



INNER WHEEL CLUB OF COIMBATORE

2012 - 2013

BE A FRIEND

MINUTES BOOK

PRESIDENT : MURUGABAL S.V

SECRETARY : MEENA WAHAN



INNER WHEEL CLUB OF COIMBATORE



**INNER WHEEL CLUB OF
COIMBATORE
DIST. 320**

FRIENDSHIP & SERVICE

Friendship & Service

REPORTS AND MINUTES



INNER WHEEL DISTRICT 320
DISTRICT CONFERENCE, COIMBATORE

GREEN SHOOT 2012



2012
Greenshoot
INNER WHEEL DIST 320
District Conference

Think Ahead - Aim High

Date: Sunday, 12th February, 2012
Venue: Codissia Trade Fair Complex, Hall-D

Hosted by
Inner Wheel Clubs of
Coimbatore,
Coimbatore East,
Coimbatore North and
Coimbatore West.



Inner Wheel District 320, District Assembly 2012

Venue: Holiday Inn Gem Park, Ooty

Date : 2nd June, 2012

DISTRICT COMMITTEE MEETING AND BUSINESS SESSION

9.45 am - 11.30 am

Meeting called to order- District Chairman Suja Mani	9.45 am - 9.47 am
Inner Wheel Prayer- Navaneetha Thiyagu	9.47 am - 9.50 am
Welcome and Opening Remarks- District Chairman Suja Mani	9.50 am - 9.55 am
Apologies for Absence-District Secretary Saraswathi Kannan	9.55 am - 9.58 am
Confirmation of Minutes of last Dist Committee District Secretary Saraswathi Kannan	9.58 am - 10.00 am
Matters arising from the above	10.00 am - 10.03 am
Reports of the District Officers & CGRs	10.03 am - 10.40 am
Finance 1. District Treasurer Padmaja Menon	10.40 am - 10.45 am
2. District Treasurer Elect Chitra Vivek - Presentation of Budget	10.45 am - 10.50 am
Resolutions- District Secretary Saraswathi Kannan	10.50 am - 11.00 am
Nominations if any - District Secretary Saraswathi Kannan	11.00 am - 11.10 am
Correspondence- District Chairman Suja Mani	11.10 am - 11.15 am
Any other matter with the permission of the Chair	11.15 am - 11.25 am
Concluding Remarks- District Chairman Suja Mani	11.25 am - 11.30 am

TEA BREAK

11.30 am - 11.45 am

INSTALLATION SESSION

11.45 am - 1.30 pm

Installation Session called to order- District Chairman Suja Mani	11.45 am - 11.47 am
Invocation- Usha Neelakantan	11.47 am - 11.52 am
Lighting of the Kuthuvilakku- Chairman Suja Mani, Chief Guest Mrs Vanitha Mohan, Rotary Governors, Assembly Chairman Anitha Rao, Chairman Elect Kavitha Rao & Assembly Secretary Deepti Anoop	11.52 am - 11.57 am
Welcome Address- Assembly Chairman Anitha Rao	11.57 am - 12.02 pm
Greetings and Messages- District Secretary Saraswathi Kannan	12.02 pm - 12.05 pm
Address by - District Chairman Suja Mani	12.05 pm - 12.10 pm
Introduction & Installation of Incoming Chairman Kavitha Rao- District Chairman Suja Mani	12.10 pm - 12.20 pm
Acceptance Speech - District Chairman Kavitha Rao	12.20 pm - 12.25 pm
Induction of District Executive Committee & CGRS - District Chairman Kavitha Rao	12.25 pm - 12.30 pm
Introduction of Rotary Dist Governor (Dist 3202)- PDC Rema Ramankutty Menon	12.30 pm - 12.32 pm
Release of the District Directory- Governor Elect Rtn T.Somasekharan	12.32 pm - 12.35 pm
Introduction of Rotary Dist Governor (Dist 3201) - PDC Nandhini Raveendran	12.35 pm - 12.37 pm
Release of Chairman's Newsletter - Governor Elect Rtn V.Rajkumar	12.37 pm - 12.40 pm
Introduction of the Chief Guest- Sujatha Narasimhan	12.40 pm - 12.45 pm
Address by the Chief Guest	12.45 pm - 12.55 pm
Presentation of the Mementoes	12.55 pm - 1.00 pm
Felicitations	1.00 pm - 1.10 pm
Roll Call - District Secretary (2012-13) Padmaja Menon	1.10 pm - 1.15 pm
Concluding Remarks- District Chairman (2012-13) Kavitha Rao	1.15 pm - 1.20 pm
Vote of Thanks - Assembly Secretary Deepti Anoop	1.20 pm - 1.28 pm
National Anthem	1.28 pm - 1.30 pm

Meeting Adjourned for Lunch

THINK AHEAD AIM HIGH
(IIW THEME 2011-12)



BE A FRIEND
(IIW THEME 2012-13)

CLUB OFFICERS TRAINING SESSION

For all Incoming Presidents, Secretaries, Treasurers, ISO's and CGR'S

VENUE: HOLIDAY INN GEM PARK

DATE: 2nd June, 2012

Time: 8.30 A. M-9.30 A.M.

SUJA MANI
(District Chairman 2011-12)

KAVITHA RAO
(District Chairman 2012-13)

AGENDA

- | | | | |
|------|---|------|--|
| 8.30 | Meeting called to order | ---- | District Chairman Suja Mani |
| 8.32 | Inner Wheel Prayer | ---- | Charumathi Shankar President
IWC of Kotagiri |
| 8.35 | Welcome Address | ---- | District Chairman Suja Mani |
| 8.38 | Inauguration | ---- | PAP Geetha Padmanabhan |
| 8.40 | Purpose of the Institute | ---- | District Vice Chairman Kavitha Rao |
| 8.42 | Elections Association & IIW,
Triennial Conference 2013 | ---- | Past IIW Editor Gomathi Viswanathan |
| 8.52 | CLUB OFFICER'S TRAINING SESSION | | |
| | PRESIDENT-The Leader----- | | PDC Meena Satish ■ |
| | SECRETARY- Life Line of the Club— | | Past Association Treasurer Radha Prasad |
| | TREASURER-Custodian of Funds — | | PDC Karuna Senthilnathan |
| | ISO-The Friend | --- | Immediate Past District Chairman &
AC Member Minu Rojer |
| | CGRs | --- | PDC Jansi Kishore |
| 9.12 | The year gone by | --- | District Chairman Suja Mani |
| 9.15 | Open House | — | An interactive Session |
| 9.22 | Summing up | — | PAP Geetha Padmanabhan |
| 9.28 | Vote of Thanks | --- | District Secretary Saraswathi Kannan |
| 9.30 | Meeting Adjourned | | |



Minutes of the Incoming and Outgoing
Committee held on Sat 16th June 2012.

Venue : Mrs Ananthalakshmi's Residence
& CGR Mrs Anitha Srinivas's Residence.

The incoming and outgoing Committee started with the Inner Wheel Prayer by all the members.

The Incoming President, Murgambal Sundaravadivelu, welcomed all the members assembled and requested the members to co-operate and donate generously during the incoming year. She also tentatively presented her plan of action.

The ongoing projects - Friends of Tribal Society, Sale of Coohery Books and donations to 'Amrit' would be continued.

The projects for the Installation Day were elaborately discussed and a concrete plan was decided and

deliberated.

An AED Machine would be donated to the District Court Complex, besides donations made for Cancer, Spastic and Handicapped Children and tuition fees paid for some girl children.

Treasurer, Mrs Nirmala Kasturirangian proposed to open 2 New Savings A/c - one being the Charity A/c and the other the Club A/c at Bank of Baroda opp. the Railway Station.

It was proposed to appoint Mr Sanjay D. Shah as the Club Auditor.

It was also suggested by some Senior members that we should work towards better attendance of our members.

The committee unanimously approved of all the above proposals.

Senior members Mrs Anantha Lakshmi and Mrs Mehini Kaho and all the members in general congratulated the outgoing President Kishori Shah and her team for the commendable work done in 2011-2012.

Later incoming Secretary Meena Wabar proposed the Vote of Thanks.



INNERWHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE



District 320

Dist. Chairman
Mrs. Kavitha Rao

President
Mrs. Murugambal Sundaravadivelu
"Srinivas",
128, Thirugnanasambandam Road,
Race Course, Coimbatore - 641 018.
Mob : 99949 33147
Ph : 6550762
E-mail : svmurugambal@gmail.com

Be A Friend
IIW, Theme 2012 - 13

Charter No. 1985

Association President
Mrs. Sarita Lunani

Secretary
Mrs. Meena Wahan
"Harsimran",
176, Rajiv Gandhi Nagar,
Sowripalayam, Coimbatore - 641 028.
Mob : 99940 99611
Ph : 2572686
E-mail : wahanmeena@gmail.com

21.06.2012

Dear Members,

Greetings and warm wishes from your incoming President. At the outset, let me congratulate Smt.Kishori Shah and her team for an eventful year. Thank you friends for your confidence in me and I shall endeavour to do my best.

The I I W- Theme for this year is 'BE A FRIEND'. So let us all aim to 'Be a Friend' and improve the lives of those we befriend, near or far away.

In the incoming and outgoing Committee Meeting it was unanimously decided to increase the yearly subscription from Rs.1,250/- to Rs.1,500/- in view of the escalation of prices. So members, please bring your subscription on the installation day.

Monday, the 16th of July is the day of the Change of Guard at Rathna Residency at 6.00 P.M. Please mark this date on your calendar. Formal invitation will follow shortly.

I look forward to your support, guidance and your gracious presence in all our programmes.

Thanking You,

Yours in Innerwheel

S.V. Murugambal

(Murugambal Sundaravadivelu)
Incoming President 2012-2013





BE A FRIEND

IIW Theme : 2012-2013

**Inner Wheel Club of Coimbatore
(Dist : 320)**

The President and members of the Inner Wheel Club of Coimbatore
Cordially Invite you for the INSTALLATION of

Mrs. MURUGAMBAL SUNDARAVADIVELU

**As PRESIDENT and her TEAM OF OFFICE BEARERS
for the year 2012-2013 and for Dinner thereafter**

Chief Guest : SHOBANA KUMAR

Writer

Venue : Rathna Residency
"Ruby Hall"
V.H. Road,
Coimbatore.

Day & Date : Monday 16th July 2012
Time : 6.30 p.m
Dinner : 8.00 p.m

Kishori Arvind Shah
President

Aarathi Shah
Secretary

**RSVP : Gulshan 3C, Post Office Road,
Krishnaswamy Nagar,**

Mobile : 98422 11005



INNER WHEEL TEAM

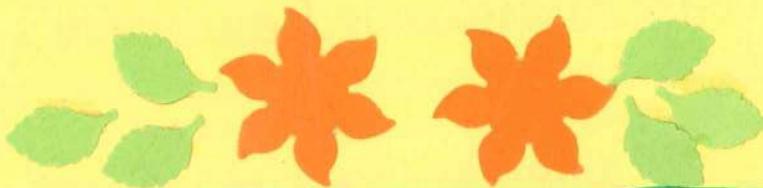
(2012 -2013)

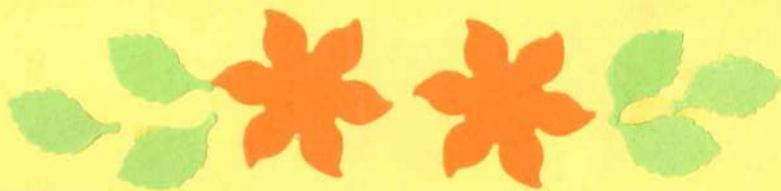
PRESIDENT	:	MURUGAMBAL SUNDARAVADIVELU
VICE-PRESIDENT	:	AARTI SHAH
SECRETARY	:	MEENA WAHAN
I.P.P	:	KISHORI A. SHAH
JOINT SECRETARY	:	PRACHI KIKANI
TREASURER	:	NIRMALA. K
ISO	:	SHANTHI RAJSEKHAR
EDITOR	:	SUJANI BALAJI
PULSE POLIO CHAIRMAN	:	ANANTHA LAKSHMI SRIRAM
ADVISORY PANEL	:	GEETHA PADMANABAN
		GULSHAN WAGH
		HEMA KHONA

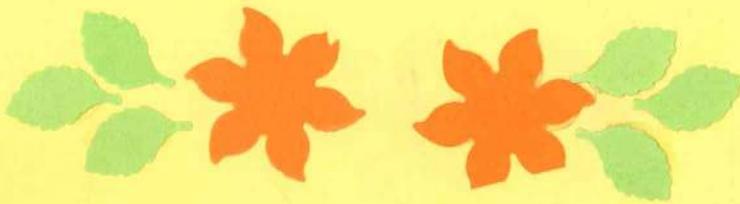
COMMITTEE MEMBERS :

THULSI RAJKUMAR	CHITRA RAJ
SUNDARI KANDASWAMY	MADANBAI INDERCHAND
VALSALA SHANKAR	NANDINI LALKA
SRIDEVI PADMANABAN	TRUPTI PAREKH
USHA THIRUGNANAM	URMILA SURANA
ANITHA SRINIVAS (CGR)	BEENA MYSHERI
JOTHI PADMANABAN	LATHA PRABAKAR
NUTAN ASHER	SARASWATHI SUNDARRAJ









Minutes of The Installation Meeting held
on Monday 16th July 2012

Venue: 'Ruby Hall' at The Rathna Residency.

The Installation Function of The Inner Wheel Club of Coimbatore 2012 - 2013 was held on Monday 16th July 2012 at the Ruby Hall in The Rathna Residency.

The meeting commenced with the Invocation by

President Kishori welcomed the August gathering of members and distinguished guests. President Kishori Shah and Secretary Aarthi Shah beautifully presented a detailed and elaborate report of all the activities and projects for the year 2011 - 2012.

Secretary Aarthi Shah thanked all the members for their great support all through the year.



Mrs Murugambal Sunderavadivelu was installed as the 37th President of the Inner Wheel Club of Coimbatore along with her team of Office Bearers.

