



WOMEN EMPOWERMENT
Rotary UNITE FOR GOOD

EMPOWERMENT ECHOES

— EDITION 1 —

A Call to Action : Setting the Tone for Change A Message from Our District First Lady



When women rise, the world radiates brilliance.

Women Empowerment is very close to my heart and as the District First Lady, it is my pleasure and privilege to work with you this year.

*Empowered women are the torch bearers of progress, **Dr. Jayashree Kadambi** stands as a luminous embodiment of that spirit.*

*Heartiest congratulations to Women Empowerment Avenue Chair **Jayashree Kadambi** for her inspiring leadership and transformative initiatives that uplift lives and nurture dreams. Your unwavering commitment to empowering women through “Dhanirasa Foundation”, “Ari work,” tailoring, “home nursing with ANEW,” and many such impactful ventures, beautifully mirrors the true essence of Rotary—service blended with compassion and purpose.*

Through your efforts, you have woven threads of dignity, confidence, and opportunity, turning every woman's skill into her strength. You are not merely imparting livelihood—you are sculpting futures, instilling self-belief, and creating a legacy of empowered women who will continue to shine for generations to come.

I salute your passion, empathy, and purpose-driven service. You are indeed, the beating heart of Women Empowerment in our District.

With admiration and immense pride,

Usha Saraogi

District First Lady – RID 3234



Message from the Chairperson District Women Empowerment

"Empowering Voices, Amplifying Impact"

A warm welcome to the inaugural edition of EMPOWERMENT ECHOES, a groundbreaking initiative that shatters glass ceilings and breaks barriers!

"Wings of Change" - a theme that embodies the spirit of transformation and empowerment that we strive to bring to the lives of rural women in Tamil Nadu.

As the Chairperson of Women Empowerment, Rotary International District 3234, I am thrilled to introduce this pioneering bulletin that amplifies the voices, stories, and achievements of women who inspire and empower us all.

Our Vision:

To empower rural women of Tamil Nadu to become self-reliant, confident, and influential leaders, driving social and economic development in their communities.

Our Mission:

To provide rural women with access to education, skills training, and economic opportunities, enabling them to break the cycle of poverty and achieve their full potential. We strive to create a supportive ecosystem that fosters their growth, empowerment, and collective impact.

As Malala Yousafzai said, "When women are empowered, the whole community benefits." This bulletin is a testament to the power of women's empowerment and its impact on our community.

In this edition, we are excited to share captivating messages and activities from our district's women empowerment initiatives and club projects. I would like to extend my heartfelt gratitude to my mentor and District First Lady Rtn. Usha Saraogi and District Governor AKS Rtn. Vinod Saraogi for their immense support. My gratitude to our Rotarians, clubs, and district officials for their enthusiasm and support. Your dedication to empowering women and girls is truly inspiring, and I am honored to work alongside such an enthusiastic and committed team.

Let us spread our wings and soar to new heights, creating a brighter future for all!

SITBACK, RELAX AND READ!

Warm Regards,

Rtn. Dr. Jayashree Kadambi

Chairperson, Women Empowerment, RID 3234
Rotary Club of Chennai Bharathi

Honoring the Past, Embracing the Future: Meet Our District's Trailblazing Women



FUTURE LADY GOVERNOR'S VISION FOR WOMEN

As women, we have a unique strength. We are already taking care of people around us - our children, husband, and parents. And as we become older, we have gained experience, compassion, and hopefully some wisdom. We are not only doers and dreamers; we are nurturers of ideas, mentors to the next generation, and steadfast pillars of our communities.

It is especially important in our Rotary journey that empowerment does not mean standing alone - it means leaning on one another with trust and grace. Many times, this is forgotten, as we have become accustomed to doing things alone. So, let us create circles of strength where one woman's success lifts another, where shared laughter lightens our burden, and with a collective purpose, we can create lasting change.

