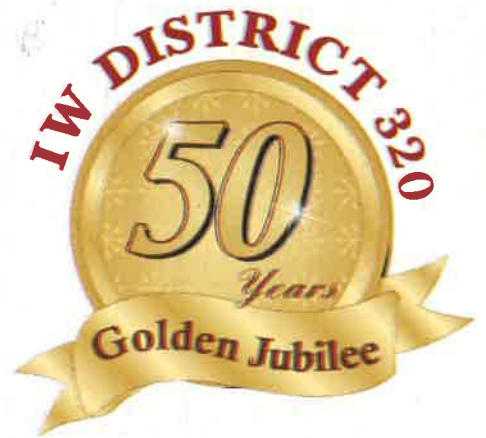


News Bulletin of the Innerwheel Club of Coimbatore

# CHAKRAM



IW District 320 | Charter No.1985 | July 2019 / Issue - 1



**We are not A TEAM  
because we work together  
WE ARE a team because  
We respect, trust,  
and care for each other.**



## MESSAGE FROM IIW PRESIDENT 2019 - 2020



Dear District Chairman,

Alone we achieve so little - but in Inner Wheel - "Together we can" achieve so much

It is an honour to write this message and I would like to thank the District Chairmen and Executive Members for agreeing to hold Office so that they may guide and assist the clubs and their members through the next twelve months. By working together we can achieve our ambitions and make this world a better place for everyone to live in.

The members of Inner Wheel in India already apply our Objects in their everyday lives by promoting true friendship, whilst encouraging the ideals of personal service and fostering international understanding.

In Association President Mamta, you have a leader to be proud of - she has already achieved many of her dreams - and by working together we can achieve even more in our communities and overseas. President Mamta is a leader willing and ready to listen to you the members. The future is in our hands and we do not have to see how small the world is but how big Inner Wheel is. We all have to be forward thinking and make our voices heard.

Let us be proud of our heritage and what our founder Margarett Golding achieved for Inner Wheel in a few years. Now, nearly 100 years later, we also have to be Innovative in our efforts to Inspire other Women to join Inner Wheel, so that "together we can" enjoy friendships and reach out to those who are getting left behind in this ever changing world.

Together we can be the Margarett Goldings of today and tomorrow.

**PHYLLIS**

International Inner Wheel President 2019 - 2020

## ASSOCIATION PRESIDENT'S MESSAGE

My Dear Club President

Congratulation & thank You for taking the leadership of your prestigious club for the Inner Wheel year 2019-20. Everybody defines leadership differently but I really like the way John C Maxwell defines it **"A leader is one who knows the way, goes the way, and shows the way."** And I am sure you are one of that.

Miracles - it is for us to CREATE! Magic can only happen only if we believe in the mystic and spiritualistic pattern of the way the universe works. Good deeds fruits in good Results, but a billion times over. This miracle only happens if you work with pure heart and soul. Some ways of this world are only understood by working towards this good - through mind, body and soul.

MIRACLES is about these deeds - done with purity.

That's by we have coined our goals with the name .... MIRACLES...

We have set a target for **ORPHANAGE FREE INDIA 2024**. We are doing this project in association with NCCPCR and Women & Child Development, Government of India. Where YOU as a leader and each member has to play a very significant role.

All the club members will be working towards the successful execution of this project and our aim should be to reach out to as many people as possible. All various means should be used to promote and bring awareness for adoption and foster caring.

Being a women's organisation, we can feel and understand this issue very deeply and we shall work with love and compassion to promote this fully. I would like to share here **"Any time women come together with a collective intention, it's a powerful thing, when women come together with a collective intention, magic happens"** - **Phylcia Rashad**

Do it with courage.....

We **WOMEN** have the **POWER** to change the world ..... We **WOMEN** create miracles.

Keeping in mind the IIW Social theme - we will work towards. Only mere 18% of Indian women use Sanitary Napkins and therefore to curb this national issue we will distribute Sanitary Napkins, Install Sanitary Napkin Vending Machines and incinerators all over the country for easy access to those in need.

Another initiative to undertake is to reduce plastic use which is causing major environmental concerns. Instead we shall promote usage of cloth bags & ask our relatives & friends to do the same.

Concentrating on working towards a permanent project will not only give us a goal to achieve but also brings visibility and recognition in the society.

REMEMBER to publish the **INNER WHEEL LOGO** in each and every project. Branding our organisation would be our **MANTRA** this year to increase large scale awareness.

