



Jharokha



IWC Delhi Umang

District 301
Charter 6759

Shine a Light
Celebrating a hundred Years of
Friendship and Service

IIW President
Trish Douglas

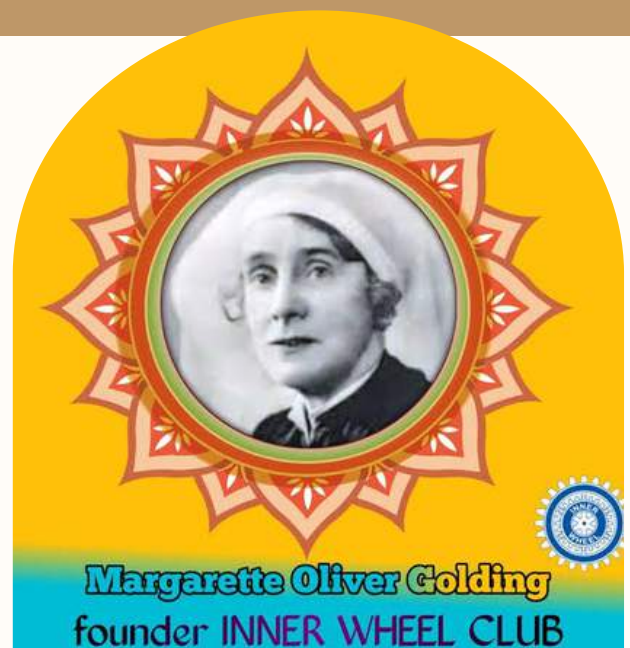
Association President
Preeti Gugnani

District Chairman
Dr Urvashi Mittal

District Editor
Dr Anju Ahuja

Club President
Shikha Mahipal

Club Editor
Amita Sharma





Club President 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 आंसूँ 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 Advisor
Margarette Golding Awardee
PDC Mamta Bhargava*

Message and good wishes to Inner Wheel of Umang.

Dear Club Editor Amita and President Shikha,

Congratulations.

It's a pleasure to work with your team of club members. You are very innovative in your execution of your ideas.

I really appreciate the time you have put in to meet the target of 105 projects in the centenary year. It is not always easy with such different personalities but you have achieved it by encouraging your club members participation in the club activities.

Your enthusiasm and willingness to encourage all to perform their best at the club level.

In these past 5 years, all the past Presidents have worked in their style for a steady progress in the club. They have kept the flag flying high with their pride, dedication, devotion and commitment.

Wishing you all the best in the future.

*Yours and friendship
Club Advisor
Mamta Bhargava*

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From The Editor'S Desk

Acknowledgements



इनरव्हील प्रार्थना

मित्रभाव के सत्य अर्थ को हम सब में, हे ईश्वर भर दो ।
हम सब ही हैं 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 ॥



UMANG IS FIVE YEARS OLD

HEALTH AND HYGIENE COMMITTEE



Innerwheel branding

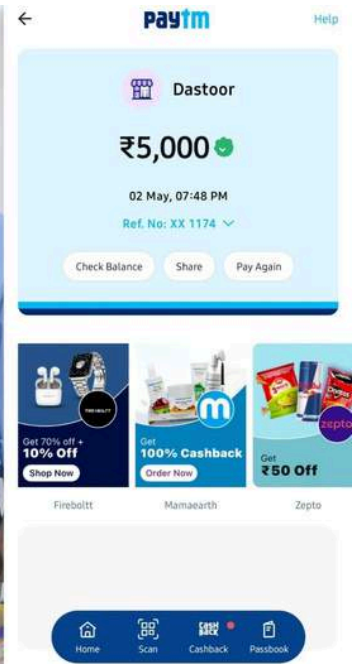
Our club gave toothpaste and bananas to all the children of Maharishi Dayanand school, Gurugram. During the dental health check up children were told how to brush properly and were given Innerwheel logo tooth brushes to promote IW brand

Dental health check up camp



Women's health

HEALTH AND HYGIENE COMMITTEE



Our club donated money Rs 5000/- for the hysterectomy of Inder Kala Devi in a district joint project.

