

Activity for women's Day at the London Stock Exchange Group - Conducted as a part of the Entrepreneurial Skill Development (Pr)

Date: 6th March, 2024

Venue: London Stock Exchange Headquarters, Lower Parel

The 'Entrepreneurial Skill Development' is a practical course at the [T.Y.B.Sc.](#) Level offered to students specializing in 'Foods, Nutritional & Dietetics'. This course aims at the development of Entrepreneurial skills to meet the growing demand of consumer requirements for food and nutrition based products and services. To create valuable products and services based on innovation, sustainability and market requirements.

In a remarkable turn of events, the venture undertaken as a part of the entrepreneurial activity 'Zenstational yoga' received an opportunity for organizing wellness workshops has transcended the boundaries of our college community and ventured into the corporate realm. Through strategic advertising efforts, particularly leveraging Instagram as a platform, we attracted the attention of none other than the London Stock Exchange Group (LSEG). This pivotal moment marks a significant milestone in our journey, as we have been commissioned to organize a yoga workshop for International Women's Day at the **London Stock Exchange Group corporate headquarters** in Lower Parel on the

The advertising strategy focused on showcasing the unique and impactful nature of the wellness initiatives, highlighting the benefits of mindfulness, relaxation, and holistic well-being. Through visually attractive content and engaging captions, we effectively communicated the value proposition of our workshops to a wide audience, including corporate entities seeking to promote employee wellness and empowerment.

The decision-makers at LSEG were particularly impressed by the commitment to fostering a culture of wellness and inclusivity, especially in commemoration of International Women's Day. Recognizing the importance of supporting their female employees' physical and mental health, they reached out to us to organize a bespoke yoga workshop tailored to their needs and preferences.

This opportunity not only validates the effectiveness of our advertising efforts but also underscores the relevance and impact of our wellness initiatives in diverse settings. It serves as a testament to the power of entrepreneurship and innovation in driving positive change and creating meaningful connections between communities.

Details:

Wellness services to our client 'London Stock Exchange Group' for a wellness program that included holistic health - Yoga & Nutrition.

Ms Chitra Bagadia (Co-Founder and Director Yogatainment Pvt. Ltd.) was our Yoga expert and Coach conducted the session for Women employees on 'Yoga for Women health covering specific yoga asanas for women' and our Nutrition expert

Ms Fatima Kader (Asst. Professor and Clinical Nutrition Consultant) conducted an interactive session on 'Nourish through Eating Right' for all the employees specifically guiding on good nutrition practices in day to day life that can go a long way in maintaining overall health.

Guides: Ms. Fatima Kader and Ms. Sanam Khan

The team members of Zensational Yoga -

Ms. Hirak Shah

Ms. Zeenat Sayyad

Ms. Zoya Shaikh

Ms. Anam Khan

Ms. Vanshika Bachwani

Ms. Laiba Siddiqui

Ms. Simin Khan

Ms. Ranjana Hadal - Certified Personal Trainer

Concept: Ms. Ayushi Parikh

Ms. Hirak Shah

Ms. Madiha Khan

Ms. Khushi Savla

Total Payment made by the client for the event: Rs. 11000/- + GST (18%) i.e Rs 12,980/-

As the group collaborated with LSEG on this momentous occasion, we were excited about the prospect of extending their reach and making a meaningful impact on a larger scale. This experience reaffirms the belief in the transformative potential of wellness practices and motivates us to continue pushing boundaries and exploring new avenues for growth and engagement.

In conclusion, the journey from a college venture to corporate engagement exemplifies the transformative power of passion, perseverance, and purpose. Thus, gratitude was expressed for the opportunity to contribute to the well-being of others and celebrate our success in securing a significant corporate partnership that highlights the transformative impact of our wellness initiatives.

Report written by:

Ms. Fatima Kader

Correspondence:

The screenshot shows a Gmail interface with a search bar at the top containing 'vitasta'. The left sidebar shows navigation options: Mail (99+), Compose, Chat, Meet, and Labels. The main content area displays an email from 'KAUL, VITASTA <VITASTA.KAUL@lseg.com>' with the subject 'IWD Yoga Sessions Requirement'. The email body contains the following text:

Hi Fatima,

I am an employee at the London Stock Exchange Group in Mumbai. Our office is in Lower Parel, One World Center building. We want to organise 2 yoga sessions with your team in our office for international women's day- On 5th and 6th March.
5th march- 1-hour session 9:30-10:30 am
6th march- 1-hour session 3:30-4:30pm

Please confirm your instructor's availability, what will you cover during the session and overall cost for organising the 2 sessions. We will also require 20 yoga mats per session for the participants as well.

Kind regards
Vitasta Kaul

Please read these warnings and restrictions:

This e-mail transmission is strictly confidential and intended solely for the ordinary user of the e-mail address to which it was addressed. It may contain legally privileged and/or CONFIDENTIAL information.

The unauthorised use, disclosure, distribution and/or copying of this e-mail or any information it contains is prohibited and could, in certain circumstances, constitute a criminal offence.

If you have received this e-mail in error or are not an intended recipient please inform London Stock Exchange Group ("LSEG") immediately by return e-mail or telephone 020 7797 1000.

LSEG may collect, process and retain your personal information for its business purposes. For more information please see our [Privacy Policy](#).

