



IN TOUCH

The Inner Wheel Monthly Digest - June 2024

The IWC Vision

The Ideal of the club shared by visionaries who looked beyond the horizon and envisaged what changes a group of dedicated women could bring about in the lives of underprivileged.

The IWC Mission

Let us turn our eyes to the future, let us visualize the endless possibilities of what we can achieve working together. Fostering International understanding Together, we are all going to shine a light.

PROJECTS

07th
JUNE

Medicines and food items were donated to Shanti Avedna, a hospice for the terminally ill patients of cancer



08th
JUNE

As a part of CC Science Project CC Ashwini Vernekar took the children from Wadia Hospital to Nehru Science Centre



08th
JUNE

Solar Panels were donated to Lions Home for the Aged blind at Khandala



12th
JUNE

Manipura, District Assembly to celebrate the year gone by for the outgoing Presidents and welcoming the incoming President for the next IWC year



14th
JUNE

Three rooms were sponsored by the Club for a period of 2 years at St.Jude's Home for Children afflicted with Cancer.



18th
JUNE

10th GBM at Intercontinental



19th
JUNE

Inauguration of Aanganwadi at Ghatkopar



24th
JUNE

Diapers and underpads donated to Sir Jamshedji Jejeebhoy Old Age Home, Nagpada



28th
JUNE

Mid day meal sponsored by PDC Kanta Anand for
the student of SHED, Kalina



28th
JUNE

Inauguration of District water project



**30th
JUNE**

Branding of Inner Wheel Club of Bombay at Nana Chowk sponsored by branding chairman PDC Indira Kotak & inaugurated by DC Pallavi Choksi



'Dil Ke Kareeb'

with Past President Sweta Vakil



Hello PP Sweta, welcome to the 11th episode of interview series 'Dil ke kareeb' with me Club Correspondent Ashwini Vernekar for our June Newsletter "In Touch"

Ashwini Vernekar : PP Sweta we would like to know about your childhood and your education.

PP Sweta :

Hello all, I was born in Baroda, my father was in B. H. E. L. and due to his transferable job we travelled a lot. We were in Manchester till my grade 2 and After Manchester we moved back to Bhopal and completed my schooling from St. Joseph's Convent, Bhopal, which was on top of the hill and it was very scenic. I was used to seeing open spaces and greenery during my growing up years.

My mother was a homemaker and I have one brother and two sisters, they all are now in Baroda. Childhood was spent amongst open spaces and green gardens.

Highly motivated by parents towards art, music and dance and completed my Visharad in Kathak in Bhopal.

I graduated in History and English Literature and soon after got married and moved to Mumbai, and adjusted to the fast pace of life in Mumbai.

Ashwini Vernekar : What kind of qualities do you dislike in people and what qualities do you admire?

PP Sweta : I like people who are open and those who have a good sense of humour I really do not interact with people who are mean and selfish.

Ashwini Vernekar : Do you like working independently or in a team? Can you tell us about your strengths?

PP Sweta : I always like working in a team. When you work in a group you can pool resources and ideas & share many things.

I like to focus on one task at a time and I am very meticulous in my work. I have a good sense of humour and admire people who are witty.

I enjoy cooking and am good at it. I have always been into charity. I have my family trust '**Prakash Charities**' supporting homeopathy & offering scholarships to deserving homoeopathic students and supporting homeopathy hospitals.

I have two daughters, one is settled in Atlanta USA and another one is in Mumbai.

Ashwini Vernekar : What has changed in your personality after joining IWC?

PP Sweta : I have had a very satisfying experience in IWC, learned many things. It has taught me compassion and empathy.

One experience that has stayed with me is during one of our Mira Mehta award function where the awardee was an acid attack victim, it was heart wrenching to see photos being clicked with her and also to hear about the incident which led to this horrendous act of fate.

Ashwini Vernekar : What is the essence of Humanity?

PP Sweta : As a Human being one has to have quest for knowledge; we need to go out and meet people. When you interact with defferent people your outlook changes.

Humanity to me means having a purpose in life and working towards it with compassion.

Thank you very much

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TRAVELOGUE

Our member ALKA ROY travelled to the land of raising son, Japan

In 2017, I had the most memorable trip to Tokyo and Kyoto in Japan. It amazes me as to how inspite of the challenges of bombings, floods, earthquakes the country has bounced back to prosperity and modernization. Yet maintaining their tradition and close family ties. Inspite of language barriers people are very friendly and helpful.

