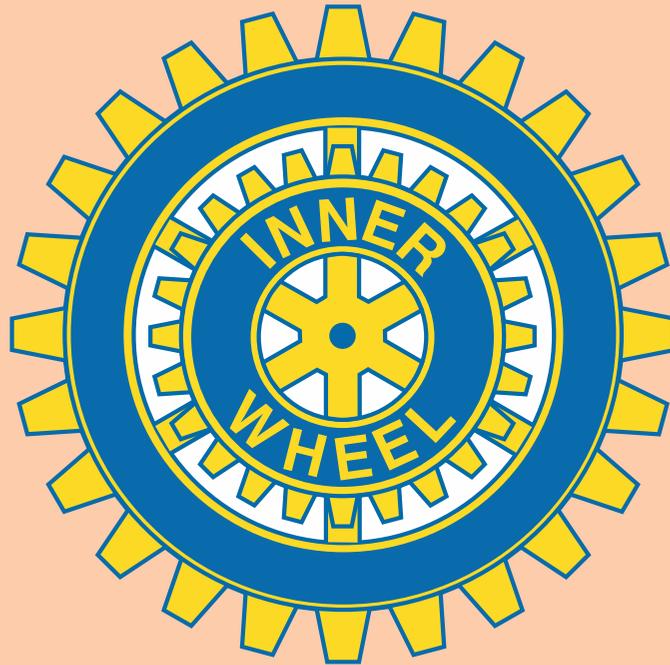


CHAKRAM - The Book



Golden Legacy of Inner Wheel Club of Coimbatore

2025



BRIDGEWOODS INTERNATIONAL SCHOOL

Rise with Resilience, Lead with Purpose.



Ms. J Vidyaprabha
Founder

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Behind D Mart, Ravathur
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Coimbatore - 641 402.



50TH



Chakram - The Book

Inner Wheel Club of Coimbatore



INNER WHEEL CLUB OF COIMBATORE
CHARTER NO:1985 IW DISTRICT 320



THE PRESIDENT AND MEMBERS INVITE YOU TO
SWARNA ARPANAM
OUR GOLDEN JUBILEE
CELEBRATIONS



with

CHIEF GUEST
KAY MORLAND

INTERNATIONAL INNER WHEEL PRESIDENT

GUEST OF HONOUR
JYOTI MAHIPAL
ASSOCIATION PRESIDENT



DISTINGUISHED GUEST
SEEMA KRISHNAN
DISTRICT CHAIRMAN
IW DISTRICT 320

AND TO THE LUNCH THEREAFTER

AT 9.00 AM

THURSDAY 28 AUGUST
2025



VENUE:
GRD COLLEGE AUDITORIUM,
AVINASHI RD
COIMBATORE

RADHIKA PARAMESH
PRESIDENT

MIRUNALINI SABARINATH
SECRETARY



INNER WHEEL CLUB OF COIMBATORE
CHARTER NO:1985 IW DISTRICT 320



SWARNA ARPANAM GOLDEN JUBILEE CELEBRATIONS AGENDA



10 am

Invocation and Lighting of the Lamp
Inner Wheel Prayer
Welcome Dance
Meeting Called to Order
Welcome Address by President Radhika Paramesh
Opening Remarks by Geetha Padmanaban
Adorning of Golden Jubilee Collar
Release of Golden Jubilee Book
Address by District Chairman
Address by Association President
Address by IIW President
Video Presentation of Felicitations to Past Presidents
Past Presidents Photo Shoot with Dignitaries
Past Presidents Walk of Honour
Pleasantries
Vote of Thanks by PDC Vijayalakshmi Ravi

Meeting Adjourned for Entertainment

Dance Program
Games & Lucky Draw
National Anthem

Lunch

9 am

IW Clubs Group Photo Shoot with IIW President, Association
President & District Chairman



International Inner Wheel



This is to certify
that the Inner Wheel Club of

Coimbatore

District No. 320

India

having accepted the International Constitution
and National Byelaws
is admitted to membership of
International Inner Wheel

Signed *Gwen Davis*

Date of formation 9th August 1975

Date of registration 2nd February 1976

International President
Christine Allen
Secretary
Christine Allen
Club No. 1985



Inner Wheel Prayer

*I*nstill in us o Lord, the true meaning of friendship

*N*ever let us forget that we are all thy children.

*N*otwithstanding the differences in our culture and creeds

*E*ndow us with a desire to serve our fellow men

*R*emembering that we too often need help

*W*henever or wherever the need for service arises

*H*elp us to be ready to serve

*E*ndeavouring to make our badge of Inner Wheel worthwhile

*E*nsuring that we have not

*L*ived in vain.

Editorial...

PP Brindha Vijayakumar

"A journey of a thousand smiles begins with a cup of coffee, a pile of old photos, and a WhatsApp group full of women with strong opinions."

- Anonymous Inner Wheel Editor

Fifty years! Now that's golden. I've been in Inner Wheel since 1990 - which makes it 35 years of meetings, memories, and more WhatsApp messages than I care to count. When asked to compile this Golden Jubilee Book, I didn't hesitate. Here was a chance to look back, smile and celebrate the incredible women who built this Club - one project, one laugh, and one meal at a time.

Together with my co-editor Deepa-fuelled by coffee, tiffin boxes, and restaurant bills - we dove into dusty files, yellowing photos, and long phone calls. A shoutout to Sundari, Umarani, Manogari, Ananthalakshmi, and Usha Thirugnanam (for her mother Hamsa's stories) for being our time machines to the 1970s and '80s. We reconnected with Shanthi Venkataraman and Rahamath Jabbar and were thrilled to find that Shantha Vellingiri's Inner Wheel legacy was preserved well thanks to her daughter Chamundeshwari.

Of course, there were challenges. Some Presidents have passed on, others have moved on, and a few might be hiding from us (just kidding... we think). For those with minimal data, we've done our best with what we had. Thanks to all members who sent in articles, recipes, and photos with lightning speed. Special thanks to Trupti and Prachi for sharing gems from Conferences and Triennials..

We're immensely grateful to Geetha, Trupti, Vidya Prabha, Shobhana, Sujatha, Srividya, and Priya for chasing advertisers and making this book a reality.

A big thank you to PAP Geetha Padmanaban, whose quiet guidance powers the Golden Jubilee like a backstage tech crew. And PDC Anitha, our dependable go-to for all things people and persuasion—thank you!

Finally, Kalaikathir's Mr Balaji, Ms Kalpana, Ms Paripoornam and Mr Murugesan you've made our vision not just readable, but printable.

Here's to 50 golden years - and to the next chapter, with even more stories, selfies, and strong filter coffee!



Editorial...

PP Deepa Venketraman

50 Years of Inner Wheel Glory: A Dream Project! CHAKRAM - The Book... Working with PP Brindha Vijayakumar to recapture 50 years of Inner Wheel's journey has been an incredible experience. From late-night discussions to dedicated editing sessions, this project has been a true privilege. Gathering stories from members, reliving memories, and bringing it all together has been a labor of love. The camaraderie and shared passion shine through in this book.

Heartfelt thanks to PAP Geetha Padmanaban for giving free access to Kalaikathir Printing Press, where we felt right at home for a month. We appreciate PDC Anitha Srinivas's efforts in sourcing content from various PDCs. A big thank you to our generous sponsors for their support, which made this 50-year commemorative book possible.

To the Kalaikathir team - Mr. Balaji, Ms. Kalpana, Mr. Murugesan, and Ms. Paripoornam - you've gone out of your way to make us feel comfortable, been extra patient, and provided valuable inputs. And let's not forget the much-needed coffee! A big THANK YOU!

To our Golden members, without your contributions, this book wouldn't have turned out so wonderfully. After countless hours of fine-tuning, we're proud and happy with the result... In one word: EPIC!



Editorial Ensemble: Anitha, Deepa, Brindha, Geetha

IIW President 2025 - 26 Kay Morland







International Inner Wheel
33 Market Street, Aldershot, Dorset
GU11 1PL UK
www.internationalinnerwheel.org



WOMEN'S ORGANISATION
International Women's Organisation



STEP UP & LEAD BY EXAMPLE
International Women's Organisation

Congratulations from IIW President
Coimbatore District 320 Golden Jubilee Celebration

To all members of the IWC of Coimbatore

It gives me great pleasure to offer my sincere congratulations on the occasion of your Golden Jubilee.

50 years of Friendship and Service is such an incredible achievement. All members both past and present are to be congratulated for your service to community in the name of Inner Wheel and for the awareness you have no doubt raised, promoting our wonderful organisation during all these years.

Today as members worldwide are encouraged to Step-Up and Lead by Example, the IWC of Coimbatore can be held up as a shining example of those ideals. The longevity of your club, your service and the friendships formed is an inspiration for all clubs in India and in fact clubs worldwide.

I feel confident in saying that our founder Margarett Golding would be so proud of all you have achieved this past century. Your 50th Anniversary is a perfect time to look back with satisfaction and happiness on all your achievements and to look forward to the year ahead, the second year of the second century of Inner Wheel and to many more years of friendship and service in the name of Inner Wheel.

Yours in Inner Wheel Friendship,



Kay Morland
IIW President 2025-2026

INTERNATIONAL INNER WHEEL - EXECUTIVE COMMITTEE 2025-2026				
President	Vice-President	Immediate Past President	Treasurer	Constitution Chairman
Kay Morland Tel: +44 1753 281 081 Email: kay@iiw.org www.internationalinnerwheel.org	Wendy Wymsham Tel: +44 1753 281 081 Email: Wendy@iiw.org www.internationalinnerwheel.org	Merna Gupta Tel: +91 982 222 8052 Email: merna@iiw.org www.internationalinnerwheel.org	Robert Brown Tel: +44 191 940 222 8031 Email: rbrown@iiw.org www.internationalinnerwheel.org	Patricia Mary Allan Tel: +44 191 940 241 8111 Email: pmallan@iiw.org www.internationalinnerwheel.org

Message from **Association President** **Jyoti Mahipal** 2025-26



What a delight to pen down my thoughts for a commemorative book your Club is going to publish on the joyous occasion, the Golden Jubilee Celebration of Inner Wheel Club of Coimbatore ! I extend my warmest congratulations on reaching this golden milestone. It's a great coincidence that Association of Inner Wheel Clubs in India is also celebrating its journey of fifty years .

I am looking forward to be part of this celebration along with IIW President Kay Morland .A big salutation to the five decades of legacy of service ,friendship and dedication in making a difference in the community. May "Swarna Arpanam " mark a celebration of achievements and a reflection of Club's commitment to service .The considerable contribution of your past and present members over the 50 years has taken the club to this great height. As you celebrate this significant milestone ,may the club's legacy continue to inspire and empower its members to make a difference in the world. Wishing the Club continued success, growth, and many more years of making a positive impact .

A special mention of PAP Geetha Padmanaban famously known as encyclopaedia of IIW Constitution and Association Bye-Laws and also instrumental in setting up the office of the Association of Inner Wheel Clubs in India. We admire your clarity in visions ,your deep knowledge about our organisation and undoubtedly, you are the strongest pillar of your Club. Greatness comes from beginning something that does not end with you .May you all continue Inner Wheel journey by redefining horizons, pushing new boundaries and turning possibilities into inspiring realities. We make a living by what we get but we make a life by what we give. Be kind, compassionate and ready to walk an extra mile to bring a smile. Let's make the journey of leadership inspiring and enriching, with strength and solidarity for a better tomorrow,

Seema Krishnan

District Chairman 2025-26

Inner Wheel District 320



Heartfelt congratulations on the momentous occasion of your Golden Jubilee! Fifty years is not just a milestone; it is a celebration of vision, perseverance, and the unwavering spirit of everyone who has contributed to the growth and legacy of this great club. Over the past five decades, Inner Wheel Club of Coimbatore has stood as a beacon of excellence, dedication, and community service, touching countless lives and creating a lasting impact.

This Golden Jubilee is a tribute to the founding members whose dreams and determination laid the foundation, and to every individual who has walked this journey with passion and purpose. You are privileged to have a galaxy of inspiring leaders who have enriched the legacy of the Club — Past Association President Geetha Padmanaban, whose wholehearted devotion has shaped the foundation of Inner Wheel in the region; Past District Chairman Vijayalakshmi Ravi, known for her unwavering commitment; Past District Chairman Anitha Srinivas, whose dynamic leadership as the District ESO led to the formation of four new Clubs last year; and District Secretary Shanthi Rajasekhar, a promising leader preparing to guide our District in the coming years.

It is no small feat that your Club now proudly holds the distinction of having over a hundred members, the highest in the District and successfully sponsored three new Clubs last year. These achievements reflect the strength, unity, and forward-thinking spirit of your Club. May the values that shaped your past continue to guide your future, growth, and service for many more decades to come.

Congratulations on 50 glorious years!

Shanthi Rajasekhar

District Secretary 2025-26

Inner Wheel District 320



The Will to Serve

The main motto of Inner Wheel is Friendship and Service and one of the most fundamental principles is the concept of "Will to Serve"- a commitment to helping others, fostering goodwill and creating lasting change.

The "Will to Serve" is not just about doing kind things for people, it is about being committed to making a real difference. True service comes from the heart, without any expectation or recognition. It is about seeing a need and stepping forward to fulfil it, whether it is through education, healthcare, women empowerment, environmental initiatives or humanitarian aid. Every act of service reflects the strength of commitment and create opportunities for those in need.

Moreover, service in Inner Wheel is deeply connected to Friendship. The strong bonds among members fuel their collective efforts, making service more effective and enjoyable. Women from different walks of life come together, united by a shared passion to serve and create positive change. This friendship strengthens the will to serve, ensuring that no challenge is too big and no task is too small.

The world needs more kindness, more generosity and more selfless individuals willing to make a difference. The will to serve is what sets Inner Wheel apart, making it a beacon of hope in countless lives. As we continue this journey, let us remember that in serving others, we not only uplift them but also enrich our own souls, spreading light and love wherever we go!



Radhika Paramesh

Golden Jubilee President
2025-26

Inner Wheel Club of
Coimbatore

Celebrating 50 Years of Friendship, Service, and Sisterhood!

For half a century, Inner Wheel Club of Coimbatore has been a beacon of empowerment, touching countless lives. From humble beginnings, it's grown into a powerful movement of women dedicated to making a difference. "Together We Shine Brighter" is not just a motto – it's our commitment.

As we step into the future, let's renew our dedication to service. Inner Wheel members have always risen to the occasion, and this milestone is a testament to our passion and dedication. Our Golden Jubilee celebrates the impact we've made, lives touched, and legacy built.

I'm honored to be the 50th Year Golden Jubilee President. Time may pass, but memories and friendships remain timeless treasures. Together, we sparkle with the spirit of Inner Wheel!

Let's continue shining brighter, empowering women, and serving humanity.



District Conference 1994 in Coimbatore





Message from PAP Geetha Padmanaban

Association President - 2002-03

District Chairman - 1997 - 98

I must thank our Past President Sundari for placing her trust in me and appointing me as Joint Secretary of our Club just a year after I joined Inner Wheel. That moment marked the beginning of a deeply fulfilling journey. Each year brought new responsibilities, and I had the honour of serving as Club President in 1992-93, District Chairman in 1997-98, Association Secretary in 1998-99, and eventually as Association President in 2002-2003.

My years in Inner Wheel have been an incredible learning experience. One of the most memorable highlights was when Association President Shanta Mooken entrusted us with the opportunity to host the 8th Triennial Conference in Coimbatore during my tenure as District Chairman. Organising the entire event was both challenging and immensely rewarding.

Travelling for Inner Wheel activities-within our District, across the country, and internationally-has been a source of great joy. Meeting Inner Wheel leaders from different parts of the world and learning from their experiences has truly enriched my journey. We've also had the privilege of hosting several national and international leaders, which has greatly enriched our Inner Wheel experience. I still remember my first International Convention in Stockholm in 2000, which I attended as the Immediate Past Association Secretary. I had asked a fellow delegate how many conventions she had attended—and now, I'm proud to say I've attended just as many! One of my proudest moments was carrying the Indian flag as Association President at the Florence Convention in 2003.

Every Business Session I've attended—whether at Triennial Conferences or International Conventions—has deepened my understanding and appreciation of our Organisation. These experiences have helped shape me both personally and as a leader, and I remain ever grateful for the journey.

My heartfelt thanks to my Club members, the Past Presidents, and my District for the friendship, encouragement, and trust they have shown me throughout my journey.





PDC Vijayalakshmi Ravi

District Chairman - 2002-03

The Joy of Giving - A Timeless Tradition

The act of giving is not new to us; it is deeply rooted in our history and culture. Centuries ago, our great kings upheld this noble virtue by generously rewarding those who served society with distinction. Gold, silver coins, pearls, and even land were gifted. Whether it was a poet whose verses stirred the soul, a warrior who displayed courage, or a common citizen who performed a noble act, their contributions were honoured with grace and generosity. Dhaan, a Sanskrit word dedicated to giving in Hinduism - Anna dhaan, Vidhya dhaan, Kanya dhaan, Bhoomi dhaan, Gau dhaan, and Vastra dhaan - is essential during festivals and sacred occasions.

During weddings or rituals performed for departed souls, our traditions ensure resources flow naturally to those in need. Across all major religions, be it Diwali, Ramzan, or Christmas, giving is central to the spirit of celebration.

The joy of giving extends beyond intent - it fuels livelihoods. Countless businesses thrive during festive seasons, from mithaiwalas packing almond sweets to rice merchants supplying grain for biryani. Giving, sustains communities and boosts local economies.

In my years of community service, I've realised the smallest gestures leave the deepest impact. A plate of food, a few hours of mentoring, or a patient ear can restore someone's hope. The giver becomes a quiet force of change.

The Joy of Giving Through Service, to us at the Inner Wheel Club of Coimbatore, is a moment of immense pride as we move gracefully towards our own Golden Jubilee



PDC Anitha Srinivas

District Chairman - 2019-20

In the year 2014-15, I took up the role of District Editor and proudly released the District Souvenir. For the first time, a compact disc (CD) containing the soft copy of the Souvenir was also launched – a small innovation, but a significant step forward. As the District ISO, I encouraged our clubs to engage in Joint Projects and even Inter-District Joint Projects, fostering unity and collaboration across boundaries. I had the honor of attending the Triennial Conference at Kolkata, where I served as a Stalwart during the elections.

During my tenure as District Treasurer, the accounts were meticulously managed and maintained with integrity and transparency. As District Secretary, I compiled and brought out The Year Book, a comprehensive record encapsulating the activities and particulars of the entire year in a single publication. Later, as District Vice Chairman and Pulse Polio Chairman, I motivated all clubs to actively participate in National Immunization Day (NID) and celebrate World Pulse Polio Day, contributing to a noble cause with commitment.

In 2019-20, I was privileged to serve as the District Chairman. I encouraged our clubs to undertake meaningful projects across all avenues of service. That year was particularly special – we celebrated 50 glorious years of our District with a grand Golden Jubilee celebration, Swarna Bandhan. The occasion was graced by International Inner Wheel President Phyllis Charter and Association President Mamta Gupta. In keeping with the spirit of the celebration, we launched Project Pink Auto, empowering women by financing autos driven by women-a step towards economic independence and dignity.

As District Extension Chairman, I had the opportunity to form 4 new clubs, and our membership grew by 325 members - a moment of great pride and growth for all of us. I extend my heartfelt gratitude to PAPs Geetha Padmanaban and Gomathi Viswanathan for their unwavering support throughout this journey. My dear friends, let us remember: "Be the change that you want to see in the world." It is teamwork that strikes the chord of success. We have achieved a milestone, and many more lie ahead. I wish the Club many more years of impactful service. Let this Gold now shine brighter and turn into Diamond.

Messages from Past District Chairmen



PAP Shantha Mookan
Association President - 1997-98
District Chairman - 1979-80

Fifty years in my dear, dear Inner Wheel. Yes, here comes one more beloved message. Each time, there is more and more to share with my Inner Wheel friends. There is so much each one of us has learnt from our life in Inner Wheel, and there is no boredom at all. Life has its ups and downs, but don't lose courage and wisdom. This organisation makes it possible to go through all of this as our organisation is based on an excellent foundation, not on weak and wobbly principles. This gives us extra strength.

My husband, Past District Governor Ignecias Mookan, has also benefited from this organisation - both Rotary and Inner Wheel. I wish all my dear members that, whatever the situation, this message will encourage and fill you with strength, courage and joy. PAP Geetha Padmanaban is a very good friend of mine. She helped & supported me a lot during my tenure as Association President. My blessings and all good wishes for the golden jubilee celebrations of your Club.



Grace Kuruvilla
Association Treasurer - 1986-87
District Chairman - 1985-86

Heartfelt Congratulation
to the Inner Wheel Club
of Coimbatore
on your 50th Golden Jubilee
Celebrations !



Sheila Susan Philip
Association Secretary - 1988-89
District Chairman - 1987-88

The Golden Jubilee Celebrations of Inner Wheel Club of Coimbatore reminds me of the rich heritage and worthy projects undertaken by the Club all these fifty years. I had the privilege to visit your club as the District Chairman in 1987-88. Congratulations for spreading fragrance and charm to the umpteen number of lives you have touched so far. Good luck and Godspeed to all.



Leila Kamaluddin - 1990-91

Thank you very much for requesting me to send a message for your Souvenir to be published on the occasion of the Golden Jubilee Celebration of your Club.

All my best wishes and greetings on this Swarna Arpanam.

Please convey my warm greetings to all the members of your club.



Nandhini Rajendran
1992-93

Heartfelt Congratulation
to the Inner Wheel Club
of Coimbatore
on your 50th Golden Jubilee
Celebrations !



Dr. Lalitha Thomas - 1993-94

I feel happy and privileged to write a few lines for the souvenir of Inner Wheel Club of Coimbatore, as you celebrate your Golden Jubilee. I can vividly remember the Silver Jubilee celebrations which I attended.

Inner Wheel Club of Coimbatore has always been very unique. You have always had ladies from different Rotary Clubs. (according to earlier rules, only women from Rotary families could join Inner Wheel) So in Inner Wheel Club of Coimbatore, it was always unity among diversity. And to this day you continue that - young and old, different cultures and creeds, but together you work towards the motto of Friendship and Service.

PAP Geetha and PDCs Vijayalakshmi and Anitha, are feathers in your cap. May I wish all the members of Inner Wheel Club of Coimbatore a meaningful Golden Jubilee celebrations, and many wonderful Inner Wheel years ahead.



Rajalakshmy Srinivasan - 1994-95

I am delighted to extend my warmest greetings to all those marking the 50th Anniversary of your esteemed Club. Congratulations to stalwarts like PAP Geetha Padmanaban, PDC Vijayalakshmi Ravi, and Anitha for their invaluable contributions to the Club's growth and glory. With a proud membership of 106 gracious women, including a PAP and 3 PDCs, this Golden Jubilee celebration is a testament to the spirit of 'Friendship and Service' that defines your Club. I'm happy to note the special Souvenir being brought out to mark this milestone. My best wishes to all Past Presidents and members for a bright future.



