

AIRVIEWS



INNERWHEEL CLUB OF BOMBAY AIRPORT Dist.314 Support Gives Strength

President - Tehmina Khandwala • Secretary - Jyoti Gandhi • Editor - Madhu Lahoty
IWP President - Erna Fandal • Assoc. President - Shailaja B. Bhat • Dist. Chairman - Dr. Shobha Ahuja

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June 2006

TEHMINA KHANDWALA

President's Final Thoughts.....



My Final Thoughts.....

Experience they say is a tough teacher. It gives the test first and the lessons later.

At the end of my exciting year as a president of your prestigious club, I feel humbled by the lessons I have learnt, which added a lot of meaning to my life. I truly feel grateful for your unstinted support. With your commitment and zeal, our club was recognized as a premier club of the district once again. It was a proud moment for our club at the district assembly when we received awards, for outstanding performance by a club, rehabilitation of street children, national immunization, project for handicapped children, rural projects and ISO trophy. Congrats! Roopa.

Once again our club has proved to be one of the best clubs in the district. Hope it continues for years to come. Madhu, Chetna, Jyoti have been a constant support, full of enthusiasm and innovative ideas. I thoroughly enjoyed working with them, hoping the feeling is mutual! Among the new members Mukta, Neeta, Himadri have shown a lot of promise.

The total and committed support of every member of the club as well as the encouragement of the Past Presidents, gave my executive committee and me the strength to keep the flag of IWC of BA flying high.

The new system of groups worked extremely well in the present year. Every member came up with creative ideas which lead to innovative and meaningful projects. We see new leaders emerging, who shall take our club to new heights.

It will be my proud privilege to hand over the baton to dynamic and deserving Amala Mehta. I wish her and her team the Best for the coming year.

I take this opportunity to thank our district chairperson Mrs. Shobha Ahuja for guiding and leading us on to the right path. I congratulate her and the district team for a successful year.



District awards

- 1 Smt Jayaben Himatlal trophy for rural projects.
- 2 Bharti Patel trophy for handicapped children.
- 3 Kishore Zaveri Trophy for outstanding club performance.
- 4 Bombay West ISO Trophy for Best ISO Roopa Amin.
- 5 Aruna Seth Trophy for street children (certificate)
- 6 Kishore Zaveri Rotating Trophy for national immunization (certificate)
- 7 Ameeta received 2nd prize for essay competition at the district assembly





Sutradhar
Madhu Lahoty

Everyone has a purpose in life...a unique gift or a talent to give to others...

And when we blend this unique talent with service to others..

We experience the ecstasy and exultation of our own spirit, which is the ultimate of all GODS.

I was fortunate and glad that I took up this post of C.C. I have grown many folds, have taken many steps forward and have discovered a lot more of my inner talent.

Children were the focus in this avenue and they are my weakness anyways, hence maybe, the reason of my feeling completely fulfilled.

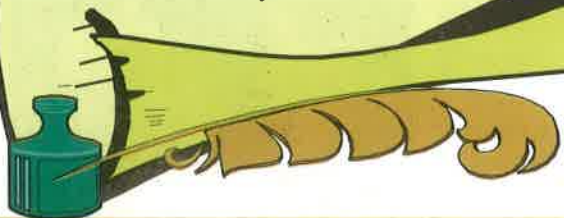
Some one very rightly said,
“ Share your strength with your children when you are young
And they will share their youth with you when your strength runs out”

This has also made me closer to all of you as I have interacted with each one on several occasions.

So dear friends let us ignite the “Light of Knowledge”
And be “Light with happiness and joy”
And experience the “Lightness of togetherness”

I wish Amita Timbadia the C.C for 2006/7 all the best,I am there when you need me. All the best to the entire team

.....Madhu Lahoty



IWC Of Bombay Airport 2006-07 Office Bearers List
SHOW THAT YOU CARE

through
FRIENDSHIP and SERVICE
IIW theme 2006-2007



PRESIDENT
Amala Mehta

SECRETARY
Harsha Mehta

I P P VICE-PRESIDENT
Tehmina Khandwala Manisha Udeshi

TREASURER ISO CC
Dr.Daksha Pandit Kamalini Parekh Amita Timbadia

EXECUTIVE COMMITTEE MEMBER

Ratnavali Patel Chetna Shah Rajul Jhaveri
Mukta Dedhia Vibha Sanghavi Neeta Dalal

Do U know?

