



IN TOUCH

The Inner Wheel Monthly Digest - July 2023

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 - District Level Projects



URBAN MEDICAL PROJECTS:-

Upgradation
of Gynecology Operation Theatre
at PKC Hospital in Vashi
Cautery Machine donated



Van Mahotsav
for the Centenary
IWC Forest Project



CLUB LEVEL PROJECTS



Mid Day Meal given
to 500 Adivasi children of
Ashramshala at Shantivan

Projects



1st
July

ZERO WASTE PROJECT
to create awareness about
waste segregation.

4th
July

Guru Pournima Celebration
with students of
Dr. Babasaheb Ambedkar School



6th
July

T Shirts and Track Pants
given to 85 children of
B.J. Orphanage, Matunga



Projects

10th
July

Calipers donated
to a SEC students
by Inner Wheel Club of Bombay



Projects



31st
July

Donation of
Medicines & Diapers at
Parukh Dharamshalla

31st
July

A Cheque was given to
J.J. Home for the aged
for Medicines & Diapers



Fellowships



26th
July

Climate Reality Reader
Ms. Nita Ganguli spoke on
Environment Sustainability
at Orient Club

Dil ke Kareeb (5 Questions Rapid Fire)

A quick Interview with our very elegant PDC Lataji by CC Ashwini Vernekar

PDC Lata Palekar



Dear members this is a series where you will learn and know more about a member. This month its our PDC Lata Palekar. Lataji has a mathematics masters degree and has taught the subject at college level.

1. The Most Important thing you learned being an Inner Wheel Member?

Inner Wheel has given me platform for social work, It is very apolitical. People who do not know how to give back to society are able to do so through IWC.

My work started when I volunteered for Inner Wheel Clinic, near Sahar Airport, where free health check up was done. Member and President Shirin Petigara encouraged me to learn how minutes of a meeting are noted. IWC gives us opportunity to explore different localities and areas of the society.

2. Can you tell me about any experience which has touched your heart while doing service to humanity?

Through Inner Wheel Projects you get satisfaction that you were able to make a different in someone's life.

I went once to Wakdi village and there the ladies were walking miles daily up and down for their work and also to get drinking water. They were always smiling and never cribbed a single day. I was surprised and felt that inspite of problems people can smile and keep doing their work and are always happy.

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3. Your Passion in life?

It gives me immense happiness to help someone who is needy, particularly in areas of education and health. I once helped a blind student when he was small and continued to help him. Today he retired as a telephone operator from a bank, he has children who, he has given full support for education. I am very happy that I could make a difference in someone's life.

4. Meaning of true independence according to you:

Being allowed to be yourself and not being pressurised to do something against your wishes, freedom of thoughts is according to me true independence.

5. What are the things you look forward to?

I look forward everyday to meet people, reading and listening to music.

Travelogue

ISO Zainab Lokhandwalla

My Memorable Visit to Turkey



Türkiye In 2021,

We had a wonderful trip to Turkey , now known officially as Türkiye . We loved the experience of staying in a ‘cave hotel’ for a few days . At Cappadocia, floating in the sky, in huge, colourful Hot Air Balloons was tremendous fun! Ozkonak- an underground city carved out in caves, many thousands of years ago, is a ‘must see’. Pamukkalle-is another ‘must visit’ place. Here, mineral rich, thermal waters flow through white limestone terraces. Within the capital Istanbul, we saw the famous Blue Mosque, Hagia Sophia, Sultanate Square (Hippodrome), Masoleum of Sultan and the beautiful Topkappi Palace. For retail therapy, there’s the Grand Bazaar in Old Turkey and Taksim Square on the newer side. The Bosphorous cruise outing and Sufi dance show is enjoyable too. Do not miss the steaming Turkish Tea, the soothing Turkish Lentil soup and the fresh fruits and salads. Above all , the warmth of the people will certainly entice you to visit this country more than once!

Hey members, pack your suitcases.

The Reading Corner

PP Jayati Dasgupta

PP Jayati Dasgupta a voracious Reader From our club recommended a book called “Palace of illusions” by Chitra Banerjee Divakaruni

A Beautifully written book which reviews, ‘Mahabharata’ the epic through Draupadi’s perspective.

Members, please do read it.



Gastronomy (The Culinary Escape)

Hey members try this out. Recipe given by none other than our own master chef.



Shyama Poddar

Basil Pesto Khandvi with Aglio Oil Tadka

Ingredients for Khandvi (1 cup = 250ml)

- 1 cup - Gram Flour (Besan)
- 1 cup - Sour Yogurt
- 1 tsp - Green Chilli-Ginger Paste
- 2 cup - Water
- 1 tsp - Green Chilli - Ginger Paste
- 1 Pinch - Turmeric Powder
- 1 ½ - Lemon Juice
- Salt - To Taste

For Basil Filling (makes about 1 big cup)

- 3 cups - Fresh Basil Leaves
- 5-6 Cloves - Garlic
- ½ cup - Olive Oil
- ⅓ cup - Toasted pine nuts or toasted walnuts
- ⅓ cup - Freshly grated Parmesan cheese
- Salt and Pepper - To Taste

Ingredients for tempering

- 2-3 Tbsp - Olive Oil
- 6-10 - Basil Leaves Shredded
- 2-3 Cloves - Garlic Chopped
- 1 Tbsp - Red Chilli Flakes

Instruction for the Khandvi

1. Mix the yogurt with water and whisk well to avoid any lumps
2. Add the gram flour and whisk well too
3. Now add the green chilli - ginger paste, turmeric powder salt and lemon juice.

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4. Pour the batter in a pan or kadhai, ignite gas and keep the flame low, keep stirring from time to time vigorously as to avoid the formation of lumps.
5. The batter continues to thicken. Ensure that the batter does not stick to the bottom of the pan.
6. Taste if your batter is ready. Spread a little on a greased thali or kitchen platform, If it's ready to roll check if the batter is cooked properly. If not, continue to cook it in similar manner on a gas stove. (This roughly takes 12 to 15 minutes)
7. Your Timing of cooking may vary depending on the intensity of the flame and thickness of the pan.
8. Once the batter is ready, spread on a greased thali. let it cool a bit.
9. Spread a thin layer of pesto on the khandvi. The pesto can be stored in fridge and used for other purposes.
10. Roll up the Khandvis. Cut into pieces.
11. Arrange the Khandvis on a plate and add the tempering before you are ready to serve. Serve them at room temperature.

Instruction for the Pesto Filling

1. Add all the ingredients of the pesto to food processor and blend into a smooth paste. Do not add any water. If its thick. add a little olive oil and continue to blend.
2. Put to use immediately or store in a jar in the refrigerator for future use.

Ingredients for tempering

1. Heat olive oil in a pan.
2. Add the chopped garlic and saute until it is brown
3. Add the chilli flakes and basil leaves and try until the basil leaves turn crisp
4. Spread the tempering on the khandvis just when you are ready to serve so as to retain the crispiness of the basil leaves.