

VOLUME 01 - ISSUE 03

SEPTEMBER 2024

VOICE

of RID 3233



BOTHRA JI

Darshan
Impossible:
A Trip to
Tirupati

VITAL VIBES

The Crown
of Confidence

LIT LOUNGE

Lessons from
'The Professional'

LIFESTYLE

Ancient Grains
Meet Modern
Dreams

Beyond
Boundaries:
An Inspiring
Conversation
with
PDG MUTHU

GOURMET GALORE

The Foodie's
Playbook



Rotary
District 3233



THE MAGIC OF ROTARY



VOICE of RID 3233

VOLUME - I
ISSUE - 3

Publisher
RI District 3233

Published & Owned By
RI District 3233

Feedback & Subscriptions
rid3233team@gmail.com

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04 Darshan Impossible: The Rotary Mission that Moved Mountains (and People)



Darshan Impossible:

The Rotary Mission that Moved Mountains (and People)



As the roosters of T. Nagar, Chennai, were still debating whether to cock-a-doodle-doo, two early birds from the Rotary nest were already out and about. Rtn. Sashi, editor of "Voice of RID 3233," found himself power-walking to keep up with the energetic District Governor, Rtn. S. MahaveerBothra.

At 6 AM, when most sensible folks were still cuddling their pillows, these two were pounding the pavement, ready to serve up some serious conversation with a side of humour. Between dodging eager street vendors and inhaling the intoxicating aroma of filter coffee, Rtn. Sashi managed to extract the juicy details of how one man turned a laddu offering into a love train to Tirupathi. Buckle up, dear readers, for a journey that's part divine intervention, part Rotary determination, and a whole lot of "only in India" magic!

Your first major act as president of RC TNagar was offering Tirupathi laddu. How did that sweet gesture turn into a grand trip?

Well, you know how it is - give a Rotarian a laddu, and they will ask for a pilgrimage! It just shows that sometimes, the smallest offerings can lead to the biggest adventures.

You've made Tirupathi trips a tradition. Is Lord Venkateswara your lucky charm?

Let's just say He's my divine project manager. When our goals are noble, I believe He ensures our projects are divinely approved!

From taking club members to taking 1008 challenged children to Tirupathi - that's quite a leap. What inspired this massive undertaking?

It was a mix of divine inspiration and a desire to do more. I wanted to create an experience that would not only touch these children's lives but also showcase Rotary's impact on a grand scale.

Organizing this trip must have been challenging. What was your biggest hurdle?

Honestly? Everything! From getting permissions to arranging logistics for 1500 people, it was like solving a giant puzzle. But with faith and fantastic teamwork, we made it happen.

You mentioned starting with zero money. How did you manage to fund such a massive project?

It's amazing how the universe conspires to help when your cause is noble. Sponsors appeared like magic, and Rotarians stepped up brilliantly. It was like watching a real-life crowdfunding campaign unfold!

Renting an entire train sounds like quite an adventure. Any funny incidents during the journey?

Well, let's just say managing 1000 excited children on a train is its own kind of roller coaster ride! But with clowns and magicians on board, it was more comedy central than chaos.



You had 16 committees for this project. How did you ensure everyone was on the same page?

It was like conducting an orchestra - each committee had its tune, but we all played in harmony. Regular meetings, clear communication, and a shared vision kept us in sync.

The night before the trip, it rained heavily. Did you ever consider postponing?

(Bothra Ji Laughs) Postpone? With 1000 eager children and Lord Venkateswara waiting? Not a chance! We Rotarians are all-weather friends, after all.

You mentioned innovative packaging for breakfast. Can you elaborate on that?

Ah, yes! We created what I like to call "spill-proof miracle boxes." They cost more than the breakfast itself, but hey, you can't put a price on clean train seats!

How did you manage to get Tirupathi Devasthanam's permission for such a large group?

I think even the Devasthanam officials realized that saying no to 1008 special children would be like saying no to Lord Venkateswara Himself!



What was the most heartwarming moment of the trip for you?

Seeing the joy on the children's faces during darshan. In that moment, all the challenges we faced seemed insignificant compared to the happiness we had brought.

This project has certainly raised Rotary's public image. What's your message to those inspired by this initiative?

Dream big, serve bigger! When we come together with a noble cause, there's no limit to what we can achieve. Rotary is not just about wearing a pin, it's about making a difference.

Any plans to top this project in the future?

(Bothra Ji Winks) Well, I hear the Moon is lovely this time of year... But seriously, our focus is always on how we can serve better, not necessarily bigger.

You mentioned taking insurance for each child. Did you also insure your sanity during this project?

(Chuckles) I wish! But you know, Rotarians have a natural immunity against project-induced insanity. It's part of our service package!

If Lord Venkateswara were to grade this project, what score do you think He'd give?

I would like to think He'd give us a divine 10/10!

But knowing Him, He'd probably say, "Great job, now what's next?" Gods are overachievers like that, you know.

If you could give one piece of advice to future Rotary leaders planning ambitious projects, what would it be?

Remember, in Rotary, impossible is just a word that hasn't met determined Rotarians yet. Dream big, plan meticulously, and always pack extra laddus - they work wonders in crisis management!

Finally, if you could sum up this entire experience in one sentence?

It's proof that with faith, fellowship, and a bit of Rotary magic, we can move mountains - or in this case, move 1500 people to a mountain!





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



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From the Editor's Desk:

The Third Issue of Voice of RID 3233

Greetings, Fellow Rotarians!

I am thrilled to welcome you to the third issue of *Voice of RID 3233*! As always, I must start by extending my heartfelt thanks to all our wonderful contributors. Your enthusiasm and dedication have made this magazine a true reflection of our vibrant Rotary community.

This month, we are excited to welcome two new members to our magazine team—Rtn. Surendran and Rtn. Sangeetha. Their energy and creativity have already added a fresh spark to our content, and we are thrilled to have them on board.

A special shoutout to our District Governor, who took us on a virtual journey to Tirupathi with his latest interview. Who knew a pilgrimage could be so enlightening and fun? It's a must-read!

I also want to extend my deepest gratitude to our District Learning Facilitator, PDG Muthu Palaniappan, for his extensive interview. His insights are nothing short of inspiring, and I am certain they will resonate with Rotarians across the district.

This issue is packed with even more engaging articles, insightful stories, and delightful surprises. Whether you are looking for inspiration, a laugh, or something to ponder, I am sure there's something in here for everyone.

As always, we are eager to hear from you. Keep sending in your articles, poems, and stories—it's your contributions that make this magazine shine.

And don't forget to share *Voice of RID 3233* with your friends and family. Let's spread the word and show them what makes Rotary so special. Enjoy the read, and here is to many more exciting issues ahead!



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

Beyond Boundaries:

A Rotarian's Quest for Quantum Leaps in Service

PDG Muthu Palaniappan

In this revealing interview with Rtn. Sashikumar, editor of our magazine, Past District Governor Muthu Palaniappan shares his remarkable Rotary journey. From a reluctant new member to an Arch Klumph Society donor, PDG Muthu has redefined service impact. His visionary projects, like establishing 200 vision centers across Tamil Nadu and spearheading the innovative COWIN initiative during the pandemic, exemplify his "think big, act big" philosophy.

