



**STRONG WOMEN  
STRONGER WORLD**  
2021-2024



# INNER LIGHT

Inner wheel Club Of  
**BOMBAY SEACOAST**  
**DIST. 314**

President : VEENA MALHOTRA    Secretary : DOLLY SETH    IIW President : EBE MARTINES PANITTERI  
District Chairman : SUNITA JAIN    Association President : SAROJ KATTIYAR    Editor : CC RITA VERMA

Dear President,

Warm Inner Wheel Greetings!!

As another Inner Wheel Year unfolds there is a sense of fulfilment with lot of enthusiasm, selfless service, determination and devotion to noble deeds and cause.

Our achievement in the last year has paid off so, congratulations to outgoing President Neeta Mirchandani and her team.



**SUNITA JAIN**  
District Chairman  
for the year 2021-22.

Let us cherish our achievements but also be ready to move ahead, winning new challenges to prove ourselves again.

Wishing Good Luck to President Veena Malhotra and all the new club officers. I am sure with greater enthusiasm and stronger than earlier, this years 'Gulabi Gang' is ready for the challenge.

Let us make the Inner Wheel year 2021-22 and outstandingly memorable with achieving goals of '**SHEROES**'. The women inside you and brand "Inner Wheel" by 'Spreading the Wings of Inner Wheel'.

Sunita Jain  
District Chairman 2021-22.



**SAROJ KATTIYAR**

Association President  
for the year 2021-22.

Dear Club Presidents,

It is a great opportunity that I am talking to my dear Club champions who are second to none in terms of their efficiency and dedication, who once committed to a cause can do wonders. Dear friends, this commitment of yours is the strength that has built an enduring Inner Wheel and is propelling it on the path of sustained social work and bringing smile to the face of the needy and underprivileged. Days are not far when Inner Wheel will enter into the next league of the most dedicated, committed, change maker clubs of India.

The role of the projects we have planned is to help, develop and implement educational, humanitarian, and vocational service that will bring change in the society. I am looking forward to full-fledged participation by each one of you so that we can

execute our goals with substantial results. I am confident that the Inner Wheel Organization will exceed all expectations in the Vision year 2021-22.

This is the year for the long-awaited 16th Triennial Conference:

The Conference – will give all of you a golden opportunity to empower yourself by learning, sharing experiences and meeting the stalwarts of Inner Wheel. It will feature workshops, motivating programs, interactive sessions, quiz contest and outstanding entertainment. Inspire club members to join in large numbers and make it a huge success.

In accordance with the **IIW theme -PINK FIRST** the goal for our year 2021-22 is **SHEROES**, where the first letter S stands for Stree Shakti: -Build -Motivate -Grow a vision for empowering women through entrepreneurship.

The focus now is on you and the responsibility of leadership lies on your shoulders:

**How many milestones you cover!**

**How many new members you inspire!**

**How many lives you are going to change!**

depends on you- your enthusiasm, your dedication, your openness to new ideas. Do remember: no matter how much you accomplish — no matter where this year of service takes you — I can promise you this: the life you change the most is your OWN.

We have begun this journey together and together we will lead our organization to a better future. Wishing you all the success in future!!!!

Love, Saroj

Dear Friends,

Always a pleasure to communicate with you all. We are almost 3 months into the IW year and have done a reasonable number of projects in the areas of Community Service, Education, Health and Hygiene, Urban Medical Project, Flood relief, Senior citizen fellowship, etc benefiting a large number of needy people.

My thanks to all the donors and team members who helped in the successful execution of these projects. In the pages inside there is a pictorial coverage of the same.

Special mention needs to be made of our Intra District Musical Fellowship event GUNGUNATI GULABI, held on 17th August, where we had over a thousand live viewers on Zoom and FB. Behind this success is the outstanding efforts of the event team. Also PP Shilpa Ajani did a marvellous job by arranging the judges and compèring the event.

We are hopefully towards the end of the pandemic and it is now that we need kindness more than ever. We are fortunate to be members of Inner Wheel as it gives us many opportunities to help others and spread kindness and good cheer.

