

from the desk of FLO national president



It has indeed been an honour for me to take on the mantle as the National President of FLO in its 31st year. Today, I can proudly acknowledge that FLO has grown and is one of the premier business organizations in India.

I would like to congratulate Manjri Agarwal, Chairperson YFLO Kolkata and her team for taking YFLO Kolkata to newer heights.

As American Musician Kevin Eubanks had said, "Inspiration is one thing and you can't control it, but hard work is what keeps the ship moving. Good luck means, work hard. Keep up the good work."

During my interaction with YFLO Kolkata, on the occasion of the session on 'Mythology De-Constructed' with Ashwin Sanghi, the energy, dynamism and focus of Team YFLO reflected in the way they planned all their events in sync with the objectives of the organization.

I have been following Manjri Agarwal's journey with fascination. The heights she has traversed speaks volumes about her ability and commitment as a team leader. I must definitely acknowledge that YFLO Kolkata is doing commendable work in the area of promoting entrepreneurship development and professional excellence amongst women.

It is highly commendable that YFLO Kolkata is aspiring to 'Make a Difference' by the various initiatives undertaken to empower women. The programmes under her leadership are so aptly titled – Be the Difference, Feel the Difference, Make the Difference, Achieve the Difference, Enjoy the Difference & Lead the Difference

Congratulations, Maniri and her team. You all have done us proud!

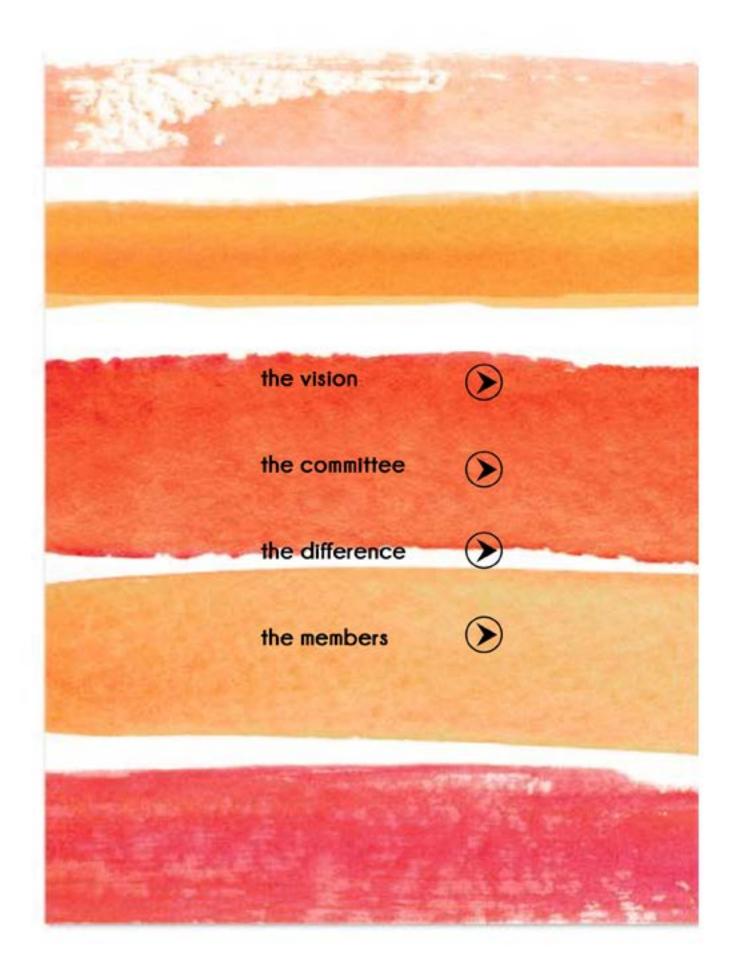
This year FLO Nation has achieved major milestones in its illustrious journey with the launch of the 11th chapter of FLO at Indore and the 12th chapter at Pune. FLO has brought out a Ready Reckoner- Laws Affecting Women in India, with the objective of empowering Indian women by bridging this knowledge gap in terms of legal rights in a simple and easy to understand language.

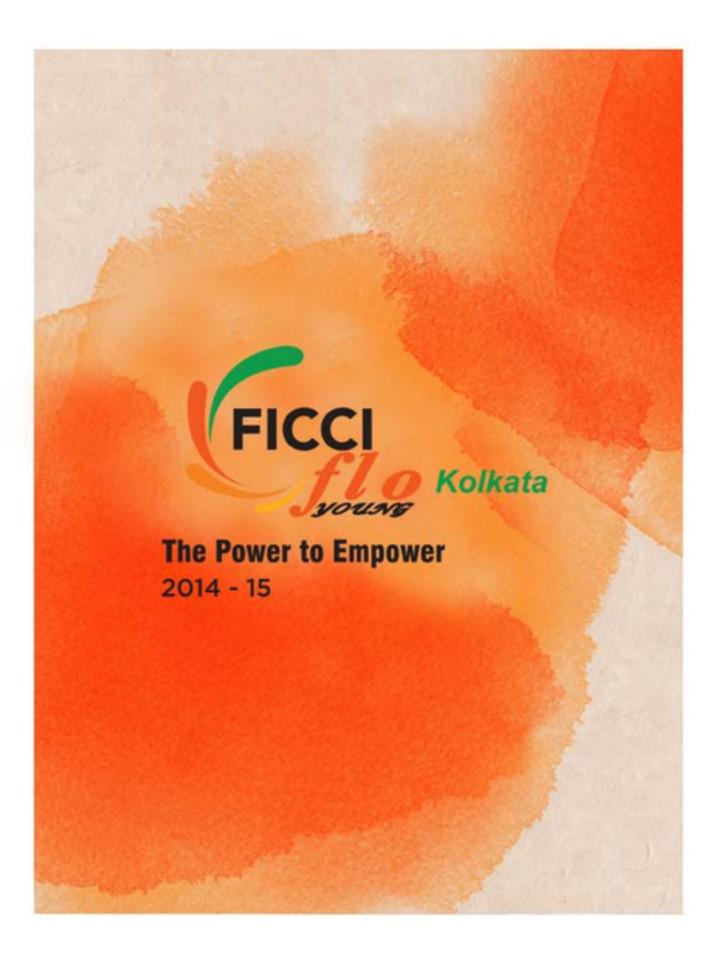
My sincere wishes for the Change of Guard and wish the incoming Chairperson the very best.

Warm regards,

Neeta Boocha

Neeta Boochra National President FICCI FLO





the vision



Coming together is a beginning, Keeping together is progress, Working together is success.

During Neeta ji's (Our All - India President, FLO) visit to Kolkata, she told me that there are 3 P's to success - People, Priority and Perseverance.

My year has been a reflection of all the P's. While Prioritization and Perseverance is from within the People are at the outside.

The year is dedicated to all the PEOPLE who made this journey so remarkable and left footprints that will never cease to inspire me further.

Firstly, my committee members who have the pillars of strength, honesty, hard work and dedication. Each one of them have taught me how to lead, how to be an example, how to motivate, how to accept & how to let go. I have strengthened bonds and developed new ones BUT most importantly they have each added a magical touch to this fantastic year.

Secondly, to my close friends and family to extended their resources and connected me with the right speakers and sponsors. There are people who say they will help and then are people who do help. A thank you would fall short to each of them for the faith they showed in me and the support they extended.

Thirdly, to my assistant, my staff at home, my children's teachers and many others who we tend to take for granted. The biggest thank you for seeing me through stressful times, for the mood swings due to tension, for organizing my life while I was busy leading YFLO.

