

# INNER WHEEL DISTRICT 323 2022-2023

# KAPPIYAM



# காப்பியம்

எய்தற் கரியது இயைந்தக்கால் அந்நிலையே  
செய்தற் கரிய செயல்.

A chance rare and ripe in time is the best  
to dare on things hard to wrest.

DISTRICT CHAIRMAN - 2022-2023

**ARASI PONMOZHI A.T.**

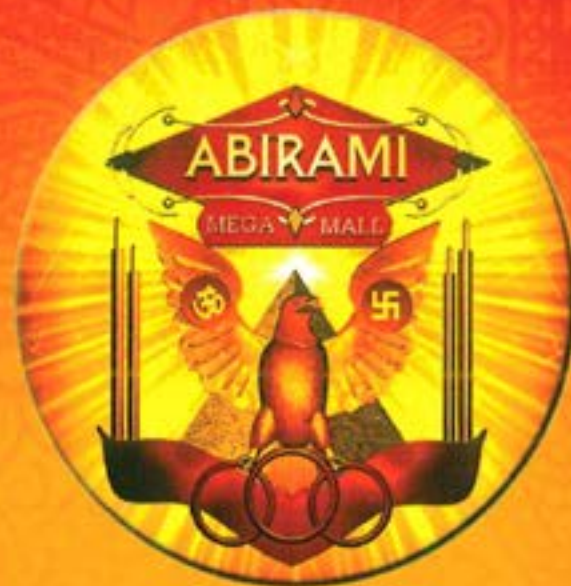
DISTRICT EDITOR - 2022-2023

**SARADA RAMANI**



2

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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.  
When ever or where ever the need for service arises,  
Help us to be ready to serve,  
Endeavouring to make our badge of Inner Wheel worthwhile,  
Ensuring that we have not  
Lived in vain.*

## இன்னர் வீல் கடவுள் வாழ்த்து

எங்கள் இறைவா!

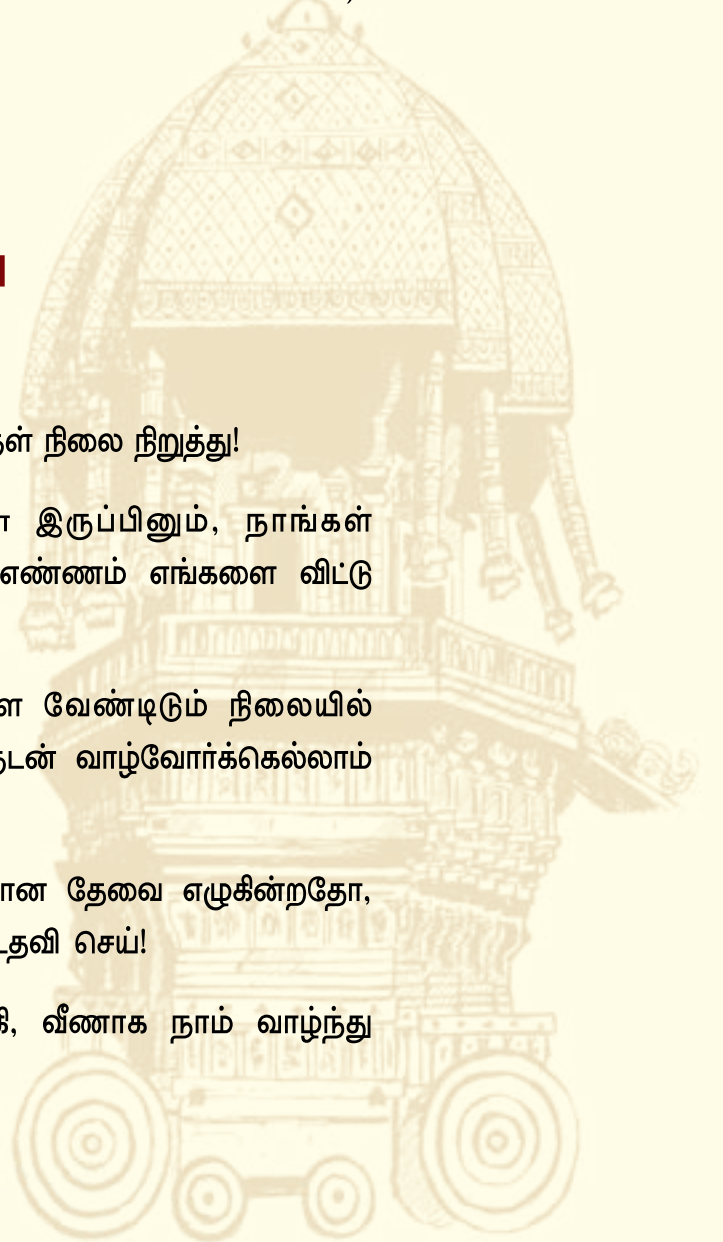
நட்புணர்வின் உண்மையான பொருளை எங்களுக்குள் நிலை நிறுத்து!

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

நாங்களும் அவ்வப்பொழுது பிறரின் உதவிகளை வேண்டிடும் நிலையில் உள்ளோம் என்பதை மனதில் கொண்டு - எங்களுடன் வாழ்வோர்க்கெல்லாம் தொண்டு செய்யும் ஆர்வத்தினை வழங்கு!

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

எமது இன்னர்வீல் முத்திரையை மதிப்புமிக்கதாக்கி, வீணாக நாம் வாழ்ந்து விடவில்லை என்பதை உறுதிப்படுத்து!







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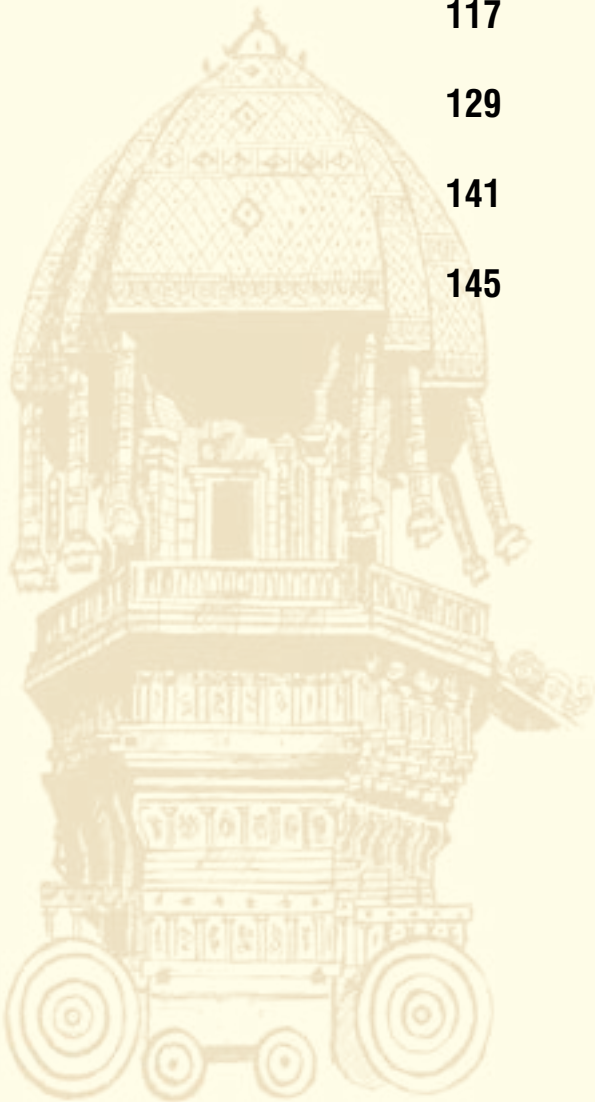



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# District Editor

## Work Hard, Have Fun and Make History - Jeff Bezos

True to what has been written by Jeff Bezos, Founder of Amazon our **Souvenir KAPPIYAM** meaning **EPIC** gives you a glimpse of the tremendous work put in by our clubs led by the Wonderful Presidents, the District Executive Committee, supported and guided by the Past District Chairmen and others who have been involved in terms of building Friendships, forging relationships and executing varied and multitude Service Projects that make our world a better place to live in.

It has been long hours of grueling work as District Editor, but at the end, am happy to project the best that has been done on the service front at District 323 as well as showcase our members' talents be it by way of articles, short stories, poems, art work and even sharing great recipes.

My sincere thanks to District Chairman Arasi Ponmozhi who was involved in this souvenir from start to finish. I also thank the District Executive Team and PDCs for their valuable inputs and support. Am grateful to the selection committee who reviewed all articles, gave valuable suggestions & corrections - PDCs Nirmala Desikan, Rama Rajagopal, Vasanthi Rao, Sushila Natraj, Latha Mahalingam, Padma Preetha and Nallini Olivannan.

A big thanks is due to Ms Sujatha Mallikarjuna, IWC Thiruvannamiyur, Mr Balakumar and Mr Sathyamurthy of Multicraft in designing and printing the souvenir.

Last but not the least, A Very Big Thank you goes out to all the advertisers and sponsors for believing and supporting us by way of placing advertisements in KAPPIYAM.

I am very happy to have been of service in spotlighting our District activities to the members and public at large.

**SARADA RAMANI**

*District Editor*







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# District Chairman

Greetings to all Members of our District

It's indeed a great pleasure to meet every one of our District through our Souvenir **KAPPIYAM** - to be released during our Conference குறள் நெறி - KURAL NERI.

The Souvenir is aptly named **KAPPIYAM**, meaning **EPIC** symbolising the importance of chronicling the work of the clubs in the District. As by the verses of Thiruvalluvar

நிறைமொழி மாந்தர் பெருமை நிலத்து  
மறைமொழி காட்டி விடும்

**Wisdom and Glory of the great are  
reflected in the scriptures of their land.**

Every souvenir published in each year is the one through which we get to know of our works and the legacy handed over the years to us. **Kappiyam** is a record of every single act of our **Wonderful Women** who have **Cared** for their fellowmen, **Dared** to step out to serve the society and **Share** their happiness and resources with the needy proving that **WE CARE**.

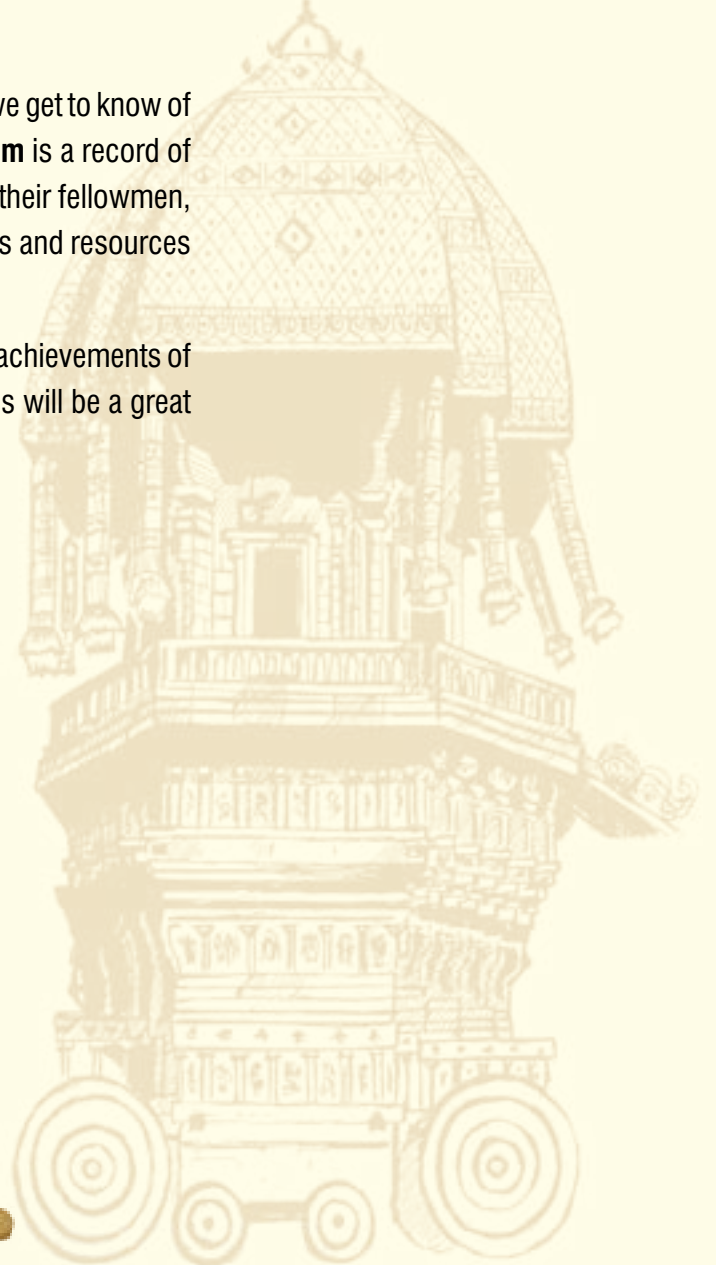
My wishes to District Editor Sarada in this work of compiling the achievements of our District in **KAPPIYAM**. The experience gained in creating this will be a great learning, satisfying and rewarding experience for all of us.

I am sure **Kappiyam** will be an Epic to be cherished for life.

Best Wishes

**ARASI PONMOZHI**

*District Chairman (2022-2023)  
Inner Wheel District 323*



# District Executive Committee



**Arasi Ponmozhi A.T**

*District Chairman*

The District Souvenir is the highlight of the District Conference. Through this Souvenir we embark on a journey of appreciation, validation and well deserved applause of our achievements through the year.

With District Editor Sarada at the helm, we are sure that she has left no stone unturned in bringing out the good work done by the Clubs and District.

On behalf of the District Executive Committee – District Chairman Arasi Ponmozhi, AC Member Kamala Selvam, District Secretary Devi Mathimaran, District Treasurer Fathima Nasira, ESO PDC

Swarnalatha Jothikumar, ISO Supriya Sundararaman, I wish District Editor Sarada the very best in bringing out this epic for the year 2022/23.



**Arathi Narayanan**

*District Vice Chairman*



**Kamala Selvam**

*Association Council Member*

## ARATHI NARAYANAN

*District Vice Chairman &  
Colleagues in District Executive Committee*



**Devi Mathimaran**

*District Secretary*



**Fathima Nasira**

*District Treasurer*



**PDC Swarnalatha Jothikumar**

*District ESO*



**Supriya Sundararaman**

*District ISO*



**Sarada Ramani**

*District Editor*



# DISTRICT CCC COMMITTEE



**PDC Shama Prasanna**  
*CC Committee Chairman*



**PDC Nallini Olivannan**  
*CC Committee Member*

## ADVISOR RUBELLA



**PDC Nalini Prabhakar**  
*Advisor Rubella*

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*Special Projects Coordinator*



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*Primary School  
Education*



**Jothilakshmi Sunderasan**  
*Women Empowerment*



**Sadhana Rajkumar**  
*Earth Care*



**Arul Malar**  
*Animal Welfare*



**Sujatha Chandrabob**  
*Special Projects -  
City plus clubs*

# IIW President



Happy District Conference to all the Wonder Women of District 323!

My felicitations to District Chairman, Arasi Ponmozhi and the District Executive Committee, and all the 68 Club Presidents for all the hard work that you have done and will continue to do this IW year 2022-2023 to fulfill the mission of uplifting the lives of the marginalized sectors of society.

As you listen to the reports of each President, may you all be inspired by the dedication of the club members in carrying out the different activities and projects to accomplish the goals and targets set by International Inner Wheel.

We would like to see how each of the clubs has been successful in their strategies for making their club vibrant and recruiting and retaining their members. Let us hear from their reports the net growth in their membership. Let us be motivated by how they were able to ensure organizational continuity and adaptability with the recruitment of next-generation members and the formation of school or community-based inner wheel youth clubs.

It is also interesting to view their projects aligned to the United Nations Sustainable Development Goals and IIWs International Social Project's Strong Women, Stronger World, which promotes the eradication of poverty, sustained action on food security, sanitation, and clean water, sustained action on climate change, protection of older persons from cybercrimes, and combat narcotics and drugs.

Let us appreciate how they have switched to paperless reporting or online forms and have continued to promote club visibility using different social media tools.

My dear friends, for the remaining months of our term, let our shared friendship, our passion for community service, and our desire to take action to create lasting change in our world continue to motivate us in our journey to **WORK WONDERS!**



**ZENAIDA YUNGCO - FARCON**

*IIW President - 2022-23  
International Inner Wheel*



# IIW Editor

Dear District Chairman Arasi Ponmozhi, District Editor Sarada Ramani and Fellow members,

Wishing each one of you a very Happy New Year!

It feels great to greet you all through the souvenir “**Kappiyam**” of the vibrant District 323. The District Conference is the time to meet, interact and of course ENJOY! It is also a time for stock taking of all that has been done, and plan the route map for the next course. District Chairman Arasi Ponmozhi, I have seen her working for many years and her passion for honest service is what strikes me the most. It was great meeting and interacting with District Editor Sarada Ramani and I feel that District 323 constantly brings committed persons into the District.

I have numerous friends here and keep adding to the list every year as Inner Wheel helps us to do so. I have a lot of happy memories with seniors and peers here, starting of course with my Association President Kamala Ramakrishnan, PIIW Treasurer Azhagu Annamalai, so many PDCs, my batchmate Malathi Ananthan, Latha Mahalingam my team mate in 2016-17 as National Editor, 2016-17 District Chairman Shama Prasanna and Association Council Member Seema Bhargava who were my hosts several times. I have not met many for a very long time but the bonds of affection is strong and I look forward to seeing them and wish them well!



Bright smiles, warm greetings, bear like hugs

My Inner Wheel friends are all over

Yes this is Inner Wheel

All parts of my memories.

You know what Inner Wheel does to me?

It makes me feel better.

Inner Wheel District 323 is growing steadily in numbers and in leaps and bounds in the varied and intense service projects you do. There are so many projects that are done year after year with the same amount of enthusiasm, energy and commitment. I congratulate each one of you for the stupendous work you all keep doing. Kudos Wonder Women! Celebrate your achievements, and resolve to do more!

The souvenir is a mirror of your District, showcases your work and presents it to the local community and others. It is an important tool of public imaging. We need people to know what we do, so they can join us and assist us. I hope your souvenir is a proud reflection of your work, portraying all the ways you have **Worked Wonders**.

*Prabha Raghunandan*

**PRABHA RAGHUNANDAN**

IIW Editor/Media Manager 2022-23  
International Inner Wheel

# Association President



I am indeed Happy to write a few words for the District Souvenir **Kappiyam** to be released at the District Conference **Kural Neri** at Chennai.

The souvenir plays a vital role in recognising and showcasing the achievements of the District in the past 8 months. District 323 under the Dynamic leadership of District Chairman Arasi Ponmozhi and her team of District EC and Members of 68 clubs have worked Wonders. They have **Cared Dared Shared** and have achieved every goal set before them making a remarkable difference to the community.

I am happy to see the close camaraderie between the Past District Chairmen, the District EC and Members of the District. The stalwarts PIIWP Kamala Ramakrishnan and ACCCC (PIIWT) Azhagu Annamalai are a reservoir of experience and knowledge- their counselling and guidance valuable.

My dear friends, let us work together in a spirit of Friendship and Service. Let us, as empowered women, strive to create a generation of strong empowered women.

I congratulate District Chairman Arasi Ponmozhi and District Editor Sarada Ramani for their commendable efforts in putting together the District Souvenir **KAPPIYAM**.

**DR. SURJIT KAUR**

*Association President & National Representative  
Association of Inner Wheel Clubs in India*



# National Editor

Dear District Chairman Arasi Ponmozhi & District Editor Sarada Ramani

Inner Wheel Greetings!

I am so pleased to pen down my good wishes for your souvenir **KAPPIYAM** going to be released during your District Conference **Kural Neri**.

District Conference is indeed a special event in District Chairman's life where she proudly presents the work done by the clubs in the first six months under her leadership. Your district is really doing an exemplary work and I congratulate DC Arasi Ponmozhi, her team and all the club presidents of District 323 for this. I also congratulate District Editor Sarada Ramani for her excellent reporting of the projects being done in her district. I am sure she will have power packed presentation at the conference too.

It is also a time to motivate your members to do better & to remain enthusiastic to complete the rest of the year. I am sure your district will come up with more new ideas and wonderful projects.

Wishing all the success for the conference and best wishes to each and every member of District 323 to continue to serve humanity and **WORK WONDERS**.

Always in Friendship & Service.

**Rajni Katia**

*National Editor  
Association of Inner Wheel Clubs in India*



# Past IIW President



My dear friends of District 323,

It is with pleasure that I reach out to you all with my thoughts as our District Conference approaches.

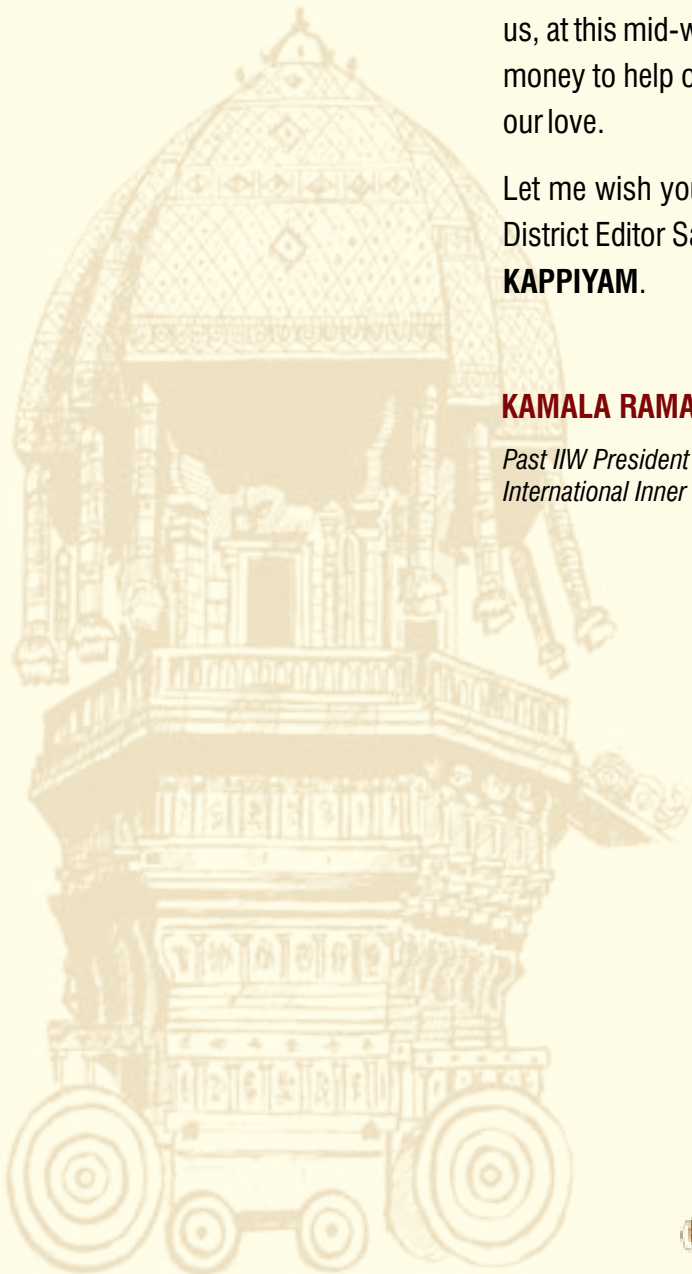
Our District Conference is the halfway mark of our Inner Wheel year and as usual our clubs have achieved a lot. But, as one of the most dynamic District in our Association of Inner Wheel Clubs in India, we are capable of doing even more and I request you not to sit back on what has been achieved but try to push even more towards greater success.

