

Banyan Tree

Apr 2019
Issue No. 10

President

Rtn. Seshiah .M.N

Dear Rotarians



March was a very busy month with number of activities. The two most important being the Governor's Official Visit and the Polio Plus NID. Polio plus has been restricted to one booster this year and we handled only one booth in Saidapet. My

sincere thanks to PP.Rtn.Suresh M Chairman Polio Plus for his involvement. Our rotaractors were present and did a great job.

The GOV started off with club assembly at Boat Club hosted by Pres Elect. Rtn. Senthilnathan. The directors presented their avenue details and the DG had good words for us. The evening started with a melodious invocation by Ann Dr Meera Raghavan. A very crisp presentation by Senthil was followed by the DG speech in which, he acknowledged the performance of RCA and expressed his happiness on the effective functioning of our club. The highlight of the evening was the announcement of a contribution of USD 40000 by PP Rtn. S V Veeramani and USD 7500 by PP Rtn. J Jayaseelan. The lone lady Rotarian present that evening - Rtn Archana was recognised as a part of women's day celebration.

Rtn.Sanjeevirajan gave his classification talk on the 5th. He spoke about the insurance industry and the role of Brokers in the industry. The Annetes club of Adyar, the Inner Wheel club of Adyar in assoication with Rotary club of Adyar donated 5 ambulance tyres to the Blue Cross. Thanks for the contribution of Rs.15,000/- by Rtn Sridhar.N and Rs.5,000/- by Rtn. Archana, towards this poject.

The board meeting for the month was hosted by PP Rtn Narasimha lyengar in his residence. PE Rtn.Senthil organised a training program for the Club officers of 2019-20 on 31st March at VGP Resorts, where PP Rtn Gopalakrishnan, Trainer 2019-20, delivered an effective training program.

Rtn. Pres. M.N. Seshiah

Immediate Past President

Rtn. Boopathiraja M E

President Elect (2019-20)

Rtn. Senthil Nathan R

President Nominee (2020-21)

Rtn. Karunakaran T

Secretary

Rtn. Senthil Nathan R

Treasurer

Rtn. Siva S

Sergeant at Arms

Rtn. Narasimha lyengar

Rtn. Suresh M

Advisors

Club Trainer

Rtn. Jayaseelan J

Club Advisor

Rtn. Gopalakrishnan R

Past District Governor

Rtn. Dr.R.Shyam Sundar

The Rotary Foundation



Water, Sanitation and Hygiene (WASH)

When people have access to clean water and sanitation, waterborne diseases decrease, children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families. Clean water, sanitation, and hygiene education are basic necessities for a healthy environment and a productive life.

WASH in Schools - which is a UNICEF initiative aims to improve the health and learning performance of school children and, by extension, that of their families – by reducing the incidence of water and sanitation related diseases.

The Rotary Foundation is changing the world by providing grants for projects and activities around the globe and in your own backyard - to develop sustainable water, sanitation, and hygiene education projects in India.

Polio NID



Polio plus NID this year was restricted to a single booster administered on the 10th of March 2019. Our club handled only one booth in Saidapet. PP. Rtn. Suresh M - Chairman Polio Plus sponsored the breakfast. Our rotaractors were present in good number and did a great job.

Governor's Official Visit to RC Adyar



The GOV was held on 19th March 2019 at Hotel Savera. The evening started with a melodious invocation by Ann Dr Meera Raghavan. DG Babu expressed his happiness on the effective functioning of our club. The highlight of the evening was the announcement of a contribution of USD 40000 by PP Rtn. S V Veeramani and USD 7500 by PP Rtn. J Jayaseelan to TRF.

Medical Camp



Medical camp for special children was conducted on 23rd Mar'19 at Irandamkattalai, thanks to Rtn. Dr. Ragavan's CSK & Rtn. Dr. Prem's Gold Dental.

Regular meetings



Rtn. Sanjeevi gave his classification talk at our regular meeting on Tuesday, 5th Mar'19. We learnt a lot about general insurance from his talk. Pres Elect Rtn. Senthilnathan shared his experience and learning from PETS at Hyderabad.

Annual Joint Project at Blue Cross



All three clubs of the Adyar family had come together on 25th Mar'19, for the second year in succession. It was a joint project for the welfare of animals, at Blue Cross, Velacherry. Pres. Seshiah of RC Adyar, Pres. Ragini of IWC Adyar and Pres. Manasa of Annettes Club Adyar were present to give away 5 new tyres for the Blue Cross ambulances, which venture out every morning attending to the call of animals in distress. Special thanks to two individuals who spontaneously came forward to donate for this cause, Rtn. N. Sridhar Rs.15,000 and Rtn. Archana Rs. 5,000/-.



