



Banyan Tree

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(2019-20)

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President Nominee

(2020-21)

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Advisors

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Club Advisor

Rtn. Gopalakrishnan R

Past District Governor

Rtn. Dr.R.Shyam Sundar



My Dear Rotarians,

We are already into the second month of this Rotary year. The months of July and August are always busy due to several installations and this year is no exception. Most of the installations happened on schedule. However we had our own share of surprises in the form of the death of our formed CM and PM.

MN M Engineering Jain College Rotaract was installed on the 26th of July 18. 1st Aug 18 witnessed the installation of Sishya-OMR. Though I have been closely associated with our Interact and Rotaract I am always at awe and filled with a sense of satisfaction when I see the kind of activities done by them. It is indeed heart-warming to see such kids come out with wonderful ideas executed to near perfection.

Our Club walk in the Marina took place on the 29th July 18. This has become a yearly affair and the turnout is increasing year after year. I place on record my sincere thanks to Rtn.Subash for always coming forward to host the breakfast during this walk.

Ms.Uma Vangal scheduled speech had to be postponed due to unrest in the vicinity of Hotel Savera. The rescheduled meeting was also low in attendance due to sudden downpour. However the speaker compensated for all this by presenting a well researched speech on Madras to Chennai.

In accordance with the established practice the Independence Day celebrations were done at the Kandigai school. Rotarians gathered at Rtn.S.V.Veerramani's office for a sumptuous breakfast after which we proceeded to the school. Flag hoisting went on time though there was a little threat from the Rain God. The school kids presented some delectable performances which was appreciated by one and all. Concentrix a corporate entity enacted some play dance and mimicry and kept the kids in rapt attention. They also gave very good gifts to the school kids. Our Annett Club sponsored Water bottles to the school kids. My sincere thanks to Rtn S V Veerramani for spontaneously hosting the breakfast and to IPP.Rtn Boopathiraja for enabling the presence of CONCENTRIX and of course to CONCENTRIX for their contribution and presence.

I once again appeal to all Rotarians to bring their friends to Rotary and help us improve our strength and in the process strengthen Rotary movement.

-Rtn.Pres.M.N.Seshiah

All Women Car Rally

On a beautiful Sunday morning, Aug 5th 2018, all roads led to LIBA. The All Women Car Rally is a fun event and car enthusiasts have something interesting to look forward to. This event is a unique platform to bring in the Anns from different clubs together along with visually impaired, providing a privilege and a high dose of entertainment to the special persons. The enthusiasts participated in the rally with their swanky cars, dressed up to match the theme of the rally, 'Say no to plastics', 'Go Green' and to 'Chirruping sparrows – Fight Mosquitoes'. Participants, about 130 cars in all, were flagged off from the LIBA campus, each team armed with route & clue question paper. A sumptuous lunch was awaiting after the hunt through the city roads, to win amazing prizes like Diamond Pendants, Microwaves, Diamond nose pins, Silk Sarees, water Kettle, Iron box, Hair dryer etc. There were loads of games and prizes, DJ and music to enjoy the rest of the day. Rally Convenor Ann. Nallammai Ramanathan and First lady Anitha Peram expressed appreciation and honest thanks to all the First Ladies for the tremendous time and energy in coordinating with their clubs for maximum participation, and making the maiden Ann's event a grand success for the year 2018-19. The whole event was covered by the Media and Press.

- Punitha Sridhar
Inspiring Anns Committee



Beach Walk

The favourite spot in Chennai for any resident is without any doubt the world famous Marina Beach, which is the second largest beach in the world. If the sun, sand and water beckon you for fun and exercise, the buildings that flank the Kamarajar Salai is a treat to any history buff. Thus, a health walk was planned for July 29th by the members of the Rotary Club of Adyar on the Marina Beach. The morning turned out to be pleasant with the Sun God cooperating. The well geared and enthusiastic group assembled at the Gandhi Statue ready to cover the distance from there to the swimming pool and back. This would total about 5kms. The fitness freaks were in their elements and began clocking time, speed and calories. The Anns also had a wonderful time chatting, catching up on all the gossip, updating each other on all the happenings in the RI District, discussing the latest movie releases and of course cracking jokes. It was the most conducive situation to invite prospective members and without doubt the two who came, had a wonderful time. We lost count of the photos that were clicked, there were groups, groupies and of course the unavoidable selfies. Having built up a super appetite, our next halt was at Hotel Woodlands where we were treated to an excellent breakfast by Rtn. Subash. The morning was one of a kind with ample fun, camaraderie and cohesiveness. Cheers to such outings and hope we can do it more often.

