



Rotary



ROTARY CLUB OF ADYAR

NOVEMBER 2016

DETAILED REPORT



Rotary



CLUB SERVICE



Rotary



Commemoration of Centennial Year of The Rotary Foundation

Tuesday, 1st November 2016



Rotary



Rotary



ROTARY CLUB OF ADYAR

RI Dist 3230

Club ID - 22785

Chartered on - 12.06.1985

&

ROTARY CLUB OF MADRAS SOUTH

RI Dist 3230

Club ID - 15864

Chartered on - 30.06.1960

jointly invites you for the Commemoration of the
Centennial Year of The Rotary Foundation
on Tuesday, 1st November 2016 at Hotel Savera, Chennai.
(Hi-Tea 6.15 PM - 6.45PM) (Program 6.45PM - 7.30PM)



Rtn. V. Suchithra Sagar

District Rotary Foundation Chairman, RID 3230

has kindly consented to speak on the topic
The Rotary Foundation & You.

Rtn. Sathish T
President - RCA

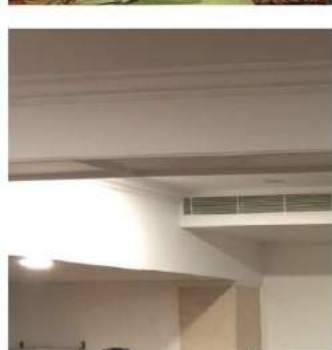
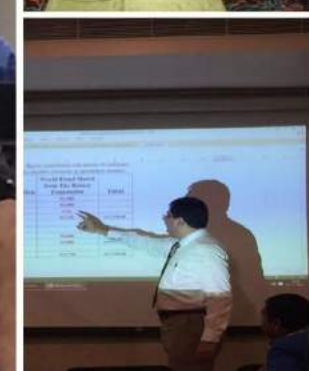
Rtn. Asha Marina S
President - RCMS





Rtn. Karunakaran T
Secretary - RCA

Rtn. Balaji S
Secretary - RCMS

About the Speaker

The Centennial DRFC Rtn.V.Suchithra Sagar started his own software business in 1995 and is currently the CEO of CommSouth Infocom Pvt Ltd in India, Director of CommSouth Global in Saudi Arabia and Singapore & Director of CommSouth Middle East DMCC in Dubai. Earlier he was a Lawyer who practiced Law for over 15 years before he made a complete switch to business. Sagar is a Past President of the Rotary Club of Chennai Towers and he is a Major Donor. He has held various positions in the Rotary District & is currently District Rotary Foundation Chairman. He has executed numerous Rotary service projects at a District level and has won numerous Rotary awards year after year. During his year as President, he won the best President Platinum award and also the Platinum award for Best Club. He was also conferred the 'Most Valuable Rotarian' Award. Sagar is a passionate traveller and has travelled to 44 countries. He writes blogs on Travel and is the number one travel writer from Chennai for Trip Advisor. His blogs have been read by over 7,50,000 people. He is married to Vidya Sagar who runs an Interior Designing and Architect firm. They have one son Siddarth who is studying in Canada.





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Rotary



Speaker Meeting

Tuesday, 15th November 2016



Rotary



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ROTARY CLUB OF ADYAR

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We cordially invite you with Ann & Annette's for the speaker meeting on Tuesday, 15th November 2016 at Hotel Savera, Chennai.
(Hi-Tea 6.15 PM - 6.45PM) (Program 6.45PM - 7.30PM)



Dr. M. Rajkumar

M.S., M.Ch (Plastic Surgery), M.R.C.S., F.C.L.M.,

has kindly consented to speak on the topic

Cosmetology for Common (Wo)Man.

