



INNER WHEEL DISTRICT 323  
**YUKTHA**  
*Souvenir 2019-2020*

Nurture  
her  
Rights,

She'll make  
us reach  
Heights!

*District Chairman*  
**Mallini Olivanan**

*District Editor*  
**Sugeetha Vummiti**

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DISTRICT EDITOR  
**SUGEETHA VUMMITI**

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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  
நிலை நிறுத்து !

எங்களுக்குள் சமய பண்பாட்டு முறண்பாடுகள்  
இருப்பினும், நாங்கள் அனைவரும் உமது குழந்தைகள் தாம்  
எனும் எண்ணம் எங்களை விட்டு என்றும் அகலாமல்  
இருக்கச் செய் !

நாங்களுமே அல்லற்பொழுது பிறரின் உதவிகளை  
வேண்டும் நிலையில் உள்ளோம் என்பதை மனதில்  
கொண்டு - எங்களுடன் வாழ்வோர்க்கெல்லாம் தொண்டு  
செய்யும் ஆர்வத்தினை வழங்கு !

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

எமது இன்னர் வீல் முத்திரையை மதிப்பும்சொகுத்தி,  
வீணாக நாம் வாழ்த்துவிடவில்லை என்பதை உறுதிப்படுத்து !



## District Editor's Message

Dear friends,

Warm greetings!

It is indeed my great pleasure to connect to all though this souvenir 'Yuktha' being brought out on the occasion of our District Conference 'Magizh'.

"There is no greater joy, than being an ingredient in the joy of others."

Patience and love are the two most beautiful virtues that fill us with serenity. We synergically march towards this peace of mind while collectively contributing towards society through Inner Wheel's objectives under the able leadership of District Chairman Nallini Olivannan.

The motivations and guidance of our Chairman has helped us overcome many a challenge and the outcome has lightened the hearts of the Presidents & team. The Inner Wheel motto 'Friendship & Service' has been effectively reflected in our projects executed with energy, efficiency, dedication & bonding.

It has been a pleasure to watch the Presidents and team, plan and execute their projects to much perfections, that they have time and again outdone expectations. District Souvenir 'Yuktha' portrays this magnificent energy weaving its own story.

The simple, yet powerful theme given by IIW President "Together We Can" has been amply demonstrated by the endeavours of our members through the last six months.

Together we stood, Together we rose, together we served and in the process enriched our hearts.

Yours in friendship,

**Sugeetha Yummiti**  
**District Editor**  
**Inner Wheel District 323**







## District Chairman's Message

Dear District Editor Sugeetha,

Greetings to you! Greetings to all dear members of our District!

It gives me great pleasure to wish you and members of our District through these lines on the Souvenir.

I am pleased to send this message to the Souvenir being published on the occasion of our District Conference – Magizh.

The Souvenir is aptly named Yuktha. Our Inner Wheel District 323, over the years, thanks to the efforts of earlier leaders, has established a name for itself for the classy and informative publications thus far published. The Souvenir serves as a repository of events of the District for half a year. The Souvenir is an apt mode to showcase the care that Inner Wheel members have for the environment and how they serve their local communities through friendship.

I am happy to see that Yuktha is shaping well under your editorship into a book that captures all the happenings of our Inner Wheel District 323, symbolizing Together We Can in the best interesting way possible. Your experience of working for the Souvenir will be a mutually rewarding one - enriching you and the Souvenir.

I am sure, through this Souvenir, you will make a mark of your excellence and in the process you will gift us with a treasure trove Souvenir.

With best wishes

**Nallini Olivannan**  
**District Chairman**  
**Inner Wheel District 323**



## DISTRICT EXECUTIVE COMMITTEE 2019-20



*Usha Saraogi*  
**Vice Chairman**



*Kala Rajasekhar*  
**AC Member**



*PDC Vasumathi Marimuthu*  
**Extension Service Organizer**



*Nallini Olivannan*  
**Chairman**



*Arathi Narayanan*  
**Treasurer**



*Arasi Poumozhi*  
**Secretary**



*Kamala Selvam*  
**International Service Organizer**



*Sugeetha Vummitti*  
**Editor**



## DISTRICT CCC COMMITTEE



*PDC Seema Bhargava*  
Constitution & Credentials Committee  
Chairman



*PDC Bhamini Parthasarathy*  
Constitution & Credentials Committee  
Member

## DISTRICT CO-ORDINATORS



*PDC Nalini Prabhakar*  
Rubella



*PDC Radha Ranganathan*  
Menstrual Hygiene



*Fathima Nasira*  
Special Projects

## IN REMEMBRANCE OF LATE ESO ANURADHA KARTHIK



District 323 condoles the sudden and sad demise of District ESO Anuradha Karthik, of Inner Wheel Club of Madras Central Aadithya. Her spirit of enthusiasm for Inner Wheel will always be remembered. May the Almighty rest her noble soul in peace.

*Our memories build a special bridge*

*When loved ones have to part  
To help us feel we're with them still  
And soothe a grieving heart  
They span the years and warm our lives  
Preserving ties that bind  
Our memories build a special bridge  
And bring us peace of mind*

- Emily Mathews

எங்கள் அனு  
அ முதல் ஓள வரை

அனு எங்கள் அன்பு மகள்  
ஆதியாவின் அருமை மகள்  
இல்லறத்தையும் இனிதே நடத்தினாள்  
ஈயெஸ்ஓ ஆகவும் ஒளிர்ந்தாள்  
உள்ளம் முழுதும் அன்பு நிறைந்தவள்  
ஊருக்கு உழைத்த உன்னதப் பெண்  
எங்கே அனு என்று மனம் தேடுகிறது  
ஏக்கம் கொண்டு அலைபாய்கிறது  
ஐயம் எதையும் உடனே தீர்ப்பாள்  
ஒருவரையும் அதிர்ந்து போத நாடாள்  
ஒடுகிறது நாட்கள் அவள் புகழ் பாடுகிறது  
ஒளடதம் தருவாய் இறைவா அவள் பிரிவைத்தாங்க !

- Chandrika Rajaraman  
Inner Wheel Club of Madras Central Aadithya



## Vice Chairman & District Executive Committee's Message

Dear Sugeetha,

Greetings from your associates in the District Executive Committee.

We are glad to note that "Yuktha", the annual souvenir of our District, is being brought out during our District Conference – "Magizh" to be held on 25th January 2020.

The annual souvenir is a publication to preserve as it condenses the activities of the District in the year gone by and the history of Inner Wheel District 323. It is a publication to share with friends and prospective new members who get a glimpse of the good work being done by Inner Wheel. It is an opportunity for each club President to showcase their projects and activities done by their clubs.

We are sure that "Yuktha" will be a good publication in your able hands as District Editor. It is an intriguing read, and genuinely a souvenir of sorts, to save and appreciate for the days to come.

Yours in Inner Wheel

**Usha Saraogi**  
Vice Chairman &  
Colleagues in the District Executive Committee



## International Inner Wheel Vice President's Message

Dear Sugeetha,

It is with great pleasure that I am sending my message of best wishes for the Souvenir – YUKTHA - to be released at your District Conference on January 25, 2020.

I am really impressed with the wonderful work your District is doing under the capable leadership of DC Nallini Olivannan.

Providing retinopathy treatment to babies at a cost of Rs.2.5 lakhs, donating 25 sewing machines to the underprivileged at a cost of Rs.1.5 lakhs, donating kitchen equipment to a rehabilitation centre for HIV positive children at a cost of Rs 3,24,000/-, constructing a dining hall worth Rs 4 lakhs for old age home, donating a phototherapy machine and slit lamp equipment of Rs.60,000/- each to hospitals are some of the landmark projects done by your District in the last 6 months.

I convey my heartiest congratulations to District Chairman Nallini, District Executive and all members and wish the District Conference a grand success.

All the best in your continued endeavours....!!

Lots of love & affection

**Dr. Bina Vyas**  
Vice President  
International Inner Wheel





## International Inner Wheel Board Director's Message

Dear Friends of District 323,

I am happy to send a message for your District souvenir 'Yuktha' to be released at the District Conference in January 2020. The District Conference brings members together to strengthen their bonds of friendship and work jointly for the benefit of the underprivileged and needy. I am sure that you will have a great conference.... My best wishes to all.

I congratulate District Editor Sugeetha on taking out this publication which will show case the good work and noteworthy projects being done by the members of your District.

The year has already crossed the half way mark and District Chairman Nallini along with the District EC and Clubs are busy executing some wonderful projects. I have always admired and appreciated the work your district does and are always ready to lend a helping hand to the needy in difficult times. Every gesture of help brings smiles on the faces of the needy. Their gratefulness, prayers and blessings are worth more than anything in the world and is the most amazing feeling in the world.

Mother Teresa once said "We feel that what we are doing is just a drop in the ocean. But if that drop was not in the ocean, I think the oceans would be less because of that missing drop." Through your efforts and contributions, you enrich and bring comfort to the lives of many.

Members of your district are doing remarkable work in transforming lives and making a difference. Each act of service is like the impact of a small stone dropped in a quiet pool of water; it first creates a small circle on the surface and then expands to bigger circles around the smaller ones. A point comes in time when the whole pool is filled with the ever-widening ripples of water.

Let our thoughts and actions in Inner Wheel guide our footsteps in service to create ripples throughout the universe that bring happiness and joy in the world.

My best wishes to all the members of District 323 as you continue to serve humanity. May the Almighty bless you and your families abundantly now and always.

In friendship

**Patricia Hilton**  
**IIW Board Director 2019-2020**  
**Past Association President (2017-18)**



## Association President's Message

I take the opportunity to greet members of District 323 through souvenir 'Yuktha' being released during your District Conference 'Magizh'.

I congratulate District Chairman Nallini Olivannan, the team of District Executive Committee Members, all the Club Presidents and Members of Inner Wheel District 323 for the valuable contribution through various service projects focussing on Miracles.

I trust your souvenir 'Yuktha' is a good reflection of portraying the miracles that members of District 323 have been able to make.

It's my request to all the members to always work on these lines to give the good visibility to INNER WHEEL

As Swami Vivekananda says - "Take up one idea. Make that one idea your life. Think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea beside.

This is the way to success. "

So keep continuing project -Mission Mamta - Orphan Free India, adopt village, remove plastic, adopt forest and park.

This year our IIW President Phyllis E Charter has given us a simple yet powerful message through the Theme -Together we can. Each one of us is born unique and grows as a unique entity with different potentials. If we are united and we together .... We can do miracles and bring about the Changes that we want to see in the World.

Every three year, we have a South Asia Rally. This year Bangladesh is hosting the same on 20th and 21st March 2020. Let's attend in a large number. Registration is 150 USD Dollar.

It is a matter of immense pride that first time India has got the chance to host the 18th IIW Convention in 2021 at Jaipur. Early bird Registration will be open in February 2020. This is a rare opportunity for IW India members and I request each and every member to gain the deeper knowledge of Inner Wheel and it's working globally you must attend this. This convention is more special because it would be chaired by our own IIW President elect BINA Fyvas.

With passion and sincerity, Miles to go before we sleep ...!!

**Mamta Gupta**  
**Association President & National Representative**







## Association Vice President's Message

District Chairman Nallini,

Hearty congratulations to you for bringing out District Souvenir 'YUKTHA' during your District Conference Magizh. It is my pleasure to pen down my thoughts in this publication.

District Conference is indeed a special event in life of District Chairman where she proudly presents achievement of clubs in first 6 months under her leadership. You are doing a fantastic work as District Chairman of District 323. I am sure yours will be action packed presentation.

This is also a time to motivate members to do better and to remain enthusiastic to complete rest of the year. Nallini, I am sure you will leave no stone unturned in taking your District to greater heights.

Wish you all the success for your District conference and all the best for your future endeavours.

I also congratulate District Editor Sugeetha for putting in equal efforts to make this souvenir informative and interesting.

Enjoy Inner Wheel and make your year memorable by bringing happiness in the lives of needy and underprivileged

**Vasudhaa Chandrachud**  
**Association Vice President**  
**Deputy National Representative 2019-20**



## Immediate Past Association President's Message

Dear Dist. Editor Sugeetha, Dist. Chairman Nallini & Inner Wheel Friends,

As we gather at the District Conference to celebrate the friendship and service in Inner Wheel, I greet each one of you with cheer!

In Inner Wheel, we are forever looking for ways to refine our systems and re-define our duties. District Conference awards new team to District, it showcases the half year gone by and ensures success of achieving predefined goals for the remaining year. My best wishes to District Chairman Nallini, her District Executive Team & members of District 323.

A strong team of Past District Chairman, IHW Past President Kamala Ramakrishnan, IHW Treasurer, for good long fruitful three consecutive years, Azhagu Annamalai and extremely well organized District Administration, well articulated functioning of the clubs and its members are the distinct strengths of your esteemed District 323! I have derived much knowledge, strength and warmest friendship from District 323! I shall be ever appreciating it.

I wish all of you "Happy 2020"!

Blessings & the best wishes for the mutual progress in all spheres of life are the biggest gifts we can bestow upon each other! Let's continue the divine act as Together We Can!

With Love,

**Smita Pingale**  
**Immediate Past President 2019-20**  
**Association of Inner Wheel Clubs in India**





## Hon. Association Secretary's Message

My Dear District Chairman Nallini and all my dear friends of District 323

I extend my heartfelt good wishes to District 323 for its District Conference "Magizh". An apt name – to celebrate the joy of being in the Inner Wheel which gives us a platform to bring about the needed changes in the World through acts of compassion and personal touch.

I was going through the History of the District incepted in 1985. It's amazing to see the District emerge as a vibrant District with a Galaxy of Brilliant Leaders at Association and International Level, Trendsetting Past District Chairmen and dynamic members ... Let it's saga continue.....!!!

District Conference is the momentous event in the Inner Wheel Calendar to come together .. assess our activities ..showcase them..... and YES.. enjoy the camaraderie.

With focus on the Message conveyed by the inspiring IIW Theme 2019-20 the Goals given by Association President and the Vision of the District Chairman..carry on the noble endeavours .. to nourish Inner Wheel and cherish the enriching moments.

Miracles don't happen only in fairy tales. They do happen in the real world. Nothing in the World is impossible. Togetherness and teamwork is the key. Working together makes the target easier to achieve. Your fellowship, your service, your generosity, your talent and your time and the combined effort will make things happen.

I wish District Chairman Nallini, AC Member Kala, District Secretary Arasi and the Whole Team of District Conference and all members of the District, a great time in Inner Wheel ... and grand success of the Conference and Good wishes to District Editor Sugeetha for publication of the District souvenir "Yukhtia" signifying togetherness.... So true it is .....

Together we can change the world  
Together we can  
Taking everyone ..hand in hand  
We'll make this a better land  
And Yes ...  
Together we can achieve so much more.

Long live Inner Wheel !!!  
Regards and good wishes

**Krishna Mohanty**

**Hon. Association Secretary 2019-20**

**Association of Inner Wheel Clubs in India**



## Hon. Association Treasurer's Message

Dear Nallini

Warm Inner Wheel greetings!!

I take this Opportunity to Congratulate you for the District Conference "Magizh"

The schedule of the meet will ensure and spread the message of Inner Wheel and Mission Mamta. I am sure the participants will definitely have pleasant memories to take back home.

District Souvenir is a great opportunity to show case the services done by various Clubs of the District.

I am sure that with your great Confidence, Meticulous Planning, Hard work along with Creative and Positive vision, you and your efficient team will surely take District 323 to greater heights. My best wishes to all of you.

May the almighty bless and guide you in all your endeavours abundantly.

The inspiring theme of the year 2019 - 20, 'Together we can' will guide us and bring a positive impact in the society. With unity of purpose and commitment to our ideals of friendship and service, we can serve society and spread message of Inner Wheel all around.

Congratulations and Best wishes to Dear District Editor Sugeetha for taking out the Souvenir YUKHTIA on this great occasion. Your dedication and hardwork will prove to be a success. My wishes to my Batch mate ACM Kala for her wonderful tenure.

My best wishes to entire team for a successful year ahead.

Yours in Inner Wheel

**Rachna Agarwal**

**Hon. Association Treasurer 2019-20**

**Association of Inner Wheel Clubs in India**





## National Editor's Message

Dear Sugeetha,

I am immensely happy to learn about you coming out with a District Souvenir.

It was the wisdom of Inner Wheel sisters that led to establishment of Inner Wheel ninety five years ago to promote service to mankind. Inner Wheel has implemented a number of programmes and projects in the areas of education, women empowerment, senior citizens welfare, swachhbharat, health, family welfare, village upliftment, environment, anti-child labour, etc.

Today the world needs a dynamic structure worldwide. Inner Wheel has taken a position of extreme importance and relevance in society for improvement in the lives of under privileged people, creating an impact especially in underprivileged society, providing assistance in form of good clothing, healthcare etc., and thus playing a significant role in society.

Under the leadership of our Association President, Mamta Gupta, we should now focus on the priority areas and promote projects and programmes that are beneficial to all. For this we need commitment and support of all our Members. I wish to urge all members to extend full support to Association President in realizing the objectives of Inner Wheel. If we are to realize the mission of our predecessors, we need to provide extra impetus to the programmes and projects of Inner Wheel.

I am sure our Inner Wheel sisters will keep on contributing more effectively in order to achieve the ultimate goal for which Inner Wheel was established. I convey my best wishes for your success.

With love and friendship in Inner Wheel

**Seema Khaitan**  
National Editor (2019-20)  
Association of Inner Wheel Clubs in India



## Past International Inner Wheel President's Message

My dear friends of Dist 323,

It gives me great pleasure to greet all of you through the pages of our Souvenir and share a few thoughts with you all.

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

Our IIW President, Phyllis Charter has given us a beautiful theme this year - 'Together We can'. In these simple three words lie the secret of our organization's success. For decades members have come together in friendship and team spirit to do projects that helped our community. Let us on the occasion of our District Conference renew our commitment to the ideals of Inner Wheel and the four steps to achievement 'plan purposefully, prepare prayerfully, proceed positively and pursue persistently'

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

With Regards,

Yours in Inner Wheel Friendship

**Kamala Ramakrishnan**  
Past IIW President  
International Inner Wheel







## Past International Inner Wheel Treasurer's Message

Dear friends,

*It gives me great pleasure to pen a few words for the IW District 323 Souvenir to be published on the occasion of 'Magizh', District Conference 2019-2020.*

*We as members of Inner Wheel are a privileged group of women, we have been given the opportunity to serve society and make life better for those seeking our help. Inner Wheel has also provided a platform for each of us to make many friends world wide. We should make good use of our years as a member and do our best. LIFE and TIME are two teachers , life teaches us to make good use of time while time teaches us the value of life.*

*Chairman Nallini, has chosen a beautiful name for the conference... "Magizh"... I do hope that it provides good deliberations and everlasting memory. Chairman Nallini has planned and executed the programs with care and dedication... she has proven to be a very forthright and endearing person. I am sure the remaining months of 2019-2020 will also prove as good as the ones gone by. I wish Editor Sugeetha the best in her endeavours ahead.*

*" Enjoy every moment of your life.....  
Life is too short to waste on grudges.....  
Laugh when you can.....  
Apologize when you should and let go of what you cannot change"....*

**Azhagu Annamalai**  
**Past International Inner Wheel Treasurer**  
**International Inner Wheel**



## Immediate Past Association Secretary's Message

Dear District Editor Sugeetha,

*It gives me immense pleasure to pen down my best wishes to you at this time when you are all set to release YUKTHA District Souvenir at our District Conference MAGIZH.*

*Inner Wheel is a wonderful organization which gives us ample opportunities to lend a helping hand to the poor and needy and beautiful platform to build and cherish everlasting friendships.*

*I am sure YUKTHA will reflect the luminous achievements of all our Clubs in our District under the effective guidance of our District Chairman Nallini Olivannan.*

*Wishing District Chairman Nallini Olivannan an invigorating and successful MAGIZH.*

*Looking forward to a spectacular YUKTHA.*

*I wish all our Inner Wheel sisters a healthy, bright and successful 2020.*

**Padma Preetha Sumanth**  
**Immediate Past Association Secretary**  
**Association of Inner Wheel Clubs in India**





## Rotary District Governor's Message

To

Mrs.Nallini Olivannan and the members of Inner Wheel,

CONGRATULATIONS and SEASONS GREETINGS!!!

Am glad to write this message for the Inner Wheel District Conference aptly titled "MAGIZH". January is always a month of Festivals and Inner Wheel is no exception to it. Empowered by likeminded ladies, Inner Wheel 323 has turned itself into a movement.

Inner Wheel District 323 has always remained true to its objectives of

- True friendship
- Personal Service
- International Understanding

The one thing I have observed and learned from the members of Inner Wheel is their capacity to enjoy themselves, while they serve others. Inner Wheel makes an enormous difference to the world.

I am sure the day of Conference is going to be truly a Woman's day out. "Together we can make a difference to all in this world.

My wife Ann.Manjula joins me in wishing Inner Wheel District Conference "MAGIZH" a grand success.

With warm regards,

Yours in Rotary,

**Rtn. G. Chandramohan**  
**District Governor 2019-2020**  
**RI Dist:3232**



## Rotary District Governor's Message

There comes a special moment in each person's life when an opportunity presents itself to make an impact on the lives around us. You will be one among everyone and everything in your District.

"The Function of Leadership is to produce more Leaders, Not more Followers".

The needs in the world are greater and more diverse than ever before. The challenges that we face are in making the world equitable & more just. Our broad range of human needs, amounts indeed to a steep mountain climb. Yet the climbing must be done.

This year is a unique and significant year for all the Rotarians in India. It's the 100th year of Rotary in India, the centennial commemoration celebrations of which is going to be held in Calcutta.

All the service that Rotary & Inner Wheel does, all the lives we change, all the children - in the world who will never ever get polio - all this happens because we, joining together through Rotary & Inner Wheel, are strong. Rotarians & Inner Wheel members with their family have risen to the challenge and with each passing year strive to make our world a better place.

