

Inner Wheel  
District 301



*Special Edition*



**E-Bulletin**  
**6<sup>th</sup> Issue March 2025**

# orbit

## 301

*Seventeenth Triennial Conference*



**Dr. Manisha Kaushik**  
District Chairman

**Mrs. Mamta Gupta**  
IIW President

**Mrs. Sunita Jain**  
Association President

**Mrs. Harmeet Sehgal**  
District Editor

## 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 cultures and creeds,  
Endow us with a desire to serve our Fellowmen,  
Remembering that we, too, often need help.  
Whenever or Wherever the need for service arises,  
Help us to be ready to serve  
Endeavouring to make our badge of Inner Wheel worthwhile  
Ensuring that we have not Lived in vain

---

## इनरव्हील प्रार्थना

---

मित्रभाव के सत्यअर्थ को हम सब में हे ईश्वर भर दो,  
हम सब ही हैं तेरे बालक भूलें ना यह इतना कर दो।  
धर्म और संस्कृति भेदों का मन में नहीं स्थान रहे,  
सभी मानवों की सेवा का हमें सदा ही ध्यान रहे।  
आवश्यकता हमें मदद की हो सकती यह याद रहे,  
सेवा करने की जरूरतें जहाँ कहीं भी आन पड़े।  
सेवा करने को सब जन की तत्पर हम सब डटें रहें,  
'इनरव्हील' की शान बढ़ाये यह वर हमें प्रदान करो।  
के मानव जीवन व्यर्थ न जाये प्रभु यह कृपा प्रदान करो।।

---





**OBJECTIVES OF**  
**INNER WHEEL**  
**To Promote True Friendship**  
**To Encourage The Ideals of**  
**Personal Service**  
**To Foster International**  
**Understanding**

# Table of Content

Message from District Chairman	05
Message from The Editor Desk	07
Message from PDC Shashi Kumar	09
17th Triennial Conference Horizon	11
Special Mention	26
Triennial Delegates Feedback	29
Birthday Wishes	40
District Editor's Overview on the City Delhi	41
A Journey Through Cities, A Search for Home	43
Festival of Holi	45



**HEARTBEAT**  
**OF HUMANITY**  
Inner Wheel 2024-25





**Dr. Manisha Kaushik**  
District Chairman

Message

Warm Inner Wheel Greetings !!

Dear Inner Wheel Sisters,

Congratulations! Congratulations!!

I thank each one whole heartedly as we celebrate Inner Wheel, the largest global women's service organisation. Your collaborative spirit uplifted our whole team.

It is a matter of great pride that District 301, in 39 + years had the distinct privilege of hosting the most prestigious event of the Millennium Inner Wheel year, "**HORIZON**" **XVIIth Triennial Conference** at The Leela Convention Centre New Delhi, 7th to 9th February 2025 under the able guidance of dynamic **Association President Mrs. Sunita Jain** & our very own magnetic leader **IWP Mamta Gupta** as the Chief Guest.

A nostalgic moment as it takes me back to the last two and half years wherein we were planning, meeting, discussing regularly how to go about the much awaited event of the 101st year of Inner Wheel & I have bitter sweet feelings. So much of planning & hard work has gone into it & suddenly in the blink of an eye the event was over.

The Triennial gave us a platform for healthy discussions involving proposals, amendments & other impactful deliberations. A way to better the Constitution & foster friendship, fellowship & selfless service.

For the first time ever Triennial witnessed E balloting meticulously planned & flawlessly executed under strict supervision of **ACCCC Azhagu Annamalai** & **AP Sunita Jain**. Another feather in our cap!

Approximately 1150 delegates participated from India & 15 countries worldwide taking friendships, fellowships beyond boundaries.

Congratulations to the Triennial Conference Convenor **IWPP Abha Gupta**, Triennial Co Convenor **PDC Madhu Nagpal**, Advisors **IWPP Anita Aggarwal** & **Dr Kapila Gupta**, Triennial Core Committee- Triennial Secretary **PDC MGA Shashi Kumar**, Triennial Treasurer **PDC Mala Rishi**, Triennial Co Treasurer **DS Deepa Goel**, Registration in charge **DVC Deepika Bali**, District Convenor **PDC Gita Dhawan**, District Cultural Committee Chairperson for Triennial **PDC Ranjana Mohan** for all the efforts to make the Triennial a huge success. The Association President Sunitaji had words of appreciation for each one .

Congratulations to the entire DEC for standing rock solid with me and making District 301 so proud. Congratulations once again to **DVC Deepika** for her meticulous coordination & maintaining data of all Districts, **DS Deepa** for helping to assimilate the kits which was indeed a herculean task, **DT Sugandha** for timely updation of Trust & Triennial Sponsorship Account and making receipts, **DESO PDC Madhu Nagpal** for always guiding & being part of the planning since the beginning, **DISO Dr Anju Ahuja** for a wonderful **ISO Meet Sakhi** which set the pace for the Triennial.

Everyone was enthralled by the beautiful garbha theme & ramp walk. **DE Harmeet Sehgal** for roping in the Editors for the ramp walk with a difference & doing full justice to the Triennial Souvenir even though the time allocated was less.

Thank you to our Gold Sponsors.

First time ever 5 meals were provided at a National event along with high tea specially curated for us by hospitality partners "**Leela**". The Culinary Session, Tambola, Nizami Bandhu Youth, Talk show with Priya Dutt, Motivational speaker Mr Darpan Vasudev added the extra spark and made it power packed.

Our District presented a fabulous performance based on Nav Durga along with participation in the presentation of the North Zone.

I take this opportunity to Thank Team Anmol who are definitely my pillars of strength looking after our Dignitaries so well, Club President's who came forward with sponsorships, vibrant members who were on their toes welcoming guests, doing their duties with utmost dedication. I also thank all our sponsors & gift partners.

Each one managed the duties allocated to perfection. We have been able to meet ends wonderfully. The Triennial Conference was covered by Doordarshan & had good media coverage in leading dailies namely Times of India, Punjab Kesari, Dainik Jagran, Dainik Savera, Kesri Times, Bharat News etc...

Kudos for raising the bar so high!!

I thank our Association President Sunita ji for her trust in us & her unwavering support to ensure that all delegates witness the most magnanimous event of the Millennium. With your talent and dedication, there's no telling how far District 301 will go surpassing every expectation.

The vibrant members & my Millennial Dreamers make a difference to the team every day.

Teamwork makes the dream work!

Rightly said by Helen Keller

***"Alone we can do so little; together we can do so much."***

Looking forward to continued enthusiasm with brilliant 120 days to come ,with more feathers to add to our cap & the year to end on a high note.

Warm wishes & regards



**Dr Manisha Kaushik**  
District Chairman 2024-25  
" Stay Limitless "





## Message from the Editor Desk

### Harmeet Sehgal

District Editor

#### The 17th Triennial Conference – HORIZON (7th-9th February 2025)

The 17th Triennial Conference, **HORIZON**, held from 7th to 9th February 2025, was a much-anticipated event, especially for District-301, which had the honor of hosting it under the leadership of **Association President Mrs. Sunita Jain** and **District Chairman Dr. Manisha Kaushik**.

