

# THE BANYAN TREE

ROTARY CLUB OF ADYAR

DISTRICT 3232

## A NEW BEGINNING



IMAGINE  
ROTARY

Rotary







# CONTENTS

<b>PRESIDENT’S WRITE UP .....</b>	<b>1</b>
<b>EDITORS WRITE UP: .....</b>	<b>2</b>
<b>INSTALLATION OF THE 38TH PRESIDENT OF ROTARY CLUB OF ADYAR: .....</b>	<b>3</b>
<b>HIGHLIGHTS FROM THE EVENT .....</b>	<b>4</b>
<b>ROTARY INTERNATIONAL NEWS: .....</b>	<b>6</b>
<b>OUR RCA MEMBERS INTERACTING WITH RTN JENNIFER JONES .....</b>	<b>7</b>
<b>PRESIDENTIAL MESSAGE OF RTN JENNIFER JONES: .....</b>	<b>8</b>
<b>AUGUST 2022 .....</b>	<b>8</b>
<b>ANNETTE’S PRESIDENT’S WRITE UP: .....</b>	<b>10</b>
<b>KNOW YOUR ROTARIAN .....</b>	<b>11</b>
<b>FROM THE KITCHENS OF A BUDDING CHEF .....</b>	<b>13</b>
<b>FITNESS AFTER 40 .....</b>	<b>14</b>
<b>PREVIOUS MONTH’S AGENDA .....</b>	<b>15</b>
<b>INTERACT CLUB INSTALLATION AT SISHYA SCHOOL .....</b>	<b>15</b>
<b>AVENUE DIRECTOR’S PRESENTATION .....</b>	<b>16</b>
<b>FIRST BOARD MEETING OF THE IMAGINE YEAR .....</b>	<b>17</b>
<b>NEXT MONTH’S AGENDA: .....</b>	<b>17</b>
<b>ART BY ANNETTES .....</b>	<b>17</b>
<b>KOLAM CORNER: .....</b>	<b>18</b>
<b>BIRTHDAY CELEBRATION .....</b>	<b>19</b>
<b>WEDDING ANNIVERSARY CELEBRATION .....</b>	<b>19</b>
<b>SERVICE PROJECTS FOR THE MONTH OF JULY 2022 .....</b>	<b>20</b>
<b>SPEAKER MEETING .....</b>	<b>20</b>
<b>NEW CHANGES, NEW BEGINNINGS: .....</b>	<b>22</b>
<b>THOUGHT PROVOKING THOUGHTS .....</b>	<b>24</b>
<b>THE ESSENCE OF ROTARY: SIGNIFICANCE OF THE FOUR WAY TEST .....</b>	<b>24</b>





# President's Write Up

## Dear Rotary Family

*It was a wonderful 1st month with my Installation of becoming the 38th President of this prestigious club at Saveria that took place on 5th July 2022 and our DG.Dr. NandaKumar being the chief guest, it was well attended with the support, love, and warmth from all the Rotarians, Anns, Annettes, family, friends, and well - wishers.*

*We started this year with Sishya's (Adyar) Interact club installation and had our Avenue director's presentation where every director had wonderful and clear thoughts on how the whole year projects are to be planned and executed.*

*It was such a great privilege to meet our RI President Rtn. Jennifer Jones (Our 1st Lady RI President) who was in Chennai for 4 days and spent a lot of time with everyone sharing her life story, her ideas and making the world a better place to live through Diversity, Equity, and inclusion.*

*We had a Town-hall meeting in Chennai trade centre, Banquet meet in ITC Grand Chola, She also arranged meeting for the First ladies and the women of clubs and many more wonderful experiences during her stay in Chennai.*

*The 1st board meeting for the month was in Cosmopolitan Club where the budget planning, interesting and important discussions were planned for the year.*

*As a special project of "1 Family 1 project" we had Rtn.Thiagarajan, Rtn. Narasimha Iyengar & Ann. Prabha who donated Artificial limb to Mukthy foundation.*

*As a special project of giving the "Gift of sight" by doing a free cataract surgery for every Rotarian's Birthday for the needy, i did 4 surgeries = 4 Rotarian Birthday for month of July.*

*We have a lot of interesting Speaker meetings, fellowship lined up for August. Looking forward to a great month.*





