



IWC KUSHALNAGAR

Date 11.02.2023

CHARTER 6263, DISTRICT 318

LOPAMUDRA



.....friendship and Service

IIW President 2022-23

Association President 2022-23



Zenaida Farcon



Dr. Surjit Kaur

The IIW theme for the year 2022-2023 by our IIW President **Zenaida Farcon** — Work Wonders - is a theme that encompasses a very broad spectrum of what we as members can do , to make a difference to the community , society , and the world at large . It inspires us to work Wonders and miracles , when all seems hopeless . Let us all join together to Work Wonders and we will watch the miracles unfold.

Dr. Surjith Kaur says...

WE CARE.....Yes, we do!

Dare, Care and ShareYes, we will!

This is the challenge I place before you this year - Dare, Care and Share.

Three small words yet with great depth of meaning .

The world in the last hundred years has seen wars , famines , pestilences , earthquakes , floods , epidemics , and the most recent Covid -19 which shook the world to its very foundations . Yet Inner Wheel members were to be seen everywhere serving the people in any way they could . Nothing could stop them. They **DARED** because they **CARED** .

A doctor whose life's mission is to heal the sick and ailing , to give Hope where all seems hopeless , to bring new life into the world and happiness to many....

INSTALLATION CEREMONY 2022-23



Mrs.Arathi H Shetty , IWC Kushalnagar's Charter President Installed our New Team on 3rd July 2022...District Vice Chairman Dr.Poornima Ravi and the President , Members of Madikeri Club joined the Ceremony.



TEAM 2022-23



PRESIDENT
Mrs.Ashwini Rai



SECRETARY
Mrs.Ashwini Ravi



IPP
Mrs.Roopa Umashankar



VICE PRESIDENT
Mrs.Neha Jagadish



TREASURER
Mrs.Deepa Pujary



ISO
Mrs.Divya Sujay



JOINT SECRETARY
Mrs.Arathi H Shetty



EDITOR
Mrs.Chitra Ramesh

District Chairman Message



Mrs. Kavitha Niyath

Dear President & members of IWC Kushalnagar .

It gives me immense pleasure to pen few words to your club bulletin Lopamudra ..

All the years of friendship & service , the smiles you have got on peoples faces , the hearts you have touched , the joy you shared with your friends , the hardships you faced while doing a project , the satisfaction you received when someone who you helped showed their gratitude..... these are sweet memories you created for yourself in these years . My appreciation to all the members for their meaningful projects and service. My gratitude to President Ashwini & Rally Chairman Suneeta for a wonderful Dist Rally -

Khushi.

Keep the flag of Inner Wheel flying high with your unique projects and may you make many more friends in the years to come .

Wishing you all the very best & Long live Inner Wheel.

with love.....

Kavitha Niyath.....

DC IW Dist 318 , 2022-23.



Mrs.Ashwini Rai

President message 2022-23

Warm greetings to all the friends in innerwheel

Every sunrise is an opportunity and every sunset is a hope for brighter tomorrow . I'm happy to say that I have very dedicated team of EC members and supporting members , who inspires to work wonders . I'm too blessed to be part of this prestigious organization . Inner wheel helps one to grow socially and to take responsibility of serving the society selflessly .

I heartily thank all the members for their tremendous support and timely guidance. Looking forward for the same support through the innerwheel year . Let's have a beautiful friendship bonding among ourselves and serve the community , let's work together to make work wonders and miracles.

Thank you

Yours in innerwheel

Ashwini Rai



Mrs.Ashwini R Kumar

Secretary Message 2022-23

Inner wheel is the largest organization which focuses on reaching and helping each and every person by following the motto " Friendship and Fellowship " .

I feel blessed to be the part of Inner Wheel Club which helped me in various manner like skill development , socially interacting with new people . Being a part of Inner Wheel gave me the opportunity to serve the public and also help the fellow members .


I thank everyone for their contribution that made the Inner Wheel to reach the heights that it is today and wish success to everyone .

Every woman's success should be an inspiration to another.

We are strongest when we connect and cheer each other on.

Yours in Innerwheel

Ashwini R Kumar



Editorial.....

Warm Inner Wheel Greetings Friends.....

Hearty welcome to the Nightingale of the District 318
Mrs. Kavitha Niyath.....

Blessed for the Wonderful opportunity as an Editor and to
present the club magazine LOPAMUDRA..... This year
had been full of various meaningful projects under
the theme WE CARE.....

