



Rtn. Gordon R. McNally
RI President



Rotary Club of Madurai Metro Heritage

Club No. 90806

Metro Milestones

Issue 1 - July, August 2023

Bulletin



RI PRESIDENT'S MESSAGE

We've grown into an amazing global network of 1.4 million interconnected community leaders - leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care. So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.

- Rtn. Gordon R. McNally
President, Rotary International, 2023-24



DISTRICT GOVERNOR'S MESSAGE

I extend my greeting to you all. It is a great honor to be a part of this wonderful organization that spreads love, compassion and service all around the world. As Rotarians, we are often asked about our passion towards Rotary and the position of District Governor. The passion towards Rotary comes from the friendship, better life skills, and the chances of humanitarian service that Rotary provides. The passion towards leadership is inspired by the predecessors who have done great work towards the upliftment of our RID 3000.

I urge all the Rotarians to treat this leadership as a rare opportunity to give back to society, Rotary, and the world that has given us so much good. Let us not waste a single minute of this 365 days and try our level best to give back to the society, Rotary and this world.

Our year theme "அறம் செய்ய விருப்பு" has a deeper meaning wishing to do the right things. Let us strive to "Create Hope in this World" through our good deeds. Wishing you all a wonderful year ahead.

- Rtn. Anandtha Jothi Rajkumar
District Governor, District 3000, 2023-24



PRESIDENT'S MESSAGE

Let everyone's happiness be our prayer. Happy and feeling more responsible on assuming office as president of our club, Rotary Metro Heritage. Given the profile of our members we have a lot of potential to contribute to the needs of the society. Let us spread "HOPE" in the society and increase bonding among members in general and family in particular.

- Rtn. L. Madhav Muthiah



SECRETARY'S MESSAGE

I would like to extend a warm welcome to all in the Metro Heritage family and especially those taking care of our new bulletin. Our bulletin has been doing a yeoman's job in keeping our Metro family together by putting together interesting articles and information about the members and also updating us on the regular events of the club.

Metro Heritage is a relatively new club with the family meets and the different types of trips over the years being instrumental in bringing everyone together. It is heartening to see the vibrancy of the new team of directors and their committee members in going about their work. Since the start of the new club year in July with much gusto, I see a similar enthusiasm with the bulletin team and wish them a very fruitful year ahead. And to all Metro Heritage friends, let us all have a good year and build more memories with friendship and service.

- Rtn. R. Ramasubramanian



DISTRICT GOVERNOR INSTALLATION

District Governor installation and District Leadership Seminar was held on 02.07.23 at Dindigul. Some of our members attended the meeting.

VALEDICTION



The Valediction of the Rotary Club of Madurai Metro Heritage for the Year 22-23 was held at Gateway, Pasumalai on the 24th of June 2023. Chief Guest, PDG AKS Rtn. Muruganandam, Guest of Honour, District Governor Rtn. Jerald, Special Guests DGN Rtn. Raja Govindasamy and DGND Rtn. Karthik graced the occasion. It was a well attended Gala Party with good food and music.

CLUB INSTALLATION



Installation of office bearers for the year 2023-2024 was held at Hotel Amika on 8th July. Rtn. L. Madhav Muthiah took over as the 4th President of the Club. PDG. Rtn. A. Purushothaman and Rtn. C. Murugananthapandi, Regional Coordinator also attended the meeting.

AWARD CEREMONY



Rotary Club of Madurai Metro Heritage is happy and proud to share that we have got 26 awards overall as following;
Cheers to team 2022-23!!!

- | | | |
|--|--------------------------------------|---|
| 1.Membership Growth Award, | 9.Study Center Award & Best GOV | 17.Best Support for Conference |
| 2.Membership Award, | 10.Community Service Award | 18.Best Life Touching Project |
| 3.Best International Promotional Support | 11.RYLA Award | 19.Award for All PHF Club |
| 4.Study Center with Own Building | 12.Best Signature Project | 20.Award for 100% Retention of Membership |
| 5.Best Annetts Club | 13.Award for Fundraising Support | 21.Public Image Award |
| 6.International Service Award | 14.Award for Relief Fund Support | 22.Best Secretary |
| 7.Club Service Award | 15.Award for Interact Club Extension | 23.Best President |
| 8.Special Recognition for Support for District | 16.Vocational Service Award | 24. Best Club |

FELICITATIONS



Kudos to Rotary couple, Rtn. Krupa and Rtn. Vikram for volunteering to contribute to the Rotary Foundation and become Major Donors this Rotary year. "The best way to find yourself is to lose yourself in the service to others" by Gandhiji, holds true to this couple.