We have a beautiful theme this year – '**Work Wonders**' and in keeping with that let us, at this mid-way mark, rededicate ourselves to give even more of our time and money to help our community and in the process touch many more hearts with our love.

Let me wish you all the best for the rest of our Inner Wheel Year. I congratulate District Editor Sarada Ramani for all her efforts to give us a memorable souvenir **KAPPIYAM**.

**KAMALA RAMAKRISHNAN**

*Past IIW President  
International Inner Wheel*





# ACCCC / Past IIW Treasurer

Dear Sarada,

Inner Wheel is an organisation that gives an opportunity to all the members to evolve and mature into a good person. It provides a platform to share and care. For the past 28 years it has given me..... Plenty of good friends, plenty of opportunities to prove my abilities and plenty of occasions to learn and grow. Every Inner Wheel member should use her membership in a positive way and keep evolving to achieve her goals and ambitions. I wish each one of you plenty of everything in life.

The best place to find a helping hand is at the end of your own arms, and of all the things you wear.... Your expression is the most important.

Thank you Sarada for giving me an opportunity to share a few words in the District Souvenir **KAPPIYAM** 2022-23.

If a few of us do a lot we achieve a little, but if all of us do a little we achieve a lot.

Thanking you,

With love and prayers,

## AZHAGU ANNAMALAI

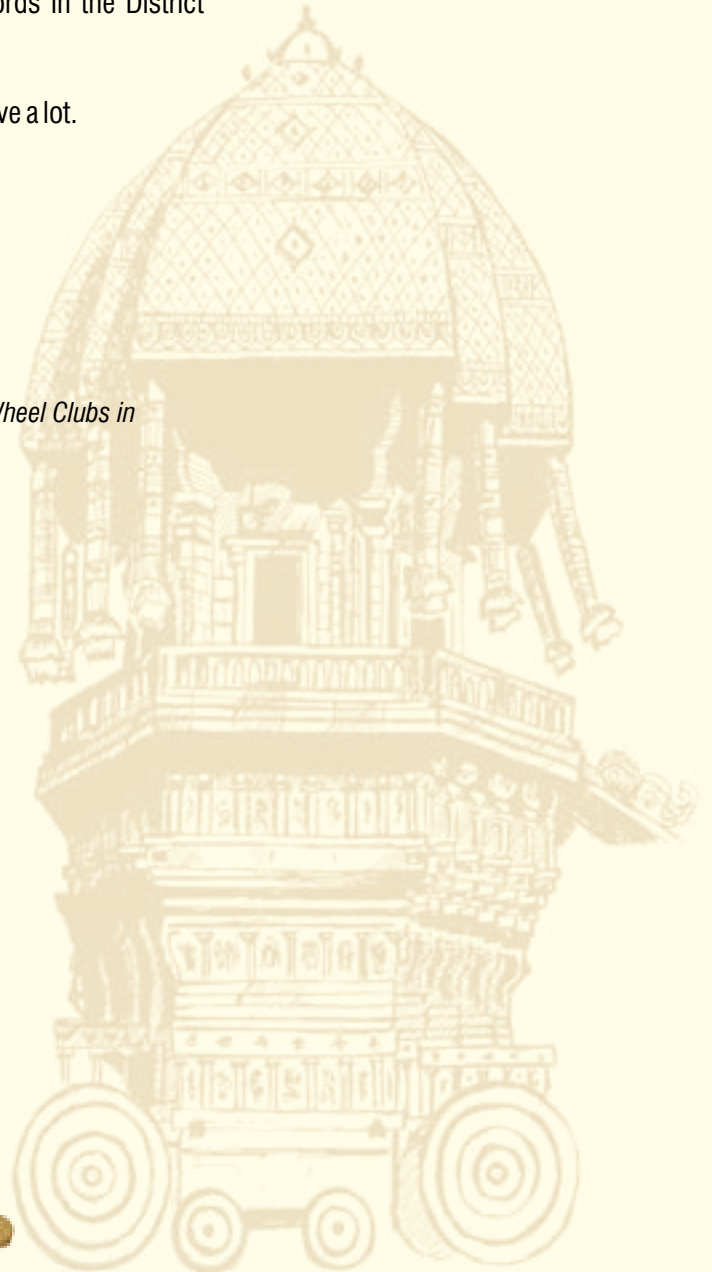
*Constitution And Credentials Committee Chairman - Association of Inner Wheel Clubs in India (2022-25)*

*Treasurer, International Inner Wheel (2016-19)*

*President, Association of Inner Wheel clubs In India (2008-09)*

*Treasurer, Association of Inner Wheel Clubs In India (2005-06)*

*District Chairman, Inner Wheel D323 (2004-05)*





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# Rotary District Governor

## இன்னர்வீல் சங்கம்

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குறிப்பாக சமுதாயத்தில் பெண்களின் மதிப்பு, அங்கீகாரம், பொருளாதார உயர்வு, வாழ்வியல் மேம்பாடு ஆகியவற்றிற்காக இன்னர்வீல் சகோதரிகள் அருமையானவற்றினை வருவது போற்றுகலுக்குரியது. பெண்ணியத்தைக் காக்கும் அமைப்பு ஒன்று பின்னாளில் உருவாகும் என்வெண்ணியே மாறத் புதுமையென் மாத்திரத்தை உருவாக்கினாரோ? என தோன்றுகிறது.

பெருமையு இன்னர்வீல் சகோதரிகள் 323 மாவட்டத்தின் பெருமையை நடைநாட்ட ரோடர் மாவட்டம் 3231 அனைத்து ஒத்துழைப்பையும் வழங்கும் என்பதை மிகுந்த மகிழ்வுடன் தெரிவித்து தங்களுடைய மாவட்டத்தில் செயல்படுத்தப்படும் திட்டங்கள் அனைத்தும் சாதனைகளாகட்டும்... சாதனைகள் சரித்திரங்களாகட்டும்... நன்வாழ்த்துக்களுடன்...



*Rtn. J.K.N. Palani*  
**Rtn. J.K.N. Palani**  
 District Governor 2022 - 23  
 Rotary Dist - 3231



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District Governor  
**Rtn. Dr. N. Nandakumar**

Project Chairman:  
**Rtn Dr Anuradha Mahender**  
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# Rotary District Governor

Dear Friends in Inner Wheel,

Greetings from Rotary International District 3232! Happy to note that Ms Arasi Ponmozhi, Chairman, Inner Wheel District 323, has kept the District flag flying high during the year 22-23.

Rotary International has brought a new policy **DEI** - Diversity, Equity and Inclusion and empowerment of Girls as an important focus area for the Rotary International by *The International President Jennifer Jones* who also happens to be the First Woman President of Rotary International in 117 years.

Rotary International had six focus areas till last year, when ENVIRONMENT became another focus area and clubs across the world have started taking up projects in the environment space.

Rotaract the younger arm of Rotary is now becoming a program where members will be subscribing as individuals and Rotaract will be an independent movement.

Rotary District 3232 this year has taken up women wellness and cancer screening for women for early detection and early intervention in Chennai city

I look forward to working hand in hand along with your team during this year in achieving great heights.



**RTN. DR. N. NANDAKUMAR**

*District Governor  
Rotary International District 3232*

# The North Stars of 323



**Kamala Ramakrishnan**

*Past IIW President - 2007-08*



**Azhagu Annamalai**

*Past IIW Treasurer/ ACCCC - 2022-25*



**Mano Bakthavatsalam**

*Past Association President - 1984-85*



**Nirmala Desikan**

*Past Hon. Association Secretary - 1987-88*



**Kala Bashyam**

*Past Deputy National Rep - 1997-98*



**Rama Rajagopalan**

*Past Hon. Association Secretary - 1999-2000*



**Padma Preetha Sumanth**

*Past Hon. Association Secretary - 2018-19*



**Latha Mahalingam**

*Past National Editor - 2016-17*



**Sangameswari Pattabhiraman**

*District Chairman - 1993-94*



**Sita Laxminarayana**

*District Chairman - 1994-95*



**Vasanthi Rao**

*District Chairman - 1996-97*



**Shanthi Gopal**

*District Chairman - 1997-98*



**Nallammai Ramanathan**

*District Chairman - 1999-2000*



**Malathi Ananthan**

*District Chairman - 2000-01*



**Nalini Prabhakar**

*District Chairman - 2001-02*



**Shanthi Kannan**

*District Chairman - 2002-03*



**Radha Ramesh**

*District Chairman - 2003-04*



**Dr. Shashi Shyamsundar**

*District Chairman - 2005-06*



**Radha Ranganathan**

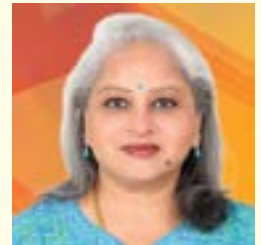
*District Chairman - 2006-07*



**Bhamini Parthasarathy**

*District Chairman - 2007-08*



**Sushila Natraj***District Chairman - 2008-09***Radha Sankarakrishnan***District Chairman - 2009-10***Kala Ravichandran***District Chairman - 2010-11***Vasumathi Marimuthu***District Chairman - 2012-13***Mallika Venkataramani***District Chairman - 2013-14***Swarnalatha Jothikumar***District Chairman - 2014-15***Seema Bhargava***District Chairman - 2015-16***Shama Prasanna***District Chairman - 2016-17***Kala Rajasekhar***District Chairman - 2018-19***Nallini Olivannan***District Chairman - 2019-20***Usha Saraogi***District Chairman - 2020-21*

Dear Sarada,

It's my privilege to congratulate you on bringing out the District Souvenir **Kappiyam**, Inner wheel is an excellent platform for us to make friends, pursue our talents and showcase them to everybody.

Observing your abilities and talents over the years, I am confident that this souvenir is going to be another feather in your cap; it's going to be **A Kappiyam**.

Wishing you, our District Chairman Arasi Ponmozhi and all the other members of our district a great conference - **Kural Neri**.

Yours in friendship

**SHANTHI KANNAN**

*Past District Chairman  
Inner Wheel District 323*



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# District Chairman

## AAGAAZ - Installation of Association President 2022-2023

12th June 2022 | Kapurthala

Dr. Surjit Kaur, was installed as the 48th Association President of Association of Inner Wheel Clubs in India in the colourful event AAGAAZ on June 12, 2022 at Kapurthala. The event was hosted by District 307.



## AROHAN - Chairman's Institute

11-13th May 2022 | Shirdi



## KARKA KASADARA - Club Officers Training Institute

28th May 2022 | Alumni Club, R.A.puram



## KURAL VAZHI - District Assembly

25th June 2022 | IITM Research Park, Taramani







**KURAL OVIYAM**  
**Joint Club Installation**  
**25th June 2022**  
**IITM Research Park, Taramani**





## SOUTH ASIA RALLY

26th & 27th August 2022 | Dhaka, Bangladesh



## SYMPHONY - The South Zone Meet

20th & 21st August 2022 | Hospet/Hampi



## VSHISHTA - Multi District Rally

4th & 5th November 2022 | Hotel Shangri-La, Bangalore



## KARVAN - National Editors Meet

29th & 30th November 2022 | Bathinda



## AADUKALAM

Terrain of Games - 16th September 2022  
Alumni Club, R.A.puram



## RAILIL MAZHALAI OLI

15th of October, 2022  
Chennai Rail Museum, ICF



## NANNUM INNER WHEELUM

21st December 2022  
Alumni Club, R.A.Puram



**Arasi Ponmozhi**

*District Chairman*

*Best Wishes  
To  
District Editor  
Inner Wheel District 323  
Sarada Ramani*

**TEAM UNIQUE AND UNITED  
2015 - 16**



**Unique & United**



# Vice Chairman

## IN WONDERLAND - PRESIDENTS' MEETS

A unique feature of Inner Wheel District 323 is to have Presidents come together to host meetings every month. These meetings offer a forum to share information of club's accomplishments and create a sense of bonding amongst the Presidents of the various clubs.



30th July 2022 - **VALLUVAM**

Subytha N - Chennai Kurinji, Chetna Soni - Madras Metro,  
Jayashree Balachandran - Chennai Rhapsody, Anjali Subash - Chennai Fort St.  
George, Jayalakshmi Suryanarayanan - Nanganallur,  
Pinky Bhandari - Chennai Sanjeevani, Vijaya Sundaram - Madras Besant Nagar

26th August 2022 - **THOZLAMAI**

Pradnya Khopkar - Chennai Phoenix, Smitha Reddy - Chennai Symphony, Bhuvana  
Praveen - Guindy, Ananthi - Chennai Daffodils, Annalakshmi V - Chennai Harmony,  
Chitra Sivakumar - Madras Mount, Aakhila Suresh - Chennai Galaxy



24th September 2022 - **GOLU KONDATTAM**

Rajitha Gopal - Chennai Unique, Subashri N - Adambakkam,  
Sandhya Jaichandren - Madras, Vidya Lakshmi N - Chennai Paarijatham,  
Srithikha Prasanakumar - Chennai Manoranjitham,  
Kalaichelvi Elango - Chennai Thiruvanmiyur, Ragini Prakash S - Chennai Sunshine

29th October 2022 - **CEG ALUMNI HALL**

Ayeesha Sharif - Chennai Korattur, Sivabaladevi Rajendran - Meenambakkam,  
Raja Meenakshi - Adyar, Ananthi - Chennai Vriksham,  
Anandhi Ghiri - Chennai K.K.Nagar, Udayalakshmi P - Madras Bay City



26th November 2022 - **ANANDAM**

Vibha S Chandak - Madras Fort, Lakshmi C - Central Aadithya,  
Lakshmi Priya Mohan - Chennai Presidency, Vaidegi Badrinarayan - Madras Central,  
Arulpriya S - Madras North, Vaishali Chandak - Chennai Rhythm,  
Saro Sampath - Madras Cosmos

23rd December 2022 - **RIGHT TO VOTE**

Anila K - Chennai Gemini, Sowmiya N - Chennai Magizham,  
Nalinakumari - Chennai Vibrant, Siva Sakthi - Ranipet,  
Sangeetha Arunachalam - Chennai Beach Aster



**Arathi Narayanan**

*District Vice Chairman*



# RAILIL MAZHALAI OLI



What a day it was! Of celebration, fun, frolic, laughter, joy, enjoyment galore interlaced with learning too.

The signature project of Inner Wheel District 323 - Celebration of Diwali every year organised by the District & Club Treasurers for the Less Fortunate children from orphanages and schools was held with much fanfare and revelry on the 15th of October, 2022 Saturday at the new, unique venue of Chennai Rail Museum, ICF.

1000 students from various Children Homes & Government schools embarked on an entertaining as well as educational trip

which included interesting high points such as toy train ride, Mini Theatre visit to watch animated short movies on the history of Railways and many more fun activities. The Rail museum has so many attractions- toy trains going around a simulated track covering the park, Locomotive gallery, Diamond Jubilee gallery, Real train models on display to climb in to explore and enjoy, Train art gallery, Rail History Gallery, An Eco Park, 3 Children Parks, A small pond, beautiful Sculptures entirely made up of scrap materials from Railways, and yes, A Selfie Corner too! All of





which enriched the experience of the little visitors with both enjoyment and learning.

It was a delightful sight to see the children dressed in the vibrant green and red T shirts and pants donated by PDC Usha Saraogi. They were treated to a healthy yet delicious Burger, McPuff lunch followed by Ice cream all provided by Convener PDC Nallammai Ramanathan who initiated this program several years ago and continues to be the main sponsor of the program, year after year. The children were also gifted with a beautiful Train bag which was

filled with goodies that were sponsored by the Clubs in the district and other good Samaritans.

Entertainment by celebrities from the tinsel world added frizz to the proceedings. The event ended in style with a Magic show that the children enjoyed thoroughly. A soul satisfying, fulfilling project to the tune of ₹12 Lakhs that would stay etched in the memory of every child and adult who attended and that is *Railyil Mazhalai Oli*.

**Fathima Nasira**  
District Treasurer





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# District Extension Service Organiser

## MEMBERSHIP IS AN OPPORTUNITY

For any organisation to sustain itself, growth is inevitable. The inner wheel is no exception to this. Every new member brings a range of professional & personal resources and knowledge that can significantly strengthen the club's ability to serve. Having said this, the three elements of membership growth are the

- Retention of existing members
- Induction of new members
- New club formation.

This year we have focussed on the retention of members and the addition of new members to the existing clubs; although the formation of new clubs is also there in the agenda.



The first new club this year '**Inner Wheel Club of Sunrise**' sponsored by the Rotary Club of Sunrise was inaugurated on 20th December 2022 with 27 members. Most of the members are Rotarians from different rotary clubs.

Strengthening a successful thriving organization requires several steps. Recruitment is just one. Well-planned and executed New member Orientation is definitely another important aspect. The goal is not just to grow in size but to successfully retain, and inspire members. Getting new members familiar with the ins and outs of our organization is the most important step towards this end.

'**Naanum Inner Wheelum**' an orientation Program was organized and successfully conducted on 21st December 2022. The program was interspersed with a variety of interesting interactive sessions; with an aim to impart knowledge on the structure and working of our esteemed organization. Members interacted and participated with zeal and enthusiasm.



So far the clubs have added 208 members and the membership strength as on the date is 2044 with 69 clubs. We are half way through the year and before the year ends, hoping to add few more clubs and more vibrant members.

**Swarnalatha Jothikumar**  
Extension Service Organiser

# District International Service Organiser

## PROMOTING TRUE FRIENDSHIP

ISOs of District 323 kept the flag of the District flying high, building goodwill and friendship at Club, District and Association levels.

Highlight of the year was the joint club ISO event AADUKALAM meaning "terrain of games".

With the concept of simple, traditional Board games, reliving our childhood days, games like Snake and Ladder, Pallanguzhi, Aadu Puli Aatam, Dhaayam and a few more were shortlisted.



ISOs of about 60 clubs conducted games at club level and winners participated in the zonals after which the Aadukalam finale with 41 clubs participating was held on the 16th of September 2022, at the Alumni Club.

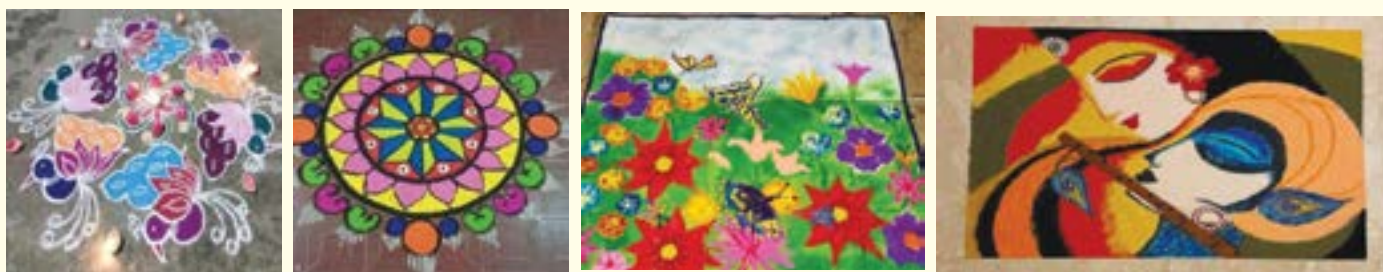


Highlights included the finals of Board games and outdoor games like badminton, tennikoit, throwball, lemon & spoon race and indoor game stalls by members at venue. Besides the above there were many interesting shops along with foot tapping Zumba session, ISO march past and valedictory session. Chief Guest for the day was CEO of Kreeda Games, Ms Vineeta Siddharth.



To envision, plan and execute this event I thank District Chairman Arasi Ponmozhi, PDCs Radha Sankarakrishnan, Latha Mahalingam, Radha Ranganathan and Shama Prasanna





Participation and winning in inter and intra district competitions by ISOs and club members has been heartening. Our ISOs conducted around 25 competitions till date on varied topics of interest and involvement in all has kept the year vibrant.



Flag exchanges with zest, fervor and togetherness has been the hallmark of the year. Till date, around 250 flags were exchanged and many Joint club flag exchanges were conducted keeping our motto of Friendship and service alive.

**Supriya Sundararaman**

*District ISO*

*With Best Compliments*

*From*

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# Special Projects

## WORKING WONDERS

Dear friends in Inner Wheel, thank you for giving me the opportunity to serve as the Special Project Coordinator for this wonderful district. Having been an active member in Inner Wheel for the last 22 years this term made it even more special as I could touch many more lives.

The **Rubella Awareness** in schools and colleges is a continuous project of our district. *PDC Nalini Prabhakar* is coordinating and talking to parents and children and creating awareness on Rubella.



All work and no play makes jack a dull boy. Physical play promotes good health and stimulates the mind. Project **Odi Vilayaadu Papa** aims to create innovative play spaces in government schools by designing and painting a seamless flow of interactive play activities in small concrete outdoor areas for the children. This project is the brain child of Inner Wheel club of Madras and ably guided by *Subha Srikant*.



**Women Empowerment** has always been our priority concern and who better to handle such a noble task than *Jothilakshmi Sundaresan*. She has been taking her time off her busy schedule and visiting colleges and work places where there are maximum women employees and talking to them about their rights and creating such a huge impact on their daily life.



To celebrate **International Inner Wheel Day**, 23 Clubs joined together to organise a workshop on Emotional Intelligence on 10th January 2023 at MSSW, which was facilitated by the Special Projects team in collaboration with Madras School of Social Work in which about 130 Inner Wheel members and Students of MSSW participated. The participants were totally engaged in the workshop on understanding Emotions, Personalities, Intensity of Emotions, Managing Emotions, Team building, Triggers in Team building, Conflict resolution strategies, and more significant aspects of Emotional Intelligence.



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Another area where we have given our maximum concern is for our four legged friends. The **Animal Welfare Projects** are taken care by the ever energetic *Arul Malar*. Great work has taken place in this area, adoption of turtles, feeding cows, providing school children with magazines on wildlife, wildlife conservation talks, providing for the abandoned horses just to name a few. Many clubs are providing food for the animals on monthly basis as ongoing project which really shows the spirit of Inner Wheel.



Another feather in our cap is the **Four B project** (Blooms for Bees, Birds and Butterflies) *Sadhana Rajkumar* or famously known as Sparrow Sadhana has given her heart and soul to provide for these humming creatures. We have created a fruit forest with nearly 100 fruit bearing plants. Water bodies are created for the birds, small nandavanams are created in schools so that children are taught how to take care of the animals and birds. Few more projects are in the pipe line which will be executed in the months to come.

All the above projects are taken care by *Sujatha Chandrabob* in the City Plus clubs. She guides them in conducting these projects and I am so happy to share that they have done a tremendous work in all these areas.



Ladies in Inner Wheel we members are doing our contribution to the society in our own possible way. May our tribe increase to do our best to make this world a beautiful place to live in.

**Geetha Prakash**

*Special Project Coordinator*



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## INNER WHEEL CLUB OF ADAMBAKKAM

### CLUB EC



*President*  
**Subashri N**

*Secretary*  
**Sowmia R**

### PROJECT



100 Thirukural books were donated to the students of Panchayat Union Primary School, Ullagaram.

## INNER WHEEL CLUB OF ADYAR

### CLUB EC



*President*  
**Raja Meenakshi C**

*Secretary*  
**Pooja Singh**

### PROJECT



Uravugal Trust is an NGO cremating unclaimed bodies. They have launched their 6th free ambulance for which Adyar club donated stretcher, siren fitted in ambulance and one year Insurance.

## INNER WHEEL CLUB OF AMBUR

### CLUB EC



*President*  
**Hemavathi S**

*Secretary*  
**Bindhu Gladson**

### PROJECT



Mega Multi speciality Medical Camp with PES Kuppam Hospital, Ambur, was inaugurated by Tamil Nadu State Government Health Minister, Hon' Ma .Subramanian and 5 MLAs. More than 300 people benefited.

