



MESSAGE



Dear Friends,

It was indeed an honor and delight for me to take on the mantle as the President of FLO in its 30th year. As I look back at the year 2013-14, I feel a deep sense of fulfilment, as it has been one of the most exciting and enriching phase of my life.

Today, I can proudly acknowledge that FLO has grown as an organization over the years and has carved a niche as one of the premier business organizations in India. With 10 chapters and over 3500 memberspan-India, FLO is continuouslyworking towards the objective of women empowerment by promoting entrepreneurship development and

professional excellence.

This year, my objective as the President, was to propel learning, increase networking and ensure enrichment amongst our members. After much brain-storming, deliberation and discussion which lead to some extremely valuable inputs from my ever supporting Committee Members, we drew out a roadmap for the year, which would appeal to our very diverse membership.

Towards this, Member Engagement Sessions were organized once a week, which was a platform for interaction with select group of members to comprehend their expectations from FLO as also understand in what way they could contribute towards the growth of the organization.

The Interstate Meet hosted by FLO Headquarter for the 1st time since FLO's inception is another memorable part of my FLO journey. With 178 registrations from Delhi and 10 Chapters, it has been a deeply satisfying as well as humbling experience for me. Felicitation of 30 outstanding womenachievers of FLO gave me the realization that FLO is a treasure field of exceptionally talented and illustrious members.

As suggested by Honorable Chief Minister of Gujarat Shri Narendra Modi ji, FLO has compiled 150 stories of women entrepreneurs at grassroots level and has come out with a publication titled "Entrepreneurship: Against All Odds' and an exclusive website, 11 stories out of these have been selected for being felicitated during the 30th Annual Session.

A publication, commemorating the 30th year has been brought out by FLO. The book features the journey of FLO in the last 30 years, encapsulating the achievements of past president and the chapters.

FLO took a step forward on the recommendations made by the FICCI & FLO Industry Task Force on Women Safety, by starting a movement on keeping women safe by signing a pledge on 'Creating a Climate of Respect: Keeping Women Safe'. FLO partnered with Microsoft India and launched its application on women safety 'The Guardian' during the session. I encourage everyone to take this movement forward in their respective areas and implement the Pledge not only in the organization we working with, are a part of and also the social circle that we move in.

Interactive sessions on a range of subjects such as Family Business Management, Relationship Building, Financial Knowledge, Investment Management, Healthy Lifestyle amongst others were organized, keeping in view the varied interests of the members. Visits to National Gallery of Modern Art, Haldirams factory, IGI

International Airport and Krishna Janmasthan Mathura were also highly appreciated by the members.

My journey at FLO has taught me new lessons every step of the way... be it learning to work with a team, planning ahead of time, importance of time management, keeping calm when everything seems to be falling apart... the list is endless!!!

I am very grateful to my enthusiastic, supportive and very resourceful Committee Members. Without you, I really could not have hoped to achieve all that I had set out to.

Sincere gratitude to all Past Presidents for being my constant mentor and guide, for always being available and for patiently answering all my endless queries.

I would like to thank Dr. Manju Kalra Prakash and the FLO Secretariat for their whole-hearted cooperation this year.

All the very best to Neeta Boochra the incoming President. I hand over the reins to her, with complete confidence that she will do a great job of keeping the flag of FLO soaring high in the sky.

Thank you all for giving me this wonderful opportunity, the memories of which I will cherish forever.

Warm regards,

President, FLO

The Power to Empower



Indu Jain 1983-1984



Abha Dalmia 1984-1985



Usha Patodia 1985-1986



Manju Bharat Ram* 1986-1987



Shobhana Bhartia 1987-1988



SudhaJhunjhunwala* 1988-1989



Nirmala Jain 1989-1990



Indu Rani Punj 1990-1991



Shubhra Gupta 1991-1992



V L Indira Dutt 1992-1993



Madhu Kanoria 1993-1994



Beena Khaitan* 1994-1995



Dr Manju V Mehta 1995-1996



Usha Krishna 1996-1997



Sarparveen Kaur 1997-1998



Anjana Somany 1998-2000



Renuka Shah 2000-2001



Dr Kusum Ansal 2001-2002



Surekha Kothari 2002-2003



Chandra Garodia* 2003-2004



Namita Gautam 2004-2005



Usha Agarwala 2005-2006



Mukta Nandini Jain 2006-2007



Kiran Gera 2007-2008



Anuradha Goel 2008-2009



Kavitha Dutt Chitturi 2009-2010



Ranjana Agarwal 2010-2011



Neena Malhotra 2011-2012



Kavitha Varadaraj 2012-2013

MESSAGE FROM FLO PAST PRESIDENTS



Dear Malvika,

I would like to congratulate FLO for its many achievements over the past 30 years.

I remember in 1983 when the thought of starting a womens wing of FICCI came up,Induji and I would sit up nights planning how to go about it. From 1983, FLO has grown tremendously over the years with 10 chapters and many more to come! I feel as proud as a parent would when I see the success FLO has become.

I would like to congratulate all the Past Presidents, Chairpersons of different Chapters and members of FLO for the pivotal role that each of them has played in the success of this Organisation.

I wish FLO a productive and prosperous future and I look forward to working closely with the Organization.

Best Wishes, AbhaDalmia Past President, 1984-85



Dear Friends,

FLO is a great organization for business women and upcoming entrepreneurs.

It has a nationwide presence via its chapters in the regions. It gives good opportunity to network with other entrepreneurs.

FLO holds programmes and interactive sessions which is a wonderful learning experience.

My association with the organization has been an enriching experience.

My best wishes on its 30th anniversary.

Dr Manju Mehta Past President, 1995-96



Dear Malvika,

Congratulations on a wonder year! FLO has immensely benefited from your leadership. I wish you all the very best, always!

I am sure FLO will continue to grow and reach higher and higher levels of glory and achievement in the years to come.

Best wishes,

Usha Krishna Past President, 1996-97

MESSAGE FROM FLO PAST PRESIDENTS





Dear Friends,

During its inception in 1983, FLO was established to promote entrepreneurship and professional excellence among women in India. In the past 30 years, FLO has far exceeded it goal. Not only has it established itself amongst the strongest business platforms for women, today it has also taken up the responsibility to nurture and cater to society's biggest need for the future success in India – educating the girl child and empowerment of women at large.

Today through its several chapters across India, the young and vibrant team at FLO aims at development of inclusive and holistic programmes with the help of mentors, accelerators to deliberate policy concerns of women in business. FLO today serves as a platform for social impact, support for the less privileged and provides innovative solutions for the problems faced by women entrepreneurs countrywide. It has even extended its association and co-operation with international organisations and projects, paving a way forward for improving relations with many foreign countries.

This is a big step forward and I wish FLO the very best in its journey of continued success. My congratulations to the outgoing President Malvika Rai and very best wishes to the incoming President Neeta Boochra as well, I am confident the team will keep up the good work and take FLO to new heights.

Best wishes, Renuka Shah Past President, 2000-2001



Dear Friends,

FLO has emerged as a premier association of its kind, doing exemplary work for the development of entrepreneurship and professional excellence among women for the last 30 years, spreading its wings nationally and internationally.

It is my privilege to lead the International Women's Entrepreneurial Challenge- IWEC an initiative of the Barcelona Chamber of Commerce in partnership with the Manhattan Chamber of Commerce and FICCI-FLO, supported by the US Department of State.

Established in 2006, the mission of IWEC is to develop a global business network for successful women business owners, helping them to gain and expand excess to international markets. Awards are given once a year to deserving women entrepreneurs.

Congratulations to Malvika and her team for completing a successful tenure, working together to grow with FLO and taking it to newer heights.

With Warm Regards Usha Agarwala Past President, 2005-06

MESSAGE FROM FLO PAST PRESIDENTS



Dear Friends,

It is indeed a matter of great pride for me that FLO has completed 30 years. My association with FLO goes back a long way and has left countless pleasant memories in its wake.

This is a significant milestone in the history of FLO. In the course of the past 30 years the Organisation has achieved much and therefore has much to be proud of. Despite the many trials the institution must have encountered on its journey to this day, I am sure, it has had many triumphs. Today, we celebrate those triumphs. Thirty years is a long time in an organisation's existence, while only a short time in the human story. The cultural, social, and technological changes that span the last three decades have deeply affected our lives and our Organisation and have changed it in numerous ways along with the world, and our appropriate response to these changes has been a continuing key to our success. With the added complexity of our changing environment and the seemingly infinite changes to be found in our society today render FLO more relevant than at any point of time in its existence.

Let us also recall the collective efforts of various remembered and forgotten people from whose toil this success emanated. In the midst of this celebration we must also pause to contemplate and appreciate the efforts put in and energies spent by all those people to whom we owe this occasion.

Let us jealously guard the gains we have made over the years and keep on pushing the frontiers of possibilities, and embrace the advances made in every sector and section of the society and leverage our collective creative and innovative minds to go boldly into the future.

Regards, KavithaDutt Past President, 2009-10



Dear Malvika,

Under your leadership and guidance, FLO has indeed touched heights never achieved in the past.

It is my great honour and privilege to be associated with such an august body of committed and empowered women. You have indeed put the organisation centre stage in the area of professional excellence and entrepreneurship development.

The outreach through social media is impressive. I congratulate you for a job well done and wish Neeta Boochra all the best for her term.

With warm regards Ranjana Agarwal Past President, 2010-11



Malvika Rai President



Neeta Boochra Sr. Vice President



Archana Garodia Gupta Vice President



Anuja Narain Treasurer



Harjinder Kaur Jt. Treasurer



Kavitha Varadaraj Imm. Past President



Dr Manju Kalra Prakash Executive Director

GOVERNING BODY MEMBERS 2013-14

DELHI



Shilpi Arora



Vasvi Bharatram



Jayanti Dalmia



Meera Goyal



Sangita Gupta



Priya Hingorani



Dipika Jindal



Archna Luthra



Rajyalakshmi Rao



Sandhya Sethi



Mamta Singhania



Vidhi Singhania



Minal Somani



Lipika Sud



Ritu Vadehra

GOVERNING BODY MEMBERS 2013-14

YFLO DELHI



Garima Jain Chairperson



Avarna Jain Sr. Vice Chairperson



Divya Suri Singh Imm. Past Chairperson

AHMEDABAD CHAPTER



Sajani Dua Chairperson



Ritu Jain Sr. Vice Chairperson



Pooja Agarwal Imm. Past Chairperson

BANGALORE CHAPTER



Shubha Kulkarni Chairperson



Namrata Bhatia Vice Chairperson

BOMBAY CHAPTER



ParvathyRamaswamy Chairperson



Malathi Natarajan Sr. Vice Chairperson



RenuKathuria Imm. Past Chairperson



Ambika Gupta YFLO Chairperson



Vinita Bimbhet GB Member

CHENNAI CHAPTER



Mrinalini Maher Chairperson



Parveen Papa Sr. Vice Chairperson Imm. Past Chairperson



Srikanta Jhaver

COIMBATORE CHAPTER



Swathy Rohit Chairperson



J. Mohanasundari Sr. Vice Chairperson



L. Ramachandran Imm. Past Chairperson



HYDERABAD CHAPTER



Jyotsna Angara Chairperson



Monika Agarwal Sr. Vice Chairperson



Rekha Reddy Imm. Past Chairperson



Ashita Nawalgariah YFLO Chairperson



Aparna (Pinky) Reddy GB Member

JAIPUR CHAPTER



BelaBadhalia Chairperson



Apra Kuchhal Sr. Vice Chairperson



Vinnie Kakkar Imm. Past Chairperson

KOLKATA CHAPTER



Sabina Rungta Chairperson



Priya Seksaria Sr. Vice Chairperson



Ruchika Gupta Imm. Past Chairperson



RichaMohta YFLO Chairperson



Rajkumari Saharia GB Member

LUDHIANA CHAPTER



Komal Agarwal Chairperson



Divya Oswal Sr. Vice Chairperson



Rashmi Bector Imm. Past Chairperson

NORTHEAST



Monisha Baruwa Chairperson



Smita Agarwal Sr. Vice Chairperson



Queen Oja Imm. Past Chairperson



Jahnabi Phookan GB Member

Change of Guard & Annual Session Theme: Unleash the Entrepreneur

Within: Exploring New Avenues

New Delhi: April 8, 2013

Chief Guest: Shri Narendra Modi, Hon'ble Chief Minister of Gujarat





FLO Leadership Conference February 5 & 6, 2013





Meeting with Hon'ble Speaker of the Lok Sabha, Smt. Meira Kumar & Visit to Parliament New Delhi: May 8, 2013







Panel Discussion on Family Business Management 'Making a Difference to My Family & Business' New Delhi: May 9, 2013

Panelists: Mr. Anil Sainani, a family Advisor and consultant CEO coach; Mr. Ashish Bharatram, Managing Director of the SRF group & Mr. Vishesh Chandiok, partner Head of Grant Thornton India.

Day Chair: Vasvi Bharatram, Governing Body Member.





