





INNER WHEEL CLUB SHIMLA MIDTOWN

District 308. | Charter No. 4959 | Edition 12



सुलगता हुआ उत्साह और सतत प्रयास

Strong Women Stronger World

Trish Douglas IIW President 2023-24





Seema Kapoor District Chairman 2023-24



Preeti Gugnani Association president 2023-24



Sarojini Sareen Club Editor 2023-24



Neelu Walia District Editor 2023-24



IWC SHIMLA MIDTOWN

Team: 2023-24

Meenu Gupta PRESIDENT





Namita Aggarwal Ira Sood VICE PRESIDENT PAST PRESIDENT



Dr. Dhawal SECRETARY



Samridhi Puri



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Seema Kapoor DISTRICT **CHAIRMAN**



Anita Gupta **TREASURER**



Neeta Jain JOINT SECRETARY



Sarojini Sareen **EDITOR**







Vipin Gupta ZCC ZONE 1

Ira Sood

ZPC ZONE 1&2 (Strong women

stronger nation)



Kamini Tahim



Rupinder Rajpal

Neha Sharma



Satwinder Kaur Akansha Sood





Kimi Sood

Sensitivity Label: General



Aggarwal

ZPC ZONE 1&2 (Environmental Protection)

Message



SEEMA KAPOOR

DISTRICT CHAIRMAN 2023-24

Dear Inner Wheel Sisters,

My warmest Inner Wheel greetings!

I am writing this message with great enthusiasm as we enter the centenary year of Inner Wheel's selfless service to society. This is a rare distinction and an important milestone that only a few organizations can reach. It is a testament to the strength of our organization and the dedication of our members. As you know, Inner Wheel is the largest women's organization in the world. It was found in 1924 to make a difference in the world. We have a long and proud history of service, and we are committed to continuing to make a difference in the world.

I am honoured and privileged to be the 39th District Chairman of District 308. I am inspired by the teachings of my spiritual guide, Sai Baba, to love humanity above all else. I believe that this is the foundation of all true Inner Wheel service.

I start my journey as District Chairman with the blessings of my Sai Baba. Believing in him gives me the strength to stay true to my spiritual path and it helps me focus on my goals. Speaking the language of heart, I humbly request you all to be my anchors, my support, and my guiding light in shouldering the responsibilities of this esteemed post productively I follow a line of remarkable leaders of our wonderful District. I am grateful for the support of my predecessors, the Past District Chairmen. With a heart filled with gratitude, I thank all 38 District Chairmen of this astounding District 308 who laid the roads for us to travel smoothly and effortlessly, but effectively. It was their dedication, devotion and commitment that made this possible. Each one of them has set a record in making important and enduring contributions in raising our District's flag higher. My debt to their courage and vision will only be paid by upholding their values, following their footsteps, and reaching new levels of success.

To say I would need your help, unwavering support, and guidance at each step to attain the goals of Inner Wheel year 2023-24 would be an understatement. I am fortunate to have my District Executive Committee Members who have always worked enthusiastically to bond further in our journey together. I am banking on my Trailblazer Presidents along with their efficient teams to rally behind us in all our endeavours.

I am optimistic that, together, we can build on the exceptional legacy of Inner Wheel and shine a light on the world in the year 2023-2024. IIW President Trish Douglas is a visionary and has envisioned a revolutionary theme to change the lives of many in the next hundred years. The theme for this year "Shine a Light" is a powerful and meaningful theme that embodies the spirit of Inner Wheel.



NEELU WALIA

DISTRICT EDITOR 2023-24

Dear Team

IWC Shimla Midtown

I am delighted to extend my warmest greetings to you for publishing a club newsletter, which is a commendable initiative.

The newsletter is not just a means of communication; it is a tool that amplifies our impact and allows us to shine a light on the incredible work carried out by Inner Wheel. By consistently publishing our newsletter and showcasing our good works to society, we strengthen our presence, inspire others, and attract the support needed to create lasting change.

