

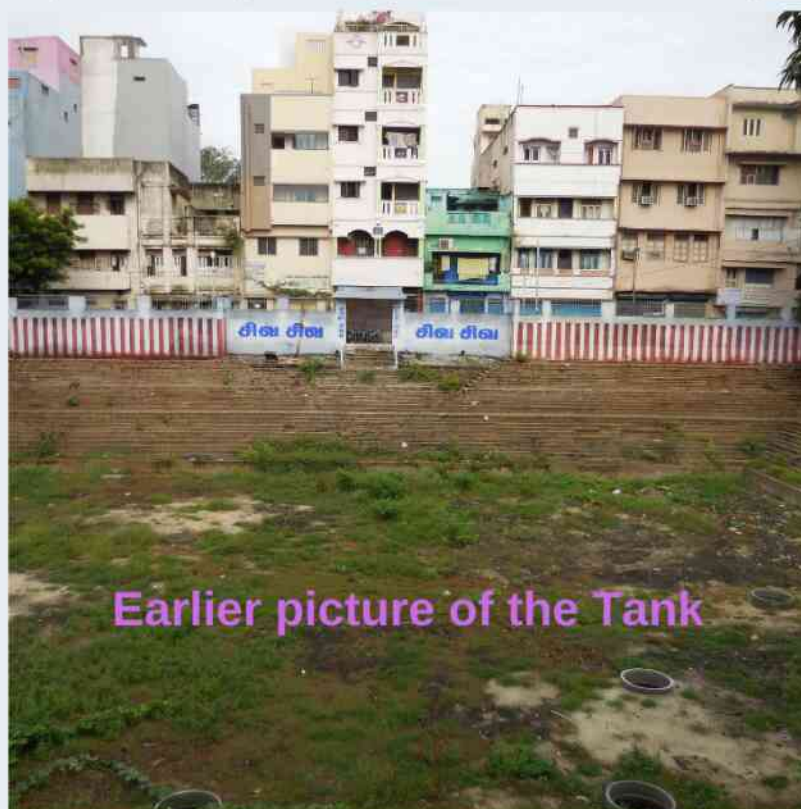


## Pattinathars extend a helping 'Hand'

It is time to acknowledge the good deeds done by a couple of our Pattinathars during the trying times without taking help from others and keeping it under wraps.

Kudos to **Rtn Karthikeyan** for his humanitarian gesture in guiding tailor Ramesh of Thiruvallur district, to get adequate compensation from the Court, even as his lawyer was reluctant to take up the accident case.

**Ramesh almost lost his life in a road accident and was lying under the truck wheels for three hours. The truck was moved and Ramesh was shifted to hospital, only when the passers by noticed that Ramesh was still alive. In the hospital, he remained unconscious for 10 days resulting in amputation of his left leg.**



Earlier picture of the Tank

Ramesh has been the sole bread winner and his family underwent extreme financial difficulties during the recovery and post recovery phase.

Hearing his plight, Rtn Karthikeyan got the case details. He insisted Mrs & Mr. Ramesh to appear before Judge to plead their case and to get some compensation. Though they were seeking only Rs.5 lakh to get an artificial limb, the Court ordered a huge compensation of Rs.20 lakh, of which the lawyer got his fee.



## Story of three silent warriors during Covid...



"Not many are aware of the accident claims they are entitled to. Though this Lawyer was also eligible to get a huge sum, he surprisingly kept quiet. It is disturbing. I am trying to create an awareness," said the budding lawyer Karthikeyan.

In the second case, what started as a simple chat between **Rtn Vishwanathan** and **Rtn Sathyanarayanan** led to rejuvenating of Kachaleeswarar Temple on Armenian Street, which had been lying unused for more than a decade. Rtn Vishy immediately swung into action and roped in 20 more Rotarians and couple of Rotractors to clean the Tank and deweed it. Most of them are from different Rotary Clubs and teamed up for a noble cause.

