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to the world



ROTARY CLUB OF ADYAR



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Message from President

Dear Members ,

September is always an eventful year for Rotary !!! Every new Team gets settled after July installation and start moving in the top gear from September onwards !!

Our major event was induction of TWO NEW MEMBERS - Rtn Chockalingam and Rtn VarunSriram and both are youngsters with great potential and We sincerely hope that they would become Pillars of RCA being role models for the future generation . Thanks to IPP Rtn Jayaseelan for sponsoring and introducing the two great new members .

We have SIX More Young and prospective members in the pipeline and We can await a GEN . Y STORM sooner .

The next Milestone reached by our Club is the Plan and preparation for an EXCLUSIVE WEBSITE to aid our CONTINUOUS FUND RAISING PROJECT THROUGH VALUE ADDED TRAINING PROGRAMS for both Rotarians and Public (with both ON LINE and OFF LINE programs) . The website address is www.rcaglobalacademy.com . We all are confident that this Nation building activity through Education will have plethora of beneficiaries while filling up our fund raising kitty also in a continuous manner . Please note that like our Kandigai and Nallambakkam school projects this Training academy projects also will be a continuous one in the years to come .

The third interesting event is going to be the DISTRICT GOVERNOR Rtn C.R.RAJU 's visit to our Club on Tuesday the 6th October 2015 at Hotel Savera and I on behalf of the entire Board of Directors invite you all for this prestigious event . Let us show our attendance strength and thrill the District officials !

The other vital WEEKLY events that took place this month were Dr Sabesan's lecture which captured every one's attention, followed by the Classification Talk by Rtn Senthil Nathan which was thought provoking.





Message from President

The QUIZ conducted for Rotaractors on 22nd September by Rtn.Issa Fathima was really a jewel in our crown with the participation of Rotaractors from both Colleges (MNM Jain Engg and PATRICIAN).

Last but never the least..... The 3G event - **GREAT GRAND GALA** FAMILY FELLOWSHIP NIGHT which attracted 60 participants, on Friday the 25th September 2015 at Gandhi Nagar Club was the high light of the Month. Kudos to the Fellowship committee for organizing such a nice event.

Let us hope to get a memorable OCTOBER month which will house many of our first of its kind events !!!

My regards to all your Family members !

Rtn.N.R.JAYARAMAN

President - Rotary Club of Adyar (2015-16)





September Events

3rd Guest Lecture by Dr Sabesan

1st
September
2015



Dr. Sabesan a versatile Psychologist, covered this vast subject in a nutshell with in exact 30 Minutes and captured the audience attention to such an extent that Post event discussions went on for another 30 minutes through people seeking advices, assistances, connections etc.,

He started from WHAT IS HAPPINESS FOR A HUMAN BEING ? and the voyage went through Past - Present - Future . He gave examples from daily walks of life and kindled the audience inquisitiveness

He asked us to visit the website and note down the 25 Strengths of any Human being and see for the First and Top FIVE and work on them to reap maximum happiness !!

In total , it was a talk which made every one to think internally and also externally to relate - reflect and realize !!! Rtn Sridhar proposed Vote of thanks and said that with in 30 minutes the Speaker covered a subject which can be taken for 300 days!

This event report also expresses our Gratitude to the Speaker Who shared his valuable quality time with us and triggered our thinking on POWER OF POSITIVE PSYCHOLOGY !!



September Events

3rd Guest Lecture
by Dr Sabesan

1st
September
2015





September Events

ROTARACT CLUB INSTALLATION at Patrician College, Adyar.

2nd
September
2015



The Chief Guest for the Ceremony was Rtn Balaji S.M - Dist Chairman for Rotaract Activities. The Rotaract Club Installation happened along with Blood Donation camp organized by the Rotaractors. 302 students donated blood. Rtn Siva, Rtn Eashwer and Rtn Anand attended this event.



September Events

ROTARACT CLUB INSTALLATION at Patrician College, Adyar.

2nd
September
2015





TEACHER'S DAY CELEBRATIONS At Ramakrishna Mission Tamil Medium School, T Nagar

7th
September
2015



Students participated with zeal and enthusiasm and the Teachers team took an active part in remembering our nation's past President Sarvapalli Radhakrishnan on whose Birthday, this Teacher's day is celebrated .

Kids performed a skit " IDENTIFY THE INNER POTENTIAL OF EACH STUDENT" which was just spell binding and Teachers sang bhajans and gave speeches motivating the students .

The student Management was thankful to RC Adyar for its noble gesture.

