



INNER WHEEL DISTRICT 323

2023 -2024

WE R D A N T

Transforming digitally and preserving nature passionately



ARATHI NARAYANAN
District Chairman

HEMALATHA MANI
District Editor



KSJ

Santhi[®]
 Swarna Mahal

#28, Thiruvoodal Street, Tiruvannamalai

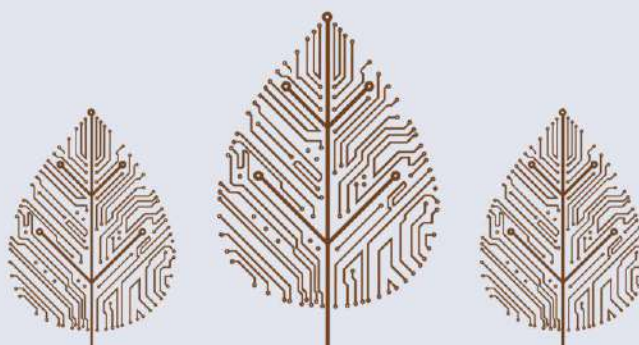




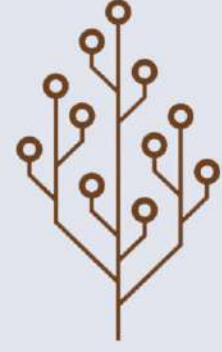
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INNER WHEEL PRAYER



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 fellow men
Remembering that we too often need help
Whenever or wherever the need for service arises
Help me 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

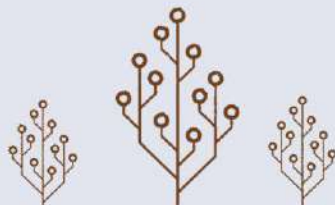
எங்கள் இறைவா,

நட்புணர்வின் உண்மையான பொருளை எங்களுக்குள் நிலை நிறுத்து!

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

நாங்களும் அவ்வப்பொழுது பிறரின் உதவிகளை வேண்டும் நிலையில் உள்ளோம்
என்பதை மனதில் கொண்டு - எங்களுடன் வாழ்வோர்கெல்லாம் 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!



EDITORIAL



Dear Friends,

A happy new year to all of you. It is indeed a pleasure to bring out this Souvenir on the occasion of our District Conference **VOGUE**.

Inner Wheel's centenary year marks a significant milestone in the organization's history, celebrating a century of dedicated service, friendship and philanthropy. Established with a mission to empower women and make a positive impact on local communities, Inner Wheel has evolved into a global force for good. As we reflect on a hundred years of impactful projects, charitable endeavors and fostering international connections, the centenary year becomes a time for members to reminisce, honour achievements and renew their commitment to the organization's noble ideals. This momentous occasion not only highlights the resilience and longevity of Inner Wheel but also serves as an inspiration for continued dedication to humanitarian causes in the years to come.

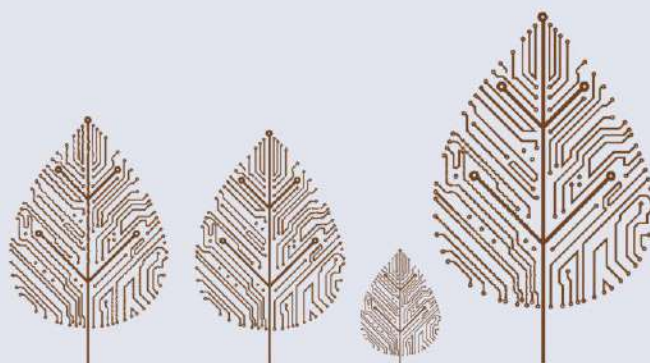
I thank District Chairman Arathi Narayanan and colleagues in the District EC, PDC's and all Trailblazer Presidents. Sincere gratitude to PDC Susha Natraj for her guidance in editing this souvenir. Special thanks to President Suganthalakshmi Ashwini Arunkumar of IWC Chennai Rhythm for designing the E-souvenir. A big 'thank you' to all the clubs and well-wishers without whom this E-Souvenir would not have been possible.

Warm regards

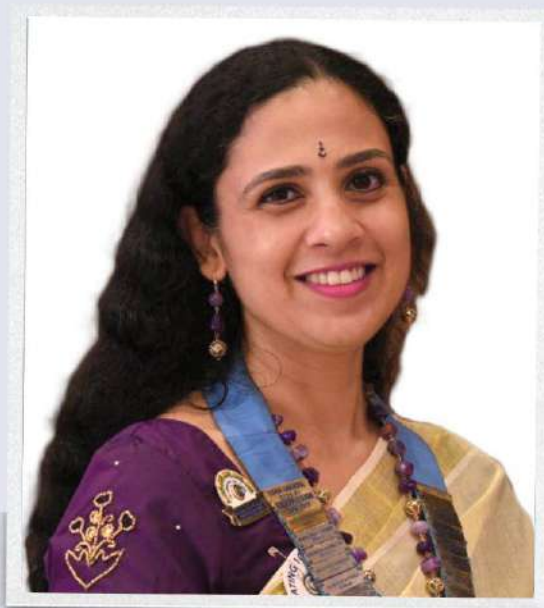
HEMALATHA MANI

District Editor

Inner Wheel District 323



DISTRICT CHAIRMAN



The Inner Wheel movement worldwide has lent meaning to the lives of women as they come together in service. As we forge friendships across boundaries we strengthen the cause of international peace and understanding. A hundred years have gone by, yet the spirit of Inner Wheel endures and remains vibrant or should I say **Verdant**?

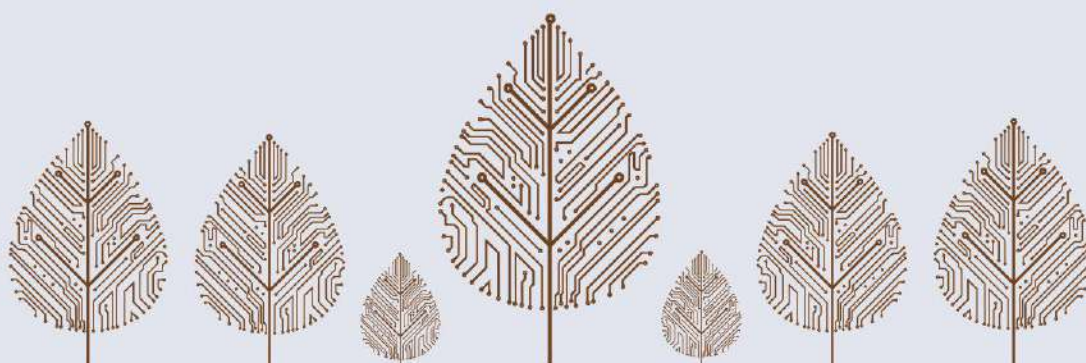
Congratulations Hemalatha, for giving us Verdant in digital format, in keeping with the need of the hour. You have shown us that the single most important reason for the Inner Wheel being relevant to this day, is the ability of its members to adapt and evolve in tune with changing times.

Best wishes to all of us as we continue to grow, remain in **Vogue** always **Verdant**!

ARATHI NARAYANAN

District Chairman

Inner Wheel District 323



IIW PRESIDENT



My Dear Fellow Members, in 1923 Margarett Golding along with 27 women took the first step to form an organisation which today is considered as one of the largest organisations of women in the world.

The wife of a Manchester Rotarian, she started the Inner Wheel Movement on January 10th 1924. All around the world Inner Wheel Clubs will be celebrating our amazing wonderful organisation called Inner Wheel as we celebrate 100 years of service above self.

Wishing everyone in D323 all the best for your District Conference on 25th January as you all follow in the footsteps of 27 like minded women in Manchester enhancing the lives of others less fortunate than yourselves.

Kind regards to you all,

TRISH DOUGLAS

IIW President

International Inner Wheel



IIW TREASURER



Dear District 323 Chairman Arathi Narayanan,

“The more we let our lights shine, the more love and light we see in the world around us...”

I am penning a few lines for your District Souvenir with great joy in my heart. The souvenir is a window to showcase the programs and activities of your District.

I only know of a few people that can inspire others to achieve greatness. You are one of those people dear Arathi. Your drive and passion are infectious. It's hard to find someone who puts their whole heart into everything they do. It's one thing to have dreams, but it's another to take action and turn those dreams into a reality. You are not only a dreamer; you are a doer. Watching you achieve this goal fills my heart with joy. With the amount of love and passion you show towards your work, it's no wonder why you've been able to organise a very successful MDR in Mahabalipuram. Congratulations on your outstanding achievement! You are an inspiration.

On your way to success, not everyone will stop and praise your achievements. But I want you to know that I'm always here watching and cheering for District 323. What you are able to accomplish with the help of your District EC, Club Presidents, PDCs, PAPs never cease to amaze me. Congratulations!

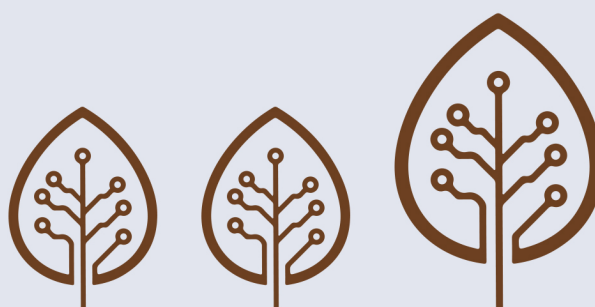
“Nothing can dim the lights that shine from within...”

Involve...Inspire...Illuminate...Inner Wheel!!!

SARITA LUNANI

IIW Treasurer

International Inner Wheel



IIW EDITOR



Dear District Chairman Arathi and all members of D323,

Inner Wheel greetings to all!

Arathi as the first new gen member to be District Chairman of this prestigious District is indeed a matter of celebration and that too in the Centenary year of Inner Wheel. Congratulations for heading the district so well!

It has been wonderful observing all the clubs. Congratulation to all club leaders and members for their efforts to SHINE A LIGHT all the time. Kudos!

I would like to use this opportunity to congratulate the District for the memorable South East MDR Odyssey. I congratulate the Convenors District Chairman, EC and Organizing Committee for doing a great job. Meticulous planing and successful execution are the hallmark of D323 and the saga continues!

My warm regards to all the PDCs who have been my friends for so many years, including my AP Kamala 2016-17, DC Shama, my teammate of that year NE Latha, ACM Seema, batchmate Malathi and dear Azhagu! I'm afraid, If I write all the names of PDCs I can recall I will fill a page! My warmest regards to all.

To all my many friends, I have made through the years, sharing a thought - Utsāho Balavānārya — Enthusiasm is Might'

Keep your enthusiasm, keep the zest and joy for life and Inner Wheel always. Continue on the path of friendship and service in the centenary year of Inner Wheel. Create a legacy for the future.
Enjoy Inner Wheel

Warm Regards

PRABHA RAGHUNANDAN

*IIW Editor & Media Manager
International Inner Wheel*



ASSOCIATION PRESIDENT



Dear District Chairman
Arathi Narayanan

I extend my heartfelt congratulations to you and to your entire Inner Wheel District 323 on the occasion of district conference during this remarkable centenary year. This milestone represents a century of unwavering commitment, service, and dedication to making a positive difference in communities worldwide.

Your tireless efforts, passion, and vision have not only shaped the destiny of your district but have also left an indelible mark on a global scale. As Ralph Waldo Emerson once said, "The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." Your ability to present the half-yearly work and projects showcases the incredible impact that Inner Wheel Organization has had on society, underscoring the organization's relentless pursuit of humanitarian goals.

In this centenary year, as you reflect on your past achievements and set new milestones for the future, remember the words of Mother Teresa: "We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." Your work transcends boundaries, cultures and languages. You have united people from diverse backgrounds under the noble banner of service, reminding us all that compassion knows no limits.

As you gather to discuss and share your achievements, may this conference serve as a source of inspiration for every member, reaffirming their dedication to the organization's core values. In the words of Mahatma Gandhi, "You must be the change you wish to see in the world." Your commitment to service, friendship and international understanding is a testament to the power of unity in making the world a better place.

In the face of challenges, your resilience has been unwavering and your passion has only grown stronger. The projects you present today not only represent your accomplishments but also your determination to create positive change, one initiative at a time. As Helen Keller once said, "Alone, we can do so little; together, we can do so much."

May this centenary year be a beacon of hope, driving you to even greater heights of service and compassion. As you continue your remarkable journey, always remember that your work is appreciated and celebrated not only within your district but also by countless lives you've touched worldwide.

Congratulations on this significant milestone, and may the next century of Inner Wheel be even more remarkable and impactful than the last.

With immense admiration and best wishes,
Yours in Inner Wheel

PREETI GUGNANI

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



ASSOCIATION VICE PRESIDENT



Dear DC Arathi,

Cheerful greetings to you!!

It is indeed great pleasure to congratulate you for leading District 323 with utmost sense of commitment, sincerity and passion. You excelled as a leader and harnessed the strength of members to undertake useful charity projects and reach out to the needy.

You have proven your commitment and dedication to serve.

May you continue to give your services to Inner Wheel and keep enjoying friendship of its members from the world over! Blessings and best wishes for the mutual progress in all spheres of life are the biggest gifts we can bestow upon each other.

Enjoy every moment of your leadership, smile more and continue the divine act!!

With warm greetings and much affection.

SUNITA JAIN

Association Vice President

Association of Inner Wheel Clubs in India



ASSOCIATION SECRETARY



Dear Inner Wheel Friends in D 323,

Warm Inner Wheel greetings!!

Congratulations to Centennial District Chairman Arathi Narayanan a creative, talented and able young leader.

Your district has executed noteworthy service projects for this 7 months and wishing more fellowship activities to take the district forward for the next 5 months in your leadership.

Hosting MDR at Mahabalipuram this year proved members strength and oneness. Events like this shows that district has committed and dedicated members to work. I loved being a part of the event.

Having Association CCCC Azhagu ma'am, PIWIP Kamala ma'am and other seniors in the district, there is always so much to learn from them. My namaste to all of them.

Congrats to District Editor Hemalatha Mani for bringing out this district souvenir which will be showcasing the activities, projects and much more about the district.

As we work to create light for others, we naturally light our own way. As I always believe, if you want to lift yourself up, lift up someone else. It gives me immense pleasure to reach out to all through this souvenir.

It is a matter of great pride that all Inner Wheel members have shown tremendous spirit towards our motto friendship and service.

Thanks to all for giving me an opportunity to serve you all as Hon. Association Secretary this centennial year at the association.

I have met many of you, who are strong, vibrant, creative & helpful. There was something everyone had to offer to each other. Cheers to friendship.

A big hug to all and thank you for making this journey wonderful.

Yours in friendship

VINUTHA HARISH

*Honorary Association Secretary
Association of Inner Wheel Clubs in India*



NATIONAL EDITOR



Dear Friends,

“Warmest greetings to you and your loved ones on this joyous festival! May this special occasion be filled with happiness, prosperity and cherished moments. Wishing you a wonderful celebration and a year ahead brimming with success, good health and boundless joy. Happy festivities!”

It is a great pleasure to pen a few words to you and your vibrant District for District Souvenir **VERDANT** I am sure the bulletin will reflect the luminous achievements. Wishing you all a very meaningful District Conference **VOGUE**. I witnessed promising talents and dedication towards Inner Wheel members of IWD 323, since last so many years.

Dear District Chairman Arathi Narayanan, District Editor Hemalatha Mani, your touch of skill and experience joined with a vision, will certainly result in a wonderful outcome. Souvenir plays a vital role as an effective means of communication. Congratulations for a super successful six months. Hemalatha, your tireless efforts reflect your deep passion and commitment.

IWD 323, always is in the forefront, with passionate PIWP Kamala Ramakrishnan, dedicated PIWT & Association CCCC Azhagu Annamalai, workaholic District Executive Committee Members, strong pillar PAS Padma Preetha, experienced and dedicated PDC's. Pearl, diamond and coral Past Presidents and energetic members.