"The spontaneous gestures of many in this group to contribute monetarily for the project was amazing. We once again demonstrated that this cricket loving group is an unique one in this Rotary firmament. It was an emotional moment to see water flowing in the Temple Tank after 13 years. We will be starting our next project soon," said **Rtn Vishy**. Another noteworthy contribution by Sathya is that he has been feeding 400 migrant workers since **March 2020**. Thanks to one and all for taking up these noble causes.

## Chennapathra and website bag award

Like last year, our club under the leadership of **Rtn B. Suryabaskar** bagged 12 awards for the Rotary Year 2019-20 from **DG Chandramohan**. The awards were bagged by the chairmen and directors of almost all the avenues. Besides, bagging the Significant Service Award, our Club was recognised for servicing transgenders, visually impaired children, women entrepreneurs, best RYLA programme. **Vaishnavi Anand** got the best **Annette** of the District 3232 and founder member and RYLA chair **Raja Sriraam** was also honoured. **Our website/newsletters attracted the attention of Awards Committee.**





## MMM Hospital treats baby Durgadevi



Rotary Club of Madras Chenna Patna (RCMCP) under its Tebrau Heart Fund project successfully treated 17-month-old baby girl Durgadevi, for medical closure of Patent ductus arteriosus (PDA) at the Madras Medical Mission (MMM) hospital on August 18th. Post the treatment, the child was discharged the next day. This is the first project of our club for the Rotary Year 2020-21.

According to the doctors, after birth the ductus arteriosus normally closes within two or three days. In premature infants, the connection often takes longer to close. The abnormal opening causes too much blood to circulate to the baby's lungs and heart. PDA closure is a minimally-invasive (non-surgical) procedure to place a small device in the vessel, which closes the PDA. Durgadevi was diagnosed to have PDA on 45th day of her birth. She was advised to undergo surgery after her first birthday. However due to financial constraints her parents, Sugumar (27 years) and Bharathi (26 years) residing in Chennai, could not afford the surgery.

The child developed breathlessness and also started to lose weight. Hence the parents approached a Rotary Club of Connemara, who then referred to Rtn Dr. S. Kanchana, Director, Community Service health. Dr. Kanchana in turn requested **Dr. Ani Grace Kalaimathi** of our club to sponsor the surgery.

Initially, the club had some difficulty in getting the child admitted. Dr. Ani Grace spouse **Gnanasekharan** stepped in and sorted the issue amicably. RCMCP has been sponsoring free heart surgery for children with congenital heart diseases, up to the age of 12 years. Based on Dr. Kanchana's request, RCMCP agreed to sponsor the surgery cost of Rs.1.18 lakh and interacted with the doctors. Post-surgery, the baby is doing well.



**Since the year 2000, Rotary Club of Madras Chenna Patna has sponsored over 200 under privileged children under its 'Tebrau Heart Fund' project at the Madras Medical Mission Hospital.**



## Annettes steal the show at Family Fellowship



It was the first family fellowship of Pattinathars during the lockdown. Though, we were initially skeptical about the number of participants, they turned out in huge numbers surprising everyone. In all, 33 people took part in the event including Rotarians, Anns and Annettes. The two-hour event was ably conducted by Ann Egnitha and Rotarian Guhaprakash, supported by Club Service Director Paresh Khatri and President Elect Senthan Amuthan.

The quiz programme was conducted in a such way that there was never a dull moment, and the quiz master made sure that everyone to take part in it eagerly. If Rotarian scored in the first round, it was the Anns in the second round and Annettes in the Faceapp round. The last round pertaining to kitchen equipment was answered ably by Rotarians, Anns and Annettes in equal measure.



