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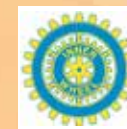
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2017-18

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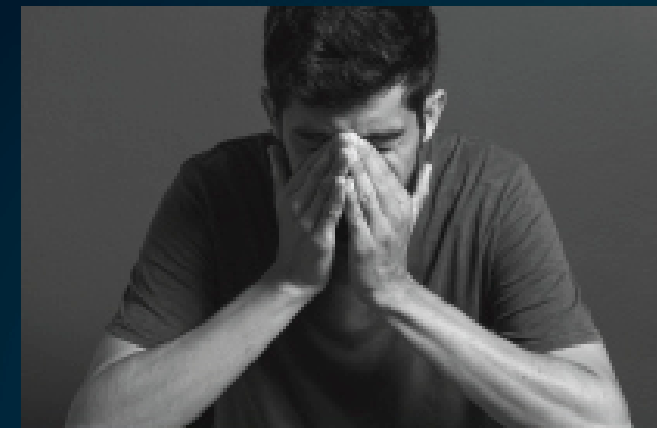
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“கனகசபை முன் நேரமிட உரிமையுடைய அமைச்சர்கள் நான் சீர்திருத்த அமைச்சர்கள், மக்கள் அறிவிப்புகள், மக்களின் உரிமைகள் முடிவாக நிறைவேற்றம் செய்யப்படும்”

மூலவிடத்தில் இரத்தப்போக்கை மிகவும் பாதிக்கிறது. மூலநிலையான சத்தம் நூடகன் கவனிக்கப்படவில்லை என்பதன் மிகவும் பதவியை மூலநிலையானவர்.

**“இலட்சம் அறுபதுவாசிக்கு
பிறகு எனக்கு புதிய
வாழ்க்கை பிறந்தது.”**

என்பது நமது அறைய சித்திரம், முக
நோய் உடனடியான விஷயம் தாமதமாக
இருந்து, உடனடியாக மருந்து கொடுக்கும்
வழியாகிறது. இதனால் புதிய வந்திருக்கைய
மீண்டும் வருவதைத்.



நீங்கள் நேசிப்பவர்கள், உலியாழும், இரத்தக் கசியினாலும் அவதிப்பட்டு, அது மூல விபரத்திலான அறிவுறு என தெரிந்தால் போதும். தமன்ருடே மருத்துவமனையைத் தொடர்பு கொள்ளுங்கள். இங்கு மிக சிறந்த மருத்துவ நிபுணர்கள் Laseronix தொழில் நுட்பத்தின் மூலம் நமது சிகிச்சை அளிக்கப்படுகிறது.

Laetronix இலத்திரனிய நுட்பவியல்:

► முன்னோய் உள்ள பகுதியை அழகுப்படுத்திவை ► வழக்கமான வசித்தறந்த அழகை
சீக்கச்சக்கு மாற்றாக தீது மிகவும் சிறந்த சீக்கச்சவாகும் ► குறுகிய நேரத்தில் அழகை
சீக்கச்ச முடிந்தவாகும் ► ஒரு நாள் மட்டும் மரத்தினவம்சையின் தங்கினால் போதும்

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AAROHANAM

meaning ascent, growth, evolution – all components of empowerment is a congratulatory collective of all the good work that we have done in the last few months; Aarohanam is an indicator of greater possibilities in higher places.

Aarohanam offers great inputs which we may imbibe and put into practice those that have personal appeal and which might help us function better as individuals or clubs.

Aarohanam empowers us even as it inspires us to be empowered. It is at once congratulatory and self congratulatory. Aarohanam is all of this and more.

Aarohanam demands a pause – a pause to recognize the fact that it is not a work of just yours truly but innumerable helping hands.

Aarohanam insists on a pause to record my gratitude to:

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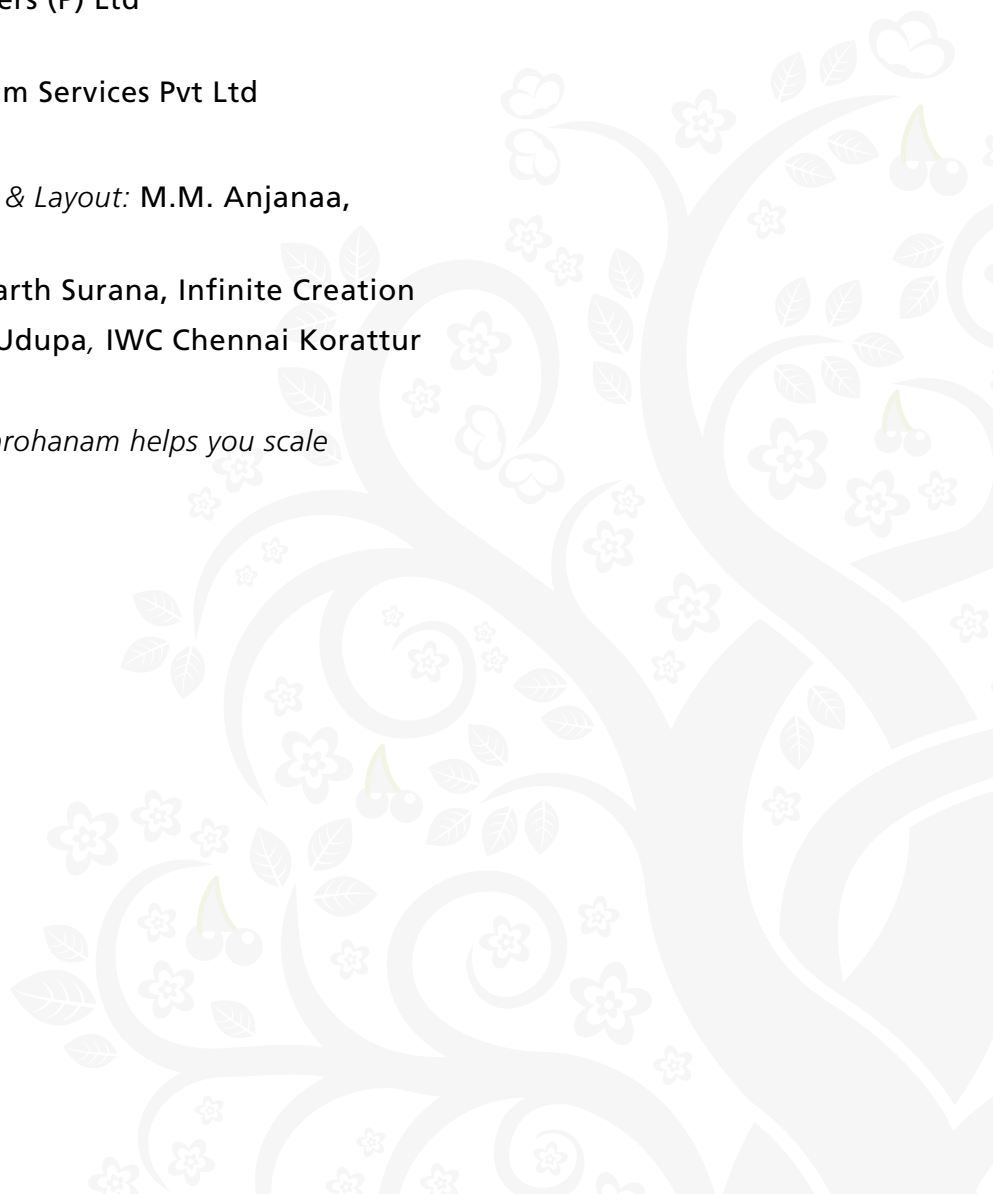
- *Cover Page, Structure & Layout: M.M. Anjanaa, IWC Chennai Verve*
- *Advertisements: Siddarth Surana, Infinite Creation*
- *Tariff Card: Pavithra Udupa, IWC Chennai Korattur*

I leave you with a fond hope that Aarohanam helps you scale pinnacles of glory.

Happy Reading.

Arathi Narayanan

District Editor



Printing and Publishing Sponsor

Mr. Sooraj Vishwanath - Director
sooraj.viswanathan@gmail.com

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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,
Endeavoring to make our badge of Inner Wheel worthwhile,
Ensuring that we have not
Lived in vain.

இன்னார் வீலு குடுவரு வர்ழுத்து

எங்கள் இறைவா

நட்புணர்வின் உண்மையான பொருளை எங்களுக்குள் நிலை நிறுத்து

எங்களுக்குள் சமய பண்பாட்டு முரண்பாடுகள் இருப்பினும், நாங்கள்
அனைவருமே உமது குழந்தைகள் தாம் என்னும் எண்ணம் எங்களை விட்டு
என்றுமே அகலாமல் இருக்கச் செய்யு

நாங்களும் அவ்வப்பொழுது பிறரின் உதவிகளை வேண்டும்நிலையில்
உள்ளோம் என்பதை மனதில் கொண்டு - எங்களுடன் வாழ்வோர்கெல்லாம்
தொண்டு செய்யும் ஆர்வத்தினை வழங்கு

எங்கெல்லாம் எப்பொழுதெல்லாம் எமது சேவைக்கான தேவை எழுகின்றதோ,
அப்போதெல்லாம் - நாங்கள் ஆயத்தமாக இருக்க உதவி செய்யு

எமது இன்னர்வீல் முத்திரையை மதிப்புமிக்கதாக்கி, வீணாக நாம் வாழ்ந்து
விடவில்லை என்பதை உறுதிப்படுத்து

DISTRICT EXECUTIVE COMMITTEE



Anuradha Karthik,
District Secretary



Padma Preetha Sumanth,
AC Member



Nallini Olivannan,
Vice Chairman



Kala Rajasekhar,
District Chairman



Kamala Selvam,
District Treasurer



Usha Saraogi,
District ESO



Arasi Ponmozhi,
District ISO



Arathi Narayanan,
District Editor



PDC Mallika Venkataramani,
DLCC



PDC Swarnalatha Jothikumar,
DLCC



Kalarani Sivasubramaniam,
Special Projects Co-ordinator

Dear Arathi,

Greetings from your colleagues in the District Executive Committee.

We are happy to know that Aarohanam, the annual souvenir of our District, is being brought out during our District Conference - Anubhavam to be held in December 2018.

The annual souvenir is the major publication of our District, encompassing the activities of District Officials and clubs in our District. The souvenir not only reflects the current year, but also the history of past years of this glorious Inner Wheel District 323. This souvenir is also a canvas for the writing skills of members of our District.

We are sure, that in your able hands, as District Editor, the annual souvenir - Aarohanam will be a good publication, an interesting read, and truly a souvenir of sorts to preserve and cherish for days to come. Wishing you all the very best.

Yours in Inner Wheel

**Nallini Olivannan, Vice Chairman &
Colleagues in the District Executive Committee**

DISTRICT CHAIRMAN



Dear Friends,
Rain drops may be little in shape and size, but their continuous fall makes a river overflow - small consistent efforts make massive changes in life. In Inner Wheel we have been continuously contributing what little we can to the society, which will have a great impact in the long run. I wish Editor Arathi all the best for the souvenir and am happy that she has chosen the right name – AAROHANAM meaning growth or ascent. We shall continue our small efforts in concurrence with the Inner Wheel Theme this year Empower and Evolve and towards the goals set by our Association President Smita Pingale.

We are not even half way through this year and we have reason to be proud of our achievements thus far. Life can be said as the art of drawing without an eraser, so we will have to be careful while taking any small decisions about the valuable pages of our lives. Our pages are designed beautifully with the right strokes of our service to society - in the form of conserving environment, creating Happy Schools, providing limbs to the disabled, creating awareness on road safety, supporting farmers, teaching self defense to girls, conducting medical camps for the needy, providing help to orphanages and Old age Homes, Training Teachers, empowering women entrepreneurs and the like.

What really matters is not what we bought, but what we built; not what we got, but what we shared; not our competence but our character; and not our success, but our significance. Its not important who is ahead of us, or who is behind us, but who is with us. I have with me just the right team of District Officials, presidents and members who have the spirit of understanding everything in a positive way that I enjoy every moment whether its pressure or pleasure!!!

Kala Rajasekhar
District Chairman

IIW TREASURER



Dear Friends,

It gives me great pleasure to pen a few words in the IW District 323 Souvenir 2018-19 to be published at the District Conference by District Editor Arathi.

Reaching out to all of you through this souvenir ... is a way of communicating and keeping in touch. Conference is that time in the year when we renew our friendships and meet many new friends who have also made the wonderful decision of joining Inner Wheel. I am sure this souvenir is going to be one to treasure.

I would like to share with you all a few beautiful thoughts and expressions.

S - Set your Goal

U - Understand the obstacles that may cross your path

C - Create a positive attitude towards your Goal

C - Clear your mind of Self Doubt

E - Embrace the challenges

S - Stay On track

S - Show the world you can do it.....

If few of us do a lot we achieve a little , but if all of us do a little we can achieve a lot. May our Friendships age like wine, which improves with time and may we always have old wine, carefree and memorable moments with our friends.

Here's wishing all of you a wonderful year ahead.....

Azhagu Annamalai

IIW Treasurer, International Inner Wheel

PAST IIW PRESIDENT



My dear friends of Dist 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 Dist 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. Continue bringing in new ideas and thoughts; continue to improve your District functioning by constantly innovating even as you firm up whatever has worked well over the years. 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 soft spoken Chairman Kala we have had a very successful year so far and I can only urge you to keep up the good work by bringing in new ideas and thoughts and newer projects that can serve our community well.

Our dear International President –Chris has given us a very motivating theme - Empower and Evolve – this is relevant to us as Inner Wheel members for our President sees us as empowering our movement and evolving to the changing needs of the community to remain relevant

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

Kamala Ramkrishnan

*Past International Inner Wheel President,
International Inner Wheel*

ASSOCIATION PRESIDENT



Dear District Chairman Kala, District Editor Arathi and Members of District 323 ,

Cheerful greetings to one all!

District Souvenir is the mirror image of the activities of the district, information of galaxy of past & present leaders, activities of the clubs & a feast of literary thoughts & words. Dist. Chairman & Dist. Editor strive hard to put the things together, bind the threads & it culminates into a beautiful souvenir.

Every Inner Wheel year rises with new teams, new goals, new zeal & new hopes! Year after year we work hard to reach out to the needs of the society. Honest, sincere & dedicated Inner Wheel member District Chairman Kala Rajasekar is leading District 323 this year. I am sure she has left no stone unturned to keep the flag of the district high. Glittering and inspiring names of Past Association Presidents, Dr Mano Bhaktavatsalam, Late Suman Karpur, late Leela Rathnam, Past IIW President Kamala Ramkrishnan & IIW Treasurer for consecutively three long years, Azhagu Annamalai, have enriched this District. Padma Preetha Sumanth from this district is serving this year as Association Secretary.

I take this opportunity to inform all of you that on 8th, 9th, 10th of February 2019, Association of Inner Wheel Clubs in India will host the 15th Triennial Conference at Hotel Westin, in the City of Pune. The Queen of Deccan & Oxford of India awaits to welcome the delegates. I invite all of you to attend it. I request you to visit Triennial Website www.triennialindia2019.com and register online. You can fill up & send the Registration form from the website itself or use the one given in this souvenir.

Blessings & the best wishes for the mutual progress in all spheres of life are the biggest gifts we can bestow upon each other! Let's continue the divine act to empower and evolve!

Let us enjoy wonderful ANUBHAVAM & welcome AAROHANAM of good things!

With Lots of Love,

Smita A. Pingale.

President / National Representative.

Association of Inner Wheel Clubs in India.

ASSOCIATION SECRETARY



Dear District Chairman Kala Rajasekhar & members of IWD323, Greetings!

It gives me great pleasure to pen down few words for the souvenir Aarohanam to be published in District Conference Anubavam. I take the privilege of congratulating District Chairman Kala Rajasekhar and all the members of District 323 for absolute commitment to promote friendship and serve the needy.

District Conference is a great time to showcase all that has been achieved this year. The release of District Souvenir Aarohanam is a moment that is looked forward with great anticipation. I am sure that Aarohanam will be the reflection of all the good work done by the Clubs in our District.

My hearty congratulations to District Editor Arathi Narayanan for all the efforts to give us a memorable souvenir.

My best wishes to District Chairman Kala Rajasekhar for a successful Conference and togetherness.