Projects:

1. Donation of an AED Machine worth Rs 1 lakh was installed at the Coimbatore District Court.
2. Donation of Rs 50,000 to Coimbatore cancer foundation at the GKNM Hospital for the treatment of girl patients suffering from Cancer.
3. Donation of Rs 15,000 to 'Amrit' - a school for physically challenged children.
4. Total sum of Rs 7000 was donated to 5 girl children for their tuition fees.

5. Rs 1200 donated for a Cataract surgery.

New Members Harshida Vagadia, Usha Devi, Annapurni Nagraj and Anju Wadhvani were inducted by P.A.P. Geetha Padmanaban.

Chief guest, Writer Shobana Kumar addressed the gathering and motivated the members by her inspiring speech.

Rotarian President Balakrishnan and Rotarian Sunderavadivelu offered felicitations.

President Mohana Sundari from Inner Wheel West and District Editor Veena Pathy and Laila Mathachan President - Inner Wheel Club of Chalakudy felicitated the New President.

Vote of Thanks was proposed by the Secretary Meena Wahare.

The Installation function concluded with the National Anthem and was followed by Dinner.



The M.C's



BE A FRIEND

CHAKRAM

NEWS BULLETIN OF INNER WHEEL CLUB OF COIMBATORE
-DIST. 320



July 2012
Issue - 1

CHARTED 1st FEB 1976

THEME: "BE A FRIEND"

CHARTER NO: 1985

MESSAGE FROM ASSOCIATION PRESIDENT

Dear friends in Inner wheel, Our beloved IIW President Carole young from New Zealand has given us a wonderful theme. She has asked us to, 'BE A FRIEND'. So simple yet so meaningful. We all need a shoulder to cry on sometime in life. I only hope that you have enough friends, that you will have a shoulder to cry on when the time comes. We will work together so that we will smile together.

"Be a friend to those who seek you,
Be a friend to those who need you,
Be a friend to those who love you
Be a friend to our beloved earth.
Involve..
Inspire..
Illuminate..
Inner wheel!!



Association President
Saritha Lunani

MESSAGE FROM DISTRICT CHAIRMAN

Dear president and members, Greetings from your chairman from the mountains of Nilgiris. In the journey of Inner wheel that we have undertaken friendship is what we get easily in abundance. As you begin your year as a president, I would like you to be a friend and extend my wishes to you and your team. New leaders inject new vigor, vitality and enthusiasm in the club. This passing on of the Baton helps our organization prosper and progress. I would like to wish you and your team all the very best in the service endeavors that you may undertake in this year and provide my full-fledged support in the initiatives that you are running. I look forward to visiting your club and share joyous moments of successful ventures. Have a wonderful and fruitful Inner wheel year 2012-2013.



District Chairman
Kavitha Rao

KNOW YOUR PRESIDENT

Murugambal daughter of Mr. and Mrs. O. Chinnaswamy Pillai, did her schooling in St. Josephs Anglo Indian school in Trichy. Always among the top five in class, received many prizes for her academic excellence both in school and college. She graduated in law in Sheshadripuram Law College at Bangalore. Happily married to Rtn. Sundaravadivelu, she is blessed with two children, Pravin and Preethi. Her favourite pastime is spending time with her beloved grandson Dhyaanav. Also interested in music and watching movies. She has served the club as committee member and as an I.S.O.

FROM THE PRESIDENT'S DESK

Greetings and warm wishes to my Inner wheel sisters. Thank you friends for electing me the president of this prestigious club for the year 2012-13. With your guidance and support, I shall endeavor to do my best. At the outset, let me congratulate Kishori shah and her team for their exemplary service. The IIW theme for this year is 'Be a Friend', so friends let us all aim to be a friend and improve the lives of those we befriend, near or faraway. I look forward to your support and guidance in all our projects.



President
Murugambal Sundaravadivelu

FROM THE EDITOR'S DESK

Dear Friends, The Inner wheel club has always been a hub of activity every year and I'm sure each of us have derived from this organization a sense of pride and conviction to serve others. Being the ISO, has given me not only a vast experience but also the pleasure of knowing so many people across the south. This experience as an editor has been and, i'm sure, will be a wonderful journey as well. Thank you all for the guidance and encouragement, enthusiasm and participation. Wishing our new team Good luck!



Editor
Sujani Balaji

BE A FRIEND

- Friends care about each other.
- Friends share with each other – they share their time, their talents, their compassion, their energy.
- Friends share ideas and resources
- Friends share your visions and dreams.
- Friends help you to achieve your goals.
- Friends do not notice creed or colour.
- Friend(ship)s bridge geographic boundaries/divisions.
- Friends want to make your life better, wherever you live, and whatever you do.

IIW President
Carole Young

Words that make all the difference.....

- Careful words are magic, it brings joy.
- Thoughtless words will mislead our right deed.
- Sweet words may offer a lot of joy.*
- Brutal words may lead to a miserable deed.*
- Lovely words can glorify a life with success*

- **Ananthalakshmi Sriram**

MESSAGE FROM THE IPP

At the occasion of change of guards I wish Murugambal and her Team "All the very best" and one more Happy Innerwheel Year.

Kishori Shah

Overview of Main Projects Done in the Year 2011-2012

Donations in Rs.	Projects
1,00,000	Coimbatore cancer Foundation in GKNM
38,325	Braun Infusion Syringe Pump to Government hospital.
37000	Jeevan Stem Cell Bank.
16000	Adoption of expectant mothers at Siva Santha Hospital.
16000	Maniyad, a tribal village adopted for the second year.
10000	Education aid for girl students at Shanthi Ashram
8365	Hoarding installed at Railway Station to create awareness about Breast cancer and Cervical cancer.
7500	Calipers for Polio inflicted children
5200	Two study tables for Seva Nilayam
5000	Artificial limbs
5000	Scholarship to college student
5000	School for the speech and hearing impaired.

Emphasizing the awareness of Breast feeding was carried out for a week

INTERNATIONAL INNER WHEEL CONVENTIONS

15th International Inner Wheel Convention, Istanbul, Turkey - 19th - 21st April 2012.

My first Convention was the 11th International Convention held at Stockholm, Sweden. I had asked one of the members attending the Convention - how many Conventions she has attended and I think she had said - 10! For somebody who was attending a convention for the first time - it really seemed great.

Well after that I too have not missed a Convention. After Stockholm it was Florence, Italy when I was the Association President in 2003, Christchurch New Zealand in 2006, Kota Kinabalu, Malaysia in 2009 and the last one was Istanbul, Turkey in 2012. Well I do hope to attend the next one at Copenhagen, Denmark in 2015.

From less than 10 members from India at the Stockholm Convention for this Convention we had more than 100 delegates from India. Three of us attended from Dist 320 - PDC Nadini (Udumalpet), Past President Thulsi and myself.

We were staying about a 15 Mins walk away from the Convention Centre. Except the Inaugural day when all of us were wearing Sarees and it was raining, we used to walk to the Convention Centre. of Course a lot of our other Indian Delegates used Cabs - when even much older delegates from other countries walked :(Every Convention has Seminars on Different Topics (This started from the Christchurch Convention), a Welcome Reception cum Flag Exchange the day before the inaugural. For the Inaugural all of us from India wore our Traditional Sarees. At the inaugural each Countries Flag was Projected on the Stage. At Florence as the then Association President, I carried the National Flag, But now they have dispensed with that custom - probably takes too much of time.

The Three IIW Presidents from the last Convention give a brief report of their year. Past IIW Editor Gomathi's Report was read out by Elaine. The treasurer gave her Report. By the way I do not know how many of you know - while all other Offices at International are Honorary - only the Secretary - Mrs Elaine is paid for her services and it is not an Honorary Job.

The highlight of the Business Session was the Proposal 17. Ever since I attended Conventions - there have been proposals to enable Members without IW/Rotary connection to join Inner Wheel! At last because even Indian Voters voted for this proposal - it was carried.

From the afternoon started the Business Session, and the Whole Next Day was the Business Session. The Last Day Business Session continued till Lunch and Convention finished with the Closing Ceremony. - where we had a glimpse of Turkish Culture. Till the next Convention!

Geetha Padmanaban.

Our Vibrant **Secretary Meena Wahan** has been serving the club for more than 20 years, and has been very active during this period and has shouldered all sorts of responsibilities of the club.



Here again is another instance of her creativity. As per her idea we have compiled the bucket list of few of our members.

What are the things that you have always wanted to do before you kicked the bucket?

This was a simple question put to our members. Take a look at the variety of responses we received!

Geetha Padmanabhan replied, "*Can it be - Owning a Rolls Royce or Landing on the Moon - well when Meena asked me for my list I truly thought a lot about this and decided I will give my Bucket List Pertaining to Inner Wheel!*"

India should host an International Inner Wheel Convention.

Meena should take a group of Inner Wheel Members from our Club to the Convention.

Hema Khona should become the President of our Club."

Besides wanting to be interviewed by the president of USA and joining A.R. Rahman's singing troupe, our extremely witty president Murugambal also wants to "*I want to kick a bucket literally to know what it means to 'kick the bucket' before I really kick the bucket.*"

Her other wishes are to steal the flag planted by Hillary and Tenzing atop Mt. Everest and to search for Neil Armstrong's original footprint on the moon.

Read on to find out what our other friends say about their bucket lists....

- ♦ I want to explore the various music and dance forms across the world.
- ♦ I want to shamelessly eat all the vegetarian deep fried snacks.
- ♦ I want to holiday at Venice.
- ♦ I want to make my own tribal art jewellery studio.
- ♦ I want the Innerwheel movement to get added in the social studies syllabus in schools.

- Prachi Kikani



- ♦ I would love to go on a bicycle ride pedaled by Meena Wahan.
- ♦ I want to glide in the sky, confidently, holding Thulsi.
- ♦ I would be more than happy to walk the ramp accompanied by Hema.
- ♦ I want to have a jolly time dancing to a disco number with Geetha.

- ♦ I would love to do something for the society.

- Anitha Srinivas



- ♦ I want to fly an aircraft with Ratan Tata as company.
- ♦ To navigate the snake boat races in Kerala backwaters.
- ♦ To take jaggi vasudev for a drive on his Harley Davidson.
- ♦ To be JJ Vallaya's super model for his bridal collection.
- ♦ Would love my husband to carry me and sing a romantic song in the botanical gardens.

- Meena Wahan



- ♦ Win a lottery of millions and spend it without being answerable to anyone.
- ♦ To watch a live cricket world cup match abroad with India winning the Final.
- ♦ Attend a shahrukh khan movie premier.
- ♦ Give an exceptional solo singing performance and win a prize in the competition.
- ♦ Play a role in making India a corruption free country.

- Arthi Shah



- ♦ I want to get into a physical fight with meena and WIN
- ♦ Want to go to a night club in Amstradam on my own.
- ♦ Want to spend a week in the Ananda spa in the Himalayas.
- ♦ Want to learn salsa dancing.
- ♦ To experience weightlessness by floating around without gravity.

- Thulsi Rajkumar



- ♦ To become Mrs. India.
- ♦ To run a 500 km marathon.
- ♦ Build a house of chocolates and live in it.
- ♦ Sit on a tiger and go for a safari
- ♦ To lay the roads of Krishnaswamy nagar.

- Gulshan Wagh



- ♦ I want to take a tour on a hot air balloon.
- ♦ I want to see the temperature of kovai reduce by 10degrees.
- ♦ I want to go on a Mediterranean cruise.
- ♦ Act in a movie with Tom Cruise as co-star.

- Sridevi Padmanabhan



- ♦ I want to be like Goddess Annapurani and feed the world
- ♦ Want to rule Tamilnadu like Kattaboman.
- ♦ Want to serve the poor.
- ♦ Wish to visit all the temples in India

- Sundari Kandaswamy



- ♦ I want to color my hair pink.
- ♦ Want to do bungee jumping.
- ♦ Want to achieve size '0'
- ♦ Want to drive a formula one race car.
- ♦ Want my husband to do all the housework for a day.

- Shanthi Rajkumar



- ♦ I want to scuba dive in the coral reefs.
- ♦ Would like to go to space.
- ♦ Would like to try different hairstyles and makeup.
- ♦ Would like to cruise with Queen Elizabeth.

- Saradha Srikanth



- ♦ Would like to visit the Taj Mahal.
- ♦ Want to maintain 50 kg of weight.
- ♦ I want to dance gracefully with my husband on my granddaughter's wedding day.
- ♦ Own a school and educate all girl children.
- ♦ Win a badminton match.

- Urmila Surana



- ♦ I want to eat icecream with my husband when it is raining heavily.
- ♦ I wish to be a qualified professional.
- ♦ I wish to educate a deserving and interested girl and extend financial assistance till she completes her course.

- Sneha Bhansali



- ♦ Want to learn salsa dancing.
- ♦ To experience weightlessness by floating around without gravity.

- Thulsi Rajkumar



- ♦ To become Mrs. India.
- ♦ To run a 500 km marathon.
- ♦ Build a house of chocolates and live in it.
- ♦ Sit on a tiger and go for a safari
- ♦ To lay the roads of Krishnaswamy nagar.

- Gulshan Wagh



- ♦ I want to take a tour on a hot air balloon.
- ♦ I want to see the temperature of kovai reduce by 10 degrees.
- ♦ I want to go on a Mediterranean cruise.
- ♦ Act in a movie with Tom Cruise as co-star.

- Sridevi Padmanabhan



- ♦ Want to get a tatoo done on my nape.
- ♦ Want to go on a self driven road trip
- ♦ Want to dine at a roof top revolving restaurant in switzerland.
- ♦ Scuba diving at the Bahamas
- ♦ Want to open a restaurant.

