



Be a gift
to the world



ROTARY CLUB OF ADYAR



OFFICE BEARERS

President
Rtn N.R.Jayaraman
rcajayaraman@gmail.com

Secretary
Rtn. Eashwer.C
eashwer.rotary@gmail.com

Treasurer
Rtn.Vijay
mvijay83@gmail.com

Joint Secretary
Rtn.Karunakaran
tkarunaadv@yahoo.co.in

Director Club Services
Rtn.Sivakumar.S
sivakumar@usam.in

Director Youth Services
Rtn.Anand kumar
anandpandian@yahoo.com

Director Membership
Rtn.Raghavan
ragavanurologist@gmail.com

Director International Relations
Rtn. Subash
bmtindia@yahoo.com

Director Vocational Services
Rtn. Anuradha
anuradhaparakkat@yahoo.com

Director Community Services
Rtn Senthil
senthil.ranganathan@yahoo.co.in

Director Public Relations
Rtn.Vinod Kumar
vinod@rushmoresh.com

President Nominee 2016-17
Rtn. Rajendran.R
rajendranonline@yahoo.com

Sargeant at Arms
Rtn. Suresh
sas891@gmail.com

Trainer
Rtn.Siva
sivarca@gmail.com

Immediate Past President
Rtn Jayasealan
jj@delvin.in

Editor
Dr. Issa Fathima Jasmine. M
fathimajasmine@gmail.com

CHAIRMEN

Fellowship
Rtn. Satish
rtn.rts@gmail.com

Attendance
Rtn. Kannan
kannan.arumugam8@gmail.com

Polio Plus
Rtn.Rajesh
vanuraj2000@gmail.com

Programs
Rtn Ramesh
rameshmoulisadvertising@gmail.com



August Events

Walkathon at Marina Beach

2nd
August
2015



Walkathon at Marina Beach was conducted with much enthusiasm and excitement.

Fitness lovers Rtn. Eashwer, Rtn. Sathish and our President Rtn. Jayaraman attended it.



August Events

Installation of Rotaract club of MNM JAIN ENGINEERING COLLEGE @ THORAIPAKKAM

3rd
August
2015

Parent club RC Adyar shared the Lapel Pins and 500 certificates for the members.

The Chief Guest Rtn Sangaran, District Director for Youth services, explained in detail the growth of Rotary and the role of Rotaract club in the rotary movement. He appreciated the achievements of this **MOST ENVIABLE ROTARACT CLUB OF THE DISTRICT**. There are 800 rotactors in the Club. The Chief Guest and the members on the Dais pinned the Rotaract lapels to the incoming office bearers.

The MNM Rotaract club was adjudged as the BEST ROTARACT CLUB in the district for 2 years. The Principal promised all the support to the Club and wished them all the very best. The Secretary of the Club shared a detailed presentation on the last year activities.



August Events

Guest Lecture
by **Rtn Kadiresan**

4th
August
2015



Rtn A. Kadiresan is a graduate in Physics from University of Madras and a Post-graduate in Applied Physics from College of Engineering, Guindy, Chennai -25.

He got his advanced training in Radiation Physics & Radiation Safety from Bhabha Atomic Research Centre, Trombay, Mumbai. He is a Charter President, Rotary Club of Alandur. He spoke on how nuclear energy could be a boon, his close association with Late Dr APJ Kalam, his work experience in BABA Atomic research. It was a very informative session, well attended by the Rotarians.



August Events

Interact club installation at DEVI ACADEMY SCHOOL, Valasarvakkam, Chennai.

5th

August
2015



The Chief guest for the function was Rtn. Krishna Kumar, Assistant District Director for Youth services. The school correspondent Mrs Rajalekshmi, EX ROTARIAN FROM RC ADYAR was the brain behind this interact movement at Devi academy.

Rtn Anand, Director Youth services from RC Adyar, President NR Jayaraman, Secretary Rtn Eashwer were present .There was a SKIT on Helen Keller's life story played by the Students of Devi academy which was appreciated by one and all .

