



**HEARTBEAT
OF HUMANITY**

Inner Wheel 2024-25

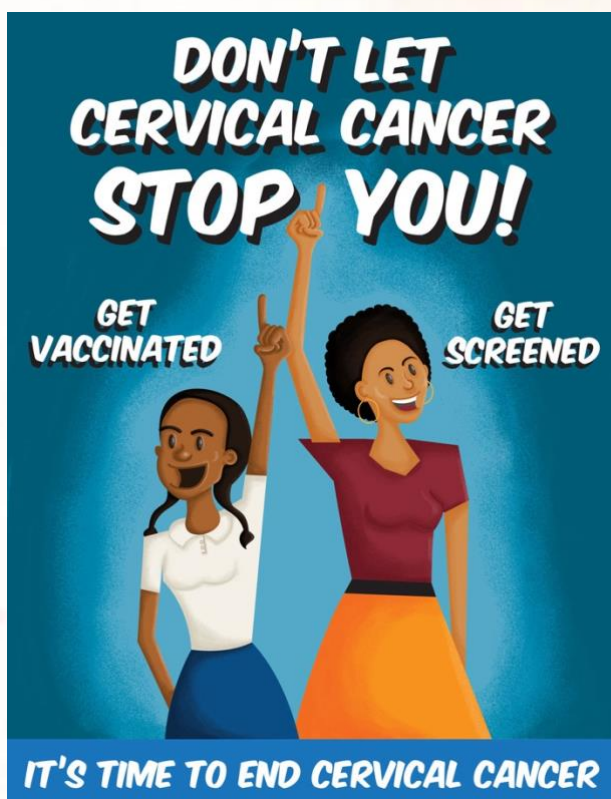
International President's Theme



DISTRICT 330



International Social Project



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District 330 Chairman(2024-2025) Vimalavathi Thayaman Pillai



District Chairman's Message

Dear Inner Wheel Friends,

It is with immense joy and a deep sense of appreciation that I pen this message for the third volume of our district newsletter, reflecting on a truly momentous occasion for Inner Wheel District 330. This edition holds special significance as it captures the memorable visit of our esteemed IIW President, Mamta Gupta, to Malaysia from 5th March to 9th March 2025.

Welcoming our IIW President Mamta Gupta to Malaysia was both a privilege and a profound opportunity for us to showcase the dedication and commitment of our

members to the ideals of Inner Wheel. From the warm reception to the various club visits, impactful projects, and engaging dialogues, each moment spent with President Mamta Gupta was inspiring and reaffirmed our mission of friendship and service.

Her presence served as a powerful reminder of the strength found in unity and collective action. She passionately emphasized the 'Each One Bring One' initiative, urging us to take an active role in expanding our membership, bringing fresh perspectives, and ensuring the continued growth and vitality of Inner Wheel.

A wonderful high tea was organised in Ipoh, hometown of the first club (IWC Ipoh) in our District 330 so that members from the eight northern clubs can meet the IIW President Mamta Gupta with the elegant theme of 'Batik Elegance.' The event saw ladies gracefully dressed in colourful "kebayas", coming together for an afternoon filled with warmth and camaraderie.

It was a perfect setting for members of northern clubs to reconnect, as old friends reunited after a long time over a delectable tea spread. The event was further enhanced by a captivating dance performance by IWC Taiping members, adding to the vibrant atmosphere and making the afternoon even more memorable and joyous.

A highlight of the IIW President's visit was the grand Gala Night in KL, held in conjunction with International Women's Day. Themed 'Uniquely Malaysian,' the evening was a beautiful celebration of our nation's rich cultural heritage and the remarkable women who drive positive change within our communities.

A particularly moving segment of the Gala Night was the Legacy segment which was a heartfelt tribute to five distinguished senior members— IIWBD Juanita Lee, IIWPBM Joan Salleh, IIWPBD Seetha Lakshmi, IIWPNR Parimala Satheesan, and PDE Padmini Pillai.

These remarkable women have, through their unwavering dedication, exemplary leadership, and tireless service, left an indelible mark in District 330 Inner Wheel movement. The Gala Night was made even more joyous with vibrant performances by Inner Wheel members, adding to the evening's celebratory spirit and camaraderie.

Additionally, the meet-and-greet session held in Kuala Lumpur provided a dynamic platform for members to engage in a thought-provoking and productive Q&A with the IIW President. It was an invaluable opportunity for members to share their thoughts, seek guidance, and gain deeper insights into the vision and future of Inner Wheel.

I would also like to extend my heartfelt thanks to IWC Subang Selangor for arranging a Cease Cervical Cancer (CCC) program at the NCSM, IWC Apsaras for organizing a beautiful luncheon to induct five new members, IWC JB for hosting a delightful tea at Melaka and IWC Ipoh for conducting a health and hygiene awareness program at a secondary school with 350 students, IWC Ipoh East for holding an Iftar Ramadan (Breaking Fast) dinner for orphans from Chemor, and IWC Klang for organizing a medical camp with health screening for cervical cancer. Your efforts truly embody the spirit of service and friendship that Inner Wheel stands for.

I extend my deepest gratitude to IIWBD Juanita Lee , NR Shanti Menon, the Advisory Council members IIWPBM Joan Salleh and IIWPBD Jessie Wang, my advisor PNR Parimala Satheesan, district executive committee members, club presidents and each member who contributed their time, effort, and passion to making IIW President Mamta Gupta's visit truly extraordinary. Your meticulous planning, dedication, and teamwork ensured that every event was executed seamlessly, leaving a lasting impression on all who participated.

As we forge ahead, let us draw strength from the inspiration of this visit, using it as a catalyst to further strengthen our bond, expand our reach, and elevate our impact within our communities. Let us continue to embody the true essence of Inner Wheel by supporting one another, nurturing friendships, and serving with unwavering commitment.

Thank you for your continued support, and I look forward to witnessing the incredible strides we will make together in the coming months.



VIMALAVATHI THAYAMAN PILLAI
DISTRICT CHAIRMAN



INTERNATIONAL INNER WHEEL
PRESIDENT MAMTA GUPTA

Yours in Friendship & Service,
Vimalavathi Thayaman Pillai
District Chairman
2024 -2025

National Representative District 330 and 331 (2024-2025)

Shanti Menon



International Inner Wheel President Mamta Gupta's Visit to Inner Wheel District 330, Malaysia

Dates: 5th March – 9th March 2025

1. Introduction

This report highlights the official visit of International Inner Wheel President Mamta Gupta to Inner Wheel District 330, Malaysia. Her visit, spanning five days from the 5th to the 9th of March 2025, was marked by enthusiastic participation, meaningful engagement with members, and the celebration of fellowship and service.

2. Objectives of the Visit

President Mamta Gupta's visit was driven by three clear objectives:

- **To connect** with as many Inner Wheel members of District 330 as possible.
- **To participate** in and support a variety of service projects organized by the clubs in the district.
- **To experience** fellowship and cultural activities, balancing her busy schedule with moments of joy and camaraderie.

3. Highlights of the Visit

President Mamta Gupta's visit was characterized by warmth, enthusiasm, and genuine appreciation for the work being done by District 330.

a. Club Visits and Project Participation

Throughout her stay, President Mamta actively participated in numerous service projects across the district. She witnessed firsthand the impact Inner Wheel clubs were making in their communities, particularly in areas related to women's health, education, and social welfare. Her engagement and encouragement were deeply motivating for all members involved.

b. Motivational Leadership

President Mamta's interactions were filled with energy and inspiration. She expressed her pride in the achievements of District 330 and commended the dedication and hard work of its clubs. In her addresses, she consistently motivated members to focus on:

- Increasing membership and strengthening the organization's future.
- Encouraging the formation of a National Governing Body for Malaysia.
- Promoting projects under the theme of "Cease Cervical Cancer," a cause close to her heart.

c. Fellowship and Cultural Exchange

President Mamta also demonstrated her wonderful spirit of adventure and openness. She enthusiastically participated in fellowship events, dancing alongside members during cultural performances, and embracing the local traditions by trying on traditional attire and sampling Malaysian cuisine like cendol, durian etc. Her warmth and spontaneity won the hearts of all those she met.

4. Reflections on President Mamta Gupta

President Mamta Gupta emerged as not only a visionary leader but also a truly approachable and delightful individual. Her ability to blend leadership with genuine human connection left a lasting impression on District 330. She was a wonderful sport—never hesitant to join dancers on stage, always ready to try something new, and fully immersed in the Malaysian hospitality and culture.

Her encouragement and appreciation have renewed the spirit of Inner Wheel members across the district, inspiring them to continue their service with greater passion and commitment.

5. Conclusion

President Mamta Gupta's visit to Inner Wheel District 330 was an outstanding success. Her leadership, motivation, and engaging personality reinforced the core values of Inner Wheel—friendship, service, and understanding. The members of District 330 are grateful for her visit and look forward to building on the inspiration she has provided.



Arrival at KLIA



IWC Apsaras



IWC Apsaras Club visit



CCC Project in NCSM



Central Market KL



IWC Ipoh Event



High Tea in Ipoh



In Weil Hotel



Event at IWC Klang



Legacy



Visit Melaka



Lunch Fellowship



GALA Dinner Night

Prepared by,
Shanti Menon
National Representative 24/25
Inner Wheel D330 & 331



Malaysia

International Board Director Juanita Lee



9 Mar 2025

By International Board Director Juanita Lee

President Mamta's visit to Malaysia: A Song Dynasty experience at Dai Jin Dining

Specially organised by International Board Director Juanita Lee, President Mamta was whisked to a unique dining place about half hour by car from Kuala Lumpur. The dining experience was designed to capture the grace of the Song Dynasty of China. On arrival President Mamta knocked three times with a huge iron ring on the grand wooden door. A guardsman ceremonially opened it, which started her journey. The experience commenced with a walk through a serene flowing river, cleansing and rejuvenating. As she walked out of the river she put on the traditional wooden clogs. Continuing along a cobblestone path with greenery on both sides, she was escorted to a terrace. There she was offered to savour a cup of warm oolong tea. The journey then continued to a gazebo where she could make a wish as she spun the golden prayer wheels for blessings. She was then led to the pavilion for an Omakase lunch. The dining experience blended ancient recipes with modern techniques, showcasing exquisite flavours and artistic presentation. President Mamta's visit was a powerful testament of her commitment to friendship and service, international understanding and appreciation of cultural diversity. Her visit left a lasting impression for members of District 330, solidifying International Inner Wheel's mission to empower and connect women worldwide.



At the entrance of Dai Jin Dining.



The experience commenced with a walk through a serene flowing river, cleansing and rejuvenating.



P. Mamta make a wish as she spun the Golden Prayer Wheels.



At the Pavillion with P Mamta, NR Shanti, BD Juanita, Web Master Yeok San and IWC Kuala Lumpur



District 330 Editor (2024-2025) Parmeswary (Peace) Sithamparapillai



Warm Greetings and we welcome you to journey with us into the 2nd half of our term, year 2025.

It was our pleasure to update you that March, 2025 was amazing as where we had celebrated 3 events. This reflected the success of our tenacious team work.

Firstly, we were honoured by the visit of International Inner Wheel President Mamta Gupta's visit to Malaysia, Inner Wheel District 330 on the 5th of March till 9th March 2025.

In conjunction with her visit, the Inner Wheel Clubs of District 330 jointly in one spirit organized various events' activities and projects.

Secondly, to echo "Cease Cervical Cancer campaign", several projects were carried out in various places. We had advocacy talks in schools. We were delighted that young girls received their vaccines as well to promote healthy community.

Thirdly, we celebrated World's Women's day on the 8th of March 2025 while gathering at a Gala Dinner that was held at the Eastin Hotel, Kuala Lumpur. Five of our ladies were recognized as the Legacy of Inner Wheel.

This 3rd Volume features a record all these remarkable events that built fond memories of the season. It surely was a time to cherish and strengthen fellowship and friendship among us.

Sincerely, would like to thank all the IWC Presidents and the Club Correspondence for their support in contributing to this volume.

