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*Dear Friends,
It gives me great pleasure in bringing forth our next quarter Newsletter – “Brain & Brawn” to you. Hope you all enjoy reading it as much as we enjoyed compiling it down.*

My Committee & I have been working together to give you the best, be it Evening Programs or other events. As you are aware, the year 2017 began on a happy note with an Educational Tour with a difference. Visit to Mercedes Benz Plant at Chakan was organized on January 28th 2017, which was not only interesting and educative but enjoyed by one and all. The exciting 5 minute SUV Ride on a specially created off road track and actual experience of getting a feel of the new high end Mercedes SUV'S & cars were a main attraction. By popular demand a second visit was also arranged on 7th April 2017 for members who could not attend earlier.

On February 25th 2017, we conducted an interesting tool on behavioral science through “NEURO-LINGUISTIC PROGRAM” (NLP) by Ms. Sujata Deshpande – Head of Training & Development at Thermax Ltd. Live demonstration of NLP was given which conveyed the power of lifting a cumbersome member just with 2 fingers of four individuals put together.

Our next session on Sun. 26th March was especially arranged to celebrate International Women’s Day. A “TIBETAN HEALING THERAPY” program for 4 hours was conducted by Vandanaa Neginhal Co-founder & Chief facilitator at MIND Spa (India) and an Internationally certified & licensed tutor for “Heal Your Life” workshop based on Louise Hay’s philosophy specifically for our members followed by brunch. The session was well attended. All the participants had a unique rejuvenating experience through sound vibrations & had no regrets for waking up early on Sunday morning & sparing the time.

Admin week is round the corner and as in the past our committee is striving hard to make it a success.

With warm regards.

Jasmine Jogi

Chairperson, Pune Chapter



**“ To change ones life:
Start immediately.
Do it flamboyantly.
No Exceptions.” – William James**



Dear IASAPian Friends,

It gives me immense pleasure to be the editor of this news letter for the first time.

The New Year brings with it many hopes and opportunities to do things we've always wanted to. Yet many a times, the enthusiasm fades away. We find reasons to stop the exercise we religiously began, our diet goes for a toss, and old habits we thought we had slayed with will power slowly takes over our life. But it's okay. We are all human.

This year, may you all do things that you have always wanted to.

Ladies, I look forward to your valuable contribution for our next newsletter. If you have ideas or suggestions to make it better, we'd love to hear from you too.

May you have a happy, peaceful, prosperous and memorable 2017.

Bakhtawar Battiwalla

Editor

JANUARY MONTHLY SESSION :

“Luxurious interiors & intellgent innovations come together perfectly as a class of its own at Mercedes”

This year IASAP arranged a trip with a difference. As a part of our regular activity, we planned an interesting half day Educational Tour for our members at **EDUCATIONAL TOUR to Mercedes –Benz India plant at Chakan** with family & friends. The first batch visited on 28th January 2017 and on popular demand the second visit was also organised on 07th April 2017. It was an amazing & exhilarating experience which was attended & enjoyed together in large.



FEBRUARY MONTHLY SESSION:

Sujata Deshpande – Head of Training & Development at Thermax Ltd. and a certified NLP Master Practitioner demonstrated how NLP is an incredibly powerful tool that enables individuals to unblock the structures of human communication and human excellence. By doing so people can think, communicate and manage themselves and others, most effectively. It helped us to :



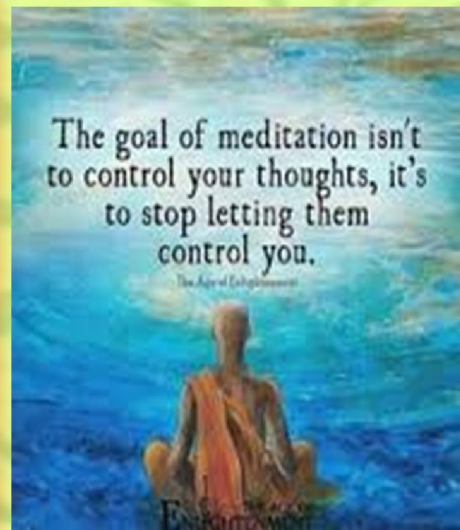
- Understand the world from a different perspective & multiple point of view.
- Expand our ability to appreciate & work effectively with oneself & others around you.
- Acquire the qualities of self-help, therapeutic counselling & exceptional interpersonal communication.
- Establish well formed outcomes essential for assuring successful & powerful positive results.

