



Friendship & Service



SUVADUGAL

2017-2018

Inner Wheel District 323



© Leave a Lasting Legacy
IWW Theme 2017-18

DISTRICT CHAIRMAN
PADMA PREETHA SUMANTH

DISTRICT EDITOR
ARASI PONMOZHI A.T

Inner Wheel Prayer

Instil in us O' Lord, the true meaning of friendship
Never let us forget that we are all Thy children
Notwithstanding the differences in our cultures and creeds,
Endow us with a desire to serve our fellowmen,
Remembering that we too often need help
Whenever or Wherever the need for service arises,
Help us to be ready to serve
Endeavouring to make our badge of Inner Wheel worthwhile
Ensuring that we have not
Lived in vain.

இன்னர் வீல் கடவுள் வாழ்த்து

எங்கள் இறவை!

நட்புணர்வின் உண்மையான பொருளை எங்களுக்குள் நிலை நிறுத்து!
எங்களுக்குள் சமய பண்பாட்டு முரண்பாடுகள் இருப்பினும், நாங்கள்
அனைவருமே உமது குழந்தைகள் தாம் என்னும் எண்ணம் எங்களை விட்டு
என்றுமே அகலாமல் இருக்கச்செய்!

நாங்களும் அவ்வப்பொழுது பிறரின் உதவிகளை வேண்டிடும்நிலையில்
உள்ளோம் என்பதை மனதில் கொண்டு - எங்களுடன் வாழ்வோர்க்கெல்லாம்
தொண்டு செய்யும் ஆர்வத்தினை வழங்கு!
எங்கெல்லாம் எப்பொழுதெல்லாம் எமது சேவைக்கான தேவை எழுகின்றதோ,
அப்போதெல்லாம்-நாங்கள் ஆயத்தமாக இருக்க உதவி செய்!
எமது இன்னர்வீல் முத்திரையை மதிப்புமிக்கதாக்கி, வீணாக நாம் வாழ்ந்து
விடவில்லை என்பதை உறுதிப்படுத்து!



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Messages

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From the Desk of the District Editor...

A.T.Arasi Ponmozhi
District Editor



வணக்கம், வந்தனம் and warm greetings to all,

It is Indeed a great Honour to be the Editor of District 323 and present in the District Conference Spoorthi. The District Souvenir **SUVADUGAL** as the very name suggests is a compendium of the legacy we have created and are leaving behind to cherish and feel proud of.

SUVADUGAL presents in printed format, the activities of all the 47 clubs and the district, in the past six months. As the Editor of District 323, I have travelled together with every member of the District, sharing with them every moment of importance and achievement. Today at this moment of releasing **SUVADUGAL**, I can proudly say that I have more friends than I had before assuming office as Editor. Not only more friends, it has also helped me realise my potential to undertake this onerous task of putting together the legacy of District 323.

SUVADUGAL is an achievement by all members of our District. I have only put it in a collective format. My sincere thanks to District Chairman Padma Preetha Sumanth, District Executive committee members and Past District Chairmen for their unconditional support in this journey. A very special thanks to the club Presidents and members for providing timely details of activities and for the literary articles to make **SUVADUGAL** a reality. I also owe my sincere thanks to all organisations who have released their advertisements in **SUVADUGAL**.

I hope everyone of us will enjoy reading **SUVADUGAL** and preserve it to savour the joy of our legacy.

A.T.Arasi Ponmozhi
District Editor

District Chairman's Message



Padma Preetha Sumanth
District Chairman

Dear Friends in Inner Wheel,

Greetings! A warm welcome to all the delegates and guests to Inner Wheel District 323 Conference 2017-18, **Spoorthi**.

It is my pleasure to greet you through this beautiful Souvenir *Suvadugal*. I congratulate and appreciate District Editor Arasi Ponmozhi for bringing out this Souvenir *Suvadugal* at our District Conference. I am sure that this Souvenir will serve as a valuable and informative window to share all our District events and humanitarian projects done by our Clubs.

Our IIW President Dr. Kapila Gupta has given us a beautiful theme this year “Leave a Lasting Legacy”.

Our Association President Patricia Hilton launched project SUBALA at Swarnamanjari, Golden Jubilee celebrations of formation of International Inner Wheel at Varanasi. Five thrust areas of service under this project are Maternal Health and Child care, Safety and Protection, Menstrual Health and Hygiene, Cancer Detection and Care and Vocational Training.

The District Conference is an opportunity to renew friendship and reflect on the months gone by. I take this opportunity to congratulate all the Club Presidents for their strong commitment.

‘Good friends are like stars.. You don’t always see them, but you know they are always there’

Have a glorious year of Friendship!

Wishing you all a very happy 2018!

Yours in Inner Wheel,

Padma Preetha Sumanth
District Chairman

IIW President's Message



Dr. Kapila Gupta
IIW President

Dear District Chairman and District Editor

I congratulate you on the occasion of bringing out District Souvenir.

Souvenir reflects the activities of the clubs in a District undertaken throughout the year in the field of Friendship and Service. It shows our reward, our pleasure to serve the community and then to share this with Inner wheel members during the District Conference. The change is a dynamic process of past accomplishments being acknowledged with gratitude by the future challenges. Truly it is the time of celebrations of the tasks achieved, opening the doors to the new possibilities, new horizon, new heights that lie ahead.

Promote your organization to corporate houses, convince them to join in your charity work. Being trustworthy and dependable, has measurable advantages in life, when people trust you, doors open to you. Opportunities come to you.

Congratulations, all the best for the next year.

Theme for the year 2017-18 is—Leave a Lasting Legacy-I am sure under the able support of Past leaders—PAPs and PDC,s of your District—Inner wheel sisters of your District, you all would take a pledge in this New Inner Wheel Year to serve to community in such a way that you all Aim at Leaving a mark of your service on Hearts of Needy & promote true friend ship among Clubs of your District.

Dr. Kapila Gupta
IIW President

IIW Treasurer's Message



Azhagu Annamalai
IIW Treasurer

Dear District Chairman,

Thank you for requesting me to pen a few words for a message for the Souvenir to be published during the yearly District Conference. I would like to congratulate District Chairman Padma Preetha and the members of District 323 for the kind of projects under taken by all the clubs. Dist. Editor Arasi Ponmozhi has worked a lot to make this souvenir one to remember.

Conference is that time of the year when we reflect on the work executed so far and plan what can be done further in service to the society. Please continue the good work and do what satisfies you. Life is a road full of twists and turns, learn to enjoy the ride no matter how bumpy it is, for every twist and turn a blessing is always given in return.

A line to all of you "It's your road and yours alone, others may walk it with you, but no one can walk it for you".

All the best my dear friends.... ENJOY INNER WHEEL ENJOY EVERY MOMENT IN THE COMPANY OF FRIENDS.

In Friendship

Azhagu Annamalai
IIW Treasurer

Association President's Message



Patricia Hilton
Association President

My dear District Chairman Padma Preetha and members of District 323,

It gives me great pleasure to extend my greetings to you through your Newsletter.

I congratulate you Padma Preetha and appreciate the great work being done by the clubs under your dynamic leadership. You are reaching out to all who need help and that is truly commendable. There is nothing more beautiful than someone who goes out of their way to make life beautiful for others, so keep up the good work!

Inner Wheel has grown in strength because of the cumulative efforts of members worldwide, who have worked with commitment and dedication to serve humanity and bring hope and a better quality of life, especially for women in the world. The values, ideals and noble principles of Inner Wheel have guided our lives and strengthened the organization in this remarkable journey.

Mother Teresa once said **“We feel that what we are doing is just a drop in the ocean. But if that drop was not in the ocean, I think the oceans would be less because of that missing drop.”**

It is often said a candle does not lose its illumination by lighting another candle. Through your efforts and contributions, you enrich and bring comfort to the lives of many.

We are half way through our year and each one is working towards building a beautiful legacy. You will always be appreciated and remembered for making a difference in the lives of those in need.

May the Almighty bless your endeavours abundantly.

Yours in friendship
Patricia Hilton
Association President &
National Representative

Vice President's Message



Smita A. Pingale
Vice President

Dear District Chairman Padma Preetha & the members of District 323,
Greetings!

It gives me pleasure to pen down my thoughts on the occasion of District Conference It's the Spoorthi of all its members over the period of time that made Inner Wheel emerge as one of the most effective and the strongest movement of women for the social service globally over 101 countries!

Inner Wheel District 323 is one of the esteem Districts in the Association of Inner Wheel Clubs in India. Chairman Padma Preetha and her team are steering it very well and I am sure the spoorthi derived by all of you will make you reach your goals, nurturing district 323 with over 50 clubs and 1500 members! I wish you all a bright future ahead!

I appreciate District Editor's efforts in editing and publishing this souvenir *Suvadugal* successfully!

District Conference is the time in the Inner Wheel calendar to take stocks of work done and to choose new team for the next year. I congratulate District Chairman Padma Preetha for giving district 323 an able accomplished leadership and wish District Chairman Elect Kala Rajasekhar and the team 2018-19 equally fulfilling year ahead!

With most humble regards,

Smita A. Pingale

Vice President/Deputy National Representative
Association of Inner Wheel Clubs in India

Association Secretary's Message



Archana Kamath
Association Secretary

Dear District Chairman Padma Preetha and members of IW District 323,

Warm greetings on the occasion of your District Conference! We are indeed blessed to be part of an organization of exceptional women who dedicate themselves to serving humanity. Ours is a mission that invigorates and empowers the giver as well as receiver. The strong bonds of friendship that we form through our journey give us our strength.

District Conference is an occasion for each one of us to evaluate the year gone by and to rededicate ourselves to the goals of Inner Wheel–Friendship and Service. My congratulations to the vibrant and enthusiastic clubs of your District for the exceptional community service being carried out to reach the lesser privileged.

The release of a District Souvenir is a moment that is looked forward to with great anticipation. A Souvenir is an ambassador of goodwill as it travels far and wide. It is a reflection of the well-being of the District and of the good work being done by the clubs. District Editor Arasi Ponmozhi has carried out this responsibility with sincerity and enthusiasm. I wish her the very best !

Wishing all of you a wonderful District Conference! May each one of us 'Leave a lasting Legacy'.

Yours in Friendship and Service,

Archana Kamath
Association Secretary
Association of Inner Wheel Clubs in India

Association Treasurer's Message



Archana Agrawal
Association Treasurer

Dear District Chairman Padma Preetha

Through the District Souvenir 'Suvadugal' I take the privilege of congratulating District Chairman Padma Preetha and all the members of District 323 for absolute commitment and involvement to promote friendship and render service to the needy. Friends, indeed the Inner Wheel Path, is of love, service and friendship. Let our every action spread happiness, compassion and kindness in the lives of people living in the darkness of distress, pain and suffering. Chinese Philosopher Confucius said - 'It is better to light a single candle than to sit and curse the darkness.' So, each one of us through our small deeds can help to bring a positive change to the society. The difference between impossible and possible lies in one's determination.

We are toiling hard to reform the society through various projects on education, health, vocational training, sanitation and much more. Friends, let us keep working with same enthusiasm and determination for the remaining part of the year so that we leave milestones for others to follow. "Leave a lasting Legacy" is the beautiful theme given to us by our IIW President Dr Kapila Gupta and this theme is our source of inspiration and motivation to keep working hard to leave our footprints on the sands of time .

Keep enjoying Inner Wheel

Warm regards

Archana Agrawal
Association Treasurer

National Editor's Message



Vasudhaa Chandrachud
National Editor

District Chairman Padma Preetha, District Editor Arasi and Members of District 323

It is my pleasure to communicate with you through this District Souvenir - *Suvadugal*.

By this time, Inner Wheel activities have taken good momentum. All of us are taking extra efforts to leave a lasting legacy through the imprints of our work.

Under the able leadership of District Chairman Padma Preetha, District 323 will reach new heights and leave imprints of Inner Wheel ideals through community projects.

I am sure District Editor Arasi will take one extra step to showcase the good work carried out in District 323 through various publications and websites.

Wishing all the best in your future endeavours

Vasudhaa Chandrachud
National Editor

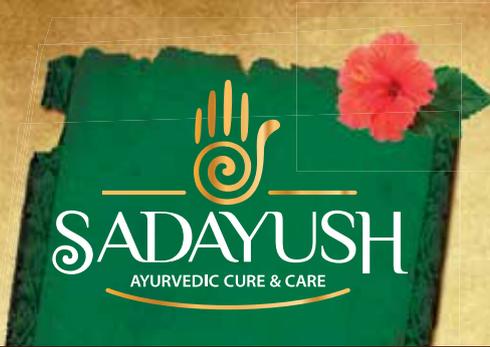


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District Governor's Message



Rtn R Srinivasan
District Governor
RI District 3232

Dear District Chairman and District Editor,

The power of women has always been their compassion, be it the mother sister or daughter. In every family, a woman holds a distinct place in creating harmony and growth that knits the family together. The compassionate Women scaling up their intent to serve the society through the Inner Wheel movement has initiated several worthy projects towards the society and more importantly the welfare of children.

The simple formula that I envisaged upon framing my year as Rotary Governor was to decipher the focus areas and projects of Inner Wheel, for it is always the members of Inner Wheel, who I can say, are committed wholeheartedly towards the needs of the community. It was the Inner Wheel focus on Children related projects, that made me initiate Project Indica, aimed at Child welfare as the District focus project.

My hearty congratulations to the District Chairman of Inner Wheel District 323, Padma Preetha and the editor of Suvadugal, Arasi Ponmozhi, for bringing out an everlasting impression on the services and events of Inner Wheel District 323.

Rotary and Inner Wheel will continue in making a difference, towards leaving a lasting legacy.

Rtn R Srinivasan
District Governor
RI District 3232

District Governor's Message



Rtn Jawaharilal Jain

District Governor
RI District 3231

My Dear Inner Wheel Members

Happy Rotary Greetings!

Thanks for loving me.

Most and more, What Ever you do give your 100%, If you are in Family - give your 100%,
If you are in Business - give your 100%, If you are in Inner Wheel - give your 100%

Mahatria Ra always used to say “Where your time goes - there your future begins”

So I request every member to first look into your family, make your family happy. Then
make more business and finally do more activities in Inner Wheel.

I strongly believe in giving - “A Joy of Giving”.

Mahatria Ra said “If you give, you will be given” God always gives in the trust that you
will give. I am experiencing and enjoying my life by making other people happy. In the
process I and my surroundings will became happy in return.

Charlie Chaplin says,

Life Laughs at you when you are unhappy; Life Smiles at you when you are happy; Life
Salutes you when you make others happy.

The purpose of every human being is to make other people happy. I am on the process.
Are you?

Finally, If you feel for the Creation, Creator will feel for you. If you do God’s work, God
does your work. Wishing you Most and more Keep Giving and Keep Growing Lets
together we will make our world a better world.

Rtn Jawaharilal Jain

District Governor
RI District 3231

Past IIW President's Message



Kamala Ramakrishnan
Past International Inner Wheel
President

Every Inner Wheel year, as our District Conference approaches, it gives me great pleasure in greeting all of you through the pages of our Souvenir and sharing a few thoughts with you all.

The District Conference is a great time to showcase all that has been achieved so far both at the district level and at the club level. Under the committed leadership of Chairman Padma Preetha we have had a very successful year so far and I can only urge you to keep up the good work by bringing in new ideas and thoughts and newer projects that can serve our community well.

Our dear International President – our own Kapila Gupta has given us a very motivating theme ‘Leave a lasting Legacy’ Let us then think of what we as members can do to leave such a lasting legacy for the future. As Patti Davis said “That is your legacy on this Earth when you leave this Earth: how many hearts you touched.” For a legacy is etched in the minds of others and in the ways we are remembered

Let me wish you all the best for the rest of our IW Year. I congratulate Dist Editor Arasi Ponmozhi for all her efforts to give us a memorable souvenir and I wish her all the best in this important task.

Kamala Ramakrishnan
Past International Inner Wheel President

*Past District Chairmen Message
Inner Wheel District 323*

It is a pleasure to know that at the Inner Wheel District 323 Conference 2017-18 Spoorthi , SUVADUGAL - souvenir compiled by you will be released!

Suvadugal means foot prints or imprints! How apt is it that the name blends beautifully with the theme for the year given by International Inner Wheel President Dr.Kapila Gupta - Leave A Lasting Legacy.

Every project undertaken by the Clubs leaves its imprint and you have an amazing opportunity to showcase those undertaken by Clubs of this District!