Yours in Friendship & Service,

Padma Preetha Sumanth

Hon. Association Secretary

Association of Inner Wheel Clubs in India

ASSOCIATION TREASURER



Dear District Chairman Kala Rajasekhar and members of District 323
I take this opportunity to convey my greetings and good wishes to District Chairman Kala Rajasekhar, her team and all the members of District 323 on the occasion of District Conference 'Anubavam'. Such Conference are the time to project the accomplishments of the District and plan out their future strategies. It keeps the club members updated on activities of not only their own clubs but of the others too. It also acts as the showcase of talents of the members, projects the achievements of the clubs and also time to pay gratitude to the club members for the efficient work they are doing and for their participation and presence in District Events.

Inner Wheel has taken up Women Empowerment as one of its important projects which goes with the International theme for this year 'Empower and Evolve'. Let us all join hands together and create a safe society for empowering woman. Let us put our heart and soul together to create a better world and to make lives happier.

I appreciate the efforts of District Editor Arathi Narayanam in publishing and highlighting the projects in souvenir Aarohanam.

Congratulations and best wishes for a successful tenure ahead and a memorable Conference.

Enjoy Inner Wheel

Enjoy Friendship

With warm regards

Saroj Katiyar

Hon. Association Treasurer

Association of Inner Wheel Clubs in India

NATIONAL EDITOR

Dear Arathi Narayanan

IW Greeting!

It gives me immense pleasure to pen these lines for your news letter. I feel very proud of all the District Editors for their excellent work and quality inputs. You along with your DC Kala Rajasekhar and District Executive are very much involved in putting into action the meaningful theme 'Empower & Evolve' given to us by our IIWP Christine Kirby. I always feel we as a large women force can do wonders in any project we take up. We have so many qualities, qualities we ourselves were unaware of till we became a part of Inner Wheel. Let us work as a team to uplift our under privileged women and empower them. Then only we have the right to call ourselves true members of this service organization.

Love & Regards

Dr Surjit

National Editor

Association of Inner Wheel Clubs in India



ASSOCIATION VICE PRESIDENT

Dear Kala Rajasekhar

Warm Inner Wheel Greetings!

It gives me great pleasure to greet you and all the members of District 323 through souvenir named aptly "AAROHANAM" that will be released on the occasion of District Conference.

Congratulations once again!! It's been six months you had adorned the prestigious collar of District Chairman and look how far you've come! Under your guidance & leadership all the clubs have been doing great humanitarian service and have brought smiles on the faces of less fortunate. You've managed to rub off your positive energy and have given us some brilliant work. Thank you for the much needed support.

It does not end here. We need to move ahead and do much more. So gear yourself up and plan. Think differently and dare to dream. Dare to do ...then success will be yours.

My best wishes to you for a successful District Conference which also serves the purpose of furthering the goals of friendship, motivational address and discussions of matters relating to clubs functioning within the District. To be successful in any venture one needs, Passion, persistence and positivity. This is what District 323 has and I pray to God will continue to have in the many many years to come.

I am really impressed by AC member & Association Secretary Padma Preetha Suman, she is very meticulous, methodical in her working. Keep it up this enthusiasm and commitment.

I would like to share on quote that I feel is very much apt for inner wheel members -- **"Without service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."** Dr. Dorothy Height



Wishing you all the very best!!

Mamta Gupta

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

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MESSAGE



AZHAGU ANNAMALAI
IIW Treasurer, DC - 2004 - 05



KAMALA RAMAKRISHNAN
PIIW President, DC - 1995 - 96



MANO BAKTHAVATSALAM
Past Association President, DC - 1975 - 76

'AAROHANAM' – or the ascending sequence of 'swaras' in a 'raagam' is an intrinsic joy of the melody of life. This year's District Souvenir could not have been more aptly named. Ascent aligns so beautifully and synchronously with the 2018 IIW theme 'Empower and Evolve'.

On behalf of the District's Past District Chairmen, congratulations Arathi! Here is wishing you the very best in fulfilling and exceeding expectations of the souvenir's objectives.

"Experience is not what happens to you; it's what you do with what happens to you." So said Aldous Huxley of 'Anubavam' (or experience), the theme of this year's District Conference.

We have no doubt that you will brilliantly showcase the individual and collaborative experience of all the district clubs in 'Aarohanam.' May we continue to ascend, evolve and be empowered with our collective experience!

Cheers,
Past Association Secretary, Rama Rajagopalan



NIRMALA DESIKAN
Past Association Secretary, DC - 1986 - 87



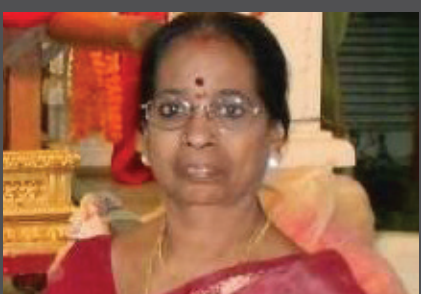
KALA BASHYAM
Deputy National Rep., DC - 1988 -89



SANGAMESWARI PATTABHIRAMAN
DC - 1993 - 94



SITA LAKSHMINARAYANA
DC - 1994 - 95



VASANTHI RAO
DC - 1996 - 97



SHANTHI GOPAL
DC - 1997 - 98



RAMA RAJAGOPALAN
Past Association Secretary, DC - 1998 - 99



NALLAMAI RAMANATHAN
DC - 1999 - 2000



MALATHI ANANTHAN
DC - 2000 - 2001



NALINI PRABHAKAR
DC - 2001 - 02



SHANTHI KANNAN
DC - 2002 - 03



RADHA RAMESH
DC - 2003 - 04



DR. SHASHI SHYAMSUNDAR
DC - 2005 - 06



RADHA RANGANATHAN
DC - 2006 - 07



BHAMINI PARTHASARATHY
DC - 2007 - 08



SUSHILA NATRAJ
DC - 2008 - 09



RADHA SANKARAKRISHNAN
DC - 2009 - 10



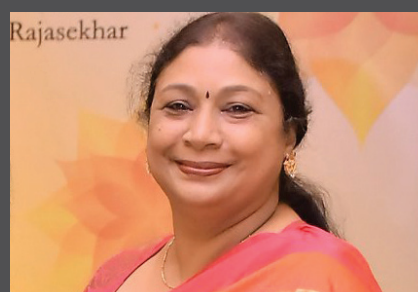
KALA RAVICHANDRAN
DC - 2010 - 11



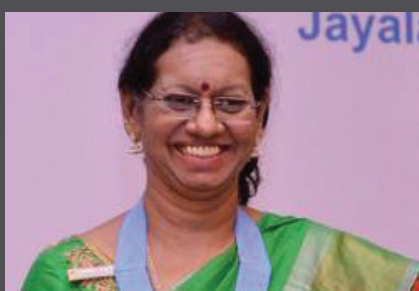
LATHA MAHALINGAM
Past National Editor, DC - 2011 - 12



VASUMATHI MARIMUTHU
DC - 2012 - 13



MALLIKA VENKATRAMANI
DC - 2013 - 14



SWARNALATHA JOTHIKUMAR
DC - 2014 - 15



SEEMA BHARGAVA
DC - 2015 - 16



SHAMA PRASANNA
DC - 2016 - 17

TOWARDS GREATER UNDERSTANDING

Let the Caterpillars Fly:

Incoming Chairman's Institute on 13th – 15th March, Patna



Arimugam:

Informal meeting of Incoming Presidents on 31st March, Boat Club

District Executive Committee Briefing: 25th April, PP Vasanthi's residence, IWC Madras South



Arivurai:

Club Officers Training Institute: 2nd June, Alumni Club

RISE AND SHINE

"ARUNODAYAM" District Assembly, 28th June 2018, Hotel Savera



Old Order yields to the New



Congratulations!
Amrutha Reddy

Warm Wishes

Ms. Padma Preetha Sumanth

Honorary Association Secretary
and

Association Council Member
2018 - 2019



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IN HIGH PLACES - PRESIDENT'S MEETS

With Vice Chairman Nallini Olivanan at the helm, Presidents' Meets have witnessed freshness and simplicity in procedure. There was easy sharing and exchange of information with the fun elements well in place!



4th August,

COSMOPOLITAN CLUB

Hosted by Chandrika, IWC Madras Cosmos
Mrinalini, IWC Chennai Presidency
Manju, IWC Madras Central Aadithya
Honey, IWC Chennai Golden Sun



1st September,

COSMOPOLITAN CLUB

Hosted by Prabha, IWC Chennai Symphony,
Monica, IWC Meenambakkam,
Arul Malar, IWC Madras Baycity
Meena, IWC Madras Midtown



6th October,

PRESIDENCY CLUB

Hosted by Annu, IWC Chennai Rainbow
Mercy, IWC Chennai Korattur
Rajeswari, IWC Chennai Sunshine
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— Les Brown

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- Indra Devi

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MAZHALAI OLI



"YAAAAAYYYY" erupted the hall with thundering applause as the Chinese lion danced its way lazily onto the centre stage. The euphoria and glee was palpable among the faces of the children for whom this was a one of a kind experience. They lapped up the dances, participated in the games with enthusiasm and shouted their hearts out cheering for their favourite actors Vijay Antony, "Darling" fame Nikki Galrani and movie producer Shiva.

Mazhalai Oli – Diwali celebrations conducted for the 19th consecutive year by Inner Wheel District 323 with PDC Nallammai Ramanathan as Convenor, District Chairman Kala Rajasekhar, District Treasurer Kamala Selvam, Club Presidents and Club Treasurers supporting her was a huge success. 900 children from various homes, orphanages, corporation schools, special schools and schools for the hearing impaired were brought in by all the Clubs of District 323 and a grand gala Diwali celebration was conducted at Infosys Hall, Ramakrishna Mission School, T. Nagar on the 27th of October 2018.

Preparation for Mazhalai Oli is almost like planning for a wedding. All the Clubs get together and contribute either by way of cash or articles in kind. School bags with notebooks, stationery items, toiletries, sports items and milkshakes are packed a week in advance with the Club Treasurers, Presidents and other members joining in to help out. This year around 70 members joined in and enjoyed the packing fun and felt that it was almost like each one's individual family function with so much camaraderie and good work being done.

Children came around 2.30 p.m. on the 27th for the program dressed in fine Diwali clothes sponsored by District ESO Usha Saraogi and the air wore a festive look. They were first treated with sumptuous food and then seated for the entertainment programme which they enjoyed with much enthusiasm. On leaving they were given their kit bags containing goodies, sweets and savouries contributed by several people and so affectionately packed for them by the members.

PDC Nallammai who is the backbone behind the program along with District Treasurer Kamala Selvam left no stone unturned in making sure that the event went on smoothly. The joy of giving was truly experienced that evening by the members of Inner Wheel District 323 who cherished every moment as much as the children did!

KAMALA SELVAM
District Treasurer

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from

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Kamala Selvam

District Treasurer 2018 - 19

Inner Wheel District 323



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WISHES
from

Nithya Philip

Good Luck !

FROM

Poornima Acharya

AATRAL ARANGAM: CARNIVAL OF STATES

19th August, Dr. MGR Janaki College of Arts and Science for Women

Friendship and Service are the cornerstones of Inner Wheel. On the District ISO falls the enjoyable responsibility of fostering friendship within the district and across the country.

District ISO Arasi Ponmozhi hit upon "Aatral Arangam" Carnival of States as the ideal way to achieve this. With PDC Radha Sankarakrishnan and PDC Shama Prasanna as convenors nothing could go wrong.

The icing on the cake--- Renowned Carnatic Music exponent Padma Bhushan Sudha Raghunathan as Chief Guest!

Planning Sessions

- 23rd June: PDC Latha Mahalingam's residence
- 9th August: PDC Radha Sankarakrishnan's residence



Andhra Pradesh: Madras Cosmos, Madras Mount, Chennai Golden Sun



Karnataka: Madras Central, Chennai Symphony, Chennai United



Kashmir: Madras Central Aaditya, Chennai Sunshine, Chennai Baycity



Kerala: Chennai Presidency, Chennai Korattur



Goa: Chennai Rainbow, Meenambakam, Chennai K K Nagar



Gujarat: Chennai Unique, Madras Metro



Maharashtra: Madras Fort, Chennai Thiruvanniyur, Madras North



Odisha: Nanganallur, Guindy, Chennai Sanjeevani



Punjab: Chennai Capital, Madras Esplanade, Chennai Galaxy



Rajasthan: Madras, Chennai Vriksham, Chennai Stars



North Eastern States: Adyar, Chennai Vibrant, Madras Ashok Nagar



West Bengal: Chennai Pheonix, Madras Midtown, Chennai Nolambur



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பொன்மொழிகள் பத்து

- சிக்கனத்தைப் போல் மிகப்பெரிய வருமானம் எதுவும் கிடையாது.
- சாய்வதற்கு தோள் தேடுகின்றவர்கள் சாய்ந்தே போகின்றார்கள் இருக்கும் போதே இறந்து விடுகின்றார்கள். கம்பீரமாக இமயமலை போல் இருப்பவர்கள் காலம் கடந்து வாழ்கின்றார்கள்.
- வெற்றியின் இரகசியம் “கடின உழைப்பு” என்ற இரண்டே சொற்களில் அடங்கி இருக்கின்றது.
- புத்திசாலிகள் தங்களுக்கு கிடைக்கும் வாய்ப்புகளை விடத் தாங்களே அதிகம் உருவாக்கிக் கொள்கின்றார்கள்.
- சிறந்ததை மட்டுமே ஏற்றுக்கொள்வேன் என்று நீங்கள் இருந்தால் அனேகமாக அது உங்களுக்கு கிடைத்து விடுகின்றது.
- பணத்தை வீணடித்தால் நீங்கள் பணத்தை மட்டும் இழந்திருப்பீர்கள். ஆனால் நேரத்தை வீணடித்தால் உங்கள் வாழ்க்கையின் ஒரு பகுதியை இழந்திருப்பீர்கள்.
- ஆயிரம் ஆண்டுகள் வாழப்போவதாக நினைத்துக் கொண்டு மந்தமாக செயல்படாதீர்கள்.
- புத்திசாலி யோசித்துப் பேசுகின்றான். முட்டாள் பேசிவிட்டு யோசிக்கின்றான்.
- பகிர்ந்து கொள்ளும் போது கவலை பாதி ஆகின்றது. மகிழ்ச்சி இரண்டு மடங்கு ஆகின்றது.
- சிறுவர்களுடன் பழகினால் மனது இளமையாகும். பெரியவர்களுடன் பழகினால் அறிவு விருத்தியாகும். சமமானவர்களிடம் பழகினால் மகிழ்ச்சி அதிகமாகும்.

Compiled By,
CHANDRALEKHA SOUNDARAJAN
IWC Vellore North

RASMITA



Multi District
Rally - 8, 9 and
10th September at
Amritsar



INTER-DISTRICT EVENTS

SOUTH ZONE MEET

PDC LATHA MAHALINGAM, IWC Adyar



Inauguration of Vijaywada Bazaar – helping the economy



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22nd & 23rd
September at
Vijaywada



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LITERACY SPEAK

Education is the most powerful weapon you can use to change the world'- Nelson Mandela



Lakshminarayana, PDC Kalaravichandran, CLCCs and Presidents on 4th September to discuss the areas of focus in the TEACH vertical and also the role and responsibilities of CLCCs and Presidents.

The most vital element of teacher support aims to improve the professional skills of the teachers, which will have a positive impact on the learning outcomes of the students. It was decided to organize two day workshop for teacher training spread over two Saturdays 6th and 20th October. Clubs were requested to identify teachers from govt/govt aided primary and secondary schools, for enrolling in the workshop.

Teacher Training workshop began on 6th October, 86 teachers participated in the workshop. Mr. Venkat, Deputy Director of Max Academy, a psychologist deeply involved in the scientific study of learning skills, lead the first half day session. The subjects covered were, Class Room Management; Diversified Teacher Training Techniques and Memory Techniques.

This was followed by a session on teaching science through story telling by Lavanya Srinivas of IWC Chennai Thiruvanniyur an accomplished story teller, trainer who has conducted many workshops on storytelling for both children and adults.

Both sessions were very interesting, interactive and well received by the participants.

True to this quote, Inner Wheel District 323 has given paramount importance to education and is working in tune with the literacy program 'TEACH' of RILM.

Continuing my tenure as DLCC for the 2nd consecutive year, I participated in the Ignite Literacy seminar conducted by RILM at Patna on 16 & 17th March 2018.

