



Rtn. Francesco Arezzo
RI President




Rtn. J. Karthik
District Governor, RI 3000

Club No. 90806

2025 - 2026



UNITE FOR GOOD



ROTARY CLUB OF MADURAI METRO HERITAGE

Metro Highlights

Issue 31 - August 2025



Installation

Marking a significant milestone in its journey of service and fellowship the Rotary Club of Madurai Metro Heritage celebrated its 6th Installation Ceremony on 12th July at Taj Gateway. Rtn. Arunkumar Amarnath ceremoniously passed the baton of leadership to Rtn. Vikram N. Malli, who takes charge as the President for the Rotary year 2025–26 supported by Rtn. Karthik Rajagopal as Secretary and Rtn. Manikandan as Treasurer.

The event was graced by Immediate Past District Governor Rtn. Raja Govindasami, who was the chief guest and delivered a stirring address.

The newly inducted team pledged to carry forward Rotary's values and continue impactful community service in the year ahead. The event ended with a musical extravaganza by NOMADS music band.



THE BIG 3

PRESIDENT'S MESSAGE

It is an honour and privilege to serve as the 6th President of the Rotary Club of Madurai Metro Heritage. As I take on this responsibility, I am deeply grateful to the past presidents and leaders who have laid a strong foundation of service, fellowship, and impact in our community. Their vision and dedication continue to inspire us to take Rotary's mission forward with renewed passion.

This year, our focus will be on strengthening our club's legacy while embracing innovative ideas that brings sustainable change. We will work towards impactful projects in healthcare, education, environmental conservation, and community development - areas that touch lives and make a meaningful difference. Equally important, we will nurture fellowship among Rotarians, as service is most effective when built on friendship, trust, and teamwork.

As Rotarians, we believe in "Service above Self," and together we can make a difference that extends beyond boundaries. With the collective strength of our members, I am confident that we can create opportunities, empower communities, and uphold the values that Rotary stands for. I look forward to leading our club this year, with the support of my fellow Rotarians, and to building a future where our work continues to leave a lasting heritage of service.



Rtn. Vikram N. Malli
President

Governor's Message



Dear Rotary Friends,

With immense joy and gratitude, I share that our long-awaited DREAM year has begun on a high note. The energy and enthusiasm across the district is truly inspiring. Together, we have set our sights high-with service projects worth over E20 crores planned for the year ahead.

To bring these dreams to life, it is vital that we continue to grow stronger - as clubs, as leaders, and as a district. Membership growth plays a key role in this journey. As we welcome new members who are committed to service, we also strengthen the core that supports Rotary's global efforts, including the impactful work made possible through The Rotary Foundation.

More members mean more ideas, more hands, and more opportunities to implement meaningful projects. This in turn enhances our public image and visibility, taking our clubs - and our district-a step further in making a lasting difference.

Let us move forward with confidence and clarity. When we UNITE FOR GOOD, our DREAM become reality-enriching our clubs, uplifting our communities, and strengthening the legacy of Rotary for generations to come.

Yours in Rotary,
Rtn. J. Karthik
District Governor, RI District 3000

EDITOR'S MESSAGE

Dear Metro Fam,

Welcome to the first edition of new bulletin team! Each issue is a reflection of the dedication, creativity, and collaboration. As we continue to navigate the days ahead, we hope these pages offer you inspiration, valuable updates, and a sense of connection. Whether you are here to catch up on recent events, discover upcoming opportunities, or simply take a moment to reflect, we are grateful to have you with us. Your feedback and contributions are always welcome, as they help shape the bulletin into something truly meaningful for everyone. Thank you for reading, and we look forward to bringing you more stories, insights, and moments worth sharing in the next edition. Many thanks to RCMMH for giving me this opportunity.

Warm regards,
Ann. S.M. Nilofer Fathima
Editor-in-Chief



Ann. Nandhini



Ann. Praveena



Ann. Madhu



Ann. Deepa

BUDGET MEET



The first meeting of the year, the Budget Meeting was held on July 29th at JC Residency. President Rtn. Vikram and his team led the discussion on subscription amount and fund allocation for various projects, with members actively contributing their support and suggestions.

2024-25 CLUB EXCELLENCE AWARD



Congratulations to Rotary Club of Madurai Metro Heritage for receiving the 2024-25 Club Excellence Award-a true reflection of service, fellowship, and Rotary values.