I encourage you to continue exploring new themes, unique perspectives, and engaging content to captivate our members. I want to assure you that I am here to support you in any way possible. Please feel free to reach out to me for anything.

Let us continue to uphold the ideals of Inner Wheel and work together to create a better world.

Message



MEENU GUPTA

CLUB PRESIDENT 2023-24

Heartiest Greetings to all my **Innerwheel sisters.** I feel blessed and privileged to lead the IWC Shimla Midtown as a president year in the Centenary of Innerwheel 2023-2024. With the support of each and every member of my club and under the guidance of worthy District Chairman Mrs. Seema Kapoor and ZCC Mrs. Vipin Gupta, I am sure that I will fulfill all my **Commitments for the selfless** service towards the community. After the installation Ceremony, we have done almost 30 projects in two months under all sub committees and as per the directions and guidelines of the District. The theme for this year given by Association President Mrs. Preeti Gugnani is will Trailblazers. and we complete all projects under the theme. Let us shine a light on the path of progress and create a better world for all and be the Trailblazers of peace and growth in society. also our Ι congratulate Sarojni ji, Editor of our club and I am sure that she will accomplish all the goals.



VIPIN GUPTA

ZONAL CO-ORDINATOR ZONE 1 2023-24

जहां क़ोशिशों की ऊंचाइयाँ अधिक होती है।

वहाँ जीत भी शानदार होती है

Dear Meenu

My heartiest congratulations to you and the Club Editor, Sarojini Sareen for bringing out the e newsletter of the ed club, which I am sure will reflect the activities undertaken by the Club.

I have noticed that you are full of enthusiasm and zeal, so or keep it up and work with commitment and dedication to achieve the goals of our Distt. chairman and Association President.

Meaningful theme given by IIW President 2023-24, Shine a Light. My take on the theme is to work towards the well being of all, doing good, spreading friendship, serving the needy and empowering women. So, let's collectively bring real lasting difference in the centennial year of Inner Wheel with Friendship and Service

Once again, wishing you and all members of the Club a successful year.

Be an inspiration

Message



Sarojini Sareen

CLUB EDITOR 2023-24

Greetings to all my Inner Wheel sisters. I feel honoured with this opportunity to serve for the largest voluntary non-government women organisation.

Newsletter is the showcase of club activities. Our District Chairman Seema Kapoor ji, District Editor Neelu Walia ji., Zone 1 ZCC Vipan Gupta ji and our Club President Meenu Gupta ji guided and supported me. With their and club members' support and belief, together we will achieve success and contribute to the Education Empower and Elevation of Women and needy people. Every woman's success should be an inspiration to another. We are the strongest when we cheer each other on.

We can "SHINE A LIGHT".

I would like to thank all my club members for having faith on me and giving me opportunity to be the club editor.

"You educate a man, you educate a man. You educate a woman, you educate a generation"- Brigham Young.

ASSOCIATION PRESIDENT'S GOALS 2023-24

TRAILBLAZER

ATIONA

I AM A TRAILBLAZER

Who dares to take the first step. Make my own path and leave a trail.



Association of Inner Wheel Clubs in India

Tech-Empower E-stion a 'Zech-smart' inner Wheel of the digital age Rising Strong

- Uptilit and anyoneer warnes to rive up and take their sightful place Adopt & Build
- Dedicated to Sealer Other Homes recurring the 'Golden Years'
- IILM SHOKSHA JAD

Launch Pad

- Suild Brand Identity Find the brond voice & create a visual identity for borer Wheel
- Lead The Youth Depose the Youth in Tener With
- Adopt A Mission

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- Zest For Zero Waste Gogreen - adopt a zero waste lijestyle
- Empower Girls, Enrich The Nation
- Rights & Responsibility Histor to true later Wheel Member

Sensitivity Label: Genera

ASSOCIATION PRESIDENT'S **GOALS 2023-24**

RISING STRONG

Uplift and empower women to rise up and take their rightful place

AIM:

MAINSTREAM PROJECT

Empowerment through Skill Development Programmes and Professional/Certified Courses & Workshops

Employment of underprivilesed women

Encourage Vocational Training In slums & lower income groups

Provide Health Benefits

Celebrate & honour successful women in different fields.