With warm regards,

**Rtn. B. Sridhar**  
**Dist. Governor, 2019-20**  
**RI Dist : 3231**



## LUMINARIES OF INNER WHEEL DISTRICT 323



PDC Kamala Ramakrishnan  
PIIW 2007-08



PDC Azhagu Annamalai  
PIIW Treasurer 2016-19



PDC Mano Bhakthavatchalam  
PAP 1984-85



PDC Nirmala Desikan  
Past Hon. Association Secretary  
1987-88



PDC Kala Bashyam  
Past Deputy National Rep.  
1997-98



PDC Sangameshwari  
Pattabhiraman  
District Chairman 1993-94



PDC Sita Laxminarayana  
District Chairman 1994-95



PDC Vasanthi Rao  
District Chairman 1996-97



PDC Shanthi Gopal  
District Chairman 1997-98



PDC Rama Rajagopalan  
Past Hon. Association Secretary  
1999-2000



PDC Nallamai Ramanathan  
District Chairman 1999-2000



PDC Malathi Ananthan  
District Chairman 2000-01

## LUMINARIES OF INNER WHEEL DISTRICT 323



PDC Nalini Prabhakar  
District Chairman 2001-02



PDC Shanthi Kannan  
District Chairman 2002-03



PDC Radha Ramesh  
District Chairman 2003-04



PDC Dr. Shashi Shyamsundar  
District Chairman 2005-06



PDC Radha Ranganathan  
District Chairman 2006-07



PDC Bhamini Parthasarathy  
District Chairman 2007-08



PDC Sushila Natraj  
District Chairman 2008-09



PDC Radha Sankarakrishnan  
District Chairman 2009-10



PDC Kala Ravichandran  
District Chairman 2010-11



PDC Latha Mahalingam  
National Editor 2016-17



PDC Vasumathi Marimuthu  
District Chairman 2012-13



PDC Mallika Venkataramani  
District Chairman 2013-14



## LUMINARIES OF INNER WHEEL DISTRICT 323



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



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



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



**PDC Padma Preetha Sumanth**  
Hon. Association Secretary 2018-19

*Dear Sugeetha & DC Nallini,*

*It gives me immense pleasure to reach out to you through 'Yuktha'- District Souvenir.*

*Souvenir is like a mirror which reflects all the good work done by the Clubs in various avenues. I am sure this annual year book brought by you with great zeal and enthusiasm is with lots of information and will be a keep sake book for all the members.*

*Congratulations and best wishes from all of us.*

*I also take this opportunity to wish District Chairman Nallini and her team a successful Conference-'MAGIZH' and as the name goes it is sure to bring happiness to all our Inner Wheel sisters.*

*Together we work to leave footprints of love and kindness wherever we serve.*

*Yours in friendship.*

**PDC Radha Sankarakrishnan and  
All the Past District Chairmen of  
Inner Wheel District 323**



## COTI – BRIEFING SESSION

The Club Officers of our District 323 were briefed at Club Officer's Training Institute on 8<sup>th</sup> June 2019 at Dr.MGR Janaki College of Arts and Science for Women.



## YAAZH - DISTRICT ASSEMBLY



Our District Assembly "YAAZH" was held at Hotel Crowne Plaza on 22<sup>nd</sup> June 2019. Nallini Olivannan was installed as the District Chairman for Inner Wheel District 323 for 2019-20 by our outgoing Chairman Kala Rajasekhar. Poet Dr.Thamizhachi Thangapandian, Member of Parliament was our chief guest and felicitations were by PIW Treasurer Azhagu Annamalai, DG G.Chandramohan, RI District 3232 & DG B.Sridhar, RI District 3231.

**Some things  
Get Better  
With Age**

WORN ON SPECIAL OCCASIONS, THIS NECKLACE IS A ONE-OF-A-KIND CLASSIC. TIMELESS YET CHIC.

**VBC Jewellery**  
HOUSE OF VUMMIDI  
SINCE 1948

78, G.N.CHETTY ROAD, (OPP. HOTEL RESIDENCY)  
T.NAGAR, CHENNAI-17



## INSTALLATION OF MIRACLE MAKERS CLUB PRESIDENTS & TEAM 2019 - 2020



INNER WHEEL CLUB OF ADYAR



INNER WHEEL CLUB OF AMBUR



INNER WHEEL CLUB OF CHENNAI AADYA



INNER WHEEL CLUB OF CHENNAI CENTRAL ELITE



INNER WHEEL CLUB OF CHENNAI GALAXY



INNER WHEEL CLUB OF CHENNAI GEMINI



INNER WHEEL CLUB OF CHENNAI GOLDEN SUN



INNER WHEEL CLUB OF CHENNAI K K NAGAR

## INSTALLATION OF MIRACLE MAKERS CLUB PRESIDENTS & TEAM 2019 - 2020



INNER WHEEL CLUB OF CHENNAI KORATTUR



INNER WHEEL CLUB OF CHENNAI NOLAMBUR



INNER WHEEL CLUB OF CHENNAI PHOENIX



INNER WHEEL CLUB OF CHENNAI PRESIDENCY



INNER WHEEL CLUB OF CHENNAI RAINBOW



INNER WHEEL CLUB OF CHENNAI SANJEEVANI



INNER WHEEL CLUB OF CHENNAI STARS



INNER WHEEL CLUB OF CHENNAI SUNSHINE



**INSTALLATION OF MIRACLE MAKERS CLUB PRESIDENTS  
& TEAM 2019 - 2020**



INNER WHEEL CLUB OF CHENNAI SYMPHONY



INNER WHEEL CLUB OF CHENNAI  
THIRUVANNIYUR



INNER WHEEL CLUB OF CHENNAI UNIQUE



INNER WHEEL CLUB OF CHENNAI UNITED



INNER WHEEL CLUB OF CHENNAI VERVE



INNER WHEEL CLUB OF CHENNAI VIBRANT



INNER WHEEL CLUB OF CHENNAI VRIKSHAM



INNER WHEEL CLUB OF CHEYYAR

**INSTALLATION OF MIRACLE MAKERS CLUB PRESIDENTS  
& TEAM 2019 - 2020**



INNER WHEEL CLUB OF GUDIYATHAM



INNER WHEEL CLUB OF GUINDY



INNER WHEEL CLUB OF KANCHEEPURAM



INNER WHEEL CLUB OF MADRAS



INNER WHEEL CLUB OF MADRAS ASHOK NAGAR



INNER WHEEL CLUB OF MADRAS BAY CITY



INNER WHEEL CLUB OF MADRAS CENTRAL



INNER WHEEL CLUB OF MADRAS CENTRAL  
AADITHYA

## INSTALLATION OF MIRACLE MAKERS CLUB PRESIDENTS & TEAM 2019 - 2020



INNER WHEEL CLUB OF MADRAS COSMOS



INNER WHEEL CLUB OF MADRAS ESPLANADE



INNER WHEEL CLUB OF MADRAS FORT



INNER WHEEL CLUB OF MADRAS METRO



INNER WHEEL CLUB OF MADRAS MIDTOWN



INNER WHEEL CLUB OF MADRAS MOUNT



INNER WHEEL CLUB OF MADRAS NEXT GEN



INNER WHEEL CLUB OF MADRAS NORTH

## INSTALLATION OF MIRACLE MAKERS CLUB PRESIDENTS & TEAM 2019 - 2020



INNER WHEEL CLUB OF MADRAS SOUTH



INNER WHEEL CLUB OF MARAIMALAI NAGAR



INNER WHEEL CLUB OF MEENAMBAKKAM



INNER WHEEL CLUB OF NANGANALLUR



INNER WHEEL CLUB OF RANIPET



INNER WHEEL CLUB OF THIRUVANNAMALAI



INNER WHEEL CLUB OF VELLORE



INNER WHEEL CLUB OF VELLORE NORTH



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Managing Partner & Director : Mr.Suresh Srinivasan

*Best Wishes from*

# INNER WHEEL CLUB OF CHENNAI GALAXY

*As we grow older together,  
As we continue to change  
with age, There is one  
thing that will never  
change. I will always keep  
falling in love with you".*

*Karen Elodfelder*





## CLUB PROJECTS

### INNER WHEEL CLUB OF ADYAR

- Organized Breast Feeding Awareness programme at Gosha Hospital, Triplicane. T-shirts and Blankets were gifted to all the babies.
- Conducted Menstrual Hygiene Awareness camp along with Arise Charitable Trust for the women at Perumbakkam. Menstrual hygiene kit consisting of cotton cloth, kasturi manjal, neem, vasambu and surf excel sachets were distributed to all women.



**MEENA SHAH**  
PRESIDENT



**SRI DEVI ARUNMOZHI**  
SECRETARY

### INNER WHEEL CLUB OF AMBUR



**BINDHU GLADSON**  
PRESIDENT



**HEMAVATHI CHANDRAN**  
SECRETARY

- Celebrated Teachers' Day along with Special Educators at IELC School for the Blind. Provided lunch and gifts for 125 students and 15 staff.
- Conducted Mega Project, Christmas Celebrations at Concordia Lutheran Church Parrish Hall, where more than 200 HIV / Aids affected young widows and kids received blankets, 5 kg rice, socks, scarf, calendars and gift bags.

### INNER WHEEL CLUB OF CHENNAI AADYA



**PRIYA RAMESH**  
PRESIDENT



**E. MANJULA**  
SECRETARY

- Conducted Breast Feeding Awareness Event at Institute of Child Health, collectively initiated with Inner Wheel Club of Meenambakkam. Distributed baby blankets and jablas for 50 babies.
- Organised fund raiser "Pop" project collectively initiated with Inner Wheel Club of Chennai Golden Sun on 18<sup>th</sup> & 19<sup>th</sup> October 2019 at Courtyard Marriott wherein Inner Wheel Club of Chennai Aadya was the official Yoga and Zumba partner. Fashion show event with members was on 18<sup>th</sup> October.

### INNER WHEEL CLUB OF CHENNAI CENTRAL ELITE



**NEHA SODHANI**  
PRESIDENT



**KUSHBOO PATNI RUNGTA**  
SECRETARY

- Donated food provisions along with stationery and utensils to SIP Memorial Trust, a shelter home for 45 orphan children infected or affected with HIV disease.

## INNER WHEEL CLUB OF CHENNAI GALAXY

- Celebrated Christmas Eve with Children of Balavihar, Kilpauk, a home & school for mentally challenged. Organised music orchestra which the children enjoyed. Donated commercial grinder, professional dosa tawa and two tower fans.
- Collectively initiated with Inner Wheel Club of Madras and organised adoption awareness, an interactive session on "The What and How of Child Adoption in India" in association with Department of Social Defence, Govt. of Tamilnadu.



MEENAKSHI ARMUGAVELAN APARNA KAMAL  
PRESIDENT SECRETARY

## INNER WHEEL CLUB OF CHENNAI GEMINI



SANTHANA LAKSHMI K.K.KOUSHALYA  
PRESIDENT SECRETARY

- Donated hawkers umbrellas to the vendors to protect them from heat and rain.
- Celebrated Children's Day at Dr.MGR Higher Secondary School for the speech and hearing impaired. Batteries and accessories were distributed to the hearing impaired. Entertained the students with magic show.

## INNER WHEEL CLUB OF CHENNAI GOLDEN SUN



YOGEEETHA L. A.SARITHA  
PRESIDENT SECRETARY

- Free Dental Camp happened at CSI School, Mylapore (school for hearing impaired ) for 200 students on 16th Oct 2019. Distributed free tooth paste & mouth wash and doctors gave some tips to children, on dental hygiene.
- Conducted fund raising events for two days on 18th and 19th Oct 2019 at Hotel Courtyard by Marriott. Event name "Shimmer Stories", had events like fashion show, exhibition for shopping and conducted classes like cooking, zumba, yoga by survivors from acid and burn attack victims from Writers Café, Chennai.

## INNER WHEEL CLUB OF CHENNAI K K NAGAR

- Conducted Tobacco Awareness for boys of JMKS Govt. High School. Mr.Prabhakar, Psychologist from Adyar Cancer Institute spoke about the ill effects of Tobacco and how it affects the society at large.
- Conducted Blood Donation Camp at Maduravoyal along with a group of youngsters from Vinnai Thodu, an NGO.



GEETHANJALI BALAKRISHNAN JYOTHLAKSHMI V.S.  
PRESIDENT SECRETARY

## INNER WHEEL CLUB OF CHENNAI KORATTUR

- Celebrated the festive season Deeparavali with mentally challenged children at Shri Arunodayam Charitable Trust, Kolathur. Shared snacks, warm milk and many smiles.
- Conducted 'Journey to Womanhood', an interactive session on reproductive health for 90 students at Women's Christian College. Dr Sirisha from Indigo Women's Center led the session.



**DAPHNE MARTIN**  
PRESIDENT



**MERCY MARTIN**  
SECRETARY

## INNER WHEEL CLUB OF CHENNAI NOLAMBUR



**PUNITHA JAYABAL**  
PRESIDENT



**SAI DURGA**  
SECRETARY

- Mega eye camp was conducted at St.Peter's University on 23rd of October. Eye screening was done for students, teachers and non teaching staff and all the college dignitaries.
- Donated 100 story books and sports equipments to Chennai Middle School, Villivakkam .

## INNER WHEEL CLUB OF CHENNAI PHOENIX



**VENNILA VIVEK**  
PRESIDENT



**VASANTHI BASAVA**  
SECRETARY

- Donated 150 kg rice to Thai Ullam, a home for physically challenged.
- Organised 'Happy Feet' project. Provided shoes to protect the tiny feet of 102 students of Happy School, Pazhavanthangal. Also held Christmas Day celebrations along with Santa and distributed chocolates, cakes, stationery sets and other gifts.

## INNER WHEEL CLUB OF CHENNAI PRESIDENCY

- Conducted Tobacco Awareness program in Pudur High School, Kodambakkam. More than 200 students from IX, X, XI std attended this program.
- Conducted Madras Day Quiz program in Chennai Public School, Annanagar. First, second and third prizes were given along with certificates to the winners. Also prizes were given to audience answers.



**V.R.LAKSHMI PRIYA**  
PRESIDENT



**EKTA SRISRIMAL**  
SECRETARY



## INNER WHEEL CLUB OF CHENNAI RAINBOW

- Conducted Stress Management workshop for teachers on Teachers Day at Government Higher Secondary School, Ashok Nagar. Speakers were - Educational Psychologist Pavithra Sateesh, Dr Mary Antony General Practitioner and Yoga Instructor Beena. The Principal and 35 teachers participated and benefitted in this workshop.
- Member Shabana, a beautician along with her assistant offered haircut for the elderly at Kakumkarangal, Old Age Home, Santhome. They transformed them from the tiny hair buns and gave them all a beautiful new look. The inmates felt very happy with this. Members distributed cakes and savoury packets to 40 inmates.



PARAMESWARI NAGHARAJ  
PRESIDENT



A. AMMU ARUMUGAM  
SECRETARY

## INNER WHEEL CLUB OF CHENNAI SANJEEVANI



SEEMA LODHA  
PRESIDENT



SUNITA MEHTA  
SECRETARY

- Distributed provisions, clothes & utensils to the villagers. Books, stationery, learning materials & toys were distributed to the children.
- 'Penn Nalam' was a collective initiative of seven Inner Wheel Clubs - Chennai Korattur, Chennai Sanjeevani, Chennai Cosmos, Chennai Gemini, Chennai Thiruvanniyur, Chennai KK Nagar & Madras. Around 35 under privileged women were screened in the Mobile Screening Buses in Ambattur.

## INNER WHEEL CLUB OF CHENNAI STARS



SUJATHA DIVAKARAN  
PRESIDENT



BUJA YUVARANI  
SECRETARY

- Sponsored Rs 50,000/- with kind gesture from Jeyachandra Textiles to specially challenged dance team to pay their rental advance for Chennai house.
- Sponsored Rs 10,000/- to specially challenged dance team for their dance costumes.

## INNER WHEEL CLUB OF CHENNAI SUNSHINE

- Conducted Breast Feeding Awareness Event at UPH, Mirsahibpet. Donated jablas, towels for new born babies and dates pack for pregnant ladies.
- Organised Nutrition Awareness program for NSS Camp students at The Lady Willingdon High School, Triplicane. Speaker - Nutritionist R.Prabha, Inner Wheel Club of Chennai Symphony. Collective Initiatives - Inner Wheel Club of Chennai Sunshine & Inner Wheel Club of Chennai Symphony



N. RAJESWARI  
PRESIDENT



VANITHA  
SECRETARY

## INNER WHEEL CLUB OF CHENNAI SYMPHONY

- Conducted Eye Camp at Government Girls High School, T.Nagar, for students, parents & local public with a 14 member team from Sankara Nethralaya Hospital. Bifocal spectacles were gifted to prescribed persons and arranged free cataract surgeries at Sankara Nethralaya Hospital.
- Conducted Personality Development program for NSS Camp students of Guntur Subbaiah School. Conducted games & sponsored food for 30 students.



ANJANA ARUN  
PRESIDENT



S.KAVITHAA  
SECRETARY

## INNER WHEEL CLUB OF CHENNAI THIRUVANMIYUR



NIRANJANA SUNDARI  
PRESIDENT



M.VIDYAA LAKSHMEE  
SECRETARY

- Conducted an awareness talk on 'Child Adoption' to general public, based on the theme from our Association of Inner Wheel Clubs in India, that is to have Orphan Free India.
- Awareness talk on 'Breast Feeding' and 'Menstrual Hygiene' were conducted at Balwadi Centre, Palawakkam Kuppam. Use of menstrual cups and environmental hazard and the unsightly disposal of pads going around the society were explained.

## INNER WHEEL CLUB OF CHENNAI UNIQUE



MAHALAKSHMI RAVISHANKAR  
PRESIDENT



L.SASIKALA  
SECRETARY

- Donation made to JABA MALAR TRUST for the Blind & Autistic persons for their survival. Motivated them to get involved more with hand made products and encouraged them by buying the products which were available ( wire bags, flower vase etc.) as part of "Earning for their Living". Also donated money for purchase of 50 kg Rice bag.
- Conducted Cancer Awareness & Screening test for thirty women over 40 to 60 years at Kovalam Kuppam. This medical camp was carried successfully with a team of doctors from Cancer Institute, Adyar.

## INNER WHEEL CLUB OF CHENNAI UNITED

- Celebrated Childrens Day at Government High School Kanniyambakkam, Ponneri. The school had a CENTUM pass out. In appreciation we awarded the teachers and staff for their services, and mementoes for sports, essays, elocutions etc to the students. Toilet at the premises was constructed and donated to the school.
- Organised Aids Day and Environment Day Project at TB Hospital Sanatorium, Tambaram. Planted medicinal saplings next to the ward and Inner Wheel board with plant details was placed at the centre of the garden. Distributed dry fruits, fruits, proteins to Aids affected patients.



DR.D.JAYASHREE  
PRESIDENT



R.N.CHITRA  
SECRETARY



## INNER WHEEL CLUB OF CHENNAI VERVE

- Conducted Interschool talent contest for dyslexic kids at Lady Andal School in association with Soroptomist International. Took complete charge of the Art & Handwriting competition for around 150 kids.
- Conducted "Edu Quiz" on Sep. 19th, for class 3 kids at Little Oxford Matriculation School, T.Nagar, Chennai.



HARIPRIYA SARATHY  
PRESIDENT



VANDANA C. MADHOK  
SECRETARY

## INNER WHEEL CLUB OF CHENNAI VIBRANT



S.PRABHA BALAKRISHNAN  
PRESIDENT



SASI REKHA ASAI THAMBI  
SECRETARY

- Organised breast feeding awareness event at Government hospital. Distributed healthy food packs, baby dresses and towels to the new mothers.
- On Navaratri, gifted dresses to thirteen girls.

## INNER WHEEL CLUB OF CHENNAI VRIKSHAM



RAMYA ANANTH  
PRESIDENT



T.THUHIDA  
SECRETARY

- Conducted Annual Inter School Sports Meet for the adopted ten Schools at Villivakkam Panchayat Union Sector 4 School, Mogappair East. Awarded prizes and trophies to the winners of Primary and Middle Schools.
- Adopted a Home for Boys who were rescued from streets. Every Sunday coaching classes for Drawing, English and Western dance practices are conducted.

## INNER WHEEL CLUB OF CHEYYAR

- On the day of Installation sponsored towards medical treatment for cancer, for a girl student.
- Celebrated Independence Day at Alliyandal Government Higher Secondary School. Conducted blood and medical health tests to students with team of doctors. Also distributed note books to the students.



S.LATHA SRIDHAR  
PRESIDENT



KOUSALYA R  
SECRETARY



## INNER WHEEL CLUB OF GUDIYATHAM

- Donated 500 books, conducted competitions and gave gifts to students at Raghavendra Polytechnical College.
- Organised awareness talk on removal of plastics, donated books for kids, conducted quiz and also built Rain Water Saving Tank at Melmutukur Village, Boys High School



LALITHA RAVIVENDAN  
PRESIDENT



S.KUMARI SADASIVAM  
SECRETARY

## INNER WHEEL CLUB OF GUINDY



NANDINI SHARATH  
PRESIDENT



AMBILI NANDU  
SECRETARY

- Organised Children's Day program for mentally challenged kids & adults at Little Hearts Orphanage, Panayur. Entertained them with Karoke music show and dance programmes. Cash contribution, Juice and Biscuits were gifted to 100 children.
- Conducted Breast feeding awareness for lactating and young mothers at Urban Primary Health Care Centre. Gifted 2 Horlicks packets, Dates, Biscuits and a soft Napkin to 50 of them.

## INNER WHEEL CLUB OF KANCHEEPURAM



RAJALAKSHMI  
SATHYAMOORTHY  
PRESIDENT



DR.PADMA PRASHANTHINI.V  
SECRETARY

- In the month of August, did service at Lord Athi Varadarar temple premises by issuing wrist wearing tags to nearly 900 children with their parents name & contact number when it was buzzing with millions of devotees for the darshan of Lord Athi Varadar - the Diety who gives darshan once in 40 years only.
- Organised Dental Camp for 80 children at Love Care Centre Home. Free dental treatment was given to 27 children. Distributed tooth paste and tooth brushes to all 80 children.

## INNER WHEEL CLUB OF MADRAS

- With the permission from the Corporation of Chennai, conducted safe touch awareness programmes in 13 Corporation Schools and have reached 3200 children in all till date.
- Conducted an interactive programme for public on "The What and How of Child Adoption in India" in association with Department of Social Defence, Govt. of TN and Inner Wheel Club of Chennai Galaxy. Programme had 275 attendees. Govt. had set up a Help Desk to answer queries on adoption.



SUBHA SRIKANTH  
PRESIDENT



MEERA JAGDISH  
SECRETARY

## INNER WHEEL CLUB OF MADRAS ASHOK NAGAR

- ENT camp was conducted at Little Flower School for 140 Deaf and Dumb children and their care takers. Treatment was done on the spot and medication was given by Dr.Prakash from Jaipur.
- Annual Pediatric camp was held at Andhra Mahila Sabha. Fancy dress competition was conducted for 40-50 disabled children. Distributed drawing books, crayons, cake, apples and biscuits. Cash donation was also made.



SMITHA SHAH  
PRESIDENT



DEEPTI SANGOI  
SECRETARY

## INNER WHEEL CLUB OF MADRAS BAY CITY



PATHILAKSHMI  
PRESIDENT



S.SHYAMALA DEVI  
SECRETARY

- Conducted fun learning classes once in every month through toys, board games, puppet shows, music and dance to the students of Chennai Middle School, Thiruvalluvarpettai with the help of CTF, NGO, Mumbai.
- Conducted Breast Feeding Awareness Program for 25 nursing and expecting mothers with Dr.Sonali Santhanam of Apollo Hospitals.