## *Editors Write Up*

### **Good day RCA family**

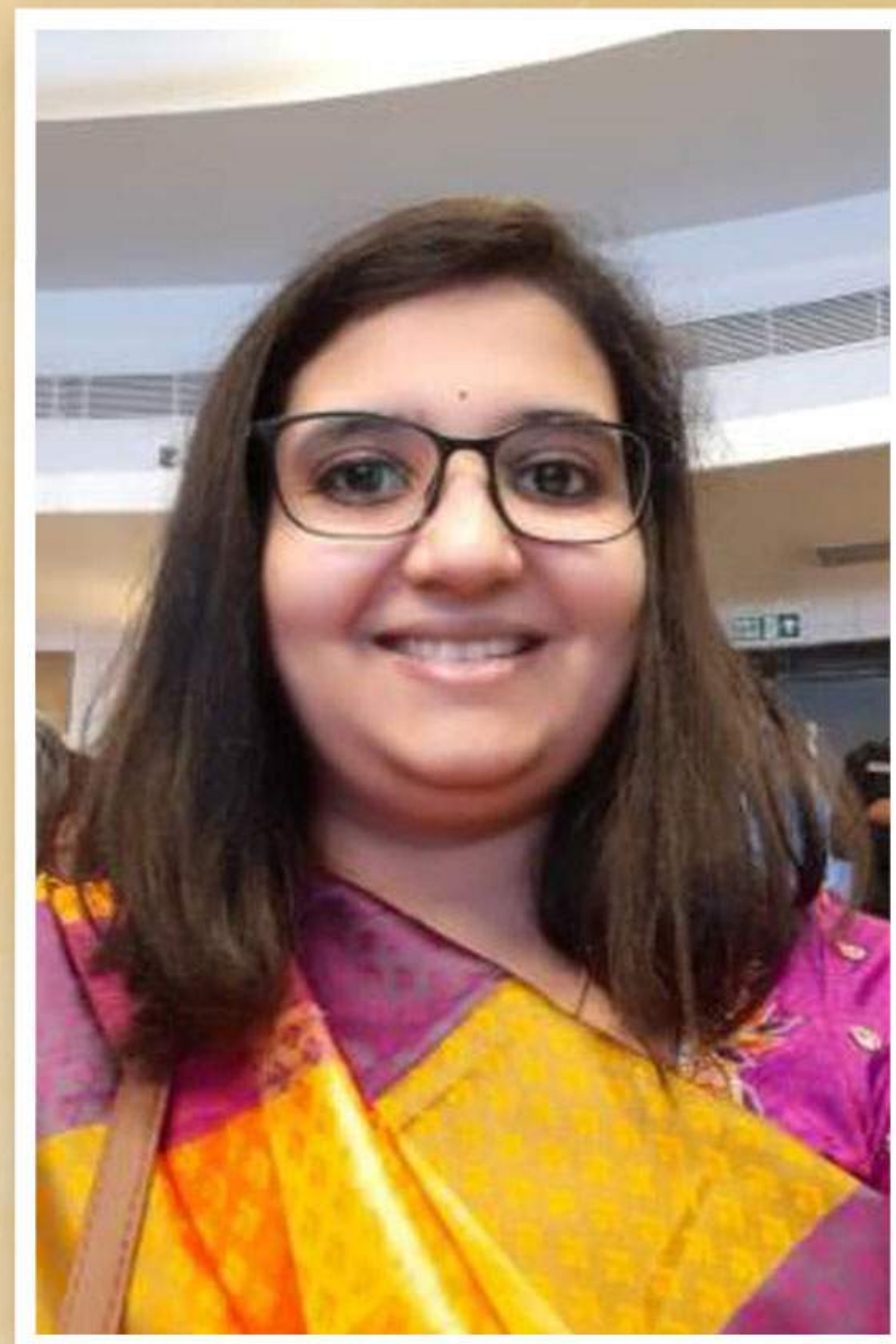
*It's that time of the month where we family members meet each other through pen and paper, knowledge sharing and knowledge giving, talent showcasing with a pinch of humour.*

*Hope you all enjoyed the first edition of the bulletin. There is a lot more in store for the coming months. We the bulletin team want everyone to participate to showcase your talents, share your knowledge and experiences through articles, artworks, achievements in various fields and write ups so that we can get to know each other even better and bridge the gap.*

*Change is a constant in everyone's life. If we notice and imagine, a lot has changed around us on one hand, we have a new president in every rotary club who have taken up their roles and responsibilities, Also we have a new president for India.*

*There were also a lot of happening events around us which has caught all of our attention be it Rtn. Dr. Nishant accepting the role of the 38th president, Draupadi Murmu taking the oath to become the 15th president of India, Jennifer Jones meeting us in India, The chess Olympiad, and the commonwealth games. Small write ups regarding the same are in store for all of you. So, sit back, relax, and enjoy.*

*Happy Reading* 😊



*Ann. Madhuvanthi S*



## *Installation of The 38<sup>th</sup> President of Rotary Club of Adyar*

The installation ceremony of the 38th president of RCA was held in grand fervour and celebration on July 5th, 2022. The main theme was selected mainly to bring out and celebrate the essence of our rich culture and heritage.

A lot of preparation, time, efforts, and care was taken to make the installation ceremony a memorable one. Every Rotarian was presented with an Invitation Kit Bag representing the theme, that is the check pattern which contained a sweet box, a shirt, an Imagine Pin, fragrance, roster, directory, and the basket itself representing our heritage along with a personalised letter from the current president of RCA. Apart from this, every Rotarian also received a personal invite/

The event was graced by the District Governor 2022-23 Rtn. Dr. N. Nanda Kumar and other dignitaries from the district. The dress code for this event was Madras Checks which plays a significant role when it comes to Tamil culture.

The event was also attended by the families of the immediate past president Rtn. PHF. Dr. Prem Alex Lawrence, First lady Ann. Amali Prem as well as the current president Rtn. Dr. M. Nishanth and First lady Ann Dr. Shruti Nishanth.

The previous year secretary report was presented by Rtn. AR. Ajay Kumar to give us all a clear insight as to what had happened the previous year. It was then followed by the speech from the immediate past president Rtn. PHF. Dr. Prem Alex Lawrence who then handed over his roles and responsibilities to Rtn. Dr. M. Nishanth who accepted the baton to further fulfil the duties, roles, and responsibilities as the president of RCA. It was then followed by Rtn. Kavitha Anand accepting the roles and duties of the club secretary and Rtn. D. Premnath accepting the role and responsibilities of the club service.

We had another addition to our wonderful family of RCA Rtn. R. Sundar Madhavan and family. We also had another PHF member Rtn. Pria Srinivas who was felicitated for her contributions in the presence of all the respective dignitaries.

The new board members were introduced and our very first bulletin for the year was distributed to the dignitaries and Rotarians. The current president then gave his speech and accepted his role gracefully.