~ EXPERIENCE AND BRING ABOUT THE CHANGE IN YOURSELF FOR BETTER ~

MARCH MONTHLY SESSION:

“As human beings we all want to be happy and free from misery... we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger, attachment, fear and suspicion, while love and compassion and a sense of universal responsibility are the sources of peace and happiness.” ~ Dalai Lama ~

On 26th March 2017 Ms Vandana Neginhal – A certified Sound Healing Therapist demonstrated Energy Exchange through mindfulness, meditation and sound healing therapy using Tibetan Singing bowls at Pride Hotel. Our members experienced deep relaxation and healing through sound vibrations.



"Hello ! Friends,

We are Proud of many possessions in life but nothing can beat being a mother. Today I would like to express my moment of joy through this message.

Becoming a mother makes me feel excited, elated, empowered, and invincible especially because it took me 8 yrs. to become a mother. During that period I went through many ups and downs in life, listened to nasty comments from some, at the same time received sympathy from others. But I must say my patience paid it all. God blessed us with a daughter on 7.09.2015 and soon we were blessed with a son on 19.11.2016. Now this completes my family.

Oh ! What an exciting moment it was indeed. When I heard my baby cry – the first question I asked doctor was “Is my baby fine ?” Despite the pain, the cry of my baby made me forget everything. When my baby was handed over to me, I touched him and started crying. These were the tears of happiness. On becoming a father the emotion that I saw on my husband’s face, had never seen it before. He had an expression which cannot be explained but undoubtedly felt that he was on cloud 9. It was absolutely a joyous moment for us.

My life has changed completely now. Suddenly, I have to stay awake all night to take care of both my kids - crying, colic, loss of prior freedom, lack of help, and other adjustments. But the feeling of being mother makes me more energetic and enthusiastic to do everything. Finally I have stepped into motherhood.

This article will be incomplete if Arif & I forget to mention, how touched we were when some of the IASAP Members came to see me at the hospital post delivery. We would like to say a big thank you to them including everyone who have congratulated us and conveyed their Best Wishes for the wellbeing of our family.

With warm regards.

Zeena Naik"



Dear Friends,

I would like to share my personal experience which is interesting indeed. On the evening of 3rd February 2017, I was invited to attend a felicitation function at “Hotel O-Pune” of a close friend of mine, who is none other than our very own IASAP member & Past Chairperson - Ms. Surekha Deshpande.

Most of you know Surekha as an amazing dancer and a multi-talented person. Apart from playing an important role as a dutiful daughter, caring mother, affectionate grand-ma and committed employee, she manages time for herself to indulge in her passion of dancing, swimming, socialising and articulates skills of confectionery, etc The event was an amazing moment & an inspiration for everyone present. Surekha has added another feather in her cap.

It was a matter of Pride, Happiness & Joy to witness Surekha being felicitated by her company as the first qualifier from West & Central India & to receive the Gold Club Achievement Award from her company.

“AN ACHIEVEMENT WITHIN A SHORT SPAN OF JUST SIX MONTHS”

It is exciting & inspiring to know Surekha has not only been the first qualifier, but she has also been ranked “NO.1” in Western & Central India and “NO.30” at the Pan India level in Financial Management. She is the first employee from her Company who has been selected to travel to MOSCOW for further training. Let’s wish Surekha greater success and many more such achievements in her future endeavour. There’s so much to learn from her by the youth of today. It is rightly said there is no age bar, if you have the determination & fire in you to keep yourself occupied with what you love in life.

HEARTIEST CONGRATULATION SUREKHA From all of us. 😊

Best Regards

Dilnawaz X Nekoo



JUST FOR LAUGHS :



Teacher : Which is the oldest animal in the world ?

Student : Zebra

Teacher : How ?

Student : Because it is black & white



Power cuts are the only time the whole family assembles together and members speak to each other...as WI-FI also remains off....

Seeing this ,

Electricity Board has decided to have a tag line called "Connecting People by Disconnecting Power"!

Light travel faster than sound.

This is why some people appear bright until they speak...



