



**INNER WHEEL
CLUB OF COIMBATORE
2013-14
MINUTES BOOK**



***We are a Women in Action Making
A Difference to the Lives of Others
Through Service and Friendship***

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VENU RESIDENCY (PACKAGE)

Standard Rooms A/c : Per Head - 945 (Triple Occupancy)

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This package includes complimentary breakfast on 25th May and extra bed.

Mobile : + 91 97888 51661

The participants are requested to book their rooms directly. This is to make group bookings easier for the clubs.

FOR FURTHER DETAILS PLEASE CONTACT

Mrs. Rajathi Santhanakrishnan - +91 98432 43003

Mrs. Amutharani Veerakumar - +91 84437 37327

Mrs. Vanishree Raghu - +91 99444 03474



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BE A FRIEND
(I.W. Theme 2012 - 2013)

WE FOR WOMEN
(I.W. Theme 2013 - 2014)



VARNAM

2013

DISTRICT ASSEMBLY
INNER WHEEL DISTRICT 320

26th May 2013
Manchester Hall, VELAN HOTEL
Kangeyam Road, Tirupur.



Varnam 2013 - Aha! Uloom Varanam

Host Clubs
Inner Wheel Club of Tirupur South &
Inner Wheel Club of Tirupur

Dear Friends in Inner Wheel,
Warm greetings to all of you!

District Assembly is an event where changing of the baton of leadership takes place. Change is inevitable and the Wheel has to keep rotating, year after year. This year, the change is taking place at the dollar city TIRUPUR where I will be handing over the responsibility of leading District 320 to my successor Sarawathi Kannan.

Friendship is what we get in abundance in this organisation and I am so happy that I have gained so many friends over this one year. I enjoyed each and every moment of my tenure as the District Chairman as the leader of District 320. I have learnt lots of things and I am grateful to this organisation for all that I have gained. The warm hospitality rendered by me throughout my life. Triennial Conference was another major event during the year and I am thankful to all the delegates who were present and showed their support. It was a great learning experience to all of us who attended.

A word of advice to the incoming office bearers: "Leadership is not about being the best. It is about bringing the best in others". Friends, eagerly looking forward to meeting all of you in large numbers at Tirupur. Let us all be a part of this District Assembly "VARNAM-2013".

Thank You one and all.

Yours in Friendship

Kavitha D. Rao
District Chairman 2012-2013



Dear Friends,

It is with immense pleasure that I extend my warm greetings to each one of you. We are looking forward to the new Inner Wheel Year with its challenges, possibilities and opportunities. One colour of the Rainbow blends with the other and the night merges into the new dawn, likewise the past Inner Wheel year blends with the new one and the Mantle of leadership passes on to the new leader. The District Assembly marks the change of guard with a new set of office bearers, all set to take up the mantle of leadership.

Friends, I request each one of you to enjoy Inner Wheel and contribute your best for making the society around us better, as all our actions will bring out substantial changes. This year the IW theme is "WE FOR WOMEN" and by the efforts of all of us we hope to make a difference in the lives of WOMEN. On 26th May 2013, we are having the most important event in our Inner Wheel District. District Assembly "VARNAM 2013" will unfold in various colours at Tirupur. I request the members to follow the colours identified for different groups.

Group I - Violet	Group II - Blue
Group III - Green	Group IV - Orange
Group V - Red	Host Clubs - Pink

The District Assembly Committee headed by Rajathi Santhanakrishnan is putting their heart and soul into making the event a memorable one. District Assembly is not only for incoming officers, but for all the members. Hence I appeal to you, to attend the District Assembly in large numbers and make it a successful event.

Yours in Inner Wheel

Sarawathi Kannan
District Chairman Elect 2013-2014



Dear friends

It gives me immense pleasure to invite you for "VARNAM 2013" - Assembly of Inner Wheel District 320 and Installation of Mrs. Sarawathi Kannan as District Chairman.

It is almost nine years since a District event was held in Tirupur proper and excitement is in the air as our charter member is set to take over as first Chairman from IWC of Tirupur South.

It was 80 Years ago, a brave youth, sacrificed his life to defend our flag of three VARNAM (tricolor) in Tirupur. The legend, Tirupur Kumaran, is an eternal inspiration for all of us here in Tirupur. The VARNAM that he defended with his life reflects the spirit of Tirupur even today, as printing and dyeing units have been adding colour to the life of people from far and wide. "VARNAM" also reflects the spirit of Inner Wheel as women of various hues join together in the cause of 'friendship and service'.

The Assembly committee is taking genuine care, going above and beyond to make this event a truly memorable one. Please be our guest and join us in full strength to make this event a big success.

Yours in Inner Wheel

Rajathi Santhanakrishnan
District Assembly Chairman



VARNAM
2013
PROGRAMME

ASSEMBLY Registration	: 08.00 am
Breakfast	: 07.45 am - 08.30 am
COTS	: 08.30 am - 09.30 am
District Committee & Business Session	: 09.45 am - 11.30 am
Tea Break	: 11.30 am - 11.45 am
Installation Session	: 11.45 am - 01.30 pm
Lunch	: 01.30 pm

REGISTRATION DETAILS

Before May 10th : Rs. 500 /-
After May 11th to Spot : Rs. 550 /-

Demand Draft should be drawn in favour of VARNAM 2013 payable at Tirupur. The draft along with filled in registration forms should reach the Assembly Treasurer on or before 10th May 2013.

Vanishree Raghu
Assembly Treasurer

7, TVK Nagar, 3rd Street, College Road, Tirupur - 641 602.
Mob. : 099444 03474 E-mail : vani_iwc@yahoo.com

Assembly Chairman : Rajathi Santhanakrishnan
Assembly Secretary : Amutharani Veerakumar
Joint Secretary : Vijayakumari Ramachandran
Assembly Treasurer : Vanishree Raghu
Joint Treasurer : Krishnaveni Viswanathan

Assembly Advisors

PAP & Past IWW Editor Gomathi Viswanathan
PDC Meena Paul, PDC Sujamani

Organising Committee:

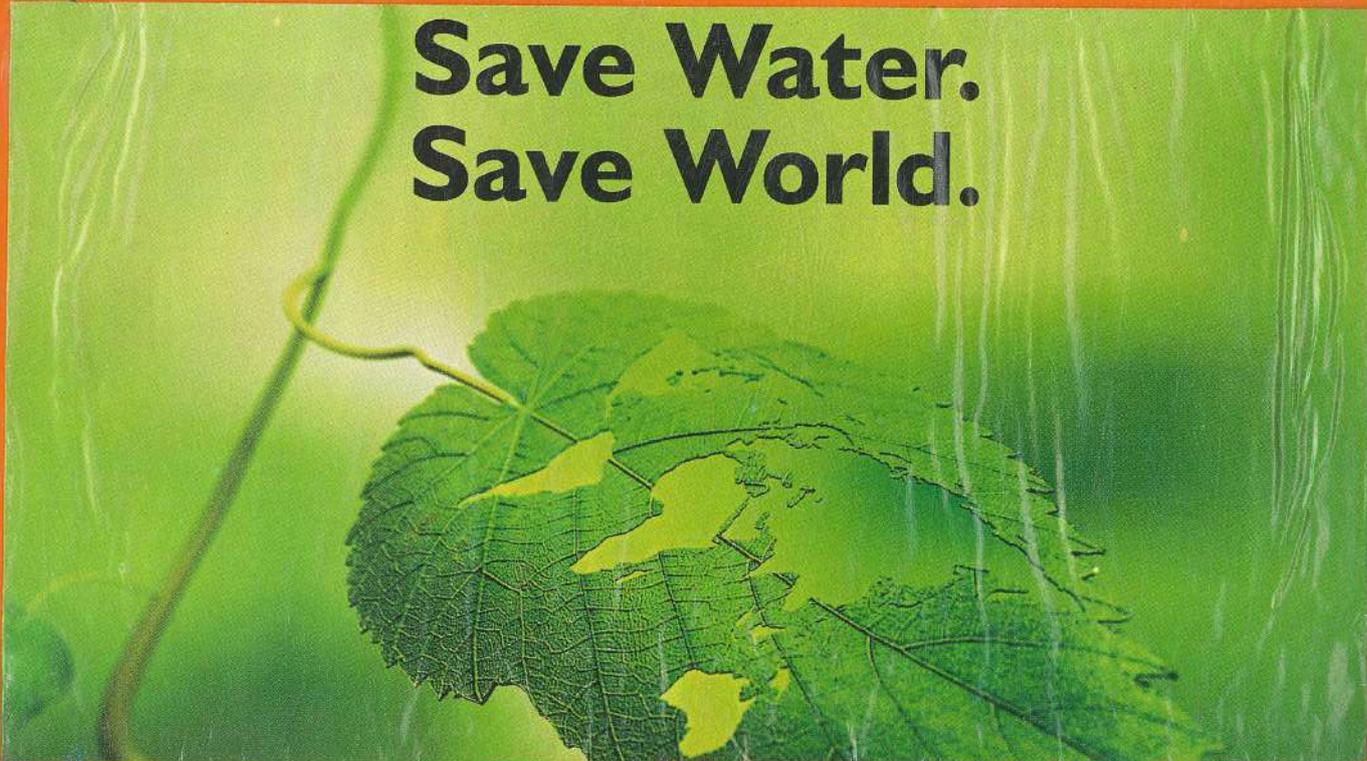
Chitra Vivek - District Treasurer
Geetha Rajan - CGR Group V
Parameshwari Palanisamy
Latha Krishnakumar
Nithya Thangavel
Muthu Moorthi
Sarawathi Ramasami
Janaki Subramaniam
Prabha Jothimani
Pachinayaki Paneerselvam
Vasanthamani Sekar

DISTRICT ASSEMBLY VARNAM 2013



INNER WHEEL CLUB OF COIMBATORE

MINUTES OF DIST ASSEMBLY "VARNAM"



**Save Water.
Save World.**

Our DIST Assembly "VARNAM" was held on 26th May, 2013 at Velan Hotel , Tirupur. Mrs. Saraswathi Kannan was installed as the Dist Chairman of dist 320 along with her team of office bearers. 10 members from our club attended the function. It was a very colourful starting of the year. Our member Shanthi Rajshekhar (ISO 2012-13) was recognized by Dist ISO(2012-13) Mrs. Archana Kamat for her prompt and uptodate work. We received the certificate of Appreciation for BREAST FEEDING awareness week (2012-13) sent by Dr. Muthuswamy. We had the pleasure of meeting METALDA, the Friendship Ambassador sent by our IIW President, Gabriella Adami and clicked a group photo with it.

BREAST FEEDING AWARENESS WEEK CERTIFICATE OF APPRECIATION -
2012



Breastfeeding Promotion Network of India &
Association of Inner Wheel Clubs in India



CERTIFICATE OF APPRECIATION.

This is to certify that Inner Wheel Club of.....COIMBATORE.....

I W Dist320..... has Participated in the of World Breastfeeding

Week Celebrations- 2012 Highlighting the theme
'Understanding the Past- Planning the Future "

And there by promoting the IW theme "Be A Friend".
We Congratulate the President and the members of the club.

Sarita Lunani

Mrs. Sarita Lunani
President. 2012-13
Association of IW Clubs in India

A. Muthuswami

Dr. A. Muthuswami
BPNI Nodel Person,
Coimbatore.

J.P. Dadhich

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

INNER WHEEL CLUB OF COIMBATORE

MINUTES FOR INCOMING AND OUTGOING MEETING HELD ON 31.05.2013 VENUE : MRS. PRACHI KIKANI'S RESIDENCE

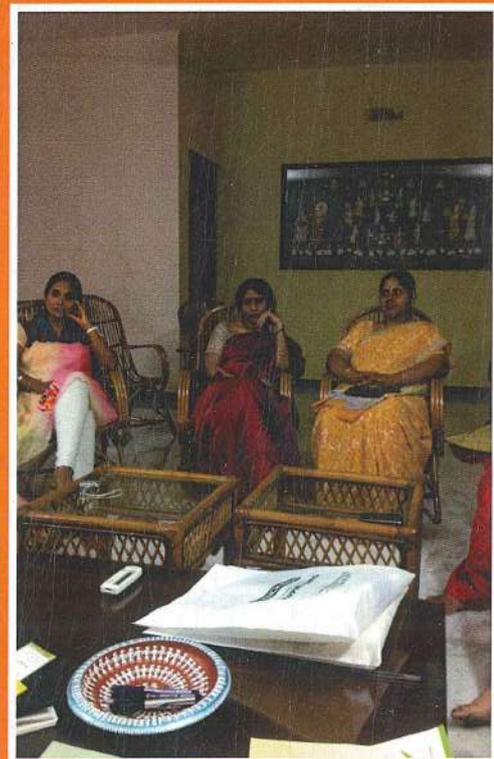
The meeting started with a prayer by Mrs. Anitha Shrinivasan, followed by Inner Wheel prayer. President (outgoing) Mrs. Murugambal welcomed the gathering and incoming president Mrs. Aarti announced her plan of action for the year 2013- 2014. Proposals were discussed about empowering women by donating them means of earning. It was also discussed to start Karate Classes at Seva Nilayam for self-defence.

New member, Mrs. Bharathi to be inducted on the installation Day. It was unanimously approved that Newspapers will be collected from all the members throughout the year and a separate project will be done from that fund. To decrease the postage and printing cost, it was discussed not to send circulars to those who use email. Ongoing Projects to be implemented – Donation of Rs. 10,000/- to Amrit (a center for special needs).

It was resolved by the Committee members to open 2 new Saving Accounts in the name of Inner Wheel Club of Coimbatore at Bank of Baroda and also proposed to appoint Mr. Sanjay D Shah as Club Auditor. Club Account and Charity Account will be jointly operated by the Treasurer Mrs. Shanthi Rajsekhar and either by the President Mrs. Aarti Shah or Secretary Mrs. Prachi Kikani.

Projects for the Installation were discussed. President (Incoming) Mrs. Aarti Shah announced her Committee members. The Committee unanimously approved the above proposals. Later Incoming Secretary Mrs. Prachi Kikani proposed the Vote of Thanks.

Total attendance- 17



INNER WHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE INNER WHEEL CLUB OF COIMBATORE

District 320

District Chairman
Mrs. Saraswathi Kannan

President
Mrs. Aarti Shah
133/1, East Venkatswamy Road,
R.S. Puram, Coimbatore - 641 002.
M : 90470 77220
E : aartik68@gmail.com



IIW Theme
WE, FOR WOMEN

Charter No. 1985

Association President
Mrs. Pushpa Suryamurty

Secretary
Mrs. Prachi Kikani
54, Ramalingam Nagar, 4th Layout,
Alagesan Road No.2, Saibaba Colony,
Coimbatore - 641 011.
M : 93613 93939
E : prachij27@gmail.com

8.6.13

Dear Members,

Warm Greetings to all of you. As I send this invite I feel so overwhelmed with the confidence reposed in me and for electing me as Club President for the year 2013-2014. Thank a ton.

At the onset let me congratulate Mrs. Murugambal [President 2012-2013] & her team for successfully completing an eventful year.

With the dawn of another Inner wheel year, new dreams shall be aspired for and achieved. With your unstinted support and cooperation we will try to make the coming year a memorable one.

The IIW Theme of this year is *We for Women*. During the coming year we members shall make every effort for the upliftment of women and the needy around us.

In the Incoming - Outgoing meeting it was decided to continue with the subscription amount of Rs.1,500/- and a donation of Rs.1,000/- for our service projects. Members, I request you all to please give the same on the Installation day to Mrs. Shanti Rajasekhar [Treasurer 2013-2014].

I take immense pleasure in inviting you for the **CHANGE OF GUARD** on Monday the 8th of July at The Residency @ 6.00 P.M. Please grace the occasion, your presence means a lot to me. The formal invite shall reach you soon.

Thanking You,

In Friendship & Service,

Aarti K Shah
Aarti Shah
President Elect

Vice President
Mrs. Trupti Parikh
4A, Mayflower Residency,
Shanmuga Theatre Road,
R.S. Puram, Coimbatore - 641 002.
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INNER WHEEL CLUB OF COIMBATORE



'We, for Women'
(IIW Theme 2013-14)

The President and Members of
INNER WHEEL CLUB OF COIMBATORE
DISTRICT 320
Cordially invite you for the Installation of

Mrs. Aarti Shah

as President and her team of Office Bearers
for the year 2013 - 2014
at 6.00 pm on Monday the 8th of July, 2013
at Senator 1, The Residency, Coimbatore
and for Dinner there after.

Chief Guest

Mrs. N.V. Sreejaya B.A.B.L.
(Advocate, India. Solicitor England & Wales)

Guest of Honour

Mrs. Saraswathi Kannan
(District Chairman - Inner Wheel Dist. 320)

President

Mrs. S.Murugambal

Secretary

Mrs. Meena Wahan

INVITATION CARD FOR THE INSTALLATION 2013-14

INNER WHEEL TEAM : 2013 -2014

President	: Mrs. Aarti Shah
Imm Past President	: Mrs. Murugambal Sundaravadivelu
Vice President	: Mrs. Trupti Parikh
Secretary	: Mrs. Prachi Kikani
Joint Secretary	: Mrs. Sujani Balaji
Treasurer	: Mrs. Shanti Rajashekar
I.S.O	: Mrs. Urmila Surana
Editor	: Mrs. Anju Wadhwa
Advisor	: Mrs. Geeta Padmanaban
Pulse Polio Chairman	: Mrs. Sundari Kandaswamy
Executive Committee	: Mrs. Anitha Srinivasan
	Mrs. Annapoorani Nagarajan
	Mrs. Gulshan Wagh
	Mrs. Hema Khona
	Mrs. Jothi Padmanaban
	Mrs. Kasturi Vasanthi
	Mrs. Kishori Shah
	Mrs. Latha Prabhakar
	Mrs. Meena Wahan
	Mrs. Nandini Lalka
	Mrs. Nirmala Kasthurirangian
	Mrs. Nutan Asher
	Mrs. Rita Keshav
	Mrs. Saraswathi Sundarraj
	Mrs. Sridevi Padmanaban
	Mrs. Thulsi Rajkumar

MINUTES OF THE INSTALLATION

Installation of IWC of Coimbatore with Mrs. Aarti Shah as President and her team of Office bearers for the year 2013-14 was held at the Residency Hotel on 8th July 2013. District Chairman Mrs. Saraswathi Kannan was our Guest of Honour and Mrs. Sreejaya was our Chief Guest.

The function commenced with a prayer by Mrs. Saraswathi followed by Inner Wheel prayer by our members. All the dignitaries on the dais together lit the Kuttu Vilaku. Welcome address was given by Mrs. Murugambal. Secretary's Report (2012-13) was presented by Mrs. Meena Wahan.

Mrs. Aarti Shah was installed as the 38th President of Inner Wheel Club of Coimbatore along with her team of Office bearers. She introduced her team by an Audio-Visual presentation (designed by Miss Dhvani Kikani) in a very interesting way.

