

Agenda March 30, 2016Time 6:30pm to 7:30pm (last Wednesday of every month)**CELEBRATING WOMANHOOD**

March 8th was International Women's Day. A day where we celebrated the social, economic, cultural and political achievements of women. We heard empowering speeches from woman leaders all over the world. We receive many email and what's app messages highlighting beautiful quotes empowering women. We read these messages and forget until we are reminded of them, year after year. How much do we put into practice? It has its significance only if we, women appreciate our own existence as the most important member in our family and take self-recognition of our contributions. This should be an ongoing celebration and not an annual event! If we, as women, do not appreciate our own worth, then what appreciation can we expect from others?

On a lighter note, sharing the attributes of woman described in Gujarati song sung by Manhar Udhas..."Ek di sarjak ne ..." the meaning is as under...

"The Creator picked softness from flower, pain from thorn, wetness from dewdrop, fragrance from garden, firmness from mountain, patience from earth, kindness from tree, deepness (wisdom) from ocean, love from crane, fear from pigeon, intelligence from crow, talkativeness from bird (kabar), perseverance from ant, purity from water, radiance from fire; and then created a WOMAN!"

Women's Group celebrates *Women's Day* every month to celebrate womanhood.

Take the pride in being a woman!

AGENDA OF THIS MONTH

Agenda items	Name	Time duration
Self-Introduction of members	All members	1 min
Activity demo - Party decoration ideas	Mrs. Aarti Parikh	30 min
Women's group introduction/refresh (philosophy, objectives, activities) - Power point presentation	Sonal Thaker	10min
Feedback/input from members how they would like to contribute in upcoming sessions	All members	20 min
Chanting Shanti Mantra	All members	1 min

Thank you for your support and interest to be a part of Women's group.

Dr. Shobha Karnik: vikashobha.karnik@sympatico.ca

Sonal Thaker: sparsh9095@yahoo.com Or sparsh9095@gmail.com

(Women's group team)