I am hoping that within our district projects, we can consciously lift this spirit of sisterhood by listening deeply, collaborating freely, and most importantly, celebrating every woman's contribution, no matter how small. Together, we can transform our experience into empowerment - not just for ourselves, but for every woman who follows.

Let us build spaces in Rotary where women find both courage and comfort, knowing that when we stand together, we can face any challenge, and no dream is too distant to reach. Rotary believes in 'Service Above Self,' and women in Rotary embody the spirit of 'we above me.' It is in that unity of purpose, in that collective compassion, that change begins.

Regards

A K S Rtn. Dr. Vijaya Bharathi Rangarajan

District Governor 2027-28

Rotary Club of Madras, RI-3234

Director - Sundaram Medical Foundation

Founder - Canstop

Inspiring Women, Endless Impact:

Past District First Ladies of RI District 3234 THE MAGICAL YEAR



To me, real women empowerment means equipping women with education, skills, and opportunities that enable them to make independent choices. It is about granting them financial freedom and the confidence to lead their lives on their own terms. Empowerment is not measured in moments; it is reflected in the transformation of their lives.

When Rotary clubs provide skills training, it is essential to give women the opportunity to apply them and earn a living. This builds self-confidence and empowers them to take charge of their lives. Let us focus on creating lasting impact and fostering a community where women can thrive and reach their full potential.

Warm Regards,

Rtn. Bharati Saravanan

Past district First Lady 2024- 25

CREATE HOPE IN THE WORLD

Strong. Multi-tasker. Caring. Sensitive. Goddess. Each word recalls the description of a woman. Qualities that define the inherent virtues that women are born with. There are many more, and these are but a few. Women are intrinsically empowered and find ways to battle the world when challenged. She has the power to take avatars as and when the need arises. Sometimes a helping hand goes a long way to give the woman a step up to change her life for the better, to discover talents hidden, waiting to be shared with everyone. Let us be that helping hand -- to change the life of another woman for the BETTER! Let us lift each other up and form the support bond that is the safety net, beyond the helping hand.



Regards

Rtn. Shobana Ravi

Past District First Lady – 2023-24

Rotary in Action : Empowering Women in Power! SERVE TO CHANGE LIVES



Huge appreciation to our District First Lady Rtn Usha Saraogi for empowering deserving women through impactful Rotary initiatives like Pink Auto, skill training, and distribution of maternity and menstrual kits. Kudos to WE Chair Rtn Jayashree Kidambi for her dedication and tireless efforts in making each project a resounding success!"

Warm Regards,

Rtn. Punitha Sridhar

Past District First Lady – 2021-22

WE Chairperson – RC Chennai Anchorage

Sparking Change - Unstoppable Dreams RID 3234's Empowerment Initiatives

Countdown to July 1, 2025 - Preparing for a Brighter Future



The Luminaries – Officially Appointed the Chairperson
For Women Empowerment , RI District 3234

**JANUARY 31, 2025 -
Partnership for Care: Signing MoU with Anew for Home Nursing Training**



On January 31st, Dr. Jayashree Kadambi, Chairperson of Women Empowerment, Rotary District 3234, visited ANEW (Association of Nursing Education Welfare) to sign a Memorandum of Understanding (MoU) with CEO Mrs. Bhuvana. The MoU aims to train fifty individuals as home nurses and caregivers, empowering them with essential skills to provide quality care.

During her visit, Dr. Kadambi also addressed the trainees currently undergoing training, inspiring them to excel in their roles. This partnership underscores Rotary's commitment to promoting healthcare and supporting community development initiatives.