Enjoy!

District Editor
Parmeswary (Peace) Sithamparapillai

District 330 International Service Organiser (2024-2025)

Merlin A. Gasper

Gala Dinner Write Up



District 330 was honoured to welcome International Inner Wheel President Mamta Gupta from March 5th to March 9th, 2025. Her visit was an incredible opportunity for the District to celebrate the spirit of Inner Wheel and strengthen the bond of friendship among members from across the region.

A highlight of her visit was the Gala Dinner held on March 8th, 2025, with the theme “Uniquely Malaysia: A Blend of Cultural Diversity & Heritage”. The event, attended by 120 Inner Wheel members and friends from Districts 330, 331, and 332, was a beautiful showcase of Malaysia’s rich cultural diversity and heritage.

The evening began with a Meet & Greet session where President Mamta spent an hour answering questions, sharing her insights, and motivating the members. This was a valuable moment for all present, as President Mamta’s encouraging words left a lasting impact. Following this, she posed for photographs with each of the clubs in attendance, creating lasting memories for all.

The formalities of the night were kicked off with a special moment when District 330 Chairman Vimalavathi Thayaman Pillai and District 331 Chairman Cecilia Amid jointly lit the Candle of Friendship, symbolizing the unity and camaraderie of Inner Wheel members. This meaningful act set the tone for the evening’s celebrations as they led all Inner Wheel ladies in reciting the Poem of Friendship.

The Gala Dinner itself kicked off with an exciting and vibrant lion dance. Full of energy and colour, the lions accompanied President Mamta and the VIP entourage into the hall, creating a spectacular visual experience. This was followed by the rhythmic beats of drums that kept the excitement alive and the heartbeat of the night pulsing. The lions, as a special gesture, presented President Mamta with a scroll as a token of appreciation, symbolizing the spirit of unity and celebration.

A highlight of the night was honouring the 5 Legacies nominated by their clubs, where President Mamta presented each Legacy with a token of appreciation from the District. This moment was filled with elegance, beauty, and meaning, as the contributions of these remarkable women were recognized. While some may have anticipated more fanfare, the tone of the ceremony was intimate and heartfelt, making it all the more special.

A cake-cutting ceremony followed to commemorate International Women’s Day, with all the named VIPs from the Main table joining in the joyous occasion. This was a sweet and symbolic gesture that celebrated the unity and achievements of women everywhere.

Legacy International Women's Day





Meet And Greet



Special guests from District 332 (Inner Wheel Singapore)



Special guests from District 331 (malaysian Borneo)

Before her speech, a video of President Mamta was shared during the dinner. The video left all attendees in awe of her vibrant and dynamic leadership, capturing her energy and pace in a way that truly showcased her inspiring role as President. It was a powerful moment that set the stage for her address.

In a gesture of appreciation, DC Vimalavathi presented a token of appreciation to President Mamta on behalf of the Exco. This heartfelt moment symbolized the deep respect and gratitude felt for her leadership and guidance.

DC Vimalavathi, in her speech, expressed her heartfelt thanks to Organizing Chairman Merlin A. Gasper and her dedicated team for another successful event. Their hard work and dedication made this celebration truly unforgettable. A special video presentation then followed DC's speech, highlighting the "Orange the World Program", which was carried out by all Clubs across the District, as well as the "Cease Cervical Cancer" initiatives spearheaded by various Clubs in District 330.

The evening was filled with warmth and camaraderie as members from various districts gathered to celebrate their shared commitment to service and friendship. The theme of the night was brought to life through cultural & entertaining performances by members from a few Clubs, Chinese-set Malaysian cuisine, and tasteful decorations, reflecting the nation's heritage and the diversity that makes Inner Wheel so unique & colourful in Malaysia. As the evening drew to a close, District Chairman Vimalavathi Thayaman Pillai was an attentive host who guided the event to a successful conclusion, ensuring that everything went smoothly and creating a warm atmosphere for all attendees.

It was an unforgettable evening, and we are deeply grateful for President Mamta Gupta's presence, her inspiring words, and the energy she brought to the event. Her visit strengthened the ties between Districts 330, 331, and 332, and reminded us of the power of unity and compassion in service to others.

Prepared by DISO Merlin A. Gasper
Organizing Chairman Gala Night 2025

Celebrating Our Legacy - International Women's Day 2025

As we reflect on the meaningful celebration of International Women's Day 2025 just passed, we are proud to share the essence of the program that took place during our Gala Dinner on 8th March 2025 with International Inner Wheel President Mamta Gupta.

Legacies - International Women's Day 2025

'Reflections' from Yesterday, 'Being' in the Present, & 'Looking' into Tomorrow.
Inner Wheel Women through the Tapestry of Time.

This program was a heartfelt tribute to the remarkable women who have shaped, continue to shape, and will shape the future of Inner Wheel District 330, Malaysia. It was a celebration of the women who embody empathy, strength, leadership, and above all, a true 'Heartbeat for Humanity.'

We honoured:

The Pioneers: Women who have laid the foundation of District 330, shaping its growth and success from its inception.

The Trailblazers: Women of today who lead with courage and compassion, fearlessly stepping forward to guide and inspire others.

The Future Leaders: The next generation of women who are already making their mark and filling us with excitement about the future of Inner Wheel District 330.

Through personal video reflections, we were able to capture the essence of these women's contributions and the powerful legacies they are creating. The compilation of these videos was presented as the highlight of the evening, showcasing the strength, leadership, and diversity of our Inner Wheel family.

To the five women nominated by their clubs, congratulations. May you continue to shine brightly for District 330. Your contributions are a true inspiration to us all.

My only regret was that more clubs did not come forward to nominate beyond these five legacies, as there are so many remarkable talents across the District deserving of recognition.

Each woman featured during the event is a testament to the values we hold dear—compassion, service, and the unwavering belief that we are stronger together. It was truly a moment to pause, reflect, and celebrate the incredible impact of these women, whose actions continue to inspire us all.

We are deeply grateful to everyone who participated and contributed to making this program such a beautiful and memorable part of our International Women's Day celebration. It was even more meaningful to share this honour with IIW President Mamta Gupta in attendance.

Together, we continue to honour the legacy of Inner Wheel and the extraordinary women who make it what it is today.





Juanita Lee – The Heartbeat for Humanity

Juanita Lee dedicates her time and efforts to service and leadership through impactful humanitarian initiatives.

Through the Inner Wheel Club of Kuala Lumpur, she has led many successful projects including a wheelchair project that provided better mobility to 2,000 disabled individuals, providing clean water to over 300 Orang Asli the indigenous families of Malaysia, by building 43 wells in just six months, a Malaysian Book of Records achievement in 2024. With that project, she also introduced sustainable farming, providing seeds and compost so families could grow food and even start small businesses, like making banana chips. Demonstrating hands-on leadership, she personally helped build a house for an Orang Asli family, ensuring they had a safe home.

She addresses food insecurity by leading a record-breaking 3-tonne food hamper project in 2017 for 18 clubs across the District to commemorate World Inner Wheel Day, an initiative that earned a Malaysian Book of Records recognition for its massive impact on refugees and orphanages. She supports orphans and the elderly, ensuring not just their survival, but their well-being.

Juanita is also a strong advocate for women's safety and health. She has been a driving force in championing the Orange the World campaign against violence toward women and spearheading a vaccination drive that provided 1,000 doses of the cervical cancer vaccine to protect young girls.

Beyond service, she strengthens Inner Wheel through mentorship, innovation, and leadership. She has advised club presidents, activated District 330's website, and created The Companion, Inner Wheel's go-to resource, now in its 8th edition.

Her passion extends beyond leadership—she's a creative planner, skilled choreographer and dancer, and generous host, opening her home for major Inner Wheel events bringing people together with warmth and joy. She inspires by leading boldly and mentoring selflessly.

Juanita doesn't just contribute—she transforms lives. Her heart truly beats for Humanity.

PADMINI PILLAI – A VISIONARY MEMBER OF INNER WHEEL CLUB OF ALOR SETAR



Padmini Pillai, the Charter President of the Inner Wheel Club of Alor Setar, has been an unstoppable force since the Club's inauguration in 2018. In just six years, she has led the club from strength to strength, cementing its reputation as a vibrant and impactful Club in District 330.

One of her most notable accomplishments was pioneering the Club's newsletter, TIDBITZ, producing 18 issues that provided visibility for IWCAS' initiatives and activities. Her passion for communication and excellence carried over when she became District Editor in 2021-2022, where she created the globally shared newsletter TOUCH OF PINK, showcasing Inner Wheel's spirit to an international audience.

Padmini's leadership shines through her extraordinary achievements, such as bringing IIW Past President Zenaída to Langkawi to celebrate International Women's Day and playing a pivotal role in securing the prestigious Margarete Golding Award for the Kedah Princess.

Known for her eloquence, Padmini has never hesitated to speak out on key issues. Her contributions at District AGMs have consistently brought pertinent matters to the forefront. At the 2024 IIW Manchester Convention, her well-reasoned points were met with resounding acceptance by the IIW Governing Body.

With her bold vision and unwavering dedication, Padmini exemplifies the essence of Inner Wheel. She is truly a most deserving candidate for this recognition.



Parimala Satheesan- Charter President - IWCSS and Past National Representative. A woman of such calibre, zest and unmistakable passion. She is without a doubt the genuine face of Inner Wheel. IWCSS celebrates her by nominating her for the Legacy award held in conjunction with International Inner Wheel President Mamta's Malaysian visit, and International Women's day. Pari, we salute you and wish you good health and lots of energy to continue doing what you do.



Datin Joan Salleh
Legacy of Inner Wheel Club of Petaling Jaya
International Women's Day
8 March 2025

IWCPJ is proud to nominate Datin Joan Salleh under the category of Reflections from Yesterday and Being in the Present.

This elegant lady in her 80's has Inner Wheel written all over her. What do you expect from someone who has worked and contributed for 54 yrs to Inner Wheel even before District 330 was formed in 1980. We are grateful that she transferred from IW Club Kuala Lumpur after 25 yrs of being a member to charter our club in 1995 and lead & show us the way forward as a charter member.

Joan came to Malaysia on her marriage to her Malaysian husband. She lived in the outskirts of Kuala Lumpur before moving to Petaling Jaya in 1964. She was raised in a Rotary family. Her late father and younger brother served as Rotary Governors in Australia. Hence her exposure to the work of Inner Wheel & friendships with their members.

So when her husband was invited to join Rotary Club of KL, she joined their corresponding Inner Wheel Club in 1970. In her 54 yrs of service she has held many posts, at club level, Treasurer (3 yrs) & President (1976/1977), in the District, Vice Chairman 1985/1986, Chairman 1998/1999, Extension Chairman 1999/2000 as well as served International IW as Board Member 1993/1995. She has attended many conventions and is a familiar face in the international platform, being in the panel of discussions at conventions.

Joan was instrumental in chartering many clubs in District 330 besides our club the IWC of Petaling Jaya. She played a pivotal role in chartering IWC Klang (1999), IWC Penang (2008), IWC Subang Selangor (2010).

Today she still contributes to District 330 in an advisory capacity. She embodies our IW objects of to promote true friendship to encourage the ideals of personal service to foster international understanding. She is a legacy to Inner Wheel in District 330.



SEETHA LAKSHMI
IIW BOARD DIRECTOR 2021/2022

Seetha was born in Kedah, Malaysia. Received her early education in St Nicholas Convent, Alor Star and studied Accounting and Finance in Stamford College, Penang.

Upon graduation she worked in the finance section of an Import and Export company and later in a legal firm managing their finances. In 1981 she started work at United Asian Bank where she continued for 11 years. After that she took a break to stay home and take care of her growing family. Since they are now grown up and have flown the nest, she now assists her husband in his Dental business, again managing the finances.

She is happily married to PDG Datto Dr Lakshmanan and they are blessed with 2 daughters a grandson and a granddaughter.

She was introduced to Inner Wheel in 1999, at a time when she was ready to give back to society and to create a group of like-minded friends. Since there was no Inner Wheel club in Klang at that time, she went on to charter IWC Klang. Having served in almost all the positions at club level she went on to serve Inner Wheel District 330.

