



# ಕಸ್ತೂರಿ KASTURI

IW Dist. 318

ಇನ್ನರ್‌ವೀಲ್ ಕ್ಲಬ್ ಉಡುಪಿ

**BULLETIN JULY 2022**

**INNER WHEEL CLUB UDUPI**

**Charter No. 4387**

**Mrs. Rashmi Holla**  
President, 2022 - 2023

**Mrs. Deepa Bhandary**  
Secretary 2022 - 2023



OUR BANDWAGON 22-23



TEAM  
2022 - 2023



Hearty Congratulations to President Shubha Basri and her whole team for their tireless effort to reach out to community. They have been awarded with MEGA ACHIEVERS certificate.



**Smt. Rashmi Holla**

## President's Message

*Warm Inner Wheel greetings to all.*

It is an honour to serve this majestic club as the president. The relentless support of the members is making all the projects successful. A Bulletin is a tool to convey and a platform to share achievements, information and ideas.

I wish our club editor Mrs Vaishnavi, good luck.

## Editorial



**Smt. Vaishnavi Acharya**

It is the time of “InnerWheel” Year. When we say goodbye to the old team and welcome the new. On behalf of all the Inner wheel members and Editorial Team of “Kasturi “ wishes the incoming team a wonderful year of service and Satisfaction. As IIW President has given the Theme “Work Wonders” for 2022-23.

Kasturi is the face of our Club. We want to engage every readers and change to communication for the better. In this issue we tried to provide you all the projects and events which we people of this organization have curated in this month that gave spectacular effect on our society. Every Event organized in this month took us to a remarkable Journey.

ಬಾನ ತುಂಬಾ ಚೆಲ್ಲಾಡಿದೆ ನೀಲ ಮುಗಿಲಿನ ಚಿತ್ತಾರಾ  
ಬಿಡಿಸಿಕೊಳ್ಳಿ ಗೆಳತಿಯರೇ ನಿಮ್ಮ ಮನಸಿನ ಹಂದರಾ||  
ಗೆಳೆತನಕೆ ಕೊನೆಯಿಲ್ಲ, ಸುಂದರವೀ ಜಗವೆಲ್ಲಾ  
ಸಾಗಬೇಕಿದೆ ಮುಂದೆ ಇನ್ನೂ ಬದುಕಿನ ಪಯಣ||  
ಬಾಲ್ಯದ ಮುಗ್ಧ ಸುಂದರ ನೆನಪುಗಳ ಸವಿದು ಬಿಡಿ  
ಜಗಳವಾಡಿ, ಗುದ್ದಾಡಿ, ಸೋತು ಗೆದ್ದ ದಿನಗಳ ಸ್ಮರಿಸಿ ಬಿಡಿ||  
ಗೆಳೆತನದ ಬಂಡಿಗೆ ಇಹುದು ಎರಡೇ ಗಾಲಿ  
ಏಳುಬೀಳುಗಳ ನಡುವೆಯೇ ಬದುಕ ಪಾಠ ಕಲಿ||  
ನೆನಪ ಬುತ್ತಿಯು ನೀಡಲಿ ಮನಕೆ ಮುದ ಅನುದಿನಾ  
ಏರುತ್ತಿರಲಿ ರಂಗು ನಿಮ್ಮ ಬದುಕಲಿ ಪ್ರತಿ ಕ್ಷಣ ಕ್ಷಣ  
ಧಡವಾಗಿರಲಿ ಎಂದೆಂದೂ ನಿಮ್ಮ ಮನಾ  
ಸ್ಥಿರವಾಗಿರಲಿ ಎಂದೆಂದೂ ನಿಮ್ಮ ಗಮನ ||

## ಗೆಳೆತನದ ಬಂಧ



**ರಚನೆ - ಮಾಲತಿ ತಂತ್ರಿ**

EVENTS



COTI Inauguration on 26th July 2022 and Valedictory was on 29th July  
We had 2 sessions of orientation for all the different Roles of office bearers  
All the sessions were on zoom. On an average 11 members attended all the sessions.



