



Estd.1970 **Indian Association of Secretaries and Administrative Professionals**

Affiliated to: Association of Secretaries and Administrative Professional in Asia-Pacific

Yoga is the journey of the self, to the self and through the self.



Dear Members,

Wishing you all a very **Happy International Yoga Day!**

“Yoga is not just for a yogi to gain enlightenment and freedom but also for the common man to be peaceful and happy learning to adapt to the present environment and adopt a lifestyle that brings harmony.” - printed in Incredible India

“Strike a pose in your favourite 'yoga asana' and share it with us, along with its importance and benefits”

IASAP Pune Chapter announces **Yoga Day Contest 2022**.
Please do send in your entries by 24th June 2022 to

Monica Dsouza, on whatsapp 9850152385 or monicadsouzaa@gmail.com
Bakhtawar Battiwalla whatsapp 9890175552 or Bakhtawar.Battiwalla@thermaxglobal.com,



With thanks and regards.

BAKHTAWAR BATTIWALLA
CHAIRPERSON

ASSUNTA CHRISTY
Hon. SECRETARY