



Esperanto

Delhi Chapter, Established 1986

May 2019 Issue

Chairperson's Message



Dear Members,

There are many types of people those who are happy and loving, discontent and resent, grateful and disgruntled, positive and negative; but the most important one that connects people is magnanimity.

If we want to have lasting relationships with people, we need to be magnanimous. If there is no forgiveness, no support, and no give and take between friends or between members of any association or organization, how could any relationship last for long?

However, we also see many people forgetting disagreements of the past and becoming friends again based on magnanimity. What a wonderful thing it is!

Besides being magnanimous towards people, we should also have the capacity for tolerance towards all beings and things. What I believe is that; this would be the first step towards the growth of all of us, with this; there will be change in the surroundings automatically.

All these are the rules and principals to accomplish our goal. IASAP is a family and to take it to the next level, the support of all of you is needed with all these qualities. "Without a compass and a ruler, we cannot form perfect circles and squares," because the compass and ruler provide a framework for making such circles and squares. Each and every member of IASAP plays a role of the compass and the ruler.

When we want to climb the corporate ladder, we must abide by the rules governing interpersonal relationships or we might be ambushed. To be successful along the way, we must play by the rules of the game.

Every step that we take, teaches us, guide us and remind us of our pledge to accomplish our goal which is-

KEEP THE FLAG HIGH OF DELHI CHAPTER.

**With Regards
Anjana Tandon**

From the Editor's Desk



Dear Members

Women play a significant role in everyone's life and can shoulder any responsibility and fulfill it in a timely and efficient manner. Women of today display an independent outlook whether at home or in the office.

The May issue of Esperanto will give us insight into the effort and hard work put in by the Executive Committee and other committed members to hold memorable events for us like Organising workshops , health talks, trips, lending a hand to the down trodden etc. Kudos to them

We all are grateful to the Committee for organising remarkable events whose memories we cherish fondly. Let each one of us resolve to give them our unstinted support to ensure that our organisation continues to grow and flourish.

Regards

Asha Bhandoola

Happenings

Health Talk on January 5 2019

The New Year 2019 started for the IASAP Delhi Chapter with the resolution to keep fit and healthy and the session on Health Talk was organized. This event was fully sponsored by Manipal Hospital, Dwarka.



The session was divided into two sections:

- 1) Gynecology
- 2) Cardiology



Dr. (Lt. Col.) Leena Sreedhar MBBS, MD - Obstetrics & Gynecology (Specializations: Reproductive Endocrinologist (Infertility), Obstetrician, Gynecologist), was invited to impart knowledge on

Gynecological issues. She shared –

1. One should be in command of one's health.

2. When and why we should reach out to a Gynecologist.
3. Havoc that hormones can cause and causes of cancer.
4. Different stages of a woman's life.
5. How exercise, yoga, workout, supplements, balanced diet and doctor's constant supervision can help you better your health.

She then answered all the queries raised by the members present.



Dr. Sarita Gulati, Specialist - Interventional Cardiology

She took the session on how to save your heart and discussed

about:

1. Various reasons for heart ailments.
2. Diet dos and don'ts.
3. Importance of exercise, weight training, yoga etc.

4. Cooking medium - ghee, oil, salad oil, dos and don'ts.
5. Importance of mutual support, moderation, timely consultations.

She further answered all the queries raised by the members present.



Total Confirmation: 25
Total attended: 20

The event then closed with a round of Tambola followed by Hi Tea.

Trip to Rann of Kutch Jan 21- Jan 23

2019

After the health talk, an Out Station Trip to Gujarat (Bhuj) was organized to enjoy the Rann Festival. A group of 8 ladies joined this trip and all were very excited. Everyone enjoyed themselves on this trip and came back with good memories.

THE RANN OF KUTCH (RANN FESTIVAL) 20th Jan-24th Jan 2019

January 21, 2019 [Day One] **Contributed by Anjana Jacob**

The New Year 2019 started for the IASAP Delhi Chapter with an Out Station Trip to

Gujarat (Bhuj) to witness the Rann Festival. All excited, a group of 8 (6 members and 2 non-members) aged from 30+ to 70+ years, all geared up to brace themselves for the long arduous train journey. The journey started with a delay, which did not dampen our enthusiasm but we very much made it up by sharing a variety of food and snacks and an on-going session of "Antashari", and on the second day by afternoon we were at our destination city Bhuj. From Bhuj railway station, we travelled for another two hours across open land with sparse shrubs and no vegetation to reach The NOVA Patgar Tents,



Our temporary home for the next two days was a welcome delight!!!