Lastly, to my husband and my children. Their Patience needs a standing ovation. Their understanding needs a loud applaud and their undying support literary held my hand and pulled me along. I am blessed to have them as my life supports.

Thank you to FICCI Ladies Organization for helping me grow multifold this year. The year of 2014-15 will shine out as my most productive and meaningful year.

Manjri Agarwal Chairperson 2014-15 YOUNG FICCI LADIES ORGANISATION, KOLKATA



past chairpersons





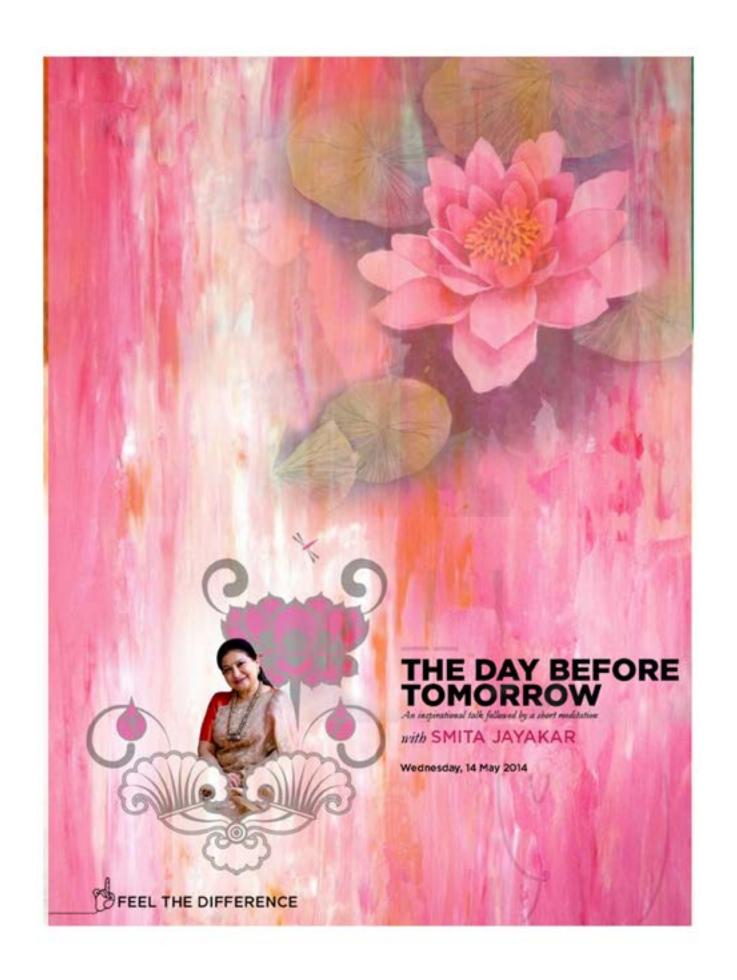
BE the difference

An interaction with Shazia Ilmi, Indian Social Activist and television journalist, and Suhel Seth, Managing Partner of Counselage India and founder of Equus was organized in the event which was not only informative but also immaculately relevant considering the current electoral atmosphere in India. It shed light on the importance & lack of the contribution of Indian voters. It's no surprise that the eloquence of both speakers left the crowd engaged, interested and entertained. The talk ended with an interactive Q&A session that the audience couldn't get enough of!

- The importance of voting in a democratic country like India.
- Voting as a fundamental right for every citizen.







FEEL the difference

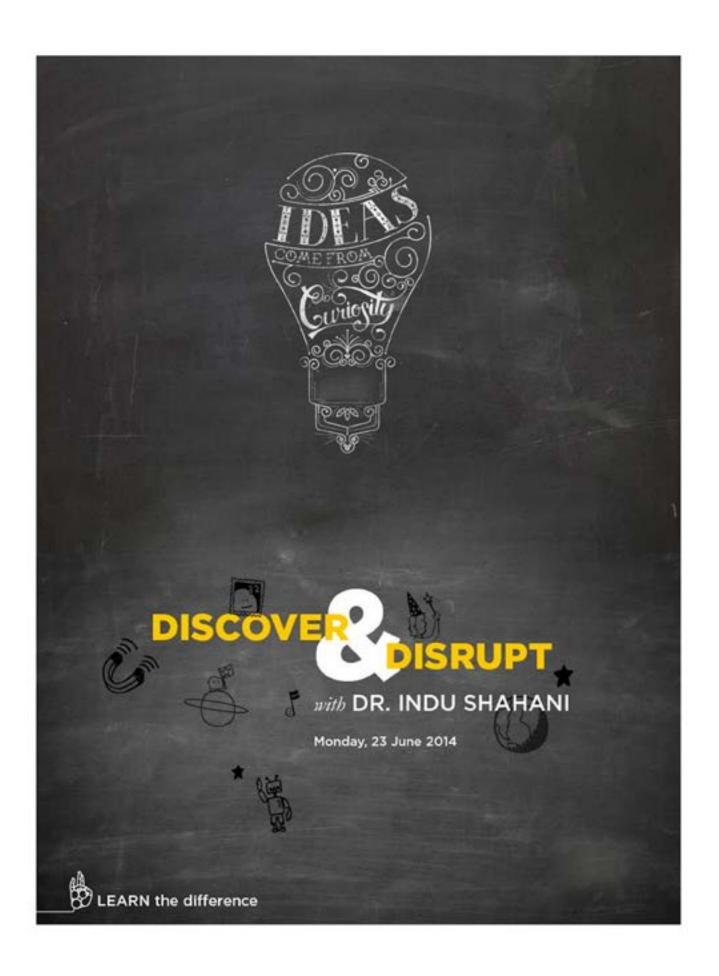
Through an interactive session in the event, Mrs. Smita Jayakar, who's acting talent we have all witnessed on the silver screen & television, shared her extremely powerful spiritual side with YFLO Kolkata. The event started off with a short prayer and the main topic of discussion-being in tune with the divine. The talk ended with an interesting Q&A with the audience and a meditation. Smitali started the meditation off by making the audience balance their chakras to elevate their inner consciousness. She then went on to guide the audience to invoke a connection with the divine using soothing music. The session ended with a prayer of gratitude. Feel the Difference with Smita Jayakar gave us some great coping mechanisms to deal with stress in our daily lives & environment! WE ALL SURELY DID FEEL THE DIFFERENCE!

- Always connect yourself with the Divine power while you work, play, relax or pray.
- One must not lie to himself or herself. Be true within yourself to achieve the inner peace.