THE IMPORTANCE OF FORGIVENESS :

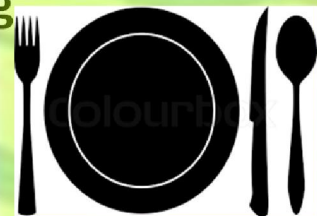
Forgiveness is positively associated with five measures of health : physical symptoms, medications used, sleep quality, fatigue and somatic complaints. It seems that the reduction in negative affect, strengthened spiritually and stress relief one finds through forgiveness all have a significant impact on overall health. So, to sum it up, forgiveness is good for your body, your relationships and your place in the world. That can be a reason enough to do the work of letting go of anger and working on forgiveness. These are great opportunities to value the forgiveness that others have offered you in the past and to focus on forgiving those you may need to forgive, including **YOURSELF** 😊



The Need
to Forgive

KITCHEN TIPS :

- To soften butter faster - cut it into small pieces.
- To make tasty filter coffee - add a little sugar to the coffee filter before adding coffee powder, then add boiling water to it.
- For tasty and fluffy omelets - Add a little milk or a table spoon of water when beating eggs.
- Fried onions for biryanis, pulaos - Add a pinch of sugar while frying onions for garnishing biryanis and pulaos, so that they will brown faster.
- To make crispier pooris - When kneading wheat flour dough for making pooris, add a tbsp of rava or a little rice flour to the wheat flour.
- For crispy bhindi fry - add a tbsp of curd or lemon juice when frying the bhindis. This also prevent stickiness.
- No more tears while chopping onions - Cut off both the ends, peel the onions and wash the onions under cold water.
- For soft pakoras - Add 2 tsp of hot oil to the batter before frying
- For crispier pakoras - Add a little corn-flour to the batter.



QUOTE OF THE DAY :

UNTIL YOU ARE A GOAL SETTER YOU CAN NEVER BECOME A GOAL GETTER. DON'T LIVE LIFE WITHOUT AN IDENTIFIED PURPOSE FOR YOUR LIFE. DON'T BE STRIPPED OF YOUR DIGNITY AND HONOUR BECAUSE OF IGNORANCE.

MESSAGE FOR THE DAY :

PEOPLE ARE PRETTIEST WHEN THEY TALK ABOUT SOMETHING THEY REALLY LOVE WITH PASSION IN THEIR EYES.

GET INSPIRED :

THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED – THEY MUST BE FELT WITH THE HEART.

MOTIVATION :

SUCCESS SEEMS TO BE CONNECTED WITH ACTION. SUCCESSFUL PEOPLE KEEP MOVING. THEY MAKE MISTAKES BUT THEY DON'T QUIT.

LARGER THAN LIFE :

IT IS BETTER TO CRY ALONE THAN TO BE ANGRY , BECAUSE ANGER HURTS OTHERS, WHILE TEARS FLOW SILENTLY THROUGH THE SOUL AND WASHES THE HEART.

DRIVING FORCE :

HAPPINESS IS WHEN WHAT YOU THINK,WHAT YOU SAY AND WHAT YOU DO ARE IN HARMONY.



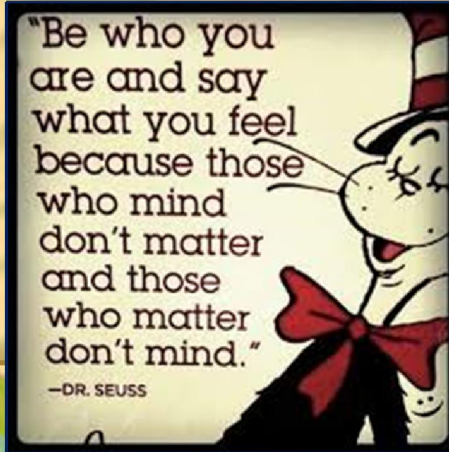
ON LOVING YOURSELF FIRST :

No one is going to love you exactly like you imagine. No one is ever going to read your mind and take every star from the sky at the perfect time and hand it to you. No one is going to show up at your door on a horse, with a shoe you lost. Do you understand? That's why you have to love yourself enough, so that any other love just adds more candles to the cake you've already iced.

