



Ukti



Touch A Heart
Theme 2016-2017

Issue No.1

Bulletin of the Inner Wheel District 323

November 2016

District Chairman Shama's Thoughts...

My Dear Friends,

I am really happy to be sharing my thoughts with you all through this newsletter Ukti, which means that which is said, expressing something, well spoken. Four months have flown by and it is already like a dream since the District Assembly Utpreksha where I took on the mantle of District Chairman for this prestigious Inner Wheel District 323... just as you all have committed yourselves to one more year of friendship and service and plunged into wonderful projects that have and will truly touch the hearts of many.

This year our International Inner Wheel President Oluyemisi Alatise has given us such a wonderful and thoughtful theme – TOUCH A HEART. A simple thought which just means that whatever avenue of service one gets involved in, do it with meaning and purpose and ensure bringing out the smiles into the hearts of many. Everything happens for a reason, live it, love it, learn from it. Make your caring smile change the world!

And while you do, remember to ENJOY the organisation you are committed to. Association President Prabha Raghunandan wants us all to keep these goals in mind – Educate/Empower, Nature awareness, bringing back the Joy of Sports, Optimising resources and giving importance to You!

We have been lucky to get the opportunity to identify like minded ladies and have inaugurated 3 clubs already – IWC of Chennai Vriksham, IWC of Chennai Rainbow & IWC of Chennai Korattur. All the three are truly vibrant clubs with energetic members. Definitely value additions to our District!

Yes, we have miles to go and promises to keep. And the way all clubs have been involved with Breast feeding awareness, Good Touch Bad Touch, Health & Hygiene awareness, Madras Day projects, Teachers Day & Literacy related / TEACH projects and various other projects too, is really commendable! Great going members of District 323!

The fun filled joint club ISO meet ULYMPICS saw members enjoying themselves to the hilt and it was a refreshing change from the past few years. I must congratulate District ISO Anu, all the Club ISO's and Presidents for all their efforts in giving all members a great memorable time.

And then we had the grandest Diwali celebrations - MAZHALAI OLI for around 750 children from various specially privileged homes. It brought immense joy to all present to see the smiles on the faces of these children. Amazing effort by the Club Treasurers, Club Presidents and of course spearheaded by PDC Nallammai and District Treasurer Usha. Truly a classy show and a beautiful way to celebrate the joy of giving and the festival of lights!

I was really happy and honoured to be a part of all the Club Installations, barring a few, and was impressed to see the growth and progress of them all. I am looking forward to all the official Chairmans visits which are coming up soon and getting to know you all even better!

Well, we have more commitments in store for us and various avenues to get involved with. While Literacy and TEACH should be our main focus areas so that we can be part of the dream to make India literate by 2020, please also try your best to have Rubella awareness and vaccination camps for college girls so that we can help make our future generations healthier.

Let's get together and create Happier Futures for one and all!

Enjoy Inner Wheel!

Shama Prasanna



IIW-Treasurer - Azhagu Annamalai's Message



Dear Kamala,

It gives me great pleasure to pen a few lines for the Dist 323 bulletin .

It has given me an opportunity to reach out to all our members. Our District is one of the prime districts of our Association. It has been built on a very strong foundation which gets stronger every year. We as members should make full use of the opportunity given to us and lend a hand to those who seek our help. Please put your heart and soul into the work you execute under the banner of Inner Wheel. Ensure that the recipient understands the value of your effort and thus gets benefitted. Use this year's theme to its optimum and "Touch A Heart" as you cruise along. May the year bring forth great satisfaction and happiness to each one of you .

In Friendship,
Azhagu Annamalai
IIW Treasurer 2016-17



National Editor's Message



Dear Kamala,

Congratulations on the upcoming publication of your first E-newsletter. Dreams seldom materialize on their own. After all the work you put in on this volume, the success of this first will keep you going well beyond your second and third.

This initiative of publishing a newsletter will keep the lines of communication open between members.

Being part of Inner Wheel let us work in unison to make the light of Inner Wheel shine more resplendently by touching a heart.

Wishing you success in all your endeavors.

Warm regards,
Latha Mahalingam
National Editor (2016 - 17)



District Editor's Message



I feel privileged and happy to be the Editor for the First e-bulletin of the Inner Wheel District 323. In today's Tech savvy world it has become more of a necessity to bring out bulletins of this nature to reach out to people across our society to showcase the good work that we are doing for the community.

Clubs have been doing tremendously well in the past 5 months and what I have included in this bulletin is only a drop in the ocean of service that our members are involved in. I take pleasure in congratulating them in taking forward our Association President Prabhaji's theme for the year "ENJOY" wholeheartedly and Touching as many Hearts as possible in the process.