Radha Venkatesh - 1996-97

Friends drop these from your life JUST NOW
to be happy and peaceful:
Drop the word hate and focus on what you love
Drop the past and keep the lesson
Drop the idea that we need to be perfect
Drop being a people's pleasure
Drop negative self-talk
Drop gossip and judgments
Drop people who put you down
Drop angry outbursts,
your power is in peace
Drop comparing yourself with others
Drop regrets,
everything happens for a reason

When nails grow long, we cut not the fingers. Similarly, when misunderstanding grows, cut your ego, not your relationship

Ivy Verghese - 1999-2000



It's an honour to pen a few lines on this auspicious occasion. Inner Wheel is "Sisterhood in Action". It is a prestigious organisation committed to the principles of "Friendship and Service" Remember - never sacrifice quality for quantity.

I know this is a proud and memorable moment for the Inner Wheel Club of Coimbatore. I wish the function a grand success. My Warm good wishes to the members of this Club. GOD Bless.



**Association
President - 2007-08**
**District
Chairman - 2000-01**

**PAP Gomathi
Viswanathan**

Congratulations to IW Club of Coimbatore.

Fifty years is a remarkable milestone! It's a testament to the Club's dedication, passion, and the community that's been part of its journey. Completing 50 years means countless memories, achievements, and contributions to the community.

The Club has built traditions, fostered friendships, and made a lasting impact in Coimbatore. Being a member of IW Coimbatore in the early years helped me build relationships, learn from others, and develop new skills which helped me climb to the highest office in IW India.

Here's to many more years of growth, excitement and making everlasting memories.



Radha Prasad
Association Treasurer - 2002-03
District Chairman - 2001-02

To all the golden members of one of the best clubs in the world! You are the lucky ones to see this glorious milestone with a legacy of love and friendship. It is a wonder that the spirit has stood strong over the years never wavering in its commitment and dedication! Congratulations to each member especially to the Past Presidents for keeping the momentum going year after year!

Bravo ladies! Wishing you another 50 and more of the same!



Jansi Kishore - 2003-2004

Congratulations to the Inner Wheel Club of Coimbatore. Half a century of dedicated service to society- yours is only the 9th Club in our District 320 to achieve this momentous milestone. A very proud occasion indeed!

A Club rich with talented members doing wondrous projects and always game to host important events, you have been a beacon for newer clubs.

Wishing the Inner Wheel Club of Coimbatore many more years of purposeful service and future leaders with the caliber of the giant in our Association, PAP Geetha Padmanaban, and PDC Vijayalakshmi Ravi and PDC Anitha Srinivasan.



Nandini Raveendran - 2004-05

It gives me great honour and privilege to extend my sincere felicitations to the Inner Wheel Club of Coimbatore on the momentous occasion of your Golden Jubilee. Reaching this distinguished milestone is a testament to five decades of dedicated service, unwavering commitment to the ideals of Inner Wheel, and impactful contributions to society. Your Club's enduring focus on women empowerment and its other numerous service-oriented initiatives in and around Coimbatore have significantly enriched the lives of many and strengthened the fabric of the community.

This celebration is not merely a reflection of the past, but also a reaffirmation of the values that continue to guide your noble mission. May the legacy of compassion, leadership, and service that defines the Inner Wheel Club of Coimbatore continue to flourish in the years to come. My deep respect and best wishes for a continued success and unity,



Geeta Markose - 2005-06

My warmest felicitations to the illustrious Inner Wheel Club of Coimbatore, a club that holds a special place in my memory, particularly due to its association with the esteemed PAP Geetha Padmanaban. I fondly recall the exceptional hospitality extended to me during my visit as Chairman, and the beautifully crafted pot gifted to me has remained a treasured keepsake. I offer my sincerest best wishes to the Club on this momentous occasion.



Karuna Senthilnathan - 2006-07

Fifty years of dedicated service, fellowship, and meaningful impact is a remarkable achievement. Over the decades, the Inner Wheel Club of Coimbatore has exemplified the true spirit of Inner Wheel - empowering women, uplifting communities, and fostering enduring bonds of friendship. Your journey over the years reflects the dedication of visionary leaders, the passion of committed members and a shared purpose that transcends generations.

This Jubilee is not only a celebration of your rich legacy, but also a beacon lighting the way forward. May this golden chapter inspire even greater service, deeper connections, and continued excellence in all your endeavours. Wishing the club and its members many more years of purposeful growth and collective pride. Warm regards.



Meena Satish - 2007-08

Fifty glorious years is a landmark for all - be it an individual or an organisation.

May this golden milestone be a reminder of all the love, laughter, friendship and bonding you have shared so far and look forward to even more

Wishing Inner Wheel Club of Coimbatore the very best for many more years to come



Dr. Sasikala Joy - 2008-09

It's an honour to congratulate this dynamic Club on its Golden Jubilee. Inner Wheel embodies the spirit of service, friendship, and humanity. As you mark 50 years, let's honour the past leaders who laid the foundation.

My heartfelt appreciation to the club for nurturing stalwarts and leaders who have guided Inner Wheel.

Thank you for 50 years of 'Friendship and Service'. May the next chapter bring more purpose and fulfilment. Long Live Inner Wheel.



Shabnam Mohamed - 2009-2010

Best Wishes
to the Inner Wheel Club
of Coimbatore
on your 50th Golden Jubilee
Celebrations !



Minu Rojer - 2010-11

I am very Happy to know
that you are celebrating
your Golden Jubilee.

My Best Wishes on this grand
Occasion



Suja Mani - 2011-12

Golden Jubilee is a time of celebration, a time of looking back to the beginning. 50 years later we look up with pride at the mighty edifice of Inner Wheel Club of Coimbatore, standing strong and majestic like a mighty Oak tree, a giant among Clubs in District 320.

I am honoured to pen a few lines in this Historic Golden Jubilee Book. Your Club has a rich history of leaders who served IW brilliantly - PAP Geetha Padmanaban and dynamic PDC's Vijayalakshmi Ravi, Anitha Srinivas, and District Secretary Shanthi Rajasekhar and Presidents who led the club.

I also wish the Golden Jubilee President & her team grand success.



Kavitha Rao - 2012-2013

It is wonderful to know that your Club is completing 50 Golden years of Inner Wheel Friendship & Service. Your Club is one of the most prominent Clubs in our District 320, where we have a galaxy of stars, PAP Geetha Padmanabhan, who has given her heart and soul to this organisation, PDC Vijayalakshmi Ravi, who is committed to this organisation, PDC Anitha Srinivas a dedicated person who was instrumental in starting 4 new Clubs in our District last year by serving as the District ESO and of course District Secretary Shanthi Rajsekhar who is a budding Chairman gearing up to lead the District in another 3 years. Your Club has the honour of having the largest number of members of more than one hundred. You also have the credit of sponsoring 3 new Clubs last year. With all these laurels to your credit, I am sure the new and the young members will take your Club to greater heights, and celebrate Diamond and Centennial celebrations during the years to come.



Saraswathi Kannan - 2013-14

Warmest congratulations on your Golden Jubilee celebration! Fifty years of dedication, love, and committed service are truly inspiring. May this milestone be a testament to your enduring legacy, and may the years ahead bring continued joy, prosperity, and fulfilment. Wishing you a joyous celebration filled with cherished memories and gratitude. PAP Geetha, PDCs and Past Presidents have brought so much pride and honor to the club.



Chitra Vivek - 2015-16

Very happy to be sharing with you a message on the occasion of a spectacular milestone reached by your Club- 50 years of friendship and service

On the D - day, when members joined together to say 'yes' to join an International Organisation, little would they have thought of this celebration. Yet here you are, after crossing several frontiers, after countless service projects and beautiful memories of friendship, to reach a glorious position among all the Clubs in our District. Heartfelt Congratulations and loads of good wishes for a wonderful journey hence forth.

With the guidance of PAP Geetha Padmanaban, PDC Vijayalakshmi Ravi and PDC Anitha Srinivas, and budding young and enthusiastic members, your Club is a torch bearer. Wishing you all the very best for the future.



Archana Kamath

**Hon. Association Secretary-2017-18
District Chairman-2016-17**

It is indeed an honour to greet all of you on the landmark occasion of 50 years of precious memories woven together by beautiful friendships and selfless community service. Yours has been one of the most vibrant Clubs of our District, one that many of us have looked up to. Wishing all of you a fantastic Golden Jubilee Celebration. May your journey continue !!



Veena Pathy - 2017-18

Genuine appreciation on your remarkable 50-year journey! Kudos to PAP Geetha Padmanaban, PDCs Vijayalakshmi & Anitha, District Secretary Shanthi, and all leaders who've steered the Club to this glorious milestone. The Club has nurtured leaders, upheld Inner Wheel's ideals, and significantly contributed to societal growth. You're an inspiration to many! You all hold a special place in my heart !



Sindhu Sethu - 2018-19

Heartfelt congratulations to all proud members of Inner Wheel Club of Coimbatore on your Golden Jubilee! 50 years of service, fellowship, and empowering women. Congratulations & Kudos to PAP Geetha Padmanaban, PDCs Vijayalakshmi Ravi and Anitha Srinivas who are the guiding stars of this prestigious Club. My Best wishes also to District Secretary Shanthi Rajasekhar in all her endeavours and for a productive year during her tenure as District Chairman.

May your legacy continue to inspire and uplift communities. Wishing you continued success, fellowship & impact in the years to come.



Deepti Anoop - 2020-21

My hearty CONGRATULATIONS to the Inner Wheel Club of Coimbatore on your GOLDEN JUBILEE CELEBRATIONS – rightly named SWARNAARPANAM. A special mention of Charter President Late Balambal Anandasivam and the sponsoring Rotary Club of Coimbatore who laid the foundation for this vibrant club. You are in your GOLDEN YEAR, stepping up and leading by example. 50 years of dedicated service is a milestone few achieve – 49 Past Presidents, senior members, 106 active members, and countless meaningful projects. Truly, a GOLDEN JOURNEY!

The guidance from past leaders - PAP Geetha Padmanaban, PDCs Nandhini Rajendran, Vijayalakshmi Ravi, Anitha Srinivas, and District Secretary Shanthi Rajasekar - continues to shape your legacy. The current leadership - President Radhika, and all Past Presidents and members – embody the spirit of “Teamwork divides the task and multiplies the success”. Your commitment shines through every initiative.

I warmly congratulate Radhika Parmesh for leading the club in this historic year and look forward to your Golden Projects. Inner Wheel is a powerful circle of friendship and service - and your club exemplifies this spirit. Wishing you love, joy, and continued inspiration in the years ahead! A special mention to Souvenir Editors Brindha Vijayakumar & Deepa Venketraman - your efforts in bringing out this Golden Book are much appreciated. Eagerly awaiting a nostalgic journey through its pages.



Alamelu Sivaramakrishnan - 2021-22

Heartfelt Congratulations on reaching the grand milestone of 'Golden Jubilee', an achievement that speaks volumes of the passion, commitment and dedication of all the members who have been part of the Club till now.

Inner Wheel Club of Coimbatore is home to Gems, who have created a niche for themselves in the map of District 320 - PAP Geetha Padmanaban, PDC Vijayalakshmi Ravi, PDC Anitha Srinivas and District Executive Committee Member Shanthi Rajasekhar who is another Chairman in the making.

PAP Geetha Padmanaban's contribution to our District, Association and Inner Wheel Movement is beyond compare and you can always be proud.

My special memory with your Club will always be my year as District Chairman during the Presidentship of Deepa Venketraman and Secretary Bhuvana Satish....Noteworthy and meaningful projects, meticulous planning, warmth of all members; not to forget the yummy cake by dear Sujani and Prachi's Pani puris specially made for me..Thanks for the lovely memories.

On Aug 28, as you celebrate 'Swarna Arpanam', my good wishes for the successful conduct of the event and may Inner Wheel Club of Coimbatore witness many more years of Service and Glory.



Asha Sunil - 2022-23

Swarna Arpanam - Golden Tribute.

Congratulations to the Inner Wheel Club of Coimbatore on completing 50 glorious years! Your dedication to service and empowerment is truly inspiring. Wishing you continued success in your noble endeavours. Godspeed



Anita Nanjaiah 2023-2024

Congratulations dear members of Inner Wheel Club of Coimbatore for reaching this incredible milestone. Well, the Golden Jubilee year captures the magnificent moments and outstanding achievements of the Club and it is a tribute to the members who have contributed towards the growth and glory of our reputed organisation.

As Inner Wheel members, we have the power to bring positive change, uplift the marginalised and empower those in need. So let's continue to work hand in hand, spreading compassion, kindness and love wherever we go and make a positive impact in the lives of others. Wishing you all the very best and many laurels in the years to come... Long live Inner Wheel, Long live Friendship,



Jagruthi Asvin - 2024-25

Congratulations to the Inner Wheel Club of Coimbatore on 50 wonderful years of love and service. With the continued support and guidance of PAP Geetha Padmanaban, PDC Anitha Srinivas, PDC Vijayalakshmi Ravi and District Secretary 2025-26 Shanthi Rajasekhar, the Club has reached great heights. I sincerely appreciate each one of you, for the great work and the warmth extended to me, while I was Chairman. Continue to inspire, uplift, and spread joy - together, to make a difference.



Vidya Sanjay
District Vice Chairman
2025-26
IW District 320

Golden Jubilee Greetings!!

Dear President and members of InnerWheel Club of Coimbatore,

It is with immense joy and admiration that I extend my heartfelt congratulations to the Inner Wheel Club of Coimbatore on the momentous occasion of your Golden Jubilee.

Fifty years of committed service, fellowship, and compassion is a truly remarkable milestone. Over the decades, your club has not only uplifted countless lives through meaningful projects but also exemplified the spirit of empowered women coming together to create lasting change.

This Jubilee is not just a celebration of the past, but a powerful inspiration for the future. May the legacy you've built continue to grow and inspire generations to come.

Wishing the Club many more decades of impactful service, unity, and strength.



Shweta S Vasudevan
District Treasurer
2025-26
IW District 320

Dear Inner Wheel Sisters of the Inner Wheel Club of Coimbatore,

It is always a moment of pride when we reach a milestone, and the feeling as the Inner Wheel Club of Coimbatore celebrates its 50th year of existence, its Golden Jubilee, is one of immense pride and happiness for all of us in Inner Wheel. The history of service and strong leadership will always be something we can look to, in the telling of the journey of your club. Many best wishes and congratulations on this momentous occasion.



CA Ramya Kamesh
District International Service Organizer
2025-26
IW District 320

Dear President Radhika, my friends in Golden Jubilee Souvenir team and members,

Congratulations !!

Inner Wheel Club of Coimbatore is known for its illustrious galaxy of members, thoughtful service projects and the amazing friendship bonds they foster within themselves and with other Clubs. PAP Geetha Padmanabhan's benevolence, forethought and clarity on Inner Wheel is a boon to the club and the organisation. With the guidance of District Secretary Shanthi Rajasekhar, PDC Vijayalakshmi Ravi's creativity and PDC Anitha Srinivas's dedication, the future of the club is gleaming bright. The Golden Jubilee is truly a moment to celebrate and cherish. Wishing the very best.



CA Vijayalakshmi Prabu
District Editor
2025-26
IW District 320

Dear President and Members of "InnerWheel Club of Coimbatore",
I am very happy and privileged to share my message for your Golden Jubilee souvenir.

My Heartiest Congratulations on the momentous occasion of your club's 50th Golden

Jubilee celebrations "Swarna Arpanam" !!! This remarkable milestone reflects years of unity

and service. Special appreciation to stalwarts PAP Geetha Padmanaban, PDC Nandhini

Rajendran, PDC Vijayalakshmi Ravi and PDC Anitha Srinivas for their inspiring contributions.

Wishing you continued growth and many more years of impactful service to the society.

Yours in InnerWheel



Founder :
Margarette Golding
1881-1939

International Inner Wheel Presidents from India

The following Indian women have held the position of International Inner Wheel President:

Minna Kapur: 1986-87

Anita Agarwal: 1993-94

Kamala Ramakrishnan: 2007-08

Dr. Pallavi Shah: 2010-11

Abha Gupta: 2014-15

Dr. Kapila Gupta: 2017-18

Dr. Bina Vyas: 2020-21

Mamta Gupta: 2024-25

Brief History of Inner Wheel

Inner Wheel was founded by Margarette Golding, a nurse and wife of a Manchester Rotarian. The first Inner Wheel Club was formed in Manchester, England, with 27 members, and the first official meeting took place on January 10, 1924, which is now celebrated as World Inner Wheel Day. The organization's objectives are to foster friendship and offer service.

Inner Wheel in India

Inner Wheel came to India with the formation of the Inner Wheel Club of Ahmedabad in 1955. The first Inner Wheel District in India was formed in 1965, now known as District 305. Today, the Association of Inner Wheel Clubs in India is the largest Association of Inner Wheel Clubs in the world, with 27 districts, 1735 clubs, and over 58,675 members.

Key Milestones

- 1928 : The first Inner Wheel District, No. 5, was formed in England.
- 1934 : The Association of Inner Wheel Clubs in Great Britain and Ireland came into existence.
- 1967 : International Inner Wheel was formed, and Mrs. L. Weightman became the first President.
- 1976 : The Association of Inner Wheel Clubs in India and Sri Lanka was formed, with Raksha Mehta as the first President.

Recent Centenary Celebrations

In 2023-24, Inner Wheel celebrated its Centenary year, marking 100 years since its founding, under the leadership of International Inner Wheel President Trish Douglas. The celebrations included a global gathering in Manchester from May 7th to 10th, 2024, and various events were held worldwide to commemorate this milestone.



A Brief History of Our Club

Inner Wheel District 320 was formed in 1970. It was inaugurated at the District Assembly held in Trivandrum by Dr. Malati Rana.

District 320 hasn't looked back since and has been flying higher every year.

Inner Wheel Club of Coimbatore was formed soon after in August of 1975. The Charter President was Balambal Ananthasivam and the Charter Secretary was Indra Ganesh.

The Club was sponsored by Rotary Club of Coimbatore. Interestingly, we have heard that the inauguration of our Club was at the home of Rotarian N Ramachandran, President of Rotary Club of Coimbatore. He is father-in-law of PDC Vijayalakshmi Ravi.

There were 25 members initially. They were all Rotary Anns, that is wives of Rotarians, this was the rule back then. Rotarians were present at the initial inauguration. At first the Inner Wheel meetings took place during Rotary meetings once a month, later meetings were held at members' homes.

There were some hiccups initially as will happen at the start of any organisation. One member famously forgot there was a meeting and had locked her house and gone out on the meeting day! Old-timers of our Club still laugh at the memory!

Annual subscription was set at Rs.400/- initially.

Another fond memory: A princely sum of Rs 25 was charged for Meena Bazaar, a dance drama show put up by the ladies. There was a hue and cry for charging this amount!

Such were the times...

The Club received its Charter on Feb 2, 1976.

...and the rest, as they say, is history!

President
Vice President
Immed Past President
Secretary
Joint Secretary
Treasurer
ISO
Editor
District Secretary
Past Association President
Past District Chairman
Past District Chairman
Advisory

Pulse Polio
Committee Members

(in alphabetical order)

Radhika Paramesh
Binal Shah
Falguna Badani
Mirunalini Sabarinath
Shanthi Sivakumar
Srilatha Karthikeyan
Rita Chajed
Padmapriya Prasad
Shanthi Rajasekhar
Geetha Padmanaban
Vijayalakshmi Ravi
Anitha Srinivas
PP Ankitha Dinesh
PP Deepa Venketraman
PP Ananthalakshmi Sriram
PP Umarani Shanmugasundaram
PP Brindha Vijayakumar
PP Usha Thirugnanam
PP Latha Prabakar
PP Trupti Parikh
PP Nirmala Nandakumar
PP Kasturi Vasanthi
PP Sashikala Anand
PP Bhuvana Satish
Asha Rajkumar
Kamaachi Vignesh
Kavitha Prasanth
Kirthika Sivakumar
Rita Keshav
Shobhana Selvan
Sujani Balaji
Sujatha Vijayasekaran
Vidya Prabha
Vijayalakshmi Muralitharan
Urmila Surana

Roll Call Of Present Team



Roll Call Of Members

Aarti Shah	Laksha Bhavnani	Shanthi Sivakumar
Akila Ragunath	Lakshmi Murali	Shashikala Ramaraj
Anamika Jayesh Padhiar	Latha Prabakar	Shobana Selvan
Ananthalakshmi Sriram	Manogarakumari J	Smita Patel
Anitha Srinivas	Meena Wahan	Sowmi Prakash
Anju Wadwa	Mirunalini Sabarinath	Sridevi Padmanabhan
Ankitha Dinesh	Mona Kalvani	Srilatha Karthikeyan
Annapoorni Nagarajan	Murugambal Sundaravadivelu	Srividhya MG
Aparna Sunku	Nandini Lalka	Sudha Karthikeyan
Asha Rajkumar	Neha Jaiswal	Sujani Balaji
Ashita Zaveri	Nirmala Kasthurirangaian	Sujatha Vijayasekaran
Bharathi Rathnasekar	Nirmala Nandakumar	Suji Senthil
Bhuvana Satish	Nutan Asher	Sundari Kandaswamy
Binal Shah	Padmashini Ramasamy	Sunita Rajkumar
Bindhu Vijayakumar	Pallavi Kotecha	Supriya Chopra
Brindha Vijayakumar	Pavithra Prasad	Thulsi Rajkumar
Chitra Raj	Pinky Bhuradia	Trupti Parikh
Deepa Venketraman	Prachi Kikani	Tulika Nilesh
Devikarpagam Maruthi	Pratibha Lulla	Umarani Shanmughasundaram
Dr Asha Rao	Priya Prasad	Urmila Surana
Druthi Senthil	Radhika Nichani	Usha Thirugnanam
Falgun H Badani	Radhika Paramesh	Ushadevi R
Geetha Padmanaban	Rakhi Mehta	Valsala Sankar K M
Gulshan Vagh	Ramya Ramesh	Vandana Sanjay
Hamsa Ramakrishnan	Rashida Raja	Vani Krishnakumar
Harshida Vagadia	Rita Chajed	Victoria Myrtal
Jaishree Sandeep	Rita Keshav	Vidhya Karthikesh
Jaya Ramesh	Rohini Sharma	Vidyaprabha
Jayshree Kota	Saraswathi Sunderraj	Vidhyapriya Suresh
Jothi Padmanabhan	Sashikala Anand	Vidya Raja
Kamaachi Vigneesh	Savita G	Vidyashree J
Kasthuri Vasanthi	Selvarani Chandran	Vijayalakshmi Muralitharan
Kavitha G	Shalaka Vora	Vijayalakshmi Ravi
Kavitha Prasanth	Shanmugapriya Raja	Yamuna B
Kirthika Sivakumar	Shanthi KP	
Kishori Shah	Shanthi Rajasekhar	

