

2003 - 2004



2003 - 2004.

INNER WHEEL CLUB OF COIMBATORE

2003-2004

President

Mrs. Usha Thirugnanam

Secretary

Mrs. Chetna Shah

MINUTES FOR INCOMING-OUTGOING MEETING

Held on 10th June 2003

The meeting of the incoming and outgoing office bearers was held on the 10th June 2003 at the residence of PDC Mrs. Vijaya Lakshmi Ravi.

It was resolved by the committee members to open 2 accounts in the name of Inner Wheel Club of Coimbatore.

A) General account

B) Charity account

This will be jointly operated by Treasurer Hema Khona and either by the President Usha Thirugnanam or Secretary Chetna Shah.

President elect Usha discussed about continuing the ongoing projects and the projects to be taken up the year ahead with a low budget and wider social benefits.

Discussion for the instillation on the 3rd of July was discussed. Mrs Manjula Ramesh editor of Mangair Malar from Chennai was to be the Chief Guest.

Usha announced her committee members.

Usha Thirugnanam (President)

Chetna Shah (Secretary)

Hema Khona (Treasurer)

Anitha Srinivasan (ISO)

Vandana Gokuldas (Editor)

Manju Shroff (Vice President)

Jyoti Zaveri (Joint Secretary)

Usha Dass (Past President)

Vijaya Lakshmi Ravi (Advisor)

Manjula Joshi

Kishore Shah

Sridevi Padmanaban

Nirmala Kasturi Rangai

Meena Wahan

Sharadha Srikant

Madan Bai

Gulshan Wagh

Chetna

Committee Meeting.

Incoming & Outgoing Meeting. 2003 - 2004.

S.No.	NAMES	Signature
1.	Usha Thirugnanam.	T. Usha
2.	Chetna H. Shah.	CHShah
3.	Hema Khona	Hemal Khona
4.	Anitha Srinivasan	Anitha Srinivasan
5.	Manju Shroff.	
6.	Manju Joshi.	
7.	Vandana Gokuldas.	
8.	Jyoti Zaveri.	Jyoti Zaveri
9.	Viyayalakshmi Ravishankar.	
10.	Thulasi Rajkumar	R. Thulasi
11.	Sharadha Srikant.	
12.	Usha Dass	
13.	Madanbai Indrachand	I. Madanbai
14.	Kishore A. Shah.	
15.	Nirmala Kasturirangai	K. Nirmala
16.	Sri Devi Padmanaban.	
17.	Meena Wahan.	Meena Wahan
18.		

INSTALLATION MEETING. 3RD. July.

I II Meeting .

S No.	NAMES	SIGNATURE
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1.	Usha Thirugnanam.	T. Urbe
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2.	Chetna H. Shah.	CH Shah
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3.	Hema Khona.	
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4.	Anitha Srinivasan.	Anitha Srinivas
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5.	Vandana Gokuldas.	
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6.	Manju Shroff.	
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7.	Manjula Joshi	
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8.	Jyoti Zaveri	
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9.	Kishore Shah.	
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10.	Sridevi Padmanaban.	
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11.	Nirmala Kasturirangai	
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12.	Madanbai Indrachand	
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13.	Meena Wahan	
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14.	Sharadha Seikant	
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15.	Vijayalakshmi Ravi	
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16.	Usha Dase	
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17.	Gulshan	
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IInd Committee Meeting.
Held on 16th August 2003.

- The IInd Committee meeting was held at Hamsa Ramkrishnan,s residence.
- Proposal of repairing the roof of the school classroom at Nambiagapalayam was discussed.
- Pulse Polio dates was announced as 4th Jan and 22nd Feb.
- A joint Project with the Rotary Club of Midtown was discussed on honoring the, '**TERRITORIAL ARMY JAWANS**' on the 27thAugust at Essorpee Rotary Hall.
- Radha Chinnaswamy, raji BAL Krishnan, Manickthai, and Anila Aggarwal had given in their resignation.
- Minutes of the installation meeting was read, approved and passed by the President and members.

II MEETING.

16.8.2003.

SNO.	NAMES	SIGNATURE
1.	Usha Thiugnanam.	Usha
2.	Chetna Shah	Chetna
3.	Hema Khona	
4.	Anitha Srinivasan.	Anitha Srinivasan
5.	Vandana Gokuldas.	
6.	Vijayalakshmi Ravi	
7.	Manju Shroff.	
8.	Manjula Joshi	
9.	Madanbai Indeechand.	
10.	Kishore A. Shah.	
11.	Jyoti Zaveri	Jyoti Zaveri
12.	Sridevi Padmanaban.	
13.	Sharadha Seikant.	
14.	Usha Das.	
15.	Meena Wahan.	
16.	Nirmala Kasturirangai	

IIIrd COMMITTEE MEETING.
Held on 18th Sep. 2003.

- The IIIrd committee meeting was held at Essorpee Rotary Hall on the 18th of Sep.
- The Raffle Draw dated on the 20th of Oct was announced.
- Radha SundarKumar's resignation was announced on that day.

III MEETING.

18.9.2003

Joint Meeting.

SNo.	NAMES.	SIGNATURE
1.	Usha Thiugnanam.	T. Usha
2.	Chetna Shah.	C.H. Shah.
3.	Hema Khona.	
4.	Anitha Srinivasan.	Anitha Srinivasan
5.	Vandana Crookdale.	
6.	Ujjayalakshmi Ravi	
7.	Manu Shroff.	
8.	Manjula Joshi	Manjula Joshi
9.	Madanbai Sanderchand	
10.	Kishore A. Shah.	Kishore Shah
11.	Jyoti Zaveri	Jyoti Zaveri
12.	Sridevi Padmanaban	
13.	Shasadhya Srikant.	
14.	Nirmala Kasturizangai	
15.	Meena Wahan.	
16.	Usha Dass.	



MINUTES FOR IV COMMITTEE MEETING

IVth Committee Meeting Held on 10th Oct 2003

- The ^{IVth} ~~IVth~~ Committee Meeting was held at ^{Dr. Asha Rao's} ~~Drachma Rio's~~ house.
- The month's ahead programmes were discussed.
- Dist. Chairman's official visit programme on the 4th of Nov. was discussed.
- Projects to be inaugurated on the Official Chairman's visit day were discussed.
- Raffle Draw discussion took place.
- Budget for the year 2002-2003 was proposed and approved.
- A tour to Mantralaya or Sri Lanka was proposed.
- Pulse Polio dates was announced as 4th Jan. and 22nd Feb.

IV Meeting

~~10/10/03~~

10.10.2003

S.NO.	NAMES	SIGNATURE
1.	Usha Thirugnanam	T.usha
2.	Chetna Shah.	CHShah
3.	Hema Khona.	
4.	Anitha Srinivasan.	S. Anitha.
5.	Vandana Gokuldas.	
6.	Ujjayalakshmi Ravi	
7.	Manju Sheoff.	
8.	Marjula Joshi	fm m d
9.	Madanbai Gnderchand.	
10.	Kishore A. Shah.	K A Shah
11.	Jyoti Zaveri.	Jyoti. N. Zaveri
12.	Sridevi Padmanabam.	
13.	Sharadha Seikant	
14.	Nismala Kasturirangai	K. Nismala
15.	Meena Wahan	
16.	Usha Dass.	
17.	Ananth Lakshmi	S. Ananth Lakshmi
18.	SHUBA S. URS	Shuba S. URS
19.	S. BAMA DAMODARAN	vs



Make The Friendship Positive

INNER WHEEL CLUB OF COIMBATORE

District 320

The President and Members
of the **INNER WHEEL CLUB OF COIMBATORE**

Cordially invite you on the occasion of the

OFFICIAL VISIT OF THE DISTRICT CHAIRMAN

Mrs. JANSI KISHORE

District Chairman, Dist. 320

Venue : **Mrs. Hema Khona's Residence**
67, West Bashyakarlu Road, R.S. Puram, Coimbatore - 641 002

Date : **04th November 2003, Tuesday**

Time : **06.00 P.M.**
(And for Dinner thereafter)

Mrs. USHA THIRUGNANAM
President

Mrs. CHETNA H. SHAH
Secretary

RSVP
2554339 / 2553175

CHAIRMAN VISIT

V Meeting

S.No.	NAMES	4. Nov.	SIGNATURE
1.	Usha Thirugnanam		T.ank
2	Chetna Shah.		CHShah
3	Hema Khona		Hemalata J.
4	Anitha Srinivasan		
5	Vandana Gokuldas		Vandana
6	Ujjayalakeshmi Srinivasan		
7	Manju Shroff		Manu SH
8	Manjula Joshi		
9	Madanbai Indeechand		
10	Kishore A. Shah.		
11	Jyoti Zaveri		Jyoti. N. Zaveri
12	Sri Devi Padmanaban		
13	Sharadha Srikant		
14	Nirmala Kasturisinghai		K. Nirmala
15	Meena Wahan		
16.	Usha Das		Usha Das
17	Anantha Lakshmi		

OBSERVERS

Jeetha Padma L.
 Thulasi Rajkumar
 Ujjayalakeshmi Kari

gaur
 T.ank

CHShah

R. G. M.

Minutes for the VI Committee Meeting Held on 3rd December 2003

The VI Committee Meeting was held at Jyoti Zaveri's residence. The Committee Meeting started at 05:45 PM.

Pulse Polio Immunization Day dates were announced as January 04th and February 22nd.

The Trinial dates at Pune were also announced as 06th, 07th and 08th of January.

Charter Day and Past Presidents Day celebration were also discussed.

VI Meeting

3.12.03

S.NO.	NAMES.	Signature
1	Usha Thirugnanam	T. Usha
2	Chetna Shah	CH Shah
3	Hema Khona	Hema Khona
4	Anitha Srinivasan	S. Anitha
5	Vandana Raichwa	Vandana R.
6	Vijayalakshmi Ravi Shankar	
7	Anathalakshmi	S. Anathalakshmi
8	Manju Shroff	
9	Manju Joshi	Manju Joshi
10	Madanbai Indrachand	
11	Kishore Shah	
12	Jyoti Zaveri	Jyoti V. Zaveri
13	Sri Devi Padmanaban	Sridevi P.
14	Sharada Srikant	
15	Nimata Kasturirangai	
16	Meena Wahan	Meena Wahan
17	Usha Dase	Usha Dase

Minutes for the VII Committee Meeting Held on 17th January 2004

The VII Committee Meeting was held at Kalpaviruksha, the Ayurvedic Village at Thekkupalayam, Coimbatore.

The Committee Meeting started at 11:00 AM.

The Chief Guest for the day was Dr. Uma Devi of the Ayurvedic village.

The 2004-2005 team was recognized for our own club. The team for the National level was also announced for 2004-2005. Urmila Bareja from Delhi was announced as the ASSOCIATION PRESIDENT 2004-2005. Shaileja Bhatt as VICE PRESIDENT from Bangalore. Nandini Ravedran from Udumalpet as DIST. CHAIRMAN. Karuna Senthil Nathan as DIST. SECRETARY. Meena Satish as DIST. TREASURER and Sashikala Joy as DIST. ISO.

Gulshan Wagh was requested to be the next president for 2004-2005.

Revathi Prasad was requested to be the next secretary for 2004-2005.

Charter Day celebration was discussed and announced to be celebrated on the 17th of February.

VII Meeting .

S.NO.	Names	SIGNATURE
1	Mrs. Usha Thiugnanam	T. mha
2	Mrs. Chetna Shah	
3	Mrs. Menka Khona	Hemalatha J.
4	Mrs. Anitha Srinivasan	Anitha Srinivas.
5	Mrs. Vandana Raichura	
6	Mrs. Vijayalakshmi Ravi	Vijayalakshmi Ravi
7	Mrs. Ananthalakshmi Srinivasan	
8	Mrs. Manju Shroff	
9	Mrs. Manjula Joshi	Joshi m d
10	Mrs. Madanbai Indeechand	
11	Mrs. Kishore Shah	K.A. Shah
12	Mrs. Jyoti Zaveri	Jyoti m Zaveri
13	Mrs. Sri Devi Padmanaban	
14	Mrs. Sharada Srikant	V.S. Sarode
15	Mrs. Nirmala Kasturirangal	
16	Mrs. Meena Wahan	
17	Mrs. Usha Dass	
18	Pratishan A. Vagh.	Pratishan

Minutes for the VIII Committee Meeting Held on 17th February 2004

The VIII Committee Meeting was held at Essorpee Rotary Hall,
Coimbatore.

The Committee Meeting started at 06:00 PM.

Discussions were made about the Past Presidents Day which was to be
celebrated at Black Thunder.

Discussions were also made about the Pulse Polio Immunization Day which
was to be conducted on the 22nd of February at S.L.M. Home and the
Tribal areas.