I thank our District Chairman Shama Prasanna for giving me this opportunity to bring out our e-bulletin "Ukti" and hope that all of you enjoy reading it as much as I enjoyed putting it together.

Yours in Inner Wheel,
Kamala Selvam Alagappan
District Editor
Inner Wheel District 323

Utpreksha

Inner Wheel District Assembly "Utpreksha" was held on 23rd June, 2016 at GRT Convention Centre, where our ever smiling Shama Prasanna was installed as District Chairman, and her team of office bearers took over their respective posts.



Madras Week 2016

The Clubs of Inner Wheel District 323 came forward once again to sponsor a heritage awareness campaign in time for Madras Week. Six different single sheet pamphlets were designed for distribution at local restaurants. Each sheet detailed the history of a prominent landmark, gave a small write-up highlighting the projects of our Clubs and also a short quiz on local heritage and history, with answers.

27,000 English and 9,000 Tamil sheets were distributed mainly with the help of Mr. Mahadevan of Oriental Cuisines Private Limited, who

ensured that the pamphlets were sent to various popular eating places in Chennai.

The Clubs too helped to place some in local eateries. The response was good. We hope the purpose of raising awareness has been served to some extent.

Besides this, the banners displayed on the beach last year have been doing the rounds of schools since then. This year they were displayed at Nageswara Rao Park – a popular walking track which attracts a large number of early morning and evening walkers. Our members took turns at being present there and distributing sweets. The response was encouraging as a number of people stopped by to read the banners.

With rising awareness, our next endeavour should be to try and implement a project of heritage conservation. What say comrades?!!!



'Ulympics' - For the Joy of Sports



A joint –clubs ISO rally for all members of District 323 was planned by District Chairman Shama, along with District ISO Anuradha Karthik as Convener and AC Member Seema Bhargava as Co-Convener. As the theme of the year given by our Association President Prabhaji is 'ENJOY' – the alphabet 'J' expands to explain to inculcate the Joy of Sports. So an outdoor event of fun games was planned and compiled together by 28 clubs of our District which consisted of various variety outdoor games, track games etc.

This was held at Dr MGR Janaki College grounds on 3rd September 2016 from 2.30 pm onwards. The event kick started with a grand parade of the

District EC members and Club Presidents holding their club flags headed by a live band team. Mrs. Radha Krishnaswami – Chief Trainer Tamil Nadu Cricket Association and Past International Inner Wheel President Kamala Ramakrishnan were the Chief Guests for the Inaugural session. The Inner Wheel Ulympic flag was hoisted and the Ulympic torch was carried around the grounds by all the Club ISO's. This was handed over to District ISO Anu Karthik who lit the main Ulympic fire. A sports oath was taken by all members led by Chief Guest Kamala Ramakrishnan and Mrs Radha Krishnaswami declared the sports meet open.

After a warm up Zumba session, the games commenced. All the clubs were allotted specific places around the ground to conduct their games and there was a lot of enthusiastic participation by all members. Lip smacking refreshments packed in a neat hygienic manner were given to all the members.

There was also a chat stall, gola cola, corn, lime and soda stalls for the benefit of all. There were a few stalls selling cold compressed oil, jewellery and chains from a Gypsy school and some eco-friendly products from Hope Foundation.

Finally the Valedictory Ceremony took place at around 5.45 pm with Chief Guest International Inner Wheel Treasurer Azhagu Annamalai announcing and honoring the winners of the overall highest club points with crowns and sashes for the Club President and ISO. 1st prize went to IWC of Nanganallur, 2nd prize to IWC of Madras and 3rd prize for IWC of Nollambur. These overall prizes were based on the prizes they bagged on each clubs games event.

Azhagu Annamalai declared the sports meet closed and lowered the Ulympic flag. The vote of thanks was given by District ISO Anu Karthik.



Literacy Projects – the right path - the right way

With Inner Wheel partnering Rotary in the massive endeavour to eradicate illiteracy, Clubs and members have become enthused and dedicated to find newer and better ways to help children in and out of school.

The emphasis in our District has been on personalised service. About 120 members trained to take value education lessons to middle school children. Many Clubs have adopted a Government/Government aided school, and begun these sessions regularly and in earnest, with encouraging results. Our members also teach spoken English and computer skills regularly to these students.

Better methods for teaching the Sciences, ways to increase the ability to cope with stress, creating awareness of students' personal hygiene and habits, enabling teachers to deal with students with specific learning disabilities and a number of other issues were addressed through workshops and seminars. Fun was brought through creativity with clay modelling, painting, play-acting and other devices.

