

PULSE

People United to Lead, Support & Empower

VISION STATEMENT

Our club cultivates a vibrant, fun and diverse environment wherein friends join hands to educate, inspire and empower to foster change through innovation and leadership.

PRESIDENT'S MESSAGE



Rtn. Divya Chandan
President 2020-2021
Rotary E-Club of Metro Dynamix

MEET OUR DYNAMIX TEAM 2020-2021

President	Rtn. Divya Chandan (USA)
Secretary	Rtn. Ayush Agarwala (INDIA)
Vice President	Rtn. Suganya Periyannan (INDIA)
President Elect	Rtn. Preetha Rajkumar (USA)
Treasurer	Rtn. Sujay Shroff (INDIA)
Sergeant at Arms	Rtn. Vidya Natarajan (CANADA)
Club Administration Chair	Rtn. Reshma Ramesh (INDIA)
Membership Development Chair	Rtn. Divyasri Vijayakumar (UK)
Community Service Chair	Rtn. Muthu Sethuraman (INDIA)
International Relations Chair	Rtn. Seema Sundrani (USA)
The Rotary Foundation Chair	Rtn. Aarthi Rajkumar (USA)
Vocational Service Chair	Rtn. Nishit Shah (INDIA)
Public image and Bulletin Chair	Rtn. Pavithra Bharathi (INDIA)

2020 marked the start of a deadly worldwide pandemic which confined most to their houses. However, even in the midst of the fear-factors which still remain today, we Annets/Rotarians can proudly proclaim that we rolled up our sleeves and started this club. Our unbreakable bond empowered us to create a new, innovative club to serve our own people, hometowns and countries.

Though the disease made it difficult to conspire and do good, 2020 still produced the magnificent 'Metro Dynamix'. 2021's anticipated arrival marks Rotary's achievement of an intense level of collaboration, and I want to thank all those Rotarians who sacrificed time and service to the advancement of this club. We have come so far, which is all thanks to our hard and diligent work. Ever since the start of our regular meetings in January of this year we have developed a rhythm which has capacitated a swift accomplishment of three vital projects; 'Educate and Empower', 'Honoring the War Veterans' (part of G40) and the provision of fees to fast track crucial education for two children from the Air Force school. We have three more scheduled for launch prior to the culmination of this Rotary year; 'Ray of Hope', 'Gift a Vision and make a DIFFERENCE' and 'A New Beginning'. The funds to facilitate these projects will be attained through lively and enjoyable fundraisers.

We had four meetings until now and every meeting was fruitful and fun for all. Our first meeting was an inspiring mock meeting followed by a speaker for International service and then a fun filled social with Dr. Pal and a selfie game. We were also joined by a speaker who walked us through the history of Rotary and explained a lot about our foundation. One of my goals as President is to invite distinguished Rotarians to speak for every avenue of service.

Regarding membership, I request you all to bring in your friends and family members to enjoy Rotary by motivating them to join the Rotary family. The world is facing tougher challenges; we need more hands and hearts to serve.

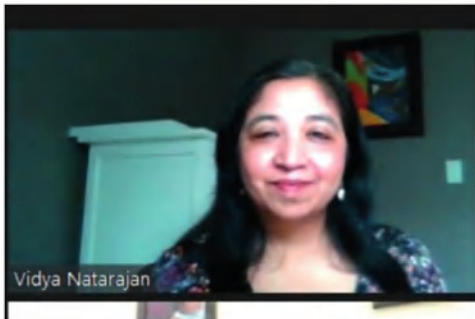
Lastly, we need to promote what we do, not only what we do locally but what Rotary does as an international organization. I'm honored to be serving as your President and looking forward to an exciting next three months filled with growth and opportunities to serve. Over the next year, we will be pursuing a multi-year service strategy which will help us plan better to serve and reach our highest potential.

BOARD UPDATES

The Board formed seven committees during the 1st quarter and will continue to look for opportunities to form other committees as the need arises. These committees demonstrate the Board's commitment to providing various avenues for members to engage and grow within our club.