Service to District

District Secretary in 2007/2008

District Treasurer 2009/2010

District Vice Chairman 2012/2013

District Chairman 2013/2014,

District Extension Chairman in 2015/2016

Organising Chairman of District AGM in 2016/2017

National Representative District 330 & 331 in 2018/2019

and now as IIW Board Director 2021/2022

Warm regards,
DISO Merlin A.
Gasper Organizing Chairman
2024/2025

District 330 Web Master Jeya Ranjitham



Inner Wheel District 330 was delighted to welcome our vibrant members from Inner Wheel Clubs in Ipoh and the Northern Region (8 clubs) to have a fantastic afternoon of fellowship with IIW President Mamta Gupta on the 7th of March 2025 from 2.30 to 5.30pm. The celebration with a Hi Tea in her honor was at Weil Hotel Ipoh. About seventy dedicated Inner Wheel ladies attended this fabulous event. The emcee for the entire event was IIW Webmaster, Cheng Yeok San.

The youngest member in the function was a sweet twenty-seven-year young lady from IWC IORAS, Dr. Kiren Kaur and the eldest was none other than our 92 years old Datin Gnana from the oldest club (forty-eight years old) District 330, IWC Ipoh. The members enjoyed the program during the Hi Tea. It was clapped and shouts of joy, watching our own creative, energetic, active IWC Taiping members performed a superb Malaysian cultural dance called Joget Pahang dedicated to our IIW president. District 330 Chairman Vimala thanked President Viji for organizing the beautiful dance at the chairman's request.

The IIW president congratulated District 330 Chairman Vimala for her dynamic, talented, multitasking leadership. Moreover, she was really impressed with all the projects organized by the members of the clubs. The president's love for her members at the great time of meet and greet revealed the bonds of friendship that is always remembered and never forgotten. A Heartbeat of Humanity!



IW District 330 welcomes IIW President Mamta Gupta to High Tea at Weil Hotel, Ipoh



Members arriving to



Emcee Yeok San announcing the arrival of IIW President in to the hall



The dancers leading IIW president into the hall



Registration



Ladies together BD Juanita, NR Shanti Menon and DC Vimala



Club presidents welcome IIW



Club members welcome IIW



Participants in the



Lighting the candle of

DWM Jeya Ranjitham
Organising Chairman High Tea

IW Webmaster and IIW Editor Cheng Yeok San



Branding Inner Wheel, a personal journey

Interest in Inner Wheel as an organization started when I joined as a Charter member and at the same time, took up the post of Club Correspondent. In the following year, members urged me to be the Club Secretary. I accepted, willingly and enthusiastically because I was helping out friends who were holding “more important” posts than I! Along with administrative duties, there was a great feeling of camaraderie working together in projects. Thinking back, that wasn't too bad of me as a young 2-year-old member of Inner Wheel!

Unexpectedly, in the District Annual General Meeting, with no takers for the District Editor's post, I was nominated from the floor. Was it easily accepted? Not really. I was initially reluctant because I had my own business and a family of four children to manage. But my late husband thought I should have a go at it. When I got back, I faced an angry and disappointed Club President who had expected me to take over following her term. It was an initial reaction that bye-laws were not complied with. However, being friends, we could sit down and discuss, learning the bye-laws with deeper understanding, and then finding a solution. This situation was a test of friendship in a Club. It was then that I realised, problems of Inner Wheel are not solved by bye-laws and rules, but by bonds of friendship.

What has all these got to do with branding? Well, it is about the objectives of Inner Wheel: to promote true friendship and personal service. It is about the enthusiasm to give in kindness and compassion, and reciprocated with joy and gratefulness. When you walk-the-talk, you are the image and brand of Inner Wheel. Inner Wheel's brand is not a product like the iPhone or a service like Marriott Hotel. You and I, we are what can make (or break) Inner Wheel as a household name.

As the brand of Inner Wheel, we wear the emblem as a badge pinned or embroidered on our blouse, printed on a scarf or cap and in whatever way we can think of to show off that we belong together. Therefore, the only way Inner Wheel will continue to grow as a brand is if it grows in us – each link between friends is forged stronger with kindness for each other; and each service of compassion brings out more joy and gratefulness. You and I are the brand ambassadors of Inner Wheel.

How can we assess the success of a brand? If we think about iPhone, the brand would be doing well when its stock rise with sales and turnover hitting all-time highs in every annual report. What about our Club and our District? We would be successful if we hit all-time highs in membership year-on-year. With more members, we have more friends and more hands to provide service. We are together as a part of the whole organization that makes the name “Inner Wheel” shine.

By Cheng Yeok San, 27 Mar 2025
IIW Webmaster and IIW Editor/Media Manager 2021-2022
Inner Wheel Club of Ipoh East

Inner Wheel Club Alor Setar



The real KPI in life starts from self-improvement. Dare to change and embrace challenges for a better you every day. Age is subjective, it's never too late to set new goals and work towards them. Be ready to discover a new meaningful person in you.

From
Inner Wheel Club of Alor Setar
President Dr. Rosni Bakar

A Night to Remember: Celebrating Leadership, Legacy, and Friendship

March was an extraordinary month for the Inner Wheel Club of Alor Setar (IWC AS), marked by two unforgettable events that brought inspiration, camaraderie, and well-deserved recognition. From a heartwarming evening in Ipoh with International Inner Wheel President Mamta Gupta to a glittering gala dinner in Kuala Lumpur for International Women's Day, these moments reaffirmed the spirit and strength of Inner Wheel. An Evening with IIW President Mamta Gupta in Ipoh On March 6, Padmini and Ishka of IWC AS joined fellow members of District 330 in Ipoh – the home of Malaysia's oldest Inner Wheel Club, to welcome IIW President Mamta Gupta. The event was filled with warmth and admiration as members celebrated the presence of a leader whose charisma and dedication to service continue to inspire women worldwide. The evening's formalities commenced with the lighting of the Candle of Friendship, poem recital, and loyal toasts, each tradition reinforcing the global bond of Inner Wheel. As President Mamta took the stage, her speech resonated deeply with all in attendance, reminding them of the profound impact Inner Wheel has on communities worldwide. Her words embodied this year's theme: Every Beat Counts, Every Action Matters. A delightful high tea followed, featuring a beautifully crafted celebratory cake, performances, laughter, and conversations. The evening concluded with a cherished photo session, each Club capturing a treasured memory with President Mamta. As Padmini and Ishka left the venue, they carried with them not just photographs but a renewed sense of purpose and pride in the movement they hold dear.



A Legacy of Excellence: Inner Wheel District 330's International Women's Day Gala

On March 8, Inner Wheel District 330 hosted a spectacular gala dinner in Kuala Lumpur in

honour of International Women's Day, once again graced by IIW President Mamta. The event celebrated the achievements of remarkable women, with the highlight being the Legacy Awards, a tribute to members who have significantly elevated Inner Wheel through their vision and dedication.

One of the evening's proudest moments was the recognition of Padmini Pillai, the Charter President of IWC AS, as an outstanding force in District 330. Since founding the Club in 2018, she has led with unwavering commitment, propelling IWC AS into a vibrant and impactful club within the district.

Among her many accomplishments, Padmini pioneered the Club's newsletter, TIDBITZ, producing 18 issues that amplified the visibility of IWC AS' initiatives.

Her editorial excellence extended to the District level when she became District Editor in 2021-2022, creating the TOUCH OF PINK newsletter, that was circulated globally. Her contributions to Inner Wheel also include bringing IIW Past President Zenaïda to Langkawi for International Women's Day in 2023 and playing a pivotal role in securing the Margarette Golding Award for the Kedah Princess in 2024. Beyond her editorial prowess, Padmini has been a strong voice at District AGMs, advocating for meaningful change. At the 2024 IIW Manchester Convention in May, her well-reasoned points were met with overwhelming acceptance by the IIW Governing Body, solidifying her reputation as a thought leader within the movement. IWC AS is proud of Padmini's well-deserved recognition. Her passion, perseverance, and pioneering spirit continue to inspire her Club.



**From
Inner Wheel Club of Alor Setar
24 March 2025**

Inner Wheel Club Apsaras, Seremban



My name is S. Premala Devi and I am the President of Inner Wheel Club of Apsaras Seremban for the term 2024-2025.

I am a retired Nursing Sister from Hospital Tuanku Jaafar Seremban and completed 32 years of service in multiple disciplines especially in the Emergency Department. Through these affiliations, I have had the opportunity to collaborate with colleagues, enhance my skills and contribute to various initiatives.

As the President of Inner Wheel Club of Apsaras, I am honoured to lead a team dedicated to the clubs mission and goals, foster a spirit of teamwork, promoting community service and professional growth.

My journey with Apsaras started in 2017, introduced to Inner Wheel by a relative. Not knowing or aware about the existence of such a club, I was hesitant to join but not wanting to disappoint my relative so I tagged along for their first meeting and to my surprise I became one of their 'Charter' members. It was like a stepping stone, an opportunity to continue my dedication to help the community outside of the work place. From the beginning till present, I have seen firsthand the impact we can make working together. Thus my goal is to create an inclusive, engaging and dynamic team where every member can contribute, learn and grow.

In line with the Inner Wheel goals and objectives, I hope to create a welcoming space providing opportunities for members to develop their skills, network, gain strong foundation of comradeship and introduce more members into Inner Wheel.

My objective and vision is to foster a strong sense of unity among members, encouraging teamwork, mutual support and collaboration. By working together we can strengthen our bond as a team and make a meaningful impact towards society, and ensure everyone benefits from shared knowledge and experiences.



IWC Apsaras warmly welcomed IIWC President Mamta Gupta and Exco members at Royal Sungai Ujong Club, Seremban.



"United for a Cause" - group photo



with IIWC President. "IIWC President gracefully inducted five new blooms into the Inner Wheel garden."



President adding sparkle to the rhythm of sisterhood.

Premala Devi
President IWC Apsaras Seremban
2024-2025

Inner Wheel Club Bangsar



I have been a member of the Inner wheel club of Bangsar for the last 35years.

My journey has been full of experiences & gratitude towards the human race especially the less fortunate.

Doing charitable work has been gratifying and it's not just a noble act but a transformative experience as well for me.

We in Inner wheel can make a positive change and inspire others to do the same and make this a better world for all.
A Heartbeat for Humanity.

Buljeet Khera
President of IWC Bangsar.
Term 2023-2025.
Member since 1990.

Rajvin Kaur Randhawa: A Beacon of Resilience and Joy.

At 39, Rajvin Kaur Randhawa has lived a life that defies limitations. Born with cerebral palsy, she faced countless challenges growing up, but she transformed her struggles into her strength, emerging as a motivational figure, laughter yoga ambassador, and advocate for the differently abled. Her journey is one of self-acceptance, perseverance, and unshakable optimism.

Growing up with cerebral palsy meant Rajvin had to navigate a world where simple tasks were difficult, and societal perceptions sometimes made her feel like an outsider.

The real shift came when she was 13 years old.

Instead of resisting her differences, she acknowledged and embraced them.

This moment of self-acceptance became the foundation of her confidence, positivity, and relentless drive.

She realized that her condition made her unique and not lesser. From that point forward, she focused on what she could do and achieve.

Determined to carve her own path, Rajvin pursued higher education and earned a Bachelor's degree in Communications from Help University.

This was no small feat—it required immense perseverance, adaptability, and the unwavering support of her family. Her academic success proved that disability is not inability and set the stage for her future endeavours.

She wanted to empower and inspire others, both abled and disabled—to find joy and purpose in life.

As an International Laughter Yoga Ambassador and Certified Laughter Yoga Teacher, she dedicates her life to spreading the therapeutic healing benefits of laughter.

Won a subsidiary title of Miss Beautiful Smile in Miss Amazing Malaysia 2023/24.

Her infectious positivity earned her this title, showcasing how joy transcends physical limitations.

