



INNER WHEEL DISTRICT 323

2025 - 2026

Pearl



JYOTI MAHIPAL
Association President



DEVI MATHIMARAN
District Chairman



GEETHA PRAKASH
District Editor



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INNER WHEEL PRAYER

Instill in us O Lord, the true meaning of friendship.

Never let us forget that we are all Thy children,

Notwithstanding the differences in our culture and creed.

Endow us with a desire to serve our fellowmen,

Remembering that we too often need help.

Whenever or wherever the need for service arises,

Help us to be ready to serve,

Endeavouring to make our badge of Inner Wheel worthwhile,

Ensuring that we have not

Lived in vain.

இன்னர் வீல் கடவுள் வாழ்த்து

எங்கள் இறைவா!

நட்புணர்வின் உண்மையான பொருளை எங்களுக்குள் நிலைநிறுத்து!

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

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

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

எமது இன்னர் வீல் முத்திரையை மதிப்புமிக்கதாக்கி, வீணாக நாம் வாழ்ந்து விடவில்லை என்பதை உறுதிப்படுத்து!

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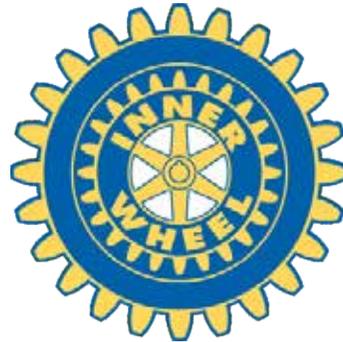
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INTERNATIONAL INNER WHEEL THEME



INTERNATIONAL INNER WHEEL SOCIAL THEME 2024-2027



DISTRICT

Editor



I deem it my pride and privilege to serve as the editor of our prestigious world renowned organisation - the Inner Wheel District 323 whose focal point is friendship and service. This is a platform that reflects the heart and soul of our organisation. Through these pages we aim to celebrate the dedication, strength and compassion of women who are making a difference, proving time and again that true leadership is rooted in service.

In a world that often feels divided, service remains a universal language - one that speaks of kindness, generosity and an unwavering belief in humanity. To serve is not just to give our time or money but it also showcases dedication, wholehearted compassion and empathy. It is in service that one finds true fulfilment, knowing that even the smallest acts of kindness can give hope and comfort to someone in need.

These past few months working towards bringing out "Pearl" has been an experience that I will cherish as it has enriched my life and has been a journey of learning and friendship. As you turn the pages of this souvenir you realise that every story shared, every voice amplified, every initiative highlighted is a testament to our dedication.

My humble thanks and huge gratitude to all the advertisers, sponsors, members of Inner Wheel, friends and family for supporting me.

As an Editor it is an honour to curate these narratives ensuring that the light of our work shines far and wide.

Geetha Prakash
District Editor

DISTRICT

Chairman



INNER WHEEL GREETINGS TO ONE AND ALL

My dear Inner Wheel family,

District Conference Turquoise truly encapsulates the enriched, inspiring, and motivating journey of our District over the past six months. With immense gratitude and profound pride, I stand before you today as the District Chairman of this prestigious Inner Wheel District 323.

We are indeed blessed with a meticulous and highly efficient District Editor, Advocate Geetha Prakash a well-organised, power-packed personality. Her masterful vision, tireless dedication, and smart work have brought out the souvenir, Pearl

The District Executive Committee Members are the motivating force of our District, each one perfectly executing their role and it's a joy to work with them, who make the District function seamlessly.

Our Past District Chairmen are always just a phone call away, steadfast pillars of strength who consistently guide us and keep us on the right path.

It was a moment of pride for our District to welcome our International Inner Wheel President, Kay Morland, and Association President, Jyoti Mahipal, for two landmark celebrations, the Diamond Jubilee of IWC Madras and the Golden Jubilee of IWC Madras Midtown. I was privileged to be present at both these historic occasions in my capacity as District Chairman.

District Conference Team needs special appreciation for their unwavering dedication and commitment in planning Conference Turquoise, Conference Chairman Ruchita Saraogi of IWC Madras, Secretary Kapila Sharma of IWC Madras North, and Treasurer Porchilai Dinesh Babu of IWC Chennai Magizham.

All the projects align with Association President Jyoti Mahipal's Vision Board, reflecting focused and purposeful service by our Dynamic Presidents. I am truly overwhelmed by your selfless contribution, compassion, and dedication in transforming society's dreams into reality through meaningful service are truly commendable.

I am happy to share that within a short period of six months, our Clubs have reached 1,34,124 beneficiaries through 1,353 projects and spent Rs.1,93,37,828

The collective efforts of the, Club Executive Committees and devoted members powerful initiatives and meaningful collaborations, creativity, and commitment., making District 323 more vibrant, visible, and stronger with each passing day.

Let us Step Up and Lead by Example,

Reach Out and Inspire all those in need. Long live Inner Wheel and its beautiful journey.

Devi Mathimaran

District Chairman 2025-2026
Inner Wheel District 323

DISTRICT EXECUTIVE COMMITTEE



Devi Mathimaran
District Chairman

The District Conference Turquoise, thoughtfully conceived and meticulously planned by District Chairman Devi Mathimaran, offers a vivid glimpse into the District's vibrant events and year-long activities, beautifully capturing its spirit in a nutshell.

District Editor Geetha Prakash has masterfully crafted this souvenir, presenting a powerful showcase of the impactful projects undertaken by the District and its clubs under the banner of IWD 323. These initiatives stand as a testament to the District's unwavering commitment to societal upliftment and compassionate service.

On behalf of the District Executive Committee Members — District Chairman Devi Mathimaran, District AC Member Fathima Nasira, District Secretary Anandhi Sabesan, District Treasurer Sukanya Sriram, District ESO Sarada Ramani, District ISO Udaya Lakshmi,— we extend our warmest congratulations to District Editor Geetha Prakash on the release of this exclusive souvenir, and wish everyone a truly spectacular, vibrant, and memorable Conference ahead.

Supriya Sundararaman
District Vice Chairman &
Colleagues in the District Executive Committee



Fathima Nasira
Association Council Member



Sukanya Sriram
District Treasurer



Supriya Sundararaman
District Vice Chairman



Anandhi Sabesan
District Secretary



Sarada Ramani
District ESO



Udayalakshmi Pothur
District ISO



Geetha Prakash
District Editor

DISTRICT CONSTITUTION & CREDENTIALS COMMITTEE



PDC Latha Mahalingam
CC Committee Chairman



PDC Radha Ranganathan
CC Committee Member

DISTRICT LITERACY COMMITTEE



PDC Swarnalatha Jothikumar
District Literacy Committee Chairman

The 2025-2026 theme for the International Inner Wheel (IIW) is
“STEP UP & LEAD BY EXAMPLE”



ASSOCIATION

President



Dear District Chairman Devi,

What a delight it is to pen this message for the Souvenir to be released at the joyous occasion of District Conference -TURQUOISE ! Like Turquoise, Inner Wheel leadership is precious yet powerful—nurturing, inclusive, and transformative. My best wishes to District Editor Geetha Prakash for taking out this publication-Pearl at the District Conference.

Dear DC Devi ,You have executed several successful events and projects in your district with precision and grace. My heartfelt compliments to all the Club Presidents of your district 323 for showcasing exemplary leadership through praiseworthy and meaningful projects. The remarkable work you have accomplished in just six months is truly commendable and reflects your enthusiasm and commitment to our great organization. Special mention of few Projects -6 Pink autos distributed to 6 women, donation of a dialysis equipment to a dialysis center, donation of a surgical table to the urban health centre and cervical cancer vaccination. I also extend a heartfelt thanks to you and your District for hosting me alongwith IIWP Kay Morland and Terry Pollock for 3 days .

A District Conference is a time to reflect on the work accomplished in the first half of the year, renew our pledge, and recharge ourselves to serve those in need. You still have six months ahead to set new landmarks, create milestones, and leave a lasting legacy of service and compassion.

“Don't judge each day by the harvest you reap, but by the seeds that you plant.”

My best wishes to Conference Chair President Ruchita Saraogi ,the District Executive Officers and members of District 323 for the District Conference. I also take this opportunity to sincerely appreciate the commendable work of National Editor Kamala Selvam from your District. May this conference align with Inner Wheel's ethos of friendship, service, and leadership, spreading light in families, communities, and society.

Together, let us create platforms that nurture confidence, resilience, and dreams in women and girls .Wishing you success in all your future endeavours. In this journey of leadership always remember to Be your Best Version !

Jyoti Mahipal

President & National Representative
Association of Inner Wheel Clubs
in India

NATIONAL

Editor



Dear District Editor Geetha,

Heartiest congratulations on the release of Pearl – District Souvenir!

What a delightful and vibrant publication this is — full of energy, creativity, and warmth. You've truly brought out the spirit of Inner Wheel through every page. The projects, visuals, and thoughtful presentation reflect your passion and the hard work of your entire team.

Your thoughtful coverage of District projects for the year, along with detailed glimpses of all Association events attended by the District Chairman, makes "Pearl" a perfect blend of celebration, information, and connection.

A note of appreciation for DC Devi Mathimaran who has kept the flag of District 323 flying high, with noteworthy and meaningful projects keeping in mind the vision of Association President Jyoti Mahipal. She has worked hand in hand with a dynamic leader and brought glory to our District.

The commitment of the District EC, Presidents and members of District 323 shines through every page! "Pearl" serves as a platform that focuses on various achievements, preserves memories, and strengthens the Inner Wheel connection across the district.

It's wonderful to see how beautifully you've captured the essence of District 323's activities and camaraderie. Your special touch and attention to detail is evident in every page!

Wishing you many more such creative milestones and heartfelt congratulations once again!

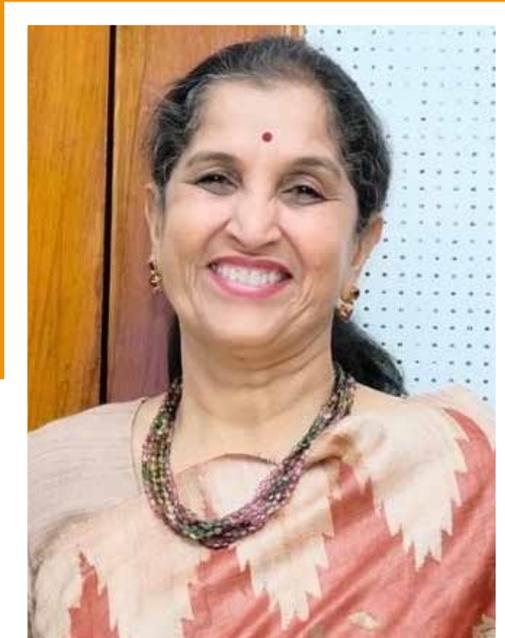
With warm wishes

Kamala Selvam

National Editor
Association of Inner Wheel Clubs in India

PAST IIW

President



Dear Geetha,

It gives me great pleasure to greet the members of our District 323 through the pages of our Souvenir as we get ready for our District Conference.

The Dist Conference is a halfway Milestone and a time to look back on what we have achieved and plan our next moves. Being part of a dynamic District like ours comes with its share of responsibilities but I am happy that most of you members do deliver and keep our District flag flying high in our Association.

You have all done so much and but there is so much more to do. As we continue to serve to spread peace and international understanding we are indeed proud to be part of this great organization.

Friends, We have a great theme given to us by our IIW President Kay Morland -Step up & Lead by Example . I hope the theme continues to motivate you !

As St. Augustine said "Once you have said it is enough you are lost. Keep adding, keep walking, and keep advancing. Do not stop, do not turn back – your best is yet to come!!"

Kamala Ramakrishnan
Past IIW President

ACCCC / PAST IIW

Treasurer



Releasing a Souvenir to commemorate the occasion of the annual District Conference, is indeed a beautiful gesture by the District and it is my pleasure as a senior member to contribute to it with my message.

I am glad District 323 has a very committed and diligent person like Geetha Prakash as the District Editor, who in her capacity will publish the same. Geetha has been a member for many years, with good experience and leadership qualities. I am sure this souvenir will make very good reading.

“ Every morning in the African Continent, a Gazelle wakes up, it knows it must run faster than the fastest Lion or it will be killed. Similarly a Lion wakes up, it knows it must outrun the slowest Gazelle or it will starve to death.

It doesn't matter whether you are a Lion or a Gazelle: When the sun comes up, you better be running”.

This anecdote implies that we should be alert and do our work with commitment and diligence.

Keep your Friendships intact but do not get run over. Execute projects that are worthy and useful.

Make use of the Inner Wheel platform and satisfy your soul doing what is best for yourself and society.

With Love and Prayers,

Azhagu Annamalai

Past Assn CCCC 2022-25

Past IIW Treasurer 2016-19

Past Assn President 2008-09

Past District Chairman 2004-05

ROTARY DISTRICT

Governor



I like to congratulate Inner Wheel Chairman Devi Mathimaran for spearheading Inner Wheel District 323 to greater heights. Today Inner Wheel is fast growing with more than 70 clubs and 2200 members. The projects done by Inner Wheel are at par with Rotary and they are also utilizing CSR channel for bigger projects. The senior leadership in Inner Wheel are always supporting the District Chairman and guiding the Presidents to perform. We are seeing a lot of women leadership evolve through Inner Wheel. The District Souvenir each year contains good information and the presentations are good. I Congratulate and wish District editor Geetha Prakash to come out with the valuable Souvenir “Pearl” 2025-26 which will be preserved by its members and be a showcase for District 323, highlighting the good works of Inner Wheel. As District Governor of RI District 3234, my message to each President is to dream big and make the best use of the opportunity to showcase your talent and do good for the society and let’s UNITE FOR GOOD!

Vinod Saraogi

District Governor, RI District 3234
Rotary Year 2025–26

ROTARY DISTRICT

Governor



It is my pleasure to extend my warm greetings to Inner Wheel District 323 on the release of your District Souvenir “PEARL”.

Just as a pearl symbolizes purity, strength, and beauty, this Souvenir reflects the grace, commitment, and compassionate service of the wonderful women of Inner Wheel. Your impactful projects, your leadership in community service, and your steadfast spirit of friendship continue to inspire us in Rotary.

Inner Wheel has always been a strong and supportive partner in service. Together, our shared values and collective efforts have touched many lives and strengthened communities across our District.

My heartfelt appreciation to the District Chairman, the editorial team, and every member who contributed to making “PEARL” a valuable record of your achievements.

I wish Inner Wheel District 323 a highly successful Conference and a memorable year ahead filled with fellowship, service, and joy.

Rtn. D. Devendran

District Governor, RI District 3233

Rotary Year 2025–26

ROTARY DISTRICT

Governor



Greetings from Rotary District 3231.

Congratulations to Inner Wheel District 323

It gives me immense pleasure to extend my heartfelt congratulations on the release of “Pearl”, the official souvenir of the District Conference. This publication stands as a shining reflection of the dedication, creativity, and collective spirit that define District 323.

“Pearl” beautifully captures the essence of IWC journey, service, fellowship, and shared mission to create lasting impact. Each page celebrates the remarkable efforts of clubs, leaders, and members who continue to inspire with their commitment to “Service Above Self.”

I offer my special appreciation to Editor Geetha Prakash and the entire editorial team for their tireless work, vision, and attention to detail in bringing this souvenir to life. Your contribution adds great value to the conference and strengthens the legacy of district.

May “Pearl” continue to enlighten, encourage, and empower every IWC member who turns its pages. Wishing the conference grand success and many more milestones of service ahead.

Rtn. V. Suresh

District Governor, RI District 3231
Rotary Year 2025–26

THE GRAND LUMINARIES OF 323



Kamala Ramakrishnan
Past IIW President 2007-08



Azhagu Annamalai
Past IIW Treasurer - ACCCC - 2022-25



Mano Bakthavatsalam
Past Association President 1984-85



Nirmala Desikan
Past Hon. Association Secretary 1987-88



Kala Bhashyam
Past Deputy National Rep - 1997-98



Rama Rajagopalan
Past Hon. Association Secretary - 1999-2000



Padma Preetha Sumanth
Past Hon. Association Secretary 2018-19



Latha Mahalingam
Past National Editor 2016-17



Sita Lakshminarayana
District Chairman 1994-95



Vasanthi Rao
District Chairman 1996-97



Shanthi Gopal
District Chairman 1997-98



Nallammai Ramanathan
District Chairman 1999-2000



Malathi Ananthan
District Chairman 2000-01



Nalini Prabhakar
District Chairman 2001-02



Shanthi Kannan
District Chairman - 2002-03



Radha Ramesh
District Chairman 2003-04



Dr Shashi Shyamsundar
District Chairman 2005-06



Radha Ranganathan
District Chairman 2006-07



Bhamini Parthasarathy
District Chairman 2007-08



Sushila Natraj
District Chairman 2008-09



Radha Sankar Krishnan
District Chairman 2009-10



Kala Ravichandran
District Chairman 2010-11



Vasumathi Marimuthu
District Chairman 2012-13



Mallika Venkataramani
District Chairman 2013-14



Swarnalatha Jothikumar
District Chairman 2014-15



Seema Bhargava
District Chairman 2015-16



Shama Prasanna
District Chairman 2016-17



Kala Rajasekhar
District Chairman 2018-19



Nallini Olivannan
District Chairman 2019-20



Usha Saraogi
District Chairman 2020-21



Kamala Selvam
District Chairman 2021-22



Arasi Ponmozhi A.T
District Chairman 2022-23



Arathi Narayanan
District Chairman 2023-24



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milestones, memories and everything in between.



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District Vice Chairman

Presidents Meet – A Signature Initiative of District 323

A Year of Precious Themes



The **Presidents Meet** conducted by **District 323** is one of the most distinctive and cherished features of our District calendar. Initiated in **1996** under the dynamic leadership of **PDC Vasanthi Rao**, then District Chairman, this forum was created as a platform for Club Presidents to come together, share ideas, and build enduring bonds of friendship through service.

To add a unique flavour, the Presidents Meet is celebrated around a special theme each year. This year, the theme is inspired by **Precious Stones**, symbolizing **strength, beauty, and value** — much like the Presidents themselves, who are the shining gems of our District.

So far, six Presidents Meets have been successfully conducted under this theme, each named after a gemstone.

What began as a simple concept — Presidents joining hands to serve and connect — has now grown into a powerful platform for **learning, collaboration, and inspiration**. Over the years, the Presidents Meet has evolved into a vital communication link between the District and its clubs. It enables Presidents to:

1. ONYX – The First Presidents Meet

The year began with **Onyx**, a microcrystalline quartz known for its contrasting parallel bands and smooth, shiny surface. Symbolizing grounding, balance, mental strength, and protection from negative energy, Onyx set the tone for the year.

- ▶ Receive guidance from District Officers,
- ▶ Exchange experiences,
- ▶ Carry back valuable insights to strengthen their respective clubs.



This effective chain of communication has consistently fostered **unity, mutual support, and a shared sense of purpose** across all clubs in the District.

The Host Presidents ensured immaculate décor, warm hospitality, and excellent arrangements. The focus remained on a formal meeting with:

Each Presidents Meet is ably led by the **District Vice Chairman**, who coordinates with clubs to organize and host the gatherings. This role offers the Vice Chairman a remarkable opportunity to interact with club leaders across the District — an enriching and rewarding experience. Every hosting group takes on the responsibility with enthusiasm and dedication, demonstrating teamwork, creativity, and leadership in bringing each meet to life.

- ▶ Reports from the District Executive Committee,
- ▶ Clubs sharing details of forthcoming projects,
- ▶ Interactive games that strengthened bonding among Presidents.