Our past president paid for the tests, ultrasound of Anita after she suffered a miscarriage in order to help her in her current pregnancy.

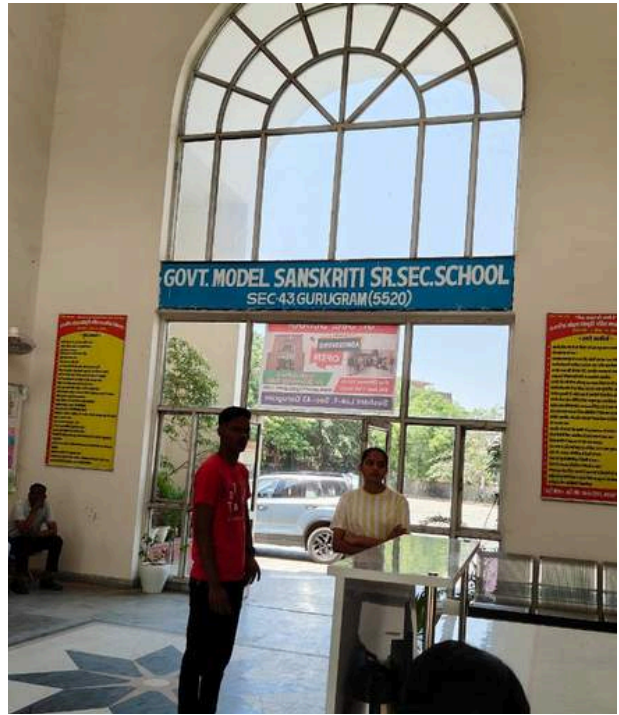


Prashanti

In an ongoing project, our charter president who regularly visits Prashanti donated steel Katori for the children on behalf of the club and served nutritious food.



EDUCATION COMMITTEE



Our club president donated a set of time life encyclopaedia to Govt. sanskriti school, Gurugram library for the benefit of about a thousand students of higher classes

ANIMAL WELFARE COMMITTEE



Our IPP fed the cows at GK 1 Gaushala, this being our 108th Project

Strong women, Stronger world

WOMEN EMPOWERMENT COMMITTEE

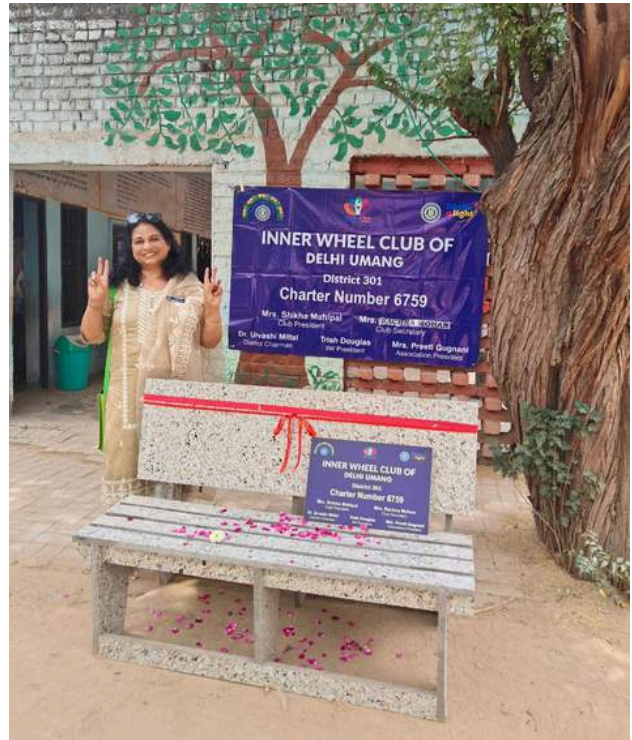


Our club members donated an ironing table to help a young girl to earn an income by ironing clothes, there by contributing to the family income, in Shalimar Bagh



Two sewing machines, sponsored by D 329, were donated to a young couple and a young girl to earn a livelihood for them selves and make them financially independent

————— Save the Environment —————
ENVIRONMENT COMMITTEE



One bench made of plastic waste was donated to Government primary school, Ramgarh , Gurugram in the presence of The DC

An awareness talk was given to educate the children on dos and don'ts of plastic usage.

