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

Editor: Dr. Kusha Pandit Chawla

INNER WHEEL CLUB SHIMLA
NEWSLETTER

(Dec 2025- April 2026)

[SIXTH EDITION]

Inner Wheel Club Shimla organised a talk on “women laws and rights” at rotary town hall by Ms. Mehak Sood. She said that Women's rights and laws are designed to ensure equality and protect women from various forms of discrimination and violence. Key areas include the right to education, equal pay, and property ownership, as well as specific legal protections against domestic violence, sexual harassment at the workplace, and dowry. Laws often guarantee access to free legal aid, maternity benefits, and reproductive rights, while also addressing issues like child marriage and Sati.

The talk ended by giving a memento to Ms. Mehak Sood by PIIWBD Mrs. Renu Baljee ji, PP Mrs. Vijaylakshmi Sood ji and president Mrs. Nirupma Chaudharyji.



Inner Wheel Club Shimla believes Taekwondo is important for girls as it provides practical self-defense skills, improves physical fitness, and builds crucial mental and emotional resilience like confidence and self-discipline. It teaches how to create distance using powerful kicks and strikes, and the training under stress helps with situational awareness and strategic responses. Beyond physical defense, the discipline of Taekwondo fosters empowerment and mental toughness that are beneficial in all areas of life.

Inner Wheel Club Shimla appreciated five year old Student Ms. Aumisha Chawla who is learning taekwondo from Indira Gandhi sport complex with the memento.

The memento was presented to her by Inner wheel club president Mrs. Nirupma Chaudhary secretary Mrs. Vandana Sood, treasure Mrs. Sunita Jain and executive member Mrs. Meenakshi Sood.



Inner Wheel Club Shimla organised a talk on “Toilet SHE Deserves SHE also stands for safe hygienic” by RJ Ms. Shalini Sharma at vocational centre, the mall Shimla Shalini Sharma said, “November 19th marks World Toilet Day, and we're launching a powerful radio campaign under our National Purpose Initiatives - "Toilet SHE Deserves" - (S. Safe, H. Hygienic, E. Equipped) to highlight the urgent need for safe, hygienic, and equipped public toilets for women in India.”

“All RJs take a stand and create awareness around how Access to poorly maintained public toilets has significant impacts on hygiene, health, safety, and well-being of women across the country and how it affects women education, workforce and related issues.”

The talk ended with token of appreciation which was given to Ms. Shalini sharma and councillor Bhattakufer Mr. Narender Thakur by our PIWBD Mrs. Renu Baljee and president Mrs. Nirupma Chaudhary gave token of appreciation to Ms. Shalini Sharma team members Mr. Chandan Bhardwaj and Mr. Ankush Sharma





Inner Wheel club Shimla organized a talk on women rights and laws” by Ms. Mehak Sood at Vocational Centre, The Mall Shimla. The girls were told about their rights and where they can go of, they are feeling any kind of abuse (physical, mental or financial) at home or in the society. The helpline numbers were given to her and oath was taken that we will secure our world.



Inner Wheel Club Shimla gave winter scarves and socks focuses on community warmth, essential comfort, and holiday spirit, highlighting how these items fight cold, boost morale, and serve as thoughtful gifts, for the occasion of Christmas month.

The winter scarves and socks were given to 20 horse men standing on ridge, puri vala sits under the tree at ridge, old pram man above 70 years, beggars outside shiv mandir, cobbler (mochi) and burger men near shiv mandir.

They heart were filled with gratitude when they got the gifts and they thanked the members.



Inner Wheel Club Shimla gave polio vaccination to children at vocational centre the mall Shimla collaboration with Chief medical officer, Shimla on “nation wide pulse polio abhiyan”.



Inner Wheel Club Shimla celebrated inner wheel day with the laborers working near chalet day school below rain shelter. The khichdi and tea were served among 70 laborers along with ghachak (chiki) peanuts (mufli) were also distributed.

The Inner wheel members also donated warm gaiters, jackets and woolen wear to the laborers to keep them warm during winters. 100 kg Kanak was also donated by Mrs. Meenakshi Mahashae daughter Vidushi.



Inner Wheel Club Shimla served tea to 70 labourers during winter on the occasion of Inner Wheel Day



Inner Wheel Club Shimla had a press conference today with city channel regarding Inner Wheel Club Shimla history and projects done by the club. President Mrs. Nirupma Chaudhary told the press about the upcoming projects and the projects which has already been done during her tenure .



Inner Wheel Club Shimla celebrated Lohri by distributing peanuts and Ghahak to the beggars sitting outside shiv mandir middle bazar.



The club members also distributed the peanuts and ghachak with vegetable man, mochi and chat burger men outside shiv mandir. Lohri means celebrating happiness and members spread happinesses among these people.



