



**INNER WHEEL DISTRICT 323**

# *Manjari*

*Resilient, Selfless and Vibrant...*

**2021-22**



DISTRICT CHAIRMAN  
**KAMALA SELVAM**

DISTRICT EDITOR  
**SUPRIYA SUNDARARAMAN**



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*Supriya Sundararaman*

DISTRICT EDITOR

DESIGNED BY  
**BALAKUMAR SIVALINGAM**  
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## Inner Wheel Prayer

*Instill in us O Lord, the true meaning of friendship.  
Never let us forget that we are all Thy children,  
Notwithstanding the differences in our culture and creed.  
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 இறைவா!

நட்புணர்வின் உண்மையான பொருளை எங்களுக்குள் நிலைநிறுத்து!

எங்களுக்குள் சமய பண்பாட்டு வேறுபாடுகள் இருப்பினும், நாங்கள் அனைவருமே உமது குழந்தைகள் தாம் என்னும் எண்ணம் எங்களை விட்டு என்றுமே அகலாமல் இருக்கச்செய்!

நாங்களும் அவ்வப்பொழுது பிறரின் உதவிகளை வேண்டிடும் நிலையில் 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 மதிப்புமிக்கதாகக்கி, வீணாக நாம் வாழ்ந்து விடவில்லை என்பதை உறுதிப்படுத்து!



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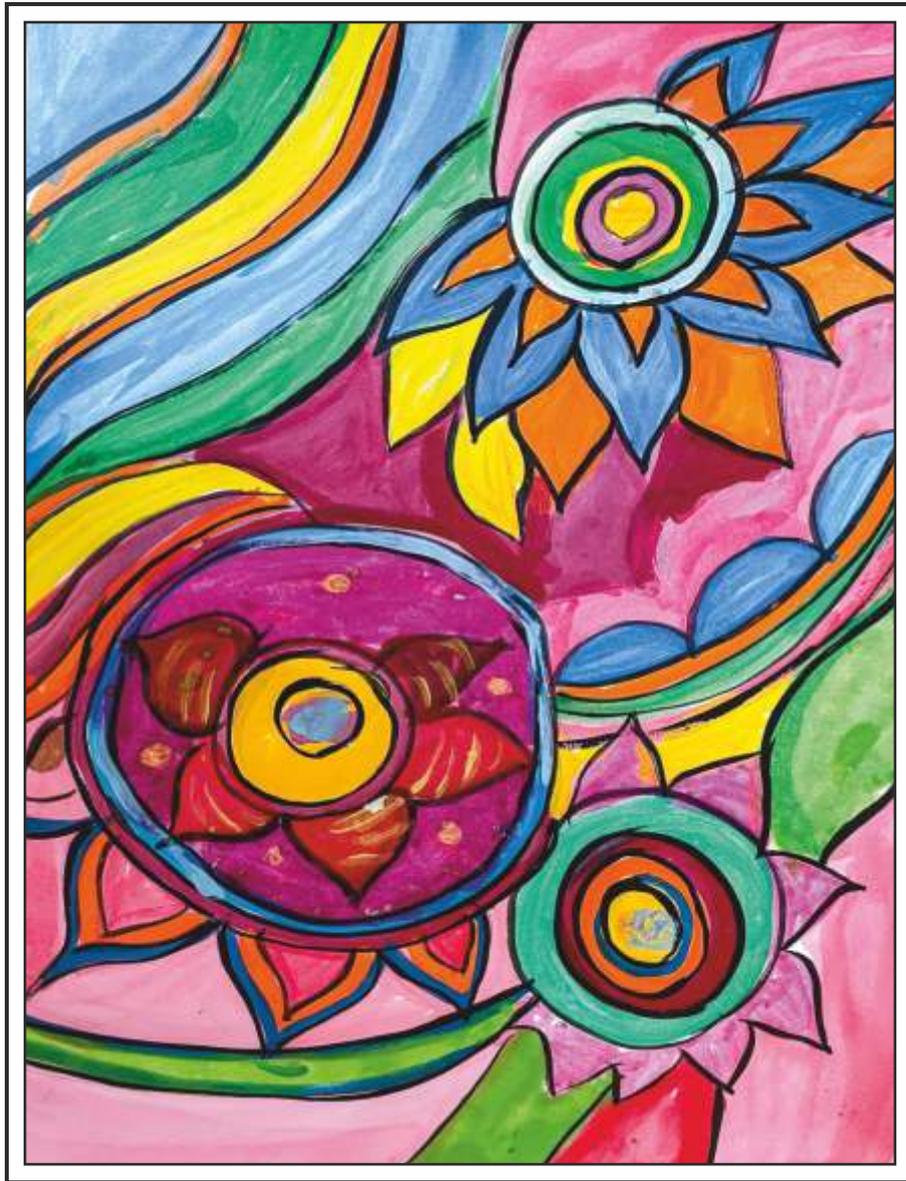
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# MESSAGES



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## FROM THE DISTRICT EDITOR'S DESK



*“We slept and dreamt that life was joy,  
we awoke and saw that life was service.  
We acted, and behold, service was joy”*

*- Rabindranath Tagore*

*There is no greater calling one can answer to, than that which benefits their family, friends, and their community. Inner Wheel is one such organisation with compassion, zeal, and commitment to doing good to society around us.*

*As the women of Inner Wheel, we are the “servant leaders” of our society, a term coined by Robert Greenleaf and practised in many community based organisations. In this, power is shared with people around us, putting the needs first of those around us, and helping those associated with us to develop and perform to their full potential.*

*Like the Primrose that blooms despite the frigid chill or the Zinnia that stands up to the unforgiving heat of the summer, our commitment to community service is resilient, selfless and vibrant. Our collective efforts to organize the many events over the last six months, despite every hurdle, have culminated in a diverse collection of community focused successes - a bouquet of impacts – our own Manjari. (In Sanskrit, Manjari means bouquet of flowers)*

*It is with great fulfilment and humility that I present our district souvenir for the year 2021 **Manjari**. The diversity of our impacts this year exceeds that of the fragrances and colours of a bouquet of flowers.*

*This journey and experience of working on this souvenir would not have been possible but for the support and guidance of DC Kamala Selvam, my colleagues in District EC, our PDCs and all our Pink First Presidents. Sincere gratitude to PDCs Lata Mahalingam, Kala Ravichandran, Nalini Prabhakar, Seema Bhargava and PP Sudha Suresh for their support in putting together this bouquet of our love and affection. I would also like to mention all the paintings of flowers in this souvenir are done by children from a special needs centre, RASA (Ramana Sunritya Alaya). A special thanks to these brave hearts.*

*In friendship and service*

**Supriya Sundararaman**  
District Editor



## DISTRICT CHAIRMAN



*My Dear Friends in Inner Wheel,*

*What an amazing 5 months it has been! Projects, events, competitions, new Clubs, friendship and service have all reached new heights, and the enthusiasm, energy and enjoyment is palpable in every nook and corner of Inner Wheel District 323. Unique, innovative, exciting and exhilarating is how I would describe the activities gone by and to be at the helm of affairs in such a wonderful scenario is the best thing that could happen to any District Chairman.*

*“There is nothing you can't say with flowers – when you send flowers, it says everything” – This year the language of flowers speaks for itself. The beauty of flowers has found its way in every avenue spreading its fragrance and leaving an indelible mark wherever it blooms. Roja, Thamarai, Malligai, Saamanthi, Sampangi, Manoranjitham, Alli, Vadamalli, Vilvam, Suryakanthi, Maghizhampoo, Iris, Thulir, Thazhampoo, Lavender, Tulips, Orchids, Daffodils, Beach Aster, Chembaruthi, Parijatham and now through “Manjari”, this Souvenir all our flowers will always hold a place in the heart of every Inner Wheel member. The amazing fact is that all 1800 Inner Wheel members are a part of this flower garden by the virtue of being involved in at least one project or the other. That has been my dream....to make every member involved and active during the year, for I believe that collective effort and involvement is the best way to success.*

*“Pink First” being the theme given by our IIW President Ebe Martines Panitteri and “SHEROES” being the goal given by the Association President Saroj Katiyar, the focus for the year has been on promoting Women Empowerment and gender equality. These are goals which I have always personally believed in and worked towards, so the enormous thought process that has gone into putting together the projects and activities for the year have culminated into the blooming of an exotic bunch of flowers. These have been presented very well by District Editor Supriya Sundararaman as a bouquet of flowers through this Souvenir. I congratulate her for bringing out this fragrant “Manjari” and hope its sweetness lingers in your memories forever!*

**Kamala Selvam**  
District Chairman



**DISTRICT EXECUTIVE COMMITTEE**  
**(2021 - 2022)**



**ARASI PONMOZHI A.T.**  
*District Vice Chairman*



**KAMALA SELVAM**  
*District Chairman*



**USHA SARAOGI**  
*Association Council Member*



**FATHIMA NASIRA**  
*District Secretary*



**DEVI MATHIMARAN**  
*District Treasurer*



**ARATHI NARAYANAN**  
*District ESO*



**SUPRIYA SUNDARARAMAN**  
*District Editor*



**RAKHI MAHER**  
*District ISO*

## DISTRICT CCC COMMITTEE



**PDC SEEMA BHARGAVA**  
Constitution & Credentials Committee  
Chairman



**PDC BHAMINI PARTHASARATHY**  
Constitution & Credentials Committee  
Member

## DISTRICT CO-ORDINATORS



**UMA KESHAV**  
Special Project Co-ordinator



**PDC NALINI PARTHASARATHY**  
Advisor Rubella

## **VICE CHAIRMAN & DISTRICT EXECUTIVE COMMITTEE**



*Dear District Editor Supriya,*

*On behalf of the District Executive Committee it is my pleasure to convey our best wishes to you and District Chairman Kamala Selvam on the release of the District Souvenir **MANJARI** at the District Conference **SAMANDHI**.*

*True to its name **MANJARI** will be an excellent collection of information on the work done by the clubs and the achievements of District 323.*

*We wish you all success in the compilation and publishing of the District Souvenir **MANJARI** which will be well appreciated by members of our district and the members of IW world wide.*

*Congratulations and Best Wishes for the conference **SAMANDHI**.*

*Affectionately,*

***Association Council Member - Usha Saraogi***

***Vice Chairman - Arasi Ponmozhi***

***District Secretary - Fathima Nasira***

***District Treasurer - Devi Mathimaran***

***District ESO - Arathi Narayanan***

***District ISO - Rakhi Maher***

***CCCC - Seema Bhargava***

***CCCM - Bhamini Parthasarthy***

***District Special Project Coordinator - Uma Keshav***



## IIW PRESIDENT



*Dear friends,*

*Inner Wheel was officially born in 1924 - and its centennial anniversary is rapidly approaching - thanks to the initiative of a group of ladies who met at the Turkish Baths in Manchester and gave start to one of the most important volunteering organisations in the world. Since that inaugural date, IW has been tirelessly working in favour of needy human beings, mainly girls, young and old women.*

*The Under Secretary General and UN Women Executive Director Phumzile Miambo Ngcuka declared that “One half is an equal share and only equal is enough”.*

***Women helping women, then, is the orientation of my IIW's Presidential Theme 2021-2022 “PINK FIRST”.***

*I'd like to share with you some ideas on how we, Inner Wheel members, can give our valuable contribution to achieve more just and equal societies. There will be four areas of attention:*

- \* Health;*
- \* Education;*
- \* Opportunity;*
- \* Empowerment.*

*Our aim in the coming year is encouraging women to take decisions on their own health care, own earnings and investments; Improving financial inclusion and economic awareness, Supporting women movements and leadership. I trust in all and each of us to give our contribution to the promotion of women's rights, to help women reach gender equality and to fill the gap, through true friendship, encouraging the ideals of personal service and fostering international understanding.*

*Thank you for your contribution.*

*In Inner Wheel and personal friendship*

***Ebe Panitteri Martine***

*IIW President*



## PAST IIW PRESIDENT



*My dear friends of District 323,*

*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 the halfway mark of our IW year - a midway point on the IW road, when we can look back with pride on what has been achieved and dream still on what more can be done for the rest of the year.*

*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 our dynamic Chairman Kamala Selvam, a number of remarkable projects have been executed. The South Zone Meet was a big feather in the District and Chairman Kamala's cap. But let us not sit back satisfied with all this. I urge you to keep up the good work by bringing in new ideas and thoughts and newer projects that can serve our community well. Each one of you is a Shero and never forget it.*

*Let me wish you all the best for the rest of our IW Year. I congratulate our soft spoken and committed editor Supriya for all her efforts to give us a memorable souvenir and I wish her all the best in this important task.*

***Kamala Ramakrishnan***

*Association President - 2000-01*

*IIW President - 2007-08*



## PAST IIW TREASUER



*Dear Supriya,*

*Conference is a time when we, as members, meet, greet and understand our organisation in a better manner. Times are changing and so is our organisation , we need to adapt and grow along with it amicably. These past 6 months have gone by full of fragrance and beauty. The projects have been well conceived and under the leadership of DC Kamala and District 323 has blossomed into a lasting bloom. Wishing the conference great success.*

*Remember to take care of yourself for you can't pour from an empty cup..... Life is too short to live in black and white, everything happens for a reason and there is no elevator to success, you have to take the stairs.*

*Thanking you ,*

***Azhagu Annamalai***

*Association President - 2008-09*

*IIW Treasurer - 2016-19*



## ASSOCIATION PRESIDENT



*Dear District Chairman Kamala,*

*Time revolves and so the Inner Wheel and its activities. Movement is life and change is the law of nature and if we do not change we stagnate. WE in Inner Wheel today are a strong group of 47000 plus members women with over 1500 vibrant clubs and we together are recognized as a robust and powerful force in the world. All of you have a great contribution in it and deserve congratulations.*

*I congratulate you for completing five successful months of Friendship and Service and showing great enthusiasm towards our organization and working together, keeping in mind the IIW theme 'Pink First' and the Association goals 'Sheroes'.*

*Hearty congratulations to you and District Editor Supriya for bringing out the District Souvenir 'MANJARI' collection of flowers. It is a testimony and mirror of the hard work and determination to keep the flag of District 323 running high.*

*You and your team have been able to accomplish many targets in the previous months. I feel proud to see the strides in all key goal areas: Empowering women, promoting solar energy, hosting projects on environment and climate protection, workshops on importance of E-Education, awareness programs on eradicating social evils etc. The adherence and commitment for increasing membership, adding new clubs, and branding Inner Wheel with a combination to maximize members interaction, attracting, and engaging youth and popularizing the events on social media is applaudable. The website is flooded with the innumerable projects you are doing. Congratulations and a big round of applause to all the Club Presidents and members. You as the Leaders and visionaries have worked hard over the last six months to help guide the clubs.*

*Congratulation for hosting a memorable and landmark event the South Zone Meet 'Confetti' to perfection.*

*Keep the momentum, keep the spirits high. This year a major event awaits you at Varanasi – The Triennial Conference – “Envision 2K22-Think: Implement: Achieve. Promote the conference among your members to have their greater involvement and participation.*

*See you all at Varanasi at the Triennial Conference – make it special with your presence.*

*We work best when we work together.*

*Together we can do more.*

*Together we can achieve more.*

*So together let's contribute to make this year as year of success, a year of prosperity, a year of satisfaction.*

*With Love,*

**Saroj Katiyar**

*Association President & National Representative*

*Association of Inner Wheel Clubs in India*



## ASSOCIATION VICE PRESIDENT



*Dear DC Kamala, District Editor Supriya, District EC members and all members of District 323.*

*It is with much joy that I pen a few words for your District Souvenir to be released at your District Conference Manjari.*

*Your district has always been known for its outstanding leaders, achievements, hospitality and it's rich traditions and culture*

*A district that is known for its compassion, selfless service, generosity, to the less fortunate and the needy - your saga of service in the years gone by, and this year under the dynamic leadership of Kamala Selvam has been outstanding. Congratulations District Chairman, your projects are unique - you have devised and created new ways to serve the underprivileged with the maximum impact. You have drawn the best from your team and you have all worked together in a spirit of friendship and service. You have inspired the district to do the same. Well Done!*

*We, as empowered women, are also striving hard to empower women to stand brave and strong, and face challenges. No challenge, no pandemic, can deter us. We face it with our heads held high and our spirits strong and without fear.*

***Accham illai, Accham illai***

***Accham enbathu illaiye***

***by Subramania Bharathi has been my mantra - Never Fear***

*I exhort you too, my dear friends, to be fearless in your pursuit of what is just and right in friendship and service.*

*In Inner Wheel Friendship and Service*

***Dr Surjit Kaur***

*Association Vice President & Deputy National Representative*

*Association of Inner Wheel Clubs in India*



## ASSOCIATION SECRETARY



*Dear Supriya,*

*Warm festive greetings from the desk of Association Secretary, Anuradha Chandak!!!*

*Wishing all of you a very happy new year too.*

*This year has seen us grapple with many situations and win over them. Through Manjari, I would like to congratulate each on you for the wonderful work being done.*

*Manjari means a collection and I am sure the collection of worthy projects highlighted in this souvenir will be the proof of happiness on the faces of the needy.*

*With this success, comes greater opportunities and challenges which I am sure you will face with same zeal and zest.*

*Congratulations once again. Let us continue to foster friendship amongst ourselves, and do meaningful projects for the society.*

*Let me end by this beautiful acrostix*

*M. make and pave*

*A. a*

*N. new*

*J. Journey*

*A. And*

*R. Revel and live*

*I. In it*

*Lots of love and good wishes*

**Anuradha Chandak**

*Association Secretary*

*Association of Inner Wheel Clubs in India*



## NATIONAL EDITOR



*Dear District Chairman Kamala and Editor Supriya*

*Warm Inner Wheel greetings !*

*I congratulate DE Supriya on bringing out District souvenir.*

*District souvenir is always a reflection of work done by the clubs as well th District officers in the months gone by and I am confident that you must be having all that covered in the souvenir.*

*With theme PINK FIRST /Association Goal SHEREOS District has undertaken unique service projects towards the community. As well as promoted friendship by connecting with other IW members all over the country through Exchange / Inter District programmes.*

*There in all of us is an energy that propels us to move beyond, a passion that has the power to turn our dreams, desires and vision into reality. We must demonstrate our passion for service and our vision of a strife free world-changing into liveable, loveable and luminous place to enjoy.*

*My best wishes to future endeavours. Continue your dedication towards the goals by touching hearts by serving needy people and promoting friendship among IW members.*

*Enjoy Inner wheel ....*

*Enjoy friendship .....*

*Enjoy every moment ...*

*Yours in friendship*

**Veena Swamy**

*National Editor*

*Association of Inner wheel clubs in India*



## ROTARY DISTRICT GOVERNOR



*Dear District Chairman Kamala Selvam and District Editor Supriya*

*“One Woman can make a difference but together they can rock the world”*

*Inner Wheel is a demonstration of the goodness that can happen in the world when a diverse & strong group of women come together with the spirit of service & friendship. We at Rotary district 3232 are proud to walk together with Inner Wheel District 323 on this path of bringing change and impact in our communities.*

*Rotary is deeply committed to nurture Diversity, Equality, Inclusion and it gives me immense pleasure to know about the various initiatives & best practices that have been rolled out under the dynamic leadership of District Chairman Kamala Selvam to foster Inner Wheel's focus areas of Women Empowerment, Diversity, Inclusion this year.*

*The year 2021-22 is none like the others for its unpredictable flavors of transition between different phases of pandemic where it seems normal one moment and goes in to extreme in another, where people are moving between online & offline modes of work and engagements, adding to these swinging patterns is natural phenomenon like floods, incessant rains causing havoc to many lives in our city. Such times call for a different mantle of leadership that reflects resilience and responsiveness with compassion, boldness to innovate & set new benchmarks and lady at the helm Kamala Selvam rightly is doing a great job to steer the team to success in everything she takes up while enriching her members. I am confident the leaders, members of Inner Wheel District 323 will constantly innovate new ways of fellowship to foster deeper bonding while changing lives through their heartfelt projects.*

*My heartiest Congratulations to District Editor Supriya Sundararaman & her team for spearheading this beautiful souvenir Manjari .*

*Wishing all the members and leaders of Inner Wheel District 323 a fulfilling year of service, impact and friendship. We look forward to our journey ahead with you. Let's together serve to change lives and be a shining example of collaboration and partnership that thrives with Diversity, Gender Equality & Inclusion.*

***Rtn J.Sridhar***

*District Governor*

*RI District 3232*



## ROTARY DISTRICT GOVERNOR



*Dear Chairman Kamala Selvam & Editor Supriya,*

*I am indeed delighted to convey my good wishes to Chairman Kamala Selvam and happy to offer my appreciation on the publication of District Souvenir “Manjari”*

*I always believe “Success will come to those who don't seek validation from others and believe in their thinking” and You're a person of that kind.*

*I heartily congratulate you and all Inner Wheel members in hope to witness fresh ideas and prospects.*

*I hope the Chairmanship excites you and prepares you for the challenges ahead. I even hope that your mission and vision takes your District to excellent heights and prosperity.*

*Both Rotary and Inner Wheel in our District are a Unique combination exemplifying how we both organisations work hand in hand.*

*I once again deliver my inordinate congratulations, support and celebratory words to you and your team.*

*Nandhini joins me in wishing you a grand success and a memorable year.*

*Regards*

***Rtn Nirmal Raghavan***

*District Governor (2021-22)*

*RI District 3231*



## GUIDING STARS OF INNER WHEEL DISTRICT 323



**PDC Kamala Ramakrishnan**  
PIIW  
2007-08



**PDC Azhagu Annamalai**  
PIIW Treasurer  
2016-19



**PDC Mano Bhakthavatchalam**  
PAP  
1984-85



**PDC Nirmala Desikan**  
Past Hon. Association Secretary  
1987-88



**PDC Kala Bashyam**  
Past Deputy National Rep.  
1997-98



**PDC Sangameshwari  
Pattabhiraman**  
District Chairman 1993-94



**PDC Sitaa Laxminarayana**  
District Chairman  
1994-95



**PDC Vasanthy Rao**  
District Chairman  
1996-97



**PDC Shanthi Gopal**  
District Chairman  
1997-98



**PDC Rama Rajagopalan**  
Past Hon. Association Secretary  
1999-2000



**PDC Nallamai Ramanathan**  
District Chairman  
1999-2000



**PDC Malathi Ananthan**  
District Chairman  
2000-01

## GUIDING STARS OF INNER WHEEL DISTRICT 323



**PDC Nalini Prabhakar**  
District Chairman  
2001-02



**PDC Shanthi Kannan**  
District Chairman  
2002-03



**PDC Radha Ramesh**  
District Chairman  
2003-04



**PDC Dr. Shashi Shyamsundar**  
District Chairman  
2005-06



**PDC Radha Ranganathan**  
District Chairman  
2006-07



**PDC Bhamini Parthasarathy**  
District Chairman  
2007-08



**PDC Sushila Natraj**  
District Chairman  
2008-09



**PDC Radha Sankar Krishnan**  
District Chairman  
2009-10



**PDC Kala Ravichandran**  
District Chairman  
2010-11



**PDC Latha Mahalingam**  
National Editor  
2016-17



**PDC Vasumathi Marimuthu**  
District Chairman  
2012-13



**PDC Mallika Venkatramani**  
District Chairman  
2013-14



## GUIDING STARS OF INNER WHEEL DISTRICT 323



**PDC Swarnalatha Jothikumar**  
District Chairman  
2014-15



**PDC Seema Bhargava**  
District Chairman  
2015-16



**PDC Shama Prasanna**  
District Chairman  
2016-17



**PDC Padma Preetha Sumanth**  
Hon. Association Secretary  
2017-18



**PDC Kala Rajashekar**  
District Chairman  
2018-19



**PDC Nallini Olivannan**  
District Chairman  
2019-20

### Past District Chairman

*Dear Editor Supriya,*

*It is difficult to write anything this year without the fragrance of flowers wafting in! What a year it is turning out to be! We are just half way through and it seems as if the world around us is covered in every hue and colour known to nature!*

*Chairman Kamala Selvam, ably assisted by you and the other members of the District EC, has led all the clubs and members in a high adrenaline rush! There is something happening somewhere every day! Covid—who?*

*I have no doubt that the Souvenir you put together will reflect all this and more. Your enthusiasm as you have reported on all meetings over the last two years is a good indicator of what we can expect!*

*On behalf of all the Past District Chairmen of IWD 323, I wish you the very best and look forward to a souvenir which will be a keepsake.*