LEARN the difference

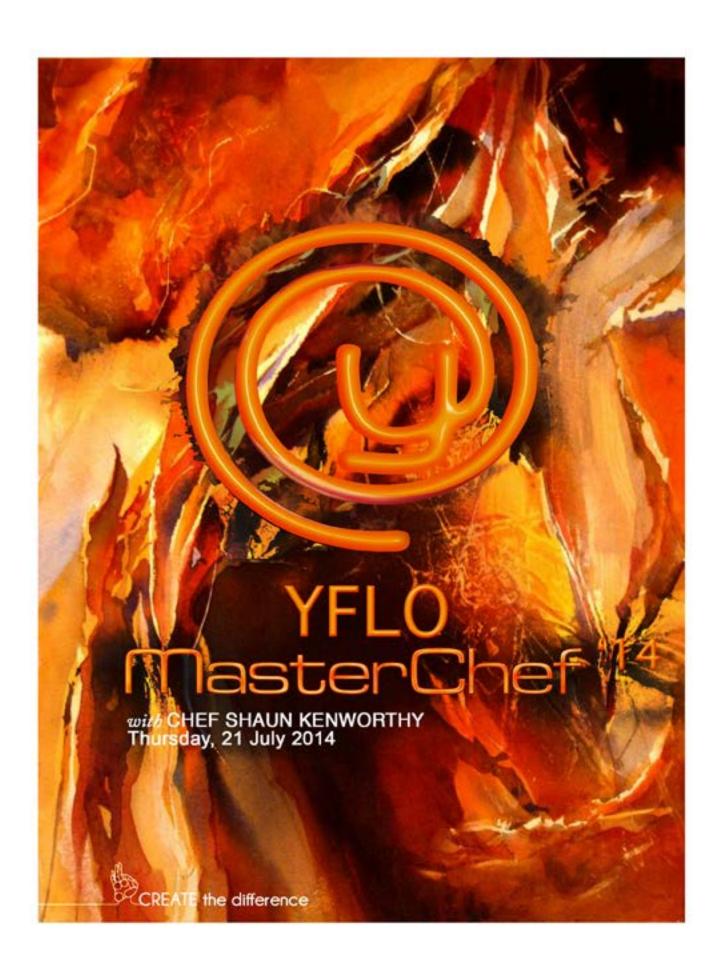
We hosted Dr. Indu Sahani, Principal of HR Colleges, visiting faculty at UC Berkley, NYU Stern, Harvard and someone who is considered a visionary in the field of education. Everyone who attended the program would agree that - If there was a way to hold on to every word she said they would.

- One must allow your children to DREAM, DREAM of the unthinkable and with the security of a parent's support, they will FLY.
- Enhance your child's ability to INNOVATE DISRUPTLY to think outside the box and teach them to be bold enough to act upon it.
- It is important for parents to DISCOVER the calling in their children and give them an INTELLIGENT yet a GENTLE nudge in the right direction.









LEARN the difference

90 diverse, young ladies (Ranging from girls who have never cut a vegetable to culinary experts!) split into 15 teams, with only 75 minutes in hand put in all their passion, creativity and knowledge into play at Yflo Kolkata Masterchef 2014 to come up with 4 exotic, innovative Italian dishes from a basket of assorted (surprise) ingredients to impress a panel of 3 hard-to-please judges Hena Nafis, Chef Shaun Kenworthy, Sharad Dewan. The pictures tell the rest of the story.

Key Takeaway:

Fellowship and teamwork brings out the best from every individual. Unity is the secret to create.





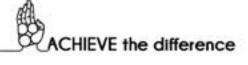




WOMEN CAN DO IT ALL

with SHALLU JINDAL





ACHIEVE the difference

In an inspiring tete-e-tete, Ekavali Khanna unveiled the life experiences & personality traits of a truly multifunctional, multitasking, ambitious, homely, passionate, hardworking driven lady- Mrs. Shallu Jindal, Vice President of the Flag Foundation of India and the President of Open space Jindal Foundation. The crowd was left inspired motivated and truly amazed as Mrs. Jindal shared her experiences. Her achievements include but are not limited to mastering classical dance- Kuchipudi, climbing Mount Kilimanjaro, setting up and running various CSR initiatives around India, authoring multiple books while juggling 2 children & home. She is the epitome of effortless multitasking - through hard work.

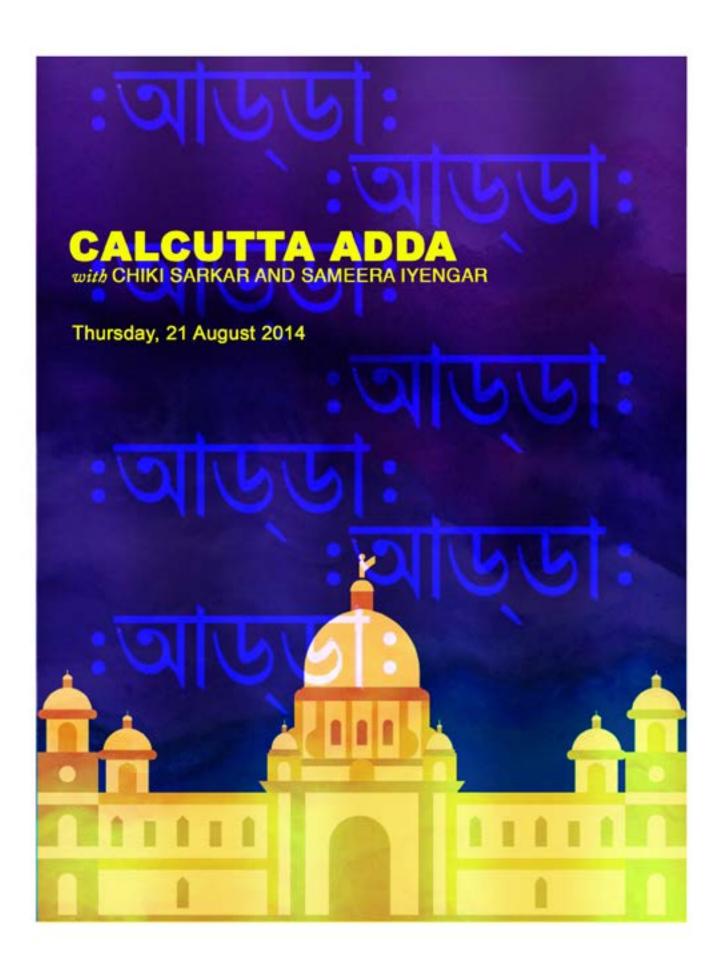
The event was ended off by quizzing the members' children on facts from Mrs. Jindal's latest book. The crowd left awe struck & inspired to ACHIEVE a lot more.

- One has to be hard working to achieve any and as many things in life.
- The secret of a successful person is to strike & maintain a balance between, a career, social work, passion, home and one self.









CELEBRATE the difference

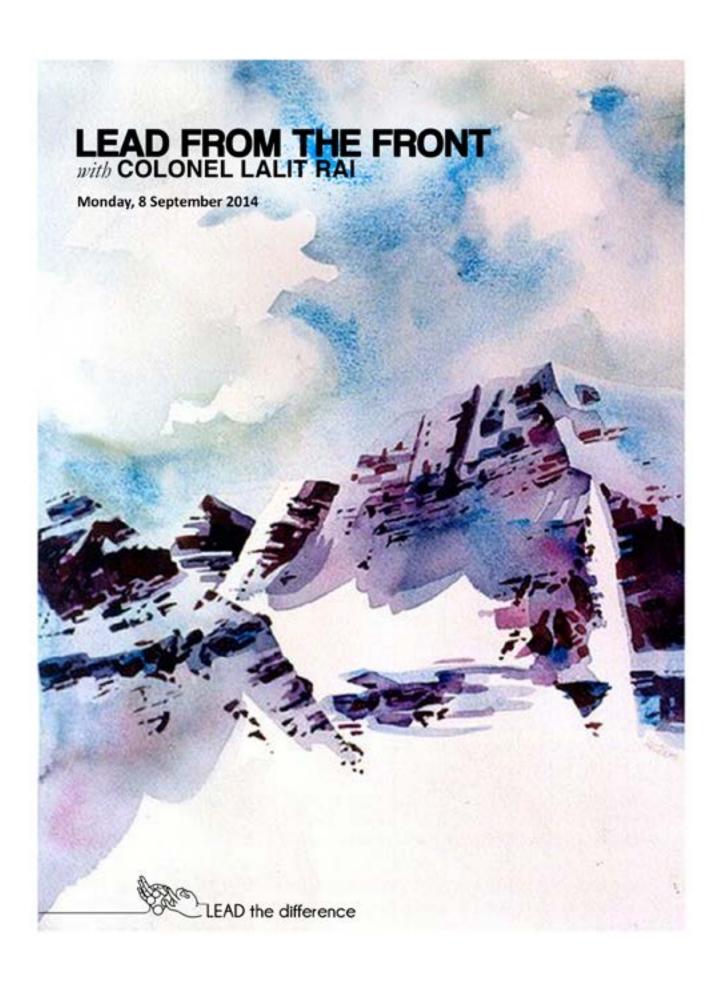
An adda (fun interaction) with two young women achievers - Chiki Sarkar, publisher of Penguin India, and Sameera lyengar, co-founder of Junoon Theatre, shared their experiences of being a Calcutta girl and importance of Calcutta in their lives at The Harrington Street Arts Centre. The adda continued with interesting talks of Chiki about Arts and at last with Sameera's theatre workshop depicting random things - from river to monsoon to traffic to Durga puja. The adda ended with a street food feast for all the ladies.

