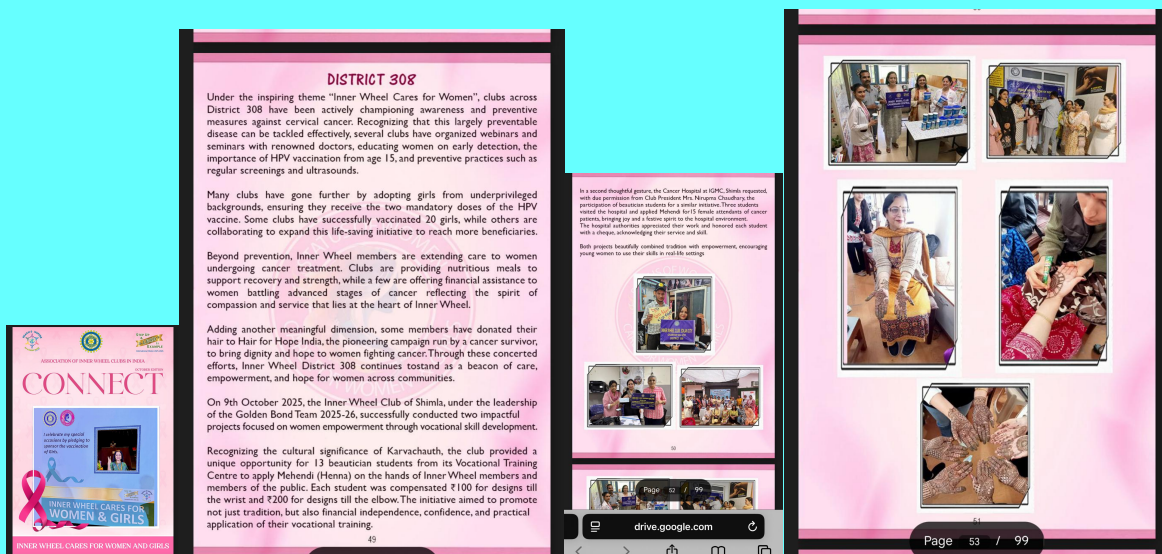




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Inner Wheel Club Shimla News Letter Golden Bonds Team 2025-2026

Editor: Dr. Kusha Pandit Chawla



Respected Innerwheel members,

All because of our PIIWBD Mrs. Renu Baljee ma'am our project on women empowerment has been published in association of Innerwheel clubs in India page number 49-51.

I on behalf of our president and golden bond team 2025-26 would like to thank Renu Baljee ma'am for her support and guidance.

Thank you so much ma'am 🙏

Dr. Kusha Pandit Chawla

Editor

Every year on October 2nd, India celebrates Gandhi Jayanti, a day dedicated to honouring the life and legacy of Mahatma Gandhi, the Father of the Nation. Gandhi Jayanti serves as a reminder of the principles and philosophies that this great leader advocated throughout his life. One of these enduring ideals is the concept of “Swachh Bharat” or Clean India. The Swachh Bharat Abhiyan, initiated by the Innerwheel Club Shimla golden bond team 205-26, aimed at fulfilling Mahatma Gandhi’s dream of a clean and hygienic India. The members picked the garbage from Mall Road, Shimla and fulfilled the cleanliness drive.



Innerwheel Club shimla golden bond team 2025-26 had a talk on cervical cancer by Dr. Himang Jharaik, MS OBG, Fellowship in Gynaecology Laparoscopy, Fellowship in basic Infertility. Medical Officer Specialist posted at DDU ZH (Ripon).

He said during the talk that, “Globally, cervical cancer is the fourth most common cancer in women, with around 660 000 new cases in 2022. In the same year, about 94% of the 350 000 deaths caused by cervical cancer occurred in low- and middle-income countries. The highest rates of cervical cancer incidence and mortality are in sub-Saharan Africa (SSA), Central America and South-East Asia. Regional differences in the cervical cancer burden are related to inequalities in access to vaccination, screening and treatment services, risk factors including HIV prevalence, and social and economic determinants such as sex, gender biases and poverty. Women living with HIV are 6 times more likely to develop cervical cancer compared to the general population, and an estimated 5% of all cervical cancer cases are attributable to HIV. Cervical cancer disproportionately affects younger women, and as a result, 20% of children who lose their mother to cancer do so due to cervical cancer.”

