

CHAKRAM

District 320

Charter No : 1985

November 2025/ Issue 1



President
Radhika Paramesh



Secretary
Mirunalini Sabarinath



Editor
Padma Priya Prasad





Reach out for a better world.



Let's serve humanity by doing projects under the following categories:



YOUTH DEVELOPMENT



ENVIRONMENT



RIGHTS OF THE CHILD



STATUS OF WOMEN



AGEING



FAMILY



WATER & SANITATION



NARCOTIC DRUGS



Reach out for a better world.



ENVIRONMENT

- E** E-WASTE & OTHER WASTE MANAGEMENT
N NEED TO PRESERVE PLANET EARTH (Harnessing Solar Energy)
V VOICE TO SAVE WATER
I INVOLVE IN AWARENESS SESSIONS ON THE THREE R'S
R REDUCE, REUSE & RECYCLE - ECO TOTE BAGS
O OWN A PARK/ISLAND/ ROAD TO BEAUTIFY
N NEED TO SEGREGATE WET & DRY WASTE (SMART BIN)
M MOTIVATE FOR RAINWATER HARVESTING
E EMPATHY FOR OTHER LIVING BEINGS
N NEED TO CLEAN WATER BODIES
T TREE PLANTATION

IIW President Kay Morland



Association President Jyoti Mahipal



District Chairman Seema Krishnan

My dear Inner Wheel family,

It is with immense pride and gratitude that I extend my heartfelt greetings to the Golden club, Inner Wheel Club of Coimbatore.

Being entrusted with the responsibility of serving as the District Chairman of Inner Wheel District 320 is both an honour and a profound commitment. This year, as we continue our journey of friendship, service, and empowerment, let us reaffirm our shared purpose – to serve with compassion, to uplift communities, and to strengthen the bonds that unite us as Inner Wheel members. Inner Wheel is more than an organization – it is a movement driven by women who believe in making a difference.



This year, we embrace a powerful and timely theme: “STEP UP & LEAD BY EXAMPLE.” These words are not just a call to action – they are a reflection of who we are as Inner Wheel members. In a world that needs compassion, courage, and commitment more than ever, let us be the ones who take initiative, uplift others, and inspire through our actions.

Leadership is not always about holding positions – it is about making a difference, however big or small. Let us move forward with unity and purpose, embracing the challenges and opportunities ahead with confidence and joy.

Wishing President Radhika Paramesh, Secretary Mirunalini Sabarinath and her team of office bearers a fantastic and successful year ahead. Being the largest club in District 320 and having mentors and leaders like PAP Geetha Padmanaban, PDC Vijayalakshmi Ravi, PDC Anitha Srinivas along with our upcoming leader, District Secretary Shanthi Rajasekhar is truly a blessing. All the best for your upcoming projects.

I look forward to working with each one of you to make this a meaningful and memorable year.

Yours in Inner Wheel,
Seema Krishnan
District Chairman 25-26

District Editor message



Dear Inner Wheel Friends,
As District Editor, it gives me immense pleasure to extend my Heartiest Congratulations to President Radhika Paramesh & members of Inner Wheel Club of Coimbatore on the release of your Club Bulletin. A Bulletin is more than just a publication—it is a vibrant Kaleidoscope that reflects the Spirit, Projects, and Activities of the club. It serves as a window into your dedication and service. I sincerely appreciate the efforts of Club Editor Padmapriya Prasad for bringing out this Edition in time for the District Chairman's visit. Your commitment and coordination are truly commendable. Wishing continued success to each and every member of your club. May you keep inspiring through your meaningful work and unity.

Yours in Inner Wheel,
Vijayalakshmi Prabu
District Editor 2025-26
District 320

President Message

With deep gratitude and a humble heart, I accept the honour of serving as the 50th Golden Jubilee Year President of the Inner Wheel Club of Coimbatore for the year 2025–2026. It is both a privilege and a great responsibility to lead a 50-year-old club that has always been a beacon of service, sisterhood, and strength in our community.

I extend my heartfelt thanks to each one of you for trusting me, standing by me, and walking with me on this beautiful journey. From my bottom of heart I thank IIW President Kay Morland and Association President Jyoti Mahipal for gracing our 50th year celebration at GRD Auditorium on August 28th.

My sincere appreciation to Our District Leaders and Mentors for their constant guidance, and to my dedicated Team members and Members who worked tirelessly behind the scenes. I will always cherish the memories, the laughter, the challenges, above all the unbreakable spirit of sisterhood that binds us together.