TECH-EMPOWER

E-vision a 'Tech-smart' Inner Wheel of the digital age

AIM

E-Voting, E- Registration, E- Payments. E-meetings, Online workshops, Seminars, Webinars & Training Sessions.

Digital Directory, E-bulletin & Souvenirs, E-Ads

Projecting all work through digital platforms with generation of complete reports.

Digital documentation for COV.



ADOPT & BUILD Dedicate to Senior Citizen Homes

& secure their 'Golden Years'

AIM:

CAL VIOLENLET MY WOMEN'S BURTS

TAD"

140

Assist in Health Eare through Camps, Calaract Surgery, Physiotherapy etc.

Support Mental Health through Yoga, Meditation, Bhajan Sandhya and Entertainments

Assist in achieving Financial Security through Savings Accounts & Fixed Retirement Plans

LAUNCH PAD

Media campaigns celebrating success of girls/women Conference/Symposium on Social Justice for Women

Collaborate with NGOs/Organisations to end violence

Better understanding of Mental Health & Weil-being

Initiatives engaging boys & men to support Gender

In pursuit of Gender Equality

against girls/women

Equality of women

ofwomen

Arrange travel & trips to holy places





SHIKSHA 360

5: Support Programme For Teachers H: Hybrid Learning I: Infrastructoral and E-learning Facilities K: Knowledge & Assessment Tools Development 5: Serve To Each One Teach One H: Happy School

A: Adult Literacy



BUILD BRAND IDENTITY

Find the brand voice & create a visual identity for Inner Wheel

AIM:

Sanction a maintenance budget for innerwheelindia.org in collaboration with all 27 districts

Showcasing our work on social media platforms like Face Book, Instagram, Twitter etc.

Project the I'W logo on products and public places

Supervise by appointing E-admin at Club/District levels

Expand the IW Spirit by circulating IW Badges, Flags, Banners, T-shirts, Souvenirs & Gifts

Sensitivity Label:

ASSOCIATION PRESIDENT'S **GOALS 2023-24**

LEAD THE YOUTH

Engage the Youth in Inner Wheel

AIM:

Guide the young segment to introduce IW to the younger generation through Sports meets. Competitions etc. in colleges.

Design Leadership Activities, develop goals such as Team Work, Community Service, Communication etc.

Assist Career Counselling and Mentorship programmes

Recognise & reward potential by Youth Awards

ZEST FOR ZERO WASTE

Create 'Go Green' awareness among IW members and the public

Involve the Gram Panchayat, Municipalities, Mahanagar Palikas & Govt. Staff to give demonstrations on Garbage Segregation. Decomposing Pits, Rainwater Harvesting, Solar Energy.

Go Paperless by promoting digital tools

Create awareness for Water Resources and Wastage

Government projects of Swarh Bharat Abhyoan, Waste Management & Disposal Awareness Programmes in housing societies, public places, schools, Colleges, Demonstrations on Recycle, Reduce and Reuse

Go green - adapt a zero waste lifestyle

Create Scholarships and Sporsorships for Advanced Study & Training Programmes.



ADOPT A MISSION Give shape to a vision

AIM:

One club - One village/ One wadi/One basti/ One slum

One club - One river cleaning/Posd Desilting

One street - to be named inner Wheel Street / Chowk / Square in a town or city.

Organise camps, conferences, seminars & sports meet for people with disability.

One mission - to rehabilitate the disabled.





