

## SOROPTIMIST INTERNATIONAL OF MADURAI



*Women inspiring  
action, transforming  
lives*



“I’ve come to believe that each of us has a personal calling that’s as unique as a fingerprint – and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you.” – Oprah Winfrey



### PRESIDENT MESSAGE AND THEME FOR YEAR CONNECTING HEARTS IN SERVICE

*to bring Heaven on Earth*

In a world filled with strife and chaos, it is the need of the hour to bring on the smiles on our faces and cheer in our hearts.

Not money, not hard work. Just a kind word, a helping hand, a pat on the back, a warm hug, giving a few minutes of our time to connect with the other is all that is needed. Every Soroptimist is a warm hearted person reaching out to help our brethren. Our organization provides the supporting structure to do this on a global scale and bring about the desired change for the betterment of women and the world at large, through a collective effort. Let us do part and connect with others, to motivate them to do their part in bringing happiness to our world. Let every action and word be from our hearts. It is the only way to connect hearts.

When hearts are connected in union for service it is the ultimate power to bring the change that we need. Heaven is everything that is based on love and truth and the path to that is through the heart.

SI Madurai is an organization of energetic and talented ladies. Through this newsletter we see a new facet of Newsletter Officer, Anita Lakshman, who is normally a very quiet unassuming person. This issue is the first for this year 2015-16. SI Madurai has been active from the day of the AGM in April focusing on various projects. We have done a balanced set of projects including women economic empowerment and education, healthcare and environment sustainability. We have also contributed towards Nepal Earthquake Relief Project of National Association of India. The Friendship link with SI Christchurch and SI Dallas have been finalized and we have received the Certificate of Friendship. Bonding through connecting in service is the essence of Soroptimists. This is the beginning of three more issues of *Soroptimision* from Anita Lakshman ! Best Wishes

A handwritten signature in blue ink that reads "Latha A".

Latha Abiruben  
President

## *A bird's eye view of all our recent efforts to make a difference as SI Sisters*



Any time women come together with a collective intention, it's a powerful thing.



Women are the largest untapped reservoir of talent in the world.



17<sup>th</sup> April  
2015  
AGM

On 17th April 2015, Soroptimist International, Madurai had its AGM at Gateway Hotel, Madurai. All the ladies were beautifully dressed for the evening and came in high spirit to make the evening eventful. To add to the grandeur, the hall was beautifully decorated to match the dress code of our sisters, who made the party bright and wonderful. Mrs. Latha Abiruben took over as President for the year 2015-16 from Dr. Sudha Dheep and Mrs. Divyeh Rao as Secretary. Mrs. Sangeetha as Vice President. Mrs. Latha Abiruben outlined the proposed projects for the year.

An amount of Rs. 30,000 under the "Light up A Life Fund" for differently abled persons of SI Madurai, was donated to Ms. Thangamari, a visually challenged inmate of Thumai Vizhigal Trust to complete her B.Ed course in Royal College of Education, Madurai.

An amount of Rs 27000 (Rs.9000 each,) under the SI Madurai Education Empowerment Fund was given to sponsor the final year nursing course of Ms. Vasanthi, Ms. Ramya, Ms. Shanmugamala of Paul Antony College of Paramedical Sciences, Sivakasi.

The highlight of the evening was a mesmerizing song sung by two visually challenged girls from Thumai Vizhigal Trust. It was a stunning performance which enthralled the audience.

It was followed by an impromptu fashion show gracefully performed by our members. However old each one was, they forgot their age, for that moment and transformed into teenagers. They walked in with dignity and elegance and the audiences were awe struck. We can boast that we have some of the prettiest ladies of Madurai among us.

And last but not the least, to finish off the delightful evening, a scrumptious, exquisite dinner was served and all our members took leave, fulfilled at heart and appetite, after a memorable evening.

## WOMEN'S HEALTH AWARENESS PROGRAMME



“A woman is the full circle. Within her is the power to create, nurture and transform.”

### **Mother's Day Celebrated in a Special Way**

Soroptimist International ,Madurai organized a special program to celebrate Mother's Day in meaningful way. A Health Awareness Program was organized at Devadoss Multispecialty Hospital, Madurai for women.

This programme was designed to bring awareness to women about Osteoporosis, Cervical Cancer and Bonding between embryo and parents.

Dr.Muthukumar Balaji, M.B.B.S .DB(Ortho), consultant Orthopaedic surgeon addressed the gathering about osteoporosis. A Bone Mineral Density Test was done free of charge for the participants of the program. Most of the women realized they were in the ostopedia stage.,which meant that unless they take care now, they are likely to get osteoporosis. Hence it was certainly an eye opener for many ladies and had given them a warning signal to take care of themselves at this early stage. Dr.Heera Banu, M.B.B.S, DB(O&G) ,gynecologist, gave a very informative talk on preventing cervical cancer. Dr.Kalyani, M.S .Psychotherapy , gave a very peppy talk on “enlighten the embryo”. Her program is called “Dhyan Baby” and addresses expectant and just delivered mothers and also fathers. All the participants enjoyed her spirited talk. A Tricho Scan test was done free of charge for the participants to identify any hair related problem and get them treated. Overall it was a very well planned program which benefitted 75 women.