In Tokyo we stayed in the centre of the city. It was buzzing with activities. Subways are very convenient to move around.

Listing some sights we visited in and around Tokyo -

The famous Shinjuku Gyoen National Garden known for its formal, landscape and traditional gardens.

Shibuya-the Orchard Street of Tokyo. It has the world's busiest intersection.

Sensoji, Tokyo's oldest Buddhist temple.

Experienced a traditional tea ceremony at Hama Rikyu Gardens.

Tried some great izakaya cuisine at Roppongi, a very upmarket area, known for its night life.

Took a trip to Mt Fuji in a train and cable car. Cruised on the lake in Hakone to see the most breathtaking view of Mt Fuji.



TRAVELOGUE

Took an early morning subway to the Tsukiji Fish market. Saw huge Tuna fish for the first time and sampled the freshest and most authentic sushi and sashimis.

Hung around Ginza district, upmarket shopping area in Tokyo. Sampled delectable Udon, Ramen noodles, yakitori and sake.

Kyoto and around-Got to see the wonderful country side on the train to Kyoto.

Visited the famous Fushimi Inari shrine known for its thousands of vermilion torii gates, said to be the division between the physical and spiritual worlds.

The Gion Geisha District is the greatest tourist attraction in Kyoto. We stood for long hours, in the evening, on the roadside to catch a glimpse of the Geishas. Was quite an experience.

Took the Yamazaki Distillery tour. Saw the entire process of whiskey distillation and aging and savored the world famous Yamazaki single malt.

Immersed and strolled through the tunnel of emerald green at the 'Arashiyama Bamboo Forest' with sunlight filtering through the trees. It's Kyoto's most iconic sights. Leaves a lasting impression.

Went to the Kinkakuji ji (Temple of Golden Pavilion) a Buddhist Zen

Temple. It is the most popular building in Kyoto and a World Heritage site.

The trip to Naoshima island, with its many contemporary art installations and museums was a treat to the eyes.

The finale was a gastronomical, delectable, multi cuisine meal at Narisawa, a 2 star Michelin star restaurant, at Tokyo. Number 10 in Asia.

I love Japan and am craving to go back to see the rest of the country. Hopefully it will be soon.



READING CORNER

Our member Jayshri Shah suggests us books which have impressed her

My Sister's Keeper by Jodi Picoult

it tells the story of thirteen-year-old girl, who sues her parents for when she is told to donate a Kidney to her elder sister, who is suffering from acute leukaemia



Nineteen minutes by Jodi Picoult

Story about a teen who has been bullied for years by the popular crowd and how bullying caused teen to retreat into a world of violent computer games.

The Kite Runner by Khaled Hosseini

is a powerful story about friendship and redemption. It highlights the faults and weaknesses that we all possess. It encourages you not to be afraid to love and to stand up for what is right no matter the cost.

Memoirs of a Geisha by Arthur Golden

It's a true confession of one of Japan's most celebrated Geisha.

Big Magic : Creative Living Beyond Fear by Elizabeth Gilbert.

Must read for anyone hoping to live a creative life... Gilbert encourages us to uncover the "strange jewels" that are hidden within each of us. Whether we are looking to write a book, make art, find new ways to address challenges in our work, Big Magic cracks open a world of wonder and joy.

GASTRONOMY

MONSOON SPECIAL : QUICK SNACK BREAK



DIVYA SHARMA



GASTRONOMY

CHEESY SAUCY CORN COBS : FOR 2

Ingredients :

2 corn cobs | 1 tsp salt | 1/2 tsp turmeric powder

For the sauce :

2 tbsp mild Szechwan sauce | 1 tbsp tomato ketchup |
1/2 tbsp Indian red garlic chutney | 1 tbsp sweet (mithi) chutney |
Salt to taste | Mix all ingredients for the sauce and keep aside

For garnishing :

1/2 tbsp fresh parsley finely chopped | 2 cubes processed cheese

Method :

1. Cut corn cobs to required size. Boil adding little turmeric powder and salt.
2. Heat pan on moderate flame and add prepared sauce. Keep stirring. After 30 seconds add boiled corn cob pieces. Mix well. Keep the flame low.
3. Add parsley and grate cheese cubes on it . Switch off the flame. Serve hot.

Notes :

- 1 . Mix sauces and herbs of your choice.
Even flavoured Mayo is good to combine .

