



Shine
a light
Inner Wheel 2023-2024



IWC DELHI UMANG

District 301

Charter 6759



JHAROKHA

E Bulletin

August/September '23 COV Edition



Association President
Preeti Gugnani

IIW President
Trish Douglas

District Chairman
Dr Urvashi Mittal

Club President
Shikha Mahipal

District Editor
Dr Anju Ahuja

Club Editor
Amita Sharma



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INNER WHEEL PRAYER

इनरव्हील प्रार्थना

मित्रभाव के सत्य अर्थ को हम सब में, हे ईश्वर भर दो ।
हम सब ही है तेरे बालक भूलें ना यह इतना कर दो ॥
धर्म और संस्कृति भेदों को मन में नहीं स्थान रहे ॥
सभी मानवों की सेवा का हमें सदा ध्यान रहे ॥
आवश्यकता हमें मददकी हो सकती है याद रहे ॥
सेवा करने की जरूरतें जब कहीं भी आन पड़ें ॥
सेवा करने की सब जन की तत्पर हम सब डटे रहें ॥
इनरव्हील की शान बढ़ायें यह वर हमें प्रदान करो ॥
मानव जीवन व्यर्थ न जाये प्रभु यह कृपा प्रदान करो ॥

INNER WHEEL PRAYER

Instil in us 'O' Lord, the true meaning of friendship
Never let us forget that we are all thy children
Not withstanding the difference in our Culture & Creeds
Endow us with a desire to serve our fellow men
Remembering that we, too, often need help,
Whenever or wherever the need for service arises
Help us to be ready to serve
Endeavouring to make our badge of Inner Wheel worthwhile
Ensuring that we have not
Lived in vain



CLUB PRESIDENT 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 DR URVASHI MITTAL

Your talent is God's gift to you. What you do with it, is your gift back to GOD*

Hare Krishna

Dear President Shikha

Mahipal, Club Editor Amita Sharma, and all members of Inner Wheel Club of Delhi Umang,

Congratulations on the incredible journey of your club! It fills my heart with pride to witness the growth and impact of this club that I introduced to the Inner Wheel world back in May 2019. As District Chairman, I am truly inspired by the dedication and passion of each talented member who believes in the power of personal service.

The diverse pool of skills and selflessness you all possess has undoubtedly made a positive difference in the lives of many.

Right from Charter President Kapila Chopra to Pp Aruna Sahai to IPP Usha Gagrani, all have been exceptionally good.

Your inaugural meeting this year will always be fresh in my memory; you all showed great camaraderie & my hearty felicitation touched my heart.

Your invitation to specially-abled children with unique eyes to create memories by capturing worthy moments highlights your sincere commitment to bringing about a change in people's mindset.

I take this opportunity to extend my best wishes to President Shikha Mahipal and Club Editor Amita Sharma for being given the opportunity to showcase the exceptional club activities. Your commitment to service is commendable and deserves recognition.

To all the members of Inner Wheel Club of Delhi Umang, may the year ahead be filled with even greater accomplishments and meaningful service. Your collective efforts have the potential to bring about significant change in the community shine-a-light around.

Create & Nurture happiness always

Dr Urvashi Mittal

District Chairman

2023-24



DISTRICT EDITOR 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 जरूर 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**

SHINE A LIGHT

District Team

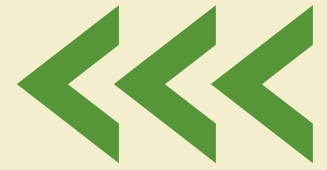


Team Of Umang





CLUB PROJECTS



HELP TO DIFFERENTLY ABLED COMMITTEE



We served the children snacks of paneer bread pakora, gulab jamun and water bottles

'KAMAAL KACUN KA'

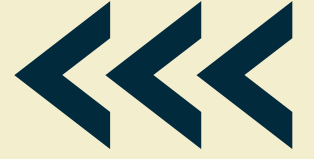
is a play which was staged by Dr Raka Bharti, our club member, who has dedicated her life to helping and promoting the talent of visually impaired children of Uttam Nagar blind school and other autistic and down's syndrome kids



The children presented a heart touching play about gender equality and other performances

CLUB PROJECTS (CONT)

