

eMERC Speaks



to stay safe & protected, follow

COVID SAFETY MANTRA

S



SANITIZE

regularly sanitize
your hands with
sanitizer or
soap & water

M



MASK

always wear
a mask while
stepping outside
or to dealership

S



SOCIAL DISTANCING

maintain social
distance between
each other



From the President's desk

EC members

Ms. Audrey Dsouza	President
Ms. Uma Reddy	Founder President
Ms. Rajalakshmi R	Immediate Past president
Dr. Sumitha Nayak	Vice President
Ms. Sridevi Stanikam	Honorary Secretary
Ms. Neeta Bajaj	Treasurer
Ms. Asha V M	Joint secretary
Ms. Chethana Marla	Chairperson - Membership
Ms. Geetha Devi	Chairperson - B2B
Ms. Haritha	Chairperson - Newsletter
Ms. Asha V.M.	Chairperson - Hyderabad Network
Ms. Rahat	Co-Chairperson Hyderabad Network
Ms. Pratibha Nakil	Chairperson - Mentorship
Ms. Poonam Mittal	Chairperson Delhi Network
Ms. Rathi Srinivasan	Chairperson - District Co-ordination
Ms. Lalithalakshmi Bilgi	Chairperson - Meet and Greet
Ms. Tejashree Narayan	Chairperson -Training



News Letter Committee

- Ms. Audrey D'Souza
- Dr. Sumitha Nayak
- Dr. Karthiyayini Priya
- Ms. Aakriti Mittal

Dear eMERGians,

Greetings!

Just as we were coming to terms with the new normal, the 2nd wave has caused havoc. We are still experiencing the effects of the pandemic and even after 6 months, there seem to be no immediate solutions. Let us hope that in the next few months we would reach the stage of new normal.

In the meantime, business is growing majorly due to Online presence which also offers new opportunities for contactless transactions. eMERG has been involved in several initiatives to help and support our entrepreneurs, offering a series of webinars/workshops and Meet& Greet sessions.

We hope that our members have made use of these initiatives. With the opportunity to work with the UNDP Programme, some of you have managed to present your products on online platforms like Amazon.

A big Thank you to all our members for standing by eMERG at these difficult times. We sincerely wish you success during these difficult times and in future.

Ms. Audrey D'Souza President

Past President : Ms. Rajalakshmi

Past President Ms. Rajalakshmi said eMERG is not only limited for Engineering, Manufacture & Resource group but also over the years eMERG has extended its support to other professionals as well.

Now, eMERG is also associated with many other organizations like UBUNTU to extend its support to Women Entrepreneurs. She urged the members to utilize the platform to network, leverage and grow.

Founder President Ms.Uma Reddy

Our founder President Ms.Uma Reddy has been the strength behind eMERG encouraging women to excel in their fields. Her immense knowledge and leadership qualities are role model for the eMERGIANS.

eMERG is thankful for their continuous guidance and support.

Emerg Covid Outreach Activities:

6th May 2021: Webinar on COVID FACTS AND MYTHS – Dr.Sumitha Nayak

COVID 19 FACTS & MYTHS



Dr Sumitha Nayak

Vice President, eMERG
MD, DNB, Fellow of Indian Academy of Pediatrics
International Certificate Course in Vaccinology
PGDMLS, PGDGC

WHAT TO EXPECT

The webinar will cover the ongoing pandemic

- *Sort out the science from the myths*
- *What you need to watch out for*
- *How to monitor your health*
- *How to stay safe*
- *Q & A to clear your doubts*

6th May
3:30 pm – 4:30 pm



While the world is suffering from the COVID 19 pandemic, Emerg stood up for all its members and non members explaining the Facts & myths about Covid 19. A Webinar was conducted by Dr.Sumitha Nayak, who is an esteemed member of eMERG dedicated to all philanthropist activities.

Dr. Sumitha spoke about Treatment and recovery by staying well hydrated, having nutritious well balanced diet, Vitamin C and Multi vitamins, Paracetamol for fever.

Dr. Sumitha's webinar wrap up message about everyday COVID protocol

S - Sanitize

M - Mask

S - Social distance

As part of the ongoing initiative to support eMERGians at this critical time, eMERG hosted a very well received webinar on COVID Facts and Myths. Presented by Dr.Sumitha Nayak, eMERG VP and a highly qualified and experienced pediatrician (MD, DNB Fellow of Indian Academy of Pediatrics, International Certificate in Vaccinology (IVI, S Korea), PGDMLS, PGDGC)

The webinar focused on COVID prevalence, early symptoms & signs, investigations required, managing at home and some common myths about COVID. Awareness of these facts was imperative during this pandemic and eMERG is happy to share these key take aways with you.

