



# MMM e-Connect

## Marwari Mitra Mandal (Singapore)

Registered with Registry of Societies  
ROS 1025/2005

Issue 7

Member's News Letter  
(For Private Circulation Only)

30<sup>th</sup> June 2016

### Welcome

We are pleased to present you this Seventh edition of MMM e-CONNECT. The objective of these newsletters are to keep the members informed of, the activities in the Mandal, recent developments and future programmes. Feedback and suggestion from the members are always welcome.

### From President's Desk

Ram Ram Sa!

It is indeed a great privilege & honour to be elected as the President of Marwari Mitra Mandal. I'm truly thankful to my fellow seniors, young members and their families, to choose me to take this responsibility.

After 10 successful years of our Mandal, we together with our team, with blessings of all senior and good wishes of young members, will try our best to lead our association to greater heights to achieve our goal.

For any association to grow, there has to be teamwork and we would like to invite all members to give their suggestions for how we can grow further. We want our members to participate more actively to make each & every event successful. We would also request members to convert current Annual Membership into Life Membership and have more commitments towards our association & society.

I've always believed in "Learn from Yesterday, Live for Today & Hope for Tomorrow". Once again Thanks to all and we look forward to seeing you at our events regularly.

Mr. Kamal Kishore  
President - Marwari Mitra Mandal

## RECENT EVENTS

### Annual General Meeting 2016

Annual General Meeting of Mandal was held on 14th April 2016. This 11th annual General Meeting of Members passed the Management Committee Report 2015-16 as well as the Audited Financials of Mandal for 2015. New Management committee for 2016-18 was elected at the AGM.

President Mr. Tibarewala thanked all the members of the Mandal for their kind support. He also thanked the Members of the Advisory Board for their support.

He said "No Society can run smoothly without active participation and support of the members.

Mandal is a platform for us to provide our services to the community." He requested all the members to spare a small portion of their valuable time to contribute toward the society.

Certificate of Appreciation was given to Mr. Naveen Gadia, Mr. Mohit Sharma and Mr. Sudhanshu Biyani. As requested by the President, Mementos and Certificate of Appreciation were given to Vice President Mr. Kamal Kishore, Treasurer Mr. Krishna Kumar Bagaria, Secretary Mr. Puneet Jain and Jt. Secretary Soham Agrawal. Committee Members Mr. Pawan Maheshwari, Mr. Balwant Rao Jain, Mr. S P Biyani, Mr. Ritesh Bansal, Mr. Pallav Moona and Mr. Ajay Kedia also received the certificates and

mementos. He also presented the certificate and memento to Chairperson of Ladies Wing Mrs. Neelu Biyani. Mr. S P Biyani accepted the same on her behalf.

A Vote of Thanks to the Management Committee 2014-16 was passed by the house.

As announced by the Election Committee, New Management Committee from 2016-18 has been elected unopposed.

<b>Position</b>	<b>Candidate Name</b>
President	Kamal Kishore
Vice President	Prakash Kumar Hetamsaria
Secretary	Krishna Kumar Bagaria
Jt. Secretary	Suresh Agarwal
Treasurer	Arun Kumar Dayama
Member	Ajay Kumar Kedia
Member	Ajay Vikram Parakh
Member	Manish Kumar Shroff
Member	Rajesh Agarwal
Member	Sudhanshu Biyani
Member	Sunil Patwari

Certificates were given to all elected members of the Management Committee 2016-18 by the Election Committee.

Outgoing president congratulated the members of the new MC. On behalf of the outgoing MC, He assured full support and co-operation to the new MC. He then requested the incoming President Mr. Kamal Kishore to say about the plans of the new MC. Mr. Kamal Kishore thanked all for their confidence shown on his team and requested for their support.

#### **Advisory Board**

Management Committee 2016-18 constituted an Advisory Board as per Section 19 of the constitution of the Mandal for a term of two years.

<b>Position</b>	<b>Candidate Name</b>
Chairman	Mr. Rajan Bagaria
Member	Mr. Manak Chand Maheshwari
Member	Mr. Mahesh Kumar Patodai
Member	Mr. Basant Kumar Maheshwari
Member	Mr. Santosh Kumar Tibarewala

*Happy Teej*

#### **Blood Donation Drive - Sunday, April 3, 2016**

**IT'S IN YOUR BLOOD  
TO SAVE LIVES.**

You can give life, by giving blood.  
All it takes is just 60 minutes of your time today, to save lives tomorrow.

