



Be a gift
to the world



ROTARY CLUB OF ADYAR



Rotary

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Message from President

Dear RCAMembers ,

Greetings .

The Month October 2015 was a hectic and active month with full of activities . We started with Governor's visit on 6th October 2015 , which was not only Productive but also noteworthy to say that our District 3230 team was quite happy on our Progress as well as on the Path forward plans. Governor DG Raju evinced keen interest in our Club and asked us to pitch in with wider bandwidth as He is confident on our capabilities !!The Quarterly report presented to the DG was comprehensive and exhibited all the events of our Club .

In the DG Visit meet ,The Sangamitra project funding was approved in principle for an approximate sum of Rs 8 Lakhs and the beneficiary is going to be our adopted school at KANDIGAI . At this juncture I must recollect and thank all the support from our members all these years on this project especially Senior Rotarians who have had special vision for this School in spite of hurdles and challenges !!

Another mile stone reached in October was the birth of RCA GLOBAL ACADEMY which is a TWO in ONE PROJECT to educate the needy and raise funds on continuous basis . This website is a self explanatory one and I request each member to log in www.rcaglobalacademy.com to understand , appreciate and support for this noble cause which is a permanent identity for our club since this is FIRST OF ITS KIND IN OUR DISTRICT 3230 . We aim at fostering ON LINE COURSES later to attract global audience which will also be a BRANDING for our club which is 31 years old in the field of Human service, clubbing veterans and professionals from all walks of life .





Message from President

Our Second classification talk for this Rotary year was on 13th October which was delivered with vigour by our Green Rotarian Chockalingam on ASSET MANAGEMENT . In a nutshell it was an eye opener and a thought provoking presentation . RCA is lucky to get such professional members who can contribute immensely in various classification which is the real strength of any Rotary club.

We had an interesting Guest Lecture from our District AG Elect Rtn.Vasanthi Ranganathan from Ambattur Rotary club on the 27th October 2015 which was unique in its design . She narrated a series of thought share on TRANSFERABLE SKILLS which was very well received by one and all . Her vast experience in the field of education was revealed in that 20 minutes talk and We all enjoyed.

We had our Board meeting on Friday the 30th October 2015 which was hosted by Rtn.Anandkumar at Madras Race club in Guindy which also had record attendance of our Board members.

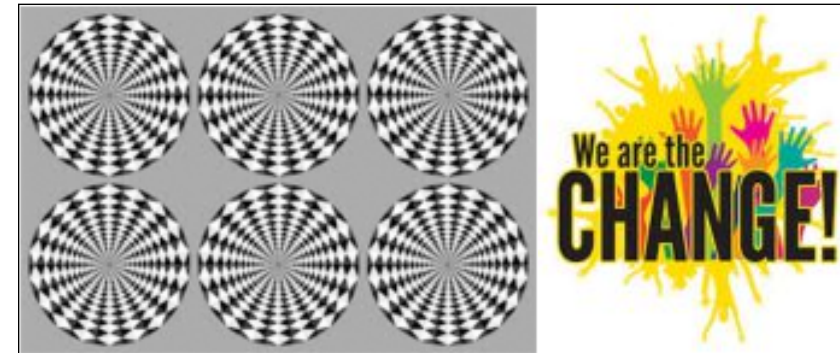
Dear Members , November 2015 is NOT going to be less active compared to October . We have a bag full of events planned. Let us just participate and enjoy every Rotary event which would be self fulfilling and soul searching !!

Let us be a Gift to the world through the world of Rotary !!!!

Ever Yours

NR JAYARAMAN - President - Rotary Club of Adyar

(2015-16)





October Events

District Governor
Rtn C.R. Raju to RC Adyar

6th
October
2015



We had a great meet at Hotel Savera, where our DG CR Rajuspent nearly 5 hours of his valuable time. Being a Friend, Philosopher and Guide to all of us he shared his experience and gave workable solutions and suggestions to many of our functional challenges. He met the Board of Directors separately and exchanged views and understood each avenue of service.

