



**Rotary**  
DISTRICT 3000



**ROTARY CLUB OF DINDIGUL QUEENCITY**  
Chartered on 23.06.1999  
CLUB NO 052305

June  
Rotary fellowship

# Queens Herald



**Rtn. STEPHANIE URCHICK**  
RI President 2024-25



**Rtn. R. RAJA GOVINDASAMY**  
Dist. Governor 2024-25

**Rtn. KAVITHA SENTHIL KUMAR**  
President

**Rtn. PARKKAVEE SANTHOSH**  
Secretary

**Rtn. AARTHY MUKESH**  
Editor

**QUEEN'S YEAR FOR CERVICURE**

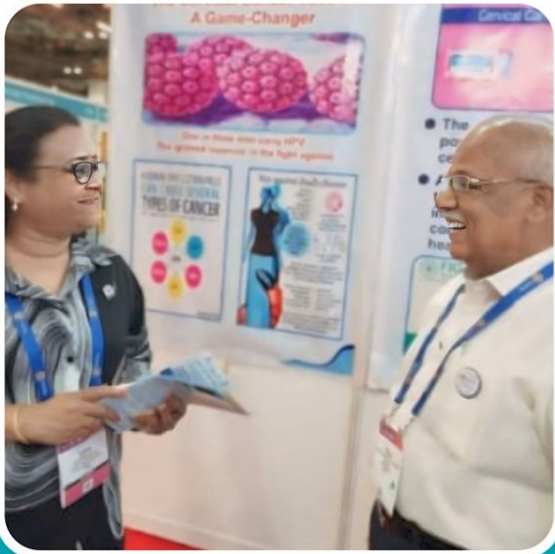
LET'S CREATE A  
CANCER FREE  
WORLD



VACCINATE  
OUR GIRLS







*Pic: District 3000 Governor Rtn. Raja Govindaswamy promoting project Cervie Cure*

At Rotary International Convention, Singapore, "CerviCure Project" was highlighted. We sincerely thank our Governor, Rtn. RajagovindaSwamy, for the privilege and support he had given us, Many districts from India are ready to support and join hands with us to cure Cervical Cancer and to create greater awareness.

# Editor's Note

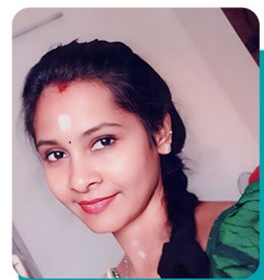
**Dearest Rotarians,**

When the month of June comes, Rotarians around the world welcome the change in our leadership. It's an event when we welcome new members, plan new events and there again run to create a magic in the people's life. It's the start of something new and an opportunity to change things for the betterment.

I am looking forward to give on more, learn more, explore more, and my lists goes on and on ... how are we going to create magic? What is it that is really needed? Will I be able to do it? ... such questions keeping pondering my mind but I am grateful and thankful that I can be a part of small kindness to the community and I am planning to give in better than last year

Meeting you all here again in this platform gives me immense pleasure and I am happy to have made some changes in this year's bulletin. You will be meeting a special correspondent, who is writing about various Projects, Rtn.Kalaiselvi will be making us think in "Kalai's corner", Rtn.Dr.Sharmila balaguru will be writing on "Common psychiatric problems", Rtn.Padma will be writing on yoga and women's health, along with the Club activities and events. And I have team Queencity guiding and supporting me.

Trusting this year will be more fruitful and satisfactory. Lets us all rock together creating magic in every one's life.



**Aarthi Mukesh,**  
Editor,

Rotary Club of Queencity Dindigul.



# RI President Address



**R. Gordon R. McInally,**  
President 2023-24,  
June 2024.

It's customary for a Rotary president in the final month in office to recap the past year on this page, and I am proud of all we have achieved together. But I want to focus on our future, and that begins with polio.

We have reached an astonishing 3 billion children with the polio vaccine, and we have averted an estimated 20 million cases of paralysis. But it's not enough. We must continue supporting the End Polio Now campaign to reach zero cases and keep our promise to the world's children.