Arasi with your enthusiasm and diligence we are sure Suvadugal will leave its imprint on the sands of time and will ensure that District 323's lasting legacy is recorded well.

We wish District Chairman Padma Preetha Sumanth an invigorating and successful Spoorthi and Spandana.

Looking forward to a spectacular Suvadugal.

Wishing you the very best District Editor Arasi !

Sculptors of District 323



AZHAGU ANNAMALAI

IIW Treasurer : 2017 - 2018
IIW Treasurer : 2016 - 2017
Association President : 2008 - 2009
Association Treasurer : 2005-2006
District Chairman : 2004 - 2005



KAMALA RAMAKRISHNAN

IIW President : 2007 - 2008
Association President : 2000 -2001
District Chairman : 1995 - 1996



MANO BAKTHAVATSALAM

Association President : 1984 - 1985
District Chairman : 1975 - 1976



NIRMALA DESIKAN

Past Association Secretary : 1987-1988
District Chairman : 1986 - 1987



KALA BASHYAM

Past Deputy National Rep : 1997-1998
District Chairman : 1988 - 1989



**SANGAMESWARI
PATTABHIRAMAN**

District Chairman : 1993 - 1994



SITA LAXMINARAYANA

District Chairman : 1994 - 1995



VASANTHY RAO

District Chairman : 1996 - 1997



SHANTHI GOPAL

District Chairman : 1997 - 1998



RAMA RAJAGOPALAN

Past Association Secy :1999-2000
District Chairman : 1998 - 1999

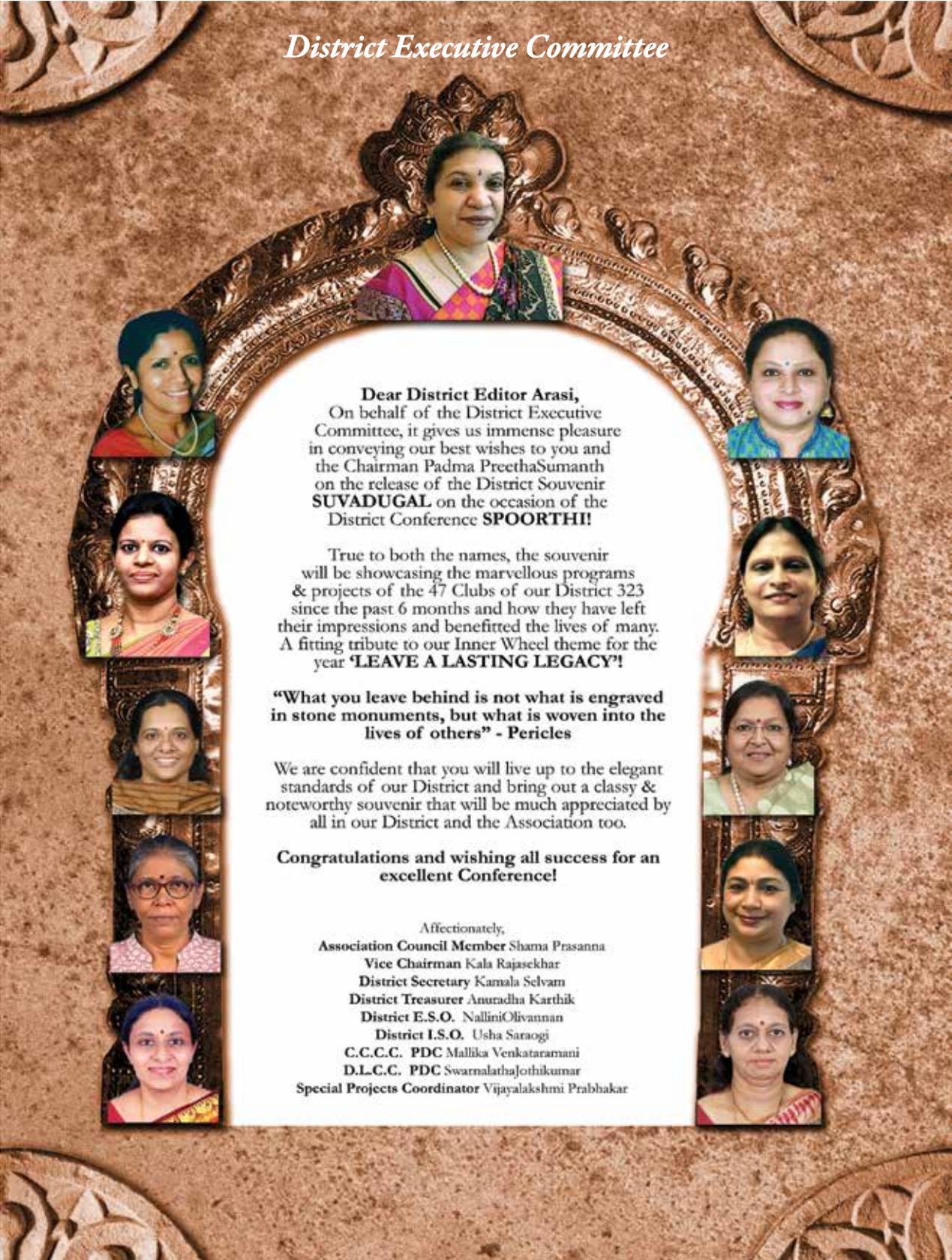


**NALLAMMAI
RAMANATHAN**

District Chairman : 1999 - 2000



District Executive Committee



Dear District Editor Arasi,
On behalf of the District Executive Committee, it gives us immense pleasure in conveying our best wishes to you and the Chairman Padma PreethaSumanth on the release of the District Souvenir **SUVADUGAL** on the occasion of the District Conference **SPOORTHII!**

True to both the names, the souvenir will be showcasing the marvellous programs & projects of the 47 Clubs of our District 323 since the past 6 months and how they have left their impressions and benefitted the lives of many. A fitting tribute to our Inner Wheel theme for the year **'LEAVE A LASTING LEGACY'!**

“What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others” - Pericles

We are confident that you will live up to the elegant standards of our District and bring out a classy & noteworthy souvenir that will be much appreciated by all in our District and the Association too.

Congratulations and wishing all success for an excellent Conference!

Affectionately,
Association Council Member Shama Prasanna
Vice Chairman Kala Rajasekhar
District Secretary Kamala Selvam
District Treasurer Anuradha Karthik
District E.S.O. NalliniOlivannan
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Reports of
EC Memebers

Report of District Chairman



Padma Preetha Sumanth

Navdrishti Incoming Chairman's Institute, Mahabaleshwar - April 1-3, 2017



Navdrishti



Excelsior Installation of Mrs. Patricia Hilton as Association President, Dheradun - June 18, 2017



Excelsior

Srushti
Club Office Bearers Training Institute
PRCC Hall, T.Nagar - June 3, 2017



The Teachers



Lighting the kuthuvilakku



IIW Treasurer briefing the participants at Srushti



District Chairman briefing the club executives at Srushti



The Presidents at Srushti

Srushti

Samvriddhi
District Assembly
Hotel Le Royal Meridian - June 29, 2017



Marching towards the New beginning



Chairman Shama getting collared before handing over



Session inauguration



Assembly Committee

Samvriddhi

Samvriddhi

Ushering in a New Era



Change of Guard



Chairman addressing the gathering



Friends forever



Enjoying Presidents



The Golden Presidents



Felicitation by home club President Chandrika, PDC M Vasumathi & Vijayalakshmi



EC Members

Together for a glorious year!

Samvriddhi



Release of Shama Prasanna's Newsletter ukthi



Release of Inner Wheel District Directory



Release of Suvadil Inner wheel Business Connect Directory



Felicitating Chief Guest Siddharth Hande



Home Club Felicitations



Felicitations by PDC Nallammai



Dignitaries, Delegates and Participants

**Foot Prints
South Zone Meet
Thanjavur - 26 - 27, Aug. 2017**



Felicitation of IIW President Kapila Gupta & Association President Patricia Hilton

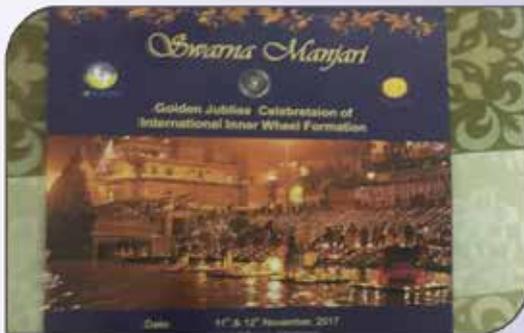


Participants from Dist 323



Car Rally Participants from District 323

**Swarna Manjari
Golden Jubilee Celebrations of IIW Formation
Varanasi - 11 - 12, Nov. 2017**



Swarna Manjari

Foot Prints



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Report of District Vice Chairman



Kala Rajasekar

PRESIDENTS' MEETS:

Memories are always special - we laugh remembering the days we cried and cry remembering the days we laughed! The Presidents Meets this year have been very memorable with exclusive themes, including the invite, cuisine and dress code to go with it. I appreciate the novelty and effort of the Presidents ; and an applause for the remarkable attendance.

The First Presidents Meet was held on 5th August 2017 at Presidency Club Egmore. The Theme was Casino. The hall was beautifully decorated with dice, playing cards, balloons and a welcome board of Casino Royale! Two best dressed couples were awarded prizes. The hosts were Presidents S. Charumathy, IWC-Chennai Thiruvanmiyur, Nirmala Vijayakumar, IWC - Madras Esplanade and Sumathy Bafna, IWC - Madras Fort . Mementos were given to all present.



The Second Presidents Meet was held on 2nd September 2017 at Little Stars, Llyods Road, Gopalapuram. The theme was Mexican. Venue was decorated with colourful festoons. Prizes were given to the winners of the games that were conducted and mementos to all. The hosts were Presidents Arathi Narayanan, IWC - Chennai Verve, Indra Hande, IWC - Madras and Sandhya Ramesh, IWC - Madras Central.

The Third Presidents Meet was held on 4th October 2017 along with the Mazhalai Oli packing session at District ISO Usha Saraogi's residence at Chamiers Road, R.A.Puram. The theme was Diwali, as the District will be celebrating with the underprivileged and physically challenged children a week ahead of the festival. The hosts were Presidents Jwala Sridhar, IWC - Chennai Sunshine, Uma Keshav, IWC - Madras Midtown and Devaki Jayavelan, IWC - Madras Mount. Sumptuous lunch was arranged for the members present and mementos were given to all.



The fourth Presidents Meet was held on 4th November 2017 at Presidency Club, Egmore. The theme was Village. Two prizes were awarded to the best dressed Presidents in checked sarees. Things normally used in villages were exhibited at the entrance and inside the hall. Presidents Sushila Maran, IWC - Chennai Phoenix, R.N.Chitra, IWC - Chennai United and L.Sasikala, IWC - Chennai Unique were the hosts. Presidents were welcomed with bangles and mementos were given.



The fifth Presidents Meet was held along with the First District Committee Meeting on 2nd December 2017 at The Presidency club, Egmore. The club secretaries also attended. The theme was Enthralling Margazhi, to go with the music season in Chennai. The pictures of the Trinity of Carnatic music, and singers were displayed, with the soft background music of "Nagumo" rendered by Bharat Ratna M.S.Subbulakshmi. The atmosphere was festive, with members in traditional silk sarees and jewellery. The hosts were Presidents Bala Tripura Sundari , IWC - Madras Bay City, Manju Bengani , IWC - Madras Central Aaditya, Chandrika Kuberan, IWC - Madras Cosmos and G.V.Lakshmi, IWC - Madras Symphony. Mementos were given.

The sixth Presidents meet and the Second District Committee meeting was held on 6th January 2018 at Alumni Club, R.A.Puram. The theme was 'Unity in Diversity'. The dress code being different styles of draping a saree. The hosts were Presidents C.Rajameenakshi, IWC - Adyar, Shyamala Murali, IWC - Chennai Galaxy, Rama Devi, IWC - Chennai Gemini and Gayathri Ramadoss, IWC - Madras South. The meeting was well attended and gifts were given to all present.



It has been a wonderful experience working with Chairman Padma Preetha and the District Executive Committee.

MAKING HEADLINES

When achievements are recognized, it gives us happiness and strength. The tremendous efforts by our presidents have been brought to limelight by the press.

Here are some of such recognitions in the media:



Newly elected members of Inner Wheel club of Chennai Thiruvanniyur at a tree planting drive in Seva Samajam, Taramani on July 29.



Report of Association Council Member



Shama Prasanna



Handing over the baton

Association Council Members 2017-18 along with incoming and outgoing Association Executive Committee Members



AC Members at Excelsior



Attended 'Excelsior'- the Installation of Association President 2017-18 Patricia Hilton which was held on Sunday, 18th June 2017 at Hotel Seyfert Sarovar Portico, Dehradun.



Installed as AC Member 2017-18

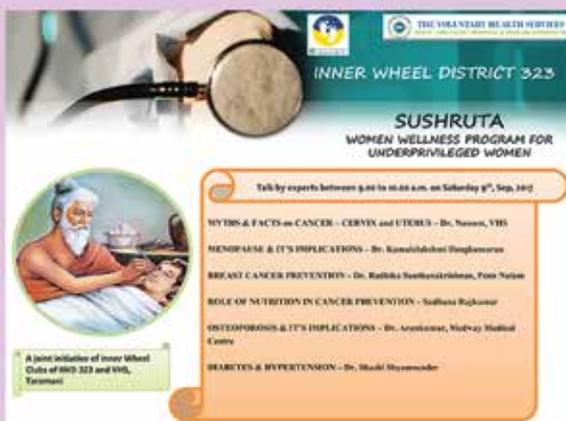
It was hosted by District 308. The Chief Guest for the function was IIW President 2017-18, Dr. Kapila Gupta. Association President 2017-18 Patricia Hilton was installed by Association President 2016-17 Prabha Raghunandan as the 42nd President of the Association. The Association Executive Committee and Council Members for 2017-18 were also inducted. The 1st Association Council meeting was held on 19th & 20th of June at the same venue. A synopsis of salient points of Excelsior and the 1st AC Meeting have been reported at our District Assembly Samvridhi

- ▶ Briefed the incoming Presidents on their role and responsibilities at the Club Officers Training Institute Srushti.
- ▶ District Assembly Samvridhi took place on 29th June at Hotel Le Royal Meridian, Chennai where Padma Preetha Sumanth was installed as the 32nd Chairman of our District 323.
- ▶ Was the Co Convener for Footprints South Zone Seminar which was held at Thanjavur.
- ▶ The 2nd AC Meeting will be held at Vijayawada on 7th & 8th of Feb 2018 which I will be attending.

Report of District Secretary



Kamala Selvam



This program was conducted on the 9th of September at VHS, Taramani and included health check-ups with basic tests like, Haemoglobin count, blood sugar testing, BMI tests, Bone Density, Eye check-up, BP check and general health check-up.

Mammogram, Pap smear tests and ultra sound were done at a very nominal cost.

A seminar on general well-being was also conducted during the first session by eminent Doctors in their respective specialisations.

The seminar turned out to be very useful and informative for the participants.

The Program ended with lunch.

The Woman Wellness and Empowerment Programme - SUSHRUTA, (named after an ancient Indian physician, who was known as the father of Indian surgery and Ophthalmology and has made immense contributions in the field of Ayurvedic medicine) was a joint initiative of IWD 323 and VOLUNTARY HEALTH SERVICES.



14 clubs participated and 75 underprivileged women benefitted from this program. Totally 150 participants attended the program including Inner Wheel members.



An overview of clubs participated in Sushruta



Sushruta the delegates



Sushruta registration desk



Sushruta registration desk



Sushruta the staff of VHS



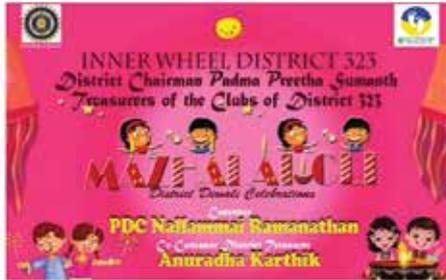
Engrossed in the information shared are the participants

Report of District Treasurer

Mazhalai oli – Deepavali Celebration - Flagship event- The Pride & Signature Project of our District



Anuradha Karthik



The Invite

Convener - PDC Nallamai Ramanathan, co-convener. District Treasurer Anuradha Karthik and Treasurers of all the sponsoring clubs. Under the chairmanship of Padma Preetha Sumanth.