2. PERIDOT – The Second Presidents Meet

The second meet celebrated **Peridot**, the bright yellow-green gem cherished since ancient Egyptian times. Known for emotional healing and reducing negativity, Peridot infused the meet with warmth and positivity.



The hosts conducted engaging bonding activities. A hallmark of all meets — celebrating birthdays with a cake-cutting and a group photograph — added to the joyful camaraderie.

3. OPAL – The Third Presidents Meet

Based on the luminous gemstone **Opal**, this meet carried a festive aura and was titled **“Phuljharis and Patakas.”** The colour code for the day was vibrant yellows and oranges.



From décor and ambience to interactive sessions and food, every detail reflected the spirit of festivity.

4. TOPAZ – The Fourth Presidents Meet

The sparkling Topaz inspired an energetic **Disco-themed** meet. With creative props and a

lively atmosphere, the Host Presidents brought the gem’s brilliance to life.

Amidst the fun, important updates were shared, especially regarding the forthcoming **District Conference Turquoise.**

5. TANZANITE – The Fifth Presidents Meet

The fifth meet, centred around **Tanzanite**, continued the tradition of rich discussions and meaningful interactions. In addition to the regular agenda, it proudly spearheaded the **Orange the World** campaign.

Presidents came together with placards and posters, raising their collective voice in support of this important cause.

6. GARNET – The Sixth Presidents Meet

Dedicated to Garnet, this meet focused on the massive preparations for the upcoming District Conference. From planning and packing to strategic coordination, the meet energised Presidents as they geared up for this major District event.

The journey is still on, and we look forward to more interactions and building friendships.





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Maanthopil Mazhalai Oli Kondattam Silver Jubilee Celebrations



The Silver Jubilee Celebrations of Mazhalai Oli - an event dedicated to the tiny tots from underprivileged schools and institutions was an event that had many milestones thanks to the Creator and Convenor PDC Nallammai Ramanathan who curated this event 25 years ago. She has painstakingly carried it forward with a lot of gusto, determination, generosity and creativity!

This event held on the 25th of July 2025 was one celebration that entered the Noble Book of World Records on the occasion of the Silver Jubilee celebrations at the sprawling 221-acre Hanu Reddy Mango Farm.





The wonderful presence of the Rotary Governor of Rotary District 3234 Rtn Vinod Saraogi made the event even more special.

On this day out the 1034 children visited the Mango Farm early on to have a taste of the excellent food based on mango theme - both breakfast and lunch were a gastronomic delight sponsored by PDC Nallammai Ramanathan.

The whole place was literally painted yellow thanks to the lovely t- shirts and caps that were sponsored by PDC Usha Saraogi who has been doing it with a lot of love and consistent commitment from day one for the past twenty five years.

Mango shaped school bags sponsored by PDC Nallammai were designed by her that carried a whole lot of goodies for the children that were sponsored by Inner Wheel clubs of District 323, well wishers and friends.

The children had a flavour of the fun filled activities that included traditional games like silambam, uriyadi and karagattam. They had the

pleasure of interacting with a super celebrity and comedian in Mr Redin Kingsley who entertained the children with his dialogues and shared his experiences.

All the 73 clubs of the Inner Wheel District 323 received certificates from the Noble Book of Records for this commendable achievement thanks to the effort of PDC Nallammai Ramanathan.

The highlight was the formation done to commemorate the silver jubilee with the children that was shot by a drone and read IWD - 323 Mazhalai Oli.

Silver Jubilee

It was a fantasy turned into reality for the children thanks to the wonderful sponsors, the Club Presidents and Treasurers of District 323 who lent support right from the packing, logistics and execution.

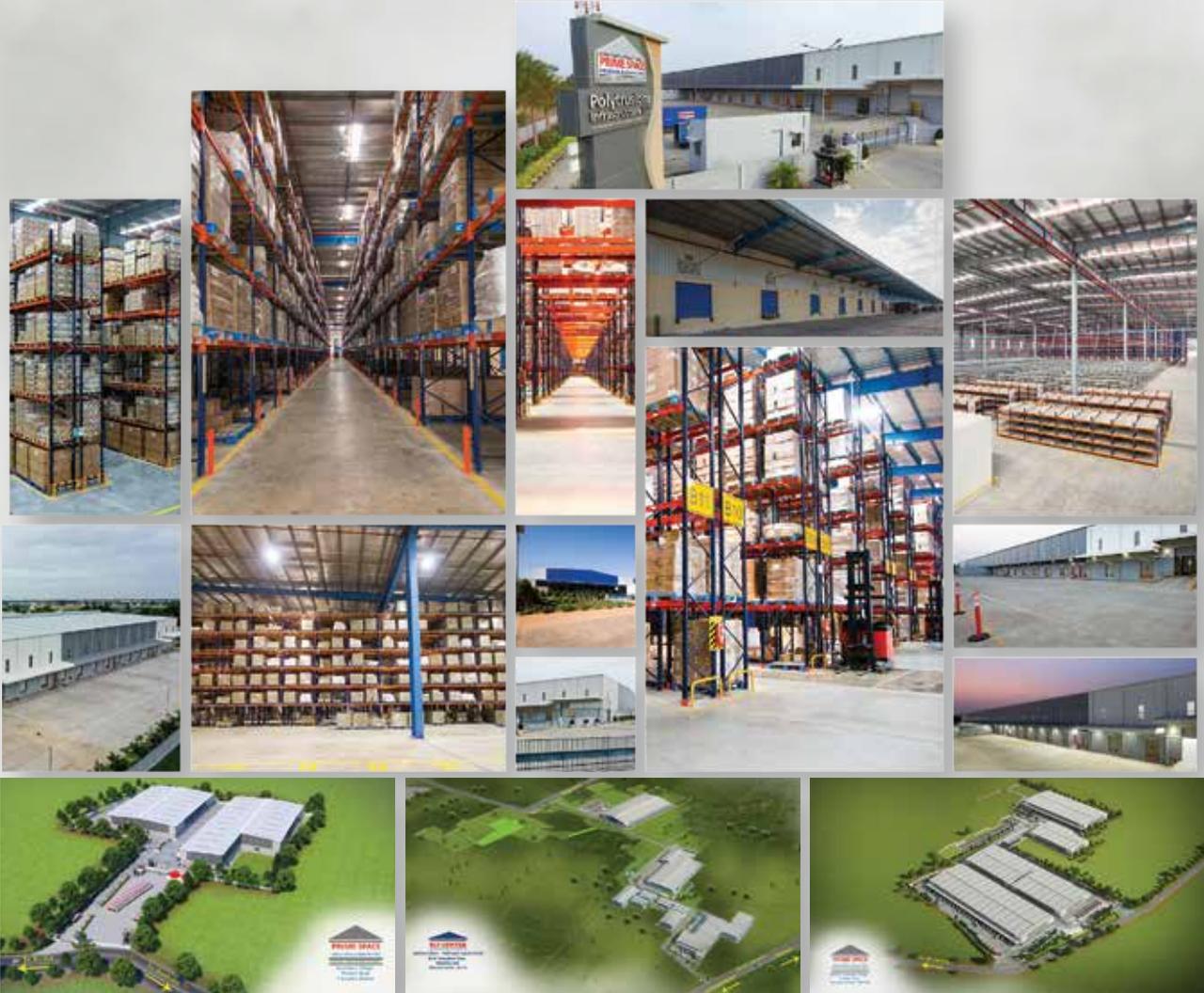
Sukanya Sriram

District Treasurer
Inner Wheel District 323





DEVELOPER OF INDUSTRIAL AND LOGISTIC PARK IN AND AROUND CHENNAI



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District Extension Service Organiser

An organization is considered active based on its membership growth and its activities. International Inner Wheel is in its 102nd year and shows growth indicated by the increased number of clubs and members globally.

With the Inner Wheel Club of Madras South formed in the year 1963 we can proudly say that our District 323 started the Inner Wheel movement in South India. Today our District 323 is marching strong with 74 clubs and 2227 members having inducted 331 new members. It is to be mentioned that our District had an auspicious start of inducting 29 new members from 11 clubs on July 1st and **crossed 100** new members on 12th July itself and this trend continues. The number of clubs with more than 50 members has increased from 6 to 8.

New Club Formation

The Inner Wheel Club of Chennai Citrine, the first new club of the year, was installed on August 9, 2025, with 24 members. Sponsored by Inner Wheel Club of Chennai Thiruvanmiyur, the installation took place at Gandhi Nagar Ladies Club with Maya Priyatharshini serving as its Charter President.



Membership Orientation Program "NAVARATHNA" was conducted on 4th December 2025 in Chennai with immense support of District EC Members, Past District Chairmen, Club

Presidents, New and continuing members with more than 135 members attending the event.



The Program featured presentations on Inner Wheel History & Structure, events and initiatives from Club level to International stage and the way Inner Wheel cultivates leadership qualities in women while providing a platform for friendship, networking and community service. Presentations were delivered by District ESO Sarada Ramani, National Editor PDC Kamala Selvam, Chat Show by Past District Chairmen Radha Sankarakrishnan, Nallini Prabhakar, Radha Ranganathan, Kala Rajasekar and Nallini Ollivanan.





The skit **“Maligir Mattum”** skillfully crafted by Past President Sowmya Shankar from the Inner Wheel Club of Chennai Symphony and curated by PDC Vasanthy Rao, highlighted the six different aspects of Inner Wheel, enacted by various clubs

- ▶▶ Spreading Joy by IWC Chennai Citrine
- ▶▶ Women Empowerment by IWC Chennai Symphony
- ▶▶ Personal Transformation by IWC Chennai Thulir
- ▶▶ Pride of the Society by IWC MRC Nagar
- ▶▶ Service & Friendship by IWC Ranipet
- ▶▶ Power of Networking by IWC Madras Midtown

District Chairman Devi Mathimaran extended warm congratulations to the new members, welcoming them to International Inner Wheel. She emphasized that the organisation is committed to fostering personal growth while driving societal development through impactful service initiatives.

Inner Wheel's growth is a testament to the power of community and shared values. As we move forward, let's keep building on this momentum, fostering inclusivity, and driving positive change. With friendship, service, and purpose at our core, we're poised to make an even greater impact in the years to come. Let's keep thriving and making a difference!

Sarada Ramani

District Extension Service Organiser



*Best Wishes
Geetha Prakash
for an amazing
journey ahead*

Co Presidents 2003-04

Kalpana Palaniappan

Latha Balamukundan

Latha Mahalingam

Mahalakshmi Sivaswamy

Nagalakshmi Srinivasan

Seema Bhargava

Seethalakshmi Nagarajan

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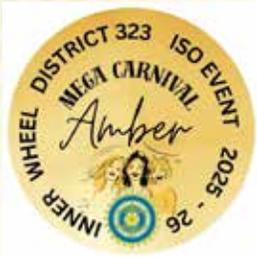
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District International Service Organiser

Mega Carnival Amber- September 13th, 2025



As District ISO along with a committed team of club ISOs, we organised the Mega Carnival Amber an infotainment event packed with workshops, demonstrations, music jamming session, competitions and talent show. Over 450 participants celebrated meaningful friendship and sisterhood with great enthusiasm and energy. It is not just an event but it's an explosion of talent and togetherness.





'Fit Focus Fusion'- A weekend fitness programme

Programme organised at Decathlon T. Nagar with active participation by members showing enthusiasm and channeling their energy into circuit workouts and fitness challenges. Past President Poornima Venkat, Inner Wheel Club of Chennai Daffodils conducted the session and briefed on injury prevention during workouts.



Sailesh Joysula. Soumya Ramnarayanan, Inner Wheel Club of Nanganallur was the second runner-up in the finals at the National Leaders Meet, Kolhapur.



Inter-District competition

PAN India Weekly Challenge Series, an Inter-District competition hosted by District ISO. We received an amazing response 272, 541, 378 & 242 entries for the four contests respectively. An Amazon e-voucher worth Rs. 250/- was sent to a total of 40 winners of the four contests. This challenge series used wordplay as a medium for the participants to express their thoughts. This led to creative and interesting entries.



Zonal Meets

Our members actively participated in all the four Zonal meets. At the South Zone Meet in Kochi, we won six prizes across various categories. About 18 members of District 323 enthusiastically participated in the cultural programme, the magical Retro Era of the 70s and 80s, featuring melodious and foot tapping numbers from Tamil movies.



Inner Wheel Idol 2025-26

This was conceptualised by AP Jyothi Mahipal. Our district received 15 entries and the top 10 were selected for the quarter-finals. The contestants performed LIVE on Zoom platform, judged by three accomplished panellists PDC Shashi Shyam Sundar, PDC Padma Preetha Sumanth and Sri

Meet & Greet

The ISOs' first meeting was a heritage visit at the Madras Literary Society. There we witnessed the Anaivaram Photo & Art Exhibition, showcasing talents of the hearing-impaired artists and photographers.





Hosted a warm reception for ISO Sue Shari from IWC Ipoh East, Kuala Lumpur, Malaysia. The meet-and-greet gathering saw an impressive turnout of 39 Club ISOs. Our guest actively participated in the music jamming session and group games organized by the ISOs.



Hosted a high tea meeting at The Boardroom, Mylapore, with District ISO Amal Thasnim from District 322, Sri Lanka and Maldives which included a flag exchange between the two districts.



Club ISO Initiatives

The S.M.A.R.T. initiative program, a collective effort by Club ISOs of our district, focused on empowering members on various topics such as: Self-Grooming, Self-Care, Self-Efficacy, Leadership Development, Emotional Intelligence, Time Management, Digital Literacy, Financial Literacy, Sustainable Lifestyle, Healthy Cooking Recipes.



Club ISOs consistently motivated their members by participating in intra-district and inter-district competitions. They also actively engaged in flag exchange fellowship meetups, strengthening bonds across districts. Amazonite Getaway is scheduled as a 5-night, 6-day trip to Phu Quoc, South Vietnam, with a day in Bangkok in January 2026.

Udayalakshmi Pothur
District International Service Organiser



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A unique social media exchange platform created by IWC Madras for giving away used items in good condition to Inner Wheel projects across clubs.

DON'T NEED IT?

GIVE IT AWAY TO INNER WHEEL PROJECTS!

Items donated include clothes, furniture, toys, TVs, groceries and more.

Impact: Promotes interaction among clubs, fosters friendships and supports community service.

HOW TO GIVE

Join the Dumroo group on Facebook

Post a picture and description of what you want to give away!

Inner Wheel members of all clubs will see your message and reach your donation to the needy.

Join the Dumroo group today

<https://www.facebook.com/groups/708219742944954/>

"A commendable initiative by PP Subha Srikanth of IWC Madras - Dumroo is a journey of vision and purpose."

- Devi Mathimaran District Chairman IWD 323



The Inner Wheel Club of Chennai Vibrant sincerely thanks Mrs. Meera for her generous donation of a massage chair to the Primary Health Center, where it will be used for the benefit of needy people. We express our immense gratitude for your thoughtful support. #IWC Chennai Iwc Chennai Vibrant, #IWC projects



Platform conceived, created and managed by IWC Madras, District 323



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INNER WHEEL CLUB OF ADAMBAKKAM



President
Rowmani

Secretary
Aarthi Amarnath



The club organized an Anti-Narcotics Awareness Rally on the 26th September 2025 in association with Tamil Nadu Police and Asan Memorial College. Over 100 students participated and marched 3 kms spreading awareness and reached out to the general public explaining the harmful effects of drug abuse.

INNER WHEEL CLUB OF ADYAR



President
Shanthi Jayaraman

Secretary
Raji Venkatesh



Inner Wheel club of Adyar as a supportive measure for the treatment of the poor and needy people donated Rs.1,00,000/- to Sankara Trust which treats patients at Rs.5/- . The trust has been serving people for the last 40 years and Inner wheel club of Adyar has been supporting them for many years.

INNER WHEEL CLUB OF AMBUR



President
Hemalatha Krishnaraj

Secretary
Dr. Atchaya Lokesh



The club donated Gaitor belt to a physically and mentally challenged person who was diagnosed with cerebral palsy. This belt helps to hold his body in a upright position and gives him a comfortable and pain free feeling. The cost of the belt was 18000/



INNER WHEEL CLUB OF CHENNAI BEACH ASTER



President
Aishwarya Ravichandran

Secretary
Padmapriya



In association with Dr. Kamakshi Memorial Hospital Inner Wheel Club of Beach Aster conducted a breast cancer awareness program for women of various sectors. It was a meaningful discussion. An effective question and answer session was conducted for women who hailed from different backgrounds and professions.

INNER WHEEL CLUB OF CHENNAI CENTRAL ELITE



President
Pratibha Rathod

Secretary
Arpita Bathija



Inner Wheel Club of Chennai Central Elite organised “splash of joy” for 38 children of Lotus Blind School. The children actively participated in swimming and fun activities. The children were gifted with a specially designed umbrella and a steel water bottle. The total cost of the project was 32,422/-.

INNER WHEEL CLUB OF CHENNAI CITRINE



President
Maya

Secretary
Deepalakshmi



Inner Wheel Club of Chennai Citrine conducted life saving techniques to the general public. This is a project that will be conducted throughout the year at various locations. The focus was to teach life saving techniques with special emphasis on cardiopulmonary resuscitation (CPR). The training was designed to equip participants with the knowledge and confidence to respond to emergency situations.

INNER WHEEL CLUB OF CHENNAI CORAL



President
Dr. Latha

Secretary
Dr. Megala



Inner Wheel Club of Chennai Coral organized a guest lecture on “Emerging Trends in Startups” to introduce students to the evolving world of entrepreneurship. The students actively participated in the session, seeking guidance on startup ideas, funding, and overcoming initial challenges. The lecture successfully inspired the students to explore the opportunities available for a startup.

INNER WHEEL CLUB OF CHENNAI DAFFODILS



President
Ramya Viswanathan

Secretary
Vidya Geegi



Inner Wheel Club of Chennai Daffodils celebrated Independence day at the Chennai Middle School, Mettupalayam. They sponsored notebooks and stationery kits to all the 220 children. This will encourage them to learn and dream to achieve more. The total amount spent for the project was Rs.14500/-

INNER WHEEL CLUB OF CHENNAI GALAXY



President
Subhashree

Secretary
Prabha



The club celebrated Diwali by donating a commercial gas stove, cookers, sarees, veshteets, sofa cover cloth and diyas to “Sai Illam” an old age home which provides shelter for nearly 30 people in Pattabiram. The club spent 37000/- towards this project.



INNER WHEEL CLUB OF CHENNAI GEMINI



President
Sindhu Prabhakar

Secretary
Porkodi



Inner Wheel Club of Chennai Gemini conducted Yoga classes on 3rd November 2025 for the 9th and 10th standard students of KTCT School. A total of 49 students and 5 teachers were benefitted. A sum of Rs.5000/- was spent by the club towards the project.

INNER WHEEL CLUB OF CHENNAI GOLDEN SUN



President
Lakshmi Priya

Secretary
Uthra Arun



Inner Wheel Club of Chennai Golden Sun donated two industrial quality electric sewing machine to two deserving women. This will help them to lead a life of dignity and purpose. The cost of the sewing machines was 48,800/-.

INNER WHEEL CLUB OF CHENNAI HARMONY



President
Sudha Sundararaman

Secretary
Sudha



The club installed a RO purified drinking water plant at Thiruvalluvar Gurukulam Middle School , Saidapet. The main aim is to concentrate on teaching drop out children from the Gypsy community. The cost of the project was RS.46,600/-. This will ensure safe and clean drinking water for all the 65 children there.