The very beautiful and meaningful IIW theme given by your IIW President Phyllis E charter "Together we can". **I Pledge my full support to this theme. Nothing is impossible if we decide to work TOGETHER with compassion and dedication.**

All the very best to you and your team and remember Alone we can do so little; together we can do so much—Helen Keller



**Mamta Gupta**

Association President & National Representative



# MESSAGE FROM DISTRICT CHAIRMAN

Time is like a river, you cannot touch the same water twice because the flow that has passed will never pass again. Enjoy every movement of your life

Dear President and Members,

It gives me immense pleasure to address each member of the club through this Bulletin. Congratulations to the Immediate Past President Nirmala Nandakumar & her team for their meticulous planning & execution of projects. Toilet Block for students, Library for Police Recruits, Martial Arts for Orphan Girls and many more mind blowing projects done.

My best wishes to newly Installed President Kasturi Vasanthi, Be strong that nothing can disturb your peace of mind, Think only of the Best, Work only for Best and expect only the Best and success follows you. With the support and cooperation of members, you can perform Miracles.

Let us serve together be our mantra for the year. Our Association President Mamta Gupta has initiated simple and achievable goals, captioned Miracles for the year. To encourage adoption & end orphanages in 5yrs, To attend IIW Convention at Jaipur-India, To boycott Plastic bags, To adopt Villages, To start New Gen Clubs & induct new members, To brand Inner Wheel, To provide girls with basic education & To register for the South Asia Rally at Dhaka, Bangladesh.

The Club has a great pillar of strength in PAP Geetha Padmanaban, with her support and guidance the club has grown up to this stature. All the Past Presidents of the club are supportive.

Good Luck to all the enthusiastic members. Your support & encouragement has made me the District Chairman, my hearty thanks.

Wish you all a stupendous success in this Golden Jubilee year.

Thanks to the Club Editor Sujatha Vijayasekaran for bringing out this Bulletin, I am sure we all will enjoy reading it.

With Love, to all my dear Inner Wheel Members

**ANITHA SRINIVAS**  
District Chairman



## KNOW YOUR DISTRICT CHAIRMAN

### Proud to present Anitha Srinivas, District Chairman from our club.

Anitha firmly believes that her birth on earth is a purpose to make it a better place, be good, do good and grow goodness, when this is cultivated we shall reap infinite dividends.

Born on 1st January at a coffee plantation town Chickmangalur, to a coffee planter and merchant Mr. Seetharama Shetty and Nagarathamma. Father a Philanthropist was the President of Arya Vysya Samajam, Mother a singer and good cook. Blessed with elder brother Rtn. Ramesh K.S. who runs a School Stepping Stones. She did her Schooling and College at Chickmangalur. Finishing B.Com graduation, married to Rtn S.Srinivas, an indigenous banker, was the regional pulse polio chair for two years and the current Secretary of Rotary Club of Coimbatore Midtown. Father in law late Rtn.V.V.Sriraman was District Pulse Polio Chairman, Mother in law Ananthalakshmi is a Charter Member and Past President of Inner Wheel Club of Coimbatore. Blessed with daughter Yamini married to Pratheep and Son Santhanu married to Swathi and two grand Children Adhya and Saathvik. Joined Inner Wheel in 2000 and took up all positions and was club President in 2008. She was Secretary for Orientation Seminar, Conference Treasurer Green Shoot, CGR for Group 4 and was elected as District Editor 2014-15 climbed up the ladder taking up all post as Dist. ISO, Treasurer, Secretary and Vice Chairman.



She believes in learning and widening her vision. She attended Training Seminar for the District Executives at Trichy, Triennial Conference at Kolkatta and Poona, South Asia Rally at Srilanka and Kolalampur, IIW Golden Jubilee celebration at Varanasi, International Inner Wheel Convention at Melbourne, Australia, Inner wheel Chairman Institute at Vapi. She actively participated in all the District events Accolades.....