We are delighted to let you know that our Ann. Krupa Dyanesh is installed as the 9th President of the Rotary Club of Madurai Blossom for the year 2023 - 24. Born in a family that has embraced Rotary's motto of "Service above Self" as their guiding principle, she is a 3rd generation Rotarian President. Wishing President Krupa Vikram a very successful Rotary year.

FLAG EXCHANGE



On August 8th, at Aloft Jakarta, Rtn. Venkatesh C.R, Director of Public Image Convenor has exchanged Rotary Club of Madurai Metro Heritage Club's flag with Rtn. Yvonne and Rtn. Yonefia from Rotary Club of Jakarta. This is a wonderful tradition that allows us to learn more about each other's communities and cultures, and to celebrate our global friendship.

FACTS OF ROTARY

- The first service project of the first Rotary Club was the installation of public toilets in Chicago in 1917. This project made Rotary the World's First Service Club.
- Rotary's primary motto is "Service Above Self."
- There's a secondary motto: "One profits most who serves best."
- The first women joined Rotary in 1987. Today, more than 196,000 women are members of Rotary International.



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DONATION OF MICROSCOPE



Rotary Club of Madurai Metro Heritage donated Microscope to M C High Secondary School. Some of our members attended the project. The beneficiaries were 1600 students.

KALAIVANI MADHAR SANGAM PROJECT



Rotary club of Madurai Metro Heritage in association with Sree Kalaivani Madhar Sangam conducted an Appreciation Ceremony for special children on 9th Aug, at Poonga Murugan temple mandapam. Our club donated Rs.25,000 for lunch and gifts. Our President Rtn. L. Madhav Muthiah, Rtn. Anandh Kasimani, Rtn. Aravind Solamalai and few of our members attended the meeting.

INTERACTS INSTALLATIONS



Jeyaraj Annapackiyam School

The new team of office bearers of M.N.U Jeyaraj Annapackiyam Matriculation Higher Secondary School was held on the 26th of July. Our club Youth Service Director Rtn.Aladi Arun, gave an inspiring speech on "Get Ready Future".



CSR Memorial School

The new team of the Interact Club at CSR Memorial Hr. Sec. School took charge on 26th July 2023



Sitalakshmi Girls School

The Interact installation at Sitalakshmi Girls Hr. Sec. School was also held on 26th of July.



SEV School

The Installation of the Interact Club at SEV Matriculation Higher Secondary School took place on the 28th of July. Our member Dr.Vijay MDS, spoke on "Dentistry Today and Dental Hygiene."



Elamanur Government School

The Elamanur Government Higher Secondary School, Interact Club Installation was held on August 8th. Our member, Rtn.Ravikumar (Asst. Executive Engineer, PWD) spoke on the "The Importance of Water Bodies". This event was covered in the "The Hindu" newspaper.

OFFICE BEARERS 2023 - 24



HEAD BOARD

President	-	L. Madhav Muthiah
President Elect	-	S. Subramaniam
Immediate Past President	-	C.R. Venkatesh
Secretary	-	R. Ramasubramanian
Joint Secretary	-	P. Rajesh Kanna
Treasurer	-	R. Karthik
Sergeant at Arms	-	N. Sathish Babu
Mentors	-	Arun Vijaay Malli S.R. Sridhar

DIRECTORS

Club Services	-	S. Kirubakaran
Membership	-	T.M. Hemnath
Public Image	-	C.R. Venkatesh
Community Services	-	S.P. Aravind
International Services	-	R. Nallamani
Informational Technology	-	P. Deepan
TRF	-	K. Nagaraj
RCC	-	A. Sudhir
Sports	-	S. Subramaniam
Youth Services	-	Aladi Arun

DISTRICT PROJECT

மகிழ்ந்திரு மகிழ்வீத்திரு



ARTS FESTIVAL FOR SPECIAL CHILDREN. On 1st July 2023, Mahilthiru Mahilvithiru was jointly organized by all Rotary clubs of Madurai in association with Lady Doak College. In this event games, dance and competition were held for the special children. This was a very satisfying event. It brought joy to the special children as well as parents, siblings and teachers. Our Club has contributed Rs. 15000/- for the special children's welfare.