Literacy Week in early September saw the Clubs working overtime, spending long hours with teachers and students and engaging them in a variety of activities and projects.

A lot has been done. And a lot more can and will be done. Inner Wheel District 323 has recognised that it is not sufficient to provide merely the physical attributes of a school and the ubiquitous overloaded school bag. The need of the hour is to concentrate on the physical and mental health of teachers and students. Both need to be encouraged and supported. And our members are slowly but surely finding the right path – the right way.



Sneha - Multi District PDC Meet

A Multi District PDC meet called "Sneha" was organised by Inner Wheel District 298 at Ocean Spray Resorts, Pondicherry on September 8th, 2016. This was well attended by our PDC'S and EC members.

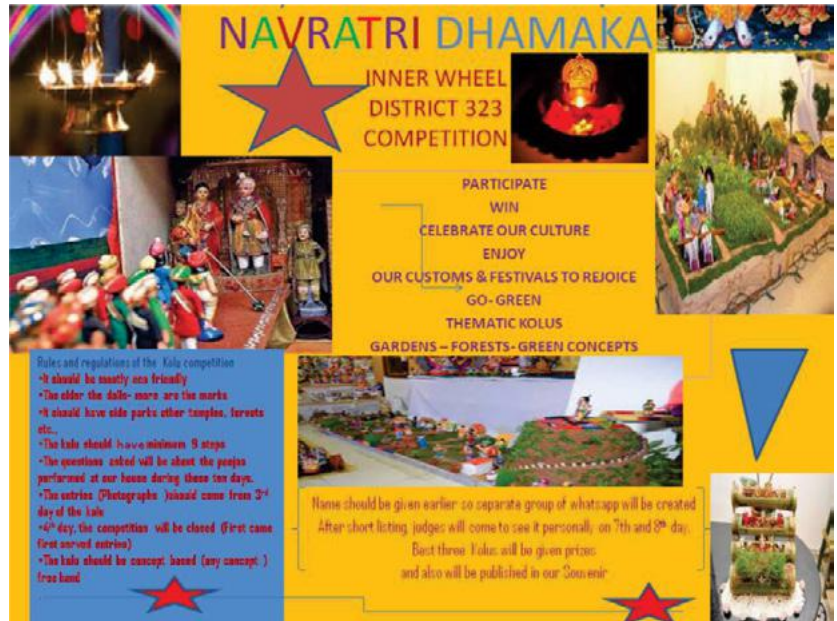


Urs Ullasa Golu

Navaratri in Tamil Nadu is typically celebrated with a dollar and figurine display. Our District ISO Anuradha Karthik conducted a Golu competition to encourage and showcase the talent of our members many of whom come up with award winning Golu displays.

As a first step members were given three dates on which they could send photos of Dolls displayed in their house for Golu on a whatsapp group which was created for this purpose. 26 entries were received, each one being unique and concept oriented. Many members also incorporated the Go Green concept.

The photos were then shortlisted by Usha Srinivasan, a culturalist and



eminent person who generally judges Mylapore Golu Festivals. The shortlisted entries were then judged by Mrs. Malathi Saravanan and Mrs. Gayathri Krishnan of the Iyal Isai Nataka Mandram. After personally visiting the houses where the Dolls were displayed the following members were adjudged as winners based on various criteria which included theme orientation, size, eco-friendliness and neatness:-

First Prize - Mrs. Nandini from Inner Wheel Club of Nollambur

Second Prize - Mrs. Viji from Inner Wheel Club of Madras Central

Third Prize - Mrs. Sripriya Narayan from Inner Wheel Club of Nanganallur

Consolation Prize - Mrs. Valli from Inner Wheel Club of Vellore North

It was decided to award all the participants with a memento in recognition of the efforts taken by them.



Mazhalai Oli



Mazhalai Oli is a programme organized by Inner Wheel District 323, an International Women's organization doing social service. 750 under privileged children are brought from various schools and orphanages and are assembled at YMCA grounds where they are provided with evening snacks, variety entertainment programmes, opportunities to interact

with celebrities followed by a sumptuous dinner and a cracker show. Apart from this they are given new Diwali dresses and goody bags comprising of tiffin boxes, water bottles, pencil boxes, note books, games, story books and other gifts which will be useful for them.

