



BADLAV

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

Editor: Dr. Kusha Pandit Chawla



Mrs. Nirupma Chaudhary
President Inner Wheel
Club Shimla

Dear Inner Wheel Sisters/ Golden Bond Team and Editor,

I am excited to welcome you all to the new Inner Wheel year 2025-26! As we embark on this fresh journey together, I am honored to serve as your President of our beloved Inner Wheel club. This is our first edition of newsletter for our tenure. I congratulate the editor Dr. Kusha Pandit Chawla of Inner wheel Club Shimla. This year's theme, "**STEP UP & LEAD BY EXAMPLE**"! This golden moment marks a legacy of dedication, strength, and inspiration. I commend to you the priceless advice of noted anthropologist Margaret Mead: "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." Yes, we have changed the world, and will continue to change it, in a positive way! Yes, we can do it! Yes, we will do it – together!

I would like to thank you all in advance for your sincere efforts, dedication towards the goals of the Inner Wheel Year 2025-26. I am sure our club members would become heartbeat of a large section of society.

With Warm Regards,
Nirupma Chaudhary
President
Inner Wheel Club Shimla





Chairman Message

Dear Inner Wheel Sisters,

As we embrace the dawn of a fresh Inner Wheel year, I extend my heartfelt greetings and warm wishes to each one of you. It fills me with immense pride and gratitude to lead as the District Chairman of Inner Wheel District 308 for 2025-26, and to be part of this extraordinary sisterhood of compassionate, committed, and courageous women. At the very outset, I would like to extend *my heartiest congratulations to the Club President and the Club Editor for bringing out this wonderful edition of your E-Newsletter. * *First day, first show — and what a fabulous start it is! Your dedication, vision, and sincere efforts in highlighting your club's activities and achievements reflect the true spirit of Inner Wheel.* Keep it up, and may your newsletter continue to be a vibrant platform that inspires, informs, and connects members with the mission of service and friendship.

This year, under the inspiring *International Inner Wheel theme “Step Up and Lead by Example”,* let's ignite the spirit of leadership within ourselves. Remember — leadership is not about titles or positions; it's about action, empathy, and the courage to make a difference. Each one of you has the strength to be that beacon of hope, to inspire change, and to uplift those who need us the most.

Let's join hands to turn our collective vision into meaningful service and our compassion into impactful projects. Whether it's empowering women, nurturing young minds, protecting the environment, or extending a hand of kindness — no effort is ever too small. Together, every step we take will leave behind footprints of love, strength, and hope.

Let us continue to nurture our bonds of friendship, uphold our values of service, and radiate positivity in every sphere of life. Challenges will come, but united in spirit and purpose, we will transform them into opportunities for growth and goodness.

I urge each club and each member to dream big, work with passion, and celebrate every little victory on this beautiful journey of service. Together, let's write a new chapter of compassion, courage, and commitment in the legacy of Inner Wheel District 308.

Wishing you all a year filled with purpose, progress, and pride in the wonderful work we do as Inner Wheel sisters.

“*Let's step up, led by example, and leave a trail of kindness wherever we go.*”
With this spirit, wishing you all a remarkable year ahead!

With warm regards and Inner Wheel love,
Pooja Goel
District Chairman 2025-26
Inner Wheel District 308



DISTRICT EDITOR MESSAGE

Dear Club Editor & President
Warm Greetings!

Glad to pen down for your Club's first Newsletter. Your creativity is the voice of our clubs! Through your dedication and passion, you capture the spirit, service, and smiles of Inner Wheel. Let your words continue to inspire and unite. Together, let's make this year's journey vibrant and unforgettable—one beautifully crafted page at a time! Keep shining!

Your role is powerful — you don't just report events, you preserve memories, inspire action, and build connections across our District. Let your pens flow with purpose and pride. We are one team, one dream — and your words will lead the way!

Always there for you.

Regards,
Manju Sharma
District Editor

MONTH	CAMPAIGN AT NATIONAL LEVEL
July 25	I Love Inner Wheel
August 25	Inner Wheel Cares Environment
September 25	Inner Wheel Promotes Literacy
October 25	Inner Wheel Care For Healthy Heart
November 25	Inner Wheel Cares For Senior Citizens
December 25	Orange The World
January 26	IIW Theme
February 26	Inner Wheel Ignites Wellness Journey
March 26	Save The Water
April 26	Awareness On Cyber Crime
May 26	Mental Health Matters
June 26	Drop Drugs ,Not Dreams





Online photo frame was made with the logo "I LOVE INNERWHEEL". Members enjoyed the spirit of a love and dedication of INNERWHEEL and posted pictures on their social platforms (Facebook, Instagram,watsapp) for Innerwheel

