

FAPCCI LADIES WING

Events 2007-08

Book Release

The Book Release and a Power Talk on “Man-Woman Magic” by Squadron Leader Jayasimha, Double Guinness World Record Holder on 5th August, 2007.

FAPCCI Ladies Wing organized a workshop & released a book on **Man - Woman Magic** written by Squadron Leader Jayasimha. Smt Badam Rama Kumari, Chairperson, FAPCCI Ladies Wing presided over the meeting and **Gnanapeeth Awardee, Padmabhushan Dr.C. Narayana Reddy** was the Chief Guest. The book profiles the details for leading a Happy Married life. On this occasion the FAPCCI **Ladies Wing** has felicitated **Smt & Sri Jamuna Ramana Rao**, Former M.P., who had completed 43 years of their successful married life.

Padmabhushan Dr.C. Narayana Reddy, Gnanapeeth Awardee, in his Inaugural Address said that a successful marriage is like a good recipe whose main ingredients are love, commitment, understanding, concern for each other and togetherness. Dr Reddy stated that there is a magic in Gods creation, in the world, in the music and every where. We should give the value to Gods creation.

Sri Suraj Prasad Agarwal, Sr. Vice-President, FAPCCI welcomed the participants. He said that marriage is not just coming together of two individuals. There is much more to it. To sustain a marriage it is important that there is effort from both sides. Then only a marriage can be blissful.

In her introductory remarks, **Smt Badam Rama Kumari**, Chairperson, FAPCCI Ladies Wing, stated that this is a wonderful, delicate and useful subject not only for the success of Man . Woman relationship, but for the well being of the whole mankind.

Addressing the gathering **Mrs. Jamuna Ramana Rao**, Guest of Honour said that adjustment between husband and wife is very necessary in every married life.

Sri A. Bhaskara Reddy, IRS Commissioner of Income Tax, **Dr B.V. Pattabhi Ram**, Hypnotist & HRD Trainer and **Sri Kathiravan M Pethi**, International Speech Contest Winner had also participated in the programme as Guests of Honour

Squadron Leader JayaSimha, Author of the Book stated that talking to husbands and wives of different ages and temperament was quite an eye-opener. It was a diverse

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group which included working partners, couples of love and arranged marriages.+ He also said that 60 percent of married couples are knocking the doors of courts for divorce every year. Mr. Jayasimha says, %Youngsters marry without realizing why they are getting married and whether they are really ready to take the big step. In case of arranged marriages, they are married off because it is the right age. And a few couples claim to be deeply in love and tie the knot. However, once the honeymoon period is over, they realize they are not made for each other.+

Mr. Jayasimha acknowledges that the secret of a happy marriage remains a secret. However, flip through %Man . Woman Magic+to understand relationships and what effort it takes to bring that magic back. He gave a detailed presentation also about the Man - Woman Magic and covered the topics viz., How to select the right partner, Stages in Marriage, Changing Roles of Man-Woman in today's world, how to build bonds with spouse, understanding differences and conflicts, bringing fun back into the marriage.

At the end **Sri V.V. Sanyasi Rao**, Advisor, FAPCCI Ladies Wing has summed up the proceedings.

Meeting ended with vote of thanks by **Smt Nirmala Chakravarthi**, Co-Chairperson, FAPCCI Ladies Wing.

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LECTURE MEETINGS

Lecture Meeting on “Emotional Intelligence” by Smt. Hema G., Sr.Deputy Director, National Productivity Council (Under Ministry of Commerce & Industry, Govt. of India) on 21st August, 2007.

Lecture Meeting on %Emotional Intelligence+ by Smt G. Hema, Sr. Deputy Director, National Productivity Council.

Mrs. Hema stated in her lecture that the Emotional Intelligence is a form of intelligence relating to the emotional side of life, such as the ability to recognize and manage one's own and others' emotions, to motivate oneself and restrain impulses, and to handle interpersonal relationships effectively.

Major components of emotional intelligence: knowing our own emotions, managing our own emotions, motivating ourselves, recognizing the emotions of others, and handling relationships. The Presentation was highly appreciated by the participants.

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Lecture Meeting on “Women in Leadership & Opportunities for Empowerment” by Mrs. Durga Paruchuri, Ph.D. Chairperson, TANA Business Relations, USA and “United States of America – Female Empowerment” by Miss Cate Powell, Rotary Ambassadorial Scholar from USA on 14th September, 2007.

Lecture meeting on *“Women in Leadership & Opportunities for Empowerment”* by Mrs. Durga Paruchuri, Ph.D, Chair, Business Relations, TANA, USA and multimedia presentation on *“United States of America – Female Empowerment”* by Miss Cate Powell, Rotary Ambassadorial Scholar from USA.

This Lecture Meeting was well received by the members including 6 International students from USA, Tanzania, Srilanka and a Social worker from Hungary.

Dr. Durga Paruchuri, in her address discussed about *“Women in Leadership & Opportunities for Empowerment”*. She stated that women should have good education, perseverance, hard work, honesty, integrity. She advised women to lead women forums and come out of barriers and participate in management and build up the career. She said that she started her life as an ordinary girl supported by her mother who used to sell milk in the village. Now she is one of the prominent Indian (NRI) executives in USA.

