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Madras Chenna Patna, RI District 3232

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1st DECEMBER 2019

Maadhu Balaji speaks, Audience Go Crazy

The November 6th speaker meeting jointly organised with RC of Chennai Presidency, RC of Chennai Port City and RC of Madras Nungambakkam, was graced by ace comedian 'Maadhu' Balaji, younger brother of the prolific comedic play writer Crazy Mohan.

He is the man who brought to life the inimitable character Maadhu, a name inspired from Nagesh's memorable role in 'Ethir Neechal'.

Maadhu's role written by his brother in innumerable plays, captivated audiences all over the world and yet the man is a picture of utmost humility.



What is astounding in this world of I, me and myself is his complete surrender to his elder brother, which perhaps is a homage to the joint family system, where age as an hierarchy takes precedence.

Pattinathars were very pleasantly surprised that, this was the first time he had spoken to an audience without a script in his four-decade-old theater career! In fact, when Balaji was presented Lifetime Achievement Award by a Rotary Club, it was Mohan, who gave the acceptance speech!!

In an interactive session, he regaled us with stories from his family, about his brother and the relationship Crazy Mohan shared with the actor Kamal Hassan as well as his experiences traveling across the world with his troupe.

The session concluded with Annette Vaishnavi presenting a pencil sketch of Balaji and Crazy Mohan together as a memento of the fantastic combination they were.

The meeting also saw the presentation of Paul Harris Foundation award to Rtn. Ramanathan and Ann Deepa Mogili presented by the speaker.

It was a memorable evening where humor underscored everything and also left people thinking hard on the importance of being humble and grounded at all times.



**K.N. Ramanathan
& Deepa**



Fifth Board Meeting held on 19th November 2019



- Approved the Standard Operating Procedure for the Operation Day Break project.
- It was decided to hold Election meeting on December 19, 2019.
- District Governor visit is slated for January 2, 2020
- It was decided to conduct one-day tour for Anns during the last week of December, 2019

Sister club agreement with RC Colombo Regency



Eat as per your wish, don't diet too much: Dr. Sadhana

On Nov 22, 2019 we had the privilege of Dr. Sadhana Rajkumar, Dietician, nutritionist, fitness consultant and Sparrow conservationist delivering a talk at Rotary Club of Madras Chenna Patna, on how to be Fit at 50.

The talk was an eye opener for the Pattinathars on many of the health topics such as the myths of weight reduction, avoiding white items like rice, curd and butter.



In her hour-long speech, she said that one should not lose weight by avoiding food supplements or starving or by doing over exercise at the Gym. Always have the enthusiasm to look positively towards the day. Start the day with a breathing exercise. Cycling is also a best exercise. Sleep at least for 8 hours, was her advice. As a supporter of rice (not the polished or brown rice), she said rice is a wonderful nutritional food and don't avoid it. Rice is suitable for South Indians and wheat for North Indians.

Cows ghee is also good for health. It is not a fat product. Try to include two spoons of ghee in your meal every day and it is good for health.

She advocated moderate exercise like walking for 30 minutes a day for four days, instead of doing it in a closed enclosure like a Gym.

For strengthening of muscles, she suggested small exercise like stretching.

In 27 years, she has counselled more than 25,000 clients to achieve health and fitness. She represented India in World Health Conference held at the French Institute, Puducherry.

She is also a visiting consultant for various hospitals in the city.

Written by
B. Rajkumar



Paresh's twins Saishaa and Sufi were star attractions



Non-communicable disease & TB awareness Programme



President B. Suryabaskar, Rtn. Chandrasekar and past president Rtn. Radhakrishnan participated in a seminar on non-communicable disease and TB awareness programme conducted by RI District 3232 on November 10th at MGM Hospital in Nungambakkam, Chennai.

Distribution of voice assisted devices in two districts

Rotary Club of Madras Chenna Patna along with Rotary Clubs in Tiruchi, Thanjavur & NAB conducted career guidance program on Nov. 1 and distributed voice assisted mobile device to 37 people. Our Club donated Rs.60,000 for the noble cause. It benefitted nearly 62 visually impaired students to prepare themselves for the board exam.



Rtn. Ramanathan is a PHF

Rtn. K.N. Ramanathan is a proud member of our PHF family.



Dental & medical camp held at The Banyan in Mogappair



Interact Clubs collects Rs.25,500 for Pulse Polio



Following the request from the District Governor G. Chandramohan, the representatives of our Interact Clubs started collecting money for his pet project \$2 for 2 polio drops. In nine days, Vana Vani Matriculation Higher Secondary School collected about Rs.20,000 and Hindu Senior Secondary School Rs.5,500. The amount was handed over to our club President Suryabaskar on Nov. 6, 2019.

RC Madras Chenna Patna scores in Secretaries-1 meet



Toilet block inspected at Clarke School

PDG Ashok Panjwani, Ahmedabad inspected the renovated toilet block of Clarke School on Nov 14 and found it satisfactory. It was a global grant project mooted by RC Coramandel with RC Madras Chenna Patna during 2018-19.



Kitchen Kiladi's at work in Ganesh house



Big cheer for Vishy's IFCR team



Ann Meera bags Yoga Vaibhava title



Annette Moksha wins school debates



OBITUARY

Our deep condolences to V.E. Bannibai, 81, mother of Rtn. Vidya Alagu Perumal, who passed away on Nov. 21 in Villupuram.

