Banyan Tree

ISSUE No. 8, March, 2020

President
Rtn. Senthilnathan R

Immediate Past President
Rtn. Seshiah M.N

President Elect
Rtn. PHF Karunakaran T

President Nominee
Rtn. PHF Dr. Prem Alex Lawrence

Secretary
Rtn. Venkataragava A

Treasurer
Rtn. Jayaraman N R

Sergeant at Arms
Rtn. PHF Narasimha Iyengar K

ADVISORS

Club Trainer
Rtn. PHF Gopalakrishnan R

Club Advisor
Rtn. PHF Veeramani S V

My Dear Rotarians

Presidents Message

Month of February was celebrated as Ann month in the club we had our own Ann's speaking,

Ann Radha Veeramani and An Meera Ragavan, spoke on their life experience as an entreprenuer and their life experience.

Second meeting Ann Meera Suresh & Ann Chitra Thiagarajan spoke about their life experience in contributing to social cause to the society.

Three members have completed their projects this month accomplishing our theme for the year, every member will contribute for a social cause. 25 families have completed the projects till now. We will follow up with the balance members to complete the project.

This year we are aiming to complete EREY for our club we will reach out to all members for contribution, look forward for the support from all the members.

The global grant and district grant has got approved, we will begin the work by mid march and expecting to complete by end of June.

This year we are putting up two class rooms to kandigai primary school through the CSR Fund of RTN Veeramani of fourrts.

Plan for March

We have planned our Governor Visit for our club on 24th March. Request all members to participate the governor visit function of our club.

3rd March : Rtn Veloo Pushparaj Classification talk / Rtn Karunakaran on Tenancy Agreement
24th March : Governor's Visit.

Rtn Veeramani being recognized for his major level donor, contribution towards the rotary foundation. At rotary conference

Cake cutting of all the members celebrating their Birthdyas and Anniversary.

Rtn Veeramani received the flag from rotary club of Vladivostok Russia.

Rtn Ramesh handing over token of appreciation to Ann meera Ramesh for their speech in the evnt of Ann month, Topic:Their experience as an entrepreneur.

Family fellowship for the month of Feb celebrated, Theme : Valentines day.

Family fellowship host jointly posing at the start of the program

Rtn Gopal handing over the token of appreciation to Chitra thiagarajan for her speech on the event of Ann month – Topic: their life experience in social cause for society.

Board meeting held on the 10th of February.

Rtn Seshiaa handing over the token of appreciation to Meera Suresh for her speech delivered on the evnt of Ann month, Topic: their life experiencein social cause for society.

Rtn Thiagarajan handing over token of appreciation to Ann Radha veeramani, for her speech in the event of Ann month, topic : Their experience as an entreprnuer

Irtn Venkata Raghava & Ann Aruna sponsored one day meal and clothes for the senior citizens home at akshaya Pallikaranai.

Rtn Gopal and Ann Muthulakshmi donated a lower limb and upper limb to a patient in mukthi foundation.

Rtn sai kumaran donated one upper limb at Mukthi foundation

PROGRAMME

Date Meeting Details

We have planned our Governor Visit for our club on 24th March. Request all members to participate the governor visit function of our club.

3rd March – Rtn Veloo Pushparaj Classification talk / Rtn Karunakaran on Tenancy Agreement

18th Feb – Ann chitra thiagarajan, Ann Meera Suresh

6th Mar – Ann Chitra Thiagarajan

7th Mar – Rtn. Ramesh .R

8th Mar – Rtn. Gomathi.R

8th Mar – Rtn. Annette Aravind Son of Rtn. Thiagarajan

8th Mar – Rtn.Easwaramurthi.C

11th Mar – Annette Soundarya Daughter of Rtn. Thiagarajan

11th Mar Ann Chitra Kannan Arumugam

12th Mar – Rtn. Kannan Arumugam

16th Mar – Annette Barghavi Daughter of Rtn. Vidyadharan

19th Mar – Annette Anagha Son of Rtn. Padmalattha

23rd Mar – Rtn.Jayaraman N.R

23rd Mar – Annettte Gayathri Daughter of Rtn. Veeramani

23rd Mar – Annette Preethy Daughter of Rtn.Gopalakrishnan

26th Mar – Rtn. Padmalatha Suresh

27th Mar – Annette Anirudh Son of Rtn.Srinivasan

WEDDING ANNIVERSARY

5th Mar – Rtn. Vidyadharan & Ann Samanthaka Mani

11th Mar – Rtn. Kulamani & Ann Sharadha

12th Mar – Rtn. Shivakumar & Ann Latha

20th Mar – Rtn. Siva & Ann Maheshwari

31st Mar – Rtn. Venkatakrishnan & Ann Latha

Health

The Bigger, Better Picture

Health is a state of physical,
ental and social well-being in which disease and infirmity are absent.

I am venturing in this topic with a number of health professionals in our Club.This is subject that has been dear to me especially in the recent past.I did learn from my mistakes earlier in my life to treat Health with utmost respect.

The moment we consider the concept of health what invariably comes to our mind is the Physical Health. But it is interesting to note that the other dimensions are equally if not more important. The others are Emotional health.Mental Health. Spititual Health and Financial Health. One is woven into the other and creates a perfect balance if handled properly.

Physical Health : This is the most dominant and easily observed both internally and externally. This is achieved by regular exercise and nutritional balanced diet. The one aspect very often not recognized is enough sleep or rest. The right combination of all the above will keep you in good physical health.

Mental Health: Mental Health is as important if not more important than physical health . It refers to the persons emotional social and physcological well being.

Emotional Health : In these days of excessive stress this acquires a lot of importance. Stress is the buzzword be it a corporate executive or a housewife. The number of patients approaching a doctor for stress related issues have gone up significantly.This has increased mainly due to lifestyle changes and becoming part of this crazily competitive world.The best solution to this to meditate and reduce expectations.When deliverables do not match expectation the result is stress.

Spiritual Health: I feels this is the best solution to all health related issues since it addresses all the issues and provides solution.It is a time tested remedy and holistic made of deep compassion.From a subconscious following to conscious following of this will relive us all of many a misery.

I conclude that be conscious of your health and the best way to maintain health is to preserve it.

HEALTH IS WEALTH

courtesy
Ann. Muthulakshmi Gopal

ROTARY CONNECTS THE WORLD

Directors

Club Services
Rtn. Dr. Nishanth

Community Service
Rtn. Vijay Prabhu

Community Health
Rtn. Dr. Ragavan N

Vocational Service
Rtn. Boopathiraja

International Service
Rtn. PHF Thiagarajan R

Foundation
Rtn. PHF Jayaseelan J

Public Image
Rtn. PHF Kannan Arumugam

Membership
Rtn. PHF Sathish T

Chairman Fellowship
Rtn. PHF Archana R

Polio Plus
Rtn. Rajesh D

Rotaract and Interact
Rtn. Sanjeevirajan

Programs
Rtn. Dr. Nishanth

Project
Ann. Chitra Thiagarajan

Bulletin Editor
Ann Dr. Shruthi Nishanth