JANUARY 28, 2025

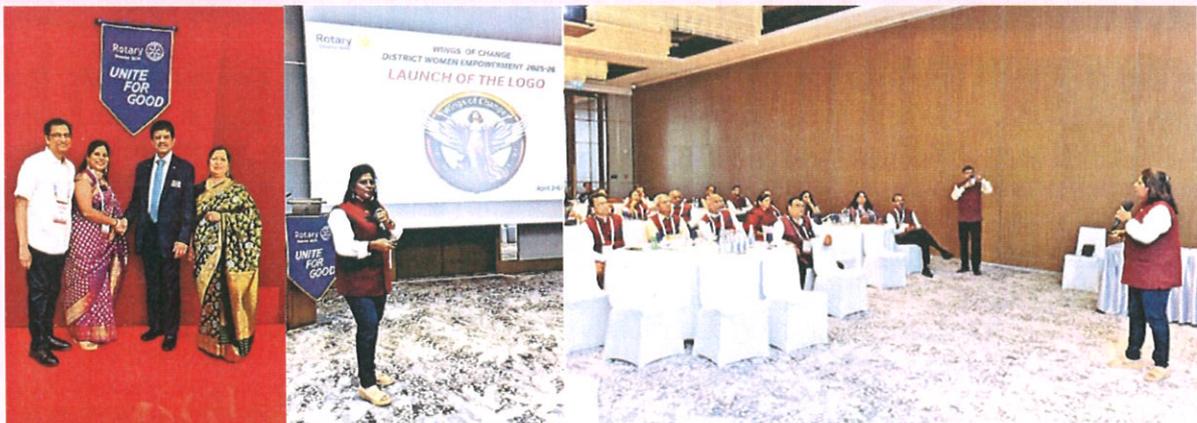


Dr. Jayashree Kadambi's visit to Danirasa Foundation in Pattabhiram highlighted the organization's remarkable efforts in empowering women and promoting sustainable livelihoods. Through interactions with the beneficiaries, she gained a deeper understanding of their needs and explored potential opportunities for collaboration to amplify impact.



Visiting the mothers of Children with autism at Hope Public Charitable trust to provide sustainable livelihood.

APRIL 2ND TO 6TH 2025 - BAKU PELS AND DISTRICT OFFICIAL TRAINING



May 21, 2025

Pioneering Partnerships: District 3234's Women Empowerment Meeting

For the first time in the history of Rotary District 3234, an exclusive gathering was held for Presidents and Club Women Empowerment Chairpersons. This pioneering meeting, initiated by Chairperson Dr. Jayashree Kadambi, brought together 40 Club Presidents and Chairpersons to foster a sense of unity and collaboration.

The interactive session, held on May 21, 2025, at Viridian Plate, Thiruvananthapuram, prior to the District Learning Assembly, paved the way for informed decision-making and collective participation in district projects.

We appreciate the support of PHF Rtn. Dr. Suresh S, Rtn. Mayurnathan, and Rtn. Monisha Dayal, who accompanied Dr. Jayashree Kadambi in making this meeting a grand success. This meeting marked a significant milestone in promoting teamwork and empowering women across Rotary District 3234.



SANKALP - DISTRICT LEARNING ASSEMBLY 2025



The district women empowerment team conducted and shared the projects planned for the year 2025-26 during the district learning assembly through a skit.

THE JOURNEY TO UNITE FOR GOOD BEGINS

JULY 7, 2025 -

Women's Revival: A Step Towards Self-Sufficiency

DANIRASA FOUNDATION - PATTABHITRAM



Rotary International District 3234's Women Empowerment Team launched "Women's Revival," a training program in tailoring and Aari work, on July 7, 2025, at Danirasa Foundation, Pattabhiram. The program aims to train over three hundred women for consistent livelihood by June 2026, with forty women trained in tailoring and twenty in Aari work, and 20 Aari work kits distributed. Over one hundred beneficiaries from Thiruvallur, Kanchipuram, and Chennai districts participated. During the ceremony, Mrs. Kalyanathy the chief Guest and Ms. Indupriya received the Inspiring Social Worker Award 2025, while District First Lady Rtn. Usha Saraogi was honored with the Most Inspiring Woman Award 2025.

