



BADLAV

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

Editor: Dr. Kusha Pandit Chawla

Innerwheel club shimla golden bond team 2025-26 organised a talk on “dental hygiene by Dr. Neetu thakur Dental Surgeon BDS MN DAV Dental College Solan. She said that,” Proper oral hygiene is essential for healthy teeth and gums. This includes daily brushing and flossing. In addition, you should see your dentist regularly for dental exams and cleanings. Preventative dentistry gives you the best chance for a beautiful smile and long-lasting oral health.”

After the talk the momento of appreciation Was given to the doctor by PDC Bhuvan Rana ji, PDC Meena Ranautji along with President Mrs. Nirupma Chaudhary .

Golden bond team 205-26 2also distributed dental kit to the children of government primary school BOH.

The members present for the event was Members present president Mrs. Nirupama Chaudhary, secretary Vandana Sood, editor Dr. Kusha pandit Chawla dr. Alka Kaushal, Mrs. Renu Butail, Mrs. Anjana Aggarwal, Mrs. Sunita Jain, Mrs. Vijay Lakshmi , Mrs. Renu Baljee, Mrs. Bhuvan Rana, Mrs. Meenakshi Sood, Mrs. Meena Ranaut, Mrs. Neelam Vij, Mrs. Geeta Laul.



Innerwheel club Shimla Golden Bond team 2025-26 believes in caring and loving the young minds. Hence today Innerwheel club Shimla gifted 25 blazers to the students of government primary school BOH village.

Members present president Mrs. Nirupama Chaudhary, secretary Vandana Sood, editor Dr. Kusha pandit Chawla Dr. Alka Kaushal, Mrs. Renu Butail, Mrs. Anjana Aggarwal, Mrs. Sunita Jain, Mrs. Vijay Lakshmi , Mrs. Renu Baljee, Mrs. Bhuvan Rana, Mrs. Meenakshi Sood, Mrs. Meena Ranaut, Mrs. Neelam Vij, Mrs. Geeta LauL.





Innerwheel club Shimla golden bond team 2025-26 celebrated pre children day where the students of government primary school boh danced and was appreciated by the club by giving them certificates of appreciation.

Members present president Mrs. Nirupama Chaudhary, secretary Vandana Sood, editor Dr. Kusha pandit Chawla Dr. Alka Kaushal, Mrs. Renu Butail, Mrs. Anjana Aggarwal, Mrs. Sunita Jain, Mrs. Vijay Lakshmi , mrs. Renu Baljee, Mrs. Bhuvan Rana, Mrs. Meenakshi Sood, Mrs. Meena Ranaut, Mrs. Neelam Vij, Mrs. Geeta Laul.





Today Innerwheel club Shimla golden bond team 2025-26 organised a nukkad natak by the government primary school boh village. Students where they educated everyone to save environment by planting trees.

Members present president Mrs. Nirupama Chaudhary, secretary Vandana Sood, editor Dr. Kusha pandit Chawla Dr. Alka Kaushal, Mrs. Renu Butail, Mrs. Anjana Aggarwal, Mrs. Sunita Jain, Mrs. Vijay Lakshmi , mrs. Renu Baljee, Mrs. Bhuvan Rana, Mrs. Meenakshi Sood, Mrs. Meena Ranaut, Mrs. Neelam Vij, Mrs. Geeta Laul.



Innerwheel club Shimla golden bond team believes in Student creativity. The selfie frame was made By the student of vocational center dhali for the branding of Innerwheel club. The PDC Mrs. Meena Ranautji and PDC Mrs. Neelam Vij ji, President Mrs. Nirupma Chaudhary ji and secretary Mrs. Vandana Sood ji appreciated the student work by giving the certificate of appreciation.

The members present were PDC Mrs. Meena Ranaut, PDC Mrs. Neelam Vij, President Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, treasurer Mrs. Sunita Jain, editor Dr. Kusha Pandit Chawla, executive member Mrs. Meenakshi Sood.



Innerwheel club Shimla golden bond team 2025-26 celebrated pre children day celebration with the children by celebrating Aumisha Chawla birthday and cutting the cake for childrens day with the students of government primary school boh.

The Celebration ended with small gifts given to the children by the editor Dr. Kusha Pandit Chawla.