*Experience Matters:
Past Presidents
Share Theirs ...*



2025

INNER WHEEL CLUB

Golden Jubilee Year



OF COIMBATORE

Past Presidents



Leadership Directory

Year	President	Secretary
1975-77	Balambal Ananthasivam	Indra Ganesh
1977-78	Balambal Ananthasivam	Umarani Shanmughasundaram
1978-79	Umarani Shanmughasundaram	Rahamath Jabbar
1979-80	Shanthi Venkataraman	Neeraja Nagarajan
1980-81	Rahamath Jabbar	Shantha Vellingiri
1981-82	Umarani Shanmughasundaram	Hamsa Ramakrishnan
1982-83	Kirtida Vyas	Manogarakumari J
1983-84	Hamsa Ramakrishnan	Rahamath Jabbar
1984-85	Shantha Vellingiri	Ananthalakshmi Sriram
1985-86	Sarojini Natarajan	Sundari Kandaswamy
1986-87	Ananthalakshmi Sriram	Sabitha Selvaraj
1987-88	Mohini Kalro	Muthammal Kandaswamy
1988-89	Nandini Rajendran	Srilatha Mohan
1989-90	Sundari Kandaswamy	Jayashree Manoharan
1990-91	Sudha Shyamsundar	Geetha Padmanaban
1991-92	Srilatha Mohan	Asha Rajkumar
1992-93	Geetha Padmanaban	Sudha Shyamsundar
1993-94	Vanaja Jayachandran	Srilatha Mohan
1994-95	Thulsi Rajkumar	Brindha Vijayakumar
1995-96	Vijayalakshmi Ravi	Usha Thirugnanam

Year	President	Secretary
1996-97	Brindha Vijayakumar	Latha Prabakar
1997-98	Vandana Arun Gokuldas	Anila Agarwal
1998-99	Nirmala Kasthurirangaian	Meena Wahan
1999-00	Manogarakumari J	Usha Das
2000-01	Sridevi Padmanaban	Hema Khona
2001-02	Meena Wahan	Nirmala Kasthurirangaian
2002-03	Usha Das	Radha Sundarkumar
2003-04	Usha Thirugnanam	Chetna H. Shah
2004-05	Gulshan Vagh	Revathi Prasad
2005-06	Revathi Prasad	Rema Ramesh
2006-07	Saraswathi Sundarraaj	Anitha Srinivas
2007-08	Nutan Asher	Geetha Padmanaban
2008-09	Anitha Srinivas	Chetna H. Shah
2009-10	Manju Shroff	Trupti Parikh
2010-11	Latha Prabakar	Brindha Vijayakumar
2011-12	Kishori A. Shah	Aarti K. Shah
2012-13	Murugambal Sundaravadivelu	Meena Wahan
2013-14	Aarti Shah	Prachi Kikani
2014-15	Trupti Parikh	Harshida Vagadia
2015-16	Prachi Kikani	Shanthy Rajsekhar
2016-17	Harshida Vagadia	Nirmala Nandakumar
2017-18	Shanthy Rajsekhar	Kasthuri Vasanthi
2018-19	Nirmala Nandakumar	Jothi Padmanaban
2019-20	Kasthuri Vasanthi	Deepa Venketraman
2020-21	Ankitha Dinesh	Falguna Badani
2021-22	Deepa Venketraman	Bhuvana Satish
2022-23	Sashikala Anand	Radhika Paramesh
2023-24	Bhuvana Satish	Srividhya MG
2024-25	Falguna Badani	Binal Shah
2025-26	Radhika Paramesh	Mirunalini Sabarinath



District Conference held at Coimbatore 1997-98





Balambal Ananthasivam

President 1975-77

President 1977-78

Secretary

Indra Ganesh (1975-77)

Secretary

Umarani Shanmughasundaram
(1977-78)

Our first President was Balambal. Her husband was a member of the Rotary Club of Coimbatore Main. They owned Estates in Yercaud. This was the nascent stage of our Club. We were off to a slow start. There were many hurdles to cross. A few projects were done under the guidance of the Rotarian husbands. Finance and transportation were few and far between in those early days. Communication was through the telephone and a few letters were sent between members. Meetings were held along with the Rotary meetings. The husbands would hand over the floor to the women members to conduct their Inner Wheel meetings. Most important announcements were made at the Rotary meeting itself. The women were very friendly and cordial with each other.

Twenty-five Rotary Anns joined Inner Wheel that year from the Rotary Club of Coimbatore. About 5 or 6 ladies would join for the projects. The only expense for the Inner Wheel members was the annual Rs 400 subscription.

As this was the 1970s, all projects were under the strict guidance of the Rotarians. They identified, financed, and escorted the women to the various projects. The Club held Eye Camps in villages with the help of the Doctors of Moses Gnanambaram Eye Hospital, which incidentally was one of the first eye hospitals in Coimbatore.

Health camps were also held in villages and at the General Hospital in Coimbatore. The ladies visited the Leprosy Colony in Marudhamalai to distribute supplies. For entertainment the members had dance and drama programs during the meetings. Practice sessions were at one of the houses, mostly at Umarani's house. It was a good way for the members to get together and foster friendship. The ladies also organised meetings once a month at each other's homes. Rotary Anns from the Rotary Club of Coimbatore Midtown soon joined in and Mrs. Balambal continued as President for another year. Here began the interest in ladies doing social service on their terms. Today, Inner Wheel members raise funds, identify projects, and serve the needy independently. We are sure our pioneer President Mrs. Balambal Ananthasivam is very proud, happy, and content with the progress fifty years later!



Umarani Shanmughasundaram President 1978-79

Secretary: Rahamath Jabbar

I am proud to be a member of our esteemed Organisation "INNER WHEEL". The name itself speaks volumes - without the Inner Wheel, nothing can move on.

We started the first Inner Wheel Club in Coimbatore. The Rotarian wives were known as Rotary Anns. Only Rotary Anns could join Inner Wheel then..

We had the full support of our Rotarians. They helped us with all our projects; we decided on the place, project, and transportation under their guidance.

Those days taking photos was not easy. Our projects were done in villages around our city.

People were scared to come out of their houses and talk to us. We had to develop friendships with them and slowly build their trust. Because of this, we had to visit a place five or six times to implement a project.

We donated monthly provisions to the residents of the Leprosy Colony at Marudhamalai regularly.

We visited the School for the Deaf and School for the Blind regularly. We donated money to Seva Nilayam. Sevashram and Cheshire Home. We provided biscuits when we visited them.

We also provided mid-day meals to 10 high school girls throughout the year. I continued this project personally for 10 years.

We provided oxygen machines to the Coimbatore General Hospital's Children's Ward. I had the opportunity to be with Mother Teresa for two days when she visited our city. I was proud to pick her up from the airport, take her to other clubs, and finally drop her back at the airport. That was a wonderful experience that I still hold close to my heart.

We had a fundraising project "Meena Bazaar." The members of our club paid Rs 25 towards registration for this event. There was a hue and cry about this "unnecessary" expenditure! But in the end, it was a grand success! Today I look back and laugh to myself at the trials and tribulations of that era.

We participated in many cultural events. One of our plays, directed by Shashi Gulati was well received.

I am happy that the Inner Wheel Club of Coimbatore has reached fifty years. What a difference in the decades since I joined and today's Inner Wheel. I know that we will shine brightly and continue to aid the helpless and deserving members of our society for another fifty years and more.



Provisions for Leprosy Camp



With Mother Teresa



Fundraiser: Meena Bazaar



Donation of Oxygen Machine to GH



Shanthi Venkataraman

President 1979-80

Secretary - Neeraja Nagarajan



Thank you very much for seeking me out after 46 years.

When I took over as President of Inner Wheel, Shanta Mookan was the Inner Wheel District Chairman, and Mr. P. Balasubramanian was the President of the Rotary Club of Coimbatore. I was totally inexperienced, but I received excellent support from the Rotary Club and complete cooperation from the Inner Wheel members. We met once a month at the residence of one of the members. There was warm, cordial interaction, and the meetings were always lively. On one occasion, the hostess forgot it was "meeting day" and had gone out shopping! All of us returned home without snacks - such things happened too.

The District project that year was stamp collection, and we won the trophy for it.

The Club had other projects as well - for example, we donated a sewing machine to an underprivileged woman. We also participated in projects and activities organised by the Rotary Club and Rotaract Club. One such project was the Children's Traffic Park. As President of Inner Wheel, I was occasionally invited to Rotary meetings. I actually thought I was expected to attend - I once went to a meeting and found I was the only woman present! Later, I learned that the Inner Wheel President was included in the mailing list only as a matter of courtesy.

The one thing I disliked was posing for photographs - but that was part of the office I held, not for the person I was. Looking back, it was all exciting and so much fun - a memory to be cherished. Thank you for the opportunity to reconnect with Inner Wheel.

Rahamath Jabbar was a Rotary Ann from the Rotary Club of Coimbatore East. The Jabbar family were in business. Rahamath's husband was a lawyer.

Rahamath is kind, down-to-earth, very friendly & warm. As President, she actively took the initiative to hold many health camps, initiated services at the Government Hospital in Coimbatore, and gladly helped out physically challenged individuals.

No work was too small for her - she went out of the way to do any task assigned to her even when she was not President of the Club. Other Inner Wheel members from that era, have very fond memories of their association with Rahamath, when she was actively involved in the Club activities.



Secretary
Shantha Vellingiri

Rahamath Jabbar
President 1980-81

Umarani
Shanmughasundaram
President 1981-82



Umarani
became president
again in this year.

Secretary: Hamsa Ramakrishnan

Dr. Kirtida Vyas

1982-83 President



Dr. Kirtida M. Vyas married Mr. Madhusudan Vyas and moved from Mumbai to Coimbatore in the early 1960s. Coming from a distinguished family of doctors, her roots deeply inspired her. Her brother, Dr. Rajendra T. Vyas, a dedicated Rotarian, was honored with the Padma Shri Award for his remarkable contributions to social work for the blind. Her brother Dr J. T. Vyas was the Charter President of the Rotary Club of Mumbai North Island in District 3140 in 1986. He went on to become District Governor of the same district in 1998.

In Coimbatore, Dr. Kirtida Vyas continued her medical practice while her husband pursued a successful career in the yarn spinning and cotton industry.

Beyond her professional commitments, Dr. Kirtida Vyas was an active and passionate member of Inner Wheel. She also played a significant role in the Mahila Mandal of the Gujarati Samaj. She will be remembered for her dedication and contribution to community welfare.

Secretary : Manogarakumari J



Hamsa Ramakrishnan

1983-84 President

Secretary Rahmath Jabbar

Mrs. Hamsa Ramakrishnan has been an integral part of our Club for years. Along with PP Ananthalakshmi and PP Sundari, she is one of the longest-serving members of our Club. Here is her daughter Usha with a small Bio of her mother's year as President.

My mother is a proud member of the Club since 1979. In those early days, the group was small, but their hearts were big. They organised family planning camps in Coimbatore and Tirupur, feeding the poor in orphanages, and joining hands with the Midtown Rotary Club for meaningful service projects.

Back then, membership was exclusive to the wives of Rotarians, and being part of the club was not just an honor, but a deep commitment to making a difference in the lives of others.

She delighted in hosting meetings in her house over the years. Everyone enjoyed the meetings and the tasty food she loved organising.

I look back with admiration at her dedication and feel immense pride in my mother's role in shaping such a noble beginning.

Usha Thirugnamam on behalf of Hamsa Ramakrishnan.



**Shantha
Vellingiri**
1984-85 President

Secretary : Ananthalakshmi Sriram

President Shantha Vellingiri was a beloved figure during the early years of our Inner Wheel Club. Her exposure to Rotary through her husband's involvement helped guide her Presidential year with confidence and vision. Her neatly maintained files and photographs—now lovingly preserved by her children—offer us a rare glimpse into the vibrant activities of the Club in its formative years.

Shantha's tenure saw a remarkable outreach: 75 projects benefiting 12,500 people, with an impressive Rs. 80,000 spent in 1984–85—a commendable feat even today. Her Secretary, Ananthalakshmi Sriram, compiled a beautiful pamphlet detailing the year's projects and social initiatives, providing us with a richer understanding of our club's history.

Club Service: The Club conducted 15 regular meetings, 7 committee meetings, and 2 fellowship gatherings. Events included a magic show, cooking competition, entertainment programs, and a visit to The Hindu office to observe the newspaper printing process. President Shantha also spoke on All India Radio about Women's Welfare. Collaborative entertainment programs were held with the R.S. Puram Ladies Club and Cosmo Jayceerette Wing, often with Rotary members in attendance.

Community Service: The Club was highly active in health-related projects. Medical camps covered skin and leprosy screening, ENT, eye care, heart checkups, measles vaccinations, and Vitamin A distribution. Children received DPT, TT, DT, and polio vaccines. A dental camp was conducted for students, along with eye care to prevent blindness from malnutrition was prioritized.

Financial support was extended to individuals needing cancer or kidney treatment, calipers, or vaccinations. A special-needs child was supported for a year's treatment..

Donations went to homes like Nirmal Hriday, Coimbatore Seva Nilayam, the Cheshire Home, Sri Lankan Tamil refugees, Harijan colonies, and newborns at Corporation hospitals. Schools received plates, toys, tumblers, and educational materials.

Our Club even participated in Krishna Sweets and Pappa Manjari's children's talent competition. Notably, our association with the Society for the Aid of the Handicapped dates back to this year—making it a 40-year-long connection!

International Service: We hosted exchange students from the USA and Canada and stayed connected with clubs in Palghat, Calcutta, the UK, and even the International President. A special highlight was the visit of Rtn. PDG Paul McKelvey, Chairman of the 3-H Red Measles Program, to one of our vaccination camps.

Fundraising: Shantha organized a successful jumble sale, raising Rs. 5,300—a considerable amount at the time. She acknowledged the guidance of Past Presidents in making all programs successful.

A proud moment came when Indra Ganesan was elected District Treasurer, and Shantha Vellingiri and her team were honored with the Best Club Award for their outstanding service.





Sarojini Natarajan

President 1985-86

Secretary : Sundari Kandaswamy

Sarojini Natarjan was a familiar figure of our club. We older timers have fond memories of her kindness, generosity and the warmth of the hostings at her lovely home.

During Sarojini's Presidency medical camps were held for measles and polio vaccinations. Deworming tablets were provided to children regularly. Camps were held in villages for pregnant women where we provided essential vitamins and care packages.

Sarojini arranged a visit to the Bharat Gas Filling Station along with Rotary Club of Coimbatore Midtown. The visit was well attended.

It was a very satisfying year of Service and Friendship





Ananthalakshmi Sriram

President 1986-87



Secretary: Sabitha Selvaraj

I had the honor of joining the prestigious Inner Wheel Club of Coimbatore in 1977, and my journey with the club has been nothing short of inspiring. Serving as the President during 1986–87 was a truly rewarding experience, filled with impactful projects and meaningful connections.

During my Presidency, we embarked on a wide range of initiatives that touched many lives in ways. From organizing vibrant fellowship meetings to providing scholarships for deserving students, our club was committed to making a difference. We extended free legal aid to those in need, supported rural communities by donating cows to homes, and conducted health camps offering corrective surgeries and veterinary care.

Our efforts were further enriched by esteemed dignitaries like Dr. Vyaghreswarudu and Sri L.K. Advani, who graced our events with their presence and heartfelt felicitations.

The impact of our collective efforts was recognized by the then-District Chairman, Meena Paul and we were awarded the Balanced Activity Award and the Best Club President Award.

Reflecting on my time as President, I feel immense gratitude for the friendships formed, the lives touched, and the remarkable journey that Inner Wheel has been in my life. It was a chapter filled with purpose, passion, and unforgettable memories.





Mohini Kalro

President 1987-88

Mrs. Mohini Kalro had a bubbling personality. She attracted attention wherever she went. She has held various posts in the Club over the years till she became President. Her year as President was eventful. Projects touched every aspect of life. From donations to various NGOs to medical camps, Mohini made sure to aid people who needed help.

Well-known dignitaries graced the events she arranged. Members participated enthusiastically in all the events and activities.

Mohini was a member of our Club for many years, till she moved to Bangalore. She and her husband Madan were active members of their Rotary Club and other organisations. They have two children, a son and a daughter.

We remember her fondly.

Secretary
Muthammal Kandaswamy





Nandini Rajendran President 1988-89



Secretary: Srilatha Mohan

I had the privilege of joining Inner Wheel in 1979 and later serving as President during the year 1988-89. Throughout my tenure, our primary focus was on organizing medical camps for government school children, ensuring they received essential healthcare Services.

During my Presidency, Mrs. Baby George served as the District Chairman, and I am honored to share that the Inner Wheel Club of Coimbatore was recognized with the "Best President Award". Additionally, our Club earned several other accolades for our dedicated efforts.

In 1992, I had the honor of serving as District Chairman, becoming the first Inner Wheel District Chairman from Coimbatore—an achievement I cherish deeply.

I extend my heartfelt gratitude to all my Inner Wheel friends who collaborated with me in bringing our projects to fruition. Your unwavering support and commitment made our initiatives truly impactful.

I am sure this Inner Wheel Club will go on to celebrate its 75th and 100th anniversary easily. We women have the strength and conviction to make this happen.

Thank you, and may you all be blessed.



Sundari Kandaswamy
President 1989-90

Secretary: Jayashree Manoharan



Being a part of Inner Wheel has been a truly enriching journey for me. It has allowed me to build wonderful friendships and serve humanity meaningfully.

Major Projects & Contributions:

We donated a candle-making machine to visually impaired children in Podanur. We helped set up a tea shop for two women outside the city, giving them a means of livelihood.

During the official visit of District Chairman Padma Srinivasan, I donated two sewing machines to women in need and play equipment to the Podanur Children's Orphanage.

We arranged and organised the Inner Wheel District Conference which was held on the PSG Medical College grounds. Our Chief Guest was the famous writer Ms.Sivasankari and Guest of Honour was Ms. Leela Ratnam. Unfortunately I could not attend the Conference due to ill-health and i fondly recall that Ms. Leela Ratnam visited me at home after the Conference.

My experience in the Inner Wheel has shaped me in many ways. It has deepened my commitment to helping those in need, strengthened my friendships, and broadened my understanding of the world beyond my city.

I expect my Club to reach the hundred-year mark effortlessly. I know the club's future is in safe hands and you will continue to serve those in need. I also hope you will create friendships that will last your lifetime. I wish you all to reach greater heights in worthy projects and ensure the success of our club for the next twenty-five and fifty-year mark.



IIW President
Dr. Elizabeth Jones

**8th Triennial
Conference
Coimbatore
1998**



**PAP Geetha at
Chairmans
Institute at
Mysore 2002**



Sudha Shyamsunder

President 1990-91

Secretary : Geetha Padmanaban

Sudha Shyamsunder was an energetic and vital part of our club for many years. She threw herself into every activity—service or social—with so much enthusiasm that her presence lit up every meeting. She had a warm, welcoming nature and made sure everyone, especially new members, felt at home. Many of us remember how she took fledgling members under her wing, guiding them with kindness. Sudha took over as President in 1990, and her year remains memorable, thanks to the beautifully written Chakram magazine and the Secretary's Report by Geetha Padmanaban, who supported Sudha every step of the way. The installation was held at Sundaram Hall at the Chamber of Commerce with PDG PC Thomas and Elamma Thomas as Chief Guests.

Her year saw a blend of meaningful service and noble social activities. Meetings were held at members' homes in the evening with dinners hosted by the individual member. Sudha introduced creative programs like:

A vegetable carving demo

A talk on blood donation

A cooking demo by Madhu Hinduja

A session on relationships by Mrs. Sashi Chandran, a Transactional Analysis specialist.

An insightful talk on early detection of cancer by Dr. Miruthabashini

Fun games, quizzes, and even a debate titled "Women – In the Kitchen or Behind a Desk?"—which was filled with humour and good sportsmanship.

Special days were celebrated with gusto—Deepawali, Children's Day, Republic Day, Charter Day, Past Presidents' Day,

and more. Members also visited Lakshmi Mills, INTEC Fair, and Malai Malar Newspaper Press. That year, 13 of our members attended the District Conference—our biggest delegation yet!

On the service front, the Club made generous donations in cash and kind to:

- Udavum Karangal
- Sankara Eye Society (kitchen equipment)
- Eye donation drives
- Government schools
- The Well-Baby Clinic at Ayyappan Puja Sangam
- The Leprosy Colony
- Vasavi Vidyalaya

Lunch was provided at Corporation schools and Nirmal Hriday. Vessels, clothes, college fees, and a wet grinder were given to deserving women. Polio immunisation camps were actively supported across Coimbatore. Tree planting, already a trend back then, was carried out in Chettipalayam. A major highlight was a fundraising drama by Crazy Mohan titled Oru Babyin Diary Kripu—a huge success!

The Chairman's visit that year went smoothly, with the gracious Leila Kamaluddin presiding at PSG Tech Assembly Hall. Sadly, that year also saw the passing of Rotary stalwart G. Vardaraj. Our October 1990 meeting had to be cancelled due to the devastation caused by his loss. In March 1991, the Inner Wheel Club of Coimbatore North was formed. We said goodbye to dear friends who set off on their own journey of service and friendship.

Sudha signed off her Presidential year in Chakram with these words:

"Friends, keep up your efforts, for there is no higher religion than human service, and to work for the common good is the greatest creed... Bring the Inner Wheel spirit into your life where every action becomes a service to society."

Sudha's words ring just as true today as they did 35 years ago.





Srilatha Mohan

President - 1991-92



Secretary : Asha Rajkumar

Srilatha was a quiet person who lent her own charm to the office of President. She became President at a grand ceremony on July 30, 1991 at the Sundaram Hall. Rotarians were present at the installation and the meeting was handed over to the Inner Wheel members after a brief welcome by Rtn Rajendran and announcements by Secretary Rtn Choudary. Asha Rajkumar was Srilatha's secretary. The team worked in sync and did many helpful social service projects. Monthly meetings were at members' homes in the evening with dinner hosted by the member. As we followed the roster, we knew when our turn would come. All major holidays were celebrated along with our Charter Day and Past Presidents' Day.

We reached out in every way we could—sometimes through funds, sometimes through thoughtful gifts. Places like Udavum Karangal received our support—yes, we even helped set up their kitchen with some much-needed equipment. We ran an eye donation awareness drive, and our helping hands extended to government schools, a leprosy care centre, and Vasavi Vidyalaya. We didn't stop there—hot meals were served to school kids in Corporation schools and at Nirmal Hriday. On a more personal level, we stepped in to help women who needed a boost—be it vessels to cook with, clothes, help with college fees, or even a wet grinder to get started. Our club was also quick to respond when there was a need for polio immunisation efforts across Coimbatore.