Member's News

Association of IW Clubs of India -2006-07

Amita Timbadia-Joint Secretary 11th Triennial Conference

Himadari Nanavati-Chairman Accomodation and Co-Chairman Installation of Triennial conference

Renu Gupta-Chairman Publications/Website for Triennial and Installation

Yogini Sheth- Chairman Entertainment EC-AC Meet

Harsha Mehta-won the Rotary Dist. Editor Trophy for Udaan Newsletter.

Amita Timbadia-won the IInd prize for an English essay in the IW Dist 314 which was printed in the Dist. Souvenir .

Ami Shivpuri's Son got Ashutosh married.

Congratulations

HSC RESULTS : Devang (Neeta Dalal), Devanshi (Jyoti Gandhi), Aditya (Amala Mehta), Mihir (Yogini Sheth) He has also stood 24th rank in the CET entrance exams.

ICSE RESULTS : Aishani (Suchitra Nayak), Virang (Neeta Dalal)

IYE Column

Welcome Inbound
Nikita (Chetna Shah) from France,
Sahil (Tehmina Khandwala) from Denmark

Its Never Too Late

In our changing society one significant phenomenon that is standing out is the good ole housewife turning entrepreneurs. While most of them turned their professions into hobbies some of them are turning their hobbies into professions. So the need of the hour here is to recognize motivate and encourage this wasting talent and help it grow to its full potential, even today the idea of a 40 plus something women attending a management classroom would make the younger individuals uncomfortable a zillion reasons as to why they are doing so are contemplated. Thus the need to open up institutes where these women can refine their skills and be confident enough to tackle the big bad corporate world. They have ventured into fields as varied as management, finance , interior designing, arts & crafts , international schools ala the Dhirubhai Ambani School the fruit of the tireless efforts of his daughter in law. So well what more to say than rise up and recognize our potential and give our closeted conservative society a necessary shot in the arm.

.....Kiran Shah



organized by 9 different Districts and won total 2 prizes.

In our District Rally I encouraged all our members to attend and 36 members attended, we took part in competitions and won prize.

Roopa Amin.

My contribution to our club as ISO.

My 1st project in July 05. It was an inter District project with Anand round town Dist.306. This project was to help out flood hits in Gujarat, we sent 100 blankets and 200 towels.

We carried out a cancer check up of 75 blind girls and 5 members of the staff of Andheri Blind Home on 26th of July 05. The test included Paps Smear, breast examination, blood report and a normal health check up. This was also a joint project with IWC of Trivencode dist 298 as IWC president was present there and donated Rs. 5000/ toward this project. Our PP Dr. Surekha coordinated with Doctors and organised it well. 15 of our members attended this project.



I jointly organised my third project with IWC of Anand Round Town on 5th of August 05. In the aftermath of unprecedented flood of 26/7, IWC of Anand Round Town reciprocated our earlier gesture of help by calling me to find out how can they help us. I requested them for medicines. They responded by sending a DD of Rs.7000/-. We bought medicines and supplied to Chhota Sion Hospital deriving underprivileged people of Sion/Dharavi area. This was a Zone -II project coordinated by our zonal coordinator PP Hima. District Chairman Dr. Shobha Ahuja and our 17 members attended this project.

In September-05 I encouraged all our members to attend District Rally in huge numbers and take part in competitions. 36 members attended, took part in competitions and won prize.

Our prestigious joint project with Rotatry Club of Bombay Airport- AZMAISH 2005 was held on 9th to 11th December. This mega inter-scool cultural and sports festival was participated by 27 schools with 1800 students with 2250 entries competing in 55 events in literary arts, performing arts & sports. This project was a true teamwork. 50 of our members gave their time and executed work given to them. I was one of the key person on the registration counter. I attended for all three days.

In District ISO competitions : We participated in 12 competitions

Get Well Soon!!

