

Inner Wheel  
District 301



# orbit

## 301

**e-Bulletin**  
**INAUGURAL ISSUE**

**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 सत्यार्थ 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 कही 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**

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## Dr. Manisha Kaushik

District Chairman / Deputy AC Member

Warm IW Greetings!!

Dear District Editor, Harmeet Sehgal,

It gives me immense pleasure and delight to welcome you to the District Executive Team of esteemed District 301. It is a great responsibility on your shoulders to showcase the activities of the District all across and I am sure you will add the extra spark and go a long way.

Time to time keep motivating and involving Past District Chairmen, Club members by printing their experiences and views on various topics. Cover the activities of Clubs, District and bring in a fresh breath of air with your prowess.

This is the beginning of a new book! A new chapter in your life... give in your best and make the first page a beautiful one !Well begun is half done !Each endeavour is different and extraordinary. It is indeed the driving force to be unique !!

The Wheel has taken a turn for another 365 days of possibilities.....The Millennial Year 2024-25!

Best wishes to you as you embark on this journey. Together we definitely will give in our best, spread friendship, fellowship and serve selflessly.

I extend my Congratulations & best wishes through this Inaugural Orbit issue to the District Team & Club Teams 2024-25 for taking your posts.

Proud to be an Inner Wheel Member!!

Warm wishes

**Dr. Manisha Kaushik**

District Chairman 2024-25

"Stay Limitless"

Message





## Harmeet Sehgal

District Editor

Message for the Inaugural Issue of E Bulletin ORBIT 2024-25

As we navigate through another inspiring year, I'm thrilled to bring you the Inaugural Edition of our District E Bulletin ORBIT 2024-25

This platform is a testament to our collective efforts and will be our tool to showcase the incredible work and unwavering dedication of our members across District 301.

This being the 101st year since the inception of the wonderful organisation called Inner Wheel, it is a matter of great pride and honour for me that I am entrusted with the position of District Editor for the year 2024-25. And I cannot thank you enough my seniors, my colleagues and my dear Inner Wheel sisters-who have held their belief, trust and faith in me.

*"When you join Inner Wheel, you are not just entering an organisation You become a part of a legacy of empowerment and humanitarian efforts"*

I want to thank our dynamic District Chairman Dr Manisha Kaushik for her support, guidance and motivation. I'm sure under her able leadership and innovative vision we will work towards our theme "Heartbeat of Humanity", reinforce our commitment towards the greater good to society and make it a memorable 101st year. I'm fortunate to have the double bonanza of having our National Editor PDC Anita Jain from my home district as my leader.

So my dear Club Editors, my "Radiant Ink Masters" let us create magic and remember to report every project and service your Club participates in, so that it is featured in the ORBIT and on our Website. You are the window through which the others can view our District.

Looking forward to a year of Service, Friendship, Empathy, Kindness and Commitment.

With Gratitude to the Almighty and all my well wishers

Yours in Inner Wheel

**Harmeet Sehgal**

District Editor 2024-25

From the Editor Desk



## Mamta Gupta

International Inner Wheel President  
2024-2025

Dear Esteemed District Chairman

I extend my warmest welcome and heartfelt congratulations to you for taking over as DC of your District in the first year of our second century of IW. As District Chairmen, you hold a significant role in facilitating communication, fostering a sense of belonging, and guiding your teams towards excellence. Remember that your leadership is not just about the present; it is about nurturing the leaders of tomorrow who will carry forward our vision. I encourage you to keep pushing the boundaries, embracing innovation, and promoting inclusivity. Let us work together to empower our members, strengthen our communities, and create a lasting legacy that will inspire generations to come.

The theme of the year is "Heartbeat of Humanity." Every Beat Counts, Every Action Matters. Everything we do with the essence of our shared humanity is to honour our uniqueness, embracing whatever comes on way. What matters to all of us is inclusion, kindness, honouring our past and building a present that serves the greater good.

I am always guided by the timeless wisdom found in the Bhagavad Gita, a sacred scripture that holds profound insights and teachings applicable to our lives, both individually and collectively. I would like to share some examples from the Gita that can motivate and inspire us as members of this esteemed organization:

- **Selfless Service:** In the performance of one's duty, one should not be driven by personal gains or rewards. Instead, focus on serving others with dedication and compassion.
- **Resilience and Determination:** Endurance and perseverance are the pillars of success. In the face of challenges, remain steadfast and committed to your goals.
- **Unity and Collaboration:** Recognize that we are all interconnected. Work together harmoniously, for true strength lies in unity.
- **Embracing Change:** Change is the law of the universe. Adapt and embrace it, for it paves the way for progress.
- **Leading by Example:** Leadership is not about authority; it is about setting an example through one's actions.

Let us adopt these teachings and apply them in our journey with Inner Wheel during this new century and beyond. As we embrace this year's theme, we are reaffirming our commitment to be a powerful force for good in the world. Let's take a pledge to remain the Humanity's Heartbeat forever. With hearts overflowing with love and gratitude, let us embark on this journey with renewed vigour, knowing that together, as one Inner Wheel family, we can make a profound difference in the world.

I am sure under your guidance all your clubs and its members would excel in serving the humanity. Thank you all in advance for resonating in the hearts of humanity.

**Mamta Gupta**  
IIW President 2024-25

Message



## Sunita Jain

Association President &  
National Representative 2024-25

I am extremely delighted to congratulate you as you take up as District Chairman of your very prestigious district. At the outset please accept my hearty wishes for taking up the highest office in this very special first year of the new century. It is when we CELEBRATE 101st year of DOING GOOD IN THE WORLD.

It is a year that will surely see new heights in all aspects of Inner Wheel in India with our very own INTERNATIONAL INNER WHEEL PRESIDENT MAMTA GUPTA as global Leader.

I wish you and your team all the success and I am sure you will surely do wonderful job as a chairman and bring laurels and beautiful memorable moments.

Give your valuable time, knowledge and resources to your presidents and inspire them to give their best to their clubs. I hope and pray that everyday dawns with opportunities to serve those who need help and facilities to accomplish those services.

I know your commitment to Inner Wheel will be an inspiration to all the presidents of your district to serve humanity and give a ray of hope to the needy ones.

May your vision and hard work leave an indelible mark on the footprints of your journey. Remember that we have to be 'CHANGE MAKERS', live upto the highest aspirations of "Grow more, Do More".

Wishing you and your team 2024-25 a glorious year!!!!

Yours in Inner Wheel

With Great love

**Sunita Jain**

Association President &

National Representative 2024-25

Message





## Preeti Gugnani

Immediate Past Association President

Dear Harmeet Sehgal, District Editor-2024-25

Heartiest congratulations on being elected as District Editor for Inner Wheel District-301 in this auspicious Millennium year! Your dedication and innovative spirit have been inspiring us all. As you unveil the inaugural issue of ORBIT - DISTRICT E-BULLETIN at the district assembly-Gulmohar, marking the beginning of a new Inner Wheel year, may it herald a period of growth, unity, and prosperity.

***"Leadership is the capacity to translate vision into reality." - Warren Bennis***

Wishing you a successful and fulfilling journey ahead. May you continue to lead with passion and purpose, guiding the club editors towards greater achievements.

Best Wishes & Love

**Preeti Gugnani**

Imm. Past Association President  
2024-25

Message



## Dr. Urvashi Mittal

Association Secretary & AC Member

***“The future belongs to those who believe in the beauty of their dreams”. - Eleanor Roosevelt***

Dear Harmeet Sehgal

As you step into your role and release the first District newsletter of 2024-25, I extend my heartfelt congratulations and best wishes. Your creativity and dedication will undoubtedly bring a fresh perspective and vibrant energy to our communications. I am confident that under your editorial guidance, the newsletter will continue to inspire and connect our members, reflecting the spirit and values of Inner Wheel District 301.