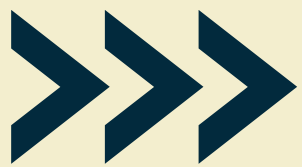
DIFFERENTLY ABLED COMMITTEE



ARTIFIICAL LIMB



CLUB MEMBERS AT SAFDARJUNG HOSPITAL
SEPTEMBER 5th



BURN VICTIM DIYA



We visited Diya a burn victim at Safdarjung hospital and one member served her with fruits, frooti, namkeen and chocolates. It was a very heart touching and emotional experience. We are planning to help her with limb donation after her grafting is healed

CLUB PROJECTS (CONT)

ANNAPURNA FAMILY WELFARE



←←← RATION DISTRIBUTION BY PP

Our past president 2021/22 distributed ration including 520kg rice and 30kg dal worth Rs 37280/- at Siddh Peeth Shri Dakshin Kali Mandir, Haridwar on her birthday on August 3rd.

➤➤➤ Animal Welfare



➤➤➤ FEEDING OF COWS AT GAUSHALA

Some members, including president and secretary went to Kamadhenu Gaushala, Gurugram and fed the cows with chara, gur and vegetables on occasion of amavasya

CLUB PROJECTS (CONT)

HEALTH AND HYGIENE COMMITTEE



◀◀◀ EYE CAMP AT BHARTI EYE HOSPITAL



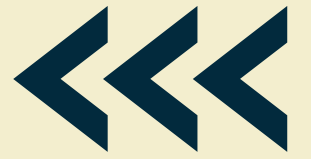
▶▶▶ OUR MEMBERS WITH THE STAFF



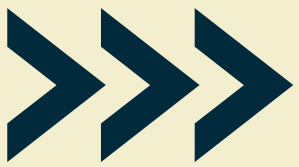
▶▶▶ Our club member Dr Raka Bharti organised an eye camp for the benefit of around 45 people. Five club members attended this camp and presented planters and certificates to the staff. We served them with food thalis also.

CLUB PROJECTS (CONT)

HEALTH AND HYGEINE COMMITTEE



Three members of our club went to Cankids rehabilitation center to celebrate Ganesh chaturthi with the adorable children. These children are taking treatment at AIIMS and come here for therapy. This is a regular project of our club



GANESH CHATHURTHI CELEBRATION



Club members celebrating Ganesh Chaturthi
at a Satsng

CLUB PROJECTS (CONT)

SENIOR CITIZEN WELFARE <<<



>>> VRIDHASHRAM SAWHNEY FOUNDATION



>>> Our club members spent quality time with the inmates of the vriddhayshram and our club member Meena Pandey, psychologist had an interactive talk with them. Later Dhokla, Imrati and Gehwar were served. We donated 4 Clothes stands as per their requirement.

CLUB PROJECTS (CONT)

SENIOR CITIZEN WELFARE <<<



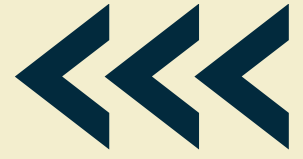
>>> LAUGHTER YOGA



>>> Our club members visited Bhagwat Dham Old Age home in Mayur Vihar and our charter president, Kapila Chopra conducted a Laughter Yoga session with the residents to boost their morale and happiness quotient. Laughter yoga is our signature project. Mr Handa is 101 years old and told jokes, we also served samosas and laddoos.

CLUB PROJECTS (CONT)

CHILD WELFARE COMMITTEE



**INNER WHEEL CLUB OF
DELHI UMANG**
District 301
Charter Number 6759

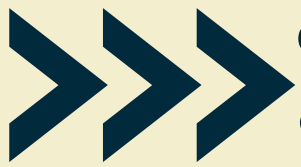
Mrs. Shikha Mahipal
Club President

Mrs. Rachna Mohan
Club Secretary

Dr. Urvashi Mittal
District Chairman

Trish Douglas
IIW President

Mrs. Preeti Gugnani
Association President



Our club member served Khichadi and cake to about 30 children on her birthday and gave them note books and pencils



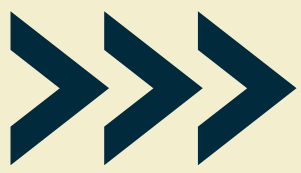
Leave no child behind

CLUB PROJECTS (CONT)

CHILD WELFARE COMMITTEE



Janamashtami celebration at Aarohan



Our club members gave IW logo note books, bansuri and light snacks to the children of NGO Aarohan. The children dressed up as cute Radha and Krishna and danced in lively performances.