I wish you all happy hearts, good health, cheerful thoughts, busy hands, pure minds, where god resides!!!

BE THE GAME CHANGER
CREATE YOUR OWN SUNSHINE

Enjoy Friendship.....
Enjoy Inner Wheel.....
Long live Inner Wheel.....

SONAL BANSAL

National Editor
Association of Inner Wheel Clubs in India



ASSOCIATION CCCC



It is always a pleasure to pen a few words to be published in the District Souvenir. The Inner Wheel District Conference takes place every year, it is an occasion where the members interact, recharge their batteries and make new friends. It is also a time when the membership of the district gets to hear from the leadership of the Association and District. District Editor 2023-24, Hemalatha Mani has put in a lot of effort to bring out a souvenir that we will remember. I would like to thank her for requesting me to send in a message.

A few words to rekindle your thoughts:

"THE HEIGHT OF THE CANDLES MAY DIFFER BUT THEY YIELD THE SAME BRIGHTNESS
REMEMBER IT IS NOT YOUR POSITION BUT YOUR ABILITY THAT MAKES YOU SHINE"

Friends, clean up your spaces, your house, your room, your mind and your heart. New things are coming, make sure to provide the space.

Wishing all of you a wonderful year ahead, let us all celebrate the founding of our beautiful organization.

With love and prayers

PIIWT AZHAGU ANNAMALAI

*Association Constitution & Credentials Committee Chairman
Association of Inner Wheel Clubs in India*



PAST IIW PRESIDENT



My dear friends of Dist 323,

It gives me great pleasure to greet all of you through the pages of our souvenir and share a few thoughts with you all specially in this 100th year of Inner Wheel, a special year for all of us.

As we get ready for our District Conference, as we get ready to meet each other, we are also gearing ourselves to an evaluation of our performance. For the District Conference is the half way milestone, where we analyze all that we have done this half year. I firmly feel reaching halfway is the best part of the journey. There is the tremendous satisfaction that half the journey has been successfully completed and there is still another half left to move towards the realization of one's dream.

Our IIW President, Trish Douglas has given us a beautiful theme this year, **Shine a Light**

Lets shine a light that will illuminate paths that will help us sustain our community. Let us shine a light on our 100 years of coming together in friendship and team spirit that helped us create outstanding projects.

Let us on the occasion of our District Conference renew our commitment to the ideals of Inner Wheel and the four steps to achievement 'Plan purposefully, Prepare prayerfully, Proceed positively and Pursue persistently'.

I congratulate District Editor Hemalatha Mani for the efforts taken in bringing out the souvenir.

With Regards,

Yours in Inner Wheel Friendship

KAMALA RAMAKRISHNAN

Past IIW President

International Inner Wheel



DISTRICT EXECUTIVE COMMITTEE



ARATHI NARAYANAN
District Chairman



FATHIMA NASIRA
District Vice Chairman



ARASI PONMOZHI
Association Council Member

The IW year 2023-24 is drawing to a close. Verdant as the name implies will make sure that the excellent year remains vivid and evergreen in our memories by chronicling the multitude of events, programs, activities and projects of the Clubs of District 323. Congrats & Best wishes to Editor Hemalatha Mani from all of us in the District Executive Committee for the launch of a splendid souvenir.

FATHIMA NASIRA
District Vice Chairman



SUPRIYA SUNDARARAMAN
District Secretary



SARADA RAMANI
District Treasurer



SUKANYA SRIRAM
District ISO

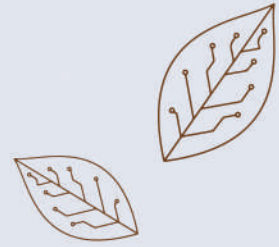


DEVI MATHIMARAN
District ESO



HEMALATHA MANI
District Editor

POWERHOUSE OF THE DISTRICT



Dear District Editor Hemalatha,

Congratulations on bringing out the much awaited 'Verdant' at Inner Wheel District 323 Conference Vogue being held on January 25th, 2024 in Chennai.

Verdant will stand as a testament to the impactful service done by Clubs and members of District 323 from July 2023 to date. Their dedication to making a positive difference in the lives of the underprivileged is truly inspiring. Best wishes for continued success in their endeavors to serve society.

It shall also serve as a cherished reminder of long lasting friendships, special moments and happy memories which have been created this year.

We wish you much joy and happiness for the success of Verdant and good luck to District Chairman Arathi for a meaningful and happening 'Vogue' !

PDC SEEMA BHARGAVA
On behalf of the Past District Chairmen



MANO BAKTHAVATSALAM
District Chairman: 1975 - 1976
Association President: 1984 - 1985
IWC Madras



NIRMALA DESIKAN
District Chairman: 1986 - 1987
Association Secretary: 1987-1988
IWC Adyar



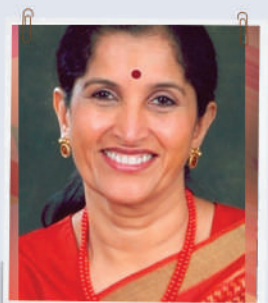
KALA BASHYAM
District Chairman: 1988 - 1989
Deputy National Representative: 1997-1998
IWC Madras Midtown



SANGAMESWARI PATTABHIRAMAN
District Chairman: 1993 - 1994
IWC Vellore



SITA LAXMINARAYANA
District Chairman: 1994 - 1995
IWC Madras South



KAMALA RAMAKRISHNAN
District Chairman: 1995 - 1996
Association President : 2000 - 2001
IIW President: 2007 - 2008
IWC Madras



VASANTHY RAO
District Chairman: 1996 - 1997
IWC Madras Central



SHANTHI GOPAL
District Chairman: 1997 - 1998
IWC Adyar



RAMA RAJAGOPALAN
District Chairman: 1998 - 1999
Association Secretary: 1999-2000
IWC Madras



NALLAMMAI RAMANATHAN
District Chairman: 1999 - 2000
IWC Madras Central



MALATHI ANANTHAN
District Chairman: 2000 - 2001
IWC Adyar



NALINI PRABHAKAR
District Chairman: 2001 - 2002
IWC Madras Central



SHANTHI KANNAN
District Chairman: 2002-2003
IWC Madras South



RADHA RAMESH
District Chairman: 2003 - 2004
IWC Adyar



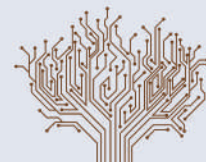
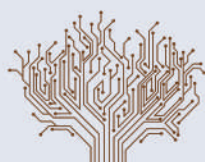
AZHAGU ANNAMALAI
District Chairman: 2004 - 2005
Association President: 2008 - 2009
IWC Treasurer: 2016 - 2019
IWC Madras Fort



Dr. SHASHI SHYAMSUNDAR
District Chairman: 2005 - 2006
IWC Madras Midtown



RADHA RANGANATHAN
District Chairman: 2006 - 2007
IWC Madras East





BHAMINI PARTHASARATHY
District Chairman: 2007 - 2008
IWC Madras North



SUSHILA NATRAJ
District Chairman: 2008 - 2009
IWC Madras



RADHA SANKARAKRISHNAN
District Chairman: 2009 - 2010
IWC Madras Central



KALA RAVICHANDRAN
District Chairman: 2010 - 2011
IWC Madras Metro



LATHA MAHALINGAM
District Chairman: 2011 - 2012
Past National Editor: 2016 - 2017
IWC Adyar



VASUMATHI MARIMUTHU
District Chairman: 2012 - 2013
IWC Madras Cosmos



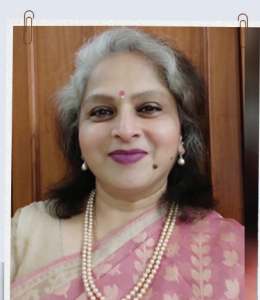
MALLIKA VENKATARAMANI
District Chairman: 2013 - 2014
IWC Madras Central



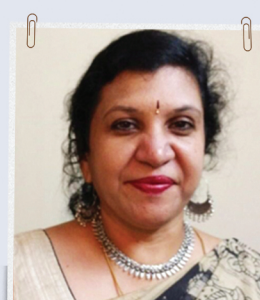
SWARNALATHA JOTHIKUMAR
District Chairman: 2014 - 2015
IWC Madras Midtown



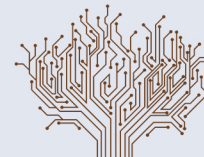
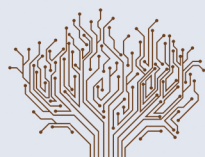
SEEMA BHARGAVA
District Chairman: 2015 - 2016
IWC Madras



SHAMA PRASANNA
District Chairman: 2016 - 2017
IWC Madras Metro



PADMA PREETHA SUMANTH
District Chairman: 2017 - 2018
Association Secretary: 2018 - 2019
IWC Madras Cosmos





KALA RAJASEKHAR
District Chairman: 2018 - 2019
IWC Madras South



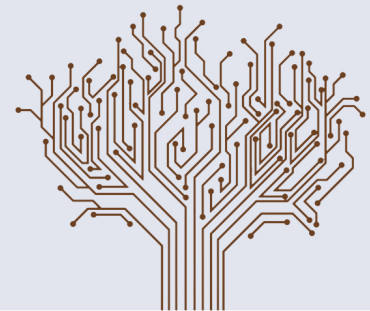
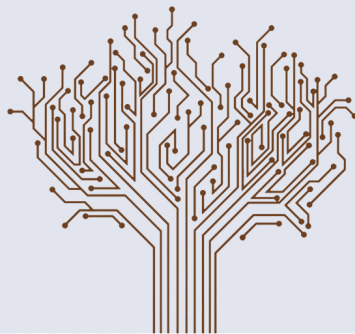
NALLINI OLIVANNAN
District Chairman: 2019 - 2020
IWC Madras North



USHA SARAOGI
District Chairman: 2020 - 2021
IWC Madras Central

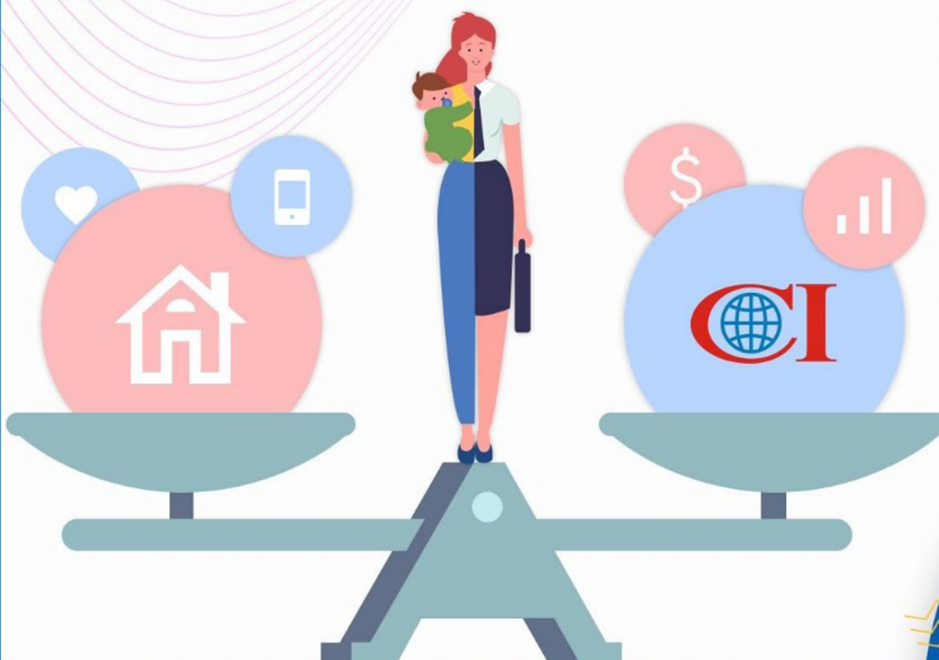


KAMALA SELVAM
District Chairman: 2021 - 2022
IWC Madras Midtown



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



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- Business Analyst - 3+ Yrs
- Flutter - 4+ Yrs
- iOS - 2 to 4+ Yrs
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IWC of Madras South

Since 1963



V. SUGANDHI

IWC of Madras South

Since 1963



MANO BAKTHAVATSALAM

Past Association President

IWC of Madras

Since 1966



INDU PHADKE

IWC of Madras

Since 1966



SANGAMESHWARI PATTABHIRAMAN

IWC of Vellore

Since 1968



SASHI REKHA PRAKASAM

IWC of Vellore

Since 1970



KAMALA RAJASHEKAR

IWC of Vellore

Since 1972

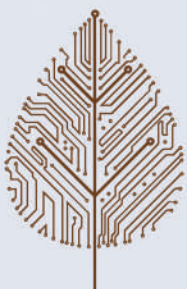


SITA LAXMINARAYANA

Past District Chairman

IWC of Madras South

Since 1974





KAMALA RAMAKRISHNAN
Past International Inner Wheel President
IWC of Madras
Since 1974



CHANDRALEKHA
IWC of Vellore North
Since 1974



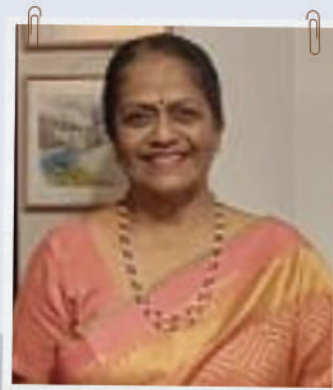
MAYILAMBIGAI
IWC of Vellore North
Since 1974



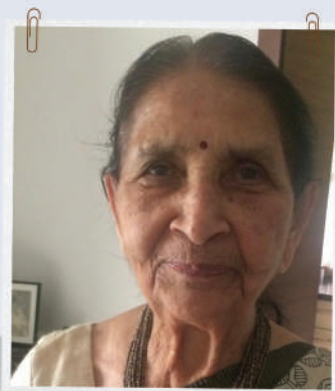
NIRMALA DESIKAN
Past District Chairman
IWC of Adyar
Since 1974



KALA BHASHYAM
*Past District Chairman
IWC of Madras Midtown
Since 1975*

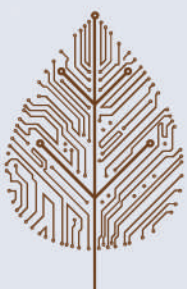


SHEELA SHETTY
*IWC of Madras
Since 1975*



JASHODHA KOTHARI
*IWC of Madras Midtown
Since 1975*

PUSHPA SADASIVAM
*IWC of Madras Midtown
Since 1975*





RAMA RAJAGOPAL
*Past District Chairman
IWC of Madras South
Since 1976*



ALAGAMMAI ALAGAPPAN
*IWC of Madras Midtown
Since 1976*



Dr. NALINI RAMAMURTHY
*IWC of Madras South
Since 1978*



SHOBHA SURESH
*IWC of Madras South
Since 1980*



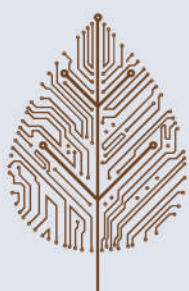
SHANTHI KANNAN
*Past District Chairman
IWC of Madras South
Since 1981*



SAROJINI SUDHAKAR
*IWC of Madras Midtown
Since 1983*



INDIRA REVI
*IWC of Madras South
Since 1984*





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செல் : 9443815650

A.மணி B.Lit.,

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மற்றும் சிஷ்யா (CBSE)
திருவண்ணாமலை.