- ★ **Volunteer:** Your time/effort/skills towards club activities and help develop a strong foundation; Provide personal/professional/financial assistance to club initiatives and gain personal fulfillment
- ★ **Leadership:** Opportunity to understand various Rotary functions; share ideas to shape all of our club experience; prepare to take on leadership role in the Board
- ★ **Connections:** Have fun and connect with a small group of members and help build a close-knit community within our club

Participation is optional but members are encouraged to join a SubCo to avail all of the above benefits and contribute to our growth and club experience. The Board continues to evaluate SubCo structure and member rotation cycle and we will discuss plans in the coming months.



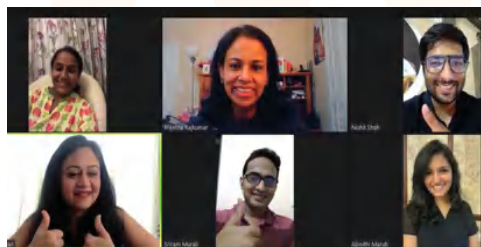
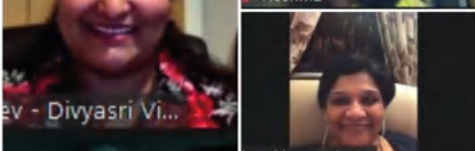
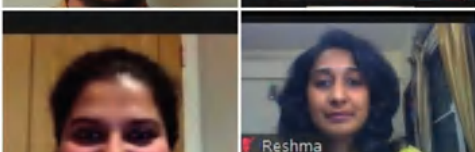
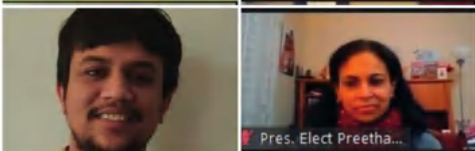
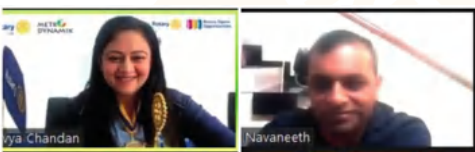
SERGEANT AT ARMS

The Dynamix's MC is a vibrant group that tries to bring in some positive and fun energy to our club meetings without losing focus on the objective. We love what we do and are open to add members who enjoy MCing.



MEMBERSHIP DEVELOPMENT

The Membership Development Committee will focus on evaluating, enhancing and improving the overall member experience and value offered to members. The Committee will work with other committees and the board to evaluate and determine membership priorities including: membership attraction and retention strategies; enhancement of member experience; continuous review of member needs and service delivery; communication of value stats and engagement metrics. The Committee will focus on identification, development and implementation of strategies and tactics to advance Metro Dynamix's goals and objectives related to membership.



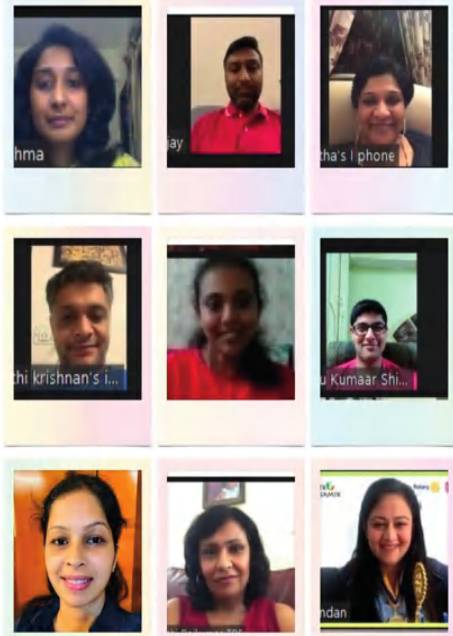
VOCATIONAL SERVICE



PUBLIC IMAGE

COMMUNITY SERVICE

The projects and service subcommittee's focus is to identify prospective projects in line with our principles and virtues. The team also works meticulously in identifying different ideas to raise funds required for execution of the finalised projects to contribute to the well being of our community. The subcommittee works in gathering project ideas tending to need of the hour services. Once identified the team works intensely in evaluating the pros and cons of the proposed projects. Then the shortlisted projects go for a round of vote amidst the board and then the subco finalised the most feasible projects in line with the objective of our club, Rotary E-club of Metro Dynamix.