At the outset it was a productive meet and an experiential learning for all of us.

He also launched our website www.rcaglobalacademy.com for our fundraising movement through Training programs, which could not have had a better occasion for its launch.



October Events

District Governor
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October
2015





October Events

Launch of
www.rcaglobalacademy.com

6th
October
2015

Launch of www.rcaglobalacademy.com by our DG Rtn. C.R.Raju on 6th October 2015 at ROTARY CLUB OF ADYAR.

An ambitious project of SHARING THE KNOWLEDGE THROUGH A FUND RAISING VOYAGE by ROTARY CLUB OF ADYAR was launched by our District Governor during his CLUB VISIT to RC Adyar.

He evinced keen interest as he declared the project as one of the most impressive ones since he could visualize its growth and long term sustenance.

This exclusive website has the following features . The DISTRICT has committed its support in promoting the site through all its multifaceted avenues across the District and also among the Global Rotary Fraternity.

This website is **FIRST OF ITS KIND IN THE HISTORY OF ROTARY DISTRICT 3230** which paved way for the birth of a GLOBAL ACADEMY.





October Events

Special features:

1. SCHEDULE OF TRAINING PROGRAMS
2. HISTORY OF PAST PROGRAMS
3. HISTORY OF PAST PROGRAMS' FEEDBACK
4. ONLINE PAYMENT GATE WAY (www.explara.com)
5. OFF LINE PAYMENT RECORDS
6. SOCIAL MEDIA MARKETING ([FB](#), [Twitter](#), [Linked in etc](#))
7. ALL ABOUT FACULTY MEMBERS - Profiles of Past - Present - Future Faculty
8. RELATED INTERACTIVE BLOG
9. DIRECT LINKS TO E MAILS FOR INVITES - Auto connect
10. DATABASE OF ALUMNI
11. INTRODUCTION OF TOPIC THRO' VIDEO by FACULTY
12. FACULTY CHAT & OTHER WEBSITES FOR FURTHER REFERENCE ON TOPICS



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Banking industry and My role in Banking



Rtn. Chockalingam spoke eloquently and answered all the queries diligently. He spoke on his profession BANKING as VICE PRESIDENT in HSBC. Our senior most PP Rtn. RAJASEKARAN gave the Vote of thanks and congratulated the speaker for his excellent presentation.



October Events

2nd Classification talk by Rtn. Chockalingam

13th
October
2015





October Events

5th Guest lecture on Transferable Skills by Rtn. Vasanthi Ranganathan

27th

October
2015

The outline of the Lecture was of jobs related to skill sets. The world of work keeps expanding, changing some skills become obsolete .

Is re-training essential?

Can skills acquired in one sphere be transferred to another domain?

Example - home maker or retired, voluntary or otherwise or fresher's change, adapt to not only emerging jobs but also to things they have not done before.

Rtn. Vasanthi Ranganathan touched upon the entire employment and engagement spectrum which the audience could easily related to their own experience .





October Events

5th Guest lecture on Transferable Skills by Rtn. Vasanthi Ranganathan

27th
October
2015





October Events

President's Visit to Anilkaadu

2nd
October
2015



Rotary club of Adyar along with Island Trust, Kotagiri distributed Biomass cook stoves, Solar powered LED lighting, safe water to tribal households of Anilkaadu. Our President Rtn Jayaraman was invited as the chief guest. The villagers were immensely happy and they were very thankful to our club and the trust.

Concept 4E along with SERVALS, Chennai, Rotary Club of Adyar and Island Trust, Kotagiri ideated a CSR Project for the tribal/rural households in The Nilgiris....





கோத்தவிரி அணில்காடு ஆதிவாசி கிராமத்தில் பாதுகாப்புடன் கூடிய சமையல் அடுப்பு பயன்பாடு குறித்து செயல் விளக்கம் அளிக்கப்பட்டது.

