



BADLAV

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

Editor: Dr. Kusha Pandit Chawla

Inner wheel club Shimla expressed their heartfelt gratitude towards their teachers. They work tirelessly, often beyond school hours, to ensure that we understand the concepts and are well-prepared for our future. Their dedication and commitment are something we should all be thankful for. It is important to recognize their efforts and show our appreciation, not just today, but every day. PDC Bhuvan Rana ji, President Mrs. Nirupma Chaudhary ji and secretary Mrs. Vandana Soodji honored vocational centre teachers. Mrs. Veena, Mrs. Rumli and Mrs. Rekha on the occasion of teachers' day. The certificates of appreciation were also given to the professors of various fields:

Dr. Kalpana Sharma (Assistant Professor IGMC Shimla)

Dr. Anu Dogra (Associate Professor IGMC Shimla)

Dr. Kusha Pandit Chawla (Associate Professor university)



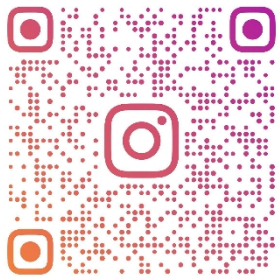
The eye sees a thing more clearly in dreams than the imagination awakes". Innerwheel club Shimla today had a talk on eye donation by Assistant Professor Dr. Kalpana Sharma from ophthalmologist department IGMC, Shimla. She told us that , “Eye donation is a charitable act after death, where the corneas are used to restore sight to others through transplantaion, or for research and education. Anyone, regardless of age or health conditions like diabetes or wearing glasses, can be a donor, though certain infectious diseases like AIDS or Hepatitis B/C make someone ineligible. The family must contact an eye bank within 6 hours of death, after which a trained team performs a quick, bloodless procedure, with no disfigurement to the face. Innerwheel club sisters were asked to Take the pledge for eye donation. The talk ended by thanking Dr. Kalpana Sharma by the memento of appreciation.



Today Innerwheel club Shimla Organised a ramp walk for the teachers of vocational centre along with Innerwheel sister and professor from Medical field on the occasion of teachers day. All participated with full enthusiasm and the three finalists were awarded by the president Mrs. Nirupma Chaudhary :-

1. Mrs. Rekha from vocational centre Dhali took the first place
2. Dr. Kalpana Sharma (Assistant professor) from IGMC, Shimla took the second place
3. Mrs. Veena from vocational centre, Mall Road took the third place





Innerwheel club shimla has started their Instagram page and is proudly presenting their work in the same.

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The president Mrs. Nirupma Chaudhary ji of Innerwheel club Shimla adopted a girl (Kajal Sharma) and will pay for her stitching classes at vocational centre. Members present during the project were PIIWBD Mrs. Renu Bajees ji, president Mrs. Nirupma Chaudharyji, executive member Mrs. Meera Sood ji and Innerwheel member Mrs. Poonam Soodji.



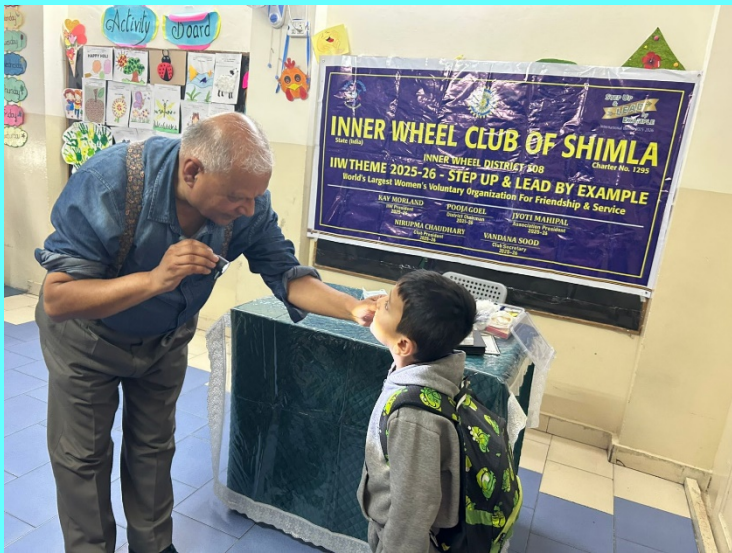
Innerwheel club Shimla today gave dried rashan at almighty blessings langar sewa below dental college, IGMC. The members did langar sewa and prayer the almighty god for everyone's good health and safety.