## INNER WHEEL CLUB OF MADRAS CENTRAL



SUPRIYA SUNDARAMAN  
PRESIDENT



VIDYA SARANYAN  
SECRETARY

- Donated phototherapy machine to the neo natal ward of Margret Sydney Hospital at Nanganallur.
- Collaborated with SYMA Medical Centre and Sankara Eye Centre at Pammal, provided Slit Lamp equipment in the newly established Eye Care Department in their Triplicane Centre.

## INNER WHEEL CLUB OF MADRAS CENTRAL AADITHYA

- Through "Giving the Gift of Vision" have contributed towards Retinopathy laser surgery, performed by Radhatri Netralaya for 32 preterm girl babies from poor socio-economic background thus preventing the loss of vision.
- Conducted the Sadhana Award function on October 15th as a part of the club's Silver Jubilee celebration. The award carried a citation and a cash component for 15 specially abled, notable achievers in different fields.



KAMALA  
MUTHUPALANIAPPAN  
PRESIDENT



M.N.MALLESWARI  
SECRETARY



## INNER WHEEL CLUB OF MADRAS COSMOS

- Project done at Burn Survivors Rehabilitation Center at PCVC. Sponsored Air purifier Medicines and Nighties, for the inmates of the centre.
- Conducted Medical Camp at village Kanakama Chatram. Had free Dental, Eye, Blood Sugar, BP, Thyroid, ECG tests. Free medicines were distributed. 220 villagers were benefitted from this camp.



PRABHA CHANDRASEKAR  
PRESIDENT



KUMARI PARTHIBAN  
SECRETARY

## INNER WHEEL CLUB OF MADRAS ESPLANADE



DR.GOWRI SWARNA  
PRESIDENT



THARA GOPINATH  
SECRETARY

- Artificial limbs were donated to Mukti Foundation. 10 amputees became beneficiaries with their new limbs.
- Visited Ramachandra Hospital, Porur to focus on comfort and quality of life of 25 cancer affected children by co-ordinating with Golden Butterflies Children Palliative Care Foundation. Distributed apples, pomegranates and lassi. Gifted colouring crayons and drawing books and celebrated birthdays with cake cutting.

## INNER WHEEL CLUB OF MADRAS FORT



MANJU MOHTA  
PRESIDENT



KOMAL SANGHVI  
SECRETARY

- The Signature Project of Madras Fort 'KREEDA' progressed as 'Kreeda Carnival' this year for children with special needs. They were provided with breakfast, lunch, snacks, goody bags, medals.
- Branded "Inner Wheel," by distributing umbrellas with Inner Wheel Logo for street hawkers across Chennai city.

## INNER WHEEL CLUB OF MADRAS METRO

- Conducted breastfeeding awareness program at VHS. Conducted Poster making and rangoli competitions for the nurses. Winners were gifted with prizes. Mosquito nets were distributed to feeding mothers.
- Screened 220 patients for eye defects at Vengal Village. 27 patients were brought to Chennai Aravind Hospital, for free cataract surgery. 50 Refractive spectacles and 85 reading glasses were sponsored to the patients.



KANNAGI GANESHKUMAR  
PRESIDENT



UMA AIYASWAMY  
SECRETARY



## INNER WHEEL CLUB OF MADRAS MIDTOWN

- Donated kitchen equipment to Namma Veedu - a rehabilitation center for the HIV positive children of Krishnagiri. This state of art kitchen equipment helps cook healthy food in a jiffy!
- Donated mobility aids to 8 deserving people of various age groups identified by Freedom Trust.



SUKANYA SRIRAM  
PRESIDENT



SARANYA UPENDRA  
SECRETARY

## INNER WHEEL CLUB OF MADRAS MOUNT



CA SASIKALA  
RAVIVENKATESAN  
PRESIDENT



DR. NIRMALA RAGHAVAN  
SECRETARY

- Conducted awareness on self defence and exercise with the help of Mr. Asir Raja Selvan at TTA Matriculation Higher Secondary School for IX std to XII std girls.
- Road Safety Awareness talk and tips were shared by Sri.R.Narayanan, Senior Duty Planning Officer and Sri.N.Sathyamoorthy, Duty Planning Officer to the students of TTA Matriculation Higher Secondary School.

## INNER WHEEL CLUB OF MADRAS NEXT GEN



SANIYA JUNAID  
PRESIDENT



AAKRITI AHUJA  
SECRETARY

- Conducted an awareness program for the students from 1st to 3rd grade at The Panchayat Union Ezhil Nagar School at OMR. The students were briefed on the concepts of Good Touch and Bad Touch.

## INNER WHEEL CLUB OF MADRAS NORTH

- As part of the Silver Jubilee Year, successfully completed 22 Eye Surgeries completely free of cost to the pre-term babies affected with Retinopathy at Radhatri Netralaya Hospital at T.Nagar.
- Distributed 25 Sewing Machines to the beneficiaries identified by our members at Children's Garden School, Mylapore on 21st October.



SUCHITRA VENKATESH  
PRESIDENT



J. JUDITH SNEHALATHA  
SECRETARY

## INNER WHEEL CLUB OF MADRAS SOUTH

- Constructed a dining hall of 2000 sqft, for the 60+ inmates of Bird Oldage home at Acharapakkam, near Chengelpet. The hall was inaugurated on 4th December 2019.
- Conducted an eye camp at the Government Middle School, Royapettah. 14 children with visual defects were given unbreakable spectacles. Two children were diagnosed for retino neuropathy. Necessary treatment would be given with the follow up.



SANDHYA SUBRAMANIAN  
PRESIDENT



VANITHA RAJAGOPAL  
SECRETARY

## INNER WHEEL CLUB OF MARAIMALAI NAGAR



USHA RANI JAISHANKAR  
PRESIDENT



SUGANYA KANNAN  
SECRETARY

- Donated Nebulisation machine - 2 nos. to Nandhivaram Guduvanchery Hospital to avoid long que for this season.(emergency requirement of hospital).
- Conducted awareness talk on "Threats to young girls, how to face and overcome it" and also conducted drawing competition on "Save Earth" and speech competition on "Avoid Plastic". Donated portable speaker set with a mike to conduct cultural programs, at Peramanur Government High school.

## INNER WHEEL CLUB OF MEENAMBAKKAM



MONICA SUNDARAM  
PRESIDENT



ARUNDHATI RAMAN  
SECRETARY

- Donated sports goods and sponsored gifts for oratorical and drawing competitions at A.I.W.C School, Chintadripet.
- Celebrated Deepavali with the elderly people and children at Annai Illam, Karapakkam by distributing sarees, shirts, dhotis, boost jars for the seniors and tonics & vitamins for the children.

## INNER WHEEL CLUB OF NANGANALLUR

- Provided library shelves and books in Govt School at Melapulam village. The library was inaugurated on 10th October 2019.
- Organised Nava Kanya Project during Navarathri season and it is on going project of the club. Gifted new dresses, bangles, chains & bindhi to the kanyas and offered them a sumptuous lunch.



NEELAMBIKA SEKARAN  
PRESIDENT



S.BHARATHI  
SECRETARY

## INNER WHEEL CLUB OF RANIPET

- Conducted an orientation on ORS (Oral Rehydration Solutions) by Dr.Vijayrani at Thiru Vika School, Ranipet. Dr.Vijayrani explained the importance of ORS and held a drawing competition on the same topic. Students performed a practical demo on preparing ORS solution. Prizes were given to the winners and pencil pouches & note books were distributed to all the students.
- Sponsored toilet roof top sheets to Saraswati Dhanakodi Government Primary School in Arcot.



**C.C. APARNA**  
PRESIDENT



**BOMMI PRAKASH**  
SECRETARY

## INNER WHEEL CLUB OF THIRUVANNAMALAI



**UMA JAI**  
PRESIDENT



**T.JAYANTHI  
SUNDARAMURTHY**  
SECRETARY

- Organised Breast feeding awareness project in a PHC with Dr.Sai Prasana. Distributed Health mixes, Dates & presented dresses to the new born babies.
- At special kids Home provided a storage rack, commercial gas, cylinder, provisions & distributed Diwali snacks.

## INNER WHEEL CLUB OF VELLORE



**UMA BHIMA RAO**  
PRESIDENT



**VASANTHI KISHORE**  
SECRETARY

- Celebrated Diwali with Ashram School students by distributing sweets and snacks. Conducted dance programs, competitions related to Diwali and gave an awareness talk on bursting crackers safely.
- Provided 100 herbal trees to the School to keep the School's environment a pollution free campus and also gave an awareness talk on the effects of plastic usage, cleanliness and child abuse.

## INNER WHEEL CLUB OF VELLORE NORTH

- Celebrated Children's Day at Melvaduvanguttai Creche Campus.
- Hosted lunch to the inmates of Atma Santhi Nilayam at Old Katpadi, a Home for old age people.



**R.JAYALAKSHMI**  
PRESIDENT



**S.KAVITHA**  
SECRETARY





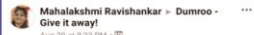
**Don't need it? Give it away to Inner Wheel projects!**  
**Platform conceptualized, created and managed by the**  
**Inner Wheel Club of Madras, Dist. 323**

DUMROO is a unique social media exchange platform created by IWC Madras for giving away used items in good condition to Inner Wheel projects of any club in the District by any Inner Wheel member.

Items donated include books, clothes, furniture, toys, television set, groceries & sanitary napkins to name a few.

DUMROO has created increased interaction between members of different clubs and fostered friendships while facilitating service, in keeping with the ideals of Inner Wheel.

**230+ MEMBERS | 28+ PROJECTS**  
**INVOLVING 20 CLUBS**



Feel like helping someone with what we want to give and at the same time we will think it has to reach the deserving person.. Yes or No...?

Giving & Receiving Through DUMROO For the deserving. 😊

Scientific calculator and Arch materials given to the college going student

Thank you Subha Srikanth, Chandu Jain — with Chandu Jain



Friends, we distributed Sanitary pads to all girl children from fifth to Eighth standard in our happy school, Manjankaranai panchayat school. Out of 110 packets, we gave nearly 75 packets there. The remaining sanitary packs we are planning to donate to our Aruwe children on Nov 9th 2019, 'Children's day' project.

Thank you President Sukanya, IWC Midtown, for donating this sanitary pads and Thank you so much for President Subha, IWC Madras for created this platform DUMROO, through which we connect easily. — with Shyamala Murali and 3 others



A great platform for tying the need to the resources  
 Tying idie,  
 Best wishes!!!

IWC Madras thanks the Presidents and members of all clubs who have made DUMROO a unique initiative of our District

உ  
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# 25 YEARS OF INNER WHEEL

## INNER WHEEL CLUB OF MADRAS CENTRAL AADITHYA

INNER WHEEL CLUB OF MADRAS CENTRAL AADITHYA with 40 members has been making its presence felt in the community by providing help towards:

- Educational support to needy children with supply of books and payments of fees.
- Taking care of the day care centres and contributing to the welfare of poor and orphaned children.
- Providing assistance for the under privileged, the visually challenged, the terminally ill, besides addressing the needs of the aged and special children.
- Conducting medical camps for the children of corporation school
- In keeping with the green initiative which is the need of the hour, our club has taken on cleaning water bodies, planting



more than 10,000 trees in various locations in and around Chennai.

- We have supported the Blue Cross in conducting operations on cows and who had ingested plastic waste.
- Vision Corrective laser surgery for pre-term babies of low socio economic back ground, is being supported by us, since the last few years.
- Educating women on menstrual hygiene & adopting eco-friendly practices during menstrual cycle.
- Valaikappu celebrated for under privileged women & Kannika puja for deserving children conducted for the past 10 years.

Deepika Ravindranath  
Past President  
Inner Wheel Club of Madras Central Aadithya

# 25 YEARS OF INNER WHEEL

## INNER WHEEL CLUB OF MADRAS NORTH

The Inner Wheel year 2019-20 is very special to us. 25 years of friendship and camaraderie 25 years of service to needy 25 years of self empowerment and last but not the least our member heading the District.

Our thanks are to

1. Rtn. Past President Rangaswamy Rotary Club of Madras North, who was instrumental in forming this club
2. Past President Lakshmi Pandalai, Inner Wheel Club of Madras Esplanade who laboured to give birth to us
3. PDC SitaLaxminarayana, the then District Chairman
4. PIIWP Kamala Ramakrishnan the then ESO
5. The continuing Charter Members who have put up with all ups and downs of the club including thoughts about closure of the club.
6. All the Past Presidents who have shouldered the responsibilities to the best of their ability . Formed on 22nd February 1995, we did have tough time settling down, like any other Club. With the additional burden of the Charter President resigning within a few weeks, there was a sudden vacuum in leadership which catapulted to paucity of members, money and management of projects.

The first Project identified was educational support to a small school in T. Nagar, which continues till date.

We have always worked together with the Rotary Club especially in Polio Immunisation field, besides supporting their adopted school at Nappalayam Village.

Our other continous projects are maintenance of toilet at Panchayat Union School Sholinganallur , and empowerment of women by providing vocational training as beauticians.

We have touched all avenues of service ranging from education, health, community, natural calamity, women empowerment and cultural celebrations.

This special year, our special Projects have been

1. Providing eye sight to preterm babies (retinopathy treatment) at a cost of Rs.2.5 lakhs
2. Donation of 25 Sewing Machines to augment the income of under privileged at a cost of Rs 1.5 lakhs
3. Providing vocational training in basic beauty parlour management skills for more than 25 ladies by our own member.

We seek your wishes that 25 years of our efforts continue and strengthen for the rest of the years to come, aptly recollecting Robert Frosts lines

The woods are lovely, dark and deep  
I have many a promises to keep  
And miles to go before I sleep  
And miles to go before I sleep

Bhamini Parthasarathy  
Past District Chairman  
Inner Wheel Club of Madras North





# 25 YEARS OF INNER WHEEL

## INNER WHEEL CLUB OF RANIPET

Inner Wheel Club of Ranipet originally existed from 1960s to 1980.

It has a proud history of having its member Mrs. Gunavathi Ramchandras as District Chairman for the year 1976-77. She was Association Secretary when she passed away in 1980. District 323 has an education fund in her name from which deserving girls are given scholarships.



PDC GUNAVATHI RAMACHANDAR

IWC Ranipet was closed from 1980. Then in 1995 during chairmanship of Mrs Sita Laxminarayana and ESO Mrs. Kamala Ramakrishnan it was revived with 20 members. Charter President was Mrs. Sasikala Mohan, who is a great pillar of support even today.

Thereafter the club has had great Presidents who have held the Club's name high in the District. The club has had members leaving and joining yet inspite of this it is keeping up with its commitment to serve the local underprivileged.

Some of our Club's continuous projects are :

- Deenabandu Ashram which has 250 orphaned children who are in need of a lot of help.
- Kalavai Old Age Home -where about 75 old people are taken care. The Club provides necessary monthly provisions .
- Vishwas -home for specially abled and spastic children. Projects have been done on special days .
- Our Club has had fund raising programs and we have actively participated with Rotary Clubs and District in projects.
- The Club conducts necessary need based health camps and conduct counselling for girls children of Government School to create awareness regarding health and hygiene.
- We have completed a Happy school project.

This year we are also focusing on building public image of Inner Wheel in and around Ranipet and are planning to paint public spaces on social themes.

We will continue to do with best of our strength and help the underprivileged in and around Ranipet.

**Sujatha Chandrabob**  
Past President  
Inner Wheel Club of Ranipet



### DISTRICT CHAIRMAN REPORT

Through the next few pages of this Souvenir, I am happy to share with you a glimpse of events that led us into the new Inner Wheel year starting July 01, 2019.

#### Glimpse of Events



DISTRICT OFFICERS TRAINING PROGRAM

- District Officers Training Program – Saturday 01 June 2019, at Madras Boat Club
- Club Officers' Training Program - Saturday, June 08 2019, at Dr. MGR Janaki College Auditorium.
- Association President Installation - Sunday, June 16 2019 at Oberoi Grand, Kolkatta.
- District Assembly - YAAZH, 34th District Assembly - Saturday, 22 June 2019 at Hotel Crowne Plaza
- Installation of the new team in clubs - Installations symbolized the strength of the club and its members.



CLUB OFFICERS TRAINING PROGRAM

#### Association Goals

Clubs in Inner Wheel District 323 are majorly working in the thrust areas given by the Association and in line with the International Campaign of Caring for Women and Girls.



ASSOCIATION PRESIDENT INSTALLATION

\* Mission Mamta – Adoption Awareness was the high priority area given by the Association. The theme was initiated with a walkathon by our members creating awareness on Adoption. Clean Environment was also emphasized during the walkathon that was held on Sunday, Sep 22 2019 at Besant Nagar Beach at 6.00 am.



YAAZH

Programs including Seminars were conducted by clubs on the legal implications and requisites and formalities of Adoption. One of the programs was conducted in association with the Department of Social Defence, Tamil Nadu.

Members of Inner Wheel District 323 have reached out to 12380 senior citizens and children residing in orphanages, providing shelter, clothing, food essentials and medical support.



INSTALLATIONS OF NEW TEAMS IN CLUBS

\* Caring for the Environment – promoting the need for usage of cloth bags as a step forward to removal of plastics was taken up in many ways. We have cared for the environment and have planted 5000 tree saplings.





\* **Community Service** – In the areas of health, sanitation and hygiene for children and adults, especially in villages, clubs have conducted medical camps in villages and schools. Clubs have also supported for the livelihood of the less privileged by providing vocational training and equipment.

We have supported primary health centres with health monitors and support machines – nebulisers, dialysis machines, neo natal warmers, beds, etc.,

Mental health has been taken seriously and have supported homes and schools that are run exclusively for children with special needs, giving them schooling opportunities, learning aids, vocational training.

Members of Inner Wheel District 323 have supported Institutions that rehabilitate burns victims, and homes that provide temporary shelter to destitute young girls.

\* **Education** – Projects covering construction of toilets, making available sports equipments, computers, payment of school fee, school bags, footwear, school uniforms, spoken English classes to psychometric analysis and garbage segregation, have been carried out by clubs.

Career Profiling for students of Government and Government aided schools have been initiated under the Sketch Program. As a first step, member volunteers from clubs were trained on the need of psychometric tests in defining the interest area of a child for pursuing higher studies. The volunteers then conducted tests – offline at schools and the test results are being shared with the students.

Awareness on Menstrual Hygiene Management and Safe Touch have been given priority in our work in schools. Awareness on Rubella vaccination for college students has also been provided.

\* **Days Commemorated** – Campaign and program on the importance of mother's milk has been organized during the Breast feeding awareness week. Independence Day celebrations, Teachers felicitation to mark Teacher's Day, International Peace Day, Birthdays of Late President APJ Abdul Kalam, Mahatma Gandhi were also conducted. Children's Day at schools, International Inner Wheel Day for Inner Wheel members and friends of Inner Wheel, Deepavali, Navarathiri and Pongal festival have been celebrated at homes for children and seniors.



\* Clubs have awarded special persons, esp persons with disabilities. Great support is being provided to children infected or affected by HIV/AIDS. Organ and eye donation had been emphasized by clubs.

**Administration**

Meetings of the District Executive Committee are held regularly. Every District Officer has synergized the strength of the officer at the club level and have organized events.

**Beyond the boundaries of our District**

- South Zone Meet – Mysuru on 07 and 08 Sep 2019, was attended by 30 members from our District.
- Golden Jubilee Celebrations of District 314 and District 320 – November 11 and November 19 was attended by our members.

Association - National Event Miration – Seventy-one members of our District attended the National Event held at Udaipur on 17-18 Nov, 2019. Members participated in the mime showcasing the need for adoption of orphans. Creative initiative of a mega quilt with applique work done by members from all over the country was released by International President Phyllis E Charter and Association President Mamta Gupta.

**Nallini Ollivanan**  
**District Chairman**  
**Inner Wheel District 323**



## VICE CHAIRMAN'S REPORT

Vice Chairman Usha Saraogi focused that all President's Meet offered good bonding opportunities for President's, maintaining the fun element. Every president's Meet was given a name with meaning. Information exchange was an important part of the agenda. President's birthdays falling during that months were celebrated.



VANDANAM, 6TH SEPTEMBER 2019



MUSKAAN, 2ND NOVEMBER 2019



THARA, 14TH DECEMBER 2019



UNNATI, 4TH JANUARY 2020

Usha Saraogi  
Vice Chairman 2019-2020  
Inner Wheel District 323

## DISTRICT SECRETARY'S REPORT

### Ettram Kaan (To Progress)

#### Personal Legal Rights of Women and Rights and Duties as

Wednesday, December 11th, 2019 at Women's Christian College

Ettram Kaan a program to empower women on their Personal Rights and their Rights and Duties as Citizens was conducted by the Club Secretaries of 38 clubs of Inner Wheel District 323 in association with the members of Young Indian Club of Women's Christian College, Chennai.

Session one of the program was aimed at sensitising the students and members of Inner Wheel on their Legal Rights to Property and Legal ways available to safe guard against Domestic Violence.

The Speakers of the day for this session were Mrs.Niveditha Louis, Historian and Freelance Writer, who chronicled the history of the Women's Rights movement across the globe and highlighted the sacrifices made by women leaders in creating the free environment we live in today.

Speaker Advocate Ajitha gave a broad view of the classification of what is considered as Domestic Violence and said that the self-respect of any women is important and elaborated on the Legal solution available in a situation when this is challenged. She also highlighted the Rights to Property of Women in general and the various laws governing it.

Session two of the program was on the rights of a citizen as to how to get work done of the civic bodies for a Cleaner and Peaceful Living and also on the duties as citizens in creating a Cleaner and Peaceful Environment.



Mrs.Niveditha Louis



Advocate Ajitha

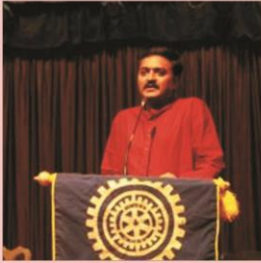
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"The only limits to our realisation  
of tomorrow will be our doubts of today,"

Franklin D. Roosevelt





**Mr.Sam Paul**

Speaker Mr. Sam Paul a social-activists narrated his experiences with the Civic Bodies and the ways he went about in getting work done out of them in matters relating to providing Garbage bins, removal of stagnated rain water and laying of good roads. He said it is the duty and right of every citizen to interfere in this matter to safe guard their interests and society in large. He also taught as to how to make use of the online complaining system and the usage of RTI (Right to Information Act).



**Mrs.Charu Govindan**

Speaker Charu Govindan, Social activist and member of Voice Of people , highlighted the importance of collective bargaining by the citizens in getting their grievance addressed by the civic bodies. She also emphasised on the formation of Area Sabhas in cities on the lines of Grama Sabhas in Villages, to carry forward the collective Bargaining powers.

The Program was well attended by 250 plus members of Inner Wheel District 323 and 60 plus students of Women Christian College, Chennai.