Roundtable Meeting with the Deputy Assistant Secretary for South and Central Asia of the U.S. Department of State, Ms. Alyssa Ayres and the accompanying Women ICT Business Delegation New Delhi: May 20, 2013





Interactive Session on Harmonizing Power, Love & Light in Women New Delhi: July 2, 2013

Speaker Master Del Pe, world-renowned life mentor and modern sage





Walk through the Indira Gandhi International Airport Delhi, T3 & Interactive Session with the Founder of GMR Group New Delhi: July 13, 2013

Speaker: Mr. GM Rao, Founder Chairperson of GMR Group

Day Chair: Harjinder Kaur, Jt. Treasurer





Interactive Session on Understanding the Building Blocks in Relationship New Delhi: July 22, 2013

Speaker: Shri Santhosh Babu, a world-renowned psychologist Day Chair: Sangita Gupta, Governing Body Member







Interactive Session on Myths & Reality on Healthy Lifestyle For Women New Delhi: August 12, 2013

Speakers: Dr. Ashok Seth, Chairman, Fortis Heart Institute, Dr. Gurinder Bedi, Director-Orthopedics, Fortis Hospital, Dr. Tripat Chaudhary-Obstetrics & Gynaecology, Fortis La Femme Hospital and Mrs. Daljit Kaur-Dietician, Fortis Escorts Heart Institute

Day Chair: Jayanti Dalmia, Governing Body Member





Member Engagement Sessions Every Tuesday at FICCI New Delhi: 4:00 to 5:00 pm

Every Tuesday, member engagement sessions are organised at FICCI from 4:00 to 5:00 pm. Member Engagement Committee comprising the Vice President & a Governing Body member interact with the members and facilitate member engagement in a meaningful way.

The interaction begins with Icebreaking session to know the members. Members are encouraged to talk about their expectations from FLO & in what way they could contribute towards FLO & its activities. Over 150 members attended the sessions.

FLO President's visit to Hyderabad Chapter & 2nd Governing Body Meeting 2013-14 at Hyderabad and Educational Sessions on Leadership Hyderabad: August 5- 6, 2013

Speakers: Dr. Baba Prasad, President & CEO, Vivekin Group & Ms. Sulajja Firdoia Motwani







FLO Delegation to Uzbekistan - Khiva, Bukhara and Samarkand August 30 to September 7, 2013



Highlights: Participation of 32 pan India members; Business meetings with Business meetings with Business with Business with Business Woman Association Chamber of Commerce and the Indian Ambassador at Tashkent; Dinner reception organized by the Embassy for the members.

Women Corporate Directors India Networking and Mentoring Forum New Delhi: September 17, 2013

Speakers: Ranjana Agarwal, Past President FLO & Co-Chair WCD, Susan Stautberg, Co-Founder, Women Corporate Directors (WCD), Mr. Sunil Kant Munjal, Jt. MD Hero Moto Corp & Malvika Rai, President FLO





Walkthrough of the Highlights of the Art Collection of NGMA New Delhi: September 18, 2013

Day Chair: Mamta Singhania, Governing Body Member







Where Should I Invest...Real Estate, Stock Market, Jewellery, Art An Afternoon with the experts New Delhi: September 30, 2013

Panelists: Ms. Gagan Singh, CEO Business, Jones Lang Lasalle – Real Estate; Ms. Neena Prasad, Singapore Stock Exchange – Stock Market; Mr. Subhash Bhola, Bholasons Jewellers, - Gold, Diamonds, Jewellery and Ms. Roshini Vadehra, Vadehra Art Gallery

Day Chair: Ms Archana Garodia Gupta, Vice President FLO



Orientation of FLO HQ Office Bearers New Delhi: October 8, 2013





FLO President's Visit to Ludhiana Chapter Ludhiana: October 14-15, 2013





Interactive Session on Going Back to the Future...Know Your Festivals New Delhi: October 19, 2013

Speaker: Dr. K K Aggarwal, Padma Shri and Dr B C Roy National Awardee Day Chair: Ritu Vadehra, Governing Body Member.





Amar Ujala Rupayan Achiever Award New Delhi: October 26, 2013

Highlights: FLO Vice President, Archana Garodia Gupta was invited to be on the illustrious panel of judges for the Rupayan Achievers Awards organized by Amar Ujala at Lucknow. Dr. Manju Kalra Prakash, Executive Director was also invited as a Guest at the Grand Awards Ceremony held on October 26, 2013.





Oxfam InequalityTownhall-Panel Discussion on Inequality in India How to Close the Gap between Rich and Poor, Gender, Education, Health New Delhi: October 24, 2013



Panelists: Kiran Karnik, Chairman, Oxfam India Board; Malvika Rai, President, FICCI Ladies Organisation; Priya Paul, Chair, Apeejay Group; Gul Panag, Actor, Activist; Paul Divakar, Eminent Dalits rights activist; Prof. Amitabh Kundu, Eminent Academician, Development Economist & at McLaughlin, Educational Advisor, British Council India

1.4



Interactive Session on Women Empowerment with Her Excellency Ms Najat Vallaud-Belkacem, Honb'le Minister for Women's Rights and Spokesperson Government of France

New Delhi: October 28, 2013





Face To Face With the Municipal Commissioners of Delhi New Delhi: November 9, 2013

Panelists: Mr. Jalaj Srivastava, NDMC Chairman (Central Delhi), Mr. P K Gupta, Municipal Commissioner, North MCD, Mr. Manish Gupta, Commissioner, South MCD and Mr. Mayank Sharma, Additional Commissioner (Health), NDMC. Day Chair: Harjinder Kaur, Jt Treasurer FLO





7th IWEC Awards 2013 Lima, Peru: November 10-13, 2013

Awardees from India: J Mohanasundari (Manufacturing electrodes), Vandana Luthra (Health & Wellness) & Pronita Baruva (Tea Estate)

Highlight: Dr. Manju Kalra Prakash, Executive Director FLO was invited as a speaker on "The Impact of Political, Social and Financial Environment on women entrepreneurship" at the Conference.



FLO & UNESCAP Programme The South Asia Policy Dialogue on Women Entrepreneurship

New Delhi: November 27, 2013

Highlights: The Policy Dialogue brought together Government officials, policy and decision makers, representatives from South Asian women entrepreneurs' associations, experts and women entrepreneurs from across the sub region. Anuradha Goel, Past President FLO and Vice Chairperson SCWEC India Chaired the Inaugural Session





FLO Presidents Visit to Ahmedabad Chapter December 12, 2013



Visit to Kingdom of Dreams New Delhi: December 18, 2013



3rd Governing Body Meeting 2013-14 New Delhi: December 18, 2013







FLO Interstate Meet: Celebrating 30 Years- Together We Can December 19 & 20, 2013

Commemorating the 30 years of FLO's existence, the Annual Interstate Meet was organized in Delhi for the first time in the history of FLO. The theme of the Interstate Meet was "Delhi 2013... Together we can". The Meet was a grand success with 178 members participating actively from Delhi and 10 chapters across India.



DAY I: December 19, 2013

Interaction with Mr Arjun Vajpai, Youngest Indian to ever climb Mount Everest Chair: Divya Oswal

Inaugural Session: Dr. Shashi Tharoor, Hon'ble Minister of State for Human Resource Development, Government of India was the Keynote Speaker.







Signing of Pledge: "Creating a Climate of Respect - Keeping Women Safe"

FLO partnered with Microsoft India and launched its application on women safety 'The Guardian' at the session. Besides Dr. Shashi Tharoor, other dignitaries who addressed the members and signed the Pledge are - Mrs Naina Lal Kidwai, President FICCI, Mr Raj Biyani, MD, Microsoft IT India & Ms

Usha Ananthasubramanium, CMD, Bharatiya Mahila Bank.

Plenary Session: A conversation with Jay and Jagi Panda & Shri Vijay Goel, Delhi State President, BJP, Moderated by Dilip Cherian

Chair: Neeta Boochra



Session 1B: "How To Construct An Investment Portfolio That Does Not Need Frequent Tinkering" by Murali Kadaba Chair: Ranjana Agarwal



Session 2B: Workshop on Family Business Management by Sunil Munjal Chair: Deepikaa Jindal



Educational Sessions

Session 1A: "Healing Through the Power of the

Mind" with Dr. Ashwani Chopra

Chair: Vinita Bimbhet



Session 2A:"Women & Music in India by Vikram Lall Chair: Shilpi Arora



Session 3A: "Opening the Heart: A powerful tool for Transforming Relationships" by Simran Bhargava Chair: Vasvi Bharatram



30 FICCI
The Power to Empower

Session 3B: "Public Speaking: Art of Confident Communication" by Jyotika Bedi & Aparna Balasundaram Chair: Sajani Dua



Exhibition of lifestyle products during Interstate Meet Chair: Mukta Nandini Jain Co-Chair: Ritu Vadehra





Zumba Session: Members unwound after a hectic day of back to back sessions with a fun filled and energetic Zumba dance session. Lively music added with groovy dance moves pepped up everyone.



Felicitation of Past Presidents & Rumiana - an evening of Sufi Music, Fashion Show, and Awadhi Dinner Cuisine at Meera&Muzaffar Ali's heritage home - "Kotwara House" Chair: Sangita Gupta Co - Chair: Priyanjili Goel





DAY II: December 20, 2013

Morning Session 1: 'Know Thyself - Celebration of the

Spirit"by JoyotshnaDatt Chair: Monisha Baruwa



Morning Session 2: "Gita the Way of Life"by

Shivender Guruji Chair: MinalSomany



Session with Shri Arun Jaitley Chair: Namita Gautam



Felicitation and Presentation of Awards to Outstanding Achievers of FICCI FLO 2013-14

Chair: Archana Garodia Gupta

Chief Guest: Shri Shekhar Gupta, Editor-in-Chief, Indian Express

Jury Members: Past Presidents of FLO - Ms Usha Krishna, Ms Namita Gautam& Ms Anuradha Goel.







The Power to Empower

FICCI LADIES ORGANISATION CONGRATULATES 30 Outstanding Achievers of FICCI FLO



Shraddha Agarwal Kolkata



Vandana Agarwal Ahmedabad



Dr. Chytra V Anand Bangalore



Alka Batra Jaipur



Rajni Bector Ludhiana



Sudevi Beriwal Delhi



Shalini Biswajit Chennai



Dr. Madhu Chitkara Chandigarh



Veena Dass Delhi



Rehane Yavar Dhala Chennai



Nina Gill Delhi



Nisha Jain Jaipur



Grover Guwahati (NE)



TanushreeHazarika Jaipur



Dr.Gunjan Jain Ludhiana



Harjinder Kaur Delhi



Leena Kejriwal Kolkata



Rekha Lahoti Hyderabad



Kulsum Malik Jaipur



Snehal Mantri Bangalore



Deepmala Mohan Delhi



J Mohanasundari Coimbatore



RadhaParthasarathy Chennai



Jahnabi Phookan Guwahati (NE)



GeethaPremkumar Chennai



Rajyalakshmi Rao Delhi



K. Srilakshmi Chennai



Mohan Rao Hyderabad



Ratna D. Reddy Hyderabad



LipikaSud Mumbai

OFFSITES

Tihar Jail

Chair: Dr Manju Kalra Prakash



Purani Dilli Chair: Shubhra Gupta



National Museum Chair: Ritu Vadehra



ONSITES AT ITC MAURYA HOTEL, NEW DELHI

Theta Healing with Romi Dev Chair:Sandhya Sethi



Cooking Session with Chef Manish Bhasin, ITC Maurya Chair: Avarna Jain



RETRO NIGHT AT NANDIYA GARDENS, ITC MAURYA

Chair: Harjinder Kaur Co-Chair: ArchnaLuthra





The Power to Empower

Two & half day residential programme on Branding & Marketing-"How to bring your

product from conception to consumption" In collaboration with Columbia Business School IILM, Gurgaon Campus January 12- 14, 2014

Faculty: Dr. Jack McGourty, Director of Community and Global Entrepreneurship, Columbia Business School and Mr. Daniel McQuade, President of McQuade Marketing and Ms Craig Gosselin, Chief Sales and Marketing Officer Framework Consulting Group.



Visit to Haldiram's Snacks Pvt. Ltd. NOIDA: February 3, 2014



FLO & YFLO Networking & Fellowship Meet New Delhi: February 12, 2014

Highlights: Curated walks and studio visits to various sections of the Sanskriti Kendra - Museum of Everyday Art: Terracotta Museum &Textile Museum; Pottery Studio; Enamel Studio and Nature Walk; Interactive games and Treasure







FLO Visit to Mathura Krishna Janmasthan Darshan February 18, 2014

Highlights: Visit to Krishna Janmasthan,

the Mathura Museum

Day Chair: Jayanti Dalmia, Governing Body member



Inspiring Change - Celebrating International Women's Day New Delhi: March 10, 2014

Speaker: Ms LinorAbargil, Former Miss World from Israel Moderator: Ms Suhasini Haider, Sr. Editor and Prime Time Anchor, CNN-IBN

Inspiring Change elebrating International Women's Da March 10, 2014-New Delhi

FLO & YFLO Programme Alleviating Your Finance Fears New Delhi: March 12, 2014

Speaker: Pallavi Dinodia, a Chartered Accountant by profession& Partner with S. R. Dinodia & Co.