## INNER WHEEL CLUB OF CHENNAI BEACH ASTER

### CLUB EC



*President*  
**Sangeeta Arunachalam**

*Secretary*  
**Surbhi Sethia**

### PROJECT



Provided meals to destitute children and older people at Kaakum Karangal, Santhome, Chennai.

## INNER WHEEL CLUB OF CHENNAI BHARATHI WOMEN'S COLLEGE

### CLUB EC



*President*  
**Dr Sujatha P**

*Secretary*  
**Dr Srileka S**

### PROJECT



Conducted Breast Feeding Awareness Campaign for the college students who are future mothers. Doctors from Stanley Medical College & Hospital, Chennai, spoke about importance and imperative of Breast Feeding and its benefits to the child, mother, family, society and nation.

## INNER WHEEL CLUB OF CHENNAI CENTRAL ELITE

### CLUB EC



*President*  
**Neha Lodha**

*Secretary*  
**Monisha Raheja**

### PROJECT



Donated 10 beds with sidetables and mattress for the new branch hospital opened by Jinendra Jyothi at Porur, which takes care of mentally challenged people.

## INNER WHEEL CLUB OF CHENNAI CORAL

### CLUB EC



*President*  
**Dr Malathi Selvakkumar**

*Secretary*  
**Dora Junita Ratnapriya P**

### PROJECT



The Homepreneurs Meet was a confluence of sharing experiences on entrepreneurship with the students. To ensure that the students get an idea on the different genres of entrepreneurship, the invitees included Mrs. Aadhiswari, Co-Founder of Millet Magic Meal & an IWC member herself, Mrs. Thara Umesh, Casting Director, Mrs. Monica Arogiamary, Founder, Theo Foundation and Mrs. Nidhi Sharma, an Integrated Health Coach. The jewel on the crown was the Guest of Honour, CA Nalini Padmanabhan, Director, Canara Bank.

## INNER WHEEL CLUB OF CHENNAI DAFFODILS

### CLUB EC



*President*  
**Ananthi K R**

*Secretary*  
**Latha Cruz**

### PROJECT



Celebrated Independence Day with a Special project in Corporation Middle School, Ashok Nagar. Fulfilled the requirements of the school by providing dustbins. Also distributed notebooks, pens, pencils & chocolates to the students.



## INNER WHEEL CLUB OF CHENNAI FORT ST GEORGE

### CLUB EC



*President*  
**Anjali Subash**

*Secretary*  
**Dhivya Jose**

### PROJECT



Breast Feeding Awareness and benefits of breastfeeding was conducted for the young mothers at Government Health Centre, Padi. Gifts were also distributed to mothers.

## INNER WHEEL CLUB OF CHENNAI GALAXY

### CLUB EC



*President*  
**Aakhila Suresh**

*Secretary*  
**Shital Ram**

### PROJECT



Supported a Transgender to continue his studies by paying the College fees.

## INNER WHEEL CLUB OF CHENNAI GEMINI

### CLUB EC



*President*  
**Anila K**

*Secretary*  
**Rukmini Devi Talluri**

### PROJECT



Supported 100 Narikuravarkal families living in Thiruvannamiyur who were badly affected by the rains by providing bedsheets, mats, provisions, old clothes and pencil sets for children.

## INNER WHEEL CLUB OF CHENNAI GOLDEN SUN

### CLUB EC



*President*  
**Saritha A**

*Secretary*  
**Puja Iyer**

### PROJECT



Donated old clothes to over 50 women and girls who are primarily migrant labourers residing at Tsunami Nagar TNHB Ernavur Lift Gate.





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## INNER WHEEL CLUB OF CHENNAI HARMONY

### CLUB EC



*President*

**Annalakshmi V**

*Secretary*

**Sudha Sundararaman**

### PROJECT



Set up a flower garden in Government Primary School, Ayanambakkam. Formed an Eco Club with the students, educated them on the importance of the 4 - Bs and taught them to maintain, observe, record and note the growth of the plants, as well as keep a note of the insects that come.

## INNER WHEEL CLUB OF CHENNAI K.K NAGAR

### CLUB EC



*President*

**Anandhi Ghiri**

*Secretary*

**Esther Rani J**

### PROJECT



Donated 2 BP apparatus to be used in the Maternity sections at Urban Primary Health Centre, Kodambakkam.

## INNER WHEEL CLUB OF CHENNAI KORATTUR

### CLUB EC



*President*

**Ayesha Sharif**

*Secretary*

**Amala Aloysius**

### PROJECT



Set up a interactive play area at Panchayat Middle School, Puzhal, to improve physical activity, mental activity and motor skills of the children.

## INNER WHEEL CLUB OF CHENNAI KURINJI

### CLUB EC



*President*

**Subytha N**

*Secretary*

**Hamsavarthini A**

### PROJECT



Breast Feeding Awareness programme was conducted to 75 expectent mothers. Maternity and child care kits were distributed.

## INNER WHEEL CLUB OF CHENNAI MAGIZHAM

### CLUB EC



*President*  
**Sowmiya N**

*Secretary*  
**Abirami Balasubramanian**

### PROJECT



For Street children got School admission after helping them to get proper aadhar card.

## INNER WHEEL CLUB OF CHENNAI MANORANJITHAM

### CLUB EC



*President*  
**Srithikha Prasanakumar**

*Secretary*  
**Tharishnambigai R**

### PROJECT



Vocational training for tailoring, Aary work & beautician course was provided to 250 women from low income group and 55 women were given employment assistance.

## INNER WHEEL CLUB OF CHENNAI MELODY

### CLUB EC



*President*  
**Gayatri Ramkumar**

*Secretary*  
**Gayatri Thiyagarajan**

### PROJECT



The club adopted two cows and calves at Erode Goshala and have been providing maintenance for them.

## INNER WHEEL CLUB OF CHENNAI NOLAMBUR

### CLUB EC



*President*  
**Kavitha G**

*Secretary*  
**Monica B**

### PROJECT



To prevent anemia amongst school children, a nutritious health drink was provided 5 times in the month to students in Government Primary School.



## INNER WHEEL CLUB OF CHENNAI ORCHID

### CLUB EC



*President*  
**Lakshmi Kannan**

*Secretary*  
**Keerthi V C**

### PROJECT



Conducted 3 months programme to improve the communication and interpersonal skills for Nursing students of Andhra Mahila Sabha.

## INNER WHEEL CLUB OF CHENNAI PAARIJATHAM

### CLUB EC



*President*  
**Vidya Lakshmi N**

*Secretary*  
**Neeraja Ravikumar**

### PROJECT



Conducted Legal Rights Awareness Program for women with Advocate Ms.Kavitha Vasu as Guest Speaker. Domestic Violence, Civil Rights and Property Rights were the topics that was covered.

## INNER WHEEL CLUB OF CHENNAI PHOENIX

### CLUB EC



*President*  
**Pradnya Khopkar**

*Secretary*  
**Sumitha Santosh**

### PROJECT



Donated an Inverter for the Labour Room in Government Hospital, Moovarasampet.

## INNER WHEEL CLUB OF CHENNAI PRESIDENCY

### CLUB EC



*President*  
**Lakshmipriya Mohan**

*Secretary*  
**Deepa Duraiswamy**

### PROJECT



Celebration of club's Silver Jubilee was done with a walkathon, as a fund raiser to support education and infrastructure for Chennai Corporation Schools with enthusiastic participation from schools, colleges, Inner Wheel clubs, PDCs and District EC members.

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## INNER WHEEL CLUB OF CHENNAI RAINBOW

### CLUB EC



*President*

**Ammu Arumugam**

*Secretary*

**Santhi Devakumaar D**

### PROJECT



Conducted various competitions and Prize & certificates were distributed on Independence Day at Corporation School, Kodambakkam.

## INNER WHEEL CLUB OF CHENNAI RHAPSODY

### CLUB EC



*President*

**Jayashree Balachandran**

*Secretary*

**Nithyashree L**

### PROJECT



Supported the education of first generation college going girl student in the city.

## INNER WHEEL CLUB OF CHENNAI RHYTHM

### CLUB EC



*President*

**Vaishali Chandak**

*Secretary*

**Pavithra Saravanan**

### PROJECT



Menstrual Hygiene session was organized for the 150 students from 7th and 8th standard from Chennai Higher Secondary School, Thiruvannamiyur apart from providing covered dustbins for easy disposal.

## INNER WHEEL CLUB OF CHENNAI SAKHI

### CLUB EC



*President*

**Sweta Prabhu**

*Secretary*

**Kiran Ramprasad L**

### PROJECT



Provided education assistance to a girl who lost her parents due to COVID last year, studying in 8th Standard, Vijayanta Senior Secondary School.

## INNER WHEEL CLUB OF CHENNAI SANJEEVANI

### CLUB EC



*President*  
**Pinky Bhandari**

*Secretary*  
**Rekha Bafna**

### PROJECT



Three Government Schools in Villupuram District were provided with 15 Ceiling fans. 60 geometry boxes were distributed to school children.

## INNER WHEEL CLUB OF CHENNAI STARS

### CLUB EC



*President*  
**Aeina Devi**

*Secretary*  
**Janaki Balaji**

### PROJECT



Celebrated Childrens Day with 300 students by giving gifts and eatables.

## INNER WHEEL CLUB OF CHENNAI SUNRISE

### CLUB EC



*President*  
**Metilda Vijaya Kumar**

*Secretary*  
**Vidhya Gopal**

### PROJECT



Around 100 People benefitted through a Free Eye Camp for under privileged families and workers that was held at TBM School, Kilpauk, Chennai.

## INNER WHEEL CLUB OF CHENNAI SUNSHINE

### CLUB EC



*President*  
**Ragini Prakash S**

*Secretary*  
**Nandini**

### PROJECT



I Y L A (Inner Wheel Youth Leaders Action) is a series of programs conducted to help & improve skillsets. Yoga Workshop, Personality Development and Career Guidance Seminar were conducted for 300 girls studying in Standard 10,11 & 12.



## INNER WHEEL CLUB OF CHENNAI SYMPHONY

### CLUB EC



*President*  
**Smitha Reddy J**

*Secretary*  
**Sheetal Satish**

### PROJECT



16 girl children studying in Standard 5 in Rani Meyammai School were adopted by the club. The club will take care of their education expenses until they complete Standard 10.

## INNER WHEEL CLUB OF CHENNAI THIRUVANMIYUR

### CLUB EC



*President*  
**Kalaichelvi Elango**

*Secretary*  
**Ganga B**

### PROJECT



Organized a Free Diabetes Screening Camp at Besant Nagar and did Blood Sugar Level, Neuropathy Screening, Eye Screening with Doctor consultation for 110 underprivileged people.

## INNER WHEEL CLUB OF CHENNAI UNIQUE

### CLUB EC



*President*  
**Rajitha Gopal**

*Secretary*  
**Meena Sathish**

### PROJECT



Provided a hearing aid costing Rs.40,320 for a hearing impaired college student hailing from a low income family.

## INNER WHEEL CLUB OF CHENNAI UNITED

### CLUB EC



*President*  
**Sowmya Natarajan**

*Secretary*  
**Malathi R**

### PROJECT



Reusable sanitary pads(with WHO award winning Antimicrobial layer) were distributed and a detailed session on Menstrual Hygiene was provided to a group of 100 girl students at a Government School in Ramapuram, Chennai.



INNER WHEEL DISTRICT 323

INNER WHEEL CLUB OF CHENNAI THIRUVANMIYUR



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R- RETENTION & EXTENSION IN INNER WHEEL



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C - CANCER

E - EDUCATION

A - ANEMIA





## INNER WHEEL CLUB OF CHENNAI VERVE

### CLUB EC



*President*

**Vandana Madhok**

*Secretary*

**Monika Shanker**

### PROJECT



Adopted the Entire turtle farm comprising of 12 endangered turtles at The Madras Crocodile Bank Trust for one year for Rs.80,000/-.

## INNER WHEEL CLUB OF CHENNAI VIBRANT

### CLUB EC



*President*

**Nalinakumari**

*Secretary*

**Anusha N**

### PROJECT



Conducted Healthy baby contest for new mothers to stress the importance of keeping their children healthy and gifts were given to healthy mothers and children.

## INNER WHEEL CLUB OF CHENNAI VRIKSHAM

### CLUB EC



*President*

**Ananthi**

*Secretary*

**Colin Sunita C**

### PROJECT



Celebrated Diwali with Dwarf people. Distributed sweets and dresses apart from providing rice bags and provisions for a month.

## INNER WHEEL CLUB OF CHENNAI WISTERIA

### CLUB EC



*President*

**Vinita Khandelwal**

*Secretary*

**Monika Jhaver**

### PROJECT



Organised Nature Walk with Yuvan Aves team who are winners of Green Teacher Award for inmates of Children Home, Kolathur, whose parents are affected with HIV.

## INNER WHEEL CLUB OF CHEYYAR

### CLUB EC



*President*  
**Kumari Sadasivam**

*Secretary*  
**Dharani B**

### PROJECT



An Awareness Walk on the importance and necessity of Waste Segregation was done by 8th & 9th Std students of Thivothur High School, which was succeeded by a speech by the Cheyyar Municipality Commissioner.

## INNER WHEEL CLUB OF GUDIYATHAM

### CLUB EC



*President*  
**Geetha S**

*Secretary*  
**Priya K**

### PROJECT



Cleanliness, Hygiene & Discipline awareness programme was conducted for students of Nallorepet Girls High School. Sanitary napkins were also distributed to the students.

## INNER WHEEL CLUB OF GUINDY

### CLUB EC



*President*  
**Bhuvana Praveen**

*Secretary*  
**Hemalatha G**

### PROJECT



Full Body Health Checkup Camp was conducted at Gopalapuram, in which Bone Mineral Density, Blood Pressure, Blood Sugar, HbA1C checkups were done free of cost for 120 beneficiaries.

## INNER WHEEL CLUB OF KANCHEEPURAM

### CLUB EC



*President*  
**Indumathi K**

*Secretary*  
**Premalatha K**

### PROJECT



Gave 60 bed sheets, new dresses, rice bags, dal bags, unused clothes to the tribal peoples and new dresses to the tribal Anganvadi children near Kancheepuram.



## INNER WHEEL CLUB OF MADRAS

### CLUB EC



*President*

**Sandhya Jaichandren**

*Secretary*

**Sangamithra Rajender**

### PROJECT



The "Odi vilayaadu paapa" play area at Chennai Primary School, Kamaraj Avenue, Adyar is an Interactive Play space, where an outdoor concrete floor has been transformed into an interesting low-cost play area, with a seamless flow of activities. The activities are combined to give different forms of exercise and mind body coordination.

## INNER WHEEL CLUB OF MADRAS ASHOK NAGAR

### CLUB EC



*President*

**Santhalakshmi R**

*Secretary*

**Sreeja Santosh Kumar**

### PROJECT



For 10 Irular families near Tiruthani, provided groceries worth Rs.900/- each.

## INNER WHEEL CLUB OF MADRAS BAY CITY

### CLUB EC



*President*

**Udayalakshmi P**

*Secretary*

**Ananthi Ragupathy**

### PROJECT



Taking a holistic approach to education by not just focusing on academic advancements, but on all aspects of a student's growth, Valar Thiran Programme comprising of Adolescents Well being, Financial Literacy & Communicative English modules was conducted for students of standard 7, 8 & 9 at Government School, Thoraiakkam.

## INNER WHEEL CLUB OF MADRAS BESANT NAGAR

### CLUB EC



*President*

**Vijaya Sundaram**

*Secretary*

**Rani Jerome**

### PROJECT



For the children, parents and teachers of Nandavanam Healing Centre, a day school for special needs for children from poor families, got tickets for the Lyle Lyle Crocodile movie, enabled them to get the first movie theater experience.



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## INNER WHEEL CLUB OF MADRAS CENTRAL

### CLUB EC



*President*

**Vaidegi Badrinarayan**

*Secretary*

**Lakshmi Venkatarangan**

### PROJECT



Donated Rs.25 Lakhs towards construction of building for 130 destitute old women of Vishranti Old Age home.

## INNER WHEEL CLUB OF MADRAS CENTRAL AADITHYA

### CLUB EC



*President*

**Lakshmi C**

*Secretary*

**Bhanumathy B**

### PROJECT



Donated medical equipments, groceries and 4 oxygen concentrators to Dean Foundation Hospice and Palliative Care Centre, Kilpauk.

## INNER WHEEL CLUB OF MADRAS COSMOS

### CLUB EC



*President*

**Saro Sampath**

*Secretary*

**Vijayalakshmi Ravindran**

### PROJECT



Donated 100 bed sheets and pillow covers to Tanker Foundation which is operating dialysis centers across the city for underprivileged people.

## INNER WHEEL CLUB OF MADRAS ESPLANADE

### CLUB EC



*President*

**Padmini Subramanian**

*Secretary*

**Thara Gopinath**

### PROJECT



Conducted an Ear camp at Akshaya Trust old age home and donated eight hearing aids costing Rs.80,000.

## INNER WHEEL CLUB OF MADRAS FORT

### CLUB EC



*President*

**Vibha S Chandak**

*Secretary*

**Karuna Dugar P**

### PROJECT



Donation of quilt & mattresses upscaled from old sarees by tribal women from JJ Nagar, Palavakkam Village (Uthukottai) to underprivileged rural families facing adverse weather conditions, thereby providing employment and skill to tribal women and helping the needy both ways.

## INNER WHEEL CLUB OF MADRAS METRO

### CLUB EC



*President*

**Chetna Soni**

*Secretary*

**Uma Aiyaswamy**

### PROJECT



Conducted Eye Camp along with team of doctors from Ramachandra Hospital at Kolappancherry Village. Donated 56 spectacles to needy patients. About 94 patients were benefitted through this camp.

## INNER WHEEL CLUB OF MADRAS MIDTOWN

### CLUB EC



*President*

**Tanu Jayaswina V**

*Secretary*

**Rema Jayagopal**

### PROJECT



Sevagam Medical Centre in Rakkampalayam village is a regular out-patient clinic catering to five other surrounding villages too. Running Speciality Medical camps for Diabetes, Ortho, Gynaec, Paediatric and Eye with a good footfall of patients.

## INNER WHEEL CLUB OF MADRAS MOUNT

### CLUB EC



*President*

**Chitra Sivakumar**

*Secretary*

**Sathyabama Raman**

### PROJECT



A novel breast cancer screening camps with solution through an AI based technology called Thermalytix TM done at 15 urban community health centers.



## INNER WHEEL CLUB OF MADRAS NEXTGEN

### CLUB EC



*President*  
**Kannupriya Gupta**

*Secretary*  
**Meenal Dugar**

### PROJECT



Financial awareness program conducted for women. Funds raised through this was used to create a positive impact on the mental health and well-being of marginalised women.

## INNER WHEEL CLUB OF MADRAS NORTH

### CLUB EC



*President*  
**Arulpriya S**

*Secretary*  
**Monica S**

### PROJECT



Bhoomi Thiruvizha titled 'Reverberations - Refuse, Reduce, Reuse, Recycle, Repair, Recover and Respect' was conducted which comprised of : 20 stalls showcasing eco-friendly products, 12 farmers felicitations, 6 workshops, Fashion show using Reused clothes, dogs ramp walk, debate show topic. Who is responsible for waste - Government or individual. 900 kgs of dry waste, 258 books collected, 15 shoes and sandals were repaired.

## INNER WHEEL CLUB OF MADRAS OSIAN

### CLUB EC



*President*  
**Subhrasmita Dash**

*Secretary*  
**Nalini Parthasarathy**

### PROJECT



As an initiative to attract butterflies, about 250 flowering plant saplings were planted in the society garden by the IWC Madras Osiyan along with the residents.

## INNER WHEEL CLUB OF MADRAS SOUTH

### CLUB EC



*President*  
**Vanitha Rajagopal**

*Secretary*  
**Rajeena Magdoo**

### PROJECT



Project Lakshmi is a Financial Empowerment program for women working in un-organized sector. 73 women were educated and encouraged to join national and state financial schemes to secure their lives.



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## INNER WHEEL CLUB OF MADRAS ZINNIA

### CLUB EC



*President*  
**Punam Jain**

*Secretary*  
**Paloma Rao**

### PROJECT



A successful fund raiser was organized, where every purchase of the Kalarical farm to table products, the money raised was contributed towards the education of visually impaired children.

## INNER WHEEL CLUB OF MARAIMALAI NAGAR

### CLUB EC



*President*  
**Kasthuri B**

*Secretary*  
**Meenakumari V**

### PROJECT



Celebrated Diwali by providing new shirts & dhoti, cracker boxes, sweets and savouries to underprivileged people.

## INNER WHEEL CLUB OF MEENAMBAKKAM

### CLUB EC



*President*  
**Sivabaladevi Rajendran**

*Secretary*  
**Rexy Rajkumar**

### PROJECT



At Saidapet Anjaneya Temple premises, creating an holistic eco park by planting 1008 Herbal Trees representing individual's birth Nakshatra. The park will also host a open air meditation area / yoga space.

## INNER WHEEL CLUB OF NANGANALLUR

### CLUB EC



*President*  
**Jayalakshmi Suryanarayanan**

*Secretary*  
**Sripriya Narayan**

### PROJECT



Organised a Mega Job Fair in association with Equitas Development Initiatives Trust. Out of 2300 job seekers, 1565 got placements and received letter of selection on that day.

## INNER WHEEL CLUB OF RANIPET

### CLUB EC



*President*  
**Siva Sakthi**

*Secretary*  
**Renuka R**

### PROJECT



Donated Microscope with experiment slides, books and board games to Thiru Vee Kaa Middle School, Ranipet.

## INNER WHEEL CLUB OF THIRUVANNAMALAI

### CLUB EC



*President*  
**Indira Kamaraj S**

*Secretary*  
**Priya V**

### PROJECT



As a part of Diwali celebrations, we provided a full month's supply of groceries to Little Hearts Home, Thiruvannamalai, which takes care of Mentally Challenged people.

## INNER WHEEL CLUB OF VELLORE

### CLUB EC



*President*  
**Nirmala Gopinath**

*Secretary*  
**Jayasree S**

### PROJECT



Mobile vegetable cart was donated to a single mother of two young children to improve her business.

## INNER WHEEL CLUB OF VELLORE NORTH

### CLUB EC



*President*  
**Meera A**

*Secretary*  
**Shobana Devi R**

### PROJECT



A traditional baby shower function was held for 70 expectant mothers at Tarapadavedu Urban Primary Health Center during which 27 types of nutritious food items, coconut, Thambulam along with Rs.100/- was given to each pregnant mother.






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# IWC Nanganallur - Silver Jubilee

## Let The Celebrations Begin!

Inner Wheel Club of Nanganallur was started in the year 1998 under the Chairmanship of Past District Chairman Shanthi Gopal and Chartered by PDC Rama Rajagopalan under her Chairmanship. The Club was sponsored by Inner Wheel Club of Madras Central.



This year our Club is celebrating its Silver Jubilee which is the collective efforts of all the members of the club over the years. The new team of Office-bearers were installed on 25/06/2022 at the Joint Club Installation “**KURAL OVIYAM**”, an initiative of District Chairman Arasi Ponmozhi. A grand gala Inaugural function of the Silver Jubilee celebrations took place on 13/07/2022 and a colourful cultural programme was organized by the members of the Club on 16/07/2022.

Started with a membership of 22 members, the Club has a membership strength of 71 as on date and serves the Society, especially the underprivileged. The club in its 25 years of existence have served the society in the following areas.