Janmashtami Celebration

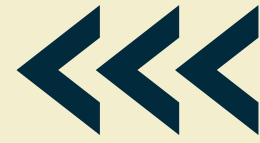


Members celebrated
Janamashtami with beautiful
decorations of Bal Gopal and
Jhulla

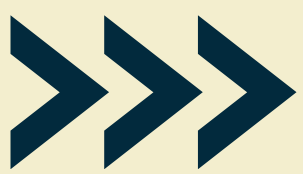


CLUB PROJECTS (CONT)

BRANDING COMMITTEE



JANAMASHTAMI CELEBRATION AT AAROHAN

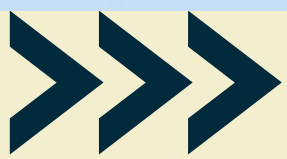


Our club members gave IW logo note books to the little kids to promote IW branding



CLUB PROJECTS (CONT)

EDUCATION COMMITTEE <<<



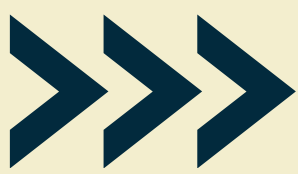
Niswarth Sewa foundation

Our president and secretary sponsored Rakhi making competition for the children of Niswarth Sewa Foundation and awarded prizes to the top three winners. The children were also served patties and laddoo which they really enjoyed.

**'EDUCATION IS THE MOST POWERFUL WEAPON
WHICH YOU CAN USE TO CHANGE THE WORLD'
-NELSON MANDELA**

CLUB PROJECTS (CONT)

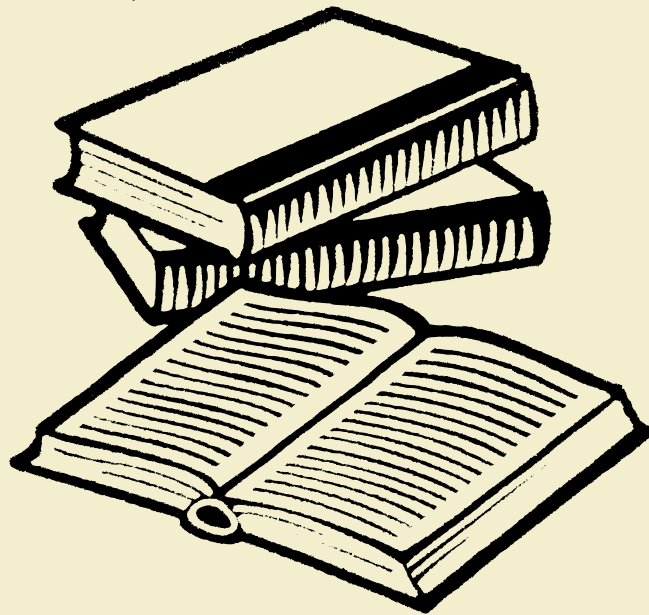
EDUCATION COMMITTEE



Maheshwari Chitrawas Bhilwara, Rajasthan

Our IPP Usha GAGRANI donated a yearly amount of
Rs 5,000 and Healthy

fruits and sweets to about 20 students of Maheshwari Chitrawas
school . The school provides free food and stay to the children who
come from a nearby village where they can persue studies without
any financial hurdles.



CLUB PROJECTS (CONT)

EDUCATION COMMITTEE



दिनांक: 06-09-2023

आदरणीय अरुणा सहाय महोदया,
इनर व्हील क्लब, दिल्ली

आशा है कि आप सफल होंगे। मैं बस आपकी मदद और दया के लिए अपनी गहरी कृतज्ञता व्यक्त करता हूँ, मैं एक समय काफी परेशान था अपने बच्चे(हर्षित रंजन झा क्लास-8A) के स्कूल फीस के लिए, लेकिन आपकी मदद और आशीर्वाद से मैं काफी हद तक अपने को संभाल पाया। आपके द्वारा हर महीने बच्चे का फीस आ जाने से मैं अपने बच्चे का अच्छे स्कूल में पढ़ा पा रहा हूँ। हमेशा ईश्वर से प्रार्थना करता हूँ आप सदैव स्वस्थ और दीर्घायु बनें ताकि हम जैसे लोगों का कल्याण हो सके।

