



District 301

IWC Delhi Umang
Charter 6759



JHAROKHA

illuminate and inspire

Club President

Shikha Mahipal



IIW President
Trish Douglas

Association President
Preeti Gugnani

District Chairman
Dr Urvashi Mittal

National Editor
Sonal Bansal

District Editor
Dr Anju Ahuja

Club Editor
Amita Sharma

झरोखा



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CLUB PRESIDENT'S MESSAGE



Mrs Shikha Mahipal
Club President

Hare Krishna

I am feeling honoured to have been given the responsibility of leadership of our club in the centennial year, 2023-24. I would like to extend my gratitude to everyone for reposing your faith in me. A single feather can not make wings, when many of them come together, they can carry the bird a long way. With your support and co-operation we can definitely take the club to greater heights.

Association President Preeti Gugnani has given us the goal of TRAILBLAZER and international theme is SHINE A LIGHT, So let's all unite and work together to shine a light in some one's life and leave a mark behind. We all feel proud to welcome respected, charming, creative and intelligent Dr Urvashi Mittal as our District Chairman in the 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. May the lotus flower of peace and happiness bloom in the heart of each and everyone. We women can do wonders for the upliftment of society and for that we need to uplift each other.

No candle loses its light while lighting another candle, so never stop sharing, caring and helping others because it makes our life more meaningful.

HARE KRISHNA

DISTRICT CHAIRMAN'S MESSAGE



Dr. Urvashi Mittal
District Chairman



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 aUsha 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.

DISTRICT CHAIRMAN'S MESSAGE

(CONT)



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'S MESSAGE



Dr Anju Ahuja
District Editor

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

THE TEAM



Team 2023 to 2024

Shikha Mahipal	President
Kapila Chopra	Vice President
Rachana Mohan	Secretary
Usha Gagrani	IPP
Savita Pandey	Treasurer
Aruna Sahai	ISO
Amita Sharma	Editor

Executive Body Members

Shefali Bhasin	Madhu Jain
Renu Agarwal	Sudha Agarwal
Premu Bhandari	Rama Jain



International Inner Wheel
19th Convention
Manchester 2024

TEAM 2023 to 2024



Shikha Mahipal
PRESIDENT



Kapila Chopra
VICE PRESIDENT



IPP Usha Gagrani



Rachana Mohan
SECRETARY



Savita Pandey
TREASURER



Aruna Sahai
ISO



Amita Sharma
EDITOR

WELCOME NEW MEMBERS



SEEMAA JAIN



ANJANA BANSAL



RACHNA MOHAN



MEENA PANDEY



RENU SHARMA



MINI SINGHAL



DEEPIKA KHANDEWAL



NEETA AGARWAL



ARCHANA PATHAK

ENVIRONMENT COMMITTEE MONSOON PLANTATION

It's time to help the Earth.



PLANT A TREE AND PLANT A HOPE FOR THE
FUTURE

CLUB IN ACTION



E-WASTE #ZEST FOR ZERO WASTE



We took a pledge to dispose E waste responsibly

July 22nd An E waste seminar was arranged in collaboration with EARTH SENSE with guest speaker Mr Ajay Singh Rathore, BJP joint secretary Mr Vipin Yadav, RSS Naveen Mandal and Samvad Editors attended the awareness camp. We presented planters as a token of appreciation.



We collected E waste and gave to EARTH SENSE van for proper disposal

ZEST FOR ZERO WASTE



ON 15TH July our club members donated old clothes for Reuse and Recycling to Goonj NGO For the benefit of flood victims.

INNER WHEEL DISTRICT 301
JULY 2023-24 PROJECTS

ZEST FOR ZERO WASTE

DC DVC AC MEMBER DS DT DESO DISO DE

IWC BOKTA IWC PUNJAB TEHRAN IWC PAKHWA IWC BURGON STUART WITTE
IWC BOMBI SAPPORI IWC CIVIL LINES IWC DELHI BIRWA IWC BOKTA CITY
IWC INDIA/PUNJAB IWC HINDIA ELITE IWC DELHI WHEAT IWC DELHI UMANG

This project was posted on the Association page for ZERO WASTE theme

FAMILY WELFARE



DISTRIBUTION OF FOOD PACKETS AT GEETA COLONY BY IPP



RATION FOR GOONJ NGO



RAAHAT DISTRICT PROJECT FLOOD RELIEF FOOD BOXES

During the devastating rains in July our club member IPP Usha Gagrani donated food boxes and ration for the flood victims.

HELP TO DIFFERENTLY ABLED



Children with unique eyes



These 'Unique eyes' boys having Down's Syndrome took photographs of our first GBM. We honoured them and tried to give them a platform where they were appreciated and could present themselves with dignity and be recognized for their hard work and skill



On July 5th our club contributed Rs 2000/- for District Joint Project, a Van for NAB, RK Puram for children with disabilities.

ANIMAL WELFARE



JULY 1ST Three members from the club went to GKI Gaushala and fed the cows Gur, Hay and Khali. Our revered cow provides us with many dairy and medicinal products.