- 1) Educational Assistance to the needy
- 2) Senior Citizen Care
- 3) Health care through camps and awareness program on Breast feeding, Rubella and Polio.
- 4) Pediatric Health Care
- 5) Environment Protection
- 6) Empowerment of Women through skill training, equipment providing and through motivational programs.

Every single member of the club is committed to the concept of serving the society in accordance with the goals set by the Association and District every year.

**We in our club believe in working wonders through our Collective efforts now and in future.**



**S. Jayalakshmi**

*President, IWC Nanganallur*

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# IWC Chennai Presidency - Silver Jubilee

## Let The Celebrations Begin!

The strong foundation of our club was laid in the year 1998, on the 30th of April, by PP Priya Bhargav. The supporting pillars were raised by veteran PP Prema Srinivasan. The first projects were started with temple tank cleaning and visiting cancer hospital regularly.



From the beginning, the club believed in contributing our time and effort consistently so a deserving cause could be assured of regular support. We also focus efforts on projects where substantial investments create immediate impact. Overall, we dream of transforming lives through creation of learning, livelihoods – and love!

Our past presidents over the years have initiated several projects that are carried on to this day. Here are some favourite picks from each president.

PP Vasuki Balakrishnan started the sponsorship of essential items to Paradise Home. PP VR Lakshmi Priya organized breakfast for leprosy-affected patients and essentials for a Remand Home for girls. PP Revathi Sivakumar supported monthly provisions to Good Life Centre and training of women drivers at Anew.



Catch them young and watch them grow, as they say. We love working with school children and the club has conducted many programs for children. PP Prema Srinivasan organized heritage tours for Corporation school children with help from PP Latha Krishnakumar. PP Vimala Narayanasamy provided computers. PP Latha Sekar initiated the awareness workshops on Personal Hygiene, Tobacco usage and Good Touch. PP Dr. Sudha Suresh initiated Best-out-of-waste and waste segregation drive and set up the iconic Madras Day Quiz, now in its 12th year.

We have made 3 'Happy Schools' in the period of Presidents Pavithra, Bhavani and Mrinalini with the help of CLCC Dr Sudha Suresh.

We also work in health. PP Shanti Ravikumar organized funds for a kidney transplant. Cancer Awareness project was started by PP Komalavalli Ramesh. PP Pavithra Suresh organized Anemia Awareness and Screening camp. PP Latha Sekhar started the Breast feeding awareness program.

We are especially moved by the plight of the visually impaired. PP Vijayalakshmi Gopinath started projects for the blind. PP Bhavani Shivakumar set up an audio library as well as a Quiz for the visually challenged. PP Rameshwari Narayanan provided essentials and blankets to the Government Eye Hospital. PP Neela Lakshmi Narayanan organized an Eye camp. President Lakshmi Priya Mohan started audio recordings.



Our club is also active when it comes to disaster relief. PP Mrinalini Sekhar organized pongal supplies for flood-affected people. PP Revathy Sivakumar provided 8 Oxygen Concentrators to a hospital for Covid support. Recently President Lakshmi Priya Mohan organized grocery supplies and tarpaulins for cyclone relief. PP Mrinalini Sekhar raised funds with a movie show and organized a tree planting drive.

In this, our Silver Jubilee year, President Lakshmi Priya Mohan organized our first Walkathon fundraiser to build infrastructure for Corporation Schools, along with supporting training of 25 women drivers at Anew, organizing a blood donation camp, funding Soul free Spinal Rehabilitation Centre, and supporting a goshala.



As we look back with profound gratitude for the opportunity to serve, under the leadership of all these Presidents and their teams, with the wholehearted support from members, families, friends and others, we also look to the future and we know that this beautiful house with so many pillars would continue to nourish, warm and light up many many more lives through the coming years.

**Lakshmi Priya Mohan**

*President, IWC Chennai Presidency*





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Above 2 Years to 998 Days	7.51%	7.72%	8.01%	8.25%	7.51%	7.72%
999 Days	8.01%	8.25%	8.26%	8.52%	8.01%	8.25%
1000 DAYS to 3 Years	7.25%	7.45%	7.75%	7.98%	7.25%	7.45%
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## My Wire Koodai

It is my pink Wire Koodai (Pinky) that travels with me everywhere, which triggered the idea of writing this article. One of my Inner Wheel friend always makes fun of me, for carrying it everywhere. When I started penning this article, my thoughts flashed back to gather memories of the strong bond between me and the Wire Koodai.

The flashback back reel paused when I was in my 8th standard travelling in the vendor compartment due to heavy rush in the train while returning from school. I kept my brown colored lunch koodai safe in the upper side rack and forgot to grab it while getting off the train as I was busy admiring the different types of fish loaded in the vendor compartment. I quickly informed the station master about the koodai and he kindly had "Brownny" located and picked up at the next station (Tambaram) where it was kept safe in the station master's room. You see, in the 90's "Lost and Found" was more common than "Lost forever". I say this to my daughter, for which she reacts "Great of you, this is the 100th time I am hearing this" ....



Back to koodai flash back. My Brownny assumed various avatars during weekends. When I went to temple Brownny became Archanai Koodai. My eyes were always on my Archanai koodai, watching whether the same coconut was kept in mine after breaking it as it should never be interchanged according to my mother's faith. Plastic bags were not used those days. Brownny was easy to wash and ready to use.

I should also mention the big brother of my "Brownny", a cream colored, big sized, heavy bottomed one. Village visits meant, Creamy was the guy to depend on. He carried love to relatives and back again. 3 kgs baganapalli mangoes, 2 kg jangiri, 2 kg mixture packet and other things too. While returning Creamy would carry 5 kgs thooku puli, noi arisi, eggs, Sesame oil and red chillies. Bamboo baskets must have been replaced by this wire koodai in time. Creamy also made many hospital visits, where the nurse matched it with the patient and kept it beside the bed unfailingly. I have wonderful memories of beach visits with all goodies inside Creamy. The reality is, Creamy can still hold heavy items, but I am unable to carry heavy weights.

As part of reuse campaign, my wire koodai "Pinky" multi-tasked in many ways.

Like men supposedly don't cry, they also don't carry wire koodai. However, they don't seem to mind carrying the "Manjapai" though. And now we are back again in the manjapai era, an initiative by the Government to encourage use of one's own bag and reusing them and discourage the use of plastic bags that block storm water drains. And above all to save landfills by making baskets from upcycled and recycled materials.

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I dance with breath,  
Romance with breath.  
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Moderator and terminator!  
Breath ... my constant companion,  
Like the roots to the Banyan.  
Unlike my shadow, which leaves me during darkness;  
Unlike my ego, which shatters me during ignorance;  
Unlike my parents, who would leave in the twilight of their lives;  
Unlike my children who will leave their hives;  
Unlike my partner who may be the sweetest,  
Yet may know not all about his dearest.  
In the midst of their journey, or their final recourse,  
Will be in search of breath of course!  
But my breath is right here with me,  
My great leveller, isn't she!  
In times of need, greed, pain or fear,  
I love my breath; she's always here.

When life is happy, peaceful, or mundane,  
When I am angry, depressed, or insane,  
Breath, my best friend, my guru, my teacher,  
Far superior to any preacher,  
Helps to seek knowledge from within,  
And brings out the power built-in.  
Consulting breath leaves me enriched,  
In hindsight, decisions made are truly cherished.  
Never challenging the conscience,  
Always a blissful experience.  
My breath answers my questions, chases my fears,  
Clears my doubts like no saints or seers.  
To my mind, the prancer,  
My breath is the answer.

We go to a million gurus, mesmerised by their wisdom,  
Inspired we return, with newfound freedom.  
Practice for a while, their aura still encompassing,  
But wears off sooner, ha-ha! Life's whirlpool aggregating!  
At such times look for your breath,  
Right there in the corner, all earnest—  
That, you have pushed it to! Oh, how human to err!  
Waiting for you to beckon her,  
Never leaving your side or showing attitude,  
Nor expecting gratitude!  
Your unconditional friend imploring you to use her,  
Call her, slowly and steadily, hold her.  
Breathe in ... breathe out ...  
Breathe in ... breathe out ...  
"I am with you," she whispers softly,  
Lifting your spirits, innately.

Find yourself, your true peaceful self.  
After all, self-help is the best help.  
Rejoice in your awakening but don't get carried away ...  
Pride, they often say, may get in the way.  
Keep your breath steady and slow,  
As you still have a long way to go ...  
-  
-  
Salutations! Oh, breath!  
Your fragrance locked in my wreath,  
My inseparable companion hover-eth  
Till my last—

(From my poetry book - Romance with Breath, April, 2022)

**Sumitra Kumar**  
*IWC Madras Midtown*



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## A Long Plaited Hair

Recently while traveling in a car to meet my dentist whose clinic is about 14 km from my house, I happened to see this advertisement on a huge hoarding near the Anna Nagar Arch. The advertisement, most of us would have seen, was about a hair oil which had a picture of a young lady with a long plaited hair and saying - *en Koonthal en Adaiyaalam* (an English equivalent being - my crowning glory my identity).

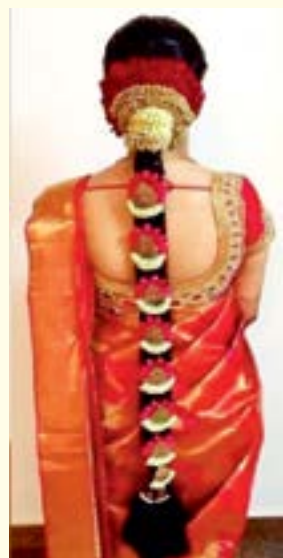
My car whizzed past the hoarding when I noticed this hair oil advertisement and my eyes were busy catching other hoardings placed in a row next to it.

But in a minute, the advertisement came rushing back to my mind. I could observe that I was getting upset. What was this advertisement attempting to convey? Is it an inadvertent driveback again to the shackles of slavery? What is this advertisement trying to portray – is long plaited hair an identity for a young girl/woman? I was getting agitated.



Being considered a burden to the family – both genetic and marital, a girl/woman has for long been subjected to physical and mental violence. She has been an object of abuse, slavery, harassment, embarrassment and of anything and everything inhuman that was possible by a human being. From being voluntarily cleared off even in the womb of the mother, from being killed by closest kith and kin or from being abandoned in garbage bins by families just days after being born, from being married off at tender age of two or three, from being treated with utmost partiality and disrespect within family, from being thrown into the pyre of the husband, from being dedicated to the so called God as servants, from being denied education, from being denied employment, from being denied respect, from being denied to wear certain clothes to keep up dignity, from being denied rightful place in the society... my mind was rushing through the many actions of insidious sanctions thrown on woman to keep her oppressed.

The untiring efforts of the pioneers (both men and women) for women's freedom has started to bear fruits with 'thought change' in the minds of the people. Progress for the oppressed in a pluralistic society with strong shades of capitalism is a difficult ratio, but it is happening. For a discerning mind, the progress can be experienced. The road to where we are now has been arduous and treacherous, yet the might of the mind and the endurance of the past is compelling us to march ahead in spite of the constant forces of battering and pummeling.



Are we at the half way mark or are we still near the start point? Every one of us has a responsibility to the other of our gender. My mind was further racing. Moving away from the realm of the lost identity, we women have established a fair understanding of the word identity – not by looks, not by perception of beauty, not by the grams of gold that we possess, not by our relationship to the male in the family – but by our education, our achievements, actions, and most importantly – our thoughts. And I was sure that this advertisement was driving us back to those ugly days when women basked in the notion of beauty as a result of objectification and that too for the sake of the beholder.

Suddenly, my mind alerted me to say that I was giving too much of meaning to a simple advertisement.

As my anxiety mellowed down, I thought of my dear friend Suchu and many others who have lost their crowning glories to the treatment of cancer. What would be their identity? I thought. The valour of their mind and body to fight the malignance, I assumed.

The advertisement was a piece of trash in my mind.

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Autos flex muscle, ready for the action  
Clothes grabbed, bundled, hastily taken  
We hoard food; what do these birds do?

Ominous grey clouds swirling overhead  
Laden with drops as big as their tears  
Trees sway mindlessly in drunken stupor  
Loosened roots, thanks to wider roads

The girl in blue umbrella is worried stiff  
Who's going to win? My bus or the rain?

A banana cartman counts his coins wearily  
The Tender coconut vendor peers up warily

Cool breeze heralds onset of the monsoon  
The first drop plops unseen into the ravine  
Second, third spruce up the boring scene  
Turning roads shiny black; foliage emerald

Save the random car that speeds past  
Or an occasional mean machine whir by  
The place is deserted n devoid of life  
Only black mushrooms, wind their way  
Monsoon has arrived in gay splendor!

**Fathima Nasira**

*IWC Madras North*



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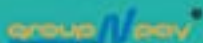
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They called you **Shanthi Swaroopini**  
And then sold you to brothels  
They called you **Jaganmohini**  
And then threw acid on your face  
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## Be Healthy

**Ayurveda** is an unique system with its approach as a Healing Science rather than a medical science for cure. It is rightly considered as a **Science of Life** and gives importance to all aspects of treatment.



Post Pandemic, it has been a great challenge for people in general & women in particular in maintaining their health and keeping their families healthy enough to prevent being affected by communicable disease and also to fight it and overcome the disease when affected. The Pandemic has reminded everyone that their health and immunity stands First even before their career and profession.

Being a Ayurvedic Physician I would like to share some ways and means to maintain health with simple day to day habits.

Firstly Ayurveda is not a system of medicine- it's a science of life, more simply-a way of life. The Government of India having realised the importance of this science of life and declared A National Ayurveda Day which is celebrated every year on the occasion of Dhanwantari Jayanti (Dhantheras – always the previous day of Diwali) since 2016.

Scriptures say that Lord Dhanwantari the God of health took his incarnation on this day during the Samudra Manthana (Churning the celestial Ocean). Coming back to today's relevance, this Day is celebrated to spread the knowledge of Ayurveda and help the people at the grass root levels to manage their health more efficiently. Every year a motto is declared. This year's moto is the most relevant one “Har Din Har Ghar Ayurveda” which translates as “Ayurveda Everyday Ayurveda Everywhere”.

Ayurveda puts forth a few regimens for the day , night and also the seasons, which are termed Dina Charya, Ratri Charya and Rithu Charya. Most of the lifestyle diseases can be avoided by following these regimens and also our immunity can be elevated.

### Tips for Everyday Regimen

1) **Importance of passing Bowels** everyday is stressed. Each of us should make sure that Bowels are cleared every day. If

there is a problem try taking more water (Warm water not cold water) and fibre rich food. If problem is not resolved please consult your family Doctor - Ayurvedic Vaidya.

2) **Brushing the teeth daily** - To be done after emptying the bowels. Herbal twigs like that of Neem, Babool or Pippal can be used for brushing. Even better would be a simple combination of Triphala, Trikatu, Cardamom, Cloves and Cinnamon which are easily available at home or Ayurvedic shops. These can be powdered and used as a tooth powder and for massaging the gums by mixing it with a little honey.

3) **Gargling** - Is useful in keeping the oral cavity clean and hygienic. It has now become popular in the form of Oil Pulling. Ancient Scriptures recommended gargling with oils to stimulate all the sense organs like Eyes, Nose, Tongue, Ears and Skin.

4) **Nasyam** or Errhines means promoting or inducing nasal discharge. Treatment is advised to be done daily, but on the advice of an Ayurvedic Physician.

5) **Abhyangam** or oil application also has been advised for Daily Regimen. “Abhyangam Achareth Nithyam” goes the saying which translates as 'apply oil everyday'. Oil should be applied atleast on the three main areas - Head, Ears and Soles of the feet. Daily application of oil before bath keeps the bones strong.

6) **Vyayama** Exercise - Light exercises are advised daily for everyone. Elderly and weak people may restrict to mild exercising like walking etc., Exercises should be done in open air or in rooms without AC, as sweating is an important yard stick for good exercising. In summer the duration and severity of exercises should be halved.

7) **Snanam** - bathing should be done everyday. This not only cleanses the body, but also keeps it fresh and active. Only normal water should be used for head bath. Use of hot water for head bath will cause hair fall.

### 8) Ahara Charya

- Food should be taken only when hungry.
- Never eat full stomach - should be half filled with food or solids,





one quarter water and one quarter left free for circulation of air.

- Food should be always be warm, easily digestible& pleasing to the mind.
- The food should contain all the six tastes of food viz., Sweet, Sour, Salt, Hot (spicy), Bitter and Astringent. Indulging in one or two tastes only will cause health issues.

9) **Rathri Charya** – One must sleep well at nights. Good and restful sleep gives a person happiness, knowledge, good memory, etc., Swapna Viparyaya ie., sleeping in the day and waking up at night will cause various health issues and hence should be avoided. Dinner should be taken atleast 3 hours before sleep and one must walk atleast 100 steps after dinner.

The dinner at night should be light and easily digestible. Foods like green leafy vegetables and curd should be avoided at night. One

should sleep in a comfortable place, should stop watching television or mobile phone or any screen time at least half an hour before going to bed. If one has walked for long time in the day, they can dip the legs in warm water for a few minutes and then go to bed.

The above daily tips can be practised by everyone, everywhere and everyday to lead a healthy and happy life. To conclude, the motto is to make a move from illness to wellness & wellness to happiness. It is not sufficient to just cure the disease, the Wellness is not just merely being disease free. The Wellness Paradigm requires moving the state of well being further along the continuum towards optimal emotional and mental stage ie., towards happiness.

**Dr. M. Radhika**

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## Power of Personal Branding

**“Your brand is what other people say about you when you're not in the room.” What is it that you're known for? - Jeff Bezos**

Everyone has a personal brand, even if they're not aware of it. Personal branding is the practice of creating a brand around a person rather than a business entity. Your brand is all about how someone feels when they interact with you or your business.

Personal branding helps to differentiate yourself from others. Cultivating a strong personal brand will allow you to develop stronger relationships, build credibility about you and your business and will make more clients seek out your services.

Building a personal brand can take lots of planning and months of hard work to start seeing the results; you need to improve your personal brand after receiving feedback.

### 7 TIPS TO BUILD YOUR PERSONAL BRAND

1. **Figure out who you are:** Figuring out who you are is the first step in the personal branding.
2. **Consider how you want to be known:** You can start to focus on who you want to be tomorrow. You can start by looking at the industry you wish to enter: what knowledge, reputation, and talents are required to succeed there?
3. **Establish a presence:** You're being Googled by friends, colleagues, and potential customers, so make sure your branded content is what people find when they Google your name. One way to do this is to build a basic online presence through your own website or blog
4. **Generate brand awareness through networking:** Networking is one of the best ways to become known in the industry. you can grow your business and your brand long-term. You can also network using social media.
5. **Be Consistent:** The brands that stand out are the ones that show up consistently.
6. **Be 100% authentic:** “Fake” never wins. It means be yourself.
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## Come Meet Mi Amor Mi Tresor!!

Knowledge is dangling like cobwebs allover  
So thick that I can write words with fingers  
Wisdom lays strewn around every little inch  
So close that I must gingerly set foot with care

Silence hangs in the atmosphere all around  
So heavy the softest of my whispers resound  
A humble hushed celebration of erudition  
Link to the bygone Stepping stone to future

Book lovers' paradise Door to lifelong learning  
Intricate network feeding quest for information  
A place of equality where all are on one page  
All of us beggars seeking alms of intelligence

Guides to answers on stories of days gone by  
Ushers me aboard to be enchanted by intrigue  
Flips unexpected pages of new possibilities  
Educates n Enriches Connects n Captivates

Beckons me to pick my dreams off its shelves  
To check out on preserved past and open future  
Seems to urge me to spread word of its glory  
Of how much there is to learn, know n do here

Marks the beginning and the end of time itself  
Opens many doors to a world of probabilities  
Holding powerful content that can change lives  
That wield the wand to make or break all of us

Not caring about my sporting unsightly glasses  
Sets me up on a date with fantasy Leads me to  
explore, discover, imagine, invent n be inspired  
Tells me that here I am a princess of prudence

And thus my dalliance with the library continues




**Fathima Nasira**

*IWC Madras North*

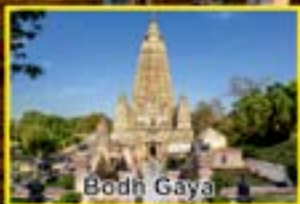
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## Shhh... Listen, it's talking!!!!

Women... Many say they are the eyes of the family. Women... Many say they are god's gift

Women... Mother, daughter, sister, wife, daughter in law, friend... too many roles and just one life.

We all accept that women of the family are the pillars and without them everything would not be the same.

A daughter admires her father.

A wife loves and cares for her husband.

A mother pours her heart in bringing up the kids

SHE is always busy. She listens to her husband talk about his day at work. She chats with her kids about school and fun. She doesn't rest and makes sure everything is on right track. She even forgets her own birthday.

**BUT**

There is someone constantly trying to talk to her and she doesn't realise that.

She is so held up in her daily chores and routine.

This someone is very close to her trying to make a connection and yet she chooses to ignore it.

**UNTIL**

It gives a strong severe warning in form of a stroke / heart attack/ organ failure

**YES. IT'S HER BODY** that's trying to talk to her for so long... It told her to take a break. She wouldn't listen.

It signaled her in the form of pain which she chose to ignore..

Why wait till the ultimatum while our body is constantly trying to warn us.



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# The Invisible danger called Rubella (German measles)

## What is Rubella?

Rubella is a disease caused by a virus named Rubella.

Rubella means “little red”. Red spots appear on the body like a rash during the illness.

This disease is also called “German measles”. In Tamil this virus is known as “Manalvari or Thattammai” and “Tika or Khasara” in Hindi.

## Does Rubella occur in India?

Definitely, it does. It occurs everywhere in the world. In fact,



Rubella was first identified in India, in 1814, by a British physician. Generally, the vaccine is administered as the MMR (Mumps, Measles & Rubella) to children at the age of one (12 to 15 months).

All developed countries have made it compulsory to have a second (additional) dose of vaccination for both girls & boys after the age of 6.

## Who catches Rubella?

This is a highly contagious virus. It can affect anyone, young or old, male or female. Most often young children transmit the disease to adults.

Rubella could become widespread in schools, camps and crowded places as it is transmitted by air. It spreads when an infected person coughs or sneezes. The disease is most contagious when the person has a rash. But people without symptom (asymptomatic) can also spread Rubella.

Many people do not even realise that they have Rubella, because the manifestation of the disease is very mild.

## What are the symptoms of Rubella?

A person with Rubella has a very mild fever (below 39 degree C or below 101.2-degree F). A mild rash appears on the face and neck and then spreads to the rest of the body. This disappears within 1 to 2 days. The patient may feel tired and worn out. Swollen glands in the cheek or neck may be there in very few people. The patient may show any one symptom or more symptoms or no symptom at all. Many patients recover without treatment. There are no major complications for the patient.

That is why we say Rubella is an INVISIBLE danger.

## What is the reason for concern regarding Rubella?

When Rubella strikes a pregnant woman, it could be most serious, not for the mother, but for the child she is carrying.

During pregnancy the Rubella virus reaches the foetus and interferes in its growth and development. Depending on the stage of pregnancy, this may result in an abortion, stillbirth or severe congenital malformations involving various organs.

This is known as Congenital Rubella syndrome (CRS) OR simply BIRTH DEFECT which has no cure.

## What handicaps or disabilities are found in a Congenital Rubella syndrome or Birth defect?

Cataract leading to blindness, deafness, mental retardation, heart defects, liver defects and even insulin dependent diabetes in 20% cases later on in life.

The following tables give some idea of these defects.

Abnormalities due to Rubella in first trimester.