Mime show by students



Villu pattu by students



Drums by students

Mrs. Shiny Wilson, Padmashri Awardee, presided over the function and declared open the sports meet by lighting the Olympic Flame from the torch relay by the Treasurers of the clubs and hoisting the Inner Wheel Flag. Dr.N.S. Nagarajan (Director for Special Olympics), conducted the sports event, which started with a band by the children of Maharishi Vidya Mandir School, and a grand parade by the participating children and Inner Wheel members.

Deepavali celebration with the under privileged children at the Jawaharlal Nehru Stadium on 7th October 2017.



The Celebrities with Chief Guest

The celebrations were conducted in two sessions - one was the cultural event presented by the children and two was the sports event conducted by Inner wheel.

The colorful cultural event was very entertaining and adding to the celebrations was the presence of movie celebrities Mr.Venkat Prabhu and Mr. Subbu Arunachalam.



Mazhalai oli sports day torch



The parade by the participating children



Track and field event for the children



The parade by the Treasurers and Presidents

Totally 817 children from the following homes and schools: Atswa trust, Happy children's home, Sadhana, Aruve children, Bharatha Matha sevai illam, Barabara Kelly home, Preema vasam, Little hearts, Clarkes School, Irusappa School, Municipal school, Alanthur Municipal School, Ram Nagar Panchayat School, Montford School, New home and new life school and Nandheswarar Trust.



The children with the goodie bags at Mazhalai oli

Track and Field events like 100 mts, 200 mts, 150 mts, Running race, Long jump, Shot put, and fun games like Lemon & Spoon, Spot skipping etc., were conducted and the winners were honored with medals and certificates.



On the victory podium is the Chief Guest Padmashri Shiny Wilson

Members of 38 clubs sponsored and conducted the event. A goodie bag sponsored by PDC Nallamai Ramanathan, filled with new dresses sponsored by District ISO Usha Saraogi and stationeries, cosmetics and chocolates and biscuits sponsored by clubs were given to the children. The children were treated to a sumptuous lunch.



The sumptuous lunch to the children at Mazhalai oli

The event concluded with the felicitation by PIWP Mrs. Kamala Ramakrishnan. It was a green Deepavali with more of enjoyment and no crackers.

Report of District Extension Service Organiser



Nallini Olivannan

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself - Ralph Waldo Emerson

These profound words of Emerson is best exhibited in Inner Wheel membership. Almost twenty five years of being

in Inner Wheel, has given the understanding that one of the most basic human needs - friendship & association is met through membership in Inner Wheel. Inner Wheel is an organization of successful people and serving in Inner Wheel is like a college education. Leadership in Inner Wheel helps us learn how to motivate, influence and lead leaders. It makes one a better community citizen. Inner Wheel is fun. Inner Wheel develops confidence and skills in public communications and the opportunity to practice and perfect these skills.

The year began with almost every club inducting new members into clubs during the new team installations for the year 2017-2018. Appreciations to Presidents and the clubs for their efforts in sharing Inner Wheel with friends and inviting new members to Inner Wheel membership.



With the guidance and inputs of the Past District Chairmen of the District to form new clubs, emphasis was given to motivate people from varied interest groups coming together to form a new club. Probable members first understood their common vision and to develop a bonding to work through a common platform. New clubs with Rotary base already having a common thread of friendship found it easier to come together and accomplish.

Inner Wheel Clubs of Chennai Gemini inducted 23 new members and Inner Wheel Club of Chennai Rainbow 17 new members and Inner Wheel Club of Chennai United 15 new members, during their installations. In all, at club installations, in the month of July 2017, 123 members have been inducted.



100% retention of members was also emphasised. Presidents were requested to adopt ONE NEW MEMBER, EVERY MONTH. All new members have been given the KNOW INNER WHEEL booklet which also has a personalized letter to the member.

An orientation program for members (who are in Inner Wheel for less than 2 years) was conducted in Chennai. The program Saaga – was attended by 116 members. Saaga started with mime performance by members of Inner Wheel Club of Vriksham – the theme being Environment Care – Go Green. This was followed by a classical dance rendition. Following that



was the super talk show that featured – PIIWP Kamala, IIWT Azhagu, PDC Nallammai and PDC Seema. The talk show gave inputs to participants on what Inner Wheel can offer in terms of opportunities, friendship, and overall life experience. This was followed by an interactive question and answer session. This talk show was followed by a semi-

classical dance by members of Inner Wheel club of Chennai Rainbow and group singing by members of Inner Wheel club of Chennai Korattur. After Chairman Padma Preetha's short talk on her experience in Inner Wheel,



AC member Shama's simple but pertinent Quiz on Inner Wheel saw participants answering with enthusiasm.

Membership Survey : A questionnaire with 10 questions, pertinent to membership in clubs, was sent to the Presidents of 46 clubs in the District. The Presidents responded with statistics and comments. The data has been put together and analysed to understand membership in Inner Wheel District 323.

New club : Inner Wheel Club of Chennai Central Elite, sponsored by Inner Wheel Club of Madras Central and Rotary Club of Chennai Central Elite was inaugurated with 36 members. Most, if not all of them are spouses of Rotarians of Rotary Club of Chennai Central Elite. The club was inaugurated on 15 Oct 2017, at Hotel Maris.

Attending the clubs GB meetings and speaking to members on involving in Inner Wheel has been done with eagerness.

With a strong presence of almost 1500 members, ensuring retention while adding new members has been the hallmark of our District.

Report of District International Service Organiser



Usha Sarogi



The Invite

Introductory letter to all District ISO's in our National Association were sent and followed up with letters for responses received. Information on competitions received from other districts were consolidated and circulated to Club Presidents, Club ISOs, District Executive Committee members for information and participation. Member Sumitra Kumar of Madras Midtown got the First Prize in the competition of 325 "Hypothetical Story".



Enjoying the events are the members of dist.323

350 பெண்கள் பங்கேற்று அசத்திய

மகளிர் விளையாட்டு போட்டிகள்



District ISO is a Brand Ambassador of friendship for the District, within the Clubs and with other Districts.

For fostering, togetherness, friendship, participation and bonding. We have organized two Joint Club ISO Programme Spardha and Sangamam and the 3rd one planning Holy programme (Festival of Colours) on 24th February 2018.

SPARDHA

First Joint ISO Programme SPARDHA took place on 12th August 2017 at Rajarathinam Stadium. In that 27 Clubs jointly conducted the games and around 350 members from different Clubs participated.



The programme was started with a Parade, Inaugural Torch, Flag Hosting, Oath, Inner Wheel Prayer and many more.....

Chief Guest for the function was International Inner Wheel Treasurer Azhagu Annamalai and Past International Inner Wheel President Kamala Ramakrishnan.

Lots of prizes were given away. Members enjoyed the programme thoroughly.

The programme was well covered by Media and was featured in Dinamalar & Makkal Kural.



The winner of each of the competitions were awarded with prizes. For the first time an outside city programme had a gathering of 200 members, out of which 100 members from city participated.

SANGAMAM

The Second Joint Club ISOs Meet "SANGAMAM" happened on November 4, 2017, at Ranipet. Nine Clubs came together to conduct competitions that happened on the stage, ranging from salad recipes, millet sweet, Gift box packing, Rangoli, Dance, Fancy Dress from re-cycling material, Ramp Walk and Pattimandram



Rangoli and Millet sweets



Fusion Dance



Presidents and ISOs of sponsoring clubs



Dress made from recycled carry bags

Club ISOs initiated communication with link clubs. The ISO of Madras South Sarada Sumanth had exchanged the Club flags with 19 clubs of District 329. At Mazhalai Club ISOs exchanged Flags with ISO of IWC Chandrapur Smart City, District 303.

Exchange of Flags

Club ISO and District ISO exchanged flags with District ISOs at the Rally - Foot Prints at Thanjayur and Swarnamanjari at Varansi.



ISO Flag exchange



ISO Flag exchange

Report of District Editor



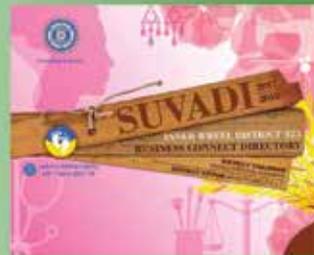
Arasi Ponmozhi

It was on 29th June 2017, I was pinned and assumed office as the editor of Inner Wheel District 323. A responsibility given to me with lot of expectations and I was succeeding Mrs. Kamala Selvam, who was an editor par excellence.



A copy of Suvadi was given to all the 1400 members of inner wheel district 323 and is to be distributed to all the new incoming members also.

My first task was the release of Suvadi – District 323 - Business Connect Directory. One hundred and seventy four entries classified under 10 different categories for easy reference. The purpose of Suvadi is to connect the producers of products and services to the potential customers.



Suvadi also has a list of blood donors with their blood groups mentioned along side. Suvadi was released in the District Assembly Samvridhhi by Mr. Jawarilal Jain, DG District 3231 and the first copy was received by PIWP Mrs.Kamala Ramakrishnan.

Another moment to be cherished was, when I was asked to release the News Letter of Inner Wheel Club – Chennai Sunshine.



The district web site was regularly updated with all the major events and projects. The FaceBook page of the Association and IWD 323 was regularly updated with the projects of all the clubs to ensure the activities of the clubs were given enough publicity.

The last but not the least is the inner wheel district 323 Souvenir SUVADUGAL.

I wish to thank our District Chairman Padma Preetha Sumanth for her support, PIWP Mrs.Kamala Ramakrishnan, who sowed the seed of Suvadi in my thought, my fellow EC members for their cooperation and all the presidents and members of district 323 for their timely response and cooperation. A special thanks to my club members (Madras Metro), who stood by me through this year.

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Report of District Special Project Co-ordinator



Vijayalakshmi Prabhakar



Students in rapt attention



Awareness talk by PDC Nallini Prabhakar

Creating awareness on the dangers of Rubella and conducting Awareness programs to benefit young women and girls is one of our ongoing projects. During the past few months Awareness on Rubella was conducted by the Inner Wheel Club of Madras Central for 600 students of Dr. MGR College for Women and 200 girls of Gill Adarsh School for Girls, the Inner Wheel Club of Ashok Nagar for 400 students of SS Jain College for Women, The Inner Wheel Club of Madras Esplanade for 200 students of Soka Ikeda College and the Inner Wheel Club of Chennai Gemini for 100 students of KTCT Girls Higher Secondary School, totaling 1500 girls. Subsequently the vaccination was done for 500 students of SSJain College for Women and 75 students of KTCT Girls Higher Secondary School.



Students being vaccinated

A Rubella Awareness walk has also been planned and will take place in Elliots Beach, Besant Nagar in February wherein 500 people including Inner Wheel members, students of girls colleges, and vocational training students of the International NGO Aide et Action, would be walking on Besant Nagar beach holding slogans, distributing pamphlets and creating awareness on the importance of taking the Rubella vaccination. This will be a joint project of 25 Inner Wheel Clubs of our district, and is being considered as a major image building and visibility exercise to promote Inner Wheel to the public at large.



Issuance of certificates for being vaccinated

The Good Touch / Bad Touch Program was conducted by the Inner Wheel Clubs of Cheyyar, Madras Midtown, Tiruvanamalai, Guindy, Madras Esplanade, Chennai United, Central Aaditya, Chennai Presidency, Madras Central, Chennai Verve, Madras and Madras Fort, covering a total of 1800 children from 11 schools.

Awareness on Menstrual Hygiene was given to around 2500 girl students of 14 schools by the Inner Wheel Clubs of Madras, Tiruvanamalai, Nolambur, Kancheepuram, Chennai Korattur, Chennai Galaxy, Madras Cosmos, Madras Fort, Chennai United, Madras Midtown, Chennai Rainbow, Guindy and Madras Esplanade. A Sanitary napkin Incinerator was provided by the Inner Wheel Club of Madras Central to "Women's Voluntary Service".

As part of the WINS (Wash in Schools) Project, a talk on "The importance of washing hands" was conducted by the Inner Wheel Clubs of Madras Central, Chennai Verve and Madras Cosmos, benefitting 590 students of 3 schools. A wash station was provided by the Inner Wheel Club of Madras South to Porur Higher Secondary School.



Report of District DLCC



Swarnalatha Jothikumar

'Literacy is a bridge from misery to hope'-Kofi Annan

In today's globalized world, the written word has become essential to our collective advancement. Not only are those who cannot read or write cut off from their own opportunities for advancement, but society as a whole is also deprived of the potential contributions that individuals can make.

According to the United Nations, more than 861 million adults are illiterate in addition, some 113 million children are not in school .

RILM a body of Rotarians and IW members in India, united by the goal of achieving Total Literacy and Quality Education with all round comprehensive and holistic program T_E_A_C_H. The acronym TEACH stands for Teachers support, E- learning, Adult literacy, Child development and Happy School.

Happy to note that all the clubs in Inner Wheel District 323 have actively and enthusiastically taken up literacy projects under TEACH program and contributing to the development of society.

As part of teacher support, spoken English classes are regularly conducted by many clubs. Members themselves are spending their value time in schools teaching the students. Health and hygiene is given utmost importance for the wellbeing of the children and awareness talks and yoga sessions have been arranged to this effect.



The most vital element of Teacher Support aims to improve the professional skills of the teachers, make them confident in their approach; which will have a positive impact on the learning of the students. A two day Teacher Training program spread over two consecutive Saturdays (14th and 21st October 2017) was organized at Children's Garden School , Mylapore.

My sincere thanks to Sita Lakshminarayana for arranging the venue. Clubs were asked to identify the teachers from different Govt, Govt aided and Panchayat Schools. The trainer Dr. Damodharan, a practicing advocate, a sought after public speaker and a pioneer in Teacher Training with over 25 years of experience handled the sessions.

Nuances of teaching math and science, attitudinal finesse, and problem solving were the subjects covered. 42 teachers registered and attended the program. The sessions were interactive, informative and the feedback we got from the teachers was highly satisfactory.

Another activity envisaged under the Teacher Support vertical of TEACH is, recognising the outstanding teachers with Nation Builder Awards to encourage them to perform better: - four clubs have taken up this project and have recognized teachers.



IWC of Chennai Presidency recognized three teachers from 3 different schools, IWC of Madras Gemini recognized 13 teachers from 6 schools, IWC of Chennai Galaxy recognized three teachers from three schools, and IWC of Chennai Vriksham recognized nine teachers from 6 schools.

'Reading should not be presented to children as a chore or duty it should be offered to them as a precious gift'-Kate Dicamillo

The objective of the Happy School program is to provide/upgrade the infrastructural and co-scholastic facilities in the state funded schools to make them secure, attractive and happy learning places for students and teachers.

IWC - Madras Esplanade was instrumental in declaring Nirmal High School, Ayanavaram as first happy school for this year. followed by IWC - Madras Ashok Nagar declaring Guntur Subbiah Pillai Girls Hr. Sec School as Happy School, followed by IWC - Chennai Thiruvanmiyur declaring Sree seva samajam childrens home at Tharamani as Happy School.

As I am penning this report I am immensely delighted to mention that many more clubs are working towards making Happy Schools.

As part of monitoring and follow-up of the happy schools declared last year:-

- ▶ IWC of Madras Midtown created a science Lab at Thousandlights Chennai Public School.
- ▶ As joint club project a science lab was created at Pollambakkam Panchayat School.

Much more is awaited in the Literacy front as the members are striving to leave a lasting legacy.