W- Woman & Adolescent

Girl welfare

E- Environment

C- Cancer

A- Anemia

R- Retention and extension in Inner Wheel

E- Education

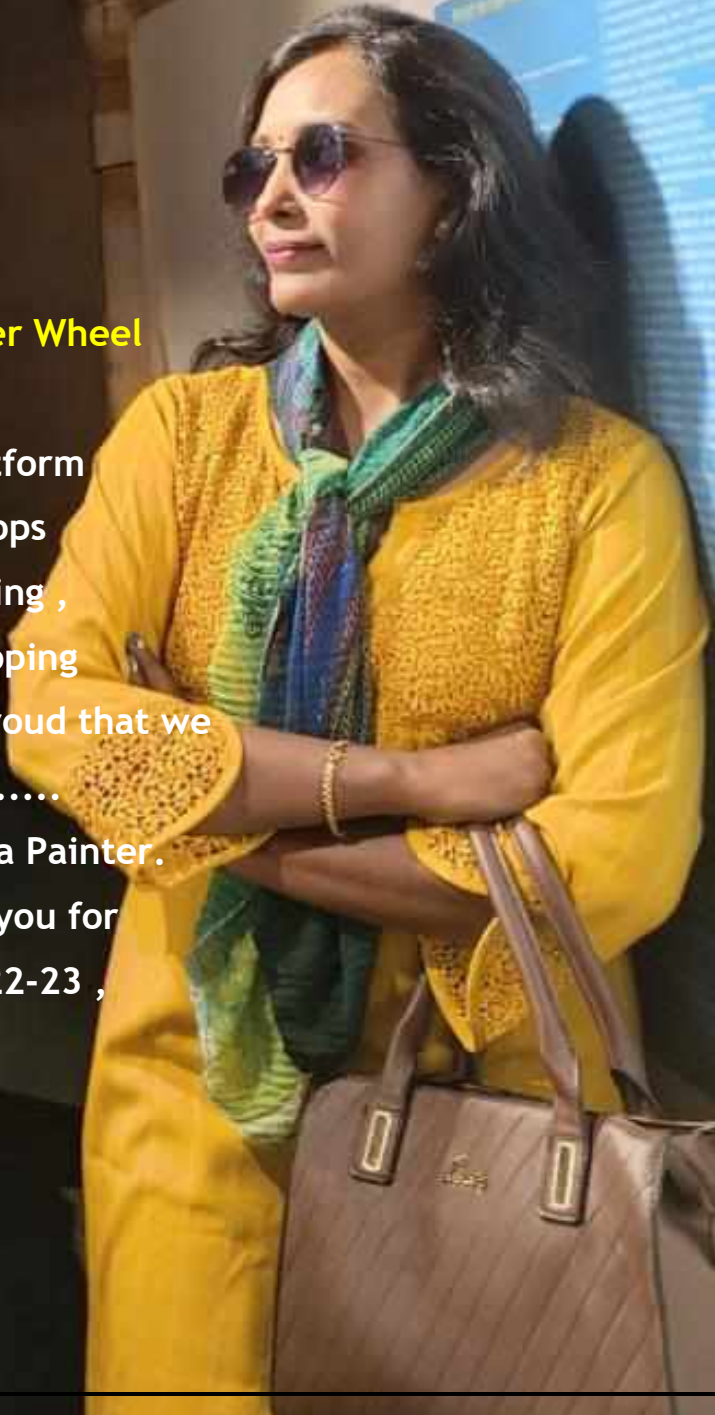
Thanks to get the Excellent platform
to grow my writing and editing chops
which includes news paper reporting ,
Publishing club Magazines , Developing
Ideas , photo collages etc infact proud that we
the Editors are the screenwriters.....

Sam Robert says "An Editor is like a Painter.

There is a magic in that." , Thank you for
the guidance President , team 2022-23 ,
and Members

Club Editor

Chitra Palyam Ramesh



RELEASE OF CLUB BULLETIN

3rd July 2022

Voice of the Club , Bunch of Club's activities Information , ARYE LOPAMUDRA Club Bulletin was Released by the District Vice Chairman Mrs.Poornima Ravi on the Installation Day which is Edited by the Club Editor Mrs.Suneeta Mili.



FELICITATION



Vaidhyo Narayana Harihee... On Account of DOCTOR'S Day Inner Wheel Club of Kushalnagar Honoured Dr.Hari.A.Shetty on , General Practitioner and OBG Speciality , for his hard work , Dedication, Commitment , especially during Corona pandemic .

Guy Kawasaki, Founder of All Top says Ideas are easy. Implementation is hard In the same way any one can make Ideas but it's very difficult to launch the same, Keeping this in mind Honoured Mrs. Shobha Sateesha Founder of IWC Kushalnagar who literally worked hard to start the Club.





