

THINK

AHEAD

AIM

HIGH

MINUTES

2011

-

2012

**Commit with Conviction
Compassion Consistency**
(IIW Theme 2010-2011)

Think Ahead – Aim High
(IIW Theme 2011-2012)



INNER WHEEL DISTRICT 320 – DISTRICT ASSEMBLY

ROSHINI - 2011

Minu Rojer, District Chairman,
Members of the Executive Committee and
IW Clubs of
Coimbatore, Coimbatore East, Coimbatore North,
Coimbatore West & Pollachi

Cordially invite you to

ROSHINI - 2011

&

Installation of

Suja Mani as District Chairman
& her team of Office Bearers for the year 2011-2012
on

Sunday, 29th May 2011 at 11.00 am

at

Jenny's Club, Avinashi Road, Coimbatore - 641 014.

Dr. Kapila Gupta

President, Association of Inner Wheel Clubs in India
will be the Chief Guest

Mrs Revathi Ekambaram
Assembly Chairman

Mrs Usha Madhavan
Assembly Secretary

INVITATION FOR
DISTRICT ASSEMBLY



INNER WHEEL DISTRICT 320
DISTRICT ASSEMBLY, COCHIN

REPORTS AND MINUTES



Roshini

COMMMIT WITH CONVICTION, COMPASSION, CONSISTENCY

Date: Sunday, 29th May 2011

Venue: Jenny's Club, Coimbatore

HOSTED BY INNER WHEEL CLUBS OF:

COIMBATORE ◊ COIMBATORE EAST ◊ COIMBATORE NORTH ◊
COIMBATORE WEST ◊ POLLACHI

MINUTES OF
DISTRICT ASSEMBLY



DISTRICT TEAM 2011-12



OUR CLUB MEMBERS AT ASSEMBLY

CLUB OFFICERS TRAINING

~~SECRETARY~~

SEMINAR

ATTENDED BY INCOMING SECRETARY

AARTI. K. SHAH AND INCOMING

TREASURER PRACHI. J. KIKANI

AT RATHNA RESIDENCY ON

28th MAY 2011.

...

MINUTES OF INCOMING AND OUTGOING

MEETING HELD ON 9-6-2011

VENUE - MRS. PRACHI KIKANI'S RESIDENCE

The meeting started with a prayer by Mrs. Prachi Kikani followed by INNER WHEEL Prayer by all our members.

President (Incoming) Mrs. Kishori.A. Shah welcomed the gathering and presented her plan of action for the year 2011-12.

The projects and programmes to be conducted during the year were discussed. The President requested all the members to donate generously for the upcoming projects.

On going projects "Friends of Tribal Society" near Kotagiri and "Sale of Cookery books" to be continued. Donation to Shanti Ashram for education also to be continued.

The projects for the Installation Day like Tuition fees for girl child, donation of study tables, donation for eye surgery were discussed and deliberated.

Treasurer Mrs. Prachi Kikani proposed to open 2 new savings account (Charity A/c, Club A/c) at Bank of Baroda, Saibaba Colony Cbe. It was proposed to appoint Mr. Sanjay. D. Shah as the Club Auditor.

It was also decided to make wearing of pins compulsory for all meetings and projects.

The committee unanimously approved the above proposals.

Mrs. Nutan Asher and all the committee members congratulated the outgoing team for the commendable work done in 2010-11.

Later Secretary Aarti Shah proposed the vote of thanks.





INNER WHEEL CLUB OF COIMBATORE

Kishori..A.Shah
President Elect
(2011-12).

21, Shanti Kunj
Srinath Lake View
Sungam Bye-Pass Road,
Coimbatore 641 045
(M) 99430 39807
.0422 2315310

Dt.10.06.2011

Dear Inner Wheel Members,

It is my privilege and great honor for having this opportunity to lead the club for the year **2011-2012.**

I look forward to your support and guidance for making this year an eventful one.

I request all our members to donate liberally for our Projects and would appreciate if you could bring the **Subscription** during the Installation function.

Let us re-affirm our commitment to serve the community by **“Thinking Ahead, Aiming High”**, as our theme truly suggests.

Yours in Inner Wheel Friendship.

Kishori Shah
Kishori A Shah
(President Elect)

Committee Members

Brinda Vijaykumar
Usha Thirugnanam
Saraswathi
Anitha Srinivas
Nutan Asher
Trupti Parikh
Sujani Balaji
Urmila Surana
Beena Mysleri

INNER WHEEL TEAM

(2011- 2012)

President Kishori A. Shah

I.P.P. Latha Prabhakar

Vice-President Murugambal

Secretary Aarti Shah

Joint Secretary Meena Wahan

Treasurer Prachi Kikani

I.S.O. Sridevi Padmanabhan

Editor Shanti Rajasekhar

Club Service Geetha Padmanabhan
Hema Khona

Advisory Panel Tulsi Rajkumar
Sundari Kandaswami

Fellowship-in-charge Nirmala Kasthurirangian
Gulshan Wagh

Pulse Polio Chairman Ananthalakshmi Sriram



Think Ahead – Aim High
(IIW Theme : 2011 – 12)

Inner Wheel Club of Coimbatore (Dist 320)

The President and members
Cordially invite you to the Installation of

Mrs. Kishori Arvind Shah

As President and her team of Office Bearers
for the year 2011 – 2012.

Chief Guest

Major Donor Rtn. PDG **Pratap Gokuldas**
(R.I DIST 3201)

Guest of Honour

Sujamani
(Chairman, DIST 320)

Venue : "SIEMA HALL",
Race Course Road,
Coimbatore -641 018

Day & Date : Friday 1st July 2011.

Time : 6.30 P.M.

Dinner : 8.00 P.M.

Latha Prabhakar
(President)

Brinda Vijay Kumar
(Secretary)

MINUTES OF INSTALLATION MEETING

HELD ON 1-7-2011

VENUE - SIEMA HALL

The Installation Function of Inner Wheel of Coimbatore 2011-2012 was held at Siema Hall. The meeting commenced with an invocation by Prachi Kikani and Inner Wheel Prayer by Urmila Surana.

President Lata Prabhakar welcomed the gathering. She along with Sujani Balaji presented detailed report of the club projects and activities for the year 2010-11. She also thanked the members for their support during her tenure.

Mrs. Kishori. A. Shah was installed as the 36th President of Inner Wheel Club of Coimbatore along with her team of office bearers.

Projects.

- 1) Donation of Rs 1 lakh to Coimbatore Cancer Foundation for treatment of poor and needy patients suffering from cancer.
- 2) Donation of Rs 10,000 to Shanti Ashram for education of girl children.
- 3) Donation of 2 study tables costing Rs 2600 each to Seva Nilayam.

- 4) Donation of Rs 5000 to Sharanalayam an orphanage in Pollachi.
- 5) Donation of Rs 2500 to a girl child Pooja towards school fees.
- 6) Donation of Rs 1000 to a girl child towards tuition fees.
- 7) Donation of Rs 1000 for eye surgery.

New members Mrs. Kochu Seeta Jayaram and Mrs. Kasturi Vasanti were inducted by PAP Mrs. Geeta Padmanabhan.

Chief Guest PDG Mr. Pratap Gokuldas and Guest of Honour Mrs. Sujamani our District Chairman addressed the gathering and motivated our members by their inspiring speech.

Mrs. Chamu Shah from IWC West and Mr. Prakash Angappan Midtown Club offered felicitations.

Vote of thanks was proposed by Secretary Aarti Shah. The ceremony concluded with the National Anthem and was followed by dinner.



INSTALLATION OF PRESIDENT KISHORI



EXCHANGE OF CHARTER

INNER WHEEL TEAM 2011-12



DONATION TO CBE CANCER FOUNDATION, WICNM



RELEASE OF CHAKRAM ON

INSTALLATION DAY



EDITOR

SHANTI RAJSHEKAR



Chakram

THINK AHEAD - AIM HIGH
(IIW Theme : 2011 - 12)

JULY / AUGUST



DIST.320



BULLETIN INNER WHEEL CLUB OF COIMBATORE

ABOUT OUR PRESIDENT **Mrs. KISHORI ARVIND SHAH**



Kishori was born and brought up in Gujarat. She graduated with B.A in Political Science from Saurashtra University. She has been a member of Inner Wheel club of Coimbatore for the past ten years and has the passion to serve the needy. Her hobbies are listening to old hindi songs and travelling. During her college days she represented her college and university in Table Tennis and won awards. Happily married to Rtn PHF Arvind Shah, and blessed with two children Nirmal and Ujjval, both married and settled.

ABOUT OUR SECRETARY **Mrs. AARTI.K.SHAH**



Born in Coimbatore, she did her schooling in St. Josephs Matric School and went on to do her B.Com in Nirmala college. Her hobbies are reading, interior designing and playing badminton. She is happily married to Ketan Shah and blessed with two sons Nishant and Kunal.



MESSAGE FROM DISTRICT CHAIRMAN Mrs. SUJA MANI



My dear President Kishori Shah and Members of the IWC of Coimbatore.

