

## CHAIRPERSON'S DESK BRAIN AND BRAWN

JUL'19 - OCT'19

MANAGING COMMITTEE

**CHAIRPERSON** 

**UMA NANDEDKAR** 

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**COMMITTEE MEMBERS** 

**GRACY D'SOUZA** 

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**ANNABELLA SALIS** 

9822895157

IMM. PAST CHAIRPERSON

**JASMINE JOGI** 

98220 88938

Dear Members.

"Real transformation requires real honesty. If you want to move forward – get real with yourself " – Bryant McGill

'Change starts in your thoughts'

That is how we started this quarter by having a session on 'Transforming your passion into profession career skills' in the month of July 2019.

In August 2019 we started with our 1<sup>st</sup> round of APC 'Written Exam', we had total 7 contestants which followed by 'Regional Administrative Professions Contest ' in September 2019.

In October 2019 we were the proud hosts for the 16<sup>th</sup> National Convention . A very big Thank you to all the members who attended and witnessed the grand event. Those who missed it, we have a summation write up published by our own Hyacinth Arya.

So Ladies, sit relaxed and go through the newsletter and please do give your feedback.

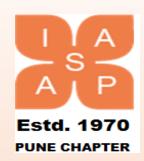
We once again request all members to contribute articles, Write-ups, jokes, recipes for our Newsletter.

WISH YOU ALL A 'MERRY CHRISTMAS & A VERY HAPPY NEW YEAR 2020'. ©

Regards,

Uma Nandedkar





JUL'19 - OCT'19

### EDITORS DESK BRAIN AND BRAWN





Greetings dear friends,

Overcoming Fear is the only way to Discovering the true YOU!

Beautifully explained by - Khalil Gibran

FEAR: It is said that before entering the sea a river trembles with fear. She looks back at the path she has traveled, from the peaks of the mountains, the long winding road crossing the forests and villages. And in from of her, she sees an ocean so vast, that to enter there seems nothing more than to disappear forever.

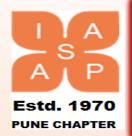
But there is no other way. The river can not go back. Nobody can go back. To go back is impossible in existence.

The river "needs to take the risk" of entering the ocean because only then will fear disappear, because that's where the river will know it's not about "disappearing into the ocean", but of "becoming the ocean".

Let's take up challenges that come our way as nothing more than exploring new horizons. ©

Cheers !!!!

Annabella 9822895157



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## JULY 2019 - SESSION BRAIN AND BRAWN



Swastika Mukherjee - Head of Corporate Communications for the Thermax Group conducted a session on "Transforming your passion into profession career skills in branding, marketing & communications" at the Royal Connaught Boat Club on 12<sup>th</sup> July at 18.30 hours

#### The topics covered were very informative and interactive.

- Communication and not writing skills and some basics from Harvard Business Writing
- The ability to upgrade and not being a know-it-all put light on how language has transformed, people interactions
- Information on the basics of how Digital Marketing is a must in present times
- Read, read and read; how reading helps us infuse what you read into effective communication
- The eye for opportunities the topic covered how we can use and leverage every interaction to improve the quality of our work

The take away from the session was that we need to be passionate about our goal. Lookout for opportunities equip ourselves with information to accept the challenge that come our way; which would manifest and show positivity and strength of quality in our work.





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# SECRETARY & ADMINISTRATIVE PROFESSIONALS CONTEST-2019 BRAIN AND BRAWN

The Administrative Professionals Contest is organised biennially, which brings out the best in each one of us and encourages our members with new commitments at professional front.

On Saturday 14<sup>th</sup> September 2019, the Grand Finale of 16<sup>th</sup> Regional APC was held with great zeal at Amanora – The Ferns Hotels & Club.

Pre Lunch Sessions included Group Discussion and Personal Interview round involved only the contestants, committee members and judges and the evening Grand Finale was witnessed by 60+ members & guests.

Compere Surekha Deshpande greeted the Members & Guests, Welcome address by our Chairperson Uma Nandedkar followed by introduction of Judges by Beroze Divecha – Vice Chairperson.