Miss. Cate Powell stated that female empowerment in USA started from 1848. The differences between men and women can be socially constructed and used in a patriarchal system to the advantage of men. Feminists believe that all humans should be treated with dignity and respect and have freedom and personal autonomy.

Smt. Vijaya Lakshmi Narne, Smt Rajam Ganeshan, Smt Sita, Advocate and many women entrepreneurs and professionals actively participated in panel discussion.

At the end Sri V.V. Sanyasi Rao, Advisor, FAPCCI Ladies Wing summed up the proceedings.

Meeting ended with vote of thanks by Smt. Nirmala Chakravarthi, Co-Chairperson, FLW.

Lecture Meeting on “GIGNYASA – Improving Quality of Education in Rural Areas” by Ms. Monika Urban, MBA, Adviser to an Hungarian Bank, Hungary on 10th October, 2007.

Lecture Meeting on *“GIGNYASA – Improving Quality of Education in Rural Areas”* by **Ms. Monika Urban**, MBA, Adviser to a Hungarian Bank, Hungary. This Lecture Meeting was well received by the members.

Ms. Monika Urban, in her presentation stated that **How to improve the quality of education in two rural government schools?**

She said that *“Under Gignyasa program of Vasavya Society for Rural Development (Vasord) I am working as an international volunteer for two rural government schools located in Bommaraspet and Singaipalli, Shameerpet mandal, Ranga Reddy district.*

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My activities have two main aspects: teaching computer science in Bommaraspet high school and preparing a development plan for the two schools with the overall purpose to improve the quality of education and provide rural children with equality of opportunities to be able to find their own way in life and being a happy member of the society.

After living in Bommaraspet and interacting with Head Masters, teachers, Vasord, local people and children we have identified the following main problems in the two schools concerned:

- **Lack of qualified and motivated teachers**
- **Lack of parental academic support**
- **Poor infrastructure and conditions**
- **English teaching starts only at 3rd class**

To solve the above problems and achieve our goals support should be extended in terms of providing additional salary for the qualified and motivated vidya volunteers, organizing teachers training and creative activities (sport events, competition in drawing, dance etc.), renovating and equipping the schools. Let's create a model and open up new opportunities for rural children!

Smt. Karuna Gopal, Dr. Kranthi and many women entrepreneurs and professionals actively participated in panel discussion. At the end Sri V.V. Sanyasi Rao, Adviser, FAPCCI Ladies Wing summed up the proceedings.

Meeting ended with vote of thanks by **Mrs T. Lakshmi**, Accurate Engineers, Member of FAPCCI Ladies Wing. The meeting was attended by good number of participants.

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VISITED A REHABILITATION CENTRE

Visited a Rehabilitation Centre i.e. "KASTURBA GANDHI NATIONAL MEMORIAL TRUST" at Hydershakote - Br., Via Lungerhouse, Hyderabad on the occasion of Gandhi Jayanthi and distributed cloths and snacks etc.on 02nd October, 2007.

FAPCCI Ladies Wing visited a Rehabilitation Centre i.e. "KASTURBA GANDHI NATIONAL MEMORIAL TRUST" at Hydershakote - Br., Via Lungerhouse, Hyderabad on the occasion of **Gandhi Jayanthi** on 02nd October, 2007 at 10.00 am and distributed cloths and snacks etc.

In this context FLW Chairperson, Smt Badam Rama Kumari and Adviser, Sri V.V. Sanyasi Rao garlanded to the Gandhi and Kasturba Gandhi statues and distributed the Cloths, biscuits and snacks etc., to the inmates of the Rehabilitation Centre.

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Kasturba Gandhi National Memorial Trust is having 48 destitute Girls and Women from 6 years to 45 years. **Smt P. Padmavathi**, Prathinidhi - (In-Charge) of the Rehabilitation Centre and Sri S.S.N. Murthy, Gandhian were participated in the programme.

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Kasturba Gandhi National Memorial Trust

When Smt Kasturba Gandhi, Gandhiji's noble and true partner died in jail at the age of 75 on Mahasivrathri Day-22nd February 1944 the country decided to keep alive her memory by raising a memorial fund of Rs. 75 lakhs, but the collections soared high and purse of Rs. 1 crore 30 lakhs collected was presented to Gandhi on his birthday, 2nd October 1944 at Sevagram by late Smt. Sarojini Naidu. In April 1945 Gandhiji turned this fund into Kasturba Gandhi National Memorial Trust with the object to serve the women and children of smallest villages-not more than of 2000 population, through the main activities of education, health maternity and medical aid, cottage industries and moral and social upliftment. He also stressed that the work must be organized by women only.

