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Aralu Mallige

Chater No.2823  
IW Dist. 318 - India

**INNER WHEEL CLUB OF MYSORE MIDTOWN**

**ISSUSE 01** \* **JULY 2023**

## OUR INSTALLING OFFICER

Past District Chairman Mrs. Naina Achappa has been an active member of the Inner Wheel Club of Mysore for more than four decades. Being totally committed to the ideals of Inner Wheel, she believes that involvement in Inner Wheel is the best therapy for a stress free life. We have seen her dedication during the Golden Jubilee year of Dist 318 when she was the Chairman of the South Zone Meet – a mega event which was much appreciated by delegates from across the country.



**Mrs. Naina Achappa**

Her thorough knowledge of the Bye laws and the Constitution of Inner Wheel makes her a much sought after member in the District Advisory Committee.

Naina graduated from the University of Mysore and possesses a Masters degree in Counseling and Psychotherapy. A Montessorian from the London School of Montessori, she is very passionate about her school SHISHYA which she has been nurturing for thirty years. She is on the board of The Kodagu Model School and a member of the Association for Early Childhood Education and Development (AECED) and has presented papers on learning skills and capabilities in preschool children.



### SHINE & LIGHT TEAM

President: Mrs. S.Muveen Suryani (Saba); IPP: Mrs. Vimala Nagaraj; Vice President: Mrs. Ashwini Raghavendra; Secretary: Mrs. Sandhya Suresh; Joint secretary: Mrs. Rashmi Kaveramma; Treasurer: Mrs. Vyjayanthi Mahesh; ISO: Mrs. Kusuma Chandrashekar; Editor: Mrs. Jayalakshmi Rajeev; Web Co-ordirector: Mrs. Sheela Gopal; EC Members: Mrs. Asha Mahesh, Mrs. Lavanya Srinivasan, Mrs. Sandhya Mohan, Mrs. Sheela Gopal, Mrs. Kala Satyendra, Mrs Revathi Baliga.

Rtn Arun Achappa and Mrs. Naina Achappa have two children and three grandchildren. A continuous learner, she learns from her traveling experiences, her friends and the children around her.

We, the members of Inner Wheel Club of Mysore Midtown extend a hearty welcome to this woman of substance who has successfully balanced her personal life, professional life and social life.





# Message from

**Preeti Gugnani**

Association President &

National Representative 2023-24

*“Just as a spring breeze awakens tender new shoots of green,  
sincere encouragement can thaw a frozen heart and instill courage.  
It is the most powerful means to rejuvenate the human spirit.” —Daisaku Ikeda*

## Dear Club Leader

Hearty Congratulations for taking up the reigns of your Club for the CENTENNIAL YEAR of our esteemed Organisation for this milestone year 2023-24.

Accept my warm wishes as you prepare to take up the responsibilities and challenges of your highest office at Club level. This year, let us challenge ourselves to do more such projects and programs that have national reach and impact.

“ डर मुझे भी लगा फांसला देख कर, पर मैं बढ़ता गया रास्ता देख कर,  
खुद ब खुद मेरे नज़दीक आती गई मेरी मंज़िल मेरा हौंसला देख कर।”

A pyramid isn't built from the top down. The apex is attained only by laying strong foundation stones, one by one. The same is true of achieving a lofty objective. The crucial thing is to lay the first stone..... To take the first step....., and I am so glad to add to the foundation of your lofty objectives a sincere prayer & blessings of Lord Ganesha - To give you a clear & concise beginning illuminating your path of **service above self**.

वक्र तुंड महाकाय, सूर्य कोटि समप्रभः ।  
निर्विघ्नं कुरु मे देव शुभ कार्येषु सर्वदा ॥

Courage, strength and wisdom wells up in those who consciously take on everything as the protagonist and person responsible for achieving their goals. Unlimited wisdom and ardent resolve arise from a sense of responsibility.

Lead with Centennial vision & goals and remember that one is courage & other is focus which we have to continue living with to be victorious & happy. Let's build a smart Inner Wheel by Teach Empowering each Ignite Literacy as Inner Wheel India Mission and with wings of education empower girls to enrich our nation.

Let us all be the Trailblazers of peace & growth in our society and make the torch of Inner Wheel shine bright with your star performance this year.

Wish you a stupendous year shining with your brilliant achievements.

Best wishes & Regards



*A century of service, a legacy of impact.*

प्रीति गुग्गनी

**Preeti Gugnani**

Association President 2023-24

Association of Inner Wheel Clubs in India



## OUTGOING PRESIDENT'S MESSAGE



As we get ready to welcome the New Team for 2023-24, I'm penning my last President's message. It has been an honour and privilege to have had the opportunity to lead this amazing club. Inner Wheel's goal being Service and Friendship, we have done some very meaningful projects along with few speaker meets and also demo meetings.

I sincerely thank all my seniors and friends for guiding me all along. The real strength is in working together and by doing so, we achieve more & each member's contribution will surely bring about better results.

Working together always WORKS WONDERS.

Best wishes for the New Team and wishing them to SHINE like A Sparkling Light....

**Mrs. Vimala Nagaraj**

## INTRODUCTION OF OUR INCOMING PRESIDENT S.MUVEEN SURYANI(SABA)



She is a Commerce graduate, joined IWC of Mysore midtown in the year 2013 taking up the post of club ISO during 2017-18, She is all set to take this prestigious post now. Happily married to Rtn. Abdul Wajid Khan Suryani from the House of Suryanis, are blessed with three children Shaaz, Suha, Inhaaz. Her Hobbies are gardening, Cooking, Knitting, Crochet. "Shine a Light" the theme for 2023-24... She will be holding the team together and work together to bring magic moments in Midtown.

