



Friendship & Service

Bulletin of Innerwheel Club of Coimbatore

CHAKRAM



Empower and Evolve

Empower and Evolve
IW Theme
2018-2019

**EMPOWER OTHERS
WITH HOPE!!**

**Help
Other
People
Evolve!!**

**“ A Strong Woman Stands up for Herself
A Stronger Woman Stands up For Everybody Else.”**

MESSAGE FROM THE DISTRICT CHAIRMAN



Dear President and Members of Inner Wheel Club of Coimbatore ,

I am very glad to know that you are bringing out a bulletin in connection with your Club installation. It is my great pleasure to send my warmest Greetings to you on this special occasion.

The Inner Wheel rolls on and yet again the Inner Wheel mantle is in the safe hands under the able leadership of a very dedicated Inner Wheel member K.N.Nirmala. I am sure, she with her support team will take the Club to greater heights abiding by the theme of this Inner Wheel Year "Empower & Evolve".

As you gather together, its good to take sometime to reflect on all the things you have done to make the world a better place for those in need in the past year. I Congratulate your current leadership team led by Shanthi for all their efforts!! You should also take the opportunity to look back on the wonderful Friendship that each one of you have enjoyed and also remember those members who are no longer part of the leadership team but have helped, or continue to help, shape its history. This is also the time to look forward to the future as you set goals and plans for the new Inner Wheel Year and inspire fellow members to work towards these goals collaboratively and enthusiastically.

This year the International Inner Wheel Theme is "Empower & Evolve". Empowering women, girls is a pre-requisite for creating a good Nation. When women are empowered, society with stability is ensured. In this new Inner Wheel year we have a new chance to change the world for the better by helping to create more opportunities for the under privileged women in order to Empower & Evolve them. The only limits are the ones we place on ourselves.

So let us continue actively making use of every single opportunity for "Friendship and Service "

I would like to share this message as we begin the new Inner Wheel year

"Do not wait for the world to smile at you, As on your way you pass, Smile first, for the world is a looking glass"
I wish all the members of this Club a prosperous and successful new Inner Wheel Year.

In Inner Wheel Friendship

SINDHU SETHU

District Chairman (2018/19)

Inner Wheel District 320

PRESIDENT'S MESSAGE



Warm Greetings!!

We come with nothing, we go with nothing, one great thing we can achieve in our beautiful life is.... A little remembrance in someone's mind and a small place in someone's heart.

I take this golden opportunity to thank all of you for the faith reposed in me with the post as president of this prestigious club for the year 2018-19. With all your support, I am going to march with raised heads. Keeping in mind our IIW theme 'Empower and Evolve'

Comrades!! Lets take power in our hands but in the right way and right sense and become distinct personalities in the city, Service to the community - most importantly caring for women and girls should be our motto. I extend my hands towards you.

President

NIRMALA NANDHAKUMAR

Don't wait FOR INSPIRATION, BE THE INSPIRATION...

KNOW OUR PRESIDENT.▼

She was born in Coimbatore and brought up in Trichy. She is happily married and settled in Coimbatore and is blessed with two handsome sons. She did her schooling in Kamakoti Vidhyalaya and Holy Cross, and was graduated in B.Sc Physics in Holy Cross College. Later finished the computer course in C Language and COBOL, and has also done Visharath exams in Hindi and Jewellery designing course. She is also an active lion member and has been the Secretary thrice in Lions Club of Coimbatore, Race Course .

She has also been the President twice in Lions Club of Coimbatore, race course in 2010-11 and also the Zone Chairperson in Lions Club for the year 2011-12 and she has served as district chairperson for Ladies Night, Women's day and Mother's day. She has received numerous awards in Lions, the most prestigious were the Lion of the year award in 2011-12 and the International President award in 2011-12.



Greetings dear inner wheel friends!!

SECRETARY'S MESSAGE

I Feel honoured and happy to be accepting the offer of the secretary of this honourable club.

I understand the enormity of the challenges and at the same time hopeful of performing well.

I am confident that with the help of our seniors, predecessors and all the members this journey would turn out to be a great one.

I seek your support and fresh ideas to carry this legacy forward and reach greater heights in our mission.