The KGNMT at Hydersha Kote, Hyderabad

The KGNMT at Hydersha Kote, Hyderabad, is extending great help to destitute women and children. **The centre is providing training to women in various categories of self help skills such as Tailoring Embroidery, Textile block printing, Biscuit-making, Bakery, confectioneries and condiments, the centre is also extending teaching in the making of plastic disposable glasses,**

Now women in the centre are not only confident of their skills but also are able to sustain them selves with a sizable income through these jobs.

The centre provides food, shelter, and clothing to the inmates.

Periodically health camps are carries out with the help of Doctors to care for the health problems of not only the inmates but also of the residents of the nearby colonies.

The Kasturba Gandhi National Memorial Trust (KGNMT) was established in 1945 as a result of a national endeavour, led by Mahatma Gandhi to address the issues of women in rural India.

With the backdrop of India's Freedom Struggle, KGNMT was founded by eminent people with collective effort of multiple anonymous masses at Kasturbagram (Indore). The KGNMT extending its various services and activities has spread its wings through 22 branches all over the country. Eminent people Mahatma Gandhi, Sri Vallab Bhai Patel, Sri Thakkar Bapa, Dada sahib Mavlankar, Smt Prem Leela Thakarasi, Smt Laxmi.N.Menon, Sushri Maniben Patel and Dr Sushila Nayar have been the chairpersons of the Trust.

KGNMT is marching ahead with Gandhiji's vision to strengthen women power and substantiating the empowerment creating adequate support to millions of women.

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The 22 State Branches with more than 500 centres are spread through out India. Some centres are reaching out to needy Women and Children in remote villages.

The KGNMT at Hydersha kote, Hyderabad is one of the Branches set up by the KGNMT and is extending great help to destitute women and children.

Kasturba Gandhi National Memorial Trust, Hydershah Kote a remote village in the outskirts of the Hyderabad holds the rare distinction of producing maximum number of Freedom Fighters from Various Fields. It can be said that it is one of the most active branches of the "KASTURBA GANDHI NATIONAL MEMORIAL TRUST" which is strictly adhering to the Gandhian ideology and doing yeomen services for the upliftment of the weaker women of the society.

Dr Durgabhai Deshmukh was the first Prathinidhi (who shouldered the complete responsibilities of working the Branch) of the Trust. Many illustrious personalities like Dr Rajendra Prasad, Dr V.V. Giri, Pt Nehru, Dr chenna Reddy, Jai prakash Narayan, Prakasham panthulu, Tenneti Vishwanadham, V. Gopala Krishnaiah, Dr B.Pattabhi Seetharamaiah, Neelam sanjeeva Reddy have been associated with the Trust in the past. D. Buchi Krishnamma, Dr. M. Vijayalakshmi, R.Samrajyam and M.Surya Kumari ran the organisation with sincerity and devotion and brought it to the present status.

The Kasturba gandhi Memoria Trust at Hydershahkote has been involved in Social service carrying out the very Noble cause with which it has been started and it has achieved the following achievements with the support extended to it by the donors and the current supporters who have supported it in a generous way.

Address:

Smt. Padmavathi,
Kasturba Gandhi National Memorial Trust
Hydersha Kote, Via Langer House Hyderabad - 8
Andhra Pradesh, India.
Ph : +91-40-27140986

FLIDS - I

Four Day Training Programme on "Personality Development" (FAPCCI Ladies Wings Individual Development Series - FLIDS-1) from 1st to 4th November, 2007.

The Federation of Andhra Pradesh Chambers of Commerce and Industry (FAPCCI) Ladies Wing organized a Four Day Training Programme on "Personality Development" from 1st to 4th November, 2007 at KLN Prasad Auditorium, Federation House.

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Smt Badam Rama Kumari, Chairperson, FAPCCI Ladies Wing presided over the meeting and **Smt M Shreesha**, Incharge President, A. P. State Consumer disputes Redressal Commission was the Chief Guest.

The Chairperson mentioned in her introductory remarks that on this day, 50 years ago, formation of Andhra Pradesh ushered in linguistic no organisation of States, a process actually set in motion when Andhra was carved out of Madras province in October 1953. The formation of linguistic states is the single most important event in the history of South Indian languages, as it provided an opportunity for these languages to develop independently, each of them having a state to support.

The inauguration day coincided with Andhra Pradesh Formation Day, which commemorates the efforts of Potti Sri Ramulu in the Formation of State. He is an ideal personality having all the qualities of a great human.

FAPCCI Ladies Wing has taken up a programme called FLIDS i.e. FAPCCI Ladies Wings Individual Development Series. The FLIDS was inaugurated by Chief Guest **Smt M Shreesha**, Incharge President; A. P. State Consumer disputes Redressal Commission in the presence of Sri Yandamoori Veerendranath, famous Motivational speaker.

'Personality Development' is a very hot topic nowadays. Personality refers to the total behavior of the individual, but particularly to the relatively enduring and consistent aspect of our personality. Nowadays, a good personality is the need of the day. Personality is a very vast term, it encompasses a number of factors like - The way you look; The way you dress; The way you talk; The way you listen; The way you act; Your habits; Your philosophy of life; Your versatility; Your willingness to help others etc.

