand that each person makes a valuable contribution to a better society through daily activities in a business or profession.

Vocational Service is frequently demonstrated by offering young people career guidance, occupational information and assistance in making vocational choices. Some clubs sponsor high school career conferences. Many recognize the dignity of employment by honoring exemplary service of individuals working in their communities. The 4 -Way Test and other ethical and laudable business philosophies are often promoted among young people entering the world of work. Vocational talks and discussion of business issues are also typical vocational service programs at most clubs. Regardless of the ways that Vocational Service is expressed, it is the banner by which Rotarians "recognize the worthiness of all useful occupations" and demonstrate a commitment to "high ethical standards in all businesses and professions." That's why the Second Avenue of Service is fundamental to every Rotary club.



**Program for October :**

<b>Tuesday 7<sup>th</sup> October'14</b>	No Meeting
<b>Tuesday 14<sup>th</sup> October'14</b>	Hi-Tea Meet - Joint Club Meeting with Rotary Clubs of Madras South, Golden City & IT City - Celebrity Speaker Rtn. Chandu Nair will speak on "CHENNAI'S CHANGING ENTREPRENEURS".  Mr. Chandu has over 29 years of experience in industry consultancy, business information, and media in both Indian and global markets. A Postgraduate in Management from IIM, Ahmedabad, he has been a member of various industry panels both in India and overseas as also a visiting faculty in various business schools.
<b>Tuesday, 21<sup>st</sup> October'14</b>	Hi-Tea Meet at 6.15 P.M. - Speech by Ms. Mrinnalini
<b>Tuesday 28<sup>th</sup> October'14</b>	Hi-Tea Meet at 6.15 P.M. - Vocational Services Award Function.

**Awardee: Mrs.PADMA VENKATRAMAN for her dedication for rehabilitating Leprosy affected persons. Ms Padma Venkataraman is one of India's most widely recognized social activists. The daughter of India; former President, Shri R. Venkataraman, this dynamic and socially conscious humanitarian has been a leading figure for the past 25 years in our country to fight against leprosy and the crippling social stigma that accompanies it.**

**Chief Guest: Mrs. Uma Narayanan, who adopts abandoned babies & finds them a home**



## Birthday Wishes

Name	Celebrant	Relation	Rotarian	Name	Celebrant	Relation	Rotarian
01-Oct	Vhasavi	Daughter	Rtn Dr. Raghavan	21-Oct	Shruti	Daughter	Rtn Krishnaswamy
02-Oct	Nandini	Spouse	Rtn Rajendran	21-Oct	Suresh	Spouse	Rtn Padmalatha Suresh
03-Oct	Skanda	Son	Rtn Dr. Shyam Sundar	21-Oct	Aditya	Son	Rtn Surendar
04-Oct	Maheshwari	Spouse	Rtn Siva	23-Oct	Tharun	Son	Rtn Sivakumar
08-Oct	Rtn Vital Rajan			26-Oct	Rtn Suresh		
10-Oct	Arvind	Son	Rtn Eswaramurthi	30-Oct	Rtn Archana		
19-Oct	Manasi	Daughter	Rtn Aruna	31-Oct	Sornam	Spouse	Rtn Dr. Major Raja
19-Oct	Vishalakshi	Spouse	Rtn Gandhi	31-Oct	Rajasree	Spouse	Rtn Jayaram Krishnan



## Wedding Anniversary

30-Oct Rtn Dr Major D Raja & Ann Sornam



Rotary



# Deepavali Wishes

Banyan wishes it's readers a Very Happy, Colourful, & Prosperous Deepavali.



**“நயனொடு நன்றி புரிந்த பயனுடையார்  
பண்புபா ராட்டும் உலகு.”**

[நீதி வழுவாமல் நன்மைகளைச் செய்து பிறருக்குப் பயன்படப் பணியாற்றுகிறவர்களின் நல்ல பண்பை உலகம் பாராட்டும்.

The world applauds the character of those whose usefulness results from their equity and charity.. ]

*With Best Compliments from*

**Rtn PHF Latha Rajan**

Director

**Ma Foi Strategic Consultant Pvt. Ltd.**