## IF THERE'S A WHEEL THERE'S A WAY.

One day in the near future our lives will be back to a new normal and we will once again meet face to face, sharing the bond of friendship that we have missed since COVID-19 impacted our world. Till then looking forward to your active involvement. Stay safe, Stay healthy.



VEENA MALHOTRA  
President for the year 2021-22.

Veena Malhotra,  
President.



**NEETA MIRCHANDANI**

IPP for the year 2021-22.

One year ago, I embarked on a new journey.

A journey where not only my passion met my responsibilities and life got a whole new purpose, but also when obstacles brought together a whole new meaning and finding ways to overcome those became my vision!

The pandemic brought with itself a myriad of issues, but life is a journey that must be travelled, no matter how bad the roads and accommodations get. so I learnt the most important lesson : Dealing with the uncertainty and winning over it.

The beginning seemed tough. Virtual world was our new reality but now was the time when our dreams were in reach and opportunities were vast. I wouldn't say fear, insecurities and doubts never knocked at my doors but that's when our past presidents truly came down as angels and helped our way through these tough times. Leadership isn't about titles and positions. It is about one life influencing the other and I have to gratify all our members from the bottom of my heart for mentoring, nurturing and helping me and our Club to evolve, grow and reach a step closer to attaining our goals despite all odds.

A grateful heart is a magnet of miracles and I lived by it. All that I had envisioned, planned and meditated to work upon manifested like a dream come true because God is great even when life is not, and I felt his presence and blessings with me on every step of the journey.

We fulfilled our dreams with responsibility on our shoulders to work towards the needy and upliftment of society.

I hope , pray and am confident that this year President Veena Malhotra with her team will fulfill her dreams and set a new bench mark.

**ALL THE BEST**



**SUDHIR SETH**  
Dream President 2021-22  
Rotary Club of Bombay Seacoast

Dear Innerwheel members,  
It was good to meet you briefly at the installation of Veena Malhotra as President of your Club.

The International Innerwheel theme: strong women - stronger world gives the right message for development and growth of mankind. Because women are indeed endowed with emotional strength and empathy to make the world a better place. They possess a natural aptitude in doing diverse and

meaningful projects to spread happiness around the community.

Our Rotary Club and the Innerwheel Club of Bombay Seacoast have always been closely associated and over the years have worked jointly on many meaningful projects. I can assure you that the same bonding will continue also in the current year.

Recently we were happy to do a joint project with the Innerwheel Club of Bombay Seacoast at the KEM Hospital. We hope to carry on such purposeful projects together.

I wish a wonderful year 2021-22 to all the members.

I am excited at the prospect of networking and touching lives and bringing a smile to the people that I am likely to come in touch with through the club's initiatives and projects. This being my 3rd year of Innerwheel club membership, I truly feel fortunate to be associated with likeminded people who believe, it is their responsibility to give back to the society and I feel that together, we can make the world a better place.

Though most of our meets in the past couple of years have been virtual owing to the pandemic, the experience so far has been very fruitful and enriching.

As said by The Dalai Lama - "We have all become much more interdependent, therefore, there is a need to be even more aware of the oneness of humanity. The interests of others are our own. Climate change and the current pandemic, which threaten us all, are challenges that have been teaching us that we must work together and make a concerted effort to reach our common goal of a more caring and a peaceful world."

It is with this thought in mind that I look forward to doing meaningful projects and making a difference to the lives of needy and underprivileged. Our club president- Ms Veena Malhotra and we as a team, along with our members, are extremely enthusiastic about undertaking diverse and relevant projects to contribute to the fast changing world.

I look forward to a successful year as the Club Correspondent.