Polio is not our only global commitment. In fact, Rotary has been working toward global peace even longer. Spreading Positive Peace through service projects and Rotary Peace Centers around the world is more important than ever

We must also continue to build peace from within, and that begins with supporting mental health and wellness among our fellow Rotary members and the communities we serve. Rotary has an opportunity to help build a global mental health system that currently does not exist, and I urge all members to consider joining the Rotary Action Group on Mental Health Initiatives to keep up the momentum we began this year

It's been the honor of a lifetime to serve as your president. You have given Heather and me memories we will cherish forever. I look forward to our continued friendship and our collective commitment to *Create Hope in the World*.

# Assistant Governor Address

My Dear Friends On Rotary

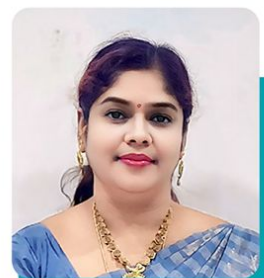
*“Hold fast to dreams  
For if dreams die,  
Life is a broken-winged bird  
That cannot fly.  
Hold fast to dreams  
For when dreams go,  
Life is a barren field  
Frozen with snow”.*

As we gather together today as People of Action. Let us be grateful for all who dream of a world at peace and free from polio. Let us each, according to our individual beliefs, offer gratitude and blessings for one another and for the food of which we are about to partake. Let us honor and support those people – past, present and future – who have sacrificed much for our dreams of a free world.

Let us continue to be a source of hope for those in need. May those who could not join us today be surrounded by grace and light. Let us give gratitude for our opportunities to serve, And let our feelings of love and kindness always be reflected in our dreams and actions.

Do not do what is right, not what is easy nor is what popular. Success not how high you have climbed is, but how you make a positive difference to the world. When a new day begins, dare to smile gratefully. When there is darkness, dare to be the first to shine a light.

*“The Magic of Rotary”*



**Rtn Chitra Ramesh,**  
Assistant Governor (2024-25)  
Public Image Chairman (2024-25)  
Rotary club of Queen City Dindigul



# Presidential Address

இனிய நட்புக்களுக்கு, வணக்கம்.

ரோட்டரின் நட்புறவு மாதமான ஜூன் மாதத்தில், ஏற்றுக் கொண்ட இந்த பதவி, நம் அனைவரின் நட்பை இன்னும் அணுக்கமாய் பலப்படுத்துவதோடு இன்னும் புதிய நட்புக்களைத் தேடித் தரும் என்று ஆசைப்படுகிறேன். என்னை இன்னும் தகவமைத்துக் கொள்ளும் காலமாக இதைக் கருதுகிறேன்.

எழுத்தாளராய் என்னை எனக்கு அடையாளம் காட்டிய நம் குயின்சிட்டி சங்கத்திற்கு, என் நன்றியைத் திருப்பிச் செய்யும் காலமே, என்னுடைய பதவிக்காலம். 25 வருடங்கள் கடந்த சங்கம் கடந்து நிற்கும் தலைவர்களை எல்லாம் அளவுகோல்களாகக் கோட்டு காட்டியிருக்கிறது. அவர்களின் திறன் அருகில் சிறு புள்ளியாய் நான்.

பிடி அரிசி முதல் நிலா முற்றம் வரை எத்தனையோ சேவைப் பணிகளைச் செய்த குயின்சிட்டி சங்கத்தின் தொடர் திட்டங்களான Club Foot மற்றும் Menstrual Hygiene திட்டங்கள் இவ்வருடமும் தொடர்ந்து செயல்படுத்தப்படும். சென்ற வருடம் துவங்கப்பட்ட கதையாடல் நிகழ்வான நிலா முற்றம், மாணவர்கள் வாசிப்பு திட்டமான புத்தகக் சிறகுகள், மகளிர்தின நிகழ்வான மாண்புமிகு பெண்கள் போன்ற திட்டங்களும் இவ்வருடம் சிறப்பாக கொண்டு செல்லப்படும்.

சுற்றுப்புற சூழல் பாதுகாக்கும் புதிய திட்டமான எழில் எயில் திட்டம், Trash to Trees, Kitchen to Compost, Pond restoration என்று மூன்று பகுதிகளாக செயல்பட இருக்கின்றது. உறுப்பினர்களின் உடல் மற்றும் மன ஆரோக்கியத்தை சிறப்பாக்க, My Health My Pride, கனல் பகிர் என்ற பெண்களுக்கான இலக்கிய பகிர்வு நிகழ்வும் இவ்வருடம் துவங்க இருக்கின்றன.