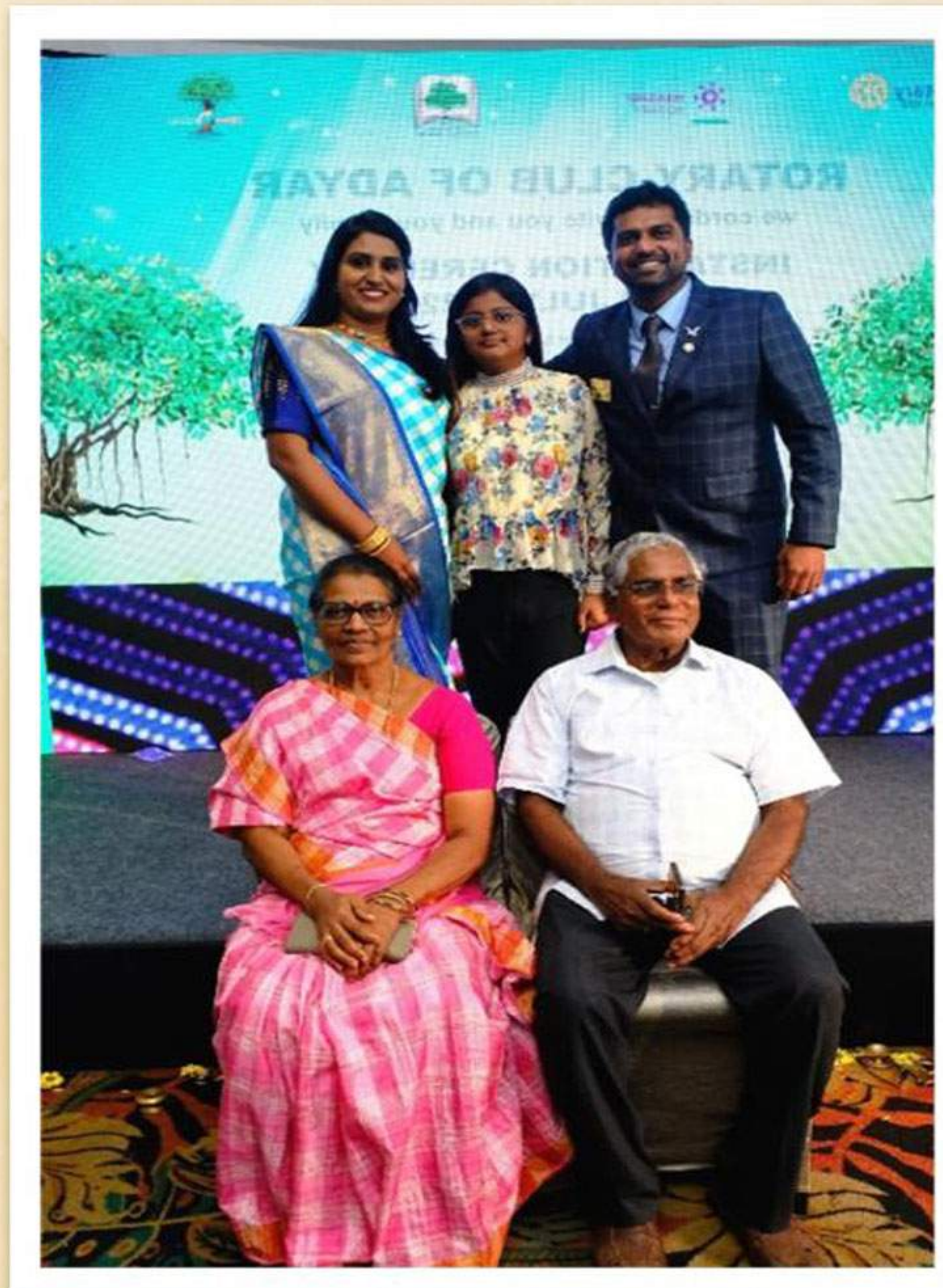
Food was scrumptiously arranged according to the theme. There were a lot of varieties to choose from and was palatable to all. Overall, the ceremony was a grand success, and everyone left with a smile on their face along with a box of yummy and delicious poli.



# Highlights from The Event









# Rotary International News

*Rtn. Jennifer Jones visit to India was the highlight of this Imagine Year.*



*It was as long ago as 1905 that Rotary club was found in Chicago. Despite over a century of work towards healthcare, childcare, environmental sustainability and more, 1.4 million-plus members and presence in over 200 countries, they are now celebrating a first — the introduction of Rtn Jennifer E Jones as the first female president, for the term 2022-23. A member of the Rotary Club of Windsor-Roseland, Ontario, she has had quite a journey in over two decades with the club. From not being able to join because of her gender to now taking over the role of president.*

## **A small Insight on Rtn. Jennifer Jones' Plans for the betterment of Chennai:**

*“We are now focussing on raising the groundwater table of Chennai. As per the surveys, Chennai is in danger of running out of water if we do not do something now. Sensing that needs, we at Rotary in Chennai are working to raising groundwater by various means. One is conserving water; we are creating awareness for it. Two, we are restoring lakes that have gone dry. Recently, we restored a lake in Chittalapakkam — 265 acres of it. The groundwater table in the area has gone up by several feet now. We have restored lakes in Madhavaram and several temple tanks to raise groundwater levels. We feel that this is the need of the hour and will benefit the entire city.”*



*Our RCA members interacting with  
Rtn. Jennifer Jones:*





# Presidential Message of Rtn Jennifer Jones

## August 2022

We've all taken our own path to become a member of Rotary. Some of you joined because your father was a Rotarian. Some of us signed up because an employer tapped us on the shoulder and asked us to attend a meeting. Others became members only after a U.S. Supreme Court ruling made it possible. Yet each of us entered through one mechanism — an invitation.

An invitation that unlocks our imaginations and allows us to know that everything and anything is possible. Each one of us has that same opportunity — the honour to extend an invitation.

It is awe-inspiring to imagine how we can look out across our communities and identify our future leaders. It's often tempting to attract people who are exactly like us. It's a special form of ingenuity to consider how people who are seemingly very different can, in fact, share our values and have some of those same talents, just waiting to be unleashed.

It's time for Rotary to take our next step in advancing Diversity, Equity, and Inclusion (DEI) across our organization.

Embracing an experience where people feel included is more than just making our membership numbers more diverse. It's about making our meetings and events places where we can speak openly and honestly with each other, where our members feel welcome and safe. This means removing barriers for entry and opening doors for inclusion. Our values remain our strength — and our commitment to excellence requires us to maintain high standards for our members as well.

I believe we are all committed and determined to advancing DEI across Rotary. This is rooted in the deepest traditions of our organization, and it will ensure that we remain vibrant and relevant for decades to come.

A few years ago, our Rotary Board set the ambitious goal of increasing the share of female members to 30 percent by 2023. We have less than a year to go, but I believe we can meet and exceed this target.

We need Rotary leaders to rise from every continent, culture, and creed. We need young members and young thinkers to take on larger roles and responsibilities. We need to listen to new Rotary members just as keenly, and with as much respect, as those with many years of membership.