HEALING HANDS - HOME NURSING TRAINING BATCH 1 AT ANEW, ANNA NAGAR

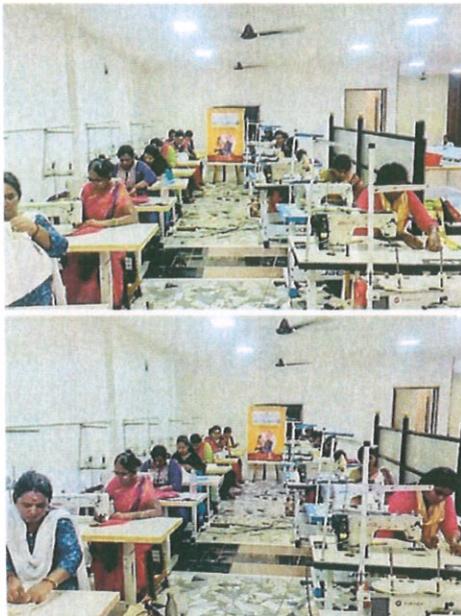
April to September 2025



The District Women Empowerment Team's 'Healing Hands' initiative has successfully trained twenty-five underprivileged women from low socio-economic backgrounds to become certified home nurses. The first batch commenced in April 2025, and this six-month program combines theoretical training at ANEW, Anna Nagar (including spoken English, self-defense, and psychology classes) with three months of firsthand internship at esteemed hospitals like Sundaram Medical Foundation and Apollo First Med.

This initiative not only equips these women with essential skills in geriatric and pediatric home care but also empowers them to build a sustainable livelihood.

WOMEN'S REVIVAL - TAILORING JULY 17, 2025



TRAINING WORK IN PROGRESS
AT DANIRASA FOUNDATION



AARI WORK TRAINING IN PROGRESS

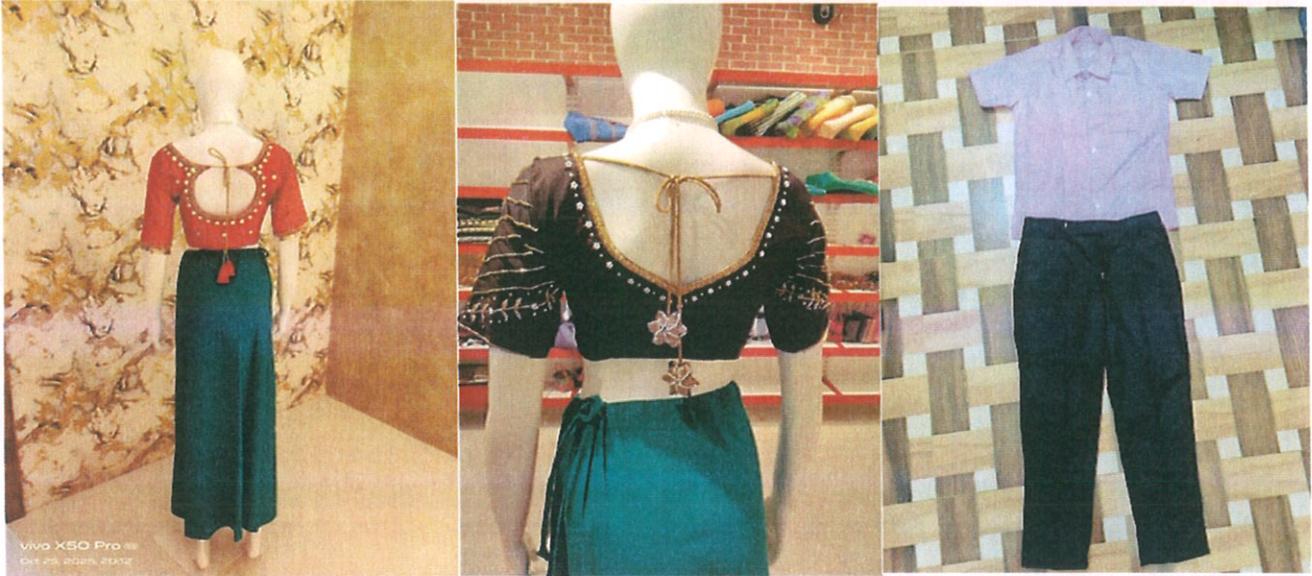
Certification Ceremony for Home Nurses - SEPTEMBER 18, 2025