Literacy level II training of CLCCs and club Presidents was held on June 2nd at Alumni Club. The sessions were handled by ZLC Prabha Raghunandan and me. It was well attended by CLCCs, club Presidents and Area Literacy co-ordinators.

A meeting was held with Area Literacy Coordinators, PDC Bhamini Parthasarathy, PDC Sita

The second and final day of the workshop is scheduled for 20th October 2018 with five sessions. The subjects to be covered are:-

TOPIC	RESOURCE PERSON	QUALIFICATIONS
Technique of teaching Math	Usha Ramgopal	Retd. Math teacher PSBBHSS, Member, IWC Madras K K Nagar
Assessment in Class	Ramani Ramachandran	Motivational speaker, actor and producer
Leadership & Personality Development	Mrs. Pushpa	NLP trainer Member, IWC of Chennai Vriksham
Critical thinking and Problem solving	Ms. Suguna	School Principal Member, IWC Chennai Rainbow
Non Violent Discipline	Mrs Meenakshi Ravi	Retd. Professor, Past President, IWC Madras Fort.

Providing teacher support by way of supplemental teaching is carried on by many clubs. The topics covered include Spoken English, Maths, Yoga classes; awareness talks on menstrual hygiene, good and bad touch to name a few.

The criteria for Happy School declaration was also explained in detail. Fifteen schools have been turned happy learning institutions by various clubs in our district in the year gone by. I am happy to report that the clubs are continuously monitoring and upgrading the facilities provided.

Clubs are enthusiastically working to convert many government/ government aided/Panchayat/ Corporation schools into happy learning institutions. As many happy schools are on the anvil, we hope to do much more in the months to come.



Kudos to all Empowering Presidents and CLCCs for their commitment and involvement in the literacy program. 'The roots of education are bitter, but the fruit is sweet': Aristotle

PDC SWARNALATHA JOTHIKUMAR
District Literacy Committee Chairman



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SPECIAL PROJECTS

Real and long-lasting change can only be ushered in, when all of us come together to make it happen. Inclination towards social responsibility and contribution to society has been made possible by our Inner Wheel members who have created a wide open playing field for many.

KALARANI SIVASUBRAMANIAM
Special Projects Co-ordinator



BREASTFEEDING AWARENESS PROGRAMS:

The Additional Director of Medical Services Department, Corporation of Chennai granted permission to conduct breastfeeding awareness programs in 14 Government Hospitals and Health Centers. Almost all clubs conducted awareness programs in various locations. Health drinks, baby kits, baby dresses, baby towels, fresh fruits, dry fruits were given out to beneficiaries at the end of the awareness sessions.

RUBELLA:

Awareness Talks on Rubella was organised in colleges and corporate offices across Chennai in the presence of PDC Nalini Prabhakar.

- Chellammal College, 31st July, Awareness talk by Dr. Premlatha, Beneficiaries - 500 girls
- Chellammal College, 28th August, Vaccination Camp, Beneficiaries - 200 girls
- Ethiraj College, 24th September, Awareness talk by Dr. Sampathkumari, Beneficiaries - 200 girls, Joint Project by IWC Madras South & IWC Chennai Vriksham
- A.M.Jain College, 28th September, Awareness talk by Dr. Premlatha, Beneficiaries - 100 girls, Project by IWC Madras Central
- Orange Scape Technologies - Tidel Park, 12th October, Awareness talk by Dr. Niveditha, Beneficiaries - 100 IT professionals, Project by IWC Chennai Thiruvanmiyur



WOMEN & GIRLS - HEALTH & WELLNESS PROGRAMS:

Many clubs conducted self defence workshops, good touch /bad touch programs and awareness sessions on sexual harassment in work places & public places. IWC Madras South and IWC Chennai Galaxy jointly conducted an awareness program on eco-friendly menstrual hygiene practices. PDC Radha Ranganathan explained the use of the menstrual cup to 250 girls of Anna Adarsh College on 15th October, 2018.

ALL WOMEN CAR RALLY:

The rally jointly organised by Rotary District 3232 and Inner Wheel District 323 on 5th August at Loyola College, was a very successful event with the participation of 28 cars from Inner Wheel District 323. The theme of the rally was "Reduce Plastics, Revive Sparrows & Go Green".

PDC Nallammai Ramanathan, the Convener shouldered a lot of responsibilities, including training sessions for the 50 visually impaired women navigators and executed the event to perfection. The event had



wide media coverage. Cloth bags with the Inner Wheel logo were distributed to vendors during the rally with the motive of branding Inner Wheel. Many prizes were won by Inner Wheel members.

We hope to continue spreading smiles and happiness by endeavoring to create a healthy society for future generations.

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- West Zone Meet - Surat
- Multi District Rally - Amritsar
- South Zone Meet - Vijayawada

Exchanged flags with 11 District
ISOs, 78 clubs



Addressed a few club meetings in Arsikere, Jodhpur and Ahmedabad and was honoured at the South Zone Meet, Vijayawada for the trip undertaken and successfully completing it. Made thousands of friends and got to understand the wheels of Inner wheel.

ARASI PONMOZHI
District ISO



AWARDEES

Kudos to our Empowered women



PDC VASUMATHI MARIMUTHU
Pride of Madras Award
IWC Madras Cosmos



PDC NALLAMMAI RAMNATHAN
Reflections Inner Wheel Excellence Award
IWC Madras Central



SHARADA RAMANI
Empowered & Evolved Inner Wheel Excellence Award
IWC Chennai Thiruvannmiyur



SUBHA RAVI SANKER
Yoga Seva Mamani Award
IWC Nanganallur



DR. V. BALAMBAL
Pride of KK Nagar Award
IWC Chennai KK Nagar



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A TRIP TO HEAVENLY BALI



Is it unusual for an Indian woman to travel alone? Maybe, but times have changed. A good dose of “me time” is the need of the hour. For a single woman traveler, Bali is a safe and wonderful travel option.



DAY 1:

An 11 hour Malindo flight took me to the artistic Ngurah International Airport, Denspar. I was met by my taxi driver Mano, Foreign exchange shops are aplenty so getting your currency converted is never a problem. New 100 dollar notes however fetch the best rates.

DAY 2:

My first day at Bali was at the Widya Batik Studio. The owner and head teacher Widya, picked me up for the class. My mentor for the day was Katu (a name given to all 4th children) who taught me to hold the chanting-the Balinese wax pen for batik drawing. Being the water loving Piscean, I decided to go with a koi lotus theme.

Beginning with tracing or sketching the design onto the 1 meter by 0.5 meter cotton canvas, Katu patiently helped us through several goof ups before the sketch was neat and the wax went through the cloth. We used wax stamps to create the typical Balinese borders. All pigments were sourced from islands across Indonesia with Indigo (most expensive) alone coming in from India. Once all parts of the batik were coloured, they were mounted on wooden frames to dry.

An acid bath to bring out the hues was followed with a cold water bath and a dunking in a vat of boiling water to remove the acid solution and wax. The batik was finally plunged into cold water to hold the colours and mounted on wooden frames to dry. Magic – the colours popped out from our batiks!

DAY 3:

I woke up to a mild earth quake, “normal in Bali” according to the waitress who served breakfast. I decided to walk to the silver jewellery workshop through roads and streets that are named after various characters from the Ramayan or the Mahabharath.

At the Chez Monique studios run by Wayan, I chose to create a ring with a fish design. This meant using silver wires instead of silver plates. After much twisting, turning, cutting and filing down edges, the silversmiths fused pieces of my ring together and allowed me a hand in the soldering process. The black soot from soldering was removed with a toothbrush and soap. A lick of polish and tada my shining sparkling ring was ready to wear!

Done with the workshop, my driver and guide Adi picked me up for a half day tour of South Bali. Lunch was followed by a trip to the picturesque temple of Bedegul and Pura Tanah Lot, a temple by the seaside with a cave carved out by the force of the waves.

We then headed to La Laguna, a picturesque Gypsy village. At the restaurant I decided to sit on a little bridge to get an uninterrupted view of the sunset. The minimum spending expected here is 1,50,000 IDR. Horrendous, but worth it as I have never actually seen the sun slowly disappear off the horizon!

DAY 4:

My teacher Dewi from Ubud Botany Interactive walked me to her quaint little organic beauty store on Kajeng Street. I noticed peoples’ names etched onto concrete slabs on the road. Dewi explained that tourists could have a memory of their trip to Bali by donating cement paving stones to build the street. It started in 1973 and was completed in 2012.

The welcome drink was the traditional but expensive ‘Jamu’ or the equally good herbal green tea.

We learnt 4 products - a soap free shampoo, a turmeric and rice face pack, a sun screen lotion and Balinese tiger balm. The shampoo really didn’t help my dandruff but softened my color treated hair. The face pack is quite good but needs refrigeration. Once done with the workshop, I splurged on knick knacks at the Ubud Market.

DAY 5:

I got ready to visit temples on the holy day of Kuningan. Famous for its trimurthy of Vishnu, Brahma and Shiva the Goa Ghaja cave has a picturesque

temple tank. Climbing down to the cave is easy but the climb up can leave you breathless.

Gunung Kawi, lies another 300 steps down with pretty rice fields, souvenir shops and restaurants on either side. Divided into by a beautiful stream with a picturesque bridge to cross over, the other side has a pretty Koi pond, fed by the mountain springs. Again, the climb back up was a challenge.

The Tirtt Empol is a temple with holy springs. A fun and cherished activity for kids here is feeding the gigantic Koi, special fish food.

At the Bali Pulinas Plantation, one of the many plantations boasting Agro tourism you get to see the Luwak, a civet cat indigenous to the island of Bali. This eats the choicest coffee berries and poops out the seeds. The seeds in turn are cleaned, washed, boiled, dried, roasted to perfection and ground by hand. The highlight of this tour is the free tasting of the varieties of teas, coffees and cocoa along with a delicious side of tapioca chips. However the Luwak coffee is chargeable. I politely declined the tasting of the potty coffee (as the Balinese lovingly call it).

We then proceeded onto Tegelalang rice fields. These rice fields are built on steps and one can climb down and up again to get a view from the opposite side of the valley.

DAY 6:

The downhill cycling tour began with breakfast at Aroma a restaurant with an awesome breakfast spread and a fantastic view of Mt. Batur, a dormant volcano alongside the adjoining Batur Lake.

At the cycle park we were given safety instructions and donned safety gear before proceeding single file through the villages of Kintamani. We cycled through rice fields to a Balinese house for a glimpse of the rustic life. Lunch was at the restaurant run by Bali ecocyclists.

DAY 7:

After check out, Adi took me to catch the spectacular sunset at Uluwatu temple, home to some boisterous monkeys! On Adi’s suggestion I shopped at Krshna, a store near the airport offering expensive but amazing Balinese souvenirs.

Bali is certainly a wonderful and safe place to travel for a single woman. Will I go back to Bali? A definite yes!

PAVITHRA UDUPA
IWC Chennai Korattur

YOGA FOR HARMONY IN LIFE



Nowadays each and everyone right from a small child to a specialist doctor talks about yoga. Whatever your problem you get suggestion to try yoga.

Many assume that yoga consists of just asanas and physical exercises to get relief from pain and stress. Yoga means harmony of body, mind and soul and includes breathing practices, meditation and introspection. Yoga strengthens the link between body, mind and soul.

Human beings need healthy bodies, healthy minds, sharp intellect and good relationship with family and friends. To achieve all of these we should do physical exercises and meditation through yoga.

Some of the benefits of meditation include self awareness, reduction in stress levels, clear sharp mind, increased concentration and positive thought. Meditation helps eradicate fear, worry, anxiety, hatred, jealousy and greed.

Evidently yoga is a basic necessity and should be a way of life. It is beneficial to the young and old alike. As a teacher of yoga I firmly believe that everyone will have happy, healthy and harmonious life with the regular practice of Yoga.

Vazhga Valamudan

SUBHA RAVISANKER
IWC Nanganallur

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EMPOWERED WOMEN EMPOWER WOMEN

We aren't crabs to drag down each other's feet
Neither are we menfolk to edge each other out

Let's live like the bees pollinating the flowers
N share a symbiotic relationship with our sisters

Bees get nectar Pray what do I gain? You ask
In what way is this mutually beneficial to me?

Give once n see the image of gratitude mirrored
Feel the peace envelop you n pervade your being

Never in future will your life ever lack meaning
Isn't leaving behind a better world reason enough?

Belief in afterlife is just the cherry on your cake
Human life is a bounty, a boon, a precious benefit

Blessed are those who also got education to boot
Turn it around to leave your mark n make it count

Rise above petty squabbles to make a difference
Never mind if there's a li'l more or less salt in soup

Unwrap ur roses Take a deep whiff Pass them on
The fragrance lingers forever within your soul

Elevate others Endow them with energy to go on
For Empowered Women always Empower Women

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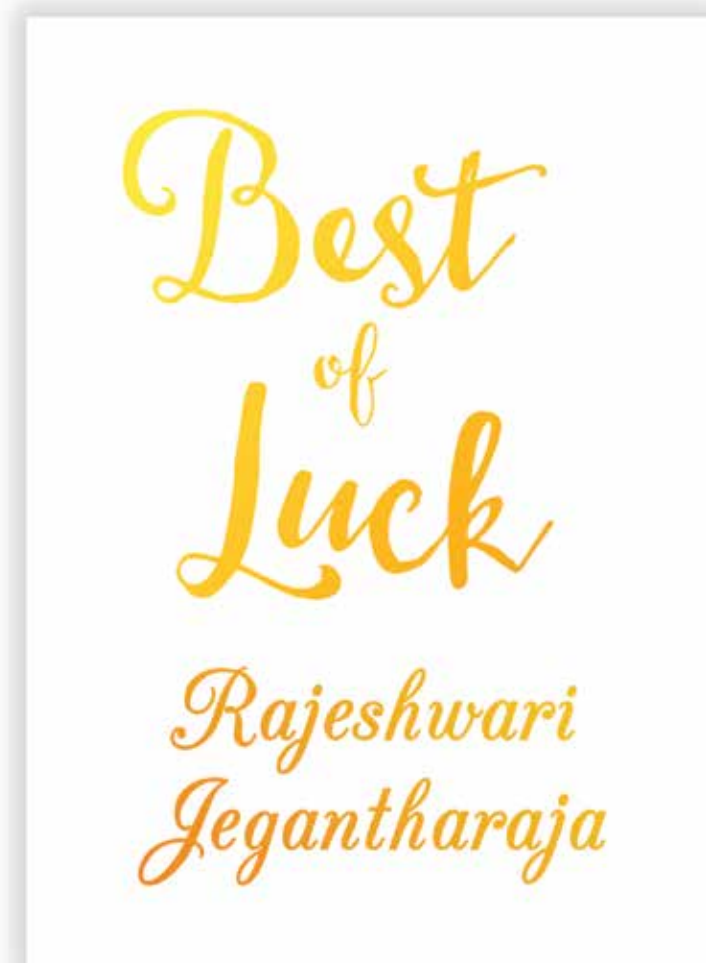
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A VISIT TO PUDUCHERY TO MEET DR. KIRAN BEDI



On all the continents
Inner Wheel of the world
Walk guided by friendship
Walk on hand in hand
Careful and faithful
To our ideal of service

As ladies part of a vibrant IWC Madras Central with our motto of SERVICE WITH FRIENDSHIP we decided to meet the iconic woman Dr. Kiran Bedi, Lt Governor, Puduchery. Seen as a role model of selfless service and a paragon and exemplar to current and future generation of women, fighting injustice and standing strong, she has handled tough situations and tough portfolios and thanks to her determination, straightforwardness, courage and transparency has won many accolades.

An illustrious and dynamic personality, first woman IPS officer, winner of President's Police medal for Gallantry, a PHD from IIT and winner of United Nations Medal, state level Tennis player, this Ramon Magsaysay Awardee is a woman par excellence. A politician, a visionary and go getter she is above all this a doting mother and warm personality.

Meeting Dr. Kiran Bedi was a very humbling and enriching experience for the 12 ladies of IWC Madras Central.

We went to meet her at the appointed hour and were ushered in. She in the midst of her work received

us with warmth and comfort. We got complete 30 minutes of her undivided attention where she heard all our thoughts and interacted with us with enthusiasm. To introduce ourselves we presented to her our 25th year commemoration book and small memento with IW Logo. She was so appreciative of it and called her designer to the room and asked him to take a look.