**We Wish her and the team the very best.**

## PRESIDENT'S MESSAGE

***Greetings to my Inner Wheel Friends,***

As Inner Wheel is celebrating 100 years, at a time when I am indeed honoured to be leading this prestigious club when Inner Wheel is celebrating its centennial year. It's a moment of excitement and pride and an opportunity to create friendship, service & understanding between the members and community at large. If we can meet people where they are and lift them up, they will imagine Inner Wheel in a new light and come to fully understand our value and our infinite potential. With this year theme "Shine a Light" for 2023-24, let's join hands and achieve the task and spread light around us.

**S.Muveen Suryani(Saba)**

## OUR INCOMING SECRETARY



Our secretary Mrs Sandhya Suresh, was born & brought up in Bengaluru. She is B.A (music) graduate She is a member of institutional ethics Committee JSS Medical College , Mysore positioned as social scientist and she is also holding the same position at JSS Dental College, JSSAHER, Mysore. She is also involved in many social activities as she is one of the Director of Puttrarangappa Trust . She helps the needy & the farmers by distributing free medicines through health camps Conducted in various villages. She has also served in our club as Treasurer and EC member. Her husband Dr R.N.Suresha is a well known Physician & diabetologist in Mysore. She is an affectionate mother of two children KRUTHIKA & SANDEEP settled in USA. Her goal is to SERVE THE MANKIND.

## FROM THE EDITOR'S DESK



It gives me immense pleasure to serve on the board of 2023-24 as the editor of the bulletin Aralu Mallige. Our team "SHINE A LIGHT" will try to achieve excellency and help the needy to the at most.

My Primary aim is to expose the capabilities of our esteemed members through Projects & articles.

I have had the privilege of being an ISO and EC member of our club.

My service to society is through charity work and eco friendly project through Rajeev Sneha balaga ,supporting four children of Arunodaya Special School since five years

I will try to do my level best to keep my editorial matter a well edited one.

**-Jayalakshmi Rajeev,  
Editor 2023-24**



## ANNUAL REPORT OF INNER WHEEL CLUB OF MYSORE MIDTOWN - 2022-23

### 1. W – WOMEN & ADOLESCENT GIRL WELFARE

1) On 20th July, our club sponsored bus passes to needy students from Mysuru City surroundings, who are pursuing a 72 days free office administration course conducted by SVYM Mysuru which is a generous contribution from Mrs. Shantha Acharya.

Amount spent: Rs. 10,500/-

No. Of beneficiaries: 15

No. Of hours spent: Spot project on installation day.

2) On 13th June, our club donated groceries to Asha Bhavana in Srirampura, an institution run for girls of single parents and orphans.

Amount Spent : Rs.5000/-

No. Of beneficiaries : 14

No. Of hrs. Spent : 1hr

3) On 22nd August, under joint project of all IWC's of Mysuru, an awareness talk on menstrual hygiene for adolescent women was organised at JSS College for Women, Saraswathipuram. Resource person was Mrs. Amritha Srinivasan. Brochures about menstrual hygiene and sanitizers were distributed to the participants.

Amount Spent : Nil

No. Of beneficiaries : 90

No. Of hrs spent : 2hrs

4) On 9th September, a joint speaker meeting was held by Rotary club of Mysore North in association with IWC Mysore North and IWC Mysore Midtown at RCL hall. Speaker was Dr. Poornima, Deputy Director, I & B Ministry, Government of India.

Amount Spent : Nil

No. Of beneficiaries : 25

No. Of hrs. Spent : 1.5 hrs

5) On 24<sup>th</sup> Feb, a sewing machine was donated to one Mrs. Suma to support her family.

Amount spent : Rs. 10,143/-

Beneficiary : 1

No. of hrs spent : 20minutes

6) On 19<sup>th</sup> March, on the occasion of International Adolescent HealthWeek, Mysore Adolescent Academy doctors conducted sessions on the importance of physical and mental health among adolescents at BaalakeeyaraBaalamandira. Our club joined hands with the academy and gave goody bags to all the 60 children present for Ugadi.

Amount spent : Rs. 1500/-

Beneficiaries : 60

No. of hrs spent : 1.5hrs

7) On 29<sup>th</sup> March, our club celebrated International Women's Day by honouring 2 women achievers of the society. One is Mrs. Neelamma, only woman grave digger in Mysuru and Ms. Gowri, a renowned sand artist and the lady instrumental for Mysuru's sand museum. PP VijayaSrinath gave an amt of Rs. 5000/- to Mrs. Neelamma.

Amount spent : Rs. 6450/-

Beneficiaries : 2

No. of hrs spent : 30 minutes

### 2. E – ENVIRONMENT

1. GUBBI GOODU PROJECT - On 11th May, our club in association with Trinity College Interact Club and GubbiGoodu fed food grains to the birds and felt the joy of it to celebrate the LIFE OF BIRDS.