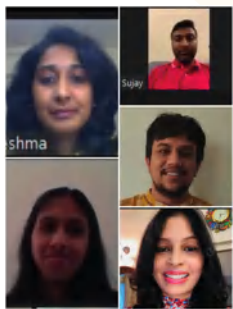


CLUB ADMIN [CORE/GAMES/WEBSITE]

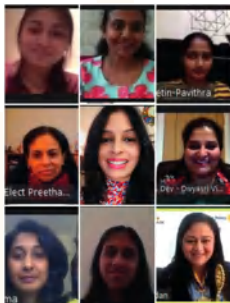
The Admin subcom is divided into 3 sub-subcoms. One is a master admin committee that works on all admin activities. One is a website subcommittee where I would say a special thanks to Rtn. Deepa, who single handedly developed the entire website from the scratch along with the other committed members of the website subcom, she leads the group from the front. She also worked with Rotary India and got an insight on how to make our club visible under Rotary India and discovered the app for us. Without her passion, commitment and ownership, none of this would have been possible. Another key member in the Admin subcom is Rtn. Ishita, who works closely with the Public Image subcom to get every invitation card for our meetings ready in a meticulous manner. She also plays a key role in the website subcom with her key attention to detail skill. Rtn. Deepa and Rtn. Ishita add value to the Admin Subcom without whom none of this would have been possible.

Sunday Socials

I would like to take this opportunity to Thank Rtn. Muthu for getting us Dr. Pal to talk to us on Feb 14. I would like to Thank Rtn. Megha and Rtn. Suganya for conducting an amazing team game on Feb 14th and Rtn. Sujay for conducting a fun game along with me on March 14th.



CORE



WEBSITE



TRF

The Rotary Foundation (TRF) subcommittee raises funds for TRF and works on obtaining grants from TRF for eligible club service projects. The subcommittee will be knowledgeable and well acquainted with Rotary's guidelines, areas of focus, project eligibility, funding requirements and oversee full process from grant application, project monitoring to reporting back to TRF. We are currently focused on getting our club qualified to seek grants as well as build relationships by networking with other Rotarians and international clubs that could potentially partner with us on future projects. As our club grows and takes up projects that require funding from global grants, we want to be in a position where we are ready to hit the ground running! We are open to adding members who would like to be involved in this subcommittee.

MEMBER SPOTLIGHT

WORLD WOMEN'S DAY at Rotary



Divya and Preetha attended the virtual event organized by Rotary Club of El Tahrir, Egypt, on March 8th, to celebrate World Women's Day. RIPN Jennifer Jones sent in a recording and started off with a strong message. Rtn. Valarie Wafer, the first chair to the newly formed DEI taskforce, was such an inspiration. She noted about the recent increase of women in leadership role – Female Club Presidents globally in the past 5 years rose from 19% to 24%, closing in on the goal of 30% by 2023. TRF Trustee Geeta Manek shared so many stats, sliced in so many ways, highlighting that we still have a long way to go. However, with every Rotarian picking up the challenge, the next round of change will be accelerated. The event highlighted IWD 2021 theme #ChooseToChallenge. We can all choose to challenge and call out bias and inequality. Not just gender inequality but for all the people who are marginalized. It is our responsibility. #GoDynamixians

Mumbai chapter of Young Indians



Rtn. Mithanshu is part of the Mumbai chapter of Young Indians(Yi) since 2017 and this year has assumed the role of Membership Engagement Chair. Formed in the year 2002, Yi has created a platform for young Indians to work towards realizing a dream of a developed nation. It has a growing, inclusive membership across all geographies and demographics with over 3300 direct members in 54 chapters, and 29,500 students YUVA members from colleges. The Yi membership includes young progressive Indians between the age group of 21-45 years and comprises of entrepreneurs, professionals and achievers from different walks of life. Through thousands of impactful projects and activities divided primarily into three areas; "Youth Leadership", "Nation Building" and "Thought Leadership", Yi hopes to emerge as the premier Indian youth organization having a voice on relevant platforms that work on solving India's problems.