“The wise man is he whose constant prayer is that he might see today with the eyes of tomorrow.” – MERCIE

I extend my warm Greetings and good wishes to each and every member of your Club through the bulletin which is a window through which we see the achievements after hard work and sincere service. The wheel has to roll on year after year, bringing with it a new set of office bearers with innovative ideas and dreams. We are a group of friends who do not focus on me, myself and mine. The greatness of our organization comes from its diversity. It is not the things which we share in common, but the differences that makes us unique. Everything around us has the same origin and this reminds us once again that we are all one.

We are the selected privileged few in the society with lots of talents, resources and capabilities that make us special. We have vast majority of less privileged people around us who are struggling every day for survival. Even if we can shed the tear of at least few of them and bring smile in their life, we have more than achieved our Goal.

The IIW President Catherine Refabert has given us a wonderful theme this year. “Think Ahead – Aim High”. This is in line with the functioning of our organization, where everything is planned meticulously to the finest details well in advance. You should not make small plans as they have no magic or power to inspire and motivate. Please make big plans and Aim High and act. Our Association President has a dream for every one of us to make Inner Wheel experience enjoyable by coming together to showcase our talents in sports, Inner Wheel quiz, Elocution, dance, music, art and culture.

Our theme aptly reminds us not to cling to the past, because the present will become difficult and the future will become impossible. Hence Think Ahead positively to aim for a higher goal. We have to grow from strength to strength to keep this vibrant organization growing. Let us think differently and achieve tasks that may be exceptional and extraordinary.

May you have a rewarding year of service.

Yours in Inner Wheel friendship and Service,
Suja Mani,
District Chairman – 2011-2012.

FROM OUR ASSOCIATION PRESIDENT

Hearty Congratulations to all the club leaders and members on the occasion of the beginning of the new Inner Wheel Year 2011 – 2012. The IIW Theme for this year is THINK AHEAD – AIM HIGH. Truly this theme is very appropriate for executing our ambitious VISION for 2011–2012. Let us make Inner Wheel enjoyable by coming together to showcase our talents in sports, Inner wheel quiz, education., dance, music, art and culture. Let us get totally immersed and enveloped in the sheer fun of being an Inner Wheel Member. If we Think Ahead – Aim High, then only we can give a great year of PERFORMANCE.

My love and affection to all.

With all my best wishes for a great year,

Dr. Bina Vyas

Association President 2011 - 2012

Bio Data of our Chief Guest Rtn. PRATAP GOKULDAS

Born and educated in Coimbatore, Rtn. Pratap joined Rotary in 1967. As a Group study team leader he visited Newyork upstate Dist. 7170 in 1990. He is a Major Donor to the Rotary Foundation & Paul Harris Fellow (pledged to donate \$1000/- every year to Foundation throughout his life). Rtn. Pratap was the Dist. Governor of 3200 in 1997-98 and was awarded service above self by Rotary International in 2002. He was the Rotary Foundation Alumini Co-ordinator for zone 5 & 6 covering 20 Dist. In 4 countries. He has attended 8 Rotary International Conventions. As a member of International Golfing Fellowship of Rotary, he has participated in one International Golf tournament in North Carolina in USA. Rtn. Pratap is now retired from Textile Raw Material business. He is the Hon. Executive Director of Multi Organ Harvesting Aid Networking – MOHAN FOUNDATION in charge of Coimbatore.

Rtn. Pratap is married to Roopa- a very active Inner Wheel member and they have two daughters Seema & Divya both of them are married & migrated to USA.



MESSAGE FROM THE IMMEDIATE PAST PRESIDENT

Dear friends it is time for change of gaurds. I wish Kishori and her team of office bearers all the best and one more happy Inner Wheel year.

Latha Prabakar.



OVERVIEW OF PROJECTS DONE IN THE YEAR 2010-2011

1. Emphasizing the awareness of breast feeding was done for a week.
2. Chairs and steel cupboards were donated to Government School, Pichanur.
3. Educational aid for a year was given to 10 children of Shanthi Ashram.
4. Maniyadi, a tribal village near Kotagiri was adopted for one year.
5. Pulse Polio days on January 23rd and February 27th.
6. Mosquito nets donated to Ashram Girls hostel.
7. Hearing aids given to children of Redcross Deaf and Dumb School.
8. Every year a hoarding is kept in the railway station which speaks about the awareness of breast cancer and cervical cancer.

Medical camps:

1. Infantometers and Electronic Weighing machines were donated to AIM – Seva hospital, Annaikatty.
2. Medical camps conducted at AIM – Seva hospital, Annaikatty.
3. Monetary help given to a Leukemia patient at GKNM Hospital.

FROM OUR PRESIDENTS DESK

I wish to thank all members of the Inner Wheel club of Coimbatore for having reposed faith and elected me to be your President and lead this prestigious club for the year 2011 - 2012. I accept this responsibility with utmost humility and look forward to your support and guidance and make this year a memorable one. Our club has been doing yeomen service to the community for the past several years. To meet the challenges for a fast changing world let us rededicate ourselves to serve the needy by "Thinking Ahead & Aiming High"

FROM OUR SECRETARYS DESK

I joined the Inner Wheel Club of Coimbatore in 2007 and have been a committee member and treasurer. Now I am taking over as the secretary. Looking forward for your co-operation and support in all our upcoming projects



TEAM 2011 -2012



President	-	Kishori. A. Shah
Vice President	-	Murugambal Sundaravadivelu
Secretary	-	Aarti. K. Shah
IPP	-	Latha Prabakar
Joint Secretary	-	Meena Wahan
Treasurer	-	Prachi Kikani
ISO	-	Sridevi Padmanaban
Editor	-	Shanthy Rajasekhar
Club service	-	Geetha Padmanaban Hema Khona
Pulse Polio Chairman	-	Ananthalakshmi Sriram
Fellowship-in-charge	-	Nirmala Kasthurirangian Gulshan Wagh
Advisory Panel	-	Thulsi Rajkumar Sundari Kandaswamy
Committee Members	-	Brinda Vijayakumar Usha Thirugnanam Saraswathi Sundarraaj Anitha Srinivas Nutan Asher Trupti Parikh Sujani Balaji Urmila Surana Beena Mysheri

PRESIDENTS AND SECRETARIES

Year	President	Secretary
1977-78	Mrs. Balambal Ananthasivam	Mrs. Umarani Shanmugasundaram
1978-79	Mrs. Umarani Shanmugasundaram	Mrs. Rahmath Jabbar
1979-80	Mrs. Shanthi Venkataraman	Mrs. Neeraja Nagarajan
1980-81	Mrs. Rahamath Jabbar	Mrs. Shantha Vellingiri
1981-82	Mrs. Umarani Shanmugasundaram	Mrs. Hamsa Ramakrishnan
1982-83	Mrs. Kirthida Vyas	Mrs. Manogari Janarthanam
1983-84	Mrs. Hamsa Ramakrishnan	Mrs. Rahmath Jabbar
1984-85	Mrs. Shantha Vellingiri	Mrs. Ananthalakshmi Sriram
1985-86	Mrs. Sarojini Natarajan	Mrs. Sundari Kandaswamy
1986-87	Mrs. Ananthalakshmi Sriram	Mrs. Sabitha Selvaraj
1987-88	Mrs. Mohini Jealro	Mrs. Muthammal Kandaswamy
1988-89	Mrs. Nandini Rajendran	Mrs. Srilatha Mohan
1989-90	Mrs. Sundari Kandaswamy	Mrs. Jayshree Manoharan
1990-91	Mrs. Sudha Shyamsundar	Mrs. Geetha Padmanaban
1991-92	Mrs. Srilatha Mohan	Mrs. Asha Rajkumar
1992-93	Mrs. Geetha Padmanaban	Mrs. Sudha Shyamsundar
1993-94	Mrs. Vanaja Jaichandran	Mrs. Srilatha Mohan
1994-95	Mrs. Thulsi Rajkumar	Mrs. Brinda Vijayakumar
1995-96	Mrs. Vijayalakshmi Ravi	Mrs. Usha Thirugnanam
1996-97	Mrs. Brinda Vijayakumar	Mrs. Latha Prabhakar
1997-98	Mrs. Vandana Arun Gokuldas	Mrs. Anila Agarwal
1998-99	Mrs. Nirmala Kasthurirangaian	Mrs. Meena Wahan
1999-2000	Mrs. Manogari Janarthanam	Mrs. Usha Dass
2000-01	Mrs. Sridevi Padmanaban	Mrs. Hema Khona
2001-02	Mrs. Meena Wahan	Mrs. Nirmala Kasthurirangaian
2002-03	Mrs. Usha Dass	Mrs. Radha Sundarkumar
2003-04	Mrs. Usha Thirugnanam	Mrs. Chetna.H.Shah
2004-05	Mrs. Gulshan Wagh	Mrs. Revathi Prasad
2005-06	Mrs. Revathi Prasad	Mrs. Rema Ramesh
2006-07	Mrs. Sarawathi Sundarrajan	Mrs. Anitha Srinivas
2007-08	Mrs. Nutan Asher	Mrs. Geetha Padmanaban
2008-09	Mrs. Anitha Srinivas	Mrs. Chetns.H.Shah
2009-10	Mrs. Manju Shroff	Mrs. Trupti Parikh
2010-11	Mrs. Latha Prabakar	Mrs. Brinda Vijayakumar
2011-12	Mrs. Kishori .A.Shah	Mrs. Aarti.K.Shah

Ms. Shanthi Rajasekhar
Editor

(2) As we know that global warming might fundamentally change the world. So our club members will take baby steps towards a greener, safer tomorrow on 15th August at 11.30 AM at Kikani School grounds through TREE PLANTING AND DISTRIBUTION OF ABOUT 100 SEEDLINGS TO STUDENTS.