A self-made businessman turned Rotary leader, PDG Muthu's story is one of transformation, innovation, and unwavering commitment to service above self. Discover the mindset that has driven his quantum leaps in Rotary service and inspired countless others.



What initially brought you into Rotary, and how did your perspective on the organization evolve over time?

My entry into Rotary was quite unconventional. Unlike many who join to enhance their business connections, I was compelled to join to retain my existing business relationships. In 1997, I was invited by Rtn. Paul Jacob, an architect, and interestingly, he and one of our major clients Aircel Group insisted that I, as the contractor working on the project, join Rotary to continue our collaboration. Initially, I was hesitant due to potential conflicts of interest, but eventually, I joined to safeguard my business. Over time, my perspective dramatically shifted. From being a passive member focused solely on attendance, I gradually became more involved, especially after taking on the role of President in 2009-10. This experience opened my eyes to the true magnitude and impact of Rotary, transforming me into an active, dedicated Rotarian. Today, not a day goes by without me thinking about or doing something for Rotary. It has profoundly changed me, my family, and my perception of life, making me a better person overall.

Your journey with The Rotary Foundation has been extraordinary, from becoming a Major Donor on your installation day to achieving Arch Klumph Society status. How has your experience with the Foundation shaped your perspective on giving, and what would you say to inspire others to contribute more generously?

My journey with The Rotary Foundation has been truly transformative. As a first-generation graduate in my family and a self-made businessman, I understand the value of every rupee earned. It all started on the day of my installation as president when I committed to becoming a Major Donor by contributing \$10,000. This decision wasn't premeditated - it was a spontaneous response to the inspiring environment of our President-Elect Training Seminar in Pattaya.

What I have learned is that giving to the Foundation is not just about the amount, but about the impact. Every dollar contributed to The Rotary Foundation goes much further than you might imagine. Unlike many other organizations where a significant portion goes to administrative costs, with Rotary, 92% of your contribution directly supports our projects.

Moreover, the value of your contribution is multiplied by the volunteer efforts of Rotarians and our partners. In my experience, for every 100 rupees contributed, we see results worth 130-140 rupees in terms of impact. This efficiency and effectiveness make The Rotary Foundation an excellent channel for those who want to make a real difference in the world.

What truly inspires me about the Foundation is how it enables us to think big and act big. Projects like our Orange vision centres across Tamil Nadu or our mobile cardiac screening bus wouldn't have been possible without the support of the Foundation and the generosity of fellow Rotarians.

My commitment to the Foundation grew over time, culminating in my becoming a member of the Arch Klumph Society, which requires a donation of \$250,000. As someone who started from humble beginnings, reaching this level of giving was a significant milestone. It reflects not just financial success, but a deep belief in the power of Rotary to change lives.



To those considering contributing to the Foundation, I would say this: Your contribution, no matter the size, has the power to change lives. It's not just about writing a cheque; it's about investing in sustainable, impactful projects that address real needs in communities around the world. When you give to The Rotary Foundation, you are not just donating money - you are providing hope, improving lives, and creating lasting change.

Remember, in Rotary, we are known for contributing our time, effort, and money. The Rotary Foundation offers a platform to do this with maximum satisfaction and optimal results. So, I encourage every Rotarian to experience the joy of giving through the Foundation. It's a decision that will not only impact countless lives but will also profoundly enrich your own Rotary journey.



You have mentioned the concept of "thinking big, acting big, and achieving big results" in Rotary. Can you elaborate on this philosophy and how it has shaped your approach to Rotary projects?

This philosophy has been the cornerstone of my approach to Rotary projects. I believe that for a district project to be truly impactful, it should inspire clubs that haven't done projects and motivate those already doing projects to scale up. A prime example of this was Project Orange, our vision centre initiative. We set an ambitious target of establishing 200 vision centres across Tamil Nadu, costing around 25 crores. This project required partnering with 15 hospitals, identifying 200 locations, and managing manpower - a challenging task for both Rotary and our partners. Despite the obstacles, especially during the COVID-19 pandemic, we persevered. The project's scale attracted substantial contributions, even from clubs that previously made modest donations. It also inspired other districts to take up similar initiatives. This approach of thinking and acting on a grand scale not only achieves significant results but also motivates and unites Rotarians towards a common, impactful goal.

The Revive Chennai project during the 2015 floods was a significant undertaking. How did this project demonstrate Rotary's ability to respond effectively to crises?

The Revive Chennai project was indeed a pivotal moment that showcased Rotary's capacity to respond swiftly and effectively to crises. In the aftermath of the

devastating 2015 Chennai floods, we recognized that beyond immediate relief, there was a crucial need for revival kits to help affected families restart their lives. We assembled comprehensive kits costing around 6,500 rupees each, containing essential household items, and distributed them at 3,000 rupees per kit. The project's success lay in our strategic partnerships - we collaborated with Equitas for beneficiary identification and distribution, and with News7 channel for publicity. We also leveraged Rotary's network to procure materials at cost price, enabling us to provide high-value kits at a subsidized rate. Within a month, we distributed 6,500 kits, impacting thousands of lives. This project demonstrated Rotary's strengths: our ability to mobilize quickly, form effective partnerships, and deliver substantial aid efficiently. It also highlighted how Rotary can think innovatively to address immediate needs while considering long-term impact.

Can you tell us about the COWIN project and how it exemplifies Rotary's ability to respond to urgent community needs?

The COWIN project during my Governorship, spearheaded by Project Chairman Rtn. Mahaveer Bothra, is an excellent example of Rotary's agility in addressing critical community needs. Initiated during the challenging times of the COVID-19 pandemic, this project aimed to provide essential relief kits to those in need. What started as a modest goal of 5,000 kits quickly evolved into an ambitious target of 25,000, showcasing our commitment to thinking big and

making a significant impact.

One of the key strategies that made this project successful was our innovative pricing model. We priced each kit at 500 rupees, despite its actual cost being around 1,000 rupees. This approach allowed us to scale up the project dramatically. By leveraging partnerships, such as with Arusuvai Arasu, we were able to use idle catering facilities and employ workers who were otherwise without jobs, thus producing kits at a lower cost.

The distribution network for the project was equally impressive, involving organizations like Equitas and Ramakrishna Mission, which helped reach beneficiaries across Tamil Nadu. The result was remarkable - under Bothra's leadership, the team managed to distribute an astounding 36,000 kits, valued at ₹3.6 crore, in just 30 days, at a cost of only ₹1.8 crore. This remarkable achievement far exceeded the initial target of 25,000 kits, showcasing the dedication and efficiency of the project team.

This project not only provided immediate relief to thousands of families but also demonstrated Rotary's ability to mobilize resources, form strategic partnerships, and execute large-scale projects efficiently. It's a testament to what we can achieve when we combine vision, planning, and dedicated teamwork in service of our communities. Rtn. Mahaveer Bothra's leadership in this project, even before becoming Governor, was instrumental in its success and showcased his capacity for taking on significant roles within Rotary.

How has Rotary's mobile cardiac screening bus initiative revolutionized healthcare accessibility in Chennai?

The mobile cardiac screening bus initiative has significantly enhanced healthcare accessibility in Chennai. This groundbreaking project, funded by a donation of ₹1.25 crore through The Rotary Foundation to Ramachandra Hospital, serves as a vital resource for community health outreach.

