



# TAMIL NADU ARYA VYSYA MAHILA SABHA

Madras Unit

"NITYA SHREE", No.2, (Old No. 42), Thirumalai Road, T.Nagar, Chennai - 17.

Phone : 044 2815 6860 Mobile : 94441 64828

## Chairperson

**Mrs.V. Padma Preetha Sumanth**, B.A., D.Advt.  
"NITYA SHREE", No.2, (Old No. 42),  
Thirumalai Road, T.Nagar, Chennai - 600 017.  
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## Hon. Secretary

**Mrs. V. Suhasini Balaji**, B.Com.  
19-B, Jagadambal Street,  
T. Nagar, Chennai - 600 017.  
Phone : 044 2815 6675  
Mobile : 98400 37754  
E-mail : vsu85@rediffmail.com

## Hon. Treasurer

**Mrs. Anitha Ramesh**, B.Com.  
Old No.56, New No.122, M.C. Road,  
Old Washermenpet, Chennai - 600 021.  
Phone : 044 2590 4983  
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## NEWS LETTER

5

15th December 2016

### From the Chairperson's Desk



Dear Mahilas ,

Festive Greetings!

We have all had a very promising year to cherish the exciting moments in our lives with our families and friends as we welcome the new year.

Together, we have had few instances disturbing our regular routine ,but all have shown that we can adopt and move ahead as we Mahila's always do. We need to be environmental friendly to reduce the impact of global warming and each one of us have a role to restore and ensure nature remains kind to us.

We Mahila's continued our activity for the Sabha with several exciting programs in social, cultural and religious avenues, it's our pride to share the achievements in this news letter. We have our forth coming exciting Carnival, join us to make it a memorable event.

I thank and congratulate all especially the core team for their whole hearted support. As we look forward for an eventful year ahead, my best wishes to all your families for a very happy and successful year 2017.

Warm regards,

**Padma Preetha Sumanth**

### From the Secretary's Desk



Hi Mahilas....!

An eventful 2016 has passed by. It brought its own share of joy & happiness in our lives. We were rendered cashless but never happyless and smileless.

The Indian mahilas bore it all. We don't know what is good or bad for economy, but what all of us know, is to be happy and make others happy in all situations...

Cyclone 'Vardha' has destroyed the already shrunken Green Belt of Chennai....

Bad times teaches us Good lessons !!!

Let's all resolve to restore the green cover of Chennai, once again and plant more native trees, of our land...

Native trees like Pungai, Vagai, Sorgam, Arasan, Poovarasan etc. Take some time to google and learn the medicinal values of some of the above trees...

A whole new 2017 is ready to unfold. It brings with itself a hope, a promise and loads of happiness. Let us all be ready to bask in all the sunshine and share our camaraderie and continue with our projects.

Join us to celebrate the beginning of the new year with your participation at the Carnival !!! Looking forward to meet you all, with your family and friends on Sunday 29th January 2017 !!!

Best regards,

**V. Suhasini Balaji**





## Recent Event

### Pediatric Health Camp



Pediatric eye, dental and general camp was held on September 7, 2016 at Balanandam Telugu School, Burkit road, Chennai. Around 110 children were screened under the guidance of Dr. Sateesh and his team of 7 doctors & 3 nutritionists. Importance of breakfast and health and hygiene was explained

to the parents by the nutritionists. Multi vitamin syrup, crayons, Enfagrow drink sachets, biscuits were distributed to all the children.



### VA RE VA – Live Cookery Contest



Our Sabha organized VA RE VA, live cookery contest at Empee Catering institute. We had around 50 contestants participating in this event. Our main sponsors were Mayoora and L oil. Contestants prepared sweets and desserts using Mayoora Thinnai Flour and main dish were prepared using Mayoora Varagu rice and L compressed sesame oil and coconut oil. Mrs. Mallika Badrinath, Mrs.Radha Srinivasan, Mrs. Shyamala Sivaraman and Chef Mr. Hari Babu of E Hotel were the Judges.

Catering Students and home makers actively participated and prepared innovative dishes using millets. Four rounds were conducted.

**Prize winners were as follows –**

**First Round** – Mr. Mohammad Arsath, Mr. Thirumalai Samy and T.S. Vignesh Sabari won the prizes.

**Second Round** – Mrs. Sunitha Sanklecha, Mrs. Hymavathy, Mrs. Indumathy Prabakaran and Mrs. Minah Agarwal



won the prizes.