இவ்வருடத்தின் ஆணிவேராக Cervi Cure அதாவது கர்ப்பப்பை வாய் புற்று நோய்க்கு தடுப்பூசி போடும் திட்டம் முன்னெடுக்கப்படுகிறது. இந்தியா முழுவதும் இதற்கான விழிப்புணர்வைக் கொண்டு செல்லத் திட்டமிட்டிருக்கிறோம். இவ்வருடம் மட்டுமல்ல எல்லா வருடங்களும் Queen's year for Cervi Cure என்றாகும் என்று நம்புகிறோம்.

போலியோ இல்லாத உலகம், நம் ரோட்டரியால் தான் சாத்தியமானது, அதே போல கர்ப்பப்பை வாய்ப்பு புற்று நோய் இல்லாத உலகத்தை நம்மால் நிச்சயம் உருவாக்க முடியும். திட்டங்கள் வெறும் காகிதங்கள் தான் ஓர் கை அசைந்து கொண்டிருக்கையில், இணைந்த கைகளாய் நாம் எழுப்பும் ஓசை எங்கும் ஒலிக்கட்டும்.

நாம் செல்ல வேண்டிய தூரம் இன்னும் நிறைய இருக்கின்றன, படைக்க வேண்டிய உலகமும் நமக்காய் காத்துக் கொண்டிருக்கிறது. நாம் செய்ய வேண்டியதெல்லாம் ஒருவருக்கொருவர் நம்மின் கரங்களை இறுகப் பற்றிக் கொள்வது மட்டுமே. கொண்டாட்டமாய் கொண்டு செல்வோம். நாம் எடுத்து வைக்கும் ஒவ்வொரு அடியிலும் மேஜிக் நிகழட்டும்.

Rotary International மற்றும் நமது ரோட்டரி மாவட்டத்தின் அனைத்து திட்டங்களிலும் அறவாழி பிறழாது அனைவருடனும் இணைந்து கொண்டாட்டமாக செயல்படுத்தி, வாகை சூடிக்கொள்வோம் என்று நம்பிக்கை அளிக்கிறேன்.

**நம்பத் துவங்கும் Magic நொடியில் நிகழத் துவங்குகிறது.**

**Do the Magic, feel the Magic, and create the Magic.  
And most importantly, Be the Magic**



**Rtn. Kavitha Senthil Kumar,**  
President,  
Rotary club of Queencity, Dindigul.



# Secretary Note

**Dearest Esteemed Rotarians,**

It is with great honor and enthusiasm that I assume the role of secretary of our Esteemed Rotary Club. As I step in to this position, I am filled with the sense of responsibility and dedication to our club and community to the best of my ability.

I am deeply grateful for the trust you have placed in me, and I am committed to upholding the principles and values of Rotary as we work together towards our shared goals of service, fellowship and community impact.

As your secretary, I am here to support and facilitate communication with our club, ensuring that important information is shared promptly and efficiently. Whether it is organising meetings, maintaining records or assisting with our club projects. Please know that I am here to assist you in any way I can. I am excited to collaborate with each and every one of you as we embark on this journey together. Your passion, dedication and ideas are what make our Rotary Club truly special. And I am eager to see what we can accomplish together in these days ahead.

Please feel free to reach out to me with any questions, suggestions or concerns you may have. Your input is the most valuable as we work towards strengthening our club and making a positive impact in our community. Thank you for the warm welcome and for the opportunity to serve as your secretary. Together let us continue to be the inspiration in Rotary.



Yours in service

**Rtn. Parkkavee Santhosh,**  
Secretary,  
Rotary Club of Queencity Dindigul.



# Rotary Theme Unveiled



**Rtn. Stephanie Urchick**

RI President 2024-25

Rotary International President-elect Stephanie Urchick announced that the 2024-25 presidential theme is "The Magic of Rotary" and called on members to recognize and amplify the organization's power to save lives.

*"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words," Urchick told incoming district governors at the Rotary International Assembly on 8 January. "It's up to you. You create the magic with every project completed, every dollar donated, and every new member."*

Urchick, a member of the Rotary Club of McMurray, Pennsylvania, USA, said she saw the magic of Rotary on display when she was helping install water filters in the Dominican Republic. Two boys were watching as dirty water entered the filter, then ran out clean at the other end.

