



# Inner Wheel District - 324

# Wol-2



IIW President Ebe Panitteri Mertines Italy



Association President Saroj Katiyar Kanpur



District Chairman
Amita Mundra
Gangtok



District Editor
Pinki Agarwal
Dimapur



### Inner Wheel Prayer



- Instill in us O Lord the true meaning of friendship
- Never let us forget that we are all thy children
- Notwithstanding the differences in our culture & creed
- Endow us with a desire to serve our fellowmen
- Rembering that we too often need help
- W henever or wherever need for service arises
- Help us to be ready to serve
- **E** endeavoring to make our badge on Inner Wheel worthwhile
- **E**nsuring that we have not
- Lived in vain.



### 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 पडें ।। सेवा करने की सब जन की तत्पर हम सब डटे रहें ।। इनरव्हील की शान बढायें यह वर हमे प्रदान करो ।। मानव जीवन व्यर्थ न जाये प्रभु यह कृपा प्रदान करो ।।

### District Chairman's M<mark>essage</mark>





#### Greetings

We have successfully completed the first two months of our Inner Wheel Year 2021-22. It gives me immense pleasure to look back at these past two months, especially because of the dedication and innovation I got to see from all the clubs. These months showed how each club is capable of achieving wonders and every club has come up with various wonderful projects. So, pat yourself for doing such amazing work so far!

Each member of this club is not just a member of Inner Wheel but is a person with several other responsibilities. You might be a mother, a wife, a daughter, a sister, an entrepreneur and above all a woman. By managing so many works and responsibilities yet managing to smile and keeping your spirits high, I would not be wrong to say that each one of you is a paradigm of our first goal Stree Shakti in your own ways.

Stree Shakti, being one of our most important objectives for this year makes us focus on all that Stree or women who have not got the opportunity to amplify their voices in society. Each woman is strong but due to various reasons, from a patriarchal society to other injustices, many women have been shunned. Through Stree Shakti, our aim should be to empower as many women as possible. Let's free others and ourselves from anything holding us back, let's fly and achieve everything we are meant to.

As we move ahead in this year of ours, let's take a moment to reflect on the past two months and the things done well. Because these are the areas you can leverage for future success. Friends, East Zone Meet is scheduled on 22nd & 23rd of October 2021 hosted by District 329. The registration for the same has begun. So, lets have good representations from our District. Let's come together with full enthusiasm and make East Zone Meet a big success.

Wishing you all the best for the next coming days and I am affirmative that you will continue to come up with remarkable projects and ideas.

Here's to manifesting months full of learning and growth!

Regards Amita Mundra District Chairman

### From The Desk of PDC Chitra Datta







A Page from My Diary -

As an entrepreneur under "S" I am taking out a page of my diary to share it.

Date ---

I woke up late, does it mean I need to rush, may be!

A cup of Darjeeling tea refreshed me slowly,

I have to go to the office but need to organize lunch too as guests are coming. I carry on with the daily chores then sit down to plan the lunch- menu; it was done and the cook was told to keep aside the pudding ingredients for me to tackle later.

I get up to arrange the flowers

Notice that between the bearer and the sweeper they have done the cleaning job nicely.

Office was easy to handle with staff working routinely. I keep aside the correspondence which will be dealt later.

Now go home to have fun with my guests.

Come back to office at 4pm. Day was spent well .

As an entrepreneur this is my routine and I enjoy this privilege of having my own money. It is a mind boggling existence to be able to spend money the way you want to do without asking others. This has given me a free hand to acquire items and to invest etc etc. This freedom has a tremendous value, You go round the universe held your head high.

Yours in IW PDC Chitra Datta



### From The Desk of AC Member Reena Hussian Mazumder





#### **ORPHANAGECARE**

An orphanage houses children of various ages who either have no family or have lost their families in natural calamities. The home usually has a care-taker who monitors the children of the orphanage and a few helpers to take care of the residents. It looked like the house was without maintenance for years together. Sometimes parents get sick and die while their child or children are still young, and if no close relatives take care of them, if they cannot or will not do so, they are normally raised in an orphanage. When several children, brothers or sisters are left orphaned they are normally split up; one child going to one family or one child going to a foster family while another may stay in the orphanage. Sometimes parents may not have jobs or money and abandon their children because they cannot afford to bring them up. The parents may feel that if someone else brings them up they may have a better future in the long run.