Thanks and Regards,  
Rita Verma



**RITA VERMA**  
Club Correspondent  
for the year 2021-22.

# CORE TEAM

## INNER WHEEL CLUB OF BOMBAY SEACOAST 2021 -2022



IPP  
**NEETA MIRCHANDANI**



**MADHU GUPTA**

TREASURER



SECRETARY  
**DOLLY SETH**



PRESIDENT  
**VEENA MALHOTRA**



CC  
**RITA VERMA**



I.S.O  
**YOGITA DAND**



**PP BHARTI PATEL**      **PDC DR DEVANGI VEKHARIA**      **P.P DR MALINDER SABHARWAL**



**PP NEELIMA  
WIDGE**

**PP MANGALA  
CHANDAVARKAR**



**EXECUTIVE COMMITTEE  
2021 -2022**



**SANGEETA MEHTA**



**GEETA MUCHHALA**



# INSTALLATION CEREMONY OF VEENA MALHOTRA AS PRESIDENT IWC OF BOMBAY SEACOAST 2021 - 22



# HEADS OF DIFFERENT WORK AVENUES

## PROJECTS EXECUTOR

Rural	PP Dr. Malinder Sabarwal & Geeta Muchhala
Urban Project	PP Madhu Gupta
Education	Surakshit Bachpan & Sparsh PP Neelima Widge , CC Rita M Verma.
E-waste	PP Deval Shah, PP Alka Adukia
Environment	PP Sonal Desai , PP Ranjana Patel
Medical	PDC. Dr. Jyoti Soneji , Dr. Sarita Kapoor.
Special children & Narcotic & Drugs	PDC. Dr. Devangi Vekharia, PP. Shilpa Ajani , Misba
Water conservation	PP. Mangala Chandavarkar
Marathon	PP. Mamta Shah
Fellowship	Bijal Kalbag
Senior citizens	Sangeeta Mehta & Sujata.



# ENVIRONMENT PROJECTS



500 Kesar Mango saplings planted at Vankas Grampanchayat compound, Dahanu. Benefits 250 families



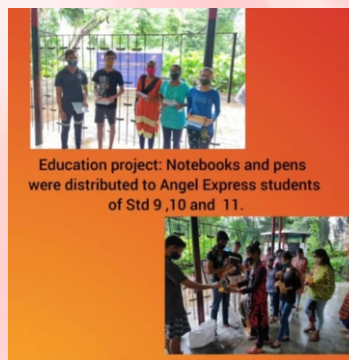
Distributed high quality 1000 Fruit saplings (Kesar, Rajapuri, Payari mango, Jack fruits, lemon, custard apple, chickoo, Kaju, papaya) to the poor tribal farmers of Vankas Village as a part of its Livelihood Projects.

Beneficiaries - 500 underprivileged tribal farmers



# EDUCATIONAL PROJECTS

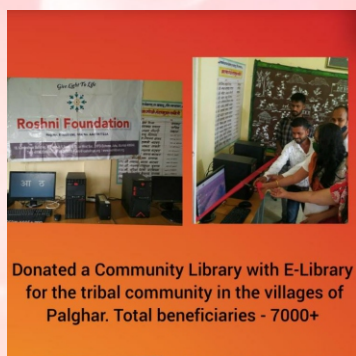
Rotary Seacoast Computer Siksha Kendra was inaugurated at SHED Mahakali (Joint project with Rotary Seacoast), 15 computers were installed which will help students to get trained in understanding and use of technology.



Education project: Notebooks and pens were distributed to Angel Express students of Std 9, 10 and 11.



A Mega project of last year was the renovation of \*SHED SCHOOL\* at MAHAKALI CAVES which was inaugurated in August this year.



Donated a Community Library with E-Library for the tribal community in the villages of Palghar. Total beneficiaries - 7000+



Distributed 10 Acrylic Face Shields for teachers to personally teach children comfortably in school and Hand Sanitizer Foot Stand to Eklavya Balwadi School.



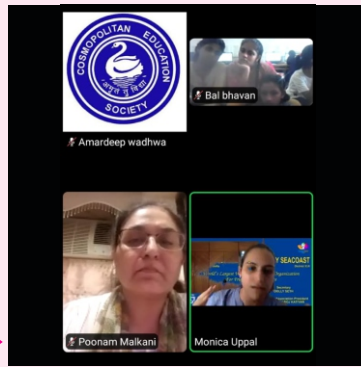
Donated a Community Library with E-Library for the tribal community in the villages of Palghar.