आपने मेरी सहायता करने के लिए जो समय और प्रयास किया, मैं वास्तव में उसकी सराहना करता हूँ, और मैं आपकी उदारता के लिए वास्तव में आभारी हूँ। आपकी मदद मेरे लिए बहुत मायने रखती है और मैं इसे कभी नहीं भूलूंगा। मैं बेहद भाग्यशाली हूँ कि आप मेरे जीवन में हैं और आपने सदैव मदद की है, मुझे वो पता था जब मैं कोरोना संक्रमित हो गया था उस समय कोई भी ऐसा दिन नहीं गुजरा जब आपका कॉल न आया हो, आपने सदैव मेरे में उपकार किया है, मैं हमेशा आपका आभारी रहूंगा। मैं आपके बारे में जितना भी लिखू वो कम है। ईश्वर आपकी सारी मनोकामना पूर्ण करें।

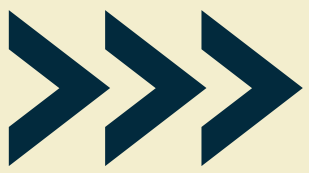
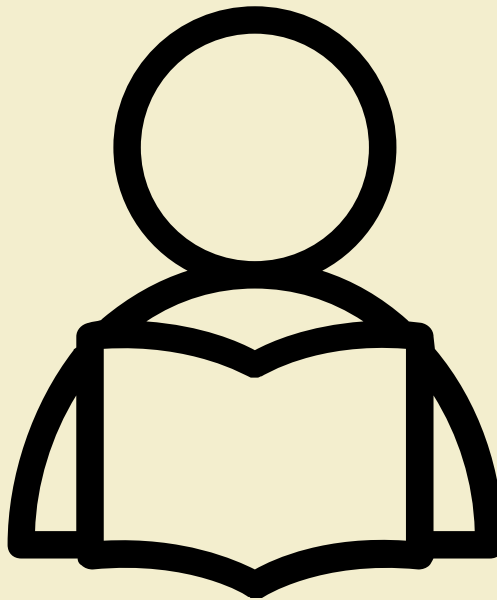
आपका विश्वसनीय
ऋतू रंजन कुमार

मुझे समझ लीं आ रहा कि फीस तरह से आपका धन्यवाद करें, आपसे जो भी लिए दिव्या है, उसके मैं हमेशा आभारी रहूंगा

THANK YOU!

Particulars	Period	Amnt	Conts	NetAmnt
Monthly Annual Fee	01-09-2022 to 30-08-2023	1000.00	0.00	1000.00
Tuition Fee	01-09-2022 to 30-08-2023	3000.00	0.00	3000.00
Activity Fee	01-09-2022 to 30-08-2023	1000.00	0.00	1000.00
Development Fee	01-09-2022 to 30-08-2023	400.00	0.00	400.00
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Development Fee	01-09-2022 to 30-08-2023	400.00	0.00	400.00

Our ISO Aruna Sahai has been sponsoring the tuition fees of student Harshit Ranjan Jha of G.T. Saraswati Bal Secondary school, Nehru nagar for the past three years



CLUB PROJECTS WOMEN EMPOWERMENT COMMITTEE



One of our club members is teaching stitching to a young girl for free for about a fortnight. She will teach basic clothes stitching for 6 months, so that she can become empowered to earn a livelihood for herself and improve her economic condition

**DONT BE AFRAID.
BE FOCUSED
BE DETERMINED
BE HOPEFUL
BE EMPOWERED
-MICHELLE OBAMA**

JOINT CLUB PROJECTS

FABRIC AND APPAREL DYES

Our club donated Rs 5000/- for students of home economics of DU for the study of natural environmental dyes



HEALTH AND HYGIENE COMMITTEE

Our club provided 3 injection boxes for Thalassemia patients. Games were organized for the children and 4 gifts were also sponsored by one member for the games.



To,
 The Director
 Institute of Home Economics
 DU, Hansi Road
 11-8-2023

Dear Ma'am,
 This is to say that we are donating of sum of Rs 5000/- each for 'Center of Sustainable Studies' for a project on 'Natural Dyes- Creation of Sustainable & Training' to Deptt of HES. Kindly accept as a philanthropic act, and issue a receipt to us.

Thanks & Regards,
 1) Mrs. Delhi Vengal, District 301
 2) Mrs. Delhi Gauri Kulkarni, District 301



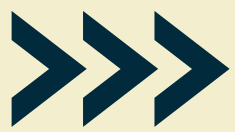
DISTRICT JOINT PROJECTS

INNER WHEEL BRANDING AND IMAGE BUILDING

At the residence of our district Chairman in Chattarpur our president and IPP joined other club presidents to distribute Inner Wheel logo umbrellas to the needy.