One in five districts in the country does not have even a single orphanage, and majority districts don't have the minimum three orphanages needed (one for children of less than 6 years of age and one each for boys and girls of 6-18 years respectively). Orphans and vulnerable children do not even have separate legislation in India, they are part of the Juvenile Justice Act. The primary focus being under 18 criminals, even in the law that should protect them, they are lost. This historical neglect could have arisen for many reasons. In India, there are always more beneficiaries and claimants than funds, and orphans and destitute children have no one speaking for them.

The visit to the orphanage was a fulfilling experience as came back home with not only memories but also some valuable lessons. A visit to an orphanage is a life-changing experience as it is filled with emotions and sentiments. Here in my place there is also an Orphanage. Inner Wheel Club of Duliajan has taken initiatives for the development of the Orphanage from the inception of the club. It is also a permanent project of Inner Wheel Club of Duliajan. This year we have taken the project to supply balanced diet to them and we also assured them that every month we will provide them nutritious food and daily requirements for conquering loneliness and spreading smiles on their faces. Every month we have plan to visit them and provided them their daily requirements eg. soap, surf, bedsheet, sanitizer, fruits, biscuits, cakes, sanitary napkins, towel, balti, mugs etc.

Charity Begins at Home: Helping Orphans in Need is Our Biggest Responsibility. At Orphan Life Foundation, we are always striving to make this world a better and more liveable place for the young and destitute orphans in need. But we can only stretch out a helping hand if you support us. If you help us, we will fulfil our commitment of giving hope to the hopeless.



### District Events

















## Incoming District Event

### East Zone Meet 2021-22



















**Association of Inner Wheel Clubs in India** 

The Key focus points

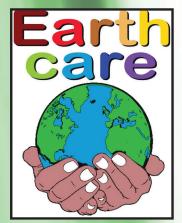


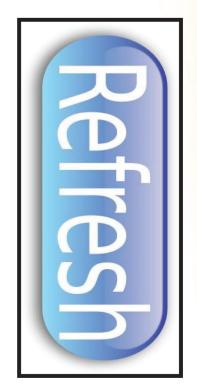
# The Women inside you SHEROES



















**SPREADING THE WINGS OF INNER WHEEL** 



# Projects in Association of Inner Wheel





















# Projects in International Inner Wheel





### INNER WHEEL CLUB OF SILIGURI UTTARAYON

POSTED BY | SEP 02, 2021 |

#### LIGHT IN HER EYES, DREAMS IN HER HEART

Three-year-old Atika Jehan is from Siliguri (India) and was born with congenital cataracts in both eyes. She had only some peripheral vision in her eyes, but her parents only noticed the problem recently. Due to her poor eyesight, Atika's movements were restricted and she became painfully shy. "When we saw a cloudy white patch in her eye ball, and realised she was not seeing things we were giving her, we became extremely worried for her future. Like any other parents, we also wanted our child to go out in the sun and play with other kids. But we could not let her go out alone. This was very much disturbing for us" Atika's mother told us anxiously.







### INNER WHEEL WAITING SHED IN DIMAPUR.

POSTED BY | JUL 28, 2021 |

It is rightly said that "passion is the secret ingredient that drives hard work and excellence."

The Inner Wheel Club of Dimapur constructed a public transport shelter at Dhobinala Auto Stand naming the shed 'INNER WHEEL WAITING SHED'. This shelter would be used by working women and others waiting for public transport by the roadside.







Friendship Day is celebrated on the first Sunday of August every year. There is indeed a story behind dedicating this day to friendship. It is said that once the US government had killed a person, who had a friend who committed suicide in the sorrow of his friend's death. Honouring the depth of their friendship, this day was named as friendship day in America in 1935 and thus began the celebration of Friendship Day.

Today, Friendship Day is celebrated with enthusiasm all over the world. There is hardly anyone who does not have a friend or who does not know the importance of friendship. We all have friends in life and we like to spend time with friends. Nowadays if we see, in this modern age we are moving forward. Today, it is difficult to find a true friend, and if a true friend is found, life becomes very happy.

We need friends all the time, and if a true friend is with us, then the thing is different. For any need, we can take help from friends and live the best life. We are moving forward in this modern era. People who cannot give time to their friends, Friendship Day motivates all those people to meet their friends. This day reminds us of the importance of friends. This friendship day brings us closer to our friends and brings lots of happiness in life.