This year, we embrace a powerful and timely theme – “Step Up and Lead by Example.” These words reflect compassion, courage, and commitment. More than ever before, let us be the one who take initiative, uplift others, and inspire through our actions.



Together, let us continue to shine the light of Inner Wheel – with Friendship , service, and sisterhood at its heart.

With warm regards,
Radhika Paramesh
President, Inner Wheel Club of Coimbatore
GOLDEN JUBILEE YEAR 2025–2026

Secretary Message



It's a pleasure to connect with all of you as the Secretary of the Inner Wheel Club of Coimbatore during our Golden Jubilee year, 2025-26. My journey in Inner Wheel has been truly transformative; I began as a simple, happy housewife and have evolved into a stronger, more talented woman, for which I am deeply grateful. The opportunity to serve humanity is one of the noblest pursuits, and the friendships I've formed here are invaluable. Taking on responsibilities within the club has not only enhanced my skills but has also helped me grow into a better person. Together, we can make a meaningful impact in the world by uplifting one another. I am proud to be part of this remarkable organization, the Inner Wheel Club of Coimbatore.

Yours Friend in Inner Wheel
Mirunalini Sabarinath

Editor Message



“Great things are not done by impulse, but a series of small things brought together”, goes the quote.

Representing the club on the social media and portraying the events have been truly rewarding. The depth of the projects undertaken for a cause has been a great experience. It is Eyeopener to understand what a society is in need and InnerWheel is lighting the lives of many underprivileged people. As an Editor the journey of meeting people has been amazing and a learning episode. MY heartfelt gratitude for all the members and the core team who have been Supportive and Encouraging. Looking forward for your love all through the year.

Padmapriya Prasad.
Editor.

Golden Jubilee Committee 2025-26

IPP Falguna H Badani



President Radhika Paramesh



Vice President Binal Shah



Secretary Mirunalini



Jiont Sec Shanthi Sivakumar



Treasurer Srilatha Karthikeyan



ISO Rita Chajed



Editor Padmapriya Prasad



Dist Secretary Shanthi Rajasekhar PAP Geetha Padmanaban



PDC Vijayalakshmi Ravi



PDC Anitha Srinivas



PP Umarani



PP Brindha Vijayakumar



PP Usha Thirugnanam



PP Latha Prabakar



PP Trupti Parikh



PP Nirmala Nandakumar



PP Kasturi Vasanthi



PP Ankitha Dinesh



PP Deepa Venketraman



PP Sashikala Anand



PP Bhuvana Satish



Asha Rajkumar



Kamaachi Vigneesh



Kavitha Prasanth



Kirthika Sivakumar



Shobana Selvan



Sujani Balaji



Sujatha Vijayasekaran



Vidyaprabha



Urmila Surana



Vijayalakshmi Murali



Rita Keshav



Honoured Doctors and Auditors on

July 1st



**Honouring Chartered Accountant
Supriya Chopra**



**Honouring Doctor Thirugnanam
plastic and Cosmetic surgeon
Re nuram**



**Honouring Mr Bose Ebenezer Chartered
Accountants**



**Honouring Doctor Latha Dinakaran
General Physician
Meckericar Road
Rs puram
Coimbatore**



Honouring Chartered Accountant Shubha

50th Golden Jubilee Year Installation

Residency Towers 7/7/25 - 5.30 pm



56th District Assembly-Incoming Out Going Meet -Sister Clubs of Coimbatore Installation



56th District Assembly At Kannur



Incoming & Outgoing Meet at Cosmo Club on 21/5/25



Coimbatore Sister Clubs Presidents & Secretaries

Projects



Donated 85 inch Smart Board at Swamy Viveknandar Illam Primary and Nursery school on 3/7/25 Beneficiaries 120 Children



A Steel Fabricated Dhobhi Cart on Wheels for the Economically challenged woman on 3/7/25



Donated 3 seater sofa set , Wheel Chair, Groceries ,Shower Chair to Vimal Jeevan Leprosy Welfare Association Beneficiary 5



Handed Cheque to 15 year old Boy at GKNM Hospital



sponsored for 4 types of Tamil & English Daily News Paper at Corporation Library



Donation of College Fees

Handed amount to 8year old Boy for Post Heart Surgery

Projects



Distributed School Uniforms, Stationaries and Chocolates to 300 Students of Saibaba Vidyalayam Middle School on 4/7/25



Donation for the feed of 188 cows at Sri Gokulam Gaushala every month for the year 2025-26