SURAKSHIT IW BRANDING



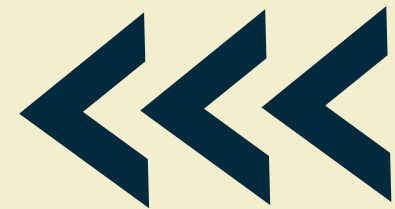
MOTIVATION TO VISUALLY IMPAIRED SINGERS

HELP TO DIFFERENTLY ABLED:
 At the residence of the District Chairman our President and IPP joined the various club presidents to encourage and facilitate three blind singers to pursue their talent and were presented planters.



ASSOCIATION JOINT PROJECT

IILM SHIKSHA TABLET PROJECT



Five members of our club contributed to the Tablet project to enable a child with E literacy

**EMPOWERING EDUCATION
TRANSFORMING LIVES**
भारत की नींव - शिक्षा के दीप

**INNER WHEEL CLUB OF
DELHI UMANG**
District 301
Charter Number 6759

Mrs. Shikha Manjari
Club President

Mrs. Rachee Mohan
Club Secretary

Dr. Urveshi Mittal
District Chairman

Tilak Dasgupta
RA President

Mrs. Preeti Gagnani
Nominations President

IILM
INNER WHEEL INDIA
LITERACY MISSION
NATIONAL GOALS 2023-24
SHIKSHA 360°

Name	Club	District
	IWC Delhi Umang	301

शिक्षा के दीप को रोशन करने में मेरा सहयोग
GIFTING A TABLET

'GIRLS EDUCATION REDUCES INEQUALITY IN SOCIETY'

Second GBM & Teej Celebration



Our club celebrated Teej and Independence Day and results of Teej tambola competition were announced at the GBM

Teej Tambola Competition Results



IPP Usha Gagrani 1st



Charter President
 Kapila Chopra 2nd



President Shikha
 Mahipal 3rd



Participants of competition



Competition set by our ISO

Third GBM At New Friends Club



Meet and planning agenda for upcoming COV on
September 30th

MEDIA COVERAGE



कर रख को की है। नरी कुछ और मगर कर भी रुद्ध भी पक्ष दिये

इनर व्हील क्लब ऑफ उमंग डिस्ट्रिक्ट 301 ने दिव्यांग बच्चों को किया प्रोत्साहित

स्वास्तिक सहारा ब्यूरो

गाजियाबाद। इनरव्हील उमंग डिस्ट्रिक्ट 301 ने अपने पहली जीबीएम कम इर्नाग्रल मीटिंग में जिला अध्यक्ष डॉक्टर उर्वशी मित्तल एवं अन्य जिला समित सदस्यों की उपस्थिति में एक दिव्यांग बच्चों के साथ कार्य किया। इस कार्य में क्लब के 22 सदस्य मौजूद थे। चार लड़के जो डाउन सिंड्रोम है फोटोग्राफी करते हैं इन बच्चों को प्रोग्राम में आमंत्रित किया। इर्नाग्रल सरेमनी में इन बच्चों ने बड़े उत्साह और

लगन के साथ फोटो खींचे। क्लब अध्यक्ष शिखा महिपाल का यह मानना है कि इन बच्चों में भी कहीं ना कहीं कोई योग्यता छिपी होती है यदि हम उन्हें उसको पहचानते हुए यदि उसको दर्शाने का अवसर दें तो इससे उनका मनोबल बढ़ता है और आत्मविश्वास बढ़ता है। सब बच्चों को उनके इस कार्य के लिए नकद पुरस्कार देकर सम्मानित किया एवं इनरव्हील मार्क का छत्रा दी गई। उनका यह प्रयास सभी के दिल को छू गया।

उपस्थित रहे। रखा, साथ ही गाजियाबाद नगर निगम का धन्यवाद जताया।

इनर व्हील क्लब ऑफ दिल्ली उमंग डिस्ट्रिक्ट 301 की नए स

स्वास्तिक सहारा संवाददाता

गाजियाबाद। इनर व्हील क्लब ऑफ दिल्ली उमंग डिस्ट्रिक्ट 301 ने 15 जुलाई को जिला अध्यक्ष उर्वशी मित्तल, डीईएसओ पीडीसी रेनु गुप्ता, क्लब सलाहकार ममता भार्गव की उपस्थिति में आज नए सत्र की पहली जीबीएम सरेमनी मनाई। पहली बैठक में सदस्यों के चेहरे पर एक अलग उमंग एवं उत्साह दिखाई दिया, जिला चेयरमैन उर्वशी