**Arasi Ponomzhi**  
**District Secretary 2019-20**  
**Inner Wheel District 323**



## **Ettram Kaan (To Progress)** **Personal Legal Rights of Women and Rights and Duties as**

*Wednesday, December 11th, 2019 at Women's Christian College*







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**DISTRICT TREASURER'S REPORT**

*Mazhalai Oli 2019*

**Deepawali Celebrations for underprivileged children**

*Saturday, October 10th, 2019 at BM Girls*

Mazhalai Oli— Diwali celebrations for underprivileged children is Inner Wheel District 323's signature project. The Birla Planetarium was the chosen venue for the mammoth task of playing host to more than 900 underprivileged children and 400 adults comprising teachers, caregivers and Inner Wheel members.

The vast expanse of the venue brought forth various challenges which were deftly handled by Convenor PDC Nallammai Ramanathan. The Executive Director of the Periyar Science and Technology Centre, left no stone unturned to ensure the successful functioning of the program.

The Packing Meeting on October 10th at PDC Nallammai Ramanathan's office saw 40 members of Inner Wheel District 323 packing 900 goody bags which comprised stationery and essential items for the children.

On October 12th, the day of the event, the participants were slotted into 5 batches named after the 5 planets— Mercury, Venus, Earth, Mars and Jupiter. They were given a map and a schedule in which they could cover all the activities available at the Planetarium. The children and adults were equally excited to receive their colourful badges from the Registration Desk. Refreshments were distributed to the children and adults as they arrived at the venue.

The children were engaged until late afternoon with various activities that included a planet show, 3D show, 5 indoor galleries showcasing maths, science and ocean engineering and 3 large outdoor play parks with working models of various scientific equipment.



A short formal ceremony prior to lunch included the Inner Wheel Prayer read out by the club treasurers, welcome address by Convenor PDC Nallammai Ramanathan, opening remarks by District Chairman Nallini Olivannan, brief address by the Assistant Director of the Periyar Science and Technology Centre followed by the vote of thanks by Co-convenor and District Treasurer Arathi Narayanan.

The event was a star-studded affair with the presence of two celebrities— Actor Ajay Kapoor and Actor Vaibhav. The children entertained the audience with a welcome song, dance and a skit.

At the end of the event the children were provided with snacks and a colourful goody bag.

Our sponsors included PDC Nallammai Ramanathan for travel bags, lunch and snacks, Vice Chairman Usha Saraogi for the children's dresses, 40 Clubs for the stationery and essential items placed in the travel bags, PP Chandrika Kuberan for crayons, Khel Cricket Academy for creatives, badges and banners and Leo Coffee for providing refreshing coffee to all present at the event.

The event was a resounding success even amidst traffic diversions due to Prime Minister Modi's visit to the State. All thanks to Convenor PDC Nallammai Ramanathan, Club Treasurers' dynamism and Inner Wheel Members enthusiastic participation.

**Arathi Narayanan**  
District Treasurer 2019-20  
Inner Wheel District 323





# Mazhalai 2019

## Deepawali Celebrations for underprivileged

Saturday, October 12th, 2019 - BM Girls Manatorium



## EXTENSION SERVICE ORGANIZER REPORT

# THOZHI

Thursday, December 19th, 2019 at Alumni Club



Extension Service Committee and District ESO PDC Vasumathi Marimuthu organized New Member Orientation Program to impart complete knowledge on Inner Wheel to new members. 150 members from new clubs started during recent years and other new members from various clubs participated in this program.



CCCC PDC Seema Bhargava gave comprehensive presentation on Know Your Inner Wheel. PIWT Azhagu Annamalai gave a clear talk on Emphasis on Procedure and Practices in Inner wheel.

An interesting Panel discussion with 8 members (4 of them in Inner Wheel for more than 20 years and other 4 who joined in recent years) shared their experience on impact of Inner Wheel in their lives. The discussion was based on their experiences in travel, events, social penetration and personality development, and it was well moderated by PDC Kala Ravichandran.



Vice Chairman Usha Saraogi highlighted on regulations towards new clubs formation. PDC Bhamini Parthasarathy & PDC Shama together with Chairman Nallini cleared all the queries raised by participants and finally PDC Seema Bhargava conducted an interesting Quiz and prizes were given to winners.



District Extension Service Organizer stated that the program aimed at strengthening the clubs with all know how for effective functioning of the clubs and thanked all the speakers who motivated the members remarkably well. On the whole it was a great brain storming session and amazing that 150 new members participated in the program and made it a grand success.

**PDC Vasumathi Marimuthu**  
District Extension Service Organizer 2019-2020  
Inner Wheel District 323

# THOZHI

Thursday, December 19th, 2019 at Alumni Club



# THOZHI

Thursday, December 19th, 2019 at Alumni Club





INTERNATIONAL SERVICE ORGANIZER REPORT  
**Iyarkaiyin Arputhangal**

*Beauty of Nature (Joint International Service Organizer Program)*

Friday, 20th September 2019

Government Museum Theatre, Egmore



When the year began and it was decided to have an ISO program in the month of September as the District International Service Organiser, I wanted to focus on Environment which is one of the major goals of our Association President Mamtha Gupta. So having the theme in mind I conceived a program which would involve all the City Clubs with maximum participation, involving creativity, fun and entertainment and a platform to showcase the immense talent we have in our District. My wish was that the program should also bring out a message on protection and conservation of nature thereby creating awareness among the viewers. Thus was born "Iyarkaiyin Arputhangal" – Beauty of Nature.

It was a fantastic month of planning, coordination and execution for not only me but all the Club International Service Organisers and members of all the participating Clubs. Many appreciated the idea to be an intelligent one, and thanked me for bringing them back to college feel, giving them an opportunity to be able to shake a leg, walk the ramp or bring out their theatrical talents. A lot of effort was put in by the Club International Service Organizers and Presidents and practice sessions were conducted in full earnest.

The program was held on 20th of September at the Government Museum Theatre, Egmore with a record number of around 400 participants. The Clubs were divided into 9 themes with four clubs in each team. The 9 themes were the five elements of nature – Sky, Earth, Air, Fire and Water and the Four Seasons – Summer, Winter, Autumn and Spring. Each team put forward their best performance coming up with thematic presentations involving dance, drama, mimes, skits, singing and narrations. The LED Screen which served as the back drop enhanced the performances and gave a look of grandeur.

All the International Service Organisers got together and came up with a ramp walk on the 9 themes which was very professional and well co-ordinated.

The Chief Guest for the afternoon – the immensely talented Veena exponent Kalaimamani Revathy Krishna, being involved with the arts was one of the judges. Singer and dancer Asha Anand, another versatile artist who is in the field of music and dance for several years and Singer Meenakshi Srinivasan who is also an accomplished singer has given several stage performances and shows all over the world were the other two judges.

The team Spring came up with the overall First prize for best performance. Team Sky won the prize for Presentation (creativity, artistry, style and originality), Team Earth won the prize for Execution (timing, projection, coordination and expression), Team Air won the prize for best costume, Team Summer won the prize for audience impact (theme and message) and Team Winter won the prize for involvement of group members from all the Clubs.

It was a very enjoyable program for everyone involved and they all left home with sweet memories looking forward to the next International Service Organizer event.

**Iyarkaiyin Arputhangal**

*Beauty of Nature (Joint International Service Organizer Program)*

Friday, 20th September 2019

Government Museum Theatre, Egmore



# Iyarkaiyin Arputhanga!

*Beauty of Nature (Joint International Service Organizer Program)*

Friday, 20th September 2019

Government Museum Theatre, Egmore



## INTERNATIONAL SERVICE ORGANIZER REPORT

### Diyaa

*International Service Organizer Event by City Plus Clubs*

*Tuesday, 26th November, 2019 at Thiruvannamalai*

The second International Service Organizer event which was hosted by the City Plus Clubs was held on the 26th of November, 2019 at Thiruvannamalai. Convenor for the event was Past President of Inner Wheel Club of Thiruvannamalai, Hemalatha Mani and Co-convenor was Jeeva Rekha. It was a one day event in which the programs and competitions were held between 10 to 1 p.m. followed by a sumptuous banana leaf feast. Post lunch visits had been planned to a few temples in Thiruvannamalai, Ramanashramam, and Annamalaiyar Temple. Around 250 members participated enthusiastically in all the competitions held by the City Plus Clubs. They were also entertained with dance and skit performances by the members of the City Plus Clubs. Visits to the Ramanashram and Annamalaiyar temple was one which the members had looked forward to and thoroughly enjoyed.





## Diyaa

International Service Organizer Event by City Plus Clubs

Tuesday, 26th November, 2019 at Thiruvannamalai



## INTERNATIONAL SERVICE ORGANIZER REPORT

### Career Renewal Guidance Workshop

Friday, 10th January

Anna University Alumni Club



The third International Service Organiser event was a "Career Renewal Guidance Workshop" for women in Inner Wheel and outside Inner Wheel. This was conducted on Friday, January 10th, 2020 at the Anna University Alumni Club to commemorate International Inner Wheel Day. Over the years I have interacted and seen many women who have had to discontinue their careers due to family and other commitments and always wanted to get back to work once the children have grown up, or their commitment had been completed but did not know how or where to restart from where they left. So this program was mainly a women empowerment exercise to help women get back to work, for promoting mompreneurs, products and goods made at home and to provide guidance in all forms for them to renew their careers.

The people on board to support the program and share their valuable thoughts and advice, were Radha Krishn Adducco India Business Services, who also runs a Home employment revolution program which is a work from home career option for women, Jay Thattai and Sangeetha from kadaiveethi.com who support mompreneurs to market their home made products and gain visibility, Ram Arunachalam from Dakshin e-bazaar who helps in marketing exclusive and rare crafts, Veena Mukund, Assistant Vice President from Avatar which focuses on diversity recruitment, Victor Solomon and Runima from Eat.com an app which delivers food made by home makers, Girija Raghavan from the Ladies special magazine, Lekhamitra Shanmugam from Chefathon and Gnanasekaran, writer and financial advisor.

The program went on successfully with around 250 women attending and benefitting from it. The chief guest for the event was District Chairman Nallini Olivannan and the Guest of Honour was Past International Inner Wheel President Kamala Ramakrishnan.



# Career Renewal Guidance Workshop

Friday, 10th January 2020

Anna University Alumni Club



Apart from this there are other programs which have been planned for the rest of the year which includes a Nature walk at the Theosophical Society, a visit to the Bronze Museum, a movie morning for members and a DJ night in the month of April.

Several flag exchanges have been facilitated over the past 6 months with International Service Organiser's meeting, greeting and bonding with International Service Organiser's of other Districts. Our members have participated in large numbers in the South Zone meet and National meet "Mirations" at Udaipur where the quilt made by our PDC Latha Mahalingam with inputs from all over the country was well appreciated.

**Kamala Selvam**  
District Internation Service Organizer  
Inner Wheel District 323

# Career Renewal Guidance Workshop

Friday, 10th January 2020

Anna University Alumni Club





## RELEASE OF INTERNATIONAL INNER WHEEL THEME LOGO STAMP 2019 - 2020

A stamp with International Inner Wheel theme logo "Together We Can", an initiative of Inner Wheel Club of Chennai Presidency President Lakshmi Priya, was released by Past International Inner Wheel President Kamala Ramakrishnan and received by District Chairman Nallini Olivannan, to commemorate International Inner Wheel Day on 10<sup>th</sup> January 2020.



## COMPETITIONS FROM EDITOR'S DESK

Poem Contest & Poster Making Competitions were held for Inner Wheel District 323 members. Winners details are mentioned below :

- **Poem Contest Winners** on topic '**Together We Can**' in choice of languages English, Tamil, Hindi.

Written format winners :

1. English - Sandhya Sankar, Inner Wheel Club of Madras Central.
2. Tamil - Jamuna Rani, Inner Wheel Club of Nanganallur.
3. Hindi - Chandra Seoni, Inner Wheel Club of Madras.

### **A MIRACLE TOGETHER**

*The smile on a stricken face*

*A hug to a broken heart*

*A touch to the pained soul*

*The miracle of love, together we can*

*A shimmer of hope, to one who has lost*

*To paint that smile on the tears of grief*

*To lift a life from the depths of despair*

*The miracle of love, together we can*

*A hand to serve, a wheel of deed*

*To help another; in their time of need*

*To hold together a chain of happy beings*

*The miracle of love, together we can*

*When our last bell chimes his last reminder*

*How deep do we peer to find our truth*

*Have we left the world a wee bit lighter*

*The miracle of love, together we can*

*By Sandhya Sankar  
Inner Wheel Club of Madras Central*

### **हम -जैलेगे साथ साथ**

प्राणीन कलम की झारल माता  
 लोभे की निशिया कदलानी जी  
 सुभयमा व सुंभयानि रुके  
 उँगिन ये उठलानी जी।  
 जान व जाति का देखा आ झारल  
 मुनिगे का आ ये आबल  
 जान डरपी शरुपी मों पर  
 बजुजो ने किया है कर।  
 चरिे जोर आनक की लवेर  
 ऊनी - ऊनी उर ली पूँ  
 मुनिगे के चामन उँगिन ये  
 तनी ले करक दे रही है।  
 -जोगे - जोगे शारुनारी  
 भेद-भान का करे त्याग  
 असंक पर हमी है जजो  
 उरमेन जद ले वे उज्जद  
 निजो देना सुभयक हेगा  
 वृदना की ले जलारुगे  
 हम साथ -जैलेगे , साथ -जैलेगे  
 हर मल हम डेडरुखे।  
 रुकता कर रुकनी जब  
 हिरा मानक विष का नाश  
 रुक लइय , रुक आमान ये  
 जब -जैलेगे साथ - साथ (2)  
 " जय हिन्द - वन्दे भारत "

*By Chandra Seoni  
Inner Wheel Club of Madras*

- ஒன்றாக இணைவோம் சாதனைகள் புரிவோம்

ஒன்றாக இணைவோம் சாதனைகள் புரிவோம்

புள்ளிகள் பல இணைந்து  
அழகிய கோலம் ஆனது - அது  
சந்து புள்ளிகளானாலென்ன  
நேர் புள்ளிகளானாலென்ன  
அவை அனைத்தையும் இணைத்தது ஒருகை  
பருத்தியில் ஒளிந்து கிடந்ததை எடுத்து  
திரித்து முறுக்கி நூலாக்கி - அந்த  
இழைகள் அனைத்தையும் ஒன்றிணைத்து  
குறுக்கும் நெடுக்கும் தறியிலே ஒட்டிட  
கைமேல் அமர்ந்தது அழகிய ஆடை  
வகுப்பறையிலே சிரித்துப் பழகி  
கல்லூரியிலே ஒன்றாய் போராடப் பழகி  
பணியிடத்திலே பணிந்துப் போக பழகி  
குடும்பத்திலே விட்டுக்கொடுக்கப் பழகி  
நாம் யார் என்பதை மறந்து மருவிய நேரத்தில்  
ஒற்றைப் புள்ளியாய் நின்ற நம்மை  
அடிக்கும் காற்றில் அலைந்த ஒற்றையிழையான நம்மை  
ஒரு கை ஒன்றாய் சேர்த்தது  
அது நாம் சேர்ந்து சாதிக்கத்தான் - ஆம்  
பாரதியின் அக்கினிக் குஞ்சுகள் ஒன்றாய் சேர  
அகண்ட சுவாலையுடன் பறந்துவீசும் ஒளியுடன்  
பலர் வாழ்விலே எண்ணெய்யாக திரியாக தீபமாக மாறி  
இருளை விரட்டி துயரத்தை தூரத்தி  
அன்பைப் பல இடங்களிலிலே பரப்பி  
இப்பிரபஞ்சத்தின் நிர்வாகம் ஒன்றுகூடிய  
சக்தியின் கையிலே என்பதை  
உரக்கச் சொல்லுவோம்  
அத்தகைய சக்திப் பிழம்பு  
நம் இன்னர் வில் சங்கம் என்று  
துளிகளாய் சிதறாமல் வெள்ளமெனப் பெருகி  
பரந்த கடல் நோக்கி பயணிக்கும் ஆறுதனைப் போல  
இது அணைக்கும் கை மட்டுமல்ல  
அண்டம் காக்கும் வீரம் கொண்ட கைகளாக  
ஒன்றாக இணைவோம் சாதனைகள் புரிவோம்

Jamunarani Gopi  
Inner Wheel Club Of Nanganallur

Video format winners :

1. English - Sumitra Kumar, Inner Wheel Club of Madras Midtown.
2. Tamil - Nandini Krishnaswamy, Inner Wheel Club of Madras.



Sumitra Kumar  
Inner Wheel Club of Madras Midtown

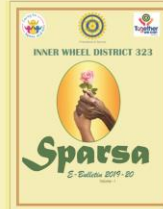


Nandini Krishnaswamy  
Inner Wheel Club of Madras

Poster Making Competition Winners on choice of topics :

- Together We Can
- Women Empowerment
- Avoid Plastics
- Girl Child Education

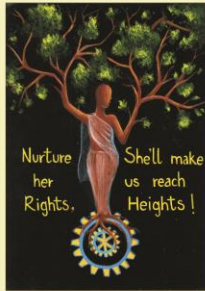
1. Women Empowerment poster won as **Souvenir Cover Page** ;  
Winner - Manu Avarthika, Inner Wheel Club of Chennai Vriksham.
2. **First prize** - 'Avoid Plastics' poster by President Smitha Shah, Inner Wheel Club of Madras Ashok Nagar.
3. **Second prize** - 'Girl Child Education' by Ranganayaki, Inner Wheel Club of Chennai Rainbow.
4. **Third prize** - 'Together We Can' by Dayaline Sivakumar by Inner Wheel Club of Madras.



SPARSA, E-Bulletin 2019-20, Volume - I, was released on  
12th October 2019.



## POSTER MAKING COMPETITION WINNERS

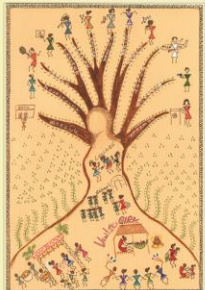


**COVER PAGE**  
**"WOMEN EMPOWERMENT"**  
 Manu Avarthika

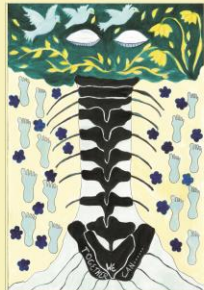
Inner Wheel Club of Chennai Vriksham



**1<sup>st</sup> PRIZE**  
**"AVOID PLASTICS"**  
 President Smitha Shah  
 Inner Wheel Club of Madras Ashok Nagar



**2<sup>nd</sup> PRIZE**  
**"GIRL CHILD EDUCATION"**  
 Ranganayaki  
 Inner Wheel Club of Chennai Rainbow



**3<sup>rd</sup> PRIZE**  
**"TOGETHER WE CAN"**  
 Dayaline Sivakumar  
 Inner Wheel Club of Madras

## SPECIAL PROJECT CO-ORDINATOR REPORT



It has been a pleasure serving as Special Projects Co-ordinator of Inner Wheel District 323 in the year 2019-20.

Rubella Awareness Campaign, Menstrual Hygiene Workshops, Orphan Free India - Project of Mamta Mission and Inner Wheel District 323 launched career counseling program were the special projects this year.

Rubella Awareness Campaigns have been organised by clubs in colleges and corporates.



Menstrual hygiene and sustainable menstrual alternatives workshops have been organised by Inner Wheel Clubs of Madras Central and Chennai United at schools for girls.

For Mamta Mission we flagged off a 'Walkathon' to promote adoption and distributed pamphlets at Elliot's Beach attended by over 200 ladies.

A talk on the legal aspects of adoption by a lawyer and interactive session was organized by Inner Wheel Club of Chennai Thiruvanniyur.

"The What and How of Child Adoption in India" was beautifully explained by a group of eminent speakers in a seminar organized by Inner Wheel Clubs of Madras, Chennai Galaxy and Govt. Dept. of Social Defence.

Inner Wheel District 323 facilitated comprehensive career counseling sessions for high school students of schools, under the guidance of Dr. Malika Nanda, an educator and CEO of School Connect, a social initiative of College Dekho to make sure every student makes the right career choice.

About 40 trained Volunteers from different clubs then ran a series of Psychometric tests for about 2000 students at 10 different schools. The analysis results have been received for most of them. We have started the one on one student career counseling and parent counseling to suggest the choices available in the suitable stream based on the results.

A brief overview of the career counseling sessions

Nehru Boys High School, Inner Wheel Club of Nanganallur, 100 students  
 Children Garden School, Inner Wheel Club of Madras North, 250 students  
 Ashok Nagar Govt. High School, Inner Wheel Club of Rainbow, 154 students  
 Perungudi Govt. High School, Inner Wheel Club of Bay City, 100 students  
 Perunthalaivar Kamarajar Govt. High school, Inner Wheel Club of Madras Mount, 800 students  
 Arignar Anna Govt. High School, Inner Wheel Club of Madras South, 120 students  
 Vidya Mandir School, Tambaram, Inner Wheel Club of Chennai Unique, 20 students  
 Seva Samajam School, Inner Wheel Club of Chennai Thiruvanniyur, 70 students  
 Pudur Govt. High School, Inner Wheel Club of Madras Mount, 200 students

**Fathima Nasira**  
**Special Projects Co-ordinator 2019-20**  
**Inner Wheel District 323**

## WALKATHON - MISSION MAMTA



Inner Wheel District 323 conducted a Walkathon at Elliots Beach, Besant Nagar on 22nd September 2019, 6.30am to create an awareness on making Orphan Free India - promoting our theme of Mission Mamta. District Chairman Nallini Olivannan spearheaded the walk. Chief Guest Ms.Veena Kumaravel CEO - Naturals flagged the walkathon and joined the members.



It also aimed to create awareness on a clean and healthy environment.

Every participant in the walkathon had posters on their backs depicting the initiative of Orphan Free India.



# Best Compliments

## Vijayalakshmi Vani Akasam

*"Simplicity is the ultimate sophistication".*

**Leonardo Vinci**



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### Few Completed Projects



Ananya	Chettinadd Enclave	Chettinadd Towers	Blue Shells
Res. Apartments	Independent Villas	Commercial Complex	Res. Apartments
Ashok Nagar	Pallikarandi	Ashok Nagar	Besant Nagar

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**SOARING WINGS  
PROUD ACHIEVERS**

**Mrs.Sadhana Rajkumar**, Nutritionist & Dietician, Sparrow Conservationist, Inner Wheel Club of Adyar was conferred 'Doctorate' in Environment and Social Work at Sir Pitty Thiagaraya Hall, Chennai by Global University, USA.

Virtual recognition as 'Heroes of Chennai' by Big FM 92.7



**Mrs. Sowjanya Dhanala**, specialist in Andhra Delicacy, Inner Wheel Club of Chennai Aadya, received 'Best Women Entrepreneur of the Year 2019' Award from Indian Business Awards.

