

VOLUME 01 - ISSUE 02

AUGUST 2024

VOICE

of RID 3233

BOTHRA JI

The walking wisdom

PDG ISAK NAZAR

Creating lasting, positive change in our community

VITAL VIBES

Siddha Secrets in your kitchen

WEALTH WISDOM

Achieving financial independence

GOURMET GALORE

Shanthi's secret green biriyani

MACRO ECONOMICS

Budget 2024 at a glance

Rotary
District 3233



THE MAGIC OF ROTARY

VOICE of RID 3233

VOLUME - I
ISSUE - 2

Publisher

RI District 3233

Published & Owned By

RI District 3233

Feedback & Subscriptions

rid3233team@gmail.com

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Readers Voice

“I never thought how idli could be related to our Rotary activities. The impact of Idli has many connotations is mind-boggling. DG Keep it up. Pls flood us with stories like this to lift our spirits”

Ravinarayanan K R

“Both Rotary and idli has within it D E I - Diversity.. Equity.. Inclusion”

Gopu Sambandam

“Absolutely cool”

Dr. Ramkumar S

“Nice layout interesting story”

Vidhya Srinivasan

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Join our DG Mahaveer Bothra Ji as he shares his walking wisdom, humorous anecdotes, and how his "Happy Hours" group embodies Rotary's spirit of community and service.

Step by Step: Walking Wisdom with Bothra Ji



Lace up those sneakers and join me and the "Happy Hours" crew in making strides for a healthier, happier Rotary family. Let's step up and step out for service above self!



What inspired you to start walking every morning, Mahaveer?
After years of avoiding gym memberships like unplanned Rotary meetings, I found walking was a delightful and free way to stay fit. Plus, my sneakers needed a reason to exist!

What do you enjoy most about your morning walks?
The fresh air, the quiet streets, and perfecting my wave to fellow Rotarians. It's like a presidential parade, minus the float!

How does walking benefit your health?
Walking keeps my heart strong, my waistline in check, and my joints as flexible as a well-selected District Officers.

Can you share any funny incidents from your walks?
Once, I walked straight into a tree while thinking about our next fund raiser. The tree wasn't impressed, but the idea was a hit! Our "Happy Hours" group still teases me about it.

How does walking relate to your role as a District Governor?
Walking gives me the clarity to plan new initiatives. It's where I turn steps into strides for Rotary District 3233! And with over a hundred walkers in our group, "Happy Hours," it's a social event on the move!

What advice do you have for Rotarians who want to start walking?
Just start with one foot in front of the other! Enjoy the journey, and remember, even the longest Rotary project starts with a single step. And if you can, join a group—it's more fun with friends!

How do you motivate yourself on days when you don't feel like walking?
I remind myself that every step is like a donation—small but impactful. And knowing there's a coffee waiting at the end doesn't hurt!

Do you listen to music or podcasts while walking?
Sometimes I tune into motivational songs for inspiration. Other times, nature provides the perfect Rotary theme song. And occasionally, the "Happy Hours" banter keeps me entertained!

How can walking benefit Rotary projects and initiatives?
Walking fosters fellowship and community, just like Rotary. It's a great way to brainstorm with fellow Rotarians and come up with new service ideas.

Any final words for our readers?
Keep walking, keep smiling, and keep serving! Whether you are walking towards better health or a new Rotary goal, every step we take together makes a difference.

Share Your Flair, Show You Care!

Welcome to "Voice of RID 3233" - your platform to shine! We invite you to contribute your articles, photos, poems, drawings, or any creative work. Share your passion and expertise with fellow Rotarians. Please include your picture and contact details and send your contributions to rid3233team@gmail.com



**Help us grow our Rotary family
by sharing this magazine with your non-Rotarian friends**

Let's inspire them to join us and make a difference together.

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Send your contributions today and be a part of our vibrant community rid3233team@gmail.com



From the Editor's Desk: The Second Issue of Voice of RID 3233

Greetings, Fellow Rotarians!

I am delighted to present the second issue of "Voice of RID 3233." Before we dive into the fascinating articles and features, we have lined up, I want to extend my heartfelt thanks to everyone who contributed to both our inaugural issue and this one. Your enthusiasm and dedication have truly set the tone for this vibrant publication.

Our Rotarians have shown an impressive eagerness to share their professional expertise and personal passions with our readers. It's like hosting a speaker meet but in the comfort of your own home. Think about it: with each issue of our magazine, you're essentially getting to meet a dozen speakers and learn from them, all at your fingertips. It's an incredible way to expand our horizons and deepen our understanding of various vocations and domains.

A special thank you goes to PDG I S A K Nazar for his extensive interview, which he graciously provided despite his busy schedule. His insights and experiences are sure to inspire all our readers, and we are fortunate to have his wisdom featured in this issue.

I must also express my gratitude to our District Governor Mahaveer Bothra Ji for his unwavering support. Whenever the workload of this magazine feels overwhelming, his encouragement lifts my spirits. His dedication to ensuring that this magazine is packed with valuable content and delivered on time has been instrumental in making it a success.

I would be remiss not to acknowledge the incredible support of my district communications team. Your steadfast dedication and hard work have been the

backbone of this endeavour. Additionally, a big thank you to Team Praanha for giving our magazine its aesthetic appeal and seamlessly taking it online.

So, dear readers, as you delve into this issue, know that it is a labour of love from all of us to you. We hope it educates, inspires, and entertains you. And don't forget, we are always looking for more articles, photos, poems, and drawings to showcase the incredible talents within our Rotary family. Please continue to share your stories and spread the word about our magazine.

Here's to another issue filled with passion, expertise, and fellowship!



Rtn. Sashikumar VS
District Communications Chairman
Editor, Voice of RID 3233

Illuminating Leadership:

An In-Depth Conversation with PDG I S A K Nazar

In this exclusive and extensive interview, we delve deep into the life and experiences of Past District Governor Rtn. I S A K Nazar, a dynamic leader whose impact resonates through both the Rotary community and the business world. Known for his innovative approach and inspirational leadership, PDG Nazar shares his journey, insights, and the transformative power of Rotary.

Rtn. VS Sashikumar, District Chairman for Communications and the editor of this magazine, explores the multifaceted career of this remarkable Rotary leader, uncovering valuable lessons for aspiring leaders and entrepreneurs.

Thank you for joining us, PDG Nazar. Can you share with us about your early Rotary life and the journey that led you to become a District Governor?

My Rotary journey began in 1994, during the governorship of Dr. CS Ramachandran, who became my mentor and a true Rotary icon. I was introduced to Rotary by a fellow businessman, Kailash Chordia, who saw potential in me during a conference. From the moment I joined, I was captivated by the spirit of service and leadership that Rotary embodies.

As I grew in Rotary, I took on various roles, culminating in my presidency in 1998-99, where I was honoured to receive 38 awards and be recognized as the best president of the district. This experience fuelled my aspiration to become a governor. However, it wasn't until 2011-12 that I stood for governorship, winning unanimously. My year as governor in 2014-15 was themed the "Light Up Year," and I aimed to make it a year to be remembered for at least a decade.



That's an impressive journey. Can you tell us about any particular moment or experience that stands out from your early days in Rotary?

One experience that profoundly shaped my approach to leadership was my time in the NCC (National Cadet Corps) during college. I was selected as one of 30 under officers for a 40-day defence leadership program at the Madras Regiment Centre OTI.

This intensive residential program, under the guidance of a senior lieutenant general, honed my skills in discipline, risk-taking, teamwork, and communication. It was a golden period in my life that laid the foundation for my future leadership roles, both in Rotary and in business.

Your governorship year, the "Light Up Year," seems to have been particularly impactful. What were some of the innovative initiatives you introduced during your tenure?