Members please attend the meeting and the projects.

Yours in Inner Wheel.

Secretary

Fun Corner



Questions relating only to Inner Wheel. The first member to send the correct answer will be the winner. So be quick and send your answer through SMS to 9047077220. (Aarti)

Q – In which year was Inner Wheel started and by whom ??????



FIRST MEETING



TALK BY DEEPIKA GOKULDAS

INDUCTION OF NEW MEMBER



WINNERS OF FUN CORNER

1. URMILA SURANA
2. LATHA PRABHAKAR

Minutes of 18th Regular Meeting held on
28.07.11 at Sridevi Pedmanabai's Residence

Inner Wheel Prayers by our members.
President Kishori welcomed the members.
The minutes of the Installation Meeting
was read and duly passed. Projects to
be done in August were discussed.
It was decided to celebrate Breast Feeding
Awareness Week on all 7 days.
Independence Day was to be celebrated
by planting saplings at schools and a
factory. Mrs. Deepika Raichura presented
a talk on "Health and Diet". An
interesting interactive session followed.
Vote of thanks by Secretary Aarti.
Meeting was followed by lunch.

MASONIC
HOSPITAL



VILIPATTU
AT
MASONIC
HOSPITAL

FLEX
POSTER
GIVEN TO
SLM
HOME



BREASTFEEDING AWARENESS PROGRAMME
AUGUST 1ST – 7TH 2011

Introduction : Inner Wheel Club of Coimbatore truly reflects the society it serves. We begin our report by saying “EVEN ANIMALS FEED THEIR YOUNG ONES, THEN WHY HUMANS SHOULD HESITATE”. To the new generation breast feeding is always in a state of chrysalis. So our club protects breast feeding by educating them through counselling, saying that pregnancy, delivery and breastfeeding is a lifetime experience and it should take place in a positive environment. Breast feeding protects the baby from DIARRHOEA (a killer in most infants) DISEASE AND DEATH [THE 3 D’S]

Our club has joined with Rotary Club of Spectrum, Indian Academy of Paediatrics and UNICEF to promote and support breast feeding. WABA’s vision of breastfeeding awareness has inspired and energised our actions in many improved dimensions.

1ST AUGUST – 2011

VENUE : MASONIC HOSPITAL (INAUGURATION)

Dr. Krishnaswamy Head of Department of Paediatrics inaugurated the programme and gave a talk on advantages of breastfeeding and how it helps the growth of the baby – physically and mentally and how an emotional bonding between mother and child develops. Mr. Somasundaram Honorable Secretary also gave a brief speech encouraging mothers to breastfeed.

This was followed by a skit cum debate put up by the nursing students of Masonic Hospital. It was about a modern mother who listening to her friend, weans the baby to bottle feeds, the baby becomes restless and colicky. The skit ends with the doctor stressing on how important it is for the mother to breastfeed the baby. The humorous comparison of breast milk vs bottle feeds had full attention of the audience with the message firmly embedded in their minds. Flex poster was put up in the hospital. Pamphlets were distributed. Mementos and prizes were given. Tea was served and biscuits were distributed.

2ND AUGUST – 2011

VENUE : SLM HOME

Our member Anitha Srinivas gave a talk saying breast fed babies have a healthier start in life. The antibodies present in mother’s milk strengthens baby’s immune system and provides them essential nutrients.

Dr. Illamathi gynaecologist reaffirmed the superiority of breast feeding for new borns in her talk. She also interacted with the pregnant mothers and cleared their apprehensions about breast feeding.

Pretty, young, enthusiastic nursing students from Ramakrishna College presented a symposium on breastfeeding. It covered all the points on the subject of breastfeeding and benefited the crowd there. Flex poster was put up in the hospital. Pamphlets were distributed. Mementos and prizes were given. Tea was served and biscuits were distributed.

TALK
AT
SLM
HOME



NIRMALA
COLLEGE

SLIDE SHOW
BY
DR. SRIDHARAN
IYER



3rd AUGUST – 2011

VENUE : NIRMALA COLLEGE

President Kishori welcomed the gathering and requested the students to listen with care on the topic of the day. Dr. Vanitha Paediatrician at Government Hospital spoke at length on the good effects of breastfeeding, the nutritious food the expecting and the nursing mother should consume. She also said that young girls are future mothers and so should take care of their health having more vegetables, fruits and milk in their diet.

We were fortunate to have Dr. Sridharan Iyer of Rotary Club of Spectrum, a dentist by profession who took time out of his busy schedule to present a slide show to communicate with the audience of about 950 students. The main focus was to reach out to young girls with information about the importance of breastfeeding and clearing any doubts and inhibitions in their minds. He insisted on starting to breastfeed within 30 minutes of child birth. He said that human milk contains vital nutrients and living cells which are very beneficial for the new born baby's physical and mental development.

The Principal of Nirmala College thanked the Inner Wheel members for conducting the awareness programme in the college.

4th AUGUST – 2011

VENUE : RAO HOSPITAL

Dr. Sellakumaran, the young paediatrician spread the message of breastfeeding through a slide show. He said that mother's milk is the first gift of the mother to her child. The child must be kept away from bottle feeds and other baby foods at a tender age otherwise the child will be prone to diseases. He spread the simple yet powerful message, breastfeeding can save your baby's life.

Dr. Asha Rao, gynaecologist added that not only the baby but the mother also benefits from breastfeeding. It assists in weight loss after delivery, protects against breast cancer and other diseases and delays the return of menses and ovulation. She encouraged the working mothers to pump out the milk into a bottle to be fed to the baby while she is away. She said that there is no substitute for mother's milk and so mothers should make it a point to feed their babies at least for a year.

A Q & A session followed in which the doctors cleared the doubts of the audience. Flex poster was put up in the hospital. Pamphlets were distributed. Mementos and prizes were given. Tea was served and biscuits were distributed.

RAO
HOSPITAL
SLIDE
SHOW



RAO
HOSPITAL
Q & A
SESSION

GENERAL
HOSPITAL



5th & 7th AUGUST - 2011

VENUE : KARPAGAM THEATRE COMPLEX

A slide was made promoting breastfeeding and emphasizing its benefits. It was exhibited on 5th & 7th in the 3 theatres in the complex for all 4 shows which attracts a large crowd. It benefited the community at large.

A write - up in "THE TIMES OF INDIA" news paper was part of our awareness programme targeting the community at large.

6th AUGUST - 2011

VENUE : COIMBATORE MEDICAL COLLEGE HOSPITAL (GENERAL HOSPITAL)

It was a grand finale to an interesting week. The valedictory function was held at New Lecture Hall. Dr. Mathivannan (Medical Superintendent), Dr. Dorai Kannan (IAP Past president), Dr. Nandhini Kumaran (IAP President), Dr. Vanitha Paediatrician graced the function. Each of them gave informative talks and inspired the crowd to breastfeed. They thanked Inner Wheel Club of Coimbatore for BFA campaign.

The boys (nursing students) of GH gave a unique presentation on prevention of infant mortality by exclusive breastfeeding through the skit enacted by them. The girls presented a debate on breastfeed vs bottle feed. Their main point being breast milk is pure, inexpensive, available at all times and above all creates emotional bonding. Chart making and poem recital competitions were held and prizes were distributed. Certificates were given to the participants. Flex poster was put up in the hospital. Pamphlets were distributed. Tea, coffee and cashew pakodas were given.

INNERWHEEL CLUB OF GOIMBATORE

Breastfeeding: The 1st Hour Save ONE



1,000,000 babies!

WORLD BREASTFEEDING WEEK
1-7 AUGUST 2007

Initiation of breastfeeding within the 1st hour of birth is the first and most vital step towards reducing infant and under-five mortality, by reducing the overwhelmingly high neonatal mortality rate. Save ONE million babies - beginning with ONE action, ONE-hour support and ONE message:

begin breastfeeding within ONE hour of birth!

India can save its 2,50,000 babies annually by just ONE act.

SLIDE
SHOWN
IN
KARPAWAM
THEATRE
COMPLEX
DURING
ALL
FOUR
SHOWS

Talk to Me!



Breastfeeding
3D
Experience

Certificate of Participation

This is to certify that

INNER WHEEL CLUB COIMBATORE

has successfully celebrated

WORLD BREASTFEEDING WEEK
2011

The World Alliance for Breastfeeding Action (WABA)
PO Box 1200, 10850 Penang, Malaysia
Fax: 60-4-657 2655
waba@waba.org.my
www.waba.org.my
www.worldbreastfeedingweek.org



Juliana Lim

Juliana Lim Abdullah, IBCLC
INTERNATIONAL WBW COORDINATOR

Sarah Amin

Sarah Amin
EXECUTIVE DIRECTOR

CERTIFICATE OF PARTICIPATION FROM WABA



INNER WHEEL CLUB OF COIMBATORE

Charter No. 1985

Think Ahead – Aim High

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Catherine Refabert

Association President
Dr. Bina Vyas

District Chairman
Mrs. Sujamani

President
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2nd Regular Meeting

Date : 07.09.11 Time : 11.30 Committee Meeting
11.45 Regular Meeting

Venue - "Springfield Park" Apartments,
Party Hall,
Subramaniyar Koil Street,
Ramanathapuram P.O,
Coimbatore – 641 045.