Dr. Sumitha walked us through the following:

- Typical disease onset (symptoms 2 – 3 days after contact),
- Challenges of limiting transmission (COVID most infectious 0.7 days BEFORE symptoms manifest),
- Early symptoms (Fever- high grade that is unremitting despite medication, Cough, Headache, Sore throat, Loss of smell and taste, Redness of eyes, Diaphoresis, Nausea, Tiredness, Difficulty in breathing),
- How to reliably diagnose (RTPCR test),
- Quarantine protocols (isolate in separate room with attached toilet, no contact with other senior citizens, only ONE person as caregiver throughout quarantine),
- Monitoring investigations (6 min walk, oxygen saturation, D Dimer, CT scan, CRP, IL6),

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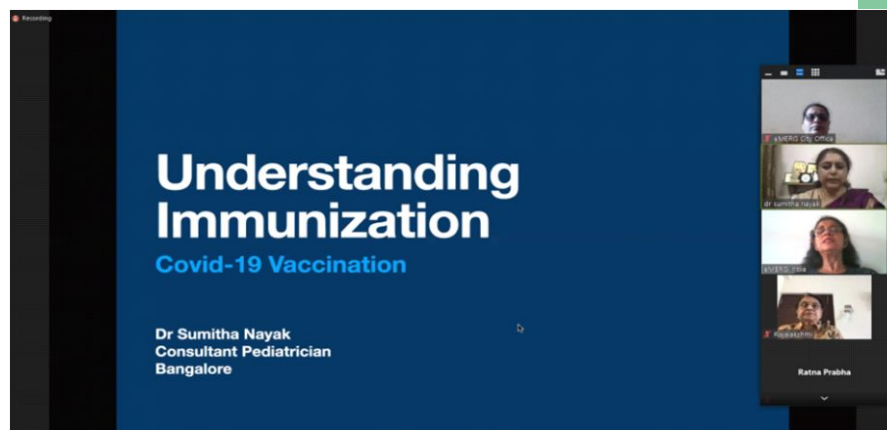
S



**SOCIAL
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Understanding Vaccination :28th May 2021



This webinar was like a jab of much needed vaccine against COVID misinformation is a feedback received from one of the attendees at the eMERG Webinar - COVID 19 MYTHS & FACTS and aptly sums up the comprehensive and excellent presentation by Dr. Sumitha Nayak.

Second in our series of COVID related webinars “Understanding Vaccines” dealt with what is the need of the hour – vaccinations and the impact of COVID on our psyche.

Presented by Dr. Sumitha Nayak, eMERG VP and a highly qualified and experienced pediatrician, the webinar focused on the need to vaccinate, the benefits of vaccination, the different kinds of vaccines and their efficacies, COVID variants and the psycho social impacts of the COVID pandemic- facts that everyone needs to be aware of at this time.

Dr. Sumitha explained at length about

- need for vaccination the BEST protection against COVID

Dr. Ramitha Pai talked about the psycho social impact of the COVID pandemic

Causes anxiety about loved ones health, fear about uncertainty on personal and professional front, anger at loss of control and changes to normal life, pressure to be vigilant at all times, curtailed social freedom especially for adolescents and children, loss of job, increased responsibilities at home

- Coronaphobia panic, obsessive behaviour, difficulty in focusing, restless, irritable, mood swings, negative feelings
- Negative outcomes domestic violence, sexual abuse, alcohol dependency, smoking, drug abuse, psychological issues in older children such as depression, moodiness, irritability
- Potential post COVID effects brain fogging, memory affected and inability to remember, lingering physical problems
- Soar past these problems by practicing self-care, having a positive outlook, working to a schedule and reconnecting with others, reinvesting emotionally in yourself and others'



Dr Sumitha Nayak
Vice President, eMERG
MD, DNB, PGDMLS, PGDGC
Fellow of Indian Academy of Pediatrics
International Certificate Course in Vaccinology

What to Expect?
Myths & facts of Vaccine.
Care After Vaccination.
Get answers to all your Queries
on Covid Vaccines
STAY HOME, STAY SAFE!

COVID CARE 2 Understanding Vaccination

28th May 2021
3:30 PM to 4:30 PM



CORONAVIRUS VACCINE

Emerg Events



Virtual Meet and Greet :24th April 2021

Meet and Greet event was held on 24th April 2021 between 3.00pm to 4.30pm

Emerg's M&G meeting on a lockdown Saturday caught us in a relaxed mood, all geared to listen to Ms. Lalitha Bilgi address us about 'Your Money Matters'. Being a woman entrepreneur herself and a member of Emerg, she knows the struggles of a woman entrepreneur. She believes that it is only when the woman entrepreneur knows to manage her money properly, she is truly empowered. Her talk and presentation focussed on these very issues. We had 3 members talk about their businesses.

1) Ms. **Pramila D'Souza from Wealth2Life**

Ms.Pramila spoke about the importance of insurance especially in these troubled times. She is conducting a workshop for those who would like to learn to invest properly and understand insurance better. She can be contacted at +91 89048 20166

2) Ms. **Lalitha Panchanathan, Paavani Solutions**

Ms.Lalitha,spoke about the importance of consuming clean potable water. Paavani Solutions offers not only water purification solutions, but also rain water harvesting and water audit services, which help you to save water and use the saved water effectively. Their Green verticle helps to set up Terrace Gardens and also green gifting.

