



International Inner Wheel
19th Convention
Manchester 2024



IWC DELHI LMANG

District 301
Charter 6759

JHAROKHA

E Bulletin Oct to Dec 2023

IIW President
Trish Douglas

Association President
Preeti Gugnani

District Chairman
Dr Urvashi Mittal

District Editor
Dr Anju Ahuja

Club President
Shikha Mahipal

Club Editor
Amita Sharma

Club President's message



Shikha Mahipal

Hare Krishna No candle loses its light, while lighting another candle, so never stop sharing, caring and helping others because it makes our life more meaningful. I am feeling honored to have been given the responsibility of leadership of our club in the centennial year of inner wheel, 2023-24 I would like to extend my gratitude to everyone for reposing your faith and trust in me . A single feather cannot make wings, but when many of them come together, they can carry the Bird a long way. With your support and cooperation we can definitely take the club to greater heights. Association President Preeti Gugnani has given us the goal of Trailblazer and the international theme of the year is 'Shine a light'. So let's all unite and work together to shine a light in someone's life and leave a mark behind . We all feel proud to have respected charming ,creative and intelligent Dr. Urvashi Mittal as our District Chairman in this centennial year . It's my privilege to work under such a gem of a person . May the lives of numerous people prosper under the club Umang and Inner wheel and may the lotus flower blossom in the heart of each and every member so that it brings peace and happiness in everyone's heart . We women can do wonders for the upliftment of society and for that we need to uplift each other by supporting and encouraging each other .

HARE KRISHNA





District Chairman's message



Dr Urvashi Mittal

Hare Krishna

- *May your words paint the stories bright,*
- *In Inner Wheel's centenary light.*
- *With every page you craft and share*
- *Spreading warmth and love everywhere.*
- *Best wishes to Club Editor, so true,*
- *For the noble work you continue to pursue.*

Dear Club President Shikha Mahipal, Club Editor Amita Sharma & all members of Inner Wheel Club of Delhi Umang

Chartered on 6/5/2019, your club is soon going to be five years old. I got to know your club through my batchmate Club President Dear Kapila Chopra .Then i worked with many through the ranks; it was a great pleasure working with Kapila Chopra, Aruna Sahai, Usha Gagrani & a greater pleasure having charming Shikha Mahipal in my Centenary Canha Club Leaders Team. I take this opportunity to guide Club President & Members to benefit themselves by the knowledge & expertise of Club advisor (Mamta Bhargav ji) IIWPP/IIWPBD/PAP/PDC

I also convey my heartiest congratulations to Club President-Editor duo on release of third issue of E-newsletter JHAROKHA of this year showcasing selfless activities & best wishes for the remaining months & years to come to shine-a-light around.

खुद पर विश्वास हैं तो खुदा तेरे साथ हैं* *अपनों पे विश्वास हैं तो दुआ तेरे साथ हैं
विश्वास जीतना बड़ी बात नहीं है
विश्वास बनाये रखना बड़ी बात है

Create & Nurture Happiness always

Dr Urvashi Mittal

District Chairman

2023-24



District Editor's message



Dr Anju Ahuja

Dear Club Editor Amita
Warm Innerwheel Greetings .
गमों की आँच पर आंसू उबाल कर देखो
बनेंगे रंग किसी पर डाल कर देखो,
तुम्हारे दिल की पीड़ा भी ज़रूर होगी कम ,
किसी के पाँव का काँटा निकाल कर देखो ।

Congratulations on taking up the post of club Editor in the centenary year 2023-24. Editor is the link between the club and society. As we move ahead from WORK WONDERS now is the time to SHINE A LIGHT on the works done.

SHINE & BE..... the Light of Hope in the lives of the underprivileged , the Light of Compassion & Caring for all living beings be it big or small....for the Families and the Communities that you are a part of...

For.. when you do sono Darkness can prevail.