KMA RUN



Rtn Reshma, Rtn Sujay, Rtn Mahesh, Rtn Abinithi and Rtn Abbasree took part in the 5k virtual run/walk organized by the Keeping Memories Alive (KMA) on the 21st of February 2021. The KMA foundation is dedicated to honoring and keeping the memories of loved ones who have lost their lives in traffic accidents alive. The foundation aims to spread awareness on road safety. The members assembled in Forest College, Coimbatore to take part in the virtual run/walk.

G40



The G40 Rotary clubs of Coimbatore celebrated and supported the veterans of the 1971 war marking the 50th anniversary (Swarnim Vijay Varsh) of the war. Rtn Vishnu Kumar Shivendran, Rtn Abinithi Maruti and Rtn Abbasree Maruti had contributed health mix packets produced by the Vanavarayar Institute of Agriculture worth 22,000 INR on behalf of Rotary E-Club of Metro Dynamix to the 150 war veterans. The packets were a part of the kit which consisted of necessities such as a towel, torchlight, medications etc. Rtn Abbasree attended the celebration which took place on the 10th March 2021 in PSGIMS&R Auditorium on behalf of the club and handed over the kits.

Swarnalatha: Making A Difference

On March 19th, we connected via a zoom call. Of course Swarnalatha had her signature smile on but she looked tired and explained that the past few months have been challenging. Since MS symptoms worsens when the weather is humid or hot, she is not looking forward to the upcoming summer months. Swarnalatha has been living with Primary Progressive Multiple Sclerosis since 2009. She notes, "Everyone needs a shock in life to do something worthwhile". She and her husband, Guruprasad, started the Swarga Foundation in 2014 to provide support to patients with neuromuscular disorders. The Swarga Foundation believes in bringing positive change, one step at a time. Over the years they have touched many lives through their various initiatives, hard work and determination.

Our conversation turned to the recent Penn Shakthi Award that she received. "Initially, awards were a great morale booster", she notes. Now she is appreciative of the recognition and sees it as a platform to create awareness. She feels that she is deserving of an award once she has helped develop a state-of-the-art center to help those affected by MS. She views this as her life's purpose and focuses all her energy on the Sowkhya Pain Rehab Center, which sees about 350 patients each month and provides service free of cost.

All of the projects that they have focused on were without any CSR funding. "Disability takes a back seat when we approach companies. People can be so insensitive and that needs to change", she adds quietly. "For example, nobody is interested if we talk about adding a ramp. Ramps are not just for the disabled, but are for senior citizens, parents with strollers, anyone who needs to have the ability to move freely and without having to depend on others" she adds. Swarnalatha notes that without having the ability to go where they want to, their personal choice is taken away and they need to depend on family to get everything.

She staunchly believes that everyone deserves a chance and if the right opportunity is provided, they will show their talent and achieve their dreams. She wants people to not just talk about inclusion or participate in a one time event, but approach this cause with the right intent and create lasting change. She says: "the differently abled friends are not just special, but they are limited edition."

When things get tough, her family and belief in herself keeps her going. She wants to be a role model for her kids and show them that mom goes through much but is disciplined and determined - two qualities that she believes are important for being a good person. She considers herself blessed to have the education and experience in life and adds "If anyone can bring change in my life, it starts with me. Like what Gandhiji says - be the change that you want to see in the world". Going into the call thinking of all the things that Swarnalatha has accomplished, I realized by the end of the call that she is actually just getting started. She renewed my reason for joining our club. It is our responsibility both individually and collectively to provide a voice for those in need and I can't wait to see the changes that Dynamixians can bring about together.

