



BADLAV

Inner Wheel Club Shimla News Letter Golden Bonds Team 2025-2026

Editor: Dr. Kusha Pandit Chawla

On 3rd August 2025, Inner wheel club Shimla had a joint tree plantation drive with Rotary Club Shimla at Smriti Van, behind the divine statue of *Lord Hanuman Ji at Jakhoo Temple*, bringing together the community for a cause deeply rooted in environmental consciousness and sustainability. The event turned into a beautiful blend of purpose and joy, as children, families and volunteers came together amidst nature, *planting 100 saplings* that symbolize growth, hope and a greener world.



2nd August 2025, A Historic Day for Inner Wheel District 308 With immense pride and heartfelt joy, I wish to share that our first collaborative project with the India Vision Foundation — the inauguration of the Inner Wheel Computer Training Centre at Model Central Jail, Kanda, Shimla — has been successfully accomplished today, 2nd August 2025. This milestone, made possible by the passionate efforts of Zone - 1, marks a meaningful step towards rehabilitation through education and skill-building for the inmates. It truly reflects the spirit of Inner Wheel — to empower, uplift, and inspire change even in the most unexpected places. District chairman Mrs. Pooja Goel was there and enjoyed the moment of this journey. PIIWBD Mrs. Renu Baljees ji, President Mrs. Nirupma Chaudhary ji and secretary Mrs. Vandana Sood ji was present for the milestone event. Along with zone 1 club representatives and district officers. Inner wheel club Shimla contributed 25,000 for the





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7th August 2025, Rakhi is a Hindu Festival and bond between siblings, family and friends. It is a bond of protection. Hence Media plays a significant role in sharing knowledge and information. It facilitates the rapid dissemination of knowledge across various platforms, connecting people and enabling them to learn from each other's experience and perspectives. Hence Inner wheel sisters celebrated Rakhi with the people who protects us with information and knowledge they give in the form of media and newspapers. President Mrs. Nirupma Chaudhary ji and PIWBD Mrs. Renu Baljess ji tied the knot of protection and respect we have towards media.

7th August 2025, Innerwheel club Shimla is proud to announce a special event to honor local journalists for their dedication and contributions to the community. The event took place on [7th August 2025] at Rotary town hall, the mall Shimla. The event recognized the vital role journalists play in informing the public and holding institutions accountable. Inner wheel club acknowledges the importance of a free and responsible press and wishes to express its gratitude to the following journalists:

1. Mr. Dinesh Patil city channel Shimla,
2. Mr. Kalyan Primta channel 9,
3. Ms. Bharti Sharma Amar Ujala,
4. Mr. Ambadath Sharma Punjab Kesari,
5. Ms. Ankita from Divya Himachal,
6. Mr. Pawan Bhardwaj from danik Bhaskar
7. Ms. Deepa Azad from city channel office.

The event will feature an award ceremony. President Nirupma Chaudhary said, we believe this event will be an opportunity to celebrate the work of these dedicated professionals and foster a stronger appreciation for the importance of journalism in our society. The event ended by inaugurating the first edition of Badlav Newsletter made by the editor Dr. Kusha Pandit Chawla.



NEWSLETTER



b Shimla took part in district competition of making a reel of 45 seconds for Independence Day.

5th August 2025, Inner wheel club Shimla celebrated Independence Day by clicking pics with tri color flag..... Har ghar jhanda!



8th August 2025, our club is extending support to a widow who is sweeper and needed some financial support for her daughter's wedding. One of the office bearers of inner wheel club Shimla came forward to support her financially to bring happiness in her daughter's life.



15th August 2025, Inner wheel club Shimla editor Dr. Kusha Pandit Chawla organized a desh bhakti patriotic written poem competition on the occasion of Independence Day. Mrs. Ashmita Shukla came first and Mrs. Vandana Sood came second in the competition. They were awarded with the e-certificates



16th August 2025, Inner wheel Club Shimla organized breast feeding campaign at Kamla Nehru Hospital Shimla on 16th August 2025. The campaign started by giving baby blankets to newborn babies and distributing fruit to their mothers in the occasion of Janamshtami.

Inner wheel present members congratulated the newborn mother's family as small Kanaha and Radha was blessed at their home. The members who were present for the event was

President Mrs. Nirupma Chaudhary secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla, ISO Mrs. Navneet Kaur, vice president Mrs. Sonia Arora, executive members Mrs. Meera Sood, Mrs. Meenakshi Sood, Mrs. Ashmita Shukla and Inner wheel member Mrs. Poonam Sood.