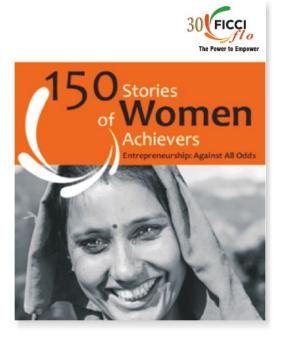
ENTREPRENEURSHIP: AGAINST ALL ODDS FELICITATION OF 11 WOMEN ACHIEVERS

FLO had compiled a publication titled "Entrepreneurship: Against all Odds", featuring stories of 150 women achievers from all over India whose entrepreneurship, we acknowledge and salute.

This compilation is a humble attempt by FLO to recognise India's unsung women entrepreneurs and acknowledge the powerful role they play in helping build a better future for their families and communities, often while facing fierce challenges and difficulties.

The idea of this compilation was given by the Hon'ble Chief Minister of Gujarat, Shri Narendra Modi during his special address at our last Annual General Meeting in April 2013.

FLO has selected 11 of the most inspiring entrepreneurs from these 150 and will felicitate them during the 30th Annual Session at New Delhi on April 8th& 9th, 2014.

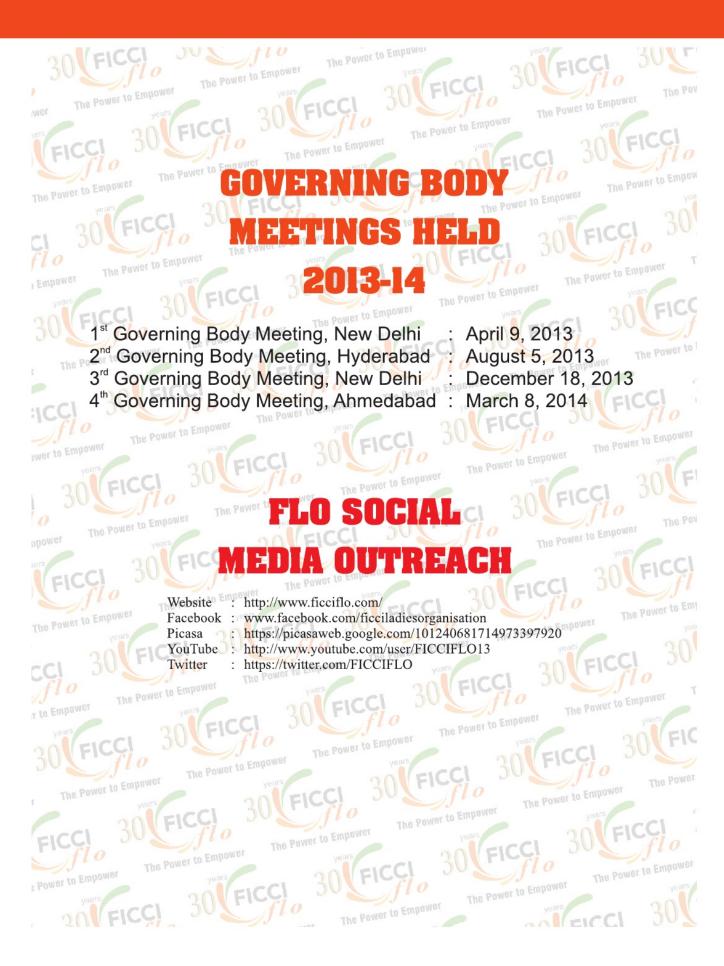


Chetna Sinha Social Entrepreneur Satara, Maharashtra LaxmiLokhande Makes Brooms & Ropes Maharashtra LathaGowri
Runs business of selling saris,
dress material and community Radio
Rangareddy, Andhara Pradesh

AnusuyaKhoapde Stitches School Uniforms and makes agarbattis Pune, Maharashtra

Manorama Devi Runs a cosmetic Shop and an SHG Bodh Gaya, Bihar Anuradha Pegu Runs a hand-woven cloth Business under 'Naturally Anuradha' band Kamrup, Assam KumariBindu S Selling of Ayurvedic Products Thiruvananthapuram, Kerala S Narayanamma Rears Milch Animals and runs a leather business Ananthapur, Andhra Pradesh

Janaki Ben Making Khakaras Ahmedabad, Gujarat Afsana Dairy farmer RaeBareli, Uttar Pradesh JamnaSultanpuri Wholesale business of clothing material New Delhi





MESSAGE



Dear Friends,

Thank you all for believing in me to head YLO in its 10th year.

12 programmes were organized focusing on the theme: Inspiring India.

With Malvika Aunty the year was enriching, rewarding & exhilarating.

You taught me to push my boundaries & without realising the horizons kept getting broader & clearer.

My seniors at FLO, I feel truly blessed by your presence and kind words of encouragement, the entire team of FLO for your co-operation & FICCI for added support.

Heartfelt thank you to our sponsors.

Regards, Garima Jain Chairperson, YFLO Delhi

COMMITTEE MEMBERS



Avarna Jain Sr Vice Chairperson



Itiva Chopra Vice Chairperson



Trupti Gupta Treasurer



Shabnam Singhal



Aanchal Sethi



Vanita Goel

YFLO Change of Guard New Delhi: April 10, 2013

Speakers: Her Excellency Governor of Rajasthan, Smt. Margaret and President of ICICI Bank Ltd, Ms. Zarin Daruwala



The Purpose Driven Life & Felicitation of the Past YFLO Chairpersons New Delhi: May 7, 2013

Speakers: Ms. NainaLal Kidwai; Past Chairpersons YFLO & Past Presidents, FLO





Great Expectations: An Interactive Session with Dynamic Leaders New Delhi: July 15, 2013

Panelists: Dr. Shashi Tharoor, Minister of State, Ministry of HRD; Mr. Naveen Jindal, Member of Parliament and Chairman & Managing Director, Jindal Steel and Power Limited; Ms. Vani Tripathi, National Secretary, Bharatiya Janata Party and Namanji, Principal Guide & Advisor, Oneness Movement.







Vanity Fair- Spa Days at Aura Heritage, Defence Colony New Delhi: August 2, 9, 16, 2013

Highlights: Blissful spa experience for members; range of relaxing treatments like foot reflexology, back and shoulder massage, Thai massage, nail art and dry scalp massage.





The Brand You" - Theta healing Workshop New Delhi: August 23, 2013

Facilitator: Dr. Sarika Pilot, a trained and exponent of Theta Healing
Highlights: holistic spiritual, physical and emotional healing process that focuses on thought and prayer by tapping Theta

Waves; exclusive session with Estee Lauder, global cosmetic giant.





Workshop on Confident Communication New Delhi: September 12, 2013

Facilitators: Ms. Aparna Samuel Balasundaram& Ms. JyotikaBedi, two very dynamic and energetic Life Skill Trainers Highlights: Communication skills, improving teamwork, decision-making, and problem solving, self-discovery, confidence, preparation structure and delivery.





Pride & Prejudice- an interactive dialogue on Indian Lifestyle from Luxury to Simplicity New Delhi: October 3, 2013

Panelists: Ms. RaseelGujralAnsal, Lifestyle Designer, Casa Paradox;Mr. AmanNath, Co-Chairman, Neemrana Hotels;Mr. Jamal Shaikh, Editorial Director, Robb Report; Moderator: Ms. SujataAssomull, Fashion Columnist and Brand Strategist





Wanderlust - YFLO Retreat to Khajuraho October 7-9, 2013

Highlights: temples of Khjauraho; fascinating sound and light show in the evening; the Ken River &Rane Falls; Panna National Park, a Tiger reserve





Present with Presence: A Confident Public Speaking Workshop New Delhi: November 8, 2013

Facilitators: Ms. Aparna Samuel Balasundaram& Ms. JyotikaBedi, two very dynamic and energetic Life Skill Trainers







Interactive Session with the Dabbawalas from Mumbai - "One Day at a Time" New Delhi: November 26, 2013

Speakers: Sakaram Sitaram Gavande and Abhishek DinkarEkal





YFLO &Satya Paul event: Discussion on the Evolution of India's First Fashion

Brand & Its Eternal muse...the Saree

New Delhi: November 29, 2013

Highlights: Sanjay Kapoor, MD Genesis Luxury; Sujata Assomull Sippy, Fashion Commentator & Consultant; Masaba Gupta, Fashion Director Satya Paul

Interactive session with successful entrepreneurs - "One Simple Idea" New Delhi: December 10, 2013

Speakers: Deep Kalra, Chairman & Group CEO, MakeMyTtrip.com &. Prashant Tandon, Co-Founder & Managing Director, HealthKart.com





YFLO & India Today Group-MindRush New Delhi: December 13-14, 2013

Highlights: Sessions on leadership, strategy, negotiations, physical fitness and wellness; management lessons from mythology and conventional wisdom

YFLO & Sotheby's Discussion on Global Art Market New Delhi: January 30, 2014

Speakers: Lord Mark Poltimore, Deputy Chairman, Sotheby's Europe, Yamini Mehta, International Head of Modern & Contemporary South Asian Art and Garima Jain, Chairperson, YFLO





YFLO Women Achiever's Awards 2014 -Reimaging India New Delhi: April 3, 2014

Speakers: Mr Sidharth Birla, President FICCI & Mr Sunil Sethi, President, FDCI

Awardees:Princess Diya Kumari (Politics); Ms. SakshiTanwar (Acting); Ms. Tara Thiagarajan (Business); Ms. Sonal Kapoor (Community Service) Ms. Dipika Kumari (Sports); Ms. Manjari Chaturvedi (Performing Arts); Ms. Masaba Gupta (Fashion); Ms. Dhruvi Acharya (Visual Art); Ms. Anjali Raghbeer (Author); Ms. Fatima M. Karan (Media)





MESSAGE



Dear Friends,

It has been a glorious year for FLO Ahmedabad and I am indebted to our TEAM and to ALL members for their undying support, warmth, love and cooperation, as well as, their amazingly stupendous, generosity and grace!

I feel truly Blessed! My endeavour for the past 2 years has been member inclusion, interaction and fellowship coupled with enrichment, education and empowerment! And, always, as we planned and fretted, everything would just fall into place, in the end! We have the belief, faith and confidence to scale any heights!

Our moment of pride will remain notched in our memories for having the largest participation in the interstate, with 35 members and to also have one member felicitated for the women achievers award at the national level!

It's an emotional time for me as I hand over the baton to my dynamic and extremely capable incoming chair and I wish Ritu loads of love and luck, as well as commit my support to FLO,

Now and Always,

Sajani Sutaria Dua

Chairperson, Ahmedabad Chapter

COMMITTEE MEMBERS



Ritu Jain Sr Vice Chairperson



Deepa Shah Vice Chairperson



Nandita Munshaw Treasurer



Rachita Parekh Joint Treasurer

Day of High Luxury with Estee Lauder April 13, 2013

Highlights: Display of signature products and services for members



Celebration of 4 years & Formation of New Committee July 26, 2013

Special Guests: Mrs. ParuJaykrishna, First Lady President, GCCI, Ms. Taruna Patel, CEO Madhuban Resorts & Spa and group CEO of Emtici group of companies and Mr. Ajay Umat, Sr. Editor TOI Highlights: Launch of Ahmedabad Newsletter



WINVESTOR – The Wise Woman Investor Initiative! August 7, 2013

Speaker: Mr. Tejas Shukla, Vice President, Zonal Head-Gujarat & MP of DSP Blackrock Mutual Fund

How Emotions Affect Our Well Being June 28, 2013

Speaker: Ms Kamal Sethna, an artistic trainer and teacher of various modalities of Natural Healing



Talk on Mysteries of the Human Mind and Creative Energies – The Yin and Yang July 30, 2013

Speaker: Dr. Yuvraj Kapadia, CEO, California Hypnosis Institute of India (CHII)& International Academy of Life (IAOL)







Havmor-Ice-Cream Factory Visit September 7, 2013

Highlights: Special guided tour through the manufacturing and packaging unit of the factory



In Your Stride – Manageable Skin & Hair Routine to Fit Busy Schedules October 16, 2013

Facilitator: Rajika Kacheria, renowned Cosmetologist from Gujarat

Highlights: Recommendations and tips on Hair and Skin care regimen; age-specific nutrition and personal care utilizing materials that are natural and easily available around home.