**Sushila Natraj**  
Past District Chairman  
Inner wheel District 323



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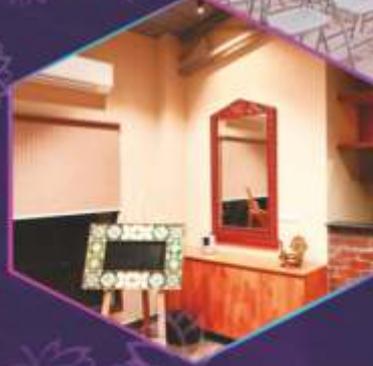
Pink lotus



*Private  
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*Aesthetic  
Ambience*



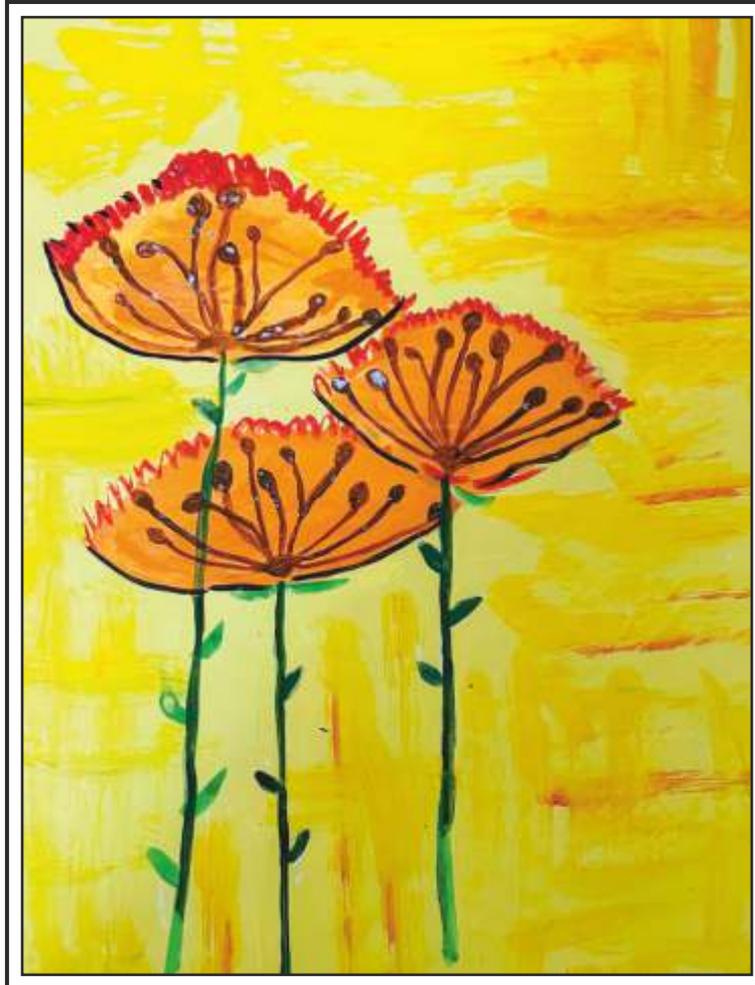
*Curatded  
Decors*



*Be creative to use this profesionally  
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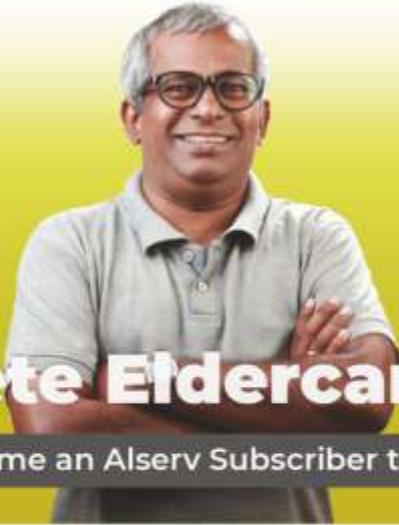
17 Bharathi nagar, 2nd Street, T.nagar Chennai - 17  
Contact - 9092123456

# REPORTS



*Coming together is a beginning  
Staying together is progress  
And working together is success*

*- Henry Ford*



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## DISTRICT CHAIRMAN'S REPORT



*my tenure as the District Chairman of Inner Wheel District 323.*

*"A journey of a thousand miles starts with a single step". My journey started with that single step and here I am running to catch up with the myriad activities that keep me huffing and puffing delightedly to keep pace with the flow of events. And what a journey it has been!*

*Planning for projects that I had envisioned started in January much ahead of receiving the IIW theme and Association Goals. Slowly things started falling in place and before I realized we were already packing our bags to leave for the ICI at Coimbatore to be held on the 9th, 10th and 11th of April. It was like going for a college get together and I thoroughly enjoyed the gruelling training sessions preceded by the cultural entertainment, interspersed with food for thought and for our palates. The added bonanza was making friends with my wonderful set of batchmates from all over the country and three days with the sprightly young ladies reminded me of how diverse our cultures can be but how united we are when we set out to achieve a common goal.*

*Our Association President Saroj Katiyar has been an inspiration from the day I met her. Her carefully*



*chalked out goals, well planned calendar, lengthy introduction of each Chairman elect and clear vision, spoke volumes of the*

*hard work and meticulous planning she had put in. "SHEROES" – standing for Stree Sakthi – women empowerment, Health and hygiene, Earth Care, Refresh at the Triennial Conference, Orphan and old age care, Eradication of Social evils and Spreading the wings of Inner Wheel was to be the mantra for the year ahead. I lapped it up with due diligence and was doubly happy that my passion for women empowerment had been envisioned in her goals too.*

*The virtual International Inner Wheel convention held on the 17th and 18th of April unveiled the IIW theme for the year*

*"Pink First" as given by our IIW President Ebe Martines Panitteri. Women empowerment and gender equality was to be the focus area and building "Strong Women in a Stronger World" was the social logo. A very apt theme for our women of today who are raring to go and reaching for the skies. Both "SHEROES" and "Pink First" gave me purpose and a goal to focus on.*



*"Flowers speak only one language; The language of beauty!" What better way to say it than to "Say it with flowers"*

*Thus bloomed my "Language of Flowers" – Flowers of every shape, size and colour unfolded to spread its fragrance.*

***SURYAKANTHI** – District officers training seminar was held on 29th May 2021 and our PIIWP Kamala Ramakrishnan and PIIWT Azhagu Annamalai were the faculty*

***ROJA** – The Club officers Training institute held virtually on 5th, 6th and 7th of June with our eminent PDCs as the faculty provided the necessary*



inputs that the Club Presidents, Secretaries, Treasurers and ISOs needed. For the first time the manuals for the four office bearers were included in the District Directory which serves as a ready reckoner for the leaders at the Club level.

**THAMARAI** – District Assembly saw the blooming of the “Lotus” and her team of District Executive Committee members. Held on the 3rd of July at Hotel Crowne Plaza this was a Hybrid meeting where 75 people attended physically and around 350 members made their presence virtually

**IRIS** – Programs for new members have been conducted virtually by District ESO Arathi Narayanan



The icing on the cake in the ESO front has been the formation of three new Clubs – Inner Wheel Club of Chennai Daffodils with 41 members, Inner Wheel Club of Chennai Beach Aster with 20 members and Inner Wheel Club of Chennai Rhythm with 23 members.

**PANGEA** – The joint ISO program saw almost 163 participants from all Clubs and this was meticulously steered by District ISO Rakhi Mehar

**MALLIGAI – CONFETTI** – South Zone Meet hosted by Inner Wheel District 323 on the 30th and 31st of October at Hotel ITC Grand Chola with six other Southern Districts participating was a huge hit. Appreciative messages have been pouring in

from all quarters. Our Association President Sarojji appreciated the gorgeous venue, fabulous entertainment, interesting interactive sessions, motivational keynote speakers, sumptuous food, exhilarating company and warm hospitality which all together made it a par excellence experience.

If the beautifully strung garland of events lined up till date was something to feel proud about the projects served as the crowning glory to the action-packed year.

Innovative...exciting...thoughtful...challenging.... are some of the descriptive words that come to mind when we see the kaleidoscope of projects our Pink Presidents conjure up. Every morning heralds a new dawn, new thoughts, new ideas, renewed visions woven together to form a multi-hued tapestry that idealizes Inner Wheel District 323.

In sync with the Association Goals SHEROES, the Special Projects Team which worked closely along with me to make my dream a reality has conjured up a beautiful bouquet of flowers, dedicatedly executed to perfection by the Pink Roses Presidents and the Clubs of Inner Wheel District 323.

Name the project and our quick-silver Presidents would have done them all!

Stree Shakthi signifying women empowerment is being passionately pursued by members of Inner Wheel District 323. Manoranjitham a three-day workshop for college students which focuses on soft skills training, goal setting, Govt. schemes and



loans available, vocational guidance, mind body alignment, menstrual hygiene, ways to relieve stress, breast cancer awareness, media de-addiction, cyber security, child abuse, sexual harassment at workplaces and online relationships has been conducted online via Zoom for 15 colleges covering 4800 students so far and the response has been tremendous. We have many more colleges in the pipeline waiting for their turn to partner with our Clubs for this program.

Orchids is an online women empowerment program to encourage and provide insights into women entrepreneurship specially designed for the women of Inner Wheel District 323. Webinars on being a confident investor, how to start a business for first time entrepreneurs, business ideas and options available, angel investing, media management, social media and digital marketing and advertising, GST and other taxes are being conducted on the first Saturday of every month with eminent and accomplished speakers giving informative and insightful speeches woven with anecdotes from their life experiences.

Tulips online Inner Wheel bazaar is conducted every month via Zoom with 6 participating Inner Wheel Clubs who showcase the products and services of women entrepreneurs of their Club. This virtual bazaar initiative is a huge hit among our members from when it was started. Women entrepreneurs look forward to this and have termed it a great way to connect with other Inner Wheel members. Inner Wheel members are encouraged to buy only from Inner Wheel members before looking outside for products and services.



Educational support to deserving students, renovation of toilets in schools, painting of school buildings, and improving infrastructure to empower children, particularly girls to pursue their education have been taken up with a passion by all Clubs.



*Job fairs, vocational training for youth and women in tailoring, weaving, beautician courses, e-learning and computer courses are other projects taken up by Clubs.*

*Taking up cudgels for transgenders, many of our members have selflessly thought out different ways to empower them to bring them into the main stream. There is a project by one or more Clubs almost every day to support the Transgender community. Vocational training, skill development, supply of provisions and clothes, job fairs and placement assistance, loans for setting up their business and educational support are few of the projects taken up to support the Transgender community.*

*The best form of empowerment is to provide a source of livelihood to a deserving person. Clubs of Inner Wheel District 323 have identified 40 deserving underprivileged women and transgenders and have provided mobile carts for them to sustain their living. Approximate cost of this project is around Rs. 6.0 lakhs and it was inaugurated by Honourable Governor of Telangana and Lieutenant Governor of Puducheri Smt. Dr. Tamilisai Soundararajan at the South Zone Meet hosted at Chennai by District 323, in the presence of our Association President Saroj Katiyar.*

**Vilvam** – Earth Care has become a revolution in our District. Members are into terrace gardens, igniting young minds with kitchen gardens in schools, old age homes and orphanages and planting saplings and trees in abundance. Many others have taken up composting with a passion, awaiting the Black Gold in anticipation!

*Sustainable Cleaning solutions program by District Secretary Nasira helped to add to the momentum of Earth care and was well received by all the participants.*

*Orphanage and old age home support is a continuous project for many Clubs and this year it resumes with Clubs providing clothes, provisions, improving infrastructure and lighting up their lives with Thazhampoo music concerts and Vadamalli story telling and activity sessions every month.*





*Animal care has been another passion among many of our members who feel strongly for our four legged friends. Whether it is feeding stray dogs, Vaccinating stray animals or reviving a dying Snake park our Pink Presidents have done it all.*



*Mazhalai Oli, the Signature Project of our District conducted every year during the time of Diwali and the brain child of Convenor Past District Chairman Nallammai Ramanathan has been continued this year too with 1100 children from shelter homes and orphanages being provided with goodie bags containing sweets, stationery, note books, sanitary kits, masks, juices and chocolates. This project costing around Rs. 7 lakhs is very soul satisfying and brings happiness to the girls and boys of the orphanages.*

*Thinking differently - out of the box- has become the new norm and it makes us feel that the pandemic exists now, only in the minds of the unrelated few. We are only half way through the year and hope to reach out to many more deserving women through our Stree Sakthi women empowerment programs. After all, if we women who understand the difficulties faced by other women do not reach out and lift and empower those in need who else will?*

*May the journey continue.....*

***Kamala Selvam***  
*District Chairman*

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## VICE CHAIRMAN'S REPORT

*After a busy and active five years in various posts in the District EC, now as VICE CHAIRMAN I find it relatively easy going with more time on hand to do various things. One work that was entrusted to me during the year was to be of help to the club presidents to hold the monthly Presidents meet. The Monthly Presidents meet is very unique to our District which is held usually on the first Saturday of every month. These meetings help to facilitate movement of information from Districts on matters relating to administration and Association and from the clubs to the District EC. This two-way exchange of information and ideas between the EC and Clubs helps in the administration of the District Efficiently. After the reports of the District EC members the presidents interact exchanging ideas and information on their club events and achievements. Games are conducted at the end of the official session and mementoes distributed to the attendees. Every meeting is followed by High Tea. A minimum of ten meetings is held in an IWC year and is hosted by a group of clubs. This gives an opportunity to the Host Club Presidents to showcase their ability to work as a team and to coordinate events thus creating an everlasting bond among them. Every President meeting has a Unique name and a theme. Every Meeting is properly minuted and recorded by the Dist.Secretary. The theme is chosen in line with the major event in the particular calendar month. Keeping in tune with the floral names chosen for the events this year by our District Chairman, the presidents choose the name of medicinal flowers for the Meets.*



**First President Meet- 7th August 21. Name- Avaram Poo – Theme – Freedom**

*Host Clubs 1) IWC of Adyar, 2) Kancheepuram 3) Madras Mount 4) Chennai Stars 5) Chennai Adambakkam and 6) Chennai Fort St. George.*

*The presidents had come dressed in*

*Kadhi cotton to commemorate the Indian Independence movement.*

**Second President Meet – 4th Sept 21, Name Thumbai Poo, Theme – Teachers Day.** (to commemorate the birth anniversary of former President of India Late Sarvapalli Radha Krishnan.)

*Host Clubs IWC 1) Madras South, 2) Madras Cosmos 3) Chennai Symphony 4) Chennai United 5) Chennai Rainbow & 6) Chennai Melody*



*The presidents were dressed in white which usually the color choice of the teachers.*

**Third President Meeting – 9th October 21, Name- Punnai Poo, Theme Navarathri.** (to celebrate the festival of Dussera)

*Host Clubs IWC OF 1) Madras Midtown 2) Madras Metro, 3) Chennai Sunshine 4) Chennai Vibrant 5) Madras Osian & 6) Chennai Harmony.*



# DISTRICT SECRETARY REPORT

## *Club Secretaries Program Sustainable Cleaning Solutions*

***"The most environment friendly product is the one you didn't buy, but made"***

*This idea was the seed for The Club Secretaries' virtual Program on Sustainable Cleaning Solutions held on Saturday, 26th September, 2021 at 3.30 pm via Zoom.*

*The workshop started with opening remarks by District Chairman Kamala followed by District Secretary Nasira addressing the gathering on the hazards posed by store bought Cleaners to environment and people*

*The main event consisted of 3 portions*

- 1. A talk by Kalpana Manivannan, Sustainability Coach and Organic Farmer on her journey of embracing a sustainable lifestyle and how we can adopt it.*
- 2. An introduction to making bio enzymes from kitchen waste and how it can be used by Alka Bhagava, Green Soldier and Zero waste Warrior.*
- 3. A video on the process of making Bio enzymes by mixing citrus peels, jaggery and water in the ratio of 3:1:10 respectively, followed by a Q & A session.*

*PDC Sushi Natraj then shared her reflection and thoughts on the workshop. All the Club Secretaries were fully involved and participated in some way in the conduct of the program which came to an end by playing a video with messages on Sustainable Cleaners from the rest of the Club Secretaries.*

*The program was much appreciated by everyone and has inspired many to start experimenting with making their own all natural Cleaners at home and using it to clean their stuff and homes. With this virtual workshop the Club Secretaries together took a small step towards creating awareness on preserving the environment and marching towards a natural, organic and sustainable lifestyle.*

***Fathima Nasira***  
*District Secretary*



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## DISTRICT TREASURER'S REPORT



*Mazhalai Oli 2021, Joy of giving, Virtual program.*

*After a pandemic break the most awaited Mazhalai Oli took a new shape to bring happiness to the children.*

*Years down Mazhalai Oli was celebrated with deserving children ,from different schools or homes gathered from various parts, in and around Chennai by our clubs of inner wheel District 323.,all under one roof. The children were then entertained with music and dance, and they would also enjoy dancing, complimented by sumptuous food & snacks . A celebrity from the Tamil film Industry would be 'The icing on the cake'. The event gets completed with crackers waching & children leaving happily with a goodie bag, filled with surprises, watching crackers*

*Mazhalai Oli - 2021 was a virtual program held on the 23 rd of October . After the impact of the pandemic, schools were yet to reopen ,hence IWD 323, through our*

*club Treasurer's along with their club President's and members reached out to 1065 children within a short span of 40days.*

*They have entertained the children with their own innovative ideas and made the children extremely happy, clicked pictures and made a video of 1 minute per club. Then these videos were compiled and played on the day of the virtual celebration that took place on the 23 rd. of October.*

*Club Treasurer's and Club Presidents also made 2 videos each , one of dance and the other with Diyas ,that was displayed on the day of virtual celebration.*

*The Chief Guest for Mazhalai Oli was the famous actress Sanchita Shetty, who inspired the members very sweetly,her bubbly talk was well received and cherished by all participants.*



*Our Diwali celebrations get brighter when celebrated with the underprivileged children.*

*The most beautiful thing in the world is a Child's smile.*

*The next best thing is knowing that you are the reason behind it.*

*Credit goes to our Convenor PDC Nallammai Ramanathan, who has been reaching out to the most needy children, for the past 2 decades by relentless and consistent service.*

*Packing goodie bags for the children towards Mazhalai Oli was done at PDC Nallammal's office very meticulously, where all the treasurer's had a gala time . She provided a sumptuous lunch and high tea. DC Kamala Selvam, amongst her busy like schedule, was present during*





*the packing . The bags were designed to resemble a school bus in pink colour, looked very attractive and was a feast to the eyes. Bags were filled with items hand towels, notebooks ,colouring books, masks, pens,crayons , soap, sanitizer.,Chocolates and candy sweets and savoury*

*The treasurer's carried their goodie bags & visited the respective homes to distribute them and celebrated Diwali along with them.*

*The best part was when the children received the goodie bags, their happiness was awesome and infectious.*

*Program Co Convener Devi Mathimaran District Treasurer, was glad to be part of the Mazhalai Oli.*

*We had received a contribution from clubs as cash Rs. 1,98,001. Total value in cash & kind spent for Mazhalai Oli was Rs.5,61,978.*

*We had around 190 participants in zoom ,enjoyed and well appreciated by all IW members.*

***Devi Mathimaran***  
*District Treasurer*

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## DISTRICT ESO REPORT

*Membership development is the key to every organisation's stability and sustenance. In this regard, the year began with briefing the clubs on the importance of membership vide a video and booklet entitled "All About Inner Wheel".*

### **District 323 welcomed three new Clubs into its fold.**

- \* *The Inner Wheel Club of Chennai Daffodils was inaugurated on 18th July 2021 with 41 accomplished ladies as its members. The Club was sponsored by the Inner Wheel Club of Chennai Gemini and received its Charter on 21st September 2021.*
- \* *Inner Wheel Club of Chennai Beach Aster was sponsored by Inner Wheel Club of Chennai Thiruvanmiyur with 20 proficient ladies as its members on 7th November 2021.*
- \* *Inner Wheel Club of Chennai Rhythm was inaugurated on 15th November 2021 This was sponsored by Inner Wheel Club of Chennai Symphony. The Club has inducted 20 talented ladies into the Inner Wheel forum.*



### **Revival of Clubs**

- \* *The Inner Wheel Club of Madras Ashok Nagar was revived on 6th November 2021. It was heartening to note that the members of the club are keen on continuing their services towards Inner Wheel despite all odds.*

*A series of membership development programs were conducted under the title "IRIS" - the flower symbolising wisdom.*

- \* *IRIS - I held on 28th August via Zoom involved new gen clubs interacting with each other on the right way to balance home, career and Inner Wheel. Chief Guest Michelle Atkinson, National President of Inner Wheel New Zealand, a new gen member herself was an inspiration.*
- \* *IRIS - II held on 6th September via Zoom involved Clubs existing in Inner Wheel for over 20 years. Discussions on keeping Inner Wheel relevant to the members brought out innovative ideas to engage members old and new. PIIWT Azhagu Annamalai was Chief Guest while an international perspective on membership was brought in by PBD Trish Doughlas who was Special Guest.*





A special word of gratitude to PIIWT Azhagu Annamalai for introducing us to the international speakers and PDC Seema Bhargava for her advice during the making of the introductory video and booklet.



We plan to have to more programs under the IRIS series wherein we would engage with speakers across the world to discuss ways and means to strengthen Inner Wheel.

**Arathi Narayanan**  
District ESO



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# DISTRICT ISO REPORT

## **ISO EVENTS IN THE NEW NORMAL**

The clubs of District 323 hosted a variety of ISO events and competitions. They were peppered all throughout August, September and October 2021. Following were the events:

*Aapki Farmaish, a pan India online musical evening for friendship day; A Virtual Run; Jhankaar, a windchime making competition; ABCD, an online dance workshop; Mahakavi Bharathi, a patriotic song and poetry competition; Pen for patriots, a poetry competition; Handlooms of India, a handloom showcase competition; Independence Day Celebrations; Rang De Basanti, a kolam making competition; A Quiz; Interflora, a floral jewellery making competition; Double Dhamaka, a singing and vegetable decoration competition; and Pink Feast, a cooking competition.*

All the club members participated enthusiastically and with high energy. Prizes were also given to the winners.

