



Inner Wheel Club Shimla

Apeksha Ko. Garg
District Chairman

Dr Surjit Kaur
Association President

Zenaida Farcon
IIW President

President

Dr. Aika 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

E-Newsletter (August-September)



Jewels of our club

1. Mrs. Susheel Baljee
D.C - 1971-1972

2. Mrs. Renu Baljee
Associatioan President- 1999-
2000
IIW Board of director- 2001-2002
Coordinator for 18th IIW 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

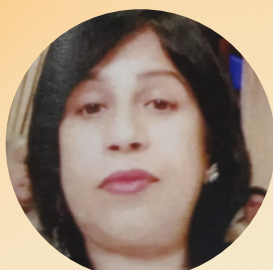


6. Mrs. Neelam Vij
D.C-2010-2011



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

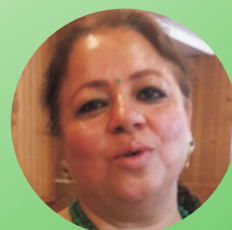


Executive Members

Mrs. Rajni Verma



Mrs. Swaranjeet Kaur



Mrs. Abbu Arora



Mrs. Harjeet Kaur Ahuja



Mrs. Umang Banga





DARE CARE SHARE



- W WOMEN & ADOLESCENT GIRL WELFARE
- E ENVIRONMENT
- C CANCER
- A ANAEMIA
- R RETENTION & EXTENSION IN INNER WHEEL
- E EDUCATION

Association on Inner Wheel Clubs in India
The key focus points



W WOMEN & ADOLESCENT GIRL WELFARE

PROJECT POSITIVE HEALTH STOP
NON COMMUNICABLE DISEASES

- PAN – INDIA CAMPS- POSITIVE HEALTH DAYS
- 29TH SEPTEMBER-WORLD HEART DAY
- 14TH NOVEMBER-WORLD DIABETES DAY
- 10TH JANUARY-INNER WHEEL DAY
- 7TH APRIL –WORLD HEALTH DAY
- ANY OTHER DAY

GOALS

- 4 CAMPS PER CLUB ON FIXED DAYS
- ADDITIONAL CAMPS IF POSSIBLE
- AWARENESS CAMPS IN SCHOOLS For CLASS 7TH & 8TH
- TEACHING YOUNG ABOUT HEALTHY FOOD

MENSTRUAL HYGIENE MANAGEMENT GOALS

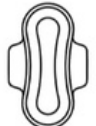
- MHM TRAINING IN SCHOOLS
- AWARENESS ABOUT OPTIONS / CHOICES AVAILABLE
- TRAINING OF TEACHERS
- STUDENTS AS GROUP TRAINERS
- SUPPLY OF REUSABLE MATERIALS
- STRENGTHENING WASH FACILITIES

LEGAL HELP GOALS

- Awareness of free legal services for women & children
- Helping those who need help.

SENIOR CITIZENS GOALS

- CELEBRATE FESTIVALS WITH THEN MAKE THEM FEEL NEEDED AND USEFUL
- CAMPS FOR MENOPAUSAL WOMEN
- HOLD HEALTH CHECK UP CAMPS FOR THEM.



Goals (2022-2023)



AWARENESS ABOUT GOVERNMENT WELFARE SCHEMES GOALS

- AWARENESS TALKS AT VARIOUS LEVELS



KNOWLEDGE IS POWER

SKILL DEVELOPMENT & REHABILITATION GOALS

- START SKILL TRAINING SCHOOLS :
- AT CLUB LEVEL WITH CSR & GOVERNMENT



- SPONSOR /FINANCE DESERVING WOMEN :
- AWARENESS ABOUT FREE SEWING MACHINE FOR POOR

E ENVIRONMENT

- SOLID WASTE MANAGEMENT
- BIODEGRADABLE & PLASTIC WASTE MANAGEMENT
- GREY WATER MANAGEMENT
- AIR POLLUTION
- NOISE POLLUTION



GOALS

- ADOPT A VILLAGE TO CREATE AWARENESS & START PROJECTS FOR THESE CLEAN DRINKING WATER
- WORK IN SLUMS / NO PIPED WATER SUPPLY/ (SAWYER) etc
- SAVING WATER CAMPAIGN
- TALKS ON WATER POLLUTION
- TALKS IN SCHOOLS
- RECHARGING WATER-1 Project per club

ENVIRONMENT: TREE PLANTATION & AFFORESTATION GOALS

- PLANTATION AND TAKING CARE
- 1 TREE FOR EVERY FAMILY MEMBER



C CANCER

GOALS

AWARENESS :

- Warning signs IEC display
- Health talks

EARLY DETECTION:

- SELF EXAMINATION OF BREAST (VIDEO) TO BE SHARED AMONGST MEMBERS & SOCIAL MEDIA TO CREATE AWARENESS ABOUT SELF EXAMINATION .
- PAP SMEAR CAMPS
- COLPOSCOPY CAMPS
- MAMMOGRAPHY CAMPS

PREVENTION :

- VACCINATION FOR CA CERVIX FUNDING (CSR, DONATION, GOVERNMENT SCHEMES)
- MEASLES & RUBELLA VACCINATION.