Projects:

- 1) Donation of Rs. 10,000/- to Amrit, (a centre for special needs) towards AUTISM TABLE.
- 2) Donation of Rs. 40,000/- towards vocational training at Avinashilingam Janashikshan Sansthan for Bridal make over and tailoring classes for ladies living in slum areas.
- 3) For the inter-district joint project with IWC of Bombay Bayview, a cheque of Rs. 6,000/- was sent towards Annadanam at Tata Cancer Hospital.
- 4) We organised Karate Classes at Seva Nilayam for one year.
- 5) Donation of Rs. 5,000/- for medical aid.
- 6) Donation of Rs. 4,000/- to a girl for her education.
- 7) An Iron Box was donated to a needy woman to meet her daily needs.
- 8) Distribution of SHUDHU (water purifier) tablets to Cmc colony slum people (Joint Project with IWC of Bombay bayview)

Total No. of beneficiaries were 613 people and 125 families.

Our Bulletin "Chakram" was released by Mrs. Sreejaya and "Inner Wheel Sticker" was released by Mrs. Saraswathi Kannan and distributed to the sister clubs and rest were given to District Chairman for other clubs of Dist 320.

New member Mrs. Bharathi Ratnasekhar was inducted by District ISO Mrs. Veenapathy. Our Chief Guest and Guest of Honour addressed the gathering and motivated our members by their inspiring speech. CGR Mrs. Revathi, Veena and PHF Rotarian Dr. Bala Venkat offered felicitations. Vote of Thanks was proposed by Secretary Mrs. Prachi Kikani. The ceremony concluded with the National Anthem and was followed by dinner.

Total attendance- 43 members and 20 guests.

INNER WHEEL CLUB OF COIMBATORE



The Amazing Action Team

Installation Of President Aarti Shah



Exchange Of Charter



Donation of Autism Table To "AMRIT"



INNER WHEEL CLUB OF COIMBATORE



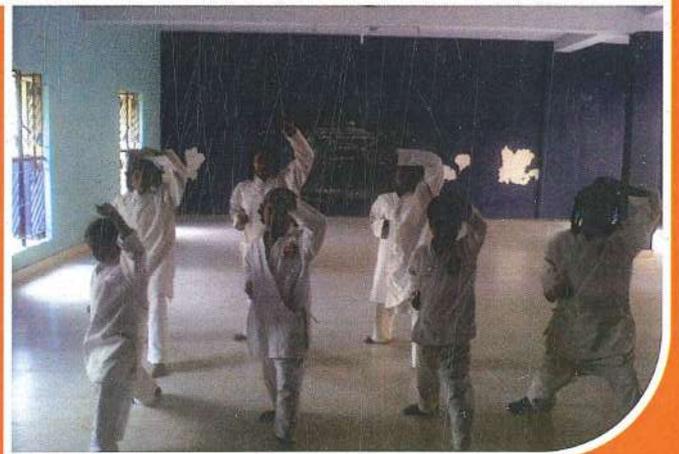
Distribution of Shudhu
(water purifier) tablets

Donation to
Vocational Training Centre



-Donation of an iron box

Karate Class At Seva Nilayam



INNER WHEEL CLUB OF COIMBATORE



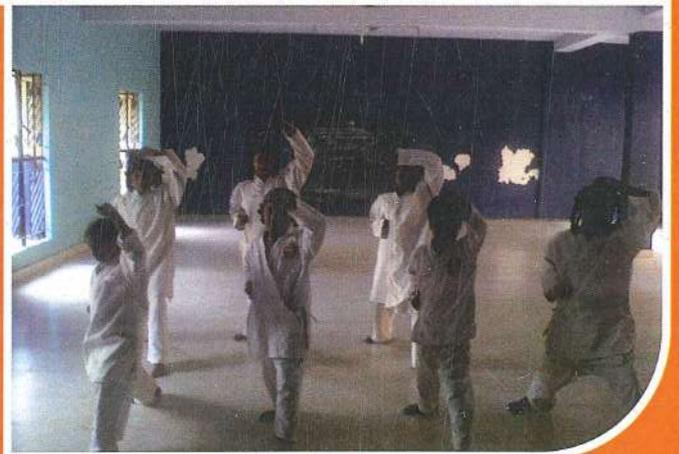
Distribution of Shudhu
(water purifier) tablets

Donation to
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-Donation of an iron box

Karate Class At Seva Nilayam



INNER WHEEL CLUB OF COIMBATORE



Release Of Iw Stickers

Release Of Chakram, Our Bulletin



Annadanam At Tata Cancer Hospital, Mumbai

Induction Of New Members



"CHAKRAM" 2013-14

Dist. 320 / Charter No. 1985 Issue 1 / July 2013



INNER WHEEL CLUB OF COIMBATORE

★ ★ CHAKRAM ★ ★





for

W - ONDERFUL
O - UTSTANDING
M - OTIVATORS
E - FFICIENT
N - URTURERS

The hand that rocks the cradle, rules the world

President's Message

Dear Friends,
 I was born in Gujarat and brought up in Coimbatore, am happily married and blessed with two handsome sons.

2007, the year I joined Inner Wheel Club of Coimbatore is an extremely important one for me. I have truly enjoyed every bit of it, so much so that in just 6 years I find myself taking over the responsibility of leading the club. Thank you for entrusting me with this opportunity, which will give me a chance to associate more closely with this wonderful organisation.

I agree with Donald H. McGaonon when he says, "Leadership in action, not position". We all stand here as a formidable and united group of friends ready to foster positive transformation. As I embark on this new and challenging journey, one of the many goals would be upliftment of women keeping in mind our I/W Theme "We, for women". Education, adequate healthcare, inter- district and inter- club projects and making Inner Wheel known by itself will be a few among the many goals for the coming year.

I encourage you all to reach out, to contribute, to volunteer and to get involved. Looking forward to a lively and a meaningful year ahead.

With warm regards,
 In friendship and service
Aarti Shah



District Chairman's Message

Dear Inner Wheel Friends,

Warm Inner Wheel Greetings from our Dist 320 to all the members of inner Wheel Club of Coimbatore. We are all the members of a great organization Inner Wheel. The Common factor that motivated us to join Inner Wheel is the desire for "Service. Service and Friendship are our motto. We have taken a promise to be helpful to others and help the needy. Let us work together to reach the area of service to solve the problems. When we serve and help others externally, we in turn help ourselves to grow internally, allowing us to reach out beyond our comfort zone. We have a beautiful I/W theme this year we, for women coined by I/W president Gabriella Adams. We, Women, usually place ourselves deep down in the priority list. It is high time we focus our efforts on activities that will lead to betterment of Women, in particular members of Inner Wheel.

Finally, "Nobody can stop you from achieving the best, doing the best and being the best. Enjoy Service, enjoy friendship and enjoy Inner Wheel.

Yours in Inner Wheel Friendship & Service,
Saraswathi Kannan



Secretary's Message

My dear Inner Wheel friends,

I was born and brought up in Mumbai. I specialised in textile designing and fashion designing. I am happily married and am blessed with two pretty daughters. My hobbies are classical music, badminton, dancing and social service. I am an artistic and creative person.

I joined Inner Wheel in 2007. I took up the posts of ISO, Treasurer, Joint secretary and now am taking up the important post of Secretary. Each post was a learning process for me and I thoroughly enjoyed each moment of it. As a secretary I want to make this year most energetic, colorful and vibrant. Lets all get together, "We, the women" can do it!

Yours in friendship,
Prachi Kikani



Overview of activities (2012-2013)

- Automated defibrillator machine, a life saving device for victims of cardiac arrest was donated and installed at the district court complex.
- Donation made to Coimbatore Cancer Foundation at GKNM Hospital
- Donation to "Jeevan Stem cell bank"
- Donation to "Amrit" Centre for special needs
- Maniyad, a tribal village adopted for the third year
- Educational aid for 8 girl children
- Plates, Glasses and water vessels given at Kavundampalayam
- Medical financial help given to a girl child for orthopaedic surgery
- Teachers honoured at the Deaf and Dumb School
- A visit to Families for Children at Podanur and donated grocery, oil, soap powder biscuits, games, toys and Clothes
- 100 Bed sheets were donated to the old age shelter home along with dhal, rice, tea and sugar
- Wet grinder donated to an old age home
- Monetary help given to an old man for his paralytic surgery
- Emphasis on the benefits of Breast feeding was carried out for a week
- Pulse polio drops on Jan 20th and Feb 24th 2013

INNER WHEEL TEAM : 2013 -2014



- President : Mrs. Aarti Shah
 Imm Past President : Mrs. Murugambal Sundaraviveulu
 Vice President : Mrs. Trupti Parikh
 Secretary : Mrs. Prachi Kikani
 Joint Secretary : Mrs. Sujani Balaji
 Treasurer : Mrs. Shanti Rajashekar
 I.S.O : Mrs. Urmila Surana
 Editor : Mrs. Anju Wadhwa
 Advisor : Mrs. Geeta Padmanaban
 Pulse Polio Chairman : Mrs. Sundari Kandaswamy

Executive Committee

- | | |
|----------------------------|-----------------------------|
| Mrs. Anitha Srinivasan | Mrs. Meena Wahan |
| Mrs. Annapoorani Nagarajan | Mrs. Nandini Lalka |
| Mrs. Gulshan Wagh | Mrs. Nirmala Kasthurirangam |
| Mrs. Hema Khona | Mrs. Nutan Asher |
| Mrs. Jothi Padmanaban | Mrs. Rita Keshav |
| Mrs. Kasturi Vasanthi | Mrs. Saraswathi Sundarraj |
| Mrs. Kishori Shah | Mrs. Sridevi Padmanaban |
| Mrs. Latha Prabhakar | Mrs. Thuksi Rajkumar |

From the Editor's Desk



My wife "Does not Work!!!"

Conversation between a Husband (H) and a Psychologist (P)

P : What do you do for a living Mr. Bandy?
 H : I work as an accountant in a Bank

P : Your Wife?
 H : She Doesn't work. She's a housewife only

P : Who makes breakfast for your family?
 H : My Wife, because she does not work

P : At what time does your wife wake up to make breakfast?
 H : She wakes up at around 5 a.m because she cleans the house before making breakfast

P : How do your kids go to school?
 H : My wife takes them to school, because she doesn't work

P : After dropping your kids what does your wife do?
 H : She goes to the market, goes back home and does the laundry and cooking, you know she doesn't work.

P : In the evening after you go back home from office, what do you do?
 H : Take rest, because I am tired due to all day works.

P : What does your wife do then?
 H : She prepares meals, serving our kids, clean dishes and kitchen and puts the kids to bed.

Whom do you think work more, from the story above?

Funny Facts

Mirrors

Men: They check themselves in the mirror when ready to go out.

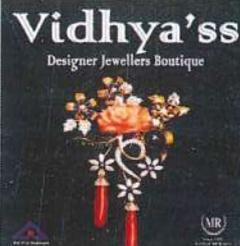
Women: They check their reflection in anything that shines, spoons, windows & shining bald guys head.

Marriage

Before marriage Roses are red, sky is blue, you are beautiful and I LOVE YOU.

After 10 yrs of marriage Roses are dead, I'm blue, you are my headache, one day I'll kill you.

Vidhya'ss
 Designer Jewellers Boutique



46, Father Roundy Street, R.S Puram,
 Coimbatore - 2 Ph : 0422-4341030,
 M : 93450 06156

INNER WHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE
INNER WHEEL CLUB OF COIMBATORE

District 320
District Chairman
Mrs. Saraswathi Kannan


IWC Theme
WE, FOR WOMEN

Chapter No. 1985
Associate President
Mrs. Pushpa Suryamurthy
Secretary
Mrs. Prachi Kikani
54, Ramalingam Nagar, 4th Layout,
Alagappa Road No. 2, Sakshin Colony,
Coimbatore - 641 011.
M: 92613 93191
E: prachik@ymail.com

2ND REGULAR MEETING

Dear friends,

Greetings to you all. Your participation and involvement added color to our club installation function. I expect the same support from all of you by attending all our club meetings and projects.

Ladies, this year we are going to follow the rainbow theme in our regular committee meetings. The rainbow is the sign of hope for tomorrow. Whenever rainbow appears in the sky, we remember to appreciate one another. So lets start our 2nd regular meeting with the color of wisdom, royalty, power and authority. Its **PURPLE** color.

Date : 12/08/2013
Time : 11:30 Committee meeting
11:45 regular meeting
12:15 an interactive yoga session by the talented

Mrs. PRAGNA SHAH

Venue : Mrs. SHANTHI RAJSEKHAR
16, Vinayakar kovil street, Krishnaswamy Nagar,
Cbe-641045.

Ph : 9843115980

Hosts : Shanthi Rajsekhar, Kishori shah, Brindha Vijayakumar, Trupti Parikh

- | | | | | |
|---|--|--|--|---|
| <p>Exe. President
Mrs. Trypti Parikh
64, Naytham Road,
Shanmuga Theatre Road,
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|---|--|--|--|---|

FRIENDSHIP & SERVICE
INNER WHEEL CLUB OF COIMBATORE

District 320
District Chairman
Mrs. Saraswathi Kannan


IWC Theme
WE, FOR WOMEN

Chapter No. 1985
Associate President
Mrs. Pushpa Suryamurthy
Secretary
Mrs. Prachi Kikani
54, Ramalingam Nagar, 4th Layout,
Alagappa Road No. 2, Sakshin Colony,
Coimbatore - 641 011.
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E: prachik@ymail.com

PROJECTS OF THE MONTH

- Breast feeding awareness week.
- Donation to Uttarakhand Relief Fund.
- News paper project - Ladies please bring all old news papers and magazines from your homes during our meetings, such that at the end of the year, the funds collected by selling the same will enable us to do a project.
- INDEPENDENCE DAY** celebrations with "Ashirward Special School" Children.
Time - 11:00am. **DATE - 14-08-2013**
Venue: 32, Subramanian street, Behind
R.S.Puram Ladies Club Cbe.

Breast Feeding Awareness week August 1st to 7th

Day & Date	Time	Venue	Program
1/08/2013 Thursday	11:00am	Masonic Hospital	Inauguration - Healthy Baby competition & Skit by Nursing Students
2/08/2013 Friday	2:30pm	GKNM Hospital	Breast Feeding Awareness talk & Q&A session
3/08/2013 Saturday	3:00pm	RAO Hospital	Power point Presentation for Breast Feeding Awareness
4/08/2013 Sunday	All 4 Shows	Karpagam Theatre	Breast Feeding Awareness Slide Show
5/08/2013 Monday	11:00am	ICDS Centre	Speech by Doctors for BFA & Quiz for mothers
6/08/2013 Tuesday	10:00am	SLM Home	Healthy Mother & Baby Competition With Q&A Session
7/08/2013 Wednesday	11:00am	Coimbatore Medical College Hospital	Various Competitions & Entertainment Program by Students for BEA

- | | | | | |
|---|--|--|--|---|
| <p>Exe. President
Mrs. Trypti Parikh
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Shanmuga Theatre Road,
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E: prachik@ymail.com



Prachis Fun Corner

Design and Paint the Flag of our Inner Wheel Club of Coimbatore. All Members are request to participate & bring it in our 2nd Regular meeting.

SIZE:
9"
6"

Yours in Inner wheel Friendship & Service,

Prachi J. Kikani
Prachi Kikani
(Secretary)

- | | | | | |
|---|--|--|--|---|
| <p>Exe. President
Mrs. Trypti Parikh
64, Naytham Road,
Shanmuga Theatre Road,
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|---|--|--|--|---|

MINUTES OF 2ND REGULAR MEETING

The meeting commenced with Inner Wheel Prayer by our members. President Mrs. Aarti Shah welcomed the gathering. Everyone came dressed in purple colour. It created a royal mood.

Proposals were discussed about the Vocational Training Programme. Mrs. Heme Khona and Mrs. Anju gave a detailed report of Vocational Training at Avinashilingam janashikshan sansthan. Donation of Rs.5,400/- was sent to Uttarakhand Relief Fund.

Minutes of Installation and Breast Feeding Awareness Week was read and duly passed. Prizes were given to all the members who participated in the Fun Corner. Many members painted flag of our club. The speaker of the day was Mrs. Pragna Shah and she taught few basic Aasnas to stay young and healthy.

Vote of Thanks was given by Mrs. Prachi Kikani. Dinner was hosted by Shanthi Rajsekhar, Kishori Shah, Brindha Vijayakumar, Trupti Parikh.

Winner of the Fun Corner :

- 1) Urmila Surana
- 2) Anitha Srinivasan
- 3) Annapoorani

Total attendance- 35 members.



The power of purple



The meditation



Our club flag designing competition



The yoga practices with Mrs. Pragna Shah

INNER WHEEL CLUB OF COIMBATORE

BREAST FEEDING AWARENESS WEEK

1st DAY PROJECT AT MASONIC HOSPITAL 1st AUG.

The inauguration function started with a prayer. Speech by Dr. Krishnaswamy, Miss Aldin & Mrs. Megilda Daniel followed by prize distribution for "Healthy Baby Competition". Skits & songs were performed, Pamphlets & posters were distributed and Tea & Biscuits served.

Members present- 15 & beneficiaries- 20 mothers



2nd DAY PROJECT AT GKNM HOSPITAL 2nd AUG

Dr. Amutha & Dr. Saumya educated pregnant mothers. Skits and songs were performed by nurses. Breast Feeding Pamphlets, posters, biscuits and prizes were distributed. Baby towels were distributed to 30 babies & mothers. We distributed gifts to students of nursing college who performed a very informative skits and songs in tamil.

1w members- 12 & beneficiaries- 30 mothers and community at large



INNER WHEEL CLUB OF COIMBATORE

3rd DAY PROJECT AT RAO HOSPITAL

Dr Asha Rao had arranged a very nice programme with Akruti group . Dr. S. Krishnaswamy spread the message through audio visual presentation. Dr. Shanthini discussed problems of women above 40. Dr. Saranya spoke about "Save Cord blood – Save Lives". Posters were put up. Tea & Biscuits served. Mementoes were given to all the speakers.

 **Rao Hospital & C.A.R.E.**
R.S.Puram, Coimbatore
in association with

 **Rotary Aakruthi & Inner Wheel Club of Coimbatore**
welcomes you to

Breast Feeding Week Celebrations
on 3.8.13 (Saturday) - 3.30 PM at Rao Hospital

Dr S. Krishnasamy
Neonatologist & Paediatrician
'Speaks on Breast Feeding Boon of Motherhood'

Dr Santhini
Gynaecologist delivers a talk on
'Thought To Mothers - Healthier at 40's'

Dr Saranya
Medical Director, Jeevan Blood Bank, Chennai
delivers a special awareness talk on
"Save cord blood – Save Lives"
to be followed by signing of MOU with Jeevan Blood Bank

Dr Asha R Rao
Director,
Rao Hospital

Mrs Rakhi Shah
President,
Rotary Aakruthi

Mrs Aarti shah
President, Inner Wheel
Club of Coimbatore



INNER WHEEL CLUB OF COIMBATORE

4th DAY PROJECT AT KARPAGAM THEATRE 4th AUG

Breast Feeding Awareness slides were screened during all the 4 shows at Karpagam Theatre in English and Tamil. We also put WABA slides to promote their message to the society. Beneficiaries- community at large.

