



Estd : 1987

Brain and Brawn
Quarterly Newsletter, IASAP - Pune
Indian Association of Secretaries and Administrative Professionals

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Committee member:

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**Immd. Past
Chairperson**

Veena Bengle
020 66478010



From the Chairperson's Desk....

My dear friends,

Best Wishes for

Dussera



Diwali



Christmas



Lata Khedkar

Read more.....



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★ **HAPPY** ★
BIRTHDAY!

October

Kiran Joseph	2 nd
Malathi Iyer	3 rd
Blanch Dsouza	9 th
Saki Bakshi	11 th
Ajeeta Shivdasani	11 th
Lina Dsouza	19 th
Gemma Machado	20 th
Hyacinth Arya	21 st
Payal Pandya	21 st
Karen Karbhari	22 nd
Meena Pardeshi	28 th
Deepali Rewale	29 th
Pinky Batha	31 st
Sangita Lobo	31 st

November

Mrinalini Hublikar	3 rd
Mary D'Lima	5 th
Farida Achhadwala	11 th
Assunta Christy	12 th
Rashmi Joseph	12 th
Poonam Magoo	14 th
Veronica Lopez	14 th
Asha Narhire	16 th
Magdeline Azved	17 th
Irene Rato	19 th
Rani Pereira	20 th
Maria Calaco	22 nd
Manjula Nair	23 rd
Monica Dsouza	24 th
Sanober Kotwal	24 th
Maheshwari Rawal	26 th
Medha Joshi	26 th
Irene Gonsalves	27 th
Rashna Fraser	29 th

December

Doreen Dsouza	1 st
Tejal Joshi	1 st
Shubangi Jadhav	2 nd
Ernie Sethna	2 nd
Havovi Kanga	3 rd
Carol Coelho	4 th
Latha Nair	4 th
Indira Suratwala	4 th
Barbara Dsouza	4 th
Vaishali Lolap	7 th
Kavita Bhalerao	9 th

Niloufer Mehta	12 th
Pratibha Salve	12 th
Jyotilekha Koppikar	15 th
Dilnawaz Nekoo	15 th
Jennifer Engineer	20 th
Daisy Dsouza	21 st
Maria Lobo	22 nd
Kainaaz Driver	23 rd
Saritha Naidu	24 th
Asmita Marathe	26 th
Beroze Divecha	29 th
Jolly Alex	31 st



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WELCOME

Life Members

Associate Members

Rani Pereira Ekta Gurnani

Deepali More Aarti Shah

Inspirational quotes



By- Anita Martyres



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Monthly Sessions

Monthly Sessions

July 2014

'Beauty & Hygiene'.

Maushmi Dhawan a renowned cosmetologist of Pune, was invited to speak on 'Beauty & Hygiene' today is not only about keeping oneself clean and tidy to look beautiful, but Maushmi quotes the benefits of makeup, which is a must do in today's times.

As she said, "Beautiful people make lesser mistakes in the professional world", goes on to ratify that one may not be born beautiful, but everyone can be beautiful with basic make up which is essential to stand in today's competitive world. A pleasing personality is always more appealing to the corporate world than one who may not be attractive at first sight!

5 member volunteers were given a simple makeover in 15 minutes and lo....there was the difference and smiles on their faces.

An enjoyable and interactive session which went on way beyond our evening, but no one wanted to go home!



*The session
concluded by
celebrating
birthdays for
the month of
July*



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August 2014



“Celebrate with the world what is right”

Ladies came dressed in tricolor attire since we celebrated Independence Month.

The session started with a National Anthem - A lovely video of wildlife with the Anthem playing in the background.

Mr. Binesh Menon was invited to speak on “Celebrate with the world what is right”. Binesh started his session by showing us 20 minute video of Dewitt Jones followed by debrief on the same. - Dewitt Jones is the Photographer of the Magazine – “National Geographic”. The Video was based on his experience – His journey of life and how you should celebrate each day in life.

Key Concepts:

- *Ride the changes*
- *Believe it and you'll see it*
- *Recognize Abundance*
- *Unleash your energy to fix what's wrong*



The session concluded by celebrating birthdays for the month of August



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September 2014

“Corporate Social Responsibility”

We invited Mrs. Leena Deshpande to speak to us on Corporate Social Responsibility and what it entails. She went on to say that today it is mandatory for every organization to contribute 2% of their annual turnover towards CSR. The more common approach to CSR is corporate philanthropy. This includes monetary donations and aid given to non-profit organizations and communities. Donations are made in areas such as the arts, education, housing, health, social welfare and the environment, among others, but excluding political contributions and commercial event sponsorship.

Mrs. Deshpande went further to describe CSR activities and process of Bharat Forge as a role model for other organizations.