*During our recent convention in Houston, we heard from astronauts about their journeys into space. We reflected upon a time in the 1960s when U.S. President John F. Kennedy urged the world to dream, with his declaration that we would “go to the moon [and do] other things, not because they are easy, but because they are hard.”*

*Fully committing Rotary to DEI and meeting our ambitious membership targets may seem as unlikely as a moon shot. But I know that when people of action are committed to a big goal, we make it worth every ounce of our energy.*



*Rtn. Jennifer Jones*



## *Annette's President's Write Up*

**Hello everyone!**

I am Naveen Kumar.... sorry, "Annette. Naveen Kumar" S/O Rtn. Kavitha Anand Rotary Club of Adyar. I am studying A y u r v e d i c Medicine, BAMS in Shri Jayendra Saraswathi Medical College. Usually, the year starts from January and ends in December. But, in the world of Rotary, it is quite different and unique. The Rotary year starts from July and ends in June of the next corresponding year. So, every year, new president, secretary, treasurer, board members are selected accordingly, and they have to take their respective responsibilities of their respective posts. This system of roles and responsibilities not only applicable for Rotarians, also applicable for Annettes (sons and daughters of the Rotarian's and Ann's). So, in this Rotary year i.e., the Rotary year of 2022-2023, I have been selected as the President of Annette's Club. I am really thankful to become the President. I am also afraid to take up such a huge responsibility. I am sure that I will overcome this fear with the help of Annette's Club Chairperson, Ann. Archana Kanthan W/O Rtn. M E Boopathiraja. Her experience and mentorship will be a key of success for me to succeed in my role as a president.

The whole Annettes group as a team are planning in fulfilling many projects such as Sanitary Napkin project for women, providing food and medical support for the old age homes, growing hair, and donating for cancer patients etc., there are also many projects and many interesting things lined up. So, I am really happy to be a part of this and I once again thank you all for giving me this wonderful opportunity!

THANK YOU



Annette Naveen Kumar



## Know Your Rotarian

### **Rtn. Kannan Paramasivam A Spiritually Insured Man**

Born in Valliyur Tirunelveli district, Kannan was the 7th and the last child to his parents. I understand that Kannan's grandfather was almost the Naatamai to the village and was held in very high esteem by the villagers. His family thrived under various businesses which included Agriculture, a Provision store, a Timber mart to name a few. Kannan had a happy go life till his 10th grade in valliyur.

But good times do not last long for many people and the family saw themselves in the midst of huge lose in their business. Kannan was forced to move to Chennai in 1986 and took up a job in a petrol bunk to help himself and his family survive. While working in the petrol bunk, Kannan took a keen interest in Acupuncture and did not stop with just taking interest. He went on to get a Diploma in Acupuncture and move on the Masters and then a Doctorate in different places in Chennai, Sri Lanka and in Tanjore. Recently he started AccuHome along with a few friends which had more than 300 Centers in Tamilnadu currently. Kannan was extensively travelling to many interior parts of Tamil Nadu to heal people.

1989 saw Kannan very smartly convert a love marriage into an arranged one with the help of his brother-in-law and the couple have had a 33 glorious

married life. His wife Thangalakshmi is fondly called "Gold" and Kannan is planning to rename her as Vanpon Lakshmi (Platinum Lakshmi) as he feels that her worth is increasing as the days pass. They share an extremely passionate relationship and Kannan calls it "Eer Udal Oor Uyir". The lovely couple are blessed with 1 biological son Rajkumar and a non-biological daughter (In law) karpagavalli who are proud parents to son Aadvik. May the Lord Almighty bless the wonderful family.

In the meantime, Kannan's craziness got the better of him and he along with a few accomplices started a Fish Farm in 1992 by purchasing a land in a village. Unfortunately, the fishes slipped out of their hands as the villagers were extremely non cooperative. That ended his fishing expedition in 1995.

Kannan is a people's person and loves to converse and conserve relationships. He started an Insurance Agency in the year 2000 which was called Insurance and Investment Shoppee. For this to equip himself he did not leave any stone unturned to learn all the intricacies in the Insurance field by equipping himself with various courses related to Insurance in Pune, Mumbai, and Chennai. Currently the company is called Safe Zone.



*The most exciting, empowering, and enlightening thing which happened to Kannan and Mrs. Gold is falling into the spiritual world and completely taken over by it. Honestly some of the things which he said, was not comprehended by me. To be precise Kannan and his wife are capable to find out their own date of demise and have promised one another that they would reveal it to each other when the calling comes. They are a part of a Spiritual Organization called Eckankar situated in the US. Being spiritually inclined helps Kannan to understand life better and many a time to find out the reasons for them as well. With several awards to his credit, including an International one, Kannan enjoys his insurance job, the unparalleled love his wife showers on him, his loving children's caring attitude and the joy he receives from his grandson, He is definitely a Happy and contented man who is now geared to serve Rotary in all ways possible in his capacity.*



*Rtn. Kannan Paramasivam  
and family*



*Rtn. Pria Srinivas*

*Rtn. Pria Srinivas is an active member of RCA. She sets a great example as to how to conduct, how to interact and how to get her work done. A great philanthropist, a music lover, a wonderful singer. Thanks to her we will get to know our Rotarians even better in the following editions.*



# From the kitchens of a Budding Chef

HI EVERYONE,  
TODAY WE ARE GOING TO BE MAKING SOME PAV BHAJI  
PAV BHAJI AS WE ARE ALL AWARE, IS A POPULAR INDIAN STREET FOOD FROM MUMBAI  
LET'S GET CRACKING!!