**Mrs.Porkodi Ramesh Babu**, Writer, Inner Wheel Club of Chennai Gemini has won in "WOMAN WRITER'S Short Story Competition -2019" conducted by Ilakkiya Vaasal - Kuvigam.



**Mrs.T Rukmini Devi** of Inner Wheel Club of Chennai Gemini at the age of 64 is a champion of sports. Represented India at Malaysia from 2nd to 7th December 2019 where 25 Asian countries participated and proudly won **Two Silver Medals for Pole Vault and Hammer Throw, 5th place in High Jump and 7th place in Javelin Throw.**

**Sujatha Ramesh Babu**, Inner Wheel Club of Chennai Gemini is Managing Director of Spot Hospital, Chennai, Motivational Speaker & Trainer for College students & Corporate Sectors.

She received **WOW Award** from World Arya Vysya Maha Sabha - Karnataka Chapter for her remarkable service to the Society.



## SOARING WINGS PROUD ACHIEVERS

**Mrs. Shireen S.** PhD in Cancer Research. Inner Wheel Club of Chennai Golden Sun was awarded the **DST - INSPIRE** by the Department of Science & Technology, Government of India - Funded 20 Lakhs for her Ph.D Research from the President's Fund



**Mrs. Revathy Sivakumar.** Inner Wheel Club of Chennai Presidency was awarded the '**Successful Woman Entrepreneur Award**' from the Honourable Minister Ma. Pa. Pandiarajan on 25th August 2019.

On the professional front, her school, Go Bananas was awarded '**Best Play School / Preschool Award**' by PudhiyaThalaimurai .

She also got the '**Best Mom Entrepreneur**' from Iris Events.



**Mrs. Jayashree Arun.** Inner Wheel Club of Chennai Vibrant is an Athlete, Badminton player cum coach, panel member in YWCA, LIC agent & in Tupperware business. On 21st December 2019 she was awarded as an '**Outstanding Entrepreneur Award**' by SIWAA group.

**Mrs Sulochana Chandrasekar.** Inner Wheel Club of Chennai Vibrant runs a franchise model unisex salon (Studio11 unisex salon) in Perumbakkam. Studio11 has 150+ salons in 19 states. In this year in Annual Performance Awards, received 2 awards from head office.

1. Best billing software usage and
2. Best practice in sales



## SOARING WINGS PROUD ACHIEVERS



**Kalamamani Girija Ramaswamy,** Inner Wheel Club of Madras South Musician and Harikatha exponent, Ex-Principal of Music College of Madras received **Life Time Achievement Award** from Governor of Tamil Nadu.

**Kalarani Sivasubramaniam,** Inner Wheel Club of Madras South - Innovation was combined with elegance in her dance performance in bollywood number 'Kala Chashma' at the third edition of **Elders Fest**, and bagged the **Second Place** in the dance contest.



**Umasree Raghunath,** Inner Wheel Club of Madras South received '**Trend Setter Award 2019**' - Working Women's Achievers Award 2019 from Oruni Foundation.

Also received the '**Best BRG - Global Award**' for Q2 2019 from IBM Global.



**Dr Usha Rao,** Inner Wheel Club of Madras South, received '**Life Time Achievement Award**' in the field of scientific research in **Genetics & Micro-biology.**



**Kalamamani Parvathi Ravi Ghantasala,** Inner Wheel Club of Madras South is a dancer and a classical dance Guru. She received '**Life Time Achievement Award**' from Trinity Arts Academy at RR Sabha.

Also, received '**Kala Pradarshini Ghantasala Puraskar**' from Telangana Governor.







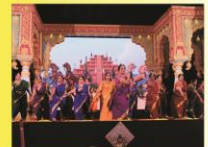
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**SOUTH ZONE MEET**  
Golden Moments at Mysuru  
September 7th & 8th, 2019



# 1969 – 2019 “GOLDEN MEMORIES”

INNER WHEEL DISTRICT 320

## PDC Latha Mahalingam

A jubilee celebration of an organisation is an important milestone that gives us an opportunity to reflect on the distance travelled. Inner Wheel District 320 celebrated its Golden Jubilee on 11th and 12th of November 2019, at Le Meridien, Coimbatore. The Chief Guest was our IIW President Phyllis Charter and the Guest of Honour was our Association President Mamta Gupta along with a host of other dignitaries.

The celebrations were inaugurated by Dist. Chairman Anitha Srinivas, Association President Mamta Gupta and International Inner Wheel President Phyllis Charter followed by their address. Members of District 320 were determined to make the celebrations their grandest event ever. Cultural programs by all the clubs in the District marked the celebrations and also the honouring of Charter members and Past District Chairmen of the District was a beautiful gesture. The address by Keynote speaker Brahmakumari Sister Kothai was very apt to our motto of service. Two eminent persons, Vanitha Mohan of Siruthuli and A. Muruganatham a social entrepreneur were awarded with citations.

The release of the District Souvenir and a Coffee Table book “Memories.... Journey of 50 years” was a fitting finale to the celebrations.



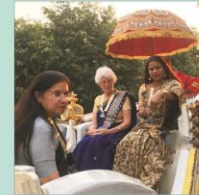
# MIRATION

The Inspired Miracle

## ASSOCIATION OF INNER WHEEL CLUBS IN INDIA

### National Meet

17th & 18th November at Udaipur  
Hosted by : Inner Wheel District 305





### T-Shirt Design Competition

Vice Chairman Usha Saraogi won the first prize for T-Shirt Design Competition. This competition was held only for District Executive Committee Members.



### Together We Can

"If you can dream it, you can do it" - Walt Disney.

As an ISO I had a dream of putting all our efforts together to strengthen our bond of friendship. We can all make a difference, if we think differently

With this in mind my dream was to make a QUILT large enough to show that "Together we can" achieve many goals and this is just a beginning.

Amongst many types of quilts ours is the Mega Friendship Quilt. It was made by Inner Wheel friends as a gift of friendship and remembrance to our Inner Wheel leaders.

The Friendship Quilt is made up of 286 pieces of patchwork embroidery, crochet, painting etc and measures 11.30 x 11.30 feet. Each of the pieces are filled with a lot of love and affection from Inner Wheel members all over the country.

It was released on November 18th, 2019 by IiW President Phyllis Charter in the presence of our Association President Mamta Gupta at the National Rally MIRATION at Udaipur.

Thank you friends for believing and supporting me in this endeavour.

The idea was exciting, the execution was mind boggling but the end result was mind blowing!

Teamwork makes the dream work !

PDC Latha Mahalingam  
International Service Organizer  
Inner Wheel Club of Adyar

### Mandana Art Work

Javanthi Singaram, Inner Wheel Club of Madras got second prize for the Mandana Painting at National Rally, Udaipur.

'Mandana painting is a form of tribal art to be seen in Rajasthan and Madhya Pradesh. It is done on the walls and floor of the homes to ward off evil spirits and invite the blessings of gods. The surface is prepared by smearing clay, cow dung and water. The drawing is done with white chalk powder and red brick powder. I coloured the paper a



deep terracotta brown and painted traditional motifs including, peacocks, plants, geometric figures, borders and lines. In keeping with the theme of the Mission Mamta: Orphan Free India, I have included the joy of a mother and child playing with one another'.

Javanthi Singaram  
Inner Wheel Club of Madras





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# BEST WISHES



## RECIPES

### ANDHRA SPECIAL

PDC Padma Preetha Sumanth  
Inner Wheel Club of Madras Cosmos

#### 1. GONGURA THALIMPU

##### Ingredients

Gongura leaves- 1 Bundle  
Soaked Bengal Dhal- 50 GM's  
Green Chillies-8  
Brinjal-3  
Salt-2 tsp

Onion-2  
Oil-4 tsp  
Mustard-1/2 tsp  
Red chillies-2  
Garlic



##### Method

- Wash gongura well. Pat dry on a cloth and chop finely.
- Chop onions, chillies and brinjals.
- Heat oil in a pan, add mustard. After it splutters add green chillies, red chillies and soaked dal.
- Then add chopped onions and brinjals.
- Lastly add chopped greens, cook till done.
- Finally add salt. It will be moist curry.
- Can be eaten with chapathis and hot rice

#### 2. DONDAKAYALA OORMINDI

##### Ingredients

Ivy gourd-1/4 kg  
Cocounut-1/2 shell  
Tamarind paste - 3 tsp  
Salt -11/2 tsp  
Asafoetida -a pinch  
Turmeric powder -a pinch

Green Chillies-5  
Coriander - a sprig  
Curry leaves - a sprig  
Oil-2 tsp  
Red Chilly-1



##### Method

- Cube gourd into small pieces.
- Grind coconut, green chillies, salt, tamarind paste and coriander together.
- Take oil in a pan, add mustard, add ground paste along with hing, turmeric and red chilly. Switch off the flame.
- Now add the cubed gourd mix well along with Curry leaves.

**3. KANDIPAPPU PAKODA**

**Ingredients**

Soaked Toor Dal-1/4 kg  
Red Chillies-10  
Asafoetida- a pinch  
Oil - 1/4 kg for frying  
Turmeric - a pinch  
Cooking Soda - a pinch



**Method**

- Soak Toor dal. Later drain it well.
- Grind along with red chillies and asafoetida to a coarse texture.
- Add cooking Soda and turmeric.
- In hot oil, put the batter in the form of small pakodas.
- Fry on both sides till very crisp.
- Serve hot with green chutney.

**4. ULLAVA CHARU**

**Ingredients**

Horse gram ( kollu) - 200 gms	Garlic-6 Cloves	
Red chillies-12	Asafoetida	-a pinch
Cumin seeds -1/2 tsp	Turmeric-1/4 tsp	
Coriander seeds-1 tsp	Salt-2 tsp	
Pepper-1/2 tsp	Tamarind- 25 gms	
Fenugreek Seeds-1/4 tsp	Oil-4 tsp	
	Curry leaves	



**Method**

- Soak horse gram over night.
- Pressure cook the horse gram with water.
- In a pan add oil and fry the coriander seeds,cumin seeds, fenugreek,pepper and chillies.
- Then grind these together along with the boiled horse gram.
- Now take a big pan,add little oil, when hot add mustard,crushedgarlic,,curry leaves and some broken red chillies.
- Then add ground pulp (horse gram and masala) to the pan and bring it to boil with enough water
- Add tamarind pulp,salt and turmeric and see that it is thin like sambhar
- UllavaCharu is ready.

**5. MENTHIPAPPU KOORA**

**Ingredients**

Toor dal - 200 gms	Tamarind pulp - 4 tsp
Red chillies -15	Turmeric -A pinch
Fenugreek seed - 2 tsp	Salt - 2 tsp
Onions - 2	Sugar - 1/2 tsp
	Oil - 4 tsp



**Method**

- Fry fenugreek seeds, dal and red chillies in a pan.
- Then pressure cook it with enough water and onions.
- Then mash well and bring it to boil adding salt, sugar, tamarind paste and turmeric.
- Add water if necessary.
- Serve it with hot rice

**BUTTER COOKIES**

President Athilakshmi  
Inner Wheel Club of Bay City

**Ingredients \* Makes about 60 cookies**

250g unsalted butter at room temperature  
60g powdered sugar  
1 tsp vanilla extract  
250g flour (Maida)



**Method**

- Preheat oven to 350°F (180°C). Line 2 baking sheets with parchment paper.
- Place butter in a bowl and use a hand mixer to mix until creamy.
- Add powdered sugar and vanilla extract and continue mixing for another 12 minutes until the mixture becomes white and creamy.
- Using spatula incorporate flour into the butter mixture until completely combined.
- Transfer the batter into a piping bag fitted with a star tip.
- Form cookies on the prepared baking sheets.
- The dough can be rolled like a log in cling film and refrigerated for 30 minutes and then cut across in to 1 inch cookie.
- Bake for 10-12 minutes or until it begins to brown in the corners.
- Let the cookies cool completely on a cooling rack before serving.



## GUACAMOLE

Made of Avocado or butter fruit, is one of the healthiest fruits and is packed with multi beneficial vitamins, minerals, fibre and good fats. It's anti-inflammatory properties help reduce joint pains and is great for the skin. It complements salads, sandwich or as a dip with tortilla chips, is a great appetizer for parties.

### Ingredients ( Makes 2 Cups)

- Avocados - 2 ripe
- Finely chopped onion - ½ onion
- Finely chopped tomato - 1
- Finely chopped green capsicum - 2 tbsp
- Grated garlic - 1 tsp
- Finely chopped green chilli - 1
- finely chopped coriander leaves - 1 tsp
- Lime juice - 1tbsp
- Pepper- ¼ tsp
- Mayonnaise - 1tbsp (optional)
- Sugar- ½ teaspoon(if you dont add mayonnaise)
- Salt - 1 tsp



### Method

- Remove the pulp from the well-ripened avocados.
- Gently mash the fruit with a fork.
- Add the rest of the ingredients, one at a time. Taste.
- Refrigerate for an hour. Taste again for salt and lime.
- You can add more green chilli if you want a 'hot' version.

## CHOCOLATE MOUSSE

Low on sugar content, great on taste. Favourite among kids and elders.

### Ingredients

- Cooking dark chocolate - 400 gms
- Amul fresh cream - 400 ml
- Fresh orange juice - 1 tbsp
- Icing sugar - 75 gms
- Sprinkles to decorate



### Method

- Melt the chocolate and add luke warm fresh cream to it.
- Add icing sugar and add orange juice. Mix with spatula till smooth consistency.
- Refrigerate for 2 hours to set to firm consistency.
- Top with your favourite sprinkles.

## COOKIES and CREAM CHOCOLATE TRUFFLES

Jayashree Rajamani  
Inner Wheel Club of Madras Central

### Ingredients

- Oreo biscuits - 10-15
- Melted dark chocolate for dipping
- Melted white chocolate for tarrishing



### Method

- Separate the cream from the Oreo biscuits. Make into small balls. Keep aside.
- Crush the Oreo biscuits into fine powder.
- Add about 3 tablespoons of melted dark chocolate and make a dough. Chill for 10 minutes.
- Divide the biscuit dough into 15 balls. Place a cream ball inside the dough and re-roll to form a smooth ball. Make the rest of the balls thus. Chill for 10 minutes.
- Line a tray with parchment paper.
- Dip each ball in the melted dark chocolate. Place on the tray to dry.
- Drizzle the melted white chocolate with a spoon on the chocolate covered truffles.
- Let them dry for 5 minutes.
- Serve in cup cake liners. Easy and yummy dessert are ready to serve.

## KEWA DATSHI

This Is a vegetarian Bhutanese Dish. KEWA means POTATO and DATSHI means CHEESE

### Ingredients

- Potatoes - 3, peeled and sliced
- Onion - 1, peeled and sliced
- Tomato- 1/2, sliced
- Garlic - 3, peeled and sliced
- Green chillies - 5-6, slit

- Oil - 2 tbsp
- Salt - ½ tsp
- Cheese slices - 3
- Water - 1 cup
- Coriander leaves to garnish



### Method

- Heat oil in a large pan and salute the onions for a minute. Add tomatoes, garlic, green chillies, salt and water. Cover and cook for about 15 minutes, till the potatoes are cooked, but not mushy. Stir in between. Add the cheese slices. Cover and cook on a medium flame till cheese melts. Garnish with chopped coriander leaves. Serve with rice or chapathis,

## GREEN COIN

Manju Mohta (President)  
Inner Wheel Club of Madras Fort

\*Serving : 2

Ingredients	Filling
Bread - 4 slices (cut into round shape)	Pomegranate - 3 tbsp
Green split moong dal - 1cup (small size)	Paneer (grated) - 3 tbsp
Green chilli - 2nos.	Black pepper powder - 1 tsp
Ginger - a piece of 1"	(or as per taste)
Red chili powder - 1 tea spoon	Fresh chopped coriander leaves - 1tbsp
Garam masala - 1/2 tea spoon (optional)	Pinch of salt
Salt to taste	
Oil needed for frying	

### Preparation

- Wash&soak moong dal in a bowl for 1 hour.Drain the water completely &leave the dal in a colander (strainer) for a while until the water drains completely.
- Add it to a blender jar with green chilli &ginger & blend it to a smooth paste (without adding water).
- Transfer this to a bowl. Then add red chilli powder, garam masala & salt. Mix it properly & taste it to check the salt & spice, if needed add more.
- Next take another bowl & mix all the filling ingredients properly.

### Making green coin

- Heat oil in a deep pan.
- Now take one bread round slice & put filling on it and then cover it with other slice&press it lightly.
- Then dip it into the dal paste,cover it properly with paste on all sides & fry it in hot oil on medium high flame until it turns crisp.
- Place it on a kitchen tissue. Serve green coin hot with green chutney &tomato sauce.

Preparation time:15minutes

Cook time:10 minutes

Soaking time:1hour

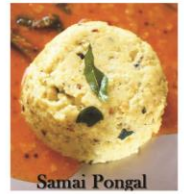


\*சாமைஅரிசிபொங்கல்\*

சாமைஅரிசி-----1 கப்

பச்சைப்பருப்பு---அரைகப்

தண்ணீர்-----5 கப்



Samai Pongal

தேவையானஅளவுஉப்புசேர்த்துசுக்கரில் 4

விசில்விட்டுவேகவைக்கவும்.ஆவிநீங்கியபின்சுக்கரைத்தி  
றந்துதாளிக்கவும்.

தாளிக்க:

நெய்அல்லதுஎண்ணெய் ,மிளகு 10, சீரகம்ஒருதேக்கரண்டி,

கருவேப்பிலை, இஞ்சிசிறுதுண்டுநறுக்கியது,

காரம் தேவைப்பட்டால் 1 பச்சைமிளகாய்நறுக்கியது,

மிளகுதூள்,

பெருங்காயம்தூள்சேர்த்துவறுத்துபொங்கலுடன்சேர்த்துகி  
ளறவும்.

சாமைபொங்கல்தயார்.

சூடாகசாப்பிடவும்.

நெய்யுடன்முந்திரிவறுத்துசேர்க்கலாம்.

தேங்காய்சட்னியுடன்சாப்பிடஅருமையாகஇருக்கும்.

உடல்ஆரோக்கியத்திற்கும்நல்லது.

நார்ச்சத்துஅதிகம்இருப்பதால்சர்க்கரைநோய்உள்ளவர்கள்,

உடல்எடைகுறைக்கவிரும்புவர்கள்அடிக்கடிகாலைஉண

வாகஎடுத்துக்கொள்ளலாம்.



Selvi Karunanidhi  
Inner Wheel Club of Chennai Thiruvanmiyur



Crystals are not just stones, but powerful healing tools. They are conduits of energy. So it makes sense to wear crystal jewellery instead of fancy jewellery!



## BRACELETS, NECKLACES, RINGS, EAR RINGS

## Aroma Products

Aromatherapy is the practice of using natural oils extracted from flowers, bark, stems, leaves and other parts of a plant to enhance physical & psychological well being!

### Sprays

- Room Sprays
- Meditation Sprays
- Linen Spray for good sleep
- Bathroom fresheners
- Chakra Sprays



### Roll-ons

- Inhalers
- Tummy Tamer
- Breath Easy

### Bathing Salts

### Mosquito Protection Cream



### Creams

- Face Cream
- Under Eye Cream



## THE HEAVENLY RENDEZVOUS

(The following conversation between two heavenly bodies is completely a figment of the imagination of the author. Any resemblance to a conversation between any two random females belonging to the Homo Sapiens race is highly coincidental.)

The moon was waning and waxing (pun intended, of course!!) eloquent about the earthlings' latest adventure (read *misadventure*) to her sister moon, *Deimos* lying close to the Martian planet.

They were catching up after a long gap of loneliness, which creeps in when they orbit in their respective trajectories. This time, they had crept in quite close to exchange their notes on *how life was treating them*.

The Earthling Moon was a 'cool and hep' kind compared to her Martian Sister Moon. "Remember, Buzz Aldrin and Neil Armstrong?!", she cried. "Remember how they left their star and stripes flag on my surface? But thanks to all my moon storms (mood swings), I promptly blew it away."

"There they go again! This time it is the beings related to the Indus Valley Civilization. They are hell bent on sending their monstrous pay loads and descending on my surface with a *rover* and a *lander*. What's more?! They even have an orbiter ready to constantly revolve (read spy on me!) around me and take snaps of me from every possible angle. Not a moment of solitude or privacy for me. These Indian guys are now hell bent on knowing me inside out. Well, I always liked to be a mystery - a woman - you know!"

"I preferred their ancient seers and sages who were also scientists. They just were able to see through the vast expanse of space by just meditating. These modern Indian kids are so childish that I heard they broke coconuts before their rocket launch. But, as luck would have it, they were unable to go ahead with their first scheduled launch."

The earthling moon's sister, the Martian moon gave her a look of utter despair and exclaimed "Your life is far more interesting than mine! You are at least the centre of attention. I know every mother on earth depends on you for her child's feeding session. All the poets belonging to the filmy world vouch by your name to describe the beauty of their heroines. Gulzar, Javed Akhtar (Shabana Azmi's husband) and the Tamil film's lyricist, Vairamuthu make a living out of you. Look! You are their bread and butter. No wonder they would love to know you inside out. These earthlings are so fond of you that, your waxing and waning dictates their calendar! But look at me. My Martian planet is aloof and so far away from me. There is no warm love pouring out for me. And, look at you, you are basking in all their attention."

It finally dawned on the Earthling's Moon, that she was indeed the luckier of the two, to have the Homo Sapiens race eternally courting her, wooing her and loving her. Taking her womanly charms to the fore front, she said, "What will I ever do without you, My Earth?"

On hearing this, her Martian Sister Moon gave her broad smile and bid her good bye. The sisters were again drifting away and both gave out a long melancholic sigh. It will be after a long time that the they will be able to meet again and exchange pleasantries.

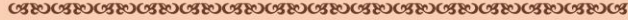
Meanwhile, the Earthlings down on Earth noticed an extra glow on their lady love's face. That set all their poets working and of course, their space research scientists were gaga over this.





(And yes! The latest news that the space research scientists of the Indus Valley civilization have successfully launched their lunar space vehicle has received a favourable response from the galaxy (pun intended!) of eminent bodies.)

**B.Jayanthi**  
**Vice President**  
**Inner Wheel Club of Chennai Aadya**



### SANITARY NAPKINS, NOT SO SANITARY

A woman enters a pharmacy, mumbles the name of a product to the guy at the shop. He then wraps it around in a newspaper and hands it over to her in a black bag. Well, you should've guessed by now what product I am talking about. Statistics says only 12% of Indian women use sanitary napkins. It is not the other 88% percent I'm worried about but the 12% who uses them. These sanitary napkins/ pads have become an imperative part of our life but with the taboo surrounding it, women don't often proactively discuss about its harmful effects. The role of a pad is to absorb fluid, no doubt, but have we ever thought about how such an ultra-thin pad can absorb the menstrual blood and store without leakage? No points for guessing that these pads are loaded with absorbent chemicals on the top, in between and at the bottom. One may ask, "I use only cotton pads, what harm can come out of cotton?" Unless the wealthy pad manufacturers use surgical cotton (used by doctors and surgeons) in the making, the cotton in your pad is harmful as well because of the cheap dyeing agents used to treat the cotton in order to reduce the manufacturing cost.