Food packets and T-Shirts were to be distributed

VII meeting

17.02.04

S.NO	NAMES	SIGNATURE
1.	Mrs. Usha Thirugnanam.	Usha
2.	Mrs Chetna Shah.	CHShah
3.	Mrs. Hema Khona	Hemalatha J.
4.	Mrs. Anitha Srinivasan	Anitha Srinivas.
5.	Mrs. Vandana Raichuea	Vandana
6.	Mrs. Vijayalakshmi Ravi	
7.	Mrs. Ananthalakshmi Srinivasan	S. Ananthalakshmi
8.	Mrs. Manju Shroff	
9.	Mrs. Manjula Joshi	
10.	Mrs. Madambai Inderschand	I. Madambai
11.	Mrs. Kishore Shah	K. Shah
12.	Mrs. Jyoti Zaveri	Jyoti N. Zaveri
13.	Mrs. Sri Devi Padmanaban	
14.	Mrs. Shasada Srikanth	
15.	Mrs. Niemala Kasturibangai	K. Niemala
16.	Mrs. Meena Wahan	Meena Wahan
17.	Mrs. Usha Dass	
18.	Mrs. Thulsi Rajkumar.	R. Rajkumar

Minutes for the IX Committee Meeting Held on 19th March 2004

The IX Committee Meeting was held at Black Thunder, on Ooty Main Road.

The Committee Meeting started at 11:00 AM.

Discussions were made on building the compound wall and repairing the class rooms at our adopted village, Nambialagapalayam.

P.D.C. Vijayalakshmi Ravi, the President and the Secretary visited the Collector asking for help in constructing the compound wall.

IX MEETING.

S.No.	NAMES	SIGNATURE
1	Usha Thirugnanam	
2	Mrs. Chetna Shah	CHShah
3	Mrs. Hema Khona	
4	Mrs. Anitha Srinivasan	
5	Mrs. Vandana Raichurea	Vandana Raichurea
6	Mrs. Vijayalakshmi Ravi	Vijayalakshmi Ravi
7	Mrs. Ananthalakshmi Srinivasan	S. Ananthalakshmi
8	Mrs. Manju Shroff	
9	Mrs. Manju Joshi	Manju Joshi
10	Mrs. Madanbai Gnderchand	
11	Mrs. Kishore Shah	Kishore Shah
12	Mrs. Jyoti Zaveri	Jyoti A. Zaveri
13	Mrs. Sri Devi Padmanaban	
14	Mrs. Sharadha Seikant	V. S. Sarada
15	Mrs. Nimala Kasturirangai	K. Nimale
16	Mrs. Meena Wahan	Meena Wahan
17	Mrs. Usha Dass	Usha Dass
18	Mrs. Usha Dass	

Minutes for the X Committee Meeting Held on 03rd March 2004

The X Committee Meeting was held at Asha Rajkumar's residence.

The Committee Meeting started at 06:00 PM.

Final team for the year 2004-2005 was announced.

President	-	Gulshan Wagh
Secretary	-	Revathi Prasad
ISO	-	Rema Ramesh
Treasurer	-	Kishore Shah
ISO	-	Rema Ramesh
Editor	-	Anita Srinivasan
Vice President	-	Chetna Shah
IPP	-	Usha Thirugnanam
Jt.Sec.	-	Jyoti Zaveri

3.4.04.

X Meeting.

S. No.	NAMES	SIGNATURE
1.	Mrs. Usha Thirugnanam	T. Usha
2.	Mrs. Chetna Shah.	CH Shah
3.	Hema Khona	Hemalatha. J.
4.	Anitha Srinivasan.	S. Anitha.
5.	Ananthalakshmi Srinivasan Srinam	S. Ananthalakshmi
6.	Vandana Raichura	
7.	Ujjayalakshmi Ravi	
8.	Manju Shroff	
9.	Manju Joshi	
10.	Madanbai Indeechand	
11.	Kishore Shah.	
12.	Jyoti Zaveri	Jyoti N. Zaveri
13.	Nirmala Kasturirangai	
14.	Meena Wahan	
15.	Usha Dass	Ushadas
16.	Sri Devi	Sridevi. P.
17.	Sharadha Seikant.	
18.		

*INNER WHEEL CLUB
OF COIMBATORE*

2003-2004

President

Mrs. Usha Thirugnanam

Secretary

Mrs. Chetna Shah

MINUTES FOR INCOMING-OUTGOING MEETING

Held on 10th June 2003

The meeting of the incoming and outgoing office bearers was held on the 10th June 2003 at the residence of PDC Mrs. Vijaya Lakshmi Ravi.

It was resolved by the committee members to open 2 accounts in the name of Inner Wheel Club of Coimbatore.

A) General account

B) Charity account

This will be jointly operated by Treasurer Hema Khona and either by the President Usha Thirugnanam or Secretary Chetna Shah.

President elect Usha discussed about continuing the ongoing projects and the projects to be taken up the year ahead with a low budget and wider social benefits.

Discussion for the instillation on the 3rd of July was discussed. Mrs Manjula Ramesh editor of Mangair Malar from Chennai was to be the Chief Guest.

Usha announced her committee members.

Usha Thirugnanam (President)

Chetna Shah (Secretary)

Hema Khona (Treasurer)

Anitha Srinivasan (ISO)

Vandana Gokuldas (Editor)

Manju Shroff (Vice President)

Jyoti Zaveri (Joint Secretary)

Usha Dass (Past President)

Vijaya Lakshmi Ravi (Advisor)

Manjula Joshi

Kishore Shah

Sridevi Padmanaban

Nirmala Kasturi Rangai

Meena Wahan

Sharadha Srikant

Madan Bai

Gulshan Wagh

T. n. k.

CH. Shas



Make the Friendship Positive

The President and Members of the
INNER WHEEL CLUB OF COIMBATORE

Cordially invite you for the installation of

MRS. USHA THIRUGNANAM

as President

and her team of office beares

at 5.30 p.m. on Thursday the 3rd July 2003

Chief Gust : **Mrs. MANJULA RAMESH**

Editor - Mangair Malar

Venue : **ESSORPE ROTARY HALL**

Brooke Bond Road, R.S. Puram, Coimbatore - 641 002.

USHA DASS
President

RADHA SUNDAR KUMAR
Secretary

PLEASE JOIN US FOR DINNER

INNER WHEEL CLUB OF COIMBATORE

Office bearers 2003-2004

President	: Mrs. Usha Thiruganam
Imm. Past President	: Mrs. Usha Dass
Vice President	: Mrs. Manju Shroff
Secretary	: Mrs. Chetna Shah
Joint Secretary	: Mrs. Jyothi Zaveri
Treasurer	: Mrs. Hema Khona
ISO	: Mrs. Anitha Srinivasan
Editor	: Mrs. Vandana Gokuldas
Pulse Polio Chairman	: Mrs. Anantha Lakshmi Sriram



Newly installed committee for the year
2003 - 2004.



Mrs. Manjula Ramesh

Immediate Past President Usha
pinning the President- Usha
Thirugnanam.



Lighting the kuttuvallak.



COIMBATORE

FRIENDSHIP AND SERVICE

FOR THE YEAR 2003-2004



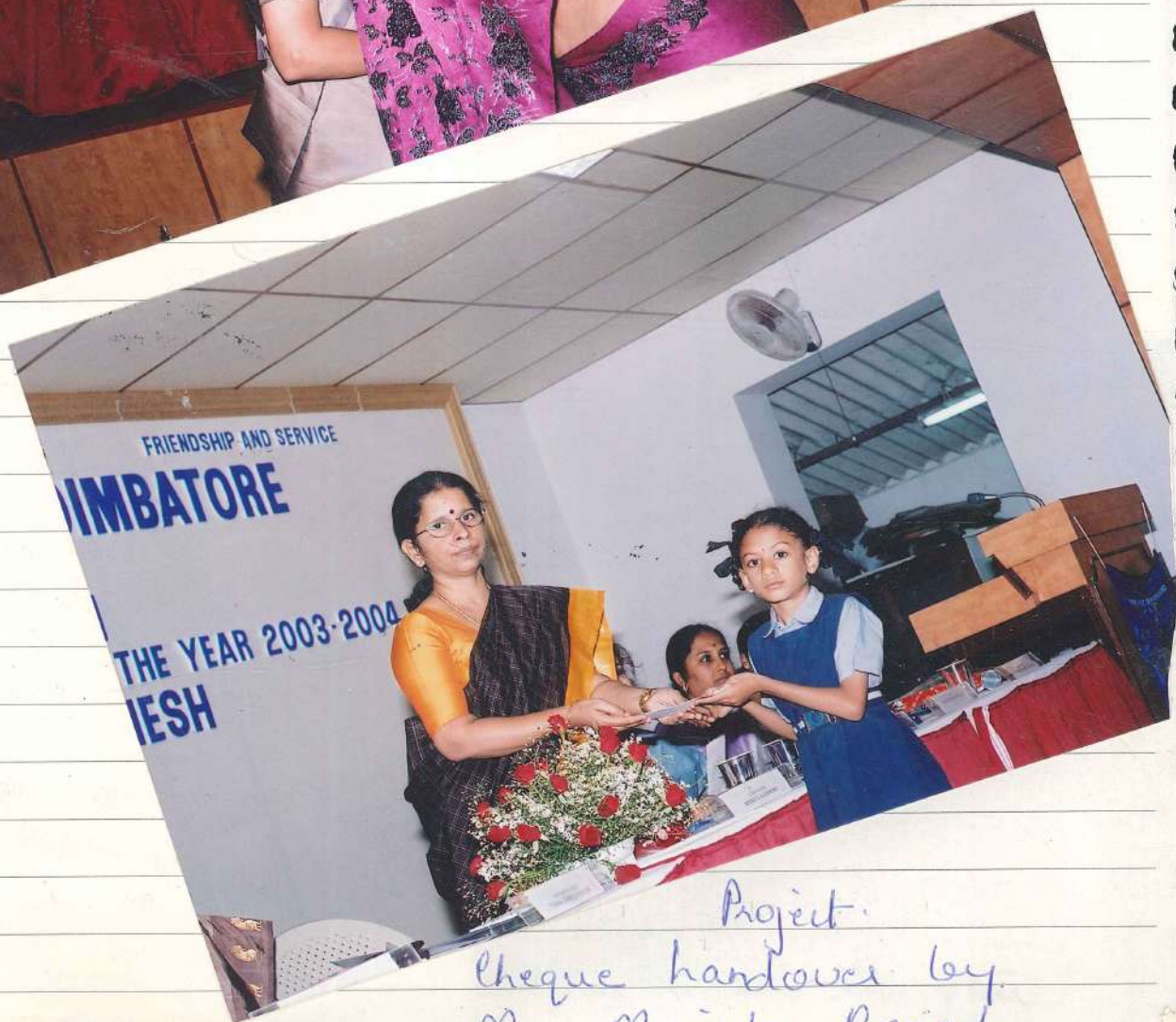
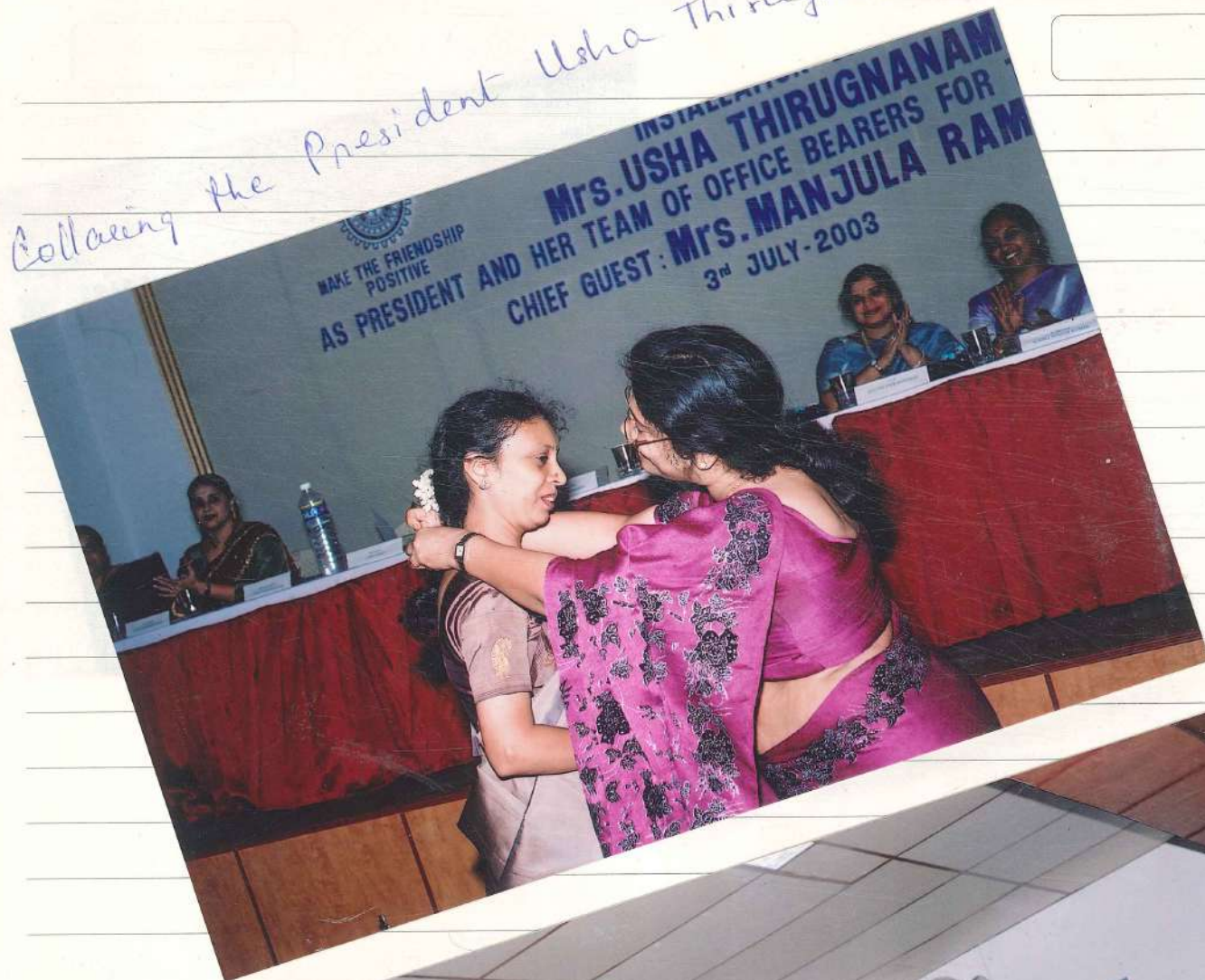
Immediate Past President Usha
pinning the President Usha
Chirugnanam.