The members present for the project was president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla, executive Mrs. Meenakshi Sood and Innerwheel member and IGMC doctor Dr. Anu Dogra.



INNERWHEEL WHEEL CLUB SHIMLA

GOLDEN BOND TEAM 2025-2026 ORGANISED A TALK ON “SAFE TOUCH AND UNSAFE TOUCH” AT DAV LAKKAR BAZAR SHIMLA BY DR. SHALINI DHADWAL FOR CLASS 7TH OF DAV LAKKAR BAZAR SHIMLA. A POWERPOINT PRESENTATION WAS GIVEN TO MAKE THE TALK AND ATTRACTIVE AND IN THE END QUESTION AND ANSWER ROING WAS THERE. THE ENTIRE GOLDEN BOND TEAM WAS THE PART OF THE PROGRAM. PRESIDENT MRS. NIRUPMA CHAUDHARY, DR. KUSHA PANDIT CHAWLA EDITOR, MRS. VANDANA SOOD SECRETARY, MRS. SONIA ARORA VICE PRESIDENT, MRS. NAVNEET KAUR VIRDI , ISO OF IWC AND THE EXECUTIVE MEMBERS MRS. MEERA SOOD, MRS. MEENAKSHI SOOD AND MRS. MEENAKSHI KUTHIALA WERE THE PART OF THE EVENT.



Innerwheel club Shimla believe in youth development hence they organised Free eye screening test of DAV, Lakkar Bazar, Shimla on Friday 12th September 2025 under the leadership of Mrs. Nirupma Chaudhary President Inner wheel Club Shimla and her golden bond team 2025-26.

Inner wheel collaborated with Former Principal IGMCI Dr. Chaudhary and Assistant Eye Specialist from Grewal Eye Institute, who provided the necessary equipment and personnel for conducting the eye check-ups. Inner wheel club Shimla believe that this initiative will be beneficial for the students as it will help identify any vision problems early on, which can significantly impact their learning and overall well-being. From class nursery till fifth eye screening was done. The entire golden bond team was the part of the program. President Mrs. Nirupma Chaudhary, Dr. Kusha Pandit Chawla Editor, Mrs. Vandana Sood Secretary, Mrs. Sonia Arora Vice President, Mrs. Navneet Kaur Virdi , ISO of IWC and the executive members Mrs. Meera Sood, Mrs. Meenakshi Sood and Mrs. Meenakshi Kuthiala and innerhwe memenr Mrs. Abu Arora were the part of the event.

Innerwheel club Shimla believe in healthy body hence they organised BMI test for the faculty of DAV, Lakkar Bazar, Shimla on Friday 12th September 2025 under the leadership of Mrs. Nirupma Chaudhary President Inner wheel Club Shimla and her golden bond team 2025-26.

Inner wheel collaborated with Former

BMI test was conducted by dietician and Innerwheel member cum secretary Mrs. Vandana Sood to monitor the 60 faculty members weight and height by tracking growth percentiles regularly with this tool, to ensure you are supporting your nutrition to achieve growth potential.

The entire golden bond team was the part of the program.

President Mrs. Nirupma Chaudhary, Dr. Kusha Pandit Chawla Editor, Mrs. Vandana Sood Secretary, Mrs. Sonia Arora Vice President, Mrs. Navneet Kaur Viridi, ISO of IWC and the executive members Mrs. Meera Sood, Mrs. Meenakshi Sood and Mrs. Meenakshi Kuthiala and Innerwheel member Mrs. Abu Arora were the part of the event.



Innerwheel wheel club shimla

Golden bond team 2025-2026 organised a talk on “say no to drugs” at DAV lakkar bazar shimla by Dr. Shalini Dhadwal for class 7th of DAV lakkar bazar shimla.