Special thanks to Reshma for suggesting that we add an article in PULSE.

By Preetha Rajkumar



PROJECTS

We are glad that our board has agreed to execute the following three projects identified by our members. The projects are as follows.

A New Beginning - This is a project to help in the safe delivery of babies in rural areas. It's in conjunction with the Alandurai health care center and the aim of the project is to help fund the health care center to acquire instruments required to perform a c-section procedure without which the expectant mothers have to travel more than 20 kms to the city hospital to get the procedure done.

Gift A Vision - This Project is in association with Sankara Eye Hospitals, Coimbatore and helps with funding the cataract surgeries for patients from rural areas who are unaware that cataract is completely curable. This way, we provide vision, not only to a person, but to the entire family.

Ray Of Hope - This Project is a go green project which aims to plant about 300 trees locally in Coimbatore and other parts of the world including Canada with a commitment to keep our earth greener together. Adding a human touch to it, we have plans to take this project to communities like old age homes and orphanages as well by planting trees as a sign of hope.

We look forward to executing the above projects in the best way possible. The team also intends to adopt an intense follow-up measure for all our projects to increase the sustainability of the projects mentioned.

Our club also contributed Rs. 5000 towards the District 3201 common project. Cognizant Technology donated 1000 computers to 84 corporation schools in Coimbatore, while District 3201 worked in terms of logistics, formatting the computers, and distribution.

The G40 Rotary clubs of Coimbatore celebrated and supported the veterans of the 1971 war marking the 50th anniversary (Swarnim Vijay Varsh) of the war. See events section for the wonderful work done by our members Abinithi, Abbisree & Vishnu

DID YOU KNOW

An **official flag** was formally adopted by Rotary International at the 1929 RI Convention in Dallas, Texas.

The Rotary wheel, unchanged since 1924, was redesigned many times in the early years of the organization. Oscar Bjorge, of the Rotary Club of Duluth, Minnesota, USA, drafted an emblem. By 1924, Bjorge's design had been modified to include a keyway.

Motto - Service Above Self and One Profits Most Who Serves Best, Rotary's official mottoes, can be traced back to the early days of the organization. The 1989 Council on Legislation established Service Above Self as the principal motto of Rotary because it best conveys the philosophy of unselfish volunteer service.

Rotary International, adopted its present name in 1922. Formerly (1905–12) it was called Rotary Club of Chicago and (1912–22) International Association of Rotary Clubs.

One of the most widely printed and quoted statements of business ethics in the world is **the Rotary "4-Way Test."** It was created by Rotarian Herbert J. Taylor in 1932 and was adopted by Rotary in 1943.

ANNETTE'S CORNER

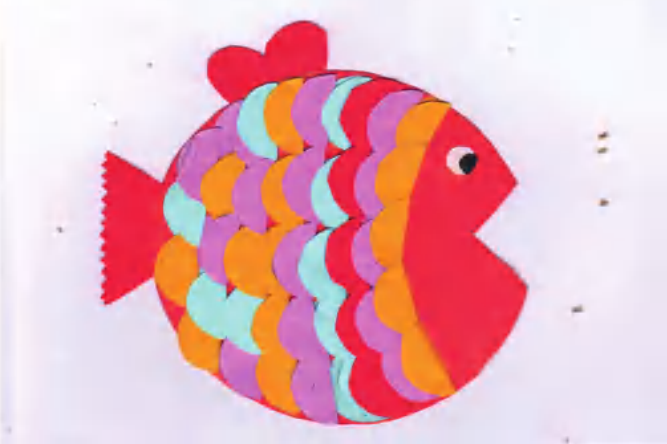


From Sia (5 yr; d/o Megha)

Art work makes Sia happy. She loves to participate in art shows. This is inspired by Vincent Van Gogh's *Starry Night*. Medium - Watercolours and oil pastels on coffee filter paper.