From the moment the 101st year of International Inner Wheel commenced on 1st July 2024, IWD-301 began gearing up for this prestigious event. Committees and core committees were formed, ensuring meticulous planning across all aspects of the Triennial. Venues were booked, programs carefully curated, registrations and invitations sent, and proposals and amendments diligently compiled. These were then discussed and debated within each district before being formally presented. Celebrity panelists were invited, entertainment programs designed, and the Triennial bazaar organized. The list of responsibilities was extensive, and every detail was executed with precision and dedication.

As the junior-most member of the District Executive, I was initially an observer, watching the preparations unfold while managing my own commitments. However, as the event drew closer, I was called upon—like many members of our district—to assist in sponsorship efforts. Just two weeks before the Triennial, I was entrusted with the task of preparing the Triennial Souvenir. While I accepted the challenge as an honor, I must admit there were moments of self-doubt, wondering if I had taken on more than I could handle.

Fortunately, I had the guidance of **Association President Mrs. Sunita Jain**, whose leadership was both inspiring and demanding. A perfectionist in every sense, she ensured that every detail was

impeccable, and I consider it a privilege to have learned under her supervision. While she provided direction, she also gave me the creative freedom to compile and shape the Souvenir. Her public acknowledgment of my work was deeply humbling, and I remain grateful for her support.

**District Chairman Dr. Manisha Kaushik** was equally encouraging and empathetic throughout the process. The pressure of deadlines, rather than overwhelming me, became a catalyst for better work. Many sleepless nights were spent in compiling, proofreading, writing, and finalizing design approvals. Looking back, I truly believe that Divine Grace helped us navigate the frenzy and bring everything to a satisfying conclusion.

Just when I thought my responsibilities were complete, another challenge awaited—**preparing over 1,100+ Triennial Participation Certificates!** And as if that wasn't enough, a week before the Triennial, we were assigned yet another exciting task—**organizing the District Editors' Ramp Walk** for the opening day. Coordinating with **20 District Editors** attending the Triennial, we scrambled to finalize music, choreography, sequence, dress codes, and placards—all in record time!

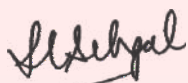
Finally, the big day arrived, and our hearts swelled with pride to witness the fruits of months of hard work. Hosting 1,200 women from across India and esteemed foreign delegates for three days was no small feat. Ensuring they were engaged, entertained, and comfortable was a challenge, but IWD-301 rose to the occasion spectacularly.

The unwavering guidance of our Past International Inner Wheel Presidents (PIIWPs) and Past District Chairmen (PDCs) ensured that every aspect of the event was executed smoothly. My fellow District Executive members stood firm through three intense days, ensuring that all responsibilities were managed seamlessly. Many Presidents, members, and the Anmol Team contributed their best efforts to make the Triennial a grand success.

With delegates from all 27 districts and celebrated Inner Wheel leaders from across the country in attendance, **District Chairman Dr. Manisha Kaushik** and IWD-301 delivered an event that will be remembered for years to come. Kudos to the entire team for pulling off a truly successful and memorable Triennial Conference!

As I reflect on this experience—my first year as a member of the District Executive of IWD-301—I feel incredibly fortunate to have been part of this journey. The lessons learned, friendships forged, and challenges overcome have made this a truly cherished milestone in my Inner Wheel journey.

Warm wishes and best regards,



**Harmeet Sehgal**

District Editor 2024-25

IWD - 301





Message

## Shashi Kumar

Past District Chairman &  
Margarete Golding Awardee 2024-25

**17th Triennial Conference Horizon.. An observation:** Entire District 301 was excited about the 17th Triennial Conference as our District was hosting it after a gap of 40 years.

A core committee under the guidance of PIIWP Abhaji Guptaji was formed and several meetings were held some with AP Sunita Jain to finalize various aspects of the Triennial. We were all unanimous in working hard to make it a memorable event.

I was given the responsibility of the Flag March and the welcome kits (sponsored by IWC Delhi Vikas and IWC Gzbd Main) and Registration kits. Members from Mayur Vihar Gzbd Clubs and Delhi Vikas and Delhi Vivek helped out by filling 1200 kits a huge number.

On the seventh the Shopping arcade was inaugurated by IIW President Mamta Gupta accompanied by AP Sunita Jain and DC Manisha Kaushik. ISO Meet saw ISOs exchanging flags besides the Dandiya ramp walk. Dressed in hues of vibrant colours members played Dandiya to their heart's content.

The flag March began with a shower of petals through a drone. The March was left by IIW President, Convenor Abha Gupta, co convenor Madhu Nagpal AP Sunita Jain IPAP Preeti Gugnani, DCs and Acs.

Triennial Convenor Abhaji welcomed the delegates from 27 Districts and overseas delegates from 15 countries to the Triennial. The inaugural session had Ms Priya Dutt as the keynote speaker. Members listened in rapt attention and eagerly participated in the interactive session.

The evening saw the presentations by different Districts beginning with an awesome inspiring dance by the host District which left every one spellbound. The second day began with photo sessions with the IIW President and A Different groups like PAPs, PDCs District Executive and clubs got photographed with the IIW President and AP. Something they will cherish for years.

The business session was conducted well by AP Sunita Jain. All the proposals were well presented explained and discussed in detail. This was the first time that electronic voting was being practiced at the Triennial. The Distt AV team along with the event management team was on their toes all the time. Everyone favoured the famous Delhi Chaat for high Tea.

Evening had the celebration in the air with a nawabi bent to it. Everyone dressed in shararas and Gharara s transported us to a bygone era of the Nawabs of Avadh. The Nizami Bros enthralled the 1200 strong gathering of ladies with their Sufi renditions and before long everyone was on the dance floor. The Begum of the evening was the highlight. This was. Followed by a Gala Dinner. 9th morning again saw the photo session of the remaining districts.

Mr. Darpan Vasudev's motivational session left every one with thoughts to ponder. Then it was time for the much awaited session Minna Se Mamta led by PAP Sarita Lunani. PIIWP Minnaji was also felicitated on the occasion. It was my proud privilege to assist Minnaji and be her side for the day.

The Triennial Souvenir the product of hardwork and labour of love by District Editor Harmeet Sehgal was released by PIIWP Minnaji in the presence of IW President Mamta Gupta and AP Sunita Jain. The time to conclude the Triennial had arrived just too fast. The valedictory function began with recognition of the people who had supported in various ways.

For me personally receiving the most Prestigious Margarett Golding award from IIW President in the presence of AP Sunita Jain and Convenor our very own Abhaji was a memorable moment that I will cherish all my life.

After the observation by the IIW President and a formal proposal of vote of thanks the flags were brought down leaving us with a lump in our throats with a feeling that all good things come to an end. It was time to say our goodbyes with a promise to meet at the next Triennial. The guests left happy and satisfied with old bonds strengthened and new friendships struck.

The coord committee and host District members were left tired but happy at accomplishing a magnanimous task, each member standing by the convenor and District Chairman. Enriched with fond memories, we realised that no task however big is impossible to achieve when we walk hand in hand.

