



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. McGanon 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 IIW 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 IIW theme this year we, for women coined by IIW president Gabriella Adami. 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 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. Meena Wahan
Mrs. Annapoorani Nagarajan	Mrs. Nandini Lalka
Mrs. Gulshan Wagh	Mrs. Nirmala Kasthurirangian
Mrs. Hema Khona	Mrs. Nutan Asher
Mrs. Jothi Padmanaban	Mrs. Rita Keshav
Mrs. Kasturi Vasanthi	Mrs. Saraswathi Sundarraaj
Mrs. Kishori Shah	Mrs. Sridevi Padmanaban
Mrs. Latha Prabhakar	Mrs. Thulsi 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

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Enjoy Inner Wheel.....

Enjoy Friendship and Service

CHAKRAM



INNER WHEEL CLUB  
OF  
COIMBATORE

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 IIW President Mrs. Gabriella Adami, 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,  
**Saraswathi 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 unison, teamwork, dedication, promptness, planning and above all selfless service while we take our club to the pinnacle of glory.

**Prachi.J.Kikani**  
**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



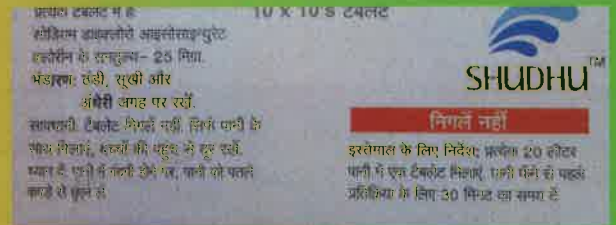
Release of Sticker

# Community Service Projects

1. 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 Shikshan Sansthan.



2.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.



3.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.



4.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.

5.An Autism table donated to “ Amrit”, a centre for special needs which caters to the needs of phycially handicapped and mentally retarded children.





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 Uttarakand 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 recieved 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 Karthikeyan, 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 Practises" was given by Mrs Pragna.B.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 Surana 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

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