Hosts - Kochuseeta Jayaram, Sheela
Vishwanathan, Angella Rosalind,
Hamsa Ramakrishnan, Usha
Thirugnanam.

Programme - 1) "Healthy Salad" Cooking
competition.
2) Donation of 5 big storage
containers to ICDS (Anganwadi)

Dear Friends,

Greetings to all of you. This month is SUPER – DUPER SEPTEMBER with two big events.

1) Dist 319 has invited us for the Multi – District Rally "SAMARASYA" at Bangalore to be held on 19th September 2011 during the visit of our IIW president. The registration fees is Rs. 600/-.

2) Our District Rally "DOSTHI 2011" will be held at Black Thunder on 24th September 2011 at Mettupalayam. The registration fee is Rs. 450/-. Our club is planning to give a dance item at the Rally. So members please come up with ideas to present a humorous dance.

On September 7th at our meeting a HEALTHY SALAD COMPETITION will be conducted. Members bring the dish along with the recipe. The prize-winning recipe will be published in the souvenir.

CANCER SUPPORT DAY is on 21st September. On that day, we will be giving Horlicks and coloring books with sketch pens to 15 children suffering with cancer and admitted in Ramakrishna Hospital.

Members please attend the meeting, participate in the competition and register in large numbers for the Rally.

Yours in Inner Wheel

Aarti K Shah

Secretary

Fun Corner



Mrs. Sujamani is District 320 Chairman this year 2011-12.

Q – Give the names of 5 Past District Chairman
i.e 2010-2011, 2009-2010, 2008-2009, 2007-2008,
2005-2007.



Please write the names in the above order and SMS to 9047077220 (Aarti)

SECOND MEETING





HEALTHY SALAD COMPETITION



FIVE STORAGE CONTAINERS GIVEN
TO ICDS (ANJANWADI)



HORLICKS
&
PAINTING
BOOKS
GIVEN TO
CHILDREN
IN
RAMAKRISHNA
HOSPITAL

DISTRICT
RALLY
DANCE
ITEM



PRIZE
WON
FOR BEST
DANCE
AND
MAXIMUM
REGISTRA
TION

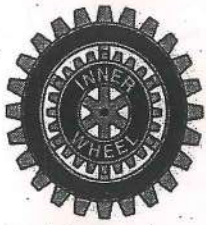
MINUTES OF SECOND MEETING

held on 7-9-11 at Kochu Seeta's Apartment
Party Hall

Inner Wheel Prayer by our members.
Past President Latha Prabhakar welcomed
the members. Projects for September
were discussed. 24 members registered
for the District Rally. It was
decided to give a dance item at
the rally. Enthusiastic members
participated in the Healthy Saled
Competition. Mrs. Anitha Srinivas,
Mrs. Nutan Asher and Mrs. Uomila
Surana won prizes. Vote of thanks
by Secretary Aarti. Meeting was
followed by lunch.

WINNERS OF FUN CORNER

1. URMILA SURANA
2. ANITA SRINIVAS



INNER WHEEL CLUB OF COIMBATORE

Charter No. 1985

Think Ahead – Aim High

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Catherine Refabert

Association President
Dr. Bina Vyas

District Chairman
Mrs. Sujamani

President

Mrs. Kishori Arvind Shah
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3rd REGULAR MEETING

Date: 18.10.2011

**Time: 11.30 Committee Meeting
11.45 Regular Meeting**

Venue

- Savitri Dave's Residence,
218, Alagesan Road, Bharathi Park,
8th Cross, Saibaba Colony,
Coimbatore – 641 011.

Hosts

- Sneha Bansali Savitri Dave, Nandini Lalka,
Jayshree Rajan & Leena Mavani

Programme

- Navaratri & Diwali Celebration

Dear Friends,

Greetings to all of you. This month is O(Au)SPICIOUS OCTOBER filled with Navaratri, Vijayadashami, Wedding Muhurtams and Diwali. On 18th October at our meeting we will share the festive mood with our friends and celebrate. Please come dressed in Pattu Saree or Bandhini Saree.

PROJECTS OF THE MONTH:

➤ Donation of sewing machine on October 8th at 4.30 pm at "Premanandan", 51, Lakshmi Nagar IInd Street, TVS Nagar, Near Rajalakshmi Colony, Coimbatore – 641 025.

This project is along with Rotary Club of Midtown.

➤ Renewal of Hoarding at Railway Station.

Members please attend the meeting and project.

Yours in Inner Wheel

Aarti K Shah

Secretary

FUN CORNER



Q: What is full form of
COTS –
PETS –



SMS the answer to 9047077220 (Aarti)

3rd MEETING



PRAYER



DIWALI GREETING CARD MAKING
COMPETITION



MEMBERS CELEBRATING NAVRATRI
DOING GARBA DANCE

DONATION
OF
ONE
SEWING
MACHINE



இலவச தையல் பயிற்சி வகுப்பை, ரோட்டரி சங்க முன்னாள் தலைவர் நஞ்சப்பன் தொடங்கி வைத்தபோது எடுத்தபடம்.

பாரதிதாசன் நற்பணி
இயக்கம் சார்பில்

பெண்களுக்கான
இலவச தையல் பயிற்சி

கோவை, அக்.15-
கோவை டி.வி.எஸ்.நகரில்
உள்ள பாரதிதாசன் நற்பணி
இயக்கம், மிட்டவன் ரோட்
டரி சங்கம், இன்னர்வீர் ரோட்
டர் கிளப் ஆகியவை சார்பில்
பெண்களுக்கான இலவச
தையல் பயிற்சி வகுப்பு
தொடங்கப்பட்டு உள்ளது.
டி.வி.எஸ். நகர் ராஜலட்சுமி

காலமி மிட்டவன் ரோட்டரி
சங்க வளாகத்தில் தொடங்கப்
பட்ட பயிற்சி வகுப்பை, மிட்ட
வன் ரோட்டரி சங்க முன்
னாள் தலைவர் நஞ்சப்பன்
தொடங்கி வைத்தார். நிகழ்ச்சி
யில் ரோட்டரி சங்க தலை
வர் சுந்தரம், தியாகராஜன்,
மீதர், இன்னர்வீல் சங்க
தலைவி கியோரி அரவிந்சா,
பாரதிதாசன் நற்பணி இயக்க
தலைவர் பிரேமானந்தன்,
சிருஷ்டி அமைப்பை சேர்ந்த
அம்பிகா ரமணி, விமலா
மணி மற்றும் கதிர்வேல், நாக
ராஜ், கணேசன், மின்னல்
சுரேஷ், சுமித்ரா உள்பட பலர்
கலந்து கொண்டார்கள்.

Out
Sewing



RENEWAL OF HOARDING AT RAILWAY
STATION

Minutes of 3rd Regular Meeting held on
18.10.2011 at Savitri Dave's Residence.

Inner Wheel prayer by our members
President Kishori welcomed the members and
wished everyone a Happy Diwali and
Navaratri. The mood in our meeting was
festive. Everyone came dressed in bandhini
or pattu saree and participated in the
garba and dandiya dance. Members
also participated in the "Diwali
Greeting Card Making competition". Mrs.
Sharada, Mrs. Sujani, Anita Sinivas,
Umika Surana won prizes. The projects
for the next month were discussed.

Secretary Aarti proposed the vote of
thanks and the meeting was followed
by lunch.

WINNER OF THE FUN CORNER

1. SHANTI RAJSHEKAR
2. SUNDARI KANDASWAMY

(CONTD)

PROJECT OF AUGUST



TREE PLANTING AT KVICANI SCHOOL



ON AUGUST 17th 2011 AN IMAGE
BUILDING SEMINAR WAS HELD AT
PALGHAT. MRS SUJAMANI, MRS
COMATHI VISHWANATHAN AND
MRS RADHA PRASAD CONDUCTED
THE SEMINAR. IT WAS FOLLOWED
BY GAMES AND QUIZ. OUR
CLUB WON THE FIRST PRIZE
IN THE QUIZ. FOUR MEMBERS
KISHORI, AARTI, TRUPTI AND
KO CHUSEETA ATTENDED THE
SEMINAR.

BFA WEEK OF OUR CLUB AT A GLANCE

Breastfeeding week marked by awareness events

THANKS TO OUR NETWORK

HEALTHY TIE-UP

Colombians: The city education organization's women's groups and hospitals are chipping in to promote the importance of breastfeeding and nutritional quality of mother's milk for the growth of their children. The campaign is being conducted in view of the international breastfeeding awareness week, August 1 to 7.

"There is no substitute for mother's milk and its nutritional quality. Apart from increasing the immunity of the child it also helps to strengthen the bond between the mother and baby," said Dr. Asha Rao, a head gynaecologist in the city.

The main participants in the campaign which is still continuing here are "vacation mothers" and those who become mothers and those who are about to become mothers.

The advantages of breastfeeding are also presented through seminars and slide shows at Rao Hospital in the city.

"We are trying to promote breastfeeding as part of the women's health program which is being conducted in 170 countries," said Rajabhai, Rao's State president, Bangalore District Commission.