This honour celebrates the club's outstanding efforts in creating a positive impact and fostering member engagement. Special appreciation to IPP. Rtn. Arunkumar Amarnath & team.



RCMMH Leader Board

2025 - 2026

HEAD BOARD

President	Rtn. Vikram N Malli
President Elect	Rtn. Ravi Fomra
Immediate Past President	Rtn. Arunkumar Amarnath
Secretary	Rtn. Karthik RajaGopal
Joint Secretary	Rtn. Dr. Kirushna Kumar
Sergeant at Arms	Rtn. Rajinikanth DJ
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Joint Treasurer	Rtn. Hemnath

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Rtn. Aravind	Chairman
Rtn. N.M.S Shiyam	Co-Chairman

Community / Vocational Services Committee

Director - Membership	Rtn. Arun Vijay Malli
Director - Community Services	Rtn. Deepan Chakravarthy
Director - Vocational Service	Rtn. Madhav Muthaiah

President's Committee

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Ann's Coordinator	Ann. Hemalatha
Ann's Coordinator	Ann. Niranjana
Ann's Coordinator	Rtn. Dhivya Manikandan
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Ann's Coordinator	Ann. Kanchana
Ann's Coordinator	Ann. Jassela Anwar
Social Media	Ann. Karpagam Karthik
Rotosmart	Rtn. Krupa Dyanesh
Greetings / MetroConnect	Ann. Seetha Lakshmi
Metro Safari	Rtn. Gangaram Singh
Major Events	Rtn. Dr.Mithran
Major Events	Rtn. Premalatha
Major Events	Rtn. Promod
Temple Run	Rtn. Sridevi Baskar
Movie Coordinator	Ann. Subha Murali
Sports	Rtn. NMS. Shiyam
Sports	Rtn. Gangaram Singh
Sports	Rtn. Kirushna Kumar
Sports	Ann. Krishilta
Metro Food Trail	Rtn. Immanuel

Directors / Committee Chairmans

Club Service	Rtn. Dhanapal / Rtn.Immanuel
Youth Services	Rtn. Aladi Arun / Rtn.JP
International Service	Rtn. C.R. Venkatesh
Chairman - Steering Committee	Rtn. Sridhar
Director - Public Image	Rtn. S.P. Aravind
Chairman - Health & Fitness	Rtn. Dr. Mithran
Bylaws Committee Chairman	Rtn. Sathish Babu Nagalingam
RCC Committee Chairman	Rtn. Arun Amarnath

Club Services Committee

Rtn. Immanuel Devaram	Chairman
Rtn. Arun Madhav	Co-Chairman
Rtn. JeyaPrakash	Co-Chairman

Youth Service Committee

Rtn. Shahul Hameed	SEV
Ann. Poornima Venkatesh	Seethalakshmi / CSR
Rtn. Anand Kasimani	Jayaraj / VCE
Rtn. S.P. Aravind	Solamalai
Ann. Dr. Vidhya Vijay	Annet's Club

Foundation / Club Admin

Foundation	Rtn. Deepan Chakravarthy
Club Admin	Rtn. Arun Amarnath

By-Laws Committee

Rtn. Sathish Babu Nagalingam	Chairman
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RCC Committee

Rtn. Arun Amarnath	Chairman
Rtn. Anand Kasimani	Co-Chairman

Bulletin Committee

Rtn. Nilofer Fathima	Editor
Ann. Nandini Shiyam	Co-Editor
Ann. Madhu Anand	Co-Editor
Ann. Praveena Rajinikanth	Co-Editor
Ann. Deepa Murali	Co-Editor

ENVIRONMENT SERVICE



To mark our installation day July 12th , nearly 25 tree saplings were planted in Ellaiyoor village located at the foothills of Vaguthumalai reserve forest. The green initiative aimed at promoting environment awareness was led by Rtn. Alady Arun to a greener tomorrow.

YOUTH SERVICE



On July 12th, one year school fees of Rs.10,000 was given to a deserving girl student of Balar Illam in Thirunagar, with the generous sponsorship received from Rtn. Madhav Muthiah. The amount was handed over to the management .

COMMUNITY PROJECT

On July 12th, lunch was served at Sri Hari Exports, Sellur to nearly 645 underprivileged individuals living in that area with the sponsorship of Rtn. Manikandan as part of our community outreach programme.



