



18th Tryst with the Himalayas!!!

Day : **Wednesday**

Time : **3.30 p.m.**

Venue : **Babubhai Chinai Committee Room, 2nd Floor,
IMC Building, Churchgate**

The majestic Himalayas have been a source of inspiration and awe to countless individuals from time immemorial. Mountaineering in the Himalayas is an excellent way to combine leisure and adventure and to explore this enchanting realm. It has immense benefits on the physical, mental, emotional & spiritual levels too.

Ms. Leena Vaidya, one of our inspiring Past President of IMC Ladies' Wing, will share her experiences, emotions as well as benefits she has accrued at different levels during these treks through breathtaking audio visuals which will transport us to these enthralling mountains!

Ms. Vaidya has always been drawn to the Himalayas and she has travelled to many places across the Himalayas, from Kashmir to Sikkim. She has a passion for mountaineering, having visited Mt Kailash and Mansarovar in Tibet several times. Some of the other treks undertaken are Goumukh and Tapovan in Uttar Pradesh, Amarnath in Kashmir, Ladakh, and most recently, the Everest Base Camp in Nepal.

Be a part of this interesting session to explore how Himalayas can play an inspiring role in our lives.

Registration Fee: Non Member – ₹ 200/- Students – ₹ 150/-

RSVP:

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Organised by

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Co-Chairperson

Ms. Leena Vaidya
Advisory

Members – Ms. Anupi Oberoi, Ms. Jyoti Doshi, Ms. Reena Rupani,
Ms. Vrinda Rahgarhia