



Be a gift  
to the world



ROTARY CLUB OF ADYAR



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## President's Message

Dear RCA Members, Past Presidents, Incoming BOD team, District officials, Well wishers,

We had an eventful Rotary year as we are stepping in to the last 2 months of this Rotary year 2015-16 and also at the threshold of another great year through the stewardship of incoming President Rtn. Sathish and his specially selected Board of Directors.

I took over as President when there was a crisis and I could not even attend PETS for the year as I resumed duty after PETS.

But due to the great support of the Board members, Past Presidents, Club members, District officials and well wishers, I could perform quite satisfactorily with a plethora of Projects that are worth venturing.

### The high light of events are :

- Starting of RCA Global academy
- Starting of Marathan as an Annual event for Fundraising and Health care besides forging a relationship with the organization COOL RUNNERS
- Developing Overseas Contacts and getting overseas funds from Australia
- Participating and completing Sangamitra Project 1 and doing the Sangamitra project 2 .
- Upgrading of Kandigai Panchayat school beyond Global grant through RCA funds .
- Developing long lasting service relationship with 5 organizations who are already in to Social service.
- Conducting 22 Guest lectures in this year on topics of prime importance and creating an intellectual stir in our activities besides earning friendship among guest speakers.
- Helping nearly 10 deserving students for their Educational expenses in this year through funds from members .



## President's Message

So it is my duty to thank every one who had given a supportive hand to me and the team .

I have also decided to nurture RCA Global academy along with Secretary RtnEashwer for another 2 years to make it stand on its own leg with continuous programs and funds raised . So this project is going to be an eternal activity of our Club and we hope to reach the complete Rotary fraternity with Online programs .

So finally in this year We have faired well in the major domains of Rotary such as :

Useful Programs / Fellowship / Fundraising /Relationship with other org / Vision for future / Membership retention / new members sourcing etc .,

As a Gifted resident , Once again my heartfelt thanks to one and all and I thoroughly enjoyed the President role and learnt life lessons which gave me happiness and enjoyment .

Thanking you ,

Yours sincerely,

**N.R.JAYARAMAN**

*President - RC Adyar - 2015-16*



Closed Door Meeting

The following club members attended the CLOSED DOOR MEETING and discussed on the proposed District By Laws and suggested recommendations

3<sup>rd</sup>  
May 2016

President Rtn NR Jayaraman	Secretary Rtn Eashwer	President Elect Rtn Sathish
PP Rtn Gopal	Director Club services Rtn Sivakumar	Rtn Ananth
Rtn Rajendran	Chairman - Programs Rtn Ramesh	Rtn Srinivasan



"Lingering Legend - MSV!"  
by a team from MSVTIMES.COM

10<sup>th</sup>  
May 2016

Three speakers were invited to talk on MSV and his great achievements.

**S.Vaidyanathan; Sriram Lakshman;  
Sivasankaran**

**S. Vaidyanathan**

From being a restaurateur for nearly 20 years, he is now serving an organization in the digital marketing arena maintaining a webpage for one of India's oldest and leading english dailies. His passion towards quality music in all through these years is what that led him to start this website and he is the Co-Founder of MSVTIMES.COM. There are several articles to his credit that have been uploaded in this site. He was MSV's closest confidante for over a decade and several of sensitive tasks related to MSV were thus entrusted to him.

TRIBUTE TO  
M.S. VISWANATHAN



## Sriram Lakshman

An IT professional for over 30 years. This facet of his formative and professional life ensured that he became well versed with music of several regions and this helps him map the works of MSV against the vast canvas of Indian Film Music and World Music. SriramLakshman is the most prolific writer not only on MSVTIMES.COM but on several musical websites delving in film music, most of them in research oriented technical analysis.



**Sivasankaran Vaidyanathan** - A huge admirer of Shri. MSV. Started his career with Ranbaxy and is currently working as the National Sales Manager with Kalyx India Healthcare. His principals are based in Germany and are one of the biggest manufacturers of surgical disposable parts, medical equipment & surgical implants. He has been in the healthcare industry for more than 3 decades and has travelled around the globe and to every nook & corner of the country.