All these harmful chemicals that go in the making of these deadly pads can result in something as simple as an itching because of the fungal infection or can be really lethal as toxic shock syndrome. Infertility, poly cystic ovarian syndrome (PCOS/ PCOD), erratic menstrual cycles, hormonal imbalance are the well-known but ignored adverse effects of long term usage of these pads. This is a serious threat; this is a serious issue on hand. The future generation should not become a prey to these harmful chemicals.

The solution is to un-evolve, un-westernize and travel back to the pre modern era where hand washed cotton clothes have been used by our ancestors. As barbaric as it may sound, it's the easiest it can get. We need not necessary wrap up a cotton cloth and start using today. There are cotton cloth-pads available in the market but beware 'all that glitters is not gold'. Many of them are self-proclaimed cloth pads which still carry loads of chemicals. Break the taboo and start asking what goes into the making of the cloth pads.

"I love to have my periods", said no woman. While we can't do much about the bodily pain that comes with it, let us not self-inflict harm. Learn better and choose wisely.

**Shital Ram**  
**International Service Organizer**  
**Inner Wheel Club of Chennai Galaxy**

### SHARING LITTLE OF YOUR LITTLE

Have you ever heard about DOS movement. Here's my dear friend and our club member Jayanthi Karthikeyan, a science graduate of Mumbai University, who experienced fulfillment in networking with people for a social cause that needs attention.

She is the Coordinator of the DOS (Dal Oil Sugar) Movement, Chennai, since 1998, inspiring people to give and share a little of their little.

Sadguru Gnanananda Social Citizenry Award 2011 was conferred by Manava Seva Dharma Samvardhani Trust Chennai in recognition of her commitment and dedication in collecting dal, oil and sugar for the last twenty years.

The DOS (Dal Oil Sugar) Movement, Chennai is in its 21st year of service of giving nutritious meal to all the inmates of 37 NGOs in and around Chennai.

She is the founder of Reiki Sadhana Kendra, Chennai, and shares Reiki healing techniques with individuals.

Trustee from year 2012 of Sri Ramacharan Charitable Trust, Chennai, for implementation of Montessori Method of education in Kindergarten sections of fourteen Chennai Corporation schools, one Government school and seven Balwadis.

**Santhanalakshmi**  
**President**  
**Inner Wheel Club of Chennai Gemini**

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## RAY OF HOPE

Sara was so excited that she was on cloud nine. As she walked down the stairs, she wanted to shout out of joy. It had been two weeks since Sara had started taking a sun bath every morning around 7-7.30 am, as recommended by an alternate medicine physician. While sun bathing, she usually wears a small t-shirt and shorts.

Sara was the youngest among the ladies working in a reputed car showroom. Her hard and smart work was often appreciated and recognised. She never sat in one place for too long, as her job was quite demanding.

Six months ago Sara was down with a viral fever and all the tests proved that it was nothing fatal. However, Sara felt crippled by the severe body pain. She could neither sit nor walk nor sleep. Her entire body ached and a sudden onset of bone and muscle inflexibility had also set in. Sara felt helpless as she needed support to even climb stairs and she moved very slowly.

Sara was shocked and confused by her condition, worried whether she would ever return to normalcy. Over the period of a month, she switched the treatment over to an alternate medication. Another four months crawled by without much improvement. Finally, the treatment worked.

Sara could not believe the magic of sunlight containing vitamin D which rejuvenated Sara's physique and relieved her of all pain and discomfort and put her back in her routine. Nowadays Sara has a growing affinity for the morning sun and she spreads awareness about the sun's effect on man. Her recovery was possible thanks to the supreme power of the sun which is also worshipped as the Sun God in many cultures.

**Devi Mathimaran**  
Inner Wheel Club of Nanganallur



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*Photo Credit*

## ARE WOMEN REALLY EMPOWERED?

Are our Sitas and Draupadis really empowered in our modern India?

During the early and later Vedic period we are told that women were accorded a high place in the society. The present day situation in our country is a curious mixture of curse and blessing to the women.

The blessing of the whole scenario is that women of today's age be it in a rural or urban setting are "enterprising and empowered" compared to the previous generations. They are adept at exhibiting extreme "fortitude in adversity".

So we can declare that a modern day Sita would not require a 'Ram' to 'right' all the 'wrongs' of her life. Neither would a present day Draupadi need a 'Bheema' or an 'Arjuna' to avenge all her insults.

The women in urban and semi urban areas enjoy unprecedented success in their chosen field and are visibly contributing to the enrichment of our society. On the flip side, when a woman succeeds, she is unfairly judged by her 'role playing' capacity. She is expected to excel in the fine art of jugglery - juggling the role of a Mother, Daughter, Wife and the Career professional. Here we really wonder whether her so called "empowerment" is turning her into a robotic human with some womanliness still left in her - A WOMANOID perhaps.

So, are women *really* empowered?

She may be your mother, sister, wife, daughter, friend or colleague - Empower her by giving her the luxury of mind befitting a princess and always show her the courtesy befitting a Queen. For, she is the queen of the life that she nourishes and of her is the life so cherished borne on this Earth.

**B. Jayanthi**  
Vice President  
Inner Wheel Club of Chennai Aadya





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## TACKLING HAIR ISSUES THROUGH AYURVEDIC TECHNIQUES

Beauty has always been sought for by young and old, right from the beginning of time till today. In fact it has always had an upper hand, sometimes people sacrifice all other things including health for the sake of beauty. What needs the greatest attention is the “crowning glory” the hair, the attention grabber... which generally is the deciding factor of the final outcome of looks of the person!!

This beauty enhancer needs proper care and nourishment to retain its glory. Today a big chunk of shopping area is taken up by numerous products for hair from various brands national and international.. all competing in quality, packing fighting for attention. Its journey from oil to packs has come a long way to a diversified products from shampoos, gels, colouring agents, soaps, wigs, attachments and what not!!! The challenge for the user is identifying what is good and best for themselves, a Hercules task given the range to choose from.

Lifestyle and the non judicious usage of all kinds of stuff for the hair has increased the problems of hair and health. Hair fall, dandruff, dryness, thinning, splitting, greying are the common challenges all are generally facing.

Now a days lots of people have started having problems like scaling of the scalp. Starting from dandruff, it goes on to small patches of scalp becoming hard and thick, with white scales, leading to itching, and white flakes, causing it to be a challenging task to control, heal and tackle. The impact on the personality and day to day activity of the person is so much so that it affects the lifestyle and activities too. The person starts wearing light colour clothes as dark clothes shows off the flakes that keep falling. It is a great fight as the itch becomes difficult to handle in public.

One of the main reasons for the same is Psoriasis, a skin disease, which is found on the scalp too. This has its roots in the extreme dryness in a person, caused by his life style, food he eats, the care taken for the hair, the choice of the hair care products he uses, the frequency with which he changes the products and so on.

Tradition had people to oil the hair, every day, an oil bath once a week. Food used to be more balanced with lot of moisturisers ghee on every meal basis, snacks which did have some lubricating agents like oil once in a while. A lifestyle having less tension and less running hours to catch up with every thing to be in tune with the society. Even the young children under go the stress with pressure to be a top in everything, be a master of all, join all sports, classes, be a gizmo at all equipments available thus straining the eye and the mind to the maximum without nourishing the sense organs.

I would say all this started with the misinterpretation that all kinds of fat are cholesterol.. that too the “bad variety” oily fried food is a 100% no.., no oil for the head, no servicing the body with oil massages, food - a eat out of the box most of the time, causing it to be dry and so on...

All these cause a chain reaction causing excess dryness and heat in the body. The body is made up of five elements – the sky, wind, fire, water and earth. They come in pairs

Air and sky	come together	as “VATA”
Fire and Water	come together	as “PITA”
Water and Earth	come together	as “KAPHA”

Both vata and pita cause dryness and heat. All the above factors cause an increase in these factors causing the above disease.

### Signs to lookout for :

- . Dryness
- . Dandruff
- . Hardening of the scalp
- . Scaling at points single or multiple
- . itching
- . Difficulty in combing
- . May see some thick, blackish or dark spot on the skin too
- . Stress

### Tips & Precautions:

- Start applying oil – esp oil meant for dandruff and dry skin like Singaar Oil – ( For Dandruff) Oil for nutrition and softening of hair with a cooling herb like Singaar Oil (Hair Growth)
- Avoid spicy and sour food.
- Use Cows Ghee internally with food twice a day, at least 1 tsp each time. Its good cholesterol and need not worry about fattening effect.
- Resins are natural blood purifiers and 10 to 15 per day should help.
- Plenty of fruit juices, milk, tender coconut water, butter milk etc. Avoid dry and cold food.
- Do not keep changing the soap, shampoo, packs often
- Chemicals can be avoided as much as possible
- Curry Leaves are good for having Black hair and avoiding greying.
- Keeping the body extra het under check helps a lot.
- Plenty of juices, proper digestion, regular wash goes a long way to keep it healthy
- Some Common friends for hair are goose berry, Almonds, shikkakai, fenugreek, curry leaves, Shoe flower, Brahma, Bringraj, Aloe vera etc..

### Available Options for treatment.

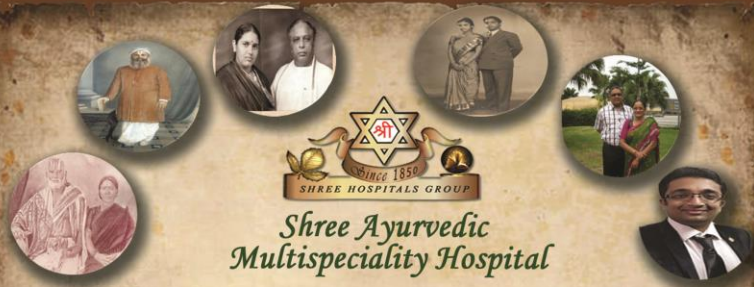
Ayurveda has a wonderful remedy for the same both internal and external. A special treatment program is available at Shree Hospitals.. where they have different therapies like packs, dhara, basti and other procedures which have amazing results. There are people who have been all over the world for treatment and have last come here and found results.

Know for treating problems from root level, these medicines help cure and prevent to a great extent.

Today lack of awareness of alternatives make people frustrated and bear lot of problems. Easy herbal Ayurvedic remedies, diets and treatments without any side effects are available. .

**Dr. Jayashree**  
**President**  
**Inner Wheel Club of Chennai United**





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Calories to count,  
Miles to walk and run,  
Diets to carefully watch,  
Exercises to physically exhaust,  
The battle against the bulge  
Has just now begun !

Exercise, yoga and Araimandis,  
Walkers, weights and bicycles,  
Acqua sports and jogging  
Through workouts sweating,  
In the battle of the bulge  
Many are the weapons !

Carrots and celery,  
Cucumber and greens,  
Sugarless coffee, tea,  
No fat, dry bread and chapatis,  
The battle to reduce the bulge  
Is hard on the tongue !

Doctors and physicians,  
Instructors and dietitians  
Sound dire warnings  
Of obesity and diseases,  
But in this battle, alas,  
bulge listens to none!

Four, three two, one,  
I'm learning my numbers  
Back to front.  
Burn energy to banish lumps,  
My battle against the bulge  
Is not so easily won !

Cholesterol and diabetes,  
Osteoporosis and hypertension,  
Gall bladder and kidney stones,  
Thyroid, bypasses and stents,  
The accumulation of bulge  
Causes everything under the sun !

Ice creams forbidden,  
Sweet is a sin,  
Bajjis and bondas  
Visions to imagine,  
The battle against clogged arteries  
Is food without fun !

The truth in conclusion,  
It's great to be plump,  
Generously endowed, chubby,  
Stocky or solid,  
My battle against the bulge  
Has long been forsaken !!

By Kalarani Sivasubramaniam  
Inner Wheel Club of Madras South

**"Let us always meet each other with smile,  
for the smile is the beginning of love"**

Mother Teresa

**Best Compliments from**

*Sailaja V Chalapaty*

## THE SUNFLOWER

Drawing energy  
From the sun,  
Blooming and beautiful!  
While you look  
Upto the sun in summer  
To blossom and shine  
You turn to your neighbour  
In the dark and cold weather  
Sharing and drawing  
Energy and life  
From one another!  
Dear Sunflower!  
You are the perfect example  
For survival instincts  
One must learn in life  
And a true definition  
For that peerless  
Symbiotic relationship!

## OUR EYES...

The photochromatic Gateway  
To life and to the outer world!  
They dispel darkness,  
Even after death....  
If only we have a heart  
Large enough to let another  
See the wonderful world  
Long after we are gone  
Let's donate them  
For a colourful vision  
To a couple of deserving  
Fellow human beings!  
And Who said there is  
No life after death?!

By **Sukanya Sriram**  
President  
Inner Wheel Club of Madras Midtown

## THE LITTLE MONSTER

There's a little monster in my house  
Its round and black with tiny horns  
Has sharp fanged teeth and a long curly tail  
Whimpers when it zooms around

A naughty creature curious and nosy  
It is still quite small and always hungry  
Rummages for food all over the home  
Salty or sweet, bitter or sour, go down its throat

One lone sock, a favourite belt, the last nachos left in the cover  
Wood or metal, rubber or plastic, it really couldn't care  
Brush or pencil, pen drive or pliers  
The homework book, ruler, one earring gobbled up within the hour

Once this sly thing sneaked into the kitchen  
As though by magic devoured all the cookies!  
No one has ever nabbed this culprit as it flits out and in  
Or solve the great mystery where everything goes missing!

By **Vidya Saranyan**  
Inner Wheel Club of Madras

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## Best Wishes

"The greatest self is a peaceful smile, that  
always sees the world smiling back."

- Bryant H. McGill

Nandini Sharath



## I AM RESPONSIBLE FOR MY HAPPINESS

*What lies ahead in life is a mystery*

*Past always remains a history*

*As present is the only reality*

*Decided to spend my days usefully*

*Many activities in the process of exercising*

*Gave new measuring to life and thus realizing*

*That no candle loses in light while lighting*

*Life also becomes more meaningful in giving*

*Then I started saving every day*

*Whatever little I have in our way*

*Either in cash or kind so as to stay*

*With God's blessing "Happy all the days"*

**By M Padmavathy, M.A., M.Ed., Dip. In Tel.  
Rtd. HM of KTCT GHSS  
Inner Wheel Club of Chennai Gemini**

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- \*Angel Card Reading for any situation
- \*Tibetan Sound Healing teaching, sessions for physical, mental, emotional healing & relaxation for one on one & groups
- \*Customised Healing mojo kit with healing aroma herbal soaps & oils, \*Healing candle and healing crystals
- \*All above healings are done both in person and distance

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- 1) Angel Guidance & Healing (Intense) - 2 Day Certification workshop  
You can become a Professional Angel healer and Angel card reader
- 2) Fifth Dimensional Chakra Meditation and Healing with the Angels - 1 Day  
Way to increase your vibration, evolve & advance your life. Step for Ascension
- 3) Know your Angels - 1 Day - For Children from 8 - 15 years  
A guide for children to recognise their Angels and get help from Angels in studies and day to day tasks.
- 4) Wonders of Unicorn - 1 Day  
Connecting with Unicorn the lovely Beings, recognise them and merging our power with them for healing and success
- 5) Karma cleansing with the Angels - 1 Day  
Releasing ancestral karma, our vows and past life conditions
- 6) Angel Card reading - 1 Day  
Become a professional Angel card reader which opens your path and guides you to open others' paths.
- 7) Crystal Healing - Advance - 2 Day - Certification workshop  
Utilising the high frequency and consciousness of the Mineral Kingdom for ourselves and others, professionally. Ancient healing power of Lemuria and Atlantis

- 8) Ancient Power of Atlantis - 2 Day  
Bringing back our own unrecognised power that we had during the Atlantis period of the highest technology
- 9) Ancient Lemurian Healing - 1 Day  
Lemurian age - prepared us for what we are now. Know and utilise these pure Divine energies for your life and planetary healing for self and for others
- 10) Abundance activation with Archangels Fifth Dimensional way - 1 Day  
Attracting and bringing abundance by increasing our own energy frequency & attitude
- 11) Step to Ascension with Archangels - 1 Day  
Working on our energies to prepare for Ascension frequencies with the help of Archangels, Masters and Elementals
- 12) Angel Rituals with Candle Magic - 1 Day  
Rituals are done by the help of herbs, fire element, Archangels & with all the Angelic energies
- 13) Make your own candle  
Its joy to have our own candles made for our Rituals, home use and for gifting options
- 14) Advance Level 1 Sound Healing - 2 Day with Certification from Academy of Sound Healing  
Learn the science and ancient art of Sound Healing.  
Different protocols on general ailments will be taught with hands on practice.
- 15) Sound bath Sound healing session one on one & group

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## इनर व्हील की तीन पीढ़ी - एक छत के नीचे

आज से करीब 36 वर्ष पहले में विवाह के बाद मद्रास आयी थी। उस समय मेरी सास इनर व्हील की वरिष्ठ सदस्य थीं। इनर व्हील से मेरा परिचय पुराना था परन्तु निकटता से मैंने मद्रास में ही देखा। मम्मी यानी श्रीमती सरला भार्गव इनर व्हील क्लब ऑफ मद्रास की 1972 से सदस्य थीं।

महीने के हर दूसरे बुधवार को मम्मी सवेरे से ही घर के काम जल्दी जल्दी निपटाना शुरू कर देती थीं। खाने में भी कुछ ज्यादा स्वादिष्ट व्यंजन बनते थे। नाश्ते का कार्यक्रम भी समय से पहले खतम हो जाता था। सवेरे के 10 बजे तक मम्मी एक कॉटन की सुंदर सी माइ लगी हुई साड़ी पहन कर अपनी गाड़ी खुद चलाते हुए निकल जाती थीं। रास्ते में अपनी सहेली रानी खरचे आंटी तो अपने साथ ले लेती। यदि कोई और भी कहता तो उनको भी साथ ले जाती।

उस समय अधिकतर मीटिंग घरों में ही होती थीं। सभी सदस्य आपस में मिल बॉटकर बारी बारी से खाने का एक व्यंजन लाया करती थीं। इस प्रकार जिस के घर मीटिंग होती उसे अधिक तामझाम नहीं करना पड़ता था। थोड़ी सी जगह में भी सब खुशी खुशी बैठ जाते थे - कुर्सी ना सही जमीन पर ही सही। घुटने के दर्द की किसी को शिकायत नहीं थी। शायद तब सब ज्यादा चुस्त दुरुस्त हुआ करते थे।

क्लब के प्रोजेक्ट सीधे और सरल होते थे। सदस्य अपने क्लब और अपनी मासिक मीटिंग को श्रद्धेय मानते थे। मीटिंग में न जाने का अपार दुख होता था। एक बार जो काम का बेड़ा उठा लिया वो पूरा करके ही मानते थे। मम्मी ने करीब 20 साल निरंतर हर महीने की पहली तारीख को क्लब द्वारा संचालित बालवाड़ी में 10 लीटर केरोसीन तेल भेजा - जब तक गैस का चूला नहीं आया। तेल का मूल्य कुछ अधिक नहीं था - सहराणीय थी उनकी लगन और कर्तव्यनिष्ठा। उस समय तेल राशन की दुकान से लेना पड़ता था।

ऐसी कर्मठ सदस्य से कौन प्रेरित नहीं होता ? उन्हें देखकर और प्रेरित होकर मैंने भी 1997 में उन्ही के क्लब में प्रवेश लिया। मम्मी ने तब तक आना कम कर दिया था। उनका ध्यान अब आद्यतिक क्रियाओं में अधिक था। सत्संग, शास्त्रार्थ में रुचि बढ़ गई थी। मम्मी के मिनट्स को तो मैं शुरू से ही बड़े चाव से पढ़ती थी। क्लब के करीब करीब सभी सदस्यों को जानती भी थी। कभी नएपन का एहसास ही नहीं हुआ। शौघ ही आई. एस. ओ. बन गयी और 2003-04 में प्रेसिडेंट का पद संभाला। मम्मी को बहुत खुशी हुई और मुक्त हाथ से उन्हींने आशीर्वाद दिया और कहा कि घर की फिक्र न करना, मैं हूँ। क्लब के नाम रोशन करो। इस आशीर्वाद के बाद मेरे पैरों में पंख लग गए।

11 वर्ष बाद डिस्ट्रिक्ट चेर मैंन बनी। इस पूरी यात्रा में हम सास बहू साथ साथ रहे। मम्मी ने हमेशा मुझे प्रोत्साहित किया। ऐसा प्रतीत होता था मानो मेरे माध्यम से उनके सपने भी साकार हो रहे थे।

तीसरी पीढ़ी मेरी बहु जेनॉन ने तो इनर व्हील क्लब ऑफ मद्रास नेक्सटजेन की सदस्यता शादी से पहले ही ले ली। हमारे लिए तो बहुत खुशी की बात थी। क्लब की अल्पआयु सदस्यों को काम करते देख बहुत ही आनंद आता है। आदर्श वही हैं, तरीके थोड़े अलग हैं समय के हिसाब से। समाजसेवा करती हैं और मनोरंजन भी। कभी कभी तो दोनों साथ में।

और तो और हमारे परिवार में चौथी पीढ़ी भी तैयार हो रही है। मेरी छोटी सी पोती मिराय 4.5 महीने की है। उन्मीद है कि वो भी अपनी पढ़ दादी, दादी और मा के पद चिन्हों पर चलके इनर व्हील की कर्मठ सदस्य बनेगी।

एक साथ रहने के कारण हम सब इनर व्हील के एक सूत्र में बंधे हुए हैं। मम्मी ने 84 की आयु में रिटायरमेंट ले ली थी परन्तु आज भी उन्हें क्लब में पूरी रूचि है और सम्पूर्ण जान है।

इनर व्हील अपने सदस्यों की रंग रंग में बसा है और घर में भी - ऐसा हम तीनों का मानना है।

सीमा भार्गव  
पी डी सी  
इनर व्हील क्लब ऑफ मद्रास  
डिस्ट्रिक्ट 323

Seema Bhargava  
Past District Chairman  
Inner Wheel Club of Madras  
Inner Wheel District 323

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"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy"

Rabindranath Tagore

Anathi Narayanan  
District Treasurer 2019-20  
District 323

## तलाश

भाग 1

उस दिन घर लौटकर भी  
याद तुम्हारी ही आती रही  
खाना, पीना और सोना  
यही बातें सताती रही।

