

News Bulletin of the Innerwheel Club of Coimbatore

CHAKRAM

FRIENDSHIP & SERVICE

LEAVE A LASTING LEGACY
I IW THEME 2017-18**From President's Desk****Greetings, my Inner Wheel friends!**

It gives me immense pleasure in taking over the 42nd President of this prestigious club. I thank each and every one of you for giving me this opportunity to lead the club and I seek the blessings of the Almighty to discharge my duties to the best of my ability. With the support of the vibrant members of the club I am confident that we can make Inner Wheel colourful and meaningful. Each one of us has an inner source of strength. Team work and dedication are two essential qualities and if these two are present we can achieve our goals however high they are. Our I IW Theme for this year is "Leave a lasting Legacy". Let us continue to dream upon friendship to deepen our compassion, intensify our determination and strengthen our commitment to improve the lives of the poor and needy in our society, thereby leaving a lasting legacy.

YOURS IN INNER WHEEL
SHANTHI RAJASEKHAR

**Message from Dist. Chairman****Dear President Shanthi and Members of IWC Coimbatore,**

The club bulletin gives a brief account of news of your club activities, projects, get togethers, special occasions etc. I am really glad to reach out to all of you through my message in your bulletin. Your club has always transformed dreams into reality, thoughts into ideas and ideas into action. I am sure you will continue your good work Congratulations to Harshida and her team for their wonderful year in Inner Wheel and my best wishes to Shanthi Rajshekar and her team for yet another year of Friendship and service !! Friends, Inner Wheel is a joyful journey of life. It turns mirrors into windows, windows through which one sees the world, feels the impact and flies with courage to transform the world and life itself, thereby Leaving a lasting Legacy !! Every step we take, should be towards enhancing happiness and joy not only for ourselves but also for the world around us. Care for yourself and care for mankind, for the environment, for nature create this awareness amongst the society, starting with your family and friends !! Wishing you all a Beautiful Inner Wheel Year!!

VEENA PATHY

DISTRICT CHAIRMAN 2017-18 | IW DISTRICT 320

**Secretary writes.....****Good Morning Dear Inner Wheel Friends,**

I would like to thank one and all for honouring me with the post as Secretary of this impeccable club. As a novice Secretary, I humbly request for your chaste support, grateful contributions and stupendous participation along with our ever enthusiastic and inspiring President and other Office Bearers. So, let's light up our quest to serve with ourselves like a child's thirst for love and affection and quench it with action, energy, acumen, joy and "Leave a Lasting Legacy". I eagerly look forward to working with all of you and your phenomenal participation and support.

THANK YOU ALL,
KASTHURI VASANTHI



From Association President's Desk

Dear Club Presidents 2017-18,

As we embark on another year of friendship and collective service, I am deeply honoured to share this wonderful and memorable journey with you all to achieve our goals and aspirations in 2017-18. The heart of our organisation is our members - a network of strong and dedicated women from diverse backgrounds but united in friendship and service. The impact of our association in building better lives and creating happier futures vests in our clubs in providing a strong platform for our members to come together and work on community need based projects that align with the objectives of our organisation. This can only happen by focusing on Extension, Retention, Membership growth, strategic planning, efficient training, promoting leadership and involving every member in the programmes and activities of the club, to strengthen Inner Wheel. Let our noble work in building happier futures and better lives- Leave a lasting legacy!

YOURS IN FRIENDSHIP
PATRICIA HILTON.



IIW President's Message

Dear Club President 2017-18

This year's Theme is - Leave a Lasting Legacy - to serve in such a way that, entire community has everlasting impact on their minds of your service. Whenever you have the opportunity embrace it, capture the moment & appreciate the inherent responsibility associated with it, to guide & shape the overall ways to leave a lasting legacy. The legacies you can more easily define are related to those works that mattered most to you in relation to objectives of the organisation. Were they more purposeful because you could contribute in meaningful ways that also inspire those around you.? William James said, "The greatest use of life is to spend it for something that will outlast it." With best wishes for a fruitful year of service & friendship to leave a lasting legacy.