**Third Round** – Mrs. K. Suhangi, Miss. Bianca Ruphus and Mrs. Ajitha won the prizes.

**Fourth Round** – Miss. Divya Pesala, Miss. Sita Sharma and Miss. Sai Laxmi won the prizes.



### Navaratri Celebrations

Navaratri Celebrations was held at Sri Kanyaka Parameshwari Temple on the first day of Navaratri on October 1, 2016. Special Abhishekam was held for Goddess Vasavamba. In this auspicious day Vasavi Sahasranamam was chanted by the Students and teachers of KTCT Girls Higher Secondary School.



## Breast Cancer Screening Camp



Breast Cancer Screening Camp was held on October 20, 2016 at Luz Church, Mylapore, Chennai. This camp was conducted through Pennnallam. 25 ladies were screened in their mobile unit bus.



## Ramanujar Padayatra

Our members actively participated in Ramunajar Padayatra on October 24, 2016. Our Sabha donated Rs.10,000/- towards this Padhayatra.

## Go Green



Navagraha trees were planted on December 9, 2016 at Sri Mookambika Temple, Vengaiwasal, Chennai. 9 trees were planted.

## Children's Day Celebration

Children's day was celebrated on November 10, 2016 at Sri Venkateshwara Telugu School, Nungambakkam, Chennai. Several games were conducted for the children. Children exhibited their talents by telling rhymes, poems, riddles and speech on Nehru. They enthusiastically participated and won lot of prizes. We also honoured the teachers. Goodies were distributed to all the children.



## Karthika Somavara Pooja

Karthika Somavara Pooja was held at Sri Prasanna Venkateshwara swamy temple, Periamet, Chennai on November 20, 2016. Special Abhishekam and Pooja was performed to Sri Prasanna Venkateshwara Swamy. Nelli Chettu Pooja was performed. Prasadham was distributed to all the devotees.



## Donations given by our Sabha

- Our Sabha donated 2 Almirahs and an automatic electric timer worth of Rs.33,500 to KTCT Girls Hr. Sec.School.
- Our Sabha donated Rs.1,00,000/- to Balanandam Telugu School, Burkit Road, T Nagar towards renovation of roof at the School.

## Gothra Vriksha Nidhi :

<b>Smt. Sujatha Ramesh Babu</b>	-	<b>Rs. 1000</b>
<b>Smt. NeerajaVasanth</b>	-	<b>Rs. 500</b>
<b>Smt. Calve SumathiRamakrishnan</b>	-	<b>Rs. 500</b>
<b>Smt. ManimalaRaoPonnuri</b>	-	<b>Rs. 500</b>
<b>Smt. Sunitha Ajit</b>	-	<b>Rs. 500</b>

## Donations received for Education Scholarships

We thank our donors for their continuous support.

<b>Thatikonda Vatsala Ramachandra Foundation</b>	-	<b>Rs. 50,000</b>
<b>Smt. Bhuvaneshwari</b>	-	<b>Rs. 1116</b>



## Contributions received for Karthika Somavara Pooja

<b>Smt. Chandrika Kuberan</b>	- Rs. 2000	<b>Smt. Prashanthi Satish</b>	- Rs. 1000
<b>Smt. Usha Anantha Krishna</b>	- Rs. 2000	<b>Smt. Jayasri Rajsekar</b>	- Rs. 1000
<b>Smt. Mallika Prakash</b>	- Rs. 2000	<b>Smt. Meera Sekhar</b>	- Rs. 500
<b>Smt. Nanda Srinivas</b>	- Rs. 1000	<b>Smt. Calve Sumathi Ramakrishnan</b>	- Rs. 500
<b>Smt. Sukumari Venugopal</b>	- Rs. 1000	<b>Smt. Bhargavi Prasad</b>	- Rs. 500
<b>Smt. Sujatha Ramesh Babu</b>	- Rs. 1000	<b>Smt. Priyasri Vijayendran</b>	- Rs. 500
<b>Smt. Ega Sudha Rani</b>	- Rs. 1000	<b>Smt. Sridevi Prasad</b>	- Rs. 500
<b>Smt. Sunku Vasundhara Badri</b>	- Rs. 1000	<b>Smt. Manimala Rao Ponnuri</b>	- Rs. 300
<b>Smt. Suhasini Balaji</b>	- Rs. 1000	<b>Smt. Sandhya Lakshman Kumar</b>	- Rs. 300

## ANNUAL CARNIVAL

**Entry Free**

**Future Events**

The Carnival of our Sabhais the most awaited event for our members. The Carnival shall be loaded with full of fun, games, competitions, exciting stalls, tambola, mind blowing quiz and with mouth watering food stalls and entertainment.