In just two years, this mobile unit has conducted over 20,000 free ECGs and echocardiograms, primarily serving maternal mothers and senior citizens. By bringing advanced cardiac screening directly to the community, we have eliminated barriers to access for

many who might otherwise go without these critical health checks.

The success of this project lies not just in the initial donation, but in the strategic partnerships and consistent follow-through. We have collaborated closely with the Chennai Corporation to ensure the bus operates regularly, running screenings every Tuesday and Thursday without fail. This consistency has been key to the project's impact.

Moreover, Ramachandra Hospital's commitment has been extraordinary. Recognizing the value of Rotarians' contributions, they have invested an additional 2-3 crore in consumables and services, effectively tripling the impact of the original donation. This mobile cardiac screening bus exemplifies how innovative thinking in healthcare delivery can have a profound impact. By bringing the hospital to the people, we are not just conducting tests; we are potentially saving lives by detecting cardiac issues early. It is a model of community service that combines the power of partnerships, technology, and dedicated volunteers to create a sustainable, far-reaching impact on public health.





You have been instrumental in several large-scale projects. What do you consider to be your most significant contribution to Rotary, and why?

While all projects have been meaningful, I consider Project Orange, our vision centre initiative, to be my most significant contribution to Rotary. This project embodies the principle of thinking big and creating lasting impact.

What makes this project stand out is its multifaceted impact. Firstly, it addresses a critical health need, providing accessible eye care to underserved communities. Secondly, it's sustainable - these centres continue to operate, providing ongoing care. Thirdly, it dramatically increased Rotary Foundation contributions in our district, with clubs and individuals stepping up to sponsor entire centres.

Project Orange is indeed a transformative initiative in eye care industry, and its journey is a testament to Rotary's ability to think big and create lasting impact.

The idea originated from discussions with Dr. Aravind of Aravind Eye Hospital. We identified a gap in eye care delivery - the lack of easily accessible vision centres in rural and semi-urban areas. While hospitals could conduct occasional eye camps, there was a need for permanent, local eye clinics that people could visit at their convenience.

We set an ambitious target of establishing 200 vision centres across Tamil Nadu, each costing about ₹13-15 lakh. The total project cost was estimated at ₹25 crores. This was a mammoth undertaking, requiring partnerships with 15 hospitals, identifying 200 suitable locations, and managing workforce recruitment and retention.

The project's unique selling point was its comprehensive approach. Each centre was equipped with a two-wheeler, a four-wheeler, audio-video equipment, and awareness materials. This wasn't just about treating patients; it was about creating widespread awareness about eye health.

To fund this, we devised a strategy where clubs could sponsor an entire centre for \$10,000. This approach was incredibly successful. Clubs that typically contributed \$1,000-\$2,000 annually to The Rotary Foundation were now giving \$10,000 to have a permanent project in their name.

As of now, about 150 centres are functioning. We have conducted close to 7-8 lakh screenings and facilitated 70-80,000 cataract surgeries. The project has expanded beyond our district, with other Rotary districts in India also implementing it.

The impact has been profound. One touching story comes from Rotary Club of Chennai Utsav, which committed to sponsoring eight centres. The club president Rtn.Mohini Sriram shared that if such centres had existed years ago, they might have saved her mother's eyesight. This emotional connection to the project's potential has driven its success.

Project Orange has not only improved eye care accessibility but has also significantly boosted contributions to The Rotary Foundation. It has become a model for how Rotary can address healthcare challenges at scale, and we are now exploring ways to expand this model to other states and possibly other countries.

This project exemplifies how Rotary can bring together various stakeholders - hospitals, local communities, and Rotarians - to create a sustainable, large-scale impact in healthcare delivery.



You have emphasized the importance of attending Rotary conventions. How have these experiences shaped your perspective on Rotary's global impact?

Attending Rotary conventions has been a transformative experience that has profoundly shaped my understanding of Rotary's global impact. These events are powerful catalysts for change in how we perceive and engage with Rotary.

Each convention has deepened my satisfaction with Rotary and intensified my desire to contribute more. At these events, you witness the true scale and diversity of Rotary's global community. You see industry leaders engaging freely with every Rotarian, creating an atmosphere of accessibility and camaraderie that is truly unique.

What is particularly inspiring is the opportunity to interact directly with Rotary leaders from around the world. The Rotary showcase at these conventions is also an invaluable source of ideas and knowledge,

exposing you to innovative projects and best practices from clubs worldwide.

These experiences change your outlook, inspire you to think bigger, and motivate you to take on more significant challenges within Rotary. That is why I strongly advocate for more Rotarians to attend these conventions. Once you experience a Rotary convention, your entire thought process about Rotary evolves. You return with a renewed passion, a global perspective, and innovative ideas to implement in your local clubs and districts.

How do you view the role of family support in a Rotarian's journey, especially for those taking on leadership positions?

Family support is crucial in a Rotarian's journey, particularly for those in leadership roles. Rotary demands a significant time commitment, and without family understanding and encouragement, it's challenging to fully engage with the organization's activities and responsibilities.

In my experience, involving your family in Rotary is key. When your spouse and children understand what you are doing and why it's important, they're more likely to support your involvement. Moreover, Rotary offers a wonderful platform for family participation. Whether it's attending meetings, joining service projects, or participating in Rotary events, there are numerous opportunities for family members to get involved.

For anyone aspiring to take on leadership roles in Rotary, cultivating this family involvement and support is, in my view, essential for long-term success and satisfaction in their Rotary journey.



What advice would you give to a new Rotarian who aspires to make a significant impact through their involvement in the organization?

First and foremost, get to know what is happening in your club. Attend meetings regularly and participate in club activities. It is equally important to understand what is happening at the district level.

I strongly encourage new Rotarians to attend district events. This is where you will learn about the great work other clubs are doing and gain a broader perspective on Rotary's impact. If possible, attend international conventions. I have found that every convention I have attended has deepened my satisfaction with Rotary and inspired me to do more.

Remember, Rotary is like a 5-star buffet - there is something for everyone. Find your passion within the organization, whether it is in community service, international projects, passion-based fellowships, or leadership roles. Don't be afraid to think big and take on challenges. Some of our most impactful projects, like Project Orange, started with ambitious goals.

Lastly, involve your family in your Rotary journey. Their support and understanding will be crucial as you take on more responsibilities within the organization. With dedication and the right mindset, you can make a significant impact and find Rotary to be a deeply rewarding experience that changes you for the better.

The Rotarian's Financial Compass

7 Rules for Navigating Prosperity

Rtn Balu Prakasam



As Rotarians, we are committed to serving others. But to maximize our impact, we must also secure our own financial future. Here are seven golden rules to guide us.

1. Plan for Life's Three Acts

Visualize your financial journey in three acts: Act I (birth to 22) where others provide, Act II (22 to 60) where you provide for yourself and dependents, and Act III (60+) where you rely on self-provision. Craft a savings plan that prepares you for each act's unique financial demands.

2. Diversify Your Investments

Don't rely solely on traditional fixed deposits. With current returns around 7% (5% after tax), explore options like mutual funds. They offer higher potential returns, tax efficiency, and better diversification. Match fund types to your goals: liquid funds for short-term (under 1 year) and diversified equity for long-term (6-10 years).