- Arts are incredibly important to our lives. Arts make us human.
- Now with digital publishing, writers may not need a publisher for creating the book jacket or marketing the book or collecting payments but they will continue to need them for editorial handholding.









LEAD the difference

The story of "Operation Vijay" of the 1999 Kargil war held the YFLO members spellbound as the war hero recounted tales of valour. Told by the man who knew it the best — Vir Chakra recipient Colonel Lalit Rai who commanded the 1/11 Gorkha Rifles — the tale was riveting and left us with much more respect for our Army.

The Gorkha Rifles fought pitched battles in the perilous terrains of Khalubar —which provided the Indian Army the vital turning point.Located at 18,000 feet above the sea level, where temperature freezes to minus 32 degree Celsius, Khalubar was one of the toughest for the Army.From medical problems to a rough topograph—he and his 600-strong light brigade faced it all. To cap it, the enemy, well-equipped with stinger missiles, had captured a strategic position. Finally, after four days and nights without food, under constant fire, they succeeded in raising the Tricolour atop the 18,000 feet Khalubar point. At the time, he was left with barely eight of his men.

Key Takeaways:

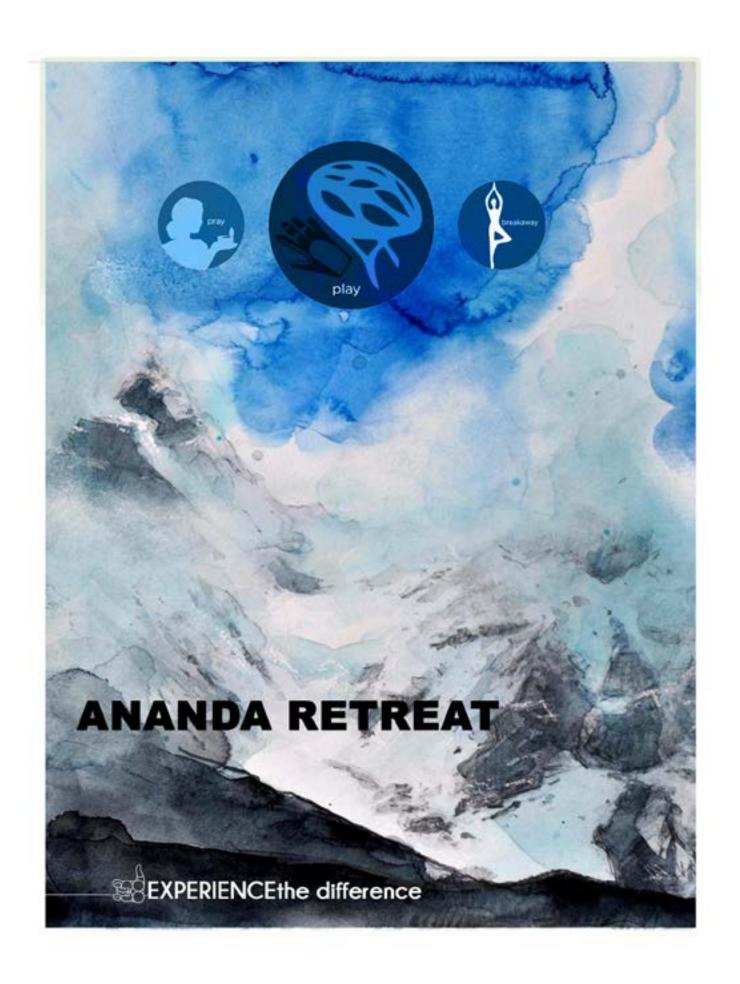
Things may seem impossible. But if you have the will, you will achieve.

For your tomorrow, give up today.









EXPERIENCE the difference

PRAY-PLAY-BREAKAWAY. Retreat to the Himalayas on a quest of tranquility mixed with adventure.



Lets spread some Diwali cheer Tuesday, 14 October 2014 ENJOY the difference

ENJOY the difference

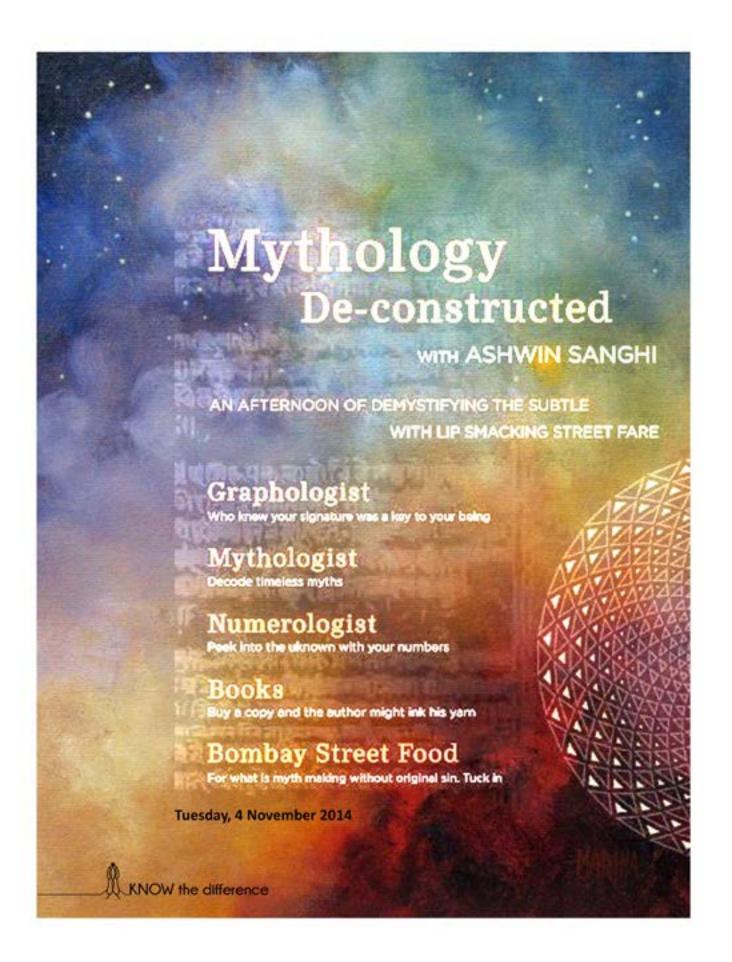
Diwali is always a time of cheer and excitement. YFLO Kolkata celebrated Diwali fellowship with all its members at Shisha. Vaibhav Sethia, stand up comedian entertained all the beautiful young ladies with his comedy and featured the video of YFLO Bakra, which was shot a few days before the fellowship with some of our members. Selfies were taken by almost all the ladies in the particular event. The ladies danced in the tunes of DJ Girish and treated with Diwali feast and sweets. The best dressed Bakras, best reaction among the bakras and the best selfie were awarded with gifts. Donations were collected for Divya Charya trust (supporting under privileged children). The ladies clapped and whistled when each of the members donated and also lit tea lights to support the cause..