Your showcasing the club activities will help in branding of our organization International Innerwheel.Do it on social media & even in print media.It is a very important year when you will get to do lots of work . Most important is work in tandem with your Club President.

Best Wishes to you ,your club President Shikhaji & team for a successful centenary Innerwheel Year 2023-24.

Yours in Innerwheel
Dr Anju Ahuja
District Editor 2023-24
Innerwheel District 301





CLUB PROJECTS

Senior Citizen Committee



We donated a water cooler to the inmates of Bhagwat Dham, Mayur Vihar

Differently Abled Committee



YOU ARE CORDIALLY INVITED on 22nd November 2023, Wednesday 3:00pm at AIIMS Hospital Main Auditorium, Near Gate No.2, New Delhi to watch Hindi Stage Play KAMAAL KAAKUN KA

*The play is performed by Visually, challenged and Underprivileged Aspiring performers along with Professional Artists

कमाल काकुन का

Concept & Story RAKA BHARTI
Music MADHUMITA ACHARYA BISWAS
Choreography GURU BHAGWAN SINGH
Dialogues & Direction HEMANT RAIPURIA
Special Thanks to Shikha Purohit Association

To avoid inconvenience, Please confirm your presence in advance at 9911502711

Hope you will be happy to SUPPORT US IN THIS NOBLE CAUSE: EDUCATION THROUGH ARTS TOWARDS PEACE AND EQUALITY. Scan QR to donate

Organized by BHARTI THE FOUNDATION, MIP, KAILASH FOUNDATION, and others.

District Chairman Dr Urvashi visited AIIMS to see the play 'Kamaal Kaakun Ka' organised by Club member Dr Raka Bharti for visually impaired and underprivileged children



CLUB PROJECTS

Disabled Committee



We invited the talented Down's Syndrome boys to take photographs in our COV, thereby supporting and encouraging these boys to become independent and confident



Umang donated a wheelchair through, 'Support your heroes' district project to an old lady, Mrs Lingjalum who had an accident



CLUB PROJECTS

Education Committee



Payment of tuition fees for nursing course for Ria. This was a COV project.



Our club gave bags to the children of our adopted school in Kannechan. This is our ongoing project whereby we provide requirements from time to time



Tuition and transport fees for Vanshika in another ongoing project of the club



CLUB PROJECTS

Child welfare Committee



Childrens Day celebration with kids of Nishwarth Seva foundation. Our club organised a 'Magic Show' and served light snacks of wafers, sandwich and coke



CLUB PROJECTS

Village Development Committee

INNER WHEEL CLUB OF DELHI UMANG
District 301
Charter Number 6759

Mrs. Shikha Mahipal
Club President

Mrs. Rachna Mohan
Club Secretary

Dr. Urvashi Mittal
District Chairman

Trish Douglas
IWW President

Mrs. Preeti Gugnani
Association President

Payment Successful
₹3,000
Rupees Three Thousand Only

To: Sneha Vaish
ICICI Bank - 5060

From: Mr Prakash Chaupal
Central Bank Of India - 3845

UPI Ref. No: 3721121 29685
21 Dec 2023, 01:29 PM



We donated a warmth kit consisting of two leggings, cap and a pair of socks in Jaunpur village

Our adopted school in Kannechan required an overhead tank which we provided for the benefit of the students

UPDATES ABOUT CLUB MEMBERS CARE FOR THE ENVIRONMENT



Vegetables grown by our Charter president

Organic environmental friendly products grown and marketed by club executive's family