3. Build an Emergency Fund

Set aside six months of income in easily accessible accounts. This financial cushion protects you from unexpected setbacks, ensuring you can continue your Rotary service without personal financial stress.

4. Adopt the 'Saver' Mindset

Follow this formula: Income minus Savings equals Expenses. Prioritize saving before spending. Aim to save 25-35% of your family income, in line with the average Indian household.

5. Evaluate Investments Wisely

Consider safety, returns, liquidity, capital appreciation, and tax efficiency when choosing investments. While fixed deposits offer safety, mutual funds provide a balance of high returns, liquidity, and tax benefits with moderate safety.

6. Plan for Retirement

As you near retirement, allocate funds strategically. Use balanced mutual funds for medium-term goals (3-6 years) and diversified equity funds for long-term objectives (6-10 years) to maintain growth while managing risk.

7. Lead by Example

Apply the same diligence to personal finances as you do to Rotary projects. A financially secure Rotarian is better equipped to serve others and create lasting change.

By following these rules, we can secure our financial future while enhancing our capacity to serve. Let's lead by example, demonstrating prudent financial management alongside our commitment to community service.



**Rtn Balu Prakasam ,
Past President, RC Madras Mount,
District Chair -Polio Plus Society 24-25**

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The Foodie's Playbook

Mastering the Art of Menu Matchmaking

**Ladies and gentlemen,
gather 'round for a crash
course in culinary choreography!**
- Rtn. Rajesh Narang

As a seasoned food warmer supplier, I have seen more mismatched meals than a potluck at a costume party. So, let's embark on a gastronomic journey that'll make your taste buds tango and your dinner parties legendary.

First up, the aperitif arena! Pairing wine with cheese is like matching socks – it just works. But for the adventurous, try cheese and pineapple – it's the culinary equivalent of wearing stripes with polka dots and somehow pulling it off.

And for our hard liquor aficionados, ditch those fried tempters. Green salad or popcorn is your best bet – because nothing says "I've got this" like elegantly munching on popcorn while sipping scotch.

Now, let's talk starters. Fresh green salads are your friends – go for fresh green salads, Channa chat, Russian salad, or Coleslaw salad. But beware the Papadi chaat! It's the diva of dishes, going from crisp to soggy faster than you can say "pass the papadum."

For the main event, if you are going Indian, think peas pulao with Kadai vegetables or Kadai paneer, and dry crispy bindi or mixed vegetables. It's like a Bollywood dance number – colourful, spicy, and guaranteed to be a crowd-pleaser.

For the non veg - Butter chicken or Mutton curry along with tandoori chicken in medium size pieces will be a good choice. And always, ALWAYS insist on hot kulcha or butter roti. Cold flatbread is like a limp handshake – disappointing and slightly awkward.

Venturing into Chinese territory? Remember, mixing cuisines is like wearing socks with sandals – a culinary faux pas. Stick to the script with fried rice and Chinese curries like Chinese crispy fried vegetables or Chopsuey. It's a combination smoother than Bruce Lee's moves.

For the Chettinad lovers, go all in! Whether it's seafood, chicken, or mutton, Chettinad non-veg is the James Bond of Indian cuisine – sophisticated, bold, and leaves you shaken and stirred.

Finally, desserts – the grand finale! Caramel custard and bread pudding are like the reliable best friends of the dessert world. But throw in a tiramisu, and suddenly you are the mysterious international guest at the party.

Alternatively, you can pair crispy Jelabi with semi sweet Rabadi and top it off with a Kolkatta sweet paan to see the extra delight in your guests.

Remember, dear Rotarians, composing a menu is like conducting an orchestra. Each dish should complement the other, creating a symphony of flavours that'll have your guests humming with delight.

**So go forth,
you culinary conductors!
May your dinners be delightful,
your pairings be perfect,
and may your food always
stay warm. Bon appétit!**

**Rtn. Rajesh Narang,
Past President, Rotary Club of Chennai Towers
District Chairman – Basic Education & Literacy**

The author of this Article Rtn. Rajesh Narang is the CEO of United Agencies Distributors of Banquet Fuel and can be contacted for any queries through email ID rajsony27@gmail.com or 98400 74996





The Crown of Confidence: Non-Surgical hair regrowth that works

A smooth, shiny head can be a bold, distinguished look—but let's be honest, most of us would rather keep our crowning glory. Hair boosts our confidence and helps us feel more like ourselves. While it's a personal choice, if you want to maintain a full mane into your 40s and 50s, it's smart to start early.

Not everyone wins the genetic hair lottery. Some flaunt thick, luscious locks effortlessly, while others must stay vigilant for early signs of hair loss. The first clues? Hair fall, thinning, and increased scalp visibility. Men, keep an eye on your front hairline and crown; women, watch your front hairline and middle partition—these are often the first areas to thin.

Rtn. Dr. Priya Prabhakar
Secretary
Rotary Club of Chennai Sun Rise

So, what's the plan when you notice these signs? That's where non-surgical hair regrowth treatments like PRP, GFC, and QR678 come in—your hair's new best friends.

PRP: The Power of Your Own Growth Factors

PRP (Platelet-Rich Plasma) uses your blood, processed to concentrate growth factors, and injects it into your scalp to stimulate hair follicles. Remember, PRP is a marathon, not a sprint—you'll need about 9 to 10 sessions to see results.

GFC: The PRP Upgrade

GFC (Growth Factor Concentrate) enhances PRP by adding preloaded growth factors, delivering similar or better results in just 3 to 4 sessions. It's like upgrading from a jog to a sprint—faster and more effective.

QR678: The Cutting-Edge Contender

QR678, the latest in hair regrowth, is a plant-based biomimetic polypeptide that eliminates blood draws. This quick, painless injection takes just ten minutes and offers results that rival GFC. FDA-approved and holding a U.S. patent, QR678 is rapidly becoming a global favorite in non-surgical hair restoration.