Mrs. Mayila Ramesh

Lighting the Kallatavallak

Collaring the President Usha Thirugnanam



Project:
Cheque handover by
Mrs. Manjula Ramesh

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3.07.03

Minutes of the Installation function on 3rd July

Inner wheel club of Coimbatore instillation function-3rd July 2003

- The instillation function of the Inner Wheel club of Coimbatore with Mrs. Usha Thirugnanam as President and her team of office bearers for the year 2003-2004 was held at the **ESSORPE ROTARY HALL-Brooke Bond road** on 3rd July 2003.
- Inner Wheel prayer by Mrs. Anitha Srinivasan.
- Mrs. Maniula Ramesh, editor of Mangair Malar from Chennai was the Chief Guest of the day.
- Our Chief Guest, Mrs. Maniula Ramesh inaugurated the function by lightening the Kuttu Valaku.
- Instillation of Usha Thirugnanam and her Office Bearers was done.
- The Bulletin was released by our own Association President Mrs. Geetha Padmanaban.
- Mrs. Geetha Padmanaban, President elect of Rotary club of Mid-Town Mr. Inder Chand, and friends felicitated the President and her team of office bearers.
- Uniforms were donated to 150 children of the Balwadi and the Primary school at Nambialaganpalayam.
- 12 members donated Rs. 1200 each (per year) for the children at the society of handicapped.
- Geetha Padmanaban, Hema Khona, Meena Wahan and Nirmala Kasturi Rangai donated Rs. 4200 for the education of 5 girls belonging to the orphanage in Podhanur.
- A check of rs. 5000 was given by Mrs. Geetha Padmanaban to the PSG Rural Health Center.
- Mrs. Radha Sunder Kumar sponsored a girl for higher studies at college at Calcutta by donating Rs. 2500.

CH Shaj

Felicitations by Rt Inderschand



Vote of Thanks by Secretary Chetna Shah

- Induction of new members was done- Mrs. Julian Baima Bollene, Mrs Subha Urs, and Mrs Satyabama Damodaran. PDC mrs. Vijaya Lakshmi Ravi pinned and inducted the new members.
- Mementoes were given and members with 100% attendance were recognized.
- Vote of thanks was given by Secretary Chetna Shah.
- Dinner followed



Dinner.

FRIENDSHIP & SERVICE
INNERWHEEL CLUB OF COIMBATORE

District 320

Dist. Chairman
Mrs. Jansi Kishore

President
Mrs. Usha Thirugnanam
34, East Sambandam Road
R.S. Puram
Coimbatore - 641 002
Ph : 2554339, 2553175
Mobile : (0422) 3104223
E-mail : tirugnam@satyam.net.in



IIW Theme
Make the Friendship Positive

Charter No. 1985

Association President
Mrs. Roshan E. Chindy

Secretary
Mrs. Chetna .H. Shah
134, Venkataswamy Roac
R.S. Puram
Coimbatore - 641 002
Ph : 2555908, 2541928
Cell : 98940 -16102
E-mail : kalyanicbe@vsnl.ne

Call for Regular Meeting

Date : Saturday 16th August

Time : 6:30 P.M.

Venue : Hamsa Ramakrishnan
New No: 1389,
Trichy Road,
Coimbatore - 641 018.
PH: 2303629.

Programme: Interaction and slide show on "Mountaineering"
By Mr. Manikandan.

Hosts : Mrs. AnanthaLakshmi Sriraman.
Mrs. Anita Srinivasan.
Mrs. Jothi Nalin Zaveri.
Mrs. Gulshan Wagh.

16.08.03

Minutes for Regular II Meeting
Held on 16th August 2003

- The II regular meeting and committee meeting were held on the 16th of Aug 2003 at Hamsa Ramkrishnan's residence.
- Discussion and proposals were discussed about repairing the roof of the school at Vedapatti.
- Pulse Polio dates were announced by Usha which are to be held on 4th Jan and 22nd Feb 2004.
- Chairman visit discussion took place which is on the 4th of November 2003.
- A joint project with the Rotary club of Coimbatore Mid-Town was discussed on honoring **"THE TERRITORIAL ARMY JAWANS ON THE 27TH OF AUGUST 2003"**
- Manicktai, Radha Chinna Swamy, Raji Balkrishnan & Anila Agarwal have given their resignation.
- The speaker was Mr. Manikam on MOUNTAINEERING who spoke about his own experience visiting the Himalayas. Slide shows were shown to us by him.
- The minutes were read by the secretary Chetna Shah and were approved by the president and the members.
- Hosts for the day were Hamsa RamKrishnan, Gulshan Wagh, Jyoti Zaveri, Anantha Lakshmi Sriram and Anitha Srinivasan.
- Vote of thanks by the secretary.
- Dinner followed.

CHShah

Trube

60.80.81
P.D.C. Vijaya lakshmi addressing
the crowd at Masonic Hospital.



Dr. Krishna Swamy, Senior Medical
officer giving a welcome speech.

FRIENDSHIP & SERVICE
INNERWHEEL CLUB OF COIMBATORE

District 320

Dist. Chairman
Mrs. Jansi Kishore

President
Mrs. Usha Thirugnanam
34, East Sambandam Road
R.S. Puram
Coimbatore - 641 002
Ph : 2554339, 2553175
Mobile : (0422) 3104223
E-mail : tirugnam@satyam.net.in



IIW Theme
Make the Friendship Positive

Charter No. 1985

Association President
Mrs. Roshan E. Chindy

Secretary
Mrs. Chetna .H. Shah
134, Venkataswamy Road
R.S. Puram
Coimbatore - 641 002
Ph : 2555908, 2541928
Cell : 98940 -16102
E-mail : kalyanicbe@vsnl.net

Club activities for the month of July to August 2003

20th July Sun : Cooking competition at our adopted village Nambialaganpalayam .

Celebration of world Breast feeding awareness week Aug. 1st to 7th

1st Aug Fri : Inauguration by Past District Chairman Mrs. Vijayalakshmi Ravi.
Distribution of hand bills.
Venue = Masonic Children's Hospital, Race Course.
Time = 3:00 PM

2nd Aug Sat : Address by Dr. Geetanjali to the Mothers of New Born Children ward.
Venue = General Hospital, Coimbatore.
Time = 10:30 AM

3rd Aug Sun : Dr. Maheshwari will address the gathering and distribution of hand bills.
Venue = SLM Home, R.S.Puram.
Time = 11:00 AM

4th Aug Mon : Awareness for the tribal women of Annaikatti.
Venue = Arsha Vidya Gurukulam

5th Aug Tue : Healthy baby contest and awareness for the rural women.
Venue - PSG rural health center, Vedapatti Village.
Time - 10:30 A.M..

6th Aug Wed : Elocution and Essay competition for Higher Secondary Girls at
R.S.Puram Girls High School.

7th Aug Thur : Awareness and distribution of hand bills at CTM Home.
Time - 10:30 AM

15th Aug Fri : Independence Day Celebration at Nambialaganpalayam Panchayat
School, at 9:30 AM.
Kolam Competition at Nambialaganpalayam Village.



INNERWHEEL CLUB OF COIMBATORE

Dist. 320

தாய்ப்பால் மற்றும் இணை உணவு

தாய்ப்பாலாட்டுவது என்றால் : முதல் 6 மாதத்திற்கு (180 நாட்கள்) தாய்ப்பால் மட்டுமே தருவது, பின் இரண்டு வயது முடியும் வரையும், அதற்குப் பிறகும் தொடர்ந்து தாய்ப்பாலாட்டுவதுமேயாகும். தாய்ப்பால் கொடுத்து குழந்தை வளர்ப்பதே மிகச் சிறந்த உணவுப் பழக்கம். தாய்ப்பால் தருவதால் விளையும் பல்வேறு நன்மைகளில் சில : அ) குழந்தைகள் போதுமான ஊட்டச்சத்தினையும், நோய் எதிர்ப்பு சக்தியையும், மனம் மற்றும் உணர்வு ரீதியான திருப்தியையும் பெறுகிறார்கள். அதனால் அவர்களின் வாழ்க்கைத்தரம் பெரிதும் உயர்கிறது. ஆ) தாய் சேய்க்கு இடையே ஆரோக்கியமான உறவு வளரவும், இ) அடுத்த குழந்தை பிறப்பினை தள்ளிப் போடவும் உதவுகிறது. ஈ) மேலும் தாய்க்கு வரும் ரத்த சோகை நோயை தடுக்கவும், மார்பு மற்றும் சினைப்பை புற்றுநோய் வரும் வாய்ப்பை குறைக்கவும் உதவுகிறது.

1. தாய்ப்பால் கொடுக்க இருக்கும். இந்த கொலஸ்டர்ம் ஈ) குழந்தை புத்தி சாதாரியத்துடன் ஆரம்பிப்பது எப்போது ? எனப்படும் சீம்பாலின் அனுகூலம் வளர துணை புரிகிறது. குழந்தை பிறந்தவுடன் அதை நன்றாக குழந்தைக்குக் கிடைப்பது உறுதியாகிறது. உ) இக்குழந்தைகளுக்கு நோய்க் ஈரம் போக துணியால் துவட்டி இதைக் கொடுப்பதால் குழந்தை கிருமி தொற்று, ஆஸ்த்மா, ஒவ்வாமை அரைமணி நேரத்திற்குள் தாயிடம் பல்வேறு நோய்களிலிருந்து மற்றும் 'தோல் அழற்சி நோய்' கொடுக்க வேண்டும். அவர் காப்பாற்றப்படுகிறது. போன்றவை வரும் வாய்ப்புகறைவு. குழந்தையை உடலோடு (இதுவே இயற்கை குழந்தைக்கு ஊ) அடுத்த குழந்தை பிறப்பை அணைத்துக்கொண்டு (தோலோடு அளிக்கும் முதல் நோய்தடுப்பு முறை) தள்ளிப் போட உதவுகிறது. தோல் இணைய வேண்டும்) அரைமணி நேரத்திற்குள் பால் தர வேண்டும். "தாய்ப்பாலாட்டும் கால மா த வ ல க் க ி ன் மை" (LAM) என்றழைக்கப்படும். இந்த குடும்பக்கட்டுப்பாடு முறை கீழ்க்கண்ட மூன்று விதிகளுக்கு உட்பட்டு 98% உத்தரவாதமளிக்கிறது. *குழந்தை தாய்ப்பால் மட்டும் குடித்து வளர வேண்டும். *குழந்தை 6 மாதத்திற்குள் இருக்க வேண்டும் *மாதவிலக்கு வந்திருக்கக்கூடாது. எ) மார்பு மற்றும் சினைப்பைப் புற்றுநோய் மற்றும் ரத்த சோகை நோய் வரும் ஆபத்தை குறைக்கிறது.
2. ஆறு மாதங்கள் முடிய தாய்ப்பால் மட்டுமே ஊட்டுதல் (பூரணமாக தாய்ப்பால் தருதல்) இம்முறையில் தாய்ப்பால் மட்டுமே குடித்து குழந்தை வளர்கிறது. தாய்ப்பாலைத் தவிர வேறு எந்த திரவமோ, இணை உணவோ, ஏன் தண்ணீர் கூட கொடுப்பதில்லை. தேவையானால் விட்டமின்/தாது சொட்டுமருந்து, டானிக்மருந்து அல்லது மருந்துகள் அனுமதிக்கப்படுகிறது. முதல் ஆறு மாதத்திற்கு தாய்ப்பால் மட்டுமே கொடுத்து குழந்தை வளர்ப்பது அவசியம் - ஏனெனில் அ) தண்ணீர் தருவது, அதுவும் கோடைகாலத்தில் கூட தேவையற்றது. அதனால் பால் சப்பும் வேட்கை குறைந்து விடுவதுடன் நோய்கள் தொற்றும் வாய்ப்பும் அதிகமாகிறது. ஆ) மற்ற உணவுகள் தருவது பூரணமாக தாய்ப்பால் தரும் வெற்றி வாய்ப்பை பாதிக்கிறது. இ) குழந்தையின் சரியான முதல் ஆறுமாத வளர்ச்சிக்கு தாய்ப்பால் மட்டுமே போதுமானது.
3. தாய்ப்பால் தரும் முன்பு வேறு உணவு (தாய்ப்பாலாட்டும் முன் குழந்தைக்கு குடிக்கவோ உண்ணவோ தரப்படும் அனைத்துப் பொருட்களும்) மற்றும் குழந்தை சமாதானக் கருவிகள் (ரப்பர், நிப்பிள்) தருவது : முன் உணவும், சமாதானக் கருவிகளும் எக்காலத்திலும் தரக்கூடாது, ஏனெனில் - அ) தண்ணீர், சக்கரைநீர், தேன், வெண்ணெய் போன்றவற்றை

5. அடிக்கடி தாய்ப்பால் கொடுப்பதும், தேவையறிந்து பால் கொடுப்பதும்.