Bharti Mulchandani, You are one of the worthy IW member. We wish you fast recovery



STRESS FREE IN 10 MINUTES

If the pace of life threatens to spin out of control, then slow down or stop completely. Close your eyes and take a few good long, deep breathes a minute or two all it takes to calm down. Constant stress can harm the heart and even promote clogged arteries. Try one of these techniques to destress.

- **DO NOTHING**

At least once or twice in a day, take 5 or 10 minutes to do nothing. Focus on the sounds around you. Just sitting quietly slows down the heart rate and reduces blood pressure. It can change your perspective and increase your sense of control over events.

- **LAUGH OUT ALOUD.**

Keep something handy that makes you laugh. Good laugh reduces levels of the stress hormones and boosts immunity.

- **TUNE IN**

Listen to music. It is the calming effect to stress.

- **THINK HAPPY**

Focus on someone or something you deeply care about for anywhere from 15 seconds to 5 mins. A lot of stress we experience comes from negative emotions we harbour. So thinking of happy moments can help in calming down.

- **HIT THE ROAD**

Just go for a walk. Walking helps calm your nerves down.

- **BREATHE EASY**

For 5 mins. slow your breathing down to 6 deep belly breathes a min. Inhale for about 5 secs and exhale for about 5 sec. This improves the health of cardiovascular system.

Dr. Roopa Doshi

CREATIVE WRITING

Why not try your hands at some creative writing.....

HERE'S A PROMPT

The dictionary atop your shelf has more than 200,000 words defined. Why don't you blow off some of the dust on it's cover and randomly pick out 10 words? Don't look at the meanings: Just concentrate on the words, on a blank sheet of paper have fun creating meanings from those words. What do the words make you think of? What do you think they should mean?

There you are ...you have a great piece of writing ready for the next issue

ALL THE BEST

Madhu Lahoty

MY NEW FAMILY

In December 2005 I was introduced to the Inner Wheel of Bombay Airport and I discovered a whole new world out there. I particularly chose Inner Wheel as I had heard that commitment and zest in the members was on an all time high. I was not proved wrong.

Under the dynamic leadership of **Tehmina Khandwala**, I entered a whole new world where members were ready to do or to die. Everyone was geared up to work in their own way, to make life easier for those who were not as fortunate as us. I saw all times where only work mattered, where "myself" was forgotten and "all self" seemed the call of the day.

All the members formed a wonderful circle of work, fun, zeal and vigor where I could just jump in and join this whirlpool of overflowing energy. A glimpse of the festival of "Azmaish" and I was hooked. This was where I wanted to be working and enjoying life that has a higher goal to fulfill.

Thank You Inner Wheel of Bombay Airport for so gracefully accepting me.

Himadri Lathia

CLUB AWARDS

- Late Shri Uma Dhurandhar Trophy For innovative project
- Shrimati Maniben nanavati Trophy for best attendance
- Late Shri Ratanlal Reva Shankar Mehta Memorial Trophy for all round performance
- Late Shrimati Ratna Mulchandani Memorial Trophy for single unique community project
- IWCBA Trophy for involved new member

Awarded to.....

Jyoti Gandhi,

Vishakha Gandhi

Chetna Shah

Madhu Lahoty

Mukta Dedhia and Neeta Dalal

Charter Nite Celebration



Sincere Thanks to

Chetna
Madhu
Jyoti
Jogini
Pallavi
Neeta

Nalin
Vijay
Atul
Lalit
Chandru
Kevin

Subodh
Rahul
Bansi
Sunder
Shachin
.....

Special Olympics



Innerwheel Members and Rotarians at the start of the Torch Run



Innerwheel Members With the Special Olympic Torch Run



Special Children with the Olympic Torch



D.C. Shobha Ahuja, V.D.C. Smita Batra, Hima and IWC members at Goregaon Sports Club



