



Inner Wheel Club Shimla

Apeksha Ko. Garg
District Chairman

Dr Surjit Kaur
Association President

Zenaida Farcon
IIW President

President

Dr. Alka Sharma Kaushal
IIP

Mrs. Madhu Sood
Vice President

Mrs. Nirupama Chaudhary
Secretary

Mrs. Guneet Kaur
Treasurer

Mrs. Sunita Jain
Joint Secretary

Mrs. Shalini Dhadwal
ISO

Dr. Anita Sood
Editor

Mrs. Namita Nag
Executive Members

Mrs. Rajni Verma

Mrs. Swaranjeet Kaur

Mrs. Abbu Arora

Mrs. Harjeet Kaur Ahuja

Mrs. Umang Banga

Monthly Newsletter (July)



Jewels of our club

1. Mrs. Susheel Baljee

D.C - 1971-1972

2. Mrs. Renu Baljee

Association President- 1999-2000

IW Board of director- 2001-2002

Coordinator for 18th IW virtual
Convention 2021



3. Mrs. Kanan Dewan

D.C- 1987-1988



4 Mrs. Bhuvan Rana

D.C-1988-1989



5. Mrs. Meena Ranaut

D.C- 2008-2009



6. Mrs. Neelam Vij

D.C-2010-2011



Team (2022-2023)

Dr. Alka Sharma Kaushal

President



Mrs. Madhu Sood

IPP



Mrs. Nirupama Chaudhary

Vice President



Mrs. Guneet Kaur

Secretary



Mrs. Sunita Jain

Treasurer



Mrs. Dr. Shalini Dhadwal

Joint Secretary



Mrs. Dr Anita Sood

I.S.O.



Mrs. Namita Nag

Editor



Executive Members

Mrs. Rajni Verma



Mrs. Swaranjeet Kaur



Mrs. Abbu Arora



Mrs. Harjeet Kaur Ahuja



Mrs. Umang Banga





Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



PROJECT No. 1

Name of the club : IWC Shimla.

District : 308

Charter Number : 1295

Day and Date : Friday, 1st July,2022.

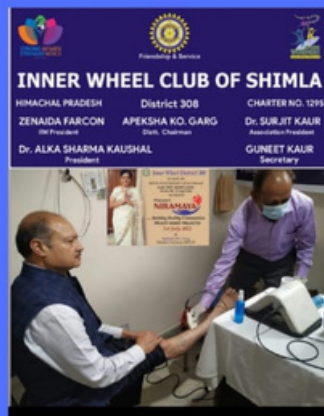
Sub Committee : Health and Medical Camps

Members Attended : 26

Beneficiaries : 100

Place: Shri Ram Hospital, New Shimla.

Amount Spent : NIL(The project was sponsored by our Club President Dr. Alka Sharma Kaushal)



Dr. Alka Sharma Kaushal
President

Guneet Kaur
Secretary

Namita Nag
Editor

Highlights

To commemorate Doctor's Day falling on 1st of July, which is also beginning of our IW year, we organized Bone Mineral Density (BMD); Body Mass index (BMI) & Neuropathy detection camp at Sri Ram Hospital New Shimla. The camp was inaugurated by Dr. Shrikant Baldi former Chief Secretary, Himachal Pradesh and presently Chairman Real Estate Regulatory Authority, Himachal Pradesh.

The project was in alignment and coherence with District directions to organize 4 BMI camps which may help to prevent lifestyle diseases in all sections of the society with special focus on the beneficiaries from weaker section.



Project Report



PROJECT No. 2

Name of the club : IWC Shimla.

District : 308

Charter Number : 1295

Day and Date : Friday, 1st July,2022.

Sub Committee : Health

Members Attended : 26

Beneficiaries : 8

Place: New Shimla.