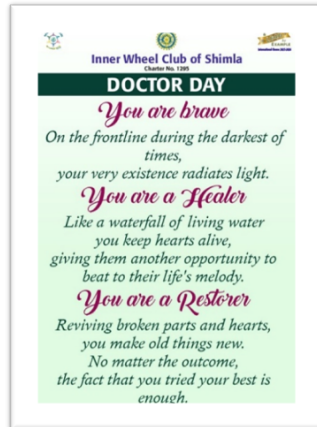


Inner wheel club Shimla announced first physical project of the new Tenure 2025-2026 on 2nd July, under the dynamic leadership of President Mrs. Nirupma Chaudhary and her golden bond team. The Inner wheel sisters showcase Himachal culture by wearing Himachal attire and showcasing the beautiful and vibrant Himachal culture by branding love for Inner wheel club and performing Himachali nati.



Free eye screening test for students of DAV Primary school, Middle Bazar, Shimla organized by Inner Wheel Club Shimla on Friday 4th July 2025 under the leadership of Mrs. Nirupma Chaudhary President Inner wheel Club Shimla. Inner wheel has collaborated with Former Principal IGMC Dr. Chaudhary and Assistant Eye Specialist from Grewal Eye Institute, who will provide the necessary equipment and personnel for conducting the eye check-ups. The screening was conducted during school hours as per principal permission. Inner wheel 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. They were confident that this eye screening program will help students who may be struggling with undiagnosed vision problems, allowing them to receive timely support and improve their academic performance.





During Eye Screening Test at DAV Primary School, Middle Bazar Shimla, Doctors day was also celebrated by giving token of appreciation for the dedicated doctors to Former Principal IGMCI Dr. K.P. Chaudhary and Eye Specialist assistant from Grewal Eye Institute along with Dr. Anita Sood and Dr. Anu Dogra who are also the members of Inner wheel club, by the president Dr. Nirupma Chaudhary, counselor and Inner wheel member Mrs. Umang Banga and DAV Primary middle school principal Mrs. Kamna Beri.



Innerwheel club Shimla is following the international theme step up lead by example 2025-2026 by gifting tulsi plants on 10th July 2025 for Innerwheel branding and promoting environment- reduce, recycle and reuse. As Tulsi plants offer various environmental benefits, including air purification, biodiversity support, and acting as a natural insect repellent. They absorb pollutants and release oxygen, improving air quality, attract pollinators like bees and butterflies, and their aromatic leaves can deter certain insects.



Installation Ceremony

On July 10th 2025, Inner wheel Club Shimla one of the most renowned and prestigious charitable associations, today had an Installation Ceremony. Committed to service to mankind, the club has been involved in various projects Both at District level and club level. The event started by collaring off the outgoing president Mrs. Renu Butail ji 2024 and installation of the new president Mrs. Nirupma Chaudhary ji (2025-2026) by handing over the gavel, club charter and pin. Along with the induction of her office bearers Secretary Mrs. Vandana Sood, Vice President Mrs. Sonia Aroa, Treasurer Mrs. Sunita Jain, ISO Mrs. Navneet Kaur Virdi, Editor Dr. Kusha Pandit Chawla, Joint Secretary Mrs. Meenakshi Kuthiala and executive team: Mrs. Meera Sood, Mrs. Meenakshi Mahashe, Mrs. Meenakshi Sood, Mrs. Ruchira Tangri and Mrs. Ashmita Shukla. The roaster for 2025-2026 was also released by PIIWBD Mrs. Renu Baljee ji.





In an earnest attempt to lend a green touch to the Shimla environment and sensitize the people about their role in conserving it Inner Wheel Club Shimla organized a tree plantation ceremony on 17th July at park opposite rotary town hall. The celebration was an ideal opportunity to install the value of social responsibility in the people towards safeguarding trees and forests. The focus of the celebration was towards forming a personal connect between the human and trees through a process of experience, reflection and creation, carried out through various activities. The members also gave little performance dance on the song greenery (haryali).