DR. KAPILA GUPTA
IIW PRESIDENT 2017-18



KALEIDOSCOPE OF INNERWHEEL ACTIONS 2016-17



- ★ Presenting Vocational Recognition Awards - Lady Home Guard, Business - Woman, Nurse.
- ★ Launching of Anna Daan-at Old Age Home for a year long program
- ★ Launching of Vidya Daan-Scholarships for 2 School girls & 2 college girls
- ★ Launching of Vastra Daan-Distribution of sarees and night gowns to Old Aged Women and distribution of uniform to Students.
- ★ Environment-Free Distribution of Tree Saplings
- ★ Women Empowerment-Karate Classes for girls of Seva Nilayam
- ★ Well fare for Humanity-Bed Sheets for Leprosy patients



- ★ Breast Feeding Awareness Programmes at Masonic Hospital, Nirmala College, CMS College, Seethalakshmi Hospital, Asha Rao Hospital, Home Science College & Government Hospital.
- ★ Library Furniture to Shanthi Ashram
- ★ Projects done at Amrit School for special children
- ★ Kitchen Renovation for the Old Age Home
- ★ 10 Toilets for Tribal Community
- ★ Full medical checkup for 100 Lady home guards
- ★ Literacy Program-15 teachers from Government schools were recognized and awarded at a function. We got 7 stars from Rotary for this project.
- ★ Various Projects at Seethalakshmi Hospital including donating a Freezer
- ★ Blanket Distribution to old foot path dwellers
- ★ Financial help rendered to physically challenged children of Blue Bell and to a physically challenged child for surgery
- ★ One unit of library furniture and books were donated to a government school.
- ★ Clean Drinking Water project-An Aqua Guard, stainless steel drum, glasses and Electric Bell donated to a Government school.
- ★ Furniture provided for computer class of a government school
- ★ Participated and provided food to the people during Polio Camp
- ★ Celebrating Inner Wheel Day with the Deaf and Dumb school children.
- ★ Contributed Rs. 16500 to Goshala
- ★ Bed Sheets were provided to GH Wards
- ★ A Mega Event-Tabla Tambola, an evening for fund raising with fun and frolic. Collected Rs. 3.84 lakhs
- ★ Public Address System full set donated to Ramalingam School
- ★ 40 Coir Mats provided to a Government
- ★ Middle School in rural area for small girls and boys
- ★ Fully equipped Toilets for the Girls with water tank, basin, tap, etc. for a Middle School in Thonadamuthur
- ★ Scholarships for 4 girl students given towards school fees and uniforms.
- ★ Other interesting events included were women cricket tournament, picnic to coffee estate at Annaikatti, movie program, Kannur rally and International rally at Kuala Lumpur, Malaysia.

Our Past Presidents are the pride of our club. Let us have a look at the optimistic aspirations which they would have liked to accomplish. "What more could I have done during my Presidentship?"

MRS. UMARANI SHANMUGASUNDARAM 1978-79 & 1981-82

I will and I want to do the project "Fight against Rape". We will educate little girls, teenagers and women how to protect themselves at home, school, college, workplace and public place.

MRS. HAMSA RAMAKRISHNAN 1983-84

I would have organised medical camps for elderly & provided education to the poor.

MRS. ANANTHALAKSHMI SRIRAM 1986-87

My Presidentship in Inner Wheel was a good, learning and satisfying experience. We had organized many projects like health camps, veterinary camps, providing legal aid service and scholarships to the needy. Thanks to Inner Wheel.

MRS. SUNDARI KANDASWAMY 1989-90

I want to be like Goddess Annapurani and feed the poor in the world.

MRS. THULSI RAJKUMAR 1994-95

I never compared or compete with the previous presidents or the other club presidents. So I was happy with what I did. What I did may not have been the best but it was my best.

MRS. VIJAYALAKSHMI RAVI 1995-96

I would love to be with Senior citizens, specially bedridden. There should be more of personalised projects. Try to give them more time than money.

MRS. BRINDA VIJAYAKUMAR 1996-97

We each ask ourselves at the end of the tremendous journey of our year of leading this prestigious organisation what more could I have done? I would say more fund raising, more service & could I have found more ways to make a difference.

MRS. MANOGARI JANARTHANAN 1999-2000

Involve every member of the club in some activity of the club to feel honoured. Take our club to world fame.

MRS. SRIDEVI PADMANABAN 2000-01

Yes, I would like to help the children in the blind school as I feel that it is a neglected area.