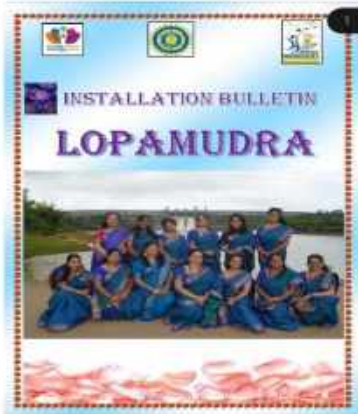
ISO 2022-23

Mrs. Divya Sujay

Dear friends , Working hard for something WE DON'T LOVE IS CALLED STRESS , Working hard for something WE LOVE IS CALLED PASSION , be passionate about your responsibility . Miracles can be done by involvement , understanding , cooperation and support . Being a member of this prestigious organisation , it's our whole hearted willingness and duty to serve the society , to change the life and bring smile on the faces of under privileged section of the society .
Congratulation to all of you who are on the way to the Motto of our organisation . This was a great learning experience for me as an club ISO . I am very much delighted to express my happiness and satisfaction for the support you all extended for me .

Thank you.....

Some of the activities and the Competitions conducted by various clubs of District 318 and other Districts in which our members participated and won various Rewards....



District 318 since 1969

Wonders

2022/23

Friendship starts here friends
Celebrate international friendship
day by sharing a request or request
poster with a friend of you and
friends
Share it on my mail
& post to
www.district318.org.in



INNER WHEEL CLUB OF AKSHERA DIST-318, Charter No: 1772

SAREE DRAPING CONTEST

ON 27/01/2023

PLEASE REFER TO THE INSTRUCTIONS ATTACHED BELOW



Our Laugh Limitless

Our Memories Countless

Our Friendship Endless



District 318 Wonders

HAPPY Friendship Day

7TH AUGUST

Year 2023




DIST 318

KASADINDA RASA TREASURE OUT OF TRASH COMPETITION

Rules

- Only 2 entries per club.
- Participants should send a 2 min making video and a photo after completion.
- Submit your final video and photo with name and club name to club 204, Rajawari Surahi via whatsapp no: 9448818249
- Last date to register is 14/07/23

Inner Wheel Club of Mysore North

Charter No: 1772

Inner Wheel Club of Mysore North

Charter No: 1772

Inner Wheel Club of Mysore North

Charter No: 1772



KANASU
Inner Wheel Club of
Chikmagalur
 Presents

'Reel it Feel it'



INNER WHEEL CLUB OF CHIKMAGALUR
DIST 318

KASADINDA RASA
'TREASURE OUT OF TRASH'
COMPETITION

Rules

- Only 2 entries per club.
- Participants should send a 2 min making video and a photo after completion.
- Submit your final video and photo with name and club name to club 1304, Rajeshwari, Surpet via whatsapp no. 9483836694
- Last date to send entries is 14th Nov 2022.



Inner Wheel Club of Mysuru
 Mysuru, Karnataka
 District 57

MEMBER LIST

President: Mrs. S. Srinivas
 Vice President: Mrs. S. Srinivas
 Secretary: Mrs. S. Srinivas
 Treasurer: Mrs. S. Srinivas
 Publicity: Mrs. S. Srinivas
 Welfare: Mrs. S. Srinivas
 Health: Mrs. S. Srinivas
 Education: Mrs. S. Srinivas
 Sports: Mrs. S. Srinivas
 Social: Mrs. S. Srinivas
 Cultural: Mrs. S. Srinivas
 Religious: Mrs. S. Srinivas
 Charitable: Mrs. S. Srinivas
 Other: Mrs. S. Srinivas



INNER WHEEL DISTRICT 57

MEMBER LIST

President: Mrs. S. Srinivas
 Vice President: Mrs. S. Srinivas
 Secretary: Mrs. S. Srinivas
 Treasurer: Mrs. S. Srinivas
 Publicity: Mrs. S. Srinivas
 Welfare: Mrs. S. Srinivas
 Health: Mrs. S. Srinivas
 Education: Mrs. S. Srinivas
 Sports: Mrs. S. Srinivas
 Social: Mrs. S. Srinivas
 Cultural: Mrs. S. Srinivas
 Religious: Mrs. S. Srinivas
 Charitable: Mrs. S. Srinivas
 Other: Mrs. S. Srinivas



CHILD RIGHTS

Definition:
 The right to live, grow, develop, and be protected from harm.

Principles:
 1. Non-discrimination
 2. Best interests of the child
 3. Right to be heard
 4. Right to life, survival, and development

Key Concepts:
 - Child: A person below the age of 18 years.
 - Parent: A person who has parental responsibility for a child.
 - Guardian: A person who has parental responsibility for a child.
 - Child Protection: The process of preventing and responding to child abuse and neglect.



