



IN TOUCH

The Inner Wheel Monthly Digest - February 2024

The IWC Vision

The Ideal of the club shared by visionaries who looked beyond the horizon and envisaged what changes a group of dedicated women could bring about in the lives of underprivileged.

The IWC Mission

Let us turn our eyes to the future, let us visualize the endless possibilities of what we can achieve working together. Fostering International understanding Together, we are all going to shine a light.

Projects

02th
Feb.

Sports Day at the Bombay Institution
of the Deaf and Mutes



05th
Feb.

Fellowship with IWC of Ahmedabad Main



Projects

07th
Feb.

8th GBM at the House of MG, Ahmedabad



05th-08th
Feb.

Trip to Ahmedabad



Projects

09th
Feb.

District Urban Medical project at
PKC Hospital, Vashi



15th
Feb.

Gynaecology Medical Camp at the Home for
the Mentally Challenged, Mankhurd



Projects

16th
Feb.

Donation for reimbursement of
medical expenses to the teacher of
Ambedkar Municipal School



Projects

20th &
21th
Feb.

Five sessions of the project Sparsh were conducted for 450 students of Canossa Primary School, Mahim



Projects

21st
Feb.

Exams were conducted for the ladies of Adult Literacy programme at Ambedkar Municipal School



21st &
28th
Feb.

2 Sessions of Laughter Therapy were conducted at Agripada and Khar-Danda Units of SEC School



Projects

22nd
Feb.

12 members of the Club attended
the District Picnic at Mandwa



22nd
Feb.

President Zarin Havewala, with her message
GO GREEN, was a prize winner for the event Walk the Ramp
with a decorative hat



Projects

24th
Feb.

The much looked forward to event Haldi Kunku was celebrated in presence of DC Pallavi Choksi



The celebrations took place with the ladies who avail of various initiatives offered by the Club at the Ambedkar Municipal School



Projects

27th
Feb

Donation of various requirements to
the Old Age Home Parukh Dharamshalla



28th
Feb

Past District Chairmen enjoyed a fellowship meet
with IIW Editor Prabha Raghunandan in the
true IW spirit of friendship



Dil ke Kareeb (5 Questions Rapid Fire)

A quick Interview with PP Rashna Cooper
by CC Ashwini Vernekar



Hello, Rashna Cooper, welcome to 7th series of 'Dil ke kareeb'.

1. Rashna we would like to know about your early life and your education

I was born and brought up in Elphinstone College in Mumbai and graduated in economics. After marriage I volunteered for reading for the blinds. After my children were born, I took some gap and looked after the family. I also found a job part time at a doctors clinic, where I learned about clinical trials.

Then I actively volunteered in Children's School which is Bombay International School. I joined IWC in 2005 and immediately was given a post of CC. The following year I became a President.

I found IWC entirely very protocol bound. I used to love going for projects and personal service involved was much more in those days.

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2. What was the difference in your personality that you observed after being associated with IWC?

I learned to work systematically after joining IWC. Working under deadlines and timelines was one thing I wasn't prepared for. It taught me to be more organised and gave me a chance to meet different people from different cultural backgrounds. The Ambedkar School which is associated with our club had a Kannada school, located near it. I convinced the principal of Kannada School to introduce English language.

3. How do you think IWC motivates younger women of today?

One very good benefit of IWC is that it let's us explore our strengths and capabilities. We become so self observed, we also need some experience to remind us that there is world outside other than us. The social service some how brings us out of our comfort zone.

The projects of IWC touch your hearts. I became a President twice once in 2006 and then again in 2015. We also see other people taking up responsibilities and working in team. I learned about many educational platforms. I am very passionate about education.

4. Please share an experience of you as a President which has changed your perspective of looking at things.

I have been working a lot with children of Municipal school and I must say the whole focus of my life changed, I have become more passionate about education. There is so much to do in the field of education.

I also have loved being part of a project called Habitat for humanity where one helps poor families to build homes. This is another favourite to my heart.

5. Do u think today's youth is facing more challenges than older generation? If yes how has technology helped?

Today's youth definitely is facing with lot of challenges. They have to balance work and life in a different way than older generation. But they have technology to their help with that so many things have become easy. Technology has helped so much in learning and education. I would say that social media is the only thing detrimental to youth (in excessive use) But the youth is free to explore new thing and make a choice as they have everything in abundance. Today's youngsters need not have to be pressurized to do certain things.

Thank you so much.



Travelogue

PP Malini Agarwalla

Our PP Malini Agarwalla gives us a glimpse of the holiest city in India located along the banks of river Ganges. You guessed it right, It's Benaras!

When I was asked to contribute to the Travelogue I thought I should share my experiences of a city that has had a mysterious pull since I was growing up. The stories of this incredible city seeped in culture were an integral part of my growing years.

Benaras holds a special significance in our mythology, many believe that it is a place to attain salvation. However, the vibrance of the city is what enthrals. The coming alive of the brightly lit ghats over the Ganges with the Marigold laden boats, floating on the lapping waters on the one side and the burning ghats on the other truly represent the joys of birth and the finality of death.

I was pleasantly surprised to see that the ghats had been cleaned, and although the city cannot be rated amongst the cleanest, it has a lot to offer. Other than being



Travelogue

the seat for concerts and programmes held regularly for those fond of music with the beautiful Ganges as the backdrop, there are a lot of mysteries to unravel in the hidden labyrinthian lanes. What emerged in the next few days for us was an unfolding of magic with the temples of Kashi the beautiful Stupas and the architecture ,crafts,culinary delights et al.