A ANAEMIA

TALKS IN

- HEMOGLOBIN CHECK UP CAMPS IN
- SCHOOLS- 2 Schools per club
- SLUM AREAS



- SCHOOLS
- COLLEGES
- SLUM AREAS
- IRON FOLIC ACID SUPPLEMENTS
- DEWORMING of school children, & adults
- TALKS ABOUT HEALTHY BALANCED IRON RICH DIET IN SCHOOLS, COLLEGES & SLUM AREAS



ANAEMIA & DISEASE PREVENTION HAND WASHING

- WHEN AND HOW TO WASH HANDS IN ATLEAST 5 SCHOOLS PER CLUB
- UPGRADING AND SUPPORTING HAND WASH FACILITIES IN SCHOOLS
- I.E.C ON WHEN AND HOW TO WASH HANDS
- GROUP HAND WASH STATIONS
- PROVISION OF SOAP FOR HAND WASHING



R RETENTION & EXTENSION IN INNER WHEEL GOALS

- Increase in club Membership by 20%
- Increase Newgen club by 5%
- Retention of 95% members in every club

E EDUCATION

GOALS

- ADULT EDUCATION
- Involve 5 Schools/Colleges per Club for Adult Education 1 to 1 approach.

- VOLUNTEER TEACHERS
- In your area where there is shortage of teachers in this school.

- OUT OF SCHOOL CHILDREN
- Bring At least 10 Out of School Children back to Schools.

- E-LEARNING
- Provide E-Learning Kits to Govt. Schools.



TRY TO DO PROJECTS IN ONE AREA/
ADOPT A VILLAGE FOR ONE YEAR FOR GREATER IMPACT
OF ALL THE GOALS

Message



Dear Club President Alka ji &

Dear Club Editor Namita ji,

I congratulate the members of Inner Wheel Club of Shimla, one of the oldest clubs of our District, for entering into the 55th year of dedicated service to mankind. The club has given numerous gems to the District - Kanan Diwan ji, Bhuvan Rana ji, Meena Ranaut ji, Neelam Vij ji and the Pride of our District - Renu Baljee ji who through their diligence and concerted efforts have taken District 308 global. I appreciate the relentless endeavours of the club towards the upliftment of the society.

Making wonders happen is what we in Inner Wheel strive for and this year's theme "Work Wonders" will steer us with going above and beyond in the entirety of our undertakings in serving the society. With the support of the seniors, companions and members we will be able to carve a niche in all that we intend to do!

चलते रहे कदम तो

किनारा जरूर मिलेगा ।

अन्धकार से लड़ते रहे

सवेरा जरूर खिलेगा ।

जब ठान लिया मंजिल पर जाना

रास्ता जरूर मिलेगा ।

ए राही न थक, चल.

एक दिन समय जरूर फिरेगा...।

Wishing every individual, a Miraculous Year
2022-23!!

Warm Regards

Apeksha Ko. Garg

District Chairman 22-23

Inner Wheel District 308

Message



Dear Namita,

First of all I congratulate you for being the Editorthe PRO of your club. Newsletter is the showcase of club activities....the way to show your activities not only to InnerWheel friends but to the society also.

Promote your organization to Government Officials, corporate houses, convince them to join in your charity work. Being trustworthy and dependable, has measurable advantages, when people trust you, doors open to you.

Under the able guidance of DC Apeksha Ko Garg , you all would Work Wonders, the Theme for the year 2022-23 ...I am sure and serve the community in such a way that you all leave a mark of service on Hearts of Needy & promote true friendship among all Innerwheel Sisters.

Wish you all the best for the whole year.

**Meenakshi S Anand
District Editor
District 308**

Message

Dear Namita,



It's a pleasure to translate my feelings into words through this e newsletter to be released at the time of our District Chairman's visit. Inner Wheel Club of Shimla, having crossed 50 years milestone in the recent past, has a prestigious record of service to humanity. This year, under the leadership of Dr. Alka Kaushal, members have once again shown determination in serving the needy sections of community and take the club to unprecedented heights.

E newsletter is a mirror of service projects undertaken by members and you have very efficiently compiled all pictures in the publication in the past. I wish you all the best for this and many more publications.

Kind regards.

Yours in Inner Wheel

Renu Baljee

Past IIW Board Director

Message



It is not enough to be compassionate. One must act. Social work takes many forms — whether you're dedicating your days and nights to the betterment of humanity, or finding some time in your busy schedule to lend a hand. The work is hard, but the rewards are many. We are excited to share our newsletter highlighting humble attempts made by Inner club of Shimla to promote love towards nation; compassion towards special children and appreciation for their educators; health and well-being of rural adults and children besides finding ways of earth care and protection. Each attempt illustrates actionable micro step towards issues in society where even you can engage yourself

Club President

Dr. Alka Sharma Kaushal



"Alone we can do little, together we can create wonders" Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning and focussed effort. I believe that being a part of Inner Wheel family is a great opportunity to set new definitions of Friendship and Service.

