



# Chakram

★ BULLETIN INNER WHEEL CLUB OF COIMBATORE

Think Ahead - Aim High

(IIW Theme : 2011 - 12)

★ DIST.320

President : Mrs. Kishori A Shah

Secretary : Mrs. Aarti.K.Shah

Editor : Mrs. Shanthi Rajasehkar



*A Hearty Welcome to our  
District Chairman*

**MRS. SUJA MANI**



## ★ MESSAGE FROM OUR CHAIRMAN

Dear President Kishori,

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

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

Remember:

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

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

Yours in Inner Wheel friendship and Service  
**Mrs. Suja Mani**

## ★ MESSAGE FROM OUR PRESIDENT

Dear Inner Wheel Members,  
Seasons Greetings,

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

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

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

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

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

Yours in Inner Wheel  
**Mrs. Kishori A Shah**

★ **FROM THE SECRETARY'S DESK:**

Dear Friends,

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

**Aarti.K.Shah**



★ **SECRETARY'S REPORT:**



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

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



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

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



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

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



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

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



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

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



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



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

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



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

TEAM 2011-2012



## INNER WHEEL CLUB OF COIMBATORE

### Project of the Day :

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



### WOMEN & NUTRITION

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

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

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

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

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

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

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

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

**Mrs. Shanthi Rajasekhar**  
Editor