குழந்தையின் தேவையை அறிந்து, அடிக்கடி இரண்டு மார்பங்களிலும் மாற்றி மாற்றி பாலூட்ட வேண்டும். இது ஒரு நாளைக்கு 8-10 முறையோ அல்லது அதற்கு அதிகமாகக்கூட இருக்கலாம். பாலூட்டிய 1 1/2 மணி நேரத்திற்குள் மீண்டும் பால் சுரந்து விடுகிறது. எனவே தேவைப்பட்டால் 2 மணி நேரத்திற்குள்ளாகவே மீண்டும் பால் தரமுடியும். சில குழந்தைகள் அடிக்கடி பால் குடிக்க விரும்பும். சில விரும்பாது. விரும்பாத குழந்தைகளை கட்டாயப்படுத்தக் கூடாது. விரும்பி உண்ண ஊக்குவிக்க வேண்டும். இரட்டைக் குழந்தைகள் பெற்ற தாய்மார்கள் கூட தாராளமாக இரு குழந்தைகளுக்கும் தாய்ப்பாலூட்ட முடியும். தாயானவள் அடிக்கடியும், குழந்தை கேட்கும் பொழுதும் (அழுவது தான், அது அறிந்த மொழி) குறிப்பாக இரவு நேரங்களிலும் தாய்ப்பாலூட்ட வேண்டும். ஏனெனில் * எவ்வளவுக்கெவ்வளவு அடிக்கடி பால் ஊட்டுகிறார்களோ அவ்வளவுக்களவு பால் அதிகம் சுரக்கும்

* பால் சுரக்கச்செய்யும் 'புரோலேக்டின்' என்ற ஹார்மோன் இரவில் அதிகம் சுரப்பதால், குறிப்பாக இரவில் பாலூட்டுவது அவசியம். மேலும் இந்த ஹார்மோன் தாயின் உடல் ஓய்வு/சாந்தி பெறவும் உதவுகிறது.

6. இணை உணவுகள் :

ஆறு மாதத்திற்குப் பிறகு தாய்ப்பால் மட்டுமே குழந்தையின் வளர்ச்சிக்குப் போதாது. 'ஆறு மாதத்திற்குப் பிறகு குழந்தைகளுக்குக் கொடுக்கப்படும் உணவு 'இணை உணவு' எனப்படும். இது வெளியிலோ அல்லது வீட்டிலோ தயார் செய்யப்பட்டதாக இருக்கலாம்.

6.அ. இணை உணவு கொடுக்க ஆரம்பிக்கும் காலம் :

ஆறு மாதம் முடிந்தவுடன் தாய்ப்பாலுடன் கட்டாயம் இணை உணவு கொடுக்க வேண்டும். ஏனெனில்

* ஆறு மாதத்திற்குப் பிறகு குழந்தையின் வளர்ச்சிக்குத்

தேவையான ஊட்டச்சத்தையும் சக்தியையும் தாய்ப்பால் மூலம் மட்டுமே தர முடியாது.

* ஆறு மாதத்திற்கு முன் தரப்படும் இணை உணவினால் எந்த நன்மையும் கிடையாது. மாறாக அது தாய்ப்பால் உற்பத்தியைத்தான் குறைக்கும்.

* அத்துடன் அக்குழந்தைகள் நோய்வாய்ப்படும் வாய்ப்பும் அதிகம். குறிப்பாக வயிற்றுப்போக்கு நோய் (ஆறு மாதம் முடிந்தபின் இணை உணவு உண்ணும் குழந்தையைவிட) 3-13 மடங்கு அதிகம்.

* அதேபோல் காலம் தாழ்த்தி இணை உணவு கொடுப்பதும் தீங்கு விளைவிக்கும். அதாவது குழந்தைக்கு தரப்பட வேண்டிய சத்துணவு குறைந்து அதனால் எடை குறைந்த பலவீனமான குழந்தையாக மாறிவிடும்.

6.ஆ. எவ்வளவு முறை இணை உணவு தருவது :

ஒரு நாளைக்கு, 6-9 மாத குழந்தைக்கு 2-3 முறையும்; 9-12 மாத குழந்தைக்கு 3-5 முறையும் தர வேண்டும்.

6.இ. இணை உணவை எப்படி ஊட்டுவது ?

தாய்மார்கள் கத்தமான கரண்டி, கிண்ணம், சங்கு போன்றவற்றை உபயோகித்து இணை உணவு தரவேண்டும். 10-12 மாத குழந்தையை அதுவே சிறிய கரண்டியை உபயோகித்து சாப்பிட அனுமதிக்க வேண்டும்.

7. முறையான / பொருத்தமான இணை உணவுகள் :

இணை உணவு தேவையான அளவோடும், ஊட்டச்சத்து நிறைந்தும் சுகாதாரமான முறையில் அவ்வப்பொழுது வீட்டில் தயார் செய்ததாக இருக்க வேண்டும். ஏனெனில்,

* வீட்டில் தயாரிக்கப்படும் குடும்ப இணை உணவை குழந்தை எளிதில் ஏற்றுக் கொள்கிறது.

* பருப்பு, தானியங்கள் கொண்டு தயாரிக்கப்பட்ட நீர்த்த இணை

உணவு போதிய ஊட்டச்சத்தையும் சக்தியையும் தராது.

ஆரம்பத்தில் ஓரிரண்டு முறை குழைவான உணவு கொடுக்க வேண்டும். பின் படிப்படியாக அதிக முறை கொடுக்க வேண்டும்.

குழைந்த, பதமான உணவு எளிதில் ஜீரணிக்கக்கூடியதாகவும், அதிக சக்தி தரக்கூடியதாகவும் இருக்க வேண்டும். சக்திமிக்குந்த உணவுகளான கஜி, பருப்பு, கீரை, கிச்சடி, கேழ்வரகு, அரிசி போன்றவற்றை பாலோடு கலந்து கொடுக்கலாம். படிப்படியாக உணவின் அளவையும், கெட்டித்தன்மையும் கூட்டலாம். எண்ணெய் கலந்த தானிய வகைகள், பருப்பு வகைகள், மாமிசம், முட்டை, மீன், பால் கலந்த தானியங்கள் ஆகியவை வெறும் பாலேவிட அதிக சக்தி தரும் உணவு வகைகளாகும். காய்கறிகளும், பழங்களும் பால் அளவிற்கோ அல்லது அதைவிட குறைந்த அளவே சக்தி தருபவை.

ஆரம்பத்தில் வீட்டில் தயார் செய்த உணவை பிச்சி எடுக்கப்பட்ட தாய்ப்பாலோடு கலந்து கொடுப்பது நல்ல ஊட்டச்சத்து உணவாகவும், குழந்தை விரும்பும் ருசி உடையதாகவும் இருக்கும்.

குழந்தையின் வாயில் உணவை திணிக்கக்கூடாது. அது தானாகவே உண்டு பழக அனுமதிக்க வேண்டும். இது கை-வாய் ஒருங்கிணைந்து செயல்படுவதை வளர்க்க உதவும். பெற்றோரும், வளர்போரும் குழந்தைகளுடன் பேசி, விளையாடி, புதுப்புது கதைகள், வார்த்தைகள் பேசி, புதுமைகள் காட்டி உணவு ஊட்டவேண்டும். இவை குழந்தையின் மன வளர்ச்சியை தூண்ட உதவும்.

8. தொடர்ந்து

தாய்ப்பாலூட்டுதல் இரண்டு வருடங்களும் (24 மாதம்) அதற்குப்பிறகும் இணை உணவுடன் தொடர்ந்து தாய்ப்பால் கொடுக்க வேண்டும். ஏனெனில்

* தாய்ப்பால் குழந்தைக்கு அதிக சக்தியை கொடுக்கிறது.

* எடை குறையும் வாய்ப்பையும், நோய் தொற்றுதலையும் தடுக்கிறது.

* தாய்-சேய் பந்தத்தை வலுப்படுத்த உதவுகிறது.

9. பணிக்குச் செல்லும் தாய்மார்கள் :

வெளியில் பணிக்குச் செல்லும் தாய்மார்கள் கீழ்க்கண்ட அனுசரணைகள் / வசதிகள் இருந்தால் தாய்ப்பால் கொடுப்பதை எளிதில் தொடரமுடியும்.

* குடும்ப நபர்களும், சமூகமும் இவர்களுக்கு முழு ஆதரவு தந்து தாய்ப்பால் தர ஊக்குவிக்க வேண்டும்.

* போதிய பேறுகால விடுமுறை, பணிநேரங்களில் பாலூட்டலோ அல்லது பால் பீச்சி எடுக்கவோ இடைவேளை மற்றும் அலுவலகம் அருகே குழந்தைகள் காப்பகம் போன்ற வசதிகள்.

* குழந்தையை பிரிந்திருக்கும் அலுவலக நேரங்களில் தாய்ப்பாலை பீச்சி வைத்து பின்பு புகட்டுவதன் மூலமும், குழந்தையுடன் உள்ள நேரங்களில் குறிப்பாக இரவு நேரங்களில் அடிக்கடி பாலூட்டுவதன் மூலமும் வேலைக்குச் செல்லும் தாய்மார்கள் கட்டாயம் தாய்ப்பாலூட்டுவதை தொடரமுடியும்.

பேறுகால விடுமுறை முடிந்து பணியில் சேரும் பொழுது.

பணிக்கு செல்லும் முன்பும், பணியிலிருந்து வீடு திரும்பிய உடனும் இரவு நேரங்களில் கட்டாயம் தாய்ப்பால் கொடுக்க வேண்டும்.

வேலை நேரங்களில் பால்தர கீழ்க்கண்ட வழி முறைகள் உள்ளன.

(அ) பால் குறிப்பிட்ட கால இடைவெளியில் பீச்சி எடுத்து சுத்தமான பாத்திரங்களில் பாதுகாத்து மறுநாள் / தேவையானபொழுது குழந்தை காப்பாளரிடம் கொடுத்து ஊட்ட வேண்டும். அறை வெப்பத்தில் 8 மணிநேரமும், குளிர்சாதனப் பெட்டியில் 24 மணிநேரமும் தாய்ப்பால் கெடாமல் இருக்கும். குழந்தை பாதுகாப்பாளர் இதை கரண்டி / கப் மூலம்தான் ஊட்ட வேண்டும். இப்படி ஊட்டுவது மார்புகாம்பிற்கும், ரப்பர் நிப்பிளிற்ும் இடையே ஏற்படும் மனக்குழப்பத்தை தடுக்கும்.

(ஆ) அலுவலகத்திற்கு அருகில் வீடு இருந்தால் தாய்ப்பால்தர உள்ள இடைவேளைகளில் வீட்டிற்குச் சென்று பாலூட்டலாம். (இரண்டு இடைவேளைகள் அனுமதிக்கப்படுகிறது).

(இ) அலுவலகத்தில் குழந்தை காப்பகம் இருப்பின், குழந்தையை அங்கு கொண்டு விட வேண்டும். பால் தர உள்ள இடைவேளையில் அங்கு சென்று பால் தரலாம்.

(ஈ) ஒரு வசதியும் இல்லாவிட்டால் குறிப்பிட்ட இடைவேளையில் தாய்ப்பாலை பீச்சி எடுத்து வெளியே ஊற்றி விட வேண்டும். பால் உற்பத்தி குறையாது இருக்கவும், பால் கட்டிக்கொள்வதை தடுக்கவும் இது அவசியம்.

10. தாய்க்கோ, சேய்க்கோ உடல் நலமில்லை என்றால் ?

தாய், சேய் இருவருக்கும் வரும் சாதாரண நோய்களுக்காக கவலைப்படாது தொடர்ந்து தாய்ப்பாலை கொடுக்க வேண்டும். குறிப்பாக குழந்தைக்கு வயிற்றுப்போக்கு உள்ள சமயத்தில் தாய்ப்பால் தருவது மிக நல்ல பலன்களை அளிக்கும். தாய் உடல் நலக்குறைவாக இருந்தாலும் கூட தாய்ப்பால் தரக்கூடாது என்று டாக்டர் சொல்லாதவரை தொடர்ந்து தாய்ப்பால் கொடுப்பது நல்லது.