आवसरवनाओं त कार्यकेजना। व मार्गों के भाग के आंकड़ों के हासिल करने विश्रुत तक पूर्ण हेर लेजी से त उतर प्रदेश की ाग द्वारा इस वर्ष म्ना के लक्ष्यों के कार्य जारी है रही है। के अंतर्गत 23 के आंकड़ों में, मार्गों के शन कार्य को 022-23 के रने के लिए सिलसिलेवार इन कार्य को हाइवे वेस्ट यूपी), सिंघई विभाग, विभाग, आवास वेभाग प्रमुख हैं।

लाकी

र्मकांटा के पास पति-पत्नी और मीत हो गई। मल्लक के खिलाफ । लखनऊ के

दुधेश्वर नाथ मंदिर के प्रधान पुजारी शिवानंद 7 सितंबर को ब्रह्मलीन हो बने थे। संत परम्परा के अनुसार उनका षोडशी षंडारा शुक्रवार को श्रीमहंत अर्द्धांजलि अर्पित करना होगा। शिवानंद गिरि जैसी पवित्र आत्मा भगवान के आदेश पर ही समाज को सही मार्ग दिखाने के लिए जन्म लेता है। दिल्ली

इनर व्हील क्लब उमंग ने धूमधाम से मनाया गणेश चतुर्थी

स्वास्तिक सहारा संवाददाता

गाजियाबाद। इनर व्हील क्लब उमंग ने गणेश चतुर्थी के अवसर पर भगवत धाम ओल्ड एज होम जाकर सौनियर सिटीजन के साथ लेटर योग योग सेशन किया और भजन गाकर उनका मनोरंजन किया सौनरी सिटीजन होम में यह वृद्ध लोग अपनी फैमिली से दूर होने के कारण अक्सर मायूस और लो फूल करते हैं। लेटर एक्सरसाइज उनका मूड अपलिफ्ट और ब्लड प्रेशर जैसी बीमारियों को ठीक करने में मदद करती है उन्होंने भी गाने सुनाए और बूटकुले सुन कर एंजॉय किया क्लब उमंग का यह सिनेचर प्रोजेक्ट है सभी सौनरी सिटीजन ने कहा को। यह प्रोग्राम होते रहना चाहिए हमें काफी अच्छ लगता और क्लब की गतिविधि को काफी सराहा।

महाराज, महंत गिरिशानंद गिरि महाराज, महंत विजय गिरि ने व्यवस में सहयोग दिया और आयोजन में सफल बनाया।

इनर व्हील क्लब उमंग ने धूमधाम से मनाया गणेश चतुर्थी

स्वास्तिक सहारा संवाददाता

गाजियाबाद। संजय नगर सेक्टर 2 स्थित भागीरथ पब्लिक स्कूल के प्रांग में जैसे ही बम फटा चारों ओर भगवत मंच गई। सिविल डिफेंस से आप प्रबंधन का प्रशिक्षण ले चुके स्कूल बच्चे तत्काल घटनास्थल पर पहुंच और स्टूचर पर उठाकर उन्हें प्राथमिक उपचार केंद्र तक पहुंचाया, जहां उन उपचार किया गया। इतना ही न घटनास्थल पर लगी तरह तरह की अ को भी विभिन्न विधियों से बुझाया किसी बड़ी अनहोनी को टालने स्कूली छात्र-छात्राएं सफल भी रहे सिविल डिफेंस के उपनिबंध अशोक गौतम एवं सहायक उपनिबंध

संचारी रोग एवं दस्तक अभियान में किसी भी प्रकार की ला

01 रातद्वय जे पार्त पात्र लात्मारिणों के बलतागे शारास्मात्त त



WEBINARS

Brother LOVE FEST

301 Inner Wheel District
A gentle reminder to Celebrate Rakhi with Love & Creativity
ON
19th August
3:00 PM Onwards

CHIEF GUEST
Seema Khaitan
DLCC 301-302
301, 302 CEC-123-251
Past National Editor (19-20)