CLUB PROJECTS

Health and Hygiene Committee

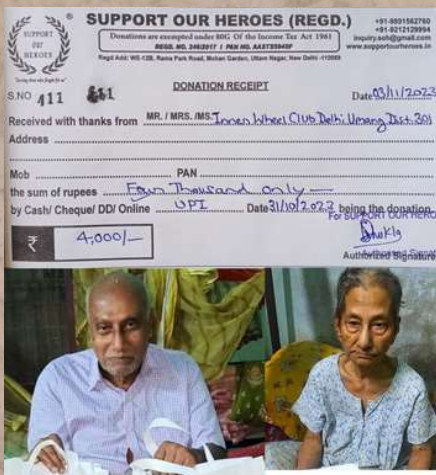


Contribution for the ligament tear surgery in Safdarjung of Umesh who is jobless

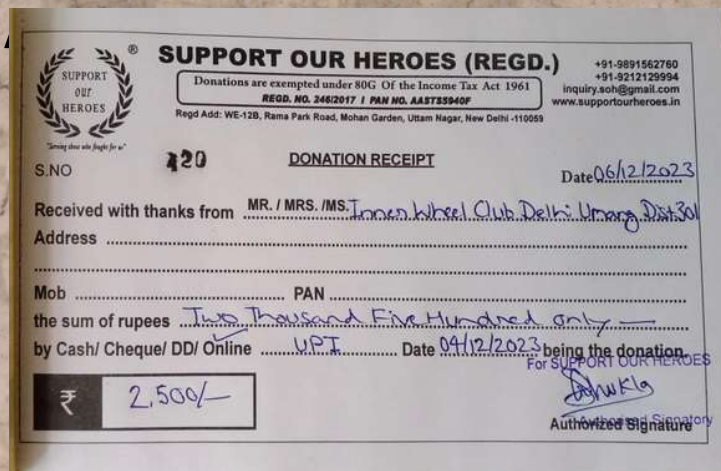
DISTRICT PROJECT

Under 'support our Heroes' district project scheme we payed for medicine of two people for one month

Mrs Gadi Das w/o world war 2 veteran and Sepoy



We contributed Rs 2500/- for one month's ration kit for two people in Support our Heroes NGO





CLUB PROJECTS

Family welfare Committee



Our club contributed cash and gifts for the marriage of an underprivileged girl in Nepal Around Rs 21000/- was spent



Warm blankets were distributed to needy people in the chilling cold .



CHAIRMAN'S OFFICIAL VISIT



On 30th September our club had its COV, where we welcomed DC Dr Urvashi Mittal ji and other district dignitaries. Charter president Kapila Chopra was MoC. Lighting of the lamp was followed by performance on Ganesh Vandana. President Shikha Mahipal gave her opening address, club executives presented their reports, followed by release of our club bulletin "JHROKHA". We had invited Downs Syndrome boys to cover the event for photography in order to promote and encourage them. Our PP Aruna Sahai sponsored the education of Riya for her Nurse training course.



SEPTEMBER GBM



Our club held a meeting to discuss plans for upcoming COV on September 13th





OCTOBER GBM AT PITAM PURA



WELCOME NEW MEMBERS



Meena Gupta



Anita Agarwal



Reena Agarwal

October GBM was held on October 26th at club members residence in Pitampura. Three new members were added to our Umang family. After collar and prayer we celebrated approaching Diwali with games and our president presented gifts to all. Club member Seema hosted the lunch with delicious snacks and lunch. Forthcoming projects were discussed and new members were briefed about our club



Navratri Celebrations

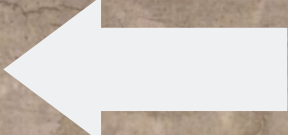


Our club members celebrated Navratri with Dandia and dancing

TRIVIA

COFFEE GUIDE

ESPRESSO ESPRESSO	DOPPIO DOUBLE ESPRESSO	AMERICANO HOT WATER ESPRESSO
CAPPUCCINO MILK FOAM STEAMED MILK ESPRESSO	LATTE MILK FOAM STEAMED MILK ESPRESSO	MOCHA MILK FOAM STEAMED MILK HOT CHOCOLATE ESPRESSO
CORTADO STEAMED MILK ESPRESSO	FLAT WHITE STEAMED MILK ESPRESSO	MACCHIATO MILK FOAM ESPRESSO
CON PANNA CREAM ESPRESSO	AFFOGATO ESPRESSO ICE CREAM	IRISH COFFEE CREAM WHISKEY ESPRESSO