# Projects Under FRIENDSHIP DAY







Siliguri Midtown





Hailakandi









Shantiniketan

Dimapur

**Uttarayan Aura** 





Dibrugarh



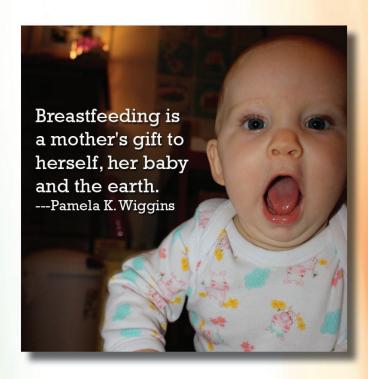
Siliguri



**Asansol** 







#### Benefits of Breastfeeding for the Baby

Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat -- everything your baby needs to grow. And it's all provided in a form more easily digested than infant formula. Breast milk contains antibodies that help your baby fight off viruses and bacteria. Breastfeeding lowers your baby's risk of having asthma or allergies. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. They also have fewer hospitalizations and trips to the doctor. Breastfeeding has been linked to higher IQ scores in later childhood in some studies. What's more, the physical closeness, skin-to-skin touching, and eye contact all help your baby bond with you and feel secure. Breastfed infants are more likely to gain the right amount of weight as they grow rather than become overweight children. The AAP says breastfeeding also plays a role in the prevention of SIDS (sudden infant death syndrome). It's been thought to lower the risk of diabetes, obesity, and certain cancers as well, but more research is needed.



# Projects Under BREAST FEEDING WEEK





Siliguri Savvy



Siliguri Uttarayan



Dibrugarh



Silchar



Siliguri Midtown



Silchar



Silchar



Hailakandi



Shantiniketan



Gangtok



Siliguri Midtown



Siliguri



Silchar



**Asansol** 



**Darjelling** 



Durgapur



Dimapur



Siliguri Midtown



Karimganj



Siliguri Uttarayan



Durgapur







India's Independence Day is significant as it stands as a reminder of the sacrifices that many freedom fighters made to get independence from British rule. It is a national holiday and it is usually observed throughout the nation with the hoisting of the tricolour, parades and cultural events. India's first prime minister Jawaharlal Nehru raised the Indian national flag above the Lahori Gate of Red Fort in Delhi on August 15, 1947. It is a tradition that has since been followed by the incumbent Prime Minister, followed by an address to the country.

1. The song 'Bharoto Bhagyo Bidhata' composed in 1911 by Nobel laureate Rabindranath Tagore was renamed as 'Jana Gana Mana' and adopted by the Constituent Assembly of India as the national anthem on January 24, 1950.

2. The Indian national flag with three horizontal stripes of red, yellow and green was hoisted on August 7, 1906, at Parsee Bagan Square in Kolkata. The first variant of India's current national flag was designed by freedom fighter Pingali Venkayya in 1921. The current flag with saffron, white and green colours and the Ashok Chakra in the middle was officially adopted on July 22, 1947, and hoisted on August 15, 1947.

other countries celebrate their independence on August 15 along with 3. Five They Bahrain, North Korea, Korea and Liechtenstein. India. are South 4. The Indian flag is manufactured and supplied from only one place in the nation. The Karnataka Khadi Gramodyoga Samyukta Sangha (KKGSS), located in Dharwad in Karnataka, has the authority to manufacture and supply the Indian national flag. According to the Bureau of Indian Standards (BIS), the flag is manufactured only with hand-spun and handwoven cotton khadi wafting. 5. Even after India's independence, Goa was still a Portuguese colony. It was annexed to India by the Indian Army only in 1961. Thus, Goa was the last state to join the Indian territory.



# Independence Day Celebration BY DIFFERENT ACTIVITIES



















































World Senior Citizen's Day is dedicated to the senior citizens and is observed on August 21 every year across the world. This day is dedicated to raising awareness about the issues that affect older adults. On this day, we must appreciate the senior citizen's for their dedication, accomplishments, and the services they have given throughout their lives.

We must also seek knowledge from their experiences and learn to respect their contribution to building the world we live in. The day reminds people and the government of its commitment to work for the welfare and support senior citizens. It's an effort by the young to acknowledge the problems that our elders face due to their age and raise awareness about those issues.





# Senior Citizen day CELEBRATION





**Siliguri** 



Dimapur



**Asansol** 



Hailakandi



Silguri Uttarayan



Silchar





### स्वकृष्ट्र Raksha Bandhan बंधन ये तो प्यारा है , सारे जग में मिसाल है जो भी बंधे इस बंधन में , वह ह्रदय विशाल है

About Raksha Bandhan (Rakhi)

The bonding between a brother and a sister is simply unique and is beyond description in words. The relationship between siblings is extraordinary and is given importance in every part of the world. However, when it comes to India, the relationship becomes all the more important as there is a festival called "Raksha Bandhan" dedicated for the sibling love.