CLUB ASSEMBLY - BUDGET SESSION



On 14th July, the First Club Assembly of New Aram Team happened at JC Residency. Our President Rtn. Madhav Muthiah shared his vision and goals of our Club. Our New office Bearers presented the Roadmap of their ongoing and upcoming service projects and activities. The session was lively and interactive where new ideas and suggestions to improve our club were discussed.



SPEAKER MEETS



A speaker meeting was held at Union Club on August 4th. Speaker, Advocate Venkadesan MA ML enlightened the members on the topic "Uniform Civil Code - What is it?".



Classification Talk by Rtn. Beboy John on 18.08.23 at Union Club

INDEPENDENCE DAY CELEBRATION

On Independence Day, our club President Rtn. L. Madhav Muthiah hoisted the national flag at Madura college higher secondary school and addressed the students.



CONGRATULATIONS !!!!!



On Doctor's Day, Rtn. Dr. Krishna Kumar and Ann, Dr. Anusha Gopi received Meritorious Service Award from Meenakshi Mission Hospital Madurai.



Our Annet Varsha Murali bagged Best Young presenter Award on an International Conference on Multiplinary Research at National university, Singapore.



Rtn.K.S.N.R.Jeyaprakash has received an award on behalf of Saraswatyi Glasses and Ply Pvt Ltd., from Pidilite chairman's club as "Madurai's super star" on 2nd August 2023. Congratulations JP!



Two types of health. Mental and physical health, both are equally important components of health.

What is physical health and mental health?

Physical health and mental wellbeing are inextricably related. Physical injuries can lead to mental health issues, and vice versa. Physical activity can bring health benefits including elevated mood and reduced stress; and healthy eating also can improve mental health.

The associations between mental and physical health are:

Poor mental health is a risk factor for chronic physical conditions. People with serious mental health conditions are at high risk of experiencing chronic physical conditions. People with chronic physical conditions are at risk of developing poor mental health.

MENTAL HEALTH

Mental health is so much more than just the absence of mental illness. It is a combination of our emotional, psychological and social wellbeing, and it affects every aspect of our lives—how we think, how we feel and how we act. It influences how we relate to other people, how we deal with the stresses in our lives and whether we make healthy or unhealthy lifestyle choices.

Reasons why we should pay attention to our mental health.

- Poor mental health makes us more

vulnerable to certain physical health problems, such as heart disease, stroke and diabetes.

- Nurturing our mental health can also help prevent the development of mental illnesses.
- Good mental health helps us have a more positive outlook and enjoy our lives more.
- When our mental health is good, we are better able to cope with the difficult times in our lives.
- We are more creative when our mental health is good, and that makes us more open to trying new things.
- Good mental health promotes better relationships with the people in our lives.
- Good mental health enables us to work more productively and reach our full potential.
- Good mental health enables us to make meaningful contributions to our family, to our community and to society.
- Having good mental health helps us think more clearly.
- Our moods are improved and our self-esteem enhanced when our mental health is good.

STRESS AND MENTAL HEALTH

Mental health changes over time, depending on a number of factors. One of the factors that can affect mental health is stress. Everyone experiences stress at times, but when the demands of life go beyond our ability to cope with them, our mental health can suffer.

Stress causes physical changes in the body. It causes muscles to tense and heart rate and breathing rate to increase. In the short term, stress can have positive effects, such as helping us be ready to face a challenge. Then, once the challenge has passed, the body returns to normal. However, when the stress becomes chronic, the body loses the ability to return to normal, and attention, memory and the way we deal with our emotions can be

negatively affected. Prolonged stress can lead to problems such as depression, anxiety and burnout.

Fortunately, there are techniques you can employ to help manage your stress and foster good mental health.

Good mental health techniques

Pay attention to how you're feeling and what your body is telling you.