On July 12th, tuition fees of Rs10,000 was given by Rtn. CR Venkatesh to a deserving Management student who is doing his final year MBA in Coimbatore. A small gesture at the right time in his career to embark on a successful career.



Groceries worth Rs.15000 was distributed on July 12th to Matram Thedi an Arakkattalai ,located in Thirunagar which is a home to nearly 25 physically challenged people. This generous contribution was possible due to the kind sponsorship of Rtn. Karthik Rajagopal.

PUBLIC IMAGE



Car stickers carrying our Rotary logo was distributed to all our RCMMH members to create awareness among the public about the Rotary organisation. Kudos to our Public Image Director Rtn. Aravind Solaimalai for his effort in enhancing Rotary's visibility among the public.

DISTRICT EVENT



In honor of Rotary International's Maternal and Child Health Month, our RCMMH Club has donated a Foetal Monitor to Kanchampettai PHC on July 31st, benefitting the new borns. Special thanks to our president Rtn. Vikram for his contribution



BP monitors, bed sheets, pillows, chairs and fans were donated to Kanchampettai PCH. These generous acts directly supports Rotary's mission to ensure safe pregnancies and healthier futures for mothers and children in our community. Thanks to our treasurer Rtn. Manikandan for his generous support.



Rotary club of Madurai Metro Heritage was happy to be partnered in the first district project of the Dream Year "Chellame Chellame" an event specifically designed for special children. Our members and Ann's participated in the event on 20th July 2025.

INTERACT CLUB INSTALLATIONS & SPEAKER MEET



Rotary club of Madurai Metro Heritage had their Interact Installations

June 18 - SEV Matriculation Higher Secondary School

June 19 - Government Adi Dravidar Higher Secondary School, Ilamanur

June 30 - CS Ramaiah Memorial Matriculation Higher Secondary School & Sitalakshmi Girls Higher Secondary School

June 30 - MNU Jayaraj Annapackiam Matriculation Higher Secondary School

June 30 - Sitalakshmi Girls Higher Secondary School

New office Bearers were pinned. Previous team gave their last year report and the incoming Presidents delivered their acceptance speech. Followed by the installation students were given an inspirational speech by motivational speaker Rtn. Amudha Natarajan on the topic DARE TO DREAM, DARE TO DO, which was well received by the students and teachers.

INTERACT CLUBS KALAINGAR LIBRARY VISIT



A 2024 survey says that children's reading habits are approaching a "crisis" point, with the percentage of pupils liking reading books currently at its lowest level in nearly two decades. Keeping this in mind, RCMMH decided that a visit to a library will help inculcate the habit of reading among young minds. Hence, the Interact members of SEV and Jayaraj Anna Packiyam schools were taken to the Kalaingar Centenary Library where they were initially given a detailed orientation of the library facilities and its salient features. Mrs Thangam, The Librarian addressed the students on the importance of reading books and the crucial role it will play in their future. The students saw first hand how many competitive exam aspirants were earnestly preparing for the civil services and other exams. The kids loved the event and realized the importance of reading and how to use their time very productively and not merely waste it on social media. At the end of the program, the students were provided refreshments that were sponsored by our members, Anand Kasi Mani, Alpesh and Saravanan. We hope the library visit will ignite the young minds to be future leaders of India. - Rtn. A. Aladi Arun

FAMILY EVENTS

SOLAMALAI ANNUAL MEET



Solamalai Annual Meet was held on July 05, 2025. Our Metro members joined the occasion and felt truly impressed by the remarkable growth and enjoyed seeing the Solamalai Family come together with over 2000 employees under one roof. It was also a pleasure to meet the inspiring Motivational Speaker, Mrs. Bharathi Baskar. Mr. Shailesh Kumar Yadav IPS, Chairman & Managing Director, Tamil Nadu Police Housing was the Chief Guest.

Food X

FOOD ON WHEELS



Street Food Night with Rotary Madurai Metro Heritage. My husband and I had the delightful opportunity to attend the Street Food Night on July 2nd organized by our Rotary Madurai Metro Heritage – and what a feast it was!

The evening began with a warm reception by Rtn. Dr. Mithran at his hospital, where his hospitality set the tone for what was to come. We took a joyful auto ride to the venue, setting the mood for a street-style culinary adventure. The non-veg soup from Harish and Girish was a showstopper – absolutely unforgettable. The chicken steak and kabab from Ameena were tender and flavourful, leaving us wanting more. The journey continued with the hearty parotta and sukka combo from Thani Thotti Paroto Kadai and veg biryani.