Club Secretary

Guneet Kaur



It gives me great joy to bring the E newsletter for the month of August and September. Communication is the first pillar of growth and success of a team followed by celebration of small and big achievements alike. It keeps us all updated regarding breakthrough results. This is not only a platform to celebrate our success and acknowledge our members for their great work but also a medium to understand the overall performance of our club. I hope that this small effort will not only help all of us to gain a thousand perspective about our organization but also inspires breakthrough ideas and gives us more reasons to work together.

Club Editor

Namita Nag



On 1st August 2022 our Honorary Member Dr. Purnima Chauhan IAS(Retd) organised and participated in Tree Plantation project at Baggi Jubbad with the help of local women, Forest Department, Ex- Bedeian Alumni Association and Isha Foundation (Save Soil). Twenty Trees of Deodar and Thuja were planted. Since, this was also a follow up Project done by our Club on 5th June, 22 on World Environment Day, it was found that the Ten Trees planted on the said day are thriving very well and are being looked after.



On 2nd August to commemorate The Breast Feeding Week our Club donated 20 sleeping kits to the new born baby Girls in collaboration with Rotary Club Shimla. Our Club ISO Dr. Anita Sood ji gave a talk to the mothers in our adopted ward. She explained them the benefits of breast feeding. Our members distributed refreshments to 100 mothers in different wards of the hospital.



On 6th August we Celebrated Sawan and Friendship Day , with full fervour and enthusiasm. We tied Friendship bands and also wore tiaras. We played games and danced on the tunes of songs of sawan and Friendship. The gifts were sponsored by our Club President Dr. Alka Sharma Kaushal. PDC Madhu Nagpal ji (Distt 301) graced the occasion as a special guest. The students of our vocational training centre applied mehendi on this occasion.





On 10th August we celebrated the festival of Raksha Bandhan with the officers and jawans of ITBP Shoghi, Taradevi, SHIMLA. While celebrating this auspicious festival our members sung a beautiful song and tied Rakhi on the wrists of 50 ITBP officers and jawans and gave a box of laddoos to each one of them. We also cut a cake with them. We prayed for well being and long life of our brave brothers. This event was highly appreciated by the Chief Guest DIG Prem Singh ji .



On 14 th August our 11 club members attended the Inter district Rally and ISO Meet on 14th August at Red Bishop Hotel, Panchkula .Our members participated in ISO Ramp walk,Zone wise dance competition,Jhula making competition and Nandgaon making competition.Our club Past President Mrs. Rajni Verma won 2nd prize for jhula decoration competition.Our club member Past IIW Board Director Mrs Renu Baljee got 1st prize in Raffle draw.Our club treasurer Mrs. Sunita Jain got early bird prize for early submission of capitation fee.Our club ISO Dr. Anita Sood exchanged flags with other clubs and extended hands of friendship.



On 14th August Our club ISO Dr. Anita Sood ji exchanged flags with Sixteen Clubs from Distt 308 and Distt 301 at the District Rally held at PANCHKULA.

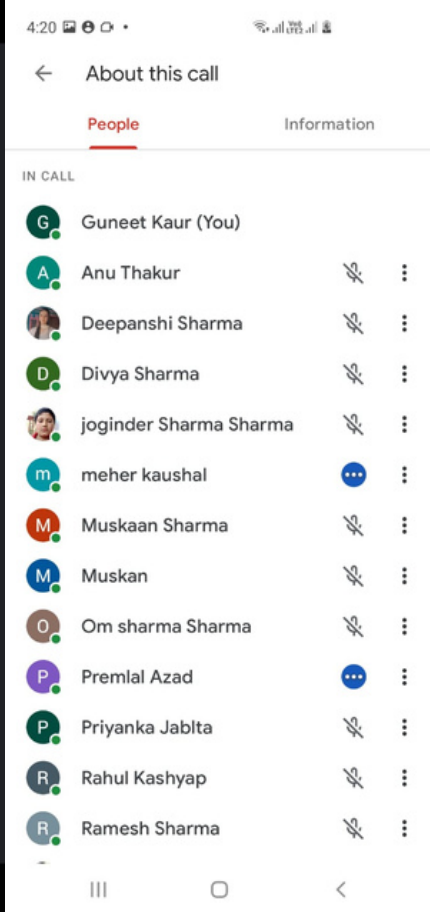
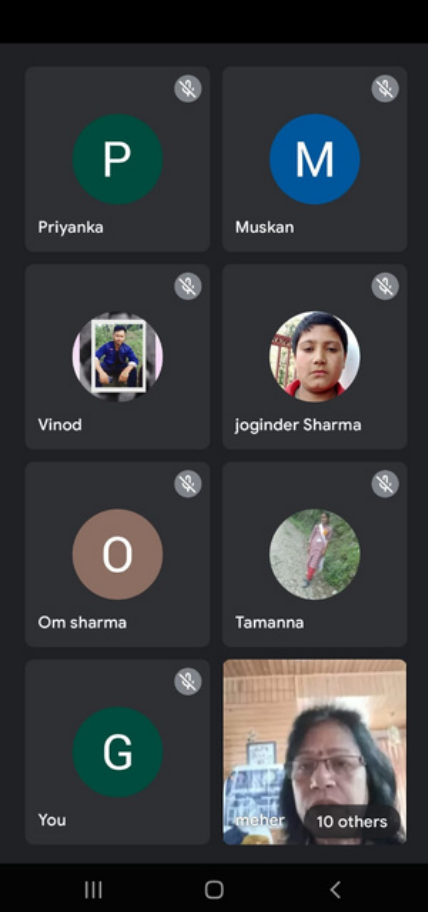