During the "Light Up Year," we focused on bringing fresh perspectives to Rotary. We introduced Annettes clubs, fostering youth involvement. We established a business meet culture, enhancing networking opportunities for Rotarians. We also prioritized professionalism and involved presidents and secretaries more deeply in decision-making processes.

One of our most significant public image projects was "Rotary: My Flag, My India." We also organized "Rotary: My Flame, My Polio," a massive car rally with 550 vehicles driving from Tirupattur to Yelagiri Hills to raise awareness about Rotary's commitment to polio eradication. These initiatives not only boosted



Rotary's public image but also energized our members, keeping them engaged throughout the year.

We made sure that every day from July 1 to June 30, we made a mark and a difference. Our presidents, secretaries, and district officers were engaged until midnight on the last day of the Rotary year. This level of engagement and enthusiasm is what made the "Light Up Year" truly memorable.

That's truly impressive. In your opinion, what is the most important quality a District Governor must possess to lead effectively and inspire others?

The most crucial quality for a District Governor is the ability to inspire and motivate. A good governor can propel the district forward by ten years, while a less effective one might set it back. It's vital to have a clear vision and the ability to communicate it effectively, inspiring club presidents, secretaries, and district officers to give their best throughout the year.

A governor must also be innovative, bringing fresh ideas to engage members and make a lasting impact on the community. Leadership isn't just about managing; it's about creating a legacy of positive change that continues long after your term ends.

Furthermore, a governor needs to be adaptable and responsive to the needs of diverse clubs within the district. They should be able to bridge gaps, foster collaboration, and create an environment where every Rotarian feels valued and motivated to contribute their best.



You have helped many Rotarians become successful governors. What's your secret? Is there a specific strategy or approach you use to mentor them?

My approach to mentoring future governors is rooted in identifying and nurturing potential leaders early on. We look for Rotarians who demonstrate a willingness to give their time, effort, and resources to the organization. These individuals often stand out through their involvement, team-building efforts, and the way they connect with others.

The process is gradual and organic. We start by identifying a pool of potential leaders - maybe 50 or so each year. We provide them with opportunities and platforms to showcase their skills and dedication. Over time, this pool naturally narrows down as some individuals demonstrate exceptional leadership qualities.

The key is to create an environment where these potential leaders can grow and prove themselves. We don't select them; rather, they select themselves through their actions and commitment. By the time someone becomes a governor, they have typically gone through years of preparation and have demonstrated their ability to lead and inspire others.

My role as a mentor is to guide, provide opportunities, and offer support when needed. I believe in leading by example and sharing the lessons I have learned along the way. The goal is to help these future governors develop not just the skills, but also the vision and passion needed to lead our district effectively.

You have worn many hats - a school topper, leader, marketing head, and entrepreneur. How do you balance such diverse roles, and what drives you to excel in each?

Balancing these roles comes down to passion, time management, and a commitment to continuous learning. I believe in allocating my time effectively across three key areas: personal growth and knowledge acquisition, professional excellence, and giving back to society.

My drive to excel stems from my upbringing. My father, though an ordinary teacher, was an extraordinary human being who inspired thousands of students. I

have also been fortunate to work under and learn from wizards of marketing and management in various industries.

I start my days early and end them late, always making time for what's important. Whether it's Rotary, industrial associations, or mentoring young entrepreneurs, I allocate at least 20% of my time to these pursuits. It's about staying relevant and making a meaningful impact in whatever you do.

The key is to never stop learning. Each role, whether in business or Rotary, offers unique lessons and perspectives. I try to apply what I learn in one area to others, creating a synergy that enhances my performance across all roles.



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Your journey from marketing to entrepreneurship is fascinating. Can you tell us more about how you started your brand, Manna, and the challenges you faced?

The journey to creating Manna began with my experience in the pharmaceutical industry and my interest in nutraceuticals. I saw the potential for health products in the market and decided to leverage my knowledge and connections to create something innovative.

I started by visiting the Central Food Research Technological Institute (CFTRI) in Mysore, considered the mecca of food processing in India. There, I collaborated with senior scientists to formulate what would become our flagship product, Manna.

However, like many first-generation entrepreneurs, we faced significant financial challenges. As we grew and expanded into new products and geographical areas, we needed more capital. But back then, banks were hesitant to provide loans without collateral, which we didn't have.

We found ourselves in a difficult situation, expanding rapidly but struggling with cash flow. It was during this challenging time that my younger brother, Sajan, a mechanical engineer working in Dubai, decided to resign from his job and join me in the business. His support was crucial in helping us navigate through those tough times and continue building the Manna brand.

Eventually, we explored equity arrangements with various companies, culminating in a partnership with Morgan Stanley, which helped us take Manna to a pan-India level. This journey taught me valuable lessons about resilience, the importance of family support, and the need for strategic partnerships in business growth.

That's an inspiring story of perseverance. Speaking of challenges, can you share an experience from your field visits that taught you a valuable lesson about business or leadership?

One practice that has been invaluable to me is riding pillion with my sales representatives during their field visits. This hands-on approach has taught me countless lessons about our market, our customers, and our own organization.

A particular experience that stands out was during a visit to a remote rural area. I noticed that our product packaging, which we thought was universally appealing, was confusing for some of our rural customers. They couldn't relate to the imagery or understand some of the language we used.

This insight led us to redesign our packaging to be more inclusive and relatable across different market segments. It also taught me the importance of getting out of the office and experiencing our business from the ground level. No amount of market research or reports can replace the insights you gain from direct interaction with your customers and frontline staff.

This experience reinforced my belief in maintaining a simple, accessible posture with my team. I keep my office door open and make myself available to colleagues at all levels. This accessibility ensures that valuable insights and feedback can reach me directly, helping us stay responsive to market needs and internal challenges.





As a successful entrepreneur, what advice would you give to Rotarians who are looking to start their own business ventures?

Entrepreneurship is both challenging and rewarding. My advice would be to first gain comprehensive knowledge about the business you are entering. Understand your target customers, the product or service you are offering, and the financial aspects of running a business.

Secondly, cultivate exemplary courage. The entrepreneurial journey is filled with challenges, and you need the resilience to face them head-on. Be prepared for the fact that only about 32% of new businesses succeed, but don't let that deter you.

Lastly, stay innovative. In today's competitive landscape, it's not enough to have a good product or service. You need to bring something new to the table, whether it's in your product, your approach, or your business model.

Remember, the entrepreneurial landscape today is more supportive than ever, with more resources, mentors, and technological tools at your disposal. If you combine knowledge, courage, and innovation, you are setting yourself up for success.

Also, don't underestimate the value of your Rotary network. The connections and friendships you build in Rotary can be invaluable as you start and grow your business. Rotarians are often willing to offer advice, mentorship, or even become your first customers or partners.

Your success in business is evident. How has your Rotary experience influenced your approach to business, and vice versa?

Rotary and business have been mutually enriching experiences for me. The leadership skills I have developed in Rotary have been invaluable in my business endeavours. Rotary teaches you how to work with diverse groups of people, how to motivate volunteers, and how to manage projects effectively - all skills that translate directly to business success.

Conversely, my business experience has enhanced my contributions to Rotary. The strategic thinking, financial management, and marketing skills I have honed as an entrepreneur have helped me bring a professional approach to Rotary projects and initiatives.

One specific way Rotary has influenced my business approach is in terms of ethical practices. Rotary's emphasis on high ethical standards and the Four-Way Test has always guided my business decisions. It reinforced my belief that successful businesses are built on trust and integrity.

Moreover, Rotary's focus on service has influenced my approach to corporate social responsibility. I have always ensured that my businesses give back to the community, much like we do in Rotary. This not only feels right but also helps build a positive brand image and employee morale.

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You've mentioned the importance of innovation several times. Can you share an example of a particularly innovative project or approach you've implemented, either in Rotary or in your business?

