

TEXCITY

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TIMES

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Secretary: Rtn. MD Devi Maruti

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From the President's Desk



Rtn. MD Vijaykumar Sivanaesan
President 2023-24.

People who wonder if the glass is half empty or full miss the point. **The glass is refillable.**

My Dear Texticians,

The past month has gone by in a jiffy. Each time I have reached out, you have responded with all your might and attention. We had the highest single club registration at the District TRF seminar. Again, it was our club which made a public commitment to meet the TRF goal set for us by the District Governor.

We had a good joint meeting with three other sister clubs. Plan to have at least one joint meeting every month with different sister clubs from the city to give an opportunity for Texticians to meet and connect with Rotarians from other clubs. Our association with the Shanti Ashram resulted in significant projects (detailed report in the subsequent pages). It is heartwarming to see our Annets and Anns going about doing worthwhile projects.

Our Onam family get together was a grand event with dance, music, fellowship, and an excellent Onam Sadya. We were able to add a new member, that too a dynamic lady member Rtn. Jagadeeswari to our club. I welcome her to our fold and I am sure she will make a vibrant and contributing Rotarian. The highlight of the month was the Global grant for Eyeserve project to hit our bank and a sum of Rs.44,26,531/- has been credited to our account. Let us utilize this wonderful opportunity to help people who cannot afford to get their eyes treated for various problems like cataract, glaucoma, etc.

The love and support I am getting from you members, be it at Board Meetings, weekly meetings, District Seminars, family get togethers is heartwarming and it encourages me and the board to deliver a memorable Rotary year. Various committees are working hard - be it the administration committee under the Chairmanship of Rtn. Brijesh (Excellent arrangements, communication, Bulletin, fellowship, etc) or the Textcity Tower committee under the Chairmanship of Rtn. Kamal, the foreign tour committee under the Chairmanship of Rtn. Maruti, all are working hard to give the best to our club and make it even more exciting and a happy place.

Our RYLA team under the Chairmanship of Rtn. Devi Maruti has set themselves a target to impact 15000 students this year. For this they have chalked out a strategy to go to different schools through out the year with some excellent inhouse and outside faculty and share the knowledge, ideas, expertise and other resources to encourage and motivate the students to aim big. Help them to make a blueprint of success for themselves. We kickstarted this project with our first outreach in Avila Convent Matriculation school on the 1st of September.

I am open to ideas for projects and urge you to think out of the box. Together lets Create Hope in the World.

GIVE HOPE. IT MIGHT BE THE ONLY THING SOMEONE HAD WISHED FOR THEIR DAY.

In a world often shrouded by uncertainty and challenges, hope emerges as a radiant beacon that guides us through the darkest of times. It is a powerful force, an intangible yet palpable energy that fuels our dreams, ignites our spirits, and propels us toward a future filled with possibilities. Hope, with its unwavering optimism and boundless potential, has the remarkable ability to transform lives and shape destinies.

No wonder our RI President Gordon McNally's clarion call to the Rotarians is to - Create Hope in the world. How does one go about doing this? It got me thinking. (I am sure it must have got you thinking too). I am sharing some of my thoughts, you all share yours.

- Believe in their dreams - Do not be a dream stealer. Even if we feel that the goal set by an individual or an organisation is a difficult one, we should have encouraging words to say. Some of the finest things are achieved because someone cared.
- Listen intently - When we give people our time and attention, we are in fact giving them hope. Just listening makes all the difference.
- Express your love and affection - Loneliness is one of the greatest diseases in the world. When you show love, you are giving them hope.

- Financial support - When you can support someone in dire straits financially you are also giving them hope
- Always be kind - Kindness is one of the most important virtues in the world. When given it makes the world a better place
- Help them find strength - mentoring, guiding, sharing experiences and knowledge go a long way in giving someone hope.
- Appreciate - Everyone craves for a pat on the back, a few words of encouragement and appreciation. So, appreciate genuinely.
- Give protection - This is met when we establish harmony in relationships and show people that they are free from fear or threat of harm

Be hopeful yourself - Think about it, we can only give what we have. If we are not hopeful ourselves then how can we give hope to others?