Our club President along with the club members proudly Hoisted National Flag as Symbol of National Integrity at our Vocational Centres on The Mall, Shimla, Portmore and Dhali respectively. The staff and students of the centres also participated with the members to celebrate the 75th year of India's Independence. We sang National Anthem and Patriotic songs. To commemorate Azadi ka Amrit Mahotsav under the Har Ghar Tiranga campaign we distributed 30 flags for the indoor display. Refreshments were distributed to all present. We were also joined by the tourists and the passersby.



On 15th August as a part of the "Har Ghar Tiranga" members of our club displayed National Flag both indoors and outdoors at their Residences. The Students of Orchid Prep School made National Flags (Handmade using Paper and colours) and the School Principal and our club member PDC Neelam Vij Ji gave these Flags to the club members to be Displayed indoors. Our Club ISO Dr. Anita Sood and club Secretary Mrs. Guneet Kaur distributed National Flags in their Neighbourhood.





To continue with our projects on Integrated Rural Development Program, we conducted an online audio-visual QUIZ on Independence Day, based on the Independence Struggle of India. The students from 8 Government senior secondary Schools from within the Vicinity of Shimla and far off Rural Areas participated

The following teams won :

1 st prize - GSSS Nahol
 2nd prize - GSSS Thaila
 3 rd prize - GSSS Tyali

The detail of the Cash reward is given below:

1st prize Rupees 1200
 2nd prize 1000
 3 rd prize 800
 Rupees 200 each to rest of the participants

On Independence day we tried to showcase the role of 3 vocational centres established by IWC of Shimla for women empowerment and skill development .





Our Club secretary Mrs.Guneet Kaur celebrated the Independence Day with Primary wing Students of Government School,Phagli, Shimla.She distributed National Flags to the students to be displayed indoors.Children gave performances and together sang National Anthem and Patriotic songs.Refreshments were given to the children.She also sponsored stationery items for two girl Students from the BPL families for the period of two years .

Independence Day was celebrated by the students of Orchid prep school under the guidance of the school Principal,PDC Neelam Vij ji.Students presented a cultural program based on Patriotism. Special children from Aarushi School of Hope being run under Orchid Prep School also gave a brilliant performance at Raj Bhawan,Shimla.

Our executive member and energetic Principal of Shemrock Buttercups school,Mrs.Umang Banga organised a program to celebrate 75th year of Independence at her school in which children were dressed up as Freedom Fighters and National Leaders.



"Wealth from Waste" on 18 th August to senisitize audiences regarding regarding problems of solid waste management in rural and urban area and promote practices of reuse and recycling of items to save environment .

It was judged by the panel of following judges

- 1. Dr. Purnima Chauhan**
- 2. PDC Bhuvan Rana**
- 3. PDC Neelam Vij**

Prizes were distributed to the winners and the consolation prizes were also given to a few entries.



On the auspicious festival of Krishna Janmashtami an extempore Singing Competition was organised by our club. All the singers entertained us with their melodious singing. The songs included words like Kanha, Bansuri, Shyam, Meera etc featuring in the Life of Lord Krishna. Given below is the list of winners.

First Prize: Dr. Purnima Chauhan

Second Prize: Meenakshi Sood

Third Prize: PDC Neelam Vij



To celebrate the life of Lord Krishna and an online Fancy Dress competition was organised in which grandchildren of our club members participated.

We received 11 entries for fancy dress competition.

Children were dressed as Krishna, Radha and Yashoda etc.

The entries were judged by

PDC Renu Baljee ji

PDC Bhuvan Rana ji

The winners are as follows

First prize

Prabhav Sood

Second prize

Sara Sood

Third prize

Siddhatri Sood



A meeting was held at Chaili Village Malyana with women in order to understand their needs and requirements. During the discussion they expressed that they would like to have the following programs at their village:

1. Training of Pickle and chutney making.
2. Training for creating valuables from waste.
3. Basic Baking classes.
4. Recreational courses for their Children during the winter Holidays.

