



# Chennapathra



CHARTERED  
MAY 18, 1993

INAUGURATED  
APRIL 8, 1993

Monthly Bulletin of the Rotary Club of Madras Chennai Patna  
RI Dist 3232

For private circulation only

Issue No. 11

3rd May 2018

## 'ITS YOUR LIFE MAKE IT LARGE" - Rtn. Neelesh Bomb

5th April. 2018 - Hotel Savera

Rotary  
ROTARY CLUB OF MADRAS CHENNA PATNA  
R.I. Dist 3232  
cordially invite you for the Speaker Meeting  
Topic  
**It's your Life make it Large**  
Speaker  
  
**Rtn. Neelesh Bomb**  
07.30 p.m - Thursday, 05<sup>th</sup> April 2018.  
**SAVERA HOTEL**  
Radhakrishnan Salai, Chennai  
followed by fellowship & Dinner  
Rtn. Vallekkannu. K  
President  
Rtn. Prabhakar  
Director - Club Service  
Rtn. Senthana Amuthan  
Secretary

His name is Bomb, Neelesh Bomb. But this Bomb when it explodes or expounds shows the value of life and its largeness in a philosophical way. Rotary Club of Madras Chennai Patna had the pleasure of inviting Rotarian, Executive and Life Coach, Neelesh Bomb to address the members on the subject '**Its my life, make it Large.**'

Deadly bombs used to cut 'short' lives of people, ironically this Bomb dealt on the subject 'Large'. He spoke in length, about how important it is to make best use of uncertain life and how LARGE meant different things to different people.

While the going was good, Mr. Neelesh dropped a bombshell by handing over a sheet which said 'You, at your funeral' and asked the Rotarians to introspect their past and future by answering some thought provoking questions, to make sure there were no regrets or hatred among friends, colleagues and relatives.

Now to the origin,

Mr. Neelesh said his grandfather supplied cannons during world war II and hence the word bomb became a suffix to their title. Besides, it gave a separate identity. We never had any trouble. No one screamed loudly looking for a bomb (Neelesh) in the crowd. There are several bombs in our families, and among our group of friends" he concluded with a deadly smile.

*Rtn. Anand*



*The Club meets at Hotel Savera every fortnightly on Thursdays at 7.00 p.m.*

## 'SLEEP & STAY HEALTHY - Rtn. Dr. Ani Grace 19th April, 2018



**ROTARY CLUB OF MADRAS CHENNA PATNA**  
R.I. Dist 3232

cordially invite you for the Speaker Meeting

**Topic**  
**Sleep & Stay Healthy**

**Speaker**

**Rtn. Dr. S. Ani Grace Kalaimathi**  
07.30 p.m - Thursday, 19<sup>th</sup> April 2018.

**SAVERA HOTEL**  
Radhakrishnan Salai, Chennai  
followed by fellowship & Dinner

**Rtn. Vallekkannu. K**  
President

**Rtn. Prabhakar**  
Director - Club Service

**Rtn. Senthana Amuthan**  
Secretary

Our own Rtn. Dr. Ani Grace, Registrar at the TNNMC addressed our club on the topic 'Sleep & Stay Healthy'.

It was an interesting and interactive session, where several new facts on Sleep were unravelled and what we take it for granted, goes to play such an important role in the health of an individual.

She elaborated on the difference between 'Rest' & 'Sleep' and also touched on the several problems related to sleep & the doubts on how many hours of sleep is ideal.

Then came the important question as to why we need to sleep. For Physical Regeneration, Mental Development / Memory and REM Sleep is essential for the development of the Mammalian Brain. 1/3 of our life we spend on sleep, NREM Sleep is for 80% of the night and REM Sleep is for the balance 20%.

She also explained that the Brain is not inactive while sleeping, it carries out various functions to recoup the body.

On Sleeping patterns she said that there are 3 types : Larks - Wake up early and go to bed early - 10%, Night Owls - Wake up late and go to bed late - 20%, Humming Birds - Some or more Larkish, some Owlsh and some inbetween - 70%

On Power Naps, she said that they are beneficial, as it is a custom in many countries to have a Siesta time, 25-30 minute nap has an overall positive effect on the body.

All in all a very interesting and informative evening.

- Rtn. Dileep






## BOARD MEETING - 10th April 2018

The Board Meeting for the month of February took place on 10th April 2018 at Rtn. Rajiv Reddy's Office. After the usual passing of Minutes and presenting the Admin and Trust Accounts, plans for the ensuing meetings and the projects were discussed.




**VOCATIONAL AWARDS EVENING - 27th April, 2018**  
**'EXCELLENCE IN JOURNALISM AWARD' - Mr. T.S. SUBRAMANIAN**  
**Chief Guest : Ma Foi PANDIARAJAN,**  
*Minister for Tamil Culture and Archaeology*

**ROTARY CLUB OF MADRAS CHENNAI PATNA**  
 R.I. Dist 3232


*Cordially Invites you to the occasion of conferring the  
 Excellence in Journalism Award to Mr. T. S. Subramanian*

**Recipient**




**Mr. T. S. Subramanian**  
 Associate Editor (Retd.), Frontline Magazine

**Chief Guest**



**Thiru Ma Foi K. Pandiarajan**  
 Hon'ble Minister for Tamil Official Language and  
 Tamil Culture & Archaeology (Government of Tamil Nadu)