சிஷ்யா கலை & அறிவியல் கல்லூரி,
சு.வாளவெட்டி, தி.மலை

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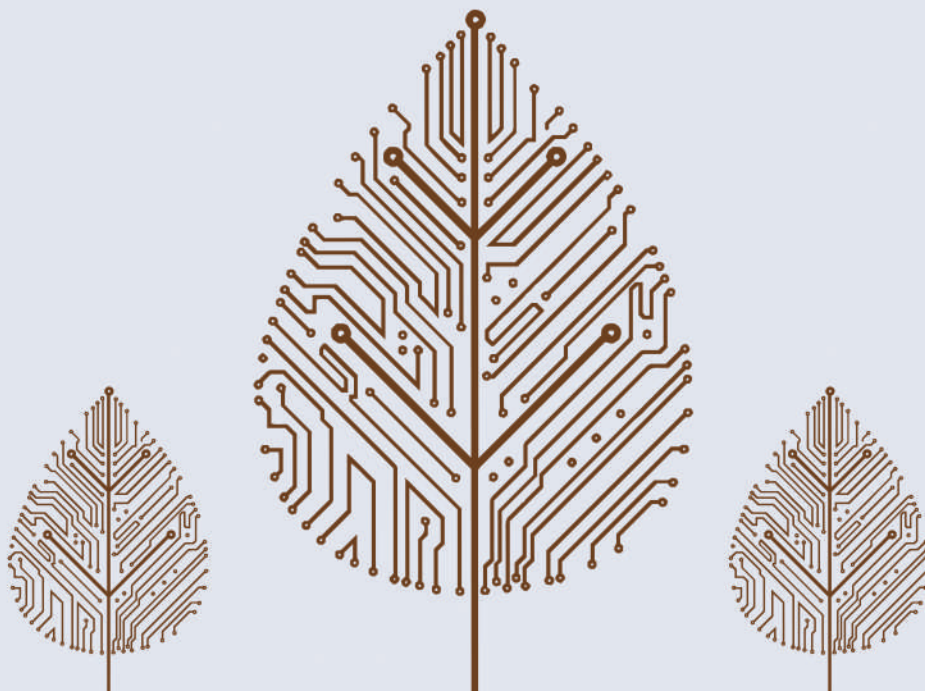
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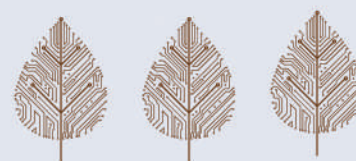


REPORTS



AT THE HALFWAY MARK

DISTRICT CHAIRMAN
ARATHI NARAYANAN



Training Sessions

The transitions for the Team 2023-24 began in April of 2023 wherein the Incoming Chairmen were trained at **Zenith** Incoming Chairman's Institute, from 26th to 30th April. at Port Blair. Hosted by District 329, The incoming Chairmen were introduced to the various nuances of the roles and responsibilities of a District Chairman and the duties of the District Executive Committee. Sightseeing at Port Blair, Ross Island and Havelock Island were also added to create the much-needed camaraderie amongst the Incoming Chairmen.



The District Officers Training entitled **Eclectic** had the 8 of us in the District EC participate in an interesting discussion conducted by PDC Sushi Natraj and PDC Radha Sankarakrishnan.



Encore Club Officers Training Institute was held over 6 sessions with 2 offline session one each at Chennai and Kanchipuram on 10th and 12th of June respectively and 4 online sessions from 13th June to 16th June. The faculty introduced the various protocols and procedures of Inner Wheel to the incoming Presidents, Secretaries, Treasurers and ISOs. The faculty included Assn CCCC PIIWT Azhagu Annamalai, PDC Sushi Natraj, PDC Bhamini Parthasarathy, PDC Radha Ranganathan, PDC Latha Mahalingam, PDC Seema Bhargava, PDC Swarnalatha Jothikumar, PDC Padma Preetha Sumanth, PDC Nallini Olivannan & PDC Kamala Selvam. Sincere gratitude to PDC Sushi Nataraj for creating and editing the Club Officers Training Manual which simplified procedures for day-to-day functioning of the Club.



Installations

Aviva - Installation of the Association President Preeti Gugnani and the Association Executive Team on 18th June 2023 at the Leela Gurugram Delhi, was a gala affair. Chief Guest IIWVP Mamta Gupta lent grace to the occasion while many stalwarts of Inner wheel attended the program. The Immediate Past District Chaimen were installed as Association Council Members. The previous evening had a cultural extravaganza where in the Incoming Chairman walked the ramp celebrating the fusion of fashion & nature and yours truly won the second prize.

AP Preeti Gugnani's passion & profession being education, we had the launch the of the Inner Wheel India Literacy Mission, on 17th June 2023 along with Chief Advisor PIIWP Abha Gupta and PRID Kamal Sanghvi. SHIKSHA 360 – Overview, goals & objectives of Literacy as an All India Mission were introduced by the members of the National Literacy Committee.



Elan – the District Assembly saw the installation of District Chairman and Executive Committee for the year 2023-24 at Malayalee Club on 1st July 2023. The Assembly Team with Assembly Chairman Vandana, President of IWC Chennai Verve, Assembly Secretary Swetha, President of IWC Chennai Sakhi and Assembly Treasurer Sangeetha, President of IWC Chennai Beach Aster left no stone unturned to ensure the smooth functioning of the program.



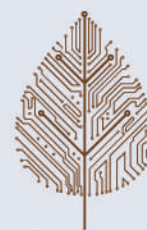
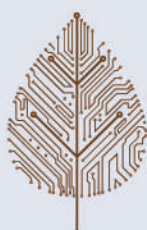
Exalt & Euphoria were two joint club installations wherein the new teams of 36 clubs were installed. Held on 1st July and 18th July respectively, these joint installations were well coordinated by Past District Chairmen Susha Natraj, Radha Ranganathan, Bhamini Parthasarathy and Swarnalatha Jothikumar. Several single club installations were conducted during the month of July across the District with a lot of bonhomie and pride amongst the members of the respective clubs.





Single Club Installations





Club Projects

Clubs have completed numerous community development projects. Each project has been well conceived and executed as per the goals of the Association President Preeti Gugnani. In addition, Clubs have also ventured into projects and joint projects that they believe are beneficial to society, depending on the need of the moment. As on 25th January 2024, the statistics are as follows:

Total No. Of Projects	:	Rs. 1,297
Total No. Of Beneficiaries	:	Rs. 1,50,582
Total Amount Spent	:	Rs. 2,01,19,595



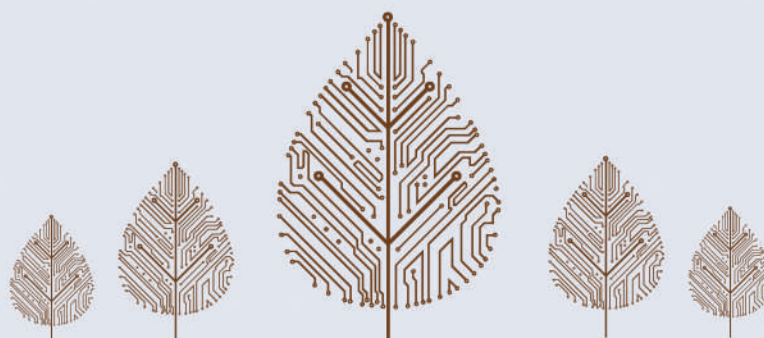
Michaung Flood Relief

Various clubs of the District 323 came together and generously contributed Rs. 10,76,597 towards the flood relief initiatives.



Chairman's Visits

45 Clubs have completed the Chairman's visit as of 31st December 2023. These visits have been an enlightening experience bringing forth each club's uniqueness in its functioning and thrust area for projects.



IIW President's Visit to District 323

IIW President Trish Douglas and Association President Preeti Gugnani were received with a lot of eagerness and enthusiasm by the District Committee at the start of their 4-day visit to the District.

On 31st August 2023, a day out was planned with a visit to the Miyawaki Forests, one maintained by Madras Central at the May Day Park and the other maintained by the IW Madras at the Secretariat Park. The IIW President Trish Douglas and AP Preeti Gugnani planted trees adding to the excess forest cover. A good number of members were present at both places to greet and extend hospitality to both.

The lunch with the District EC team at Pumpkin Tales was wonderful where conversations ranged from the Manchester Convention to the history of Madras also known as Chennai.

The evening ended with the Past District Chairmen hosting an eclectic dinner for the esteemed guests at The Madras Club.

Several vocational projects were also inaugurated by the International President Trish Douglas and National President Preeti Gugnani on the last day of their visit on 4th September 2023 at Kuyil Kuppam – a village adopted and refurbished by PDC Nallammai Ramanathan.



Association Events

Odyssey North West Multi District Rally was hosted by District 304 and co-hosted by Districts 310,311,313,314, the three-day Rally was held at Indore from 4th to 6th of August 2023. Keynote Speaker Padmashree Awardee Former Lok Sabha Speaker Hon'ble Sumitra Mahajan graced the occasion. The first National Project on "Girl Power" by donating 1000 bicycles to school girls was executed. The event included an ISO and Editors meet along with an inter district dance competition. District 323 was represented by DC Arathi Narayanan, DVC Fathima Nasira, DS Supriya Sundaraman, DT Sarada Ramani, PDC Usha Saraogi.

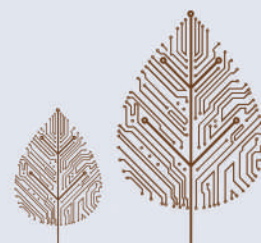
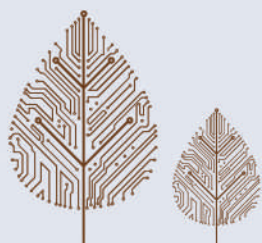
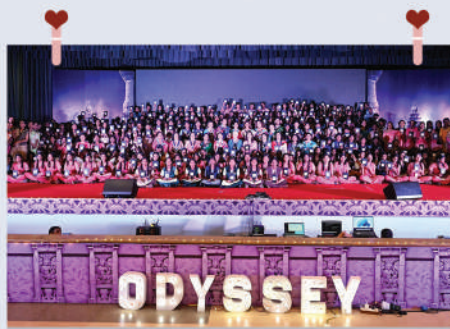


Odyssey South East Multi District Rally was Hosted by District 323 and co-hosted by District 324,325,326,329, on 1st to 3rd September at Mahabalipuram, the event had IIW President Trish Douglas as Chief Guest and Association President Preeti Gugnani as Guest of Honour. The inaugural of the Rally was followed by the Inner Wheel India Literacy Seminar which described the verticals of Shiksha 360 by various Past Association Presidents. The keynote speakers included PRID Rtn Kamal Sanghvi, Swami Sukhabodhananda, Johny.K.Joseph, Latha Pandiarajan and PDG Rtn Alagappan.

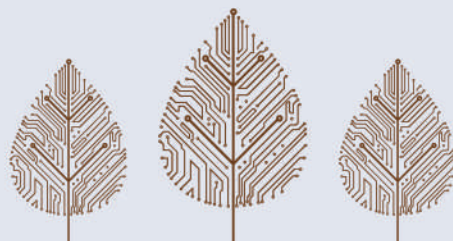
In line with AP Preeti Gugnani's vision, the Second National Project on "Tech Empower" was executed by donating 1000 tablets to students of government schools. DLCC PDC Kamala Selvam with an enthusiastic team of Presidents executed this mega joint project to the T.

Panel Discussions were conducted by District 324, 325, 326 and 329. Entertainment on the theme "Traditions" were showcased by all 13 participating Districts.

District 323 conducted 2 gala themed dinners - a Chettinad Night curated and sponsored by PDC Nallamai Ramanathan and a Shimmer & Shine night with scintillating entertainment sponsored PDC Usha Saraogi. The Pop - Up market, Mahabalipuram Tour, Treasure Hunt, Yoga by the Beach were unique add-ons well received by the delegates. Convenor PIIWP Kamala Ramakrishnan, Co-convenor Assn CCCC PIIWT Azhagu Annamalai, and the Past District Chairman of 323, steered the event to a stupendous success.



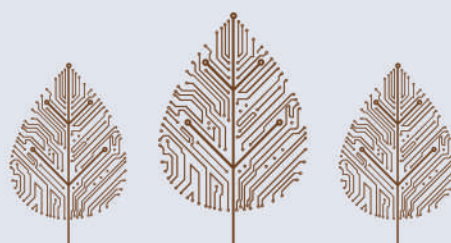




Euphoria Centenary Celebrations was hosted by District 301 and co-hosted by District 303, 308 and 309, from 10th to 12th January 2024 at, Dwarka, Delhi. Chief Guest International President Trish Douglas address the gathering while Guests of Honour Actress Mahima Choudary, Actress Aditi Govitrikar, Femina Miss India Nandini Gupta gracing the occasion.

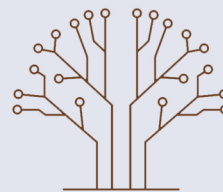
Awards for Districts and Clubs with maximum projects uploaded onto the website were distributed. IWC Madras received an award which was collected by PIIWP Kamala Ramakrishnan. Sponsors were recognised for their generous contributions. PDC Usha Saraogi was recognised as an Elite Member for her contribution of Rs. 1 Lakh.

An awareness program on Cervical Cancer and a ramp walk by transgenders and Inner Wheel members enunciating the concept of inclusivity was well received. The event culminated with the unveiling of the first International Inner Wheel web magazine by International Editor Prabha Raghunathan and an Inner Wheel Mental Health App by AP Preeti Gugnani. The attendees from District 323 included DC Arathi Narayanan, PIIWP Kamala Ramakrishnan, PDC Usha Saraogi.



WHEN FRIENDS MEET HEART WARMS

VICE CHAIRMAN
FATHIMA NASIRA



I. President Meeting

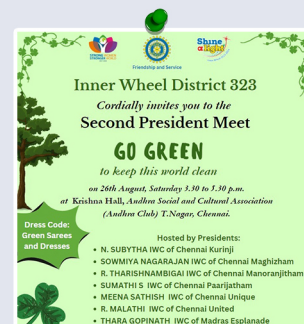
The Presidents Meet is a feature unique to District 323 that provides a platform for the District Executive Committee to communicate with the Clubs through the Presidents and also leading to stronger bonding between Presidents. It was a pleasant task coordinating the monthly meets by assisting the Host Club Presidents.

There were 7 President Meets so far. Each with a different and interesting theme with underlying deep connotations as depicted in the pictures.

I President Meet - My Studio 34 Theme - Heritage of India Tagline - Rise & Shine with Cultural Glory



II President Meet - Andhra Club Theme - Go Green Tagline - Keep The World Clean



III President Meet - Gandhi Nagar Ladies Club

Theme - Peace

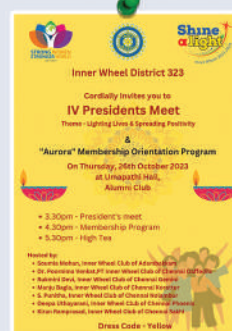
Tagline - Begins with a Smile



IV President Meet - Alumni Club

Theme - Festive

Tagline - Lighting Lives Spreading Positivity



V President Meet - My Studio 34

Theme - Umbrella

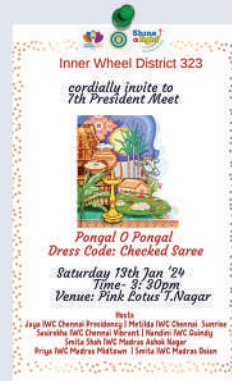
Tagline - Lighting Lives Spreading Positivity



VI President Meet - My Studio 34
 Theme - Christmas Party
 Tagline - Sharing & Caring



VI President Meet - Pink Lotus
 Theme - Pongal 'O' Pongal
 Tagline - IIW Centenary Celebration



MAZHALAI OLI

DISTRCT TREASURER
SARADA RAMANI



The most wonderful time of the year, every year, for the past 2 plus decades is the Diwali celebrations of District 323. The time was finally upon us: the highly anticipated Mazhalai Oli, Inner Wheel District 323's Signature Project handled by District Chairman Arathi Narayanan, District Treasurer Sarada Ramani and all the Club Treasurers - celebrating Diwali with 1200 children from less privileged background as well as special children from Chennai and other nearby towns.

With a theme called **Kappalil Mazhalai Oli**, on 4th November 2023, more than 1000 plus Children, Caretakers, Teachers, Inner Wheel Members came together to have an outing at The Chetpet Eco Park, Chennai, an open lung space of 16 acres with a lake and walking track around it.