RECIPE

Ingredients:
 1 cup of milk
 1/2 cup of sugar
 1/4 cup of ghee
 1/2 cup of rice flour
 1/2 cup of maida
 1/2 cup of besan
 1/2 cup of chana dal
 1/2 cup of urad dal
 1/2 cup of moong dal
 1/2 cup of masoor dal
 1/2 cup of lentils

Method:
 1. Boil the milk and sugar together.
 2. Add the rice flour and maida to the mixture.
 3. Cook until the mixture thickens.
 4. Add the ghee and mix well.
 5. Add the remaining ingredients and mix well.
 6. Cook until the mixture is done.





WINNER WISDOM CLASS OF MYLWING GOLD
DIST-318
THERE ARE NO WORDS TO
MEASURE THE HAPPINESS IN
HOLDING YOUR BABY'S HAND
GRANDMAHARIS ARE
HEAVENLY BLESSINGS FOR
THEIR GRANDCHILDREN IN
HEAVEN
 Send a 3 minute video of u
 along with your grandchild
 spreading quality time.
iso2022@iwc.org
 9881938481
 Last date to send entry
 15 Sep 2022
Rashmi.M.D
ISO






COMPETITION FOR DISTRICT 318
ISO'S AND MEMBERS
USING GEMS CHOCOLATE
 Use 12"x12" drawing
 sheet and create a
 beautiful flower using
 Cadbury GEMS
 LAST DATE FOR
 ENTRY IS
 15 SEP 2022
 SEND YOUR
 ENTRY TO
iso2022@iwc.org
 9881938481



HAPPY MOMENTS

"DOSTI" ISO meet was hosted by IWC
Mysore

Conducted "Ms MANOHARI" contest
grabbed Third place and First place in
singing competition, second place in
Games





FLAG EXCHANGE BY ISO

A big congratulation to all of you for all the support you have granted me since day one, thanks to all the participants for taking part in the club and district competition , organised for friendship and involvement purpose. You all have been wonderful participants with so much potential and creativity. It was so good to have you all , at the events and competitions. I wish you all the very best for your future and I appreciate your talents. Thanks for being a part of us

Thank you

Divya Sujay.....

DISTRICT RALLY KHUSHI....



A proud moment for the Inner Wheel Club of Kushalnagar getting opportunity to host District Rally KHUSHI and happy to work with our beloved District Chairman of Dist 318 Mrs.Kavitha Niyath and her team.....

*KHUSHI 53rd District Rally hosted on September 11th
@Raita Sahakara Bhavan Kushalnagar.*

Here are the glimpss of Rally.....



IWC Kushalnagar Members involved in packing Bags to the Registered Club members of District 318 .



Hearty welcome to the Inner Wheel members

*Reshma , Soumya ,
Chitra , Teju , Roopa ,
Kavitha , Shalini , Deepa , Vishalu ,
Priya @the
Registration Counters*



*Arti is an expression of many things including love,
benevolence, gratitude, prayers, or desires , it is a form of
respect performed to elders*

Dance performances to welcome Our beloved District Chairman Mrs.Kavitha Niyath and her team to the District Rally ...

***Bharatanatyam** is dressed in a colorful sari, adorned with jewelry who presents a dance synchronized with Indian classical music. Their hand and facial gestures are coded sign language that recite a legend, spiritual ideas or a religious prayer derived from Hindu Vedic scriptures, the Mahabharata, the Ramayana, the Puranas and historic drama texts. The dancer deploys turns or specific body movements to mark punctuations in the story or the entry of a different character in the play or legend being acted out through dance .*



The peacock dance or peafowl dance is a traditional Asian folk dance that describes the beauty and the movement of peacocks. The peacock

dance of the Dai ethnic group has a very long history and is closely tied with their distinguished ethnic culture. Any festival occasion or celebration such as Closing / Opening Festival is accompanied by the peacock dance, to express joy and happiness.

Yakshagana is a traditional folk dance form popular in Coastal Karnataka districts.

A trip to the coastal belt would be incomplete without watching the Yakshagana – an elaborate dance-drama performance unique to Karnataka. It is a rare combination of dance, music, song, scholarly dialogues and colourful costumes. A celestial world unfolds before the audience, as loud singing and drumming form a backdrop to dancers clad in striking costumes. Hence the name Yaksha (celestial) Gana (music).



Cultural team Welcomes the guests and members of Inner Wheel.



Welcome song Recited by Mrs.Chitra and Mrs.Divya...