60 – 75 % Hearing loss.

50 – 90 % Eye defects

40 – 50 % Heart defects

25 – 40% Psychomotor retardation

Of those affected 50 % will have to attend school for deaf, 25% will have to go to special school due to hearing problems. Statistics tell us that 85% to 90% of children in any institution or school for the hearing & speech impaired are born with this defect because of mothers who were affected by Rubella virus during their pregnancy.

So friends, isn't it sad that if only these mothers' of hearing & speech impaired children knew about this and were vaccinated earlier to their pregnancy all those children would be normal like others, and would be shouting, singing, yelling with joy like all other children.

## Foetal infection:

Time of maternal	Infection Results
3 - 11 weeks	100 % infected foetus
12 weeks	80% infected foetus
13 - 14 weeks	54 % infected foetus
15 - 16 weeks	35 % infected foetus
23 - 26 weeks	25% infected foetus





## IS THERE A CURE FOR RUBELLA?

***There is no cure for Rubella.***

## HOW CAN RUBELLA BE PREVENTED?

***Prevention is the only cure and Immunity to the Disease once gained is Permanent.***

### Who should be vaccinated?

# All children of both sexes.  
(12 to 15 months) first dose.

# All girls at pre pubertal age  
(6–20 years) Second dose.



# A booster dose for all women, if they have not had a second dose or do not have a record of the vaccination (forgotten / lost it) should be vaccinated before the child bearing age (20 – 44 years) as a measure of abundant precaution.



All records of vaccination should be kept safe.

### Should every mother to be vaccinated?

WHO recommends all nonpregnant mothers should be immunised as a measure of abundant precaution.

Yes, every mother to be should be vaccinated is the recommendation in 78 countries including USA, UK, Sri Lanka etc.

### What are the current vaccines available for Rubella?

R vac (Rubella), and MR vac (Measles & Rubella) both produced by Serum institute of India.

Generally, the vaccine is administered as the MMR to children in a series of two doses at the age of one.

A Booster dose after 15 years is also essential.

For adults a single vaccine of Rubella in a single dose is effective for a minimum period of 20 years. Effectively the vaccine protects every vaccinated woman throughout their fertility period. The vaccine is absolutely safe, well tolerated and has no side effects.

## Where do you go for the vaccine?

All government hospitals & health centres. One may also get it from one's own personal physician.

In a nut shell:

- Rubella is a viral disease that is prevalent world- wide.
- Rubella is a mild disease in an adult; but devastating to the unborn child.
- The child may be born with hearing loss, eye defects and diseases like diabetes and cardiac failure. Mental retardation and physical deformity are also a possibility.
- Rubella may not have a cure but can easily be prevented by vaccination.

The targets for vaccination should be

- a. Pre-pubescent girls (11 – 15 years)
- b. Women of child bearing age (15 – 44 years)

### Who should NOT be given the vaccine?

1. Pregnant women.
2. The woman should not get pregnant for 1 month after receiving the vaccine.
3. Children less than 12 months.
4. Patients receiving cancer medicine.

Friends, MMR is gaining recognition now. Now that you are all aware of its dangers and the importance of vaccination you will be able to do everything to protect your own children & the families. Now it is my earnest appeal to you as Inner wheel members and good citizens of the society, to take this message forward further to the under privileged like your maids, watchman, plumber, electricians, vegetable vendors etc and their families.

We will empower through awareness. Together we will march towards eradication of Rubella from the face of this earth.

Additional info: Folic acid (Vitamin B) tablet should be included in the daily regime for all girls before pregnancy and their child bearing age.

**PDC Nalini Prabhakar**

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## Why glass bottles were mostly 750 millilitres those days?

Why not 500 millilitres?

Well, it is because of **PATH DEPENDENCE**

In the 18th Century, most glass bottles were made by humans who would blow into glass to create the shape of the bottle and the average human lung had enough air to blow 750 millilitres. Now we make glass bottles using machines yet we still do them as 750 millilitres

This is not to know about glass bottles but to question ourselves **WHY** which will make us

**THINK BIG!**

**CHANGE BIGGER!!**

**ACHIEVE BIGGEST!!!**

Here you go!

Imagine that two people are learning how to make a POT

Person-1 takes 5 hours to make 1 perfect pot & Person-2 takes 5 hours to make 5 pots

Who will make a better POT?

It is actually Person No-2: The one who made many pots and failed many times. He did not worry about making the "Perfect" pot he just practiced and got better every time!

This is the **POWER OF REPETITION**

Before one becomes great, one has to fail a thousand times

**Be IMPERFECT to be PERFECT one day!**



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## Parents - Take A Back Seat

Little Sonu was running a high temperature in the middle of the night. The parents were worried by the sudden sickness of their naughty son who had to be rushed to the multi-speciality hospital. Primary checkup and tests were taken care by the duty doctors. Then a set of doctors along with a pediatrician walked in. After some discussion, they came to a diagnosis and informed Sonu's parents. First and foremost an IV line was to be administered.

As usual, the parents became restless due to their emotional bond with the child and it got them quite worried. The doctors advised Tara, the mother, to wait outside the procedure room. They then made Sonu relax by having a conversation with him to make him comfortable. Then without his knowledge, the IV line was put in slowly. Suddenly Sonu could feel the pain of the needle administered into his vein, he was dumbstruck and felt helpless. He was now really scared and he closed his eyes tight & started shouting out loud "Chota Bheem Kaapaathu" (save me) repeatedly. The doctors and nurses could not control their laughter and burst out laughing upon witnessing the innocent cry of the kid and the ultimate faith he had on a cartoon character.



The same cry of Sonu, on the other hand, brought tears to Tara who heard her son's loud cry with anxiety. She was shocked to hear her son calling chota bheem for help. She was dismayed and taken aback for a few seconds as her Sonu had valued a cartoon character more than his mom during time of distress. Tara slowly recalled some memories - as a loving mom, she had

made all out efforts to care for Sonu's happiness; she never objected to any of his demands and she satisfied all his requirements, but now felt that she had missed out on some things that have over-powered her motherly affection.

Sonu was fond of that particular cartoon character Chota Bheem. He would enjoy watching it when screened on a big LED screen during his meals & snacks and that would bring him immense joy. It had become a routine for Sonu watching Chota bheem while eating. It was also a time saver for Tara who had other chores in hand as an entrepreneur.

Parents nowadays give their children the comfort of having a cartoon character be a part of the kids' entertainment.

When we introduce such imaginary figures, we often fail to realize its impact on children who believe them to be real and they accept them as real-life heroes and life-savers.

'Better late than never' lesson learnt, thought Tara. She made up her mind to win her son's heart by spending quality time with the 4 year old hereafter with an add-on of story telling while eating and trying different methods to stay connected with him and be closer than any cartoon characters.

Later after 24 hours of monitoring Sonu's temperature, it finally got back to normal and he was discharged.

Tara's perspective and insight on parenting had taken a quick and entire U turn. She finally left the hospital with pride and satisfaction.

**Devi Mathimaran**

*IWC Nanganallur*

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## Mushrooms and Mighty Oaks

That flame of the forest by my kitchen sill  
Was dainty, tender; the day we came here  
As were our kids; one ten, the other seven  
Now it nests thrushes, sways to my tunes  
welcomes parrots, bulbuls; cools my eyes  
In summer, enchants with scarlet blooms  
Come monsoon, smoulders in mystic jade  
Hears my woes, nods wisely, offers hope

In the first rain, mushrooms spring to life  
As pale as pearls nestling within oysters  
Swaying, fluttering nonchalant in defiance  
Bracing wind stoically in their utter frailty  
As dramatic as their arrival is heralded  
Their end too is just as heart wrenching

Withering away quickly; oh so wistfully  
Leaving not a trace of worldly sojourn  
Few or many, the chapters in their life  
Has no bearing, nor makes a difference  
Ants vie with lions in the scheme of life  
Fitting snugly where each was meant to  
A slight smile lifts the curve of His lips  
As mighty oaks are felled by humble axes  
Mushrooms survive onslaught of storms  
Just as few new bonds form overnight  
Old friends of yore are abandoned in haste

**Fathima Nasira**

*IWC Madras North*

## Unconditional Love

I am ready to walk  
Show me the foot path  
I am ready to cycle  
Give me a lane  
I am ready to fly  
Give me my wings  
I am ready to Live  
Show me the purpose

I am ready to Love (unconditionally)

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## The importance of storytelling to children

A child's mind is like a blank whiteboard which, over the years, many different markers will leave streaks upon. Like these visible marks, most of the learning offered deals with the tangible; the problems to be seen, and the objects to be touched.

Considerably less emphasis is placed on what goes on in the young brain, except in connection to the immediate activity. The main argument for this is that they may not be able to understand certain abstractions. And, if they are presented in a literal sense; this may well be true.

However, it has been seen in many instances that the youngster is better able to grasp concepts when they are presented as comparisons; especially entertaining ones. So, fantasy fiction could be given a role to play in both academic and emotional development.

As far as simplifying feelings and ideas goes, fantasy fiction seems to break down the human condition through captivating characters: A misfit toy's journey might be a lesson in the acceptance of diversity, or bullying awareness. Transportation to a parallel universe may prepare a young mind for a new living



arrangement or social change. The cooperation between a faraway town's people and animals could instill a respect for, and admiration of nature. The

possible positive messages which could be transmitted are truly endless!

Then, there is the golden quality of escapism. Whether as a coping mechanism in a tough situation, or to envision a potential course of action; fantasy stories help unleash the creative abilities of any kid.

From Hans Christian Andersen's castles and forests to the talking animals and treacherous adventures of the African fable, the far reach and longevity of fantasy is undeniable; neither are the impacts they have had in the lives of those to whom they were told.

**S. Hymavathi Karthik**

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## On life with dogs - a Eulogy

Oh for those halcyon years gone by  
 When our mornings began on a real high  
 With those adorable creatures  
 Their tails threatening to get dislodged  
 Wagging in pure excitement, eyes bright with anticipation  
 Being in the midst of family their sole aim in life  
 Each member accorded the same rousing reception  
 Made to feel on top of the world  
 No distinction or discrimination there  
 The choicest sofas rightfully occupied  
 Those left without, opting for willing, waiting laps  
 Now wanting to be petted, necks to be scratched  
 Our morning routine, per diem, to be fulfilled without fail.  
 Then would come the mad melee  
 Old and young, small and big  
 Panting in sheer excitement for the high point of their day  
 The rush for straps, harness, other trappings begin  
 And out they would dash, dragging us holding on for dear life  
 The first frenzied minutes the most perilous, full of strife,  
 Followed by loud barks at intruders into sacred territory;  
 The same scene, the same traffic, familiar people  
 Still, furor running high, no let up there;  
 Morning constitutional suitably accomplished  
 Exhausted, lapping up bowls of water  
 Flopping on the floor, in total bliss  
 So goes the canine time table, no mean achievement this!  
 The big garden all theirs to roam at will  
 So protected were we, no stranger could enter

The milkman, postman, sundry visitors doing a double take  
 Confronted by fearsome growls from the tiny cockers too  
 Intentions of protecting the inmates made clear  
 Such was the heavy Z security we enjoyed!  
 Soon came the joy of welcoming their lovely puppies  
 Running frantically behind their moms  
 Heartache when we had to give them away!  
 We hear oft repeated clichés about dogs  
 That they are "man's best friend" or about their unconditional love  
 But we know it goes much beyond!  
 Our companion, support, crutch during sad times,  
 Mood elevator, soothing when irate, always concerned,  
 The reassuring licks now and then, the overflowing love  
 Ah! They are just an irreplaceable phenomenon  
 And a true blessing to have them grow with you;  
 All our canine family over the years  
 Brave German shepherds Danny, Nikki  
 Sleek Doberman breeds Brandy, Sherry,  
 Cute cockers Chinky, Spotty all our family,  
 Their Bombay cousins, retrievers Sage, Gipsy, cocker Droopy  
 Sweet Shih tzu Piccola and her brood of five  
 Each Incomparable, extraordinary, dedicated, so devoted  
 We do miss you all sweet darlings,  
 Till eternity will you always live in our hearts!

Written with love and gratitude

**Prabha Chakravarti**

*IWC Madras*



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## More Money for Your Money

Over the past few decades, Indian students who are choosing to study abroad is on a rapid increase. Roughly, 85% of the students go for their master's education and the remaining for their undergraduate. According to data available, the US is still the most popular destination with about 55% headed there, followed by Canada and UK comprising about 30%. The other popular destinations are Australia, New Zealand, Singapore, and Germany.

Now with the rupee hovering around in the Rupees Eighty range, studying abroad has become very expensive especially for international students who end up paying full tuition. Therefore, saving money wherever possible is very important to students and parents. One such way is to avoid transferring money through banks that offer forex services as a value add. The rates that banks charge are significantly higher than the market rates, which when taking into the sum that needs to be transferred adds up to significant amounts being overpaid. RBI issues licenses to companies that facilitate the transfers of tuition fees and living expenses. Such companies offer rates that are far more competitive than banks, saving students and parents an average

of about Rs.65,000 per year.

Also, many students and parents are unaware that they can avail education loans in the US at rates as low as

3% if they have a cosigner who is a US citizen or a green card holder. These loans are given based on the cosigner's credit history and require no collateral. Many students are now opting for such options to finance their education. With the advent of technology, students are now able to open their bank accounts with digital banks before they leave India. Such banks are student centric and have offers for everything from availing a sim card to eating out at popular restaurants.

Life is moving at such a fast pace and there are so many options available nowadays. Hope the above information is useful.

**PDC Shama Prasanna**

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## My Journey as a Woman Entrepreneur

Art is a mirror held up to nature!

I started my boutique and art school in December 6th, 1999. My love for designing made me do things that I never imagined I would achieve in my life. It motivated me to believe in life. I learnt tailoring at the age of 14. I used to stitch for my family members. After few years, I wanted to design clothes for my daughter. It took me to my next destination. I have started receiving orders from my neighbours and it grew by that way. Teaching was always in my mind. I felt very happy to start my teaching life with a 60 year old enthusiastic woman, who wanted to learn tailoring and design clothes for her family. It gave me hope to invest in my ideas and I started working on my dreams. I always wanted to be a great mother and an entrepreneur. It was really tough to balance both. But I never failed as a woman entrepreneur. I am happy that I never gave up on my passion and it brought me here.

Painting is an artistic way of expressing ourselves. I learnt different forms of painting. Everyone who admires nature is an artist. So I want all women out there to work hard on their dreams and be the women they always wanted to be!

Dreams do come true when you believe in you!

**Vijayalakshmi S**

IWC Adambakkam

## Work Wonders

Work is Wonder

Working together - wonderful friendship

Worked together - wonderful memory

Will work together - wonderful expectation

Worked up together - wonderful chaos

Work with together - Ahhh Wonder!!! 😊

Work without together - No Wonder 😞

Work wonderfully

Work to Wonder

Work to create Wonders!!!

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கர்ப்பிணிப் பெண்கள் கருத்தரித்த நாளிலிருந்து குழந்தை பிறந்ததற்கு முன்பு மாதத்திற்கும் முதல் மாதம் வரையில் குழந்தை பிறந்த 20 - 22 மாதத்திற்கு ஒரு முறை மத்திய மருத்துவமனைக்கு மூன்று முதல் மூன்று மாதங்களுக்கு.

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**வசந்தா வம்ச விருத்தி மையம்**  
(பிள்ளை பேறு சிறப்பு சிகிச்சை மையம்)

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## Nutrition for Menopausal Transition

Menopause is a natural transition in a woman's life as her menstrual cycles come to an end. It's confirmed 12 months after your last period. However, the transition and symptoms associated with menopause can last for several years.

During the transition to menopause and beyond, the hormone oestrogen begins to decline, disrupting your normal cyclical patterns of oestrogen and progesterone. Declining oestrogen levels negatively impact your metabolism, potentially leading to weight gain. These changes may also affect your cholesterol levels.

Many women experience symptoms like hot flashes and difficulty in sleeping during this transition period. Additionally, hormone changes lead to declined bone density, which can increase your risk of fractures.

While menopause is linked to many uncomfortable symptoms and increases your risk of certain diseases, your diet may help reduce symptoms and ease the transition.

### Foods to Eat

There is evidence that certain foods may help relieve some symptoms of menopause, such as hot flashes, poor sleep and low bone density.



**Dairy Products:** The decline in estrogen levels during menopause can increase women's risk of fractures. Dairy products, such as milk, yogurt and

cheese, contain calcium, phosphorus, potassium, magnesium and vitamins D and K — all of which are essential for bone health. Dairy may also help improve sleep. A review study found that foods high in the amino acid glycine — found in milk and cheese, for example — promoted deeper sleep in menopausal women. In one study, women with the highest intake of vitamin D and calcium — which cheese and fortified milk are rich in — had a 17% reduced risk of early menopause.

**Healthy Fats:** Healthy fats, such as omega-3 fatty acids, may benefit women going through menopause. A review study in 483 menopausal women concluded that omega-3 supplements decreased the frequency of hot flashes and the severity of night sweats.

Foods highest in omega-3 fatty acids include fatty fish, such as mackerel, salmon and anchovies, and seeds like flax seeds, chia seeds.



**Whole Grains:** Whole grains are high in nutrients, including fiber and B vitamins, such as thiamine, niacin, riboflavin and pantothenic acid.

A diet high in whole grains has been linked to a reduced risk of heart disease, cancer and premature death. Researchers found that people who ate three or more servings of whole grains per day had a 20-30% lower risk of developing heart disease and diabetes, compared to people who ate mostly refined foods.

Whole-grain foods include brown rice, whole-wheat bread, barley, quinoa. Look for "whole grain" listed as the first ingredient on the label when evaluating which packaged foods contain primarily whole grains.



### Fruits and Vegetables:

Fruits and vegetables are packed with vitamins and minerals, fiber and antioxidants. In a one-year intervention study in over 17,000 menopausal women, those eating

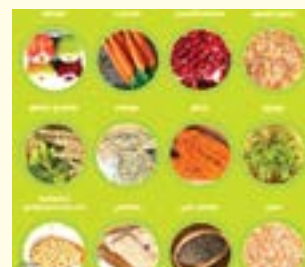


more vegetables, fruit, fiber and soy experienced a 19% reduction in hot flashes compared to the control group. The reduction was attributed to the healthier diet and weight loss.

Cruciferous vegetables may be especially helpful for post menopausal women. Eating broccoli decreases levels of a type of oestrogen linked to breast cancer.

**Phytoestrogen Containing Foods:** Phytoestrogens are compounds in foods that act as weak oestrogens in your body.

Foods that naturally contain phytoestrogens include soybeans, chickpeas, peanuts, flax seeds, barley, grapes, berries, plums, green and black tea.





**Quality Protein:** The decline in oestrogen from menopause is linked to decreased muscle mass and bone strength. For this reason, women going through menopause should eat more protein.

In a large study in adults over 50, eating dairy protein was linked to an 8% lower risk of hip fracture, while eating plant protein was linked to a 12% reduction.



Foods high in protein include eggs, meat, fish, legumes and dairy products.

*"Gradual weight gain, hot flushes, the dreaded night sweats, being tired during the day, getting grumpy for no reason, I got it all. But I found that what I ate affected how I felt more than ever. The hot flushes would stop for a while and I'd realise that I'd eaten more greens and grains. If I ate a lot of sugary food I felt terrible. So I definitely look out for healthy recipes to keep me happy"*

Collated from various online sources.

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## Service Begins at Home!

Friendship and service are the two pillars of Inner Wheel Club. All Inner Wheel members make great efforts to live their life in service. But what about those women who have provided services to us?

During our journey to success, we are being helped by many women. The domestic help, the cook and many other such support staff who continue to perform their duties faithfully and sincerely every day helps to ensure that we spend more time following our pursuits and not get bogged down with the rigors of daily chores. Ask any Indian woman and she will confirm that her trustworthy domestic help is the biggest contributor to her productivity.

The unfortunate truth is that most of them do not have a safety net to fall back on during bad times. One unfortunate event and their hard-working life goes for a toss. Old age is hardly secured, and abusive domestic life makes it even worse.

Can we help them live a better and more secure life? Can that become our expression of gratitude to them?

### Did You Know?

Your monthly contribution of Rs.250/- (Amount can vary a little depending on age) can help her get a Life insurance of 2 lakhs, Accident insurance of 2 lakhs, medical insurance of 5 lakhs and Monthly pension of 5000/- at the age of 60!!

Fortunately, there are enough government schemes which can take care of all the essential financial needs of the lower-income group.

**1. Bank Account:** Contact nearby public sector bank and help your helper open a Prime Minister Jan Dhan Yojana Account.

- This is a zero-balance bank account
- There is an overdraft (short term loan) facility of Rs. 10,000/-
- All government subsidies are distributed through this account



**2. Health Insurance:** Check out her eligibility for Ayushman Bharat Yojana. Prime Minister Jan Arogya Yojana is a health insurance for underprivileged segments of society. If she is eligible, she can collect the insurance card from the nearest public health center.

- Coverage of Rs. 5 lakhs per annum per family
- Cashless treatment

**3. Life Insurance:** Help her fill the form for Prime Minister Jeevan Jyoti Bima in the same bank

- This life insurance of Rs. 2 lakhs
- The annual premium is only Rs. 436/- per annum i.e., less than forty rupees per month

Make sure that the premiums are paid in time.

**4. Accident and Disability Insurance:** Help her fill the form for Pradhan Mantri Suraksha Bima Yojana

- This will give her nominees accidental death benefit of Rs. 2 lakhs
- A full disability cover of Rs. 2 lakhs
- Partial disability cover of Rs. 1 lakh
- The annual premium is only Rs. 20/-

Make sure that the premiums are paid in time.

**5. Secure her old age:** Enrol her for 'Atal Pension Yojana'.

- She can get a monthly pension of Rs. 5000/- at the age of 60.
- Pension will continue to the spouse after the death of subscriber
- Annual contribution will depend on the age of the subscriber

**6. Accumulate funds for her girl child:** Sukanya Samrudhhi Yojana is meant for girl child only and gets an interest of .5% more than PPF (Public Provident Fund). It can be opened in the post office.

- \* Minimum contribution of Rs. 250/- per annum.
- \* Matures when the girl is 21
- \* Should be opened before 10 years of age
- \* Current interest rate is 7.6%



**Project Lakshmi** is a program, put together by Inner Wheel Club of Madras South, Chennai with Finscholarz (Trademark of Renu Maheshwari - SEBI Registered Investment Advisor) and Bal Bhojan (An NGO being run by four IIM alumni) and AMM High School, Chennai. Commerce students of class 11 and 12 are given basic knowledge of financial planning and money sense. They are then trained on these products to help the working women get these schemes. The first camp held under this project was a great success and 73 new accounts were opened in a matter of 3 hours!

Let us resolve to give our helpers the power of financial sustenance.

**Renu Maheshwari**

*IWC Madras South*



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# Tautogram



## What is Tautogram poem?

A tautogram in Greek : tautogramma means “same letter”. Basically in a tautogram all words in the poem begin with the same letter. Here to the pleasure of enjoying the tautograms.....

## Wacky With W...ords

War with weapons?  
Why, what went wrong  
Who went wild?  
Weird wanton wilful wrath  
With wilting warrior wreaths!  
Whither Wisdom?  
Whither Wit?  
Waive wily whims  
Wrestle worldly wealth  
Wreck worthless walls.  
Welcome warm-wine words  
With wondrous wholesome whispers!  
Whither willing Worship?  
Wither wasteful Warship!  
Whether Wisdom?!  
Whether Wit?!  
Wayward whimsical wishlist!!!!