This is the third programme conducted by Ann Egnitha and everytime she came out with a different theme. She made sure that the participants has to run around the premises to get the correct answer. For the first time, we used the social media app to post our replies. Discussions were held through the specially created group. There was an interesting session, in which we were asked to list the cities of a particular state from North to South. In fact, it was a learning experience for all. While there were complaints that people used Google to cheat in the earlier versions, Ann Egnitha made it clear that Google could be used for posting answers and everyone lapped it. At the end, a few of the Annettes namely Vaishnavi, Kavya and Rujula Rajkumar and Ann Revathi Karthikeyan proved they were too good. Team C headed by Ramanathan emerged as winners, followed by Team D led by Anand and Team E of Prabhakar was the second runner up.

## District hosts meet for Rotary Journalists



The maiden 'Writers Conference' for the budding **Rotary journalists** got off to a auspicious start on Vinayaka Chaturthi day, August 22 with well known journalists Rangaraj Pandey and Rasheeda Bhagat, Editor Rotary News, addressing them. Over 100 people attended the meeting organised by the Public Image team.

After the customary introduction Ms. Rasheeda Bhagat spoke from her experience and asked Rotary journalists to visit the spot to get first hand information. "Don't report the story as it is, but narrate it from the beneficiary angle. Think it is the best story of the day. Read it thoroughly, so that mistakes can be averted," was her advice.

Mr. Pandey explained in detail how print, visual and digital media catered to different sets of people. "Stories should not be biased or opininated. It should be simple and straight forward narrative," he said while requesting mobile users not to forward messages as soon as they receive it on social platform. It should be verified. Rotary Journalists is an novel initiative of DG Muthu Palaniappan and was appreciated by all.

## First Closed Door Meeting held on August 27

The first Closed Door cum Accounts meeting was held on August 27 to pass the accounts of Admin and Trusts till June 30, 2020 and to consider and approve Minutes of previous close door meeting. The board approved induction of Women Rotractors and Corporate firms as members, subject to the board's nod.





## Chess GM urge young minds to play, play and play



The most beneficial aspect of the pandemic has been the access to some of the most legendary people through the click of a button as it happened with Grandmaster (GM) on August 7.

Viswanathan Anand himself was his witty and patient self. Walking us through his journey through chess, he brought home the point that hard work is paramount. The trio of talent, discipline and that pinch of luck are essential to the success of any sporting individual.

Greats like Tiger Woods and Vishy Anand are similar in their work ethic of starting really young and believing in the mantra of practice, practice and practice. As in the book **Outliers**, it's the 10,000 hours plus of work that you put in, that makes you part of that special bracket of people.

Anand has ploughed through this incredible amount of work and he being his humble self doesn't talk of his prodigal talent at all. His list of achievements is endless and yet his most memorable year is 1983, when he won the National sub-Junior Championship as it was a breakthrough year for him. How easily we forget the start of our achievements but not so in Anand's case!!

He has brushed shoulders with the world's greatest but doesn't display even a touch of any acquired arrogance when you see the child like enthusiasm with which he speaks.

He morphed into the caring father asking his son for some time alone to finish up his call before he could spend time with him. He was the clever husband saying that his wife would be perfect to play herself if ever there was a biopic made of him.



We have to keep ourselves creatively satisfied and challenge our brain to avoid boredom from setting in at all cost. As I watched him talk about how our brains are most efficient when engaged between different tasks, it made me aware of how our minds are our best friends in this pandemic. Listening to Anand explain how he works on not only his strengths but making sure his weaknesses are consciously reduced, it made me realise how much time successful people need to hone their skills. The pandemic gives us nothing but time to work on ourselves. Let us embrace this gift of time and make the most use of what ever talents we have to improve on ourselves.

**Ann Deepa Ram**





## Rotaract/Interact Events

### Ethiraj College donates 20 bicycles



Rotaract Club of Ethiraj College for Women, the largest women's Rotaract club in the world, donated 20 used bicycles in working conditions to the under privileged children.



## Virtual Training for Kadalur School Teachers

A maiden interactive training session for the teachers of our interact club at Kadalur, Swami Dayananda Rotary Higher Secondary School was held by Nirmala Raghavan, a rotarian and a distinguished teacher, to help them engage students better and be impactful in remote teaching through online mediums.