The day was a fun filled one with boat rides on the lake along with interesting and informative sessions on Story Telling, Origami, Talks on Nature, Flora and Fauna. Adding to this was Zumba Classes, visit to the Aquarium with a Talk Show on Fish along with Magic Shows. Inauguration was a grand gala show with leading Movie Actors, Producers enthralling the children with their talks and handing over the goodie bags. Diwali celebrations at District 323 are always special for the children because true to the spirit of Diwali the children were given a big goody bag each with new clothes, cap, notebooks, crayons, geometry box, hand towels, dictionary, biscuits, cake, flavoured milk, vitamin tonic, bathing soap and many more.

No celebration is complete without delicious food. The children were provided with a sumptuous lunch and ice cream. Balloon Sculpting was added as a return gift as they left after a day of enjoyment.





Nothing comes easy and well organised without the meticulous planning and support to the program by Convener PDC Nallammai Ramanathan, who has always been sponsoring the goody bag and the lunch since the day this project was conceived by her 2 decades ago. PDC Usha Saraogi has been graciously supporting the program with new clothes for all the children year after year. Various clubs came together to sponsor the goody bag items, sessions, identifying the children, taking care of the transportation for the children and helped in conducting such a massive program. Few Corporates and Rotarians also contributed through cash and kind to make this a Grand Celebration.



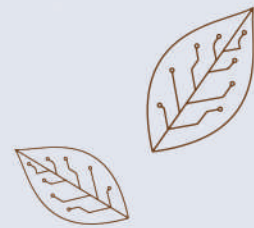
For the special children the program was held at a later date on 20th December 2023 at their premises with a music program, mimicry, magic show and storytelling. The day ended with a sumptuous lunch and a goody bag with all the goodies mentioned.

Total cost of project is Rs. 18.53 Lakhs



MEMBERSHIP EXTENSION

DISTRICT EXTENSION SERVICE ORGANISER
DEVI MATHIMARAN



Membership is key to an organisations strength and in this regard “Aurora” – Membership Orientation program was held on the 26th October 2023 at Alumni Club. PDC Swarnalatha Jothikumar explained Inner Wheel’s objectives and activities while PDC Nallini Olivannan moderated a panel discussion entitled “Inner Wheel Stories” with PP Haripriya of IWC Madras Midtown, PP Sowmya Natarajan of IWC Chennai United & PP Vinita Khandelwal of IWC Chennai Wisteria as the panellists. As a finale, a quiz on Inner Wheel basics was conducted by yours truly.



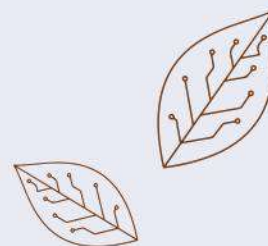
We inaugurated the 70th Club of the District – Inner Wheel of Guidyatham Shine on 29th October 2023 with 50 members. This club sponsored by Rotary Club of Gudiyatham, has Dr Ashwini as the Charter President and Lalitha Ravivendran as the Charter Secretary.



THE GOOD TIMES

DISTRCT ISO

SUKANYA SRIRAM



FUN & FROLIC was the mantra for me as District ISO along with an amazing team of Club ISOs, as we enthusiastically participated and supported the ISO activities at the “Odyssey” South East Multi District Rally. Scheduled from 1st to 3rd September 2023 at Mahabalipuram, there were three parallel activities that were conducted simultaneously with a lot of fanfare.

Yoga by the Beach at TTDC was a fantastic experience that would long be remembered. The Bay of Bengal shore was the perfect setting to begin the day with pranayama, meditation and asanas handled by ISO Mekalai of Chennai Vibrant.



Visit to the Danvanthri Temple run PDC Nallammai Ramanthan's family was divine. A bus full of members had a beautiful darshan at the temple ably coordinated by ISO Priya Dinesh of Madras Central and ISO Chandrakala Jain of Ashok Nagar.



The highlight of the early morning on 2nd September was the **Treasure Hunt** ideated by PDC Swarnalatha Jothikumar and District ISO Sukanya Sriram ably supported by District ESO Devi Mathimaran and ISO Niranjana Sundari of Chennai Thiruvannamiyur. A total of 11 District teams with five members each participated in the event, following clues to find the hidden Treasure. Prizes were distributed to the winner and runner up teams apart from the team that got the Treasure.



Speed Flag Exchange and **ISO Parade** through the stalls ably managed by ISO Shamantha of IWC Madras and ISO Jayasri of IWC Chennai Daffodils celebrated the camaraderie amongst the Inner Wheel sisters present at the Rally.

Club ISOs have apart from conducting various competitions, have also encouraged their members to participate in intra district and inter district ISO competitions. Several flags have been exchanged at various venues ensuing the heightened spirits of amity and friendship.



LITERACY SPEAKS

DISTRICT LITERACY COMMITTEE CHAIRMAN

PDC KAMALA SELVAM

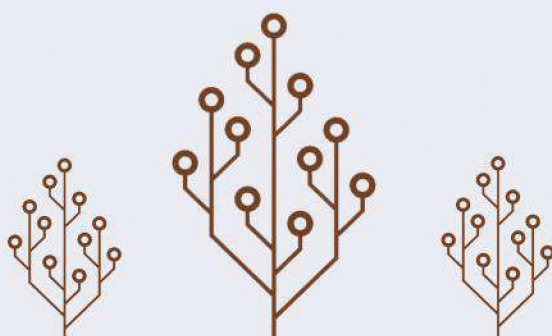
Literacy has been one of the key focus areas of Inner wheel since the time the organization was started. Clubs have been regularly contributing to educational support of underprivileged children, improving the infrastructure of Government schools and Government aided schools and providing teaching tools and training teachers to improve the quality of education in schools.

One such initiative taken to improve the language skills of students was the introduction of a software called "Read to me". This software helps to enhance the english reading and comprehension skills of students and helps improve the communication skills of students by the end of the program. A demo was given online by the software provider to all the Club Presidents and a live demo was witnessed by me at a government aided school in Kothamangalam. The reach and potential of the software in improving language skills is tremendous and a couple of Clubs have shown interest in providing the software at a nominal cost to the corporation schools they are associated with.

A major project initiative was the provision of 1000 tabs to school students to help digitilise learning and make children more tech savvy. This project was proposed by our Association President Preethi Gugnani and taken up by all districts at the Multi District Rally held at Mahabalipuram, hosted by District 323. Around 300 students came to the venue to collect the tabs at 7.30 a.m. in the morning despite the venue being so far off from the city. As DLCC I had the pleasure of coordinating the tab project and I thank all the districts for their generous contributions to make this mega project a huge success. My heartfelt thanks is also due to all Club Presidents who were involved in this project, toiling day and night to coordinate and bring the children to the venue on time to receive the tabs.

Apart from this Club Presidents were encouraged to conduct career guidance courses at all corporation schools they were supporting. This was done in collaboration with IWC Madras which has released a book on what courses could be pursued by students after Class 12. Clubs were also requested to conduct seminars on POSH (Prevention of Sexual Harassment) for school students with the support of certified POSH trainers. Several clubs have pursued the same and it has been very beneficial for the students.

We also tried to source CSR funds from corporates to help build infrastructure in underpriveleged schools. Several clubs submitted proposals for buiding toilets, but sadly many could not get the approval because they did not have a Trust account or the 80 G certification. Inner Wheel Club of Madras Midtown's project proposal is in the documentation process, and most probably if all requisites are in place the project will go through.



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வேங்கிக்கால், திருவண்ணாமலை.**
Cell: 9042289796, 9042289795

Best Wishes
FOR
VERDANT

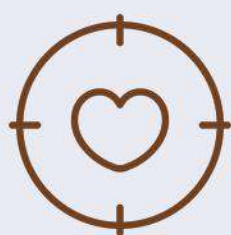
From
Unique & United Team
2015-16



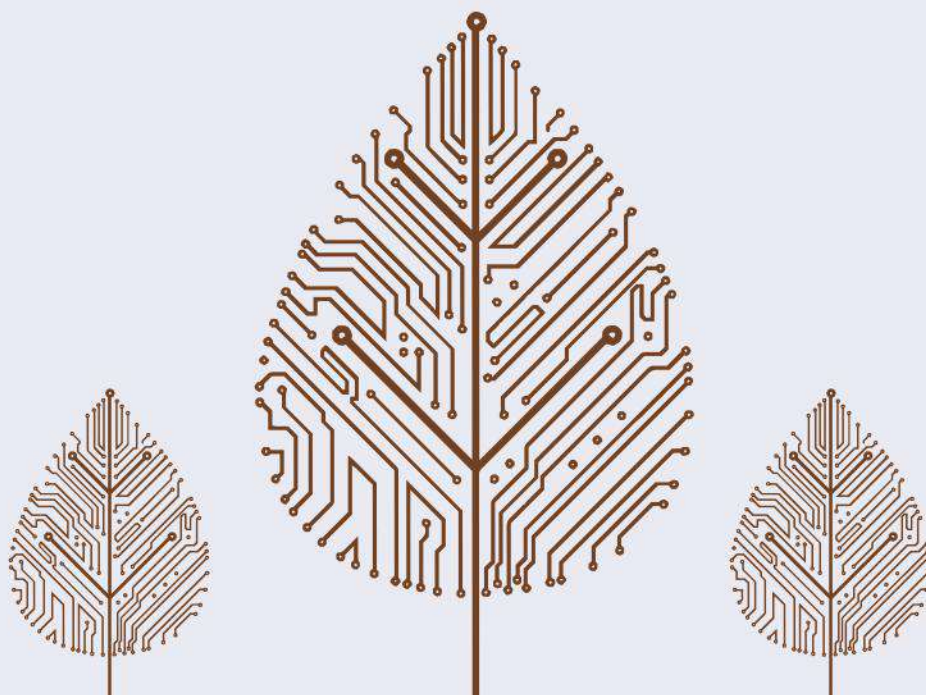


BEST COMPLIMENTS FROM
SRI ARUNAI BENEFIT FUND
THENMATHADHI STREET
SRI VASAVI JEWELLERS
CAR STREET
THIRUVANNAMALAI





CELEBRATIONS



CELEBRATIONS GALORE



Diamond Jubilee of IWC Madras South

The very first club established in South India, celebrated its 60th anniversary with pride at the Hotel Hilton on 31st August, 2023. Several Inner Wheel and Rotary dignitaries graced the occasion. Chief Guest IIW President Trish Douglas shared her vision, Guest of Honour AP Preeti Gugnani was all praise for the commitment of the members and District Chairman Arathi Narayanan appreciated the club for all its achievements down the years.

The dance drama by Kalaimamani Parvathi Ravi Ghantasala Veena Kannan & group was mesmerising showcasing the rich and varied cultures of South India.

The club commemorated their 60 years of friendship and service by constructing a study room for the children of Sevalaya run by Swami Vivekananda Social Development Trust, Kadalmangalam in Kanchipuram District.

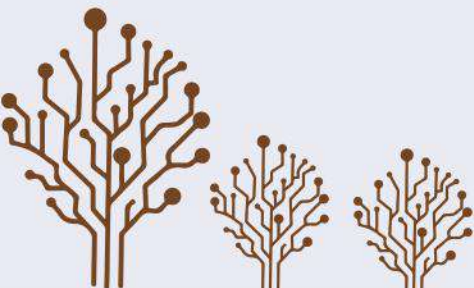
The erstwhile activity hall was a makeshift centre providing for a creche by day and an after-school tuition centre, in the evenings.

The Trust needed a permanent space to provide nutritious food to the children, while conducting various activities including online career counselling sessions and spoken English classes.

The club decided to construct a permanent modern facility with running water and off grid solar panels for power backup, ensuring enough day light and cross ventilation to maintain a healthy ambience for the children. A space for a library was also provided.

With the continuous initiative, supervision and co-ordination of PDC Sita Laxminarayana and with the generous contribution of club members and several well-wishers, the building was completed in a short span of 5 months.





Silver Jubilee of IWC Ambur

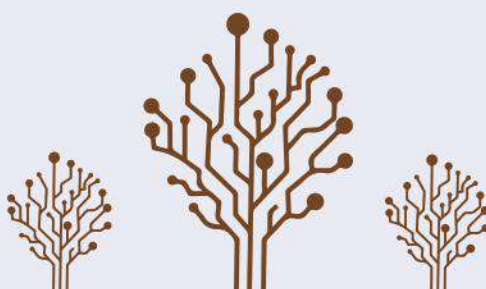
28th October 2023 saw a grand celebration with members of IWC Ambur dressed in bright yellow saris. The charter members and members were felicitated for their commitment and contributions to the activities of the club. The club ventured into a branding initiative by introducing a mug with the club logo and the centenary logo which was distributed to all members present on the occasion. Several projects were executed including donating 5kg Rice, Wheat, Rava, Oil and Vermicelli to 100 adults affected with HIV. The celebration ended with an extravagant lunch.





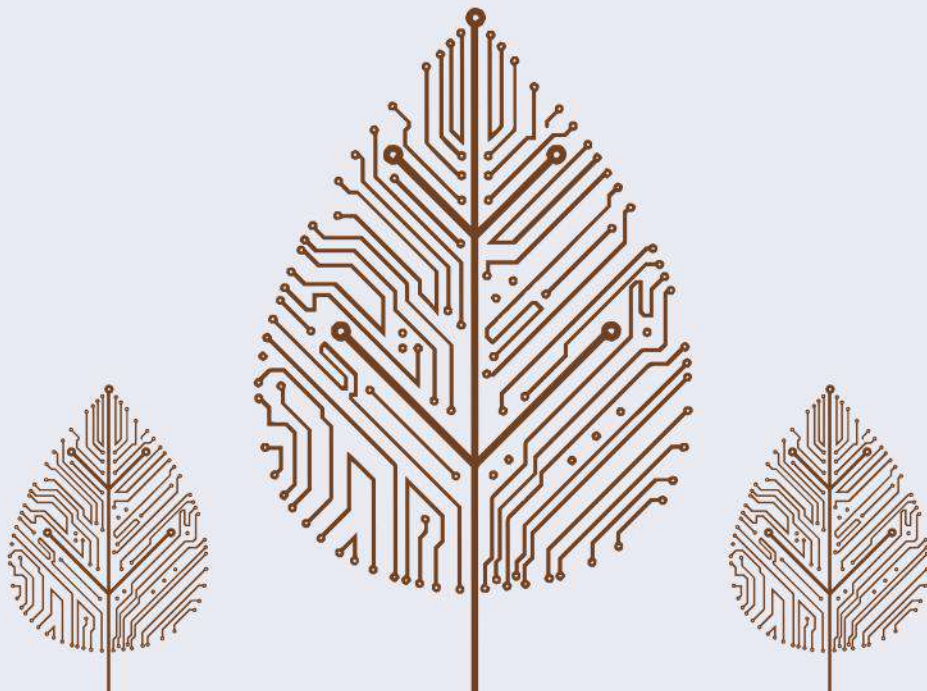
Silver Jubilee of IWC Madras Ashok Nagar

As part of the ongoing silver jubilee celebrations, Charter President Vatsala Eashwaran of IWC Madras Ashok Nagar invited members and close well-wishers of the Club to her beautiful residence on 7th November 2023. The festival of Diwali was made even more special when she donated Rs 25,000 towards Cancer Institute Adyar. District Chairman Arathi Narayanan and the Director of Cancer Institute were present as special guests.





PROJECTS





President

Secretary



Health and hygiene talk at Thandhai Periyar Government Higher Secondary School, Puzhuthivakkam.

INNER WHEEL CLUB OF ADYAR

Archana Dewakar

President

Pooja Singh

Secretary



Signature ongoing project for 14+ years,
1000 trees planted to aid environment and
support farmer's revenue.



INNER WHEEL CLUB OF AMBUR

S. Hemavathi Chandran

President

Bindhu Gladson

Secretary

IWC Ambur contributed biryani and
provisions to 100 HIV/Aids affected
people.