May your journey be filled with success and fulfillment as you embark on this exciting new chapter.

**Create & nurture happiness always**

**Dr. Urvashi Mittal**

Association Secretary 2024-25

AC Member 2024-25

Message



## Anita Jain

National Editor &  
Past District Chairman

Dear District Chairman Manisha Kaushik & District Editor Harmeet Sehgal,

Warm Inner Wheel greetings to each and every member of Inner Wheel District 301,

It gives me immense pleasure to write this message and extend my heartfelt congratulations on the upcoming release of the District Newsletter 'ORBIT' at the District Assembly. Your dedication and hard work in compiling the first issue of the District Newsletter is truly commendable as I know that it is not an easy job and I have no doubt that it will be a testament to all the coming issues of the district newsletters, remarkable achievements of the upcoming year and camaraderie within District 301.

Huge congratulations to our District Chairman (2024-25) Manisha Kaushik for taking on the reigns of this prestigious District this year and I wish her all the very best in all her future endeavours and may this coming year be a great year for our district and the society. May District 301 reach out to as many people as possible under the able guidance of Manisha Kaushik and as she shows the members of our district the path, you all nurture and foster true friendships on the way.

Over the years, I have witnessed the passion and commitment of members of District 301 who have contributed to the goals and missions of our organization. I wish you all the very best for all your future endeavours. I also extend my warmest wishes for the success of the District

Assembly and the release of the District Newsletter. May it serve as a reminder of the strength of unity and the power of collective action as we continue our journey of making a positive difference in the lives of others through Inner Wheel.

*"In Inner Wheel, bonds grow strong, Through service bright, friendships long.  
Hand in hand, hearts united in care, Spreading joy and hope, everywhere we dare.*

*Together we serve, with passion ablaze, In Inner Wheel's spirit, our guiding rays.  
May our deeds inspire, our unity last, As we make brighter futures, from present to past."*

With heartfelt regards and best wishes,

**Anita Jain**

National Editor 2024-25

Association of Inner Wheel Clubs in India

Message





## Minna Kapur

International Inner Wheel Past President

It gives me immense pleasure and happiness to welcome Harmeet Sehgal as the District Editor of my home District 301.

I have known her for many years and I am confident that she will handle her new role with great responsibility.

I wish her best of luck for the upcoming year.

God bless and lots of love

**Minna Kapur**

IIW Past President

Message



## Anita Aggarwal

International Inner Wheel Past President

Dear Harmeet,

Inner wheel greetings,

You have the honour of being the opening batsman or opening District Editor of the new Inner Wheel second century starting from 1st July 2024... that's commendable. I am delighted to send my greetings and good wishes for successful publication of the inaugural issue of "Orbit".

You will reach and inspire the leaders through Orbit and be the Heartbeat of humanity.

You may meet the challenges with confidence and fulfil your mission with glory is my sincere wish.

**Anita Aggarwal**  
IIW Past President

Message



## Abha Gupta

International Inner Wheel Past President

Dear Harmeet,

I take this beautiful opportunity to congratulate you on taking over as the District Editor of District 301 for the year 2024-25. Please enjoy your year and take our district 301 to greater heights with the might of your pen and thoughts.

It is not necessary to be the best but it is extremely necessary to do our best. Every year the new District Editor brings changes in our ORBIT with her vision,

This year we are looking forward to see something new in your publication which will enhance your image and make your bulletin more interesting.

March forward with team spirit and set up an escalator of fabulous glory.

My best wishes to you in the coming Inner Wheel year.

With much affection

**Abha Gupta**  
IIW Past President

Message





## Dr. Kapila Gupta

International Inner Wheel Past President

Dear incoming Editor Harmeet

Accept my heartiest congratulations on becoming District Editor 2024-25 a first step to the ladder of District Executive of District 301.

I take the pleasure in sending you my greetings on forthcoming first Edition of Orbit-24 & best wishes on taking out E-Bulletin of the District. Publication gives information of activities to all members of District.

You have done your best at club level as well as while serving as Sub Committee chairperson Keep it up. You don't grow when things are easy, we grow when we face challenges. E-Bulletin is the need of the time, it saves paper and reaches more members to speak about your Club activities.

A duty which becomes a desire will untimely become a delight.

Heartiest congratulations & best wishes to incoming District Chairman Manisha for great leadership and All EC members on taking your respective post for the year 2024-25.

Become such a friend so that you bring positivity in others life keep up this spirit always - find new ways and means of service. Pride of performance doesn't represent ego, It represents pleasure with humility.

What you do, matters but why you do, it matters the most Smile more. Be excited. Do new things, Throw away what you have been cluttering, negative thoughts or negative people around you.

Keep doing good & spread friendship & serve the needy & be proud to be an INNER WHEEL member.

With love & Best wishes

**Kapila Gupta**

IIW Past President

Message



## Deepika Bali

District Vice Chairman

Inner Wheel greetings

Dearest District Chairman Dr. Manisha Kaushik and District Editor Harmeet Sehgal

Heartiest congratulations an assuming the posts of District Chairman of District Editor of prestigious District 301.

It's moment of pleasure and pride to pen down my message for inaugural issue of ORBIT. This is a new chapter in your lives. Harmeet, congratulations on the release of inaugural issue of e newsletter. A Newsletter is a powerful medium to showcase the district activities and promote goodwill and friendship among Inner Wheel sisters.

***NOT ALL OF US CAN DO GREAT THINGS,  
BUT WE CAN DO SMALL THINGS WITH GREAT LOVE  
—MOTHER TERESSA***

We have stepped into millennial year and it's time to reflect on golden objectives of "FRIENDSHIP and SERVICE "which has led us to witness the glory of our esteemed organisation.

Dear Harmeet's you embark on this journey; I wish you great success. keep up all the efforts to broaden the horizon of friendship and service through the newsletter and seize the opportunity of branding INNER WHEEL in a big way.

***There are two ways to spread light either you be the candle or be the mirror that reflects it—Edith Whart***

Wishing you all the best to reach and inspire to be the Heartbeat of Humanity. Extending warm welcome to District Executive Team

***Where ever you go,***

***Whatever the weather, always bring you on Sunshine!!***

***Warm Regards***

**Deepika Bali**

District Vice Chairman

2024-25

Message



## Deepa Goel

District Secretary

Dear District Editor 2024-25 Mrs. Harmeet Sehgal,  
Warm Inner Wheel Greetings!

It is with great joy that I write this message for the inaugural issue of Orbit, a newsletter that holds a special place in our hearts. Congratulations on taking up the baton this year. I am confident that with your creativity and the mighty power of the pen, you will elevate Orbit 301 to new heights.

Each Inner Wheel year introduces new goals and themes, but our core motto remains unwavering: Friendship and Service. As William Wordsworth beautifully expressed,

***"The best portion of a good man's life is his little, nameless,  
unremembered acts of kindness and of love."***

Let us all strive to touch the "heartbeat of humanity" with our selfless actions, nourishing our souls in the process.

Under the dynamic leadership of District Chairman Dr. Manisha Kaushik, I believe this Millennial year will bring many shining moments to District 301 as we prepare to host the 17th Triennial in Delhi in February 2025. My best wishes to everyone involved in this journey.