## Raja Sriraam conducts training session



District Admin chairman Raja M. Sriraam conducted training session for Pattinathars on August 2, which was well attended by new and senior members. The training session went on for about 150 minutes, in which he shared important tips, vital information and also his experience about Rotary and its functioning.

## RCMCP Second Board Meeting held on Aug. 11th

The second board meeting of our club was held on August 11, with members according their in-principle approval for two important projects. The first one is for Trans Inn, a project relating to transgenders and digital learning programme for teachers and children of Swami Dayananda Rotary Higher Secondary School at Kadalur.





## RI President Corner



## I carry Rotaract in my heart, says Knaack

Rotary youth exchange — one of the many programs for youths and young adults that we celebrate this month — was my path into true engagement in Rotary. My wife, Susanne, and I began hosting exchange students soon after I joined, and the experience helped me go from simply being a member of my Rotary club to being a true Rotarian. Now Rotary Youth Exchange is a family tradition, and a strong one: Over the past 24 years, we have hosted 43 students!

From the start, we loved it so much that, in addition to hosting students in our home, we became involved with the program by helping to organize student summer camps. During one such camp, I met Christine Lichtin, who was a German high school student at the time and whose father is a past president of my Rotary club. To try something new during this year of embracing change, I am turning this space, normally reserved for the president of Rotary, over to Christine so she can share her story.

My first contact with Rotaract was about 13 years ago, when I was with Susanne and Holger at a barbecue for the summer youth camp. Holger turned to me and said: "Why don't you visit a Rotaract club? You'll meet a lot of great young people who come together to have fun and to make a difference."

A few years later, when I was at Trier University, his words came back to me and I decided to give it a try. That was more than eight years ago, and I'm still at it. Once you are in Rotaract, you just don't want to get out. Rotaract has accompanied me everywhere, starting with the Trier club and then on to a club in Italy during the year I studied there.

When I was in Kiel for my master's degree, I got involved with Rotaract there before landing at the Rotaract Club of Hamburg-Alstertal as I began my career. Each of those clubs has its own identity and focus, but all have the same intrinsic motivation.

I am now taking on a senior advisory role in my Rotaract club, which I really enjoy. I carry Rotaract in my heart, and it shapes my values, even as my interests evolve. One day, as if she had sensed this evolution, Susanne knocked on my door, wanting to introduce me to a young, modern Rotary club located between Hamburg and Mölln, my hometown. The E-Club of Hamburg-Connect, which Susanne helped charter, holds e-meetings, all of them very relaxed and personal. With members of different ages, everything just seemed to fit, so I thought, why not try it out? After all, time is precious and should be filled with fun whenever possible; the rest happens by itself.

Now I am in both worlds — a proud member of Rotaract and a Rotarian. And my small personal goal is to build a bridge between these two parallel worlds. All of us have very similar reasons for being part of the Rotary family. It took some persistence to persuade Christine to become a member of Rotary, but it was well worth the effort. It is our duty to put in this kind of effort with youth program participants and Rotaractors so we can keep them in the family of Rotary. I hope you were inspired by her story. It's up to each of us to ensure that more young people like Christine can experience the many ways **Rotary Opens Opportunities** for us and for the people we serve.



## Go for 'Ram' Rasam, if your are *Kolumbified*

Our staple food is rice or *varaga arisi* also called millets. Both these are very indigenous to South India. So having rice and millets alternatively gives good carbohydrate benefits that a body needs. Millets have a much lower glycemic index and helps lower sugar and triglycerides.

Coming to nutrition, bulk of it comes to us from the vegetables and dals that we have. So be it sambar, molagutal, more kozhambu, poricha kozhambu etc, the vegetables and paruppu in them along with rice gives us the best nutrition of carbs, proteins and fat. This makes us remain healthy and energetic.