According to medical experts, a mother's milk contains antibodies which are especially beneficial to the child's health. It is also easier to digest than any other food.

Medical experts claim that a mother's milk contains antibodies which are especially beneficial to the child's health. It is also easier to digest than any other food.

The Breast Feeding Awareness (BFA) campaign began on August 1 and they have already their first success. "Some women came out of the milk into a bottle to be fed on the baby rather than



We place on record our sincere thanks to Dr. Krishnaswamy (Masonic Hospital), Dr. Sridharan Iyer (Dr. Iyers Dental Clinic), Dr. Ilamathi (S.L.Home), Dr. Vanitha (General Hospital), Dr. Asha Rao, Dr. Sellakumaran (Rao Hospital) and Nursing Students of Masonic Hospital, Ramakrishna college, General Hospital for the support.



INNER WHEEL CLUB OF COIMBATORE

Charter No. 1985

Think Ahead – Aim High

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Catherine Refabert

Association President
Dr. Bina Vyas

District Chairman
Mrs. Sujamani

President

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4th REGULAR MEETING

Date: 15.11.2011 **Time: 5.30 Committee Meeting**
5.45 Regular Meeting

Venue - **Sujani Balaji's Residence,**
67/6, Subashree Enclave,
Alagesan Road No. 2, Saibaba Colony,
Coimbatore – 641011.

Hosts - **Sujani Balaji, Latha Prabhakar, Brindha Vijayakumar, Sharada Srikanth, Beena Mysleri.**

Programme - **Talk on STEM CELL PRESERVATION.**
Talk by Shraddha Singhvi on INSIGHT INTO
TAROT &
Games.

Dear Friends,

Greetings to all of you. This month is **NOVEL NOVEMBER** and the projects are:

- 1) Annadhanam on 20.11.2011 (Lunch) at Ram Aravindar Aged Home, 43/85, Maharani Avenue, 5th Street, Vadavalli, Coimbatore – 41.
- 2) Best out of waste competition on 29.11.2011 at 11.30 am at Raksha Educational Trust 1516, Rashmika Centre for learning, Alwin Nagar, Sungam Bypass Road, Coimbatore – 45.

Members please attend the meeting and project.

Yours in Inner Wheel

Aartik Shah

Secretary

FUN CORNER



Q. Which are the three District Events held every year ???



SMS the answer to 9047077220 (Aarti)

FOURTH MEETING



TALK BY SHRADDHA SINGNI



TALK BY MEERA SHANKARAN



ANNADANAM AT OLD AGE HOME



BEST FROM WASTE COMPETITION



CERTIFICATES GIVEN TO PARTICIPANTS

Minutes of 4th Regular Meeting held on
15-11-11 at Sajani Balaji's Residence

Inner Wheel Prayer by our members.
President Kishori welcomed the gathering.
Shreddha Singhi gave a talk on Insight
into Tarot and Mrs. Meera Shankaran
spoke on Stem Cell Presentation. Our
member Hema Khona and other members
agreed to donate Rs 31000/- to the
Teerani Stem Cell Bank. The date for
Chairman's visit was fixed and
members were asked to attend without
fail. Games were conducted and the
meeting was followed by dinner.
Prechi Kikani gave the vote of thanks.

WINNERS OF FUN CORNER

1. GULSHAN WAH.
2. BRINDA VIJAYKUMAR



INNER WHEEL CLUB OF COIMBATORE

Charter No. 1985

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5th REGULAR MEETING

**Official visit of District Chairman Mrs. Sujamani on 16.12.2011
at Siema Hall, Race Course**

Programme	: Project visit to General Hospital & GKNM Hospital 10 to 11.15 am
Club Assembly	: 11.30 – 12 am
Meeting	: 12 – 1
Lunch	: 1 pm

Hosts : Asha Rajkumar, Anjana Surana, Geeta Padmanaban, Ketan Surana, Leela Jain, Parushi Tolia, Rupal Shah, Roopa Papat, Trupti Parikh, Tulsi Rajkumar .

Dear Friends,

Greetings to all of you. This month is **DISTINCT DECEMBER** as we have the notable event of Chairman's Visit.

Projects : 1) Donation of Infusion Syringe Pump costing Rs.38,325/- to General Hospital for children's ICU.
2) Donation to Jeevan Stem Cell Bank Rs.30,000/- by Mrs. Hema Khona Rs.7,000/- by our club members.

We also have **Making Best from Waste** competition on that day. Members please make the item at home and bring it at the meeting.

Coming up on February 12th 2012 is our District Conference at Codissia Trade Fair Complex. The registration is Rs.475/-. We wish to have 100% registration from our club as the event is in Coimbatore. So members please bring the registration money at the meeting.

Looking forward to seeing all of you on 16th on time.

Yours in Inner Wheel

Aarti Kshah
Secretary

FUN CORNER



Q. What does PAP & PDC mean???
Name the PAP & PDC's from our club.



SMS the answer to 9047077220 (Aarti)



Think Ahead - Aim High
(IIW Theme 2011-2012)

Inner Wheel Club of Coimbatore
Dist 320

*The President and Members of
The Inner Wheel Club of Coimbatore
Cordially invite you for the occasion of the
Official Visit of District Chairman*

Mrs. Suja Mani

IW Dist 320

*Venue : SIEMA Conference Hall
Race Course Road, Near Coffee Day
Coimbatore - 641 018*

Day : Friday, 16th December 2011

Time : 12.00 noon

Lunch : 1.00 p.m.

Kishori A. Shah
President
99430 39807

Aarti Shah
Secretary
90470 77220



DONATION OF INFUSION SYRINGE PUMP TO
GENERAL HOSPITAL



INNER WHEEL CLUB OF COIMBATORE (DISTRICT 320)
1ST HALF YEARLY REPORT
FROM 1ST JULY TO 31ST DECEMBER 2011

Members:

Active Mem	Hon Mem	Hon Act Mem	Total
58 59	2 x	-	60 59

Committee Meetings:

No.	Date	Venue	No. of members present
1.	09.06.2011	Residence of Prachi Kikani (Incoming out going meeting)	19
2.	28.07.2011	Residence of Sridevi Padmanaban	20
3.	07.09.2011	Residence of Kochuseeta Jayaram	17
4.	18.10.2011	Residence of Savitri Dave	21
5.	15.11.2011	Residence of Sujani Balaji	17
6.	16.12.2011	Siema Hall (Chairman's Visit)	

General Body Meeting:

No.	Date	Venue	No. of members present
1.	01.07.2011	Siema Hall (Installation Meeting)	39
2.	28.07.2011	Residence of Sridevi Padmanaban	26
3.	07.09.2011	Residence of Kochuseeta Jayaram	30
4.	18.10.2011	Residence of Savitri Dave	37
5.	15.11.2011	Residence of Sujani Balaji	32
6.	16.12.2011	Siema Hall (Chairman's Visit)	

Demonstration Meeting:

No.	Date	Venue	No. of members present
1.	28.07.2011	Residence of Sridevi Padmanaban (Mrs. Deepika Raichura Spoke on Health & Diet)	26
2.	07.09.2011	Residence of Kochuseeta Jayaram (Healthy Salad making competition)	30
3.	18.10.2011	Residence of Savitri Dave (Making Diwali Greeting Cards Competition)	37
4.	15.11.2011	Residence of Sujani Balaji (Mrs. Meera Shankaran Spoke on Stem Cell Preservation and Miss. Shraddha spoke on Insight into Tarot)	32
5.	16.12.2011	Siema Hall (Best From Waste Competition)	42

Increase in Membership:

Active Mem	Hon Mem	Hon Act Mem	Total
4	2	-	6

International Service:

In India: Our ISO Mrs. Sridevi Padmanaban has communicated with all the clubs in the district as well as other clubs in India like IWC of Amalapuram. IWC of Delhi Central, IWC of Kanpur (Dist 311) IWC of Tiruchirapalli (Dist 321) IWC of Nagpur East, IWC of Arvi, IWC of Namakkal and IWC of Ananthpur.

Abroad: Our ISO Mrs. Sridevi Padmanaban has communicated with IWC of Finland (Dist 141) and IWC of Germany (Dist 81)

Visit to other IW Clubs:

Our President and Secretary attended Installation functions of Coimbatore North and Coimbatore West and sent greetings to the President of other clubs in the district. Our President also attended the Chairman's visit function of Coimbatore West.