Rtn. Thiagarajan R
Chairman - Programs

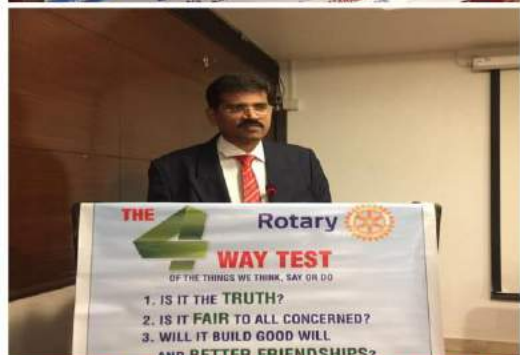
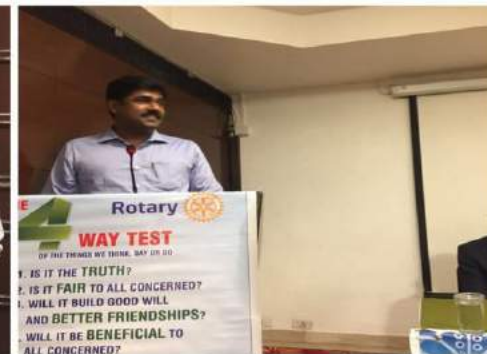
Rtn. Karunakaran T
Secretary

Rtn. Anand Kumar Pandian J
Director - Club Administration

Rtn. Sathish T
President

About the Speaker

Dr. Rajkumar did his M.B.B.S. at Stanley Medical college, M.S (General Surgery) at Madras Medical college and Super speciality M.Ch (Plastic Surgery) at Kilpauk medical college. A member in MRCS—Membership of the Royal College of Surgeon in Edinberg and has done his fellowship FCLM—Fellowship in Cosmetic & Laser Medicine in Germany. Had worked as Senior Asst. Professor in Stanley medical college for the past 10 years. Over his 15 years of experience in the field of cosmetology he has performed numerous cosmetic procedures successfully. Some of them includes - Breast augmentation / Reduction, Abdominoplasty / Tummy tuck, Liposuction, Gynaecomastia (Male breast reduction), Rhinoplasty & Hair transplant. He is one of the pioneers in the field of Hair transplantation & had performed more than 500 successful hair transplants in the past 5 years. He runs state of the art exclusive Cosmetology Centre – Raj Cosmetics at Anna Nagar and GMR Hospital at Mogappair.



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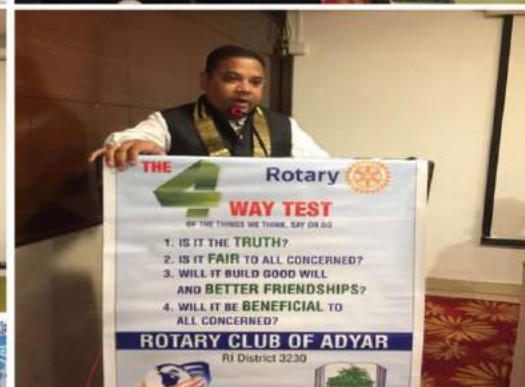
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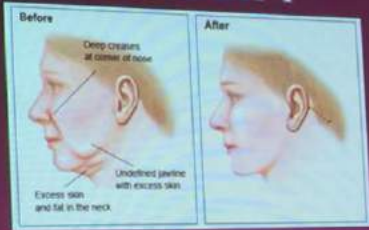


BOTOX

- Botulinum toxin is a protein and neurotoxin produced by the bacteria *Clostridium botulinum*
- Injection in muscle – relaxes muscle
- Reduce facial wrinkles
- Temporary



FACE LIFT



THREAD FACE LIFT



FACIAL SKIN TIGHTENING



- Radiofrequency
- Microdermabrasion
- Ultrasound facial
- Lasers
- Peels

WART, MOLES REMOVAL

Before & After



- Removal is done with radiofrequency, laser or electrocautery.

HAIR TRANSPLANT



- Surgical procedure
- The bald resistant hair follicles from the back of the head transplanted to the balding areas on the top and front of the head
- Strip method / FUE method
- Permanent results.
- No hospitalisation.

