



# THE FAMILY SECRET IS SPILLED

Deepa Kadam



Last few months, Saturday mornings are for “Online Strategic Meet” to reflect, introspect and prepare for the future course of action.

As ice-breaker, the chairperson, inquired the wellbeing of the members, it was learnt that few were brewing in “Fear”. When asked who felt fearless there were a few too. But, when Ms. Deepali Kadam the awardee of Cargosol Powerful Woman ‘2020 who leads our NVOCC division was asked to share her secret, with confidence she stated her family believes in the “Value of Self-Discipline”.

The family of five rises early to “Exercise Together” including her son all of 3.5 years and her aged in-laws. Post exercise the home made kada (decoction) is a must as it acts as the family health booster. Our self-belief and thoughts plays a pivotal role in generating our emotions. We choose to feed in our minds with positive thoughts and affirmations.

Exercise enhances the dopamine levels, stimulates the production of endorphins which is body’s natural mood elevators. It pumps in the physical strength and positivity to face the world in trying times. We appreciate Deepali for inspiring and influencing her peers in following the regime of Family Exercise Together – Stay Healthy Together!!!