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to the world



ROTARY CLUB OF ADYAR



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8th Guest Lecture on
**SOS CHILDREN'S
VILLAGE TAMBARAM**
on 5th January 2016

by

Mr. A.Jeyabalan

Asst Director
SOS Children Village

Mr. A.Jeyabalan Asst Director of SOS Children's village spoke at length and introduced the SOS Village's special services which are done uniquely.

He showed a 8 minute video on SOS Children village at Tambaram which was self explanatory and inspiring.

The Parental and Family way of bringing up orphan children at SOS Village as a Life time support along with reciprocating gestures from Children to Parents when they retire, captured every one's attention and there was lot of interaction even after the talk.

Rtn Senthil suggested to have one of our Monthly Family fellowships at this 5 acre SOS Village at Tambaram which would be unique in being with 183 Children at the village in 12 Families.

There was also a proposal to conduct FREE MEDICAL CAMP for these 200 odd persons at the SOS Village asap.



Revival Program

“Revival Program” for 40 Irular families of Nallambakkam affected by Chennai Floods

Distribution of “Surabi” stoves

- Distribution of “Surabi” stoves
- most used biomass stove by UNHCR

Distribution of “TLUD” stoves

Distribution of “TLUD” stoves - The asset with the “Earn While you cook” economic model

Distribution of “home cleaning kits”

- Distribution of “probiotic home cleaning kits” - Engineering an attitude shift towards green home cleaning practices

Revival Program

How biomass cookstoves can represent a model for ‘economic revival’ after a disaster in the community



January Events

Free Medical Camp

10th
January
2016



Free Medical Camp

sponsored by

The Chennai Speciality Klinik and
Rotary Club of Adyar





POLIO PLUS day at GOVERNMENT HEALTH CENTER, at SAIDAPET and at NANADANAM CENTER.

Polio Plus day was conducted exceptionally by **MNM JAIN COLLEGE ROTARACT CLUB**. More than 50 Rotaractors turned up for the event. President Ms. Sivakami organized the entire event and made it a successful event.





January Events

POLIO PLUS DAY

17th
January
2016





9th Guest Lecture on
**CLEAN DEVELOPMENT
MECHANISM:
CLIMATE AT THE
GRASSROOT LEVEL**

Er. E.K.Nareshwar

was the chief guest

Brief Profile:

18 years with Centre for Environment Education (CEE), Ahmedabad, 2 years with Vikram A. Sarabhai Community Science Centre, Ahmedabad, 8 years visiting faculty with Nirma University, also taught Glen Helen Ecology Institute, Ohio, Bernhiem Forest, Kentucky, and North Carolina State Park, Brown Summit, NC. Director of SUVIDHA, (NGO) based in Uttarakhand. At present working as independent consultant with NGOs and corporates for CSR activities in sustainable development and social enterprise. Successfully established organic and ecofriendly retailing hub for Scientech Technologies Pvt. Ltd., Indore. Following up for further scale up of climate change intervention in Nilgiris.



- He was instrumental in spearheading our service project at NILGIRIS.
- He started with his Rotary association in USA for a RYLA Program where he conducted a 3 day camp for the Rotaractors.
- He narrated his experience on NON INDUSTRIAL Projects.
- He showed a series of slides on his work especially on ORGANIC FARMING at UTTARAKAND.
- He touched on topics like Compost made out of Cow dung and its implementation on Villages.
- He also stressed on the need to escalate our Project at Nilgiris as the need for the society is high.
- Rtn.Seshaiah introduced the speaker



This was one of the best Fellowships we had this year as the theme **PONGAL** added flavour to the whole event, which triggered greater participation with cultural events.

Kudos to the Fellowship committee with veterans like Rtn Iyengar, Rtn Siva, Rtn Jayaraman, Rtn Sathish, Rtn Gomathi, Rtn Srinivasan giving their best to make this function a memorable one.