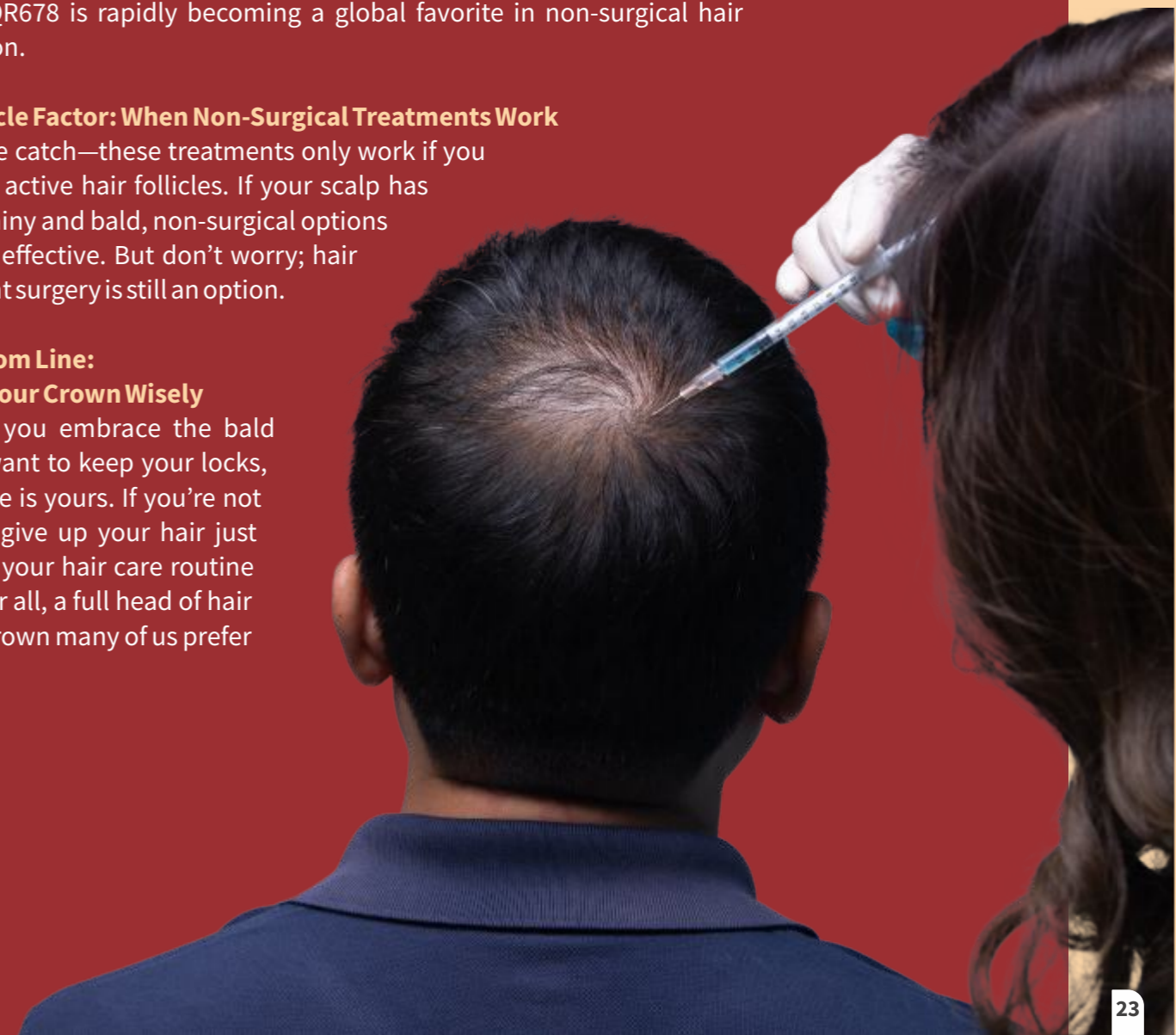
The Follicle Factor: When Non-Surgical Treatments Work

Here's the catch—these treatments only work if you still have active hair follicles. If your scalp has turned shiny and bald, non-surgical options won't be effective. But don't worry; hair transplant surgery is still an option.

The Bottom Line:

Choose Your Crown Wisely

Whether you embrace the bald look or want to keep your locks, the choice is yours. If you're not ready to give up your hair just yet, start your hair care routine now. After all, a full head of hair is still a crown many of us prefer to wear.



Ghats, Cows, and Common Sense:

Easy Guide to Road Rulership

Rtn. Vishnuraam.G.M

Buckle up, Friends! As an auto enthusiast and off-roader, I'm here to share some wheel wisdom for your next adventure on our diverse roads.

Whether you're cruising through Chennai's bustling streets or tackling the twisty ghats of the Nilgiris, here are some tips to keep your journey smooth and safe.

1. Pre-Trip Vehicle Check:

The 5-Point Pit Stop

- Tire pressure and tread:

Don't let a flat tire deflate your plans!

- Fluid levels:

Keep your car well-oiled and hydrated

- Brakes:

Because "break dance" shouldn't be taken literally on the road

- Lights:

Be bright, be seen, be safe

- Emergency kit:

Pack like you're expecting the unexpected

2. Know Your Route:

GPS is great, but a mental map is priceless. Research your route, including potential pit stops and alternate roads.

3. Time It Right:

Avoid peak hours. Early mornings are your friend, especially on highways.

4. Stay Alert, Stay Alive:

- **No mobile phones while driving.**

That WhatsApp group can wait!

- **Take breaks every 2 hours.**

Stretch those legs and refresh that mind.

- **Share driving duties on long trips.**

It's a journey, not a marathon.

5. Respect the Road, and Others:

- **Maintain safe distances.**

Tailgating is for sports, not highways.

- **Use indicators.**

They are not optional extras!

- **Dim high beams for oncoming traffic.**

Don't blind with kindness.

6. Weather Wisdom:

- Monsoon driving? Slow down and double the following distance.

- Summer scorcher? Keep your car and yourself hydrated.

7. Local Flavour:

- **Watch out for sudden cow crossings.**

They have right of way, always!

- **Be prepared for unexpected speed breakers.**

They pop up like surprises.

Remember, road sense trumps driving skills every time. A cool head and awareness of your surroundings are your best co-pilots. Let's make our roads safer, one conscious driver at a time.

So, Friends, are you ready to hit the road? Remember, the journey is as important as the destination. Drive safe, stay alert, and enjoy the beautiful landscapes where ever you go!

Rtn. Vishnuraam.G.M

Secretary-

Rotary Club of Chennai Kodambakkam



Serve, Smash, Smile:

A Sportsman's Prescription for Happiness

Hello, fellow Rotarians! Mahabu Basha here, your friendly neighbourhood medical equipment supplier and sports enthusiast. Today, I am not here to talk about hospital equipment, but about something equally vital for our health – sports!

As someone who is equally comfortable setting up an ECG machine or setting up for a volleyball spike, I can tell you that engaging in sports is like a wonder drug for both body and mind. Here are six reasons why you should consider picking up a racket, ball, or any sports equipment that tickles your fancy:



1. The Ultimate Stress-Buster:

Feeling overwhelmed? Smash it out on the badminton court! There's nothing like a good rally to make your worries fly away faster than a well-hit shuttlecock.

2. Nature's Mood Enhancer:

Who needs artificial mood boosters when you have endorphins? These natural 'feel-good' chemicals flood your body during sports, turning that frown upside down!

3. Social Connections, Unplugged:

In this digital age, sports offer a refreshing way to connect with others. Whether you are high-fiving teammates or sharing a laugh with opponents, it's real-time, real-life interaction at its best.

4. Full-Body Workout, Disguised as Fun:

Forget boring gym routines. With sports, you are working out every muscle group without even realizing it. It's like sneaking vegetables into a delicious smoothie – all the benefits, none of the dread!

5. Mental Agility Training:

Sports aren't just about physical prowess. They sharpen your mind, improve focus, and enhance decision-making skills. It's like CrossFit for your brain!

6. Lifelong Learning:

Sports teach us valuable life lessons – teamwork, perseverance, graceful winning, and dignified losing. It's a crash course in character building that no textbook can match.

So, dear friends, whether you're 14 or 40, it's never too early or too late to embrace sports. You don't need to aim for Olympic gold; just aim for that golden feeling of well-being that comes from active living.

Remember, a healthy community is a happy community. As Rotarians, we are committed to service, and what better service can we do than to keep ourselves fit and cheerful?

Now, if you'll excuse me, I hear a volleyball court calling my name. Who's game to join?

Rtn. Mahbu Basha

President, Rotary Club of Chennai Gemini



The Heart of Professionalism: Lessons from 'The Professional'

As a Rotarian and Chartered Accountant, I find myself reflecting on what it truly means to be a professional in today's complex world.