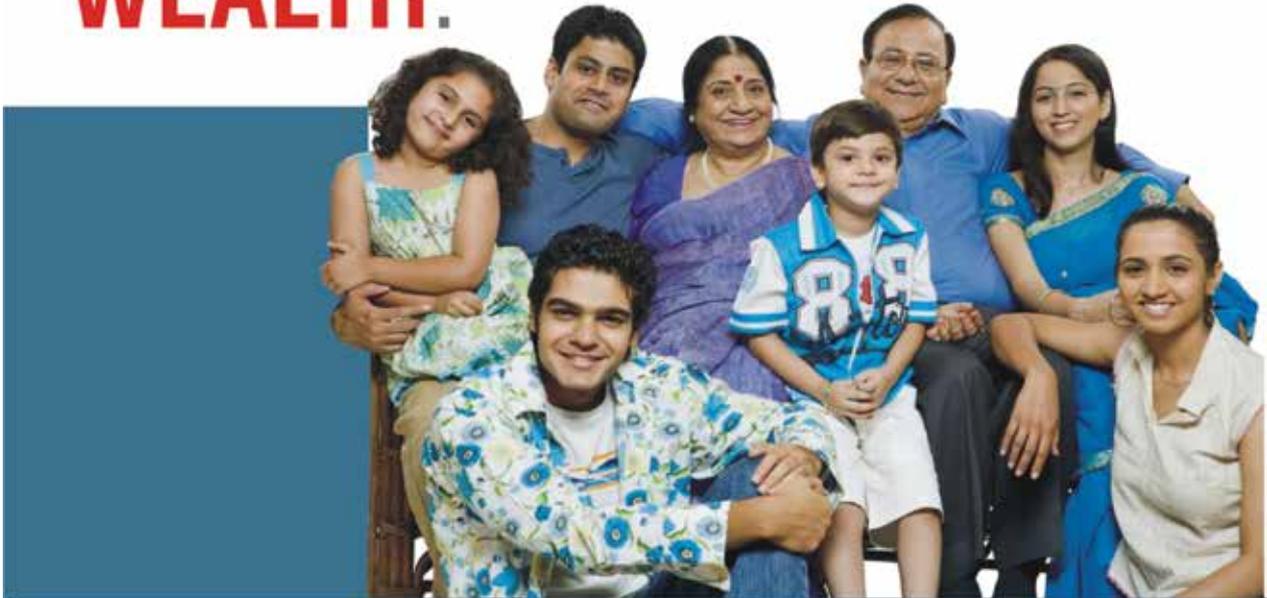
INNER WHEEL CLUB OF MADRAS ESPLANADE
(DISTRICT 323)
is proud to support
NIRMAL HIGH SCHOOL, AYANAVARAM
and declare it a
HAPPY SCHOOL
on Friday, 27th October, 2017
in the presence of

District Chairman: PADMA PREETHA SUMANTH
Association President: PATRICIA HILTON
DLCC: SWARNALATHA JOTHIKUMAR

President: NIRMALA VIJAYAKUMAR
CLCC: THARA GOPINATH

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Club Projects

Inner Wheel Club - Adyar

President – Raja Meenakshi | Secretary – Gita Viswa kumar

Club EC



Club Members



Memorable Project



Tree Plantation with TIST-, at Melperumanallur, in kancheepuram, benefiting over 300 farming families and the environment. TIST expects to provide long-term revenue for the Small Group participants through the sale of Green-House Gas credits (GHG). Jointly with other clubs in the dist. so far planted 60,000 saplings benefiting the village.

Inner Wheel Club - Ambur

President – Vijayalakshmi Ravi | Secretary – Sabitha Senthil

Memorable Project



Free Medical Camp for the working staffs, manager and people around the Faridha Tanneries. Screening was done for Breast and Utrine cancer and Normal Health Check up were done.

Club EC



Club Members



Inner Wheel Club - Chennai Capital

President – Sofia Khandelwal | Secretary – Kaveri Annamalai

Club EC



Club Members



Memorable Project



Empowering women, in Association with an NGO KATHIR - ECO KITCHENS, donated five Food Kiosks, to five women entrepreneurs to start their own food business.

Inner Wheel Club - Chennai Galaxy

President – Shyamala Murali | Secretary – S.Subashree

Memorable Project



The club's ongoing project at ARUVEE a home for senior citizens which also provides food, and educational assistance to the children in the neighbourhood slums. The club helps them financially for their food requirements.

Club EC



Club Members



Inner Wheel Club - Chennai Gemini

President – Rama Devi | Secretary – Jayasri

Club EC



Club Members



Memorable Project



Collected and donated 25 hair bundles to Mahesh Memorial Cancer Centre for Children.

Inner Wheel Club - Chennai K.K.Nagar

President – Jothylakshmi | Secretary – Subhashini

Memorable Project



At Varadarajan Nursery and Primary School, Thiruvotriyur.

Based on the theme: I HEAR - I FORGET
- I SEE - I REMEMBER - I DO -
I UNDERSTAND, An interactive and activity based maths session for the students of 4th std on topics of Number Operations, Fractions and Division. Will be a continuous project of the club with training to teachers.

Club EC



Club Members



Inner Wheel Club - Chennai Korattur

President – Mercy Martin | Secretary – Pavithra Udupa

Club EC



Club Members



Memorable Project



HEELS CHANGE WHEELS – a project to teach the car driving women to change flat Tyres when in need, conducted in association with XL-TYRE POINT.

Inner Wheel Club - Chennai Nolambur

President – Monika Prateesh | Secretary – Anjali Pawan

Memorable Project



Menstrual Hygiene Program at Government HR.Sec. School, at Maduravoyal. Gynaecologist Dr.Bhuvana, taught the girls about the DO'S and DON'T'S, Hygiene, Diet and Medication during menstruation.

Club EC



Club Members



Inner Wheel Club - Chennai Phoenix

President – T.Sushila Maran | Secretary – Mythili kiruba

Club EC



Club Members



Memorable Project



Installed 2 nos. sanitary Napkin Incinerators at Kovilambakkam Higher Secondary School to enable disposal of sanitary napkins in the school.

Inner Wheel Club - Chennai Presidency

President – Mrinalini Sekar | Secretary – Ekta Srisrimal

Memorable Project



Provided basic necessities for the inmates of the Remand Home for women (abandoned, prostitutes and petty criminals) at mylapore. Daily use materials like soaps, towels, buckets, and mugs were provided, for 50 inmates.

Club EC



Club Members



Inner Wheel Club - Chennai Rainbow

President – Dr.Daya | Secretary – Premmila Suganthan

Club EC



Club Members



Memorable Project



Project "LEAD WITH LIGHT" at Lotus Hostel for visually challenged girls at mylapore. An interactive session on Menstrual hygiene and cultural event were conducted .

Followed by distribution of Raincoats, mats, towels and dresses.

Inner Wheel Club - Chennai Sunshine

President – Jwala Sridhar | Secretary – Udaya Chandrika

Memorable Project



Stress Management session for the parents of specially challenged children of Spastic Society, Ayanavaram. Classes were conducted to strengthen Mental & Physical Health and Emotional stability.

Club EC



Club Members



Inner Wheel Club - Chennai Symphony

President – G.V.Lakshmi | Secretary – Anjana Arun

Club EC



Club Members



Memorable Project



With the funds provided by an NRI from Saudi Arabia donated two fans and groceries to the old age home at Adambakkam and have donated fans and groceries and sanitary products for a Balwadi at Adambakkam.

Inner Wheel Club - Chennai Thiruvanmiyur

President – Charumathy S | Secretary – Niranjana Prem

Memorable Project



To have a Green Environment in school, Fruit trees, Rain trees and Flowering plants were planted on the premises of Seva Samajam School in Tharamani and have opened a library for primary school children of that school.

Club EC



Club Members



Inner Wheel Club - Chennai Unique

President – L.Sasikala | Secretary – Uma Natraj

Club EC



Club Members



Memorable Project



Planted Ten Naattu Maram like Vembu & Pungai with Tree Guards in Government Primary School, Peerkanaranai and also participated in joint club projects.

Inner Wheel Club - Chennai United

President – R.N. Chitra | Secretary – Renuka Jayakumar

Memorable Project



Conducted Safety, First aid, and Trauma care training to the common man, to handle emergency situation & to be social doctors. Training through demonstrations and talks were given by TACT ACADEMY & DOCTORS from APOLLO HOSPITALS to students of Govt. Higher Sec.school, at Vengampattu.

Club EC



Club Members



Inner Wheel Club - Chennai Verve

President – Arathi Narayanan | Secretary – Malvika Venkat

Club EC



Club Members



Memorable Project



Chennai Verve pampered 15 burn victims of Prevention of Crime and Victim Care with Foot Massages at a Spa. Monetary contribution was given for their recovery and rehabilitation.

Inner Wheel Club - Chennai Vibrant

President – N.Vasanthy | Secretary – Seetha Nagarajan

Memorable Project



Donated the cost of one day Food (B.Fast, Lunch and Dinner) and New clothings for 40 inmates of KAI KODUPPOM Charitable Trust, Kovilambakkam, a home for deserted senior citizens.

Club EC



Club Members



Inner Wheel Club - Chennai Vriksham

President – Anandhi ManiMaran | Secretary – Sivakami Sundaresan

Club EC



Club Members



Memorable Project



ODI ODI VILAYADU Sports event for Ten Panchayat Union Primary Schools of Villivakkam. 1040 Students participated and was conducted at two levels. Prizes were distributed to the winners at a grand event followed by cultural event by the students of all the ten schools.

Inner Wheel Club - Cheyyar

President – E. Latha Chittibabu | Secretary – Tharini Baskaran

Memorable Project



7000 seed balls were made by students of Govt. Girls Higher Secondary School, Peranamallur and distributed to farmers with the instructions to throw them in and around Cheyyar Forest areas and Lake Beds.

Club EC



Club Members



Inner Wheel Club - Gudiyatham

President – R. Anitha Rajesh | Secretary – H. Rekha Hasmukh

Club EC



Club Members



Memorable Project



Conducted a Walkathon in Vellore at Harish Food Zone premises, to create an awareness on the dangers of using plastic water bottles. The need to shun plastic water bottles was highlighted during the Rally. And also distributed cloth bags with Inner Wheel Logo.

Inner Wheel Club - Guindy

President – Jharna Advani | Secretary – Akila Sreedhar

Memorable Project



Menstrual Hygiene project in Government Girls Higher Secondary School, Avadi. A awareness Talk was given by Dr. Kamala Lakshmi on "Good Touch & Bad Touch" and "Menstrual Hygiene". Distributed sanitary napkins to about 300 girls of the school.

Club EC



Club Members



Inner Wheel Club - Kanchipuram

President – Rajalakshmi Manicvel | Secretary – Rajalakshmi Sathyamoorthy

Club EC



Club Members



Memorable Project



The release of the Inner wheel stamps and conducting the Sevai Varam, (service week) for seven days in which projects of different nature - Crafts, Yoga, Debates and Quiz for students and Skill Enhancement for teachers were conducted.

Inner Wheel Club - Madras

President – Indira Hande | Secretary – Javanthi Singaram

Memorable Project



The club financially supports the Band Master's yearly fees for teaching the visually impaired girls at the Little Flower Convent for the Blind. The quality of the BAND is showing a marked improvement every year in the girl's playing and confidence while on stage.

Club EC



Club Members



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Inner Wheel Club - Madras Ashok Nagar

President – Amrutha Reddy | Secretary – Roopa Galada

Club EC



Club Members



Memorable Project



Donated Artificial Limbs to three Physically Handicapped patients through MUKTHI FOUNDATION

Inner Wheel Club - Madras Bay City

President – Bala Tripura Sundari | Secretary – M.Gargi

Memorable Project



A motivational talk and career guidance by Rtn. Keshav - for the students of Government Higher Secondary School, Kandanchavadi, Perungudi. An interactive session for the students, motivating and guiding them.

Club EC



Club Members



Inner Wheel Club - Madras Central

President – Sandhya Ramesh | Secretary – Vijaya shree Vijay

Club EC



Club Members



Memorable Project



Inaugurated a Speech Therapy class room at Swabodini, school for the specially challenged children, at Thiruvannamiyur. and have offered financial help to the institute to meet their various other needs.

Inner Wheel Club - Madras Central Adithya

President – Manju Bengani | Secretary – Rita Premnath

Memorable Project



Funded the surgical expenses of two cows that have ingested lots of plastics and provide medicines for the treatment of animals at Blue Cross, Guindy.

Club EC



Club Members



Inner Wheel Club - Madras Cosmos

President – Chandrika Gandavadi | Secretary – Annapoorni Suresh

Club EC



Club Members



Memorable Project



Breast and Cervical Cancer screening and awareness program for 117 women of Kanakamma Chaitram a village in Thiruvallur District, in association with PENN NALAM an NGO for welfare of women.

Inner Wheel Club - Madras Esplanade

President – Nirmala Vijaykumar | Secretary – Radha Rao

Memorable Project



Donated sports and play equipments at the Nirmala High School, at Ayanavaram, installed Wash Stations, RO Plant donated books for the library and declared the school as happy school.

Club EC



Club Members



Inner Wheel Club - Madras Fort

President – Suman Bafna | Secretary – Rekha Lodha

Club EC



Club Members



Memorable Project



On 21.06.2017 International Yoga Day conducted Yoga Session to Promote Yoga with Collaboration of Studio Trainers 136.1 yoga studio.

Inner Wheel Club - Madras Metro

President – Meena Elangovan | Secretary – Gita Prakash

Memorable Project



Tree planting at the PUZHAL PRISON FOR WOMEN
Planted two hundred trees of different variety of Fruits and Timber . The club maintains a Lawn and an Orchard in the prison premises.

Club EC



Club Members



Inner Wheel Club - Madras Midtown

President – Uma Keshav | Secretary – Sumitra Kumar

Club EC



Club Members



Memorable Project



The installation of a Science Lab at Chennai Public School, Thousands Lights in association with Curio Kids, to make learning fun, realistic and reinforceable, by the method of DIY experiments covering a wide spectrum of topics to suit students of all age groups.

Inner Wheel Club - Madras Mount

President – Devaki Jeyavelan | Secretary – Sasikala RaviVenketesan

Memorable Project



Ongoing project - 'Spoken English classes' at Tambaram Municipal Primary School for 3rd and 5th standard students. weekly classes are conducted in the school to enable the students to converse in English.

Club EC



Club Members



Inner Wheel Club - Madras Next Gen

President – Chandini Steve | Secretary – Vishwasree Reddy

Club EC



Club Members



Memorable Project



Program on vaccination, and Skin Treatment was done for 50 stray dogs in Injambakkam area, to eradicate diseases like Rabies, Distemper, and Parvovirus. Neutering the strays also to be done to reduce their numbers. Picture records of treated dogs to be maintained for effective follow up for future treatment.

Inner Wheel Club - Madras North

President – A.Sangamithra | Secretary – Nithya Muthuganesh

Memorable Project



Organized a Dental and Eye camp for children at Sri Balananda Vidyalaya Nursery and Primary School, T.Nagar. 116 students were screened for various common ailments and were educated about General and Dental hygiene.

Club EC



Club Members



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Inner Wheel Club - Madras South

President – Gayathri Ramdoss | Secretary – Shila Krishnan

Club EC



Club Members



Memorable Project



Installed Two wash stations separately for Boys and Girls, at Govt Adi Dravidar High sec school, Moulivakkam, Porur, benefiting 756 children to inculcate the habit of hand wash before and after meals.

Inner Wheel Club - Maraimalai Nagar

President – Vasugi Balasubramaniam | Secretary – Meena Kumari C

Memorable Project



On the day of Installation, conducted Health camp at Nallammai Ramanathan Rotary Medical Centre. General Medical check-ups for Diabetes, Thyroid and Blood pressure were done for 85 residents of Maraimalai Nagar.

Club EC



Club Members



Inner Wheel Club - Meenambakkam

President – Kalavathi Chitrarasu | Secretary – Monica Sundaram

Club EC



Club Members



Memorable Project



1-Teachers day celebration at Government School the Headmistress was awarded a certificate, medal and a shawl. Other teachers were also felicitated. Mats for children were distributed.

Inner Wheel Club - Nanganallur

President – Devi Mathimaran | Secretary – S.Jayalakshmi

Memorable Project



To Recycle and Reuse bags, collection Bins were placed in front of shops for customers to drop unused surplus bags in the bins to be used by customers in need of bags. Also planted hundred Avenue Trees in and around Nanganallur, with Tree guards displaying Inner wheel Name and logo. The project was funded and sponsored by Union Bank of India, Nanganallur Branch.

Club EC



Club Members



Inner Wheel Club - Ranipet

President – Bommi Prakash | Secretary – Padmapriya Srinivasan

Club EC



Club Members



Memorable Project



As part of the Green Environment project Planted fifty numbers timber trees of Teak, Rose wood and Pipal at the factory premises of Conceria International.

Inner Wheel Club - Thiruvannamalai

President – T.Chitra Thanikesan | Secretary – Alamelu Ramprasath

Club EC



Club Members



Memorable Project



Installed RO plant,(aquaguard) at RCM Middle School in Pavithram village to facilitate Good Potable water to 130 students of the school.

Inner Wheel Club - Vellore

President – Poornima Vimalraj | Secretary – Uma Beemaroo

Club EC



Club Members



Memorable Project



Breast Feeding Awareness camp at Primary Health Centre at Kasba. 75 new borns were given Vests and Dresses and distributed Nutritional Porridge Mixes to the Lactating mothers and were also taught the importance of breast feeding to keep the child healthy.