Amount Spent : Rs. 500/-

No. Of hrs spent – 1.5 hrs

2) 19<sup>th</sup> January an Incinerator was given to Government girls school at T. Narasipura on our Chairman's official visit day

Amount spent : Rs. 10,148/-

No. of beneficiaries – 40

No. of hrs spent – spot project

### 3. R – RETENTION AND EXTENTION

1. On 20th July, our installation day, 4 new members were inducted to our club. Among them, one member Hemalatha Ravindrababure joined our club after a gap of 6 years.

### 4. E - EDUCATION

1) PP Uma Vivekhas sponsored the fees of a medical student Mahesh Kumar studying in Sullia Medical College all throughout the year.

Also pre-owned medical books were donated to him.

Amount spent : Rs. 1,11,500/-

Beneficiary : 1

No. Of hours spent : online transfer

2) On 20th July, our club donated notebooks and stationery items to the students of Government Higher Primary School, Hale Krishnamurthyapuram.

Amount spent : Rs. 3096/-

Beneficiaries : 25

No. Of hours spent : spot project on installation day

3) On 24th July, PDC Chandrika Raghu donated a pre owned desktop to Pavitra, a deserving 2nd PUC student and Mrs. Bhargavi gave a pre owned study table to the same student.

Amount spent : Nil

Beneficiary : 1

4) On 21st August, our club contributed along with Rotary Mysore Midtown for conducting drawing and debate competitions for school children.

Amount spent : Rs. 4,000/-

Beneficiaries : 233

No. Of hours spent : online transfer

5) On 25th August, Under joint project of all 8 Innerwheel Clubs of Mysuru, we distributed notebooks to the students of Vanitha Sadana.

Amount spent : Rs. 1,000/-

Beneficiaries : 200

No. Of hours spent : 1hr

6) On 25th August, we donated pre owned books like dictionaries, story books, etc to the library of T. Narasipura Government School.

Amount spent : Nil

Beneficiaries : 40

No. Of hours spent : 2 hrs

7) On 14th September, we donated an initial amount to Siddaramu, a psychology student doing his Master's degree to buy a laptop for his project work.

Amount spent : Rs. 10,000/-

Beneficiaries : 1

No. of hours spent : online transfer

8) On 24th September, our club donated white shoes, an English – Kannada dictionary and tennis balls and biscuits to the students and ceiling fan to the school at Government Lower Primary School (LPS), Sollepura village, H.D. Kote Taluk.

Amount spent : Rs. 8500/-

No. Of Beneficiaries : 28

No. Of hrs spent : 2hrs

9) On 14th October, our club donated 3 book racks, water filter and 5 wall clocks to Chiguru SrujanaShaale in Kabini, a school run for the underprivileged and single parent children.

Amount spent : Rs. 7940/-

No. Of beneficiaries : 145

No. Of hrs spent : 30 minutes

10) On 11th November, we donated baby chairs and educational materials to an Anganawadi Kendra in Nodekoppalu, in Mandya district.

Amount spent : Rs. 5640/-

No. Of beneficiaries : 18

No. Of hrs spent : 30 minutes

11) On 6th January, we distributed notebooks and stationery items to the students of KrishnarajaSarakariPrarthamikaShaale. This was sponsored by our member Smitha.

Amount spent : Rs. 3900

No. of beneficiaries: 25

No. of hrs spent: 1hr

12) On 7th January, under joint IWC's, a day long workshop was arranged for high school teachers on PHYSICAL AND MENTAL HEALTH OF ADOLESCENTS at Vignana Bhavan. Manasagangotri Campus.

Amount spent : Rs. 1000/-

No. of beneficiaries : 200

No. of hrs. spent : 6 hrs

13) On 19<sup>th</sup> January 2023, our COV day, ties and belts were donated to Karnataka Public School in Kuvempunagar.

Amount spent : Rs. 9535/-

Beneficiaries : 212

No. of hrs spent : 1hr

14) On 13<sup>th</sup> Feb, our club in a joint project with IWC Mysore Central and IWC Mysore North organised a training session on 'How to prepare for the board exams' for the students of Mathrumandali School by Mr. Srinivas from Davangere.

Amount spent : Rs. 1000/-

Beneficiaries : 120

No. of hrs spent : 2hrs

15) On 6<sup>th</sup> April, our club donated amount to Chiguru SrujanaShaale in Bidarahalligrama, Saragur taluk to conduct summer camp for children in the age group 6-14 yrs.