Secretary
JOTHI PADMANABHAN

PROJECTS DONE BY IWC OF COIMBATORE 2017-2018

FREE MEDICAL CAMP FOR HOME GUARDS



MOTIVATIONAL CLASSES AT SNVNV GOVT SCHOOL



CHESHIRE CLOTH MATERIAL DONATION



BREAST FEEDING AWARENESS WEEK



CAREER GUIDANCE PROJECT



SAVE RIVERS PROJECT



PROJECT CHILD WISH



ARTIFICIAL LIMB DONATION



DENGUE AWARENESS



MEDICINE BOX PROJECT



EERANENJAM KITCHEN PROJECT



BLOOD DONATION CAMP



MEGA TREE PLANTATION



SEWING MACHINE DONATION



PULSE POLIO IMMUNIZATION



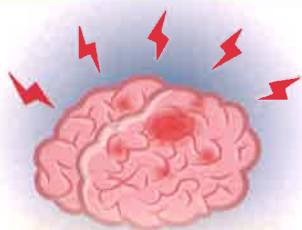
OTHER PROJECTS 2017- 2018

- BREAST CANCER AWARENESS PROGRAM JOINTLY WITH OTHER IWC 'S.
- TREE PLANTATION - "YATRA" AN INTER DISTRICT JOINT PROJECT AT GRD COLLEGE.
- FELICITATION OF TEACHERS AT AMRIT ON TEACHERS DAY.
- DONATION OF 30 SETS OF BENCHES TO SRI VAIDHESHWARA VIDYALAYAM.
- EDUCATING GIRL CHILD- GEL WAX AROMA THERAPY CLASSES AT SEVANILAYAM.
- SCRIBE DUTIES BY OUR MEMBERS.
- DONATION OF CLOTHES, ANNADHANAM, PORRIDGE WERE DONE AT AMARJOTHI LEPROSY HOME, EERANENJAM, SNVNV GOVT. SCHOOL, SAI FOUNDATION AND ALVERNIA OLD AGE HOME.
- MEDICAL EXPENSES FOR STUDENT VENKATESH AT PSG IMS HOSPITAL.

- **KASTURI VASANTI**
Secretary 2017-18

AMAZING FACTS ABOUT OUR BRAIN

The brain itself can't feel pain



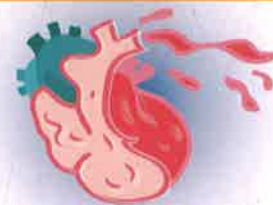
Ever wonder how brain surgeons are able to perform surgeries on patients while they're awake? Even though the brain contains layers of covering the blood vessels that contain pain receptors in the brain itself has zero.

Your brain activity is as unique as your fingerprints



A person's brain activity may be as unique as his or her own fingerprints. "This could have implications for how scanning brains might be used in the future to one day help individualize care for each unique person."

Your brain is greedy



Your brain might account for only about three percent of your body weight, but it receives about 30 percent of the blood being pumped by your heart. "The brain is like a spoiled and demanding child, but yet it is extremely smart, and efficient. "It takes the brain about 1/10,000th of a second to respond to something and generate an action."

When you're awake, your brain produces enough electricity to power a small light bulb



A robot with a processor that is virtually as intelligent as the human brain would require at least 10 megawatts of electricity to operate properly. The brain works fast, too-so fast that's speedier than the world's greatest computer. "The information going to your brain from your arms and legs travels at 150 miles per hour."

Brain waves are even more active while you're dreaming



When you're fast asleep, you might think that your brain is "shut off," but it's actually doing a whole lot more than when you're walking, talking, eating, and thinking. "When awake, people utilize alpha and beta waves, which gives us day wakefulness,"

"Sleep, however, especially in the initial stages, uses Theta activity, which is greater in amplitude than beta."

Your brain's storage capacity is virtually unlimited



There's no such thing as knowing too much- or learning so much that you can't retain any more information (though it can certainly feel that way after sitting through a long board meeting). "Your brain doesn't get 'used up' like the data storage in your computer or smartphone." There is endless brain power! Although lack of sleep can affect your brain's ability to create more memories."

Editor's Message

Dear Friends

You have in your hand "nostalgia" –A Rewind of IWC Coimbatore official magazine..

It Captures the moments of the past journey and gives an insight of the beginning of a new journey..

I thank you for the opportunity bestowed on me for this postwith great honour and lots of gratefulness and humbleness I take up this post of an editor and shall make sure to execute my responsibilities well enough.

Thank you

FALGUNA BADANI
Editor



Bulletin of Innerwheel Club of Coimbatore



CHAKRAM



CHAIRMAN'S MESSAGE

Dear President and members of IWC Coimbatore,

I am very happy to reach out to you all through this Bulletin & Congratulate Club Editor Falguna Badani for the efforts taken to release this issue which would definitely help to connect members and give them good insight into the activities of the Club. Am sure this Club Bulletin "Chakram" will also be an effective tool for promoting public image of Inner Wheel. A Club with illustrious leaders like Past Association President Geetha Padmanaban, Past District Chairman Vijayalakshmi Ravi who also helped to guide your Club through these years.



Six months of this Inner Wheel year has gone in the wink of an eye. I thank you all for the meaningful projects undertaken during the period. I know many more projects are on the anvil under the leadership of Vibrant President Nirmala and team & with the support of fellow members will definitely excel and retain the glory of the Club. I also appreciate efforts put in by the President & all members of the Club to execute projects to Empower Women. Am glad to note the good you have achieved over this period to help the less privileged and wish you all the very best for continuing work in the name of Inner Wheel as we EMPOWER & EVOLVE.