Our president distributed sanitary Napkins to these women under the "She Care Program" by the district. She explained them the benefits of using the biodegradable Pads and also told them about the mensutral hygiene.



A Medical camp was held at GPS Shurala, Malyana under the Integrated Rural Development Program for detection of worms and Anaemia in Children. Dr. Jagmal Singh from Shri Ram Hospital checked the children for anaemia and worms and also advised them about the dental care. Students were shown a movie on hand washing steps and hand hygiene.

Anaemia was detected in just one girl named Ananya. We will soon provide her with Folic acid and iron Tablets. She will also be given a kit with Kajur and gur to improve her iron levels. Worms were not detected in any children



A Medical camp was held at GMS Shurala, Malyana under the Integrated Rural Development Program for detection of worms and Anaemia in Children. Dr. Jagmal Singh from Shri Ram Hospital checked the children for anaemia and worms and also advised them about the dental care. Students were shown a movie on hand washing steps and hand hygiene.

Anaemia was detected in the four students, Lucky, Om, Vicky, Jitender. We will soon provide them with Folic acid and iron Tablets. They will also be given kits with Khajur and gur to improve her iron levels. Worms were not detected in any children.



A Medical camp was held at GPS Board Colony, Kasumpti, under the Integrated Rural Development Program for detection of worms and Anaemia in Children. Dr. Jagmal Singh from Shri Ram Hospital checked the children for anaemia and worms and also advised them about the dental care. Students were shown a movie on hand washing steps and hand hygiene. One student, Deepak had some skin problems and the doctor advised some medicines and ointments which will be provided to him soon.

Worms and Anaemia were not detected in any students.



We felicitated the students of our vocational centres who participated in the Wealth from Waste competition held on 18th August, 2022.

Given below are the details:

- Two 1st prizes 600
- Two 2nd prizes 500
- Two 3rd prizes 400
- Nine consolation prizes- 200
- 31 participatory prizes 100
- Total-8300/-

We contributed an amount of 5700/- which we received from Raksha Bandhan celebrations to this total and the Balance was paid by the club.

Creativity of the participants was appreciated by all the members present.

"Teaching is the profession that creates all other professions"

On the occasion of teachers day we honoured 10 teachers who have done exceptional and sincere work with the special children taking care of their physical and psychological needs in the General House meeting.

The teachers were from Institute of visually impaired and deaf students Dhali UDAN Shimla ABHI Shimla Orchid public school Shimla and 4 teachers of our vocational centers were also honoured

Teachers along with students and parents shared their experiences

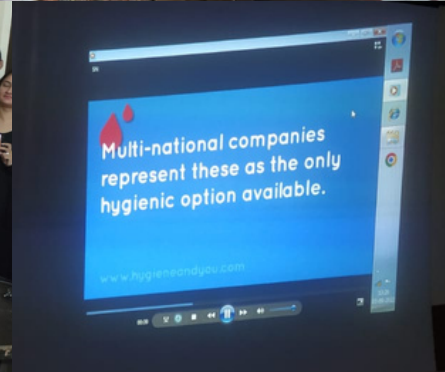
High Tea was enjoyed by all the invitees and members, courtesy IIWPD Mrs. Renu Baljee on completion of her 50 glorious years with Inner Wheel.



Our Executive committee has adopted the students of GPS and GMS, village Shurala, Gram Panchayat, Malyana, Shimla for all their stationery needs.

We distributed Notebooks, pencils, pens and a few other stationery items to all the students. We will take care of their needs in future also.





We distributed sanitary Napkins to the students and staff of Shimla Nursing College under the "She Care Program" by the district. Our President explained them the benefits of using the biodegradable Pads and also told them about the menstrual hygiene. They were also shown an animated film about the health benefits of using these pads and maintaining good hygiene.



To commemorate National Nutrition Week our club distributed the packets containing Gur, Raisins and Dried dates to the students of GMS Shurala. They were advised to eat these foods daily in order to stay healthy and maintain good haemoglobin levels.



Our Club Organised a Free Health Check Up and Blood Testing Camp at Shimla Nursing College, Village Shurala, Gram Panchyat Malyana

We invited a panel of expert and experienced Doctors from various Departments to do the Check up of the villagers and students of GPS and GMS Shurala. The Check up was by the doctors of Shri Ram Hospital, New Shimla and Dentists were from Dental Hospital, IGMC, Shimla. The Patients were checked by the Doctors from the following departments:

- 1. Medicine and Surgery**
- 2. Pediatrics**
- 3. ENT**
- 4. Dentistry**

We organised A Free Medical Camp at SHIMLA Nursing College, village Shurala, Gram Panchayat, Malyana for detection of Early Diabetes in the residents of Village Shurala. The patients came empty stomach to get the tests done. They were served refreshments after the sampling process. The reports will be sent to them on their Registered Telephone numbers.