Amount spent : Rs. 5000/-

Beneficiaries – 90

No. of hrs spent : online transfer



## 5. COMMUNITY SERVICE

- 1) On 9th June, protein powder was given to a body builder Subramani Raju who was to participate in the University level competition held on 17th June.  
Amount spent : Rs.2000/-  
No of beneficiaries: 1  
No. of hrs. Spent : Online transfer
- 2) On Deepavali day, i.e 24th October, newkurtis were given to the girls of Asha Bhavana, a centre for girls of single parents and orphans which was sponsored by President Vimala.  
Amount spent : Nil  
No. Of beneficiaries : 22  
No. Of hrs spent : 30 minutes
- 3) On 24th October, our club in association with Rotary Club of Mysore Midtown sponsored sweets and crackers to the underprivileged children in a slum area.  
Amount spent : Rs.5000/-  
No. Of beneficiaries : Many  
No. Of hrs spent : 30 minutes
- 4) On 8th December, Self Defence Training programme was held for our members and students of Trinity College at the college premises by Mr.KarthikKateel and his mother.  
Amount Spent : Rs.5000/-  
No. of Beneficiaries- Many  
No. of Hrs. spent – 2hrs
- 5) On 21st December, a battery for the UPS was replaced at Asha Bhavana, a home for girls with single parent and orphans in Srirampura and a few essential items were donated to the girls there.  
Amount Spent : Rs.8500/-  
No. of Beneficiaries : 22  
No. of Hrs. spent : 30 minutes
- 6) On 26th November, groceries were given to Savinenapu Foundation, an institution for orphan children which was sponsored by Charter member and PP Prathibha Kanakaraj.  
Amount Spent : Rs.5000/-  
No. of Beneficiaries : 22  
No. of hrs. spent : Spot project on Charter day
- 7) This year, our members Vidya Bhat and PP Amitha on different days donated amount at Roti Bank, a kiosk managed by Badavara Bandhu charitable trust where 400 food packets for the underprivileged are distributed everyday.  
Amount spent : Rs. 16000/-  
No. of Beneficiaries : 1600  
No. of hrs. spent : 150 mins
- 8) In a joint project with Rotary Mysore Midtown, we distributed blankets to the underprivileged & homeless people.  
Amount spent: Rs. 6000  
No. Of beneficiaries: 50  
No. of hrs. spent: 3 hrs
- 9) PP Mrs. Nandini Murthy distributed blankets & provided lunch for visually challenged girls.  
Amount spent: 2500  
No. Of beneficiaries: 15  
No. Of hrs spent: 3 hrs
- 10) On 4<sup>th</sup> Feb, our club took the children of Savinenapu Foundation to Kalasuruchi (kathekelonabanni) in Kuvempunagar to listen to a story narrated by retd. Dysp. Mr.Rangaswamy. We sponsored their travelling expenses to the venue and also provided snacks to all present.  
Amount spent : Rs. 1550/-  
No. of beneficiaries : 22  
No. of hrs spent : 1.5hrs
- 11) On 7th March, all IWC's of Mysore as a joint project donated a podium to Rotary West School at kanakadasanagar.  
Amount spent : Rs. 1000/-  
Beneficiaries : 128  
No. of hrs spent : 4hrs
- 12) On 11<sup>th</sup> April, under joint project of all IWC's of Mysore, an amount of Rs.10,000/- was donated to Akshaya Paatre Foundation of ISKCON.  
Amount spent : Rs. 1000/-  
Beneficiaries : Many  
No. of hrs spent : 30minutes
- 13) On 13<sup>th</sup> May, we donated animal food and essential items to CARE FOR ANIMALS, a non profit trust run by Namitha and Suraksh which rescues stray dogs and cats and takes care of their vaccinations & sterilizations  
Amount spent : Rs. 6000/-  
Beneficiaries : Many dogs and cats  
No. of hrs spent : 30minutes
- 14) On 15<sup>th</sup> May, our club in association with IWC J.P.Nagar, Bangalore, Dist 319, donated a Cow and a Calf to a needy farmer in Ramapura village and also donated fodder for the cow sponsored by PP's Anupama and Asha Mahesh.  
Amount spent : Rs. 10,000/-  
Beneficiaries : 1  
No. of hrs spent : 1hr

## 6. BREASTFEEDING AWARENESS WEEK

- 1) On 2nd August, to commemorate the breastfeeding week, we distributed protein powder and calcium tablets to pregnant and lactating women at Primary Health Care Centre, Saraswathipuram.  
No of beneficiaries: 18  
No. Of hrs spent: 30 minutes
- 2) On 3rd August, protein powders and calcium tablets were given to pregnant women and lactating mothers at Anganavadi Kendra in Gowhalli in Jettihundi limits, Mysuru.  
No of beneficiaries: 18  
No. Of hrs spent: 1hr
- 3) On 4th August, our club in association with Jayanagar Government Hospital, and with the Indian Paediatrics and Mysore Obstetrics and Gynaecology society observed breastfeeding awareness week. Doctors present there spoke on the occasion briefing the new mothers about the importance of breastfeeding, method of feeding babies and also about the nutrition for the mothers. We distributed protein powders to lactating mothers and pregnant women.  
Amount spent: Rs. 5387/-  
No of beneficiaries: 76  
No. Of hrs spent : 3 hrs