**Guest of Honour**



**Rtn. G Chandra Mohan**  
 District Governor Nominee RI Dist. 3232

**27<sup>th</sup> April, 2018**  
**7:30 PM @ Hotel Savera**  
 Dr. Radhakrishnan Salai, Chennai  
 7.00-7.30 PM: High Tea

**Rtn. Vallekkannu. K**  
 President

**Rtn. Senthnan Amuthan**  
 Secretary

**Rtn. Suriyabaskar**  
 Director - Vocational Service

The Rotary Club of Madras Chennai Patna on Friday were honored to confer on Mr. T.S. Subramanian the 'Excellence in Journalism' award. The citation and memento was given by Minister for Tamil Culture and Archaeology Ma Foi K. Pandiarajan.

It was the first time that our Rotary Club had instituted an award in the field of Journalism.

Lauding TSS for his untiring service for the last 33 years, covering space, archaeology and politics, Mr. Pandiarajan said it was indeed difficult to combine space with archaeology and then conveying it to readers in a simple language. He asked TSS to continue his passion by listening to his heart. The Minister appreciated Rotary for choosing a hard working and committed journalist instead of a famous personality. He requested Rotary to honour at least four journalists in a year.

In his acceptance speech TSS recalled how he was shaped well by his seniors, who gave him complete freedom to report in The Indian Express and The Hindu respectively. He thanked his editors, former colleagues and friends and said he would continue to do his work in all sincerity.

Rotary District Governor Nominee G Chandra Mohan lauded TSS and wondered how many of ISRO officials would have witnessed 55 launches. TSS began his career with The Indian Express and later moved to The Hindu. He retired as Associate Editor of Frontline on January, 31, 2018. During his career, he has covered over 55 satellite launches which is a world record, interviewed LTTE Prabhakaran more than 30 times, interacted with Dr APJ Abdul Kalam several times and several prominent leaders among others.

TSS has been now commissioned by The Hindu to write a book on the history of ISRO. Kudos to Rotarian Anand for identifying such an awardee.



## Rtn. Suryabhaskar at SETS ....



Held at Ramoji film city Hyderabad on 21st and 22nd April.  
Had a wonderful time in both training and fellowship.

## Rotary Women Leadership Summit



President Rtn. Valle and Annett Anusha were part of a ramp walk at the District event to honour all the women leaders of RI Dist. 323.

**Rtn. K. Vallekannu**  
President

**Rtn. Mohan Sidhan**  
Immediate Past President

**Rtn. Prabhakar. G**  
President Elect

**Rtn. G. Senthana Amuthan**  
Secretary

**Rtn. Paresh Khatri**  
Treasurer - Admin

**Rtn. P. L. Muthiah**  
Treasurer - Trust

**Rtn. Prabhakar. G**  
Director Club Administration

**Rtn. Vidhya Kannan**  
Director Community Ser. (Dev.)

**Rtn. Udhay Kumar**  
Director Community Ser. (Health)

**Rtn. Mohan Sidhan**  
Director Youth Service

**Rtn. Suriya Baskar**  
Director Vocational Service

**Rtn. Rajiv Reddy**  
Director International Service

**Rtn. Praveen Mehra**  
**Rtn. R. Dileep Kumar**  
Sergeants - At - Arms

**Chennapathra**  
Ann Sukanya Sriram  
Ann Priya Rajshekhar  
Rtn. Surendra B  
Rtn. Dr. Dhanalakshmi K R  
Rtn. Prabhakar G  
Rtn. Dileep Kumar R  
Rtn. Senthana Amuthan G

## FORTHCOMING EVENTS

- 13.05.2018 : **Silver Jubilee Celebrations Meeting**  
Presidency Club - 5.30 p.m.
- 08.05.2018 : **Board Meeting** - Rtn. Rajiv Reddy's Office - 7.00 p.m.
- 20.05.2018 - : **Family Trip to Bali, Indonesia**  
25.05.2018 : **to Commemorate the Club's Silver Jubilee Year**
- 22.05.2018 : **Silver Jubilee Charter Nite - Bali, Indonesia**  
**Chief Guest : DGE Rtn. I Wayan Suryawan, R.I. Dist. 3420**  
Hotel KILA INFINITY8, Bali - 6.30 p.m.
- 27.05.2018 : **District Club Assembly**  
Hotel Green Park - 4.30 p.m.

## BIRTHDAYS

Annette Aathirai D/o. Rtn. Arul	6
Ann Khushi W/o. Rtn. Paresh	7
Ann Vanitha W/o. Rtn. Senthana Amuthan	8
Annette Kavya D/o. Rtn. Karthikeyan	12
Rtn. Mohan Sidhan	16
Rtn. Viswanath Krishnan	19
Annette Anusha D/o. Rtn. Valli	21
Rtn. Hemant Kumar D.	24
Annette Nachal D/o. Rtn. Muthiah	26
Ann Anandhi W/o. Rtn. Saptagiri	26
Ann Geetha W/o. Rtn. Suryabaskar	29
Annette Tharun Kumar S/o. Rtn. Hari Kumar	29

## WEDDING ANNIVERSARIES

Rtn. Ganesh & Ann Sharmilee	3
Rtn. Saptagiri & Ann Anandhi	13