## INGREDIENTS (TO SERVE 2):

- BUTTER- 1 TBSP
- TOMATOS-3 IN NUMBER (FINELY CHOPPED)
- PEAS-1/4TH CUP
- CAPSICUM-1/2(FINELY DICED)
- BOILED AND MASHED POTATOES (BIG SIZED)-2
- SALT-1 TSP
- WATER-1/2CUP
- PAV BREAD-4 SLICES*Lakshmi is fondly called "Gold" and Kannan is planning to rename her as Vanpon Lakshmi (Platinum Lakshmi) as he feels that*

## SPICES:

- Kashmiri chilli powder-1 tsp
- Turmeric powder 1/4th tsp
- Pav Bhaji Masala-1 tsp
- Kasuri Methi-1 tsp
- Coriander-2 tbsp
- OPTIONAL INGREDIENTS (To be served by the side)
- Diced onions, lemon, and Butter

## THE PROCESS:

- Melt the butter on the pan, add on the tomatoes, peas, capsicum, potatoes, salt, and water.
- Mix the ingredients together.
- Cover the pan and cook for 10 min.
- Open the lid, mash the constituents until you get a smooth consistency.
- Time to add the spices one after the other.
- Blend the contents for a couple of minutes.
- Toast the Pav Bread till Golden Brown



Nikita Senthil



# Fitness after 40

## How to be fit & healthy after 40

People may be confused how to start. There are many options for keeping fit. Exercise is one of the option other than physical activity to keep you fit & healthy. Before starting the process get your physician's clearance & based on the data's' fitness expert can proceed with the assessment to find out current fitness level. Based on that results the person can have customized plan instead of trying unmatched activities.

After 40 when they start losing muscle mass, they simultaneously gain fat mass. So, the BMD level decreases, and the bone and joints become weak resulting in poor walking gait and facing stability issues. The overall stamina level decreases. The external resistance training (strength training) can build the muscle mass & overall ability. The basic strength training options are:

- Free weights strength training for muscle isolation.
- Machine weights & resistance tube training for eccentric muscle work
- Barbell training for loading other than body weight training (no equipment) Whatever the training options, the repetition only decides the program. zReps are like mother of a program.

One of the major reasons for quitting exercise, without a proper plan and directly starting the main workout, getting injury, not recovering for next day training. Here the training frame

### Training frame

- Warm up & mobility (5-10mins)
- Core (5mins)
- Corrective exercise (5-10mins)
- Training program(30-40mins)
- Cool down (5mins)

The total duration of the training between 45-60mins based on the training mode and the training heart rate THR between 130-150 bpm that based on the age and training intensity.

### Benefits of physical activity

- Stress management
- Improve your memory and brain function
- Reduce feelings of anxiety and depression
- Aid in weight management
- Improve your quality of sleep
- Improve joint pain and stiffness
- Maintain muscle strength an balance.
- Combat cancer-related fatigue
- Reduce your risk of heart attack
- Lower the risk of type 2 diabetes
- Have lower blood pressure
- Stronger bones, muscles and joints and lower risk of developing osteoporosis
- Protect against many chronic diseases.

Exercise	Reps	Training goal	Response	Sets / recovery Based on the individual fitness goal
	12-20	Endurance	Fat loss/muscle endurance	
	6-12	Hypertrophy	Muscle gain	
	4-6	Strength	Strength / muscle gain	
	1-4	Power	Explosive /muscle gain	



## **Ways to Add Activity to Your Day**

- *Park the car in the furthest spot from the entrance and walk the extra distance*
- *Get off the bus one stop before your destination and walk*
- *Take the stairs instead of the elevator*
- *Take walking breaks during the workday*
- *Take a 10-minute walk during your lunch break*
- *Walk a dog or play outside with the kids*
- *Dance to your favourite music*
- *Use housecleaning as an exercise opportunity*
- *Ask a friend, family member, or co-worker to walk with you*



*Dr. Aridas*

## **Previous month's agenda**

1. 5th July 2022 - RCA 38th President Installation
2. 7th July 2022 - Interact Club Installation
3. 19th July 2022 - Avenue Directors Presentation
4. 29th July 2022 - 1st Board Meeting for the Imagine Year 2022-23

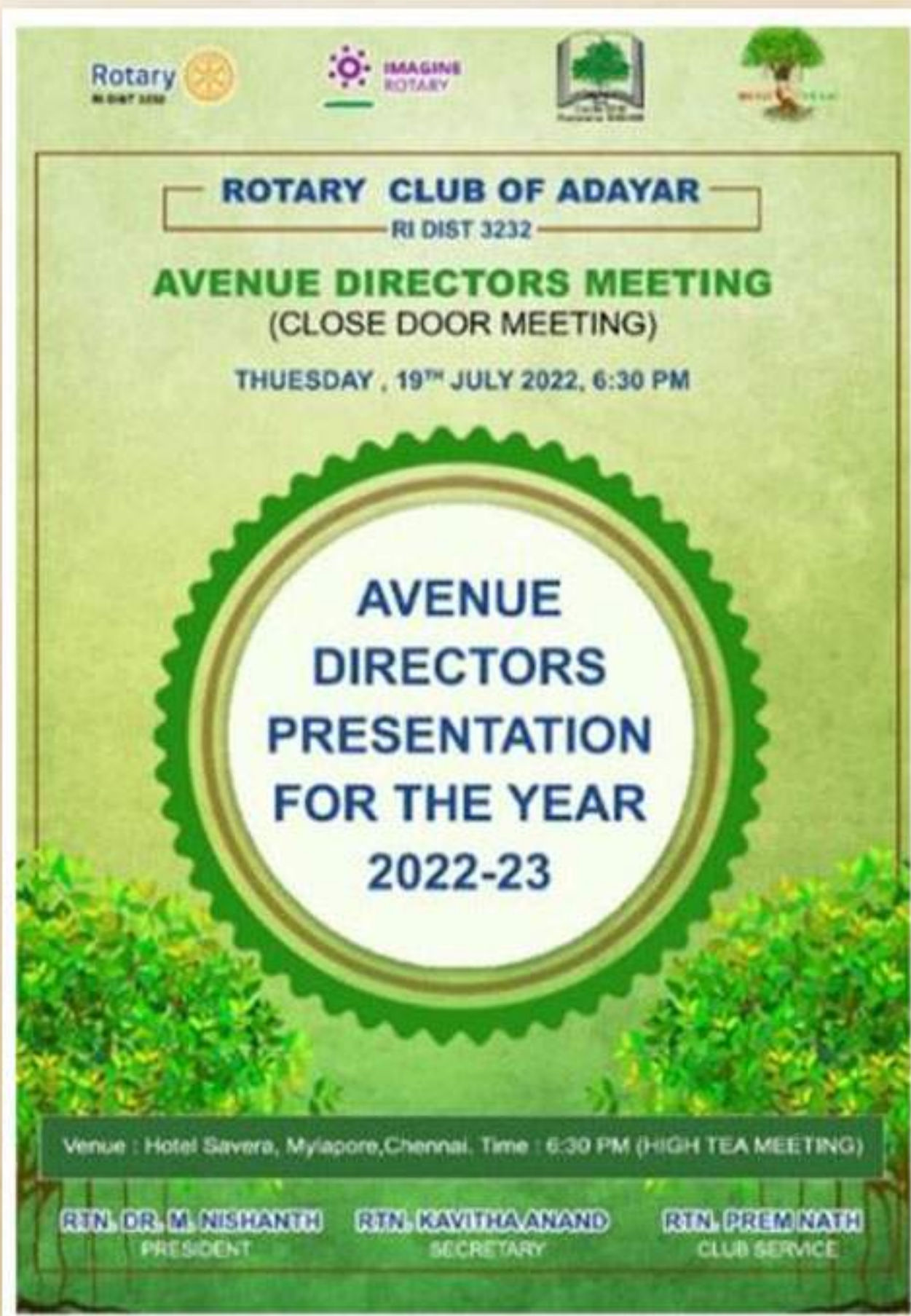
## **Interact Club Installation at Sishya School**





