

Rotary CROSSROADS

by Rotary Club of Singapore



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Lifetime Achievement Award Winner for 'Best Bulletin in District 3310'



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23 July 2025

3RD WEEKLY MEETING

By Rtn Shawn Travolta

Can Singapore Become the World's First "Blue Zone 3.0"?

Guest Speaker: Shivaji Rikka

At this week's dinner, we were privileged to hear from **Shivaji Rikka**, a strategist working at the intersection of science, innovation, and public health, who presented a forward-thinking vision: **positioning Singapore as the world's first Blue Zone 3.0**—a society where healthy longevity is not just possible but expected.

Shivaji introduced the emerging field of **Healthy Longevity Medicine**, which focuses on optimizing both healthspan and lifespan by addressing the biological processes of aging. At the heart of this approach is **Precision Geromedicine**, combining diagnostics (to measure biological aging) and therapeutics (to target aging mechanisms with interventions).



He broke down the science behind **aging clocks**—DNA methylation-based biomarkers that are now capable of predicting health outcomes more accurately than chronological age. These clocks have evolved over five generations, each improving in accuracy and depth of insight, from estimating disease risk to mapping physiological aging across multiple systems.

We also learned about **biomarkers of aging**—molecular, physiological, and digital indicators, including data from wearables and omics (like epigenomics and metabolomics), that are beginning to guide personal health strategies.

Shivaji emphasized that these tools aren't theoretical—they're being trialed and validated today.



One of the most intriguing parts of the talk was the **roadmap for Singapore**, aligned with Healthier SG. It includes educating healthcare professionals in geroscience, developing clinical practice guidelines for aging-related care, and even rolling out precision geromedicine clinics to help individuals track and manage their biological age over time.

Shivaji concluded with the **WHO Vitality Capacity Framework**, reinforcing that healthy longevity involves not just individual biology but cognitive, sensory, psychological, and social capacities—making it a whole-of-society mission.



Far from a purely medical conversation, Shivaji's session was a **call to action** for all sectors—government, business, and community—to begin integrating longevity principles into policy, urban design, and everyday life. For Rotarians, it was a timely reminder that shaping the future of health isn't just about curing illness—it's about **building a culture where wellness thrives across generations**.



VP Suzanne delivered the Vote of Thanks



YOUTH SERVICE COMMITTEE SETS BOLD AGENDA FOR RY 2025–26

By YSC Director Mukund A P

24 July 2025 – The Rotary Club of Singapore’s Youth Service Committee (YSC) kicked off its first meeting of the Rotary Year on 24 July 2025 at the Foundation of Rotary Clubs (Singapore) with an ambitious plan for the year ahead.

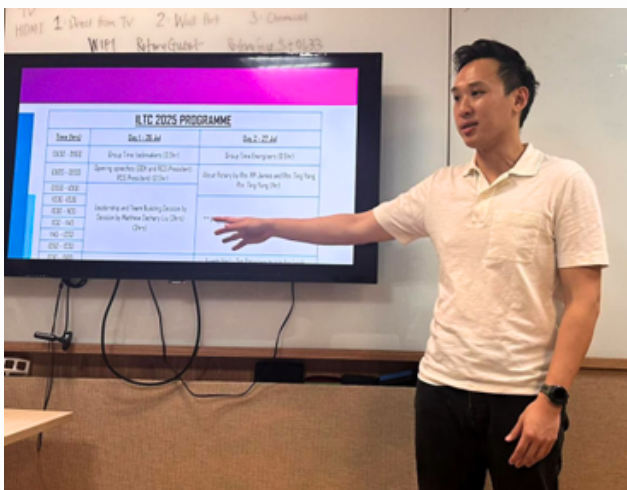
Chaired by Director Mukund, the session outlined strategic priorities — from leadership development to enhanced collaboration between Interact and Rotaract Clubs. Preparations are in full swing for the Interact Leadership Training Camp (26–27 July at Hillview CC), expected to host a record 139 participants, funded by Cotton-On Youth and the Ishk-Tolaram Foundation.



Key initiatives include the launch of environmental campaigns, digital literacy workshops, and expanded leadership training, alongside a proposed Rotaract Development Fund to drive sustainable projects. Advisors will take a more hands-on role, mentoring clubs for at least three years, with regular advisor inputs from each school recognised as essential for monitoring progress, sharing challenges, and strengthening the Interact-Rotaract ecosystem. Quarterly joint meetings will replace frequent external speaker slots to maximise advisor-youth engagement.

Youth Protection remains a top priority, with all advisors required to complete certification by July's end. The committee also approved new processes for project funding requests, cross-club collaborations, and industry mentorship programs.

