

Chairperson's Message



Dear Friends,

Greetings!

History is evidence of the fact that the source of life is an invaluable phenomenon. The continuity of life and existence finds its meaning only through the finest creation of the Almighty i.e. Woman. ***From the tender touch of a mother to the highest pinnacles attained by powerful women leaders across the world, women have always led the way to add source, substance and meaning to life and its continuity.*** International Women's Day is a ready reminder of what we have at hand. It's a privileged moment to look at where women have made an impact and scaled heights - there is hardly an arena in which women have not made their mark. The occasion is also a reminder that while the substantial course has been tread, there is a large distance yet to be covered. Instances of atrocities against women, exploitation, suppression, denial, forcible submission are also areas which need to be challenged and done away with to ensure liberation of women and empower them. International Women's Day is probably a time to remind us that the resolve to take the mission forward is a sustained exercise and perhaps, work in perpetuity.

I was very fortunate to see a video on Whatsapp, of para athlete Deepa Malik, who is not just a sportsperson who has made us proud, but a motivational speaker too. Winner of the prestigious *Arjuna* Award, with a tally of 58 national and 17 international medals, she is a trailblazer. At age 46, she is the oldest athlete to represent India in the 2016 Summer Paralympics. A brave woman who refused to be house-bound or wheelchair bound. Through her immense hard work and sheer grit, she has sent out a loud and clear message that ***there is ability beyond disability and it is all about mind over body.*** Some of her success mantras which she shared during the course of her speech are as below:

- Rise up and break the stereotypes. Think outside the box, create opportunities.

- Even if we are physically challenged, our Souls should not be paralyzed.
- Invest in happy thoughts. Don't be a slave to negative thinking. Choose the positive.
- Keep learning.
- If I can, why can't you, and what's stopping you from not dreaming big and achieving it.

Friends, International Women's Day is a celebration of Womankind, of being an exquisite diva designed by God to give the world the aesthetic, soft, kind, vibrant touch, to make it a more lively place. This day gives us yet another opportunity, after the New Year, to resolve to be different and better than what we have been during the last year; to take another decisive, firm step towards our goals; to rise from our failures and show that we can if we so will; prove that we have a lot of potential which is just waiting to flower; and we can be achievers too, that our society will be proud of. Don't delve in self-pity – believe in yourself, you are strong. Don't make excuses that you have not been given enough opportunities, create them wherever you are; don't blame your circumstances, just beat them with your resolve and determination. Just don't let anything and anyone come in your way. ***You are a Winner anyway, because the day God decided to make you a woman, he knew you had some extraordinary qualifications to be so, and that's why you are a Woman.***

Let us rise in this moment of emerging glory and promise to ourselves that we need to gather all our energies and strength, to yield way for an emerging winner. Times are changing, so is society and so is perhaps the thinking around women as not only a source of life and wisdom but also as an example of leadership, a trendsetter that others may follow. Let us make this Women's Day an event of celebration not only from without, but also from within.

Wish you a great journey of success and achievement!

Vandana Kalsi

Acknowledging Woman Power



She resides in our hearts and guides our journey in every lifetime. She embodies sustenance. Like many, I have also realized the magnitude of women in our lives. Yet, the significant roles they play and their import in this world often needs to be repeated and reiterated.

There are questions that intrigue me. Do men really understand the depth of a woman's contribution to this world? This topic may sound clichéd; but I do not write this to win praises. Rather, it is with the intention to look deep within my heart and ask my fellow fraternity as well to do so – to ask ourselves if we sincerely acknowledge a woman's true worth beyond mere platitudes.

A woman's worth is known to those who understand the Karmic Circle and the importance of attaining Salvation. Since life began, woman has remained the most gifted creation of the Almighty. The entire cycle of birth and rebirth is achieved only due to the Mother – who I consider the strongest being in the Universe. A Mother nearly touches death to bring life into this world, for which we shall always be indebted to her. For nine months she

nourishes, cares, pampers and conserves the life inside her womb.

Men may consider themselves superior when commenting on women's driving skills; her inability to pump heavier weights in the gymnasium and such; but this comparison is myopic. Gone are the days when women had to be content in professions that would 'allow' them to put 'family first'. Traditional roles relegated a woman to be a home maker and essentially, a care-taker of the family. Today's woman is a spaceship resident, the political head of a country, pilots military and passenger aircrafts, is a dynamic entrepreneur - factually no area remains untouched by her competency. She has broken every glass ceiling despite all the odds stacked against her.

A woman is the strength of a man's pride, she supports her mate and her family in every phase through the journey of life. Her power can make or break a man. She has the ability to transform a house to home. She is the successful head of an organization and yet she is gentleness personified as she teaches the essence of love.

