



Vol 12/March'16

# Panchshila Ladies Welfare Association



N 52A, Panchshila Park, New Delhi-110017

Website- [www.plwa.in](http://www.plwa.in)

**PLWA** has invited **Dr. Mrs Amita Behl**, a retired general physician from ministry of health and family welfare, **Dr. Sunil Kumar**, a dermatologist, experienced in anti ageing treatments and **Mrs. Pammi Sachdeva**, a highly educated lady who has done a course in cosmetology also. Their passion is to help people to age gracefully and avoid lifestyle diseases and to educate the concept of healthy living with internal and external beauty.

**To hear them let's get together on Wednesday,  
2nd March, 2016 at 10.30 at MP Hall, Panchshila**



**“Every day my body sheds millions of old skin cells and replaces them with fresh new cells.  
And you never even notice!”**

**PLWA NEWS:** PLWA annual picnic held in the back lawns of Club on the 3rd of February, was a big hit. Members had great time playing games like school kids, getting small prizes and eating very delicious street food while basking in the sun.

**DISPENSARY NEWS:** dispensary's further up gradation and addition of facilities with new look are being planned for the benefit of underprivileged patients.

**BALWADI NEWS:** kids celebrated Annual sports day on 16th February. Each kid participated in different types of races e.g. rabbit race, lemon on spoon race, hurdle race and relay race. Many prizes and pack of food items were distributed among them. Magic show was enjoyed by all.

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