The children many of whom come from backgrounds in which they have not seen celebrations of any kind thoroughly enjoy the evening and go back with memories to cherish. Members too enjoy the joy of giving and love to hear the laughter of the children in "Mazhalai Oli"

Mazhalai Oli is the brainchild of Past District Chairman Nallammai Ramanathan and is being conducted by Inner Wheel District 323 for the past 16 years. The convenor for this year's event was District Treasurer Usha Saraogi and she organized this event with the guidance of District Chairman Shama Prasanna and PDC Nallammai Ramanathan and the support of all the Club Treasurers of the 44 Inner Wheel Clubs of our District which constitutes of around 1500 members.

The event was a gala one with celebrities Actors Radhika Sarathkumar and Maya doing us the honour of being Chief guests thereby bringing a smile on the faces of the children. A variety entertainment program was conducted and crackers burst at the end of the show. The children went home filling their tummies and taking home lovely gifts and memories of an enjoyable evening.



New Babies of Inner Wheel. District 323

IWC of Chennai Vriksham:

Inner Wheel Club of Chennai Vriksham was the first new club inaugurated this year with 37 members and Ananthi Manimaran as the President on 10th July 2016. Inner Wheel Club of Madras Metro was the sponsoring club.



IWC of Chennai Rainbow:

Inner Wheel Club of Chennai Rainbow was inaugurated on 13th August 2016 with 30 members and Uma Maheshwari as the President. It was sponsored by Inner Wheel Club of Chennai Nolambur.



IWC of Chennai Korattur:

Inner Wheel Club of Chennai Korattur was inaugurated on 7th October 2016 with 15 members and Mercy Martin as the President. This is the second club sponsored by Inner Wheel Club of Chennai Nolambur this year.



District Editor's Competitions

District Editor Kamala Selvam organized two online competitions, one for the month of August and one for the month of September.

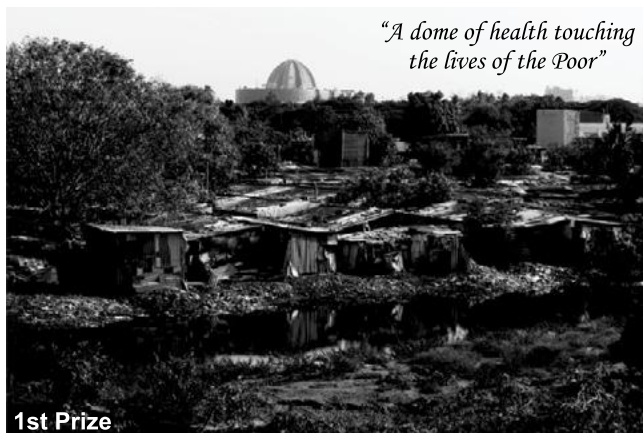
"Touch A Heart" photo contest

An online photo contest based on our Innerwheel Theme for the year "Touch a Heart" was organized for the month of August. A total of 43 entries were received from Inner Wheel members and National Editor Latha Mahalingam was the judge for the competition. The following were the prize winners

First Prize :- Sangeetha J from Inner Wheel Club of Chennai Rainbow

Second Prize :- Gayathri Ramadoss from Inner Wheel Club of Madras South

Third Prize:- Sadhana Rajkumar from Inner Wheel Club of Adyar



1st Prize



2nd Prize



3rd Prize



Healthy Snacks Cookery Contest

A Healthy Snacks Cookery Contest was held for the month of September. 16 entries were received in all. Mrs. Mallika Badrinath was the judge and she was impressed by the recipes which were all prepared under 3 minutes.

The results were:-

First Prize :- Rachita Chauhan Rathor - IWC Madras Midtown who prepared Vegetable Oats Muffins

Second Prize :- PDC Nallammai Ramanathan - IWC Madras Central whotel prepared Waffles Dosa

Third Prize :- Kavitha Narasimharaju - IWC Madras Midtown who prepared Egg Avocado Scoops

Consolation Prizes :- Packiarathnam - IWC Chennai Vriksham who prepared Pana Olai Kozhukkattai

Kalarani Sivasubramaniam - IWC Madras South who prepared Sweet and Spicy Potato Pockets



Clubs in Action



IWC Adyar -The mega Tree planting project amounting to Rs 60,000 as a joint club project with five other city IW clubs.



IWC Ambur celebrated the world literacy day at Concordia Middle School Ambur.



IWC Chennai Capital - Gave an RO purifier, posters of national leaders and wall clocks and plastic chairs to a school at Tirumangalum named Adi Dravidar Govt Welfare School.



IWC Chennai Galaxy - Distribution of hand gloves n face mask and lunch to 150 corporation workers.