இருளில் பரிதவித்த ஆதிவாசி கிராமத்துக்கு 'சோலார்' மின் வசதி

கோத்தவிரி, த.க. 4-

கோத்தவிரி அருகே, இதுவரை மின் வசதி இல்லாமல் இருளில் தவித்த ஆதிவாசி கிராமத்துக்கு, 'சோலார்' மின் வசதி ஏற்படுத்தப்பட்டுள்ளது.

கோத்தவிரி ஊராட்சி ஒன்றியம், கொண வக்கரை ஊராட்சிக்கு உட்பட்ட அணில்காடு கிராமம். இருளில் வாழும் இக்கிராமத்தில் இது வரை, மின்வசதி இல்லை. வனத்தின் நடுவே, அமைந்துள்ள இக்கிராம மக்கள், வன விலங்குகளின் அச்சத்திற்கு இடையே, வெளியில் சென்று வந்தனர்.

ஐலண்ட் அறக்கட்டளை மற்றும் சென்னை அடையார் ரோட்டரி சங்கம் சார்பில், கிராமத்தில் 'சோலார்' மின்வசதி ஏற்படுத்தப்பட்டது. இங்குள்ள, 10 வீடுகளுக்கு, நீண்ட நாள் உழைக்கக்கூடிய, மூன்று எல்இடி பல்புகள் பொருத்தப்பட்டுள்ளன. தவிர, கிராமத்தின் மையப்பகுதியில் எல்இடி தெருவிளக்கும் அமைக்கப்பட்டுள்ளது. 'சோலார்' மின்சாரம் மற்றும் ஸ்டவ் பயன்பாடு துவக்க விழா நேற்று கிராமத்தில் நடந்தது.

ஐலண்ட் டிரஸ்ட் அறங்காவலர் அல்போர்ட் ராஜ் தலைமை வகித்தார். கோத்தவிரி பேரூராட்சி தலைவர் வாப்பு மற்றும் கவுன்சிலர் சீனிவாசன், முன்னிலை வகித்தனர். ரோட்டரி சங்க தலைவர் ஜெயராமன் சிறப்பு விருந்தினராக பங்கேற்றார். ஒருங்கிணைப்பாளர் கிருபாளினி நன்றி கூறினார்.

The objective was

1. Transition low income households in tribal/rural areas of The Nilgiris district, Tamilnadu to safe, affordable and sustainable cooking practices by creating a market based solution for clean and safe cooking. Additionally create an "Earn while you Cook" economy scenario. (Social Enterprise)
2. Provide Solar-powered LED Lighting for better illumination, energy saving and eliminate environmental contamination.
3. Selectively secure villages and households from wild animals, by erecting solar-powered electric fencing.
4. Improve sanitation by providing bio-toilets.
5. Provide low-cost drinking water filters using charcoal generated from stoves.
6. Provide Package of Practices (PoP) in terms of Clean Development Mechanism (CDM) for climate resilient communities.



October Events

President's Visit to Anilkaadu

2nd
October
2015



As a pilot venture, Anilkaadu village near Kotagiri was selected. This Village is non-electrified and has 10 house-holds. Bisons, Leopards and Sloth-bears are regular visitors to this small village.

Funds for the Project was sponsored by The Rotary Club of Adyar, Chennai with additional contributions from the Villagers themselves.

On Oct 2nd, the Project was completed and inaugurated... Each Home has been lit with 3 nos of LED Bulbs powered through a Solar-Panel and gifted with Two Nos of Bio-Mass Cook Stoves that are smokeless...

It was heartening to see the Tribal homes glowing with light for the 1st time, which has brought smiles to the faces of its inhabitants... :-) ; -)

The Village kids promised to get 1st ranks this year because they could study longer hours in the evening now.... It was really heart touching!



October Events

End Polio Campaign of Rotary

26th
October
2015

India has been free of Polio for over three years now and the World looks forward to a Polio free future very soon.

Rotary has played a pivotal role in this achievement and we can feel proud of our contribution in this effort.

All this would not have been possible but for the significant contribution made by some amongst us.