The chief guest Rtn Krishnakumar, in his speech, appreciated the school management and the Interact club members for their excellent work. Both the outgoing and incoming office bearers were felicitated.



August Events

District Seminar

9th
August
2015

Rtn Eashwer had the privilege of attending the District seminar on **Membership development and retention**. Members shared their experience on membership development especially older clubs in their respective clubs.

Rtn Venkataramani from Rotary club of Madras which has 90 members as on date, expressed the following Process for membership selection which is being practiced by their club:

- ✓ Proposal from members for prospective members
- ✓ Proposal sent to the membership committee
- ✓ Then it is sent to Board for approval
- ✓ Prospective members to attend 3 meetings, 1 fellowship and 1 project
- ✓ Informal interviews conducted
- ✓ Selected - Inducted - oriented

He also expressed the following points as vital to retain membership:

- Quality of the programs
- Rotary information to be provided to Green members
- Check the proposer's (who proposed the new member) standing in the club (esp attendance, participation)

We thank Rtn Eashwer for sharing such valuable information with us.



August Events

YOUTH EXCELLENCE AWARD CEREMONY

11th
August
2015

The Youth excellence award for 2014-15 was conferred on Mr. KARTHIKEYAN MURALI, the most promising CHESS champion from CHENNAI. The Chief guest was none other than the VICE PRESIDENT OF INDIAN CHESS FEDERATION Mr. Sundar who was also instrumental in grooming the awardee. Hence he was the fittest dignitary to grace this function. The parents of the awardee along with the Coach Mr. Visweswaran, Mr. Velavan from Velammal school also graded the occasion and witnessed the award giving ceremony.

Rtn C.S. Ananth read out the citation and Ann Rani Ananth introduced the Awardee while Rtn Thiagarajan introduced the Chief guest. The Chief Guest spoke eloquently and put forth the point that the awardee has a tough task on his shoulders to keep up the good work since the expectations will be much higher in the future. The Coach Mr. Visweswaran also spoke high on the awardee and thanked the Chief guest for gracing the occasion since he is the fittest person to confer this award on Mr. Karthikeyan.

The awardee spoke and thanked RC Adyar for conferring the award and recollected the fine moments of playing with his Chess idol the world champion Mr. Anand. The Annettes club members exchanged pleasantries with the awardee since he is of the same age group. The Director - Vocational services thanked and congratulated the Parents of Mr. Karthikeyan for their lifetime support to their Son who is a celebrity now. Secretary proposed the Vote of thanks. Rtn Iyengar gave the memento to the Chief guest.





August Events

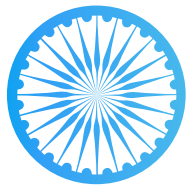
YOUTH EXCELLENCE AWARD CEREMONY

11th
August
2015





August Events



Independence day
@ **Kandigai School**

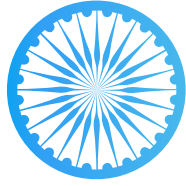
15th
August
2015



The independence day program at Kandigai was well celebrated.
The school kids were very enthusiastic and participated in many events.



August Events



Independence day
@ **Kandigai School**

15th
August
2015





August Events

Guest Lecture by **Rtn Vinod Saraogi** - District Director for Membership and Retention

18th
August
2015

INNOVATIVE LEADERSHIP FOR ENHANCING ROTARY MEMBERSHIP

It was a well prepared and an informative one, which made every one to REVISIT ROTARY.

He started with questions like What is Rotary? Why one should join Rotary? What is in it for me? And slowly travelled inside the Rotary as an International Organization and captured the complete attention of the Audience.

The key words used in the Lecture will be of use to every one:

Prestige being a Rotarian - Service above self - Leadership development - Personality development - Family - Friendship - Fellowship - Selection of a Member - Induction of a new member - Green Rotarian - Mentoring - Anns as Rotarians - Membership champions - ELEVATOR SPEECH - Process of selecting a member - Membership is a Full time job.

He gave very good tips while selecting a member and also how to retain them by engaging them rightfrom the beginning. He gave a sample of an Elevator speech that was an eye opener to all.He also described why membership is important for Rotary. He touched upon Dos and Don'ts while getting new members. He appealed for INNOVATIVE methods to retain members.