Sponsored Diapers for the Autism Children at IE - Inclusive Educational Centre



PROJECT ON ENVIRONMENT

Sponsored 2 Tons Of BIOCLEAN INOCULUM was Mixed with E Waste collected from Vegetable Markets and at our Homes , Prepared compost using AEROBIC COMPOSTING METHODS recycled at Coimbatore Corporation Centre and Transformed into Fertilizers for Multipurpose use to help CLEAN ENVIRONMENT AND POLLUSION-FREE COIMBATORE

Work Carried out :-

- Composting Tank drilling and Painting
- Compositing Turner to stir composiit in large Tanks of E -Waste



Breast Feeding Awareness Week August 1-7



Distribution Of Nutri Hampers for the BFA Week
 Day 1: Rally in coordination with Masonic Hospital and Sister Clubs of Coimbatore
 Day 2 -Shiva Hospital Yoga Session and Speaker Meet with Doctors and yoga Trainer
 Day 3: Shivanjali Shiva Shantha Hospital vadavalli
 Day 4: Primary Health Centre PN Pudur -Valaikaapu
 Day 5: Kidney Centre - Speaker meet ,Question & Answer session with Doctors and Feeding Mothers
 Day 6 : Primary Health Centre Selvapuram



Independence Day



Independence Day Celebration at Swamy Vivekanandar Primary School



Teachers Day Celebration -Donated Sarees to 32 Teaching and Non Teaching Staffs Of Swamy Vivekanandar Illam Nursery and Primary School and served lunch on 4/9/25

GOLDEN JUBILEE CELEBRATIONS
The Visit Of
IIW President Kay Morland
And Association President Jyoti Mahipal To
Inner Wheel Club of Coimbatore

The Golden Jubilee of the Inner Wheel Club of Coimbatore was celebrated with great splendour on 28th August 2025, at GRD College, Coimbatore. The event was graced by IIW President Kay Morland, Association President Jyoti Mahipal, and Mr. Terence Pollock, warmly welcomed by Club President Radhika Paramesh, the Committee, District Chairman Seema, and District Executive Members.

The day began with a traditional Aarthi welcome, lighting of the lamp, invocation, and Inner Wheel prayer. President Radhika extended greetings, followed by inspiring remarks from PAP Geetha. The dignitaries adorned the Golden Collar on the President and released the Jubilee Souvenir "Chakram."

In their addresses, the leaders inspired the gathering with their vision. DC Seema urged members to step up and lead by example. AP Jyoti highlighted the spirit of generosity and togetherness, while IIW President Kay congratulated the club on its strength of 106 members and explained the essence of "Step Up by Example."

The celebration honoured our club's Past Presidents with a Walk of Honour, video tribute, and mementoes, while senior members received special felicitations. The cultural segment "Nritya Vaibhavam" showcased Tamil Nadu's classical dances, followed by fun games and a lucky draw, adding joy to the day's events.

Our Golden Jubilee also witnessed impactful service initiatives. A POLYMED DIALEZEE Dialysis Machine worth ₹6 lakhs was donated to Abirami Hospital, ensuring free dialysis for the underprivileged. The following day, the dignitaries inaugurated a unique facility for critically ill

spine-impaired patients at Anugraha Shelter, including a lift for bedridden patients—a ₹ 8.1 lakh project supported by CSR and members' contributions.

The memorable visit included a trip to the Isha Yoga Centre. We concluded the event with a warm send-off at the airport by our members and leaders, leaving behind memories we will cherish for a lifetime.

The Golden Jubilee was a true reflection of Inner Wheel's motto — friendship and service shining together for a brighter tomorrow.



Golden Jubilee Pictures 28/8/25 At GRD Auditorium



Golden Jubilee Projects

INAUGURATION of POLYMED DIALYSIS MACHINE 28/8/25



INAUGURATION of Concrete Building Block with Disabled Friendly Wash Room and Lift for Critically ill Spine Injured Patients 29/8/25



Feed the Hunger

Served Dinner for 120 inmates of Night Shelter and donated Crutches for Disabled on 14/9/25



Donated Lunch for 40 inmates of ST Thomas oldage Home on 13/9/25



Serve Dinner at Imayam Social Welfare Association for Women on 8/9/25 for 45 women & children



Dinner was served at Era Nenjem Old age home for 70 inmates on 20/9/25



Diwali celebrations at Children Charitable Trust and Cheshire Home - Donated Dresses ,Sweets ,Crackers and mehandi art was done by the Students of Bridge wood School who volunteered for the noble cause on 18/10/25 for 23 girl children and 60 mind disordered inmates



Projects Published in News Papers

Inner Wheel Club donates dialysis unit

COIMBATORE, AUG 29

The Inner Wheel Club of Coimbatore (District 320) marked its golden jubilee on Thursday with the launch of a series of welfare initiatives aimed at healthcare and community development. The celebrations were held at the GRD College Auditorium and presided over by International Inner Wheel President Ms. Kay Morland as Chief Guest, with Association President Ms. Jyoti Mahipal as Guest of Honour and District 320 Chairman Ms. Seema Krishnan as Special Guest.