A powerpoint presentation was given

To make the talk and attractive and in the end question and answer round was there where students asked lots of questions on pain killers and how it becomes drugs. The entire golden bond team was the part of the program. President Mrs. Nirupma Chaudhary, Dr. Kusha Pandit Chawla Editor, Mrs. Vandana Sood Secretary, Mrs. Sonia Arora Vice President, Mrs. Navneet Kaur Viridi, ISO of IWC and the executive members Mrs. Meera Sood, Mrs. Meenakshi Sood and Mrs. Meenakshi Kuthiala were the part of the event.



Innerwheel club Shimla believe in youth development hence, Innerwheel wheel club also organised a drawing competition on “no to drugs” DAV lakkar Bazar school shimla and the winners were :

- 1.suryansh for 8th class*
- 2. Aditya sharma 7th class*
- 3. adhinam class 6th*

Stood first in drawing competition “say no to drugs”

The entire golden bond team was the part of the program. President Mrs. Nirupma Chaudhary, Dr. Kusha Pandit Chawla Editor, Mrs. Vandana Sood Secretary, Mrs. Sonia Arora Vice President, Mrs. Navneet Kaur Virdi , ISO of IWC and the executive members Mrs. Meera Sood, Mrs. Meenakshi Sood and Mrs. Meenakshi Kuthiala and Mrs. Abu Arora Innerwheel member were the part of the event.



Innerwheel club Shimla received certificate for contributing for Kanada jail computer training centre by Association of Innerwheel Cluns in Inida. PIIWBD Mrs. Renu Baljee Ji and PDC Mrs. Neelam Vij ji received the certificate on behalf of President Golden Bond Team 2025-26.





Innerwheel club Shimla president Nirupma Chaudhary Ji and her golden bond team 2025-26 donated cooker to the government middle school, Hari nagar which was sponsored by PDC Mrs. Bhuvan Rana ji.

The members present during the project were president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, Editor Dr. Kusha Pandit Chawla and executive member Mrs. Ashmita Shukla.

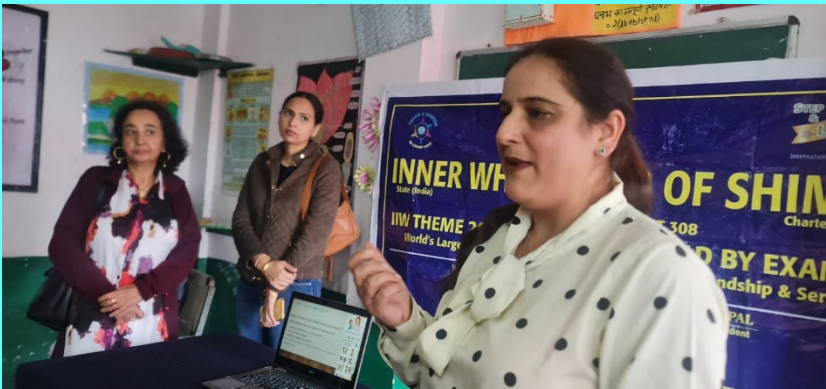
The International literacy day is celebrated all over the world, Keeping the spirit alive Innerwheel clubs Shimla (golden bond team 2025-26) also celebrated the occasion with the students of middle school, harinagar, Boileauganj.

7th class Students were taught the basic of computers as computers are the essential part of our living nowadays. The word and excel were the main topics which were covered by Dr. Kusha Pandit Chawla

The members present during the project were president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, Editor Dr. Kusha Pandit Chawla and executive member Mrs. Ashmita Shukla.



Innerwheel club shimla (golden bond team) holds a session on Good Touch Bad Touch for the students government middle and primary school, harinagar. As a strong step towards making our children safe, a fruitful session on the topic “ safe (Good)Touch unsafe (Bad) touch” was orhanised for students of primary and middle standard. The session was conducted by Dr. Kusha Pansit Chawla and the main motive of the talk was of spreading awareness against Child Sexual Abuse and educating children about Good Touch and Bad Touch which exist as dark realities in society.