The residents of the Village and some students of GPS and GMS Shurala were tested for the Complete blood count in order to know their Haemoglobin levels. They were served refreshments after the sampling process. The reports will be sent to them on their Registered Telephone numbers. Near about 100 people were made their chechup and blood tests done





Our club organised "IGNITE" Zonal Public speaking seminar for zone 1 and 2 of District 308 under the able leadership of District Chairman Mrs. Apeksha Garg ji.

Ln.Shwetankini MJF Facilitator and Trainer graced the occasion as the guest speaker. She explained all the important concepts related to Public Speaking.It was a very informative ,interactive and fun filled session.All the members enjoyed the seminar.This seminar will help us to motivate and encourage our young leaders.

District Treasurer Pooja Goel ji, District ISO Kiran Jain ji ,PDC ZC Neelam Vij Ji and ZCC Shivika Gupta ji also attended the seminar.

Pride Moments of our Club

1972 - 2022

Celebrating
50 Glorious Years



Our member Past IIW Board Director Mrs. Renu Baljees has completed her 50 years in Inner Wheel Family



Distt. 308 got 1st prize in dance competition in north zone meet Symphony



Our PDC Neelam Vij has brought laurels to club by winning 2nd runner up in poetry competition at 5th South Asia Rally at Bangladesh.



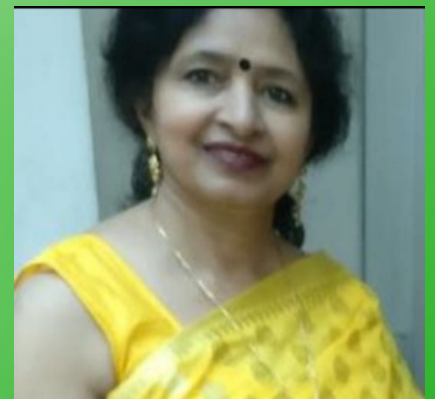
Our member Past IIW Board Director Mrs. Renu Baljees got 1st rapple drw prize in anandotsav inter didtt. rally



Our member PDC Mrs. Bhuvan Rana got lifetime achievement award



Our Past President Mrs. Rajni Verma got 2nd prize in jhoola decoration competition



Our club treasurer Past President Mrs. sunita Jain got early bird prize for early submission of capitation fee

Media Coverage

न्यूज़ ब्रीफ

इन्नरव्हील क्लब शिमला ने मनाया फ्रेंडशिप-डे

शिमला, 7 अगस्त (ब्यूरो): इन्नरव्हील क्लब शिमला ने फ्रेंडशिप-डे मनाया। इस अवसर पर उपस्थित सभी सदस्यों द्वारा एक-दूसरे को फ्रेंडशिप बैंड बांधे और क्लब के सदस्यों द्वारा नृत्य गायन और अन्य कई मस्त भरे खेलों का आयोजन किया गया।

इस अवसर पर बैस्ट हेयर स्टाइल, बैस्ट नेल्स और अन्य कई प्रकार की गतिविधियां आयोजित की गईं और विजेताओं को इनाम भी दिए गए। इस दौरान क्लब की प्रधान डा. अलका शर्मा कौशल, सचिव गुनीत कौर सहित 25 सदस्य उपस्थित रहे।



शिमला: इन्नरव्हील क्लब द्वारा फ्रेंडशिप-डे पर आयोजित कार्यक्रम के दौरान संयुक्त चित्र में महिलाएं।

रोटरी टारुन हाल शिमला में लगाई प्रदर्शनी

शिमला, 18 अगस्त (ब्यूरो):

- इन्नरव्हील क्लब शिमला द्वारा अपशिष्ट से धन (वेस्ट टू वैल्यू) की अवधारणा को ध्यान में रखते हुए रोटरी टारुन हाल शिमला में प्रदर्शनी लगाई गई। इसमें जिला शिमला के दूरदराज के ग्रामीण क्षेत्रों के लगभग 8 सरकारी स्कूलों के 9वीं से 12वीं तक की छात्राओं की तरफ से प्लास्टिक कचरे को पुनः उपयोग में लाकर बनाई गई नई वस्तुएं दर्शाई गई हैं। इसी तरह इन्नर व्हील क्लब द्वारा चलाए जा रहे 3 व्यावसायिक केंद्रों की छात्राओं द्वारा पुरानी जींस और चादरों को पुनः उपयोग में लाकर बनाई गई नई वस्तुओं को भी प्रदर्शित किया गया है। इनमें से उत्कृष्ट कलाकृतियों को पुरस्कृत भी किया गया। इस अवसर पर प्रधान डा. अलका शर्मा कौशल व सचिव गुनीत कौर सहित अन्य सदस्य मौजूद थे।



शिमला: इन्नरव्हील क्लब द्वारा आयोजित स्वास्थ्य जांच शिविर के दौरान संयुक्त चित्र में सदस्य।

