

# AIRVIEWS

INNERWHEEL CLUB OF BOMBAY AIRPORT  
District 314



Commit with  
Conviction, Compassion, Consistency  
I.I.W. theme 2010-2011

IIW President - Dr. Pallavi Shah  
Editor - Rupa Shroff

District Chairman - Indira Kotak  
August 2010

President - Dr. Daksha Pandit  
Secretary - Chetna Shah

## President Speaks



Dear Fellow Inner Wheel Members, I take this opportunity to thank all of you for letting me take the reins of our premier club of Dist.314. It was indeed with more of apprehension and little excitement I have accepted this challenge. I congratulate IPP Pallavi Choksi & her team for giving us a great year.

I was apprehensive in the beginning but believe me, my overenthusiastic team members have pushed me into activities and now, I myself have started thinking "now what next?"

July 1st, **Blood Donation** drive was remarkable joint project with Rotary club & collection of 173 units of blood on that day was all time record.

A seminar for creating an awareness on **Skin Donation** was organized for the members of IWCs of Zone II, & nursing students of Nanavati Nursing School was an eye opener for many.

Our Trip to Dahanu with 16 members for Inter Club Joint Project with IWC of Dahanu for Tree Plantation, distributing clothes for tribal families, & giving deworming tablets for tribal children accomplished both an environmental project & fellowship between the clubs.

Friends, all these activities have been so satisfying that I feel **Committed with Conviction, Compassion, And Consistency**, which is IIW Theme for the yr.2010-11 given by IIW President Dr. Pallavi Shah.

Our big event "**MAITREIYI**" an exhibition for raising funds for a rural project was planned out well and I am happy to inform that we have been able to achieve our target for the Check Dam to be built at Dahanu. Today with pride I can boast that Maitreiyi was inaugurated by our dear DC Indira Kotak and she had witnessed delightful display of western and Indian apparels, footwear, home décor, hair accessories, etc. Kudos for the core committee! Dr. Roopa Doshi, Amala, Chetna, Pallavi, and Priti.

Friends with your outstanding support, I am confident that I will be able to keep up to your expectations.

*President Dr. Daksha Pandit*

## International Inner Wheel President's Views



Dear Daksha & all in IWC of Bombay Airport, Congratulations Daksha for taking up leadership of a Club of Leaders, who are already on the stepping stone of District Chairmanship.

Your life does not change when your President changes, when your friends change, when your partner changes, when your company changes. Your life changes when **YOU** change, when you go beyond your limiting beliefs, when you realize that you are the only one responsible for your life.

You are the only person who can help yourself. You are the only person who can revolutionize your life. You are the only person who can influence your happiness, your realization and your success.

There is only one person who is capable to set limits to your growth: it is **YOU**. May you progress, look beyond yourselves & widen your horizons.

*Dr. Pallavi Shah*

*President*

*International Inner Wheel (IIW)*

## District Chairman's Notes



It is with profound joy and great enthusiasm, that I send my best wishes, to you and your club members, on publication of your club bulletin.

Daksha, Inner Wheel is an organization, very well known and as Inner Wheel members, we have a role to play in the service of society. Once we decide our path and we are ready to walk on it, nothing will stop us. We are committed to our objectives.

This year's IIW theme is

Commit with conviction, compassion, consistency.

Confirm the commitments, believe in them, be compassionate, with those who need us and pursue the objectives of Inner Wheel, with consistency.

Let us:

Look higher, Dream higher, Desire the best, and we will witness, that Life brings us what we aspire.

We will work together and make our presence felt in Inner Wheel world.

My best wishes are with you, forever.

*Indira Kotak*  
*District Chairman*

## President's Wishes



Our Dear Dr Dakshaben

First of all on behalf of all the members of Rotary Club of Bombay Airport, Smruti and I, would like to congratulate you and your team for accepting the challenge of leading the most vibrant Inner Wheel Club of the District 314.

Now the guard may have changed and baton is passed to you but your destination and goal remains the same, which is to work for under privileged people of the society. All are born equal, yet some need a little help. Rotary Club of Bombay Airport and Inner Wheel Club are working together since their inception. I on behalf of all the members of my club, extend worthy and mutual support to you.

Dr Dakshaben I know you professionally very well, now from years together. Your dedication, commitment, sincerity and achievement in your professional career are exemplary. This will remain very handy to perform excellently in 2010-11. I know your goal is to win and you will build a high performance culture within your club through your team.