INNERWHEEL CLUBS SHIMLA (GOLDEN BOND TEAM 2025-26) MOTIVATED THE STUDENTS TO DO YOGA REGULARLY OF PRIMARY SCHOOL, HARINAGAR, BOILEAUGANJ. DR. KUSHA PANDIT CHAWLA TAUGHT SOME YOGA EXERCISES TO THE STUDENTS AND THE STUDENTS PERFORMED ALONG WITH HER. EDITOR DR. KUSHA PANDIT CHAWLA SAID, “YOGA IS A HEALTHY WAY OF LIVING. BY PRACTICING YOGA REGULARLY, YOU CAN TRAIN YOUR MIND TO FOCUS MORE EFFECTIVELY AND SUSTAIN CONCENTRATION FOR LONGER PERIODS. YOGA FOR CONCENTRATION HELPS IN SEVERAL WAYS: CALMING THE MIND: YOGA REDUCES STRESS AND ANXIETY, COMMON BARRIERS TO CONCENTRATION.”

THE MEMBERS PRESENT DURING THE PROJECT WERE PRESIDENT MRS. NIRUPMA CHAUDHARY, SECRETARY MRS. VANDANA SOOD, EDITOR DR. KUSHA PANDIT CHAWLA AND EXECUTIVE MEMBER MRS. ASHMITA SHUKLA.



Innerwheel club shimla Organised a talk on menstrual hygiene for female faculty of government primary and middle school, harinagar. Dietician Mrs. Vandana Sood gave the talk on menstrual hygiene to the female faculty of the school and Innerwheel members distributed sanitary napkins to the female staff and the girl students. The members present during the project were president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, Editor Dr. Kusha Pandit Chawla and executive member Mrs. Ashmita Shukla.



Innerwheel club shimla (golden bond team) believes in Menstrual hygiene is important for your health. Dietician Mrs. Vadana Sood said that, "it can help prevent infections, reduce odors, and keep you comfortable during your period." And guided the female labour how to keep themselves clean during menstrual cycle. Innerwheel members distributed sanitary napkins to the female labour working in construction area. The members present during the project were president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, Editor Dr. Kusha Pandit Chawla and executive member Mrs. Ashmita Shukla.

Innerwheel club Shimla golden bond team 2025-26 went to Udaan, new Shimla and spend time with the special students on 18th sept 2025. Children's thoughts are pure and innocent. Innerwheel club Shimla believes that Each child is a white marble that the teacher and parents must carve into the image of God, a bud that must be encouraged to blossom in all of its Divine splendour so that it might be offered to God as a worthy offering.

President Mrs. Nirupma Chaudhary said that Our goal should be to find ways that help the special needs individual spend their days more like their typically developing peers.

Innerwheel club Shimla distributed chocolates, bananas to 40 udaan



President Mrs. Nirupma Chaudhary said, "good dental hygiene for kids involves brushing with fluoride toothpaste twice a day, flossing daily once teeth are touching, regular dental check-ups starting by age one, and a balanced diet low in sugar to prevent cavities. Making it fun with cartoon toothbrushes, brushing together, and visiting a pediatric dentist can also build healthy lifelong habits."

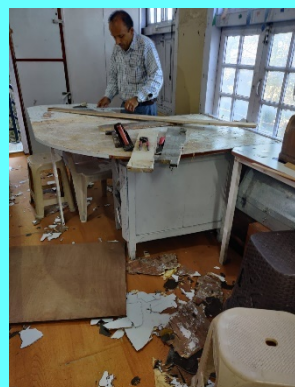
Keeping this in mind Innerwheel club Shimla distributed dental kit to the students of government primary and middle school

Of harinagar, Boileau ganj.

The members present during the project were president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, Editor Dr. Kusha Pandit Chawla and executive member Mrs. Ashmita Shukla.



Inner wheel club Shimla started the renovation work at vocational Centre, the Mall Road Shimla. For better learning, working for the students of vocational Centre Inner wheel club Shimla had taken the initiative.