The talk ended by question-and-answer round. President Nirupma Chaudhary ji. Secretary Mrs. Vandana Sood, executive member Mrs. Meenakshi Sood and Innerwheel Member Dr. Anita Sood thanked Dr. Himang Jharaik by memento of appreciation.



Innerwheel Club Shimla Golden bond team 2025-26 Celebrated Dusshera by dressing up in 1970's fashion. The members enjoyed festival by dancing and playing games. Dr. Anita Sood was crowned by flower tiara for best dress up of 1970's fashion by the president Mrs. Nirupma Chaudhary ji.



Karwa Chauth is a cherished festival in India where married women fast for the longevity and well-being of their husbands. Many view it as a beautiful expression of love and devotion, a day dedicated to celebrating marital bonds. Innerwheel club Shimla Golden bond team 2025-26 celebrated this bond by giving empowerment to the beautician students of vocational Centre. The girls put mehendi on the hands of public and Innerwheel members and was paid 100 rupees per hand till wrist and 200 rupees per hand till elbow. The project ended with full enthusiasm and love. Thirteen vocational Centre beautician students put heena on the Hands and earned total amount 4950 rupees.



Cancer hospital IGMC Shimla took permission from our president Mrs. Nirupma Chaudhary Innerwheel club shimla golden bond team 2025-26 to Send our vocational centre beautician students to put mehendi on the hands of the attendees of the cancer patients so that karvachauth festival can be celebrated with happiness and love.

Three students went to cancer hospital and applied Heena on the hands of 15 attendees ladies. The hospital incharge gave 2000 cheque each to the three students for appreciating their work. So the total amount girls got was 6000 rupees.

The chairman of our vocational centre PIIWBD Mrs. Renu Baljee appreciated the work of the Students and said that such kind of empowerment projects for the girls should take place in future also.



Innerwheel club Shimla golden bond team 2025-26 organised a webinar save water and recycle garbage. The talk was given by counsellor Mrs. Umang Banga. The webinar was very informative everyone enjoyed it and at the end there was question and answer round.

People also joined us for different districts for the webinar



Innerwheel club Shimla golden bond team 2025-26 gifted steel lunch boxes to 50 traffic police officers on the occasion of bhai dhuj. The project started with putting tilak and paying gratitude to traffic police for their dedication and hardwork they do for society.

The members present for the project was president Mrs. Nirupma Chaudhary and editor Dr. Kusha Pandit Chawla



Innerwheel club Shimla golden bond team 2025-26 organised a traffic rule talk by the traffic police officer where he told us about the signs and essential rules which we should follow during driving and crossing the road.

The members present for the project was president Mrs. Nirupma Chaudhary and editor Dr. Kusha Pandit Chawla



WEBINARS

Innerwheel club Shimla golden bond team 2025-26 organised a webinar on breast cancer. The talk was given by Dr. Himang Jharaik from KNH hospital. The webinar was very informative everyone enjoyed it and at the end there was question and answer round. People also joined us for different districts for the webinar.



Innerwheel club Shimla golden bond team 2025-26 organised a webinar on cervical cancer. The talk was given by Dr. Himang Jharaik from KNH hospital. The webinar was very informative everyone enjoyed it and at the end there was question and answer round. People also joined us for different districts for the webinar .





Innerwheel club Shimla golden bond team 2025-26 organised a health camp

At senior citizens club. Where senior citizens were taught some basic asanas and breathing exercises by Dr. Kusha Pandit Chawla. In the end senior citizens asked which Asanas to be done for some diabetes, blood pressure, knee joints etc.

The members present for the event was President Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla and executive member Mrs.



Innerwheel club Shimla golden bond team 2025-26 went to senior citizens club shimla where they showed their concern for seniors. In case of emergency they pasted posters of emergency numbers on the walls of the club.

The members present for the event was President Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla and executive member Mrs. Meenakshi Sood.



Innerwheel club Shimla golden bond team 2025-26 went to senior citizens club shimla where they donated pillar heater with warmth of love and care for the seniors in winter season.

The members present for the event was President Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla and executive member Mrs. Meenakshi Sood.