Innerwheel Club Of Coimbatore District 320

கின்னார் வீல் கிளப் ஆப் கோயமுத்தூர், Dist. 320
தாய்ப்பால் தருவதின் மகத்துவம்

- குழந்தை பிறந்த பின்னர் மலர் நேரத்திற்குள் தாய்ப்பால் தர வேண்டும்.
- ஆறு மாதங்கள் முடிய தாய்ப்பால் ஈட்டுவது தர வேண்டும்.
- தாய்ப்பால் சிம்ஸாவின் உட்பட சந்தைக்கூடும் இடுப்பதால் தனிப்பட்ட வேறு வகைகளில் சிறி, புராயல் தேவை இல்லை.
- தாய்ப்பால் கொடுப்பது மிகவும் பாதுகாப்பானது. இதனால் குழந்தைக்கு நோய் தடுப்பு சக்தி அதிகமாகிறது. ஆன்மீக ரீதியாக நோய்கள் வரும் வாய்ப்பு குறைகிறது.
- எந்த நேரத்திலும் எந்த இடத்திலும் தாய்ப்பால் தாய்ப்பால் ஈட்டுவது.
- தாய்ப்பால் கைதராமலும், மிகவும் பாதுகாப்பானது.
- குழந்தை பிறந்த பின்னர் சாதுரமேலும் வளர் உருவாகிறது.
- குழந்தைக்கு 6 மாதம் ஆயின் தாய்ப்பால் ஈட்டுவது, வேலைகளில் ஈடுபடுவது, மேலும் குழந்தை உட்கொள்ளத் தரலாம்.
- குழந்தைக்கு தாய்ப்பால் தருவதால் தாய் மீது மிகவும் பாதுகாப்பு உணர்வு அதிகமாகிறது.
- தாய்க்கு மரபு வழியில் சிவையியல் பற்றிதான் வரும் ஆய்வு குறைகிறது.

குழந்தைக்கு தாய்ப்பால் தர தவிர வேறொரு உணவால் இவர்களைக் கவனம் செய்ய வேண்டாம். மரபு வழியில் மலர் உபயோகத்திற்கு அல்ல. மரபு வழியில் கொடுத்தால் குழந்தைகள் தாய்ப்பால் ஏற்க மாறுகும்.

உலக தாய்ப்பால் வளர் விழா - ஆகஸ்ட் 1 to 7

Innerwheel Club Of Coimbatore District 320

Circles of Support for Mothers And Children

THE FIVE CIRCLES OF SUPPORT
 for breastfeeding illustrates the potential influences on a mother's decision to breastfeed and to have positive breastfeeding experience. Previously featured during World Breastfeeding Week 2008, the Circles of Support continue to be a vital foundation for mothers to breastfeed their babies, and more. The CIRCLES OF SUPPORT are: Family and Social Network, Healthcare, Workplace and Employment, Government/Legislation, and Response to Crisis or Emergency.

HEALTH CARE SYSTEMS:
 This includes a multitude of opportunities to support breastfeeding. These opportunities range from mother-friendly prenatal care and supportive labor and delivery services to postpartum and postnatal care that facilitates bonding and optimal infant feeding. Health workers trained in counseling skills support mothers before and after birth.

WORKPLACE AND EMPLOYMENT:
 Employed women face challenges and need support to succeed at working and breastfeeding. The opportunities for mother support are so varied at the work women do, but usually involve facilitating mother-baby contact or expression and storage of breast milk.

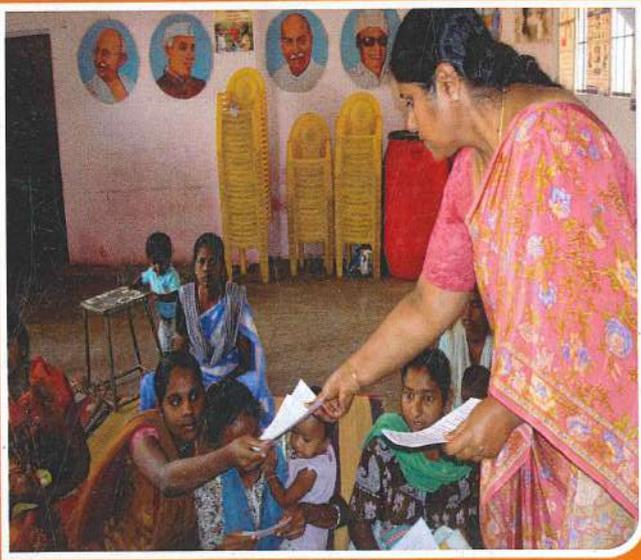
WOMEN IN THE CENTER CIRCLE:
 Women are in the center because the presence or absence of support impacts them directly. Women also have an important role in securing support and in providing it to others. Within the Global Initiative for Mother Support (GIMS) for Breastfeeding Support (2007) we noted, "Mothers are considered active participants in the support dynamic, being both providers and recipients of information and support." See: <http://www.waba.org/my/infantfeeding/journal/gms4.htm>

FAMILY AND SOCIAL NETWORK:
 Husbands/partners/fathers, family, and friends compose the mother's immediate and continuous support network. Social support includes community support-of-the-market place, within a religious context, at a neighborhood park, etc. Support during pregnancy reduces stress. Support during labour and birth empowers the mother. Societal support increases the mother's confidence in her ability to breastfeed beyond the early weeks and months.

RESPONSE TO CRISIS OR EMERGENCY:
 This CIRCLE OF SUPPORT represents the need for support if a mother feels herself in an unexpected and/or serious situation with little control. Situations that require special planning and support like: natural disasters, refugee camps, divorce proceedings, critical illness of mother or baby, or living in an area of high HIV/AIDS prevalence with no support for breastfeeding.

5th DAY PROJECT AT ICDS CENTRE 5th AUG

Our members Anitha & Annapoorni spoke on how breast fed babies have a healthier start in life. Mrs. Velapathy, their officer cleared the pregnant mothers doubts in Tamil. Q & A session was conducted by our members in Tamil. Posters were put up, pamphlets were distributed. Tea & biscuits served. Iw members- 8 & Beneficiaries- 25 mothers and community at large

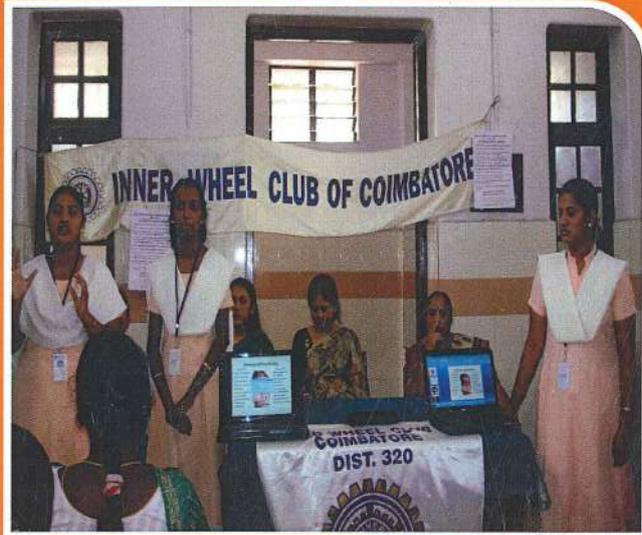


INNER WHEEL CLUB OF COIMBATORE

6th DAY PROJECT AT SLM HOME 6th AUG

4 young and enthusiastic Nursing students from Ramakrishna Hospital gave an audio-visual presentation to 35 pregnant mothers. MCH Officer, Mrs. Vimala conducted quiz for young mothers. Our members Anitha and Annapoorani gave a speech on breast feeding in Tamil. Hot Horlicks & biscuits were served. Posters were put up, pamphlets were distributed. Prize distribution for "Healthy Mother & Baby" competition was sponsored by our member Reeta Keshav.

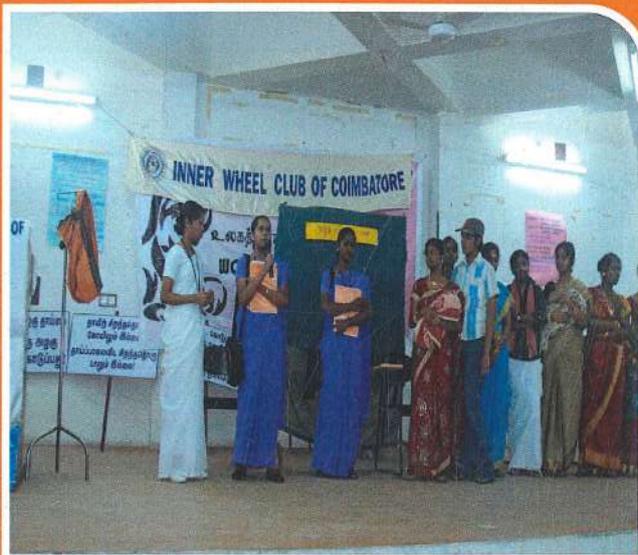
Iw members- 12 & Beneficiaries- 35 mothers and community at large.



7th DAY PROJECT AT CBE MEDICAL COLLEGE HOSPITAL 7th AUG

OUR club sponsored the gifts to the nursing students for various competitions throughout the week. The nurses had taken great pain and time from their schedules and prepared different skits, songs and debates on breast feeding awareness. A rally was performed on Breast Feeding Awareness by nursing students. Prof. Mr. Neelakandan, Dr. Kuppuswamy & Dr. Vanitha educated all expectant & lactating mothers. Mementoes were given to all Doctors. Posters were put up, Pamphlets were distributed. Tea & biscuits served.

Iw members- 6 & Beneficiaries- 250 students, 45 mothers & their relatives



INNER WHEEL CLUB OF COIMBATORE

8th DAY PROJECT AT GANGA HOSPITAL- 8TH AUG

Dr. Suma Natrajan, Dr. Anandhi & Dr. Ramani discussed benefits of Breast Feeding. Posters were put in Tamil & Pamphlets were distributed.

Iw members- 3 & Beneficiaries- community at large



9th DAY PROJECT AT KALAIRANGAM

Blouse pieces were distributed to 120 pregnant women from ICDS at Kalairangam, r s puram for "Samuha Vazhagappu" function.

Beneficiaries- 120 pregnant mothers



News in Tamil News Paper – Dina Malar

INTER DISTRICT FRIENDSHIP MEET

The Inter District Friendship Meet "SNEHA UTSAV" was held at TRICHY on 4th aug, 2013. Districts 320, 321 & 298 participated in fun and frolic programme. 4 members from our club attended it and friendship bands were tied to each other. Our member, Vijayalakshmi sang a friendship song in tamil & pigeons were flown by all the 3 dist. Chairman as a symbol of friendship. We exchanged club flags with other clubs. Our president aarti gave a feedback and thanked them all on the stage on behalf of our district.

Model 1 *Friends U's Invited...*

Friends U's Invited...

Inner Wheel District 321
The District Chairman, Members of The Executive Committee
The Inner Wheel Club of Trichingappalli & Truchi Malabar

Cordially Invite Chairmen and all Members of
Inner Wheel District 298 and 320 for

"Sneha Utsav"
An Inter District Friendship Grand Gala
get together on August 4th Sunday From 9.30 am to 3.00pm at
Vino Garden, Truchi-Pudukottai-Rameswaram Highway,
8 kms away from Truchi Airport, Mathur.

*Friends, let us all have fun together.
Proud our talents and play together which will
enable Foster and Strengthen our friendships.
Tons of Fun is awaiting
"If you make friends with us, you will never be alone"*

Co-ordinators:
Heera Sankalantash,
0948 20860
President, WC of Truchingappalli
Sucha Rajendran stange,
0947 92881
President, WC of Truchi Malabar

**Chairman for the District Special Program
To Foster & Strengthen Friendship**
Andriana Mary Babu
2006 2010

**SUNDAY
4th August**

Admission Ticket	15.00 & 10.00
Music, Photo, Magazines	10.00 & 5.00
Food/Beverage	15.00 & 5.00
Laundry	7.00 & 5.00

Friends, Please Confirm the no. of participants on or before July 28th.
Members Rs.1000, Children above 7 years Rs.500.
Registration will be done in place.

Truchingappalli, No. 2/2008



INNER WHEEL CLUB OF COIMBATORE

INDEPENDENCE DAY CELEBRATION WITH DIFFERENTLY ABLED KIDS

INDEPENDENCE DAY was celebrated with AASHIRWAD , differently abled kids. Our member Kasthuri Vasanthi sponsored the gifts to all children. We served hot Horlicks to everybody. Donation of Rs 6000 was given to the school by Pragati group.



INNER WHEEL CLUB OF COIMBATORE

LIFE ENRICHMENT TALK TO CMC COLONY FAMILIES

LIFE ENRICHMENT TALK to CMC colony families of slum areas was arranged by Mrs. Hema Khona. Dr. Radha Krishnan, a Psychologist educated them for their better living.



INNER WHEEL CLUB OF COIMBATORE

3RD REGULAR MEETING

FRIENDSHIP & SERVICE INNER WHEEL CLUB OF COIMBATORE

District 220

District Chairman
Mrs. Sarawathi Kannan

President
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IWC Theme
WE, FOR WOMEN

Charter No. 1983

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3rd REGULAR MEETING

Dear Inner Wheel Members,

Warm Greetings to all of you. We welcome September with Festivals like Ganesh Chaturthi & Onam. Our President's brain child for FUND RAISING during this year is a cooking demo namely "**MASTERCHEF MANIA**" by the very talented, culinary expert, Mrs. Sabita Wadhwa. I take pleasure in inviting all of you to participate in this event by contributing generously for a noble cause. The pass for this event is reasonably priced at Rs.1000 per head is enclosed herewith. Kindly send your payment for the same before 3rd of September to Aarti or Prachi positively.

Date : 13th September 2013
Time : 2.30 pm Regular meeting
3.00 pm Cooking Demonstration followed by hi-tea
5.30 pm Committee meeting
Venue : R.S. Puram Ladies Club

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OTHER EVENTS

1) An interactive, interesting and informative session on "**MENOPAUSE**" on 5th September, Thursday, 2013 between 4.00 pm to 5.00 pm by Dr. Mirudhubashini, Womens Centre, 146 B, Mettupalayam Road, Coimbatore 641043. Please register your name @ 0422-4201193 or 9487563930.

2) Celebration of "**TEACHER'S DAY**" at Seva Nilayam on 6th September at 7.30 am. We are going to honour Mr. Karthiyen, Karate Master for his selfless service.

3) **AMRIT GOLDEN JUBILEE FUNCTION** on 6th September at 11 am

Inauguration of "**THE AMRIT JOURNEY**" and "**SLOW LEARNING SECTION**" by **Dr. APJ Abdul Kalam (Former President of India)** at Amrit, Special School, 34, NH 67, Talabadi, Coimbatore.

4) **PINKATHON** - In this cancer awareness programme, members from Cochin, Coimbatore and Tirupur will join with 37 other cities in India to walk 3-10 kms. Date: 22nd September, 2013. Time and Venue will be informed to you later.

Prachi's Fun Corner



Photo Competition

Topic: Woman Power
Unlimited

Brief : Photo can be black and white or coloured and size 4"x6".
A Caption fitting the subject should accompany the photo

Yours in Inner Wheel Friendship & Service,

Prachi J. Kikani

Prachi Kikani
(Secretary)



INNER WHEEL CLUB OF COIMBATORE

Presents



Where : R.S. Puram Ladies Club
When : Friday 13th September 2013, 3 - 5 pm

A Demonstration by Mrs. Sabita Wadhwa
(culinary expert)

S.No. **101**

Admit One

your valuable contribution of ₹ 1000 will aid in our community service projects

Hi - Tea

INNER WHEEL CLUB OF COIMBATORE

MINUTES OF 3RD REGULAR MEETING "MASTER CHEF MANIA"

DATE : 13TH SEPTEMBER 2013

VENUE : R.S. PURAM LADIES CLUB

The meeting was commenced with Inner Wheel prayer. Aarti Shah welcomed the gathering. It was our Fund Raising Programme which received a great response. We had many guests and interesting audience.

Master Chef Mrs. Sabita Wadhwa demonstrated Tomato and Red Bell Pepper Soup, Cocktail bites with honey chilli sauce and her signature dish, mud pie. Our member Mrs. Anju assisted her. We received an excellent feedback from the audience.

The lucky dip and quiz was arranged for the audience. Many gifts were given on the spot. The ready dish was tasted by each and everyone and was followed by a hi-tea.

Vote of thanks was given by Mrs. Prachi Kikani. The hi- tea was hosted by Anitha Shrinivasan, Anju Wadhwa, Ananthalakshmi and Kasthuri Vasanthi.

Total attendance- 28 members & 27 guests.



INNER WHEEL CLUB OF COIMBATORE

TEACHERS DAY CELEBRATION

TEACHERS DAY was celebrated on 5th September 2013 at SEVA NILAYAM . We honoured Mr. Karthikeyan, the karate master for his selfless service by shawl, fruits and memento.



AMRIT GOLDEN JUBILEE CELEBRATION



6 members from our club attended inauguration of "THE AMRIT JOURNEY" and "SLOW LEARNING SECTION" by Dr. AJP Abdul Kalam (former president of india)

INNER WHEEL CLUB OF COIMBATORE

4TH REGULAR MEETING

FRIENDSHIP & SERVICE INNER WHEEL CLUB OF COIMBATORE

District 320

District Chairman
Mrs. Saraswathi Kannan

President
Mrs. Aarti Shah
133/1, East Venkateswamy Road,
R.S. Puram, Coimbatore - 641 002.
M : 99470 77220
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IW Theme
WE, FOR WOMEN

Charter No. 1985

Association President
Mrs. Pushpa Suryanarayana

Secretary
Mrs. Prachi Kikani
54, Ramalingam Nagar, 4th Layout,
Ajoyan Road No.2, Sakshya Colony,
Coimbatore - 641 011.
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4TH REGULAR MEETING

Dear Inner Wheel Members,

Greetings to all of you. Let us welcome the **auspicious festival** of 9 Nights. During **NAVARATHRI**, we invoke the energy aspect of God in the form of the universal mother, Durga," which literally means the remover of miseries of life. Please come dressed in **Navarathri Attire** for our 4th Regular Meeting.

Date : 7th October 2013, Monday

Time : 5.00 PM Committee Meeting

5.30 PM Regular Meeting

6.00 PM Raas-Garba Session

6.30 PM Hi-Tea

Venue : Shree Coimbatore Gujarati Samaj, 500, Mettupalayam Road,
R.S. Puram, Coimbatore - 2
(Please park your vehicles in Maruthi Theatre Lane)

Hosts : Harshida Vagadia, Savitri Dave, Urmila Surana,
Reeta Keshav

Project

Educational Aid of Rs.5,000/- to a college student, Vennila (2nd Year Engineering)

Do not forget our "**Newspaper Project**". Please send your newspapers to Aarti, Prachi or Shanthi's Residence.