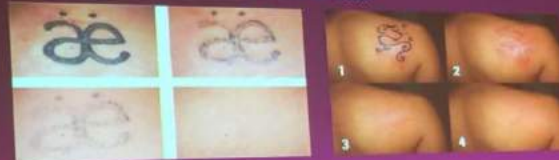
CO2 LASER – INJURY SCAR

Before & After



LASER TATTOO REMOVAL

Before & After



BREAST AUGMENTATION

BEFORE

AFTER



FILLERS

- Fillers are injections that diminish facial lines and restore volume and fullness in the face.
- Will fill lines and wrinkles in less than 30 minutes with results that can last from 4 months to more than a year.



BREAST AUGMENTATION & MASTOPEXY



- Breast augmentation is done to enlarge an under developed or thin breast lost volume after child birth. A silicon gel implant is placed.
- Mastopexy is done to tighten the drooping & sagging breast.
- Specific parts of the skin are removed from the lower part of the breasts and from around the areola, the skin is then pulled together and sutured, tightening the breast. If required nipple & areola are relocated.

BOTOX – REVERSAL OF AGE

Before & After



LIPOSUCTION OF NECK

BEFORE

AFTER



Liposuction (Abdomen)

BEFORE

AFTER



LASER TATTOO REMOVAL



- Each tattoo is unique and requires a different number of treatment sessions.
- The number of sessions required depends on a variety of factors, including tattoo size, color, location, age of the tattoo and amount of ink in the skin.
- Breaking up the pigment colors of the tattoo with a high-intensity light beam.
- Black tattoo pigment absorbs all laser wavelengths, making it the easiest to treat.
- Other colors can only be treated by selected lasers based upon the pigment



FILLERS – BEFORE & AFTER

- Dermal fillers can be used to:
1. Plump thin lips
 2. Enhance shallow contours
 3. Soften facial creases and wrinkles
 4. Improve the appearance of recessed scars



WART, MOLES REMOVAL

Before & After



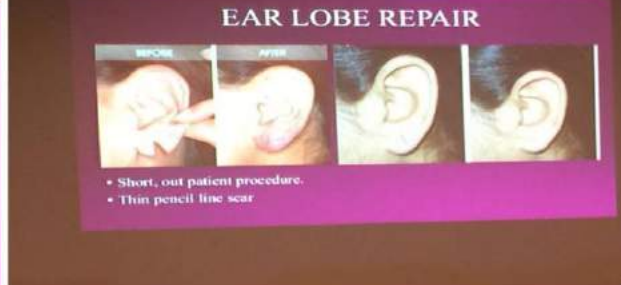
- Removal is done with radiofrequency, laser or electrocautery.



FILLERS

Before

After



- Short, out patient procedure.
- Thin pencil line scar





Family Fellowship

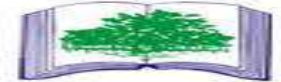
Sunday, 20th November 2016



Rotary



Rotary



RI Dist 3230 Club ID - 22785

Rotary Club of Adyar's Family Fellowship

Eat, Drink, Play & Make Merry

Inviting all Rotarians, Ann's & Annette's
for an exciting Sunday afternoon fellowship

Venue : Anna University - Alumni Club

Date : 20-11-2016

Time : 11.30 AM onwards

Dress Code : Causal (Club Dress Code)

Hosts:

Rtn Gopal, Rtn Rajendran, Rtn Latha Rajan, Rtn Kulamani,
Rtn Archana, Rtn Eashwer, Rtn Sivakumar & their families