*In every heartbeat, a thread we find,  
Connecting souls through love so kind.  
In acts of kindness, pure and true,  
We touch humanity, me and you.  
Keep touching hearts !!*

Best wishes,

**Deepa Goel**  
District Secretary  
2024-25

Message





## Madhu Nagpal

Past District Chairman &  
District ESO 2024-25

Dear District Editor Harmeet Sehgal

Congratulations on joining the District Team 24-25 under the able stewardship of District Chairman Dr. Manisha Kaushik who will guide us all to feel & empathise with the HEARTBEAT OF HUMANITY.

The world today needs new ideas, innovative solutions & visionary leaders at both the Club & District level. The new Millennium requires global perspectives with the ability to work seamlessly with people from diverse backgrounds yet the same agenda...to serve the underprivileged while cementing friendships. We have to strike the right balance between ebullience & pragmatism, between numbers & quality & between achieving the right fit & playing the right role. I always maintain that, "Life is like a piano. Anyone can play a song through meaningless repetition... but it takes passion to play a masterpiece." This is what is expected from you dear Harmeet & I am certain that you will deliver. This is the opportunity for you to shine, display your creative streak & showcase brilliantly the enormous & impactful service done by our Clubs. Your publications in both the digital & virtual media will tom-tom to the District - Nay! the world, what an enormous force we ladies are!!

I conclude with a quote from Khalil Gibran that very well encapsulates the ethos of our organisation. "You give but little when you give of your possessions. It is when you give of yourself that you truly give."

Wishing you the very best.

Yours in friendship

**PDC Madhu Nagpal**

District ESO 24-25

District Literacy Committee Chairperson 24-25

Co-Convenor

XVII Triennial Conference

Association of Inner Wheel Clubs in India

Message



## Sugandha Bharti

District Treasurer

*"The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn. The only way we can learn is if we are exposed.*

*And the only way that we can become exposed is if we throw ourselves out into the open. Do it. Throw yourself. Do not fear failure but rather fear not trying."*

Dear District Editor Harmeet Sehgal

Heartiest Congratulations on being the District Editor and taking out your first Bulletin of Inner Wheel District 301 Orbit. I'm sure with your creativity and commitment you will surely do wonders.

I would like to extend my congratulations to District Chairman Dr. Manisha Kaushik for the marvelous start and wishing her best for the year ahead. She is power packed with ideas and enthusiasm and she leaves no stone unturned.

It's gonna be 101 years of Inner Wheel and with that a little extra special as we have members in Association from our District. Association Secretary Dr. Urvashi Mittal always has out of the box ideas, wishing her great success.

National Editor Mrs. Anita Jain with compassion and zeal will bond everyone and showcase the activities wonderfully, wishing her great success.

In the end I just want to add

Releasing negative thoughts and shedding destructive behaviors is like opening the windows to let fresh air into your soul. It's a powerful act of self-care that allows you to step into a lighter, more authentic version of yourself.

Every negative pattern you let go of not only liberates you from the chains of the past but also paves the way for new, positive energies to enter your life. Embrace this process of renewal with open arms and an open heart, trusting that you are on the path to a brighter, more joyful existence.

Celebrate each small victory in this journey of transformation, knowing that with every step forward, you're creating a life filled with happiness, peace, and fulfillment.

Here's to the power of letting go, to welcoming new beginnings, and to the amazing journey of becoming the best version of yourself.

Yours in Inner Wheel

**Sugandha Bharti**

District Treasurer 2024-25

Message



## Dr. Anju Ahuja

District ISO

Dear District Editor Harmeet

Warm Innerwheel Greetings

Congratulations on taking up the post of District Editor 2024-25.

Writings have always inspired & motivated people.

What you will write & show in your District

E-bulletins will definitely act as moving force to many.

Activist Malala has rightly said

ONE PEN ONE PERSON CAN CHANGE THE COURSE OF HISTORY .

My Best Wishes to you for all your future endeavors.

Yours in Innerwheel Friendship

**Dr. Anju Ahuja**

District ISO

2024-25

Message





## Seema Khaitan

Past National Editor 2019-20  
District CCCC

Dear Harmeet,

Warm Inner Wheel Greetings

“Heartbeat of Humanity”

It gives me immense pleasure to extend my greetings for your District E-Bulletin ‘Orbit 301’ 2024-25. The new Inner Wheel Year which is ‘101’ of Inner Wheel known as a millennium year.

Friends, it is as simple as this.. the more to give, the richer you get!

Inner Wheel gives us this unique opportunity where helping others come naturally so let us go all out and help the underprivileged in our society.

Let us all gear for a new Inner Wheel year ahead & aim for great vision to achieve success, enthuses inspires & motivates our confidence, our personality, our spirit & our ability to handle & achieve our goals & mission.

With Warm Regards

**PNE Seema Khaitan**  
District CCCC

Message



## Manju Vaish

Past District Chairman

Dear District Editor Harmeet,

Congratulations and best wishes for holding this position.

Be passionate and work hard, you will shine like a star in the InnerWheel world.

Enjoy every moment. Be relaxed and tension free. God be with you always.

My blessings are with you.

**Manju Vaish**

Past District Chairman

Message



## Geeta Goel

Past District Chairman

Dear Harmeet,

My best wishes for Orbit as you will give light to this coming Inner Wheel year as the District Editor.

I hope all your dreams will come true dear District Chairman Manisha. You are a learned excellent person. We all are with you and proud of you...

Yours in Inner Wheel

**Geeta Goel**

Past District Chairman

Message



## Manju Mittal

Past District Chairman

Dear Harmeet,

Heartiest congratulations on your taking the responsibility of the District Editor for the millennial year of Inner Wheel.

I am confident that our district is going to 'blossom' in all the avenues of friendship and social service.

Under your editorship our newsletter 'Orbit' will spread the fragrance of all the good work done by the clubs in the district as well as by the Association and International clubs on a global level.

My best wishes to the Dist. Chairman Manisha Kaushik and her team for a successful Inner Wheel year 2024-25.

With Inner Wheel greetings,

**Manju Mittal**

Past District Chairman

Message





## Shashi Gupta

Past IIW Board Director and  
Past District Chairman

Dear Harmeet,

I deem it my pleasure to pen down a few lines for your inaugural “E Bulletin ORBIT”. for the year 2024- 25 .

The motto of Inner Wheel “Friendship and service” Blaze the trail for a purpose ful existence in the world. It is an opportunity for each one of us to become a better human being. Since last 100 years this organisation has served the innumerable human being and touched the lives of millions. As we celebrate 101st year of Inner Wheel we weave the strong threads of understanding, mutual love and spirit of one ness.

District 301 has always given strong and capable leaders. Urvashi did many mega Projects, she inspired and motivated presidents to do tremendous service to humanity, I am confident Manisha will further enhance the glory of our District and Will touch the “HEART BEAT OF HUMANITY”.

With Best wishes !

**Shashi Gupta**

Past IIW Board Director and  
Past District Chairman

Message



## Mamta Bhargava

Past District Chairman &  
Margaret Golding Awardee 2023-24

Dear Harmeet,

Congratulation for joining District 301 as Editor. All my good wishes and good luck for the year ahead.

I am confident you will prove to be a competent Editor and will come out with new ideas of presenting the Orbit 301 District Newsletter.

Trough this message I would like to convey my best wishes and support to our dynamic professional District Chairman Dr. Manisha Kaushik as a Triennial Chairman along with the experience team of Executive Members.

Special mention of our ESO PDC Madhu Nagpal.

AC Member Dr. Urvashi Mittal has left a legacy of innovative ideas and unique performance. With her zeal of keeping her Kanha Team on their toes.

Let us continue jointly to make District 301 strong and premier District of the Association. Under the guidance of PAP Preeti Gugnani, PIIWPs Minna Kapur, Anita Aggarwal, Abha Gupta and Dr. Kapila Gupta.