Vice President
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PRACHI'S FUN CORNER



Essay Writing
Topic – Woman Power
unlimited-2020
The essay should be within
350 to 400 words and can
be in Hindi or English

Those members who could not bring photo with caption for last month competition, can bring their entries this time.

Yours in Inner Wheel Friendship & Service,

Prachi Kikani

Prachi Kikani
(Secretary)

INNER WHEEL CLUB OF COIMBATORE



INNER WHEEL CLUB OF COIMBATORE

MINUTES OF 4TH REGULAR MEETING

Date : 7th October, 2013

Venue : Shree Coimbatore Gujarati Samaj

The meeting commenced with the Inner Wheel prayer. President Aarti Shah welcomed the gathering. Members were requested to be present in large no. for district rally. The "Bride competition" and the dance to be performed at the District Rally on 19th October and the South Asia Rally Registration (at Bombay) were discussed.

Letter from Dist. Secretary Chitra Vivek (informing the last date for nomination for district posts was 31st October, 2013) was read in the meeting. It was unanimously resolved to nominate 2 members from our Club, they have the required qualifications.

(1) Geetha Padmanaban for the office of Extension Service Organizer of Dist.320 for the year 2014-15 proposed by Meena Wahan and seconded by Nirmala Kasthurirangian.

2) Anitha Shrinivas for the office of District Editor of Dist.320 for the year 2014-15 proposed by Gulshan Wagh and seconded by Sundari Kandaswamy.

The project for the day was to donate Rs.5,000/- as educational aid to a 2nd year engineering college student towards her tuition fees.

All the members enjoyed Garba with Gujarati ladies and the traditional rituals of aarti for Goddess Ambema was performed. The prizes were distributed by Prachi to Urmila, Harshida and Mohini for Essay competition and photo competition (Women Power Unlimited).

The Hi-tea was hosted by Harshida Vagadia, Savitri Dave, Urmila Surana and Reeta Keshav. Vote of Thanks was given by Prachi Kikani.

Total Attendance – 35 members.

15 Members Attended
Navarathiri Pooja at
Murugambal's Residence



INNER WHEEL CLUB OF COIMBATORE

DISTRICT RALLY "SAMANVAYAM" 2013



INNER WHEEL CLUB OF COIMBATORE

DISTRICT RALLY SAMANVAYAM



Samanvayam

INNER WHEEL DISTRICT - 320 RALLY

We, for women
IIW Theme 2013-2014

IIW President
Gabriella Adami

Association President
Pushpa Suryamurthy

District Chairman
Saraswathi Kannan
AKIL House, 19
Balaji Layout
Puthur Pirivu Road
Opp Velan Hotel
Tirupur - 641604
Mob No: 8754012302

Rally Chairman
Sajitha Madhusudhan
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Rally Secretary
Suprabha Jayadevan
Amritham, Kamalalaya Road
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Rally Treasurer
Reshmi Baiju
Chamathakundil
Mangalam, Lakkidi P.O.
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Mob : 9447353887
reshmib2@gmail.com

Dear Friend,

Warm Inner Wheel greetings to you from each one of us of the District 320 Rally Committee "SAMANVAYAM 2013".

Ottapalam, is a small town situated on the banks of River Bharathapuzha or Nila, claims a cultural heritage and has hosted many historic events. It used to be major town of the erstwhile Valluvanad during the reign of the Zamorins of Calicut. This same town gave birth place to many personalities and is a popular shooting place for Malayalam, Tamil and Hindi movie industry.

We, welcome you all to Ottapalam, for the District Rally "SAMANVAYAM 2013".

Come, lets get together spring up fun and friendship at Ottapalam, a rally of true friendship, waiting to have a wonderful time together. Its going to be lots of fun and entertainment, enjoy games, take lots and lots of gifts.

We will be arranging stalls at the venue for your shopping.

We expect your co-operation and maximum participation to make this District Rally a grand success.

Date : 19th October 2013
Venue : Pisharody's Auditorium
Main Road, Ottapalam
Registration Fee : Rs. 500/-

Yours in Inner Wheel,

Sajitha Madhusudhan
Rally Chairman

HOST CLUBS : IWC OF OTTAPALAM & PATTAMBI

Dist. 320 had conducted a rally on 19th October, 2013 at Ottapalam. All sister clubs from Dist 320 participated in this function. The Dist. Committee meeting was held to consider the nominations from our Dist to the Association. Each and every club performed a dance item. All the sister clubs from Coimbatore gave one joint dance programme. Inner wheel members from Coimbatore encouraged us by whistling throughout our dance. We performed a fusion of RADHA and LUNGI DANCE. There was a fashion parade of "Indian Brides" from each club. Our club won 2nd prize and the participant was Urmila Surana who became a beautiful Marwadi Bride. Games were conducted for ISO's from each club. The Club Flags were exchanged between different clubs. Our club won many prizes in Tambola also. We had a great fun and frolic time. About 8-10 stalls were set up where different items were sold. This was followed by lunch. We had a very scenic view on the way. We had a great time with our club members in the van.

INNER WHEEL CLUB OF COIMBATORE

DIWALI CELEBRATION

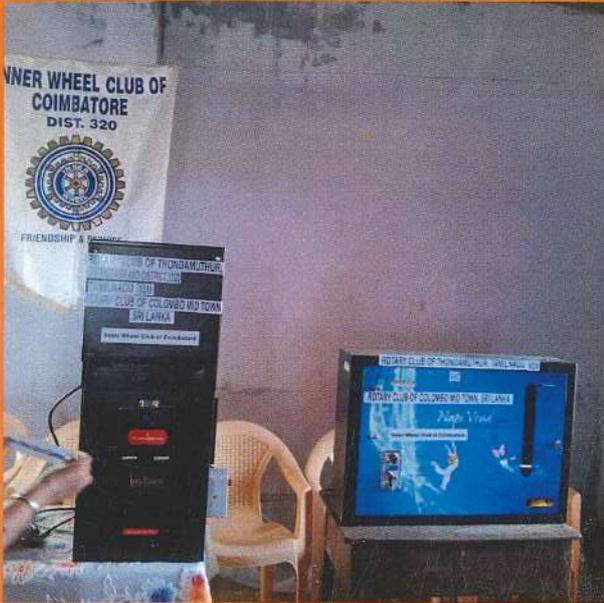
DIWALI was celebrated with Amrit children (a centre for special needs) at Meena Wahan 's residence. Thanks to Meena for her wonderful gesture. She had done lovely arrangements for the games and lunch for the children . Urmila painted tattoo for few kids and our members, Nirmala, Gulshan , Saraswathi and Brinda brought sweets, mixture and biscuits for them. 26 members from our club attended the function.



INNER WHEEL CLUB OF COIMBATORE

VISIT TO OTHER IW CLUBS AND JOINT PROJECTS WITH ROTARY

Joint project with Rotary club of Thondamuthur. Donation of sanitary napkin vending machine, incinerator and pollution control. 6 IW members attended the project.



IWC of Coimbatore North chairman visit. President and secretary attended the function.



Felicitation of Mallika Badrinath, a culinary expert by Rotary club of Coimbatore at Ratna residency. 5 members from our club attended the function.



CHILDREN'S DAY CELEBRATION

55 children of "SEVASHRAM", an orphanage home watched "Aarambham" movie at central theatre on 14th November "CHILDRENS DAY".

We distributed Lays, Frooti and Munch chocolates to them . Our president Aarti sponsored the show and Anju bought the food for them.



INNER WHEEL CLUB OF COIMBATORE

5TH REGULAR MEETING (CHAIRMAN VISIT)

FRIENDSHIP & SERVICE INNER WHEEL CLUB OF COIMBATORE

District 320

District Chairman

Mrs. Saraswathi Kannan

President

Mrs. Aarti Shah

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IW Theme
WE, FOR WOMEN

Charter No. 1985

Association President

Mrs. Pushpa Suryamurty

Secretary

Mrs. Prachi Kikani

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5TH REGULAR MEETING

Official visit of District Chairman Mrs. Saraswathi Kannan

Date: 26.11.2013

Venue: Siema Hall, Race Course Road, Coimbatore 641018

Time: 11 am

Dress Code: Green

AGENDA

Programme	: 9 am - Project visit to GRD College of Arts & Science, Avinashi Road, Cbe. Unveiling of hoarding on "Helmet Awareness" by District Chairman in the presence of Mrs. Geetha Padmanabhan (Secretary, GRD Institutions) and Principal Mrs. T. Shantha. 10 am - Project visit to Vocational training centre at Ganapathy Silks Matching Centre.
Club Assembly	: 11.00 am
Meeting	: 12 Noon
Lunch	: 1 pm

Hosts:

Dr. Asha Rao, Beena Mysleri, Bharthi Ratnashekhar, Chitra Raj, Jayshree Rajan, Leena Mavani, Nandini Lalika, Sujani Balaji, Ushadevi R, V. Jayshree.

Projects of the month:

- 1) Children's Day celebration on 15th November 2013.
"Aarambham" movie show at Central Theatre for 55 children of "Sevashram", an orphanage home.
- 2) Donation of sewing machine, wet grinder, embroidery machine and iron box to needy people (Chairman's visit).

Vice President

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Please note these important dates.

- 1) District Conference : 2nd February, 2014 at Ooty.
- 2) South Asia Rally : 8th & 9th March 2014 at Mumbai.

Please register in large numbers.

Prachi's Fun Corner



Bring an article on
"How to encourage
teenagers to wear a
Helmet".

Yours in Inner Wheel Friendship & Service,

Prachi J. Kikani

Prachi Kikani
(Secretary)

INNER WHEEL CLUB OF COIMBATORE

INVITATION CARD FOR CHAIRMAN VISIT



We, for Women
(IIW Theme 2013-14)



The President and Members of
INNER WHEEL CLUB OF COIMBATORE
DISTRICT 320

Cordially invite you on the occasion of the
Official Visit of the District Chairman

Mrs. SARASWATHI KANNAN

at 12.00 pm on Tuesday the 26th of Nov, 2013
at Siema Hall, Race Course, Coimbatore
and for Lunch there after.

President
Mrs. AARTI SHAH

Secretary
Mrs. PRACHI KIKANI



AGENDA

- 11.00 am : Club Assembly
- 12.00 pm : Chairman's visit meeting
- 01.00 pm : Lunch



INNER WHEEL CLUB OF COIMBATORE

FIRST HALF YEARLY REPORT 2013

INNER WHEEL CLUB OF COIMBATORE (DISTRICT 320)

1ST HALF YEARLY REPORT
FROM 1ST JULY TO NOVEMBER 2013

Members:

Active Mem	Hon Mem	Hon Act Mem	Total
55	-	-	55

Committee Meetings :

No.	Date	Venue	No. of members Present
1.	31.05.2013	Residence of Prachi Kikani (Incoming outgoing meeting)	19
2.	12.08.2013	Residence of Shanthi Rajshekhar	20
3.	13.09.2013	R.S. Puram Ladies Club	18
4.	07.10.2013	Shree Coimbatore Gujarati Samaj	19

General Body Meeting :

No.	Date	Venue	No. of members Present
1.	08.07.2013	Residency Hotel (Installation Meeting)	43
2.	12.08.2013	Residence of Shanthi Rajshekhar	35
3.	13.09.2013	R.S. Puram Ladies Club	28
4.	07.10.2013	Shree Coimbatore Gujarati Samaj	30
5.	26.11.2013	Siema Hall (Chairman's Visit)	

Demonstrations/Speaker Meetings :

No.	Date	Venue	No. of members Present
1.	03.08.2013	Rao Hospital (Dr. Saranya spoke on save cord blood-save lives)	16 members & community at large
2.	12.08.2013	Residence of Shanthi Rajshekhar ("Daily Yoga Practises" speech given by Mrs.Pragna B.Shah)	35
3.	12.08.2013	Residence of Shanthi Rajshekhar (Club Flag designing competition)	35
4.	26.08.2013	Ganapathy Matching Centre-CMC colony ("Life Enrichment Talk" by Dr. RadhaKrishnan)	3 members & the audience
5.	13.09.2013	R.S. Puram Ladies Club (Cooking Demonstration by Mrs. Sabita Wadhawa)	28 members & 24 guests
6.	13.09.2013	R.S. Puram Ladies Club (Woman Power Unlimited – photo competition)	28 members & 24 guests
7.	07.10.2013	Shree Coimbatore Gujarati Samaj Woman Power Unlimited 2020 – Essay competition	30
8.	26.11.2013	Siema Hall (How to encourage teenagers to wear a helmet -Article Competition)	

INNER WHEEL CLUB OF COIMBATORE

Increase in Membership:

Active Mem	Hon Mem	Hon Act Mem	Total
2	-	-	2

International Service:

In India: Our ISO Mrs. Urmila Surana communicates regularly with the sister clubs in our district, sending and receiving letters and bulletins. She has motivated all our members and the club to participate in competitions at Association level, District level and those competitions held by other Districts. She maintains good correspondence with the Link Clubs like lwc of thane north, Dist 314 lwc of anand Dist 306, lwc of chitruadynga Dist 316 and lwc of vellore Dist 323. She has communicated with the entire clubs in the district.

She has participated in association competition and inter district competitions.

Abroad : -

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. They also attended "Kutty's Kallakal", a fund raising programme of IWC of Coimbatore North and Coimbatore North Chairman visit.

Co-operation with Rotary / Assisting other Organisations:

No.	Date	Venue	No. of members present	Name of Organisation
1.	06.11.2013	Bishop Oubagarm's Secondary School (Donation of Sanitary napkin Vending Machine, incinerator and pollution control)	5	Joint Project with Rotary Club of Thondamuthur.
2.	07.11.2013	Felicitation of Mallika Badrinath, a Culinary expert	5	Rotary Club of Coimbatore.

Projects :

1) Community Service:

No.	Project	Beneficiaries	Amount spent in Rs.
1.	Karate Class at Sevanilayam	50 girls	5,000.00
2.	Distribution of Shudhu(water purifier) tablets to Slum areas of Coimbatore	125 families	3,000.00
3.	Annadhanam Project at Tata Cancer Hospital, Mumbai	600	3,000.00
4.	Implementation of "Helmet Awareness" hoarding at GRD college of arts & science.	Community at large	15,000.00
5.	Donation of a sewing machine to a needy woman	1	5,000.00
6.	Donation of a wet Grinder to an old couple to make them financially independent	1	5,000.00
7.	Donation of an iron box to a needy woman to meet her daily needs	1	3,500.00

INNER WHEEL CLUB OF COIMBATORE

2) Personalized Service:

No.	Project	Name of the member	Beneficiaries	Amount in Rs.
1.	Medical Aid	Prachi Kikani	1 boy	5,000.00
2.	Independence Day celebration	Kasthuri Vasanthi	30	1,000.00
3.	"Life Enrichment" talk to CMC Colony families	Hema Khona	Community at large	1,500.00
4.	Girl child education	Latha, Sundari, Madanbai	1 girl	4,000.00
5.	Distribution of inner wheel stickers to our club, sister clubs and district clubs	Aarti Shah	Community at large	7,000.00
6.	"Sevashram" children watched Aarambham movie at central theatre on childrens day.	Aarti Shah & Anju wadhwa	55	4,800.00

3) Educational Help:

1.	Donation for tuition fees to an engineering student	1	5,000.00
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4) Environmental Service:

1.	Donation for Sanitary napkin vending machine, incinerator & pollution control machine to Bishop Oubagarm's secondary School	100 girls	-
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5) Eye/Blood Donation : -

6) Hospital/Medical/Surgical Help/Awareness Seminars/medical camps :

No.	Project	Beneficiaries	Amount spent in Rs.
1.	<p><u>Breast Feeding Awareness Campaign</u></p> <p><u>Day 1</u> : Inauguration Function at Masonic Hospital - Speech by DR. Krishnaswamy, Miss Aldin & Mrs. Megilda Daniel followed by prize distribution for "Healthy Baby Competition". Skits & songs were performed, Pamphlets & posters were distributed and Tea & Biscuits served.</p> <p><u>Day 2</u> : GKNM Hospital - Dr. Amutha & Dr. Saumya educated mothers. Skits and songs were performed by nurses. Gifts, Breast Feeding Pamphlets, posters, biscuits and prizes were distributed. Baby towels were distributed to 30 babies & mothers.</p> <p><u>Day 3</u> : Rao Hospital – Dr. S. Krishnaswamy spread the message through slideshow. Dr. Shanthini discussed problems of women above 40. Dr. Saranya spoke about "Save Cord blood – Save Lives". Posters were put up. Tea & Biscuits served.</p> <p><u>Day 4</u> : Breast Feeding Awareness slides were screened during all the 4 shows at <u>Karpagam Theatre</u> in English and Tamil. We also put WABA slides to promote their message to the society.</p> <p><u>Day 5</u> : <u>ICDS Centre</u> – Our members Anitha & Annapoorni spoke on how breast fed babies have a healthier start in life. Mrs. Velapathy, their officer cleared the pregnant mothers doubts in Tamil. Posters were put up, pamphlets were distributed. Tea & biscuits served.</p>	<p>20 mothers Community at large</p> <p>30 mothers Community at large</p> <p>40 mothers & Community at large</p> <p>Community at large</p> <p>25 mothers & Community at large</p>	<p>500.00</p> <p>1,200.00</p> <p>1,500.00</p> <p>500.00</p> <p>500.00</p>

INNER WHEEL CLUB OF COIMBATORE

<p><u>Day 6 : SLM Home</u> – Nursing students from Ramakrishna Hospital gave an audio-visual presentation to 35 pregnant mothers. Hot Horlicks & biscuits were served. Posters were put up, pamphlets were distributed. Prize distribution for “Healthy Mother & Baby” competition by our member Reeta Keshav.</p> <p><u>Day 7 : CMCH</u> (General Hospital) – A rally, skits, songs & debates were performed on Breast Feeding Awareness by nursing students. Prof. Mr.Neelakandan, Dr. Kuppuswamy & Dr. Vanitha educated all expectant & lactating mothers. Mementoes were given to all Doctors & the winners of skit & debate competitions. Posters were put up, Pamphlets were distributed. Tea & biscuits served.</p> <p><u>Day 8 : Ganga Hospital</u> – Dr. Suma Natrajan, Dr.Anandhi & Dr. Ramani discussed benefits of Breast Feeding. Posters were put in Tamil & Pamphlets were distributed.</p> <p><u>Day 9 : Kalairangam</u> – Blouse pieces were distributed to 120 pregnant women at “Samuha Vazhagappu”</p>	<p>35 mothers & Community at large</p> <p>250 students & 45 mothers & community at large</p> <p>Community at large</p> <p>120 mothers</p>	<p>500.00</p> <p>2,000.00</p> <p>200.00</p> <p>5,043.00</p>
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7) Blind/Disabled/Spastic