President Rtn Jayaraman , Secretary RtnC.Eashwer , Vocational service Director Rtn Anuradha and Annetts club President Annette Pankaj Prabhakar attended the program.

Many more Service projects for this DESERVING school is getting planned through Annettes club and also through our Club.



September Events

TEACHER'S DAY CELEBRATIONS At Ramakrishna Mission Tamil Medium School, T Nagar

7th
September
2015



Editor's Note:

**Kudo's to
Annette Club
President
Pankaj!**



Rtn. Senthil Nathan gave a thoughtful Lecture on Asset Management which was liked by one and all .

He started detailing his decade of experience with BNP and narrated his progressive learning experience in Asset Management

He focused on DEBT FUNDS , EQUITY FUNDS and gave a classic comparison with a graphical connotation on its history of performance .

The 3 manthras high lighted were :

1. Short term returns in equities are volatile ; Hence equity investments should be made with a long term horizon .
2. Long term returns are less volatile ; Risk in equities reduces as holding period increases
3. As Holding Period increases , chances of LOSS reduces .



He also explained in detail the stabilised growth path of Indian economy which consolidates its position among other Countries. He said the Fundamentals of Indian Banking is very strong and the recent China's Equity slide will NOT come to India as our Basics are strong. By 2020 India is likely to be the 5th Largest economy in the World and fastest growing as well .

He touched upon Currency fluctuations and also factors that affect Equity market . He sited that by 2016 end if the same trend continues , Indian Market will be in a strong position .

Another interest saying (with explanation) was :

TIME TO SAY BYE BYE TO GOLD & BUY BUY TO EQUITIES which raised all eyebrows !!!

He shared leaflets (HDFC Mutual fund docs) on few vital statistics on Market performance (history)and illustrated his points with explanation on them.



September Events

Kondattam Event at KAKKUM KARANGAL, Palavakkam

12th
September
2015

Arranged by **Rotaract club of MNM Jain college with Annettes club and RCA**



Rotaractors went to Kakkum Karangal and played with those blessed kids enthusiastically. The kids thoroughly enjoyed and all we could see everywhere was a big smile in each and everyone's face.





This TWIN EVENT was arranged to get two of our prospective members (Mr. Varun Sriram and Mr. Chockalingam) installed and the topic on Rotary on net getting insisted from PDG Rtn Venkatesh .

The New members were introduced by PP Rtn Thiagu and Rtn Ragavan before the installation and the chief guest graciously executed the installation coupled with his wishes.

PP Rtn. Vittal introduced the chief Guest and narrated all his credentials and achievements which are really enviable to everyone who were present.

PDG Rtn Venkatesh started by saying that this twin even was unique because it addresses the TWO MOST VITAL activities of Rotary that is the oldest need of MEMBERSHIP DEVELOPMENT and the latest technological innovation of Rotary on net . The blend of OLD and NEW Captured his attention !!



September Events

NEW MEMBERS INSTALLATION and GUEST LECTURE (4th) By PDG Rtn VENKATESH A.S. ON ROTARY ON NET and ROW

15th
September
2015



Covering www.rotary.net , He insisted all the Rotarians to get wired as it has become unavoidable and inescapable since that is going to be the way of Rotary life ! He asked every one to visit at least the site once in a week (My Rotary page)

He insisted the need for every Rotarian to become tech savvy whether they like it or not since that is going to be the way of life for every Rotarian .

Rtn Anuradha proposed Vote of Thanks and recollected the achievements of PDG at this young age and thanked him for providing quality time to one and all. New members had a photo session with the Chief guest and got his blessings and best wishes .



September Events

QUIZ COMPETITION amongst our Rotaractors

22nd
September
2015



We had a very vibrant **QUIZ Competition** held for **ROTARACTORS** of **MNM Jain College** and **PATRICIAN COLLEGE OF ARTS AND SCIENCE**.

MNM Jain college rotaractors won the competition with 35 Points and Patrician scored 25 Points.

All the winning rotaractors were awarded with a Gift Voucher .

MNM Rotaract club's President and the Annetes club's President and Immediate Past President were present.

It was a good show which is a result of meticulous planning and execution by Rtn Anand Kumar Pandian.J - Director Youth services who was ably supported by Rtn Karunakaran our Joint Secretary.





This Quiz Competition was conducted to commemorate RI 's YOUTH SERVICE Month - September

Editor's Note:

Editor's Note: I thank the President and team for giving me an opportunity to conduct the quiz. Thank you so much. And I should thank Rtn Eashwer for the special gift that he had given me. My day starts with your gift! For all other Rotarians who are wondering what was that special gift, I think you should approach Rtn Eashwer and each one should get one!