**Date : Sunday, January 29, 2017 Time : 10.00 pm**

**Venue : Ethiraja Kalyana Nilayam, No.87, TTK Road, Alwarpet, Chennai - 18.**

**To exhibit stalls, Stall charges : Rs.750/-**

Contact : **Smt. Prabha Kumar - 9841692590,**

**Smt. Sunku Vasundhara Badri - 9500059654,**

**Smt. Prashanthi Satheesh : 9941159479**

10.00 am : Inauguration

10.20 am : Secretary Report

10.30 am : Introduction of Chief Guest

10.40 am : Chief Guest Address

11.00 am : Medical & Service Projects

11.20am : Vote of Thanks

### Competitions on Stage

**1. Sloka Competition :** Panchayudha Stotram

Time : 11.30 am Age Group : 5yrs - 12 yrs

For Participation Contact :

**Smt. Chandrika Kuberan - 9840566506,**

**Smt. Mallika Prakash - 9841092545**

**2. Quiz on Current Affairs by**

Dr. K. Jayasree at 12.30 pm - Open to all

**3. Quick & Special Tambola** conducted by

Smt. MallikaB adrinath & Smt. Priyasri Vijayendran  
at 1.00 pm - Everyone can enjoy !

**4. Lunch break : 1.30 pm**

**5. Fancy Dress Competition** – Mom & Child

Time : 2.00 pm

Mom & the child should exhibit their talent together  
for a minute.

Age group below 14 yrs

For Participation contact :

**Smt. Usha Anantha Krishna : 98415 80855**

**Smt. SandhyaLakshman Kumar : 98841 25444**

**6. Story Telling** by MS. Asha Sampath at 2.30 pm

Best Treat to the eyes and ears! Hear Panchatantra  
stories and Enjoy!

**7. Inter School Music Competition** at 3.30 pm

**8. Prize Distribution : 5.00 pm**

### Competition on stage :

**On the Spot decorating the frame of a mirror  
Contest**

Duration : 1hour, Age Limit:15 yrs & Above

Size of the mirror (without frame) should be 12" X 9"  
inches

Materials and Mirror to be brought by the  
participants.

Judging will be on the basis of creativity,  
workmanship & display

For Participation contact :

**Smt. Calve Sumathi Ramakrishnan -  
9884434644**





ஸ்ரీ ரஸ்தు  
ஸ்రీ విష్ణువే నమః

## స్రీ పஞ్చాయత స్తోత్రం

స్పురత్ సహస్రరార, శికాతిత్వరమ్  
సూతరశ్రమ్ పాస్కర, కౌడితుల్యమ్ ।  
సూరత్విషామ్ పరాణ, విణాశి, విష్ణుణాః  
శక్రమ్ సతాహమ్, శరణమ్ పరపత్యే ॥ 1

విష్ణుణార్ముకౌ, త్తానిలబ్ధురితస్య  
యస్య త్వనిర్ తానవ, తర్పపహంతా ।  
తమ్ పాంశ్రజన్యమ్, శశికౌడి శుభ్రమ్  
శక్రమ్ సతాహమ్, శరణమ్ పరపత్యే ॥ 2

ఘ్రిరణ్మయీమ్, మేరుసమానసారామ్  
కెలమౌతకీమ్, తైత్యకులైక హంతర్రీమ్ ।  
వైకుంఠవామాక్ర కరాపిమ్రుష்டామ్  
కాతమ్ సతాహమ్, శరణమ్ పరపత్యే ॥ 3

రశ్మిసూరాణామ్, కడినౌక్రకంఠస్  
శేతశ్శశ్శోరాణిత, తికత్తతారమ్ ।  
తమ్ నంతకమ్ నామ్ హరే, పరతీప్తమ్  
కడకమ్ సతాహమ్, శరణమ్ పరపత్యే ॥ 4

యజ్జ్యయానినాత శ్రవణాత్సూరాణామ్  
శేతామ్ని నిర్ముక్త, పపాని సత్యః ।  
పవంతి తైత్యాశ్రని, పాణ వర్షి  
శార్ఙ్గమ్ సతాహమ్, శరణమ్ పరపత్యే ॥ 5

## శ్రీవిష్ణు పంచాయుధస్తోత్రమ్

॥ శ్రీవిష్ణు పంచాయుధస్తోత్రమ్ ॥

స్ఫురత్సహస్రారశిఖాతిత్వమ్ సుదర్శనం భాస్వరకోటిశుల్కమ్ ।  
సురద్విషాం ప్రాణవినాశవిష్టాశ్చక్రం సదాఽహం శరణం ప్రపద్యే । ౧