Our quarterly Blood Donation Drive was held at Sindhu House from 9.30 am to 3.30 pm.

The event was in collaboration with Mountbatten CC, Mountbatten Indian Committee, Singapore Gujarati Society, Amber Neighbourhood Committee and Maharashtra Mandal Singapore.

A total of 102 people came to support the cause, however only 67 people were eligible to donate.

For your health and well-being, donor must:

- Be between 16 and 60 years old
- Weigh at least 45 kg
- Have a haemoglobin level of at least 12.5 g/dl
- Generally be in good health
- Not have had any symptoms of infection for at least 1 week e.g. sore throat, cough, runny nose, diarrhea
- Not have had a fever in the last 3 weeks
- Not travelled within 120 days from the donation date

#### **Gangaur - Saturday, April 9, 2016**

Ladies Wing of Mandal organised Gangaur Pujan on 9th April 2016, which was well participated by members and their guests. Gangaur is one of the most vivid festivals rejoiced with great enthusiasm and happiness all over the Indian state of Rajasthan. During the festivities, married women worship Goddess Parvati for the long life, wellbeing and wealth of their husbands while young girls pray for getting a smart and understanding life partner. The festival is rejoiced in the month of Chaitra, the first month of the Hindu calendar and falls in between March and April. Gangaur

In the word Gangaur, 'Gan' is the synonym for Lord Shiva whereas 'Gaur' stands for Gauri or Goddess Parvati. But mainly, this festival is held in the honour of Goddess Parvati, as she is regarded as the epitome of marital love, strength, courage, power and excellence.

begins on the very first day of Chaitra, the day after Holi and is celebrated for 18 days. It also marks the end of the winter season and the coming of spring season. Images of Gauri and Isar (Lord Shiva) are made with the clay and decorated very beautifully. On the other hand, in some families, idols are made of wood.



For more photos please visit our [Facebook page here](#).

## MEMBERS CORNER

Congratulations as well as Condolence column is being included in the newsletter. Members, who want to send their articles, share their achievements or any other incidents with the society, are requested to forward us the details so that it can be incorporated in the newsletter. Articles for member's corner should be their own creation and must not be abusing to anyone. You can send your articles to [newsletter@marwarimitramandal.com](mailto:newsletter@marwarimitramandal.com)

### **Obesity - By Meenu Agarwal, Registered Dietician with Singapore Nutrition and Dietetics Association**

Worldwide obesity has more than doubled since 1980. In 2014, more than 1.9 billion adults, aged 18 years and older, were overweight. Of these, over 600 million were obese. 39% of adults aged 18 years and over were overweight in 2014, and 13% were obese. Most of the world's population live in

countries where overweight and obesity kills more people than underweight. 41 million children under the age of 5 were overweight or obese in 2013.

9 out of 10 people with newly diagnosed type 2 diabetes are overweight. If you are overweight, losing some weight could help you better manage your diabetes. Obesity is preventable.

The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories spent.

Are we among the above or some of our near and dear ones among the above? If yes, then what are we doing about it. It is good to be busy, but it is a not a great idea to be busy now and regret later in life. The diseases that come with being overweight are irreversible. No amount of money can get us back to our old healthier self.

It is high time for us to become aware of if we are within the healthy weight zone or, overweight. Overweight and obesity are both extremely dangerous and lead to some serious health issues like and calories spent. Are we among the above or some of our near and dear ones among the above? If yes, then what are we doing about it? It is good to be busy, but it is a not a great idea to be busy now and regret later in life. The diseases that come with being overweight are irreversible. No amount of money can get us back to our old healthier self.

It is high time for us to become aware of if we are within the healthy weight zone or overweight. Overweight and obesity are extremely dangerous and lead to some serious health issues like:

- High blood pressure (Hypertension)
- High cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Osteoarthritis
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning

We all have either made half- hearted attempts to bring our body weight within the healthy zone or a minimum risk zone, with various degree of success. It is not a great idea not to care about our body, as we risk taking body into a critical ailment zone. If we don't take care of it or even start thinking of it

now, we may land up with some of above ailments and then taking medical treatment or a starvation - diet treatment.

