

AOE TALKS BY AOE (REGD.) ON 18th June 2022

- **Chaired by:** **AoEan Shishir Chaturvedi**
- **Guest Speaker:** **Ms. Anju Kalhan**

Member Attendees:

- 1. Shishir Chaturvedi (Chairman)**
- 2. Naresh Vij (Vice Chairman)**
- 3. Baljit Singh Bedi (General Secretary)**
- 4. Vikas Rajput (Treasurer)**
- 5. Veer Sagar (Founding Chairman)**
- 6. Varun Madhok**
- 7. Neeraj Chauhan**
- 8. Ajay Amar**
- 9. Dixit Gandhi**
- 10. Kshitij Bansal**
- 11. Neeraj Bhargava**
- 12. Abhishek Jain**

Guests / Member Spouse Attendees:

- 1. Mrs. Shobha Chaturvedi**
- 2. Mrs. Ritu Vij**
- 3. Mrs. Manjoth Bedi**
- 4. Mrs. Surabhi Sagar**
- 5. Mrs. Shuchi Amar**
- 6. Mrs. Ritu Bhargava**

Minutes of Meeting

1. The 117th AoE talk of the 18th Jun 22 was chaired by Chairman Shishir Chaturvedi. A wonderful session of excellent learning & sharing. He shared the thought behind change in format of AoE meet that started at 6.30 pm to 9.00 PM and where member spouses were also welcome. He warmly thanked each member of AoE and their spouses for being present at the meet. He also thanked the non-participating members to have responded to the meeting invitation and for their contribution (100% Contribution with not even a single exception).
2. AoEans Birthdays - AoEan Praveen Prasangi, Abhineet Seth, Ajay Kumar Amar, Rajeshwar Sastry and Neeraj Chauhan had birthdays this month. AoE wishes them a fabulous year ahead. An eggless cake was sent to each of them from AoE.
3. **Guest Speaker:**

Vice Chairman Naresh Vij introduced guest speaker Ms. Anju Kalhan having vast Coaching experience. Founder, Blissbox Foods. He invited all for Spiritual and 'spirited' meeting.

Guest Speaker presented a wonderful session on **"Celebrating Living with 5 pillars of health"**.
The key learning's were:

- We should celebrate LIVING with 5 Pillars of health thru Food, Detoxification, Circadian Rhythm, Exercise and Meditation.
- Food – NO Animal (incl. diary, Cheese, ghee, any milk prepared item etc.) / NO Refined or Processed / NO Sugars including brown sugar (Healthy can take 2 tablespoon sugar and Ghee). Eat Dates. THESE ACTIONS CAN REVERSE YOUR AILMENTS LIKE HIGH BP etc.
- Five Groups of Food to be taken: Fruits / Veggie / Nuts and Seeds / Grains / Herbs and Spices. Consume 1/5 of daily calories from these 5 Groups.
- Eat one percent of your body weight as Fruits, Veggies each. Green Juice (Coriander / Mint / Spinach / Kale etc. using cold pressed juicer, u can mix apple) to reverse heart and diabetes ailments. To reverse disease or Lose weight have more from this group.
- Three key nutrients – Omega 3 (2 tablespoon grounded chia seeds, flax seeds, 5 walnuts), Vitamin D 3 (Take Sunlight if deficient take supplements), Vitamin B12 (In soil, do gardening etc. if deficient take supplements).
- Water – Keep yourself hydrated all the time, half litres warm water first thing in morning, Eat your water.
- Detoxification – Intermittent fasting (8 Hours eating window and 16 hours of fasting is ideal). Ekadasi (drink water only) and Navratri Fasting (not to exceed 500 cal).
- Exercise – 10K steps in a day, stretching (Yoga), strengthening (Weight) and Cardio (increase heartbeat to around 129)
- Circadian Rhythm - Sleep minimum 7-9 hours, Avoid blue light (devices) minimum 1 hour before sleeping.
- Meditation – Positive Attitude, Gratitude, Unconditional love and Pray.

Thumb Rule – At least half of your calories should be from uncooked foods. Make Food without ghee, oil. Eat Plant based, variety and have flexibility. Morning – Green Juice, nuts and seeds.

AoE thanked the guest speaker by giving her a gift.

AoE Mentoring

Mentoring Chairman Veer Sagar had thanked AoEan Naresh Vij for helping Mentee Abhishek Jain on 7th June 2022. Mentoring Meeting was held with Mentee Bhrigav Jain on Jun 7th 2022 along with Mentor(Financial) Baljit Singh Bedi. Further Meetings are organized in June End and July 2022.

Thanks from AoE to Guest Speaker Anju Kalhan for excellent presentation and to AoEan Neeraj Bhargava for very well organizing Meeting at Friends Club followed by Drinks and Snacks.

AoEans are requested to do 1-2-1 before our next meet.

AoE thanks Managing Committee and Mentoring team for their consistent help and involvement.

Thanks from Chairman to all attending AoEans and their spouses.

All members of AoE are requested to be present at 118th AoE meet of 16th July 2022 .

Tejindar Singh Bedi
Executive Administration