1.	Donation at “Aashirwad”, a school for special children	30	6,000.00
2.	Diwali celebration with “Amrit”, a centre for special needs. Sweets & biscuits were distributed.	100	-

8) Old Age : -

9) Natural Calamity

1.	Donation at Uttarakhand Relief Fund	Community at large	5,400.00
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10) Drug Abuse Awareness : -

11) Vocational Service / Employment

1.	Donation to Avinashilingam Janasikshan Sansthan towards tailoring, bridal make over & beautician classes for women living in slum areas.	100 & Community at large	40,000.00
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12) Continuous Projects

1.	Donation to “Amrit”, a centre for special needs towards “AUTISM TABLE”	100	10,000.00
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13) Pulse Polio

1.	“World Pulse Polio Day” was celebrated at SLM HOME by putting a poster. 40 babies were given polio drops on that day	Community at large	-
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INNER WHEEL CLUB OF COIMBATORE

14) AIDS Awareness : -

15) Indian Art & Culture

1.	"Navarathri" was celebrated with Shree Coimbatore Gujarati Samaj & played Garba with Gujarati Ladies. Prizes were distributed to best dressed ladies. "Aarti" ritual was performed with everybody.	Community at large	500.00
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TOTAL BENEFICIARIES - 1861 & COMMUNITY AT LARGE

TOTAL AMOUNT SPENT – RS. 1,41,643.00

FUN & FELLOWSHIP:

- 1) 10 members from our club attended District Assembly "Varnam" at Tirupur on 26th May, 2013. We had the pleasure of meeting and clicking a picture with "METALDA", the friendship ambassador sent by IIW president GABRIELLA ADAMI.
- 2) 15 members attended District Rally "Samanvayam" held at Ottopaliam on 19th October 2013. We performed a very energetic dance with IWC of Coimbatore West. Our member, Urmila won 2nd prize in "Bride competition". The Club Flags were exchanged.
- 3) Inter-District Friendship Meet "Sneha Utsav" on Friendship Day was attended by 4 members at Trichy on 4th August, 2013. The Club Flags were exchanged & pigeons were flown as symbol of Friendship. We tied Friendship bands to each other.
- 4) "Independence Day" was celebrated with Aashirwad, a school for special children. Our member Kasthuri Vasanthi distributed gifts to all children. We served Hot Horlicks to everybody.
- 5) "Teacher's Day" was celebrated on 5th September at "Sevanilayam". We honoured Mr.Karthikeyan, the Karate Master for his selfless service by shawl, fruits and memento.
- 6) Diwali was celebrated with Amrit children (a centre for special needs) at Meena Wahan's Residence. Thanks to Meena Wahan for her wonderful gesture. Sweets & biscuits were distributed to the kids.
- 7) "World Pulse Polio Day" was celebrated at SLM HOME on 24th oct, 2013 by putting up a poster. Polio drops were given to 40 babies.
- 8) Navarathri was celebrated at Shree Coimbatore Gujarati Samaj by playing Garba & performing aarti for Goddess Ambemataji. Special puja & Gollu at Murgambal's house was attended by 16 members followed by a Dinner and 10 members attended Annapoornani's Gollu function.
- 9) We wish each other on Birthdays and Anniversaries.
- 10) Each member contributes in the best way possible to make every endeavour of the Club a great success.
- 11) All our circulars have a fun corner with competitions to improve healthy relationship among members . Attractive prizes are given to encourage them.

26/11/13.

I never seen such a minutes like this.

Aarthi & prachi you are really done a very good and commendable projects.

At most covered our Association goals & District goals.

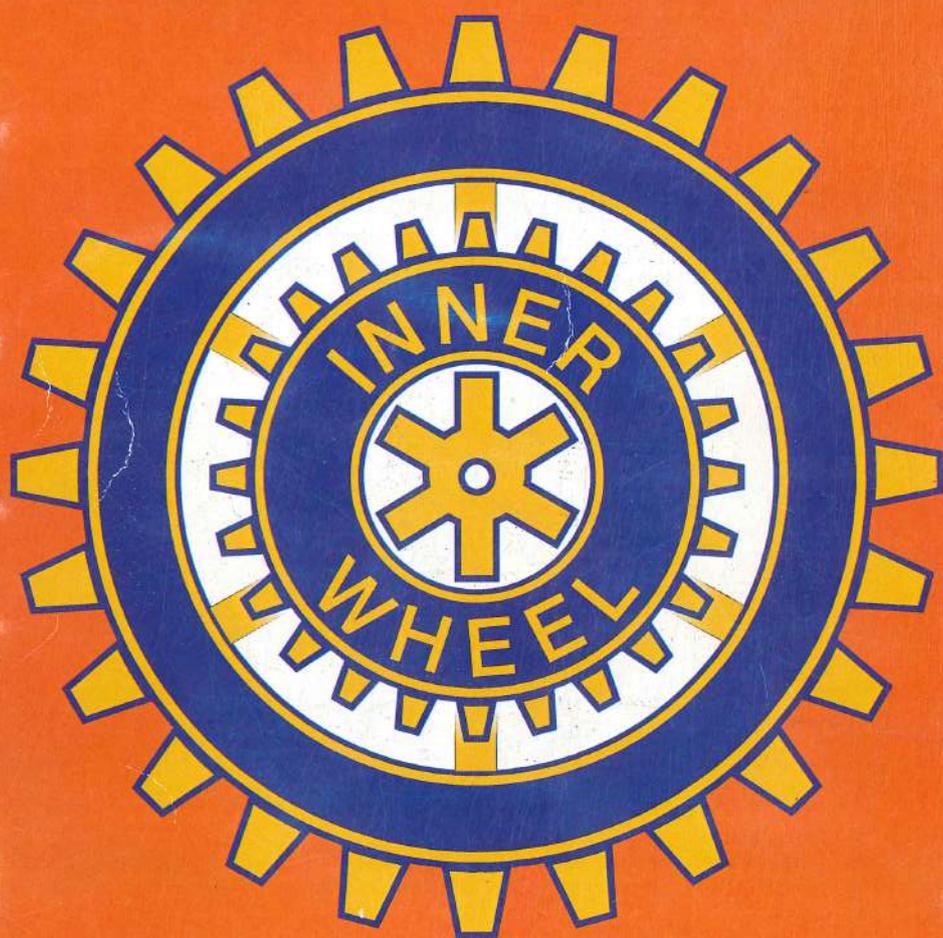
All the projects are covered with our ITW theme Basis

" WE FOR WOMEN "

Congratulations Aarthi & prachi keep it up! Keep the inner wheel pla high!

D. Saraswathi
District Chairman 2013-14

26/11/13.





INNER WHEEL CLUB OF COIMBATORE

2013-14 MINUTES BOOK - 2



*We are Women in Action Making A Difference to
the Lives of Others Through Services and Friendship*

OFFICIAL VISIT OF DISTRICT CHAIRMAN MRS. SARASWATHI KANNAN



CLUB BULLETIN - CHAKRAM 2013 -2014

Dist. 320/Charter No. 1985

Issue 2/ November 2013

CHAKRAM



INNER WHEEL CLUB OF COIMBATOR

I can do things you
cannot,
You can do things I
cannot,
Together we can do
great things.

-Mother Teresa



My dear Inner Wheel friends,

Warm greetings to all of you. As I write this message, I can't believe five months have flown by and each minute has been better than the best. I am thoroughly enjoying being President and thank you for giving me this opportunity of a lifetime..... to serve a movement that has been a way of life and the reason for me being a confident and caring human being. I am delighted to share with you the many accomplishments and activities of our club.

We began with the theme "We for Women" which is completely justified through our vocational training project. Life enrichment talks, donation of iron box, tailoring machine, wet grinder to uneducated women in the slum area in Ukkadam. These women have now started earning and have become more confident. For the young girls, sanitary napkin vending machine, incinerator with pollution control device is installed in a school for hygiene. Young girls are also being taught self defense techniques in the karate classes in a school. We have received immense appreciation for these projects, and this encouraging response has only pushed us further to raise the bar for ourselves.

Our fundraiser "Masterchef Mania" was a smash hit. The Independence day, Children's day and Diwali celebrations with special children are events close to my heart. The joy on their faces gives me a new high to do more to make them happy.

All in all, with the able support of my team and positive response from members, the last half year was all about absorbing experiences, experiences from which I learnt that the true meaning of life was to give life meaning.

Aarti.K.Shah
President



Dear Aarti and Members of the Inner Wheel Club of Coimbatore,
To take this position of this prestigious district 320, as District Chairman is a great honour and responsibility for me. To be Chairman of District 320, which has been nurtured with love and care by my predecessors, is a great uphill task and my dream ever since. I hope that, it will be worthy of your trust and faith in me.

The wonderful theme "WE FOR WOMEN", given to us by our IWC President Mrs. Gabriella Adams, is indeed befitting and motivational. We aim to dedicate this year to empowering women and help to provide professional and educational opportunities to them. We endeavor to strengthen the process of coordinating the women's welfare and socio-economic development programs, gender equality and justice. We aim for holistic development of women through synergy and enabling environment conducive to social change. The great organization serves as a platform where we have plenty of opportunities to serve humanity and help the society we live in. Since children & girls are the future of the nation, we need safe, secure and happier future for them. Additional care of special & disabled children should be our priority. Let us not miss to do good to the less fortunate. So, Friends let us unite and join hands, commit ourselves & look beyond ourselves to achieve the goals.

Nobody can stop you from achieving the best, doing the best and being the best. Enjoy service, Enjoy Friendship and Enjoy inner wheel.

Yours in Friendship & Service,
Saravathi Kannan,
District chairman dist 320.



Warm greetings to all of you.

It gives me immense pleasure to present to you the half-yearly report of our club activities. We have kept in mind the association and district goals while implementing our club projects. We swing our magic wand of ambition, teamwork, dedication, promptness, planning and above all selfless service while we take our club to the pinnacle of glory.

Prachi.J.Kishani
Secretary




Installation

"Ringing out the old and Ringing in the new" is a tradition that has been followed over the years that have gone by and will continue for the years to come. The time had come for Mrs. Murugambal to hand over the reigns of the prestigious Inner Wheel Club of Coimbatore in the hands of Mrs. Aarti Shah on the 8th of July 2013.




Release of Bulletin

Release of Sticker

Community Service Projects

- The Ladies of the lower socio-economic background were offered courses like tailoring, bridal makeover and beautician courses. They were given the option to choose from these according to their aptitude. The courses were conducted by the Avinashilingam Jana Shiksha Sansthan.
- With the support of the IWC of Bombay Bayview 'Annadanam' was organised at the Tata Memorial Cancer Hospital, Mumbai. To add to this project, we also jointly distributed "shudhu" water purifying tablets to slum areas which helped the slum people to drink pure water.
- World Pulse Polio Day was celebrated at the SLM Home for educating young mothers about the importance of polio drops. 40 babies were also given Polio drops on that day.
- In a joint project with Rotary Club of Thondamuthur, a Sanitary napkin vending machine, incinerator with Pollution control device was donated to Bishop Oubagarm's High School.
- An Autism table donated to "Amrit", a centre for special needs which caters to the needs of physically handicapped and mentally retarded children.









CLUB BULLETIN – CHAKRAM 2013 -2014

6. Breast Feeding Awareness week. Lactating and expectant mothers were educated about the benefits of breast feeding.



7. An Iron box was donated to a poor washer woman to help her earn her livelihood.



8. Our members donated generously to the Utarakand relief fund.



9. Educating a girl child is like Educating a generation. Donation was given towards educating a girl child. Donation was given toward tuition fees to an Engineering student.



10. Medical aid given to a boy who met with a major accident.



11. Children's day was celebrated with the children of "Sevashram" an orphanage. 55 children were taken for a Tamil movie and were also given a treat of goodies.



12. Masterchef Mania, a fund raising program received great response. Delicious recipes was demonstrated by Mrs. Sabita Wadhwa.



13. Keeping in mind the safety factor of the young girls, Karate classes were commenced at "Sevanilayam" and is at its full potential now.



14. Sneha Utsav: An Inter District friendship meet was held at Trichy on 4th August 2013, where the inner wheel members tied friendship bands to each other and exchanged flags.



16. There can be no better way to celebrate teacher's day than to felicitate a teacher. Mr Karthikyan, the karate master was felicitated for his selfless service.



17. Members of our Club celebrated Navratri dressed in colourful attire and enjoyed themselves playing garba and dandiya.



18. Independence day was celebrated in a school for special children "Aashirwad". The children enacted and showed their patriotic spirit.



19. "Health is Wealth". To help our members keep healthy a talk on "Daily Yoga Practices" was given by Mrs Pragna R. Shah. Club Flag designing competition was held.



20. Diwali was celebrated with kids of "Amrit" at Mrs Meena Wahan's residence. Lunch and goodies were provided.

District Events.

District assembly "Varnam" Swearing in ceremony of Mrs Saraswathi Kannan as District Chairman, COTS training and met "Matilda" from Australia, the friendship ambassador.



District rally "Samanvayam" held at Ottapalam. Members joined together to display their talent, by dancing to the tunes of famous songs. In the "best dressed bride" competition, Mrs. Urmila Sarana bagged the second prize.



REFLECTIONS

Dear friends,

Pictures are not only a reflection of people, its a reflection of compassion, love and memories of good times. Years will pass, times will change, nothing is forever. No matter where life leads us... On these pages we will always be together.

Anju Wadhwa,
Editor.



Vidhya's

Designer Jewellers Boutique

46, Father Roundy Street, R.S. Puram, Coimbatore - 2.

Contact Number: 0422-4341030, 9345006156



Coimbatore

6th REGULAR MEETING

FRIENDSHIP & SERVICE INNER WHEEL CLUB OF COIMBATORE

District 320

District Chairman
Mrs. Saraswathi Kannan

President
Mrs. Aarti Shah
133/1, East Venkateswary Road,
R.S. Puram, Coimbatore - 641 002.
M : 90470 77220
E : aartishah@gmail.com



IW Theme
WE, FOR WOMEN

Charter No. 1985

Association President
Mrs. Pushpa Suryamurty

Secretary
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Ajeegan Road No.2, Subaha Colony,
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6th REGULAR MEETING

Dear Inner Wheel Members,

Here's wishing each one of you the very best time, good luck, good health & good cheer for the New Year in advance. May you have a great 2014. Let us welcome the cold month of December with the warmth of bright Yellow colour.

Date : 21st December 2013 Saturday

Time : 11.30 am Committee Meeting
12 Noon Regular Meeting

Venue : Mrs. Sridevi Padmanaban
122/95, West Ponnuram Road
R.S. Puram, Coimbatore 641002

Speaker : Mr. Rajkumar
Presentation about "RTI ACT" (right to information)

Hosts : Hema Khona, Sridevi Padmanaban, Asha Rajkumar
and Sundari Kandaswamy

Dress Code: Yellow

Vice President
Mrs. Trupti Parikh
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Project : Educational Aid for Rs.5,000/- to a college student.

District Conference "Nila" is just around the corner at Sterling Resorts, Fernhill, Ooty on 2nd February 2014. Mrs. Saraswathi Kannan and her team are making all efforts to make it an event par excellence. We must support her and participate in full strength. Registration amount is Rs.600/- upto 15th January and spot Registration is Rs.650/- without kit.

Thanks to the members who supported me for "News Paper Drive" during District Chairman's visit. I request all the members again & again, to donate their monthly newspapers towards the same and help needy people.

PRACHJ'S FUN CORNER



**DESIGN A
X'MAS CARD
OF ANY SJZE
& SHAPE**

Yours in Inner Wheel Friendship & Service,

Prachi J. Kikani

Prachi Kikani
Secretary

6th REGULAR MEETING





Coimbatore

6th REGULAR MEETING

Minutes of 6th Regular Meeting

Date : 21st December 2013

Venue : Sridevi Padmanaban's Residence

President Aarti welcomed the members. The Inner Wheel prayer was rendered by our members. Minutes of the Chairman's visit was read and duly passed. Proposed by Nirmala and seconded by Gulshan. The following discussions were conducted.

- The IIW Ballot Forms to be sent
- The Nominations for the Association Vice President & Association Editor's post.
- Members were requested to register and attend Dist. Conference "Nila" at Ooty & South Asia Rally at Mumbai.
- 1st & 2nd National Pulse Polio Immunization Day to be conducted on 19th January 2014 & 23rd February 2014 at SLM House.

Our Treasurer Shanthi introduced the Speaker for the meeting, Mr. Rajkumar who spoke about "RTI ACT". The power-point presentation & the Question-Answer Session conducted by him were very educative and informative.

The Project of the Day was to donate Rs.5,000/- to a college student towards tuition fees. Our Fun Corner participants Anitha, Ushadevi, Gulshan and Urmila made very creative X'mas Card. Gifts were distributed to all the participants. The meeting concluded with the Vote of Thanks proposed by Prachi. The lunch was hosted by Hema Khona, Sridevi Padmanaban, Sundari Kandasamy and Asha Rajkumar. Members adjourned for lunch.



Coimbatore

7th REGULAR MEETING

FRIENDSHIP & SERVICE INNER WHEEL CLUB OF COIMBATORE

District 220

District Chairman
Mrs. Sarawathi Kannan

President
Mrs. Aarti Shah
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WE, FOR WOMEN

Charter No. 1985

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Mrs. Pushpa Suryanaray

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Mrs. Prachi Kikani
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Annapoori Road No.2, Sakshya Colony,
Coimbatore - 641 011.
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7th REGULAR MEETING

Dear Inner Wheel Members,

Say "Bye-Bye" to 2013 and welcome 2014 with new dreams, new enthusiasm and new resolutions. International Inner Wheel day is celebrated all over the world on January 10th as the anniversary of the day when Inner Wheel was first founded in 1924. Margarette Golding became the founder President and the name was adapted on this day.

Date : 10th January 2014, Friday

Time : 11.30 am Committee Meeting
12 noon Regular Meeting

Venue : Mrs. Jothi Padmanaban's Residence
33 Thamarai Nagar, Kavundampalayam
Coimbatore 641030
Phone : 9843323643

Dress Code : Red

Programme : Fun Filled Games

Host : Jothi Padmanaban, Annapoorani Nagaraj,
Vijaya Sekhar, Manogarikumari Jenarathan

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Project : Goh Daanam

We did Annadaan & Vidyadaan and now it is time for Goh Daan in the auspicious month of Pongal. The Harvest festivals, Pongal and Uttarayana are the only festivals that follow a solar calendar on the



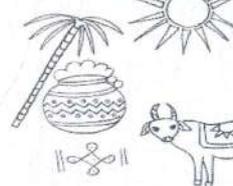
14th January, every year. In Indian tradition great importance is given to Goh Daan. It prolongs life, graces with children & helps any accomplishments.

Pulse Polio Immunisation Programme will be held on 19th January 2014, 7.30 AM at SLM Home.

Kindly register for our District Conference "Nila" at Ooty (2nd Feb.) and South Asia Rally (8th & 9th March) at Mumbai.