The first batch of twenty-five women who completed a 6-month training program at ANEW Anna Nagar, becoming certified home nurses, received their certificates on September 18, 2025. The comprehensive program included 3 months of theory and 3 months of firsthand internships at esteemed hospitals like Sundaram Medical Foundation, Apollo First Med, and Banyan. The certification ceremony was graced by notable guests, including District First Lady Rtn. Usha Saraogi, District Women Empowerment Chairperson Rtn. Dr. Jayashree Kadambi, Dr. Thilakavathi from Sundaram Medical Foundation, and the ANEW team. These certified home nurses will now be placed in various positions through ANEW. We wish the graduates all the best for their future endeavors



WOMEN'S REVIVAL - SUCCESS STORY

Impact of the 3-Month Aari Work and Tailoring Training



The District Women Empowerment Team - RID 3234, in collaboration with Danirasa Foundation, successfully launched a vocational training program for women in Aari work and tailoring from July 15, 2025, to October 2025. The program trained sixty women, who generated Rs. Three lakhs in revenue in just 1.5 months by selling stitched products, and an additional Rs. 2.7 lakhs during the Diwali season. It saw an enormous success of sixty women starting to earn their livelihood. The destitute and single women who formed the first batch who completed their training, make their livelihood by selling their goods in boutiques, bulk orders from companies in Bengaluru and Chennai. For Diwali, they generated revenue worth Rs. 2.7 lakhs by putting stalls at prominent locations such as HSBC Bank, World Bank, PayPal, Citi Bank, Finserv, Fresh works, and BDO at Guindy. Their products included blouses, uniforms, bags, in skirts , dresses etc.

We are happy to extend our support to Danirasa for their efforts to support the rural women of villages from Thiruvallur, Chengalpattu, and Chennai districts.

Additionally, twenty-five women were trained in home nursing in association with ANEW and are now successfully placed in their roles.

WINGS OF CHANGE - PUBLIC IMAGE Media Recognition



Wednesday,
July 09, 2025

RES 5-STAR AT NCAP EMPOWERING WOMEN, EMPOWERING LIVES

President, Sales-Service-Used Car Business, said, "At Toyota Kirloskar Motor, safety is the fundamental pillar of our product development, manufacturing process, and also our customer-first approach. The Innova HyCross embodies this commitment, delivering a mobility experience where ownership experience is just as important as performance and comfort. The 5-star Bharat NCAP rating for the Innova HyCross is a recognition of this philosophy as it assures our customers that they

Chennai, 09 July 2025. Rotary International District 3234's Women Empowerment Team launched "Women's Revival," a training program for tailoring and Aari work at Danirasa Foundation in Pattabhiram.

Chief Guest Kalyanthy Sachithanathan, Member of Widow and Destitute Women Welfare Board, Government of Tamil Nadu, and Guest of Honor Usha Saraogi, District First Lady, inaugurated the program.

Key attendees included:



Dr. Jayashree Kadambi, District Women Empowerment Chairperson

- Associate Chairpersons Dr. Suresh Santhana raman, Sathish Rajasekar, and Kannan

- Presidents and club members of District 3234

- Dr. Nagarani,

beneficiaries from Thiruvallur, Kanchipuram, and Chennai districts participated

- Goal to train over 500 women, providing consistent livelihood by June 2026

Awards:

- Kalyanthy and Indupriya recognized with the Inspiring Social Worker Award 2025

- Usha Saraogi received the Most Inspiring Woman Award 2025

Gratitude to Danirasa Foundation and all attendees for their presence and support.



