



PUNE CHAPTER

**Indian Association of Secretaries and Administrative Professionals**

Affiliated to: Association of Secretaries and Administrative Professional in Asia-Pacific

**CIRCULAR**

## **OCTOBER SESSION2020**

Dear Members,

Ms KomalSagare, Founder Shimmer Glimmer Events who spoke on “ Health, the groundwork to Happiness!on October 24, 2020, 5:30 PM

Combining her love for Entertainment & attention to detail, she curated her brainchild Shimmer Glimmer Events in 2017. A passionate event organizer who accepts every challenge with a smile!

She is an adventurer at heart, someone who loves everything about fitness and healthy living and eating habits, coupled with fun workouts. This was a good opportunity to re-charge our senses with the insights on healthy living leading to happiness quotient and staying fit with basic workouts. She practices Yoga, Zumba, dance & a lot of more fun sessions hence she calls herself Yogic Traveller.

We at IASAP – Pune gained some insights on how healthy living leads to happiness quotient and how being happy means staying fit!

**BEROZE DIVECHA**  
**CHAIRPERSON**

**MONICA DSOUZA**  
**HON. SECRETARY**