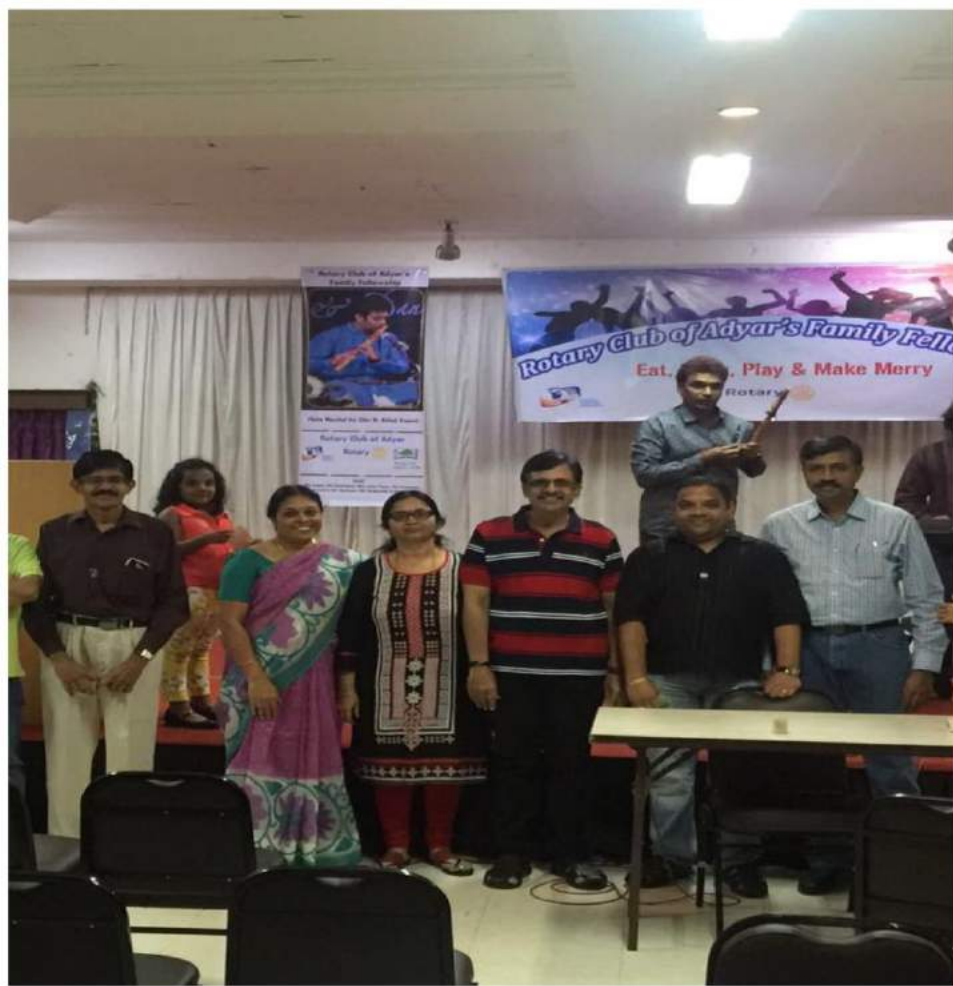
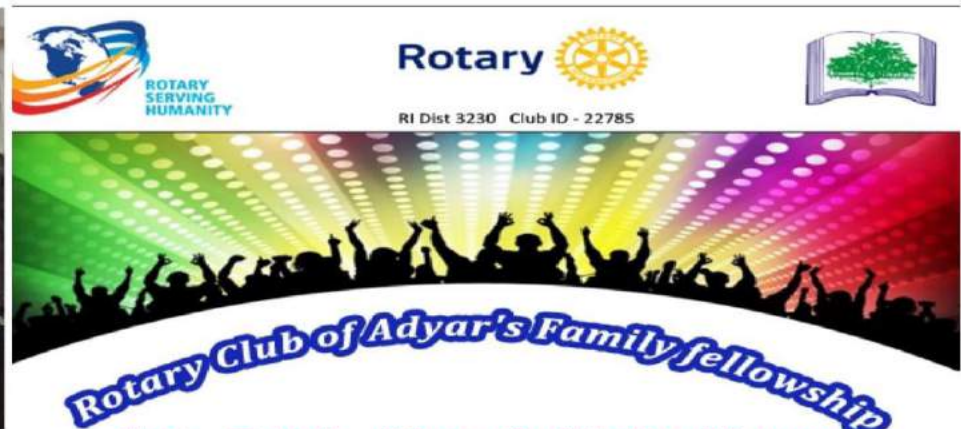
RSVP : **Rtn Gopal**  **93440 58709**