**PLANT A TREE GET
OXYGEN FOR FREE!!!!**



17th July 2025 need is to grow more trees to keep our planet green and to have oxygen for free. With this spirit inner wheel club Shimla Pasted posters outside the shops and hotels for awareness and importance of environment and tress in our lives

दैनिक भास्कर शिमला भास्कर 19-07-2025

इन्टरव्हील क्लब शिमला ने पौधरोपण अभियान के तहत 150 पौधे लगाए



शिमला। इन्टरव्हील क्लब शिमला द्वारा रोटरी टाउन हॉल के सामने स्थित पार्क में पौधरोपण किया गया। अभियान के दौरान कुल 150 पौधे लगाए गए। क्लब अध्यक्ष ने नागरिकों से अपील की कि वे भी पौधरोपण में भाग लें, जिससे भाग पौड़ियों को एक बेहतर पर्यावरण मिल सके। दुकानों के बाहर जागरूकता पोस्टर भी लगाए गए। इस अभियान में क्लब की अध्यक्ष निरुपमा चौधरी, सचिव वंदना सूद, उपाध्यक्ष सोनिया अरोड़ा, आईएसओ नवनीत कौर विरदी, संपादक डॉ. कुशा पीडित चावला, कार्यकारिणी सदस्य मीनाक्षी सूद अरिपता शुक्ला, मीरा सूद, नावनिता गोयल और सदस्य शिवजी खन्ना सहित अन्य सदस्यों ने भाग लिया।





TEEJ CELEBRATION

On 27th July 2025 Our club donated 25,000 cheque for the Zonal Project 'Hope' at solan to zonal counsellor Mrs. Sangeeta Trehan and ZCC Mrs. Renu Sharma in the presence of district chairman Mrs. Pooja Goel. Our club members celebrated Teej festival with zonal club by participating in folk singing and cutting the cake with district chairman Pooja Goel ji and zonal counsellor Sangeeta Trehan ji and ZCC Renu Sharma ji. Members sang songs and danced and did ramp walk. PDC Mrs. Neelam Vij ji won third prize in folk teej singing competition and brought pride to our club. President Mrs. Nirupma Chaudhary ji distributed token of appreciation among the members of Inner Wheel Club Shimla who took part in the event and Mrs. Vandana Sood also distributed Suhangi on teej celebration to the Inner wheel members present for occasion

DONATION FOR KANDA JAIL



On 27th July 2025 Our club contributed 25,000 cheque for the Zonal Project 'Hope' at solan to zonal counsellor Mrs. Sangeeta Trehan and ZCC Mrs. Renu Sharma in the presence of district chairman Mrs. Pooja Goel.