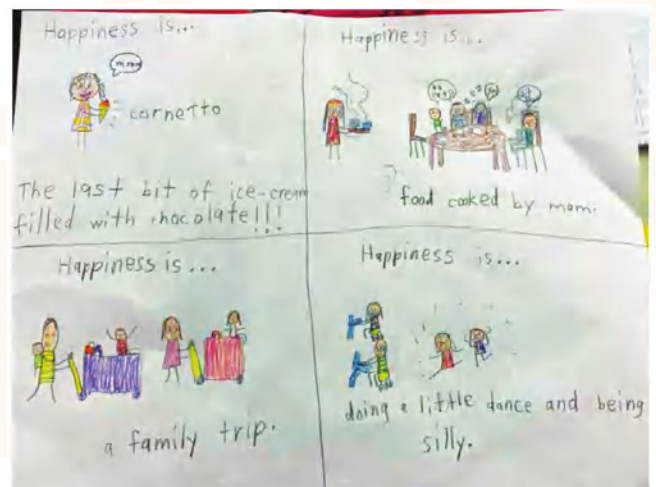
Title: Starry Night

Date: Feb 2021



From Shriyaa (5 yr; d/o Mahesh)

Shriyaa loves to draw and color. Her favorites are animals and insects. She gets her motivation from her dad's sketchwork and is most happy when she is spending time with her dad.



From Raghavi (7 yr; d/o Deepa & Navaneeth)



From Shreyas (17 yr; s/o Vidya)

Shreyas' happiness - volunteering and giving back to those in need. Shreyas and his friends were able to collect a whopping 91 bags of clothing, blankets, shoes and winter jackets by running a clothing drive to help the local community in need! So proud of the boys!

**THEME:
HAPPINESS WHAT
MAKES ME HAPPY**



Thank You Ishita

Your contribution to the Admin subcom is tremendous and appreciate your commitment. ~ Reshma

#Kudos to Deepa

For single handedly Designing and developing our club's website. Your enthusiasm is infectious. Keep it going! ~ Reshma

#Applaud Sujay

For his continuous Support. ~ Reshma

#Kudos to Muthu

For her hard work towards setting standards for the most important avenue of our service- Community Service. I can take the pleasure of saying that we could launch six projects and execute more than three in the first six months of creating Metro Dynamix! ~ Divya

#Kudos to Vidya, Reshma, Vishnu, Abinithi, Abishree

For their project ideas and dedication towards serving the community. ~ Divya

#Kudos to Megha, Sujay, Reshma and Riya

For organizing the very entertaining and fun games. ~ Divya

#Kudos to Mahesh, Dipika, Megha and ofcourse Vidya

To all our "powerful lifeline" of our meetings ~ Divya

#Kudos to all members

For their time and dedication towards building a strong foundation and helping to promote our club's culture. ~ Divya

#Kudos to Reshma, Preetha and Deepa

For their determination to take our club to the next level. ~ Divya

#Kudos to my board

For being pillars. They have created a path with their innovative SOP's and Goals. ~ Divya

#Kudos to Aarthi, Seema, Aditya, Muthu, Sreekanth and Nishit

For their very inspiring vocational talks. ~ Divya

#applause #metro dynamix community To Muthu and the Community Service team

Applaud all your efforts to streamline and present several potential service projects !! ~ Seema

#Kudos to Reshma and Muthu

For doing such a great job and for being so pro active and always with their fame faces on. ~ Madhumitha

Kudos to Reshma

Your dedication as an Admin chair is an inspiration to many. Thank you and I look forward to continuing my support throughout. ~ Deepa

Kudos to Muthu

I would like to thank you and appreciate your commitment to take on the leadership role. Without your leadership and enthusiasm none of the projects would have taken off at a much quicker pace. ~ Deepa