After enjoying the famous “Kachori Sabzi “ we made a way to visit a weaver’s village. To see the shining silks, come alive, was really quite extraordinary, and not surprisingly, a lot of the ladies in the group went crazy, buying them much to the delight of the weavers.

The next was a visit to the Kashi Vishwanath Temple, which commemorates the mighty Lord Shiva . It is also a part of the 12 Jyotirlingas which many Hindus wish to visit, at least once in their life times. To reach there, a lot of us went on foot, as to navigate some of the by lanes in a car is very nearly impossible. This was like a walk down the ages with the beautiful old doors of the homes ,shop selling the famous Benarasi Mithai and Lassi, and as we continued on our way we also passed by a local Barber , sprucing up his clients on the roadside, the akharas or local gymnasiums being patronised by the wrestlers or pehalwans and the numerous temples that dotted the way . It was as if time stood still and you had been transported into another era.

Obviously, the trip would not be complete without a visit to Sarnath ,the birthplace of Buddhism and at the heart of Sarnath stands stands the Vihara monastery and the Ashoka pillar. This symbolises, and is a testament to the patronage of the Emperor Ashoka, which carries Brahmi scripts with the principles of nonviolence and moral conduct.

Next was a visit to the famous Benaras Hindu University, which, for me was an eye-opener. The university is a sprawling campus very different from the main city. It is spread over a large number of acres dotted with colleges teaching various

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disciplines like Arts, Sciences, Engineering and Management in a beautiful green environment.

It was my first visit to Benaras, and I have to say I came back with beautiful memories all of the sights and sounds .The beautiful Ganga Arti against the setting sun and the lapping waves of the Ganga. Something that will be permanently etched in my mind. A city that is the seat of education, spirituality, craft, and Fabrics and a window to our past.



The Reading Corner



**Our
PP Rupali Sen
has suggested following books,
which have impacted her life**

1. A Fort of nine towers- memoir by Qais Akbar Summary:

Is a memoir by Qais Akbar Omar recounting his childhood in Afghanistan, and the rise of the Taliban and the subsequent present war in Afghanistan. The book beautifully portrays the emotional journey of the author as it brought back memories of stories, I heard and read about the exodus in the Kashmir valley.

2. Palace of Illusions by Chitra Banerjee Summary:

Palace of Illusions is a captivating reimagining of the ancient Indian epic, the Mahabharata, from the perspective of Draupadi. Through Draupadi's eyes, you will witness the complexities of love, ambition, and power in a male-dominated world. It was a really fresh take on the Mahabharat, always told by men, but as we know that the war was fought because of the insult and humiliation faced by Draupadi, and it was a unique and interesting take on the epic, through her eyes. The same author has also written The Forest Enchantments, which is the story of Ramayana, told from Sita's perspective. A very interesting read as well.

3. Fire on the Ganges-

Life among the Dead in Benaras- by Radhika Iyenger Summary: Fire on the Ganges is an attempt by the author to chronicle the everyday realities of the Doms, the community which is entrusted with the cremation ceremonies at

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the burning ghats in Benaras. It plunges into Banaras's historical past, while narrowing its lens to a few spirited characters from the Dom community. Through their tales of struggle and survival, loss and ambition, betrayal and love, it tells the at-times-heartbreaking, at-times-exhilarating story of a community struggling to find a place beyond that accorded to it by ancient tradition. Though they are such an integral part of a person's last journey, who is being cremated in Benaras, but they are still considered as a low caste and treated as such even in the 21st century.

4. Nine Lives - In search of the Sacred Modern India- by William Dalrymple Summary:

Dalrymple's book is about the lives of nine Indians, a Buddhist monk, a Jain nun, a lady from a middle-class family in Calcutta, a prison warden from Kerala, an illiterate goat herd from Rajasthan, and a devadasi among others, as seen during his Indian travels. The book explores the lives of nine such people, each of whom represent a different religious path, explored and in nine chapters. They were all very heart touching stories.

5. The Last Queen- by Chitra Banerjee Summary:

The Last Queen is a book based on the life of Maharani Jind Kaur, the last queen of Punjab. The Queen was the daughter of the royal kennel keeper, the beautiful Jindan Kaur went on to become Maharaja Ranjit Singh's youngest and last queen; and considered his favourite. She became regent when her son Dalip, barely six years old, unexpectedly inherited the throne. The story follows her story and her fight against protecting her young son and his right to the throne. Always good to read and take inspiration from women of the past who fought their way in a man's world.



Gastronomy (The Culinary Escape)

Najma Murad

Caramlised Taal Makhana



If you feel like eating something sweet, make this 'CARAMLISED TAAL MAKHANA'. Guilt free munch .

Take 1 packet of Plain Taal MAKHANA that you get usually from the store. Dry roast them on low flame till they become crisp. Keep them aside. In the same pan add 2 tblsp of ghee then add gur powder around 1/2 cup, if you want more sweet then make it 3/4 cup. and let it melt on the low flame . Add 1 tsp of baking soda to it. Mix and add all the Makhanas and stir till this melted gur coats all of them. There your caramalised snack is ready to eat. Add a pinch of salt

Note : all this has to be done on a low flame.