The book "The Professional" by Subroto Bagchi offers profound insights that resonate deeply with my experiences and values, making it a must-read for fellow Rotary members and professionals alike.

Rtn. Aishwarya Ramesh
*Past President,
 Rotary Club of Madras Temple City*

Bagchi begins by challenging the common assumption that obtaining a Master's or Doctorate automatically qualifies one as a professional. He raises critical questions: Are we genuinely professionals? What qualities can enhance our professional lives? What do professional ethics mean in our daily routines? These questions are explored with great vigour and thought-provoking anecdotes throughout the book.

One of the most compelling stories is that of Mahadeva, who, after losing his mother at a young age, became an orphan and found purpose in a unique profession. He specializes in the dignified burial of unclaimed bodies in Bangalore, charging Rs. 200 for each service. Mahadeva has buried over 42,000 corpses, and his story illustrates two essential qualities that differentiate a true professional: the ability to work unsupervised and the commitment to certify the completion of one's work. This narrative serves as a powerful reminder that professionalism transcends conventional roles and can be found in even the most unexpected places.

Bagchi emphasizes the importance of looking beyond monetary gains. He argues that professionals who focus solely on financial rewards risk becoming hollow. Instead, he offers two guiding principles: seek

peer recognition by earning the respect of colleagues and clients, and cultivate a sense of legacy that fosters emotional and intellectual inheritance in our daily lives.

Moreover, the author stresses the significance of commitment—not just in grand gestures but in everyday actions. For example, the commitment of a soldier is reflected in their punctuality and responsiveness, which ultimately contribute to success. This resonates with the Rotary motto of "Service Above Self," reminding us that our dedication to our communities and professions is vital.

As Bagchi explores themes such as managing volumes, critical questioning, intent listening, and the rewards of transparency, "The Professional" serves as a personal guide through the grey areas of our careers. It is a priceless treasure for anyone striving to become a true professional, offering invaluable insights that can enhance our contributions to Rotary and beyond. In conclusion, I wholeheartedly recommend "The Professional" to my fellow Rotarians and all professionals seeking to elevate their practice. Bagchi's wisdom not only enriches our understanding of professionalism but also inspires us to embody the values we cherish as members of Rotary.



From Kitchen to Heart: The Sweetness of Kavuni Arisi Halwa



Ingredients

To whip up this heavenly halwa, you will need:

Kavuni Arisi (Black Rice) - 1 kg

Sugar - 1.5 kg

Palm Jaggery - 1 kg

Coconut Milk

(2nd Extract, Medium Thickness) - 2 liters

Ghee - 1 liter

Cashews - 50 grams

Cardamom - 50 grams

- Honey - 100 ml



Hello, dear Rotarians!

Today, I'm thrilled to share a delightful recipe that not only tantalizes your taste buds but also celebrates the rich culinary heritage of our culture.

Let's dive into the world of Kavuni Arisi Halwa, a delectable dessert made from black rice, also known as Kavuni Arisi. This dish is not just a treat for the palate but also a feast for the eyes with its stunning dark hue and glossy finish.



Rtn. R. Venkatraman

Secretary

Rotary Club of Chennai Celebrities



How to Make Kavuni Arisi Halwa

1. Soak the Black Rice:

Begin by soaking the black rice for about 2 hours. Once soaked, grind it into a fine paste, adding just enough water to achieve a smooth consistency.

2. Cook the Rice:

In a pan, cook the ground rice over medium flame, stirring occasionally to ensure it doesn't stick.

3. Add Coconut Milk:

Once the rice is cooked, pour in the coconut milk and stir continuously to prevent lumps from forming. The aroma of coconut will fill your kitchen, making it even more inviting!

4. Sweeten the Mixture:

As the coconut milk gets absorbed, it's time to add the sugar and palm jaggery syrup. Keep stirring until the mixture thickens and starts to leave the sides of the pan. This is where the magic happens!

5. Incorporate Ghee:

Gradually add ghee, a little at a time, while stirring continuously. This step is crucial as it transforms your halwa into a rich, smooth delight.

6. Final Touches:

Once the halwa reaches the desired consistency, add honey, fried cashews, and cardamom powder. Stir well to combine all the flavours.

7. Serve with Love:

When the halwa is glossy and smooth, remove it from the heat. Your delicious Kavuni Arisi Halwa is now ready to be served!

Serving Suggestions

This halwa is perfect as a dessert after a hearty meal or as a sweet treat during tea time. Imagine enjoying it warm, paired with a cup of filter coffee, or even chilled, where it takes on a delightful toffee-like texture. You can also pack it in your lunch box for a sweet surprise!

As we gather to celebrate our Rotary values of service and community, let's also indulge in the joy of sharing delicious food. I hope you enjoy making and severing this delightful Kavuni Arisi Halwa as much as I do! Happy cooking, and may your kitchens be filled with love and laughter!

Thillaivanam Tales: Where Ancient Grains Meet Modern Dreams

As a realtor, I've always been in the business of connecting people with their dream homes. Little did I know that my own dream would lead me to a different kind of property altogether – a patch of earth I now call Thillaivanam.

Three years ago, I traded my SUV for bullock cart and embarked on an adventure in organic farming. My farm in Uthiramerur, Chengalpet District, has become my sanctuary, my classroom, and my contribution to a healthier planet.

You might wonder, "Why would a city-dwelling realtor dive into the world of agriculture?" Well, let's just say I



wanted to close a deal with Mother Nature herself!

At Thillaivanam, we are bringing back the stars of yesteryear – traditional Tamil rice varieties that have been pushed to the sidelines by their modern, chemical-dependent cousins. Poongaar, Karuppu Kavuni, Kaattu Yanam, Kitchili Samba, Seeraga Samba, and Ponni – these aren't just rice varieties; they're time capsules of our agricultural heritage, each grain telling a story of resilience and nutrition.

Farming these indigenous varieties without chemical fertilizers isn't just a practice; it's a philosophy. It's about respecting the wisdom of our ancestors and the rhythms of nature. And let me tell you, there's something magical about watching these forgotten grains sprout and thrive,



But Thillaivanam isn't just about rice. We have got groundnuts nodding their heads in agreement and sesame seeds whispering ancient secrets. And let's not forget my six desi cows, with Lakshmi as the undisputed queen of the herd. They are not just livestock; they are my partners in this green revolution, providing natural fertilizer and reminding me daily of the interconnectedness of all living things.

This journey has taught me that true wealth isn't just in brick and mortar or the flash of currency. It's in the richness of the soil, the purity of our food, and the harmony we create with our environment. It's about being a steward of the land, not just an owner.

To my fellow Rotarians, I say this: our quest for service can take unexpected forms. Mine led me to become a custodian of biodiversity, a preserver of tradition, and yes, occasionally, a cow whisperer.

So, the next time you sit down for a meal, think about the story behind each grain on your plate. And remember, in a world of concrete jungles, sometimes the most revolutionary act is to plant a seed and watch it grow – organically, of course!

**Proud farmer
Rtn. Rajeswari**

President, Rotary club of Madras Porur



A Country Without Traffic Lights

BHUTAN

My Favourite Destination

Rtn. Dr. P.R. Srinivasan

President

Rotary Club of Chennai East R.A. Puram

Explore, Dream and Discover through travel is my passion and through this I would love describe my most loved travel destination, Bhutan. This country located in Himalayas, is sandwiched between India, China and Tibet. With a population less than one million, Bhutan is a unique destination for unique travel experience.