INNER WHEEL CLUB OF CHENNAI BEACH ASTER

Sangeetha Arunachalam
President

Aishwarya Ravichandran
Secretary



Supported a transgender self-help group with 7 uniform saris and blouses.



INNER WHEEL CLUB OF CHENNAI CENTRAL ELITE

Prabhavathi Ajay
President

Mayuri Jain
Secretary

Donated groceries to PLANT Shelter Home & Chennai Primary School.



INNER WHEEL CLUB OF CHENNAI CORAL

Dr. R. Latha

President

Dr. Megala

Secretary



Provided financial contributions
to Dean Foundation Hospice
and Palliative care.



INNER WHEEL CLUB OF CHENNAI DAFFODILS

Dr. Poornima Venkat .PT

President

Saranya Rajendran

Secretary



Cancer Awareness Pink Walkathon

Cancer Awareness Pink Walkathon with college students
of MGR Janaki College.



INNER WHEEL CLUB OF CHENNAI FORT ST-GEORGE

Yashodai Damodharan

President

Darshana Jain

Secretary



Organized half day workshop on POCSO for 150 students of Sree Iyappa Matriculation School.



INNER WHEEL CLUB OF CHENNAI GALAXY

Shital Ram

President

Ashitha .S

Secretary

Two workshops on “Importance of practising yoga” & “How to find your strengths” were conducted at Juvenile boys home, Kellys



INNER WHEEL CLUB OF CHENNAI GEMINI

T.Rukmini Devi

President

Sindhu Prabhakar

Secretary



Donated utility items to Vishranthi
Old age home.



Installed one RO plant and seaters at ICU
Cancer ward at Government Childrens'
Hospital, Egmore

INNER WHEEL CLUB OF CHENNAI GOLDEN SUN

Anusha B Sunil

President

Puja Iyer

Secretary



INNER WHEEL CLUB OF CHENNAI HARMONY

Mariya Kauser

President

Sudha Sundararaman

Secretary



Contributed 1kg rice and 1kg rava to 90 students of Hindu Union Middle School.

INNER WHEEL CLUB OF CHENNAI K K NAGAR

Arulmozhi

President

Deepa .BS

Secretary



Conducted a session for 12th standard Corporation School girls on Cyber security awareness.



INNER WHEEL CLUB OF CHENNAI KORATTUR

Manju Bagla

President

Amala Aloysius

Secretary



Distributed 60 blankets to children undergoing cancer treatment for cancer at Child Health Institute, Egmore

INNER WHEEL CLUB OF CHENNAI KURINJI

N.Subytha

President

Hamsavarthini

Secretary



Celebrated World Breast Feeding Week by organising awareness sessions.



INNER WHEEL CLUB OF CHENNAI MAGHIZHAM

Sowmiya Nagaraja

President

Abirami

Secretary



Michaung Flood Relief initiatives
conducted on a large scale.

INNER WHEEL CLUB OF CHENNAI MANORANJITHAM

R.Tharishnambigai

President

S.Revathy

Secretary



Sponsored skill development training
for one woman from Kuyil Kuppam.



INNER WHEEL CLUB OF CHENNAI MELODY

Mahalakshmi Narayanaprasad

President

Geetha

Secretary



Donated uniforms, disposable bed spreads and medical kit to Cancer Institute, Adyar



Distributed mats, towels, biscuits, milk powder to 150 flood affected people in Injambakkam.

INNER WHEEL CLUB OF CHENNAI ORCHID

Kavitha Umapathy

President

A.Shameema

Secretary



INNER WHEEL CLUB OF CHENNAI PAARIJATHAM

Sumathi. S

President

Revathy Rajeshkumar

Secretary



Contributed three tailoring machines to the underprivileged to encourage self-employment.



INNER WHEEL CLUB OF CHENNAI PHEONIX

Deepa Uthayarani

President

Jaya Ramiah

Secretary

Contributed financially to the family of a paralysed priest for 1 month.



INNER WHEEL CLUB OF CHENNAI PRESIDENCY

Jaya Ramesh

President

T.Mrinalini Sekar

Secretary



Social awareness event organised along with Sathya Meva Jeyathe Foundation. Over 100 participants from the public undertook a pledge against spitting in public.



INNER WHEEL CLUB OF CHENNAI RHAPSODY

Vatsala Subramanian

President

Sangeetha Saravanan

Secretary



Along with Redeeming Hands, organised a Christmas celebration for Transgenders at YMCA.



INNER WHEEL CLUB OF CHENNAI RHYTHM

Ashwini Arunkumar

President

Karthika Priyadarshini.B

Secretary



Distributed essential assistive equipment to commemorate International Day of Persons with Disabilities

INNER WHEEL CLUB OF CHENNAI SAKHI

Kiran Ramprasad .I

President

Shantha Shyamala .R

Secretary



Contributed to college fees of Angel Nancy.



INNER WHEEL CLUB OF CHENNAI SANJEEVANI

Preethi Munoth

President

Shruthi Surana

Secretary



Weekly Annadhaanam near Saravanana
Store Purasaiwakkam.

INNER WHEEL CLUB OF CHENNAI STARS

B. Janaki

President

Aruna Devi

Secretary



Celebrated Independence Day by
distributing clothes to underprivileged
men & women.



INNER WHEEL CLUB OF CHENNAI SUNRISE

Matilda Vijayakumar

President

V.Vidhya Gopal

Secretary



Organised a Christmas Celebration
for 30 students and 50 adults.



INNER WHEEL CLUB OF CHENNAI SUNSHINE

Sapna Prakash

President

Nandini Satish

Secretary



Contributed to the cost of making
prosthetic limbs for two beneficiaries.



INNER WHEEL CLUB OF CHENNAI SYMPHONY

Sheetal Satish

President

Geetha Raju

Secretary



Contributed to replace the broken
sliding board at a park in
Thiruvannamur.

INNER WHEEL CLUB OF CHENNAI THIRUVANMIYUR

Ganga.B

President

Kanimozhi

Secretary



Renewed and replenished the science lab for the
students of AIWC HIGH SCHOOL, Chintadripet.



INNER WHEEL CLUB OF CHENNAI UNIQUE

Meena Sathish

President

Mahalakshmi Ravichandran

Secretary



Donated a cart to a fruit vendor.

INNER WHEEL CLUB OF CHENNAI UNITED

R.Malathi

President

Suba Sathish

Secretary



Installed 75 inch Digital Intelligent Interactive Panel at Chennai Boys Higher Secondary School Manthoppu West Saidapet Chennai.



INNER WHEEL CLUB OF CHENNAI VERVE

Vandana Madhok

President

Lakshmi Sanjeev

Secretary



Conducted an art competition for children with learning disabilities.



Gifted a tablet to a school student

INNER WHEEL CLUB OF CHENNAI VIBRANT

Sasirekha Asaithambi

President

R.Vasantha Rani

Secretary



INNER WHEEL CLUB OF CHENNAI VRIKSHAM

D. Poornima

President

Loga .J

Secretary



Provisions given to 25 families of physically challenged persons during Diwali.

INNER WHEEL CLUB OF CHENNAI WISTERIA

Suseela Pesala

President

Nikitha Babu

Secretary



Provided sports equipment to the Primary School in Naidupet.



INNER WHEEL CLUB OF CHEYYAR

S. Saraswathi

President

S. Kavitha

Secretary



Donated clothes to underprivileged students of Housing Board Government High School.

INNER WHEEL CLUB OF GUDIYATHAM

Geetha Lakshmi

President

Dr. Ayesha Jaweed

Secretary



Conducted cancer screening for 70 women labourers



INNER WHEEL CLUB OF GUDIYATHAM SHINE

Dr. K. R. Ashwini

President

Lalitha Ravicendham

Secretary



Celebrated Pongal with children of a Government School

INNER WHEEL CLUB OF GUINDY

Nandhini Sharath

President

N. Nirmala

Secretary



Donated to Aware India Trust for the back to school project.



INNER WHEEL CLUB OF KANCHEEPURAM

K. Premalatha Madhan

President

Bhuvaneswari

Secretary



Donated provisions to the special childrens home.

INNER WHEEL CLUB OF MADRAS

Renu Chandra

President

Radhika Ramkumar

Secretary



Michaung Cyclone Relief initiatives through Chennai Volunteers and other organisations.



INNER WHEEL CLUB OF MADRAS ASHOK NAGAR

Smita Shah

President

Roopa Galada

Secretary



Sponsored the tailoring workshop conducted by the Arise Charitable Trust.



INNER WHEEL CLUB OF MADRAS BAY CITY

Udayalakshmi.P

President

Pragati Singhal

Secretary



Distribution of Khaki overcoats to 50 women auto drivers embellished with Inner Wheel logo.



INNER WHEEL CLUB OF MADRAS BESANT NAGAR

Sheela Ramanujam

President

Rani Jerome

Secretary



The autistic children of Swabhiman Trust were upskilled through a workshop to make fridge magnets.

INNER WHEEL CLUB OF MADRAS CENTRAL

Lakshmi Venkatarangan

President

Vaishnavi Deepak Shankar

Secretary



Empowering and enriching 500 girl students of Sharada Vidyalaya school by providing scholarship, Computer lab and Career counselling.



INNER WHEEL CLUB OF MADRAS CENTRAL AADITHYA

B.Bhanumathy

President

Bina Agarwalla

Secretary



Donated essentials to Real Charitable Trust for Deepavali.

INNER WHEEL CLUB OF MADRAS COSMOS

Padma Narayanan

President

Bhavani Sridharan

Secretary



Donated a steel cot to Kakkum Karangal a home for seniors.



INNER WHEEL CLUB OF MADRAS ESPLANADE

Thara Gopinath

President

Chandini Sampath

Secretary



Monthly contributions to help a home for psychiatric patients.

INNER WHEEL CLUB OF MADRAS FORT

Urmila Bardia

President

Mamta Karnawat

Secretary



Distribution of 70 solar lamps to villages of Tiruvallur and Tiruthani districts.



INNER WHEEL CLUB OF MADRAS METRO

S.A.Lakshmi

President

Geetha Jayachandran

Secretary



Contributed to Indian Institute of Animal Welfare, Tiruvallur to rescue infertile cows from being slaughtered.

INNER WHEEL CLUB OF MADRAS MIDTOWN

Priya Ambari

President

Rama Vaidhyanathan

Secretary



Contributed wheelchairs and other mobility devices to 19 differently abled individuals



INNER WHEEL CLUB OF MADRAS MOUNT

Sathyabama Raman

President

Deepa Ramamurthy

Secretary



Awareness program on menstrual hygiene and new methods of disposal of wastes for 75 people.



INNER WHEEL CLUB OF MADRAS NEXTGEN

Shweta Goyal

President

Vrinda Khemka

Secretary



Supported the transgender community by donating 300kgs of Maida to earn their livelihood making bread.



INNER WHEEL CLUB OF MADRAS NORTH

Monica.S

President

Shobana Rajesh

Secretary



Conducted a career guidance program entitled “Facing Competitive Exams” for Final Year Students of Dr. Ambedkar Law University.



INNER WHEEL CLUB OF MADRAS OSIAN

Subhrasmita Dash

President

Bharathi Sriram

Secretary



Donated bed linen, kitchen items and other essentials to Sri Arunodayam Ashram for mentally challenged girls.



INNER WHEEL CLUB OF MADRAS SOUTH

Kalarani Sivasubramaniam

President

Shila Krishnan

Secretary



Contributed to the construction of a study hall in Swami Vivekananda Sevalaya & Social Development Trust, Kadalmangalam, Kanchipuram District.



INNER WHEEL CLUB OF MADRAS ZINNIA

Punam.K.Jain

President

Paloma Rao

Secretary



Sponsored a child's heart surgery at MIOT Hospital



INNER WHEEL CLUB OF MARAIMALAI NAGAR

V.Meenakumari

President

S.Buvaneswari

Secretary



Donated spin mops & digital weighing machine to Primary Health Centre, Maraimalai Nagar.

INNER WHEEL CLUB OF MEENAMBAKKAM

Rexy Rajkumar

President

Uma Ramaswamy

Secretary



Donated a dialysis machine to Sri Sumati Vishal Jain Dialysis Center



INNER WHEEL CLUB OF NANGANALLUR

Vijayalakshmi Chandrasekar
President

Vasudha Priyadharshini
Secretary



Donated towards the requirements of
Srimatha Cancer Institute

INNER WHEEL CLUB OF RANIPET

Padmapriya Srinivasan
President

Amala Aravind
Secretary



Donated an Oxygen concentrator to
Government Urban Primary Health Center



INNER WHEEL CLUB OF TIRUVANNAMALAI

Saranya Dinesh

President

V.Bharathi

Secretary



Members donated blood to commemorate the centenary year of Inner Wheel



INNER WHEEL CLUB OF VELLORE

Dr.Thangamani.M

President

S.Nandhini

Secretary



Donated biodegradable sanitary pads to the girls at Government Aftercare Home, Vellore.



INNER WHEEL CLUB OF VELLORE NORTH

TL.Arularasi

President

Prema Damodar

Secretary



Contribute to Differently
Abled Marathon for the
cause of “global warming”
from Ambur to Gandhi
Statue Vellore.



Inner Wheel Club of Tiruvannamalai



*Best Wishes
To*

Hemalatha Mani

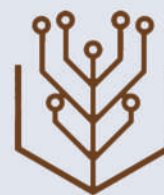
District Editor - IWD 323

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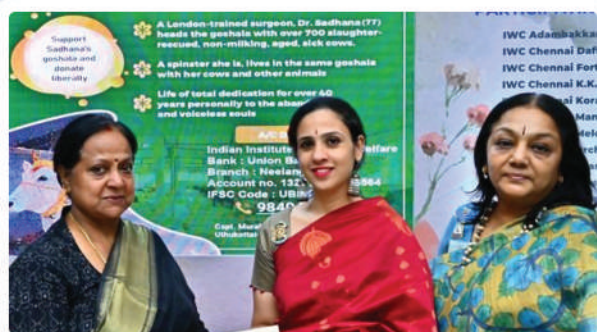
Souvenir VERDANT



JOINT PROJECTS



Adoption of Cows



17 clubs
Indian Institute of Animal Welfare

School Bags for Children



17 clubs
Donated bags & water bottles to Anagaputhur, Chennai.

Differently Abled Children



17 clubs
Groceries and stationery to Prema Vasam, Gerugambakkam, Chennai.

Zest for Zero Waste



16 clubs
525 trash bins donated to segregate waste
Kuduvampoondi Village, Villupuram District

Eye Testing Camp



IWC Of Madras Baycity and IWC of Guindy
Zameen Royapetta Municipal Higher Secondary School, Pallavaram.
304 students screened.



Breast Feeding Awareness Camp



IWC of Kancheepuram & IWC of Chennai Galaxy Infant feeding Kiosk installed in Arulmigu Kumara kottam temple.

Breast Feeding Awareness Camp



IWC Chennai Orchid & IWC Chennai Maghizham AMS Hospital, RA Puram, Chennai

Mega Job Fair



7 clubs, MSSS & Magic Bus
564 out of 723 candidates recruited by 61 companies

Contribution to the Irula Tribe



IWC of Kancheepuram & IWC of Madras Vellakulam Village near Kanchipuram
Donation of clothes & basic essentials

Cricket for Blind Women



21 Clubs
Sponsored the State Level Cricket Tournament organised by Tamil Nadu Cricket Association for Blind

Teacher Training

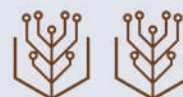


9 clubs
Kuyilikoopam
Kindergarten Teachers Training

Health Camp



8 clubs
An ENT & General Health Camp for the public
R A Puram, Chennai



PROJECTS

Adopt A Snake – Preserve the Wildlife



16 clubs
2 snakes adopted for a year, Snake Park Chennai

Transgender Welfare



10 clubs
Honouring Transgenders

Fire Safety



IWC Chennai Thiruvanniyur
IWC Madras Metro & IWC Adambakkam
Refill of Fire Extinguisher at Seva Samajam

Herbal Plants



IWC Chennai Presidency & IWC Madras Central Aadithya
Plantation drive of herbal plants at Siddha Hospital, Anna Nagar.