### **Pan India Competitions by District 323:**

*Making eco-friendly masks, with 30+ participants from various districts; and Petals on plate, a floral cooking competition, with 60+ participants from different districts.*



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and  
SPECIAL GUEST  
Mrs. Kamala Selvam  
District Chairman, IWD 323  
ZOOM LINK: <https://us22web.zoom.us/j/87129568213?pwd=TFExSHlic2x3NndwRkZkdzRGM3Q09>  
Meeting ID: 871 2956 8213      Passcode: 2021  
Mrs. Rakhi Maher  
District ISO, IWD 323

### **Pangea: the Mega ISO Event**

*Pangea was a showcase of cultures from the 7 continents. With around 150*

*participants, demonstrating cuisine, dance and skits that represented their continents. A token of appreciation was distributed to all participants.*

### **Flag Exchanges:**

*Members of District 323 exchanged flags with different districts to promote friendship and fellowship.*

*Our members participated for competitions organized by 13 other districts and won prizes there too.*

**Rakhi Maher**  
District ISO



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# EDITOR'S REPORT

***AN EDITOR IS LIKE A PAINTER. THERE IS A MAGIC IN THAT.***

***- Sam Rockwell.***

*They say motivation is a combination of enthusiasm and clear perception which enables us to accomplish a task or overcome a challenge. It is the desire to be continually interested and committed to our task or to attain a goal or cross a tough path.*

*Opportunity to serve in the District EC of Inner Wheel, District 323, which is an amalgamation of very committed members and led by stalwarts past and present has been an opportunity to cherish.*

*As an Editor it has been a great learning experience. I dived into uncharted territory and taking it in the stride enjoyed every moment of learning in the process.*

*Be it understanding, coordinating and updating our dynamic website, learning with the trend to capture the moments of installations with amateur small videos, updating our social media sites with such diverse and wonderful projects which reach out to the most needy, by our Pink First Presidents. Each one of it has been a great learning experience.*

*A bi monthly newsletter Parijatham represents all the events and projects and reports. ( Keeping with floral theme of year I have named our magazine Parijatham meaning coral jasmine). Till now 2 editions are released. Next one in the coming month is planned.*

*The most cherished moment and great learning experience has been working on our District Souvenir, MANJARI ( a bouquet of flowers in Sanskrit). The planning, putting together the whole souvenir, reaching out for advertisements, messages and articles and designing has been a journey which I shall always hold close to heart. In this journey I have to thank everyone who has helped in every stage of putting it together.*

*The bonding, learning and friendship this year has been amazing and hope that I will do justice to the role assigned to me this year.*

*My favourite few lines which I love to quote often*

***THE WOODS ARE LOVELY, DARK AND DEEP  
BUT I HAVE PROMISES TO KEEP  
AND MILES TO GO BEFORE I SLEEP  
AND MILES TO GO BEFORE I SLEEP !***

*Yours truly*  
***Supriya Sundararaman***  
*District Editor*



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## SPECIAL PROJECTS COORDINATOR'S REPORT

*If the proof of the pudding is in the eating, the fragrance of the flower is in it's blooming! **Manoranjitham** is a revelation of the inherent goodness of the givers and takers – our inimitable faculty who give their best and our enthusiastic students who absorb every little bit, with over-whelming gratitude. What more can a satisfied gardener who has carefully prepared the ground and planted the choicest of seeds, wish and pray for from Nature!*



*When 'Manoranjitham' as a model, was first visualized, it was a novel concept, designed as a one-of-it's-kind, to bring our attention entirely to the college- student community. They seemed to be in need of the awareness and guidance to hold them together once they left their cocoons after college to say 'Hello World'!*

*Details of members in our District made indentifications easier. Discussing and working on their strengths, we found the topics fall into place.*

*Flowers speak a beautiful timeless language, each having an ancient and spiritual meaning, conveying messages beyond the spoken word.*

*So this awareness was conceptualized as Suryakanthi, Lavender and Maghizhampoo with easy-to-take-in sessions of twenty minutes, spread over 3 days with three to four speakers per day.*

***Suryakanthi** – like the Sunflower; our participants are hand-held and trained to visualize their goals, enhance their soft skills and communication skills, while groomed to conquer the competitive world outside with entrepreneurial knowledge and vocational guidance.*

***Lavender** - is the mind and body relaxant for an MBA – Mind Body Alignment, nutrition and fitness for an all-rounded lifestyle of good health and happiness.*



***Maghizhampoo** – the stress-buster for the brain, deals with social addictions, cyber security, sexual harassment in workplace and the dangers of online relationships. Every problem has it's own solution. This awareness connects with it's remedies.*

*We are so proud of the caliber of the faculty we have, most of them from our own clubs, not to mention our visiting faculty, all of whom are professional leaders in their chosen field. To them, this is service of a different kind, but a much-needed one. Their passion shows in their presentations week on week, thus taking Manoranjitham to tumultuous heights of 17 colleges and about 5000 deserving students in a space of five months*



*and we are still counting... To quote Bill Gates, "we all need people to give us feedback. That's how we improve. The feedback has been awesome and very encouraging. We don't rest on our laurels. The only thing constant is change and we work on it with good intentions.*

*Our Presidents have the happy but onerous task of identifying colleges. The faith they have shown in the system is touching, evident when colleges and Presidents repeat the workshop.*

*I was at a loss to decide whether I should shower my gratitude on our Presidents, our faculty or on the District Chairman. I realized very soon that all three are an unbeatable and winning combination that work best to take Manoranjitham to the next level.*

*In all humility, I deem it a privilege to have been chosen as the Special Projects Coordinator by Chairman Kamala who has been making this such an inspiring journey for all those of us involved. We seek the continuing blessings of the Almighty for this year to unfold as beautifully as envisioned.*

**Uma Keshav**  
Special Projects Coordinator



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# Confetti

South Zone Meet 2021-22

Hosted by: Inner Wheel District 323



Hosted by District 323 on October 30th and 31st, 2021 at ITC GRAND CHOLA CHENNAI.

Stupendous coordination by District Chairman Kamala Selvam and convener to event PIIWP Kamala Selvam, a galaxy of Association dignitaries graced the occasion. AP Saroj Katiyar, PAP Vasudha Chandrachud, AVP Dr Surjit Kaur, AS Anuradha Chandak, NE Veena Swamy made the event very special.



Districts 298, 316, 318, 319, 320, 321 and Host District 323, Chairman - Kamala Selvam District 298 Chairman - Thatsayini Panneerselvam, District 316 Chairman - Jyothi Laxman, District 318 Chairman - Pushpa Gururaj, District 319 chairman - veena Niranjana, District 320 chairman - Dhanya Alamelu and District 321 Chairman - Cinda Joji There was excitement in the air. A hush of anticipation. A beautifully decorated entrance welcomed us, while enticing stalls beckoned us. Rajendra Halls in ITC Grand Chola, bore a festive air about them. In keeping with the theme, garlands of 'Malligai' decorated the chandeliers, while streamers or thorans made out of coconut leaves lined the hall. We were all celebrating the much-awaited South Zone Meet after an interval of seven years, but responsibly following all rules laid down for the pandemic! And Convenor PIIWP Kamala Ramakrishnan and District Chairman Kamala Selvam had spared no detail in ensuring that Confetti was a memory to go down in history!



The 'aha' moment was when we entered the Hall. A mega LED screen with dynamic images of waves gushing down the screen into the hall, left us with a surreal feeling of dabbling our feet in the water.

This two-day bonanza on the last two days of October '21, with the active and enthusiastic participation from South Zone Districts 298, 316, 318, 319, 320 and 321 and of course 323, was a genuine show of bonding and friendship in the true spirit of Inner Wheel!



The warm Welcome Address by the Convenor PIIWP Kamala Ramakrishnan set the tone to the evening, followed by the introduction and address of the Association President Mrs. Saroj Katiyar. We were privileged to have two very eminent ladies amongst us to inaugurate the sessions. The Chief Guest of the first session was none other than Dr. Tamilisai Soundararajan, Hon'ble Governor of Telangana and Lt. Governor of Puducherry who gave a rousing start to the



proceedings with her very inspiring words. The Project of the Day was inaugurated by her. Forty push carts termed Hope On Wheels had been donated to needy and under-privileged women and transgenders by our very generous clubs, to the tune of over Six lakhs.

The second session was inaugurated by Mrs. Suneeta Reddy of Apollo Hospitals who was specially honoured a SHEROES awardee for her unstinting work for the community. The scintillating fashion show of diamond jewellery by the title sponsors Maganlal Mehta & Sons, had the audience spell-bound. The fitting grand finale culminated with the very interesting and varied performances by members from all the seven districts, all of whom

had taken so much effort to showcase the tradition and culture of their districts.

Day 2 -reverberated with friendship and laughter as the members assembled district-wise for pictures. The District Chairman Kamala Selvam's opening address was followed by blissfully divine music from the Violin sisters Kalaimamanis Dr. Lalitha and Dr. Nandini. Association President Mrs. Saroj Katiyar was effusive in her praise and comments about the manner in which the whole programme was being conducted.



The Signature Projects of the Districts took pride of place. The nature and magnanimity of the projects was truly amazing. One could learn from the other! Keynote speaker Hon'ble Justice Anita Sumanth had everything good to say about the activities of Inner Wheel and left us all with the thought that like Rotary for Polio eradication, we should also focus on any one area of concern consistently and see it through to the end.

The beautifully choreographed dances as put up by all Districts were amazing and held everyone's attention captive both days. The colourful and vibrant dances and costumes and enthusiasm of participants were very well received and amalgamation of dance by 40 ladies in variety of costumes as choreographed by District ESO Aarti Narayan won praises from all.

An Entrepreneurial Journey- a panel discussion with ladies from all seven districts and moderated by Mrs. Hemu Ramaiah, Founder of the yesteryears iconic bookstore Landmark, turned out to be a very touching experience for all of us. The troubles and tribulations the ladies had to face all along the way with a never-say-die attitude, showed us the grit, determination and perseverance women have when they set out to achieve their dreams. They were Sheroes in every sense of the word.



Genuine in her appreciation of the two days, the closing remarks by VP Mrs.Surjit Kaur was another highlight of the day.

We breezed through the two days seamlessly with impeccable emceeing by PDCs Seema Bhargava and Nallini Olivannan and again by PDCs Susha Natraj and Shama Prasanna. It felt like a family wedding had come to an end, such was the involvement of all our

*PDCs and all the members of our District. Interspersed with a cultural bonanza from our District 323 showcasing dances from the South, contests, results and lucky draws sponsored by PDC Nallammai Ramanathan, ethnic photo corners, a lavish and a well-chosen buffet, have all contributed to Confetti-the Malligai of the South Zone Meet ending on an all-time high for everyone. District Chairman Kamala Selvam has set a very high benchmark !*



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## **ENNAL MUDIYUM – NEET COACHING**

*ENNAL MUDIYUM - NEET coaching Program is a project jointly done by the Dept. of Education- Greater Chennai Corporation, College of Engineering Guindy (Alumni 1980) and Inner Wheel clubs of District 323, to provide an opportunity for aspiring young students studying in schools of GCC hailing from very humble background to compete for a noble medical profession.*

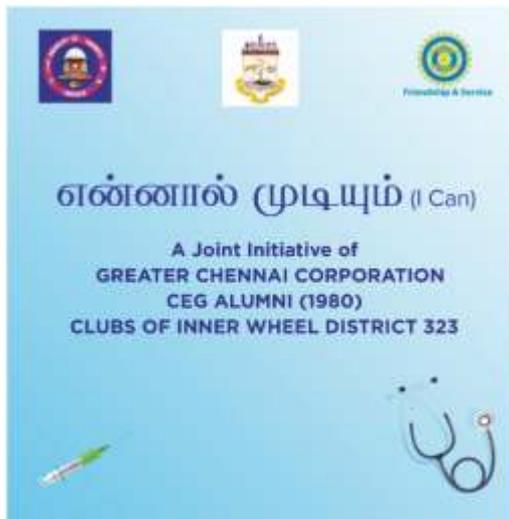
*IWC Madras Metro being the Lead Club. project cost was eight lakhs jointly funded by CEG (1980) and 24 Clubs of IWD 323.*

*Started off as physical classes of 100 days for 104 students of GCC Schools , it had to be taken to online mode due to the pandemic lock down. Not to be deterred by the uncertainties created by a change in the political scenario, the lock down and the doubts over the continuation of the NEET exams the students decided to stay with the program to be trained for what they aspired. Amazing it was to see the determination in them despite all odds in their personal and social background. The students were provided with Mobile phones, and Internet connectivity to enable them to attend online classes. The classes were conducted for eight hours per day on subjects of Biology, Chemistry and Physics.*

*Out of the 105 students enrolled 83 students took the NEET exam conducted on 12th of sept. 2021.*

*Thirty-three of the students have cleared the exam qualifying for admission to a medical course.*

*As part of this program the student were also briefed on the Para medical courses. available in the medical profession through an online program conducted by IWC of Madras. This has helped forty of our students who scored moderate marks to apply for the Paramedical courses.*



*ENNAL MUDIYUM was made possible by GCC, CEG (1980) and*

- 1- Members of my home club IWC Metro*
- 2- Members of 23 clubs who contributed financially and physically for the conduct of the program.*

- IWC of 1) Madras, 2) Madras south, 3) Madras Midtown, 4) Madras Central, 5) Adyar, 6) Madras Cosmos,*
- 7) Chennai Presidency 8) Minambakkam, 9) Ashok Nagar 10)*

Madras Fort 11) Chennai Verve 12) Chennai Vriksham, 13) Chennai Symphony 14) Madras Baycity 15) Chennai Phoenix 16) Chennai Sanjeevani 17) Chennai Adambakkam, 18) Chennai Galaxy 19) Chennai Unique 20) Chennai Rainbow 21) Chennai Gemini 22) Nanganallur and 23) Chennai KK.Nagar

Special thanks to the silent partners to the program who have been great contributors for its success

- 1) Chairman Usha Saraogi and PDC Latha Mahalingam for providing Mobile Phones to the students
- 2) PDC Nallini Olivannan – Legal advisor
- 3) PDC Nallammai Ramanathan – Contributing Notebooks
- 4) PDC Radha Ranganathan – Contribution of Beverages to students
- 5) PDC SwarnaLatha Jothikumar – contributing Broad Band connections
- 6) Sandhya Jayachandran – Member IWC Madras and Javanthy Singaram President IWC Madras for their efforts in creating awareness for the Paramedical courses.

Last but not the least are the students who dared to dream big and took up the challenge in spite of all their hardships.

**TOGETHER WE CAN CREATE MIRACLES HAPPEN WITH A HOPE TO CREATE EQUALITY AND EDUCATE**

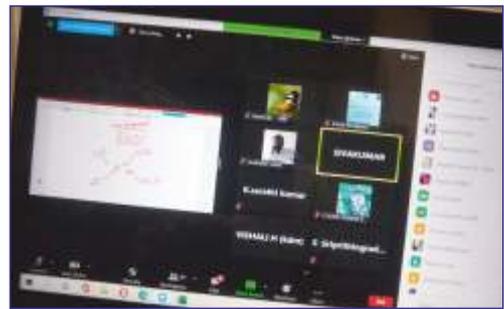
*Arasi Ponmozhi  
District Vice Chairman*



Providing Mobile phones to students

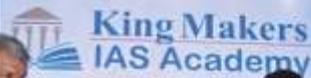


Students writing their Model exams



A picture of online classes





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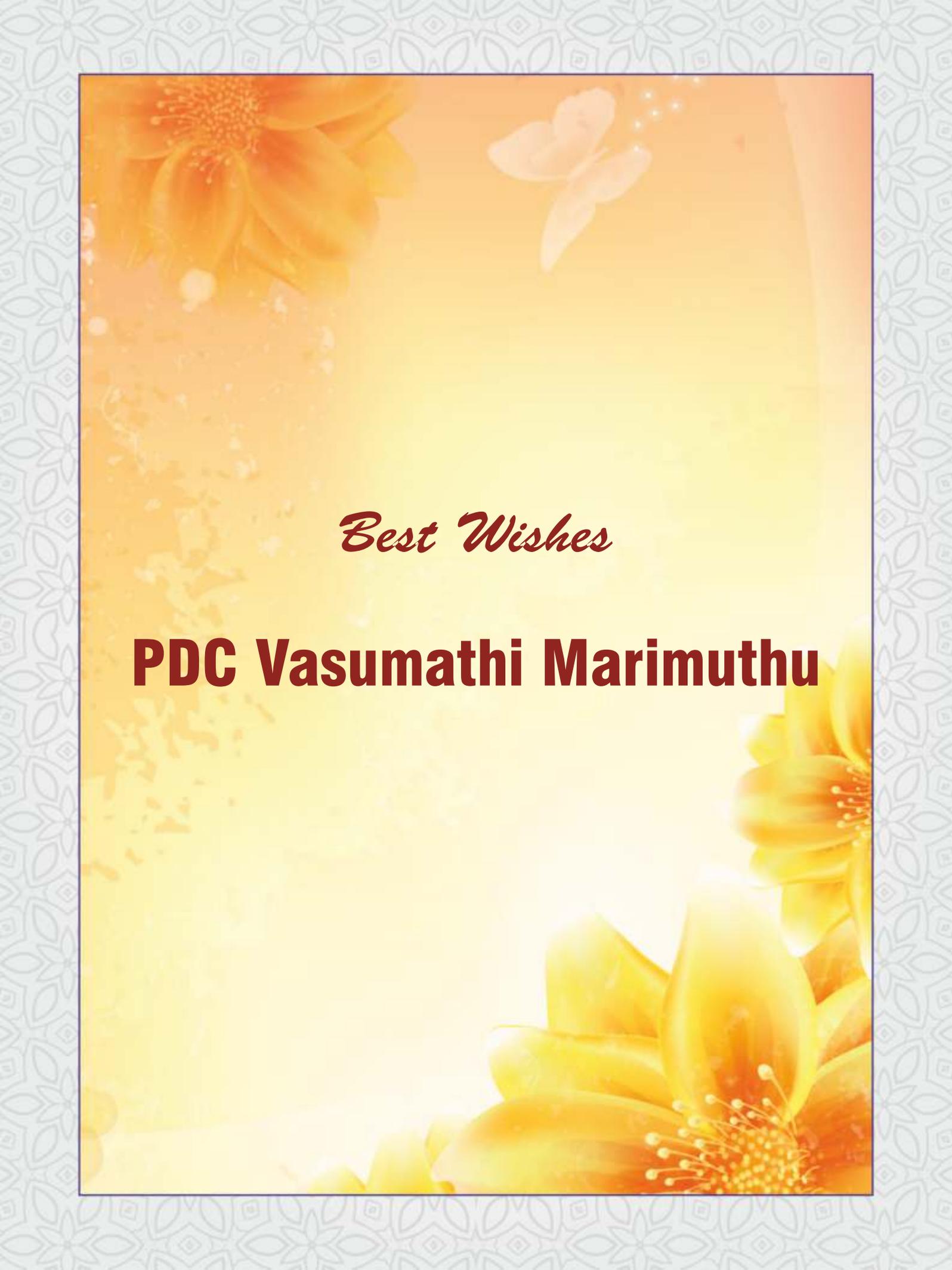


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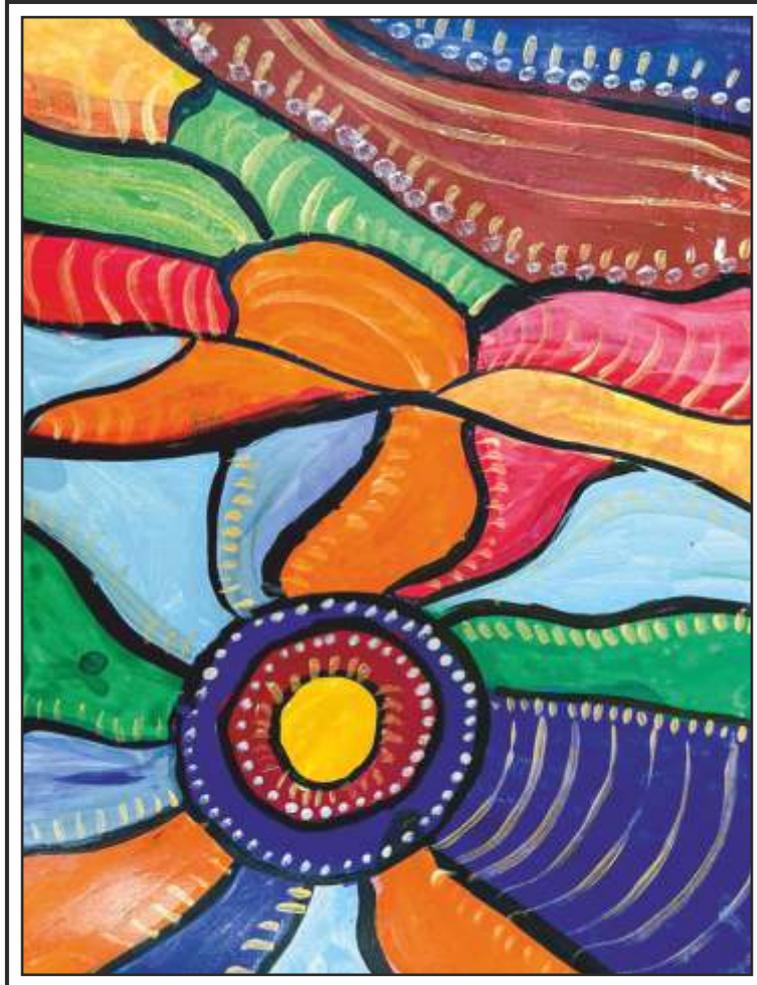
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**PDC Vasumathi Marimuthu**

# CLUB PROJECTS



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of yourself that you truly give*

**- Khalil Gibran**

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## Inner Wheel Club of Adambakkam

President **Malathi Gururajan**

Secretary **R Sumathy**

*Donation of cow and calf was made to Mahaveer Illam with ongoing commitment to provide their feed.*



## Inner Wheel Club of Adyar

President **Geetha Vishwakumar**

Secretary **Pooja Singh**

*In association with TIST Annual Mega Tree Plantation Drive wherein 72,000 trees planted since 2006, this year 2000 Red sanders saplings were planted at Vitchanthangal, Kanchipuram.*



## Inner Wheel Club of Ambur

President **Sakunthala Arumugam**

Secretary **Mynavathi Vimalanathan**

*Women wellness camp and breast-feeding awareness session was conducted, and health food was distributed.*



## Inner Wheel Club of Chennai Aadya

President **Sowjanya Damala**

Secretary **M Premila**

*Donation of provisions to school for blind, Netrodaya in Mogappair West.*



## Inner Wheel Club of Chennai Bharti Women's College

President **Dr T S Subha**

Secretary **Dr V Hamsaveni**

*Rainwater wells (6 nos) were constructed at the college premises. This project was sponsored by AC member Usha Saraogi.*



## Inner Wheel Club of Chennai Central Elite

President **Mayuri Jain**

Secretary **Sejal Chauhan**

*Vegetable cart was donated to transgender Sahana. The proceeds from this would be used to support her education.*



## Inner Wheel Club of Chennai Daffodils

President **Dr. Ananthi**

Secretary **Poornima Kumar**

*Planting of 50 trees in Indira Nagar along Canal Bank and commitment to maintenance of these trees.*



## Inner Wheel Club of Chennai Fort St. George

President **Kirutiga Hariharan**

Secretary **Balica Jayachandran**

*Joint club Dandiya night was arranged the proceeds from which would be used to support charity.*



## Inner Wheel Club of Chennai Galaxy

President **Aakhila Suresh**

Secretary **Subhashree Bharat**

*An eye check-up camp was conducted and commitment to provide for eyeglasses, medicines, laser treatment and Cataract surgery at Old age home was offered.*



## Inner Wheel Club of Chennai Gemini

President **Malathi Santosh**

Secretary **Sindhu Prabhakar**

*Nutrition supplements including apples, biscuits, buttermilk were distributed to 125 frontline workers at mega vaccination camp at eight centres in Ambattur Oragadam.*



## Inner Wheel Club of Chennai Golden Sun

President **Anusha Rajam**

Secretary **Anusha C**

*Donation of industrial sewing machine to a needy family to generate livelihood for family. Plans are underway to help the daughter to enrol in professional sewing course.*



## Inner Wheel Club of Chennai Harmony

President **Mariya Kauser**

Secretary **Bhanumathy Hameed**

*A cupboard was donated to a 50-year-old Government aided school, to preserve their correspondence, certificates, and other important documents.*



## Inner Wheel Club of Chennai KK Nagar

President **Anandhi Giri**

Secretary **Anandlakshmi S**

*Sponsorship of fees of a girl student, doing B.Sc. (Biochemistry) at Annai Veilankanni's College for Women.*



## Inner Wheel Club of Chennai Korattur

President **K Rani**

Secretary **Ayesha Sharif**

*Donation of pushcart along with provisions, utensils and clothes and to special needs girl Sopna aged 25 years.*



## Inner Wheel Club of Chennai Melody

President **Janaki Ramkumar**

Secretary **Gayatri Thiagarajan**

*Retinal surgery to restore vision for 20 new-born babies at Radhatri Netrayala.*



## Inner Wheel Club of Chennai Nolambur

President **Punitha Jayabal**

Secretary **Hridhya Mujesh**

*Donation of water dispenser and a billing machine for a new start up hotel, managed by transgenders.*



## Inner Wheel Club of Chennai Phoenix

President **Vijayalakshmi Suthakar**

Secretary **Deepa Vijayasanan**

*Dresses and accessories were gifted to nine underprivileged girls and 16 housekeeping ladies along with lunch. This is the annual signature project of the Club.*



## Inner Wheel Club of Chennai Presidency

President **Revathy Sivakumar**

Secretary **Dr Deepa Duraiswamy**

*Donation made to ANEW, an organization committed to providing training and placement to underprivileged women by empowering them with required skill sets.*



## Inner Wheel Club of Chennai Rainbow

President **Geethalakshmi Guruswamy**

Secretary **Jaya Vishwanathan**

*Year long Scholarship support to needy girl child.*



## Inner Wheel Club of Chennai Sakhi

President **Vaishnavi Sanakaranarayanan**

Secretary **Sweta Prabhu**

*Donation of 400 diapers for special needs children along with commitment to provide this every month.*



## Inner Wheel Club of Chennai Sanjeevani

President **Pinky Bhandari**

Secretary **Monika Choraria**

*Distribution of football shoes, socks, wrist bands and footballs at Rainbow home in Chetpet.*



## Inner Wheel Club of Chennai Sunshine

President **Kothangi Suchitra**

Secretary **S Ragini Prakash**

*Palm seeds distributed to students of Sankara School on the occasion of Tamil Nadu day.*



## Inner Wheel Club of Chennai Symphony

President **Sowmya Shankar**

Secretary **Smita Reddy**

*A completely refurbished nursery section was inaugurated at Ashraya Home, a shelter for destitute women and their children. A vocational unit and kitchen garden were also set up.*