## 7. HANDICAP – SPASTIC

- 1) On 25th June, we donated amount towards prizes for the valedictory function of Sahyadri Sinchana Trust, where competitions were conducted for the visually challenged students. This trust is working for the development of the visually challenged society.  
Amount spent: Rs. 5000/-  
No of beneficiaries: 30  
No. Of hrs spent : spot project
- 2) On 8th July, PDC Anuradha donated a pre owned TV to Suraksha Jeevan Trust in Belagola, a rehabilitation centre for cerebral palsy and intellectual disabilities.  
Amount spent: Nil  
No of Beneficiaries: 12  
No. Of hrs spent : 1hr
- 3) On 20th July, we donated a 12 litre pressure cooker and a pre-owned mixer grinder to Suraksha Jeevan Trust, Belagola.  
Amount spent: Rs. 1150/-  
No of Beneficiaries : 12  
No of hrs spent: spot project on installation day
- 4) On 26th July, under joint projects with all IWC's of Mysore, a talk and interactive session with parents of children of Mathrumandali Shishu Vikasa Kendra was held in the school premises on how to raise special children by key note speaker Dr.Nandini Keshav and PDC Mrs. Anuradha Nandakumar.  
Amount spent: Nil  
No of beneficiaries: 50  
No. Of hrs spent : 3 hrs
- 5) On 26th July, we also donated few educational activity aids as well as gardening items to Mathrumandali Shishu Vikasa Kendra. Chocolates and biscuit packets were distributed to the students.  
Amount : Rs. 1000/-  
No of beneficiaries: 50  
No. Of hrs spent : 1hr
- 6) Our member Mrs. Kala Satyendra helps a visually challenged college girl with her lessons by reading it to her via voice messages during her exams.  
Amount spent: Nil  
No of beneficiaries: 1  
No. Of hrs spent : 2 to 3 hrs per week
- 7) On 24th November, Our club donated the fees of a special child, Master Chayasuta, a student studying at JSS Sahana school for special children.  
Amount spent ; Rs. 10,000/-  
No. Of beneficiaries : 1  
No. Of hrs spent : 30 minutes
- 8) On 21st November, PDC Anuradha sponsored the fees of a student Ms. Aishwarya studying at JSS Sahana special school.  
Amount spent : Rs. 15,000/-  
No. of beneficiaries : 1  
No. of hrs spent : Online transfer
- 9) On 19th November, our club donated amount to Bhandavya – Special Olympics conducted by Rotary club of Mysore Midtown.  
Amount spent : Rs. 5000/-  
No. of beneficiaries – Many  
No. of Hrs. spent : 2 hrs
- 10) Our club donated amount towards the construction of MANASA KUTEERA, a school being built by Rotary Mysore Midtown for the intellectually challenged.  
Amount spent : Rs. 50,000/-  
No. of beneficiaries : Many  
No. of hrs spent : spot project on COV



11) On 16<sup>th</sup> Feb, PP Amitha Harish sponsored few essential educational activity aids and a table-chair set to PUTTA HEJJE – an early intervention centre for children with special needs at Asha Kirana hospital.

Amount spent : Rs. 12,000/-

Beneficiaries : Many

No. of hrs spent : 1hr

12) On 12<sup>th</sup> Feb, PDC AnuradhaNandakumar gave a talk to the special needs students and their parents of AashiyaanaSweekar in Nagpur.

Amount spent : Nil

Beneficiaries : 20

No. of hrs spent : 4hrs

13) On 15<sup>th</sup> March, 2 specially designed chairs for the special needs children and few educational activity aids were donated to PUTTA HEJJE at Asha Kirana hospital sponsored by Mrs. Vidya Bhat.

Amount spent : Rs. 20,000/-

Beneficiaries : 2

No. of hrs spent : 30 mins

14) On 18<sup>th</sup> April, PDC Anuradha conducted a half day workshop MAMATEYA MADILU for families of children with intellectual disabilities at Huliya near Chikkanayakanahalli.

Amount spent : Nil

Beneficiaries : 40+

No. of hrs spent : 1hr

### 8. MEDICAL ASSISTANCE

1) On 1st August, our club donated amount to a patient who is on dialysis and is in need of a kidney transplant.

2) Also August month hosts transferred online amount to the same patient.

Amount Spent : Rs. 13000/-

Beneficiary - 1

No. Of hrs spent – 1 hr

3) On 17th September, a mega blood donation drive was organised by Akhila Bharatiya Terapanth Yuvak Parishad in association with Rotary clubs and IWC's of Mysore and many other organisations. Totally 1200 units of blood was collected from across different centres of Mysuru. IWC Mysore Midtown provided breakfast and lunch to the donors at GSS Yoga centre. Our member Mrs. Revathi Baliga donated blood too.

Amount Spent : Rs. 3500/-

Beneficiaries : Many

No. Of hrs spent : 5hrs

4) On 23rd September, our club donated a baby weighing scale to PHC in Saraswathipuram. A sticker with Inner Wheel logo and our Club name was affixed on it.

Amount Spent : Rs. 1500/-

Beneficiaries : Many

No. Of hrs spent : 30 minutes

5) On 2nd November, we donated a wheelchair to the geriatric ward of JSS hospital. A sticker with Inner Wheel logo and our Club name was affixed on it.

Amount spent : Rs. 6500/-

No. Of beneficiaries : Many

No. Of hrs spent : 45 minutes

6) On 5th November, our club donated amount to Swasthya Foundation at St. Joseph's Hospital which does free cleft lip and cleft palate surgeries for patients in the age group of 3 months – 15 years. Foundation is headed by Rtn. Dr. Manuprasad.

Amount spent : Rs. 10,000/-

No. Of beneficiaries : Many

No. Of hrs spent : 45 minutes

7) On 14th November, on account of World Diabetes Day, PPNandini Murthy uploaded an awareness video in our Whatsapp group and briefed us about the causes and precautions of diabetes, the lifestyle disease.

Amount Spent : Nil

No. of Beneficiaries : Many

No. of hrs spent : 5

8) On 10th October, on a/c of World Mental Health day, on a virtual platform, an awareness pep talk on Mental Health was given by PP Anupama Ravindranath to our members.

Amount Spent : Nil

No. Of beneficiaries : Many

No. Of hrs spent : 5

9) On 9<sup>th</sup> Feb, under joint project of all IWC's of Mysore, a talk on Gestational Diabetes by Dr. Shwetha Nayak was arranged for pregnant women at Govt. maternity hospital in J.L. Puram. We distributed protein powders to the pregnant women and lactating mothers and few essential items to the hospital.

Amount spent : Rs. 1000/-

Beneficiaries : Many

No. of hrs spent : 2hrs

10) On 7<sup>th</sup> April, a cheque was donated for the medicines of an elderly couple sponsored by PP Nandini.