**Uma Keshav**

*IWC Madras Midtown*

## Tis Time

They teach their time-worn truisms  
To tender teens:  
Talk tactfully,  
Tick the tasty tiffin-box test,  
Tolerate transgressions, toil  
Through turmoil,  
Tranquilize – try tea-parties, TV, townhouse;  
Tame this tendency to traipse – tip-toe, tip-toe!  
Tread timidly till the tomb.  
Truth to tell,  
they're terrified too –  
Traumatized through  
Tacit terror,  
Tiresome ties  
Tangled tight,  
Tell-tale tearstains tainting  
Tyrannical thresholds.

'Tis time, tribe,  
To toss this ticket to token trophies,  
Thwart this trickery,  
Terminate this transmission.  
'Tis time, tribe,  
To turn this trickle to tremendous  
torrent,  
Thunder through turbulent terrain,  
Trample tiresome taboos.  
'Tis time, tribe,  
To tear through trite tautologies,  
Take the train to tena-city,  
Tango, thrive, treasure the truth –  
together.  
'Tis time.

**Deepa Duraiswamy**

*IWC Chennai Presidency*

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*IWC Chennai United*

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பார்த்த விட்டில் பூச்சிகளுக்கு  
விடுமுறையே வழியாக விண்ணையும்  
விழிமுன்னே விளையாட வித்திட்ட  
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விழித்தழிந்து விழிதிறந்நது  
வாருந்தோம்பிய விருந்தினருக்கு  
விடைகொடுத்து,

விரும்பியதை விரும்பியவாறடைய  
விள்ளளாயொரு விடுதலை!

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## கட்டின்மை

கண்கவரும் கண்மணி பாரதம்  
கயவனிடம் கட்டுண்டு  
கணிகையாக்கப்பட்டு  
கண்ணீருருகிக் கரைந்தாள்  
கரங்கள் கலந்து களையறுக்க கங்கணங்கட்டி  
களிறும் கலிமாவும் களமிறக்க  
கலவரங்கள் களேபரங்கள் கலாட்டாக்கள்  
கட்டின்மை கண்டனர்!  
கற்றோரும் கலைவானும் கவிஞனும்  
கல்லறையாக்கப்பட்ட கண்மணி பாரதத்தை கண்ணும்  
கருத்துமாக கவனித்து கர்ப்பகிரகமாக்கின்...  
கண்ணோட்டம் கலியின் போக்கில்  
கட்டுக்கோப்பை கடந்து கட்டுப்பாடு கசக்க கபடம்  
கண்கவர  
களியாட்டம் கண்டாள் கண்மணி!  
கயமின்றி கடிசாகி கள்ளம் கவர்ந்து  
கருவிகளின் கடலில் கவிழ்ந்து  
கண்களறியா கடோரங்கள் கண்டு

கட்டுத்தளையாய் கட்டியது கருமேகம்....  
கதங்கொண்டே கர்ஜித்தாள் கண்மணி!!  
கண்மூடித்தனம் களைவாய்...  
கண்விழித்து கண்டுணர்வாய்...  
கடினமான கட்டின்மையை கழுசடையாக்காதீர்!  
கற்பூரமாய் கல்வியறிவு கல்மிஷமில்லா கற்காப்பு  
கறுவில்லா கணிவு கட்டாயமில்லா கங்கணங்கொண்டு  
கடமையை கழஞ்சாகி கம்பை கருவாகிட  
கல்லும் கலையாகி கதிரவனாய் கதிர்வீசவேன்  
கட்டவிழ்த்து... கட்டின்மை  
கண்பட  
கண்மணி களிப்பேனோ?



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## பாவையின் பாசமும் பறவையின் பரவசமும்

பச்சைக்கிளி பாடுதே  
 பக்கம் வந்தே பாடுதே 🦜🦜🦜  
 பார்த்தேன் பிடித்தேன் பாசமுடன்  
 பார்வையில் படும்படி 😊😊  
 பாங்குடன் பத்திரப்படுத்தினேன் 🚢🚢  
 பாலும் பழமும் 🍌🍌🍌 பசியறிந்து பரிந்தூட்டினேன்  
 பல நாட்களாக பலனில்லை 🙄🙄🙄  
 பாவம் பறவை பசலை படிந்து பரிதவித்தது  
 பாவை நான் பாசத்தை பறக்கவிட்டேன்  
 பலகணியை பரத்திவிட்டு பறவையையும் பறக்கவிட்டேன்  
 பரவச பார்வையை பாவைக்கு பரிசளித்துவிட்டு  
 பரந்தவானிலே படபடவென்று  
 பறந்தது பறந்தது பறந்தது....  
 பாக்கியவதியானேன் பறவையின் பூரிப்பை பார்த்து.... 😊😊😊😊



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## Achieving Autonomy- Abjuring Apathy

Asha - Alluring, Attractive, Arty.

An all achiever,

And an aspiring applicant at an art academia -

As absolute ancestral authority asserted  
and assaulted all ambition,

Asha accepted abjectly  
an alliance and an attractive abode,  
affluence and affection all around.

Admire all amenities, Asha ached  
as Art academia attracted.

Asha appealed  
and asked again and again.

As affectionately and agreeably all annihilated aspirations,  
adding adornments as allurements.

Asha awoke - all apathy abjured  
All appeasing attempts abdicated,  
Affections and affluence abandoned.

Abrogating authority  
Asha absconded,  
As admission at Art Academia,  
An avatar as artist assured.

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herbal soap or powder, I was amazed at the feeling. Never had I felt before such a soft smooth baby skin which was

radiating a fresh glow. It was simply amazing!!" These narrations are heard and felt so often. Many models and stars in the lime light, Health seekers, beauty lovers are just so fascinated and



attached to it. No chemicals only pure safe herbs, oils, milk and red rice, does its magic!!

The best part of it is Beauty too Health too!! What else could one want!! The ancient practice of one of

the most sought after massages of Ayurveda - traditionally known as Navarakizhi is a hot favourite and popular all over the world.



With no fear of side effects, one can tackle the wear and tear of our skin, the effect of pollution, dust and heat playing havoc on our skin. The best part is when others notice and mention the glow and radiance!! Who will not enjoy a compliment!! The cherry on the cake is - it comes packed with health.

The combo has been specially mentioned for immunity, boosting up Health and energy. The dryness in the skin especially in rainy and winter season laps up the lubrication to its satisfaction. It has an important role in maintaining the softness of the skin, enhancing the strength and protecting the most exposed layer of the body. It also leaves our body well oiled, the senses well tuned, and retaining youth, keeping age at bay. When quality and health is of prime importance, it is most important that we analyse what is good and has a long term, multiple benefit for us - immunity, beauty, skin, anti ageing. It is extremely helpful for dry skin, psoriasis, loss of weight, lean, lack of immunity, lustreless skin, anti ageing, wrinkle free skin etc.

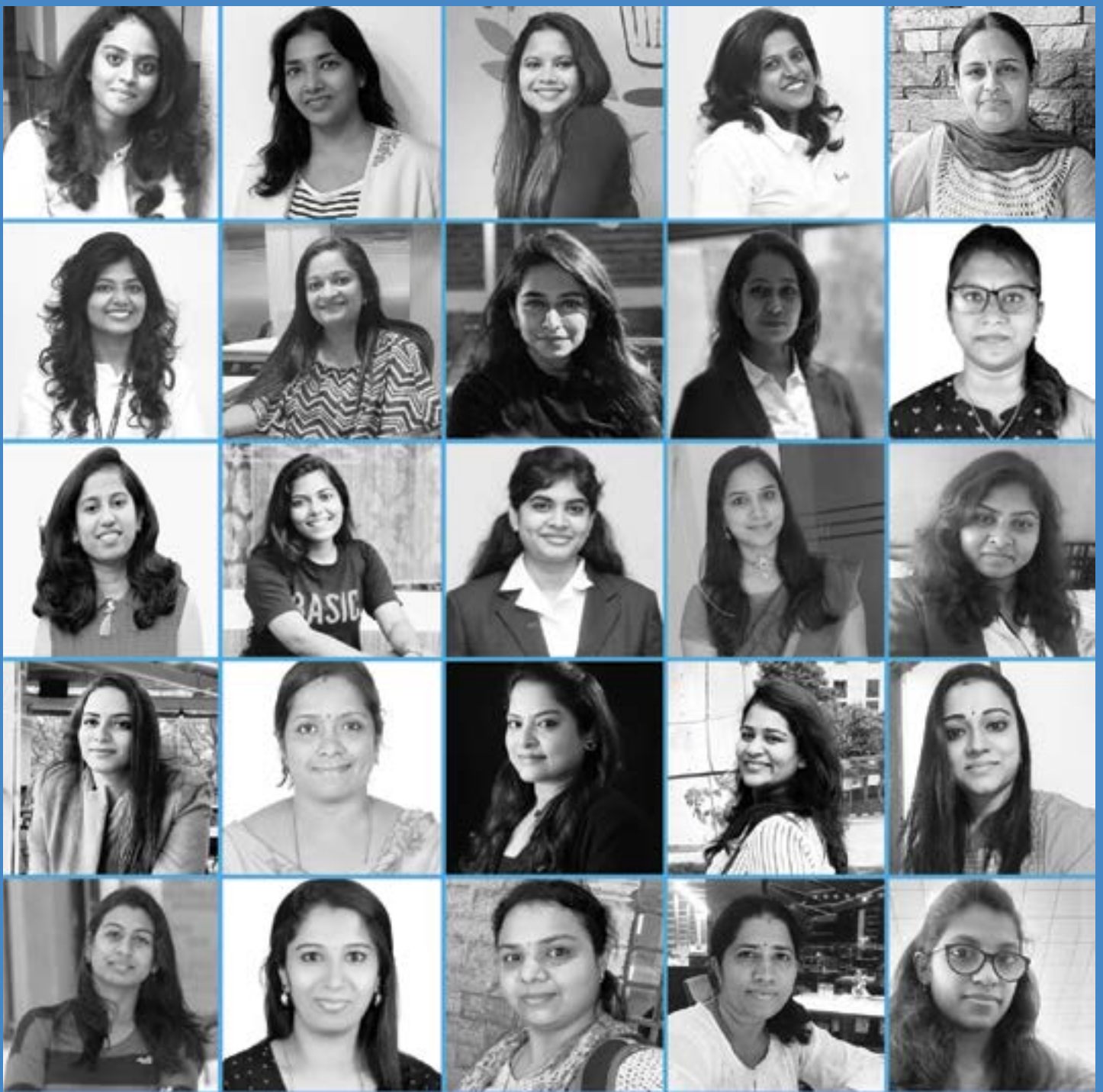


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## Quiz Time .....

Have you had a craving for a particular food ever in your life. Some of us have weird cravings during Pregnancy and Puberty when the body has to meet a huge challenge. But this is only temporary.

Cravings can occur when you are hungry or even after a sumptuous meal. There is an acute Macro/Micro - Nutrient Deficiency and if left unchecked can cause serious illnesses too.

The only answer is in eating a balanced diet which has the right combination of Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water, Fire and Anti oxidants.

Now, here is a small quiz.. you name craving or weakness for certain foods and I shall pinpoint your Nutrient Deficiency.



1. Sweets



2. Sour Foods  
Eg. Mango, Lime, Tamarind.



3. Salty Foods



4. Chocolates



5. Ash / Chalk



6. Ice cream



7. Sweet Spreads  
(Peanut Butter)



8. Fatty Foods



9. Carbonated Drinks / Soda



10. Multiple Cravings

Find out the root cause and get rid of your cravings soon. Remember your cravings can become ravenously bad. So act before it goes beyond your Control.

The next time there's an urge for a particular food; reach out to Vegetables and Fresh Fruits and not those fancy processed foods.

**Dr. A. Sadhana Rajkumar**

*IWC Adyar*

### Answers :

1. Carbohydrate and mineral deficiency. 2. Deficient in Ascorbic Acid which is needed to detoxify chemical buildup produced from protein decay. 3. Occurs mostly in adolescent girls because of PMS. Potassium deficiency 4. Chromium and Magnesium deficiency 5. Body is crying for Calcium 6. Anemia or Iron deficiency 7. Copper deficiency 8. Chloride 9. Low in Nitrogen 10. Imbalanced Diet. Consult a Dietitian asap



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**Rtn. Murugavel Selvan**

**Rotary Club of Madras East**

**Mrs. Suba Selvan**

**Inner Wheel Club of Madras**



## Check your Environmental Responsibility Score

<b>DAY 1</b> I WILL NOT RUN THE TAP WHILE BRUSHING MY TEETH	<b>DAY 2</b> I WILL NOT WASTE FOOD ON MY PLATE	<b>DAY 3</b> I WILL USE BOTH SIDES OF PAPER WHILE TAKING PRINTOUT	<b>DAY 4</b> I WILL NOT LITTER ANYWHERE AT ANY TIME	<b>DAY 5</b> I WILL CARRY A HANDKERCHIEF AND NOT USE THE TISSUE PAPER	<b>DAY 6</b> I WILL SHIFT TO AN INK PEN
<b>DAY 7</b> I WILL NOT HONK TODAY	<b>DAY 8</b> I WILL REDUCE MY SHOWER TIME BY 50%	<b>DAY 9</b> I WILL NOT CHARGE MY PHONE OVERNIGHT	<b>DAY 10</b> I WILL PLANT SOME MICRO GREENS	<b>DAY 11</b> I WILL REUSE WASTE WATER	<b>DAY 12</b> I WILL SWITCH OFF ALL DEVICES, CHARGERS AT WALL WHILE NOT IN USE
<b>DAY 13</b> I WILL START CARRYING A CLOTH BAG EVERY TIME I STEP OUT	<b>DAY 14</b> I WILL REDUCE MY INTERNET USAGE BY 1 HOUR TODAY	<b>DAY 15</b> I WILL HAVE ONE MILLET BASED MEAL	<b>DAY 16</b> I WILL AVOID ANY SNACK THAT IS PACKAGED IN PLASTIC	<b>DAY 17</b> I WILL OPEN WINDOWS AT HOME / OFFICE TO MINIMISE FAN AND LIGHT USE	<b>DAY 18</b> I WILL BUY GROCERY FROM SMALL / LOCAL VENDORS
<b>DAY 19</b> I WILL LEARN THE BASICS OF WASTE SEGREGATION	<b>DAY 20</b> I WILL KEEP A BOWL OF WATER OUTSIDE MY HOUSE FOR BIRDS	<b>DAY 21</b> I WILL EAT LOCAL FRUITS, GRAINS & VEGETABLES	<b>DAY 22</b> I WILL CHOOSE PAPERLESS OPTIONS FOR BILLS	<b>DAY 23</b> I WILL WALK FOR ATLEAST 1 KM OF THE TOTAL TRAVEL PLANNED FOR TODAY	<b>DAY 24</b> I WILL SWITCH OFF UNNECESSARY LIGHTS / FANS AT HOME / OFFICE
<b>DAY 25</b> I WILL KEEP MY MOBILE DATA AND WIFI OFF AT NIGHT	<b>DAY 26</b> I WILL BE MINDFUL OF WASTE SEGREGATION	<b>DAY 27</b> I WILL FINISH LEFTOVERS IN MY FRIDGE AND WASTE NO FOOD	<b>DAY 28</b> I WILL MINIMIZE USAGE OF AC AND KEEP IT BETWEEN 24-26 DEGREE C	<b>DAY 29</b> I WILL CARRY A REUSABLE WATER BOTTLE WHENEVER I STEP OUT	<b>DAY 30</b> I WILL HANG DRY MY CLOTHES

MY SCORE : ...../30

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## Smoothie Time

This smoothie is a great way to refuel after a hard workout. Protein digests quickly in the body, helping to repair and build muscle tissue. Bananas have also been studied for their ability to help increase metabolic recovery after prolonged exercise.

### Ingredients:

- 1 cup regular or nondairy milk like soy or Badham milk
- 2 bananas
- 1 table spoon soaked and ground brown Kabuli chana paste
- 1 spoon honey
- 1 spoon coarse powder of Acroot(walnut)

Add all the ingredients to a bowl and mix well. Enjoy a healthy breakfast.



**R. Sowmia**

IWC Adambakkam

## Paani Fulki

Paani fulki in a no fry version is a fusion and alternate for paani poori. It is a healthy and fun dish for all age groups. It is a two-step recipe.



**1. Making of Paani :** One bunch of coriander, one bunch mint, 4 green chillies, 1 inch ginger, 1 teaspoon cumin seeds, 2 tablespoon lemon juice, some water - churn it in a mixer. Sieve the mixture, then add 2 cups of water, 1.5 teaspoon black salt. Add salt and pepper powder as required. Keep it in fridge.

**2. Making of no fry fulki :** To prepare the batter, take 1 cup of soaked moong dal, 1 green chilli, 1 inch of ginger, a pinch of asafoetida and salt as required in a blender. Make a thick batter. Add 1/4th teaspoon baking soda or leave it for fermentation for 5-6 hrs. Make appe using appe pan.

**Serving :** Add fulki into chilled paani for 5 minutes. Garnish with onion ring, coriander and some boondi.

Enjoy this dish.

**Harrinishree Lukshimikanth**

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## Karuppukavuni Poha Pops

### INGREDIENTS

**Servings: 20-24 balls**

- 4 cup brown poha
- 2.25 cup palm sugar
- 2 cup dry coconut
- 20 to 30 green pumpkin seeds
- 20 to 30 raisins
- 1 cup karuppukavuni rice flour
- ¼ tsp cardamom (elaichi) powder
- 100ml ghee for infusing and binding

### PREPARATION

- \* Dry roast Poha/Aval till crunchy. Set this aside. Add dry coconut and fry till you inhale a good aroma. Cool these completely
- \* Put 50ml of ghee in pan and add karuppukavuni rice flour and roast it till you get aroma. Cool.
- \* Once the mixture comes to room temperature, transfer this to a mixie jar along with cardamom powder. Make a fine powder, add palm sugar and blend well again. Set it to cool in a plate.



### HOW TO MAKE

- \* In a pan add little ghee, once it gets hot, add green pumpkin seeds and raisins and fry well and keep it aside
- \* Pour the above to the powdered mixture. Mix everything well and take portions of this in your hands
- \* Now make a small press in the center of the ball and infuse a teaspoon of the aromatic enriched ghee
- \* Make the round shaped lollypops carefully without pressing hard nor disturbing the infused ghee in the center.
- \* Based on the mixture consistency, add ghee for good binding to make round shaped lollypops

**SHELF TIME: 7-10 days.** Karuppukavuni Poha Pops Ready!

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## Versatile Green Chutney

This is a Healthy Oil free No cook Green Chutney recipe. Hope you enjoy making it and eating too !!

### INGREDIENTS

- Coriander - 2 bunches
- Mint - 1 bunch (as per preference)
- Fresh ginger - 1" piece
- Garlic - 3 flakes
- Green chillies - 15-20nos as per spice preferences
- Onion - 1 medium ,roughly chopped
- Jeera - 1 tsp
- Roasted gram - ¼ cup ( a handful) Fresh lime juice - 5-8 lemons
- Rock salt or powder salt - as per taste
- Drinking water - half a cup or less

**METHOD:** Clean and wash the greens separately. Clean and roughly chop the green chillies, ginger, onion and garlic. In a mixer jar add all the ingredients except the greens and lemon juice. Grind them to a fine paste. Add the greens in small portions and continue grinding until it is a thick paste. While grinding add some salt and lemon juice. You may add some water if the consistency is too thick or to assist the grinding process. Transfer the chutney to an air tight container. Taste for the salt, spice and tanginess. If you want to increase the flavour add more lime juice .

**Shelf life:** This chutney stays good for almost a month in the fridge provided it is handled with clean spoons and stored well in an airtight container.

**Variations:** For Satvic option, you can skip adding the onions and garlic. You can skip the mint bunch and replace with coriander. Mint gives a nice flavour and you get some iron from it !!

Instead of roasted gram, you can add roasted peanuts or do half and half. Instead of lime juice, you can soak a small ball of tamarind and use the purée as per taste.

You can also completely skip the roasted gram, but including this adds bulk and some protein to the chutney.

**Pairing:** This flavourful chutney pairs well with ALL the following foods: Dosa, Sandwich, Dhokla, Pakoda, Bajji, Upma, Veg.pulao( fry some chutney along with the vegetables ), curd rice, as a salad dressing, and for flavouring buttermilk too.

**Other Options:** Pani Puri chutney 1. This chutney can be slightly modified to be used for PaniPuri. 2. Take a portion of the chutney, dilute with cold water, add some salt, panipuri masala and aamchoor( dry mango powder ) or chaat masala as required.

**Desi Pesto:** Take a portion of the chutney, and grind it along with 2 cubes of Amul cheese, and some roasted walnuts or pista. Add olive oil to make it into a creamy texture. Desi pesto is ready.

**Rajani Vaidyanathan**

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## Citrus Shortbread

### Ingredients:

- 2 cups all purpose flour
- 1/2 cup granulated sugar
- 1/2 tsp salt
- 200gms butter, unsalted, room temp, cut into small pieces
- 1 tsp orange zest
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 100gm chopped chocolate (optional)

### Citrus sugar for the top:

- 2 tsp granulated sugar
- 1/4 tsp orange zest
- 1/4 tsp lemon zest
- pinch of salt

### Directions:

1. Preheat your oven to 175C.
2. Line a 9x9 square baking tin with parchment paper.
3. Place the all purpose flour, sugar, lemon and orange zest, vanilla extract and salt in a bowl and give it a good mix.
4. Add in the butter and use your fingers to mix the butter with the mixture until it looks crumbly and comes together when you squeeze it.
5. Place this buttery mixture in the pan and press into the mould.
6. To make your citrus zest sugar for the top, place the zest and sugar in a bowl and toss the zest through the sugar, rubbing it through your fingers to release the oils.
7. Sprinkle this on top of your shortbread and place in the preheated oven for 25-30mins (until edges are lightly brown).
8. Remove from the oven and sprinkle some salt for an extra pop. Let it cool completely.
9. Once cooled, remove from the pan and slice into 1 inch thick pieces.



## செட்டிநாடு தோப்பம்

### தேவையான பொருட்கள்:

- 1) கடலைபருப்பு - 100 கிராம்
- 2) பாசிபருப்பு - 100 கிராம்
- 3) வெல்லம் - 250 கிராம்
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- 9) உப்பு - தேவையான அளவு

### செயல் முறை:

- 1) கடலைபருப்பையும், பாசி பருப்பையும் தனித்தனியாக கடாயில் வறுத்து முக்கால் பதத்தில் வேக வைத்து எடுத்து கொள்ளவும்.
- 2) பின் இரண்டு பருப்பையும் தனித் தனியாக துணியை விரித்து பருப்பை மின்விசிறி கிழ் உலர்த்தவும்.
- 3) தனித் தனியாக இரண்டு பருப்பையும் மிக்சியில் பொடிக்கவும்.
- 4) தேங்காய் துருவலை வறுத்து கொள்ளவும்.
- 5) வெல்லத்தை கடாயில் சிறிதளவு தண்ணீர் சேர்த்து பாகு எடுத்துக் கொள்ளவும் (பதம் தேவையில்லை).
- 6) பாத்திரத்தில் அரைத்த பருப்புகளை, வறுத்த தேங்காய் துருவல், ஏலக்காய் சிறிதளவு, வெல்லத்தை சிறிது சிறிதாக வடிகட்டி மாவை பதமாக கலந்து கொள்ளவும்.
- 7) கலந்த மாவை சிறு சிறு உருண்டைகளாக செய்து கொள்ளவும்.
- 8) மைதா மாவில் தேவையான அளவு உப்பு சேர்த்து 1 ஸ்பூன் சர்க்கரை சேர்த்து பஜ்ஜி மாவு பதத்திற்கு தண்ணீர் சேர்த்து கலந்து கொள்ளவும்.
- 9) பின் இந்த உருண்டைகளை மைதா மாவில் நனைத்து எண்ணெயில் பொரித்து எடுக்கவும். கவையான தோப்பம் தயார்



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## Karamani Sundal

White Karamani/Lobiya/Legumes/ Different Names In Different Regions.