## Inner Wheel Club of Chennai Thiruvannamipur

President **Sudha Murali**

Secretary **Kalaichelvi Elango**

*An Irular settlement with 42 families were provided with provisions and sanitary pads. Talks on menstrual hygiene and covid vaccination were also conducted.*



## Inner Wheel Club of Chennai Unique

President **Kavitha Nandakumar**

Secretary **Rajitha Gopal**

*A website was launched recognising the potential of Unique club members encompassing women entrepreneurs bringing forth their skills and creations and providing a commercial platform to spread their wings.*



## Inner Wheel Club of Chennai United

President **Sowmya Natarajan**

Secretary **Dr M Radhika**

*Inauguration of new toilet block at Arunodayam, shelter for abandoned special needs children. This institution supports around 100 mentally challenged and abandoned girls.*



## Inner Wheel Club of Chennai Verve

President **Maheswari Sudhakar**

Secretary **Swetha V**

*An oral hygiene awareness talk was conducted for 60 children at Institute of Child Health, Egmore Hospital with support of Golden Butterflies Children Palliative care. Free dental kits were provided.*



## Inner Wheel Club of Chennai Vibrant

President **Sowmya**

Secretary **Saraswathi Balakumar**

*A drawing contest was arranged at Mogappair Government school and the top two awardees given medals. Participation certificates were given to all. This was followed by cultural program by children. Lunch was provided for the children.*



## Inner Wheel Club of Chennai Vriksham

President **K Sujatha**

Secretary **Aruna Srinivasen**

*Donation of Incinerator of sanitary Pads to Rainbow Girls Home. This place is home to 40 girls.*



## Inner Wheel Club of Cheyyar

President **Kumari Sadasivam**

Secretary **Latha Chittibabu**

*Lunch was provided during pandemic times to needy people living in hutment colony.*



## Inner Wheel Club of Gudiyattam

President **A Sarla Anand**

Secretary **Shanti Ravi**

*Donation of 7 artificial limbs and callipers to underprivileged needy people jointly with Mukti Foundation.*



## Inner Wheel Club of Guindy

President **Ambili Nandagopal**

Secretary **Bhuvana Praveen**

*On occasion of World Rabies Day an anti-rabies camp was held at Government Veterinary Hospital, Pammal and contribution towards anti rabies vaccine was also done.*



## Inner Wheel Club of Kancheepuram

President **S Jayalakshmi**

Secretary **Prema Yuvaraj**

*90 kgs rice bags distributed to members working in MINNANU ERIMEDAI and 25 kgs rice bags including snacks to residents at Annaiyar old age home.*



## Inner Wheel Club of Madras

President **Javanti Singaram**

Secretary **Sandhya Jaichandran**

*An eBook for students of class 12 was released to be shared with students in standard 12 of GCC High schools and Government and Government aided schools. This is meant to be a guide and resource to the thousands of students who complete their 12th standard every year and seek guidance on range of courses, fee structure and so much more.*



## Inner Wheel Club of Madras Ashok Nagar

President **R Santhalakshmi**

Secretary **Shreeja Santhosh**

*Donation of nutrition kits to boys practising football at Vyarsarpadi. They have demonstrated potential of playing at bigger league.*



## Inner Wheel Club of Madras Bay City

President **M Gargi**

Secretary **P Udayalakshmi**

*Donation of 700 long sized unruled customised 160 pages notebooks, 2 reams of JK Copier A4 sheets, 6 chalk boxes and pens to the 11th&12th students of Thoraipakkam Govt school. An incinerator for sanitary pads was also donated to school.*



## Inner Wheel Club of Madras Besant Nagar

President **Vanaja Krishnamurthy**

Secretary **Rani Jerome**

*Vaccination camp conducted at Women's Indian Association with more than 40 beneficiaries at Sathya Nagar.*



## Inner Wheel Club of Madas Central

President **Dr Anitha Balachander**

Secretary **Lakshmi Venkatrangan**

*Donation of 6 Fowler's cots to Kilpauk Medical college Burns ward.*



## Inner Wheel Club of Madras Central Aaditya

President **Reema Sridharan**

Secretary **B Bhanumathy**

*An old dying art of weaving sarees with plantain, aloe vera and bamboo fibres at Anakapurthur famous for this art but now very few families involved in it. A workshop to revive this art was conducted. Accessories to support the weaving were also provided.*



## Inner Wheel Club of Madras Cosmos

President **Meena Kumari**

Secretary **Vijayalakshmi Prabhakar**

*At the shelter home for Prevention of Crime against Women, contribution made for residents towards 3 smart phones to attend online classes, netlons fixed on doors to protect burn victims, donation of music system and chairs for inmates.*



## Inner Wheel Club of Madras Esplanade

President **Padmini Subramanian**

Secretary **Mary Rajan**

*Donation of 12 artificial limbs with support of club members to underprivileged beneficiaries at Mukti Foundation.*



## Inner Wheel Club of Madras Fort

President **Kantha Bisani**

Secretary **Asha Gothi**

*Collection of projects which included setting up of kitchen terrace garden, distribution of seed balls, inauguration of solar lamp project and distribution of provision kits to needy.*



## Inner Wheel Club of Madras Metro

President **B Jayalakshmi**

Secretary **Uma Ayyaswamy**

*Nutrition kits were distributed to breast feeding mothers at VHS. A commitment to providing 20 kits every month and multivitamin drops for one full year was made.*



## Inner Wheel Club of Madras Midtown

President **Dr Sabita Gauni**

Secretary **Dr Chitra Shyam Sunder**

*Sponsorship of fees for training of 3 nursing students at ANEW, Anna Nagar.*



## Inner Wheel Club of Madras Mount

President **Lakshmi Murali**

Secretary **Chitra Sivakumar**

*Training was provided to students of Jai Gopal Ghordia School for girls on domestic abuse and cybersecurity*



## Inner Wheel Club of Madras Next Gen

President **Jeel Kaushik Shah**

Secretary **Saachi Modi Jalan**

*A Do-it-Yourself Diwali kit was put together and sold. The proceeds from this will be used to support acid attack victims.*



## Inner Wheel Club of Madras North

President **C V Laxmi**

Secretary **Arulpriya Senthilkumar**

*Wall painting to enhance the look of Annapoorni Ammal School carried out before school opens.*



## Inner Wheel Club of Madras Osian

President **Uma Maheswari**

Secretary **Nalini Parthasarathy**

*Donation of table mats, snacks together with entertainment at the Old age home run by Akshaya Trust, Valasaravakkam*



## Inner Wheel Club of Madras South

President **Athirai Meenakshi Sundaram**

Secretary **Parimala Amizhdhu**

*Twenty-five Herbal trees and several flowering plants were distributed to Theological Research Institute.*



## Inner Wheel Club of Maraimalai Nagar

President **Suganya Kannan**

Secretary **Meena Kumari**

*Cots were donated (three nos.) to Nallammai Ramanathan Rotary Health Centre at Maraimalai Nagar.*



## Inner Wheel Club of Meenambakkam

President **Shrikala Gopi**

Secretary **Gita Muralidharan**

*Support to the Paediatric ward of Adyar Cancer Institute with yearlong supply of protein drink along with Arogya Nilayam and special dietary bread made by transgenders for cancer patients.*



## Inner Wheel Club of Nanganallur

President **Kanchana Raman**

Secretary **Sripriya Narayan**

*Educational aid for advanced studies in music provided to singer 'Kannamma Jothi'.*



## Inner Wheel Club of Ranipet

President **K Valliammai**

Secretary **K Uma Maheswari**

*As part of Go green initiative, the club took lead to sow bamboo seeds at the Ponnai riverbed near Seekarajapuram housing board to make it as fence. 1 kg bamboo seeds were donated, and the seeds were planted by the members.*



## Inner Wheel Club of Thiruvannamalai

President **Jayanthi Sundaramurthy**

Secretary **Malini Hari Raj**

*Lunch and entertainment were provided for the elderly at Om Shanti Old Age Home.*



## Inner Wheel Club of Vellore

President **Nirmala Gopinath**

Secretary **S Jayasree**

*An interactive session on time and stress management filled with games and storytelling were provided for girls at After Care Home, Thorapadi, Vellore. Snacks were also provided.*



## Inner Wheel Club of Vellore North

President **Malarkodi VS**

Secretary **R Radha**

*Ongoing annual donation of scholarship for needy girl students.*



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# ARTICLES



*The art of writing is the art of  
discovering what you believe.*

**- Gustave Flaubert**



## பாதுகாப்பான உலகிற்கு பெண்களின் கனவு

பெண் என்பவள் யார்? பெற்றவளுக்கு பெண்ணாக பிறந்ததும் மகளாகிறாள். மணமாலை சூடியதும் ஒருவனுக்கு மனைவியாகிறாள். தம்பி, தங்கையோடு பிறந்ததினால் தமக்கையாகிறாள். கன்னி வயதில் காதலை சுமப்பதினால் காதலியாகிறாள். மழலையை ஈன்ற பின் தாய்மையாகிறாள் வேர்கள் இல்லாமல் விழுதுகள் எப்படி மண்ணில்? விதைகள் இல்லாமல் மரங்கள் எப்படி காடுகளில்? பெண்கள் இல்லாமல் மானிடர்கள் பிறப்பது எப்படி? பெண்கள் ஒரு காவியம். உலகின் உயிரோவியம் என்றால் மிகையாகாது.

“எல்லையற்ற ஆற்றலுள்ள இறைவன் திருவுள்ளமென்ன  
எவ்வுயிரும் தோன்றுவதற்கு ஏற்ற தொரு திருவழியாய்  
வல்லமையாய் பெண்ணினத்தை வடிவமைத்தான்  
வாழுகின்ற மக்களில் இவ்வளவு அறிந்தோர் எத்தனை பேர்”

அடுப்பூதும் பெண்களுக்கு படிப்பெதற்கு? என்று கூறிய காலத்தில் பெண்கள் என்பவர்கள் வீட்டில் சமைப்பதற்கும், குழந்தை பெறுவதற்கும், மட்டும்தான் என்று வழக்கத்தில் இருந்த காலத்திலேயே பாட்டுக்கு ஒரு புலவன் பாரதி, பெண்கள் எப்படி இருக்க வேண்டும் என்று ‘புதுமைப்பெண்கள்’ என்ற ஒரே ஒரு தலைப்பில் தன் கனவினை கவிதையாக்கி உள்ளார். அவர் எந்த சூழ்நிலையில் அக்கவிதையை எழுதினார் என்பதனை நாம் அனைவரும் தெரிந்து கொள்ள வேண்டும்.

புதுவையில் பாரதியார் குடும்பம் வசித்து வந்த பொழுது, ஒரு நாள் பாரதியார் மனைவி செல்லம்மா, அவரது இரண்டாவது மகள் சகுந்தலா, பக்கத்து வீட்டு பெண் எதுகிரி நால்வரும் பேசிக்கொண்டிருந்தார்கள். அப்பொழுது புகைவண்டியில் தான் வந்த பொழுது நடந்த சம்பவத்தை பாரதி அவர்களிடம் பகிர்ந்து கொண்டார். கணவன், மனைவி இருவர் எனக்கு எதிராக அமர்ந்திருந்தார்கள். அவர் மனைவி தலையை குனிந்தபடியே அமர்ந்திருந்தார். நிமிரவே இல்லை. ஒரு வார்த்தைக் கூட பேசவில்லை. ஒரு ஊரில் வண்டி நின்றதும் தண்ணீர் பிடிக்க அவர் கணவர் கீழே இறங்கினார், அந்த சமயம் அந்தப் பெண் நிமிர்ந்து என்னைப் பார்த்து, நீங்கள் யார்? உங்கள் பெயர் என்ன? எங்கு போகிறீர்கள்? என்றெல்லாம் பேசினார். அவள் கணவர் வருவதை பார்த்தவுடன் உடனே பேச்சை நிறுத்திவிட்டு தலையை குனிந்து கொண்டாள்.

எனக்கு ஆச்சரியமாக இருந்தது அவள் பேசவேண்டும் என்றால் தைரியமாக பேசலாம், என்று தன் ஆதங்கத்தை கொட்டினார். உடனே அங்கிருந்த எதுகிரி

“அடிமைகள் தன் எதிரே பேசுவதை எந்த எஜமானர்களும்  
விரும்பமாட்டார்கள் அல்லவா? என்று கேட்டாள்.  
கொதித்தெழுந்த பாரதி அந்த சூழ்நிலையில்தான்  
‘புதுமைப்பெண்’ கவிதையைப் படைத்தார்”

“ஆனும் பெண்ணும் நிகர எனக் கொள்வதால்  
அறிவில் ஒங்கி இவ்வைந் தழைக்கும்”

என்று தொடங்கினார்.

பெண்கள் அடிமைப்பட்டு கிடந்த காலம் மாறி பாரதி கனவுகண்ட புதுமைப் பெண்கள், நாங்கள் ஆண்களுக்கு எவ்வகையிலும் சளைத்தவர்கள் அல்ல என்பதனை நிரூபிக்கும் வகையில் மண் முதல் விண் வரை பெண்கள் இல்லாத துறையே இல்லை என்று கூறும் அளவிற்கு இன்று வளர்ச்சி அடைந்துள்ளார்கள். இது ஒரு புறம் மகிழ்ச்சியை தந்தாலும் மற்றொரு புறம் பெண்களின் பாதுகாப்பு கேள்விக்குறியாகவே உள்ளது. இதற்கு சரியான தீர்வு பெண்களாகிய நம்மிடம் தான் உள்ளது.

இன்றைய சூழ்நிலையில் சுதந்திரத்தினை கையில் எடுத்துக்கொண்டு அரைகுறை ஆடைகளை அணிந்து கொண்டு நீ குடித்தால் நான் குடிப்பேன் நீ அடித்தால் நான் திருப்பி அடிப்பேன் என்று குரல் கொடுப்பது பெண்களின் நாகரிகமான வளர்ச்சி அல்ல. ஆண் நண்பர்களிடம் வரை முறையோடு பழக வேண்டும். பாதகம் செய்தால் மட்டும்தான் பெண்கள் கண்ணாகியாக மாறி அவர்களை எதிர்க்க வேண்டும்.

ஆண்களின் உடல் வலிமையைக் காட்டிலும் பெண்களின் மன வலிமை அதிகமானது. எந்த ஒரு இக்கட்டான சூழ்நிலையிலும் ஒரு பெண் தனது தைரியத்தையும் தன்னம்பிக்கையையும் இழக்காமல் இருந்தால் அவளை யாராலும் ஒன்றும் செய்து விட முடியாது. பெண்களின் நடை, உடை, பாவனைகள் மற்றவர்கள் மதிக்கும் படி இருக்க வேண்டும். தற்காப்பு சாதனங்களை எப்பொழுதும் தங்களுடனேயே வைத்திருக்க வேண்டும். தற்காப்பு செயலிகளை முறையாக தெரிந்து கொண்டு தனியாக வெளியில் செல்லும் போது அவற்றை பயன்படுத்திக் கொள்ள வேண்டும். பெண்களுக்கு எதிரான குற்றங்களுக்கு தவறு செய்பவர்கள் அச்சப் படும்படி தண்டனைகள் கடுமையாக்கப்பட வேண்டும். அனைத்து வகையான ஊடகங்களுக்கும் தணிக்க கடுமையாக்கப்பட வேண்டும்.

பள்ளிகளிலேயே பெண்குழந்தைகளுக்கு பாதுகாப்பு விழிப்புணர்வை ஆசிரியர்கள் போதிக்க வேண்டும். அதே சமயம் ஆண் குழந்தைகளிடம் பெண்களை பாதுகாப்பது அவர்களை மதித்து நடப்பது போன்றவற்றை போதிக்க வேண்டும். தாய்மார்களும் தங்கள் குழந்தைகளிடம் பழகுகின்ற பெண்களை தாயாக, தங்கையாக தோழியாக பார்க்க வேண்டும் என்பதனை சொல்லிக் கொடுக்க வேண்டும். பெண்களை பாதுகாப்பது ஆண்களின் கடமை என்பதை அவர்கள் உணர்ந்துவிட்டாலே பெண்களின் பாதுகாப்பு உறுதியாகிவிடும். இதுவே நாளை சமுதாயத்திற்கு தேவையான நிரந்தரமான மாற்றம். இதுதான் பாதுகாப்பான உலகிற்கு நான் கானும் கனவு.

வாழ்க வளடன்!

**Shubha Ravikshankar**  
IWC of Nanganallur



## அம்மா வீடு

காபிய குடிச்சுட்டு போய் படேன்டி

உன் வீட்டில் தான் ஓட்டம் நடையும் ரெஸ்ட்டே இல்லாமல் வேலை பாக்கிற போய் ரெஸ்ட் எடுத்துட்டு போ!

நீ தலைக்கு எண்ணெய் தேய்த்து குளிச்சு எத்தனை மாசமாச்சு வேம்பு, வேம்புனு தேய்சி வாசனை தான் இருக்கு தலைமுடி வேர் வேரா கொண்டது தான் மிச்சம். நல்லெண்ணை காய்சி தலை தேய்சி விடுறேன் வா! உன் தோடு, மூக்குத்தி, சங்கிலி எல்லாம் கழட்டி கொடு பூந்திக்காய்ல போட்டு ஊற விட்டு வாஷ் பண்ணி தர்றேன்.

உன் காட்டன் சாரியாச்சும் கொண்டு வந்திருக்கலாம் கஞ்சி போட்டு உன் அப்பா அழகா மொட்ட மாடியில் காய வெச்சு அயர்ன் பண்ணி குடுத்திருப்பாரு இப்படி அவசரத்துல வரும் போது மறந்து போய்ட்டு வர்ற.

தென்னை மரத்தில் நேத்து தான் ஒரு மூட்டை தேங்காய் அரத்து போட்டு இருக்கு 10 காயாவது நீ வேணாம்பு சொல்லாம எடுத்துட்டு போ! ரெண்டு காய ஓடச்சி வேணும்னா பர்பி பன்னட்டா மாப்பிள்ளைக்கு ரெம்ப பிடிக்குமே.

உனக்கு வாழ்ப்பூ பிடிக்கும்னு அப்பா வாங்கி வச்சிருக்காரு வடையா, உசிலியா எது வேணும் சொல்லு லன்சுக்கு சூடா பன்னிதர்ரேன். மாவு

அரைச்சு போட்டிருக்கேன் போகும் போது எடுத்துட்டு போ ! வாரம் புல்லா யூஸ்புல்லா இருக்கும் போன வாரம் பேசும் போது பல்வலியா இருக்குனு சொன்னிலே ஒரு எட்டு அப்பாவ கூட கூட்டிட்டு டாக்டர் கிட்ட போய் வாயேன்.

சுடிதார் தைத்து வச்சிருக்கேன் சரியா இருக்கா போட்டு பார்த்து சொல்லு அல்டெரேஷன் பன்னிதந்துடுறேன்.

இப்படி நமக்கு எது பிடிக்கும் இது வேணுமா அது வேணுமா இது பண்ணி தறட்டா அது பண்ணி தறட்டா நீ ரெஸ்ட் எடு இன்னும் கொஞ்ச நேரம் தூங்கு இளைத்து போய்டியே கண்ணா கைல சாப்பாடு உருட்டி தரட்டா தலைக்கு எண்ணெய் தேய்சி விடட்டுமா.

நமக்கு ஒரு குடும்பம்

நமக்குன்னு குழந்தைகள்

நமக்குன்னு தலைக்கு மேல பொறுப்புகள் வந்தாலும்

குழந்தையா பாவிச்சி, குழந்தையா நெனச்சு கொண்டாடும் ஒரே இடம் அம்மா வீடு.

**S. Kumari Sadasivan**  
President, IWC of Cheyyar

## சமுதாயத்தின் பரிசு

அன்று தாய்க்கு மகளாய் பிறந்து,  
ஆசை தலைவனுக்கு மனைவியாய்,  
இல்லத்தில் மகளுக்கும் தாயாய்,  
ஈகை குணமுடன் மாமியாராய்,  
உறவுக்கெல்லாம் நல்ல தோழியாய் ,  
ஊருக்கெல்லாம் தேவைக்கு உதவி செய்பவளாய்,  
ஐயமின்றி சொல்லலாம் நல்ல பெண்மணியாம்.  
ஒரு பக்கம் சங்கீத கலாநிதி, நாட்டிய சிகாமணி,  
ஓவிய கலையரசி பெற்ற விருதுகளின் பட்டியலில்,  
இன்னும் ஒரு பரிசு ,  
பொறாமையின் கண்ணோட்டத்தில்,  
இவளும் ஒரு பெண்ணா?!!!

**Malathi Gururajan,**  
President, IWC of Adambakkam

## பேரானந்தம்

பெண்ணுரிமை பெருமையாக பேசிடலாம்.  
ஆதிக்கம் ஆணிடம் தான் என்று சொல்லிடலாம்  
பருவ வயதில் பாச வலையில் நட்போடும்,  
உறவோடும், உடன் பிறப்போடும்,  
பக்குவம் அடைந்த மனதில் என்றும் உண்டு.  
பெற்றவர்களின் அன்பு தொல்லையால்  
ஆசை எண்ணங்களை குறைத்து விடுமே.  
புனிதமான தாலிக்கு பெருமையோடு  
புகுந்த வீட்டில் பொறுமை பணிகள்  
நெருப்பிடும் வரை தொடர்ந்தாலும்  
பெற்ற பிள்ளைகளிடம்  
விட்டு கொடுக்கும் தியாக உள்ளம்  
தாய்மைக்கே சொந்தம் அது ஆனந்தமே!  
அடங்கி கிடப்பதும் ஒரு ரகம் அதில்  
அடிமைகள் என்ற எண்ணம் வெளியேற வேண்டும்  
அதுவே “பேரானந்தம்” “பேரானந்தம்”

**Malathi Gururajan,**  
President, IWC of Adambakkam



## நான் யடித்து, ரசித்த சில பொன்மொழிகள்

உங்களால் கீழே உள்ள எத்தனை வினாக்களுக்கு விடையளிக்க முடிகிறது என சோதிக்கலாமா?  
ஒரு வினாவிற்கு 10 இமைப்பொழுதுகள் மட்டுமே.

1. நியூமேரோயூனோ என்றால் என்ன?
2. ஒரு நியூட்டில் எத்தனை பாடகர்கள்?
3. டேபிள்ஸ் பூன் எத்தனை டிஸ்பூன்?
4. இந்து புராணங்களில் எத்தனை வேதங்கள் உள்ளன?
6. இந்தியாவை விட எத்தனை நாடுகளில் பெரிய பரப்பளவு உள்ளது?
7. நீரின் கட மதிப்பு என்ன?
8. சூரிய குடும்பத்தில் எத்தனை கிரகங்கள் உள்ளன?
10. எத்தனை மில்லி மீட்டர்கள் ஒரு சென்டி மீட்டரை உருவாக்குகின்றன?
11. ஒரு கால்பந்து அணியில் எத்தனை வீரர்கள் உள்ளனர்?
12. ஒரு அடி எத்தனை அங்குலங்கள்?
15. ஒருமுறை வாகனவரி எத்தனை ஆண்டுகளுக்கு செல்லுபடியாகும்?
16. விண்கல சேவலில் எத்தனை இறகுகள் உள்ளன?
17. இந்திய நாணயத்தில் எத்தனை மொழிகள் அச்சிடப்படுகின்றன?
18. மகாபாரதத்தில் எத்தனை அத்தியாயங்கள் உள்ளன?
19. 2010 இல் இந்தியாவில் எத்தனையாவது காமன்வெல்த் விளையாட்டு நடத்தப்பட்டது?
20. டி -20 கிரிக்கெட்டில் ஒரு அணிக்கு எத்தனை ஓவர்கள் உள்ளன?
21. தென்னாப்பிரிக்காவில் மகாத்மகாந்தி எத்தனை ஆண்டுகள் கழித்தார்?
23. மனித உடலில் எத்தனை ஜோடி குரோமோசோம்கள் உள்ளன?
24. அசோக சக்கரத்தில் எத்தனை வரிகள் உள்ளன?
25. எம்.எல்.ஏ ஆக தகுதி பெறும் வயது என்ன?