She definitely looks more charming than her male counterpart; she defines beauty for those who understand it. She washes away sins with her tolerance and forbearance; she is willing to endure anything to make her loved ones feel right. Her prayers are a shield from any negativity and her blessings elevate men.

We all remember the great warriors, scientists, philosophers, actors, dancers, leaders of the past, but come to think of it, rarely have these accomplished individuals highlighted the names

of their mothers without whom their journey would have been incomplete. That's why it was extremely heartwarming to see at a recent event, the Indian cricket team bearing the names of their mothers on their jerseys! What a wonderful way of acknowledging all that she has done for you! We consider our country as our

Mother – that is the reverence we attach to her, so why not equally highlight the name of our mothers in every moment of success!!

Happenings

November 26, 2016

Delhi Chapter's Pearl Anniversary

26th November 2016 was a landmark day for Delhi Chapter when it celebrated 30 glorious years since its inception in November 1986. On this momentous occasion, a very special function was held in the Auditorium of Chandiwala Estate where members congregated to celebrate the Pearl Anniversary of the Chapter.



Mr. Sanjay Gupta, Chairman & Managing Director of Engineers India Limited was the Chief Guest on the occasion. Two more luminaries who were Guests of Honour

Let us all welcome the Girl Child in our lives. She is the embodiment of the Supreme Mother Goddess, *Maa Vaishno Devi*. She sprinkles the gift of joy, prosperity and contentment to those who invoke her.

Let us bow down with respect to our Mother, let us bow down to Woman power.

enhanced the significance of the occasion: Mr. Bhuwan Mohan, Secretary – Shri Chandiwala Sewa Smarak Trust Society and Mr. S Sampath Kumar of Empire Industrial Equipment, who graciously sponsored the event.

The highlight of the evening was the release of a **Souvenir to commemorate the occasion.**



Releasing the souvenir

Addressing the gathering, Chairperson Vandana Kalsi spoke on the significance of Secretaries in

the office and why the corporate world ought to give this profession due recognition and respect.

The speech was followed by a PowerPoint presentation on the activities of IASAP Delhi Chapter, starting from the genesis of IASAP and the founding of the Delhi Chapter in November 1986, when Zarine Commissariat, the then All-India President of IASAP (which was then known as NIPS), inaugurated the **Delhi Chapter** along with Governing Council member Pansy Reilly. **Alka Narang** was appointed as the 1st Chairperson of the Delhi Chapter; which was the third Chapter of IASAP after the Chennai Chapter established in 1983 and West Bengal in 1985.



The presentation was followed by the felicitation of past Chairpersons of the Delhi Chapter, who were present on the occasion. Subsequently, Mr. Sanjay Gupta in his speech acknowledged the role of secretaries and their contribution to the success of any organization. He eulogized his own secretary, mentioning that after an association of 25 years, he has become a part of his own soul! His acknowledgment spoke volumes about the relationship of trust and confidence shared between a Boss and a Secretary. Anchored by All



India Radio's very popular RJ Munish Jolly, the function started with an invocation to Lord Ganesha by Anjana Tandon, who transfixed the audience with her graceful performance. The program also included a melodious and soulful rendering of songs by Vandana Kalsi and Anjana Tandon. Mr. Mukesh Gambhir, Director – Radio NGF enthralled the audience with his *Shayari*. The function included an entertaining and highly



thought provoking dance-drama by IASAP members on the subject of violence against women. The ballet was written and directed by Jyotsna Pathak, Hon. Treasurer and received thumping applause from the audience. The subject of the ballet assumed special significance due to the fact that November 26 falls during the fortnight of '16 Days of Activism' against Gender-Based Violence, which is an international campaign to challenge violence against women and girls.

Guest of Honour Mr. Bhuwan Mohan was felicitated for being a constant patron and pillar

of support to the IASAP Delhi Chapter. **Rani Bopanna and Anjana Jacob** were felicitated for their tireless efforts in putting together the Souvenir in a short span of time. **Leena Lobo**

(though not present) **and Kiran Makhija** were felicitated in acknowledgement of their consistent and unfailing support to all Delhi Chapter events and programs.



Welcoming new members Sheela Yadav and Usha Joshi

The program was a beautiful mix of professional speeches and presentation and cultural programs. A grand dinner provided a fitting finale to the event after a lucky draw of gifts and lively music by a DJ. All members of the MC were felicitated for their invaluable contribution and individual roles in planning and organizing an event to match the grandeur of the occasion.



The ladies who made it happen!