D.C. Shobha Ahuja, Pres. Tehmina, Olympic Gold Medalist Anand and Officials



Media Coverage on Television

Official Club Visit



D.C. Shobha Ahuja with IWC Members at Sambhajinagar Health Post



Executive Meeting in Progress at OCV



Board Members with International Exchanged Flags



Pres. Tehmina Greeting D.C. Shobha Ahuja with IWC Members



Induction of New Member Sunita Guadwal



Releasing of the Bulletin by D.C. Shobha Ahuja



Plaque at Nair Dental Hospital



Harsha, Neeta, Jyoti, Tehmina at Nair Hospital



IWC Members at Dental Camp - Sane Guruji

Diwali Mela



Sandhya and Jyoti



Tarot Reading by Kulbushan with Ketki



Members enjoying the Fellowship



Hema and Jasmin



Best Dressed Yogini with Tehmina and Himadri



Dance Performance by Madhumita and Aparna

Azmaish



Winner of Literary competition with Mukta and Judge



Winners with Judges and IWC Members



Sports at Azmaish



Winners of Posters with Judges and IWC Members



Winners of Face Painting



Dance Competition



Childrens Day with Girls of Nala Sopara Orphanage



Republic Day with Children of KIRAN, Ray of Hope



Winners of Rangoli Competition - Sane Guruji

Vakhadi Village



Brick Oven Inauguration of Ass. Pres. Dr. Shailaja Bhat at Shantivan



Ass. Pres. Shailaja Bhat, D. |C. Shobha Ahuja, Hema, Prabha, Rahul, Jyoti and others



Inauguration of Kitchen Garden alongwith Association Presi. and District Dignetories



Inauguration of Project for Rural Women at Shantivan



View of the Kitchen Garden Rajul, Jyoti, Hima



Zone II Presidents with Ass. Presi. Shailaja Bhat, D.C. Shobha, Amla, Rajul, Tehmina, Hima

Treasure Hunt



Oral Cancer Detection Camp at Byculla Jail



Innerwheel Members and Rotarians at Marve Bungalow



Hima, Yogini, Tehmina at Rubella Vaccination at Nanavati College



Winners of the Poster Making at D.N. Nagar School



Birthday Celebration of IWCBA - Harsha, Malti Amita, Prem, Tehmina and Rotarians



Hima, Yogini, Tehmina at Rubella Vaccination at Nanavati College



Winners of the Poster Making at D.N. Nagar School



Mamta, Jyoti, Tehmina, Rajul at D. N. Nagar School

MEMBER'S PAGE

This is a self analysis of each member's personal strength and weakness, their achievement and goal in Inner Wheel. Some had too many, some never thought about it but they all could conclude.

S - Strength W - Weakness A - Achievement G - Goal

Amita Timbadia
S-To forgive and forget
A-immense

W-Hyper
G-Continue

Chetna Shah
S-Go Getter
A-Computer Savvy

W-Impatience
G- Novel & Innovative

Daksha Pandit
S-Determination
A-Friends

W-Shy
G-Social service

Malti Sahetya
S-Clear minded
A-learnt much from people

W-Quite Direct
G- social work

Rajul Jhaveri
S-Organized
A-Duty towards society

W-Time management
G- continue the same.

Sandhya Sathe
S-punctuality
A-to handle public money

W-Introvert
G- to serve people.

Dr.Surekha Dhurandhar
S-Work at all time
A-Cannot sum up

W-Speech unlimited
G-Sky is the limit.

Tehmina Khandwala
S-Thinking ahead of time
A-Friends

W-Trusting too easily
G-It ends here.

Renu Gupta
S-Hard work
A-Personal & collective

W-Tolerance
G-Making IW a force

Madhu Lahoty
S- Easy going & friendly
A-To Plan and execute

W-Think too much
G- have not thought of it.

RatnavaliPatel
S-Comitted
A Exposed to the society

W-Cannot see suffering
G- reach to the maximum.

Amala Mehta
S-Honesty
A-Friends

W-Short temper
G-Give something to Society.

Deena Parekh
S-Tolerant
A- Friends

W-Emotional
G- undiscovered.

Dr.Gargee Vaidya
S-Individualistic
A-great opportunity to work

W-Reserved
G-work in remote areas

Kamlini Parekh
S-Strong Will power
A-Good work

W-Cannot say no.
G- Help needy people.

Kiran Shah
S-Capable
A- Inner growth

W-Cannot see people in pain.
G-Be more active.

Yogini Sheth
S-Compassion for orphans
A- working in group

W-not diplomatic
G- more social work.