As we join hands, to host the triennial conference in Delhi.

हौसला था तुम्हारा ऊँची उड़ान का,  
कद नहीं देखा तुमने आस्मान का,  
तभी सफलता पाई है डिस्ट्रिक्ट 301 ने,  
हकदार बने है अनेकों सम्मान के,  
आज हर तरफ से मिल रही है,  
सफलता की शुभकामनाएँ तुम्हें

**Mamta Bhargava**  
Past District Chairman

Message



## Kumud Bhargava

Past District Chairman

Dear Harmeet,

The wheel of our prestigious organisation Inner Wheel is ready to take another turn for the start of the New Millennium Year 2024-25.

As you take a step onto the year with a heartbeat full of enthusiasm and energy, I wish you all the best in all your endeavours for a successful tenure as the District Editor of our prestigious District 301.

Put your best effort always.

All the very best

**Kumud Bhargava**

Past District Chairman

Message



## Saroj Gupta

Past District Chairman

सर्वप्रथम नव निर्वाचित डिस्ट्रिक्ट एडिटर हरमीत सहगल को ओरबिट-2024-25 के इस इनरव्हील वर्ष के पहले प्रकाशन के लिए शुभकामनाएं और बधाई!

हर बुलेटिन एक आईना होती है, एक प्रतिबिम्ब जो हमें इनरव्हील गर्तावीधियों से परिचित कराती है! डिस्ट्रिक्ट में कुछ वर्षों से यह स्वस्थ परंपरा शुरू हुई है, जबकि क्लब, डिस्ट्रिक्ट, एसोसियेशन और अन्तर्राष्ट्रीय सभी स्तरों के कार्यकलापों की जानकारी हमें ओरबिट के ज़रिये मिलती रहती है! साथ ही साथ यह इनरव्हील सफर में डिस्ट्रिक्ट के पहले पड़ाव पर आसीन होने वाली एडिटर को पूरे साल सजग और कार्यरत रखती है।

हर साल आने वाली संपादक पहले से भी बेहतर करने की कोशिश करती है, और इस स्वस्थ प्रतिस्पर्धा के कारण यह पत्रिका साल दर साल निखरती जाती है!

पिछली सभी संपादकों ने एक से बढ़कर एक काम किया है और उनके तयार तक पहुँचना एक चुनौती है, लेकिन हमें पूरा विश्वास है कि हरमीत सहगल अपनी चेयरमैन डा. मनीषा कौशिक के नेतृत्व और सहयोगियों के सहयोग से इस दायित्व को पूरी निष्ठा, मेहनत और लगन से अंजाम देंगी!

अनेकानेक शुभकामनाओं सहित

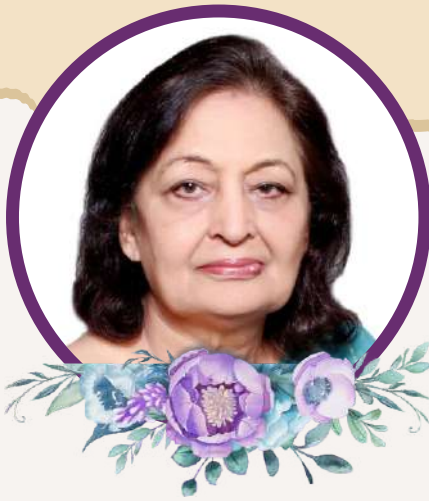
इनरव्हील में आपकी

**सरोज गुप्ता!**

पास्ट डिस्ट्रिक्ट चेयरमैन

Message





## Dr. Urmil Bareja

Past Association President &  
Past District Chairman

Dear Harmeet,

"An editor doesn't just read, he reads well. Reading and writing well is a creative and powerful act"

I wanted to take a moment to wish you good luck as you step in District Executive as Editor 2024-25. your hard work and dedication are evident and I have every confidence that you will excel in the very special 101st year of IIW with magnificent work with unique ideas and all the challenges with effortless enthusiasm.

Wishing Dist chairman Manisha Kaushik and all members of District Executive a very successful year.

Yours in friendship

**Dr. Urmil Bareja**

Past Association President &  
Past District Chairman

Message



## Usha Mutha

Past District Chairman

Dear Harmeet,

Happy to know that you are going to take out the inaugural issue of Orbit, my best wishes for the same and for the coming Inner Wheel year too, I am confident that with your abilities and hard work you will give us very informative and enjoyable publications throughout the year and keep the flag of District 301 high. All the best to you.

जहां में किसी की किसी से अनबन कभी ना हो, सूना उदास  
आपका जीवन कभी न हो, सबकी दुआ ये है के प्यार बढ़ता रहे,  
सेवा व दोस्ती का समापन कभी ना हो।

Usha Mutha

Past District Chairman

Message



## Dr. Karuna Bhalla

Past Association Secretary &  
Past District Chairman

Dear Harmeet,

I take opportunity to congratulate you on bringing out the first issue of Orbit. May your endeavours outshine in every direction. We have got an excellent Inner Wheel theme this year; "Heart beat of Humanity"

Our magnificent organisation endowed with a supreme service for humanity. Service above self, towards mankind is heavenly, divine . Infact, this is a true worship. An initiative to heal the world with a heart of love, voice of compassion and act of kindness. Inner Wheel exudes a selfless nobility in compassion, a beauty in empathy and infinite grace in forgiveness. Kindness begins with the understanding of the others ' pain as one's own, painting rainbow in some one's life. This Is The nature of humanity, it's essence, a true saga of kindness, compassion and love in perfect harmony. An act of kindness is endless and creates a ripple of oneness.

To quote the Dalai Lama, " All the peace and happiness of the whole globe, the peace and happiness of societies, the grace and happiness of family, piety and cheer in a person's life, peace and happiness of even of the animals and so forth, all depends on having loving kindness towards each other."

Let's all feel the heartbeat of humanity.

Love . Empathy. Compassion.

Yours in Inner Wheel,

**Dr. Karuna Bhalla**

Past Association Secretary &  
Past District Chairman

Message



## Dr Vinita Chopra

Past District Chairman

Dear Friends,

Another New inner wheel year has dawned and a new team under the dynamic leadership of Dr Manisha Kaushik is about to take charge.

I congratulate the incoming chairman on taking up this prestigious post and looking at her track record. I'm sure she will do more than justice to it and give it her best, which is her nature, I wish her and the executive members of district 301 All the best and my continued support during the year. To the newest member of the executive team, Mrs Harmeet Sehgal.

I would like to welcome you and be a part of history. You have shown brilliance as a president and shown a lot of initiative in all that you have done. I wish you all the best and I'm always there for you for anything or for any help you need.

Once again, wishing you all the best

Regards

**Dr. Vinita Chopra**

Past District Chairman

Message





## Amrita Bogra

Past Association Secretary &  
Past District Chairman

My dear Harmeet,

The I.W. Theme of 2024-25 covers the entire gamut of past Themes, highlighting the fact that in Today's fractured World each of us, is indeed, our brother's "Keeper"; that none of us lives on an isolated island.... that.. our 'actions' / lack of them, WILL impact ALL of humanity even though we are just a strand in the Circle/ Web of Life.

It's a call to live in' Awareness, Involvement, Accountability... making Every Beat Count... Every Action Matter.

Every good wish for a successful, meaningful stint as District Editor,

Love.....Light...Peace...

**Amrita Bogra**

Past Association Secretary &  
Past District Chairman

Message



## Shashi Kumar

Past District Chairman

Dear District Editor Elect Harmeet,

As we embark on a new journey entering the second century of Inner Wheel I wish you the very best. May this great organization of friendship and service that we love so much grow from strength to strength bringing hope into the lives of the needy. As the beautiful theme of the year says

*"Heartbeat of Humanity-Every beat counts".*

Let us strive to touch every heart and bring smiles on their faces.

