



Banyan Tree



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(2019-20)

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(2020-21)

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Rtn. Jayaseelan J

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Rtn. Gopalakrishnan R

Past District Governor

Rtn. Dr.R.Shyam Sundar

Dear Rotarians

We have just completed the first half of this Rotary year. I am glad to inform you that we have more or less stuck to our plan for the first half of the year.

Mr.Sanjeevirajan was inducted into our club by the District chairman - membership Rtn.Saravanan on 4th December 2018. This is the first induction for this year and I thank Rtn .H.Srinivasan for introducing Mr.Sanjeevirajan to our club . I once again wish to remind you that we have an ambitious plan of inducting Eight members during this Rotary year. I request you to bring your friends for our regular meetings, which will enable them to experience Rotary as well. On the of 4th December 2018, we had our dinner meeting, where Rtn. Dr.Sivakumar, from Rotary Club of Golden Star, who is my Co President, spoke on Diabetes and the Ayurvedic approach on the same. It was a well-researched presentation, appreciated by one and all present for the evening.

Our Annette Club continue to inspire us with their noble deeds and actions. President Maanasa Rajan, under the able guidance of Annette Club Advisor Ann.Chitra Thiagarajan, did a project at Mahesh Memorial Cancer Institute, where they donated Casseroles, Caps and Pencil pouches with stationaries, to the in patients and out patients at the Institute. My sincere appreciation to the entire team for this excellent project.

We had yet another unique theme based fellowship Margazhi Thiruvizha, hosted by Rtn. Senthilnathan and his team. The programmes were very well conceived. They had artists singing classical songs, and Ann. Archana Kanthan danced spontaneously for a song too.

The most important activity in Rotary calendar is the AGM, and it was conducted on 18th December 2018. The office bearers for the next year and the President for 2021-22 were elected. I thank the members and returning officer Rtn. Suresh for the smooth election.

President Seshiah

A Fiesta to cherish



The Anns forum of the District always dreamt of a mega event which would be a testimony of woman power. The buzz on these lines started in November, headed by our Councillor Rtn. Nallammai Ramanathan, First lady Rtn. Anitha Babu, Event Chair Ann. Shanthi Raju, Women Empowerment chair Rtn. K. Vallekkannu and Treasurer Rtn. P. Meenakshi. This soon shaped up into the mega event on December 11th, 2018 as the 'Honey Queen Fiesta' at Hotel Crowne Plaza. Its motto was clear and distinct "of the women, for the women, by the women". It was ensured that the guests and participants had a packed day with a grand fashion show being walked by the elegant First Ladies, Games, Lucky draw, Zumba, Cookery show, Music, Adzap, numerous gifts as take away and a grand feast. That was not all, apart from a feast for the eye and the stomach, an unbelievable feast to the woman's impulse was the display of 50+ stalls – which proved to be a stress buster. This mammoth task would not have been possible but for the tireless efforts of Ann. Chitra Thiagarajan. The response towards registration also was overwhelming with the efforts of Ann. Jayshree Chella.

This entire event was driven by two causes – The inauguration of a novel and the truly empowering 'Pink Auto' project to create awareness about rotary and its service to the public. We thank PDG. Abirami Ramanathan and PDC. Rtn. Nallammai Ramanathan for having inaugurated their dream project – 'The Pink Auto' at the Ann's forum. This was launched in the august presence of DG. Rtn. Babu Peram, Joint Commissioner Ms. C. Maheshwari along with celebrities –

Actors Vikram Prabhu & Subbu, director Venkat Prabhu and singer Sri Lekha Parthasarathy. The project targets to provide a livelihood to 100 destitute women in Tamil Nadu. An initial amount of Rs. 75,000 was given to the manufacturer Piaggio for 3 autos. Next, the Anns forum contributed a sum of Rs. 6,00,000 towards the cost of one house for the **Kuyil Kuppam project**.

The event also saw the honouring of two accomplished women with the "Women Empowerment Award" - the first lady Joint Commissioner of Police **Ms. C. Maheshwari**, south zone, Greater Chennai and **Mrs. Saroja Sadasivam**, founder trustee of the NGO Vishwashanthi - a senior citizen home.

The fiesta proved to be a day filled with fun, frolic, excitement, laughter, joy and inspirational moments all driven by a cause.