- Nandini Lalka



- ♦ Go back to school
- ♦ Get drunk
- ♦ Get back to O size
- ♦ Go on a date with guess who?
- ♦ Continuously living the life as it comes and enjoy every moment

- Trupti



INNERWHEEL TEAM 2012 - 13

President	: Murugambal Sundaravadivelu
Vice President	: Aarthi Shah
Secretary	: Meena Wahan
I.P.P	: Kishori A. Shah
Joint Secretary	: Prachi Kikani
Treasurer	: Nirmala. K
ISO	: Shanthi Rajasekhar
Editor	: Sujani Balaji
Pulse Polio Chairman	: Ananthalakshmi Sriram
Advisory Panel	: Geetha Padmanaban Gulshan Wagh, Hema Khona



HAPPIER FUTURES
HELPING CHILDREN AROUND THE WORLD NOW

INNERWHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE

District 320

Dist. Chairman
Mrs. Kavitha Rao

President
Mrs. Murugambal Sundaravadivelu
"Srinivas",
128, Thirugnanasambandam Road,
Race Course, Coimbatore - 641 018.
Mob : 99949 33147
Ph : 6550762
E-mail : svmurugambal@gmail.com



Be A Friend
IIW, Theme 2012 - 13

Charter No. 1985

Association President
Mrs. Sarita Lunani

Secretary
Mrs. Meena Wahan
"Harsimran",
176, Rajiv Gandhi Nagar,
Sowripalayam, Coimbatore - 641 028.
Mob : 99940 99611
Ph : 2572686
E-mail : wahanmeena@gmail.com

Dear Friends in Inner Wheel,

Greeting to all of you,

Murugambal and I Thank all of you for your presence at the Installation Function on 16th July 2012.

Now we move on to the Active August. We all know that the first week of August is celebrated as "**World Breast Feeding Awareness Week**". All through the week, we shall endeavor to educate the young mothers, mothers - to - be and college girls on the benefits of Breast Feeding. **The First Gift of a Mother to her Baby.**

Date	Day	Time	Venue
01.08.2012	Wednesday	4 p.m.	Inauguration at Masonic Children Hospital Talk and Skit
02.08.2012	Thursday	to be announced	Nirmala College for Women Talk and Poster making competition
03.08.2012	Friday	10 a.m.	PSG IMSNR Vedapatti "Healthy Baby Contest"
04.08.2012	Saturday	3.30	G.K.N.M. Hospital Talk by Dr. Sowmya and Quiz
05.08.2012	Sunday	Full Day	Slide Show in Central Theatre , Carnatic Theatre and Royal Theatre
06.08.2012	Monday	11 a.m.	Govt Hospital
07.08.2012	Tuesday	11 a.m.	Seethalakshmi Hospital, Valedictory Function

Vice President
Mrs. Aarti Shah
133, Venkatasamy Road (E),
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Mob : 90470 77220
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Imm. Past President
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Coimbatore - 641 045.
Mob : 99430 39807 Ph : 2315310
kishori:a.shah@gmail.com

Treasurer
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Ph : 2314908
nirmalakasthuri@yahoo.com

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Ph : 2314495
shraj89@gmail.com

Joint Secretary
Mrs. Prachi Kikani
54, Ramalingam Nagar,
4th Layout, Alagesan Road 2,
Saibaba Colony,
Coimbatore - 641 011.
Mob : 93613 93939
prachij27@gmail.com

INNERWHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE

District 320

Dist. Chairman
Mrs. Kavitha Rao

President
Mrs. Murugambal Sundaravadivelu
"Srinivas",
128, Thirugnanasambandam Road,
Race Course, Coimbatore - 641 018.
Mob : 99949 33147
Ph : 6550762
E-mail : svmurugambal@gmail.com



Be A Friend
IIW, Theme 2012 - 13

Charter No. 1985

Association President
Mrs. Sarita Lunani

Secretary
Mrs. Meena Wahan
"Harsimran",
176, Rajiv Gandhi Nagar,
Sowripalayam, Coimbatore - 641 028.
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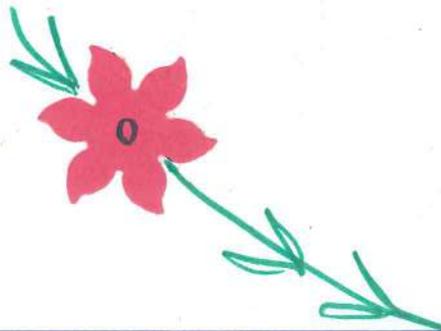
1st Regular Meeting

- Date : Thursday 9th August 2012
- Time : 12.00 noon Committee Meeting
12.30 noon Regular Meeting
- Venue : Chitra Raj's Residence
3-J, "Sree Madhuram" Lakshmanapuram
Pappanaickenpalayam
Coimbatore-641 037
Mobile: 98432 56171, Ph : 2244151
- Hosts : Chitra Raj, P. Kasthuri Vasanthi,
Joyce Thomas, Asha Senthil
- Programme : 'BE A FRIEND' – know your own Inner Wheel Members.
Inner Wheel Quiz

Members, Please attend the meetings and the projects.

Yours in Inner Wheel,

Meena Wahan
Secretary



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Minutes of the Ist Regular Meeting held on
Thursday 9th August 2012
Venue: Mrs Chitra Raj's Residence.

Inner Wheel Prayer was read by all the members

The President welcomed the members. The minutes of the Installation meeting was read by the Secretary.

The Projects to be done in August were discussed. The World Breast Feeding Awareness Week starting from 1st Aug 2012 to 7th Aug 2012 was already discussed.

A Demonstration was held by Kent for a Water Purifier and a Vegetable Cleanser.

An Inner Wheel Quiz was also prepared for the members and an interesting interactive session followed.

Vote of Thanks by Secretary Meena was followed by lunch hosted by 4 of our members.



WORLD BREAST FEEDING AWARENESS WEEK

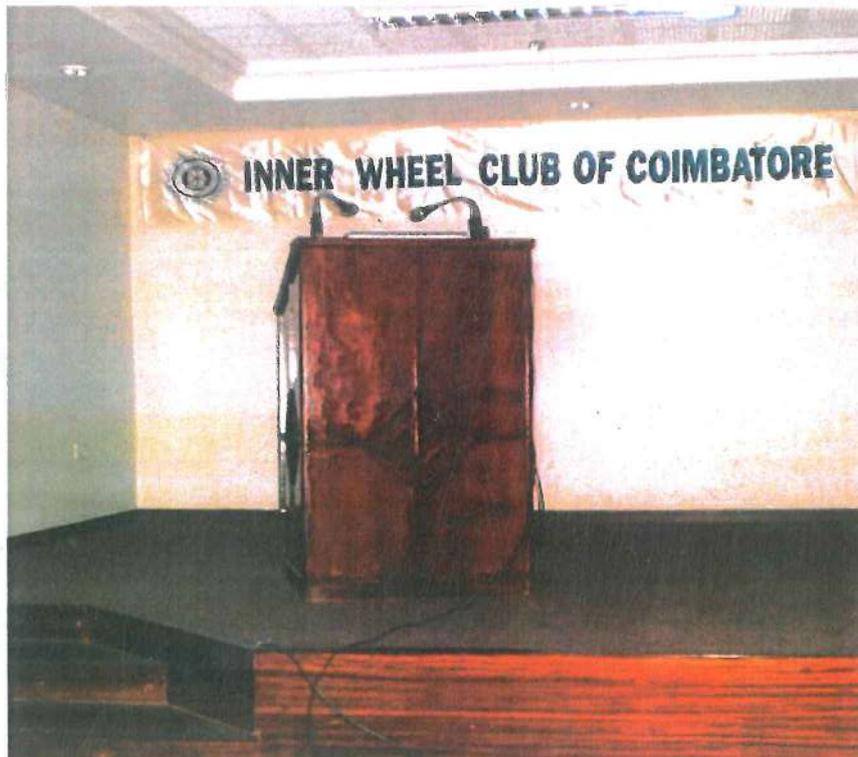
WEDNESDAY AUGUST 1ST 2012 TO TUESDAY 7TH AUGUST 2012

INTRODUCTION:-

The importance of Breast feeding has been recognized as one of the most valuable gifts a mother can give its little infant baby. To spread this message Inner Wheel Club of Coimbatore has taken a keen interest to promote and support Breast feeding.

A week long Breast Feeding Awareness Programme was organized by our Club. This programme highlighted the importance and benefits of Breast Feeding to the young mothers at different places and different sections of the society at large.

Members of Inner Wheel Club of Coimbatore also delivered talks, stressing how Breast Feeding is of utmost importance for the physical and mental development of the baby.



DAY -1 AUGUST 1ST INAUGURATION

Venue – MASONIC CHILDREN'S HOSPITAL

The inaugural function of the World Breast Feeding Awareness Program was held at the Masonic Children's Hospital, Race Course.

Dr. Krishnaswamy – Head of Department of Pediatrics, inaugurated the Program and gave a talk on the advantages of Breast Feeding and its importance of in the physical and mental growth of the baby. Mr. K.V. Ranganathan G.M. of the Hospital also gave a brief speech and encouraging mothers to breast feed their little babies. Karthika MSC Student from Dhanwanthari College of Nursing, Erode, spoke about the importance of Breast Feeding and the correct posture. About 28 young mothers attended the program. Momentos were presented to all the participants and the Doctors.

Tea and snacks were served to the Audience.

Beneficiaries –

Expenses – Nil – (Everything was sponsored by Members)



Day Two Thursday 2nd August 2012

Venue: Nirmala College of Women

President Murugambal welcomed the gathering of young girls from the college. She also said that the young girls are the future mothers and so at this point of time, they should take care of themselves now, by having more vegetables, fruits and milk in their daily diet.

Dr. Rukhmani and R. Vanitha Pediatrician from Government Hospital focused on the importance of Breast Feeding within 30 Minutes of Child Birth. They said that human milk contains vital nutrients and living cells which are may beneficial for the new born baby's physical and mental development. There was good interaction between the students and the Doctors. Sr. Jenitha also spoke on women's empowerment and another student spoke on plastic waste. The college faculty thank the Inner Wheel Club of Coimbatore for working for a good cause. Secretary Meen Wahan proposed the vote of thanks.

Memento's were distributed to the Faculty Doctors , and the Students who participated were also given prizes.

About 500 students gathered at the auditorium.

Benefeciaries – young college students.

Amount spent - Nil, Everything was sponsored by Members.





NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)
AFFILIATED TO BHARATHIAR UNIVERSITY
(REACCREDITED WITH 'A' GRADE BY NAAC)
COIMBATORE 18



Day Three Friday 3rd August 2012

Venue: PSG IMSNR Vedapatti

Dr. Vasantha Kumari welcomed the young mothers and mothers to be. President Murugambal spoke on the benefits of Breast Feeding.

Dr. Rathan, the in house doctors conducted a Healthy Baby Contest on the basis of the mothers health, mothers education, family planning and immunization awareness, besides the baby's good health.

A quiz program was organized by Dr. Rathan. Babies, Vnayaga, Akhil and Arumudham, Akshaya and Varshini Won Healthy Baby prizes.

Biscuits, Gifts, Momentos, Prizes were distributed

Beneficiaries –

Expenses : Nil – Members Sponsored the Prizes.





Day Four Saturday 4th August 2012

Venue: GKNM Hospital

Dr. Sowmya HOD of Pediatrics welcome the Inner Wheel Members and the young mother and the attending parents.

Dr. Amudha HOD of Obstetrics spoke extensively on the extreme importance of Breast Feeding. Dr. Amudha added that not only the baby but the mother also benefits from breast feeding. It assists in Weight loss after delivery, protects against breast cancer and delays ovulation. She insisted that the young mother should feed the baby within 30 minutes of child birth.

A Question and Answer session followed in which the doctors cleaned the doubts of the audience. The Nurses gave a poetic massage to the audience on the advantage of Breast feeding, about 45 ladies and members participated in the grand program.

Tea and Prizes were distributed.

The HOD's were presented with a small moments

Beneficiaries

Expenses : Nil : All Prizes were sponsor.



WORLD BREAST FEEDING
WEEK

INNER WHEEL CLUB OF COIMBATORE



WORLD BREAST FEEDING
WEEK
AUG 1-7



Day Five Sunday 5th August 2012

Venue: Local Theatre

Screening of slides at the 7 Theatre's in Coimbatore as part of the
"World Breast Feeding Awareness Week"

 கோயமுத்தூர் இன்னர்வில் சங்கம்
20வது உலக தாய்பால் வார விழா
ஆகஸ்ட் 1 - 7



தாய்ப்பாலின் மகத்துவம்

- > குழந்தையின் முழுமையான வளர்ச்சிக்கு மிக உயர்வு
- > குழந்தையின் நோய் எதிர்ப்பு தன்மையை வளர்க்கிறது
- > தாய் சேய் கிருமிகளால் உண்டாகும் பால் பிணைப்பை உருவாக்குகிறது
- > எலிதீம் செரிமானம் ஆக்கியது
- > பரிசுத்தமானது
- > பிறந்த குழந்தைக்கு தாய்ப்பாலுக்கு வேண்டிய உயர்வு வெறிகளை

The above slides was screened in the following seven Cinema theatres in the City of Coimbatore

CENTRAL, KANAGADHARA, GANGA, YAMUNA,
KAVITHA, SENTHIL, KUMARAN

The Slide was screened on all the four shows and on all the seven days from 1st August to 7th August Commorating the

"World Breast Feeding Awareness Week"



INNER WHEEL CLUB OF COIMBATORE



Day Six Monday 6th August 2012
Venue: Coimbatore Medical College and Hospital
(General Hospital)

The “World Breast Feeding Awareness Week” was held at the Neuro hall at the Coimbatore Medical Hospital.

The Chief of Pediatrics Dr. Kuppusamy welcomed the huge gathering. Prominent doctors graced the function. Dr.J. Rukkmani thanked the Inner Wheel members for conducting the program especially for the nursing student as the nurses were health care providers and in constant touch with the young mothers.

Matrons and Nurses also participated in the question answers sessions. The Nurses had taken great pain and took time off from their hectic schedules and put up a colourful poster and slogan competition.

The highlight of the program was the Villupattu and a Kavidhai Compitation.

