



M-I-2

MISSION:IMPOSSIBLE 2

11. Construction of a well in Kewnale village.
12. Computer training provided to 23 students at Softpro.
13. Funfair visit for 200 kids.
14. Patient Safety Alliance at WIAA Club for the senior citizens.
15. Toilet and bathroom blocks at Badlapur School.
16. Renovation of an orphanage at Alibaug.
17. Donated E learning screen, software & projector at Kardi village in Shahpur
18. Magic shows and children's day celebration at different places.
19. Fulfilled the wishes of terminally ill kids.
20. Food Distribution to the 800 patients at Tata Hospital every Friday.



No act of kindness, however small, is ever wasted. - Aesop

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21. Recreational centre for down syndrome children at Sangopita.

22. Playground at a primary school in Kharadi village.

23. Donated an emergency vehicle at Sangopita .

24. Construction of a classroom in Muktangan school.

25. Held an Anemic Camp for 50 children at Geetanagar slums.

26. Donated a desktop, laptop & a microwave at Priyansh School for Down Syndrome.

27. Jaipur foot Donation.

28. Donated an audiometer and water purifier at Nair Hospital

29. Blood donation camp at V.T. and Churchgate stations.

30. Medical supplies donated at Sikshangram.



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The best way to find yourself is to lose yourself in the service of others.- Mahatma Gandhi



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INNER WHEEL
CLUB OF
BOMBAY BAYVIEW



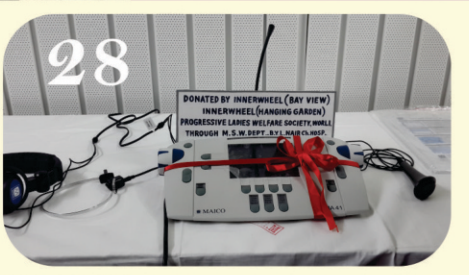
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M-I-4

MISSION: IMPOSSIBLE 4

31. Celebrated Women's day with the under trial women inmates of Byculla jail.

32. 2 Computers donated to NGO - Dev Kripa Mandal.

33. 3 Computers and 2 Printers donated at Fellowship of Physically Handicapped.

34. Donated a water cooler to Naseoh.

35. 3 Sewing Machines donated to NGO - Dev Kripa Mandal.

36. Donated Swargyatra vehicle to carry dead bodies at Vadia village.

37. Donated mattresses at Shraddhanand Mahilashram.

38. Conducted self defense workshops for 1500+ girls.

39. Diwali Parties held at 6 NGO's.

40. Projector donated at NGO - Dev Kripa Mandal for Women Empowerment.

41. Held a seminar for Good Touch Bad Touch at NGO Dev Kripa Mandal.



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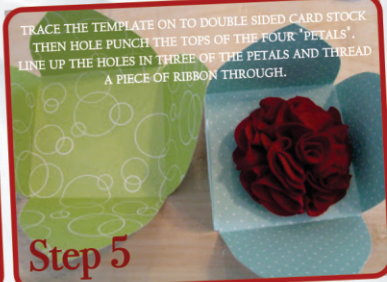
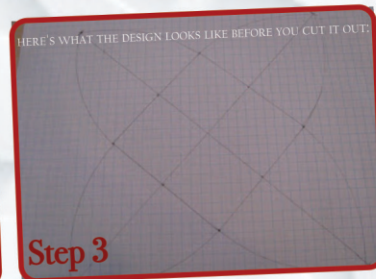
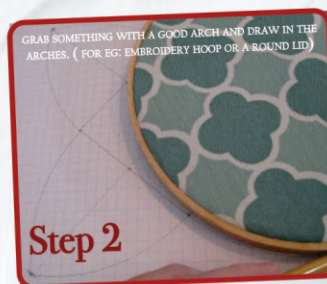
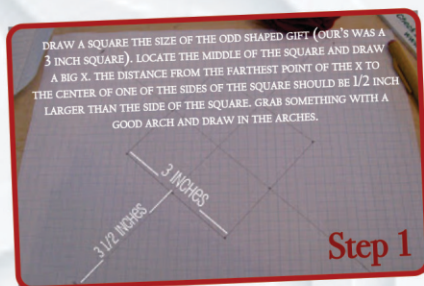


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The time is always right to do what is right
- Martin Luther King, Jr.



THE WRAP



In today's Digital world, be it internet, gadgets, electronics, email or e-commerce, surely one can emote their emotions easily. But when it comes to gifting their dear ones something, one will still need "Le Papier" which means "The Paper"

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BEND IT LIKE BECKHAM

My personal tips for starting training for the half marathon or full marathon training:

1. Tell people/Spread the word.

2. Set a specific goal for yourself.

3. Make a plan

4. Don't overdo the running

5. Go With the flow

6. Monitor your Heart Rate

7. Mimic race day

8. Always stay hydrated:

9. Road identification tags

10. Stretches & warmups

along with cool downs.

It is very important

that you stretch & do warm up for 20 to 30 minutes before a run. The body is cold & hence feels stiff before it's properly conditioned to start the pressure test it's gonna be put through.

Cool down is equally important & no excuses of no time & bored or tired. This helps to have an injury free training session & an injury free marathon experience.

I have successfully completed 6 half marathons .I have just woken up & run without prior practice , as I'm one of those crazy but passionate about my spontaneous runs. Please don't do so as this suits my body . Please do what suits yours. Train hard & workout harder This is exactly my message to the woman & kids who train with me. I'm happy to be able to help you with these simple tips & hope you make a start to healthy living & the one's who have already done so wish you continuity.

Rupali Samant - Fitness Expert

