



# Event Details





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**01**

**10th November 2022**

Mothers arrive and meet and greet at high tea followed by Dinner

**02**

**11th November 2022**

Day of alignment -TRX by Bindu Murty, Art Of Living Session by Vandana Pendharkar , Essential oil workshop by Neha Vij and Sound healing by Nidhi Nahta

**03**

**12th November 2022**

Visit to Sunderji Institute  
Never Ask Why -Film Screening

**04**

**13th November 2022**

Run for mums  
Book Launch

**05**

**14th November 2022**

Bye Bye time .Till we meet again





**11th November 2022**



A woman with dark hair tied back, wearing a black tank top and leggings, is performing a TRX exercise. She is holding the yellow handles of the suspension trainer with both hands, pulling them towards her chest. The background shows some greenery and a building. The image is partially covered by a yellow diagonal overlay on the left side.

CORE

FITNESS

POWERED BY  
**TRX**  
Suspension Training®

# What is TRX

TRX which stands for Total Body Resistance Exercise, conceptualized by former US Navy Seal Randy Hetrick is revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability and burn fat.

It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises. Because TRX uses your own weight as resistance, it is suitable for everyone, regardless of age or fitness level. It welcomes beginners, professional athletes, and everyone in between.

You're in control of how much you want to challenge your self on each exercise - because you can simply adjust your body position to add or decrease resistance.

## What are the Benefits of TRX?

- \* Delivers a fast, effective total-body workout
- \* Helps build a rock-solid core
- \* Increases muscular endurance
- \* Benefits people of all fitness levels (pro athletes to seniors)
- \* Can be set-up anywhere (gym, home, hotel or outside)

## BINDU MURTY (TRX COACH)

- The Only Advance Certified TRX Fitness Coach in India,
- India's Brand Ambassador for Corefirst Pilates
- NASM Certified Personal Trainer
- Fitness Enthusiast for 15 Years
- 5 Years Experience in TRX Training
- Certifications Overseas (TRX) : USA, UK, Copenhagen, Dubai

**Venue : OGCC Pune**

**Required : Wear fitness clothes and shoes**

**Fitness Levels: All Ages**

6.30 am to 7.30 am





Vandana Pendharkar has been associated with the Art of Living foundation since year 2000.

As a faculty she has been conducting various workshops for adults and children for stress management, yoga, meditation, etc. in the Middle East and India. The participants in these workshops were from various nationalities all over the world.

From 11.15 pm to 12 15 pm

Participants must wear light and comfortable Clothing



Aromatherapy workshop

# The Art of Diffusion

Learn to create "RELAXING"  
essential oil Blend



**11 November 2022**  
**Oxford Golf Resort Pune**  
**Time : 5-6 pm**

About Neha : She's an MBA turned into a certified perfumer from Perfumers World London & is a strong advocate for holistic well being and aromatherapy.

- Please do not wear any fragrance to the workshop
- All materials are free
- Leave with a 5 ml bottle of the blend that you create during the session
- If you are allergic to any fragrance , please let us know in advance .



@nehavij1



nehavij1a@gmail.com





# Sound Healing



By  
Nidhi Nahata

Therapeutic sound and music finds a sacred space within. Sound healing is an immersive and rejuvenating experience that allows you to enter a deep state of restful awareness, harmony, relaxing and healing from any physical and emotional distress

Our instruments are exclusively hand-picked by Nidhi and tuned to natural and cosmic harmonic resonance. While sound healing sessions can create a sense of general well-being, it can be particularly helpful in:



- Pregnancy (after 3 months)
- Improved quality of sleep- Insomnia
- Reducing feelings of anxiety
- Elevating mood and alleviating depression
- Body Pain management
- Achieving deep meditative states



@nidhisoganinahata



@justbecafe



@nidhinahata@gmail.com

8.30 PM onwards (post dinner )



**12th November 2022**





An opportunity to honour  
the living stories of Mothers  
& make a bigger impact  
to inspire many Mothers  
to start dreaming again!