36 Young Mothers the program. Tea & biscuits were served to them

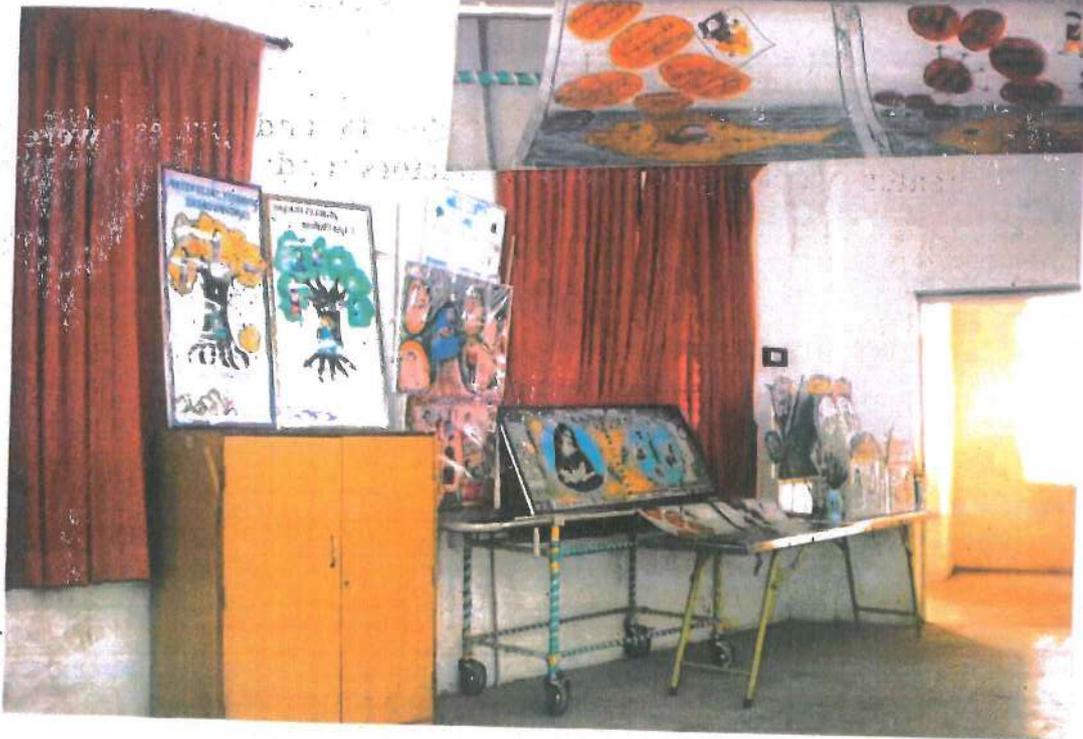
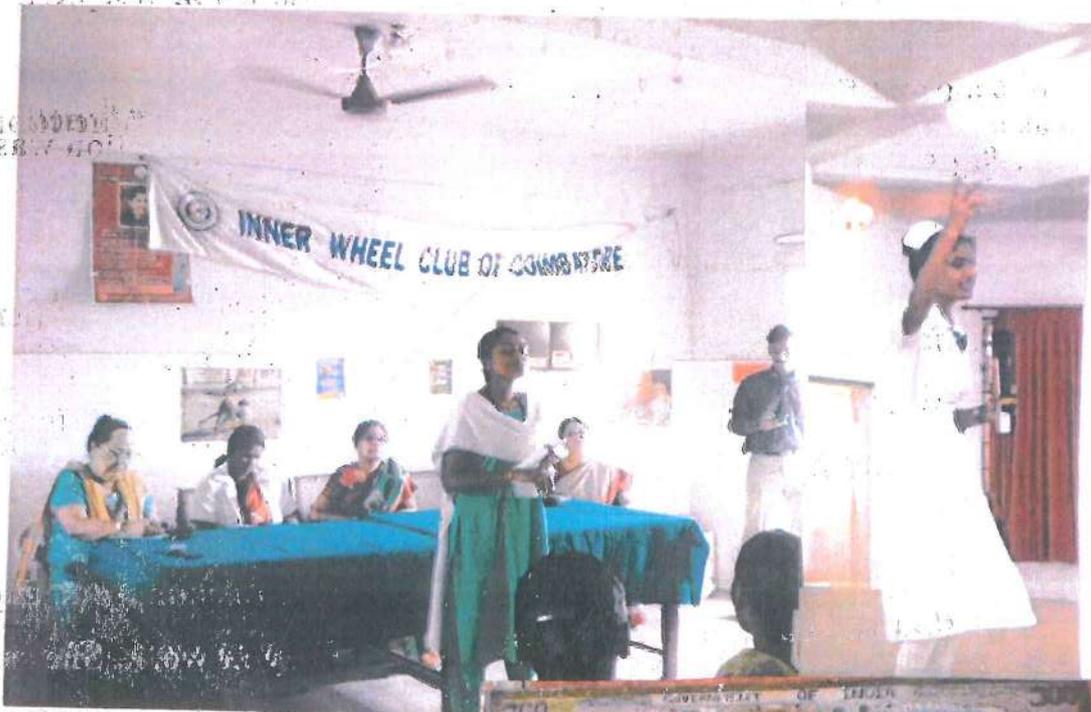
38 Participants from the 250 nursing students were given prizes and mementos.

7 Faculty were given momentos.

Beneficiaries :

Expenses – Nil – Everything sponsored by Members.





Day Seven Tuesday 7th August 2012

Venue: Valedictory Function, Seethalakshmi Hospital

It was a great finale to an interesting week. The Valedictory function was held at the seethalakshmi medical Hospital.

Dr. S. Ilamathi, Gynecologist at the Hospital reaffirmed the superiority of Breast Feeding for new borns at her inaugural talk. She also interacted with young mothers and mothers to be and cleaned their apprehensions about breast feeding.

Dr. Ilamathi encouraged the working mother to pump out the milk into a bottle so that the baby can be fed which she is away at work. She said that there is no substitute for mother's milk so mothers should make it a point to feed their baby's for atleast for a year.

Young, enthusiastic nursing students from J.K. College of Nursing presented a symposium on Breast Feeding.

Mementos were given to the doctors and prizes were given to the participating Students.

Biscuits and Tea was Served

Beneficiaries

Expenses : Nil – Everything was sponsored by members)

WORLD BREAST FEEDING AWARENESS WEEK

President Murugambal was interviewed by the Local Radio City 91.1 F.M. on the 3rd of August 2012. She Spoke on the importance of Breast Feeding.

Dr.Vasanthi also spoke along with the president on the advantages of Breat feeding the young child and the disadvantages of Bottle feeding

CONCLUSION

Conclusion – In line with the guidelines, me at Inner wheel club of Coimbatore had great fulfillment organizing the World Breast Feeding Awareness Week from 1st August 2012 to 7th August 2012.

From the inaugurated at Masonic Children Hospital to the Validity at the Seethalakshmi Hospitals, we got good response from the problem and the motivating support of the doctors which will give us strength to embark on such mobile causes.

Most of the Members of Inner Wheel Club of Coimbatore took active part in the awareness week. We show that we care through FRIENDSHIP AND SERVICE and 'BE A FRIEND'

Thank You!



President IWC of CBE

Secretary I.W.C of CBE

Meene wahan

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IIW, Theme 2012 - 13

Charter No. 1985

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Sowripalayam, Coimbatore - 641 028.
Mob : 99940 99611
Ph : 2572686
E-mail : wahanmeena@gmail.com

CALL FOR 2ND REGULAR MEETING

Date : Saturday 8th Sept 2012
Time : 11.30 Committee Meeting
12:00 Regular Meeting
Venue : Mrs. Prachi Kikani's Residence
54, Ramalingam Nagar, 4th Layout,
Alagsan Road, Saibaba Colony, Coimbatore - 641011
Mobile : 93613 93939
Hosts : Prachi Kikani, Nutan Ashar
Aarti Shah Urmilla Surana
Programme : Cooking Demonstration
Mrs. Sabita Wadhwani Cooking Expert

COMPETITION FOR YOU!



Come dressed in your best
With all accessories which have been at rest
Prepare yourself to win
But do not forget you
Inner Wheel Pin

Members please do come on time and participate !!

Regards
Meena Wahan

Vice President
Mrs. Aarti Shah
133, Venkatasamy Road (E),
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Coimbatore - 641 002.
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PROJECTS FOR THE MONTH OF SEPTEMBER 2012

- 5th September 2012 : **Teacher's Day Celebrations**
Wednesday
Honouring the 5 Teachers at
The Deaf and Dumb School
at R.S. Puram at 11.00a,m
- 8th September 2012 : 2nd Regular Meeting at
Saturday
Mrs Prachi Kikani's Residence
at 11.30am
- 15th September 2012 : Visit to "Families for Children"
at Podhanur at 11.00a.m
(Members are requested to pool in by cash or
kind and join us)
- 17th September 2012 : Century Apparels - Garment Factory visit
Monday
at Thekkalur
Thirumurugan Poondi Temple at Avinashi
Leave at 9.00 am and Back by 2.00pm
(Members are requested to give in their names
early as possible)



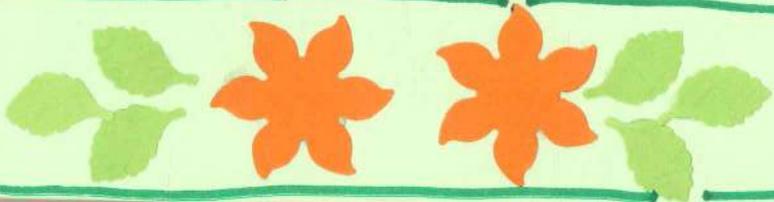
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Minutes of the IInd Regular Meeting on
Saturday 8th September 2012.

Venue: Mrs Prachi Kikani's Residence.

Inner Wheel Prayer read by all members

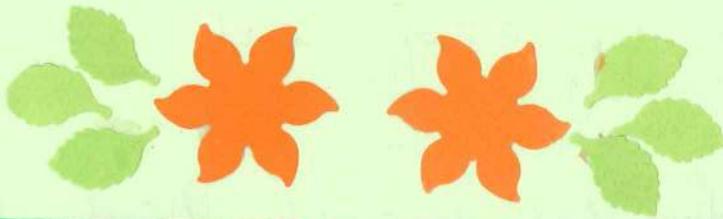
President Murgugambal welcomed all the members and projects for September were discussed.

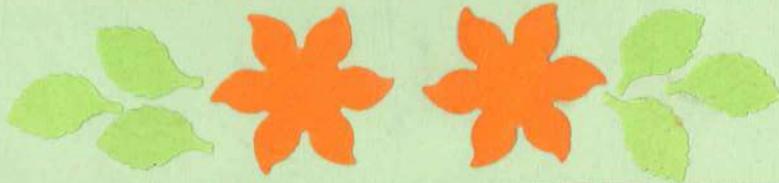
A demonstration of 'An Oriental Soup' was conducted by Culinary expert, Mrs Sabita Wadhvani. The members relished the soup and took down the recipe.

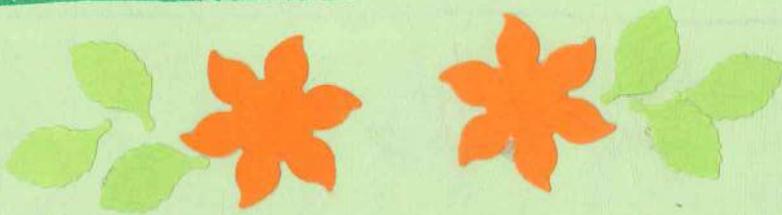
Our hosts for the month had organized a well-dressed lady contest, in which an important accessory was the Inner Wheel Pin. 5 Prizes were given away to the winners.

12 members registered for the Rally 'EKTA' to be held at Calicut on 6th Oct 2012.

Vote of Thanks by Secretary Meena and the members enjoyed a delicious lunch.







Projects

Our club celebrated Teacher's Day on Wednesday 5th Sept 2012 at The Deaf and Dumb School by honouring 5 Teachers of the institution. Prizes were also given for the painting competition held at the school.

Our members visited the 'Families for Children' at Padhanur - and distributed Toys, games, Grocery, Oil, Clothes, Biscuits etc to the mentally challenged inmates of this institution which houses 350 inmates from the new born to the very elderly.

On 17th September 2012 - The Inner Wheel Club of Coimbatore made a factory visit to a garment factory at Tekkalur and the Thirumurugan Poondi Temple at Avinashi.

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E-mail : wahanmeena@gmail.com

CALL FOR THE 3RD REGULAR MEETING

Date : Wednesday 10th Oct 2012
Time : 12.00 noon Committee Meeting
12.30 noon Regular Meeting
Venue : Mrs. Latha Prabhakar's Residence
8, Abdul Rahim Road,
Red Fields,
Coimbatore- 641 018.
Mobile : 98949 55776

Hosts : Latha Prabhakar
Brinda Vijay Kumar
Sujani Balaji
Sharda Srikant
Beena Myskeri

Program : Surprise Games and Gifts Galore!!!

*Yours in Inner Wheel
Meena Wahan*



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PROGRAMME FOR THE MONTH OF OCTOBER 2012

- 6th Oct 2012
Saturday
Inner Wheel District Rally at Calicut
(Members, Please do come.....
Spot Registrations welcome-
For Further information please call the
President)
- 10th Oct 2012
Wednesday
3rd Regular Meeting at Mrs Latha Prabhakar
Residence at 12:00 noon.
- 10th Oct 2012
Donation of Rs.20,000 to 4 years old Girl
Child Swetha, for her orthopedic surgery.
- 11th Oct 2012
Thursday 11.30
Visit to Panchayat Union Primary School,
Ashok Nagar, Kavundampalayam,
Donation of Plates and Glasses and Water
Vessel to the School

Vice President

Mrs. Aarti Shah
133, Venkatasamy Road (E),
R.S. Puram,
Coimbatore - 641 002.
Mob : 90470 77220
Ph : 4369082
aartik68@gmail.com

Imm. Past President

Mrs. Kishori Shah
22, "Santhi Kunj",
Near TN Mercantile Bank,
Srinath LakeView Sungam Bypass,
Coimbatore - 641 045.
Mob : 99430 39807 Ph : 2315310
kishori:a:shah@gmail.com

Treasurer

Mrs. Nirmala Kasthurirangaian
8, Post Office Road,
Krishnaswamy Nagar,
Coimbatore - 641 048.
Mob : 98423 11908
Ph : 2314908
nirmalakasthuri@yahoo.com

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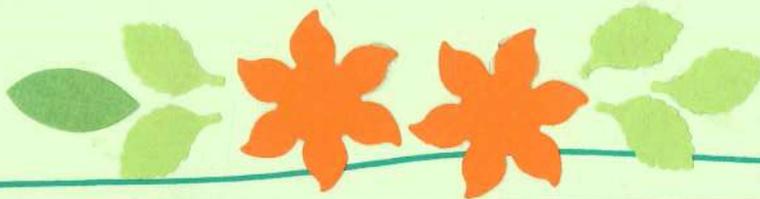
Mrs. Shanthi Rajsekhar
16, Vinayakar Kovil Street,
Krishnaswamy Nagar,
Coimbatore - 641 045.
Mob : 98431 15980
Ph : 2314495
shraj89@gmail.com

Joint Secretary

Mrs. Prachi Kikani
54, Ramalingam Nagar,
4th Layout, Alagesan Road 2,
Saibaba Colony,
Coimbatore - 641 011.
Mob : 93613 93939
prachij27@gmail.com



Cheque Of Rs. 25000/- to a Girl Child for Orthepeatic Surgery



Minutes of the III Regular Meeting of the
Inner Wheel Club of Coimbatore held on
10th October 2012

Venue Mrs Laltha Prabhekar's Residence.