GUEST OF HONOUR
Shalini Beriwal
Entrepreneur Business
consultant & Coach

CHIEF GUEST
Preeti Gugnani
Association President
2023-24

GUEST OF HONOUR
Dr. Urvashi Mittal
301 District Chairman
2023-24

Hurry! Register Now
<https://shorturl.ac/7b4bv>

INNER WHEEL DISTRICT 301
District Webinar on
RESTORING LIFE TO Burn Survivors

CHIEF GUEST
Dr. Urvashi Mittal
District Chairman - IW District 301

Key Note Speaker
Dr. Rajeev Ahuja
Founder Chairman & CEO - Burn Healing Foundation

HEALTH AND HYGIENE COMMITTEE CHAIRPERSONS
PDC Dr. Vinita Chopra & PDC Nisha Bhargava

INITIATED BY
IWC DELHI MIDTOWN

NEENA JAIN President
NAMRATA WADHWANA Secretary

Saturday, 26th August 2023
Time 3:00 pm

INNER WHEEL DISTRICT 301
District Webinar on
MENTAL HEALTH 'MIND YOUR MIND'

Chief Guest
District Chairman **Dr. Urvashi Mittal**

Key note Speaker 1
Rashni Sandhi Abbi
Psychologist at the Department of Mental Health & Behavioural Sciences, Fortis Healthcare

Key note speaker 2
Riddhi Mittal
Stanford Postgraduate

Committee Chairpersons
PDC Dr. Vinita Chopra, PDC Nisha Bhargava

INITIATED BY
IWC DELHI SIDDHARTHA

Date: 28th August
Time: 5:00 - 6:45 pm

Zoom link will be provided a day before
Neelu varma
president 7678669955
Dr. Ruchi Singhal
Secretary 9810461102
Sangita Tripathi
9871438566

President Poonam Soni & members of IWC Delhi Westend invite you to Join a District Webinar

EDUCATION

A PASSPORT TO FUTURE

CHIEF GUEST
District Chairman
DR. URVASHI MITTAL

EMINENT SPEAKERS
DR. SHYAMA CHONA
DR. JYOTI DHAWAN

COMMITTEE CHAIRPERSON
PAP, ZLCC **DR. URMIL BAREJA**
PNE, DLCC, MS. **SEEMA KHAITAN**
PAS. **DR. KARUNA BHALLA**
PDC **MS. PURNIMA NARAYAN**

Date: 8th September
Time: 11.30 AM

Zoom link will be shared a day before

President Poonam Soni & members of IWC Delhi Westend invite you to Join a District Webinar

EDUCATION

A PASSPORT TO FUTURE

CHIEF GUEST
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PAS. **DR. KARUNA BHALLA**
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Date: 8th September
Time: 11.30 AM