इन्नरव्हील क्लब की सदस्याओं ने आई.टी.बी.पी. के जवानों को बांधी राखी: रक्षाबंधन पर इन्नरव्हील क्लब की सदस्याओं द्वारा तारा देवी में 50 से 55 आई.टी.बी.पी. जवानों को राखी बांधी गई, मिठाई खिलाई गई और केक भी काटा गया। इस अवसर पर क्लब सदस्याओं द्वारा मिलकर राखी का गीत भी जवानों के लिए गाया गया। इस कार्यक्रम में कमांडेंट के.एस. रावत सैक्टर हैडक्वार्टर शिमला आई.टी.बी.पी. ने मुख्य अतिथि के रूप में शिरकत की। इस अवसर पर इन्नरव्हील क्लब अध्यक्ष डा. अलका शर्मा कौशल, सचिव गुनीत कौर सहित अन्य सदस्याएं भी मौजूद रहे।

मल्याना में जांच 150 लोगों का स्वास्थ्य



शिमला: इन्नरव्हील क्लब द्वारा आयोजित स्वास्थ्य जांच शिविर के दौरान संयुक्त चित्र में सदस्य।

शिमला, 3 सितम्बर (ब्यूरो): इन्नरव्हील क्लब शिमला द्वारा शिमला नर्सिंग कॉलेज ग्राम शुराला ग्राम पंचायत मल्याना में मुफ्त स्वास्थ्य जांच और रक्त परीक्षण शिविर का आयोजन शिमला डेंटल कॉलेज और श्रीराम हॉस्पिटल न्यू शिमला के समन्वय से किया गया। लगभग 150 लोगों ने मुफ्त स्वास्थ्य जांच और रक्त परीक्षण का लाभ उठाया। कॉलेज की लगभग 50 छात्राओं को बायोडिपेंडेबल सैनेटरी नैपकिन के पैक भी बांटे गए। इस अवसर पर इन्नरव्हील क्लब अध्यक्ष डा. अलका शर्मा, कौशल, सचिव गुनीत कौर और अन्य सदस्य भी मौजूद रहे।

आयरन युक्त आहार लें बच्चे

शिमला: इन्नर व्हील क्लब शिमला ने मल्याणा पंचायत में स्वास्थ्य शिविर लगाया। शिविर में मल्याणा पंचायत के तहत आने वाले गोद ली हुई पंचायत मल्याणा जिसके अंतर्गत 9 गांव आते हैं, में एक मैडीकल शिविर का आयोजन किया गया। इस अवसर पर मल्याणा पंचायत के सभी गांव जी.पी.एस. गनोट, जी.पी.एस. शेनन, जी.पी.एस. शुराला और जी.एम.एस. शुराला के लगभग 60 छात्रों का मुख्य रूप से डि-वर्मिंग और एनीमिया को ध्यान में रखते हुए बाल रोग विशेषज्ञ द्वारा स्वास्थ्य परीक्षण किया गया। छात्रों में हैडवॉश और डिस्पेंसर का भी वितरण किया गया और बच्चों को हाथ धोने और



शिमला: जोनल पब्लिक स्पोर्ट्स सेमीनार के दौरान संयुक्त चित्र में इन्नरव्हील क्लब के सदस्य।

इन्नरव्हील डिस्ट्रिक्ट 308 का जोनल पब्लिक स्पोर्ट्स सेमीनार

शिमला, 9 सितम्बर (ब्यूरो): इन्नरव्हील डिस्ट्रिक्ट 308 द्वारा जोनल पब्लिक स्पोर्ट्स सेमीनार का आयोजन 9 सितम्बर को रिजॉर्ट यूटोपिया शिमला में किया गया। इस अवसर पर एल.एन. बेर्गोकिनी फैसिलिटेटर ट्रेनर सार्वजनिक वक्ता के रूप में उपस्थित रहें। उन्होंने बताया कि संचार हमारे समाज की रीढ़ है। यह हमें संबंध बनाने, निर्णयों को प्रभावित और परिवर्तन को प्रेरित करने की अनुमति देता है। संचार कौशल के बिना कामकाज की दुनिया और प्रगति करने की क्षमता लगभग असंभव होगी। सार्वजनिक रूप से बोलने से हमें आत्मविश्वास हासिल करने में मदद मिलती है, जो हमारे काम में परिलक्षित होती है। इस सेमीनार से लगभग 55 सदस्य लाभान्वित हुए। इस अवसर पर डिस्ट्रिक्ट 308 के पदाधिकारी, जोनल काउंसलर, जोनल को-ऑर्डिनेटर, 1 और जोन-2 के सदस्य उपस्थित रहे।



शिमला: जोनल पब्लिक स्पोर्ट्स सेमीनार के दौरान इन्नरव्हील क्लब की सदस्य सामूहिक चित्र में।

इन्नरव्हील क्लब शिमला ने शिक्षकों को किया सम्मानित

शिमला, 2 सितम्बर (ब्यूरो): शिक्षण वह पेशा है, जो अन्य सभी व्यवसायों का निर्माण करता है। शुक्रवार को इन्नरव्हील क्लब शिमला द्वारा रोटरी टारुन