Warps and wefts with weaver Rajen Chaudhary December 4, 2013

Highlights: innovative wall tapestries and durries, woven on hand looms

Leadership Workshop- Soft Skills-The Route to Success October 4, 2013

Speaker: Dr. Jyotsna Diwan Mehta, Mehta, Director, Subodh Institute of Management & Career Studies, Jaipur



Field Trip to Sardar Patel Farm November 25, 2013

Highlights: The farm, conceptualized by Dr. Dinesh Patel, a physician by profession, is a glorious example of synergy between man and nature; knowledge on health cycle of healthy soil, healthy crops, healthy food and thus healthy life using the Bio-Dynamic processes





Seminar on World of Gemstones January 31, 2014

Speaker: Mrs. Nirupa Bhatt, MD, GIA-India and Middle East

Highlights: Fundamentals of buying & taking care of diamonds; breathing of the pearls



Valentine's Day with Kabir's poetry at Amdavad ni Gufa February 14, 2014

Highlights: Soulful rendering of Kabir's dohas and Meerabai's Bhajans; artiste troupe from the Malwa region of Madhya Pradesh.



Do it Yourself Sketching Session March 26, 2014Do it Yourself Sketching Session March 26, 2014

Instructor: Shalu Juneja of AWN studios, an art instructor, portfolio management advisor, art historian and critique

Visit to Weber World February 10, 2014

Highlights: Entrepreneurial journey of Nicole Khurana, the vivacious entrepreneur behind Weber World-Grilling and barbeque equipment



Workshop on 'The Art of Public Speaking' March 12, 13 & 14, 2014

Speaker: Ms. Daisy Kurien, a certified trainer in soft skills and a professor at Xcellon Institute - a business school









ear Friends,

It is with great pleasure and honour that I report the FLO Bangalore Chapter has had a very fruitful and activity filled year. The FLO Bangalore Committee took to heart the member's mandate of growing the chapter, creating a strong learning environment as well as a solid platform for networking. During the year 2013-2014 we conducted events ranging from social media, digital marketing, business planning, raising capital for your business, financial management, journeys of extraordinary women, networking activities and meeting with eminent personalities from across India.

I on behalf of FLO Bangalore Chapter, its committee members and members thank each and everyone, who has helped us to make the year a greatly successful one. To all the members and delegates, who have enthusiastically attended our programmes and given us encouragement, we are deeply grateful. We wish to highlight the tremendous encouragement given by our corporate and sponsors. We also wish to thank all the chapter chairs of FLO who have encouraged the start up chapter of 2013 to come so far. We are very grateful to the FLO Delhi leadership team, Governing Body members and the FLO President for their guidance support and encouragement.

Regards, Shubha Kulkarni Chairperson, Bangalore Chapter



Namrata Bhatia Vice Chairperson



NandiniVaidyanathan Secretary



Poonam Gupta Treasurer



Triveni Vinod Chair, Networking



Jyotika Kapoor- Kalra Co-Chair, Networking



SwarnalathaMallavarapu Chair, Special Programs

BANGALORE CHAPTER

Legal Awareness on Women's Safety June 18, 2013

Speakers: Hon'ble Justice of Karnataka High Court, Mr. Justice K Sreedhar Rao; Governing Body member Ms. Priya Hingorani, Supreme Court lawyer and Vice President Bar Council New Delhi



Fellowship Potluck Lunch September 4, 2013

Highlights: Networking opportunity; Astrology session with renowned corporate Astrologer Mr. Ganesh.





"Women and Leadership – the myriad dimensions" July 5, 2013

Speaker: Ms Zia Mody, Co-founder, AZB Partners

Moderator: MsKalpanaKar

Highlights: Discussions on issues relating to women in Leadership positions, shared from her own rich experiences.



Business Planning Workshop September 13, 2013

Facilitator: Mr. Sanjay Anandaram, with 25 years of experience as an entrepreneur, investor and corporate executive

Highlights: Business Planning, Market opportunity, Competition, Business Model, Sales Plan, Product Development Plan, Road Map and Financials.



Twin Experience - Womantra and True U December 9, 2013

Facilitator: Mrin Agarwal&Namrata G

Highlights: Financial awareness among women &

awakening inner strength



The Power to Empower

Writing of Will & Succession Planning February 27, 2014

Facilitator: Ms. Ranjana Agarwal

Highlights: Legal awareness about writing of Will and

Succession.



Journey of a Woman March 13, 2014

Facilitator: Ms. Meena Ganesh

Highlights: Celebrating International Women's day, MeenaGanesh Founder and CEO of Portea Medical and former MD of TESCO India, shared her brilliant

journey as a career woman.



Hi Tea with Honorable Karnataka Governor Shri H.R. Bharadwaj March 27, 2014

Facilitator: Hon.Gov.Shri H.R. Bharadwaj Highlights: Women Empowerment, Government programs for Women and Child development and on-going support to FLO Bangalore.





Dear Friends,

The roadmap FLO Bombay Chapter followed this year focused on working with women at 3 major levels viz Grass Root, Middle and Senior. Our programs were an ensemble of Leadership, Grooming for Excellence, and CSR on EDUCATE THE GIRL CHILD - GIW, Sanitation, Swayam!

Some of them included an engaging afternoon, called 'Winspiring 2020' on encouraging entrepreneurship. An evening with Dr Kiran Bedi on Governance and the role women can play in enhancing Governance in organizations & the country as a whole. Corporette, a image building colloquium. A cycle donation drive to girl students in rural Maharashtra. And Finally two flagship programs—Trends 2014 that unveils the latest trends in a B2B & B2C exhibition and the proceeds of which go toward the cause of Educating the Girl Child. &EXCEPTIONAL WOMEN ACHIEVERS' (EWA) AWARDS felicitating eleven women from Maharashtra who have been the FIRST to reach the pinnacle of success in their respective fields. This year's recipients included women of high caliber such as Smt Pratibha Patil First Woman President of India, and likewise the First Chief Justice, Election Commissioner, Police Commissioner, etc

Overall a fruitful year but being human is natural and I still feel we could have done more....

Best Wishes,
ParvathyRamaswamy
Chairperson, Bombay Chapter



Malathi Natarajan Sr. Vice Chairperson



FalguniPatode Vice Chairperson



Minali Shah Executive Secretary



Swati Mayekar Treasurer



Jyoti Karmakar Committee Member



FLO & YFLO Bombay Change of Guard April 29, 2013

Chief Guest: Dr. Kiran Bedi, IPS



Interactive Colloquium 'Corporette' October 19, 2013

Speakers: Meenakshi Menon, RaelPadamsee, RJ Malishka, Dr.Rashmi Shetty, fitness expert LeenaMogre, Sula Wine's global ambassador Cecilia Oldne, Estee Lauder's RoahVaziralli amongst others

Highlights: Interactive workshops with Playback Singer DilrajKaur, Life Coach MaltiBhojwani & Personality Development expert Ashu Khanna.



Educate the Girl Child Distribution of Cycles March 4, 2014

Highlights: Cycles were given to the girl students of class 8,9 and 10 of the New English School in Sate from funds raised through the annual exhibition TRENDS

FLO's WINSPIRING 2020: The Power of Women Entrepreneurs July 20, 2013

Speakers: Vitthal Kamath, ArunDuggal, Neeta Lulla and LeenaMogre; Motivational speaker AbhaMaryada, Ivy League teacher NandiniVaidyanathan, entrepreneurs SatyaVadlamani, UjjwalaHaware and corporate bigshots such as UshaSangwan (ED, LIC India) & MsUsha Menon (General Manager Central Bank of India)

Highlights: Topics ranging from 'failure proofing' to 'social media' to 'statistics on women entrepreneurs'; revival of 'Swayam' and e-advisory service for aspiring women entrepreneurs.



TRENDS 2014 January 16, 2014

Highlights: Uber luxurious exhibition of glamorous products and services





BOMBAY CHAPTER

Felicitation of 11 Exceptional Women Achievers Of Maharashtra March 15, 2014

Awardees: Smt Pratibha Patil, the First Woman President of India, Chief Justice SujataManohar, Election Commissioner NeelaSatyanarayanan, Police Commissioner MeeranBorwankar, Navratna PSU head Nishi Vasudeva, Dr Indira Hinduja, Past President of BSE Deena Mehta, MandataiAmte as well as SNDT, as the first women's university in India.

Guests: PadmashriAnupamKher, Dr AjitRanade, Madhukar Kamath, Jackie Shroff and SushilJiwrajka; Malvika Rai, President, and Dr. Manju Kalra Prakash, Executive Director, FLO; Dr NishigandhaVad; Playback singers Madhushree and Rekha Bhardwaj







Dear Friends,

As Indian women, paradoxes are what we live with. We have women in powerful positions and yet atrocities against women continue to rise.

But there is change on the horizon - and this is largely because we have more women getting educated and entering the workforce. As this happens, to keep the momentum going, to encourage women – it is important to have a forum, one that provides women with opportunity to engage with like-minded people, from different cross sections of society, a platform that shows them their possibilities and also allows them to help others achieve their potential. YFLO is just that.

We may come from different backgrounds – but all of us at YFLO have something in common. Everyone is passionate about what they do and dedicated in achieving their goals.

I am passionate about "expanding the circle of success".

When you are surrounded by happy, passionate people, it somewhere rubs off on you. It makes you feel good about yourself, challenges you, increases your self confidence and thereafter there is no stopping you from achieving your goals.

What YFLO has done for me is what I aspire to do for you; harness The power to empower – myself and others.

Best Wishes, Ambika Gupta Chairperson, YFLO Bombay Chapter



Tanya Chabria Sr. Vice Chairperson



Gaargi Ramakrishnan Executive Secretary



Ridhi Gala Treasurer



VibhaKagzi Committee Member



Ankita Mittal Committee Member



Arpita Agarwal Committee Member

Coffee and Conversations at Dessage Salon, Kemps Corner July 12, 2013

Highlights: Feedback from members on events for the year; launch of e-newsletter



Parenthesis - an incognito into Parenthood September 14, 2013

Speaker: Dr Zirac Marker, Child Counsellor and Psychologist

Highlights: participation from all age groupselderly to tiny tots; intricacies of raising a child and spoke on various issues such as cell phone addiction of children, sex education and other pertinent issues; puppet show



The Entrepreneurship Summit at IIT Bombay February 28, 2014

Highlights: The event had several speakers on topics such as how to start new business, financing, launching new websites, bootstrapping.

Design Dialogue – An Entrepreneurs Creative Workshop at Parsons, Indian Institute of Design and Innovation, Parel August 23, 2013

Chief Guest: Dr. Indu Shahani



Coffee and Conversation With Ms. Komal Goel of Pipa & Bella and Ms. Pooja Dhingra of Le 15 Patisserie. October 24, 2013

Highlights: Entrepreneurial journey of the brand owners,







MOMentum- Celebrating International Women's Day March 8, 2014

Highlights: Mothers and children attended the event. Workshop for mothers on children safety, sex education, women resuming work after a break





Dear Friends,

It has been a great honour to have been the Chairperson of FLO Chennai... My focus through the year has been content oriented... to delve, explore and highlight different areas of interest for the contemporary woman. To *Inspire*- women to achieve greater heights, to *Involve*-provide opportunities of interaction and bonding and finally to make a definitive *Impact* on one's personal journey of growth and learning.

I would like to thank my Committee members and indeed every member of my Chapter for their affection and support in attending every programme in large numbers and for their proactive participation.

I wish the incoming Chairperson Ms.Parveen Papa and her team a successful year ahead!! Warm Regards,

Mrinalini Dhanesh Maher Chairperson, Chennai Chapter



Parveen Papa Sr. Vice Chairperson



Vijaya Rangarajan Vice Chairperson



Ekta Agarwal Honorary Secretary



Preeti Ganeriwala Joint Secretary



Sri Lakshmi Mohan Rao Treasurer



Meena Mohan Joint Treasurer



Annual Programme & Change of Guard April 22, 2013



First Overnight Retreat July 5-6, 2013

Highlights: first overnight retreat by FLO Chennai Chapter retreat; Talk on "How to win an argument"; Puja Gupta's workshop on "Life by Design"; The Grand Finale for Dress up Parade.



A Day of Luxury with Estee Lauder August 7, 2013

Highlights: Make up tips, make over sessions, talk by Ms. Manjusha, brand ambassador, Estée Lauder



Women & Wealth – A Participative Workshop June 12, 2013

Highlights: Case studies by The team from AnandRathi, presentation by Vimal Athithan and talk by Amitabh Lara



Legacy Creation – informative session on Wills & Trust July 24, 2013

Speakers: Mr. Amitabh Lara and Mr.Dilip Balakrishnan from Anand Rathi, Mumbai.



Panel Discussion on Tech for Life September 20, 2013



Panelists: Mr. John Rose, Assistant Commissioner of Police, Cyber Crime Chennai Division, Mr. A.M.Prasad, Adreya Group of Companies and Ms.Mayuka Goenka.

Joy of Giving Celebration: Lung Screening Camp September 29, 2013



Be a Boss – Planting the seed of Entrepreneurship in Young Minds October 18, 2013

Speaker: Dr.Geetha Premkumar, a first generation entrepreneur



"Consulates Conclave" followed by Felicitations January 22, 2014

Speakers: Mr.James Golsen, Principal Commercial Officer for South India, U.S. Consulate and he spoke on "Doing Business in the U.S."; Ms. Monica Sledjeski, Political/Economic Officer on U.S. Consulate's Women Empowerment Engagement; Mr.Kunaseelan, Labour Attache briefed about the history of Indo-Malay ties and present economic collaborations taking place

Age is Just a Number October 9, 2013

Highlights: Dr. Renuka David's talk on weight loss, Dr. Kousalya Nathan, who runs India's first Anti-Ageing clinic, spoke on the need of maintaining good health both physically and mentally.