Inner Wheel Prayer by all the member
in chorus.

President Murugambal welcomed all
the members.

After the Rally, the mood was yet of
happiness and enjoyment. It was a fun
and games meeting. There was happy
interaction amongst the members. Games
were played and prizes were distributed.

Secretary Meena Wahan proposed the
Vote of Thanks and the meeting was
followed by lunch.



Projects

A donation of Rs 20,000 was made to Shenela for her orthopaedic surgery. The parents recieved the cheque from the President.

on 11th October 2012, stainless steel plates and Glasses and a Water vessel was donated to the Panchayat Union Primary school, Ashok Nagar at Karundampalayam, Cbe.



ORGANIZING COMMITTEE

Chairman	: Sindu Sethu
Secretary	: Sreelakshmi. M
Treasurer	: Rajeswari Viswanath
Advisors	: Archana Kamath, District ISO Kalyani Panicker, CGR Group I Shantha Mookan, PAP Rema Ramankutty Menon, PDC Ivy Verghese, PDC Shabnam Mohammed, PDC
IW Calicut	: Rashmi Sampat, Mala Rammanohar
IW Calicut East	: Susheela Paleri, Tanuja Shah
IW Calicut Midtown	: Viola Irene Hunt, Nagamani Marshall

CONTACT DETAILS

Rally Chairman

Mrs.Sindu Sethu
'Sreshta', Krishnan Nair Road
Karuvissery, Calicut - 673010
Mob: 9447458398
E-mail:
sindhuseethu143@gmail.com

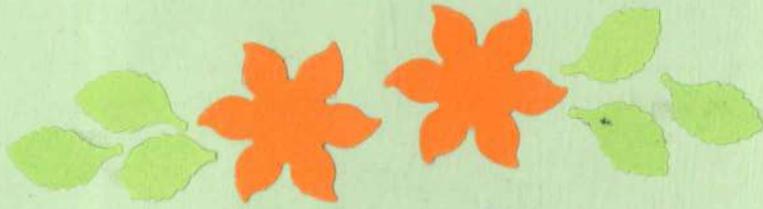
Rally Secretary

Mrs.Sreelakshmi. M
c/o Muralidharan & Co.,
Heera Buildings, YMCA Cross Road,
Calicut - 673001
Ph: 0495- 2432624, Mob: 9946556035
E-mail: lakshmi1869@gmail.com

Rally Treasurer

Mrs. Rajeswari Viswanath
F-7, Good Earth Hermitage,
Near Chevayur Tel. Exchange
Chevayur, Calicut - 673017
Ph: 0495-2359264, Mob: 9946405360
E-mail: viramema@dataone.in





Minutes of the Meeting held on Thursday 1st Nov
2012. Venue: Mrs Eshwan Wagh's Residence.

The Inner Wheel Prayer was read by all Members.

The President Murugambal welcomed all the members and wished them good wishes for Diwali.

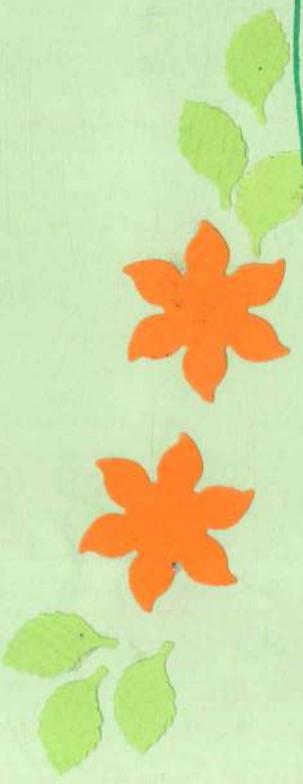
The projects for the month were discussed.

Being a Diwali month, the Club had organized a 'Diya Decoration Contest'. Some enthusiastic members participated and went home with Prizes.

"How to grow orchids at home", A talk and demonstration by garden expert Mrs Manju Elango was organized for the benefit of all our members.

Secretary, Meena Wahan proposed the Vote of Thanks followed by a delicious lunch.





INNERWHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE

District 320

Dist. Chairman
Mrs. Kavitha Rao

President
Mrs. Murugambal Sundaravadivelu
"Srinivas",
128, Thirugnanasambandam Road,
Race Course, Coimbatore - 641 018.
Mob : 99949 33147
Ph : 6550762
E-mail : svmurugambal@gmail.com



Be A Friend
IIW, Theme 2012 - 13

Charter No. 1985

Association President
Mrs. Sarita Lunani

Secretary
Mrs. Meena Wahan
"Harsimran",
176, Rajiv Gandhi Nagar,
Sowripalayam, Coimbatore - 641 028.
Mob : 99940 99611
Ph : 2572686
E-mail : wahanmeena@gmail.com

"WISH YOU A VERY HAPPY DEEPAWALI AND A PROSPEROUS NEW YEAR"

CALL FOR THE 4th REGULAR MEETING

Date : Thursday 1st November 2012
Time : 11.30 a.m. Committee Meeting
12.00 Noon Regular Meeting
Venue : Mrs. Gulshan Wagh's Residence
3/B, Post Office Road, Krishnaswamy Nagar
Coimbatore-641 045, Mobile : 98422 11005
Hosts : Gulshan Wagh
Nirmala Kasthiri Rangian
Meena Wahan
Valsals Shankar

Programe:

Demo : "How to Grow Orchids at Home"
TALK AND DEMONSTRATION by Mrs. Manju Ilango, a
young lady who has more than 100 varieties of Orchids
at her home.

Competition : Here comes Deepawali and our homes will
be lit with beautiful "**DIYAS**".
Decorate a 'DIYA' and win a prize.
5 Prizes for the 5 most beautiful 'DIYAS'
(Members please participate and do come on time with
your entries)



*yours in Inner Wheel
Meena Wahan*

Vice President
Mrs. Aarti Shah
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Be A Friend
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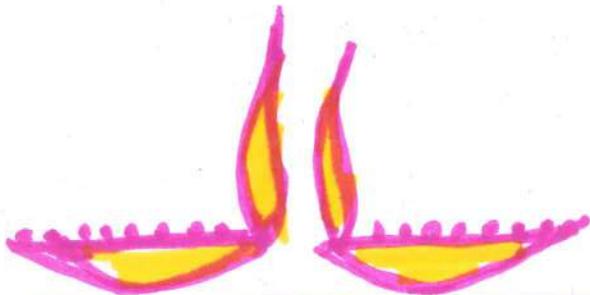
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Mrs. Sarita Lunani

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Mrs. Meena Wahan
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176, Rajiv Gandhi Nagar,
Sowripalayam, Coimbatore - 641 028.
Mob : 99940 99611
Ph : 2572686
E-mail : wahanmeena@gmail.com

PROGRAMME FOR THE MONTH OF NOVEMBER 2012

- 1st Nov 2012 - 4th Regular Meeting at
Thursday Mrs. Gulshan Wagh's Residence
at 11.30 a.m
- 6th Nov 2012 - Deepawali Celebration at
Thursday an orphanage in R.S.Puram
(Members who wish to contribute Rice, Dhel,
Sugar, Biscuits are welcome to do so.)
Please contact President for further details.
- 23rd Nov - Medical Health Check up of School Children at
Friday Panchayat Union Primary School,
Ashok Nagar, Koundampalayam



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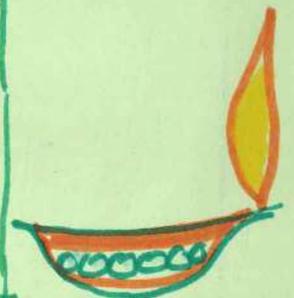
Projects

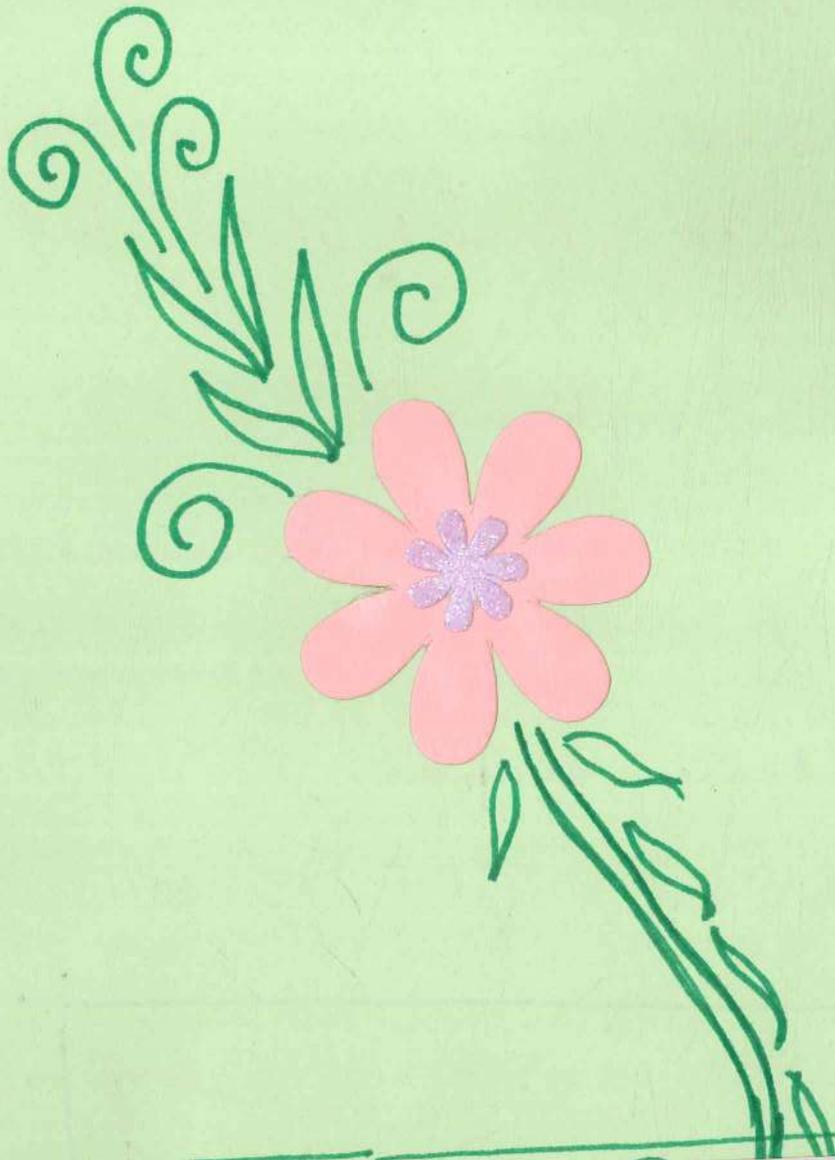
On the 6th of November, some of our members visited an orphanage in R.S. Puram and commemerating Deepawali we distributed Rice, Dhal, Oil, clothes, sugar, Tea leaves to the inmates of the orphanage.

100 Bedsheets were distributed to the senior citizens of this orphanage at the night shelter section.



DONATION OF 100 BED SHEETS SHELTER HOME





INNERWHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE

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Be A Friend
IIW, Theme 2012 - 13

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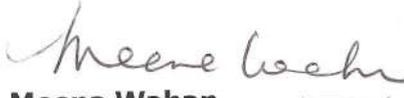
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Dear

Greetings from Inner Wheel Club of Coimbatore
We are happy to send you the Half Yearly Report
from June 2012 to Nov 2012.

With Kind Regards


Meena Wahan

Secretary

Murugambal Sundaravadivel

President

Vice President
Mrs. Aarti Shah
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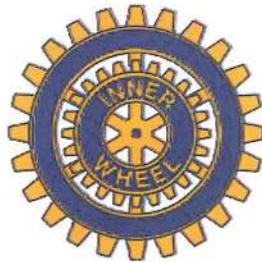
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INNER WHEEL CLUB OF COIMBATORE

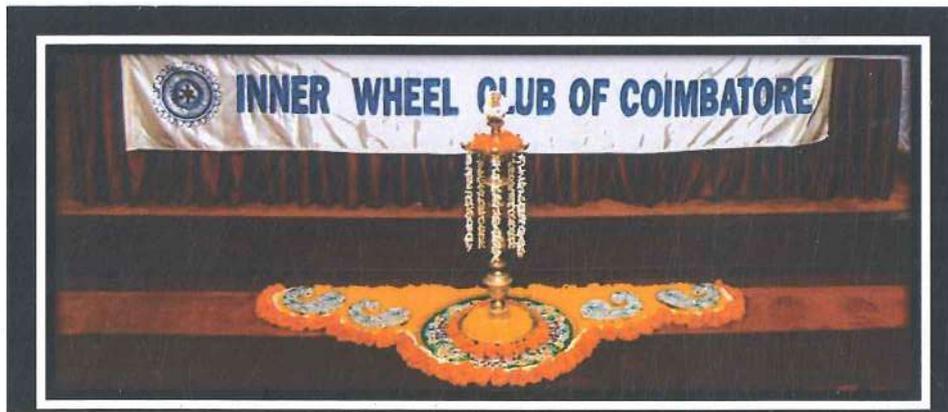
FRIENDSHIP & SERVICE



Be A Friend

IIW, Theme 2012-13

HALF YEARLY REPORT FROM JUNE 2012-NOV 2012



INNER WHEEL CLUB OF COIMBATORE (DISTRICT 320)

1ST HALD YEARLY REPORT

2 Half

FROM JUNE TO NOV -2012

Dec to March 2012

1. MEMBERS

Active Members	Hon Members	Hon Act Members	Total
59	-	-	59

2. COMMITTEE MEETINGS:

No.	Date	Venue	No. of Members Present
1	16.06.2012 Saturday	Residence of Anitha Srinivasan Incoming - Outgoing Meeting	17
2	09.08.2012 Thursday	Residence of Chitra Raj	19
3	08.09.2012 Saturday	Residence of Prachi Kikani	21
4	10.10.2012 Wednesday	Residence of Latha Prabhakar	24
5	01.11.2012	Residence of Gulshan Wagh	18



THE NEW PRESIDENT MRS. MURUGAMBAL SUNDARAVADIVELU



THE NEW SECRETARY MRS. MEENA WAHAN RECEIVES THE CHARTER

General Body Meeting

No.	Date	Venue	No. of Members Present
1	16.07.2012 Monday	Rathna Residency (Installation Meeting)	47
2	09.08.2012 Thursday	Residence of Chitra Raj	30
3	08.09.2012 Saturday	Residence of Prachi Kikani	41
4	10.10.2012 Wednesday	Residence of Latha Prabhakar	33
5	01.11.2012	Residence of Gulshan Wagh	25



THE NEWLY INSTALLED COMMITTEE MEMBERS



**RELEASE OF THE CLUB BULLETIN 'CHAKRAN' BY CHIEF GUEST
MRS.SHOBANA KUMAR WITH EDITOR SUJANI BALAJI**



THE GLITTERING DIGNITARIES AND AUDIENCE



DEMO OF 'THE ORIENTAL SOUP' BY MRS.SABITHA WADHWANI



WINNERS OF WELL DRESSED LADIES



THE EVER SMILING HOSTS



THE INNER WHEEL MEMBERS AT THE MEETING.