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An easy-peasy Healthy and Tasty Protein Veg Dish which can be had anytime of the day or in the evening

### Ingredients:

- White Lobiya / White Karamani - 1 cup - Soaked for 2 hrs( over night soaking optional)
- Coconut Oil : 2 Table spoon
- Big Onion: 1
- Beet Root: 1 Grated
- Carrot: 1 Grated
- Ginger: 1 inch Grated
- Green chilly: 1 de seeded and finely chopped
- Dried Red Kashmiri chillies: 2 nos
- Curry leaves: handful
- Hing powder/Asafetida powder - to taste
- Pomegranate: 1/2 cup
- Salt to taste: Himalayan pink Salt

### Garnishing

- Mint: handful
- Coriander: finely chopped
- Coconut: 1/2 grated
- Lime juice: juice of one lime
- Preparation time: 15 minutes



**Method:** Pressure cook the soaked Lobiya/ Legumes /White Karamani

**Heat a pan:** Add 1Tbsp of Coconut Oil.Once the oil is heated add 1/2 tsp of mustard and 1 teaspoon of urad dal. Add the deseeded and finely chopped green chilly. Next add red chillies and the hing / asafoetida powder. Add curry leaves and the finely chopped onion and sauté for a few seconds.

Add the boiled lobiya / legumes / white karamani along with grated beetroot , carrot and grated ginger. Mix well.

Add the lime juice for a tangy taste.

Add salt to taste and mix all together in the pan and switch off the gas. Finally add the grated coconut and pomegranate along with mint and coriander leaves . Your Karamani Sundal is Ready to Serve. A Very Healthy, Tasty and Colorful Protein and Fiber Enriched Dish Ready To Enjoy .

**Benefits:** Keeps Blood Sugar Levels under control and gives good energy through out the day and night. Very healthy for children and adults.

**Tips:** Always use Organic Coconut Oil and veggies for best taste and results. If you want to add crunchiness add Murmure or bhujija or Rice pori .

I have used only organic ingredients. This is a great dish to be enjoyed anytime and more so during the monsoon season and winter.

**Nandini Karthik**

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## Sombu Keerai Paratha

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Dill/Sowa / Sombu Keerai Paratha

Preparation time 10 mins

Cooking time 10 mins

Total time 20 mins

### Ingredients:

- Whole Wheat flour - 1 cup
- Finely chopped Dill - 1/4 cup
- Chopped onion - 1 medium size
- Finely chopped coriander leaves - 1 small bunch
- Finely chopped green chillies - 4 tbsp
- Turmeric powder - 1/4 tsp



- Salt to taste
- Water - for kneading
- Ghee - for roasting

**Method :** In a mixing bowl add whole wheat flour, chopped Dill, onion, coriander, chilli and all the dry ingredients. Mix well and add water as needed and make a stiff dough.

Cover and keep it aside for 10 minutes.

Take a small quantity of dough, roll into a ball. Dust all over with wheat flour and roll into a paratha. Transfer the paratha onto a preheated tawa or griddle. Roast evenly on both sides adding ghee.

Tasty dill paratha is ready to serve. Repeat the process and make parathas with the remaining dough .

Serve hot

**Nikita. M. Babu**

*IWC Chennai Wisteria*

## Vazhaipoo Vadai

I was born and brought up in Northern India. When I used to visit my grandma in Chennai, her kitchen would have a Chettinad Basket full of wonderful vegetables and fruits which were not used much and seen in North India.

In the Magic Basket along with other vegetables and my favourite bananas I saw a brown coloured Big Flower. I asked my grandma, "What is this flower and do you keep the flower on your head?" She laughed and said, "No Darling"! It's a magic Flower and I've never seen such a big flower.

I started shooting questions regarding the Flower, she finally told me its a Plantain tree blossom and she is going to make 65 out of it. It was very interesting to here the strange names.

She started narrating the benefits and medicinal values of plantains and gave interesting information about the tree and it's uses in South Indian cooking from Sambars, to Curries, from Vadas to Thuvayal or chutney. Interesting isnt it!!!

Grand ma took the flower and started peeling the skin. Small flowerets were hidden behind the old blanket in dark red colour. Next Grandma started removing the stamens from the flowerets. Unique vegetable with unique style of preparation.

I lifted it and sniffed the glorious smell of Banana Flower. She chopped the flowerets fine and soaked them in curd to prevent them turning black.

Receipe of the Vazhaipoo 65

### Ingredients:

- Vazhaipoo or Banana Flower: Medium sized, remove the stamens and soak the florets in butter milk
- Chick peasflour: 200 gms
- Rice flour: 100gms
- Ginger Garlic Paste: to taste
- Kashmiri Red Chilli Powder: to taste
- Salt: to taste
- Oil: For frying



**Method:** Mix chickpeas flour and rice flour together. Add Kashmiri red chili powder, salt and mix well. Sprinkle little water. Drain the buttermilk thoroughly and add the banana florets to the flour mixture and mix them well.

Heat oil in a pan and once oil is hot, take single pieces of the banana florets dipped in flour and deep fry.

Fry all of them like we do for Pakoda. Your Crispy Vazhaipoo 65 is ready. Sprinkle raw onion and fried curry leaves and serve hot.

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**Ingredients:** Equal quantities of

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- Hibiscus flowers and leaves
- Methi - 15-20 (vendayem)
- Aloe vera or aloe vera gel
- Vitamin e drops - few drops
- Mehendi leaves (marudaani leaves)
- Half / One litre pure Coconut Oil



**Method:** Wash all the above ingredients except the aloe Vera gel and vitamin e drops and dry them on a clean white cloth in shade.

Now add oil to an Iron Kadai. Keep the stove in sim state throughout the process. When the oil comes to a boiling state add all the above ingredients except for vitamin e drops. Let it boil in sim till the colour changes to dark green colour. Switch off the stove and add few drops of vitamin e.

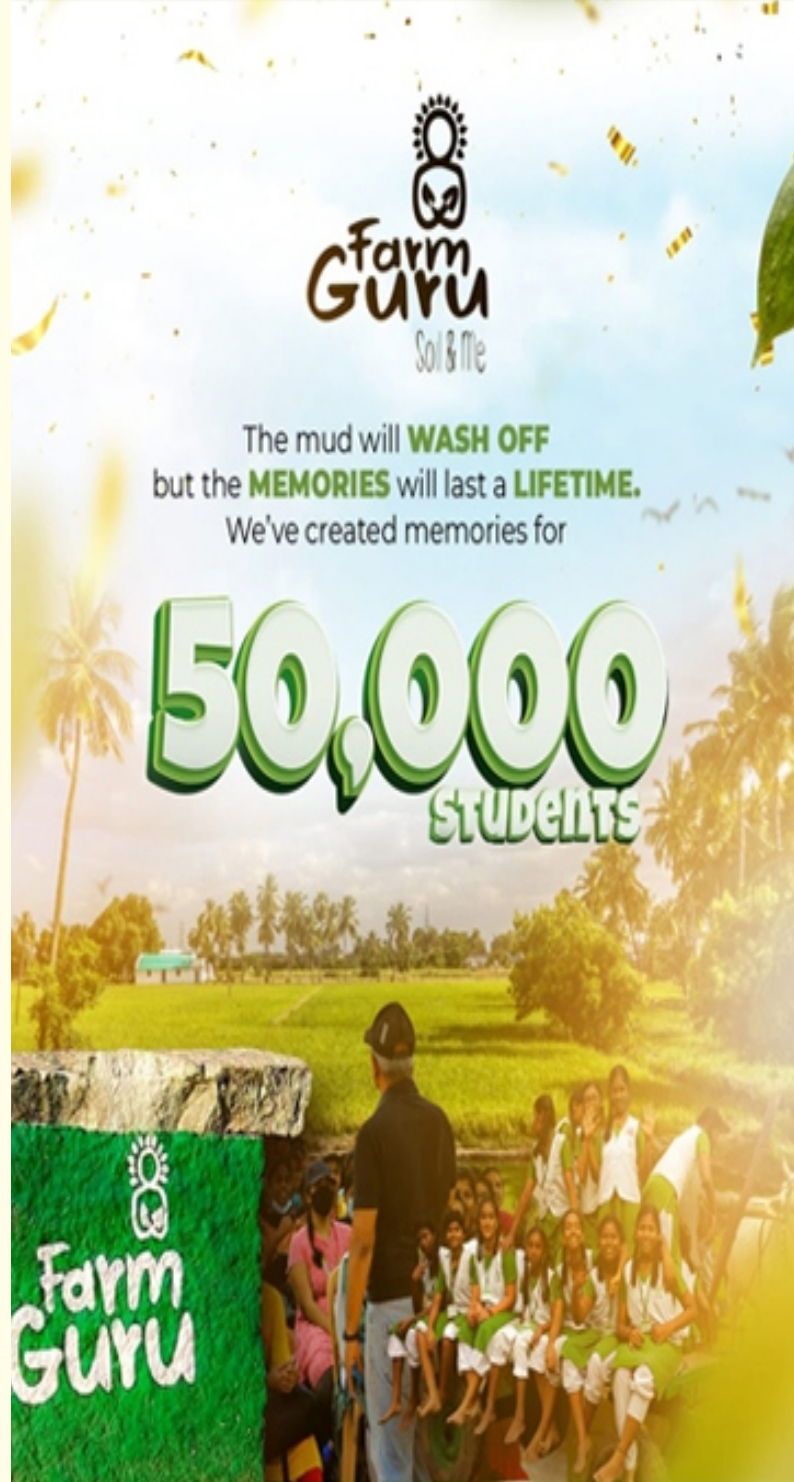
Now after the oil is cool filter and start using the oil

**Sangeetha Narayanan**

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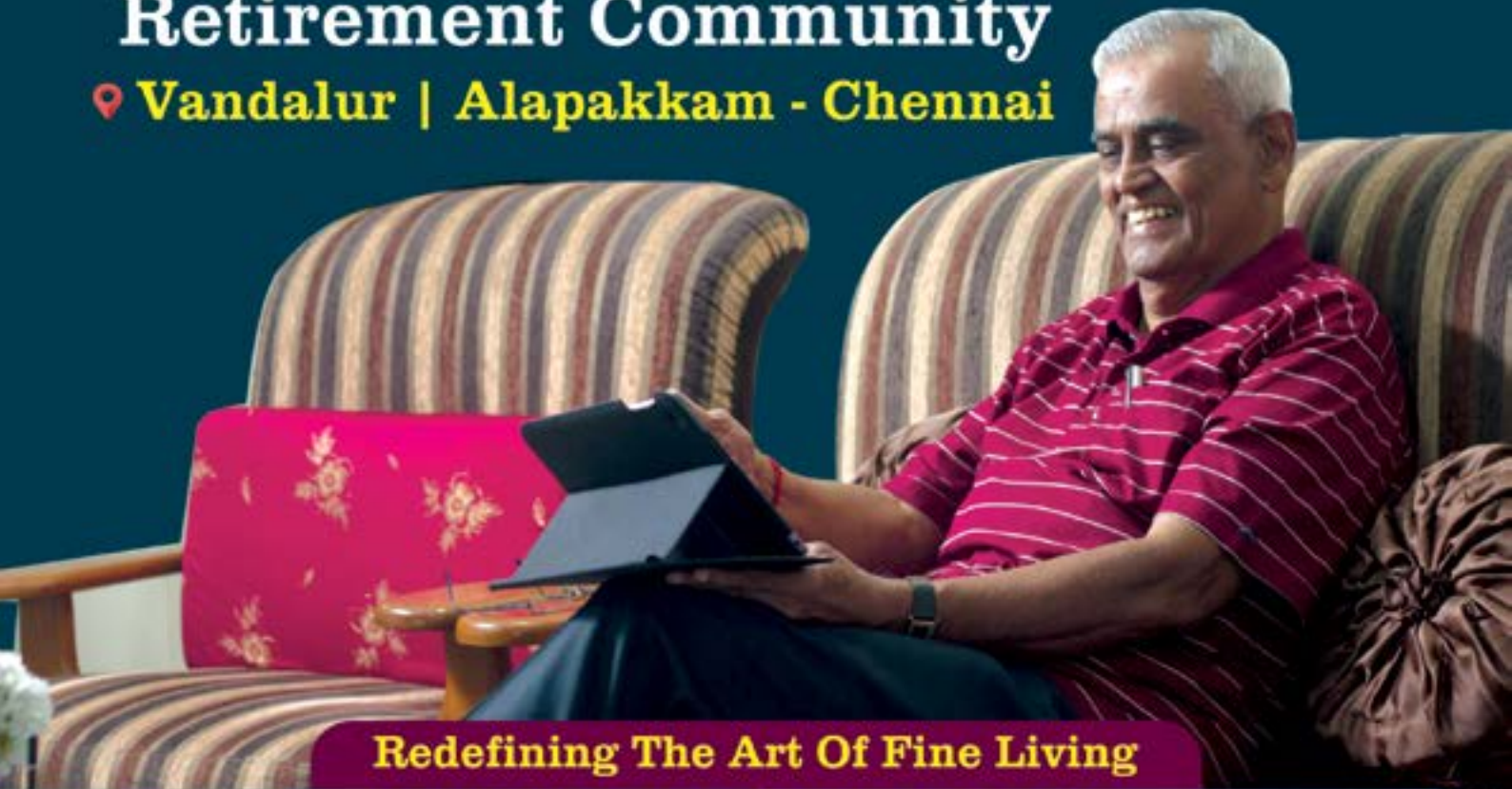
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## அழகிகள்

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அணங்குகளாய் வலம் வரும் மங்ககயர் பல,  
சூரியனே சாட்சியாய் அங்கம் காய்ந்து  
முந்திரிக்கொட்கை சுட்ட தணலில்  
நாகளல்லாம் வாடிய மங்கு முக அழகிகள்  
சூலைச் சூட்டிலே, செங்கல் சுமந்த சித்தாள்கள்  
செம்பட்டை முடி கூந்தல் அழகிகள்  
காலமெல்லாம் பால் கறந்த அடையாளமாய்  
அணைக்கயிறு தோளில் நாட்டியமாட  
சாதிர் ஆட்ட கைமுத்திரை போல்  
வளைந்து நின்ற கட்டைவிரல் ஆழகிகள்  
முப்போகம் விளையும் மின்சாரமில்லா வயலுக்கு  
கமலை நீர் அடித்த காப்பு காய்த்த தொடையழகிகள்  
தலைச்சுமை தூக்கி விற்ற தலைவிகள்  
சரியாது நடக்கும் ரேம்ப வாக்க நடையழகிகள்  
லிப்ட் இல்லா வீட்டுவசதி வாரிய குடியிருப்பில்  
நான்கு மாடி தண்ணீர் குடம் தூக்கிய  
ஓய்வில்லா கடுவன் இடுப்பு அழகிகள்  
பட்டாசு ஆலையில் பக்குவமாய் அடைத்த மருந்து  
தகதகவே மெட்டாலிக் சில்வர் ஷேடில்  
மின்னிய நகக்கண் அழகிகள்  
ரீப்ட் ஜீன்ஸ் அழகென்றால்  
சாயம் போன பாவாடைகள்  
அழகோ அழகு ... உழைப்பின் அழகு



**Jamunarani Gopi**  
IWC Nanganallur

## பெண்மை இனியதடா

அதிகாலை எழுவதில் எந்நாளும் வெற்றி அடுத்த நொடி  
சுறுசுறுப்பு கடைசி வரை விறுவிறுப்பு உமையாள் உமக்கே  
சாத்தியம் - பெண்ணிற்கு ஆண் இணையல்ல இது சத்தியம்.

சமைத்ததை அருந்திடும் சர்வாதிகாரம் சமைந்த பொழுதே  
விட்டொழித்து சமையல் அறையிலே வாழ்ந்து சமைத்தே  
உண்கிறாள் சாகும் வரை....

அதி காலை இருட்டிலும், கொலுசும் வளையலும்  
மேளதாளமிட்டும், நத்தையாய் நகர்கிறாள் சத்தமின்றி  
ஏனையோர் உறக்கம் துறக்காதிருக்க....

இருக்கும் வேளையில் பசி மறக்க இல்லாவேளைதனில் பசி  
துறக்க இவள் நா ருசிப்பதும், தன் மக்களுக்கு தான்  
படைக்கும் பதார்த்தங்களை சோதித்துப் பார்க்கையில்  
தான்....

எங்கே இல்லை பெண் - விண்வெளியில் பறப்பதில்,  
விமானத்தை இயக்குவதில், புகைவண்டி நகர்த்துவதில்,  
கனரக இயந்திரங்களைக் கையாளுவதில் கடின சாகசங்கள்  
முடிப்பதில், மருத்துவத்தில், விளையாட்டில்,  
நாடாளுவதில்.. ஏன் எங்கும், எதிலும் எல்லாம் பெண்....

ஏழையாக இருந்தாலும், எதையும் எதிர் கொள்வாள்  
எதிர்பார்த்து ஏங்க மாட்டாள் பாசத்தை தைத்து, பண்பை  
விதைத்து, அன்பை நிறைத்து, அகிலத்தைக் காத்திடும்  
ஆனந்த விருட்சம் அவள்....

தெய்வங்களை....

கோவிலில், தெருவில் தேடாதீர்கள் ஒவ்வொரு வீட்டிலும்  
இருக்கிறார்கள்

தாயாய் ....

மகளாய் .....

தமக்கையாய்.....

தோழியாய் ....

மனைவியாய் ....

ஆதலால் பெண்மை இனியதடா.....



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## எது வெற்றி

4 வயதில், தனியாக நடக்க முடிந்தால், வெற்றி!  
 8 வயதில், தனியாக வெளியே சென்று வழி தவறாமல் வீடு திரும்பினால், வெற்றி!  
 12 வயதில், நல்ல நண்பர்கள் கிடைத்தால், வெற்றி!  
 18 வயதில், வாகன ஓட்டுநர் உரிமம் பெற்றால், வெற்றி!  
 22 வயதில், பட்டதாரியாக பல்கலைக்கழகத்திலிருந்து வெளியேறினால், வெற்றி!  
 25 வயதில், நல்ல வேலை கிடைத்தால், வெற்றி!  
 30 வயதில் தனக்கென குடும்பத்தை அமைத்துக்கொள்ள முடியுமானால், வெற்றி!  
 35 வயதில், போதுமான அளவு சம்பாதிக்க முடியுமானால், வெற்றி!  
 45 வயதில், இளைஞரைப் போன்ற உருவத்தை தங்கவைக்க முடியுமானால், வெற்றி!  
 50 வயதில், தன் பிள்ளைகளுக்கு நல்ல கல்வியை அளிக்க முடியுமானால், வெற்றி!

55 வயதில், நம் கடமைகளை தொடர்ந்து சரியாக செய்ய முடியுமானால், வெற்றி!  
 60 வயதில், ஓய்வு பெற வேண்டியவர் என நிராகரிக்கப்படாமல் செயலாற்ற முடியுமானால், வெற்றி!  
 65 வயதில், நோயில்லாமல் வாழ முடியுமானால், வெற்றி!  
 70 வயதில், மற்றவர்களுக்கு பாரமில்லாமல் வாழ முடியுமானால், வெற்றி!  
 75 வயதில், பழைய நண்பர்களுடன் உறவாடி மகிழ முடியுமானால், வெற்றி!  
 80 வயதிற்கு மேல் மற்றவர் துணையில்லாமல் வெளியே சென்று வழி தவறாமல் வீடு திரும்ப முடியுமானால், வெற்றி!



**Latha Chittibabu**  
IWC Thiruvannamalai

## அஃது அதுவே!!!

அம்மாவின்  
அப்பாவின் அங்கீகாரம்  
அளவில்லா அருவி  
அசைவில்லா அலை

அகந்தையற்ற அரவணைப்பு  
அற்புதமான அருமருந்து  
அமுதுபோல் அபூர்வம்  
அருந்ததிபோல் அரியதும்

அலைபோல் அணைக்கும்  
அக்கினிபோல் அறவைக்கும்  
அனைத்திற்கும் அதிபதி  
அணையா அகல்

அஞ்ஞானம் அகற்றிடும்  
அந்தமில்லா அனந்தம்  
அணுவினுள்ளும் அடங்கியிருக்கும்  
அசுரனையும் அகமுருக்கும்

அகப்பை அளவாயினும்  
அல்லலுற்றோன் அகமகிழும்  
அனிச்சையான அனுசரிப்பு  
அரசனுக்கும் அது அவா

அனைவருள்ளும் அழிந்துவரும்  
அணுகுண்டையும் அதிரச்செய்யும்  
அஹிம்சையின் அம்பு  
அறிவூட்டும் அகராதி

அழகான அருவம்  
அண்டமெல்லாம் அரும்புகையில்  
அமைதியின் அம்சமாக  
அகிலமே அணிவகுக்கும்

அட... அதென்ன?  
அங்கலாய்க்காதீர்!  
அனுதினமும் அனுபவிக்கிறோம்  
அருமை அறியாமலே



அப்படியென்ன?  
அன்றலர்ந்த அக்குஞ்சுக்கும்  
அறுபதாகிய அகவைக்கும்  
அயர்ந்திடேயின்  
அக்கணமும்  
அறுந்திடா  
அறுகு  
அன்பு!!!!

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## திருக்குறள் பற்றிய தகவல்கள்

திருக்குறள் முதன் முதலில் அச்சிடப்பெற்ற ஆண்டு - 1812  
 திருக்குறளின் முதல் பெயர் - முப்பால்  
 திருக்குறளில் உள்ள அதிகாரங்கள் - 133  
 திருக்குறள் அறத்துப்பாலில் உள்ள குறட்பாக்கள் - 380  
 திருக்குறள் பொருட்பாலில் உள்ள அதிகாரங்கள் - 700  
 திருக்குறள் காமத்துப்பாலில் உள்ள குறட்பாக்கள் - 250  
 திருக்குறளில் உள்ள மொத்த குறட்பாக்கள் - 1330  
 திருக்குறளில் இடம்பெற்ற இரண்டு மரங்கள் - பனை, மூங்கில்.  
 திருக்குறளில் அதிகம் பயன்படுத்தப்பட்ட (1705) ஒரே எழுத்து - னி.  
 திருக்குறளில் ஒரு முறை மட்டும் பயன்படுத்தப்பட்ட இரு எழுத்துகள் - ளீ, ங.  
 திருக்குறளில் இடம்பெறாத இரு சொற்கள் - தமிழ், கடவுள்.  
 திருக்குறள் மூலத்தை முதன் முதலில் அச்சிட்டவர் - தஞ்சை ஞானப்பிரகாசர்.

திருக்குறளுக்கு முதன் முதலில் உரை எழுதியவர் - மணக்குடவர்.

திருக்குறளை முதன் முதலில் ஆங்கிலத்தில் மொழிபெயர்த்தவர் - ஜி.யு. போப்.

திருக்குறளில் உள்ள சொற்கள் - 14,000.

திருக்குறளில் உள்ள மொத்த எழுத்துகள் - 42,194 .

திருக்குறளில் தமிழ் எழுத்துகள் 247-இல் - 37 மட்டும் இடம்பெறவில்லை.