KNOW the difference

For the first time this year FIO and YFLO jointly hosted Mr. Ashwin Sanghi, the best selling Indian Author at The Burdwan Palace which was an thrilling eye opener for all the members as it deconstructed our myths that circumvent around religion, spirituality, and history.

The event started off with an opening speech by All India FLO President-Mrs. Neeta Boochra who summarized the achievements and events held by FLO through the year before she invited Ashwin Sanghi on to the podium. He started off with defining a myth as a lie that reveals a truth and went on to speak about the evolution of religion and what it has become today. The eloquent speaker made and established startling connections and similarities between all religions. The event ended with Ashwin answering all the queries of the members and Bombay Street Food feast.

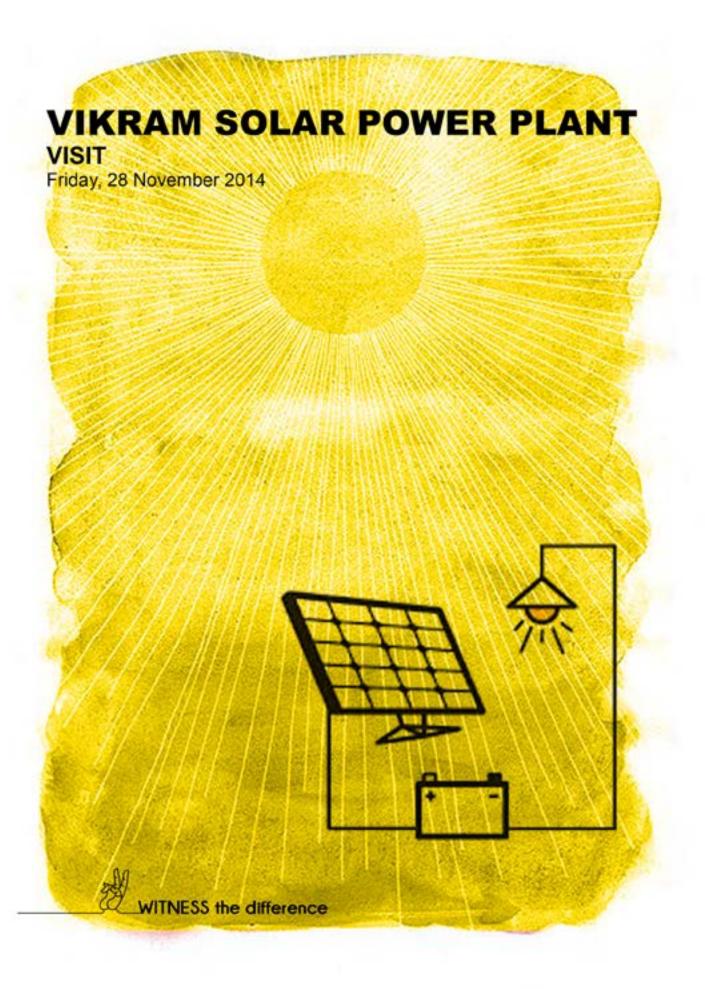
- The importance of the 3 P's for the modern woman to succeed Prioritize, People Skills & Perseverance.
- Religions that are so diverse today have a lot more in common than most people would like to believe.











WITNESS the difference

Vikram Solar is an internationally acclaimed enterprise which specializes in manufacturing of PV solar modules. It is part of the Vikram Group of companies, boasting of a glorious history of over 40 years in engineering and manufacturing activities.

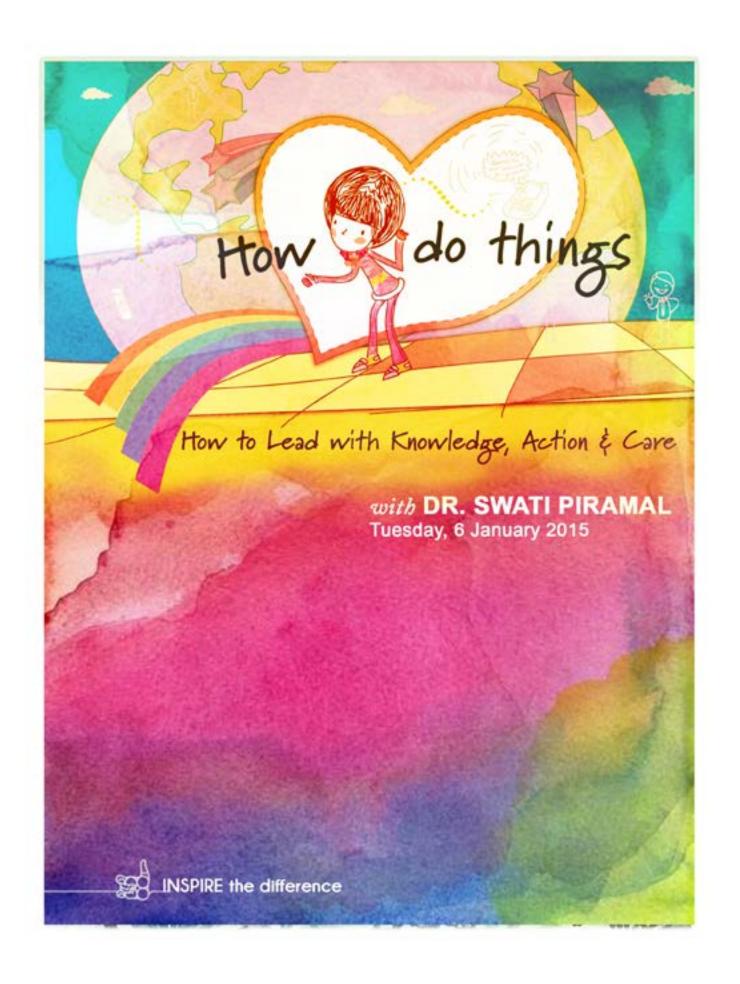
Headquartered in Kolkata we own one of the most technologically advanced solar PV module manufacturing facilities in India. Our ISO 9001-2008 accredited manufacturing plant, located in the Special Economic Zone (SEZ) of Falta, West Bengal, is spread over a sprawling 40,000 sq ft area and boasts of a 150 MW installed production capacity.

An off-site to the Power Plant helped the members to understand the resources and the technique behind solar power. This was YFLO's endeavor to spread the awareness of a greener environment. The ladies surely enjoyed the process which was followed by lunch.