MRS. MEENA WAHAN 2001-02

I inducted Anitha Srinivasan when I was President....Who becomes Dist. Chairman soon..I wish I had the formula for more chairman's from our Prestigious club.

MRS. USHA THIRUGNANAM 2003-04

I might have done some projects for the disabled and senior citizens.

MRS. GULSHAN WAGH 2004-05

I was not able to provide water to the toilets made by our club in Mambealagampalium. Given one more chance, I would complete that first.

MRS. SARASWATHI SUNDARRAJAN 2006-07

"Heal the world, make it a better place for you and for me and the entire human race" from the lips of legendary Michael Jackson.

MRS. NUTAN ASHER 2007-08

Given one more chance I would have worked hard for women safety.

MRS. ANITHA SRINIVAS 2008-09

I was satisfied during my tenure as President. If at all I would be given a second chance I would focus on organ donation awareness.

MRS. LATHA PRABHAKAR 2010-11

As a President I should have made it more of a fun year than just a year of projects and meeting.

MRS. KISHORI A. SHAH 2011-12

If I had more time and funds, I would have worked for girl child education & create a corpus fund for the club.

MRS. MURUGAMBAL 2012-13

Well for me saving and preserving the water bodies will be my aim at all times.

MRS. AARTI SHAH 2013-14

The vocational training project for women from slum areas and self-defence training for young girls was a great success and I wish I had taken it up on an amplified scale.

MRS. TRUPTI PARIKH 2014-15

I wish I could touch more hearts. I also wish I could plant more biogas plants and kitchen gardens for the needy.

MRS. PRACHI KIKANI 2015-16

I could have raised more funds in jumble sale and would have done more projects for green Coimbatore.

MRS. HARSHIDA VAGADIA 2016-17

We could have had bi-monthly or quarterly meetings about projects and programs with powerpoint presentations in such a way that we could motivate our members to participate more.

Prachi J Kikani
Editor

News Bulletin of the Innerwheel Club of Coimbatore

CHAKRAM



FRIENDSHIP & SERVICE



LEAVE A LASTING LEGACY
IIW THEME 2017-18



*This is your legacy on Earth when you leave :
How many lives you gave hope?*

President's message

"NOT ALL OF US CAN DO GREAT THINGS, BUT WE CAN DO SMALL THINGS WITH GREAT LOVE" - Mother Teresa

Inspired by these words, my journey began as the President of Inner Wheel Club of Coimbatore. When I look back on the six months that have passed, I take great pride in a great team of committed ladies I have had the pleasure to work with. As we reach the midway of the Inner wheel calendar year, we cherish our meaningful voyage of service. With great humility, we recall at this moment our contributions to the under privileged. It is only the team work and team spirit that make us achieve many a milestone. I have to thank each and every member for contributing in some way or other, be it our breast feeding awareness program, building of kitchen at Eeranenjamb, participation in projects or the thumping success of our Rally at Coimbatore. An organization like ours moulds us to be better persons. Our Predecessors have involved themselves for the stability of our club and done worthy projects as service. Let us further progress by being methodical and streamline our activities for the brighter future of our club.

Shanthi Rajasekhar
President 2017-18

District Chairman's message

Dear President Shanthi and Members of IWC Coimbatore, Congratulations to you, Shanthi Rajasekhar and your team for the wonderful array of projects and activities, carefully planned and carried forward, so that it is satisfying for both - the members and the beneficiaries. Shanthi, although you had other responsibilities and a little bit of travel, the team has showcased that team work is the trump card for the success of any initiative.

Your projects and club activities have been consistently good and worthwhile. I am sure you will continue your good work and keep the flag of Inner Wheel flying high Inner Wheel Club of Coimbatore has always stood by the Inner Wheel motto of Friendship and Service !! You have a pivotal role to play as you are one of the senior most clubs in the district and most of the clubs look up at you for direction and strength. With a deep sense of admiration & appreciation, I want to extend my sincere gratitude to everyone from IWC Coimbatore who has participated in the District Assembly and supported the District Rally in so many different ways. PAP Geetha Padmanaban is one of our most treasured organizational role models, a model of compassion and ever encouraging which encourages many of us to follow innovative action.