**Shashi Kumar**

Past District Chairman &

Margaret Golding Awardee 2024-25





ACQUIRE ASPIRE INSPIRE

## *Seventeenth Triennial Conference*

7th - 9th February, 2025

### **DAY 1: Morning**

The **7th of February 2025** dawned with a crisp, sunny morning as Inner Wheel Members from across India and several international countries gathered at the **Leela Convention Centre, New Delhi**, for the much-anticipated **17th Triennial Conference – HORIZON**. Excitement filled the air as attendees arrived, collecting their kits and lanyards, while the venue buzzed with members checking into their rooms.

The Inner Wheel Bazaar, aptly named “**Chandni Chowk**”, was officially inaugurated by International Inner Wheel President (**IIWP**) **Mamta Gupta**, in the presence of Association President (**AP**) **Sunita Jain**, District Chairman (**DC**) **Dr. Manisha Kaushik**, and a distinguished gathering of dignitaries from across India.

A palpable sense of enthusiasm spread as **Club ISOs** and **District ISOs** gathered in a smaller convention hall for their presentation at the **ISO Dandiya Meet – Sakhi**. Simultaneously, **District Editors** came together for the much-awaited **Unity in Ink – District Editors’ Ramp Walk**.

The function was presided over by **IIWP Mamta Gupta**, **AP Sunita Jain**, and Host DC (IWD-301) **Dr. Manisha Kaushik**. Following the preliminary felicitations the **ISO Meet** commenced to the energetic beats of **Garba Music**, with participants in vibrant attire and **Dandiya Sticks** in hand. The session, expertly managed by **MOCs PDC Nisha Bhargava** and **District ISO Dr. Anju Ahuja**, was a resounding success.

Next came the **District Editors’ Ramp Walk**, led by **National Editor Anita Jain**, followed by **District Editor Harmeet Sehgal** (IWD-301) and all the attending **District Editors**. With confidence and flair, they walked the ramp holding placards featuring the cover pages of their respective magazines, all set to a Carnatic twist of “**Shape of You**.” The performance was lively, and the District Editors looked elegant in their signature blue sarees, adding a touch of sophistication to the event. **IIWP Mamta Gupta**, **AP Sunita Jain**, **DC Dr Manisha Kaushik** and **NE Anita Jain** were felicitated as were all the participating **District Editors** by **Host District Editor Harmeet Sehgal**.









## DAY 1: Inaugural Session

### The Inaugural Session

Post-lunch, the Inaugural Session commenced with a grand Flag March, led by **IIWP Mamta Gupta**, **PIIWP Dr Pallavi Shah**, **PIIWBD Vimla Abraham**, **AP Sunita Jain**, all Past International Inner Wheel Presidents (PIIWPs), Past Association Presidents (PAPs), Association Executives, all 27 Association Council (AC) Members, and District Chairmen from all 27 districts of India. Their proud and graceful procession through the convention center corridors into the main hall was a moment of honor, particularly for Host District-301, which had meticulously organized this prestigious event.

With the National Anthem Meeting was called to order by **AP Sunita Jain** and the Inner Wheel Prayer recited by **AS Dr Urvashi Mittal**, the event formally commenced, marked by the lighting of the lamp. A warm welcome address was delivered by Convenor **PIIWP Abha Gupta**, setting the tone for the day. Dignitaries and VIPs were acknowledged and honored, adding to the grandeur of the occasion.

### Keynote Address & Guest Speaker

**PIIWP Dr. Kapila Gupta** introduced the **Keynote Speaker, Priya Dutt**, whose compelling address left the audience spellbound. She captivated everyone with real-life anecdotes, her unwavering commitment to serving the underprivileged, and her heartfelt passion for social work. Her words resonated deeply, leaving a lasting impression.

Following this, a chat show with **Priya Dutt** was conducted, moderated by **PIIW Prabha Raghunandan**, offering further insights into her inspiring journey.

The session continued with **PIIWP Kamla Ramakrishnan** introducing the Chief Guest, **IIWP Mamta Gupta**. In her thought-provoking address, **IIWP Mamta Gupta** provided a fascinating overview of Inner Wheel's ethos, sharing her wealth of experience and invaluable insights on the organization's impact and growth.







## DAY 1: Evening

### Entertainment & Cultural Showcase

The highlight of the inaugural day was the Entertainment Program, skillfully coordinated by **Pusha Suryamurthi**. The evening began with a breathtaking performance by **Host District-301**, followed by an array of vibrant performances by various districts, **AC Members**, and **District Chairmen**.

A Raffle draw added excitement to the evening and a vote of thanks was delivered by **DESO / PDC Madhu Nagpal** expressing gratitude to everyone for being present and attending the **17th Triennial Conference- HORIZON**

The day's events were a perfect blend of celebration, inspiration, and camaraderie, setting a dynamic and uplifting tone for the rest of the conference.











ACQUIRE ASPIRE INSPIRE

## *Seventeenth Triennial Conference*

7th - 9th February, 2025

### **DAY 2: Morning Business Session**

**Saturday, 8th February 2025**, began on a high note as over 1150 + delegates gathered in the main hall for the **Business Session**. The proceedings commenced with an IW Prayer led by **AT Rachna Malpani**, followed by a welcome address from **AP Sunita Jain**, a roll call by **AS Dr. Urvashi Mittal**, and association reports presented by **PAP Dr. Surjit Kaur** and **IPAP Dr. Preeti Gugnani**. The session continued with the welcome and adoption of the Conference Standing Order by **ACCCC Azhagu Annamalai**.

Chaired by **AP Sunita Jain**, the session then moved on to discussing proposals and amendments. A historic milestone was reached as the Association of Inner Wheel Clubs in India conducted its first entirely digital Triennial Conference voting. Each proposal and amendment was carefully discussed, deliberated, and debated before being put to a vote, ensuring a thorough and transparent process.

While many club presidents, having served as voting delegates in previous triennials, found the process familiar, most delegates experienced it for the first time and were both intrigued and engaged. Seasoned Chairmen, AC Members, and PAPs—well-versed in the system—contributed significantly to the smooth execution of the digital voting process.

In addition to the formal proceedings, our District thoughtfully organized a **Tambola Session** after lunch in a smaller hall to keep non-voting delegates engaged. The exciting prizes awarded during this session were much appreciated. Earlier in the morning, a celebrated chef led a cookery class that added a delightful touch to the day's activities. **The Chandni Chowk Bazaar**, too, proved to be a popular attraction, offering a vibrant shopping experience that perfectly complemented the gathering of such a large number of women delegates.





Association of Inner Wheel Clubs  
Income & Expenditure A

Particulars	For the Year 2024-25
Expenditure	20,00,000.00
Constitutional Expenses	1,00,000.00
Administrative Expenses	1,00,000.00
Marketing & Publicity Expenses	1,00,000.00
Membership Expenses	1,00,000.00
Travel & Transport Expenses	1,00,000.00
Food & Accommodation Expenses	1,00,000.00
Medical & Health Expenses	1,00,000.00
Education & Training Expenses	1,00,000.00
Research & Development Expenses	1,00,000.00
Interest & Dividend Income	1,00,000.00
Other Income	1,00,000.00
Total	20,00,000.00





## DAY 2: Evening



As the **Business Session** concluded on the evening of **February 8, 2025**, guests were welcomed with a lavish spread of evening high tea, offering a moment of relaxation and camaraderie. Amidst lively conversations and reflections on the day's proceedings, the atmosphere buzzed with anticipation for the night ahead.