*"One of the boys grabbed my sleeve and said, 'Show me the magic again,'" she said. "Obviously, the water filter wasn't magic. We worked hard to transport those filters, install them, and work with community leaders in the area to maintain them. But those boys knew that easy access to clean water would change their lives. Knowing that I played a small part in that certainly changed my life".*

Queencity also joins hands in creating magic by developing and helping the community at its best. Plans have been laid out, teams have been organised, and goals have been set, with much energy, enthusiasm, passion, dedication we march towards delivering what is proposed and planned, making the community a better one to live. Hopefully this year gives us utmost satisfaction as we reach out for the people. United we stand for creating magic in lives.

# Queens in RI District 3000 Team



**Rtn. C. Malliga**  
District Advisory Council



**Rtn. Chitra Ramesh M**  
Assistant Governor



**Rtn. Dr. Sharmila Balaguru**  
Coordinator, Rotary Doctors Forum



**Rtn. Shri Hari Priya**  
Development Committee



**Rtn. Dr. Balasundari. T**  
Coordinator, Cervical Cancer  
Awareness & Prevention



**Rtn. Dr. Sharmila Balaguru**  
Co-Chairman,  
District Endowment / Major Gift Sub Committee



**Rtn. Sharmila Dinesh**  
Coordinator, Paul Harris Society



**Rtn. Vijaya. R**  
Coordinator, Grants Sub Committee



# Club Office Bearers



**Rtn. Kavitha Senthil Kumar**  
President



**Rtn. Parkkavee Santhosh**  
Secretary



**Rtn. Vanitha Muralidhran**  
Treasurer



**Rtn. Yuva Sharadha**  
Vice-President



**Rtn. Vaishnavi Ram**  
Joint Secretary



**Rtn. Anu Rajan**  
Immediate Past President



**Rtn. Aarthiy Mukesh**  
Executive Secretary



**Rtn. Malliga Chinnaswamy**  
Learning Facilitator



**Rtn. Anu Ramesh**  
Sergeant at Arms

## Directors



**Rtn. Sharmila**  
Club Administration



**Rtn. Dr. Sharmila Balaguru**  
Membership



**Rtn. Nalena Senthilkumar**  
Foundation



**Rtn. Janaki Ravi**  
Service Projects



**Rtn. Chitra Ramesh**  
Public Image



## **Co-Ordinators Club Administration**

**Greetings:** Rtn. Sowmia Vijayakumar

**Bulletin:** Rtn. Aarthi Mukesh

**Family Meet:** Rtn. Vaishnavi Ram

## **Membership**

**Growth:** Rtn. Vijayalakshmi

**Retention:** Rtn. Kokila

**Extension:** Rtn. Hema

**New member Orientation:** Rtn. Vijaya

## **Service Projects**

**Vocational Service:** Rtn. Lalitha

**Community Service:** Rtn. Revathy

**International Service:** Rtn. Mala

**Youth Service:** Rtn. Anu Rajan

## **Public Image**

**Media Relation:** Rtn. Chirta Jeyan

**Advertising and Marketing:** Rtn. Nikitha Eshwar

**Web and Social Media:** Rtn. Rajathi

## **TRF**

**End Polio:** Rtn. Dr.shalni

**Grants:** Rtn. Yuvasartha

**Fund Rising:** Rtn. Haripriya

## Projects for the year 2024-2025

### Cervi Cure

**TEAM:** Rtn. Dr.Balasundari  
Rtn. Vanitha  
Rtn. Padma  
Rtn. Dr. Sharmila Balaguru  
Rtn. Malliga



This is the major Project undertaken to vaccinate young Children and women to prevent them from cervical cancer. It aims at early diagnosis, creating awareness and vaccinating young adults and women throughout the year all over India.

### பரிபூரணி

**TEAM:** Rtn. Dr. Shalini  
Rtn. Dr. Sharmila  
Rtn. Lalitha  
Rtn. Saroja Veluswamy



TQueencity always emphasis on Menstrual Hygiene. From this year not only hygiene also to reduce waste from pads are emphasized by replacing regular pads to recycling pads, menstrual cups etc. School children, college students, and women will be given awareness, guidance regarding the same at various levels.

### நனி நங்கை

**TEAM:** Rtn.Yuv Sharadha  
Rtn.Vaishnavi  
Rtn.Vanitha  
Rtn.ChitranJeyan



This is a recreational event for the queens to come along with the new members and old members, in the retro style to celebrate and get to know each other.