Members present president Mrs. Nirupama Chaudhary, secretary Vandana Sood, editor Dr. Kusha pandit Chawla Dr. Alka Kaushal, Mrs. Renu Butail, Mrs. Anjana Aggarwal, Mrs. Sunita Jain, Mrs. Vijay Lakshmi , mrs. Renu Baljee, Mrs. Bhuvan Rana, Mrs. Meenakshi Sood, Mrs. Meena Ranaut, Mrs. Neelam Vij, Mrs. Geeta LauL



Innerwheel club Shimla organised a slogan writing competition at DAV Iakkar Bazar, school. The Students wrote slogan on the topic" no violence against women and girl child". The winners were given Memento's by the President Mrs. Nirupma Chaudhary. The members present for the project was president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla, executive member Mrs. Meenakshi Sood.



Innerwheel club Shimla golden bond team 2025-26 celebrated children day with DAV lakkar bazar students by organising games by the event and sports manager Mr. Shahnawaz.

Various fun games was played and students enjoyed it fully.

In the end President Mrs. Nirupma Chaudhary gave certificate of appreciation to Mr. Shahanawaz.

Members present for the project was president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana sood, editor Dr. Kusha Pandit Chawla and executive member Mrs. Meenakshi Sood.



Innerwheel club Shimla organised an environment awareness slogan by the young minds (students of given government primary school BOH).





To spread awareness among different strata of the society about “No Violence against women or girl child” a Walkathon was organized by Inner wheel club Shimla (Golden Bond Team 2025-26) today. The event was organized as a part of non violence against women and girl child Awareness Week.

Coinciding with the event, a pledge was also administered to the members of Innerwheel club Shimla. The event started by honouring the chief guest Mr. Surender Chauhan (Mayor), guest of honour PIIWBD Mrs. Renu Baljee (Innerwheel club Shimla) and special guest Mrs. Umang Banga (counsilor) with Himachali cap and non violence against women sashes by President Mrs. Nirupma Chaudhary.

Various fun games were also organised during the walkathon such as Tug of war, balloon fun games etc. event coordinator Mrs. Vandana Sood (Secretary) and Dr. Kusha Pandit Chawla (Editor) encouraged everyone to participate.

PIIWBD Mrs. Renu Baljee, PDC Mrs. Bhuvan Rana President Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, vice president Mrs. Sonia Arora, editor Dr. Kusha Pandit Chawla, executive member Mrs. Meenakshi Mahashae Innerwheel members Mrs. Vijaylakshmi Sood, Mrs. Namita Naag, Mrs. Shubhi along with Vocational centre students and teachers Rumli and Veena which run by Innerwheel club, general public and chief guest Mr. Surender Chauhan and special guest counsilor Mrs. Umang Banga participated in the walkathon. and executive member Mrs. Meenakshi Sood.



Innerwheel club Shimla golden bond team 2025-26 Organised fun game activities for the students of vocational centre at ridge. The game was to motivate girls and make them stronger against violence. The games include tug of war and many others. The members present for the project were president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla, vice president Mrs. Sonia Arora executive member Mrs. Meenakshi Mahashae and Innerwheel member Mrs. Namita Naag



Self-defense is important for girls as it builds confidence and empowerment, enhances physical and mental strength, and improves situational awareness. It equips them with practical skills to protect themselves from threats like harassment and assault, and fosters a sense of independence and resilience.

Innerwheel club Shimla facilitated young girls to learn taekwondo for self defence and confidence.



BIRTHDAYS

Mrs. Ashmikta Shukla	2 nd
Mrs. Shubhi Khanna	3 rd
Mrs. Meenakshi Kuthiala	8 TH
Mrs. Guneet Kaur	8 th
Mrs. Sonia Arora	14 th
Mrs. Asha Bamba	24 th
Dr. Alka Sharma Kaushal	

ANNIVERSARY

Mrs. Rajni Verma	7th
Mrs. Poonam Sood	8 th
Mrs. Kanan Diwan	12 th
Mrs. Bhavna Aggarwal	21 st
Mrs. Kiran Manchanda	24 th
Mrs. Gurmeet Kaur	26 th
Dr. Alka Sharma Kaushal	27 th
Mrs. Meenakshi Kuthiala	30 th



Certificate distribution ceremony at Vocational Centre



GALLERY



DEC 2, 2025