நோய்க்காக தாய் உட்கொள்ளும் பெரும்பாலான மருந்துகள் குழந்தையை பாதிப்பதில்லை.

குறை பிறசவக் குழந்தைகளுக்கும், எடை குறைவான குழந்தைகளுக்கும் தாய்ப்பால் மிகவும் முக்கியம்.

பால் உறிஞ்சி குடிக்க முடியாத குழந்தைகளுக்கு தாய்ப்பாலை பீச்சி எடுத்து கப்/சங்கு மூலம் கொடுக்கலாம்.

11. அசாதாரண சூழலில்

தாய் இறந்து விட்டாலோ அல்லது குழந்தையை தத்து எடுத்துக் கொண்டாலோ, குழந்தையை பேணுபவர் 'சிகநேய மருத்துவருடன்' கலந்து பேசி பாலூட்டும் முறைகளை அறிந்து கொள்ளலாம்.

குழந்தைக்கு எந்த ஒரு தனி உணவும்

அத்தியாவசியமானதல்ல

தாய்ப்பாலைத் தவிர

பால் புட்டிகள் மனித உபயோகத்திற்கு அல்ல. உபயோகிக்காதீர்கள்.

பின் உணவுகள் தேவையற்றவை. 6.10 மடங்கு அதிக விலையானவை. தீங்கு விளைவிப்பவை. அந்த உணவிற்கு அடிமையாக்கும் தன்மை கொண்டவை, உபயோகிக்காதீர்கள். வீட்டு உணவே நல்லது.

Mrs. USHA THIRUGNANAM
President

INNERWHEEL CLUB OF COIMBATORE, Dist. 320

Mrs. CHETNA
Secretary

P.D. C. Vijayalakshmi addressing at General Hospital.



Tea & biscuits served by Chetna at General Hospital

Fancy dress competition.



Rotractees, Members and Teachers at
our adopted village

15.08.03

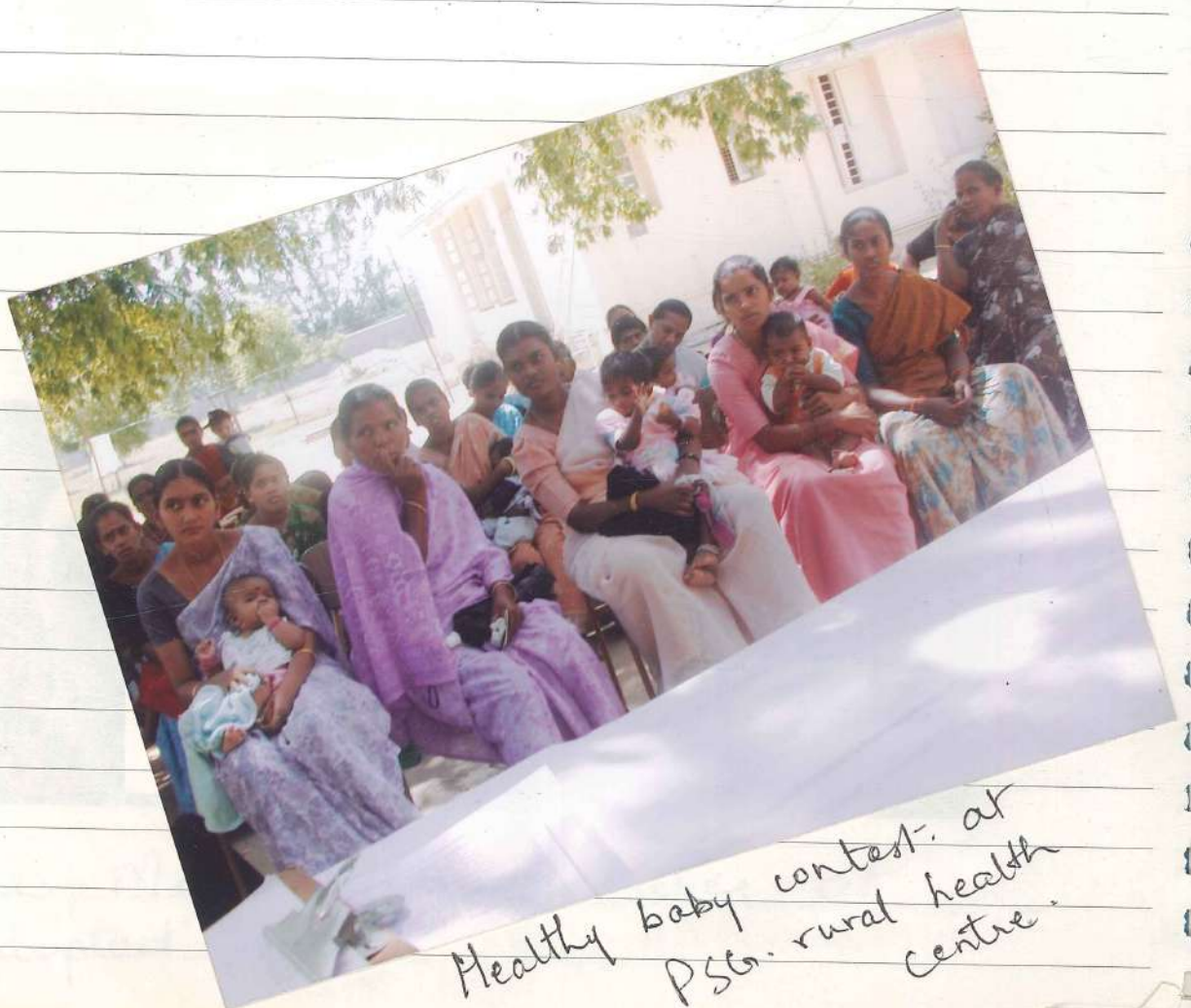
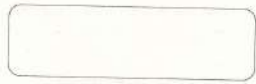
Independence Day Celebration Held on 15th August 2003

- The Independence Day was celebrated at our adopted village, Nambialagapalayam, Vedappati.
- Rotract club of Coimbatore Ace joined us in the Independence Day celebration.
- Competitions were held on that day. All the children at the Primary school took part in it. The competitions were essay writing, drawing and painting and fancy dress. A skit was performed based on the Independence Day. The competitions were all based on the topic Independence Day.
- Prizes were given to all the participants which were jointly sponsored by our own members and by the Rotract club of Coimbatore Ace. Mementoes were given to the children.
- Sweets and biscuits were distributed.

CM Shah



12.08.03



Healthy baby contest. at
PSG. rural health
centre.

Cooking Competition

20.08.03

COOKING COMPETITION.

- A cookery competition was held on the 20th of July at our adopted village Nambialagapalayam. The topic was to make things out of Raagi, Rice and different types of chutneys. There were seventeen participants who took part and made different delicious dishes. Prizes were given to the winners which were sponsored by Usha and Chetna. Mementoes were given to all the participants.

Chetna

Teacher's Day Celebration

Teachers Day was celebrated at our adopted village, Nambialagapalayam on the 5th of September. Mementoes were given to all the teachers there.

Chetna



Memento given to the teacher on the teacher's day celebration.



Lend a Hand



ROTARY CLUB OF COIMBATORE MID-TOWN
&



INNER WHEEL CLUB OF COIMBATORE

Jointly invite you and your family on the occasion of

HONOURING
THE TERRITORIAL ARMY JAWANS
"KOVAI TERRIERS"

*on Wednesday, the 27th August 2003
in the August presence of*

HIS HOLINESS SWAMI SIDDHABOTHANANDA
(Arsha Vidya Gurukulam, Anaikatti)

Chief Guest: HER HOLINESS SWAMINI PRAMANANDA
(Arsha Vidya Gurukulam, Anaikatti)

Guest of Honour : (Rtd.) Col. RAMESH
General Manager,
(H.R. & Admin.) PRICOL, Coimbatore

Venue: ESSORPEE ROTARY MID- TOWN HALL,
Devenga High School Road, Coimbatore - 641 002

Date : 27th August 2003

Time : 6.30 p.m.

Dinner: 8.00 p.m.

Rtn. MPHES. Inderchand
President

Rtn. PHEVS. Sathyamoorthy
Secretary

Usha Thirugnamam
President

Chetna H. Shah
Secretary

NO LIFE EVER GROWS GREAT UNTIL IS FOCUSED, DEDICATED & DISCIPLINED
- HE. Fosdick

27.08.03

Joint Project
Inner Wheel Club of Coimbatore
And
Rotary Club of Coimbatore Mid-Town
No Life Ever Grows Great Until It's Focused, Dedicated
and Disciplined.

- Inner Wheel Club of Coimbatore and Rotary club of Mid-Town jointly had a project which was held on 27th August 2003 at Essorpe Rotary Mid-Town Hall, Devanga High School road, Coimbatore-641002, in the august presence of his holiness **SWAMI SIDDHABOTHANANDAJI** from Arsha Vidhya Gurukulam-AnnaiKatti.

HONOURING
THE TERRITORIAL JAWANS
"KOVAI TERRIERS"

- The Chief Guest for the day was her holiness **SWAMINI PRAMANANDHAJI** from Arsha Vidhya Gurukulam-AnnaiKatti.
- The Guest of honour for the day was (Rtd.) Col. Ramesh, General Manager from (H.R. and Admin) PRICOL-Coimbatore.
- The lightning of the Kuttu Velakku was done by **SWAMI SIDDHABOTHANANDAJI**.
- **SWAMINI PRAMANANDHAJI** gave a very inspiring and motivating speech.
- About 36 Jawans were honored by giving each of them a memento and a laminated frame.
- Dinner followed. *Trunk*

CHS has

EO 80 YC

Mementoes give to Jawans when
called upon by Swami Siddhabothanandaji.



memento given to Jawans by President Usha

13.08.03
 still the Jawans



Memento to Swami Siddhabothanandaji by President Gnderchand

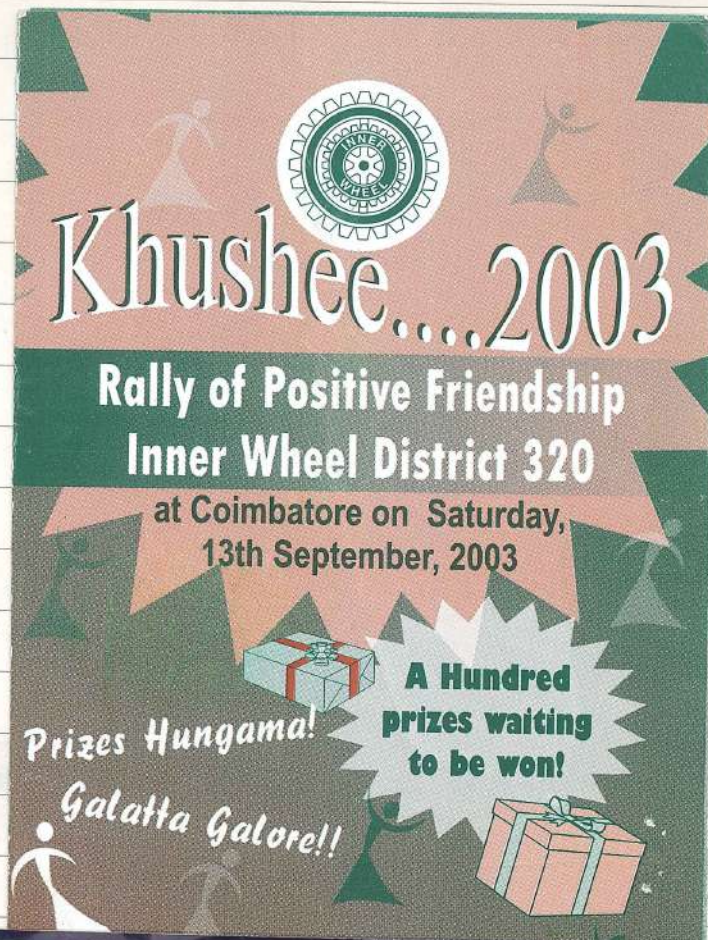
Laminated frame handed to
Swamini Pramanandhaji by President Usha.



Patriotic song by R.S. Purnam Girls School

Rally.

13.09.03



Our smiling and inspiring district Chairman Thansi Kishore

80.90 Colourful Fashion Show by Host Clubs.



Our Secretary Chitra Shah welcoming the speaker Dr. Mohan Prasad at the Rally.

80-PO.81

RALLY.

13.09.03

Rally

Held on the 13th of September 2003

- Dist.320 had conducted a rally on the 13th of September 2003 at the Coimbatore club Race Course.
- Dr.Mohan Prasad was the Chef Guest for the day.
- The entire sister clubs from Dist.320 participated in this function.
- A fashion show was conducted in which our members from the entire sister clubs took part.
- Different clubs from Dist.320 performed different dances.
- Games were conducted. Prizes were given to the winners. Prizes were given in between the dances and the games.
- Competitions were conducted for the best made wax items, Inner Wheel flags and Envelopes. Prizes were given to the winners.
- About 5-6 stalls were set up where different items were sold.
- Lunch followed.