**Latha Chittibabu, IWC of Cheyyar**

## வினாக்கள் ?

1. கடவுள் பாலைத்தான் கொடுப்பார், பாத்திரத்தை கொடுப்பதில்லை
2. கடவுள் அடிக்கடி நம்மிடம் வருகின்றார், ஆனால் பெரும்பாலும் நாம் வீட்டில் இருப்பதில்லை
3. விதி தன் இறகுகளில் தூக்கிச் செல்லும், சிலரைத் தரையில் போட்டு இழுத்துச் செல்லும்.
4. அடுத்தவர்களுக்காக வாழாதீர்கள். எல்லோருக்கும் பிடிக்கும் படி எவராலும் வாழடியாது. கடவுளால் கூட.
5. தந்தைக்கும், கடவுளுக்கும் சிறு வித்தியாசம் தான், எப்படிமே கண்ணுக்குத் தெரியாதவர் கடவுள், இருக்கும் வரை தெரியாதவர் தந்தை.
6. நமக்காக அனுசரித்து போறவங்களை எல்லாம் முட்டாள், கோழை என்று நினைக்காதீர்கள். அனுசரிக்கிற உறவெல்லாம் கிடைக்க ரொம்ப புண்ணியம் செஞ்சிருக்கலாம்.
7. வீட்டுக்கு அழைத்து உணவு கொடுத்தால் அது விருந்து கேட்டபின் கொடுத்தால் அது பிச்சை இருக்கும் இடம் தேடி சென்று கொடுத்தால் அது தர்மம் யாரெனத் தெரியாமல் கொடுத்தால் அது தானம்.
8. எல்லாம் தெரியும் என்று சொல்லி மாட்டிக் கொள்ளாதே எதுவும் தெரியாது என்று எங்கும் காட்டிக்கொள்ளாதே.
9. விட்டுக்கொடுத்து போகாதீர்கள், பிறகு ஒரு முறை மறுத்தாலும் நீங்கள் கெட்டவர்கள், அடையாளப்படுத்தப்படுவீர்கள்.
10. விட்டுக் கொடுப்பதும் மன்னிப்பதும் தான் வாழ்க்கை, ஆனால் போராட்டமே யார் விட்டு கொடுப்பது, யார் மன்னிப்பது என்பதில்தான்.
11. இது வரை நடந்ததை யோசிப்பதை விட, இனி எப்படி நடக்க வேண்டும் என யோசிப்பவர்களே வாழத் தெரிந்தவர்கள்.
12. ஒவ்வொரு மனிதனுடைய வீட்டு வாசலிலும் ஒரு முறையாவது அதிர்ஷ்டம் வந்து கதவைத் தட்டும்
13. ஒரு பெண்ணின் உண்மையான வயதை தெரிந்து கொள்ள வேண்டுமானால், அவர் மாமியாரிடம், நாத்தனாரிடம் கேட்க வேண்டும்.
14. மழை பெய்யாத காலத்தில் உங்களிடம் குடையைக் கொடுத்து விட்டு, மழை பெய்யும் போது அதை திருப்பிக் கேட்கும் நிறுவனம் தான் வங்கி.
15. அதிகாலையில் எழுந்தவனும், இளமையில் மணந்தவனும் என்றுமே வருந்தியதில்லை.
16. ரூபாயின் அருமை தெரிய வேண்டும் என்றால், அதை மற்றவர்களிடம் கேட்டுப்பார்.
17. உலகத்தில் உனக்கு ஆயிரம் உறவுகள் இருக்கலாம், ஆனால் உன்னைப் பெற்ற தாய் ஒருத்தி தான் இருக்க முடியும்.
18. ஒருவன் மனைவி, காரிலிருந்து ஏறும் போதும், இறங்கும் போதும் கார் கதவை திறந்து மூடினால் காரோ, அல்லது மனைவியோ புதிதாக இருக்க வேண்டும்.
19. புத்தகங்களை இரவில் கொடுக்காதீர்கள், அவற்றை யாரும் திருப்பித் தருவதில்லை என்னிடம் இருக்கும் புத்தகங்கள் மற்றவர்கள் இரவில் கொடுத்தது தான்.
20. உனக்கு தெரிந்ததை எல்லாம் சொல்லாதே, முடிந்ததை எல்லாம் செய்யாதே, கேட்டதை எல்லாம் நம்பாதே.
21. அதிக கெட்டிக்காரன் சந்தைக்கு போனால், வாங்கவும் மாட்டான், விற்கவும் மாட்டான்.
22. கெட்ட பழக்கம் முதலில் யாத்ரிகனைப் போல் வரும். அதுவே விருந்தாளியாகி தங்கி நாளடைவில் தலாளியாகிவிடும்.
23. பணத்தை வைத்திருப்பவனுக்கு தான் பயம். இல்லாதவனுக்கு கவலை.
24. உங்கள் எதிரிகளைத் தாராளமாக மன்னியுங்கள், உண்மையில் உங்கள் மன்னிப்பை விட அவர்களை உறுத்த கூடியதும், திருத்தக் கூடியதும் வேறு எதுவும் இல்லை.
25. தொழிலாளி தொழிலுக்குத் துரோகம் செய்யக்கூடாது முதலாளி தொழிலாளிக்கு துரோகம் செய்யக்கூடாது.

**Malarkodi**

President, IWC of Vellore North

## சிரித்து சிந்தியுங்கள் இல்லைன்னா சிந்தித்து சிரியுங்கள்\*

டாக்டருக்கும் ஆக்டருக்கும் உள்ள ஒற்றுமை என்ன?

இரண்டுபேரும் தியேட்டருக்கு வரவழைக்கதான் கொல்லுவாங்க!

சிவகாசிக்கும் நெய்வேலிக்கும் என்ன வித்தியாசம்?

சிவகாசில காச கரியாக்குவாங்க.

நெய்வேலிலே கரிய காசாக்குவாங்க!

FILE க்கும் PILE க்கும் என்ன வித்தியாசம்?

FILEல் உட்கார்ந்து பார்க்கணும்.

PILEக்கு பார்த்து உட்காரணும்.

செல் போனுக்கும் மனிதனுக்கும் என்ன வித்தியாசம்?

மனிதனுக்கு கால் இல்லேன்னா பேலனஸ் பண்ண முடியாது.

செல் போன்ல பேலனஸ் இல்லேன்னா கால் பண்ண முடியாது.

ஒவ்வொரு இளைஞனின் மன உளைச்சலுக்கும் காரணம்?

மதிப் பெண்ணும், மதிக்காத பெண்ணும்!

வசதி இல்லாதவன் ஆடுமேய்க்கிறான்!

வசதி உள்ளவன் நாய் மேய்க்கிறான்!

ஆண்களை அதிக தூரம் நடக்க வைக்கும் விஷயங்கள் ரெண்டு?

ஒன்று பிகர், மற்றொன்று சுகர்!

என்ன தான் சென்டிமென்ட் பார்த்தாலும் கப்பல் கிளம்பும் போது பூசணிக்காய் எலுமிச்சம் பழம் வச்ச நசுக்கினாலும்

சங்கு ஊதிட்டு தான் கிளம்பும்.

கணிப்பொறிக்கும் எலிப்பொறிக்கும் என்ன வித்தியாசம்???

கணிப்பொறியில் எலி வெளியே இருக்கும்.

எலிப்பொறியில் எலி உள்ளே இருக்கும்..

*Latha Chittibabu,  
IWC of Cheyyar*

## \* பணம் ! \* பணம் !! \* பணம் !!! \*

அர்ச்சகருக்கு கொடுத்தால் தட்சணை என்றும்.

கோயில் உண்டியலில் செலுத்தினால் காணிக்கை என்றும்.

யாசிப்பவருக்குக் கொடுத்தால் பிச்சை என்றும்.

கல்விக் கூடங்களிலோ கட்டணம் என்றும்.

திருமணத்தில் வரதட்சணை என்றும்.

திருமண விலக்கில் ஜீவனாம்சம் என்றும்.

விபத்துகளில் இறந்தால், நஷ்டஈடு என்றும்.

ஏழைகள் கேட்டுக் கொடுத்தால், தர்மம் என்றும்.

நாமாக விரும்பி ஏழைகளுக்கு கொடுத்தால் தானம் என்றும்.

திருமண வீடுகளில் பரிசாக மொய் என்றும்.

திருப்பித்தர வேண்டும் என யாருக்காவது கொடுத்தால், அது கடன் என்றும்.

திருப்பிதர வேண்டாம் என இலவசமாகக் கொடுத்தால் அது அன்பளிப்பு என்றும்.

விரும்பிக் கொடுத்தால் நன்கொடை என்றும்.

நீதிமன்றத்தில் செலுத்தினால் அபராதம் என்றும்.

அரசுக்குச் செலுத்தினால் வரி என்றும்.

அரசு, பொது, தர்ம ஸ்பானங்களுக்கு கொடுத்தால் அது நீதி என்றும்.

செய்த வேலைக்கு, மாதந்தோறும் கிடைப்பது சம்பளம் என்றும்.

தினம் கிடைப்பது கூலி என்றும்.

பணி ஓய்வு பெற்றால் கிடைப்பது ஓய்வூதியம் என்றும்.

சட்டத்திற்கு விரோதமாக கையூட்டு வாங்குவதும், கொடுப்பதும் லஞ்சம் என்றும்.

கடன் வாங்கினால் அத்தொகைக்கு அசல் என்றும்.

வாங்கிய கடனுக்குக் கொடுக்கும் போது வட்டி என்றும்.

தொழில் தொடங்கும் போது போடும் அதற்கு முதல் என்றும்.

தொழிலில்கிடைக்கும் வருமானத்துக்கு இலாபம் என்றும்.

குருவிற்குக் கொடுக்கும் போது குரு தட்சணை என்றும்.

ஹோட்டலில் நல்குவது டிப்ஸ் என்றும்.

இவ்வாறு பல பெயர்களில் கைமாறும் இந்த பணத்திற்கு மாற்றாக...

வேறொன்றும் இப்புவிடில் இல்லை !

**\* பணம் ! \* பணம் !! \* பணம் !!! \***

*Latha Chittibabu,  
IWC of Cheyyar*

## MY MOTHER IS MY GURU

*Guru is our inspiration and guide.*

*Our first God given Guru is Mother, from whom we learn morals, tradition and manners. She not only teaches but practices it too from where we learn everything.*

*As we grow, the school and college teachers become our Guru and then on we choose the Guru whom we want to follow.*

*Unfortunately, nowadays Google and other websites seem to have replaced the place of Guru in the life of children.*

*But the one guru who will consistently be with us is our MOTHER. We have to respect and take care of her till the end.*

*It is her dedication that has made us what we are today.*

57 வருடமாக பண்ணது சமையல் சமையல்

பெரிய வர்களுக்கு பண்ணது கடமை கடமை

கணவனுக்கு பண்ணது பெருமைபொறுமை

குழந்தைகளுக்கு பண்ணது பாசம் பாசம்

பேர குழந்தைகளுக்கு பண்ணது நேசம் நேசம்

யாவருக்கும் பண்ணது

உதவிகள் ஆறுதல்

57 வருடங்கள் பெற்றது குடும்பத்தின் அன்பு

குழந்தைகளின் ஆசை கணவனின் பாசம்

நன்பர்களின் இனிய உதவிகள் ஆறுதல்கள்.

எனக்கே எனக்கு. கிடைத்தது வாழ்க்கையின்

🙏🙏🙏 தரம்

**PDC Vasanthy Rao**

*IWC of Madras Central*



### சாதனை

“சாதி இரண்டொழிய வேறில்லை” என்றாள் ஓளவை.

ஆனால் அதே ஓளவை “கூன் குருடு செவிடு பேடு” நீங்கி பிறத்தல் அரிது என்றாள்.

திருநங்கை இந்த சொல்லை கேட்டவுடன் இளவயதில் தோன்றியது சற்றே அருவெறுப்பு வயது ஆக ஆக அந்த உணர்ச்சி குறைந்தாலும் முழுதும் மறையவில்லை ஆனால் அண்மையில் “இன்னர்வீல்” ஒரு நிகழ்வுக்காக இரண்டு திருநங்கைகளுடன் பழக நேர்ந்த போது, அவர்களின் மனநிலை, தவிப்பு வாழ்க்கையில் போராடி உயர வேண்டிய அவர்களின் தவிப்பு இவற்றை உணர்ந்த போது இவர்களுக்காக எந்த வகையிலாவது உதவ வேண்டும் என்று எண்ண ஆரம்பித்தள்ளேன். என்னுள் இந்தமாற்றத்தை விதைத்தவள் ப்ரீத்தீசா என்ற திருநங்கை நாடகக் கலைஞரான இவர்தன் நிலையை பாடி நடித்து காட்டியது முதல் ஏற்பட்டது இந்தமாற்றம். இவர்களை ஊக்குவிக்க நம்மால் இயன்றதை செய்வோம் என உறுதிக்கோண்டேன்.

**Padmini,**

*President, IWC of Madras Espalanade*



### மங்கையர் ஒருங்கிணைத்தால்

சாதம் படைக்கவும் செய்திடுவோம் ஆட்சி பீடம் அமர்ந்தும் ஆண்டிடுவோம். சந்ததி எனும் சங்கிலித் தொடருக்கு வயிற்றில் வளையங்கள் காத்திடுவோம். ஏழை எளிய மக்கள் உயர்ந்திட எத்தனையோ வழிகளில் உதவிடுவோம். திருநங்கையர் நம் சமூகத்திலே தலை நிமிர்ந்து வாழ்ந்திட வழி வகுப்போம். போதைப் பழக்கங்கள் நீங்கிடவே போதைகைகள் நாங்கள் செய்வோம். முதியோர் இல்லங்கள் விரைந்து சென்று மூத்தோருக்கு உணவளிப்போம். சோர்ந்த முதியோர் மனது மகிழ்ந்திட ஆட்டங்கள்-பாட்டுக்கள் அளித்திடுவோம். மாணவர் பல்துறை கல்வியில் உயர்ந்திட பயிற்சிகள் பற்பல தந்திடுவோம். வெள்ளப்பெருக்கு- தீ விபத்து- சீறும் புயல் வரின் உதவிகள் செய்திடுவோம். கோ சால மேவும் பசுக்கள் மேய்ந்து கோரும் உணவுகள் நாம் தருவோம். மனதுக்கினிய நட்பினை வளர்த்தே தொண்டுகள் செய்வது எம் கடனே! அன்பு - கருணை - இரக்கம் எனும் உயர் பண்புக்கு இலக்கணம் பெண்களன்றோ?

**G. Geetha Lakshmi**

*President, IWC of Chennai Rainbow*



தணியும் இந்த சுதந்திர தாகம்.... இப்போ என்று தணியும் இந்த corona பீதி....

ஒவ்வொருவருக்கும் கடமை அழைக்கிறது. வீட்டுக்கு வாடகை தர வேண்டும்.

பணியாளர்களுக்குச் சம்பளம் தர வேண்டும். குழந்தைகள் பள்ளி செல்ல வேண்டும். அவர்கள் இது விடுறையா அல்லது சிறையிலே அடைத்து வைத்து தண்டனை கொடுத்து இருக்கிறார்களா என்று புரியாமல் தவிக்கிறார்கள். 🙏🙏🙏🙏🙏🙏

ஐயோ ஆட்டோ சத்தம் கேட்க வேண்டும். பஸ்சின் சத்தம் கேட்க வேண்டும். என் பணியாளர்களை பார்க்க வேண்டும்.....

அவர்கள் அம்மா என்று அழைப்பதை காதால் கேட்க வேண்டும்.

அலறிய ரேவதி சிவக்குமார்.

சருகுகளை மிதிக்கும் போது சத்தம் செய்கிறாய்.

பூக்களை மிதிக்கும் போது ஏன் மௌனம் சாதிக்கிறாய்.....?

அதனால் தான் உன்னை வெளியே விட்டு வந்து விடுகிறேன்.....

செருப்பே.....நீ எனக்கு தேவை ஆனால் உன்னை பாதுகாக்க மட்டுமே முடியும்...கொண்டாட முடியாது....

காதலை சொல்ல நாங்க எடுக்கும் ஆயுதம் ரோஜா ...

அதை மறுப்பு தெரிவிக்க நாங்க தேடுவது உன்னை...

உன்னை பாதுகாக்க மட்டுமே முடியும்... கொண்டாட முடியாது....

தவறே செய்யாத போதும் உன் ஜோடி தவறாக பிடிந்து போனால் உனக்கு வேலை இல்லை....

அறுபடாமலேயே

ஒதுங்கி போ.....

உன்னை பாதுகாக்க மட்டுமே முடியும்... கொண்டாட முடியாது....

ஒரு ஜோடியை ஜோடியாக கல்யாண மண்டபத்தில் வாழ்த்த வேண்டிய நேரத்துல ஏனோ உன்ன நினைக்க வேண்டி இருக்கு. நீங்க இல்லாம நாம செளகரியமா போக முடியாதே.....

உன்னை பாதுகாக்க மட்டுமே முடியும்... கொண்டாட முடியாதே....

இவ்வாறாக நினைக்கற நேரத்துல .....ஹே... நான் உன்ன காதலிக்கிற விஷயம் தெரிந்தது....

ம்ம்.. என் காதல் கணவர் வரும் செய்தி நீ கொடுக்கும் சத்தம் தானே.....

இப்படியாக

உன்னை பாதுகாக்க மட்டுமே முடியும்...

கொண்டாடவும் முடியுமென வெக்க பட ஒத்துக்கிறேன்.....

**Revathy Sivakumar**

President, IWC of Chennai Presidency



## பெண்

**பெண் ஒரு ஆறு போன்றவள் !**

ஆறு மலை மேல் ஏறி பள்ளத்தில் இறங்கி சமதளத்தில் ஓடி கடலுடன் சங்கமிக்கிறது.

பெண் எல்லா சந்தர்ப்பத்திலும் வளைந்து கொடுத்து குடும்பத்துக்கு துணைநிற்கிறாள்.

**பெண் ஒரு ஆறு போன்றவள் !**

ஆறு வரும் வழியில் கிடைக்கும் தாது உப்புக்களை தன்னுடன் சேர்த்து கொண்டுவருகிறது.

பெண் பொறுமை பாசம் நேசம் கருணை என எல்லா குணங்களையும் தன்னுள் கொண்டிருக்கிறாள்.

**பெண் ஒரு ஆறு போன்றவள் !**

ஆற்றின் கரையில் இளைப்பாறும் ஆயிரம் ஆயிரம் பறவைகள் உண்டு.

பெண்ணின் அரவணைப்பில் இளைப்பாறும் ஆயிரம் ஆயிரம் உறவுகள் உண்டு.

**பெண் ஒரு ஆறு போன்றவள் !**

ஆறுதான் பிறந்த இடத்திற்கும் போய் சேரும் இடத்திற்கும் நீர் கொண்டு சேர்க்கிறது.

பெண் தன் பிறந்த வீட்டிற்கும் புகுந்த வீட்டிற்கும் பெருமை சேர்க்கிறாள்.

**பெண் ஒரு ஆறு போன்றவள் !**

ஆறு கடினமான பாதையிலும் தங்குதடை இன்றி ஓடி வருகிறது.

பெண் வாழ்க்கையின் கடினமான கட்டங்களையும் சுலபமாக கடந்து வருகிறாள்.

**பெண் ஒரு ஆறு போன்றவள் !**

அதனால் தானோ பெண்ணே உன்னை கங்கா என்றும் காவிரி என்றும் யமுனா என்றும் பெயரிட்டு அழைக்கின்றனர்.

ஆற்றின் வேகம் தெள்ள தெளிவும் கொண்டவள் நீ.

ஆகவேதான்

பெண்ணே நீ ஒரு ஆறு போன்றவள் !

**Usha Sithapathy**

PP, IWC of Nanganallur

## வாழ்க்கை

பிறப்பின் அறம் தெரிந்து  
வழுவாது வாழ்வது, வாழ்க்கை யின் முழுமை  
வேரை மண்ணிலே ஊன்றி எட்டிப் பிடித்து, கொடியாய் படர்ந்து,  
இன்று மலர்ந்து, நாளை உதிரப்போகும் பூவுக்குத் தெரியாது  
தன்னை தாங்கிப் பிடிப்பது,  
வெட்டி மடிந்தும், வெறுங்கட்டையாய் நின்ற பலமான மூங்கில் என்று!  
இப்படி பல மூங்கில்கள், ஒவ்வொருவர் வாழ்விலும்  
இப்படி பல கொடிகள், ஒவ்வொருவர் தோள்களிலும்  
கடவுளின் கட்டளைப்படி உயிர்கள் பிறந்தாலும்  
சுவாசிக்க கடவுச்சீட்டும் தேவையில்லை  
இரவைக் கடந்து பகலுக்குச் செல்ல, கடவுச்சொல்லும் தேவையில்லை  
உலகமே வியந்து வருந்தியது ஒருநாள்  
கண்ணீர் சிந்தி “சுடானு”க்கு விடை கொடுத்தபொழுது  
வடக்கு வெள்ளை மூக்குக்கொம்பன் காண்டாமிருகம்  
இனமே அழிந்த அந்த நாள் - அதன்  
வாழ்வின் சுவடுகள், இனி காணொளி காட்சிகளில் மட்டும்  
அழித்தது புலியோ சிங்கமோ அல்ல  
ஏட்டிலே, வாய்ப்பாட்டிலே புண்ணியம் பேசும் மாமனித இனம் தான்!  
இன்று ஒரு நச்சுயிரி பிறந்துள்ளது  
ஒன்று மறைய, ஒன்று பிறக்க  
இராணுவத் தளவாடங்களும் உதவாமல் போனது  
பசித்த வயிற்றுக்கு உண்டியும், அயர்ந்த மனதிற்கு துயிலும்  
மனிதன் அங்கம் மறைக்க துகிலும்  
அன்பைப் பரிமாற அவன் தோளும்  
கவலைப் போக்க இவள் மடியும்  
எம்மனிதற்க்கும் அமைந்துவிட்டால்.....  
தேன் தோய்ந்த கனியாக! மனம் வீசும் மலராக! பெருவாழ்வு வாழ்ந்தோமென  
செதுக்கிவிட்டுப்போங்கள் உங்கள் சந்ததியினருக்கு.....

Jamunarani Gopi  
IWC of Nanganallur



## மழலை ஒலி வாழ்த்துப்பா

அன்னை தந்த மொழி  
தந்தை கேட்ட மொழி  
சமூகம் தந்த மொழி  
என்றும் உள்ளது ஒரே மொழி  
அதுவே மழலை மொழி  
அன்பின் மொழி  
மழலை மொழி  
ஆசையில் மலரும்  
இனிய மொழி  
உள்ளதை சொல்லும்  
மழலை மொழி  
ஊக்கமளிக்கும் மழலை மொழி  
எங்கும் ஒலிப்பது மழலை மொழி  
ஏங்க வைக்கும் மழலை மொழி  
குழல் இனிது யாழ் இனிது

அதனினும் இனிது மழலை ஒலி  
இதனை நன்குணர்ந்த  
நங்கை நல்லாள்  
நல்லம்மை எனும் இனிய  
பெயர் கொண்டார்.  
ஆண்டுதோறும் ஆயிரம் ஆயிரம்  
மழலைகள் மகிழ்ச்சி ஒளி தோன்றும்  
தீபாவளி நன்னாளில் பரிசளித்து  
மகிழ்வாய் நீ  
ஆயிரத்தில் ஒருத்தியே அம்மா  
மழலை ஒலி மழலைகள் மனதில்  
மகிழ்ச்சி ஒலி வாழ்க நீவிர்  
வளர்க நின் மழலை ஒலி  
நன்றி  
வணக்கம்.

Thenmozhi  
PP, IWC of Cheyyar

Bhavana Singh  
IWC Code 323  
Adambakkam

॥ ( माँ ) ॥

ममता की देवी है मां,  
हर रूप में अवतरण लेती है मां।  
जगत की जगजननी है मां,  
हर मुश्किलों से बचाती है मां।  
जीवन का मूल मंत्र है मां,  
हर इंसान को जीना सिखाती है मां।  
बच्चों को जन्म दे बनती है मां,  
उफ़र किए बिना पाल पोसती है मां।  
ईश्वर का स्वरूप है मां,  
जीवन का जीवंत उदाहरण है मां।  
संसार की गरिमा है मां,  
सुखी जीवन की पराकषा है मां।  
सहन शक्ति की शीतल धार है, मां।  
दुनिया के सबसे बड़ी अवतार है मां।

न कम, न ज़्यादा में हूँ  
न बीते हुए, न आने वाले कल में हूँ  
हूँ तो बस उन सुनहरे पलों में  
जहाँ तमन्नाओं को उड़ान मिले।

न कली, न गुलशन में हूँ  
न पतझड़, न बहारों में हूँ  
बस हूँ तो उन चंद लम्हों में शामिल  
जहाँ मुस्कानों से दुनिया सजे

न शुरुवात, न आखिर में हूँ  
न प्रस्थान, न मंज़िल में हूँ  
हूँ तो बस सफर के उस सिरे में  
जिस मोड़ से यादें ताज़ा होकर गुज़रें

न भीड़, न तन्हाई में हूँ  
न अपनों, न अनजानों में हूँ  
मैं तो उन पलकों पर बिछी हूँ  
जहाँ सपनों को छलाँग मिले

न खुले मैदान, न बंद मकान में हूँ  
न डूबती कश्ती, न नदी के किनारों में हूँ  
बह रही हूँ उस दिशा में  
जहां हवा का रुख ले चले

न सही, न गलत में हूँ  
न धोके, न भरोसे में हूँ  
जो हूँ, जैसे भी हूँ  
काफी हूँ मैं, खुद के लिए.