The district has honored

1. PDG. P.V.Purushothaman
2. Rtn. Dr.Jacob John
3. Rtn. KrishChitale
4. Rtn. K.C.Vijayan
5. Mr.Viswanatha Reddy (PDG)

On behalf of Rotary International and The Rotary Foundation, RI District 3230 honored these pioneers of Polio Eradication at a function, in the presence of PRIPKalyan Banerjee.



EDITOR'S CORNER



ABOUT ROTARY

INSPIRATIONAL STORY

FITNESS REGIME

Interesting facts about ROTARY INTERNATIONAL

- 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 service 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.
- Rotarians in the United States make up 28% of all Rotarians worldwide
- Nauru and formerly known as Pleasant Island, is an island country in Micronesia in the South Pacific. Its nearest neighbor is Banaba Island in Kiribati, 182 miles to the east. It has the least amount of any Rotarians in the world, numbering only 11.



The first Rotary service project was the installation of public toilets in the city of Chicago.

Boy's Weakness

A 10-year-old boy decided to study judo despite the fact that he had lost his left arm in a devastating car accident.

The boy began lessons with an old Japanese judo master. The boy was doing well, so he couldn't understand why, after three months of training the master had taught him only one move. "Sensei," (Teacher in Japanese) the boy finally said, "Shouldn't I be learning more moves?" "This is the only move you know, but this is the only move you'll ever need to know," the sensei replied.

Not quite understanding, but believing in his teacher, the boy kept training. Several months later, the sensei took the boy to his first tournament. Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy deftly used his one move to win the match. Still amazed by his success, the boy was now in the finals.

This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be overmatched. Concerned that the boy might get hurt, the referee called a time-out. He was about to stop the match when the sensei intervened. "No," the sensei insisted, "Let him continue." Soon after the match resumed, his opponent made a critical mistake: he dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament.

He was the champion. On the way home, the boy and sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind.

"Sensei, how did I win the tournament with only one move?"

"You won for two reasons," the sensei answered. "First, you've almost mastered one of the most difficult throws in all of judo. And second, the only known defense for that move is for your opponent to grab your left arm."

The boy's biggest weakness had become his biggest strength.



Moral

Sometimes we feel that we have certain weaknesses and we blame God, the circumstances or ourselves for it but we never know that our weaknesses can become our strengths one day. Each of us is special and important, so never think you have any weakness, never think of pride or pain, just live your life to its fullest and extract the best out of it!"

7 Things That Will Happen When You Start Doing Planks Every Day

Bodyweight exercises are gaining ground in the fitness world due to the practicality and simplicity of getting in shape using your own body weight. Planks are one form of bodyweight exercises that will never go out of fashion. Planks are one of the most effective exercises you can do. Why? Because they require a small time investment on your part, and offer the chance to achieve substantial results in a relatively short span of time.

Abdominal muscles are the only muscle group in our body that is not attached to bone. What this means is that they must provide support for our entire back and spinal column. In doing so, they also play a vital role in preventing injuries. However, for them to perform this function successfully, our core muscles have to be strong and trained on a regular basis. What all this means is that doing plank exercises every day is a great way to strengthen your core, and in doing so, support your spine.

Now, let's focus on what will happen when you start doing planks every day:



1

You'll improve core definition and performance:

Planks are an ideal exercise for the abdominal muscles exactly because they engage all major core muscle groups including the *transverse abdominus*, *the rectus abdominus*, *the external oblique muscle*, and *the glutes*. The importance of strengthening each muscle group cannot be underestimated either, for all of these groups serve their own purpose. If you strengthen these muscle groups you will notice:

- **Transverse abdominis:** increased ability to lift heavier weights.
- **Rectus abdominis:** improved sports performance, particularly with jumping. This muscle group is also responsible for giving you the renowned six pack look.
- **Oblique muscles:** improved capacity for stable side-bending and waist-twisting
- **Glutes:** a supported back and a strong, shapely booty.

2

You'll decrease your risk of injury in the back and spinal column

Doing planks is a type of exercise that allow you to build muscle while also making sure that you are not putting too much pressure on your spine or hips. According to the American Council on Exercise, doing planks regularly not only significantly reduces back pain but it also strengthens your muscles and ensures a strong support for your entire back, especially in the areas around your upper back.