Total beneficiaries 7000+



# HEALTH & HYGIENE

Conducted an informative interactive session on Health and Hygiene for adolescent girls. It was attended by 300 girls. The session aimed at educating young girls about the importance of physical, mental and menstrual health.



Distributed sanitary Pads to 500 girls from Deed, Aseema School & Angel Express NGO's.

# CHARITY PROJECTS



Distributed grocery kits and Cakes to the students and staff of Shree Trust Parijnanashrsm Vocational and Educational institute of Special Children at Igatpuri and special Lunch with Sweets to the inmates of Support Rehab Centre, Karuneshwar Home for the Old and 23 children of Navrange Balkashram Pandharapur. Provided slippers to the children at Navrange Balakashram at Pandharapur. Donated to the corpus of NGO 'SAMVIT SUDHA' at Shirali ( Karnataka) to help pay the salaries of the underprivileged women. Also distributed school bags and books to 20 students at Shirali



# OLD PEOPLE & CHILDREN'S PROJECTS

### Senior citizens Project

**1 person**

- Oil - 1 kg
- Wheat atta - 5 kg
- Basmati rice - 500 gm
- Flour - 200 gm
- Mustard - 20 gm
- Tea powder - 200 GM
- Table salt - 1 kg
- Spice mix - 1 kg
- Kulcha mix - 1 kg
- Missing rice chilla appa - 500 gm

**2 person**

- Oil - 2 kg
- Wheat atta - 10 kg
- Basmati rice - 1 kg
- Flour - 400 gm
- Mustard - 40 gm
- Tea powder - 400 GM
- Table salt - 2 kg
- Spice mix - 2 kg
- Kulcha mix - 2 kg
- Missing rice chilla appa - 1000 gm

World's Largest Women's Voluntary Organisation For Friendship and Service  
President VEENA MALHOTRA  
13th President ERAB MATHIAS PRABHU

Drishyam project inauguration at the Gandhi Memorial School, Dharavi. In this 7 day testing camp 980 children were tested by Doctors from the Optometry Council of India. Children who have eye issues were free spectacles and treatment.

Vaccinations were arranged for 46 parents of kids from Baljeevan trust (for underprivileged children) and Gharkul school (for mentally handicapped kids)

Project at "Ashray Home Bandra" for HIV Children. Distributed clothes, undergarments, medicines for 6 months. Also Balloons and colourful Candles for children's birthdays.

Distribution of frocks, undergarments and notebooks were provided at Kamathipura. Beneficiaries 30 girls. project worth Rs 12,557

Distributed 50 bags and 83 Umbrellas at the Khar, Vile Parle and Santacruz Post Offices.

Kangaroo sprockets and Breast pumps worth Rs 200 were supplied for helping small babies at KEM hospital

- A small girl was referred by Nanhi Pari Foundation and our club helped her with 30,000 for her chemotherapy treatment.
- 30 Poor women will benefit at the Gynecology dept of Cooper hospital with Tegaderm Transparent film dressing used for post caesarean washproof dressing. Project cost Rs 15,500.

- Ongoing project of Anaa daan distribution to 50 old widows at Ananad Nagar Slum, Andheri west.
- Donated 3 Wheel chairs and 3 walkers to Lokhandwala Ganesh Shiv Mandir Trust to be used by middle class families in need.

Oxygen concentrator machines were supplied during the covid crises at Lokhandwala.

At the West Zone Meet of our District, IWC of Bombay Seacoast is one of the "Gold Sponsors". This is courtesy PDC Devangi's generous contribution of Rs 50000/- for the Meet. PP Shilpa sponsored beautiful Lucknowi clutches to 400 delegates. President Veena Malhotra contributed in one of the gifts being sponsored by the Zone 2 Presidents.

Distributed grocery kits and Cakes to the students and staff of Shree Trust Parijanaashram Vocational and Educational Institute of Special Children at Igatpuri and special Lunch with Sweets to the inmates of Support Rehab Centre, Karaneshwar. Home for the Old and 23 children of Navrange Balkashram Pandharapur. Provided slippers to the children at Navrange Balakashram at Pandharapur. Donated to the corpus of NGO "SAMVIT SUDHA" at Shirali (Karnataka) to help pay the salaries of the underprivileged women. Also distributed school bags and books to 20 students at Shirali.