**Subhashree Bharath**  
Secretary, IWC of Chennai Galaxy



*It takes a dream to get started  
Desire it keep it going  
And determination to finish.*

**- Eddie Harris, Jr.**

## **MY WINGED FRIEND!**

*Sparrows are little social birds and enjoy human presence. They love human habitation and it is for this very reason that one can spot sparrows wherever there is human habitation. I remember vividly sparrows sitting around my grand mom, to feast on the whole grains she discarded while cleaning it. They happily and mindlessly pecked on the discarded grains. Houses back then, had skylight ventilation and this made it easy for them to fly in and out at will. People were accommodative of other living beings and they never really worried about the mess they made sometimes. Sparrows were royal members of the family and it was considered a good omen whenever they built nests inside houses.*

*One can't find sparrows in forests, deserts and islands. They evolved along with us, and our organic agriculture was their source of survival. With the indiscriminate use of pesticides and chemicals our sparrows lost good food. They are highly territorial birds and always lived in large numbers. They always needed human habitation for survival.*

*Sparrows love grains, seeds, small insects and protein rich worms, which were found in abundance in plants. Young fledglings could only survive when fed with insects and worms. The adult birds were adept at catching flying insects with great timing and agility. Personally, I found they relish foxtail millets and broken groundnuts.*

*All they need is right and adequate food, clean and safe drinking water, a safe nesting place inside houses, shady trees for socialization and roosting and this too, a cover after sunset.*

*This once ubiquitous bird, is hard to find these days. Why have they disappeared? Sad that children can't identify a sparrow from the other birds. We need to engage children in conservation. They are at an impressionable age and anything imprinted on them lasts forever.*

*Catch them young so that we can create a whole lot of sparrow conservationists. They can in turn influence the adults at home.*

*I have engaged school children in making bird feeders from waste water bottles. Children too are all excited about creating feeders for their winged friends. These are lessons in waste management and recycling. Hands on training are more exciting than long lectures.*

*Sparrows have a tremendous impact on our health. Recent increase in vector borne diseases is because of the declining sparrow population. Sparrow fledglings feed on larvae of mosquitoes thereby curtailing their growth. Dangerous diseases like Malaria and Dengue can be eradicated if only we had sparrows in our neighbourhood.*

*People believed and resigned themselves to the fact that the radiation from the mobile towers was a major reason for their disappearance. These non- ion rays are not strong enough to destroy the eggs. There is not a single study to prove this finding. Radiation from cell phone towers does hinder their navigational skills but doesn't kill them.*

*Sparrows are our bio indicators and an ambassador of the bird species. In conserving this small bird, we actually help in maintaining the bio-diversity. Environmental degradation has to stop immediately, if it continues, this planet will become highly inhabitable. I dread to think of the day when the whole bird population is wiped out! We would have to wade through one feet depth of insects and worms. Did you not hear of the locust's menace and the threat it is posing to agriculture? Our very survival is at stake! If only our sparrows were there in large numbers, this menace wouldn't have occurred in the first place. Together let us create a conducive environment for our feathered friends. Make provisions to fix a*

nest. Convert your house into a sparrow friendly one. Every garden, whether on the ground or the terrace should have a feeder. Make provisions for water-- dehydration is another major reason as to why they are perishing. One can even create artificial water ponds, so that these birds can cool themselves and protect themselves from the harsh summer. Let them have the luxury of indulging in their favourite activity of water bathing.

Grow more native plants, that are natural homes for insects and worms. Remember the young fledglings need these for their survival.

Waking up to sparrow chirps is indeed a blessing. They add so much happiness in our otherwise boring lives. Start acting now, in conserving our winged friends, lest our future generation gets to see them only in museums very similar to our dinosaurs which once walked this planet!

The treacherous tomorrow that is threatening our today is already here. Through collective effort let us bring back our Sparrows.

For free nest contact @ 9445249240  
**Dr. A. Sadhana Rajkumar** (IPP, IWC-Adyar)  
Nutritionist & Sparrow Conservationist



## **WISDOM DAWNS DURING COVID!**

- ramblings of a morning on my balcony - watching the world go by.....

*I learnt one thing for sure in the last year and a half. That I need to learn soooo much more!*

*My home is strewn with bits of (one side used!) paper, covered with spidery notes I make during every Zoom session.*

*I have Ashoka's edicts peeping from behind info on wind turbines! I have Hampi and Vijayanagaram with a motley mix of film history. Sanskrit words and our vedic wisdom jostle for prominence with the science of immunisation....*

*All waiting for me to read again, imbibe and be better informed... one day.*

*Not today. Because a new topic is Zooming in this afternoon!*

*Will I ever catch up? Perhaps not. But there is a certain satisfaction in having scribbled notes. It is like much of the jewellery in our bank lockers. Just feels good to know it's there.*

*Will I be able to decipher my cryptic scribbles when I finally get down to it? Who knows....will worry about it when I get there!*

**PDC Sushila Nataraj**  
IWC of Madras



*It always seems impossible until it's done.*

- **Nelson Mandela**

## LOSS

*There was life in a little I'potlam' – a tiny home, ma and pa, anna and akka, boring school, 2'kaaka-kadi' friends, the street corner, a few pebbles, a hundred games..... when this fever came....*

*Then began the Mahabharat “was-it-this-was-it-that” volley, followed by hundreds of home remedies and as many home-grown diagnoses as the mosquitoes that we bred in our house, free of cost, all-year-round.*

*Then, I went to the primary health care clinic, where they used to give us Parry's sweets after our 3'oosis' but the doctor scratched his beard and shook his head...*

*So, we crammed up, ma, mama and I at the back of the big red bus and hit the dusty road, with rice and pickles that 4'paati' packed for us.*

*The city was HUGE, noisy and filled with cars, so many things to see and do but we had to go to hospital ma said to me firmly, 5a-aanh!!!*

*The hospital was big and the nurse-akkas, neat; the doctor-amma very kind, whom I'd always greet with a big smile.....but the needles stayed, as I gripped my sheet*

*On a giant carousel in 6'orrey' slowey- slow motion of dancing green caps and lab-coats – Round and round and round.... of dark rooms, broom rooms, closed rooms....*

*7Yenna pa? Yenna aachu? How is school? How is my village? How are my friends? What do they do? How come you have not come, pa?*

*Last week I could sit up, this week I will not! I don't care that I should - why would you think I would?????*

*One by one - my clothes went first, then went my hopes to sea, each one on a boat that none stopped to free,*

*One by one the shutters came down - some snapped, some sighed and some had extra drape lengths behind which they did hide.*

*I did find a new friend in my misery, I held on to him dearly and did learn to love him well*

*He and I and I and he and he and I and I and he and he and I and I*

*We were in a little world of our own making, in a tight airless embrace, shutting out the whole world.*

*But you see, there's always a crack in the shell from where the light seeps in, 8chumma appidi than!!*

*A new, kind face appeared before me – she wanted to just talk! – I mean, who talks to me????*

*“What if I took you home, safely as can be and we go sit by the sea?”*

*“To listen to the sound of the waves, collect shells and eat mangoes on the beach?”*

*“We will tell each other lots of 9'kaddi' jokes and see who laughs first, ok?”*

*“You can even go back to school...with no exams this time, just imagine that!!”*

*Wow! Can I even do that? I mean, am I allowed, any more?*

*The thoughts floated and rested on my shoulders for a little while...*

*A soft warmth, a faint glimmer of life as it was?*

*No, it can never dial back to 'way it was'*

*Who wants way it was ....not me, for sure*

*For I haven't tread this path in vain*

*My life is worth more than pain*

*Counting the 'loss' and counting 'gain'*

*I am here for sure*

*Now, than ever more*

*I am me*

*Still alive*

*Live*

*Stella Jacqueline Mathew  
PP, IWC of Madras Esplanade*

## GREEN LIVING

*When I started composting 15 years ago, I connected with soil. I didn't think much about the soil we live on until then.*

*Composting at home or in a community helps build this appreciation of soil and natural systems, because you see the process of living matter breaking down to give life to a new host of creatures and finally back to creating a tomato or a chilli or a flower. It foregrounds nature as the important force in our daily lives. The words **dirt, mud, compost and soil** then become more nuanced and you build a deeper relationship with the ground that supports all of us!*

*I started convincing people that composting is easy especially with the help of the Dailydump composting collective (<https://www.dailydump.org/pages/store-locator-dailydump>). I live in an apartment on the 4<sup>th</sup> floor and have been composting for the last 15 years in the same little corner in my small balcony. If I can, why can't every one? It is simple and here's how to start!*

**Observe your waste:** *First, learn about the composition of your daily waste. 60 percent of our daily waste consists of biodegradable matter, like vegetables, fruit peels, egg shells, non veg waste, left over food etc. For the rest of the 40 percent of the waste (like plastic and other recyclable, or non-recyclable types of waste) there are many agencies now available in the city to collect this for recycling where possible.*

**Segregate your waste:** *The first step towards composting is segregating or separating your daily waste into:*

1. *degradable,*
2. *non degradable, and*
3. *toxic or medical waste.*

*Once the degradable waste (which can be up to 60% of your waste!) Is separated it can be easily composted in a composter.*

**Composte your biodegradable waste:** *For composting we require air and Moisture. Lots of moisture is present in the vegetable and fruit waste already, so we need to balance this by adding dry waste to this mix of degradable waste. Adding cocopete with some microbes to accelerate composting gives best results. In addition, for aeration most composers have tiny breathing holes or chambers which help composting. Normally it takes about 4 to 6 weeks for wet waste to compost. If done properly there will not be any smell. The trick is to check the moisture and add dry waste accordingly. If you find the pile is very wet, do add more dry cocopete powder so you create a balance and allow the waste to be decomposed easily.*

*These three simple steps can help you compost easily at home, and limit the garbage that we are generating that ultimately create toxic landfills and other negative environmental effects. Composting can be easy, fun and rewarding. It's time to begin composting, today!*

**Navneeth Raghavan**  
PP, IWC of Madras Central



## EMPOWERING WOMEN IN A FAMILY, COMMUNITY

*Women all over the world have made incredible progress and their advancements in every sphere of life has transformed this universe into a better place to thrive-- in business, in economics and in communities. The empowered section of women have had to go through a great cycle of change against sabotage, discrimination, secondary treatment, and humiliation.*

*The growth and evolution of today's women can be majorly attributed to the change in the mental processes of Women in any family, who are responsible for raising up a generation at par with the advancements during different periods.*

*Growing up in a humble family household, as a girl child, I look upon the process of evolution of women in my own family setting and upbringing and want to analyse what can be done to unleash the maximum potential of the upcoming generation and empower more of the fairer gender.*

*I have seen in many households, the elder or senior women enjoying the utmost rights or freedom of making decisions about everything in their family pertaining to education, farming, building or expanding the house, rituals to be followed etc.*

*In my own family, I have seen my Grandmother as the ultimate deciding authority. Now, a little about her interesting background --my Grandmother got married to my Grandfather as his second wife, when her sister died during the delivery of the 6th child to my Grandfather. My grandma, then just 14 years had not even attained her puberty, was playing in fields when she suddenly had to marry her sister's husband. Imagine, she suddenly found herself the mother of 6 children with the eldest son being 10 years old only 4 years younger to her! She then carried on her duties and became mother of another 4 children and led the family powerfully and effectively. 10 years into the marriage, my grandfather died at the age of 50, leaving her a widow at the age of 24. Undaunted she stood rock*

*solid like a pillar, raised and settled (married) all her children and was the guiding force of the family till her death at the age of 85.*

*I have seen all my uncles, aunts, and my mother giving her utmost respect, treating her next only to god and taking her advice and guidance at all times.*

*Married at a very young age, that too forcibly, and having been deprived of even primary Education, my grandmother, drawing from her life's experiences, vowed 3 things to herself!*

- 1. Basic Education for her daughters*
- 2. All girls in the family will be married only after the age of 16.*
- 3. Difference between the spouses age should not be more than 10 years.*

*She opened the doors for girls' education in our family. However her very primitive background limited the vision of my Grandmother. She was not ready to send her daughters for higher education and she played the role of limiting even my cousin sisters', who are her granddaughters, education only till 12th and not permitting them to go beyond that.*

*My mother, the youngest in the family who studied only upto the 10th, with all her life's experiences was determined to give my sister and me a good education and make us ready for employment. Not heeding to the tantrums of her brothers and her mother to not send us to the workforce, she made sure that we studied well and were Independent. I remember her words from my early childhood insisting that standing on our own legs without depending on anyone should be our objective to lead a respectful, liberated life. My sister and I are fortunate that our mother ensured that we excelled academically and were well employed.*

*Then came the phase of a major aspect of any woman's life- Marriage. The family I married into*

is a big one. My parents in law are the oldest among 8 sisters and brothers. Though all of them are married and settled in different places, everyday some relative, or a friend would surprisingly spring up with an issue. As a daughter in law, I am expected to treat each and everyone of them every time with maximum warmth and care and this includes cooking for them all through their stay, taking them to the places they want to visit or helping them for their appointments with any Doctor and taking care of their treatments and hospitalization. My mother in law, a housewife, was doing everything during her younger days. As she became older, all these responsibilities rested on me being her daughter in law. Though my MIL is a very nice person and loves me a lot, she cannot understand the perspective of working women and how the support of the older women in the family is pivotal in pursuing a career. Even after marriage and a child, I was continuing my job with a 'Never Say Die attitude'. Situations in the family were turning topsy turvy with, ailing parents in law, long hours of work in my workplace, frequent overseas touring job for my husband and the child deprived of proper care and nurturing. For about 8 years after marriage I went through the toughest times to continue working. Reaching my workplace started becoming an uphill task. One day I would be waking up to the low sugar levels of my FIL needing immediate medical help while on another day MIL would not be able to get up from bed due to swollen limbs. My child on the other side would be helplessly crying for my attention and to top it all I would be having important branch managers' meet that could not be missed. She was not able to understand the problems and stress that I was going through and her conservative thoughts were only around why a job is necessary for women when we were economically stable! She was not convinced that lifestyle changes and taking help from outside can help me balance through both work and family. The older woman of the household with the power to influence and encourage the kids in a proper direction, could not be made to understand the ambitions and aims associated with a career.

With all the hardships and life getting worse—unable to muster the energy to do justice to family and a demanding career, in the absence of a good support system, I was forced to leave my job. We now have alternate career options, to work offline, but this is not suitable for all careers.

After giving up a very promising career and becoming a full time housewife, I keep wondering why only women become scapegoats and have to sacrifice their ambitions to uplift and stabilize a family, in this society. Why due respect for the education she had, time she spent in finding a career, the path she travelled to attain economic liberty is still not given to her. Our families, organisations, workplace and society are not designed in such a way as to support and help women to accomplish her household duties at par with her career growth.

The 20th century saw the rise of women - Women educated, employed, achieving but sidelined professionally. The 21st century should see the adaptation of men in handling household chores and being an equal partner. It lies in the hands of present day moms, to bring up their sons to support the aspirations of their spouses. The moms of today are the 'future in-laws' and it should be understood that the dreams of the future daughters in law in the family should be respected, encouraged and made attainable.

The workplace should provide an accommodative environment to help women continue their career after childbirth by establishing onsite childcare facilities. Designing the policies suitable for working mothers will facilitate convenience and peace of mind and ensure navigating their career and family smoothly.

**LET US TRANSFORM OURSELVES, OUR FAMILIES AND SOCIETY TO EMPOWER WOMEN IN ATTAINING AND PURSUING THEIR GOALS. LET US PROVE THAT IF WOMEN ARE TOGETHER, FAILURE IS IMPOSSIBLE.**

**Neerja,**

**IWC of Chennai Unique**

## PRICELESS

Gowri was reminiscing often recently. Her thoughts were deeply focused around the one object that caused her sleepless nights. Her thoughts and actions could not synchronize with each other. She was in an imaginary world expecting some miracle to happen.

Her suspicion grew stronger on the helpers who had served her for more than 2 decades.

Gowri's hubby Manohar being a businessman, was so engrossed in his work that he did not notice her weird behaviour.

Mahesh, her only son, was the person she could vent out her feelings to. Mahesh was on cloud nine having been recently married to the girl of his choice. He was a financial consultant stationed in Mysore. His genuine affection and healthy relationship with his mom had created a strong bond between them, resulting in her confidence and secure feeling in his presence.

She had cleared and rearranged her jewellery in the wardrobe repeatedly, with a ray of hope, all in vain. She thought that it was high time she accepted reality.

How could she tell her hubby that his first wedding gift to her was missing?

Manohar had planned a temple visit that was long overdue. The day for Darshan was fixed.

Gowri wiped the tear that slipped down her cheek and diverted her thoughts feeling she was now truly in need of positive vibes from the holy place of worship.

Her Son suggested that packing and travelling would divert her attention and help her move on.

After packing her clothes, she opened the wardrobe and picked up the large fancy silver

bowl that was overflowing with currency in all denominations, meant for charity at the temple.

As a practice, it was refilled each time for the purpose of a temple tour that was planned twice a year.

She arranged the money according to their denominations.

For sentimental reasons some few notes were to be left back in the bowl.

When the money in the bowl was minimal, a small spark from the bowl shook Gowri up with a pleasant shock. She rubbed her eyes to do away with the illusion that she thought was dominating her vision. Once she picked up the few notes of value, she could not believe her eyes --her heart lost a beat, she was surprised, overwhelmed with joy and unable to utter a single word!

Mahesh was the first person to share her happy moment.

Gowri picked up the Solitaire diamond studs with shivering hands.

They cost more than 7 lakhs, but now they were priceless and even more precious.

She consoled herself, believing that the small negligence of not placing the studs in their respective boxes, could have been due to carelessness and reluctance, combined with the marriage celebrations of her son, guests in the house, and sleepless nights with relatives.

Now she felt blessed and was grateful to God for not blaming anyone for the missing diamonds.

**Devi Mathimaran**

District Treasurer, IWC of Nanganallur



# **OBESITY – THE BASE OF DISEASES**

## **OBESITY – THE BASE OF DISEASES**

*The most common starting shots when you meet people after a long time – “Hai been so long. My God!! Why have you put on so much weight?”*

*That is the ultimate.. And the emotions, the fear, etc gets kicked up. A little weight in the wrong place is the first indication to become alert*

***Ayurveda** – The science of Health from the vedas, has a wonderful explanation, and also medicines and treatment that not only tackles the issue but also sees that the cause is eliminated from the body we are what we eat. Here one must understand that eating is not only the food, it is also the input of all the senses that has its impact.*

*How many times we would have observed that a bad news has half the people running to the toilet. A depression causing you to over eat . A child who has lost a parent will usually be fat*

### **What is Obesity ? How is it caused ?**

*The entire digestive system, the reproductive system, the Hormonal system etc all come under the fire element – called the “Pita Building Block” of the body. This is like the fire, when proper, cooks well, when low does not cook , if over hot, burns the food.*

*Just like cooked food left outside for 2 to 3 days will putrefy, spoil and gives out a bad smell, so too undigested food in the stomach will ferment, and give out gas and undigested food which is called “Aama” This food toxin, enters various parts of the body, and gets deposited. The problem depends on the type of food. For example if you have channa, potatoes, beetroot, pulses in excess, it will show up as gas and you bloat like a Balloon. If you have sweets, pasta, pizza in excess it will be fat depositions.*

*Generally it is Sticky slimy stuck to the walls of Intestines, heavy, having properties of **EARTH***

***AND WATER.** This gets carried to various parts of the body and depending on its area and the quantity of deposit, the type of aama, different diseases are formed.*

*Yet the question arises – some do not get, some get . **WHY??***

*That depends on your digestive capacity. How good are your digestive enzymes?? What is your prakriti – Body Type? What are your health issues??*

*Toxic morbid metabolic waste material formed due to improper digestion are due to variable reasons.*

*Undigested food, Emotions and tensions, gas, water retention, Hormonal disturbances etc*

*How can One Set this right???*

### **THE HEALTH MANTRA**

*80 % of the diseases are due to digestive disorder. Hence if one learns the technique to handle their digestive fire, they can keep Doctors and disease at bay.*

**WHEN HUNGER IS LESS, EAT LIGHT, OR HAVE LIQUIDS**



**IF ONE MEAL IS HEAVY, HAVE THE NEXT ONE LIGHT**

**HUNGER IS YOUR THERMOMETER FOR FOOD GUIDELINE**

- *If Good Hunger, Eat two portions heavy, one light.*
- *If Hunger not good, Eat Two Portions Light, one Heavy*
- **ONE FOURTH MUST ALWAYS BE EMPTY**
- *Depending On the weight, treatments are suggested accordingly.*
- *An Anti Obesity Kanji is taken to replace dinner/breakfast.*
- *This helps retain the energy, despite loosing weight.*
- **OBESITY PACKAGE**
- *Panchakarma is the most important procedure used . The massage with the*

**OBESITY is Harmful**



*medicated leaf fomentation, steam, helps to bring out all the toxin from the body, to the intestine. This then is dissolved by a procedure called small basti and thrown out through a procedure called larger basti. This removes the seeds of the disease from the Body, leaving no scope for any accumulation further.*

**Dr Jayashree**

*ISO & PP, IWC of Chennai United*



**EVERY END SPELLS A NEW BEGINNING**

*Libelle was getting impatient as water changed from cold to cool to warm  
That morning she had seen Damsel crawl upwards on the blade of reed  
But like many before her may never return to tell them what had happened  
Wazka shook his head in stern disapproval as if he could read her mind*

*At break of next dawn Libelle began her slow ascent up the green groove  
Like one possessed, Ignoring shrill warning cries "No! Don't die like all others!"  
Pop! Emerging out of the pond, her back hurt like hell, she shook it vigorously  
Lo 'n' Behold She had sprung exquisite, gossamer wings in sea hues*

*Could this be real? Is it the promised paradise? Warm breeze, sun 'n' light!  
Flapping her wings, flying up, circling, rising she saw all her friends, long gone  
They hadn't died after all! Just moved to a better place led by their faith 'n' hope  
She wished to go back to tell Wazka but knew like others she would never be able to*

**Fathima Nasira**

*District Secretary, IWC of Madras North*

## RASA – RAMANA SUNRITYA AALAYA

*RASA – Ramana Sunritya Aalaya was founded in 1989 by Dr. Ambika Kameshwar with the vision to empower one and all, through the Theatre Arts experience. Today, RASA stands as a 32-year-old organisation with a multi-pronged approach to inclusion and transformation. By God's Grace we have been able to consistently run several activities that have created a long-term positive impact on our beneficiaries.*

*The mission of RASA is – “Unifying through the Artistic Experience”, and RASA deeply believes in Cultural Education for one and all without disparity and realizes it's vision by carrying out several activities that are suitably structured.*

*For the past three decades, RASA has transformed the lives of thousands of young adults and adults with differing abilities through the application of Theatre Arts for Holistic Development – a methodology founded by Dr Ambika Kameshwar.*



*Theatre, in all its aspects of Music, Dance, Drama, Story Telling, Arts and Crafts, provides all the necessary inputs required for an individual to reach his / her own complete potential in all areas of development.*

*Dance – provides mobility training, movement skills, muscle control, coordination and improved body language. Music and Drama provides the development of verbal skills, voice modulation, etc., Training in stage arts and crafts – helps*

*develop, an aesthetic sense of dress and ambience—when to wear what and how! Theatre on the whole provides scope for improved interaction, better language, communication skills, and better social skills providing for the complete and holistic development of every individual.*

*Our students are extremely talented, each having his/her own unique talent and potential. RASA taps that potential and brings out the best in each one of them, thereby making them confident youngsters.*



*Life skills training and livelihood training are provided to our students at RASA. In our livelihood division, students are trained to make handicrafts and artwork, which in turn is sold in our shop called ANBUDAN, the proceeds of which goes to our life skills training division at RASA.*