Jayashree Women Empowerment program

Under the leadership of Mrs. Dr. Jayashree Kadambi as the Chairperson for Women Empowerment, Rotary International District 3234's

During the ceremony, inspiring women were honored with awards. Kalyanthy and Indupriya received the "Inspiring Social Worker Award 2025". Usha Saraogi received the "Most Inspiring Woman Award 2025".

The first batch contained 40 women for tailoring and 20 women for Aari work, with 20 Aari work kits distributed to beneficiaries.

The event concluded with a token of appreciation from Danirasa Foundation, Chennai. Indupriya, Managing Trustee, presented beautifully woven bags made by program beneficiaries to the Rotarians.

drawn to a close at the promised time.

Women's Revival-Skill Training Program

- Rtn. Dr. Jayashree Kadambi, District Women Empowerment Chair

The District Women Empowerment Team, RI District 3234, launched its maiden program, "Women's Revival-Skill Training Program," on July 7, 2025. The training, which commenced shortly after, includes 40-day tailoring and 90-day aari work courses, with each batch consisting of 40 beneficiaries. Free kits were distributed for aari work during the launch. The program, in partnership with Danirasa Foundation, aims to equip these women with skills to earn an independent livelihood and improve their socio-economic status. The cost per trainee is Rs. 7000.

The launch event was attended by notable dignitaries, including Mrs. Kalyanthy, Member of Widows and Destitute Women Welfare Association, Government of Tamil Nadu, and Rtn. Dr. Jayashree Kadambi, District Women Empowerment Chairperson, the associate chairpersons, and a few presidents of District 3234. The team from Danirasa Foundation honored all the Rotarians with the hand-woven bags made by the beneficiaries.

Rotary International gifts tailoring kits

By Our Staff Reporter

Rotary International District 3234 (12/2, 7th Cross Street West, Shenoy Nagar) distributed free kits worth Rs. 5,000 each on July 7 to 20 underprivileged women from rural areas who recently joined the free Tailoring and Aari Work Course at Danirasa Foundation (Chennai).

Dr. Jayashree Kadambi (Chairperson, Rotary International) told *Anna Nagar Times* that it will extend the scheme to 500 women from rural areas for joining the course at Danirasa Foundation and help them to earn a living.

NGOs working for the welfare of rural women can contact Rotary International in 99520 64131.

The impactful initiatives of the District Women Empowerment Team, Rotary International District 3234, have garnered significant media attention, featuring in prominent publications such as Anna Nagar Times, Governors monthly letter and Hello Madras, as well as on popular social media platforms like Instagram and Facebook.

A HEART FELT THANK YOU



MOMENT OF GRATITUDE AND RECOGNITION



RTN. KARTHIK SURENDRAN
RC CHENNAI KILPAUK



RTN. SUDHA MURALI
RC THIRUVANMIYUR



RTN. BHOOMA SUKUMAR
RC MADRAS ASHOK NAGAR



PRAKASH K.V
RC MADRAS SOUTH WEST



RTN. GOPALAKRISHNAN
RC NANGANALLUR ELLITE



RTN. MICHELLE
RC CHENNAI CLASSIC



RTN. CAPT. RAGHU
RC MADRAS INDUSTRIAL CITY



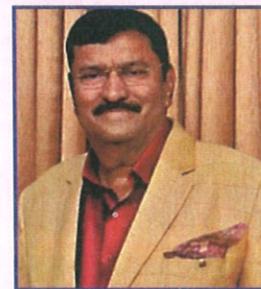
RTN. REBECCA THERSA
RC CHENNAI MADHAVARAM



RTN. SURENDRANATHAN
RC CHENNAI MITHRA



RTN. KAVITHA
RC E- SHAKTHI



RTN. DR. P. KANNAN

On behalf of the entire District Women Empowerment Team, Rotary International District 3234, we wish to express our heartfelt gratitude to all the Presidents and their clubs who have come forward to support our initiatives. Your unwavering support and encouragement have been instrumental in empowering women and transforming lives. We are grateful for your trust, partnership, and commitment to our shared vision of empowering women and girls. Thank you for being a part of this journey!