KNOW YOUR COFFEE



GBM & CHRISTMAS CELEBRATION



We had GBM cum Xmas celebration picnic at Sunder Nursery on December 22nd. There was friendship, dancing, singing and bonding with delicious food and snacks

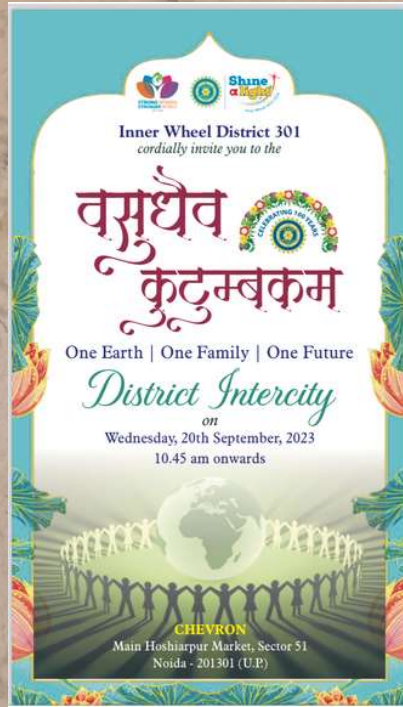
CHRISTMAS CELEBRATION



Our charter President , Kapila Chopra, celebrated Christmas with the small cute kids at Prashanti coming for cancer rehabilitation and served them healthy Gur chikki, peanuts , oranges ,cake and socks for warmth.



DISTRICT EVENTS



Our club came first in the car treasure hunt rally and received a trophy





DISTRICT EVENTS

Inner Wheel District 301
 District Chairman
Dr. Urvashi Mittal
 &
 Executive Committee Members of
 District 301
 cordially invite you to the
XXXIX DISTRICT CONFERENCE
Myriad
A Journey Beyond Imagination
MONDAY 18 DEC. 2023
 Conference Convener
PIIWP Dr. Kapila Gupta
 Hosted by
IWC Gurgaon South City
 Mrs. Poonam Nanda
 President
 Dr. Asha Baluja
 Secretary



Club President and club Editor attended the District conference at ISKCON. Our President, Shikha Mahipal cast her vote for the election held for the post of District Editor. Harmeet Sehgal of Raisina Hills was declared the winner. The host club was IWC Gurgaon South City



DISTRICT EXCURSION



Some of our club members went to Vrindavan for the District's excursion



ISO MEET PARAKASTHA



“इन्द्रधनुष के रंग
मित्रता के संग”
“इनरव्हील की सुंदरता को देखो
कुछ ऐसे ,
बारिश के बाद आसमां में
इन्द्रधनुष हो जैसे.
यूँ ही नहीं आती ख़ूबसूरती
इंद्रधनुष में,
अलग अलग रंगों को एक होना
पड़ता है आईएसओ मीट में।”
“ शाइन ए लाईट “



Ramp walk of our ISO Aruna Sahai with slogan



**Aruna Sahai received 2nd prize for Ganesh ji
Singhasan competition**

Club Name- Delhi Umang
No. Of flags exchanged:- 107
With in District- 68
Outside District- 36
International-1
E- flags-2



ACHIEVEMENTS




Vegetable ornament competition prize received by our ISO Aruna Sahai






TULSI PUJAN DIWAS



25TH DECEMBER

HAPPY TULSI PUJAN DIWAS



DR. URVASHI MITTAL
DISTRICT CHAIRMAN
requests the pleasure of your company

VENUE
Hari Kutumb, Farm 9A, Maple Avenue, DLF
Chhatarpur Farms, New Delhi - 110074
11 AM onwards, followed by lunch

Our club ISO , Aruna Sahai and club member, Savita Pandey attended the TULSI DIWAS puja held at DLF Chhatarpur farms hosted by the DC Dr Urvashi Mittal ji on 25th December.