The event started with **Sri Yandamoori Veerendranath** on 1st November, 2007. His presentation on **"How to be No.1"**. He is an Eminent Writer, Motivator & Personality Development Trainer

Sri Veerendranath discussed about **How to face the Interview** and gave some tips **to get a rank**. He mentioned the importance of **Tuning the Brain**, **Mood Control**, **Food**, **Laziness and Sleep**, **Time Mapping**, **Key Noting**, **Developing Concentration**, **Controlling the Sensory Organs**, **Memory**, etc., His discussion also included some important features to life like Love, Fame, Name, Health, Enthusiasm, Money etc., The Trainer explained the concepts of **The Mount Everest Concept**, **Problems Faced by us**, **The Concept of Proactive Thinking**, **AMYGDAL and THALAMUS Theories**, **The Difference Between a Watcher and Performer**, **Emotional Intelligence (Controlling Anger)**, **Human Relations**, **Mind Mapping**, **Mental Courage**, **Communication Skills**, **Developing Logic-Communication Skills** etc. The Presentation was highly appreciated by the participants.

Meeting ended with vote of thanks by Ms. Vinatha.

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On Second day i.e. 2.11.2007 **Sri Gampa Nageswhar Rao**, Motivational Speaker & Self Management Trainer, Excel Coach-JCI University, USA, gave a presentation on **"Transformation"** and transformed all the delegates, and won their heart.

He discussed in his presentation about "Transformation", Participants were enriched and decided to have much better life. They were highly motivated by the trainers and he explained about **%reated INTENT+, %Decided to put EFFORT+, %Add GRACE to become Champions+and %Smile+**. Go for a good relationship with your father and mother.

On Third day i.e. 3.11.2007 **Sri V. Venu Bhagavan**, Motivational Speaker, Trainer, Author, Coach, Consultant, Businessman & Event Manager gave a presentation on **"Express yourself"**.

Sri Ashok K. Thatipally, CEO, Wissen Infotech Inc. was introduced as a role model on the Third Day of the Personality Development Programme.

Sri Ashok followed his goal of starting the company with full vigor. It started off with a vision to generate value for the customer by way of excellent and reliable services on one side and building a strong team geared to face the ever increasing spate of challenges not just to face them but to triumph over them on the other. Sri Ashok lead from the front and advised the team, personally supervising their performance and making sure it was constantly on an upward graph. He nurtured the company from its infantile stage of four employees, to its present 200 by building a strong team that never looked back but grew from strength to strength. In the course of marching Wissen through excellence, Sri Ashok added to Wissen many more clients like Mattel Inc., AMS to name a few.

Sri Venu discussed elaborately about **%Express Yourself+** by applying the secrets: like **%Sense of Purpose+, %Excellence+, %Contribution+, %Responsibility+, %Effort+, %Time Management+, and %Self Development+**. Sri Bhagavan said in his presentation **%ow to choose a career, first love yourself, then you can love others, looking good is a major obstacle, life is for self expression. Everybody is your guru. Be grateful. Forgive people. Indians are most intelligent in the world. Courage is required. We are all gifted with a unique talent. The Actual talent is in discovering the talent. There is Buddha/giant in you. Just chipping is needed. Are you a millionaire? Be thankful for the riches given by the nature. The deeper the roots, the higher the fruits. Life is balance of 4 dimensions, our senses are our servants, use them wisely. Our mind is our driver, Body is a vehicle, don't be used by them. Life is either a daring adventure or nothing, live courageously. What drives you into future? Future/past or present? Most of our opinions formed on the past experiences need not be true. Future decides the Present. Let your parents and the country be proud of you+**

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Let hands work for what is planned. Let mind think for what is dreamt. Let heart melt for what is felt. Let soul move for what is called from Discover your true calling+ is his conclusion.

In the Panel Discussion everyone has actively participated. At the end **Sri V.V. Sanyasi Rao**, Advisor, FAPCCI Ladies Wing summed up the proceedings.

On Fourth day i.e. 4.11.2007 **Sri V. V. Sanyasi Rao**, Former District Governor, Rotary International Dist, 3020 and Jaycees National Trainer has given a presentation on "**Goal Setting & CHAMPION**".

Sri Suraj Prasad Agarwal, Sr.Vice-President, FAPCCI in his address mentioned that every body should work hard to achieve their goals.

Sri Rao stated that goal setting requires psychological skills. The first step in goal setting is to set short term goals that gradually build on each other. More often than not people set goals that are out of their reach and end up quitting. Goal setting is laying out a plan, following through that plan and eventually achieving the things one wants in life. One may have bigger vision or dreams to achieve, but goals need to be smaller, reasonable, realistic, optimistic, practical, obtainable, desirable, specific, concrete and achievable. Therefore, goals must be periodically rated, reviewed and modified. Imitation and adoption of someone's goals may result in frustration and hence must be avoided. One has to write down all goals. Prioritize goals after careful analysis. Then work on Goals. If the goals have to be achieved, identify obstacles. For every obstacle find out solutions and for every solution create possibilities. This is a very important factor for achieving the dreams, goals and aspirations.