Following a brief interlude to refresh and change into formal attire, attendees gathered for an enchanting evening of **Sufi Music** and **Mehfil-e-Qawwali** by the esteemed **Nizami Bandhu Youth**. The setting was vibrant and visually captivating, with everyone dressed in their finest, ready to immerse themselves in the musical experience.

As the soulful rhythms and evocative melodies filled the air, the energy in the room became infectious. Foot-tapping soon gave way to joyous movement, and before long, the audience was swaying and dancing to the spellbinding tunes. It was an evening of pure musical enchantment, leaving everyone uplifted and connected through the timeless magic of **Qawwali**.











ACQUIRE ASPIRE INSPIRE

## *Seventeenth Triennial Conference*

7th - 9th February, 2025

### **DAY 3: Morning Photo Session**

**Sunday, 9th February 2025** : The morning began with our District Delegates gathering for a **Special Photo Session** alongside **IIWP Mamta Gupta**, **AP Sunita Jain**, and Association Executives. Given that Host District 301 had the highest number of members, the session was conducted in three parts. Many districts had already completed their photo sessions on Saturday morning, while the remaining ones assembled on Sunday to do the same. These photographs serve as cherished keepsakes, capturing the spirit of the event long after its conclusion.

Following this, the **Business Session** resumed, as several proposals and amendments required submission for voting. As deliberations came to an end, the session concluded with a series of significant addresses:

- Concluding remarks by **AP Sunita Jain**
- Observations by **IIWP Mamta Gupta**
- Vote of thanks by **AVP Jyoti Mahipal**
- Valedictory session led by **PIIWP Bina Vyas**
- IW Prayer recited by Triennial Treasurer **PDC Mala Rishi**
- Presentation of “Minna Se Mamta Tak” by **PIIWT Sarita Lulani**

A moment of great honour was the presence of one of India’s most esteemed IW leaders, **PIIWP Minna Kapur**, who officially released the Triennial Souvenir— curated and authored publication by **District Editor Harmeet Sehgal**. The release ceremony took place in the esteemed presence of **AP Sunita Jain**, **NE Anita Jain**, and **DC Dr. Manisha Kaushik**.





**Expressions of gratitude followed, delivered by:**

- **PAP Geeta Padmanaban**
- **IIWCC Patricia Hilton**
- **PIIWP Anita Aggarwal**

The conference also featured an engaging and motivational session by **Mr. Darpan Vasudev**, who was introduced by Triennial Co-Convenor **PDC Madhu Nagpal**. His inspiring message on personal and professional growth left a lasting impact on the audience.

As this grand three-day event drew to a close, heartfelt farewells were exchanged with the visiting delegates. A special mention was extended to our esteemed overseas guests—some familiar faces who frequently grace our events, and many first-time visitors who traveled from various countries to join in our celebrations.

All contributions towards the Triennial Conference were recognized, acknowledged, and deeply appreciated by **AP Sunita Jain**.

The Host District presented a vibrant Farewell Dance, and the final Vote of Thanks was delivered by Host District Chairman **Dr. Manisha Kaushik**. The event culminated with the symbolic “**Bringing Down the Flag**” by **AP Sunita Jain**, marking the official conclusion of the **17th Triennial Conference**—a remarkable and memorable gathering of leaders, delegates, and friends from across the world.

















## Special Mention

A Special Mention has to be made for the Vibrant District Executive Team of Host District-301 who kept the flag of Inner Wheel flying high by being the perfect hosts who had given their all for the last few months.



**Dr. Manisha Kaushik**  
District Chairman



**Dr. Urvashi Mittal**  
AS / AC Member



**Deepika Bali**  
District Vice Chairman



**Deepa Goel**  
District Secretary



**Sugandha Bharti Gupta**  
District Treasurer



**PDC Madhu Nagpal**  
District ESO



**Dr. Anju Ahuja**  
District ISO



**Harmeet Sehgal**  
District Editor



Each one carried out their duties seamlessly and were totally dedicated and committed to their involvement prior to and during the Triennial Conference. The Dignitaries from District-301 who played a significant and pivotal role in the success of the Triennial Conference deserve recognition and respect for their contribution in the months, weeks and days of planning and execution.



## Triennial Organising Committee



IIW Past President  
**ABHA GUPTA**  
Triennial Conference Convenor



Past District Chairman  
**MADHU NAGPAL**  
Triennial Conference Co-Convenor



District Chairman  
**DR. MANISHA KAUSHIK**  
Host District 301



Past District Chairman  
**SHASHI KUMAR**  
Triennial Conference Secretary



Past District Chairman  
**MALA RISHI**  
Triennial Conference Treasurer



District Secretary  
**DEEPA GOEL**  
Joint Treasurer



District Vice Chairman  
**DEEPIKA BALI**  
Registration In-Charge



Past District Chairman  
**GITA DHAWAN**  
District Coordinator

## Members of Advisory Committee



IIW Past President  
**MINNA KAPUR**  
Advisor



IIW Past President  
**DR. KAPILA GUPTA**  
Chief Advisor



IIW Past President  
**ANITA AGGARWAL**  
Advisor



## Anmol team for being a support for the District Chairman Dr Manisha Kaushik.



**Mrs. PP Vibha Anand**  
IWC of Gurgaon South City



**PP Pooja Gupta**  
IWC of Faridabad  
Industrial Town



**PP Manju Narang**  
IWC of Delhi Vasant Kunj



**PP Ruby Bindra**  
IWC of Delhi Main



**PP Rekha Dave**  
IWC of Green



**PP Shikha Mahipal**  
IWC of Delhi Umang



**PP Jasmeet Sehgal**  
IWC Of Delhi Sainik farms



**PP Neena Vadudev**  
IWC of Greater Kailash

And all the members of District-301 who lent a hand in doing team work and making the Triennial Conference Horizon a huge success.





## Triennial Delegates Feedback



**Renuka Mehra**  
Editor  
IWC Delhi Central

I attended the Triennial Conference for the first time. It was indeed an amazing sight seeing more than 1,100 ladies, from all over India and some from neighboring countries as well, collect at one place. It speaks volumes of their commitment to inner wheel and its values. All dressed in vibrant colors, each one was enthusiastically participating in the entertainment programs and the business sessions.

Though not a voting delegate, I attended the business sessions most of the time to understand the working of inner wheel and how we are trying to bring our constitution in tune with the times bringing about changes based on experiences throughout the country. It was indeed democracy at work!!!

Kudos to team 301 for the successful organization of such a meaningful and prestigious event. Some ups and downs are bound to happen in such a big event and my only grouse is that I could not be a part of the group photograph!!! I'm sure there were many others like me!!! It was a stampede like situation and many were part of all three groups as they didn't make way for others!!!

A word about the Leela too. Considering the name of the hotel, the food and facilities could have been much better. Or maybe I was expecting too much!!!

Ignoring the little hiccups, overall it was an awesome and educative experience. Thanks to everyone who made it possible.