International Inner Wheel Shimla sponsored track the India Vision Project. This joint initiative comfort, care, and from underprivileged families during the winter season.



On the occasion of Day, Inner Wheel Club suits for 14 children under Foundation’s Sneh Sparsh aimed to spread warmth, compassion among children

Inner Wheel Clun Shimla donated two dares to the students of Jakhoo School. So the children can sit comfortably and enjoy studying.



As part of women empowerment , Inner Wheel Club Shimla proudly inaugurated a Smart Computer Classroom on 16th March 2026, with the installation of desktop computer at Vocational Centre, The Mall Shimla .

This initiative aims to enhance the computer skills of underprivileged girl students, empowering them with the digital knowledge essential for academic success and future career opportunities. The ribbon-cutting ceremony was conducted by president Mrs. Nirupma Chaudhary, along with past president Dr. Alka Kaushal, secretary Mrs. Vandana Sood, Editor Dr. Kusha Pandit Chawla other vocational centre teachers and students.

The two club members will be teaching computer to the Students Dr. Alka Kaushal and Dr. Kusha Pandit Chawla.

The members present for the event were:

ISO Mrs. Navneet Kaur Viridi, Meenakshi Kuthiala executive member, and past president Renu Butail club members.

Project category: care for women/girl

Project title: inauguration of computer class at vocational centre Shimla

Beneficiary:50

Amount spend: 8,500



Inner wheel club Shimla took part in the skit on women empowerment at inner wheel club solan and took the first place. The skit was on women rights and women empowerment. Members took part in the skit were president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, editor Dr. Kusha Pandit Chawla and executive member Mrs. Ashmita Shukla. Member present for the event was executive member Mrs. Meenakshi Mahashae.

Project category : care for women and girl
Project title: skit on women empowerment
Beneficiary: 50
Amount:900



Project description:

Inner wheel club Shimla took part in the famous women ramp walk on women empowerment at inner wheel club solan. Dr.

Kusha Pandit Chawla became Jhansi ki rani and Mrs. Vandana Sood became Miss Universe 1994.





Inner wheel club Shimla took part in the fun advertisement on tea at inner wheel club solan. Which came out to be very fun.

Mrs. Ashmita Shukla and Dr. Kusha Pandit Chawla took part.



Inner wheel club Shimla took part in poster making on women empowerment at inner wheel club solan. The poster was on women power of doing anything made by Dr. Kusha Pandit Chawla. Project category: care for women and girl





Inner wheel club Shimla went for inauguration of pink booth (feeding station) at Solan which was organised by Inner a wheel Club Solan. Members present for the project were: president Mrs. Nirupma Chaudhary, secretary Mrs. Vandana Sood, editor Dr. Kusha Pandot Chawla, executive member Mrs. Ashmita Shukla.



As part of women empowerment, Inner Wheel Club Shimla president encourages the student and gave Cash in advance for a frock for her granddaughter at Vocational Centre, The Mall Shimla. To make Gown/ frock which is to be prepared by the student of vocational Centre. The main motive for the project was to make the students of our vocational Centre Economically independent we took up this project

Project category: care for women/girl

Project title: make vocational Centre stitching student economically independent beneficiary:1

Amount spend: 3,000



Inner Wheel Club Shimla organised a personality development talk by Mr. Manish Kumar (Scientologist) for the girls of vocational centre. The talk ended with great enthusiasm. Members present for the event was PDC Mrs. Bhuvan Ranaji, president Mrs. Nirupma Chaudharyji, Secretary Mrs. Vandana Soodji along with the teachers of vocational centre.



Inner wheel club Shimla president and Golden Bond team 2025-26 honoured PDC Mrs. Bhuvan Rana. With the life time achievement medal as the member of our Inner Wheel Club Shimla.



PDC Bhuvan Rana ji believes in women empowerment, hence she donated 15 sarees in vocational centre which can be used as a material by the students of vocational centre.



Inner Wheel Club Shimla organised a talk on medical aid by Dr. Himani Singh Member Secretary presently posted at SIHFW Parimahal Shimla.

In her talk she told about First aid is immediate, temporary care given to an injured or ill person to preserve life, prevent worsening conditions, and promote recovery until professional medical help arrives.