15<sup>th</sup>  
May 2016

Our Annette club  
won the award  
again!!!



15<sup>th</sup>  
May 2016

Photos on the Award giving event on 15th May for RCA'S annettes club by District. Event was held at Rotary centre. It also had a lecture on Public speaking by RtnOlivannan. Our Annette's enjoyed the program thoroughly.





Guest Lecture

# First joint club Meeting of RC ADYAR at PRESIDENCY CLUB with Ambattur - T Nagar - Annanagar - Galaxy - Gemini Clubs

17<sup>th</sup>  
May 2016

## PDG Rtn VENKATESH

was the chief guest and he gave us a special speech  
on COL - COUNCIL ON LEGISLATION - RI ENTITY



# District Conference in Chettinad Health City

22<sup>nd</sup>  
May 2016



RCA team in unique uniform at the District training conference at Chettinad Health City. Thanks to the incoming President Rtn. Sathish for this thought of having a color-coded dress for his team. We all loved it and hoping to serve the next year in full commitment.

“EDU DHARMA & SOCIAL ENTREPRENEURSHIP”  
+ MISSION "NO FOOD WASTAGE"  
Speakers from "SPICE FOUNDATION"

24<sup>th</sup>  
May 2016

at HOTEL SAVERA at 6.30 PM



**Balaji Narayanasamy**, co founder of **Spice Foundation**, social entrepreneur, Manager at Naga skill development center. Actively working to solve social problems. His visions are:

**No food waste** - Working towards to develop India as a hunger free India using ways to reduce food waste and recover excess food from all venues such as marriage halls, Corporate offices, institution and restaurant.

**Edudharma** - Edudharma is India's first crowdfunding platform for education. Edudharma raises fund for deserving candidates to achieve their dream.

**Solid waste management** - a recent problem of India and actively working with different corporates and institutions to develop no dumping cities.

**Naga Skill Development Center:** Skill development center established by Naga public ltd to train people from underprivileged family background in catering fields. They have trained 20 peoples from poor familiesto help them improve their livelihood.





## Bharanitharan SK

Activities that he does

- 1) Traffic awareness program with Thozhan team - to make accident free nation we are doing this activity in Chennai and Salem
- 2) Providing scribes for the visually challenged students in Chennai
- 3) Core member of No food waste team and taking care of Chennai and Salem NO Food waste team.
- 4) Worked for 2016 election with election commission and had done campaign for 100% voting at Salem



# RCA annettes club donated 25 kg of rice to ARUNODHAYAM

31<sup>st</sup>  
May 2016

President Pankaj, Secretary Arvindsubramanian and  
IPP Soundarya were present

Ann Chitrathiagu guided the club



# GUEST LECTURE on GST by Mr. G.Viswanathan

31<sup>st</sup>  
May 2016

at Hotel Savera



- This was well attended and the lecture was thought provoking as the speaker had presented with a PPT comprising statistics, advantages, challenges on GST Implementation.
- Members asked various queries as the effect of GST will be felt by every one in Business.
- In a nutshell he said GST is Location based and all the states who consume goods will be benefitted than the states who produce goods.
- Being a Professional Tax consultant He covered all the details of GST and He was also ready to clear doubts if members send e mails to him.

## Happy Birthday

1-May	<b>Rtn. Karunakaran</b>	
3-May	<b>Raveendran</b>	Son of Rtn. Gandhi
4-May	<b>Rtn. Sengottuvel</b>	
4-May	<b>Rakshitha</b>	Daughter of Rtn. Boopathiraja
5-May	<b>Suraj Menon</b>	Spouse of Rtn. Archana
6-May	<b>Lakshmi</b>	Spouse Rtn. Jayaraman
7-May	<b>Varsha</b>	Daughter of Rtn. Gomathi
13-May	<b>Pandiarajan</b>	Spouse of Rtn. Latha Rajan
14-May	<b>Sandeep</b>	Son of Rtn. Dr. Shyam Sundar
14-May	<b>Rtn. Krishnan</b>	
15-May	<b>Geetha</b>	Spouse of Rtn. Rajashekar
16-May	<b>Rtn. Vijay Prabhu</b>	
17-May	<b>Malathi</b>	Spouse of Rtn. Muthukumar
19-May	<b>Abhinav Suresh</b>	Son of Rtn. Padmalatha Suresh
20-May	<b>Vivek</b>	Son of Rtn. Kannan Arumugam
20-May	<b>Meera</b>	Spouse of Rtn. Suresh M
25-May	<b>Mahima</b>	Daughter of Rtn. Sundarrajan
27-May	<b>Rtn. Muthukumar</b>	