Registration fees for District Conference - Rs.600/-
Registration fees for South Asia Rally - Rs.4,000/-

Prachi's Fun Corner



A 4 line poem!

Involve yourselves in making a creative, festive poem about Pongal / Uttarayana in English, Hindi or Tamil and win prizes!

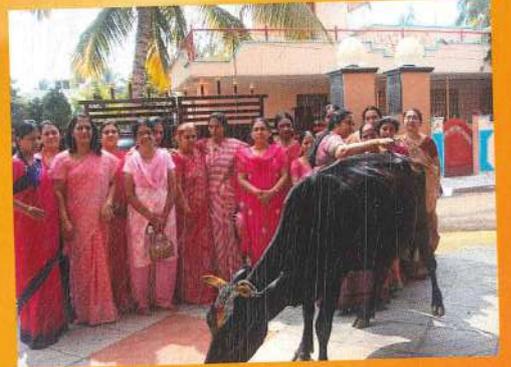
Yours in Inner Wheel Friendship & Service,

Prachi J. Kikani
Prachi Kikani
Secretary



Coimbatore

7th REGULAR MEETING



INTERNATIONAL INNER WHEEL DAY CELEBRATION



NATIONAL PULSE POLIO IMMUNIZATION DAY



8th REGULAR MEETING

FRIENDSHIP & SERVICE INNER WHEEL CLUB OF COIMBATORE

District 320

District Chairman
Mrs. Saraswathi Kannan

President
Mrs. Aarti Shah
133/1, East Vanakatswamy Road,
R.S. Puram, Coimbatore - 641 002.
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IIW Theme
WE, FOR WOMEN

Charter No. 1985

Association President
Mrs. Pushpa Suryamurty

Secretary
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54, Ramalingam Nagar, 4th Layout,
Alogesan Road No.2, Saibaba Colony,
Coimbatore - 641 011.
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8th REGULAR MEETING

Dear Inner Wheel Members, Well after a busy long year, Inner Wheel Friends, we are planning to go for an overnight picnic and have lots of fun.

- Programme :**
- 1st February : Overnight picnic at Ooty.
Please do join and make the event successful.
 - 2nd February : Dist. Conference Nilai
Time : 8.30 am
Venue : Sterling Hotel, Fernhill, Ooty
 - 14th February : Valentine Day celebration
Time : 6.30 pm
Venue : Coimbatore Cosmopolitan Club, Race Course, Coimbatore

Hosts : Angella Rosalind, Asha Senthil, Geetha Padmanaban, Hamso Ramkrishnan, Latha Prabhakar, Madanbai Inderchand, Saraswathi Sundarraj, Sneha Bansali, Thulsi Rajkumar, Usha Thirugnanam, Vijaya Jain, Vandana Sanjay, Sheela Viswanathan.

Project : To eradicate polio from India we have 2nd National Pulse Polio immunization day on 23rd February. Time : 7.15 am
Venue : Seetha Lakshmi Maternity Home, Krishnaswamy Road, Coimbatore

Yours in Inner Wheel Friendship & Service,

Prachi J. Kikani
Prachi Kikani
Secretary

Vice President
Mrs. Trupti Parikh
4A, Mayflower Residency,
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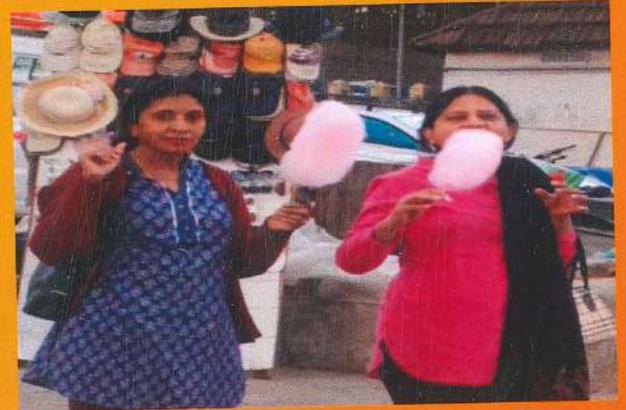
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Coimbatore

OVERNIGHT PICNIC AT OOTY



Minutes of 8th Regular Meeting

Date : 14th February 2014

Venue : Ratna Residency

This was a Special Day. All the husbands were invited with their shimmering Valentine to the fun & frolic evening. The dress code was red & black. There was no Inner Wheel Prayer, no President's Speech, no Secretary's Report and no Treasurer's accounts. President Aarti welcomes the gathering and all the couple games were conducted like popcorn game, balloon game & musical bus. A very romantic dance was performed by our members and later all the husbands were invited on the floor to dance. The best couple prize was won by Saraswathi & Mr. Sundarraaj. Lot of prizes were distributed and all the husbands had to propose their wives in their style and pictures were clicked.

The evening was followed by an exotic dinner. The hosts were Angella, Asha Senthil, Geetha Padmanaban, Hamsa Ramkrishnan, Latha Prabhakar, Madanbai, Saraswathi, Sneha Bansali, Thulsi Rajkumar, Usha Thirugnanam, Vijaya Jain, Vandana Sanjay and Sheela Viswanathan.



Coimbatore

NILA DISTRICT CONFERENCE

Friendship and Service



We, for Women
(IW Theme - 2013 - 14)



District Conference IW - Dist 320
along with Rotary District Conference - RID 3200
2nd Feb, Sterling Holiday Resorts, Fernhill, Ooty

Nila 2014, welcomes you to the Blue Mountains, traditionally known as The Nilgiris with its mystique creation, beauty, fragrance, serenity of nature and its depth enfolded in love, understanding and service.

At Nila 2014, you will have the opportunity to see the Blue Mountain's beauty, their indigenous people who are known for their unity, unique culture and excellent hospitality. We, your sisters in Inner Wheel from Nilgiris look forward for your participation to make our friendship in service a memorable one.

Chief Guest for the Conference

Mrs. Pushpa Suryamurty
President, Association of Inner Wheel Clubs in India

Registration Amount

Rs. 600/- upto 15th Jan
Rs. 850/- upto 31st Jan
Rs. 650/- SPOT without Kit

District Chairman
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uma@kannangarments.com

Conference Chairman
Deepthi Anoop
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deepthianoop@gmail.com

Conference Secretary
Malliga Thesinghraj
+91 94875 45593
malliraj68@gmail.com

Conference Treasurer
Geetha Pillai
+91 94943 93532
geeachu@gmail.com

Host Clubs

IWC of Ketti Valley
IWC of Ootacamund
IWC of Kotagiri

d & p at Printography + 423 2440442





MINUTES OF NILA - DISTRICT CONFERENCE

BREAST FEEDING AWARENESS WEEK - CERTIFICATES



putting child nutrition
at the forefront
of social change

**Breastfeeding
Promotion Network of India**
Registered Under Societies Registration
Act 1962 of 1962, Delhi No. S-21144
DP-23, Pitambara, Delhi-110048
Tel: 011-27343068, 42682959
Tel/Fax: (91) 011-27343806
Email: bpni@bpni.org
Website: www.bpni.org

January 20, 2014

BPNI/2014/021

Ms. Prachi Kikani,
Secretary
Innerwheel Club of Coimbatore
54, Ramlingam Nagar,
4th Layout, Alagesan
Road 2, Saibab Colony,
Coimbatore- 641011

Contact No.: 09361393939

Subject: "World Breastfeeding Week 2013"

Dear Ms. Kikani,

Greetings from BPNI!

We are happy to inform that your entry has been selected in the **Best Organization Category** as part of the World Breastfeeding Week 2013 celebration with the theme "Breastfeeding Support: Close to Mothers".

We truly appreciate your efforts for advocating appropriate IYCF practices in your state/region. Please find the certificate and memento for the best organization award.

With regards,

J.P. Dadhich
Dr. J.P. Dadhich
National Coordinator,
Breastfeeding Promotion Network of India (BPNI);
Consultant, HIV and Breastfeeding programmes - ICFAN Asia

As a policy, BPNI does not accept funds of any kind from the companies manufacturing baby foods, feeding bottles etc. and organization/industry having conflict of interest.



putting child nutrition
at the forefront
of social change

**Breastfeeding Promotion
Network of India (BPNI)**

World Breastfeeding Week 2013
BREASTFEEDING SUPPORT: Close to Mothers

Certificate of Appreciation

This is to honour

**Innerwheel Club of Coimbatore
Tamil Nadu**

in appreciation of the contribution
towards celebration of
World Breastfeeding Week 2013

Best Organization Category

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



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



**BREASTFEEDING PROMOTION NETWORK OF INDIA &
INNER WHEEL DISTRICT-320.**



Certificate of Appreciation.

To

Inner Wheel Club of COIMBATORE - SECOND PRIZE I W Dist.320.

For having promoted IIW theme "we for women" by celebrating
WORLD BREASTFEEDING WEEK -2013

Theme: "Breastfeeding Support: Close to mothers"
We Congratulate the President and the members of the club.

K. Saraswathi
Mrs. Saraswathi Kannan
District Chairman -320
Tirupur, Tamilnadu

A. Muthuswami
Dr. A. Muthuswami,
BPNI Nodel Person,
Chettinad.

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

VALENTINE'S DAY CELEBRATION



Inner wheel club of Coimbatore invites you on
Valentine's Day

It's celebration time and a chance—
 To join us with your shimmering Valentine,
 For an evening full of games, music and dance.

Date: 14th Feb, 2024 (Friday)
 Time: 7.30 pm
 Venue: Coimbatore Conventions Club, Race Course, Coimbatore
 Dress Code: Formal. Ladies in red and gentlemen in black

Sponsors:
 Anjali Kadam | Anil Senthil | Geetha Padmanaban
 Anusa Fardkhram | Latha Prabhakar | Madhubala Indiraband
 Saravathi Sundaresan | Seetha Banuaji | Thulasi Sathyanar
 Usha Theerthapathi | Vinayak Jagan | Vinodini Sankar | Shreya Vishwanathan





Coimbatore

SOUTH ASIA RALLY 2014 AT MUMBAI - 8TH AND 9TH MARCH





Coimbatore

9th REGULAR MEETING

FRIENDSHIP & SERVICE
INNER WHEEL CLUB OF COIMBATORE

District 320

District Chairman

Mrs. Saraswathi Kannan

President

Mrs. Aarti Shah

133/1, East Venkatswamy Road,

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M : 90470 77220

E : aartik68@gmail.com



IIW Theme

WE, FOR WOMEN

Charter No. 1985

Association President

Mrs. Pushpa Suryamurty

Secretary

Mrs. Prachi Kikani

54, Ramalingam Nagar, 4th Layout,

Alagesan Road No.2, Saibaba Colony,

Coimbatore - 641 011.

M : 93613 93939

E : prachij27@gmail.com

9th REGULAR MEETING**Joint meeting with Inner Wheel Clubs of Coimbatore.**Date : 15th March 2014 (Saturday)

Time : 3 to 5 PM

Venue : Magnum Complex, 1st Floor, Karur Vysya Bank
Near Anand Hospital, Jail Road, (Nanjappa Road)
Coimbatore.

Programme : Women's Day Celebration and Honouring Ms. Mohana Sundari for receiving

1. Outstanding Achiever Award-2013 FICCI-FLO.New Delhi
2. International Women Entrepreneurial Challenge Award-2013

Hosts : Murugambal, Padmashini, Mohini Kalro, Shardha, Vijayalakshmi, Joyce

Projects : 1) **Health Check Up** (Pap smear Test and Mammogram Test) for our IW Club Members at Rao Hospital, Coimbatore. Dr. Asha has been very generous and agreed to do the above tests for Rs.1000/- (actual cost Rs.1750/-). The club will bear 50% of the cost for each member. Please contact Jothi (9994157624) and fix your time for the tests. The tests will be done after 3 PM (15th - 31st March).

- 2) **Pinkathon** - Walk for cancer awareness by Inner Wheel members and college students. The date and route will be announced at the meeting. Members please participate in the walk.

Vice President

Mrs. Trupti Parikh

4A, Mayflower Residency,

Shanmuga Theatre Road,

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Imm. Past President

Mrs. Murugambal Sundaravodivelu

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M : 80564 11777

E : wadhwanju@gmail.com

Do send your proceeds from the sales of newspapers and magazines to Aarti, Prachi or Shanthi.

Yours in Inner Wheel Friendship & Service.

Prachi Kikani
Secretary



Coimbatore

9th REGULAR MEETING



Minutes of 9th Regular Meeting

Date : 15th March 2014

Venue : Magnum Complex

This was a Joint Meeting with Inner Wheel Clubs of Coimbatore. All the 4 Clubs of Coimbatore participated in large numbers.

Dist. Chairman Saraswathi Kannan was adorned the collar by Dist. Secretary Chitra Vivek. All the Inner Wheel club's Presidents were collared by their respective Secretary. The joint meeting was called to order by Dist. Chairman Saraswathi Kannan.

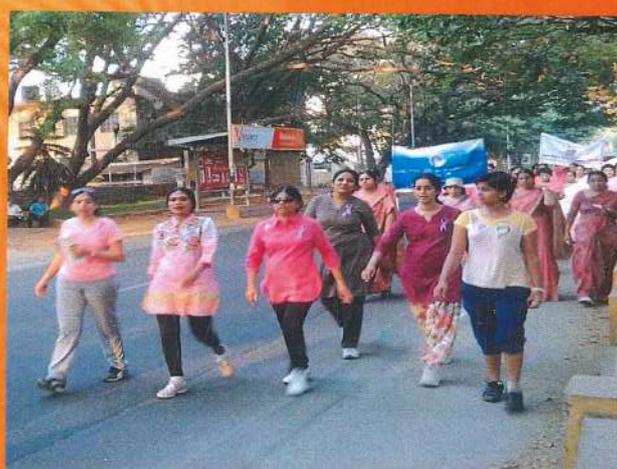
Ms. Mohana Sundari was honoured for achieving :

- 1) Outstanding Achiever Award-2013 FICCI-FLO
- 2) International Women Entrepreneurial Challenge Award-2013

Quiz and games were conducted as a part of Women's Day celebration and most of the prizes were won by our club members. A special cake was made by Sujani Balaji as part of Women's Day celebration. The hi-tea was arranged by all the 4 clubs. Our club hosts were Murugambal, Padmashini, Mohini Kalro, Shardha, Vijayalakshmi and Joyce.

The project for the month was IWC of Coimbatore member's cancer screening at Rao Hospital. 10 members from our club did their Pap smear test and mammogram test.

**WALKATHON -WALK FOR CANCER AWARENESS
BY ALL THE IW CLUBS OF COIMBATORE AND TIRUPUR**



10th REGULAR MEETING

FRIENDSHIP & SERVICE
INNER WHEEL CLUB OF COIMBATORE

District 320

District Chairman
Mrs. Saraswathi Kannan

President
Mrs. Aarti Shah
133/1, East Venkateswamy Road,
R.S. Puram, Coimbatore - 641 002.
M : 90470 77220
E : aarti68@gmail.com



IWV Theme
WE, FOR WOMEN

Charter No. 1985

Association President
Mrs. Pushpa Suryamurty

Secretary
Mrs. Prachi Kikani
54, Ramalingam Nagar, 4th Layout,
Alagesan Road No.2, Subbaba Colony,
Coimbatore - 641 011.
M : 93613 93939
E : prachi27@gmail.com

10th REGULAR MEETING

Dear Inner Wheel Members,

Warm Greetings to each of you. This will be the last circular from me as your Secretary as the Inner Wheel Year 2013-14 is coming to an end. I thoroughly enjoyed reaching out to you all. It was a learning experience and at the end of the year I realise working together with each one of you has been indeed gratifying. I am grateful to all members for their wonderful support, magnanimous donations towards projects and hosting the meetings at their homes. Enjoy the holidays in May and let us begin to work in June.

Programme :

- Date : 16th April 2014 (Wednesday)
- Time : 11.30 AM Committee Meeting
12 Noon Regular Meeting
- Venue : Mrs. Gulshan Wagh's Residence
3C, Post Office Road, Krishnaswamy Nagar,
Coimbatore 641045
Phone No.98422 11005
- Dress Code : Cream & Gold / Black & Gold
- Hosts : Meena Wahan, Gulshan Wagh, Nirmala Kasthurirangian, Valsala Shankar
- Project : Donation of Sarees and Bed Sheets to RAMA ARAVINDER HOME FOR AGED

Vice President
Mrs. Trupti Parikh
AA, Mayflower Residency,
Shreeviji Theatre Road,
R.S. Puram, Coimbatore - 641 002.
M : 98430 23104
E : truptiparikh3@gmail.com

Imm. Past President
Mrs. Marugambal Sendaravadivela
"Srinivas"
128, Thiruganapuzambadam Road,
Rasarcourse, Coimbatore - 641 018.
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Treasurer
Mrs. Shanti Rajasekhar
16, Vinayakar Kall Street,
Krishnaswamy Nagar,
Coimbatore - 641 045.
M : 98431 15988
E : shraji9@gmail.com

ISO
Mrs. Urmila Surana
112, West Puruswamy Road,
R.S. Puram, Coimbatore - 641 002.
M : 94370 17041
E : urmilasurana22@gmail.com

Editor
Mrs. Anju Wadhwa
RQ, West Venkateswamy Road,
R.S. Puram, Coimbatore - 641 002.
M : 80564 11777
E : wadhwananji@gmail.com

The District Assembly is at Cochin on 21st June 2014. Interested members can mark the date in their diary.

Do send your proceeds from the sales of newspapers and magazines to Aarti, Prachi or Shanthi.

Yours in Inner Wheel Friendship & Service,

Prachi J. Kikani

Prachi Kikani
Secretary



Coimbatore

10th REGULAR MEETING





Minutes of 10th Regular Meeting

Date : 16th April 2014

Venue : Gulshan Wagh's Residence

President Aarti Shah was adorned the collar by Secretary Prachi Kikani in the last meeting of the year. The meeting commenced with the Inner Wheel prayer by all the members. President Aarti Shah welcomed the members to the meeting.

1 minute silence was observed in the memory of dear ones of our club members, whose absence cannot be regained.

Aarti appreciated the Committee members (office bearers) and thanked all the IWC members for giving her support throughout the year. Gifts were distributed to all the members by Aarti. The games were conducted by the hosts of the Day. Meena Wahan distributed certificates to each member of our club for their excellence in dance & skills in different fields.

Incoming President Trupti Parikh announced her team for the year 2014-2015 :

President	- Trupti Parikh
Vice President	- Prachi Kikani
Secretary	- Harshida Waghadia
Joint Secretary	- Ushadevi R
Treasurer	- Sneha Bansali
ISO	- Anju Wadhwa
Editor	- Urmila Surana

The following projects of the month were discussed:

- 1) Annadhanam & Donation of sarees, bed sheets & old cloths to "Neyam" home for aged.
- 2) Joint Project with Rotary Club of Coimbatore - Awareness Seminar on "How to prevent heart attack" at Kikani School Auditorium on 7th June, 2014.