திருக்குறளில் இடம்பெறும் இரு மலர்கள் - அனிச்சம், குவளை,

திருக்குறளில் இடம்பெறும் ஒரே பழம் - நெருஞ்சிப்பழம் .

திருக்குறளில் இடம்பெறும் ஒரே விதை - குன்றிமணி.

திருக்குறளில் பயன்படுத்தப்படாத ஒரே உயிரெழுத்து - ப்.

திருக்குறளில் இருமுறை வரும் ஒரே அதிகாரம் - குறிப்பறிதல்.



## ஐஸ்வர்யம் எது

இளஞ்சூடு சூரியன் ஐஸ்வர்யம்!  
 பவுர்ணமி தினத்தில் சந்திரன் ஐஸ்வர்யம்!  
 உலகில் நம்மை தழுவிக்கொண்டிருக்கும் இந்த பஞ்ச பூதங்கள் ஐஸ்வர்யம்!  
 பால் வடியும் குழந்தையின் சிரிப்பு ஐஸ்வர்யம்!  
 இயற்கை அழகு ஐஸ்வர்யம்!  
 உதடுகளால் சிரிக்கும் உண்மையான சிரிப்பு ஐஸ்வர்யம்!  
 அவசரத்தில் உதவும் நண்பன் ஐஸ்வர்யம்!  
 'ஐஸ்வர்யம்' என்றால் பண கட்டுகளோ லாக்கரில் இருக்கும் ஜெர்மன் தங்கமோ அல்ல!  
 வீட்டு வாசலில், பெண் பிள்ளையின் கொலுசு ஒலி ஐஸ்வர்யம்!  
 வீட்டிற்கு வந்தவுடன், சிரிப்போடு எதிரில் வரும் மனைவி ஐஸ்வர்யம்!  
 எவ்வளவு வளர்ந்தாலும், அப்பா திட்டும் திட்டி ஐஸ்வர்யம்!

அம்மா கையால் உணவு ஐஸ்வர்யம்!  
 மனைவி பார்க்கும் ஓர கண் பார்வை ஐஸ்வர்யம்!  
 பசுமையான மரங்கள் பயிர் நிலங்கள் ஐஸ்வர்யம்!  
 புத்தியுள்ள குழந்தைகள் ஐஸ்வர்யம்!  
 குழந்தைகள் படிக்கும் படிப்பு ஐஸ்வர்யம்!  
 கடவுள் கொடுத்த உடல் ஆரோக்கியம் ஐஸ்வர்யம்!  
 ஒருவருக்காவது உதவி செய்யும் மனசு ஐஸ்வர்யம்!  
 ஐஸ்வர்யம் என்றால் கையில் எண்ணும் பணக்கட்டு அல்ல!  
 கண்ணால் பார்க்கும் உலகம் ஐஸ்வர்யம்!  
 மனசு அடையும் சந்தோஷம் ஐஸ்வர்யம்!



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தாயாய், தாதியாய்,

பள்ளிப்பருவத்தில்

தாயாய், ஆசானாய்,

கல்லூரிக்காலத்தில்

தாயாய், தோழியாய்,

மணமுடித்தபின்

தாயாய், தாதியாய், ஆசானாய், தோழியாய்

அனைத்துமாகி நின்றாய் நீ!

சின்னச்சின்ன சுகங்களை அனுபவிக்க கற்றுத்தந்தாய்;

குழ்ந்து நிற்கும் துயரங்களை

எதிர்கொள்ள கற்றுத்தந்தாய்;

அன்று நீ விதைத்த அன்பெனும் சிறு விதை

இன்று விருட்சமாய் எம்முள்!

மறு பிறவியும் எனக்கு சம்மதமே

மீண்டும் உன் வயிற்றில் உதிப்போமானால்!



## RESPECT (மதிப்பு அல்லது மரியாதை)

வெறும் வார்த்தை மட்டும் அல்ல அது ஒருவரின் வாழ்க்கையையே மாற்றக்கூடியது.

R	Responsibility	உன் தொழிலுக்கு மரியாதை கொடு வியாபாரம் விருத்தியாகும்!
E	Excellence	உன் வாடிக்கையாளருக்கு மரியாதை கொடு வாடிக்கையாளர்கள் பெருகுவர்!
S	Self-control	உன் வேலைக்கு மரியாதை கொடு திறமை நிரூபணமாகும்!
P	Politeness	உன் நேரத்திற்கு மரியாதை கொடு நேரமின்மை என்பது குறையும்!
E	Empathy	உன் நண்பர்களுக்கு மரியாதை கொடு நட்பு பலப்படும்!
C	Cooperation	உன் உறவுகளுக்கு மரியாதை கொடு உறவுகள் உணரப்படும்!
T	Trust	உனக்கே நீ மரியாதை கொடு உன்னையே நீ உணர்வாய்!! உயர்த்துவாய்!!

Ananthi

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## கவிதை மலர்கள்

உண்மை கதந்திரம்

நினைத்த நேரத்தில் விழித்து, விழித்த நேரத்தில் உண்டு, விரும்பிய நேரத்தில் நீராடி, உல்லாச பறவையாக இருந்தவன் உணர்ந்தான் உண்மை வாழ்வை. நல்ல பெண்ணை மணந்தான்.

மனசாட்சி

கறை படாத கருத்துக்கள் எதையும் ரசிக்கும் உள்ளம், உன்னை நான் மதிக்கின்றேன்!!

உதவி

அன்று அவ்வை சொன்னது, இளமையில் கல். இன்று பிறருக்கு முதுமையில் கற்கக் உதவி செய்.

எங்கும் காதல் எதிலும் காதல்

கருத்துக்களைப் பரிமாறிக் கொள்ளும் கபடமற்ற உள்ளங்களின் சங்கமம் தான் காதல்.!

காதல் அறிந்த மனம் களங்கமற்ற நீரோடை. பெற்றவர்களிடம் கொண்ட பாசம்! ஒருவித காதல்.

மற்றவர்களிடம் கொண்ட மதிப்பு ஒருவித காதல். நட்பில் கொண்ட காதல் மிக மதிப்பு மிக்க உயர்ந்த காதல்.

**Malathi Gururajan**

IWC Adambakkam

## தொண்டு

மனிதகுலத்தில் பிறந்து விட்டோம். மனித சமுதாயம் தான் ஒவ்வொருவரையும் உருவாக்கி வளர்த்து, வாழவைத்து வருகின்றது மறைந்து போனவர்களும் இன்றிருப்பவர்களும் ஆன கோடிக்கணக்கான சிந்தனையாளர்கள் உழைப்பாளிகள், அருட்செல்வர்கள் செய்த தொண்டுகள் மனித வாழ்வில் பொருள்வளமாக, அருள் ஒளியாக ஆட்சி அமைப்பாக அமைந்து மனிதனைச் சிறப்போடு வாழவைக்கின்றன. பிறந்து வளர்ந்து வாழ்ந்து முடிந்து கொண்டே இருக்கும் குறுகிய ஆயுட் காலத்தையுடைய மனிதனுக்கு நல்வாழ்வை அளித்து காப்பது, நீண்ட ஆயுளையும் விரிந்த எல்லைகளையும் உடைய சமுதாயமேயாகும் அதில் அமைந்துள்ள நன்மைகளையெல்லாம் துய்த்து இன்புறும் ஒவ்வொரு தனிமனிதனும் அந்தச் சமுதாயத்தின் நலம் காத்துத்தான் நலம் பெற வேண்டும்

“வாழ்வதனை முற்றுணர்ந்து அதை அமைதி வெற்றி வழிகண்டு வாழ்வைக்கும் பேரறமே தொண்டு”

**Kumari Sadasivam**

IWC Cheyyar

## ஹைக்க கவிதைகள்

1. திரைப்படமோ !!  
வாழ்க்கையோ !!  
நல்லா நடித்தால் தான் மதிப்பு...
2. கொக்கு பறக்கும்  
புறா பறக்கும்  
கலவரத்தில் என்னவோ  
கல் தான் பறக்கும்
3. எந்த உதும்  
பேசத் தெரிந்த  
சர்வதேச மொழி  
'சிரிப்பு'
4. உள்ளத்தில் இருக்கும்  
சோகத்தை மறைக்க  
உதடுகள் போடும்  
நாடகம் தான் 'புன்னகை'
5. அக்கறை எல்லாம்,  
அக்கரையில் இருக்கும்  
வரைதான்,  
இக்கரை வந்ததும்  
அக்கறை காணாமல்  
போய்விடும்.
6. அனுபவங்கள் அதிகமானால்  
அதிகமாகி விடுகிறது 'மனசு'
7. சிரித்து விட்டு  
கடந்து செல்வோம்  
சில சில்லறை புத்தி  
கொண்ட மனிதர்களை.....
8. ஆன்லைனில் கிடைக்கும்  
அன்பும், ஆன்ட்ராய்ட்  
போனில் இருக்கும் சார்ஜும்  
அதிகம் நீடிப்பதில்லை.

**Latha Chittibabu**

IWC Thiruvannamalai

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## அச்சமில்லை

‘என்ன விஷயமா வந்திருக்கீங்க!’ என்றார் என் ஒன்று விட்ட மாமா ஆளுங்கட்சியில் முக்கிய பங்கு வகிப்பவர்.

‘தேர்தலில் கவுன்ஸிலர் பதவிக்கு பாரதியை நிற்க வைக்கலாம்னு நம்ம தொகுதியில் எல்லோரும் விருப்பப்படறாங்க’ முன்மொழிந்தார் என் கணவர்.

மாமாவின் முகத்தில் லேசான அதிர்ச்சி. ஆனால் சட்டென்று சுதாரித்துக் கொண்டார். நான் அவரையே கூர்ந்து நோக்கினேன்.

‘பாரதி! உனக்கு எதுக்கும்மா இந்த அரசியல் ஆசையெல்லாம்? இது புலி வாலை பிடித்த மாதிரி, ஒரு தடவை பிடிச்சுட்டா, ஒண்ணு நீ ஜெயிக்கணும், இல்லேன்னா புலி உன்னை சாப்பிட்டு விடும்’ என்றார்.

நான் புன்னகைத்தேன் ‘படித்தவர்களும் நேர்மையானவர்களும் அரசியலுக்கு வர பயப்படக்கூடாது மாமா! நாங்கள் தொகுதி மக்களோடு சென்று தலைவரை பார்க்கப் போகிறோம் எதற்கும் உங்களிடம் அபிப்ராயம் கேட்கலாம்னு வந்தோம்!’ என்று நாங்கள் புறப்பட எத்தனிக்க, மாமா தடுத்தார்.

‘இரும்மா, நான் உனக்காகத் தலைவரிடம் பேசிப் பார்க்கிறேன். ஆனால், நீ அரசியல் கூட்டத்துக்கு எல்லாம் வந்ததே இல்லையம்மா. ‘சுகந்தி’ என்ற ஒரு பெண்மணி பெரிய தொழிலதிபரின் மனைவி. அவர் தான் உங்கள் தொகுதியில் நிற்பதற்காக தலைமையின் சிபாரிசு பிடித்திருக்கிறார். உனக்கு எலிஜிபிலிட்டியும் இல்லையே!’ யோசனையாய் முகவாய் தேய்த்தார்.

எனக்கு அனுபவம் இல்லையென்று சொல்லுங்க மாமா ஒத்துக்கறேன் ஆனா, தகுதி இல்லேன்னு சொல்லாதீங்க. நீங்க சொல்லும் அந்த சுகந்தியை தொகுதி மக்களுக்குத் தெரியாது. மீட்டிங் அட்டெண்ட் பண்ணா போதுமா? மக்கள் பிரச்சினை தீர்க்க முன் வந்திருக்கிறார்களா? எங்களைப் போல் பொதுச்சேவை செய்கிறார்களா? என் கணவர் குறிப்பாய் என்கைகளை அழுத்த, கோபம் சற்றே அடங்கியது எனக்கு.

‘அமைதி பாரதி!’ என்று சிரித்த மாமா, தன் செல்ஃபோனில் எண்களை ஒற்றினார். எதிர்முனையில் இருந்தவரோடு குழைந்தார். ‘ஆமாம் தலைவரே! என் சொந்தக்கார பொண்ணு.



கவுன்ஸிலர் ஸீட் ....சரி தலைவரே! நான் சொல்லிக்கறேன், உங்கள் மனசு யாருக்கு வரும்! அடுத்த வாட்டி நிச்சயம் பார்த்துடலாம்’ என்று பேசி முடித்தார்.

என்னைப் பார்த்து புன்னகைத்தார். ‘அடுத்த தேர்தலில் உனக்குத்தாம்மா ஸீட்! தலைவர்கிட்ட பேசிட்டேன்!’

‘ஐந்து வருடம் கழித்தா?’ என்றேன் சிரித்து விடைபெற்று திரும்புகையில் கணவர் கேட்டார்; ‘என்ன பாரதி? வீட்டுக்குத் தானே இவரே முடியாதுன்னு சொல்லிட்டார். அப்புறமென்ன?’

மனம் யோசனையில் உழல, மௌனம் காத்தேன். அப்பா இறந்த பின், அநாதரவாய் நின்ற என் அம்மாவுக்காக ஒரு உதவியும் செய்யாது விலகி ஓடியவர் தான் இந்த மாமா.

‘என்னங்க! நாம் நேரடியாய் தலைவரைச் சென்று பார்க்கலாம்!’ என்றேன்!

‘மாமா எனக்காக ஃபோனில் பேசியதெல்லாம் நாடகம். உண்மைக்கும் அவருக்கும் வெகு தூரம்!’

‘கண்டு பிடித்து விட்டாயா? கில்லாடி தான் என்று கூறி சிரித்த என் கணவர். ‘புலிவாலை பிடிக்கத் தீர்மானித்து விட்டாய் போல?’ என்றார்.

‘ஆமாம்!’ என்றேன் உறுதியாக.

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## அன்பின் வழியது உயர்நிலை

“அன்பின் வழியது உயர்நிலை அஃதிலார்க்கு  
என்புதோல் போர்த்த உடம்பு” - குறள் எண் :80

என்ற குறள் மூலம் இரண்டு அடியில் இவ்வுலகத்தை திரும்பி பார்க்க வைத்தவர் வான்புகழ் கொண்ட திருவள்ளுவர்.

எந்த ஒரு திறவுகோலுக்கும் திறக்காத ஒரு பூட்டு ஒரு திறவுகோலுக்கு மட்டும் திறக்கும். ஆம் அந்த திறவுகோல் தான் அன்பு. மனிதன் சக மனிதனை நேசிக்கின்ற, சகமனிதன் துன்பம் போக்கி வாழ்கின்ற மனித நேயத்துக்கும் அப்பால் உலகத்தில் உள்ள எல்லா உயிர்களிடமும் அன்பு காட்டுகின்ற உன்னதமான வாழ்க்கை நெறியைச் சங்ககாலம் விளக்குகிறது.

முல்லை கொடி படர தன் தேரையே நிறுத்திய பாரி, குளிரில் வாடிய மயிலுக்கு போர்வையை போர்த்திய பேகன். எவ்வுயிரும் தம் உயிர்போல் எண்ணிய மாமனிதர்கள் ஆவர். நாடு, மொழி, இனம், பண்பாடு, நாகரிகம் போன்றவற்றை கடந்து மேலோங்கி நிற்பது மனிதநேயம் என்று சிறப்பிக்கப்படுகிறது.

‘ஏழையின் சிரிப்பில் இறைவனை காண்போம்’ என்றார் பேரறிஞர் அண்ணா. ஆனால் இன்று

‘கோயில் வளர்ந்திருக்கு,  
பக்தி வளர்ந்திருக்கு,  
ஆனால் மனிதநேயம் வளர்ந்திருக்கா?’

அன்பு மறந்து, பொதுநலம் மறந்து, சுயநலம் ஒன்றே சிறந்தது என்று வாழ்ந்து கொண்டிருக்கிறது இந்த சமூகம்.

‘இரு கை கூப்பி வணங்குவதை விட ஒரு கை நீட்டி பிறருக்கு உதவி செய்’ என்பதையே நம் முன்னோர்கள் தர்மம் என்று பெயரிட்டார்கள். அன்னை தெரஸா தம் 18ம் வயதில் அல்போனியாவில் இருந்து இங்கு வந்த பொழுது அவரிடம் இருந்த ஒரே சொத்து ‘அன்பு’ மட்டுமே மட்டுமே. ‘மக்கள் தொண்டே மகேசன் தொண்டு’ என்ற அவரது தன்னலமற்ற சேவையால் இப்பூவுலகையே தன்வயப்படுத்தியவர். அன்பின் வெளிப்பாடு தான் சேவை. அதற்கு சிறந்த எடுத்துக்காட்டு கொரோனா காலத்தில் கோயில்கள் மூடப்பட்டன, பக்தர்கள் வீட்டிற்குள்ளே முடக்கப்பட்டனர். ஆனால் உயிர்களிடத்தில் அன்பு கொண்ட பிறருக்கு உதவி செய்யும் சேவை மனப்பான்மை உள்ளவர்களுக்கு மட்டுமே அரசு தம் இருப்பிடத்தை விட்டு வெளிய வர அனுமதித்தது. இதனை யாராலும் மறுக்கவே முடியாது.

ஆகையால் அன்பின் வழியில் ஒருவர் இருப்பார் என்றாலும் அவரிடத்தில் உயிர் தங்குகிறது என்று அர்த்தம். அன்பு இல்லாத ஒருவனை எலும்புக் கூட்டை தோல் போர்த்திய ஒரு உடம்பு என்றே நினைப்பார் மக்கள். அதற்கு எந்த மதிப்பும் இல்லை. மரியாதையும் இல்லை.

ஆதலால் அன்பு செய்வீர் பிற உயிர்களிடத்தில் அன்பு கொண்டு சேவை செய்வோம். வாருங்கள் சகோதரிகளே...

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## பெண்களின் உலகம் முன்னேறி விட்டதா?

பெண்களின் உலகம் முன்னேறி விட்டதா?

நீண்ட நாட்களாக நமக்குள் எழும் கேள்வி இது. உடைகள் மாறி விட்டது. உயர் கல்வி கற்கின்றனர். உயர்ந்த பணிக்கு செல்கின்றனர். தொழில் முனைவோர் பலருண்டு. தன் சம்பாத்தியத்தில் குடும்பத்தை வழிநடத்துவோர் எத்தனையோ பேர்! இப்படி அடுக்கடுக்காக சொல்லிக் கொண்டே போகலாம் சந்தேகமில்லை.

இது ஒரு புறம் இருக்க இன்றும் பெண் குழந்தை பிறந்தால், கவலைப்படுவோர் ஏராளம். ஏன்?

ஆம், அவர்களை வீட்டில் தனியே விட பயம். பள்ளிக்கு அனுப்பினால் பாலியல் தொல்லை. வளரும் இளம் பருவ பெண் குழந்தைகளுக்கு கவுன்சிலிங் கொடுக்கிறோம். யாரிடம் எப்படி பழக வேண்டும் என்று சொல்லிக் கொடுக்கிறோம். பால்மனம் மாறாத குழந்தைகளுக்கு என்ன சொல்லிக் கொடுப்பது? ஐந்து வயது குழந்தையை சீரழிப்பவனை செய்தியில் பார்த்தால், கோபப்படுகிறோம். வசை பாடுகிறோம். நடுவீதியில் தூக்கிலிட வேண்டும் என்று பேசுகிறோம். ஆனால், அடுத்த நிமிடம் நம் வீட்டுப் பிரச்னைகளை நோக்கியும், அடுத்த வீட்டுப் பிரச்சினைகளை பேசியும் நகர்கிறோம். ஓடுகிறோம்.

வேறு என்ன செய்ய முடியும் நம்மால்?

சிலர் கூறுவதுண்டு பெண்கள் நாகரீக உடை அணிவதால்தான் தவறுகள் நடக்கின்றன என்று ஆறு வயது குழந்தையும், அறுபது



வயது பெண்மணியும் என்ன உடை அணிந்து இவர்களை தவறு செய்ய தூண்டினார்கள்?

இதையெல்லாம் கடந்து, நல்ல முறையில் படிக்க வைத்து, லட்சக் கணக்கில் செலவு செய்து திருமணம் செய்து வைத்தால் எத்தனை பேர் மகிழ்ச்சியாக வாழ்ந்து கொண்டிருக்கிறார்கள்? காலத்திற்கும், குடும்பத்திற்கும், குழந்தைகளுக்கும் ஏற்றவாறு தம்மை செதுக்கிக் கொள்கிறார்கள். பணப் பிரச்னை, குழந்தை வளர்ப்பு, அவர்களின் படிப்பு, வயதானவர்களின் பராமரிப்பு, சொந்த வீடு கட்டுதல், உடல் நலம், மருத்துவம், பிரியமானவர்களின் இழப்பு இப்படி வாழ்க்கையின் எல்லா கட்டங்களையும் வாழ்ந்து முடித்து பின்னோக்கிப் பார்க்கையில் அதுவே ஒரு சாதனையாக பெருமை அடைகிறார்கள். பெண்களே பெருமை கொள்ளுங்கள். இதையெல்லாம் மீறி பணிகளில், தொழிலில் நிறைய சாதிக்கிறீர்கள்.

இனி நம் வீட்டு பெண் குழந்தைகளை பாதுகாப்போம். ஆண் குழந்தைகளுக்கு, பெண்களை எப்படி மதிக்க வேண்டும், அவர்களுக்கு கொடுக்க வேண்டிய மரியாதை என்ன, வருடத்திற்கு ஒருநாள் பெண்கள் தின வாழ்த்துக்கள் சொன்னால் போதாது. வருடம் முழுதும் வாழ்த்தும் மனம் வேண்டும், அவர்களை பாதுகாக்கும் அரணாக நீங்கள் இருக்க வேண்டும் என்று சொல்லி வளர்க்கலாம். நம்மைச் சுற்றியுள்ள சமுதாயத்தை மட்டுமாவது நம்மால் முடிந்த வரை வளமாக மாற்ற முயற்சிப்போம்.

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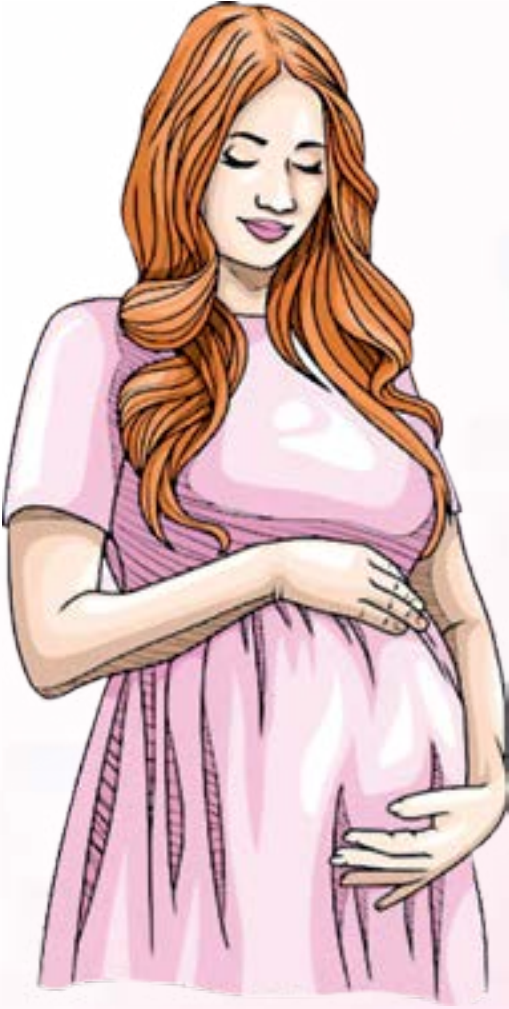
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