- Boopathi Raja



Rotaract Club of MNM Jain Eng. College Installation



On the 26th of July'18, at MNM Jain Eng. College, Rtr.Tamilselvan was installed as President of their Rotaract club by IPP Rtr. Tamil Arasan. The year Theme, Logo, Banner and Letter head were launched by our respected dignitaries - Principal cum Faculty co-ordinator Dr. K. V. Narayanan, Rtn.PP Thiagarajan, Rtn.Pres. Seshiah, Sec Rtn. Senthil Nathan, Dir Youth Service Rtn. C. V. Venugopal and ADRR Rtr. PP. Muneeshwaran Mani. The Office bearers for the year 2018-19 were introduced with the help of an AV. Later, the charter of the club was exchanged between Rtr. Gayathri Devi and Rtr. Nivas and Treasurers Rtr. Indumathi and Rtr. Anik Metha exchanged the club accounts. After their speeches, the dignitaries were felicitated and the Vote of thanks was delivered by Sec Rtr. Nivas. Thus, with all the enthusiastic energy the meeting was called to a close, to rise again.

- Rtr. Pres. Tamilselvan

PROGRAMME

Date	Meeting Details	Venue
04.9.18	Debate-Rotaractors	Hotel Savera
25.9.18	Celebrity Speaker	Dinner
Sep end	Out station Fellowship	

BIRTHDAYS

- 2nd Sep – Annet Adhitya s/o Rtn.Chadrasekar Pandyan
- 5th Sep – Annette Abhijith son of Rtn.Senthilnathan
- 7th Sep – Ann Archana Boopathiraja
- 9th Sep – Annette Kavitha daughter of Rtn.Kannan
- 10th Sep – Ann Sunitha Senthilnathan
- 11th Sep – Ann Rajeshwari Krishnan
- 11th Sep – Annet Aurelia Laurette d/o Rtn.Prem Lawrence
- 15th Sep – Rtn Jayaseelan
- 18th Sep – Annetee Keshav son of Rtn.Sridhar
- 19th Sep – Rtn.Siva
- 23rd Sep – Annette Manasa daughter of Rtn.Vittal
- 23rd Sep – Annette Balaji son of Rtn.Subhash
- 26th Sep – Ann Aruna Annapragada
- 27th Sep – Annette Ramyaroopaa d/o Rtn.Sengutuvel
- 28th Sep – Annet Avantikaa d/o Rtn.Anand Kumar Pandian
- 28th Sep – Ann Kiruthika Sathish

Installation Interact Club Dr.C.L.Metha Sishya OMR School



On 1st Aug, Rtn.PDG A.P. Kanna was the chief guest, Pres Sesh, Sec Senthil and Director Youth Service Venu were present.

WEDDING ANNIVERSARY

- 1st Sep Rtn.Sundar
Ann Vidya
- 12th Sep Rtn.Ragavan
Ann Meera
- 15th Sep Rtn.Karunakaran
Ann Arul Selvi





What is Alzheimer's disease?

AD is a neurodegenerative disease characterized by primary symptom of memory loss, behavior disturbance, loss of orientation in space and surroundings. All memory loss (Dementia) is NOT due to AD. Hence it is important to identify the underlying cause of memory loss by a well-trained neurologist.

What causes Dementia?

Dementia can be due to several causes. AD is one such common cause. However, other causes are stroke, space occupying lesion in brain, infection of brain, or due to increase in water content in the brain or vitamin deficiency.

As per the research only <5% cases of AD are familial, meaning that it runs in the family. This happens usually in a type of chromosomal disorder known as Autosomal Dominant disorders.

How to manage AD?

There are two factors of management- one part is the drug therapy, the second and more important part is the psychological, social and peer group support. Few organizations are coming forward to help families but it is becoming increasingly difficult due to more nuclear families and children living abroad or in different states.

How to prevent AD?

Regular exercise and a healthy lifestyle can prevent AD.

Dr. Vikash Agarwal

Neurologist, Apollo Hospitals, Chennai

Explore the world Sandakphu:



Sandakphu, is the highest peak in West Bengal. It affords a pristine view of the "Sleeping Buddha" structure. The entire Kangchenjunga Range and the four highest peaks in the World Mount Everest ,Kangchenjunga Lhotse & Makalu can also be seen from the summit.

Rainbow Mountains:



Zhangye Danxia is popularly known as the "Rainbow Mountains", is situated in the province of Gansu, in China. This landforms cover an area of almost 300 square miles, and are formed due to geological processes. This area is known as "the eye candy of Zhangye" and was declared as a World Heritage site in 2010.

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Rtn. Archana R

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