PP Rtn Raja Sriraam and Ann Sukanya with Azim Premji



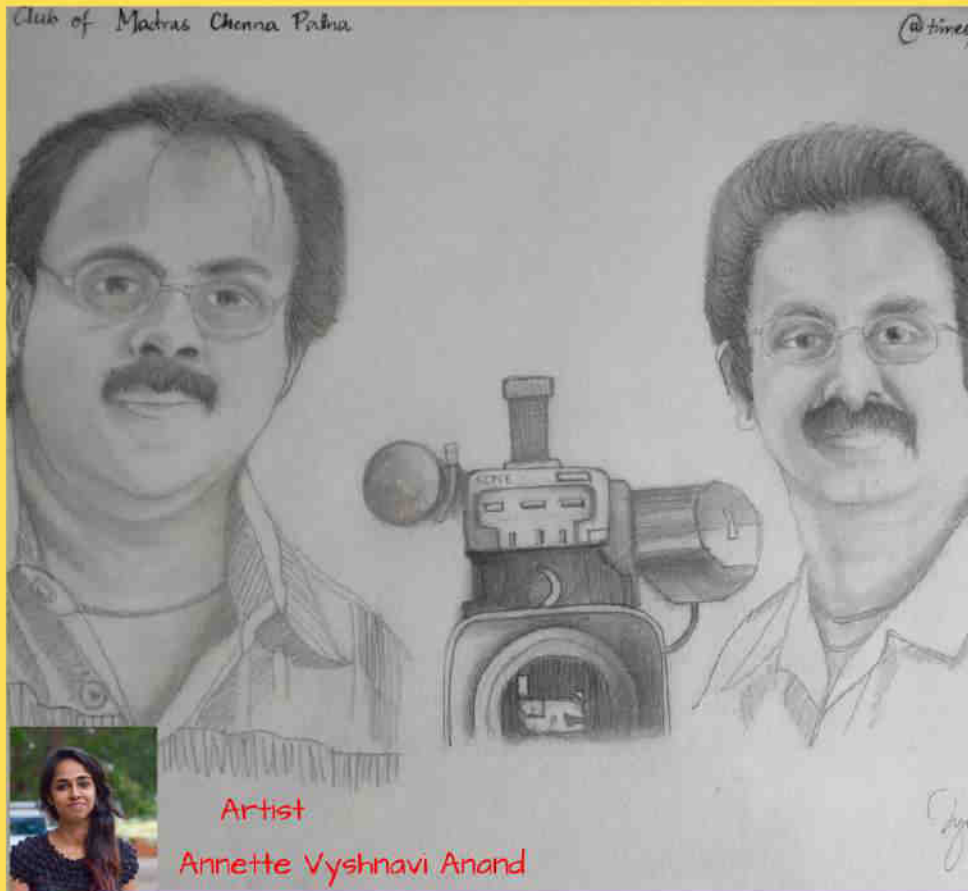
Gold medal for Annette Varun



Ann Sukanya, a multi-talented personality and well known in Rotary circle for writing citations, had the honour of writing a citation this time for Wipro's Azim Premji, who was presented with MMA Amalgamations Business Leadership 2019 award.

Anns' & Annettes' Column

Club of Madras Chenna Pathra



Artist

Annette Vyshnavi Anand



Ann Geetha Suryabaskar



Ann Revathy Karthikeyan

PHF Rtn. B. Suryabaskar

President

PHF Rtn. G. Prabhakar

Immediate Past President

PHF Rtn. B. Chakravarthy

President Elect & Treasurer Trust

Rtn. N. Anand

Secretary

PHF Rtn. K. Sathyanarayanan

Director Club Administration

Rtn. S. Karthikeyan

Treasurer - Admin

PHF Rtn. K. Vallekannu

Joint Treasurer - Admin

Rtn. Vidya Alagu Perumal

Chairman - Operation Daybreak
& Chairman - Special Projects

Rtn. P. Chandrasekar

Director Community Service (Dev.)

Rtn. Dr. Ani Grace Kalaimathi

Director Community Service (Health)

Rtn. T.R. Udaya Kumar

Director Youth Service

Rtn. G. Senthana Amuthan

Director Vocational Service

PHF Rtn. K.N. Ramanath

Director International Service

Rtn. R.C. Srinivasan

Public Image

PHF Rtn. G. Prabhakar

PHF Rtn. PL. Muthiah

Sergeants-At-Arms

Chennapathra

PHF Rtn. G. Prabhakar

Rtn. N. Anand

PHF Rtn. R. Dileep Kumar

PHF Rtn. K.N. Ramanathan

Ann. Deepa Mogili

Rtn. B. Surendra

FORTHCOMING EVENTS

05.12.2019 : Speaker Meeting: Hotel Savera 7 PM

10.12.2019 : Sixth Board Meeting, Rajiv Reddy's office, 7 PM

19.12.2019 : Election Meeting cum Closed Door, Cosmopolitan Club 7 PM

BIRTHDAYS

Rtn Ganesh	05
Annette Viharika D/o Rtn Suryabaskar	07
Rtn Paresh Khatri	08
Rtn N. Anand	11
Rtn Muthiah	14
Ann Sangeetha W/o. Rtn. Narayanan	18
Annette Dhanalakshmi D/o Rtn Surendra	22
Annette Devianai D/o Rtn Muthiah	26
Annette Ananya D/o Rtn A. Shankar	26
Ann Umashankari W/o Rtn Sathyanarayanan	27
Ann Gurusamy H/o Rtn Dhanalakshmi	28
Ann Vidya W/o Rtn Viswanathan	30
Annette Veer S/o Rtn Deepak Pungaliya	30



WEDDING ANNIVERSARIES



Rtn Kannan & Ann Ponmalar on 10



Rtn Suryabaskar & Ann Geetha on 17

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