## எழில் எயில்

### TEAM 1: THRASH TO TREES

Rtn. Arthy Senthil  
Rtn. Amudha  
Rtn. Vijaya



Here the students from Rotaract schools would be made to collect plastic waste from home after cleaning and the money they receive from the same would be used to grow trees in Rotaract schools. Hence educating the students from young age to avoid plastics and grow greener.

### TEAM 2: KITCHEN TO COMPOST

Rtn. Chitra Murugan  
Rtn. Chitra Jeyan  
Rtn. Vijayalakshmi  
Rtn. Nalina

Under this project, We the Queens have determined to recycle vegetable waste at home and spread it neighbors. Recyclable garbage bins and training to convert waste to compost will be taught to queens for the effective management.

### TEAM 3: POND RESTORATION

Rtn. Haripriya  
Rtn. Kokila  
Rtn. Kalaiselvi

Team Pond Restoration is in talks with local authorities for restoration of ponds in and around Dindigul. Queens are planning for periodical cleaning in and around the ponds.

## Fin in Feather

### TEAM 1: MY HEALTH MY PRIDE

Rtn. Padma  
Rtn. Vaishnavi  
Rtn. Rajathi  
Rtn. Hema



This is the major Project undertaken to vaccinate young Children and women to prevent them from cervical cancer. It aims at early diagnosis, creating awareness and vaccinating young adults and women throughout the year all over India.

### TEAM 2: டக்ஸிடி டண்ட்

Rtn.Dr.Sharmila Balaguru  
Rtn.Rajathi

*"Happiness is a sense of well-being, joy, or contentment"*, it comes only when we do something we love for ourselves which gives us pleasure. This event emphasis on that happiness for the queens, it may be reading book nor listing to music or watching a movie for you.

### TEAM 3: ஊன் உறுதி

Rtn.Dr.Sunitha  
Rtn.Dr.Sujatha  
Rtn.Vanitha

This community service event aims for the Queens to take their "Pap Smear test" as we awareness for cervical cancer. Also HP, osteoporosis, and various other camps will be arranged for consistent health care.

## அன்னபூரணி

TEAM: Rtn.Kogila  
Rtn.Malliga  
Rtn.Revathy



This project is being run for years by the Queens to feed the needy. Every year Queens reach out people who cannot walk, persons with disability etc. this year, this project also extends to few old age homes and orphanage.

## தாய்ப்பால் வாரம்

TEAM: Rtn.Vaishnavi  
Rtn.Vijayalakshmi  
Rtn.Rajathi





Every year, thaipal varam is an event to create awareness among young mothers about the advantages of breast feeding and its also an guidance program for them to take care of their health. This year, it will be conducted at Dindigul Government Hospitals and various health centres in and around Dindigul.

## சட்டம் பேசுவோம்

**TEAM:** Rtn. Saranya Saravanan  
Rtn. Mala  
Rtn. Virgin Sumitha



It is a legal advisory event for the Queens to get to know about various laws, and law related activities. The Queens will gain knowledge and insight about law and order and various queries about law will be addressed periodically.

## கனல் பகிர்

**TEAM:** Rtn. Valarmathi  
Rtn. Kalaiselvi  
Rtn. Anu Rajan



Women are looked down when it comes to literature though, there are lots of notable women writers and readers. This forum hence hosted to break those barriers and bring forth the knowledge of women in the literature.

## Clubfoot- Queencity's Signature Project

**TEAM:** Rtn.Malliga  
Rtn.Revathy  
Rtn.Janaki



Club foot is also run effectively by Queencity for many years to treat children born with clubfoot at the Government Hospital Dindigul. Shoes needed for the children to be treated and all other needed organising has been already done and the treatment for the children is going on every Thursday.

## Vocational Training

**TEAM:** Rtn. Nalina  
Rtn. Anuradha Ramesh  
Rtn. Alamu valliappan  
Rtn. Amsavalli



Young girls and women will be given vocational training in Baking, Soap Making, Embroidery etc., at colleges for their development and to stand up on their own legs.

## புத்தக சிறகுகள்

**TEAM:** Rtn. Aarthy  
Rtn. Kalaiselvi  
Rtn. Hema  
Rtn. Amritha Sanchai



Young girls and women will be given vocational training in Baking, Soap Making, Embroidery etc., at colleges for their development and to stand up on their own legs.