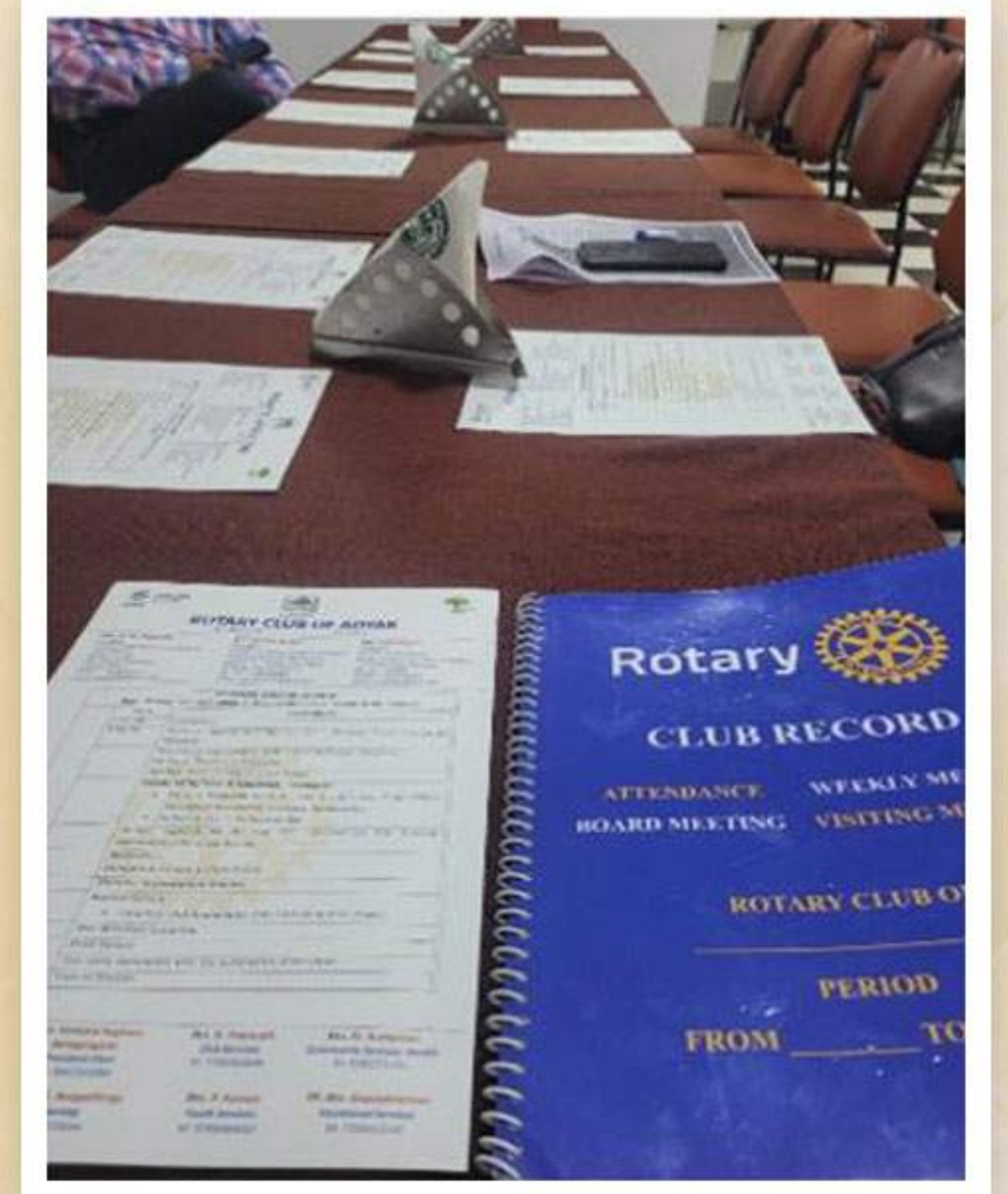
# Avenue Director's Presentation

The Avenue Directors' Presentation for the year 2022-23 was held on 19th July whereby the chairpersons presented as to what were their course of action for the year and how are they going to fulfil the same.





# First Board Meeting of the Imagine year



## Next Month's Agenda

- 2nd Aug 2022 - High Tea Meeting - Mrs. Deepika- PhD. In Music (Emotive Singing in Movies)
- 14th Aug 2022 - Fellowship
- 15th Aug 2022 - Kandigai School Independence
- 23rd Aug 2022 - High Tea Meeting- Mr. Prakash- The Man Behind Chai Kings
- 26th Aug 2022 - Board Meeting

## Art by Annettes



The above paintings were contributed by Annette Shrivann Suraj. A talented and budding artist who is an expert in many fields of art right from singing and dancing to painting and art works.