HOW TO GROW ORCHIDS AT HOME BY MRS. MANJU ELANGO



'DIYA' Decorating Competition

Demonstration Meeting:

No.	Date	Venue	No. of Members Present
1	09.08.2012	Residence of Chitra Raj (Demo of Kent Water Purifier and Kent Veg & Fruits Cleanser)	30
2	08.09.2012	Residence Prachi Kikani Demo of The Oriental Soup by Mrs. Sabitha Wadhvani	41
3		The Well Dressed lady with accessories	
4	10.10.2012	Residence Mrs. Latha Prabhakar Inner Wheel Quiz Competition	33
5	01.11.2012	Residence of Mrs. Gulshan Wagh Demo ' How to grow Orchids at home. by Mrs. Manju Elango 'Diya' Decoration Competition.	25



INDUCTION OF NEW MEMBER BY MRS. GEETHA PADMANABHAN PAST ASSOCIATION PRESIDENT & MEMBER.

Increase in Membership

Avtive Mem	Hon Mem	Hon Act Mem	Total
6	-	-	6

Sponsoring Inner Wheel Clubs _____

International Service

In India : Our ISO Mrs. Shanthi Rajasekar has communicated with all the clubs in the District 320 as well as other clubs in India Like IWC of Bombay Seacoast. (Dist 314) IWC of Borivali Dist 314 , IWC Juhu, Mumbai Dist 314, Malabar Hill in Mumbai Dist 314, Ambernath Hills Dist IWC Secendarabad Dist 315,

Aboard: Nil

Visit to other IW Clubs:

Our President attended the Installation of Sister Clubs of Coimbatore Inner Wheel Clubs of Coimbatore East, North and West.

Co-Operative With Rotary.

Some of our Members attended the Installation of Rotary Club of Coimbatore, Rotary Club of Coimbatore Midtown, Mitro Polis.

Assisting other Organisations:

Donated Rs. 25000 to a Girl Child for an Orthopeadic Surgery. Out of this Rs. 10000 was donated by Rotary Club of Coimbatore.

An **AUTOMATED EXTERNAL DEFIBILLARATOR** a life Saving Machine was donated by President Mrs. MURUGAMBAL SUNDRAVADIVELU through Inner Wheel Club of Coimbatore To Rotary Club of Coimbatore . This Machine Cost Rs. 1,00,000/-



AED Machine Donated to Rotary Club of Coimbatore by President
Mrs. Murugambal Sundaravadivelu



Cheque Of Rs. 25000/- to a Girl Child for Orthepeatic Surgery



DONATION OF 100 BED SHEETS SHELTER HOME

2. Personalized Service:

1	Donation given to Jeevan Stem Cell Bank	Needy	Rs. 15000/-
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3. Educational Help

1	Donation of Tution Fees for Girl Child	4	Rs. 7500/-
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4. Projects / Competitions in School.

1	Painting Competition in Deaf & Dumb School in R.S.Puram	School	Prizes
---	---	--------	--------

Eye/ Blood Donation

1	For a Girl Child for Blood	1	Rs. 2500/-
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5. Blind / Disabled / Spastic

1	Families for Children Donation of Games, Toys, Grocery , Biscuits, Oil , Soap Powder	300	Rs. 10000/-
---	--	-----	-------------



PROJECTS:

1. Community Service

No.	Project	Beneficiaries	Amt Spent in Rs.
1	Donation to Coimbatore Cancer Foundation at GKNM Hospital	Community at Large	Rs. 50000/-
2	Donation to Amrit - Society in aid of Handicapped Children	15 Children	Rs. 15000/-
3	Donation of Plates and Glasses and Water Vessels to Panchayat Union Primary Schoo, Kavundampalayam	20 Children	Rs. 2800/-



DONATION TO AMIRT



Old Age

1	100 Bed sheet, To Old Age shelter Home , R.S.Puram	2	Rs. 10000/-
---	--	---	-------------

Natural Calamity : _____

Drug Abuse Awareness : _____

Vocational Service / employment : _____

Continuous Projects :

Amrit , School for Physically Challenged Children. Tution Fees For 15 Children.

Pulse Polio : _____

AIDS Awareness : _____

Indian Art and Culture



TEMPLE AT AVINASHI AND PONDJI



FACTORY VISIT TO CENTURY APPARELS THEKKALUR.



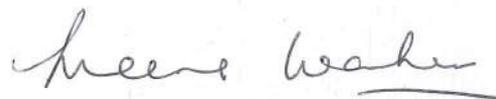
**SENIOR MEMBER MRS. SUNDARI KANDASWAMY 65TH BIRTHDAY AND MEMBER
MRS. NIRMALA KASTHURI RANGAIAM 50TH WEDDING ANNIVERSARY CELEBRATED
BY INNER WHEEL CLUB OF COIMBATORE**



TEACHERS DAY CELEBRATION AT DEAF AND DUMB SCHOOL AT R.S.PURAM

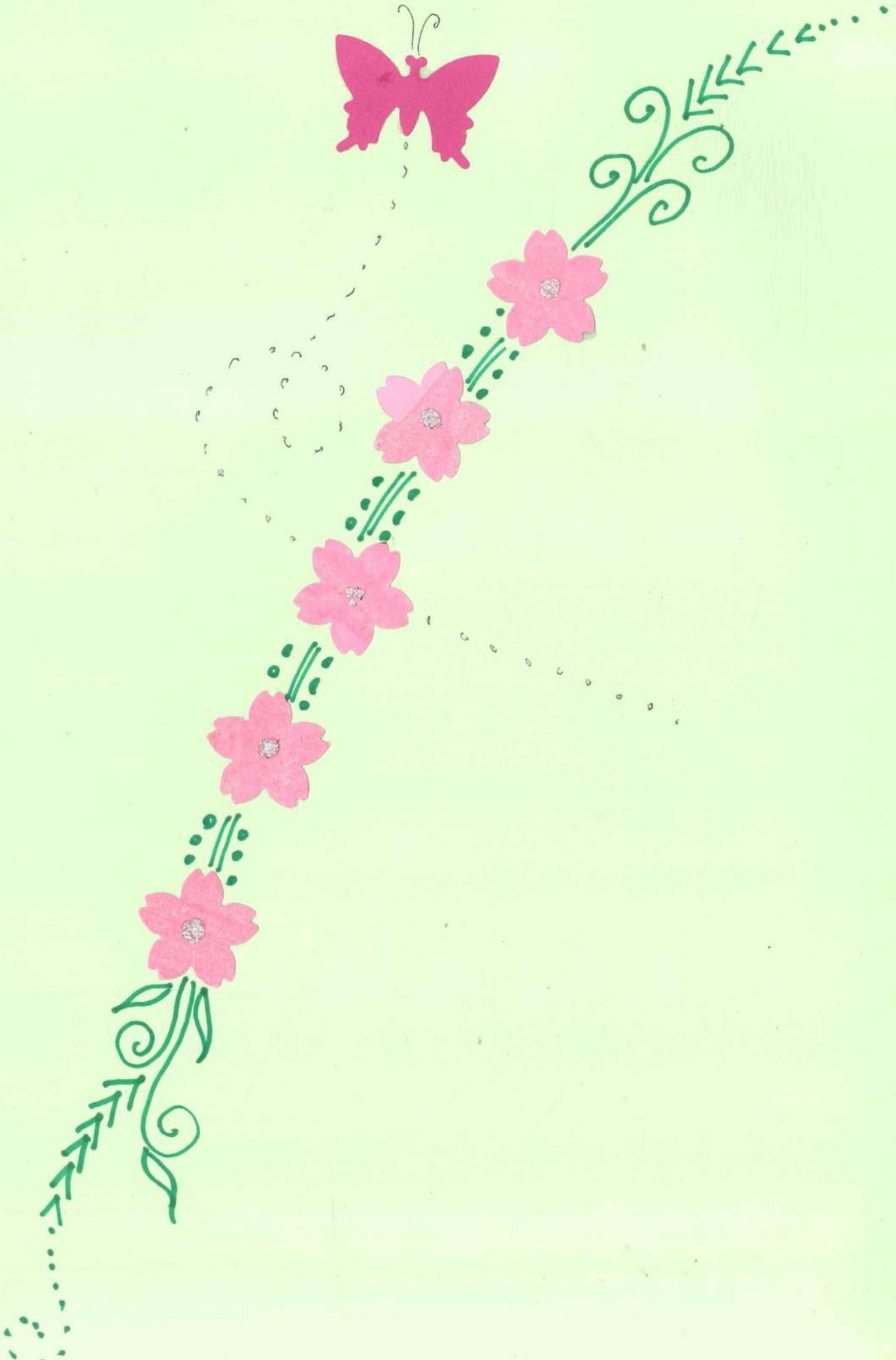


11 MEMBERS ATTENDED THE INNER WHEEL DISTRICT 320 RALLY 'EKTA'
AT CALICUT ON 6TH OCT 2012

A handwritten signature in cursive script, appearing to read "Sreenivasan", written in black ink.

SIGNATURE OF PRESIDENT

SIGNATURE OF SECRETARY



INNERWHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE



Be a Friend

IIW, Theme 2012-13

MEMO OF CLUB HISTORY, PLANS AND PROJECTS 2012-2013

1. Name of Club : Inner Wheel Club of Coimbatore
2. District Number : 320
3. Date of Inauguration : 9th August 1975
4. Inaugurated By (Chairman) : Mano Bakthavastsalam
5. Sponsored By (Club) : Rotary Club of Coimbatore
6. Name of Charter President : *Balambhal Ananthasivam*
7. Name of Charter Secretary : *Umarani Shanmugasundaram*
8. Date of Charter Presentation : 2nd February 1976
9. Charter Presented By (Chairman) : Mogamani Chandrasekar
10. Charter Number : 1985
11. Number of Members
 - a) At the time of Charter Presentation :
 - b) Current : 59
12. Membership Details
 - a) Active Members : 59
 - b) Honored Active Members : -
 - c) Honorary Members : -
 - d) New Members : 6
 - e) Resignation since last year : 4
 - f) Do you plan to increase Membership? : Yes

13. Do you observe Quorum rules? : Yes
(4 Members essential)
14. Membership Fees : Rs 1500 p. year
15. How do you raise funds? : Members Sponsorship and Donations
16. Do you maintain 2 separate accounts?: Yes
17. Name of Auditor : Sanjay D. Shah
18. Have you circulated the audited accounts among your members? : Yes
19. Details of club Meetings :

Committee Meeting

No.	Date	Venue
1.	16.06.2012 Saturday	Residence of Anitha Srinivasan Incoming- Outgoing Meeting
2.	09.08.2012 Thursday	Residence of Chitra Raj
3.	08.09.2012 Saturday	Residence of Prachi Kikani
4.	10.10.2012 Wednesday	Residence of Latha Prabhakar
5.	01.11.2012 Thursday	Residence of Gulshan Wagh

Regular Meeting

No.	Date	Venue
1.	16.07.2012 Monday	Rathna Residency (Installation Meeting)
2.	09.08.2012 Thursday	Residence of Chitra Raj
3.	08.09.2012 Saturday	Residence of Prachi Kikani
4.	10.10.2012 Wednesday	Residence of Latha Prabhakar
5.	01.11.2012 Thursday	Residence of Gulshan Wagh

20. Do you have speaker meetings/demonstrations? If yes mention a few.

Venue

No.	Date	Venue
1.	09.08.2012	Residence of Chitra Raj (Demo of kent Water Purifier and kent Veg & Fruits Cleanser)
2.	08.09.2012	Residence Prachi Kikani Demo of The Oriental Soup by Mrs. Sabitha Wadhawani
3.		The Well Dressed Lady with accessories
4.	10.10.2012	Residence Mrs. Latha Prabhakar Inner Wheel Quiz Competition
5.	01.11.2012	Residence of Mrs. Gulshan Wagh Demo How to grow Orchids at home. by Mrs. Manju Elango Diya Decoration Competition

21. a) Do you greet each other on

birthdays etc.? : Yes

b) Do you read the correspondence received from the District & Association at the club meetings? : Yes

c) Do you read the accounts at the meeting : Yes

d) Which are your closed months? : May, June

22. Project Details

What are the continuous projects of the club?: Adoption of the village school at Kotagiri
Donation to Amrit-School fees for 15 children

23. What are the projects you have selected for this year?

- 1) An AUTOMATED EXTERNAL DEFIBILLARATOR a life saving Machine is installed at the District court at Coimbatore
- 2) Donation to Coimbatore Cancer Foundation at GKNM Hospital
- 3) Donation of Plates and Glasses and Water Vessels to Patchayat Union Primary School, Kavundapalayam
- 4) Donation given to Jeevan Stem cell Bank
- 5) Donation to families *for children.*
- 6) Donation to Girl Child for an Orthopeadic Surgery.