ASSOCIATION PROJECT WOMEN EMPOWERMENT



Our club member Seema Jain donated RS 4500/- for one bicycle for one underprivileged girl to empower her .

DOCTOR'S AND CA'S DAY CELEBRATION JULY 1ST



We presented a certificate and plants as a token of our appreciation to various doctors and CA's on July 1st



On this special occasion we salute the chartered accountants who play a vital role in financial decision-making and ensure compliance . Thank you for your invaluable contribution. **HAPPY CHARTERED ACCOUNTANT DAY!**



DISTRICT EVENTS



INNER WHEEL
DISTRICT 301
IMPORTANT
Venue for
उत्कर्ष
ANNUAL AWARDS 2022-23
has been shifted to
ISKCON TEMPLE AUDITORIUM
Sant Nagar, East of Kailash, New Delhi - 110065
Monday, 5th June, 2023 (Same as before)
Stalls Available @ Rs. 5000/-
Paytm No. 9654265144 (Host Club Secretary Aju Mahana)
&
For Account Transfer:
Inner Wheel Club of Faridabad Industrial Town
Account No: 9220220051060292 | IFC Code: UTIB0003202



ASSOCIATION OF INNER WHEEL CLUBS IN INDIA
AVIVA
vision to action
The Installation Ceremony
PREETI GUJNANI
As Association President
SUNDAY 18 JUNE 2023 10:30AM ONWARDS
Hotel Leela Ambience, Gurgaon

We attended Utkarsh award ceremony on June 5th after a year's long hard work and Association President installation at AVIVA on June 18th

Inner Wheel District 301
Dr. Urvashi Mittal
District Chairmen 2023-24
cordially invites you
for
JOINT INSTALLATION OF CLUB PRESIDENTS
अनवरत
100 years of selfless service
SATURDAY 1st July 2023
9.15 am onwards
No Registration
ISKCON AUDITORIUM
East of Kailash Sant Nagar, South Delhi (110065)
Dress Code: Shades of Yellow



Installation of club President Shikha Mahipal On July 1st



XXXIX DISTRICT Assembly Shat Arohan, on 5th July was attended by 4 members.

WEBINARS



CHARTER DAY CELEBRATIONS

President Neelu Varma & members of IWC Siddhartha invite you to join a **WEBINAR**

COMMUNICATION SKILLS & CONFIDENCE BUILDING FOR LADIES "H.E.R. S.P.L.E.N.D.I.D. PERSONA"

Speaker: Mr Gagan Singh, IEM-A & DCE Alumni Leadership, memory & communication trainer with experience of 24 years

Chief Guest: District Chairman-Urvashi Mittal

Guest of Honour (Committee Chairperson) PNE Seema Khaitan, PDC Manta Bhargava

JULY 24 | 2023
4-5:30 PM

LOOKING FORWARD TO YOUR ENTHUSIASTIC PARTICIPATION

Zoom link will be provided a day before

DR. RUCHI SINGHAL-9810463192
SANGITA TRIPATHI-9871458666

National Webinar on "Zest for Zero Waste"

Dear Inner Wheel Members

We are delighted to extend our warmest invitation to you for our upcoming National Webinar on "Zest for Zero Waste" organized by Inner Wheel District 325

Event Details:
Date: Friday, 28th July 2023
Time: 4:00 PM to 6:00 PM
Platform: Zoom

Distinguished Speakers:
Mrs. Vani Murthy
Mr. Gaurav Anand
Ms. Priyasha Singhania

Event Highlights:
During this webinar, we will explore innovative strategies and practical measures to minimize waste, improve recycling, and manage waste effectively. The IWC members will share their experiences, knowledge, and success stories, helping participants to adopt a "Zero Waste" approach in their daily lives.

Chief Guest:
We are privileged to have Mrs. Preeti Gugnani, President of the Association of Inner Wheel Clubs in India (23-24), as our esteemed Chief Guest.

Registration:
To ensure your participation in this enlightening event, registration is compulsory. Please register through the following link:

<https://shorturl.at/uOY39>

Let us come together as a community to learn, collaborate, and take meaningful steps towards a sustainable future together. We can make a difference!

We look forward to your valuable presence at the National Webinar on "Zest for Zero Waste".

For all enquiries, reach us at: 9871458666

Motivational and confidence building webinar by Mr Gagan Singh

National webinar on Zest For Zero waste with chief guest Preeti Gugnani by district 325



COTI GURUKUL was held on 16th May with subsequent Zoom training sessions for post holders

FIRST GBM



Our first GBM was held on 15th July. After lighting of the lamp, inner wheel prayer and collaring we felicitated the DC Urvashi Mittal and president Shikha Mahipal, this was followed by induction and pinning of nine new members by ESO PDC Renu Gupta. After doing two projects of the day, followed by address by DC, club advisor Mamta Bhargav and club president we had a surprise Ramp walk by the presidents past and present. We enjoyed the bonhomie and delicious snacks and lunch.





ACHIEVEMENTS 2022/23



Our club IPP Usha Gagrani received prize for exemplary service to the community in 2022/23.

