



INDIAN ASSOCIATION OF SECRETARIES AND ADMINISTRATIVE PROFESSIONALS

CIRCULAR
JANUARY 2019

Dear Ladies,

Wish you all a very Happy, Healthy & Peaceful New Year 2019

As Administrative Professionals, you spend your time & energy making sure everybody else has everything they need, but are you doing everything you need for yourself ?

Therefore, this New Year, we bring you a rejuvenating session especially for you.

Anxiety in the modern age is rarely remedied by a fight or flight response, and so physical & mental exercise can be used as a surrogate to metabolize the excessive stress hormones and restore your body and mind to a calmer, more relaxed state. You can overcome the worry by enhancing your Physical, Mental & Emotional abilities.

This month we bring eminent speakers from **Ananda Sangha, Dr. Anand Gait (MBBS DNB- I) , Dr. Amar (MBBS, MD) & Ms. Blezy Philip (Certified Healing Teacher)** who will brief us on unique energizing exercises, healthy diet, scientifically proven benefits of fasting, sun exposure and affirmations.

Come Treat yourself to a little fun and professional pampering. After all your hard work, you deserve it!

So Why Wait ? Join us and learn the Stress-Busting Strategies.

TOPIC : NEUROSCIENCE OF EMOTIONS

DATE & TIME : Saturday, 19th January 2019, 6.30 pm (Registration starts)

VENUE : Tivoli Garden, The Poona Club Ltd.

6, Bund Garden Road, Camp, Pune 411 001

RSVP : Gracy - Gracy.DSouza@bajajallianz.co.in / 9823270792

Juhi - juhisadhwani@rediffmail.com / 9970617992

(Last date for RSVP : 16th January 2019. Seats are limited. Hence registration will be open on 1st come 1st serve basis only.)