So always be a source of happiness to others, for which you must work hard on your own happiness. Just as one candle can dispel the darkness, so also the candle of your hope can light that of several others.

September Editorial



Rtn. Ramesh Nichani
Editor - Textcity Times



Joint Speaker Meeting

Rotary Coimbatore Texcity had a joint meeting with three other Rotary clubs - Rotary Club of Coimbatore, Rotary Club of Coimbatore Uptown and Rotary Club of Coimbatore Smartcity on 3rd August at the Paul Harris Hall, chamber of commerce, Avinashi Road. The speaker of the evening was Mr. V. Sundaram, Director of CODISSIA defence Innovation and Atal Incubation Centre (CDIIC).

The topic was "Coimbatore industries & their Contribution towards defence Manufacturing. The knowledgeable speaker told the august audience the opportunities available for the local industry to get orders from the defence services which are many and payments are prompt. He gave tips and how one must go about getting these orders, especially now that the Made in India and Atamnirbar is the call of the present government. The attendance was good and after the presentation there was a lively question and answer session. It was an evening well spent. Our President gave the welcome address while Rtn. Rohini Sharma, President of Rotary Coimbatore Smartcity gave the Vote of thanks.



TRF SEMINAR 2023 GOODNESS FOR HUMANITY FOR A FEW DOLLARS MORE



The District TRF seminar was held at Hotel Le Meridian, Coimbatore on August 12th 2023. Rotary Coimbatore Texcity had the highest single club registration of 20 members. Our 800 Rotarians had registered from all over the district. The Chief Guest for the seminar was RI Director Dr. Bharat Pandya.

At the seminar President Vijaykumar gave his commitment of \$ 50000/- to the foundation with three Major Donors and one second level Major Donor from the Club. This was the highest commitment of that day. Also, a commitment of 100% contribution for polio from all members was also given.

The seminar was a well organized one by the host club Rotary Club of Greencity, under the Chairmanship of Rtn. Devrajan. The speeches by the TRF Chair Chella Ragavendra, Dr. Bharat Pandya and PDG Pathy were very motivating and packed with facts, figures, and anecdotes.

The Texcity Rotarians like Asterix and his merry men had a nice post seminar evening with their resident Vijaykumar around a round table for some fellowship, banter and camaraderie



Annadhanam

Texcity's Annadhanam juggernaut continues to roll. This month along with Nizhalmayam the NGO which feeds the homeless every week Rtn. Vinod Kumar sponsored Rs.10,000/- and many a homeless got a decent meal.



18,298 sq.ft
65 Flowering Plants
225 Native Trees

Smiles – Environment – Tree Planting

The Coimbatore Corporation has floated a scheme which is called Kanaga Kovai Project. In this scheme the Corporation is willing to give the reserved sites in the city to Corporates, NGOs, and public trusts to plant trees to increase the green cover and reduce the carbon foot print in the city. Rotary Coimbatore Texcity, adopted the HUDCO Colony site in ward 52. The project cost was Rs.300000/- and it covers Land preparation, Drip irrigation, Organic fertilizer, Labour, Sapling cost, logistics and periodic maintenance, The project was executed with the help of DHI Green Foundation.

It was inaugurated by Rtn.R.S.Maruti, Rtn.C.R.Vijay, Rtn.Mohammed Shafi on 23rd August 2023 who were the sponsors of the Tree planting.

This site size is 18,298 sq.ft which is 41.96 cents. Which holds 65 flowering plants and 225 Native tree varieties.



Launch of Joint Collaboration between



on 03rd August, Thursday 2023

@ Shanthi Ashram - Kovaipudur

The Program

Launch of Joint Collaboration between Rotary Club of Coimbatore Texcity and International Centre for child and Public Health was held on 03rd August / Thursday @ Shanthi Ashram - Kovaipudur. The program was attended by 200 people including more than 100 young mothers and infants below age 1.

