



JANUARY 2021

Dear Members,

“Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow”

When you are deep inside a jungle, your vision is blocked by the trees. In order to plan a route, you need to break out of the dense forest and see the entire landscape. Similarly, if you are thick in the jungle of your own life, you might not be able to see much beyond next week.

On this note, we bring to you **Mr. Shirish Sebastian** - International Educator, Popular Orator, Blogger, Youtuber, wellness coach, Basics of Ayurveda and a Mechanical Engineer by qualification. Shirish gave us an insight on the importance of " **Appointment with yourself**". Am sure this session has helped each one of us to believe in ourselves a little more.

Date and time : Saturday 16th Jan 2021 at 5pm

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

**BEROZE DIVECHA
CHAIRPERSON**

**MONICA DSOUZA
HON. SECRETARY**