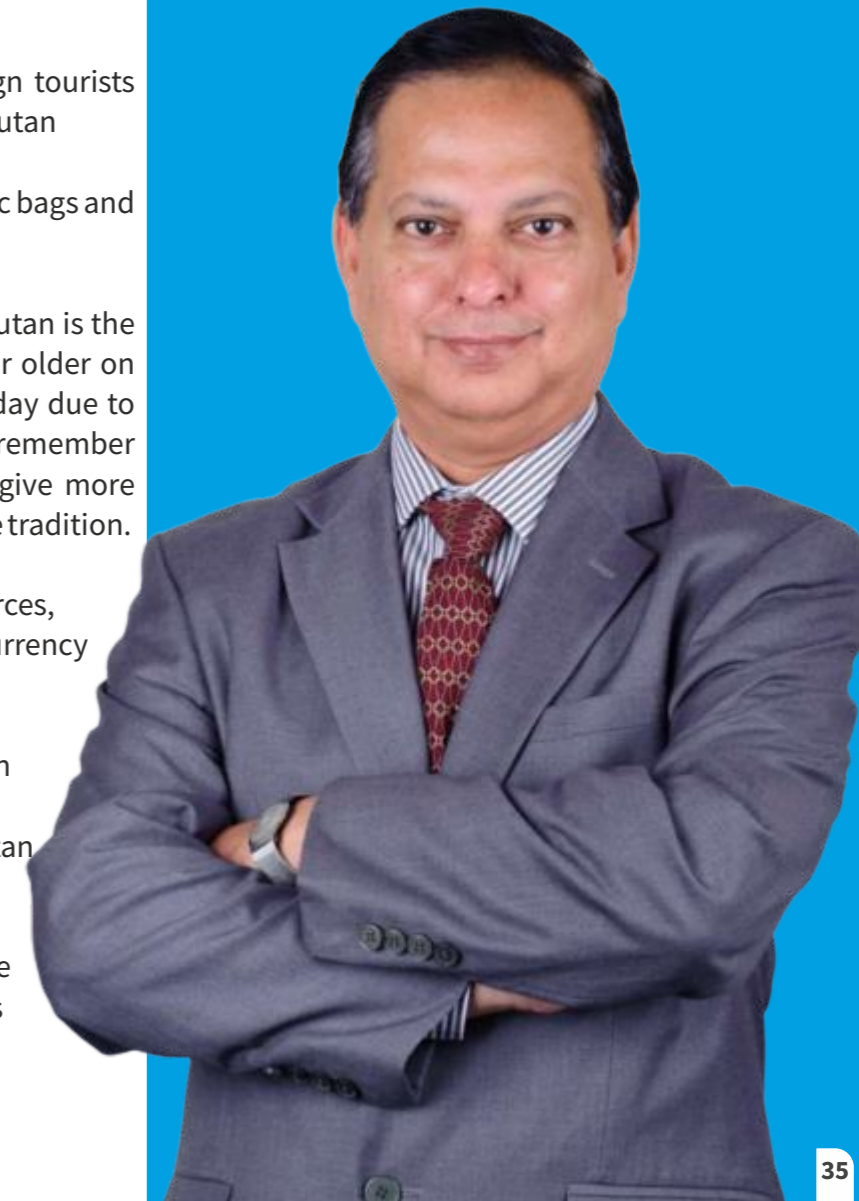
Bhutan is a small country with a colourful cultural tapestry and deeply rooted beliefs. Bhutan's landscape is mind-blowing. From high-altitude mountain passes to towns and hamlets in the low valleys, you'll find unique environments and climates to explore. When I decided to travel to Bhutan, my expectation was it must be another South East Asian country in Himalayas similar to Nepal.

◆ **The fact is that this tiny Himalayan country is totally different from its neighbors and stands first in the following:**

- ◆ 70% Forest and produces more oxygen than carbon-dioxide hence world's only carbon negative country
- ◆ A country where there are no traffic lights in its cities and traffic rules are strictly adhered. In Thimpu, the capital city with not a single traffic light, the main intersections are manned by policemen who direct traffic. When a single traffic light was once erected, public outcry resulted in its swift removal within 24 hrs.
- ◆ The country's growth and development are measured by the Gross Happiness Index instead of GDP. Bhutan leads the list of countries in World Happiness Index.
- ◆ A country that believes in low-volume and high-value tourism. For all foreign tourists Bhutan charges Sustainable Development Fee to support Bhutan's development by funding various projects aimed at improving facilities for citizens and visitors.
- ◆ To promote jobs for local youths, all foreign tourists should employ a local guide while visiting Bhutan
- ◆ Way back in 1999 itself Bhutan banned plastic bags and sale of tobacco products
- ◆ One thing that is quite interesting about Bhutan is the fact that all citizens officially become a year older on New Year's Day. If people forget their birthday due to illiteracy or some other reason, it is easier to remember it by celebrating on New Year. Bhutanese give more priority to year than month or date, hence the tradition.
- ◆ Eventhough a small nation with limited sources, the Bhutan currency is on par with Indian currency exhibiting the nations strength.
- ◆ My travel experience in Bhutan together with mind boggling mountain views, clean environment and friendly locals, made Bhutan my favorite destination.
- ◆ Tailpiece: For those who are interested in the yellow metal, gold, Bhutan(not Dubai) offers the lowest gold price to promote tourism.



The country's only airport in Paro, is known as the most dangerous airport to land on in the whole world. And guess what? ONLY 8 trained pilots are allowed to fly in and out of Paro. If you ever get to land in Paro, it's going to be one of a kind.



A Tale That Altered My Perception:

Reflecting on Life-Changing Narratives

I've always been intrigued by transformative narratives, and this particular one captivated me, undoubtedly altering my outlook on life. We read daily, but how deeply does it truly influence our thoughts, emotions, and personal development? This straightforward anecdote promises to offer a fresh and profound perspective, affecting each individual in a distinctive manner.

Once, long ago in a land far away, there lived four little characters who ran through a maze looking for cheese to nourish them and make them happy. Two were mice, named "sniff" and "scurry" and two were little-people who were as small as mice but who looked and acted a lot like people today. Their names were "hem" and "haw". In a quaint village nestled amidst rolling hills and verdant pastures, there lived four extraordinary characters: Sniff, Scurry, Hem, and Haw. Each possessed unique qualities that colored their approach to life and their relationship with cheese. Sniff and Scurry, the mice, were simple creatures with a knack for instinctively sniffing out opportunities and scurrying into action. In a land hidden from the eyes of the sun, there lay a grand and mysterious maze, an intricate labyrinth of twists and turns that housed two pairs of adventurers: Sniff and Scurry, two agile mice, and Hem and Haw, two thoughtful Littlepeople.