The meeting concluded with a Vote of thanks proposed by Prachi. The sumptuous lunch was hosted by Meena Wahan, Gulshan Wagh, Nirmala and Valsala Shankar.



Coimbatore

DONATION AND ANNADHANAM AT "NEYAM" A HOME FOR AGED





Coimbatore

**AWARENESS SEMINAR ON "HOW TO PREVENT HEART ATTACK"
AT KIKANI SCHOOL AUDITORIUM
(JOINT PROJECT WITH ROTARY CLUB OF COIMBATORE)**



Mind Your Heart

INTERACTIVE SESSION
& Audio Visual PRESENTATION

SATURDAY 07 JUNE 2014
Time: 5.00 PM
KIKANI SCHOOL AUDITORIUM



Rotary Club of Coimbatore
invites your entire family for a session on

HOW TO
PREVENT
HEART ATTACK

Healthy Heart for hearty health



இதயம் காக்க

MEET THE EXPERTS

Prof. V. CHOCKALINGAM
M.D. (Med.) M. Chonburi, F.I.C.C. (Int.)
CCFP, (ASA, F.A.C.C., B.S.M.)
M.B.A. (M.S., Coimbatore, I.S.)
General Physician, Coimbatore
or via Video Conference

Dr. PRIYA CHOCKALINGAM
M.B.B.S., M.P.H. (Coimbatore)
Cardiac Wellness Physician



Mind Your Heart

Prof. V. CHOCKALINGAM
M.D. (Med.) M. Chonburi, F.I.C.C. (Int.)
CCFP, (ASA, F.A.C.C., B.S.M.)
M.B.A. (M.S., Coimbatore, I.S.)
General Physician, Coimbatore
or via Video Conference

Dr. V. Chockalingam is the former Chief Cardiologist of Government, General Hospital, Coimbatore and a Professor Emeritus at MGR Medical University, India.

With over 40 years of teaching experience he is an Executive and Paper Setter for many universities in India.

He has presented papers at various international conferences in all the 5 continents and has Published more than 70 papers in Coimbatore Publications.

He is a highly sought after speaker and has published 4 best sellers on Cardiology in English and Tamil. His book "Itikam Kakk" is a highly acclaimed book. Apart from this he writes articles in Tamil and English Dailies and Periodicals regarding primary prevention of coronary heart diseases.

ADMISSION FREE



இதயம் காக்க

Dr. PRIYA CHOCKALINGAM
M.B.B.S., M.P.H. (Coimbatore)
Cardiac Wellness Physician

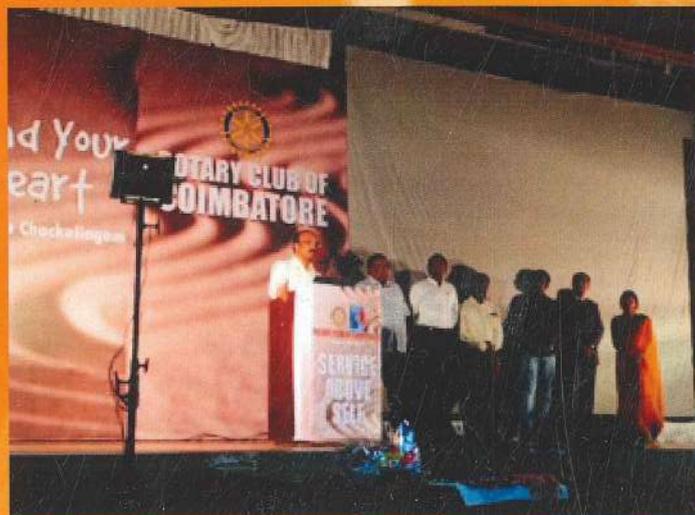
Dr. Priya is Cardiac Wellness physician who is also the Founder and Clinical Director of the Cardiac Wellness Institute, Chennai.

She holds a Doctorate in Cardiology from the University of Amsterdam. She has spent over a decade doing Clinical Research in England, Switzerland and The Netherlands.

With over 15 years of practical experience, she has presented papers at various international fairs and has published over 10 papers in various publications.

Along with her father Dr. Chockalingam, she has co-authored 3 books on Cardiology and Heart in both English and Tamil. She regularly delivers talks on Maintaining a Healthy Heart on various platforms.

அனுபவம் இல்லாதவர்



SECOND HALF YEARLY REPORT

INNER WHEEL CLUB OF COIMBATORE (DISTRICT 320) 2ND HALF YEARLY REPORT FROM 1ST DECEMBER 2013 TO 30TH APRIL 2014

Members:

Active Mem	Hon Mem	Hon Act Mem	Total
56	-	-	56

Committee Meetings :

No.	Date	Venue	No. of members Present
1.	21.12.2013	Residence of Sridevi Padmanaban	14
2.	10.01.2014	Residence of Jothi Padmanaban	17
3.	14.02.2014	Ratna Residency Hotel (Valentine Day celebration)	23
4.	15.03.2014	Magnum Complex (Joint Meeting)	13
5.	16.04.2014	Residence of Gulshan Wagh	

General Body Meeting :

No.	Date	Venue	No. of members Present
1.	21.12.2013	Residence of Sridevi Padmanaban	24
2.	10.01.2014	Residence of Jothi Padmanaban	29
3.	14.02.2014	Ratna Residency Hotel (Valentine Day celebration)	30 members & 15 spouse
4.	15.03.2014	Magnum Complex (Joint Meeting)	19
5.	16.04.2014	Residence of Gulshan Wagh	

Demonstrations/Speaker Meetings :

No.	Date	Venue	No. of members Present
1.	21.12.2013	Residence of Sridevi Padmanaban (PPT about "RTI ACT" – right to information by Mr.Rajkumar)	24 & the guests

Increase in Membership:

Active Mem	Hon Mem	Hon Act Mem	Total
1	-	-	1

International Service:

In India: Our ISO Mrs. Urmila Surana communicates regularly with the sister clubs in our district, sending and receiving letters and bulletins. She won 3 prizes in District ISO Competitions organised by District ISO Veenapathy. She has communicated with the entire clubs in the district 320.

Abroad : NIL

Visit to other IW Clubs:

- 1) Our President and Secretary attended Chairman's visit of our Sister Clubs - IWC of Coimbatore North & Coimbatore West.
- 2) Joint Meeting with IWC Cbe North , IWC Cbe West & IWC Cbe East celebrating International Women's Day and honouring Ms. Mohana Sundari for receiving 2 Awards.

Co-operation with Rotary / Assisting other Organisations: -

Projects :

1) **Community Service:** -

1.	Karate Class at Sevanilayam	50 girls	5000.00
2.	Donation of an Iron Box to a needy women	1	3500.00

2) **Personalized Service:** -

1.	Our member Kishori Shah had generously donated biscuits to 100 walkers from different clubs of Coimbatore and Tirupur during Walkathon – A walk for cancer awareness on 30 th March 2014.	100	400.00
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3) **Educational Help:**

1.	Donation for tuition fees to a college student	1	5,000.00
2.	Girl Child Education	1	3,100.00

4) **Environmental Service:** -

5) **Eye/Blood Donation :** -

6) **Hospital/Medical/Surgical Help/Awareness Seminars/medical camps :**

No.	Project	Beneficiaries	Amount spent in Rs.
1.	<u>IWC Members' Cancer Screeing</u> Pap smear Test and Mammogram Test for our IW Club Members at Rao Hospital, Coimbatore.	11 members	10,500.00
2.	<u>Walkathon</u> Walk for Cancer Awareness by all the IW Clubs of Coimbatore and Tirupur	Community at large	600.00



Coimbatore

3.	An Awareness Seminar on 'How to Prevent Heart Attack' at Kikani School Auditorium (Joint Project with Rotary Club of Coimbatore.)	Community at large	15,000.00
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7) **Blind/Disabled/Spastic:** -

8) **Old Age:**

1.	Donation of Sarees and Bed Sheets to Rama Aravinder Home for Aged (annadhanam)	25	2,500.00
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9) **Natural Calamity:** -

10) **Drug Abuse Awareness:** -

11) **Vocational Service / Employment:** -

12) **Continuous Projects:** -

13) **Pulse Polio**

1.	19 th January 2014 - NID Polio Plus at SLM Home Food Packets, Coffee & Biscuits for Volunteers	Community at large	3,500.00
2.	23 rd February 2014 - NID Polio Plus at SLM Home Food Packets, Coffee & Biscuits for Volunteers	Community at large	3,000.00

14) **AIDS Awareness:** -

15) **Indian Art & Culture**

1.	Goh Daanam Donation was given to Gohshala for the maintenance of Cows.	-	8,000.00
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TOTAL BENEFICIARIES - 189 & COMMUNITY AT LARGE

TOTAL AMOUNT SPENT – RS. 60,100/-

FUN & FELLOWSHIP:

1) International Inner Wheel Day (10th January 2014) was celebrated at Jothi Padmanaban's Residence and our Senior Member cut the cake and fun filled games were arranged for all the members.

2) 11 Members from our Club attended District Conference "Nila" at Ooty on 2nd February 2014.



- We had the pleasure of meeting our Association President, Mrs. Pushpa Suryamurthy.
- Our Club was appreciated for an outstanding Half-Yearly Report sent by our Secretary.
- Our Club gained 2nd Cash Prize of Rs.1,500/- for our Breast Feeding Awareness Week. We had done 9 days Projects. We also received a photo frame and a certificate for the best organizational award by BPNI.
- Our Treasurer Shanthi was recognised for maintaining her Accounts Book very neatly and she was the first to send our District dues.
- Our ISO Urmila received 3 prizes among 4 ISO District Competitions Organised by District ISO Veenapathy.
- Our Club Minutes Book was appreciated a lot in the Conference by our District Chairman Saraswathi Kannan.
- In the District election our Members Geetha Padmanaban was elected for ESO post and Anitha Sreenivasan was elected for District Editor post.

3) Our Club overnight picnic at Ooty was a great fun. 11 members enjoyed the scenic view and had a great picnic.

4) Valentine Day was celebrated at Ratna Residency on 14th February 2014. Our members attended the party with their shimmering Valentines. It was an evening full of games, music, dance and sumptuous food.

5) 11 members from our Club attended South Asia Rally on 8th & 9th March 2014 at Mumbai.

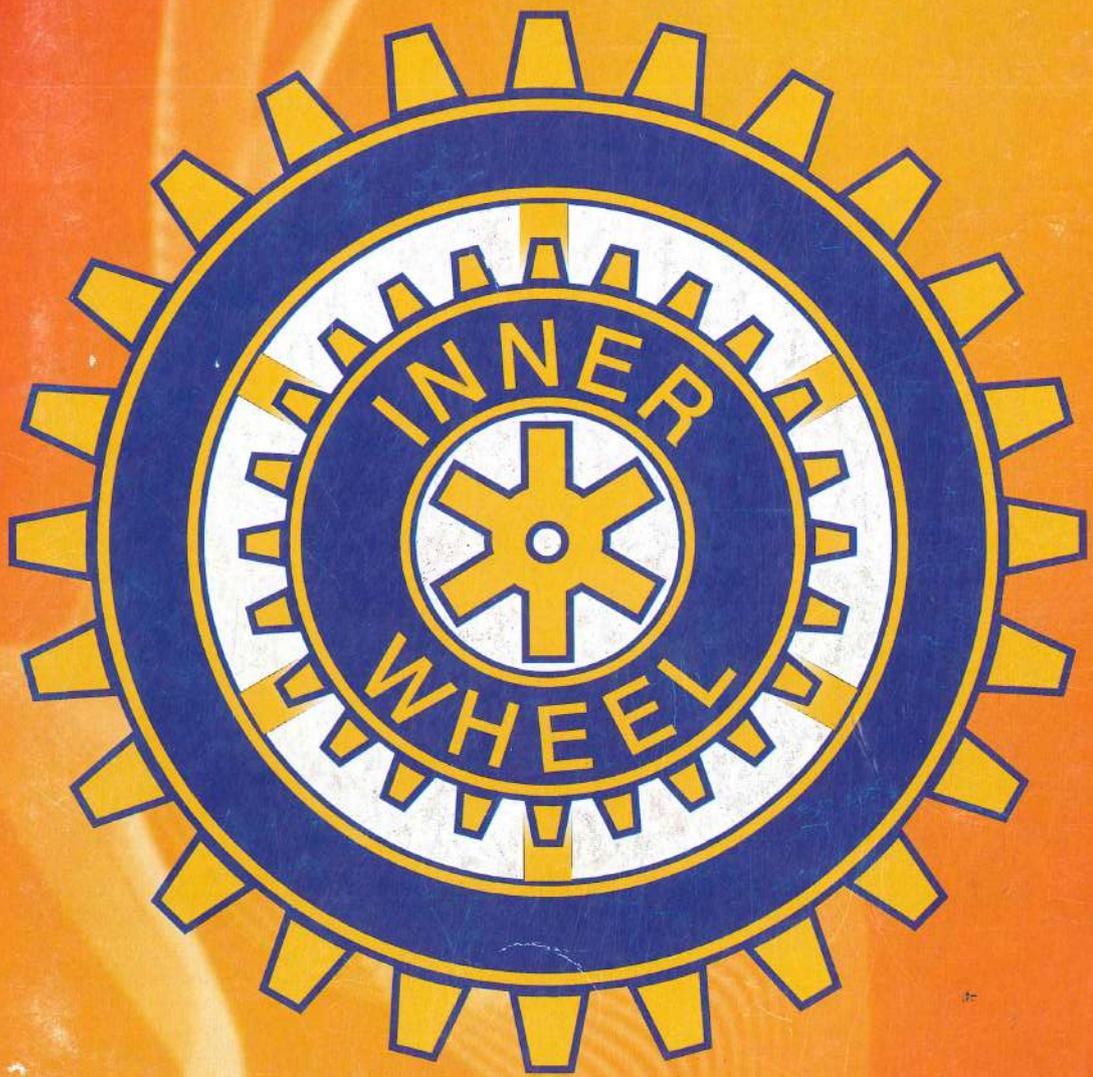
7) 10 members from our Club visited Nashik and Shirdi for temple visit and had a good darshan. It was another fun filled picnic and everybody enjoyed shopping and tempting Mumbai junk food and temple visiting – Siddhi Vinayaka and Mahalakshmi at Mumbai.

8) We wish each other on birthdays and anniversaries.

9) Each member contributes in the best way possible to make every endeavour of the club a great success.

10) All our circulars have a fun corner with competitions to improve healthy relationship among members. Attractive prizes are given to encourage them.

11) News Paper Drive – Each member of our club donates the money collected from selling old News papers and magazines to help needy people.



**INNER WHEEL
CLUB OF COIMBATORE
2013 – 2014**



**EXECUTIVE COMMITTEE MEETINGS
ATTENDANCE REGISTER**



MINUTES FOR INCOMING AND OUTGOING MEETING

VENUE : PRACHI KIKANI'S RESIDENCE

DATE : 31st May 2013

1	Aarti Shah	Aarti Shah
2	Anitha Srinivasan	Anitha Srinivasan
3	Anju Wadhwa	Alwadhwa
4	Geetha P	J..H..P..H
5	Gulshan Wagh	—
6	Hema Khona	Hemalatha J.
7	Jothi P	—
8	Kishori Shah	—
9	Latha Prabakar	Latha
10	Murugambal	Sun.
11	Meena Wahan	Meena Wahan
12	Nirmala K	—
13	Nutan Asher	Nutan Asher
14	Nandini lalka	Nklalka
15	Prachi kikani	Prachi
16	Rita Keshav	—
17	Saraswathi	—
18	Shanthy Rajshekar	Shanthy R
19	Shridevi P	—
20	Sujani Balaji	—
21	Sundari K	K. Sundari
22	Thulsi Rajkumar	Rajkumar
23	Trypti Parikh	T Parikh
24	Urmila Surana	Urmila
25	Usha Thiruganathan	—
26	Vasanthi P	P. Vasanthi

Attendance - 17 members.

MINUTES FOR INCOMING AND OUTGOING MEETING

VENUE : PRACHI KIKANI'S RESIDENCE

DATE : 31st May 2013

The meeting started with a prayer by Mrs. Anitha Shrinivasan, followed by Inner Wheel prayer. President (outgoing) Mrs. Murugambal welcomed the gathering and presented her plan of action for the year.

Proposals were discussed about empowering women by donating them means of earning. It was also discussed to start Karate Classes at Seva Nilayam for self-defence.

New member, Mrs. Bharathi to be inducted on the installation Day. It was unanimously approved that Newspapers will be collected from all the members throughout the year and a separate project will be done from that fund.

To decrease the postage and printing cost, it was discussed not to send circulars to those who use email. Ongoing Projects to be implemented - Donation of Rs.10,000/- to Amrit (a school for special needs).

It was resolved by the Committee members to open 2 new Saving Accounts in the name of Inner Wheel Club of Coimbatore at Bank of Baroda and also proposed to appoint Mr. Sanjay D Shah as Club Auditor. Club Account and Charity Account will be jointly operated by the Treasurer Mrs. Shanthi Rajsekhar and either by the President Mrs. Aarti Shah or Secretary Mrs. Prachi Kikani.

Projects for the Installation were discussed. President (Incoming) Mrs. Aarti Shah announced the names of her Committee members. The Committee unanimously approved the above proposals. Later Incoming Secretary Mrs. Prachi Kikani proposed the Vote of Thanks.

MINUTES OF 2ND COMMITTEE MEETING
VENUE : SHANTHI RAJSEKHAR'S RESIDENCE
DATE : 12TH AUGUST 2013

1 Aarti Shah	Present
2 Anitha Srinivas	S. Anitha
3 Anju Wadhwa	Anju
4 Geetha P	Geetha P. P.
5 Gulshan Wagh	Gulshan.
6 Hema Khona	Present
7 Jothi P	-
8 Kishori Shah	KASH
9 Latha Prabhakar	Latha
10 Murgambal	-
11 Meena Wahan	Meena Wahan
12 Nirmala K	K. Nirmala
13 Nutan Asher	-
14 Nandini Lalika	-
15 Prachi Kikani	Prachi
16 Rita Keshav	Rita K.
17 Saraswathi	Present
18 Shanthi Raishekar	Shanthi
19 Shridevi P	Shridevi P.
20 Sujani Balaji	-
21 Sundari K	K. Sundari
22 Thulsi Rajkumar	Thulsi
23 Trupti Parikh	TAPT
24 Urmila Surana	Urmila
25 Usha Thirugnanam	-
26 Vasanthi P	Present

Attendance - 20
members.

MINUTES OF 2ND COMMITTEE MEETING

VENUE : SHANTHI RAJSEKHAR'S RESIDENCE

DATE : 12TH AUGUST 2013

President Aarti welcomed the members. The minutes of the Incoming & Outgoing meeting, Installation & Breast Feeding Awareness Week was read & duly passed.

Proposed by Anitha Srinivasan.

Seconded by Trupti Parikh.

It was decided to celebrate Independence Day with "Aashirwad" children and distribute gifts to them. It was also discussed to conduct a "Life Enrichment Class" for the slum area (CMC colony) by Dr. Radhakrishnan. The current statement of accounts for the year 2012-13 were read & duly passed. The Committee approved the above proposals.

