

Inner Wheel Club
of
Coimbatore

2005 - 2006

President : Mrs. Revathi Prasad

Secretary : Mrs. Rema Ramesh

Incoming & OUTGOING Committee meeting at
Kamala's residence at 3.00 pm on 17.06.05

| | | |
|-----|--------------------|-----------------------|
| 1. | MRS REVATHI PRASAD | R Masad |
| 2. | GULSHAN WAGH | Gulshan Wagh |
| 3. | ✓ MANJU SHROFF | Manju Shroff |
| 4. | ✓ REMA RAMESH | Reema Ramesh |
| 5. | ✓ KAMALA SANATH | P. Venkatesh |
| 6. | ANITHA SRINIVASAN | Anitha Srinivasan |
| 7. | SARASWATHY | ap. |
| 8. | ✓ VASANTHI | |
| 9. | ✓ CHETHNA | CMShe. |
| 10. | HEMA KHONA | Hemalatha.J. |
| 11. | ✓ SRIDEVI | ap. |
| 12. | NU TAN | Nutan Ashu |
| 13. | ✓ ASHA RAJKUMAR | ap |
| 14. | ✓ ASHA RAO | ap |
| 15. | ✓ JOTHI ZAVERI | ap. |
| 16. | ✓ SAVITHRI | S. M. Dave |
| 17. | ✓ USHA THIRUVANAM | T. usha |
| 18. | Nirmala Kasthuri | K. Nirmala |
| 19. | ✓ Kishori A Shah | KA Shah |

ADVISORS

MRS. GEETHA PADMANABHAN
 " VIJAYALAKSHMI RAVISHANKAR
 TULSI RAJKUMAR

Geetha Padma
 Vijayalakshmi Ravi

12
16

Attendance - 15

INNER WHEEL CLUB OF COIMBATORE

Minutes of the Incoming Outgoing Committee Meeting held on 17th June at Kamala Sanath's house at 3 pm

The meeting started with Inner Wheel Prayer by Nutan

Incoming Pres Revathi thanked every one for electing her as president and congratulated Gulshan for her excellent year

Apologies recd. from : Saraswathy, Asha Rao, Asha Raj, Tulasi, Jothi, Vandana,

Installation Meeting details was discussed. Revathi informed that the installation will be on 1st July at Hotel Surya and Dr. Ramkumar Raghupathy, Dean of GKNM would be the chief guest for the function

The Committee for 2005-2006:

President: Mrs Revathy Prasad

Vice Pres: Mrs. Manju Shroff

Secretary : Mrs. Rema Ramesh

Joint Sec : Mrs. Kamala Sanath

Treasurer : Mrs Anitha Srinivas

ISO : Mrs. Saraswathy

Editor : Mrs. Vasanthi

Committee: Asha Rao, Asha Raj, Chetna, Jothi Z., Hema, Sridevi, Nutan, Usha .T

Advisors Geetha P, Viji R., Tulasi

PLAN OF ACTION:

Revathy thanked every one and in particular Chetna for helping with the souvenir and said it would be released at the installation.

The following projects were announced:

Continuous projects at The Handicapped-Society and Families for Children was passed

Teachers day will be celebrated. Venue will be decided later.

Projects at Sevanilayam : notebooks, uniform material to be donated

Rs.500 each for honeybee training for 2 girls at TNAU

Rs.5000 Fees for 1 ITI ,student to be given

Breast Feeding Awareness Week was discussed

Revathy put forth the proposal of building a class room block at Anaikatty, which would benefit

100 children. The project would be complete within 4-5 months from date of starting. The

committee suggested that a good structure with concrete roof be put up.

Project for Prevention of Chronic Renal failure by a simple urine test to cost Rs.14 per test. This

will be a joint project with RC Central and Metropolis. Total cost Rs.7000/

IIND COMMITTEE MEETING Date - 10th August 2005

Venue : Residence of Usha Dass. Time - 5.30pm.

| Name | Signature |
|------------------------|------------------------|
| 1. Mrs. Revathi Prasad | Revathi Prasad |
| 2. , Manju Shroff | |
| 3. " Gulshan Wagh | |
| 4. " Renu Ramesh | Renu Ramesh |
| 5. " Kamala Sarath | |
| 6. " Anitha Srinivas | Anitha Srinivas |
| 7. " Saraswathy | S. Saraswathi |
| 8. " Vasanthi | |
| 9. " Chetna Shah | CH Shah |
| 10. " Hema Khona | Hema Khona |
| 11. " Sri devi. P. | sp |
| 12. " Nutan. Asher | Nutan Asher |
| 13. " Asha Rajkumar | |
| 14. " Asha Rao | |
| 15. " Jothi Zaveri | Jothi. N. Zaveri. |
| 16. " Savitri | |
| 17. " Usha. T | |
| 18. " Nirmala. K. | |
| 19. " Kishore. | |
| Advisors: | |
| Mrs. Geetha. P | Geetha P. |
| " Vijaya Ravi | |
| " Tulsi Rajkumar | R. Tulsi |

Attendance - 10

Minutes of the 2nd committee meeting held on Aug 10th at the residence of Mrs.Usha Dass at 5.30 pm

Pres.Revathy welcomed the members for the 1st com. meeting after installation

The minutes of the incoming outgoing committee was read and duly passed.

Prop: Anitha Sec: Sridevi

Revathy informed that Rs.50,000/ was paid for school block project and work would start soon and will be completed by December 2005

Chairmans visit scheduled for 27th Sept was discussed. It was decided to donate a wheel chair at the old age home.

Following projects were discussed:

Putting up ramps at taluk office/collectorate, Tailoring centre at vocational training centre, leadership development course for +1 and +2 students, cancer detection camp with Ramakrishna Hospital.

Chakram to be released on 27th September.Rs.1000/- sent for Dist.Souvenir .

The proposed budget for 2005-2006 was circulated

Revathy Ramesh



SUPPORT GIVES STRENGTH

The President and Members of
INNER WHEEL CLUB OF COIMBATORE
District 320

*Cordially invite you for the
Official Visit of the District Chairman*

Mrs. Geetha Markos

District Chairman, Inner Wheel District 320.

*on Tuesday, 27th September 2005,
At 11.30 a.m.*

*at Mrs. Hema Khona's residence,
67, West Bashyakaralu Road., R.S. Puram, Coimbatore.*

And for the Lunch thereafter

Revathi Prasad
President

Rema Ramesh
Secretary

RSVP : Rema Ramesh, 30, Bharathi Park, 6th Cross, Coimbatore - 641 043.

Minutes of the 3rd Committee meeting held at Mrs. Hema Khona's residence on 27th Sept 2005 at 10.30 am

Pres. Revathy welcomed the Dist Chairman Mrs. Geetha Markose on her official visit to our club

Chairman went through the files of the President, Secretary ISO, Treasurer, the minutes books, attendance register and membership file.

Chairman appreciated the well maintained records.

Rema Ramesh

III COMMITTEE MEETING - CHAIRMAN GEETHA MARKOSE'S

VISIT - ON 27th Sept 2005 at 11:00 AM
 Venue: Mrs. Hema Khora's Residence

| Name | Signature |
|------------------------|-----------------------|
| 1 Miss. Revathy Prasad | Revathi Prasad |
| 2 " Manju Shroff | |
| 3 " Gulshan Wagh | Gulshan Wagh |
| 4 " Renu Ramesh | Renu Ramesh |
| 5 " Kanak Sath | ✓ |
| 6 " Anitha Srinivasan | Anitha Srinivas |
| 7 " Saraswathy | ✓ |
| 8 " Vasanthi | |
| 9 " Chetna Shah | |
| 10 " Hema Khora | Hemalatha |
| 11 " Sridevi. P | sridevi f |
| 12 " Nutan Asler | |
| 13 " Asha Rajkumar | |
| 14 " Asha Rao | |
| 15 " Jothi Zaveri | |
| 16 " Savithri | |
| 17 " Usha. T | T. uka |
| 18 " Sri Kishore. | |
| GEETHA MARKOSE | <u>Geetha Markose</u> |

Advisors :-

| | |
|--------------------------|--------------------|
| Miss. Geetha Padmanabhan | Geetha Padmanabhan |
| " Vijaya Ravi | Vijaya Ravi |
| " Tulsii Rajkumar | Tulsii Rajkumar |

Members Present : 11

Minutes of the 4th Committee meeting held at Mrs.Hamsa Ramakrishnan's residence on 18th Oct 2005 at 5.30 PM

Pres.Revathy welcomed the members for the meeting.

The minutes of the 3rd committee meeting was read and duly passed.