Tusha

CMsha

JOINT MEETING

18.09.03

FRIENDSHIP & SERVICE
INNERWHEEL CLUB OF COIMBATORE

District 320

Dist. Chairman
Mrs. Jansi Kishore

President
Mrs. Usha Thirugnanam
34, East Sambandam Road
R.S. Puram
Coimbatore - 641 002
Ph : 2554339, 2553175
Mobile : (0422) 3104223
E-mail : tirugnam@satyam.net.in



IIW Theme
Make the Friendship Positive

Charter No. 1985

Association President
Mrs. Roshan E. Chindy

Secretary
Mrs. Chetna .H. Shah
134, Venkataswamy Road
R.S. Puram
Coimbatore - 641 002
Ph : 2555908, 2541928
Cell : 98940 -16102
E-mail : kalyanicbe@vsnl.net
September 15, 2003

Call for Regular and Joint Meeting

Date & Time : Thursday 18th September; 10:00 a.m.

Venue : Essorpee Rotary Hall,
Devanga Higher Secondary School,
Brooke Bond Road, Coimbatore.

Programme : "Leadership Training Seminar"

Guest Speaker : "SANJAY KONDA"

Topic : Personality Development
Public Speaking
Leadership Qualities

We would like you to participate and get the mileage out of this programme, exclusively drafted for the Inner Wheel Members.

Hosted by member of : Inner Wheel Club of Coimbatore,
Inner Wheel Club of North
Inner Wheel Club of West

Presidents : Usha Thirugnanam, Shobana Sukumar, Usha Madhavan

Secretaries : Chetna H. Shah, Madhu Kannan, Meera Raghunathan

P.S. : Please note change of telephone number of Mrs. Chetna H. Shah - (Res) 2541928; Mobile 98940 16102.

18.09.03

REGULAR AND JOINT MEETING.

Minutes for Joint and Regular Meeting Held on 18th September 2003

- The joint and the Regular meeting were held on the 18th of September at the Essorpee Rotary Mid-Town Hall.
- It was jointly hosted by Inner Wheel Club of Coimbatore, Inner Wheel Club of Coimbatore North and Inner Wheel Club of Coimbatore West.
- The speaker for the day was Mr. Sanjay Konda who gave us a seminar on LEADERSHIP TRAINING. He spoke on Public Speaking, Personality Development and Leadership Qualities.
- About 20 of students of X, XI & XII std. from R.S. Puram Girls High School also attended this seminar.
- Members from other sister clubs, Sindhi Ladies Forum and Luhana Gujarati Samaj and friends also attended this seminar.
- President Usha announced for the lucky raffle draw which is to be held on the 20th of October at the Essorpee Rotary Mid-Town Hall.
- Lunch followed.

Trupte

CHShay

EO-PO-81

Sanjay konda.

2008-09



Sanjay Konda addressing the members



Members attending the seminar



FRIENDSHIP & SERVICE
INNERWHEEL CLUB OF COIMBATORE

District 320

Dist. Chairman
Mrs. Jansi Kishore

President
Mrs. Usha Thirugnanam
34, East Sambandam Road
R.S. Puram
Coimbatore - 641 002
Ph : 2554339, 2553175
Mobile : (0422) 3104223
E-mail : tirugnam@satyam.net.in



IIW Theme
Make the Friendship Positive

Charter No. 1985

Association President
Mrs. Roshan E. Chindy

Secretary
Mrs. Chetna .H. Shal
134, Venkataswamy Road
R.S. Puram
Coimbatore - 641 00
Ph : 2555908, 254192
Cell : 98940 -1610
E-mail : kalyanicbe@vsnl.n

27.09.20

- 1st Oct.** : Navaratri Celebrations at PDC Mrs. Vijayalakshmi Ravi's residence, has extended her invitation to all members.
Time : 6:00 pm
- 2nd Oct.** : Navaratri celebration for school children. **4:00 pm**
- 6th Oct.** : Inner Wheel Club of Coimbatore and Lavanya Hospital
An Awareness Programme **"WHY FEAR CANCER"**
Speaker : Dr.Krishna Murthy-Oncologist
Venue : Lavanya Hospital, 5, Kongu Nagar, Maruda Malai Rd
Coimbatore-641046
Time : 3:00 pm
- 10th Oct.** : Committee Meeting 5:30 pm
Regular Meeting 6:00 pm
Speaker : Dr.Asha Rao
"HEAVY MENSTRUAL BLEEDING"
Venue : Dr.Asha Rao's residence
Hill View, Periaswamy road,(east)
R.S.Puram, Coimbatore-641002
Hosts : Dr.Asha Rao, Asma Shabbir, Jyothi Padmanaban & Vijaya Sekar. Dinner follows.
- 20th Oct.** : **Raffle Draw**
Venue : Essorpe Rotary Hall, Brooke Bond Road.
Time : 11:30 am
- 23rd Oct.** : **Diwali Celebration**
Venue : Meena Wahan's residence
176 "Haris Chandra", Rajiv Gandhi nagar,
Sowripalayam, Coimbatore-641028.
Time : 4:00 pm

**ROTARY CLUBS OF COIMBATORE MIDTOWN, COIMBATORE UPTOWN,
INNER WHEEL CLUB OF COIMBATORE &
COIMBATORE DISTRICT SPORTS AND GAMES WELFARE ASSOCIATION**
cordially invite you for the Grand Cultural Competitions for School Children and



PRIZE DISTRIBUTION FUNCTION



CHIEF GUEST : Rtn. Dr. USHA K. MEHTA, Asst. Governor Region XI R.I. Dist. 3200
SPECIAL INVITEES : Tmt. VIJAYALAKSHMI RAVISHANKAR, Immediate Past Dist. Chairman, Inner Wheel Dist. 320
Tmt. R. GOWRI, Principal, Sindhi Vidyalaya MHSS
AADAL KALAIMANI Tmt. AMUTHA DHANDAPANI
DAY & DATE : SATURDAY 11-10-2003
TIME : Cultural Competitions - 2.30 p.m. to 4.30 p.m. Prize Distribution - 4.45 p.m.
VENUE : ESSORPE ROTARY MIDTOWN HALL
Devanga Hr. Sec. School Premises, Coimbatore - 641 002.

Rtn. S. INDERCHAND
President

Rtn. T. SENTHILKUMAR
President

Mrs. USHA THIRUGNANAM
President

**Members of Coimbatore
District Sports & Games
Welfare Association**

Rtn. V.S. SATHYA MOORTHY
Secretary
Rotary Club of CBE Midtown

Rtn. M. MURUGAN
Secretary
Rotary Club of CBE Uptown

Mrs. CHETNA SHAH
Secretary
Inner Wheel Club of CBE

Programme overleaf



Diwali celebration at
Meena Wahan's residence

10.10.03

MINUTES FOR REGULAR MEETING

MINUTES FOR IV REGULAR MEETING.

Held on the 10th of Oct. at Dr. Asha Rao's residence.

- **NAVARATRI CELEBRATION**-- was held at PDC Vijayalakshmi, s residence on the 1st and 2nd of Oct for the inner wheel members and for the children of Sevalaya school children.
- On the 6th of Oct. we had a joint project with Lavanya Hospital where we had an awareness programme conducted by Dr Krishna Murthy—Oncologist on **WHY FEAR CANCER**
- On the 10th of Oct. we had a committee and regular meeting at Dr. Asha Rao's residence. The speaker for the day was Dr. Asha Rao who spoke on **HEAVY MENSTRUAL BLEEDING**. She also showed a few slides on TV regarding the problems women face during their menopause period.
- On the 23rd of Oct we had a Diwali celebration at Meena Wahan's residence where children from the Society for the Aid of Handicapped children were invited. They played games, sang bhajans, bursted crackers. Dinner was served which was sponsored by our own members. *Sweet were distributed at school & Balwadi at our adopted village - Nambiagapalayam.*
- We had a joint project with Rotary club of Midtown, Uptown, and Cultural and Sports Association at Essorpee Rotary Hall on the 11th of Oct. Bharata Natyam Dances, Kathakali, and musical instruments were played and performed. Elocution was held. Lastly prizes were distributed.
- On the 30th of Oct. we had a Raffle Draw at Essorpee Hall. We gave out 25 prizes. A collection of Rs. Was made.

Tanku

CHSha

Chairman's Visit Held on 4th November 2003

The V regular meeting was held at Mrs.Hema Khona's residence on the 4th of Nov. 2003. This meeting was The Official Chairman's Visit to the club.

Dist.Chairman JANSI KISHORE's Official Visit to the Club.

Morning breakfast at 08:30 am was at Vandana Raichura's residence. There after we left for G.H. with the Chairman where a display board was inaugurated at the Pediatric ward on breast feeding awareness. A cupboard to benefit the New-Born ward at G.H. was also donated. About 100 T-shirts were distributed to the New-born there.

A visit to our adopted village, Nambialagapalayam,-Balwadi and School where 100 uniforms were distributed to the students there.

The committee meeting was then held at Mrs.Ananthalakshmi's residence and was followed by lunch hosted by our own committee members.

The regular meeting was held at 06:00 pm at Hema Khona's residence.

1 honorary member, Mrs.Nutan Asher, was inducted by our Chairman.

Our club editor Mrs.Vandana Raichura brought out a bulletin which was realized by our Chairman.

Different projects were inaugurated:

An amount of Rs.10, 000/- was donated for Siruthuli project at Coimbatore. Slides were shown regarding the same. An artificial limb was donated on the same day to a needful. An operation Cleft Lip Pallet was performed free of cost to a poor child by our club to mark the official visit of our Chairman, more operations will be done this year as our club project.

Secretary Chetna Shah read out her secretary's report.

The chairman in her address expressed satisfaction in the projects undertaken by our club.

Vice-President Mrs.Manju Shroff proposed the vote of thanks.

Dinner was hosted by Mrs.Geeta Padmanaban, Tulsi Rajkumar & Hema Khona.

14TH NOV.-CHILDRENS DAY CELEBRATION-at our adopted village NAMBIALAGAPALAYAM.Fancy dress competition was conducted. 17 participants took part Prizes and mementoes were given. A few board games and different colorful nursery books were given to the children. Sweets and biscuits were distributed to the children and their parents.

CHAIRMAN VISIT



Make The Friendship Positive

INNER WHEEL CLUB OF COIMBATORE

District 320

The President and Members
of the **INNER WHEEL CLUB OF COIMBATORE**

Cordially invite you on the occasion of the

OFFICIAL VISIT OF THE DISTRICT CHAIRMAN

Mrs. JANSI KISHORE

District Chairman, Dist. 320

Venue : **Mrs. Hema Khona's Residence**

67, West Bashyakarlu Road, R.S. Puram, Coimbatore - 641 002



4/11/03.

Releasing of our Bulletin by Jansi Kishore.

School Uniforms
and village on
an visit day

11-03

Make the Friendship Positive

Chakram



November 2003 • Second Newsletter of Inner Wheel Club of Coimbatore - Dist. 320



District Chairman
Mrs. JANSI KISHORE

*A Hearty Welcome to our Dist. Chairman
Mrs. Jansi Kishore*

AS WE KNOW OUR CHAIRMAN

Proud Moment : A beautiful girl child Jhansi, with big and lovely eyes was born at Singapore.

Education : Bachelor of Science from National University of Singapore in Biochemistry and Physiology.

Her participation in voluntary service : Joined IWC of Ootacamund in 1992.

Offices Held : She took up many offices at club level. Continued her service at the Dist. level taking over as Dist. Editor, ISO, Treasurer, Secretary, Vice Chairman and presently as Dist. Chairman.

Member of Special Committees : Chairman's Group Representative, Incoming Chairman Institute at Ooty,

Rally of Surbhi 2001, Dist. Assembly Arivuna Anubhava.

Participation in other Programmes of IW : Attended 3 Triennial Conferences, was a voting delegate at 12th International IW Convention at Florence, Italy.

Hobbies : Reading and Photography.

Achievements during Youth : Performed several programs on Bharat Natyam, including shows at Singapore TV.

Member of : YWCA, Secretary of Nilgiris Rose Society.

Lover of : Nature, having the credit of winning prizes for her garden.

Lovable Spouse : Mr. Kishore - Managing Director of Everonn System India Ltd.

Assets : Daughter Keerthi in 11th Std., and Son Karthik in 6th Std.

PROJECTS INAUGURATED ON CHAIRMAN'S VISIT

- An amount of Rs. 10,000/- will be donated for Siruthuli project at Coimbatore.
- A cupboard to benefit the new born ward at General Hospital, Coimbatore.
- An artificial limb will be donated on the same day.
- A display board is inaugurated at the General

- Hospital Paediatric ward on Breast Feeding Awareness.
- School uniforms will be donated to the children of our adopted school at Nambialaganpalayam.
- An operation of cleft lip palate is performed free of cost to a poor child by our club to mark the official visit of our chairman, more operations will be done this year as our club project.