Innerwheel club Shimla golden bond team 2025-26 went to senior citizens club Shimla where they met senior citizens and spend quality of time with them where there was laughter, fun, sharing views and listening to them.

Himachali famous singer Mrs. Roshni Sharma sang beautiful himachli song for the senior citizens. Even one of the senior members sang gazal and our executive member Mrs. Meenakshi Sood sang bhajan for the seniors. The event ended with tea and snacks.

The members present for the event was President Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla and executive member Mrs. Meenakshi Sood.



APPRECIATION FROM GOLDEN BOND TEAM 2025-26



Mrs. Meenakshi Sood



Mrs. Meera Sood

- Mrs. Meera Sood ji: Looked after the duty of a Treasurer on her absence from July-September
- Mrs. Meenakshi Sood ji: Took over the responsibility to renovate Vocational Centre, The Mall Shimla with full dedication and love

RENOVATION PICTURE OF VOCATIONAL CENTRE



VOCATIONAL CENTRE HISTORY

The place where the Inner Wheel Club of Shimla is running the Vocational Center was actually a dispensary. It was opened with a purpose to treat and help the less privileged people who couldn't afford the medicines. Rotary Club along with Inner Wheel, used to run the project with the help of their respective doctors but due to some reasons, the decision was taken to close it.

As we had such a huge n central place in the heart of the city, our club decided to open the Vocational Center for stitching here. It was started in the year 1984 .at that time we had only two machines and a teacher to start with. Very soon the Center started getting a response from the girls. Gradually it increased the number of the students and with the tremendous hard work of the teachers and the members it became popular. After a few years the girls showed their interest for Beautician course and seeing the demand, the club decided to open it with a classified teacher, which was a great success.

I am very proud to say that at present we are training almost 250 students and making them independent, contributing in women's empowerment.



VOCATIONAL CENTRE, THE DHALI SHIMLA



BEAUTICIAN



VOCATIONAL CENTRE, THE MALL SHIMLA

STITCHING



BEAUTICIAN



BIRTHDAYS

MRS. MADHU SOOD	6 TH
MRS. NAMITA NAAG	7 TH
MRS. ABU ARORA	8 TH
MRS. SARITA DOGRA	12 TH
MRS. RUBY MADAN	27 TH

ANNIVERSARY

MRS. SARITA DOGRA	2 ND
MRS. PURNIMA CHAUHAN	3 RD
MRS. MEENAKSHI BUTAIL	12 TH
MRS. MADHU SOOD (JR)	16 TH
MRS. NAVNEET KAUR	17 TH



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NOV 1, 2025



**I KNOW
IT'S
LONG GONE
AND
THAT MAGIC'S
NOT HERE
NO MORE.**





वरिष्ठ नागरिक को हीटर देते इनर व्हील क्लब की सदस्य। स्रोत : क्लब

शिमला। इनर व्हील क्लब शिमला ने शुक्रवार को वरिष्ठ नागरिक क्लब संजोली का दौरा किया। इस दौरान क्लब की संपादक डॉ. कुशा पंडित चावला ने वरिष्ठ नागरिकों को आसन और श्वास व्यायाम सिखाए। डॉ. चावला ने लोगों द्वारा पूछे प्रश्नों के उत्तर भी दिए। इसके बाद वरिष्ठ नागरिकों के लिए मनोरंजक खेल आयोजित किए गए। इसमें सभी सदस्यों ने बड़ चढ़कर भाग लिया। अंत में क्लब की अध्यक्ष निरुपमा चौधरी ने वरिष्ठ नागरिक क्लब को एक पिलर हीटर दान किया। इस अवसर पर क्लब की

कर्मियों को बांटे लं

शिमला ने भाई दूज पर ट्रैफिक पुलिस



बधाई दी और कहा कि ट्रैफिक मजबूत स्तंभ है जो जनता की पुलिस शहर की व्यवस्था का वह सुरक्षा के लिए डटो रहती है। यह

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धिकारी ने यातायात नियमों पर व्याख्यान भी दिया। शा पंडित सहित कई पुलिस कर्मचारी और गण्यम

हमें ने भाई दूज का पर्व भाई-बहन



ट्रैफिक कर्मियों के साथ भाई दूज मने



वरिष्ठ नागरिक को हीटर देते इनर व्हील क्लब की सदस्य। स्रोत : क्लब

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