Pres.thanked the hosts for a wonderful meeting held in honour of Chairmans visit.

Projects were discussed:

It was decided to loan an amount of Rs 5000/- to a person to put up a petty shop.

Rs.3420/ to be paid for renewal of boards at the railway station.

It was also proposed to help a girls orphanage home near NGGO colony.

Factory visit to Bannari Amman sugars and a picnic to Mysore was discussed.

Renu Ramesh

Members Present: 11

10th Committee Meeting held on 18th Oct 2005,
5.30 Pm at Mrs. Hansa Ramakrishna's Res.

NAME

SIGNATURE

| | | |
|-----|---------------------|---------------|
| 1. | Mrs. Revathy Prasad | ✓ |
| 2. | " Manja Shroff | - |
| 3. | " Gulshan Vagh | - |
| 4. | " Renu Ramesh | Renu Ramesh |
| 5. | " Kamala Swath | P. Kambeswath |
| 6. | " Anitha Srinivasan | ✓ |
| 7. | " Saraswathy | S. Suresweth. |
| 8. | " Vasanthi R | Vant |
| 9. | " Chetna Shah | - |
| 10. | " Hema Khora | Hemalatha J. |
| 11. | " Srideni P | ✓ Srideni P. |
| 12. | " Nutan Asher | - |
| 13. | " Asha Rajkumar | - |
| 14. | " Asha Rao | - |
| 15. | " Jothi Zaveni | - |
| 16. | " Sanithri | - |
| 17. | " Usha T | Uresha |
| 18. | " Kishore | - |
| 19. | " | |

Advisors :

Geetha Padmanabhan J.H. Pillay
Viji Ravisankar Vyayalakkun Ran
Talsi Rajkumar

Minutes of the 5th Committee meeting held at Mrs. Latha Prabhakar's residence on 18th Nov 2005 at 5.30 PM

Pres.Revathy welcomed the members for the meeting.

The minutes of the 4th committee meeting was read and duly passed.

Projects were discussed:

8 sets of benches to be donated to Ashokapuram girls school.

Renal failure detection camp on 23rd Nov.

Lab and play equipments to be donated to Annaikatty tribal school.

The possibility of having the cancer detection camp as a joint project of IW clubs of cbe was also discussed.

Mrs Manju Shroff has officially declined to take up the post of Pres.next year. The team for next year was discussed by the members.

Rema

V Committee Meeting Date - 18th Nov 2005, 5.30 pm
Venue : Mrs. Latha Prabhakari Residence

Name

Signature

| | |
|------------------------|-----------------|
| 1. Mrs. Revathy Prasad | ✓ |
| 2. " Manju Shroff | - |
| Gulshan Vagh | Gulshan Vagh |
| Rena Rameeh | Rena ✓ |
| Kamala Sanath | - |
| Anitha Srinivas | Anitha Srinivas |
| Saraswathy | S Saraswathy |
| Vasanthi R | Vunf |
| Chitra Shah | C.H. Shah |
| Hema Khona | - |
| Srideni P | SP |
| Nutan Asher | - |
| Asha Rajkumar | Asha Rajkumar |
| Asha Rao | - |
| Jothi Zaveri | Jyoti v. Zaveri |
| Cavithri | - |
| Usha T | T. Usha |
| Kishore | ✓ |

Advisors :

Mrs. Geetha Padmanabhan Geetha Padh
" Tulsi Rajkumar
" Vyaya Ravi Vyayalakshmi Ravi

Minutes of the 6th Committee meeting held on 16th Dec at ESSORPE Hall at 6 pm

Pres Revathy welcomed the members for the meeting

The minutes of the 5th Committee meeting was read and duly passed.

Projects were discussed:

Cancer detection camp was held on 4th Dec. Amount spent 3500/-

Amount spent for lab equipment was Rs 7300/

Pres .Revathi said that Rs.10,000/ would be donated to Udavum Karangal.

Revathy

Meeting NO: 6

Date: 16th Dec 2005, 6 PM

Venue: Essore Hall

| | Name | Signature |
|----|---------------------|-----------------|
| 1 | Mrs. Revathy Prasad | Revathi Prasad |
| 2 | Mrs. Manju shreff | |
| 3 | " Gulshan Vagh | Gulshan. |
| 4 | " Rena Ramesh | |
| 5 | " Kamala Sarath | P. Kalya Senth |
| 6 | " Anitha Srinivas | Anitha Srinivas |
| 7 | " Saraswathy | |
| 8 | " Vasanthi | Vasanthi |
| 9 | " Chethra | |
| 10 | " Hema Khona | Hemalatha. |
| 11 | " Sridevi P | Sridevi P. |
| 12 | " Nutan Asher | |
| 13 | " Asha Rajkumar | |
| 14 | " Asha Rao | |
| 15 | " Jothi Zaveri | |
| 16 | " Saritha | |
| 17 | " Kishore | |
| 18 | " Nisha T | Nisha Thiyyan |

Advisors :

- 1) Geetha Padmarabhan
- 2) Vijaya Rani
- 3) Jothi Rajkumar

Vyjayalakshmi Rani

Minutes of the 7th Committee Meeting held on 31st January 2006 at the residence of Mrs.Arthi Kinger

President Revathy welcomed members for the meeting

Minutes of the previous meeting was read and passed

Committee decided to give RS 3530 for fees of +2 student

Following were discussed:

Joint fellowship meet or anthakshari with other clubs.

Family get together for April

Office bearers for the next year was discussed:

President: Saraswathy Secretary : Vasanthi Treasurer: Sheela

Treasurer Anitha announced that 2 FDs were maturing in Feb& March.It was decided to renew the same for 3 yrs.She also updated the members on the balance in the bank A/c

Charity A/c : Rs 1,02,944.14ps

Club A/c : Rs 2410.00

Revathy

Meeting No: 7

Date: 31st Jan 11 AM

Venue: Residence of Mrs. Arthi Kinger

Name

Signature

| | | |
|-----|---------------------|------------------|
| 1. | Mrs. Revathy Prasad | R Prasad |
| 2. | " Manju Shroff | |
| 3. | " Gulshan Vagh. | |
| 4. | " Renu Ramesh | Renu Ramesh |
| 5. | Kamuk Sarath | ✓ |
| 6. | " Anitha Srinivasan | Anitha Srinivas. |
| 7. | Saraswathy | |
| 8. | " Vasanthi | |
| 9. | " Chethna | C.H. Shad. |
| 10. | " Hema Khona | ✓ |
| 11. | " Sridevi P | |
| 12. | " Nartan Asher | Nartan Asher |
| 13. | " Asha Rajkumar | |
| 14. | " Asha Rao | |
| 15. | " Jothi Zaveri | |
| 16. | " Savitri | |
| 17. | " Kishore | ✓ |
| 18. | " Usha - T. | |

Advisors

- 1) Geetha Padmanabhan
- 2) Vijaya Pari
- 3) Tulsi Rajkumar

Meeting no: 7 Date: 21st Jan 11 AM
Venue: Residence of Mrs. Asher K. K. K.

Minutes of the 8th Committee meeting held on 21st March 2006 at the residence of Mrs. Nutan Asher at 6 PM

Pres. Revathy welcomed the members.

She appraised the committee on the joint meeting held in Feb at Priya Kunj where Dr. Suresh Venkatachalam, HOD of Oncology, GH, spoke on Breast cancer awareness. This was followed by a talk on Laughter Therapy.