It is a great honour and privilege for our District to host the Triennial in Delhi this year. It also means a great amount of work and responsibility. I wish you a very fulfilling year ahead.

Best wishes

**Shashi Kumar**

Past District Chairman

Message



## Nisha Bhargava

Past District Chairman

Dear District Editor, Harmeet Sehgal

Inner Wheel Greetings!!

Congratulations on stepping into the role of Editor for our community service newsletter! This is a significant milestone, and we are thrilled to have someone of your caliber leading our publication.

We have every confidence that your expertise and enthusiasm will drive our newsletter to new heights. May your tenure be marked by insightful storytelling, inspiring initiatives, and a strengthened community spirit. We wish you all the best as you take on this exciting responsibility and look forward to supporting you every step of the way.

Lots of love & Warm regards,

**Nisha Bhargava**

Past District Chairman

Message



## Purnima Narayan

Past District Chairman

Dear District Editor Harmeet Sehgal,

The Orbit is the brand ambassador for Inner Wheel, reaching far and wide in this Centenary year.

You are in the most prestigious position to publish and share the amazing service that our members are doing with love and compassion.

You shall present a beautiful vista of Friendship, Fellowship and Service that is the legacy of our District.

I wish you an enjoyable year ahead as you work with dedication and creativity.

"Life is an opportunity, Benefit from it,

Life is a dream, realise it,

Life is a challenge, meet it

Life is a duty, complete it"

With best wishes for all your endeavours,

Warm regards

**Purnima Narayan**

Past District Chairman

Message





## Raveen Saluja

Past District Chairman

Dear Harmeet,

Warm Inner Wheel Greetings !

Congratulations on being elected for an important post as the District Editor. Wishing you all the best for all your future endeavours.

A New Year is about to dawn, a journey of friendship and service. How time has flown like a breeze and before you blink your eyes, the year is already over.

We Inner Wheel members are recognised and applauded mainly because we are committed members full of passion, care and concern. Let us extend a healing hand and play a role of a Protector and Provider. Let us learn to forgive and forget for we are not here forever.

Let us marvel at the amazing strength that we all have and will to nurture our faith in ourselves.

This is an important year in our District as we are hosting the Triennial after so many years.

Friends, let us all strengthen the bonds of friendship and help make this a better world to live in.

*“Don’t waste your time in anger, regrets Worries and grudges*

*LIFE IS TOO SHORT to be unhappy” - Roy T. Bennett*

In friendship and love

**Raveen Saluja**

Past District Chairman

Message



## Meenakshi Dayal

Past District Chairman

Dear Harmeet,

Heartiest congratulations on starting a new Inner Wheel journey in its centenary year as the District Editor. I have seen your enthusiasm, dedication and commitment to the Inner Wheel and its ethos. I congratulate you on bringing out the Inaugural issue of the District Newsletter ORBIT to be released on 4th July 2024.

A newsletter not only gives information of the activities of the District to its members, but thanks to internet and social media, it is now also helpful in spreading the activities of the District throughout the world. The first edition of ORBIT is just a stepping stone and I am sure that you will maintain its quality and content throughout the year.

All the best for all your future endeavours and my all good wishes for the success of ORBIT.

Yours in Inner Wheel,

**Meenakshi Dayal**  
Past District Chairman

Message



## Bina Jain

Past District Chairman

Dear Manisha & The Executive Committee Members,

New journeys are experiences to be enjoyed and nurtured. I am sure you are embarking on your new path with a treasure of emotions and excitement. And you all must be geared up for new stories to unfold!

Stepping ahead with positivity and confidence will help you move mountains.

May you all be like the palm with different fingers, but always moving in the same direction.

Enjoy this fruitful and exciting year. It's a beautiful and fantastic opportunity to spread your wings and

“Stay Limitless”

With Love & Best Wishes,

**Bina Jain**

Past District Chairman

Message



## Ranjana Mohan

Past District Chairman

Dear District Editor Harmeet

Wishing you all the best as you start your tenure as District Editor. You have been an asset to your club all these years, I'm sure you will give your best to our prestigious District as well.

*"Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility." Saint Augustine*

Pride is concerned with who's right, humility is concerned with what is right. I know with your compassionate nature and sense of commitment to all that you undertake, you will be an asset to our District.

Wishing you a successful tenure

**Ranjana Mohan**

Past District Chairman

Message





## Sangeeta Bharti

Past Association Secretary &  
Past District Chairman

Dear District Editor Harmeet Sehgal

Heartiest Congratulations for taking out the first issue of Orbit and Warm wishes to you for the year ahead. You will surely put your best foot forward and Excel with each issue of Orbit.

Heartiest Congratulations dear District Chairman Dr. Manisha Kaushik leading the district this year, I'm sure you will come out with flying colors with adding more & more feathers in the cap of Inner Wheel District 301.

As we embark on the journey of 101 years of Inner Wheel let's come together and create love all around us. The theme of this year also signifies the same. The Heartbeat to Humanity is such a wonderful gesture. Love is the essence of our existence, flowing through every fiber of our being and connecting us to the infinite cosmos. In the journey of life, it is vital to cultivate love in all its forms – love for others, love for the world, and most importantly, love for oneself. It is the gentle whisper that reminds us of our worth, the guiding light that leads us to acceptance and compassion.

When we nourish souls with love, we create a ripple effect of healing and transformation that touches every aspect of other's lives.

Be Positive Keep Smiling

Yours in Inner Wheel

**Sangeeta Bharti**

Past Association Secretary &  
Past District Chairman

Message



## Neelu Khanna

Past District Chairman

Dear Harmeet,

We are pleased & feel honoured to be a part of great & meaningful 101 years old Women Organization.

We are now emarking in the new Inner Wheel Year 2024-25 . Let me congratulate you on taking over the huge responsibility of District Editor in the special year when we are celebrating our organization's special year & I'm certain that you would surely achieve your goal under the dynamic leadership of Dr. Manisha Kaushik, District Chairman 2024-25.

Sending lots of Congratulations thru this message on bringing out District Newsletter Orbit on the auspicious occassion of Installation.

Orbit means - a pivot or Central point. So Ditasur Newsletter is also an Orbit that plays an important role in showcasing the activities & projects of our Clubs / District, which helps in branding of our organization.

Harmeet dear, you do wonders bcz new blank chapter is going to fix in the history book of New Inner Weheel year 2024-25 . Add a new beautiful chapter in the same .

Last but not the least ,I am concluding with my favorite quote by Swami Vivekananda ji .....

Arise .... Awake & don't Stop until the Goal is reached.

Let's join hands and lit a flame of dedication, passion & enthusiasm in the hearts of members of our organization to Reach & Inspire to do more and more Good works to make the better world to live.

May the journey ahead be full of good energy, positive vibes , strong bonding nd with this belief that anything is possible.

Once again congratulations & Good luck for having memorable & historical years ahead.

Together....Towards....Tomorrow....

Always in Everlasting Friendship !!!!

**Neelu Khanna**

Past District Chairman

Message



## Asha Walia

Past District Chairman

Dear Harmeet

Wahe Guru ji ka khalsa

Waheguru ji ki fateh

I am feeling humbled and exhilarated while sending a message to you on your first assignment as District Editor of District 301 for the year 2024 - 25 .This post is a blessing showered on you by the Supreme Power- Waheguru, which is pure and victorious. It is his blessing that you have got a chance to serve society from the front. I pray that may God be with you on all your endeavours, and may you give your best with utmost dedication and determination.