*Charter President
Mrs.Arathi H Shetty
Welcoming DC to the diaz.*



*Inaguration of Rally KJUSHI
By DC and District EC Members of
District 318.*

*Invocation by Mrs.Tejaswini &
Mrs.Ashwini Ravi -A form of
prayer invoking God's presence, especially one said at the
beginning of a religious service .*



*Inner Wheel Prayer Recited by
Mrs.Shalini Narendra.*



Anchors Mrs. Bharathi Deavaiah and Mrs. Supreetha Ravi attracted viewers by their charming personality and speaking skills..



Club JSO has conducted Rangoli Chithara Competition for PDC and EC Members and Anda Chanda Jewellery Making Competition for all the club members of District 318, Prizes were announced and Distributed , about 75 on spot games was Conducted by Divya and Chitra . Lucky PDC , EC member , President , Sectetary , JSO , Editor , Treasurer and 25 lucky Member names was picked , 35 five gram silver coins were

given to the choosen lucky ladies, apart from coins 40 prizes given to the spot game winners.



Members involved in prize distribution...

DC & her Team



Audience at the hall enjoying the programs and the rally events



IWC Kushalnagar Inagurating cultural Events and thanking Inner Wheel members of all the Clubs of District 318 for attending the District event K H U S H I hosted by us.

Without cultural performance any event is said to incomplete here are some of the Dances performed by our Members and their wards which showcase the Indian rich Traditions and culture...one such dance is Bharatnatyam and Ardha naariswara dance performance by Liya , Limna and Ditha...



Ummatt-aat: This dance is performed by the Kodava women wearing the traditional Kodava dress with jewellery and the conventional kumkuma on their foreheads.

The dance is performed in a circular motion with a swinging rhythm. The dancers hold brass cymbals in their hands. A woman holding a pot full of water is made to stand in the centre to represent the Mother of Kaveri. This dance is a devotion to the Kaveri river.



The Indian Armed Forces possess not only incredible combat skills but also stunning moves when comes to their specific dance that

symbolizes their strength and courage towards the nation . One such dance performed by the children to salute Indian Army .





Tiny Tots Tejal , Raji , Sadhana and Dharika performed western dance ..

Mime show to Depict Inner Wheel Service and Friendship.



*Bollywood dance Performance
By Ditha ,Kshiti, Nireeksha
and Shreya....*

*Children performing Dance
that depicts Women
empowerment .*





IWC Kushalnagar members

performing dance on our sacred river Kaveri which is also called as Jeevanadi , Madikeri sipayee song to showcase the kodava culture and soldiers who fought for the nation also Kaverige kalungura todisi sahyadruge kaibale todisi song ...



Message by Suneeta and Tejaswini

The District Rally is an event where all the Inner Wheel sisters and Friends come together to celebrate friendship & enjoy a day with the District Chairman & District Executive Committee.

*On September 11th , 2022 , IWC KUSHALNAGAR hosted the 53rd District RALLY **KHUSHI** - fun frolic n friends, for the*



first time under the guidance of our beloved District Chairman Mrs Kavitha Niyath & her team at the Raitha Sahakara Bhavana, Kushalnagar . This most memorable day in the history

of our club was extensively packed with entertainment, games, fun, good food, beautiful venue, lots of shopping among gorgeous women from 48 clubs from all over the District 318. The 2 months Aug n Sept kept us, IWC KUSHALNAGAR members on toes while the event was organized. The outcome was extraordinarily wonderful & visible in the pictures. The experience was overwhelming & will always be cherished .it was like a festival where all our members interacted & enjoyed with other inner wheel friends. We're full of gratitude for all the support extended from every end in making our event a successful & a grand one.

Regards

Rally Chairman & Rally Treasurer

Under the Goals of 2022-23 WE CARE some of the projects conducted by our Club.



W-WOMEN & ADOLESCENT GIRL WELFARE



On **23rd Dec 2022** ,conducted awareness talk about Banking Mechanism by the Bank of Baroda Manager Fathima. Session included how to manage the most important banking services like checking and to keep track of transactions in savings and current account, Loan ,mortgage services ,Wealth management, Providing Credit and Debit cards , Over draft services and many more...



On **7th Jan 2023** , An Awareness program on Ayurvedic Home Medicines was given by the Resource person Dr.Hemalatha , Retired Medical Officer Mysuru . Home made powders was prepared and distributed for some of the most common problems faced by the women after 35yrs . Ayurvedic powder for cold and cough , oil for joint pains , belly burning powder, exercise for menopause , hairfall control oil , miracle powder for immunity etc was demonstrated .



Sewing is a creative skill which can help us feel more creative. It can be more budget friendly than buying something new, which has a better impact on the environment . The sewing machine shifted the burden of sewing from housewives and seamstresses to large-scale factories , providing greater productivity and lower prices.

Women who had been busy at home could now find employment in these factories , increasing their family's income so keeping this in mind IWC Kushalnagar sponsored **Sewing machine to a woman** residing at harangi.