Rtn. Sathish T
President

Rtn. Karunakaran
Secretary

Rtn. Sivakumar S
Chairman - Fellowship



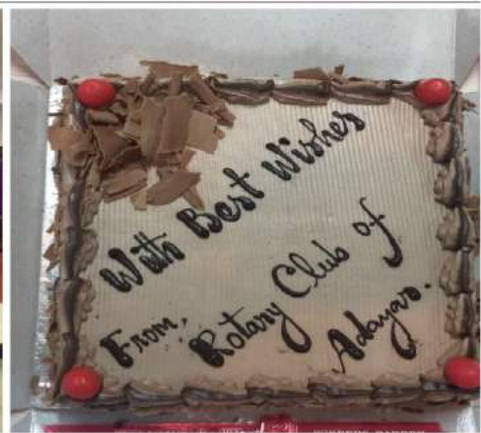


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RSVP : *Rtn Gopal* **93440 58709**

Rtn. Sathish T President	Rtn. Karunakaran Secretary	Rtn. Sivakumar S Chairman - Fellowship
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5th Board Meeting

Monday, 21st November 2016

Hosted by

Rtn.Vinod @ The Gandhinagar Club

5th Board Meeting of RC Adyar - Record Attendance @ 18/20 - Can we expect anything more beyond this? Very Serious, Fruitful, Worthy Discussion & Decisions for the day, year & benefiting the future. I have no words to thank the Team for the outstanding cooperation. 🙏





Rotary



CLUB EVENTS & PROJECTS



Rotary



RC Adyar Community Services Health

Prostate Cancer Awareness Camp

Sunday, 6th November 2016



Rotary



Rotary



ROTARY CLUB OF ADYAR

RI Dist 3230

Club ID - 22785

Chartered on -12.06.1985

& CHENNAI SPECIALITY KLINIC

is glad to announce the month long

Prostate Cancer Awareness Camp.

We cordially invite all by **5.30PM on Sunday, 6th November 2016** to the Chennai Speciality Klinik, to attend the Cancer survivor meet.

Symptoms



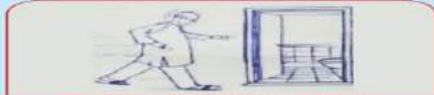
Frequent urination, especially at night



A feeling of incomplete urination



Terminal dribbling of urine



An urgent need to urinate



A feeling of delay or hesitation at the start of urination



A weak or interrupted urinary flow

The Camp - What, Who & Where

**Patients will have free consultation on the day of camp.
Consultation & Tests at discounted price throughout the month**

Dr. N. RAGAVAN

MS., FRCS., MD(URO ONCOLOGY).. FRCS(UROLOGY)..
FELLOW IN ROBOTICS & LAPROSCOPY.,

The Chennai Speciality Klinik

56, Anna Velankanni Road, Anna Colony, Besant Nagar, Chennai - 600 090. Phone : 96000 20690

*Kindly pass the message to all your friends and relatives to make the best use of the initiative.
Kindly come along to support us.*

Rtn. Dr. Ragavan N

Director - Community Services Health



Rtn. Karunakaran T

Secretary

Rtn. Sathish T

President










Rotary


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Symptoms

 Frequent urination, especially at night	 A feeling of incomplete urination	 Terminal dribbling of urine
 An urgent need to urinate	 A feeling of delay or hesitation at the start of urination	 A weak or interrupted urinary flow

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 FELLOW IN ROBOTICS & LAPROSCOPY,.