With a focus on capacity building, strategic partnerships, and stronger advisor involvement, YSC is poised to deepen its impact — empowering young leaders and strengthening Rotary's service footprint across Singapore.



INTERACT LEADERSHIP TRAINING CAMP

By YSC Director Mukund AP and Rtn Liesa Desisca

What an inspiring weekend at the Interact Leadership Training Camp (ILTC) 2025 – designed exclusively for all incoming Interact Club EXCOs across Singapore!

Over 130 enthusiastic Interactors, 41 dedicated Rotarians who came to support and encourage the youths, 9 supportive Teacher Advisors, and 10+ passionate volunteers from the Rotaract Club of Singapore, Rotaract Club of Bukit Gombak, and Rotaract Club of Singapore City came together for two powerful days of leadership, learning, and service.

This flagship youth project by the Rotary Club of Singapore is held annually and continues to grow bigger each year. It is proudly supported by FRCS, Rotary Cotton-On Youth Fund, Ishk Tolaram Foundation, Hillview Community Club, Bukit Gombak Youth Network, and 21 Interact Clubs from Singapore.

Day 1 Highlights:

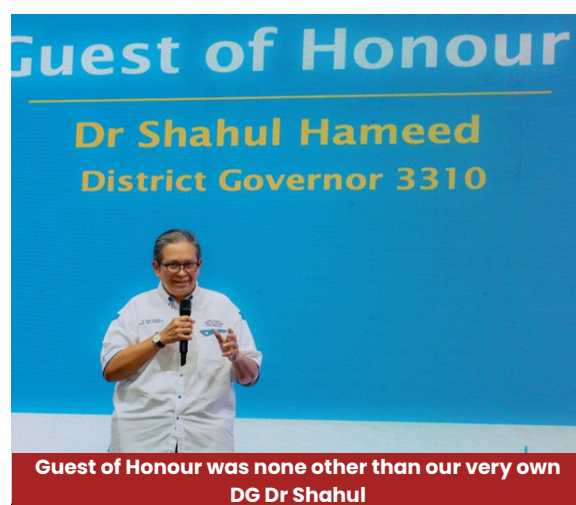
- Leadership Workshop by Matthew Zachary Liu: A transformative session on authentic leadership, self-awareness, and influence.
- RI District 3310 Rotary Youth Protection Session by Rtn. Jacqueline Koh: A vital session on youth safety and ethical leadership.
- Volunteer Management by Youth Corps Singapore: Practical training on project planning and volunteer coordination.
- Rotary Insights: Guided by Rtn. Ting Yong, participants explored Rotary's 7 Areas of Focus and the Four-Way Test.
- Team Bonding: Icebreakers, group challenges, and project ideation built cross-club friendships and collaborations.

Day 2 Highlights:

- Service Learning & Project Contest: EXCO teams pitched innovative and impactful project ideas.
- Sharing Sessions:
 - FRCS Flag Day by Rtn. Pearl Wong.
 - Rotary District 3310 Alumni Sharing by Guang Sheng.
 - Rotary District 3310 Peace Sharing by Anil Changaroth.
 - SOS Sharing by Charlene Heng.
 - HAY Sharing by Chandelle.
- ICC Elections: Strengthening youth leadership continuity.
- Closing Notes: By ILTC Chair Jeff.
- Vote of Thanks: By Youth Service Chair Mukund.



President Sonali provided an inspiring message to the Interact Leaders



Guest of Honour was none other than our very own DG Dr Shahul





Rotarians who were present on Day 1.



Photo-op with some of the leaders who made ILTC happen.



Master motivator Matthew ignited the crowd.



Downtime with the Nanyang JC Interact Club was an opportune time for a photo

A heartfelt thank you to all Rotarians, Teacher Advisors, Rotaractors, and youth sponsors for making this event a success. Together, we've inspired and prepared the next generation of Interact EXCO leaders to lead with purpose and service.



Day 2 of the ILTC progressed with the same enthusiasm and energy.



Some Interact Leaders shared their projects with tabla!



Day 2 ended with another group picture and many unforgettable moments of fellowship, creativity, and collaboration

ACSI INTERACT CLUB INSTALLS NEW BOARD FOR 2025

By YSC Director Mukund A P

24 July 2025 - The Anglo-Chinese School (Independent) Interact Club celebrated a key milestone — the Installation Ceremony of its 2025 Board of Directors last 24 July 2025. The event honoured the achievements of the outgoing board while welcoming a dynamic new team to lead with the Rotary motto of "Service Above Self."