### Triennial Conference- Horizon (7th to 9th Feb 2025)

This was my first triennial conference as an Inner Wheel member. I was awestruck at the scale and thoughtful planning at which it was organized. There were IWC members from all over India including invited women achievers from various fields. The enthusiasm was palpable at every step. It gave each of us the opportunity to interact with each other and emerge more energised to serve our chapter and their projects with renewed vigour.

It was not all work and no play. The cultural activities of dance, listening to the Nizami Bandhu and even listening to a life coach session amidst the bonhomie of new found friendships was fulfilling. The 5 star hotel as a setting with good food and care rounded off a productive conference to be remembered for a long time.



**Hemangi Bhatnagar**  
Member of  
IWC Gurgaon Sushant Vatika



## Triennial Delegates Feedback



**Nisha Giri**  
ISO  
IWC of Delhi Vasant Kunj

The 17th Triennial Conference - HORIZON was an event filled with joy, inspiration and cherished memories. The SAKHI ISO Meet was a truly enriching experience, offering invaluable insights and new learning. It opened up new horizon of purpose for all members, reinforcing our shared commitment to service and friendship.

The Ramp Walk in Dandiya step with Garba costume by the DISO and CISOs was exciting, showing elegance and enthusiasm in every step. The grand finale was even more electrifying as all the members spontaneously joined in for dandiya, turning the floor into riot of colour, rhythm and joy.

One of the most rewarding aspects of conference was friendships I built. Meeting, interacting and exchanging 10 International flags and 80 Interdistrict flags was truly special.

Every moment spent at HORIZON has become a cherished memory, etched in my heart forever. Those three incredible days fills me with immense pride and gratitude for being part of IWC!

### Triennial HORIZON

An event to cherish life long. First time experiences of the event.

- My first Triennial
- As voting delegate on line voting was a magically successful process.
- Took part in the District Performance: presenting Odissi dance was a novel experience
- Nizami Bandhu ,the gala evening rocked
- Well planned & executed.



**Neelu Varma**  
President  
IWC Delhi Siddhartha



## Triennial Delegates Feedback



**Sunita Sethi**  
President  
IWC Delhi Punjabi Bagh Amrit

The 17th Triennial Conference – HORIZON at The Leela was a truly enriching and memorable event, uniting dynamic minds from across districts to celebrate the spirit of Inner Wheel.

A proud moment for our club was when our ISO Amrit Kaur successfully exchanged 21 interdistrict flags and 1 international flag, marking a significant achievement for IWC Delhi Punjabi Bagh Amrit. This gesture highlighted our commitment to international goodwill and understanding.

Our ISO Amrit Kaur and President Sunita Sethi had the privilege of attending the event, which provided a fantastic platform to learn, connect, and strengthen bonds of friendship. The experience reinforced the power of togetherness and the impact of our collective service.

Proud to be part of this incredible journey!

Thanks & Regards

### Triennial Conference- Horizon (7th to 9th Feb 2025 )

"This was my first Inner Wheel triennial conference, and I was blown away by the sheer scale and meticulous planning that went into it. Members from all over India gathered, along with accomplished women from various fields. The energy was electric, and every moment was a testament to the power of Inner Wheel.

The highlight was witnessing the crowning of the 8 gems on stage. We also reconnected with old friends and made new ones. But it wasn't all work – we enjoyed fantastic cultural performances, including mesmerizing Sufi music by Nizami Bandhu and energetic dance sessions that had everyone on their feet.

The 5-star hotel setting added to the glamour, making this a productive and unforgettable conference that will stay with me for a long time."



**Sangeeta Arora**  
President  
IWC Gurgaon Sushant Vatika



## Triennial Delegates Feedback



### MANJU SUD

IP President cum-ISO  
IWC Noida City

#### HORIZON - THE TRIENNIAL CONFERENCE

I, Manju Sud, was the face of my I IWC NOIDA CITY for HORIZON and feel proud to be a part of such a magnificent Event, hosted by our District 301 at Leela Hotel in Delhi. What a spectacular gathering of versatile Inner Wheel Members from all over the globe and a brilliant opportunity to intermingle. Shopping Complex was an attractive feature for one and all.

First day, showcased the Ramp Walk of Club ISOs from our District 301 and District ISOs PanIndia. I being ISO alongwith IP President of my Club, had the privilege of joining the prestigious Ramp Walk. Priya Dutt from Bollywood was another attraction followed by beautiful dance performances by our Clubs.

2nd day, the Voting Session was in full swing. I too participated as the Proxy Voter of my Club. Non Voters enjoyed the Cookery Class and Tambola. Evening witnessed the Qwallies by Nizam Brothers. Members draped in Shararas and Anarkalies spread the colors and glamour all over.

Third day, saw District wise Photo Sessions with Host DC Manisha Kaushik alongwith Guest Of Honours IIWP Mamta Gupta and AP Sunita Jain. To conclude the 3 day long awesome Episode, nothing more could have been better, than presenting all the the Past International Inner Wheel Presidents of India, from Minna To Mamta, on the stage in their full glory.

What a commendable longlasting

memories of this historic extravaganza to be cherished forever.

Long Live Inner Wheel.....



## Triennial Delegates Feedback



**RITU PRASHER**

Club Editor  
IWC Delhi Vasant Vatika

The 17th Triennial Conference "HORIZON" was held in Delhi by District 301 at the LEELA CONVENTION CENTRE. It was a perfect blend of meeting, greeting, learning, laughter and interacting with members of our own district and with friends from other districts, making it a truly unforgettable experience.

The Event started with the Inauguration of the Shopping Arcade "CHANDANI CHOWK"

The ISO MEET "SAKHI" took place which was beautifully led by the host District ISO Mrs. Anju Ahuja and PDC Mrs Nisha Bhargava. A Garba themed RampWalk was done by the beautiful ISO's of the Districts and then a RAMPWALK led by the NE Mrs Anita Jain and her group of District Editors took place. A flag March took place by all the dignitaries which was led by the Royal Army band.

Renowned Guest Speaker Mrs. Priya Dutt Roncon shared her Inspirational life experiences and told us about her Foundation which deals with cancer patients. This was followed by an engaging ChatShow moderated by PIIWE Mrs. PRABHA RAGHUNANDAN. And this was followed by the Cultural Extravaganza, where all the different district members participated.

The second day started with the Business Session where thought provoking discussions were initiated, which was a truly learning experience for all. The digital voting combined with physical presence, as is held in International Conferences, was highly commendable.

The Gala Evening was highlighted by the rich and melodious music by the Nizami Bandhu, where the members were dressed in Regal Splendour and danced to their hearts content, sharing laughter and creating great bonds of friendship and cherished memories.

As the curtains fell on the 9th of February, to this Grand Memorable Event our HORIZONS were widened and the bond of Friendship and Sisterhood became stronger, for all of us attending this Grand Event. It provided a fantastic platform to learn, Connect and Strengthen bonds of Friendship. It reinforced our power of togetherness.