Educate, Elevate & Evolve

AIM-

C.M.C. LA
Create Mentorship Programme to connect girls with successful women in different holds.
Distribute educational material to promote positive self-image. Focus on countering negative media influences.
Digital Literacy Programmes for girls in overlooked communities
Workshops and Training Sessions for skills and knowledge to pursue career in non-traditional fields.
Education and Job Training for women in overlooked communities aiming economic independence.
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Collaborate with organisations/compa-and Training, Training is self defence. ies for Skill Developmi

Extensive projects on Health Checkups & Awareness of Health & Hygiene

name on following slate



AIM:

EMPOWER GIRLS ENRICH THE NATION

Educate, Elevate & Evolve

AINSTREAM PROJECT

AIM:

Envision National Summit with Motto - Empower Girl Errich Nation

Special scholarships for doctors, nurses and paramedic curriculum. Elementary INNER WHEEL LOAN SCOLARSHIPS

to young deserving school girls for College Education or Vocational Training. Special Scholarships for IPS, IFS, IAS, classes or examinations

sing the employment data of empowered girls through unch of Mobile application

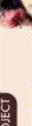


RIGHTS & RESPONSIBILITY **Rise as true Inner Wheel Member**

AIM: Rise as true Inner Wheel Member. Know your organisation well through Q & A / Quiz / Panel Discussions.

Reacquaint yourself with Bye-laws and Constitution. Realise responsibility of owning a badge and abiding with the motto of organization.

Sensitivity Label: Genera



WAINSTREAM PROJECT

JULY - JUNE INSTALLATION CEREMONY









Inspection by District Chairman



Official Visit of District Chairman





















Annapurna Divas









Zest for zero waste-Adopt a Mission

















Empower Girl Enrich Nation

































Flags exchange and meeting other Rotarians











































Sensitivity Label: General







TRAILBLAZER















Humanitarian



































Literacy Mission – IILM



















IWC Shimla Midtown sponsored 7 students in a new batch of Vocational Course of General Duty Assistant in collaboration with District legal services authority and Tech Mahindra. 100% placement assistance



Adopt & Build -Commitment to Senior Citizens



















Protection of Environment



























Health & Sanitation

























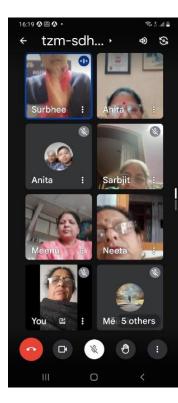




























Rising Strong - Women empowerment

















Celebrations



























Inner Wheel Branding









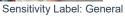


















Support to Differently Abled





























FUND RAISING

Sensitivity Label: General



YOUTH DEVELOPMENT PROGRAM







MEDIA COVERAGE





ने युव स्वरूम नही में को न मन संगीत



शिमला। इनर व्हील क्लब शिमला मिडटाउन ने वीरवार को मालरोड स्थित झांसी पार्क में एक्यप्रेशर और ध्यान पर कार्यशाला का आयोजन किया। ऑल इंडिया वुमन कान्फ्रेंस की छात्राओं ने इसमें भाग लिया। विशेषज्ञ निर्मल कपूर ने छात्राओं को एक्यूप्रेशर और ध्यान के माध्यम से कल्याण तथा उपचार के बारे में जागरूक किया। बताया कि आज के समय में तनाव की समस्या बढ़ती जा रही है। ध्यान और योग से तनाव दूर होता है। इसके साथ ही मन की एकाग्रता बढती है। इसके साथ ही एक्युप्रेशर मांसपेशियों के तनाव को कम करने, दर्द से राहत देने में सहायक हैं। क्लब ने सिलाई शिक्षिका मिथलेश को सम्मानित किया। इस

आर एनइपी के विरोध में चल रहे हथियारों के साथ प्रवेश करते हैं। फिर मारपीट करते हैं। इसके एसएफआई के आंदोलन को दबाने