Amount spent : Rs. 5000/-

Beneficiaries : 1

No. of hrs spent : 30 minutes

### 9. OLD AGE

1) On 13<sup>th</sup> March, rice and cooking oil was donated to Nele Old Age home managed by Green Dot Trust sponsored by PP Asha Natraj, PP Asha Mahesh, Komala, Bhargavi and Ashwini.P

Amount spent : Rs. 5000/-

Beneficiaries : 14

No. of hrs spent : 1hr

### 10. FELLOWSHIP

1) On 1st August, in a MEET AND GREET programme, all IWC's of Mysuru got together at RCL hall to receive members of IWC Keti Valley, Ooty. It was a nice gathering of 50 members from Mysore clubs and 14 members from their clubs.

Exchange of flags, games for the guests, dance and exchange of gifts from both sides took place. This get together ended on a high with a sumptuous lunch.

Amount Spent : Rs. 369 each club

Beneficiaries : 70

No. Of hrs spent : 3 hrs

2) On 27th August, FRIENDSHIP DAY MEET was conducted by our club to all IWC's of Mysuru along with Nanjangud club. It was a day of fun, frolic, games, photo sessions and camaraderie among all present. A memorable day indeed! A lip smacking evening snacks was enjoyed by all.

Amount Spent : Rs. 18,000

Beneficiaries : 104

No. Of hrs spent : 3 hrs

3) Our club Charter's Day and Past Presidents' Day was celebrated on 26th November. It was a special day for all of us as 5 of our charter members were present on the occasion. Our Charter President Sarala Nataraj and another Charter member Pratibha Kanakaraj had come from Bengaluru to be amidst us.

4) NIYATHI - District Assembly was held on 9th & 10th of July in Moodbidri. 14 members from our club attended the event.

5) Khushi - District Rally was held at Kushalnagara on 11th September. 5 members from our club attended the event.

6) Symphony - South zone meet for the year 2022-23 was held on 20th & 21st of August at Hospet. Our member PDC Mrs Anuradha Nandakumar represented our club in the event.

7) VISHISHTA - A Multi District Rally was held in Bengaluru on 4th and 5th November. PDC Anuradha Nandakumar attended the event from our club.

8) DOSTI - District ISO Meet was held in Mysuru on 7th November hosted by IWC Mysore. 9 members from our club attended the event.

9) KANASU - On 16th and 17th December, 13 of our club members attended the District Conference hosted by IWC Chikmagalur at Chikmagalur.

10) International Inner Wheel Day - On 9th & 10th of January, 12 of our members went on a picnic to Somwarpet, Coorg. They spent a night in PN Heritage homestay, enjoyed some games, shopping, a bonfire night & delicious food.

### 11. INDIAN ART AND CULTURE

1) On 20th August, certificates were distributed to the tiny-tots of Beginners Bench School who had participated in the Krishna Radha contest on account of Krishna Janmashtami.

Amount Spent : Rs. 2450/-

Beneficiaries : 150

No. Of hrs spent : 2 hrs

2) On 1st September, Ganesha Aarti was held at PP Vjayanthi's place wherein all our club members were invited for haldikumkum. Many members attended the aarti. Refreshments was arranged for all.

3) On 15th August 2022, our members took pics of themselves with the National Flag atop their houses as part of the HAR GHAR TIRANGA campaign by Government of India.

4) On 28th October, our members participated in the KOTI KANTA GAYANA organised by the Ministry of Art and Culture, Government of Karnataka as a prelude to the 67th Kannada Rajyotsava.

Amount spent : Nil

No. Of hrs spent : 2 hrs

5) Celebrated Navarathri and Deepavali along with Rotary families. It was a very colourful evening with all our members dancing to Dandiya music and also lighting the diyas all over the venue along with bursting of crackers.

### 12. C – CANCER AWARENESS

1) On 17th October, an awareness talk and PPT presentation on Menopause and Cancer was given to our members by Dr. Sowmya, Gynaecologist, JSS hospital in our 4th GB meeting. After this she was felicitated by PDC Chandrika Raghur.



Amount spent : Nil  
 No. Of beneficiaries : 26  
 No. Of hrs spent : 1.5 hrs  
 2) On 13th December, under all Mysuru IWC's joint project, a water dispenser was donated to Bharath Cancer Hospital.  
 Amount Spent : Rs.1650/-  
 No. of Beneficiaries : Many  
 No. of Hrs. Spent : 1hr

**13. CONTINUOUS PROJECTS**

1) On 21st December, PP Lavanya Srinivasan honoured the school toppers of 2020, 2021, 2022 batch in the 10th standard board exams of Rotary Midtown Academy with Mallige Excellence Award gold medal and cash prize at their school annual day function in the presence of His Highness Sri Yaduveer Krishnadatta Chamaraja Wodeyar and Rotarians.  
 Amount : Rs.15000/-  
 Beneficiaries : 3  
 No. of hrs spent :2hrs

2) Our members Kusuma sponsored food packets at Roti Bank , a kiosk run by Deenabhandu charitable trust, where every day 40 packets of free food is distributed to the hungry and the homeless.  
 Amount spent :Rs. 4000  
 No. Of beneficiaries: 400  
 Ni. Of hrs. Spent: 30 mins  
 3) Contributed towards the college fees of Pavitra, for her BCA degree course.  
 Amount spent :Rs. 15000  
 No of beneficiaries : 1  
 No of hours spent : 30 mins.

