



June 2018  
Issue No 1



# Banyan Tree



Rotary Club of Adyar  
Chartered on 12.6.85



My Dear Rotarians

**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

It gives me great pleasure to address this message to you as the President of the Club. I would like to thank all of you for reposing confidence in me and entrusting the mantle of Presidency of this illustrious club on me.

Rotary has registered an enviable growth in this part of the world in terms of membership growth and contribution to the Rotary Foundation. However the above two remain the focal point of our future strategy.

PETS gave me an excellent idea of the leadership role I am embarking upon. It also got me a new set of friends and new vistas on how many clubs operate and grow.

I am sure all of you will agree that the membership growth is key to the success of any club. Members provide the financial strength, and the much needed attendance at meetings and enables the conduct of projects. We seem to have taken a back seat in this area. New members bring new ideas and new ideas bring cheer and much needed comraderie and bonhomie. I urge each and every one of you to bring your good friends to our club so that our members may enjoy the company of such persons.

I have prepared a detailed plan in consultation with your board and am confident of making this year an interesting one and an inspiring one. I earnestly require your participation and involvements in the meetings and activities of the club so that your rich experience is shared by the club members.

Be the Inspiration to yourselves and the club and let us make RCA rock this year.

**-Rtn. M N Seshiah**



## Barry Rassin

RI President 2018-19  
Rotary Club of East Nassau  
New Providence, Bahamas

Barry Rassin earned an MBA in health and hospital administration from the University of Florida, and is the first fellow of the American College of Healthcare Executives in the Bahamas. He recently retired after 37 years as president of Doctors Hospital Health System and continues as an advisor. He is a lifetime member of the American Hospital Association and has served on several boards, including the Quality Council of the Bahamas, Health Education Council, and Employer's Confederation.

A Rotarian since 1980, Rassin has served Rotary as director and is vice chair of The Rotary Foundation Board of Trustees. He was an RI training leader and the aide to 2015-16 RI President K.R. Ravindran.

Rassin received Rotary's highest honour, the Service Above Self Award, as well as other humanitarian awards for his work leading Rotary's relief efforts in Haiti after the 2010 earthquake there. He and his wife, Esther, are Major Donors and Benefactors of The Rotary Foundation.



## Babu Peram

Governor RI Dist 3232 2018-19  
Rotary Club of Chennai Presidency  
Tamil Nadu, India

A Chartered Accountant practicing in Chennai since 1991, he has more than 500 clients in and outside India. He joined Rotary in 2001 and was the President of his Club in 2006–07 when he did many projects with RC Shinjuku, Tokyo.

He has held many responsible positions in the District as the Chair of various avenues like Polio Plus, Community Service, Finance Committee, and Strategic Planning. He was Secretary for the District Assembly, District Secretary & Chairman District Conference.

At the Zonal Institute held in Dubai, Babu was Finance Committee Chairman. He served as Treasurer, Co-chairman Registrations & Co-chairman VIP hospitality for the Literacy Summit under RILM. He has attended 4 zonal Institutes and 6 RI conventions held at various countries.

He has got many awards - Outstanding Rotarian, Pillar of Strength, Exemplary Services and Outstanding Leadership. He is a Major Donor Level II and his wife Anita & daughter Sandhya are PHFs.



Pres.Sesh & DG Babu @ PETS'18



**M.N.Seshiah**  
**President 2018- 19**  
**Rotary Club of Adyar**

A Certified Financial Planner, he diversified to Real Estate business representing Hanu Reddy Reality, after having advised many in insurance and financial planning.

Apart from being a Management Graduate, he also qualified himself in Law, when he found the necessity to do so in support of his Real Estate Business. An astute businessman, he has several awards to his credit in business.

He joined Rotary in 2007 and has held almost all positions at the club level, including that of Secretary. He has left an indelible mark in every assignment he undertook.

An affable personality, he has made many friends both in and outside Rotary. He is a member of Madras Boat Club and Mylapore Club. He has served as an official for several Rowing championships in and outside Chennai.

He is an avid cyclist and makes it a point to cycle long distances twice a week with a similar group of friends.