Golden Bond Team 2025-26 organised a Navratri vrat recipe competition for the members of innerwheel club and the winners for the competition were:

1. Mrs. Neelam Vij (First)
2. Mrs. Nirupma Chaudhary



ISO Mrs. Navneet Kaur Viridi exchanged flags with Deepti Falari President IWC Mhapsa Elite District 317





VOCATIONAL CENTRE, THE MALL SHIMLA

BEAUTICIAN CLASSES



STITCHING CLASSES



Galaxy S23 FE Nirupma



Galaxy S23 FE Nirupma



Galaxy S23 FE Nirupma

VOCATIONAL CENTRE WORK DONE BY STUDENTS OF DHALLI CENTRE



BEAUTICIAN



BIRTHDAYS:

MRS. NAVNEET KAUR	2 ND
MRS. POONAM COMAR	6 TH
MRS. MEENU SOOD	12 TH
MRS. RUCHIRA TANGRI	18 TH
MRS. MONICA BUTAIL	22 ND

ANNIVERSARYS

MRS. RUBY MADAN	17 TH
MRS. UMNAG BANGA	17 TH
MRS. GEETANJALI JAIN	25 TH
MRS. AASTHA SOOD	26 TH
DR. SHILPI SOOD	28 TH
MRS. GUNEET KAUR	28 TH

CONTINUAL PROJECTS OF INNER WHEEL CLUB SHIMLA

FOURTH CONTINUAL PROJECT OF IWC SHIMLA

Description of Project

Website of an organization is digital landscape which not only helps in showcasing its services but very importantly extend its the outreach in the society.

Realizing importance of digital presence & staying connected IWC Shimla created website of IWC Shimla. It was launched by then District Chairman Apeksha Garg on 8th July 2022.

The website briefs audience regarding Genesis of Club, Objective & Motto of Club; leaders of Club; Important Projects; Newsletter & other Informatory Documents.

The USP of website is that it was created Indiginously and no money was spent as it was designed & created by Club member Meher Kaushal.

The website is regularly maintained, managed & updated regarding Theme, Logo, Team , Significant Projects, Documents(Newsletter, Club Roaster, District Directory, Association Directory etc.)

IWC Shimla paying annually total sum of

Rs 6,615/ towards Annual charges for Website Platform (Word-Press) and Domain name renewal.

Amount Spent- Rs 19,845



CONTINUAL PROJECTS OF INNER WHEEL CLUB SHIMLA

Second Continual Project of IWC Shimla

Description of Project

Sukanya Samridhi Yojna is flagship scheme that allows you to make small deposits every year for young girl child with handsome return when they are 18 to be used for Education etc.

Continuing it's efforts to Empower young girls from rural & humble background, Members of IWC Shimla adopted 11 young girls for this scheme on International Women's Day in year 2023. Till now a sum of Rs 33550/- has been deposited in SSY accounts of said girls.

- 1) Deposits in year 2023
22000 @Rs 2000/
girl.*
- 2) Deposits in year 2024
Rs 6050 @ 550/ girl*
- 3) Deposits in year 2025
Rs 5500 @ 500/girl*

Number of sponsor Members - 9

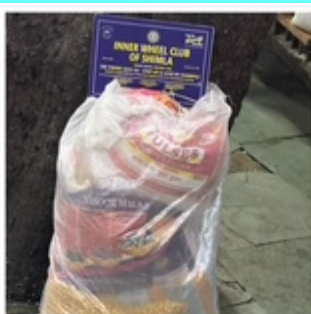
Amount Spent- Rs 33,550 /

Number of Beneficiaries- 11.



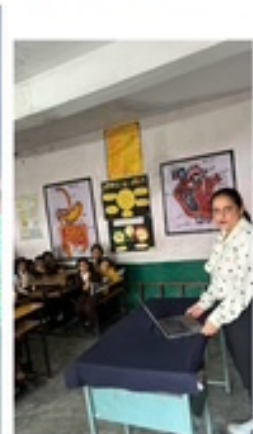
GALLERY







SEP 28, 2025



NEWS COVERAGE