- Are you feeling very stressed most of the time?
- Are you having trouble sleeping?
- Do you feel angry or depressed?
- Do you often feel that you don't have enough energy?

These could be signals of a mental health issue. Talk about your feelings with a trusted friend, family member or professional counsellor. Be physically active. Exercising regularly can help you feel better and sleep better, and it can enhance your ability to concentrate.

Engage in a relaxing activity. This could be something such as meditation, yoga or breathing exercises, or it could be listening to soothing music or engaging in a hobby you enjoy.

Eat a healthy diet to ensure that your body is getting all the nutrients it needs to function properly.

If you drink alcohol, drink sensibly. Turning to alcohol to deal with a difficult situation will only provide temporary relief, and when it wears off, you may even feel worse. Alcohol is never a good way to try to deal with problems — and the same is true for other recreational drugs as well.

Stay in touch with other people. Don't try to go it alone. Family and friends can support you and help you deal with life's problems and stresses.

Contd...Next issue on Physical Health

- Rtn. Dr. K.S. Kirushna Kumar

CRICKET MORNING IN SHADES OF GRAY



Brought back memories of our school days. Full of energy and enthusiasm, our club members played in the cricket ground against the YI team. Average age of our opponents @ 28 and our good old team @ 40 + and it didn't matter with our members fielding and bowling in full vigor.. I made sure to sit out to bring down the average age.. I remember the YI team members waiting to bat said.. " look at that guy with white hair and a beard , wonder what his age is and if we'll be able to stand at his age..hats off to him.." I conveniently turned the other way to avoid him asking my age.

We played two T 10 matches on a Sunday morning. Our Sports Director Rtn Subramanian organized it to the pin and the breakfast after was much relished. The bonding was fantastic. The best part is , we were on the field with no mobile phones and no wives around on a Sunday morning.. A special word of appreciation to Rtn Shahul for letting us use his SEV school grounds for the match and Rtn Nallamani (Chella) who coordinated with the YI team for the event.

- PP. Rtn. Arun Vijaay Malli

AATHICHUDI

Avvaiyar a poetess who lived during the Chola dynasty rule composed Aathichudi, single line verses beginning with alphabets (Uyir ezhuthukkal, Mei ezhuthukkal and Uyirmei ezhuthukkal) in the same sequence.

Unlike other languages where alphabets are taught with association to materialistic values and things (like A for Apple), Aathichudi teaches Tamil alphabets by linking each of them to moral values. Aathichudi is an epitome of the paramount importance that the Tamil language attaches to cultural and moral upbringing.

The following verses covering the 12 set of Tamil alphabets (Uyir ezhuthukkal) forms the basis for others.

அறம் செய் விரும்பு

'Always yearn to do righteous deeds'

ஆறுவது சீமை

'Exert control over your anger'

ஆய்வது காலேவல்

'Help others in every possible way'

ஈவது விவக்கீகல்

'Never stop the philanthropic deeds of others'

உடையது விளம்பீயல்

'Never boast or brag about what you have done to others'

உக்கமது கைவிடல்

'Never give up confidence, enthusiasm, and hope'

என் எழுத்து அகழல்

'Respect what you learn and never despise learning'

ஏற்பது அகழ்ச்சி

'Accepting alms from others is despicable'

ஊயிட்டு உன்

'Share your food with the needy, and then proceed to eat for yourself'

ஒப்பா லொழுக

'Act morally, gracefully and virtuously'

ஒதுவது ஒழியல்

'Never ever stop learning'

ஒளவியம் பேசல்

'Never talk bad, speak envy, or gossip about others'

அக்கல் கருக்கீகல்

'Never cheat others while selling something to someone'

Beyond moral, cultural, and spiritual significance Avvaiyar Aathichudi holds phonological significance and competence in the Tamil language. Because each verse in Aathichudi are Trisyllabic or polysyllabic, and are short and simple, they improve the linguistic comprehension of the child.

EVENTS



Bulletin discussion meeting @cheese corner

FAMILY OUTINGS



FUN FILLED MUSICAL CONCERT

Mottai Maadi Musical Concert On July 15th at Lakshmi Sundaram Hall.



MOVIE TIME

Our Metro Members with their family had a ton of energy and fun watching Jailer on the very first day. We had a good time with chaats, Cheers and chats.