PRESIDENT'S MESSAGE

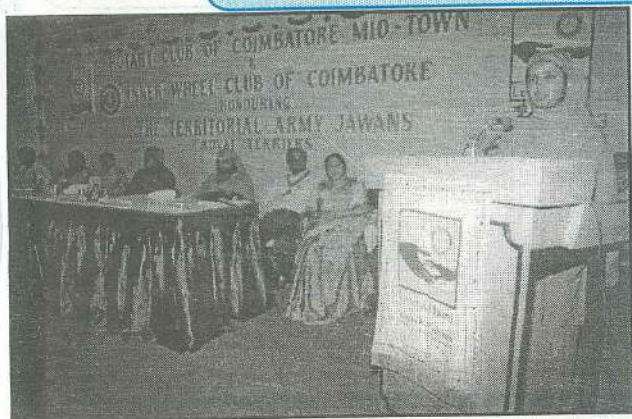
My dear friends,

Season's Greetings to you all. In the last four months of my tenure as the President of this prestigious club, we have done a few projects like inducing Awareness on Breast Feeding. Our club was one of the host clubs for the Kushi - Rally participated by all the clubs of Dist. 320. As a joint project of

Rotary Club of Coimbatore Mid Town we honoured the Jawan's who took part in the Kargil War.

All these were possible only because of the co-operation and support extended by each one of you. I take this opportunity to thank you for your kind support. Looking forward for your continuous assistance and help in the coming months.

FROM THE DESK OF SECRETARY - CHETNA SHAH



- * President Usha Thirugnanam was installed at a colourful function held on 3rd July 2003. Mrs. Manjula Ramesh Editor of "Mangair Malar" from Chennai, was the Chief Guest.
- * The first Bulletin was released by Past Association President Mrs. Geeta Padmanaban.
- * A.C Member & Immediate Past Dist. Chairman Vijayalakshmi Ravi inducted 2 active and one Honorary member.
- * Uniforms were donated to the Children of Balwadi at our adopted village Nambialaganpalayam.
- * 10 of our Members adopted children from the handicapped society, donating Rs. 1,200/- each.
- * 5 of our Members sponsored the education for 5 students from the families for children, Podanur.
- * Rs. 2,500/- was sponsored to a girl at Kolkatta for her higher education
- * A check of Rs. 5,000/- was donated by Mrs. Geeta Padmanaban to the geteriatric clinic, which is our continous project at our adopted village.
- * A Balwadi having 25 children is run by our club at Nambialaganpalayam.
- * A Joint Project with Rotary Club of Coimbatore Mid-town was held to honour "THE TERRITORIAL ARMY JAWANS", on th 27th of August 2003. Swamy Siddhabodanandji and Swamini Pramanandaji were the Chief Guest from Arsha Vidya Gurukulam - Anaikatti. (Rtd.) Col. Ramesh, General Manager of Pricol Coimbatore, was the guest of honour. 36 Jawans were honoured on the same day.
- * Independence Day was celebrated at Nambialaganpalayam. Rotract Club o CBE ACE joined us in the celebration. Fancy dress competition was held on the same day for the students. Prizes were distributed.
- * Cooking competition was held at Nambialaganpalayam based on receipies made of Ragi, Rice and different types of Chutneys. Prizes were given.
- * Teacher's Day was celebrated at our adopted village Vedapatti.
- * On the 13th of September our club was one of the host for the Dist. Rally held at Coimbatore Club, where many of our members took part actively in organising the show and also in the entertainment program.
- * A slide show on mountaineering was shown by Mr. Manickam who had been to the base camp at the Himalayas.
- * A joint & regular meeting was held on the 18th of Sep. which was jointly hosted by Inner Wheel Club of Coimbatore, Inner Wheel Club of West, Inner Wheel Club of North. The speaker for the day was Mr. Sanjay Konda who held a seminar on "LEADERSHIP TRAINING". He spoke on public speaking, personality development, and leadership qualities. Members from sister clubs, and members from other associations, R.S. Puram Girls High School students attended this seminar.
- * At our regular meeting our member Dr. Asha Roa, a leading gyneacologist spoke about the gynnic problems which women face.
- * Yet another unique and memorable programme was our Navratri celebration held at our member PDC Vijayalakshmi Ravi's residence on the 1st & 2nd of October where our members and children from Sevalaya Ashram attended the function. Children enjoyed few games and a meal.
- * A joint project with Rotary Club of Midtown, Uptown, Cultural and Sports Association held on the 11th of October, where different dances were performed. Instrumental Music, Carnatic Music, Elocation Competition was also held.
- * Deepavali celebration was at Meena Wahan's residence where children visited from the handicapped society and sang religious songs, played games, Antakshari and bursted a lot of Crackers. Dinner was served. During Deepavali President Usha & Secretary Chetna distributed sweets to the children of our adopted school.
- * A Raffle Draw was conducted at Essoroppee Hall for fund raising.



WORLD BREAST FEEDING WEEK CELEBRATED FROM AUG. 1st TO 7th AUG.



BREAST MILK FOR A HEALTHY GENERATION : This year the theme for the Breast Feeding Week was "Healthy Mothers and Healthy Babies". So naturally the highlight of this year's campaign was the close co-ordination between a healthy mother producing healthy babies, stressing a lot on mother's health for a nutritious breast milk. Almost 2000 pamphlets and hand bills were distributed to various hospitals, to Anganwadis and to Girls Higher Secondary Schools. Competition and talks took a major part in the Breast Feeding Campaign too.

1st August, Friday - The Inner Wheel Club of Coimbatore celebrated its inaugural function of Breast Feeding Awareness at Masonic Hospital, Race Course. Dr. Krishnaswamy, Senior Medical Officer, addressed the Women and Highlighted the vital role of Breast milk in the making of the healthy baby. PDC Mrs. Vijayalakshmi Ravi gave an inspiring speech. Skit was performed by trainees from K.G. Hospital.

2nd August, Saturday - General Hospital - 75 patients attended the function. Dr. Geethanjali gave an inspiring and provoking speech. Slides were shown.

3rd August, Sunday - CTM Home, Gandhipuram - 20 patients attended the function. Hand bills were distributed.

4th August, Monday - Arsha Vidhya Gurukulam, Anaikatti - About 100 ladies from surrounding villages attended the function. A Skit was performed by R.S. Puram Girls High School Students on Breast Feeding Awareness.

5th August, Tuesday - Seethalakshmi Maternity Home, R.S. Puram - 150 patients attended the seminar. Dr. Saradha from SLM Home spoke a few words on Breast Feeding and a skit was performed by R.S. Puram Girls High School Students on Breast Feeding Awareness.

6th August, Wednesday - R.S. Puram Girls High School - 250 girls benefited this program. Competitions on drawing, essay writing and elocution were held. Certificates were given to the winners.

7th August, Thursday - P.S.G. Rural Health Centre, Vedapatti - 65 children and 85 ladies participated. Healthy baby competition was held based on cleanliness, mothers education and on the health of the baby. Dr. Srinivasan gave an inspiring speech. A skit was performed by PSG College Students. Mementoes were given to every participant. Prizes were given.

In conclusion, the World Breast Feeding Week was celebrated energetically by the Inner Wheel Club of Coimbatore (August 1 - 7). The club considers it a privilege to be a small tool in creating awareness of breast feeding among the rural and urban women keeping in mind this year's theme -Healthy mothers and healthy babies. Pamphlets were distributed Tea & Biscuits were served daily.

Totally we had 5 lecturers, 2 competitions, 3 skits combined with distribution of pamphlets creating awareness on breast feeding.

I.S.O. REPORT

I.S.O. - International Service Organiser, is assigned to communicate with all the clubs, to get to know one another, I have been given this wonderful opportunity in my club.

Inner Wheel bridges the gap between culture, creed and caste and builds beautiful bonds of friendship and service. Bundles and bundles of friendship letters are coming in like Autumn breeze and has awakened the dormant writing spirit in me. Thanks to Inner Wheel!

Letters from Bombay, Maland, Gaya, Kosauli Jalgaon, Mahad have been received and also sent to them. In District 320 all the I.S.O.'s have received my letters and reciprocated.

I like to highlight a few interesting projects done by our sister Clubs.

- ❖ Physiotherapy through Dance and Speech Therapy for Mentally retarded children.
- ❖ Computer Training for deaf students
- ❖ Stickers with various slogans on cleanliness pasted on autorickshaws.
- ❖ Omkar and laughter exercises arranged for the inmates of a Elders Home.
- ❖ Work shop on First Aid for Students
- ❖ Soap, Pot, Envelope, Candle and Raksha bandan making classes for Orphan Girls.
- ❖ Mental maths and Memory improvement classes for student.
- ❖ Birthday celebration in old age home.
- ❖ Art of living classes for prisoners.

Anitha Srinivas.

KHUSHI 2003 - RALLY OF FRIENDSHIP AT COIMBATORE

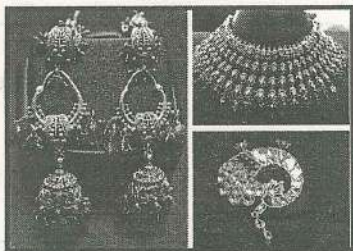
It was a bright and sunny day that Rally Chairman Meena Wahan had chosen for Khushi 2003. It was truly a "Khushi" day at The Coimbatore Club, Coimbatore. Ladies arrived from various parts of Dist. 320 right on time. The morning programs started with a bang, and an inaugural address on friendship by Dr. Mohan Prasad. His scintillating speech was aided through a Power Point presentation. District Chairman Jansi concluded the business side of the day in the-blink-of-an-eye. A vote of thanks by Rally Secretary Nirmala signaled the start of the entertainment schedule. Prizes hungama, as promised in the brochure, were announced between every program. Ladies were running up to the stage for biggest bindis, maximum bangles, biggest waist and the smallest, etc. It was laughter all round. Clubs put up lovely dance programs and skits to liven up the

entertainment. A lot of hard work and hours of practice showed itself in the excellent results. More than ten clubs participated in the entertainment to exhibit their talents. The host clubs of Coimbatore had a surprise event of a fashion show. Colourful chiffons & silk saris, western & ethnic outfits provided some lively moments. Not to be outdone, good sports Meena, Vijaya, Gomathi & Rupa held their own "Mock Fashion Show" and brought the house down with mirth at their antics. A record number of Inner Wheel members had registered for the Rally and none went away disappointed, as last of all there was "Friendship Oh La la", where ladies exchanged token gifts with each other. We were all winners at the end of the day. A scrumptious lunch was the end of a wonderfully "khushi" day for all.



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H-U-M-O-U-R

- ◆ *Marriage is a 3-ring circus : Engagement ring, Wedding ring and suffering!!*
- ◆ In the beginning, God created earth and rested. Then God created man and rested. Then God created woman. Since then, neither God nor man have rested.
- ◆ A man inserted an "ad" in the classified : "Wife Wanted". Next day he received a hundred letters. They all said the same thing : "You can have mine".
- ◆ First guy (proudly) : "My wife's an angel!"
Second guy : "You're real lucky, mine's still alive".
- ◆ Husband : U know dear, our son got his brain from me.
Wife : I think he did, I've still got mine with me!
- ◆ I asked my wife, "Where do you want to go on our anniversary?" She said, "Somewhere I have never been!" I told her, "How about the kitchen?"

Tenth Triennial Conference
at Pune.

On 6th, 7th & 8th February 2004.