And yes—tree planting was already "a thing" way back then! We proudly did our bit by planting tree wherever required - hoping to leave behind a greener footprint.





Triennials at Kolkata & Varanasi





Geetha Padmanaban

President - 1992-93

Secretary: Sudha Shyamsundar

Even before I officially stepped in as President, our Inner Wheel journey had already begun—with a fun and purposeful trip to Singapore! All it took was a call and a letter, and suddenly there we were—me (Incoming President), Secretary Sudha, and Treasurer Thulsi—warmly welcomed by Mrs. Junie Sharp, District Editor of IW District 330. She surprised us by showing up late at night at our hotel. That beautiful connection led to an exchange of flags, bulletins, and news. It just shows how Inner Wheel builds bridges of friendship wherever we go!

My installation was held at Sundaram Hall on July 10, 1992. We were honoured to have Mrs. Leela Ratnam, Association Vice President, as our Chief Guest, and Dr. Leela Meenakshi, a well-known oncologist, as Guest of Honour. We proudly made Dr. Meenakshi an Honorary Member of our Club that year. We kicked off the year's projects by sponsoring 10 children with special needs from the Society for the Aid of the Handicapped. We adopted the ICDS Center in Krishnapuram and provided milk, clothes, medicines, food, books, toys, and more. The surroundings were cleaned, fenced, and repaired to make it safer and brighter for the kids.

Environmental awareness was a big focus—we organized tree-planting drives and encouraged students through painting contests and conservation talks. We reached out to children in need by donating cash, supplies, and essentials to the Blind School, Seva Nilayam, Corporation School, Sankara Eye Society, and Dr. Ambedkar Institute. Medicines, deworming tablets, and equipment were given where needed. During polio immunization drives, we pitched in with snacks and volunteers wherever needed.



What I'll always remember is the generosity of our members. At a committee meeting, I spoke about sponsoring a room in Shankara Eye Hospital. Rs 30,000 of the Rs 75,000 needed was raised immediately. Even today, that room bears our Club's name and the donation year. Another cherished memory is our Inner Wheel Awareness Program with Past IIW President Minna Kapur. We learned so much about Inner Wheel at all levels.

For personal development, we held a well-received two-day Public Speaking Workshop that boosted many members' confidence. We co-hosted the East Meets East cultural exchange with the Rotary Club of Coimbatore East, welcoming delegates from Denmark and England. Members and Rotarian spouses hosted the guests—two visiting Inner Wheel members included. Factory visits to Bannari Amman Sugars and Sri Ramakrishna Steels were eye-opening, and we celebrated all our favourite festivals—especially Deepavali with children from the Society for the Handicapped, a tradition we kept up for years. We were 48 members then, and the club was just 16 years old. Meetings were hosted at homes. Today, we're 106 strong members, meeting in public venues!

Times change, but one thing stays the same—the spirit of service:

"Service to others is the rent you pay for your room here on Earth." - Muhammad Ali



**Vanaja
Jayachandran**
President - 1993-94

Secretary: Srilatha Mohan

The year was filled with meaningful service that reached many corners of our community. We sponsored ten children with special needs from the Society for the Aid of the Handicapped, helping them with support for their education and care. We distributed milk, food, clothes, books, toys, and undertook repairs at various govt schools. We also helped improve hygiene and cleanliness in and around the premises of the schools.

Tree planting was close to our hearts too—we encouraged school and college students to be part of the green movement.

Throughout the year, we donated cash and essential supplies to places like the Blind School, Seva Nilayam, Corporation School, Sankara Eye Society, and the Leprosy Colony. We also donated medical equipment to hospitals and medicines to schools in the area. During the polio immunization drives, our members were actively involved—distributing snacks and offering on-the-ground support wherever it was needed.

The club also quietly stepped in to help individuals in need—especially women—by providing useful items like vessels, clothes, wet grinders, and even school and college fees.

These personal touches truly made a difference in people's lives. One of our most cherished traditions was celebrating Deepavali with the children from the Society for the Handicapped—something we continued for many years with love and commitment.

We celebrated every festival and national holidays like Independence Day and Republic Day with less-privileged children. Our meetings were held at members' homes hosted individually. We had speakers and demos for our members at every meeting.

We may have started small, but every project—big or small—was done with heart. Looking back, it's clear that what truly bound us together was the joy of giving, the strength of our teamwork, and the satisfaction of making even a small difference.





Thulsi Rajkumar

President 1994-95

Secretary: Brindha Vijayakumar

I joined Inner Wheel in 1988-89 (give or take). Back then, I barely knew what it was all about - just that it was a noble organization dedicated to helping those in need. My dear friend Sudha Shyamsunder encouraged me to join, while my other close friend, Geetha Padmanaban, warned me against it. But, as fate would have it, I jumped in anyway!

Then, out of the blue, I was thrust into the role of President in 1994-95. And who were the culprits behind this last-minute surprise? None other than Sudha and Geetha!. The Vice President had backed out, and these two decided I was the perfect (read: only) choice. I was reluctant - very much so - but with their persuasion (and a bit of arm-twisting), I took the plunge. And from that moment, there was no looking back. Determined to do my best, I embraced the role, with Sudha and Geetha by my side every step of the way.

That year was packed with impactful projects. Our major fund raiser was a play by Mr. Y.G. Mahendran, which helped us accomplish so much:

We built a recreation shed for the children of Families for Children in Podanur.

Constructed toilets for a school in Nambialanganpalayam.

Created a play area-complete with a slide and swing-for the Balwadi in Krishnaswamy Nagar.

Installed partitions to provide privacy for women undergoing gynecological check-ups and lactating mothers.

Donated tables and benches to a school in Krishnaswamy Nagar.

Our District Chairman that year was Rajalakshmy Srinivasan. Looking back, I feel deeply satisfied about the work we did and the impact we made. Helping those in need was truly rewarding, and despite my initial hesitation, I wouldn't trade that experience for anything!





Vijayalakshmi Ravi President - 1995-96

The nostalgia surrounding our journey in Inner Wheel is always a joy to revisit. It brings back memories of camaraderie, meaningful service, and the deep bonds of friendship formed over the years.

My journey with Inner Wheel began in 1987. After serving as the First Lady in Rotary, I had the honour of becoming the Club President in 1994-95. This role opened up immense opportunities to serve and contribute meaningfully to society.

At our club installation, our chief guest, Mr. T.T. K. Vasu, inaugurated a bus stand at Annaikati and unveiled a city hoarding promoting environmental

Secretary: Usha Thirugnanam

awareness. One of our early impactful initiatives was adopting ten children from the Handicapped Society, a gesture that brought us immense satisfaction.

With the help of a Matching Grant in collaboration with the Rotary Club of Coimbatore, we built six toilets for schools stretching from Chinna Thadagam to Annaikati—an essential contribution to rural sanitation. We also organized a picnic for differently-abled children and an educational tour for hearing- and speech-impaired students, giving them cherished experiences beyond the classroom.

A two-day Cooking and Art Festival, held jointly with the Inner Wheel Club of Coimbatore North, was another vibrant highlight. The event culminated in crowning the "Talent Queen of Coimbatore"—a celebration of creativity and



spirit. On Children's Day, we conducted a sports meet for street children, bringing smiles and enthusiasm to many young faces. For Pulse Polio awareness, we undertook a comprehensive campaign: stickers were placed on Cheran Transport buses, 1,000 notebooks with Pulse Polio messages were distributed, rallies were held with school children, educational slides were shown in theatres, and awareness dramas were staged in villages. We also distributed informative pamphlets and monitored polio drop administration at bus stands, hospitals, railway stations, and the airport.

Our members enjoyed a refreshing two-day picnic to Coonoor—a well-deserved break and bonding time. We celebrated Navaratri in collaboration with several organizations including Jaycees, Rotaract, Mahila Samaj, Gujarati Samaj, and Mytri Club. The celebration drew over 500 attendees and was a cultural treat. Our Chairman's visit was organized in a grand banquet-style event, which received much appreciation. We were proud that our activities were regularly covered in six to eight newspapers daily. In collaboration with Dr. Thirugnanam, we conducted free cleft lip and palate surgeries for four children—a deeply fulfilling initiative. We also undertook AIDS awareness campaigns in colleges and installed a publicity board at the railway station.

An animal welfare program was conducted in the presence of Ms. Maneka Gandhi, underscoring our commitment to all living beings. We were also privileged to host an exclusive interview session with the legendary playback singer, Ms. P. Susheela, for our members. A memorable family get-together was arranged for the first time, graced by Ms. Uthra Ravi Sam. My heartfelt thanks go to our mentor Geetha Padmanaban, Secretary Usha Thirugnanam, and all the members who made this journey so impactful and memorable.





Brindhha Vijayakumar

President - 1996-97

Secretary: Latha Prabakar

Who knew a social club could teach me public speaking, project planning, and how to herd 30 enthusiastic women into a single photo?

This is my story of how this came about:

I joined Inner Wheel in 1992.

Over the years, I've served in various roles—Editor, ISO, and Secretary (twice!). I've also had the chance to be part of several committees that shaped my understanding of what true teamwork and leadership look like. In early 1996, Geetha encouraged me to consider the President's role. Before I knew it, I was stepping into that very position for the 1996–97 term, with her steady mentorship guiding me every step of the way. Our Installation Ceremony at Ardra Hall was made extra special by the presence of PDC Dr. Lalitha Thomas, who charmed everyone with her grace. I was lucky to have Latha Prabakar as my Secretary, and together we had a truly memorable year.

Inner Wheel has broadened my horizons in ways I couldn't have imagined back then. Whether it was learning to drive, use a computer, speak in public, or even try my hand at blogging and content creation—it all began here. Geetha Padmanaban, our Club's mentor, constantly pushed me to explore skills I never knew I had. What might seem like small things today were quite unique in the Coimbatore of the '90s.

Our fundraising was entirely member-driven, and even 30 years ago, the generosity of our club was inspiring.

We worked on many projects and one to note is the work we did at our adopted village Nambialaganpalayam near Vedapatti. We focused on the local school - especially the children—and built a set of much-needed toilets. It's amazing to see how much the village has transformed since then. I'd like to believe we played a small part in that change.

Our District Chairman was Radha Venkatesh from Palghat. We were proud to share our work with her, and even today, we greet each other like long-lost friends at Inner Wheel events.

Back then, our Club was smaller-around 35 to 40 members. Meetings were cosy and personal, usually held in someone's home. The host managed everything, from the agenda to the delicious meals. We preferred dinner meetings-it gave us a break from our routines and a chance to unwind. Our club was even known for its fantastic food spreads! I'll always cherish the friendships and sense of purpose Inner Wheel has given me. Looking ahead, I'm sure our club will continue to thrive-because the heart of Inner Wheel has always been its people.

And this is how I ended up (with the help of PDC Anitha and partner - in - crime Deepa) herding thirty women for a photo shoot!





Vandana A Gokuldas

President 1997-98



Secretary Anila Agarwal

Beautiful, charming Vandana, always gave off vibrance and energy. A happy smile graced her face and made you smile in return. It was always a pleasure to talk to her. Her compassion showed through in her actions in her years as an Inner Wheel member.

Vandana is from a family that values social service. We all remember the dedication and zeal Vandana and her husband showed to the Blood Donation Drive. Blood donation was not popular at that time, but they made it a point to normalise it through their efforts.

Vandana is no longer a member of our club but we have wonderful memories of her time in Inner Wheel.



Sporting Members





**Nirmala
Kasthurirangaian**
President - 1998-99

Secretary: Meena Wahan

I have been a member of the esteemed Club since 1994.

I had the privilege of being the President during 1998-99. I joined this movement expecting to meet new friends and interact with them. I am in awe of those I have met in the past three decades and their achievements. It has helped me make new friends and a few friends in my life. I am grateful for all I have gained as a member and this inspires me to attend all the events. It is truly an enriching experience.

Major Projects:

1. Donated an automatic oxygen regulator - a life-saving machine - for Rs. 55000 to Sitalakshmi Maternity Home.
2. Adoption of a rural village Nambialaganpalayam. We worked on the holistic development of the village by providing the following:
 - i) Started a community center and donated tailoring machines and typewriters. Qualified teachers were appointed. Ladies from the neighbouring village also benefitted by developing their skill sets.
 - ii) All of the 106 students of the village school were provided with uniforms, notebooks, and stationery.
 - iii) We had the school premises fenced.
 - iv) We celebrated Independence Day and Children's Day with the students and teachers.
 - v) We started a nursery school, appointed a teacher, and paid for her salary and other expenses.

3. The Pulse Polio Program was successfully implemented by our club and we received a certificate of appreciation from the National Polio Committee of Rotary International.
4. To foster friendship amongst all ladies' service organisations, we conducted a joint meeting with all Inner Wheel clubs, Ladies Circles, and Ladies Clubs. It was an evening of bonding and exchange of ideas.
5. As an initiative to raise funds, we released a souvenir with advertisements from well-wishers. A total amount of Rs. 1,53,000 was raised.

Dr Geeta Murthy was the District Chairman during my presidency. Her innovative idea of carrying FRIENDSHIP BASKETS from one club to another helped all the clubs in our area cultivate better relationships and work better together.

My experience has helped me in serving people around me with empathy. I will always cherish these years with joy and satisfaction. I thank the Almighty for allowing me to be part of this amazing organisation.

The following Thirukural describes it perfectly:

நவில்லொறும் நூல்நயம் போலும் பாவில்தொறும் பண்புடையாளர் தொடர்பு (783)

Translation: Being with good friends is like reading good books. The more time you spend, the more delight.





Manogarakumari J

President - 1999-2000

Secretary: Usha Das

A Journey of Purpose, Passion, and Service...

It all began with a simple invitation to a Rotary fellowship meeting. That one moment opened the door to a lifelong journey of service, sisterhood, and self-discovery. The warmth I felt stepping into the hall, the smiling faces and vibrant energy, made me feel I had found a second home. This marked the beginning of my cherished association with Inner Wheel. Very soon, I found myself immersed in service activities. One of our earliest projects was the Kargil Kalotsav, which was done on a large-scale. Our Club got the First Prize at the National Level for Breast Feeding programs conducted by us for a week. We were awarded Rs 1000 as cash Prize, and a Certificate. These early recognitions further fueled my commitment to serve.

Our club's initiatives left a lasting mark. We donated a pulse-oxy machine to Seethalakshmi Hospital, supporting thousands of underprivileged women. With stalwarts like Dr. Sarojini Thomas, we conducted medical and eye camps, and supported schools for the differently-abled with calipers, spectacles, and instruments. Service became more than an activity—it was a way of life. Collaboration was our strength. We held joint projects with clubs in Vellore, Vedapatti, R.S. Puram, and Sidhapudur. In Vedapatti, we honored 60 senior citizens annually and supported their medical care. At Nambialaganpalayam, we celebrated Independence Day, and in Sidhapudur, we lit traditional lamps at the Ganesha Temple—small gestures that spread joy and unity. My installation as Club President was unforgettable, with dignitaries

like Krishnaraj Vanavarayar in attendance. I appreciate his support in organizing the Kargil Kalotsav.

Art and Education have always been close to my heart. I received awards for painting in college and conducted Fevicryl workshops during my Inner Wheel secretaryship, bringing creativity into classrooms and homes.

As I look back, Inner Wheel has been more than service— I see friendship, growth, and a celebration of life. Through creativity, compassion, and community, I continue to find joy in learning, sharing, and serving - making each moment purposeful.



It was the turn of the century and it was an exciting time for us. And our Club was commemorating its Silver Jubilee, which made it even more special for us. For many of us, this Club is an extended family.

The activities of caring for society, children, women, the elderly, the handicapped, orphans, the environment, and vaccination drives were conducted throughout the year in well-planned programs. The IIV theme for the year was 'STRANGERS ARE FRIENDS, WE HAVE NOT MET'. True enough, it was made most memorable with members participating in all the Projects, the Rally, the Conference, the 9th Triennial Conference, and meetings held in our homes and picnicking at a nearby farm.

Sridevi Padmanabhan

President - 2000-01



Secretary: Hema Khona

- We paid the tuition fees for 10 children at the Society for the Handicapped and provided school books, fees, and uniforms for a few other children.
- We had a play school at the adopted village Nambialaganpalayam where children were taught to read and write, and we conducted learning activities. This was very useful for the working women of the village since the children were looked after until evening.
- A vocational training center facilitated women to learn garment making and jute bags by machine, as a profession.
- A two-wheeler washing area with a machine was created at the Society for the Handicapped as a means of livelihood.
- Our Club supported 'Project Parishudham' by the Coimbatore Corporation by donating 10 garbage-collecting push carts to keep the city clean. We helped in getting 60 more carts with the support of the public and corporates.
- Awareness was conducted for mothers-to-be during breastfeeding week at various maternity homes.
- Medical help - We Provided Hearing aid, Financial aid for Heart Surgery, and Medicines for the elderly every month.
- Conducted a Science Exhibition for the children. Tailoring and embroidery competition at the Vocational Training Center in the village and celebrated Independence Day there.

- Children's Day and Teachers Day were celebrated at RS Puram Deaf and Dumb School by conducting sports, fancy dress, and painting competitions with prizes.
- Interschool Sports and Cultural competition was held between 12 schools.
- The Silver Jubilee celebrations were on the 5th of Feb 2001. Mrs. Vivienne Bolton, President of International Inner Wheel was the Chief Guest. District Chairman Mrs. Gomathi Viswanathan was the Guest of Honour



Programmes conducted for the benefit of members:

1. Demo of Ceramic artwork
2. 'Explore the Power in You',
3. 'Interfaith - Live Together' at Divyodaya.
4. Awareness about Dyslexia.
5. Computer Awareness program.
6. GRIHINI Programmes on Family Values.
7. Celebration of Navaratri with Shivanjali.
8. Interdistrict Seminar - Leadership 2000 hosted Inner Wheel District 320.
9. Zoo Outreach by Sally Walker promoted awareness of the preservation of wildlife.
10. Chaali - A fusion of traditional & contemporary dance was conducted for fundraising.
11. The picnic visits to Senjerimalai, Negamum - a village famous for cotton sarees, and a farm at Nekarakalandai with games for our members - Tambola, Tug-of-war, and Swimming - made a lot of great memories.



Meena Wahan President -2001-02

Secretary : Nirmala Kasthurirangaian

I joined Inner Wheel during Geetha's Presidentship, and it turned out to be one of the most life-changing moments for me.

The warm smiles and open arms of the members helped me find a little home within Inner Wheel. Though I initially struggled with the local language, my friends made sure I never felt left out.

My installation as President was held at Ardra Hall, Coimbatore, with Mr. Jairam Vardaraj as Chief Guest and Swamini Pramananda as Guest of Honour.

Meetings were held at members' homes, filled with warmth, laughter, and delicious food. Our club became known not just for its service projects, but also for the elaborate and tasteful meals we shared. Sometimes, I wonder if it was the other way around!;-)

To help members connect more personally, I initiated the Basket of Friendship project. I had noticed that some members were a bit shy or hesitant. The idea was simple—by passing the basket with a small gift from one member to another at their homes or quieter settings, we could foster one-on-one conversations, something not always possible during our busy meetings. One of the most impactful events during my term was a seminar titled “Challenges” for young women, held at GRD College Auditorium. It aimed to help them transition into adulthood with confidence, strength, and purpose.

We celebrated religious and national festivals—like Republic Day—at our adopted village or at institutions such as the Society for the Aid of Handicapped and Families for Children. The year was full of meaningful projects and vibrant activities. Among the most memorable were donating benches and desks to the school at Nambialaganpalayam, and examination tables and chairs to the Coimbatore jail. I felt a great deal of satisfaction being able to provide for this basic necessity of chairs and tables for education. A sad reality at that time that students did not have chairs and tables to sit and learn.

District Chairman Radha Prasad's visit was a proud moment. We showcased key initiatives, including the kitchen we

built at the Nambialaganpalayam Elementary School. New members inducted that day included PDC Anitha Srinivasan and long-time member Jothi Padmanaban.

The District Conference was hosted in Coimbatore at GRD College, keeping us busy in January. We collaborated with the Palghat Inner Wheel Clubs for a joyful Spring Fest at Kairali Resorts in Palghat. A joint meeting with the Coimbatore Inner Wheel Clubs—Saicity, North, and West—featured an inspiring talk by Mr. Shiv Khera on winning traits.

Destiny brought me to Coimbatore, and a warm, fun-loving, and incredibly supportive circle of Inner Wheel friends helped me find not just companionship—but a true home.



The newly installed Committee for the year 2001 - 2002



Inner Wheel Club of Coimbatore contributes to Polio - Free India



Benches and Uniforms Donated by Inner Wheel Club of Coimbatore



Basket of Friendship being passed on to members



At a regular Meeting



Diwali with Special - Needs Childrens



Usha Das

President - 2002-03

Secretary: Radha Sundarkumar

Usha Das joined Inner Wheel in the year 1996.

She is a warm and friendly person. She became president of the Club in 2002 and her year was filled with service projects and fun activities for the members.

Our continuous project of sponsoring the education of ten children at The Society for the Aid of the Handicapped was continued this year with generous donations from members.

There were competitions for children in drawing, painting, quizzes, and other events held regularly. The Breastfeeding Awareness Program was successfully conducted.

Teachers Day and Independence Day were celebrated at our adopted village Nambialaganpalayam. Toilets were built at the school. Along with Shanthi Ashram, Usha inaugurated the Mahalir Mela where a vocational training program was held for women. A Value Education program was also conducted with Shanthi Ashram. Many programs were conducted with the Rotary and Rotaract clubs of Coimbatore.

Meetings were conducted at members' homes with four members as hosts. Talks on blood donation, mammography, and other women's topics took place at the meetings. We also had the "Festive Queen" competition during Diwali. This was a fun event for the members who loved seeing the catwalk of the well-turned-out ladies. Other holidays were celebrated with enthusiasm also every month.

The Association President was our member Geetha Padmanaban at that time. Our own member Vijayalakshmi Ravi was District Chairman. It was a memorable and proud time for our club with two people at the helm of Inner Wheel.

Three Inner Wheel Clubs in Coimbatore had a joint picnic at Kovai Kondattam this year. It was a wonderful experience bonding with these other clubs in the fun and relaxed atmosphere of the resort.

Articles mentioning our club's activities were often in the newspapers that year. Our year ended with a family get-together at Asha Rajkumar's house as happened frequently in the preceding years.

Usha Das is no longer a member of the Inner Wheel Club of Coimbatore but looks back fondly on the social services she was part of and the warmth of the friendships she made in Inner Wheel.