The post of District Editor is a very important post in the District Executive Team .On this post, you have to remain alert and support the District Chairman as her messenger. You will be the ears and eyes of your District Chairman Manisha Kaushik. You are going to be a link between the clubs, districts, and society at large. Whatever the District Chairman wants to convey and showcase, it will be done through you . I am very confident about your capabilities.

I want to congratulate you on the release of the first edition of ORBIT. Make the district proud with your contributions and take this post to a level next .

Yours in Friendship

**Asha Walia**

Past District Chairman

Message



## Renu Gupta

District ESO & Past District Chairman

Dear Harmeet,

Warm Inner Wheel greetings!

'Believe you can and you'll be half way through.!'

Congratulations and best wishes to you for taking out the first edition of District E Newsletter ORBIT as District Editor. Thank you for giving me the opportunity to pen down my words for the District News E bulletin.

Harmeet, I know you since 2006 when your club was formed and I was the club President with your sister Rummy who was the Charter Treasurer of IWC Delhi Raisina Hills. You, both sisters worked hard to make your club strong and no doubt today IWC Delhi Raisina Hills holds a prestigious place in the District. The Club has given their one star to the District. We had been together on District Excursion trips and got closely knitted travelling together. We got the opportunity to know each other.

Harmeet, if one has a dream and goal in life, she will definitely succeed. So go ahead in your future endeavors, with a spark in your eyes to achieve your goals.

Life doesn't require that We be the Best, only that We Try Our Best. Give your hundred percent and you will see how work becomes easy and interesting. Prove your leadership by making others feel better in your presence and make sure, that impact lasts in your absence.

I will be stepping out of the District as District ESO 2023 - 24, where as, you will be entering the District as District Editor to serve the District for seven years.

All my best wishes for a successful tenure as District Editor.

**Renu Gupta**

District ESO 2023-24

Past District Chairman

Message





## Gita Dhawan

Past District Chairman

Hare Krishna .

"When we try to teach children all about life, they teach us what life is all about" Working with children, for children is indeed a great experience, fun and learning too. Today 's children are very talented, enthusiastic, energetic and focused. They just need proper and right guidance, appreciation, confidence, love, care, sources and a platform to learn and showcase their hidden talents. Under our committee we tried our best to give our bit for better, safe, happy and healthy future to our future generations with support of Schools, NGOs and our clubs. Organised workshops for good touch bad touch, distributed stationary, organised medical camps, visit To Nehru planetarium and National Museum.

I had wonderful year as committee chairperson under guidance of our dynamic leader Urvashi Mittal and with my very dedicated, supportive and enthusiastic team of past presidents Jaishree Sharma, Usha jain, Ritu Rathi, Mridula Jain, Rajni Garg. With support of club leaders We did District projects and at club level all clubs did wonderful work. Celebrated festivals, organised sports day, quiz, talks, distributed stationary, eatable. Organised medical camps, provided sanitary napkin, other utility items to needy children. I had great satisfactory, fruitful year as Committee chairperson. I owe my gratitude to Krishna for giving me wisdom for performing my duties and responsibilities happily, fruitful with support of all who worked and gave their best to give better, safe and healthy future to our future generations. A lots to do more. A long way to go . "Courage isn't always a lion's roar. It's also the silence of ants working patiently, persistently and never giving up."

Thank you . With best wishes. Committee chairperson

**Gita Dhawan**

Past District Chairman

Message



## Ruchika Gupta

Past District Chairman

Dear Harmeet,

Heartiest Congratulations on taking on the responsibility of the District Editor and recording history at the beginning of a new era, a new century of Inner Wheel.

The post of the Editor is a stepping stone in the District Executive, a very important and demanding one as the work entails showcasing and publicising the activities of the district. The image of the district is what is created by the editor. It is a great responsibility and I am sure you will fulfil it to the best of your ability and "ORBIT" will beautifully portray the heartbeat of humanity shining through in District 301.

A product is only equal to the greatest efforts contributed as a team. Each and every set of fingerprints play a critical role in shaping a masterpiece. Team members with their instincts, passion, skills and actions transform vision and plans into something special.

So, through this message, I wish to congratulate District Chairman Dr. Manisha Kaushik and the District Executive Team 2024 -25, the very best as they script history in the dawn of a new century.

Best wishes for a fruitful year ahead!

Warm Regards

**Ruchika Gupta**

Past District Chairman

Message



## Mala Rishi

Past District Chairman

Dear District Editor Harmeet Sehgal,

Heartiest Congratulations and Best Wishes for the Inaugural E-bulletin Orbit of 2024-25 to be released at the District Assembly Gulmohur on 4th July. It's the beginning of your seven-year journey as a District Executive. As a District Editor, you would be compiling reports of each Club using all your creativity to the best. A very good way to understand the Clubs and their working from Day 1.

Each successful year trains you to become better organized, skilled, and motivated to take up tasks finally when one is at the helm of affairs as a District Chairman. Following the Constitution of the Organization along with humility, respect, and friendship will shape you into a great leader.

My sincere good wishes for your journey at the District level and I am very confident that you will make us feel proud of District 301.

Warm regards,

**Mala Rishi**

Past District Chairman

Message

## District Executive Committee

IW Year 2024-2025



**Dr. Manisha Kaushik**  
District Chairman/Deputy AC Member

IWC Gurgaon South City  
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**PDC Madhu Nagpal**  
District ESO

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**Mrs. Deepika Bali**  
District Vice Chairman

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**Dr. Anju Ahuja**  
District ISO

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**Dr. Urvashi Mittal**  
AC Member & Association Secretary

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**Mrs. Harmeet Sehgal**  
District Editor

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**Mrs. Deepa Goel**  
District Secretary

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**PNE Seema Khaitan**  
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IWC Delhi Midtown  
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DOB: 19th October



**Ms. Sugandha Bharti**  
District Treasurer

IWC Ghaziabad North  
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DOB: 30th July

**Congratulations**  
Be Proud of your  
Achievements



## District Executive Committee

IW Year 2024-2025



Congratulations  
Teamwork  
Makes the  
Dream Work.

# Happy Birthday



**PDC Nisha Bhargava**  
3rd July



**PIIWR Renu Mehra**  
5th July



**PDC Mamta Bhargava**  
6th July



**PDC Neelu Khanna**  
23rd July



**DT Sugandha Bharti**  
30th July



# Prarambh

## The Incoming Chairman's Institute

“मौका उन्हें मिलता है जो इंतजार करना छोड़ कर तलाश करने लगते हैं। सफलता उन्हें मिलती है जो सोचना छोड़ कर, काम करना शुरू कर देते हैं।

सेवा और मित्रता के धागों से जुड़ा एक विश्वास है इनरव्हील, संसारिक सभी रिश्तों से अधिक बहुत खास है इनरव्हील”।

“Prarambh” Incoming Chairman’s Institute for the Millennial year 2024-25 at Aurangabad was a superlative event. A fabulous beginning!! An unparalleled experience.

From being recieved at the airport with so much love, warmth, Meeting & Greeting the Dignataries, batch mates made us feel so special and charged us to move ahead in the Millennial Year with goals, mission & vision. The training was so immaculately planned and executed. Everything was just perfect.

The Session began under the able guidance of our Dynamic Association President 2024-25 Sunita Jain. Privileged with the presence of International Inner Wheel President 2024-25 Mamta Gupta in spite of her tight schedule.

Brainstorming, truly Inspiring and motivating sessions by our reverend faculty. Happy to have received the scarf for answering a special question from IIW Treasurer Sarita Lunani. Also, my Team of DCs "Sapphire" received second prize in the IW Quiz organised by her.