The memento of thanks was given to Doctor

Himani Singh and Mrs. Seema Bragta

clinical instructor in Navedita nursing college IGMC Shimla, Who also told us about medical emergency



FLAG EXCHANGE

ISO Mrs. Navneet Kaur Virdi met and exchange flag with Mrs. Laxmai Jain president of Inner Wheel Club of Bombay Hanging Garden District 314



ISO Mrs. Navneet Kaur Virdi met and exchanged flag with the heartwarming President of Inner Wheel Club of Chembur Tiara Dr Seema









Galaxy - NE - Nisarga
30 Jan 2025 1:18 pm

धान में महिलाओं के लिए भी पुरुषों के बराबर अधिकार

एजेंसी

संवैधान में महिलाओं के कानूनों और अधिकारों को वातावरण का आयोजन किया जाता है। यह बताता है कि महिलाओं के लिए शिक्षा, स्वास्थ्य, समान वेतन और अधिकार दिया है।

10 टाउन हॉल में आयोजित मुख्य वक्ता महक सूद ने महिलाओं के अधिकार

महिलाओं को भी समान वेतन-संपत्ति का हक

और कानून समानता सुनिश्चित करने और महिलाओं को भेदभाव-हिंसा से बचाने के लिए बनाए गए हैं।

वातावरण का आयोजन इनर व्हील क्लब शिमला की ओर से करवाया गया। महक सूद ने बताया कि कानून हमें निराल्प कानूनी

सहायता, मातृत्व से अधिकारों तक पहुंच को हैं। क्लब छात्रा आभार स्मृति चिह्न देकर सम्पत्ति किया। क्लब की अध्यक्ष चौधरी ने कहा कि सड़क के लिए आत्मरक्षा सीखना इस दौरान विजयाल अध्यक्ष निरुपमा चौधरी वंदना सूद, डॉ. कुंज चौधरी, रेनु बालजी, मी और मीनाथी महारो मौजूद



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कोसिएशन के कोषाध्यक्ष दिल्ली में होगा। भारतीय राष्ट्रीय

महिलाओं को शौचालयों की सफाई के अधिकार

रेडियो जाँकी शालिनी ने अभियान के प्रति महिलाओं को गरी दी।

जनिक शौचालय साफ और स्वच्छ से लैस होना महिलाओं का

अधिकार है। शालिनी ने कहा शौचालय साफ न हों, पानी महिलाओं से जुड़ा आवश्यक हों तो वह शिकायत और सफाई कर सकती हैं। विश्व शौचालय पर एक शक्तिशाली रेडियो

All Posts

इनर व्हील क्लब ने 70 मजदूरों को खिचड़ी खिलाकर मनाया इनरव्हील डे

10 January 2026 | एंकर न्यूज़ | Anchored News





BIRTHDAYS

JANUARY

1. Mrs. Meenakshi Butail 01
2. Mrs. Sudesh Ahuja 24th

FEBRUARY

3. Mrs. Poojam Sood 2nd
4. Mrs. Meena Ranaut 8th
5. Mrs. Bhavna Sood Aggarwal 9th
6. Dr. Purnima Chauhan 12th
7. Mrs. Priyanka Vats 12th
8. Ms. Meher Kaushal 15th
9. Mrs. Geetanjali Jain 19th
10. Mrs. Neelam Vij 28th

MARCH

11. Mrs. Bhuvan Bana 01
12. Mrs. Geetika Sood 4th
13. Mrs. Rekha Sood 7th
14. Mrs. Madhu Sood (Sr.) 12th
15. Mrs. Vijay Lakshmi Sood 18th
16. Mrs. Raj Dogra 20th
17. Dr. Shilpi Sood 22nd

APRIL

18. Mrs. Kamlesh Thakur 2nd
19. Mrs. Meenakshi Sood 7th
20. Mrs. Kanan Diwan 20th
21. Mrs. Renu Baljee 25th
22. Mrs. Rajni Verma 27th
23. Mrs. Vandana Sood 28th
24. Dr. Anita Sood 29th
25. Mrs. Nirupma Chaudhary 30th



STEP UP
& LEAD
BY EXAMPLE
International Month 2022-2023

DECEMBER

53. Mrs. Umang Banga 3rd
54. Mrs. Anjana Aggarwal 4th
55. Dr. Anu Dogra 10th
56. Mrs. Meenakshi Mahashe 18th
57. Mrs. Neetu Goel 27th
58. Mrs. Aastha Mahajan Sood 31th



ANNIVERSARY

FEBRUARY

1. Mrs. Sunita Jain 8th
2. Mrs. Geetika Sood 23rd

MARCH

3. Mrs. Ashmita Shukla 5th
4. Dr. Kusha Pandit Chawla 9th
5. Mrs. Nirupma Chaudhry 12th

APRIL

6. Mrs. Renu Butail 17th
7. Mrs. Vandana Sood 25th
8. Mrs. Poonam Comar 26th



STEP UP
& LEARN
EXTRA
International theme

DECEMBER

34. Mrs. Shubhi Khanna 4th
35. Mrs. Manju Khanna 5th
36. Mrs. Namita Nag 5th
37. Mrs. Sonia Arora 7th
38. Mrs. Priyanka Vats 7th
39. Mrs. Meera Sood 10th
40. Mrs. Sudesh Ahuja 11th
41. Mrs. Meenu Sood 11th
42. Dr. Anita Sood 12th
43. Mrs. Abu Arora 13th