September Events

SECOND FAMILY FELLOWSHIP of ROTARY CLUB OF ADYAR

15th
September
2015



Chairman Fellowship : Rtn Sathish

Hosts : Rtn. Anuradha, Ann Dr Meera ragavan,
Rtn. Gopal, Rtn. Mohan, Rtn. Chockalingam

Venue : GANDHI NAGAR CLUB

The fellowship was a grand success, effeciently organized by the hosts. The Karaoke singer Mr UNNI kept the audience at high

spirits. It was a fun filled fellowship thoroughly enjoyed by every Rotarian who attended it.

Rtn Anuradha kept us completely entertained and glued to our chairs.

Ennamma Kannu song sung bt Rtn Anand was highly applauded.



September Events

SECOND FAMILY FELLOWSHIP of ROTARY CLUB OF ADYAR

15th
September
2015



Editor's Note:

Editor's Note: It was a great show dear hosts! You guys deserve a special mention here! Thank you so much for having organized it so beautifully.

What's trending?

Our Rotary District has launched to day the District website for every one to use.
Please log on to :

www.rotarydistrict3230.in

This will be a one stop center for all rotarians for all about rotary.
This also has the **DISTRICT DIRECTORY ON LINE** which encompasses everything
about Rotary in the District.



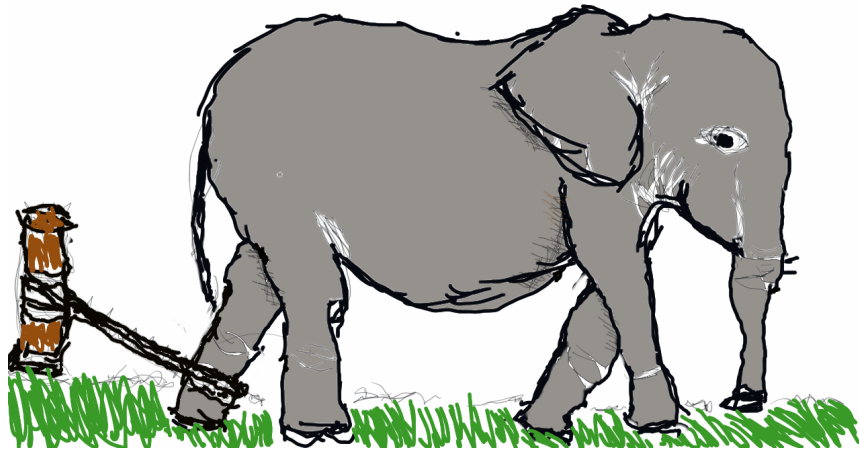
EDITOR'S CORNER



INSPIRATIONAL STORY

FITNESS REGIME

FASHION TIPS



The Elephant Rope

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. “Well,” trainer said, “when they are very young and much smaller we use the same size rope to tie them and, at that age, it’s enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free.”

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn’t, they were stuck right where they were.

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

Failure is part of learning; we should never give up the struggle in life.

Wait... Did You Stretch?

Chair Upper Body Stretch



Chair Upper Body Stretch: Sit on the edge of a chair, gripping the back of it. Straighten your arms, keeping your back straight, and let your upper body pull you forward so you feel a stretch.

Doorway Chest Stretch



Face perpendicular at the end of a wall and place the inside of bent arm on the surface of wall. Turn the body away from the positioned arm. You should feel a nice stretch on your chest. Hold for ten seconds.

CHEST /
TRICEPS DAYS:

CHEST /
TRICEPS DAYS:

Overhead Tricep Stretch



Raise your right arm in the air and drop your hands and forearms towards your neck. With the left hand, push your right elbow back until you feel a nice stretch on your triceps. Hold for ten seconds.

Middle Back Stretch



Stand so your feet are shoulder width apart and your hands are on your hips. Twist at your waist until you feel a stretch. Hold for 10-to-15 seconds, then twist to the other side.

BACK /
BICEPS DAYS:

Standing Torso Reach



Stand straight with your feet shoulder width apart and facing forward. Place your right hand on your right hip and reach you left arm over your head to bend your torso until you feel a stretch through your sides. Hold for 15 seconds, then repeat for your other side.

Standing Bicep Stretch



Clasp hands behind the back with palms facing together. Straighten and rotate arms so that the palms are facing downward. Raise the arm away from the body. Hold this stretch for approximately 10 seconds and repeat with the other arm.