District Secretary Anitha Srinivas is a committed Inner Wheel member and I wish her success in her responsibilities as a District Executive Committee member. Your club has very admirable Senior members and equally talented junior members. Shanthi, with all this and your enthusiasm to match, I am sure that IWC Coimbatore will see many more beautiful moments to cherish.... through 2017-18. Wishing you that your dreams become reality during the next few months of 2017-18 !!

Veena Pathy
District Chairman 2017-18
IW District 320



Treasures of Glory from Secretary's Desk

It has been a wonderful experience as the Secretary of one of the largest & oldest Inner Wheel Clubs in District 320 till now. Though, I started as a novice, incessant support from our committee members, and relentless efforts by our club president in doing projects & the overwhelming support by our club members has kept me engaged and gratified. Let's keep the momentum going, look forward to more action & participation to achieve Service through Friendship.

Kasthuri Vasanthi
Secretary



FELICITATION OF DOCTORS & CHARTERED ACCOUNTANTS



HEALTH CHECK-UP FOR HOME GUARDS



AWARENESS & CAREER GUIDANCE PROGRAMME



ANNADHANAM AT ERANENJAM OLD AGE HOME



DONATED 30 BENCHES TO SVVAM SCHOOL



WORLD POPULATION DAY



BFA WALKATHON AT HAPPY STREET



BREAST FEEDING AWARENESS WEEK



FRIENDSHIP DAY CELEBRATION



150 NIGHTIES DISTRIBUTED AT GOVT. HOSPITAL



INDEPENDENCE DAY CELEBRATION



TEACHER'S DAY CELEBRATION AT AMRIT



NAVRATRI CELEBRATIONS



MEET WITH ASSO. PRESIDENT MRS. PATRICIA HILTON



DONATION OF SCHOOL BAGS TO ORPHAN CHILDREN



SCRIBE FOR VISUALLY CHALLENGED STUDENT



MOTIVATIONAL CLASSES AT SNVN GOVT. BOYS HIGH SCHOOL



INTER DISTRICT JOINT PROJECT, YATRA, A GO GREEN DRIVE AT GRD SCHOOL



BHOOMI PUJA FOR KITCHEN AT ERANENJAM



TEACHING GEL-WAX AROMA THERAPY CANDLES AT SEVANILAYAM



EXCHANGE OF FLAGS



CHILDREN'S DAY CELEBRATION AT INDIAN RED CROSS SOCIETY



AWARENESS SEMINAR ON BREAST CANCER



PROJECT CHILD WISH : DURING DIWALI, THE CHILDREN OF STD 1,2 & 3 WERE ASKED TO WRITE ON THE WISH CARD & GIFTS WERE DISTRIBUTED ON CHILDREN'S DAY AS PER THEIR WISH



DENGUE PREVENTION AWARENESS



SPECIAL WALKATHON- A WALK TO DEFEAT THE DIFFERENCE



DONATION OF NEW CLOTHES TO THE NEEDY DURING DIWALI



MOVIE MASTI MAGIC



DISTRICT RALLY ANUBHAV 2017



Timeless Club Meeting Memories



DR. SUMAN ENLIGHTENED US ABOUT FOOD, HEALTH & FITNESS



PIC-COLLAGES



BAKING DEMONSTRATION



DEMONSTRATION OF GARLAND MAKING

DEMONSTRATION OF THE ART OF DOT PAINTING

Installation Of Innerwheel Club Of Coimbatore

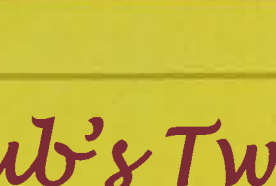


INSTALLATION OF SISTER CLUBS

Vasanthi's Corner



Our Secretary Vasanthi's activity corner in the circulars, received many entries from our members. It includes family pictures, childhood videos, eco-friendly items such as greeting cards and more from recycled clothes, waste, paper etc. Vasanthi distributed gifts to all the participants.



Club's Twinning Project by ISOs

On 4th and 5th of December ISO Deepa Venketraman of our club and ISO of Erode club Renu did a twinning project by donating five artificial limbs. The total cost was Rs.6000/- .Members of both the clubs visited each other and conducted the project in Jeevan Jyothi Trust, Erode and in rotary midtown Gopaldas Kikani Artificial Limb Centre Coimbatore. It served the dual purpose of Innerwheel, friendship and service.