Rajvin is also a Volunteer at the National Cancer Society Malaysia. She teaches cancer survivors how laughter can aid in healing, proving that happiness is a powerful medicine.

She also conducts Free Online Laughter Yoga Classes (RABA, Mon-Fri)

Through her initiative, she brings joy to people worldwide, breaking barriers with every session.

Her dream? To become a Master Trainer in Laughter Yoga empowering others—regardless of ability to lead a happier healthier life.

A Vision for Change: From Advocacy to Government Representation.

Rajvin wants to create systemic change.

She envisions herself as a senator advocating for better awareness, accessibility, and facilities for the differently abled in Malaysia.

"Don't let your differences or challenges define you. This mantra drives her mission. She believes that society must shift its perception of disability of differently abled individuals.

Her Pillars of Strength are her supportive parents

Her father, renowned eye specialist Dr. Pall Singh and her mother, Sawan Kaur have been her unwavering champions.

Her Caregiver Mary Anne, a constant companion, ensuring she can navigate daily life with confidence and ease.

Their love and encouragement have been instrumental in her journey.

Meeting Rajvin on

Cerebral Palsy Awareness Day feels serendipitous. Her life is a testament to what can be achieved when resilience meets opportunity.

She embodies the idea that: Disability does not limit potential.

Joy is a universal healer.

Rajvin Kaur Randhawa is more than an inspiration—she's a movement.

Her dream of political representation could redefine inclusivity in Malaysia, ensuring that no one is left behind.

Well done Rajvin . We wish you every success in your journey and mission to make this world a happier place.

CC - Meeta Chahal

IWC - Bangsar.

Rajvin with her Mum Sawan who is an ex Past President of Bangsar Club and Meeta .

Winner of subsidiary title

Ms Beautiful Smile for Ms Amazing Malaysia 2023/24



Inner Wheel Club Butterworth



I was installed as the 4th President of IWC Butterworth in July 2023 and ended my presidency of the club on 30th June 2025. So, I helmed IWC Butterworth for 2 terms, with great support generally from all club members and in particular exco members, as we functioned as a club that prioritized friendship and service to the community.

As a young club chartered in 2019, IWC Butterworth remained very relevant in fostering sisterhood among Inner Wheel club members in District 330 and in helping the less privileged in the society by carrying out projects that benefited them. As a women's organization we advocated on gender equality, empowering women with education, and raised awareness on health issues affecting women.

IWC Butterworth also supported 'Orange the World' campaign since 2020, and became one of the strategic partners of Penang Women's Development Corporation and actively participated in 'Penang Goes Orange' initiative to stop violence against women.

In the 24 months as the President of IWC Butterworth, I have gained tremendous amount of knowledge, in the many aspects of running an NGO according to the rules stipulated in the club's constitution. I think I'm a more confident person now than before, have learnt that when a woman sets her mind and goals to be achieved on the right track, she can actually rock the world. Inner Wheel has made me someone who can appreciate the ability and capability of club members and at same time accepting limitations faced by others.

To sum up, the entire journey as an Inner Wheel club President, was a big learning curve and I truly cherish the friendship of every club member. A big thank you to everyone.

Shanthi K. Shanmugam

President IWC Butterworth 2023-2024 & 2024-2025

Asha Devi's Life



Asha Devi's life is a testament to strength, resilience, and unwavering determination. Born in 1966 in Penang and raised in Bagan Serai, she was the eldest daughter in a close-knit family, followed by two younger siblings. From a young age, Asha took on the responsibility of being a role model, always standing tall for her family. Her unwavering commitment to her siblings, her nurturing spirit, and her strong sense of duty shaped her into the pillar of her household.

However, Asha's journey was far from easy. Like many, she faced challenges along the way, but she never wavered in her resolve. She confronted each obstacle with a determination to persevere, emerging stronger with every setback.

In 1992, Asha married and entered a blissful chapter of her life. Yet, even happiness was not without its trials. For nearly a decade, Asha struggled with infertility, enduring the emotional toll of years of hope and disappointment. But after nine long years of hardship, her perseverance finally bore fruit, and she conceived a daughter. It was a joyous and bittersweet moment, as Asha's journey of motherhood had been marked by years of longing and sacrifice.

However, in 2023, a new and devastating challenge arose. Asha's husband fell ill, suffering from a severe infection that eventually led to the amputation of his toes, one by one. The journey that followed was grueling, both physically and emotionally. Asha, though exhausted beyond measure,

remained steadfast in her love and commitment to her husband. She sought help from numerous doctors, navigating the medical maze, but despite her best efforts, his condition worsened.

In 2024, her worst fear came to life—her husband lost both of his legs to the disease. The toll it took on Asha was immeasurable. Financial strain, compounded by the inability to afford private medical care, only added to the family's suffering.

As if these challenges weren't enough, their daughter, who was pursuing a degree in law, had to make the painful decision to sacrifice a year of her studies to care for her parents. The weight of the world seemed to rest on Asha's shoulders, but she never faltered. Despite the overwhelming obstacles, she continued to work tirelessly, taking on double shifts to earn extra income and provide for her family.

Asha's story is one of courage in the face of adversity, a woman who has endured more than most could imagine but continues to fight with all the strength she has. Through every hardship, she has stood tall, not just for herself but for the people she loves most.

Nevertheless, Asha's journey in providing higher education for her daughter may be challenging, but with perseverance and faith in God, she will ultimately become a successful mother. It is important to remember that a woman's contribution extends not only to the world outside but also to the home and family, and this should be acknowledged. The value of a woman's role in shaping her family and society cannot be overstated. Empowering women means recognizing their potential in all spheres of life, from the household to the highest levels of leadership. When women are supported, they not only uplift themselves but also inspire the entire world around them. It is essential that we continue to celebrate and honor the invaluable contributions women make in all walks of life.

Inner Wheel Club Ioras



Being President of the Inner Wheel Club of Ioras Ipoh has been an incredible journey of growth and connection.

I am honoured to lead a group of dedicated women committed to making a difference.

Through our collaborative efforts, we've achieved meaningful impacts in our community, and I've learned so much about leadership, resilience, and the power of service. It's been a rewarding experience that I will always cherish.

President IWC Ioras
Ashvin

Inner Wheel Club Ipoh

RUTH ROBERT
PRESIDENT – INNER WHEEL CLUB OF IPOH



My journey in Inner Wheel began in 2015 and has been one of purpose, friendship and service. From the moment I joined, I was inspired by the dedication of like-minded women committed to making a difference in their communities. Over the years, I have had the privilege of working on various projects that empower women, support education and uplift the underprivileged.

As I took on different roles within the club, I grew not only in my ability to connect with people but also build bonds of beautiful friendship. Each event, charity initiative and meeting reinforced my belief in the power of collective effort. The camaraderie among members has been a source of strength and motivation, reminding me that true service is fuelled by passion and teamwork.

Being in the oldest club in District 330, Inner Wheel has given me a platform to contribute, learn and inspire others. The friendships I have built and the impact we have made together continue to shape my journey and I look forward to many more years of service and sisterhood.

I must thank my husband, former Rotarian Subain Singam, who coaxed me into joining the club and who is my pillar of support in my journey in Inner Wheel. One of the latest projects undertaken by the club was a Health Talk on Personal Hygiene, Menstrual Care and Cervical Cancer on 7 March 2025, organised in conjunction with International Women's

Day and the visit of International President Mamta Gupta for the students of SMK Seri Puteri Buntong. A total of 380 students benefited from the program. Special Guest of Honour was YB Thulsi Manogaran (ADUN Buntong) and International Inner Wheel President Mamta Gupta, National Representative of District 330 Shanti Menon and District Chairman Vimalavathi Thayaman Pillai.

Health Talk on Personal Hygiene, Menstrual Care and Cervical Cancer on 7 March 2025



With the Principal, Pn Hajah Mahsuri and teacher advisor Cikgu Sarina.



Students all set for the program.



Getting prepared for the program prior to the arrival of the VIPs.





YB Thulsi
welcoming the Inner
Wheel Team



Accompanying YB Thulsi
and President Mamta to
the venue



Introducing the members of IWC Ipoh to the VIPs.



Making our way to our seats



Opening dance of Malaysia (combination of Silat, Zapin & Joget) by dancers from Greentown Musical & Dance



Token of appreciation to all the presenters, YB Thulsi and the school Principal.



Visiting the exhibition & medical screening booths set up Kinta Medical Centre & National Cancer Society of Malaysia



Interactive sessions with the students

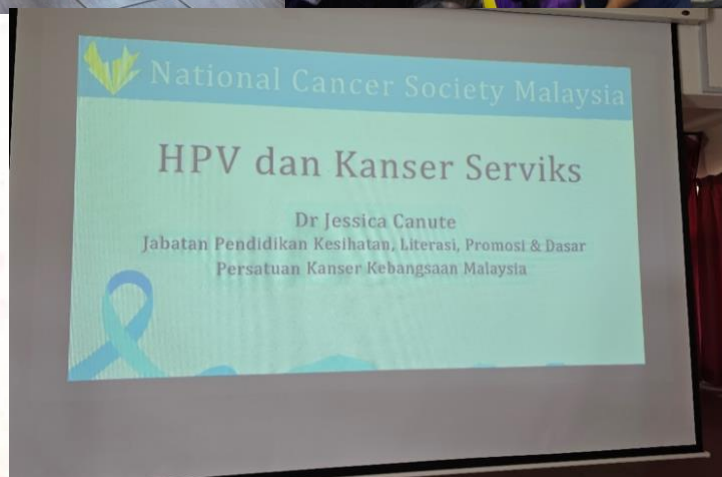


President Mamta's thank you address





With members of Inner Wheel Club of Ipoh





Bidding farewell to President Mamta after the event.



Receiving the Certificate of Appreciation from the school.



Students at the exhibition booths after the health talk.

Inner Wheel Club Ipoh East



A Memorable Year of Leadership and Growth

July 2024 marked the beginning of an incredible journey as I stepped into my role as President of the Inner Wheel Club of Ipoh East. It was a year of triple celebration—my 25th wedding anniversary, my 50th birthday, and the honour of leading this esteemed club. Adding to the joy, our very own member, T. Vimalavathi, served as the Inner Wheel District Chairman, making the year even more special.

One of the most rewarding experiences was being entrusted as the Organising Chairman for the District Chairman's Installation and District AGM. Planning these events alongside our dedicated members was a tremendous learning experience, and it was truly an honour to welcome IIW President Mumta Gupta to our very own Ipoh town.

During my term, our club remained committed to service, focusing on impactful projects for orphans and special needs children. An eye-opening moment was learning about recycling during International Inner Wheel Day, which reinforced the importance of sustainability. Additionally, the training sessions I attended not only equipped me with leadership skills but also shaped me into a better person, helping me navigate interactions with those around me.

Looking back, I am grateful for the support of my fellow members, who made this journey so fulfilling. The friendships, experiences, and lessons learned will stay with me for a lifetime, and I look forward to continuing our mission of service, friendship and fellowship in the years to come.

President Anne Edwin
IWC Ipoh East
Term 2024/2025



A Life of Strength, Love, and Service: The Legacy of Prema Nair Sankara Narayana.

Born on May 16, 1957, in Ipoh, Perak, Prema Nair was the eldest child of the late Sankara Narayana and K.Gouri. She had three younger siblings-Suseela Nair, Sobhana Nair, and Aravindan Nair, whom she cherished like her own children.

As the firstborn, first daughter, and first grandchild, she was showered with affection by her family. Yet, despite the adoration, her father maintained a firm hand in her upbringing. He instilled in her a deep curiosity about the world and a love for learning. She often recalled how, every evening, he would ask her to read the entire newspaper and discuss it with him when he returned from work—an exercise that sharpened her intellect and broadened her perspective. Her father, a part-time police inspector, often took her along on his duties. Through these experiences, she witnessed the struggles of others and developed a deep-seated desire to make a difference—an ambition that later led her to champion social causes. She was a charismatic child, eloquent beyond her years, which led her father to bring her along to his meetings. Recognizing her potential, he encouraged her to take an English course in Stamford Singapore via mail at the age of 14. Despite her charismatic nature, she was remarkably cautious—so much so that she learned to ride a bicycle without ever falling! Later, she earned her motorbike license effortlessly, without a single mishap. A gifted dancer, Prema often won competitions with ease. However, as she grew older, her focus shifted towards books, and she became an avid reader. Music, too, played a significant role in her life. She was musically inclined and found solace in her guitar, often playing alongside her father, sister, and brother. As they grew older, they performed for guests, and Prema would later play at gatherings, including at the Rotary Club, which she would drag her sister Suseela along to.