*Dr Vikram Sanghvi*  
*President, Rotary Club of Bombay Airport*



17 BENEFITS OF BEING A CLUB correspondent is a link which focuses on the relationship & interaction with members of other Inner Wheel clubs who have common interest in its activities. Our members are dearly involved & committed to the most prominent form of community activities. Close to my heart is supporting schools having children who are underprivileged, providing education, medical, healthcare, nutrition, raising awareness about the society & various other ways in reaching out to the needy, therefore providing a mix of activities. Hence a large number of people are directly benefited in the local community through the Inner Wheel members' initiatives. I can proudly say that Inner Wheel Clubs are social & economic assets to the community at large.

*Club Correspondent  
Rupa Shroff*



DEAR DAKSINA,  
As the wheel of Inner Wheel turns, once again it is time to pass the torch. Inner Wheel is an organisation that not only celebrates the progress of women but also upholds the human spirit. With our commitment of Conviction, Compassion and Consistency, our IW will grow from strength to strength & bring a lot of joy to the underprivileged.

I am very happy that you have continued our club exhibition MAITREIYI. This fund raiser was founded last year with the goal of not only raising funds but also providing a platform for our creative members and to empower other women entrepreneurs. I know you as a meticulous and perfect person and under your leadership, our club with reach new heights.

Once again, my heartfelt **Congratulations** to you and your new team. I extend my full support to you.  
*Pallavi Choksi (IPP).*

## MEMBER'S FORUM

### Theta Healing

Theta Healing is one of the alternative healing modality as Reiki, Pranic healing, Chakra cleansing etc. Theta Healing is how to put our natural intuition to use & relying upon unconditional love of 'Creator Of All That Is' to do the actual "work" by changing the brain wave cycle into the "Theta" state, creating instantaneous physical and emotional healing as in this state there is easy access to subconscious mind fully connecting to the creative energy of the universe.

Theta Healing is a method of healing by going up and working with the Creator and it can help anyone.

- Healing a physical illness.
- Resolving painful emotions.
- Guidance on relationship issues.
- Creating abundance in one's life
- Releasing issues from past lives.
- Finding one's path in life.

In a Theta Healing session, the practitioner enters the theta state and intuitively scans the body for the illness and the issues surrounding it.

The negative beliefs and thought patterns creating blocks are removed and positive, healthy ones are downloaded into the subconscious mind & thus facilitating the activation of body's inner healing mechanism.

God Bless

*PP Manisha Udeshi  
Intuitive Theta Healing Practitioner*

### Media: Blessing or Curse?

Information is the key to awareness & knowledge is strength supreme but are we truly informed? Do we get filtered and sensationalized news?

Let us look at the news channels that we rely on most to update us about all the things going on around us.

We see news that are sensational but are they significant? The escapades of popular icons are more favored over concerns of the common man? A lot of our premier media like television, print or radio are guilty of such behavior. Instead of showing new discoveries or information they keep on writing/showing about crime and "movie masala" cheating the public into believing things and living in a surreal world. The common man then falls prey to the simulated information and tries to emulate them in their daily lives.

Unrealistic expectations from family members, superstitions and re-emergence of regressive ideologies that leaders of our nation fought hard to abolish have all reappeared in the name of soap operas.

In conclusion media is used far more for the selfish pleasures of some than for the selfless good of all. Media creates, not progress, but an illusion of progress.

*Kiran Shah*

### Gen Next Speaks .....

#### Life with Rotary & Inner Wheel

I must give credit for our (sister & myself) development to my parents as being part of Rotary & Inner Wheel family. It has taught me how change is brought about by getting involved in the community & being part of the first polio drive in 1995. This experience sowed in me the seeds of charity & unselfishness & has taught me all kinds of skills and increased my confidence.

My resume looks very attractive after I added my experience as a dance teacher at Udaan School (school with special needs). It not only gave me an opportunity to interact with the students and teachers but also bought out a different person in me. The satisfaction was immense and the sense of achievement was something I cannot pen down.

What a wonderful opportunity was given by the Rotary to my sister, to spread her wings, taste the culture, and live the life in United States of America for a year through the exchange programme. She learnt a new way of living, a great deal about herself and to be an ambassador, teaching people you meet, about your country, culture, and ideas, helping bring the world closer – and make some good friends in the process.

