



ESPERANTO

March, 2016

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CHAIRPERSON'S MESSAGE

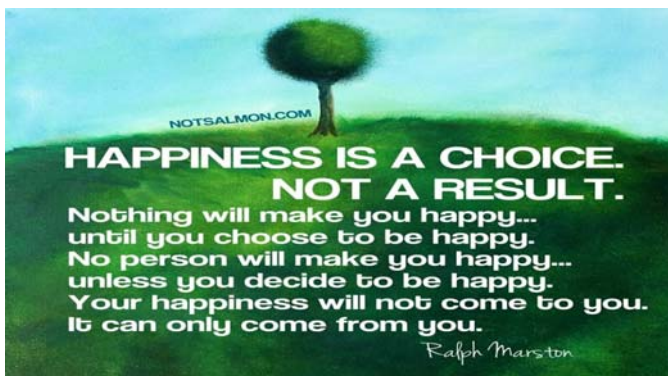
Dear Friends,

My 12 years journey of having worked in the Committee (Co-Treasurer/Treasurer/Vice Chairperson/Chairperson) comes to an end on 21st May 2016. It was a great learning opportunity and I would cherish every experience that I had. The journey has been very exciting and even though there were a lot of challenges and anxious moments, but we took all in our stride and always managed to bounce back. In the famous words of Spock from Star Trek – “The only emotion I would like to convey is gratitude-Live Long and Prosper. My tenure in the Committee may have come to an end but my association and passion for IASAP is never ending and I hope and pray to God please give me strength to keep on doing what best I can do for IASAP.

Last but not the least I believe and will always say that keep doing good things irrespective of anyone noticing/praising you for remember the sun rises when millions of people are still sleeping.

Thank you

Anita Khosla



OUR MANAGING COMMITTEE

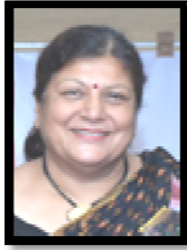


From Left: Jyotsna Pathak, Anita Khosla, Meenakshi Dhanda, Anjana Tandon, Veera Mavalwala, Vandana Kalsi and Gargi Mehta

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|------------------|-----------------------------|
| Anita Khosla | - Chairperson |
| Vandana Kalsi | - Vice Chairperson |
| Anjana Tandon | - Secretary |
| Jyotsna Pathak | - Treasurer |
| Gargi Mehta | - Committee Member |
| Meenakshi Dhanda | - Imd.Past Chairperson |
| Veera Mavalwala | - Advisor, Past Chairperson |

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FROM EDITOR'S DESK

Dear Friends,

Man is a social animal. We were taught this in the first grade. Our need for belonging, of proximity to other fellow beings in not just psychological, it is the very essence of our existence. A person who cringes when in contact with other people, is looked at with raised eyebrows. On the other hand, a do-gooder or a philanthropist is welcomed with open arms and open hearts. Our society has a deep-rooted & an unambiguous inclination towards those who demonstrate empathy for other humans.

How ironical is it, when society itself withdraws from these responsibilities - collectively and individually. Families are becoming increasingly nuclear and meeting distant cousins have been relegated to the periphery of our busy time schedules. Marriages and festivals, traditionally the celebration of togetherness, have been lost to the "the selfie stick" and social media. More communication today happens on Whatsapp than in actual person. We live in a world where independence is fast replacing amicability as the most sought after virtue. Even our conformance to social behaviour is, paradoxically, in complete insulation.

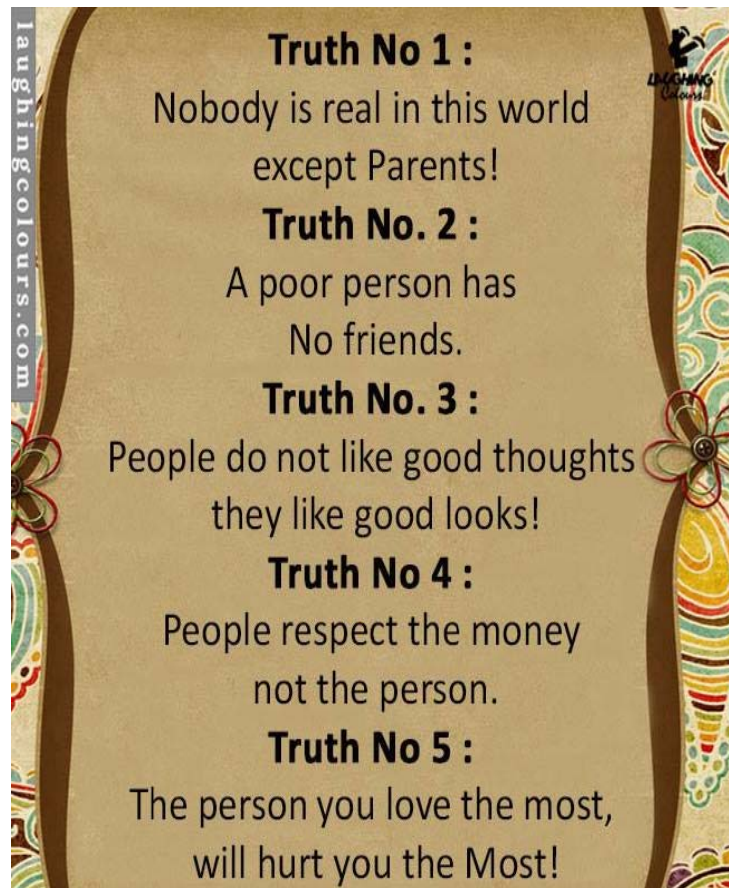
A classic illustration to the state of our society is the suicide of Pratyusha Banerjee. A seemingly household face, doling out moral values at the end of each Balika Vadhu episode, successful and popular. An envious life even. The reality: a lone struggle, isolated suffering, unable to reach out; a flame blown out far before its time.