The Pillar of Her Family

In 1978, Prema and her family suffered a heartbreaking loss when her father passed away. At just 20 years old, she took responsibility for helping raise her younger siblings, who were still in school. Her sister recalled how, from the moment their father was gone, Prema became the pillar of the family or the 'man of the family'—their strength and guide. She assumed every role her father once played, learning the hard way how to manage the household, handle finances, support her siblings' education, and keep everything running smoothly. She made mistakes but learned from them quickly to teach her siblings how to navigate life's challenges.

She was so meticulous with finances that she was affectionately called the "Finance Minister" of the family. To save money, she relied on her trusted bicycle for transportation, no matter the distance. That bicycle wasn't just a means of travel—it was her brief escape, a fleeting moment where she could simply be Prema, not the head of the household. Her bond with her sister Suseela was particularly strong. With only a year separating them in age, they became partners in managing the family's well-being. Prema was fiercely protective of her siblings—so much so that she wouldn't even let the youngest cross the road alone, preferring to take a longer route to ensure his safety. She and Suseela would take a trishaw to drop him off and pick him up from school, often cycling back and forth from home to bring him food as well. Sobhana, the second sister, recalled that Prema was strict, and only began to understand why as she grew older. Prema had a soft spot for her younger brother, Aravindan, who was eight when their father passed. She often called him "Mon," more like a mother than a sister. As a tender-hearted child, he clung to her, searching for her outside his classroom from ages 10 to 12. If she wasn't there, he'd run out to find her. But Prema balanced affection with discipline—she kept him in line, never spoiling him, shaping him with care and responsibility.

Her career and grit.

Prema's love for teaching was evident early on. She began giving tuition classes in Alor Setar before making the bold decision to move her entire family to Ipoh. She mentioned how nervous she was when she had to get into the van and drive it to Ipoh but she did it anyway. Her professional journey took her from teaching in Tanjung Rambutan to working as an account and audit officer at the Land Office in Parit. Through dedication and hard work, she climbed the ranks and secured a position in the accounts department at Lembaga Air Perak. Determined to further her education, she pursued a degree—all while working full-time, raising two young children, and recovering from spinal surgery, with the unwavering support of her husband, Surya. Her perseverance paid off. With her degree in hand, she became a lecturer at the Matriculation College in Ipoh, Perak—a role she cherished deeply. She cared for her students as if they were her own, ensuring that those who couldn't return home for religious or cultural holidays found comfort in the college gatherings she organized.

Love, Family, and Values

Prema met Surya Demudu through Suseela, who introduced them and often shared meals. Their bond grew and they realized they were compatible and on May 26, 1990, they married. A year later, they welcomed their son, Prashant Naidu—deeply loved and full of boundless energy, keeping them on their toes. Two years later, their daughter, Praseetha Naidu, was born, cherished as the first girl in the family.

Prema raised her children as she had her siblings, fostering a home that was warm, loud, and full of love. She encouraged them to grow beyond academics, often saying, *“It’s not what you do from 9 to 5, but what you do after that defines you.”*

Her son mentioned that though he grew up with a firm, watchful mother, her guidance became the benchmark for his life. Her discipline shaped his values, providing a foundation he still follows. He often credits her firm hand for making him the person and capable doctor he is today. Prema also happily welcomed her daughter in law, Venisha, often dropping praises on what a bright and beautiful new daughter she has gained. She believed success required more than intelligence- it needed empathy, creativity, and charisma. This belief extended to her husband, whom she continually inspired, standing by him through every triumph- proving the saying true: behind every successful man is a strong woman.

She firmly believed in the value of education and took every opportunity to support others in furthering their studies.

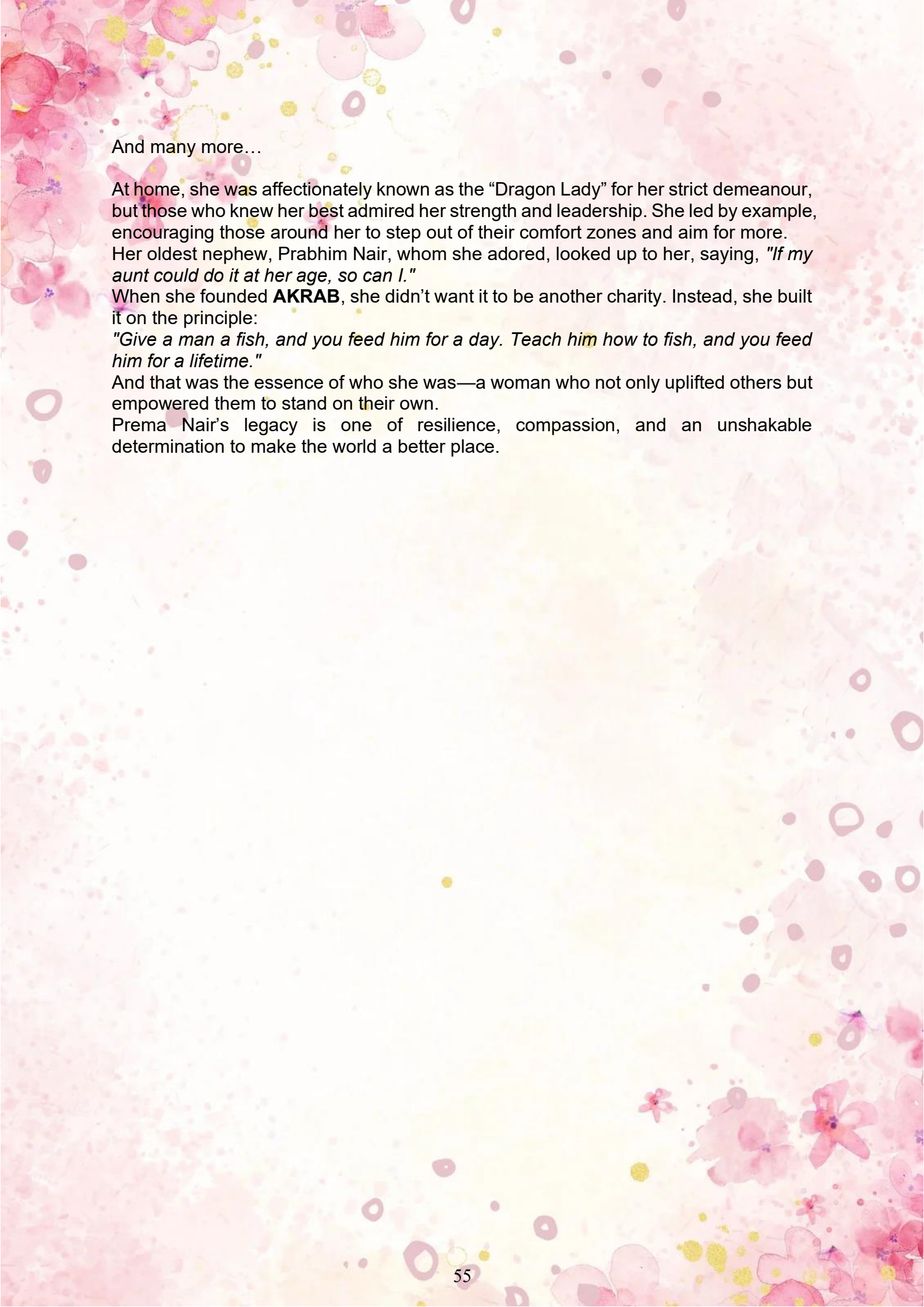
A Life of Service

Prema believed in lifting others as she rose. She didn’t just speak of change- she made it happen. Her NGO work was her pride and joy, constantly seeking new ways to help those in need. She even inspired her sister, Suseela, and her husband, Kesava Dass, to begin their own social work; aiding the homeless in Kajang.

“What you eat is what you give,” her sister recalls Prema telling her, believing that doing good meant doing it with quality and intention.

She was involved in numerous organizations, including:

- **Founder of AKRAB** (Single Mother and Low-Income Women Empowerment)
- **Former CEO of The Dementia Society**
- **Life Member of Amnesty International Malaysia**
- **Longtime Member of Perak Women for Women (Domestic Violence Advocacy)**
- **EXCO Member of PEKA (Nature Activist Group)**
- **Former EXCO Member of the Perak Malayalee Association**
- **President of the Inner Wheel Club of Ipoh East (2018-2019/ 2019-2020)**
- **EXCO Member of The Dementia Alzheimer Society Perak**
- **Volunteer Administrator for The Dementia/Alzheimer Society’s Therapeutic Daycare**
- **Befrienders (1986-2017) & Friends of Befrienders (Outreach Volunteer)**
- **Freelance Speaker for Young School Children (Sexual Abuse Awareness)**
- **Founder & Chairman of Persatuan Keprihatinan Kebajikan Pelajar Miskin Kinta Perak (Edu Aid)**



And many more...

At home, she was affectionately known as the “Dragon Lady” for her strict demeanour, but those who knew her best admired her strength and leadership. She led by example, encouraging those around her to step out of their comfort zones and aim for more.

Her oldest nephew, Prabhim Nair, whom she adored, looked up to her, saying, *“If my aunt could do it at her age, so can I.”*

When she founded **AKRAB**, she didn’t want it to be another charity. Instead, she built it on the principle:

“Give a man a fish, and you feed him for a day. Teach him how to fish, and you feed him for a lifetime.”

And that was the essence of who she was—a woman who not only uplifted others but empowered them to stand on their own.

Prema Nair’s legacy is one of resilience, compassion, and an unshakable determination to make the world a better place.

The Ramadhan Iftar buffet dinner ,organised by IWCIE members, for the orphans from Yayasan Amanah An-Nur Maisarah was a huge success.

There was lots of smiles & laughter as the children dined together in style and enjoyed the delicious meal at Travelodge Cafe, Ipoh.

After dinner the children received Duit Raya & Goodie bags while the home receives a cash donation.

Ramadhan Iftar 2025

7/3/2025



Anak anak
Yayasan Amanah Nu Maisarah,
Chemot

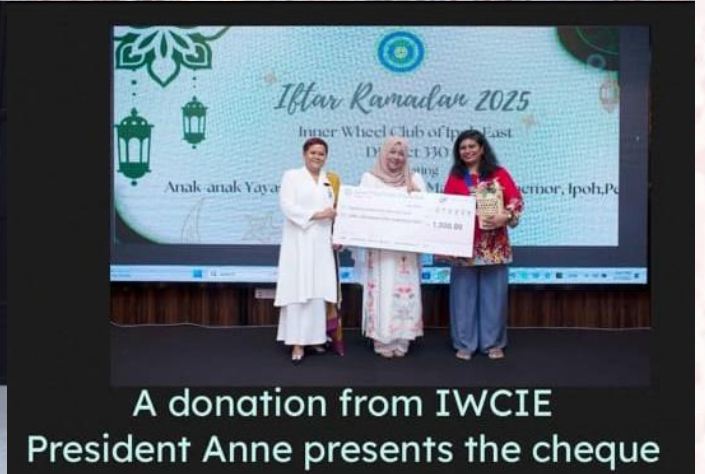


Sumptuous Food



President Anne presented a token of appreciation to IWC International President





A donation from IWCIE
President Anne presents the cheque



Duit Raya
&
Goodie Bags



President Anne Edwin
IWC Ipoh East

Inner Wheel Club Johore Bahru



As I take a moment to reflect on our journey these past few months together, I am filled with immense gratitude for each member of the club. The dedication and commitment to club's work have strengthened our friendship and also fostered deep connections among us.