WOMEN EMPOWERMENT PROJECTS & SERVICES BY CLUBS OF DISTRICT 3234



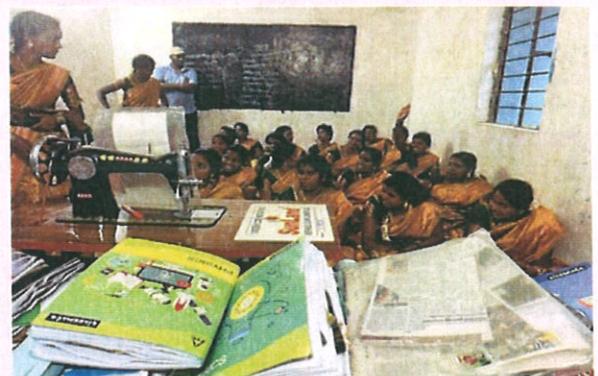
RC Chennai Seaview, led by President Shivani, where they gifted the Sai Tiffin Center to the mother of a differently abled child. As the *Chairperson of District Women Empowerment, I was honored to be present for the inauguration and share in the joy and pride of this moment

Breast feeding Awareness Week Celebration!

Rotary Club of Chennai Bharathi* collaborated with the *Institute of Child Health, Egmore* to organize an awareness program, "Meet the mothers", as part of the global Breastfeeding Awareness Week celebrations (August 1-5)!



90 Days schooling program an Anoor village RC Gumudipoondi Industrial City



WOMEN'S WELLNESS WORKSHOP

JOINT PROJECT



In association with
The TamilNadu Domestic Workers' Welfare Trust
invites you for

Women's Wellness Workshop

Workshop Detail
1. AENKSTZUAL Hygiene
2. Reasonable pad distribution
3. Cancer awareness
4. POOH Awareness
5. Matrimony legal rights
6. Financial planning for women

Chief Guest
AKS Rtn. Vinod Saraogi
District Governor
RI DIST 3234

19th August 2025
11 am to 3:30 pm
34 block Tsunami
hudiruppu
Kannagi Nagar

Joint club project

Rtn. Y. Kaultha - President, Rotary Club of Madras Coromandel
Rtn. Sudha Murali - President, Rotary Club of Chennai Thiruvanniyur
Rtn. Madhupriya Seneher - President, Rotary Club of Meerambakkam
Rtn. Sujatha Sathiyamoorthy - President, Rotary Club of Chennai Bharathi
Rtn. Aruna Rajeswari - President, Rotary Club of Chennai Harmony
Rtn. Sripraga Narayan - President, Rotary Club of Chennai Melody
Rtn. Boramozhy - President, Rotary Club of Chennai Premier
Rtn. Shruvoni Tahir - President, Rotary Club of Chennai Ashok Pillar



Foot Reflexology training for the nurses. 2 day extensive workshop and training by RC Chennai Thiruvanniyur



WOMEN EMPOWERMENT PROJECTS AND SERVICES BY CLUBS OF DISTRICT 3234

'Empowering Change: POSH & POCSO' - Training for a Safer Tomorrow, organized by Rotary Club of Chennai Premier . Chief Guest Dr. Vidyaa Hari Iyer, Laser Dentist, Psychotherapist & Counsellor, shared her valuable insights on September 18, 2025 at Sathyabama MGR Maligai.