After every session 3 to 4 participants have given their impromptu remarks and they have highly appreciated all 4 subjects and faculty. They have requested FAPCCI Ladies Wing to conduct FLIDS-II and for which they have promised that each participant will bring one new participant.

Sri Suraj Prasad Agarwal, Sr. Vice President, Sri V.V.Sanyasi Rao, Advisor, FAPCCI Ladies Wing and Smt Badam Rama Kumari, Chairperson, FAPCCI Ladies Wing distributed the certificates to the participants.

Meeting ended with vote of thanks and National Anthem.

This Programme was co-sponsored by Sri D.N.Gauri, Chairman, EPE Process Filters & Accumulators Pvt. Ltd., Hyderabad.

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FLIDS – II

Five-Day Training Programme (FAPCCI Ladies Wings Individual Development Series - FLIDS-2) on “Personality Development” from 19th to 23rd December, 2007

The Federation of Andhra Pradesh Chambers of Commerce and Industry (**FAPCCI Ladies Wing**) organized a Five Day Training Programme on “**Personality Development**” from 19th to 23rd December, 2007 at KLN Prasad Auditorium, Federation House.

Smt Badam Rama Kumari, Chairperson, FAPCCI Ladies Wing presided over the inaugural session and **Sri Suraj Prasad Agarwal**, Sr Vice-President, FAPCCI was the Chief Guest.

The Chairperson in her speech stated that Personality consists of 5 straits i.e. Child like Simplicity, Death like Clarity, Intellectual Honesty, Intellectual Maturity, Originality in thinking and Freshness in Ideas.

Personality is a **hypothetical construct** that we use in an attempt to understand two noticeable things about human behavior: The first is that, within an individual, there is a consistency in behavior from time to time and across situations. The second is that the pattern of consistency differs from person to person. Personality refers to the total behaviour of the individual, but particularly to the relatively enduring and consistent aspect of our personality.

FAPCCI Ladies Wing has taken up a programme called FLIDS i.e. FAPCCI Ladies Wings Individual Development Series. The FLIDS-II was inaugurated by **Sri Suraj Prasad Agarwal**, Sr. Vice-President, FAPCCI in the presence of Dr. B.V.Pattabhi Ram, famous Motivational speaker. Smt M. Hemalata, Secretary, FAPCCI also participated in the programme.

Sri Suraj Prasad Agarwal stated in his inaugural address that there are immense potentialities within us to develop our personality with strong character. We must recognize and understand them. The key to success is hidden within us. The wealth we have earned is not important but what is important is the means we have adopted for acquiring that wealth. Our personality, our capabilities, our thoughts and our ideas are very important for determining our character.

The programme started with **Dr. B.V.Pattabhi Ram**, Consultant, Psychologist, HRD Trainer on 19th December, 2007. His presentation was on “**7Ds of Work Culture**”.

Dr Pattabhi Ram discussed about 7Ds of Quality Management: **Duty** is that, which a person is bound by moral obligation to do service; **Devotion** is that the state of being devoted with zeal to serve people especially, feelings towards work; **Discipline** is that, which develops self control, efficiency etc., Co-ordination & Team work are better for all; **Dedication** is to dedicate your self to win goal. **Decision Making** is that non verbal communication which is more powerful than verbal communication. Every body should

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communicate in right language. **Determination** is that, every body should have a burning desire; **Discrimination** is that it is an awareness of subtle differentiation.

He explained the process of thinking. Everybody should know about Positive Thinking, Negative Thinking, Useless Thinking, Toxic Thinking and Creative Thinking. He explained about 4Ts for Parents, which are **Time** – Listen to children, **Talk** – Talk to Children, **Trust** – Trust children, and **Touch** – Touch Children.

He concluded his speech with sayings %A busy man always finds leisure+and %Our must dare to dream, care to achieve+. The participants received keen interest in the presentation.

On Second day i.e. 20.12.2007 **Sri V. V. Sanyasi Rao**, Former District Governor, Rotary International Dist, 3020 and Jaycees National Trainer has given a presentation on "**Personal Dynamics**". **Sri Hari Govind Prasad**, Management Committee Member, FAPCCI was the Guest of Honour at the programme. **Sri Rama Krishna Rao Chitturi**, Director, International Trade Facilitation Centre, FAPCCI introduced Sri V.V.Sanyasi Rao, the faculty.