INNER WHEEL CLUB OF CHENNAI KK NAGAR



President
Dr. Meera
Secretary
Sylvia Ramesh



Inner Wheel Club of Chennai KK Nagar conducted a narcotic drug awareness session for the underprivileged kids living in and around West Mambalam . Dr.Sonali Sarkar spoke about the hazards of using tobacco. It was an interactive session where the students gave their inputs and participated in the small exercise given to them. Totally 100 children participated and the total amount spent for the project was Rs.5350/-

INNER WHEEL CLUB OF CHENNAI KORATTUR



President
Shanthi Selvakumar
Secretary
Amala Aloysius



The club donated 4 wheelchairs to Arunothayam, a house for mentally challenged destitutes. It was their Chairmans Official Visit Project. The total cost spent was Rs.10,500/. This contribution would be of great help to the inmates.

INNER WHEEL CLUB OF CHENNAI KURINJI



President
Karthika Manoj Kumar
Secretary
Rahamath Mehnaaz



Inner Wheel Club of Chennai Kurinji conducted an awareness talk on PCO and Cervical Cancer at Christ King School in Tambaram on August 13th 2025. Nearly 1000 girl students participated. This talk educated the young girls about the risk factors, symptoms and prevention methods.



INNER WHEEL CLUB OF CHENNAI LEGACY



President
Dr. Janani Rex

Secretary
Jayvardhini M



The Club conducted a program called Mothers Vibe Desiya Bakthi at the Primary Health Centre Chennai. Fifteen pregnant women participated and bedsheets, baby dresses, baby wipes, socks, pampers, sanitary napkins, soaps, baby oil etc were distributed. The total amount spent was Rs.15,000/-

INNER WHEEL CLUB OF CHENNAI LUMINA



President
Farah Sheth

Secretary
Nivedita Lakshmi Ratan



On the occasion of Independence Day the club gifted Savithri Ammal school a new wireless microphone system and the children were treated with an ice cream. The happiness on the children's face as they enjoyed the ice cream was truly priceless. The total amount spent was Rs.16,000/ and 560 children benefitted from the project.

INNER WHEEL CLUB OF CHENNAI MAGIZHAM



President
Porchilai Dhineshbabu

Secretary
Abirami



The club contributed to the fabrication of "Thai Sei Anbukudil" the breastfeeding room at Shree Vallakottai Murugan Temple. The place is equipped with chairs, lights and fan. The project will be useful for many feeding mothers. The total cost of the project was Rs.60000/-



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INNER WHEEL CLUB OF CHENNAI MANORANJITHAM



President
Dr. Greeshma Parayil Rajan

Secretary
Gomatheeswari



The club successfully conducted a skill development workshop for children aged seven years and above at Edublendz Training and Skill Development Academy on the 7th of September. The session focussed on nurturing creativity, improving fine motor skills and encouraging self-expression through art. At the end of the session all the children were given certificates of participation.

INNER WHEEL CLUB OF CHENNAI MELODY



President
Varsha Ganesh

Secretary
Radha Muralidhar



The club organised a heartfelt initiative titled “Celebrating Devi in every women” on the 26th of September. They donated sarees, dresses and essential apparels to women from diverse backgrounds. Through this gesture they aimed to spread dignity, joy and a message of solidarity with the countless women who inspire.

INNER WHEEL CLUB OF CHENNAI MRC NAGAR



President
Sushma Ramaswamy

Secretary
Kavitha Thiagarajan



The club donated 80 sets of inner wear to the young girls of Sarvodaya Girls hostel for the underprivileged. This initiative was carried out to support the girls to ensure comfort and dignity in their daily lives.



INNER WHEEL CLUB OF CHENNAI NOLAMBUR



President
Rani K



Inner Wheel Club of Chennai Nolambur supported two girls with their education fees, they also gave them notebooks, uniforms etc. This timely help by the club would help the girls pursue their dreams and aspirations.

INNER WHEEL CLUB OF CHENNAI ORCHID



President
A Shameema
Secretary
Pavithra Subash



Inner Wheel Club of Chennai Orchid conducted a one-day medical camp at AMS Hospital benefiting over 80 patients. Free dental check-up, basic blood tests and OG scan consultations were provided. This meaningful initiative supported under-privileged people.

INNER WHEEL CLUB OF CHENNAI PAARIJATHAM



President
Mohanavalli S
Secretary
Dr. Reshmi K V



The club conducted an awareness campaign on breast feeding at the Primary Health Centre Otteri on the 13th of August. Nutrition kits were given to the 30 lactating mothers. The importance of Mother's milk was stressed and also knowledge about healthy and balanced nutrition were given.



INNER WHEEL CLUB OF CHENNAI PHOENIX



President
Sushila Maran
Secretary
Rekha Gopinath



Inner Wheel Club of Phoenix donated 240 horlicks bottles and bread to the inmates of Adyar Cancer Hospital on 4th of November. The nutrition drink would help the patients in a great way. The total amount spent for the project was Rs.39,450/-

INNER WHEEL CLUB OF CHENNAI PREMIER



President
Dr. Durga
Secretary
K Jyothi



The Club conducted a personal hygiene and sanitation drive with the objective of raising awareness among college students. The campaign aimed to educate students on practices such as regular hand washing, use of sanitary products, oral care and safe waste disposal.

INNER WHEEL CLUB OF CHENNAI PRESIDENCY



President
Usha Bohra
Secretary
Latha Parthasarathy



Inner Wheel Club of Chennai Presidency conducted a drawing competition for special children at the Kamaraj memorial, Teynampet on the 22nd of November. Nearly 330 children participated and prizes were given for the winners. Painting and drawing material were provided to the children.



INNER WHEEL CLUB OF CHENNAI RAINBOW SHAKTHI



President
Suma Prakash

Secretaries
Bhavani Subramanian
Rajakumari



The Club sold painted diyas made by our members and also sold seed Ganesha during the installation and Symphony Bazaar. The Club made a profit of Rs.25,000/- which was given to the Child Trust Hospital. A sound healing session and Haasya yoga session was conducted for the children and their parents. Gift bags with sprouted millets powder and homemade snacks were given to the 20 children.

INNER WHEEL CLUB OF CHENNAI RHAPSODY



President
Sangeetha Saravanan

Secretary
Sandhya Suresh



The club donated first aid boxes which had items like bandages, gauze, medications, medical tape, antiseptic wipes, antibiotic ointment and pain relievers . They also distributed hygiene supplies like gloves, sanitizer and tools like scissors and tweezers to the frontline workers at Koyambedu fruit market on the 17th of July.

INNER WHEEL CLUB OF CHENNAI RHYTHM



President
Beatrice Priya

Secretary
Anitha Srinath



The “Adorn and Achieve” skill training workshop successfully guided 50 economics students of Queen Mary’s College in jewellery making. This project was conducted in collaboration with Equitas small finance bank. Participants completed intensive training and were awarded certificates, setting them on the path to becoming successful business owners.



INNER WHEEL CLUB OF CHENNAI SAKHI



President
Vaishnavi Sankaranarayanan

Secretary
Swetha Prabhu



Inner Wheel Club of Chennai Sakhi distributed 20 school bags to Hope Nest in Vanagaram. The gift of bags brought smiles to the young kids. The total project cost is Rs.11,000/- and 20 children benefited from the project.

INNER WHEEL CLUB OF CHENNAI SANJEEVANI



President
Subhadra Lunawath

Secretary
Rakhi Chordia



Inner Wheel Club of Chennai Sanjeevani served lunch to the 350 plus inmates of the Adyar Cancer Institute. They also donated vessels to the kitchen which will help them in the day to day cooking. The total project cost was Rs.21000/-

INNER WHEEL CLUB OF CHENNAI SONNET



President
A.Pushpa

Secretary
Hemalatha



Inner Wheel Club of Chennai Sonnet along with 22 clubs of Inner Wheel District conducted a cycle distributed program called Byla Byla Cycle. Mr. Aravind Ramesh MLA participated and distributed the cycles on the 6th of August to the needy. 41 cycles were distributed in total.



INNER WHEEL CLUB OF CHENNAI STARS



President
Sathya Dhanakkodi

Secretary
Maheswari



In order to honour the parents of special children, the club conducted a special session “Nalmudan Mana Nalam” on the 1st of November. The session focused on Understanding emotional stress, accepting the child with compassion, restoring self-care and strengthening parent child relationship. This is a small step towards healing and empowering special- needs families.

INNER WHEEL CLUB OF CHENNAI SUNRISE



President
Nagalakshmi C

Secretary
Vasanthi Surendran



Inner Wheel Club of Chennai Sunrise celebrated Diwali with the kids of TBM School. The club distributed sweets and crackers for the children. The kids face lit up with joy on receiving the gifts. The club spent Rs.6000/- towards the project.

INNER WHEEL CLUB OF CHENNAI SUNSHINE



President
Nandini Satheesh

Secretary
Saila Kumari



Inner Wheel Club of Chennai Sunshine conducted a variety of classes and programs for 40 children at St. Francis Xavier school. It included yoga, art, lessons on nutrition and discussions on cultivating reading habits and managing anger.



INNER WHEEL CLUB OF CHENNAI SYMPHONY



President
Priya Subramaniam
Secretary
Hemalatha Rangarajan



The Club conducted an awareness talk on personal and menstrual hygiene for girls from 9th and 11th grade at Rani Meyyammai Girls Higher Secondary School, R.A.Puram. A wonderful initiative to break down taboos and promote healthy habits. They distributed kits to maintain personal and menstrual hygiene. Nearly 250 students benefited from the project and the total cost of the project was 18750/-

INNER WHEEL CLUB OF CHENNAI THIRUVANMIYUR



President
Parvathy Ramesh
Secretary
S Jayashree



Inner Wheel Club of Chennai Thiruvanmiyur conducted an aari embroidery workshop for one month which consisted of thread work, different stitches, beads work, designing blouse neck pattern etc to the women of Perumbakkam to enhance their lifestyle and earn a living. Eleven women benefited from the project and the club spent Rs.20000/- towards the project.

INNER WHEEL CLUB OF CHENNAI THULIR



President
Dr. Vidyaa Hari Iyer
Secretary
Rajeswari S



Inner Wheel club of Chennai Tulir celebrated Navaratri by conducting a divine bhajans followed by honouring underprivileged girl children, ladies and an elderly couple. The club provided new clothes and accessories along with food. Twenty people benefited from the project and the total contribution for the project was Rs.20000/-



INNER WHEEL CLUB OF CHENNAI UNIQUE



President
Mahalakshmi Ravichandran

Secretary
Chitra Leka K.S



Inner Wheel Club of Chennai Unique conducted the breast feeding awareness camp and distributed health mix powder and lion dates to the mothers to be. Nearly 40 ladies benefited from the project.

INNER WHEEL CLUB OF CHENNAI UNITED



President
Deepa Ilango

Secretary
Uma Maheshwari



Inner Wheel Club of Chennai United under the category caring for women and girls sponsored breakfast and dinner at Thalai Karangal a home for 28 visually challenged girls. It was a great joy to see the girls being educated and taken care by the home.

INNER WHEEL CLUB OF CHENNAI VERVE



President
Priyadharsini

Secretary
Dr. Nadia Tabassum Faisal



Inner Wheel Club of Chennai Verve donated Rs.5000/- towards school fees to a boy studying in class 8 at St.Joseph's school in Nungambakam. The boys mom is a house help and this timely help to the student would help him greatly.



INNER WHEEL CLUB OF CHENNAI VIBRANT



President
E. Mekalai
Secretary
T. Kavitha



The club cleaned the Eswaran Nagar pond which was fully covered with garbage and bushes. They planted palm seeds along its bank. The club's contribution has made a meaningful impact towards environment protection

INNER WHEEL CLUB OF CHENNAI VRIKSHAM



President
Loga J
Secretary
Padmini Vijayan



Inner Wheel Club Chennai Vriksham as part of their community welfare initiative contributed one month of essential provision to the dwarf and differently abled people and their families. This help was carried out with the aim of supporting their daily needs and uplifting their life. The total amount spent for the project was 125000/- and nearly 160 people benefited from this.

INNER WHEEL CLUB OF CHENNAI WISTERIA



President
Nikitha M.Babu
Secretary
Priya Vivek



The club conducted an eye camp with sugar testing blood group identification test to provide healthcare services to the community. Many people especially the rural and underdeveloped areas benefited from the camp. These essential tests would help the people to a great extent.



INNER WHEEL CLUB OF CHEYYAR



President
Dharani

Secretary
Deepa Lakshmi



Inner Wheel Club of Cheyyar distributed basic necessities and stationery items to the children at “Care Home” as part of their community service initiative. This contribution would be of great help to the children at the home.

INNER WHEEL CLUB OF GUDIYATHAM



President
Dr. Selvarani

Secretary
K. Priya Kuppuswamy



Inner Wheel Club of Gudiyatham celebrated Children’s day at Little Flower Matriculation School on the 14th of November. Fancy dress competition was conducted and 250 certificates and prizes were distributed to all the participants. Participating in such programs will develop confidence and self esteem of the children.

INNER WHEEL CLUB OF GUDIYATHAM SHINE



President
K.R.Aswini

Secretary
Lalitha Ravindan



Inner Wheel Club of Gudiyatham Shine donated , dry fruit, and protective gloves to the sanitary workers in the area. They gave away 34 bags totally to the deserving. This help by the club would help individuals and families meet basic needs.

INNER WHEEL CLUB OF GUINDY



President
N.Nirmala

Secretary
Kalpana Satishkumaram



Inner Wheel Club of Guindy on the 30th of October donated a printer to the Government Veterinary Assistant Director office in Chitlapakkam at a cost of Rs.17750/- to support their daily administrative work. This essential contribution aims to streamline documentation, reporting and communication within the department.

INNER WHEEL CLUB OF KANCHEEPURAM



President
S. Bhuvanewari

Secretary
K. Mohana Kumari



As part of the Diwali celebration mazhalai oli project was conducted at the Government Autism School, Muthialpet and at the School for Hearing Impaired, Sathavarm. They distributed biscuits, sweets, stationery items and stainless steel water bottle to 70 children. New dresses were given to the students of the Autism School. School bags were also distributed. The club spent Rs.22050/- towards the project.

INNER WHEEL CLUB OF MADRAS



President
Ruchita Saraogi

Secretary
Rukmini Amirapu



Inner Wheel Club of Madras gave two customised desktop computers to the lab at Tamil Nadu Association of the blind. Eleven visually impaired girls preparing for their UPSC exams are being trained by the visually impaired teacher who's salary was also given by the club.



INNER WHEEL CLUB OF MADRAS ASHOK NAGAR



President
Lakshmi

Secretary
Ponn Meena



Inner Wheel Club of Madras Ashok Nagar donated Rs.12500/- to Guntur Subbiah Pillai Girls Higher Secondary School to support girl child education. This timely help by the club would certainly go a long way in providing educational help to deserving children.

INNER WHEEL CLUB OF MADRAS BAY CITY



President
Meenaakshe Nachiappan

Secretary
T. Mahathi Badrinath



On the occasion of Children's Day Inner Wheel Club of Madras Bay City distributed Meri Kitab notebooks, pencil sets and choco pies to the children of Corporation Primary School, Thoraipakkam thereby spreading smiles and happiness. The Club also donated a mixie worth Rs.3300/- to the school kitchen to support their daily meal preparations.

INNER WHEEL CLUB OF MADRAS BESANT NAGAR



President
Rani Jerome

Secretary
Indu Balakrishnan



Inner Wheel Club of Madras Besant Nagar conducted a Tanjore painting on fabric. Fifteen Differently abled ladies were trained in this workshop. The club sponsored kits which consisted of paints, brush, fabric glue, stones and blouse material etc. The Women's Indian Association provided the trainer and venue. The ladies were introduced to a new skill and to earn money in their free time.



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INNER WHEEL CLUB OF MADRAS CENTRAL



President
Latha Balamukundan

Secretary
Sowmiya Rajagopalan



Inner Wheel Club of Madras Central conducted a Cervical Cancer Vaccination drive for 43 students at Sharadha Vidyalaya Matriculation School, T.Nagar at a cost of Rs.64500/-. This vaccination reduces the risk of developing cervical cancer later in life for these young girls.

INNER WHEEL CLUB OF MADRAS CENTRAL AADITHYA



President
R. Srimathi

Secretary
P. Kalavathi



Inner Wheel Club of Central Adithya conducted a mega tree planting program called “Jade” along with many other inner wheel clubs of District 323. They planted tree saplings at the Madhavaram Government Hospital. They have planted around 670 saplings and 1000 palm seeds so far.

INNER WHEEL CLUB OF MADRAS COSMOS



President
K. Vasanthi

Secretary
SB Nandhani



Inner Wheel Club of Madras Cosmos started a vocational skill development centre with GLRA promoting a tailoring unit to empower women with new opportunities giving equitable access to quality education and training, and supporting economic independence through entrepreneurship and financial services.



INNER WHEEL CLUB OF MADRAS ESPLANADE



President
Thara Gopinath

Secretary
Veena Rao



As part of the Satya Jyothi Project Inner Wheel Club of Madras Esplanade conducted an eye camp at the Little Flower Convent for the Deaf and Blind on the tenth of August. A medical team led by Dr. Manjunatha Rao examined the 108 people during the camp. 65 of them were prescribed corrective spectacles. Six of them were identified as people needing cataract surgery. The total cost of the project was Rs.24000/-

INNER WHEEL CLUB OF MADRAS FORT



President
Kantha Bisani

Secretary
Laavanyaa Ravi



Inner Wheel Club of Fort every month provides food for 60 girls of SRS Sarvodaya Girls Hostel. This is there ongoing project for the last five years. They spend Rs.6900/- for the same every month.

INNER WHEEL CLUB OF MADRAS METRO



President
Geetha Jayachandran

Secretary
Arul Selvi G



Inner Wheel Club of Madras Metro conducted a mega medical camp in association with Ramachandra Hospital at Nalli T.Nagar for the general public. Services provided include sugar testing, BP, ECG, Echo, Pap Smear, Mammogram, Dental, and free medicine was also distributed to the patients. Nearly 180 people benefitted from the camp.

INNER WHEEL CLUB OF MADRAS MID-TOWN



President
Usha Bothra

Secretary
Sumitra Kumar



Inner Wheel Club of Madras Midtown donated a dialysis machine costing Rs.8,50,000/- to Sumati Vishal Jain Dialysis Centre on the 7th of September. It was the chairman's official visit project for their Golden Jubilee year. The families of Past President Sabitha Gauni and member Shakila Babuji were the donors for this project. This help by the club would certainly help the financially weaker section of the society.

INNER WHEEL CLUB OF MADRAS MOUNT



President
Dr. Varatharaj Kavitha

Secretary
Dr. Karthika Suresh



Inner Wheel Club of Madras Mount successfully distributed sanitary napkins to the beneficiaries identified through various clubs, through the Dumroo platform. In total 1120 packs were distributed to 560 beneficiaries.

INNER WHEEL CLUB OF MADRAS NEXT GEN



President
Vrinda Khemka

Secretary
Srishiti Garg



On the occasion of Independence Day, Inner Wheel Club of Madras Next Gen conducted a meaningful project at their adopted school. The club distributed 102 steel bottles and 100 snack packets and stationery kits to the students. The children enthusiastically participated in a quiz and staged a play on freedom fighters. They were given certificates of appreciation for their performance. This project successfully combined education, celebration and community spirit.

For 34 years the Inner Wheel Club of Madras Metro has stood as a quiet yet powerful force of service, compassion and commitment. Born in the year 1991.. it took its baby steps and has now grown into a club that has a sterling reputation. Not only standing the test of time, it has flourished and holds an impeccable track record. It has been reaching out steadily to those in need and touching lives across generations. Inner wheel club of madras metro has made an impactful journey with a growth trajectory that is to be envied.