She informed the floor that the class room block would be ready soon.
Sewing machines worth Rs. 6000 was donated to the Vocational Training Centre at RS Puram
New Clothes were distributed to the inmates of Sevashram

Rev. Suresh

Advisors
1) Rev. Suresh
2) Rev. Suresh
3) Rev. Suresh

Meeting No: 8

Date: 21st March 2006

Venue: Residence of Mrs

Nutan Asher

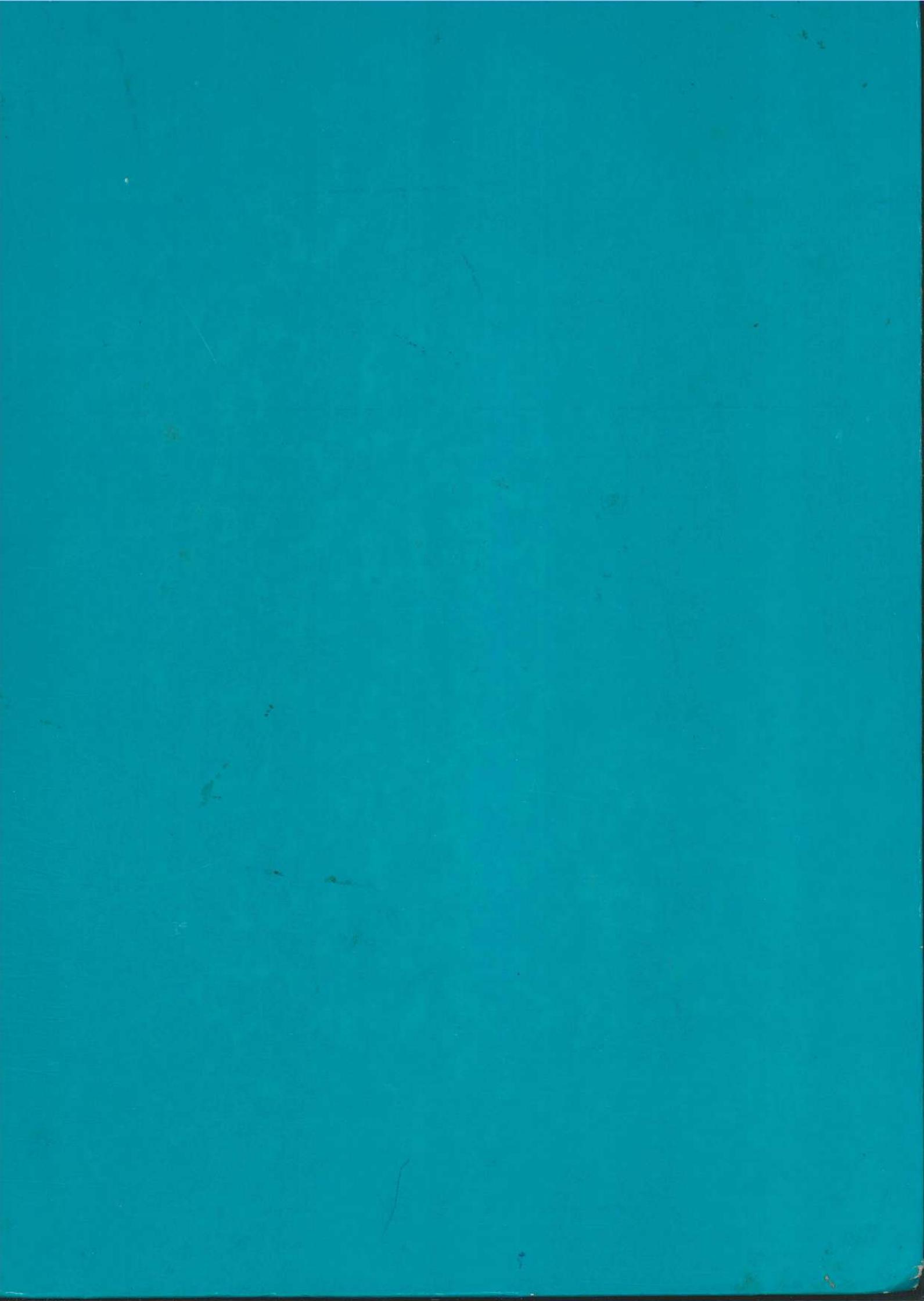
Name

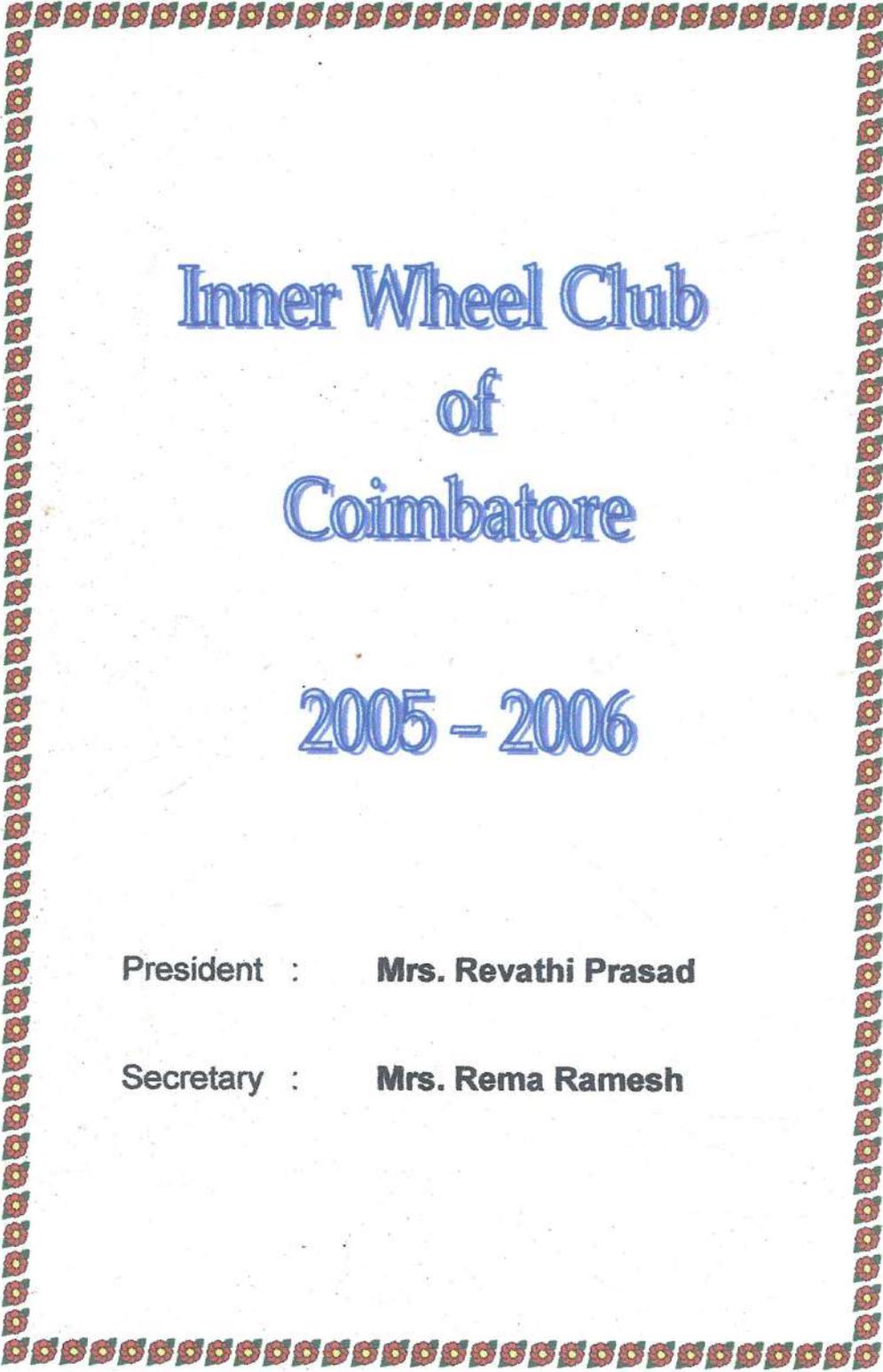
Signature

| | |
|---------------------------|-------------------|
| 1) Mrs Revathy Prasad | |
| 2) " Manju Shroff | |
| 3) " Gubshan Vagh | |
| 4) " Rena Ramesh | Rena |
| 5) " Kanaka Sarath | P. Kanaka Sarath |
| 6) " Aritha Srinivasan | Aritha Srinivasan |
| 7) " Saraswathy | S. Saraswathy |
| 8) " Vasanthi Ranga | |
| 9) " Clethra | |
| 10) " Hema Khona | |
| 11) " Sridevi P | Sridevi. P. |
| 12) " Nutan Asher | |
| 13) " Asha Rajkumar | |
| 14) " Pisha Rao | |
| 15) " Jothi Zaveri | |
| 16) " Savithri | |
| 17) " Kishore | |
| 18) " Usha. T. | |
| 19) " Aashi Krippe | Aashi |
| 20) " Jayanthi Satish | Jayanthi Satish |
| 21) " Bhavanii Natarajan. | Bhavanii |

Advisors:

- 1) Mrs. Geetha Padmanabhan
- 2) Mrs. Vijaya Ravi
- 3) Mrs. Talsi Rajkumar





**Inner Wheel Club
of
Coimbatore**

2005 - 2006

President : Mrs. Revathi Prasad

Secretary : Mrs. Rema Ramesh

INNER WHEEL CLUB OF COIMBATORE

Office Bearers 2005 - 2006

| | |
|--------------------------|----------------------------|
| President | Mrs. Revathi Prasad |
| Immediate Past President | Mrs. Gulshan Vagh |
| Vice President | Mrs. Manju Shroff |
| Secretary | Mrs. Rema Ramesh |
| Joint Secretary | Mrs. Kamala Sanath |
| Treasurer | Mrs. Anitha Srinivasan |
| ISO | Mrs. Saraswathi Sundarajan |
| Editor | Mrs. Vasanthi Ranganathan |