INSPIRE the difference

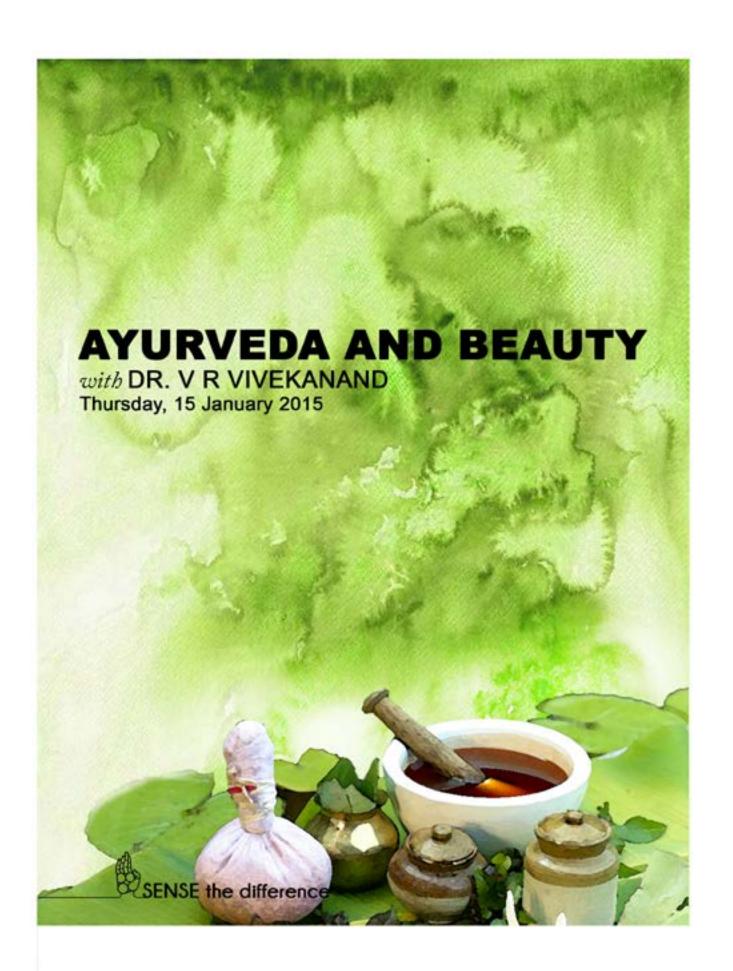
An one to one interaction with Dr. Swati Piramal, Vice Chairperson of Piramal Enterprises Ltd. was organised at The Chambers, Taj Bengal with a view to inspire women entrepreneur/business leaders to develop a vision and achieve greater goals alongside. She is one of India's leading scientists and industrialists, and is involved in healthcare. Her contributions in innovations in new medicines and public health services have touched thousands of lives. Mrs. Madhurshree Birla, wife of Mr. Siddharth Birla, National President of FICCI was also present at the event.

- The deep knowledge of spirituality and the Vedas help you live a full and joyful life.
- Build a grand plan centered in values. Plan every detail meticulously and then execute it.









SENSE the difference

Through an interactive session in the event with Dr. V. R. Vivekanand, clinical registrar at I-AIM Healthcare Centre and senior assistant professor, school of health sciences, Trans-Disciplinary University, Bangalore, YFLO members came to know about the Ayurvedic principles regarding individual body type which comprises of Air, Water and Fire. This talk was organized with collaboration with Kama Ayurveda at the Quest mall Terrace followed by Hi-Tea.

- Respect your body and pamper it. Opt for body massages. Women with high BMI should always follow up a body massage with steam, irrespective of seasons, which would help open up skin pores.
- Chawanprash is used to treat heart and lung conditions, especially tuberculosis earlier. It also helps improve immunity against pollution and allergies. Regular intake will help boost your immunity.
- Honey is a great natural product. It helps reduce phlegm, which is why it is taken during colds. Externally used, honey is an excellent remedy for burns.









CSR

DIWALI CHEER FOR UNDERPRIVELEGED CHILDREN ST. JUDE'S CANCER CENTRE FOR CHILDREN DIVYA CHARYA TRUST

2 October and 18 October, 2014



CSR

Diwali is the festival of light. Everyone wish to light up their houses and remove darkness.

Unfortunately there are lots of homes where on this auspicious occasion also they remain full of darkness. YFLO Kolkata made a small initiative that can make a difference to the underprivileged children during this festival. YFLO Kolkata celebrated Diwali in a slightly different way, as they headed down to meet the underprivileged children in TATA MEMORIAL HOSPITAL (2nd October, 2014) & DIVYA CHARYA TRUST (18th October, 2014) to celebrate Diwali with those children and their families.

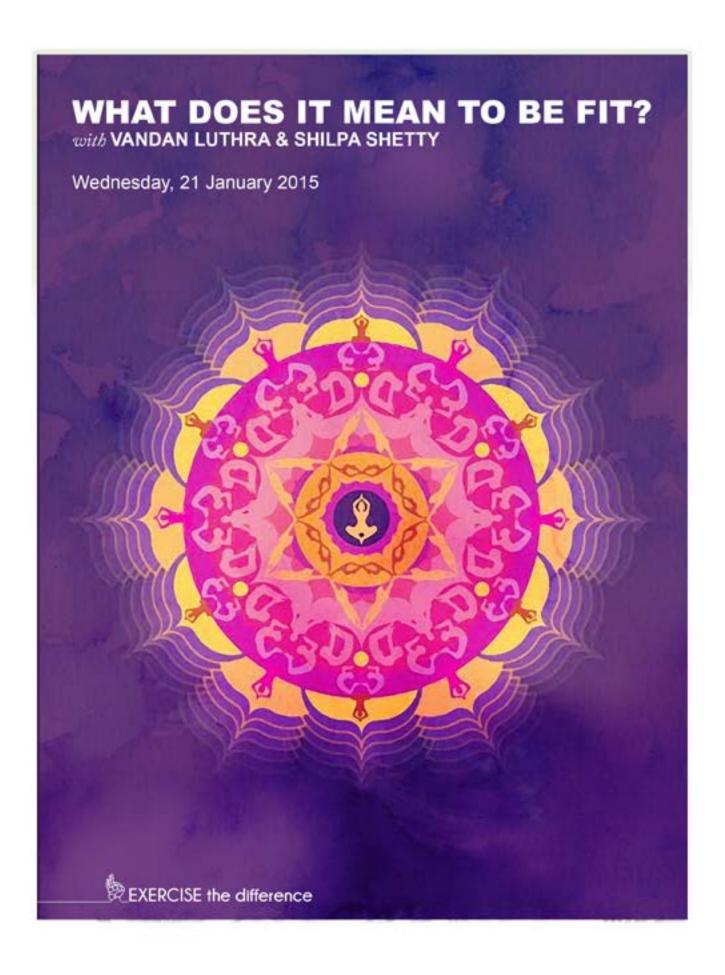
- St. Jude's Cancer Centre for Children (2nd October, 2014): YFLO Kolkata spent the day with the kids to make it special for them. They distributed clothes to the children and their families and also the day ended with lunch along with the kids.
- Divya Charya Trust (18th October, 2014): YFLO Kolkata arranged a fun filled day for the small kids with a magic show, rides like merry go round, bouncy castle. The children spent a joyous day followed by lunch. YFLO also distributed solar lamps to kids aged 3-5years, Emami Cosmetics Kit to students aged 14-16years & the teachers of the trust. The fun filled day ended with lunch along with the kids.











EXERCISE the difference

It is not everyday that one gets a chance to share an evening with fitness and beauty experts Shilpa Shetty, also a bollywood actress and Vandana Luthra, the founder of VLCC. But the lucky YFLO members got the opportunity for a talk with them at an event which was held at ITC Sonar. Shilpa and Vandana spoke about the importance of being fit: mind and body. The two businesswomen stressed not only on the beauty side of being fit but also the health aspects of "feeling good" about yourself. Vandana shared her journey and challenges of becoming a beauty and fitness expert at a time and in a society in which such things were not "heard of". Shilpa spoke about balancing and juggling her roles as a celebrity, actress, wife, business woman and "most importantly" - a mother. They also spoke about their new venture together - combining yoga and physiotherapy. The event was followed by a cocktail mixer with spouses. This was an inspiring and motivating event.