Kudos to the galaxy of past presidents whose untiring efforts and passion for service has made the dream a reality. Today Metro stands tall and dignified as a club that can lead from the front and can shine as an example for many a club to emulate. We can boast of having three shining stars from our club, PDC Kala Ravichandran, PDC Shama Prasanna and PDC Arasi Ponmozhi. Metro has crossed many a milestone in the path of service.

Metro's reputation of conducting carefully curated and well orchestrated projects precedes it at every stage. Each project whether large or small reflects the club's core philosophy : service with heart, humility and continuity. Some of the most impressive projects being VHS Hospital Abimanyu Block, Banyan, Hindu Union Middle School, Vayalanallur Panchayat School, Annai Anbalaya, Mother Teresa Old Age Home and RASA to name a few.

United by friendship between a group of elegant and dignified members, and driven by a purpose Metro continues to prove that compassion becomes a powerful agent of change.

▶▶ THE INNER WHEEL CLUB OF MADRAS METRO

The Inner Wheel Club of Madras Metro
Has blazed a glorious trail that does glow
With thirty-five years of friendship and service
That has brought it to the community's notice

A circle of women, steadfast and true
With dedication and devotion in all that they do
In schools they help the young dream beyond their means
And in care homes they gift the old a change from their routines

Health camps so many and donations aplenty
Members open their purses with joyful regularity
Hands joined with empathy and consideration
Tree planting is done for our environment's salvation

Thirty-five years of service through myriad avenues
Satisfaction and triumph have been their revenues
Thirty-five years of friendship with the Inner Wheel fraternity
Metro forges ahead with hope and harmony!







INNER WHEEL CLUB OF MADRAS NORTH



President
Kapila

Secretary
Hema Vikram



Recognizing the demanding nature of law enforcement duties, especially for female police staff who often work irregular hours and face challenges Inner Wheel Club of Madras North conducted a personal hygiene and well being talk by Dr.Shaktipriya at Flower Bazaar Police Station. Menstrual cups were distributed to promote sustainable menstrual hygiene.

INNER WHEEL CLUB OF MADRAS OSIAN



President
Brinda Rao

Secretary
Menaka Shekar



Inner Wheel Club of Madras Osian along with Rotary Club of Chennai Mambalam conducted the campaign "Freedom from Fall". Dr.V.S.Natarajan father of Geriatrics shared valuable insights on fall prevention in old age. They also conducted vital sign check up for all the persons who attended the program. The Club spent Rs.12000/- towards this project and eighty people benefitted from the camp.

INNER WHEEL CLUB OF MADRAS SOUTH



President
C.R.Vijayalakshumi

Secretary
Chithra Rangarajan



The club distributed Inner Wheel branded bags containing Meri Kitab books, stationery kits, crayons and snacks to the 5th standard children of Corporation School, Teynampet, Chennai. The club members explained the significance of the book and PDC Sita addressed the children offering valuable advice on facing life's challenges.



INNER WHEEL CLUB OF MADRAS ZINIA



President
Paloma Rao
Secretary
Reena Kumar



Inner Wheel club of Madras Zinia supported the Besant Memorial Animal Dispensary with a cash donation. This will help to rescue animals from cruelty and neglect situations.

INNER WHEEL CLUB OF MARAIMALAINAGAR



President
Aruna Bhaskaran
Secretary
S. Sudhalakshmi



Inner Wheel Club of Maraimalainagar donated a R.O water plant to the Government Primary School. This would help in providing clean and safe drinking water to the children of the school.

INNER WHEEL CLUB OF MEENAMBAKKAM



President
Gita Muralidharan
Secretary
Maya Krishnan



Inner Wheel Club of Meenambakkam helped to set up a tuition centre at Kodalmangalam village where students from 8 villages who are economically poor come to study after school hours. The club spent Rs.35000/- towards this tuition centre.



INNER WHEEL CLUB OF NANGANALLUR



President
Bharathi Swamy

Secretary
Shanthy Shankar



Inner Wheel Club of Nanganallur spent some time with the inmates of the leprosy home at Paranur. They donated knee caps, lumbar belts, betadine, snacks, fruits, towels, coconut oil, sarees etc to the 100 inmates. The inmates were very happy as they had someone visiting them and spending time with them. The total amount spent for the project was Rs.31,500/-

INNER WHEEL CLUB OF RANIPET



President
Priya Vinu

Secretary
Amala Aravind



Inner Wheel Club of Ranipet organised a historic “Ranipet Saree Walkathon” with 500 plus women participating and creating a strong public awareness on “Say no to Drugs” and also “Wear handloom sarees and help weavers”. This landmark project was executed with a total support value of Rs.1,91,000/- celebrating tradition, wellness, and social responsibility.

INNER WHEEL CLUB OF THIRUVANNAMALAI



President
S. Anuradha

Secretary
R. Rabiya



Inner Wheel Club of Thiruvannamalai has established a lactation booth at the Kancheepuram Kacheeshwara temple providing a safe, clean, and comfortable space for nursing mothers. This booth was inaugurated by Mayor Mahalakshmi. The club continues to create meaningful change – one initiative, one mother, one family at a time.

INNER WHEEL CLUB OF VELLORE



President
Nandhini Sethumanickam

Secretary
Praveena Bakyaraj



Inner Wheel Club of Vellore removed the old pipes and fixed new pvc pipes and repaired the water tank at Ashram School, Vellore. This will certainly improve the sanitation at the school. This project was partly sponsored by Auditor Raghavan and partly by the club. Totally 65 children will benefit from the project and the amount spent was Rs.29800/-

INNER WHEEL CLUB OF VELLORE NORTH



President
G. Maheshwari

Secretary
M. Jayanthi



Inner Wheel Club of Vellore North conducted an awareness program about good touch and bad touch to the girls of Primary School Mottur, Katpadi. The Club member Kalaiselvi explained the sensitive subject very nicely for the children to understand. Biscuits were distributed to all the children at the end of the session.



தூரம் அதிகமாக ஆக உருவம் சிறியதாக ஆகாமல்
கரையிலிருந்த பூங்குழலியின் முகம் மட்டும் பெரியதாகிக்
கொண்டே இளவரசரை நோக்கி வந்த பிரமையில்

பொன்னியின் செல்வனின் உடல் சிலிர்த்தது.
பொன்னியின் செல்வன் மற்றும் பூங்குழலி

தீபா இளங்கோ
IWC of Chennai United

➤ VASTU AS A SCIENCE

Vastu is the scientific study of directions which aims at utilizing the natural energies for the benefit of humans, by creating equilibrium between man & material. As a science, it extracts the positive energy from the natural elements of the universe - Panchbootas, namely, Metal, Earth, Water, Fire & Wood.

Remedies for Common Vastu Defects

- 1) If while entering your house you have a plain wall, place a statue or a picture of Ganesha. Remember, a plain wall is a sign of loneliness and hence the best way to conceal it would to fix a statue of your favorite god or a picture of Lord Ganesha
- 2) A toilet, built at the Eastern corner at the "ISHAN" angle causes a lot of diseases to the inmates. The toilet should be constructed in South East or North West portion of the building. You should face towards the north or south, while defecating.
- 3) In the kitchen, place the grinder, fridge, shelf & other heavy items in the South & Western side of the wall
- 4) If you are facing health problems, check your bed. As per Vastu, one should always use bed with four legs. Box type bed stops air circulation and is the foremost reason for bad health.
- 5) Placing Pyramids in the center of the house, is a cheap and effective way of curbing all the Vastu defects of a house or a building.
- 6) Marble is considered to be a holystone. Use marble in the prayer room.
- 7) Poster of crying girl, war scene, sexy scenes, angry man, owl and eagle are considered as inauspicious. In case, you have one at your home, replace it immediately.
- 8) As for the door, if you have doors that open outwards, replace them immediately by those that open inwards put a bright light above the main door.
- 9) Avoid keeping a T V set in the bed room and also avoid any water feature or plants in the bed room. Do not use separate mattresses and bedsheet.
- 10) Arrange the furniture to form a square, circle or octagon. Brighten the corners. Place the picture of bright sunrise on southern wall in living room.
- 11) Dining room should not expose to the front door of your house. Never put mirror in the kitchen. Keep the broom & mops out of sight in kitchen.
- 12) Keep the bathroom & toilet door closed as much as possible. Windows should open outward normally. Do not keep prickly cactus plants in the house.
- 13) Have an Aquarium in the South - East corner in living room. Place a picture of a happy family in the living room.
- 14) One should never hoard stale food, withered flowers, torn clothes, waste paper, empty tins, old jars & useless things. These things prevent Lakshmi from entering the house.
- 15) In the office, sit facing the door Hang a picture of mountains behind your desk.



Geetha Viswakumar

Inner Wheel Club of Adyar



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▶ வித்யா குருவை போற்றும் கவிதை

வித்யா குருவை போற்றும் கவிதை
பொன்னிறமும் புன்னகையும் உம் உருவம்,
பூரித்து போனது என் மனதும்.
எண்பதிலும் என்ன ஒரு அழகு.
எத்தனைப் பேருக்கு வாய்க்கும் இந்த சிவபொலிவு.

அர்த்தநாரியாய் அம்மையப்பனாய்,
அழகு பார்த்தது திருமுறை அரங்கம்,
இயல்பாகப்பேசி இதயத்தைத் தொட்டீர்.
இதமாகப் பேசி சைவத்தை வளர்த்தீர்.

மெய் என்று சொல்லும் இந்த மேனி பொய்தானே.
ஐயா! நீர் எம்மேல் வைத்த பாசம் மெய்தானே,
வாழ்வென்று எதையோ நினைத்தேன்.
வாழும் நெறி இதுவென்று உணர வைத்தீர்.

அள்ளி, அள்ளி கொடுத்தாலும்.
குறையாதோ உமது அமுத சுரபி,
பூவோடு சேர்ந்த நாரும் மணம் பெறும்,
பயிற்சி மையத்தோடு சேர்ந்த எனக்கும் இது பொருந்தும்.

அற்புத சிந்தனைச் சிற்பி நீர்
சொல் உளி கொண்டு வடித்தீர்
விளைந்த முத்துக்களில்
நல் முத்துக்களாய் நம் பேராசிரியர்கள்.

அறுவை சிகிச்சையாய் ஆன்மீகம் படித்தேன்
ஞானக் கல்வியால் தையலும் போட்டீர்
தலைக்கணம் குறைந்து தலை குனிந்தேன்
தலைவா! நின் தாள் தொழ!

வைத்தியராய் வந்த எம் ஆசானே
சித்தாந்தம் பயின்றேன் சித்தம் தெளிந்தேன்
ஞானச்சுடரே! மெய்ஞான வள்ளலே!
நீர் வாழ்க! வாழ்க! பல்லாண்டு வாழ்க!

திருமதி. பரிமளாராஜேந்திரன்
Inner Wheel Club, நங்கநல்லூர் – 323
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EMPOWERING WOMEN: KNOW YOUR RIGHTS



“The most common way people give up their power is by thinking they don't have any.”

Our country has bestowed many rights designed to protect each of us — and in Tamil Nadu, these rights are supplemented by state-specific measures and policies tailored to our context.

Fundamental Rights (Nationwide)

- ▶ Every woman has the constitutional guarantee of **equality before the law**, and freedom from discrimination on grounds such as sex, religion, caste or place of birth.
- ▶ The state is empowered to adopt **positive discrimination** for women — e.g., special schemes, reservations, welfare measures — to neutralise historic disadvantages.

Key Rights Every Woman Should Know

- ▶ A woman can lodge a complaint even if a considerable time has passed since the offence occurred.
- ▶ The “Zero FIR” facility is available: even if the offence didn't happen in that police station's jurisdiction, the station must register the information and forward it.
- ▶ If a police officer refuses to record your complaint, you **can** approach the court for legal action.
- ▶ Victims of sexual assault or acid-attack have the right to keep their identity anonymous, and must be provided immediate free medical treatment
- ▶ in **all** hospitals (public or private).
- ▶ Every woman has the right to equal pay for equal work.
- ▶ Right to dignity and decency — including protection from workplace harassment, and from domestic violence.
- ▶ Women have the right not to be arrested at night (save in exceptional circumstances).
- ▶ Right to register virtual complaints (online reporting mechanisms).

- ▶ Right against indecent representation and stalking.

Tamil Nadu – State-Specific Laws & Policies

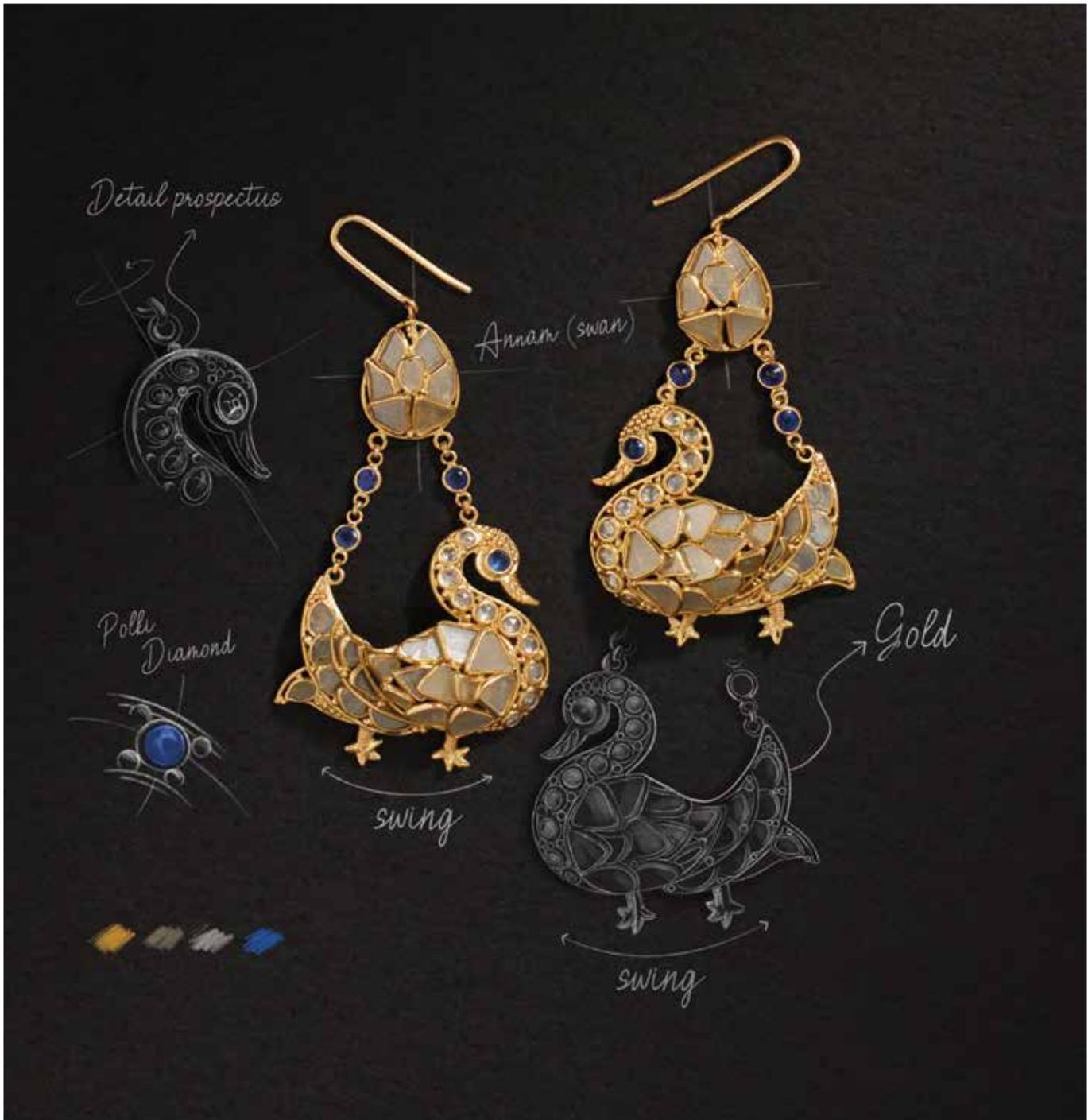
- ▶ The Tamil Nadu State Commission for Women (established 1993) is the statutory body for redressal of women's rights in the state.
- ▶ The Tamil Nadu Prohibition of Harassment of Women Act, 1998 prohibits harassment of women in any place, and its amended version (2025) brings stronger protections & harsher penalties.
- ▶ The state's new State Policy for Women 2024 (approved January 2024) addresses women-headed households, widows, women from oppressed communities, as well as women in vulnerable occupations — and sets up a high-level Committee (chaired by the Chief Secretary) to review implementation every six months. TNPSC Thervupettagam+1
- ▶ Welfare scheme: Kalaingar Magalir Urimai Thittam – monthly cash assistance recognising unpaid care/domestic labour for eligible women.
- ▶ Legal handbook for Tamil Nadu covers “Domestic violence protection, matrimonial reliefs, dowry” etc, helping women navigate their rights under state and central laws.

Empowerment begins with awareness. When women understand the rights and protections available to them — both under the Constitution of India and through Tamil Nadu's state-specific laws — they gain the confidence to stand up, speak out and seek justice. These legal safeguards, welfare schemes and policy measures are not abstract ideas; they are practical tools meant to ensure safety, dignity and equal opportunity for every woman. By spreading this knowledge within our families and communities, we help build a society where women are not just protected, but truly empowered to lead, decide and thrive. A more informed woman is a more powerful woman — and a more powerful society emerges with her.

Disclaimer: This article is for general awareness only and should not be considered a substitute for professional legal advice.

G. Arulselvi

Inner Wheel Club of Madras Metro



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SULTAN

MADRAS



➤ IT'S NOT JUST A MUG

At an Inner Wheel district function I attended some time ago all guests were presented ceramic mugs. And I thought to myself -one more mug added to the motley collection at home ! What happened next minute was totally unexpected ! It triggered such a storm of emotions that I had to write it down immediately !

Never realised that I have such a long standing love affair with mugs ! The relationship started after I got married in 1984 and came to Chennai. Everyday in the morning my mother-in-law would make 2 mugs of black coffee and keep them in a corner in the living room . By 6 o'clock in the evening the mugs would be empty , washed and kept for the next day- same 2 mugs . Nobody ever saw when she had that coffee during the day but by six, it was over. This stopped only when Doctors told her that she cannot have black coffee due to her ulcerative colitis sometime in the 1990s. Before marriage in my mother's house, we enjoyed our masala tea with ginger and cardamom in what are now called cutting glasses. Whenever I went back I would slip into the routine like there was never any disruption! So my ' mug affair ' started after marriage when I started drinking tea here , not my usual masala tea, but very nice freshly brewed tea with little milk. Slowly and steadily we started building up a collection.

About 20 years ago my mother gave my sister and me two sets of beautiful transparent glass mugs from a very famous glass company of that time - Borosil. The last of those mugs was with me till about a few years ago. When I lost that mug, I was quite desolate and have been trying to replace those with identical ones but no such luck! So even today though I drink my tea in a glass mug I am not satisfied . It does not feel like ma's mug ! And I still do not like ceramic or bone China mugs because I feel my tea gets cold fast in them ! However, my sons have a different take. My older son prefers his mugs to be carrying some message like 'UN Environment Programme' or 'I love my Philly' or 'New York'. When he moved to Chennai from US in 2015 his prized possession was his mug collection some of which have travelled with him from Philly - to New York to North Carolina to New Jersey to Chennai - Bangalore - Chennai again ! His most precious cargo ! My younger son also has special mugs. He likes mugs which look rough and tough. He had one which was called the Rocky mug with Sylvester

Stallone on it , dear to him because his school friends from Chinmaya, Coimbatore called him that ! To my great regret I was the one who broke it. I don't think he has forgiven me for that even today ! I tried replacing that mug with something from Fabindia - a rough stoneware mug with similar colours.