Is it true that most of us do not "really know" our neighbours? Their angst and their joys. Does it seem intrusive to lend a shoulder to a known sufferer, voluntarily?

Do we have better claims to stake than that of having abated someone's burden? Are we more stoic today, or more vulnerable? Sometimes a trigger can help us snap out of our zombie blur. Sometimes we just need to look for a trigger.

As the new financial year begins, and our minds are steadfast upon honing our fiscal strength, let's become conscious of what really defines us. Man is a social animal. If not social, he's just an animal. As Irwin Sarason said, "Good friends are good for your health". When was the last time you made a new friend? It could be Today, if you so chose to. Who knows, the one person you reach out to, may have been longing for just that. It may start a whole new chapter in your life and may even rekindle the failing flame in someone else's life.

Meenakshi Dhanda





WOMEN'S DAY CELEBRATION

March 12th at Jungle Jamboree

Women's day was celebrated with full enthusiasm at Jungle Jamboree restaurant. It was very surprising to see that it was attended by lots of our very old members which were very motivational for newcomers.





WOMEN'S DAY CELEBRATION





GUIDELINES FOR MANAGING TECHNOSTRESS

(Contributed by Vandana Kalsi)



Our work and social lives are inextricably intertwined with technology, so avoiding technology altogether is not a realistic option. How, then, do we address the stress produced by technology while still using the very technology that causes the stress? Here are some guidelines:

1. **Study your habits.** Don't be a passive consumer of technology and its input. Ask yourself every day if you are focusing on the right things. Consider a media or news fast for a day (or more).
2. **Set appropriate boundaries.** Set your own limits, such as having no phone calls during dinner. Let your employer, customers, friends, and family know the times they can expect you to return calls, emails, or texts. Avoid channel surfing since it can cause you to lose track of time.
3. **Exercise your concentration muscles.** Commit to reading an absorbing book or meditating to sharpen your attention and relieve stress.
4. **Limit your email (and texting) time.** Determine the number of times a day you will look at email or texts. Choose early morning, mid-day, and late afternoon to check for messages. This allows you to focus on the project at hand and not be distracted by the pings, dings, and tones of your computer or phone.
5. **Concentrate on one activity at a time.** Try to do it well and be mindful of just that activity while you are engaged in it. For example, either read or watch television. Don't do both.
6. **Learn to limit your Internet searches to a predetermined length of time.** It is impossible to
7. know everything about any topic. By limiting the time you research a topic, you avoid feeling fatigued or stressed simply by the amount of data to review.
8. **Buy the right equipment—and only what you need.** It is tempting to buy the fanciest version of the newest technology. Avoid this by purchasing only what you need and only when you need it. If your old equipment works, don't purchase anything to replace it until it is absolutely necessary.



9. **Get unplugged.** Spend at least one day each week with little to no technology. Walk the dog, go to a movie, read a book, have dinner with friends or family, or watch the sun set (*without taking a photo of it*). Practice *being* instead of *doing*. Turn off anything that rings, sings, pings, or dings.
10. **Take a break.** Take a break between tasks, or at least get up and stretch or take a walk every 30 to 60 minutes. Sit up straight at the desk and take a deep breath frequently. Go outside for even a few minutes and reconnect with nature.
11. **Choose healthy behaviors.** Make the commitment to replace unhealthy “technology addictions” with healthier habits that nurture you and your important relationships. Choose a time to check email, for example, when it does not interfere with time that could be spent with your children or significant other. Try other healthy outlets, such as exercise, yoga, walking, or reading. Spend quality time with family and friends on a regular basis. Pursue hobbies, sports, or new leisure activities to increase your offline time.
12. **Connect in person.** Spend more time in person with people you care about. Don’t allow virtual connections (via texting or emails) to take the place of physical connections. Nothing can replace the *real smile* on the face of your child, or the laughter of a friend when you tell a funny joke, or the hug of a friend who hasn’t seen you in a while.
13. **Take care of yourself.** Making time for your physical, emotional, and spiritual health is crucial to long-term wellness. Don’t let technology invade the time you devote to caring for yourself. Choose to eat properly, get enough sleep, find a physical activity that you enjoy, drink enough water, take a walk on the beach or hike in the woods, or read a good book while sipping on a delicious cup of coffee. Avoid the temptation to bring all kinds of electronics on an out-of-town trip. Technology will always be there when you get back home. Consult a professional if you struggle with addictive behavior, anxiety, depression, or other conditions that are unhealthy.