Usha Thirugnanam President - 2003-04

Secretary: Chetna Shah

I joined Inner Wheel in the year 1990. Sudha Shyamsundar was President at the time. My mother Hamsa Ramkrishnan was my guiding force in my interest in social service. My journey as the President of the Inner Wheel Club of Coimbatore remains one of the most fulfilling chapters of my life. It was a year filled with meaningful service, collaborative spirit, and a deep sense of purpose. During my term, we initiated and completed several impactful projects. One of the most memorable was our active participation in Breastfeeding Awareness Week. Our club not only organized awareness campaigns but also produced impactful outreach that earned us the Best Breastfeeding Week Award—a recognition that filled us with pride and reinforced our commitment to women and child health.

Another significant milestone was the construction of a compound wall in our adopted village, Nambialaganpalayam. This project enhanced the safety and structure of the school. It was made possible with the valuable support of our District Chairman Jansi Kishore and PDC Suja Mani, who helped us secure government funding. Their guidance and encouragement made a big difference, and we are grateful for her timely support.

We also undertook community feeding programs, providing nutritious meals to the underprivileged. Seeing the gratitude in the eyes of those we served was a heart-touching experience that reminded us of the power of small acts of kindness. My connection to the spirit of service runs deep. I am proud to say that my mother, Hamsa Ramakrishnan, is

one of the longest-serving members of the Inner Wheel Club. She laid the foundation for service in our family, and her commitment to community welfare continues to inspire me. My father was a Rotarian, further enriching the legacy of service in our home. Growing up in such an environment instilled in me a natural inclination toward giving back.

Looking back, I truly cherished every moment of my presidential year. It was a time of personal growth, new friendships, and collective achievement. The unwavering support of my fellow members, the camaraderie we shared, and the joy of seeing our efforts make a real difference – these are memories I will always treasure.

Inner Wheel has not only shaped me as a leader but also strengthened my belief in the impact of women coming together for a common cause. I remain ever grateful for the opportunity to serve and be part of such a remarkable organization.





Gulshan Vagh

President - 2004-05

Secretary: Revathi Prasad

I, Gulshan Vagh, became a member of this prestigious club in 1998 during the Presidency of Mrs. Nirmala Kasthurirangaian. I had the honor of leading the Club in 2004-2005, with Mrs. Revathi Prasad as the Secretary and Kishori Shah as the Treasurer. Throughout my tenure, my friends Nirmala Kasturirangain and Meena Wahan were a great help, and I am truly grateful to them. When I first joined the club, I was somewhat shy, but after attending a few meetings, I made many friends, and my outlook on life transformed completely. We used to have meetings at our homes, which were always enjoyable.

That year, we undertook several significant projects. It was the year of the Tsunami, and we provided substantial immediate assistance to the victims. We also built a block to rehabilitate fishermen in Nagapattinam. Another project we undertook, was conducting a screening on cleanliness and personal hygiene for adolescent girls in Nambialaganpalayam. During our District Chairman, Mrs. Nandhini Ravindran's visit, we donated an Automatic Medication Dispenser Machine to the Neonatal Care ICU at Coimbatore Medical College Hospital, ensuring patients received the correct medication dosage. Additionally, we installed health hygiene boards in several medical institutions, one of which was also placed at the railway station and this became a continuous project for several years.

In 2005-2006, I served as Chairman of the Symphony 2k Conference, with Mrs. Geeta Markose as the District Chairman. Mrs. Suhashini Mani Ratnam was our Chief Guest, and her inspiring speech on women's empowerment left a lasting impression on all of us. We had a wonderful time interacting with her.

Today, our meetings are filled with fun and laughter, as we celebrate all Indian festivals and engage in numerous meaningful projects. Inner Wheel feels like a family to me, and I'm glad I had the opportunity to join Inner Wheel and contribute to society in a small way.





Revathi Prasad

President - 2005-06

Secretary: Rema Ramesh

Revathi joined Inner Wheel in 2002. She became President of the Club in 2005. During her year there were service projects and also fun activities for the members like factory visits and trips.

The Club had approximately sixty members at that time. Meetings were held at members' homes or a commercial establishment. Five members hosted a meeting either during lunch or dinner. There was always a speaker, a demo, or some other useful agenda at every meeting.

Breastfeeding awareness week was marked with visits to Masonic Hospital, Seethalakshmi Maternity Home, Govt Polytechnic, and at a school. There were speeches, poster competitions, skits, slide shows, debates, and speeches to spread awareness about the value of breastfeeding.

The Pulse Polio Immunisation was going on in full swing with the hope that one day the world will be free of the scourge of Polio. Our club too participated enthusiastically that year.

Donations to the Society for the Handicapped, Families for Children, and other needy institutions were executed. A classroom was built at Anaikatti. Steel smokers and beehive units were donated to self-help women's groups in

Anaikatti. There was a medical camp to identify renal and congenital defects.

There were visits to Bannari Amman Sugars, Mysore (two-day trip), and other one-day trips throughout the year.

Revathi is no longer an Inner Wheel member but continues to look back fondly at her year as President.





**SARASWATHI
SUNDARRAJ**
President - 2006-07

THE SPIRIT OF INNER WHEEL

ACCEPT responsibility

ARISE from oppression

AWAKE with vigour

ASSERT your ideals

ACCOMMODATE your family and society

ASSOCIATE with moral values

ACHIEVE your goals

This is the woman of the century.

This is the spirit of Inner Wheel.

We are unique.

We are unstoppable.

We are poised to reach great heights.

Secretary: Anitha Srinivas

Love you all, my Inner Wheel friends!

Looking back, I often feel I would have achieved even more had I joined Inner Wheel earlier. I became a member in 1999, during the inspiring Presidency of Manogarukumari and dynamic District leadership of Karuna Senthilnathan.

My Inner Wheel Milestones:

- ✔ Club President (2006–2007)
- ✔ CGR (2007–2008)

My Presidency was a turning point. It filled me with purpose, and the smile on a beneficiary's face was a reward beyond words.

Highlights of Our Service:

- ✔ Distributed one lakh notebooks to Corporation school children
- ✔ Built three toilet blocks, a drinking water tank, and a ramp for differently-abled children at Eachanari Corporation School

- ✔ Held sports events for deaf and mute children
- ✔ Provided medical aid to HIV-affected individuals
- ✔ Organized DAZZLERS 07, a celebration for Special Children
- ✔ Conducted Pulse Polio immunization camps
- ✔ Supported school fees for underprivileged students
- ✔ Regularly arranged meals for the needy

Our Breastfeeding Awareness Programme won us the Best Club Award—it featured a film with club members as actors. It was screened in hospitals and made a strong impact. My journey to the Presidency felt like being a young bride in a new family—uncertain yet full of hope. Though I felt like a five-year-old taking a big leap, the guidance of my seniors and the generosity of donors made the experience smooth and rewarding. Inner Wheel has been a journey of growth. From a beginner, I graduated through every level—each step adding color, confidence, and joy to my life. My family watched this transformation with pride.

Much of my success came from teamwork. Our Secretary, Anitha Srinivas, ensured smooth functioning, and our Treasurer, Sheela, maintained perfect accounts. Our friendship deepened beyond work, creating bonds I cherish to this day. Today, I feel proud that some of the best pages in my life were written in the name of Inner Wheel. Those moments are etched forever in my heart. As we step into the future, each of you will be the gemstones of Swarna Arpanam, lighting the way to even greater heights.





Nutan Asher

President - 2007-08

Secretary: Geetha Padmanaban

I joined the Inner Wheel Club of Coimbatore in 2003, not knowing then how much joy, friendship, and purpose it would bring into my life. By 2007–2008, I had the privilege of serving as President, supported by a wonderful and enthusiastic team. Geetha Padmanaban, my Secretary, and Vasanti Raghu, our Treasurer, were pillars of strength throughout the year. Our ISO Murugambal, brought great pride to the Club by winning the Best ISO Award. Our dynamic Fundraising Convener Meena Wahan, played a major role in mobilizing resources for our ambitious projects.

The year was filled with meaningful work and heartfelt memories. We ensured that every club meeting included fellowship over lunch or dinner, strengthening the bond between members. We were thrilled to induct 12 new members, bringing fresh energy and enthusiasm into the Club. One of the highlights of the year was a two-day trip to Kodaikanal - a perfect blend of camaraderie and celebration.

We took on several impactful service projects. A major initiative was the renovation of the maternity ward at GH Hospital, with a contribution of ₹1 lakh. We also focussed on the well-being of young girls, undertaking toilet renovation projects at Seva Nilayam Girls' School and Annaikatti Girls' School. A special 45-day project was conducted at Vinu Aram's Shanti Ashram, where we donated sewing machines and sports equipment to empower and encourage skill-building.



Our efforts during Breastfeeding Awareness Week stood out, with awareness campaigns conducted across many locations-even extending to local movie theaters, where we creatively conveyed our message through skits and videos. We welcomed District Chairman Meena Satish during her official visit-a memorable and proud moment for our Club. In 2008, I took on the role of CGR, continuing my active involvement in the District. I had the opportunity to attend three Triennials-in Varanasi, Kolkata, and Mumbai-each of them a celebration of unity, spirit, and purpose. The District Rally was another unforgettable event. We performed a lively skit, where I portrayed Rajesh Khanna, and others brought characters like Usha Uthup to life. It was a day full of laughter and joy-we truly enjoyed being part of Inner Wheel!

We also organized special events like Teacher's Day celebrations and Cooking Demonstrations, adding fun and flavor to our service year. Looking back, my year as President was all about teamwork, dedication, and joy. I'm grateful for the friendships formed and the memories created. Inner Wheel has given me not just a platform for service, but a lifetime of cherished experiences.



Anitha Srinivas

President - 2008-09

Secretary: Chetna Shah

A Story of Fellowship, Service, and Growth It all began in the year 2001 when Meena Wahan was the President. She played a pivotal role in involving me in the activities of the club. Initially, I was a bit skeptical, but I found encouragement and support from the then-District Chair Radha Prasad, who believed in me and guided me every step of the way.

Over the years, I took on various assignments at the Club level, and in 2008, I had the privilege of becoming the President. Under my leadership, we focused on the theme set by IIW President Suzanne Nelson: "Realize Your Vision & Make a Difference."

We embarked on several impactful projects that included:

E-Education and Scholarships to empower students,

A Science Exhibition to inspire young minds (inaugurated by District Chairman Sasikala Joy)

Annadhan (community meals) to support those in need,

Training programs to uplift communities,

A Health & Hygiene project, including the construction of a toilet block at the CSI School (inaugurated by Association President Alagu Annamalai).

One of the proudest moments during my tenure was conducting of the Breastfeeding Awareness Program for which I



earned recognition at the All-India level. This award stood as a testament to the dedication and hard work of our entire team. My journey at the District level began in 2012 when I had the honor of serving as a CGR. Our beloved Geetha Padmanabhan played a crucial role in shaping my leadership journey, mentoring me through various positions. In 2019-20, I served as the District Chairman. I am forever grateful for Geetha's unwavering support and guidance.

Today, as I reflect on my journey with Inner Wheel, I am filled with gratitude for the friendships, support, and experiences that have shaped me. The fellowship, the camaraderie, and the shared vision of making a difference have been a constant source of inspiration. I owe so much to Inner Wheel and I thank all the members for the love and affection showered on me over the years.





Manju Shroff

President - 2009-10



Secretary: Trupti Parikh

Manju became President in 2009 with Trupti as her Secretary at We had seventy-three members in the club at the Installation. The Breastfeeding Week Project was conducted successfully in August. Talks on the benefits of breastfeeding and meetings were held to encourage new mothers to breastfeed. Slides were shown at movie theaters about the importance of maternal feeding for the baby. There were talk on FM stations of the radio for four days.

Fund raising was done through a Tambola night held ta RS Puram Club in August.

Eye Camps were held through out the year through Moses Gnanambaram Eye Hospital.

We participated in The Pulse Polio Program this year also.

Shabnam Mohammed was the District Chairman at the time. She was shown projects at Seva Nilayam and a project for a home for HIV children in collaboration with a Rotary Club.

The Triennial Conference at Varanasi in January was well attended by members; so also the District Conference at Erode. Meetings were held alternately at members' homes or at public places either at lunch or dinner according to the convenience of the hosts. Six to seven members woud host a meeting. At some meetimhgs we did have guest speakers and at others we had a festive celebration according to the season.

Manju is no longer a member of our club.

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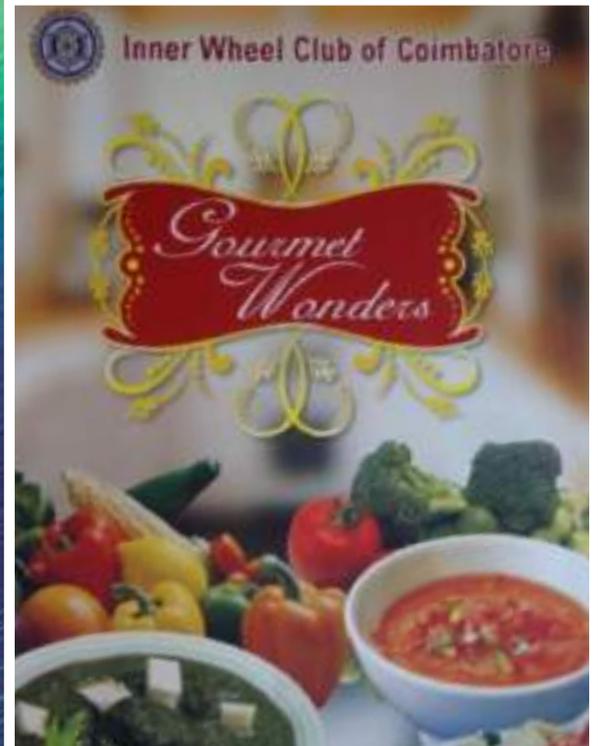
President - 2010-11

Secretary: Brindha Vijayakumar



I joined Inner Wheel without knowing much about it. Later I found it was a platform to do service and to showcase my skills. I made many supportive friends and for that matter, I became a member because of my friend Brindha. Minu Roger was the District Chairman at that time.

During my tenure as President in the year 2010-11, with the help of our members, I was able to publish a cookery book named "Gourmet Wonders" for fundraising. I was able to raise around 3 lakhs through sales and advertisements. We did many worthy projects with the money collected. No donation was taken from any member during my tenure, instead, they helped by selling the 300 books



Out Major fund raising
Project "Gourmet Cooking"
Sales came to Rs. 2 Lakhs

Chairman Minu distributing the dictionaries to the
children at Govt. School, Pichanur.



At the Railway Station to
inaugurate the IW Hoarding.....



Kishori A Shah

President - 2011-12



Installation Day 01.07.2011

Secretary : Aarti K Shah

“Leading with Purpose: My Journey as Inner Wheel President 2011-2012”

Joining the Inner Wheel Club of Coimbatore in 1997 was a deeply fulfilling decision shaped by my passion for service, friendship, and personal growth. Through impactful projects, I witnessed how small acts of kindness create lasting change in people's lives. This inspired me to take on leadership roles, culminating in my tenure as President.

Serving as the 36th President of Inner Wheel Club of Coimbatore during 2011-2012 was an immensely proud and rewarding experience, allowing me to lead initiatives that foster friendship and community service under the highly regarded guidance of our then District Chairman Suja Mani.

During this period, I was honored to lead impactful initiatives under the IIW theme – “Think Ahead, Aim High”, aligning with IIW's goals of girl's Education, healthcare, women empowerment, environmental sustainability, and community service.

Key Initiatives & Projects (2011-2012):

Healthcare & Medical Support

- ★ Donated ₹1 lakh to Coimbatore Cancer Foundation at GKNM Hospital for the treatment of underprivileged cancer patients.
- ★ Contributed ₹37,000 to Jeevan Stem Cell Bank for life-saving treatments.
Donated an Infusion Syringe Pump (₹38,325) to the General Hospital's Children's ICU as part of our District Chairman's visit.
- ★ Supported Breastfeeding Awareness Week and the Polio Drops campaign.

Supported Sharanalayam orphanage, funded an eye surgery and provided five calipers for polio-affected children.

Women Empowerment

Donated a sewing machine to the Tailoring Training Centre at TVS Nagar to support skill development.

Education for Girls

Sponsored tuition fees for two girl children.

Donated study tables to Seva Nilayam.

Contributed ₹10,000 to Shanthi Ashram for girl child education.

Environmental Sustainability

Planted trees in schools & members' premises and distributed 100 seedlings to students of Kikani School, Coimbatore.

Community Service & Welfare

Adopted a mother and child for three years at Siva Shantha Mother & Child Health Centre.

5 Big Storage Containers given to ICDS Anganwadi.

Club Achievements

Won First Prize in the Dance Competition and the Maximum Registration Award at District Rally DOSTHI 2011 at Black Thunder.

As we commemorate our Golden Jubilee, I cherish the meaningful contributions made and the lifelong bonds of friendship fostered through Inner Wheel. Managing impactful projects in education, healthcare, women empowerment, and environmental sustainability reinforced my belief in the power of collective action and the difference one can make in society.

Beyond leadership, this journey enriched me with lifelong friendships, confidence, and resilience. It instilled a spirit of giving that continues to inspire me to contribute meaningfully to my community. This experience has not only been a milestone in my personal journey but also a stepping stone for greater service and commitment to humanitarian causes. Looking back, joining Inner Wheel has been one of the most rewarding journeys of my life, shaping me into a more compassionate, purpose-driven, and empowered individual.



Rs. 1,00,000 Donation to Coimbatore Cancer Foundation



Rs. 1,00,000 Donation to Coimbatore Cancer Foundation



5 Big storage containers given to ICDS Anganwadi



Highest number of Registrations award at District Rally 2011



Tree Plantation Drive



Murugambal Sundaravadivelu

President - 2012-13



Secretary: Meena Wahan

It is not what is outside, but what is inside that takes you to the top. Similarly, the perseverance, sacrifices, achievements, and vision of members to carry the legacy forward that today Inner Wheel stands tall, soaring higher every day, with enthusiastic leaders and members working together as one.

Congrats is a small word, to the big effort of the team. Inner Wheel is an example of teamwork, Kudos to us, and here's to our CENTENARY CELEBRATIONS! "SWARNA ARPANAM" is a fitting tribute to the Inner Wheel or Inner voice that teaches us the highest values of life, "SERVICE ABOVE SELF" and of course, to foster friendship coupled with love, fun, and laughter. No one can wipe out our indelible memories of INNER WHEEL.

Ignorant of such a golden institution, I was literally dragged into it by Nirmala Kasthurirangaian in 1998 and I thank the Almighty profusely for this incredible journey. I have served as the ISO, Editor and President and even won the best ISO Award. I was the President from 2012 - 2013 with Kavitha Rao as the District Chairman.

We have done many projects but the one close to my heart is the installation of an AED Machine (Automated External Defibrillator) at the District Court Complex - a project to SAVE LIVES of the victims of Sudden Cardiac Arrest - the need

of the hour especially in a crowded place like the court where people gather and are prone to sudden heart attacks. Such a life-saving device is the first to be installed in the whole of South India. The cost of the machine is Rs.1,00,000/-. It is with pride I say I am an Inner Wheel member. I have made enduring friendships and reached out a hand to the deserving through this organisation.

Once again - Happy Golden Jubilee Inner Wheel!!!





Aarti Shah

President - 2013-14

Secretary: Prachi Kikani

Namma Club, the Inner Wheel Club of Coimbatore—What a Place to Be!

Chartered in 1976, our club has been a steadfast beacon of service, and our illustrious members have shaped a remarkable legacy of friendship and impact. As we celebrate 50 years, allow me a moment to be just a FAN!

I had the privilege of joining the IW Club of Coimbatore in 2007, where I met extraordinary women-listeners, thinkers, doers—who transformed their compassion into action. The joy of serving alongside them has been immeasurable.

Just a year later, in 2008, I stepped into the role of Treasurer. Managing the club's finances rekindled my love for accounting, and I enjoyed it! By 2011, I took on the role of Secretary—challenging but oh-so-rewarding! A year of growth and sharpening my communication and organizational skills. I actively participated in District events 'Roshni' and 'Greenshoot,' strengthening bonds with members of sister clubs. Then came 2013—the year I unexpectedly found myself in the President's chair. Was I ready? Too soon? Too tough? But my leadership instincts kicked in, and alongside an incredible team, we embraced the IIW theme 'We for Women.'

Empowering women, our goal led us to the Ukkadam slums where we encouraged women to take up vocational training in tailoring, embroidery, make-up and beauty treatments—skills that soon became livelihoods. We extended support to needy women by distributing sewing machines, grinders, and iron boxes, equipping them with tools for self-

reliance. Recognizing the need for self-defence, karate classes were initiated for young girls at Seva Nilayam. Their enthusiasm led them to participate in Inter-School and District competitions. During this time, relief was also sent for those affected by the Uttarakhand floods, reinforcing our commitment to service beyond our immediate community.

Prioritizing hygiene, a sanitary napkin vending machine and incinerator were installed at a girls' high school. Road safety was also a focus-and during our District Chairman Saraswathi Kannan's visit, a prominent 'Wear Your Helmet' hoarding was erected at GRD College. Additionally, as part of our outreach efforts, car stickers publicizing Inner Wheel were distributed to all members, reinforcing our identity and mission. On Women's Day, we prioritized health by organizing checkups for our members. An insightful session was also organised highlighting women's rights in the RTI Act. Service without fun? Not on our watch! We had a blast on two delightful trips—one to Ooty and the other to Nasik and Shirdi. That year, our grand fundraiser, 'MasterChef Mania,' was a roaring success. Though I initially hesitated to sell tickets (fundraising was never my forte), the event turned into a food lover's paradise, and the funds helped expand our projects. On Children's Day, we spread joy by treating children from an orphanage to a fun-filled movie experience at the mall. In 2015, I donned the hat of ISO and Dist. 320 Conference Secretary—an enriching role in my Inner Wheel journey. This year, as our club turns 50, I turn 18 in Inner Wheel—officially a major! Looking back, every experience, from Club and District events to the Triennial Meet and the South Asia Rally, has been a gift. Here's to many more years of smiles, service, and spirited camaraderie. Stay kind, stay well, and keep inner wheeling!





Trupti Parikh

President - 2014-15

Secretary: Harshida Vagadia

Looking back at 2014–2015, my presidential year, I realise how much I learned. Balancing family and social service wasn't easy, but I discovered that where there's a will, there's always a way.

My first friend in Coimbatore, Aarti Shah, was also my guiding star in the Club. She handed over the torch of leadership to me with trust and warmth.

The senior members were a constant support, guiding me through every project. There were challenges, but with everyone's help, we overcame them and completed the year with flying colours.

I especially remember how hard it was to let go of certain things, but our senior members gently showed me how to adjust and move forward.

I gained so much from that year—patience, perspective, and purpose. I'm confident that our club will continue to grow—stronger, greater, and more exceptional than ever before.