**Sunderji's Global Academia**  
**Invites you to join us along with Inspiring MUMS**

From Mothers United Moment  
to discuss the topic

**Redefining Motherhood:  
Impact of Motherhood in our society  
& our organisations**

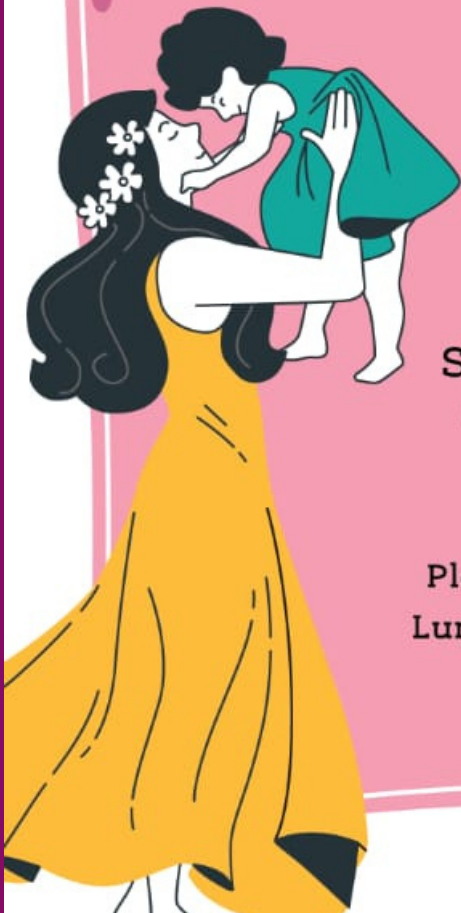
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**12<sup>th</sup> November 2022**  
**11:00 am**

**Sunderji Institute of Special  
School, Shankarseth Road**

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Please do join us for lunch thereafter  
Lunch Venue: Sunderji Nursery School,  
Burhani Colony, Market Yard



WINNER OF  
**60+**

AWARDS & LAURELS ACROSS  
GLOBAL FILM FESTIVALS IN 2022



Based on a true story

# NEVER ASK WHY

A film by **SAURABH DUBEY**

Written by **ROHIT PRAKASH AND AAKASH WADHWA** Director of Photography: **RAJAT BHARADWAJ** Producer: **NIKITA REKAPALLI**  
Executive Producer: **ARNAB KUNDU, SUJAY CHAKRABORTY, SUMANT CHAWLA, SUMON K CHAKRABARTI**

MADE WITH ♥ BY EATING POTATOES FILM PRODUCTIONS

6pm to 7 pm





**13th November 2022**



NGO PARTNER



POWERED BY



3K / 5K / 10 / 21K  
CATEGORY - FEMALE

13TH NOVEMBER  
OXFORD GOLF COURSE  
BAVDHAN

FOR DETAILS CONTACT - 9960626545

SUPPORT PARTNER



POWERED BY



ZUMBA BY - SUCHETA PAL  
THE FIRST INDIAN ZUMBA  
MASTER TRAINER

Sucheta Pal is an engineer turned Ambassador and Education Specialist for Zumba in India, She is the Recipient of the President's Award - "FIRST LADY" for her work for women wellness in India. as a women influencer and new mom she is passionate about empowering women through fitness post pregnancy



3K / 5K / 10K

13TH NOVEMBER  
OXFORD GOLF COURSE  
BAVDHAN

TO REGISTER SCAN



6 am onwards





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WE CORDIALLY INVITE YOU TO

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## Book Launch

*of the book*

*100 self Portrait and 100 Dreams*

13.Nov.2022

Sunday AT 5:00PM  
ONWARDS

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OXFORD GOLF COURSE,  
PUNE, INDIA

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Rsvp

SHIKHA KHANNA  
9212010142



# BOOK LAUNCH

100 SELF PORTRAIT 100 DREAMS ON

13TH NOV 2022  
5 PM ONWARDS

- |      |  |
|------|--|
| 5.00 | INNVOICATION   |
| 5.45 | PERFORMANCE OF KIDS FROM SUNDERJI INSTITUTE OF SPECIAL NEEDS               |
| 5.30 | LAUNCH POSITIVE PRIME  |
| 5.40 | MESSAGE BY CHIEF GUEST NEETA LAD AN INCREDIBLE MOTHER AND A PHILANTHROPIST |
| 5.50 | INTRODUCING MUM BY SHIKHA KHANNA   |
| 6.00 | LAUNCHING MUM EMPOWERMENT FOUNDATION                                       |
| 6.10 | LAUNCH OF THE BOOK WITH MUMS READING ON STAGE                              |
| 7.25 | VIRTUAL MOMS JOIN US ON STAGE  |
| 8 PM | FOLLOWED BY GALA DINNER AND COCKTAILS                                      |

RSVP

Shikha 9212010142