Key Takeaways:

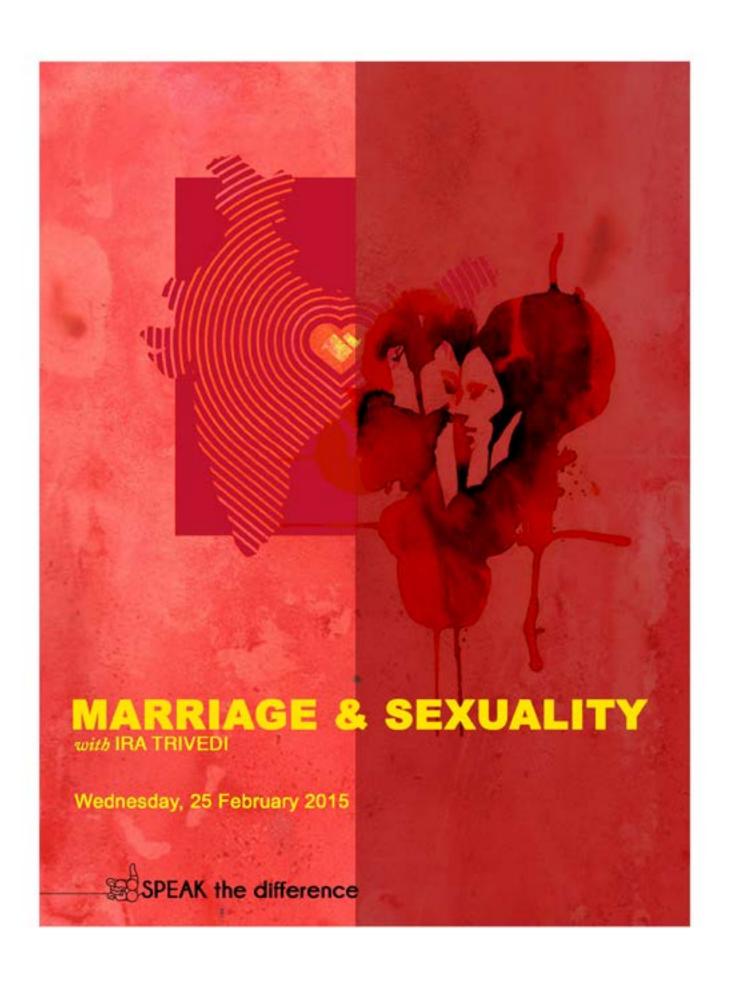
Physiotherapy is a well respected health care process that uses evidence-based treatment methods to help people restore and maintain optimal movement and function, as well as provide education on health maintenance and injury prevention.











SPEAK the difference

YFLO Kolkata invited Ira Trivedi, novelist, yoga teacher and speaker, to speak to its members from all walks of life. She anchored the evening for the members who had a different take on arranged marriage, early or late marriage, and infidelity. It was a bold yet entertaining talk about one of the most crucial yet suppressed topic, marriage that ultimately ventures out to love and sex, in Indian society. Ira along with 6 YFLO kolkata members revealed and compared their unique experiences touching upon love, marriage and sexuality and society's transition and transformation from the 20th to the 21st century. Ira touched upon untrodden territory of topics from hypocrisy of Indian society to taboo on the word "sex" to modern day love stories to extra martial affairs to early marriage and left the audience to introspect. The event was followed by snacks and cocktail.

- There is no hindi word for divorce.
- Women were more liberal in the early Vedas, rules were infused by Manu Striti.











PERCEIVE the difference

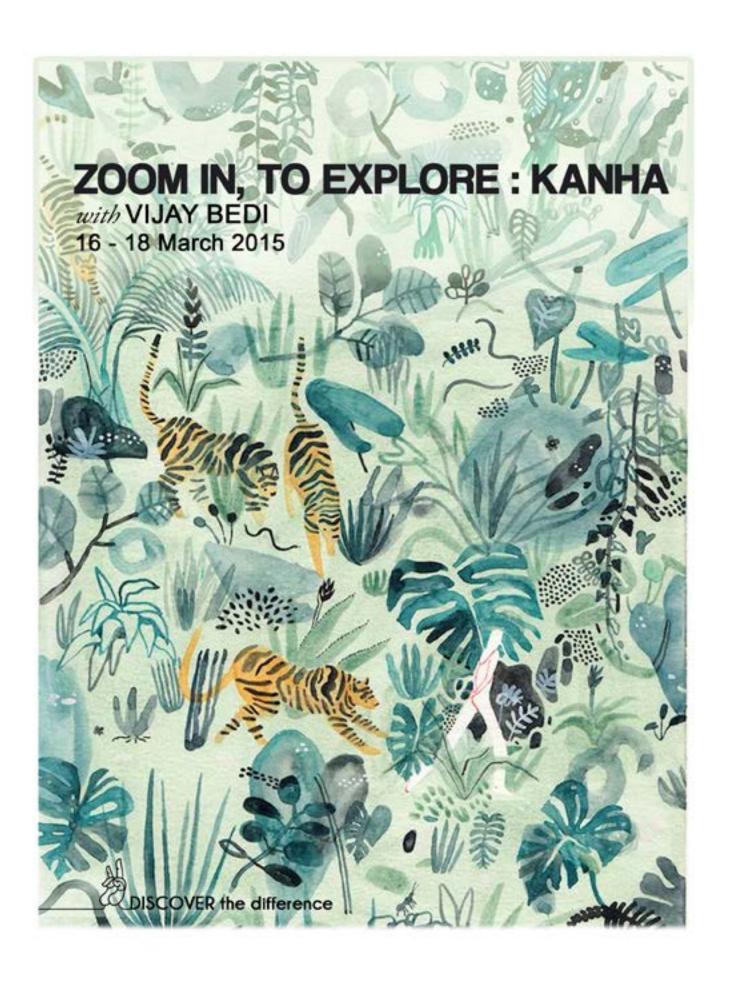
We hosted Mr. Amit Jatia, Vice-Chairman of McDonald's India (west & south region) and someone who is considered as a restaurant industry veteran. The eloquent speaker shared his experience and journey of bringing fast food giant Mc-Donalds to India. Despite of his lack of experience in the F&B industry, he and his wife managed to make his company a success story through creative marketing and sales strategies. Amit spoke about tackling his challenges like price, quality control, consumer mindset towards "fast food" and more. The event was a fun, informative experience that left guests truly "lovin" it". The event was followed by cocktails & snacks.

- It's about having an active, balanced lifestyle, whether you eat at home or outside. It's about what you eat and what you do.
- The real issue in India is around food safety. People are more concerned about water quality and hygiene. With our supply chain we have been able to bring safe food to the consumer.









DISCOVER the difference

Wildlife photosgraphy retreat to KANHA NATIONAL PARK, with Green Oscar winner wildlife filmmaker and photographer, Vijay Bedi.



PERSONAL STYLING

with AMI PATEL



STYLE the difference

An exciting afternoon of personalised one-on-one styling session with celebrity stylist, Ami Patel. Ami Patel is experienced in all aspects of fashion styling, her work spans from editorial, print, TV to celebrity styling. Her vast portfolio has magazine covers and fashion stories of India's best known celebrities including Priyanka Chopra.

This former Fashion Director L'Officiel India and Creative Director Harpers Bazaar India, stylist gave themembers amazing styling tips with her knack of transforming people to give them their best look.

- How accessoirzing smartly can transform any solid dress into a glamorous look, like a statement necklace.
- Wear clothes which you feel good in, because that nails half of the job of looking good! Wear your attitude.