Innovation has indeed been a cornerstone of my approach in both Rotary and business. In Rotary, one innovative project that stands out is our "Rotary: My Flame, My Polio" initiative during my governorship year.

We organized a massive car rally with 550 vehicles, all adorned with Rotary and End Polio Now branding, driving from Tirupattur to Yelagiri Hills. This wasn't just a typical awareness campaign. We worked with the government to stop all other traffic on the route, creating a spectacle that was impossible to ignore. The sight of 550 cars winding up the hills, all carrying the message of Rotary's commitment to polio eradication, created a lasting impact on public awareness.

This project was innovative in its scale, its visual impact, and its ability to engage both Rotarians and the general public. It combined elements of a public awareness campaign, a community event, and a team-building exercise for Rotarians.

In business, one innovative approach we have taken with Manna is in our product development process. We have established a unique collaboration with food scientists at research institutions, allowing us to stay at the forefront of product advancements. This bridge between academic research and commercial application has enabled us to bring cutting-edge health products to market faster than many of our competitors.

Innovation, to me, is about finding new ways to solve problems or achieve goals. It doesn't always have to be a grand, tech-driven solution. Sometimes, it's about looking at existing resources or ideas from a new angle and combining them in unexpected ways to create impact.

As we near the end of our conversation, what message would you like to share with young Rotarians who aspire to make a significant impact in their communities and careers?

To young Rotarians, I would say this: You have chosen to be part of an extraordinary organization that offers unparalleled opportunities for personal growth, leadership development, and community impact. Embrace these opportunities with both hands.

First, immerse yourself in Rotary.

Attend meetings, participate in projects, and take on responsibilities. Every experience in Rotary is a learning opportunity that can shape your character and skills.

Second, don't be afraid to bring your fresh perspectives and ideas to the table.

Rotary thrives on the energy and innovation of its younger members. Your unique viewpoints can help Rotary stay relevant and impactful in a rapidly changing world.

Third, seek mentors within Rotary.

The organization is full of experienced leaders who are often eager to guide the next generation. Their wisdom can be invaluable in both your Rotary journey and your professional life.

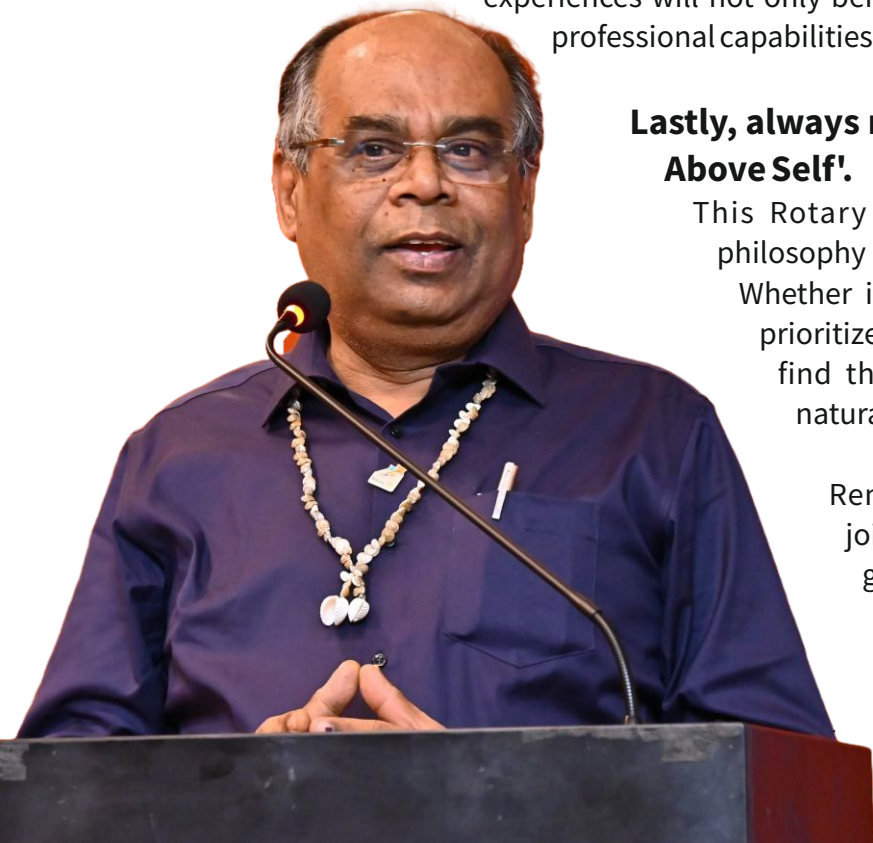
Fourth, use Rotary as a platform to develop your leadership skills.

Take on club roles, lead projects, and eventually aspire for district-level positions. These experiences will not only benefit Rotary but will also enhance your professional capabilities.

Lastly, always remember the power of 'Service Above Self'.

This Rotary motto is not just a phrase, but a philosophy that can guide you to a fulfilling life. Whether in Rotary or in your career, when you prioritize service and the greater good, you will find that success and personal satisfaction naturally follow.

Remember, in Rotary, you are not just joining a club; you are becoming part of a global network of changemakers. Embrace this opportunity, and you will find that as you work to light up the lives of others, your own path becomes too.



Thank you for sharing your valuable insights and experiences, PDG Nazar. Your journey is truly inspiring. Any final thoughts for our readers?

Thank you for this opportunity to share my experiences. My final thought would be this: Rotary is not just an organization; it's a platform for personal growth, leadership development, and making a real difference in the world. Whether you are a new Rotarian or a seasoned leader, there's always an opportunity to light up lives – both your own and others'.

I encourage every Rotarian to approach their Rotary journey with passion, commitment, and a willingness to innovate. The challenges our communities face is ever-changing, and we need to continually adapt and find new ways to serve effectively.

Remember that every small action in Rotary can have a ripple effect, creating positive change far beyond what we might imagine. So, don't underestimate the impact of your contributions, no matter how small they might seem.

Lastly, I want to emphasize the importance of integrity and ethical leadership, both in Rotary and in our professional lives. As Rotarians, we have a responsibility to set high standards and lead by example. Let's continue to be beacons of ethical behaviour in our communities.

