

# Banyan Tree

Feb 2019  
Issue No. 8

## President

Rtn. Seshiah .M.N

## Dear Rotarians

## 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



The New Year has dawned and with it has come new ideas, resolutions and new found energy. I appeal to all of you to include something about Rotary in your new resolutions

The need for providing to the community is on the increase.

Prosperity and abject poverty are co existing. If at all the difference between the two can be narrowed down and a balance struck, it can be possible only by you. Your benevolence with your resources can make a huge impact. A Fund Raising committee is in place and they will be reaching out to you. Please support the club and enable it to handle noble and meaningful projects.

January had its share of programs and Fellowship. We had Mr Venkat photographer popularly known as Poochi Venkat spoke to us on insects and Mr Vaidyanathan talking us on the unconventional methods of educating school kids to be more hands on rather than theoretical.

The January Fellowship held on the 13th to celebrate Pongal was much appreciated for its ambiance, warmth and fun filled activities. Kudos to Fellowship chairman Satish and Jayaseelan the host for the same.

I once again, appeal to you to bring your friend to one of our regular meeting to enable them to experience Rotary.

Rtn. Pres. M.N. Seshiah

## RI President-elect



**Mark Daniel Maloney**  
President 2019-20

It will be our challenge to strengthen the many ways that "Rotary Connects the World", building the connections that allow talented, thoughtful, and generous people to unite and take meaningful action through Rotary service.

## District New Year Party 2019



Gala celebrations welcomed 2019 organised by Event chairman Rtn. Goutham Bothra at Vaibhav Villa, on Sunday, 30th Dec'18, with Carnival & Casino games, lots of food and fellowship. Ramp walk by Inspiring Presidents and spectacular dance performances were the highlights.

## District Pongal Vilza



Organised under the leadership of Chairman Rtn. Siva Ilangovan, Pongal Vilza was held on Sunday, 6th Jan'19 at VGP Pearl Garden, in a real village atmosphere. There were gramia snacks, village games and even live jallikattu maadhu... Kudos to inspiring Presidents, Anns and Annettes for entertaining all with super stage performances.

## Pongal Fellowship



"New year resolutions are meant to be broken" -Joel Stein. I had a resolution for the year 2019 that I will attend all Fellowship meetings of Rotary Club of Adyar. As I was contemplating to break the resolution a call comes from Rtn Satish which forced me to change my decision. With great reluctance, I reached Gandhi Nagar Club. As we strolled in at the venue after 2 hours of travel, Goli Soda and Tender Coconut were served. Kadalai mittai, Murukku, Theen mittai, Thatai, Kamarkut were also served. Anns were busy with Mehendi sessions and a few could go for Palm reading josiya. We were all enjoying the cool fresh and unpolluted air, taking pictures gleefully pretending as though we have done the harvesting ourselves. The next was "Experience Kutralam" under a Pumpset Shower. Certain things in life, you can enjoy only when others do - Ramesh initiated the proceedings of taking bath followed by Senthil and Thiagu. We had a satisfying lunch and played enjoyable games. Mind you, I participated and my team won a Prize. On behalf of RCA, a tree was planted. In spite of several stern warning signals given by JJ, a few Rotarians had the courage (unfounded) of standing close to a Jallikattu Maadu, taking a Selfie. Thankfully the Maadu was securely tied to the post. On the way back we went to the Murugan Temple in Tiruporur. Why we had gone there to a temple out of all the places? Make a guess. To thank GOD personally for making us enjoy a great fellowship. Overall No Blemish No dull moment. Events were continuous. Great effort by the hosts. I thank Satish, Seshiah, JJ for not allowing me to break my New Year Resolution!!!

- Rtn. Venkatakrisnan

## Regular Meetings



“Poochi” Venkat gave a great presentation at the regular meeting of the Rotary Club of Adyar on 8th Jan. We enjoyed watching the beautiful photos of insects captured so painstakingly by him.



An innovator and a visionary with passion for skills and education, Mr.Vaidyanathan CEO of “Classle Knowledge Pvt. Ltd.” spoke to us on 22nd Jan on “Making Education Useful”.



At Rtn.Suresh's daughter - Sumana's Reception

### Doorstep Recycling Service



An “Uber” for trash - mobile application that connects 5,000 small & medium trash producers with over 270 local trash collectors.