విష్టార్ముఖోత్థానిలపూరితస్య యస్య ధ్వనిర్దానవదర్శహస్తా ।  
తం పాశ్చజన్యం శశికౌటిశుభ్రం శక్రం సదాఽహం శరణం ప్రపద్యే । ౨

హిరణ్మయీం మేరుసమానసారం కౌమోదకీం దైత్యకులికహస్తీం ।  
వైకుంఠామాగ్రకరాభిమృష్టాం గదాం సదాఽహం శరణం ప్రపద్యే । ౩

రక్షోఽసురాణాం కఠినోగ్రకణ్ఠ ష్టేదక్షరచ్చౌణికదిగ్దధారామ్ ।  
తం నన్యకం నామ హరేః ప్రదీప్తం ఖడ్గం సదాఽహం శరణం ప్రపద్యే । ౪

యజ్జ్ఞానినాదశ్వరణా త్పురాణాం చేతాంసి నిర్ముక్తభయాని సద్యః ।  
భవన్తి దైత్యాశనిబాణవల్లిః కర్తృ సదాఽహం శరణం ప్రపద్యే । ౫

***Weddings***

- Sow. Tejasree Calve daughter of our Committee Member Smt. Calve Sumathi Ramakrishnan & Sri Calve Ramakrishnan got married to Chi. Jwalant Sharma on May 9, 2016.
- Chi. M. R. Sivakumar son of our member Smt. M. R. Susheela & Sri. M. Ramachandran got married to Sow. S. Sampoorana Lakshmi daughter of Smt. S. Shanthi & Sri. K. Saravanan on August 22, 2016.
- Chi. Dogiparthi Saipruti son of our member Smt. Dogiparthi Anuradha & Sri. D. Udaikumar got married to Sow. Manasa daughter of Smt. Pasumarthi Lalitha Kumari & Sri. P. Subbarao on September 11, 2016.
- Chi. Koushik, son of our member Smt. Lakshmi Viswanath & Sri G. A. Viswanath got married to Sow. Meghana daughter of Smt. Gayatri Ashok & Sri. Ashok C.T. on November 9, 2016.
- Dr. Kuchalambal Sriram daughter of our member Smt. S. Balanaga Jayasree & Sri. Kothapuram Subramaniam Sriram got married to Dr. Amar Agadi son of Dr. Vedavathi Agadi & Sri Lakshman. M. Agadi on November 23, 2016.
- Chi. Abhinandhan grandson of our past Chairperson Smt. VeerabommalaShantha Sridhar & son of our member Smt. Veerabommala Bharathi Sathish & Sri. Veerabommala Satish got married to Sow. Preethi daughter of Smt. M.P. Parimala & Sri. M.L.Prasanna Kumar on December 1, 2016.
- Chi. Dr. Siddharth Ramesh Babu son of our Vice Chairperson Smt. Sujatha Ramesh Babu & Dr. S. Ramesh Babu got married to Sow. Swathi Kanamarlapudi daughter of Smt. K. Vijayalakshmi & Sri. Kanamarlapudi Srinivasa Rao on December 4, 2016.

***80th Birthday***

- 80th Birthday and Sathabishekam of our life member Smt. Singiri Sujatha and Sri. Singiri Sathanantham was celebrated on November 9, 2016.

***New Born***

- Our past Chairperson Smt. Vajayanthi Bashyakarulu was blessed with a grandson on September 17, 2016.
- Our committee members Smt. Maheswari Siva & Smt. Nanda Srinivas were blessed with a grand daughter on October 17, 2016.

***Achievements***

- Smt. Natha Padmalatha, a commerce graduate & Vice President of KTCT Alumni Association has successfully completed her B.Music (Veena) degree in First class through Madras University.

**CONDOLENCES TO THE BEREAVED FAMILIES :** Smt. Julluri Ramadevi sister of our committee member Smt. Bhargavi Prasad attained lotus feet on September 16, 2016.

- Contact Secretary Mrs. Suhasini Balaji – 98400 37754 & Joint Secretary Mrs. Bhargavi Ashok – 94452 68218 to share your family news and achievements.
- Visit us at : [www.aryavysyamahilamadrass.com](http://www.aryavysyamahilamadrass.com) E-mail : [marvellousmahilas@gmail.com](mailto:marvellousmahilas@gmail.com)