Proposed by Gulsan

Seconded by Anju Wadhwa.

MINUTES OF 3RD COMMITTEE MEETING

VENUE : R.S. PURAM LADIES CLUB

DATE : 13TH SEPTEMBER 2013

- | | |
|----------------------------|-----------------|
| 1. Aarti Shah | Present |
| 2. Anitha Srinivas | Anitha Srinivas |
| 3. Anju Wadwa | Present |
| 4. Geetha . P | - |
| 5. Gulshan wagh | Gulshan |
| 6. Hema Khona | Hemalatha . J |
| 7. Jothi . P | - |
| 8. Kishori Shah | Kashan |
| 9. Latha Prabakar | Latha |
| 10. Musugambal | - |
| 11. Meena wahan | - |
| 12. Nilamala . K | K. Nilamala |
| 13. Nutan Asha | - |
| 14. Nandini Lalika | - |
| 15. Prachi kirkani | Prachi . . |
| 16. Rita Kesav | Rita . . . |
| 17. Saraswati | S. Saraswati |
| 18. Shanthi Rajasekhar | Shan - R |
| 19. Mohini Kalu | - |
| 20. Sridevi . P | Sridevi . P |
| 21. Sruani Balaji | - |
| 22. Sundani . K | K. Sundani |
| 23. Tulsi Rajkumar | |
| 24. Urmila Suara | Urmila |
| 25. Usha Thirugnanam | |
| 26. Varanthy . P | Present |
| 27. Annapoorani | |

Attendance - 16 members.

MINUTES OF 3RD COMMITTEE MEETING

VENUE : R.S. PURAM LADIES CLUB

DATE : 13TH SEPTEMBER 2013

President Aarti Shah welcomed the members. Minutes of previous meeting was read and to reduce the printing & posting it was decided to send circulars by emails.

Proposed by Shanthi Rajsekhar.

Seconded by Saraswathi.

Reminder was given for Dist. Rally & South Asia Rally. We discussed for the Dance to be given at Dist. Rally. It was decided to register for large numbers in the Dist. Rally.

MINUTES OF 4TH COMMITTEE MEETING
VENUE : SHREE COIMBATORE GUJARATI SAMAJ
DATE : 7TH OCTOBER, 2013

- 1 Aarti Shah - Aarti Shah
 - 2 Anitha Srinivas - Present
 - 3 Anju Wadhwa -
 - 4 Geetha P. -
 - 5 Gulshan Wagh - Gulshan.
 - 6 Hema Khona - Present
 - 7 Jothi P. - Jothi Padmarajam
 - 8 Kishori Shah -
 - 9 Latha Prabhakar - Latha
 - 10 Murugambal - Present
 - 11 Meena Wahan - Meena Wahan
 - 12 Nirmala K - K. Nirmala
 - 13 Nutan Asher -
 - 14 Nandini Lalika - Nklalika
 - 15 Prachi Kikani - Prachi
 - 16 Rita Keshav - Rita K. K.
 - 17 Saraswathi -
 - 18 Shanthi Rajshekhar - Shanti R
 - 19 Shridevi P. -
 - 20 Sujani Balaji - Sujani Balaji
 - 21 Sundari K -
 22. Thulsi Rajkumar -
 - 23 Trypti Parikh - Trypti
 - 24 Umila Surana - Umila
 - 25 Annapoorni - Present
 26. Vasanthi P -
- Attendance - 17 members

MINUTES OF 4TH COMMITTEE MEETING

VENUE : SHREE COIMBATORE GUJARATI SAMAJ

DATE : 7TH OCTOBER, 2013

President Aarti welcomed the members. The minutes of the previous meeting were read & duly passed. The following discussions were held :

1) Nomination to the district post : . Letter from Dist. Secretary Chitra Vivek (informing the last date for nomination for district posts was 31st October, 2013) was read in the meeting. It was unanimously resolved to nominate 2 members from our Club.

i) Geetha Padmanaban for the office of Extension Service Organizer of Dist.320 for the year 2014-15 proposed by Meena Wahan and seconded by Nirmala Kasthurirangian.

ii) Anitha Shrinivas for the office of District Editor of Dist.320 for the year 2014-15 proposed by Gulshan Wagh and seconded by Sundari Kandaswamy.

2) Project for Chairman visit.

3) Articles, Recipes & Write-ups for the souvenir to be sent before 31st October 2013.

4) Any change in proposals.

5) Diwali celebration at Meena Wahan's residence and many members came forward to contribute for "Amrit" Kids.

6) "World Pulse Polio Day" to be celebrated at SLM Home on 24th October 2013.

7) Dist Rally Dance to be performed with sister clubs of Coimbatore and Urmila's name was suggested for the 'Bride Competition" at Dist. Rally.

All the members present unanimously approved the proposals.

*very Excellent one!
Keep it up prachi! H. Saraswathi
Dist - Chairman
26/11/13.*

CHAIRMAN VISIT
Venue - SIEMA HALL

26th NOV, 13

5th Committee Meeting

1 Aarti Shah	Present
2 Anitha Srinivas	S. Anitha
3 Anju Wadhwa	Ahwadhwa
4 Geetha P	Present
5 Gulshan Wagh	-
6 Hema khona	Hemalatharaj
7 Jothi P	Present
8 Kishori Shah	-
9 Latha Prabakar	Lutha
10 Murugambal	Sv. Murugambal
11 Meena Wahan	Meena Wahan
12 Nirmala K	K Nirmala
13 Nutan Asher	Nutan Asher
14 Nandini Lalka	-
15 Prachi Kikani	Prachi J. Kikani
16 Rita Keshav	Rita K K
17 Saraswathi	S. Saraswathi
18 Shanthi Rajsekhari	Shanthi R
19 Sridevi P	-
20 Sujani Balaji	Sujani
21 Sundari K	Present
22 Thulsi Raikumar	-
23 Trypti Parikh	THIS
24 Urmila Surana	-
25 Annapoorani	Present
26 Kasthuri Vasanthi	P. Kasthuri Vasanthi
<u>Total Attendance - 20</u>	

Minutes of District Chairman Visit

Date : 26-11-2013

Venue : Siema Hall

Time : 11 am

Dress Code : Green

District Chairman Mr. Saraswathi Kannan visited GRD College of Arts and Science at 9 am. Unveiling of Hoarding on "Helmet Awareness" was done by our District Chairman in the presence of Mrs. Geetha Padmanabhan (Secretary, GRD Institutions) and Principal Mrs. T. Shantha. At 10 am we all visited Vocational Training Centre at Ganapathy Silks Matching Centre. There we met ladies from slum areas learning, bridal make over and tailoring classes arranged by Inner Wheel Club of Coimbatore. Certificate of participation was given to all the students by our District Chairman Mrs. Saraswathi Kannan.

At the Assembly, the District Chairman went through all the files and records maintained by our Club President, Secretary, Treasurer and ISO. She was very happy with all our team of office bearers. She was very appreciative of all the books prepared by us. She also appreciated our projects and congratulated us as we had achieved all the district and association goals.

The meeting started with a prayer. A Power Point Presentation of our club activities by our Secretary was appreciated by all. We donated an iron box, a wet grinder and a sewing machine to needy women to meet their daily needs. Introduction of our District Chairman was done in a very novel manner by our member Saraswathi. It started with a sloka "Paritranaya Sadhunam...Sambhavami Yuge Yuge". She had to swear on Bhagvad Geeta and answer all the questions to introduce herself. Everybody thoroughly enjoyed it. Our District CGR Revathy, Inner Wheel Club of Coimbatore West, Secretary Mrs. Anu & Joint Secretary Mrs. Chandani & Mrs. Sujamani from Inner Wheel Club of Coimbatore North were present. The meeting was followed by lunch. We had Biryani & Payasam, favourite dishes of our District Chairman on our menu. 37 Members attended the function.



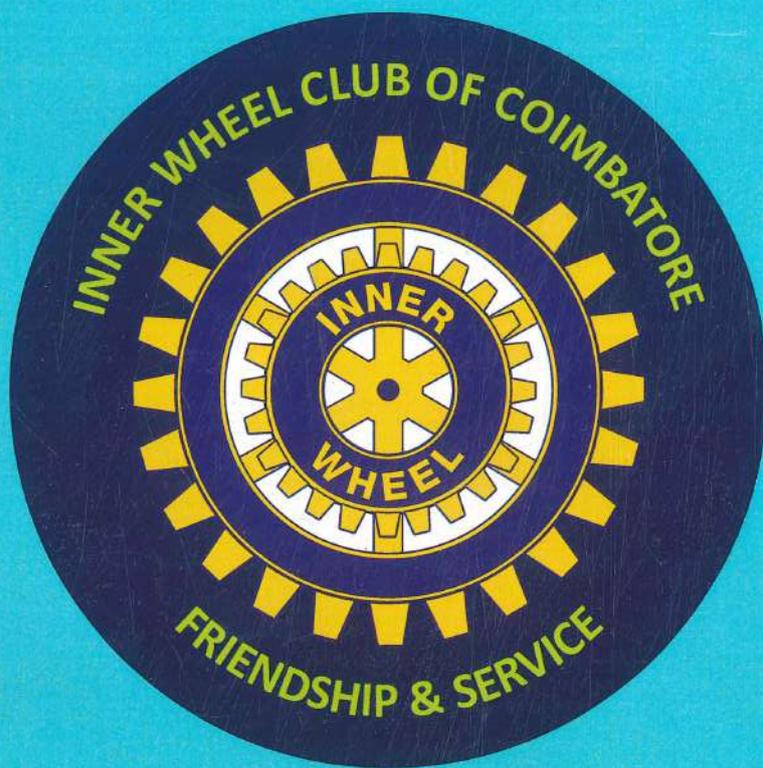


**INNER WHEEL
CLUB OF COIMBATORE
2013 - 2014**

2



**EXECUTIVE COMMITTEE MEETINGS
ATTENDANCE REGISTER**



DATE - 21st Dec, 2013

TIME - 11:30 AM

VENUE - Sridevi Padmanaban's Resi

Executive Committee Meeting.

- | | | |
|----|-------------------|-------------------|
| 1 | Aarti Shah | Aarti Shah |
| 2 | Anitha Srinivas | |
| 3 | Anju hadkwa | |
| 4 | Geetka P | |
| 5 | Gulshan Wagh | Gulshan. |
| 6 | Hema Khona | Hemakum |
| 7 | Jothi P | |
| 8 | Kishori Shah | KASHA |
| 9 | Latha Prabakar | |
| 10 | Murugumbal | Present |
| 11 | Meena Wahan | |
| 12 | Nirmala K | |
| 13 | Nutan Asher | |
| 14 | Nandini Lalika | Nklalika |
| 15 | Prachi Kikani | Prachi K. |
| 16 | Rita Kestav | Rita K.K. |
| 17 | Saraswathi | |
| 18 | Shanthi Rajsekhar | Shanthi R. |
| 19 | Sridevi P | sridevi P. |
| 20 | Sujani Balaji | Sujani Balaji. |
| 21 | Sundari K | K. Sundari |
| 22 | Thulsi Rajkumar | |
| 23 | Trupti Parikh | TAS |
| 24 | Urmila Surana | Urmila |
| 25 | Annapoorani | |
| 26 | Kasthuri Vasanthi | Kasthuri Vasanthi |
- Total Attendance - 14

Minutes of 6th Committee Meeting

Venue : Sridevi Padmanaban's Residence

Date : 21st December 2013

President Aarti Shah welcomed the members. Minutes of the Chairman's visit was read and duly passed. Proposed by Nirmala Kasthurirangian. Seconded by Gulshan Wagh.

The IIW Ballot Forms and Nominations for the Association Vice President and Association Editor's Post were discussed. Members were requested to attend Dist. Conference "Nila" at Ooty (2nd February 2014) and South Asia Rally at Mumbai (8th & 9th March, 2014) in large number.

The team for the next year was discussed by the members. Mrs. Trupti Parikh accepted the post of President for the upcoming year.

Balance in Charity A/C - Rs.43,560/-

Balance in Club A/c - Rs.43,270/-

DATE - 10th Jan, 2014

TIME - 11.30 AM

VENUE - Jothi Padmanaban's Resi.

Executive Committee Meeting

- | | |
|----------------------|---------------|
| 1 Aarti Shah | Aarti Shah |
| 2 Anitha Srinivas | S. Anitha. |
| 3 Anju Wadhwa | |
| 4 Geetha P | Jothi P |
| 5 Gulshan Wagh | |
| 6 Hema Khona | |
| 7 Jothi P | Pre. |
| 8 Kishori Shah | Katshen |
| 9 Latha Prabakar | Lutha |
| 10 Murugambal | |
| 11 Meena Wahan | |
| 12 Nirmala K | K Nirmala |
| 13 Nutan Asher | |
| 14 Nandini Lalka | Nkies |
| 15 Prachi Kikani | Prachi.. |
| 16 Rita Keshav | |
| 17 Saraswathi | Pre. |
| 18 Shanthi Rajsekhar | Pre. |
| 19 Sridevi P | Sridevi P |
| 20 Sujani Balaji | Sujani Balaji |
| 21 Sundari K | |
| 22 Thulsi Rajkumar | R. Thulsi |
| 23 Trupti Parikh | Pre. |
| 24 Urmila Surana | Urmila |
| 25 Annapoorni | Present |
| 26 Kasthuri Vasanthi | |

Total Attendance - 17

Minutes of 7th Committee Meeting

Venue : Jothi Padmanaban's Residence

Date : 10th January 2014

President Aarti Shah welcomed our members and conveyed best wishes for Pongal. The minutes of 6th regular meeting was read and duly passed. Proposed by Shanthi Rajshekhar. Seconded by Meena Wahan.

The voting for national and international candidates was discussed. National Pulse Polio immunisation programme for 2 months were discussed.

DATE - 14th Feb, 2014

TIME - 6:30 pm

VENUE - Ratna Residency Hotel

Executive Committee Meeting

- 1 Aarti Shah ✓
 - 2 Anitha Srinivasan ✓
 - 3 Anju Wadhwa ✓
 - 4 Geetha Padmanaban
 - 5 Gulshan Wagh ✓
 - 6 Hema Khona ✓
 - 7 Jothi Padmanaban ✓
 - 8 Kishori Shah ✓
 - 9 Latha Babakar ✓
 - 10 Musugambal ✓
 - 11 Meena Ushan
 - 12 Nirrnala Kasthurirangan ✓
 - 13 Nutan Asher
 - 14 Nandini Lalika ✓
 - 15 Prachi Kikani ✓
 - 16 Rita Keshav ✓
 - 17 Saraswathi ✓
 - 18 Shanthi Rajsekhar ✓
 - 19 Sridevi Padmanaban ✓
 - 20 Sujani Balaji ✓
 - 21 Sundari Kandasamy ✓
 - 22 Thulsi Rajkumar ✓
 - 23 Trypti Pasikh ✓
 - 24 Urnila Surana ✓
 - 25 Annapoorani ✓
 - 26 Kasthuri Vasanthi ✓
- Total Attendance - 23

Minutes of 8th Committee Meeting

Venue : Ratna Residency

Date : 14th February 2014

President Aarti welcomed the gathering. As it was Valentines' Day Celebration, she thanked the members and their better halves for their support and encouragement for our projects. Next 2 months projects were announced & approved by everybody.

DATE - 15th March, 2014
TIME - 3 pm
VENUE - Magnum Complex
Executive Committee Meeting

- 1 Aarti Shah ✓
 - 2 Anitha Srinivasan ✓
 - 3 Anju Wadhwa
 - 4 Geetha Padmanaban
 - 5 Gulshan Wagh ✓
 - 6 Hema Khona
 - 7 Jothi Padmanaban ✓
 - 8 Kishori Shah
 - 9 Latha Prabakar ✓
 - 10 Murugambal
 - 11 Meena Wahan ✓
 - 12 Nirmala K ✓
 - 13 Nutan Asher
 - 14 Nandini Lalika
 - 15 Prachi Kikani
 - 16 Rita Keshav
 - 17 Saraswathi ✓
 - 18 Shantli Rajsekhar ✓
 - 19 Sridevi Padmanaban
 - 20 Sujani Balaji ✓
 - 21 Sundari Kandasamy
 - 22 Thulsi Rajkumar
 - 23 Trupti Parikh ✓
 - 24 Umila Susana ✓
 - 25 Annapoorani ✓
 - 26 Kasthuri Vasanthi
- Total Attendance - 13

Minutes of 9th Committee Meeting

Venue : Magnum Complex

Date : 15th March 2014

It was a Joint Meeting with Inner Wheel Clubs of North, East and West Coimbatore. Dist. Chairman Saraswathi Kannan, Dist. Secretary Chitra Vivek, Dist. ISO Veenapathy & CGR Revathy Ekambaram conducted the meeting followed by Hi-tea. We honoured Ms. Mohana Sundari for achieving :

- 1) Outstanding Achiever Award-2013 FICCI-FLO
- 2) International Women Entrepreneurial Challenge Award-2013

DATE - 16th April, 2014

TIME - 11.30 am

VENUE - Gulshan Wagh's Resi.

Executive Committee Meeting

- 1 Aarti Shah Aarti Shah
 - 2 Anitha Srinivasan ✓
 - 3 Anju Wadhwa ✓
 - 4 Geetha Padmanaban Juthi ✓
 - 5 Gulshan Wagh Gulshan ✓
 - 6 Hema Khona ✓
 - 7 Jothi Padmanaban ✓
 - 8 Kishori Shah ✓
 - 9 Latha Prabakar Latha
 - 10 Mumugambal ✓
 - 11 Meera Wahan Meera ✓
 - 12 Nirmala K K. Nirmala
 - 13 Nutan Asher ✓
 - 14 Nandini Lalika NK Lalika
 - 15 Prachi Kikani Prachi ✓
 - 16 Rita Keshav ✓
 - 17 Saraswathi
 - 18 Shanthi Rajsekhar Shanthi
 - 19 Sridevi Padmanaban ✓
 - 20 Sujani Balaji ✓
 - 21 Sundari Kandasamy ✓
 - 22 Thulsi Rajkumar
 - 23 Trupti Parikh ~~TR~~
 - 24 Urnila Surana Urnila
 - 25 Annapoorani
 - 26 Kasthuri Vasanthi ✓
- Total Attendance - 23

Minutes of 10th Committee Meeting

Venue : Gulshan Wagh's Residence

Date : 16th April 2014

President Aarti Shah welcomed the members and thanked everyone for their help, support and co-operation throughout the year.

The discussions were held for the last 2 projects of the year.

- 1) We collected bed sheets, nighties, shirts and sarees for "Neyam" the home for aged.
- 2) Donation of Rs.15,000/- to be given for an interactive session & PPT about "How to prevent Heart Attack" by Prof.Chockalingam at Kikani School Auditorium - was approved by the Committee.

Later Secretary Prachi Kikani proposed the Vote of thanks.