24. Pulse Polio: Do you usually manage separate booths? What are your usual PPI activities?

No. Do joint project with Rotary Club

Secretary

Heene heeh



BE A FRIEND
(IIW Theme 2012 - 2013)

Inner Wheel Club of Coimbatore
District 320

*The President and Members of
The Inner Wheel Club of Coimbatore
Cordially invite you for the occasion of the
Official Visit of the District Chairman*

Mrs. Kavitha Rao
(DISTRICT : 320)

Venue : Rathna Residency,
Variety Hall Road,
Coimbatore.
Day : Tuesday, 11th December 2012.
Time : 12.00 noon.
Lunch : 1.00 p.m.

Murugambal Sundaravadivelu
President
99949 33147

Meena Wahan
Secretary
99940 99611

INNERWHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE

District 320

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IIW, Theme 2012 - 13

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E-mail : wahanmeena@gmail.com

Dear Members,

The most important event of our Inner Wheel year -
"THE DISTRICT CHAIRMAN KAVITHA RAO'S OFFICIAL VISIT" is
scheduled for Tuesday 11th Dec 2012 at Rathna Residency at 11.30 a.m.

I would personally request all members to attend this important meeting in
their Smiling Best.

The hosts for this Meeting are

Annapurani Nagaraj
Anjella Roselind
Asha Rajkumar
Geetha Padmanabhan
Hema Khona
Jyothi Padmanabhan
Kamala Sanath
Vijay Sekar

Kishore Shah
Manohari Kumari
Shanthi Rajesekar
Sheela Vishwanath
Sridevi Padmanabhan
Sundari Kandaswamy
Thulasi Rajkumar



Thanking you,

Yours in Inner Wheel

Kavitha Rao 11/12/12
District Chairman
(2012-13)

Meena Wahan
Secretary

Vice President
Mrs. Aarti Shah

133, Venkatasamy Road (E),
R.S. Puram,
Coimbatore - 641 002.
Mob : 90470 77220
Ph : 4369082
aartik68@gmail.com

Imm. Past President
Mrs. Kishori Shah

22, "Santhi Kunj",
Near TN Mercantile Bank,
Srinath LakeView Sungam Bypass,
Coimbatore - 641 045.
Mob : 99430 39807 Ph : 2315310
kishori.a.shah@gmail.com

Treasurer

Mrs. Nirmala Kasthurirangaian
8, Post Office Road,
Krishnaswamy Nagar,
Coimbatore - 641 048.
Mob : 98423 11908
Ph : 2314908
nirmalakasthuri@yahoo.com

ISO

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Krishnaswamy Nagar,
Coimbatore - 641 045.
Mob : 98431 15980
Ph : 2314495
shraj89@gmail.com

Joint Secretary

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54, Ramalingam Nagar,
4th Layout, Alagesan Road 2,
Saibaba Colony,
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Mob : 93613 93939
prachij27@gmail.com



CHAKRAM

NEWS BULLETIN OF INNER WHEEL CLUB OF COIMBATORE -DIST. 320

CHARTED 1st FEB 1976

CHARTER NO: 1985

THEME: "BE A FRIEND"

December 11, 2012

Issue - 2



DISTRICT CHAIRMAN'S MESSAGE

Kavitha Rao



President **Mrs. Murugambal Sunderavadivelu**, and dear members of Inner Wheel Club of Coimbatore, Greetings from the cold and chilly mountains of Nilgiris. It is wonderful to note that you are bringing out a bulletin during my official visit to your Club. Inner Wheel Club of Coimbatore is one of the oldest and fine clubs in our District 320. With PAP President **Mrs. Geetha Padmanabhan** always backing and supporting the club, I am sure the club is functioning smoothly and efficiently. Inner Wheel is a wonderful ladies organization which gives excellent opportunities to know people from different countries, and from different walks of life and of course all of them with one common goal in mind that is providing SERVICE to the community. Hence dear friends be proud to be members of this 2nd largest women's organization in the world and give the best to the society. Keeping in mind this year's IIW theme 'BE A FRIEND' in mind try to widen your horizon on friendship along with service. Enjoy Friendship and enjoy Inner Wheel and have a great Inner wheel year 2012-13.

FROM THE SECRETARY'S DESK

Meena Wahan



Greetings to all and a special warm welcome to our dear chairman **Mrs. Kavitha Rao**.

When I began my term as a secretary for the second time I realized I still had a lot to learn. I am truly enjoying myself sending the circulars, reports and arranging monthly meetings. I love it all and I love INNERWHEEL.

I am grateful to all the members for their support and appreciation in all my attempts. Thank you.

SECRETARY'S REPORT

Installation

The Installation function of the New President **Mrs. Murugambal Sunderavadivelu** and her team of office bearers of the Innerwheel club of Coimbatore was held at Rathna Residency on 16th July 2012. Writer **Mrs. Shobana Kumar** was the chief guest. This function was presided by 70 members



MESSAGE FROM THE PRESIDENT

Murugambal Sunderavadivelu



Greetings, my dear Innerwheel friends, With the blessings of the Almighty, I feel deeply privileged and fortunate to have taken up the mantle of Presidentship of this vibrant club. It has been a great experience impossible to describe.

True to the theme "BE A FRIEND" we are tirelessly working to help the less fortunate friends in the society. An AED machine was installed at the district court complex – a project on save lives of the victims of sudden cardiac arrest. This project done by us is worth mentioning several times.



Automatic Defibrillator Machine costing Rs.1,00,000 being Donated to the President of Coimbatore Bar Association

PROJECTS SO FAR

Epitome of Service



On the same occasion our president **Mrs. Murugambal Sunderavadivelu**

donated Rs. 1 lakh towards AUTOMATED DEFIBLATOR MACHINE machine which was installed at the district court complex. She also donated Rs.50,000/- towards the treatment of girl children with cancer at the Coimbatore Cancer Foundation at G.KUPPUSAMY NAIDU MEMORIAL HOSPITAL. Donations were made to the AMRIT center for handicapped children.



A Dream Come True

AUTOMATED DEFIBLATOR MACHINE

An Automated Defibrillator Machine was installed at the district court complex on 27th August 2012, which is a life saving device for victims of cardiac arrest. Coimbatore is the first city in the whole of India other than Mumbai to install such a machine in a public place so that all the people could benefit out of it. We the members of Innerwheel Club of Coimbatore take great pride in serving the community by installing such a life saving device in the District court complex, one of the most crowded place in the city. The cost of this machine is Rs.1 lakh.

Your attention please



In the month of August a week long world breast feeding awareness program was organized by our club and was held at different places for different sections of

society at large. Masonic Hospital, PSG Rural Health



Centre, Coimbatore Medical College Hospital, G.Kuppusamy Naidu Memorial Hospital and Seethalakshmi Hospital to name a few.

With Due Respect

In the month of September, Teachers Day was celebrated by honoring five teachers at the Deaf and Dumb school in R.S. Puram. Our members went for a visit to a Garment factory at Thekkalur and also visited the Thirumurugan Poondi temple at Avinashi.



Wings of Hope

In the month of October, Innerwheel Club of Coimbatore donated Rs.25,000/- for the orthopedic surgery of a girl child *Ms. Swetha*.



INNER WHEEL CLUB OF COIMBATORE

The Human Angle



We also visited the Panchayat Union Primary School at Kavundanpalayam, where we distributed plates, glasses and water vessels which they were in need of. Our members visited the Families for Children at Podanur and donated toys, games, biscuits, grocery, clothes, oil and soap powder.



In the month of November, Innerwheel club of Coimbatore visited the R.S.Puram Old Age Shelter Home and donated 100 Bed sheets along with rice, dhal, sugar and tea.

Fun and Frolic

Besides charities and projects our members attended the District Assembly 'KURUNJI' at Ooty and the District Rally 'EKTA' at Calicut.

In our regular monthly meeting **Competitions** and **Demonstrations** were conducted.

Competitions like Well Dressed Lady and Diya Decorating were held and prizes were given. A Quiz **Competition** on 'Know Your Innerwheel' was enjoyed by members.

A **Demonstration** on making 'Laksa', an oriental soup was held. And 'How to Grow Orchids at Home' was the other interesting **demonstration**.

Six new Members have joined our Innerwheel club.

EDITOR'S CORNER

Sujani Balaji



In the true spirits of Innerwheel Motto 'BE A AFRIEND' I share the quote here "One who knows how to show and to accept kindness will be a friend better than any possession."

Sophocles.

Our members have performed exceptionally well during the last five months. Together we shall continue to serve the poor and needy with zeal, love and compassion. As I bid Adieu as editor for the year 2012-13, I would like to thank one and all for the support extended.

Amazing Frozen Lemon - the lemon fruit

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted. How can you use the whole lemon without waste? Simple...place the lemon in the freezer of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods. Sprinkle it to your



vegetable salad, ice cream, soup, noodles, spaghetti sauce, rice, sushi, fish dishes. All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before. Most likely, you only think of lemon juice and vitamin C. Not anymore. What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes? Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting. But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier. It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body. So place your lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret! Better late than NEVER! The surprising benefits of lemon! Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy. Why do we not know about that regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders. The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that It destroys the malignant cells in 12 cancers slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.



கோவையில் உள்ள ஆஸ்பத்திரிக்கு புற்றுநோய் சிகிச்சை பிரிவுக்கு கருவிகள் வாங்குவதற்கான காசோலையை கோவை இன்னர் வில் சங்க புதிய தலைவர் முருகாம்பாள் சுந்தரவடிவேலு வழங்கிய போது எடுத்த படம். அருகில் வக்கீல் சுந்தரவடிவேலு உள்ளார்.

PRESIDENTS AND SECRETARIES SO FAR

Year	President	Secretary
1977-78	Mrs. Balambal Ananthasivam	Mrs. Umarani Shanmugasundaram
1978-79	Mrs. Umarani Shanmugasundaram	Mrs. Rahmath Jabbar
1979-80	Mrs. Shanthi Venkataraman	Mrs. Neeraja Nagarajan
1980-81	Mrs. Rahmath Jabbar	Mrs. Shantha Vellingiri
1981-82	Mrs. Umarani Shanmugasundaram	Mrs. Hemsam Ramakrishnan
1982-83	Mrs. Kirthida Vyas	Mrs. Manogari Janarthanan
1983-84	Mrs. Hamsa Ramakrishnan	Mrs. Rahmath Jabbar
1984-85	Mrs. Shantha Vellingiri	Mrs. Ananthalakshmi Sriram
1985-86	Mrs. Sarojini Natarajan	Mrs. Sundari Kandaswamy
1986-87	Mrs. Ananthalakshmi Sriram	Mrs. Sabitha Selvaraj
1987-88	Mrs. Mohini Jealo	Mrs. Muthammal Kandaswamy
1988-89	Mrs. Nandini Rajendran	Mrs. Srilatha Mohan
1989-90	Mrs. Sundari Kandaswamy	Mrs. Jayashree Manoharan
1990-91	Mrs. Sudha Shyamsundar	Mrs. Geetha Padmanaban
1991-92	Mrs. Srilatha Mohan	Mrs. Asha Rajkumar
1992-93	Mrs. Geetha Padmanaban	Mrs. Sudha Shyamsundar
1993-94	Mrs. Vanaja Jaichandran	Mrs. Srilatha Mohan
1994-95	Mrs. Thulsi Rajkumar	Mrs. Brinda Vijayakumar
1995-96	Mrs. Vijayalakshmi Ravi	Mrs. Usha Thirugnanam
1996-97	Mrs. Brinda Vijayakumar	Mrs. Latha Prabhakar
1997-98	Mrs. Vandana Arun Gokuldas	Mrs. Anila Agarwal
1998-99	Mrs. Nirmala Kasthurirangaian	Mrs. Meena Wahan
1999-2000	Mrs. Manogari Janarthanan	Mrs. Usha Dass
2000-01	Mrs. Sridevi Padmanaban	Mrs. Hema Khona
2001-02	Mrs. Meena Wahan	Mrs. Nirmala Kasthurirangaian
2002-03	Mrs. Usha Dass	Mrs. Radha Sundarkumar
2003-04	Mrs. Usha Thirugnanam	Mrs. Chetna H. Shah
2004-05	Mrs. Gulshan Wagh	Mrs. Revathi Prasad
2005-06	Mrs. Revathi Prasad	Mrs. Rema Ramesh
2006-07	Mrs. Saraswathi Sundarrajan	Mrs. Anitha Srinivas
2007-08	Mrs. Nutan Asher	Mrs. Geetha Padmanaban
2008-09	Mrs. Anitha Srinivas	Mrs. Chetns. H. Shah
2009-10	Mrs. Manju Shroff	Mrs. Trupti Parikh
2010-11	Mrs. Latha Prabakar	Mrs. Brinda Vijayakumar
2011-12	Mrs. Kishori A. Shah	Mrs. Aarti. K. Shah
2012-13	Mrs. Murugambal Sundaravadivel	Mrs. Meena Wahan

Project of the Day

AUTOMATIC DEFIBRILLATOR MACHINE



AED - Automated External Defibrillator

2012-13

Minutes of the Committee Meeting
and Club Assembly of the Visit of
The District Chairman Mrs Kavitha Rao
to The Inner Wheel Club of Coimbatore
on Tuesday 11th December 2012

The Chairman Mrs Kavitha Rao was
greeted with a grand pot-luck
breakfast prepared by our members

The District Chairman then
visited The District Court Complex
to have a look at the AED Machine
which was already installed and
earlier inaugurated.

At the Assembly, the District
Chairman went through all the
files and records maintained by
the Club Secretary, the Club
I.S.O and the Club Treasurer.

She appreciated all the good work done by Inna Wheel Club of Coimbatore. She specially appreciated the good work of our ~~District~~ ^{Club} T.S.O - Shanti Rajsekhar

Our Club editor Mrs Sujani Balaji brought out a very colorful and informative Club Bulletin 'Chakram' during the Chairman's visit.