Our itinerary had interesting places for sightseeing and soon after lunch we proceeded to **Kalo Dungar** also known as the Black Hill which is the highest point in Kutch, and is famous for its 400 year old **Dattatreya Temple**.

The view from the hill top was breath taking and we had a panoramic view of the **Great Rann**



of Kutch.

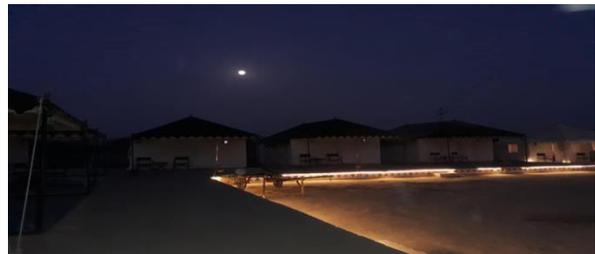
The Rann of Kutch is a salt marshy land located in the Thar Desert which is the largest salt desert in the world. **The Sunset**



at this place was Picture perfect, and a photographer's delight. The alongside camera short tells you no lies!!! The evening passed by with delightful picks of traditional art and craft with folk music and soon it was time for the full Moon to come up from its hiding arena. After much hide and seek and waiting, the Moon finally came up and the rays transformed the white sand into white pearls spread across the entire stretch of the Desert.



It was indeed a beauty to cherish for a lifetime. We did not want this to give up on this scenic beauty, but as the drive back home was long and tedious we had no choice but to return. Hot dinner awaited us and we had



yet another surprise of Bon fire and



folk music to keep engaged in high spirits before we retired to bed!!!!

January 22, 2019 [Day Two]

Contributed by Anjana Tandon

After a beautiful experience at Rann of Kutch the Desert on second day we had breakfast and started our journey to visit places like Aina Mahal Museum , Pragmahal Museum, Kutch Museum Bhartiya Sanskriti Darsan Exhibition



Museum & Cenotaphs of Royal Family. After Noon we proceed to visit Hiralaxmi Memorial Craft Museum at Bhujodi.

The Aina Mahal is an 18th-century palace



which is located next to the Prag Mahal in Darbargadh, Bhuj, Gujarat, India. The palace was built by Rao Lakhpatji of Cutch State around 1750.

It was really a very good experience. We also enjoy the evening show at the Hiralaxmi Memorial Craft Museum.



HiraLakshmi Memorial Crafts Park and Vande Mataram memorial, Bhujodi are in the same complex

This memorial park is pretty big and has a memorial dedicated to the freedom struggle of India. There a miniature red fort, India gates,

Parliament House and an interesting Museum based on Gandhi's life. Lot of greenery and a lake with a wooden bridge. A very nice place to spend time and great photo options, especially the one with Gandhi ji driving the car, Gandhi statue and the spinning wheel. There's also a crafts village promoting the local Kutch handicrafts, but we felt they were overpriced. We had got much cheaper stuff from the Rann Utsav crafts mela. Worth a visit if you're in Bhuj.

January 23, 2019 [Day Three]

Contributed by Leena Lobo

Our day started very early as we planned to leave by 7.30. With all hutch-putch finally we checked out at 9.30 for a sightseeing trip of Bhuj city. On the way we visited Vijay Vilas Palace a beautiful structure and we all enjoyed a clear view of Kutch from top of this palace with hundreds of pigeons flying around the palace. What a marvelous view it was!!!! Also from top of the palace we could see clearly Kutch city and its surrounding areas.



From there we proceeded to Mandavi Beach.



Some of us took Camel ride, little shopping and since it was very hot, we left the place soon. Thereafter we proceeded to Railway station. On the way we visited Jain temple.



Its structure and surroundings were so beautiful. We also packed our lunch and proceeded to the railway station. Overall it was a great trip and we all enjoyed thoroughly.

Charity- February 9 at Earth Savior Foundation

We had a very good time at Earth Saviors Foundation on Saturday 9 Feb.