- ❖ Skilled Drama Artist -an award winner from Lalith Kalashetra, Bangalore by Cine Director Puttanna Kanagal
- ❖ Member of Bharath Scouts and Guides - Confirmed as President Guide and felicitated by the then President of India Neelam Sanjeeva Reddy and took part in National Parade
- ❖ Arts and Cultural Representative at the Collage -Co
- ❖ Past President of Jayceerettee wing.
- ❖ Was voting delegate for business session at IIW Convention and Triennial Conference
- ❖ Was a Steward during the Business Session at 14th Triennial Conference

**She has the passion for Painting, Drawing and Art of making any thing out of clay.**



## INCOMING PRESIDENT'S MESSAGE **KASTHURI VASANTHI**



Overwhelmed, propitious and profound is how I feel to be the 45th president of our inner wheel club of Coimbatore during the golden jubilee year of our District 320. I thank all the members for giving me this opportunity to serve this club.

I solicit our exquisite club members united endeavor and earnest presence in all our projects and meetings of our inner wheel club and prove that "TOGETHER WE CAN".

Synergy and devotion are imperative to accomplish our objectives. Let us endure our friendship and dredge our humaneness, escalate our dedication, enhance our pledge to raise the lives of the destitute and empower women and children.

### PROFILE - **KASTHURI VASANTHI** INCOMING PRESIDENT 2019-2020

She was born and brought up in coimbatore as a second daughter of Rotarians Mr.S.Kasthuriswamy and Mrs.K.Velumani. A commerce graduate from Annamalai University and with a Diploma in Computer Science from GRG Polytechnic she is an active sports women during college days and has won the district shot-put and discus throw events. She won the district level badminton championship for women last year.

Her inspiration and guidance comes from her father Mr. S.Kasthuriswamy, past Rotary President of Rotary Coimbatore North and also Vice President of CODISSIA. She is married to G.Parthasarathy an industrialist and is blessed with a son Charan Karthikeyan and daughter Preethika. She was the treasurer of R.S.Puram Ladies Club, and member of WOBEDA, E-Club and CODISSIA. She loves to travel, dance, and pets.

She joined our club during the year 2011-12, and served as a Treasurer in 2015-16, and as a Secretary during 2017-18. She has also participated in many assemblies and triennials of the Inner Wheel and an active member since joining.



## INCOMING SECRETARY'S MESSAGE **DEEPA VENKATRAMAN**

The Golden Year has arrived with a bang and brings with it:

12 months of opportunities unlimited

52 weeks of fresh ideas and friendship

365 days of beautiful memories

I am profoundly honoured for having been given this golden opportunity to be the Secretary of this prestigious club especially during this epic year - The Golden Jubilee of Inner Wheel 2019-20.

This is most certainly going to be a one time experience that I will never live down as it will help me gain people's skills, understand my strengths and weaknesses, learn my limits and force me to cross them as well. So friends, lets gear up to create and capture lots and lots of magical moments and surround ourselves with joy and laughter as we carry on with our noteworthy projects and celebrate our "Togetherness".



## MESSAGE FROM OUTGOING PRESIDENT **NIRMALA NANDHA KUMAR**



A year before... when I took my presidentship, I was wondering as to weather I will play my role well. Today I am so happy and proud to say that "WE HAVE DONE IT". It has been a year of lifetime opportunity I wish to very sincerely convey my deep gratitude to all my dear friend of our club for making this year a most memorable one for all of us. This could not have been possible but with their since your corporation and spontaneous support that they had extended during this year. I am grateful to all members for their wonderful support, donations towards the projects and hosting the meeting. The guidance and encouragement of our dear past presidents need a special mention. With heart full of joy, I will come and wish the incoming team of 2019-2020 under the leadership of Vasanthi a very prosperous and successful year.....

A big Thankyou



## FROM THE OUTGOING SECRETARY'S DESK

The journey through the year, as a secretary, was a highly rewarding one, in terms of satisfaction of works done and the amount of learning it brought with it.

Be it highlighting the importance of breastfeeding for the mother to the new born, or extending a helping hand for the sick in the hospital, or trying to ease the mental agonies of lepers, addressing the need for clean water through building tanks or providing toilets to enhance the hygienic conditions, the projects through the year showcased what a willing and dedicated team can do to improve the quality of life of the under privileged. Identifying right projects, charting the course of action and executing as a team is a thoroughly gratifying one and finally, seeing happy faces of beneficiaries is an ultimate reward in itself.