FRIENDSHIP BASKET

Rolling & Spreading the cheer!!!

A recipe has no soul, you as the cook must bring soul to the recipe...

Brinda Vijayakumar - Green Papaya Salad

Ingredients : 1 small green papaya, A handful roasted or fried peanuts (can be seasoned with salt and chilli powder to your taste), ½ green chilli ,1 pod garlic, Half lime or 1 tbsp raw mango, Salt and pepper to taste.

Method : Select a Papaya that is green outside and white inside. Peel and grate it. Crush the green chilli and garlic (or chop very fine). Now add the crushed chilli-garlic to the grated Papaya. Keep chilled. At serving time add salt, pepper and the peanuts. Add lime juice or the raw mango. Mix well and serve. *Note: do not add seasoning till serving time otherwise juice will start to ooze from the Papaya.*



Deepa Venketraman - Pineapple Tikka

Ingredients : 1 cup pineapple chunks, Red chilli powder 1 tsp, Cashew and marie biscuit powdered, Oil, Salt.

Method : In a bowl marinate the pineapple piece with all the above ingredients, set aside for 20 minutes. Arrange the pieces on a skewer or in a baking dish. Keep rotating the pieces now and then for about 15 minutes. When the pineapple chunks starts to turn brown and slightly charred here and there, remove them from the oven. Yummy juicy tangy pineapple tikka ready.

Falguna Badani - Dry fruit bars

Ingredients : 1 cup dates, 1/2 cup nuts (cashew ,almond, pista ,walnuts) Cardamom powder 1/2 tsp, Saffron strands few, Nutmeg powder 1/4 tsp.

Method : Grind the dates to a paste. Then keep a little ghee in the pan and toast the chopped nuts till we get a flavour and then add the ground dates and cook it for 10 minutes and then mix the cardamom powder, nutmeg powder and saffron strands and mix well. Remove from stove and spread it on a plate and cut it into pieces.



Harshida Wagadia - Makhana Kheer

Ingredients : Milk 1 litre, ghee 3 tbsp, makhana 1 cup, sugar 6 tbsp, cinnamon powder half tbsp, almond 8, pista 8

Method : Fry makhana in 1/2 tsp of ghee. In a pan mix makhana and milk and simmer on slow fire for 5-10 mins with frequent stirring, till creamy and little thick. Then add 6 tbsp of sugar and stir well and cook for about 3 to 5 mins. Add green cardamom powder, remove from fire. Serve hot or cold garnished with shredded almonds and pista.

Kasthuri Vasanthi - Fox Tail Millet Laddu

Ingredients : Thinnai (fox tail powder) 2 cups, Jaggery Powder - 1 ½ cup, Besan dal - ½ cup, coconut 1 cup, Ghee - 1 cup, Cardamom - 6

Method : Roast the millets and the basen dal on a low flame till a good aroma, cool it and powder it. Then add jaggery, coconut which is fried on a low flame. Powder the cardamom. Fry cashew nuts. Transfer all the ingredients into a bowl & add ghee and mix thoroughly and make this mixture in the form of small laddus.



Latha Prabhakar - Chocolate and Cranberry Kheer

Ingredients : Milk 4 cups + 1/2 cup, Sugar 1/2 cup, Corn flour 2 tbsp, Saffron one big pinch, 4 Cardamom powdered, Chocolate 2 pieces chopped finely, Cranberry a hand full, Cranberry is processed(available in packets in stores).

Method : Boil 4 cups of milk with sugar, Mix the corn flour with the half cup of cold milk. Mix this with the boiling milk and keep stirring or lumps will form. Once it thickens add the saffron, mix and cool. Add the cranberry and chocolate. Keep in the fridge and serve cold.



Nandini Lalka - Left over rice chillas

In a bowl add left over smashed rice with half a cup of besan atta and some thick curds to bind the mixture. Add finely chopped mix vegetables of your choice. Add a little sugar, salt, basic masalas like Red Chilly Powder, Haldi and roasted jeera powder according to your taste. Bind it to a thick batter and cook it on tawa like dosa. Serve hot with coriander chutney or tomato ketchup.