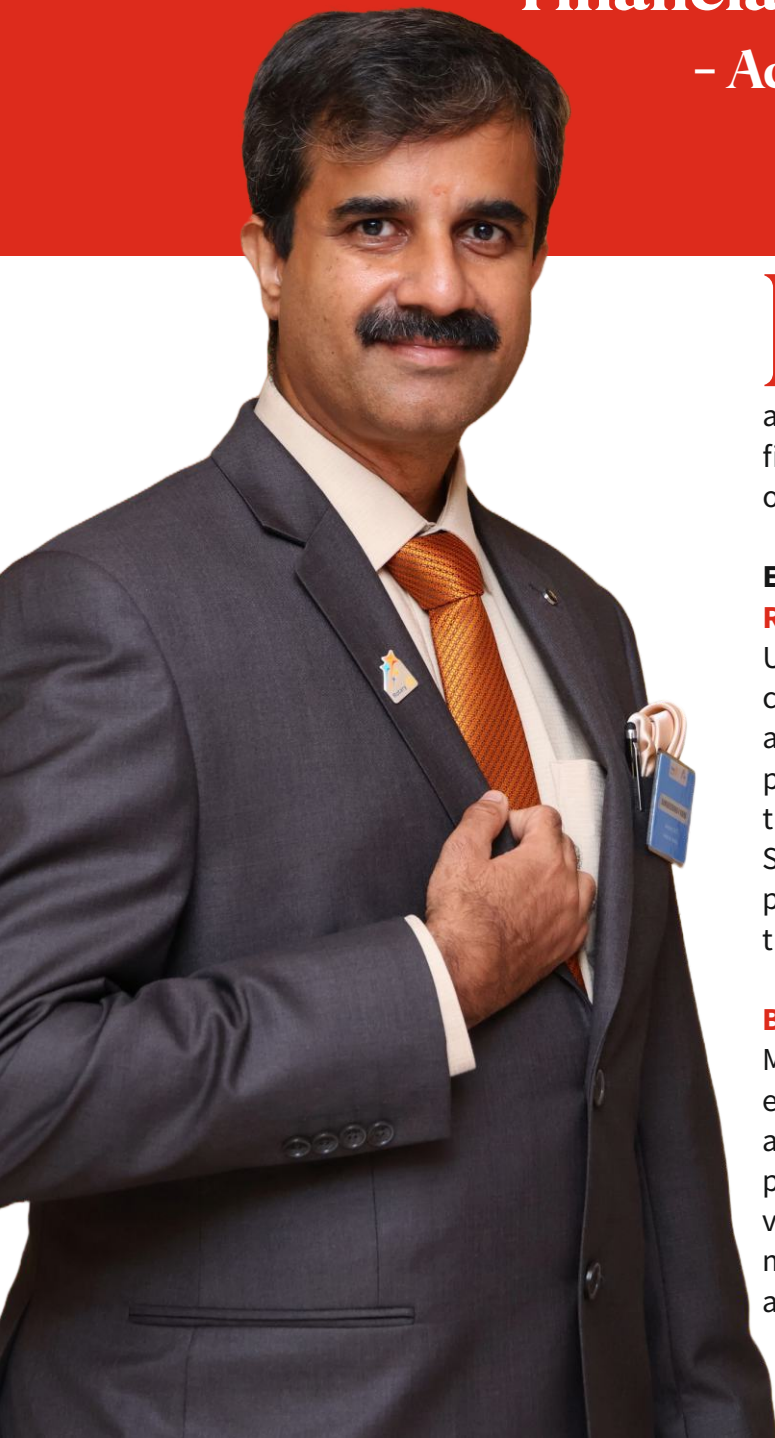
Let's continue to innovate, inspire, and illuminate the path of service above self. Together, we can create lasting, positive change in our communities and around the world.



Financial Wisdom from the Ages - Achieving Financial Independence

Rtn. Ramakrishnan V Nayak

Secretary, Rotary Club Of Aarch City - Madras



Investing has always been a crucial aspect of financial planning, and history offers timeless lessons that remain relevant today. By understanding and applying these principles, individuals can achieve financial independence and create substantial wealth over time.

ESSENTIAL MONEY LESSONS

Risk Assessment and Evaluation

Understanding and evaluating risk before investing is crucial. It helps in making informed decisions and avoiding potential pitfalls. Think of investing like planning a road trip. Before setting off, you would check the route, weather conditions, and your car's health. Similarly, risk assessment ensures you avoid potential pitfalls, like sudden market downturns, just as checking the weather helps you avoid driving into a storm.

Balanced Investment Approach

Maintaining a balanced investment portfolio is key. This ensures that you are not overly dependent on one type of asset, thereby reducing risk. A balanced investment portfolio is like a balanced diet. Just as your body needs a variety of nutrients to stay healthy, your portfolio needs a mix of asset types to remain strong. Relying on one type of asset is like eating only one type of food—it increases your

risk of deficiency.

Proactive Future Planning

Planning for the future is essential. It helps in setting clear financial goals and devising strategies to achieve them. Proactive future planning is like building a house. You need to start with a solid blueprint, setting clear goals and strategies. Just as a well-planned house stands the test of time, a well-planned financial future can withstand economic ups and downs.

Diversification

Diversification is instrumental in spreading risk. By investing in a mix of assets, you can cushion your portfolio against market volatility. Diversification is akin to a farmer planting different crops. If the farmer only plants one type of crop and a pest targets that crop, the entire harvest is lost. By planting a variety of crops, the farmer reduces the risk of losing everything, ensuring more stability.

Saving and Spending Discipline

It's vital to save more and spend less. This discipline ensures that you have enough capital to invest and grow your wealth. Saving and spending discipline is like conserving water during a drought. When you save more and spend less, you ensure you have enough resources during tough times. Just as a reservoir stores water for dry periods, disciplined saving builds a financial reservoir for lean times.

Emergency Fund

Always have an emergency fund. It provides a safety net during unexpected financial crises, ensuring you do not have to dip into your investments. An emergency fund is like having a spare tire in your car. No matter how well you maintain your vehicle, there's always a chance of a flat tire. The spare tire ensures that if you have a flat, you can still continue your journey without major disruption. Similarly, an emergency fund provides a financial cushion during crises, ensuring your investments remain intact.

Stages to Financial Independence

Achieving financial independence is a journey that can be broken down into four stages. Understanding and progressing through these stages can help you attain financial freedom and stability.

Financial Dependence

At this stage, individuals rely on others for financial support, and their net worth and cash flow are negative. Recognizing this phase is the first step towards improvement. This is like a young tree that relies on external support and nutrients to grow. It needs time and nurturing before it can stand on its own.

Financial Solvency

When all financial commitments can be easily covered by one's current income, financial solvency is achieved. This stage signifies the ability to meet expenses without external assistance. Imagine reaching a point where your crops yield enough produce to feed your family without needing external aid. Your income sustains your basic needs.

Financial Stability

Financial stability is when a person has sufficient funds for their current needs and emergencies. This stage is marked by having a robust emergency fund and a stable financial situation. Think of this as having a well-stocked pantry and emergency supplies. You are prepared for unexpected events and can weather any short-term crisis without stress.

Financial Security

The final stage of financial independence is financial security. At this point, individuals have sufficient savings, stable expenses, and are moving towards being debt-free. This stage allows for a comfortable and worry-free financial life. It's like having a fully mature orchard that not only feeds you but also generates surplus produce for trade, ensuring a comfortable and prosperous life without financial worries.

By understanding these principles and progressing through the stages of financial independence, you can achieve a stable and secure financial future. It takes patience, discipline, and continuous learning, but the rewards are well worth the effort. Achieving financial independence provides peace of mind and the freedom to enjoy life without financial worries.

The author Mr. Ramakrishnan V Nayak is a Certified Financial Planner and Managing Director of M/s. Dakshin Capital Private Ltd. For queries can be reached at rkvnayak@dakshincapital.com)

Plan, Prep, and Prosper: Building Your Dream Home



Building your own home is a rewarding experience, but it requires careful planning and attention to detail. As a Rotarian and building contractor, I've seen firsthand how these steps can make or break a project. Follow these guidelines to ensure a smooth and successful construction journey.

Rtn. Sivasankaran
Secretary
Rotary Club of Akshaya



1 Plot Survey: Start with Precision

Before you draft your dream home, take a digital survey of your plot. This step helps you avoid last-minute changes and confusion due to any irregularities in the plot's dimensions. A precise survey sets a strong foundation for your planning phase.

2 Soil Test: Know Your Ground

Conduct a soil test to understand the soil condition of your plot. Different soil types require different foundation treatments. Knowing your soil ensures that your home's foundation is sturdy and secure.

3 Approval First: Follow the Rules

Before laying the first brick, make sure to get the necessary approvals from the respective authorities. This step is crucial to ensure your construction complies with local regulations and avoids any legal hassles down the line.

4 Water Testing: Quality Matters

Test the water source before starting construction. The water used must be suitable for construction to ensure the quality and longevity of your building materials. Poor water quality can weaken your construction over time.

5 Structural Design: Consult the Experts

Get your structure designed by a professional structural consultant. Their expertise will ensure that your home is not only aesthetically pleasing but also structurally sound and safe.

6 Financial Planning: Budget Wisely

Have a proper financial plan in place. Budgeting helps manage expenses efficiently and ensures that you can complete your project without any financial stress.