Amount Spent : NIL(The project was sponsored by our Club President Dr. Alka Sharma Kaushal)



Dr. Alka Sharma Kaushal
President

Guneet Kaur
Secretary

Namita Nag
Editor

Highlights

To commemorate the Doctor's Day on 1st July, 2022 and also the beginning of our Inner Wheel year, our club organized a project to honour some of the Doctors and Medical Technicians for their valuable contribution towards serving the society and their support to us for a better and healthy life. In order to value their tireless efforts they were given tokens of appreciation.



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA

Project No.3

District: 308

Charter No: 1295

Date and Day : 3rd July 2022 , Sunday

Sub Committee: Friendship and Service

Members Attended : 2

Beneficiary: Both the Clubs

Place: Grand Hotel , Shimla

Amount Spent : Nil

Highlights

Mrs.Bindu Gupta ,President of IWC Banjara Hills , Hyderabad was on her trip to Shimla.Our club I.S.O. Dr. Anita Sood exchanged flag with her.They shared some interesting ideas.Small tokens of love were exchanged by both the clubs.Some members of other two clubs from Shimla were also present.



Dr.Alka Sharma
Kaushal
President

Guneet Kaur
Secretary

Namita Nag
Editor



Project Report



- Club Name: Inner Wheel heel Club Shimla
- District Number:308
- Charter Number:1295
- Club President: Dr. Alka Sharma Kaushal
- Sub Committee: FRIENDSHIP AND SERVICE
- Project Name: Installation Ceremony
- Project Number:4
- Total Amount Spent: Rs.3000+Lunch sponsored by our President
- Total Beneficiaries:60

Highlights

Installation ceremony was organised by our club. The collar was exchanged and new team was introduced to the club members. We launched a website of Inner Wheel Club Shimla, released E-roster of our club.Inducted 1new member and 2 honorary members.



Namita Nag
Editor



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



- Club Name: Inner Wheel Club Shimla
- District Number: 308
- Charter Number: 1295
- Club President: Dr. Alka Sharma Kaushal
- Sub Committee: Humanitarian Service and Branding Inner Wheel
- Project Name: Canopy Umbrellas Distribution
- Total amount spent: Rs. 10800
- Total beneficiaries: 12

Highlights

Our club gave 12 canopy umbrellas with Inner Wheel Logo printed on them to various street vendors located at prime locations of our city. These will provide roof to the vendors in rainy season and our Logo will be prominently publicised.



Guneet Kaur
Secretary



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA

Project No.6

District: 308

Charter No: 1295

Date and Day : 12th July 2022 , Tuesday.

Sub Committee: Education

Members Attended : 1

Beneficiaries: 9 students

Place: GHS Kaithu , Shimla

Amount Spent : 2700/-

Highlights

Govt High School, Kaithu, Dist Shimla was adopted by IWC, Shimla during the Golden year (2017). Since then IWC, Shimla has been supporting the school in various activities. The children of this school have won the first second and third positions in the Block level judo and karate competition. Our Past President Mrs. Meenakshi Butail was invited to give away the prizes and attend the lunch hosted by the school. To encourage the winners, Mrs. Meenakshi Butail, on behalf of IWC, Shimla gave prizes of three hundred rupees each to nine winning students.



Dr. Alka Sharma Kaushal
President
Guneet Kaur
Secretary
Namita Nag
Editor



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA

District: 308

Club President: Dr Alka Sharma Kaushal

Date and Day : 3rd July 2022 , Sunday

Sub Committee: Friendship and Service

Members Attended : 8

Beneficiary: Both the Clubs

Place: Landmark Hotel, Shimla

Amount Spent : Rs 650

Highlights

We attended the installation ceremony and welcomed the newly elected President of Rotary Club, Shimla with small token of love. We also made discussions about some projects which we will take up jointly in future.



Dr. Alka Sharma Kaushal President, Guneet Kaur Secretary, Namita Nag Editor



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA

Project No. 8

District: 308

Charter No: 1295

**Date and Day : 8th July 2022, Friday
Sub Committee: Friendship and Service**

Members Attended : 2

Beneficiary: Both the Clubs

Place: Holiday Home Hotel, Shimla

Amount Spent : 600/-

Highlights

We attended the installation ceremony and welcomed the newly elected President of Rotary Club Midtown, Shimla with small token of love. We also made discussions about some projects which we will take up jointly in future.