A normal medical health check also was done free of charge for 30 Tribal children from the areas of Usilampatti, Theni, Ariyalur ,who were brought for the program by SOCO Trust( Legal Education) , Madurai. These children were given a very informative talk about Gender sensitisation by Dr.Sudha Dheep. This programme called “Good Touch Bad Touch” is a regular project of Soroptimist International, Madurai. The children were delighted to take part in the event.!



All goodness comes from our kitchens and of course who else but we can make it happen!! SI shows a novel, practical way !!

### KAMBHA PROJECT : MAY 24th 2015

On 24th May 2015, a program to promote home composting was done at Shanthinethan Apartments, Madurai. A demonstration of how to compost kitchen waste and make it into organic waste using khambas, was given by Latha Abiruben, assisted by Sabeena Ali, Lakshmi Subburaj, Anita Lakshman. The residents of the Apartment complex were very appreciative of the project. 8 khambas were donated by SI Madurai to eligible candidates as a motivation and two to volunteers of *MaramMadurai* MaMadurai.



## World Environment Day- June 5 2015 NEW EARTH



SI Madurai organized a mega event to celebrate World Environment called "NEW EARTH" on June 5<sup>th</sup>. It was a beautiful Friday morning. Nature was at its best. Since, it had rained the previous night, the trees were still wet and it was as if it had taken a shower to welcome all of us with wide open arms. We started the day with a Green Walk. The Deputy Commissioner of Madurai City, Mr. Roshan Samant, flagged off the rally preceded by Tree plantation (5 Nos) at District Sports Center. Organisation Save to be Saved, and Maram Madurai. Four schools and one college, besides members of public, joggers association, Lions Club, and Exnora took part in the Green Walk. A free pollution check was organized for four and two wheelers by giving 80 free coupons and 200 handbills with message of energy conservation.





College students pasted them from five vantage traffic signals in the city.

In the evening a formal meeting was held at Poppy's Hotel ,Madurai to launch the environment sustainability projects of SI Madurai, namely,The Solar Traffic Island project, Adoption of Bio degradable plastic bags by prominent business people and adoption of home compostng by households of Shantiniketan Apartments.  
 -- Special Guests, Mr.Neethimohan ,Chairman,YES, representing TN Chamber of Commerce and Mr, Raja mohan ,MD,Envirocare, Madurai ,representing Confederation of Indian Industry addressed the gathering about commerce with social responsibility.The events for the whole day were well publicised besides establishing our contribution to the public and helping save Mother Earth.



“Nature always wears the colors of the spirit” –

Ralph Waldo Emerson



“In every walk with nature one receives far more than he seeks.”-  
 John Muir



## Gourmet section .....A secret recipe for our SI sisters!!

### Fruit and Vegetable Juices for Quick Weight Loss:

When it comes to weight loss, it is always better to stick to more vegetable juices because fruit juices contain a large amount of fruit sugar even when no additional sugar is added to it and it can affect a person's weight loss efforts in a negative way. Therefore it is recommended to add more vegetables to your weight loss smoothie.

#### Metabolism Booster:



- Ingredients:
- Cucumbers-2
- Celery-5 stalks
- Apple-1
- Coriander-1 Cup
- Lemon-1
- Red Pepper-1



**Boosting metabolism** is the key to fast weight loss. Speeding up metabolism leads to more calorie burn and lemons and spicy peppers work effectively in boosting it. The high water content of cucumber and celery keeps the body hydrated and fuller for a longer period of time. Put all the ingredients in a juicer and make a smooth paste with thin consistency. Have it as a mid-morning snack or in the afternoon.

#### Skin Cleansing Potion:



- Ingredients :
- Carrots-2
- Spinach-2 Cups
  - Apple-1
  - Cucumber-1
  - Ginger-1 Inch



Carrots are a rich source of vitamin A, C and D along with folic acid, biotin, pantothenic acid and small quantities of potassium, sodium, magnesium and copper. The vitamins present in carrots helps in maintaining the skin cells and the beta carotene in apples and spinach prevents skin damage whereas silicon present in cucumbers improves skin tone, quality of hair and nails. The anti-oxidants present in ginger **prevent premature skin aging** and acts as a natural remedy for acne and pimples. Put all the ingredients in a juicer and blend well. Drink it during breakfast to flush out toxins from the skin.

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And to sign off !!,

Look forward to the upcoming block buster events of SI Madurai for the next quarter !



Women's empowerment program at Kalikapen village

HR programs in schools

Charter day in September

I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again. ~William Penn

*Edited by Anitha Lakshmanan*