- Rtn. P. Meenakshi
Rotary Club of T.Nagar

Annettes' Club Adyar - Projects



The Annette's Club of Adyar successfully completed its 8th project at Mahesh Memorial Cancer Institute, Adyar. This project was originally initiated by Ann.Chitra Thiagarajan during the period 2017-18, under the presidentship of Annette. Varshini Senthilnathan. Rtn.Vittal Rajan and Ann.Sripriya on their 20th Wedding Anniversary, sponsored the donation of 50 casseroles to the in-patients and 25 caps to the out-patients. Also 25 pouches with stationary items were given to the kids at the Cancer Institutue. The club members extend their sincere thanks to the generous sponsors for their contribution.

Maanasa Rajan, Annette Pres 2018-19

December Fellowship



RCA had its last fellowship in 2018 on Dec 15th. The theme was based on Margazhi Thiruvizha. The venue was set to resemble a sabha. All the mamas, mamis and kuttis of our club came adorned in veshtis and pattu sarees. The guests were served sundal in the classic sabha style. Abishek Ravishankar accompanied by his young team of a violinist and a mirithangam player enthralled the audience with his music. This was the first time, our club had Carnatic music for a fellowship. Ann Archana Kanthan performed a mesmerizing dance to the song Alaipayuthe. Rtn. Iyengar and his daughter-in-law Nandhini enthralled us with songs from Thirupavai. These melodious performances were followed by a kolam competition for the ladies with flowers, which was won by Ann. Chitra Thiagu's team. The live dosa counter was the hit of the day amongst the other mouth-watering cuisine. The evening ended with guests carrying thamboolam bags home.

- Rtn.Kannan Arumugam



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PROGRAMME

Date	Meeting Details	Venue
08.01.19	Speaker Meeting	Hotel Savera
22.01.19	Speaker Meeting	Hotel Savera
13.01.19	Pongal Fellowship at Farmhouse	

BIRTHDAYS

2 nd Jan	Rtn.Boopalan.
3 rd Jan	Rtn.Rajasekar.
4 th Jan	Rtn.Narasimha Iyengar.
8 th Jan	Annette Rasika D/o Rtn.Ramesh.
9 th Jan	Rtn.Seshiah.
10 th Jan	Rtn.Sreenivasan.
10 th Jan	Ann Sugritha Jayaseelan.
13 th Jan	Annette Divya D/o Rtn.Chandrasekar
14 th Jan	Ann Sashi Shyam Sundar.
18 th Jan	Ann Poonguzhali Vijay Prabhu
20 th Jan	Annette Amrita D/o Rtn.Sengottuvel.
22 nd Jan	Rtn.Ragavan
23 rd Jan	Rtn.Sathish
24 th Jan	Rtn.Sundarrajan

WEDDING ANNIVERSARY

31st Jan Rtn.Senthilnathan &
Ann Sunitha





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

Explore the world

Lake Parashar



Lake Parashar lies 49 km north of Mandi, Himachal Pradesh. The lake has a floating island which moves freely in all directions. The deep blue water looks like a blue emerald in the midst of snow-capped mountains. It is a rare site which can enchant the mind and soul of every tourist.

Lake Hillier



Lake Hillier is a pink coloured lake on Middle Island in western Australia. It was first discovered in 1802 by navigator Matthew Flinders. It is about 10 times saltier than the ocean and the entire lake is rimmed in a salty crust. Lake Hillier is now considered one of the Australia's natural wonders.

Low Back Pain:

Low back pain can range in intensity from mild, dull pain to a sudden severe pain that can make a person completely incapacitated. If it does not settle within 4 weeks medical help has to be sought.

Predisposing factors:

Accidents, Lifting heavy weights, Bad posture, Sedentary life style, Aggressive work-outs, Obesity, Osteoporosis, Smoking and Inflammatory arthritis.

Causes:

Low back pain can be due to Muscle sprains/strains, Disc degeneration, Disc bulge, Sacro-iliac joint arthritis, Facet joint arthritis, Ligament strains.

Preventive measures:

Morning walks, stretch exercises increases blood supply to the spine. Drink at least 8 glasses of water a day. Watch your weight and BMI. Use a firm mattress with a medium sized pillow.

Watch your sitting posture, avoid slouching in your chair.

Lift heavy weight without bending your back.

Long term use of lumbar belts and supports can be harmful.

Smoking will aggravate the pain.

Using vehicles without good shock absorbers or using 2 wheelers for long distances in bad roads can affect your spine.

Dr Vanmathy.V, MD,DNB,DESA,FIPM
Consultant Pain Physician,
Synapse Pain and Spine Clinic,
Besant Nagar.Ph: 9600013282

With Best Wishes from:
Rtn.PP.PHF. S.V. Veeramani

Fourrts

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