Observation of Breast - feeding week 2023

Breastfeeding is extremely crucial for the healthy growth and development of an infant. The world Breast feeding week is annually celebrated from August 1st to 7th to encourage breast feeding and improve the health of young babies around the world. To support and encourage breast feeding, the World Health Organization WHO and UNICEF organize this important week with Governments and institutions serving children around the world since 1991.

Attendance

- President • Secretary • Rtn. Gokulraj – District Director • Rtn.C.R.Vijay – GGR
- Rtn. Maruti – District Councillor • Rtn.Brijesh – Project Chair
- Rtn. Ramesh Ponnusamy – Community Service • Rtn.Vinod Kumar – Treasurer
- Rtn. Reji • Ann.Pavithra – Anns President • Rotractors – 5 from Coimbatore Texcity

Awards and prizes for Healthy babies

- All participating babies was awarded a certificate and prize
- The Top 10 winners was given a medal, certificate and a special prize

Healthy Baby Challenge

The followings are the units of measurements for the healthy baby Challenge

- Growth Assessment: Weight - Centile against standard IAP Growth charts
- Vaccination: Age-appropriate vaccination till date
- Breast feeding & Nutritional Status: first 6 months / weaning & supplementary feeds
- Hygiene: Hair, Eyes, Nose, Mouth, Teeth, Ears, Nails, Clothes, Underclothes and shoes / slippers
- Parents knowledge about child health interventions, vaccination and breast feeding



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ANNETS CLUB

Project 02

Kindness is a language the Blind can see.

The Annets Club of Rotary Coimbatore Texcity visited the Government School for the Visually Impaired at Viraliyur. Fifteen blind children between the age of six and thirteen reside and attend school here. They distributed Abacus, Braille sheets, stylus, and Braille Words to them. Refreshments were also provided to them. It was heartwarming to see these children play happily although they cannot see this beautiful World around them.

They requested for Sarkarai Pongal on Independence Day and Rtn Devi Maruti has volunteered to sponsor the same. Thankyou Devi aunty.

Thank you, Latha Babu aunty, for sponsoring the Cupcakes, Suji aunty for the Samosas, Srilatha aunty for the soft drinks and coming along.

Thank you to our student exchange Annet Enzo from Brazil, Anushka Brijesh and Alex for coming along.

Thank you Vijay uncle and Devi aunty for going along and encouraging them.



Project 03

Old age homes are reminders that aging is a part of life's journey and every person deserves love, care, and dignity at every stage.

On August 28th the Annets Club visited St. Thomas Old Age Home, Alvernia Convent.

They distributed nightwear and personal hygiene products to 40 elderly women who have made their home here. They were very happy to have them there and they interacted with them joyfully.

It was Onam the next day so the Annets treated them to Banana chips, Sharkara upperi, vada and Payasam.

This was made possible by Annet brothers Rakshan Rajesh and Rohin Rajesh who were the sponsors of this project. The smiles on the faces of all the inmates was something to be seen and cherished.

The Annets Club President Leya Jude expressed her thanks to Devi aunty, Pavitra aunty, Daisy aunty Sumi aunty and her Appa (Dad) for coming along and supporting them.



ANNS CLUB

On August 5th the Anns Club of Rotary Texcity in association with the Gynecology Department of The Coimbatore Kidney Centre and Specialty Hospital celebrated the International Breastfeeding Week at the hospital premises. Dr. Karpagam Murali, Dr. Karthik Annamalai, Dr. Kavitha Rajkumar, Dr.K S Ramalingam and Mrs. Vahini Arun spoke on various topics covering all aspects of Pregnancy and breast feeding. 50 new mothers were enlightened on these topics. 50 nutrition hampers were also distributed (dates / wellness porridge mix) to the mothers. The Doctors were honored with a stole and gift. The Anns club is glad that every year we do this project to spread awareness about the importance of breastfeeding.