WE ARE the difference

Couture jeweler Raj Mahtani decked up the ladies of YFLO in his vintage jewels in the ramp at the Crystal Room in Taj Bengal. This high end show was the closing event by the outgoing YFLO chairperson Manjri Agarwal. Twenty one members of YFLO walked the ramp in designer Anamika Khanna's clothes along with a few professional models, with Bengali actress Raima Sen being the showstopper.

- You can wear your jewellery in different ways. You can wear jewellery on top of long sleeves and capes and a big neckpiece on closed neck garments because it's not necessary to wear jewellery on skin always. It can be worn beautifully on clothes.
- Black and white clothes bring out the best in jewellery.









YFLO KITCHEN

A series of 5 cookery workshops was conducted during the course of the year by celebrity/guest chefs. YFLO Kitchen presented three workshops which was held in five major restaurants/hotels of Kolkata:

- The Hyatt Regency (22nd May) The first culinary workshop will be an Italian cookery workshop by visiting Chef Roberto.
- ITC Sonar Bangla (27th June) The second culinary workshop with Chef Imtiaz Qureshi. It was a demonstration of some delicious Indian (vegetarian) dishes and shall include a handson workshop for some of the items.
- The Lalit Great Eastern (22nd August) The third culinary workshop in the bakery of Lalit. It was a demonstration of yummy quinches, savouries, tart n cake.
- The Taj Bengal, Chinoisserie (22nd and 24th September, 2014) The fourth culinary workshop was attended by 40 YFLO members. The recipes included asparagus, snow peas & broccoli in ginger wine sauce, Tsing Hoi Potatoes, Chengdu Lotus Stem, Chilli garlic noodles, Burnt garlic & spring onion fried rice
- The Park, The Bridge Terrace (4th December, 2014) The fifth culinary workshop was with renowned pastry chef and the owner of Le15 Patisserie, Ms. Pooja Dhingra. It was a demonstration of some delicious cupcakes and cookies. The recipes included Nutella Squares Vanilla Cupcake with Vanilla Buttercream Frosting, 16 year old chocolate chip cookie

- Delicious Recipes and hands-on workshops.
- Tips for making everyday food interesting and healthy.

YFLO KITCHEN











YFLO KITCHEN



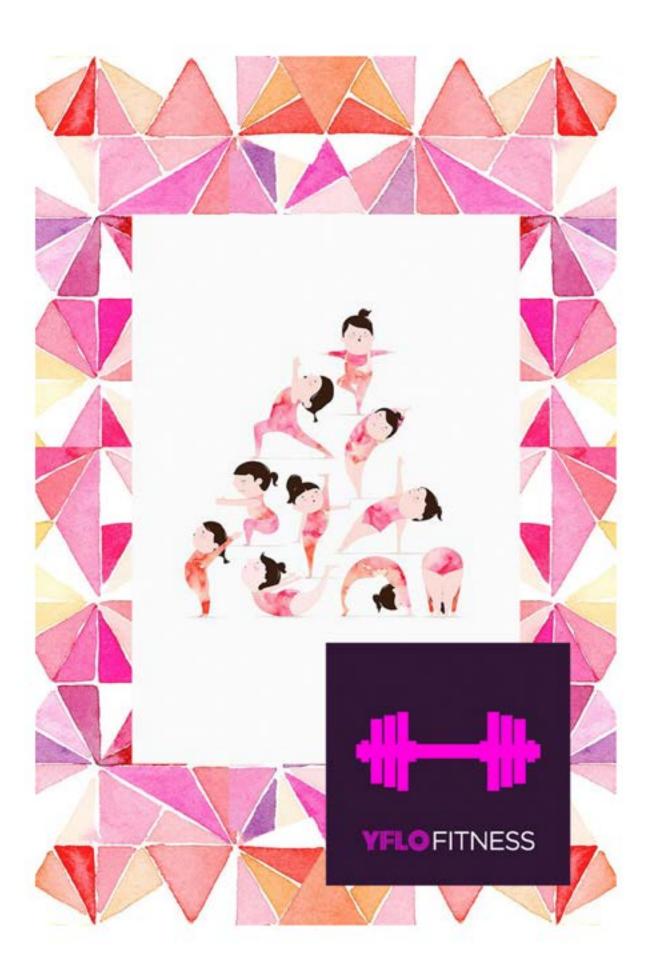












YFLO FITNESS

- Pilates "Full Body Pump" with Yasmin Karachiwala
- Running 10 KM Marathon for Education
- 🍪 Yoga with Ritu George













the members

celebrate the difference: kolkata adda

Pinki Sekhani - "Sameera was my classmate so I could totally relate to her. I will try to imbibe charity and passion a part of my life. Will do extra!"

Nandita Gangual - "Both the speakers were from the line I come from. Chiki gave a lot of information on the publishing industry, like facts about Amazon and the troubles. I want to become a writer so it was a good knowledge. Sameera's workshop was a good experience specially because I am a theatre workshop conductor myself."

Vasudha Sarda – "Loved the event specially the passion with which both speakers conducted it and inspired it. Sameera's interactive session was a lot of fun."

lead the difference: colonel lalit rai

Nidhi Saharia - "I am proud to be an Indian. It's amazing what these people have given for us to be safe and alive."

Manjula Jain - "It was a very well conducted event. I learnt that we should appreciate everything in life instead of complaining of small inconveniences. We should give importance to serving the community and not focus on the suffering."

Seema Saraf - "I am feeling honoured! If we at YFLO pledge we can make a difference by contributing a bit of ourselves for our country."

Smrita Dabriwala & Neha Tibrewal - "I was an inspiring event, we should have more events like this. These events teach you even if there are odds in life and there is only 0.1% chance of overcoming it. You should not hesitate, instead lighten your mood and give it your best, there is no way you won't achieve your goal. Sitting amidst all the comforts people fight for petty things. Children should learn from the colonel 'where theres will theres way'."

speak the difference: ira trivedi

Shirsha Guha - "I would say that the Speak the Difference: Marriage and Sexuality in the 21st Century with Ira Trivedi was the one that stood out for me so far. And not just because I was asked to be on the panel to share my own complex marriage. I felt that the women present got a chance to open up a bit about a subject that is not normally discussed, in a setting that was non-judgemental. There were married women, separated or divorced women, happily single women, young women, mature women, all kinds. I could see that for some it was almost a relief to be able to say something out loud. I saw that the naughty side of some came out with some of the remarks and comments. There were older women to offer wise words as well. And a few thought provoking comments came out too that you had to read between the lines to really understand. I saw that even after the formal panel discussion ended, many groups among the women continued the conversation well in to the evening and perhaps even later. The sharing of these stories, that are otherwise quite private, seemed to build a sense of camaraderie.

I have only been a member for a few months, but I expect to have many more such meaningful meetings with the group, and hope to build some lasting relationships with some of these outstanding women."

learn the difference: indu shahani

Abha Saharia - A fantastic interaction with Mrs. Shahani. A dynamic talk 'disrupting' all our parenting per notions in order to 'discover' our child's true happiness. Also truly inspiring were the examples of social entrepreneurship she spoke about.

Surbhi Agarwal - A very good speaker, I could relate to her even though I am not married and bringing up children is my last concern. It was an inspiring talk. I wish to attend all YFLO events.

Ritika Chokhani - I found it very informative and learnt that you have to let the child dream what it wants to and not force your beliefs on him. The IB philosophy and IGSC education system is note worthy.

Priyanka Jalan - My confusion about which board to choose for my child is clear. I now know that I should first understand my child's aspirations and encourage him to realise his dreams instead of the typical marwari ways of imposing.



nandita gangual



pinki sekhan







ritika chokhan



surbhi agarwa

media coverage



the difference



speakers for 2014-15