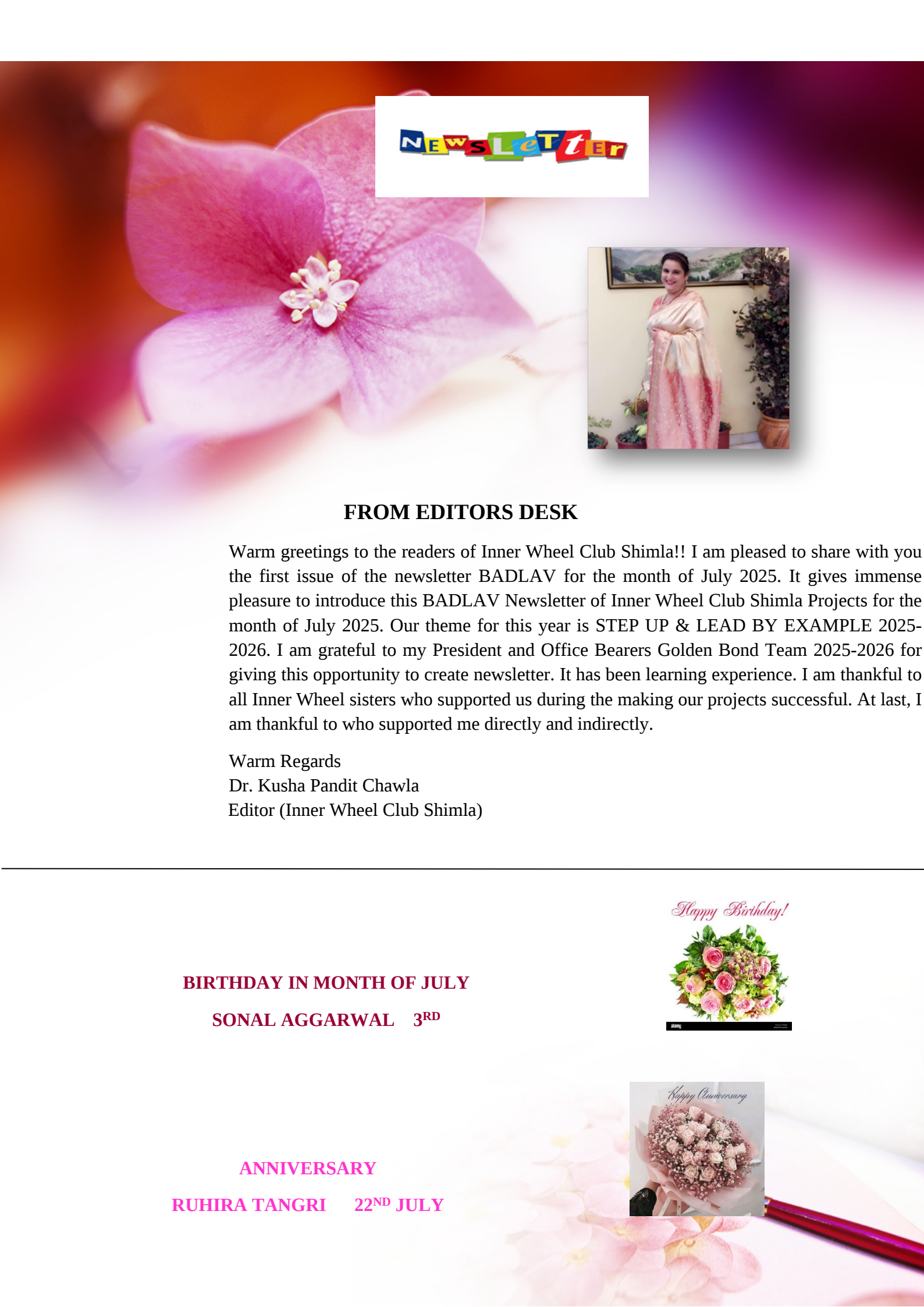


Mrs. Navneet Kaur Viridi ISO exchanged the 2 flags with: -
IWC Solan,
IWC Shimla Midtown



GLIMPSE OF SOME NEWS COVERAGE





NEWSLETTER



FROM EDITORS DESK

Warm greetings to the readers of Inner Wheel Club Shimla!! I am pleased to share with you the first issue of the newsletter BADLAV for the month of July 2025. It gives immense pleasure to introduce this BADLAV Newsletter of Inner Wheel Club Shimla Projects for the month of July 2025. Our theme for this year is STEP UP & LEAD BY EXAMPLE 2025-2026. I am grateful to my President and Office Bearers Golden Bond Team 2025-2026 for giving this opportunity to create newsletter. It has been learning experience. I am thankful to all Inner Wheel sisters who supported us during the making our projects successful. At last, I am thankful to who supported me directly and indirectly.

Warm Regards

Dr. Kusha Pandit Chawla

Editor (Inner Wheel Club Shimla)

BIRTHDAY IN MONTH OF JULY

SONAL AGGARWAL 3RD

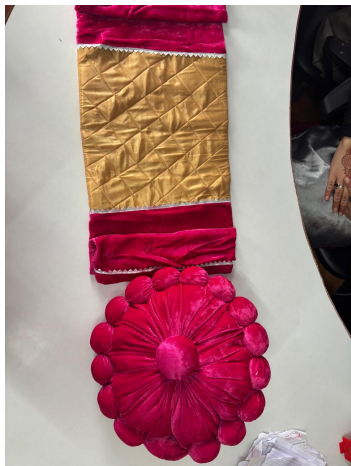
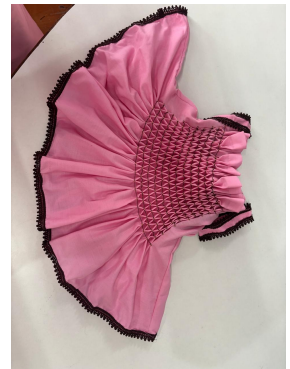