The Chennai Speciality Clinic
 56, Anna Velankanni Road, Anna Colony, Besant Nagar, Chennai - 600 090. Phone : 96000 20980

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Rtn. Dr. Ragavan N Rtn. Karunakaran T Rtn. Sathish T





Rotary



RC Adyar Community Services Health

World Diabetes Day & Multi-Speciality Medical Camp

Sunday, 13th November 2016



Rotary



Rotary



ROTARY CLUB OF ADYAR

RI Dist 3230

Club ID - 22785

Chartered on -12.06.1985

We cordially invite you all on Sunday, 13th November 2016 by 9.30AM to
Rotary Club of Adyar - Fourrts Medical Centre



to commemorate
World Diabetes Day
& for the inauguration of the
Multi-Speciality Medical Camp



Dr. Muthu Kumaran Jayapaul
M.D., M.R.C.P (Endocrine & Internal Medicine)
Senior Endocrinologist and Diabetologist
has kindly consented to give an awareness talk on the topic
Sugar Under Your Control

Rtn. Dr.S.Vetrivel

M.B.B.S., CCEBDM (Diabetology)
Associate Chairman - Community Services Health, RID 3230
has kindly consented to inaugurate the camp



Kindly join us

Rtn. Dr. Ragavan N
Director - Community Services Health

Rtn. Karunakaran T
Secretary

Rtn. Sathish T
President









Rotary



RC Adyar Community Services
Development

**“Cycling for a Cause” for
Rotary India Literacy Mission**

Sunday, 13th November 2016



Rotary club of Chennai Kodambakkam
 requests the pleasure of your participation to grace us at our event
 "CYCLING FOR A CAUSE" for Rotary India Literacy Mission



Venue : Track & Trail

(Near Ambedkar Statue Kodambakkam)

Date & Time : 13 Nov. 2016 - Sunday 4:30 am



CYCLING FOR A CAUSE

Support the cause of literacy India Literacy Mission



120 Kms Ride

on 13th Nov. 2016

Rtn. K. V. Anand
President

Rtn. C. Rajendran
Secretary

Main Sponsor

Co-Sponsors



Rotary Club of Madras Industrial city
 Rotary Club of Madras Cosmos
 Rotary Club of Chennai Port City

Rotary Club of Chennai Nolambur
 Rotary Club of Adyar

Printing Partner



Cycling Partner



montra







RC Adyar as a Co-Sponsoring Club



“CYCLING FOR A CAUSE” for Rotary India Literacy Mission

Venue : Track & Trail
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Rotary Club of Madras Cosmos
Rotary Club of Chennai Port City

Rotary Club of Chennai Nalambur
Rotary Club of Adyar

Printing Partner : | Cycling Partner :





Rotary



RC Adyar Community Services
Health

**New Born Week @
KMC**

Monday, 21st November 2016



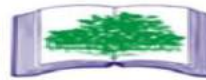
Rotary



"Leadership for improvement & innovation in neonatal care"



Rotary



ROTARY
SERVING
HUMANITY

GOVT. KILPAUK MEDICAL COLLEGE
Department of Pediatrics
&
ROTARY CLUB OF ADYAR
&
Annettes Club of Rotary Club of Adyar

Cordially invite you to celebrate
NEWBORN WEEK- 2016, Valedictory function

Will be presided over by

Director of Medical Education
&
Dean, GKMC

Dr. R. Narayanababu M.D.,DCH

On Monday, 21st November 2016 from 10.30AM to 12.30PM

Venue
OP auditorium
KMCH

All are welcome

"Leadership for improvement & innovation in neonatal care"