She was extremely warm, cordial and appreciative of our work and met all our questions with her customary honesty and warmth. She shared the secret of her being who she is to self-accountability and self-discipline. Her appreciation of all things big or small and her affection to people around her makes her who she is.

So what did we take from this visit. I would like to include the remarks of some of our members who were with me in this visit.

PDC Nallamai Ramanathan appreciated the sincerity and her hard work. As Dr. Kiran Bedi says she works even Sundays. Cycles around the city, meets people, listens to what is happening around and finds pleasure in all that she does.

PP Kavita Rau said, "Such a humble approachable, determined and hard working woman. An inspiration. More strength to Kiran Bedi. May her tribe increase."

ISO Anitha's experience says that she is so matter of fact about her work and achievement and tells us to enjoy what you are doing. Take on only what you can do and make sure you complete it. She is so open minded and constantly learning.

Our new member Mythili Krish says the experience made her feel energetic and charged. Latha Balamukundan felt very few people can be as honest and hardworking as Kiran Bedi. What stuck us was her energy and vigor.

Sandhya Shankar says it was a very memorable experience for her. And we ladies are still gushing about our experience of meeting dynamic Dr Kiran Bedi.

SUPRIYA SUNDARARAMAN
IWC Madras Central

COULD WE LIVE ON AS TREES?

If we could plant a tree and give it our name
And bond with the tree by nurturing the same
Would we not never die and become immortal?
Every tree would bear a name, have a story to tell
And we continue to interact as trees forever.....
Jostling for space under the sun, but fight never
Or demand more than our true need
Nature and animals transporting our seed
Of sustainability, with an invisible smile
As our deep roots keep the land rich and fertile
Bringing rains of love, preventing erosion of values
Housing birds and strangers, service in all its hues
That could not be mustered when 'alive'
Bearing fruits of labour in all flavours
Tolerate one another better than when 'alive'
And serve mankind better than when 'alive'
A welcome transformation that will come to stay
'Death' bestowing peace, the true wealth
That was kept away for some reason when 'alive'
The tree is our grave that our kids will come to visit
On our birthdays' to pay homage and simply sit
To watch their kids play in our shade
And thus we touch many more lives
With a broader perspective
We could even have several graves
That may be our new homes or addresses
That was so desired when 'alive'
Just plant that many more when 'alive'
And voila! kids can drop in anywhere, anytime
To say 'Hello' just another time
Pray they shall not leave a wreath but plant another tree
And nurture it in their life time, watch it as much
And be proud of the the legacy that has been left behind
And thus we multiply
The more the merrier and healthier
For the world after...
Trees having human associations
A welcome growth in population
Of more humans as trees than humans themselves
Giving more oxygen that was so craved for when 'alive'
To thus oust the threat of global warming
But warming up human hearts to a peaceful world
Where lives are not reduced by guns and missiles
Buts it's only cool to live and most cool to naturally die!
And still live on!

SUMITRA KUMAR,
IWC Madras Midtown



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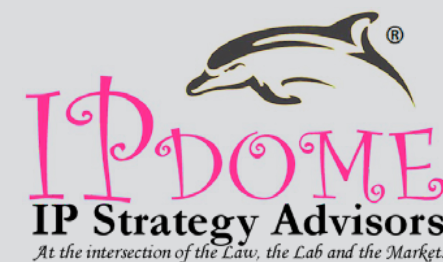
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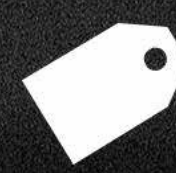
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CONNECTING SMILES



I became speechless while thinking that it was her first grandchild of her only son. In my heart I thanked God that technology is capable of connecting generations that are so far apart.

DEVI MATHIMARAN
IWC Nanganallur

The air was filled with laughter and the rattling of toys. It seemed Parvathy was on cloud nine with her grandson. I pressed the calling bell for the second time, eagerly awaiting our relative who is also our well wisher; I was certain she would be glad to receive my son's marriage invitation.

It had been quite some time since we had met. My hubby was hesitant to walk into anybody's home without prior notification but my strong bonding with Parvathy made me take undue advantage of our closeness.

At last the door opened, Parvathy gave us a warm welcome and, as usual, a hug. I instantly asked her about her grandson, as his laughter still lingered in the room. Parvathy held my hand and led me to the computer table, and showed me her grandson through Skype.

Parvathy, full of joy, showed us her grandson, introduced us and signed off the system after bidding bye with generous kisses. Then she turned to us heaving, and updated us that "He is now a year old. He'll come down in an another year or so.

Every Sunday morning the 15 minutes I spend with Varun are golden to me."

I became speechless while thinking that it was her first grandchild of her only son. In my heart I thanked God that technology is capable of connecting generations that are so far apart.

Parvathy was recollecting how her son left India 5 years ago after his marriage; she said, "I could rarely meet up with him, his photo albums were my only companion. Thank God that young girl in our neighbourhood taught me to Skype. Only for the past two months I have been able to see my kuttu Varun. Every week I collect a new set of toys to entertain him with. If only his grandfather was alive, he would have relished these wonderful moments."

Upon seeing the heap of colourful toys piled up over the computer table, my spirit came down. On seeing the invitation, Parvathy was overwhelmed with joy and congratulated us. When we returned to the car after Parvathy saw us off, tears rolled down my eyes, as my only son too had left for abroad six months ago. Only God knows what surprises await us.

NATURE'S LESSON

Sunflowers turn according to the position of the sun, in other words, they "chase the light." You might already know this, but there is another fact that you probably do not know!

Have you ever wondered what happens on cloudy, rainy days?

This is an interesting question, isn't it?

Perhaps you think the sunflower withers or turns its head towards the ground. Is this what crossed your mind?

Well, that's incorrect!

This is what happens?

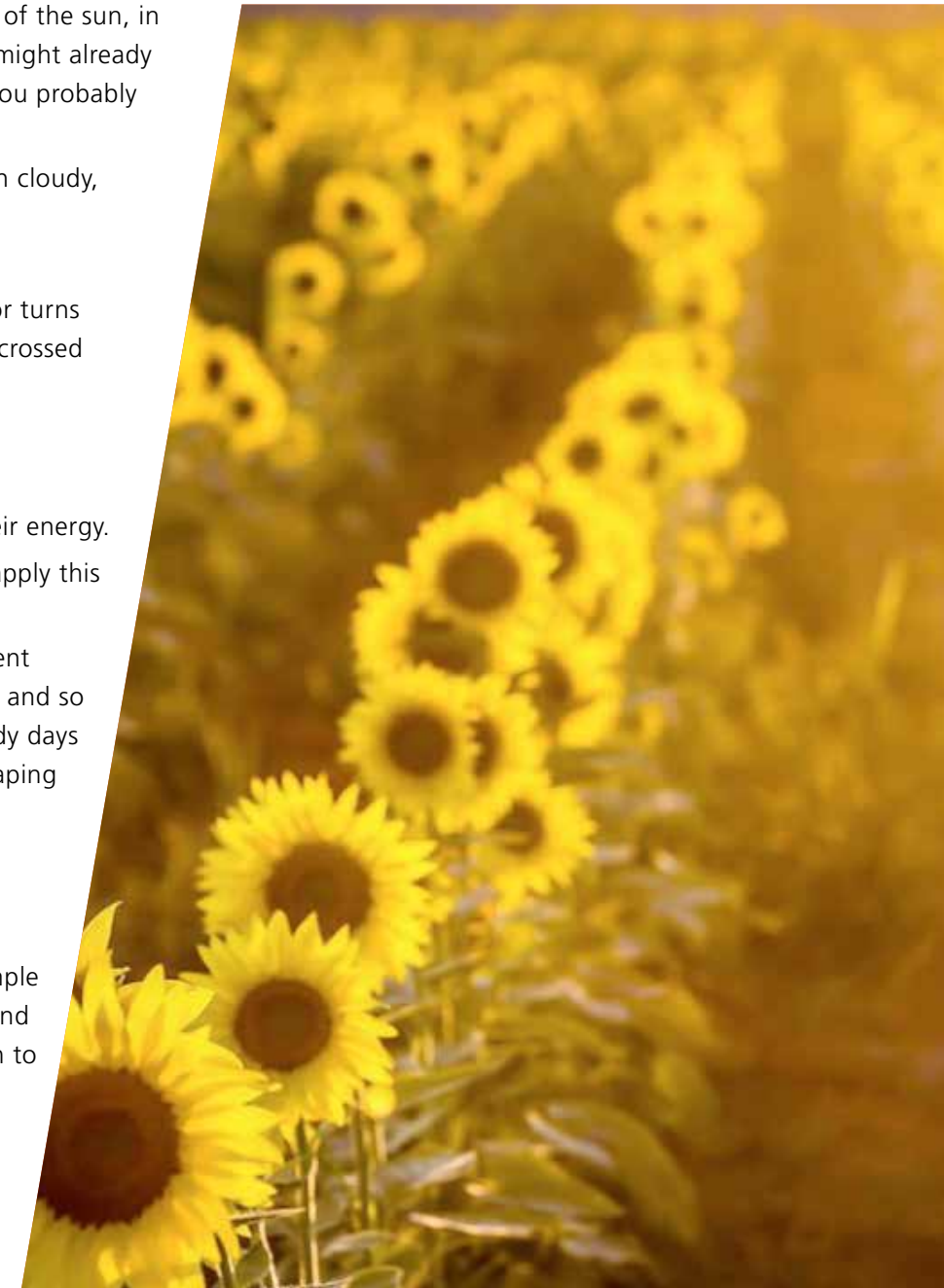
They turn towards each other to share their energy.

Nature's perfection is amazing; now let's apply this reflection to our lives.

We all want this light and seek it in different ways: in our family, friends, religion, work and so on. But there are always going to be cloudy days and gloomy days, because there is no escaping them.

When this happens, most people become overwhelmed, low-spirited, and the most vulnerable ones, sometimes, become depressed. How about following the example of the beautiful sunflowers that support and empower each other? Nature has so much to teach us.

ANANDHI SUNDARARAJAN
IWC Nanganallur



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THE POWER OF GONGS IS AMAZING!

The vibration of a gong is a powerful method for reducing stress. Known as a Gong Bath, the gong creates an ocean of sound that is profoundly relaxing; a state which activates the parasympathetic nervous system to balance the over-amped, over-taxed sympathetic nervous system.

Water has often been used as an analogy for the rippling effect of the gong's vibrations, partially because our bodies are approximately 70% water and water serves to conduct sound waves. Like ripples created by a pebble skipped onto a glassy lake, the gong's sound gently reverberates over, around and through the entire body to calm, relax and soothe. Typically, the listener's heart rate slows, blood pressure drops and breath is restored to its natural rhythm. The gong induces a holistic resonance in the body and a spontaneous meditative state in the mind, resulting in a sense of expanded awareness and wholeness.

Sound is now being used as an important part of the healing process for cancer patients, as it helps calm the mind and body and assists in the management of pain. The sound of the gong cuts through mental chatter and quickly creates a meditative state and deep relaxation.

The sounds from the gong travel from the outer ear throughout the body via the vagus nerve—impacting brain waves, respiratory rate and heart rate. Gongs open up your chakras and often release a lot of blocked energy, much like acupuncture or massage can do – it really is a sound massage. A Gong Bath is the most powerful form of holistic resonance known to man. It requires nothing but receptivity in order to be fully experienced, but it must be experienced in order to be understood. The gong is a sacred threshold. It is the portal that links the finite and the infinite experience of the Self.

It is a sound detox as the sound will last for three days in your system. You must drink lots of clean water afterwards and most people experience a happy buzz for days.

SUGEETHA VUMMITI
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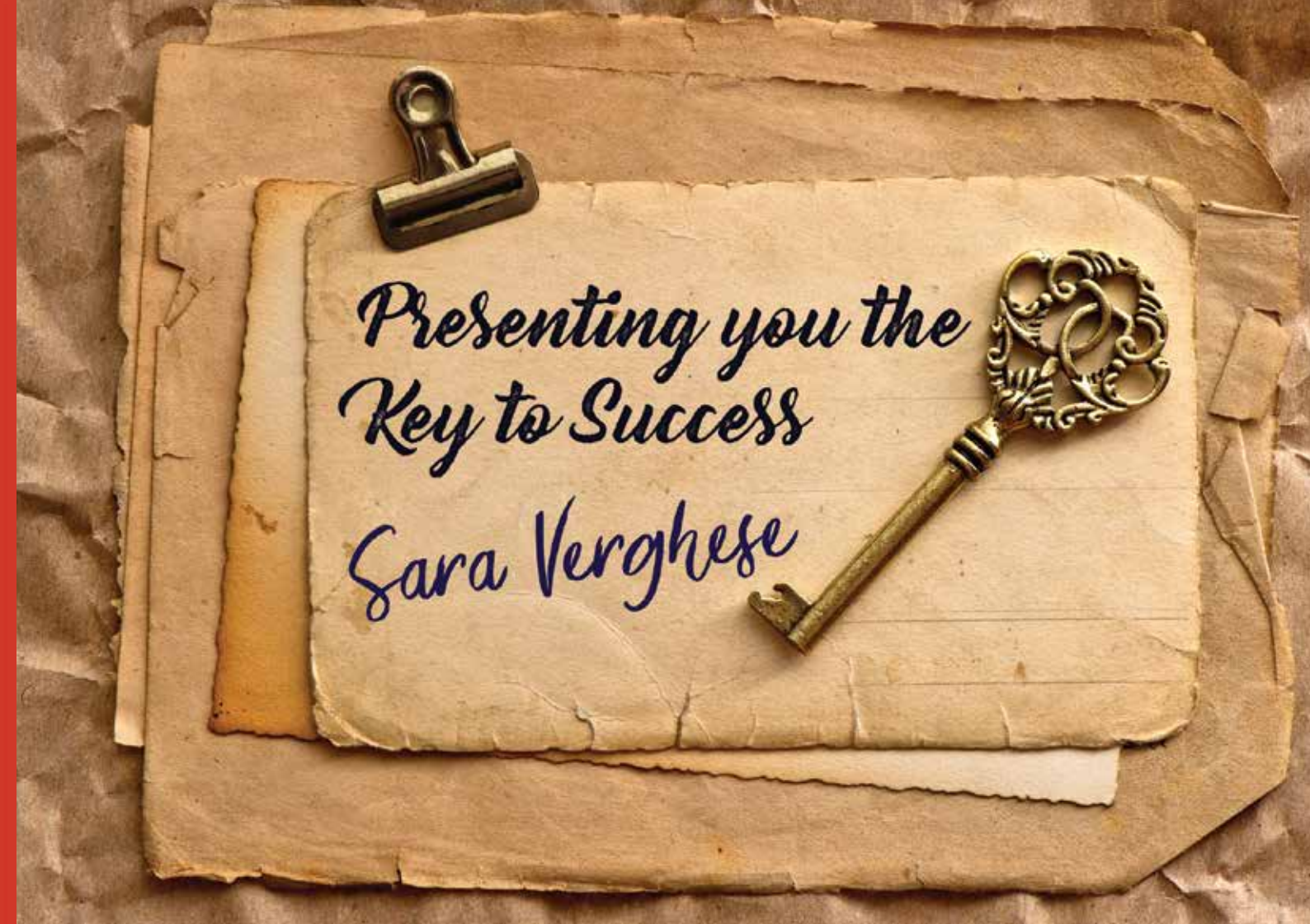
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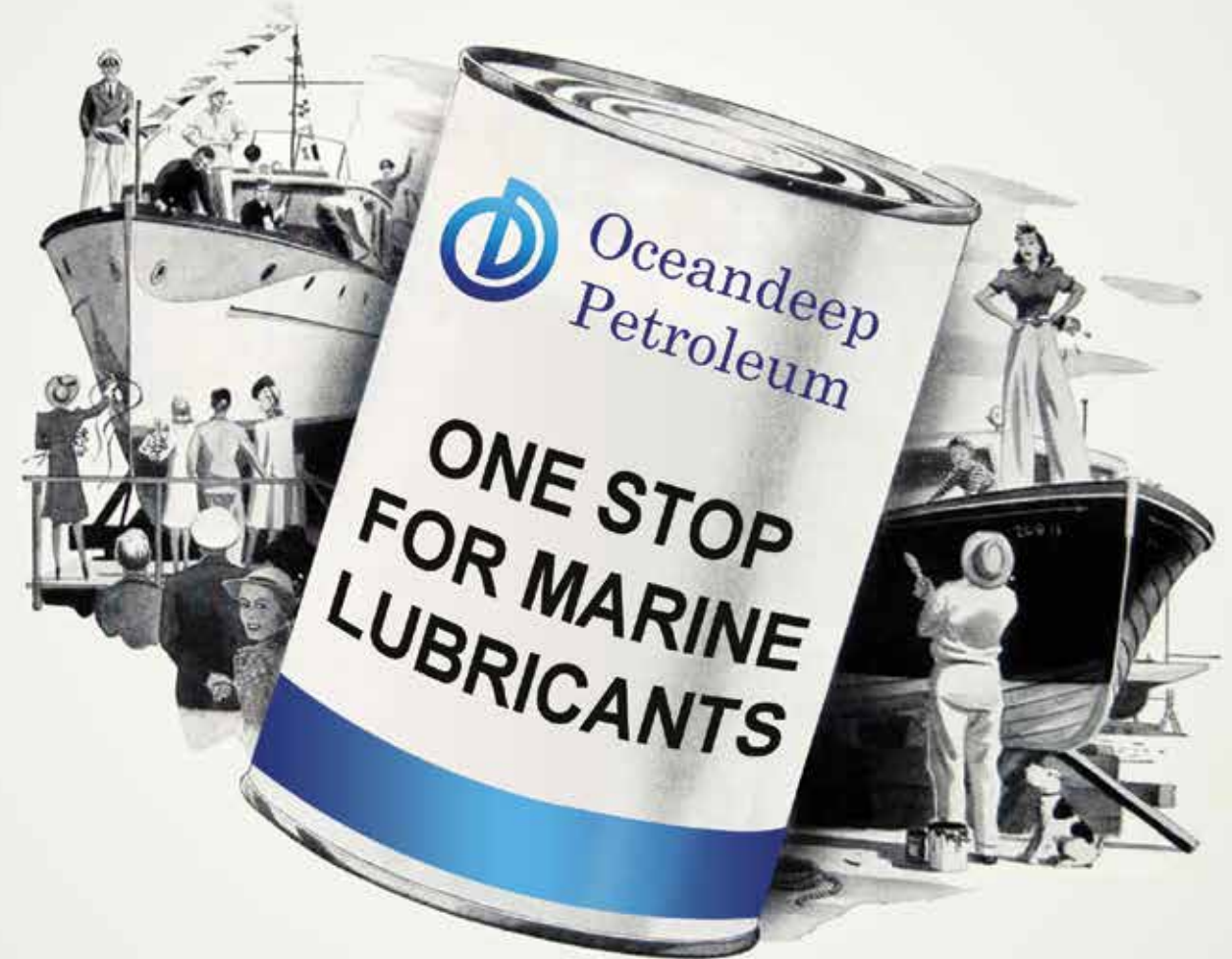
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Womankind,
We're sorry we failed you
Again.