## Kolam Corner

*The art of Kolam is as old as the Indus valley civilization and dates back to the Mahabharata. It is said that the Gopis drew this to drown their sorrows when their beloved Lord Krishna was away.*

*Kolam, in its traditional context, is said to be drawn to announce auspiciousness and that all-is-well in the household while its absence implies otherwise. Drawing kolams signifies that Goddess Lakshmi is welcomed; while her sister Mudevi, who is believed to bring poverty, illness, laziness, and bad luck, is banished.*

*Keeping all of this in mind, Rtn. R. Gomathi, an English Professor, makes sure that all of our days begin with good luck and prosperity. She shares kolams designed by her friend Malathi to bring in positivity in our lives. A big thanks to Rtn. Gomathi and her friend Malathi for bringing in so much of positivity in our day to day lives.*



Rtn. R. Gomathi



Mrs. Malathi



## Birthday Celebration

03-Aug	Annette. ShrivannSuraj	S/O Rtn.PHF. Archana R
03-Aug	Annette. Shivathmika	D/O Rtn.D. Premnath
05-Aug	Ann. Praveena Meena J	Rtn. Santhosh Kumar P
10-Aug	Rtn. Kannan Paramasivam	
12-Aug	Rtn. Venkata Raghava Annapragada	
15-Aug	Ann.Latha Sivakumar	W/O Rtn.S. Sivakumar
17-Aug	Annette. Saranya Suresh	D/O Rtn.M Suresh
17-Aug	Rtn. Sundar Madhavan	
21-Aug	RTN.PHF.S V VEERRAMANI	
24-Aug	Annette.K.A. Kovenden	S/O Rtn. PHF.T. Karunakaran
28-Aug	Ann.G. Muthulakshmi	W/O RTN.PHF.R Gopalakrishnan
29-Aug	Rtn. Pria Srinivas	
29-Aug	Annette. Pranav S	Rtn. Santhoshkumar P
31-Aug	Rtn. PHF Dr. Prem Alex Lawrence	
31-Aug	RTN.PHF.R Gopalakrishnan	



## Wedding Anniversary Celebration

20-Aug	Rtn. Rajendran. R & Ann.Nandini Rajendran
22-Aug	Rtn.PHF. Archana R & Ann.Suraj Menon
26-Aug	Rtn. Krishnan S & Ann.Rajeswari
27-Aug	Rtn. Ranjith & Ann. Gayathri
28-Aug	Rtn. Dr. Sricharan & Ann Madhuvanathi Sricharan