Cooperation with Rotary / Assisting other Organizations:

No.	Date	Venue	No. of members present
1.	08.10.2011	TVS Nagar (Joint project with Rotary Club of Midtown Donation of Sewing Machine)	13

Rs 4500

PROJECTS:

1) **Community Service:**

No.	Project	Beneficiaries	Amt Spent in Rs.
1.	Donation to Cbe Cancer Foundation at GKNM Hospital	Community at large	1 Lakh
2.	Horlicks and painting books with colour pens given at Ramakrishna Hospital Children's cancer ward.	20 Children	5160
3.	One Sewing Machine given at Tailoring Training Centre at TVS Nagar	Community at large	4,500/-

2) **Personalized Service:**

1.	Donation given to Jeevan Stem Cell Bank	Needy	37,000/-
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3) **Educational Help:**

1.	Donation given to Shanti Ashram for girls education	10	10,000/-
2.	2 study tables to Seva Nilayam	16	5,200/-
3.	Donation to Sharanalayam an Orphanage in Pollachi	125	5,000/-
4.	Donation for tuition fees	2	3,500/-

4) **Environmental Protection:**

1.	Planting of 50 saplings at Kikani School, a factory and other premises		
2.	50 saplings distributed		

5) Eye / Blood Donation:

1.	Donation given for eye surgery	1	1,000/-
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6) Blind / Disabled / Spastic:

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7) Old Age:

1.	Annadanam to inmates of Rama Aravindar Old Age Home	40	1,000/-
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8) Pollution Control:

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9) Medical Assistance / Awareness Seminar / Medical Camps:

No.	Project	Beneficiaries	Amt Spent in Rs.
1.	<p><u>Breast Feeding Awareness Campaign</u></p> <p><u>Day - 1:</u> Inaugural function at Masonic Hospital. A skit Villipattu and Talk by Dr.Krishnaswamy and short speech by Mr.Somasundaram Flex poster put up at hospital. Pamphlets were distributed Tea & Biscuits serve.</p>	56	800/-
	<p><u>Day - 2:</u> SLM Home. Talk by member Anita Srinivasan and Dr.Ilamathi. Symposium by Nursing Students of Ramakrishna Hospital. Flex poster put up. Tea & Biscuits served.</p>	215	500/-
	<p><u>Day - 3:</u> Nirmala College. Paediatrician Dr.Vanitha gave a speech and Dr.Sridharan Iyer presented a slideshow.</p>	950	375/-
	<p><u>Day - 4:</u> Rao Hospital. Dr.Sellakumaran spread the message through slideshow. Dr.Asha Rao answered the queries in the audience. Flex poster put up. Tea & Biscuits served.</p>	108	975/-

	Day - 5 & 7: A slide was shown at the Karpagam Theater Complex during all four shows.	MANY	750/-
	Day - 6: General Hospital. Valedictory function with talks by eminent doctors, skits and debates. Competition such as chart making and poem recital held. Prizes and certificates given to participants. Flex poster put up. Tea & cashew pakodas served.	490	1100/-
2.	Infusion syringe pump donated to General Hospital (Childrens ICU)	NEEDY	38,325/-

10) Pulse Polio:

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11) Indian Art and Culture:

1.	Diwali greeting cards making competition was conducted during Diwali.	37	500/-
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12) Rain Water Harvesting:

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13) Rights of the Girl Child:

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14) General:

1.	Five 100 Kg storage containers given to ICDS (Anganwadi)	MANY	5000/-
2.	Renewal of Railway Station hoarding about breast cancer and cervical cancer awareness.	MANY	8365/-

Total

2070 2,24,050

Signature of President

Kishori A. Shari

Signature of Secretary

Aarti Kshah

" V. Good work!
To be shown to all secretaries.

Suja mari.
Dist. chain man
2011-12 "



WINNERS OF BEST FROM WASTE COMPETITION



THREE OUT OF THE ~~NINE~~
FIVE ASSOCIATION GOALS
ACHIEVED THIS YEAR

MINUTES OF THE MEETING

District Chairman Mrs. Sujamani visited the General Hospital at 10. a.m. An Infusion Syringe Pump was donated costing Rs 38,325/- to the Childrens Ward ICU. She then went to the Railway Station where a hoarding about breast and cervical cancer was put up.

At the Assembly the District Chairman went through all the files and records maintained by our Club Officers. She was very appreciative of all the work done. This was followed by a talk to all the members of the club and a power point presentation of our club activities. Sister Club Presidents and Chr. Vene Pally were present. The meeting was followed by lunch.



Chakram

★ BULLETIN INNER WHEEL CLUB OF COIMBATORE

Think Ahead - Aim High

(IIW Theme : 2011 - 12)

★ DIST.320

President : Mrs. Kishori A Shah

Secretary : Mrs. Aarti.K.Shah

Editor : Mrs. Shanthi Rajasehkar



*A Hearty Welcome to our
District Chairman*

MRS. SUJA MANI



★ MESSAGE FROM OUR CHAIRMAN

Dear President Kishori,

I am very happy to know that your Club is bringing out bulletin during my Visit to your Club. It gives me immense pleasure to pen a few lines for the bulletin. Club bulletins are windows through which others can see the achievements of the Club. It also gives opportunity to various members to show their skills.

As you all know, development leads to prosperity and prosperity leads to peace which is the need of the hour. You are in the process of achieving the Association and District Goals. Due to my close association with your club, I am aware of the sincerity and commitment to Inner Wheel. I am sure you would have thought ahead and aimed high.

Remember:

"Only as far as I reach I can grow,
Only as far as I seek, I can go,
Only as deep as I look I can see,
Only as much as I dream I can be!"

With the blessings of God and best wishes of every body we will be able to add a drop in the ocean of service.

Yours in Inner Wheel friendship and Service
Mrs. Suja Mani

★ MESSAGE FROM OUR PRESIDENT

Dear Inner Wheel Members,

Seasons Greetings,

It has been a wonderful experience for me to lead this vibrant Club.

In the past five months, apart from our regular service projects, we have focused on rendering free treatment to poor & needy patients against Cancer. To Go Green & protect our environment, we have taken up tree planting in Schools & at our member's premises. We hope to successfully complete the other projects set in the Dist Goals.

It was a matter of great joy for all of us when our club bagged the First Prize in the Dance Competition at the Dist Rally. I wish to congratulate all our members and more so our new members who had taken part in the competition.

I greatly value the support & guidance I have been receiving from all our members in rendering service to the community.

We shall continue with the same Inner Wheel spirit of 'Think Ahead and Aim High' to achieve our remaining district goals.

Yours in Inner Wheel
Mrs. Kishori A Shah

★ FROM THE SECRETARY'S DESK:

Dear Friends,

Warm greetings to all of you. The last few months in Inner Wheel has been a learning and enlightening experience. When I began my year as secretary I thought "My work may be great or small, yet the important thing is to do well". I am grateful to all the members who added to my enthusiasm with their support and contributions for the projects. I also thank the members for the interest showed in the 'Fun Corner' by sending prompt replies. Finally we can thank each other for the friendships that we made which will last a lifetime. Looking forward for your encouragement in our future endeavours.

Aarti.K.Shah



★ SECRETARY'S REPORT:



Intallation of Kishori Shah and her team for the year 2011-12 was done on 1st July 2011 at SIEMA hall. Our Past District Governor Rtn. Pratap Gokuldas was the chief guest . On the installation day our President donated Rs. 1 lakh to GKNM Hospital for cancer foundation for treatment of needy cancer patients.

★ PROJECT DONE IN THE MONTH OF : JULY



Donation of Rs.10,000 was given to Shanti Ashram for the education of 10 girl children. Two study tables were donated to Seva Nilayam costing Rs.2600. A sum of Rs.5000 was donated to Sharanalayam, an orphanage in Pollachi. Two girl children were donated Rs.3500 towards tuition fees. And a donation of Rs.1000 was given for eye surgery.

★ PROJECT DONE IN THE MONTH OF : AUGUST



Breast Feeding Awareness Week was celebrated on all 7 days through talks by eminent doctors. Flex posters were put up in hospitals and pamphlets were distributed. Slides were also shown emphasising the benefits of breast feeding. Tree planting of 50 saplings was done at schools, in a factory and various other places.

★ **PROJECT DONE IN THE MONTH OF : SEPTEMBER**



Five 100 kg storage containers costing Rs.5000 was given to ICDS (Anganwadi). On "Cancer Support Day" 20 children in cancer ward at Ramakrishna Hospital were given Horlicks and Painting books with colour pencils.

★ **PROJECT DONE IN THE MONTH OF : OCTOBER**



One sewing machine costing Rs.4500 was given at a tailoring centre in TVS nagar. A hoarding about Breast Feeding Awareness and Cervical Cancer Awareness was renewed in the Railway Station.

★ **PROJECT DONE IN THE MONTH OF : NOVEMBER**



Syringe infusion pump costing Rs38,325 was given to Government Hospital for childrens ICU. A donation of Rs.30000 was given for Stem Cell Preservation. This was sponsored by Mrs. Hema Khona. Annadhanam was given to the inmates of Ram Aravindar Aged home.



Our members also attended Inner Wheel District Assembly "Roshini" 2011.

Our President along with the members attended the District Rally "Dosthi" at Mettupalayam on 24th Sep 2011. Our club was awarded the first prize for the best humourous dance and for the highest registration.



In our meetings, we had speakers who spoke on "Health and Diet" and about "stem cell preservation". Competitions like "Healthy Salad", "Making Diwali Cards" and "Making Best from waste" were held. All our circulars have a Quiz fun corner with questions relating to Inner Wheel.

TEAM 2011-2012



COINDIA



INNER WHEEL CLUB OF COIMBATORE

Project of the Day :

Syringe infusion pump costing Rs. 38,325 was given to Government Hospital for children's ICU.



WOMEN & NUTRITION

Women of today have succeeded in storming boardrooms to managing corporate accounts, being a devoted wife and loving mother at the same time as being a task master and achieving company deadlines. Eating well is one of the best ways you can take care of yourself and also those who are depend on you.

Healthy eating is not about staying "thin" and working out like there's no tomorrow. Healthy eating is about being healthy and these practices start right at home.