3rd July I W Club Udupi had the Instalation of the new office bearers.  
PP Jaylakshmi Upadhya was the Installing officer and Dr Annapurna Upadhya was the Chief Guest.  
The installation ceremony was conducted at Nutan Ravindra Mantapa .



3rd July Educational help of Rs 30,000  
was given towards the fees for a needy child  
Neha in the first year of college



3rd July 13 students children of  
security guard were given school bags.



Our ISO Surekha Kalkura exchanged a flag  
with the Secretary of I W Club of Pune Imperial Dist 313.

EVENTS

NIYATHI DISTRICT CONFERENCE



9th and 10th July, 2022 17 members registered for the 53rd District Assembly Niyathi at Moodabidri.



Our member Deepa Bhandary was inducted as CGR for Udupi Zone by the DC Kavita Niyath. It's a new post created in 22-23



ISO Surekha exchanged flags with IW Club Surathkal, Tarikere, Kinnigoli, Sullia and Kadur.



**PROJECTS**



2nd July First year Nursing students were tested for Anemia and after check up suitable medication and valuable information was shared. 10 students were given iron supplements.



2nd July Third year Nursing students were given informative talk on how to handle Medical Emergency and how to administer CPR in emergency by Dr B V Acharya and Dr Sangeeta Holla. Dr B V Acharya and Dr Sangeeta Holla were felicitated it being Doctors Day.



19th July – I W C udupi sponsored for 100 cashew fruit Saplings to be planted at Indira Shivarao Polytechnic College We participated in planting them.



**PROJECTS**



19th July – Students of class 6 and 7 of Ambalpady Kidiyoor Vidya samudra English medium school were given an Awareness Talk separately for boys and girls on good touch bad touch. Screen time, food and nutrition physical activity. Girls were also told about - Menstrual Care, Hygiene, How to preserve their Chastity Dr Ashwin Kumar and Dr Indira Shanbogue were the Resource people .



23rd July The inmates of Planet Mars Foundation A girl Child Care Institute were given donation of stationary items worth Rs 4580 Note books pens drawing sheets craft material legal paper.

**PROJECTS**



23rd July – The inmates of Planet Mars Foundation A girl Child Care Institute were given a talk about Legal Awareness by – Nirmala Prabhakar a Legal Advisor and our club member on Women and girl Trafficking, care, protection and rehabillitation.



26th July - Talk to students of Milagres Kannada Medium School – Girls - Menstrual Hygiene, How to preserve their Chastity, good touch bad touch. Screen time food and nutrition physical activity Dr Indira Shanbogue. Boys Puberty changes physical, emotional, hormonal Peer pressure learn to be assertive and say no to drugs, smoking alcohol etc. Screen time Dr Ashwin .



30th July - Awareness talk about Breast Cancer, techniques of breast self-examination for members and interested ladies . It was conducted by Dr Leela Thomas at Lombard Mission Hospital.



## FELLOWSHIP

**7th July** Our CGR Deepa Bhandary and 2 members attended the Installation ceremony of I W Club Kundapur South.

**8th July** Our CGR Deepa Bhandary and 3 members attended the Installation ceremony of I W Club Shankerpura.

The PP of IW Club Udupi Malathi Tantri was the Installing officer.

**12th July** Our CGR Deepa Bhandary, President Rashmi Holla and 2 members attended the Installation ceremony of I W Club Kota Saligrama.

**July 1st** 19 members participated in the first Dist competition by Dist ISO Uma.



## MONTHLY MEETING

**16th July** the first meeting for 22-23 was held at Gajanna Steels, Ambalpady. Books exchanged from old to new team. Reports presented.

The out going team was applauded for its excellent work and receiving the Mega Achievers Award. A quiz on Breast Cancer Awareness and E Waste Management was conducted and prizes awarded.