We at our individual level too need to contribute or rather give back to society, because that is where we come from; hence we are bound to return. We can do the same in the smallest ways, spending time at NGO's, helping the needy, financial medical aid, so on and so forth. Every small act of ours be it for the neighbours or nearby ones out of family is CSR,



The session concluded by celebrating birthdays for the month of September



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PUNS FOR EDUCATED MINDS

1. *The fattest knight at King Arthur's round table was Sir Cumference
He acquired his size from too much pi*
- 2.- *I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian*
- 3.- *She was only a whiskey maker, but he loved her still*
- 4.- *A rubber band pistol was confiscated from algebra class,
because it was a weapon of math disruption*
- 5.- *No matter how much you push the envelope, it'll still be stationery*
- 6.- *A dog gave birth to puppies near the road and was cited for littering*
- 7.- *A grenade thrown into a kitchen in France would result in Linoleum Blownapart*
- 8.- *Two silk worms had a race. They ended up in a tie*
- 9.- *A hole has been found in the nudist camp wall The police are looking into it*
- 10.- *Time flies like an arrow. Fruit flies like a banana*
- 11.- *Atheism is a non-prophet organization*
- 12.- *Two hats were hanging on a hat rack in the hallway
One hat said to the other: 'You stay here, I'll go on a head'*
- 13.- *I wondered why the baseball kept getting bigger Then it hit me*
- 14.- *A sign on the lawn at a drug rehab center said:
'Keep off the Grass'*
- 15.- *The midget fortune-teller who escaped from prison
was a small medium at large*
- 16.- *The soldier who survived mustard gas and pepper spray is now a seasoned veteran*



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- 17.- *A backward poet writes inverse*
- 18.- *In a democracy it's your vote that counts . In feudalism it's your count that votes*
- 19.- *When cannibals ate a missionary, they got a taste of religion*
- 20.- *If you jumped off the bridge in Paris, you'd be in Seine.*
- 21.- *A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger'*
- 22.- *Two fish swim into a concrete wall , One turns to the other and says 'Dam !'*
- 23.- *Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too*
- 24.- *Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure ?' The first replies, 'Yes, I'm positive'*
- 25.- *Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication*
- 26.- *There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did*

Carol Coelho



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SOMETHING TO PONDER.....

Cup of Coffee on the Wall -

By Marie Menezes

I sat with my friend in a well-known coffee shop in a neighboring town of Venice, the city of lights and water. As we enjoyed our coffee, a man entered and sat on an empty table beside us. He called the waiter and placed his order saying, 'Two cups of coffee, one of them there on the wall.' We heard this order with rather interest and observed that he was served with one cup of coffee but he paid for two. As soon as he left, the waiter pasted a piece of paper on the wall saying 'A Cup of Coffee'.

While we were still there, two other men entered and ordered three cups of coffee, two on the table and one on the wall. They had two cups of coffee but paid for three and left. This time also, the waiter did the same; he pasted a piece of paper on the wall saying, 'A Cup of Coffee'.

It seemed that this gesture was a norm at this place. However, it was something unique and perplexing for us. Since we had nothing to do with the matter, we finished our coffee, paid the bill and left.

After a few days, we again had a chance to go to this coffee shop. While we were enjoying our coffee, a man entered. The way this man was dressed did not match the standard nor the atmosphere of this coffee shop. Poverty was evident from the looks on his face. As he seated himself, he looked at the wall and said, one cup of coffee from the wall. The waiter served coffee to this man with the customary respect and dignity. The man had his coffee and left without paying. We were amazed to watch all this when the waiter took off a piece of paper from the wall and threw it in the dust bin. Now it was no surprise for us – the matter was very clear. The great respect for the needy shown by the inhabitants of this town welled up our eyes with tears.

Coffee is not a need of our society neither a necessity of life for us. The point to note is that when we take pleasure in any blessing, maybe we also need to think about those people who appreciate that specific blessing as much as we do but they cannot afford to have it.

Note the character of this waiter, who is playing a consistent and generous role to get the communication going between the affording and the needy with a smile on his face.

Ponder upon this man in need...he enters the coffee shop without having to lower his self-esteem...he has no need to ask for a free cup of coffee...without asking or knowing about the one



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who is giving this cup of coffee to him... he only looked at the wall, placed an order for himself, enjoyed his coffee and left.

When we analyze this story, along with the other characters, we need to remember the role played by the wall that reflects the generosity and care of the dwellers of this town. Something worth thinking about....but here we are yet to find such coffee shops!

She Lied – **By Wilma Faleiro**

One day, when a seamstress was sewing while sitting close to a river, her thimble fell into the river. When she cried out, the Lord appeared and asked, "My dear child, why are you crying?" The seamstress replied that her thimble had fallen into the water and that she needed it to help her husband in making a living for their family. The Lord dipped His hand into the water and pulled up a golden thimble set with sapphires.



"Is this your thimble?" the Lord asked. The seamstress replied, "No."

The Lord again dipped into the river. He held out a golden thimble studded with rubies.



"Is this your thimble?" the Lord asked. Again, the seamstress replied, "No."

The Lord reached down again and came up with a leather thimble.



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"Is this your thimble?" the Lord asked. The seamstress replied, "Yes." The Lord was pleased with the woman's honesty and gave her all three thimbles to keep, and the seamstress went home happy.