Baby shower is one of the most traditional way in which your loved ones come together to express their joy at your pregnancy. It's a time for friends and family to share time with the expectant parents and to “shower” them with gifts, love, and good wishes before the birth but this will not done in every women's life especially in tribal community so IWC Kushalnagar has Recognised 17 tribal women's and done the following programs....

*Baby shower

*Madlakki

*Awareness talk about Family Planning and Anemia by a well known Gynecologist Rtn.Dr Hari A Shetty...

*About Nutritional Benifits of Food by Mr.Srinivas B L, Taluk Health Officer, somwarpet...

*Importance of Education to tribal children by HOD Mr. Ravi Ashram School, basavnahalli.....

*Sponsored Protein Rich food to Inmates...

E - ENVIRONMENT

Ongoing Project **VANAMAHOTSAVA** is celebrated every year during Installation ceremony of New Office Bearers ,We distribute saplings to the Invitees and encourage people to plant more trees as they are being cutdown for Industrialisation and Urbanization.



C - CANCER

Breast feeding is one of the most pleasant experience in a women's life and it is the emotional bond between mother and the baby.

Breastfeeding is the best source of nutrition for most infants. It can also reduce the risk for certain health conditions for both infants and mothers.

It protects against allergies, sickness, and obesity. It protects against diseases, like diabetes and cancer. It protects against infections, like ear infections. It is easily digested - no constipation, diarrhea or upset stomach.

We Conducted Breast Feeding Awareness for Pregnent Ladies ,



Explained about the Significance of Breast Feeding , **Breast Cancer** , Breast Abscess and the food intake to maintain Hemoglobin level.

Breast cancer is a disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The kind of breast cancer depends on which cells in the breast turn into cancer. Breast cancer can begin in different parts of the breast.

Dr.Hari A Shetty a well Gynecologist at Kushalnagar spoke about the importance of Breast feeding and Types of breast cancer include Ductal carcinoma in situ , Invasive ductal carcinoma, Inflammatory breast cancer, and Metastatic breast cancer.

A-ANEMIA



Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues. Having anemia, also referred to as low hemoglobin , can make you feel tired and weak . Iron

deficiency anemia signs and symptoms may Include, Extreme fatigue , Weakness , Pale skin , Chest pain , fast heartbeat or shortness of breath , Headache , dizziness or lightheadedness , Cold hands and feet , Inflammation or soreness of your tongue , Brittle nails. Rtn Dr. Hari A Shetty explained the causes , Symptoms and Food to be added to the diet and maintain iron levels .

R-RETENTION AND EXTENSION IN INNER WHEEL



Mrs. Sheena Prakash - A new member inducted on 9th August by our Charter President Mrs. Arathi H Shetty in our first General Body meeting of the current year. She is a good Baker, Baking is her Passion can bake any kind and design, skillful woman blessed with two daughters. She owns a youtube channel and demonstration baking videos with many followers. Her daughters are

Bharatanatyam dancers participated in many competitions and grabbed many prizes too. She is happily Married to Rtn Prakash who is a medicine Dealer and Proprietor of Seetha medicals.

FRIENDSHIP BASKET



FRIENDSHIP BASKET is a unique program for the members of our club to interact with each other and Inner wheel information is also discussed in informal way. It allows Members to take turns, Hosting one another in their Homes, Clubs or Outside. It brings Members together to enjoy Friendship. Basket is taken to the members home every month filled with Fruits and Goodies as a Token of Friendship. One who hosts

Friendship Basket should invite each and every member of the club and offer High Tea / Lunch / Dinner or anything as they wish .



Basket to Deepa and Kavitha.....



Friendship Basket to Arathi and Bharathi.....



E - EDUCATION



Distribution of Stationary to tenth standard students...Inner Wheel club of Kushalnagar Distributed Books and Pens to the students of GOVERNMENT COMPOSITE HIGH SCHOOL, Kushalnagar...



IWC Kushalnagar distributed T-Shirts to Harangi Anganvaadi Children, Kushalnagar on account of Inner Wheel Day....on Jan 10th 2023.



On Aug 20th 2022 IWC Kushalnagar Sponsored 200 certificates to the participants and handed over it to the Resource person Smt .Seema incharge of CLUSTER LEVEL PRATHIBHA KARANJI KALOTSAVA...



RECOGNISING PU STUDENTS



recognized and prizes was distributed ... PU Students of our Club members Wards.

COMMUNITY SERVICE



IWC Kushalnagar conducted Blood Donation camp in association with SVYM, Rotary, Madikeri Blood Bank ,

Madikeri District Hospital and collected 68 units of blood at Rotary Kushalnagar....