Committee Members

| | |
|-------------------------|-----------------------|
| Mrs. Sridevi Padmanaban | Mrs. Hema Khona |
| Mrs. Chetna Shah | Mrs. Asha Rajkumar |
| Mrs. Nutan Asher | Mrs. Asha Rao |
| Mrs. Jothi Zaveri | Mrs. Usha Thirugnanam |

Special Advisors

| |
|-------------------------|
| Mrs. Geetha Padmanaban |
| Mrs. Vijaya Ravishankar |
| Mrs. Tulasi Rajkumar |



Support Gives Strength

The President and Members of the
INNER WHEEL CLUB OF COIMBATORE

Cordially invite you for the Installation of

Mrs. REVATHI PRASAD

as President

and her team of Office Bearers for the year 2005 - 2006

on Friday, the 1st July 2005

Chief Guest : **Dr. Ramkumar Ragupathy**

Dean, G.K.N.M. Hospital

Venue : **Hotel Surya International**

Race Course, Coimbatore

Gulshan Vagh

President

Revathi Prasad

Secretary

Tea : 5.30 pm

Meeting : 6.00 pm

Dinner : 7.30 pm

INSTALLATION

Innerwheel club new president

Revathi Prasad was elected as president of Innerwheel Club of Coimbatore by Gulshan Vagh in the presence of Dr Ramkumar Raghupathi, Manju Shroff and Rema Ramesh on Friday. The newly-elected president would implement community-oriented projects like construction of classrooms for tribal children at Anaikatti, provision of medical aid and equipment at the Burns and Plastic Surgery Department of Coimbatore Medical College and Hospital and distribution of 250 metres of uniform material and notebooks to the inmates of Seva Nilayam, a release from the Innerwheel Club of Coimbatore said. She would also initiate steps for organising medical camps for detection and prevention of chronic renal failure and provide vocational training for women, a club release added here.

write up
in
The Indian
Express

3rd July 2005



INNER WHEEL CLUB OF COIMBATORE

MINUTES OF THE INSTALLATION FUNCTION

The Installation Function of the Inner Wheel Club of Coimbatore for 2005 –2006 was held at The Hut, Hotel Surya on 1st July 2005

The Meeting commenced with an invocation by children of Seva Nilayam and the Inner Wheel Prayer by Mrs. Chetna Shah

Pres. Gulshan Wagh welcomed the gathering and Sec. Revathy Prasad presented a detailed report on the Club's activities for the year 2004 –2005. 14 members were acknowledged for their 100% attendance at meetings.

Chief guest Dr. Ramkumar Raghupathy lighted the Kuthu Vilaku and inaugurated the proceedings. Mrs. Revathy was Installed as the 30th President along with her team of office bearers for the year.

PROJECTS:

1. A cheque for Rs 12,000 was given to The Society in aid of the Handicapped as annual fees for 12 children. This was sponsored by Nirmala, Meena, Gulshan, Geetha, Tulsi, Hema, Asma, Sridevi Jothi Zaveri and Chetna

2. A cheque of Rs. 4000 as annual fee for 4 children was given to Families for Children. This was sponsored by Hema, Geetha, Tulsi and Nirmala.

3. Projects at Seva Nilayam:

a. Rs. 5000 sponsored by past member Radha Sundarkumar and our members was given for purchase of notebooks.

b. Uniform material worth Rs. 15,000 sponsored by Jaishree Prakash was donated

c. Rs. 1500 sponsored by Mrs. Hamsa was paid as fees for 2 girls

4. Rs. 2000 was given to 2 ladies for Honeybee Training at Tamil Nadu Agriculture University sponsored by Vasanthi Ranga.

5. Rs. 5000 sponsored by Asha Rao and Revathy given to Dharmarajan for ITI course.

6. Rs. 450 was paid for books for Sugandan a X std student at Boys H. Sc, Ondipudur

The total amt of RS. 44,950 spent on projects was sponsored by our members.

Pres. Revathy expressed her gratitude to all the members who spontaneously sponsored the projects.

INDUCTION: Mrs Bhavani, Jaysree Ravi, Chandana, Jaysree Prakash, Shylaja and Jayanthi were inducted by Past Assn. President Geetha who greeted them warmly into our movement.

Mrs. Nirmala and Mrs. Meena were honored for their consistent and active service.

ANY OTHER MATTER : Rtn. Gurdip, President, Rotary Club of Metropolis and PDC Mrs. Vijaya Ravi offered their felicitations.

SOUVENIR: Souvenir was released by Dr. Ramkumar. Pres. Revathy thanked all the members who chipped in their bit and helped bringing the souvenir on time. Rs. 2 lakhs 50 thousand was raised for service projects.

VOTE OF THANKS: was proposed by Sec. Rema.

The installation meeting was followed by dinner

Rema Prakash

Sanath Masad

FRIENDSHIP & SERVICE

INNERWHEEL CLUB OF COIMBATORE

District 320

Dist. Chairman
Mrs. Geetha Markose

President
Mrs. Revathi Prasad
2, 2nd Main Road,
Meena Estates,
Coimbatore 641028
Ph.: 2315982. Fax : 2311118
Mobile : 9363241232
Email : srprasad@vsnl.com



IIW Theme
Support Gives Strength

Charter No. 1985

Association President
Mrs. Shailaja B. Bhat

Secretary
Mrs. Rema Ramesh
30, Bharathi Park,
Cross Road No. 6,
Coimbatore 641043
Ph.: 2447303, 2430109
Mobile: 936312676
Email : remaramesh@yahoo.com

Hi

I am sure this letter is in your hands when you are very busy with aadi sales, temple visits and a whole lot of festivals round the corner. Nevertheless I would be happy if you could spare a moment to go thru the enclosed circulars.

Pres. Revathy has lined up a number of service projects for this year. To start with we have the Breast Feeding Awareness Week from Aug 1st to 7th. While its surely satisfying to organise the projects, its your participation and involvement which will go a long way in adding the personal touch and making them more meaningful. So please do try and attend the projects and meetings and together let us make it a truly memorable year.

Please do keep yourself free on Tuesday, 27th Sept as District Chairman Mrs. Geetha Markose will be officially visiting our club.

Until my next circular.....bye

With warm regards,

In Friendship,

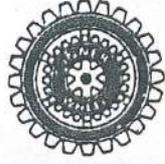
Rema Ramesh
Rema Ramesh

FRIENDSHIP & SERVICE
INNERWHEEL CLUB OF COIMBATORE

District 320

Dist. Chairman
Mrs. Geetha Markose

President
Mrs. Revathi Prasad
2nd Main Road,
Meena Estates,
Coimbatore 641028
Ph.: 2315982. Fax : 2311118
Mobile : 9363241232
Email : srprasad@vsnl.com



IIW Theme
Support Gives Strength

Charter No. 1985

Association President
Mrs. Shalaja B. Bhat

Secretary
Mrs. Rema Ramesh
30, Bharathi Park,
Cross Road No. 6,
Coimbatore 641043
Ph.: 2447303, 2430109
Mobile : 9363246768