STAR OF THE MONTH



Star of July Month
Rtn. Aladi Arun

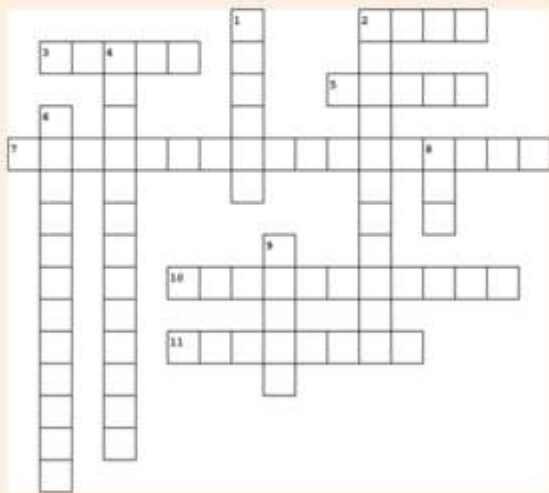


Star of Aug Month
Rtn. Subramaniam

UPCOMING EVENTS

On The 1st And 4th Week Of September
We Have A Family Meet And A Speakers
Meet Respectively.

FREEDOM CROSSWORD



Whose words are these:

Across : 2. Tum Mujhe Khoon Do, Mai Tumhe Azadi Dunga 3. Swaraj is my birthright, and I shall have it 5. Every citizen of India must remember that... he is an Indian and he has every right in this country but with certain... duties 7. Satyamev Jayate 10. Let new India arise out of peasants' cottage, grasping the plough, out of huts, cobbler and sweeper 11. Destroy the world if even a single person doesn't have food

Down : 1. Karo ya Maro 2. Inqilaab Zindabad 4. The shots that hit me are the last nails to the coffin of the British rule in India. 6. I will kill A she, whose arrival here is to celebrate the crowning of cow-eater King George V 8. I will come back with ships. Otherwise I will perish in the sea 9. Who lives India Dies

Send Answers to 9442252825

EDITOR'S MESSAGE

First of all I thank our President Rtn. L. Madhav Muthiah for giving this wonderful opportunity. Editing is where the magic happens. It's an art of sculpting words with pictures until they convey exactly what the heart wants to express.



Our editorial team members are Rtn. Premalatha Deepan, Rtn Sridevi Baskar, Rtn. Manasa JP, Ann. Visalakshi, Ann. Vidhya Krupakaran. I had a happy time as a part of editorial team! I Believe Building positive relationships and enjoying collaborative efforts can lead to more creativity and successful outcomes.

- Ann. Premalatha Deepan

ANNIVERSARIES



Immanuel
Nancy
10th July



CRV
Poornima
14th July



Anand Chandra Sekar
Rajeswari
16th July



Murali
Deepa
20th August



Sridar
Nithya
27th Aug



Anuradha Saravanan
2nd July



Niranchana Nagaraj
2nd July



S.R. Sridar
4th July



Kirubakaran
6th July



Indhu Subramaniam
11th July



Vijay .A
14th July



Promod Joseph
16th July



Soma Basu
18th July



K.Anand
23rd July



Sri Lakshmi
Vijay Kannan
26th July



Arun Arunachalam
30th July



Mamta Fomra
30th July



Tinu Promod
31st July



Poornima Venkatesh
4th August



Sridevi Suresh
7th Aug



Vidhya Shankari
Ravikumar
7th Aug



Kanchana
Aladi Arun
10th Aug



Kalpana
Muralikrishnan
14th Aug



Madhav Muthiah
15th Aug



Arunkumar Amarnath
17th Aug



Divyash Ramu
18th Aug



Deepa Murali
19th Aug



Deivapreetha
Kanthimathinathan
22nd Aug



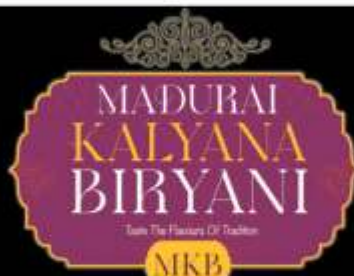
Karpagam Karthik
23rd Aug



Rajeswari
Chandrasekar
27th Aug

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