Visit to Earth Saviours Foundation



Members with Mr. Ravi Kalra

On 29th January 2017, Members from IASAP's Delhi Chapter visited the 'Earth Saviours Foundation' which is located at Bandhwari Village, in Gurgaon and run by Mr. Ravi Kalra, Founder and President.

Bandhwari is situated on the outskirts of Gurgaon city, where there is no noise pollution and the surrounding rocks make the Gurukul a quiet place with scenic beauty. We were overwhelmed by the plight of 350 abandoned senior citizens, including some mentally disabled people. Our conversation with a few inmates revealed stories of hurt, horror and pain, which moved our hearts and left us wondering at the cruelty and heartlessness of the world.



The inmates belong to different parts of the country. They are housed in three big halls

which are only temporary structures. They are each allotted a bed where they keep personal belongings along with pictures of their Gods, who are the only source of strength for them other than the benevolence of Mr. Kalra.



Half-finished sheds to shelter the inmates

Mr. Kalra and team informed us that there is an urgent need of food, clothes and other day to day items to run the shelter smoothly. His major priority now is to cover the barracks with double layered iron insulated foils and plastic fiber sheets to insulate the inmates from the extreme climate as the present living condition makes life hell for them during freezing winters, rainy days and in summer. For this, the NGO had requested IASAP to donate in cash to enable them to arrange for these necessities.

We are convinced that these shelters cannot run only with good intentions but also need a helping hand from all regardless of how much they can contribute. Those who cannot contribute monetarily or in material can simply go there, sit and talk with these people, who are deprived of any social contacts and are starved for love and compassion from fellow humans.

At a personal level, there is a message here that one should get proper education for awareness; to keep check on one's wealth and to never take good health for granted, and most importantly, be self-reliant - love your children to the fullest but do not expect too much from them in return.

Mr. Kalra and team took very good care of us, giving detailed information on the organization. They offered us food, tea, *prasad*, a Memento and framed pictures of Gods from every religion.



Collage showing Mr. Kalra caring for the inmates

We were able to collect a humble amount as donations from a few members who readily contributed cash, but it was not even remotely close to the amount required to refurbish the shelter. Some members also contributed clothes and food. We left with moist eyes and with a pledge that we will try to help as much as we can,



by informing all IASAP members to come forward for help and keep visiting this place regularly.

We hope that more members will come forward to contribute and assist Mr. Kalra in his efforts to provide succor to these people in dire need.



As Vandana succinctly summed it up, "Organizing a Charity event once a year under the aegis of IASAP is only an effort to remind us that we must give back to society in whatever way we can. Whether we support an orphanage or donate clothes to Goonj or give support in cash and kind to Earth Saviours Foundation, it is only an attempt to draw our attention to the widespread pain, suffering and misery in our society and how we can help them even if our effort is only a drop in the ocean of goodness".



ORIGINS OF SOME COMMON PHRASES

~researched from the internet by Anjana Jacob

1. Why ships and aircrafts use **Mayday as their call for help**... This comes from the French word “m’aidez” ...meaning “*help me*” and is pronounced approximately as ‘mayday’.
2. Why a score of **zero in tennis is called “love”** ... In France (where tennis originated in the 12th Century as a hand-ball game), the round zero on the scoreboard resembled an egg and was called “l’oeuf”, which is French for ‘egg’. When tennis was introduced in the US, Americans (naturally) mispronounced it “*Love*” and then the word stuck on.
3. Why people **clink their glasses before drinking a toast**... In earlier times it was common for someone to kill an enemy by offering him a poisoned drink. To prove to the guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both would then drink it simultaneously. When a guest trusted his host, he would only touch or clink the host’s glass with his own.
4. Why **shifting responsibility to someone else is called “passing the buck”**... In poker, a card game, it was customary to pass a knife with a handle made of buck-horn from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would ‘*pass the buck*’ to the next player.
5. Why people in public eye are said to be “**in the limelight**” ... Burning a piece of lime produced a brilliant light (lime-light) and was first used in lighthouses to guide ships. It was widely used in the 19th century theatres to illuminate the stage, and a performer ‘*in the limelight*’ was always the centre of attraction.
6. Why **someone who is feeling great is on ‘Cloud Nine’**... Clouds are numbered according to the altitudes they attain with nine being the cloud at the highest level. If someone is said to be on ‘*cloud nine*’, that person is floating well above worldly cares and is in a state of perfect happiness.
7. Why many **coin collection jars are shaped like pigs**... Long ago, dishes and cookware in Europe were made of dense and inexpensive orange clay called Pygg. When people saved coins in jars made of this clay, the jars became known as Pygg banks. An English potter misunderstood the word; he made a container that resembled a pig which appealed to his customers and delighted the children and thereafter it caught on.