Unique Eyes

HELP TO DISABLED COMMITTEE



Our president has been passionately supporting and encouraging the “Unique Eyes ‘ boys by calling them for our club events and they clicked pics of our AGBM on May 27 th and were payed professional fees to support them.

ZEST FOR ZERO WASTE



Old clothes donated to Goonj NGO



E waste disposal by club members

SPORTS AND YOUTH DEVELOPMENT COMMITTEE



Khel Kood



Our club organised games like relay, lemon spoon race, racing for the children of Nishwarth Sewa Foundation . The children were awarded with Gold , silver and bronze medals and all children were treated with sandwiches, wafers and frooti. The club also gave badminton rackets and one carrom board for the benefit of the students

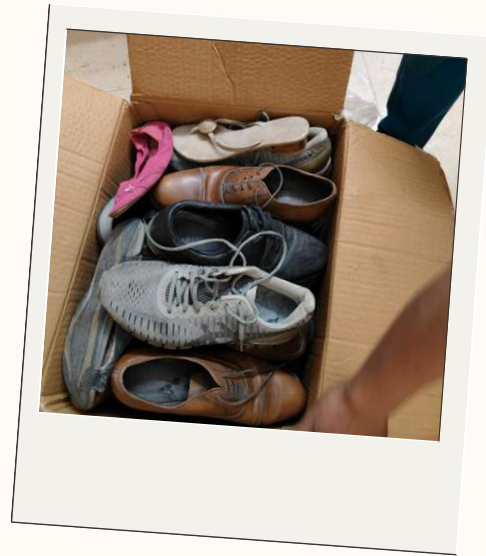
Self Defence Training



Self defence training for the children of AICB was conducted at Rohini and snacks were served daily. President presented certificates which were issued by Police trainers. This was also our 100th project



Reuse And Recycle



Old Shoes Donation



Vintage Dhela

Our club members donated recycled foot wear for Vadodara as part of district project.. we also donated clothes in very good condition and dhela for 'VINTAGE DHELA' to Raju and his wife to sell in Raghubir weekly market

District Joint Project



Mass marriages

Our club contributed 54 sewing kit boxes, including needles, scissors, buttons, thread and inch tape as blessings to the couples getting married

District Project Raahagiri



Our club contributed money for Raahgiri event in Jasola vihar. The students of Ayaas Prayas school put on amazing skits and dance performances under the aegis of sports and youth development committee



SPORTS AND YOUTH DEVELOPMENT COMMITTEE

Achievements and flag exchange of our ISO



Flags Exchanged
 Within District 85
 Inter District 44
 International 3

Friendship
 Ambassador

First prize in Chandrayaan
 competition D 303



Second prize in Essay writing competition

My Country BHARAT, Restoring its original name.

In the tapestry of history, names are not just labels; they are symbols that carry the weight of identity and culture. India, the land of ancient wisdom, diverse traditions, and a rich heritage, is on a journey to restore its original name, Bharat. This endeavor is not merely a linguistic change but a profound assertion of its historical and cultural significance. In this essay, I will explore why India is seeking to reclaim its original name, Bharat, and why this restoration is essential for preserving and celebrating its cultural identity.

Bharat: A Name embedded in History - The name Bharat has its origins in ancient Indian scriptures and mythology. According to the Indian epic Mahabharata, Bharat was the son of King Dushyanta and Queen Shakuntala, symbolizing the continuity and glory of the land. Additionally, in Hindu mythology, the name Bharat is linked to Lord Rama's brother, who ruled over the region, and to the great emperor Bharata, the son of Dushyanta, who united the Indian subcontinent. Thus, Bharat is not just a name; it is a reflection of the country's deep historical and cultural roots.