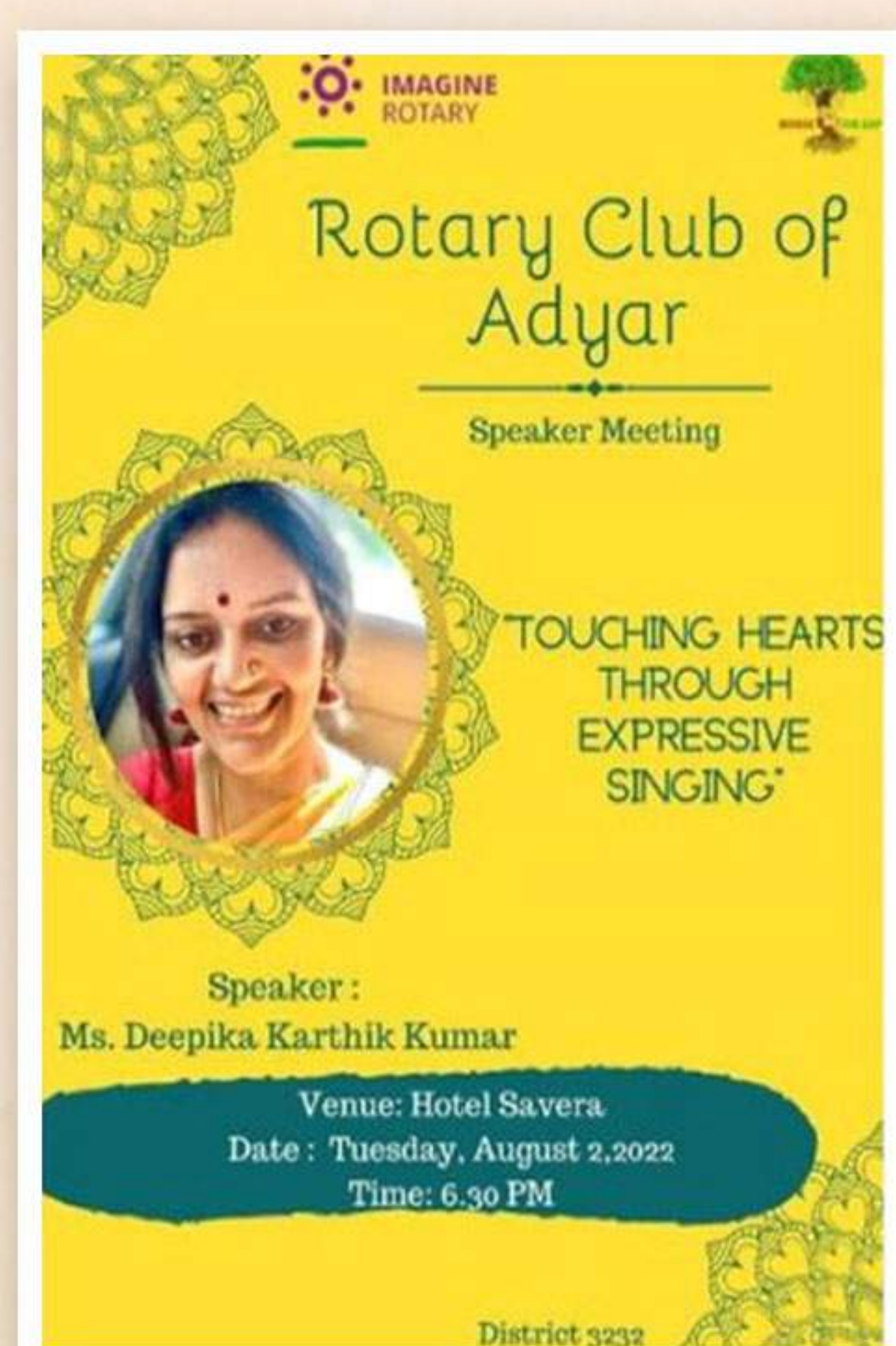


## Service Projects for the month of July 2022

Sl No.	Date	Area of Focus	Category	Subcategory	Cost (₹)	Direct Beneficiaries	Man Hours	Rotarians Involved	Title
1	10-Jul-22	Disease Prevention and Treatment	Artificial limbs	Legs	5000	1	2	2	One family One project by Rtn. Thiagarajan
2	10-Jul-22		Eye Surgery	Cataract	5000	1	2	2	Gift of Sight - Free Cataract Surgery
3	11-Jul-22		Eye Surgery	Cataract	5000	1	2	2	Gift of Sight - Free Cataract Surgery
4	13-Jul-22		Others (School Fees)		6000	1	2	2	Donation of School Fees
5	13-Jul-22		Eye Surgery	Cataract	5000	1	2	2	Gift of Sight - Free Cataract Surgery
6	25-Jul-22		Artificial limbs	Hands	25000	3	2	2	One Family One Project (Rtn. Narasimha Iyengar & Ann. Prabha donated two lower limb & one upper Limb)
7	27-Jul-22		Eye Surgery	Cataract	5000	1	2	2	Gift of Sight - Free Cataract Surgery

## Speaker Meeting

The speaker meeting for the month of August 2022 started off with a bang whereby Ms. Deepika Karthik Kumar graced the event by touching hearts through expressive singing. It brought in the talent of other RCA family members as well and was a memorable one. Here are some of the highlights of the event.









## *New Changes, New Beginnings*

Change is the only constant in everyone's life. Be it personal or professional, social, or economic. This year, not just across the whole of Rotary, but even our country witnessed a huge change in power. We now have our 15th president of India.

With pride, we introduced our President of India Draupadi Murmu. From humble beginnings to the top post of India- President of India Draupadi Murmu- An inspiration

Draupadi Murmu took oath as the 15th President of India on July 25, 2022. She contested against Yashwant Sinha, the joint opposition's nominee for the top constitutional job. Draupadi Murmu is a tribal leader from Rairangpur in the Mayurbhanj district in Odisha. Draupadi Murmu is a soft-spoken leader who made her way into the politics of Odisha with her sheer hard work. Draupadi Murmu after winning the Presidential elections 2022, has become the first tribal and the second woman to hold the highest office.

Draupadi Murmu started out as a schoolteacher before entering state politics. Murmu worked as an assistant professor at the Shri Aurobindo Integral Education and Research Institute, Rairangpur, and as a Junior Assistant at the Irrigation department of the Government of Odisha.

She joined the Bhartiya Janata Party (BJP) in 1997 and was elected as the councillor of the Rairangpur Nagar Panchayat. In 2000, she became the Chairperson of Rairangpur Nagar Panchayat and also served as the National Vice-President of BJP Scheduled Tribes Morcha.

### **Governor of Jharkhand**

Draupadi Murmu took oath as the Governor of Jharkhand on May 18, 2015 and became the first woman Governor of Jharkhand. She was the first female tribal leader from Odisha to be appointed as a Governor of the Indian State.

Draupadi Murmu as the Governor of Jharkhand in 2017 refused to give assent to a bill approved by the Jharkhand Legislative Assembly seeking amendments to the Chhotanagpur Tenancy Act, 1908, and the Santhal Pargana Tenancy Act, 1949.

The bill sought to give rights to the Tribals to make commercial use of their land, while also ensuring that the ownership of land does not change.



## **NDA's Presidential candidate 2022**

In June 2022, Draupadi Murmu was nominated by BJP's the National Democratic Alliance's candidate for the President of India for 2022 election. She visited various states as part of the Presidential Campaign 2022 around the country seeking support for her candidature, from BJP lawmakers and other opposition parties.

Draupadi Murmu visited NE states, BJD of Odisha, JMM Party of Jharkhand, Shiv Sena of Maharashtra, BSP of Uttar Pradesh, JDS of Karnataka and many others were some of the prominent opposition parties that extended their support to her.

## **Takes oath as the 15th President of India**

Draupadi Murmu on July 25, 2022, took oath as the 15th President of India. Her oath was administered by the Chief Justice of India N.V. Ramana in the Central Hall of Parliament. The outgoing President of India Ram Nath Kovind and Draupadi Murmu arrived in the Parliament in a ceremonial procession shortly before the swearing-in commenced.

In her address, the President of India Draupadi Murmu thanked MPs and MLAs for electing her as the first tribal President of India. In her first address as the President of the world's largest democracy, she said, "I am the first President of the country who was born in Independent India. We will have to speed up our efforts to meet the

expectations that our freedom fighters had with the citizens of Independent India."

## **Awards & Honours**

Draupadi Murmu, in 2007, received the Nilkantha Award for the best MLA (Member of Legislative Assembly) by Odisha Legislative Assembly.





# Thought Provoking Thoughts

## Family Rules

1. Put the other person first
2. Speak with *Love*
3. Tell the truth
4. Mind your manners
5. Make the right choice
6. BE *COURAGEOUS*
7. GUARD your *Heart*
8. Forgive Freely
9. Always do your best
10. Be Thankful



People who wonder whether the glass is half empty or half full are missing the point.

The glass is REFILLABLE



FOR SOME REASON,  
EVERYTHING IS FUNNIER  
IF YOU'RE NOT  
ALLOWED TO LAUGH.



I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along.

## The Essence of Rotary: Significance of The Four Way Test

One of the world's most widely printed and quoted statements of business ethics is The Four-Way Test, which was created in 1932 by Rotarian Herbert J. Taylor (who later served as RI president) when he was asked to take charge of a company that was facing bankruptcy.

This 24-word test for employees to follow in their business and professional lives became the guide for sales, production, advertising, and all relations with dealers and customers, and the survival of the company is credited to this simple philosophy. Adopted by Rotary in 1943, The Four-Way Test has been translated into more than a hundred languages and published in thousands of ways.