Dr. Alka Sharma Kaushal President, Guneet Kaur Secretary, Namita Nag Editor



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



Dr. Alka Sharma Kaushal President, Guneet Kaur Secretary, Namita Nag Editor

- Club Name: Inner Wheel Club Shimla
- District Number: 308
- Project Number: 10
- Project Name: SUBALA
- Charter Number: 1295
- Day and date: 15th July 2022
- Sub Committee: Women Empowerment
- Members attended: 1
- Beneficiaries: 1
- Place: Yamunanagar
- Total Amount Spent: Rs. 10000

Highlights

SUBALA is project being executed by District in collaboration with Family planning Dept of India. It is aimed at imparting 2 month training of health care assistant to women between 18-35 yrs preferably from Economically weaker sections at Yamunanagar starting from 15 th July 2022

IWC of shimla has sponsored 20 yr old girl Tabashum, hailing from BPL family, matricuate but keen to stand on her own feet.

Our esteem member Vijaylakshmi ji is bearing the cost of fee of this course ie rs 8500.

The girl was given a send off by president at ISBT. She is escorted by her guardian. At Yamunanagar, she was received by our executive member Rajni Verma. Rajni Verma also attended inaugural function.



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA

District: 308

Club President: Dr Alka Sharma Kaushal

Date and Day : 15th July 2022, Friday

Sub Committee: Friendship and Service

Members Attended : 2

Beneficiary: Both the Clubs

Place: Grand Hotel, Shimla

Amount Spent : Rs 500

Highlights

We attended the installation ceremony and welcomed the newly elected President of Inner Wheel Club Vikasnagar, Shimla with small token of love. We also made discussions about some projects which we will take up jointly in future.



Dr. Alka Sharma Kaushal President, Guneet Kaur Secretary, Namita Nag Editor



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



Name of Club : **INNER WHEEL CLUB SHIMLA**

District: 308

Club President : Dr Alka Sharma Kaushal

Charter No: 1295

Date and Day : 16th July 2022, Saturday

Sub Committee: Friendship and Service

Members Attended : 7

Beneficiary: Both the Clubs

Place: Hotel Landmark, Shimla

Amount Spent : 500/-

Highlights

We attended the installation ceremony and welcomed the newly elected President of Inner Wheel Club Mid Town , Shimla. We presented the President with a small token of love. We also made discussions about some projects which we will take up jointly in future. We also got the opportunity to attend an interactive and informative session with the Chief Guest

Of the evening Dr. Monika Bhutungru (Superintendent of Police) Shimla.



Dr. Alka Sharma Kaushal President
Guneet Kaur Secretary
Namita Nag Editor



Project Report



Name of Club : **INNER WHEEL CLUB SHIMLA**

District: 308

Charter No: 1295

Club President : Dr Alka Sharma Kaushal

Date and Day : 17th July 2022 , Sunday

Sub Committee: Friendship Exchange Meet

Members Attended : 2

Beneficiary: Both IW Clubs

Place: Willow Bank Cafe 1871, SHIMLA

Amount Spent : 500/-

Highlights

Ranju Seth ,IPP of IWC Delhi Achievers, District 301, was on her trip to Shimla. Our ISO Dr. Anita Sood exchanged Flag with her and spent some good quality time with her. She also gave her a small token of love. Our Past President Mrs. Rekha Sood also accompanied our ISO.



Dr. Alka Sharma Kaushal President
Guneet Kaur Secretary
Namita Nag Editor



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



Name of the Club: INNER WHEEL CLUB SHIMLA

District: 308

Charter No:1295

President : Dr Alka Sharma Kaushal

Date and Day: 8 th July 2022, Friday

Sub Committee:Retention and Extension in Inner Wheel

Members Attended: 30

Beneficiaries:All members

Place

: Hotel South Gate,Shimla

Amount Spent:Nil

Highlights

New member Miss Meher Kaushal was inducted in our club by IIWPBD Mrs.Renu Baljee.Meher is a young, promising and energetic girl who is an engineer by profession.She is sensitive towards issues in society and had passion for social work.She has done short course in rural development and social work.She has also designed our club website.