Though he uses it, I am still not forgiven! My daughter-in-law, nature loving girl that she is, likes dainty mugs from Good Earth. They are bright, colourful with flowers, birds, trees, elephants - all things pretty - beautiful looking mugs. Every time, my staff handles those mugs, I say a silent prayer because they are not 'mug friendly..' So far God has been kind ! My husband has no special preferences for his tea or coffee, but when he makes his potions with herbs, leaves, powders and whatever else may take his interest he prefers his half litre transparent beer mug. My grand daughter too, all of five plus, has her preferences ! She pours her milk in demitasse cups and pretends it's 'tea '! Has gleefully told many adults that she has 'tea' at home regularly resulting in raised eyebrows and lengthy explanations! Our house kitchen shelf is choc-o- block with mugs of different shapes and hues. The staff know exactly who needs which mug, which one to keep carefully, and which one they can be careless with ! That's the story of mugs in my house ! On a closing note my mom in law and I bought a set of six exorbitantly priced beautiful bone china mugs at an exhibition about 25 years ago ! They have just been sitting in the box , not to be used, but just to be admired and enjoyed for their beauty , then repacked. I'm sure one day I'm going to take them out and say okay - mugs are meant to be used and broken, and then fresh ones bought. Or more likely my grand daughter will say - Dadi I like these! Can I keep them in my room ?

And my beautiful mugs will end up sitting in her room along with a motley collection of Barbies and unicorns ! Who has ever refused a grandchild anything after all ?

PDC Seema Bhargava
Inner Wheel Club of Madras



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METAMORPHOSIS

As we welcome the New Year 2026, all of us would have set new goals so that we could become a better version of ourselves. However what needs to provoke the change is not the external environment but internal mindset. If we have decided to change, then we need to work on it from inside. We need to set a target of 21 days to help us follow the guidelines to make it a habit. Then we need to adapt to this new habit into our everyday system to make a lifestyle difference in 90 days. Only once we follow it over a minimum period of 90 days, we will be able to appreciate the change.

So, let's get started with these few nuggets to bring about metamorphosis.

- ▶▶ **Charting out the day's program** – this needs to be done the previous night focusing on the work based on priority. By finishing most of the work by midday, a sense of accomplishment will accelerate us to complete the rest of the task with more vigor.
- ▶▶ **Waking up early** – an early riser has a lot more time in hand. One can systematically work on their daily routine and get the best possible utilization of the time. 5 am club is the most successful club of empowering people.
- ▶▶ **Focus on your physical and mental health.** Be agile and active.
- ▶▶ **Focusing on the work in hand** – Being mindful is very vital. Concentrating on one work at a time definitely increases productivity and also lessens the time invested on the task. Scoring off the work done gives a sense of satisfaction and achievement.
- ▶▶ **Taking short breaks between work gives us a breather.** This will act as stress buster too. Having a coffee break, quickly catching up with your friend, stretching for 5 min or a quite stroll for 10 minutes can do wonders.



- ▶▶ **Keeping an idea book** and penning the thoughts helps in having a constant reckoner of things to work on. This keeps the brain in creative mode.
- ▶▶ **Reflecting on the past** would definitely remind us of the lessons we learnt. This helps to create an informed decision being cautious in the near future.
- ▶▶ **A leap of faith in whatever we do** is necessary to get out of the comfort zone. This keeps our everyday life challenging and interesting. During this process we are bound to make mistakes. Careful re- evaluation and self-assessment is very necessary.
- ▶▶ **Spending time with oneself** increases our level of consciousness. Regular meditation and having a gratitude journal helps. This also gives us clarity of thoughts and calms our mind. When you focus on yourself, you truly lack time for cheap meaningless conversations, drama, gossip or irrelevant things in life.
- ▶▶ **Live each moment.** It is better to enjoy and relish what we have in hand. Yesterday's failure or tomorrow's success is irrelevant when we are putting in the action today. Live life to the maximum.
- ▶▶ **Each of us grow in our own time.** It is insane to compare yourself with anyone.
- ▶▶ **Discipline yourself** while performing the daily mundane activities. It might seem boring in the beginning; however, this sets the tone for greater success.



- » **Evaluate your progress in all walks of life.** Success should be holistic to give us eternal happiness. Self-evaluate and score yourself between 0-10 in all aspects such as personal, professional, family time, time for hobbies, health, social commitments, friends, travelling, learning some new skills, self – development etc. This will further guide you in areas where you need to focus or invest time.
- » **Re-enforce the importance of achieving success with integrity** and by ethical means. There is no substitute for hard work, perseverance and consistency.
- » **Keep away from distractions.** This is so vital when you want to bring a radical change in your life. Not everyone will approve the new you. You need to decide whose company you choose to be in. Being a people pleaser will only keep you away from who you really are and what you really want from your life. Define your purpose, write down your goals [date when you wish to achieve your dreams], write down in steps the action plan how exactly you plan to achieve and make a mention of the roadblocks you might encounter. We all know the road to success is not straight. Be mentally prepared to have certain hurdles on this path. Tenacity is the sauce. You need to be resilient to bounce back amidst challenges.
- » **Read positive mental attitude books** to keep you conditioned for success. We need a constant stimulus to keep us motivated.
- » **Self-discovery of your inherent strengths** will keep you going forward; however, it is vital to take stock of our weaknesses too. We need to hone our strength from time to time and work on our weaknesses. All of us are work in progress. So, let's strive for excellence and not perfection.
- » **Work on your belief systems.** You need to first trust yourself that you can do it. Remove self-limiting thoughts, unnecessary negative feelings, which will act as road blocks in your

chosen path.

- » **Be proactive as much as possible and first to respond.** Don't wait for the perfect time. NOW is the perfect time.
- » **Plan your new path and put your action plan.** Get into the working activity mode. You need not know everything to start. Trust your inner instinct. Once you are on the path, you can constantly better yourself along the way.
- » **Focus on the prize.** This will relieve you of the daily grind and small stuff on which you might fume or fret.
- » **Celebrate small victories.** Reward yourself graciously. You deserve a pat on the back, a hug from your loved ones or words of appreciation at the end of the day. These are the special moments which turn nostalgic later.
- » **Unlock your hidden potential.** Don't settle for mediocrity. Channelize your energy into things that matters to you the most.
- » **When the going gets tough, look out for mentors or coaches whose valuable guidance and wisdom acts as leverage.**

We are constantly in a state of flux. Change is the only constant thing in this universe. So, let's embrace change. Enjoy being in the growth mindset. Always look out for opportunities. Your body will adapt wonderfully to this change. Your neuroplastic brain will give adequate signals to your body and direct it. You just need to set your mind. Each of us has got only one chance to live. Live it to the fullest. In the end all your efforts will definitely be worth it. This is a life long journey. Everyone needs this transformation and metamorphosis to evolve from their old self to their new version.

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▶ THE MOST EFFECTIVE LEADERS DON'T DO IT ALONE

Leadership is often viewed as a destination, a title you earn, or a position you hold. In reality, it is an ever-evolving practice that requires continuous development. The skills that got you to the manager's chair are rarely enough to keep you there. Consider the sheer scope of what a modern leader faces today. On any given day, you are juggling supply chain disruptions, navigating complex team dynamics, and driving business development in a hyper-competitive market. You are expected to have the vision for the future while putting out the operational fires of the present.

On the outside, you look like you have it all under control. But on the inside? It is noisy, chaotic, and often, incredibly lonely. But the world's most effective leaders refuse to isolate themselves. Indra Nooyi, the former CEO of PepsiCo, often spoke about the mentors and coaches who helped shape her decisions. Bill Gates famously said that everyone needs a coach, not because they are broken, but because we all have blind spots.

What Does a Coach Actually Do? A leadership coach isn't a teacher or a consultant who tells you how to run

your business. Think of them as a "Thinking Partner" who helps you master the skills that books cannot teach. When you are buried in the daily grind, you lose perspective. A coach acts like a mirror, helping you hone the essential human skills required to scale: sharp communication, effective people management, and conflict resolution.

- ▶ They help you separate your emotions from the facts during a crisis.
- ▶ They spot the communication habits that are silently hurting your influence.
- ▶ They give you a safe, judgment-free space to process stress and strategize clearly.

Leadership doesn't mean you have to walk the path alone. The smartest leaders aren't the ones who know everything; they are the ones who make sure they have the right support to help them see clearly.

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HEALTH TIPS

Part 1

✨ Stop Eating After Sunset ✨

Your body loves rhythm — eat with the sun ☀️, rest at night 🌙.

When you align meals with your circadian clock, weight loss and better health follow naturally.

🗓️ Start with your Eating Window

👉 Note first & last bite (yes, even coffee counts!)

👉 If it's 14–15 hrs → cut to 12 hrs

👉 Slowly move toward 10–8 hrs — not overnight!

📅 Why Earlier Dinner Helps

✅ Insulin works better earlier

✅ Night eating = more fat storage

✅ Longer fast = better sleep, gut repair & mood

🚫 What NOT to Do

❌ Jump into 8 hrs on day 1

❌ Skip breakfast if it triggers overeating

❌ Trade dinner for late-night snacks/desserts

💡 Small changes > Big crash diets.

Stop eating after sunset, let your body reset, and watch the magic happen ✨

Part 2

✨ Women don't burn fat the same way men do ✨

That's why what works for him may not always work for you.

👉 Arm fat = Insulin resistance

Too many snacks & sugar spikes.

Start meals with protein, walk after eating & cut down sugar.

👉 Belly fat = Cortisol (stress hormone)

High stress locks fat at your waist.

Sleep more, walk daily & stop glorifying burnout.

👉 Hip & thigh fat = Estrogen dominance

Too much estrogen stores fat in the lower body.

Support detox with cruciferous veggies, fiber & hydration.

💡 Women need more rest, anti-inflammatory foods & cycle-synced workouts — not endless HIIT.

👉 Protein is your best friend, especially after 30.

👉 Healthy fats support hormones & fat loss.

You're not doing it wrong — you just can't train like him.

Work with your hormones → fat loss, energy & glow come naturally. ✨

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➤ HEALTH TIPS FOR PERIMENOPAUSE

Here are **practical and evidence-based health tips for people going through perimenopause**, a transitional phase typically occurring between ages 40 and 55, but it can begin earlier or later. The focus is on managing hormonal changes and promoting overall well-being.

🌿 1. Nutrition Matters

- ▶ **Balanced diet:** Emphasize whole grains, lean proteins, healthy fats (like omega-3s), fruits, and vegetables.
- ▶ **Calcium & Vitamin D:** Crucial for bone health. Include dairy, leafy greens, fortified foods, or supplements as advised.
- ▶ **Limit sugar, caffeine, and alcohol:** These can exacerbate hot flashes, mood swings, and sleep issues.

🏃 2. Exercise Regularly

- ▶ **Strength training:** Helps maintain muscle mass and bone density.
- ▶ **Cardio:** Supports heart health and helps manage weight.
- ▶ **Yoga or Pilates:** Improves flexibility, balance, and reduces stress.

😴 3. Prioritize Sleep

- ▶ Establish a **consistent sleep routine**.
- ▶ Avoid screens before bed, and reduce caffeine intake.
- ▶ Consider **mindfulness or breathing techniques** if insomnia is an issue.

💧 4. Hydration & Skin Care

- ▶ Drink plenty of water to combat **dry skin and bloating**.
- ▶ Use gentle, hydrating skincare products to adapt to changes in skin elasticity.

😊 5. Stress Management

- ▶ Practice **meditation, deep breathing, or journaling**.
- ▶ Stay connected with friends or support groups to manage emotional ups and downs.

🩺 6. Monitor Hormonal Health

- ▶ Track symptoms like hot flashes, irregular periods, or mood changes.
- ▶ Discuss **hormone therapy or alternatives** with your healthcare provider if symptoms are severe.

👩 7. Regular Health Checks

- ▶ Get **bone density tests, thyroid checks, and heart health screenings**.
- ▶ Watch for changes in **menstrual patterns**, and report any unusual bleeding.

🧠 8. Mental Health Awareness

- ▶ Be mindful of mood swings, anxiety, or depression.
- ▶ Seek **professional help** if emotional health significantly affects daily life.

🏠 When to Seek Help

If symptoms like heavy bleeding, severe mood swings, or extreme fatigue interfere with daily life, consult a gynaecologist or endocrinologist.

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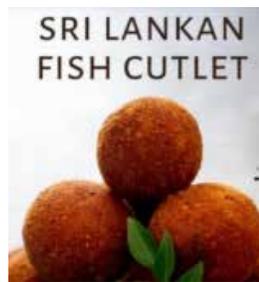
Hello everyone, I'm Anu Rajkumar from the Inner Wheel Club, Korattur, Chennai. Born and raised in Sri Lanka, I'm passionate about creative cooking. Today, I'm excited to share with you one of Sri Lanka's most beloved snacks - the mouthwatering Fish Cutlet, also affectionately known as 'Snakke' in Sri Lankan slang. Let me take you on a culinary journey through the flavors of my motherland!

Ingredients

- ▶▶ 500 grams potatoes, boiled and peeled
- ▶▶ 500 grams tuna fish (canned or fresh)
- ▶▶ 4 teaspoons vegetable oil
- ▶▶ 1/4 teaspoon mustard seeds
- ▶▶ 1/2 teaspoon fennel seeds
- ▶▶ 1 tablespoon finely chopped ginger
- ▶▶ 20 curry leaves, finely chopped
- ▶▶ 250 grams onion, finely chopped
- ▶▶ 15 green chillies, finely chopped
- ▶▶ Salt to taste
- ▶▶ 1/2 teaspoon turmeric powder
- ▶▶ 1/2 teaspoon black pepper, finely crushed
- ▶▶ 1/2 lime, juiced

For the breading and frying

- ▶▶ 3 eggs
- ▶▶ Pinch of salt
- ▶▶ 250 grams fine bread crumbs
- ▶▶ Vegetable oil for deep frying



Instructions

1. If using fresh tuna, boil for 6-7 minutes, remove scum, and shred. Set aside.
2. Boil and peel potatoes, mash smoothly. Set aside.
3. Heat oil, add mustard seeds, fennel seeds, ginger, curry leaves, onions, and green chillies. Sauté until onions are soft.
4. Add turmeric powder, black pepper, mashed potatoes, and shredded fish. Mix well. Squeeze lime juice and adjust seasoning.
5. Make small balls, about the size of ping-pong balls. Reshape to ensure they're tight and even.
6. Prepare egg wash (egg + pinch of salt) and breading station (bread crumbs).
7. Dip each ball in egg wash and then coat with bread crumbs. Repeat the process for a second coating.
8. Rest the breaded cutlets for 30 minutes. Freeze if desired.
9. Fry in hot oil until golden. Drain on paper towels.

Serve hot with a fresh salad with lemon piece and ketchup - enjoy!

➤ MANGO PIE

1. Cut and grind one mango pulp(1cup)
2. Another bowl sieve 2/3 times wheat flour1.5 cup
3. During third sieve, add 4 pint of baking soda, 1 spoon of baking powder
4. Keep ready powdered 1/2 cup sugar
5. In another bowl, add 1/2 cup oil, then add mango pulp, whisk well, add powdered sugar, whisk, add little vanilla essence, then the wheat flour
6. Whisk well, if need be, add 4-5 spoon milk for batter consistency
7. Transfer in greased plate
8. Bake for 15 min in pre heated oven at 180°C
9. Mango pie ready for eating
10. If no oven, you can bake in cooker by putting salt below, pre heat for 20 min, then put the baking plate and bake till cooked.
11. You can check by putting a knife into it, it will come without sticking, then it is baked well

Happy baking

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➤ MY JOURNEY

For someone standing at the threshold of a new evolution, my transformation began quietly. A solo journey from Chennai to Rishikesh with an all-women's group became the catalyst for a profound shift in perspective. Traveling alone, I felt my confidence rise as I entered a judgement free zone. Connecting with like-minded strangers proved far more liberating than the stifling game of catering to the unreasonable expectations of others.

This clarity extended to my personal life. My sister and I began addressing the raw wounds of a lifetime dedicated to others' whims. By bringing these struggles into the open, we moved toward a mature, heartfelt relationship. The silence of my surroundings allowed me to realize a hard truth: I needed to adopt a new mantra: "Take it or leave it." To be unapologetic about my needs.

I am finally experiencing the "power of choices," a luxury I previously ignored. I have mastered the art of saying "no." While this has pushed some people away, I find myself embracing this new, supposedly "villainous" image. In the past, I acceded to demands out of kindness, which was often mistaken for weakness. I have realized that allowing others to decide for me was an abyss.

The transition hasn't been without its challenges. Recalling past struggles while facing an uncertain future was intimidating, yet I felt an inner call that impelled me to act. When reasoning and logic failed to resolve old conflicts, I chose to forgive and move away. I wanted a clean break.

I am determined to forge ahead by letting go of regrets, accepting that past decisions were right for those moments. I have unburdened myself to stop the cycle of emotional abuse. While I know the apology that would bring "total peace" may never come, I have stopped waiting for it. My peace is priceless, and I will no longer sacrifice it to the egoistic denial of my rights.

When I ask what I would change about myself, the answer is: nothing. My intelligence is now practical, turning insight into consistent action. The painful memories of the past remain, but they no longer traumatize me. I have learned that time and patience are the only ways to shed heavy emotional baggage.

Reclaiming my life is both tedious and intriguing. I am treading uncharted terrain with caution, but safeguarding my peace has become a sacred obsession. By drawing boundaries, I have liberated my psychological growth. The realization that I do not need to explain myself to those who do not deserve it has lifted a massive burden of guilt.

I now value my space as sacred. I have shifted the angle through which I view the world, and the world has changed in response. I am ready to go with the flow, grounded by a revelatory attitude. As Henry David Thoreau wrote, "If we will be quiet and ready enough, we shall find compensation in every disappointment." I am finally, truly happy.

Meera Sundararajan

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▶ மறக்க முடியாத அனுபவம்

உலகமே உள்ளங்கையில் என்று சொல்லும் அளவிற்கு இன்று செல்போன்கள் நமக்கு பழகிவிட்டது. ஆனால் 25 - 30 வருடங்களுக்கு முன்னால் ஒரு பயணத்தில் எனக்கு ஏற்பட்ட அனுபவம் இன்றும் மறக்காமல் இருக்கிறது என்றால் செல்போன் வசதி இல்லாததால் தான்.

உறவினர்கள், தோழிகள் என்று பெண்கள் மட்டும் ஒரு குழுவாக சிங்கப்பூர், மலேஷியா சென்றோம். எங்களுடன் ஒரு ட்ராவல் ஏஜென்டும் துணையாக வந்தார். ஒரு வார பயணம் நன்றாக முடிந்து, சென்னை வர, விமானநிலையம் வந்து டீட்டி பிர் கடைகளில் சுற்றிக்கொண்டு இருந்தோம்.

பெண்களுக்கு கடைசி நிமிடம் வரை ஷாப்பிங் செய்யவேண்டும் என்ற ஆவல் இயற்கைதானே. . . .

நானும் இன்னும் இரண்டு பேரும் மும்முரமாக ஷாப்பிங் செய்துவிட்டு சாவகாசமாக எங்கள் விமானத்திற்கான கேட்டிற்கு சென்றோம்.