Presiding over the ceremony was Club President Chloe Cheng, who warmly welcomed distinguished guests, including Rotary Club of Singapore President Sonali Sinha, Youth Service Committee Chair Rtn. Mukund, and ACS (Independent) Teacher Advisors Suzanne Ng and See Mee Lee, alongside Events and Projects Chair for the YSC Committee, Rtn. Anson Sia Dichaves. Their presence underscored the strong mentorship and partnership between the school, its Interact Club, and the Rotary Club of Singapore.





The programme reflected on the club's accomplishments over the past year — from impactful community outreach projects to leadership initiatives — while setting out ambitious goals for the months ahead. The newly installed board pledged their commitment to deepening service engagement, enhancing leadership opportunities, and strengthening connections with fellow Interact Clubs.

A commemorative group photo captured the spirit of the evening, with leaders, advisors, and members standing proudly before the event's theme: "Anchoring Service Above Self." The ceremony concluded with warm fellowship, marking the start of another year of purposeful service and youth leadership.



VISION FOR ALL: EYE SCREENING PROGRAM FOR MIGRANT WORKERS

By CSC Vice Rajesh Prabhakaran

26 July 2025 – The Rotary Club of Singapore ran Vision for All, a free eye-screening program for migrant workers at Singapore Polytechnic last 26 July.

With Dr Rupesh Agarwal and members of the CSC team leading the effort, participants received comprehensive checks, on-the-spot dispensing of readers, and a short talk on eye-disease awareness, ensuring each person left with clearer understanding as well as clearer vision.

One of the migrant workers even required urgent migrant attention for a foreign object that was lodged in his eye. PE Raj Kumar was kind enough to take him to the Tan Tock Seng Hospital and have the object removed to avoid any further damage.

The results speak for themselves: 55 individuals were screened; 28 received reading glasses immediately; 7–8 pairs of distance spectacles will be made (orders passed to James); and 2 participants were referred for further care.





Thank you to our medical partners and volunteers for delivering a more holistic examination experience this year. We're committed to expanding access to essential eye care for our migrant worker community.

1ST CRFC MEETING

By VSC Chair Deepa Navaneeth

28 July 2025 – The Club Rotary Foundation Committee (CRFC) meeting was held on 28th July 2025, chaired by PP Tapan Rao, who provided an overview of the Committee’s purpose and key focus areas. Rtn. Yogesh Dodani was introduced as the TRF Director for RY’25–26, and together with President Sonali Sinha, they shared the Club’s fundraising targets for the Rotary year—across the Annual Fund, Endowment Fund, and End Polio initiatives. Rtn. Yogesh also emphasized the importance of collective effort and engagement from CRFC and Club members in driving TRF initiatives. He presented updates on ongoing and upcoming activities, including EREY and Sustaining Member contributions through annual dues, End Polio fundraising ideas, education sessions to build TRF awareness, and recognition plans for TRF contributors with support from the Club’s PR team.



To strengthen the Committee’s structure and execution, specific focus areas were assigned with suggested Convenors, ranging from fundraising and stewardship to education and communications. Members were encouraged to complete the Grant Management Seminar certification, reinforcing the Club’s commitment to accountability and impact. The Chair wrapped up the meeting by thanking all participants and expressing confidence in the team’s ability to deliver meaningful outcomes for TRF in the year ahead.

OUR GUIDING PRINCIPLES

THE FOUR WAY TEST

Of the things we think, say or do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendship?
4. Will it be beneficial to all concerned?

**UNITE
FOR
GOOD**

THE GUIDE TO DAILY LIVING

Before doing the things we want to do, consider first, the Precepts of the guide. Ask ourselves these 4 questions and act upon them:

1. Have I spent some time in self-examination?
2. Have I spent quality time with my family?
3. Have I given my best to my work?
4. Have I given some time to someone near and far?

The Guide, in fact, encompasses the 4 parts of the Object of Rotary.

BOARD OF DIRECTORS 2025-26



Sonali Sinha
President



Tom Wolf
Immediate Past
President



Rajkumar PS
President Elect



Vineet Iyengar
Vice President &
Major Project Chair



Suzanne Ng
Vice President & Speaker
Programme Chair



Ong Ting Yong
Hon. Secretary



Pia Bruce
Hon. Treasurer



Jeyanthi RK
Membership
Director



VJ Africa
Public Image & PR
Director



Yogesh Dodani
TRF Director



Varun Gulati
CSC Director



Grace Roache
VSC Director



Navaneeth Rajkumar
ISC Director



Mukund AP
YSC Director



Ng Jun Dong
Sergeant-at-arms



Hitansh Vij
Sergeant-at-arms