But the true crowd-puller was the dosa corner – the crispy creations from MGR Dosai Kadai, especially the rava dosa with its lip-smacking Chutney 's. No Madurai street food experience is complete without a chilled Jigarthanda, and Madurai's iconic stall didn't disappoint. The nostalgic pairing of bun-butter and tea from KassiRajan's famous shop added a perfect local touch. And at last, the grand finale – the flavorful beeda from Nisha Beeda Shop – was a punchy end to a memorable culinary journey. Rtn. Dr. Mithran hinted that this is just the beginning – with Part 2 already in the pipeline. We can't wait! Kudos to Rotary Madurai Metro Heritage for blending food, fellowship, and fun in such a vibrant and delicious way
- Ann. Kirthi Daniel



VEGGIES TREAT



It was quite a treat for veggie lovers to venture at Kailash Parbat on 29th July. Starters were all good. Kudos to the FoodX team for a fantastic evening out! Great initiative to explore this new spot together. And huge thanks for bringing out a great crowd - loved seeing so many enthusiastic foodies turn up for today's FoodX meetup.

- Ann. Krupa Vikram



FAMILY EVENTS

TEMPLE RUN



On JULY 23, Our First temple run from Rotary Club Madurai Metro Heritage engaging members, Anns and family members was eventful. We started from Pandiyan hotel at 2:30 pm with a packed agenda headed by our Temple Run Coordinator Ann. Sridevi Baskar.

Our first stop was to the Thirumayam Fort (also known as Oomayan Kottai) which is a historical landmark constructed in 1687 by the Raja of Ramnad and rest is history. The fort has been extensively renovated by Archaeological Survey of India in 2012 and maintained by Archaeological Department.

A beautiful place for a lot of adventurous pics. Appears that this fort has references in 5th grade books in many syllabus's. (tamil, social science)

Many of us visited the Shiva Idol that is inside the rock by climbing up the ladder.

Then we visited temples Sri Kottai Bhairavar Temple in front of the fort then Sathyamurthi Perumal Temple

which has the Largest palli konda perumal which is one of the 108 Divya Desams then Sathyagiriswarar Sivan Temple which has the largest lingothpawar.

Then we went to Pillayarpatti where many of us have been there several times then we went to Dinner at Ganesh Meridian which was a neat place for a quick grab. Then we went to Vairavar Temple where Thiruvizha was going on and we finished our first temple run.

Kudos to our TEMPLERUN Coordinator Ann. Sridevi Baskar for having us engaged with a packed schedule. Thankful to all who were able to come and enjoy and giving this rotary year a first successful templerun.

- Ann. Indu Subramanian



METRO CONNECT



Rtn. Karthik & Ann. Karpagam Wishing
Rtn. Anand Chandrasekar & Ann. Rajee



Rtn. Manikandan & Ann. Divya Wishing
Rtn. CRV & Ann. Poornima

MOVIE EVENT



THALAIVAN THALAIVI

Our Movie Coordinator Ann Subha Murali did an awesome job in getting our members and Anns to be part of this entertainer on July 25th at Vishal de mall Inox

INK THE EXPERIENCE

Discovering the Power of Fasting and Wellness at Health Oasis Resort



Myself and Rtn. NMS Shiyam recently had the opportunity to visit Samui Island in Thailand for a seven-day Molecular Detox Program. Samui Island is a small, beautiful destination just a 1.5-hour flight from Singapore. While Thailand offers many well-known attractions, what makes Samui unique is its abundance of wellness centers.

We chose to stay at the Health Oasis Resort, one of the world's longest-running detox centers, established in 1997.

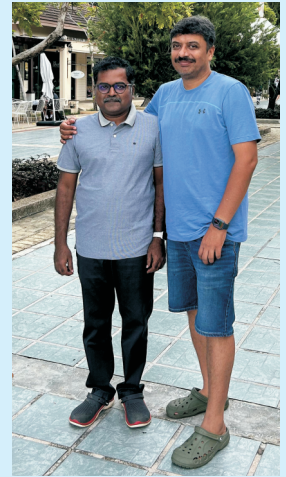
During our seven-day stay, we followed a structured wellness routine that included daily yoga, steam baths, massages, and colonics. Remarkably, we consumed no solid food during this period. Instead, we were given food supplements to spray under the tongue and some powders to mix with water. Our appetite was effectively managed by a combination of bentonite clay and psyllium husk mixed with fruit juice. Bentonite clay is a natural absorbent formed from volcanic ash, and psyllium is a high-fiber husk that supports digestion.