#Appreciate Abisree, Abinithi and Vishnu

Thank you for donating the health mix on behalf of our club to the war Veterans of our country. Your generosity means a lot to them and brings a great value to our club !! ~ Deepa

#Applaud Swarnalatha

Proud to have you in our club !! Congrats on receiving the Penn Shakthi Award by Dr Kamal Hasan for having touched many lives of patients with Multiple Sclerosis. You have challenged the stereotypes, broke boundaries and taught us the true essence of charity during the difficult times. ~ Deepa

#Kudos to Divya and Preetha

You both are inspirational leaders and thank you for lighting the way for club members alike. Preetha, Your selfless dedication to Public Image and E-Bulletin is extraordinary!! ~ Deepa

#Kudos to all the members of Metro Dynamix -

Who can change the world ? Dynamixians.. That's who !! ~ Deepa

#Bravo Reshma

For your endless energy and drive that is unrivaled; for extending support without any reservation; for helping us build a strong foundation. ~ Preetha

#Thank you Vidya & Mahesh

For supporting Aarthi and pouring through a ton of documents and information to help us understand the policies, requirements, and various aspects of TRF and grants. The knowledge gained will be very helpful for us in the years ahead! ~ Preetha

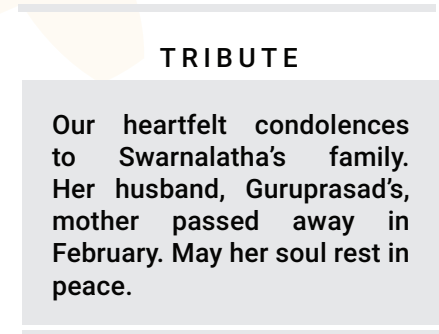
#Kudos SubCo Members

It's so inspiring to see so many of you step up and support in various capacities in several SubCo initiatives. Thank you all for getting us to where we are today and making it fun and memorable along the way. ~ Preetha



Congratulations to Adithya and his wife, Vaishnavi, who welcomed their first son, Vishruth, in March.

Congratulations to Seema on achieving PHF recognition, in March.



EVENTS

December 20, 2020 was the grand charter of Metro Dynamix. All the lockdown and Covid-19 restrictions ceased to douse the excitement amongst members to get the club chartered in a memorable manner. With all precautions in place the board, led by President Divya Chandan, assumed oath and the club was officially chartered in the virtual presence of eminent Rotarians from around the world, viz. RIPE Shekhar Mehta, DGs, IPDGs and PDGs. It was a grand launch with close to 100 Rotarians witnessing the ceremony virtually. A fond memory etched in our hearts and minds and a solid start for the days ahead.

We had the pleasure of listening to distinguished speakers during the quarter who further enlightened our members on various focus areas of Rotary. Rtn. Rich Sampson shared his experience in international service and youth exchange, PDG Rtn. Ineke Wilson presented a highly informative presentation about The Rotary Foundation and global grants process, and PDG Rtn. Chris Jones inspired us with his passion towards service and provided his vision for the future of Rotary and member engagement and development. We also watched an inspiring video where the speaker Mr. Ajeet Bajaj, discussed about his and his daughter's journey scaling the Mount Everest.

Our members continued to learn more about one another through vocational talks from Aarthi, Adithya, Ishita, Madhumita, Nishit and Vishnu. In addition to deepening our understanding of our members' vocation we have come to appreciate the diverse backgrounds our members are from and excited about the opportunity each of their vocation presents to our club to serve those in need.