On Dec 19th 2022

Distributed lunch at sri shakti old age home, Kushalnagar kudige.lunch was completly sponsored by our past President Mrs. Supreetha Ravi on account of her 25th wedding Anniversary.

CALENDER OF EVENTS

Inner Wheel Club Celebrated Independence day on 15th Aug with Rotary club, Hoisted Flag and distributed Sweets.



SHANKRANTI SAMBRAMA



A beautiful, bright and delighted day, sun entered makar to intense the ray. crop harvested to cheer the smiles, on this auspicious day IWC Kushalnagar celebrated sankranthi festival on Jan 15th



**Dishes using field beans Avarakai special dishes was done including chats.*

**Club ISO conducted Traditional saree style competition for club members....*

** Best two Styles was selected n rewarded...*



fun n frolics are around everytime, we just need reasons to celebrate it, fund raising is also one among and filling the Sunshine box, as a part

of it we celebrated our club editor Mrs.Chitra Ramesh birthday. Had a memorable time too....



Charter President Mrs.Arathi H Shetty Birthday Celebrated and had great fun.



On Dec 25th The smell of cakes being baked, roadside shops selling Christmas cards, giant lit-up stars hanging on the porch of many houses, and a smile on most faces and many more, The festival of Christmas and its traditions brings us together.

On Aug 3rd 2022 Aati festival is celebrated in our club which is an extremely significant day. Club Members had prepared different kinds of dishes using Aati soppu. These are brought along with their slender stems, and it is said that the leaves contain 18 medicinal properties.





Friendship day celebration on first Sunday of August month...

"Anything is possible when you have the right people there to support you."

Having a best friend is one of the most beautiful gifts in life. Whether you bond over your sense of humor, work-life, family things, or everything in between, sometimes it's hard to put into words what your BFF means to you.

More than a father, more than a brother: a traveling

companion, with him, you can conquer the impossible, even if you must lose it later. Friendship marks a life even more deeply than love. Love risks degenerating into obsession, friendship is never anything but sharing."

Friends are the gifts of god who support us whenever we tend to fall in our lives. A true friend is always ready for sacrifices for the sake of the happiness of his friend. True friendship stands on the terms of mutual help and understanding.

International Friendship day is Celebrated by JWC Kushalnagar in emoji theme enjoyed cake and snacks .



*Shot video in Coorgie Language saying **I LOVE INNER WHEEL** on Oct 1st ...*

Attended our club member Mrs. Poornima Rajeev's daughter wedding on Jan 26th.



Lakshmi Pooja celebration at Mrs. Suneeta Mili House.



House Warming ceremony of Chitra on Nov 18th 2022.



Varamahalakshmi Festival celebration on 6th Aug 2022.



First Taluk Level Kannada Sahithya sammelana at Kushalnagar on 3rd Feb 2023....

Outing to harangi
IB

On Dec 4th 2022



*Scenic Surrounding ,Park
Harangi River view enjoyed
Lunch and played games...*

Secretary Report 2022-23

From **26th June to 29th June**- Around 20 members of our club attended **COTI Shubhkruth** through virtual platform.

On 11th June- Annual general body Meeting was conducted decided to conduct installation on 3rd July and Rally on 11th September.

On 3rd July

Installation ceremony was conducted at Rotary hall. Our charter president Mrs. Aarti . H. Shetty installation officer installed the new office bearers and released club BULLETIN **ARYE LOPAMUDRA**. IWC Kushalnagar launched our first ongoing project **Vanamahotsava** and distributed saplings to all the club members and to the invitees & press.

Felicitated Rotary Past President Mrs.Shobha Sathisha for her social service and Rtn. Dr. Hari. A. Shetty on account of Doctor's Day.

On 4th July- our club distributed note books and pens as learning aids to 15 needy students of government composite high school Kushalnagar.

On 9th and 10th July- 15 members from our club attended Niyathi, District Assembly at Moodbidre, club ISO Divya Sujay bagged Miss Radiant award in **PARAMASUNDARI** Competition enacted as famous film actress Rekha and Mrs. Poornima Rajeev bagges Lucky Person prize in Lucky dip. Club Immediate past President Mrs. Roopa umashankar and team was recognized and received achievers awards in outstanding performance for **STRONGER WOMEN AND STRONGER WORLD** Team for the year 2021-22.

On 14th July- 4 members from our club attended installation ceremony of Madikeri.

On 19th July- club our members virtually participated in the First National Medical Awareness Programme conducted by DISTRICT 314.

On 22nd July- President and Secretary attended installation ceremony of Somwarpet club.

On 30th July- Celebrated International Friendship Day by cutting cake, exchanged friendship bands & with beautiful Emojies, Crowns and Caps.