ANNIVERSARY

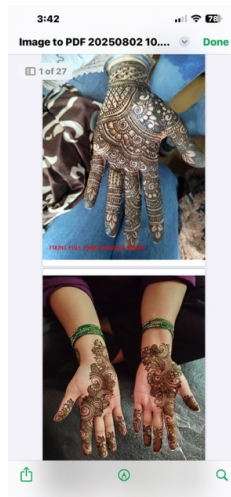
RUHIRA TANGRI 22ND JULY



VOCATIONAL CENTRE PROJECTS THE MALL SHIMLA



WORK DONE BY THE STUDENTS OF VOCATIONAL CENTRE (STITCHING) FOR THE MONTH OF JULY



WORK DONE BY THE STUDENTS OF VOCATIONAL CENTRE (BEAUTICIAN) FOR THE MONTH OF JULY

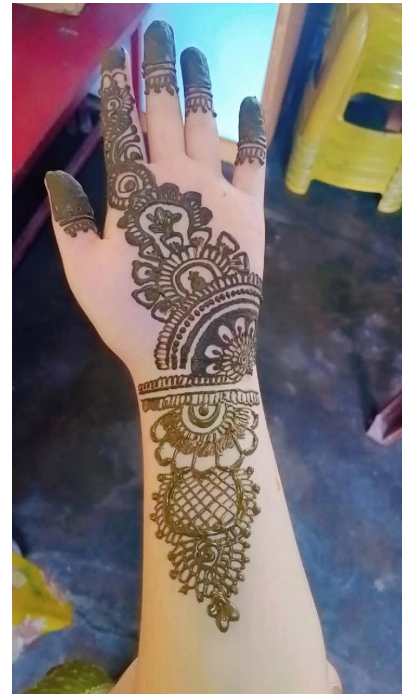
VOCATIONAL CENTRE PROJECTS DHALI CENTRE SHIMLA



FACIAL



HAIR CUTTING



MEHNDI

WORK DONE BY THE STUDENTS OF DHALI CENTRE FOR THE MONTH OF JULY

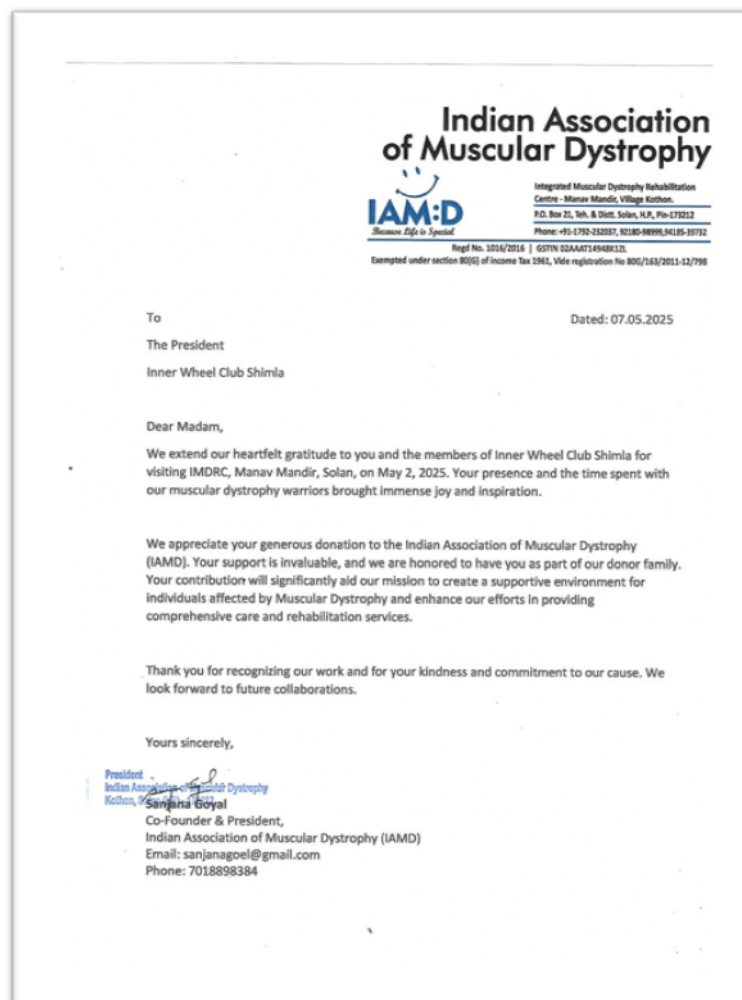




PERMANENT PROJECTS RUNNING BY INNERWHEEL CLUB SHIMLA

SENIOR CLUB MEMBER & PAST PRESIDENT MRS. VIJAYLAKSHMI SOODJI WAS HONoured BY INDIAN ASSOCIATION OF MUSCULAR DYSTROPHY FOR HER VALUABLE CONTRIBUTION TO “REHABILITATE CHILDREN WITH MUSCULAR DYSTROPHY”.

P.P MRS. VIJAYLAKSHMI SOOD JI CONTRIBUTES 10,000 EVERY MONTH TO “REHABILITATE CHILDREN WITH MUSCULAR DYSTROPHY.”





WE AS AN INNERWHEEL FAMILY WE ARE HAPPY TO SHARE THAT OUR P.P MRS. RUBY MADAN JI HAS AN ONGOING PROJECT WHERE SHE HAS ADOPTED 20 CHILDREN 10 GIRLS AND 10 BOYS FOR THEIR EDUCATION AND GIVES RS. 225,000/- YEARLY TO HIMGIRI KALYAN ASHRAM JUNGA ROAD SHIMLA. SHE AND HER HUSBAND WAS HONoured BY THE GOVERNOR THREE YEARS BACK

GALLERY





**STEP UP
&
LEAD** *by*
EXAMPLE

International theme 2025-2026