*RASA's work is totally honorary and RASA looks forward to help and support in any form from like minded people.*

**Dr. Vaishnavi Poorna**

*Deputy Director, RASA - Ramana Sunritya Aalaya, Chennai.*

[www.rasaindia.org](http://www.rasaindia.org)

## YOU CANNOT CHOOSE TO TEACH MATHEMATICS AND ENGLISH!

*That was the sentence I first heard at my interview for admission into a B. Ed. course. I was stumped. It had to be Maths and the Sciences or English and Social Studies. Those were the choices offered. What was I going to do? Chemistry was like a mysterious labyrinthine minefield to me, where I felt I would never find my way out. History, the way we learnt it, left me with nightmares of dates and wars.*

*I begged and pleaded my way into the courses of my choice, bolstered by the support of two other friends who thought like me. Luckily, I was admitted.*

*Why was an affinity for English and Mathematics considered such an oddity?*

*The brain is such a complex piece of engineering – wired in ways to provide innumerable connections of memory and comprehension. Why do we box ourselves, and more importantly, our future generations, into tight, impermeable boxes which will determine a fixed route through life.*

*The ubiquitous 'computer' – has attained a status far beyond its actual use as a tool. It is time to relegate it to its rightful place – a respected and well-loved ally in our search for a direction.*

*Recent thinking in education is tending to realise that all learning is multi-sensory and multi-dimensional. Our Gurus seemed to have recognised that in our gurukuls. There were no tight lidded boxes, but a freeflowing dispersal of knowledge in all streams, which came together to create a more comprehensive understanding of the world and life itself. We seem to have lost that wisdom as we succumbed to Macaulay, and churned out automatons.*

*Fortunately, more and more young people these days are opting to move away from the conventional choices of careers, and creating need-based niches which give them satisfaction and provide a new avenue for employment of others too. Let us hope that this thinking will permeate downwards into our schools and temples of learning, and coming generations will have a more wholesome, rounded education, which recognises their particular strengths and aptitudes, and arms them with the tools needed to better not just themselves but the world around them.*

*Thathastu!*

**PDC Sushila Nataraj**  
*IWC of Madras*



*If you can dream it,  
You can do it.*

**- Walt Disney**

## ASTROLOGY – AN ANALYSIS

*We divide this vast subject into two sections – planets and their influences and secondly the horoscope reading techniques. The whole subject is dealt with the help of my family deity, Mahamayi (Mahamaya) to study the horoscopes of relatives, friends and others, free of cost and advise remedies(parikarams). As my horoscope has certain qualities of my great grandfather, who was a Raja Guru to Mysore and Thiruvanantha puram samasthanams , all the more so I am bestowed with the capacity to predict though I did not have a formal education or special training on Astrology..*

*I have performed 108 navagraha homams and perform certain parikarams to protect me from evil effects of planets as they are upset on my saving some souls to a certain extent!*

### **Planets and their influences**

*The planets are affecting all the creations on earth by their rays and are fixing the way of life at the time of birth followed by dasa and subdastas of the planets. They obey the Laws of Nature and The Almighty. The Almighty also does not interfere in their actions and the planets are bestowed with certain powers. Every planet has assistants in the form of Athidevathai and prithidevathai.*

*The rays of individual planets are embedded in certain plants, flowers, seeds, birds and animals. Every human being is connected within his/her body the rays of individual planets. In the ancient civilisations, the medicine man was also an astrologer, who will calculate and understand which planet has caused the disease and give medicine accordingly.*

*The strengths and weaknesses of the planets based on your horoscope can be read and solutions offered to improve to certain extent. Even software is available today to present the data but needs an eminent astrologer with*

*seventh plus sense to calculate and interpret the findings.*

### **Horoscope Reading Techniques:**

*Here I give a general outline of what is being read. Astrology is highly mathematical and scientific. The Almighty has given certain powers to those who do a dispassionate reading and do not misuse the powers given for the sake of money ,fame and praise.*

*The horoscope is accurate only if the date, time and place of birth are furnished correctly. The correctness can be verified with the past events, character, likes and dislikes of the individual.*

**Paagai Kalai (Sputam):** *This calculation will exhibit the strength of the planets at the time of birth in each of the 12 rasis.*

**DasaVargam, SapthaVargam:** *This exhibits the general strength of the horoscope based on the 24 amsams .*

**AshtaVargam:** *This calculation is based on the present positions (as the planets are dynamic) vis a vis the position of the planets at the time of birth. This is known as kocharam which will enable the astrologer to predict a date for the requested event to happen. Normally, the date of death is never predicted and even if so, never informed to the party.*

**DasaKalam:** *These calculations are made based on the movement of the moon and this information is used in AshtaVargam calculations to improve the accuracy.*

**Siddhar (pulipani) tamil poetry for accurate predictions:** *Based on Sputam above, the siddhar narrated poems in tamil on and about time of birth, and the job/work being performed by the planets (example: like the human beings the planets do pooja, sleep, eat, Examination on gems, anger etc) in order to match with time of birth & offer remedies (parikarams)*

**Doshams:** The mistakes of the previous births need remedies (parikarams) Only certain persons allowed by the Almighty, in the form of family deity blessings, will be in a position to perform the dosha parikarams. Others have to go through life as dictated by the planets in the horoscopes. The simple remedies are lighting two lamps on a designated day and time, annadanam, vastra daanam, archanai, abhishekam etc, preferably in the temple. Place grains(green gram, channa, tilagram-ellu)having the power of that planet, below the pillow for a period of 45/48 days and then cook the same and distribute to the devotees at the temple. Visit to the temples designated for the planets (navagraha temples) as well as powerful parikara temples like Tiruchendur, Samayapuram, Kalahasti, Vakrakali in Thiruvakkarai, Pattiswaram etc.

Other parikarams are performing ceremonies to the dead and gone in your family at Rameswaram, Kasi, Gaya, Prayag, Gokarnam (in south Karnataka), Mukkudal at Bhavani river near Erode etc.

Prayers at the family Deity temple are the most important & effective ones. Support of the family Deity (both paternal & maternal) is a must for success of Dosha Parikaram. The family Deity prayed by your ancestors, is the most benevolent, and is waiting eagerly to meet you. Therefore do your rituals first at the family deity Temple and seek blessings.

All the above are to be done with hope and faith and absolute surrender to God. Astrologer is only like a Doctor, the improvements or otherwise are in the hands of the patient and the Almighty. The predictions come out very accurate with date and time within the first 6 months to one year. Frequent consultations are to be followed up as and when any problem crops up!!

#### **Other topics**

**Moksha** is what everybody wants after death since they feel that there is no rebirth. But the fact is that all including saints, rishis, siddhar will be

reborn at the appointed time. If you are a good soul, you will attain moksha and return with a much better birth from start to finish and all your wishes will get fulfilled. That is how I view and interpret moksha philosophy!

**Evil Eye** is the combination of jealousy, hatred and despair. This comes from the bottom of the heart and emanates through the eyes, travelling through air to the person getting affected. The concerned affected person gets unexplained body pain, loose motions, minor accidents, obstacles, loss of money / fame, the effects depending on the strength of horoscope, vaasthu, at that point of time. There is no major remedy, as it gets transmitted from one soul to the other. Protection is to avoid meeting the evil eye, go away from the vicinity as well as perform parikaram at the Kali Temple on Tuesday/ Friday/Sunday with Poosanikai (pumpkin), Lemon, coconut, & camphor (karporam) by the priest (poojari) to save you from evil eye obstacles. Be safe against such ill natured people whom you identify as potential evil eye designers from their words, looks and actions!! It is not our concern as to what will happen to such Evil thinkers!!

There are **Five sins (saabams)** for which there are no remedies/ parikarams. For these sins, you have to go through punishments from the Almighty, time and again in many births. **BEWARE:**

1. Killing or ill treating parents- pitru saabam.
2. Killing Guru, holy persons, cow – Guru saabam
3. Abducting other man's wife, rape – stree saabam
4. Taking away the property by deceit or by cheating from blood relations, friends and general public– Bhoomi saabam and
5. Cheating/killing helpless widows, destitutes, orphans, children and spoiling their lives or any killing - Brahmahathi saabam

*Difference between Dosham (mistakes, problems, troubles etc) and Saabam (curse –which we have already seen under five worst sins) is that for dosham, there is some remedy / modifications based on the intensity in your horoscope .*

*But for Saabam, there is no remedy in the horoscope, you have to grin and bear, probably God out of compassion may reduce the sufferings.*

*The type of punishments on Saabam are :blindness, disability, mental retardation, birth deficiencies, accident – death/ loss of limbs, loss of memory, getting cruelly murdered, suicide, getting punished by Government– imprisonment/ hanging, incurable diseases, watching kith and kin die, untimely death, early widowhood,*

*becoming an orphan, loss of property, theft, etc –more or less matching to the sins committed in the past. This is only to warn that one should not add on to your sins in this birth!*

### **Conclusion**

*I have given a very brief glimpse of this vast subject of Astrology, of which I am still a learner! I take my own time to study a horoscope, write a 4-page commentary on the horoscope based on which I will be in a position to advise remedies to a certain extent to offset the probable troubles in the future.*

**Geetha Viswakumar**  
*President, IWC of Adyar*



## **COVID 19 - THE MICROSCOPIC TERRORIST**

*That little thing that we cannot even see  
Has taken a hold of the world!  
Enough! No more! Let's look beyond it  
And waste not another word.*

*Let us think of when we emerge from this tunnel,  
So dark that day seems like night  
Prepare to adapt ourselves and our ways  
As we face the sudden bright light*

*We are in this together,  
we have no lead no tail  
We must succeed together  
or all of us will fail*

*Let us have the wisdom to give a hand as we find  
Anyone who might be lagging behind.  
This is a race that can be won  
Only by all of us running as one*

**PDC Sushila Nataraj**  
*IWC of Madras*

*With Best Wishes*

**Dr. Vijayalakshmi Suthakar**

*Physiotherapist  
President, IWC Chennai Phoenix*

**Ambili Nandagopal**

*President, IWC Guindy*

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**Objectives of Inner Wheel**

- To promote true friendship
- To encourage the ideals of personal service
- To foster international understanding

*Best wishes  
from  
well wisher*



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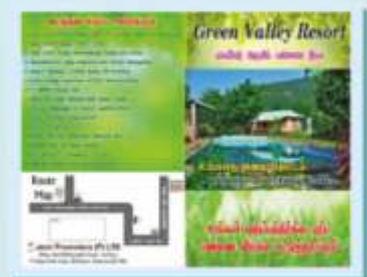
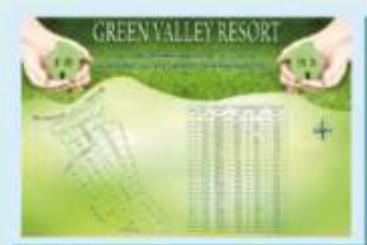
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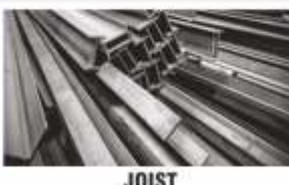
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## GENDER BENDER

*Women empowerment is a term, we often hear. I wonder with anguish and skepticism where will all the men go with so many empowered women around.*

*Do they know how to deal with the empowered woman at home, at work, in love, in relationships, in simply building things together.*

*Yes due to a distortion of sorts over the years, manipulation and a host of social ills, women have been at the receiving end. Yes now, there is a lot of awareness and a good success rate for women empowerment programmes all over the world, in pockets, nonetheless.*

*Lingering questions remains...what is the kind of atmosphere that men grow up in? Do women empowerment programmes include men as active participants to hear what the other section wants to say? Do corporate programmes include men in life altering thought processes or is it a programme on paper to be checked and given to HR as an activity of completion? Do sexual harassment initiatives share findings with men. Do educational institutions still ask boys to go out of the room when discussing menstruation and hygiene for women? Most importantly, do you make fun of your brothers, friends and other men washing clothes, feeding babies or packing lunch for their wives? Even more importantly do you wish your spouse did it for you...double standards anybody?*

*You probably don't, and as a woke person you don't like to chuckle but you do share memes that proliferate and deepen the thought of traditional male roles and female roles. What impact do*

*memes leave in the psyche of society as a whole? A similar effect as the mega serials have done in the past generation no? Do you contribute to this knowingly, unknowingly even though your conscience says otherwise.*

*Do you still stare back at a man riding pillion on a scooter with the woman riding away to glory?*

*Do we hide the sanitary pad when we take it to the restroom to change so that others don't notice what we carry?*

*On the other side, do we as a society accept a man drawing kolams oin the front of his house everyday - I have a young friend, a kolam expert who does it everyday and especially so during the wee hours of the holy Margazhi month. What exactly do you think his neighbours say... Is equality a one-way road with women wanting to be accepted for the traditionally male dominated road? How many of us squirm in discomfort when the male wants to quit his job and stay at home and take care of the baby and the elder kid's studies?*

*After years of struggle, we find that the mode has changed but the madness remains.*

*The awareness improves, the acute trauma still remains*

*What is wholesome; what will be holistic; what is truly inclusive in practicality and not on paper...are we ready to embrace that change?*

**Sowmya Natarajan**  
*President, IWC of Chennai United*



*You must be the change you wish to see in the world.*

**- Mahatma Gandhi**

## AUGUST 15, 1947

*The Tricolour flew full mast  
In attention and standing tall  
The Army gave out a full-throated call  
VANDE MATARAM  
But even the toughest of them  
Had tears streaming down  
For they were finally saluting  
Their Mother and not the Queen.*

*Patrol ships bobbed up and down  
The Navy was utmost on guard  
Shoulders squared with pride  
Though lips quivered with emotion  
For finally they were guarding  
Boundaries that were their own.  
Protecting like they always dreamt of  
Their Mother and not the Queen.  
VANDE MATARAM.*

*Guardians of the sky  
The Air force was on cloud nine  
Every nerve tingling with pride  
They were finally protecting  
The skies that were their own  
Rising higher in their esteem  
Finally doing their duty towards  
Their Mother and not the Queen.  
VANDE MATARAM.*

*And there were those Patriots in millions  
Who had never flinched to face the bullets:  
Now thronging the streets  
Chest wide with pride and reverence  
Waving the TRICOLOUR  
Finally they knew they would  
Not have to see their Mother sullied.  
Their frenzied patriotic cries  
Reverberate and echo to this day.  
As they raised their hands only  
To salute their Mother and not the Queen.  
VANDE MATARAM.*

*Every nerve tingles as we reminisce  
The trials and tribulations  
Faced by millions of Patriots  
Who gave us what we have today:  
The freedom to exist  
The freedom to breathe  
The freedom to speak*

*Saluting every PATRIOT who gave us this  
day **Happy Independence Day** VANDE  
MATARAM.*

*Friend of  
**PDC Radha Ranganathan***



## GALA

*Our striking cosmic orbit is nature's mother,  
It is nature's tomb.  
Where species lie buried after their demise,  
The grave is also nature's women,  
Where pasteurisation of all species occur,  
Earth provides her cherubs with great virtues,  
Every creation of our mother is distinctive.  
Herbs, plants and stones possess great power,  
There is nothing in this terra that is sinful,  
And there is nothing that does not turn bad if exploited,  
Virtue turns to vice if misapplied,*

*Vice sometimes turns to virtue if dignified,  
Inside the infant rind of a small flower,  
There lies both poison and medicinal power,  
You smell it, it feels good,  
You taste it, you die.  
There is good and evil in all,  
When evil is dominant, death soon kills the body  
like cancer.*

***Sheela Hasika Vinod**  
IWC of Ranipet*

## HEART HEALTH IN WOMEN

Every woman takes utmost care of her family and society **even** more than she cares for herself. It is our responsibility then to stress upon the importance of heart health in women and spread awareness in order to prevent death and disability due to heart disease. Caring for one's heart through a healthy diet and regular physical exercise will be the secret weapon to prevent heart disease. This can contribute to 80% reduction in the development of heart problems.

Heart disease is no longer a killer disease of men alone. One in three women dies of heart disease or stroke every year.

- \*1. According to a recent observational study, the average age of a woman-developing heart attack has reduced to 35- 54 years.
- \*2. Almost 50% of women have one of the three major risk factors for developing heart disease :

1. High blood pressure
2. High cholesterol
3. Diabetes.

Other risk factors are Smoking, Sedentary lifestyle, Menopause, Pregnancy complications, Family history and Inflammatory diseases.

### **Coronary Artery Disease**

Coronary Artery Disease occurs when the arteries supplying the heart get narrowed and hardened due to deposition of plaques in the inner walls of the arteries. As the plaques increase in size, these arteries get narrower, resulting in lesser blood flow and lesser oxygen to the heart. Heart attack happens when a plaque in the coronary artery breaks apart resulting in clot formation leading to 100% block in blood flow.

### **Diagnosis and treatment of Coronary Artery Disease**

Clinical history, symptoms, and signs are the key factors in suspecting Coronary artery disease.

ECG, Chest X Ray, Echocardiogram and Treadmill Test are done based on the presenting symptoms of the patient. Coronary Angiography, if indicated, is the 'gold standard' test to diagnose the exact site of block, the severity, and the number of blocks. Based on the result, the doctor may advice on medical management / Angioplasty/ Bypass Graft surgery. In an emergency like a heart attack, Coronary Angiogram is performed followed by Coronary Angioplasty to save the life of the patient. In angioplasty, a balloon is used to open a blocked artery. The artery is kept intact by implanting a Stent (Wire mesh tube) after Angioplasty. Angioplasty using Drug-eluting stents have revolutionized cardiac care. It helps to restore the blood flow to the heart muscle and relieves chest pain.

### **Differences between Heart attack in men and women**

The typical symptoms of heart attack for both men and women are central chest pain, shortness of breath, profuse sweating, nausea, and vomiting. Not all women develop the classical symptoms. Atypical symptoms (like back pain, pain in arms, neck, jaw, extreme fatigue), silent heart attacks and delayed presentation to hospitals are more common in women. Delayed presentation to the hospital can seriously damage the heart and can lead to permanent disability. Hence, it is important to spread awareness amongst the public, especially women regarding these facts.

### **“Go Red Movement”**

**G:** Get your numbers: Women to check their blood pressure, blood sugar and cholesterol levels on a regular basis.

**O:** Own your lifestyle: Reduce weight, Exercise regularly, Eat healthy and stop smoking.

**R:** Realise your risk.

*E: Educate your family: Educate about leading a healthy lifestyle and making healthy food choices*

*D: Do not be silent: Spread awareness about heart disease in women.*

*Contrary to the popular belief that only women in the postmenopausal age group are more prone to heart disease, it is saddening to see the change in the prevalence of heart disease among the women*

*in reproductive age group nowadays. Women have to balance their lives between domestic and professional aspects and take care of their health and wellbeing as well. This will help to prevent diseases in the community.*

**Dr Latha,**  
*IWC of Chennai United*



## **THE WONDER OF MY POWER**

*I am generated in you  
And though my association is with negatives  
I give you a range of plusses too  
Take a deeper look at me  
And you'll know who I am and Realise  
The wonder of my power*

*My color is red, deep and concentrated  
But if you know to blend me well  
I can give you a range of hues  
You just need to observe me  
Soak in me and understand me  
I can help you reach your dreams  
That is the wonder of my power*

*I am the siren blower  
I make you alert to details  
If u learn to channelize me  
I can help u unleash your true potential  
I can energize every cell in your body*

*And push you to achieve  
That is the wonder of my power  
Harness my free flowing power  
I can give u discipline , a goal, and a direction  
I can give u confidence,  
A path and a vision  
Use me in the right way  
And you will be able to prove  
The wonder of my power  
Yes!!!*

*I am anger  
A-ccelerated  
N-egative  
G-arnering of an  
E-motion towards  
R-ight direction*

**Sheetal Satish**  
*VP, IWC of Chennai Symphony*



*Nothing is Impossible  
Even the word itself says I'm possible.*

**- Audrey Hepburn**

## GLORY OF RICE

*Since time immemorial we have been savouring this fluffy white fuel called rice. A south-Indians anytime go to food. Rice was once and is the most celebrated food and no festival is complete without this. The number of recipes and the sheer variety it offers is simply mind boggling and enticing to the tongue. From sweets to soups and savouries, the list is quite long indeed. Sad and unfortunate that this super food has been demonized by the media and low carb maniacs.*

*This land is blessed with a rich biodiversity. There are more than 6000 varieties of rice in India and we are the world's second largest producers.*

*Unfortunately, we have lost most of our native varieties. One can't single out as to which one is the best. Each one is a pearl of nutrition & health. We have a special variety for every demand and need.*

*Traditionally, generations of people have eaten this with no side effects whatsoever! It was an irreplaceable part of the menu. Sambar saadam, Kuzhambu saadham, Rasam saadham, Puliodarai, Elumichai saadam, Thenga saadam, Paruppu nei saadam, Chakkarai Pongal, Murukku, Vadam, Payasam and the list goes on. This shows how versatile a cereal it is.*

*Now, here comes the billion-dollar question! Why should we eat what our forefathers ate?*

*Rice is not only macronutrient rich but also has important amino acids, immunity mineral zinc and phosphorous, calcium, thiamine, vitamin E, pantothenic acid and the cancer fighting phytonutrients. Phytonutrients also enhance one's immunity, repair DNA damage and alter estrogen metabolism. **Therefore** it is not only about carbohydrates.*

*Is this reason enough to eat rice without prejudice!*

*Never underestimate the power of ancient wisdom. That generation was more intelligent, balanced, calm and disease free predominantly. I am sure they owed it to Rice. The simple fact is that, it has withstood the test of time.*

*The most comforting food that can be eaten during all seasons of the year unlike millets. The choice of millets that one can eat depends on the season. There are certain millets which should be consumed only during summer and still others during winter. Rice has no such restrictions!*

*Rice is the most versatile and is nutritionally better than its counterparts. From a nine-month-old baby to a ninety-year-old person, anyone can take it, as it is the most delicious, easily digestible and fully absorbable cereal.*

*Rice has the right type of complex carbohydrates and the ideal combination of amino acids **which** makes it a healthy choice. Certain amino acids in rice can mobilize fat from the liver and thereby reduce fat accumulation. So why accuse of it being a fat promoting food? Weight gain happens either because of sluggish metabolism, genetics or calorie overload. It is brutal to blame it on Rice. No ritual and/or custom in our culture is complete without this white wonder.*

*The tryptophan in rice makes it an anti-stress food. This amino acid not only has a calming effect on the system but also promotes good sleep. In this age of diseases and disorders which are triggered by lack of good sleep, rice is the comfort food.*

*Rice is good for bone and muscle health as it helps in better assimilation of calcium and Vitamin D. Remember, we need these for Iron and Vitamin C absorption too.*

*Rice has a good amount of Lysine, which is a precursor for growth and development. Eating*

*rice promotes healthy gut bacteria and one need not struggle with elimination of bowels!*

*Rice is always eaten in combination with dhals and vegetables thus making it a wholesome super nutritious food. **Nobody hogs on it without the accompaniments. It is always taken either with Dhal, Curd or Vegetables.***

*I only hope and pray that one uses his natural intelligence and ancient wisdom as far as food is concerned. All our foods have therapeutic value, eat them without guilt, nourish your body with the right food and stay healthy for life. Wise men always make the right choice. What about you?*

**Sadhana Rajkumar**  
IPP, IWC of Adyar



## **MENOPAUSE AND HRT**

*With the advancement of medical science, the longevity of human beings has considerably increased. According to estimates, women spend 1/3rd of their life in the Post–Menopausal period.*

*What is Menopause? **How do we figure that a woman has attained menopause?***

*Menopause is confirmed after the menstrual period has been absent for 12 months and is the time that marks the end of the menstrual cycle. In India, the range of mean age at menopause, reported in different studies appears to be of rather young women--between 41 and 50 years of age.*

**Menopause happens over three stages:**

- 1. Perimenopause - Menstrual cycles become irregular but not completely absent.*
- 2. Menopause - The mark of the final menstrual period.*
- 3. Post Menopause - Begins after the completion of an entire year from the last period.*

**Symptoms of Menopause**

- \* Absence of periods for a year*
- \* Hot Flashes*
- \* Night Sweats*
- \* Mood swings and irritability*
- \* Sleep disturbances*

*\* Cognitive changes (Difficulty in remembering Names, Directions, loss of focus and train of thoughts)*