Annappoorani Nagaraj - Dalpayasam

Ingredients : Bengal gram dal 50gms, Raw rice 1tbs, Coconut 25gms, Jaggery 150gms, Ghee 1tbs

Method : Heat ghee in a pan, fry dal, rice and coconut. Put everything in a mixie, grind well, pour all in a vessel, boil it finely, add jaggery. If you want add cardamom powder and fried cashew. Now payasam is ready.



Padmini Gopinath - Dried fruit Drink

Soak 4 almonds, 4 walnut pieces, 2 fig, 2 dates overnight. Blend in the mixie with little water or milk. Yummy dried fruit drink is ready and also healthy.

Prachi kikani - Khandvi

Ingredients : Chanadal flour or besan 1 cup, Buttermilk 2 ½ cup, Chilli ginger paste 1 tbs, Turmeric powder a pinch, Salt to taste, oil 2 tbs, mustard seeds 1 tsp, white til few seeds, curry leaves few, asafoetida or hing a pinch

Method : Mix the buttermilk, besan, chilli ginger paste, turmeric pd and salt with a hand blender. Cover the vessel and pressure cook it till 2 whistles. After 10 mins , open the cooker, mix it well and immediately spread it on the kitchen platform. Sprinkle little pepper pd on it, Cut it with the knife and roll it. Spread the seasoning or waghar on khandvi and garnish it with grated coconut and coriander.



Ritu Chajed - Dates and Almonds milkshake

Ingredients : 10-12 Soft dates pitted and chopped, 6-8 almonds peeled (soak in warm water for a few hours for easy peeling), ¼ cup hot milk, 1 ¾ cups cold milk, Honey to taste.

Method : Soak the peeled almonds and dates in hot milk for 30 minutes, Grind the almonds and dates along with the milk to a smooth puree. In a blender, blend together the cold milk and date-almond puree till completely combined and smooth. If necessary, add some honey to taste.

Saraswathi Sundarraj - Beetroot and carrot Salad

Grate beetroot, carrots and ginger. Add pomegranate, sprouted green gram dal, cut apple pieces, groundnuts and mix this with lime juice, pepper and salt. For greens add coriander leaves. Healthy Salad is ready.



Shanthi Rajashekhar - Classic peanut spread

2 pods of garlic, 3 green chillies, coriander leaves, handful of roasted peanuts, few drops of lemon juice, salt and a pinch of sugar. Grind all the above to a paste and can apply this as a spread on your breads.



Sujani Balaji - Avocado Cheese Chilli Toast Recipe

Ingredients : 4 Bread slices, 4 tbs Mayonnaise, 1 tbs Black pepper pd, 2 Tomatoes thinly sliced, 1/2 Avocado thinly sliced, 1/2 Cup grated Cheese, Red Chilli flakes, as required

Method : Spread a thin layer of mayonnaise on each slice of bread, Put tomato and avocado slices and sprinkle black pepper powder + red chilli flakes on each toast. Top each toast with some grated cheese. Heat a skillet and put the slice on it. Let it cook on high for 2 to 4 minutes or until bread is toasted. Serve Avocado Cheese Chilli Toast with Espresso Coffee for your tea time break.

Nirmala Nandakumar - Pineapple Sandesh

Ingredients: Paneer 100 gms, Sugar 1/2 cup, Pineapple 1 (Cut into slices).

Method: Mix paneer and sugar and apply in between two slices of pineapple, Cut and serve with cherry.



Usha Devi - Ragi Rava Idly

Ingredients : Ragi 1 cup, Sooji 1/4 cup, curd 2 tbsp, water 2 tbsp, fruit salt 1 tsp, salt to taste, oil 1 tsp.

Method : In a pan add oil, add some mustard seeds, asafoetida, curry leaves, red chillies, coriander leaves, fry rava along with this. Fry for 2 minutes. Then add ragi powder. Cook for 2 minutes, then cool it. Now add little water and curd to this. Now add fruit salt. Mix the batter & pour in idli pan and steam for 10 minutes.

Vijayalakshmi Ravishankar - Ginger Drink Or Ginger Coffee

Ginger is a good remedy for sinus, cold, cough and for all allergies. Good for even pain in joints and digestion. Take a 2 inch piece of ginger, grate it, add jaggery, 2 pieces of cardamom crushed with 2 cups of water. Boil well for 5 minutes. Then add quarter cup milk to it and drink it hot. Milk can also be an option.





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