Following are the tips that you need to remember while planning your diet:

Plan ahead for quick and easy meals: Working women fight against time to fulfill requirements at home and work. So every weekend, plan for the week ahead on foods that need to be stocked that can be made into quick and easy meals. Stock up fruits, vegetables, whole grains, fish, eggs and poultry to save in purchasing daily. Prepare your own food and rely less on convenience ready-to-eat meals.

Fill up with colourful fruits and vegetables: Ensure that your refrigerator is always filled with fresh and colourful fruits and vegetables. The more different colours, greater the variety of nutrients you are filling up. Plan atleast 5-portions of fruits and vegetables daily and make snacking on fruits as a healthy habit.

Add calcium in your diet: Calcium is one of the key nutrients that your body needs in order to stay strong and healthy. It is an essential building block for lifelong bone health and is important especially for women to reduce the risk of osteoporosis. Ragi a local food, is an excellent source of calcium. Others include greens, milk and dairy products and certain nuts.

Iron power: Women need iron to combat the monthly menstrual losses. Low iron intake will lead to anemia and a variety of symptoms such as fatigue. Irritability, headaches and tiredness. Ensure that foods rich in iron are a part of your diet which would include plenty of greens, dates and dried fruits, lean meat and organ meats.

Set up for success: Plan your diet that suits you and your lifestyle. Try not to think of certain foods as "off-limits" as it can lead to greater food cravings and binge eating. Moderate to small portions is the key for foods rich in sugars, salt and calories. Think of them as occasional indulges rather than making it a part of your everyday diet.

Mrs. Shanthi Rajasekhar
Editor



INNER WHEEL CLUB OF COIMBATORE

Charter No. 1985

Think Ahead – Aim High

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Catherine Refabert

Association President

Dr. Bina Vyas

District Chairman

Mrs. Sujamani

President

Mrs. Kishori Arvind Shah

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shraj89@gmail.com

Dear Friend,

Wishing you and your family a very Happy,
Prosperous and Super 2012.

It is Jolly Good January and so let's start the New year
at Inner Wheel with a bang !

We are having the **FAMILY GET TOGETHER** on
7th January at Meena Wahan's Residence. So let's get together with
your wife and children to share an evening of warmth, friendship
and fun. Looking forward to seeing you.

With warm Regards

In Friendship

Aarti Kishor

Secretary

6th REGULAR MEETING

Date: 07.01.2012 **Time:** 5.30 pm Committee Meeting
6.00 pm onwards Fun & Games

- Venue** - Meena Wahan's Residence
"Harsimran", 176, Rajiv Gandhi Nagar,
Sowripalayam, Coimbatore - 641 028.
- Hosts** - Nirmala Kasthurirangian, Gulshan Wagh, Meena Wahan, Valsala,
Manogarikumari, Urmila Surana, Jothi Padmanaban, Chitra Raj,
Vijaya Sekhar, Rita Keshav.
- Programme** - Family Get-together
- Project** - Donation of 2 artificial limbs.

Dear Members,

Greetings to all of you. This half of the year, we will have picnics, family get-together, and movie programmes as part of fun & friendship along with our projects. This month we are having the family get-together party so please come with your family.

After all,

What's a partywithout you.

District conference is just around the corner on Feb 12th 2012. Mrs. Sujamani and her team are making all efforts to make it an event par excellence. Being one of the host clubs, it's up to us to be there, support her and participate in full strength. So those who have not registered, please bring Rs.475/- for the same.

Once again, wishing you all a successful and purposeful year ahead.

Yours in Inner Wheel

Aarti Keshav
Secretary

FUN CORNER



**Q. Who is the Association President this year and
What is the full form of CGR ????**



SMS the answer to 9047077220 (Aarti)



FAMILY GET TOGETHER



COLLEGE PGDS TO A STUDENT

MINUTES OF THE MEETING

President Kishou welcomed our members and their families. Games were conducted for the members and their children. Though very few husbands were present, they all participated in the games and were very sporting and enjoyed the evening. Lots of prizes were distributed and the evening was followed by an exotic dinner. We thank the hosts of their efforts.

WINNERS OF FUN CORNER

1. NANDINI CAJICA
2. WISHAN WAH.

Breastfeeding Promotion Network of India (BPNI)



World Breastfeeding Week 2011 "Talk to Me! Breastfeeding-a3DExperience"

Certificate of Appreciation

This is to honour

**Inner Wheel Club of Coimbatore
Coimbatore, Tamil Nadu**

*in appreciation of the contribution
towards celebration of
World Breastfeeding Week 2011*

Dr. Arun Gupta, MD, FIAP
Central Coordinator, BPNI



Dr. J.P. Dadhich, MD, FNNF
National Coordinator, BPNI



ROTARY COIMBATORE SPECTRUM

Dist. 3201
Think fresh

ROTARY COIMBATORE SPECTRUM

Breastfeeding Promotion Network of India
Innerwheel Dists. 298, 303 & 320

Certificate of Appreciation

This is to certify that Inner Wheel Club of COIMBATORE Inner Wheel Dist 320

participated in the activities of World Breastfeeding Week Celebrations 2011

Highlighting the theme *"Talk to Me ! Breastfeeding a 3-D Experience"*

*And we congratulate the President and the members of your club
for promoting this year IIW theme*

"Think Ahead - Aim High" Through Breastfeeding Promotion.

W. K. Kanaiya

Rtn. PHF. Kanaiya.K.Parikh
President,
Rotary Coimbatore Spectrum

Dr. A. Muthuswami
Nodal Person, BPNI
Rotary Inner Wheel Clubs Coimbatore

J. P. Dadhich

Dr. J.P. Dadhich
National Coordinator,
BPNI, New Delhi



CERTIFICATE RECEIVED FROM
BREASTFEEDING PROMOTION NETWORK
OF INDIA AND ROTARY
COIMBATORE SPECTRUM



INNER WHEEL CLUB OF COIMBATORE

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7th REGULAR MEETING

Date: 21-2-12

**Time: 11.30 am Committee meeting
11.45 am Regular meeting
1.00 pm Lunch**

**Venue - Ladies club,
West Arokiasamy Rd,
Opp Burial ground,
R.S. Puram, Coimbatore - 641002**

**Hosts - Chandan Kataria, Madanbai Inderchand,
Meena Ratadia, Vandana Sanjay,
Vijayalakshmi Ravi.**

Programme - Fun and Games

Dear Friends,

Greetings to all of you in this month of **Fantastic February**. Our District conference held this month was a grand success. Projects for this month are:

1) **NID Polio Plus Inaugural function at SLM Home, Opp. Brookefield Plaza on 19-2-2012 at 7:00 pm.**

2) **Adoption of mother and child up to 3 years at Siva Shantha Mother & Child Health Centre, 3, New Thillai Nagar, P.N.Pudur, Coimbatore - 641041.**

Members are requested to attend the meeting and projects.

Yours in Inner Wheel

Kishori A. Shah

President

"Friendship and Service"



INNER WHEEL DISTRICT 320

District Chairman

SUJA MANI

&

Members of the District Executive Committee
cordially invite you to the

43rd District Conference



on Sunday, 12th February 2012
at CODISSIA Trade Fair Complex (D Hall)
Avinashi Road, Coimbatore - 641 014.

Dr. BINA VYAS

President, Association of Inner Wheel Clubs In India
has graciously consented to be the Chief Guest

Conference Chairman
Veena Pathy

Conference Secretary
Srividhya Narayanan

Conference Treasurer
Anitha Srinivas

Host Clubs: IWC of Coimbatore, Coimbatore East, Coimbatore North and Coimbatore West.



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Friendship & Service

REPORTS AND MINUTES



INNER WHEEL DISTRICT 320
DISTRICT CONFERENCE , COIMBATORE

GREEN SHOOT 2012



2012
Greenshoot
INNER WHEEL DIST 320
District Conference

Think Ahead - Aim High

Date: Sunday, 12th February, 2012
Venue: Codissia Trade Fair Complex, Hall-D

Hosted by
Inner Wheel Clubs of
Coimbatore,
Coimbatore East,
Coimbatore North and
Coimbatore West.



PULSE POLIO AT SCM HOME IN
FEBRUARY





ANITA TALKING ABOUT DIST CONFERENCE



CHEQUE GIVEN TO SHIVASHANTA HOSPITAL



VILLAGE ADOPTION



CAMBS AT THE MEETING

MINUTES OF THE MEETING

Many of our members were present at the District Conference and it was a grand success.

During our meeting District Treasurer Mrs. Anita Srinivas gave a brief account of the District Conference.

Two netters of Shivashanta Hospital were adopted at a cost of Rs 8000/- each. Lots of games were played and the meeting was followed by lunch.

WINNERS OF FUN CORNER.

1. TRUPTI PARICH
2. SUJANI BALAJI



INNER WHEEL CLUB OF COIMBATORE

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Mrs. Sujamani

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8th REGULAR MEETING

Date: 09.03.2012
Friday

Time: 4.00 to 6.00 pm
High Tea

Venue : Hotel Seetharam,
Ramnagar, Coimbatore

Programme : Joint Meeting of Inner Wheel Clubs of CBE.

Speaker : Mrs. Vanitha Mohan
Mg. Trustee - 'Siruthuli',
Vice-Chairman – PRICOL Ltd.