Email : remaramesh@yahoo.com

Programme for the month of August

Breast Feeding Awareness Week

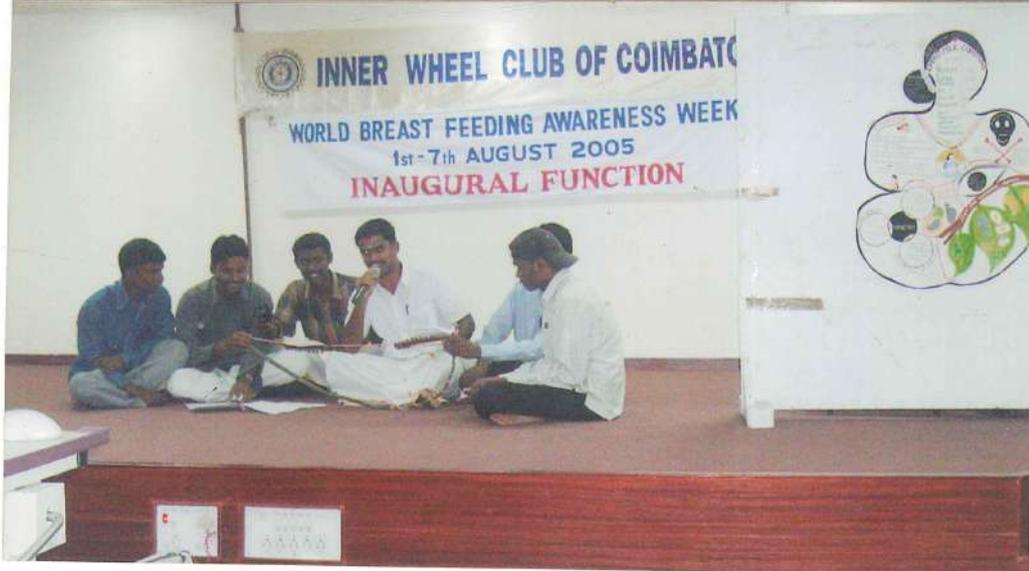
- August 1st -- Inaugral Function at Masonic Hospital, 10.45 am
Skit and Villupattu
- August 2nd -- Seethalakshmi Hospital, Brooke Bond Road, 10 am
Talk by Dr. Maheswari
- August 3rd -- Exhibiting of slide at Maruthi Theatre
- August 4th -- Govt. Womens Polytechnic, 3 pm
Skit and poster competition
- August 5th -- Sri Jayendra Saraswathi Mahavidyalaya, 3 Pm
Poster Competition
(on Trichy Road take left turn at Saroja mills on to
aerodrome road)
- August 6th -- Valedictory function at Neuro Seminar Auditorium
Govt Hospital, 11 am
Debate and Kavithai competition
(Enter gate towards Lanka corner, drive straight, you
reach the auditorium after crossing the small gate)
- August 7th -- Radio Talk in Suryan FM



INAUGURAL
FUNCTION



SKIT
- BY NURSING
STAFF OF
MASONIC
HOSPITAL



VILLUPATTU
BY
R.V.S. INSTITUTE
OF
NURSING

Breast Feeding Awareness Programme 1-7 August 2005

The importance of breast-feeding has been recognized as one of the most valuable medical contributors to infant health.

A Week long breast feeding awareness programme was organized by our club. The projects was to educate women about the benefits of breast-feeding, encourage them to choose to breast-feed, and create awareness that breast-feeding is normal, desirable, and achievable.

Posters highlighting the benefits of breast feeding and breast milk were put up at various places imparting the message to the public which also got Inner Wheel Club of Coimbatore good publicity. Members of Inner wheel delivered talks to young mothers stressing how breast feeding is of utmost importance for the physical and mental development of the baby.

Keeping in mind the theme: **Breast Feeding & Family Foods - Loving & Healthy**, great care was taken to organize the campaign so that the message could reach out to maximum number of people from a varied cross section of our society

Day 1-August 1st, Monday at Masonic Medical Trust Hospital

The inaugural function of the Breast Feeding Awareness Programme was held at the Masonic hospital, Race Course Road. In his inaugural address, Dr. Krishnaswamy, Head of Department of Pediatrics spoke about the advantages of breast feeding

This was followed by a skit put up by the nursing staff of the Masonic hospital. It was about a modern mother who listening to her friend, weans the baby to bottle feeds and how the baby becomes restless and colicky. The skit ends with the doctor advising on how important it is for the mother to spend time and breast feed the baby. The humorous way in which it was presented had full attention of the audience with the message firmly embedded in their minds.

A Villuappattu on benefits of Breast Feeding was presented by the students of RVS Institute of Health Sciences & College of Nursing. Gifts were given to every participant. Tea and biscuits were served to the 200 people present for the programme. The total cost of the project was Rs. 600.

Day 2, August 2nd, Tuesday at Seethalakshmi Hospital

After the formal welcome address by Pres. Revathi Prasad, Dr. Maheswari, Chief Medical Officer reaffirmed the superiority of breast feeding for new borns. She gave a half hour talk saying breast fed babies have a healthier start in life.

Our club member Mrs Anitha Srinivasan summed up by giving tips on nutritious food for mothers and how the mother has to maintain personal hygiene while feeding the baby.

The Students of PSG college of nursing put up informative posters at the hospital depicting :- nutrition for pregnant women and feeding mothers, pre and post natal care.

AT THE GOVT. POLYTECHNIC FOR WOMEN



AT JAYENDRA SARASWATHY MAHA VIDYALA

About 200 people comprising of mothers to be and elders accompanying them attended the programme. Tea and biscuits were given to all present.
Amount spent for the project was Rs.500.

Day 3- August 3rd ,Wednesday

A slide was made promoting breast feeding and emphasizing its benefits which was exhibited from 3rd Aug for a month at Maruthi theatre, which has a capacity of 850 seats. Being in the heart of Coimbatore this cinema hall which screens the latest movies attracts a large crowd. Rs. 250 was spent on this project

Day 4- August 4th ,Thursday at Government Polytechnic for Women

Pres. Revathy welcomed the large gathering of students. She told the students how they could help spread the awareness by talking to people in rural areas when they go for camps like NCC etc

A poster competition was conducted for the students and participation for which was good. Mrs Maggie, PRO of Masonic Medical Trust Hospital was the judge for the competition and prizes were given to the best three posters and 2 best poems. Our member Mrs. Sundari Kandasamy spoke on importance of breast feeding emphasizing on the emotional benefits for the mother and child. Head Nurse from Masonic hospital also addressed the students. A skit by the staff of Masonic hospital was put up for the benefit of the students. Tea and biscuit was provided to the students and staff present. Amount spent on project was 750.

Day 5- August 5th ,Friday at Sri Jayendra Saraswathy Maha Vidyalaya College of Arts & Science

Pres. Revathy welcomed the gathering. Principal of the institution, Mrs. Dhanalakshmi Jeyachandran, addressed the students requesting them to listen with care on the topic of the day. She thanked the Inner Wheel for conducting the awareness program in their College and also cited examples of all the difference that could be seen in a child that has been breast fed against a child neglected by the mother in its infant years. Dr. Mrs. Lalitha Ramaswamy, Head of the Department of Nutrition, PSG College of Arts & Science was the chief guest. She spoke at length on the good effects of breast feeding, the nutritious food an expectant and feeding mother should consume. With slide presentation she also said young girls are future mothers and so should take care of their health by having more of vegetables fruits and milk in their diets.

An essay and poster competition, both in English and Tamil was held for the students. The students put up 15 colorful posters explaining the goodness of breast feeding as well as the nutritional value of foods a young mother should have during pregnancy and lactation.

50 students participated in the essay competition in English and Tamil. Prizes were awarded to the best 3 in each category. 15 students took part in the slogan contest. 2 prizes were awarded. The awareness of these young girls regarding breast feeding was impressive and the essays and posters were all very good.

The formal vote of thanks was followed by tea. Rs. 1000 was spent on this project



POSTER
COMPETITION



Day 6- August 6th, Saturday Valedictory Function At Coimbatore Medical College Hospital

It was a grand finale to a interesting week. The Valedictory Function was held at the Neuro Hall at the Coimbatore Medical College Hospital. Head of Pediatrics Dept welcomed the gathering and with a slide show explained in detail the benefits of breast feeding to the audience comprising of 450 nursing students , doctors from the Pediatrics and Gynaecology departments, Matrons and Nurses . Pres. Revathi spoke on the role of Inner Wheel in promoting Breast Feeding and highlighted the various programs conducted during the week. Dean Dr. Kalanidhi thanked Inner Wheel Club of Coimbatore for conducting the program especially for the nurses as they as the health care providers were in constant touch with the mothers and they can convince the patients on the goodness of mothers milk. Asst Professor Dr. Gitanjali conducted a question answer session. Chief Medical Officer Dr. Perumal Raj also spoke at the function.

The nurses had taken great pains and time from their hectic schedules and put up a colourful Puppet Show depicting 2 families with new born babies one of it is bottle fed and the other is breast fed. This was followed by a Villupattu and a Kavidhai Competition. 25 students took part in the Poster and Slogan Competition.

Prizes were given to winners in the various categories and tea and snacks sponsored for the function. Amount spent for the day was Rs.1500.