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16th August 2025, Inner wheel Club Shimla organized breast-feeding campaign Kamla Nehru Hospital Shimla on 16th August 2025. Inner wheel members pasted posters on importance of breastfeeding at KNH hospital. Sister Maninder Kaur from KNH hospital gave the talk on importance of Breastfeeding to newborn mothers. She said, “Breastfeeding means ensuring every mother has access to the support and information, she needs to breastfeed as long as she wishes to do so - by investing in skilled breastfeeding counselling, enforcing the International Code of Marketing of Breast-milk Substitutes, and creating environments—at home, in healthcare, and at work—that support and empower women.” President Nirupma Chaudhary said that, “Breastfeeding delivers a hopeful future not only for children, but for societies. It reduces healthcare costs, boosts cognitive development, strengthens economies, and sets children up with healthy beginnings.” The members who were present for the event was President Mrs. Nirupma Chaudhary secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla, ISO Mrs. Navneet Kaur, vice president Mrs. Sonia Arora, executive members Mrs. Meera Sood, Mrs. Meenakshi Sood, Mrs. Ashmita Shukla and Inner wheel member Mrs. Poonam Sood. The campaign ended by giving token of appreciate to nurse Ms. Maninder Kaur for her valuable time and talk which she gave to the patients of KNH newborn mothers.



17th August 2025, Golden bond team organised a Janmashtami competition among the Innerwheel members for the most decorative mandir and Kanhamurti. We congratulate the winners

1. Sonia Arora (first)
2. Rajni Verma (second)



Mrs. Sonia Arora came first

28th August 2025, A patient named Partap-16 years of age needs to be operated urgently as he might lose his eye. He was admitted at Govt Dental College and is a case of Deptt of Oral Maxillo Facial Surgery. Inner wheel club Shimla donated RS. 8,000 cheques to his mother.



29th August 2025, Inner Wheel Club Shimla organized a blood donation camp on 29th August 2025 at Ridge, Shimla, witnessing an overwhelming response from public, members and their families. Team of doctors and Nurses came from IGMC Shimla. A total of 50-60 units of blood were collected during the camp, highlighting the commitment of Innerwheel club Shimla towards social responsibility. Mayor Mr. Surinder Chauhan inaugurated the camp and said that, “Donating blood is indeed a noble act that can save countless lives. By choosing to donate, you contribute to a vital resource that hospitals and medical facilities depend on for surgeries, emergency situations, and for patients dealing with chronic illnesses.” President Mrs. Nirupman Chaudhary said that, “Each donation has the potential to save up to three lives, as the blood can be separated into red cells, plasma, and platelets, each serving different medical needs. It’s a simple process that takes about an hour of your time but makes a profound impact. Consider becoming a regular donor and encourage others to join you in this life-saving mission. Remember, your small act of kindness can make a big difference in someone’s life.”



Both the projects ended up with great enthusiasm. The members present for the event was President Mrs. Nirupman Chaudhary, secretary Mrs. Vandana Sood, vice president Mrs. Sonia Arora editor Dr. Kusha Pandit Chawla, ISO Mrs. Navneet Kaur Viridi, executive members Mrs. Meenakshi Sood, Mrs. Ashmita Shukla and Inner wheel member Mrs. Raj Dogra and Mrs. Kiran Manchanda.





29th August 2025, Innerwheel club Shimla also distributed lunch boxes to 50 male sweepers of municipal corporation for their hardwork as token of appreciation. Members for the event was president Mrs. Nirupma Chaudhary, secretary, Mrs. Vandana Sood, vice president Mrs. Sonia Arora, ISO Mrs. Navneet Kaur Viridi, editor Dr. Kusha Pandit Chawla executive members Mrs. Meenakshi Sood, Ashmita Shukla and Inner wheel members Mrs. Raj Dogra and Mrs. Kiran Manchanda.

29th August 2025, Innerwheel club Shimla distributed sanitary napkins to female sweepers of Municipal Corporation. Dietician Mrs. Vandana Sood and our Innerwheel member gave a valuable talk on menstrual hygiene to 50 sweeper females and told them how to keep themselves clean and hygiene.



29th August 2025, Inner wheel club Shimla contributed some fruit, juices and biscuits celebration Ganesh Utsav at Middle Bazaar and seeked the blessings of Ganpati ji. The members present was president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, ISO Mrs. Navneet Kaur Virdi, Editor Dr. Kusha Pandit Chawla, executive members Mrs. Meenakshi Sood, Mrs. Ashmita Shukla and Inner wheel members Mrs. Umang Banga and Mrs. Kiran Manchanda.



GANESH
UTSAV



FLAG EXCHANGE

Flag exchange with Dr Kavita Regey from Mumbai 🖱
on 29th August by our ISO Navneet Kaur Virdi



ISO Navneet Kaur Virdi exchanged Flags with
Inner Wheel Fatehabad (Tejaswani) district 309

BIRTHDAYS

Dr. Kusha Pandit Chawla

Mrs. Geeta Laul

Mrs. Renu Butail

Mrs. Karan Manchanda

ANNIVERSAYS

Mrs. Meena Ranaut

Dhali



Vocational Centre, Work Done by the



Students





GALLERY



GALLERY



International theme 2025-2026