Reconnecting with Our Roots - India, for much of its modern history, has been known by its colonial name. The name "India" was imposed by British colonizers during their rule, and it carries the baggage of colonialism. By restoring the name Bharat, India is shedding the remnants of colonialism and reaffirming its historical and cultural identity. This restoration is not about rejecting the past but embracing it. It is about recognizing that India's history did not begin with colonial rule but stretches back millennia. It is a way of reconnecting with the ancient traditions, languages, and values that have shaped the nation. Bharat is a name that resonates with the hearts of millions of Indians who take pride in their rich heritage.

Legal Framework - The Constitution of India already recognizes 'Bharat' as the nation's name in Article 1. By formally adopting 'Bharat' as our primary name, we would simply be aligning our national identity with our constitutional framework. This transition can be executed smoothly through a legal amendment, emphasizing our commitment to the principles enshrined in our Constitution.

Cultural Diversity and Unity - One of the remarkable aspects of India is its cultural diversity. The country is a mosaic of languages, religions, and traditions. Restoring the name Bharat is not an attempt to homogenize this diversity but to celebrate it. Bharat is a unifying name that transcends regional and linguistic differences, emphasizing the shared heritage of all Indians. In a time when divisive forces threaten to pull societies apart, the restoration of the name Bharat sends a powerful message of unity. It reminds us that beneath our surface differences, we are all part of a larger tapestry that is Bharat.

A Symbol of Sovereignty - The name Bharat also reinforces India's status as a sovereign nation. While "India" may evoke thoughts of a fragmented subcontinent, "Bharat" reminds us of a united land with a shared history and destiny. It is a name that carries the weight of sovereignty and self-determination.

Conclusion - India's decision to restore its original name, Bharat, is more than a symbolic gesture. It is an assertion of cultural pride, historical continuity, and unity in diversity. It signifies a reconnection with our roots and a rejection of colonial legacies. It is a celebration of the nation's rich heritage and a reminder of our shared identity as Bharatiyas. In embracing the name Bharat, India is not discarding its past but building upon it, reaffirming its cultural diversity, and asserting its sovereignty. The restoration of Bharat is a step towards a more inclusive, self-aware, and culturally confident nation. It is a step towards reclaiming our heritage and shaping a brighter future while staying rooted in our glorious past. It is time for India to proudly declare to the world, "I am Bharat."

ISO ARUNA SAHAI, 9312252942

DELHI UMANG 301

Red carpet Ramp walk



Women's Day Celebration
Inner Wheel District 301
DISTRICT JOINT WEBINAR

You are cordially invited to
join the Zoom event honoring the
Inner Wheel Centenary Queen
& Runners up of
Red Carpet Ramp Walk

Chief Guest **DR.URVASHI MITTAL**
District Chairman

Speaker & Judge
ROSY AHLUWALIA
Bollywood Celebrity Fashion Designer

date - 12th June 2024, Wednesday
time - 4:00 pm
zoom link will be shared a day before

initiated by
IWC DELHI SIDDHARTHA

Committee Chairpersons
PDC Usha Mutha
PDC Saroj Gupta

Neelu Varma Dr. Ruchi Singhal
President Secretary
7678669955 98104 63192



IWC DELHI SIDDHARTHA
PRESENTS
CERTIFICATE
FOR
Ms. Creative
Meenu Singhal
IWC UMANG

has been awarded for her exceptional
performance in the **Red Carpet Ramp Walk**
in celebration of Women's Day of Innerwheel centenary year.

