



# Banyan Tree



## President

Rtn. Seshiah .M.N

## 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 Iyengar

Rtn. Suresh M

## Advisors

### Club Trainer

Rtn. Jayaseelan J

### Club Advisor

Rtn. Gopalakrishnan R

## Past District Governor

Rtn. Dr.R.Shyam Sundar

## My Dear Rotarians,



Wish to thank you from the bottom of my heart for your presence and blessings during my installation on the 3rd of July. I was humbled by the trust reposed on me to don the mantle of President of the club. The year has commenced and I am quite earnest in maintaining the tradition of RCA. I am glad to inform you that the Installations of Interact Club of Sishya School and the Annette Club of Adyar happened on the 10th of July. Our Annette Club has been quite active and I see no reason why this trend should not continue this year also. I request your support for the same. Annette President Manasa has drawn ambitious plans for the year and I am sure her passion will enable her to achieve her dreams. I attended the IWCA Installation as your representative and felicitated Smt.Ragini for having become the President of IWCA. I have also made a request to them to bring their spouses who are not Rotarians to our club. I appeal to you to bring your friends to Rotary and serve the common objective of reaching our goals of increasing the membership strength. New blood means new ideas and new ideas will make the Club strong. Your Directors presented their plan of action for the year both to the board as well as to all the members. I look forward to your active participation in all the activities of the Club, for a wonderful Rotary year ahead.

Rtn. Pres. M.N. Seshiah



## Installation of District Governor Rtn. Babu Peram



Rtn. Babu Peram was installed as the 2nd District Governor of RI District 3232 on 1<sup>st</sup> July 2018 at Chennai Trade Center, with the special blessings of Lord Sri Venkateswara, from the seven hills of Tirumala, Tirupati. Chief guest of the evening was none other than Past RI President K.R. Ravindran. His inspiring talk made DG Babu double the District TRF contribution target to 2 million dollars! Congrats & Best wishes to DG Babu.

## Annettes' Club of Adyar Installation

Annette Manasa Vittal Rajan was installed as the President of our Annettes' club on 10<sup>th</sup> July 2018, by immediate past president Annette Varshini. Chief guest of the evening was District Annettes' Chairman Rtn. Latha Kamesh. Their first project was done on the day of installation itself - Donation of 25Kgs rice to Om Kameswari Charitable Trust, who provide daily free food to underprivileged children.



## Inner Wheel Club of Adyar Installation



On 10<sup>th</sup> July 2018, Ms. Ragini Ghugal was installed as the 32<sup>nd</sup> President of Inner wheel Club of Adyar by the IPP Rajameenakshi in the august presence of District Chairman Kala Rajashekar at Gandhinagar Club, Adyar. In her acceptance speech, Ragini brought forth her vision to work on projects that empower women & school children and also on Waste management and Water Conservation, for the year 2018 – 2019. Rotary President Seshiah, felicitated Ragini and recommended the idea of joint projects between the two clubs. Chief Guest Satyarupa Shekar, Director-CAG, emphasised the importance of proper e-waste management. The installation ceremony was graced by Past District Chairmen, EC members, other club Presidents, Secretaries, inner wheel members and guests.

- Archana Hari Dewakar

## Installation Interact Club-Sishya

Our Rtn. Goplakrishnan was Chief guest, Pres. Sesh, IPP Boopathi, Director Youth Service Venu, PP Iyengar & Ann Prabha were present.





## COSY CHATTY COFFEE EVENING

A cozy chair... a cup of strong, hot, tasty coffee... ssrrr... sip by sip. Its nothing but heavenly bliss. Ann Chitra had magnanimously invited all the ladies of the club for a coffee evening. The Almighty was so kind enough to give us a surprise shower of rains to beat the heat. Slowly the guests started arriving one by one and it was soon a room of chatterboxes. Everybody had something or the other to share and pull each other's leg. The laughter became the envy of the neighbours. There were mouth watering snacks and real coffee. UNLIMITED ☺ All of us had a fabulous time and a great many thanks to the wonderful host for making all of us feel refreshed and recharged.

- Rtn. Gomathi



## PROGRAMME

Date	Meeting Details	Venue
07.8.18	Dr. Uma Vangal	Hotel Savera
15.8.18	Independence Day	Kandigai
21.8.18	Speaker Meeting	Hotel Savera
25.8.18	Family Get-together (Dinner)	

## BIRTHDAYS

3<sup>rd</sup> Aug Annette Shravaan S/O Rtn.Archana

12<sup>th</sup> Aug Rtn. Venkataragava

15<sup>th</sup> Aug Ann Latha Sivakumar

17<sup>th</sup> Aug Annette Saranya D/O Rtn.Suresh

21<sup>st</sup> Aug Rtn.Veerramani

24<sup>th</sup> Aug Annette Kovenden S/O

Rtn.Karunakaran

28<sup>th</sup> Aug Ann Muthulakshmi Gopalakrishnan

31<sup>st</sup> Aug Rtn.Gopalakrishnan

31<sup>st</sup> Aug Rtn.Dr.Prem Alex Lawrence

## Rajasthan Cosmo Club

A Unique **Cloth Bank**, where they collect old and new clothes from the society and redistribute to the needy after proper mending, washing & ironing of the clothes.

**28, Noor Veerasami Lane**

**Nungambakkam**

**Chennai 600034**

**+91 8033794624**

**Clothbank@gmail.com**

## WEDDING ANNIVERSARY

20<sup>th</sup> Aug Rtn.Rajendran  
Ann Nandini

22<sup>nd</sup> Aug Rtn.Archana  
Ann Suraj Menon

26<sup>th</sup> Aug Rtn.Krishnan &  
Ann Rajeshwari







## What are the common Urological problems?

Urologists are often approached late due to reluctance of the patient. The common problems are recurrent urinary tract infection, trouble in passing urine, blockage of kidneys, reflux of urine into kidneys. In adults, the problems include infections, kidney stones and cancers of the urinary tract.

### Symptoms of urinary cancer

Urinary trouble (slow stream, difficulty to pass urine, urine stoppage), passing tissue pieces in urine, abnormal swelling in the genitals and blood in the urine.

### Preventive measures

**Urinary infection:** Adequate water intake, avoiding abnormal cleaning habits, ensuring good hygiene reduces the risk.

**Kidney stones:** Stone formation could be prevented by water intake of 3 litres a day, 2 cups of milk a day, avoiding soft drinks, juices and chocolates.

Prostate cancer is ranked first amongst all cancers in men across the world. Awareness is the key. Do not ignore any minimal symptoms. **Prevention is always better than cure.**

**Dr. N. Ragavan, MS, FRCSEd, MD(UroOncology), FRCS(Urol), Senior Consultant Urology, UroOncology&Robotic Surgery Gleneagles Global Health City Chennai Speciality Clinic**



## Explore the world Valley of Flowers:



It is a national park in Uttarakhand, which is known for its variety of colourful flowers. This park has more than 500 species of wild flowers. The Valley of flowers was declared as a national park in 1982 and now it has become UNESCO World Heritage Site. This mystical valley has always lured many tourists each year.

### Hitsujiyama Park:



Hitsujiyama Park in Chichibu, Japan, is an incredible garden known for its beautiful moss phlox flowers, which bloom in April and early May. These flowers are called Shibazakura, which means “a lawn of cherry blossoms”. The many different hues of pink, purple, blue, and white attract a huge number of visitors each year.

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### 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**