Day 7- August 7th, Sunday, Suryan FM Talk

Our members Mrs .Usha T and Mrs Vijayalakshmi Ravi did a live talk show on the importance of breast feeding on Suryan FM and Rainbow FM in All India Radio. The programme was aired at 2 pm and at 6pm in AIR. This being a FM station popular amongst everyone but mostly with ladies of all ages, the message of the goodness of breast milk as a natural choice for babies and breast feeding as a natural choice for mothers would have reached to all in and around Coimbatore

Conclusion: In line with the guidelines we at Inner Wheel Club Of Coimbatore had great fulfillment organizing the **WORLD BREAST FEEDING AWARENESS WEEK from 1st to 7th August 2005** and implemented the theme for the year - Breast Feeding and Family Foods, Loving & Healthy from the inaugural at Masonic Hospital to the Valedictory At CMCH. It was the response of the public and the motivating SUPPORT of the doctors which gives us STRENGTH to embark on such noble ventures

Pena Ramesh

THE HINDU

Inner Wheel Club of Coimbatore:

Inaugural function for Breastfeeding Awareness Week, Skit and Villupattu, 10.45 a.m.

Innerwheel Club of Coimbatore:

Meeting, Seethalakshmi Hospital, 10 a.m.

Innerwheel Club of Coimbatore: Skit and Poster Competition, Government Women's Polytechnic, 3 p.m.

Innerwheel Club of Coimbatore: Valedictory of Breast Feeding Awareness week, Neuro Seminar Auditorium at Government Hospital, 11 a.m.

Publicity
for
Breast Feeding
Awareness
week
- Engagement
column



Participation
from
the public



LEADERSHIP DEVELOPMENT PROGRAMME
FOR +1, +2 STUDENTS OF
CHINNA THADAGAM



Date: 20.08.05

Leadership and Self-development Program for +1, +2, students

அரசு மேனிலைப்பள்ளி
சின்னத்தடாகம்

அரசு மேனிலைப்பள்ளி
பன்னிமடை

அரசு மகளிர் உயர்நிலைப்பள்ளி
சின்னத்தடாகம்

அரசு உண்டுறைவிட உயர்நிலைப்பள்ளி
ஆனைகட்டி

இப்பள்ளிகளுடன்

இன்னர்வீல் கிளப் - கோவை

இணைந்து நடத்தும்
10 ஆம் வகுப்பு மாணவர்களுக்கான

தன்னம்பிக்கை மற்றும் ஆளுமைப் பண்புகள் பயிலரங்கம்

இடம் : அரசு மேனிலைப்பள்ளி - சின்னத்தடாகம்

நாள் : 20 - 08.05 சனிக்கிழமை - முற்பகல் 9.30 மணி

தலைமை : திருமதி ரேவதிராமச்சந்திர பிரசாத் அவர்கள்
தலைவர் இன்னர்வீல் கிளப் கோவை

முன்னிலை: திருமதி . ப.ரதி அவர்கள்
தலைமையாசிரியை - அரசு மேனிலைப்பள்ளி சின்னத்தடாகம்

திரு. வி. ஆர் . தாமோதரன் அவர்கள்
தலைமையாசிரியர் அரசு மேனிலைப்பள்ளி - பன்னிமடை

திரு. டி. எஸ். பழனிசாமி அவர்கள்
தலைமையாசிரியர் - அரசு மகளிர் உயர்நிலைப்பள்ளி - சின்னத்தடாகம்

திருமதி . சாந்தி அவர்கள்
தலைமையாசிரியை (பொ) அரசு உண்டு உறைவிட உயர்நிலைப்பள்ளி
ஆனைகட்டி.

பயிலரங்கச் சிறப்புரை

கவிஞர் காளிதாசன் அவர்கள்
ஓசை - அமைப்பாளர்

கவிஞர் பூ.அ. இரவீந்திரன் அவர்கள்
தலைமையாசிரியர் (ஓய்வு) அரசு மேனிலைப்பள்ளி - பன்னிமடை

கவிஞர் கோமகன் அவர்கள்

இவ்வண்ணம்

அரசு மேனிலை - உயர்நிலைப்பள்ளிகள் - இன்னர்வீல் கிளப் - கோவை.

CALL FOR REGULAR MEETING

Date : . Wednesday, 10th August

Time : Committee Meeting at 5.30 pm
Regular Meeting at 6.00 pm

Venue : Mrs. Usha Dass's residence
Divyadanush, Shiva Nagar
Opp. TVS Nagar, Thadagam Road
Coimbatore- 641025

Programme : Insurance and Smart Investments.

Speaker : Mr. S Parthasarathy, Branch Manager
Metlife India Insurance Co (P) Ltd

Meeting Hosted by : Mrs. Chetna Shah
Mrs. Jothi Zaveri
Mrs. Usha Dass
Mrs. Saraswathi Sounderrajan

Dates to remember : Birthdays

| | | | |
|-----------------------|-----------------|-----------------------|-----------|
| 29 th July | - Manjula Joshi | 31 st July | - Nirmala |
| 8 th Aug | - Kamala | 14 th Aug | - Brinda |
| 25 th " | - Latha | | |

Aug 1st to 7th: Breast Feeding Awareness Week

The minutes of the 2nd Regular meeting held on Aug 10th at Mrs.Usha Dass residence at 6.30 pm

Pres .Revathy welcomed the members

The meeting commenced with prayer by Mrs.Jaysree Ravi

The minutes of the Installation meeting was read and duly passed.

Pres.Revathy spoke in detail about the chairman Mrs.Geetha Markose visit on 27th Sept. She informed the floor about the projects lined up for the day and requested 100% attendance at the meeting and projects.

Last year Treasurer Mrs.Kishore read out the balance sheet which was also circulated.

Treasurer Anitha appraised the members on the balance in the club accounts.

Fellowship:The friendship basket whereby one member visits another was started. Pres Revathy handed over a colourfully decorated basket to hostess Usha Dass who in turn would visit Jothi P .

Birthday gifts were given to Manju,

Meeting: Insurance and Smart Investments by Mr.Parthasarathy of Metlife India

Meeting ended with vote of thanks by Rema

Revathi Masad

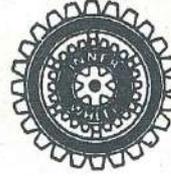
Rema Ramesh

FRIENDSHIP & SERVICE
INNERWHEEL CLUB OF COIMBATORE

District 320

Dist. Chairman
Mrs. Geetha Markose

President
Mrs. Revathi Prasad
2, 2nd Main Road,
Meena Estates,
Coimbatore 641028
Ph.: 2315982. Fax : 2311118
Mobile : 9363241232
Email : srprasad@vsnl.com



IIW Theme
Support Gives Strength

Ch
Associ
Mrs. S

Mrs.
30
Cr
Coir
Ph.: 24-
Mobi
Email : remarama

19th Sept 20

Hi,

The most important event of our club is just around the corner... official visit of our District Chairman, Mrs. Geetha Markose on 27th Sept. Pres Revathi has requested that all members be available for the project, meeting and the lunch that follows. So ladies keep yourselves and do attend all the programs as follows:

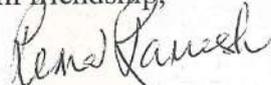
Date: 27th Sept

- 7.45 am : Assemble at Mrs. Kamala Sanath's house to leave for the project
- 9.30 am : Foundation stone laying ceremony of class room block (the school is 10 drive after Annaikatty Ashram on the left)
- 11.00 am : Committee Meeting at Mrs. Hema Khona's house
- 11.30 am : Regular meeting followed by lunch

So please do attend without fail.

Regards,

In friendship,


Rema Ramesh

Birthday Wishes to:

- 27th Sept : Asha Rajkumar Tel : 2570373
- 6th Oct : Jayshree Ravi : 98422 - 21701
- 10th Oct : Tulsi Rajkumar : 98422 - 19009
- 17th Oct : Manogari : 2391884

Vice President
Mrs. Manju Shroff,
119, W. Venkataswamy Rd.,
R.S. Puram,
Coimbatore 641 002
Ph.: 2553006

Imm. P. President
Mrs. Gulshan Vagh,
3C, Post Office Rd.,
Krishnaswamy Nagar,
Coimbatore 641 045
Ph.: 2318335

Treasurer
Mrs. Anita Srinivas,
Aditya, 25B, D.B. Rd.,
R.S. Puram,
Coimbatore 641 002
Ph.: 2554331

ISO
Mrs. Saraswathy Soundarajan
838-A, Lalitha Hospital,
Cross Cut Road,
Coimbatore 641 012
Ph.: 2499533

Mr.
242
S
C



SUPPORT GIVES STRENGTH

The President and Members of
INNER WHEEL CLUB OF COIMBATORE
District 320

*Cordially invite you for the
Official Visit of the District Chairman*

Mrs. Geetha Markos

District Chairman, Inner Wheel District 320.