Dr.Alka Sharma Kaushal President
Guneet Kaur Secretary
Namita Nag Editor



Project Report



Name of Club:Inner Wheel Club Shimla

District:30

Charter No: 129

Club President:

Dr Alka Sharma Kaushal

Date and Day:17 th July 2022, Sunday

Sub Committee: Friendship Exchange Mee

Members attended:

Beneficiaries: Both IW Clubs

Place: Starbucks,Orion Mall,

Bangalore

Amount Spent: 600 /

Highlights

Our young and energetic member Meher Kaushal exchanged the Flag with President Hemlatha Chidanand and Committee member Shakuntala Najaiah from IWC Gardenia, Bangalore.She gave them a small token of love.They had a nice conversation over coffee and exchanged some interesting ideas



Dr.Alka Sharma Kaushal President
Guneet Kaur Secretary
Namita Nag Editor



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



Name of Club : **INNER WHEEL CLUB SHIMLA**

District: 308

Charter No: 1295

President Name : **Dr Alka Sharma Kaushal**

Date and Day : 19th July 2022 , Tuesday

Sub Committee: Humanitarian Service

Members Attended : 1

Beneficiary: 32 Senior citizens

Place: Vriddh Ashram, Jagadhari

Amount Spent : 6000/-

Highlights

Our Past President Mrs. Rajni Verma visited Vriddh Ashram at Jagadhari. She gave a sum of Rs100/- to all the 32 Senior citizens in the Ashram. She also distributed some refreshments to all of them. She has been generous with her time and money.



Dr. Alka Sharma Kaushal President
Guneet Kaur Secretary
Namita Nag Editor



Project Report



Name of Club : **INNER WHEEL CLUB SHIMLA**

District: 308

Club President : **Dr Alka Sharma Kaushal**

Charter No: 1295

Date and Day : 21st July 2022 , Thursday

Sub Committee: Health and Medical Camp

Members Attended : 6

Beneficiary: 10

Place: Shri Ram Hospital, New Shimla

Amount Spent : 7900/-

Highlights

Our club organized a medicine distribution camp for 10 patients from economically weaker section sections who got their tests done during the camp organised by us on 1st July, 2022.

Medicines were given to them by Our Zonal councillor Mrs. Neelam Vij.

Our ISO Dr. Anita Sood gave expert medical advice to all these patients. She was accompanied with a team of doctors which included Dr. R.K Sharma, Dr. Chander Mohan and Dr. Sakshi.



Dr. Alka Sharma Kaushal President
Guneet Kaur Secretary
Namita Nag Editor



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA

District: 308

Charter No: 1295

President Name : Dr. Alka Sharma Kaushal

Date and Day : 23rd July 2022 , Saturday

Sub Committee:Friendship Exchange Meet

Members Attended : 1

Beneficiary: Both the Clubs

Place: Jagadari

Amount Spent : NIL

Highlights

Our Past President Mrs. Rajni Verma, exchanged flag with the Jagadhri North Club Editor Mrs.Nidhi at Jagadri.They had coffee together and shared their ideas.



Dr.Alka Sharma
Kaushal
President

Guneet Kaur
Secretary

Namita Nag
Editor



Project Report



**Name of Club* : INNER WHEEL CLUB SHIMLA

*District No** : 308

**President Name* : Dr Alka Sharma Kaushal

*Charter No.** : 1205

Date and Day : 24th July 2022, Sunday

Sub Committee : Friendship and Service

Members Attended :13

Beneficiary : Both the Clubs

Place : Hotel Landmark, Shimla

Amount Spent : 600/-

Highlights

We attended the installation ceremony and welcomed the newly elected President of Rotary Hill Queens, Shimla.We presented the president with a small token of love.We also made discussions about some projects which we will take up jointly in future.