I am continually inspired by the compassion and generosity that each of you give so willingly. I also want to acknowledge your support and teamwork that truly exemplify the spirit of Inner Wheel.

Thank you once again for your hard work and dedication. Together we can create lasting change and foster friendship.

Warm regards
Santhi R Sathappan
Inner Wheel Johor Bahru



IWCJB team meetup with IIW President Mamta Gupta



Bannerette exchange



IWCJB had fun time with IIW President at Melaka



Fellowship in Melaka

Inner Wheel Club Klang



Dr Sree Kala K. Raman Nair
President of Inner Wheel Club of Klang
Senior Lecturer at Taylors University & Counsellor, Freelance

Dr Sree Kala Nair has more than 10 years of experience in the industry within the field of Human Resources Management, Marketing and Operations Management holding managerial positions. While teaching in the Universities, she was involved in lecturing, doing researches, training for public and private organizations, supervising students, presenting papers at conferences and moderating sessions at conferences. Dr. Sree Nair has a BA (Sociology) degree from University of Iowa, USA, a Master's Degree in Psychology from University Kebangsaan Malaysia and a Doctorate in Business Administration degree from University of South Australia, Australia and recently another Masters in Counselling from OUM. Dr. Sree Nair is also actively involved in Inner Wheel for more than 10 years focusing on marginalized community and social work. She has held various positions from committee members, secretary to currently the President's post in Inner Wheel Club of Klang. She has been volunteering at Befrienders for 10 years and been giving training in Stress management, Work Life Balance, Being Positive and Resilient, Embracing Change, Self Care and being Mindful and many others.

IWC Klang Health Screening with IIW President Mamta Gupta

IWC Klang was honoured to host a special health screening event on March 9th, from 8 AM to 2 PM, in alignment with IIW President Mamta Gupta's visit to Malaysia and her global vision of Cease Cervical Cancer. We were privileged to welcome IIW President Mamta Gupta as our esteemed VIP guest, accompanied by DC Vimala Pillai, NR Shanti Menon, IIWBD Juanita Lee, and District EXCO members.

Held at Soka Gakkai Cultural Centre, Klang, this initiative was organized in collaboration with Klinik Kesihatan Botanik (MOH). Dr. Shangeeta and Dr. Alia led an engaging health talk on cervical cancer, incorporating light dance exercises, quizzes, and giveaways. A total of 105 participants attend screening, with over 70 pap smear. Additionally, LPPKN (Ministry of Women) set up a Mammogram booth, facilitating bookings for eligible women to undergo free Mammograms at Pantai Hospital Klang throughout March 2025.

A heartfelt thank you to all our collaborators, guests, and participants for making this event a success! Together, we continue our mission to raise awareness and take action against cervical cancer.

#IWCKlang #CeaseCervicalCancer #WomensHealth #PapSmearAwareness
#MammogramScreening #CommunityCare



Inner Wheel Club Kuala Lumpur



Message from,
President of Inner Wheel Club of Kuala Lumpur

Dear IW friends,
Warm greetings to all!

My journey with Inner Wheel began at the height of the Covid pandemic. Filled with self-doubts due to other pressing commitments, I took the leap, marched on ahead and since then have never looked back.

And now nearing the twilight of my term as the 76th President of my club, in retrospect, I am glad I took up the challenge of helming IWCKL. For this I am eternally grateful to all my club members for placing their trust and belief in me. For their steadfast support, invaluable guidance and tireless efforts in all our numerous projects. Yet in the quest of driving our club forward, we have never erred to uphold our cherished and long-held traditions nurtured throughout our 76 years in existence.

It has been a steep learning curve for me, not to mention the supreme effort of constantly having to juggle time and priorities. Don't we all? But we come out better and stronger for it

Moving forward, let us build on our strength, the bonds of friendship fostered, the ties that bind us all. Let us all move forward with kindness, integrity, humility.

Lena Chua
President of IWCKL
2024/2025



Signing of MOU between IWCKL and National Cancer Society of Malaysia



District 330 Chairman Vimalavathi, District 330 & 331 National Representative Shanti Menon group photo with IWCKL members



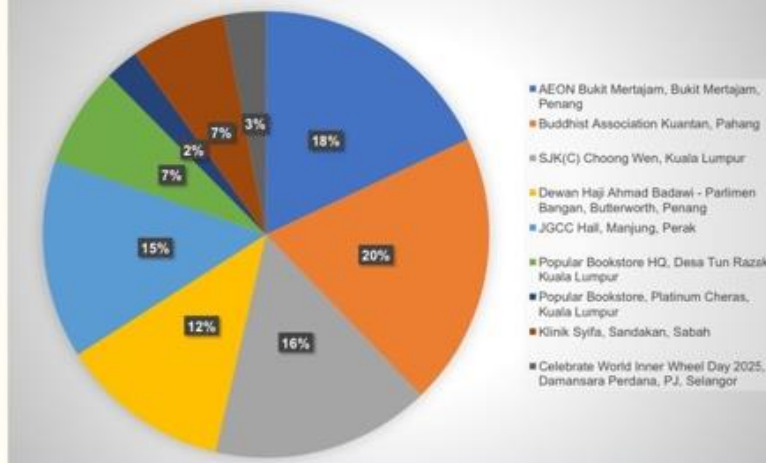
This were some of the participants for vaccination at Classroom College, Damansara Perdana, Kuala Lumpur

Total Number of Vaccinations

No	Venue	Total Participants
1	AEON Bukit Mertajam, Bukit Mertajam, Penang	187
2	Buddhist Association Kuantan, Pahang	206
3	SJK(C) Choong Wen, Kuala Lumpur	165
4	Dewan Haji Ahmad Badawi - Parlimen Bangan, Butterworth, Penang	128
5	JGCC Hall, Manjung, Perak	150
6	Popular Bookstore HQ, Desa Tun Razak, Kuala Lumpur	75
7	Popular Bookstore, Platinum Cheras, Kuala Lumpur	25
8	Klinik Syifa, Sandakan, Sabah	72
9	Celebrate World Inner Wheel Day 2025, Damansara Perdana, PJ, Selangor	32
Total		1040

National Cancer Society Malaysia
From Where Celebrations Begin

HPV Vaccination Program



National Cancer Society Malaysia
From Where Celebrations Begin

The Inner Wheel Club of Kuala Lumpur (IWCKL) commemorated World Inner Wheel Day 2025 with the launch of "Cease Cervical Cancer Campaign at Classroom College Damansara Perdana with the collaboration and contribution of few other Clubs in District 330, namely IWC Alor Setar, Iwc Bangsar, IWC Butterworth, IWC Johore Bahru, IWCKLCC, IWC KL North, IWC Kuantan Indera Mahkota, IWC Subang Selangor, and IWC Taiping. 1,040 Vaccinations were given across the country from 28th December 2024 till 5th January 2025

Inner Wheel Club Kuala Lumpur City



My journey in Inner Wheel has been both fruitful and deeply meaningful- a beautiful blend of service, sisterhood and personal growth.

Through collaborative projects, local and district events, and the joy of fellowship, I have forged lasting friendships with my fellow members.

Inner Wheel, more than just a prestigious club, has become a perfect fit for my passion and purpose. For me it is a global sisterhood and has become a second family where I can grow, give back and find joy in uplifting others. It's not just the perfect club for me; it's where I truly belong.

President Jessie Jit Dev Kaur
IWC KUALA LUMPUR CITY CENTRE

Inner Wheel Club Kuala Lumpur North



I was introduced to IWC KL North by PP Nallamah in 2021. The Club's commitment to fellowship and service deeply resonated with me, particularly given my decades of involvement with Rotary Club and EWRF in Johor Bahru, where I supported my late husband. These experiences, alongside the guidance of IWC's dynamic senior members, have been instrumental in empowering me to undertake my role with confidence as President of IWC KL North, effective from 1st July 2024.

In August 2024, I had the privilege of meeting DISO Mrs. Anandhi in Chennai. The event was well attended by 15 clubs, where we exchanged flags in the true spirit of fellowship. Later, on 31st August 2024, I joined the Madras Celebration at Marina Beach, Chennai, a special and welcoming event. In Kuala Lumpur, I had the opportunity to meet with DISO Merlin Gasper, Pang Loke Ling (ISO IWC KL), and Catherine (IWCKLCC), where we continued our fellowship with members from India through a flag exchange. During this interaction, we built meaningful connections with Saraswathy Mahesh from Coimbatore and Ranganayaki from Sivakasi, India. Additionally, we were honoured to have our IIWC President, Mamta Gupta, exchange a flag with our club during her recent visit.

Despite being a smaller club primarily consisting of retirees, IWC KL North remains highly active. Our participation in the Orange World campaign was significant, alongside our collaboration with IWC Parklands, Klang. As part of this initiative, we hosted a seminar on the "Health of the Older Person" and "Stop Violence Against Women and Girls."

We are also committed to ongoing projects, such as supplying rice bags to PJ Caring Home, offering ad-hoc services to Anbu Ilam Home, and responding to requests from both the public and our members, which are diligently addressed by our team.

On 18th March 2025, we hosted a successful fellowship event at Mt Kiara Club, KL, organized by our Secretary, Diana Wong, and PP Elizabeth from Melbourne. This gathering was particularly memorable, as it led to the introduction of three new members to our club.

President IWC KL North
Sarojini Bai Nadasan

Inner Wheel Club Kuantan/Indera Mahkota

If there is one word to describe this term for the IWC Kuantan / Indera Mahkota, it is – REBORN. The significance it holds for us is profound, as we stand at the dawn of a new century in the Inner Wheel world, marking the promise of fresh beginnings and potential for change and progress. What a whirlwind of emotions the past year has been – full of highs, challenges, and unexpected twists. We've navigated through moments of excitement, uncertainty, and growth together - leaving us with renewed faith and bond as we move forward. As the first-time president of my club, a position I never expected to hold, I've felt incredibly honoured and humbled to lead such a passionate team. This unexpected journey has been an enriching experience, and I have learned valuable life lessons along the way. I'm deeply grateful for the opportunity to strengthen my leadership skills and foster meaningful friendship. I'm especially grateful to PDC Kamala Yeap and DC Vimalavathi for their love and guidance, and to the members of IWC Kuantan / Indera Mahkota for their confidence in me. Cheers!



IWC Kuantan Mahkota
President Samini

Inner Wheel Club Parklands



Dr Theyveeka Selvy a/p Rajoo @ Balusamy Reddy was born at Hospital Kuala Lumpur, is 2nd child for Mr and Mrs Rajoo @ Balusamy Reddy. She has one brother Dr Balasubramaniam and one sister Dr Komathi. She married to Mr Rathnakar Hegdekatte, who is an engineer residing at Moodbidri, Karnataka, India. She studied at Methodist Girl School, Kuala Lumpur till form 6, after that left to India to continue her studies at Kasturba Medical College, Mangalore, Karnataka, India. She passed first class in 1996 and was awarded a Degree of Bachelor of Medicine and Bachelor of Surgery (Hons). In 2007, she completed Master of Surgery at University Malaya and in 2009 she was attached to the Department Of Plastic, Reconstructive & Aesthetic Surgery Singapore General Hospital Postgraduate Medical Institute for Burns Specialization. Besides that she has other qualification like Diploma in Beauty Therapy, Certified Medical Impairment Assessor (CMIA), NIOSH Malaysia, Emergency Management Of Severe Burns (EMSB) from HUKM, Advanced Trauma Life Support (ATLS) and Definitive Surgical Trauma Care (DSTC) from Tan Tock Seng Hospital, Singapore, Emergency Management Air Rescue (EMARS) from Polis Diraja Malaysia (PDRM), Prehospital Trauma Life Support (PHTLS) from National Association of Emergency Medical Technicians (NAEMT) in cooperation with the Committee on Trauma of the American College of Surgeons and Pro EMS Centre for MEDICS from Singapore, Basic Disaster Life Support (BDLS) and Advance Disaster Life Support (ADLS) from National Disaster Life Support Foundation, USA. She started working from 1996 as House officer at Wenlock Hospital Mangalore, Karnataka, India later in Hospital Pulau Pinang, Medical officer at Hospital Tapah, Perak later in Hospital Tengku Ampuan Rahimah, Klang, Surgical registrar at Pusat Perubatan Universiti Malaya, General Surgeon at Hospital Selayang later in Hospital Kajang, and due to her expertise, she was transferred to National Clinical Research Centre, Ministry Of Health and in 2019 she was transferred back to Hospital Tengku Ampuan Rahimah, Klang. She holds a lot of positions like Honorary Secretary for Malaysian Resuscitation Association (MRA), National Staff Officer (Training) St John Ambulan Malaysia, Committee Member in CPR Committee, AIDS/STI's Committee and MMA Health of Older People (HOP) under Malaysian Medical Association. She received her awards and medals like FAGE – Fellowship of Academy of General Education, Karnataka, India, AMM - Academy of Medicine of Malaysia, THE SERVICE MEDAL BAR OF THE ORDER (MALAYSIA OSJ (1024)) and in-house St. John Ambulan Malaysia, awards like PINGAT KHAS EMAS, PINGAT JASA CEMERLANG and

PINGAT JASA GEMBILANG. She has keen interest in reading and writing where she also has published few articles, books and bulletin locally and internationally. She has been invited speakers by various organizations. Her most important journey of her life has been doing charity since the age of 12 years old. She joined as a cadet in St John Ambulance, Wilayah Persekutuan, doing free services to the public till today at National level . She goes around teaching Cardiopulmonary Resuscitation (CPR) worldwide.