Krav Maga – An Israeli Self Defense Workshop for Women November 13, 2013

Facilitators: Mr.S.Sreeram who is affiliated to the International Krav Maga Foundation and teaches civilians and Chennai City Police







Nothing Like Lear – A Fundraiser February 7, 2014



Highlights: Annual Fundraiser event; 'Nothing like Lear', an English play, written and directed by Rajat Kapoor, starring Vinay Pathak; proceeds of the Fundraiser to Women's Indian Association (WIA) for the cause of training under privileged women as Nurse Aids

FLO AWARDS March 21, 2014

Awardees: Dr.T.S.Kanaka – Best Woman Professional, Ms.KrishnammalJaganathan – Best Woman Social Worker and Ms.JayadeviCholayil – Best Woman Entrepreneur

Special Guests: Dr.Indira Parikh, former Dean of IIM-A and founder of FLAME(Pune), Mr.Rafiquee Ahmed, Chairman, FICCI- Tamil Nadu and Mr.JitendraVummidi, VummidiBangaru Jewellers.





Dear Friends,

I am very satisfied with my journey as the FLO Coimbatore chairperson. The year went by smoothly, and the programs put together were diverse and consistently well attended. Our vision for the year 2013-14 was "Spark the fire within". We succeeded in increasing the exposure of our members, engaging them in a more meaningful manner, enhancing their experience and kindling the fire of entrepreneurship. The events appealed to at the different sensibilities of the members.

We stuck to FLO Coimbatore tradition and kept up the good work of yesteryears, and scaled up our key events. Our fidelity to certain key events will give us dividends with

Thank you FLO for giving me the opportunity to exhibit leadership and increase my exposure.

Best Wishes, Swathy Rohit Chairperson, Coimbatore Chapter



J.Mohanasundari Vice Chairperson



Lakshmi Ramachandran Immediate Past Chairperson



Suman R. Bathija Executive Secretary



Shri Vyshnavi Sashirekha Joint Secretary



Vengatesh Treasurer



Change of Guard FLO and YFLO at The Residency, Coimbatore April 19, 2013

Chief Guest: Mrs. Vanitha Mohan, Managing Trustee Siruthuli, Executive Director Pricol Ltd.



Felicitation of Mrs. KavithaVaradaraj Immediate Past President June 6, 2013



A talk by Sri Swami Dayananda Saraswati and visit to ArshaVidya Gurukulam June 29, 2013



Breast and Cervical Cancer Screening Program April 21, 2013

Highlights: screening services to 39 underprivileged women from the village



Cancer Awareness Talk at Selvapuram village, Coimbatore June 28, 2013

Speaker: Dr. Lakshmi Priya



Special Screening of a documentary film July 5, 2013

Highlights: Subject of the documentary was The TajBenaras project; display of Benarasi Sarees by weavers



COIMBATORE CHAPTER

Entrepreneurship Development Programme July 10, 2013

Highlights: Support to the women of low income groups by helping them upgrade their entrepreneurial skills and thereby set their own business.



Talk on the Face and the Future of Personalized medicine and treatments for Women August 20, 2013

Speaker: Dr.MirudabashiniGovindarajan



Understand your Daily Beauty Regimen October 18, 2013

Highlights: Beauty Experts from CLARINS the world renowned skincare brand; personal skin consultations and providing skincare solutions

Sponsorship of books and uniforms at SAWOSS trust July 29, 2013



The Good Doctor- A Talk September 25, 2013

Speaker: Dr. Ashok Kumar Venugopal, an adult pulmonologist who served in the U.S. Army as a medical officer and as a Veterans Hospital physician







Annual Fundraiser- movie show at the Cinema Brookfields November 22, 2013



YuvaSakthi October 13, 2013 – January 5, 2014 (6 Sundays)

Highlights: Memory Techniques, Speed Reading and Photographic Memory, Mind Mapping and Revision Techniques, Goal setting and Achieving and Stress Management to augment the learning in schools for 11th standard girl students from economically weaker sections



Women Entrepreneurs Bazaar 2014 January 10-11, 2014

Highlights: This bazaar consisted of 2 sections; the first part consists of 30 stalls with the display of various products like textiles, home decors, home furnishings and others for sale. The second section was given to women entrepreneurs from the economically weaker sections as a free platform to sell their products.

Felicitation lunch for IWEC Awardee Mrs. J. Mohanasundari December 5, 2013



A preview and talk by Praveena Tipirneni on Jewellery Trends November 3, 2013



Talk on Mind Body Connection January 30, 2014

Speaker: Mrs.SashiChandran Funder Director NityaGurukula



COIMBATORE CHAPTER

Workshop on Negotiation Skills at Shanti Ashram February 16, 2014



SADHANA 2014 March 14, 2014

Highlights: Introspection on "Inspiring CHange" and an awards ceremony recognising the achievements of women in sports

Specials Guests: Smt.Renuka Chowdhury, MP Rajya Sabha; Mrs. RajshreePathy (Art Patron and Businesswoman), Mrs.Radikaa Sarath kumar (Actor and Entrepreneur), Mrs. Latha Rajan (Philanthropist and Entrepreneur) and Mrs. Rehane Yavar Dhala (Fashion Designer)







Dear Friends,

I have had the privilege of being part of the Hyderabad Chapter for last many years now. When I took over the role of Chairpersonship of the chapter, I envisaged substantial growth for not just the members but also for the chapter.

Two major initiatives this year has been the Women's Safety Blue Print in association with the various Corporates, FICCI and Nasscom is now ready for release. Our Govt Relations with APIIC is leading to the first, FLO Women's Entrepreneurial Park in Hyderabad. We hope to make this a reality in the next few weeks.

We gratefully acknowledge the continuing support of FLO secretariat, the National team led by the President Ms. Malvika Rai, guided by the Past Presidents and Governing Board Members. Our chapter's success would not be possible without the talent, dedication and hard work of my able team and my members.

Thank you for your trust, confidence and belief in me.

Best Wishes Jyotsna Angara Chairperson, Hyderabad Chapter



Monika Agarwal Sr. Vice Chairperson



RekhaLahoti Vice-Chairperson



Aparna Reddy Secretary K.



Sumalata Chitti Jt. Secretary



Kamini Saraf Treasurer



Sumita Srimal Jt. Treasurer

FLO & YFLO Change of Guard & Talk on "Beyond Business" June 21, 2013

Speaker: Mr. Sanjay Reddy, CMD GVK Group



'Transforming Organizations – Building a culture of leadership' August 5, 2013

Speaker: Dr. Baba Prasad, President & CEO, Vivekin Group, anagement consultancy.



Talk on Women Consumerism and Social Change September 5, 2013

Speaker: Acclaimed Market Strategist and Consumer Behavior Expert Mrs. Rama Bijapurkar



Fellowship and Learning Session on Art of Business Networking and Etiquette July 16, 2013

Facilitator: Mrs. ShitalKakkarMehra, who is one of the most experienced practitioners of corporate etiquette and international protocol in India.



Talk on "Is Leadership in a Women's DNA?" August 5, 2013

Speaker: Ms. SulajjaFirdoiaMotwani, Vice-chairman, Kinetic Engineering



Talk on Women: Untapped drivers of Green Economic Growth September 7, 2013

Speakers: Baroness SandipVerma, Parliamentary Under Secretary of State for Energy and Climate Change, UK & Mr. NarenderSurana, Federation of Indian Chambers of Commerce and Industry -

Andhra Pradesh State Council (FICCI APSC)





Health and Wellness Seminar, in association with Apollo Hospitals September 24, 2013

Speakers: Specialist doctors from Apollo Hospitals; Sangita Reddy, Executive Director, Apollo Hospitals and President-Federation of Indian Chamber Of Commerce and Industry, Andhra Pradesh State Council (FICCI APSC) and UpasanaKamineni, Executive Director, Apollo Life



"Smart and Safe Surfing"- Interactive session on Cyber security December 3, 2013

Speaker: Internationally acclaimed Cyber Security Expert and Advisor to various Governmental bodies, RakshitTandon



Interactive session on Women empowerment January 3, 2013



Talk on Innovation.....Going Beyond Jugaad& Harnessing the Power of Play into Learning October 29, 2013

Speakers: Dr. Rishikesha T. Krishnan, Professor - Corporate Strategy & Policy, Indian Institute of Management, Bangalore (IIM-B) & Madhumita Halder, Founder of MadRat Games, creators of the World's first Indian Language word game – Aksharit.



Interactive session with Prof. Amartya Sen, Nobel Laureate and Bharat Ratna December 19, 2013

Highlights: Honoring India's world renowned Economist, whom the nation admires the most; graced by 250 gathering comprised of office bearers, members of FLO, APSC, Past Chairs, representatives of various industrial bodies, government officials, Faculty members of various educational institution.



Speaker: MsSmritiIrani, National Vice President of Bharatiya Janata Party (BJP)

HYDERABAD CHAPTER

FLO Walks to educate the Girl Child January 29, 2014



I am a Lady March 8, 2014



"Coffee Afternoon with CEO & MD of L&T Metro Rail" March 28, 2014



"A World without Boundaries – Soft Power promoting bilateral relations between India & Pakistan" February 13, 2014



"Women 2020 – Inspiring Change"an interactive session with eminent leaders from the Industry and Social organizations
March 11, 2014







Dear Friends,

It was an absolute honour and privilege to take over the mantle as YFLO Chairperson, Hyderabad.

As a team, YFLO aimed to underline events which would enhance economic development and emulate business excellence. Workshops and field trips emphasize personal growth which benefitted the members in business building, learning as well as networking.

The fundamental focus was to empower women by developing informative curricula, which will guide them to become enhanced leaders in business and the civil society.

YFLO constantly strives to encourage innovation, young entrepreneurship and leadership which act as a conduit in the transformation of the role of women into a dynamic force.

Thank you.

Kind regards, Ashita Nawalgaria YFLO Chairperson, Hyderabad



Shakuntala Divi Vice Chairperson



Shruti Malpani Treasurer



Samia Alam KhanTreasurer Secretary



Ritu Shah Program Mentor



Ritu Singh Program Co-ordinator

Interactive Session in the Basics of Stock Markets and The Importance of Investing Efficiently July 19, 2013

Speaker: Mr. Bhagirat Merchant, the former chairperson of Bombay Stock Exchange. Mr. Merchant



Revolution...A Boon to the Women Self Help Groups By A Rural Indian Innovator October 1, 2013

Speaker: Mr. ArunachalamMuruganantham, a renowned Ted Speaker – Best Innovation award winner by the President of India.



Interactive learning session on "Importance of a nutritious and healthy diet in the prevention of and cure of various ailments" December 12, 2013

Speaker: Mrs. Suman Agarwal. Mrs. Agarwal is a certified nutritionist from the University of Oxford and a qualified fitness trainer from the National Institute of Aerobics, Mumbai.

Interactive session on "Grooming, Glamour, Philanthropy & more" August 16, 2013

Panelists: Ms. Mana Shetty, Ms. Queenie Dhody, Ms. RuksanaEisa and Ms. Sharmilla Khanna



A Day of Luxury with Estee Lauder November 19, 2013

Highlights: Moments of beauty and pampering with Estee Lauder signature products & services







YFLO Go Green Initiative at Sancta Maria International School February 13, 2014

Highlights: Address by Mrs. SwathiKantamani, Head of CSR with NATCO Trust; video on "Planting Hope" which was made by Nobel Peace Price winner Ms. Wangari Muta Maathai.



Factory Visit to Kamson Healthcare Pvt Ltd (Largest manufactures of Himalaya Herbal products) February 25, 2014

Highlights: Address by Mr. ManeeshGilada, Director at KamsonHealthcare on the various processes/permissions which are required in setting up a facility which manufactures cosmetics and pharmaceutical products.





Dear Friends,

As this working year nears its end, I glad to be interacting with you through this medium. Last one year has been an extensive learning experience for me. I have had an opportunity to meet, interact and befriend an amazing group of dynamic people who represent different achievements, cultures, attitudes, beliefs and backgrounds. It has been an honour knowing each one of you. I will continue to cherish my memories with you all and will always extend warm and proactive participation to the future activities and sessions. You all are distinguished and wonderful agents of change.