**Mr. Manish Kulkarni** – Director Strategy & Business Development – BDB India Pvt. Ltd.

**Ms. Anubha Ramgopal** – Ex Vice Principal – Vibgyor High **Dr. Aditya Gait** – Spiritual Director & Co Founder of Anand Sangha

All 7 Contestants were introduced by the Compere -

Ashwini Agnihotri Archana Arora Rani Periera Sunita Madhure Tessie Anthony Zeeba Irani Zeenat Naik

Then began the most awaited extempore (Final round) – a two minute talk by each contestant on a topic chosen 'TEAM SPIRIT BUILDS STRONG INDIVIDUAL'. All the contestants were very good and gave their best in all rounds. It was a tough time for Judges to decide. They were given some time to calculate the ratings.

Mr. Amit Sharma – General Manager & his team - The Fern Hotel was felicitated for their excellent hospitality.

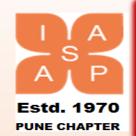
The results were declared and winners were felicitated -

2<sup>nd</sup> Runner up – Zeenat Naik – Vibgyor High School 1<sup>st</sup> Runner Up – Zeeba Irani – Bavaria Motors Winner – Ashwini Agnihotri – Kirloskar Pneumatic Co. Ltd.

The event ended with a Vote of Thanks by Monica D'Souza and followed by a sumptuous dinner catered by The Fern.







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SECRETARY & ADMINISTRATIVE PROFESSIONALS CONTEST-2019 BRAIN AND BRAWN

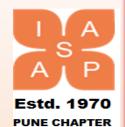












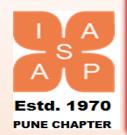
JUL'19 - OCT'19

# SECRETARY & ADMINISTRATIVE PROFESSIONALS CONTEST-2019 BRAIN AND BRAWN







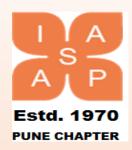


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# SECRETARY & ADMINISTRATIVE PROFESSIONALS CONTEST-2019 BRAIN AND BRAWN







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## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN

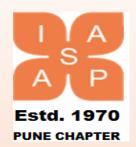
11th to 14th October 2019 – 16th National Convention - Women Shaping The Future.

- Summed up by Hyacinth Arya

The day of 11<sup>th</sup> October saw the AIGC meeting discuss various IASAP points & modalities, This indeed is a help to fan out intricate matters with a firm intention to resolve intensities.

The rest of the day went into the grind of the AIAPC rounds of PPT and Personal Interviews, The judges had a grilling time with the 14 contestants, checking out and giving their reviews. Alongside the Pune hosts eagerly welcomed & registered delegates after their check-in, Kit bags, coupons and badges distributed - each exuding warmth and happiness from within.

The themed Gala Opening at 7 pm - Women Shaping the Future -16<sup>th</sup> National Convention, Pune IASAP hosts welcomed the 208 very strong lively delegates with a learning intention. With 7 Chapters of India was the presence of ASA members from Bangladesh &Thailand, Each Chapter represented charm, cheer and yearning, while they made an entry so grand. Inauguration by lighting of the lamp, and an invoking dance to Lord Ganesha for blessings, While the 14 contestants also awaiting the IAAPC Finale Extempore round with musings. The keynote speaker- Sonia Kulkarni delved into aspects of empowerment plots and plans, Busting myths that surround biases, she urged the audience juggle between pots and pans. 6 Finalists one by one, took on the extempore challenge and spoke out so strong and true, The AIAPC crowns went to Winner - Tamil Nadu, followed by Hyderabad and Bengaluru.



## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN

JUL'19 - OCT'19

11<sup>th</sup> to 14<sup>th</sup> October 2019 – 16<sup>th</sup> National Convention - Women Shaping The Future.

- Summed up by Hyacinth Arya







#### 12th October 2019:

Zumba - By Mr. Sanket Gandhi

The willing gregarious ladies woke up early enough –flexibility to experience, Forgetting materialistic desires, we swayed to Zumba the new exercise science.