Sri Rao's presentation was very attentive. He explained the importance of Personal Dynamics as there is an inflexible law in nature which says that those things which fail to improve begin to decay and soon die like ripen apple. Most powerful & intelligent people use more power their own power. Human Being utilizes maximum 10% of his potential. So if everybody can use 1% or 2% more of their potential, they can do wonders. He also discussed about utilizing the subconscious mind. Minds are three types i.e. conscious, unconscious and subconscious. We can use Sub Conscious mind for our Growth, It has got sense, touch. But in addition to conscious mind we can utilize subconscious mind. He told that, for Self Awareness everybody has to take up Self Evaluation. He explained about %General Evaluation, Social Development, Financial Development, Mental Development, Spiritual Development, Physical Development, Family Life Development,

On the same day Dr. A. Saradamba, Chairperson of Yoga Vidya Pranic Healing Foundation of Andhra Pradesh gave an Introductory Lecture on %**Pranic Healing, Stress management and Soul Realisation**. **Sri C. Sasidhar**, founder trustee of Yoga Vidya Pranic Healing Foundation of Andhra Pradesh defined the term %**Pranic Healing**+ originates from the Sanskrit word %Prana+which refers to the vital energy or life force which keeps the body alive and healthy. It is also called %Ki+in acupuncture and %Ruah+in the Old Testament, which means breath of life. He explained that the **stress** may be considered as any physical, chemical, or emotional factor that causes bodily or mental unrest and that may be a factor in disease causation. Elimination of stress is unrealistic, since stress is a part of normal life. It's impossible to completely eliminate stress, and it would not be advisable to do so. Instead, we can learn to manage stress so that we have control over our stress and its effects on our physical and mental health.

On Third day i.e. 21.12.2007 **Dr. N.V.Warlu**, NLP Trainer has given a presentation on "**Attitudinal Skills**". His presentation was informative and attractive.

Sri Warlu stated that the importance of attitude in solving problems, in life, while dealing with different people and different situations. Attitude is determined by altitude. He stated that everybody should have a right attitude to work. Everyone has a problem; no problem is permanent. He also said that every body should follow Lord Rama's 3 habits

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i.e. greet every one, smile while speaking and start your speech with a smile and raise the self esteem of others.

On Fourth day i.e. 22.12.2007 **Sri Gampa Nageshwar Rao**, Motivational speaker & Self Management Trainer gave a presentation on “**Be a Champion**”. He mentioned that a Champion should have three things which are learning attitude, sharing nature and a goal. He stressed on removing hesitation and should improve effort and live with their own choice. His speech motivated every one.

and **Smt Suvarna Rani Gandham IAS** gave a lecture on “**Improving Thinking**”. Her lecture was very thought provoking.

On Final day i.e. 23.12.2007 **Sri Venu Bhagavan**, Author, Coach and Trainer gave a presentation on “**Fire within**”.

The book “**Fire Within**” released by Sri V.V.Sanyasi Rao, Adviser, FAPCCI Ladies Wing.

Sri Venu Bhagavan, Author of the book stated that %We are all born with the seed of greatness which is lying latent in all of us. Very few of us recognize and use them. Where as majority survives doing the work other than their core competence. The tragedy is even the people who are aware of their unique talents, keep suppressing them while the world is desperately waiting for their creative self expression. We have in us a vision for life. It is our birth right to be our greatest self. When we find that core genius, the voice within, then we are the miracles on the earth amidst the so-called competitive world. This lively handbook can make a difference to you to make a difference in the world+.

In the Panel Discussion everyone has actively participated. At the end **Sri V.V. Sanyasi Rao**, Adviser, FAPCCI Ladies Wing summed up the proceedings.

After every session 3 to 4 participants have given their impromptu remarks and they have highly appreciated all 5 subjects and faculty. They have requested FAPCCI Ladies Wing to conduct FLIDS-III and for which they have promised that each participant will bring one new participant.

Sri Venu Bhagavan, Author, Sri V.V.Sanyasi Rao, Advisor, FAPCCI Ladies Wing and Smt Ritika Vuppala, Member of FAPCCI Ladies Wing distributed the certificates to the participants.

Meeting ended with vote of thanks.

This Programme was co-sponsored by Kavur Vysya Bank, Hyderabad.

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WORKSHOPS

Introduction to Exports

A Half-a-Day Workshop on “Introduction to Exports” on 12th November, 2007.

The Federation of Andhra Pradesh Chambers of Commerce and Industry (**FAPCCI Ladies Wing**) organised a Half . a - Day Workshop on “**Introduction to Exports**” on 12th November, 2007 at Federation House. **Smt P. Venkateswari**, Member, FAPCCI Ladies Wing presided over the meeting.

Extending, a warm welcome to the participants, **Smt Venkateswari** stated that export is not an easy effort. It requires a good effort, patience and working with many organisations. The State has resources, sound manufacturing base, skilled man power, but its potential has not been adequately explored to reach international market. Moreover exports are increasingly becoming knowledge oriented. With a view to imparting such knowledge an effort is being made to provide important inputs by way conducting this programme.

Sri Rama Krishna Rao Chitturi, Director, International Trade Facilitation Centre (ITFC), FAPCCI explained concepts in international trade in detail such as meaning of exports, imports, types of exports and exporters, third party exports, exports and imports by sea, land and air. He briefly dwelt upon export and import documentation including credit confirming documents, export promotion councils and commodity board, registration of exporters under foreign trade regulations and rules.

Mrs. S. Nagamani, Chief Manager, SBH Staff Training Centre, Secunderabad gave an informative talk on export financing. She spoke about time limit for sanction of export credit proposals, types of export finance, pre-shipment credit, types of pre-shipment finance, post-shipment credit, windows of packing credit, period of finance, common discrepancies in export documents, normal transit period and extension of time limit .