- One day complete meal Breakfast, lunch & Dinner were given to the 176 inmates of SUPPORT people.
- 36 bed sheets & 42 umbrellas given to needy people.
- 30 Smart phones were given to the needy students of Balak Vrinda Education Society for online studies.

- Distributed groceries and utensils worth Rs 19000 at Valan Village.
- Ration worth 4350 was donated to 5 old people.
- Groceries and ration worth 34500 was distributed to the senior citizens at Lokhandwala slums.
- Meals worth 25000 were distributed to the needy.

# FLOOD RELIEF



•Distribution of Relief material worth Rs 58050 was donated



Utensils sent for "FLOOD RELIEF" For 50 families utensils. Items sent included Pateelas , kadai , tava , plates , Katoris and spoons worth Rs 50,000/- Medicines worth Rs 5000/- .



Distribution of relief fund Worth Rs 8000 for Flood Impacted area.

# FESTIVAL CELEBRATION AT IWC



•Celebrated Doctors Day by distributing juices, curcumin drops and other necessities cloth masks.



On the auspicious occasion of Krishan Janmashtami Khichadi was fed to 200 people at Hare Rama Hare Krishna Mandir.



Rakshabandhan project was executed at Destitute Home, near Mount Mary Church, Bandra. Project cost:Rs 15100 Items distributed 75 Snacks boxes along with 75 Rakhies. 22 frocks & panties. Dry Poha, Sooji & cooking oil. 5 litres of Lice medicine.



Bharat Mata ki Jai flag hoisting done at Rajesh Khanna park with 40 children from Angel express NGO.



Dipti Shah danced very gracefully. The theme was Fusion Dipti Danced Zumba and Jazz on Bollywood song.

# DISTRICT PROJECT

## STREE SHAKTI (WOMEN EMPOWERMENT)



Attended the District Project on Women Empowerment Zone 2. Certificates were handed over to the trainees on successful Completion of Housekeeping Training. Our club had sponsored 2 trainees.

Project Chairman PDC Amita Timbadia, Zone2 Coordinator Suchitra Nayak managed the event. Chief Guest DC Sunita Jain graced the occasion.



# Gungunati Gulabi



The grand finale of Gungunati Gulabi, a unique virtual singing competition organised by Inner Wheel club of Bombay Seacoast was held on 17th August 2021. The Chief Guest was District Chairman Sunita Jain and the Guest of Honour was renowned music maestro Rtn PP Vipinbhai Reshammiya. The judges were Shri Abhijit Pohankar (fusion music maestro and music producer) and Ms. Poornima AKA Sushma Shreshtha (leading playback singer).

Gungunati Gulabi, named so in keeping with the IIW theme of the year-‘PINK FIRST’, was a singing competition with a twist. Video clips of songs turned around on their tunes (happy songs sung on sad Bollywood song tunes and vice versa) were invited in two categories: solo and group. 33 entries were received from all the six zones. Of these, 19 were shortlisted.. The theme was women centric and participants could even write their own lyrics. The participants came up with amazing twisted songs even though many of them were just passionate singers. The contest offered a lot of prizes!! The solo category prizes were ‘Kokil Kanthi Gulabi Queen’, ‘Surilee Gulabi Queen’ and ‘Kalatmak Gulabi Queen’ followed by two consolation prizes. ‘Kokil kanthi Gulabi Gang’, ‘Surilee Gulabi Gang’ and ‘Kalatmak Gulabi Gang’ and a consolation were the prizes for the group category. All the winners were given trophies and prizes were sponsored by Max Protein. To top it all, there was the special jury prize ‘Gulabi Diva’ sponsored by Pohankar’s Music Gurukul. ( A 3 month course in vocal music). All the participants were appreciated with an E certificate and discount vouchers from Max Protein. There were a few ‘Fastest Finger First’ rounds for the zoom viewers, which were monitored by PP Neelima Widge, the winners of which also won discount vouchers from Max Protein. The event began with Ganesh and Saraswati Vandana by President Veena Malhotra followed by her welcome address while Secretary Dolly Seth recited the Inner Wheel Prayer. A group song based on the objects of Inner Wheel and penned by PP Shilpa, was rendered by the members of the host club on a twisted tune. PP Shilpa Ajani introduced the concept ‘Gungunati Gulabi’. This was followed by the video introduction of both the judges. PDC Dr. Devangi Vakharia introduced the Guest of Honour Vipinbhai Reshammiya. The programme showcased the finalists and also short clips of the eliminated entries as well.