Our club proudly participated in this Grand Event by sponsoring 1200 Badges of HORIZON for this Event which were distributed to all the members who were attending. Proud to be part of this Incredible All Women's Organisation "INNER WHEEL"



## Triennial Delegates Feedback



**Neetu Motiani**

Editor  
IWC Delhi Mayur Vihar

"Horizon - Acquire Aspire Inspire"-the 17th Triennial Conference 2025, held at The Leela Ambience Convention Hotel, Shahdara Delhi, was a cultural amalgamation in a true sense . The three day celebration - from 7th to 9th February, started with the Inauguration & Lamp Lighting Ceremony on 7th and then followed a chain of beautiful cultural programmes. The Dandiya performance by the ISOs and the Ramp Walk by National Editor Anita Jain ji and the various District Editors present, were a treat to watch. The Flag March by all the District Dignitaries and the members showcased the strength of Inner Wheel. The interview of famous social worker Priya Dutt Roncon by Past IIW Editor and MOC of the day - Mrs. Prabha Raghunandan was wonderful. Dance performances on the famous songs of Raj Kapoor by the PDCs , dance on the "Naari Shakti" theme and the Folk Dances by the members of various Zones , were all breathtaking performances.

On 8th Chef Rajiv Vimal and Chef Sanjay Kumar from the Leela Hotel, shared their Gourmet Expertise by teaching some of the world class recipes like Tiramisu to the members present. Then we had a fun time by playing Tambola. The evening lighted up by " Mehefil - e- Qawwali" by the world famous Nizami Bandhu.

The 9th morning started with the Photo Session Event of members from different Districts with the IW Dignitaries. The programme - " Minna se Mamta Tak " was a nostalgic journey. After that the audience enjoyed an exhilarating session on the topic - " I, Me , & I For Others " by well known Motivational Speaker Mr. Darpan Vasudev. He took the audience on a transformative journey of Self Discovery and meaningful connections with others. Then the Closing Ceremony included the Awards Presentation, words of motivation and appreciation for District 301 and it's DC Dr. Manisha Kaushik, rightly called as "Queen Victoria" by AP Sunita Jain ji , by the Chief Guest of the Triennial Conference IIW President Mamta Gupta ji and by various other Senior Dignitaries.

The three day Triennial Conference was a roller coaster ride of various events. On one hand where members were busy shopping at the Meena Bazaar, the voting delegates and the IW Seniors from different Districts were busy discussing and passing the Laws and By Laws for the better working of Inner Wheel. Kudos to DE of District 301 Harmeet Sehgal ji for a well compiled Horizon Souvenir 2025.

The Advisory Committee, the District Executive Committee of District 301 and the Members of the Triennial Conference Core Committee worked tirelessly day and night to make the 17th Triennial Conference a grand success.

Thank you



## Triennial Delegates Feedback



**Mamta Rao**

Secretary  
IWC Delhi Siddhartha

First time I attended the Triennial meeting held in Delhi. It was a great learning experience with fun filled programs. A great chance to connect with all Inner Wheel delegates and friends. Opportunity to compare practices and strategies with other Inner Wheel people. A large volume of information presented by Inner Wheel delegates was overwhelming for all attendees. I personally enjoyed all three day events, and I convey my gratitude to host District 301, who hosted the event very successfully.

It was a great experience to attend the Triennial, to meet the bigger Inner wheel family not only from India but abroad as well. At times it seemed that there is a special bond between us and we are not meeting for the first time.

The dance performances by our Inner wheel sisters from different states was awesome. I really enjoyed participating in the dandiya dance. There was amazing effect of the Qawaali concert by Nizami Bandhu on the audience. Even the talk show with Priya Dutt and motivational speaker was incredible. Overall, the whole experience of attending the conference was excellent.



**Ritu Jain**

ISO  
IWC Delhi Siddhartha



**Poonam Sharma**

Editor  
IWC Delhi Siddhartha

Attending the Triennale Horizon was a significant milestone in my Inner Wheel journey. Participation in the conference lead to deepening my understanding of the organisation. The Triennale was a confluence of events, memorable occasions, shared camaraderie, fun and informative sessions.

I particularly liked the address by Priya Dutt and interview session of PIIPs. The Triennale Horizon was trully an event to cherish and remember.



## Triennial Delegates Feedback



### **PP Sushma Sharma**

Club Editor  
IWC of Delhi Main

I was thrilled to attend the 17th Triennial Conference, HORIZON, at the Leela Convention Centre, Karkardooma, New Delhi. As members of the host district, we had the important responsibility of ensuring its success. Each member of District 301 was assigned duties across various committees, and I was honored to be part of the AV Committee.

The experience was truly enriching—I learned so much through the process! The Business Session was particularly fascinating, as I thoroughly enjoyed listening to our senior members discuss proposals with such wisdom and insight. Connecting with fellow district members and spending time with my fellow ISOs added to the joy of the event.

A special highlight for me was the opportunity to take a picture with all three levels of the Inner Wheel Editor—a moment I will cherish.

Feeling incredibly grateful and inspired!

Love Inner Wheel,

Live Inner Wheel!



## Triennial Delegates Feedback



### **Meenakshi Dhanda**

Club Editor  
IWC Delhi Umang

Attending the 17th Triennial Conference at Leela Convention Centre, Delhi, from February 7th to 9th was an enriching experience. As the editor of Jharokha, I was honored to witness the true spirit of Inner Wheel—camaraderie, service, and empowerment.

Hosted by District 301, the aptly named Horizon – Acquire, Aspire, Inspire reflected the boundless potential of women in service. The conference functioned like the Lok Sabha of Inner Wheel, where crucial decisions were deliberated transparently under the leadership of Association President Mrs. Sunita Jain.

A proud highlight was the presence of International President Mrs. Mamta Gupta, alongside esteemed leaders like Dr. Manisha Kaushik and past chairpersons whose wisdom continues to shape our legacy. A particularly inspiring moment was an interview with Minna Kapoor, Inner Wheel's first Indian International President, celebrating 50 years of service.

Priya Dutt's session on the Nargis Dutt Foundation's cancer care initiatives deeply resonated with Inner Wheel's mission, while an evening with the Nizami Brothers' soulful Sufi music added a magical touch. Beyond sessions, engaging with international dignitaries and members broadened my perspective, leaving me motivated to contribute even more meaningfully.

This conference was more than an event—it was a journey of learning, bonding, and renewed inspiration.



## Triennial Delegates Feedback



**Kanchann Balwani**

Secretary  
IWC Delhi Central

Dear DE Harmeet Sehgal

IW Greetings

Kindly find my EXPERIENCE FOR TRIENNIAL as write up. and not be too long or too short as word limit was not given.

Experience for Triennial

I am thrilled to have attended the 17th Triennial conference HORIZON at Delhi. As the country headed to Prayagraj for the MAHAKUMBH, over thousand Inner wheel sisters and i indulged in a mix of learning, laughter, music and dancing in vibrant colourful attire making the Triennial a unique experience and a pilgrimage for IW members for another 3 years.

A remarkable aspect was to meet our FB Inner wheel friends of other Districts, cultural exchange and friendship which created lasting memories. Winning the pre contested competition for secretaries added a feather in my cap and another reason to cherish the event forever proved to be an enriching experience.



**Sunita Mangla**

President  
IWC Delhi Main

Hello friends,

Our Innerwheel Triennial conference was held on 25th to 27th Jan 2025. It was very successful and I had excellent experience meeting International Inner Wheel President Mrs Mamta Gupta. She is very talented lady.