स्वर्ण पब्लिक स्कूल के बच्चों का स्वास्थ्य जांचा

शिमला। स्वर्ण पब्लिक स्कूल में मंगलवार को चिकित्सा स्वास्थ्य शिविर का आयोजन किया गया।

चिकित्सा शिविर में स्पर्श मल्टीस्पेशलिटि अस्पताल टुटीकंडी से आए बच्चों के विशेषज्ञ डॉ. अरुण कुमार, दांतों के विशेषज्ञ डॉ. शिवाली वर्मा और डॉ. रूची ने छात्रों की जांच की। डॉक्टरों ने विद्यार्थियों को रोजाना हाथ धोने, साफ-सफाई और सेहत को तंदरुस्त रखने के बारे में जानकारी दी। डॉ. अरुण कुमार ने बच्चों को खुन की कमी, एलर्जी, वजन की कमी और त्वचा के रोगों के बारे में अवगत किया। स्वर्ण पब्लिक स्कूल की प्रधानाचार्य सीमा मेहता ने विद्यार्थियों को दांतों की समस्याओं के बारे में जागरूक किया। संवाद



Himachal Khabarnama · Follow 26 Nov · 🕄

HEALTH

39वां जिला स्तरीय महिला सम्मेलन इनरव्हील क्लब शिमला मिइ द्वारा (क्यारियघाट)सोलन मे 26 नवंबर 2023 को आय...See



चित्रकला स्पर्धा में बच्चों ने किया शानदार प्रदर्शन

शिमला। राजधानी के आर्य समाज स्कूल लोअर बाजार में शुक्रवार को इनर व्हील ऑफ शिमला मिडटाउन की ओर से पर्यावरण संरक्षण पर चित्रकला और शून्य अपशिष्ट प्रतियोगिताएं आयोजित की गई। इसमें शहर के आठ स्कूलों के नौवीं से बारहवीं कक्षा तक के 31 विद्यार्थियों ने भाग लिया।

चित्रकला स्पर्धा में दयानंद स्कल के गुरअर्पित, स्वर्ण पब्लिक स्कूल

क्लब ने उड़ान स्कूल के स

39वां जिला स्तरीय महिला सम्मेलन इन्नरव्हील क्लब शिमला

दिव्य हिमाचल व्यूरो-सोलन

39वां जिला स्तरीय महिला सम्मेलन इनरव्हील क्लब शिमला मिडटाउन द्वारा हिमाचल प्रदेश पर्यटन डिवेलपमेंट कॉर्पोरेशन के होटल मैघदूत में रविवार को आयोजित किया गया। जिसमे इन्नरव्हील डिस्ट्रिक्ट 308 के किया गया। इस कार्यक्रम मे



अन्तर्गत आने वाले सभी 82 26 नवंबर को पूर्व मे रही सभी क्लबो के सदस्यो ने भाग लिया। डिस्टिक्ट चैयरमेन और इन्नरव्हील ऐसोहि इस कार्यक्रम में एसोसिएशन क्लब शिमला मिडटाउन के साथ गुगला प्रेजिडेंट 2023-2024 प्रिती संगठन के क्रियाकलाप और तहत व गुगलानी ने मुख्यातिथि के रूप में संगठन के द्वारा की जाने वाली में औ भाग लिया और डिस्ट्रिक्ट 308 की गतिविधियों के बारे मे विस्तृत चर्चा मे डन्न चेयरमैन सीमा कपूर की अध्यक्षता की गई। ताकि क्लब के कार्य इत्राव मे इस कार्यक्रम को आयोजित सुचारू रूप से चलाए जा सके। द्वारा इन्नरव्हील क्लब का संगठन 103 चाइल एसोसिएशन प्रेजिडेंट प्रति गुगलानी देशों में अपनी सेवाएं दे रहा है। गया