Our Club's Ongoing Projects & Celebrations

Our Club was actively engaged in two ongoing projects at Seva Nilayam, focusing on self-defense training, and at the Amrit School for Special Children.

Significant Days & Festivals Celebrated

We enthusiastically celebrated various important days, including:

- ★ Doctor's Day
- ★ Chartered Accountants (C.A.) Day
- ★ Teacher's Day
- ★ International Literacy Day
- ★ Environment Day
- ★ Children's Day
- ★ International Inner Wheel Club (IWC) Day
- ★ Valentine's Day

- ★ Independence Day
- ★ Republic Day
- ★ Organ Donation Day
- ★ Breastfeeding Awareness Week

Our Club also celebrated major festivals such as Navaratri, Diwali, and Christmas, spreading joy and fostering a sense of community.

Major Projects Undertaken:

Some of our Club's most impactful projects include:

- ★ Bio-Gas and Kitchen Garden Initiatives
- ★ Installation of Solar Lights

- ★ Hepatitis B Vaccination Drive in Tribal Villages
- ★ Educational Support for Underprivileged Children
- ★ Eye Awareness Rally & Eye Check-Up Camp
- ★ Cataract Surgery Assistance
- ★ Support for the Transgender Community
- ★ Summer Camp for Children
- ★ Pulse Polio Immunization Drive
- ★ Relief Funds and Material Donations to Jammu & Kashmir and Nepal

Participation & Achievements

- ★ Our Club actively participated in rallies and won numerous awards.
- ★ We attended various conferences to enhance our community service efforts.
- ★ In collaboration with Rotary International and other Inner Wheel Clubs, we organized Swachh Bharat Abhiyan awareness campaigns.
- ★ We conducted Annadanam (food donation) throughout the year.
- ★ Books were donated to schools, along with essential supplies like clothes and food for those in need.

Total Project Value: ₹7,95,850.00

I remain committed to serving society with dedication and passion, making a meaningful difference in people's lives.



Prachi Kikani

President - 2015-16



Secretary: Shanthi Rajasekhar

My Inner Wheel Journey :

Joining Inner Wheel in 2007 was a proud moment for me. Being part of such a prestigious Club gave me a platform to serve society, build friendships, and grow as a person. I always dreamed of becoming the President one day, as it would allow me to lead and give back to the community. One of the best things about Inner Wheel is that it has no language barrier, making it an inclusive and welcoming space for all.

When I was given the responsibility of President for a year, I was excited to do many projects for the society. Our District Chairman, Mrs. Chitra Vivek, had faith in me, which motivated me to do selfless service to mankind.

One of my biggest projects was the Jumble Sale, a fundraising event. Our team worked very hard to make it a grand success. The proceeds were donated to Siruthuli, an organization focused on environmental conservation. A portion of the money was also used to plant vetiver plants, which help prevent soil erosion.

My vision for the year was to make Coimbatore a zero-plastic zone and to create awareness about water, air, and noise pollution. During our District Chairman's visit, we focused on educating people about solid and e-waste management, helping them understand the importance of proper waste segregation and disposal.

Health and environmental awareness were key areas of focus during my tenure. We organized eye and dental camps for tribal communities, ensuring they received proper medical care. We also distributed cloth bags with the Inner Wheel logo to local department stores and vegetable shops, encouraging people to reduce plastic usage while also promoting Inner Wheel's publicity.

Celebrating special occasions with the underprivileged was an important aspect of my journey. We made festivals more meaningful by spending time with special children and the elderly in old-age homes. From International Yoga Day, Teacher's Day, Christmas, Diwali, New Year, Pongal, Holi, and Valentine's Day, each event was filled with joy, love, and togetherness.

Being a creative person and a music lover, I ensured that our meetings were lively and engaging. We included activities like Diya dance, prayer sessions, singing, dancing to the famous Inner Wheel song, Holi dance, and musical MCs for fun and entertainment. These activities made our gatherings more enjoyable and strengthened our bond as a group.

Looking back, I feel honored to have served as President of this wonderful Club. Inner Wheel has given me so many memories, friendships, and opportunities to make a difference. I strongly believe that dignifying the lives of others dignifies us.

I am proud to be a Past President of Inner Wheel, and I will continue to carry its values of service, love, and compassion in everything I do.





Harshida Vagadia

President - 2016-17

Secretary: Nirmala Nandakumar

In 2011, I had the great fortune of joining the prestigious Inner Wheel Club of Coimbatore, one of the oldest and most respected Clubs in the Inner Wheel world. This opportunity opened doors to discovering my inner potential and forming meaningful, lasting friendships. In 2013, I was honoured to serve as the Club Secretary, which was a stepping stone for my personal growth and revealed my leadership capabilities.

However, the most memorable year of my journey was 2016, when In July, I had the privilege of being installed as the President of the Inner Wheel Club of Coimbatore. It was in the presence of Pujya Swamini Vimalanandji of Chinmaya Mission, the renowned industrialist and social leader Mrs. Vanitha Mohan, and our dynamic District Chairman, Mrs. Archana Kamath. During my presidency, we focussed on strengthening our friendships and giving back to society in various meaningful ways, including Anna Dhan, Vastra Dhan, Aushadi Dhan, and Vidya Dhan.

On the day of the installation, we honoured remarkable women who had excelled in their respective fields. We presented the Outstanding Individual Excellence Award to a self-made businesswoman, a dedicated nurse, and a disciplined lady home guard who had achieved excellence in their professions. Throughout the year, we continued our focus on serving the less fortunate by implementing Anna Dhan for elderly women and orphans.

We also organized the Nation Builder Awards, which recognized 15 outstanding teachers from corporation schools. Additionally, we supported 80 students with books, fees, and uniforms, and constructed 10 toilets in the Anaikatti tribal area.

Vocational training programs were provided to special children, enabling them to make gift articles, writing pads, and paper bags.

Healthcare initiatives were equally important during my tenure. We organized a medical camp for 110 Women Home Guards, offering free treatment to those with medical issues. A freezer box was donated to Sitalakshmi Hospital, and we hosted a Karate camp for girls at Seva Nilayam, promoting self-reliance. We also conducted an informative Breastfeeding Awareness program, which saw excellent participation from our members and the public.

Our initiatives for the elderly included renovating the kitchen at an old age home, monthly 'Annadhan', and distributing sarees, nightgowns, blankets, and other essentials to the girls and women at Seva Nilayam and various old age homes. Blankets were also provided to homeless individuals and the Gandhi Leprosy Association. We distributed tree saplings to school students and provided a handcart and stove to a man in need.

Further contributing to the community, we organized an Organ Donation Awareness Program. We furnished a library at Shanti Ashram and celebrated Independence Day with gifts for students at a primary school. We also made significant contributions to government schools, including providing hygiene equipment, a library infrastructure, and school bells.

Throughout my term, we raised more than 10 lakhs for these projects and inducted four new members into our club. The enthusiasm, fun, and camaraderie during our regular meetings and committee discussions made this journey incredibly fulfilling.

The leadership and guidance of District Chairman Mrs. Archana Kamath was a constant source of inspiration and motivation.

This experience allowed me to grow personally and professionally while making a lasting impact on my community. I'm grateful for the opportunity to have been a part of such a wonderful organization and to have contributed to its mission of service.



Shanthi Rajasekhar

President - 2017-18



Secretary: Kasthuri Vasanthi

I joined Inner Wheel during the year 2008 and became the President of the Club during 2017-18 after serving in all capacities at Club level. When I joined Inner Wheel, I was warmly welcomed into the Inner Wheel family. It was amazing to see the talent of members, their dedication, and commitment to the organisation and the positive change they bring to the community.

Major projects done during my year:

1. Project Child Wish: During the time of Diwali the underprivileged children of Vivekanandar Illam were given a wish card and we asked them to write what they wished to get for Diwali as a gift. 275 wishes were fulfilled.
2. We conducted a Blood Donation Camp at Sri Krishna College of Technology. We collected 85 units of blood which we donated to the Government Hospital, Pollachi.
3. We also had a 3 days Career guidance program for visually challenged students along with Enable India, Bangalore.
4. A free health checkup was one of our memorable projects. It was conducted for 330 Male Home Guards jointly with GEM Hospital.
5. We held a Detection & Management of Anaemia camp among women in the reproductive age group living in slum areas along with PSG Urban Health Centre.
6. Distribution of Artificial Limbs at Coimbatore and Erode - It was a twinning project done by the ISOs of IWC of Coimbatore and Erode



7. In order to foster more friendship, we had a Basket of Friendship – The basket was taken around by club members to other members. This was an opportunity to know more about each other and bring us closer.

Ms. Veena Pathy was the District Chairman and the following projects were done during her official visit to the club:

1. We inaugurated the Medicine Box at Pazhamudhir Nilayam where those who have unused medicines can drop them into this box. Later, we collected, segregated and distributed the medicine to old age homes.
2. We donated a special chair, a Nebulizer and 2 room heaters to the special children at Families of Children in Podanur.
3. Chairman Veena inaugurated the newly built kitchen at Eeranenjam. The cost of this project was 3.40 lakh.
4. Thrinethram, a group which organises scribes to write exams for visually challenged students, was recognised and honoured.

My journey in Inner Wheel has been a transformative experience that has helped me discover my strengths and passions. I'm grateful for the journey. It has made me become a more confident and compassionate person. The bonds of friendship I've formed are precious to me. I'm so proud to be a part of this organisation that values service, leadership, and friendship.





Nirmala Nandakumar

President - 2018-19

Secretary: Jothi Padmanabhan



In 2018, I had the privilege of becoming the President of our prestigious Inner Wheel Club of Coimbatore. Joining Inner Wheel was a wonderful social release for me—something in my life that was purely for fun, personal growth, and meaningful contributions to society. During my tenure, I had the opportunity to lead several impactful projects that brought positive change to our community.

Key Projects during my Presidentship:

- ✔ SAVE THE GIRL CHILD campaign at SRP Girls High School for 400 students to raise awareness about empowering and protecting girls.
- ✔ Contributed a bureau filled with law books (with our Club Seal) to Ramanathapuram Police Station to promote Inner Wheel's presence.
- ✔ Collaborated with seven Inner Wheel clubs for the "SAVE EARTH SAVE WATER" project at Kaniyur Toll Gate. Distributed 3,000 stickers and 500 saplings, gaining media coverage.

Celebrated International Tribal Day in Senguttaiyur Tribal Village:

- ✔ Inaugurated two pulverizing machines to support self-employment.
- ✔ Conducted an eye camp for healthcare support. The event was covered by the press.



- ✔ Conducted the BFAW project in ESI Hospital, Meenakshi Hospital, and PSG Hospital, offering vital support to expecting mothers.
- ✔ Contributed relief items worth ₹50,000 for Kerala flood victims.
- ✔ 4 CCTV cameras were contributed to WVS special school for Children
- ✔ Organized an NSS Special Camp in Kondanur, Annaikatti Tribal Area with PSG College of Nursing:
- ✔ Conducted hemoglobin assessment for 500 women.
- ✔ Contributed an HB meter, 100 strips, and 100 needles for continued monitoring.

Key Projects during District Chairman Sindhu Sethu's Official Visit (2018-19):

Construction of a toilet block at Singanallur Girls High School, inaugurated by the Chairman.

Unveiled an Inner Wheel hoarding in Singanallur to boost the club's visibility.

Collaborated with five Inner Wheel clubs to build a shed at the PHC Centre, inaugurated by the Chairman.

Personal Experience and Growth:

The fun, friendships, and satisfaction I have gained through Inner Wheel have been invaluable. The club's monthly meetings were breaks providing an opportunity to recharge, unwind, and foster meaningful connections.

The insights gained from this experience have enriched my interpersonal skills and boosted my confidence.

Being surrounded by so many inspiring women and learning from their experiences has taught me resilience, adaptability, and problem-solving. This journey has shaped me into a better person, strengthened my confidence, and empowered me to make a meaningful impact in my community.





Kasthuri Vasanthi

President - 2019-20

Secretary: Deepa Venketraman

Serving as the President of Inner Wheel Club during 2019-20 was an extraordinary journey, marked by service, empowerment, and resilience. It was a year of milestones, heartfelt moments, and challenges that strengthened our commitment to the community.

Key Projects & Initiatives

Women & Girl-Child Empowerment:

- ✔ Conducted girl-child hygiene awareness programs.
- ✔ Sponsored girl-child education to help secure their future.
- ✔ Donated sewing machines to promote financial independence among women.

Health & Fitness Initiatives:

- ✔ Organized women's health check-ups for early detection and well-being.
- ✔ Hosted Zumba Dance Day and participated in the Zumba dance walk to promote fitness.
- ✔ Led a marathon walk and celebrated International Yoga Day with our members.

Education & Sports Development:

- ✔ Renovated the Government High School, Koundampalayam, creating a better learning environment.
- ✔ Donated sports equipment to support national-level athletes.

Environmental & Sustainability Initiatives:

- ✔ Planted trees and implemented Miyawaki forestry projects.
- ✔ Introduced a unique gifting initiative— we gifted plants to promote green living at each place we went.
- ✔ Support for the Differently-Abled & Healthcare:
- ✔ Donated blind glasses, walking sticks, and sewing machines to the visually impaired.
- ✔ Contributed to cancer patients and special - needs patients at ESI Hospital.
- ✔ Established a Baby Herbal Garden at Seethalakshmi Hospital.
- ✔ Installed an incinerator at Devanga High School for Girls to improve hygiene facilities.

COVID-19 Relief Efforts:

- ✔ When the pandemic struck, our Club played a critical role in relief efforts.
- ✔ Donated safety kits, PPE suits, protective gear, and food supplies to frontline workers and government hospitals.
- ✔ Supported communities affected by lockdowns with food distribution initiatives.



Community Support & Social Welfare:

- ✔ Donated bedsheets to tribal communities. Renovated infrastructure for those in need.
- ✔ Conducted Anna Dhanam (food donation) programs for old-age homes.
- ✔ Celebrated Diwali with underprivileged groups, bringing joy and festivities to them.

Golden Jubilee & Swarna Bandhan Celebration:

- ✔ Our District's Swarna Bandhan, the District Golden Jubilee event, was a historic milestone, celebrated at Le Méridien, Coimbatore. Achieved 100% member participation, making it one of the most memorable events of our tenure.

Special Days & Celebrations:

- ✔ Marked important occasions like Teachers' Day, Independence Day, Children's Day (at WWS Special School), and Women's Day.
- ✔ The Women's Day celebration was particularly special, bringing strong and inspiring women together

Sister Club Support:

- ✔ Attended to Sister Club Installations, strengthening our Inner Wheel bonds.

Music & Arts for Special Needs Persons:

Donated musical instruments to the specially-abled individuals at Anugraha, promoting creativity and joy.

Memorable Moments & Challenges

My tenure as President was a blend of joy and emotional challenges. Being called the "Golden President" was an honor. What mattered the most was the impact we created-standing together during tough times. I had the privilege of serving under Anita Srinivas' District Chairmanship. My team-Deepa Venketraman (Secretary), Latha Prabakar (Treasurer), Sujatha Vijayshekharan (Editor), and Falguna (ISO)- together, we worked like the Pandavas, each was instrumental in making our projects successful.

Every project, initiative, and life we touched made my Presidency unforgettable. We loved creating change, spreading kindness, and leaving a legacy of service. As I look back, I feel blessed to have been part of this beautiful journey which will stay in my heart forever.



Ankitha Dinesh

President - 2020-21

Secretary: Falguna Badani

Leading Through a Pandemic: Lessons in Resilience and Service

When I assumed the role of Club President, I could never have imagined that a global pandemic would soon reshape the way we lived, connected, and led. COVID-19 brought with it unprecedented challenges-but also unexpected opportunities for resilience, innovation, and growth.

The core of our Club culture: face-to-face interaction suddenly vanished. In-person meetings and events were disrupted, and the familiar rhythm of Club life was replaced with Zoom, fatigue and uncertainty. Member engagement dipped, and constantly evolving health guidelines demanded that we replan everything, sometimes overnight.

Yet, amid the upheaval, our District Chairman's swift action proved invaluable. Online learning modules, virtual speaker series, and collaborative remote projects gave members new ways to connect and contribute. These digital platforms didn't just help us adapt-they became lasting tools for our club's hybrid future.

One of the most meaningful challenges was reimagining our Club Installation. Traditionally an in-person ceremony rich in symbolism and tradition, it now faced the threat of cancellation. But our core team believed strongly that leadership transitions must be honoured. We embraced technology and crafted a digital event that preserved the spirit of celebration and continuity. It was a defining moment-proof that the heart of our club beats strong, even through screens.

Throughout the pandemic, our Club continued to serve. From large-scale initiatives to small acts of kindness, we ensured every effort was seen and valued. COVID-19 tested us deeply-but it also revealed our Club's essence. It reminded me that true service is about being present for others, especially when it's hardest to do so.

Leading during COVID taught me that leadership isn't about titles, meetings, or having all the answers. It's about listening, adapting, and consistently showing up for people in times of crisis. Wearing a mask may have been uncomfortable, but it symbolized a powerful shift: putting others' safety and well-being above our own convenience.

Every challenge brought with it a lesson. Every step reaffirmed that leadership means putting others first-even when the world feels upside down. I've learned that even in isolation, we are never truly alone. And that resilience, when rooted in service, can carry us through the most difficult times.





**Deepa
Venketraman**
President - 2021-22

Secretary: Bhuvana Satish

Serving as President of our Club during the year 2021/22 has been one of the highlights of my life's journey. This renowned Club has become my learning ground, my think-tank and my happy place, all rolled into one...We were emerging from the challenging Covid year, and though the pace was slow, determination prevailed. We accomplished 180 significant Projects showcasing The power of Team Work, with members contributing generously and feeling a sense of collectiveness .By working together each of us felt valued, involved and included. We innovated ways to stay connected – from inspiring talks via Google Meets, online games, sharing celebration pictures and videos and Phone - a - Palooza marathons- the latter even fueling jokes about my phone bill! The KNOW YOUR MEMBER video series was a massive hit! For two thrilling months, members eagerly anticipated afternoon releases, likening it to new movie premieres. Each video offered a fascinating glimpse into members' lives and interests, fostering camaraderie and excitement. "Lets Hang out" included casual meet ups in small groups, and picnics too were arranged.

Association goals for the year were encapsulated in the acronym "SHEROES".

S –Stree Shakthi : We honoured Teachers of Swami Vivekananda School, Sponsored education fees to six Students , built a Shed in Eera Nenjam .

H – Health : Sponsored Coffee Machine to ESI HOSPITAL, donated Medical Supplies and Reverse Osmosis water purifier to Anugraha Shelters, equipments to Primary Health Centres, 10940 Sanitary Napkins to Ashraya Charitable Society and Seva Nilayam, administered Polio drops , distributed food packets at Seethalakshmi Hospital.



First of its kind in the whole of South India in an urban centre, ELISA Reader, a medical equipment for detecting substances like antibodies and antigens was installed in Primary Health Centre, Selvapuram.

Major Projects during District Chairman Alamelu Sivaramakrishnan's official visit:

- OUT PATIENT BLOCK : constructed in Primary Health Care Centre, Selvapuram, comprising a Registration Counter, Waiting Hall, Screening room and Two Toilets.
- Infinity Walker Aid and cupboards in Primary Health Centre, Gandhipuram. Both Projects featured in Association and International websites.
- The Club Directory was released.

E-Earth Care: Joint Project with IWC of Tuticorin and Pearls and Corals involved planting herbal plants, Bamboo saplings in Samalpuram, Karumathampatti, Sular, Tree saplings in GRD College.

O- Orphanage and Old Age Home Assistance: 80 "Feed the Hunger" Projects with Pallavi Kotecha as Project Chairman, Breast Milk Bags to Amirtham Centre, essentials to Saibaba Vidhyalayam, Families for Children, Red Cross Society,

E Learning: Donation of Computers to Imayam Association and to a Document Writer.

Spreading the Wings of Inner Wheel : Inducted 12 members ,highest in the District.

5 members from our Club and 4 from Sister Clubs were honoured with **Taringini Awards** for long standing service. 12 Members from our Club attended 16th Triennial Conference held in Varanasi from April 11th to 13th and I got the opportunity to be a Voting Delegate. Taking up CGR Post in 2023/24 during DC Anitha Nanjiah's period was also a great opportunity.

Signing off with Heartfelt thanks to PAP Geetha Padmanaban, PDC Anitha Srinivas, Past Presidents and dear members for all the support.



Sashikala Anand President - 2022-23



Secretary: Radhika Paramesh

I am happy to share my thoughts and impressions of our Club this Golden Jubilee year. I joined our Club in 2017 and took up Presidentship in 2022. Coming from a family of service-minded Inner Wheel members and Rotarians, I was always very interested in being a part of this renowned organisation. I was able to work collaboratively with a team and reach out to the Society's most underprivileged with like-minded members of our Club. Inner Wheel's National, International, and District goals were always a focus during my leadership tenure. Club meetings were always followed by fun-filled fellowship games, bringing joy and happiness to the Members. I initiated CSR (Corporate Social Responsibility) funded projects for the first time and constructed a building for the homeless and spine-impaired. Additionally, we built a washroom with a ramp facility for spine-impaired women in wheelchairs. A well-equipped science lab for economically disadvantaged rural high school students was set up during my tenure. All these major projects were inaugurated by the District Chairman Asha Sunil.

During my term our Association President Dr Surjit Kaur's WeCare goals for cancer screening for women, Nutritional Awareness for the pregnant, and medical eye camps for preschool children were conducted. On International Innerwheel Day, a much-needed mobile washroom and toilet facility was set up for the female athletes near the City's



main sports stadium. In all, a total of 89 projects including 7 Mega projects worth Rs.40 lacs that benefited 4,560 individuals, was completed during my tenure, taking our club to newer heights and prominence. The mega projects covered a wide spectrum of beneficiaries in the areas of Education, Differently-abled, Hygiene, Medical Care, Women's Care, Tribal Welfare and Girl-Child Welfare. For the first time in our Club's history, I launched the President's Out-Reach Program (POP) to focus on friendship and bonding within our Club by visiting every member's home, 92 in all, on their birthdays. This initiative, with a personal touch from the President, brought our members closer together and rejuvenated the Club's attendance at meetings and projects. We got to know each other so much better and became closer than ever before. I wish to recognise the solid support, guidance, and encouragement that I received from our Club's stalwarts - Past Association President Geetha Padmanaban, Past District Chairman Anitha Srinivas and Past District Chairman Vijayalakshmi Ravi.

I thoroughly enjoyed the camaraderie from members of our club and working with my Dream Team of office bearers. It was an unforgettable experience for me as President of this prestigious and illustrious Club, one that I will always cherish in the years to come.