## நீலா முற்றம்

**TEAM:** Rtn. Padma  
Rtn. Nikitha  
Rtn. Chitra Jeyan  
Rtn. Amritha



Queencity is a family. This family hosts a monthly get together with home cooked foods from every member to talk about various things that fascinated the queens from their reads. This aims to bridge the age gap between the members from various generations.

Apart from the above Brailles day, manbimegu pengal, talentikka are also few other projects on the discussion stage. And many more regular Rotary meetings will be conducted every month for the members to love and act for Rotary.



# Cervi Cure

A Project undertaken By queens  
Article by special Correspondent



*Pic: "cervi Cure Project" Getting appreciated By RI President Stephanie Urchick*

When Rotary eradicated Polio, it gave the Rotarians a fulfillment and Queens in action always looked out to give out, now have taken this special Project "Cervi Cure". This article gives insight to why and how to eradicate Cervical Cancer. And why Queency has taken this initiative to prevent cervical Cancer.

# Why Cervi Cure?

Globally, cervical cancer is the fourth most common cancer in women, with around 660 000 new cases in 2022. In the same year, about 94% of the 350 000 deaths caused by cervical cancer occurred in low- and middle-income countries. Cervical cancer disproportionately affects younger women, and as a result, 20% of children who lose their mother to cancer do so due to Cervical Cancer (2).

## Causes

Human papillomavirus (HPV) is a common sexually transmitted infection which can affect the skin, genital area and throat. Almost all sexually active people will be infected at some point in their lives, usually without symptoms. In most cases the immune system clears HPV from the body. Persistent infection with high-risk HPV can cause abnormal cells to develop, which go on to become cancer. Persistent HPV infection of the cervix (the lower part of the uterus or womb, which opens into the vagina – also called the birth canal) if left untreated, causes 95% of cervical cancers. Typically, it takes 15–20 years for abnormal cells to become cancer, but in women with weakened immune systems, such as untreated HIV, this process can be faster and take 5–10 years.

## Prevention

Boosting public awareness, access to information and services are key to prevention and control across the life course:

- Being vaccinated at age 9–14 years is a highly effective way to prevent HPV infection, cervical cancer and other HPV-related cancers.
- Screening from the age of 30 (25 years in women living with HIV) can detect cervical disease, which when treated, also prevents cervical cancer.
- At any age with symptoms or concerns, early detection followed by prompt quality treatment can cure cervical cancer.



# What is needed ?

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Public awareness, access to information and Vaccination are at need at the higher rate. Management pathways for invasive cancer care are important tools to ensure that a patient is referred promptly and supported as they navigate the steps to diagnosis and treatment decisions.

As low- and middle-income countries scale-up cervical screening, more cases of invasive cervical cancer will be detected, especially in previously unscreened populations. Therefore, referral and cancer management strategies need to be implemented and expanded alongside prevention services

## Queensity Response

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All countries have made a commitment to eliminate cervical cancer as a public health problem. The WHO Global strategy defines elimination as reducing the number of new cases annually to 4 or fewer per 100 000 women and sets three targets to be achieved by the year 2030 and to put all countries on the pathway to elimination in the coming decade. Hence Queensity understands the need and have planned to take the following steps.

- Creating awareness throughout India.
- Girls vaccinated with the HPV vaccine by age 15.
- Women screened with a high-quality test by ages 35.

# Upcoming Events

DATE	EVENTS
July 2	First Club Meet
July 9	பரிபூரணி at St. Antony's College
July 14	Leadership seminar at Madurai (District Project)
July 16	Club meet Discussions on Various Projects
July 20 & 21	RLI Rotary Learning Institute at Madurai
July 23	Mannarkudi Singam Industrial Visit & Impressions on RLI members (District Project)
July 21	நீலா முற்றம்
July 27	நுனி நுங்கை
July 30	Trash to Trees at SBC Academy
All Thursdays	Clubfoot, Cervi Cure Project Awareness



# Some memories are Unforgettable, Remaining ever Vivid and Heartwarming





## **QUEEN'S YEAR FOR CERVI CURE**

**LET'S CREATE A  
CANCER FREE  
WORLD**



**VACCINATE  
OUR GIRLS**



*Pic: Cervi cure project approved and signed by RI President*

# **To Secure Tomorrow's Women, Vaccinate Today's Girls.**

**Let's Join Hands this Year to  
Create Awareness & Fight Against Cervical Cancer**

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