Inner Wheel Club - Vellore North

President – Thara Himachalam | Secretary – Kavitha SivaShankar

Memorable Project



Children's day Celebration and Distribution of Toys to 340 children of 12 Balwadis in Vellore. The children also participated in the Talent show, Fancy Dress competition, Recitation of Rhymes and Skit on Female infanticide and Speech competition on Pengal Natin Kangal followed by prize distribution and High Tea.

Club EC



Club Members



Inner Wheel Club - Chennai Central Elite

President – Arpitha Bathija | Secretary – Megha Goenka

Club EC



Club Members



Memorable Project



Project Re-green

In association with Rotary Club of Chennai Central Elite. 4 of our members volunteered to visit other members' houses and helped them plant a sapling. and planted 50 saplings. Re-greening and beautifying not only our homes but also our city. is the aim of the project.

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Inter District project



It's an honour to be a part of an Inner Wheel Club. I had the opportunity to conduct two Inter district Project. First Inter district project was with Inner Wheel club-Velankanni of District 298 "Hand Wash and Dengue Awareness Rally. 500 school kids, NCC Students, Teachers and Rotary members of clubs participated. I am really thankful to IWC VELANKANNI President S. Kalaiselvi and her club Secretary R. Anusha. It was a lovely experience of "Friendship and service" which I will cherish my whole life.



Second Inter district project was conducted by Inner wheel club of Chennai Nolambur with Inner Wheel Club of Gomti and Rajdhani of District 312 @ Asha Jyoti School for Special Kids project name "Sanskaar". Inner Wheel Association Treasurer Archana Agarwal was Chief Guest.@ Raising Hopes for Elderly Assistance. District 312 Editor Varsha Vinay Kumar, CGR Sushila Agarwal, President and members of all the clubs were present. We distributed Wheel Chair, Walking Sticks, Commode Chairs, Walker and Adult Diapers, ORH, Toothpaste for all the inmates. Lunch and Fruits were distributed to everyone by District 312 Editor Varsha Vinay Kumar.



I am really thankful to our Inner wheel club of Gomti & Rajdhani Presidents Dr. Alka Kumar and Ashu Katyal, Inner Wheel Association Treasurer Archana Agarwal and District 312 Editor Varsha Vinay Kumar for giving me such wonderful memories which I will be Nostalgic about my whole life.

I can say that we truly lived our Inner Wheel Theme "Leave a lasting Legacy:" and Motto "Friendship and service". This is a best chapter of my life.



Report compiled by,
Monika Prateesh
President (IWC - Chennai Nolambur)



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SAVE EARTH AND STOP PLASTICS was the Theme of SRUJAN at Abirami mega Mall on August 15th 2017. An awareness program jointly conducted by all the 44 clubs of District 323, on ill effects of usage of plastic and ways to reduce its use, distribution of cloth bags printed with Inner Wheel logo to the public at various locations by the club members. Awareness talk on ill effects of usage of plastics, and a quiz on impact of plastics on environment, was planned and executed by the presidents of all the clubs under the able guidance of District Chairman Padma preetha Sumanth.

The Chief Guest of the Day I/W Treasurer - Azhagu Annamalai. emphasized the need of every individual to reduce, re-use and at some point completely do away with plastics in our everyday lives.



The Guest of Honour of the day was PDC Nallammai Ramanathan who provided the venue for the conduct of the program.

SRUJAN was conducted outside Chennai by The Presidents and Members of the clubs outside Chennai under Past District Chairman Sangameshwari Pattabhiraman.



Report compiled by,
Arathi Narayanan
President (IWC - Chennai Verve)

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When there was a worldwide economic meltdown since 2007 to 2012, India's economy remained largely unaffected due to our culture of household savings, which is again attributed to the women's habit of savings in Indian families. But how good are we in managing the money, we earned and saved? Not good says a study, that concludes 77 per cent of the women, who are educated and employed in India, depend on their father or spouse to make investment decisions for them and of the other 23 per cent, 18 per cent are single working women. Can women independently plan and decide. with the right knowledge Yes says

Mrs.Renu Maheshwari, an eminent Investment Advisor, the speaker of the day. She highlighted the financial investment options available and profitable growth oriented investment options

To simplify the investment decisions to the members, the speaker explained with a comparison of celestial dieties of Durga, Saraswati, and Lakshmi with the personalities of spendthrift, miser and a balanced investor. The possible consequences of each personality in the twilight of one's life. With data of previous decades, explained the rate of returns of various investment options like purchasing lands, investing in gold, shares, bonds, and Life policies.

The interesting and very informative session also highlighted how to make the investment decisions considering the factors like liquidity of asset, long term, short term needs, market fluctuations, etc. Mrs.Renu Maheshwari also addressed numerous questions on investments from members and clarified all their doubts.



Joint project of Inner Wheel Clubs of

- ▶ Chennai Verve
- ▶ Madras Central
- ▶ Adyar
- ▶ Madras Fort
- ▶ Chennai K K Nagar
- ▶ Chennai Galaxy
- ▶ Chennai Gemini
- ▶ Chennai Capital
- ▶ Guindy

Report compiled by
Jothilakshmi Sundaresan
President (IWC - Chennai K K Nagar)

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District Chairman
PADMA PREETHA SUMANTH
Dist. 323

Participating Clubs

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Chennai KK Nagar
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Chennai Thiruvannamalai
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Chennai Verve
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Madras Bay City
Madras Central Aditya
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Madras Mount
Madras Nerengen
Marammalai Nagar
Nanganallur

Speaker of the Day
Dr. K.S. Sethna Muthulakshmi
Educating Children on Personal Hygiene

Awareness on Herbs by
Vaithiar

Herbal Walk

29 9:30 Am
Venue
IRULAR TRIBAL WOMEN WELFARE SOCIETY
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Chengalpattu - 603 001.
Ph: 9445638064

Dolls and toys captivate everyone, regardless of age. When it comes to children, blessed are the children who are surrounded by dolls and toys, which make their childhood colorful and memorable. When kids outgrow their toys, they are tucked away or forgotten.

A blend of sympathy and empathy for children to whom dolls and toys are not accessible led us to the project Irular Oli



26 Inner Wheel Clubs joined hands to address this need. Unwanted dolls and toys were collected from members of clubs, sorted and packed to be distributed to the children at the Irular Tribal Village, Adding flavour to the joy of giving, new school bags filled with water bottle, drawing books, pencils, Erasers, Chocolates, biscuits, soaps and delightfully coloured balls, were distributed to around 100 children of the village and the fun-filled day was complimented with breakfast and lunch. District Chairman Padma Preetha Sumanth of Dist. 323, was the Chief Guest. An interactive session on hygiene was skilfully handled by Dr. Sethna.

Irular Doctor (vaithiar) enlightened our members on the value and importance of herbs, followed by a herbal walk. The best part of the project was when we saw the euphoric smiles on every child's face as they held their toys and other goodies. It was truly satisfying. The beautiful venue filled with lush greenery was made even more prettier by the children's contentment.

Report compiled by,
Devi Mathimaran
President (IWC - Nanganallur)



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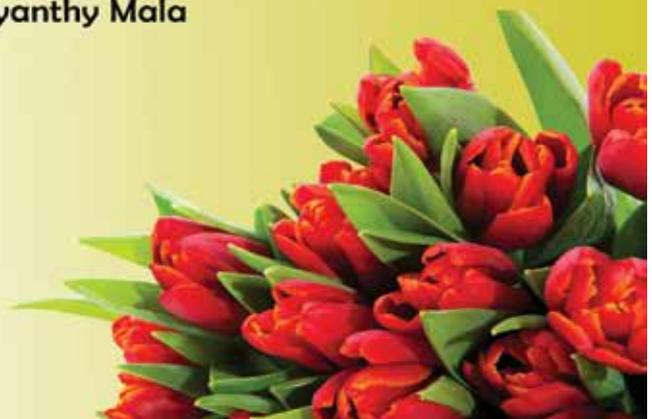


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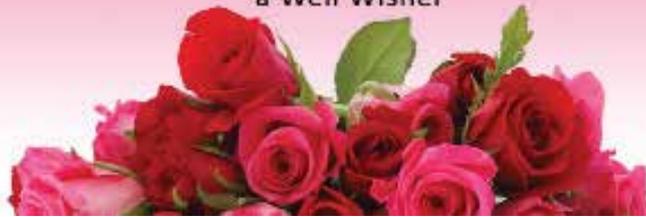
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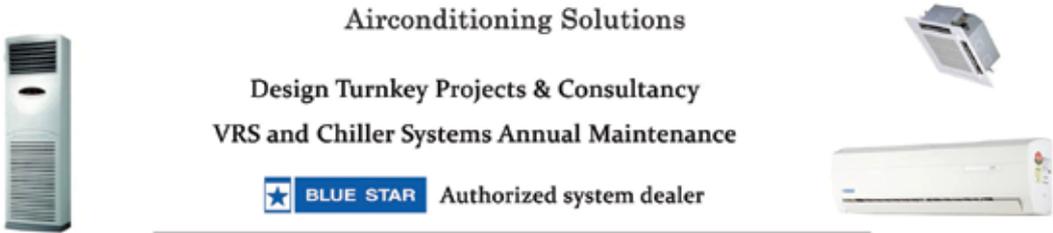
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என் தாய்

வாழ்க்கையில் விழாமல் இருக்க
கற்றுக்கொடுக்கவில்லை நீ;
விழுந்தால் எப்படி எழுந்து நிற்பது என்று
கற்றுக்கொடுத்தாய்;

அழாமல் இருக்க கற்றுக்கொடுக்கவில்லை நீ,
உன் அழகுமூலம் பிறர் கண்ணீர் துடைக்க
கற்றுக்கொடுத்தாய்;

வெயில் கொடுமை வெளியில் செல்லாதே
என்று சொல்லவில்லை நீ;
வெயிலில் சென்றாலும் எப்படி எம்மை
சாத்திக்கொள்வது என்று கற்றுத்தந்தாய்;

மழையில் நனைபாதே, ஓரம் வரும்
பனியில் சொல்லாதே, சூல்தோஷம் பிடிக்கும்
என்று பொத்தவில்லை நீ;
உந்தது போலவே அவை பொந்துவிடும்
என்று
அரவணைத்து அழைத்துள்ளேற்றாய்;

உறமையிலும் எம்மை உணமய
வாழவைத்தாய்;
துன்பத்திலும் எம்மை துவளமய
மீட்டுத்தாய்;

விட்டுச்சொன்ற உறவுகள் மூன் எம்மை
நிமிர்ந்து வாழ கற்றுத்தந்தாய்;

சுயக்களை கவலக்கும் அதே நேரம்
சுயமகனையும் சமக்க கற்றுத்தந்தாய்;

சக்திமையும் சேக்திமையும் ஒன்றாய்
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நாம் நமக்கென வாழ்ந்த நாம்
பிறருக்காகவும் வாழ கற்றுக்கொண்டோம்;

'எங்கெங்கு காணினும் சக்தியடா' - சொன்னான் பாரதி அன்று
'எங்கெங்கு காணினும் Inner wheel ட' - சொல்கிறேன் நான் இன்று;

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சேனவக்கு முக்கியத்துவம் தரும் அதே வேளையில்
சிறைத்தையம் நாம் மதிக்கக் கற்று கொண்டோம்;

சேனவகள், விழாக்கள், கொண்டாட்டங்கள் இவை அனைத்தினும்
நம்மை நாமே அறிந்து கொண்டோம்;
நமக்குள் இருக்கும் திறமையையும் கண்டுசொண்டோம்;

நாம் ஒவ்வொருவரும் நன்றி கூறுவோம்
நம்மை இந்த சூழலில் இணைத்த நட்பிற்கு...

நமது கவடுகளை விட்டுச்செவ்வோம்
பின் வரும் தவைமுறையினர் பற்றிக்கொள்ள..
தொடர்ந்து செல்வ !!

ஆனந்தி கிரி



இன்னர்வீலும் சேவைகளும்

இன்னர் வீலால் இணைவோம்!

இன்னர் வீலால் உயர்வோம்!

சேவைகள் என்பது இறைவனை நேரடியாகக் காணும் வழியாக சான்றோர்களால் எடுத்துரைக்கப் பட்டுள்ளது. அத்தகைய சேவைகளை இன்னர்வீல் எனும் பெண்கள் சங்கம் மிகச்சிறப்பாக சாதித்து' கொண்டிருக்கிறது. இதில் தன்சேவை, குடும்பச் சேவை, கல்விச் சேவை, பொதுச் சேவை எனப் பல்வேறு சேவைகள் செய்யப்படுகிறது.

தன் மற்றும் குடும்பச் சேவை:

இன்னர்வீல் சங்கத்தில் குடும்பத்தினை வழிநடத்தும் பெண்கள், பணிக்குச் செல்லும் பெண்கள் ஓய்வு பெற்ற பெண்கள், பல துன்பத்திற்கு ஆளான பெண்கள் என எல்லா வகையான பெண்களும் உடன் இருக்கும் தோழிகளால் தன்னையும், தன் குடும்பத்தையும் புத்துணர்ச்சி பெறச் செய்து கொள்ள முடிகின்றது.

கல்விச் சேவைகள்:

“இறைவனுக்கு ஆலயங்கள் ஆயிரம் வைத்தலைக் காட்டிலும் ஆங்கோர் ஏழைக்கு எழுத்தறிவித்தலே சிறந்தது”. இதையே தனது முதல் சேவையாக கொண்டுள்ளது செய்யார் இன்னர்வீல் சங்கம். ஏழை மாணவர்களின் கல்வி முன்னேற்றத்திற்காக அவர்களின் அடிப்படைத் தேவைகளை நிறைவேற்றி வருகின்றது. வசதிகளும், வாய்ப்புகளும் இல்லாமல் கல்வி கற்க இயலாமல் போய்விடக்கூடாது என்பதில் உறுதியாக உள்ளது இன்னர்வீல் சங்கம்.

பொதுச் சேவைகள்:

“படமாடும் கோவிலுக்கு நல்குவதைக் காட்டிலும் நடமாடும் கோவிலுக்கு நல்குக” என்பதை அடிப்படைக் கொள்கையாகவும், தாரகமந்திரமாகவும் கொண்டு மாற்றுத் திறனாளிகளான காது கேளாதோர், கண் தெரியாதோர், வாய்பேசாதோர், கை, கால்களை இழந்தவர், மூளை வளர்ச்சி அடையாதோர், கணவனால் கைவிடப்பட்டோர், ஆதரவற்றோர் என அனைத்து மக்களுக்கும் தேவையானவற்றை (உணவு, உடை, பொருட்கள்) செய்து தந்துள்ளது. மேலும் இயற்கை பேரழிவான மழை வெள்ளம், புயல், நிலநடுக்கம் இவைகளின்போதும் இன்னர்வீல் சங்கம் தன்னாலான அனைத்து உதவிகளையும் செய்துள்ளது என்பதை மிகமிக பெருமையுடன் கூறிக்கொள்ள முடியும்.

பெண்கள் என்றும் பேதைகள் அல்ல
பெண்கள் என்றும் மேதைகளே!
பெண்ணாக பிறந்ததில் பெருமைகொள்!
பெண்ணாக வாழ்வதில் மகிழ்ச்சிகொள்!
பெண்கள் சங்கம் இன்னர்வீலில்
இணைந்ததில் பிறவிப் பயணை அடைந்தாய்!
என உவகை கொள்!
சேவைகளின் தேவைகள் இருக்கும்
இடத்தில் எங்கள் இன்னர்வீல் இருக்கும்
நம்பிக்கை கொள்!!