Then she felt she needed something for children and women, so she joined Inner Wheel Club (IWC) Klang in 2017 to serve the needy. In IWC Klang she held various positions, till President Of IWC Klang for the term 2022-2023. Later, she chartered her own IWC. The young Club was formed on 29th July 2023 with the name of *Kelab* Inner Wheel Parklands, Daerah 330 Malaysia and Chartered on 9th August 2023, Club Number 8354. She was honoured to be the Charter President of Kelab Inner Wheel Parklands, who found the calling to initiate and be a part of International Inner Wheel. It is a well-known NGO, having several representatives in the United Nations. IWC is spread worldwide with many members. The aim of fostering friendship whilst doing service to mankind.

As a surgeon, she sees many patients present at late stages of cancer. So, she thought of going to the ground herself to screen them so that early detection of cancer is a better cure for survival and quality of life. The first move she did was creating awareness in public regarding Breast self-examination at home and approaching nearby clinics if they need any help. During pink October month yearly, she does virtual talk and hands on for breast self-examination and mammogram. Through her Kelab Inner Wheel Parklands, she worked together with National Cancer Society Malaysia and various private clinics united to achieve a record breaking 6600 breast cancer screening in-line with 66 years of independence and was recognized with Malaysian Book Of Record.

She has initiated the project Go green, The project aims at promoting awareness about environmental issues and sustainable development. "Going green" means to pursue knowledge and practices that can lead to more environmentally friendly and ecologically responsible decisions and lifestyles, which can help protect the environment and sustain its natural resources for current and future generations. She also on behalf of the club has donated to a few homes for women, teenage girls and young children (boys and girls). They provide help on a sustained and temporary basis depending on the needs. The women there include single mothers, victims of domestic violence, unwed mothers, rape survivors, abused children and run-away. Many more projects were successfully executed during her presidency.

For her to excel and achieve to this level in her career and social work is because of strong support from each of her family members. They are always her backbone. Last but not least she appreciates her club members and their families for invaluable support. Their husbands, children and other family members who invested in this opportunity of a lifetime for the club members, with their time, talent and money, she recognizes and thanked from the bottom of her hearts. She and her members from Kelab Inner Wheel Parklands will do their parts for the community in Friendship and Service.

Dr Theyveeka Selvy Rajoo
Charter President
Kelab Inner Wheel Parklands



HOW I BECAME A BEACON OF LIGHT IN MY OWN LIFE

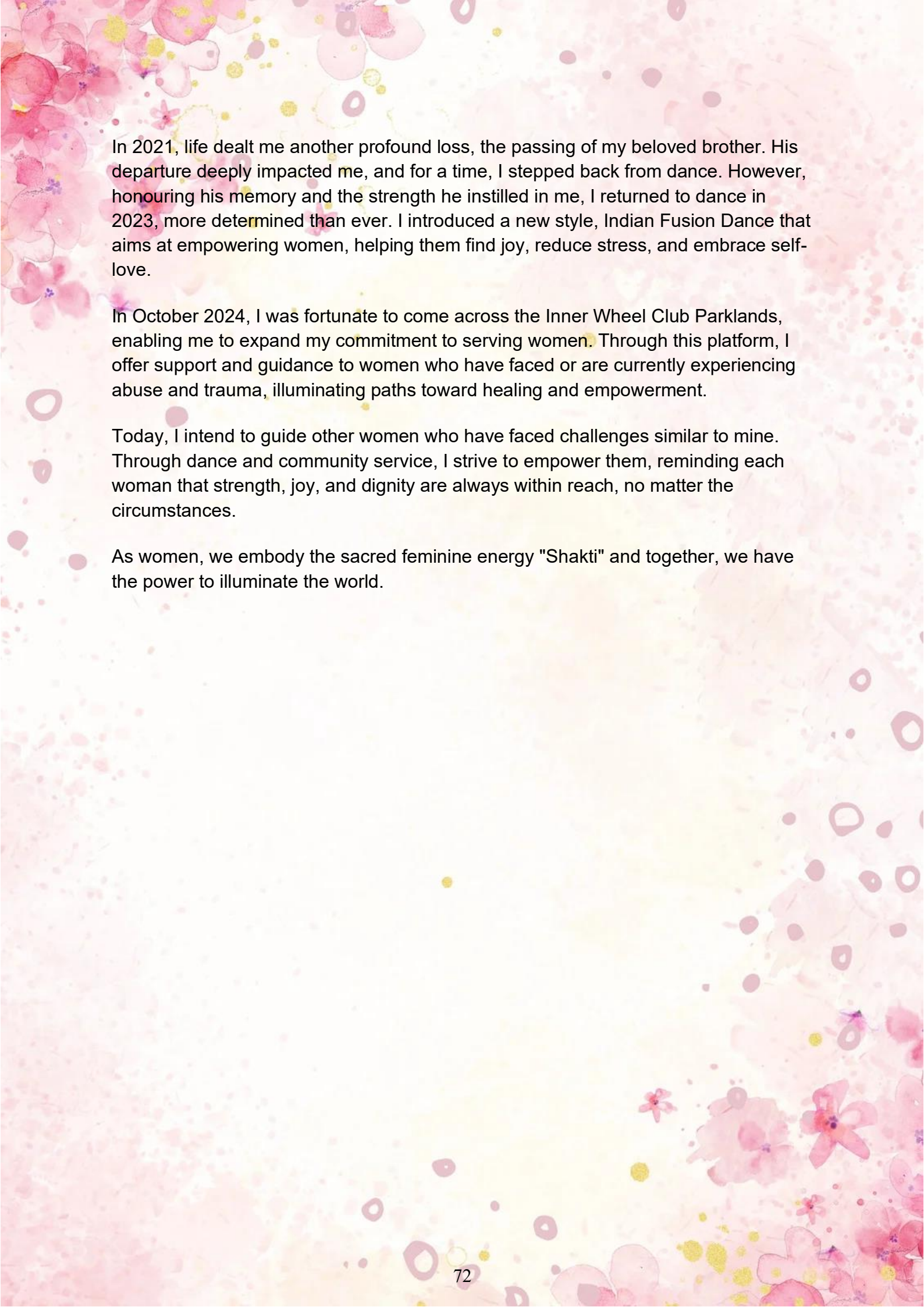
I am Dr. Chandrika, and my journey is one of resilience, passion, and transformation. Born into a humble middle-class family, my early years were shaped by the values of determination, family unity, and love.

Dance became my guiding star from the tender age of eleven. Indian Classical Dance, specifically Bharatanatyam and Odissi, found its way into my heart, becoming much more than an art, it was my devotion and lifelong passion. My dedication led me to intensive training both in Malaysia and India under the mentorship of respected teachers. Eventually, I found great fulfilment teaching dance, inspiring others through my performances and dedication.

Life, however, introduced challenges beyond the stage. A marriage arranged with hopeful intentions soon revealed itself as a profound challenge. After my marriage, I encountered unexpected difficulties and learned unsettling truths about my former spouse and his family. Instead of surrendering to adversity, I made a courageous decision to reclaim my dignity and chose to leave the marriage, supported unwaveringly by my brother.

My brother was more than family; he was my protector, my confidant, and my greatest supporter. His encouragement and unwavering support became the backbone of my resilience. Through every difficult moment, he stood by me, providing guidance, strength, and unconditional love. The bond we shared gave me the courage to rebuild my life and return passionately to dance.

Dance once again became my path to healing and empowerment. After overcoming personal adversity, my career flourished anew. I had the privilege to perform internationally, receiving recognition and accolades, including an Honorary Doctorate, which reaffirmed my life's purpose and dedication.



In 2021, life dealt me another profound loss, the passing of my beloved brother. His departure deeply impacted me, and for a time, I stepped back from dance. However, honouring his memory and the strength he instilled in me, I returned to dance in 2023, more determined than ever. I introduced a new style, Indian Fusion Dance that aims at empowering women, helping them find joy, reduce stress, and embrace self-love.

In October 2024, I was fortunate to come across the Inner Wheel Club Parklands, enabling me to expand my commitment to serving women. Through this platform, I offer support and guidance to women who have faced or are currently experiencing abuse and trauma, illuminating paths toward healing and empowerment.

Today, I intend to guide other women who have faced challenges similar to mine. Through dance and community service, I strive to empower them, reminding each woman that strength, joy, and dignity are always within reach, no matter the circumstances.

As women, we embody the sacred feminine energy "Shakti" and together, we have the power to illuminate the world.

Inner Wheel Club Pearl Of The Orient Penang



Whenever I see people struggling (whether it is those in poverty or elderly individuals who are not able to care for themselves), I feel a deep need to help. It is hard for me to ignore their hardships when I know that even a small act of kindness can make a difference. To me, charity is not just about giving; it is about compassion, dignity, and making sure no one feels forgotten. If I can ease someone's burden, even in a small way, then I know I am doing something meaningful.

Lisa Yeap Ludwig
IWC Pearl of the Orient Penang
President.iwcpearl@gmail.com

Inner Wheel Club Penang



I was born in Seremban, and studied in Auckland after my senior Cambridge. I married RS Moorthy and soon left for Florida, USA. I spent 3 and 1/2 years in Florida, where I completed a teaching course before returning home. Back in Penang i taught for 6 years at St Christophers. Once again, we left for the USA, but to Chicago this time. We returned twenty two years later. I joined the Inner Wheel Club Penang as a chartered member in 2008. I love the sisterhood and fellowship we share in our club.

Five ladies, Param, Sally, Arvind, Jillian, and Kulwant, represented IWC Penang at the High Tea hosted in honor of IIW President Mamta Gupta's visit to District 330 North Malaysia. In the evening, they attended the "Majlis Buka Puasa" bersama anak-anak Yayasan An-Nur Maisarah at the Travelodge IWC Penang sponsored RM400 towards this project, which was organized by IWC Ipoh.

The impact of the program was the renewed enthusiasm in the club in the belief that "I'm Possible"



Bennerette and gift by IIW President Mamta Gupta



The IWC Penang ladies with the District 330's oldest member from IWC Ipoh



Iwc Penang members with the IIW President Mamta Gupta and the IWC DG Vimalavathi.