For objectification beyond reasonability
For eve-teasing that won't ever quit
When chivalry all but turns to Nihilism

For crimes nightmarish we commit

With running tears you beg and plead
Horrid screams that weren't even heard

For none had the guts to pay heed

Where was good in this 'sacred' world?
For souls, ripped and wrenched
For trauma beyond compare
For the pain, you were forced to blench

We're better than this, we swear.
You are stronger than you know
With judging eyes, they may gauge
Never forget who you are;

Goddesses of the new age.

Womankind,
We're sorry.

MR. SHARAN MENON

*Son of Kumari and Rtn. Deepak Menon
Rotary Club of Madras East*

Shared by PDC Radha Ranganathan

THE MOTHER TONGUE
CONUNDRUM

The language of my ancestors is Malayalam, the language my mother was most comfortable speaking, the accent of which she infused into any other language she learnt or spoke. As a recent WhatsApp forward I received said, she was “a Malayali - one who could speak Malayalam in all languages”. So, if you go by the dictionary meaning of the phrase, my own mother tongue should also be Malayalam - I'm pretty sure that's the first language I would have heard or spoken. My successful public sector official father was extremely fluent in English and Malayalam - the only two languages he knew well, apart from a smattering of Hindi arising out of longish work stints in Bombay (as it was called then) and Jamshedpur before he moved to Bangalore. He never picked up any other language much and even after forty years in Bangalore, if he tried to speak in Kannada, we - his children, ran for cover. The locals being the peace loving kind, chose not to clobber him for gross murder of their language. Any case, it took them a while to understand that he was actually speaking in their native tongue.

When I started school, I learnt English. And since I grew up in Bangalore, somewhere along the way, I learnt to speak Kannada fluently. Not to read and write, that came much later, after a high school stint of five years in a little town about 80 km from cosmopolitan Bangalore. A town so close to Bangalore but with none of its British Cantonment style, and so locally local as to make anybody from Bangalore appear “foreign”. A Malayali from Bangalore who couldn't read or write Kannada - need you even ask?

But I digress. Let's get back to Bangalore. The three language formula of the southern states ensured that I learnt Hindi too in school. But Bangalore being what it was in the 1970's, and Bangalore schools being what they were then, it was English that was the mode of communication between classmates, friends and neighbours.

I don't really know when it was that English became my mother tongue. In a discussion on the subject a long time ago (so long ago, that it could qualify as once upon a time!) my father mentioned

that the language one is most comfortable with, is the language you use to count. That for me, as far as I can remember, has always been English. A Tenali Rama story that I now only vaguely recall, had the witty court jester find out the mother tongue of a person who set the king a challenge to discover it. Tenali Rama is said to have found it out by making the man stub his feet when he thought he was alone. The phrase he used to express his pain and annoyance would supposedly be only in his mother tongue. By that logic too, let me assure you that the only swear words or irritation that would emanate from my mouth would all be in English, the less colourful ones vocally, the more evocative ones silently in my mind.

As a kid, I read extensively in English, anything I could lay my hands on - books, magazines, comics, even the newspapers that wrapped things we bought. My parents encouraged this, probably it kept me out of mischief. They themselves read extensively in Malayalam, my busy-at-Finance-Dad not so much, my mother more so. My mother periodically made attempts to ensure that I could read fluently in Malayalam too. I think she harboured notions of me reading classic Malayalam novels. Some I did. The English translations! But it is due to her efforts that I am literate in Malayalam. I can read the newspapers and magazines, takes a little time, though. Mostly because the words I read make me do a double take many times, only to realise that I had initially read them hilariously wrong. At a pinch, I can write it too, but the old writing alphabet that I learnt from Mom, and the new print-easy alphabet that the language changed to, sometimes get mixed up in my head, leaving my writing neither here nor there. But in this day of computers that hardly matters.

My parents always spoke with us, their three children, in Malayalam. But between my brother, sister and I, we always spoke English. We could express ourselves better in that language, we joked in English, we fought in English and more importantly, we thought in English. Did English become my mother tongue then?

My sons grew up entirely in Kerala, they are fluent in the colloquial Malayalam, more so than I. But they

learnt English well, probably in good part due to the fact, that if I had to take them to task for anything, after the first few words in Malayalam (and many times not even that), the rest of the tirade would be entirely in English. Was it because English was already my mother tongue then?

I moved to Kerala after thirty good years in Karnataka, twenty five of them in Bangalore - the city that in my mind, is home. I've spent enough years in Cochin for it to be equally called home. I'm far more fluent in spoken Malayalam now, a language that comes so much more easily to tongue than when I was in Bangalore. I'm equally at home with Kannada. I can speak Hindi, without much trace of a South Indian accent, but I search for the vocabulary at times. I can manage a fair bit of Tamil, and I understand Telugu in bits and parts. But the language closest to my heart? Always English.

That got me thinking. I'm not really considered a native speaker of the language. If I were to speak in England for example, the Queen would certainly not be impressed with my English, even if she managed to keep a stiff upper lip. That was brought home to me a few years ago. No, I did not meet the Queen. She was saved the ignominy of that ordeal. It was a doc from the NHS who I met in India. In my conversation with her, I happened to make a statement on some confusion I was having, and said I didn't know whether I was coming or going. She looked mightily impressed and said, "That's very good English!" Having always prided myself on my turn of phrase in the language, I wasn't too sure whether I should be pleased or offended at her statement.

The Americans would laugh me out of their country if I claimed to be speaking excellent English. My pronunciation and spelling would all be suspect. Don't blame me, it was the British that colonised us, not the Americans. Well, the British colonised the Americas too, but Brexit from America happened earlier than in India, and they've had a longer time to turn English into a different language altogether. As Prof Higgins would say of the English language, "Why, in America, they haven't spoken it for years!"

Where does this all leave me? Surely, with an unsolvable conundrum - what on earth is my mother tongue, actually?

ANITHA
IWC Madras Esplanade

P O E M

THE SANDS OF TIME

I caught my life
In an hourglass,
The years went tumbling by;
Though inside I feel seventeen,
My hourglass seems to lie.

The sands of time
They slip away
From my eager grasp;
Feeble attempt to stay the rush,
My memories I clasp.

But they hurtle down
In spite of me,
The race is on
To infinity;
The light that shines
In you and me
Fulfils itself,
Its destiny.

The mirror hanging on the wall,
If only it could speak,
The images it would recall
Could scale a mountain peak.

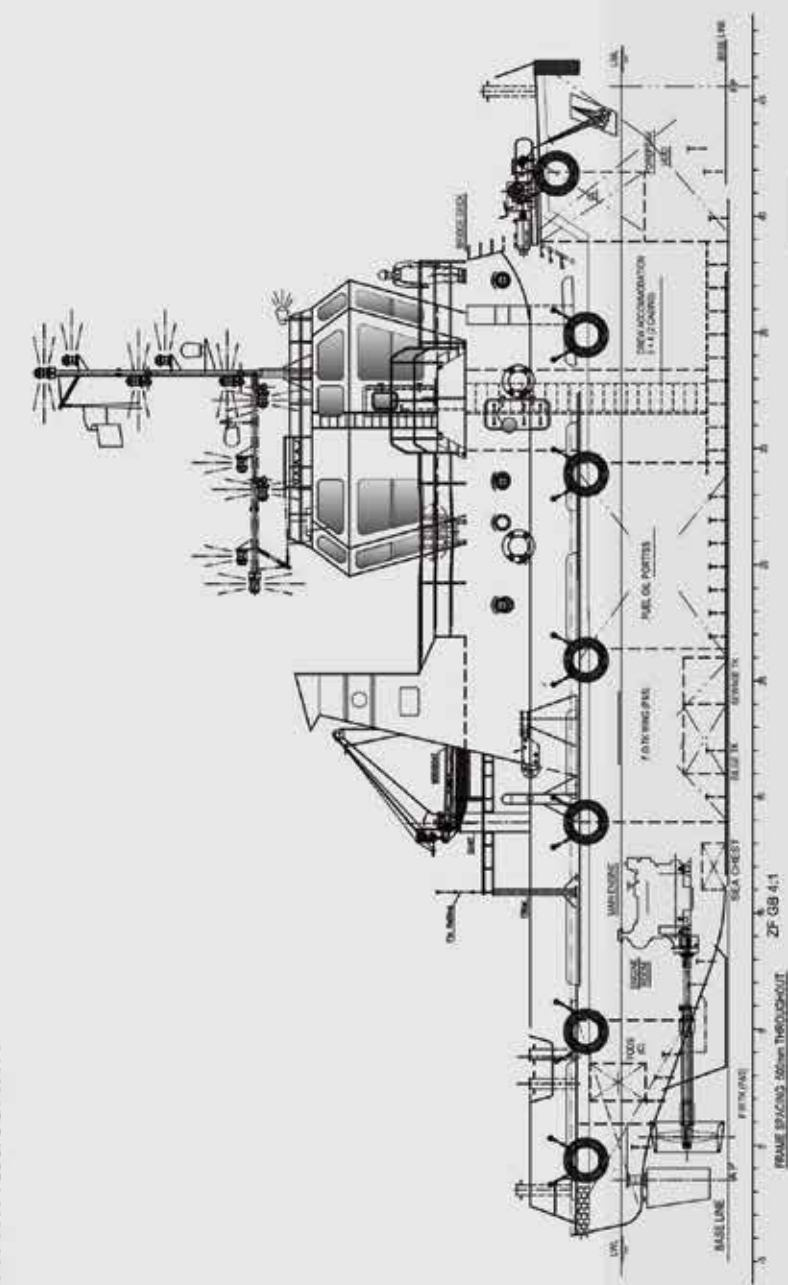
The baby's curls,
A schoolgirl crush,
The first heartbreak,
A sunset blush.
A kaleidoscope,
Tapestry
Weaving its magic over me.

A settled hush
Like the gentle sea,
The white froth skirting
Around my knee;
The ebb and flow -
A prophecy
Of death in the midst
Of eternity.

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ஹைக்கூ கவிதைகள்:

- “ ரேசன் கடைக்காரருக்கு குழந்தை பிறந்தது எடை குறைவாக ””
- “ வராந்தாவிலேயே இருந்த வயதான தந்தை இறந்த பின் ஹாலுக்குள் வந்தார் புகைப்படமாய்””
- “வீட்டின் பெயரோ அன்னை இல்லம்....! அன்னை இருப்பதோ முதியோர் இல்லம்...”
- “புறாக்கள் வளர்க்கும் எதிர் வீட்டுகாரர் என்னிடமிருந்து பறிக்கிறார் பூனை வளர்க்கும் சுதந்திரத்தை...”
- “ பறித்த மலரை ஆண்டவனுக்குச் சூட்டினாலென்ன? கல்லறையில் வைத்தாலென்ன? மலருக்கென்னவோ பறித்ததுமே வந்து விட்டது மரணம்””!
- “சர்க்கரை இல்லை ... கொழுப்பு இல்லை ... எஜமானரோடு வாக்கிங் போகுது ஜிம்மி ... ””

- “ ஒவ்வொரு முறையும் அவன் அவனை பிறந்த வீட்டுக்கு அனுப்பும் போதெல்லாம் திரும்பவும் அவர்களை ஒன்று சேர்த்து வைக்கிறது ஹோட்டல் சாம்பார். ””
- “ கோழித் திருடனை ஜெயில்ல போட்டாங்க ஜெயில்ல அவனுக்கு கோழிக்கறி போட்டாங்க ... !”
- “ மாங்கல்யத்தின் மகிமையை மனைவி அறிவாள் ... மணவாளன் அறிவான் ... அவர்கள் இருவரையும் விட மார்வாடியே அதிகம் அறிவான்”
- “ பேருந்தில் சிதறுகிறது நாணயங்கள் தேடலுக்குப் பிறகு கிடைத்தன. சில நாணயங்கள் தொலைந்தன சிலர் நாணயங்கள் ”

E. LATHA
IWC Cheyyar

THE ADULTERY JUDGEMENT – AN ANALYSIS

As much public outcry has been made against the Supreme Court's Judgement dated 27th September, 2018 holding that Section 497 of Indian Penal Code (IPC) and Section 198 of Criminal Procedure Code (Cr.PC) is unconstitutional, it is pertinent to discuss the rationale of the judgement in order to eliminate seemingly negative impact on the institution of marriage.

The intention of Section 497 is not to preserve the sanctity of the marriage but to protect the proprietary right of the husband over his wife, as can be revealed by the facts hereunder.

For easy understanding, the story line of a popular Hollywood movie 'Unfaithful', starring Richard Gere, Diane Lane and Oliver Martinez is taken as an example.

- Richard's wife Diane is in a relationship with Oliver.
- Only Richard (Husband) can prosecute Oliver (Third Party) for the act of adultery.
- Oliver (Third Party) is punishable with imprisonment for a term of up to 5 years or with fine or with both, but Diane (Wife) is not punishable as an abettor since she is assumed to be a victim, in the hands of a seducer.
- Diane (Wife) has no right to prosecute Richard (Husband) should he commit adultery. It is only the other woman's husband, as per Section 198 of Cr.PC who can prosecute Richard (Husband), as it is the other woman's husband's exclusive proprietary right over his wife's body that has been breached.
- Section 497 applies only to a woman who is 'a wife of another man'. Therefore if Richard (Husband) had sexual relations with an unmarried or divorced or widowed woman, it is outside the purview of adultery.
- There is no question of adultery if Richard (Husband) gives consent to the relationship between Diane (Wife) and Oliver (Third Party).