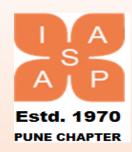
We rocked and rolled, dancing away trying to loosen our stiff joints and toes, Concluding that the morning made us enjoy life, we actually forgot our woes. REDBULL did the trick of re-energizing the tired body and thirsty throats, We impatiently gulped down more while REDBULL replaced the Wine toasts. All was well as delegates rushed to freshen up, energized and totally Dil Khush.

We all realize that the body and limbs need determination and a special push.

The plenary sessions opened with a prayer song sung by each one- 'One day at a Time'

This was rendered soulfully by all delegates in a really innovative way to ensure goes fine.

CONTD .....



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## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN

#### Essence of Relevance in a VUCA World - Mrs Anu Wakhlu

Namaste was given a stately seat that held love, truth and peace creating oneness, Identify purpose of various forms of greetings and hospitality as also its' relevance.

The VUCA – Human being is are so volatile, unpredictable, complex and ambiguous,

Technology, climate Change, globalization are the disruptors besides being ambitious.

Added to this was the long audience list of -Uber, Rent an Attire, Oyo, Airbnb, Alexa.

Obsolete technology and knowledge bring in redundancy- example Kodak and Nokia.

Be more aware of what to do, why, when, where and how be more precise and exact,

While emotional intelligence, essential digital and networking skills - create the impact.

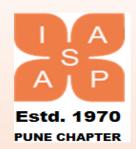
Some practices to stay relevant, created the tone for acceptance to stay in the running,

Learn, stay centered, resilient, purpose driven and practice mindfulness to be stunning.

Be more skilful and accept that storms awaken our inner strength, worth and essence,

To be on top of the game; think like an Entrepreneur is the real essence of relevance.





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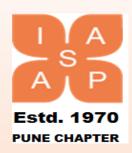




#### Treading New Avenues for Better Empowerment - By Mrs. Anjana Mascarenhas

From a humble Attire boutique to Pageantry, a living role model who steered her career,

Perfecting the art of make-up, grooming and mentoring and new career she did steer. Pressurize the mind to think of a yearning that was kept on the back burner, You never know it could make heads turn and also be a great money churner. Check out what is most suitable, what has to be done to enhance the range, Have a lot of faith and self esteem in self and believe you can make the change. Push your dreams; take the plunge with great determination, will power and hope, Visualize that age was just a mere figure; opportunities have widened the scope. Mrs. India 2<sup>nd</sup> Runners up Mrs. Dalia Dutta reinforced facts that life has more to offer, Informing us that we are worth much more, we do not need to be a wizard or topper. We must accept challenges and make a shift to recognize our self worth without fear, Ensure targets are groomed under right mentors; keep the focus and goal very clear. Life offers a multitude of options, check them and grab them before it goes to another, Work to a NEW YOU -size or age is only a figure, be it daughter, sister, wife or mother. CONTD....



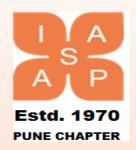
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## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN

#### The art of Manifesting - By - Ms. Rashmi Shiradkar

Learn the art of dreaming and then set it as a goal, with self belief so true,
This will need you to stay awake, because need a channel for a special 'You'.
Meeting others with an open mind, do not create a have preconceived notion,
Blank out all pre-loads that crowd the mind or it will just add to your commotion.
Art of manifesting- in reality positive thoughts with good, truth and usefulness,
Live in the present, yet futuristic planning is equally important to avoid a mess.
Past worries and fear of the future robs us of a really beautiful omnipresent,
Praise and love yourself, because you know you have to enjoy the present.
If you need to be in circulation and amidst people, have more self esteem,
Do not wait, get across and introduce yourself other others with full steam.





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## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN



#### Power of Rejuvenation - By - Dr Anand Godse

Living in harmony with self is as good as creating external attraction.

Keep the mind and body happy and in oneness; by eliminating distraction,

Bring in rhythm, assimilate happiness and energy, gives life a kick start.

Enjoying life is a must and an art that must generate straight from the heart.

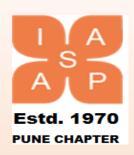
Ask yourself as to how many times you have lived to enjoy great moments in life,

We block that out and concentrate on chores and all that gives us worry and strife.

