



TAMIL NADU ARYA VYSYA MAHILA SABHA

Madras Unit

"Raguvamsh", 1/18 T.P. Scheme Road, Mandaveli, Chennai - 600 028.

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News Letter - 1

15th June 2017

From the Chairperson's Desk



Dear Mahilas,

My Pranams to Goddess Vasamba

This is a proud moment for me, to don the mantle of Chairperson of this prestigious sabha founded in the year 1983. This Sabha is a complete circle, touching all spheres - religious, charitable, motivation and entertainment. The secret of SUCCESS is a little too simple; changing one letter **ME** to **WE**. We as an organisation are progressing and moving ahead because of all your support and goodwill.

Our Chairpersons are all precious gems studded in the history of Mahila Sabha, always keeping up its dignity and standard. A dash of salt, spice and sweet are needed to make a tasty dish. So with all these the present team is looking forward to a wonderful year with its excellent committee members. The amazing events planned for this year awaits your participation. Our interaction starts with the newsletter..... so read them thoroughly and attend our event vigorously.... till then.

V. Neeraja Vasanth
Chairperson

From the Secretary's Desk



Dear Mahilas,

At the outset I deem it a great honour to be chosen as secretary of this sabha. A thought that was deep within me, since a longtime has become a reality now, a feeling that is interesting and intriguing. It is a fact, that from this platform we get the opportunity to reach out to all members, and undertake projects that are benevolent to the society. We look forward to your incessant support and I pray to Goddess Vasavamba to lead us in the path of righteousness and bless us in our ventures.

S. Mallika Prakash
Secretary

Annual General Body Meeting



The 34th Annual General Body Meeting of our Sabha was held on June 8th Thursday, 2017, at YWCA, Madras International Guest House, Poonamallee High Road, Chennai. A wonderful gathering, of members attended and it started with Prayer song to Goddess Vasamba. Mrs. Padama Preetha Sumanth our outgoing Chairperson and her team presented their activity for the year 2016 - 2017.

Our past Chairpersons Mrs. Kala Bashyam and Mrs. Uma Gupta were the tellers for the elections and the committee was formed with their guidance. Mrs. Neeraja Vasanth our present Chairperson was introduced by Past Chairperson Mrs. Ranjani Narayanan. Mrs. Neeraja in her acceptance speech promised to do her best, and quoted that a committee is not "come to tea" but a commitment with passion. Our Chairperson listed out the events and service projects for the year 2017 - 2018.

Mrs. Neeraja Vasanth donated 15,000/- to Educational endowment and she became the patron member by donating Rs.5,116/- at this special moment. Her mother Mrs. P. Sarala Kumari from Salem donated Rs.5,000/-. Her daughter V. Aparna Srinivasan donated Rs.5,000/- and Hony. Secretary Mrs. Mallika Prakash donated Rs.5,000/-. This amount of Rs.10,000/- was given to buying of books and pendrives to a library run by Karna Vidhya for the visually challenged. Mrs. Sarva Mangala Kandur donated Rs.5,000/- to be used for service projects towards old age homes. The year started with a good collection of donations by benevolent persons to be well used for serving the needy.

Mrs. Calve Sumathi knocked the rolling shield for her 100% attendance, a place cherished by only her. Early bird was bagged by Mrs. C. Sukumari as always and lucky draw prizes went to Mrs. Saroj Guruswamy & Mrs. Sunku Vasundhara.

To make the hot day breezy, there was a photo corner with a beautiful, flowery photo frame arranged by the Chairperson. Ladies were all excitement, to click away with friends. Mrs. Jayasri Rajasekar generously sponsored jasmine saplings as take away gifts. The morning ended with a sumptuous lunch and a feeling of fulfilment.

Believing that: **"A Cup of performance is worthier than A Pot of promise"** We move forward.....



NEW MEMBERS

1. Mrs. Swathi Siddharth
2. Mrs. Surya Prabha
3. Mrs. Sabitha .P
4. Mrs. Kritigasree .P
5. Mrs. Geetha Kumar
6. Mrs. Swadhika
7. Mrs. Lakshmi Krishna .A

LEADERSHIP TEAM FOR THE YEAR 2017 - 2019



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MAJOR ACTIVITIES



July 21st, Friday
**SWARNAAKARSHINI
POOJA**



October 8th, Sunday
*Gala Musical
Evening*
a fund raising programme

January
CARNIVAL



March
Women's Day
(Glorifying Women)

OTHER ACTIVITIES

Many Medical Camps at Schools and needy areas. Nutrition and hygienic talks.
Childrens Day, Navarathri Pooja Ubayam, Kartika Somavara Pooja, Picnic.