Congratulations to Rtn.Jayaseelan on his election to the coveted post of the President of Tamilnadu Pharmacy Council. RCA wishes him all success.



Sevalaya's Vinobhaji Goushala
No.54, P S Sivaswamy Road
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This Goushala protects cows that have out-lived their period of "utility" and would normally be sent to the slaughter-house. Your donation of Rs.1,104/- will be utilised to provide healthy and nutritious food for a dry cow for a month. You can share your love for animals by sponsoring their maintenance expenses.

PROGRAMME

Date	Meeting Details	Venue
09.04.19	Speaker Meeting	Hotel Savera
23.04.19	EGM	Hotel Savera

BIRTHDAYS

1st Apr	Annette Anjankumar S/o Rtn.Krishnan.
9th Apr	Annette Aravind S/o Rtn.Jayaraman.
10th Apr	Annette Revathy D/o Rtn.Karunakaran.
12th Apr	Annette Mithuna D/o Rtn.Siva.
22nd Apr	Ann Amali Prem Lawrence.
24th Apr	Annette Reethika D/o Rtn.Ramesh.
24th Apr	Annette Jaiviknesh S/o Rtn.Subash.
25th Apr	Annette Aparna D/o Rtn.Sreenivasan.
26th Apr	Annette Sunila D/o Rtn.Latha Rajan.
27th Apr	Rtn.Thiagarajan.
30th Apr	Annette Varshini D/o Rtn.Senthilnathan.

WEDDING ANNIVERSARY

3rd Apr	Rtn.Sreenivasan & Ann Gowri.
3rd Apr	Rtn.Jayaraman & Ann Lakshmi.
12th Apr	Rtn.Shyam Sundar & Ann Sashi.
20th Apr	Rtn.Sathish & Ann Kiruthika
28th Apr	Rtn. Venkataragava & Ann Aruna Annapragada





Hypertension

Commonly called High Blood Pressure, it is defined as elevated blood pressure over a predetermined level, generally it is taken as systolic 140 over diastolic 90, and written as 140/90, wherein systolic denotes the heart in contraction and diastolic that in relaxation.

Causes

Not unknown - although genetic, age, obesity, excessive salt intake, smoking and alcohol - all contribute. Chronic kidney disease and diabetes play a role.

Symptoms

Generally NONE, it is often called a silent killer, and only detected by a health care provider, on measurement with an instrument called "sphygmomanometer". Only half of all hypertensives know that they are having high blood pressure.

Prevention and treatment

Weight control, salt reduction, and exercise helps, but one may eventually need medication to control pressure to ideally 120/80, and it has to be taken for life. Emphasis must be made for the need to continue (compliance) medication despite having no symptoms as complications are dire, such as heart failure, heart attack, and STROKE (40 % of all strokes are result of hypertension)

Dr. Sethuraman Karuppan
MBBS , FRACGP
Kodaikanal



Explore the world Cleanest Village



Mawlynnong is a village in Meghalaya, also referred to as 'God's own garden'. This village was awarded "Cleanest Village in Asia" by Discover India. It has unique Living Root Bridges, and tourists flock to see not only the cleanest village but also this astonishing man-made natural wonder.

Rainbow Village



Kampung Pelangi literally translates to the 'rainbow village, is situated in Randusari, South Semarang in Central Java. It was earlier known as Kampung Wonosari, a slum with unclean river and dirty streets. Now it has been transformed into a worthy tourist destination, which has taken Instagram by storm.



BE THE INSPIRATION

Directors

Club Service

Rtn. Prem Alex Lawrence

Community Health

Rtn. Ragavan N

Community Service

Rtn. Sivakumar S

Vocational Service

Rtn. Archana R

International Service

Rtn. Kannan Arumugam

Foundation

Rtn. Subash N P

New Generations

Rtn. Venugopal C V

Public Image

Rtn. Ramesh R

Membership

Rtn. Vijayprabhu

Chairman

Fellowship

Rtn. Sathish T

Polio Plus

Rtn. Suresh M

Rotaract and Interact

Rtn. Karunakaran T

Literacy

Rtn. Jayaraman N R

Programs

Rtn. Thiagarajan R

Bulletin Editor

Ann. Chitra Thiagarajan