GOVT. KILPAUK MEDICAL COLLEGE
Department of Pediatrics
&
ROTARY CLUB OF ADYAR
&

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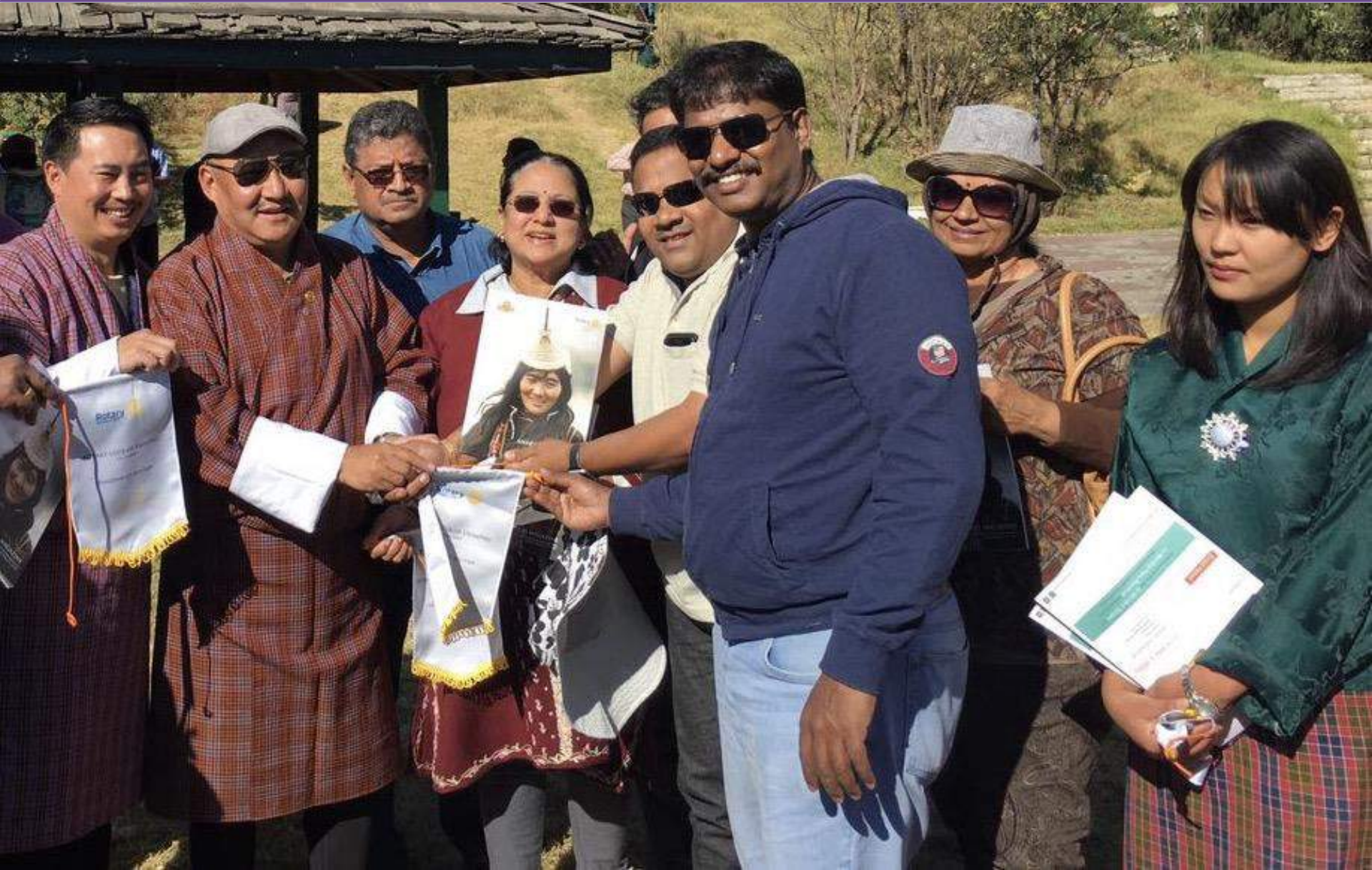


RC Adyar International Services

Flag Exchange at Bhutan

Thursday, 24th November 2016

Flag Exchange Between RC Adyar, RID 3230 & RC Thimphu, RID 3292





Rotary



DISTRICT EVENTS



Rotary



3rd Presidents Meet

**Saturday & Sunday,
5th & 6th November 2016**



Rotary



Rotary 



3வது தலைவர்களின் சங்கமம்

மகிழ்ச்சி

RI Dist 3230
Region 17
Region 19
Region 22
Region 24

Date : 5th & 6th, Nov, 2016
Venue : Hills Hotel, Yelagiri.