## Myriad Hues of the Innerwheel Year 2018-2019 From the outgoing Secretary's desk



Chartered accountant day



Doctor's day



Teacher's day



Birthday



Installation on July 6th



Get together with west club



Krishna Jayanthi with the West Club



District Rally Dollar 18 at Tiruppur



Joint meet with Sister Clubs



# Breastfeeding Awareness



## Valaikaapu and Breastfeeding awareness at PSG Hospital







Navarathri Celebration  
at  
Gujarati Samaj

Pre. Diwali Celebrations  
at Meena Wahahn's  
Residence



World heart day Walkathon  
with GKNM Hospital  
Rotary

## Annadhanam done at Various Occasions



Valentine's day Celebrations.



Cervical awareness walkathon in association with Rao Hospital  
followed by breakfast at Cosmo Club





Pulse Polio Immunisation done at Seethalakshmi hospital on March 10th in the presence of Commissioner and Deputy Commissioner



We Donated Rs.50,000/- worth Materials for Kerala Flood Relief



World Polio day at Meenakshi Maternity Home Water Purifier was Donated

Sanitary Pads given to girl children at Seva Nilayam on July 7th Sponsored by Mrs. Sashi Anand. Sanitary pads were also given on the same day at Nighal Trust



Medical Camp at Anaikatty tribal village with PSG College of Nursing



Nirmithi the conference at Cochin was well attended by our members and our Member Mrs. Ushadevi won the best essay for a write up about Cancer Patients.



# Activities Done at Various Schools

Annadhanam done at Uppilipalayam blind school IWC of CBE... for the IIW day did skirting for the wall in balwadi school in Kavundampalayam. We gave stainless steel plates and Tumblers for the children



Children's day at Municipal Corporation School, Kavundampalayam

Inauguration of the Toilet Block at Singanallur Girls School by our PAP Geetha Padmanabhan.



Independence Day at Kavundampalayam Primary School

Teachers Day at WVS School

A day for a girl child! Save the Girl Child an Awareness campaign powered and initiated by #Rao Hospital with Inner wheel club of Coimbatore #Rotary Aakruthi  
Mental and physical health awareness program for girls children Activities and speech on overall betterment of every girl child in terms of hygiene, nutrition, cleanliness, menstrual hygiene, confidence building, attitude management and importance of using sanitary napkins was done in SRP Ammaniammal Girls High School in R.S.Puram on January 2nd. Around 400 Children were benefitted. We distributed sanitary napkins to all the children. This was Sponsored by Usha Thirugnanam



Two Tanks, a motor and an Aqua Guard were donated to Corporation Municipal School in Kavundampalayam During Chairman's visit



# Exchange of Friendship Basket and Exchange of Flags by our ISO Kavitha Vellingiri





# District Chairman Official Visit



Our Chairman's Official Visit was on 22nd Dec in Vijay Elanza. After the committee meeting..... the regular meeting started. The meeting started with the invocation song by Yamuna Ka and Innerwheel Prayer. This was followed by the presidential address and PPT Presentation of our club activities by Secretary Jothi. 3 New Members were inducted by our Chairman Sindhu. Service projects of the day was... a tailoring machine with motor was given to a single mother with cerebral palsy problem who had a spec child. The sewing machine was sponsored by Umarani Akka. The education fee from a month was given to a spec child of WVVS School. CGR.Anu gave an awesome introduction about our Chairman followed by the inspiring and motivating speech of our Chairman. Later we had the vote of thanks by our President elect Vasanthi.



IWC of CBE donated 2 Induction Stoves to NICU and Paediatric ICU in ESI Hospital on 21st January. This was sponsored by Ankitha Dinesh.



A Library of Law Books donated to Ramanathapuram Police Station.



Session on Grooming by Meghna Khona



Family Get together was held at zone



Get together at Mrs. Asha Rajkumar's Residence



Bhoomika the district assembly held at kunnamkulam was well attended by our members and our member **Mrs.Anitha Srinivas** was Installed as **District Chairman**



# Congratulations



Mrs. **Usha Devi**, our member participate in the intra-district essay writing competition which involved interviewing a cancer patient with pictures which bagged her the best essay award.

Dear friends,

I would like to share my experience with a Brave lady, a Knight in her own respect, battling against one of the most dreadful diseases -- Breast Cancer and HIV. Her name is Mariyammal aged 65. A poor farm labour and daily wage earner with a large family. I met her when a social organisation approached me for financial help for her cancer surgery.

Dear friends, can you imagine a poor, old soul abandoned in a dilapidated hut near a graveyard without food and water? To make it worse with no mankind around her to extend a helping hand. In her peak struggle to combat the severe pain caused by her diseases she presented a deeply pathetic picture. I was shocked to see her in that atmosphere. I spoke to her and when she answered, tears rolled on my cheeks and my throat choked.