शिमला: मल्याना में आयोजित मैडीकल शिविर के दौरान बच्चों के साथ संयुक्त चित्र में इन्नरव्हील क्लब के सदस्य।

मल्याण में लगाया मैडीकल शिविर

शिमला, 26 अगस्त (ब्यूरो): इन्नरव्हील क्लब शिमला द्वारा एकीकृत ग्रामीण विकास कार्यक्रम के तहत अपनी गोद ली हुई पंचायत मल्याणा जिसके अंतर्गत 9 गांव आते हैं, में एक मैडीकल शिविर का आयोजन किया गया। इस अवसर पर मल्याणा पंचायत के सभी गांव जी.पी.एस. गनोट, जी.पी.एस. शेनन, जी.पी.एस. शुराला और जी.एम.एस. शुराला के लगभग 60 छात्रों का मुख्य रूप से डि-वर्मिंग और एनीमिया को ध्यान में रखते हुए बाल रोग विशेषज्ञ द्वारा स्वास्थ्य परीक्षण किया गया। छात्रों में हैडवॉश और डिस्पेंसर का भी वितरण किया गया और बच्चों को हाथ धोने और आयरन युक्त आहार लेने को प्रोत्साहित करने के संदर्भ में एक लघु एनिमेटेड फिल्म भी दिखाई गई। क्लब अध्यक्ष डा. अलका शर्मा कौशल ने बताया कि आने वाले समय में जी.पी.एस. शुराला और जी.एम.एस. शुराला में इन्नरव्हील क्लब द्वारा वाटर स्टेशन बनाने के लिए आर्थिक रूप से मदद भी की जाएगी। इस मैडीकल शिविर को आयोजित करने में श्रीराम हॉस्पिटल न्यू शिमला का सहयोग रहा। इस अवसर पर क्लब अध्यक्ष डा. अलका शर्मा कौशल, सचिव गुनीत कौर और क्लब के अन्य सदस्य भी मौजूद रहे।

ACKNOWLEDGEMENT TO OUR PROJECTS IN DISTRICT E-NEWSLETTER (AKAS)

INNER WHEEL DISTRICT 308

RAKSHABANDHAN & JANAMASHTAMI CELEBRATIONS

IWC CHANDIGARH CITY BEAUTIFUL IWC NAHAN & NAHAN CLASSIC IWC JAGADHRI YAMUNANAGAR

IWC KARNAL IWC DOON VIKAS IWC PANCHKULA

IWC PANIPAT IWC ROOPNAGAR IWC SOLAN

IWC ZIRAKPUR IWC DAKPATHAR VALLEY IWC KASAULI

IWC SHIMLA IWC SHIMLA VIKASNAGAR

IWC SHIMLA IWC ZIRAKPUR IWC MUSSOORIE

Breast Feeding week was celebrated by clubs from 1st August to 7th August 2022

IWC AMBALA INDUSTRIAL AREA IWC CHANDIGARH CENTRAL IWC CHANDIGARH HARMONY

IWC CHANDIGARH IWC DEHRADUN IWC JAGADHRI YAMUNANAGAR

IWC KAITHAL IWC KARNAL MT IWC PANCHKULA

IWC PANIPAT IWC ROORKEE

IWC SHIMLA MT IWC SHIMLA VIKASNAGAR IWC SHIMLA

INNER WHEEL DISTRICT 308

Azadi ka amritotsav

IWC SHIMLA MT IWC SHIMLA VIKAS NAGAR IWC SHIMLA

IWC SHIVALIK HILLS IWC SOLAN MT IWC SOLAN

IWC PONTA SAHIB MAMMOGRAPHY IWC ROOPNAGAR SPORTS DAY IWC SHIMLA MID TOWN B.M.I CHECKUP

Following clubs had "CHAIRMAN OFFICIAL VISIT" in their clubs.

IWC KAITHAL SHINING STAR IWC KAITHAL IWC KARNAL

IWC JAGADHRI MORTU IWC PANIPAT MIDTOWN IWC ADWA



BIRTHDAYS



AUGUST

Mrs. Geeta Laul 10th

Mrs. Renu Butail 20th

Mrs. Kiran Manchanda 25th

SEPTEMBER

Mrs. Poonam Comar 6th

Mrs. Mansi 10th

Mrs. Meenu Sood 12th

Mrs. Sudha Bhargava 16th

Mrs. Ruchira Tangri 18th

Mrs. Pooja Verma 22nd

Mrs. Monica Butail 22nd



ANNIVERSARIES

AUGUST

Mrs. Meena Ranaut 3rd

SEPTEMBER

Mrs. Reetika Lal 9th

Mrs. Harjeet Kaur Ahuja 11th

Mrs. Ruby Madan 17th

Mrs. Rachna Doger 19th

Mrs. Aastha Sood 26th

Mrs. Shilpi Sood 28th

Mrs. Guneet Kaur 28th