2nd Club Star Awards

Saturday, 19th November 2016



Rotary



Rotary



ROTARY
SERVING
HUMANITY

Club Administration Team 2016 -17. RI District 3230

Invites

Presidents, Secretaries & Club Administration Directors (City & City Plus)
for the 2nd **Club Star Awards** Program

(Based on the reports sent for the months of September & October 2016)

and **Club Star Meet** (Club Administration Directors Bimonthly Meet)

On Saturday, 19th November 2016 between 4.30 pm to 5.30 pm

**At FIRST CUP Cafe, Rooftop, 2nd Floor, No. 10, Khader Nawaz Khan Road,
(Nearby Starbucks Coffee Shop) Nungambakkam, Chennai (Valet Parking available)**

In the presence of

Rtn. Natarajan Nagoji
District Governor

Chief Guest

Rtn. PDG. J.B. Kamdar

Guest of Honour

Rtn. Sugumar Munirathnam
Dist. Secretary (City Plus)

Dress: Shades of Black
Report by: 4.30 pm



Rtn. Mythili Muralidharan
Director-Club Administration

Rtn. P.L. Muthiah
Chairman-Club Star Recognition




Club Administration Team 2016 -17. RI District 3230
Invites
 Presidents, Secretaries & Club Administration Directors (City & City Plus)
 for the **2nd Club Star Awards** Program
 (Based on the reports sent for the months of September & October 2016)
 and **Club Star Meet** (Club Administration Directors Bimonthly Meet)
On Saturday, 19th November 2016 between 4.30 pm to 5.30 pm
 At **FIRST CUP** Cafe, Rooftop, 2nd Floor, No. 10, Khader Nawaz Khan Road,
 (Nearby Starbucks Coffee Shop) Nungambakkam, Chennai (Valet Parking available)

In the presence of
 Rtn. Natarajan Nagoji
 District Governor

Chief Guest
 Rtn. PDG. J.B. Kamdar

Guest of Honour
 Rtn. Sugumar Munirathnam
 Dist. Secretary (City Plus)

Dress: Shades of Black



CLUB STAR AWARDS

Rtn. Mythili Muralidharan
 Director-Club Administration

Rtn. P.L. Muthiah





Rotary



Saga 3230 Meet

Sunday, 20th November 2016



Rotary



Rotary
RI DISTRICT 3230




Saga 3230
Experience the Passion of Rotary



**ROTARY
SERVING
HUMANITY**

The District Conference Team
&
The District Governor
takes pleasure in inviting

Presidents, Secretaries & Asst. Governors
for an interactive session

SAGA3230

District Conference 2016-17

at 8.30 am on Sunday the 20th November 2016
at Hotel Savera Radhakrishnan Salai Chennai
in the presence of

PDG Rtn ISAK Nazar
Advisor Saga3230

Rtn AVM Balasubramaniam
Advisor Saga3230

Rtn Natarajan Nagoji
District Governor

Rtn S Muthu Palaniappan
Conference Chairman

Rtn R Tamil Selvan
District Secretary

Rtn A Gopinath
Conference Secretary

Breakfast 8.30 am

Meeting 9.30 am





Rotary



Rotary Dist 3230

**International Fellowship Tour to
Bhutan – Travelled by President
& Secretary of RC Adyar**

22nd to 29th November 2016