This is a special Hindu festival which is celebrated in India and countries like Nepal to symbolize the love between a brother and a sister. The occasion of Raksha Bandhan is celebrated on the full moon day of the Hindu luni-solar calendar in the month of Shravana which typically falls in the August month of Gregorian calendar.

### Meaning of Raksha Bandhan

The festival is made up of two words, namely "Raksha" and "Bandhan." As per the Sanskrit terminology, the occasion means "the tie or knot of protection" where "Raksha" stands for the protection and "Bandhan" signifies the verb to tie. Together, the festival symbolizes the eternal love of brother-sister relationship which does not mean just the blood relationships only. It is also celebrated among cousins, sister and sister-in-law (Bhabhi), fraternal aunt (Bua) and nephew (Bhatija) and other such relations.



# Rakshabandhan Celebration





Tinsukiya



Karimganj



Dimapur



Silchar



# Different Activities by VARIOUS CLUBS





Swing Machine
Donated by Suliguri Midtown



Sanitari Napkins Distribution Suliguri Midtown



Felicitation of Students Suliguri Midtown



Distribution of Mask, Silchar



Vaccination Drive Suliguri



Old Age Home Care Silchar



Santiniketan



**Asansol** 



Hunger Drive Dimapur



Khichdi Distribution Siliguri Savvy



Durgapur



Suliguri Midtown



Library Day Silchar



Installed Water Supply Tap Asansol



Siliguri Uttarayan



Felicitation Asansol



Free Acupressure Camp Siliguri Uttarayan



Felicitation Asansol



Janmastami Celebration Siliguri Uttarayan



Old Cloth Bank by Asansol



# Different Activities by VARIOUS CLUBS





Sindhara Celebration Siliguri Midtown



Orphanage Care Dimapur



Khichdi Distribution Siliguri Midtown



Vaccination Camp Silchar



E-Learning Project Silchar



Taking Care of Bacchas Asansol



Earth Care Duliyajan



Umbrella Distribution Shillong



Cloths Distribution Siliguri Uttarayan Aura



Stationary Distribution
Siliguri Midtown



Awareness Camp Santiniketan



Sponsored Education Fee Siliguri Midtown



Vaccination Drive Siliguri Uttarayan



Food Items Donations

Duliyajan



Sports Day Celebration Dimapur



Charter Day Celebration
Darjeeling



Sports Day Celebration
Siliguri Uttarayan



# Projects Under EARTH CARE





Silchar



Dibrugarh



**Asansol** 



**Shillong** 



Santiniketan



Dimapur



**Silchar** 



Duliajan



# Projects To Promote FRIENDSHIP









Siliguri Midtown



**Asansol** 



Suliguri Uttrayan



**Tinsukiya** 



Tinsukiya



Tinsukiya



Tinsukiya



Tinsukiya



Dimapur



Tinsukiya



Tinsukiya



Siliguri Uttrayan



Siliguri Uttrayan



Suliguri Midtown



Tinsukiya



Siliguri Midtown



Dimapur



Siliguri



Tinsukiya



Tinsukiya



Silchar



Silchar



Durgapur



Darjeeling



Siliguri



**Asansol** 

#### District Executive Committee







Amita Mundra
District Chairman



Sumana Choudhury
District Vice Chairman



Reena H Mazumder District AC Member



Geeta Sarin
District Secretary



Anindita Dey Pal
District Treasurer



Renu Verma District ESO



Bonya Borkotoky Sharma
District ISO



Pinki Agarwal
District Editor

Inner Wheel District 324

#### District Editors Message







We are here with the 2<sup>nd</sup> edition of our newsletter. Of course, 'every newsletter should be different', with that in mind, we will put together each month a newsletter that tells readers something new about our work. This serves to highlight the activities in a new way or put a spotlight on a new project. The second newsletter is more of the classic update, that gives readers info on their latest works keeping the theme of this year , "PINK FIRST" at the forefront. This, newsletter strategically draw the readers' attention to specific projects of every Club of District 324. This helps emphasize one main goal SHEROES and a few related activities of the clubs. This way we can motivate one and all to continue with our non- stop actions in the field of social help as well as to serve the larger community.

As we can see in this newsletter, it is highlighting the colours of their working techniques, modes and enthusiasm. This is a very powerful way to get better recognition. It leverages our current audience, while continuing to grow our community with like minded potential members. We hope to continue with this tradition making it better every month by adding a new look and novel projects.

Your cooperation is required.

**Thanks** 

Pinky Agarwal District Editor IWC, DIST-324

Thank You