I met Association President Mrs. Sunita Jain. She is very soft spoken and very submissive lady.

Our District Chairman Dr. Manisha Kaushik organized this function very gracefully. All members enjoyed it very much. Members joined from different parts of India and from outside.

It was excellent learning experience and meeting new people was a grand exposure. The venue chosen Leela Hotel is very spacious and food also was very delicious .I made so many new friends and enjoyed the conference thoroughly.

Thanks



## Triennial Delegates Feedback



**Dr Punam Grover**

Club Editor  
IWC Hapur

Friendship and service enlits Inner wheel at heart and soul.

A golden opportunity knocks to enroll for Triennial conference where we gather to meet friends near and far. 3 Day celebration to enrich ourselves with friendship gear, reading the process of bye laws, knowing the meticulous and hard work behind crafting the amendments all very clear and transparent. Leela did witness E voting for the first time in the history of inner wheel India. Foreign delegates did show their eyes of appreciation as they were welcomed by our esteemed executives with a very personal touch.

Registration counter receiving kits floweral welcome, with the bright and beautiful smiles. Distance of miles forgotten for a while. Army pipers lead to the cheer with flags in hand representative of each district stand. Dishes on the lunch plate relished with taste of intimacy. Special moments featuring Priya Datt,s sharing the platform and caring to listen to all what IW matters. Before we could light up our hearts with the cultural enrichment of States talking of High tea cannot be missed.. for its healthy and yummy snacks and drinks. Yes the ragi and millets taste still remains of the tongue. Dinner soothing mystery of secrets shared.

Comes the second day business session and the master chef session at their own importance. All voting delegates enjoyed the dignity of their role. Evening was great with young stars Nizami brothers invoking tapping of foot and dancing on the floor. Vibrance an energy flowed from heart to heart. Begum E mehfil-- lived in each one but a few could won. Congratulations to our dear honorable association secretary as an Awardee and everyone who put their efforts to stand unique. Inspiring connections, insight ful discussions ,ramp walk district editors stepping on the stage all shining in blue colours of new due.

Stopless story waited for another day to start with a beautiful photo session everyone in orange just wanted to be in the frame. Here we had the most beautiful part which had a great start Minna se Mamta a lovely story with IIWPS our golden stars a pride to we all District chairman 301 Dr Manisha Kaushik and the team did beyond words. 3 days rhyiming to heartbeats of humanity.

IIW president Mamta Gupta her personality and elegance greets everyone with talking eyes and smiling lips. Association president Sunita Jain stands tall with her form determination and soberness.

सादगी में जो सौंदर्य की बात कर जाए।  
अपनी बातों से ही अनकहा एहसास दे जाए।

District 301 all the organising team stand tall. It was a challenge a great test but we gave our level best. Madhu Nagpal Shashi Kumar submission and determination again have their frame to in frames. All the best for district 323 for the forthcoming story. All I wish to say it was my first experience but I am at loss of words to express all what I have in to say shopping area can't have a miss- woman,s most loving dream in stream stream. All winners in the district and interdistrict competitions begging out the prizes applaudable Big band Baja and barat.. three cheers for 301. District editor Harmeet sehgal at her way to steal the show by having released the souvenir to say Woow.



# Happy Birthday



PIIWP  
**Mrs. Anita Aggarwal**  
26th February



Past District Chairman  
**Mrs. Usha Mutha**  
5th February



Past District Chairman  
**Mrs. Indu Gupta**  
6th February



Past District Chairman  
**Mrs. Pushpa Bhargava**  
9th February



Past District Chairman  
**Mrs. Malika Chopra**  
12th February



Past District Chairman  
**Mrs. Gita Dhawan**  
24th March





## District Editor's Overview on The City- Delhi

**Harmeet Sehgal**

District Editor, IW District 301

My dear Inner Wheel friends, when I was compiling the Triennial Souvenir- I felt compelled to give it a personal touch and reason to the 1100+ delegates who were visiting our City Beautiful- Delhi, to explore and to experience the essence of this uniquely different metropolis. A city that has as glorious a past as is its present, steeped in history.

Though the article was meant for the Visiting Delegates who attended the 17th Triennial Conference- HORIZON, I would like to share it with my home District-301, in the ORBIT. The words came from my heart and I am sure most of you can relate to what I have penned. So here it goes.....

Firstly, I want to extend a very warm welcome to all the visiting delegates for the 17th Triennial Conference-HORIZON on behalf of our respected Association President Sunita Jain, my home District Chairman Dr. Manisha Kaushik and the galaxy of dignitaries and members of District-301 to our city beautiful- DELHI. Though most of you may have visited Delhi in earlier years, this Souvenir would be totally incomplete without an overview of Delhi, the heart of India.

A city of timeless beauty, grandeur and heritage- it goes back to centuries of history with its roots deeply embedded in mythology as Indraprastha, the legendary capital of the Pandavas in the Mahabharata, and it has records in history of having been ruled by dynasties such as Tomars, the Rajputs, the Mamluk or the Slave dynasty, the Khiljis, the Tughlaqs, the Sayyids, the Lodis, the Mughals and later the British before emerging as the proud capital of independent India. As it was home to so many monarchs, therefore each ruler left an indelible mark on the city shaping its architecture, culture and traditions.

The grandeur of the different sovereigns is etched in Delhi's landscape through magnificent monuments like the Qutub Minar built in the 12th century, Humayun's Tomb that some say was an inspiration for the Taj Mahal, the Red Fort, the colonial architecture of the Rashtrapati Bhavan, the imposing war memorial India Gate and many many more.

There are many Spiritual landmarks in Delhi - Temples like the ancient Kalkaji Temple, Chattarpur Temple, Jhandewala Mandir, Lakhmi Narayan Mandir, Akshardham Temple to name a few. Delhi holds a special place in Sikh history with some of the most important Gurudwaras in the world- Gurudwara Bangla Sahib, Gurudwara Rakabganj Sahib, Gurudwara Sisganj Sahib and Gurudwara Majnu ka Tila - each steeped in the history of Sikh religion and strangely enough has a following of



thousands of devotees from other religions. The Jama Masjid is one of the largest mosques in the country. The city also houses other famous mosques like Khirki Masjid, Jamali Kamali, Hazrat Nizamuddin Dargah etc. Some historical churches are Sacred Heart Cathedral, St. James Church, St. Thomas Church and Cathedral Church of the Redemption. We have the Lotus Temple of the Baha'i house of worship and the famous Buddhist Tibetan Monastery, the Shanti Stupa and the Cambodian Monastery. These are just a few of the famous religious sites of Delhi.

It became a city where traditions blended seamlessly with modernity- a unique blend of the old and new. While old Delhi (or Purani Dilli as it is called) remains a labyrinth of narrow alleys and the bustling Chandni Chowk bazaar, New Delhi has sprawling and lush green spaces like the Lodhi Gardens, Talkatora Garden, Buddha Jayanti Park, Nehru Park, National Rose Garden, The Deer Park, and the newer Garden of 5 senses. It is simply impossible for me to include every famous monument, historical religious place or garden because the city has a surplus of everything- be it history, famous places, prestigious institutions, industry, religious sites, population, food, markets, designers just about anything and everything.