Take to an activity like beating the Djenbe and Tambourines to experience zeal,

The power of rejuvenation is to excite the mind and soul – that was the real deal

CONTD...



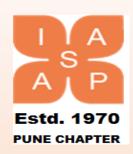
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## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN

#### Supernatural Transformation by Aligning Interaction- By - Mrs. Hyacinth Arya

Language and Fear are all self-taught barriers that disturb our goals and plans, Get out of comfort zones, be different, you are not cut out only for Pots and Pans. Transform yourself, but you must begin to check out your skills expertise and talent, Do realize that there is latent talent, so why worry - be the initiator and create a patent. Accept diverse personalities to help in performing tasks well with a positive attitude, Look for a USP in every person, process and adapt yourself with higher gratitude. Failure creates negativity and discomfort; such chaos can make you hit the ceiling. Create a 'To Do List' - Planning, Strategizing & Timing gives success a great feeling, Pre-conceived notions and fear of feeling stuck is only a feeling not the real fact, Focus on the agreement not victory, channelize your support system do not react. Growth comes with love for the NEW not the OLD so change and remain positive, Think out of the box, be crazy, don't worry; people criticize anyway, yet be assertive. Creativity and Innovation is here to stay with the SMART approach making its way, Go in for supernatural transformation, autograph your work with excellence to sway.





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## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN

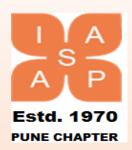


### The Nyasa Band

It did take a while to tune in their intricate instruments, but got off to a kick start,

Regaling the entire audience, with soulful melodious songs sung from the heart.

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#### Retro- to - Metro Night

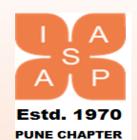
The evening came alive as each one threw inhibition right of the window,

Each one came in romping in their new roles as the contestants took a bow.

Totally excited, decorated and aptly dressed delegates; in the theme for the night,

Performances & costumes sent judges into a tizzy, choosing winners was their plight.

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# INDIAN ASSOCIATION OF SECRETARIES AND ADMINISTRATIVE PROFESSIONALS

16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN JUL'19 - OCT'19

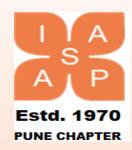












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## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN



#### 13th October 2019:

Thriving through Change - Elevate the Leader within You- By - Mr. Manish Kulkarni

The session opened with the ABCD. A-Aap ka Kaam and – Boss ka Kaam,

Dilating & clarifying further - C- company ka Kaam and D- Dusro Ka Kaam.

Create a success mantra and perfect a cap adorned with corporate feathers,

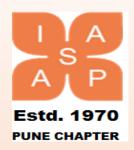
Then prioritize- Own work, Boss' work, company's work then Work of others.

An enjoyable and interactive session that got our and leadership skills,

Delegates understood how to identify the minute loop holes and all that kills.

Create a situation where we are forced to adhere to Rule Number One,

The follow Rule Number two- Never forget Rule number one to retain the fun.



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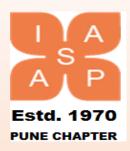


#### 13th October 2019:

#### Creative Ideation - By Mr. Adi Pocha

Maneuver your life in a whole new dimension and direction to the way you think,
Synthesize creativity and relevance of ideas through innovation or become extinct.
The misconception that creativity is inborn was proved wrong through dynamism,
The mind was awakened to a new thought process, each delved into a new prism.
Novelty is the new buzz word, and its perfect combination of relevance is a must,
Yet the concepts and techniques to enhance creative potential do come with trust.
Minds are never empty, but it is just not forced to think of the inherent association,
Our education blocks the mind, as it layers it with shelves that store information,
We are the cause of being copious; this essentially hinders our very own progress,
We all need to adapt to transformation, this is indeed the key to renewed success.

CONTD...



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## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN

#### Health & Wellness after 40 - By - Dr. Mrs. Shona Nag

As women - 'others before self', it has been an ingrained habit and culture,
Thus we abandon requirements for our own health that we need to nurture.

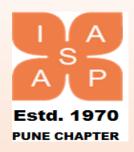
It is a constant rush to fend for needs and be known as the perfect home maker,
This never draws our attention to our health issues, which could be a silent stalker.
Busy with ensuring family is provided with everything that is healthy wealthy & wise,
We never take time to accomplish the doctor visit, for fear of the result and apprise.

