

AOE TALKS BY AOE (REGD.) ON 22nd May 2021

- **Chaired by:** AoEan Shishir Chaturvedi
- **Guest Speaker:** Ms. Vishu Gupta
- **Internal Speaker:** AoEan Neeraj Chauhan
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Member Attendees:

1. **Shishir Chaturvedi (Chairman)**
2. **Naresh Vij (Vice Chairman)**
3. **Baljit Singh Bedi (General Secretary)**
4. **Vikas Rajput (Treasurer)**
5. **Abhineet Seth (Secretary)**
6. **Navin Sardana (Past Chairman)**
7. **Varun Madhok**
8. **Rajeev Kohli**
9. **Rajeshwar Sastry**
10. **Ajay Kumar Amar**
11. **Pradeep Anand**
12. **Kshitij Bansal**
13. **Sanjoy Sahgal**
14. **Veerendra Malik**
15. **Arjun Pandey**
16. **Neeraj Bhargava**
17. **Atul Kumar Saxena**
18. **Abhijit Roy**
19. **Sanjiv Narayan**
20. **Praveen Prasangi**

Induction :

Mandeep Wasu

• Guest Attendees:

1. **Mrs. Surabhi Sagar (Veer Sagar)**
2. **Mrs Ritu Vij (Naresh Vij)**
3. **Mrs. Ritu Bhargava (Neeraj Bhargava)**
4. **Pankaj Mathur (Neeraj Bhargava)**
5. **Pooja Malik (Veerendra Malik)**
6. **Raghavendra Rao(Rajeshwar Sastry)**
7. **Satendra Singh (Shishir Chaturvedi)**
8. **Tridip Bordoloi (Rajeshwar Sastry)**

Minutes of Meeting

1. The 104th AoE talk of the 22nd May 21 was chaired by Chairman Shishir Chaturvedi. A wonderful session of excellent learning & sharing.
2. Starting with introduction, each member and guests introduced themselves.
3. AoEans Birthdays May 2021 - Wished AoEan's Rajeev Kohli, Naresh Trikha, Atul Saxena and Abhijit Roy a very happy Birthday. An eggless cake was sent to them from AoE.
4. Induction Ceremony: Mandeep Wasu was formally inducted in AoE. Introduced by AoEan Vikas Rajput and Welcomed by Chairman Shishir Chaturvedi. Welcome to AoE - AoEan Mandeep Wasu.
5. 1-2-1 Interaction: Treasurer Vikas Rajput emphasized focus on 1-2-1 interaction to build trust and nurture relationships and business will automatically follow. AoEan Abhineet Seth had 1-2-1 interaction with Vice Chairman Naresh Vij who has 40 years rich experience. He owns Kaveri Consultants, which is boutique apparels manufacturing unit doing high value, high quality low volume exports. A Management professor and corporate trainer and high ranking tennis player. Wife Ritu Vij was captain of College Hockey team and is now support, Kaveri Consultants in all areas. Daughter Kaveri is running Designer Events Inc. an acclaimed wedding planning company and designer events.

6. Internal Speaker

Treasurer Vikas Rajput introduced internal speaker. AoEan Neeraj Chauhan who is a Certified Financial Planner with experience of over 23 years in financial services. He is coaching, guiding, counseling and helping people to deal with various personal financial issues, helping to setup plans which cover individual's financial goals that results in healthy and happy fiscal life. Working with clients over last two decades to evolve an integrated financial plan for their family. Life member MDRT, Member IFAA, Various Industry awards received over 23 years. Regular bytes in ET Wealth, TOI, Zee News etc.