PP Bijal Kalbag thereafter introduced Chief guest DC Sunita Jain. Chief Guest DC Sunita Jain addressed the attendees after which the results were announced and the judges gave their comments on the concept and the performances. The vote of thanks was given by V P Madhu Gupta. PP Shilpa Ajani conducted the entire finale. The event organising committee included President Veena Malhotra, PDC Dr. Devangi Vakharia, PP Deval Shah, PP Bijal Kalbag, PP Shilpa Ajani. Event coordinators were PP Shilpa Ajani and PP Bijal Kalbag. This music competition with a twist, was a grand success! 190 members attended it on Zoom and 871 viewers witnessed it on Facebook.





## OUR CLUB CONTRIBUTED TO THE SUCCESS OF THE DISTRICT WEST ZONE MEET BY

1. PDC Dr Devangi Vakharia was coordinator for the West Zone Meet.
2. Our Club was Gold sponsor courtsey Devangi's contribution of Rs 50,000/-
3. PP Shilpa Ajani contributed Rs 50,000/- for the Lucknowi Clutches for 400 delegates.
4. President Veena contributed in one of the gifts sponsored by Zone 2 Presidents for the delegates.
5. PDC Dr Jyoti Soneji was the incharge of the Auditorium management and PP Bijal Kalbag, PP Shilpa Ajani , PP Reenu Tikka and Sangeeta Mehta helped her to make it successful.
6. 6.Our members exchanged Club Flags with other District ISOs
7. PP Shilpa used her creative skills to make:
  - A. The introduction PPT of PAP Rakshaben Mehta, under the guidance of PIIWP Dr Pallavi Shah.
  - B. The introductory videos of the chief guest and Keynote speaker. M. Rajalakshmi Rao, other guest speakers Abhina Aher and Dr Sushama Nagarkar.
8. All her work was much appreciated.
9. DC Sunita Jain presented all our above members a memento as Appreciation.



**Our club was in-charge of Auditorium Management in the west zone meet.**



# GOKULASHTAMI DECORATION COMPETITION



Participant in Palna  
decoration competition  
**Priti Parekh &  
Rita Verma**

IWC BOMBAY PIER proudly announces the winners of the first of its kind

## PAINT FOR A CAUSE COMPETITION

140 shoes distributed to 68 club District314

100% Participation by all clubs

Every pair of shoes is stunning  
Very difficult to choose winners



Winners judged by DC Sunita Jain

Shoes will be distributed and used for charity

### BOYS

1st Prize - PP Sadhana Dand Thane West

2nd Prize - Rekha - Thane Garden City

### GIRLS

1st Prize - Priti Bombay Sea Coast

2nd Prize - Jyoti Bombay Airport



# WATERMELON CUCUMBER SALAD

## INGREDIENTS

3 cups	Watermelon Cubed Or Balled
1 1/2 cups	sliced cucumber seeds removed
2 tbs	Mint thinly sliced or small mint leaves
1/3 cup	Feta cheese crumbled
3 tbs	Olive oil
1 tbs	Lime juice
	Salt & Pepper to taste

## INSTRUCTIONS

Place the Watermelon, Cucumber and Mint in a large bowl. In a small bowl, whisk together the Olive Oil, Lime Juice and Salt & Pepper.

Drizzle the dressing over the melon mixture and toss to coat. Sprinkle with feta and serve.