*on Tuesday, 27th September 2005,
At 11.30 a.m.*

*at Mrs. Hema Khona's residence,
67, West Bashyakaralu Road., R.S. Puram, Coimbatore.*

And for the Lunch thereafter

Revathi Prasad
President

Rema Ramesh
Secretary

RSVP : Rema Ramesh, 30, Bharathi Park, 6th Cross, Coimbatore - 641 043.

Geetha Markos
GEETHA MARKOSE
27-9-05'

Support Gives Strength

Chakram

September 2005

Bulletin - Inner Wheel Club of Coimbatore

Dist. 320



World President's
Message

Erna Fandal

Message for 2005/2006

Dear fellow members

I send my warmest greetings to all of you and wish you a happy and satisfying new Inner Wheel Year.

I hope you will work into practice the theme of this year "Support Gives Strength".

Support is important to all human beings, in one way or another, and from support we get strength.

The IIW Convention in Christchurch, New Zealand, May 2006 is a great opportunity to meet old and new Inner Wheel friends and I hope to meet many of you there.

Yours in friendship

Erna Fandal



District
Chairman's
Greetings

Dear friends

I thank all my Inner Wheel friends for the confidence reposed in me and electing me to this august post.

The International Inner Wheel President Erna Fandal has given us the theme "Support Gives Strength" for this Inner Wheel year. From the greatest genius to the mentally deprived, from the strongest wrestler to the physically challenged, all need some kind of support at one stage or other. Support strengthens a person to face the challenges of life.

I have identified two projects for this year - composting of kitchen waste in every Inner Wheel member's home and construction of ramps at public places to help the old and the disabled in Wheel Chairs. Please try to concentrate on these two projects, along with your usual projects.

My hearty congratulations to all the newly elected office bearers of our Club. I am sure that their enthusiasm and willingness to do service will take your Club to greater heights.

Yours in Inner Wheel Friendship,

Geeta Markose

Dist Chairman 2005-06

Inner Wheel Dist. 320



District Chairman Geetha Markose ---
Foundation Stone Laying at Anai Katy School



Donation of wheel chair



Induction of Mrs. Chandrika Vittal

234
2347

Minutes of the 3rd meeting held at Mrs. Hema Khona's residence on 27th Sept 2005 at 11 am

PRAYER: The Dist Chairmans Official visit commenced with prayer song by Mrs.Chandrika Vittal.

WELCOME: Pres.Revathy welcomed Dist Chairman Geetha Markose to our meeting.

REPORT: Secretary gave a short report on the clubs activity for the 1st quarter.

PROJECTS:

- ❖ Rs 15,000/ was given towards training of women in jute making.
- ❖ A wheel chair worth Rs. 2,600/- was donated to the old age home at Mettupalayam Road
- ❖ 3 beehive units and stainless steel smoker was donated. Amount spent Rs.4000/

Pres thanked Mrs Usha T and Sharadha ^{and Nutan.} for sponsoring the projects.

EXTENSION:Dist chairman Geetha inducted Uma Ramani and Chandrika Vittal into our club taking our total to 60.

BULLETIN: Dist Chairman released the copy of Chakram,our club Bulletin and Geetha Padmanabhan received the 1st copy.

ADDRESS BY DIST CHAIRMAN: Mrs.Geetha Markose congratulated our club on the neatly maintained records. She appreciated our projects .She spoke on her theme for the year and requested us to do projects on the same. She also said she enjoyed our clubs hospitality and was taking back pleasant memories.

Pres Revathy thanked Dist Chairman and, promised our whole hearted support to her .

As a token of our appreciation Pres. gifted a momento to Dist Chairman. An amount of Rs. 300 Was contributed towards Dist Chairman's project for the terminally ill children

FELLOWSHIP: Members were greeted for their birthdays.

VOTE OF THANKS: was proposed by treasurer Anitha.

Meeting was followed by lunch

12 13

Revathy

Minutes of the 4th meeting held at Mrs.Hamsa Ramakrishnan's residence on 18th Oct 2005 at 6.30 PM

- PRAYER : Inner Wheel prayer was read by Mrs.Viji
WELCOME ; Pres.Revathy welcomed all members to the meeting.
REPORT : Minutes of the previous meeting was read and duly passed.

PROJECTS:

It was decided to loan an amount ^{of Rs 5000} to a person to put up a petty shop.

Rs.3420/ to be paid for renewal of boards at the railway station.

Lunch was served to Seva Nilayam Girls – Sponsored by Jothi. P

Sweet Distributed to Seva Nilayam – Sponsored by Hamsa.

Mrs. Madan Bhai gave Rs. 7,000/- towards renal failure camp.

FELLOWSHIP: Members were greeted for their birthdays.

Pres. Revathy gave a brief report on Rally. Our club won Rs. 250/- , being the first to register.

She also requested 100% registration for the conference for which Mrs. Gulshan is the convener.

Picnic to Mysore and Koduveri was discussed.

VOTE OF THANKS: was proposed by Sec.Remma

Meeting was followed by dinner

Rema Ramesh

**Minutes of the 5th meeting held at Mrs.Latha Prabhakar's residence
on 18th Nov 2005 at 6.30 PM**

- PRAYER : Inner Wheel prayer was read by Mrs.Anitha
WELCOME : Pres.Revathy welcomed all members to the meeting.
REPORT : Minutes of the previous meeting was read and duly
passed.

PROJECTS: Pres.Revathy announced the following projects

Renal failure detection camp on 23rd Nov

Lab and play equipments to be donated to Annaikatty tribal school

FELLOWSHIP: Members were greeted for their birthdays.

Conference Chairman updated the members on the Dist Conf. Since our club is in charge of décor she asked every one to chip in and do their best. The dress code is off White she also requested 100% registration for the conference

Picnic to Mysore and Koduveri was discussed.

VOTE OF THANKS: was proposed by Sec.Rema

Meeting was followed by dinner

Rema Ramesh

Minutes of the 6th regular meeting held at 6.30 pm on 16th Dec at ESSORPE Hall

PRAYER : Inner Wheel prayer was read by Mrs. Anitha

WELCOME : Pres Revathy welcomed the members and speaker Mrs. Amudha Giridar

REPORT: Minutes of previous meeting was read and duly passed

Pres. Revathy made the following announcements:

Cancer detection camp was held on 4th Dec. Blood test and pap smear test were done for 70 ladies. Amt spent for this project was Rs. 3500/

Lab equipments worth Rs. 7300/ was donated to the tribal school
Rs. 10000/ would be donated to Udavum Karangal

Revathy also informed the members that International IW ballot paper has been received and the association ballot paper has already been sent

FELLOWSHIP : Members were greeted for their birthdays

She also requested maximum participation for the conference as our club is in charge of décor and reception.

Picnic and Industrial Visit to Bannari amman Sugar was discussed

VOTE OF THANKS : was proposed by Jt. Sec Kamala

The meeting was followed by talk on Women N Drugs by Dr Amudha Giridar.

VOTE OF THANKS : was proposed by Jt. Sec Kamala

Meeting concluded with dinner

Rema Ramesh



**Rotary Coimbatore Central
Rotary Coimbatore Metropolis
& Inner Wheel Club of Coimbatore**



*cordially invite you for the
Inauguration of*

**Kidney Care Project
for the Rural Community**

*on Saturday the 24th Dec 2005 at 8.45 am
at Tulsi Creative School,
Theethipalayam Village, Coimbatore.*

Chief Guest : Rtn. MPH. L. Narayanaswamy

Dist. Gov. Nominee, 2007-08

Rtn. PHF. Dr. P. Ramachandran
Project Co-ordinator

Rtn. PHF. N. Krishna Kumar
President, Rotary Coimbatore Central

Rtn. PHF. M. Ramaswamy
Secretary, Rotary Coimbatore Central

Rtn. MPH. V. Rajkumar
President, Rotary Coimbatore Metropolis

Rtn. MPH. P.R. Vittel
Secretary, Rotary Coimbatore Metropolis

Mrs. Revathi Prasad
President, Inner Wheel Club of Coimbatore

Mrs. Rema Ramesh
Secretary, Inner Wheel Club of Coimbatore

Participating Hospitals :

G.K.N.M Hospital & Vedanayagam Hospitals

Inaugural Function of "Kidney Care Project"



KIDNEY CARE PROJECT



PARTICIPATING ORGANISATIONS ROTARY COIMBATORE CENTRAL ROTARY COIMBATORE METROPOLIS INNERWHEEL CLUB OF COIMBATORE TULSI RURAL IMPROVEMENT TRUST

SUPPORTED BY
VEDANAYAGAM HOSPITAL
GKNM HOSPITAL

Chronic Kidney disease worsening beyond a state can be managed only by dialysis and / or renal transplantation. Considering the enormous financial needs and lack of facilities in government institutions, only a small percentage of these patients opt for such treatment. With such a scenario, it is our duty to educate the rural community regarding ideal control of diabetes and hypertension so that kidney failure can be prevented / or at least make attempts to detect the disease early so that further worsening can be prevented or delayed.