Best Wishes, BelaBadahlia Chairperson, Jaipur Chapter



Apra Kuchal Vice Chairperson



Alka Batra Treasurer



PreetiSaboo Secretary



Kanak Meghraj Co-ordinator



Minal Jain Co-ordinator



Minul Roy Co-ordinator



Nitasha Cordia Co-ordinator



Change of Guard & Honoring Women Achievers April 6, 2013

Chief Guest: Yester years Bollywood Diva Ms.ZeenatAman, Achievers:Ms.TanviShah, First Indian Woman to win Grammy Award for her song JAI-HO!; Ms.NeharikaVohra,Prof.at IIM Ahmedabad for Organisational Behavior; Ms. ShagunChowdhary, Ace Shooter; Ms.UzmaIrfan,Executive Director Corporate Communications Prestige Group &Ms.SwetaMangal,Co-Founder & CEO of Dial "1298 Ambulance"



India & China- Two Giants, Two Neighbors May 4, 2013

Speakers: MsIndraniBagchi, a veteran media professional on foreign policy affairs; Mr. ManujGoyal, President of TIE



Mastika Double Dhamal- A Comedy Show July 26, 2013

Highlights: Renowned standup comedian, Bharti Singh and the Choreographer of JhalakDikhlaJa, Savio Barnes

Tete-a`-tete withMsDeepti Naval April 26, 2013

Moderator: Past President MsKusumAnsal, Ansal Housing & Chairperson BelaBadhalia, Adbhut Jewels



Managing for Success – Understanding Business Reality July 13, 2013

Speakers: Prof. ParimalMerchant ,Director , FMB, S.P. Jain Institute of Management,





FLO Bazaar- Shopping Bonanza August 1-2, 2013

Highlights: Two-day lifestyle exhibition inaugurated by Princess Diya Kumari; major attraction for its designer collection of clothes, accessories, home decorproducts.



Fellowship Retreat to Goa August 28-31, 2013

Highlights: Perfect mix of entrepreurial learning and relaxed fun.



BUSINESS SUTRA- A Very Indian Approach to Management September 14, 2013

Speaker: Mr. DeviduttPatnaik, the Chief Belief Officer of the Future Group.



Estee Lauder Grooming Session August 24, 2013

Highlights: Day of Luxury with Estee Lauder signature products & Services



Interactive Session on Harmonizing Power, Love and Light in Women September 10, 2013

Speaker: Master Del Pe



Entrepreneurial Opportunities – Choices and Circumstances & Launch of "Entrepreneur & Consultancy Cell" September 20, 2013

Speaker: Ms. SaireeChahal, Co-founder Fleximoms





FUN FAIR- Joy of Giving Week October 2, 2013

Highlights: Games stalls, Food stalls, bounces, magic show, puppet show, swings and fun activities to spread SMILES amongst the special friends with special needs



Love in Nostalgia December 15, 2013

Highlights: Mr. NeeleshMisra's session on short stories on love, nostalgia, suspense and comedy&his Bollywood musical creations with Adbhut Jewels



Aspirational Lifestyle' Carnival February 9, 2014

Highlights: FLO Jaipur Chapter in association with Polo Day Out is organizing India's First 'Aspirational Lifestyle' Carnival "Art Workshop" by Subrata Gangopadhyay with SangeetaJuneja, Artchill & "WINE Appreciation" by VasudhaSanghi, Jaipur Kitchen November 13, 2013



The Magical Journey of Aroma January 22, 2014

Speaker: Dr. Blossom Kochhar, founder of The Blossom Kochhar Group of Companies





JAIPUR CHAPTER

Interaction with German Delegation February 15, 2014

Highlights: A high powered German delegation from Institute of Political Education in Hamburg came to Jaipur to interact with the core committee of the FICCI FLO Members.



Consumer Seminar on 'Diamond Secrets' March 10, 2014

Speaker: Ms. Nirupa Bhatt, the Managing Director of the Gemological Institute of America (GIA)



Fellowship Meet and Factory Visit at Agra February 25-26, 2014

Highlights: Visit to TajMahaland Gupta Overseas, a shoe factory which exports boots and shoes to Europe & Scandinavian countries and to International Footwear Brands.



"SE7EN" by MohitRoa, Mind Reader April 3, 2014

A Show "SE7EN" by Mr. MohitRoa, Mind Reader





Dear Friends,

The last year has been a memorable year of my life. I decided on my theme-Learning A Lifelong Journey because I knew that I will now be learning a lot which will surely boost my confidence level & to share the truth with you "It really has," & I can state this confidently today because I have noticed the changes in me. I had a stage fright which I have overcome in the last year which has not only made me feel more confident but has made me stage friendly to a very high extent.

I started my journey with just one thought to motivate myself that I will learn along with my Chapter from different fields & today I take pride in saying that i have successfully motivated myself, inspired others through the events & have found a new me. I wish all the incoming Governing Body Members & the Chapter Office Bearers a wonderful & successful year ahead.

Thanks & Regards,

Sabina Rungta Chairperson, Kolkata Chapter



Priya Seksaria Vice Chairperson



Manjula Jain Treasurer



Ritu Jajodia Secretary



Swati Jalan Jt. Secretary

KOLKATA CHAPTER

SanatanKriya with Yogi Ashwini April 19, 2013

Highlights: Anti-ageing tips and advice on how women can look & also be active even during hectic days; queries related to diet and health issues



"A Man's Journey in a Woman's World" An Afternoon with Filmmaker MadhurBhandarkar June 27, 2013



A Talk on Women's Role in a Changing World August 1, 2013

Speaker: Renowned author Shobhaa De



FLO Fellowship Meet May 7, 2013

Highlights: Stand Up Comedians VipulGoyal and Atul Khatri from Mumbai



Social Media- "Uplift the Quality of Your Life" July 16, 2013

Facilitator: Nikhil Verma, from educational training company Digital Vidya, New Delhi.



FLO Ki Adalat August 23, 2013

Highlights: Rajat Sharma, the Chairman& Editor-in Chief of India TV





Why Be Vegetarian by renowned food critic September 13, 2013

Speaker: renowned food critic RashmiUday Singh



FLO Diwali Fellowship Meet with Satya Paul October 23, 2013

Hightlights: Gargi Roy Chowdhury, renowned actress from Tollywood&Masaba Gupta



Grooming Workshop by Celebrity Grooming Expert ChhayaMomaya September 25, 2013

Highlights: basics of organizing social dinners, communication skills; make up, skin care & hair care.



FLO Kolkata Retreat 2013 at Ganga Kutir November 11- 12, 2013

Highlights: Interactive games and peppy music; footreflexology



Visit to the Print Factory of Sanmarg December 6, 2013

Highlights: Behind the scenes of printing newspapers; Mr. MansukhlalPrajapati of Mitticool fame giving life demonstrations of his clay products like refrigerator, non-stick tawa, water purifier & cooker which are in huge demand.





Sports Beyond Cricket in India January 16, 2014

Speakers: Ms. M. C. Mary Kom, Star Boxer & Mr. Rajyavardhan Singh Rathore, Ace Shooter



Panel Discussion on Women's Health & Fitness February 12, 2014

Panelists: Dr. Rajeev Agarwal (Gynaecologist), Dr. Hassan Iqbal (Orthopedic) &Suman Agarwal (Nutritionist)



Being a Leader- The Power to Transform February 25, 2014

Speaker:Dr. Jyotsna Suri, CMD TheLalitSuri Hospitality Group

Highlights: An inspirational event where the members realised that nothing is impossible. Special attraction- gift bags from Lalit with special cookies from their famous bakery accompanied by diary & calendar





MESSAGE



Dear Friends,

This past year has been exhilarating, challenging and meaningful for me. As I look back at some of the highlights, I do so with pride and honour.

- 28 meaningful events were organized in congruence with my motto of "Explore. Enrich. Excel."
- We had the opportunity to meet and host about 40 eminent speakers including 7 international speakers, over the course of this year.
- We have grown by over 26% this year, with a current member base of over 250 members.
- We launched a unique community within YFLO -the YFLO Focus Groups, in which members enthusiastically participated, precipitated and grew.
- For the first time, mentoring platform as well as a mentoring program was launched for the members.
- We sent a truck load of material to Uttarakhand& conducted many other CSR activities.

I sincerely thank each one of you for your faith in me, overwhelming support and participation in all our events, workshops and programs.

I would specially like to thank all my partners, sponsors, my committee and YFLO Focus Group leaders for their unending support.

Wishing all of you the very best, today and always!

Warm Regards, Richa Sethia Mohta Chairperson, YFLO Kolkata

COMMITTEE MEMBERS



Manjri Agarwal Sr. Vice Chairperson



IshaPatodia Vice Chairperson

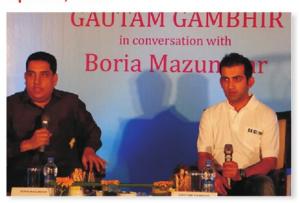


Vartika Agarwalla Treasurer



Nandita Sureka Secretary

Change of Guard & Conversation with Mr. GautamGambhir and Mr. Boria Mazumdar April 21, 2013



Workshop for Mothers on Safety and First Aid for Children & Pregnant Women May 4, 2013

Panelists: Dr.RajarshiRaychaudhuri, Consultant Emergency Physician trained in Trauma Medicine & Clinical Toxicology in UK specializing in children; Dr. B.D. Mukherjee, Senior Gynecologist and Dr. RuchiGolash, Pediatrician Neonatalogist trained in UK for 7 years and Ms. Ishani Bannerjee, Senior Dietitian, CMRI.



An Interactive Session with Dr. Trupti Jayin May 22, 2013

Highlights: She conducted the TV show Raaz Pichle Janamka

An Interaction with Ms. ZeenatRehman & Jeff ReneauActing Consul General, United Sates of America, April 22, 2013



Fellowship: The Sundowner Networking Event May 14, 2013

Highlights: Immense networking opportunities; interactive games including a treasure hunt; brief workshop on Zumba & Salsa by Aditya Upadhya of Vive la Salsa.







Fit & Fabulous with Celebrity Trainer June 22, 2013

Trainer: Vrinda J Mehta personal trainer for bollywood celebrities like Amitabh Bachhan



Open House 2013 – Coffees, Conversations and YFG (YFLO Focus Groups) July 17, 2013

Highlights: Feedback on YFLO's current events as well as contribute in planning the events to come; formally introduced the structure of the YFLO Focus Groups (YFG)



A Tete a Tete with Rajashree Birla August 2, 2013

Highlights: Sharing experiences about CSR Initiatives of the FICCI Aditya Birla Center for CSR Moderator: Ace designer Mrs. Agnimitra Paul

Molecular Gastronomy-The Science of Flavor June 28, 2013

Facilitator: Chef GagganAnand, owner and head chef of Gaggan restaurant in Bangkok



Mr. Utterly Butterly Bharat Dabholkar An Interactive Session with the Ace Ad Man July 23, 2013

Highlights: Sharing experiences & life in the advertising agency





GIA WORKSHOP on Gems &Jewellery September 6, 2013

Facilitator: Ms. Nirupa Bhatt, Managing Director of the Gemological Institute of America(G.I.A.), India and Middle East and G.I.A. faculty from Mumbai



Wrapistry – Art of Luxury Gift-Wrapping September 14, 2013

Facilitator: AmrutaWalvekar, from Pune



An Affair to Remember with ESTEE LAUDER October 24, 2013

Highlights: Personalized make-up consultation by ESTEE LAUDER and individual photo shoot by a celebrity professional photographer Rajesh Gupta; launch of new and improved Privilege Card 2013-14

Seminar on Balanced Life Strategies September 11, 2013

Speaker: Master Del Pe is a world-renowned life mentor and modern sage from the United States of America



Entrepreneurial Journey and Demonstration on Aromatherapy September 26, 2013

Speakers: Dr Blossom Kochhar, Chairperson, Blossom Kochhar Group of Companies & Ms. Samantha Kochhar, Managing Director of Blossom Kochhar Beauty Products Pvt. Ltd







The Business of Haute Couture with MrTarunTahiliani November 11, 2013

Highlights: Styling tips for fashionistas and also shared exclusive tips for aspiring designers



Delegation to GOA January 28-31, 2014

Highlights: Meeting with the Governor of GOA at the spectacular Raj Bhavanand Mr. Naik, the Industries Minister of Goa



Wedding Planning 101 February 19, 2014

Highlights: Insider's guide to planning a wedding; also featured a demonstration by Mr. SakulIntakul from Thailand who is one of theWorld's best Floral Artists.

Facebook for Business December 4, 2013

Highlights: Opportunity to learn from the FACEBOOK TEAM, Hyderabad with an exclusively designed module to promote personal enterprise



Emami Factory Visit January 11, 2014

Highlights: A great opportunity for YFLO members to experience first-hand, best-in-class FMCG cosmetics and healthcare products manufacturing, especially for a products like Zandu Balm and Boro Plus which we use regularly





Interactive Session on India Unbound: Role of the Youth February 22, 2014

Speaker: Discussion on women's issues, country's growth prospects, anti-corruption and several other topics. She shared her journey and experiences with a glued audience.



Clay Modeling Workshop with India's best clay sculptor, VineetKacker March 19, 2014

Doing Business with the US: Session with US Consul General, Helen LaFave& Richard Craig, Principal Commercial Officer March 20, 2014



FLO & YFLO Event Being a Leader: An Interactive Session February 25, 2014

Speaker:Dr. Jyotsna Suri, CMD,TheLalit group of hotels



TEAM: Launch of the Mentoring Platform March 27, 2014

Highlights: Two highly successful local entrepreneurs Mr. HariBalasubramanian and Mr. PradipChopra, spoke about mentoring and entrepreneurship.