IWC Chennai Gemini conducted an Elocution competition and Quiz on G.K. for 6th STD students of KTCT govt Girls school.



IWC Chennai KK Nagar - Breast feeding week celebrated in vadapalani childrens 'Government hospital. Baby dresses , potty and biscuits with tea distributed for the young mothers.

Clubs in Action



IWC Chennai Nolambur adopted Panchayat school and initiated spoken English classes. Students and teachers were very excited and enthusiastic to learn English speaking.



IWC Chennai Phoenix - Sparrow Saviour- Awareness on Sparrow getting Extinct- Free Feeder's given to bring them Back.



IWC Chennai Presidency- Visit to Ramakrishna Mission Science Centre.



IWC Chennai Rainbow - Provided 100 kgs of rice, snacks, stationery and gave a talk on dental and oral hygiene to New Hope, New Life Trust children



IWC Chennai Sunshine - Bala Hruday project where learn one word a day in English was initiated.



IWC Chennai Symphony - At Gypsy School on World Literacy Day clay modeling by Malini Kalyanam taught to the children

Clubs in Action



IWC Chennai Thiruvannamipur- 15th Aug
Independence day celebration & flag hoisting.



IWC Chennai Unique donated a syntex water tank to
fill corporation water to the Government Primary
School at Selaiyur.



IWC Chennai United - They distributed 30 gift
hampers with health mix a baby suit and a hand
towel to each lactating mother.



IWC Chennai Verve - Donated Children's books
(worth approximately Rs 20,000)



IWC Chennai Vibrant - Visit to Baalya School where
sports goods were given. Around 150 students were
the beneficiaries. - Copy



IWCChennaiVriksham has agreed to sponsor diapers
to John Peter a special child who lacks control over
his urinary functions as a lifelong project for the
child.

Clubs in Action



IWC Cheyyar - Teachers day and Vinayagar Chaturti celebration in Rural Aid Orphanage Martyr Village.



IWC Gudiyattam - Syntex Water Tank donated to Veerachettipalli Village.



IWC Kanchipuram- A Multi Speciality Health and blood donation camp was conducted and around 300-400 people benefitted. 50 people donated blood which was handed over to the Rotary Blood Bank.



IWC Korattur celebrating Diwali by distributing sweets and crackers to the Arunodayam Orphanage children.



IWC Madras - Literacy Programme with 'Curio kids' was organized at NKT schools on 9th August and Rs. 7,000 was spent for the same.



IWC Madras Ashoknagar - conducted the Awareness Project on Good Touch & Bad Touch in Guntur Subbiah Pillai T Nagar Hr Sec Girls School for 7th & 8th Girl Students.

Clubs in Action



IWC Madras Central - Programme on Good Touch and Bad Touch conducted at Ganapathy Iyer School and two other schools.



IWC Madras Central Aaditya - Conducted breast feeding awareness programme at the abhiramapuram health center.



IWC Madras Cosmos celebrated literacy day in a government school in villivakam by giving mementos and gifts to the headmistress of seven schools around Villivakam.



IWC Madras Esplanade conducted sports meet for these 40 children with special needs on 2nd sept and 6 different types of games were arranged for different categories.



IWC Madras Fort - Annadanam given where approximately 191 people benefitted.



IWC Madras Metro conducted eye camp at Padma Sarangapani Higher Secondary School. 150 people benefitted out of the project.

Clubs in Action



IWC Madras Midtown - Rs. 31,500 given to a poor student, Abhinaya Rajendran who is a state and national level karate champion to purchase karate mats for practice.



IWC Madras Mount conducted a breastfeeding awareness program at Kilpauk Medical College Hospital on Monday 8th August 2016.



IWC Madras North - Gave books worth 6000rs to PUMS, Sholinganallur.



IWC Madras South - donated a stainless wheel chair to the Egmore Eye Hospital.



IWC Maraimalai Nagar - Teacher's day celebrated at Sathy Primary School and games were conducted and prizes distributed for the same.



IWC Meenambakkam - Donated a sum of Rs. 10,000 the Sree Matha Palliative Care Center for Cancer Patients.

Clubs in Action



IWC Nanganallur - Sponsored living expenses to HIV affected girl child from SIP Home, Kolathur run by a Transgender.



IWC Ranipet - LIC insurance for Auto Drivers-amount 2 lakhs ... They can use it for their health problems and in case of accidents.



IWC Vandavasi - Giving play kits on Independence day to West School, Vandavasi.



IWC Vellore - New vessels given as gift to an underprivileged girl after her marriage.



IWC Vellore North-Tree Plantation at Virinjpuram Railway Station.