जैसे हमारी तलाश हो तुम,  
हमारे हर सवाल का जवाब हो तुम।

क्यों ना रोक पाई मैं खुदको  
हर शाम तुमहे मलिन के दूंदती थी बहाने  
सुकून मलित्ता था खुश देखके तुमहे  
सोता देख बैठी रहती थी तुम्हारे सरिहाने।  
जैसे हमारी तलाश हो तुम,  
हमारे हर सवाल का जवाब हो तुम।

कतिने दिन, रात और कागज़ लगे  
तुमहे अपने पास लाने में  
हसिसा हमारा बनगए तुम  
इतनी खुशी मलित्ता तुम से जुड़ जाने में।  
जैसे हमारी तलाश हो तुम,  
हमारे हर सवाल का जवाब हो तुम।

जब दुपट्टा मेरा अटका था  
तुम्हारी नन्ही उंगलियोंसे  
प्यार होगया मुझे तुमसे  
तगा बने हो तुम सरिफ हमारे लरि।  
जैसे हमारी तलाश होतुम,  
हमारे हर सवाल का जवाब होतुम।

नाता जो जुड़ा तुमसे, पूरा हुआ हमारा परविर  
हर बच्चे को घर मलि अंगर सब करे थोड़ा सा वचिर  
ना रहे कसिकी ममता अधूरी  
चलो करे हर बच्चे की इच्छा पूरी।  
हां हमारी तलाश हो तुम  
हमारे हर सवाल का जवाब हो तुम।।

भाग 2

देखे हैं हमने कई परविर  
मनाते हैं हमारे साथ कई त्योहार  
देते हैं हमें कई उपहार  
फरिरी कुछ खलता हैं हरबार।  
जैसे हमारी तलाश हो तुम,  
हमारे हर सवाल का जवाब हो तुम।

मठिई, खाना, कपड़े और खलिते  
बाटते हैं कई अच्छे जन  
इन सबके मलिते पर भी  
क्यों ना भरे हमारा मन।  
जैसे हमारी तलाश हो तुम,  
हमारे हर सवाल का जवाब हो तुम।

कभी साल में एक बार  
मनाए हम भी अपना जन्मदिन  
बने हम भी उस दिन के सुपरस्टार  
कटे ना एक भी शाम इस इच्छा बनि।  
जैसे हमारी तलाश होतुम,  
हमारे हर सवाल का जवाब हो तुम।

हो मां का हाथ हमें सहलाने  
बैठे पापा हमारे सरिहाने  
दादी, ननी की कहनयिं हो भरपूर  
भाई बहन से जगडा भी हैं मंजूर।  
जैसे हमारी तलाश हो तुम,  
हमारे हर सवाल का जवाब हो तुम।

हो परविर का साथ और ढेर सारा प्यार  
इस के बदले में कुछ भी देने को हम हैं तैयार  
नता जोड़ी हमसे, बजो हमारे नाथ  
परविर दो हमें, छोड़ो ना हमें अनाथ  
हां हमारी तलाश हो तुम  
हमारे हर सवाल का जवाब हो तुम।।

- शीतलसतीष  
Sheetal Satish  
Inner Wheel Club of Chennai Symphony

## परचिय

परचिय

जदिंगी की उठा पोहमें  
नजाने मेरा वजुद कब धीरे धीरे  
धूमलि होता चलता गवा  
नटखट बचपन, अलहाड जवानी की  
थो खूसूलत यादें, नजाने कब  
करतव्य्यों की परतों से ढकती चली गई  
आज जीवन के इस पड़ाव पर,  
फरि कसिी ने आकर, मेरे मन के दरवाजे पर दस्तक दी  
और मुझे एक बार  
फरि से पख दे उडना सखिया  
कोटिकोटि पूरणाम हे उसे  
जसिने एक बार फरि  
मुखसे मेरा परचिय कराया  
वह कोई और नहीं बस  
हमारा प्यारा इनर वील ऑरगनाइजेशन

-मंबुकोहला (पोसिडिंट)  
इनर वील क्लब ऑफ मद्रास फोर्ट)

Manju Mohta  
Inner Wheel Club of Madras Fort



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*"Knowledge is the wing wherewith we fly to heaven".  
William Shakespeare*



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## “நம்மால் முடியும் சினேகிதிகளே”

நாம் ஒருவர் பல ஆயிரம் அணங்குள்  
நாம் கூடி செய்யும் செயல்கள் சோடையோடுமா ?  
சினேகிதமே நமது பலம் சினேகிதமே நமது நோக்கம்  
சினேகம் கொடுக்கு பயன்பாடுகளோ ஏராளம் ஏராளம் !!!

எமது செயல்பாடுகள் யாதென்று கேட்பீரானால்  
கருத்து பரிமாற்றம், சினேக, தியாக, மனபான்மை  
மட்டும் அல்லாமல் கேளிக்கைகளுக்கு பஞ்சசமில்லாது இடமுண்டு  
இதுவே எங்களது பலம் இதுவே எங்கள் வெற்றி !!!

எனது தேவை முடிந்தது நீ பெற்றுக்கொள் என்று கொடுப்பவரும்  
எனக்கு தேவை என்று பெற்றுக்கொள்பவரும்  
எனக்கும் தேவை என்று பெறபோகிறவர்களும்  
மகிழும் எங்கள் நோக்கத்தினை உலகளிய கொட்டு முரசே !!!

நூலகத்திற்கு புத்தகங்களா, உடுக்க உடுப்புக்களா,  
விளையாட விளையாட்டு பொருள்களா, கற்க கணினிகளா  
முதியோரின் தேவைகளா, மருத்துவ உதவிகளா,  
எது வேண்டும், எப்பொழுது வேண்டும் எங்கே வேண்டும்.

யாருமிருக்கிறோம், எங்களது உதவிகரங்கள் எண் திசையிலிருந்தும்  
நீளும், இதுவே எங்கள் பலம், எங்கள் வெற்றி.  
இன்னர்வீவின் இந்த தொண்டாள்வம் ஒங்கவென்று  
கொட்டு முரசே! கொட்டு முரசே !! கொட்டு முரசே !!!

இறைவா அணங்குகளாகிய நாங்கள் வேண்டுவதெல்லாம்  
அவளியில் மேன்மேலும் உதவ ஆர்வத்தையும்  
தொண்டு மனபான்மையைவும் வழங்கிவிடு.  
கொட்டும் முரசு பலமாக ஒலிக்கட்டும்  
இன்னர்வீவின் தொண்டாள்வம் வளாட்டும்!!!

**PDC Rama Rajagopalan  
Inner Wheel Club of Madras**

## முதுமை நோய் அல்ல அது ஒரு பருவம்

“முதுமை உணர்வை பொருத்தது, வயதை பொருத்தது அல்ல”

பழைய விறகு எரிப்பதற்கும், பழைய ஓயின் குடிப்பதற்கும் பழைய நண்பர்கள் நம்பிக்கைக்கும், பழைய எழுத்தாளர்கள் படிப்பதற்கும் நன்மையானவை. இந்த அவசர உலகத்தில் நமக்கு முதியவர்களை பற்றி சிந்திக்க கூட நேரம் இல்லை. எல்லாருமே அவர்கள் தான். சாப்பிடும் உணவில் இருந்து போடும் உடை வரை அனைத்தும் ஆயத்த பொருட்கள் தான். என்னை பார்த்தாலும் சரியான நேரம் இல்லை. இதில் பட்டி, தாத்தா எல்லாம் எங்கே சென்று பார்ப்பது என்னும் தலைமை தான் இப்போது. ஆனாலும் இன்றைய கால கட்டத்தில் முதியவர்கள் ஆதரவும் முடியாதவர்கள் எனில் அவர்கள் பாடும் திட்டமிடல்கள் தான். ஏனோ தெரியவில்லை முதியோர்களிடம் நமக்கு சகிப்புதன்மை என்பது சிறிதும் கூட இருப்பதில்லை. அவர்கள் கேட்கும் கேள்விகளுக்கு சரிபெரும் வார்த்தைகளுக்கு சரி மதிப்பு கொடுப்பது கூட இல்லை.

கண் பார்வை குறைபட்டு, கேட்கும் திறன் குறைந்து, கை கால்கள் செயல் இழந்து, உள்ளூறுப்புகளும் செயல் குறைந்து, ஒவ்வொரு நாளும் தன் முடிவை எதிர்பார்த்தும் முதியோரின் நிலை, கடவுளே இன்னும் என்னை ஏன் உயிருடன் வைத்திருக்கிறாய் என்னும் அவர்களது வாய்விட்ட பிரார்த்தனைகளும் எந்த நெஞ்சையும் உரையச் செய்யும்.

அந்த நேரத்தில் அவர்களுக்கு வேண்டியதெல்லாம், ஒரு சொல், கனிவான ஒரு பார்வை, நேசமிடு ஒரு திட்டம். இது தவிர வேற என்னவாக இருக்க முடியும். அதை செய்யவாபா நாம் முன் வரக்கூடும். இயன்றவரை பல் இல்லாதவரிடம் பேச முயற்சி செய்யுங்கள். உங்கள் மகிழ்ச்சி பன்மடங்காகும். அது குழந்தைகள் ஆனாலும் சரி, முதியவர்கள் ஆனாலும் சரி.

நமக்கும் ஒரு காலத்தில் முதுமை வரும். அப்போது நம்மை அடுத்தவர் இப்படி நடத்தினால் நமக்கு எப்படி இருக்கும் என்பதை சிந்தித்து முடிந்த வரை முதியவர்களுக்கு நம்மால் ஆன உதவியாக அவர்களுக்கு சரித்த நேரம் செலவழிப்போம். அவர்களை மகிழ செய்யோம்.

முதுமைக்கு

காது கொடு

கை கொடு

கண் கொடு

தோல் கொடு

மனம் கொடு

முதுமையில்

மகராசனாய்

மகராசியாய்

வாமனாடு

நீயும் நன்றாய்

வாழ்த்திடுவாய்

மனமின்றி செய்தாலே மனம் மகிழும் அவர்களுக்கு, நம்மால் முடிந்ததை செய்தால் அந்த முதியோரின் ஆதி உதவி முடிவு வரை வரும். முகத்தில் கருக்கங்கள் விழலாம். ஆனால் இதுயந்தில் என்றுமே கருக்கம் விழக்கூடாது.

**SIVAKUMAR**

**Inner Wheel Club of Chennai Gemini**



## மங்கையரின் மகத்தான சேவைகள் !

சக சேவை செய்ய

ஒன்று கூடினோம்!  
நல்லதோர் உலகம் இங்கு –  
மலர் வதைக் காண்போம்!  
துன்பங்கள், துயரங்கள் குறையும் !  
துடிப்பவர் நெஞ்சில்  
இன்பங்கள் நிறையும் !  
மங்கையர்கள் சங்கமது சேர்ந்தால் -  
மகத்தான சேவைகள் நாம் செய்யலாமே !  
இன்னர் வில் செய்யும்  
தொண்டுகள் இவையே !  
ஒன்று நாம் சேர்ந்தால்  
சேரும் பொற்குவையே !  
ஏழைகள் கண்ணீர் துடைக்கும்  
ஏந்திறை மங்கையர் நாமே!  
இயற்கைப் பேரிடர்கள் நேர்சிற்ற  
பேது -  
கொடை கொடுக்கும் வரிசையிலே  
முன் நிற்போம் நாமே !  
அன்பு, கருணை, இரக்கம்  
இவற்றின் ஜீவ உணர்வுக்கள் நாமே!  
ஆதரவு இல்லாத குழந்தைகள் நம்மை  
ஆதரிக்க முன் வரும் ஆச்சிகள் நாமே !  
நற்பென்படிர் ஒன்று சேர்ந்தாலே  
நல்லவை எல்லாம் நடந்திடும் பாரில் !

GEETHA LAKSHMI GURUSWAMY  
Inner Wheel Club of Chennai Rainbow

## இணைந்தால் இயலும்

சின்னஞ்சிறிய நீர்த்துளிகள்  
சேந்தே பெரிய ஆறாகும்  
வண்ணம் மிகுந்த நவமணிகள்  
வடிவாய் இணைந்து நகையாகும்  
பென்னம் பெரிய கல்லெல்லாம்  
பலகைகள் இணைய சிலையாகும்  
எண்ணம் பிறந்த எழுதெல்லல்லாம்  
கலந்தே சிறந்த நூலாகும்  
இன்னும் இதயப்பிணைப்பாய்  
இணைந்தால் உலகம் ஒன்றாகும்  
கண்ணும் இமையும் போல்  
பிரியாத கருத்தின் போக்கால் நன்றாகும்  
விண்ணும் மண்ணும் உறவாக  
இணைந்து உழைத்து உயர்வோமே!  
மண்ணில் விதையாய் நாமிருக்க  
மனங்களில் மாற்றம் துளிராக  
நல்லவை விளைவாலை நலம் தரும்;  
புவி பயணமும்  
மின்னல் இடிபோல் சோதனைகள்  
மழையின் வரவால் மறைவது போல்,  
கண்ணும் கருத்தும்  
கவிஹுற இணைந்துவிட்டால்  
மண்ணில் புகழ் ஓங்கும்!  
கல்லும் கனியாகும்!  
உலகமே வியந்து நோக்கிய  
சந்திராயன் நிகர்த சாதனைகள் வசமாகும்  
பலகைகள் இணைவதின்  
பெருமை உணர்ந்தோமே!  
விண்ணும் மண்ணும் உறவாக  
இணைந்து உழைத்து உயர்வோமே!  
சிறுசிறு துளிகளாய் தேனீக்களின் சேகரிப்பு,  
இனிய அடையாய் நாவில் கவை கூட்டும்  
சிறுமலர்ப் பூக்களும் நேர்த்தியான தொடுப்பால்  
அழகுச்சரமாக வடிவெடுக்கும்  
சிறு செடிகளும் உழைக்கும் கரங்களின்  
பரமஸிப்பில் மரங்களடர்தே தோப்பாகும்  
சீரிய ஸ்வர்களின் சேக்கையில்  
மனம் மயக்கும் உன்னத இசை உருவாகும்  
ஒன்றுபட்டு உழைத்தால்  
உயர்வு என்று அறிந்தோம்...  
விண்ணும் மண்ணும் உறவாக  
இணைந்து உழைத்து உயர்வோமே!

Chandrika Rajaram  
Inner Wheel Club of Madras Central Aadithya

## முதல் காதல்

மனம் மலர்ந்தது புதிதாக பூத்த மலராக  
அவள் பார்வை பட்டபோது  
இமைகள் துடித்தது அலைகளோடு துள்ளிய மீன்களாக  
அவள் கண்கள் கலந்த போது  
சிலிர்த்தது மேனி வெண்பளி துளிகளாக  
அவள் விரல்கள் பட்டபோது  
சிவந்தது கன்னம் சூரியனின் செங்கதிராக  
அவள் இழைகள் பட்டபோது  
சிறகடித்தது இதயம் காதல் பறவையாக  
அவள் உள்ளத்தில் அமர்ந்தபோது  
வாள்ஜாலமாக வாள்வில்லே மிதந்து வந்தது  
அவள் கரம் பற்றிய போது  
மின்மினிகள் கண் சிமிட்ட தென்றல் காத்தோடு பேசிட  
அவனுள் கலந்தான் தேவதையாக  
இந்த காதல்  
நீந்துகிறது வாழ்க்கை கடலில்  
வாழ்த்துவோம் நாம்.

Shanthini . P  
Inner Wheel Club of Chennai Presidency

## பார்த்தாயா நம் தமிழ் மொழியின் அருமை!

Doctor - வைத்தியநாதன்  
Dentist - பல்லவன்  
Lawyer - கேசவன்  
Financier - தனசேகரன்  
Cardiologist - இருதயராஜ்  
Pediatrist - குழந்தைசாமி  
Marriage Counselor - கல்யாண சுந்தரம்  
Ophthalmologist - கண்ணாபிரம்  
ENT Specialist - நீலகண்டன்  
Diabetologist - சக்கரபாணி  
Nutritionist - ஆரோக்கியசாமி  
Magician - மாயாண்டி  
Painter - சித்திரகுப்தன்  
Land Scaper - பூமிநாதன்  
Barber - சுவிரிராஜன்  
Makeup Man - சிங்காரம்  
Driver - சாரதி

“காய்கறிகள் பலவிதம்....!”  
காய்ச்சல் வந்த காய் - “சு” க்காய்  
பரிதாபமான காய் - “பாவ” க்காய்  
இரக்கம் மிகுந்தது - “சுருணை” கிழக்கு  
மறையும் உதவும் காய் - “குடை” மின்காய்  
போதை தரும் காய் - “பி” க்கங்காய்  
போலிசூக்கு பிடித்தது - “பீட்” ரூட்  
அசைவ காய் - “முட்டை” கோல்  
எங்கும் நிற்காத காய் - “தேய” காய்  
முருகனுக்கு பிடித்த காய் - சர்க்கரை “வள்ளி”  
குத்தும் காய் - “முன்” எங்கி  
அரசனுக்கு பிடித்தது - “சேனை” கிழங்கு  
ஒன்றுமே இல்லாத காய் - “காலை” ஃபென்வர்  
சனி பகவானுக்கு பிடித்தது - பூ “சனி”  
வீட்டை திறக்க உகந்தது - “சீ” ரரை...

இதனல்லதானுங்க தமிழ் செம்மொழி.....

E.Latha  
Inner Wheel Club of Chayyar



## தனித்துப் போகிறான் மனிதன் ....

காலையில் எழுப்பிட அப்பா வேண்டாம் Alaram App இருக்கு !

நடையபிற்சிக்ரு நன்சண் வேண்டாம் Step Counter இருக்கு.

சமைத்து தந்திட அம்ம வேண்டாம் Zomato, Swiggy App இருக்கு.

பயணம் செய்ய பேருந்து வேண்டாம் Uber, OLA App இருக்கு

விலாசம் அறிய டீ கடைகாரரும், ஆட்டோ ஓட்டுனரும் வேண்டாம் Google Map இருக்கும்

துணி, மணிகள் வாங்க கடைத் தெரு போக வேண்டாம் Amazon, Flipkart App இருக்கு

நேரில் சிரித்து பேசிட நன்சண் வேண்டாம் What's App, Facebook இருக்கு !

மற்றும் பல தகவலுக்கு நம்ம Google டிமாஸ் இருக்கு. இப்படி தனித்து வாழ்ந்திட அனைதையும் இருக்கு App என்னும் ஆப்பு.

விளித்திருப்பதோ ிள முடியாத வலைதளம் சிக்கிக் கொண்டோம் பூச்சிகளாய் !

விழித்தெழுந்து விடை கொடு ! சொல்லிள அடிமைகளாய் இல்லாமல் உறவுகளோடும் சேர்ந்து நல்ல வலை பின்னுமோம் !

## ஹைக்கூ கவிதைகள்

சில காயங்கள்  
"மருத்தால்" சரியாகும்  
சில காயங்கள்  
"மறத்தால்" சரியாகும்

மனிதனுக்கு "பிச்ச்சனை" அதனால்  
கடவுளுக்கு "அச்ச்சனை"

"வறுமை" வந்தால்  
வாடக்கூடது  
"வசதி" வந்தால்  
ஆடக்கூடது

"வண்ணங்களில்"  
இல்லை வாழ்க்கை  
மனித "எண்ணங்களில்"  
உள்ளது வாழ்க்கை

"கடனாக"  
இருந்தாலும் சரி  
"அன்பாக"  
இருந்தாலும் சரி, திருப்பி  
செலுத்தினால் தான்  
மதிப்பு.

உன்னை எப்போதும்  
"சுருக்கமாக"  
பேசப்படுகிறது  
பொய் எப்போதும்  
"விளிவாக"  
பேசப்படுகிறது

ஆயிரம் பேரைக்கூட  
"எரிந்தது" நில  
ஒருவரையும் "எதிர்பார்த்து"  
நிற்காதே.

"வீரன்" சவதே  
இல்லை  
"கோழை" வாழ்வதே  
இல்லை

வியாவை துளிகள்  
"உப்பாக" இருக்கலாம்  
ஆனால்  
அவ்வை வாழ்க்கையை  
"இனிப்பாக" மாற்றும்

E. Latha  
Inner Wheel Club of Chayyar

## தன்னம்பிக்கை

இந்த மண்ணுக்குள் நித்தம் நித்தம் எதைத் தேடி

தேடி நாம் சந்தன மரங்களாய் தேய்கிறோம்?

தீராத சர்ச்சைகளைத் தேதி பேசி வினாக்கிறோம்.

திருத்த முடியும் என்று எண்ணம்,

தோற்றுப்போன வாழ்வில் வெள்ளி என்று ஒன்று உண்டா?

தோள் கொடுக்க இனி யார்? என்று முடங்கினால்

தோல்வியாகும் முயற்சி

துவளாமல் உன் தோள்களைத் தட்டிக் கொடு.

துள்ளி எழுந்து தன்னம்பிக்கையோடு முயன்று பார்?

தூரத்தே வெள்ளி நுனிள தெரியும்

தாயவள் வயிற்றில் உருவாக சிக தாயின் உந்தகளால் வெளியே,

தேர்ந்தெடுத்த முட்டை ஒன்றை மெல்லிய கரண்டியால்,

தட்டி சேதாரமின்றி உடைப்பாய் அது கொலை

தானிட்ட முட்டையை அடைகாக்கும் பரவை. ஆனால்

தன் அலகால் கொத்தி தானே வெளிவரும். இங்கு

தன்னம்பிக்கை தலை தூக்குகிறது. ஒரு விதையை

மண்ணில் விதைத்துப்பாய். அது முட்டி மோதி வெளியே

தன் தலையை நீட்டுகிறது. இது தன்னம்பிக்கை

தலை சாய்த்து முளைத்த விதையைப் பார் - தீயே

தெளிவடைவாய், இச்சிறி விதையின்

தைரியம் நமக்கில்லையே என்று உள்ளுள் -

தட்டி எழுப்பி தன் நம்பிக்கை என்று விதையை.

தாகம் கொண்டு ஏங்குவாய், ஏழை வயிற்றில் பிறந்ததற்கு.

தரணியில் பணம் படைத்தவன் யாரும் பணக்காரன் இல்லை

தன் நம்பிக்கையோடு நல்ல மனம் இருப்பின் போதுமானது.

தன்னம்பிக்கையில் நாட்டம் கொண்டால் நாட்டை ஆளலாம்.