Bhuvana Satish

President - 2023-24

Secretary: Srividhya MG

It fills my heart with immense pride and joy to share a heartfelt reflection on our truly remarkable Centenary Year—a year woven with service, solidarity and unforgettable celebrations. Guided by the spirit of Service Above Self, we executed 160 meaningful projects, touching the lives of over 12,000 beneficiaries, with a total project value of ₹55,00,000. I am especially proud to share that 77 of our members actively participated in these efforts, collectively raising ₹15,00,000 to support our mission. We were honoured to have IIW Treasurer Sarita Lunani as our Chief Guest during the Installation Ceremony. Her presence added great significance as we inaugurated several impactful projects—most notably, a unique Pedestrian Crossing Traffic Signal at the heart of Coimbatore, the donation of a Deep Sky Imaging Telescope and the opening of 10 newly constructed toilets.

A major milestone this year was the establishment of the Inner Wheel Club of Coimbatore Charitable Trust, which paves the way for future growth through CSR partnerships. Our commitment during BFA Week earned us national recognition—we were the only Inner Wheel Club in India to be honoured with the prestigious BPNI Award for our efforts in promoting breastfeeding awareness. During the official visit of our District Chairman Anitha Nanjaiah, we proudly inaugurated two new classrooms—our largest project this year—providing better educational infrastructure for underprivileged children.

Beyond service, this year was filled with cherished moments of fellowship. Our members came together for six joyful

temple visits, where heartfelt conversations and shared experiences deepened the bonds that unite us. We also joined hands with several Inner Wheel Clubs across Tamil Nadu, undertaking impactful joint projects that amplified our collective reach and purpose.

A unique highlight was the Dazzling Dandiya Night, Car Treasure Hunt and Fashion Show, hosted in collaboration with all our Sister Clubs, adding fun and flair to our journey. One of the most memorable among these was the installation of five public benches with Inner Wheel branding at Race Course, commemorating the Centenary Year of Inner Wheel and symbolizing our shared commitment to the community.

A defining milestone was the honour of serving as Chairman and hosting the Inner Wheel District 320 Assembly – “Jagran” – for the installation of District Chairman Jagruthi Asvin, we danced at Jalak Night, empowered minds with Shiksha and orchestrated a grand Assembly with record-breaking participation that set a new benchmark in our club's journey.

The IIW Convention in Manchester, UK was a truly enriching experience, bringing together Inner Wheel members from across the globe. It was a proud moment to be part of the 174-member strong delegation from India. The Convention also provided us with the valuable opportunity to cast our votes on several important proposals.

For the first time, our Club proudly reached a milestone of 101 members, reaffirming our status as one of the largest clubs in Inner Wheel District 320. This year, we also played a pivotal role in forming three new clubs, marking the Golden Jubilee Club in District 320. As I look back on this incredible year, this Centenary Year, it not only celebrated our legacy but also redefined it for generations to come.





Falguna Badani

President-2024-25

Secretary Binal Shah

When I first joined Inner Wheel in July 2015, it was with both excitement and motivation. I was excited to come into this new environment to make new friends and explore new opportunities along with the urge to serve which was unique to me at that point.

The work done by every President of the Inner Wheel Club of Coimbatore is very impressive and you develop a strong sense of responsibility to give back to society.

1. My major project was the donation of 4000 books and 15 computers to the Corporation Library in Coimbatore - the total cost of the project was 20 lakhs
2. Toilet renovation at the National Federation of the Blind
3. Toilet construction at Sulur Higher Secondary School - total cost of the project was 3 lakhs
4. Independence Day celebrations at the APJ Kalam School of the Underprivileged by organising competitions and donations of food - total cost of the project is 80000.

Our District Chairman during the year 2024-25 was Jagruthi Asvin.

At first I was very skeptical to take up the post as a President but as the journey went by it ended up with lots of amazing turnouts like learning good leadership, communication skills, teamwork, dealing with people, and most importantly the impact we create no matter how small leaves a lasting sense of gratitude and gives us a feeling of having a purpose in life.

On the whole it has been a very enriching experience which has made me a better, competitive and a more confident person.



Our Members at
Manchester for



Centenary
Celebration

Golden Jubilee Projects - Dialysis Machine & Vocational Training Center

Project Coordinator - District Secretary - Shanthi Rajasekhar

Project 1:



Dialysis Machine Donation to Abirami Dialysis centre: We are donating a POLYMED DIAL-EZEE Dialysis Machine to Abirami Dialysis Centre or Four Square Hospitals in Ramnagar, which provides free dialysis services to underprivileged individuals. This dialysis machine ensure pain-free treatment experience for the patients. The machine costs around ₹8 lakhs, covering the device, accessories, and initial patient expenses. Each dialysis test typically costs ₹1300, but our donation ensures these services remain free for those in need. This donation will significantly benefit patients requiring regular dialysis. The machine's advanced features will enhance treatment quality. By supporting this cause, we're contributing to the well-being of the community

Project 2:

Vocational Training Centre in collaboration with the Indian Red Cross Society, we're establishing a vocational training centre for students with hearing impairments. Initially, we'll offer tailoring and embroidery courses to students from 6th grade onwards. Future plans include beautician courses, carpentry, and plumbing. The project costs approximately ₹1.2 lakhs. This initiative aims to empower students with valuable skills, enhancing their employability. By providing vocational training, we're promoting independence and self-reliance. The centre will foster a supportive environment, encouraging students to thrive.



Golden Jubilee Project – Anugraha Spine Shelter – August 2025

Project Coordinator – Past President Sashikala Anand

As part of the 50th year celebrations of the Inner Wheel Club of Coimbatore, the Golden Jubilee Project costing Rs.8.10 lakhs, marks a milestone in our legacy of compassionate service. This initiative focuses on uplifting the lives of the critically ill, spine-impaired, abandoned, and homeless residents of the Anugraha Spine Shelter.

The project includes the construction of a specially designed room with an attached washroom. Recognizing the mobility challenges of the residents, a manually operated lift is also being installed to ensure safe and easy transfer to and from the washroom.

This impactful project will be inaugurated by the International Inner Wheel President Kay Morland, along with Association President Jyoti Mahipal and Dist. Chairman Seema Krishnan, on Friday, 29th August, 2025. The Bhoomi Pooja ceremony was held on 22nd May 2025 and was attended by several Past Presidents and members of the club.

The success of this initiative has been made possible through generous contributions of several kind-hearted members of our club. Past President Sashikala Anand played a pivotal role in initiating the project and securing funding from major sponsor companies Lucid Imaging and Indo Shell Cast. The club is indebted to our own members for their generous contribution - Vidya Raja, Vijayalakshmi Murali, Past President Usha Thirugnanam, Vidya Prabha, Past President Gulshan Vagh, and the sponsor who supported the lift installation.

This effort exemplifies the spirit of Inner Wheel—service through unity, empathy, and unwavering dedication to those in need



**Bhoomi Pooja at Construction Site,
Anugraha Shelter - 22 May, 2025**



**Building Under Construction
July 2025**



**Residents of Anugraha Shelter for
Spine Disabled,
Varagapalayam, Coimbatore**



*Inner Wheel Club of Coimbatore's Pride...
Our Sparkling Members!*

Celebrating our beauty, intelligence, and talents, we had a fun-filled session where we gave book titles and let our members vote for the perfect match.

Check them out

Thulasi Rajkumar



Radhika Nishant



Vidya Raja



**PASSPORT
N
PANACHE**

Jayashree Prasad



Sriana Karthikeyan



Padma Ramasamy



Kirithika Sivakumar



Kishori Shah



Kasthuri Vasanthi P



Dr. Asha Rao



**FIT
N
FAB**

Shanthi K.P



Urmila Surana



Pratibha Laha



Chuvana Satish



**BLOOMING
80's**

Hansa R.



Anantmalashini S.



Surdeni K.



Umarani S.



Nirmala K.



CALM COMMANDERS

Usha T.



Gulshan Vagh



Falguni Badani



Annapoorani N.



Rita Keshav



Radhika P.



Ushadevi R.



Jaya Ramesh



Akila Ragunath





Neha Jaiswal

Vidyashree J.

Ramya Ramesh

Anamika Padhiar

Kamachi V.

Nirmala N.

Rita Chayed



Yamuna B.

Kavitha Prasanth

Lakshmi Murali

Shashikala R.

FUNNY N FABULOUS



Meena Wahan

Shobana Selvam

Anitha Srinivas



Murugambar S.



Sujatha Vijayasekaran



**SOFT
POWER**

Devi Marothi



Shanthi Rajasekhar



Vijayalakshmi Ravi



Nutan Asher



Saravathi S.



Prachi Kikani



**Ms.
TALENT
SHOWCASE**

Muruganini S.





Asha Rajkumar



Vandana Sanjay



Savitha G.



Shanthi Sivakumar



Thulika Nilesh

SHOPPING SIRENS

GOLDEN NEWBIE



Sowmi S. Prakash



Vidhya Karthikesh



Selvarani Chandran



Vidya Prabha



Sashikala Anand



Smitha Patel



Ankitha Dinesh



Aparna Sunku



Priya Prasad



Srividhya M.G.



Sridevi Padmanabhan

CONFIDENTLY YOURS

UNAPOLOGETICALLY ME



Vijayalakshmi M.

Trupti Parikh

SUBTLE N SIGNIFICANT



Jothi Padmanabhan



Chitra Raj



Nandini Lalka



Bharathi Rajasekhar



Vidyapriya Suresh



Rakhi Mehta



Druti S.



Pavitra Lakshmi P.



Vani Krishnakumar

ART OF BEING ELUSIVE



Valsala Sankar



Kavitha G.



Suji Senthil



Sunitha Rajkumar



Anju Wadhwa



Manogarakumari J.



Harshida Vagadia



Shanmuganya P.



Binal S Shah



Mona Kaivani



Birdu Vipsyakumar



LADY
BOSS
ALERT



Victoria Myrtal



Pallavi Kotecha



Shalaka Vora



Pinky Bhuradia



Sudha Karthikeyan



Aashita Zaveri



Laksha Bhavmani



Rohini Sharma



Jaishree Sandeep



Rashida M Raja



Geetha P.



Supriya C.

MONEY SMART



Brindha V.

**SWEET
TALK
YOUR
WAY**



Deepa V.



Aarti Shah



Latha P.



Sujani B.

DISHING IT OUT

Recipes & Articles

Members' favourite recipes, served with love... tried, tested, and always demanded at our gatherings!

Stay tuned for more -

Our members also share articles on diverse topics in the following pages.

Happy reading!



Cocoa Biscuit Pudding

Directions :

1. Boil the milk and sugar together.
2. In a separate bowl of cold milk dissolve the custard and cocoa powder
3. Pour the mixture from point 2 to the boiling milk slowly and Mix well.
4. Add vanilla essence and mix well. \
5. Place the biscuits in a tray after dipping each one of them in cold milk, pour the mixture and place another layer of biscuits and pour the mixture on it again.
6. Freeze it in the fridge for few hours and cut in desired shape and serve it.

Ingredients:

3 Glass (100ml) - Milk
3 tbsp - Custard powder
Few drops Vanilla essence
2 tbsp - Cocoa powder
12 tbsp - Sugar
2 pkts - Krack jack biscuit

Bindu Vijayakumar



Kandvi



Ingredients:

1 cup Gram flour
4 cups buttermilk
1/4 tsp turmeric powder
1/2 tsp chili powder
1 tsp ginger paste
1/4 grated coconut
3 tbsp coriander leaves chopped
Salt to taste

For Tadka:

2 tsp oil
1 tsp mustard seeds
1 tsp sesame seeds
A stick of curry leaves
2 pinches hing

Trupti Parikh



Take gram flour (besan), add butter milk, salt, turmeric, chilly and ginger paste. Mix well then put it in a vessel and pressure cook it for four whistles.

Apply oil on the back of a plate and mix the batter and spread it on the plate evenly.

Once cool, cut it into 1" strips and roll into spiral shapes.

Place on the dish so that the spiral is seen on top.

You can add grated coconut and coriander leaves then roll it also.

Make a seasoning of oil, mustard seeds, sesame seeds, curry leaves and hing, sprinkle it on the rolled kandvis.

You can add the coconut and coriander at this stage also instead of rolling with the Kandvi pieces.

Ingredients:

1 cup wheat flour

1 tbsp cooking oil

1/2, tsp salt

1/2 tsp baking soda

Mix all of the above

Knead with homemade curds

(no water)

Rest for half an hour

Roll out like a chapati (little thicker)

Tap the top side with water

Sprinkle onion seeds and chopped coriander.

Pat to stick

And cook on tawa plain side at the bottom goes first .

Flip n cook on both sides .

(apply ghee/ butter optional)

Kulcha

(Restaurant Style)



SHANTHI RAJASEKHAR



Pineapple Tikka Recipe

Ingredients:

- 1 cup pineapple chunks
- Cashew powder
- Marie biscuit powder
- Red chili powder (both Kashmir and regular)
- Salt

Instructions:

1. Marinate pineapple chunks in a mixture of cashew and Marie biscuit powder.
2. Add chili powder and salt.
3. Leave it aside for 10 minutes.
4. Brush with oil and grill or alternately roast on a tawa until slightly charred.
5. Serve hot and enjoy!

The combination of cashew and Marie biscuit powder is unique and tasty

Deepa Venketraman



Omega Chimley Bites

A healthy twist to a traditional favorite!

Ingredients:

- 1 cup (roasted) - Ragi flour
- 1/2 cup - Dates
- 1/4 cup - Raisins
- 1/4 cup - Jaggery
- 1/2 cup total (Pumpkin, Sunflower, Flax, Sesame) - Mixed Seeds
- 2 tbs - Ghee
- 3-Rich in Omega, iron, and fiber.

Method:

1. Add water to roasted ragi flour and make a dough. Make ragi rotis in slow flame and Cook well but not too hard and dry
 2. Cool, crumble, blend with dates, raisins, jaggery.
 3. Add coarsely crushed seeds.
 4. Roll into nutritious, energy-packed balls!
- Eat same day or store in refrigerator



Vijayalakshmi Ravi



Mosaru Kodubale (Yogurt Rings)

INGREDIENTS:

- 1 cup - rice flour
- 1 and 1/4 cup - little sour curds
- 3 - green chillies, made into a paste with a little curds
- 1/4 spoon - Jeera Salt to taste

Heat curds in a kadai, add salt, the chilli paste, jeera, add rice flour and simmer one min.

Now knead this mixture into a dough.

Smear a little oil on your hands, take a bit of the dough and make rings by taking a little dough. Make all the rings similarly.

Deep fry them and serve hot with coconut chutney or tomato sauce.

This will be very yummy as an evening snack or even for morning breakfast.

This is my family's traditional recipe.



Manogararakumari J



Chilla

A Healthy Food

A good option for your breakfast and dinner.



Harshida H Vagadia

Ingredients Required:

- 1 cup Besan/Bengal Gram Flour
- 1 cup Jowar/Cholam Flour
- ½ cup Sooji/Rava
- Salt to taste
- ½ tsp Haldi/Turmeric powder
- 1 tsp Red chilli Powder-
- 1 tsp Chaat Masala
- 1 tsp Roasted Cumin powder/Roasted Jeera Powder
- ½ tsp Black Pepper Powder
- ½ tsp Garam Masala powder
- ½ tsp Ajwain/Carom Seeds
- 2 tsp White Sesame seeds
- Water as required (around 1.5 cups)
- Small Katori Cabbage
- Small Katori Carrot
- Small Katori Green Peas
- 1 Finely chopped tomato
- 1 Finely chopped capsicum
- 1 Finely grated cucumber
- Small katori Spinach/Palak - finely chopped
- 5-6 mint leaves - finely chopped
- 1 small Katori Coriander - chopped finely
- 1 tbsp lemon juice
- To make a coarse Paste:
 - 1” Ginger
 - 5-6 Garlic pods
 - 3-4 Green chilliesMake a coarse paste of cabbage, carrot and green peas in a vegetable chopper or mixier jar in pulse mode



Method:

1. Mix all the dry ingredients well together.
2. Add water to it and keep mixing and make a thick batter
3. Allow the batter to rest for 20 minutes.
4. In another bowl bring together all the vegetables and the coarse masala paste and mix well
5. Now add all the vegetables to the batter along with some more salt to adjust for the vegetables and add the lemon juice to it
6. Mix everything very well
7. Add Rava if needed to make a thick consistency. Batter might go watery due to the vegetables
8. Take a small Pan, spread oil over it, once heated sprinkle sesame seeds on it and spread the batter on it. Cook on low-medium flame until well cooked.
9. Cook well till crisp and golden brown
10. Serve Hot with Chutney or Tomato Sauce. This dish “chilla” contains 30% flours and 70% of vegetables. It is a very healthy option for kid's lunch box too, a powerhouse packed with protein fibre and vitamins

Mango Kulfi

Ingredients:

1 litre milk
200 grams fresh cream
200 grams milk powder
1 can Milkmaid (sweetened condensed milk)
2 cups mango pulp (add more if needed for stronger mango flavour and colour)
Chopped almonds and pistachios (for garnish)

Method:

Bring the milk to a boil and then cool it completely. Once cool, add fresh cream, milk powder, Milkmaid, and mango pulp. Blend everything well until smooth. Pour the mixture into kulfi moulds and freeze for at least 6–8 hours or until set.

Garnish with chopped almonds and pistachios before serving.



Aarti Shah



Usha Thirugnanam

Kadala Curry

Ingredients:

1 cup brown channa dhal, soaked overnight
Handful small onions
10 garlic pods
2 tomatoes
lime size ball tamarind
a few curry leaves
½ cup coconut
2 tbsp homemade curry powder

Method:

Boil the channa dhal with turmeric and little salt. Keep aside.

Saute the onions, garlic, tomatoes, add the coconut, Grind it with curry powder.

Then take a kadai, add two spoons of oil season with mustard and curry leaves, add the ground masala, boiled channa, tamarind juice, let it boil for few minutes.

Transfer it to bowl.

This curry is good combination for ragi mudde or ragi kali.

Ragi Kali

Ingredients:

1 cup ragi flour
1 ½ cup water
Take a pan.
Add 1.5 cups of water.
Add flour slowly to the water.
Add a little salt.
Add ghee.
Keep stirring with a wooden spatula.
Keep the flame on low heat.
Continue stirring.
If needed, add hot water.
When the mixture becomes thick, proceed to the next step.
Dip your hands in cold water occasionally.
Make balls from the mixture while it's still warm (but not completely cooled), as it becomes difficult to handle when cooled completely.

Rasamalai Gateaux



Method

Separate the eggs. Whisk the whites until stiff add the sugar and whisk

Cream the yolks add this to the whites along with the essences.

Mix the flour with a pinch of salt and the baking powders. Fold in the flour to the egg mixture.

Grease two 8" tins and divide the dough equally to the molds.

Bake in a moderate oven for 20 minutes or until it is done. Don't overcook it.

Remove from the molds. Soak it with the three mixed milks - milk, condensed milk and the **Rasamalai milk.**

Place one cake in a tray and spread the cream.

For cream:

500 gms fresh cream

150 gms powdered sugar

Whip up the above to spreading consistency - don't over beat or it will become butter.

Place half cut Rasamalai on top of cake-cream - you will need 6. Place the other cake on top - spread the remaining cream and place the Rasamalais on top and spread the rose petals.

Chill it

Remove from the fridge 10 minutes before you serve. Enjoy and relish it with family and friends.

Ingredients:

For the cake:

- 5 Eggs - separated
- 1 cup Sugar
- 1 cup maida
- 1 tsp Baking powder
- 1/4 tsp Baking soda
- 1/2 tsp vanilla essence
- 1/2 tsp Rose essence
- 1 cup Rose petals
- 1/2 cup Condensed milk
- 1/2 cup Milk
- 1 cup Rasamalai milk
- 12 Rasamalai
- A pinch of salt



**UMARANI
SHANMUGASUNDARAM**

Muthu Munakaya

Ingredients:

- 4 cups drumsticks cut in to 3 pieces
- 6 green chillis - cut lengthwise
- 1 cup onions - cut finely
- 4 sticks cinnamon 1
- 7 cloves, 3 cups thin coconut milk
- 1 cup thick coconut milk
- Salt to taste, 2 tbsp oil
- 1 tsp mustard seeds, 8 curry leaves

Method

Wash the drumsticks.

Heat oil, season it with mustard seeds and curry leaves add cinnamon, green chillies and onions. Fry the onions well then add the drumsticks and the thin coconut milk, add salt and cook until the drumsticks are cooked. Add the thick coconut milk give it only 2 boils and switch of the Stove. If it over - boils the milk will curdle and the taste will differ.



Thayir Chutney

Ingredients:

1 cup Fresh curd - whisked

To grind:

3 green chillies

1/2 tsp jeera

Few pieces Coconut

1/4 tsp Turmeric

A small piece of ginger

Grind the above to a smooth paste

To season:

2 Onions - chopped

4 Tomato - Blanch, remove skin and chop

Oil, urad, mustard and curry leaves

Add oil in a pan, season with mustard and urad dal. Once it splutters, add the chopped onions and curry leaves. Once

transparent, add the blanched tomatoes and salt. Cook until tomatoes become completely soft. Add the ground paste and mix well. Rinse the mixie with very little water and add that too.

Let it cook till it becomes thick. Cool completely.

Add the whisked fresh curd and some chopped coriander. Mix well and check for salt.

Serve with dosa or chappathi.



LATHA PRABAKAR



Ingredients

200 ml

fresh cream

2-3 tbsp

powdered sugar

11 gms

gelatin

4 tbsp

strawberry squash

1 cup

crushed strawberries

2 tsp

lemon juice

1/2 liter

vanilla ice cream

1/2 cup

strawberry essence

Taste the squash. If it is very sweet reduce the sugar. Each brand is different.

Beat the cream and sugar until thick. Mix the gelatine in 3/4 cup water and heat until dissolved, keep stirring. Don't let it burn. Cool. Add the squash, crushed strawberry and lemon juice to the gelatin.

Soften the ice cream add the gelatin mix and blend well. Now add the sweetened cream and essence. Check the taste and set it in any bowl of your choice. Leave it overnight in the fridge.

When set decorate with pieces of strawberry and chocolate shavings. Serve chilled.

Strawberry Soufflé





Ananthalakshmi Sriram

Pumpkin Seeds Halwa

Ingredients:

- 1 cup Pumpkin Seeds
- 2 cups Milk
- 1 1/4 cup Sugar
- 1/2 cup Ghee

Method

1. Wash and soak the seeds for 2 hours.
2. Discard the water and grind the seeds adding milk to a smooth paste.
3. In a heavy bottom pan add a tablespoon of ghee
4. Add the paste and keep on stirring on medium flame - take care not to burn, add 1/4 cup ghee.
5. When the seed mixture leaves sides of the pan, add sugar and keep stirring. Add the remaining ghee.
6. When the mixture turns to ball-consistency remove from fire and pour it into the container immediately.
Yummy Halwa is ready.
Serve hot with a little ghee smeared on the top
Enjoy!