From the Editor's Desk



Amita Sharma
Club Editor

Dear Reader warm innerwheel Greetings to you !

As the year draws to a close I'm delighted to present to you our newsletter's third edition. Our COV was a well executed event where we presented the club work and projects of the day. In November our president became a grandmother and inspite of being busy still carried out club projects. We celebrated Children's day and Christmas with children of Nishwarth Sewa foundation and Prashanti respectively. There was an addition of some new members to the club taking the strength to thirty four members . A few members went for a memorable district excursion to Vrindavan, and we also had our own bonhomie with the club picnic at Sundar Nursery . Our club added another huge achievement to our repertoire by winning the district car rally treasure hunt by coming first. Our ISO has also won many accolades for Umang. The year closes with a feeling of accomplishment and satisfaction, and we intend to start the New year with renewed vigour as we continue to 'Shine a light' as we reach out to those in need.

Warm wishes for the forthcoming centennial celebrations and the New Year!



BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS

AMITA SHARMA	OCTOBER 2ND
SHIKHA MAHIPAL	OCTOBER 24TH
KAPILA CHOPRA	NOVEMBER 9TH
RENU SHARMA	NOVEMBER 28TH
ROOPA PARASRAMPURIA	DECEMBER 7TH
SHEFALI BHASIN	DECEMBER 8TH

ANNIVERSARIES

SANGEETA KALRA	OCTOBER 21ST
KAPILA CHOPRA.	NOVEMBER 16TH



ACKNOWLEDGMENTS

I wish to thank our DC , Dr Urvashi Mittal and DE Dr Anju Ahuja for guiding and providing proper guidelines for Newsletter formation.

I am grateful to our club President and club members for being a constant source of support .

I am indebted to my son Shiv Sagar Sharma for his help from time to time in the formation of this Newsletter.



THANK
YOU

*"Gratitude is a powerful Catalyst for happiness
It's the spark that lights a fire of joy in your soul"*
Amy Collette



UPCOMING IW CELEBRATIONS JAN 10-12

ASSOCIATION OF INNER WHEEL CLUBS IN INDIA
Centenary Celebrations

I am a
TRAILBLAZER
to Register & Lead the
National Centenary Celebrations at Delhi

Date: 1.12.23

EUPHORIA
CENTURY GRANDEUR

10 - 12 JANUARY 2024
India International Convention & Expo Centre
IICC, Dwarka, New Delhi, India

ASSOCIATION OF INNER WHEEL CLUBS IN INDIA
Centenary Celebrations

I am a
TRAILBLAZER
to Register & Lead the
National Centenary Celebrations at Delhi

ISO Aruna Sahai
Date: 15-12-23

EUPHORIA
CENTURY GRANDEUR

10 - 12 JANUARY 2024
India International Convention & Expo Centre
IICC, Dwarka, New Delhi, India

ASSOCIATION OF INNER WHEEL CLUBS IN INDIA
EUPHORIA
CENTURY GRANDEUR
Centenary Celebrations

10 January	Commemorating Inner Wheel Day NATIONAL MARATHON A Race to Erase Cervical Cancer at Delhi Friendship Dinner
11 January	Centennial Joint Project by all the Districts of India Inauguration of Exhibition House of culture & Digital Exhibition Centennial Awards & Recognitions Gala Dinner
12 January	National Awards & Recognitions for Centennial Year Cultural Performances

REGISTRATIONS OPEN !
10 11 12 JAN 2024

Registration fee

Early Bird Registration till 15th December 9,000/-
(Inclusive of gateway charges)

Standard Registration post 15th December 10,000/-
(Inclusive of gateway charges)

Couple Registration 15,000/-
(Inclusive of gateway charges)

ATTIRE GUIDE

EUPHORIA
CENTURY GRANDEUR