The Siddha's Secret: Your Kitchen is a Pharmacy

Vanakkam, health-seekers! As a seasoned Siddha practitioner, I am here to reveal a little secret: your kitchen is a treasure trove of healing wonders. Who needs a trip to the pharmacy when you have got an "Anjarai Petti" at your fingertips?

Let's start with milagu, the king of spices.

This fiery fellow isn't just here to make you sneeze; it's packing a punch against inflammation and even helping you shed those stubborn pounds. Feeling under the weather? A pepper and honey concoction will have you saying "achoo" to that pesky cold in no time!

Next up, jeeragam, the unsung hero of your spice rack.

This little seed is iron-rich and ready to wage war against free radicals. It's like a tiny superhero for your digestive system, and it might even help you win the battle against diabetes. Talk about small but mighty!

Vendhayam, oh vendhayam!

Ladies, listen up - this seed is your monthly ally. It's here to ease those cramps and make your time of the month a little less... well, cramp-y. And for our friends managing diabetes, fenugreek is like a natural glucose guardian.

Now, let's talk about manjal, the golden child of Siddha medicine.

This vibrant root is the Swiss Army knife of health. Inflammation? Goodbye. Heart disease? Not on turmeric's watch. It even shows promise in battling the big C - cancer. And for those of you feeling a bit blue, turmeric might just be the sunny boost you need.

Kothamalli vithai, the often-overlooked gems

of the spice world, deserve their moment in the spotlight too. These little powerhouses are packed with vitamins and minerals, ready to lower your blood pressure and keep those pesky parasites at bay. It's like nature's multivitamin! But wait, there's more - coriander might just be your ticket to saying goodbye to anxiety, constipation, and even skin irritations.

And let's not forget about kothamalli's leafy form.

This herb isn't just for garnishing your sambar or rasam; it's a nutritional powerhouse in its own right. Packed with vitamin C, calcium, magnesium, potassium, and iron, it's like a mineral mine in leaf form. The essential oil from coriander has antibacterial properties too, making it a natural defender against those microscopic troublemakers.



Here's a little Siddha secret:

Coriander might just be nature's gentle diuretic. It helps your body flush out excess water and toxins, all while keeping your blood vessels nice and relaxed. It's like a spa day for your insides!

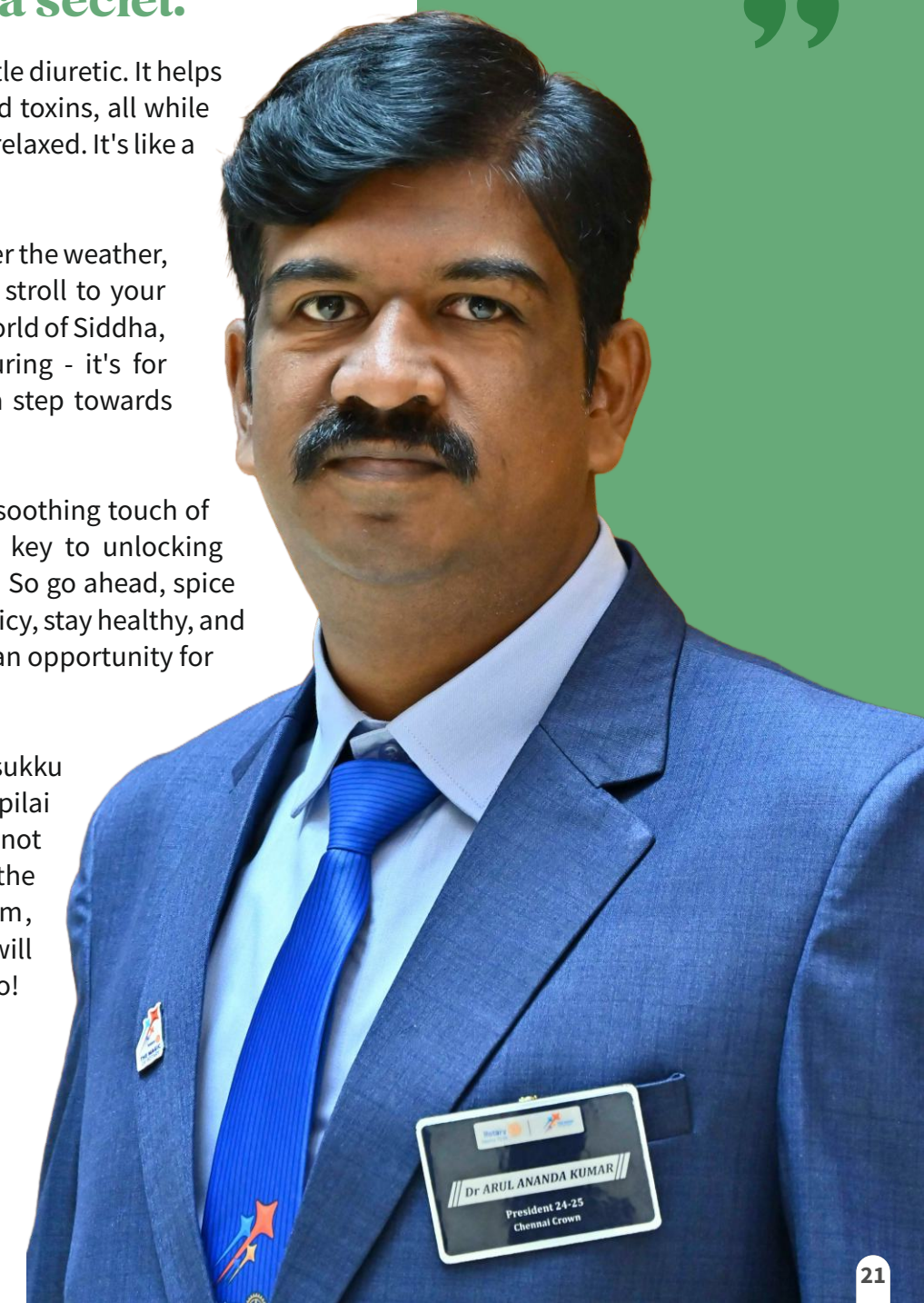
So, the next time you are feeling under the weather, don't rush to the pharmacy. Take a stroll to your kitchen instead. Remember, in the world of Siddha, your spice rack isn't just for flavouring - it's for flourishing! Each pinch of spice is a step towards balance and wellness.

From the fiery kick of milagu to the soothing touch of kothamalli, your kitchen holds the key to unlocking ancient wisdom and modern health. So go ahead, spice up your life - vaidyar's orders! Stay spicy, stay healthy, and remember: in Siddha, every meal is an opportunity for healing.

Next time you are brewing a cup of sukku malli coffee or tossing some karuveppilai into your poriyal, remember - you're not just cooking, you're healing! That's the beauty of our ancestral wisdom, namma veetu marundhu. Your body will thank you, and your taste buds will too!

Rtn. Dr. Arul Ananda Kumar
President
Rotary Club of Chennai Crown

every
meal is an
opportunity
for healing



Anatomy Of India's Win in T20 WC 2024

SKY jumps in the sky to complete a skier at Kensington Oval, Barbados and Indian Team on Cloud Nine as Indian team breaks the jinx and won a ICC Title eluding since 2011.

Indeed a spectacular catch by Suryakumar Yadav (SKY) ended the hopes of the Proteas' Team in a hard fought battle in the T20 WC 2024 jointly hosted by West Indies and USA.

The two undefeated teams of the tournament met for the summit title clash at Barbados.

And 30 runs in 30 balls with 5 wickets in hand the Cup was very much within the grasp of the Rainbow Nation players. But alas! They failed to cross the line and handed victory to the never-say-die spirit Of the Indian players.