Organic Rose Milk

INGREDIENTS:

- 1 handful fresh rose petals
- 1/2 handful rock salt
- 400 ml water
- 1 cup coconut pieces (can substitute with milk if preferred)
- 2 pods cardamon
- 5 cashew nuts
- 4 small pieces beetroot (for natural pink color)
- 5 pistachios
- 5 almonds
- 1/2 handful rock sugar



Murugambal Sundaravadivelu

METHOD:

1. Wash the rose petals thoroughly in clean water.
2. Blend all the ingredients except the rock sugar in a mixer or grinder until smooth.
3. Strain the blended mixture using a fine sieve or muslin cloth to get smooth rose milk
4. Grind the rock sugar into a fine powder and stir it into the strained rose milk.
5. Chill the rose milk in the refrigerator for a few hours.
6. Serve cold and enjoy the natural fragrance and soothing taste.

Tips:

- * You can use regular milk instead of coconut pieces for a creamier texture.
- * Adjust sweetness to taste by increasing or decreasing the amount of rock sugar.
- * Add a few crushed petals or chopped nuts on top for garnish when serving

I use fresh rose petals from my garden wherever possible to ensure it is pesticide free. You will love the bright pink colour!



Urmila Surana

Protein Bowl

Ingredients:

Hand full of soaked dry fruits
One cup of hung curd
A teaspoon of honey and soaked chia seeds

Mix the first two ingredients together and top with soaked chia seeds.
Have for breakfast or use as an anytime snack.

A simple dish which is my secret recipe for energy!



Ingredients:

2-3 big semi ripe guava
1 tsp sugar
1/2 tsp turmeric
1 tsp coriander powder
1 tsp red chili powder
1/2 tsp garam masala
1 sprig of curry leaves
1/2 tsp mustard seeds
1/2 tsp cumin powder
1/4 tsp asofoetida
Salt to taste
1 1/2 tbsp oil

Wash the guava, remove the seeds and cut into small pieces. Take 1 guava portion from the cut pieces and grind to a paste.

Heat oil in a pan, temper the oil with mustard seeds, curry leaves and asafetida and stir gently till the curry leaves wilt.

Gauva Ki Sabzi

Lower the flame and add turmeric, coriander powder, and red chili powder and mix the spices gently, taking care to not burn them.

Now add the cut guava pieces and the ground guava while tossing well to coat the fruit with the spices and tempered oil.

Add salt

Fry the mix gently for 2-3 minutes. Add 3/4 to 1 cup water depending on the consistency you want. Cover and cook for 8-10 min until guava is cooked but not mushy.

Add garam masala and sugar. Mix well and cook for another two minutes. Switch off flame and serve.



Gulshan Vagh





Rail Palaharam



Aparna Sunku

(it's a long process ...hence the name I'm guessing)

An authentic Telangana tiffin item only common in Telangana Vysial households.... You may not find a recipe even on Google search. Passed down from generation to generation. My mom Surekha Juloori was a foodie and wouldn't settle for anything but the best and this used to be her favourite. A healthy wholesome meal by itself as it has a good balance of carbs & protein & it's steamed.

Ingredients:

1 cup Rice flour

1 cup Water

1/2 cup Moong dal (soaked)

4 to 5 Green chillies - coarsely ground

1 big onion - chopped finely

½ cup grated fresh coconut

Half lemon.

Salt to taste

Oil, mustard, curry leaves & coriander for seasoning.

Method to make the balls (my mom would not approve of uneven or big size balls)

Boil the water add few drops of oil & salt ...once it is boiling add the rice flour and mix well immediately to avoid lumps.

Let it cool. Smear a little oil onto your palms and mix the flour into a nice dough (chapathi dough consistency)

Make tiny, tiny balls out of the dough & steam cook them for 15-20 minutes.

While it is steaming the masala can be prepared:

Grind moong dal to a coarse paste-

Heat 2 tbsp of oil and add the paste

Roast it until it becomes a 80% dry mixture Set aside.

Now heat 1 tbsp oil and add mustard, green chili paste & curry leaves followed by onions

Add a little salt & sauté until the onion is cooked.

Now add the moong dal mixture - mix well.

Add the steamed rice flour balls to this mixture and mix well.

Finally add lemon juice, grated coconut & mix again.

Garnish with coriander leaves and serve.

Golden Royal Falooda

PP Sashikala Anand

A Summer Treat

Falooda or faloodeh is a visual summer treat. This dessert is layered on a tall glass, chilled and served exquisitely to beat the heat.

Ingredients:

- 2-3 tbsp Rose milk syrup
- 200 ml Cold milk
- 1 tbsp Sabja seeds
- 2 tbsp fine chopped almonds, pistachio, cashew nuts
- 2-3 strands saffron
- 1/4 cup jelly
- 1/4 cup vermicelli, cooked and drained
- 1 scoop vanilla ice cream
- 1/4 cup fruits (optional)

Method:

1. Make Rose milk (fresh rose syrup and milk blended together) and chill it.
2. Soak sabja seeds
3. Fine chop almonds pistachios, cashews nuts and saffron to garnish
4. Prepare Strawberry jelly from Wakefield's or Bluebird
5. Boil vermicelli, filter and keep aside to cool
6. Fine chopped seasonal fruits (optional)

Method :

In a tall glass add in layers in the following order:

vermicelli, jelly, nuts, sabja, fruits (optional), pour rose milk, ice cream, and then jelly.

Add the nuts and the Saffron as garnish.

Food prepared at home is definitely more hygienic and safe for our family.

Ladies make your own deserts for a Healthy Lifestyle.



TIDBITS

The Inner Wheel logo, a gear wheel, symbolizes progress, unity, and service. The outer teeth represent the clubs worldwide, the six spokes signify officers and committees, and the inner teeth represent connections with other organizations and charities. The central dot embodies the individual member, highlighting their crucial role.

The official language of Inner Wheel is English

Margarette Oliver Golding is the founder of Inner Wheel

The motto of Inner Wheel is Friendship and Service

The objectives of Inner Wheel are:
to promote friendship
to encourage personal service
to foster international understanding

International Inner Wheel was formed in 1967

The first Inner Wheel Club was formed in Manchester

Inner Wheel Centenary Celebrations were held in Manchester in 2024

The first Inner Wheel meeting was held on Jan 10, 1924

Jan 10 of every year is now known as World Inner Wheel Day

There are 1722 active Inner Wheel Clubs in India

District 311 has the maximum number of clubs at 120

The 20th International Convention will be held at Manila, Philippines on May 11-14, 2027

Our District 320 has approximately 55 active clubs

The last Triennial was held in Delhi in Feb 2025

The next Triennial will be at Chennai

The Association of Inner Wheel Clubs in India is celebrating 50 years in 2025

There are 58675 Inner Wheel members in India as on date

There are approximately 120,000 members of Inner Wheel around the world

There are approximately 4200 Inner Wheel Clubs in the world

Inner Wheel Conferences are held every year in every IW District

Inner Wheel International Conventions are held every three years in different parts of the world

The South Asia Rally is held every three years

The Association of Inner Wheel Clubs in India Triennials are held every three years in India.

Inner Wheel is in over 100 countries

Ananthalakshmi Sriram, Sundari Kandaswamy & Hamsa Ramakrishnan are the longest continuous members of our Club

Umarani Shanmughasundaram & Manogarikumari J are Charter Members of our Club

Geetha Padmanaban has attended most of the International Inner Wheel Conventions, Triennials and South Asia Rallies.

This year's International Inner Wheel Theme is "Step Up and Lead by Example"

Four new countries join the Inner Wheel fold this year : UAE, Spain, Japan & Guyana

Our Club is 106 strong this year

A part of our Silver Jubilee was held at the home of Sridevi Padmanaban the year she was President.

IIW President Vivienne Bolton came to our Silver Jubilee celebrations

The Inner Wheel emblem is the ONLY graphic identity of the organisation used by Clubs, Districts, National and International bodies.

We currently have seven IW members as UN Representatives accredited at the United Nations offices in Geneva, Vienna and New York.

The first Association was officially formed on 6 May 1934, the Association of Inner Wheel Clubs in Great Britain and Ireland.

In April 2011 till present day, the International Inner Wheel headquarters has been in Suite 2.3 MyBuro, 20 Market Street, Altrincham in the UK

Each year, the International President presents a theme to unite members towards a common achievement.

The first International Inner Wheel Convention was held in The Hague, 11-12 May 1970.





INNER WHEEL CLUB OF COIMBATORE
 WELCOMES I.I.W. PRESIDENT
Mrs. VIVIENNE BOLTON
 FOR ITS
SILVER JUBILEE CELEBRATIONS
 5.2.2001

*Strangers are friends
 We have not met*

Mrs. VIVIENNE BOLTON
SILVER JUBILEE CELEBRATIONS



*Silver Jubilee
 Celebrations of our Club*



WELCOMES I.I.W. PRESIDENT
Mrs. VIVIENNE BOLTON
 FOR ITS
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*Strangers are friends
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WELCOMES I.I.W. PRESIDENT
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*Strangers are friends
 We have not met*





Shanthi Sivakumar

Swarna Arpanam - A Golden Offering

Celebrating 50 Glorious Years of IWC of CBE

In seventy-five, a dream took form,
At Rtn. Ramachandran's - bold and warm.
With Balambal and Indra lighting the way,
A legacy of love began that day.

From 25 hearts to 106 strong,
We've walked in service all along.
Each leader gave, each hand uplifted,
And through the years, the mission shifted.

We planted trees, restored the land,
Reached rural homes with helping hands.
We gave to schools, to those unheard,
Our every act - a silent word.

Philanthropists, Presidents, sisters in grace,
Together, we've lit up every place.
New clubs were born from this proud flame,
The Inner Wheel now a household name.

As we rise in our golden light,
We welcome guests of strength and might:
Kay Morland, whose flame leads the world,
Jyoti Mahipal, with ideals unfurled,
Seema Krishnan, our district star,
Lifting women near and far.

With Swarna Arpanam, we stand in pride,
Hand in hand, and side by side.
The journey goes on - this is just the start,
Of service, of love, from heart to heart.

Rooted in Grace. Rising in Service.
IWC of CBE – 50 Years of Legacy, Leadership & Love

The Joy of Travel

There's something special about travelling that's hard to put into words. It's not just about seeing new places - it's about the feeling you get when you're somewhere unfamiliar, soaking in new sights, smells, sounds, and experiences. Whether it's walking through a buzzing street market, shopping at a local store, or sipping coffee in a place you've never been before, travel has a way of making the world feel bigger and more exciting.

Loving to travel isn't about ticking boxes on a map. It's about stepping outside the everyday and welcoming something new. Travel sparks curiosity - it invites you to try unfamiliar things, meet people from different walks of life, and gain a fresh perspective. Some of the most memorable moments happen when things don't go as planned - and that's part of the adventure and the charm.

Sharing those moments with others can make them even more meaningful. Whether it's discovering a tucked-away café, trying a strange-but-delicious local dish, or getting a little lost and laughing your way back - traveling with friends or family creates stories you'll talk about for years.

Often, it's not just the destination that matters, but the journey you take together.

If you're planning a trip, here are a few tips to keep in mind:

Don't over-plan. Leave space to explore- and go with the flow.

Do a little research, but be open to surprises. Locals know the best spots.

Travel light. You'll enjoy the trip more without extra baggage literally.

Bring snacks and chargers. They'll save you more often than you think.

Take photos, but don't forget to live in the moment too.

At its core, travel is all about connection. It connects you to new places, new people, and even to parts of yourself. It challenges your comfort zone and reminds you of the beauty, variety, and wonder that exists beyond the familiar.

So whenever you get the chance - just go. Be it a weekend getaway or a long trip abroad, explore somewhere new. Wander without needing a reason. Because every trip, no matter how big or small, leaves you with something that stays — and reminds us how lucky we are to be able to travel!

Vidya Raja



Yoga: A Journey of Awareness Balance, and Healing



Prathibha

Yoga is not just a form of exercise — it is a path to self-discovery. It awakens something far deeper than muscles and joints. It brings clarity to the mind, energy to the body, and peace to the soul. When practiced with awareness, yoga becomes a powerful tool for transformation. Every asana, especially balancing poses, teaches us the art of patience and presence. These poses are challenging because they reflect what we often lack in life - balance. Through effort and breath, we learn to steady not just the body, but also the wandering mind.

Yoga is about creating harmony — between body and breath, mind and emotions. With regular practice, the body becomes strong, flexible, and pain-free. It helps detoxify the system, improve digestion, boost immunity, and strengthen the spine. It also brings relief from chronic ailments like joint pain, stress, anxiety, and fatigue. Beyond physical health, yoga works on emotional healing. It calms the nervous system, enhances focus, improves sleep, and helps us respond - not react — to life's situations. It's a lifestyle that brings balance in all aspects of living.

Yoga is for all age groups - from children to seniors. Whether you are 8 or 80, it supports your physical, mental, and spiritual growth. It doesn't demand perfection, only presence. Even 10 minutes of mindful practice can shift your energy and mood. This ancient science reminds us that the body is a sacred temple - a space to nurture, listen to, and respect. The real transformation begins when we align with our breath, still the mind, and turn inward.

Let yoga be more than a class - let it be your way of life.

Breathe in strength.

Breathe out stress.

Stay grounded, stay aware.

Because motivation lasts for a day... but awareness becomes a lifelong habit

The Indian Wedding: A Tapestry of Traditional Decor



Asha Rajkumar

Our traditional Indian wedding decorations are known for their elegance and class. They feature intricate details, vibrant colors, and carry deep cultural significance. A formal structure called the Mandapam is central to the ceremony, where the wedding rituals take place. It is adorned with auspicious and sacred items like mango leaves, banana leaves, palm leaves, and raw rice coated with turmeric. Indian wedding celebrations are not just events—they are a portrayal of tradition, artistry, and festivity.

The decorations play a vital role in transforming the venue. Floral arrangements with exquisite flowers are used extensively. Garlands, floral backdrops, and suspended blooms add freshness and elegance. The Mandapam, where the main rituals occur, is adorned with fabric drapes and traditional embellishments like brass lamps and bells. Bold color schemes are used, with intricately designed fabrics such as silk and brocade.

Decorative chairs add texture and grandeur.

Lighting plays a pivotal role—lanterns, diyas, string lights, and chandeliers create a warm, glowing ambience. Traditional elements like Rangoli—colorful designs made from powder, dyes, rice, and flower petals—adorn the entrances. Decorative umbrellas and vintage carts filled with flowers are also used. In essence, Indian wedding decorations are a harmonious blend of tradition and innovation. They create an atmosphere of warmth, joy, and cultural pride, making each wedding a truly memorable experience.

“Sarva Mangala Mangalye
Shive Sarvartha Sadhike
Sharanye Tryambake Devi
Narayani Namostute”

— is chanted at auspicious moments!



Equilibrium: The Art of Keeping it Together



Dr. Rohini Sharma



"Oh Rohini! you are a super woman how do you do it, you manage your house, cook food, your child, your profession, celebrate all festivals, you socialize still you are happy how how how!!!!!!" Ufff.....Keep Calm

Sometimes I prioritize, I enjoy, I take it easy, I go with the flow, I take one day at a time...but, but, but I also struggle sometimes and I also panic and get upset and tired.....part of day to day variety of emotions. Life's a delicate balancing act, isn't it? Between profession, personal life, and household duties, it's easy to get overwhelmed. But what about "masti" – the fun and enjoyment that makes life worth living? Finding that perfect balance is key. Let's see how

Profession:

Your career is important, but it's not everything. Set boundaries, prioritize tasks, and learn to say no. Remember, a happy professional is a productive one!

Masti (Fun):

Make time for activities that bring you joy – hobbies, spending time with loved ones, or simply relaxing. Laughter and playfulness can recharge your batteries and boost creativity.

Household Duties:

Share responsibilities with family members, a supportive husband makes it easy and it avoids burnout. Create a schedule or routine to stay organized and focused.

Small Rohini Tips for Balance :

1. Prioritize self-care: Take care of your physical and mental well-being.
2. Set realistic goals: Be achievable and flexible.
3. Schedule downtime: Make time for relaxation and fun.
4. Communicate: Share your needs and expectations with others.
5. Be flexible: Life's unpredictable – roll with the punches!

By striking a balance between profession, masti, and household duties, you will Reduce stress, Increase productivity, Improve relationships, Enhance overall well-being Remember, life's a journey, not a destination. Enjoy the ride!

Now Go forth and juggle (responsibly). You don't find balance, you create one.

UNDERSTANDING Perimenopause:

A Natural but Important Phase

By Dr. Asha Rao

Perimenopause is the transition phase before menopause when hormone levels, especially estrogen and progesterone, begin to fluctuate. It usually starts in the 40s and can last several years, ending when a woman hasn't had a period for 12 months—marking the start of menopause.

Common Signs and Symptoms:

Many women experience Irregular or skipped periods, Hot flashes, night sweats, Mood swings, anxiety, or low mood, Tiredness and poor sleep, Vaginal dryness or discomfort, Forgetfulness or poor concentration, Reduced interest in sex.

Understanding Bleeding Patterns : Hormonal changes can affect menstrual flow. Irregular cycles and Occasional heavy bleeding are common in premenopausal age.

Seek Medical Advice If:

- Bleeding is too heavy or lasts >7 days
- Spotting between periods
- Bleeding after sexual activity
- Any bleeding after menopause (12 months of no periods)
- Pain during periods (Dysmenorrhoea)

Why Bleeding Needs Attention

- Hormonal imbalance can cause the uterus lining to thicken, increasing the risk of endometrial hyperplasia or endometrial cancer. Benign causes like polyps or fibroids may also cause bleeding.
- Postmenopausal bleeding is never normal and must be evaluated Even a single episode of bleeding after 12

months warrants medical attention. A pelvic scan and an endometrial biopsy are mandatory to rule out endometrial cancer because Endometrial cancer has high cure rates when detected early.



Take Care of Your Bones and Heart Estrogen protects your bones and heart. As levels drop during perimenopause, you're at increased risk of: Bone thinning (osteoporosis), Heart disease and high cholesterol

What can help:

Daily calcium (1000–1200 mg) and vitamin D (800–1000 IU) through food or supplements. Regular weight-bearing exercise (like walking, yoga, or dancing). Avoid smoking and limit alcohol.

Important Health Check-Ups

PAP smear testing

- ❖ From age 21 to 29 years → every 3 years
- ❖ From age 30-65 years → pap test every 3 years or co testing (PAP+HPV DNA) every 5 years
- ❖ Self-breast exam – Monthly from age 25
- ❖ Mammogram – Every year from age 40

Annual health tests Check: Blood pressure, Blood sugar+HbA1C, Cholesterol (Fasting lipid profile), Blood count, Thyroid (if Symptoms suggest)

Perimenopause is natural-but it's also a time to prioritize your health. Watch for abnormal bleeding, take care of your bones and heart, and stay updated with screenings. With awareness and simple steps, you can transition smoothly into the next phase of life-stronger and healthier.



Mona Kalvani



FASHION IS AN EXPRESSIVE FORM OF ART, FASHION SERVES AS A POWERFUL TOOL. IT REFLECTS PERSONAL STYLE, AT IT'S CORE, FASHION IS ABOUT IDENTITY—HOW WE PRESENT OURSELVES TO THE WORLD AND HOW WE COMMUNICATE NON-VERBALLY WITH THE PEOPLE AROUND US.

MY POINT OF VIEW IS:

In this Modern Era, the flow of constant changes in trends are very fast, but at the same time,

Fashion is a personal expression of who we are, and it's much more about how we carry ourselves than blindly following trends "Confidence truly makes any outfit stand out, and when you wear something that feels true to you, it's way more impactful than just copying what's "in."

When people embrace their own unique style, it shows they're comfortable in their skin. It's about owning what you wear, whether that's a bold statement piece or a simple, classic look.

For me, the most exciting part of fashion is seeing how different individuals interpret it. It's how someone can take the same trend or piece of clothing and make it their own, by pairing it with things that resonate with their personality. What's your go-to style?

CONCLUSION - FASHION AND CONFIDENCE ARE DEEPLY CONNECTED

Here is How:

1. Self-Expression

Fashion gives people a way to express who they are — their moods, values, culture, and creativity. When your outfit reflects your identity, it builds confidence from the inside out.

2. Looking Good Boosts Feeling Good

Wearing something that fits well and flatters you can instantly elevate how you feel. It is not about following trends — it is about feeling comfortable and empowered in what you wear.

3. Style Tells a Story

When you curate your look intentionally, it sends a message before you even speak. That sense of control over your narrative builds self-belief and presence in a room.

4. Bold Choices, Bolder Mindset

Trying something new in fashion — whether it's a color, silhouette, or accessory — encourages boldness. The more you step outside your comfort zone in style, the more fearless you become elsewhere too.



Golden Jubilee Patrons & Committees

We are grateful to each and everyone of you members for all the support and enthusiastic help while we prepare for the Golden Jubilee event. We must mention the following for going over and beyond in your kind support in making this program possible (in alphabetical order):

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Savour the Variety

Date: 28-08-2025

Venue: GRD College Auditorium

28 Morning Refreshment @8.30 am

- Filter Coffee
- Tea

28 Passaround Snacks @11.00am

- Mini Onion Samosa
- Veg Tacos
- Butter Cookies
- Filter Coffee/ Tea
- Waterbottle

28 Lunch @12.00 Pm – Leaf

1. Hot Tender Coconut Halwa
2. Mango Rasamalai
- 3. Phulka**
4. Kadai Paneer Gravy
- 5. Butter Beans Dum Biryani**
6. Raitha
- 7. Steamed Rice**
8. Mango Pappu -Ghee
9. Ennai Kathirikai Puli Kuzhambu
- 10.Coconut Milk Rasam

- 11.Thick Curd
- 12.Thennamkuruthu Poriyal
- 13.Malabar Aviyal
- 14.Potato Chops
- 15.Thottakura Liver Fry
- 16.Appalam
- 17.Keerai Vadai
- 18.Bombay Kulfi Payasam
- 19.Salt
- 20.Inji Puli Pickle
- 21.Waterbottle

Desserts

- Kulukki Sarbath
- Ice Cream -Butterscotch + Cookie & Cream (Boomarang)
- Beeda

Catering By : **Madhampatty Thangavelu**

Memorable Moments of Swarna Arpanam





PAP Geetha Padmanaban



PDC Anitha Srinivasan



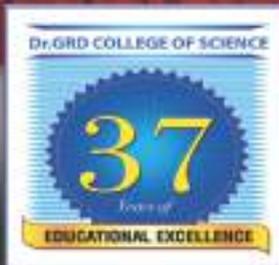
Recognition of Club's Super Four at the Golden Jubilee on 28/08/25 for their Contribution to IW Dist 320



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