JUDGEMENT AND THE SANCTITY OF MARRIAGE:

The sanctity of marriage is not affected by the Judgement since, even before the Judgement, neither the wife could prosecute the husband nor the husband



could prosecute his wife, as she is deemed to be a victim under criminal law. It is always the third party who is punished since he interfered with the husband's exclusive entitlement, similar to that of theft.

Why is punishing the third party done away with, now? Assume a case where wife and husband are in judicial separation and the divorce petition is pending before the Court.

Hypothetically, if the wife finds another suitable partner and is in a relationship, technically under criminal law the husband can prosecute that man for adultery, curtailing the right of the wife to self-determine her partner. Whereas in a similar situation, the wife has no such right if the husband is in a relationship with any other woman and hence it is arbitrary.

It is after careful consideration of many aspects of sexual autonomy, gender equality, dignity and privacy, that Section 497 of Indian Penal Code and Section 198 of Criminal Procedure Code, criminalising adultery has been held unconstitutional as it is biased and unjust.

JOTHILAKSHMI V S
IWC of Chennai K K Nagar



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MAKING CHILDREN SAFER ONLINE



SHILA KRISHNAN
IWC Madras South

Children between the ages of 5 and 16 typically spend more than six hours a day in front of a screen. That rises to around eight hours for teenage boys, according to a 2015 report from the UK-based market-research agency Childwise. This may impair their ability to recognize emotions and could expose them to cyberbullying and sexual exploitation.

Instead of minimizing children's exposure to the dangers they may face online, one initiative is trying to build up their digital resilience, teaching children how to deal with those challenges. 'Digital intelligence quotient' (DQ) helps to provide 8- to 12-year-olds with the skills they need to thrive in the digital economy. Some schools already teach children to use digital technology by integrating computers and tablets into the classroom and teaching them how to code. They should also teach them how to use it safely, say DQ's supporters.

In 2015, Yuhyun Park, who devised the concept of the DQ, founded the DQ Institute, a think tank that aims to prepare children to be safe online. It is often assumed that technology has closed the digital divide and addressed social inequality, but Park's research suggests otherwise. A report released by the DQ Institute in 2018 studied nearly 38,000 children aged 8–12 in 29 countries and found that more than half are exposed to cyber risks such as cyberbullying, video-game addiction, sexual grooming and sexual

behaviour. Children in developing countries are 1.3 times more likely to be exposed to cyber risks online than those in more tech-savvy nations.

In 2017, the DQ Institute launched a plan to roll out DQ programmes to more than 100 countries by 2020 with schools and education ministries in countries experiencing rapid digital transformations as the target audience. The DQ project has joined forces with some big names, including Google, Twitter and the UNICEF, and has received government funding from Singapore and Mexico. The goal, says Park, is to help governments understand the level of digital citizenship among students and teachers, and to help them develop their own DQ curriculum within three years.

ONLINE SAFETY

A child's DQ score is calculated on the basis of criteria that are considered essential to a safe and healthy digital life. The test uses a game-like atmosphere to evaluate how well children understand the importance of their digital identity, privacy management, their online footprint, critical thinking, digital empathy, cybersecurity, cyberbullying management and screen-time management. Much of the information online is unfiltered and uncensored, so DQ programmes aim to provide children with an internal filter, says Park. They teach children how to evaluate online information, avoid dodgy websites, check multiple sources and identify trustworthy sites.

UNTHINKINGLY THOUGHTLESS!

Are we by nature thoughtless and insensitive; is it something we cultivate over a period of time or are we totally unaware of how our actions affect others? I pray it is the last, for then there is still hope for our country!

Examples are a plenty. Of course, the most obvious one is the garbage situation. We dust and clean every corner of our homes but don't think twice about throwing garbage bags over the walls onto the streets.

Then we have the impatient hot-headed drivers. Everyone, on the roads, seems to be in a hurry. As I slow down to let an elderly couple or young children cross the road, I look at the rear view mirrors in dread, praying that no one tries to overtake me from either side.

When I wait to enter a lift or for my turn to pay the bill, you can be sure I'm standing with my hands on my hips; elbows sticking out, to ensure nobody cuts the 'Q'!

Cell phone etiquette would require an entirely separate chapter! No place is sacrosanct—talking/

texting while a meeting is going on, talking loudly in temples, churches, hospitals, restaurants—talking, talking, talking! Are you really interested in what someone's daughter-in-law's friend's mother wore for a wedding? Or why their son's friend's father was overlooked for a promotion?

And last but not the least, the famous IST--Indian Stretchable Time. From plumbers to brides, from doctors to maids the same refrain, "Yes, I got delayed!" said sometimes with a smile, often with arrogance, but rarely with an apology or even comprehension that the person waiting may have other things to do...

Wouldn't it be wonderful, wonderful world if we all could bring back the words 'thoughtful, considerate, caring and kind' into our vocabulary and into our lives?

GITA CHANDRASEKARAN
IWC Madras Central



TINA - THERE IS NO ALTERNATIVE!



I was going through a pile of my keepsakes during some routine clearing of a shelf. I chanced upon the script of my acceptance speech as I took the collar of District Chairman in June, 2008. My emphasis then, as now, was on the environment and education. I said then that the depletion of the ozone layer, water wars and the phenomenon of global warming were not some distant threats, but in the here and now.

Ten years and some later, I find we are still grappling with the same issues! In fact some have been aggravated. Of late, there has been increased and frantic talk on environmental degradation. The macro view and the distant problems are written about with various doomsday predictions.

Not all of us are equipped to address the macro issues. Let us leave that to the experts.

But the **MACRO LEVEL PROBLEMS ARE CREATED BY AN AGGREGATE OF MICRO PROBLEMS!** And we are the creators of the micro level problems! Somehow, this is a home truth that does not seem to sink into our consciousness.

Every day we read forwards and articles on the effects of irresponsibly disposed plastic on animal life on land and in the sea. Many of us nod sagely, and quickly hit the like and share buttons, before picking up our car keys to drive 100 yards to a shop, where we will buy groceries and vegetables in a dozen plastic bags! Whither the environment? We have to believe each little bad habit adds up to the big monster of degradation.

Young people today are well-employed and have no time for boring everyday tasks – Viva the food delivery companies – more plastic containers, bags, spoons and straws (and chopsticks!) to dispose of!

Plastic has been maligned in every possible way. If it had feelings, it would be crouching in despair and depression in some corner. Plastic is very versatile and offers solutions to many problems. But it is not plastic and other non-bio-degradables that are causing the problem. It is our indiscriminate use of them and improper disposal that give us the overloaded garbage heaps and toxic landfills.

There are a number of clean-up campaigns on the beaches and water bodies. These are commendable, no doubt. But I sometimes wish we would expend that energy and those resources in making sure the beaches and rivers are not littered in the first place! The logic of some people cleaning others' mess escapes me.

To put it succinctly – TINA. If we are serious about not allowing our planet to degrade, we have no choice but to rein in our wasteful habits and uncivic practices.

To summarise:

- Plastic is not the villain. Abusers of plastic are!
- Segregation of waste, composting wet waste and recycling the rest is not a fad – it is a necessity.
- We only bring good things into our homes. We create garbage and expect someone else to clean it! "My garbage - my responsibility" should be the practice.
- The neighbourhood we live in belongs to all of us.
- Instead of Clean-up campaigns, champion DO NOT LITTER campaigns – prevention is better than cure.

May be we should make the time to visit a landfill and see the plight of those who live in its vicinity. And realise that if we do not do something very quickly, we could be in the same situation!

Wake up humans. The world does not belong to us alone. And yet we are making it difficult for us to inhabit it too!

PDC SUSHILA NATRAJ
IWC Madras

EDITOR'S QUIZ
Prize Winners

AUGUST
SASIKALA RAVIVENKATESAN
IWC Madras Mount

SEPTEMBER
NIRMALA VIJAYAKUMAR
IWC Madras Esplanade

OCTOBER
PDC SEEMA BHARGAVA
IWC Madras

வாசனை

அம்மா என்றாலே தனி வாசனை

காலையில் அவள் தரும் காபி வாசனை
அவள் செய்யும் சமையலில் அன்பு வாசனை

அவள் முகம் மஞ்சள் வாசனை
அவள் உடல் வியர்வையோ தனி வாசனை

அவள் தலை துவட்டிய துண்டு வாசனை
அவள் அணிந்த புடவையோ தனி வாசனை

அவள் பின்னலின் ரிப்பன் வாசனை
அவள் முகம் புதைத்த தலையணை தனி வாசனை

அவள் சிரிக்கும் சிரிப்பில் வாசனை
அவள் தரும் முத்தத்திற்கு ஈர வாசனை

அவள் என்னை கட்டி அணைத்தால் வாசனை
அவள் காட்டும் பரிவுதனில் தனி வாசனை

அவள் நின்றால் அந்த இடம் வாசனை
அவள் நடந்தால் வீசும் காற்றுக்கு தனி வாசனை

அவள் உயிர் அற்ற உடல் கூட வாசனை
அவளின் கடைசி சுவாசமோ வேதனை தரும் வாசனை
அம்மா என்றாலே தனி வாசனை

USHA SITHAPATHY
IWC Nanganallur

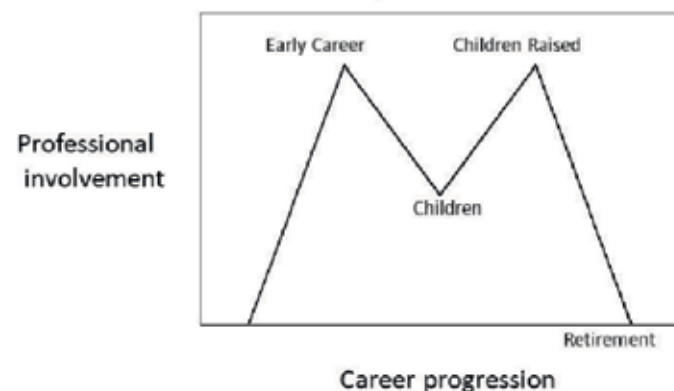
FINANCIAL FREEDOM: WHAT CAN WOMEN DO!

Womens participation in the work force today is more the norm than the exception. Women descriminated against still exsit but the disparity is diminishing. This revolution is a result of multiple factors. Rise in service sector, where brain is the performance driver and not brawn.Automation in household work has made domestic work less time consuming for women, providing time for income producing activities.

While the economic activities provide better standard of living and freedom of choice, unpaid work of mothering and nurturing the child, caring for elders in the family is essential for humane life.

The result is an 'M-shaped' career curve for women. Women on this curve start out strongly, encounter turbulence in 30s which often results in a dip in career progression, pick up again in 40s and retire in late 50s.

M shaped career curve of women



Women live longer than men across all races and countries and will need more money to live. Lack of equality in inheritance laws, disrupted work life, dual responsibilities of family and career and the cost of living longer - Though seemingly insurmountable, can be easily tackled with careful planning and conscientious spending, saving and smart investing.

Research shows that though Indian women are good at budgeting and saving, their investment skills are less than desirable. As per a research report by Neilson in 2013 – 'more than 80% of working women have no say in their investment'.

What can a woman do to ensure financial freedom for ever?

- Understand the basics of modern investment management. Remember gold worked for your grandmother's generation from feudalistic era.
- Spend conscientiously and save profusely.
- Invest your savings in growth assets like equity.
- Focus on creating long term wealth for yourself. During the career disruptions and old age, your money will work for you and ensure a comfortable life.

Remember a fiduciary planner who understands women's issues can be a priceless partner in your journey to financial freedom.

Here is a ready reference of dos and don'ts to get you started, depending upon the stage of life:

THE YOUNG FREE BIRD:

CHARACTERIZED BY:

- In early to late twenties
- Youthful energy
- First / early job
- Unmarried with no responsibilities
- No assets or very few assets

DOS

- Take help of experts to create a tax efficient income
- Save to the maximum. You will need money for higher education or your own wedding.
- Create an emergency fund to tide over sudden expenses.
- Contribute in 'employees provident fund'
- Invest in equity for long term. Remember over a long term
- Buy yourself multiple small pleasures to feel good about your financial independence rather than splurging on one big liability.
- Budget for all pleasure expenses and stay in the budget.
- Buy health insurance if the employer has not provided

DON'TS

- Do not take any loan. Always stay away from personal loan and credit card loan. These high cost

loans can suck your rest of the life into a whirlpool of financial misery.

- Do not buy any insurance. Term insurance should be bought when there are liabilities and financial responsibility towards family. Any other insurance product can be a drain on your wealth creation process.
- Do not buy gold as investment. It does not create wealth in long term. Buy if you want to use it for your wedding and do not go overboard.
- Do not lock your money yet in real estate down payment. It can curb your travelling and restrict future movements.
- Do not over spend on impulse purchases.

THE YOUNG BRIDE:

CHARACTERIZED BY:

- In early to late thirties
- Youthful energy
- Growing career /more responsibilities at work place
- Married with financial responsibilities being shared
- Few financial assets

DOS

- Keep the money matters clean with your spouse
- Have a clear understanding of division of financial and domestic responsibilities. Do not forget you may need a break soon for child birth
- Budget enough for hired help, so you don't get bogged down with domestic responsibilities. Dual responsibility can take a toll on your earning capacity.
- Buy a house with some down payment from money saved from past and housing loan. Make sure that the EMI size does not guzzle your cash flows and the small pleasures of life as a result.
- Take term insurance to cover the risk of housing loan liability
- Continue to save the maximum and invest in equity
- Open NPS account and opt for maximum equity option
- Continue to enjoy the small pleasures of life. Never go beyond your budget.

DON'TS

- Do not over spend on wedding.
- Do not go overboard on housing loan
- Do not buy insurance policies to save tax. Tax saving instrument should be decided based on your asset allocation

- Don't buy things on EMI. Instead create SIPs for all purchases, save and buy.
- Don't invest in gold
- Don't buy more real estate. Liquidity is essential to have financial independence during the break years.

THE YOUNG MOTHER

CHARACTERIZED BY:

- In early to late thirties
- Young dependent children
- Youthful energy but more demand on physical energy by young children
- Career break / Reduced job responsibilities / Part time employment
- No income / reduced income
- More responsibilities at home
- Reskilling to enter the workforce
- Own house and some financial assets

DOS

- Take all the support from family to raise the child. Remember 'It takes a village...'
- Get enough hired help to take care of maternal responsibilities, so that you have enough time and energy to stay in touch with your profession without compromising on child care. Your 'Career Break Corpus' will come in handy now.
- Keep your financial assets in less volatile assets to support you during the break year
- Budget for networking and upskilling yourself to be ready to reenter the workforce
- Enjoy the wonderful feeling of motherhood with no financial insecurity and take care of yourself.

DON'TS

- Don't feel guilty if you spend less time on your profession. Remember money and profession are your tools to live a life free of prejudices and guilt. The moneys that you invested in your twenties provides you with this luxury to take it easy on your professional front. Remember the father is equally if not more responsible for providing for the young ones.
- Don't let feminism stress you with dual responsibilities. Your spouse should take responsibility of housing loan EMIs and other financial needs at this time.
- Don't feel guilt when you spend on yourself – the

gym, the young mothers' support group and the small niceties of life. You deserve it.

- Don't loose touch with your profession. Continue to engage in any activity that keeps you in the 'market'. Budget enough money and time for networking in your professional group

NOT SO YOUNG MOTHER

CHARACTERIZED BY:

- In 40s to 60 years of age group
- Higher education and wedding of children
- Older parents with medical expenses / dependent parents
- Growing career / Growing business
- High disposable income
- Own house
- Growing financial assets
- Inherited wealth / property
- Retirement preparation

DOS

- Provide for additional nursing services for older parents
- Make sure you have enough term insurance to protect the financial interests of dependents

- Save enough for retirement. Make sure you take help of an expert to create a fool proof plan. Create growth portfolios for these goals.
- If you do not have enough funds opt for funding the education goal with 'education loan' and make your children responsible to repay the loan with their salaries.
- Continue to invest in growth assets
- Ascertain your financial situation and budget for wedding expenses, gifts and travels.
- Enjoy your life and spend on all the pleasures that you can afford.

