

## Gwalior Chapter

### C S - Dr Roza Olyai

**19<sup>th</sup> January 2011-** An awareness programme of Club 35+ was organised at Vedic institute of Yoga and Seva, Gwalior. The meeting started with a short talk by Dr. Roza Olyai, wishing all members a happy new year, welcoming the new members, and thanking all members for actively participating in all the health related meetings during 2010. She also requested Club members to come forward with new ideas for future meetings. The first speaker, Mrs. Lalitha Jain, was introduced by Mrs. Nandini Kumar. Lalitha gave a very detailed presentation on the health benefits of Yoga and Pranayama. The presentation also included some of the Yoga exercises (asanas) which are useful to ladies in their daily lives.

The second speaker, Mrs. Abha Gupta, introduced by Mrs. Lalitha Jain, spoke on the history of Accu-pressure, its origin, and how it is being used all over the world on a large scale. She spoke on how there are no side-effects to this technique, and how it can be used to cure diseases/health problems, if dealt in the initial stages. She also gave a 30 step demonstration on Cosmetic Accupressure, showing members ways to look fresh and young. At the end of the meeting, gifts, as tokens of gratitude, were presented to both the speakers. Mrs. Daisy Bapuna coordinated the same.



International womens day celebration was held at the Olyai Hospital Gwalior where health cards were issued to all the ladies of Club 35 plus following regular health check up.

BP & Wt. Was recorded & lectures were delivered on Heart disease & BP in menopause. A low diet recipe was also prepared by a dietician from snacks to full meal & ice cream.



Another lecture was delivered at the FPAI center jointly with Nehru Yuva Kendra addressing a group of Angawadi workers on women's health issues by Dr. Roza Olyai as invited guest speaker.