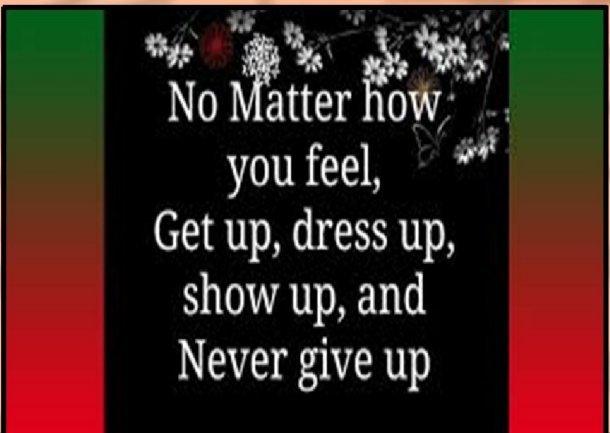
- Stephanie Bennett-Henry

- For More Visit TheMindsJournal.Com -

Thy



WORDS OF WISDOM



FOOD FOR THOUGHT :

Food sustains life and it is a long route from the field to our plate. Let's think of this and respect food the next time we have leftover dal or sabzi. Here are two creative ways to use it instead of throwing it away. Try it, enjoy it and pat yourself for being a responsible citizen.

MADE FROM: LEFTOVER DAL:

If you have leftover dal and you do not want to waste it, then here's something cool you can make with it. Dal Pav Bhaji will taste like your regular pav bhaji but with the sweet flavour of dal. First boil the veggies you would like to add in the bhaji. Put them all in the pressure cooker and wait for two whistle. When the mixture cools off, mash it and keep it aside. Heat the leftover dal, add ginger garlic paste to it. Add the mashed vegetables in the dal and keep stirring on a high flame. Keep stirring till the dal turns thick. Add pav bhaji masala and salt accordingly. Add butter and serve with bread.

MADE FROM: LEFTOVER SABZI:

You will have to dry the leftover vegetable curry or the gravy to make cutlets. To make it dry, add cheese and bread crumbs to it. Mix well and roll them into small balls, and press them to make a dough. Add boiled and mashed potatoes is needed. Heat oil in the pan and fry the cutlets. Serve them with ketchup.

Don't forget to try this and let us know how it tastes.



----- **Bakhtawar Battiwalla**
Senior Excecutive – Thermax Ltd



THINGS TO KNOW:

DID YOU KNOW -

A chinese checker board has 121 holes,

A deck of cards should be shuffled at least 7 times before playing, O

ne out of every 8 letters written starts with an "e",

You can only see a rainbow if you have your back to the sun.

TAKE SOME TIME -

Take some time to smell the flowers as you walk the paths of life.

Take some time to hear the birds sing as they usher in the dawn.

Take some time to watch the sunrise, now and then sunset too.

Take some time to count your blessings though you feel

-- Rashna Fraser

BIRTHDAYS IN APRIL

Daisy Amaria	2nd
Viola Bhaskar	3rd
Veena Bengle	5th
Vanita Jagdale	7th
Veera Chawla	12th
Lata Khedkar	12th
Kashmira Jijina	14th
Navaz Deshmukh	14th
Rosy Pereira	18th
Christine Gopalkrishnan	19th
Deepali More	19th
Shobha George	25th
Meenakshi Bhan	29th
Kanta Ahuja	30th

BIRTHDAYS IN MAY

Swananda Goting	2nd
Ragini Mudaliar	4th
Zeenat Naik	4th
Jasmine Jogi	7th
Supriya Vanarase	7th
Manijeh Menuchehry	8th
Padmini Khale	10th
Vaishali Vaidya	10th
Annama Kuruvilla	15th
Sheila Ferrao	17th
Usha Abnave	19th
Sunita Basu	21st
Bhavana Bhavnagarwala	23rd
Susan Varghese	26th
Teresa Mascarenhas	28th
Nazneen Limboowalla	29th
Archana Katti	31st





BIRTHDAYS IN JUNE	
Artimizia Dsouza	1st
Alka Mehta	1st
Mary Bruce	2nd
Roshan Divecha	5th
Minal Harne	7th
Jennifer Kumar	7th
Hutoxi Anklesaria	7th
Preeti Purswani	11th
Poornima Chainani	12th
Yasmin Samad	12th
Thankam Manuel	14th
Seema Kudiya	15th
Zenobia Pajnigar	17th
Annie Dsouza	18th
Safia Hamsa	18th
Monika Bhilare	19th
Perviz Patel	23rd



**YOU GAVE ME YOUR TIME
THE MOST THOUGHTFUL GIFT OF ALL ..**

THANK YOU 