DON'TS

- Do not compromise on your funding for retirement goals
- Do not save for future generations at your cost. Enjoy the fruits of your labour. A fiduciary planner can help you ascertain the amounts needed for different stages.

RENU MAHESHWARI

IWC Madras South



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Renu Maheshwari

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Dr. Lata S. Patil

Consultant, Academician and Soft Skill
Corporate Trainer
Certified Trainer and NLP Master Practitioner
from IATD, Chennai

Core Competency

Business Communication | Business Etiquettes
Customer Enhancement | Handling Crucial Conversations
Presentation Skills | Image Building
Grooming Etiquettes and Standards
Emotional Intelligence | Nutrition and Health
Stress Management through NLP Techniques
Team building & Leadership

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Wishes
from*

Geetha Veeraghavan
IWC Chennai Unique



दिल्ली वाली लड़की

बात आज से 40-45 वर्ष पूर्व की है। मेरा और मेरी मातृभाषा हिंदी का बहुत सरल सा रिश्ता था - बोलने में पक्का और लिखने में कमजोर। दिल्ली शहर में पैदा होने के कारण और बचपन से बहुत बड़े संयुक्त परिवार में रहने के कारण मेरी भाषा में बहुत सी अन्य भाषाओं के शब्द जुड़ गए थे - उर्दू, अंग्रेजी, पंजाबी, हरयाणवी, सिंधी और राजस्थानी। कान्वेंट स्कूल में पढ़ती थी मैं अतः हिंदी की पढ़ाई कक्षा 3 से ही आरम्भ हुई। चूंकि घर में प्रायः हिंदी ही बोलते थे, उन सभी केवल अंग्रेजी बोलने वाली लड़कियों के मध्य मैं अपने को हिंदी की महारथी समझती थी। बड़े मजे से चल रही थी ज़िन्दगी।

परंतु एकाएक 1974 में कुछ ऐसा हुआ की मेरी साधारण सी ज़िन्दगी में उथल पुथल मच गई। मैं कक्षा 7 में थी जब मेरे पिताजी का लखनऊ स्थानांतरण हो गया। लखनऊ भी भला कोई शहर था दिल्ली के सामने? रोते पीटते मन मार कर मैंने लखनऊ के एक विद्यालय में प्रवेश लिया और पढ़ाई शुरू कर दी। प्रथम वर्ष तो बहुत कष्टदायक था परंतु धीरे धीरे मन लगने लगा। लखनऊ के लोग बहुत शांत स्वभाव के थे और विद्यालय का वातावरण भी बहुत प्रेरणादायक था।

कष्ट था तो केवल एक - मेरी हिंदी अध्यापिका की मेरे प्रति नाराज़गी। हिंदी अध्यापिका श्रीमती शुक्ला का मानना था कि मुझे हिंदी नहीं आती थी। वे मुझे 'दिल्ली वाली लड़की' कहके सम्बोधित करती थी और प्रायः मेरी पुस्तिका में लिखित हर उर्दू, अंग्रेजी, पंजाबी, हरयाणवी, सिंधी और राजस्थानी शब्द को लाल रंग से सुसज्जित कर देती थी - इतना लाल जैसे गुलाब का पुष्प! उन्हें चाहिए थी संस्कृत शब्दावली से भरपूर शुद्ध हिंदी जो मैंने केवल दूरदर्शन के समाचारों में ही सुनी थी। यदि अपने नए विद्यालय में अपने लिए ध्वज स्तंभित करना था तो कुछ करना अतिआवश्यक हो गया!! मरती क्या न करती! प्रतिदिन सम्पूर्ण एकाग्रता से दूरदर्शन समाचार देखती, हिंदी समाचार पत्र और सहायतयिक पत्रिकाएं पढ़ती, शब्दकोश देख देख कर अपना गृहकार्य करती। जितना समय हिंदी की पढ़ाई में व्यतीत किया उतना यदि शेष विषयों पर करती तो कक्षा में हर बार प्रथम आती।

जैसे तैसे किसी प्रकार कक्षा 9 में पहुँच गयी और आशा की एक किरण प्रकट हुई। मेरी ही कक्षा में दिल्ली से एक छात्रा ने प्रवेश लिया। क्योंकि वह दूसरे प्रदेश से आई थी, उसको 'सरल हिंदी' विषय स्वरूप दिया गया। मेरी तो बाँछे खिल गयीं। मैं भी तो दिल्ली यानी दूसरे प्रदेश की थी - मुझे भी 'सरल हिंदी' मिलनी चाहिए! पिताजी से पत्र लिखवाया और पहुँची प्राध्यापक के पास! भूल गयी कि दो साल से 'सहायतयिक हिंदी' पढ़ रही थी - 'सरल हिंदी' का तो प्रश्न ही नहीं उठता।

कड़ी मेहनत करके यू पी बोर्ड की कक्षा 10 की परीक्षा में हिंदी में 63 अंक प्राप्त किये! हिंदी की अध्यापिका श्रीमती शुक्ला ने आशीर्वाद देते हुए कहा - 'दिल्ली की लड़की आज लखनऊ की हो ही गयी'। मेरा तो जीवन ही सार्थक हो गया। बाकी विषयों में मिले 70 प्रतिशत का तो कोई महत्व ही नहीं था - हिंदी सर्वोपरि थी।

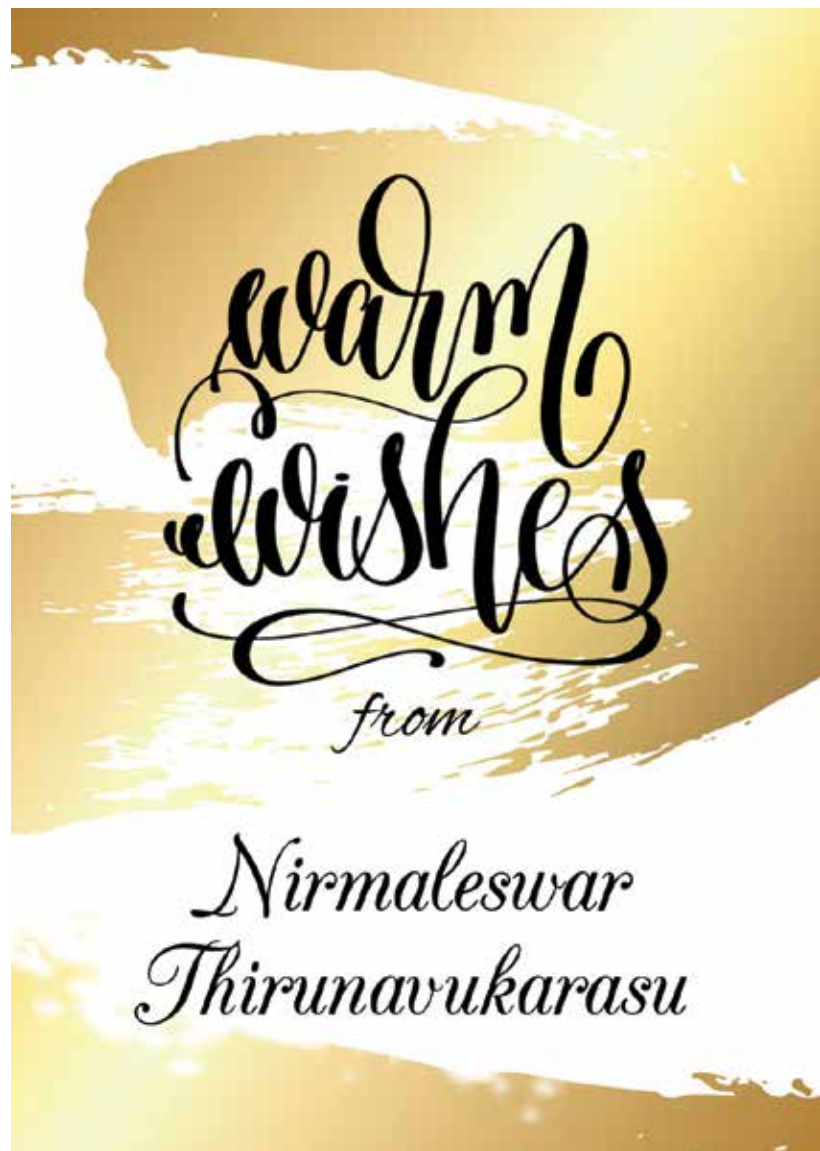
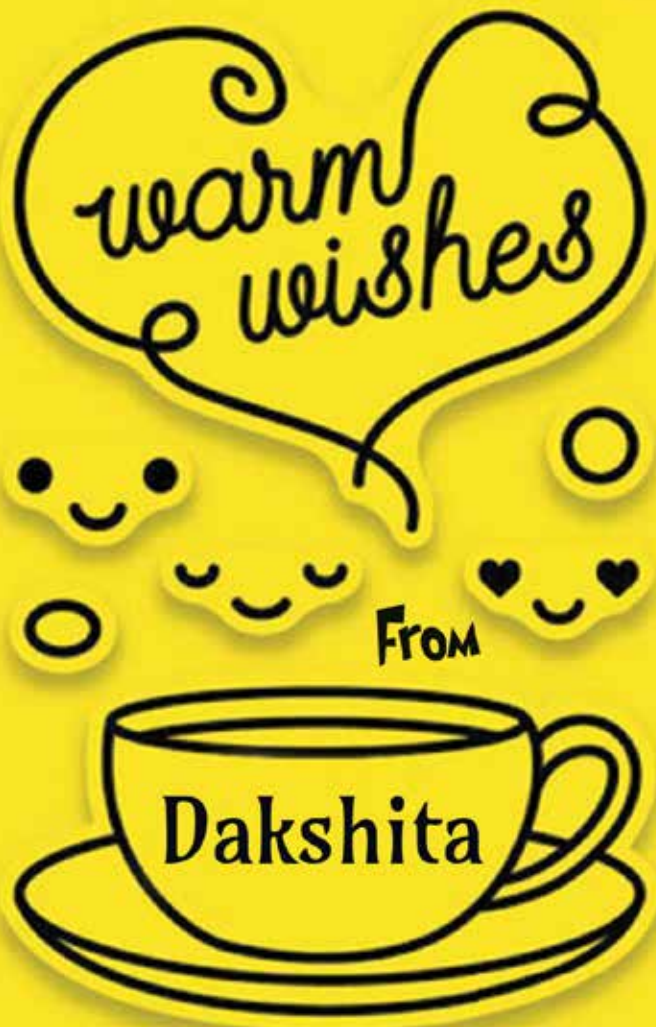
12 वी के बाद हिंदी छूट ही गयी! परंतु उन कुछ वर्षों में भाषा के प्रति जो आदर की भावना जगी वो सदा के लिए घर कर गयी। आज 40 वर्ष बाद भी मैं श्रीमती शुक्ला को अध्यापक दिवस के दिन दूरभाष पर अपना आभार प्रगट करती हूँ और सदैव ही आभारी रहूँगी!

पर भई फिर भी कहना तो पड़ेगा - वो मेरे में से दिल्ली पूर्णतया नहीं निकाल पाई। देख लीजिए आज भी कितने उर्दू के शब्द हैं। मिले क्या? आखिर हूँ तो 'दिल्ली की ही लड़की' ना!

सीमा भार्गव, पी डी सी, इनर व्हील डिस्ट्रिक्ट 323

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from

Mr. Raman Malhotra



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**MAKE-UP MASTER CLASS – CELEBRITY
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IWC Madras Next Gen



JUMBLE SALE
IWC Madras Esplanade

DANDIYA DHAMAKA
IWC Adyar



WE HAVE NOT LIVED IN VAIN

From the day each one of us sets foot into this great movement we carry with us a badge of honour with a pledge to love, serve and make the world a better place to live in. We transcend all barriers in the name of friendship and service and in so doing we make ourselves better human beings even as we bring out the best in those around us.



IWC ADYAR

Renovation of toilets and construction of 120 feet Bore Well along with pump and motor undertaken at Adi Dravida Primary School.



IWC AMBUR

Teacher's day celebrations: Oratory and drawing competitions conducted at Concordia Nadunilai School, Ambur



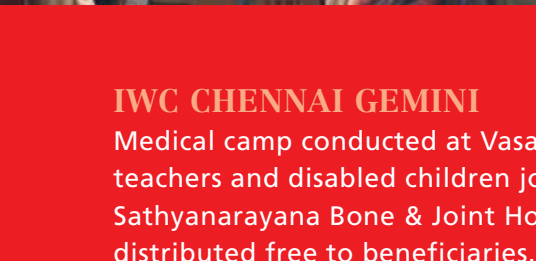
IWC CHENNAI CENTRAL ELITE

Krav Maga workshop at Yein Udaan Centre for 30 children and 7 mothers



IWC CHENNAI CAPITAL

Katchur Christking School: Kitchen garden initiative; World Peace Day was also observed with drawing competitions.



IWC CHENNAI GEMINI

Medical camp conducted at Vasantham School for teachers and disabled children jointly with S. V. Sathyanarayana Bone & Joint Hospital. Medicines were distributed free to beneficiaries.



IWC CHENNAI GALAXY

Independence Day celebrations at Panchayat Union Middle School, Manjankaranai



IWC CHENNAI PRESIDENCY

Essential items were provided to an underprivileged girl for her wedding ceremony.



IWC CHENNAI K K NAGAR

Teacher's day Celebrations at PUM School Madipakkam; Diagrams and conjugation of verbs painted on walls and a year's subscription of The Hindu and Young World provided.



IWC CHENNAI KORATTUR

Safe Touch and Menstrual Hygiene sessions for over a hundred people between the ages of 5 and 18 conducted at Alliance Orchid Springs with Dr. Kamala Lakshmi.



IWC CHENNAI NOLAMBUR

Independence Day was observed at Alliance Orchid Springs with a Blood Donation Camp. This camp was supported by over 80 volunteers, FOSRA and Thadam Arakkattalai.



IWC CHENNAI PHOENIX

Independence Day was observed at Plaza Tranquil Acres and clothes distributed to housekeeping and security staff.



IWC CHENNAI RAINBOW

An interactive session including a game on values was conducted at Juvenile Home, Directorate of Social Defence, Kellys. Cash prizes amounting to Rs.400/- won by the inmates were returned as donation towards the club's Happy School Project.



IWC CHENNAI GOLDEN SUN

Fulfilled the wish of a 5 year old girl child suffering from life threatening illness by providing a cycle through Make a Wish, India



IWC CHENNAI SANJEEVANI

Anbagam Rehabilitation Center, Red Hills; Donated a Samsung air conditioner, rice and sweets to Palliative Care Unit.



IWC CHENNAI VERVE

World Literacy Day celebrated at Little Oxford Matriculation Higher Secondary School. "Eduquiz" was conducted for students of class 3 and 4 and story books were distributed.

IWC CHENNAI STARS

Renovated the plumbing of wash basins and toilets at Panchayat Middle school, Thirisulam



IWC CHENNAI VIBRANT

Distributed stationery to 168 children of Madipakkam Panchayat Middle School



IWC CHENNAI SUNSHINE

A series of workshops including Self Defense, Drawing, Dance, Go Green Initiatives and Career Guidance was conducted at the NSS Camp. Refreshments were also provided.



IWC CHENNAI VRIKSHAM

Inter-School Sports meet held for the children of ten Corporation Schools in Sector 4, Mogappair East. Refreshments were provided.

IWC CHENNAI SYMPHONY

An awareness program on segregation of waste, home composting and development of kitchen gardens was conducted for both the residents and support staff of Abbotsbury Apartments.



IWC CHEYYAR

An Eye Camp was conducted with Dr.Murali of the Rajan Camp Centre at the helm. Tricycles were given to underprivileged women.



IWC CHENNAI THIRUVANMIYUR

Committed to supply 6 litres of milk per day for 3years (2018-21) to the orphans of government sponsored Seva Samajam Children's Home at Bajanai Kovil Street, Pallipattu.



IWC GUDIYATHAM

Tree Plantation Drive (50 saplings) at Periya Theru, Gudiyatham

IWC GUINDY

Contributed towards flood relief measures undertaken in Kerala



IWC CHENNAI UNIQUE

Teachers' Day observe by providing a water purifier for the staff room of Vidya Mandir School.