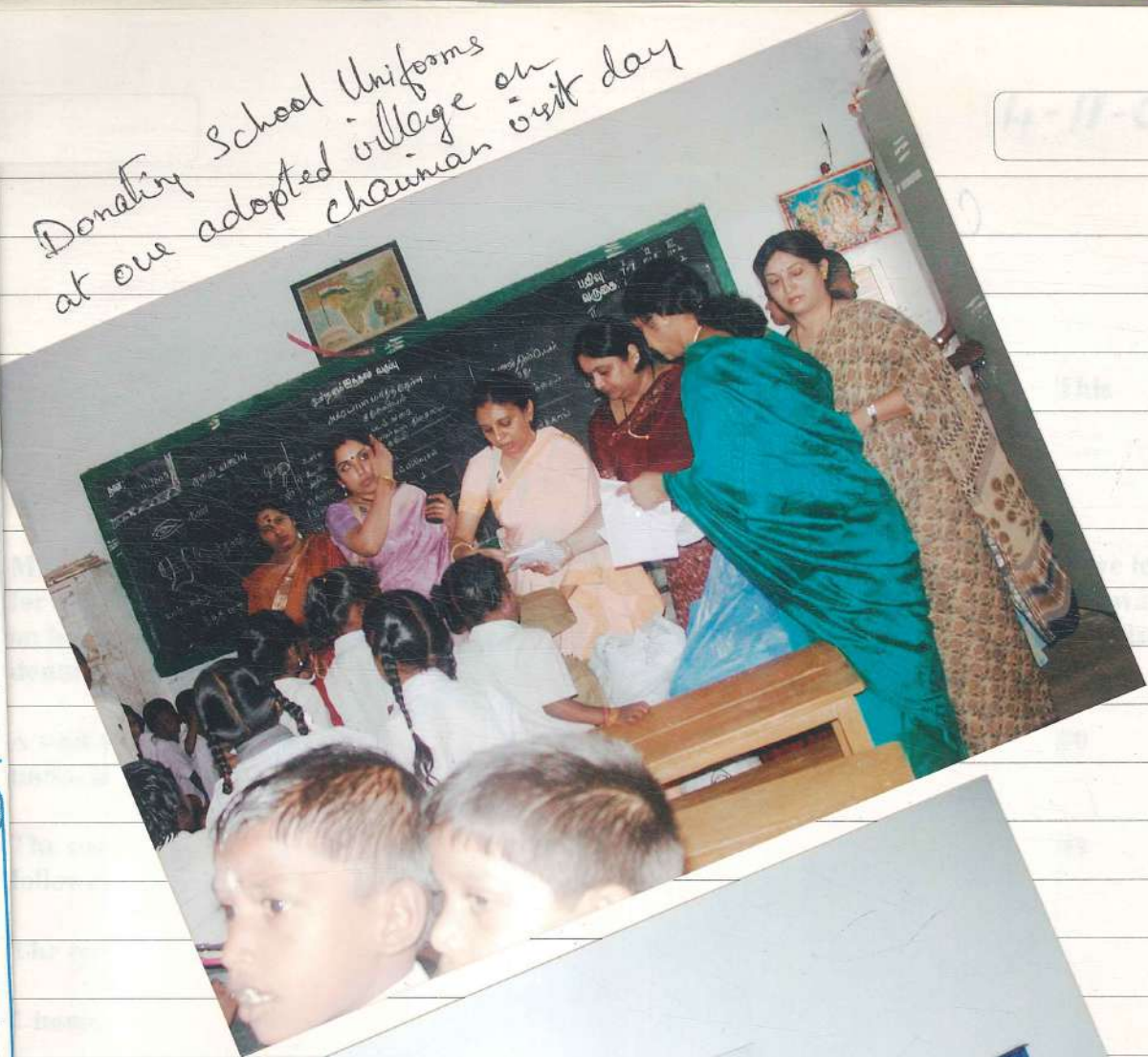
Chief Guest -

IIW President Mrs. Eileen Hassant.

To

Donating School Uniforms
at our adopted village on
chairman visit day

4-11-03



U-R

Engagement ring,

earth and rested.
rested. Then God
ither God nor man

classified : "Wife
a hundred letters.
ou can have mine".
s an angel!"
mine's still alive".
n got his brain from

got mine with me!
u want to go on our
where I have never
the kitchen?"

ference

uary 2004.

en Hassant.

ore - 641 002 Ph. : 254867



Induction of Nutan Asher
by Janis Kishore

80.21.2

Check handed over for the
Sreuthulli project



→ Palate
Surgery
done on
a boy.



Advantages on
- Breast Feeding Board at
General Hospital.

3.12.03

FRIENDSHIP & SERVICE
INNERWHEEL CLUB OF COIMBATORE

District 320

Dist. Chairman
Mrs. Jansi Kishore

President
Mrs. Usha Thirugnanam
34, East Sambandam Road
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Coimbatore - 641 002
Ph : 2554339, 2553175
Mobile : (0422) 3104223
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IIW Theme
Make the Friendship Positive

Charter No. 1985

Association President
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R.S. Puram
Coimbatore - 641 002
Ph : 2555908, 2541928
Cell : 98940 -16102
E-mail : kalyanicbe@vsnl.net

28-11-03

Call for Regular Meeting

Date & Time : Wednesday, 3rd December 2003, 06:00 pm
Committee Meeting : 05:30 pm

Venue : Residence of Mrs. Jyoti Zaveri
98, Tank Road,
Near Tony Upholstery,
Tatabad, Shivananda Colony,
Coimbatore-12.
Ph. 2495258, 2499912

Hostesses : Vandana Raichura, Manju Joshi, Jyoti Zaveri and Iyyammal.

Demonstration : Mrs. Meghna Dave - Paper Decoration

6th Dec : Awareness on Cleanliness-to Tribal School Children at Annaikatti
Distribution of Soaps worth Rs.2000/-

Speaker : Dr. Gitanjali from G.H.

27th Dec : Saturday, 10:30 am
Celebrations of coming New Year-2004 at Muthipalayam
Thondamuthur, along with the Inmates of Old Age Home.

70-1-7
MINUTES FOR VI REGULAR MEETING

Minutes for the VI Regular Meeting
Held on 3rd December 2003

The VI Regular Meeting was held at Jyoti Zaveri's residence. The Committee Meeting started at 05:45 PM.

Pulse Polio Immunization Day dates were announced as January 04th and February 22nd.

The Trinial dates at Pune were also announced as 06th, 07th and 08th of January.

Charter Day and Past Presidents Day celebration were also discussed.

We had a demonstration by Meghna Dave on the making of Paper bags and fancy Envelopes from colored paper.

Induction of a new member Mrs. Trupti Parekh, was inducted by our PAP, our own member Mrs. Geeta Padmanaban.

Tasty Chat items followed as dinner and the hostesses for the day were Chetna Shah, Vandana Raichura, Manju Joshi and Iyyammal Ramchandran.

Vote of Thanks was given by Chetna Shah.

2003-04-07
Jyoti Zaveri
Hostess

19.1.04.

NOTES For VI Review Meeting



Soaps distributed at Anakkatti Ashram & Hostel.

NO. 2. 11

17.1.04

Minutes for the VII Regular Meeting Held on 17th January 2004

The VII Regular Meeting was held at Kalpaviruksha, the Ayurvedic Village at Thekkupalayam, Coimbatore. The Committee Meeting started at 11:00 AM.

The Chief Guest for the day was Dr. Uma Devi of the Ayurvedic village.

Dr. Uma Devi spoke to us about Ayurveda and Ayurvedic medicines. She showed us a few slides on the treatment of this Veda.

She took us around the village and showed us the Yoga & meditation center, herbal garden, organic vegetable garden, the pharmacy and the Ayurvedic restaurant with naturally healing recipes.

The 2004-2005 team was recognized for our own club. The team for the National level was also announced for 2004-2005. Urmila Bareja from Delhi was announced as the ASSOCIATION PRESIDENT 2004-2005. Shaileja Bhatt as VICE PRESIDENT from Bangalore. Nandini Ravedran from Udmalpet as DIST. CHAIRMAN. Karuna Senthil Nathan as DIST. SECRETARY. Meena Satish as DIST. TREASURER and Sashikala Joy as DIST. ISO.

A talk by Dr. Geetanjali from G.H was given on the Awareness on cleanliness to tribal school children at Annaikatti.

New Year 2004 was celebrated at Muthipalayam.

They served us with delicious lunch, the food made out of herbal products.

Each member was presented with a memento-a few ayurvedic creams and medicines.

Vote of Thanks was given by PDC Mrs. Vijaylakshmi Ravi.

Polio drops given at
General Hospital

INN

District 320

Dist. Chairman
Mrs. Jansi Kishore

President
Mrs. Usha Thirugnanam
34, East Sambandam Road
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Coimbatore - 641 002
Ph : 2554339, 2553175
Mobile : (0422) 3104223
E-mail : tirugnam@satyam.net.in

10/02/04



REGULAR MEETING
CHARTER DAY CELEBRATION

Time & Date : 17th Feb.2004
Committee Meeting : 5.30 PM
Regular Meeting : 6.00 PM

Programme : Games, Fun & Frolic
Honouring the Charter Members

Venue : Essorpee Rotary Hall , Brooke Bond Road ,
R.S.Puram , Coimbatore.

Dinner : 8.00 PM
Hostess : Mrs. Madanbai , Mrs.Saroja Devi ,
Mrs.Sri Devi & Mrs.Kishore

Pulse Polio Day : 22nd Feb. 2004 .
Pulse Polio Immunization at,
S.L.M Home, Palamalai Tribal Area.

17.2.04

Minutes for the VIII Regular Meeting Held on 17th February 2004

The VIII Regular Meeting was held at Essorpee Rotary Hall, Coimbatore.

The Committee Meeting started at 06:00 PM.

Discussions were made about the Past Presidents Day which was to be celebrated at Black Thunder.

Discussions were also made about the Pulse Polio Immunization Day which was to be conducted on the 22nd of February at S.L.M. Home and the Tribal areas.

Food packets and T-Shirts were to be distributed.

We had a Charter Day celebrations, where Charter members were honoured and given mementoes.

Vijayalakshmi Ravi highlighted us on the Tenth Triennial Conference which took place at Pune. Four of our members attended this.

Geeta Padmanaban spoke a few words on what a charter is and gave us information on the formation of our club.

A quiz programme was organized by our members, Meena Wahan and Nirmala Kasturirangai.

The knowledge of our members about the Charter was quite satisfactory.

Another game was conducted and prizes were distributed.

Dinner followed. Hostesses for the day were Madan Bai, Kishore Shah, Saroja Devi and Sri Devi.

Vote of Thanks was given by the Secretary.

FRIENDSHIP & SERVICE
INNERWHEEL CLUB OF COIMBATORE

District 320

Dist. Chairman
Mrs. Jansi Kishore



IIW Theme
Make the Friendship Positive

President
Mrs. Usha Thirugnanam
34, East Sambandam Road
R.S. Puram
Coimbatore - 641 002
Ph : 2554339, 2553175
Mobile : (0422) 3104223
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Charter No. 1985

Association President
Mrs. Roshan E. Chindy

Secretary
Mrs. Chetna .H. Shah
134, Venkalaswamy Road
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REGULAR MEETING
Friday 19th March 2004

PICNIC CUM RECOGNIZING PAST PRESIDENTS

Committee Meeting : 10:00 AM
Regular Meeting : 10:30 AM

Venue : Usha Thirugnanam's farm house
On Ooty main road,

Mettupalayam.

(Assembling at Vijiyalakshmi Ravi's residence sharp 09:00 AM)

Lunch at "Black Thunder Resort."

Host : Mrs. Usha Dass, Mrs. Revathi Prasad
Mrs. Rema Ramesh, Mrs. Jayshree
Mrs. Vijiyalakshmi Ravi.

Minutes for the IX Regular Meeting Held on 19th March 2004

The IX Regular Meeting was held at Black Thunder, on Ooty Main Road.

The Committee Meeting started at 11:00 AM.

Discussions were made on building the compound wall and repairing the class rooms at our adopted village, Nambialagapalayam.

P.D.C. Vijayalakshmi Ravi, the President and the Secretary visited the Collector asking for help in constructing the compound wall.

First we visited Usha Thirugnanam's farm where we all had coconut water and then left for Black Thunder.

This meeting was the Past President's Day's Celebration where each Past President came up and spoke a few words on their own experience during their own period. Mementoes were given to each one of them.

Pulse Polio Day was celebrated on the 22nd of Feb at S.L.M. Home and Tribal area-Palamalai, CBE. Seven villages were covered. Food packets and T-shirts were distributed.

Lunch followed
Revathi Pr
Dass.



Pulse Polio
drop given to
a child at
General
Hospital

3. 4. 04

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Call for 10th Regular Meeting

Family get-together

To be held on Sat. 3rd April 2004

Regular Meeting : 3rd April - 6.00 PM

Committee Meeting : 5.30 PM

Inner Wheel greetings to Rotarians and Annettes and Inner Wheel Members.

In the cool ambience of Mrs. Asha Rajkumar's abode is our venue this time. So please reserve the evening of Saturday 3rd April 2004, 6.00 PM. Your esteemed presence will be a great honour for us, Inner Wheel Members.

Venue: Mrs. Asha Rajkumar's residence
651, Trichy Road,
R V L Bungalow,
Coimbatore 641 005
Phone: 2570373.

(R S V P 2541928 / 2554339 / 2570373 Regrets only)

Hostess: Asha Rajkumar, Latha Prabhakar, Sheila Vishwanathan, Trupthi Parikh,
Nirmala Kasthurirangai. Sundari Kandaswamy, Saraswathi Sounderrajan,
Bama Damodaran.

Minutes for the X Regular Meeting Held on 03rd April 2004

The X Regular Meeting was held at Asha Rajkumar's residence. It was a family get together.

The Committee Meeting started at 06:00 PM.

Final team for the year 2004-2005 was announced.

President - Gulshan Wagh
Treasurer - Kishore Shah
Editor - Anita Srinivasan
Vice President - Chetna Shah

Secretary - Revathi Prasad
ISO - Rema Ramesh
IPP - Usha Thirugnanam
Jt. Sec. - Jyoti Zaveri

Sri Lanka trip was announced by our Dist.ISO Shabnam.

We had games, fun and frolic.

Dinner followed. Hostesses for the day were Asha Rajkumar, Lathe Prabhakar, Sheela Vishwanathan, Trupti Parikh, Nirmala Kasturirangai, Sundari Kandaswamy, Saraswati Sounderrajan and Bama Damodaran.



Annual Day celebration