## NUTRITION FACTS

Calories	168kcal
Carbohydrates	10g
Protein	2g
Fat	13g
Saturated Fat	3g
Cholesterol	11mg
Sodium	142mg
Potassium	209mg
Fibre	1g
Sugar	8g
Vitamin A	845IU
Vitamin C	12.8mg
Calcium	83mg
Iron	0.6mg



# EGGLESS CHOCOLATE MOUSSE

## INGREDIENTS

150 gms	Morde chocolate
1 tbsp	Liquid glucose
1/2 cup	Water
150 gms	Whipped Cream
1 tbsp	Coffee mixed with 1 tbsp water.
1 tbsp	Gelatin

## INSTRUCTIONS

In a bowl put the chocolate,water,and glucose and microwave for 40 secs  
Remove and whisk well  
Add all the other ingredients mix well .  
Pour in stemmed glasses and refrigerate to set for 2 hours.

Recipe by : Minakshi Dariyanani



# 12 STEPS OF SURYANAMASKAR

1



## Pranamasana

Helps center the mind  
Reduces anxiety  
Reduces stress

2



## Utthana Hastasana

Reduces backache  
Stretches shoulders  
Improves digestion

3



## Padahastanasana

Therapeutic for insomnia  
Helps relieve anxiety  
Strengthens thighs

4



## Ashva Sanchalanasana

Improves hip flexibility  
Tones kidney and liver  
Increases lung capacity

5



## Dandasana

Strengthens arm  
Tones abdomen  
Builds core strength

6



## Ashtanga Namaskara

Strengthens shoulders  
Expands chest  
Improves spine flexibility

7



## Bhujangasana

Tones abdominal muscles  
Relieves symptoms of fatigue  
Therapeutic for asthma.

8



## Adho Mukha Svanasana

Improves blood circulation  
Therapeutic for high bp  
Increase height

9



## Ashva Sanchalanasana

Builds will power  
Stimulates digestive system  
Strengthens quadriceps

10



## Padahastanasana

Stretches hamstrings  
Therapeutic for osteoporosis  
Strengthens knees

11



## Utthana Hastasana

Reduces backache  
Stretches shoulders  
Improves digestion

12



## Pranamasana

Helps center the mind  
Reduces anxiety  
Reduces stress

## BENEFITS OF PRACTICING SURYA NAMASKAR

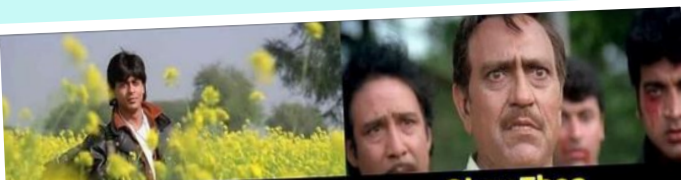
1. Blood circulation increases in all organs of the body.
2. Practising Surya Namaskar strengthens bones.
3. Improves eyesight.
4. Blood flow within the body is accelerated which gives relief in hypertension disease.
5. The effect of Surya Namaskar (Sun Salutation) falls on the mind, therefore the mind remains calm and cool.
6. The fat of the stomach is reduced by reducing the weight, so it is very helpful in reducing the weight for obesity.
7. Prevents hair loss and dandruff.
8. It is helpful in controlling anger.
9. The waist becomes flexible and the backbone becomes strong.
10. This asana is helpful to treat symptoms causing skin-diseases.

OMG, I have finally  
Discovered what's  
wrong with my  
Brain:



on the left side,  
there is nothing  
right, and  
on the right side,  
there is nothing left...

Teacher : can you tell me two  
pronouns?  
Me : Who? Me?  
Teacher : correct! Very good.



Mai Simran Ke Liye  
Kuch Bhi kr Sakta hun

Okay Then  
Solve This

$$\int \frac{[\cos^{-1}x \{ \sqrt{1-x^2} \}]^{-1} dx}{\log_e \left\{ 1 + \left( \frac{\sin(2x\sqrt{1-x^2})}{\pi} \right) \right\}}$$



Nahi Chahye Aapki Simran 😞