A very informative power point presentation was shown of our Club activities.

The Chairman's speech was encouraging and appreciative to all our Club members.

Sister Club Presidents and Secretaries also attended the

Chairman's Visit

District Editor Mrs Keene Palky was one of the distinguished guests during the Chairman's visit.

The meeting was followed by a lunch hosted by some of our Club members.

~ ~ ~ ~ ~ o x o ~ ~ ~ ~ ~



Breastfeeding Promotion Network of India

(Registered Under Societies Registration Act XXI of 1860, Delhi R.No. S-23144)

Central Coordination Committee

Chief Coordinator

Dr. K.P. Kushwaha
Gorakhpur, UP

Central Coordinator

Dr. Arun Gupta
Delhi

Treasurer

Dr. Pawan Garg
Delhi

Members

- Dr. Ajay Gaur
Gwalior, M.P.
- Dr. Alka V Kuthe
Amravati, Maharashtra
- Dr. Dinesh Khosla
Rohtak, Haryana
- Dr. K. Kesavulu
Hindupur, A.P.
- Dr. Sunita Katyayan
Ranchi, Jharkhand

BPNI works in

- Advocacy
- Education & Training
- Infant Feeding in Difficult Circumstances (HIV, emergencies)
- IMS Act
- World Breastfeeding Week & Social Mobilization
- Research

BPNI is

- ♦ Regional Coordinating Office - IBFAN Asia
- ♦ WABA's Regional Focal Point - South Asia
- ♦ Member: Steering Group Right to Food Campaign
- ♦ Member: National Coordination Committee of Jan Swasthya Abhiyan
- ♦ Gazeetted NGO under section 21(1) C of the "Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992, as Amended in 2003" (The IMS Act)

National Coordinator

Dr. J.P. Dadhich

February 7, 2013

BPNI/2013/085

Ms. Meena Wahan
Inner Wheel Club of Coimbatore
Harsimran, 176, Rajic Gandhi Nagar, Sowripalayam
Coimbatore - 641028
Tamil Nadu

Contact No - 99940 99611

Subject: "World Breastfeeding Week 2012".

Dear Madam,

Greetings from BPNI!

I congratulate you for participating in the World Breastfeeding Week 2012 celebrations with the theme "Taking Stock of Policies and Programmes".

Your efforts have led to improve the awareness about the issue of appropriate IYCF practices in our country.

Please find the certificate of appreciation in the WBW 2012.

With regards,

Dr. J.P. Dadhich
National Coordinator,
Breastfeeding Promotion Network of India (BPNI);
Consultant, HIV and Breastfeeding programmes - IBFAN Asia

All communications should be addressed to the National Coordinator, BPNI

National Secretariat, BPNI, BP-33, PITAMPURA, DELHI - 110 034 (INDIA)

Tel.: 91-11-27343608
91-11-42683059

Tel/Fax: 91-11-27343606

E-Mail: bpni.india@gmail.com Website: www.bpni.org
bpni@bpni.org

Join the ONE MILLION CAMPAIGN: Support Women to Breastfeed (www.onemillioncampaign.org)



Breastfeeding Promotion Network of India (BPNI)

**BABIES NEED
MOM-MADE
NOT MAN-MADE!**

World Breastfeeding Week 2012 **Taking Stock of Policies and Programmes!**

Certificate of Appreciation

This is to honour

**Innerwheel Club of Coimbatore
West, Tamil Nadu**

*in appreciation of the contribution
towards celebration of
World Breastfeeding Week 2012*

Dr. Arun Gupta, MD, FIAP
Central Coordinator, BPNI

Dr. J.P. Dadhich, MD, FNNF
National Coordinator, BPNI

INNERWHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE

District 320

Dist. Chairman
Mrs. Kavitha Rao

President
Mrs. Murugambal Sundaravadivelu
"Srinivas",
128, Thirugnanasambandam Road,
Race Course, Coimbatore - 641 018.
Mob : 99949 33147
Ph : 6550762
E-mail : svmurugambal@gmail.com



Be A Friend
IIW, Theme 2012 - 13

Charter No. 1985

Association President
Mrs. Sarita Lunani

Secretary
Mrs. Meena Wahan
"Harsimran",
176, Rajiv Gandhi Nagar,
Sowripalayam, Coimbatore - 641 028.
Mob : 99940 99611
Ph : 2572686
E-mail : wahanmeena@gmail.com

The Circular was not sent
to the members. The President
wished to send a personal SMS
to all the members -

— *Shwaha* —

Vice President
Mrs. Aarti Shah
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Program for month of January 2013.

10th Jan 2013 - International Inner Wheel Day - Joint Celebration along with other I.W Clubs in Coimbatore.

Health check up - for Blood Sugar.
Blood Pressure and Bone Density -
Organised by Thulasi Pharmacy.

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Minutes of the Joint Regular Meeting of
Inner Wheel Club of Coimbatore held on
10 January 2013.

Venue : Mrs Muruga's Residence .

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Ph : 2572686
E-mail : wahanmeena@gmail.com

Call for the 8th Regular Meeting

Date : Monday 25th February 2013 .

Time : 12.00 noon Committee Meeting .
12.30 noon Regular Meeting .

Venue : Madhar Sangaman Hall
Back Gate of Devanga High School .
NO. 13 . Shanmuga Theatre Road
R.S.Puram . Coimbatore .

Hosts : Mrs Hansa Rama Krishnan
Mrs Harshida Vagadia
Mrs Usha Thirugananam
Mrs Sareswathi Sounderaj .

Program : } will be announced by the
Projects : } President at the Venue .

Members , please do attend the Meeting
Yours in Inner Wheel

Meena Wahan

Vice President
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Ph : 2572686
E-mail : wahanmeena@gmail.com

Call for the 9th Regular Meeting

Date : Tuesday 26th March 2013

Time : 12.00 noon Committee Meeting
12.30 noon Regular Meeting

Venue : Mrs Usha Devi's Residence
No 26 , 6th Cross
Bharathi Park Road,
Saibaba Colony
Coimbatore 641043

(Opp. SBI ATM) Ph. 098946 70793

Hosts : Mrs Usha Devi
Mrs Savithri Dave
Mrs Sheha Bhansali
Mrs Vijaya Jain

☺ →

Vice President
Mrs. Aarti Shah
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R.S. Puram,
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Ph : 6550762
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Be A Friend
IIW, Theme 2012 - 13

Charter No. 1985

Association President
Mrs. Sarita Lunani

Secretary
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176, Rajiv Gandhi Nagar,
Sowripalayam, Coimbatore - 641 028.
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E-mail : wahanmeena@gmail.com

Projects & Program for March 2013

Projects : Donation of Rs 3000/- to
Mr V Pshwanathan for his
paralytic surgery.

Program : " Bindi Competition "

Ladies please participate in this
Bindiya Competition - Prizes will be
given to the most Innovative,
Artistic, Revolutionary and pleasant
Bindiya!

Yours in Inner Wheel

Meena Wahan
(Secretary)

Vice President
Mrs. Aarti Shah
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INNERWHEEL CLUB OF COIMBATORE

FRIENDSHIP & SERVICE

District 320

Dist. Chairman
Mrs. Kavitha Rao

President

Mrs. Murugambal Sundaravadivelu
"Srinivas",
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Programme for the Month of April' 2013

Date : Monday 22nd April

Time : 3 Pm Sharp - Meeting

Venue : Brookefields Mall Food Court

Programme : Meeting, Movie 3.30 pm followed by dinner.

Hosts : Anju Wadhwani
Asha Rao
Mohini Kalro
Rita Keshav
Vijaya Ravishankar

RSVP - Confirmation to President by Friday 19th April 2013. (99949 33147)

Project - To be announced by the President.

Please join at Brookfields Mall for the last meeting and movie thereafter and make it a fun-filled evening.

*Yours in Inner Wheel
Meena Wahan*

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Circular for the 10th Regular Meeting

Dear Friends in Inner Wheel,

Warm greetings to each one of our Inner Wheel members.

April is a month to bid 'Adieu' to the year 2012-2013 at Inner Wheel. I would like to take this opportunity and thank each and every member of Inner Wheel Club of Coimbatore for their involvement in their own ways.

I am grateful to all members for their magnanimous donations towards projects, hosting the meetings especially the members who hosted the meeting at their homes. Also, all members who came for the Assembly, Rally and the Conference. I also thank all the Veteran members who have been pillars of support during our ups and downs. Anyway, in my last circular I thank all for your support. It was very nice reaching out to you all and I thoroughly enjoyed every bit of it.

The District Assembly is at Tirupur on 26th May 2013 at 'Velan Hotel'. The Registration amount is Rs. 500/-.

Wishing the new team a great year ahead, I end here.

With Warm Regards,

Yours in Inner Wheel

Meena Wahan
Secretary

Vice President

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Association of Inner Wheel Clubs in India

Thirteenth Triennial Conference - February 2013

Date:15/10/2012

Dear Club President,

Season's Greetings to You and your Family.

As decided at our C.C.Committee meeting held in Delhi in Feb '12,I am enclosing seven Amendments Received from Council , District s and Clubs.

With these Amendments are enclosed the Colour coded Credential or Voting Instruction forms. - YELLOW for Clubs . Send the "A" Form to me and "B" Form should be submitted at the Voting Booth at Hyderabad to get the Voting slip Book .Both the Forms must be signed by the President and Secretary .Any active member can be a Voting Delegate-after passing a resolution to that effect. Each club has 1 vote. Clubs with membership above 51 -2 votes and above 101 – 3 votes. If your club is not represented ,please give your Proxy vote to your Dist. proxy vote holder. Please exercise your voting right .

Please read the instructions carefully and fill the form correctly .Please send your Club Yellow form signed by Club President and Secretary, through your District Chairman, to my address as soon as possible. Last date is 15th Dec'12.

This will enable me to keep the Voting Booklets ready for use at the 13th Triennial Conference on 1-3rd Feb '13 at Hyderabad.

All the Voting Delegates and Members attending the T.Conf. must carry the Proposal Booklet, Amendment Papers and the Bye -Law Book 2010 with them to Hyderabad.

Kindly ensure the presence of the Club /Proxy Voting Delegates whose Proposals /Amendments to Proposals have been accepted by the C.C.Committee to Move/Second the Motion at the T. Conf.

Wishing you all the Best for your Dist. Conference and all the Club Functions,

Yours with love,

Charu Chinchankar
Charu Chinchankar
C.C.C.C.

Enclosed: 1). Voting or Credential Yellow Form, 2.) 7 Amendments, 3). Envelope for Return Post

**Constitution and Credential
Committee Chairman :**

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-- : COMMITTEE MEMBERS : --

Association of
INNER WHEEL CLUBS IN INDIA



AMENDMENTS TO THE PROPOSALS

**The Thirteenth Triennial Conference
at Hyderabad
on 1st, 2nd & 3rd February 2013**



Prize winners of The Hindu's cookery contest held in the city on Saturday (from left to right) S. Bhuvaneshwari (second), Urmila Surana (first), and J. Sathyakala (third).- PHOTO: M.PERIASAMY.



MARCH 13, 2013

Ladies take the lead

Many decades ago, a woman named Chandrakanthi Govindarajulu, a social-worker, became a pioneering part of a women's brigade who set up the Coimbatore chapter of the Women's Voluntary Service (WVS). Like her counterparts, Chandrakanthi was familiar with the work of the WVS in Chennai and wanted the international organisation to create a presence in Coimbatore as well. Managing her mother-in-law's legacy as well as that of WVS, is Nandini Rangaswami who is now the Joint District Director of WVS in Coimbatore. Nandini wears different hats at present; she is an educationist, the director of a company as well as a social worker. "Several women who are a part of WVS are industrialists, teachers, as well as many housewives," says Nandini.

In Coimbatore it is plain to see that more well-settled women are stepping forward to fulfill a socially important role - that of nurturers, not just of their own families but also to those who have been forgotten by society at large. Over the years, many women have been drawn towards community service and have gone on to set up or become a part of collectives like the WVS, the Inner Wheel, Soroptomist International and the YWCA that are strongly oriented towards creating a more livable community for everyone. "My mother-in-law and the WVS were responsible for encouraging women to take up voluntary work for the advancement of the less fortunate. The organisation is very dear to me as it was to my mother-in-law," says Nandini. The initiative that is closest to their heart is the WVS Special

School at Ramasamy Nagar, Koundampalayam. When the school was in danger of being shut down, these women stepped up to the challenge and volunteered to shoulder the responsibility.

The WVS Special School is an institution that caters to special needs of nearly 55 children with intellectual impairments, speech impairments and hearing impairments. "The majority of children who attend the school are from economically weak backgrounds," says Parvathi Ravichandran, Coordinator of WVS

Special School.

The cause of the environment has a powerful spokesperson in Vanitha Mohan, who runs Siruthuli, an organisation that is committed to the twin ideas of water conservation and urban afforestation. "In every city you need to make sure that your water bodies are clean. Cities have also come up around water bodies," says Vanitha Mohan, Manging Trustee. Under her guidance, Siruthuli has averted several disasters by their extensive involvement in the desilting of water bodies. "Nearly 200 million cubic feet of water have been desilted and 800 acres of sand beds have been recovered," says Vanitha.

Inner Wheel is an international organisation that was originally set up to foster interaction between the wives and daughters of Rotarians and like Rotary International, has an agenda that is geared towards community service. Apart from making several charitable donations, the Inner Wheel Club of Coimbatore has shown true grit in some of their recent projects. "We set up the first AED machine in India that is capable of reviving those who have suffered from sudden cardiac arrests. We have placed 10 of these machines in crowded areas like the District Court complex, railway station and the bus stand," says Muragambal Sundaravadevelu, the President of the Inner Wheel Club of Coimbatore. Her club also supports girl child education and stands up for numerous other social causes.

Across diverse areas like the environment, care for special children and social and public improvement, women are definitely coming to the forefront to make the world a better place.

“

*My mother-in-law
and the WVS
were responsible for en-
couraging women to
take up voluntary work
for the advancement of
the less fortunate*

- NANDINI
RANGASWAMI
WOMEN'S VOLUNTARY
SERVICE