அங்கு ஒரே பதட்டமும், பரபரப்புமாக 5 - 6 விமான ஊழியர்கள் இருந்தனர். எங்களை பார்த்தவுடன் ஆளாளுக்கு கோபமாக பேசினார்கள் ஒன்றும் புரியவில்லை. அவசர அவசரமாக எங்களை விமானத்திற்குள் அனுப்பினார்கள். அங்கும் ஒரே பதட்டம். . . . எங்கள் ஏஜென்டும் மற்ற குழுவினரும் டென்ஷனில் இருந்தார்கள்.

நாங்கள் மணியை கவனிக்காமல் ஷாப்பிங் செய்துள்ளோம் நாங்கள் வர தாமதமானதால் விமானம் கிளம்ப இருந்தது எங்கள் குழுவினர் மன்றாடி பெண்கள் தனியாக வர வேண்டாம் என கெஞ்சி கூத்தாடி சிறிது நேரம் தாமதப்படுத்தி இருந்தனர்.

சிங்கப்பூர் சாங்கி விமான நிலையம் நூற்றுக்கணக்கான விமானங்கள் வந்து கிளம்பும் இடம். சிங்கப்பூர் விமானங்களின் நேரம் தவறாமை எல்லோருக்கும் தெரியும் அப்படிப்பட்ட இடத்திலேயே எங்களுக்காக விமானம் காத்து இருந்தது. . . . சென்னை வந்து சேரும் வரை படபடப்பு ஓயவில்லை.

என் பெயரை பலமுறை சொல்லி மைக்கில் அழைத்துள்ளார்கள் ஆனால் சந்திரலேகா சௌந்தர்ராஜன் என்று அவர்களின் குரலில் ஒலிக்கும் போது எனக்கு அது புரியவில்லை இன்றும் என் பேர்பிள்ளைகள் விமான நிலையம் செல்லும் போது இதை ஞாபகப்படுத்துவேன் ஆனால் அவர்களோ டாடிமா. . . . செல்போனில் மெசேஜ், நோட்டிபிகேஷன், கால் எல்லாம் வரும் என்று சமாதானம் சொல்வார்கள். இது எனக்கு மறக்க முடியாத அனுபவமாய் அமைந்துவிட்டது.

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TIPS TO STAY HEALTHY PHYSICALLY MENTALLY & EMOTIONALLY

1. FOOD

Eat more home cooked unprocessed and alkaline foods

2. BE ON THE MOVE

Aim for some kind of physical activity daily morning. If nothing walk up&down the stairs for 10 mins. Older people CHAIR YOGA is a good option

3. SLEEP

At least 6 hrs rest is required. Sleep helps your immune system, hormones& weight regulation.

4. STRESS

Avoid overworking, get some "ME TIME"

Practice deep breathing when idle.

Remember every problem has a solution.

5. VICES & INDULGENCES

Alcohol, smoking junk food, binge eating???
Watch it....

6. WATER

Remember about 60% of ur body is water. So stay HYDRATED enough. Alkalise ur water by adding a few slices of cucumber, few mint leaves & few drops of lemon to ur bottle.

7. HUNGER

Know we eat to live, not live to eat.

Eat when you hungry. Never stuff yourself

8. RELATIONSHIPS

Stay connected with your loved ones

Learn to say SORRY. Go that extra mile to make someone happy. Have a healthy EGO. Stay grateful& show you care. A HELLO or a GOODMORNING may make someone's day. Spread smiles. Self analysis will help thro MEDITATION

9. MEDICAL

Regular health check ups a must

Don't ignore symptoms. Have a physician you relate to and get guided through him for all ur illnesses. Don't do self medication or get advice from a pharmacy. But always remember the saying.... PREVENTION IS BETTER THAN CURE.

So care for yourself

KNOW THAT NO ONE IS FLAWLESS
LEARN TO ACCEPT ACKNOWLEDGE TRUST &
FORGIVE
NURTURE RELATIONSHIPS
ITS YOUR LIFE... LIVE IT TO THE FULLEST

Dr Premila Parasuram

Inner Wheel Club of Meenambakkam

VAISHNAVI'S KOOLAM



Vaishnavi

IWC Chennai Rainbow Shakthi



➤ PARENTING RIDES (Choose the Protective Travel)

Olden 80's and 90's have very kind and enjoyable rides with "FEET". Dad's shoulders are the safest rides for the kids. Holding in hands are heaven for all humans who travel through. "Up to the Temple", "at the Festival Streets", "Celebrations and Events", Especially in the Crowded areas our elders like Grandfathers, Uncles, Brothers let us feel like birds on the sky. The Children have healthiest travel until the invention of Motor vehicles.

Vehicle Circus

The fastest growth of motor transport becomes circus among some people and the viewers are speechless. The parenting ideas nowadays are wondering. Happy parenting sometimes gone wrong in listening all the wishes of the child unnecessarily.

Is this a circus show while driving a vehicle. We see some parents let the small child stand in between them while riding the two wheeler like scooter, or a bike. It is strictly punishable and they think it is fun doing such meaningless stunts. The child will definitely get fun, but with fear that they don't know to express.

The Child's Brain will completely developed only after their 10 years. The Spines are still growing and it needs support while riding for our current road conditions. It means, the sitting position in the bike too needs a hand support to the Neck whereas think about the standing thrills. In the name of fun doing, the mother forget to hold the head of the enjoying kid. Meanwhile in the foreign countries, strict rules of holding the child with safety belts even in the back seat of the cars and why not our parents unaware about it.

Some reports are there that child loss his life in front of his younger brother and parents on a dangerous kite string passed through the roads is heart breaking incident. Not only this, but the speed and dust can affect the child eyes that may unknown to the concern people. If we see such rides can have rights to stop them and counsel.

"We IWC Teams can do this kinds of awareness! A suggestable road safety programs".

A child should not stand in bike seat while travelling

A child should not sit backwards in back of the bike seat while travelling.

A child should not hold an umbrella in bike rides (whereas provide them rain coats)

A child should not use mobiles while bike ride

Sunroof Surprises: Young boy got injured hitting his head in overhead barrier while enjoying the sunroof of moving car.

Recent news hit all over the nation

A sudden break will leads to serious head and neck injuries to the kids or a person while standing in a running cars sunroof. These are parental negligence that allowing child to their wishes. Understand, the speed will hurt the little ones face nose and eyes if the car runs in 20km speed. Sunroofs are designed for various purpose like ventilation, (wildlife) photography in very low speed or in ideal car. But what is happening is suddenly popping out of a child on sunroof space in running car. Understand the inventions and its uses before we go through. Parents need to advised in such kinds and Anything that is given to the child should be first tried yourself and feel the consequences before.

Its can be Food, Gadgets, bike rides, sunroof surfs, and more.

Read or know about the reason and uses for what purpose it possesses.

To give them feel of sunroof, drive with below 15km speed on a good weather day on empty roads.

Inventions are for better living when it is used in proper way.

Healthy Parenting Healthy Entertainments

R. Manjubhasheni

Editor - IWC Chennai magizham 2025-2026



Best wishes from

Dr. HAMSAVARDHINI
and
SATHYA SURESH



➤ LOST IN CONNECTION

As I sit on my balcony, phone in hand, I feel like the world is at my fingertips. With just a few taps, I can connect with loved ones, stay updated on their lives, and share in their joys and sorrows. The advancements in technology have indeed made life more convenient, but as I gaze at my phone, a tinge of sadness creeps in.

My mind wanders back to my childhood, where life was simpler, and human connections were more genuine. We would interact with our neighbors, borrow a cup of sugar or coffee powder from them, and play games in the streets. No need to whip out our phones and order instantaneously from Swiggy or Instamart to avoid borrowing – life was more straightforward back then. Our homes were bustling with relatives and friends, teaching us valuable life skills and discipline. We would attend family functions, travel miles to meet loved ones, and share in their joys and sorrows.

The rise of technology has brought about unprecedented changes in our lives. While it's true that we have gained convenience and efficiency, we have also lost something precious – human connection. The nuclear family structure, the new age upbringing of children, and the reluctance to raise our voices have led to a generation of kids who are more likely to see therapists than their grandparents.

We proudly share wedding pictures and condolence messages on social media, but how often do we truly connect with the people behind

the screens? We have traded in-person interactions for digital ones, and our children are growing up without knowing their cousins or experiencing the warmth of extended family relationships.

As we evolve with technology, it's essential to ask ourselves: where did we go wrong? Have we lost sight of the small pleasures in life? Can we find a balance between the benefits of technology and the beauty of human connection? Can we reclaim our traditions and customs, or is that a lost cause?

Perhaps it's time for us to take a step back, reflect on our values, and consider what kind of world we want to create for ourselves and our children. Can we find a way to harness the benefits of technology while preserving the essence of human connection? It's a question worth pondering, and one that requires a collective effort to answer.

As I finish writing this, I look up from my phone, and for a moment, I see the world beyond the screen. It's a world that's full of possibilities, but also one that requires us to be mindful of the choices we make. The future of human connection is in our hands – literally.

Let's put down our phones and pick up conversations. Let's make time for the people who matter. Let's rediscover the joy of human connection in a world that's increasingly digital.

Sowmya Shankar

Past President
IWC Chennai Symphony

▶ ONE DAY

One day, the poor man prayed sincerely and said, “Oh God, please come to my house. It is my life’s dream to welcome You.” God heard his prayer and gently replied, “I will come to your house tomorrow.”

Hearing this, the poor man was filled with joy. The next morning, he woke up early, cleaned his little hut, and decorated it simply but beautifully with fresh flowers. He cooked the best food he could prepare, thinking, “God will surely be happy today.”

However, it began to rain heavily. Still, the poor man waited at the door for God’s arrival. After some time, he heard a faint voice outside. When he opened the door, he saw a shivering lady standing in the rain.

“Please... do you have a blanket?” she asked. “I’m feeling very cold.” The poor man felt torn. He had only one blanket, which he had kept especially for God. But seeing her suffering, he couldn’t send her away. With a kind heart, he gave her the blanket.

He went to bed that night with mixed emotions—happy that he helped her, but sad that he now had nothing special left for God.

The next morning, he again waited anxiously for God. Hours passed, and he was about to cry. “Maybe God

is not coming,” he thought. Just then, he heard another voice outside. A man was standing there, weak and hungry. “Sir... do you have some food? I haven’t eaten for days.”

The poor man looked at the delicious food he had prepared for God. It was all he had. His heart ached—but he could not refuse a hungry man. With a deep breath, he gave all the food to him. By nightfall, the poor man broke down in tears. “God promised to come,” he sobbed. “But He never came.”

Suddenly, a soft and divine voice filled the room:

“My dear child, do not be sad. I came to your house twice today—once as the lady who needed a blanket, and once as the hungry man who needed food.

Each time, you welcomed me with kindness.

What you did today is true devotion.”

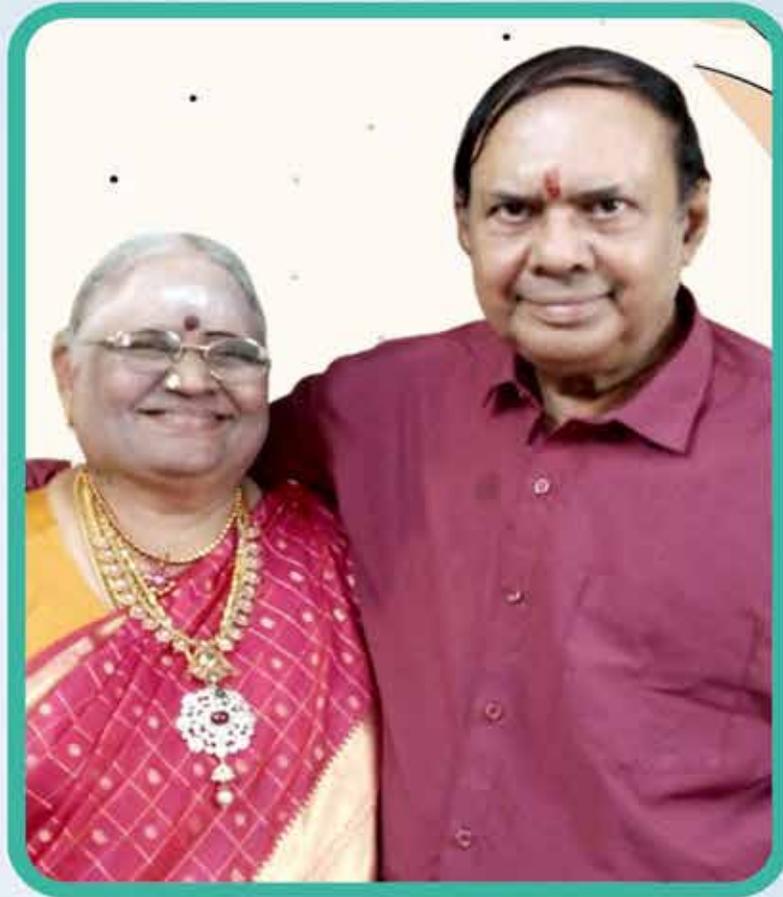
The poor man wiped his tears, realizing the truth. God visits not only in divine form but in the people who need our help.

Moral of the Story: Helping the needy is equal to serving God. Kindness is the greatest form of worship

Nirmala Vijayakumar

Inner Wheel Club of Madras Esplanade

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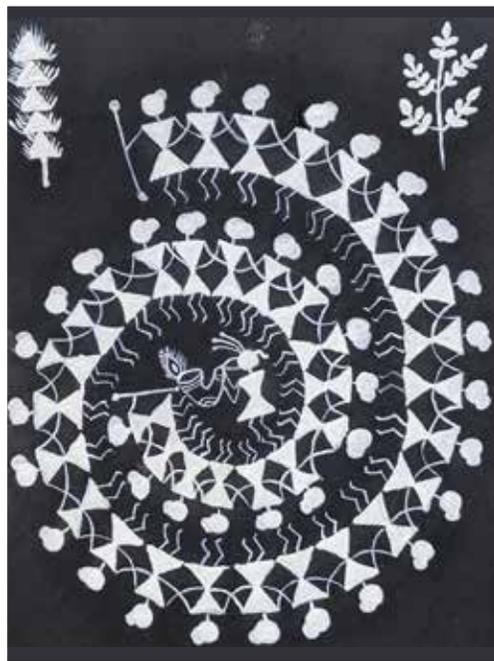
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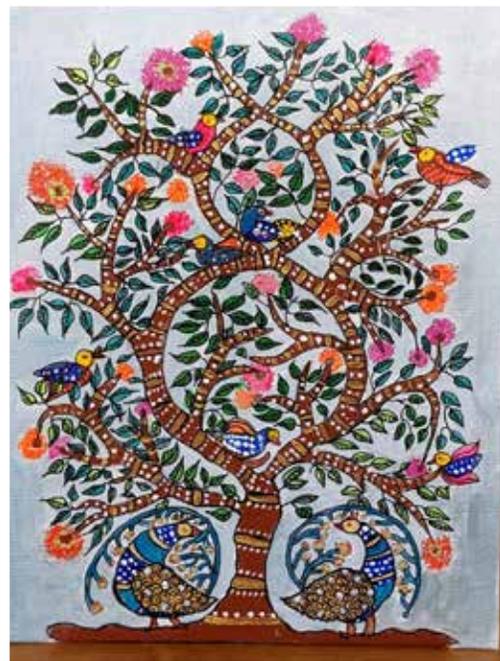


GEETHA VISWAKUMAR

PP IWC Adyar



Warli art is a vibrant, ancient tribal art form from Maharashtra, India, Warli Tribes, characterized by simple geometric shapes (circles, triangles, squares) to depict village life, nature, and rituals, traditionally painted with white rice paste on mud walls, symbolizing balance and community with Nature.



Gond art is a vibrant, intricate Indian folk art from the Gond tribe of Central India, characterized by mythic themes, nature motifs (animals, trees, gods), and detailed patterns of dots and lines.

V. Usha rani

Inner Wheel Club of Chennai Thulir



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This transformative initiative was formally inaugurated on 23rd Jan 2014, with the mission of providing free tuition and vocational training to deserving students. **Majority of our students are first-generation in school. Their parents are daily wage earners**

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2) Strengthen Science learning in Government Schools. - We are a Knowledge Partner of **Namma School Namma Ooru Palli - Tamil Nadu Education Department.** We launched this project in the academic year 2024. Duration 3 academic years. **The focus is to instil interest in learning science subjects** for students of VI to X Std. The process is by clarifying concepts and kindle their latent potential. It is well received by the Students, Science Teachers, and HMs. **Current Beneficiaries over Two Thousand students.**



3) Vocational Training – **This facility is open for all.** The fee charged is much lower than other centres in the city. Courses offered - Basics in Computer operations, Desktop Publishing, Tally, Servicing of Computer Hardware, Spoken English, Aari Embroidery etc. After completing our course most of our students are gainfully employed. Over 1200 students benefited so far.



4) Awareness Campaign – To "Inspire / Empower / Transform Young Adults".

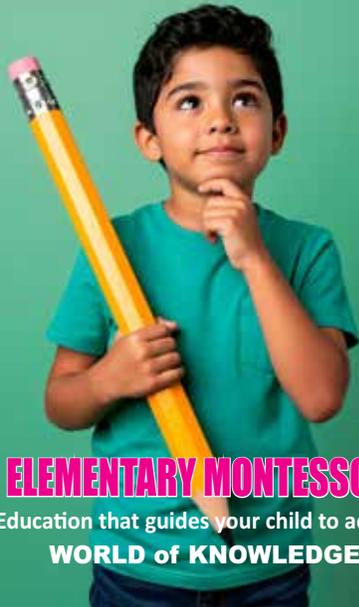
The events are to showcase Indian Heritage, Kongu Nadu Achivers, Career Planning and many more. The events will include drama, dance, visual communication, etc., and not just a talk.

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▶ THE HANDS THAT SHAPE HUMANITY AND ITS WANING RESPECT

Teaching has long been considered one of the noblest professions in the world. A teacher is not merely someone who imparts knowledge from textbooks but someone who shapes character, builds confidence, and inspires purpose. Yet, in today's fast-paced, hyperconnected world, this once-revered profession is losing its essence and respect — not only due to the missteps of a few educators but also because of the changing attitudes of modern parents and students.



The classroom is not merely a space for academic instruction but a training ground for character formation and social understanding. However, in the modern age, this sacred bond between teacher, student, and parent is weakening. In earlier times, teaching was viewed as a vocation of devotion and duty. Teachers were expected to uphold integrity, patience, and fairness. Yet, it would be unjust to blame only the teachers. The new generation of parents — especially Gen Z parents — has played a significant role in diminishing the sanctity of education.

When parents interfere excessively, questioning every action of a teacher, they unintentionally deprive their children of valuable lessons in accountability and respect. A child who learns that their parent will always shield them from consequences never learns to face reality. Teachers are expected to deliver results without being given the respect or trust they deserve.

It is time to restore the dignity of the teaching profession. Teachers must remember that their job is not only to instruct but to inspire — to be role models of ethics and empathy. They must treat students with fairness, patience, and genuine concern. At the same time, parents must understand that schools are not businesses and teachers are not customer service representatives. In conclusion, teaching is not just a profession; it is a sacred calling that shapes the destiny of humanity. Teachers are the architects of society's future, the unseen hands behind every success story. Teachers must rediscover the moral essence of their duty, and parents must rekindle their faith in the noble purpose of education. When teachers teach with integrity and parents support with trust, education regains its true meaning — not as a transaction, but as a transformation. Only then can we restore the honour of the teaching profession and ensure that our children grow not just smarter, but wiser and more humane.