Exercising is not just an activity, but must be made as a compulsory feature in life,
The muscles, bones and limbs are wearing out due to mental and physical strife.

The realization of a small bump or lump need not necessarily mean it is the Big 'C',
Initiate a regular 'Medical checkup' mandatory and take advice to set the mind free.

Bring in importance of health awareness check up and precaution straight to the fore,
Make exercise and healthy eating a habit that results in positivity and happiness galore.





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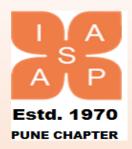
## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN



**Educational Visit - The Raj Kapoor Memorial at Raj Bag** 

Bollywood Legend's-Raj Kapoor Memorial was exciting and worth the bus ride,
Retro film stars statues brought back memories of yesteryears artists on every side.
Saath Soor Sangeet Kala Academy domes were indeed a work of art and culture,
It is here that students interested in Music, Films and TV their talents they do nurture.
The Baghwad Gita hall that housed religions and literature of every caste and creed,
Simple artists who sculptured the monument, statues and domes were blessed indeed.





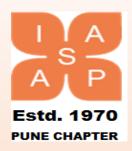
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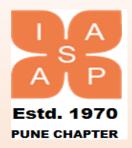


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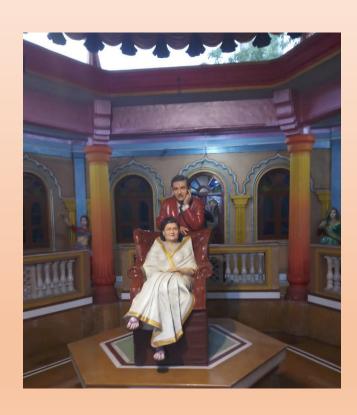




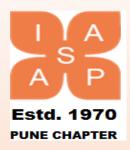




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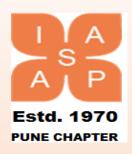


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## 16<sup>TH</sup> NATIONAL CONVENTION BRAIN AND BRAWN

#### Cultural Evening & High Tea - By - Amanora Park Town Club & Ferns Hotel

The Royal Welcome at the Amanora Township Club, was an ambience that set us free,

A lavish welcome by Amanora Ferns hotel Hospitality was welcome drinks and high tea.

Soothing to the soul was the selective Lavani & cultural dances sponsored by the township

Delegates devoured delicacies on the high tea platter from Ferns Hotel –An Amanora flagship.

Time constraints got all reloaded into the Busses Back to WESTIN for Dinner to end,
Bidding farewell and fellowship ensures IASAP & ASA members go back enlightened

#### 14th October 2019:

Delegates devoured a sumptuous breakfast, checked out headed back to their destination,

While the Post tour to Panchghani & Mahableshwar saw renewed excitement generation.

Penned by Mrs. Hyacinth Arya

PR & Fellowship - 16th National Convention Committee Member

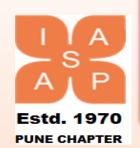
IASAP-Pune Chapter



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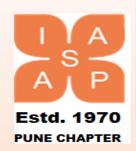


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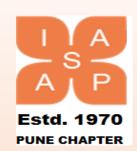




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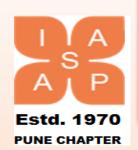




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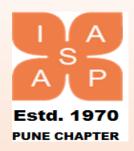




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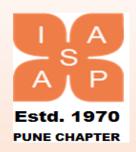




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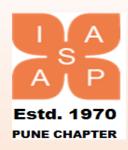






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## NOTE OF APPRECIATION FROM ZEEBA IRANI BRAIN AND BRAWN

To My Great Squad of the Best Leaders,

I would like to take this opportunity to Thank each and every one of you for the wonderful experience that I have received by you'll nominating me as a contestant and a member of this wonderful team.

It was scary at first to participate and was a bit hesitant as I wasn't sure if I would be able to manage work and the contest at my end, but with all the support and motivation that everyone has given me throughout the preparation from the Regional contest to the Nationals was unconditional and I appreciate it a lot.