On 6th August- Our club conducted an AWARENESS PROGRAMME on importance of BREAST FEEDING, CANCER, ANAEMIA, and healthy diet

for Pregnant women by the well-known gynecologist Rtn. Dr. Hari. A. Shetty, at Anganvadi School.

On 9th August- Our club celebrated **AATI SAMBRAMA** Mrs. Jasmine Prakash briefed The Medical Properties of Aati Leaves and we all tasted the variety of dishes prepared with AATI LEAVES by our Members.

Mrs. Sheena Prakash was inducted to our club by the Charter President Mrs. Arati. H. Shetty.

On 15th August- IWC Kushalnagar celebrated Independence Day with Rotary Club, hoisted flag and distributed sweets.

On 20th August- The Club sponsored 200 Certificates for Cluster Level Pratibha karanji Kalotsava where students from 22 schools were participating . The certificates were handed over to the Resource Person Smt. Seema.

On 11th September- IWC KUSHALNAGAR hosted the 53rd District Rally "**KUSHI**" fun, frolic and friends under the leadership of District Chairman Mrs. Kavita Niyath, and the District EC at Raita Sahakara Bhavan for the first time. **474** members attended & celebrated friendship in the event from all the clubs of IWC District 318. Variety of Entertainment programmes & games were conducted, and each prize winner received 5gm Silver coin in the game. It is one of the most memorable day in the history of IWC Kushalnagar.

On 1st October- A six second video was recorded and posted to the association on the subject I LOVE INNER WHEEL in Kodava Saree and Language.

On 7th November- 4 members from our club attended Dosti ISO meet at Mysore. Our club ISO Smt. Divya Sujay won 3rd prize in ISO QUEEN CONTEST. Our club Secretary Ashwini Kumar won first prize in Singing and also got the lucky lady prize. Club past President Smt. Jasmine Prakash won 2nd prize in Pyramid building competition.

On 16th and 17th December- 9 members from our club attended 53rd district conference "Kanasu" at Chikkamagaluru. Club ISO Mrs. Divya Sujay received second prize and consolation in Children's Day Greeting Card Competition and best out of waste, Smt. Shalini Narendra won 2nd prize in beauty with lamp competition.

On 19th December- The Club distributed healthy lunch to 40 senior citizens of Sri Sakthi Old Age Home at Kudige.

On 23 rd December-The Club conducted an awareness programme on BANKING MACHANISM by resource person Smt. Fahima. She gave brief talk on how to manage services of the banks.

Celebrated Christmas by cutting cake, Organized games and High Tea.

On 29th December- We conducted BLOOD DONATION CAMP in association with SVYM, Rotary club Kushalnagar, Madikeri blood bank with Madikeri district hospital and collected 68 units of blood at Rotary Club Kushalnagar.

On 30th December- An unique ongoing project FRIENDSHIP BASKET moved to Mrs. Kavita Satappan and Mrs. Deepa Pujari at Kannika International.

On 7th January- Our Club conducted an AWARENESS seminar on AYURVEDIC HOME REMEDIES by Dr. A.N HEMALATA retd Medical officer from Mysore. Demonstrated AYURVEDIC POWDERS FOR COUGH, COLD, FAT BURNING and oil for joint pains and suggested various home remedies for many diseases.

On 10th January- Distributed T-SHIRTS to Pre. K. G. Childrens of Harangi Anganawadi School.

On 13th January- Conducted Baby Shower to Tribal community women's of a Haadi in Harangi. Club recognized 17 tribal women and wished them with gifts and good wishes. Rtn. Dr. Hari. A. Shetty gave brief talk on family planning and anemia. Taluk health officer Mr. Shrinivas explained the nutritional benefits of food. Mr. Ravi HOD of Basavanahalli School spoke about the importance of education to tribal children and sponsored protein rich food to inmates.

On 15th January- Club members celebrated Sankranti festival, different dishes around 15 dishes from Avarekai was prepared by Mrs. Chitra Ramesh and Mrs. Divya Sujay. Club ISO conducted traditional Saree Style competition. Mr. Shalini and Mrs. Aarti bagged prizes.

On 21 St January- FRIENDSHIP BASKET was moved to Mrs. Arati and Mrs. Bharathi, they hosted lunch and games for members and were gifted with beautiful Resin Stands.

On 3rd February- We participated in Mass Rally organized by Kannada Sahithya Sammelana from Kaveri statue circle to Raitha Sahakara Bhavana.

@District Assembly **NIVATHI**, Moodbidre...on 9th & 10th July



Invite to District Rally **KHUSHI**

@District Conference **KANASU**, Chickmangalore on 16th & 17th Dec..