Latha Jayan

Inner Wheel Club of Chennai Legacy



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ANTHROPOGENIC HAZARD

For nine long months, a wedding had lived in the hearts of nearly thirty families across South India. Every home carried a fragment of it, carefully chosen attire, colour-coordinated gifts, jewellery selected with love, and dreams woven into silk, smiles, and silent prayers. This was the wedding of the youngest cousin, the last in the generation to be married, a celebration that promised reunion, togetherness, and shared joy.

Until just three days before the event, excitement filled the air. Family WhatsApp groups buzzed endlessly with dance rehearsals, song selections, playful arguments, affectionate teasing. Beyond rituals and grandeur, what everyone truly awaited was the warmth of being together, meeting after long years, sharing meals at crowded tables, laughter spilling into the night.

Every detail had been planned with devotion. A choreographer was appointed so that every age group could dance with confidence and joy. Committees were formed to choose songs that would unite generations on the dance floor. Five themed celebrations were curated meticulously for a destination wedding in Raipur at Chhattisgarh. The joy was collective. The anticipation, palpable. Thirty hotel rooms stood booked, waiting to echo with laughter, fragrance, and festivity. A few elders arrived early, carrying the excitement of the entire family with them. Back home, suitcases were packed with care, folded clothes, chosen accessories, and hearts filled with hope. Those bags carried more dreams of reunion.

Then came the calls from the airlines. First, a delay. A few outfits were set aside, resigned to missing one function. Then, early the next morning,

came the final message, all flights cancelled. In that single moment, months of anticipation collapsed. Families stood frozen before packed bags, unable to process the sudden loss of something deeply personal yet intangible. There was no compensation for the missed embraces, the dances never danced, the blessings that could not be given in person.

The wedding took place as planned, witnessed physically by a few and virtually by many. Blessings were offered wholeheartedly through screens, smiles framed by pixels. Love travelled across distances, but the absence was unmistakable. The warmth of presence cannot be replaced by technology.

News channels soon flashed images of chaos, India's largest airline facing a massive operational breakdown. Nearly 1,800 flights cancelled. No communication. No food.

Passengers stranded, helpless, unheard. Nobody had anticipated such a strange, silent disruption. There was no natural calamity. No storm. No earthquake. Only man-made blunders. A get-together that never happened. Hugs that never happened. No visible disaster occurred. Yet something precious was lost, moments that cannot be restored, recreated, or rescheduled. No amount of compensation can repay the loss of shared laughter, collective joy, or the comfort of togetherness. Some disasters are loud and visible.

But this one was noiseless and its loss, irreversible.

Devi Mathimaran

District Chairman 2025-2026



➤ BECOMING MORE – NOT LESS WITH AGE

Dreams do not have deadlines -
self love is not selfish ; it is survival

The freedom, that I never knew I needed- For most women of my generation , freedom always came last- my life moved to the rhythm of family – spouse, children , in laws, guests , I measured love through effort and happiness through how needed I was. I loved raising my children ,I loved being needed, life revolved around school mornings, work lunches, festival preparations, late night fevers and the comforting chaos of a full home. but when they grew up and flew into their own worlds, the nest emptied. I was left standing in a strangely silent home- quietness , in a way that echoed, I longed for the foot steps on the stairs, the familiar chorus of “amma where is this “. I fought the silence with unnecessary cleaning and over thinking, depression and self pity taking up most of my time.

Today after deep and mature thinking I have learnt to enjoy the sweetest kind of independence, that is guilt free independence, I take long walks, listen to the music of my choice, read books, sleep when I feel like it, go out for lunch with girl friends, watch a movie that only I like. Now came the realization that the house does not fall apart if I take time for myself. It does get brighter , because , I am brighter. There definitely is a soft dignified freedom in getting older.

At first my husband and me , we looked at each other like strangers rediscovering an old photograph, familiar yet forgotten in the rush of life. We had spent decades of our life being mom and dad, son and daughter in law. Now it was time to remember that we were also us. reconnecting with my better half, rekindling youthful romance and just simple pure companionship. We learnt to enjoy quiet dinners, and we also learnt to dream again together, planning trips and making a life for ourselves, after all it is this partnership that we once built, the one we it all started. Today we look at each other and realize : the nest maybe empty , but our hearts are full. We're simply back to the first love.



Health is a gentle reminder that the body needs respect., but I personally believe that joy is medicine, laughing with friends , celebrating tiny victories, learning new things, taking trips and exploring new places are not luxuries- they are survival skills.

I'm still a housewife , and proudly so. But I am also a learner, a traveler, a grand mother, a friend and a woman rediscovering her spark.

Life at this age is not about becoming less- it is about becoming more of who we truly are.

Chitralekha Sayeeram

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▶ HOW MY PARENTS SHOWED ME TO BE MY BEST SELF

My childhood belongs to a remote era where bringing up a child was a community affair, all children would go to a school that was within a few meters of our residences (since we were in a city), only parents of bad students would come and meet the head master to get reprimanded and nobody at home breathed down our necks to come first in class.

We lived in Chamarajpet in the heart of Bengaluru. Our house, 'Radha cottage' named after my great grandmother to whom the huge house belonged, housed all of Radha bai's four sons, their grandsons and a lot of great grand children like us. We all went to a school inside a huge temple campus which was a stone's throw away from Radha Cottage. We were a handful of us in my age group (give or take one or two years) who would be escorted to the school by the elder batch of grand children who were four to five years older than us.

I was the second born daughter to my parents and like mother would say – I was in a hurry to come to this world – was born in 8 months, learned to talk, read and write by the time I reached three years of age. This hurried growing up resulted in my parents sending me to school at just three and a half years. I would go to the "nursery class" with all my cousins who were at least a year or two older than me. There, I would admire my stylish teacher who used to wear lipstick in those days, sing some songs, eat biscuits, lie down on a mat forcing my eyes to close and come back home after a few hours. Our nursery was in a corner of a huge hall, the first standard lessons would be taken in the opposite corner of the same hall. I would listen to all the lessons taught in first standard and mastered them while pretending to be asleep in my class. While playing 'school' at home, I would play the teacher and practice them in front of a black board and naturally my cousins would play 'students'.

May 22 nd next year, the school reopened after the summer holidays. With great enthusiasm, I joined my cousins and went to the school. To my horror, while my other cousins went to the first standard corner, I was asked to go back to the nursery corner of the hall. My cheeks became red, my eyes filled with tears and I remember dashing back home without caring about my teacher shouting my name and running after me. At that time my stylish teacher looked like a 'rakshashi' who had failed to promote me to the next class despite my high intelligence. For a four year old, that was the greatest humiliation in front of 'home students'.



I rushed into the house just as my father was leaving for office and shouted in my loudest voice that I would never go to school again in my life. The outburst should have shocked my father. Those were the days when no one dared to go against father's decision. Bu he bent down and listened patiently to my sob story and understood that my big decision was because I was not promoted to the next class. He could have sternly told me to go back to the class and wait for a year more as I was not eligible by age! But no! My father took me to

the head master and within a few minutes, I was given permission to sit in the first standard. No emotion or drama like 'I love you', no 'I understand you' or even 'I have done something great for you' ! What I came to know much later was that he had altered my date of birth to meet the norms.

That day, my father taught me my life's greatest lesson- to respect the sentiments of even a four year old. For him- love and respect came naturally irrespective of age.

PDC Dr. Shashi Shyamsundar
Inner Wheel Club of Madras Midtown



ECHOES OF A SEALED LOVE

As the sun rose, as I stood by the shores, my eyes widened at the ocean roar
 A calmness enveloped me, warming my soul, stirring the depths where feelings unroll.
 My lips moved in a whisper, calling his name to the sea
 Where my heart lies is not wholly with me, for I am living just like a shell on the sea
 This world has seen countless tales of hearts that fiercely defend
 Yet among them, a few keep their love sealed behind closed doors, unseen till the end.

I look at the phone in my hand, a picture of you looking so glad
 And realize if I'd tried harder, you'd have known the feelings I had.
 My tears rolled down as I gazed at your eyes, for in the picture you looked so nice
 Your Smile to me spoke words that I could hear, written in a script unknown to those who linger near
 And your hair looks smooth like the waves that kiss the shore, wish I was there to adore.
 And in there, you look with radiance and Grace that I find myself yearning for in these days

Looking into the sea again makes me wonder who you are
 I grew up without a guiding Light, Yet my Heart Races from afar
 Is it in the midst of thrift where your calmness made a mark?
 A sense of peace so deep, it kindles a spark?
 Is it in your presence that I found a comforting embrace?
 A stability so rare, a gentle, reassuring space?
 Is it the way you light the room with laughter's joyful gleam
 That makes my heart dance to a new, vibrant theme.
 Is it the way you walk that makes my heart stumble and sway
 To a melody unknown, in a different, enchanting way?
 Never have I felt such love, for any man before
 It makes me question how this change could be at my core.



What can I do now, to re-live the past
 I missed my chance at that time when our gazes were destined to connect
 I was afraid, to let you into my world fraught with fear and strife
 Unlike me, who grew up cold, you were the sun that shone.
 How desperate was I to let you know that you are my heaven I sought
 Yet years have gone by, and still, I feel the same as I once thought.
 The bliss and joy you brought remain a constant in my heart,
 A timeless echo of a love that never could depart.

Do we need to be together to find true happiness?
 This ocean before me, whispers a different tale
 Like its waves that never kiss the shores, so too was my fate
 Like the song it sang to the shores, so too will my thoughts reach you.
 I wish for you a life of joy and someone with whom to share it.
 To me, this is the love that I would take to the graves, for it is unreached and unheard till this day
 Whenever I am sad, I know a single picture could magically bring you by my side
 For you are the only man I would have ever truly loved in this lifetime.

Article by **Nivedhitha**
 Painting By **Jayalakshmi**
 IWC Rhythm

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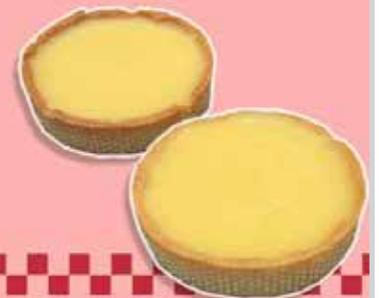
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▶ DOES ART THERAPY REALLY WORK? WHAT IS THE RESEARCH BEHIND THIS FORM OF EXPRESSION?

Art therapy is a clinically recognized form of psychotherapy that combines creative expression with psychological healing. Research shows that during trauma, the brain's speech center (Broca's area) can shut down, leaving memories stored as images, sensations, and emotions rather than words. Due to neuroimages we find that Art-making can access these areas, allowing expression through colors, forms, and symbols.

A pilot study of Trauma-Focused Art Therapy (TFAT) with adults who had experienced prolonged trauma found it to be both feasible and effective, with improvements noted in PTSD symptoms, resilience, self-esteem, and emotional regulation.

Science suggests several mechanisms for why art therapy works. It provides a nonverbal outlet for experiences too overwhelming to articulate,

helps regulate emotions, and allows for gentle processing of traumatic memories. Neurobiological studies indicate that art-making can enhance neural connectivity, activate reward and relaxation circuits, and integrate brain regions involved in memory and emotion. Importantly, the process restores a sense of control and agency while building a safe, trusting therapeutic relationship.



For many, art therapy offers not only healing from trauma but also a renewed connection to creativity, resilience, and inner strength.

Dayaline Sivakumar

Inner Wheel Club of Madras

What is Art Therapy?

Art Therapy is a mental health profession which uses creative mediums and theories in psychology to explore thoughts, emotions and behaviour

BENEFITS OF ART THERAPY

- Treatment of trauma
- Emotion regulation
- Reduces stress
- Enhances social relationships

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Rtn. A.S. Mahesh Krishna
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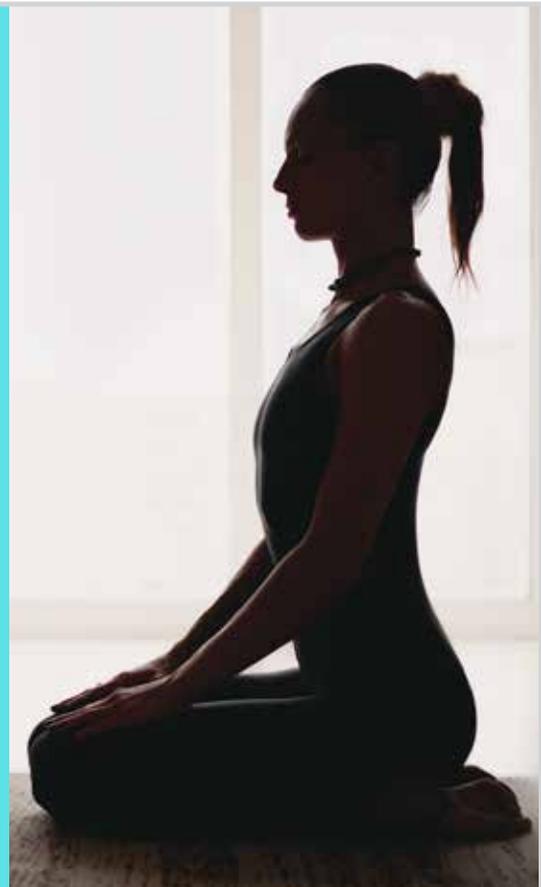
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▶▶ நாட்டியம்

மடை திறந்த வெள்ளமாய்
மனம் ஆனந்தத்தில் ஆடியது !
கடலென விரிந்தே
கால்கள் கூத்தாடின !
வலியும் வியர்வையும் மறத்தே
வதனத்தில் புன்னகை நடனமாடின !
சரியென, வெளியே வந்தேன்
சில்லென துளியாய் மழை ஆடியது !
மரமும்.. மக்களும்.. மலரும்..
மந்தகாச சிரிப்பு ஊஞ்சலாடுகிறது !
ஆதவனோ அனல் குறைத்து
அமைதியாய் சிரிக்கிறான் !
இதென்ன?
ஆட்டுவிப்பவன் அவன்
ஆடியது நான்
ஆனால்
அண்டமுமா அகமகிழ்ந்து
ஆழகான ஆட்டம் போடுகிறது?

டாக்டர். S. மீரா
IWC Chennai, கே. கே. நகர்

▶▶ இன்னர் வீல் - ஒளியின் சக்கரம்

அன்பின் நூல்கள் பின்னும் வளையம்,
அறம் விதைக்கும் பெண்களின் தளையம்
சேவை சுரங்கம் - சிந்தையின் தீபம்,
சமுதாயம் மலரும் கருணையின் வீரம்
நட்பு நெஞ்சங்கள் இணையும் நிலா,
நன்மை பரப்பும் ஒற்றுமைத் துளா
இன்னர் வீல் என்றென்றும் பொலியும்,
இணைவோம் நாம் - உலகம் மலர்வோம்

மகதி
Inner Wheel Club of Bay City

▶▶ AUTUMN - ALL ABOUT LETTING GO

The wind is slowly getting colder and colder
Hedgie peeks out of her little hole in the tree
Shuffling her babies in for their beauty sleep

As he tries to woo his shy, timid fawn ladylove
Stagie is getting impatient and seems to say
Time is running out for us, My Dear, Deer Lady!

And now it is time for the final haul of nuts
Squiggly buries her last acorn under the oak
Will I remember where I hid what? She frets

After being drenched in a spate of cool showers
Leaves harbour fresh dreams of turning flowers
In exotic orange, yellow, red and maroon shades

Just as lamps shine brightest before going off
The colorful foliage flutter in their alluring grace
Whoosh! One, Two, Three - dropping one by one

Bite in the breeze, ushers in winter, cold & dry
Nip in the air, warns of looming doom for leaves
The jungle floor is covered in lovely hues of fall

With no one to sweep, they crackle under feet
Crumbling to dust on their own as they languish
Why is melancholy, So heart rending? So beautiful?

AC Member Fathima Nasira

▶▶ THINK AND PRACTICE

1. Love is the currency of your heart, Spend it on people who enrich your life.
2. Silence and Smile are two powerful tools. Smile is the way to solve many problems and silence is the way to avoid many problems.
3. Happiness grows when we focus on what's going right instead of complaining about what's going wrong.

Anandhi Sundararajan
Editor, Iwc Nanganallur



➤ STEP UP AND LEAD BY EXAMPLE

As a new member of the Inner Wheel Club, I am excited to contribute through initiatives that combine several of my interests. I believe in the power of self-confidence and financial independence—two areas that can be nurtured by offering women opportunities to showcase their skills and talents.

Leadership begins with action, not position. For me, stepping up and leading by example means using my strengths to empower others and create visible, meaningful impact. I am passionate about beauty, wellness, and entrepreneurship—areas that boost both self-confidence and self-reliance, especially for women.

I would like to lead initiatives where I organize stalls and pop-up exhibitions that give a platform to local women entrepreneurs, especially those from underprivileged backgrounds. By showcasing their handmade or beauty-related products, we can create both livelihood opportunities and inspiration for others to follow. I will not just coordinate these events but be actively involved—from planning and promotion to execution—showing that leadership means participation, not delegation.

Additionally, I hope to conduct grooming and confidence-building sessions for adolescent girls and women, helping them feel empowered from within. These are small steps, but each one can inspire someone else to rise and do more. Through consistency, creativity, and compassion, I believe we can make a difference. I aim to lead by doing—by showing up, staying committed, and serving with heart. That is how I choose to step up and lead by example.

Sumathy Murali

Inner Wheel Club of Chennai MRC Nagar



➤ ARDHNARISHWA

Ardhnarishwar is a Composite androgynous deity in Hindu mythology that is a fusion of the god Shiva and the goddess Parvathi, representing the Synthesis of Masculine and Feminine energies and the unity of male and female principles.



The name itself is a combination of three Sanskrit Words: “ Ardh” (Half) “ Nari” (Women) and “ Ishwar” (Lord), literally meaning “ The Lord who is Half- Women” The right half is Shiva, and the left half is Parvathi, Symbolizing that they are Inseparable and that creation is a result of their union.

It Symbolizes that men and women are equal. As they are two parts of a single entity ,and

that both are necessary creation. The deity as transgender a symbol of equalities and harmony in diversity, representing a divine energy that is beyond definition of male and female.

I have made for a Potli Making Competition by Inner Wheel District 314

Theme: Indian Traditional

Each lovingly made potli will be gifted to “ The Transgender Community”

A small gesture aimed at bringing smiles, spreading happiness and sending a powerful message of love and acceptance.

I thought, it would be apt to have Ardhnarishwar on the Potli , which I have Embroidered with colourful threads, beads and pearls.

Nagalakshmi Srinivasan

Past President

Inner Wheel Club Of Cosmos Dist 323

➤ GO WITH THE FLOW

A leap of faith as I take
Through small decisions for
my thirst of a little one,
Never felt life could
pull an unexpected brake.
Panic-stricken, my body began to shake.
As my heart thumped.
I kept flashing a smile,
no one could tell it was fake.
The chemo kept me wide awake,
No time to regret, but too many memories to make!
From out of nowhere,
I felt blessed,

To be optimistic and
not be stressed.
An appealing thought
crossed my mind,
What would I do,
if The Almighty God
hadn't been so kind?
He steered me through
when I acted blind,
So I decide to let go
without pressing rewind!

Kripa TG

IWC of Madras Central



GO GREEN AMBASSADORS

The mobile Indian vegetable vendor,
to the summer heat, has to surrender.
Wiping sweat off his forehead and moustache,
screams - Eggplants, Drumsticks, and Spinach...

Up comes a young girl, chatting with her buddies,
to buy some veggies.
In a plastic bag lighter than air,
presents the vendor with his green wares.