With the pinch hitter Klaasen going great guns with a half century in double quick time, the S.A. were fancying their dreams of a WC Title. And the India's all rounder Hardik Pandya had other ideas and bowled a wide off side delivery and only saw him knicking to the ebullient Wicket keeper Pant to grab it gleefully.

And suddenly the Proteas batters were in panic mood and couldn't force the pace of runs quickly And were struck in the middle. Their only mainstay is the hard hitter , southpaw, David Miller in the middle some hopes were there. Indian trio medium pacers called the shots as they were miserly in giving runs.

The 18th over bowled by Bumrah was outstanding conceding just 2 runs and 1 wicket, the penultimate over by Arshdeep Singh conceding just 4 runs.

Now for the ultimate over with 16 runs to be had, India's ace card all-rounder Hardik Pandya's first ball a wide full toss off side allured Miller to have a heave towards long-off boundary only to find SKY who hurtled round from wide long-off, clawed down the ball with barely two hands, toppling over the rope as he crossed , kept his cool and kept his feet inside the rope and lobbed the ball back into his hands to the utter belief of Miller! A sensational catch for the ages. That almost sealed the fate of the Proteas' hopes. And K. Rabada's mighty heave again landed in the hands of SKY , a consummate easy catch. And Indian dugout ran to the middle to celebrate victory.

And the barren cupboard of trophies of the Proteas's team continues!

And that brought curtains to the three legends viz., Head Coach Rahul Dravid, Captain Rohit Sharma and King Kohli.

Rtn. Ravinarayanan
Rotary Club of Chennai Velachery



T20 WC 2024

Reading Between the Lines: A Teacher's Tale of Dyslexia

As a teacher who's spent years navigating the colourful, sometimes chaotic world of dyslexia, I've learned that every child's mind is a unique universe. Dyslexia, one of those tricky Specific Learning Disabilities (SLDs), is like a mischievous Chotta Bheem who sneaks into a child's brain and jumbles up letters, sounds, and sometimes even time itself!

Now, before you picture a classroom full of struggling students, let me tell you a secret: these kids are often the brightest lamps in the festival of lights. They are just wired differently, and it is our job to find the right switch to light them up.

Dyslexia is a neurobiological party crasher that affects reading, writing, and spelling. But here's the kicker - it can also mess with organization, time management, abstract reasoning, attention, and memory. It's like a Swiss Army knife of challenges, but fear not! Early detection is our superhero cape in this story.

So, what should you look out for? Well, it's like being Inspector Durai Singam in your own classroom or home. Here are some clues:

1. Speech and Language delayed speech development, difficulty in articulating words or sounds and struggling to find the right words.

2. Reading and Writing difficulty in recognizing and remembering words, slow or labored reading, trouble with spelling and sequencing

3. Phonological Awareness struggling to rhyme and blend sounds, difficulty to identify beginning and ending sounds for the given words

4. Memory and Organization trouble remembering instructions, names, and dates. Difficulty with planning and time management.

5. Visual Processing trouble recognizing shapes, colours or patterns. Struggle with left-right orientation.

6. Auditory Processing struggling to distinguish between similar sounds, difficulty with background noise or following instructions.

7. Fine Motor Skills difficulty with eye hand coordination or dexterity, trouble with using scissors, manipulating zippers, threading beads etc.

8. Attention and Focus Struggles to stay on task, difficulty with transitions.

9. Social-Emotional difficulty with self-expression or self-confidence, struggles to understand social cues or develop friendships

Now, here's the plot twist - having these signs doesn't automatically mean a child has dyslexia. It's more like a "proceed with caution" sign on the busy road of learning.

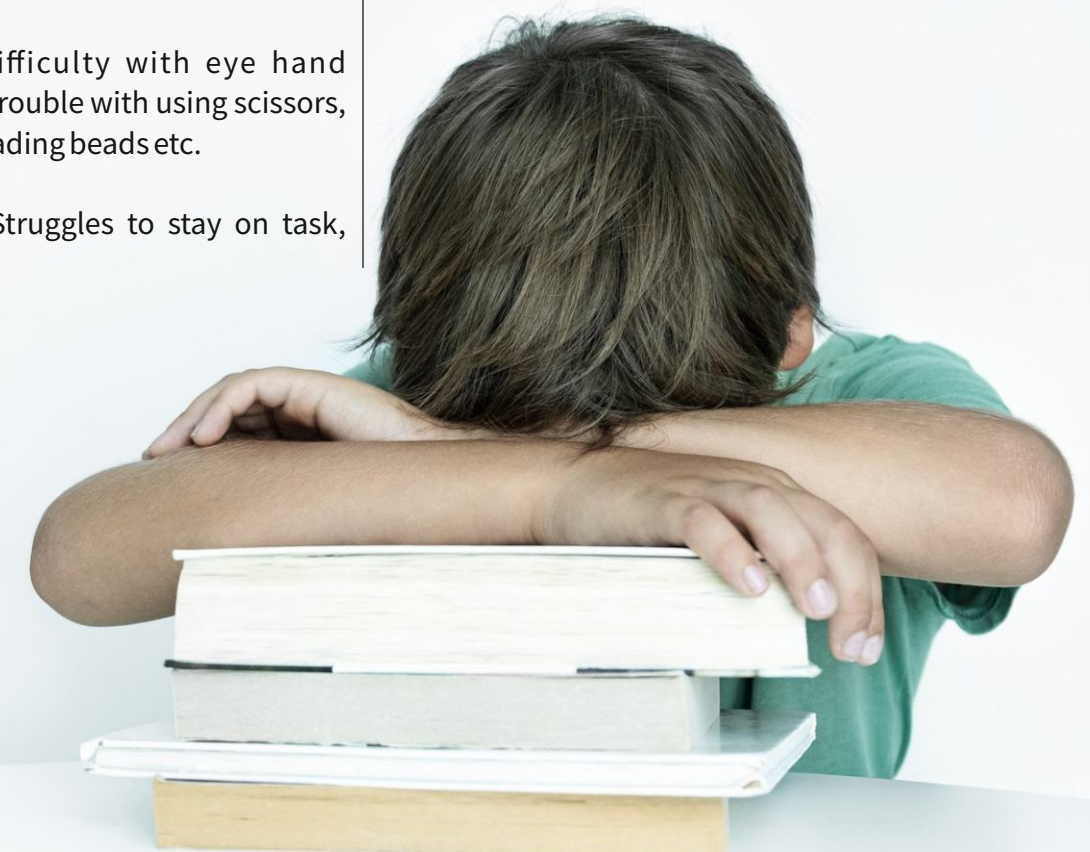
Remember, these wonderful kids often have average or above-average intelligence. It's like they're driving a Ferrari, but the GPS is on the fritz. Our job is to help them recalibrate and find their way.

Dyslexia is a lifelong companion, but with the right support, these kids can soar higher than you'd believe. The world has seen struggling readers become published authors and confused mathematicians turn into successful engineers.

So, let's embrace the beautiful chaos of dyslexia. After all, in a world that's constantly changing, who better to lead the way than those who see things differently?

Rtn. Sindhu Prabhakar

President, Rotary Club of Chennai Maithri



Rotary Wheels and Reel Deals:

An Installation to Remember

Picture this: It's my installation day as the new President of Aarch city, and I'm faced with the age-old dilemma - what to give as mementos? Pens? Paperweights? Booooring! Then it hit me like a flash of Rotary inspiration - movie tickets!

Not just any movie, mind you, but "Indian 2," starring the one and only Kamal Hassan. Talk about perfect timing - the movie was releasing the day after my installation. It was like the cinema gods and Paul Harris himself had conspired for our entertainment!

So, there we were, 100 Rotarians strong, marching into the theatre like a service project on steroids. I felt like the Pied Piper of Chennai, leading my merry band of do-gooders to a cinematic feast.