He shared learning's from his journey:

- After taking Pharma degree in 1990, started as Financial Planner.
- Took blessing from mother by selling her his first financial product.
- First major client was impressed with the time commitment and information provided to him resulted in tagline "Intelligent Investment with Integrity".
- Aim: Not to sell the product, but to help the client.
- 1992 Market Crash taught lesson on prudence, risk mitigation, not to get carried away, no greed.
- 2013 qualified in MDRT (Million Dollar Round Table), resulting in wide horizon and had global mindset thereon.
- 2018 started to get recognized as subject matter expert from industry, media houses etc.
- This journey was based on Hard work with smart work, Ethics, Investment in Knowledge by doing PGDBA,CSP etc, Patience, Long term vision and most important key was Service to the customer.
- First Indian speaker on MDRT, hosting Flag in US were proud moments.
- Pandemic Advice – Create your WILL, 12-24 months free and highly liquid Emergency funds, Evaluate appropriateness of Risk Management and Assets, Payoff your liabilities as fast as you can. Relook at your Goals and evaluate your Assets allocation.

- Five Principles – 1.Before you spend think twice 2.Before you Invest – Know your Why. 3.Investing is Simple (if you follow basic principles) 4.Thinking Long Term 5. Discipline is painful but rewarding.

Vice Chairman Naresh Vij thanked Neeraj Chauhan for his wonderful presentation, sharing such huge learning's and insights. Appreciating his helpful nature, trust and praise people have for him and his wisdom.

AoE Mentoring

Mentoring Group interactions were impacted by its members being down with Covid.

Vice Chairman Naresh Vij introduced guest speaker Ms. Vishu Gupta. She has been teaching yoga since last 21 years. She's a permanent yoga teacher in a prominent school in Delhi for the last 13 years. She has done Masters in Chemistry from University of Delhi. She's done B. A. in Yoga from University of Mumbai. She's pursuing M.A. in Yoga from JVB University in Rajasthan. She's studied Naturopathy, Acupressure and Sujok Therapy. She's also a 3rd degree Reiki Master. She has also held workshops on "Weight Loss" and "Anytime Yoga". She can be followed on her Instagram page called "Anytimeyoga.vishu" for guidance on yoga.

Guest Speaker : Had a wonderful session on "*Yoga, A Way of life - My Story*".

The key learning's were:

- First lesson learnt while attending Yoga course was "First duty is towards herself, to keep physically, mentally, emotionally and spiritually healthy, only then one can attain full capacity to serve all purposes.
- Karm yoga like scrubbing toilets removes ego.
- She made all AoEans and Guest to take pledge – My First duty is to keep myself physically, mentally, emotionally and spiritually healthy. Only then I can serve my family, my workplace and society to the best of my capacity.
- Yoga saved her and her family members from Covid.
- Spinal exercises, stretching helps immunity. Pranayams, Anulom-Vilom, Bhramari shown by her is available on the YouTube video and AoE website.
- Relaxation and laughter therapy will soothe your nerves.

General Secretary AoEan Baljit Singh Bedi thanked guest speaker for explaining yoga with ease, examples and for participation also with better half of members with record attendance.

General Secretary AoEan Baljit Singh Bedi in his report thanked members, guests, internal speaker and guest speaker for great knowledge sharing. Thanking Chairman Shishir Chaturvedi for his enthusiasm and motivation to Managing committee, this will push them to work harder to do even better.

Treasurer AoEan Vikas Rajput apprised members of financial status. Renewal Subscription Invoices will be sent in first week of June where due. Requesting to all those AoEans who have received information on their dues to please clear them at the earliest. Payment gateway is now introduced, that can accept payment thru direct, Credit cards and Wallet's also. Online payment Link has already been shared with the members.

Chairman informed that one new member is down with covid and has already paid his membership fee. Wishing him early recovery.

Chairman Shishir Chaturvedi thanked AoEan Neeraj Chauhan for his great presentation, sharing his inspiring journey and Guest speaker Ms. Vishu Gupta for her healing implementable yoga. He emphasized for having even virtual 1-2-1.

Chairman thanked the attending AoEans for making their contribution in the success of this meet by being present.

Next meeting will be held on 19th June, where we will have Digital Marketing Wizard as Guest Speaker.

Tejindar Singh Bedi
Executive Administration