## DID YOU KNOW?

## Happy Anniversary

5-May	<b>Rtn. Rajashekar &amp; Geetha</b>
7-May	<b>Rtn. Mohan Barathan &amp; Latha</b>
11-May	<b>Rtn. Narasimha Iyengar &amp; Prabha</b>
20-May	<b>Rtn. Jayaseelan &amp; Sugirtha Jayaseelan</b>

# EDITOR'S CORNER



FITNESS

TRAVEL

THIRUKKURAL

FACTS TO PONDER



## Forties? - time to get fitter!



According to the research by University of Houston, while fitness declines gradually as we age, it's in our mid-40s when the body is going through a series of key changes that the drop is most marked.

That also happens to be the time of life defined by the World Health Organization as the start of middle age. The scientists discovered that although men reaching 45 are more prone to the fitness slump, it's also a landmark for women. As the body ages muscle cells begin to shrink and we lose strength. We're also more prone to aches and stiffness because the body takes longer to recover from physical activity than when we're in our 20s and 30s.

But there are things that are fun to do and more engaging. Cycling is a fantastic form of exercise in your 40s. Golf is also good but you should carry or pull your clubs and not rely on a buggy. The benefits of walking should not be underestimated. A good investment is a step counter, which is pinned to the belt and indicates how far you've walked each day. Aim for 10,000 steps a day by enjoying lunchtime walks, taking the stairs instead of the lift.

## Travel Forum: MANALI, Himachal Pradesh



Manali, at the northern end of the Kullu Valley in Himachal Pradesh, is a hill station situated at a height of 2050m (6398 ft) in the Himalayas. Situated on the Beas river (Vyaas in Hindi) and near its source, it is a popular tourist spot for Indians in summer and a magical, snow-covered place in winter.

### Attractions:

Rohtang Pass, at an altitude of 3979m (13,050 ft) above sea level, is another adventure tourist site where it can be cold even on a summer day. It is the highest point on the Manali-Keylong road and provides a wide panoramic view of mountains rising far above clouds, which is truly breath taking.

## Hadimba Temple



## Kalath Hot Water Springs

Sulfurous water flows from the bowels of earth. Public bath areas and private bath areas are available. "AsiaSulphur hot water spring" is a small hotel where private bathroom can be hired on per-person basis (c. ₹100/person).

## Hadimba Temple

popularly known as Snow Point, is 13 km northwest of Manali and famous for its 300m ski lift. The Ski Lift ticket is ₹500 per head for a trip both ways. It is a picturesque spot and offers splendid views of glaciers and the snow-capped mountains. Solang valley also offers attractions like paragliding, snorkeling etc. Jagatsukh, the former capital of Manali, is also an important spot.

## To Do

- Hot natural Sulphur water bath at Kalath (6.5 Km downstream), Vashisht village (3 Km upstream) or Manikaran.
- Paragiliding, Rock Climbing
- Get your photos clicked with either rabbits or yaks (near the Hidimba Temple). It will cost about ₹10-20 (USD0.50) for a single photo.
- One can also enjoy paddle boating in a fun park near Hidimba temple.
- River rafting, skiing, zorbing, trekking, snow scootering, and river crossing.
- One of the best adventure companies is the High Himalayan Adventure, based in Vashisht village.



Where to stay

## The Himalayan Resort & Spa

The Himalayan is an exclusive boutique resort located 1.5 kms. from Manali town centre on Hadimba Road.