**Total No. of projects : 85**  
**No. of beneficiaries : 5844 and many more**  
**No. of hrs. spent : 106**

**TOTAL AMOUNT SPENT : Rs.5,14,426/-**

**PROJECT UNDER SHINE A LIGHT**



Focusing on youth development, our secretary Mrs. Sandhya Suresh had sponsored movie "The Kerala Story".



Under the trail blazer project Zest for Zero waste, we planted saplings at gokulam park.

**PROJECTS FOR THE DAY**

- \* Swasthya Foundation is involved in conducting free Cleft lip surgeries for the needy. We are happy to donate ₹ 5000 to this Foundation. This project is sponsored by Mrs. Shanta Acharya, our member Vyjayanthi's Mom who has always been generous with her contributions to our club.
- \* Donating 50 books and 50 pens to Veda pata students in vysaraja mutt by our PP Mrs. Savitha Venkatesh. No of Benif 25 Total amount 1450
- \* Donating 2 Green Glass Boards measuring 5' by 4' to Puttaswamy High School, Kumbarakoppal, Mysore which caters only below poverty line children. They are also rendering good qualitative education. Our club Hon. Secretary Mrs. Sandhya Suresh is donating Rs 6500-00 towards the project which benefits around 200 children of the school.

**GOALS 2023-24**

**I take the Zero Waste Pledge**



**Take the pledge to reduce, reuse and recycle!**  
**we are committing to living a greener lifestyle.**



# SHATAPRPTI

## OUR DISTRICT ASSEMBLY

“SHATAPRATHI” the Installation of Centennial District Chairman and district Executive Committee 2023-24 was conducted for 2 days. The venue was all decked up to welcome the Inner Wheel Club members.

Day 1, On July 2 being named as “Santrupti” is a dedicated program to recognize the contribution made by 318 district clubs, was held.

The event was addressed by Associate President Mrs. Preeti Gugnani. Rotarian District Governor Geetha B. C. released District Souvenir and also congratulated all the members.



Then there was valedictory March by outgoing Presidents, EC members and CGRs led by DC Kavitha Niyath. Certificates and Medals were Presented to the Presidents of all 318 district clubs.

The two highlighting awards of the ceremony for Branding Project were ‘Inner Wheel Road” by IWC Kadur and “IWC Clock Tower Circle” by IWC Kundapur South, which also received a standing ovation.

Mrs. Kavitha Niyath shared her wonderful experience and memories during her tenure as DC.

Vote of Thanks was the conveyed by Vice Chairman Mrs. Poornima Ravi The program was followed by games.

Members of IWC Mysore midtown PP Chaitra Mohan, PP Savita Venkatesh, PDC Anuradha Nanda Kumar. Bagged prizes, This was an icing on the Cake of Our Club Members.

AP Preethi Gugnani felicitated all the PDC's for supporting Coti training program.







Inauguration of the 54 th District Assembly “SHATAPRPTI” was made by AP ,DEC , PDC s . **Mrs. Poornima Ravi** was inducted as the 54 th District Chairman for the year 2023-24. District officers were also inducted .

Club editors walked to the dias with placards of TRIAL BLAZER.

District Directory was then released by District Governor Rotarian Mr. Keshav.

Finally the program concluded With vote of thanks by Mrs. Vaishali Kudwa . “SHATAPRPTI” was indeed a delightful experience.

Day 2,

On July 3rd the day of Installation began by Inner Wheel prayer by District ISO Uma Mahesh, District officers presented the reports for the year 2022-23. Vote of thanks was rendered by District Vice Chairman Mrs. Poornima Ravi.

Inauguration and Installion of DC & DEC 2023-24 started with the flag march.

The Flag march comprised of Association President, DEC, CGR and 50 Club Presidents.

Invocation and Inner wheel prayer was rendered by host club President Mrs.Nandini and host club member Mrs. Jayshree respectively.



This was an Inter District Project jointly with IWC JP Nagar Bangalore Our club donated a Cow with a Calf to a needy farmer.

This project was displayed when the award was presented to our club president Vimala Nagaraj. we members were overwhelmed.

This was also exhibited in Association facebook page.





ಜ್ಞಾನ ಭಂಡಾರ  
**JNANA BHANDARA**

ಅಯಿ ನಿರಿನಂದಿನಿ ನಂದಿತಮೇದಿನಿ ವಿಶ್ವವಿನ್ಯೋದಿನಿ  
ನಂದಿನುತೇ  
ನಿರಿವರನಿಂಧ್ಯಶಿರೋಧಿನಿವಾಸಿನಿ ವಿಷ್ಣುನಿಲಾಸಿನಿ  
ಜಙ್ಗನುತೇ  
ಭಗವತಿ ಹೇ ಶಿಶಿಕಂಠಕುಟುಂಜಿನಿ ಭೂರಿಕುಟುಂಜಿನಿ  
ಭೂರಿಕೃತೇ  
ಜಯ ಜಯ ಹೇ ನುಕುಷ್ಠಾಸುರಮರ್ದಿನಿ  
ರಮ್ಯಕಪರ್ದಿನಿ ಶೈಲನುತೇ || ೧ ||

## **AashaadaMaasa**

In traditional Hindu Lunar Calendar, Aashaada Maasa is the 4<sup>th</sup> month of the year, usually begins in the month of June and ends in the month of July according to the Gregorian calendar. Aashaada marks the arrival of monsoon. This month is also called Shoonya Maasa (Null Month) because it is associated with tilling and sowing activities, and there can be no planning of auspicious events in that period. Aashaada also marks the beginning of Dakshinayana. The Sun transits towards south and enters into Karkataka constellation, called Karkataka Sankramana. This happens exactly six months after Uttarayana (Makara Sankramana). During Dakshinayana, devotees worship Saptamatruka Shakti Goddesses, Lord Bhairava and Lord Narasimha.