Now, about the movie. Remember "Indian," where Kamal played both the freedom fighter dad and the corrupt son? Well, he's back as Senapathi, aka Indian thatha, and boy, does he know how to make an entrance! A worldwide trending hashtag #ComeBackIndian, and boom! Our hero ends his vanavaas faster than you can say "Rotary wheel."



INDIAN 2

Kamal, bless his heart, is still doing stunts that would make youngsters break a sweat. There's even a shirtless scene that had some of our senior Rotarians reaching for their glasses! But let's be honest, at this point, Kamal's makeup artist deserves as much credit as he does.

The movie has got everything - corruption, idealistic youngsters (led by Siddharth, who's aged as gracefully as a well-maintained Rotary project), and more plot twists than a district conference agenda. There's even a hashtag war - #ComeBackIndian vs #GoBackIndian. It's like Twitter meets Tamil cinema, with a dash of vigilante justice thrown in for good measure.

But here's the kicker - the movie actually makes you think. It's not just about bashing the baddies; it's about the aftermath of being the good guy. Lives lost; families broken - it's heavier than a Rotary manual on protocol!

Was it perfect? Well, let's just say it had more artificial moments than the smile on my face during board meetings. But watching it with my fellow Rotarians? Pure gold! It was like a service project, but instead of cleaning up the streets, we were cleaning up our entertainment quota for the month.

As we filed out of the theatre, discussing the movie with the same fervour we usually reserve for membership drives, I couldn't help but feel a sense of accomplishment. Not just for pulling off this unconventional installation gift, but for bringing us all together in true Rotary spirit.

In the immortal words of Tolstoy (because what's a Rotary speech without a profound quote?), "We live for ourselves only when we live for others." Well, on that day, we lived for Kamal Hassan, for Indian thatha, and most importantly, for each other.

So here's to "Indian 2," to Rotary, and to the power of cinema to bring people together. May our service be as impactful as Senapathi's vigilantism, and may our fellowships be as entertaining as this movie night. After all, in Rotary, as in Tamil cinema, the show must go on!

Rtn. A. Vinoth Sundar

President, Rotary Club Of Aarch City - Madras





The Air Behind Your **Aura**

As an oncologist, I have seen how a beautiful smile can light up a room, even in the darkest of times. It's a curious thing - when a stranger flashes you a polite smile or their eyes twinkle with warmth, don't you find yourself pausing, wondering if that smile is really meant for you? In my line of work, these small gestures can mean the world.

But oh, how times have changed! These days, it's rare to see such warm interactions. Even our little ones are glued to their screens. In waiting rooms filled with patients and families, I notice how everyone finds solace in the entertainment held in their hands. Gone are the days of striking up conversations with strangers.

It reminds me of my days as a medical student in Kolkata. Those train journeys - two days and one night of shared games, food, and stories with co-passengers. Now, even sharing a biscuit requires careful consideration. In our fast-paced world, flying has become the preferred mode of travel.

The shift from pen pals to Facebook friends represents two ends of a spectrum in human connection. Thinking about those simpler times brings a smile to my face, but it's fleeting.

As a doctor who often deals with the harsh realities of cancer, I find solace in nature. Imagine driving through Munnar in an open jeep, surrounded by misty air and lush green tea estates. That pure air feels like it's cleansing our lungs of all the impurities accumulated from city living. It's almost medicinal in its effect.

I often prescribe my patients a yearly trip to the hills or countryside, especially during monsoons. There's something healing about the scent of wet earth and the act of breathing deeply. But is it always possible? Not for everyone, and certainly not for my patients undergoing treatment.

This led me to search for ways to create a healing oasis right here in our urban jungle. The solution, I discovered, was closer than I thought - in the form of air-purifying plants. Let me share my green prescription with you:

- 1. Snake Plant:** A warrior against formaldehyde and benzene, it's like having a silent air filter.
- 2. Areca Palm:** Nature's humidifier, it adds moisture

to our dry, air-conditioned rooms.

3. Peace Lily: True to its name, it brings peace by removing toxins like ammonia and xylene.

4. Tulsi (Holy Basil): A powerhouse of antioxidants, it purifies air and boosts immunity.

5. Aloe Vera: Beyond soothing burns, it tackles benzene and formaldehyde in the air.

6. Spider Plant: A champion air purifier, removing harmful substances like carbon monoxide.

These plants don't just clean the air; they create a serene atmosphere that can aid in healing both physical and emotional wounds. In my practice, I've seen how environment plays a crucial role in recovery.

So, the next time you step out with a smile, know that it's not just a facial expression. It's a reflection of the healing environment you've created around you. It's pure emotion, nurtured by the clean air and positive energy you've cultivated.

”

As an oncologist, I've learned that healing goes beyond medicine. It's about creating an environment where smiles come naturally, where each breath is a step towards wellness.

And sometimes, that environment starts with a simple potted plant on your windowsill.

Rtn. Dr. Saritha D
*Secretary
Rotary Club of Chennai
Medical Fraternity*



Embracing the Subtle Art: A Reflective Review

Think of your life as a garden with a limited amount of space, sunlight, and water. Each plant represents something you care about—your relationships, career, hobbies, and personal growth. If you try to cultivate too many plants, none will thrive due to lack of space and resources.

Mark Manson's "The Subtle Art of Not Giving a F*ck" is like a master gardener's guide, teaching you to carefully choose which plants deserve your limited resources. By focusing on the most important ones and weeding out the rest, you create a garden that flourishes with meaningful growth and beauty. "The Subtle Art of Not Giving a F*ck":

Rtn. Dr. Deepashree
Past President
Rotary Club of Madras Mount



Need to accept negativity:

We all are in need of a positive life .. in this book Mark Manson argues that the search for a constantly positive life is unrealistic and counterproductive. Growth happens with acceptance of what is and that includes negative life experiences and that accepting life's inevitable challenges and failures is essential for personal growth. By embracing the negative aspects of life, one can develop resilience and find deeper meaning.

Be different - not indifferent:

Care about what matters the most is another powerful message from this book

The book emphasizes that we have limited resources—time, energy, and attention—and we must choose carefully what to care about. By prioritizing our values and letting go of unimportant concerns, we can lead a more fulfilling life. The book also stresses that not giving a f*ck doesn't mean being indifferent; it's all about being different ... it means being selective about what you care about.

Take responsibility:

The other important highlight is the importance of taking responsibility for our own life and choices. Blaming external factors for your problems leads to a victim mentality, which hinders growth and happiness. By taking ownership of our actions and their consequences, we empower ourselves to make positive changes and improve your life.

Accept imperfections:-

We cannot be perfect all the time . The book encourages readers to accept their limitations and imperfections . striving for perfection is futile and that recognizing and accepting your flaws can lead to greater self-awareness and contentment. This acceptance allows us to focus on what we can control and improve.

What's your value system to measure success ?

How do we measure success - the book talks about the importance of having healthy values and metrics for measuring success. Many people suffer because they base their self-worth on external achievements or societal expectations. Instead, we can focus on values that are within your control, such as honesty, integrity, and personal growth. By adopting healthier values,

one can find more sustainable and genuine happiness.