The highlights of the event are :

1. Real Pongal
2. Jallikattu Photo sessions
3. Palm reading and Josiyam
4. Karagattam



5. Local Sweets and Condiments
6. All were dressed up in SOUTH INDIAN TRADITIONAL DRESS which added real colour.



*Totally it was a **CLOSE FAMILY AFFAIR** for which RA is known for. There was friendship - fellowship - Partnership - Leadership and every one enjoyed the occasion as the bonding becomes deeper and deeper !!*



EDITOR'S CORNER



DEEP BREATHING EXERCISES

AMAZING HUMAN BODY FACTS

GYM BUNNIES - A RESEARCH

5 Benefits of Deep Breathing Exercises

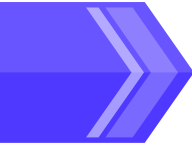

Deep breathing exercises just might save your sanity. The next time you feel angry, stressed or anxious, pay attention to your breathing. Chances are when negative emotions run high, your breaths become short and shallow. In fact, I would bet that many of us rarely more than a couple deep breaths during an entire day, even when we're not feeling stressed (and when is that?). And if you're not taking deep breaths, you could be missing out on one of the simplest ways to drastically improve your health.

Stress management is an important key for improving your health and quality of living, and I believe deep breathing exercises are a foundational principle of managing life's stresses. Whether you experience negative emotions or physical pain, the body responds in a similar way every time. You may experience a rapid heartbeat, tightening muscles, dilated pupils and perspiration in addition to short, quick breaths. This is not only an instinctual reaction, but a habit the body has developed over time in response to stressful situations. And any time you feel a twinge of anger or anxiety coming on, the body starts pumping out the juices (namely adrenaline and cortisol) that fuel this response once again.

This kind of physical reaction is tied to health problems like cardiovascular disease, insomnia, hypertension (high blood pressure), indigestion, increased infections and autoimmune disease. It also contributes to depression, anxiety and other mental health issues.

5 Ways You'll
Benefit from Daily
Deep Breathing
Exercises





Fortunately, you can reclaim your physical and mental health by practicing deep breathing exercises. These exercises can reverse your body's natural reaction to stressful conditions, which will help you manage negative emotions and even physical pain more effectively. We can't always eliminate stress from our lives, but we can learn to deal with it in a healthier way.

So, what exactly do deep breathing exercises do for you? When you learn to take deep, slow breaths, your body reacts in many positive ways:

#1 - Your muscles relax. You'll find it's difficult to maintain a lot of physical tension when you are breathing properly.

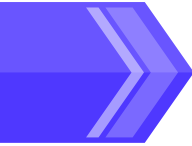

#2 - Oxygen delivery improves. When you breath deeply and you are relaxed, fresh oxygen pours into every cell in the body. This increases the functionality of every system in the body. You will also notice improved mental concentration and physical stamina.

3 - Your blood pressure lowers. As your muscles let go of tension, your blood vessels dilate and your blood pressure can return to a normal level.

#4 - Endorphins are released. Deep breathing triggers the release of endorphins, which improves feelings of well-being and provides pain-relief.

#5 - Detoxification improves. Good breathing habits help the lymphatic system function properly, which encourages the release of harmful toxins. This cleanses the body and allows it to direct its energy to more productive functions.





Deep breathing exercises are very easy to do if you take the time to do them properly. Here is a basic routine that will help you learn the ropes of deep breathing:

1. Lie down in a comfortable, quiet place. Allow yourself to be free from distractions for at least 5-10 minutes.
2. Give yourself a moment to start relaxing your muscles. Seek out places that are holding tension and release it.
3. Inhale deeply, filling your lungs with air. Bring the air into your abdomen, not just your chest. Count slowly to five as you inhale.
4. Exhale deeply, emptying your lungs completely. Again, count slowly to five as you exhale. As you exhale, release tension from your muscles.
5. Continue to inhale and exhale deeply for several minutes, counting slowly to five each time. Concentrate on your breathing and counting. Let your mind take a break from distractions.

Try and do this exercise (or something similar) at least once a day. It really makes a difference!

Amazing human body facts



Did you know that during your lifetime you'll eat approximately 35 tons of food or that the average human will grow 590 miles of hair? A fascinating new book by MITCHELL SYMONS interprets our world

HUMAN BEINGS

- 2 The number of teeth lost, on average, every 10 years by a person who smokes 20 cigarettes a day.
- 2.72 The weight in kilograms of lipstick the average woman uses during her life.
- 3 The number of times around the world a person will walk in the average lifetime.
- 7.5 On average, murderers are 7.5 years younger than their victims.
- 10 There are 10 distinct types of laughter (amused, joyous, sympathetic, polite, relieved, disappointed, embarrassed, stressed, commenting and ironic).
- 10 The number of days a person can go without sleep before dying. A person will die from total lack of sleep sooner than from starvation.
- 700 Wearing headphones for an hour increases the bacteria in your ears 700 times.