Some years later, the seamstress was walking with her husband along the riverbank, and her husband fell into the river and disappeared under the water. When she cried out, the Lord again appeared and asked her, "Why are you crying?" "Oh Lord, my husband has fallen into the river!"

The Lord went down into the water and came up with George Clooney. "Is this your husband? The Lord asked.



"Yes," cried the seamstress.

The Lord was furious. "You lied! That is an untruth!" The seamstress replied, "Oh, forgive me, my Lord. It is a misunderstanding. You see, if I had said "no" to George Clooney, you would have come up with Brad Pitt.

Then if I said "no" to him, you would have come up with my husband. Had I then said "yes," you would have given me all three. Lord, I'm not in the best of health and would not be able to take care of all three husbands, so THAT'S why I said "yes" to George Clooney. And so the Lord let her keep him.

The moral of this story is:

Whenever a woman lies, it's for a good and honorable reason, and in the best interest of others. That's our story, and we're sticking to it.



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And now I suppose all the men want to know where the river is...??



A GUIDE FOR LIVING - **By Deepali Molekari**

Health:

- 1. Drink plenty of water.*
- 2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.*
- 3. Eat more foods that grow ON trees and plants and eat less food that is manufactured in plants*
- 4. Live with the 3 E's -- Energy, Enthusiasm and Empathy.*
- 5. Make time to pray.*



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6. *Play more games*
7. *Read more books than you did in 2010 ..*
8. *Sit in silence for at least 10 minutes each day*
9. *Sleep at least 7 hours.*
10. *Take a 10-30 minute walk daily. And while you walk, smile.*

Personality:

11. *Don't compare your life to others. You have no idea what their journey is all about.*
12. *Don't have negative thoughts on things you cannot control. Instead invest your energy in the positive present moment.*
13. *Don't overdo. Keep your limits.*
14. *Don't take yourself so seriously. No one else does.*
15. *Don't waste your precious energy on gossip.*
16. *Dream more while you are awake.*
17. *Envy is a waste of time. You already have all you need.*
18. *Forget issues of the past. Don't remind your partner of his/her mistakes in the past that will ruin your present happiness.*
19. *Life is too short to waste time hating anyone. Don't hate others.*
20. *Make peace with your past so it won't spoil the present.*
21. *No one is in charge of your happiness except you.*
22. *Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away but the lessons you learn will last a lifetime.*
23. *Smile and laugh more.*
24. *You don't have to win every argument. Agree to disagree...*



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Society:

25. *Call your family often.*
26. *Each day give something good to others.*
27. *Forgive everyone for everything.*
28. *Spend time with people over the age of 70, and under the age of 6.*
29. *Try to make at least three people smile each day.*
30. *What other people think of you is none of your business.*
31. *Your job won't take care of you when you are sick. Your friends will. Stay in touch.*

Life:

32. *Do the right thing!*
33. *Get rid of anything that isn't useful, beautiful, or joyful.*
34. *GOD heals everything.*
35. *However good or bad a situation is, it will change.*
36. *No matter how you feel, get up, dress up, and show up.*
37. *The best is yet to come...*
38. *When you awake alive in the morning, thank GOD for it.*
39. *Your Inner most is always happy. So, be happy.*

Love Life
Laugh Lets
Love Forever 
quotesarcade.com



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HEALTH TIPS *by Daisy Dsouza*

Natural Therapy For Headaches !

In about 5 mins, your headache will go.....

The nose has a left and a right side.

We use both to inhale and exhale.

Actually they are different. You'll be able to feel the difference.

The right side represents the sun.

The left side represents the moon.

During a headache, try to close your right nose

and use your left nose to breathe. In about 5 mins, your headache will go.

If you feel tired, just reverse, close your left nose

and breathe through your right nose. After a while, you will feel your mind is refreshed.

Right side belongs to 'hot', so it gets heated up easily.

Left side belongs to 'cold'.

*Most females breathe with their left noses,
so they get "cooled off" faster.*

*Most of the guys breathe with their right noses,
they get worked up.*

Do you notice, the moment you awake, which side breathes better?

Left or right ?

If left is better, you will feel tired.

So, close your left nose and use your right nose for breathing.. You will feel refreshed quickly.

Do you suffer from continual headaches?

Try out this breathing therapy.

Close your right nose and breathe through your left nose.

Your headaches will be gone. Continue the exercise for one month.

Why not give it a try.....a natural therapy without medication.



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KITCHEN TIP

By **Dilnawaz Nekoo**



#KitchenTip

When the tomato sauce bottle is almost exhausted, add a little vinegar. Mix well and add it to any dish instead of tomatoes.



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From the Editor's Desk –

Hi lovely IASAPian Friends,

I would like to thank all the lovely friends for the overwhelming response for the 1st Qtr Newsletter which came out very well and also thanks a lot for contributing for this issue.....

Thanks to all those who sent appreciating emails.

Looking forward for all your co-operation as always .

**WISH YOU AND YOUR FAMILIES A VERY HAPPY & PROSPEROUS
FESTIVE SEASON.....**

Warm Regards,

Uma Nandedkar