Menstrual Hygiene



IWC Chennai Presidency & IWC Madras Central Aadithya
Two incinerators donated to Girls hostel of Government
Siddha Hospital, Anna Nagar.

Community Welfare

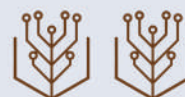
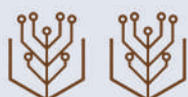


5 clubs
Donated tarpaulin covers to 80 families
Vanjivakkam.

Kapalil Mazhalai Oli – District's Signature Project



1000 underprivileged children were provided infotainment & given
clothes & goodie bags at Eco Park ,Chetpet



Cyclone Michaung Flood Relief



27 clubs
Distributed food, water, groceries and other essentials to flood victims in Chennai

Inter-District Joint Project



IWC Chennai Magizham, IWD 323,
IWC Tiruchi Mallaikottai & IWC Tiruchi Rockfort, IWD 321
Donation of prosthetic limbs, aid for business startup to a physically challenged person and sponsored college fees

Inter-District Joint Project



IWC Symphony, IWD 323 & IWC Coimbatore, IWD 320
Food & basic essentials donated to flood affected areas in Chennai

Inter-District Joint Project



IWC Madras Fort, IWD 323,
IWC Coimbatore, IWD 320
Donated Tarpaulins to Thamaraiikulam Village

Inter-District Joint Project



IIWC Adyar, IWD 323 &
IWC Tirunelveli, IWD 321
Donated immediate relief care & provisions to flood victims.

Gift a tab - National Project



1000 Tabs distributed across India to Government School children





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செல் : 91715 80590, போன் : 04175-221156



திருமால் பிரிண்டர்ஸ், தி.மலை.



செல் : 9003388821



சிஷ்யா



கலை மற்றும் அறிவியல் கல்லூரி (இருபாலர்)

சு.வாளவெட்டி, திருக்கோவிலூர் சாலை, திருவண்ணாமலை - 606 806.

கல்லூரி சேர்க்கைக்கு : 80566 47757, 8668044412, sishyaartscollege.tvn@gmail.com

2024-2025 ஆம் கல்வி ஆண்டிற்கான சேர்க்கை நடைபெற்று வருகிறது

ஓர் உயர்தரமான உயர்கல்வி நிறுவனமான இக்கல்லூரியின் சிறப்பம்சங்கள்

- ✓ தகுதி, திறமை மற்றும் அனுபவம் வாய்ந்த சிறந்த பேராசிரியர்கள்.
- ✓ தரமான RO குடிநீர் வசதி.
- ✓ காற்றோட்டமான வகுப்பறைகள் மற்றும் உயர்தரமான ஆய்வகங்கள்
- ✓ நவீன வசதியுடன் கூடிய நூலகம்.
- ✓ அனைத்துப் பகுதிகளுக்கும் பேருந்து வசதி.
- ✓ அனைத்து விளையாட்டுகளுக்கும் முக்கியத்துவம்.
- ✓ ஆங்கிலம் கற்றுக்கொடுக்கக் கணினியுடன் கூடிய
- ✓ வளாக நேர்காணல் (Campus Interview)
- ✓ நவீன ஆய்வக வசதி.
- ✓ ஆளுமைத்திறன் வளர்ப்புப் பயிற்சிகள்.
- ✓ வேலைவாய்ப்பிற்குரிய போட்டித் தேர்வுகளுக்குச் சிறப்புப் பயிற்சிகள்.
- ✓ கேண்டின் வசதி.
- ✓ மிகக் குறைந்தக் கல்விக் கட்டணம்.
- ✓ புதுமைப் பேண் திட்டத்தில் அரசு பள்ளியில் படித்த மாணவிகளுக்கு மாதம் ரூ.1000 பெற்றுத்தரப்படும்.



கல்லூரி ஆண்டு விழாவில் விண்வெளி விஞ்ஞானி, திரு. மயில்சாமி அண்ணாதுரை.



முதலாம் பட்டமளிப்பு விழாவில் சிறப்பு விருந்தினராக பேராசிரியர் முனைவர். ஆறுமுகம். துணைவேந்தர், திருவள்ளூர் பல்கலைக்கழகம்.



முதலாம் பட்டமளிப்பு விழா. குத்துவிளக்கு ஏற்றி நிகழ்ச்சி துவக்கி வைத்தார், முனைவர். ஆறுமுகம். துணைவேந்தர், திருவள்ளூர் பல்கலைக்கழகம்.

- * திருவண்ணாமலையில் தொடர் சாதனை புரிந்துவரும் சிஷ்யா மெட்ரிக் பள்ளியின் அருத்த மைல்கல்.
- * கல்விப் பணியில் 30 ஆண்டுகால அனுபவம் வாய்ந்த பேராசிரியர்களால் நிர்வகிக்கப்படும் கல்லூரி.

இளநிலைப் பாடப்பிரிவுகள்

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*Best Wishes
To*

Hemalatha Mani
District Editor - IWD 323
&
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ARTICLES





There is a nip in the air, a pleasant feeling of well being
 A change from days when we gazed at blue skies hoping
 for clouds
 The green hues fascinate, emerald, lime, olive, teal, viridi-
 an
 They are all here in my verdant garden
 Vying with each other to be noticed
 Swaying gently in the caressing wind
 Mingling and blending to create a beautiful green palette
 No dust covered leaves struggling to breathe
 All washed and fresh from the bouts of rain showers
 Suddenly a change of scene, a stillness in the air
 Now a calm before the storm, all is quiet
 The birds too have gone silent, have they seen the
 orange alert?
 The overcast skies look grim and forbidding
 The cyclonic storm lying low, raring for a landing,
 Towering waves hit the hitherto passive shores
 The wind a menacing contingency ready to uproot
 grown trees
 As the city braces itself for the impending downpour
 Suburban residents, despair with already waterlogged
 roads
 Blocked drains, broken sewage pipes raising a stink
 Where has all the money allotted for repairs gone?
 Terrifying winds roaring, the poor trees go round 360
 degrees,

Some defiant, some submissive, some torn asunder
 Citizens battling the gloomy darkness,
 Roads turned rivers posing unknown dangers
 A lone crocodile winds its way out of the flooded zoo
 Even while makeshift boats whiz past in a frenzy
 Anything for a safe roof!
 The fury lasts many long hours
 As cyclone Michaung takes its time to decide on a land-
 fall
 Till finally it winds its way tearing into a neighbouring
 state,
 Leaving battle weary Chennaiites to grapple with the af-
 termath-
 No power, no wifi, no potable water, no milk!
 And now, the all pervading grim quiet after the raging
 storm...

Prabha Chakravarti

IWC MADRAS



THE HUMANNESS OF ANIMALS

Sheets of water pock-marked the ground
As my Maruthi tenuously carried me home bound
I turned a corner off Besant Road, and heard a faint
sound And beheld a brown apparition whining piteously, half
drowned.

I stopped the car, got down and in the pouring rain two souls
met, Both curious, apprehensive, bewildered and wet
Our hearts reached out in trust, as I carried her home without
regret. To become a single unit, inseparable, Me and my Sil-
houette!

Love, she has taught me is to accept whole-heartedly
Doubt, egotism, expectations to banish concertedly
A bounding tail, oodles of drool, wherever, whenever unabash-
edly. She has shown me that love can be shown unashamedly.

Country, race, religion, name-What do they mean?
If we are to learn and enhance our world, they only come
in-between to support each other, grow together, there can be
no screen As together we paint for ours and yours a harmoni-
ous scene.

What is this hate, war-An antithesis to our basic tenets?
Why do we destroy lives, homes, countries-Our planet?
I must learn to give off myself like you within limits
And to become like you a meaningful sonnet!

Dr. Indira Hande
IWC Madras



GIFTS OF NATURE

Nature Nature so fresh and green!

Wonder wonder

What everyone has seen!

So cool calm and full of life!

Makes everyone forget their fights!

Imagine a forest full of trees!

Dancing and waving in the breeze!

Cut them down to build towers

Wait for ages to get a shower!

The birds that fly high in the sky

Can we do this however we try?

Learn to just gaze at things!

And see the happiness it brings!

PP Kanchana Srinivasan
IWC Nanganallur



PONGAL LOHRI BIHU SANKRANTI

Many names to Celebrating Life itself
As Dearth of food is Death, End of life

Unsteady Gnarled hands reap and harvest
Green grains of sustenance and growth

Yield is golden, but returns, sadly brown
Grow food, wipe tears, knot noose, Hang

Spare a thought for the creator's woes
Share your fortune with the farmer poor

Go back to roots, plant a seed of a crop
Not grass for lawn but fragrant herbs

Nurture life, Consume, Feed and Rejoice
Resolve Reduce Reuse Renew Recreate

Do your bit for mother Earth, Today NOW
NOT too little too late and too far away

Tomorrow should be looked forward to
A brand new day, A harbinger of hope

Fathima Nasira

*District Vice Chairman
Inner Wheel District 323*

GENDER EQUALITY

These days there is frequent talk about gender equality which indicates that gender inequality exists in society. The principle of gender equality dictates that all individuals regardless of their gender should be granted equal rights, responsibilities and opportunities.

During the Rig Vedic period, society was matriarchal. Women were the heads of the families they participated in every decision-making process. Later society gradually became patriarchal and it continues till now.

Gender inequality exists at every level for example at the family level in some poor family if the kids are sick, they only take the boy to the hospital and they treat the girl at home.

Why is Gender equality important? Women and girls represent half of the world's population. If they were given equal opportunities, responsibilities and empowerment they would become pillars of the nation. I want to add Kofi Annan's words here "Gender equality is more than a goal in itself. It is a precondition for meeting the challenge of reducing poverty, promoting sustainable development and building good governance"

What are the ways to build Gender equality?

1. Empower women
2. Give proper value to women's work.
3. Stop child marriages and sexual harassment.
4. Provide them with a safe and secure workplace.
5. Increase the official age of marriage of a girl to 23
6. Equal pay for men and women for the same work etc.

Women are equal members of society and have a right to live free from violence and discrimination, to be educated, to own property, to vote and to fully participate in economic activities. When women have full access to their rights, each family prospers then the whole of society prospers. Finally, as a woman, we all should support other women and girls for their good cause and development.

Gayathri Narayanan

IWC of Tiruvannamalai



NUTTY MILLET DELIGHT WITH DATE SYRUP

Ingredients

- 1 cup almonds, roasted and powdered coarsely
- Mixed Millet flours- 1/2 cup, roasted for a couple of minutes.
- Pitted dates- 15, soaked for 5 minutes. Drained and ground to a paste
- Ghee - 1 teaspoon
- Date syrup- 1 tablespoon
- Silver ball to garnish (optional)

Method

- Combine all the ingredients, except the date syrup, in a mixing bowl, and mix well
- Chill for 5 minutes.
- Divide the mixture into small balls.
- Shape into donut forms, but keep the bottom intact.
- You can also use a silicone mould if you have for shaping.
- Chill for 5 minutes in the refrigerator.
- Remove from the fridge
- Fill the small cavity with sugarless date syrup
- Garnish with silver balls.
- Bite size Nutty Millet is ready to serve

Jaishree Rajamani
IWC Madras Central



GARDEN FRESH SALAD

Ingredients

- 2 cups white cabbage finely shredded
- 2-3 carrots peeled and thinly sliced into strips
- 1 green Capsicum deseeded and thinly sliced into strips
- 1 Green apple cored and sliced thin
- Handful of crushed salted peanuts
- Chilli flakes and salt to taste.
- Few chopped coriander leaves

Dressing

- Shake together in a bottle some white vinegar, olive oil and honey
- Once it is mixed well add it to vegetables just before serving.
- Serve it in a glass bowl as it makes a beautiful addition to your dinner table.
- Serve chilled Preferably.

Method

- Mix all the prepared veggies with a little salt, set aside for a while
- Then squeeze the veggies which would have released water.
- Mix all the veggies, chilli flakes, add the dressing.
- Toss and garnish with crushed peanuts.

PIIWT Azhagu Annamalai

*Association Constitution & Credentials Committee Chairman
Association of Inner Wheel Clubs in India*

SOCIAL MEDIA PRESENCE – THE IMPERATIVE FOR BUSINESS GROWTH

What do 91% of business executives agree on?

To increase their social media presence.

It's surprising to see that many small businesses do not venture beyond

WhatsApp messaging. Here are nine ways social media can contribute to your business growth:

1. Increase online presence

An estimated 4.55 billion people - 57.9% of the world uses social media. Instagram says that 60% of users find new products on its platform. 53% of online customers say social media is their primary way of finding new products to purchase. That is literally the world at your fingertips!

2. Build authenticity

63% of online customers are more likely to buy from a brand with an informative social media presence, according to Growth Gurus. Having a large online presence increases not only the brand awareness but also the authenticity of a brand. Authenticity is online goodwill!

3. Enhance SEO

Shares, likes, and comments are signals that Google and many other search engines use to evaluate search engine rankings. After analysing 23 million social media posts, Cognitive SEO found strong evidence of a link between organic search engine rankings and social media engagement.

4. Humanize your business

Humanizing your business is an important benefit of social media. To see and relate to a real person means your company is more likely to make genuine human connection. Social media is the ideal place to be authentic!

5. Create a channel for customer support

78% of customers are willing to buy from a business after a positive experience on social media, according to Sprout Social. Social media platforms have successfully bridged the gap between businesses

and their customers. Build your reputation as a caring brand by providing support via social channels and developing a system for tracking customer thoughts, questions, and criticism on social media. Go out of your way to be positive and helpful; your listening to criticism makes customers feel heard.

6. Collaboration and contribution!

Collaboration with other brands and influencers on social media can open doors for company growth. Share ideas and get assist!

7. Audience

Social media can help understand customer demographics, their interests, their buying patterns, and a lot more. You can use that data to make better business decisions.

8. Keep an eye on the competition

Stay vigilant about competitor discussions. Stay updated on their innovations, discounts, reports to adapt your strategy effectively.

9. It provides an advertising platform

Social media advertising can be a cost effective way to promote your product or service and share content. Many social media platforms also provide advanced targeting tools, allowing you to market to your target audience while maximizing your reach.

So we see, social media is no longer just a means of staying in touch, or showing off those holiday pictures! Although social media marketing is time consuming and arduous requiring constant content creation and follow up, it is a powerful tool available to anyone with a smartphone.

Radhini Narayanan

IWC Chennai Symphony

A Call for Compassion



Chaya was reliant on a walker due to physical limitations. On Diwali night she was with her family enjoying the festivities and was mesmerised by the colourful sparks and rockets painting the sky. The variety of sweets she had consumed were unaccountable. Amidst the colourful celebrations, her pet, a German Shepherd named Snookie, trembled in fear from the booming fireworks, seeking solace in her embrace.

The pup's distress mirrored the unease that had settled within Chaya's mind, disturbed not by the festival's joy but by the global turmoil. A dedicated teacher specialised in spoken English, Chaya adapted to online classes post COVID, expanding her student-base across seas that reflected in her bank balance. Her financial status resulted due to her consistent hard work along with smart work, time management and by regularly upgrading her skills. Her commitment extended beyond education delving into geopolitics and global affairs, where she witnessed the harrowing intensity of conflicts across different countries.

As she gazed at the vibrant spectacle overhead, a troubling thought pierced her mind - what if the skies were ablaze not with festival fireworks but with the destructive bombs? Her attention fixated on the haunting outcome of the war in Ukraine and the tragic Gaza-Israel war which underscored the disturbing state of our supposedly civilized world.