### **Most visited temples in Mysuru during Aashaada**



• **Chamundeshwari Temple**  
(Chamundi Hill)



• **RenukaYellamma Devi**  
(Ittigegoodu)



• **Chamundi Vana**  
(Vidyaranyaपुरa)



• **Gayatri Temple**  
(Mysore Palace premises)



• **JwalamalaTripurasundaridevi**  
(Uttanahalli)



• **BisiluMaramma Devi temple**  
(TK Layout)



• **Bhuvaneshwari Temple**  
(Mysore Palace premises)



• **Sharada Devi**  
(Shankara Mutt)



• **Bandantamma temple**  
(Kuvempunagar)



# IMPORTANCE OF YOGA

- \* Yoga is derived from the Sanskrit word 'Yuj' – which means 'align'. The focus is on aligning the body and mind to nature for achieving inner harmony
- \* Yoga has originated in ancient India and dates back to pre-vedic times
- \* Yoga helps fight stress, improves the immune system, flexibility, health and overall personality
- \* All over the world, million of practitioners on Yoga celebrate June 21 as the 'International Yoga Day'
- \* The four ways of alignment are elucidated in the Yoga branches - Raja Yoga, Gnana Yoga, Bhakti Yoga and Karma Yoga
- \* Pranayama is the yoga of harnessing your breathing to enable the practitioner's inner journey
- \* 'Yoga Sutras' of Patanjali is a treatise on 196 approaches for mind-body alignment



## SURYANAMASKAR



Surya Namaskar, also called Sun Salutation is an ancient yogic practice of paying respects to the sun. Seven different postures or Asana are done cyclically into a specific 12 steps pattern in a Surya Namaskar.

It is known to be an effective cardiovascular workout and has a greatly positive impact on the human body and mind.

Step 1. Pranamasana (Prayer pose)



Step 2. Hastauttanasana (Raised arms pose)



Step 3. Hastapadasana (Standing forward bend)



Step 4. Ashwa Sanchalanasana (Equestrian pose)



Step 5. Dandasana (Stick pose)



Step 6. Ashtanga Namaskara (Salute with eight parts or points)



Step 7. Bhujangasana (Cobra pose)



Step 8. Adho Mukha Svanasana (Downward facing dog pose)



Step 9. Ashwa Sanchalanasana (Equestrian pose)



Step 10. Hastapadasana (Standing forward bend)



Step 11. Hastauttanasana (Raised arms pose)



Step 12. Tadasana (Mountain Pose)







# SIGNIFICANCE OF ENVIRONMENT

The environment is an intricate web of interconnected systems that sustains life on our planet. As the global community comes together to celebrate Environment Day, it is imperative to reflect upon the significance of preserving and protecting our environment.

The environment encompasses all living and non-living elements of the Earth, providing us with essential resources, such as clean air, fresh water, fertile soil, and a diverse range of ecosystems. Beyond its utilitarian value, the environment holds immense intrinsic worth.

**Climate Change:** Rising temperatures, extreme weather events, and melting glaciers are all consequences of human activities, primarily the emission of greenhouse gases.

**Loss of Bio-diversity:** Human activities, including deforestation, habitat destruction, and pollution, have led to a rapid loss of bio-diversity and it disrupts delicate ecological balances, threatens countless species with extinction.

**Pollution:** Pollution in various forms, such as air, water, and soil pollution, poses significant challenges to the environment and human health. Industrial emissions, improper waste management, and excessive use of chemicals contribute to the degradation of our ecosystems and the contamination of vital resources.

**Conservation and Restoration:** Protecting and conserving natural habitats and bio-diversity is crucial and it can be done by promoting sustainable land use practices, and engaging in habitat restoration initiatives.

**Sustainable Consumption and Production:** Adopting sustainable consumption patterns and supporting eco-friendly production methods can significantly reduce the strain on the environment.

**Education and Awareness:** Education plays a vital role in empowering individuals, communities, and future generations to make informed decisions and take responsible action for the environment.

**Policy and International Cooperation:** Governments and international organizations play a crucial role in creating and implementing policies that prioritize environmental protection.

Environment Day serves as a reminder of the fragility and significance of our environment. Preserving and protecting our environment is not a choice but a collective responsibility. By recognizing the intrinsic value of the environment, understanding the challenges it faces, and taking decisive actions at individual, community, and global levels, we can forge a path towards a sustainable future. Let us unite our efforts, for a healthy environment is the foundation upon which our well-being and prosperity depend.



**Mrs. Trish Douglas**  
IIW President, GB&I



**Mrs. Preeti Gugnani**  
Association President



**Mrs. Poornima Ravi**  
District Chairman



**Mrs. S.Muveen Suryani (Saba)**  
President



**Mrs. Sandhya Suresh**  
Secretary



**Mrs. Jayalakshmi Rajeev**  
Editor



*"Go green and keep the earth clean"*