Power packed days to train us to be leaders of our esteemed Districts for the Millennial year, instilling in us values, ethics, knowledge of our esteemed organisation Inner Wheel. Besides participated in the Performances on Women Warriors as "Uda Devi Pasi", a great Indian Warrior Women forgotten in the pages of history. This was well appreciated. Also got a chance to visit Ellora & Jyotirlinga with seniors and batchmates. Felt Blessed to be part of our organisation and privileged to represent my District!!

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



**MANISHA KAUSHIK**
**DISTRICT-301**

A genetic engineer, Microbiologist, Ted X speaker from the capital city Delhi Manisha adorns many hats.

Correlates herself to a ROCK as she has the ability to withstand all struggles creating a path of determination towards better and bigger things. Manisha is full of passion, excitement and living life to the fullest with a mission to achieve her goals.

Aspire to Inspire before you expire is her Motto in life.





# Aine

## *Club Officers Training Institute 2024-25*

Club officers training Institute- COTI was held on 16th May 2024 at the India Islamic Cultural Centre, Lodhi Road, Delhi.

AINE is an Irish word synonymous to growth and abundance- What a beautiful way to initiate and usher in a New Inner Wheel year.

Amidst much excitement and in anticipation of a new year, new beginning and new learning, the event took off to a hall packed with enthusiastic Inner Wheel members.

Our Dynamic Incoming District Chairman Dr. Manisha Kaushik unfolded the IIW Theme 2024-25 and put forth the National Goals for the 101st Year.

Presidents were advised to be the Energy Boosters of their respective clubs. Dr Manisha inspired the club leaders to maximise the use of their knowledge, talent and resources - to empower the less fortunate and to create a culture of doing the right things in the right manner. She emphasised the importance of Team Work, Trust and Mutual Respect- all very important for working cohesively for a common goal.

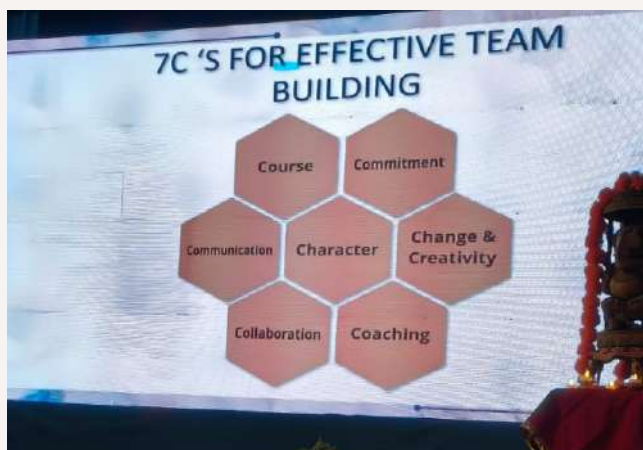
Many of our galaxy of PIIWPs and Past District Chairman were invited to give their valuable insights and perceptions on what should be followed in the incoming year.





Motivational Speaker & Renowned Storyteller Faizi Khan was the guest of honor and gave an inspiring and interesting narrative which held the audience spell bound.

Host Club IWC Delhi G.K. Allure, president Nahema Anjum and members put their best foot forward to ensure all registrations and other nitty gritty details were smoothly taken care of. On the whole AINE, Club Officers Training Institute was a very interesting, informative, riveting and successful event. A great way to bring in a new year with a host of new possibilities.





# Aadhya

## *District Officer's Training Institute 2024-25*

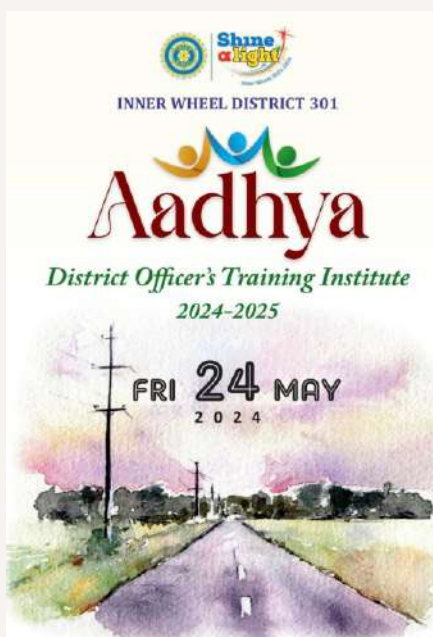
AADHYA District Officers Training Institute- DOTI, 24th May 2024, Venue - Imperial Club, Vasant Kunj, New Delhi- 110067. Hosted by District Chairman 2024-25 Dr Manisha Kaushik.

AADHYA - very appropriately named - as it embodies A new beginning, Strength, Power, Leadership skills to guide others.

As the incoming / outgoing District Executive gathered at the Venue- we were all reminded of the profound impact our esteemed organization has on our community & beyond. And the honourable Faculty impressed upon us the immense responsibility that lies on our shoulders to make sure that we are the beacons of honesty & fairness as we carry out our duties as leaders with integrity & ethics .

The DC 2023-24 / AS 2024-25 Dr Urvashi Mittal was collared & meeting was called to order and she gave her welcome remarks.

Meeting was handed over to DC 2024-25 Dr Manisha Kaushik & she welcomed the District Executive & Faculty present.





We were truly blessed by the presence of PIIWP Minna Kapur whose inimitable spirit made the day even more special. In spite of all odds & her fragile health she Blessed the Incoming District EC & sat through the entire meeting.

PIIWP Anita Aggarwal and PIIWP Dr Kapila Gupta briefed the DEC on the topics assigned to them.

PIIWP Abha Gupta was unable to physically attend but was very much with us in spirit- and had very responsibly sent her address to PDC / incoming District ESO Madhu Nagpal.

Last but not the least we had our AP 2023-24, Preeti Gugnani who reminded us of our shared goals & a common mission.

Each of the Faculty empowered us with their knowledge & experience. Concluding Remarks & Vote of Thanks were delivered by Incoming DC Dr Manisha Kaushik & meeting was closed followed by lunch.



**Meeting was also attended by**

AC member 2023-24 Mala Rishi

District ESO 2024-25 Madhu Nagpal

District Secretary 2024-25 Deepa Goel

District Treasurer 2024-25 Sugandha Bharti

District ISO 2024-25 Dr Anju Ahuja

District Editor 2024-25 Harmeet Sehgal

District CCCC - Seema Khaitan



We really missed the presence of VDC 2024-25 Deepika Bali who was traveling.

As for me, when I stepped into the hallowed space of District 301 that morning, I can little describe the feeling of privilege & pride I felt. At the same time, I was feeling humbled & blessed. It was a sense of belonging - Looking forward to a year of learning & positive productivity.





# Gwalior Diaries



It was with much excitement & enthusiasm that a large contingent of members from IW District 301 boarded the morning train from New Delhi to Gwalior on 15th June 2024. The bonhomie and camaraderie of the Inner Wheel members was palpable as we set out to Gwalior for the Installation Ceremony of Association President 2024-25, Mrs Sunita Jain.



The Host District welcomed us warmly as we arrived at the venue RVSKVV Auditorium, Thatipur, Gwalior. As the evening unfolded to a cultural bonanza "Utsav" Sankalp ka Mehfil- E- Sama - we saw the arrival of IIWP 2024-25 Mrs Mamta Gupta and dignitaries from across India. After the preliminaries there were Quwaali Presentations from all the Districts -well rehearsed performances which showed the enthusiastic spirit of the Inner Wheel members. Presentations by AC members 2024-25, District Chairmen 2024-25, Batch mates of AP 2024-25 were all a great watch but the icing on the cake was the beautiful performance by the Association Executive 2023-24 as well as 2024-25. Geared up in Black Western outfits they danced to beautiful numbers and were cheered to resounding applause and appreciation.