Addressing the gathering, National President of the Association of Inner Wheel Clubs in India Ms. Jyoti Mahipal said, "The organisation had donated books worth ₹25 lakh to the Corporation Library in Coimbatore to support IAS and other competitive exam aspirants. Other initiatives have included the provision of sanitary products, installation of computer boards, bio-gas facilities, kitchen gardens, traffic signal lights, and public sanitation in D.S. Puram."

As part of the jubilee celebrations, the club announced projects worth ₹20 lakh. These included the donation of a dialysis unit at Abirami Hospital in Coimbatore, which will enable poor patients to avail themselves of treatment free of cost, the inauguration

Vocational Training Centre of the Red Cross Society's School for Speech and Hearing Impaired Children in Kavandampalayam, and empower women with employable skills; the establishment of a specially designed room with a patient-lift and attached washroom at Anugraha Spine Shelter in Vagarrayampalayam.

Addressing the gathering, National President of the Association of Inner Wheel Clubs in India Ms. Jyoti Mahipal said,

The organisation had donated books worth ₹25 lakh to the Corporation Library in Coimbatore to support IAS and other competitive exam aspirants. Other initiatives have included the provision of sanitary products, installation of computer boards, bio-gas facilities, kitchen gardens, traffic signal lights, and public sanitation in D.S. Puram.

These included the donation of a dialysis unit at Abirami Hospital in Coimbatore, which will enable poor patients to avail themselves of treatment free of cost, the inauguration

கோவையில் ஏழை நோயாளிகளுக்கு இலவச டயாலிசிஸ் கருவி!

இன்னர்வீல் கிளப் வழங்கியது!!



கோவை, ஆக.29 இன்னர்வீல் கிளப் சமூக சேவை அமைப்பான இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது.

இவ்வாறு இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது. இவ்வாறு இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது.

இவ்வாறு இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது.



அபிராமி மருத்துவமனையில் ஏழை நோயாளிகளுக்காக இலவச டயாலிசிஸ் கருவி: இன்னர்வீல் கிளப் வழங்கியது

அபிராமி மருத்துவமனையில் ஏழை நோயாளிகளுக்காக இலவச டயாலிசிஸ் கருவி: இன்னர்வீல் கிளப் வழங்கியது

கோவை, ஆக.29 இன்னர்வீல் கிளப் சமூக சேவை அமைப்பான இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது. இவ்வாறு இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது.

இவ்வாறு இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது.

THE KOVAI HERALD

Inner Wheel Club donates dialysis unit marks golden jubilee with service initiatives in Coimbatore



The Inner Wheel Club of Coimbatore (District 320) marked its golden jubilee on Thursday with the launch of a series of welfare initiatives aimed at healthcare and community development. The celebrations were held at the GRD College Auditorium and presided over by International Inner Wheel President Ms. Kay Morland as Chief Guest, with Association President Ms. Jyoti Mahipal as Guest of Honour and District 320 Chairman Ms. Seema Krishnan as Special Guest.

THE KOVAI MAIL

Inner Wheel Coimbatore opens ₹8L worth block at Anugraha Spine Shelter



The Inner Wheel Club of Coimbatore (District 320) marked its golden jubilee with the launch of a series of welfare initiatives aimed at healthcare and community development. The celebrations were held at the GRD College Auditorium and presided over by International Inner Wheel President Ms. Kay Morland as Chief Guest, with Association President Ms. Jyoti Mahipal as Guest of Honour and District 320 Chairman Ms. Seema Krishnan as Special Guest.

ஏழை நோயாளிகளுக்காக இலவச டயாலிசிஸ் கருவி வழங்கல்

கோவை, ஆக.29 இன்னர்வீல் கிளப் சமூக சேவை அமைப்பான இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது. இவ்வாறு இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது.

இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது. இவ்வாறு இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது.

Inner Wheel Club announce projects worth ₹ 20L

The Inner Wheel Club of Coimbatore (District 320) marked its golden jubilee with the launch of a series of welfare initiatives aimed at healthcare and community development. The celebrations were held at the GRD College Auditorium and presided over by International Inner Wheel President Ms. Kay Morland as Chief Guest, with Association President Ms. Jyoti Mahipal as Guest of Honour and District 320 Chairman Ms. Seema Krishnan as Special Guest.