So then the question is where do we get our immunity boosters, the essential elements that are needed to fight infection and germs?

The answer to that lies in super dish called **Rasam**. Immunity building in body mostly happens through spices like *turmeric, pepper, garlic, ginger, chukku, jeera, daniya* etc.

Rasam is a beautiful concoction of one or more of these spices and if consumed regularly, you can forget about ever getting sick. No one needs vitamin and immunity boosting pills.

By alternating between *thakkali rasam, lemon/ginger rasam, jeera rasam, pepper rasam, garlic rasam* on different days we don't only give us immunity shots every day but also satisfy our taste buds like no other dish can.

And finally, more or buttermilk is a natural gut and mouth cleanser. The amount of good bacteria that more has along with the right amount of salt and asafoetida makes it a perfect way to keep your digestive track clean and well functioning. Condiments like *maanga, nellikai, mahani, kadarangai, inji puli* in very mild quantities are great sources of vitamins that add to immunity boosting as well.

So while many other food types are quite tasty and nutritious too in their own ways, the staple South Indian meal that we have at home is right at the top of the food types. It is a perfect example of the theory that food itself is medicine and we dont need external supplements.

Do try to have the traditional South Indian meal frequently if not daily. It will go a long way in staying mentally and physically super healthy.

So do make the Rasam a staple part of your diet every day. In the current context, immunity is more important than ever before. Enjoy your rasam and stay healthy always.





PHF Rtn. B. Chakravarthy  
President

PHF Rtn. B. Suryabaskar  
Immediate Past President

Rtn. Senthana Amuthan  
President Elect

Rtn. Dr. T.R. Udaya Kumar  
Secretary

Rtn. Paresh Khatri  
Director Club Service

PHF Rtn. K. Sathyanarayanan  
Treasurer - Admin

Rtn. B. Rajkumar  
Treasurer - Trust

Rtn. Vidya Alagu Perumal  
Director Community Service (Health)  
& Chairman - Operation Daybreak

Rtn. S. Karthikeyan  
Director Community Service (Dev.)

Rtn. Dr. Ani Grace Kalaimathi  
Chairman iBreast, Tebrau Heart  
Surgery and Special Projects

PHF Rtn. K.N. Ramanathan  
Director Youth Service

PHF Rtn. R. Dileep Kumar  
Director Vocational Service

Rtn. N. Anand  
Director International Service

PHF Rtn. Praveen Mehra  
Public Image

PHF Rtn PL. Muthiah  
Chair Project Orange & Micro Loan

PHF Rtn. B. Surendra  
Chairman Pulse Polio

**Chennapathra**

PHF Rtn. Senthana Amuthan

Rtn. N. Anand

PHF Rtn. K.N. Ramanathan

## FORTHCOMING EVENTS

As the instructions given by the RI Foundation it has been decided to have all programmes through virtual platform till December 31, 2020 or till the guidelines is in force.

03-09-2020: First Speaker Meeting

08-09-2020: Board Meeting

17-09-2020: Second Speaker Meeting

## BIRTHDAYS

Annette Jayanthi W/o.Rtn Chakravarthy	03
Ann Divya W/o. Rtn N. Anand	04
Ann Anitha W/o. Rtn Dileep Kumar	20
Ann Seema W/o. Rtn Deepak Pungaliya	20
Ann Gomathi W/o. Rtn Mohan Sidhan	21
Rtn Senthana Amuthan	22
Annette Seshang S/o. Rtn SPR Ramesh	23
Annette Adhitya Narayan S/o. Rtn Rajkumar	23
Ann Egnitha W/o. Rtn Guhaprakash	25



## WEDDING ANNIVERSARIES

Rtn Karthikeyan & Ann Revathi	07
Rtn B. Rajkumar & Ann Krishnapriya	07
Rtn SPR Ramesh & Ann Gandhimathi	08
Rtn A Shankar & Ann Sumitra	09
Rtn Vallekkannu & Spouse Kulandaivel	16



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