Kanchana Raman  
Inner Wheel Club of Nanganallur

## தண்ணீரின் கதை கேள்!

மலை, மரங்கள், செடி, கொடி தழுவியோடி அருவியென பொங்கி, நதியென வளைந்து இனிக்கும் நீராய் குளம், ஏரி நிரப்பி மதகு வழியிறங்கி, மடுவு நடுவில் ஓடி வயல்வார்ப்பு சேர, மலிழ்ந்து கூத்தாடின பயிர்கள் மண் பாணையில் என்னை முகந்தபோதும் பித்தளை குடத்தில் நான் தெனும்பியபோதும் வெள்ளிக்கலசத்தில் நிதானித்து அமர்ந்தபோதும் என் பண்பு மாறவில்லை ஒரு போதும் பிடித்து என்னை தொட்டியில் அடைத்து வைத்தீர் நானோரடிஸ் கொக்கங்களுக்கு அடைக்களம் கொடுத்தேன் என்னில் மருந்தைத் தெளித்தீர், டிவைத்தீர் குளம் மாறிவிட்டேன் இப்போது - ஆம் என்னை அள்ளிப்பருக முடியாத குடிநீரானேன் நான் இல்லாமல் போன நாட்களில் தான் என் அருமை தெரிந்தது பலருக்கு நான் இருந்து போன நாட்களில் தான் என் பலம் புரிந்தது பலருக்கு நிறமில்லாத, மணமில்லாத, உருவமில்லாத என்னை பழு புல் பூண்டு பூச்சி அணைத்தும் இறையென நேசம்செய்ய - நான் ஓடி வரும் வழி அடைத்து -பல நிறந்தையும், மணத்தையும், உருவத்தையும் என்னில் கலந்து -மனிதர்! என்னை கழிவென நாசம் செய்வதோனோ!!!

Jamuna Rani  
Inner Wheel Club of Nanganallur

## சிறுகதை தலைப்பு : “வீடல் சும்மா தான இருக்க”

எல்லோரும் கூறுகின்ற இந்த வார்த்தையை இப்பொழுது குழந்தைகள் கூட சொல்ல ஆரம்பிச்சுட்டாங்க.

“நீ சும்மா தான மா இருக்க  
இது செஞ்சி குடுத்திடுமா”

எல்லோரும் சொல்றது போல ஒரு நாள் சும்மா இருந்தா என்ன? ன்னு தோணுச்சு. அவரவர்க்கு தேவையான உணவுகளை சமைத்துக் கொடுத்து விட்டேன். இன்றைக்கு சும்மா இருப்போம் என்னதான் ஆகும் பார்ப்போம் என முடிவு செய்து விட்டேன். மாலை கணவரும் பசங்களும் வீட்டிற்கு திரும்பினார்கள். “அம்மா பசிக்குது மா... ஏதாவது எடுத்துட்டு வா மா”, “எனக்கு தலை வலிக்குது ஒரு காபி போட்டு தா மா” என்று சொல்லிக் கொண்டே உள்ளே நுழைந்தவர்களுக்கு ஒன்றும் புரியவில்லை.

வாசல் முழுவதும் குப்பையால் நிறைந்து இருக்கிறது. வீட்டின் உள்ளே சென்றால் காலையில் செல்லும் பொழுது இரைத்த பொருட்கள் எல்லாம் கீழே சிதறி இருக்கின்றன. காலையில் துடைத்த ஈரமான துண்டுகள் அணைத்தும் நாற்காலியில் கூளமாக இருக்கின்றன.

வூ பால்டி செய்யும் டப்பா திறந்தே இருக்கும். தலைக்கு தடவும் ஜெல்லும் ஓபன் பண்ணி இருக்கு. விளையாட்டு பொருட்கள் இரைந்து கிடக்கின்றன. சீருடைகள் தோய்க்காமல் அப்படியே போடப்பட்ட இடத்தில் இருக்கின்றன. அழுக்கு துணிகள் அசிங்கமாய் தொங்கிக் கொண்டு இருந்தன.

ஒன்றும் புரியாமல் பதற்றத்துடன் மாயில் உள்ள அறைக்குள் சென்றார்கள். “என்னடி ஆச்சு உனக்கு? வீடு ஏன் இப்படி இருக்கு? அம்மா என்ன ஆச்சு மா உனக்கு? பதட்டமான கேள்விகள். “நீங்க எல்லோரும்தான் சொல்லிவிட்டு போனீங்க “வீடல் சும்மா தான இருக்கன்னு”. அதான் சும்மா இருக்கலாமனு!. கணவனுக்கு தன் தலமு புரிந்தது. அவ எதுவும் செய்யவில்லை என்றால் வீடு வீடாகவே இருக்காது. “என்னை மனிதத்து விடு” என்று கூறினார்.

பிள்ளைகளும் தம் தவறை உணர்ந்து “அம்மா மன்னிச்சிடுமா, இனி அப்படி சொல்ல மாட்டோம். நீ இல்லலை வீடு எப்படி இருக்கும் தெரிஞ்சுகிட்டோம். இனி எப்பொழுதும் தன் மனைவியை பிள்ளைகளிடமோ, வெளி ஆட்களிடமும் தாழ்த்தி பேச மாட்டேன் என்று மனதிருள் ஒரு முடிவு எடுத்தார்.

நீ இங்கேயே இரு. நா போய் உனக்கு காபி போட்டு எடுத்துட்டு வரேன்” கணவர் கிளம்பினார். யாரும் எதுவும் செய்ய வேண்டாம், எல்லோரும் போய் டிவி பாருங்க. நான் பத்து நிமிடத்தில் உங்களுக்கு கேசரி செய்து தரேன் சாப்பிடுங்கள்” என்றார்.

மனதில் சந்தோஷத்துடன் சமையல் அறைக்கு சென்றார். இதுதான் அம்மா அம்மா ஒரு வரம்.

E. Latha  
Inner Wheel Club of Chayyar



# தொங்கு தலைமுறை

- சிறுகதை, பொற்கொடி.



வெழுகும் போல் அவள் (ரகு) கடலுக்கு முதுகைக் காட்டிக் கொண்டும், அவள் (சுமதி) கடலை பார்த்துக் கொண்டும் அமர்ந்திருந்தார்கள். காப்பியை பருகிக்கொண்டே சுமதி சொன்னாள் :

“எனக்கு உன்னை பிடித்திருந்தது; பெயர் இல்லை. என்னைப் பெண் பார்க்க வந்த அன்று, நீ அணிந்திருந்த ஆகாய நிறச் சட்டை, வெள்ளையாக நீ சிரித்தது, இயல்பாக என் அப்பாவிடமும், அம்மாவிடமும் பேசியது, நல்ல காப்பி எதுவாக இருக்க வேண்டும் என்று என் அம்மாவுக்கு நீ வகுப்பு எடுத்தது, அதைக் கேட்டு இயல்புக்கு மேல் அம்மா ஆச்சரிப்பபட்டது. குழந்தைகளின் படிப்பு பற்றி விசாரித்தது (அவர்கள் வாங்கிய மார்க்குகள் பற்றி விசாரித்தது தேவையில்லை என்றாலும்) எல்லாம் பிடித்திருந்தது தான், விட்டு

மறுஷன் மாதிரி விலகல் இல்லாமல் நீ பேசியது எல்லோருக்கும் பிடித்திருந்தது.”

பேசுவதை சற்றே நிறுத்தி அவளை நேராய் பார்த்தான்.

“ஆனால்...” என்று கூறி யோசனையுடன் ஏறிட்டான்.

“ஆனால்...” என்று கேட்டவனின் பார்வை கூர்மையுடன் அவள் மீது பதிந்தது.

“திருமணத்துக்குப்பின் தான் தெரிந்தது. உன்னால் எப்படியும் நிறம் மாறி, யாரையும் வச்சுக்கிட முடியும் என்பதும் தேவை தீர்ந்ததும் அவர்களை அடியோடு விலக்கவும் முடியும் என்பதும்.”

“ஓ” என்றான் நக்கலாய்.

“ரகு! இந்த கடற்கரை ஓர் ஃப்ளாட் என் கனவு, கைக்கு எட்டும் தூரத்தில் இருக்கும் இந்த கடலை ஒரு நாளைவது நீ ரசித்திருக்கிறாயா? வாழ்க்கை மகவும் சிறியது. இருபது வயதிலிருந்து நாற்பது வயதிற்குள் தான் அதை வாழ்க்கைத் துணையுடன் ரசித்து வாழும் மனப்பக்குவமும் சூழ்நிலைகளும் நமக்கு கிடைக்கும். ஆனால் உன்னுடன் என்னால் எதையுமே வேற பண்ணக்க முடியலை ரகு” என்றபடி காப்பி கோப்பையை கீழே வைத்தான் சுமதி.

மௌனமாய் தன்னை வெறித்தவனை நேராய் பார்த்தான்.

“நீ ஒரு சினிக் (Cynic) ரகு. யாரிடமும் உனக்கு நம்பிக்கை கிடையாது. அரசியல் பற்றிப் பேசினால் அரசியல் தலைவர்களின் ஒழுங்கீனங்களை பட்டியல் இடுகிறாய். ரிவாக்கஸேஷனுக்காக க்ரிக்டைட் பார்த்தால், விளையாடுபவர்கள் எந்தெந்த நடிகைகளுடன் தொடர்பு வைத்திருக்கிறார்கள் என்பது பற்றி பேசி விளையாட்டையே ரசிக்க விடாமல் செய்து விடுவாய். கலையும் இலக்கியமும் உன்னைப் பொறுத்த வரை உபயோக மற்றவர்களின் வேலை. நல்ல சினிமாவை ரசித்து பாராட்டி விட்டேன் என்றால் தீர்ந்தது கதை; அத்துறையைச் சேர்ந்த சிலரின் அந்தரங்க வாழ்க்கையை அக்குறை ஆணி வேராக அலசி, என்னை சங்கடத்துக்கு உள்ளாக்குவாய், என் அம்மாவிற்கு காப்பி வகுப்பு எடுத்தபோதே உன் கண்ணுக்கு குறைகள் மட்டும் தான் தெரியும் என்பதை நான் புரிந்துக் கொண்டிருக்க வேண்டும் ரகு.”

“ஓ! குறையே சொல்லக்கூடாதா?” ஏனாமாய் கேட்டவனை ஏறிட்டான் சுமதி.

“தாராளமாய் சொல்லலாம்; திறைகளையும் பாராட்டத் தெரிந்து இருந்தால், இந்த உலகத்தில் எல்லா மனிதர்களுமே அன்புக்காக, பாராட்டுக்காக, அங்கீகாரத்துக்காக ஏங்குபவர்கள் தான் ரகு. உன்னுடன் இணைந்திருந்த இந்த இரண்டு வருடங்களில் என் சிரிப்பு, ரசிப்பு, சந்தோஷம் இவையெல்லாம் வெகுவாய் குறைந்துவிட்டது. என் சுயத்தையும் தொலைத்து நானும் உன்னைப் போல ஆகிவிடுவேனோ என்று பயமாக இருக்கிறது”.

“ஸோ... என்ன சொல்ல வருகிறாய்?”

“உன்னோட ஹிப்போக்ரிசியை என்னால் தாங்க முடியவில்லை ரகு! வெளியுலகுக்கு உதாரணப் புருஷன் போல் காண்பித்து கொள்ளும் நீ, நான் ஆப்பிள் விட்டு லேட்டாய் வரும்போதும் உடன் வேலை செய்யவர்களிடம் ஃபோனில் பேசும் போதும் விசம் அமிலப் பார்வை என் மனதை பொசுக்குகிறது. ஒன்று, சென்ற தலைமுறை ஆண்களைப் போல் மனைவியை வேலைக்கு அனுப்பாமல் குடும்பத்தை பராமரிக்க வேண்டும். அல்லது இப்போதைய தலைமுறை இளைஞர்களைப் போல் மனைவிக் குடும்ப மரியாதை கொடுத்தது, இணையாய் நடத்த வேண்டும். இரண்டிற்கும் இடையில் தொங்கு தலைமுறை போல், மனைவி சம்பாதிக்கவும் வேண்டும்; வாய் பேசாத, சுய கருத்தில்லாத அடிமையாகவும் இருக்க வேண்டும் என்று நினைப்பதெல்லாம் ரொம்ப குமர் ரகு, என்னால் பொறுத்துப் போக முடியாது. உன் சந்தேக நோய் தீர்க்க என்னால் தினம் தீக்குளிக்க முடியாது. நாம் பிரிந்து விடுவதே மேல் என்று தோன்றுகிறது.”

கேபத்தில் கண்கள் சிவக்க அவளை வெறித்தவன். முகவாயைத் தேய்த்து ஏதோ யோசித்தபடி தன் நெற்றிப் பொட்டைத் தட்டிக் கொண்டான்.

“என்னுடைய யூகம் என்னவென்றால் இவ்வளவு திமிரான உன் பேச்சுக்கு பின்னால் எவனோ பெருன் இருக்க வேண்டும். போன மாதம் ஏதோ ப்ராஜெக்ட் டூர் என்று உன் ஆப்பிள் ஆண்களும் இரண்டுகளும் ஐந்து பேர் போய் ஒரு வாரம் இருந்தீர்களே! அந்த கும்பலில் எவனையாவது என் இடத்திற்கு லைக் செய்ய விட்டாயோ?”

ஒரு கணம் அவனின் அபாண்ட குற்றச்சாட்டால் செயலற்று திகைத்த சுமதி, அருவருப்பு மேலோங்க சட்டென்று எழுந்து கொண்டான்.

“எத்தனை தலைமுறை தாண்டியாலும் உன் போன்ற ஆண்களால் பெண்களை புரிந்து கொள்ளவே முடியாது. எனவே, மில்லர் ரகு, குழம்பிவிருந்த என் மனதை தெனிய வைத்ததற்கு நன்றி. வக்கீலிடம் கலந்து பேசி விவாகரத்து நோட்டீஸ் அனுப்புகிறேன். அது வரைக் காத்திராமல் இன்று மாலையே நீங்கள் இந்த வீட்டை விட்டு சென்று விட்டால் நல்லது.”

நிமிர்ந்த நடையுடன் திருப்பி பாராமல் நடந்து சென்றவனைக் கண்டு எழுந்தான் ரகு. முதன் முறையாய் கடலைப் பார்க்க, அதன் பிரம்மாண்டம் அவனை அச்சுறுத்தியது.



# காதலுக்கு ஜே!....

- பொற்கொடி



புனித லேண்டைன் என்னும் துறவியால் மனிதர்களிடையே நிலவும் அன்பை கொண்ட உருவான நான் பிப்ரவரி 14. தாய்-தந்தை பாசம், சகோதர பந்தம்-பிள்ளைப் பாசம், நண்பர்கள் நேசம் என்று எல்லாவற்றையும் பிண்ணுக்கு தள்ளிவிட்டு ஆண்-பெண் இடையே உருவாகும் காதலை மட்டும் கொண்டாடும் தினமாகிவிட்டது. 'லேன் டைன்ஸ் டே' காதலர் தினம் ஆகவே மாறிவிட்டது.

காதல், தமிழ் மொழியின் கவர்ச்சிகரமான பதம். "அண்ணலும் நோக்கினான்; அவளும் நோக்கினாள்" என்று கம்பர், ராமன்-சீதைக்கிடையே

காதல் முகிழ்த்த தருணத்தை பகர்கிறார். கண்ணின் வழியே உள்நுழைந்து உள்ளம் ஊடுருவும் தன்மை கொண்டது காதல். அதனால்தான், நமக்கு அறிமுகமற்ற ஒருவரிடம் பேசும்போது, சில நொடிகளுக்கு மேல் அவர்கள் கண்களைப் பார்க்கக்கூடாது என்று கண்களுக்கே தடா போட்டு நாகரிகம் பேணுகிறது இலக்கியம். அத்துடன் நிலவாது காதலியின் கடைக்கண் பார்வை, காதலனுக்கு மாமலையைமும் கடுகாக எண்ணி புரட்டும் போடும் ஆற்றலைக் கொடுக்கும் என்று காதலின் மகத்துவத்தை பாடுகின்றது.

இப்போதைய 'காதல்' எப்படி இருக்கிறது என்று யோசிக்கும் போது கிடைக்கும் பதிலால் மனம் சற்று வலிக்கத்தான் செய்கிறது. சமூக பொறுப்பின்றி எடுக்கப்படும், சில திரைப்படங்களின் தாக்கத்தால், இப்போது ஐந்தாவது படிக்கும் மாணவ மாணவிகளே 'காதலிக்' தொடங்கி விடுகின்றனர். உடல் படிக்கும் சக மாணவ மாணவியரிடம் சாதாரணமாக பழகும் இயல்பை தொலைத்து, சர்ப்புக்கும் காதலுக்கும் வித்யாசம் தெரியாமல், அதைக் கடந்து செல்லவும் முடியாமல், பிஞ்சிலேயே பழகுது விடுகின்ற இளங்குருத்துகளை என் செய்வது?

ஸெல்ஃபோனில் எஸ்.எம்.எஸ் அனுப்புவதற்கும், வாட்ஸ் அப், இன்ஸ்டா கிராம்-இல் ஃபோட்டோ போடுவதற்கும், ஃபேஸ்புக்கில் ஸ்டேட்டஸ் அப் டேட் செய்வதற்கும் அடிப்படைக் காரணம் மனித மனம் காதலை தேடிக்கொண்டிருப்பதுதான். ஆனால், எப்படிப்பட்ட காதலைத் தேடுகிறார்கள் என்பது தான் கேள்வி. ஆண்களின் பண பலத்தை குறி வைத்து பெண்களும், பெண்களின் உடல் அழகு மற்றும் உத்யோகம் பார்த்து ஆண்களிடம் 'திட்டமிட்டு' காதலிக்கிறார்கள். விதிலிலக்காய் ஒரு சிலர் உண்மையாகவும் காதலிக்கிறார்கள் என்பதை மறுக்க முடியாது. எனினும் பெரும்பான்மை மடக்கன்தான் சமூகத்தை உருவாக்குகிறார்கள். இதயங்கள் இருப்பாகி விட்ட இயந்திர உலகில் காதல் என்னும் பூ நசிந்து போகிறது. இதனால் ராஜகுமாரர்கள் வில்லன்கள் ஆகி விடுவதும், காதல் தேவைதான் தேவையற்ற தொல்லைகள் ஆகிவிடுவதும் தவிர்க்க முடியாததாகிவிடுகிறது.

பொது தொலைபேசிகளும், கடிதங்களும் வளர்த்த காதலில் இருந்த அடர்த்தி இன்றைய காதலில் இல்லை. காரணம், ஒருவர் மற்றவருக்கான ஸ்பேஸ் விடாது. முழுக்க ஆக்ரமித்துக் கொள்ள நினைக்கும் பேராசை என்று தோன்றுகிறது. காலை 'குட் மார்னிங்' இல் ஆரம்பித்து 'இப்போது எங்கு இருக்கிறாய்?' 'என்ன செய்து கொண்டிருக்கிறாய்?' 'என்ன சாப்பிட்டாய்?' யாருடன் பேசினாய்?' என்று நச்சரித்து, பரஸ்பர நம்பிக்கையற்ற இன்ஸெக்யூர் (பத்திரத்தன்மையற்ற) காதலில் என்ன சுவாரஸ்யம் இருக்கிறது? 'அளவுக்கு மிஞ்சினால் அமிர்நமும் நஞ்சு' என்னும் போது இந்த அத்த தகவல் தொடர்புகளால் காதல் நீர்த்து போவதுதான் உண்மை. வாழ்ப்பிங் மால்களில் கை கோர்த்தபடி சுற்றினால், தங்களை காதலர்கள் என்று அவர்களாகவே கற்பனை செய்து கொள்கிறார்கள்.

உடல் ஆளுமையை மட்டும் குறிக்கோளாக வைத்து பின்பப்படும் காதல் வலை, ஓரிரு முறை ரிவார்ட்களிலும் பண்ணை விடுகளிலும் தங்கி தங்கள் இலக்கை அடைந்தவுடன் விட்டு விலகி ஒருவது இயல்பாகி விட்டது. காதல்களை விட 'ப்ரேக் அப்' (Break up)-களின் எண்ணிக்கை இன்று அதிகம். காளான்கள் போல் முளைக்கும் இவ்வகை காதல்கள் காதல் தோல் போர்த்திய காம வில்லங்குகள்.

கற்கால் மனிதன், வரைமுறையற்ற மிருக வாழ்க்கையில் இருந்து சிறிது சிறிதாய் மீண்டு, உடல் போர்த்தி, நாகரிகம் கற்று, ஒருவனுக்கு ஒருத்தி கொள்வதற்கான கலாசார வித்யை தானே உருவாக்கி தன் வாழ்க்கையை ஒழுங்கு முறைப்படுத்திக் கொண்டதே, இன்று வாழும் வாழ்க்கை. ஆனால், இப்போது காணப்படும் நிகழ்வுகள், மனிதன் தன் நாகரிக வாழ்வியல் தொலைத்து, மீண்டும் விலங்கு வாழ்க்கைக்கு திரும்பி விடுவானோ என்ற அச்சம் தோற்றுவிப்பதை தடுக்க முடியவில்லை.

மனிதனை அட்கொள்ளும் உணர்வுகளுள் வலிமையானது காதல் உணர்வு. அந்த உணர்வு முறையாய் புரிந்து கொள்ளப்பட்டு, அன்பு என்னும் உரமிட்டு, நம்பிக்கை என்னும் நீர்நூற்பட்டு வளர்க்கப்பட்டால், சமுதாய சற்றற்றதாழ்வுகளை நீக்கும் மருந்தாக மாறும் வல்லமை உடையது. தனி மனித கர்வத்தை போக்கி, அன்பிற்கு வசப்படும் அழகிய காதல் உணர்வை அடையாளம் காட்டும்.

"காதல் ஒருவனைக் கைபிடித்து-அவன் காரியம் யாவிலும் கைகொடுக்கும்"

பாரதி கண்ட புதுமைப் பெண்ணாய் வாழும் பெண்ணிடமும், தன் காதலியின் ஒற்றை புன்னகைக்காக தன் உயிரையே கொடுக்கத் தயாராக இருக்கும் உன்னத ஆணிடமும், பிரசவ வலியால் துடிக்கும் மனைவியின் துன்பத்தை தன் கண்ணிலும் நெஞ்சிலும் நிரப்பி அவள் வலி சமக்கும் கணவனிடம்-முன்-கணவனை திட்டியபடியே அவனுக்குப் பிடித்ததை சமைக்கும் மனைவிமீடும்-மனைவியைத் திட்டிக்கொண்டே அவளுக்கு பிடித்ததை வாங்கிக் கொடுக்கும் கணவனிடமும்-வயோதிக காலத்தில் தன் கணவன் அல்லது மனைவி வாழ்ந்து, உயிர் துறந்த விட்டாலேயே தானும் சாக விரும்பி, அவ்விடம் விட்டு அகலாத உங்கன் தாத்தா-பாட்டியிடமோ கூட நீங்கள் உண்மைக் காதலை அதன் முப்பரிமாணங்களோடு தரிசிக்க முடியும்.

மனித மனங்களை மட்டுமின்றி, சமுதாயத்தையும் தன் ஒற்றை பார்வையால் சீர் செய்யும் திறன் பெற்ற, உள்என் நிறைந்திருக்கும்...உண்மைக் காதலை, போற்றி வளர்த்து விட்டையும் நாட்டையும் அன்பால் செழிப்பாக்க முனைவோம்!..



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