



FEBRUARY2021

Dear Members,

February is the month of **Love**, a time for emphasizing the importance of love in our lives.

On this note, our speaker for this month is our very own **Kalpna Shetty**, VedantLifeskills, Training and Consultancy. Her topic is "**Love Yourself**", she has a huge agenda on love, fitness with yoga, pranayam for mood swings, mudras for uplifting energy, balanced diet etc. each having its own definition.

'Mudra', a Sanskrit word, means a symbolic hand gesture that has the power of producing joy and happiness. Our hands define our karma and fingers being the power points, are a link between individual Pranic force and universal cosmic energy.

'Prāṇāyāma' is the practice of breath control in yoga. In modern yoga as exercise, it consists of synchronising the breath with movements between asanas.

'Yoga' is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six Āstika schools of Indian philosophical traditions.

Ladies joined in large numbers and enjoyed the session.

Date and time : Saturday 13th Feb 2021 at 5pm

Venue : Our comfortable zones in our own homes (link will be sent accordingly)

**BEROZE DIVECHA
CHAIRPERSON**

**MONICA DSOUZA
HON. SECRETARY**