In a nutshell it was a very useful and informative Lecture and Every one was happy to hear that after a long time on ROTARY. He also invited the Green Rotarians for the 23rd August ORIENTATION PROGRAM FORGREEN ROTARIANS at Hotel Shan Royal Chennai.





August Events

Fellowship

29th
August
2015



Rtn Eashwer, Rtn PDG Shyam Sundar, Rtn Latha Rajan, Rtn Subash, Rtn Balasubramaniam, Rtn Krishnaswamy and Rtn Thiagarajan hosted the first fellowship of the Rotary year at Madras Gymkhana Club. The fellowship was very well organized.



August Events

Fellowship

29th
August
2015





August Events

Proud Moment for RC, Adyar

J Jayaseelan of Nuray Chemicals elected Chairman of Tamil Nadu IDMA

The Tamil Nadu state board of the Indian Drug Manufacturers Association (TN IDMA) has elected J Jayaseelan, managing director of Nuray Chemicals Pvt Ltd, a conglomerate of diverse range of pharmaceutical manufacturing and marketing companies in Chennai, as its chairman.

He is currently the secretary of IPA Tamil Nadu besides holding positions such as chairman of public relations of IDMA and secretary of the industrial division of IPA. He was one of the key members who were instrumental in organising the 64th Indian Pharmaceutical Congress (IPC) in Chennai in 2012.

Jayaseelan started his career as an entrepreneur in the year 2000 and gradually raised a group of companies worth Rs. 500 crore in a period of ten years. He has wide industry contacts across India, USA and in 40 semi regulated markets.

He has promoted one formulation, one CRO and one API facility in Chennai which are all US FDA approved facilities. All these facilities were transferred to PAR Pharma inc, which is the fifth largest generic pharma company in USA.



EDITOR'S CORNER



INSPIRATIONAL STORY

TRAVEL BLOG

FITNESS REGIME

FASHION TIPS

Are you a carrot, an egg or a coffee bean?

A certain daughter complained to her father about her life and how things have been so hard for her. She did not know how she was going to make it and she wanted to give up. She was tired of fighting and struggling. It seemed that just as one problem was solved, another arose.

Her father, a chef, took her to the kitchen, filled three pots with water and placed the fire on high.

Soon the three pots came to a boil. In one he placed carrots, in the other he placed eggs, and in the last he placed ground coffee beans. He let them sit and boil, without saying a word. The daughter sucked her teeth and impatiently wondered what he was trying to do. She had problems, and he was making this strange concoction.

In half an hour, he walked over to the range and turned down the fire. He pulled the carrots out and placed them in a bowl. He pulled the eggs out and placed them in a bowl. Then he ladled the coffee out and placed the liquid in a bowl. Turning to her, he asked, “Darling, what do you see?”

Smartly, she replied, “Carrots, eggs, and coffee.”

He brought her closer and asked her to feel the carrots. She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. Her face frowned from the strength of the coffee. Humbly, she asked, “What does it mean Father?”



He explained. Each of them faced the same adversity, 212 degrees of boiling water. However, each reacted differently. The carrot went in strong, hard and unrelenting. But after going through boiling water, it softened and became weak.

The egg was fragile. A thin outer shell protected a liquid center. But after sitting through the boiling water, its inside became hardened.

The coffee beans were unique however. After they were in the boiling water, they became stronger and richer.

“Which are you”, he asked his daughter. “When adversity knocks on your door, how do you respond?”

Are you a carrot, an egg, or a coffee bean?

Are you the carrot that seems hard, but with the smallest amount of pain, adversity or heat, you wilt and become soft with no strength?

Are you the egg, which starts off with a malleable heart? A fluid spirit, but after a death, a breakup, a divorce, or a layoff, you became hardened and stiff? Your shell looks the same, but you are bitter and tough with a stiff spirit and heart internally.

Or are you like the coffee bean? The bean does not get its peak flavor and robustness until it reaches 212 degrees Fahrenheit.