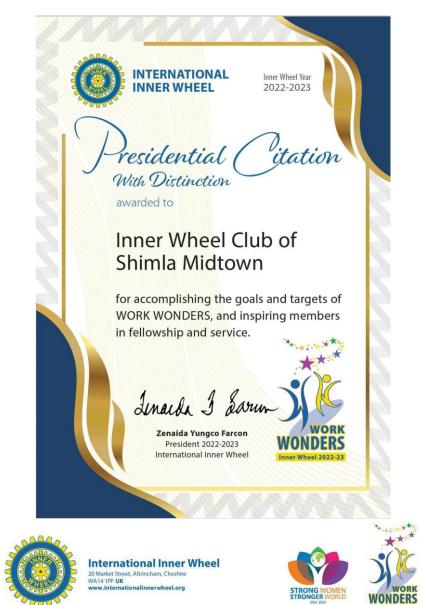
•••



कन्या की शादी के लिए दिया योगदान

शिमला, 9 मई (ब्यूरो): रोटरी क्लब शिमला मिडटाऊन ने इन्नरव्हील क्लब मिडटाऊन के सहयोग से गरीब एवं जरूरतमंद कन्या की शादी के लिए सहयोग किया। जिसमें लड़की को क्लब के द्वारा मिक्सर ग्राइंडर, रूम होटर, प्रैस, कंबल, सूटकेस, सूट तथा नकद 7300 रुपए की राशि प्रदान की गई। इस समारोह में लड़की अपनी माता तथा सहयोगी साथी के साथ उपस्थित रही। रोटरी क्लब मिडटाऊन के सचिव रविकांत जैन के अलावा अशोक जैन, एस.एन. कपूर, रमेश ठाकुर, विकास अग्रवाल, जे.के. पाठक, मनवीर सिंह व डा. शालिनी, कशमीरीया मीडिया रिपोर्टर पूजा शर्मा भी उपस्थित रही। इन्नरव्हील क्लब से नीरू जैन, नीता जैन ने लड़की को आशीर्वाद दिया। सहायक गवर्नर रोटेरियन रोहित करोल ने भी विशेष रूप से इस समारोह में शिरकत की तथा लड़की को शुभकामनाएं दीं।

Awards



INNER WHEEL CLUB OF SHIMLA MIDTOWN District 308

My dear Work Wonders President Namita Aggarwal,

I am very pleased to inform you that the **Inner Wheel Club of Shimla Midtown** qualified for the International Inner Wheel **Presidential Citation with Distinction** for the IW Year 2022-2023.

Congratulations!

Yours in Friendship and Service,

Linaida I Sarun

ZENAIDA Y. FARCON International Inner Wheel 2022-2023 President



Our club has received momentous awards

- 1. *Outstanding President*
- 2. *Outstanding Secretary*
- 3. *Outstanding Treasurer*
 - 4. *Outstanding ISO*
 - 5. *Outstanding Editor*













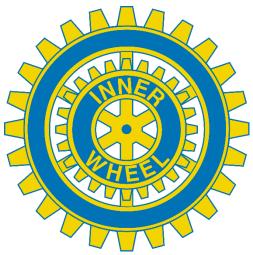






Outstanding work done by our club:

- 1. *Outstanding Work on Zest for Zero Waste*
- 2. *Outstanding Work on Rising Strong Woman Empowerment*
- 3. *Outstanding Work on Spit Free Shimla*
- 4. *Outstanding Work on Build Brand Identity*
- 5. *Outstanding Work on Lead the Youth*
- 6. Award of appreciation for hosting the District Conference



THANK YOU!

We are grateful to all our inner wheel sisters for enabling us to continue doing what we love. We hope it was fascinating and enlightening for you. Our ability to carry out our mission and transform the world depends on the generosity of our supporters. Your support enables us to accomplish our goals and build a better world for everyone. We are grateful for your ongoing support and anticipate doing more of such engaging projects in the future.

- Meenu Gupta (President)
- Dr. Dhawal (Secretary)