Finally Death is inevitable:

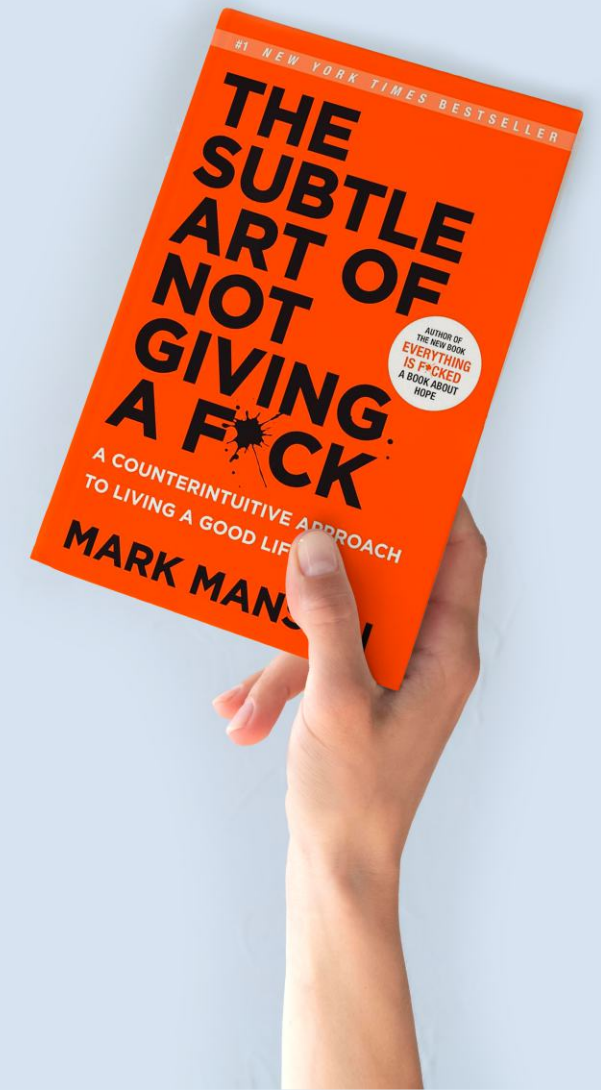
The book touches on the concept of mortality and the importance of considering our legacy. Acknowledging the inevitability of death can provide perspective and motivate us to focus on what truly matters in life.

To sum up the above content - Here is my favourite quote

"The desire for more positive experience is itself a negative experience. And, paradoxically, the acceptance of one's negative experience is itself a positive experience."

This encapsulates Manson's core message: by accepting and confronting life's challenges, we can find genuine happiness and meaning.

Overall, "The Subtle Art of Not Giving a F*ck" is a call to focus on what truly matters, embrace life's inevitable challenges, and live authentically by aligning your actions with your core values.



Shanthi's Secret Green Biryani: A Rotarian's Emerald Delight

Vanakkam, dear friends! Shanthi Selvam here, from the Rotary Club of Chennai Neithal. Today, I am thrilled to share with you a recipe that's very close to my heart - my special Green Biryani. This isn't your ordinary biryani; it's a vibrant, emerald-hued dish that's as much a feast for the eyes as it is for the palate!

What You'll Need (Serves 4 hungry Rotarians)

- 1 kg Seeraga Samba rice
- 1 kg Chicken with bone
- 200 gms Coconut milk
- 1 Cinnamon stick
- 2 Cardamom pods
- 2 Cloves
- 2 Bay leaves
- 5 tsp Ginger-garlic paste
- 1 tsp Turmeric powder
- 1 bunch each of mint and coriander leaves *(These are crucial for our green colour!)*
- 20 Green chillies *(Yes, 20! They're the secret to our vibrant hue)*
- 100 gms Ghee
- 2 tbsp Cooking oil
- 50 gms Unsalted cashew nuts (optional)
- Salt to taste



The Green Biryani Adventure Begins!

1. Soak and Rinse: Begin by soaking 1 kg of Seeraga Samba rice in room temperature water for 15 minutes. Rinse it thrice to remove all the starch. This clean canvas will beautifully absorb our green hues.

2. Fry the Rice: In a large, wide-brimmed pan over medium heat, add 50 gms ghee, cinnamon, cardamom, cloves, bay leaves, and 5 sliced green chillies. Saute for 5 minutes, then add the clean rice and saute for another 5 minutes. Transfer this aromatic rice to another bowl.

3. Cook the Chicken: In the same pan, add the remaining 50 gms ghee, cooking oil, and ginger-garlic paste. Wait for the moisture to finish popping, then add the chicken and turmeric powder. Saute for 10 minutes.



4. Green Paste Magic: Here's where our biryani gets its signature colour! While the chicken is cooking, blend the mint leaves, coriander leaves, and the remaining 15 green chillies with 5 tbsp of water until it becomes a vibrant green paste. Add this emerald mixture to the cooking chicken, along with salt to taste. Mix well and let the paste thicken. Watch as it transforms your dish into a green wonder!

5. Coconut Milk Infusion: Mix the coconut milk with water in a 1:1.5 ratio (rice to water). Add this mixture to the now-green chicken and let it simmer.

6. Rice Reunion: Once the coconut milk mixture starts boiling, add the previously fried rice. Add salt to taste and keep stirring for 5 minutes or until the water starts to simmer down slightly. You'll see the rice starting to take on a beautiful green tint!

7. The Pressure Principle: Now, here's where it gets interesting! We are going to create a multi-layered cooking system. On another stove top, heat a thick dosa pan on high flame. Place your wide-brimmed pan with the green rice and chicken mixture on top of this hot dosa pan. Then, add another hot, thick dosa pan on top of your wide-brimmed pan. Finally, place a big bowl of boiling water on top of that dosa pan. Cover the boiling water with a plate.

8. The Waiting Game: Let this setup heat for 10 minutes on low heat. Then turn off the heat and let it

cool down in the same setting for another 15 minutes. This process allows the flavours to meld beautifully and the green colour to intensify.

9. The Grand Finale: Slowly remove the top 3 layers and gently mix the biryani before serving. Prepare to be amazed by the stunning green colour!

10. Optional Garnish: If you are feeling indulgent, fry the cashew nuts in ghee for 1 minute and sprinkle them over the green biryani as a garnish. The golden cashews will create a beautiful contrast against the green!

Serve this vibrant Green Biryani with a side of onion raita, and watch as your fellow Rotarians' eyes widen with surprise and delight at its unique colour. This isn't just a meal - it's a conversation starter, a celebration of innovation in cooking, and a reminder that sometimes, the most unexpected combinations create the most beautiful results.

From my colourful kitchen to yours, enjoy this emerald delight. And remember, in Rotary as in cooking, it's often the bold, colourful ideas that make the biggest impact!

With love and green-tinted flavour,

Rtn. Shanthi Selvam

Dist. Chair - Pink Auto

Rotary Club of Chennai Neithal

Budget 2024



The 2024 Union budget presents a comprehensive growth package aimed at bolstering the rural sector, a crucial backbone of our economy.

The primary focus remains on job creation, skilling, enhancing infrastructure, and strengthening the manufacturing ecosystem, particularly in renewable energy and emerging sectors.

The aim is to increase disposable income in the hands of the poor and middle class, constituting 80 pct of the population.

Main focus areas include rural housing, manufacturing, higher capital expenditure, infrastructure development, defense, and power.

Rtn. C. Krishnachander
*Dist. Chair, Membership Extension
 Rotary Club of Chennai Towers*

Key takeaways from the budget



The government has lowered fiscal deficit target to 4.9 per cent



Plans to set up a critical mineral mission



Allocating Rs 11 lakh, 11 thousand and 111 crore towards capital expenditure.



To set up 800 MW supercritical thermal power plants



Amendments to the Insolvency and Bankruptcy Code (IBC) and bring in reforms aimed at strengthening the National Company Law Tribunals



Measures to boost rural consumption



Tax rate structure revised liberally



Increased the short-term and long term capital gains tax



STT hike in derivatives trading



Cut in custom duty on gold and silver



Allocated Rs. 6.21 lakh crore for defence the corporate tax rate on foreign companies reduced and angel tax was abolished



Provides Rs. 2.66 lakh crore for rural development



Construction of 3 crore additional houses under the PM Awas Yojana in rural and urban areas



2 lakh crore package for 5 schemes on jobs and skilling of 4.1 crore youth



Allocate Rs15000cr as special financial support to Andhra Pradesh state