

Date: 31st December, 2017

Dear Member

**SUBJECT: ME-TIME IN CURRENT DIMINISHING LIFESTYLE
BALANCE**

**ON BEHALF OF THE GOVERNING COUNCIL OF MERCHANTS' CHAMBER
OF UTTAR PRADESH, I WISH YOU A VERY HAPPY PROPEROUS AND
REWARDING NEW YEAR TO YOU AND YOUR FAMILY AND FRIENDS.**

We are all basically leading a mechanized, stressed lifestyle. We have fixed our goals in life and morning, days and night is mostly repetition of yesterday. We have forgotten a live a happy life and some time we live a **smile-less day**.

Some work for making the two ends meet some work overtime to fulfil their responsibilities and some work to amass more and more. Whatever is the Goal in life we have time for everyone else but not himself.

This lifestyle leaves no time for the individual and therefore LIE needs to be balance.

We are going to assemble on 8th January, 2017 to talk about "ME-TIME" at 10:30 AM in Sir Padampat Singhania Auditorium Chamber Kanpur.

This is a wellness programme organized by Health and Lifestyle Management Committee of Merchants' Chamber in association by TYAG. The programme aims to help us to re-discover our self and catch our dreams and celebrate life.

I request you to come and participate in this programme designed especially for all of us and be together.

We invite you to participate with your family and mix together over lunch together at the Chamber's premises.

Regards

For- Merchants' Chamber of Uttar Pradesh

(Padam Kumar Jain)

President