



# 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,

I am glad to communicate to you through our bulletin once again. I have received positive feedback about the Bulletin in physical form. This would not have been possible without the support of sponsors. I thank the sponsors for this good gesture.



The Installation of the Interact club of Devi Academy was held on 3rd of September with PP Rtn N R Jayaraman as the chief guest.

The Rotaract debate between MNM and Patrician college Rotaractors was an interesting one with both the sides prepared fully and making a good pitch for winning the debate.

The first family fellowship was held on the 8th of September at Presidency club. The turnout was reasonably good and I am sure all enjoyed the games, fun & food and of course the company of Rotarians and their families.

The first celebrity meeting for this year was held on 25th of September. The attendance was very encouraging and the speaker was able to engage the audience well.

The first health camp for this year was held between the 25th and 28th of September at the Chennai Clinic by Rtn Dr Raghavan and Dr Meera for awareness in prostate cancer and screening for the same.

We are planning for the Vocational awards in October. The next few months will witness a lot of activities and I request all of you to actively participate and encourage the team to put more efforts.

We need to focus on bringing new members to the club and improve the vibrancy of the club. Please invite your friends to come to our club meetings to experience Rotary and be a part of this great organisation.

**-Rtn.Pres Seshiah**

## Celebrity Meeting



Tuesday, the 25th of October, at Madras Boat Club, we had our celebrity meet with Mr. Mohammed Azeem, a small screen actor. The topic was 'Political Culture in Tamilnadu'. The first thing that came to mind was 'Why is an actor talking on politics?'

Chitra Thiagarajan introduced the guest speaker and that clarified my query. Mr Azeem was a Ph.D in Political Science. That set my mind at rest and I settled to listen to what he has to say.

First of all his flair for Tamil surprised me. He powered away discussing the political scenario in our state. His justified opinion was that we all need to vote. We have the power to put someone responsible on that Chair - be it the Counselor, MLA, Minister, MP and even the PM. He urged us to think about the candidate while voting and not the party he represents, which according to him is a mistake most of us commit. He touched on the corruption scene, money required to stand for election etc etc,

To cut a long story short, with points of humour too, he concluded his speech. What impressed me most was his enthusiasm, his attitude, and his willingness to plunge into politics. The question-answer session that followed brought out several of us willing to support his entry in to politics.

The customary vote of thanks was rendered by yours truly and the well attended meeting wound to a close. We all adjourned for dinner after a good evening.

- Dr. Meera Suresh

## Annettes' Club of Adyar - Project



The Annette's Club of Adyar donated 408 water bottles to the children of Panchayat Union Primary School in Kandigai. This will provide them the opportunity to carry safe drinking water from home everyday, thereby reducing the risks of being susceptible to water borne diseases. This project was sponsored by the generous donor Rtn. Karunakaran. The members of the Club wholeheartedly thank Rtn. Seshiah, Rtn. Karunakaran and Ann. Chitra Thiagarajan, for their timely support and also for making this project a grand success.

- Annette Pres Manasa Vittal Rajan

## Installation of Interact Club-Devi Academy



The installation of the Interact club of Devi Academy was held on 3<sup>rd</sup> September, 2018. Rtn PP NR Jayaraman was the chief guest, he spoke on the concept of Interact Club and benefits to the student members. Presentation of the annual report showcased the number of projects done by the club last year, which was very impressive. The office bearers were installed, and the students put up an excellent cultural program to round off the event.



### COSY COFFEE EVENING - 2

The second coffee evening was held at Ann. Maheshwari Siva's house. There was lots of fun & games. Ladies thoroughly enjoyed each others company and the snacks prepared by the host.



### NEON FELLOWSHIP

On the 8th of September 2018 at Presidency club, we had our first fellowship for this year. The neon ambience was novel and there was plenty of games, fun & food.



### ROTARACTORS DEBATE

At our regular meeting on 4<sup>th</sup> Sep at Savera, a debate was arranged between Rotaractors of MNM Engg College and Patrician College, on the topic "Education should be in private or government hands".

## PROGRAMME

Date	Meeting Details	Venue
09.10.18	Closed Door Meeting	Hotel Savera
23.10.18	Vocational Awards	Alumni Club
	Family Get-together - Date to be decided	

## BIRTHDAYS

- 1<sup>st</sup> Oct Annet Vhasavi D/o Rtn.Ragavan
- 2<sup>nd</sup> Oct Ann Nandhini Rajendran
- 3<sup>rd</sup> Oct Annet Skanda S/o Rtn.Shyam Sundar
- 4<sup>th</sup> Oct Ann Maheshwari Siva
- 8<sup>th</sup> Oct Rtn.Vittal Rajan
- 10<sup>th</sup> Oct Annet Aravind S/o Rtn.Eashwer
- 19<sup>th</sup> Oct Rtn.Anand Kumar Pandian
- 21<sup>st</sup> Oct Annet Venkata Karthik Annapragada
- 23<sup>rd</sup> Oct Annet Tharun S/o Rtn.Sivakumar
- 26<sup>th</sup> Oct Rtn.Suresh
- 28<sup>th</sup> Oct Rtn. Venugopal
- 30<sup>th</sup> Oct Rtn.Archana

No wedding anniversaries this month!



No-14, Park Road,  
Kilpauk Garden Colony,  
Kilpauk, Chennai 600010

**Phone:** 044 26444825 & 044 26446587

Helps people affected with Leprosy  
to live in a dignified manner

With compliments from:



Largest Chain of HP Exclusive Stores

CHENNAI | COIMBATORE | BENGALURU

Express Avenue : 8870065777 | ea@hpitworld.com Adyar : 9003811677 | adyar@hpitworld.com



## What is osteoporosis?

It is a disease with quantitative, not qualitative, disorder of bone mineralization. In simple terms, it is age-related decrease in bone mass of an individual, leading to increased chance of sustaining a fracture.

**Cause** - Non-modifiable risk factors include Post-menopausal age group and Genetic factors like having a close family member with a diagnosis of hip fracture or osteoporosis makes osteoporosis more likely. Previously sustained fracture following a low-level injury, especially after the age of 55.

Modifiable risk factors include Eating disorders, such as Anorexia or Bulimia Nervosa, Tobacco Smoking, Excessive Alcohol intake, Low levels of calcium, magnesium, and vitamin D, mal-absorption problems and use of some medications, Inactivity or being immobile.

**Preventive measures** Regular check up, every year after the age of 60 and a DEXA scan (bone mineral density scan) is needed. Exercise and physiotherapy, dietary adjustments, including extra calcium, magnesium and vitamin D helps to prevent bone loss and the development of osteoporosis.

### Prof. R. Dorai Kumar

Senior Consultant - ortho surgery  
Apollo Spectra Hospital  
MRC Nagar, Chennai  
Mob: 9841024436

## Explore the world Hot Spring with Ice Shells



Hot-springs covered by an ice-shell are found in the high-altitude Changthang Plateau, Ladakh, during the winter months. Even when the outside temperature remains below zero and drops to -30 at night time, these geysers continue to spit boiling-hot water. Much of the water flows down as a stream, but a few droplets that fall away are instantly turned into snow. The result is this beautiful cone that forms a shell around the spring.

### Fly Geyser



Fly geyser is a hot-water geyser located in Nevada, US. The stunning geyser boasts a rainbow of colors because of the thermophilic algae. The geyser's trio of travertine cones spew scalding hot water about four or five feet into the air. It is a manmade drilling mishap that became one of nature's wonders

### 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**