BREASTFEEDING WEEK

SMILE - INFANT & MOTHER HEALTH
PROJECT CHAIR: Rtn.Dr.Karpagam Murali



MOVIE FUND RAISER

PROJECT CHAIR: ANN SRILATHA KARTHIKEYAN

Trust the Anns to strike when the iron is hot. Cometh the big movie cometh the fund raiser. When the release date of the movie JAILER, starring the Super star Rajnikant was announced the Anns immediately moved into action and blocked 200 seats at the new multiplex in town, Broadway. The tickets were sold to Rotarians and their friends to raise funds for the various community projects that the Anns have planned throughout the year. The Rotarians with their family and friends had a great time at the theatre and made it a memorable outing.



A HELPING HAND

PROJECT CHAIR: : Ann Anu Mathew

On 22nd of August 2023 the Anns of Rotary Coimbatore Texcity got to gether at Assisi Snehalya, a remarakable NGO that provides support and care for individuals affected by HIV, including children and adults. When they came to know about the need of a microwave and a mixie for the centre, Ann Latha Babu, Ann Anu Mathan, Ann Sara, Ann Bharathi, Ann Daisy, Ann Padmini and Ann Annie, came forward to fund the same. The project cost was Rs.17000/- . This project aims to impact the lives of those in need significantly. By now its almost become an habit for the Anns to lend a helping hand to whoever is in need.



ANNS MONTHLY MEET

Host: Ann Latha Babu

The Anns monthly meets are both a place for learning and fun. The Anns got together at Ann Sreelatha's home on the 16th of August. This time around Mrs. Akila Chandrashekar, of Ferns & Petals was the resource person to teach the Anns some basic home flower arrangements. The session was followed by a round of Tambola with the opportunity to win many a prize. Ann Sreelatha, keeping the Onam festive season in mind, had beautifully decorated her home with flowers and organized a full-fledged Onam Sadya from caterers from God's own Country Kerala.



BAG OF SMILES **DONATE**

Anns chair Pavithra has come up with a unique idea. A bag of smiles passes thru the hands of the Anns celebrating their birthday in a particular month for them to do some charity on their special day. At the end of the month the amount in cash or kind thus collected is used for a meaningful project. The July and August birthday contributions went out to the Universal Peace Foundation in the form of 10 kgs of rice (Ann Charulatha), 10kg of Toor dal, 10 kg of atta, 10 litres of sunflower oil, 20 kg Urad dal (Ann Rohini), 5kg Rava, 5 kg Toor dal (Ann Dr. Neena John) 10kg Nattu Sakarl, 5 KG Bengal Gram, 5 kg Rava (Ann Lakshmi) 20 kg Rice, 5kg Toor dal (Ann Yashodha). The total outlay of this project was Rs.30,000/- . It was a great feeling for the Anns to be able to provide basic groceries to the needy



Total outlay Rs. 30,000

REACH OUT TO THE PHYSICALLY CHALLENGED

At our Second weekly meeting on 16th August Rtn.Maruti gave us a detailed information regarding the itinerary, the cost and the proposed dates for our international tour to Turkey. Besides this, we had representatives from Oondrukol Trust which runs a home for 30 bedridden people. Those running the trust themselves have various physical disabilities. They are people with high self esteem and some of them despite their disabilities, run small business to help run this home. In continuation of our objective of Annadhanam through out the year, 182 kgs of Ponni rice was donated to them. The project cost was Rs.10,500/- which was possible because of the generosity of Rtn. C.Karthikeyan



Onam Celebration Family Get-together

Rotary Coimbatore Texticity always celebrates Onam the vibrant and cherished harvest festival with pomp and gaiety. With a history rooted in mythology and cultural significance, Onam was celebrated on the 27th of August. The festival commemorates the legendary King Mahabali's return to his kingdom, symbolizing prosperity and the values of benevolence and equality. Past President Rtn. Gigi Eapen gleefully played the role of King Mahabali. Colourful "Pookkalam," adorned the Rotary Coimbatore Texticity's hall, which was put together by a few of the Anns. The team of hosts had put together a tug of war and a quiz on Onam trivia, much to the delight of the members and their families. The Anns and Annets entertained the crowd with dance and music. The highlight was the grand Onam feast, or "Onam Sadya," served on banana leaves, featuring an array of delectable vegetarian dishes. Onam's vibrant festivities not only showcased Kerala's cultural richness but also united the Rotarians and their families, fostering a sense of togetherness and camaraderie. The August issue of the Texticity Times was released by the GGR, our own PPRtn. C R Vijay. The afternoon also saw a new member induction into the club. Past President Dr. John Thanakumar in a solemn function inducted Mrs Jagadeeswari. Thanks is due to the team of hosts- Rtn. Johnson, Rtn. Vinod Kumar, Rtn. Ilangoan, Rtn. Ramesh Ponuswamy, Rtn. C. R.Vijay, Rtn. Reji Kurien and Rtn. Dr.Manoj Vakil.