We continued to strengthen our bond through various social activities during the quarter. On Valentine's Day, we gathered, all clad in red outfits, and had a fun banter with social media fame Dr Pal. A fellow coiminatorian, Dr. Palaniappan Manickam had the listeners in a fit, with his talk on lines of humour during covid times. This was followed by an athletic virtual treasure hunt conducted by Megha and Suganya. Team AIMS [Aarthi, Abbasree, Ishita, Mahesh, Muthu, Sreekanth] efficiently met the targets and swept the first place. In March, Reshma and Sujay conducted a heads up game of charades. Our talented members effortlessly mimed famous one liners from movies for their team members to guess. Our members also brainstormed various fundraising ideas for the excellent projects our projects team have lined up. It was a great finish to 1Q 2021. We can't wait for the days ahead as our club executes on various club projects. We also had the pleasure of witnessing many guests and prospects join our meetings and are looking forward to welcoming them to our Metro Dynamix family.





Let's Party This Sunday with Dr. Pal

Sunday Socials | Dynamix Meet

Gain, Train & Retain Rotarians by PDG Rtn. Chris Jones

Humor in COVID times followed by games!

VOCATIONAL TALK: Rtn. ADITHYAN SRIBALU

9 PM IST 14TH FEB '21

Rtn. AYUSH AGARWALA | Rtn. DIVYA CHANDAN | Rtn. RESHMA RAMESH
 SECRETARY | PRESIDENT | CLUB ADMIN

VOCATIONAL TALK: Rtn. MADHUMITHA MURTHY

ZOOM ID: 707 891 0333 | 9 PM IST 28TH MARCH '21

Rtn. AYUSH AGARWALA | Rtn. DIVYA CHANDAN | Rtn. RESHMA RAMESH
 SECRETARY | PRESIDENT | CLUB ADMIN

Rotary METR DYNAMIX



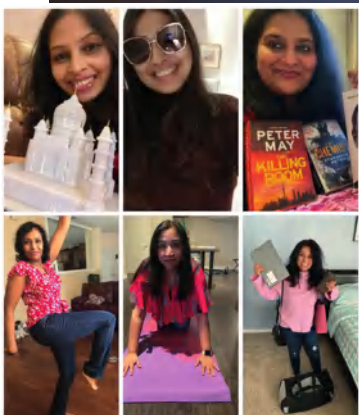
Rotary Endowment

At the 1917 Convention in Atlanta, Rotary International President Arch Klumph proposed that an endowment be set up "for the purpose of doing good in the world."

How much was the first donation... **\$26.50**

In 1928, when the endowment fund had grown to more than US\$5,000, it was renamed **The**

First grant was \$500 to the International Society for Crippled Children. What is called today...



PANDEMIC LAUGHTER- ON A LIGHTER NOTE

If you see me leaving this group, please add me again. It's just that I'm so desperate to go out.

Never in my wildest dreams have I imagined myself entering a bank, wearing a mask, and asking for money.

Never thought my hands would one day consume more alcohol than my liver...ever!

Quarantine seems like a Netflix series: just when you think it's over, they release the next season.

Those complaining 2020 didn't have enough holidays, what now?

I need to social distance myself from my fridge; I tested positive for excess weight!

I'm not planning on adding 2020 to my age. I didn't live it!

Friends, we all know that places are being opened because of the economic pressures and certainly not that we are completely safe from the deadly corona virus.



Washing hands, wearing masks and social distancing are still mandatory.

STAY HOME, STAY SAFE, STAY HEALTHY, GET THE VACCINE TO SAVE LIVES.

-Divya Chandan

EDITOR'S NOTE



Rtn. Pavithra Bharathi
Public Image & E-Bulletin

This first quarter after our charter has indeed been very eventful and I take the pleasure to be able to record these in this publication. I thank the editorial team for their complete support in building PULSE April 2021.

Thank you, Preetha for being the pillar of support and guidance.

Yours in Rotary

Rtn. Pavithra Bharathi
Public Image & E-Bulletin

PULSE SUPPORT TEAM

Rtn. Abbisree
Rtn. Deepa Navaneeth
Rtn. Divya Chandan
Rtn. Ishitha Bhansali
Rtn. Pavithra Bharathi
Rtn. Preetha Rajkumar
Rtn. Saranya Palaniyappan

WE ARE ON THE GRID



<https://www.rotarymetroynamix3201.org>



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