When the water gets the hottest, it just tastes better.

When things are their worst, you get better, When people talk the most, your praises increase. When the hour is the darkest and trials are their greatest, your worship elevates to another level.

How do you handle adversity? Are you the carrot, an egg, or a coffee bean?

Get that Chic Look in Saree

Being stylish was always in fashion. Now you too can get a chic look and for that you need not wear short tank tops or hip-hugging jeans. You can do it with a saree!

Choose a saree that has somber colors such as light brown, light pink, peach, off-white, gray etc. Light colors give you youthfulness. Deep colors make you look mature and serious. If you are going for an evening party, avoid wearing deep colors such as maroon, red, dark blue, deep purple etc.

It is better if the design on your saree is not too bright or bold. For example, avoid big red glittering flowers or bold, thick designs. Instead, go for light embroidery. Some people think that bright colors draw people's attention. They are right. It does, but not on you. It draws attention to your saree, not on you. YOU should look good in what you wear; the saree alone shouldn't look good. Also, avoid excess glitter.

If you are heavy, then pick up a saree that has a good fall. It will snug up to your body, making you look slim. You can try modern styles of draping a saree such as Celebrity style, Cross Neck style, Stylish Look, V Neck Style.

Always remember to drape the saree around your body tightly. See to it that the fabric of the saree does not hang around loosely around your legs. And don't drape it too tightly, otherwise you won't be able to walk.



Draping Styles in Indian Sarees

Tuck the pleats exactly below your navel. As you walk they should flutter. Pin them up from the inside to make them stay in place. You can sport high heels with a saree, and nobody will ever know that you are wearing such high heels. Your saree will hide them. Get on with that catwalk of yours.

If you are fond of jewelry, then you can surely wear that pearl set of yours or your diamond necklace. Jewelry made from wood, terracotta, shell etc. are in fashion nowadays. Get rid of your heavy gold ornaments and get a sleek and stylish jewelry set for yourself.

Saree blouse does make a lot of difference to the way you look. If you generally wear saree in the ultra pallu style, then you can choose a blouse which has a decorative back. There can be work on the sleeves and the waistline. You can also get designer blouses, which have designs all over the blouse. To get a sensual look, you can go for spaghetti, halter neck, sleeveless or high neck blouses.

Light makeup goes very well with saree. Use your blusher, compact, eyeliner and lipstick. That is more than enough. You don't want to overdo it. Use light shades of lipstick and subtle glitter for a modern look. Don't use a matching eye shadow. Instead, use silver or gold eye shadow, whichever one will match with the work on your saree.

Now comes the hairdo. You can leave your hair open or tie half of them high on your head in a bun. Leave the rest of them open. If you are young, then you can tie all your hair in a neat, tight bun. If you are middle aged, then avoid that. You can get your hair curled or use a hair straightener, whichever you like.

Get the look you want!

FITNESS REGIME

As we get older, we start to lose vitamins and minerals and our health deteriorates. Our bones become smaller, weaker and more prone to serious injuries. We start to lose our strength and our cardiovascular health begins its downward spiral.

Do not link to any specific vitamin, calcium, Chromium, joint repair, muscle building (whey, etc...), joint repair products to this page.

Our skin begins to lose some of its natural elasticity and starts to sag. Instead of waiting for all kinds of diseases, we can choose to fight back. We can choose to exercise. A few of the hundreds of benefits of weightlifting and exercising include the prevention of heart disease, stroke, high blood pressure, diabetes, obesity, back pain, osteoporosis, psychological effects and many more.

Studies show that 13.5 million people have coronary heart disease, 1.5 million people have heart attacks per year, 8 million people have onset diabetes, 100,000 people are diagnosed with colon cancer each year, 250,000 people suffer from hip fractures per year, 50 million people have high blood pressure and over 60 million people are overweight.

All this can be prevented with regular exercise and a good diet. Come on, what have you got to lose.



WORKOUT

WHAT IS THE BEST WORKOUT FOR PEOPLE OVER 40? BE SPECIFIC.