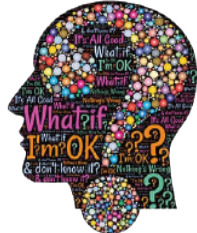




PROJECT EYESERVE

Number of Camps held : 31
 Number of people screened : 10154
 Number of people needing treatment : 1458

THE ART OF THINKING CLEARLY



There was once an intelligent centipede. Sitting on the edge of a table, he looked over and saw a tasty grain of sugar across the room. Clever as he was, he started to weigh up the best route: which table leg should he crawl down-left or right- and which table leg should he crawl up? The next tasks were to decide which foot should take the first step, in which order the others should follow, and so on. He was adept at mathematics, so he analysed all the variants and selected the best path. Finally, he took the first step. However, still engrossed in calculation and contemplation, he got tangled up and stopped dead in his tracks to review his plan. In the end, he came no further and starved.

The British Open golf tournament in 1999: French golfer Jean Van de Velde played flawlessly until the final hole. With a three-shot lead, he could easily afford a double-bogey (two over par) and still win. Child's play! Entry into the big leagues was now only a matter of minutes away. All he needed to do was to play it safe. But as Van de Velde stepped up, beads of sweat began to form on his forehead. He teed off like a beginner. The ball sailed into the bushes, landing almost two hundred metres from the hole. He became increasingly nervous. The next shots were no better. He hit the ball into knee-high grass, then into the water. He took off his shoes, waded into the water and for a minute contemplated shooting from the pond. But he decided to take the penalty. He then shot into the sand. His body movements suddenly resembled those of a novice. Finally, he made it onto the green and after a seventh attempt - into the hole. Van de Velde lost the British Open and secured a place in sporting history with his now-notorious triple-bogey.

In the 1980s, Consumer Reports asked experienced tasters to sample forty-five different varieties of strawberry jelly. A few years later, psychology professors Timothy Wilson and Jonathan Schooler repeated the experiment with students from the University of Washington. The results were almost

WHERE'S THE OFF SWITCH? Overthinking

identical. Both students and experts preferred the same type. But that was only the first part of Wilson's experiment. He repeated it with a second group of students who, unlike the first group, had to fill in a questionnaire justifying their ratings in detail. The rankings turned out to be completely warped. Some of the best varieties ended up at the bottom of the rankings.

Essentially, if you think too much, you cut off your mind from the wisdom of your feelings. This may sound a little esoteric - and a bit surprising coming from someone like me who strives to rid my thinking of irrationality - but it is not. Emotions form in the brain, just as crystal-clear, rational thoughts do. They are merely a different form of information processing - more primordial, but not necessarily an inferior variant. In fact, sometimes they provide the wiser counsel.

This raises the question: when do you listen to your head and when do you heed your gut? A rule of thumb might be: if it is something to do with practised activities, such as motor skills (think of the centipede, Van de Velde or mastering a musical instrument), or questions you have answered a thousand times (think of Warren Buffett's circle of competence), it is better not to reflect to the last detail. It undermines your intuitive ability to solve problems. The same applies to decisions that our Stone Age ancestors faced - evaluating what was edible, who would make good friends, whom to trust. For such purposes, we have heuristics, mental shortcuts that are clearly superior to rational thought. With complex matters, though, such as investment decisions, sober reflection is indispensable. Evolution has not equipped us for such considerations, so logic trumps intuition.

- Rolf Dobelli