Dr.Alka Sharma
Kaushal
President

Guneet Kaur
Secretary

Namita Nag
Editor



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA
District: 308
Charter No: 1295
***President Name* : Dr Alka Sharma Kaushal**
Date and Day : 26th July 2022 , Tuesday
Sub Committee: Patriotism
Members Attended : 10
Beneficiary: 69
Place:ITBP Taradevi, Shimla
Amount Spent : 27,400/-



Dr.Alka Sharma Kaushal President
Guneet Kaur Secretary
Namita Nag Editor

Highlights

: Kargil Vijay Diwas was celebrated by our club at ITBP ,Taradevi.DIG Prem Singh ji graced the occasion as the Chief Guest.We honoured 60 ITBP personnel s with small token of respect, a coffee each with inner wheel logo and
 Caption. We also gave these mugs to Eight children from a primary school and there tecaher for their participation in a skit during the program.Our club President donated a radiator to be used in the ITBP office.



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA
Project:
District: 3
Charter No: 12
Date and Day : 26th July 2022, Tuesd
Sub Committee: Patrioti
Members Attended :
Beneficiary:
Place:Artrac, Shim
Amount Spent : Rs26,000



Dr.Alka Sharma Kaushal President
Guneet Kaur Secretary
Namita Nag Editor

Highlights

Kargil Vijay Diwas was celebrated by our club at Artrac,Shimla.Major Tejvir Singh graced the occasion as the Chief Guest.We honoured 60 Artrac officers with small token of respect, a coffee each with inner wheel logo an
 Caption.Our Zonal Councillor Mrs. Neelam Vij gave a cash reward of Rs.2000/- to the primary school children who participated in a skit during the program.Out President donated a radiator to be used in the Artrac office.She also also contributed towards the expenses of the skit performed by the school children



Inner Wheel Club Shimla



Inner Wheel Club Shimla



Project Report



Name of Club : Inner Wheel Club Shimla
 District: 308
 Charter no: 1295
 President Name: Dr Alka Sharma Kaushal
 Day and Date: 26th July 2022, Tuesday
 Sub Committee: Branding Inner Wheel
 Project Name: Celebration of Kargil Vijay Diwas
 Members attended: 13
 Beneficiaries:130
 Place : ITBP Taradevi and Artrac Shimla
 Amount spent: Rs 14,250/-

Highlights

On the occasion of Kargil Vijay Diwas our club honoured ITBP personnels, Artrac Officers and some school students with 150 coffee mugs. These mugs have the logo of Inner wheel Club along with the message "We salute you". This project will help us spread the message of Friendship and service .



Dr. Alka Sharma
Kaushal
President

Guneet Kaur
Secretary

Namita Nag
Editor



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA
 District: 308
 Charter No: 1295
 President Name : Dr Alka Sharma Kaushal
 Date and Day : 24th July 2022 ,Sunday
 Sub Committee: Humanitarian Service
 Members Attended : 1
 Project Name : Visit to Rehabilitation centre
 Beneficiary: 12 inmates
 Place: Dhanak Rehabilitation Home, Bhattakufar
 Amount Spent : 3000/-

Highlights

Our Secretary Mrs. Guneet Kaur visited Dhanak Rehabilitation Home. This is a centre for the youth who are dependent on drugs. She gave some fruits and other eatables to the inmates and also donated a sum of Rs.1000.



Dr. Alka Sharma
Kaushal
President

Guneet Kaur
Secretary

Namita Nag
Editor



Inner Wheel Club Shimla



Project Report



Name of Club : INNER WHEEL CLUB SHIMLA
District: 308
Charter No: 1295
***President Name* :** Dr Alka Sharma Kaushal
Date and Day : 28th July 2022, Thursday
Sub Committee: Environment
***Project Name* :** Tree Plantation
Members Attended : 15
Beneficiary: Residents of New Shimla
Place: New Shimla
Amount Spent : 7700/-

Highlights

On occasion of World Nature Conservation Day our club developed an Inner Wheel forest "ARANYA" on about 3/4 acre land provided by the State Forest Department, Himachal Pradesh by planting Deodar and Ban trees. DFO Shimla Rural, IFS Krishan Kumar ji graced the occasion as the Chief Guest. It was an all women effort by IWC Shimla, right from the development of the land to making pits with scientific distancing and locations for the appropriate growth of the young plants. Proper channels were made with the help of forest department personnels including women forester named Monika. A task force of 8 Inner wheel members and women foresters has been considered for management, protection and beautification of the park in order to make this project sustainable.