The 'anak-anak' from the yaysan Amanah An Nur Maisarah, Chemor. Ipoh with guests. sponsors

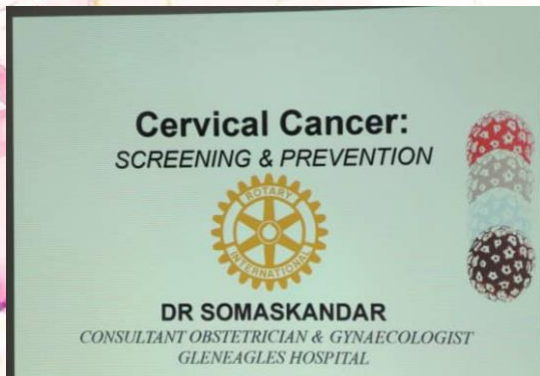


Some of the IWC members with the IIW President who participated in the "Majlis Buka Puasa organised by Sue Sahari from IWC Ipoh

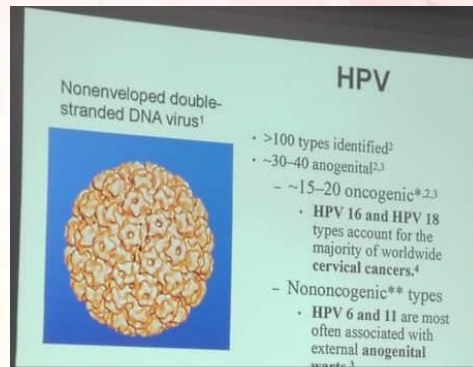
IWC Penang decided to kill two birds with one stone by having a 'Friendship Day ' and Dr. Somaskandar's talk on Cervical Cancer together. A very knowledgeable talk, it was on 'Screening and Prevention of Cervical Cancer'. Lots of questions were asked by the floor and clear answers were given to every question. Certain statements by the ladies or answers by the Dr. brought about more jokes and laughter.

Being Friendship Day as well, the talk was followed by a sumptuous high tea prepared by the hosts, Arvind and Keshvinder. A must-mention were the deserts and punjabi tea. Great camaraderie was seen among the guest speaker, our guests and the IWC Penang members.

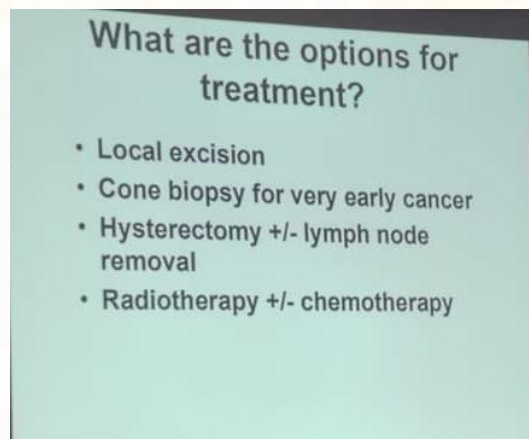
The talk brought about awareness of the many strains of the HPV virus, the types of treatment available. A very important fact that was brought to our attention is, not only should women take the HPV vaccination, today men are also encouraged to take it.



A talk titled 'Screening and Prevention of Cervical Cancer' was given by DR. somaskandar on the



The different types of Human Papillomavirus.



The different types of treatment available for Cervical Cancer patients.



The audience listening to the talk by Dr Somaskandar



The spread of food prepared by the hosts.



A cake being cut to mark friendship day by the March babies.

IWC Penang President
Paranjit Kaur Gill

Inner Wheel Club Petaling Jaya



"My journey with Inner Wheel began in 2002, and I am deeply honoured to have been elected as President of IWCPJ for the second time in 2024-2025. I feel immense gratitude for the incredible group of sisters who have accompanied me on this path of personal growth and making a difference in the lives of others. Over more than a decade, my involvement in Inner Wheel has brought me great joy, especially when reflecting on the lasting legacy we, as women, are building and leaving for future generations."

Thank you.

Yours in Inner Wheel Friendship,
Usha Ramakrishnan
President IWCPJ 2024-2025

Inner Wheel Club Selangor



Bahma Sivasubramaniam
President

Inner Wheel Club of Selangor.

My life is rather varied – I bestride the wide roads of law, learning, and activism. As a lawyer, my voice carried a clamour for justice, challenging boundaries and breaking silences. My academic pursuits reflect a passion for education. My discipline serves as a crowbar for the overarching principle of human rights. From championing the rights of women to defending the freedoms of speech and speaking truth to the arbitrary might of law enforcement, I, together with other likeminded have strived to be a shield for the silenced and a beacon for the underserved.

My commitment to the ideals of Inner Wheel is unwavering, a pledge written not in ink but in action. I believe that service is not a moment but a lifetime, and as long as my spirit endures, so too will my dedication to the causes that uplift and unite. Bound by the timeless ideals of Inner Wheel, I walk a path of compassion and commitment together with my Inner Wheel sisters. Indeed, true strength is found in solidarity. As long as my hands can serve, they shall'

And in football, as in life, I stand loyal. A Liverpool supporter through and through, I find kinship in their anthem—"You'll Never Walk Alone." In its echo, I see the spirit of Inner Wheel—a promise, a vow: **We'll Never Walk Alone.**

IWC Selangor
President Dr.Bahma Sivasubramaniam

Inner Wheel Club Subang Selangor



My journey with Inner Wheel began in 2010 when I became a charter member of IWC Subang Selangor (IWCSS). This marked the start of a fulfilling chapter in my life. I took on the role of charter secretary, serving for two years. Following my tenure as secretary, I served as the Club Treasurer for three terms. In the years 2016/2017 and 2017/2018, I had the honour of serving as the president of IWCSS for two consecutive terms. These were transformative years, filled with challenges and achievements. Currently, I am serving as the president of our club once again. I humorously refer to myself as a "recycle president."

Being part of Inner Wheel has enriched my life in countless ways. I am thankful for the friendships I have formed and the positive impact we have made together. As I continue my journey I am filled with a sense of accomplishment and gratitude. Leading IWCSS has certainly presented its share of challenges, but every obstacle we faced was an opportunity for growth and collaboration. I am pleased to say that, despite these challenges, everything worked out well. The knowledge I have gained during this term has enriched my understanding of leadership, teamwork, and community service. The camaraderie we share as Inner Wheel sisters is truly special and makes our collective efforts even more meaningful. Together, we have worked tirelessly to support various initiatives and foster a spirit of unity within our club.

President Rani Mohan
IWC Subang Selangor

Inner Wheel Club Taiping



Greetings from Taiping.

The Inner Wheel Club of Taiping actively engages in community service projects, supporting women, children, and the underprivileged. The club also promotes fellowship among members through social gatherings, educational activities, and collaborative initiatives with other organizations. With a strong spirit of camaraderie, IWC Taiping continues to make a positive impact in the local community while upholding the values of Inner Wheel. Our club is 71 years old and still going strong.

IWC Taiping
President Viji Kishen

Meeting Inner Wheel Club Clapham District 13 London



An Early History of the Inner Wheel Club of Clapham

During the early months of 1926 when Rotarian T. W Lenton became president of the Rotary Club of Clapham, Colonel and Mrs Younger of the Guildford rotary club were invited to a ladies luncheon. Mrs Younger gave an address the subject being "The Discharged Prisoners' Aid Society".

Mrs Lenton conceived the idea of bringing the wives of Rotarians together on a friendly basis and considered the prisoners aid society a good beginning on which the ladies might get together to help. A meeting was arranged, and Mrs Lenton was duly elected president of the newly formed club which was given the name "The Guild of Goodwill". Their work consisted of aiding released prisoners by providing clothing and helping them to get suitable employment. They soon realised that many were just scapegoats in an often-unjust legal system and merely needed a little encouragement towards a better life.

During this early period other groups of Rotarian wives across the UK were combining their energies for good, most notably in Manchester, where Mrs Golding had begun her Inner Wheel club. She gave a presentation at a Rotary conference in Harrogate also asking if there were any other likeminded groups out there. The outcome of this was the gradual growth of clubs until the districts were formed in 1929. Mrs Golding met with four ladies from the now Inner Wheel Club of Clapham, including the then club President Mrs Shakerley and the outcome was the formation of District 13. Mrs Shakerley of Clapham was the first chairman of District 13.

Inner Wheel Club of Clapham Now

Although a small club now with just 8 members, we still play an active part in District 13. We have provided many district chairman over the years most recently 2022 – 2023. We still raise funds for local, national and international charities, host quizzes at local old people residences, hold coffee mornings and afternoon teas and collect many items used by various charities to raise funds. We are due to celebrate our 100th charter anniversary in 2026.



Exchanging of Banners & gifts in London with District Treasure Kim

Inner Wheel Club Purmerend District 58 North Netherlands



Nathalie Gruben,
president of Inner Wheel Nederland NL



Hi Parmes, Nice to hear from you. My family and I doing very well. We're enjoying the summer and had a lovely walk (and took pictures) through Vondel park in Amsterdam. In Monnickendam where I live it's busy with sailing tourists. I hope you're doing well too. Kind regards from Monnickendam and special from me ♡

Carla Holtkamp-kuijpers
Amsterdam UK

Inner Wheel Club Wattala



INNER WHEEL CLUB OF WATTALA

Charter No: 3801

District 322 – Sri Lanka and Maldives



Dear International Inner Wheel Members,

I am Sweenitha Fernando the ISO for 2024-2025 of IWC of Wattala D322 Sri Lanka and Maldives. I am an Attorney-at-Law by profession and my husband is a chartered Civil Engineer. We are blessed with four children three sons and a daughter. Our eldest son is an Electronic Engineer and my daughter is a doctor and both reside in USA .Our second son and the youngest son are Accountants and reside in UK and Australia respectively.

My hobbies are cooking reading gardening listening to music and watching movies. I joined IWC of Wattala in 2003. I have served in my club as Club President, Club Secretary, Club Treasurer, Club ISO and also served in **Inner Wheel District 322** as District Conference Secretary 2005-06, District Editor 2006/7 & 2007/8 District Secretary 2009/10, District Extension Service Chairman 2012/13 and District International Service Organizer 2018/19.

IWC of Wattala was inaugurated in 1989 and currently we have 20 wonderful members who are always willing to work as a team to make our club visions a reality. Through the years many members of our club have held several posts in International and District level. Our Past Leaders and team of enthusiastic members have been dedicated in serving the underprivileged in our society over the years in Community Service, Education, Health, Women Empowerment, Caring for Children and Elders, Protection of Environment etc.

My motherland Island of Sri Lanka with its natural beauty surrounded by beautiful beaches and lush green landscapes in the central hills makes it one of the most scenic countries in the world. Sri Lanka is a country with great cultural and historical values and with diversity. My home town and club area Wattala is a large suburb of Colombo the capital of Sri Lanka consisting of towns and villages. There are many tourist attractions in the villages of Wattala. A wetland sanctuary notable for its unique and highly diverse ecosystem and the villages in Wattala bordering beautiful beaches attracts many tourists.

On behalf of our club I would like to extend my hand of friendship and join hands with your esteemed Inner Wheel Club to strengthen the bonds of Friendship between our clubs and Districts. I also extend My best wishes to your Club President and her team

for a very successful and a fruitful year 2024-25 .Together we will continue our beautiful journey of friendship!!

United we will Strive to be the **Heartbeat of Humanity** and **reach and Inspire for a better world.**

With warm regards and blessings to all your club members.

Sweenitha Fernando -ISO 2024/2025

Inner Wheel Club of Wattala (WA +94771140783 (Email address on letter head)

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It was truly a Privilege to have a photo taken together with IIW President Mamtap Gupta 2024-2025

Acknowledgment

It has been a privilege to serve as the District 330 Editor for the term 2024-2025.

During my journey as a District Editor I had the opportunity to get to know all the 20 Clubs correspondence and also was able to have good friendship. Although being an Editor was not an easy task but was able to complete my race in success. It was a real new learning experience to venture into this platform.

Would like to thank all the 20 Inner Wheel Clubs of District 330 for their co-operation towards this.

Above I have attached a few photos on friendship and fellowship with our Sister Clubs in London, Amsterdam and Sri Lanka where we had exchanged our Club's Banners to mark our friendship.

It was a beautiful journey meeting and sharing with other Countries.

Hope all will have an enjoyable time to view this Volume 3.

Thank you
DE
Parmes Peace