We decided to commence our project from the rural pockets of Coimbatore. Dr. Radha Ramani, Project Coordinator of Tulsi Rural Trust, along with her team of trained health visitors did a commendable job in screening the population in two villages namely Theethipalayam and Sennanur and the results of our initial survey is as follows :

| | SENNANUR | | THEETHIPALAYAM | |
|-------------------------|--------------------|--------|--------------------|--------|
| Total Population | 3696 | | 3453 | |
| Above 15 years age | 2776 | | 2682 | |
| No of persons screened | 1192 (M 430 F 762) | | 1028 (M 382 F 646) | |
| Hypertension | Old 73 | New 47 | Old 29 | New 25 |
| Positive Urine Sugar | Old 34 | New 14 | Old 26 | New 20 |
| Blood Sugar | Old 33 | New 8 | Old 11 | New 9 |
| Newly detected Diabetic | 6 | | 9 | |
| Positive Urine Albumin | 19 | | 7 | |
| Blood Urea & Creatinine | 19 | | 16 | |

Our next step will be to treat all those patients suffering from diabetes, hypertension and protein in urine by advising them about proper diet, exercise and drugs. Wherever necessary, we will also supply medicines free of cost.

We have covered a small sample population and these patients will be monitored constantly. They will also undergo blood test once in three months. We will evaluate our results at the end of one year and if possible extend the project to more villages.

1-4-06

Rtn. Dr. P.Ramachandran
Rotary Coimbatore Central
Project Coordinator

AT THE KIDNEY CARE PROJECT



Monthly Breast Self Exam Do It Yourself

In the shower

Raise your right arm. Use the finger pads of your left hand to touch every part of your right breast. Feel gently for any lumps or changes under the skin. Then raise your left arm and use your right hand to examine your left breast.



Before a mirror.

Place your arms at your sides. Check both breasts for anything unusual—discharge, puckering, dimpling or changes in skin texture. Clasp your hands behind your head and look carefully for any changes in the shape or contour of your breasts. Gently squeeze both nipples and look for discharge.



Lying down.

Lie flat on your back, with your left arm over your head and a pillow under your left shoulder. Put your left hand behind your head. Use your right hand to begin touching your left breast gently but firmly.



Start in your armpit and move down to just below your breast. Now move your fingers and move up again. Continue this up-and-down pattern until you have covered the area.



Rest your arm on a firm surface and use the same up-and-down motion to examine the area between the breast and the underarm, and the underarm itself.



This self exam is not a substitute for periodic examinations by a qualified doctor/cancer specialist

Report any lumps or changes to your doctor/cancer specialist



Joint Meeting of IWNCs Cbe.

Minutes of the 8th meeting held on Feb 14th 2006 at Priya Kunj at 11 am.

This was a joint meeting with IWC west, north and Saicity.

Dr. *Suresh Venkatachalam*, HOD of Oncology, Govt Hospital spoke on breast cancer awareness with a slide show.

Members of the laughing club Gujarath Samaj spoke on Laughter therapy and how it helps in reducing Cholestrol, B.P. and improves overall health.

Pema Kanesh



Dr. Suresh addressing the gathering

Hallo,

30 glorious years have flown by since the charter of our club. In the initial formative years our club was nurtured lovingly by our senior members and the past presidents. If IWC Coimbatore has blossomed fully and spreads its fragrance in the society it is definitely due to the great and undying efforts of our past presidentsindeed our club has grown by leaps and bounds in all facets in the district. What could be better now, than getting together and applauding their undiluted support to the club? So lets cheer our members and past presidents on 21st March. Be there for them and have a rollicking time

DATE : 21st March, Tuesday
TIME : Committee meeting:5.30 PM
Regular meeting :6.00 PM
VENUE : Residence of Mrs Nutan Asher
32 DB Road, RS Puram, Coimbatore
PROGRAMME : Fun n Frolic
HOSTS : Mrs.Nutan Asher Tel : 5200379 Mrs Sangeetha 2300112
: Mrs.Asha Rao 2541341 Mrs.Sridevi 2543475
: Mrs.Jayanthi Satish 2551536

Dates to remember: Birthdays

| | | | |
|------------------------|-------------------------|------------------------|---------------------|
| 23 rd March | Mrs. Arthi Kinger | 10 th April | Mrs. Susheela Gupta |
| 4 th April | Mrs. Hamsa Ramakrishnan | 11 th April | Mrs. Rema Ramesh |
| 9 th April | Mrs. Geetha Padmanabhan | 13 th April | Mrs. Kithida Vyas |

Regards

In friendship


Rema

e President
Manju Shroff,
Ankataswamy Rd.,
R.S. Puram,
Coimbatore 641 002
Ph.: 2553006

Imm. P. President
Mrs. Gulshan Vagh,
3C, Post Office Rd.,
Krishnaswamy Nagar,
Coimbatore 641 045
Ph.: 2318335

Treasurer
Mrs. Anita Srinivas,
Aditya, 25B, D.B. Rd.,
R.S. Puram,
Coimbatore 641 002
Ph.: 2554331

ISO
Mrs. Saraswathy Soundarajan
838-A, Lalitha Hospital,
Cross Cut Road,
Coimbatore 641 012
Ph.: 2499533

Joint Secre
Mrs. Kamala
242, NSR Iyer
Sai Baba Cr
Coimbatore 6
Ph.: 24440

Minutes of the 9th meeting held on 21st March at the residence of Mrs.Nutan Asher at 7 Pm

President Revathy welcomed every one present.She extended a warm welcome to Mrs.Gomathy of IWC Cbe North

PRAYER was read by Sreedevi

Minutes of the previous meeting was read and duly passed

Pres.Revathy accorded a hearty welcome to the past presidents.She spoke on each PP and said that they were real pillars of strength for our club.18 of the past pres.present were recognized for their contribution to the club and society at large.All the past presidents also reciprocated and expressed their sentiments

She informed the floor that:

The class room would be completed by April 1st week

Sewing machines worth Rs.6000 was donated to the Vocational Training Centre at RS Puram

New Clothes were distributed to the inmates of Sevashram

She also requested members to be present for the Pulse Polio NID to be held on 9th April and 14th May

Meeting was followed by games and dinner

VOTE OF THANKS was proposed by sec.Remma

Remma Remma

Hallo Gentlemen,

You dont need to take a trip far away...

Its all happening in Trichy Road

An evening full of spirits, music,games

Join us for lazing around...

Or to have a rocking time

We bet you will surely have a

Super Cool time....

So lets get together with our families and share an evening of warmth, friendship and fun on:

WEDNESDAY, 12th APRIL at 7.00 PM

The members of Inner wheel Club of Coimbatore are putting in all efforts to give you and your children a lovely time. Please keep the date free and do join us for dinner with your family at Mrs.Asha & Rtn.Rajkumar's residence.

651, Trichy Road
RVI Bungalow
Coimbatore-641005
Ph: 2570373

With Regards,



President
Mrs. Shroff,
Krishnaswamy Rd.,
Coimbatore,
641 002
3006

Imm. P. President
Mrs. Gulshan Vagh,
3C, Post Office Rd.,
Krishnaswamy Nagar,
Coimbatore 641 045
Ph.: 2318335

Treasurer
Mrs. Anita Srinivas,
Aditya, 25B, D.B. Rd.,
R.S. Puram,
Coimbatore 641 002
Ph.: 2554331

ISO
Mrs. Saraswathy Soundarajan
838-A, Lalitha Hospital,
Cross Cut Road,
Coimbatore 641 012
Ph.: 2499533

Joint Secretary
Mrs. Kamaladevi,
242, NSR Road,
Sai Baba Colony,
Coimbatore
Ph.: 2499533

Minutes of the 10th meeting held on 12th April 2006 at the residence of Mrs.Asha Rajkumar at 7.30 Pm

PRAYER was read by Mrs.Anitha Srinivasan

Pres.Revathy welcomed every one to the meeting which would be followed by the family get together

She thanked all the members for their support participation and guidance thru the year.

VOTE OF THANKS was proposed by Sec.Remma.

Meeting was followed by games and dinner

Rema Ranesh



Ms. Hemalatha - whose
Annual School fees was paid
by our club



AT Seethalakshmi Maternity Home
NID - March 9th
Pulse Polio Immunisation