Inner Wheel needs strong Clubs and engaged members to do more good. So it is our responsibility -- your's and mine -- to make sure quality members who shows an interest in joining Inner Wheel gets an invitation. Let's also ensure that every member has a reason to stay. I am looking forward to continue working with you all as we build STRONG CLUBS and EMPOWER & EVOLVE our communities!!

I wish you all abundant passion and energy to fulfill your targets you are aiming in this beautiful journey that we know as Inner Wheel. Together let's uphold the motto of this wonderful organisation -- Friendship & Service.

In Inner Wheel Friendship

Sindhu Sethu

DISTRICT CHAIRMAN 2018-19
INNER WHEEL DISTRICT 320

PRESIDENT'S MESSAGE

Days have rolled into months and now we are half way through our journey. This Journey of 'ours' has been very challenging. But with you all my dear friends, I have stepped up and achieved.

I am bubbling with happiness. So, I am very thankful to you all for your full fledged support in all my endeavours. I am very happy, satisfied and my mind is filled with memories of you all during my tenure as president. I am the 43rd president of our club. This is not a small period in the life of an organization, that our club not only survived but also grown these years in testimony to the very fact that we have been doing something just right, ie 'we are helping the needy.



Nirmala Nandakumar

The benefitted ones are wishing us to do more in future. These well wishers give us more energy and we walk with raised heads and extended hands.

IF YOU WANT SOMETHING SAID ASK A MAN :IF YOU WANT SOMETHING DONE ASK A WOMAN ..

Glorious installation of our new 43rd president and her team



Release of Bulletin.



Our Projects

Projects of August 2018
BREAST FEEDING AWARENESS

THE PEN IS MIGHTIER THAN THE SWORD BUT ACTIONS SPEAK LOUDER THAN WORDS



TEACHERS DAY

NATION BUILDER CERTIFICATES

Projects of September 2018



We Donated 4 CCTV Cameras to WVS Special School

Exchange of flag with our sister clubs - an amazing experience.



World Heart Day Was Celebrated By Organizing A Special Walkathon With Gknm Hospital.

THE "STRONGEST ACTIONS FOR A WOMAN" IS TO LOVE HERSELF, BE

RALLY - DOLLAR 2018
was wonderful Experience

DIWALI CONTRIBUTION

WORLD POLIO DAY

Projects of October 2018



10 sets of pants and shirts to blind people.

We donated a kenstar water purifier to meenakshi maternity hospital

MEDICAL CAMP

Projects of November 2018



We set up a medical camp along with PSG college of nursing for anemic assessment and we donated HB Meter, 100 strips, 100 needles in Konganur Anaikatti Tribal Area.



We donated a bureau with law books to ramanathapuram police station.



CHILDRENS DAY

Childrens day celebrated at municipal coporation school koundapalayam.

Projects of December 2018



Toilets Building In Process In Singanalur Girls School

ANNADANAM

Annadanam done during different festivals and monthly too by our members ...



HERSELF AND SHINE AMONGST THOSE WHO NEVER BELIEVED SHE COULD.

FUN TIME

FUN and entertainment time –as the saying goes all work and no play makes innerwheel a dull club..and in our club there is never a dull moment with all the members ENTHUSIASTICALLY PARTICIPATING ..

Diwali, Navratri celebrations - Krishna Jayanti celebrations with the west club..



Joint Meeting with Mysore club



Kerala relief fund -66000 worth Items were donated



Donated 7000 for the education of leprosy children

Joint meeting with mysore club which gave us lot of insights of working systems of other clubs..

Beautiful Message From Our Team Members

Secretary's Message

It's indeed an honour to be appointed as the Secretary of the most vibrant and lively club. Inner wheel has made me passionate about 3 C's in life. Charity, Celebration and Communication. This post gives me the opportunity to Fulfill my passion of giving back to society and serving the needy, enjoying entertaining programmes and enhancing fellowship with club members and sister clubs.

With Regards
Jothi padmanabhan



Vice President Message

It was a memorable journey in Innerwheel.. It was indeed a memorable journey thoroughly enjoyed my journey with the help of all the members of the club who had put faith in me and elected for this post.

With Regards
Sujuni Balaji



Treasurer Message

I consider myself fortunate, because If not for Inner wheel, my association with you all would have been just a dream. Fund raising has been higher than ever before & of course that has led to a substantial increase in our contribution to charity. Our endeavour undoubtedly was a team work, filled with compassion, passion, grace and teamwork. It was indeed a privilege to witness & experience the countless ways Inner Wheel embraced to make a difference in the world.

With Regards
Ankita Dinesh



ISO Message

Great pleasure to be a ISO. I enjoyed my post and I have interacted with more than 20 clubs in our district and other districts ISO. Love to be a ISO

With Regards
Kavitha



Editor's Message

It was a learning and a beautiful journey throughout the year .. once again i thank all the members for giving me this wonderful opportunity for the post of an editor and I thank the hard working team too for their wonderful support..

Falguni H Badani
Editor



THE MOST ALLURING THING A WOMAN CAN HAVE IS CONFIDENCE..