 **DR. URVASHI MITTAL**
DISTRICT CHAIRMAN

 **ROSY AHLUWALIA**
BOLLYWOOD FASHION
DESIGNER

 **NEELU VARMA**
PRESIDENT

HURRAY

Club member Meenu Singhal was one of the finalists in Ramp walk held by Siddhartha club .She was awarded certificate for Ms Creative. Deepika Khandelwal also received a certificate of appreciation for participation

Shreshtha Motivation Ceremony



Grand Finale

With district Editor



Award for Umang club



Group photo with the D C



With Margarete Golding
awardee club advisor PDC
Mamta Bhargav

*Our club hosted the
Motivation ceremony
along with Rajendra
place club*

Shreshtha Motivation Ceremony



IPP Usha Gagrani received trophy for Canva/PPT classes online



Shine a light



With Unique eyes photographer



Beautiful Ganesh Vandana by Seema, Renu and Deepika



Umang on Stage



At the registration desk

GBM APRIL



GBM was held at Seema Jain's residence in Pitampura. Spiritual talk was given by Meena Gupta, there was fun, masti and delicious lunch was served. Projects done were Vintage dhela, happy feet and seed collection.

ANNUAL GBM MAY 27th



Annual GBM was held at Pind Baluchi, Pamposh enclave . Club advisor , PDC Mamta Bhargava was guest of honour. After lighting of lamp, prayer and collar , Club president, Shikha Mahipal welcomed club members and gave her views on the year gone by. Club members presented dance performances and spoke a few words of appreciation . Club president welcomed and presented gifts to the club advisor and club members . As she had started her tenure by calling differently abled “Unique Eyes’ boys , so she culminated her tenure by calling these boys to cover our event by clicking pics of the meeting.



Charter day celebration by cake cutting

With club advisor, Margarett Golding awardee PDC Mamta Bhargava

COTI AINE




INNER WHEEL DISTRICT 301

Aine

*Club Officers Training Institute
2024-2025*

New Hope
New Learning
New Beginning

THU 16 MAY
9:30 AM

Host Club
INNER WHEEL CLUB OF DELHI GK ALLURE

*In the whispers of Aine, dreams take flight,
A tapestry of hopes woven in starlight.*



Birthdays And Anniversaries

Birthdays

Meena Pandey
May 7th

Neeta Aggarwal
May 13th

Rachna Mohan
June 3rd

Anniversaries

Meenu Singhal
May 5th

Savita Pandey
June 2nd

Dr Raka Bharti
June 5th

“The key to agelessness is to live in the present moment, fully embracing and experiencing each day as it comes”.





From the Editor's desk

Dear Reader, As I look back at an incredible year of achievements of our club UMANG, I get the feeling we have climbed a mountain and now we can turn back and enjoy the view. Our President and club did commendable and unique projects, took part in rallies, walkathons, raahagiri, competitions and excursion to Ayodhya. Our club came first in the district car rally treasure hunt and our club member was awarded Ms creative in the ramp walk. We also hosted the Motivation event 'Shrestha'. It has been a fulfilling centennial year in which 108 projects were carried out. I want to thank our President and club members for choosing me as club Editor for the second term, and hope I could do justice to the post. I won a prize for my Navratri recipe in the E booklet released on Aalekh Editor's meet, I wrote for the district souvenir and assisted the president in uploading projects on the association app. I now bid you Adieu until we meet again. The wheel of friendship and service continues Spread the light.

Amita Sharma
Club Editor 2023-24
IWC Delhi Umang
D 301

YOUR EXISTENCE BRINGS A
LIGHT INTO THIS WORLD
LIKE NO OTHER. PLEASE
KEEP THAT LIGHT SHINING.



Acknowledgements

I express my deepest gratitude to the District chairman Dr Urvashi Mittal and District Editor Dr Anju Ahuja for their valuable guidelines through out the year.

I want to thank the club President Shikha Mahipal for motivating and appreciating my humble efforts and all the club members with whom I share a warm camaraderie, helped in the smooth work of my post as Editor

I want to thank my children and husband for encouraging me in my life at Innerwheel.