Each of these characters was on a quest for their own special cheese, a source of nourishment and satisfaction that could only be found deep within the maze. Sniff and Scurry, driven by instinct and simplicity, approached their quest with a straightforward strategy. They navigated the maze using a method of trial and error, always prepared for the unpredictable nature of their environment. On the other hand, Hem and Haw, with their complex brains and sophisticated strategies, approached the search for cheese with careful planning and calculations. However, their emotions and beliefs often clouded their judgment, making their journey through the maze both convoluted and challenging. One bright morning, both the mice and the Littlepeople discovered a treasure trove of cheese at the end of a corridor known as Cheese Station C. Elated, Sniff and

Scurry established a routine, rising early each day to make their way to their newfound haven. The scent of cheese guided their path, and their routine became a well-practiced ritual. They assumed that the cheese would always be there, and their visits became increasingly tardy. Their reliance on routine made them believe that nothing would ever change. One fateful morning, as the first light of dawn crept into the maze, Sniff and Scurry arrived at Cheese Station C and were met with a disheartening sight: the cheese was gone. Unfazed, the mice were prepared. They had observed the dwindling supply of cheese each day and had anticipated this moment. Sniff and Scurry, ever adaptable, immediately set off into the maze in search of new cheese. Meanwhile, Hem and Haw arrived at Cheese Station C, only to find it empty. Hem, frustrated and bewildered, ranted about the unfairness of the situation, while Haw proposed that they venture into the maze to search for new cheese. Hem, however, was reluctant to abandon their former sanctuary and stubbornly refused to change. Days turned into weeks as Hem and Haw remained trapped in their denial, growing weaker and hungrier. Haw, reflecting on their predicament, began to understand that their situation was not an overnight disaster but rather the result of gradual change. The cheese had been dwindling for some time, and their refusal to acknowledge this had led them into their current plight. Finally, Haw decided to embrace change. He carved a message into the wall of Cheese Station C, hoping to inspire Hem with a profound truth: "If You Do Not Change, You Can Become Extinct." Haw then ventured into the maze, leaving behind a trail of writings that detailed his discoveries and experiences. He hoped that these messages might one day guide Hem. As Haw navigated the maze, he found small morsels of cheese here and there, each discovery reinforcing his resolve. He realized that the maze had not been static but had been in constant flux. Determined to stay alert and adaptable, Haw continued his quest, leaving behind messages like "Change Happens. They Keep Moving The Cheese," "Anticipate Change. Get Ready For The Cheese To Move," and "Adapt To Change Quickly. The Quicker You Let Go Of Old Cheese, The Sooner You Can Enjoy

New Cheese." Haw eventually reached the farthest point he had ventured and found himself at Cheese Station N, a place brimming with a variety of cheeses. There, he encountered Sniff and Scurry, who welcomed him with open paws. Savoring the bounty, Haw felt a sense of triumph and fulfillment. He had learned to embrace change and found a new source of joy. Meanwhile, back at Cheese Station C, Hem remained stuck in his old ways, clinging to the hope that the cheese would return. One day, however, Hem discovered Cheese Station N as well. He was astonished by the abundance and saw his old friends Sniff and Scurry enjoying their find. Realizing the truth of Haw's messages, Hem understood that change was inevitable and that he too had to embrace it.

In the grand maze, Hem etched his own message into the largest wall of Cheese Station N:

"Change Happens. They Keep Moving The Cheese Anticipate Change. Get Ready For The Cheese To Move Monitor Change. Smell The Cheese Often So You Know When It Is Getting Old Adapt To Change Quickly. The Quicker You Let Go Of Old Cheese, The Sooner You Can Enjoy New Cheese Change. Move With The Cheese Enjoy Change! Savor The Adventure And Enjoy The Taste Of New Cheese!

Be Ready To Change Quickly And Enjoy It Again. They Keep Moving The Cheese."

As Haw and Hem reunited, they shared their experiences and insights, knowing that the maze would always change, and so must they. The maze, with its endless corridors and hidden surprises, was a metaphor for life itself, full of opportunities for those willing to adapt and embrace change. And so, they continued their adventure, savoring the taste of new cheese and the thrill of the journey ahead. They represented the essence of adaptability and readiness, always prepared to confront change head-on. In contrast, Hem and Haw, the Littlepeople, were more complex. Hem was resistant to change, clinging stubbornly to the familiar comforts of routine and tradition. His fear of the unknown often paralyzed him, preventing him from embracing new possibilities. Haw, on the other hand, was curious and open-minded. Though initially hesitant like Hem, he gradually discovered the power of adaptation and resilience. Haw's journey through the labyrinthine

maze of life's challenges mirrored a profound transformation—from fear and uncertainty to courage and growth. As their story unfolds, each character's relationship with cheese serves as a metaphor for their attitudes towards life's inevitable changes. Sniff and Scurry's relentless pursuit of cheese symbolizes proactive adaptation and resilience in the face of scarcity or abundance. In contrast, Hem and Haw's reactions to the shifting cheese supply reflect the spectrum of human responses: from stubborn resistance to transformative acceptance and eventual empowerment.

Now, dear reader, reflect on these characters. Whose journey resonates with you the most? Are you like Sniff and Scurry, always prepared to seize new opportunities? Do you find yourself akin to Hem, grappling with the discomfort of change? Perhaps you identify with Haw, navigating the maze of life with curiosity and resilience. As you ponder these questions, consider how "Who Moved My Cheese?" parallels your own experiences and choices. Are you ready to embrace change, or are you resisting it? Ultimately, this timeless tale challenges us to examine our attitudes towards change and encourages us to embark on our own journey of self-discovery and personal growth.

Anu Ranjani Chozhan

District Annette Secretary 2024-2025
RID3233



AI - Cricket's Unsung MVP

Cricket is a sport steeped in tradition, but it's also embracing a futuristic new teammate - Artificial Intelligence (AI)! This cutting-edge tech is transforming the game we love in ways that have players, coaches, and fans cheering.

Rtn. Ravinarayanan

Rotary Club of Chennai Velachery



Let's dive in and see how AI is elevating cricket to new heights. First up, player performance analysis. AI algorithms crunch mountains of data on batting, bowling, and fielding stats, revealing hidden patterns that give coaches an edge. Predictive analytics even forecast player potential, helping teams build championship-winning lineups.

But AI's superpowers don't stop there. It's also revolutionizing match strategy, with AI-powered tools that analyze opponent tactics and offer real-time decision guidance to captains in the heat of the game. Talk about having a crystal ball on the pitch!

And let's not forget umpiring - the unsung heroes who make the tough calls. AI-driven technologies like Hawk-Eye and edge detection are turbocharging their abilities, ensuring those nail-biting LBW decisions are 100% accurate. No more arguments with the umpire!

Injury prevention is another area where AI shines. By analysing player biomechanics and workloads, it spots potential problems before they sideline our sports superstars. Coaches can then tailor training plans to keep these incredible athletes in tip-top shape.

But cricket isn't just about the players - the fans are the heart and soul of the sport. And AI is transforming their experience too. Personalized content, AI-powered chatbots, and automated match highlights are elevating the viewing experience to new heights. It's like having your own personal cricket concierge!

And the innovation doesn't stop there. AI is also revolutionizing broadcasting and commentary, with automated highlight reels and real-time data that enhance the viewing experience. Plus, VR training and AI-powered skill analysis are taking coaching and player development to the next level.

From the dugout to the living room, AI is cricket's unsung MVP. So the next time you watch a nail-biting match, give a cheer for the high-tech helper making it all possible - technology is truly the game-changer that's taking cricket to the next level!

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AI is revolutionizing cricket, from split-second umpiring decisions to personalized fan experiences!

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