S.கவிதா
IWC Cheyyar

இன்னர்வீலும், நட்பும்

இன்னர் வீலே! நான்
இயம்புவதைக் கேட்பாய் நீயே!
நட்பு உந்தன் உயிர் நாடியே!
நன்றாய் செய்வாய் சேவையும் நீயே!
உள்ளோக்கம் ஏதுமின்றி
உள்ளிருந்து எமைச் சுழற்றி
உட்பொருளாவது நீயேதான் இன்னர் வீலே!
நட்பாய் நடைபயின்று
சேவையாய் கைகோர்த்து
இன்முகம் காட்டுது இன்னர்வீல்
இனிமையாய் என்றும் இளமையாய்
இயன்றதைச் செய்வது இன்னர்வீல்
புதுமையாய் புன்னகைப் பூவாய்
நட்பு மலரச் செய்வது இன்னர்வீல்
நட்பு... வாசிக்க அல்ல சுவாசிக்க என
நயமாய்க் கூறுவதும் இன்னர்வீல்
நட்பும் சேவையுமே நமதிரு கண்கள் என
நமை நாடிவருவது இன்னர்வீல்
தேடி வருவது இன்னர்வீல்
தேடல் தருவதும் இன்னர்வீல்
வாடல் போக்குவது இன்னர்வீல்
வாசம் வீசுவது இன்னர்வீல்
நேசம் வளர்ப்பது இன்னர்வீல்
சுற்றிச் சுழலட்டும் இன்னர்வீல்
சுகமாய் வளர்க்கட்டும் நட்பு தோள்
சூரியனையும் தொடட்டும் அதன் புகழ்!
இன்னர் வீலில் நாம் இணைந்து
இன்னல் களைவோமே இசைந்து...

M.Selvakumari
IWC Cheyyar

உணவுப்பழக்கம்

பழமொழி வடிவில்

1. தன் காயம் போக்க வெங்காயம் போதும்.
2. வாழை வாழ வைக்கும்.
3. அவசர சோறு ஆபத்து.
4. ஆறிய உணவு மூட்டுவலி உண்டாக்கும்.
5. இரைப்பை புண்ணுக்கு எலுமிச்சை சாறு.
6. ரத்த கொதிப்பிற்கு அகத்திக்கீரை.
7. இருமலை போக்கும் வெந்தயக்கீரை.
8. உஷ்ணம் தவிர்க்க கம்பங்களி.
9. கல்லீரல் பலம் பெற கொய்யாப்பழம்.
10. குடல்புண் நலம் பெற அகத்திக்கீரை.
11. கொலஸ்ட்ரால் குறைக்க பன்னீர் திராட்சை.
12. சித்தம் தெளிய வில்லம்.
13. சிறுநீர் கடுப்புக்கு அன்னாச்சி.
14. சூட்டை தணிக்க கருணை கிழங்கு.
15. ஜீரண சக்திக்கு சுண்டக்காய்.
16. தலைவலி நீங்க முள்ளாங்கி சாறு.
17. தேனுடன் இஞ்சி ரத்தத் தூய்மை.
18. பூண்டில் இருக்கு பென்சிலின் சக்தி.
19. வாந்திக்கு மருந்து மணத்தக்காளி.
20. மூல நோய் தீர் வாழைப் பூ கூட்டு.
21. வாதநோய் தடுக்க அரைக்கீரை
22. வாய் துர்நாற்றம் தீர்க்க ஏலக்காய்
23. பருமன் குறைய முட்டைக்கோஸ்
24. பித்தம் தணிக்க நெல்லிக்காய்

E.லதா

IWC Cheyyar





How To Stay Motivated?

In the jungle, which animal is the
biggest - Elephant
tallest - Giraffe
wisest - Fox
fastest - Cheetah

Among these all wonderful qualities mentioned where is the Lion in the picture?
Yet you say the Lion is the KING of the jungle even without ANY of these qualities? WHY?

Because the Lion is courageous, very bold, ready to face any challenges

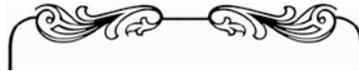
The Lion walks with confidence, dares anything and is never afraid. It is a risk taker. It believes any animal is food for him.

So, what is it that we get to learn from the Lion?
You don't need to be the fastest
You don't need to be the wisest
You don't need to be the smartest

All you need is courage
All you need is the will to try
All you need is the faith to believe it is possible
All you need is to believe in YOURSELF, that YOU CAN DO IT.

Its Time to bring out the LION IN YOU, STAY MOTIVATED, FACE THE TERRIBLE, FACE IT BOLDLY
-Swami Vivekananda

M.Selvakumari
IWC Cheyyar



My participation in Khazaksthan Pallaankuzhi

From 2-9 September 2017, I participated in the world Togyzkumalak (our Pallaankuzhi only) Competition in Astana, capital of Khazaksthan. Players from five continents participated. I was the only one from India. It is a new type of game with 9 pits each 9 coins in each pit. Rules are different. But very interesting. They conducted very systematically. As it is their game the champions are from the countries where this game is being played. Enjoyed participation, getting new friends & learning new game. We were in Ibis hotel where the competition took place. We were taken to understand the city, the Ethnic city of the country, and the tallest building and other monuments. We went to the top by lift. The whole city was glittering in light. Very memorable trip!

Dr. V. Balambal
IWC Chennai KK Nagar

இன்னர் வீலும் இனிய நட்பும்

நட்பும் நாடும் என் இனிய சகோதரிகளுக்கு இதய பூர்வமான வணக்கங்கள்.

உலகப் பொதுமறை காட்டும் உன்னத வழி நட்பாகும். தமிழ்வேதம், முப்பால், உத்தர வேதம், தெய்வநூல் பொய்யா மொழி, வாயுறை வாழ்த்து என்னும் உன்னத பெயர்கள் கொண்ட நம் திருக்குறள் 16 அதிகாரங்களில் நட்பை வலியுறுத்துகிறது.

வள்ளுவன் தன்னை உலகினுக்கே தந்து வான்புகழ் கொண்ட தமிழ்நாடு என்று பாடினார் பாட்டுடைத் தலைவன் பாரதி.

அணுவைத்துளைத் தேடு கடலை புகட்டிக் குறுகத் தரித்த குறள், என்கிறார். ஓனவையார். இப்படிப்பட்ட பெருமையுடைய நூல் நட்புக்கு இலக்கணம் வகுத்துள்ளது, என்றால் அஃது மிகையன்று.

அன்பின் தோழியரே, இன்னர் வீல் என்ற வண்டி உருண்டோட அச்சாணி தேவை என்பதைப்போல நம் இன்னர் வீல் தோழியரின் அச்ச தான் நம் நட்பின் அடையாளம்.

இந்த இன்னர் வீல் நட்பு எப்படிப்பட்டது? ஏன்? எதற்காக என்று பார்ப்போமா?

தாயும் நட்பும் ஒவ்வொருவருக்கும் கடவுள் கொடுக்காதவரம் இரண்டையும் பாதுகாப்பது நம் கடமையாகும்.

நம் இன்னர்வீல் தோழியர் நட்பு இதோ வள்ளுவரின் வாய்மொழி கூறும் தன்மையது.

நிறைநீர் நீரவர் கேண்மை பிறைமதி

பின் நீர பேதையர் நட்பு

நல்லோர் நட்பு என்றும் வளர்பிறை திங்களின் தன்மையது அறிவிலார் நட்பு தேற்பிறை போன்றது.

நாம் நம் தோழியரின் நட்பை ஏன்? விரும்புகிறோம்.

நாவில் தொடும் நூல் நயம் போலும் பயில்தோறும் பண்புடையாளர் தொடர்பு.

படிக்க படிக்க நல்ல நூலின் பொருள், மிகுந்த பொருள் விளங்குவது போல் நல்லோராம் இன்னர் வீல் தோழியரின் நட்பு பழக பழக இனிமை யளிக்க வல்லது.

இன்றைய உலகில் பெண்கள் எல்லோரும் நட்புடன் வாழ, சமுதாயம் உயர பெண்களின் கரம் கோர்த்து வலுப்பெற, பலம் பெற பல்வேறு சாதனைகள் புரிய, இன்னர்வீல் நட்புச் சக்கரம், வெற்றியுடன் சுழல நட்பு, என்னும் அச்ச தேவையான ஆய்தம்.

ஒருகை ஓசை தராது. பல கைகள் சேர்ந்தால்தான் ஓசை எழுப்ப முடியும்.

இன்னர் வீல் நட்பு இப்படிப்பட்டது தான். ஏன், எதற்கு என்றால்,

நம் குடும்பம் இனிய குடும்பம், என்னும் இளமை ததும்பும் குடும்பம், மகிழ்ச்சியுடன் வாழும் நமக்கு எது முதுமை!.

“உடுக்கை இழந்தவன் கைபோல் ஆங்கே

இடுக்கன் களைவதாம் நட்பு”.

என்பதை போல் அன்பின் தோழியரே உலகம் உள்ளவன், நட்பால் நாம் இணைவோம், நன்றியுடன் வாழ்வோம்! நாடுவோர் நலன் காப்போம் சக்தி என்றும் பெண்ணே நட்பு என்ற ஆயுதத்தால் உலகை வசப்படுத்தி காப்போம்.

வாருங்கள் தாருங்கள் உங்கள் நட்பை.

M.Thenmozhi
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நான் கண்ட இன்னர்வீல்

பணியை முடித்து பேருந்தில் ஏறி அமர்ந்தேன். தென்றல் காற்றின் இனிமையில் கண்களை மூடினேன். சுகமாய் இன்னர்வீலின் சில நினைவுகள் மனதில் ஓட, என் ஞாபகத்தில் வந்த ஒரு கவிதை,

“நல்லதையே நினைவுங்கள்

நல்லதையே செய்யுங்கள்

நல்ல எண்ணங்கள் வளர வளர

மனிதன் தெய்வமாகின்றான்”.

இந்த வரிகளில் தான் எத்தனை இனிமை, எத்தனை உண்மை. சமுதாயத்தில் உள்ள மக்களுக்கு சேவை செய்ய வேண்டும் என்ற எண்ணத்தோடு ஆரம்பிக்கப்பட்ட இன்னர்வீல் சங்கம் மதம், இனம், சாதி ஆகியவற்றிற்கு அப்பாற்பட்டு 323 மாவட்டத்தின் 46 கிளைகளாய் பிரிந்து ஆயிரத்திற்கும் மேற்பட்ட சகோதரிகள் ஆற்றும் சமூக பணிகள் ஏராளம். சமுதாயத்திற்கு தேவையான அடிப்படை வசதி வாய்ப்புகளை போட்டிப் போட்டு கொண்டு விதவிதமாய், வித்தியாசமாய், ஒவ்வொரு நாளும் Golden President Group-ல் காணும் போது வியந்து தான் போனேன். ஒரு கணம்.

E.Latha

IWC Cheyyar



Inner Wheel – As I See It

If I can ease one life the aching or cool one pain

I shall not live in vain – Emily Dickens

As a member of Innerwheel, I have grown, progressed & touched the lives of so many people through ‘Service’ & ‘Friendship’. Innerwheel in its 92 years of existence, covering 103 countries, entering 62nd year in India, has touched many lives through a broad spectrum of humane activities. I feel proud to say that I am a part of this organisation which has moulded me in many ways. As a Member, as a Committee Member & as a Treasurer for 2 years, I have done my bit for the organization & community.

Innerwheel has stretched my boundaries and enhanced my capabilities. I won the first prize in District essay writing in DT323 with 39 clubs. My winning essay on the theme ‘Light the Path’ was published in IW DT 323 Souvenir 2014-15 Swarn Jyoti, page 106. I was thrilled to receive the certificate & lovely silver Kumkum set. I am 67 & this winning has boosted my confidence to new level.

I do ‘Personalised Service’ through Innerwheel. As Swami Chinmayananda said “what we have in life is God’s gift to us. But what we do with what we have is our gift to God”. Every year in memory of my parents, I offer substantial financial help on Installation day, to well known NGO’s that offer Yeoman Service in different areas such as leprosy care (Blessed Trust & Cheshire Home), care for mentally challenged (NirmalHriday) & UdavumUllangal which offers education aid, organises blood donation camp, help to psychiatric patients etc.,

This unique blend of Service, Friendship & self improvement has truly moulded me & enabled me to be a better human being & of course, a happier one. As a IW member I can reach out & touch someone, wipe a tear with a smile & I can lend a hand & give all can.

“It takes ordinary people to do extra-ordinary things” – Dr.Tom Dooley.

Kalai Arasi
IWC Vellore North



மனைவி : என்னங்க, ஏன் நீங்க அடிக்கடி சமையலறைக்கு போய் சக்கரை டப்பாவையே பார்க்கிறீங்க?
கணவர் : சக்கரை இருக்கான்னு டாக்டர் அடிக்கடி செக் பண்ண சொன்னாரு! அது தான்.
கணவர் : இன்னுமா சமையல் ஆகலா?
மனைவி : ஐந்து நிமிடம் இருங்க.
கணவர் : ஐந்து நிமிடத்தில் சமையல் ஆயிடுமா?
மனைவி : இல்ல..... இல்ல..... நானும் பொடவைய மாத்திகிட்டு உங்க கூடவே வந்திடுறேன்

Take 12 Vegetables Avoid all diseases

Kidney Failure	-	Brinjal
Paralysis	-	Cluster / French Beans
Insomnia	-	Snake / Pointed Gourd
Hernia	-	Yellow Pumpkin
Cholesterol	-	Ivy / Little Gourd
Asthma	-	Drumstick
Diabetes	-	Ridge Gourd
Arthritis	-	Coconut
Thyroid	-	Lemon
High BP	-	Lady's Finger
Heart Failure	-	Plantain
Cancer	-	Winter melon (ash gourd)

E.Latha
IWC Cheyyar

Nature's Lesson

Every other day I take a cab. booked through phone. Travelling alone is habitual for me. Sometimes when I get bored, I look out the window unvigilantly, and watch the world go by , I see people running hither and thither with a purpose.

Sometimes the taxi drivers complain about the traffic and fuss about two wheelers and autos. Some whine about the traffic, while others rant about their jobs. Few are cranky in their behavior. Most of the time , the music is low enough to hear the drivers deep sigh when stuck in inevitable traffic. It shows that trunks spare none in today's world, most of us are not satisfied with our work environments, but we put up with our work grievances nonetheless.

One day I got in a cab. as usual, preoccupied with my thoughts about my errands. To my surprise , the driver was pleasantly happy. He was quiet, except for the 'good evening madam' when I got in. He seemed to be in his early forties, but was rather short and looked puny in the big car.He was so zealously enthusiastic that it was enviable. I asked him whether he was new to his job. He replied, "no madam, I have been driving in Chennai for more than 10 years . Although it is not my car I keep it spic and span as my passion was to drive cars. Now I am gifted to have the car at my disposal." He added that this was the best job in the world, as he could take a day off whenever the necessity arises, and could work day and night if he wished. He ended the conversation with a broad smile ,accompanied by pride.

In an attempt to provoke him, I brought up the displeasure of the traffic jam we were in. He immediately replied that it was fun and challenging , put on music and continued the journey with utmost contempt.

At the end of the day, I realized that is all in a person's mind ; it is up to us to decide how we let our circumstances affect us.

Devi Mathimaran
IWC Nanganallur

வாழ்க்கையில் வெற்றி

சிரிப்பதற்கு நேரம் ஒதுக்குங்கள்
அதுஇதயத்தின் இசை!
சிந்திப்பதற்கு நேரம் ஒதுக்குங்கள்
அது சக்தியின் பிறப்பிடம்!
விளையாட நேரம் ஒதுக்குங்கள்
அது இளமையின் ரகசியம்!
படிக்க நேரம் ஒதுக்குங்கள்
அது அறிவின் ஊற்று!
நட்புக்கு நேரம் ஒதுக்குங்கள்
அது மகிழ்ச்சிக்கு வழி!
தியானத்திற்கு நேரம் ஒதுக்குங்கள்
அது தெளிவுக்கு வழி!
உழைப்பிற்கு நேரம் ஒதுக்குங்கள்
அது வெற்றிக்கு வழி!

E.Latha
IWC Cheyyar

நண்பன் 1 : நான் முட்டை சாப்பிடுவேன். மத்தபடி
சைவம். நீங்க?

நண்பன் 2 : நான் பொறுமையாய் இருந்து அது வளர்ந்த
பின் சாப்பிடுவேன். மத்தபடி நானும் சைவம்
தான்.



ஆசிரியர் : உப்பு சைவமா? அசைவமா?

மாணவர் : ரசத்திலே போட்ட சைவம் கறி கொழம்புல
போட்ட அசைவம் ஐயா.



A Karpagakani - The Indian Gooseberry

A recipe to Enjoy and Relish the taste of Amla (Nellikai) without losing out on the Nutrient content(Vitamin C & Antioxidants)

Recipe for Nellikai Raitha

Ingredients required:

- | | |
|------------------------------|----------------------------|
| 1. Nellikai (grated) | 2. Green chilly |
| 3. Grated Coconut | 4. One cup of churned curd |
| 5. Salt to taste | 6. Mustard seeds |
| 7. Asafoetida | 8. Grated Carrot |
| 9. Coriander leaves(chopped) | |

Grind 1, 2 and 3 to a coarse paste in a mixie. Add to curd taken in a bowl. Add salt and mix well. Season it with 6 and 7. Garnish with 8 and 9. Yummy Raitha is ready.