<http://www.thehimalayan.com> | Ph: 88940 05999



Where to stay

## Tall Trees Resort



<http://www.talltreesresort.com>

## Where to stay



[https://www.airbnb.co.in/rooms/1322241?s=S\\_e3aib1](https://www.airbnb.co.in/rooms/1322241?s=S_e3aib1)



# ஈதல் இசைபட வாழ்தல் அதுவல்லது ஊதியம் இல்லை உயிர்க்கு

THIRUKKURAL

## கலைஞர் உரை:

கொடைத் தன்மையும், குன்றாத புகழும் தவிர வாழ்க்கைக்கு ஆக்கம் தரக் கூடியது வேறெதுவும் இல்லை.

## மு.வ உரை:

வறியவர்க்கு ஈதல் வேண்டும் அதனால் புகழ் உண்டாக வாழ வேண்டும், அப் புகழ் அல்லாமல் உயிர்க்கு ஊதியமானது வேறொன்றும் இல்லை.

## சாலமன் பாப்பையா உரை:

ஏழைகளுக்குக் கொடுப்பது; அதனால் புகழ் பெருக வாழ்வது; இப்புகழ் அன்றி மனிதர்க்குப் பயன் வேறு ஒன்றும் இல்லை.

## பரிமேலழகர் உரை:

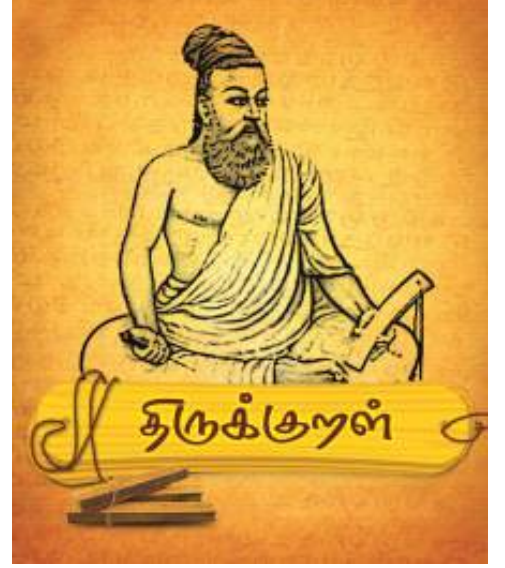
[அஃதாவது, இவ்வாழ்க்கை முதல் ஈகை ஈறாகச் சொல்லப்பட்ட இல்லறத்தின் வழுவாதார்க்கு இம்மைப்பயனாகிய இவ்வுலகின்கண் நிகழ்ந்து இறவாது நிற்கும் கீர்த்தி. இது, பெரும்பான்மையும் ஈதல் பற்றி வருதலின், அதன்பின் வைக்கப்பட்டது.) 'ஈதல்' - வறியார்க்கு ஈக, இசைபட வாழ்தல் - அதனால் புகழ் உண்டாக வாழ்க, அல்லது உயிர்க்கு ஊதியம் இல்லை - அப்புகழ் அல்லது மக்கள் உயிர்க்குப்பயன் பிறிது ஒன்று இல்லை ஆகலான். (இசைபட வாழ்தற்குக் கல்வி, ஆண்மை முதலிய பிற காரணங்களும் உளவேனும் உணவின் பிண்டம் உண்டி முதற்று (புறநா.18) ஆகலின் ஈதல் சிறந்தது என்பதற்கு ஞாபகமாக 'ஈதல்' என்றார். உயிர்க்கு என்பது, பொதுப்படக் கூறினாரேனும், விலங்கு உயிர்க்கு ஏலாமையின், மக்கள் உயிர்மேல் நின்றது.)

## மணக்குடவர் உரை:

புகழ்பட வாழ்தலாவது கொடுத்தல். அக்கொடையா னல்லது உயிர்க்கு இலாபம் வேறொன்றில்லை. இது புகழமுண்டாமாறு கூறிற்று.