MESSAGE



Dear Friends,

Life is like a book and each chapter is like a phase. A day comes when a phase comes to an end and so has mine in FLO Ludhiana. This phase of my life as FLO Chairperson, Ludhiana was the most fulfilling and enjoyable.

One year has gone by, with lots of challenges and successes. With the support of my governing body members and committee members who with their creative ideas, helped me to execute the programs successfully throughout the year.

I started my term in April, 2013 with a cause which is very close to myheart: working towards the upliftment of the visually challenged. My journey was marvellous, from developing to achieving.

I would like to thank all the members for supporting me and actively participating in the events, workshops and programs. My sincere appreciation for Mrs. RajniBector, without whose efforts, FLO would never have initiated in Ludhiana. A special and well-deserved acknowledgement to Mrs. DivyaOswal for working beyond the call of duty. A heartfelt gratitude for Mrs. Malvika Rai under whose able and expert guidance and leadership as FLO President, I sailed through this year successfully.

Thank you all for giving me this opportunity and a beautiful experience with FLO which will stay with me for lifetime.

Best Wishes, Komal Agarwal Chairperson, Ludhiana Chapter

COMMITTEE MEMBERS



Divya Oswal Sr. Vice Chairperson



Sangeeta Jain Vice Chairperson



Renu Garg Treasurer



Savita Agarwal Secretary

Change of Guard & Talk on Legal Rights for Women April 26, 2013

Speaker: PriyaHingorani, Advocate – Supreme Court of India and Governing Body Member, FLO and Padma Vibhushan Smt. Sonal Mansingh



Pen It Down September 16, 2013

Highlights: Interaction with author AnjuPoddar, discussions on the nuances of being a writer and talked about the popular books penned by her



Zumbathon- Dance for a Cause October 15, 2013

Highlights: Participation by Malvika Rai, President FLO, Garima Jain, Chairperson YFLO and some members from Delhi to create awareness for Breast Cancer

Estee Lauder & You May 8, 2013

Highlights: Personalised make up tips and demonstration of makeup styles for various occasions by ManjushaMaheshwari and her team of makeup artists.



Self-Defense for Women September 23- 24, 2013

Highlights: Self-defence techniques demonstrated by Mr. Martial Vout, a self-defense trainer from Switzerland







Visit to HSBC Bank & Interactive Session on Banking Issues May 28, 2013

Speakers: Ms. Harpreet Soin, VP & Branch Head, HSBC. A talk on MWPA Act and use of credit and debit card and functions of Bank



Macrobiotics and Natural Healing December 5, 2013

Speaker: Ms. Tarika Ahuja, a highly qualified macrobiotic consultant on healing self through proper balanced diet.



Joy of giving week February 22-27, 2014

Highlights: Wish fulfilment of children suffering from Thelasemia, cancer and mentally retarded, visit to senior citizen home, Blood donation by FLO members

Cyber Crime Awareness July 15, 2013

Speaker: Mr. RakshitTandon, Consultant IAMAI. An interactive session on Cyber Security and safe surfing



Doctors talk January 6, 2014

Speaker: Dr.Mukerjee Cardiologist and Dr.ZeenieGynecologist on Cardio in Women and Gynaecological issues





LUDHIANA CHAPTER

Fellowship Meet March 21, 2014

Highlights: Mixology by Vineet, Non fire cooking by Chef Dinesh Rawat.Acqua as theme, Flo trivia and loads of fun n interaction among the members



Joy of Giving Celebration March 29, 2014

Highlights: An event to give away gifts(mobiles,dolls,tablets & cycles) to children suffering from Thelasemia & Cancer, games for Senior citizens and rewards for school girls excelling in studies





MESSAGE



Dear Friends,

The past year, as the Chairperson of FLO Northeast Chapter, was very hectic under the dynamic and demanding leadership of our National President Ms. Malvika Rai. Instructions and requirements kept pouring at a steady pace from our National Headquarters keeping us on our toes. With the help and guidance of my team and past Chairs and members it was possible for me to always maintain timeline prescribed by Delhi for various activities. It was an exciting and yet enlightening journey which I will cherish for ever.

With the twin goals of popularising the brand FLO in this part of the country and to initiate programmes to empower women in a holistic manner, I took up the challenge of Chapter Chair for the year 2013-14. It gives me immense pleasure to announce that this chapter has witnessed 57% growth in membership and we are still hungry for more. We have made an effort to induct quality members belonging to various fields to easily access their expertise in respective fields.

I take this opportunity to profusely thank both electronic and print media whose exposures on our various activities have brought recognition to FLO.

And last but not the least, i will be failing in my duty if i do not thank my sponsors whose support and generosity have immensely helped our various endeavours.

My best wishes to FLO NE 14-15 for a great year ahead,

With regards Monisha Baruwa Chairperson, Northeast Chapter

COMMITTEE MEMBERS



Smita Agarwal Vice Chairperson



Rita Chhowchharia Treasurer



Joyshree Das Verma Secretary



Suruchi Agarwal Jt. Secretary

NORTHEAST CHAPTER

Change of Guard April 26, 2013

Chief Guest: Mr Shiva Keshavan, first Indian representative to compete in Luge at the Winter Olympic Games



Enhancing Life Skills, Hafiznagar Slum area of Bamunimaidan, Guwahati May 20, 2013

Highlights: Training on making paper bags as per market requiremnet



"Empowering Women by Spreading Breast Cancer Awareness" June 4, 2013

Speaker; DrShabnam Das Kar from Mumbai, who is currently doing an advanced Fellowship from the American Academy of Anti-aging Medicine

Unleash the Designer in You May 8, 2013

Speaker: Leading Interior Designer Ms. Basobi Bose



"Journey as a Writer"-MitraPhukan Unveils Her Journey May 25, 2013

Highlights: Achievements & challenges faced by the powerful women writer of the North East India, who makes her region visible to the rest of the world







"Eye Screening Camp" Hajongbari Village, Chandrapur, Guwahati June 23, 2013



Constitutional and Legal Remedies Available to Women August 12, 2013

Speaker: Women by Advocate Rakhee Chowdhury of Gauhati High Court



Networking and Bonding with Spouses September 27, 2013

Highlights: Lively music, interactive games, photo sessions and sumptuous dinner



Basics of Banking & Investments, Event powered by HDFC Bank July 20, 2013



Demonstration of Traditional, Folk Crafts and Paintings August 24, 2013

Highlights: Artists from Midnapore in West Bengal,



Pre Diwali celebration with special children of Sahayika October 29, 2013

Highlights: Distribution of goodies, sweets and crackers among the special children with autism, Down syndrome, hearing problem



A Talk on Legal Issues November 9, 2013

Speaker: Priya Hingorani, Lawyer Supreme Court and GB members, FLO



Health Check Up Camp at Jalimura L.P.School, Village-Jalimura. November 24, 2013



3rd Servo Red River Car Rally. January 5, 2014

Highlights: Annual Fund Raiser event; proceeds given to Sahayika, child guidance centre towards educating 4 differently abled girls from economically backward families



Children's Day celebration November 14, 2013

Highlights: A day with the children of Shishugram, an orphanage



A Rendezvous with the BANDIT QUEEN, Ms Seema Biswas December 2, 2013



Fellowship Lunch at Alfresco Grand. January 25, 2014

Highlights: Interactive games, networking and sunset at Bhahmaputra on speed boats





Factory visit to Aruna's Namkeen factory March 4, 2014

Highlights: Entrepreneurial journey of the proprietor ArunaKhaitan and behind the scenes of the factory



Industry Orientation at Regional Institute of Science and Technology March 11, 2014

Speakers: Dr AlokaSarma, Dean-School of Business Science; JoyshreeVerma



PRESS CLIPPINGS

LO's health check-up penefits 250 villagers

Guwahati: A health check-up camp was successfully organised by Ficci Ladies Organisation, Northeast Chapter in association with RGVN and Marwari Maternity Hospital on Sunday at village Jalimura, Baihata Charali on the outskirts of Guwahati. The hospital team consisted of seven doctors and fifteen nurses. The check-up was provided in three disciplines gynaecology, pediatric and medicine. Around 250 villagers attended the camp. The medical



the villagers as per prescriptions.
Amio Sarma and Aneeta Dutta

ECONOMY

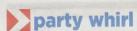
from RGVN were present with their team of volunteers. RS Khakolia

chapter members were there to organise the camp in a disciplined way. This was stated in a press re-



भारतीय संस्कारों को अपनाकर रहें स्वस्थ:अग्रवाल







Women power will drive growth, says Modi

susiness







ചിക്കി ചാപ്റ്റർ വനിതാവിഭാഗം വെബ്' ബസാറിനു തുടക്കമായി

തുട്ട പ്രദിക്കിച്ചുടെ അടു വിന്നും നില്ലത ക്രെ അടു വാര്യൂട്ട് രണ്ടാം അടു വാര്യൂട്ട രണ്ടാം വിത് മാറ്റൂട്ട വ്യാര്യൂട്ട വ്യാര്യൂട്ട വര്യൂട്ട വര്യുടെ വര്യൂട്ട വരൂട്ട വര്യൂട്ട വരവര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വരവര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വര്യൂട്ട വരവര്യൂട്ട വരൂട്ട വര്യൂട്ട വര്യൂ

High tea on



theEducationpost

Teamwork & time management is the mantra of 'Mumbai Dabhawalas' success

The Asiam Ag Thursday 20 February 2014 31

Delhi Age [4



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বৃহস্পতিৰার শহরে ফিকির 'স্পোর্টস ৰিয়ন্ত ক্রিকেট ইন ইন্ডিয়া' অনুষ্ঠানে হাজির অলিম্পিকের পদক জয়ী महिला बङ्गात प्यति कम এवং পদक खरी। छाँठोत त्रांखावर्धन त्रार्फात। छवि : थालिमूत त्रहिम



30 FICCI

Mary Kom during an intercative session in the city on Thursday

फिक्की लेडीज आर्गनाइजेशन (एफएलओ) द्वारा आयोजित परिचर्चा सत्र में ओलंपियन मेरीकाम, शूटर राज्यवर्द्धन सिंह राठौर तथा एफएलओ चेयरमपर्सन सबीना रुंगटा । -विश्वपिक



GOING GREEN: Schoolchildren were seen planting saplings along with chief guest Swathi Antamani, Head of CSR of NATCO Pharma Limited, at the Young Ficci Ladies Organisation's Go Green Initiative on Thursday.





Bound by stories of success and passion

HT Correspondent

KOLKATA: When he fought insur guncy in Kadmir, dhe was grow-ing up as a duagher of illice-iants farmers. He is every bit un-clife the formers. He is every bit un-clifed warding settleman who has a way with words, she at woman with distanting seals and hon-esty compressed for her lack of curriculations. He is appression at a short polities as she is not. As p = r = 0 and $11 \le r = 0$, Ralysavarriban Singh Rathors— and MC Mary Kom as was simi-lar as the Bedlin and Bercheven. Dut they know what tiefel is like being an Upping in realibility, the massive

snow what the less being an Ormple results, the massive dose of self-belled and support it takes to get three. Surport it takes to get three. Surport the stage designed like a bor-ing rine with a shoottan trayet. Soon were an example of unity Konn were an example of unity from the supple of unity A mother of three, Mary Kon said ser together time as a boser men when hat this wave a year old and she had to leave them

DEC Secrety SoftEFUARTE

in Imphal and go "far away" for training. "One of them got sick then with a heart problem and, since the facilities back home

since the facilities back home are basis, had to be go over to Chandigard, bad of Mary Kom, at the programme hosted by the badies organization of the Federation of Indian Chambers of Commerce and Indianty. But be it with that over over the programme hosted by the badies of the badi

medal" in Bio. In K Onler Kom she has a one ma support sys-tem. "Withest my husband, I couldn't do it even if I wanted, she said.

If was with a similar serse of self-worth that Rathere took up shooting at the age of 28.

"That's an age when you set-tle down in your job and here

Everybody said I was crazy but I needed something to fill the vacuum after fighting ter the vacuum after flighting ter-crists in Kashmir from 194-to 97. Then, for the next four years, I won nothing," said Rathore Hath is ville not been advice thereby ensuring "food on the table", India would still have been searching for its first double tray Olympic silver med-alist.

allist. What also spurred him, said Rathore, was the way Olympics were looked down upon in 2004. were looked down upon in 2004.
"It was deemed as trip full of 'masti', timeposa. That's when I decided I would never have a visiting card that introduces me as an Olympian even as I became determined to walk that poth,"

Mary Kom urges women to take up sports

Five time world boxing champion and Olympic bronze-medallist MC Mary Kom urged women to take up sports to stay fit and indicated that she is ready to train full steam again in her search for a gold medal at the 2016 Rio Olympic Games. "I'm slowly regaining my strength and shall be fully fit to compete in a couple of months," the boxer said at an event organized by the Ficci Ladies' Organisation at a city hotel on Thursday. "I'm sure with more Olympic experience at my disposal now, I can get that elusive gold in the 51-kg category.". Concerned at the alarming rise of violence against women, Mary Kom urged women to work on their fitness and learn self-defence. "I had to fight off a rickshaw puller once in a deserted stretch when he tried to act funny with me. I punched and kicked him and later, with the aid of couple of others, handed him over to the cops," the plucky boxer, now a mother of three, said. Mary Kom, who has partnered with a mobile service provider in India to set up women-only self-defence camps and an SMS service for women across India, said parents should take the lead to initiate children into sports.