**Dr. Alka Sharma
Kaushal
President**

**Guneet Kaur
Secretary**

**Namita Nag
Editor**

Women Empowerment

Vocational training centre

Its our award winning outgoing project where we provide vocational training, skill developement workshops and courses and generate employment.



Media Coverage

चिकित्सा शिविर में 100 लोगों ने करवाई जांच



शिमला : इनरव्हील क्लब शिमला द्वारा श्री राम अस्पताल न्यू शिमला में आयोजित शिविर के दौरान पंजीकरण करवाती महिलाएं।

शिमला, 2 जुलाई (ब्यूरो): चिकी घाटी फोर्ड चिकी व्यापार मंडल को और से शिखार को स्वास्थ्य एवं रक्तदान शिविर का आयोजन किया गया। इस मौके पर जिलाधीश आदित्य नेगी वतीर मुख्यतिथि मौजूद रहे। व्यापार मंडल महासचिव मदन शर्मा ने बताया कि स्वास्थ्य शिविर के माध्यम से कई लोगों के स्वास्थ्य की जांच की गई और उन्हें हेल्प एज इंडिया की तरफ से दवाइयां भी उपलब्ध करवाई गईं। शिविर में 35 गुनित रक्त एकत्रित किया गया।

इस अवसर पर जिलाधीश आदित्य नेगी ने कहा कि रक्तदान कर हम जरूरतपंद लोगों की बहुमूल्य जिंदगी को बचा सकते हैं। इन शिविरों के आयोजन के लिए जिलाधीश ने व्यापार मंडल के अध्यक्ष मलकौत सिंह व अन्य पदाधिकारियों को बधाई दी। शिविरों में आई.जी.एम.सी. की डा. अपूर्वा हेल्प एज की तरफ से डा. आर.जे. नेगी, एस.पी.ओ. रवीश भारद्वाज व उनके सहयोगियों ने भाग लिया। इस अवसर पर व्यापार मंडल के पदाधिकारियों में यशपाल जोशी, कमल चंडेक, सांजय सूद, अशोक नग, सुभाष शर्मा, योगेश्वर गौतम, रामदास, गुण्डल, रंजनशर्मा, युवराज रजनीश मिश्र, नवनीत गुला नवनीत गुला मनोज गुला वलजोती भी उपस्थित रहे।

कच्ची घाटी घोंडा चौकी व्यापार मंडल ने किया स्वास्थ्य जांच व रक्तदान शिविर आयोजित

शिमला, 2 जुलाई (ब्यूरो): चिकी घाटी फोर्ड चिकी व्यापार मंडल को और से शिखार को स्वास्थ्य एवं रक्तदान शिविर का आयोजन किया गया। इस मौके पर जिलाधीश आदित्य नेगी वतीर मुख्यतिथि मौजूद रहे। व्यापार मंडल महासचिव मदन शर्मा ने बताया कि स्वास्थ्य शिविर के माध्यम से कई लोगों के स्वास्थ्य की जांच की गई और उन्हें हेल्प एज इंडिया की तरफ से दवाइयां भी उपलब्ध करवाई गईं। शिविर में 35 गुनित रक्त एकत्रित किया गया।