Startled, the girl rejects the carry bag
and pulls out her own sturdier cloth bag.
The vendor, surprised, assures her it's free.
Free or priced, she wouldn't agree.

"It clogs the drains, don't you see?
And affects you and me?
Monsoons add insult to injury
before you count one, two and three."

Agreed, the vendor, it's a blunder.
"Your education speaks, but I need my bread and
butter!
Can you guarantee people would comply?
Will they bring bags of jute or cotton that
exemplify
their love of a clean India,
from Kanyakumari to the Himalayas?"

"Well, sir, nothing in life is certain.
But should we draw the curtains?
Let's make a beginning
that brings good tidings.
Uneducated though one may be,
good practices speak louder than degrees!"

The idea, purse-friendly and eco-friendly,
the vendor hides his carry bags quickly.
A woman arrives ordering her needs.
The vendor, into his balance, feeds
and asks the woman to open her personal cloth
bag.
Being unprepared, she feels taken aback.
In retaliation, demanding a plastic bag,
requests him not to nag.

The business may sag,
but his mission—Clean India—shouldn't lag.
Understanding her resentment,
but sure of his commitment,
points at his young client, who walked away
earlier,
"Using the best methods makes things easier.
Remember these bags, lighter than air,
bring their share of woes and despair."

Her duty, the woman won't shirk.
She is now sporting a pseudo-smirk!
The girl returns, clapping and declaring a prank,
awards the vendor a high rank!
The lady admits to a playful conspiracy.
And the vendor, shy and proud of playing his part
responsibly,
sets the example—a clean environment is no
fantasy;
Success through commitment—a time-tested
reality.

Sumitra Kumar

Inner Wheel Club of Madras Midtown

▶ பொன் மொழிகள்

1. திமிராக இருக்க நேர்மையானவனால் மட்டுமே முடியும்.
2. இந்த உலகம் உன் முயற்சிகளை கவனிக்காது. முடிவுகளைத்தான் கவனிக்கும் சிந்தித்து செயல்படுங்கள்.
3. எதையும் நீ தேடிப் போகாதே, உனக்குத் தகுதி இருந்தால் அது உன்னைத் தேடி வரும்.
4. பேச்சுத் துணைக்கு யார் வேண்டுமானாலும் இருக்கலாம், ஆனால் புலம்பித் தீர்ப்பதற்கு ஒரு நெருக்கமான உறவு வேண்டும்.
5. வரவு என்பது கண்ணீர் போல ஆனால் செலவு என்பது வியர்வை போல, எங்கிருந்து எல்லாமே வருகின்றது.
6. யாரையும் பார்த்து இவருக்கு என்ன குறை என்று எடை போடாதே. வலிகளோடுதான் பலர் வாழ்கின்றனர்.
7. இரக்கம் உள்ளவர்தான் எளிதில் ஏமாற்றப்படுகின்றார்கள். அதுவும் 'இளிச்சவாயன்' என்ற பெயரோடு.
8. உன்னிடம் அடுத்தவரை பற்றி குறை கூறுபவர், உன்னைப் பற்றியும் அடுத்தவரிடம் கூறுவர்.
9. முயற்சிப்பவனுக்குத்தான் எல்லாக் கதவும் திறக்கும்.
10. மனைவிக்கு உலகமாய் இரு. ஆனால் மனைவியே உலகம் என்று இருந்து விடாதே.

11. உன் குறைகளை எடுத்துச் சொல்பவர்கள், உன் நண்பனும், எதிரிகளும் மட்டுமே.
12. ஒரு பெண்ணை பழக்க வைப்பது. ஒரு குடும்பத்தை பழக்க வைப்பதற்குச் சமம்.
13. உண்மையான பெரிய மனிதனுக்கு அடையாளம் பணிவு.
14. குழந்தைகள் கற்றுக் கொள்ள வேண்டிய முதல் பாடம் பணிவு.
15. பிள்ளைகளுக்காக தாய் செய்யும் தியாகத்தை எழுத்தால் எழுத முடியாது.
16. தங்கள் தாயிடம் அன்பு செலுத்துபவர்கள் பிறரிடம் வெறுப்பு காட்ட துணிய மாட்டார்கள்.
17. இறைவன் எல்லா இடத்திலும் இருக்க முடியாது என்பதற்காகத்தான் தாயை படைத்தார்.
18. அன்பு என்பது நெல் மாதிரி, போட்டால்தான் முளைக்கும். வம்பு என்பது புல் மாதிரி போடாமலேயே முளைக்கும்.
19. பாதைகளில் தடை இருந்தால், அதை தகர்த்து விட்டுத்தான் போக வேண்டும் என்றில்லை தவிர்ந்து விட்டும் செல்லலாம், எறும்பு மாதிரி.
20. அளவுக்கு மீறினால், அமிர்தம் மட்டுமல்ல அன்பு கூட நஞ்சாகும்.

சந்திரலேகா செளந்தராஜன்
முன்னாள் தலைவி
IWC Vellore North

With best wishes
from
USHA SINGH
FINANCIAL PLANNER
for
INDIVIDUAL, CORPORATE & NRI



➤ WHEN SCREENS REPLACE SOULS - THE EMOTIONAL COST OF SOCIAL MEDIA

Social media, while it connects people has also made us insensitive and this has led to a decline in face-to-face communication making us emotionally detached.

The other day I witnessed a road accident where a pedestrian had been knocked down by a vehicle and lay in a pool of blood. Most people stood around watching with several recording the scene on their mobile phones. Very few volunteered to help the individual.

The craze for likes has increased with the advent of reels which often have nothing to show or say beyond the mundane. The craving for comments has gone beyond reason. Gone are the days when the family sat together at the table and enjoyed a meal with laughter and chatter. Now there is a funeral like silence with each member scrolling on their mobiles. What happened to family time and casual conversations? There are a number of deaths due to risk taking reels. That the race for likes will lead people to risk their lives is a frightening thought.

Trolling is leading to undue stress and depression even leading some to taking their own lives.

Children are now spending a large part of their day glued to screens and parents seem to be unable or unwilling to do much about this.

Sleep disorders are now rampant among adults all over the world. Screen watching and doom scrolling are given as prime reasons.

In chasing virtual approval, we have lost the warmth of real human connections.

We may be more connected than ever but we have never been so emotionally disconnected.

The more we connect online, the less we seem to care offline.

Where are we heading?



Prema Raman

IWC Meenambakkam

➤ நினைவு நீர்க்குமிழிகள்

தனிமையில் தான் என்றில்லை
அவ்வப்போது பெருங்கூட்டத்திலும்
சோகத்தில் மட்டுமல்ல மகிழ்விலும்

சில சமயம் எதுவும் இல்லா நிர்மலமான மௌனத்திலும்
உன் நினைவுகள் என்னை அலைக் கழித்தவாறே
உள்ளன

Fathima Nasira

AC Member



▶ THE NURSERY

The nursery rhyme you sang as a child was based on a real 9-year-old girl who saved a dying lamb—and accidentally made history. “Mary had a little lamb, little lamb, little lamb...” You probably sang it in kindergarten. Maybe you sang it to your own children. But did you know Mary was real? And so was her lamb? This is the true story .

In March 1815, on a cold morning in Sterling, Massachusetts, nine-year-old Mary Sawyer was helping her father with chores in the barn. They discovered that one of their ewes had given birth to twin lambs overnight—but something was wrong. One lamb was healthy and nursing. The other had been rejected by its mother and was lying in the straw, barely breathing, too weak to even stand. Without its mother’s care and milk, the tiny creature was dying of cold and hunger. Mary’s heart broke at the sight. “Can I take it inside?” she begged her father. Her father shook his head. “No, Mary. It’s almost dead anyway. Even if we try, it probably won’t survive. “But Mary couldn’t bear to watch the lamb die. She pleaded with her father until he finally relented. Mary’s mother agreed to let her try. Mary wrapped the freezing lamb in an old garment and held it close to the fireplace, cradling it in her arms through the long night. She didn’t know if it would make it to morning. The lamb was so weak it couldn’t even swallow at first. But Mary refused to give up.

By morning, against all odds, the lamb was standing. Over the next few days, with Mary’s constant care—feeding it milk, keeping it warm, nursing it back to strength—the little creature recovered completely. And then something magical happened. The lamb, whom Mary had saved from death, became utterly devoted to her. It recognized her voice. It came running when she called. And everywhere that Mary went, the lamb truly was “sure to go.

“One morning before school, Mary called out to her lamb as she was leaving. The lamb came trotting over immediately. Mary’s mischievous older brother, Nat, grinned and said, “Let’s take the lamb to school with us! “Mary hesitated—she knew it was against the rules—but the idea was too tempting. She agreed. She tried to smuggle the lamb into the one-room Redstone School by hiding it in a basket under her desk, hoping it would stay quiet. For a while, her plan worked. The lamb nestled silently beneath her seat as the lesson began. Then Mary was called to the front of the classroom to recite her lesson. As she stood and began to read aloud, the lamb suddenly bleated loudly and leaped out from under her desk, following Mary to the front of the room. The classroom erupted. The students burst into laughter at the sight of a fluffy white lamb wandering the aisles, bleating and looking for Mary. Even the teacher, Polly Kimball, “laughed outright”—though she gently told Mary that the lamb would have to go home. Mary, embarrassed but smiling, led her lamb outside to wait in a shed until school ended. She thought that would be the end of it—a funny story to tell at dinner. But someone else was watching. Among the visitors at the school that day was a young man named John Roulstone, a college-bound student staying with his uncle, the local minister. He was charmed by the sight of Mary’s devoted lamb following her into school. The next day, John rode his horse across the fields to the little schoolhouse and handed Mary a slip of paper. On it, he’d written three simple stanzas:

*“Mary had a little lamb,

Its fleece was white as snow,

And everywhere that Mary went,

The lamb was sure to go. It followed her to school one day,



That was against the rule.

It made the children laugh and play,

To see a lamb at school..."*

Mary treasured that piece of paper. She kept it for years, along with the memory of the lamb she'd saved. The lamb lived to be four years old, bearing three lambs of her own before she was accidentally killed by a cow in the barn. Mary's mother saved some of the lamb's wool and knitted stockings for Mary, which she treasured for the rest of her life. But the story doesn't end there.

In 1830, a well-known writer and editor named Sarah Josepha Hale published a collection called Poems for Our Children. Among them was a poem called "Mary's Lamb"—the same verses John Roulstone had written, plus three additional stanzas with a moral lesson about kindness to animals. The poem spread like wildfire. It was reprinted in schoolbooks. Children everywhere began singing it. By the 1850s, it was one of the most famous children's poems in the country.

But here's where it gets even more remarkable: In 1877, nearly sixty years after Mary saved that lamb, inventor Thomas Edison was testing his brand-new phonograph—the first machine ever capable of recording and playing back sound. He needed something to recite to test if it worked. He chose "Mary Had a Little Lamb." Edison's voice reciting

those words became the first audio recording in human history. The poem that began with a nine-year-old girl's compassion became the first sound ever captured by technology. As for Mary herself, she lived a long, quiet life. She married, raised a family, and rarely talked about the famous poem until she was an elderly woman. In 1876, at age 70, Mary finally came forward to share her story publicly when she donated the stockings her mother had made from her lamb's wool to help raise money to save Boston's Old South Meeting House. She sold autographed cards tied with yarn from those stockings, telling the world: "I am the Mary. This is my lamb's wool." People were astonished. The woman behind the nursery rhyme was real—and she was still alive. Mary Sawyer died in 1889 at age 83.

The next time you hear someone sing "Mary had a little lamb," remember: it wasn't just a nursery rhyme. It was a true story about a real girl who taught us that compassion matters, that small acts of kindness ripple through time, and that sometimes the gentlest hearts change the world. Mary Sawyer: 1806-1889

The girl who saved a lamb—and created a legend.

Thank you A Solo Traveler

P.Niranjana Sundari (PP)

IWC Chennai Thiruvanniyur

முதியோர் இல்லம்

முக வரிகள்
பெற்றதினால்
முகவரிகள்
தொலைந்தனவோ?
கண்ணீர்
கண்களின்
ஈரம்

பெண்களின்
நேரம்
ஆயுதங்கள்
அழிந்தே விட்டது
பெண்களின்
கண்ணீர்

இன்னர்வீல்
உனக்கென
ஒரு உலகம்
உன் குடும்பம்
உனக்கான
ஒரு உலகம்
உன் சங்கம்.

அமுதா
IWC Vellore

➤ MY HAPPY PLACE - GYM - Lets Get Stronger -

My happy place is my Gym the moment I step inside, it feels like I've entered a- world that belongs just to me -a space where I can breathe, let go, and focus only. On myself no matter how chaotic or stressful my day has been, the energy at the gym instantly lifts my mood. The music, the friendly faces, and the determination of everyone around me create an atmosphere that makes me feel alive and motivated for me, working out isn't just about physical fitness, it's about mental peace. Each session, whether it's strength training, dance, yoga, or a high intensity workout, gives me a sense of accomplishment and reminds me of how strong I truly AM. Every drop of sweat feels like a release of negativity and every rep is a small promise I keep to myself. The trainers ! spire me to push harder, but what I love most is the sense of community - people of all walks of life coming together, encouraging each other without judgment. gym has become my safe haven, a place where I can disconnect from the noise of the outside world and reconnect with my inner self. It's where I've learned resilience, patience, and the joy of celebrating even the smallest wins. My gym isn't just a place to exercise it's where i find my balance, my strength, and my happiness for me, gym is more than a fitness space-it's my sanctuary, my escape, and truly my happy place.



Preeti Gopal

IWC of Chennai Rainbow Sakthi







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▶ THE JOURNEY OF A STORYTELLER

Every story I craft, births me, shapes me anew
Reflections of my soul, in words shine through
I write to explore, discover, to form and to be
A canvas where characters set fire, set me free

Each story chooses its voice, its narrator true
I am but a vessel, for them all to break through
Humbled by the process, grateful for the ride
A medium for tales of hearts and minds reside

In this creative dance, I find my private space
A humble scribe, who weaves stories in space
With every word, a fresh part of me unfolds
I embark on a journey of self-discovery, untold.

AC Member Fathima Nasira

▶ UNITED WE STAND

United We stand,a bond so strong.
Through laughter and tears,our hearts belong.
In unity we find our might.
Together we shine,a beacon bright.

With diverse minds and hearts that beat,
We stand as one,a family sweet.
Our differences forgotten ,our goals in sight.
United We stand, through day and night

Through trials and tribulations,we stand tall,
Supporting each other.never to fall.
Our bond grows stronger with each passing day.
In unity, we find our way.

Ayeesha Sharif

Past president
Iwc Chennai Korattur

This art is done using microtek pens. Its the famous Gandhi library in madurai. The art is done using black pen on white paper. No pencils used. Free hand



Acrylics on canvas paper
Colour's used based on mural art work.



Uma Ganesh

Inner Wheel Club of Madras Metro

➤ WANT TO LOSE BELLY FAT?

This One Habit Works Better Than Any Diet or Workout
 “Enna pa — after lunch, I just want something sweet!”
 If that sounds familiar, you’re not alone!
 It’s 3 p.m. You’ve eaten your rice, dal, and veggies — everything healthy.
 Fifteen minutes later, your hand mysteriously opens the fridge.
 One small piece of chocolate. Maybe half a biscuit.
 And then comes the guilt: “Tomorrow, I’ll have more willpower.”
 But tomorrow arrives... and so does the craving.
 No, it’s Not Your Willpower!
 As a Menopause & Health Coach, I hear this story from so many women:
 “I eat clean, I walk daily, I do everything right — still this belly fat and craving!”
 And when I ask, “How’s your sleep?” they smile and say,
 “Sleep ah? Who has time for that?”
 Appo dhan problem starts!
 Because your body isn’t craving sugar — it’s craving sleep!
 The Real Secret Behind Belly Fat
 When you sleep less, your body behaves like a cranky teenager —
 hungry, moody, and always demanding something sweet.
 Your hunger hormones get confused, your brain screams for instant energy,
 and the poor biscuit sitting in the tin becomes your best friend.
 On top of that, when you don’t sleep enough,
 your body holds on to fat — especially around the belly.
 Even if you eat clean and walk daily, your body says,
 “Sorry madam, system overload — need rest first!”
 Menopause Makes it Trickier
 During menopause and perimenopause, our hormones go into full drama mode.
 Hot flashes, mood swings, and cravings —
 it’s like watching a serial with no commercial break!
 Add late-night scrolling, WhatsApp chats, or Netflix binges,
 and your body simply says,
 “Naan poitten, you manage!”
 But once you start sleeping well, magic happens.



You wake up fresh, your cravings drop, your mood lifts, and that stubborn belly fat finally begins to melt away.

Simple Sleep Fixes

1. Eat early — at least two hours before bedtime.
2. Avoid late-night coffee — switch to chamomile or turmeric milk instead.
3. Keep your phone away 30 minutes before bed (Instagram will still be there tomorrow!).
4. Dim the lights and relax — stretch a bit, breathe deeply, and let your body wind down.

Do this consistently for a few weeks, and you’ll be amazed —
 your energy will rise, your cravings will calm down,
 and yes, that stubborn belly fat will finally start to listen!

My Final Word

Ladies, you’ve tried every diet, every workout, every quick fix...
 Now try something simpler — go to bed on time.
 Because true fat loss doesn’t begin in the kitchen —
 it begins when you close your eyes.
 Tonight, switch off the phone, dim the lights,
 and tell yourself with a smile — “Namma body needs sleep, not sugar!”

Sushma Ramaswamy

Charter President - IWC Chennai MRC Nagar



➤ PRANAYAMA- ANCIENT WISDOM FOR MODERN STRESS

In our busy and stressful lives, the simple act of breathing often goes unnoticed. Pranayama, the ancient Indian practice of mindful breathing, teaches us to use our breath to heal the body and calm the mind.

When we breathe deeply and steadily, our lungs work better, oxygen levels increase, and every cell in the body becomes more active. Scientific studies show that such breathing helps produce nitric oxide, a vital compound that improves blood circulation, strengthens the heart, supports immunity, and keeps the body healthy.

Pranayama also has a powerful effect on the mind. Slow, rhythmic breathing relaxes the nervous system, reduces anxiety, and clears mental clutter.

It helps lower blood pressure, improves sleep, and brings emotional balance.

This ancient wisdom requires no tools or time—just awareness. A few minutes of mindful breathing each day can restore calmness, energy, and inner strength.

In a world full of speed and noise, taking a moment to breathe deeply is like giving your mind and body a quiet renewal. Truly, “the power of a breath” can turn stress into strength and bring harmony to modern life.

Mekalai Elamvazhuthi

Yoga Therapist - President
IWC Chennai Vibrant

➤ STRONG WOMAN

In circles woven heart to heart,
Where kindness blooms, a timeless art,
Stand women strong, with spirits bright—
They turn the world from dark to light.

Their voices soft, yet full of grace,
Their courage shines in every place;
With hands that lift, with hearts that heal,
They show the world their Inner Wheel.

In service true, they walk as one,
A chain of hope, like rising sun;
Through storms they stand, through wins
they smile,
Their strength runs deep, mile after mile.

They nurture dreams, they break the night,
They shape the world with gentle might;
For every life they softly guide,
A thousand blessings bloom inside.

Oh, women bold, with wisdom rare,
With love to give, with will to share—
You teach us all what power means:
A steady heart, a soul that gleams.

So here's to you, who lead with grace,
Who leave warm footprints in every place;
Inner Wheel women, brave and true—
The world is brighter because of you.

Neeta Kumari Raj Purohit

Inner Wheel Club of Madras North



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