Prem Bohra
S-Strong will power
A-Satisfied with my input

W-Cannot take initiative
G- involvement in projects.

Himadari Nanavati
S-Orator
A-enhanced personality

W-to Nag
G-maximum self growth.

Dhruti Shah
S- fashion designing
A-motivated

W-Sensitive
G-bringing friends in IW

Dr.Snigdha Mehta
S-Determination
A-Sensitive to other's problem

W-Forgetfull
G-be more active

Himadri Lathia
S-Faith in God
A-Happiness

W-Impatience
G-Live for today

MEMBER'S PAGE

Nisha Chaudhry
S-Simple person
A-could serve society

W- Emotional
G- continue work.

Dr. Roopa Doshi
S- Disciplined person
A-Learnt team Work

W-Sensitive
G-involved in medicalsprojects

Pallavi Choksi
S-Good Listener
A-Satisfied with my input.

W- Sensitive
G- Do more social work.

Urmilla Gupta
S-Adjusting
A-Social work

W-Get upset easily
G- continue the same.

Usha Churiwala
S- To hold people together.
A- learnt to be open

W- Short temper.
G- continue to work more.

Dr. Parul Kamdar
S-Strongly Optimistic
A-Could meet underprivileged

W- Sensitive
G-To be more useful.

Harsha Mehta
S-Positivity
A-Friends

W- Sentimental
G-Service through friendship.

Bharti Rathod
S-Husband
A-Good thoughts

W- Husband
G- job for slow learners

Neeta Dalal
S-Sinsere.
A-Self confidence

W-Always late
G-help the needy

Daksha Patel
S-Positive willpower
A-Undiscovered

W-Short temper
G-Do meaningful work.

Indira Jain
S-Everything is possible
A-Friendship

W-home bound
G-Give more of myself

Farida Lokhandwala
S-Good Business Sense
A-nothing to mention

W-Short temper
G- Not decided

Gunveet Sethi
S-Patience
A-Nil

W- Introvert
G- to overcome myweakness.

Vishaka Gandhi
S-Liveliness
A -Platform to makefriends

W-Cannot mix easily
G-Social work

Mamta Sanwal
S- Positive person
A- Friends

W- Careless
G- Involvement in social work

Roopa Amin
S- Truthful person
A-Friends

W-Cannot face humiliation
G- To help the needy

Manisha Udeshi
S- Perseverance
A- Friends

W- Submissive
G- give my best to the society.

Jasmine Mehta
S- Can let go
A- friends

W-Get angry
G-none so far

Vibha Sanghvi
S- Trustworthy
A-Social work

W- Short temper
G-Charity in a large way.

Mukta Dedia
S- Keen to learn at all time.
A-Friends

W-Short temper
G- to make deeper contribution

Poonam Lala
S- Simplicity
A-could serve society

W-Emotional
G-To continue good work.

Prabha Mathur
S-Calm
A-Social Awareness

W-Over indulgent
G-Care to the less fortunate.

Bharati Mulchandani
S-social work wholeheartedly
A-Gained friends

W-Can't say NO
G-serve under priveledged

Madhumita Sancheti
S-Determined
A-Work in Group

W-Emotional
G-Give more time



Periodic Fashion Show by Children of Kalyandeeep School



CC Fellowship - Madhu and other IWC Members performing the Skit



Sandhya, Jyoti, Tehmina, Rupa exchanging flags with IWC(Colombo) Ms. Remuka Amalean



Sports Day at Udan School - Chetna Distribution Prizes



Hima addressing at CC Fellowship



Workshop on Skin and Beauty by Claires Institute



Sports Day at Udan School - Chetna and Tehmina



Yoga Demonstration at GBM-Chetna's Residence



Neeta, Mukta, Tehmina - Donation of Aquaguard at Sane Guruji



Yogini, Pallaoi, Tehmina, Rajul at Missions of Charities




Pallaoi, Harsha, Jyoti, Hema, Jasmine distributing Foodgrains to Kiran-Ray of Hope (NGO)



Harsha, Tehmina, Kamal - Blood Grouping at Sane Guruji



Presi. Raju, Rotarians, Malti, Tehmina at Inauguration of Psycho-Socio Cell



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about the
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