We advise that in keeping with good computing practice the recipient of this e-mail should ensure that it is virus free. We do not accept responsibility for any virus that may be transferred by way of this e-mail.

E-mail may be susceptible to data corruption, interception and unauthorised amendment, and we do not accept liability for any such corruption, interception or amendment or any consequences thereof.

Calls to London Stock Exchange Group may be recorded to enable LSEG to carry out its regulatory responsibilities.

For more details on the LSEG group of companies click [here](#)

London Stock Exchange Group plc
10 Paternoster Square
London
EC4M 7LS

Registered in England and Wales No 05369106

The Windows taskbar at the bottom shows the search bar with 'Type here to search', several application icons, and the system tray with the date '10-12-2024' and time '08:29'.

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vitasta

Active

Google

2 of 5

F **Fatima Kader** <fatimakader@nnchsc.edu.in>
to me, Noella, College, VITASTA

Dear **Vitasta**,

Thank you for your email and the interest you have shown in collaborating with our students' entrepreneurial venture 'Zenstational Yoga'. The payment for it will be discussed by Thursday (as we have certain Protocols to be followed) post the verbal communication that we have had on call. We will be conducting the following at your corporate office at One World Center building, Lower Parel.

Wellness Session for Women Employees (20 Participants)
1 hour session

- 10 mins - Nutrition for women - Ms Fatima Kader (Asst. Professor at the Dept. of Foods, Nutrition & Dietetics, College of Home Science Nirmala Niketan)
- 50 mins - Yoga session by our expert Instructor Ms. Chitra Bagdiya (Director & co-founder Yogtainment Pvt. Ltd.)

We will be carrying 20 Yoga Mats with us for the purpose.
Please consider this email as a confirmation for conducting the session on either 5th or 6th March 3.30 to 4.30 pm.

Do confirm the exact date.

Regards,
Ms. Fatima Kader
Assistant Professor,
Department of Foods, Nutrition & Dietetics,
College of Home Science Nirmala Niketan

K **KAUL, VITASTA** <VITASTA.KAUL@iseq.com>
to me, FND, Noella, College

Hi Fatima,

As per our discussion yesterday we have agreed to-

1. Conducting the yoga session on Wednesday 6th March, 3.30PM-4.20 PM. Following that we will have a Nutrition chat from 4.30-5.00PM.
2. Rs 11,000 +GST was confirmed for the session. We will need confirmation whether you accept credit card payments.

Also, we will be sending the form we require you to fill out. Please send us list of details you will require from our end as well.

Kind Regards,
Vitasta

From: Fatima Kader <fatimakader@nnchsc.edu.in>
Sent: Monday, February 26, 2024 11:02 AM
To: Kaul, Vitasta <VITASTA.KAUL@iseq.com>; FND Department <fnd4dept@nnchsc.edu.in>; Noella Dias <noelladias@nnchsc.edu.in>; Principal Nirmala Niketan <enrincipal@nnchsc.edu.in>

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Gmail VITASTA.KAUL@lseg.com Active

Compose

Mail 99+

Chat

Meet

Inbox 248

Starred

Snoozed

Sent 41

Drafts

More

Labels +

2 of 5

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Regards,
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Subject: Re: IWD Yoga Sessions Requirement

*** EXTERNAL EMAIL ***

Fatima Kader <fatimakader@nnchsc.edu.in>
to accounts, VITASTA, FND, Noella, College

Hi Vitasta,

Greetings of the day!

In continuation to our discussion and the above email.

1. We confirm of Conducting the yoga session on Wednesday 6th March, 3:30PM-4:20 PM (for 20 participants). Following that we will have a Nutrition talk and interactive session from 4:30-5:00 PM (which would include other staff in addition to the 20 participants at the same venue).
2. The payment for the above event conducted Rs 11,000 + GST (18%) i.e. Rs 12,980/- is accepted and approved by our Managemant (Managar - Ms. Noella Dias)

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08:51 10-12-2024

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VITASTA.KAUL@lseg.com

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2. The payment for the above event conducted Rs 11,000 + GST (18%) i.e Rs 12,980/- is accepted and approved by our Management (Manager - Ms. Noella Dias).
3. Credit card payment is acceptable
4. A format of a letter for consultancy is attached that needs to be filled as a requirement by the institute for the payment made.
5. A copy of the company Pan card and the GST no. detail will have to be attached to the above letter.
6. We will also need a separate Letter of acknowledgement on your official letterhead stating that - The students of T.Y. B.Sc. Foods, Nutrition & Dietetics (2023 - 2024 Batch) of College of Home Science Nirmala Niketan under the guidance of Ms. Fatima Kader and Ms. Sanam Khan organized a 'Wellness workshop' for the employees of your company on the occasion of 'International Women's Day'.
7. Please also find attached the account details and the GST no. (attached as certificate) of our Institute for payment to be made.

For any other queries, kindly email or call.

Thank you,
We look forward to conducting the wellness camp at your organization.

Regards,
Ms. Fatima Kader
Assistant Professor,
Department of Foods, Nutrition & Dietetics,
College of Home Science Nirmala Niketan

3 Attachments • Scanned by Gmail

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08:51
10-12-2024



Nirjala
INCHARGE PRINCIPAL
COLLEGE OF HOME SCIENCE
Nirjala Niketan,
49, New Marine Lines,
Mumbai - 400 020.