To quote her exactly in her words, "Amma, what wrong did I do? I got this disease, because of my husband. Of course cancer is a common disease. Then why God has punished me? Why am I humiliated by people? Amma, I am ashamed of this society I don't want to live in an uncompassionate world".

Friends, do you think she does not have the right to live in this society? Of course you do not think so. Hence we gave her counselling and made her ready for cancer surgery. But her fate did not stop troubling her. It followed her to the hospital. She had to make payments for her medicines, X-rays and blood transfusions. She struggled a lot to get money. A social organisation came to her rescue.



Her struggle did not stop there. Yes, her breast removing surgery was delayed because of HIV. But with progressing pain she was finding it difficult to pull on. We approached again the organisation to speed up the surgery. With the help of a kind doctor, the surgery took place. After lots and lots of efforts and struggle, her cancerous breast was removed. Now she is under medication for immunity.

Continuous counselling made the family members understand about HIV and made the family members accept Mariyammal again back to their family. The fight that Mariyammal a woman without education and financial support put up so bravely made me feel proud of our female strength.



My salutation to the kind-hearted people who helped her financially to strengthen her body and to those who extended moral support to strengthen her mind. My strong humanitarian feelings made me offer help. My travel with her has made me realise that many Mariyammals are in our society awaiting our help.

Friends, I hope all of you would join me in this journey.

Thanking you,  
**USHADEVI**



**WINNER**  
**Latha Prabhakar**



# Congratulations

Presenting the Culinary Queen of our club, Mrs. **Latha Prabhakar** who won the 2nd prize in the inter-district Navaraghri special recipe contest [Navarathri thali] organised by district 308.

## Recipes

### Javvarisi with curd

I was very doubtful of how this recipe would turn out. But it turned out well and everyone liked it. A friend even tried it out

#### Ingredients:

Javvarisi or sabudana 1 cup  
Milk 1/2 lit  
Curd one cup plus half cup  
Water as required  
Groundnut roasted and skin removed 1/4 cup- crush this coarsely  
Salt to taste

#### Method

Wash the javvarisi till the water runs clear  
Beat the half cup of curd with little water  
Soak it with this water and add more water to immerse it fully  
Leave for 5 hrs

To season  
Green chilli 1 slit  
Curry leaves few  
Jeera 1/4 tsp  
Oil 1 tsp  
Hing 1/2 tsp

Once the sabudana is soaked it would have absorbed all the liquid. Take oil in a pan. Add the jeera and once it crackles add the green chilli and curry leaves. Add the hing too. Now add the soaked sabudana and half cup of water and stir well on low flame. Add the salt. You could see the sabudana turning transparent. Taste one to see if it is cooked. Remove from flame and cool. Now add the curd and milk mix well add more salt if needed. Mix in the groundnut too. Sprinkle coriander leaves and serve. It should not be too watery nor too thick add little milk if needed. The curd should not be sour or it will taste sour. Use fresh curds.



### Cucumber Soup

A light soup low in calories and refreshing for summer

#### Ingredients

Cucumber 4  
Cucumber 1 for garnishing  
Coconut 1/2  
Water 4 cups  
Butter 1 tsp  
Salt and pepper to taste

#### Method

Wash the cucumbers. Grate the Coconut. Cut 4 cucumbers, place it in cooker, add 3 cups water and cook for 2 whistles and cool it. Add one cup water to the coconut and extract thick milk. Cut the cucumber kept for garnishing into small pieces. Run the cooled cucumber in a blender and strain. Add the coconut milk, salt and pepper to this and mix well. Take the butter in a pan and once it melts add the cut cucumber and sauté lightly. Add this to the soup. Check for salt and serve. It as a cold soup so need not heat it.