Side Wrist Pull



This stretch works best standing. Cross your left arm over the midline of your body and hold the left wrist in your right hand down at the level of your hips. Start the stretch with a bent left arm. Slowly straighten, pull, and lift it up to shoulder height, as pictured. Feel this stretch originate in your back, not your shoulders, and don't pull too hard on the shoulder joints. Switch sides.

Hands Interlocked Over Head



Interlock your fingers above your head, palms facing upward, and push your hands farther above your head until you feel a stretch in your shoulders.

SHOULDER /
TRAPS DAYS:

SHOULDER /
TRAPS DAYS:

Rear Deltoid Stretch



Position arms across the neck. With the other hand, push the elbow toward the neck area. You should feel a nice stretch on your posterior deltoids. If you don't feel it, push the wrist instead of the elbow for greater leverage. Hold the stretch for ten seconds and repeat with the other arm.

Trapezius Stretch



On your hands and knees, pull your belly and round your spine completely - lower back, shoulders and neck (let your head drop). Hold for 15 seconds.

FASHION TIPS

Being fashionable is ageless; whether you're in your 20s, 30s or 40s, fashion defines and redefines itself. In fact, grace and fashion are more refined with the onset of age.

With age comes wisdom, which is exactly why you may already be confident and feel secure in terms of your career, relationships and lifestyle. We bring you a few essential tips that'll ensure you hit fashion bull's eye!

Fashion Tips

1



Keep it Simple

We can guarantee you, when you shop nowadays, you won't be short of options. Keep in mind that the best thing to do is to keep it simple. Leave the loud patterns and flashy ties to the younger generations. Your style should now be timeless, subdued and sophisticated. Your clothes should be crisp and impeccable - the key is to keep a clean and simple appearance.

2



Get a Tailor

A man over 40 should no longer be buying dress suits from the rack. Seek the services of a trusted tailor that will ensure that everything fits you like a glove! Also, a tailor is the only person who'll entertain your last minute clothing alterations. Ask your tailor to make you clothes that create smooth lines and breaks around your frame, giving you a polished, dapper appearance.

Embrace your Age

Take pride in the number of years that you've lived. Don't try to hide your years by adopting a style that belongs to another generation by wearing clothes that are either too tight or loose. Graphic prints and fitted tees with slogans such as 'I wish your girlfriend would stop staring at me' or 'Buck Fasketball'- well, that doesn't just look creepy, it's extremely passé.



3

4



Avoid Fashion Trends

Now, we're not asking you to junk style tips and trends, but you don't have to follow them all like the bible. Styles change from year to year; sometimes they evolve on a daily basis. By the time you are 40, your style should be timeless, not set in time. Most fads are aimed at certain age demographics; so many of them may not even work well for your age group. For instance, you would probably not look great wearing light up sneakers and a pair of shredded skinny jeans, even if every magazine is telling you that is what is in style.

The Past is The Past

Certain looks may come back in fashion, become more popular again, however, that doesn't mean you pull out your old wardrobe out of your closet. Chances are these fashion statements are not what they used to be; they must have evolved to make them more contemporary and stylish to meet the sensibilities of the younger generation. Turn your attention to aviator sunglasses, for instance. Though they cycle around quite frequently, they always reappear with a slightly modified frame or lens that's different from their last outing. So, you do the same too. Instead of raiding your closet for those items that resurface from the days of yore, invest in the new version to stay updated, and not outdated!

5



6



Trust Trousers

A classic pair of trousers is a must-have in your wardrobe. If you've kept yourself in shape, flat fronts are a great way to show off your hard work in the gym. If not, pleats are your best way to hide those few extra kilos. Natural fibres are always the best, so are denims. But again, remember to leave the torn and baggy look to the younger generation. Cotton or linen trousers add maturity, style and comfort to your appearance. You can also invest in a range of colours to keep variety but make sure they are tailored closely to the leg for a clean, modern silhouette.

Accessories

Accessories add a different dimension to your otherwise boring look. Tie pins, cuff links, watches, sunglasses are some of the accessories that are the biggest buff for working men over 40. Also, always ensure you match your accessories with your shoes. If you're wearing a black belt, there's absolutely no reason you should wear a pair of brown shoes. Wear a black pair of shoes with a black belt, and a brown pair of shoes with a black belt. You may feel like no one will notice—but actually, everyone will.



7

Fashion trends might come and go, however, your personal trademark style is what will make you stand apart from the crowd. The idea is to age gracefully and remain timeless!

Answers to last week Riddle:

1. Nothing
2. Coffin
3. Short
4. Each answer given equals the number of circles present in the numbers.
So, 5699 would equal 3 and 4500 = 2
5. You can't take a picture with a wooden leg; you need a camera.