Check out this article if you would like to find out about how doing planks on different surfaces can impact the effectiveness of this exercise in strengthening your core.

3

You'll experience an increased boost to your overall metabolism

Planking is an excellent way of challenging your entire body because doing them every day will burn more calories than other traditional abdominal exercises, such as crunches or sit-ups. The muscles you strengthen by doing this exercise on a day-to-day basis will ensure that you burn more energy even when sedentary. This is especially important if you are spending the majority of your day sitting in front of a computer. Also, making it a daily 10- to 1 minute home exercise before or after work will not only provide an enhanced metabolic rate but it will also ensure that that metabolic rate remains high all day long, (yes, even while you are asleep).

4

You'll significantly improve your posture

Doing planks greatly improves your ability to stand with straight and stable posture. Through strengthening your core you will be able to maintain proper posture at all times because muscles in the abdomen have a profound effect on the overall condition of your neck, shoulders, chest and back.

5

You'll improve overall balance

Have you ever felt that when you tried standing on one leg, you couldn't stand up straight for more than a couple of seconds? It's not because you were drunk- unless you happened to be at the time!- but rather, it's because your abdominal muscles weren't strong enough to give you the balance you needed. Through improving your balance by doing side planks and planks with extensions you will boost your performance in every kind of sporting activity.

6

You'll become more flexible than ever before

Flexibility is a key benefit of doing planks regularly, for this form of exercise expands and stretches all your posterior muscle groups - shoulders, shoulder blades, and collarbone - while also stretching your hamstrings, arches of your feet, and toes. With a side plank added in to the mix, you can also work on your oblique muscles. This will provide you with further benefits when it comes to hyper-extending your toes, a movement that is crucial for supporting your body's weight.

7

You'll witness mental benefits

Plank exercises have a particular effect on our nerves, making them an excellent means of improving overall mood. How? Well, they stretch out muscle groups that contribute to stress and tension in the body. Just think about it: you are sitting in your chair, at home or at work, all day long; your thigh muscles get tight, your legs get heavy due to being bent for several hours; and tension develops in your shoulders due to being forced to slump forward all day. These are all circumstances that put too stress on the muscles and nerves. The good news is that planks not only calm your brain, but they can also treat anxiety and symptoms of depression- but only if you make it part of your daily routine.

Now, the last thing left to do is to give you a sample plank exercise you can do to achieve great results in only 5-10 minutes a day.



plank

5 min workout



1:00 basic plank



0:30 elbow plank



1:00 leg raised plank
30 seconds - each leg



1:00 one side plank
30 seconds - each side



0:30 basic plank



1:00 elbow plank

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neilarey.com

Here is a great info graphic that shows some of the best plank exercises to evenly target all abdominal muscle groups:

Are you ready to devote 5-10 minutes of your day, every day, to stay fit, healthy and, most importantly, strong as a bull? Then jump in and make doing plank exercises a part of your life.

Mind Boggling Riddles:

| | | | |
|----|--|---------------------------|----|
| 1 | I am a father's child, a mother's child. Yet nobody's son. Who am I? | Electricity | 10 |
| 2 | If there are three chocolates and you take away two. How many do you have? | Human being's age | 6 |
| 3 | Poor people have it; rich people do not need it. If you eat it you will not die. What is it? | All the months | 8 |
| 4 | Which five letter word has only one left when two letters are removed? | A riddle | 7 |
| 5 | Which word when written in capital letters is the same forwards, backwards and upside down? | Short | 9 |
| 6 | What becomes shorter when you add two letters to it? | NOON | 5 |
| 7 | If you don't know me, I am something. But if you know me I am nothing. Guess who am I? | Stone | 4 |
| 8 | Which month has 28 days? | Nothing | 3 |
| 9 | What goes up but never comes down? | Two, because you took two | 2 |
| 10 | A city where nobody lives. | A daughter | 1 |

Answers



Happy Diwali