SWARNAAKARSHINI POOJA

May the Goddess Bless you with Abundance

Date : Friday, the 21st July 2017

VENUE: **SRI KANYAKA PARAMESWARI TEMPLE, No.1, Audiappa Street, Chennai - 600 001.**



4.15 p.m.

: Devotional Songs Swaararnava Group
led by Mrs. Uma Josyula

5.00 p.m. to 6.30 p.m. : Pooja

- Pooja Tickets are available with all our Committee Members.
- Donation : Rs.300/- only
- Members are requested to bring Thatta, Panchapaatra, udharani and Kuthuvillaku. Other Pooja materials will be provided by our Sabha.
- Members are requested to take part in large numbers and get the blessings of Goddess Sri Swarnaakarshini Devi.

For more clarifications please contact :

- Mrs. V. Neeraja Vasanth - 99400 41800
- Mrs. S. Mallika Prakash - 98410 92545
- Mrs. Jayasri Rajasekar - 98408 15815

Educational scholarship forms will be given on 21st Friday, July
at 10.30a.m, at the temple premises.

Sunitha ponders:

Many many jokes are cracked at our expense... in movies,books,social media , you name it, they have said it and laughed out loud. So who are we?

From cool cucumbers for a few rupees to platinum jewellery with lots of zeroes on the price tag, every type of shopping gives us a high. From street vendors to sales girls in air conditioned shops to the suave and sophisticated staff of the upper crust outlets, we bring a twinkle to their eyes.

Yes, we certainly are 'the shopaholics '.

And as much as we enjoy our shopping we also take pride in cooking/ feeding our families and like to love and be loved. The home budget, micro economy, global economy....every bit of commerce prospers only with our patronage.

We are 'the gruhalakshmis '.

So a 'Jai Ho' to us !!!

By committee member
Mrs. Sunitha Ajit



Secrets of Vitamin A



All Vitamins play a major role, but let's peep into what Vitamin A does to us. It keeps our bones strong, teeth enamel glossy, maintains good appetite and most importantly keeps us young (anti-ageing).



Let's have a glimpse at its sources.

Greens : Coriander leaves ,curry leaves, spinach and mint. OMG! Did we ever imagine these everyday greens are so good. Okay now let's not avoid them!!!!



Fruits : Banana ,dates, musk melon, jack fruit, orange, papaya and mango being the highest source of Vitamin A. Let's eat it up with joy!!!!

Others : Ground nut, cashew nuts, fenugreek, pista and mustard being the highest source. No wonder our ancestors used mustard for every seasoning!!!!



Vegetables : Carrots, tomatoes, raw mango, yellow pumpkin and fresh ginger. Mom cooks these and children have to eat them too!!!!

Spread the word about Vitamin A, let's follow a healthy diet with awareness

Mrs. Mallika Badrinath

Family News

- Our Committee member Mrs. Bhargavi and Mr. Prasad celebrated their Shastiabdapoorthi on 09.05.2017
- Mrs. Sami Leelavathi and Sri. Sami Venkatesan celebrated their 60 years of wedded life on 02.06.2017.
- Mrs. Vummidi Jayanthi Uday's son Vummidi Kritsh got engaged with Aishwarya on 09.04.2017.

Achievements



- Hony. Secretary Mrs. Mallika Prakash six year old grand daughter Ritika Segu has bagged the first place in Inter School Painting contest called "Sight is Beautiful" in Palolo district in Hawaii U.S.A. She won the third place in district level Hawaii U.S.A. also.



- Swami Leelavathi's grand daughter Mrs. Sravanthi Sami from Singapore participated in "Mother India Crochet Queen's" in Chennai which entered Guinness record.

CONDOLENCES TO THE BEREAVED FAMILIES

- Smt. Sukavani Bakthavatchala our member attained Lotus feet on March 30th, 2017.
- Smt. Vupputtur Sridevi our member attained lotus feet on April 8th, 2017.
- Smt Chimata Susheelamma mother-in-law of our members Rekha and Renuka attained lotus feet on April 15th 2017.
- Our Committee member Smt. Chandrika Kuberan's mother Smt. Gandavadi Param Jyothi attained lotus feet on June 4th, 2017.

- Important matters can be shared in marvellousmahilas@gmail.com, or contact the Secretary Mrs. S. Mallika Prakash - 98410 92545 and Joint Secretary Mrs. Jayasri Rajasekar - 98408 15815
- To view our updates open the Web Page : www.aryavysyamahilamadrass.com

News Letter - 1

Book-Post

From

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