IWC KANCHEEPURAM

Dental Camp conducted for children from Class 1 to 5 in Kathri Matriculation School, Kancheepuram



IWC CHENNAI UNITED

N95 masks which prevent inhalation of infected air from TB patients were given to TB Hospital, Tambaram

IWC MADRAS

A wholesome meal is provided to 45 children and 3 staff members of the 10th standard at the Chennai Corporation School (Happy School), Adyar, at 6pm. There is no absenteeism, and the children prepare well for the crucial 10th standard examinations.





IWC MADRAS ASHOK NAGAR

Donated 17 leg limbs and 3 hand limbs to Mukti Foundation



IWC MADRAS METRO

Renovated the school block facilities and rest rooms and created a "Happy School" at Panchayat Union Middle School, Kalavakkam

IWC MADRAS BAYCITY

A talk on the approach to NEET and other competitive exams was held for students of 11th and 12th standards, of Government High Secondary School, Perungudy.



IWC MADRAS MIDTOWN

Weekly yoga classes are conducted at the Chennai High School, Thousand Lights. Milk and bananas are distributed to the beneficiaries.



IWC MADRAS CENTRAL

A Career Guidance Seminar on options in the Defence Forces and Merchant Navy was held for the students from both Ramakrishna Mission School and Sarada Vidyalaya. The interactive sessions with professionals were well received. Refreshments were provided.



IWC MADRAS MOUNT

Career guidance seminar along with awareness on menstrual hygiene was conducted at TTA Matriculation Higher Secondary School, Choolaimedu

IWC MADRAS CENTRAL AADITHYA

An awareness program on the use of the menstrual cup was conducted at two IT companies, Congruent Solutions and Secova at Guindy. The importance of self hygiene and benefits of eco-friendly practices were emphasized.



IWC MADRAS NEXTGEN

Teacher's Day celebrated at Chennai Middle School. Merit certificates are awarded to two students every month.



IWC MADRAS COSMOS

"Arpanam" Mega tree planting (700 teak saplings) at Pattadai village, with the help of TIST



IWC MADRAS NORTH

Workshops on waste segregation and menstrual health and hygiene were held at Government Girls School, Ashok Nagar. Reusable, organic cloth pads were given to prize winners of the quiz that was conducted.

IWC MADRAS ESPLANADE – SILVER JUBILEE PROJECT

Set up an inclusive Cultural Center equipped with stage, light and sound systems for use by both the special and mainstream children of RASA.



IWC MADRAS SOUTH

On ongoing project for the last 15 years, groceries are provided annually to Bird Old Age Home. Bed linen and lunch for 2 days was provided for the second consecutive year.



IWC MADRAS FORT

Sports were conducted for 500 children with multiple disabilities at Jawaharlal Nehru Stadium. Goody bags and refreshments through the day were provided.



IWC MARAIMALAI NAGAR

Donated wheel chair and examining table to the Primary Health Centre, Maraimalainagar



IWC MEENAMBAKKAM

Krav Maga workshop conducted for the nurses trainees at WIA

IWC NANGANALLUR

Donated towels, toiletries and snacks to the residents of Leprosy Home, Paranur



IWC RANIPET

In keeping with District initiative a mega rally on road safety was organized with 500 schools students.



IWC THIRUVANNAMALAI

12 long desks were donated to Municipal Primary School.



IWC VELLORE

Free Dental Check up was conducted for students at the Government After Care Organization, Allapuram, Vellore



IWC VELLORE NORTH

Sanitary napkin incinerator donated to Worth Trust, a well known rehab centre catering to the needs of 90 students and staff.



POEM

கடவுளைக் காண

ஏழுமலை தாண்ட வேண்டாம்
ஏழுமலை கடக்க வேண்டாம்
எட்டு உலகம் சுற்ற வேண்டாம்
எட்டி எட்டிப்பார்க்க வேண்டாம்
பத்து ஊருக்குச் செல்ல வேண்டாம்
பாத யாத்திரைப் போகவேண்டாம்
கோயில் சுற்றிப் பார்க்க வேண்டாம்
சுத்தமான உன்னைப் பார்
உன்னில்தான் உள்ளார் அவர்..

Compiled By
MYLAMBIGAI KUMARA GURU
IWC Vellore North

நில மங்கை

ஐந்திணை ஒழுக்கமாம், உலகத்தின் சிறப்பு
அகமகிழ் இலக்கணமாம் தமிழ் மொழியின் சிறப்பு

காடும், காடுலகமும் முல்லை என்றோம் – அந்த
காடுகள் அழித்தோம் பன்னடுக்கு மாடிகள் கட்டினோம்

மலையும், மலையுலகமும் குறிஞ்சி என்றோம் – அந்த
மலையைத் தகர்த்தோம், கற்சுரங்கங்கள் அமைத்தோம்

வயலும் வயலுலகமும் மருதம் என்றோம் – அந்த
வயல்களைச் சுருட்டினோம், மனைப்பிரிவுகள் பிரித்தோம்

கடலும், கடலுலகமும் நெய்தல் என்றோம்- அந்த
கடல் வளம் அழித்தோம், குப்பை கழிவு நீர் கலந்தோம்

நியூட்ரினோ திட்டம் கண்டோம்- மலைகளின் குடைசலிலே
அணு மின் நிலையம் கண்டோம்- கடற்கரை ஓரத்திலே

மீத்தேன் வாயு திட்டம் கண்டோம்- வயல்களின் வரப்பினிலே
ஆய்வுக்கூடம் பல கண்டோம்- காடுகளின் தொடர்ச்சியினிலே

பாலையும், பாலையுலகமும் ஆகுமோ இந்தப் பூமி
மானிடர் பிறவியை காக்க வருமோ எந்த சாமி

JAMUNARANI GOPI
IWC Nanganallur



best
Compliments
From
Radha Memennei

IN FRENDSHIP AND SERVICE



MMA-KAS WORKSHOP – WOMEN IN BUSINESS:

Economic independence, the key to women empowerment was essayed in the one day workshop conducted on 11th August, for women entrepreneurs. The nuances of achieving business growth and excellence were discussed and the “Speed Mentoring Round Table” wherein one mentor was assigned to 4 participants was the highlight of the event.

Ms Latha Pandiarajan, Founder of Mafoi Consulting Services and Ms Veena Kumaravel, Founder Naturals Salon & Beauty Care, were the special guests at the event. Post workshop, many participants have received mentoring support, business tie-ups and partnerships.

Participating Inner Wheel Clubs: 4 Clubs

Adyar, Chennai Galaxy, Chennai Sunshine, Chennai Thiruvannamalai, in partnership with Madras Management Association, Chennai

AARANYAM:

Hugging our trees-Mega Tree Plantation Drive was carried out by 48 Clubs of Inner Wheel District 323 at the following venues:

- Part I - Bharat Electronics Ltd, Nandambakkam, 14th August, 2018 – 750 saplings
- Part II - Ministry of Defence (DGQA), Palavanthangal, 30th September 2018 – 150 saplings

Participating Inner Wheel Clubs: 48 Clubs

Adyar, Ambur, Chennai Capital, Chennai Central Elite, Chennai Galaxy, Chennai Gemini, Chennai Golden Sun, Chennai KK Nagar, Chennai Korattur, Chennai Nolambur, Chennai Phoenix, Chennai Presidency, Chennai Rainbow, Chennai Sanjeevani, Chennai Stars, Chennai Sunshine, Chennai Symphony, Chennai Thiruvannamalai, Chennai Unique, Chennai United, Chennai Verve, Chennai Vibrant, Chennai Vriksham, Cheyyar, Gudiyatham, Guindy, Kancheepuram, Madras, Madras Ashok Nagar, Madras Baycity, Madras Central, Madras Central Aadithya, Madras Cosmos, Madras Esplanade, Madras Fort, Madras Metro, Madras Midtown, Madras Mount, Madras Nextgen, Madras North, Madras South, Maraimalainagar, Meenambakkam, Nanganallur, Ranipet, Thiruvannamalai, Vellore, Vellore North



AMRITHVARSHINI:

Water the elixir of life -The cleaning of Kothandaram Tank, on Ellayaman Koil Street, West Mambalam, began on 25th August and continued for a month. Volunteers met every weekend to clean the pond and carry out wall paintings depicting the “Save Water” theme. The cleaning activity culminated in a valedictory function on October 2nd, wherein Swami Apavargananda blessed the volunteers. At the end of the valedictory function, saplings were planted along the walls of the tank.



Participating Inner Wheel Clubs: 47 Clubs

Adyar, Ambur, Chennai Capital, Chennai Central Elite, Chennai Galaxy, Chennai Gemini, Chennai Golden Sun, Chennai KK Nagar, Chennai Korattur, Chennai Nolambur, Chennai Phoenix, Chennai Presidency, Chennai Rainbow, Chennai Sanjeevani, Chennai Stars, Chennai Sunshine, Chennai Symphony, Chennai Thiruvannamalai, Chennai Unique, Chennai United, Chennai Verve, Chennai Vibrant, Chennai Vriksham, Cheyyar, Gudiyatham, Guindy, Kancheepuram, Madras, Madras Ashok Nagar, Madras Baycity, Madras Central, Madras Central Aadithya, Madras Cosmos, Madras Esplanade, Madras Fort, Madras Metro, Madras Midtown, Madras Mount, Madras Nextgen, Madras North, Madras South, Maraimalainagar, Meenambakkam, Nanganallur, Ranipet, Thiruvannamalai, Vellore North

Our partners in service - Environmentalists Foundation of India



ADAMBAKAM LAKE FACELIFT:

On 25th and 26th August, Adambakam Lake, near Nanganallur received a facelift when volunteers removed plastics, glass bottles and waste clothes from the lake and its surrounding areas. Volunteers also painted murals depicting the theme “save water” on “Wall – E” of the lake. Adambakam Lake once a pristine water body of around 6 acres and home to various species of birds and aquatic life has for the past decade, turned into a garbage dumping ground, posing a threat to ecological diversity. Volunteers were given an orientation on the lake’s ecosystem, the status of water scarcity, the disadvantages of plastic, importance of flora and our responsibilities towards conserving the environment.

Participating Inner Wheel Clubs: 33 Clubs

Adyar, Chennai Capital, Chennai Galaxy, Chennai Gemini, Chennai KK Nagar, Chennai Nolambur, Chennai Phoenix, Chennai Presidency, Chennai Rainbow, Chennai Sanjeevani, Chennai Stars, Chennai Sunshine, Chennai Symphony, Chennai Thiruvannamalai, Chennai Unique, Chennai United, Chennai Verve, Chennai Vriksham, Cheyyar, Gudiyatham, Guindy, Madras, Madras Ashok Nagar, Madras Central, Madras Cosmos, Madras Esplanade, Madras Fort, Madras Metro, Madras Midtown, Madras Mount, Madras North, Madras South, Meenambakkam, Nanganallur, Ranipet

Along with Environmentalists Foundation of India

INNER WHEEL BRANDING:

On 12th September 2018, public awareness boards bearing traffic rules, Inner Wheel club names and Inner Wheel logo were handed over to RI Mr. Thiruvengadam of Abiramipuram police station in the presence of MLA. R. Nataraj.



Participating Inner Wheel Clubs: 25 Clubs

Chennai Capital, Chennai Galaxy, Chennai Gemini, Chennai KK Nagar, Chennai Nolambur, Chennai Phoenix, Chennai Presidency, Chennai Sanjeevani, Chennai Symphony, Chennai Thiruvannamalai, Chennai Unique, Chennai United, Chennai Vriksham, Guindy, Madras, Madras Ashok Nagar, Madras Bay City, Madras Central, Madras Cosmos, Madras Fort, Madras Metro, Madras Midtown, Madras North, Madras South, Meenambakkam

INTER DISTRICT PROJECT:

On 23rd September 2018, “Project Dignity” was unveiled at the South Zone Meet held at Vijaywada. Inner Wheel Clubs of participating Districts were invited to contribute towards sanitary napkin vending machines.

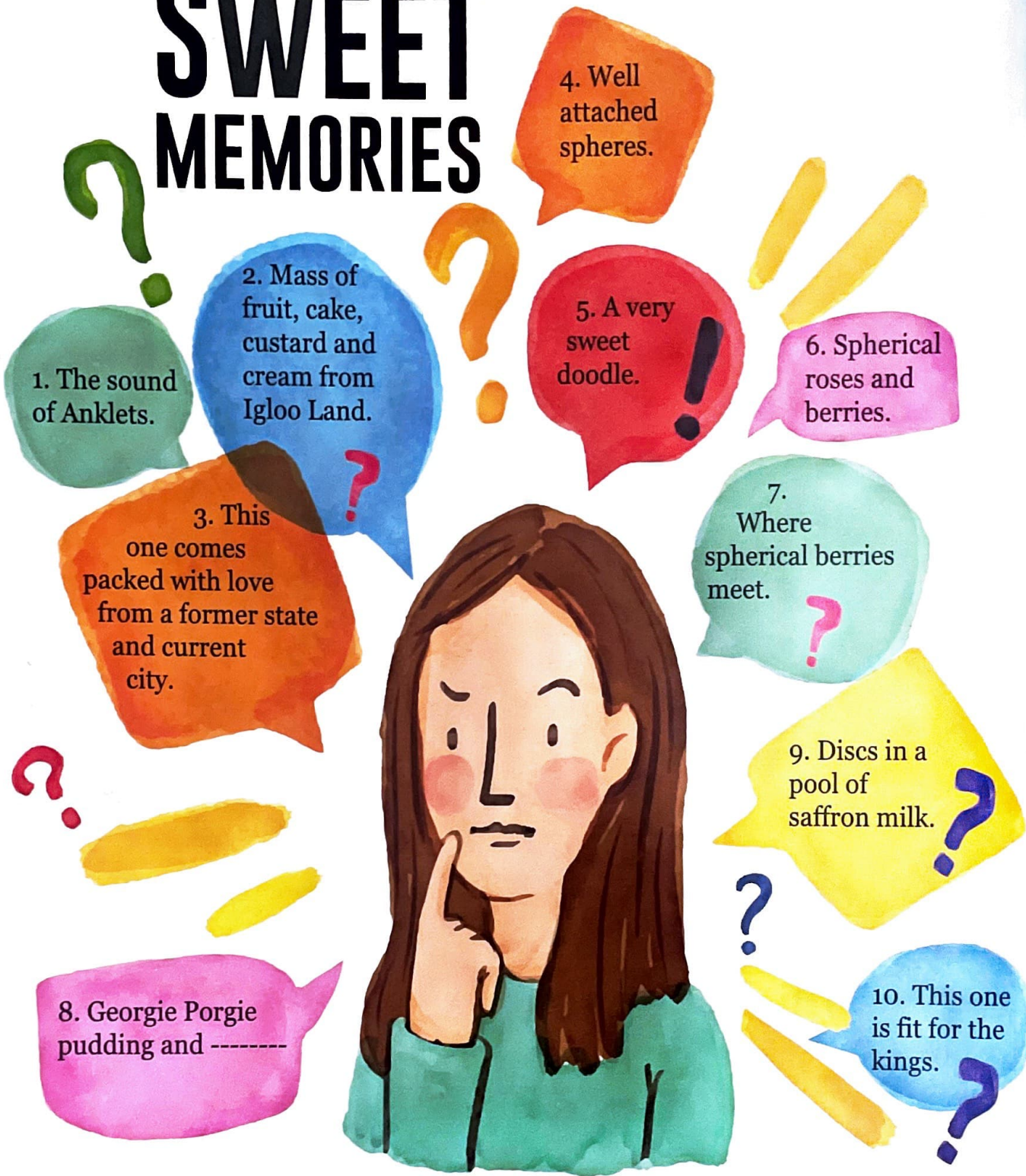
Participating Inner Wheel Clubs: 2 Clubs

Chennai Gemini and Madras Cosmos



Best Wishes from Anitha

SWEET MEMORIES



1. The sound of Anklets.

2. Mass of fruit, cake, custard and cream from Igloo Land.

3. This one comes packed with love from a former state and current city.

4. Well attached spheres.

5. A very sweet doodle.

6. Spherical roses and berries.

7. Where spherical berries meet.

9. Discs in a pool of saffron milk.

8. Georgie Porgie pudding and -----

10. This one is fit for the kings.

ANSWERS:

1. Chum Chum | 2. Trifle Alaska | 3. Mysore Pak | 4. Laddu | 5. Jalebi | 6. Gulab Jamun | 7. Angoor Jamun | 8. Pie | 9. Ras Malai | 10. Raj Bhog