THE HUMAN BODY

- 2 The amount in metres of nose hair an average person grows. 17 The number of muscles we use to smile.
- 25 If all 600 muscles in your body pulled in one direction, you could lift 25 tons.
- 100 How fast a human sneeze travels in miles per hour.
- 121 The number of litres of tears an individual sheds in a lifetime.
- 450 The number of hairs in an average eyebrow.
- 590 The length of hair in miles that the average person will grow during their life.
- 9,000 Of the 10,000 taste buds in the average human mouth, 9,000 are on the tongue (the other thousand are on the palate or in the cheeks)
- 86,000,000 The number of bits of information per day that the human brain is capable of recording.
- The averages person's hair will grown up to 590 miles during their entire life
- 400 quarter-pound burgers can be made from one beef carcass



Gym bunnies are wasting their time

Gym bunnies who spend hours working out in an attempt to shed unwanted flab are wasting their time, research suggests.

The body adapts to higher activity levels - changing metabolism so that fewer calories are burned, the US study indicates.

Researchers measured the daily energy expenditure and activity levels of more than 300 men and women.

Those with moderately active levels - such as a daily walk to work, and a trip to the gym twice a week - were found to burn about 200 calories more per day than those living couch potato lifestyles.

But after a certain threshold - described by scientists as a "sweet spot" - the extra time working up a sweat made no difference to the amount of calories burned.

Experts said it might explain by those who embark on gym routines in a bid to weight loss often see weight loss hit a plateau after a few months.

Lead scientist Dr Herman Pontzer, from the City University of New York, said the findings showed that exercise alone was not enough to prevent or reverse weight gain.





He said he decided to explore the link between activity and energy expenditure after working among a community of traditional hunter-gatherers in northern Tanzania.

He said: "The Hadza are incredibly active, walking long distances each day and doing a lot of hard physical work as part of their everyday life.

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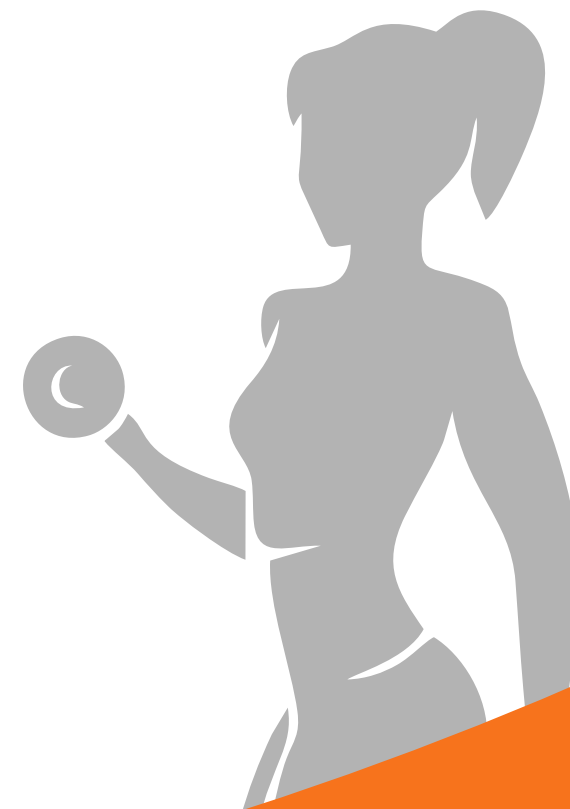
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He said: "The Hadza are incredibly active, walking long distances each day and doing a lot of hard physical work as part of their everyday life.

"Despite these high activity levels, we found that they had similar daily energy expenditures to people living more sedentary, modernised lifestyles in the United States and Europe. That was a real surprise."

The study measured the activity and food consumption of more than 300 men and women over a week.

Those with moderate activity levels were found to expend the most calories.

Dr Pontzer said such lifestyles might involve walking or cycling to work, taking the stairs rather than the lift, and a couple of bursts of exercise, such as gym trips, during a week.

But doing more than that made no difference.

"The most physically active people expended the same amount of calories each day as people who were only moderately active," said Dr Pontzer.

The findings, published in the journal *Current Biology*, reinforce the message that you cannot duck the importance of diet when trying to lose weight, scientists said.

However, they stressed that exercise had a host of benefits for maintaining health.

Dr Pontzer said: "There is tons of evidence that exercise is important for keeping our bodies and minds healthy, and this work does nothing to change that message.

"What our work adds is that we also need to focus on diet, particularly when it comes to managing our weight and preventing or reversing unhealthy weight gain."