*\* Vaginal dryness*

*\* Vaginal Vulval Itching*

*\* Low sexual drive*

**How do we cope with the Post-Menopausal symptoms?**

*This is where HRT - Hormone Replacement Therapy comes into play. It is no longer only symptomatic management but involves total management from preventive to curative.*

*Estrogen deficiency is the major cause for the long-term complications due to menopause. Several other drugs are also used in the management due to the limitations of HRT.*

**Drugs used in HRT**

- 1. Estrogens (Oral, Transdermal, Sub-Cutaneous and Vaginal Creams)*
- 2. Progestins (Oral, IUCD, Transdermal and Vaginal Creams)*
- 3. Tibolone (Tissue specific HRT)*
- 4. Androgen (Oral Implant)*

**Dr. Padma Prashanthini**  
VP, IWC of Kanchipuram

# AN ODE TO CANCER SURVIVORS

*This tale is of a Sherone who, sad to tell  
Woke one morning, feeling unwell  
Tests showed Cancer, that dreaded scourge  
And for a while it seemed that all was lost.*

*But after the initial shock our heroine took heart  
Determined that nothing should cause her to depart  
the sweet world*

*and family to which she was bound  
And come in the way of a life so sound*

*“Pooh!”, said she, “I’ll just get set”  
“And throw all I have to beat it yet!”  
She was as good as her word in every way,  
Rock steady through treatment from day to day*

*Met every setback with an unswerving mind  
Defiant right through a long painful grind  
The scourge did its best to hold on and spread  
But faced with her resilience, it cowered and fled*

*And finally a day came when although tired and sore  
She’d got the cancer to leg it through the door  
Cursing and swearing that it was on the run  
And another braveheart had fought squarely and won*

*There were hugs all around and joyous tears therein  
From kith and kin who had urged her to fight and win  
But more important, she had shown the way  
To weaker others who would have let the disease hold sway*

*The point we must realize when we moan and whine  
Over small issues that don’t fall in line  
Is that we need to stay focussed by far  
On the need to give it all to win the war*

*So be grateful for your blessings and live each day  
Like there never will be another coming your way  
Live, love, and work with belief and zest  
To make life better for all the rest*

*Reach out to others and spread the word  
To friends, associates and the common herd  
That we need to make the best of this gift of life  
And stay smiling right through toil and strife*

*Strive if possible, to be a beacon of light  
To all out there bemoaning their plight  
Mock them not, but gently ensure  
They realize every ill has a definite cure*

*Dispel the darkness ensuing from an ignorant mind  
Where doubt and uncertainty serve to bind  
Nurture and keep alive optimism's bright flame  
To emerge a strong winner at the end of the game!*

*Saranya Upendran,  
IWC of Madras Midtown*



## **A WOMAN'S DREAM FOR A SAFE WORLD**

*Mahatma Gandhi once said "India will be free when women feel safe to walk in the streets of India at midnight"*

*When we talk of freedom and Independence of the country from the outside forces, we are proud of what we have achieved today but women who were equal contributors in the freedom struggle continue to remain shackled by the chain of a patriarchal mind-set. Freedom of choice is often denied to women. To make this country a free and enjoyable place for women, we first need to empower the police and government in order to provide a safe environment to women, so that they can travel whenever and go wherever they want to.*

*The quality of freedom is not merely the implementation of rules and laws! The mind-set of people needs to change and women considered and treated on par with men to get a carefree and enjoyable atmosphere to be in. Men need to change their attitude towards women. Men need to learn to respect women from an early age. They must consider women as equals, so that they do not even think of harming them. When you consider someone inferior, you tend to oppress him or her. We must not put the blame on women and ask them to be careful. We must ask the men to change their thinking towards the opposite sex. If this thinking goes away, half of the crimes will automatically end. If this happens, we can make the world a safer place for women.*

*Sowmya Shankar  
President, IWC of Chennai Symphony*

## WHEN THERE IS SMOKE...

*It was a beautiful morning. Sheela was getting ready to log in to class. Amma was making a grocery list and wanted her to quickly feed it into the online shopping app.*

*“Amma! Not now! I have to log in.”*

*“You still have ten minutes, dee!”*

*“What's the hurry, I'll do it after class.”*

*“No no, I need all this for our kuladeivam poojai! Put this in so we can get delivery slot tomorrow. That app kaaran will take time.”*

*“What poojai is this now?”*

*“Kuladeivam. Family god! This is why we shouldn't leave children behind when going for poojai. Even if it is a school day. Sometimes I am scared how I will face your future in-laws!”*

*“Oh amma! You and your poojai. Don't we have enough deivam here, that you have to worship another kuladeivam also? And by the way, you don't have to worry about my future in-laws – if and when there are any!”*

*“If and when! Watch your mouth, dee! Always talking back. Talking talking you have wasted time. Now you log in. That's why I asked you to teach me this app-vapp. I don't have to ask you! It is not like I can walk happily to annachi kadai and chat away while shopping – I can't even breathe in that mask-vask, let alone talk!”*

*Grandma Shanta was watching this morning exchange quietly. After lunch, the app shopping having been accomplished, she gently called her granddaughter.*

*“Kannamma!”*

*Sheela was always easier to talk to when fully fed – especially on seppankizhangu double roast.*

*“Hmm yes paatti.”*

*“Come, lie down with me – if you are not busy that is.”*

*Sheela loved nothing more than to snuggle up with her grandmother for a siesta. Of course, of late, she*

*noticed there was less and less of grandmom to hug. She did have a group call with her friends – but that could wait. Paatti always took precedence over everything else.*

*“Ah, just what I wanted to do paatti! What have you been upto?” Sheela settled in comfortably into the large divan that served as a day bed.*

*“Just thinking of the time when Karuppar came to your rescue...”*

*“Karuppar?”*

*“Our kuladeivam Karuppar...”*

*“Right! He came to 'my' rescue? How? When? Why do I not know this?”*

*“It was a long time ago!”*

*“How old was I then?”*

*“You weren't born then.”*

*Sheela looked up at her grandmother. No, her grandmom was still sound of mind, there was no doubt. Still. “Paatti, how could he help me when I wasn't born? You're mixing up stories – this is a bisibelebath story! Haha!”*

*“That's why he had to help you.”*

*“Start at the beginning, paatti! You know I don't like loose ends!”*

*“It was 21 years ago. Another November day like this – but dark and cold. In a land far away from here. Somewhere in America – I could never pronounce the name properly – a small university town where your father was finishing up his PhD. Your mother was pregnant with you, and I had just arrived to take care of her because they couldn't travel back.”*

*“I know, I was born there but you all moved back for a rooted life! When we could have lived the American dream!” Sheela interrupted in mock despair.*

*“Well, a few weeks before the due date, your father had to travel for a conference. It was just a two day trip so we were not so worried. But the day he left, it*

started snowing. Your father's student lodgings were two small rooms and a kitchen on the first floor of an old lady's house. It was the first snow for both your mother and me. It was mesmerizing at first – specks of fairy dust falling from the sky and the world slowly turning white but as the snow fell hard, our rooms turned colder, the heating wasn't enough for a snowstorm. We braved that first day. But during the night, your mother started complaining of discomfort. It was an uneasiness at first but quickly she was in serious pain. I woke up the landlady, who tried calling for a local taxi but it was the middle of the night after a snowstorm, we already knew it was futile. What could we do? I couldn't drive. Should I walk through the snow to the nearest house and bang on the door? In this land where no one knew anyone. Could I even wade through that pile of slush and snow? Meanwhile, your amma was getting worse. I decided to walk out.

But first I called for help in my way. I lit a lamp in the pooja shelf and called on our Karuppar. Appa Karuppa, this is your kulam, this is your kuzhandai, you are the only saviour! Kaapaathu! I cried to him. I had the charge of a young pregnant girl and I couldn't let her down. It didn't matter if I froze in the snow, I had to get this child and her child to safety! I sobbed silently. In a few minutes, I could smell a strong odour of suruttu – the country cigar that Karuppar loves to smoke.”

“What! Karuppar smokes?”

“Yes. Kuladevata are like us. They are elevated energy forms but close to our human realm. That's why they are easy to access. Some also have likes and special preferences – it is like their trademark, something you can recognize them by. Our Karuppar is usually offered suruttu pugai as part of his offering in our village. Now I was smelling the exact same local village suruttu in that small town in America.”

“What?! Wow!”

“Yes, it wasn't just the smell. It was that whole smokey ambiance. It was as if someone smoking

had walked into the room. I felt a presence. Was it him, I wondered? Was he reassuring me? And suddenly, the doorbell rang. We were startled to say the least. Who could it be? It turned out to be a truck driver asking for directions to the nearest large city – where our hospital was! It was so strange – that house was not on any major road, how did he end up in that street? Why did he knock on our door? And it was just the perfect vehicle to drive through that snow! To me, he was Karuppar himself. The old lady gave him directions and he was only too happy to help us reach the hospital. It was just in time, but you –” Shanta pinched her granddaughter's cheek – “you always were a tough cookie! You were in breech but waited patiently till we got to hospital.”

“Ah ha, that's where I used up all my patience! Amma should know this!” Sheela tried to joke but she was deeply moved.

“Yes. But it was touch and go for a while kannamma. Karuppar sent that truck to protect you! That is the power of the kuladeivam. No matter where you are in the world, they stand guard. Because we are their family. And when we worship them every year, we are actually celebrating this relationship and we strengthen that bond.”

Sheela was too dazed to ask questions. But later that evening, when her father returned from work, he was surprised when she asked a random question, “Appa, remember when you were living in the US, with an old landlady?”

“Yes, how can I forget Mrs. Oaks! She fed me for 3 years till your mother joined me. Why do you ask?”

“Did she smoke? Like cigars maybe?”

“What, no way. She wouldn't let me have friends over because they might smoke or drink, was a strict Mormon. Why do you ask?”

“Nothing. Research! By the way, for our Kuladeivam poojai day after, I am coming too.”

**Dr. Deepa Duraiswamy**  
Secretary, IWC of Chennai Presidency



# SIKKIM THE GATEWAY TO KANGCHENJUNGA!

*Come November the travel bug takes a firm bite of the members of Club Central. As the year rolls to a close, the members are raring to get out and explore new horizons.*



*They'll be going round the mountain!*

*All the warm clothes stored in the attic come down, get dusted and prepared to be aired in the cool climes of some mountainous place. The air is rife with excitement as the plane takes off to yet another exotic destination leaving behind level lands.*

*At 8586 feet above sea level Kangchenjunga, the highest peak in India and the third highest in the world and Sikkim, it's home, is located in the North Eastern part of India -- a UNESCO World Heritage Site, as approximately 35% of the state is occupied by the Kangchenjunga National*

*Park. Home to the Red Panda and the Rhododendrons, Sikkim is notable for its bio-diversity and the alpine climate. Landlocked on all sides by Tibet, Bhutan, Nepal, West Bengal, and its proximity to Bangladesh, it is also the gateway to these neighboring countries.*

*Predominantly Buddhist, this state houses three large statues of Buddha, Avalokiteshwara and Padma Sambhava respectively, adorning the hilltops of three tall mountains.*

*The picturesque mountain ranges visible on all the sides, take your breath away just as the gurgling Teesta or River Rangeet fill your heart with joy as they follow your climb to the mountain tops.*

*The lofty mountains, the sometimes gushing, sometimes calm and thoughtful, crystal-clear river prancing around the rocks, the green trees, and the bright colorful flora topped with the cool climate capture your heart forever.*

*The weeklong holiday filled our hearts with joy and left us contemplating on the basic lessons of life that these voiceless entities stand for. The steadfastness of the mountains-- come what may, the twists and turns the river takes with no change in its intrinsic nature, the giving and forgiving trees, each sharing itself with us with no prejudices and no reservations.*

**Kavita Rau**

*PP, IWC of Madras Central*



*Success comes to those who dare to attempt*

**- Mallika Tripathi**

## MAN AND WOMAN

*Some days in our lives are wholesome fun with additional motivation. Vaccinate against Covid. But never vaccinate yourselves against humour, knowledge and kindness.*

*“Do we have a thread and a needle?” My husband asks me.*

*“I guess we do; let me think where it is.”*

*“Forget it. I think I have it in my travel kit.” He finds it immediately.*

*“Ah ... good ... smart! But my eyes are weak. I can't thread a needle.” I announce with regret.*

*“Mine too are weak. But I will manage.” He sits down to thread the needle and succeeds after ten minutes.*

*I call him to the balcony; a lovely bird on the mango tree chirps and calls its mate perched on another tree nearby. They are having a perfect jugalbandi/musical conversation.*

*“I am at work,” he continued stitching, “can't get up now.”*

*“You can't afford to miss this beauty,” enamoured by it, I persist, “and it might just fly away soon.” He comes to watch the bird and marvels at its fire-like red eyes. Nice observation, I thought.*

*I took a lovely short video of the bird singing gaily with its mouth wide open, revealing its tender throat all the way to wherever the music came. Consequently, after strainful singing, it relieved itself with a few droppings by slightly lifting its wings; plenty of action in a 30-second video! I was happy with the shot and even contemplated using Google to learn more about the bird later. After all, it's my neighbour and entertains me every day hiding somewhere, mostly undetected inside the tree. After months, today, I spotted it; those rare occasions!*

*He goes back to mending his shorts. I had noticed the seams had given away a bit while pulling out the clothes from the machine only a day earlier and had promptly informed him. I was surprised at his proactiveness and fully aware of my laziness, especially in light of my being the owner of a customised clothing boutique in the past for a good twelve years. I wrapped it up years ago, moving on to other interests.*

*“But I am not able to mend my own clothes now and have kept the ones for repair aside, hoping to restore on a suitable day. And besides my not-so-sharp eyes, my creative interests in recent years have moved in other directions, you quite see, and you know.” I found myself unnecessarily explaining.*

*“You are a prodigious writer.” He doesn't miss a chance to slip that in, indirectly hinting at my preoccupations with writing. Men often get away with exaggerations, and addressing their wives as their bosses within friendly gatherings comes foremost among those (no wife will disagree with that). Acclamations from my better half were pouring in when my first book still waits to be published, and I have to call myself a soon-to-be author for the time being!*

*“I do what I enjoy,” I smiled and tried to justify, “But I have a suggestion. Why don't you mend at least one piece of my clothing for me? I would love to take a picture of you in action and show the world what a loving husband I have, for I love you immensely, watching you mend your shorts. Everyone will agree and vouch for this; you will become the perfect husband. History has shown many 'perfect wives' but a few 'perfect husbands'. Give me a fair chance to glorify my husband.” I tried to convince him that he would make a rare, desirable breed!*

*“Ah ... yes, I need it, and it is my need of the hour. As already you have been spreading to the world that I conned you into marrying me.” Now he was outshining me with his imagination. He should be a Writer, I mused.*

*“Oh ... yeah. Haven't I,” I played along, “let's prove it wrong now.” I supported his droll, hoping to get that one garment of mine repaired, especially during a lockdown, when people continuously discover a brand new side to themselves and their family members! “It will be a testimonial to your husband-worthiness.”*

*Amid our raillery, he finished mending his shorts! The doorbell rang—it was the same friendly and caring guy from the Corporation checking on our health. He asked me, “All is well?” I responded with a thankful smile and thumbs up. I hope people in other cities too get the same care from their administration. In the meantime, I had forgotten to click the rarest picture of my life—my husband mending his shorts, a splendid opportunity lost.*

*“Oh, the melodious bird outside, why did you distract me?!” He (certain it was a 'he'—as the male and female spout out different tunes, I learnt eventually) had flown away, perhaps after finding his consenting date to make his day. But I had to blame someone for the opportunity lost in my day!!!*

*Later, I learnt that the beautiful bird was the Asian Koel/Cuckoo. I should have done my research long before, but let's agree that it's always better late than never to learn and find a brighter new side to ourselves! Simultaneously, another pondering crossed my mind! Do women need to feel guilty seeing men do their own work?!*

*Here are some facts sourced from Wikipedia on the Asian Koel:*

*The Asian koel (*Eudynamys scolopaceus*)[3][4] is a member of the cuckoo order of birds, the Cuculiformes. It is found in the Indian Subcontinent, China, and Southeast Asia. It forms a superspecies with the closely related black-billed koels and Pacific koels, sometimes treated as subspecies. The Asian koel, like many of its related cuckoo kin, is a brood parasite that lays its eggs in the nests of crows and other hosts, who raise its young. They are unusual among the cuckoos in being largely frugivorous as adults.[5] The name koel is echoic in origin with several language variants. The bird is a widely used symbol in Indian and Nepali poetry.[6][additional citation(s) needed]*

*The Asian koel is a large and long-tailed cuckoo measuring 39–46 cm (15–18 in) and weighing 190–327 g (6.7–11.5 oz).[7][8] The male of the nominate race is glossy bluish-black, with a pale greenish grey bill; the iris is crimson and has grey legs and feet. The female of the nominate race is brownish on the crown and has rufous streaks on the head. The back, rump and wing coverts are dark brown with white and buff spots. The underparts are whitish but are heavily striped. The other subspecies differ in colouration and size.[9] The upper plumage of young birds is more like that of the male, and they have a black beak.[10] They are very vocal during the breeding season (March to August in the Indian Subcontinent), with a range of different calls. The familiar song of the male is a repeated koo-Ooo. The female makes a shrill kik-kik-kik... call. Calls vary across populations.[9]*

**Sumitra Kumar**

*IWC of Madras Midtown*



## A SYMPHONY OF BONDING



*What started with a small idea , culminated into a wonderful trip. An adventurous start lead to the most enthralling experience. Every aspect of the trip was fun filled , the hospitality and facilities at Tent city were nothing less that 5star with royalty like treatment. A spread of authentic and tasty dishes was laid at every meal . But the cherry on the icing was the white desert. A vast stretch of white land making the sunrise and sunset look even more magical. With the ideas of coordinated outfits we looked like Enchanting Beauties playing a colorful Symphony on the land of the whimsical White Rann.*

*The Rann of Kutch is located mostly in the Indian state of*

*Gujarat, specifically Kutch district, for which it is named. Some parts extend into the Pakistani province of Sindh. The word Rann means "salt marsh". The Rann Utsav from November to February lures many travellers to enjoy the beauty of this part of Gujarat is the most awaited tourist event of India every year.*

*Scenic places like kala dungar, Mandvi beach, Dholavira, salt desert and shopping handicraft from the local artisans was equally satisfying. We came back with bags full of colorful handicraft and clothes , a phone full of photos and memories of laughter, fun and a bond to cherish for life . What else could one ask for ?*

**Sheetal Satish**

*VP, IWC of Chennai Symphony*



*Difficult roads often lead to beautiful destinations*

**- Zig Ziglar**

## CELEBRATING NAVRATRI - FOR WOMEN, BY WOMEN, OF WOMEN

*Madras has been my home for nearly 38 years. Having been born and brought up in two very diverse cities of Northern India, Madras was a revelation. I was born in Delhi - a city larger than life! It is a historical city that has literally been in the limelight at all times - right from Indraprastha of Mahabharat times to Mughal times to being the British capital and then the capital of India. An important city by all accounts, living life 24/7 in the fast lane ! Lucknow where I spent 10 constructive years is a city that moves at its own pace - there is a time and place for everything . It's a city, which has retained its old world charm and has made huge strides in the field of education and research. It was in Lucknow that I saw Durga Pooja being celebrated as a community festival with Bengalis and non Bengalis gearing up for it with great gusto . Annual quota of new clothes , 9 days of festivities, cultural programmes , great food , Pujos , evening arti , puja romances and their fate, everything was talked about, discussed , commented upon until the next Pooja dawned. Then it all started again.*

*Coming to Madras after marriage was a big change. Here was a city - an Educational Hub of the highest standards, a Medical Centre of Excellence, Industrial Powerhouse and, to top it all the cultural capital of the country. Madras Music Season is known all over the country for its excellence and high standards and for spotting and appreciating new talent before the world knew of it! And yet so grounded, steeped in culture and simplicity !*

*Felt blessed for all of the above but what enthralled me most about Madras and still does are the Navratri celebrations spread over 9 days. The sheer energy exhibited by beautiful women, well turned out in their fabulous conjeevarams with 'mallipoo' strands (Jasmine) in their hair is a sight to behold!. Each one has a list of homes to visit. Every day holds the same joy, awe and enthusiasm! What is even more exciting is the wonderful display of dolls for Golu,--- These are not ordinary dolls. These are Gods in all their splendour- the*

*Dasavatars, Shiva and his family, Ram Darbar, Krishna and his many Leelas ..... depicting stories from the epics . The odd number of steps, the order of display representing evolution of human life, theme settings, innovative ways in which modern technology lends itself is amazing.*

*Many of the dolls are family heirlooms from homes of grandmothers and mothers. Every mother gifts her daughter a set of Marapachi Bommals (male and female wooden dolls) which are displayed every year. Two questions that I always ask in every Golu are - which is the oldest doll and which is the new one bought that year. One look at the two and I see the stark differences in the making, expressions and colours used between the two. What a joyous time it is for me! Here I see all the stories that my grandmother and mother used to tell me about our culture and from our scriptures coming to life! Every Golu has something new to say. I also heard some of the sweetest bhajans at these Golus.*

*Coming to think of it my love and affinity for golu stems from my memories of the 'jhanki' we used to put up during at Janmashtami as children. A veranda in the house would become Krishna's janmbhoomi and karmbhoomi. Complete Krishna Leela was portrayed with dolls. A mountain with river flowing from it, a jail with Vasudev and Devaki, Vasudev crossing the river carrying Krishna on his head, makhanchor Krishna with friends, Rasleela were staples with many other episodes. What is different is that Golu is more embracing and follows a certain discipline.*

*I marvel at, and admire the hostesses for their imagination, planning and hard work that goes into setting up these beautiful displays. Inviting women and girls, the hostesses have to prepare for precise numbers everyday as so no one leaves empty handed. What a grand celebration of Navratri - so unique to this part of the country.*

*I remember an episode so very well. While passing by, I stopped at a friend's who had invited me for*

*Golu later in the evening. I was dressed casually in jeans. While my friend graciously welcomed me, her sister in-law, also a friend, told me in no uncertain terms, that I cannot come for Golu dressed like that! There is a 'Maryadai'. I was embarrassed but grateful!*

*I used to take my sons to all Golus when they were small and they would love them! A lot of the little they know about our epics is thanks to these visits but yes the major attraction was always the sundal and even now when I go for Golu they wait eagerly for it!*

*When my granddaughter was born I was excited with plans to dress her up in beautiful traditional clothes and take her to all Golus with me. She would ask me 100s of questions and I would tell her all the stories I knew! Sadly Covid put paid to my dreams these last two years. I wait for the next year with hope that I will enjoy this lovely festival, which is essentially a celebration of womanhood with her!*

**PDC Seema Bhargava**  
IWC of Madras



## **POWER OF MEMORY IN BUSINESS SUCCESS**

*Memory is the treasury and guardian of all things*

*- Marcus Tullius Cicero*

### ***Why do entrepreneurs need good memory?***

*Entrepreneurs need good memory to quickly process new information, recall facts, knowledge as and when needed. We depend upon our memory to build and retain business knowledge. Imagine, what would happen if you forgot a business associate's name or project delivery dates? That can be embarrassing and can spoil your business reputation. Good memory helps us to build rapport easily, to remember important aspects of jobs, names, information's, past transactions, events dates, facts, deadlines etc. It can influence our personality. Good memory plays an essential role in running a business successfully.*

### ***How to boost memory Power?***

*Brain Exercises can help to develop and enhance memory power. Regular brain exercises are required to keep the brain fit just as physical exercises keep the body fit. When the brain is not exercised the neural connections within the brain will weaken leading to gradual and slow memory loss. Brain exercises help to boost mental capacity, improve memory, productivity, intelligence, and performance. Brain exercises, if inculcated in one's daily routine can strengthen the memory. Brain*

*exercises activate the memory center that in turn help to increase memory power and thinking.*

### ***Few brain exercises that can have great impact on boosting memory power.***

- 1. Use non-dominant hands for doing routine work like brushing the teeth, bathing, writing, lifting things etc.*
- 2. Eat food using Chopsticks-- this can make the brain work!*
- 3. Identify and list out the ingredients of food eaten and challenge the taste buds while eating by trying to identify individual ingredients present in the food like spices, vegetables, herbs, etc.*
- 4. Practice writing alphabets in reverse order which forces the brain to THINK every time.*
- 5. Practice Memory recall tests that can promote mental stimulation. Make a List of items for purchase. Memorize it. After a few hours try to recall as many items or things as possible.*

*Wishing you good Memory and Success!*

**Bagavathy Praveen**  
ISO, IWC of Madras Central

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