On behalf of managing Committee we all are very grateful to those who contributed for the Earth saviors Foundation under the umbrella of IASAP.

Many thanks to them.

They are
Jyotsna Pathak
Gunjan
Savita Alekar
Veera Mavalwala
Kiran Makhija
Anjana Jacob and
Anjana Tandon



Women's Day March 9 2019 at Thai High- Balance for Better

We celebrated International Women's Day



with full enthusiasm. The theme was "balance for the better". This event was sponsored by Eazy Diner.

On this occasion, Speakathon was organized. In this competition, 8 ladies had participated they were:



Meenakshi Dhanda, Kiran Makhija, Har Narinder Minhas, Veera Mavalwala, Ramona Keelor, Rashmi Budhiraja, Gargee Mehta and Swaran Grover.

The winners were -

First prize winner - Ramona Keelor

Second prize winner - Kiran Makhija

Third prize winner - Veera Mavalwala.



Thereafter, Prerna Kumar, Founder & Director, Chaiveda shared her fascinating journey from a corporate employee to a

present-day flourishing entrepreneur. She also explained the benefits of the various ingredients of tea and how tea is planted and grown. She further showcased her products and elaborated on how she prepares her marvelous tea blends and how to use them.

Two New Members Joined IASAP on this event



Neha Mahajan – Associate Member



Prerna Kumar – Converted her membership from Associate to Life.

Prerna Kumar won the prize for best ethnic wear.

It was so heartening to see all the lovely ladies dressed in ethnic wear, it just made the evening more beautiful.

Birthday celebration done for Neena Frey, Asha Bhandoola, Har Narinder Minhas, Swaran Grover, Heena Kathuria and Veera Mavalwala by cake cutting ceremony.



Administrative Professional Day April 27 at Crowne Plaza
Topic was Supporting Leadership Responsibility.



We celebrated Administrative Professional's Day at Crowne Plaza. It was a full day session.

The two speakers were invited on that day.

Mr. Eklavya- Dean, Nalanda LLC, Dalmia Bharat Group.

The session taken by him was Awesome! He started the session with very interesting mythological stories on passion and to understand what the leader needs.

Mr. Eklavya Sinha, conducted various exercises, for the purpose of -

- Know yourself, who you are and where you come from.
- People Styles at work...and beyond.
- Self - assessment inventory.
- Manage our emotions.
- Influence without authority.
- Influencing tactics.
- Adapt our style.

He mentioned various books, sites and gave many examples to drive the above points.



All in all, a session of a lifetime!!!

After the lunch break the session resumed with the next Speaker, who was introduced by the past chairperson Kavita Bhatia.

Ankit Chauhan- A successful entrepreneur with leadership skill

Mr. Ankit explained the concept of Food & Nutrition - Disease vs. Disorder

He explained that -

What your doctors do not know might be killing you.

- Disease is curable, disorder is not curable.
- The five pillars of a healthy and happy life.



He also shared names of many books, documentaries and apps for a healthy body. All of this was a huge eye opener for us.

Awards were presented to:



Early bird registration

1. Ramona Keelor
2. Har Narinder Minhas
3. Meenakshi Dhanda

Award of attending the maximum events during 2018-19 –



1. Ramona Keelor
2. Shirley Samuel
3. Har Narinder Minhas

Kavita and Meenakshi were then felicitated and thanked for arranging the speakers.

Two new members Joined at this event. They were introduced by Vijaylaxmi Amin(Mumbai Chapter)



Radhika – Tata Sons



Yogita Sharma – Tata Sons

The birthdays of Neena, Shirley Samuel and Yogita Sharma was celebrated with the cake cutting.



What Is Life?

They say it's from **B** to **D**.
From **B**irth to **D**eath,
But what's between **B** and **D**?
It's a "**C**" So what is a "**C**"?

It is a **C**hoice.

Our **L**ife is a matter of **c**hoices,
Live well and it will never **GO WRONG**.

Boomsumo.com





The detail for next event will be announced shortly..

Esperanto Team: *AnjanaTandon, AshaBhandoola*

Disclaimer: The views expressed in Esperanto are those of the authors and not necessarily that of IASAP
Please send your feedback /comments to Anjana Tandon (tandon.anjana@gmail.com) and to Asha Bhandoola
(skbhandoola@yahoo.com).

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