For me the city Delhi is not just a city- it is an emotion and I get amazed when I see it continues to evolve while keeping its soul intact- Honouring its past while embracing the future. The city is also a paradise for food lovers- from the irresistible chaat of local vendors, to the indulgence of the authentic flavours of Mughlai, Punjabi and street foods as well as some of the best world cuisines - you name it and it's available. It is also the country's vibrant cultural capital where art, music, literature and theatre flourish.

Delhi welcomes all with open arms just as we the members of District-301 welcome our Inner Wheel sisters and I'm sure when you experience the sun setting over the river Yamuna, casting its golden glow on the domes and minarets, you too will feel the magic of this eternal city - a city that has lived through time yet remains ageless.

Thank you and best regards



**Harmeet Sehgal**

District Editor, IW District 301





## A Journey Through Cities, A search for Home

**Harmeet Sehgal**

District Editor, IW District 301

It is so important to love where you live—otherwise, it leaves you feeling listless and dissatisfied. I have lived in a few cities, each culturally diverse and distinct from the other. Each time, I grew to adjust, feel at home, and develop a sense of belonging.

I was born in Guwahati and lived a sheltered, privileged life throughout my school years. My world revolved around our large home, my family, my elder siblings (I being the youngest), my school, my friends, and, most importantly, my books. Books opened the doors of the world for me. I romanticized the idea of staying in a boarding school, longing to escape the humdrum of my familiar surroundings. Eventually, I convinced my family to send me away for my undergraduate studies to Chandigarh and I soon found myself at Government College for Girls.

For a 16-year-old who had been pampered all her life, stepping into a hostel was nothing short of a shock. The girls there came from different backgrounds, cultures, and schools, but most had the advantage of a familiar face around—relatives, classmates, or friends. I, on the other hand, had no one. Evenings were often spent crying in the bathroom, homesick and overwhelmed, though I never let it show. Looking back, I sometimes think it was a blessing that we didn't have mobile phones back then. Communication with family was limited to occasional letters and brief phone calls, and I never let my sadness seep into them. Slowly, I adapted—learning the nuances of friendship, sharing, adjusting to hostel life, and navigating my new reality. A few months in, I found myself growing comfortable. Perhaps, if home had been just a call away, I might have given up too soon.

Time, as they say, is a great healer and teacher. I learned to share my space, my thoughts, and my life with newfound friends. The friendships forged in those formative years became my lifelines, enduring through the decades. I fell in love with Chandigarh—the city of the late '70s and early '80s, with its charm, sprawling roads, and laid-back beauty. It was a time of newfound freedom—movies, dining out, managing studies, and growing independent. Today's generation may take such independence for granted, but for us, it was a transition shaped by the values instilled in us—values that I carried forward into my own children's upbringing.

Each time I returned home from the hostel, I cherished the comfort of home, only to soon start missing my college, my friends, and the city I had come to love. Chandigarh, however, is no longer the city I once knew. The quiet student town of the past has transformed into a bustling metropolis, one I can no longer relate to.



After my four years of undergraduate studies, I traveled to the U.S. with my mother, staying almost a year with my elder siblings. From mid-1982 to April 1983, I experienced a new world—exploring different cities, cuisines, and cultures. From New York to San Francisco, from summer to snow, I embraced it all. By the time I returned to India, Guwahati felt too quiet, too slow. A restless longing set in. By June, I knew I had to return to Chandigarh. With some convincing, I secured my place in the postgraduate program for English Literature at Punjab University. Though I was now a year junior to my college friends, the transition was seamless, as they had already paved the way for my comfort.

Those two years at the university flew by, deepening the friendships that still stand strong today. But as I packed up to teary farewells and took my final flight home, I couldn't shake off a sense of uncertainty. After seven years away (returning home only for vacations), I felt like a rudderless boat. In our world back then, pursuing a career wasn't an expectation—especially for someone from my background. The next chapter was inevitable: marriage. The elders began their search for a “suitable boy,” and soon, I found myself in a new city, a new home, with a new family—Imphal, Manipur.

Once again, adjustments began, but this time, the challenge was greater—marriage in a family with strong-willed strangers. Women, however, are resilient. We adapt, grow, and make a place for ourselves. Imphal became home, and with the arrival of my two beautiful children, my world changed again. Just as I settled, fate intervened, and after 12 years, I was uprooted once more—this time, to Delhi.

Delhi was never part of my plans. Our house here had always been empty, and I had never felt any attachment to it. The city had been nothing more than a transit point throughout my life. I felt like an outsider, struggling to find my bearings in its vast expanse. With a frequently traveling husband and two young children, the task seemed daunting. But Delhi has a way of pulling you in. Slowly, it embraced me, and I, too, surrendered to its charm.

Despite the traffic snarls, the sweltering summers, the freezing winters, and the never-ending chaos, Delhi became home. No other city, not even my birthplace, has held me for as long as this one. The Northeast will always be my roots, a place of nostalgia and warmth—a place where I can still taste the flavors of my childhood and feel the peace of simpler times. But my heart now belongs to Delhi.

Home isn't just where you come from; it's where you grow, where you love, where you build a life. And for me, after years of wandering, Delhi is home.

Warm regards and best wishes



**Harmeet Sehgal**

District Editor, IW District 301



## Some Interesting Trivia About the Festival Holi



Holi is predominantly an ancient Hindu festival with deep religious significance. However, over the past century, its popularity has spread across regions and religions, making it a widely celebrated cultural festival. Also known as the Festival of Colors or the Festival of Spring, Holi marks the divine love of Radha and Krishna, as well as the triumph of good over evil, symbolized by the burning of the demoness Holika and the victory of Prahlad.

Across India, Holi is celebrated with a uniform enthusiasm for colors but with diverse rituals unique to each state and culture. Interestingly, the festival is not confined to India alone—the entire Indian subcontinent, Southeast Asia, and many parts of the Western world also observe Holi, thanks to the widespread Indian diaspora. It has become a global phenomenon, bringing people together in a joyous display of unity and festivity.

Among the many folk traditions associated with Holi, the most famous in North India is Braj ki Holi, celebrated with great fervor in the land of Krishna. Beyond Hindus- Sikhs, Jains, and Buddhists also observe Holi, and to some extent, even Muslims in certain regions join in the celebrations.

Holi is a time of uninhibited joy, spanning two days where people set aside differences to revel in the festive spirit. It is marked by delicious Holi delicacies, traditional drinks, music, dance, and reunions with family and friends. While modern celebrations sometimes get rowdy, traditionally, Holi was celebrated with organic vegetable colors and flower petals, adding to its charm. For farmers, the festival also heralds the arrival of a new harvest, making it an occasion of gratitude and renewal.

Holi, with its vibrant colors and joyous spirit, transcends religious and regional boundaries, uniting people in a shared celebration of love, renewal, and togetherness. As the air fills with laughter, music, and the scent of festive delicacies, Holi serves as a reminder that despite our differences, harmony and joy can bring us together. Whether through age-old traditions or modern adaptations, the festival continues to evolve, yet its essence remains unchanged—a spirited embrace of life, love, and the triumph of good over evil.

**Harmeet Sehgal**

District Editor, IW District 301