Sri V.V.Sanyasi Rao, Past Dist Governor, Rotary, Jaycees National Trainer and Adviser, FAPCCI Ladies Wing gave a presentation on **Business Travel Abroad**. He stated that it is highly recommended that company officials visit the countries to examine the markets where they are considering selling their products before any transaction occurs. By visiting a country, a company can familiarize itself with cultural nuances which may impact the design, packaging or advertising of the product. Moreover, traveling abroad allows one to locate and cultivate new customers, as well as improve relationships and communication with current foreign representatives and associates.

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Clients and customers prefer to conduct business in person before concluding a transaction. Typically, a successful business trip required months of planning and involves many steps like, %Proper Documentation+, %Check list for business meetings and travel aboard+ and it is very important to have a working knowledge of the business culture, management attitudes, business methods, and consumer habits before traveling abroad. This can be accomplished through research or training and is very likely to have a positive impact on overseas travel.

Sri Rama Krishna Rao, Director, ITFC, FAPCCI and Sri V.V.Sanyasi Rao, Adviser, FAPCCI Ladies Wing distributed certificates to the participants. The meeting was well received.

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Franchising

Workshop on “Franchising” on 30 01 2008 at 06.30 PM at Indian Chamber of Commerce, Guntur

FAPCCI Ladies Wing and Indian Chamber of Commerce jointly organized a Workshop on %Franchising+ at Guntur on 30.01.2008 at 06.30 PM. Sri V.V. Sanyasi Rao, Member Managing Committee, conducted the workshop as resource person. He has explained the need of small traders to change and diversify to other businesses in view of entry of Retail Tycoons like, Reliance, Wall Mart and many big National International players.

He has given information of more than 50 brands of National 7 International repute. He has given ideas for the people who would like to invest from Rs.1 lakh to Rs. 4 Crores. The workshop was attended by members of ICC and expressed their thanks to the speaker Sri V.V. Sanyasi Rao for giving a detailed elaboration of various opportunities in Tier 1, Tier 11 and below captioned cities. They have also expressed their appreciation to FAPCCI Ladies Wing and Indian Chamber of Commerce Guntur such a useful subject as the need of the hour for diversification. They have requested to publish the matter and circulate to all members.

The meeting was presided over by Sri Anna Poomachandra Rao, President elect of ICC, Guntur. Sri Rossaiah, Vice President proposed Vote of Thanks.

FAPCCI Ladies Wing Organised Workshop on “Franchising” at the following Centres

- Workshop on %Franchising+ on 06 02 2008 at 06.30 PM at **Rotary Club, Visakhapatnam,**

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- **National Consumer's Day on 27th December, 2007.**

FAPCCI Ladies Wing observed the National Consumer's Day on 27th December, 2007 at Federation House with the organisation of a meeting on a clinic on Conservation & Safety of LPG Usage.

Sri V.V.Sanyasi Rao, Chairman, Consumer Relations Committee in his introductory remarks explained the significance of National Consumer's Day. He said that though the Consumer's Act, 1986 is in force, people are unaware of their rights. In cases where they are aware, the rights under the Act are not logically pursued. He advised the participants to be aware of the Consumer's rights conferred under the Act. Sri Suraj Prasad Agarwal, Sr. Vice-President, FAPCCI, also suggest that people should be aware of the rights under the Consumer's Act which is in operation for more than two decades.

Smt M. Hemalata, Secretary, FAPCCI, introduced the chief guest - Smt. Rajam Ganesan, Secretary, Consumer Care Centre; a pioneer in the protection and conservation of Consumer rights in the State.

Smt Rajam Ganesan, Secretary, Consumer Care Centre stated in her speech she gave following fuel saving tips:

- Use only high efficiency ISI marked gas stove or kerosene stove. You can save upto 25% of cooking gas or kerosene.
- Use pressure cooker as it cooks fast and saves 20% to 46% fuels, and can cook different items such as dal, rice and vegetables, all at the same time.
- Keep all ingredients required for cooking ready before lighting the stove, and avoid idle flame.
- Use optimum quantity of water as surplus water consumes upto 65% additional fuel.
- Reduce the flame when boiling starts as a low flame is enough to sustain the required heat. It saves upto 35% of fuel.
- Soak dal, rice etc. before cooking as unsoaked cereals required more time for cooking.
- Do not use narrow vessels as they allow the flame to creep up on the sides. Use only broad bottomed vessels.
- Always place a lid on an open cooking vessel or pan as an open vessel loses heat to the atmosphere.
- When you've time to spare, use only the small burner in gas stove (a lower flame in a kerosene stove) as it consumes 6% to 10% lesser fuel).
- A bright, steady blue flame means efficient burning. To get bright blue flame, regularly clean the burner of gas stove and trim or replace the wicks of the kerosene stove.

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- Very cold food consumes a large amount of fuel. So keep frozen meat etc. out of the fridge for sometime before putting them on the stove.
- Plan the family meal timings as it avoids frequent re-heating of food.