None of these 2 options are great for us, as we will be forced to accept change in our lifestyles. Food and Wellness works with clients to be able to understand the root causes of excess weight and customizes diet plans providing the best achievable solution over a reasonable time span. It's time for specialized health care for your body as each of us are unique. What works for me may not work for others.

### Ten Clues to Happiness by S N Sharma (Source: Late Mr Khushwant Singh)

1. First and foremost is good health. If you do not enjoy good health, you can never be happy. *Any ailment, however trivial, will deduct something from your happiness.*
2. Second, a healthy bank balance. It need not run into crores, but it should be enough to provide for comforts, and there should be something to spare for recreation—eating out, going to the movies, travel and holidays in the hills or by the sea. Shortage of money can be demoralising. *Living on credit or borrowing is demeaning and lowers one in one's own eyes.*



The poster features a colorful geometric pattern at the top with the text 'UPCOMING EVENTS' in white. Below this, on an orange background, are three event listings:

- 6<sup>TH</sup> AUGUST**  
**TEEJ**  
The Sovereign - Function Room  
99 Meyer Rd, Singapore 437936  
5:30pm onwards
- 3<sup>RD</sup> SEPTEMBER**  
**BHAJAN SANDHYA**  
Time & Venue to be confirmed
- 6<sup>TH</sup> NOVEMBER**  
**DIWALI BALL**  
Time & Venue to be confirmed

3. Third, your own home. *Rented places can never give you the comfort or security of a home that is yours for keeps.* If it has garden space, all the better. Plant your own trees and flowers, see them grow and blossom, and cultivate a sense of kinship with them.
4. Fourth, an understanding companion, be it your spouse or a friend. *If you have too many misunderstandings, it robs you of your peace of mind. It is better to be divorced than to be quarrelling all the time.*
5. Fifth, stop envying those who have done better than you in life—risen higher, made more money, or earned more fame. *Envy can be corroding; avoid comparing yourself with others.*
6. Sixth, do not allow people to descend on you for gossip. By the time you get rid of them, you will feel exhausted and poisoned by their gossip-mongering.
7. Seventh, cultivate a hobby or two that will fulfil you—gardening, reading, writing, painting, playing or listening to music. Going to clubs or parties to get free drinks, or to meet celebrities, is a criminal waste of time. *It's important to concentrate on something that keeps you occupied meaningfully.*
8. *Eighth, every morning and evening devote 15 minutes to introspection.* In the mornings, 10 minutes should be spent in keeping the mind absolutely still, and five listing the things you have to do that day. In the evenings, five

minutes should be set aside to keep the mind still and 10 to go over the tasks you had intended to do.

9. Ninth, don't lose your temper. *Try not to be short-tempered, or vengeful.* Even when a friend has been rude, just move on.
10. *Above all, when the time comes to go, one should go like a person without any regret or grievance against anyone.*

RICHNESS is not earning more, spending more or saving more, but RICHNESS IS WHEN YOU NEED NO MORE.

### Births

- Mr. Himanshu and Mrs. Megha Biyani were blessed with a baby girl, Aarya Biyani on 29<sup>th</sup> December 2015.
- Mr. Manoj and Mrs. Shradha Pasari were blessed with a baby boy, Kiaan Pasari on 18<sup>th</sup> May 2016.

Congratulations to members with blessing of new born bundles of joy in their family.

### Condolences

- Mr. Giri Agarwal and Ashok Agrawal lost their beloved Father, Shri G.D. Agarwal on 22nd April 2016. Our condolences to Agarwal Family.



- Mr. Nitinbhai B. Doshi, Former President of Singapore Gujarati Society passed away on 5th June 2016. Our condolences to Doshi Family.

Members of Marwari Mitra Mandal pray to the almighty for eternal peace to the departed souls and give courage to the grieved families to bear this irrevocable loss in life.

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**Web Portal**  
[www.marwarimitramandal.com](http://www.marwarimitramandal.com)

Members can now login on our website and update their contact details.

By logging in, you will also be able to register and pay for events directly via PayPal.

If you have trouble logging in, write to us at  
[admin@marwarimitramandal.com](mailto:admin@marwarimitramandal.com)