The following day 16th June brought in the grand Installation Ceremony of Association President 2024-25 Mrs Sunita Jain.

The overpowering heat and the hot winds did not for a moment deter the indomitable spirit of the Inner Wheel ladies who had travelled far and wide to witness this historic moment.

In a very solemn and dignified ceremony the baton of the Association Team was passed on from the old to the new.

As from our home District AP 2023-24 Mrs Preeti Gugnani was pinned as IPAP 2024-25, AC Member Dr. Urvashi Mittal was installed as Association Secretary 2024-25 and PDC Mrs Anita Jain was installed as the National Editor 2024-25. Quite a glorious moment to have three dynamic women from our District 301 as a part of the Association Executive.





It is hard to go into each detail of the brilliant ceremony but I have to mention AP Mrs Sunita Jain's daughters spoke beautifully and their tribute to their mother was a touching and emotional one that moistened many an eye that day.

After AP Sunita's inspiring speech- National Goals were unfolded, the Triennial Video was released and information of Zonal Meets were presented.

We were assured of a very interesting, eventful year with positive opportunities for great Service and Friendship in 2024-25.

All of us carried back beautiful memories of the event Sankalp - Ek Behtar Kal Ka...





# Change Over Epoch Flow

## A Spectacular Event

The "**Change Over Epoch Flow**" was a spectacular event organized by District 329 to welcome our very own Mamta Gupta at the highest-ranking position of our organization, as the International Inner Wheel President for 2024-25. The grand ceremony took place on 26th June 2024 at the ITC Royal Bengal Hotel, Kolkata.

With the banquet hall teeming with more than 900 members from across India and several international guests, it was indeed a proud moment for all of us. The Who's Who of Inner Wheel were present, and the Change Over Ceremony from the past year to the present was glorious, with Trish Douglas graciously installing Mamta Gupta into her new role as IIWP.

District 301 was proud to have our International Inner Wheel Past Presidents—Mrs. Anita Aggarwal, Mrs. Abha Gupta, and Mrs. Kapila Gupta—as well as our Association President (NR 2023-24), Mrs. Preeti Gugnani, who, among other dignitaries, were invited on stage for their addresses and speeches.





The dance recital by Tanushree Shankar and her troupe was mesmerizing, and celebrity guest Ms. Rupa Ganguly captivated the audience with her journey from humble beginnings to name and fame.

The evening concluded on a high note with a performance by the famous singer Mrs. Usha Uthup, who had the entire audience dancing with her power-packed performance.

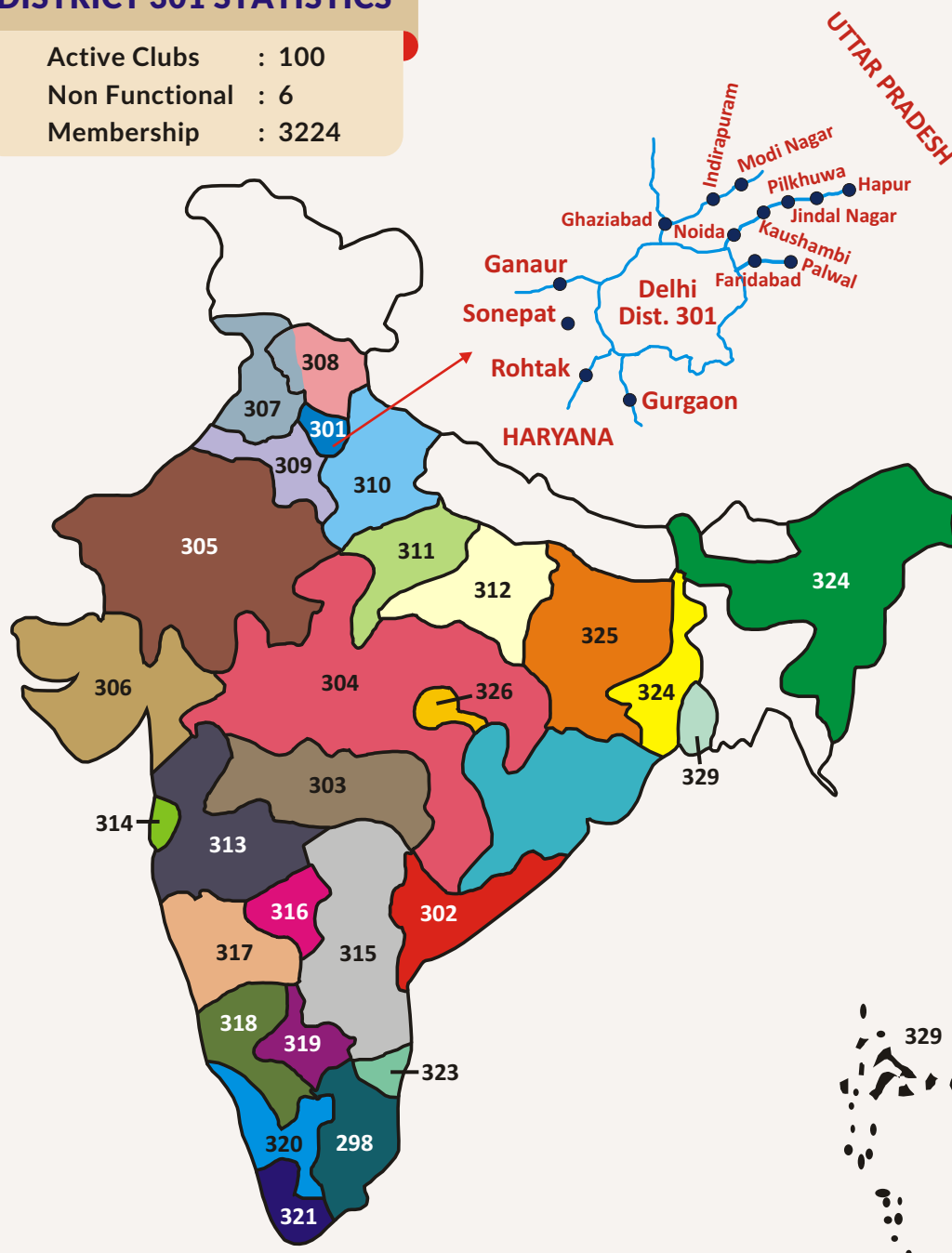
Epoch Flow will stay in our hearts and memories as a prestigious and memorable event for years to come.



## INNER WHEEL DISTRICTS IN INDIA

### DISTRICT 301 STATISTICS

Active Clubs : 100  
Non Functional : 6  
Membership : 3224



### ASSOCIATION STATISTICS

Districts : 27  
New Clubs : 62  
Total Clubs : 1724  
Membership : 56,902

### IIW STATISTICS

Countries : 100  
Active Clubs : 4000  
Districts : 182  
Membership : 1,20,000





# HORIZON

## XVII TRIENNIAL CONFERENCE 2025

### NEW DELHI

ACQUIRE ASPIRE INSPIRE

## 17<sup>TH</sup> TRIENNIAL CONFERENCE 2025

ASSOCIATION OF INNER WHEEL CLUBS IN INDIA

7<sup>th</sup> - 9<sup>th</sup> February, 2025

HOST DISTRICT 301



**Sunita Jain**

Association President & National  
Representative 2024-25



**Dr. Manisha Kaushik**

District Chairman 2024-25  
(Host District 301)



**IIWP Mamta Gupta**

Chief Guest



**IIWPP Abha Gupta**

Triennial Convenor



**PDC Madhu Nagpal**

Triennial Co-Convenor