3) Ms.**Neelima Vobugari, Tarah AI Technologies**

Ms.Neelima spoke about artificial intelligence and machine learning. She took us through the presentation explaining the working of artificial intelligence and how it enables to simplify our lives

Lucky Dip Winner: Ms. **Bharathi Upadhyay.**

eMERG thanks to all the members and committee members who took time off from their busy schedules to attend the meeting. We continue to miss our physical meetings. Our resilience and optimism keeps us moving forward in these tough and scary times. We shall learn from each other's experiences and grow together. A special thanks to Emerg Office coordinator Ms. Visalakshi, for being ever available to pitch in to staring screen to backup with informations.

Virtual Meet and Greet :22nd May 2021



The month's meeting was scheduled for 22nd May. During these lockdown days, we interact only with our family members. Social distancing, masking have become the regular norm. It was really refreshing to see our Emerg ladies and interact with any restrictions of social distancing or masking. Of course we were meeting online!

Our Emerg President Ms. Audrey D'Souza addressed us, and updated us about the successful GIZ training which had just ended. A couple of members spoke about how they had benefitted from the program. Stay tuned for much such programs which helps us to improve our business skills.

Our main speaker for the day was **Ms. Mamatha AK, Shree Mayura Fine Arts**. She is an artist and shared beautiful paintings in tanjore, mysore traditional styles, still art, murals, and so on. We were enlightened about the different styles of painting and mural work. She is based at Vidyanarpura and conducts classes for all age groups. She can be contacted at +91 98803 82811

We have 3 business promotions during the M&G.

1. Ms. Garima Shukla, Eggheads

Garima runs a homeschooling company. At a time when conventional teaching methods are being challenged, she caters to students who have specific requirements, high potential kids as well as children whose parents are having to move across the globe. Their curriculum is very interesting and children have the flexibility to learn according to their interests. Garima can be contacted at +91 98710 58074

2. Ms. Rahath Khan, Organeek

Rahath runs an organic groceries store out of Hyderabad. They have their presence across different cities in India. They are keen on having a presence in every Indian Kitchen. Their brand is ORGANEK and they have everything from millets to spices, nuts to health food. She can be contacted at +91 98490 08081

3. Ms. Shoba Hiremath, Aesthbio

Shoba runs an industry which caters to Beauty and Sanitization. Their company manufactures Beauty and skin care products, as well as Sanitization products. Shoba explained their various verticals, including baby care products. Shoba can be contacted at +91 86606 58163

Virtual Meet and Greet :19th June 2021



The Monthly online meeting of Emerg members is scheduled for every third Saturday of the month. This June month, We all assembled online on the Google Meet Platform sharp at 3pm. Our Senior members as well as new members had logged in punctually for the meeting. We have a slightly different format for the meeting, starting this month. We have Subject Matter Expert, talking about their line of business. This is, not only to gain knowledge, but also to introduce members to new avenues of business, our ladies can pursue if they find it interesting. **Ms. SahanaHombali from Sahana Creations**, based out of Dharwad, spoke about ethnic textile business.

3 Emerg members gave business promotional talk.

Ms. **RutaSenSharma, (Rutu Creations)** introduced her terracotta jewelry to us. She also kindly invited us to the FB live that she had planned from her store, on the occasion of her store's 2nd Anniversary.

Ms. **Sadyna(Avant)**. Her company is into sanitizers, disinfectants and cleaning solutions.

Ms. **RenuJayaram (Craft Mantra)**, who is into eco friendly gifting showed us her workshop and her work-in-progress products. We could have a look at her amazing range of eco friendly gift products.

The lucky dip winner: Ms. **Vidhya Vinay**

It is exciting to hear other ladies who are in the same path as us. The struggles, the hardwork, the success stories are the brick and mortar on which their business stands. Let us assemble every 3rd Saturday, Meet and Greet of Emerg, to hear these stories. Learn from some, offer advice from one's experience, laugh a little. Let's grow together!

eMERG Aim

Let us understand our fellow eMERGians businesses. With some we might be interested to take up franchisees, we might like to use their products, we might refer them to others the possibilities are infinite. Being part of eMERG helps us to form bonds, learn from each other's business models, learn best practices, know about products which we may not have known, and so on. The colloquial proverb of "searching for ghee with butter in the hand" might be happening many times than we realise. Let's support our fellow women entrepreneurs, respect them for the feminine perspective and insight they bring into the business. Let's grow together.

eMERG Stars

Our eMERGians are carving a niche and winning accolades in their respective fields.



Ms Asha V M manufactures Nutricook a oil less and waterless cookware. Nutricook has been awarded as best innovative product from Amity University and MSME Delhi. She received many more awards by developing lady entrepreneurs using their basic cooking skills into business skills

Ms. Jeyalakshmi Venkatanarayanan - eMERG Star - Really proud and privileged as every chair there are veterans in construction industry. www.ourfocus.co



looking forward to be a part of this vibrant group drop us a email : emerg@emergindia.org



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