Zoom link will be shared a day before

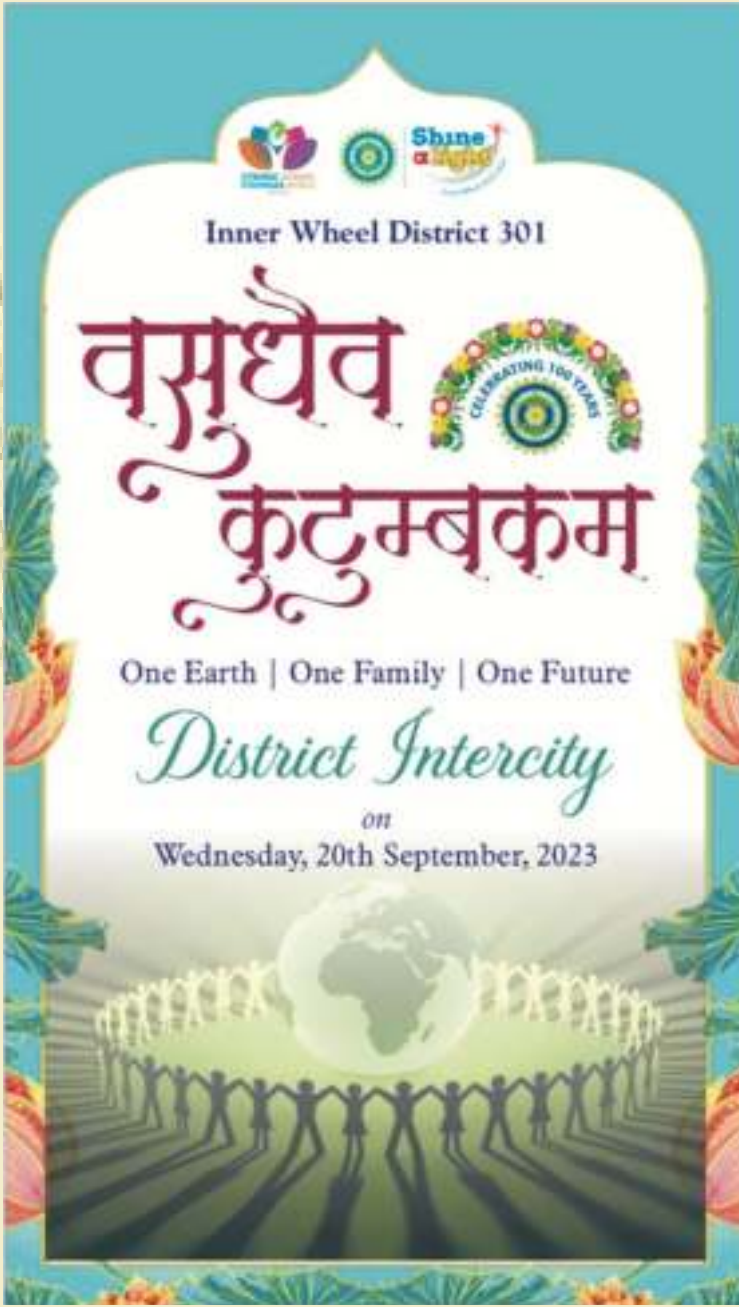
DISTRICT EVENTS



Three members from our club attended the district event 'Parampara'



DISTRICT EVENTS



Club members at District Intercity Event



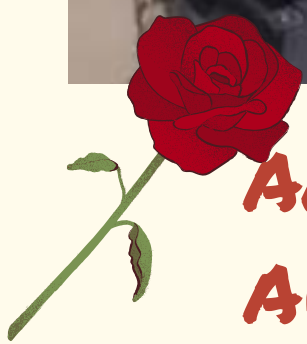
BIRTHDAYS



KOMAL SHAHDAPURI
AUGUST 1ST



PP ARUNA SAHAI
AUGUST 3RD



ANJU CHOPRA
AUGUST 21ST



DEEPIKA KHANDELWAL
AUGUST 16TH



BIRTHDAYS



RENU AGGARWAL
AUGUST 23RD



SEEMA JAIN
SEPTEMBER 6TH



SAVITA PANDEY
SEPTEMBER 13TH

**'COUNT YOUR LIFE BY SMILES, NOT
TEARS. COUNT YOUR AGE BY FRIENDS,
NOT YEARS!'**

ISO FLAG EXCHANGE



Flag exchanges within district 301 =58
Interdistrict flag exchanges=17
Total =75 till time of publication



Our dynamic ISO was invited to Kanpur and did a number of flag exchanges there also

MY FIRST ACTION WITH MY CLUB

I AM A ZERO WASTE WARRIOR



Acknowledgements:

I wish to thank my president and all club members for their valuable inputs and suggestions from time to time.

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**CLUB EDITOR
AMITA SHARMA**

**WARM INNER WHEEL GREETINGS
DEAR READER, IT GIVES ME IMMENSE PLEASURE TO PRESENT OUR COV
EDITION NEWSLETTER "JHAROKHA".**

In August and September we have covered a variety of projects and celebrated Teej, Independence Day, Janmashtami and Ganesh Chaturthi. Our 'Unique eyes' project was put on the association page and was a project very close to our hearts. Our club also contributed a tablet for this month's Literacy project ILM. Umang is always ready to take a pause for the cause as we endeavour to 'shine a light' in the lives of the underprivileged. Hope you will enjoy going through our bulletin and would appreciate your feedback.

FOLLOW US ON OUR FACEBOOK PAGE  @IWC DELHI UMANG

**Amita Sharma Editor 23/24
IWC DELHI UMANG
D 301**





**Shine
α light**
Inner Wheel 2023-2024



Sj

SEERA JEWELS

**BY SEEMA JAIN
NEW DELHI
9811453728**



Purwai 9

Meenu Singhal

Founder, Gemstone Jewelry
Vasant Vihar, New Delhi

For queries, contact:

+91-9810096303



purwai.9



Shikha Mahipal Club President Year 2023-24



**'BE THE REASON SOMEONE
SMILES TODAY'**