From 7:00 AM to 8:15 PM each day, we were fully engaged, with activities scheduled at regular 1.5-hour intervals.

Despite not eating, we never felt weak. In fact, I lost 4.5 kg and Shiyam lost 7 kg. But more importantly, we experienced deeper sleep, higher energy levels, improved mental clarity, and in my case, my blood pressure returned to normal and has remained stable since.

The biggest takeaway from this experience was a renewed understanding of the power of fasting. It reminded us to be mindful of what we eat, how we eat, and when we eat. A heartfelt thanks to our dear Rtn. Manikandan for strongly recommending this life-changing experience.

- Rtn. Madav Muthiah



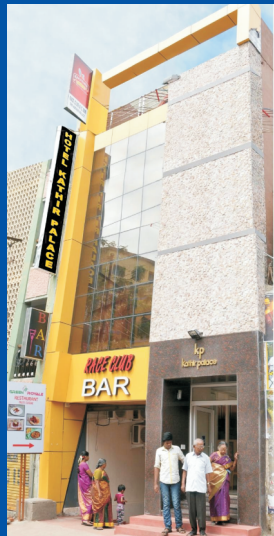
LEADER SPEAKS

Our Editor asked me to write on leadership. I am certainly, not an expert. But I can share my experience as the President.

I stepped in when there was a sudden vacuum in leadership. I listed out the needs of the club. At the end of the year, I am happy, that together, we have achieved most of those goals. How did I do it? I INVOLVED. I DECIDED. These two are the musts for any leader.

You have to LOVE the organization and should be willing to take the risks. You should PLAN ahead of every event. You should be the first to arrive and the last to leave. Have to ensure all the tasks are completed without delays. And you have to CONNECT to all the members and know what they want. Once you follow these, I am sure, YOU can be a great leader too.

- Rtn. Arun Amarnath



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Ganesha, the remover of obstacles, Lord of beginnings, wisdom, and grace - He is more than a symbol in our home; He is a gentle presence, a sacred space. My Ganesha is special, carved from sandalwood, With hands that bless and eyes that see good. We brought him from Victoria technical institute In Chennai -a memory time can't erase.

On every auspicious day, with joy and care, I adorn him with flowers, a fragrant prayer. He's more than an idol on a shelf-He's family, protector, a part of myself. In his silent gaze, I find calm and charm, My guardian spirit, my lucky charm.

- Ann. Karpagam Kartik



Beyond Price! To write about my favourite possession is difficult. How can something that we own be so precious? After all, we traded it for a few currencies during our travels, or we have it as an heirloom or heritage gift. But to narrow it down is the paintings at home. Not one or two but quite a few. The three Tanjore paintings I made from scratch, post-delivery, amidst motherhood, are a testimony to my patience and artistic flair. Two oil paintings speak volumes about my daughter Porvi's curative and curious journey with oil paintings.



The engineering mischiefs of my son Dhevesh, too young, yet painting a canvas, but fiercely competitive to find his space on the walls. A sunrise landscape portrait, by Porvi, with several joyful, crazy strokes by my son Dhevesh, a beginner at that painting, but he added a stroke or two to mark his presence. The bright red and orange colours spark fiery thoughts and add colour to our lives.



A still painting of a moving train leaving the smoke behind, while whistling through the woods. As I write, I feel the chaos and cacophony with an array of things spread all over the room, amidst their absence. Feel nostalgic about those times, while my eyes can still picture the room when painting was a weekend affair. Today, they are oceans and seas apart, a choice that we made long ago. We feel their sensory presence in their master strokes. That's what I call precious, prized and proud of.

- Ann.Mamta Fomra



Home Decor - Favourite Souvenirs : My Favourite Souvenir from Goa. One of my favourite souvenirs in my house is a set of five little monk statues that I brought back from my trip to Goa. I bought them from a small craft shop near the beach market in Panaji. Each monk is in a different cute pose-reading, sleeping, laughing, covering his ears, or eyes-which makes the set very unique and full of life. What's special about them is how peacefully and joyfully they are made, dressed in bright red robes with sweet expressions that bring a sense of calm and happiness to the room. Every time I look at them, I'm reminded of the peaceful churches, colourful streets, and the warm-looks very cute and makes my room feel fresh and peaceful. I bought the red cup because it has "Sri Lanka" written on it and reminds me of my trip. I got these things to remember the beautiful nature and happy moments I had in Kandy.