**Contact:-** No.103, PS Sivasamy Salai  
Mylapore, Chennai - 600004  
Email: [info@paperman.in](mailto:info@paperman.in)

## PROGRAMME

Date	Meeting Details	Venue
05.02.19	Speaker Meeting	Hotel Savera
19.02.19	Speaker Meeting	Hotel Savera
14.02.19	Valentine Fellowship	Gym Club

## BIRTHDAYS

1 <sup>st</sup> Feb	Rtn.Rajesh.
1 <sup>st</sup> Feb	Annette Niyathi D/o Rtn.Dr.Nishanth
8 <sup>th</sup> Feb	Rtn.Shyam Sundar.
12 <sup>th</sup> Feb	Rtn.Subash
14 <sup>th</sup> Feb	Ann Dr.Shruti Nishanth
14 <sup>th</sup> Feb	Annette Sarvesh S/o Rtn.Sundarrajan
14 <sup>th</sup> Feb	Annette Aadhavan S/o Rtn.Venugopal
17 <sup>th</sup> Feb	Annette Bharathraj S/o Rtn.Jayaselan
23 <sup>rd</sup> Feb	Annette Navnith S/o Rtn. Iyengar
29 <sup>th</sup> Feb	Ann Arul Selvi Karunakaran

## WEDDING ANNIVERSARY

1 <sup>st</sup> Feb	Rtn.Latha Rajan & Ann Pandia Rajan
4 <sup>th</sup> Feb	Rtn.Gopalakrishnan & Ann Muthulakshmi
6 <sup>th</sup> Feb	Rtn.Anand Kumar Pandian & Ann Anitha
9 <sup>th</sup> Feb	Rtn.Gomathi & Ann Ramesh
11 <sup>th</sup> Feb	Rtn.Boopathiraja & Ann Archana
19 <sup>th</sup> Feb	Rtn.Vijay Prabhu & Ann Poonguzhali
21 <sup>st</sup> Feb	Rtn. Venugopal & Ann Prasana Devi





## What is Glaucoma?

Glaucoma is a very common eye disease that affects individuals after 40 years of age, and those with a history of glaucoma in their parents or relatives (genetic factor).

The eye is filled with a fluid called 'Aqueous humor', which is a circulating fluid that drains through the angle of the iris. When the drainage channels are blocked, the fluid can start accumulating and this leads to an increase in the pressure inside the eye. This can lead to permanent damage to the optic nerve and in turn lead to vision loss and blindness.

## Symptoms

It has hardly any symptoms in its initial stages. In advanced disease, the symptoms are decreased peripheral vision, glare, photophobia and haloes.

## Preventive measures

The best way to prevent this dangerous and blinding disease is to have an annual eye check up with your ophthalmologist after the age of 40, or after 20 if there is a family history of glaucoma. As there may be no symptoms, it can only be picked up with a good fundus evaluation on the slit lamp. If the disease is identified early, it can be controlled with the help of eye drops.

**Dr. Shruti Nishanth,**

MS, DNB, FICO

Executive Director, Consultant-  
Paediatric Ophthalmology,  
M.N. Eye Hospital, Chennai



## Explore the world

### Butterfly Beach



Butterfly Beach is a tiny semicircular bay on north of Palolem beach, Goa. This beach has millions of butterflies flying over the hilltop blossoms, thus giving the name to the beach. It is a well known site to spot some playful dolphins, sea urchins and goldfish. It is one of the most spectacular places in whole Arabian Sea.

### Hidden Beach



Playa del Amor, commonly known as the Hidden Beach, is a small paradise in the Marieta Islands in Puerto Vallarta, Mexico. This is one of the few places in the world, where a man-made mistake combined with the beauty of nature resulted in a breathtaking scenery.. It is undeniably one of the most interesting beaches in the World.

## The Chennai Speciality Clinic

Old 1 , New 3, Rukmini Road  
Kalakshetra Colony, Besant Nagar  
Chennai 600090

Ph. +91 9600020690, 9600020740

[www.chennaiurologyclinic.in](http://www.chennaiurologyclinic.in)

[thechennaispecialityclinic@gmail.com](mailto:thechennaispecialityclinic@gmail.com)



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