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**PROGRAMME**

| Date    | Meeting Details        | Venue        |
|---------|------------------------|--------------|
| 03.7.18 | Rotary Installation    | Hotel Savera |
| 10.7.18 | Annettes' Installation | Hotel Savera |
| 17.7.18 | Closed meeting         | Hotel Savera |
| 29.7.18 | Beach walk             | Marina Beach |

**BIRTHDAYS**

- 2<sup>nd</sup> July Rtn.Venkatakrishnan.
- 6<sup>th</sup> July Ann Gowri Sreenivasan.
- 9<sup>th</sup> July Abijith Son of Rtn.Anand Kumar Pandian.
- 10<sup>th</sup> July Annette Inbha Son of Rtn.Rajesh.
- 10<sup>th</sup> July Swathi Daughter of Rtn.Eashwaramurthi.
- 11<sup>th</sup> July Rtn.Boopathiraja.
- 12<sup>th</sup> July Annette Suhas Son of Rtn.Latha Rajan.
- 13<sup>th</sup> July Rtn.Dr.Nishath
- 13<sup>th</sup> July Pavithra Daughter of Rtn.Narasimha Iyengar.
- 14<sup>th</sup> July Ann Geethalakshmi
- 15<sup>th</sup> July Annette Harikrishna Son of Rtn.Kulamani.
- 16<sup>th</sup> July Annette Ananya Daughter of Rtn.Vittal Rajan.
- 21<sup>st</sup> July Annette Charanya Daughter of Rtn.Krishnan.
- 27<sup>th</sup> July Rtn.Sivakumar
- 28<sup>th</sup> July Annette Lavanya Daughter of Rtn.Krishnan.
- 31<sup>st</sup> July Annette Pradeep Son of Rtn.Rajendran.

**WEDDING ANNIVERSARY**

- 1<sup>st</sup> July Rtn.Kannan Arumugam & Ann Chitra
- 4<sup>th</sup> July Rtn.Veeramani & Ann Radha
- 10<sup>th</sup> July Rtn.Thiagarajan & Ann Chitra
- 14<sup>th</sup> July Rtn.Suresh & Ann Meera
- 15<sup>th</sup> July Rtn.Ramesh & Ann Radha
- 15<sup>th</sup> July Rtn.Sridhar & Ann Vajayanthi





## What is Diabetes?

Diabetes is a problem of increased sugar levels in the blood. The reason for diabetes is the reduced levels of INSULIN in the body. If a person has 100% of insulin, then there is no fear of diabetes.

### Causes:

There are 2 types: Type 1 diabetes – insulin is zero - occurs at a very young age, with no family history of diabetes. Type 2 diabetes - mostly due to family history. Now a days, it is caused by OBESITY – over weight, junk food and also due to lack of exercise.

### Symptoms:

Loss of weight, tiredness, excess urination, pain in the feet, numbness and prickling sensation in the feet, teeth gum infection, itching on the body, depression, mood changes, deterioration in vision.

### Preventive Measures:

Avoid sugar, sweets, certain fruits & vegetables, avoid junk foods & alcohol, reduce obesity. Walk daily for at least 45 minutes, 5 days a week. Do Yoga & meditation to control blood sugar levels.

If you are Diabetic: Do regular blood sugar test. Check your blood sugar level once in three months. Do blood tests on kidney, cholesterol, BP checkup, ECG, eye checkup, once a year. Take care of your foot from boils and infections.

A simple measure to keep normal blood sugar level will lead to healthy life

**Dr.R.Shyamsundar - Diabetologist**

**PDG of Rotary Club of Adyar**

**SS Diabetes Centre, Nandanam**



## Explore the world

### Pangong Lake:



One of India's biggest tourist attractions, Pangong Lake is situated near Leh-Ladakh in the Himalayas, at a height of 4350 meters. The sparkling blue lake derives its name from the Tibetan word, "Pangong Tso", which means "high grassland lake". This Lake is also known to change colors, appearing blue, green and red at different times leaving you spellbound.

### Pamukkale:



One of Turkey's top attractions, Pamukkale is a UNESCO World Heritage Site in southwestern Turkey, that boasts 17 of the most spectacular water terraces in the world. It is known for the mineral-rich thermal waters flowing down white travertine terraces. The word Pamukkale means "cotton castle" in Turkish. The site got its name from the numerous cascading white pools with bright turquoise water surfaces, giving a spectacular sight.



### 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**

With Best Wishes from:

**Rtn.PP.PHF. S.V. Veeramani**

# Fourrts

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