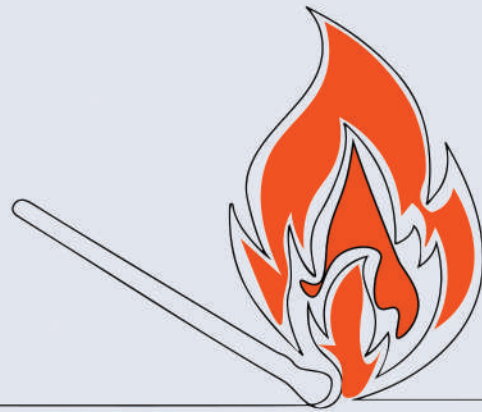
In her contemplation, Chaya observed an unsettling dichotomy: mankind having evolved from primitive weapons to sophisticated missiles, and yet it has failed to shed its primal instinct for conflict - the merciless bombardment on innocent civilians, heart wrecking videos and reports like parents inscribing their children's names on their leg for identification in case of a missile strike.

She lamented that powerful nations, prioritising territorial security, often justify their actions, disregarding the catastrophic toll on civilian lives. Chaya likened these wars to a malignant cancer, capable of erupting from any corner of the world, causing ripples of suffering globally - echoes of the devastating World Wars that scarred history.

The world stands at a precarious juncture, grappling with natural calamities while burdening future generations with the scars of human conflicts. Perhaps our desensitisation to violence in media, normalised as an integral part of life, has inadvertently shaped our acceptance of such horrors.

Let us endeavour to redefine our societal norms, steering away from the acceptance of violence and work tirelessly to craft a future world illuminated by empathy, sympathy and boundless compassion.

Devi Mathimaran
District ESO
Inner Wheel District 323



LET'S KEEP THE FLAME ALIVE

A man who regularly attended monthly meetings suddenly without any notice stopped participating. After few months, the leader went to visit him, he found the man at home alone sitting in front of a fireplace, where a bright fire burned.

The man welcomed the leader, but he was calm and silent. The two men only watched the dancing flames around the logs that crackled in the fire place. After a few minutes the leader without saying a word, examined the fire and selected one of the logs glowing most brightly of all and removed it to the side with a pair of tongs. Then he sat down again. The host was paying attention.

Before long, flame of that log subsided. In a short time, what was previously a brightly lit log had become nothing more than a dead piece of wood. Very few words had been spoken since the greeting.

Before preparing to leave, the leader with the tongs picked up the useless piece of wood and placed it again in the middle of the fire. Immediately the piece of wood was rekindled, fuelled by the light and heat of the burning coals around it.

When the leader reached the door to leave, the host said "Thank you for your visit and for your beautiful lesson, I will return to the group soon". He understood the importance of groups in lives, because each member that withdraws takes fire and heat from the rest.

It is worth reminding Inner Wheel members that they are a part of the flame. It is also good to remind ourselves that we are all responsible for keeping each other's flame burning. We must promote the union among us so that the fire is really strong, effective and lasting. It does not matter if sometimes we are bothered by so many questions, quarrels and misunderstandings, what matters most is to remain as members and be connected. We are here to meet, learn, exchange ideas or simply to know that we are not alone and have an extended family in Inner wheel.

PP Anandhi Sundararajan
IWC Nanganallur

INNER WHEEL CLUB OF MADRAS AT KOLKATA FOR DURGA PUJO - AWESOME PANDALS AND EVERYTHING ELSE!

We at IWC of Madras are lucky this year to have a President (Renu Chandra) and a few members who have roots and connections in Kolkata. They put together a fun-packed 4-day trip to that city of contrasts to view the incredible pujo pandals during Navarathri.

Durga Pujo in Kolkata has to be seen and experienced at least once. No pictures or write-ups can do justice to that fervour and passion that drives communities across the city to invest so much time, energy and money into ten days of every year! No surprise then that Durga pujo in Kolkata was declared as an Intangible Cultural Heritage of Humanity by UNESCO, in 2021.



About 20 of us flew into Kolkata's NSC Bose airport, bursting with expectations of all that we hoped to see and do. President Renu and her trusty team made sure all expectations were met and exceeded!

Beginning with a super yummy lunch at a member's beautiful home, we moved to our first experience of Navarathri pandal hopping. Every pandal had us gawking and clicking. Thankfully we are in the age of digital photography. Otherwise, we would have used up many miles of celluloid film!

The pandals were mostly very elaborate structures, using varied materials and themes. The smaller ones were more focussed. We saw issues like girl-child abuse, environmental degradation, and other socially relevant themes - extraordinarily imaginatively depicted with simple materials. There was one on the Kantara theme! Amazingly striking! Ayodhya mandir, Somnath temple, Mysore palace and other such familiar landmarks were replicated.

The main Durga idol in most of the bigger pandals was very similar and traditional - a quintet of Durga slaying Mahishasur, Lakshmi, Saraswathi, Ganesh and Karthik, with their vaahanas or 'vehicles'. But the more creative and theme focussed pandals displayed very interesting adaptations to suit their concept.

The making of the idols themselves is a fascinating process. The traditional ones are made of clay that is deftly moulded over a framework of hay. The potters at Kumhartuli have inherited the art from their predecessors, and practise it with a dedication that is evident. We saw many idols being transported in various stages of completion – carried on the sturdy shoulders of the young men of the community, or in vans, hand-drawn rickshas.



Dasami or the tenth day of the festival is when the main worship of Durga takes place all over the city. From Ash-tami – the 8th day – the crowds begin swelling into a veritable flood of humanity. Our President, anticipating this, had arranged for us to do most of the viewing before this. While a few pandals were still unfinished masterpieces, we were able to view many beautiful ones without having to push and shove. That made a huge difference to our experience.

The thoughts that strike one most often are: where does all the funding come from? How do they ensure themes are not duplicated? And how on earth do they come up with new themes every year?!!!



Every one of the four days was a good mix of pandal-viewing, shopping and sightseeing.

A heritage walk led by a local historian, had us wandering through British history in the Dalhousie area. Kolkatta still boasts of a large number of buildings, monuments and facilities left behind by the Sahibs. A ferry ride on the Hooghly gave us a view of the old and new bridges and a very clean river! The ferry is a functional mode of transport for daily river crossings - not an ornamental tourist attraction. The Sound and Light show at the majestic Victoria Memorial was an unexpected treat! The lawns and environs of this beautiful structure in the heart of the city are reminiscent of the grand old days of horse carriages and a leisurely pace of life.

To provide a wholesome tadka to the routine, shops were raided. Saris, salwar suits, trinkets....our suitcases seemed a little larger on the return journey!

Food, we ate at very popular restaurants; the fare was varied and delicious. The stop at Chit-taranjan sweets for breakfast on the street was unforgettable! Rasagullas slipped down gullets at a rapid pace, followed by samosas and mishti dhoi! Mmmmm...

After all the hectic activities of each day, it was a great feeling to return to our super comfortable rooms at the Bengal and Calcutta Clubs. Both properties are a throwback to the colonial era. Huge rooms. Old, but well maintained.

The four days went by in a breeze of activity. Very memorable, very pleasant and super enjoyable, thanks to Renu and our Kolkata based members. A once-in-a-lifetime experience indeed!



PDC Sushila Natraj
IWC Madras



MOMENTS YOU CHERISH MOST WHEN REFLECTING ON LIFE EXPERIENCES

One recent happening on the top of my mind. In sixth standard at school, Sr. Rose Daphne was Principal. She was a special personality with caring demeanour and demanding on discipline. She had a strong influence on me and most other students in school. But her values and norms of life hold my hands and guide me.

I wanted to meet and express gratitude to her for being in my life's formative years. Time had rolled by to forty years since I met her last. Constant and long trail helped me locate her, just about 15 days before.

I made a surprise visit. She was advanced in age and was happy beyond words. She took me to her convent pantry. Tea cups of various designs were neatly stacked ready for use in a shelf and saucers were stacked one on top of the other. She picked one cup, searched and picked from the saucer stack the match, cleaned and wiped them dry with a cloth and then poured tea. What meticulousness! She continues to inspire me.

PDC Nallini Olivannan

IWC Madras North

INCLUSIVITY

Inclusivity is the buzzword in today's world. It means, 'the practice of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized'.

This is a macro concept and meant for betterment of society at large in due course of time.

Let us now focus on the micro, and our various societal groups. This includes our WhatsApp groups also, through which most of our social transactions take place currently. As a rule, every group has some 'attractive' members. They are called attractive, because they 'attract' (think of a magnet) other human beings due to various reasons such as their beauty, sense of style, personality, power, conversational skills and so on. The group thrives due to such people who are invariably the leaders. There may be more than one leader in a group.

There is a second tier in the group, who I would like to call the 'organizers'. They are not leaders, but are close to them, and bring in their willingness to organize and engage. The ideas may come from the leaders, but the execution and culmination happen due to the organizers. The organizers bring in a fair amount of intellectual capital to the group.

However, there is a third set of people in every group. They are eager to belong, but don't quite know how. They are usually quiet and diffident and therefore ignored. In many instances they have low self-esteem. I would like to call them the 'observers'.

How nice it would be, if we could draw out such people! Let us go a little out of the way to make conversation with them. Let us try and find out about what their interests and strengths are, and give them an opportunity to contribute to the group. Let us make them feel special. Kindness is an underrated quality. If we shift our eyes from the spotlight and gaze at the shadows, we will get a lot of opportunities to be kind. Let us 'attract' with kindness.

As proud Inner Wheel members, we can make a difference at the grassroot level. Let us together make it happen.

Disclaimer: This article is not based on any scientific study. These thoughts are purely mine, based on my observations over the years.

Vimala Vaidyanathan
IWC Chennai Symphony



Winds of **CHANGE**

We women are a resilient species. Despite centuries of suppression, we always spring back! Adapting to the concept of change, we are aware and operate by the tenet: "WE ARE SO WE WILL"! We have always accepted and embraced the times we live in, albeit with a few changes to cater to our needs! The true desire to bring changes in our lives has driven us to excel!

In the cycle of life, I have understood that what we inherit is what we pass on to our offspring.

Here, I recall an incident that changed my outlook towards life forever:

My teenage years were filled with defiance. I was universally deemed a troublemaker, as I questioned everything!

I had once been to my paternal grandmother's village for a vacation. I hated it, as there were rules to be followed... everywhere! My tomboy attitude never allowed me to accept those rules, but I had to respect those boundaries drawn there. When taking us (my brother & me) to the market or anywhere, my grandmother used to clutch our hands tightly, never letting us go. When I would try to wriggle free, the grip would only become tighter!

Interestingly, my grandmother used to insist on just one thing with me: that I place my long-plaited hair upfront and never behind myself. The force with which it was insisted upon did irritate me, as I considered it a hindrance while playing with friends! But she was vehement in her insistence, and made me promise that I would do that every day, every time, and everywhere!

Having made the promise, I honoured it until I completed my Higher Secondary school. I entirely failed to see that this repeated action had by then become a habit! I realize now that unbeknownst to me, it has ironically helped me overcome my inhibitions about myself! It has also comforted me whenever I have been beset by self-doubt!

I remember asking her the reason why, once! To that, her reply was simple: "It is a mental armour, a protection which will help you to analyse every situation, and act swiftly to avoid any further mental trauma or scars for life!"

I did not understand what she meant then; but when I became a mother to two girls going through their impossible teens – I understood! It hit me then with a profundity that made my eyes well up with tears that represented the profound recognition of the depth, care, and concern of my grandmother! Knowing fully well that she wouldn't be around forever, she had educated me in her own way in self-care and self-protection; and prepared me to face life with dignity and respect! I wanted to hug her tightly, but alas! It was way too late by then!

I instilled the same love, care, and understanding in educating my daughters about Good and Bad touch. I wholeheartedly thanked my grandmother for imparting a life lesson that has been a source of peace and tranquillity in my life! I had actually listened to her and implemented the same, not just in my life, but propagated it too by passing it on to my girls!

Today, I can equate what she meant with the usage of the 'dupatta' - a flimsy fabric worn with the salwar kameez! While we have come a very long way and become modern, wearing western outfits and while the sky is the limit for us, we still carry a dupatta or a stole!

True, the braided hair upfront, or the dupatta worn over a tremulous chest, may well have failed to protect many... and yet, these practices continue, which shows that our mind-set still gets comforted when we wear a dupatta or stole or simply by placing our braids upfront!

But if this is not enough in itself, how can we protect ourselves? The answer lies in awareness, confidence in self, knowledge of a little self-defence and the law, presence of mind and analytical skills, etc. However, this is not enough. We should also be supported by the opposite sex to co-exist in harmony! ...and that is also influence-able by us women: We should teach the men in our families to respect and treat women as equals!

In these modern times, we hear about assaults on women from all walks of life and from all age groups. In fact, the abuse has become more intense because the abusers feel threatened by empowered women! However, the question that will not go away is, can we overcome this faulty Gender disparity?...that denies women their fundamental rights of freedom and dignity! This disparity compresses us because progress is stymied and condemned to move at a (relatively) snail's pace! This verily shows the nation's failure in using education as a tool to move forward!

The long-standing quest for equality underlines this failure, but the yearning has never gone (and will never go) out of style! As a matter of fact, it's the only thing that makes us strive harder. The freedom to think, ideate, express, analyse, and act helps us to reason! It also helps us to observe what we experience and respond accordingly... which helps us make the right choices!

Now, some may ask where is progress in all of this? Well, it lies in the myriad women who have broken the shackles of patriarchy and contribute in their own right to every realm of human endeavour that was hitherto the exclusive preserve of the male of the species alone!

It also lies in understanding our potential as women, our strengths and our weaknesses, and learning to use all of them to our advantage and shaping our future, just because "We can"!

Meera Sundararajan
IWC Vellore





MY FIRST EVER GOLU

My first ever “Golu” was not just a success but also an emotionally satisfying one. Who else can I give credit for this but Niveditha and my little Aarabi. I am person who has no idea of anything that is a tradition mostly because of the rebel in me. I have always felt tradition must come from the heart - not because it is to be “done”.

I fell in line with Niveditha when she suggested that this year, we must start the tradition of keeping golu. I had no idea where to start. She made the plans - potli bags gifts etc. . . This was her idea from start to finish. We got contacts from different people. We called and organised it all to be delivered at home. A big zindabad to home delivery.

As for the invitees, what started of as a mere 15 in number ended up being 50 from my side and 50 from Nivi's. For the first time I realised I actually knew so many ladies.

The Golu padis were set up by our “Man Friday”. Once done we realised it was swaying and so we stood on either side to hold it straight. It took a lot of effort to get the ‘padis’ in line and hold steady. Whew!

For the cover Jagi's new ‘veshtis’ were put to good use, ignoring all of Jagi's protests. The ‘veshtis’ just wouldn't go round and it was amnavasai and the padi wasn't up!

Thankfully a good friend of mine came to our rescue and had a tailor stitch the ‘padi’ covers overnight. Thank you, “Bed Sekar”, (he goes by that moniker). You are more than a saviour.

Nivi set up the dolls on the golu stand and she did so beautifully without my help as I had to bring my dad back from the hospital. Nivi insisted that we make ‘sundal’ every day and a different variety of course. Playing along was my only choice.

Finally, the evenings arrived! Four days of ladies and kids walking in and out, playing and singing was a great experience for me. I didn't know a lot of the people who came in, but made a lot of friends through the four days. Little Aarabi who played the hostess to perfection. Atul was a quiet support behind the whole show. Jagi too helped in his own way. My helpers Shanti and Vanitha, Suresh our man-Friday were a great support. Bed Sekar was a great discovery.

On the whole this year's golu was a learning experience and a lovely one at that. How many mothers-in-law get to learn from their daughters in law?

As Nivi sang Mangalam and we put the dolls to sleep for a night, we folded our hands in gratitude to the almighty for guiding us through the 10 days with nothing untoward happening, but everything turning out just right.