IT IS HARD TO BEAT A PERSON WHO NEVER GIVES UP.

(Quote contributed by Gargee Mehta)



SOMETHING FOR YOU TO KNOW

(Contributed by Anjana Tandon)

COMPELLING REASONS FOR EATING FRUITS



STRAWBERRIES
Fighting cancer & aging



BANANAS
Boost energy



CHERRIES
Calm Nervous System



GRAPES
Relax blood vessels



PINEAPPLE
Fights arthritis



BLUEBERRIES
Protect the Heart



KIWIS
Increase bone mass



WATERMELON
Control heart rate



MANGOS
Prevents cancers



ORANGES
Protect skin & vision



APPLES
Help resist infection



PEACHES
Providing potassium
fluoride & iron



HOW TO ENCOURAGE FELLOWS TO EXPRESS THEIR IDEAS AND FEELINGS IN A CONSTRUCTIVE WAY

(Contributed by Anjana Tandon)

The basis of any relationship is trust. Trusting that you won't be left behind, trusting your life in someone else's hands and allowing yourself to be vulnerable, knowing that you won't be judged or loved any less for your actions and thoughts. *This is relevant also for groups that have a common mission like breaking a record or organizing a risky trip.* When you open up and create such a bond, the thrilling situations and risks that you're exposed to during climbing mountains will only reinforce it. It has been scientifically proven that emotional connections are strengthened when doing physical group activities that require intense effort. You are also more likely to bond when performing activities that get your adrenaline pumping.

Mountain climbing is an exciting activity that requires psychological resources, a risk seeking personality and careful planning. All these have to be paired with the support of a group of climbers for a chance of success or better results. Any kind of group has its own dynamic, but one of the things that is most likely to appear when exposed to social interaction is social pressure. It can keep a lot of people from voicing their ideas or feelings and this will lead to frustration and eventually conflict.

As a group leader, the first thing that you should aim for is to **create a safe environment** where members understand that no judgments should be made about what others communicate. Another helpful trick is to encourage them to express themselves clearly, to say something and back it up with explanations and to always be aware of their tone of voice. Sometimes it's not necessarily the message that hurts or offends, but the way that it is delivered.

Are you facing a problem? Make sure your fellow climbers know that when trying to solve it, stating ideas and feelings can generate empathy, while accusing someone else will only generate defensiveness. **Expressing emotions can have a positive impact** not only on the way they will interact, but also on building their confidence and trust in each other. Acknowledging mistakes and accepting feedback, rather than becoming defensive is also something that can help when dealing with an issue.

Being part of a group is both challenging and rewarding. Just make sure you all understand that each and every single individual is valuable and make them feel like it and never forget to practice what you preach while on the climb to your best selves.

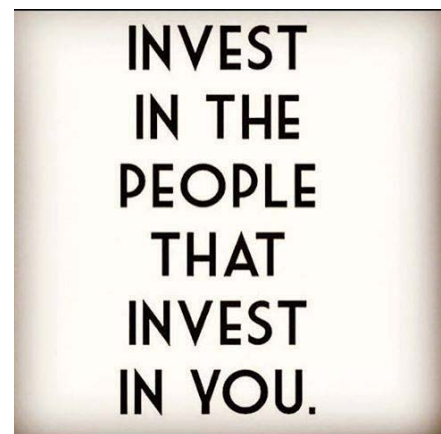


VISIT OF MS. HOMAI MEHTA WITH DELHI CHAPTER

Delhi Chapter was overwhelmed by the visit of Ms. Homai Mehta - The President Emeritus. She met with all new and old members and expressed her views and certain guidelines, which can be taken care in all the meetings and events.

She did one to one interaction which everybody liked and put their views in front of her.

Really this meeting was very encouraging for all.





FUN TIME



**Ab Tak Ka Sabse
Possitive Joke**

Wife: Main Aap Se Baat
Nahi Karungi.

Husband: Theek Hai.

Wife: Kya Tum
Reason Nahi Jaanna
Chahte ?



Husband: Nahi Main
Tumhare Faisle Ki
Izzat Karta Hu.



Patiala Jokes

**Highcourt ne aaj ye spasht kiya
hai ki...**

Agar Pati Parmeshwar hai to...

**Boy friend bhi
chota mota BABA maana jaega**



I WANT TO MAKE MY NAME ON FACEBOOK

"NOBODY"

SO WHEN I SEE SOMEONE POST SOMETHING
STUPID...

I CAN LIKE IT AND IT WILL SAY

"NOBODY LIKED THIS"