इस अवसर पर जिलाधीश आदित्य नेगी ने कहा कि रक्तदान कर हम जरूरतपंद लोगों की बहुमूल्य जिंदगी को बचा सकते हैं। इन शिविरों के आयोजन के लिए जिलाधीश ने व्यापार मंडल के अध्यक्ष मलकौत सिंह व अन्य पदाधिकारियों को बधाई दी। शिविरों में आई.जी.एम.सी. की डा. अपूर्वा हेल्प एज की तरफ से डा. आर.जे. नेगी, एस.पी.ओ. रवीश भारद्वाज व उनके सहयोगियों ने भाग लिया। इस अवसर पर व्यापार मंडल के पदाधिकारियों में यशपाल जोशी, कमल चंडेक, सांजय सूद, अशोक नग, सुभाष शर्मा, योगेश्वर गौतम, रामदास, गुण्डल, रंजनशर्मा, युवराज रजनीश मिश्र, नवनीत गुला नवनीत गुला मनोज गुला वलजोती भी उपस्थित रहे।

इस अवसर पर जिलाधीश आदित्य नेगी ने कहा कि रक्तदान कर हम जरूरतपंद लोगों की बहुमूल्य जिंदगी को बचा सकते हैं। इन शिविरों के आयोजन के लिए जिलाधीश ने व्यापार मंडल के अध्यक्ष मलकौत सिंह व अन्य पदाधिकारियों को बधाई दी। शिविरों में आई.जी.एम.सी. की डा. अपूर्वा हेल्प एज की तरफ से डा. आर.जे. नेगी, एस.पी.ओ. रवीश भारद्वाज व उनके सहयोगियों ने भाग लिया। इस अवसर पर व्यापार मंडल के पदाधिकारियों में यशपाल जोशी, कमल चंडेक, सांजय सूद, अशोक नग, सुभाष शर्मा, योगेश्वर गौतम, रामदास, गुण्डल, रंजनशर्मा, युवराज रजनीश मिश्र, नवनीत गुला नवनीत गुला मनोज गुला वलजोती भी उपस्थित रहे।



शिमला : इनर व्हील क्लब शिमला द्वारा आयोजित नि:शुल्क स्वास्थ्य जांच शिविर में काफी संख्या में लोगों ने स्वास्थ्य जांच करवाई। इस दौरान 15 हजार रुपए की दवाइयां नि:शुल्क वितरित की गईं।

डा. अलका शर्मा कौशल बनी प्रधान



इनर व्हील क्लब की नई कार्यकारिणी की सदस्य। अमर उजाला

शिमला। इनर व्हील क्लब शिमला की नई कार्यकारिणी का गठन कर डॉ. अलका शर्मा कौशल को अध्यक्ष चुना गया। उपाध्यक्ष पद पर निरुपमा चौधरी, सचिव गुनीत कौर, सह सचिव शालिनी डडवाल, कोषाध्यक्ष सुनीता जैन, अंतरराष्ट्रीय सेवा प्रबंधक डॉ. अनीता और संपादक नमिता नाग को चुना गया। अध्यक्ष डॉ. अलका शर्मा कौशल ने बताया कि क्लब विशेष रूप से ग्रामीण क्षेत्र की महिलाओं और लड़कियों के स्वास्थ्य की देखभाल करेगा। इसके अलावा मेमोग्राफी, महिला जांच और एचबी परीक्षण के शिविर भी लगाए जाएंगे। इस अवसर पर डॉ. उमा बाल्दी समेत अन्य पदाधिकारी मौजूद रहे। संवाद

डा. अलका शर्मा कौशल बनी प्रधान



शिमला : इनरव्हील क्लब की नई कार्यकारिणी के गठन के दौरान संयुक्त चित्र में पुरानी व नवगठित कार्यकारिणी की पदाधिकारी।