The older you get, the weaker your body becomes. An adult over age 40 should start to experience a decrease in muscle size, strength and recovery time. Bones becomes increasingly more fragile and more prone for injury.

Testosterone levels begin to decrease and the ability to build quality muscle decreases greatly. Joints begin to ache after a hard days work. However, there is an easy way to slow this aging process down. Simply follow a good diet with a good routine and you can slow down this decay on your body. flowing through the body. Do 30 minute of moderate intensity cardio after workouts. Be sure to stretch before and after workouts. Allow 2-to-3 minute rest periods between each set.

PS: Will be continued in the successive months.

THE WORKOUT:

- Monday : Chest / Triceps
- Tuesday : Rest
- Wednesday : Back / Biceps
- Thursday : Rest
- Friday : Shoulder / Traps
- Saturday : Rest
- Sunday : Thigh / Calves / Abs

Do 5 minutes of light cardio before workouts to get the blood flowing through the body. Do 30 minute of moderate intensity cardio after workouts. Be sure to stretch before and after workouts. Allow 2-to-3 minute rest periods between each set.

10 PLACES YOU SHOULDN'T MISS WHEN YOU'RE IN PONDICHERRY (APART FROM LE CAFÉ)

1. Surguru - The South Indian food is unbelievably delectable. The idlis melt in your mouth.
2. The Sri Aurobindo Ashram - I worked here for a month. Their teachings are inspiring to say the least.
3. Eglise de Notre Dame des Anges - The peach and lemon church stands pretty in the evening pastel glow.
4. Paradise Beach - Take a boat across the backwaters to reach the beach.
5. Serenity Beach - The name says it.
6. The Golden Globe, Auroville - Touristy, yes. But a definite to do. (You need two days for this. And bookings that can be made a day in advance when you're in Auroville itself.) Also while you're at it, explore Auroville. There's no other place in India quite like it. And I found the loveliest bakeries. So Auroville is a must.
7. Daily Bread and the many bakeries surrounding it on the same street for the fresh marshmallows and the different flavors that you wouldn't know could be bread that would make you reconsider shifting there.
8. The Rendezvous Café.
9. Café de Flore - The Alliance Francaise café, al fresco, quintessential mango coloured walls and wrought iron twirly furniture set on a pretty manicured lawn. Need I say more?
10. Don Giovanni's and Giorgio's Pizza - Italian, if you feel like you need a change from all those South Indian restaurants and patisseries

Pondicherry

If peace and a break is the most sought after, then Pondicherry is surely one of the choicest holiday destinations in South India. The town offers a unique experience with its mix of modern heritage and spiritual culture. With a predominantly historical background, Pondicherry takes one centuries back in time.

Places to stay:

Pondicherry



<http://www.lavillapondicherry.com>



<http://www.oceanspray.in>

Places to stay:

Pondicherry



<http://www.dunecogroup.com/our-hotels/the-dune>



<http://la-maison-tamoule.neemranahotels.com>



<https://www.airbnb.co.in/rooms/7939662>

FUNNY RIDDLES

You can mail the answers to the email ID fathimajasmine@gmail.com and the Rotarian who gets all answers right will be featured in our next edition and also be given a small gift.

Answers will be provided in the next bulletin edition.

PS: No google search please!

1

What is greater than God,
more evil than the devil,
the poor have it,
the rich need it,
and if you eat it, you'll die?

2

Who makes it, has no need of it.
Who buys it, has no use for it.
Who uses it can neither see nor feel it.
What is it?

3

What 5-letter word
becomes shorter when
you add two letters to it?

4

Who makes it, has no need of it.
Who buys it, has no use for it.
Who uses it can neither see nor feel it.
What is it?

5

Q: Given these equations,
what does 4500 equal?

$8898 = 7$
 $4566 = 2$
 $1203 = 1$
 $2313 = 0$
 $4566 = 2$
 $5464 = 1$
 $7774 = 0$
 $1003 = 2$
 $9856 = 4$
 $9955 = 2$
 $1886 = 5$
 $1231 = 0$
 $8764 = 3$
 $4500 = ???$