Former Miss World urges victims of rape to speak out



Dainik Pioneer New Delhi December 21, 2013 महिलाओं को आरक्षण देने का वक्त आ गया है: जेटली

SUNDAY

NDMC to set up call centre to address public grievances

Women entrepreneurs show their skills



Educating a girl means educating a family: Tharoor

JANSATTA

THE TIMES OF INDIA 4

New Delhi

An evening hosted by Bela Badhalia, chairperson FICCI FLO Jaipur

New Delhi November 15, 2013 Punjab Kesari

फेस ट्रफेस: आम लोगों की

समस्या पर सकारात्मक बहस

April 11, 201

CIMES OF IND

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The Telegraph

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National Dunia

New Delhi April 11, 2013



CITIES & REGIONS

FICCI FLO Felicitates 11 Exceptional Women Achievers Of Maharashtra





Women feel gender based violence is widespread



PRESS CLIPPINGS

also faced sex attack, says Mary Kor

आज का सहयोग कल का भविष्य

WORLD POLITICS BUSINESS SPORTS ENTERTAINN

I also faced sex attack, says Mary Kom

26/2014



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Kolkatar Olympic medal-winning boxer M.C. Mary Kom Thursday said she had also faced a sex attack when she was 18, but managed to overpower the assaulter.

The boxer expressed concern over women's safety in 1 ndia and urged them to go for physical training to fend off attackers.

"I would urge them to have some kind of physical training to prevent sex attacks, becaus you need to be strong and fit to fight attackers. I would also tell them to fight sex offence without fear," she said.

The boxer's comments came in the wake of a series of rape cases, including of foreigners, reported from across the country.

Mary Kom, who won a bronze in women's flyweight class in the 2012 London Olympics,



ഫിക്കി ചാപ്റ്റർ വനിതാവിഭാഗം 'വെബ്' ബസാറിനു തുടക്കമായി

3rd Servo Red River Red River The Rower Lampower Jan 5

Guwahati: Ficci Ladies Organisation, Northeast Chapter is organising their 3rd Servo Red River Car Rally on January 5, 2014. The Time Speed Distance(TSD) rally will be flagged off at 8 am sharp from the Guwahati Gymkhana Club.

Prizes worth Rs. 2 lakh will include 1st, 2nd and 3rd prizes, special category for ladies to encourage lady drivers and there will be a special prize for the best decorated car with a theme. The speciality of this rally is that one can join with any category of car. Besides Servo, State Bank of India and Eye Catchers has generously contributed towards this fund raiser event along with few other companies. FLO utilises the proceeds of this event for their CSR programmes and this year a part of it will go towards sponsoring few needy special students of SA-HAYIKA Shishu Nirdeshan Kendra, as stated by Monisha Baruwa, Chairperson, FLO -9085061961, 9864022420 9864048815. CNS

ఆహార నియమాలతోనే ఆరోగ్యం పదిలం





సమావేశంలో ప్రసంగిస్తున్న ప్రముఖ పాష్టికాపోర నిపులురాలు సుమనీ అగర్వాల్

బంజారాహిల్స్, న్యూస్ట్రెడ్స్: ఆహార నియమాలు పాటిస్తే ఆరోగ్యాన్ని కాపారుకోవ చ్చని, ప్రతి ఒక్కరూ పాష్ట్రికాహారంట్లు గృష్టి సారించాలని ప్రముఖ పాష్ట్రికాహార నిష్ట్ర బులు (ముంబై) నేషనల్ ఇన్స్టిటిబ్యాట్ అప్ ఎరోలిస్స్ ఫిటినెస్ ఇన్రర్ ముమ అన్నికాహార నిష్ట్ర ర్వాల్ నూడించారు. గురువారం బంజారాహిల్స్ పార్క్ హాయత్ హోజుల్లో యంగ్ ఏక్కి లేడ్డ్ ఆర్గనైజేషన్ ఏర్పాటు చేసిన సమావేశంలో ఆమె పొష్ట్రికాహారం ప్రామం ఇ్యర, ఆరోగ్యకర ఆహారం అన్న అంశంపై ద్రసంగించారు. కేవలం కడుపు మాద్చుకు అందు వల్ల ప్రయోజనం లేదని, తీసుకొనే ఆహారంలో తగినంత కేలరీలు ఉండేడా ్రక్షలు తీసుకోవాలన్నారు. కార్యక్రమంలో ఆర్ధనైజేషన్ పైర్వర్సన్ అశితా నావల్గా యా. వైస్ పైర్వర్సన్ శకుంతలాదేవి, కార్యదర్శి సమీయా అలం భాన్, కోశాధికారి తి మార్చాని తదితరులు పాత్రవ్వారు.

Nomen Entrepreneur Bazaar' begins in Coimbatore

Combatore, Ian III: 5 two-day Women prencur Bazaar by ibatore Chapter of 7 Ladies Organisation h has been organisation hamanmal Memorial STI Ramakrishna rana Mandapam, ibatore to premote on entrepreneurs

batore to promote test and services of en entrepreneurs. e exhibition was tracked on Jacob losses and the losses of the entrepreneurs. e exhibition was tracked on Jacob losses of the l

To Connect To Grow". The event creates an environment ideal for networking and growth. Whether you're well established, or starting out; whether your business is expanding or you're looking for something a connect contacts, share information, exchange ideas, refer, recommend and learn from others. The object of the exhibition is to enable women entrepreneurs to gain contacts, to network, customers, etc. and also to get to know the latest

trends and updates if their respective industries PLO has launched the process of their product of the process of their product and services to the publicand to explore their market potential to the fullest potential to the process of their process when the process continued and to level will benefit from this event. Yet another redeeming feature of the organization is that the organization is that the organization is that the organization of the process of the process of the process of the process of the products.

फिक्की लेडीज का उत्सव के साथ प्रशिक्षण कार्यक्रम

में कोषाच्या प्रवक्त भूग में आयोजन किया लागा - जिसमें नक समिति गांतर की हो है। अयोजक के एलुकेशन कार्यक्रम के, अमेत राज्य के गांतर के वक्ता भी भंग ने तीन दिन कर चलने वाले हुम

वीयन का सुवाल दिया, जिसे तेंगे। कार्यक्रम का संबोधक विकास धार्मिक कार्यक्रम में सभी धकतें से

मृतित्व भंगावता प्रतिक प्

පාජැත්කානම් ක්ෂේුන් රැගන්ණව

మితాహారమే మేలు

జాడ్రహీల్స్ కడుపు విండా తినడం పిల్లలతోపాటు పెద్దలకూ నుంచిది కాడపి ముంబయికి రెందిన పోషకాహార పిటినెస్ విషణురాలు సుమన్ ఆగర్వాల్ పేర్కొన్నారు. బంజారాహీల్స్ లోని పార్క్ హయత్ హోటల్లో యంగ్ ఫీక్కీ లేడీస్ ఆర్గెస్టె లేది పాట్స్ హాటుల్ హోటలీలో యుంగ్ ఫిబ్స్, లెమ్ అస్ట్ జేషన్ ఆధ్వర్యంలో ఆరోగ్యంగా ఉండేందుకు ఆహారిస్తు ఆండా టును ఎలా మార్పుకోవారి.. అనే అంశంపై నిర్వహించిన ప్రజ్యేత సమస్యలో ఆమె మాత్యకారు. కార్పుకోవంలో జైఎఫ్ ఎలేఓ వైరిపర్సన్ ఆశిలా నవల్గారియా, వైస్ వైరిపర్సన్ శకుం తల వేవి. కార్యవర్మ పామియా ఆంమ్ ఖావ్ కార్మక్రము నిర్వా హకురాలు రీతు షా, సమస్వయ కర్త రీతు సింగ్ పాల్గొన్నారు.



गुवाहाटी, 20 मई (एसं)। फिक्की लंडिज नॉथं ईस्ट चैप्टर एवं उत्साह (गैर सरकारी संगठन) की ओर से आज नगर के बामुनीमैदान के पास बनाने के लिए एक प्रशिक्षण कार्यक्रम का आयोजन किया। इस कार्थक्रम का आयोजन किया। इस अवसर गर फ्लो नीर्थ ईस्ट को कांगण्यक्ष रहिता इसक्डरेग्य भी इस कार्यक्रम में उपस्थित थीं। मालुम हो कि इस स्टाम कालांगी को उसक्ट (एवंजीओ) ने गेर्य लिया है। इस अवसर पर प्यो प्रगई इस स्टाम को अध्र्यक्षा का। इस

कार्यक्रम में पलो एनई चैन्टर की ओर से पुराने पत्रिका व समाचा पानीं वहा वितरण किया गया। प्रशिक्षणात्रका वह कागण से गया कि किस तरह कागण से साधारण पेपा बैग बनाया जा सकता है। इस अवसर पर उत्साह के अध्यक्ष मिंग्युल सुवेह भी उपस्थित थे।

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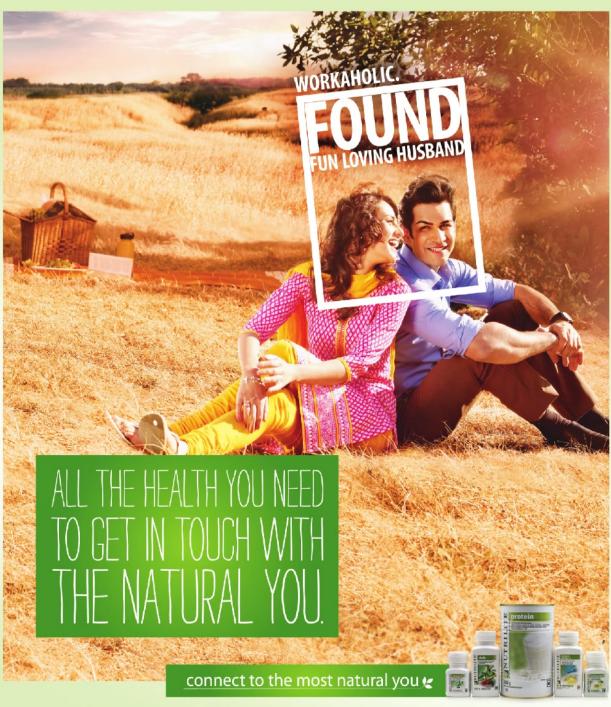
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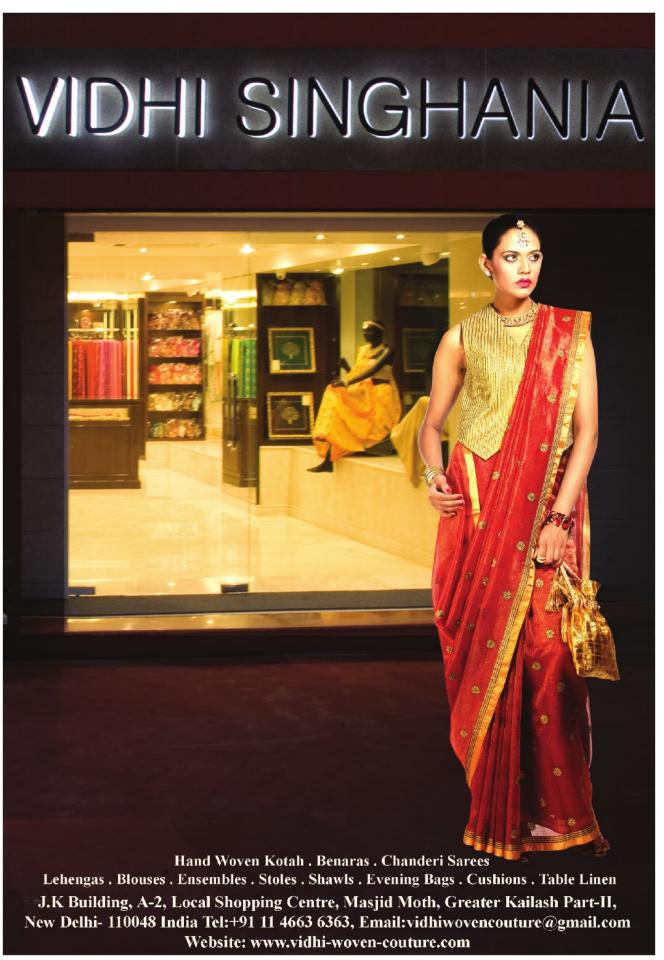
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