As part of the jubilee celebrations, the club announced projects worth ₹20 lakh. These included the donation of a dialysis unit at Abirami Hospital in Coimbatore, which will enable poor patients to receive treatment free of cost, the inauguration

ஏழை நோயாளிகளுக்காக இலவச டயாலிசிஸ் கருவியை வழங்கியது இன்னர்வீல் கிளப்

கோவை, ஆக.29 இன்னர்வீல் கிளப் சமூக சேவை அமைப்பான இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது. இவ்வாறு இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது.

இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது. இவ்வாறு இன்னர்வீல் கிளப் ஆப் கோவா பூங்கா (மாவட்டம் 320) 50 ஆண்டுகள் திறைவடைந்ததை மனப்போடும் போட்டி கொண்டிட்டு, கோவை பீளேட்டில் உள்ள கல்வழி வளாகத்தில் நேற்று பொன்வீழா நடைபெற்றது.

Our Golden Jubilee Projects were Published In Tamil and English News papers



South Zone Meet -Cochin October 4th & 5th



3rd Regular Meeting at Rathna Residency on 16/9/25 & 4th Regular meeting at Residency Towers Halloween Celebration on 13/10/24



Get Togethers



Golden Jubilee Thanks Giving Celebration at ITC Hotels on 30/8/25



Golu Pooja Visit by Members



Onam Celebration



Celebrated Friendship Day at Thyme & Whisk on 3/8/25

FLAG EXCHANGE

INTERNATIONAL FLAG EXCHANGE

- IWC Stateville North Carolina
- IWC Singapore Dist 322
- IWC Singapore West Dist 322
- IWC Singapore East Dist 322
- IWC Bangladesh Dist 345
- IWC Kay Morland Australia
- IWC New York West Chester
- IWC Roborough, Devonshire England
- IWC Malaysia Dist 330
- IWC Malaysia
- IWC Bundoora Australia
- IWC Greece

NATIONAL FLAG EXCHANGE

- IWC Trivandrum Dist 321
- IWC Cochin Muzaris Dist 320
- IWC Virudhunagar 321
- IWC Bombay Airport Tiara Dist 314
- IWC Ghaziabad Dist 301
- IWC Cochin Dist 320
- IWC Hubli Dist 317
- IWC Mulund Dist 317
- IWC Kallakurichi Dist 298
- IWC Dharmapuri
- IWC IWC Karnataka Dist 318



Editor Padmapriya Prasad



• Going on 50....

As I kept looking at our golden jubilee 50, reminded me, we call our club 50 GLORIOUS YEARS. There it struck me it's a big milestone.

Well, why not 50 in our lives too. It does play a pivotal role. So had conversation and opinion with friends who were nearing 50s and in 50s. Scintillating experience! As I jot down their shared experiences, I just loved the fact that every one take great effort to live the life to the best though they have their stumbles and mumbles... As you read, I am sure you can relate with the answers.....

- A new chapter in life. Hobbies, travel and study are still a part of my life. 50 is just a number. Focussing on health, spending time with family becomes priority.
- I ...continue to feel I am 49..for some.
- Unbelievable.. I am in my 50s, having the gush of memories of childhood, school and college days. So made an effort to connect with them and thanking god for a wonderful life.
- We are more mature in 50s. We feel stronger and take up the initiative to dress upto look the best and also put ourselves first which we forgot to do over the years.
- Sigh of relief as we would have accomplished our prime responsibilities and focus more on our well being.
- Menopause....gives a pause in life. Spending more time with friends helps us to relax more.
- Feel of accomplishment at 50s, sort of reaching a pinnacle of life.
- Feel like 35 still....Feel young both in mind and looks. We understand the world better with right and wrong to say YES and NO.
- Less drama in life. There is a whole lot of change in thoughts.
- There is more clarity in 50s. We stop chasing for unnecessary approval and not worried about judgements. Relationship deepens at this stage and priorities sharpen. We start giving permission to live more authentically.
- To sum up in a nutshell, life becomes simpler and less crowded with thoughts. All the hassles of 20s, 30s, 40s, are not present. The word RELAX jingles in mind to slow down and let go
- To add humour to it, I heard some one say..." I am at that stage of my life where I keep myself out of unnecessary arguments. So even if you tell me one plus one is five, you are absolutely correct"

If all this resonates to you, remember YOU ARE NOT ALONE'.

STEP UP & LEAD BY EXAMPLE

Swarna Arpanam
28/08/2025

GRD College





**Durgaa**
Diamonds & Jewels