Life with Rotary, when my father was a President & life in Inner Wheel my mother being the President this year has taught me that no matter how small or big your ways are in helping, it makes no difference since the purpose is the same. Service is about sacrifice, and it does not hurt to sacrifice your time and effort to help a good cause. You go out there and think on your feet, work with others and create something from nothing. That's what life's all about.

I am grateful & pride myself to get an opportunity to experience both these clubs who diligently serves the community and look forward to a year which I will never forget.

*Monita Jhaveri*

### Glimpses Of The Month



President's Installation



First Club Meeting



Mega event 'Maitreyi' exhibition inaugurated by District Chairman Indira Kotak



Rubella Vaccination for children of Disha Karnabadhir



Tree Plantation at Gandhi Shikshan Bhavan, Joint Project with Rotary



Detection of Thalassemia at Nanavati Women's College



Bio Diversity Project by students of Jasudben School with under privileged children of Akanksha



Food donation on bridge of Vadhari station Joint with Rotary



Tree Plantation & Distribution of Clothes in schools for tribals at Dahanu



Inter club project with IWC of Dahanu, Tree Plantation at Dahanu



Awareness for Skin Donation for Clubs of Zone2 & Nursing Students



Educational materials donated to children of construction workers

# TIME-PASS

## Earth Day Word Search

Can you find the hidden words associated with the the environment?

G	L	A	S	S	I	P	B	I	V	S	I	C	R	D	AIR
K	E	O	W	F	K	T	X	A	B	T	O	D	C	Y	CANS
E	U	S	E	N	E	R	G	Y	N	N	X	Q	Q	D	CLEAN
L	M	B	U	N	Z	O	K	E	S	R	S	N	N	R	CONSERVE
I	N	F	A	E	U	H	M	E	P	A	P	E	R	E	EARTH
T	V	L	O	M	R	N	R	Q	A	T	T	Z	E	C	ENERGY
T	P	A	S	R	O	V	X	P	R	I	L	P	N	Y	ENVIRONMENT
E	W	C	V	R	E	G	E	E	T	D	R	S	O	C	FOREST
R	L	B	I	Y	O	S	E	C	R	F	H	N	Z	L	GLASS
K	C	V	C	M	T	S	T	T	R	T	G	A	O	E	LITTER
F	N	D	S	N	A	E	L	C	R	U	Q	C	Y	T	NATURE
E	W	E	R	U	T	A	N	A	Q	W	O	B	L	S	OZONE
F	W	R	E	T	A	W	E	Y	T	K	H	S	X	A	PAPER
A	K	R	B	M	G	B	U	E	O	D	Q	G	E	W	PLANET
W	T	R	A	S	H	W	E	C	U	D	E	R	N	R	RECYCLE
															REDUCE
															RESOURCE
															REUSE
															SMOG
															TRASH
															TREES
															WASTE
															WATER

## HEALTH TIPS



Aloe Vera is good remedy for heartburn. Have 1/4 cup of Aloe juice 20 minutes before meal.



When dieting, snack on a plate of watermelon. It makes you feel full and is low on calories.



Hold some ice over your eyes to reduce redness. It helps constrict the blood vessels.



One or two teaspoon of coriander juice added to freshly prepared buttermilk is effective in treating indigestion.



Lavender oil, rich in Vitamin K when applied over stretch marks, helps lighten them.



Drinking coconut water with one teaspoon of olive oil for three days kills intestinal worms.



Lemon grass mixed with pepper is a great home therapy for menstrual troubles and nausea.

## MOJITO

Crushed ice  
8 mint leaf  
3 ounces lime juice  
1.5 ounces sugar syrup  
2 ounces club soda  
Garnish with mint



Fill a pint glass 1/3 full with ice, add mint leaves. Add the lime juice and sugar syrup. Lightly mash the leaves together with the liquid using a muddle stick or wooden pestle, careful not to tear the leaves. Fill the glass with more ice, add club soda. Garnish with mint, serve, and enjoy!

**Johnny:** I wonder whether it's really bad luck to have a black cat cross your path.

**Suzie:** That depends whether you're a man or a mouse.

**Man:** Is there any way for long life?

**Doctor:** Get married.

**Man:** Will it help?

**Doctor:** No, but then the thought of long life will never come.

*A child's greatest period of growth is the month after you've purchased new school uniforms.*