MY VISIT TO KOLKATA ~ by Rashmi Budhraj

Kolkata (formerly Calcutta) is the capital of West Bengal, a state on the eastern border of India. Founded as an East India Company trading post, it was India's capital under the British Raj from 1773–1911. Today it's known for its grand colonial architecture, art galleries and cultural festivals. It's also home to Mother House, headquarters of the Missionaries of Charity, founded by Mother Teresa, whose tomb is on site.

Our accommodation during the trip was located in the outskirts of the city. Staying outside the hustle bustle of the city of Joy added to the holiday feeling. We were close enough to the Sundarbans, which is a natural region comprising southern Bangladesh and a part of West Bengal. It is the largest single block of tidal halophytic mangrove forest in the world. We were lucky to glimpse our first tiger in the wild when we took a safari through the Sundarbans National Park! Fortunately we had none of the harrowing experiences that the Sundarbans tigers are infamous for! This one glanced at us disdainfully and ambled away!



The Mystical Vat Vriksh

We also visited the mystical *Vat Vriksh* which is a 200 year old banyan tree that attracts a lot of visitors not only from India, but from all over the world. This is a tree that does NOT grow out of the soil. It grows out of its own branches. The seed alights on the branch, germinates from there and produces hanging roots that invade the soils to grow into a new tree.

Buoyed by the cool December weather, we



experienced the grandeur of the Victoria Memorial, the spiritual experience of the ISKCON temple; the scientific temperament of Birla Science Museum; the Godly journey of Birla Mandir and a full day of scientific adventure at Science City. And of course, our trip could not be complete without visiting the Howrah Bridge, Indian Museum and amazing Botanical gardens. We were lucky to experience the famous tram travel run by the **Calcutta** Tramways Company (CTC). It is currently the only operating tram network in India and the oldest operating electric tram in Asia, running since 1902. A far cry from the Delhi Metro, but an enriching experience nevertheless!

We also witnessed the Christmas celebrations



at Park Street which I'd say everyone MUST experience! Apart from the amazing festive decorations which immediately boosted our

spirits to an even higher level, the celebrations included parades; food stalls that served a plethora of mouthwatering local and international cuisine; musical performances, street performances etc. I would like to thank Bemvinda Pereira, Chairperson West Bengal who was regularly in touch with me during the trip and gave me valuable tips for shopping, eating joints, places of scenic beauty and all information I needed to enjoy my trip.

I recommend that everyone should experience Kolkata at least once in a lifetime!!



◆ *Delhi Chapter is Celebrating International Women's Day on Sunday, March 5, 2017*

Time: 3PM - 5PM

Venue: Banarasidas Chandiwala

Two eminent persons have been invited to join us on the occasion:

- 1) **Dr. Apurva Gupta, Gynaecologist**, will enlighten us on cervical cancer, breast cancer and pre and post menopause related issues, followed by a Question & Answer session.
- 2) **Ms. Rohini Khullar** is a Mentor and Motivation Trainer working for economic empowerment among women and youth and will give us her insights.

- ◆ Admin. Professional Day in the second week of April
 - ◆ AGM of the Delhi Chapter will be held in the third week of May.
- (The dates for these two events will be announced shortly)*

**15th National Convention in Mumbai
September 29 to October 2, 2017**

Theme: "Excellence Beyond Boundaries"
Dates: September 29 to October 2, 2017
Venue: Taj Santa Cruz

Accommodation for the Conference (for 3 Nights stay including breakfast, lunch and dinner)

Rooms: Twin Sharing – Rs 20,800/-
Triple Sharing – Rs 17,500

Age is only a Number

Age does not protect you from love. But love, to some extent, protects you from age.

- *Jeanne Moreau, French actress, singer*

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

- *Mark Twain, American author, humorist*

I will never be an old man. To me, old age is always 15 years older than I am.

- *Francis Bacon, English philosopher, author*

What's Age got to do with it?

The bio-markers of age have changed. Young teens are smarter, more mature and the older generation is wrinkle-less, fitter and youthful. Age is not about how old you are physically but how much of energy, inner fire, everlasting spirit and positive energy you have."

You can bungee jump at 70, quit your job at 20, get married after 50, be friends with people double/half your age ...

We live in a society where age is not any number, any more.

Courtesy: Nona Walia from the Times of India



Esperanto Team: Anjana Jacob, Rani Bopanna, Vandana Kalsi, Anjana Tandon, Jyotsna Pathak

Disclaimer: The views expressed in Esperanto are those of the authors and not necessarily that of IASAP. Please send your feedback /comments to Anjana Jacob (jacob_anjana@yahoo.com) and to Rani Bopanna (rani.esperanto@gmail.com).

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