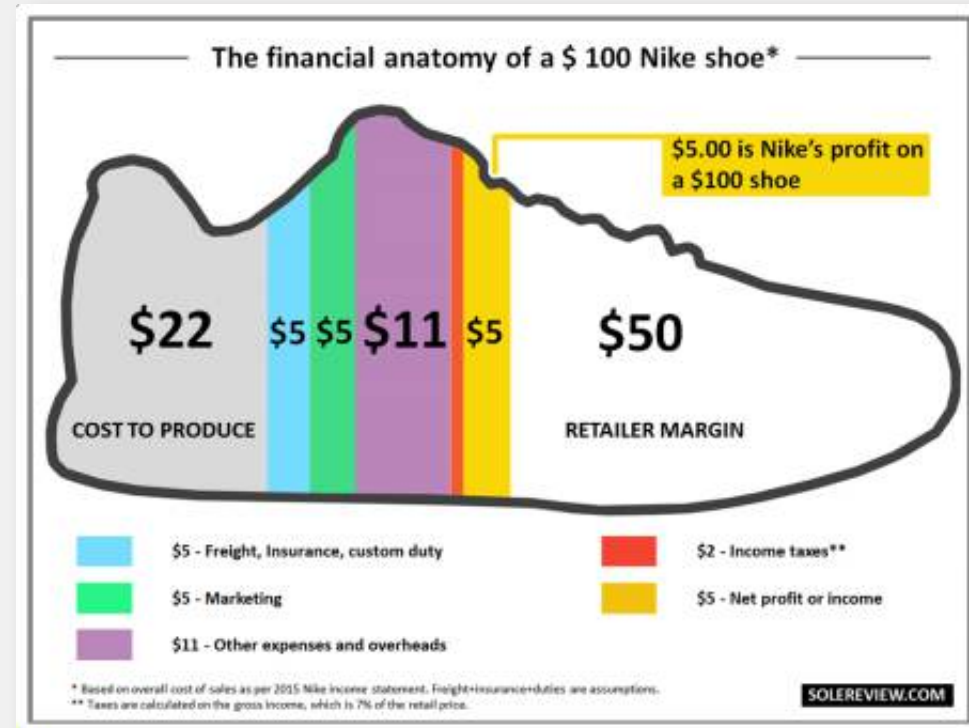
**Translation:** See that thy life the praise of generous gifts obtain;  
Save this for living man exists no real gain.

**Explanation:** Give to the poor and live with praise. There is no greater profit to man than that.



## FACTS TO PONDER

A sample 1000 rupee meal.  
The VAT + Service Tax (Including Swachch Bharat Cess) would be 195.5. (Govt earning 195.5)  
Now to take home that 1000 rupees, i had to earn 1333.33 rupees (25% approx Income Tax on salary). (Govt. earning 333.33)  
I had to use my bike for the 20km trip to and fro home. Fuel Expenses - 45 Rupees (Govt earns 23 rupees on that. Including latest excise hike of 1.50)  
So when i went out for a meal for 1000, the Govt. earned  $195.5 + 333.33 + 23 = 551$  Rupees.  
This is your today's lesson on direct and indirect taxation.





## Some interesting facts about Rotary

- There are more than 1.2 Million Rotarians all over the world in more than 33,000 Rotary Clubs in more than 200 countries in all geographic areas.
- The Rotary Foundation Ambassadorial Scholarships is the world's largest, privately funded scholarship program.
- Providing vitamin A supplements during polio National Immunization Days has averted an estimated 1.5 million childhood deaths since 1998 - testimony to the "plus" in PolioPlus.
- The first project of the first Rotary club of Chicago was installation of public toilets in the city.
- The first Rotaract Club was formed in Charlotte, North Carolina, USA.
- The first women joined Rotary in 1987. Today, more than 196,000 woman are members of Rotary International.
- Since 1978 under the Health, Hunger and Humanity (3-H) Program, 340 projects in 78 countries have been funded from Rotary International totalling US-\$ 87 million.
- 2006 - Polio was reduced to four countries: Afganistan, India, Nigeria and Pakistan.

Did  
**YOU**  
Know?