- Umang came 3rd in Education(New club)
- 3rd in Women Empowerment
- 3rd in Child welfare
- 3rd in Cancer and Anaemia D
- (Category B Delhi club)
- Impactful award for Laughter Yoga for special children
- PP Usha Gagrani received special award for exemplary support as Canva trainer by DC Mala Rishi 2022/23
- Platinum award for outstanding contribution in all district joint projects
- Certificate for village development contribution which brought Email to the children and vocational/educational training to women and girls
- Gratitude certificate for mass marriage contribution



ACHIEVEMENTS 2022/23



The secretary, Shikha Mahipal, Treasurer Kapila Chopra and ISO Amita Sharma received trophies and certificates for their meritorious service for the club.





ISO FLAG EXCHANGE



Ambassador of friendship

Our ISO Aruna Sahai exchanged
7 Inter district Flags and 35 within district
flags for the month of July 2023



BLAST FROM THE PAST



**Charter President
Kapila Chopra 2019-2021**



**UMANG dance performance at
IW IMPACT AWARDS 2019**



**PP Aruna Sahai
2021-2022**



**PP Usha Gagrani
2022-2023**

ARTICLE ON MENTAL HEALTH AWARENESS

In today's Chaotic world, it is important for us to take care of our Mental Health along with our Physical Health.

Mental Health has become a buzz-word in today's Society, but do we truly understand in depth what exactly Mental Health is?

Mental health includes Emotional, Psychological, and Social well-being.

It affects how we think, feel, act, make choices and behave with others.

Mental health is more than the absence of a Mental Illness - it's essential to your overall health and quality of life.

We understand that our Physical Health is vital and we ensure to have annual check – ups, go to the Doctor & try to follow a healthy lifestyle for the same.

But we usually don't pay the same attention to our Mental well – being & Health.

Self-care can play a major role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.

As a Psychologist with over 30 Years of experience, I would like to share some Self-Care tips which you can do daily without being overwhelmed :

- Unclench your Jaw and Relax the Space behind your Knees
- Focus on your Posture and give your Body the optimum rest possible
- Sleep - Maintain Sleep Hygiene and get a Deep Sleep of 8 Hours
- Hydrate - Drink 2/3 litres of Water daily
- Learn to process Emotions in a safe manner and let go of things which don't serve you
- Find Happiness in Imperfection – Don't run after Perfection
- Join a Social Group or Champion any other Social Cause that you find yourself close to
- Plant a Tree, Gardening can be a good activity to find Peace & Harmony
- Spend time with friends over a cup of Adrak Chai, meet up to laugh, dance or sing together
- Listen to Music - Whatever Music helps you feel Happy, Calm and Centered
- Include Chanting as an Activity in your Daily Routine – or any other Activity that brings you Calmness

You can try to incorporate a few of these Tips in your Life, without getting overwhelmed by all the Options present for Mindfulness in our Chaotic world.

Our life is full of challenges - our loved ones can be frustrating but also be wonderful, we might face difficulties but we also have so much to be grateful for.

So, let's use these tips and stand together to thrive in this wonderful yet chaotic world.



MEENA PANDEY
PSYCHOLOGIST

BIRTHDAYS

“Today you have added another candle of knowledge and wisdom to your life. May it give you the power to enlighten the whole world.” — Debasish Mridha



RAMA JAIN
JULY 29th



MITRALABHA THE ART OF GAINING FRIENDS A TALE FROM THE PANCHATANTRA



A deer, a turtle, a crow, and a rat were friends. They lived happily in a jungle. One day, the deer was caught in a hunter's trap and the friends made a plan to save him. The deer struggled as if it was in pain and then it lay motionless, with eyes wide open, as if it were dead. The crow and the other birds then sat on the deer and started poking it as they do to a dead animal.

Right then, the turtle crossed the hunter's path to distract him. The hunter left the deer, assuming it dead, and went after the turtle. Meanwhile, the rat chew open the net to free the deer while the crow picked up the turtle and quickly took it away from the hunter.

Moral: Teamwork can achieve great results.

FROM THE EDITOR'S DESK



Amita Sharma



I am grateful to my team members for entrusting me with the post of Editor and also to the district Editor, Dr Anju Ahuja for her constant support. TRAILBLAZER is the association President's theme for this year with a multipronged approach to how we approach our work this centennial year. Let's be ready to SHINE A LIGHT on all our projects started before and as Editors be ready to highlight the selfless work our clubs are doing. I am proud to be a 'Centenary Kalam Ke Sipahi' in this hundredth year of Inner Wheel and be part of the grand celebrations. It is very important to be tech savvy, especially for Editors as social media plays an important roll in how we share and project our work. This year the Association App is a step in the right direction. I am happy to assist our club President and secretary whenever required.

I present before you our first July edition bulletin 'JHAROKHA'. Please follow our Facebook Page  @IWC Delhi Umang

'There are two ways of spreading the light: to be the candle or the mirror that reflects it.'- Edith Wharton.

Be the light. Spread the light
SHINE A LIGHT
Amita Sharma
Editor 2023-2024





In a world where you can be anything be kind

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AKNOLEDGEMENTS

- My son , Shiv Sagar Sharma for teaching me PPT and clicking this picture
- My club members for supporting and encouraging me
- District Executives for their support