**Oil and gas is not going to last much longer.
Use it with wisdom and protect the environment**

The information given by Smt Rajam Ganesan was well received and appreciated. Sri Rama Krishna Rao Chitturi, Director, International Trade Facilitation Centre, FAPCCI proposed vote of thanks.

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GOAL SETTING

An Individual Development Course on “Goal Setting” by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer on 1st October, 2007

FAPCCI Ladies Wing organized an Individual Development Course on “**Goal Setting**”. **Smt Ritika Vuppala**, Member, FAPCCI Ladies Wing presided over the meeting, **Shri Vijaya Rajan**, Director, Operations, IVY Comptech was the Chief Guest. The Meeting was well participated.

Extending, a warm welcome to the participants, **Smt Ritika Vuppala** stated that goal setting is a psychological process of choosing the objectives of an individual which he / she desires to achieve in life. Proper motivation in psychometrics would be of immense help to achieve the goals already set.

Smt Hemalata, Secretary FAPCCI gave a comprehensive introduction of **Shri V.V.Sanyasi Rao**, Member of the Managing Committee and adviser to the FAPCCI Ladies Wing, besides a versatile personality of his own eminence. In this, thought provoking and intellectually stimulating presentation on “**Goal Setting**”, he said that success in human life is counterintuitive. Through proper and systematic goal setting, success can be visualized, measured and captured. Goals are great. They are crucial to achieving any kind of success. But goals alone, left by themselves, can be indiscriminate and undirected. Undirected goals make human life dull meaningless and purposeless. Window shoppers, dabblers, and fanatics lead lives devoid of any purposeful meaning. For leading a meaningful and worthwhile life, goal setting is utmost desirable. It becomes all the more important when one may have a ton of ideas without any results.

Sri Rao stated that goal setting requires psychological skills. The first step in goal setting is to set short term goals that gradually build on each other. More often than not people set goals that are out of their reach and end up quitting. Goal setting is laying out a plan, following through that plan and eventually achieving the things one wants in life. One may have bigger vision or dreams to achieve, but goals need to be smaller,

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reasonable, realistic, optimistic, practical, obtainable, desirable, specific, concrete and achievable. Therefore, goals must be periodically rated, reviewed and modified. Imitation and adoption of someone's goals result in nothing but frustration and hence must be avoided.

Sri Vijaya Rajan, in his humble and human message said that happiness in life lies in progressive achievement of a worthy ideal or goal. When one works progressively, step-by-step toward something that is important one generates a continuous feeling of success and achievement.

Sri Bhaskara Rao, Deputy Secretary, FAPCCI proposed a vote of thanks.

FAPCCI Ladies Wing organized an Individual Development Course on "Goal Setting" at the following Centres.

- An Individual Development Course on "Goal Setting" (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **Pydah College of Engineering & Technology, Visakhapatnam on 15 October, 2007.**
- An Individual Development Course on "Goal Setting" (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **Maharaja Post Graduation Centre, Vizianagaram on 16th October, 2007,**
- An Individual Development Course on "Goal Setting" (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **Pydah College of Pharmacy, Kakinada on 16th November, 2007 at 10.00 A.M.**
- An Individual Development Course on "Goal Setting" (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **Ideal College PG Centre, Kakinada on 16th November, 2007 at 3.00 P.M.**
- An Individual Development Course on "Goal Setting" (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **A M A L College, A.C. Seminar Hall at Anakapalli on 17th November, 2007 at 2.30 P.M.**
- An Individual Development Course on "Goal Setting" (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **The Arts and Science College at Adoni, Kurnool Dt on 21st November, 2007 at 2.30 P.M.**
- An Individual Development Course on "Goal Setting" (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and

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Jaycees National Trainer at **Vasavi Mahila Kalasala at Kurnool on 22nd November, 2007 at 11.30 A.M.**

- An Individual Development Course on %Goal Setting+ (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **Gandikota Business School, Secunderabad on 8th December, 2007 at 11.30 A.M.**
- An Individual Development Course on %Goal Setting+ (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **Sri Prakash Junior College, Tuni, E.G.Dist on 11th December, 2007.**
- An Individual Development Course on %Goal Setting+ (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **GITAM University, Vizag on 12th December, 2007.**
- An Individual Development Course on %Goal Setting+ (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **Gayatri Vidya Peeth, Vizag on 12th December, 2007.**
- An Individual Development Course on %Goal Setting+ (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **Dr. Himasekhar Degree College, Anakapalle on 13th December, 2007.**
- An Individual Development Course on %Goal Setting+ (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **BGBS Women's College, Narsapur on 14th December, 2007.**
- An Individual Development Course on %Goal Setting+ (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **DNR College of PG Centres, Bhimavaram on 14th December, 2007.**
- An Individual Development Course on %Goal Setting+ (in Telugu & English) by Sri V.V.Sanyasi Rao, Former District Governor, Rotary International Dist. 3020 and Jaycees National Trainer at **DNR College of PG Centres, Bhimavaram on 14th December, 2007.**

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