शिमला, 8 जुलाई (ब्यूरो): सामाजिक सरोकारों से जुड़े महिलाओं का संगठन इनरव्हील शिमला की शुरुवात को नव कार्यकारिणी का गठन हुआ, जिसमें आगामी वर्ष 2022-2023 के लिए डा. अलका शर्मा कौशल को प्रधान चुना गया, वहीं उप प्रधान निरुपमा चौधरी, सचिव गुनीत कौर, उप सचिव शालिनी डडवाल, सुनीता जैन खजांची, डा अनीता को अंतर् राष्ट्रीय सेवा प्रबंधक और संपादक का काम नमिता नाग को सौंपा गया। नवनिर्वाचित प्रधान ने बताया कि इस वर्ष हम विशेष रूप से ग्रामीण क्षेत्र में महिलाओं और लड़कियों के स्वास्थ्य की देखभाल करेंगे, जिसके तहत हम मेमोग्राफी, पी.ए.पी. स्मीयर और एच.बी. परीक्षण शिविरों का आयोजन करेंगे। पर्यावरण के क्षेत्र में पौधारोपण की नियमित गतिविधियों के अलावा ग्रामीण और शहरी स्लम क्षेत्रों में अपशिष्ट प्रबंधन पर ध्यान देंगे और शिक्षा क्षेत्र में हमारा ध्यान प्रौढ़ शिक्षा और बच्चों में ई. लर्निंग को बढ़ावा देने पर होगा। जुलाई के महीने में हम शिमला के पास के गांव में 1 वर्षीय एकीकृत आर.डी. कार्यक्रम शुरू करेंगे। इस अवसर पर डॉ. उमा बाल्दी, सामाजिक कार्यकर्ता और अध्यक्ष इंडियन एसोसिएशन ऑफ मेडिकल डिस्ट्रीफ्री ने बतौर मुख्यातिथि शिरकत की। उन्होंने क्लब के द्वारा किए गए कार्यों को सराहना की।

शिमला, 2 जुलाई (ब्यूरो): चिकी घाटी फोर्ड चिकी व्यापार मंडल को और से शिखार को स्वास्थ्य एवं रक्तदान शिविर का आयोजन किया गया। इस मौके पर जिलाधीश आदित्य नेगी वतीर मुख्यतिथि मौजूद रहे। व्यापार मंडल महासचिव मदन शर्मा ने बताया कि स्वास्थ्य शिविर के माध्यम से कई लोगों के स्वास्थ्य की जांच की गई और उन्हें हेल्प एज इंडिया की तरफ से दवाइयां भी उपलब्ध करवाई गईं। शिविर में 35 गुनित रक्त एकत्रित किया गया।



शिमला : इनर व्हील क्लब शिमला द्वारा आयोजित नि:शुल्क स्वास्थ्य जांच शिविर में काफी संख्या में लोगों ने स्वास्थ्य जांच करवाई। इस दौरान 15 हजार रुपए की दवाइयां नि:शुल्क वितरित की गईं।

शुराला कैंपस व फॉरेस्ट अरण्य में रोपे 100 पौधे



शिमला : नर्सिंग कालेज शुराला की छात्राएं कालेज परिसर में पौधारोपण करती हुई।

शिमला, 28 जुलाई (जस्ता): शिमला नर्सिंग कालेज शुराला ने गुरुवार को पौधारोपण अभियान चलाया। इस दौरान शिमला नर्सिंग कालेज के निदेशक मोहित सूद ने बतौर मुख्यातिथि शिरकत की। मोहित सूद ने एक पौधा गणकार्यक्रम का शुभारंभ किया। 'हैंने कहा कि हरेक व्यक्ति को प्रतिदिन क पौधा लगाना आवश्यक ही नहीं, लिंक इसको देखभाल भी करना जरूरी ताकि हमारा पर्यावरण संरक्षित हो के। उन्होंने कहा कि कालेज की छात्राओं को पौधे लगाने और जागरूकता कार्यक्रमों से जुड़े होना चाहिए, जो कि नगरिकों को पौधे लगाकर पर्यावरण की रक्षा के लिए प्रोत्साहित करने के लिए महत्वपूर्ण कारक हैं। पेड़ रोपने वाले अन्य लोगों में शिमला नर्सिंग कालेज ईको क्लब, संकाय व छात्राएं भी शामिल रही। शिमला नर्सिंग कालेज शुराला कैंपस में कुल 50 पौधे लगाए गए। छात्राओं ने पौधारोपण में बहुत उत्साह दिखाया।