## ಬೇಯಿಸಿದ ಮಾವಿನಕಾಯಿ ಗೊಜ್ಜು

ಬೇಯ್‌ಪೂನ್ನೊ ಕುಕ್ಕು ಬಜ್ಜಿ

- ಶ್ರೀಮತಿ ಶೈಲಾ ಮಯ್ಯ



### ಮಾವಿನಕಾಯಿ ಬೇಯಿಸುವ ತಯಾರಿ :

ಕುದಿಯುವ ನೀರಿಗೆ ಬಲಿತ 20 ಹುಳಿ ಮಾವಿನಕಾಯಿಗಳನ್ನು ಹಾಕಿ ಐದು ನಿಮಿಷದ ಬಳಿಕ ಕೆಳಗಿಳಿಸಿ. ನೀರಿನಿಂದ ತೆಗೆದ ಬಳಿಕ ನೆಲದಲ್ಲಿ ಹರಡಿ ನೆರಳಿನಲ್ಲಿ ತಣಿಯಲು ಬಿಡಿ. ಅನಂತರ ಹತ್ತು ಕಪ್ ನೀರಿಗೆ ಒಂದು ಕಪ್ ಉಪ್ಪು ಸೇರಿಸಿ ಕುದಿಸಿ ಸೋಸಿ, ಈ ನೀರು ತಣಿದ ಬಳಿಕ ಬೇಯಿಸಿದ ಮಾವಿನಕಾಯಿಗಳನ್ನು ಹಾಕಿ ಭರಣಿಯಲ್ಲಿ ತುಂಬಿಸಿ ಗಾಳಿ ಹೋಗದಂತೆ ಬಿಗಿಯಾಗಿ ಮುಚ್ಚಿ. (ಐದಾರು ತಿಂಗಳವರೆಗೂ ಇದನ್ನು ಕಾಪಾಡಬಹುದು. ಬೇಕಾದಾಗಲೆಲ್ಲ ದಿಫೀರ್ ಗೊಜ್ಜು ಮಾಡಲು ತೆಗೆಯಬಹುದು.)

### ಗೊಜ್ಜು : ಹೇಗೆ ತಯಾರಿ?

ಒಣಗಿದ ಕೈಯಲ್ಲಿ ಒಂದೆರಡು ಮಾವಿನ ಕಾಯಿಯನ್ನು ಭರಣಿಯಿಂದ ತೆಗೆದು ಒಂದೆರಡು ಬಾರಿ ಶುದ್ಧ ನೀರಿನಲ್ಲಿ ತೊಳೆಯಿರಿ. ಖಾರಕ್ಕೆ ಬೇಕಾದಷ್ಟು ಹೆಚ್ಚಿಟ್ಟು ಹಸಿಮೆಣಸಿನಕಾಯಿ, ಚಿಟಿಕೆ ಬೆಲ್ಲ, ರುಚಿಗೆ ಉಪ್ಪು, ತೊಳೆದ ಮಾವಿನಕಾಯಿಯನ್ನು ಪಾತ್ರೆಗೆ ಹಾಕಿ ಒಟ್ಟಿಗೆ ಹಿಸುಕಿ. ಸ್ವಲ್ಪ ಮಜ್ಜಿಗೆ ಅಥವಾ ನೀರು ಹಾಕಿ ಗೊಜ್ಜಿನ ಹದಕ್ಕೆ ತನ್ನಿ. ಸಾಸಿವೆ, ಒಣಮೆಣಸಿನಕಾಯಿಯನ್ನು ಎಣ್ಣೆಯಲ್ಲಿ ಒಗ್ಗರಿಸಿ ಹಾಕಿ.



*Members having Birthdays and Anniversaries were recognised, wished and given souvenirs.*

BIRTHDAY		ANNIVERSARY	
Padmini Bhat	1st July	Vinutha Acharya	9th July
Anuradha Nayak	8th July		
Sudha Rao	26th July		
Jayalakshmi Acharya	29th July		



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