*Presenting the vibrant team 2019- 2020*



KASTHURI VASANTHI

Beautiful  
Go Getter  
Leader  
DILIGENT  
PRESIDENT  
CARING

Hard Working

*Ball*

Efficient  
RESOURCEFUL

Multi-Tasking  
Helpful  
SECRETARY  
Supportive  
Peacekeeper  
DELEGATES



DEEPA VENKATRAMAN



LATHA PRABHAKAR

Sincere  
Multiply  
Treasurer  
Determined  
Smart  
ADD MONEY  
SUBTRACT  
RISK TAKER  
Divide

Creative  
Fun Loving

CUT PASTE COPY  
Unique  
EDITOR  
LOVE  
Perfectionist  
Write  
Achiever



SUJATHA VIJAYASEKARAN



FALGUNA H BADHANI

Diplomatic  
Fun  
CALM  
ISO  
Exchange Flags  
Cool  
Poised



# Office Bearers For 2019-2020



**KAVITHA GOPALAKRISHNAN**  
Vice President

**KASTHURI VASANTHI**  
President

**DEEPA VENKATRAMAN**  
Secretary

**RITA KESHAV**  
Joint Secretary

**LATHA PRABHAKAR**  
Treasurer

**FALGUNA BADANI**  
ISO

**SUJATHA VIJAYASEKARAN**  
Editor

**ANANTHA LAKSHMI**  
Pulse Polio Chairman

**GEETHA PADMANABAN (PAP)**  
**MEENA WAHAN**  
**NIRMALA KASTHURI RANGAN**  
Advisory Committee

**ANITHA SRINIVAS**  
District Chairman 2019-2020

## COMMITTEE

**Aarthi Shah**  
**Binal S. Shah**  
**Gulshan Wagh**  
**Sheela Viswanathan**  
**Annapoorani Nagarajan**  
**Rita Chajed**  
**Brindhya Vijayakumar**  
**Harshidha Wagadia**  
**Hemakhona**  
**Jothi Padmanaban**  
**Prachi Kikani**  
**Radhika Parmesh**  
**Shanthi Rajsekar**  
**Shanthi Shivakumar**  
**Sasi Anandh**  
**Sujani Balaji**  
**Trupthi Parikh**  
**Usha Devi**  
**Srividya M.G.**  
**Vandana Sanjay Kanted**



# Tips for a healthy body and a sound mind

## ACIDITY



Sucking a piece of clove after a meal helps in reducing acidity.

## Constipation And Indigestion



Before breakfast eat half a cup of cooked beets if you suffer from chronic constipation or in digestion.

## Cold and Sore Throat



Mix 2 teaspoons of honey with equal quantity of ginger juice. The beverage helps to remove mucus, providing relief for the common cold, cough and sore throat.



## HEADACHE



Headache caused by Summer Heat is cured by consuming watermelon juice. Just one glass a day works wonders.

## Top Natural Painkillers



## “Bhagavat Geeta” “Beautiful Message”

Stay Away From Anger..... It Hurts: ..... Only You !  
 If You Are Right Then There is No Need to Get Angry \_\_\_\_  
 And If You Are Wrong Then You Don't have Any Right to Get Angry.  
 Patience With Family is Love: .....  
 Patience With Others is Respect.  
 Patience with Self is Confidence And Patience With GOD is Faith.  
 Never Think Hard About The PAST. It Brings Tears.....  
 Don't Think More About The FUTURE.. It Brings Fear....  
 Live This Moment with A Smile. It Brings Cheer.  
 Every Test in Our Life Makes Us Bitter Or Better...  
 Every Problem Comes To Make Us Or Break Us!!  
 The choice is Ours Whether We Become Victims Or Victorious.  
 Beautiful Things Are Not Always Good But Good Things Are Always Beautiful.....  
 Do You Know Why God Created Gaps between Fingers? So That Someone,  
 who is Special To You, Comes And Fills Those Gaps, By Holding your Hand Forever.  
 “Happiness” Keeps You..... Sweet But Being Sweet Brings Happiness.  
 Do Share it, with All The Good People in Your Life..



From the Editor's Desk....

Warm welcome folks!!!!  
 I thank my President and team members for entrusting me with this opportunity of being editor for the year 2019-2020.  
 Inner Wheel is doing a commendable service to society with great projects like caring for the girl child, Rehabilitation of Orphanages feeding the poor educating girl children, etc to name a few. The Theme this year “Together We Can” is definitely a mighty one which aims at bringing together people in service to society. Women are the epicentre of life and Womanhood is a phenomenon. A Woman is the quintessential part of the Universe.  
 We have the ability to create. The power to love and care, to unite and to be a pillar of strength in a challenging world.  
 I'm honoured to be a part of the editorial team during the Golden Jubilee Year of the Inner Wheel District 320.  
 Let us all unite in service of mankind through friendship as the saying goes “Service to Mankind is Service to God and it is the highest form of service”  
 Thank you all!!!!!!

