

Indraprastha

R I President: Jenifer E. Jones Dist. Governor : Ashok Kantoor President : Rtn.: Vinod Sawhney

YEAR OF CHARTER 1939

Indraprastha No 7/22-23, 25th August

LUNCH MEETING AT ASHOK HOTEL



Our Speaker meeting with Dr. Abhishek Vaish was specially meant for our senior members as he is an Ortho Doctor from Apolo Hospital.

Dr. Vaish explained in great detail for the problem of knees and its solution comparing it with the last 75 years of experience with changing technology in medicine. In case of timely advice from the doctor, knee surgery can be avoided as this should be a last resort.

Good learning though attendance was very low. Hence I request all members to attend speaker meetings and enjoy Rotary.



KNOW YOUR NEXT SPEAKER : ANISHA ANAND



Anisha Anand is a well known wellness expert and life coach. She is passionate about Essential Oils and their wide ranging life altering benefits. Anisha left her career as a Computer Engineer at Compaq/Hewlett Packard after 15 years. Her writings have been featured in Live, Love and Eat Magazine, The Bay Area Health and Wellness magazine of Houston, the Holistic Houston magazine, as well as various by health coaches on their websites, blogs and health transformation programs. Anisha has also been a regular contributor to the Live Love Eat Magazine for monthly recipes for almost 2 years and the magazine is currently #9 in the best Best Sellers in Health eMagazines on Amazon!

She was interviewed by Cleverly Stone on her radio show on CBS Radio Houston and was featured on the Chefs Coast to Coast show with an interview with Lauren Ignited. Anisha has also had two appearances on the KYND AM 1520 Radio Today's Health Network. More recently Anisha's recipes, writing and food photography have been featured in the Edible Houston Magazine. She has stellar experience in concepts of using plants and essential oils and the power of the plant chemicals to support health and wellness.. We are meant to be in nature and be surrounded by nature but we live in doors, so essential oils allow us to be connected and also we get to use plant intelligence as well. The new research is now showing how all this impacts epigenetics and how we can also pass on things to future generations. Also how we have smell receptors on other organs so the concept of aromatherapy maybe way more powerful than just the smell in our noses. Essential oils are a really amazing tool for our wellness tool box and having the knowledge to apply these amazing plant chemicals in our lifestyles is an excellent and empowering way to be our own wellness advocates and using the power of nature to improve our lives. Anisha gains satisfaction in helping children, teenagers, adults and seniors as they struggle with health issues by coaching and empowering them through the use of essential oils and food as medicine.

NEXT LUNCH MEETING
On
1st September 2022
At
Hotel Lalit

The Board 2022-23

President	: Vinod Sawhney
IPP	: Radhika Backliwal Narain
Secretary & PE	: Sandeep Chopra
Vice President	: Neera Gupta
Vice President	: Saroja Vaidyanathan
Joint Secretary	: Surinder Thapar
Treasurer	: Anil Jain
Director	: H S Poddar
Director	: Veena Hora
Director	: K S Vaidyanathan
Director	: Rohit Jain
Director	: Col. A.T. Gajraj
Director	: Rippu Daman Sudershan
Director	: J P Shukla
Club Advisor	: Giridhar Govind
Club Advisor	: Umesh Dayal
Club Trainer	: Suresh Bhasin
Sgt-at-arms	: M M Janveja



The 4-Way Test

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it Build **GOODWILL** and **BETTER FRIENDSHIP**?
4. Will it be **BENEFICIAL** to all concerned?