

**India Club Breaking Barriers End of the Year Party on
3rd December 2019**

India Club and CMRC in collaboration, hosted the "Breaking Barriers - End of the year Party" and the Farewell of 2019. Very good turn out and the party began with gusto with Laughter Yoga. The connoisseur Premlataji took every one to a hilarious laughter journey. All joined in with great eagerness and had lot of fun + good exercise for lungs and muscles of mouth in fact the whole body. Premlataji's comment was "it was not enough time, I did not even begin to start. It was just a sample." Energizing fun-full session – Well done Premlataji.

Then talented Subhshree Das gave such a professional presentation on "Fashion and dress up with what you have in your wardrobe". She emphasized that most important is "you". Dress up with good feelings towards the garment that brings out shine and smile on your face and you quietly say "yes!!! This is me" lifting up your confidence and transforming you to an empowering being... She also presented some simple ways that how you could make different look by altering your clothes such as scarf in slightly different ways and it gives new look every time. It was quite an empowering Talk and presentation. Kudos Subhshree.

Our bright & energetic Dipti Dole took everyone on a journey to Bollywood dancing with such enthusiasm and vigour that the room filled with vibrations of fun Laughter & joy. Bravo Dipti what a lively dancer & coach you are.

The event started with tasty Pakoras and finished with yummy lunch. Catering by enthused Pallavi & Dharamvir Yadav proprietors of "Bhajiya's". Thank you Pallavi Dharamvir & your Team for looking after our guests with care, friendliness and delicious healthy food.

The Presence of representatives of so many various groups such as HDVPN, Lisa Harnum Foundation, CMRC, Women in Business, the Goddess Circle, IC members & Friends and more provided a great opportunity for new connections and friendships. A very enjoyable IC Party with a very nice empowering multicultural congregation.

Shubha Kumar
President, India Club