Nellikai rice:

Ingredients required:

- | | |
|-------------------------|---------------------------------------|
| 1.Mustard seeds | 7. Turmeric powder |
| 2.Blackurad dal (split) | 8. One cup grated Nellikai |
| 3.Roasted Peanuts | 9. One small piece of Ginger (grated) |
| 4. Red chillies | 10. Salt to taste |
| 5. Curry leaves | 11. Finely chopped Coriander leaves |
| 6. Asafoetida powder | 12. Oil for seasoning |

Cook Basmati Rice. Add 2 teaspoons of Gingelly oil. Mix and keep aside. Heat oil in a pan. Add Mustard seeds. When it crackles add ingredients 2,3,4,5,6.Saute. Lower the flame. Add ingredients 7,8,9,10. Saute for a minute. Add to cooked rice. Mix with a fork. Garnish with finely chopped coriander. Serve hot.

EAT WELL! STAY HEALTHY! ENJOY LIFE!

Ponmalar
IWC Vriksham

Leave A Lasting Legacy

“அன்பர் பணி செய்ய எனை ஆளாக்கிவிட்டு விட்டால் இன்பநிலை தானே வந்து எய்தும் பராபரமே”- என்றார்தாயுமானவர்.

ஆத்திசூடியில் “அறம் செய விரும்பு என்றார்” ஓளவைமுதாட்டி .அந்த அறத்தையும் ,அற வாழ்க்கையையும் தன் சேவையாகக் கருதி வாழ்ந்தவர் அன்னை தெரசா .

தொழுநோயாளிக்கு உதவி ,அனாதைக் குழந்தைகளுக்கு ஆதரவு, சேரிகளில் பள்ளிக்கூடங்கள் நிறுவி கல்விப்பணி ஆற்றி வந்தார் .

அன்னை தெரசா மனித குலத்துக்கு ஆற்றியுள்ள சேவை சுவடுகளாக இன்று பரிணமிக்கின்றன.

அவர்களைப் போலவே நம்மில் பலருக்கும் நமது சுவடுகளைப் பதிக்கும் திறன் முழுமையாக உள்ளது .நம் அன்றாட வேலை மற்றும் பணியின் மத்தியில் நமது மனதின் ஏதோவொரு மூலையில் மற்றவர் போற்றும் படி உலகிற்கு ஏதாவது முக்கிய பங்களிப்பு ஆற்ற வேண்டும் என்ற உந்துதல் கண்டிப்பாக இருக்கும்.

அவர்களின் இந்த எண்ணத்தை செயலாக்க ஒரு மேடையாக அமைந்தது தான் இன்னர் வீல் சங்கம்.

இன்னர் வீல் சங்கத்தின் முக்கியக் குறிக்கோள் பள்ளிகளைத்தத்தெடுத்தல், சீரமைத்தல் படிபறிவைக் கூட்ட நூலகங்கள், கணினி வழங்குதல், சீருடை, காலணிகள் வழங்குதல், அறிவை மேம்படுத்த, ஊக்கப்படுத்த பல விழாக்கள். விளையாட்டு விழா, ஆண்டு விழா,சுதந்திர தின விழா, குழந்தைகள் தின விழா சமுதாய வளம் காக்க-சாலையோரங்களில் மரம் நடுதல்

மனித வள ஆரோக்கியம் மேம்பட-இரத்த தானமுகாம், கிட்னி அவேர்னஸ் முகாம், கண் சிகிச்சை முகாம் அமைத்தும், தேவையானவர்களுக்கு மருத்துவ உதவியும் செய்து வருகிறது.. பெற்றோர்களால் கைவிடப்பட்ட, உடல் ஊனமுற்ற பிள்ளைகளுக்கு தீபாவளி கொண்டாட்டமாக “மழலை ஒலி”. பழங்குடி மழலைகளுக்கு “இருளர் ஒளி”, என்ற கொண்டாடங்கள் மூலம் பொம்மைகள், திண்பண்டங்கள் வழங்கி மகிழ்ச்சி ஏற்படுத்தி வருகிறார்கள் சென்னையில் ஏறத்தாழ 47 இன்னர் வீல் சங்கங்கள் சேவை செய்து வருகின்றன.நீடித்த சுவடுகளை விட்டுச் செல்வது என்பது ஒரு ரிலே-ரேஸ் போன்றது.

அதைப்போல சேவைக்கான வாய்ப்புக்கள் எப்பொழுதும் உள்ளது என்பதை இன்னர் வீல் சங்கம் என்ற களத்தில் இறங்கி செயலாற்றினால் நீடித்த சுவடுகளை விட்டுச்செல்வது என்பது சத்தியமாகிறது அவ்வாறு சாத்தியமாகும் போது “புதிய தொரு உலகம் செய்வோம்” என்ற பாரதிதாசனின் கனவும் எண்ணிய முடிதல் வேண்டும். நல்லவே எண்ணவேண்டும் திண்ணிய நெஞ்சம் வேண்டும். தெளிந்த நல்லறிவு வேண்டும் என்ற நம் இன்னர் வீல் சங்கத்தின் முயற்ச்சியும் சுவடுகளாக நிலைத்து நிற்கும்.

S.Packiarathinam
IWC Vriksham

Inner Wheel As I See It..

நான் இன்னர்வீல் சங்கத்தில் சேர்ந்து கிட்டத் தட்ட 23 வருடங்கள் ஆகின்றன. பாரதத்தாய் பெண்! தமிழ்த்தாய் பெண்! நதிகளெல்லாம் பெண்! கலைமகளே பெண்! ப்ளாரென்ஸ்தைநட்டிங்கேள், அன்னைதெரசா தோன்றிய வர்க்கம் இது. இவ்வர்கத்தால் நடத்தப்படுவது இன்னர்வீல் சங்கம். இவ்வுலகம் முழுவதும் பரவியுள்ளது இச்சங்கம். இச்சங்கம் 1924 ஜனவரி 10ம்நாள் திருமதி. மார்கரெட்கோல்டிங் என்பவரால் இங்கிலாந்தில் தொடங்கப்பட்டது. கிட்டத்தட்ட 103 நாடுகளில், 100,000 உறுப்பினர்களுடன் ஏறத்தாழ 3895 சங்கங்கள் கொண்டது இன்னர்வீல்.

எங்கெல்லாம், எப்பொழுதெல்லாம் எமது சேவைக்கான தேவை எழுகின்றதோ, அப்பொழுதெல்லாம் நாங்கள் ஆயத்தமாக இருக்க உதவி செய்ய சங்க உறுப்பினர்கள் யாவரும் பிரார்த்தனை செய்கிறோம்.

சங்கத்தின் இலக்கு நட்டி, தேவைப்பட்டவர்களுக்கு சேவை செய்வது இவையே. நண்பன் இல்லா வாழ்க்கை, தந்தியில்லாவிணைக்குச்சமமாகும். இன்னர் வீல்சங்கத்தில் நண்பர்களுக்கு பஞ்சமில்லை.

“செயற்கரிய யாவுள நட்பின் அதுபோல்
வினைக்கரிய யாவுள காப்பு”

என்றார் வள்ளுவர். சம்பாதிப்பதற்கு நட்பைப் போல் அரியபொருள் வேறுஎவை உண்டு? அதை சம்பாதித்து விட்டால், பிறர் புக முடியாதபடி நம்மைக் காப்பதற்கு அரிய பொருள் வேறு எவை உண்டு. இதுவே குறளின் பொருள். தோள் கொடுக்கத் தோழனும், தோள்சாய தோழியும் கிடைத்தால், அவர்கள்கூட தாய் தந்தை தான்.

அடுத்து இச்சங்கத்தின் பணிகளை சொல்ல வேண்டுமானால் ஏராளம். உதாரணமாக வருவாய் குன்றியநிலையில் இருக்கும் மாணவர்களுக்கு, கல்வி உதவி செய்யப்படுகிறது. மேற்படிப்பிற்கு பின் தொழிற்செய்ய உதவி செய்யப்படுகிறது. மருத்துவத்துறையிலோ, ரோட்டரிசங்கத்துடன் இணைந்து போலியோ ஒழிப்பு, தாய்ப்பாலின் மகிமை கூறல், கண்தானத்தின் சிறப்பை நவில்தல். கண் ஒளி வழங்குதல் இப்படி எங்கெல்லாம் சகாயம் தேவையோ அங்கெல்லாம் சகாயத்தை அளிக்கிறது.

இயற்கையின் சீற்றத்தில் ஏற்படும் சேதத்திற்கு உதவியளிக்க நம்சங்கம் முன் நிற்கிறது. உயர்ந்து நிற்கும் மரங்களெல்லாம், ஒரு நாள் மனிதன் நட்டவையே. நம் சங்கத்திற்கும் இதில் பங்குஉண்டு.

கலாச்சார விழாக்கள் - நவராத்திரி, தீபாவளி

தேசிய விழாக்கள் - சுதந்திரதினம், குழந்தைகள் தினம்

எதையும் விட்டுவைப்பதில்லை. அளவு கோலே இல்லாத அன்பு, சுயநலமே இல்லாத இதயம் - இதுவே இன்னர்வீல்.

ஒவ்வோர் ஆண்டு தொடக்கத்திலும், புத்துணர்வு, உற்சாகம்! சேவை செய்யத் திட்டங்கள், செயல்படுத்த ஓர் ஆண்டு காணாது. அதற்குள் ஆண்டு நிறைவு. அதன் தொடர்ச்சி அடுத்த ஆண்டு. இன்னர்வீல் சங்கத்தைப் பற்றி எடுத்துரைப்பது சூரியனுக்கே டார்ச்லைட் அடிப்பது போன்று.

மனதிற்கு மகிழ்ச்சி, குளிர்ச்சி!

ஆனந்தத்துடன் இன்னர்வீல் சங்கம் சுற்றிக்கொண்டே இருக்கும், இவ்வண்டம் உள்ளளவும்.

கோமதி ஜானகிராமன்
IWC Madras North



Definition Of Graphology or Handwriting Analysis

Graphology is a scientific system of identification and assessment of character and personality of some one through detailed examination of, and study of, his or her handwriting sample.

Grapho-Therapy is a means of making conscious changes in your handwriting in order to bring about positive subconscious changes within yourself. Every stroke in your writing correlates to a personality trait within you.

Why Grapho-Therapy works:

Handwriting should be called "brainwriting." It all starts in the brain. Your handwriting is an x-ray of your brain, to the trained Grapho-Therapist.

If you change your handwriting you REALLY WILL CHANGE YOURSELF. You can make some changes without any problems. However, other changes you make could bring about further changes, like playing Dominos. Therefore, changes should be made under the guidance of a trained specialist. Example: NEVER change your size or slant of writing without first consulting an expert.

Example:

You'd be surprised to see what your handwriting says about you. Did you know big, outgoing personalities tend to write in large letters, and shy, introverted types prefer to write small? If you have average-sized writing, it demonstrates a strong ability to focus and concentrate. These are hidden strengths of being an introvert.

Graphology:

The study of handwriting and handwriting analysis - is now an accepted and increasingly used technique for assessment of people in organizations. Hand writing analysis is an effective and reliable indicator of personality and behaviour, and so is a useful tool for many organizational processes, for example: recruitment, interviewing and selection, team-building, counselling, and career-planning.

A person's handwriting - the script - and its placing on the page express the unique impulses of the individual: logically, the brain sends signals along the muscles to the writing implement they control. By examining a handwriting sample, an expert graphologist is able to identify relevant features of the hand written script, and the way the features interact. The features, and interaction between them, provide the information for the analysis.

No single handwriting feature proves anything specific or absolute by itself; a single feature alone can only identify a trend. It is the combination of features, and the interaction between them that enable a full and clear interpretation.

Chandrakala Golecha
IWC Madras Fort



அடக்கம் ஆயிரம் பொன்

1. கண்ணனின் கருணை தூய்மையான பக்திக்குள் அடக்கம்.
2. கவிஞனின் கவிதை கட்டுக்கடங்கா கற்பனையில் அடக்கம்.
3. செல்வத்தின் கொழிப்பு அழிவில்லா கல்விக்குள் அடக்கம்.
4. செந்தமிழ் நாட்டின் சிறப்பு கற்பிற்சிறந்த மாதருக்குள் அடக்கம்.
5. பொற்றோரின் பெருமை ஈன்ற பிள்ளை செல்வங்களுக்குள் அடக்கம்.
6. பெருமையும் புகழும் அவனவன் புரியும் செயல்களில் அடக்கம்.
7. மாணவனின் பெருமை குருவுக்குள் அடக்கம்.
8. ஏழையின் இன்பம் செல்வனின் இரக்கத்தில் அடக்கம்.
9. மாதர் சங்கத்தின் பெருமை மாண்புமிகு மாதருக்குள் அடக்கம்.

மாலதி சந்திரன்

இன்னர்வீல் சங்கம் ராணிப்பேட்டை

Inner Wheel Through The Decades



Let me at the outset proclaim that I am proud to be a member of a club that is marching into its Silver Jubilee Year, the Inner Wheel Club of Meenambakkam.

As I look back over the years the thoughts come flooding into my mind. At a time when no mobile phones withwhats app and communication in finger tips and Emails, communication was problem. mostly through land line phones, postcards and letters.we were a happy lot that way.

Another bugbear was the submission of records of our projects.We would rush to Students Xerox and sit there trying to correct our mistakes and then we would go to a studio to develop the photographs. We had to submit not one but three copies of the report, one for the Chairman, one for us and one for the Archives!!

Now things are done in a jiffy. Photos are taken using a mobile (sometimes too many, I feel), put on a pen drive and lo and behold your submission is ready.

Another great convenience is the grouping together of clubs for the Chairman's visit. Most of the members are now working women, traffic is a nightmare and everyone is hard pressed for time.

Well, we have grown with the Club. Our children who scampered about during the meeting are now parents themselves and we grand parents.

To think that the motto, FRIENDSHIP AND SERVICE has kept us bonded together for a quarter of a Century is indeed amazing.

Let us hope that the same spirit of Friendship and Service will help this Organization to grow from strength to strength in the decades to come.



Prema Raman
IWC Meenambakkam

இன்னர்வில் சங்கம்

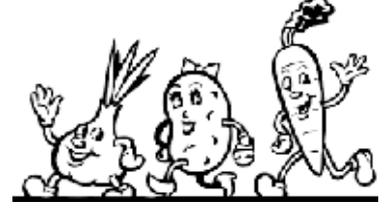
அள்ள அள்ள குறையாத பத்தரை மாற்றுத்தங்கம் - சேவை
செய்ய செய்ய திகட்டாது செய்திடும் சங்கம்
எங்கள் இன்னர்வில் சங்கம்

சேவை செய்யும் நோக்கினை தன் கொள்கையை கொண்ட சங்கம்
காலம் தோறும் மக்கள்பணி செய்தே மகிழ்ந்திருக்கும் சங்கம்
ஆதரவற்றோர் நலன்கருதி பல தொண்டாற்றும் சங்கம்
உலகனைத்தும் கிளைகள் கொண்டு வளர்ந்திருக்கும் சங்கம்
இது எங்கள் இன்னர்வில் சங்கம் (அள்ள அள்ள)

தானம் எனும் கொள்கைதன்னை பணியாய் கொண்ட சங்கம்
பெண்களின் மேன்மை கருதி பல திட்டங்கள் வகுக்கும் சங்கம்
பள்ளிகளில் பல உதவி செய்து பணியாற்றும் நல்ல சங்கம்
உலகனைத்தும் கிளைகள் கொண்ட இன்னர்வில் சங்கம்
இது எங்கள் இன்னர்வில் சங்கம் (அள்ள அள்ள)

ஸரவகன்யா

இன்னர்வில் சங்கம் நங்கநல்லூர்



Breadsopa

- 1) Boil the Soya chunks and drain the water and soak it in cold water and squeeze the water and keep it aside.
- 2) Take ghee or butter and fry panner in a kadai for 2minutes and add pinch of pepper and keep it aside.
- 3) Take oil in kadai and add chopped onions, chopped pieces of ginger and 1 or 2 pods of crushed garlic, one tomato chopped and 5 cashews-saute well – cool and blend it in mixie.
- 4) In the kadai take oil or ghee and add Saunf, cinnamon, bayleaf, saute well and add finely chopped onions, salt, haldi, chillipowder.
- 5) To the above add the already blended mixture. To it add jeera powder and coriander powder and garam masala. Mix well and let it boil for 5minutes.
- 6) Squeeze the cooked soya chunks and the fried pepper to the above. Cook for 2 minutes until the soya chunks blend with the gravy. Remove from flame.
- 7) Optional for Dressing: keep the boiled eggs, cut it into two halves and sprinkle salt and pepper and serve with the above gravy.
- 8) Serve the gravy with Bread and Breadsopa/optional Chapatti or Puri or rice.