Topic : "Womens Empowerment" & Eco-friendly matters.
(An Inter-Active session as part of Womens Day)

Dear Friends,

Greetings to all in this 'Memorable March'. Friends we have planned a Picnic cum Project visit to our adopted school "Ekal Vidyalaya" at Maniyad village, Kotagiri, Nilgiris on **Saturday 24th March 2012**. I request all our members to participate & enjoy the fun & fellowship. Please confirm your participation by **15.03.2012** to enable us arrange for transport. (The transport charges are being sponsored by hosts Ami Vyas, Jayanthi Satish, Shanti Raj, Sushila Gupta & Murugambal.)

N.I.D : The next Pulse-Polio Immunisation day is on Sunday **01.04.2012** Kindly assemble at S.L.M. Home, Brooke Bond Road, CBE at 7.00 AM and participate in the national immunization programme.

Yours in Inner Wheel,

K.A. Shah
Kishori..A. Shah
(President)

Dt. 02.03.2012

Fun Corner



- Q : 1) Which was the first Inner Wheel Club in India
2) Who was the Charter President of the First Inner Wheel Club ?



SMS the answer to 99430 39807 (Kishori)



MANIYAD VILLAGE ADOPTED



JOINT MEETING AT
SUDHARAM HOTEL



PULSE POLIO IMMUNISATION DAY AT
SLM HOME ON 1-4-2012



MINUTES OF THE MEETING

This was a joint meeting. All the 4 clubs of Coimbatore participated in large numbers. The chief guest Mrs. Vanita Mohan gave an enlightening talk on preservation of water bodies. Quiz was conducted as part of Women's Day celebration and our club members won many prizes. Sarees worth Rs 2500 were donated to ladies of Sharanalayam and pamphlets costing Rs 500 were distributed at the Save Water Rally.

WINNERS OF FUN CORNER.

1. PRACHI KIKANI
2. ANITA SRINIVAS



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9th REGULAR MEETING

Date : 23.04.2012 – Time: 3 pm Sharp - Meeting

Venue : Brookefields Mall Food Court

Programme : Meeting, Movie 3.30 pm Oru Kal Oru Kannadi followed by dinner.

Hosts : Dr. Asha Rao, Nutan Asher, Saraswathi, Vasanthi, Mohini Kalro, Murugambal, Shanthi Rajsekar, Ami Vyas, Jayanthi Satish, Susheela Gupta

Project : Donation of Five Calipers costing Rs.7,500/- to polio affected children .

Dear Friends,

Greetings to all of you. This month is **ADIEU APRIL** as it is time to say bye to Inner Wheel year 2011-12. It seems as if it was just yesterday that I started as Secretary of this illustrious Inner Wheel Club and so much has happened in such a short span. Anyway, this is my last circular and Kishori and I thank all of you for your support. It was very nice reaching out to you all and I thoroughly enjoyed every bit of it.

The District Assembly "Kurinji" is on 2nd June 2012 at Holiday Inn Gem Park at Ooty. COTS is at 8.30 am followed by installation of Mrs. Kavitha Rao as District Chairman. The registration amount is Rs.500/-.

Members please join us at Brookefields Mall for the last meeting and movie thereafter and make it a fun-filled evening.

Wishing the new team a great year ahead, I end here
With Warm Regards

Yours in Inner Wheel

Aarti K. Shah
Secretary

FUN CORNER



Q. What is the strength of our club as of today?



SMS the answer to 9047077220 (Aarti)



ARTIFICIAL
LIMB
DONATION

MINUTES OF THE MEETING

The last meeting of our club was a fun-filled one. It was a Tamil movie at Brookfields Mall hosted by our members.

Nearly 20 members were present and enjoyed the movie and it was followed by dinner at the food court.

WINNERS OF FUN CORNER

1. URMICA SURANA
2. S. ANANTHA LAKSHMI

**BREAK - UP OF DONATION OF RS 1,00,000
GIVEN TO KUPPUSWAMY NAIDU HOSPITAL
Treatment Sponsored to Poor Cancer Patients - 2011**

S.No	Name / Address	Age	Diagnosis	OP No	Sanctioned Amount	Oncologist
1	Mr.Murugesan 7,Murugapalayam,Poonthotam, Tirupur	60	Ca.Oesophagus	564790	10,000	Dr.V.Nagarajan
2	Mrs.Mahalakshmi 8/8 Sarasa Building Paraiyadi street,Trichy	45	Chronic Pancreatitis	574159	10,000	Dr.Sadasivam
3	Mrs.Rajalakshmi 99,1st Cross Rathnasami Puram Arisipalayam Salem-9	55	Ca.Breast	283114	10,000	Dr.Rajkumar
4	Mr.Suresh 71,Maniyakara st Dheenampalayam Thondamuthur Coimbatore	31	Ca.Chek	590167	10,000	Dr.Mohanraj
5	Mrs.Angayarkanni Chinniya Sathiram Cadavalam,Pudhukottai	49	Ca.Oesophagus	588166	10,000	Dr.B.Sivanesan
6	Selvi.Tamilarasi 13/22,Chinnarama Gr Street Kannampalayam,Sulur, Coimbatore	15	Hodgkin's Lymphoma	571040	15,000	Dr.Suthanthira Kannan
7	Mrs.M.Soraja 5/244Thuttam patti,omalur, Salem	45	Ca.Cervix	379010	35,000	Dr.Mohanraj
			Total		1,00,000	





MOVIE AT BROOKFIELD'S MALL



WALK ON WATER DAY



DONATION TO DEAF & DUMB SCHOOL



INNER WHEEL CLUB OF COIMBATORE (DISTRICT 320)

11th HALF YEARLY REPORT

FROM 1ST JANUARY TO 31ST MAY 2012

Members:

Active Mem	Hon Mem	Hon Act Mem	Total
59	3		62

Committee Meetings:

No.	Date	Venue	No. of members present
1.	7.1.12	MEENA WAHAN'S RESIDENCE	40
2.	21.2.12	R.S. PURAM LADIES CLUB	32
3.	9.3.12	SITARAM HOTEL	
4.	10.4.12	NUTAN ASHER'S RESIDENCE	

General Body Meeting:

No.	Date	Venue	No. of members present
1.	7.1.12	MEENA WAHAN'S RESIDENCE (FAMILY GET TOGETHER)	40
2.	21.2.12	R.S. PURAM LADIES CLUB	32
3.	9.3.12	SITARAM HOTEL	
4.	10.4.12	NUTAN ASHER'S RESIDENCE	

Demonstration Meeting:

No.	Date	Venue	No. of members present

Increase in Membership:

Active Mem	Hon Mem	Hon Act Mem	Total
1	1		2

International Service:

In India: OUR JSD MRS. SRIDEVI PADMANABAN COMMUNICATED WITH IWC KETTI VALLEY, DOTACAMUND, COIMBATORE WEST, COIMBATORE NORTH, COCHIN WEST

Abroad:

Visit to other IW Clubs: JOINT MEETING WITH IWC CBE NORTH, CBE, WEST AND IWC CBE EAST CELEBRATING INTERNATIONAL WOMEN'S DAY

Cooperation with Rotary / Assisting other Organizations:

No.	Date	Venue	No. of members present
1	19-2-12	NID Polio Plus at SLM Home	27

PROJECTS:

1) **Community Service:**

No.	Project	Beneficiaries	Amt Spent in Rs.
1	Village Adoption at ketagiri		16000

2) **Personalized Service:**

1.	DONATION GIVEN TO SHIVASHANTA For 3years Adoption of Mother HOSPITAL child.	2	8,000
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3) Educational Help:

1.	COLLEGE FEES TO A STUDENT		5000

4) Environmental Protection:

5) Eye / Blood Donation:

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6) Blind / Disabled / Spastic:

1	DONATION FOR CALLIPERS		7,500
2.	DONATION OF ARTIFICIAL LIMB	2	5,000
3.	DONATION TO DEAF & DUMB SCHOOL		5,000

7) Old Age:

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8) Pollution Control:

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9) Medical Assistance / Awareness Seminar / Medical Camps:

No.	Project	Beneficiaries	Amt Spent in Rs.
1.	DONATION FOR MOTHER CHILD CARE AT SHIVASHANTIA HOSPITAL	2	8,000

Adoption of Mother of Child for 3 yrs

10) Pulse Polio:

	NID Polio Plus at SCM Home	FEBRUARY	Community	3,000
	NID Polio Plus at SLM Home	APRIL	at large	2,800
	Tea, Snacks & Food Packets for Volunteers			1,180

11) Indian Art and Culture:

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12) Rain Water Harvesting:

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13) Rights of the Girl Child:

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14) General:

1.	SARGES GIVEN TO SUARANA LAYAM		2500
2.	PRINTING OF SAVE WATER PAMPHLETS		800

64,890
~~12,250~~

Total

Kishori Aghan
Signature of President

Aarti K Sheth
Signature of Secretary



Rotary International

India National PolioPlus Committee of Rotary International

Takes great pleasure in awarding this

Certificate of Appreciation

We Are This Close to Ending Polio.

to

Mrs. Kishori Shah

President, Innerwheel Club of Coimbatore, I.W. Dist. 320

*In recognition of outstanding contribution to the
Pulse Polio Immunisation Programme in 2011-2012*

A.R. Rahman

K. P. Kamaluddin
Member

Deepak Kapur
Chairman