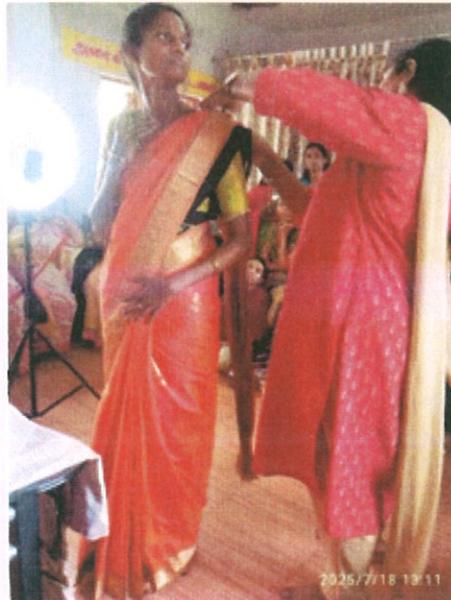


RC Chennai Nadi - speaker meeting with POSCH committee consultant Dr. Vasantha Kumari at our office to encourage women to voice their concerns without fear of retaliation.



**WOMEN EMPOWERMENT PROJECTS AND SERVICES
BY
CLUBS OF DISTRICT 3234**

**SAREE DRAPING AND PLEATING WORKSHOP
– RC MADRAS INDUSTRIAL CITY**



The Rotarians and Anns of the Rotary Club of Chennai Mitra distributed reusable sanitary napkin kits to the women workers of Urbaser Company who are engaged in manual street sweeping



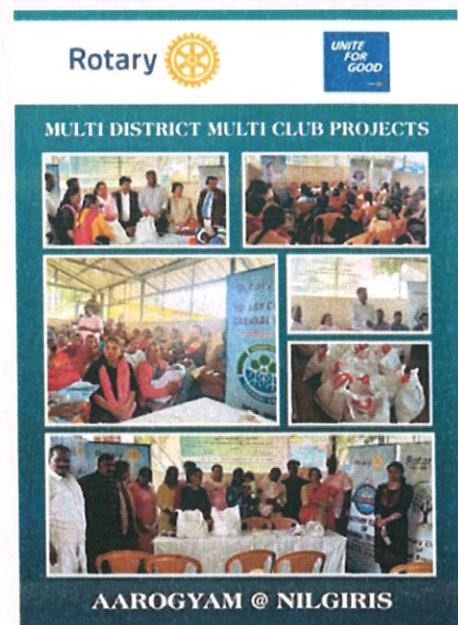
WOMEN EMPOWERMENT PROJECTS AND SERVICES BY CLUBS OF DISTRICT 3234

RC Chennai Sagar sponsored the team selection trials in Chennai for the Blind Women's Cricket team, organized by the TN Blind Cricket Association, in September 2025



WOMEN EMPOWERMENT PROJECTS AND SERVICES BY CLUBS OF DISTRICT 3234

RC Chennai Sagar, along with RC Chennai Serenity, RC Trichy Chola, RC Nilgiris West, and RC Nanganallur Elite, successfully launched the Multi-District Multi-Club Aarogyam@Nilgiris project, providing nutritional support to 35 pregnant and new mothers in 34 villages, with 80 sets of high-nutrition items handed over to the PHC.



TOGETHER, EVERY SMALL ACT COUNTS.

*Thanks to the amazing team for their unwavering dedication and support -
you are making a real difference in the lives of many!"*

MEET THE CO-CHAIRMAN OF THE "WINGS OF CHANGE" TEAM

EMPOWERED WOMEN EMPOWER THE WORLD.

Phf. Rtn. Dr. Suresh . S

RC of Centennial Madras

EMPOWER A WOMAN, INSPIRE GENERATIONS

Phf. Rtn. Sathish Rajashekar

RC of Nanganallur Ellite

WOMEN EMPOWERMENT BUILDS SELF-CONFIDENCE GENERATING POSITIVITY & HAPPINESS

Rtn. Mayurnathan

RC of Chennai Golden Star

Rtn. S. Kannan

RC Chennai Classic

EMPOWER A WOMAN AND YOU EMPOWER GENERATIONS

Rtn. Monisha Daya

RC of Thiruvanmiyur

Rtn. Prakash Rao

RC of Chennai Green city



"Gratitude unlocks the fullness of life.

Thank you for being part of ours!"