I have named the Dish BREADSOPA because the Receptie has Bread with Soya and Pepper(egg optional).

Charumathy Srinivasan
IWC Chennai Thiruvanniyur

Health Management - Impact Of Stress

What is stress?

Stress is experienced by a person when he feels a conflict or mismatch to his beliefs or expectations from life; from relationships with people, work and career, financial and social status, etc. Stress is a purely perceived passive reaction of the body to a situation. The intensity of the reaction and the stress factor depends on how the mind of the individual interprets the situation. Since the interpretation of the situation differs in individuals, the reactions and stress levels also differ. To clarify further if two persons are subjected to the same stressors and assess their stress levels, one may score 9 and the other 4 on a scale 0-10 where 0 is minimum and 10 is maximum. The difference in perceiving of the stressors, of course, depends on various factors such as their past experiences, their basic nature, any other problems weighing them down at that point, support system, physical health, etc.,

What happens if a person is stressed?

When the mind perceives that a situation is stressful, it triggers a cascade of negative chemical reactions in the body. This negative impact affects physiologically the Hypothalamic-Pituitary-Adrenal Axis (HPA) and as a result excess adrenalin is pumped into the blood stream to help the individual overcome the temporary stressful state of mind. Due to increase in adrenaline and cortisol, hormonal functions are disrupted and there is a temporary elevation of heart rate, blood pressure, blood sugar, body temperature, endocrine secretions and restriction in secretion of digestive enzymes.

What is the impact of chronic stress?

If a person is exposed to long term stress, the physiological disruptions which are mentioned above become a permanent feature as the person is constantly in 'Fight or Flight situation'. The body's reactions to this frequent or prolonged perceived stress accelerates ageing process and results in some of the disorders mentioned below:

Hypertension (High Blood Pressure)

Diabetes Mellitus - II (High Blood Sugar)

Insomnia(sleeplessness)

Head ache

Skin and Respiratory allergies

Digestive disorders

Low immunity

Mental disorders – depression, anxiety neurosis, etc.

Cancer

Harmonal disturbances – Men – Impotency

Women : infertility, Poly Cystic ovaries Disorder, Heavy or scanty flow during periods, early menopause, fibroids, etc.

Can we avoid stress?

None of us can avoid problems in life – but we can combat stress and avoid distress by our acceptance of the situation or person. By an accepted positive response, stress induced diseases can be prevented. Various studies conducted by Medical and conventional medicine practitioners

found that life style modifications like taking healthy diet, regularity in practicing moderate exercise regimen, good sleep can have a positive influence in handling stressful situations.

But to train the mind to interpret and perceive the problems in life as challenges which can be dealt with, requires equal or rather more importance in Stress Management. Yogic sciences, therefore, believes in “mind over body”. The Yogic Stretches and poses aim at relaxing the muscle groups, the breathing techniques of Pranayama aim at cleansing the toxins and negative chemicals from the body and Chanting of soothing Mantra/Yoga Nidra and Meditation help the body to respond positively instead of reacting negatively . Regular yogic practices increase the feel good chemicals (serotonin, oxytocin, dopamine, prolactin, etc) and keep a check on the release of stress hormones (adrenaline and cortisol) .

Message ???

Hippocrates, Father of Modern Medicine , recognized the healing forces inherent in living organisms. He called these forces as “Nature’s Healing Power”and role of a physician was to assist these natural forces by creating most favourable conditions for healing process. He said:

“Cure rarely,
Comfort mostly,
Console always

To day, instead of assisting the body, we are substituting and interfering with its functions and landing in many more problems that the original health disorder!

Human body is bestowed with inherent healing energies. Our role is to recognize these powers and assist the body and mind to recoup. Maximum 10%(approx) of the diseases which Medical management can be the only option are emergencies, accidents, acute problems which are beyond the scope of Natural healing. All other 90% of the disease are preventable and curable with the help of conventional systems – Naturopathy, ayurveda, siddha etc. in combination with powerful essential component of Yoga, Pranayama and Meditation.

Today’s tragedy is that most of us are aware of the fact that HEALTH is not a PURCHASABLE COMMODITY; but fail to bring some discipline in our lives in practicing the Health principles. As a result we are leading highly compromised lives. When we wish to enjoy and celebrate life, let us promise ourselves of consistent efforts in investing time and energy towards

Prevention of stress induced diseases

Promote quality of our Health

Cure (if already suffering with an ailment) with Life style modifications and minimum dependency on medicines.

Let us re discover the Joy of Living and age gracefully..

Live while you are alive – do not die before you are dead

Dr. Roja Gurumoorthy
IWC Chennai Sunshine

Home

They say home is where the heart is.

I say home is where you feel you belong-
MiliM.G.Chandy

HOME

A place you can set yourself free, no judgments, no questions asked. Truly free.

Where you can just be...

HOME- Someone or someplace where you can rest your head for awhile, or forever. Time is not a factor, for that is

HOME - Someone who you can be yourself with, no facades, no drama, where the hardcore reel comes and goes, sometimes constantly playing.

HOME- A place that sometimes lies dormant, never completely forgotten. Yet always there to be revisited, like a steadfast compass or one's memories.

HOME- The one place I can close my eyes and truly feel safe without a care in the world.

HOME -Thankyou God for showing me that where you belong and not where you live is

HOME -You turn to me to feel ur own emotion,

For with me, you are HOME

For I am HOME with you...

- Mili M. G. Chandy
IWC Capital



LOVE

It's love, when a little girl/boy puts her energy to give her Appa/Amma, a head massage.

It's love, when a wife makes tea for her husband and takes a sip before him, to make sure it's just right.

It's love, when a mother gives her daughter/son the best piece of cake.

It's love, when your friend holds your hand tightly on a slippery road.

It's love, when your sister /brother messages you and asks whether you got home on time..

Love is when you send a small msg to your friends to make them smile.

Love is not just a guy holding a girl and going around the city.

LOVE is when u ACTUALLY "care" and are not afraid to "show" it!

Coz VALENTINE'S DAY SHOULD BE EVERY DAY!

- Mili M. G. Chandy
IWC Capital

Pappaya Toffe

Grated Pappaya after cooking 1 cup, Sugar 1 cup, Lime juice 1 lime, Kesar or any colour 1 pinch

Take out the skin of half ripe and grate it in a grater.

add a little water and cook it strain the water with the help of muslin cloth.

Mix the pappaya with one cup of sugar and heat it when the mixture becomes thick add lime juice and colour. When the mixture does not stick to the hand remove from fire. After it has cooled apply little butter in hand and form into small balls or any shape as you like.

Malathi Santhiran
IWC Ranipet

The Grand Finale?

When the heart produces that ache
Never does one know if it's real or fake
Symptoms too hard to ignore
For who knows the time in store!
I Look lovingly at everyone
Should I bother, tell anyone?
Or simply savour the final moment
With noble thoughts, that now foment

Well is this truly it?
My small little bit?
My time on planet earth?
That began since birth?
Wow! what an eclectic journey!
Of love, war, peace and tyranny
All that is within and outside
Wisdom swiftly rises like a tide

In a state of ironic rapture
Events I quickly recapture
Showing me the bigger picture
I often tried hard to nurture
Succeeding and failing
Yet kept on sailing.....
Across the mighty ocean of life
With positive emotions and strife



When time is short
Differences now trot
Bringing out my best version
My ultimate swan song in person
As I wonder when I go away...
Will there, sometimes, be a day
When people just might say...
In our hearts she still does stay!

My desire for affection after death
Inspires late, to live a life of worth
Love you all, says the lovely mind
The end perhaps, but never mind
Just then the cruel pain subsides
Turbulence to calm, the heart glides
Telling me, here is a second chance
Go catch it, get out of your trance

But don't unmindfully whittle it away
This time your sweet heart has a say
Over mind and matter
For this life is shorter
Than anyone can think
It could be over in a blink
So grab it and live it
Like a life worth it!
As it is never ever too late
To change the story of fate!

Sumitra Kumar
IWC Madras Midtown

ஆசிரியர் : கிளி, மயில் இரண்டிற்கும் என்ன வேறுபாடு?
மாணவர் : கிளி ஜோசியப் பறவை மயில் தேசியப் பறவை.

• நோயாளி : உங்க மருத்துவமனை ஈ, காக்கா, கொசு கூட வரலியே?
• டாக்டர் : அது விடுங்க, அதுங்களாவது பிழைத்து போகட்டும்.

Easy To Make Chocolate Truffles

Melted cream, butter and chocolate is called **GANACH**. to be melted on low fire to boil. This is the basic recipe for truffles.

CLASSIC DARK CHOCOLATE TRUFFLES

Ingredients-

Grated dark chocolate - 500gms,
Cream - 200gms, Butter - 30gms, or 2
tablespoons, Vanilla essence -1 teaspoon

Method -

Prepare **GANACH** , pour over the chocolates in the bowl and stir till the mixture is smooth.

Mix in vanilla essence, cover the bowl with a cling film and leave to cool and thicken in the fridge for an hour.

Pick small pieces and roll them into small balls. Place on a parchment paper. Chill the rolled out truffles for 20 minutes .

Roll them in cocoa powder and serve.

or dip them in melted chocolate and Serve when set.

WHITE CHOCOLATE TRUFFLES

Ingredients:

Chopped white chocolate - 3 00gm,
Cream - 150 gms, Chopped dark chocolate
- 1 cup, melted, Melted white chocolate to
drizzle

Method:

Peperare **GANACH**, Pour in a pan, cover and chill for an hour. Scoop out and form into balls.

Dip the truffles into melted dark chocolate. Drizzle with white chocolate when set.

CHOCOLATE CREME DE MINTS

Ingredients:-

Chopped milk chocolates - 1 cup, Cream - 1\2
cup, Mint flavoured liqueur- 2 tablespoons

Method:

Prepare **GANACH**.

Transfer to a bowl and chill till thickened Set in moulds, or pipe into small shapes or roll into balls.

These are great to serve after dinner.

ROCHER CHOCOLATES

Ingredients:-

Chopped milk chocolate -200gms, Icing sugar -
170 gms, Hazelnuts -150 gms, roasted
Almonds- 150gms, roasted, Pistachios - 150
gms. Melted chocolate for dipping

Method:

Crush the roasted nuts and keep aside. Melte chocolate. Fold in icing sugar and the nuts. Mix well. Chill for an hour to set. Make into small balls and dip in melted chocolate.

COOKIES AND CREAM TRUFFLES

Ingredients

Chopped white chocolates - 3 cups, Cream
- 1/2 cup, Oreo cookies - 20 - 24, with vanilla
cream, Melted dark and white chocolate.

Method Remove cream from the cookies. Collect in a small bowl. Make into small balls. Keep aside Crush the cookies to a fine powder.

In a pan combine cream, white chocolate and crushed Oreo powder over low heat, stir till smooth. Remove. Cool to firm it up. Scoop out and make a small balls and cover it fully. Dip each ball into the melted chocolate. Drizzle white chocolate over a few and sprinkle crushed Oreo.

CHOCOLATE MENDIANTS

Ingredients, Assorted fruits and nuts chopped,
Melted chocolate

Method:

Pipe small discs of chocolates on a tray lined with parchment paper. Place few pieces of nuts and fruits on top. Chill till set a new serve.

Jayashree Rajamani
IWC Madras Central.

Carve Your Name On Hearts, Not Tombstones

A legacy is etched into the minds of others and the stories they share about you. The idea of leaving a legacy is the need or the desire to be remembered for what we have contributed to the world, at least to our Society. I think our life matters in some way. I am in teaching profession from 20 years. Teaching is my legacy, and blessed to be a special teacher for hearing Impaired where I lived with them for more than 2 decades, hopefully enlightened their lives into so many profession. My teaching is a gift that keeps on giving because it leads me to other learning and knowing experiences that I share with others.

In this context I would like to share my blessings with others. When I was into this teaching special kids I felt that God has created to be with them and I had a purpose. So I got myself professionally trained in this field. And went to Netherlands for a special training to add some more techniques in teaching them. After returning I started my own School at Hyderabad “Hellen Keller School for the hearing impaired” with 6 beautiful kids. Now there are more than 250 children.

Due to some family constraints I handed over the school to my partner.

Now I am running a playschool and preschool by name “Go bananas” at Gopalapuram with a full fledged Day care center. Why this School all of a Sudden? Big idea behind is to integrate the special children with the main stream of regular kids and successfully trying to implement the same.

My grand daughter Harinee now want to follow same thing and continue after me. She will get trained in the same field in future and I feel proud to pass on this legacy through her. Also I have a grandson Hares . I want to pursue my passion to the fullest which is contagious. This is so much religious. My grandfather was an intuitionist at Bangalore. He was performing Thaipooam and Panguni Uthiram (most of the South Indians know) which he was blessed to continue from his father that is my Great grandfather. These two functions were conducted every year in grandeur wedding of Lord Muruga with Valli and Deivanai. After he passed away my father was blessed with the same intuition power and started conducting PanguniUthiram very meticulously and performed with the same tradition and grandeur for 18 years. We are four daughters and I am the eldest. Now after he passed away, the idols came to me because my father wanted me to continue the legacy of conducting this without fail every year. By god’s grace and his blessings I am continuing the legacy for the past 14 years, conducting every year at HemaMalini Kalyana Mandapam with Kavadi Aatam, Laksharchanai, Rudra abishekham and Thirukalyanam followed by entertainment programme and proper food served like any other regular weddings for 2 full days. Now my grandson is learning all kinds of Vedic rituals so as to continue the family legacy. I am fully contended that both academic and spiritual I have twogrand children who will get the same blessings to continue to follow the legacy which was started. “Thank You God”.

I felt leaving a legacy is an important part of our lifes work. This legacy develops from a life dedicated to self reflection and purpose. What will be revealed and what will endure is a truthful and value driven body of living

Revathy Sivakumar
IWC Chennai Presidency



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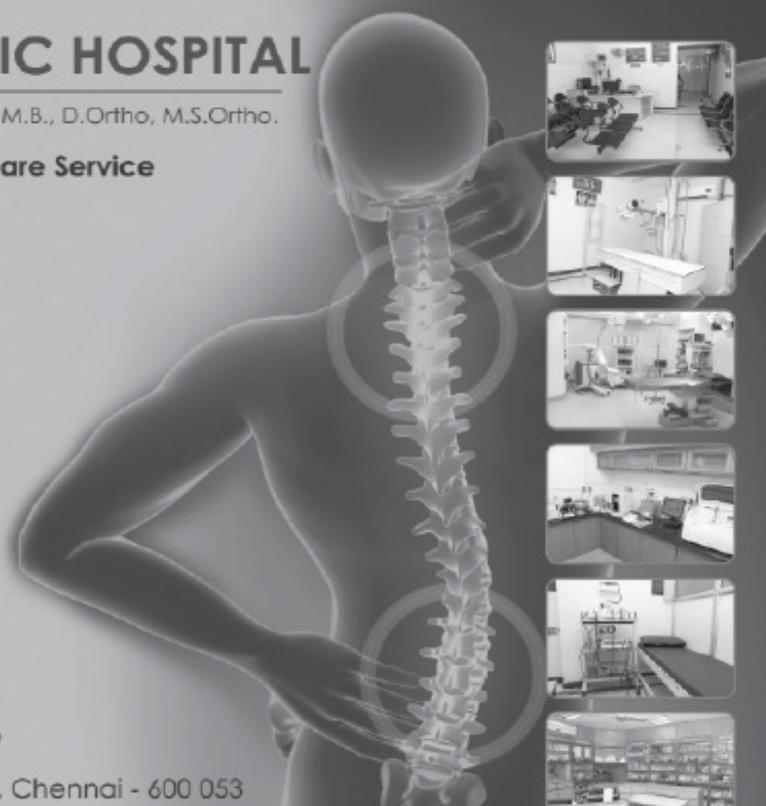
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