My Favourite Souvenir from Dubai : Another one of my favourite places is Dubai. I bought this small Burj Khalifa model when I visited there. It is a beautiful silver souvenir that looks just like the real tall building. I bought it because the Burj Khalifa is very famous, and I wanted to remember my visit to this amazing place. The Burj Khalifa is the tallest building in the world, and standing near it was an exciting experience. Every time I see this model, I remember the bright lights, big malls, and un times I had in Dubai.

- Ann. Vidhya Kirubakaran





Inside Annettes World

FRIENDSHIP DIARY

Friendship is not just a word - it's a feeling, a bond, and a blessing. It's the invisible thread that connects hearts, regardless of distance, age, or time. True friends walk beside us through every phase of life - celebrating our smiles and standing strong during our storms. As I reflect on my journey, I realize how deeply friendships have shaped me. Whether it's a late-night talk, a silent understanding, or a helping hand during tough times, each friend has added meaning to my life. To me, friendship means loyalty, honesty, and unconditional support. It's those little moments - a shared laugh, a warm hug, or even a random call - that stay etched in the heart forever. I thank every friend who has stood by me. You are not just a part of my life, but a piece of my soul.

- Annette. Dr.Samvardhana MBBS.,



FRIENDSHIP DAY & MY FRIEND



Friendship is a special bond built on trust, love, and understanding. A true friend stands by us in good times and bad, offering support without judgment. They make us laugh a little louder, feel a little stronger. "A friend in need helps us live a little better." Friendship is not about how long you've known someone, but about the depth of connection you share. It brings joy, comfort, and a sense of belonging. Friendship is one of life's greatest gifts and something to cherish every day. My best friend's name is Harisha. We study in the same school and also in the same class. She is a very intelligent girl. We enjoy every day together. She supports me a lot.

- Annette. J.M.Navya

MY BESTIE

Kaviyaash is an amazing friend, always bringing happiness and support into my life. His ability to find humor in any situation always brightens my day. One of my favorite memories is when we Celebrated Our Birthday Together This July With Our Whole Friend Group Joining Us. He has a way of making everyone feel valued, and I'm so grateful to have him in my life.

- Annette. Sanzay



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QUADRA CONNECTIONS

Vivitha

K K

Aravind

Deepan

Subbu

Soma Basu

Ganga

Hema

Chella

Priya

Aladi

Rajini

Shiyam

Meena

CRV

Gandhi mathi

Solve this and group the 16 names into 4 sets with a common theme connection. Ping your Answers to 93603 30870

INTRUDER HUNT

Spot the Stranger !

Ping your Answers to 93603 30870



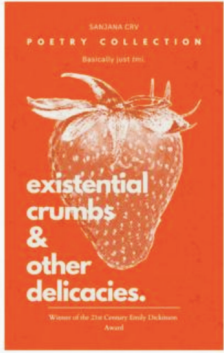
Early Bird Wins

WINNING STREAK

Rtn. Dr. Kirushna Kumar won the doubles fifty Plus State Level Shuttle Doctor's Tournament.



LEGENDS IN THE MAKING



Huge congratulations to Annette Sanjana CRV (Sanju) on publishing her debut book "Essential Crumbs & other delicacies". Cheers to Annette Sanjana CRV (Sanju) on her first book launch on Amazon! Kudos to Sanju and proud parents CRV and Poornima on this remarkable achievement. Wishing Sanju all success with her literary journey.



IN THE AIR



On July 14,2025 Ann. Nilofer Fathima attended a Radio meet with RJ Naga & discussed regarding International Youth Skill Day. She shared about importance of skill development, impact of AI, courses for skill development & parents support for developing skills.It was aired on July 15,2025 between 11am to 2pm..

EMPOWERING YOUNG MINDS



Ann. Raghavi visited Triveni School on 15th July and interacted with bright and curious girls from 6th to 11th standard ,discussing the important topics of personal hygiene and menstrual health empowering young minds with awareness and confidence

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