Until next year

PP Jayashree Jagadish
IWC Madras Central

CHERISHED MOMENTS IN INNER WHEEL

In my four decades of life, I've been a part of two families: My family, where I was born. My in-laws' family, where I created a family. Now, I've come to realize that there's another family – the Inner Wheel family. One of the highlights of my Inner Wheel journey was when I held the post of Club ISO. The competition 'Bharathi Kanda Pudhumai Penn', received great response and helped me forge new friendships beyond the club. Another milestone was the celebration of 50 years of friendship of Chitra and Bhamini. We released a friendship magazine on this occasion, which received tremendous applause. The last noteworthy moment was 'Pangea' – a district wide program, where our club members thoroughly enjoyed participating in the Spanish Bull Fight Dance. These moments were truly some of the most cherished memories I have had in Inner Wheel.

President Monica
IWC Madras North



Hosting 'The Dog Show' as Club ISO was my most cherished and memorable experience. Being the first of its kind, I was overwhelmed with the response and support given by the participants, Inner Wheel team and my family. This initiative was started due to our love for the four legged furry animals and the unconditional love they shower on us! The Dog Show brought together various passionate pet parents, dog trainers, veterinary doctors from the Animal Welfare Board of Tamil Nadu, pet care providers and Inner Wheel members to witness our pet parents proudly walk the ramp with their doggies. Looking forward to many more memorable events like this!

Vice President Meenakumari
IWC Madras North



After marriage, I relocated to Chennai, leaving behind my familiar surroundings and friends. It was a daunting change, and I felt isolated. But my entry into Inner Wheel brought a wave of warmth and friendship into my life. Through Inner Wheel, I found a supportive community of individuals who quickly became more than just friends; they were like an extended family. The Inner Wheel family inspired me to step forward and contribute to the betterment of our community without hesitation. The journey with Inner Wheel not only gave me new friends but also provided me with a platform to create a meaningful impact on society. With loads of personal and social transformation, I look forward to many more years of serving and growing within this remarkable family.

ISO Keerthana
IWC Madras North



தண்ணீர்விடும் கண்ணீர் கவிதை



கல் நெஞ்சத்தினராகி
பல் மாசுக்கள்கலந்த
புல்லர்களிடம் சிக்கி
தத்தளிக்கிறேன்
ஆழ்துளை கிணறுகளால்
பாழ் படுகிறது பூமி
துளையிட்டு உறிஞ்சினாலும்
நான்வாழும் நாட்கள்?
நன்றி இன்றி சுயநலங்கொண்டு
அணையிட்டக்கி
அயலருக்கு தாகத்திற்க்கும்,
கயவரிடம் இருந்து மூச்சுத் திணருகிறேன்.
கடல் நீரும் வற்றியபின் நீருக்காக ஆய்வு!
தாயின்உடல் குருதி வற்றியபின்
சிசுவிர்க்கு பால் கிட்டுமோ
தாய் நான் சேய் நீவீர்.

Kanchana Raman
IWC Nanganallur



Ramya Alagendran
IWC Chennai Sakhi

ஆச்சரியமும் அன்பும்
ஒன்றாய் வாசலில்
நிற்கும்போது...
மகிழ்ச்சிக்கு அளவின்றி
வானில் பறக்கும்
உணர்வு
கண்டதுண்டோ...
வியந்த விழிகள்
வார்த்தையை தேட
காதலின் முழு உருவாய்
பிரபஞ்சமே
எனக்காய் தோன்றிய
தருணம் அது...

கற்களிலும் முட்கள் பாதையிலும்
நடக்காதே அன்பே! ஏனெனில்
உன் காலடியில் காலணியாக என்
இதயம்.

Kasthuri
IWC Maraimalai Nagar

**நானும்
அவளும்**



யார் சொல்லித் தந்தது இவளுக்கு..
அப்பா அப்பா என சுற்றி வருபவள், டை
கட்டியவுடன் டாட்டா சொல்வதற்கு..
மாலை 3:45 ஆனவுடன் வாசலில்
அண்ணனை தேடுவதற்கு..
வாசலில் இருக்கும் செய்தித்தாளை
தாத்தாவிடமும், பூப்பந்தை
பாட்டியிடமும் தருவதற்கு யார் கற்றுத்
தந்தது..

நான் சொன்னதில்லை அவளிடம்..
முழு நிலவை பார்த்து கன்னத்தில் கை
வைத்து ஆர்ப்பரிக்க..
தென்றல் கொஞ்சம் போது கண் மூடி
சிரித்திருக்க..
அண்ணனின் தோரிடம் இருந்து
ஹாமரை வாங்கி வைத்து தூங்க
செய்கிறாள்..
அண்ணனை நான் அதட்டினால்,
அப்பாவிடம் சென்று முறையிட்டு
அழுகிறாள்..
நிலவைப் போன்ற சிரிப்பழகி செல்லும்
இடமெல்லாம் வின்மீன் கொட்டுவாள்..
என் ஒவ்வொரு கோபத்தையும்
சளைக்காமல் மன்னிப்பாள்..
சில நேரம் காட்டாறைப் போன்றவள்,
தன் வழியை தானே கண்டறிவாள்..
அவளுக்கு அணை போட மாட்டேன்..
சில நேரம் தடாகம் போன்றவள், சுற்றம்
மலர வைப்பாள்..ஓய்வெடுக்க
செய்வேன்..
சில நேரம் கடலலை போன்றவள்,
மகிழ்ந்து ஆர்ப்பரிப்பாள்..ரசித்துக்
கிடப்பேன்..
கடவுளின் குழந்தை இவள், ஆனால்
தேர்ந்தெடுக்கப் பட்டவள் நான்..
இவள் என் மகள்!!

Saraswathi Lakshmanan
IWC Cheyyar

வருங்கால துணைக்கு ஓர் வரவேற்பு

வழி நெடுக வரும் ஒரு
வாழ்க்கைப் பயணம்!
என் இனிய துணையே
ஆயிரம் கேள்...
உனக்கான அணைத்தும்
உன் இடம் அணைத்தும்!
ஆனால் அதற்கு முன்....
உன் கனவுகள் எதுவானாலும்
அதை சிதைத்துவிடு!
உன் சிறகுகள் எத்தனை
தூரம்
பறந்தாலும் அதை முறித்து விடு!
சிறந்த நட்பு வட்டங்களை
சிதைத்து விடு!
சமையலறையில் உன்
சகலத்தையும் சமர்ப்பித்து விடு!
உன் உள்ளகுமுறல்களை
உனக்குள்ளே புதைத்துவிடு!
மூன்றே மாதத்தில் வெட்கப்படு!
தாயாவதற்கு தயாராகி விடு!
மானுடப் பிறவிகளான
உன்
பெற்றோருக்கும்,
தெய்வப் பிறவிகளான
என்
பெற்றோருக்கும் பதவி உயர்வு கொடு!
மனப்பந்தலில் என் கைகளை
இறுகப் பற்றிக்கொள்!!
உன் கொள்கைகளை
அம்மி மிதிக்கும்போது மிதித்தும்,
அருந்ததி பார்க்கும் போது
அழித்தும் விடு!
நேரமாகிவிட்டது பெண்ணே!
பெண் சுதந்திரம் பற்றிப் பேச
அழைப்பு வந்து விட்டது
விடை கொடு!.



Amutha
IWC Vellore North

ஆவதும் பெண்ணாலே!... அழிவதும் பெண்ணாலே!...

என் அன்பு சமுதாயமே!...
உன்னோடு பகிர்ந்து கொள்ள...,
பெண்ணானவள் என்னோடு
புண்ணான சில விஷயங்கள்...
நான் தன்மானத்துடன்
தலை நிமிர்ந்து நடக்கின்றேன்...,
உனக்கேன் என்றைக்கும்,
தலை கர்வமாய் தோன்றுகின்றேன்?...
நான் சுயமரியாதையுடன்
சுயமாய் இயங்குகின்றேன்...,
உனக்கேன் எப்பொழுதும்,
தான்தோன்றியாய்த் தெரிகின்றேன்?...
நான் சுயகௌரவத்துடன்
சுற்றிலும் எதிர்வினையாற்றுகின்றேன்...,
உனக்கேன் எதற்கும்
அடங்காதவளாய்த் தெரிகின்றேன்?...

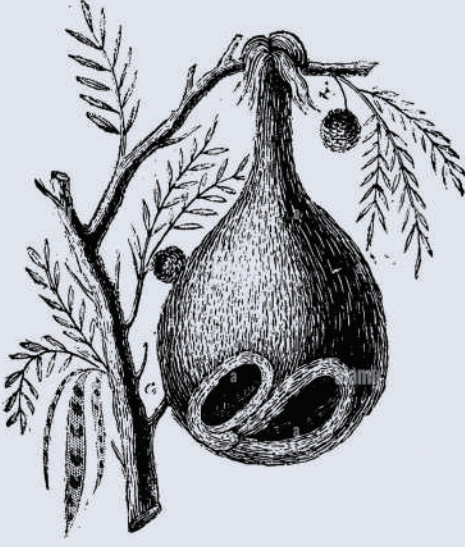
நான் பண்போடு
பிறந்தவளானதால்தான்...,
உன்னோடு அன்போடு
பழகுகிறவளாகின்றேன்...
என்னை ஏன் நீ...
பெரும் பழியோடு,
சிலுவையிலேற்றுகிறாய்?...
நான் தாய்மையோடு,
பிறந்தவளானதால்தான்..
உன்னைக் கருவோடு
சுமக்கிறவளாகின்றேன்...
என்னை ஏன் நீ...
சிதைத்து சீரறுத்து,
சிதையிலேற்றுகிறாய்?...

நான்....
உன்னை அருமையோடு,
ஆக்கியவள்...
வெறும் பெண்
மட்டும் தானா?...
ஆகப்பெரும் தாயல்லவா?...
நான்...
தாழ்போக நேர்ந்தால்...,
பேசியது உன்
நா மட்டும் தானா?...
நஞ்சேறிய உன்
நெஞ்சல்லவா?...
நான்...
அதையழித்திடத் துணிந்திடும் போது...,
ஆற்றுப்படா சிறு பேதை
மட்டும் தானா?...
பேயுறு பூண்ட
பராசக்தியுமல்லவா?....



S. Muthurajakumari
IWC Thiruvannamalai

தூக்கணாங்குருவி



தூக்கணாங்குருவி கூடு கட்டுது கூடு சிக்கலான கூட்டுக்குள்ளே சிக்கலின்றி வாழுது மனிதன் கூட வாஸ்து பார்த்து கட்டுரான் வீடு வாழத்தெரியாமல் நிற்கிறான் தெருவில்

காற்று,மழை,வெய்யில் வந்த போதும், இயற்கையோடு அவை இனைந்து வாழுது, அண்ணன் தம்பி உறவு முறை இல்லை, அத்தனையும் ஒரு கூட்டின் பிள்ளை

உயர்ந்தவன் , தாழ்ந்தவன் என்ற நிலை இல்லை ஏழை,பணக்காரன் என்ற நிலை இல்லை மனிதனுக்கு இவை அனைத்தும் வந்த போது அவன் சிரிப்பு செயற்கை ஆகிப் போனது.

நன்றி! வணக்கம்!!



R. Parimala
IWC Nanganallur

குலதெய்வம்



- ◆ குலம் தெரியாமல் போனாலும் குலதெய்வம் தெரியாமல் போகக்கூடாது
- ◆ குருவை மறந்தாலும் குலதெய்வத்தை மறக்கக் கூடாது
- ◆ குலதெய்வ வழிபாடு கோடி தெய்வ வழிபாடு
- ◆ சுக்குக்கு மிஞ்சிய மருத்தும் இல்லை குலதெய்வத்திற்கு மிஞ்சிய தெய்வமும் இல்லை
- ◆ குலதெய்வத்தை வணங்கினால் கோடி நன்மை உண்டு
- ◆ குலதெய்வத்தால் ஆகாத காரியமில்லை
- ◆ எமன் கூட ஒருவரின் குலதெய்வத்தின் அனுமதி பெற்று தான் உயிரை எடுக்க முடியும்
- ◆ குலதெய்வத்தை வணங்குங்கள்
- ◆ உங்கள் வம்சத்தை காக்க முதலில் ஓடி வரும் உயிர் தெய்வமே குலதெய்வம் தான்.
- ◆ நாம் செய்யும் தானமும், தர்மமும், நன்மை ஏழு தலைமுறைக்கும் கவசமாக காக்கும், குலதெய்வ வழிபாடு.
- ◆ விடிவு காலம் பிறக்க குலதெய்வம் முன் விளக்கேற்றுங்கள்.
- ◆ உடலும், உள்ளமும் உறுதியாக இருக்க குலதெய்வத்தை வணங்குங்கள்.
- ◆ ஒருவன் வாழ்வில் முன்னேற சிறந்த வழி, தன்னைத்தானே மகிழ்வித்துக் கொள்ள குலதெய்வ வழிபாடு முக்கியம்.

ஓம் நமசிவாய, ஓம் நமசிவாய

ஓம் சாந்தி! ஓம் சாந்தி, சாந்தி

K. Mayilambigai Kumaraguru
IWC Vellore North

ஹைக்கூகவிதைகள்

மனைவி என்பவள் திருக்குறள்
போன்றவள்...! அடேங்கப்பா !!!
எவ்வளவு "அதிகாரங்கள்"!

வங்கியாக இருந்தாலும் வாழ்க்கையாக
இருந்தாலும் "பேலன்ஸ்" இருந்தால் தான்
"இன்ட்ரஸ்ட்" வரும்.

மனைவிக்கும் உங்களுக்கும் உள்ள
ஏதாவதொரு ஒற்றுமையாவது
சொல்லுங்க..
ரெண்டு பேருக்கும் ஒரே நாள்ல தான்
கல்யாணம் ஆச்சு ...

செய்தி : 150 கி.மீ தொலைவில் புயல்
மையம் கொண்டுள்ளது. நம்மாளு:
அதெல்லாம் தேவையில்ல துணி ஊற
வைக்கலாமா? வேண்டாமானு மட்டும்
சொல்லு....

கணவர்: ஆறுமணி நேரமா எங்கடி
போனே?
மனைவி : ஷாப்பிங் போனேங்க.
கணவர்: என்ன என்ன எடுத்த?
மனைவி : "ஒரு கிமிக்கியும் 60 செல்பியும்"

தங்க செயினை உருக்கினா தங்கம் வரும்
வெள்ளி செயினை உருக்கினா வெள்ளி வரும்
சைக்கிள் செயினை உருக்கின்னா சைக்கிள்
வருமா?

நண்பன் 1: உன் பொண்டாட்டி உன்னை
அந்த அடி அடிக்கிற அளவுக்கு நீ என்ன
கேட்ட?
நண்பன் 2: "தீபாவளிக்கு மீந்த
பலகாரத்தை
மக்கும்புப்பையில் போடணுமா,
மக்காத குப்பையில் போடணுமா? ன்னு
கேட்டேன்."

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A.மணி B.Lit.,

1598/1, அசோக் நகர், வேங்கிக்கால்
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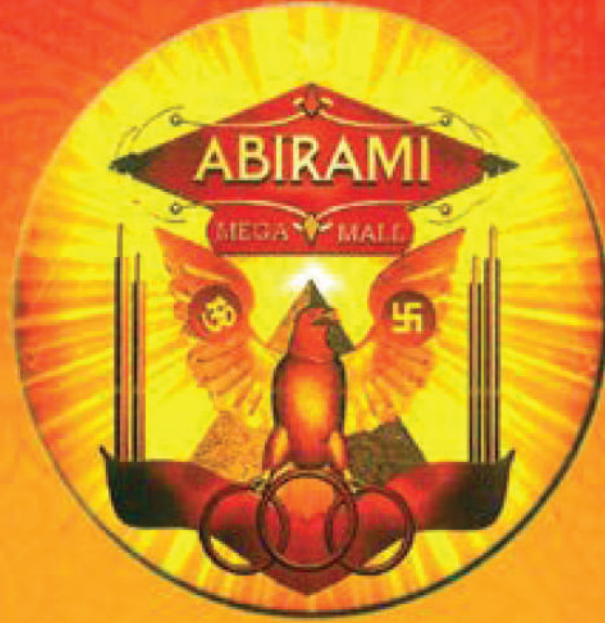
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