I regret not being there at the convention as I had official commitments and travel requirement by my company, and I know that I have missed out a lot for which I wish to apologies.

And yes, I want to say a very big thank you to the mentors Jamine, Surekha and Hyacinth Ma'am who have been there to guide me always.

Also, I would like to reciprocate the gesture of the guidance you all have given me by serving the Association in any way possible in the future.

Looking forward to many more wonderful years with IASAP.

Thanks and Regards, Zeeba Irani





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## IN THE NEWS!! BRAIN AND BRAWN

### Moment of Pride for IASAPIANs

Sakal Times

# National Administrative Professional Contest held by IASAP in the city

#### ST CORRESPONDENT

reporters@sakaaltimes.com

PUNE: Indian Association of Secretaries and Administrative Professionals (IASAP) is the premier and only representative Association of Lady Secretaries, Administrative Professionals from the public as well as the private sector. It held a three-day National Convention in Pune.

IASAP, Pune Chapter conducted the finale of the much-awaited bi-annual event on the administrative professional's calendar. The 16th National Convention and Finale of the National Administrative Professional Contest (APC) was held with great festivity at Hotel Westin. This is the third time the Pune Chapter is hosting the

The 16th National Convention and Finale of the National APC was held with great festivity at Hotel Westin.

National Convention.

The event began with the lighting of the lamp followed by a speech on theme 'Women Shaping the Future' by Chief Guest Sonia Kulkarni, Founder and Managing Partner at Hunk Golden and Media. Convenor Lata Khedkar opened the evening along with the Core Committee Conveners, Uma Nandedkar and Jasmine Iogi. Homai Mehta, President Emeritus addressed the audience on the importance of Secretaries and Administrative Professionals roles in today's fastpaced world.

The APC had commenced with a written test followed by group discussion, personal interview and concluded with an extempore round. The Winner and 1st runner-up from each chapter vied for the crown. The contestants also gave a gruelling time to the judges, Bobby Jacob, Reena Banerjee and Col Brijkishan.

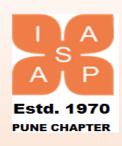
The All India Administrative Professional Contest winners were declared and felicitated amidst a huge round of applause. Maria Renaux from Tamil Nadu Chapter was announced as winner, Kitty Gurung from Hyderabad Chapter, was the 1st runner-up and KS Asha from Bengaluru Chapter was the 2nd runner-up.

After 14 years, by rotation

Pune Chapter took pride in hosting the 2-day National Convention which was addressed by distinguished speakers and attended by 206 delegates pan India and Asian associates from Bangladesh and Thailand.

The Convention covered interesting topics such as The Essence of Relevance in a VUCA World by Anu Waklu; Treading New Avenues for Better Empowerment by Anjana Mascarenhas; The Art of Manifesting by Rashmi Shiradkar; Power of Rejuvenation by Dr Anand Godse: Aligning Interaction by Hyacinth Arva: Thriving Through Change, Elevate Leader Within You by Manish Kulkarni; Creative Ideation by Adi Pocha and Health and Wellness after 40 by Dr Shona Nag.

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## INSPIRATION !! BRAIN AND BRAWN

### Contributed by - Daisy D'souza

#### **THAT**

That the most important things in life are free. That as long as I never forget that my spiritual life comes before my material life, I will be Ok. That I should never judge a person for the color of his skin, his/her faith, the car he drives, or the clothes he wears: who knows, maybe he/she is just a victim of circumstances. That when you speak to someone, always do it looking him straight to his/her eyes.

That fear is just a state of mind, and nothing else. That I should be aware of how I see the world, because the world will be exactly as I see it. That a problem is not a problem, just an opportunity to learn the lesson and become wiser, stronger.

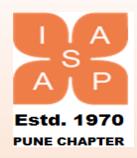
That everything in life is borrowed, only my dreams and my life belongs to me. That when the day comes to leave this beautiful planet called Earth, the only things I will be able to take with me are the memories of the things and dreams I achieved, and the only things I will be able to leave are the good or bad things I did to make of this world a better or worst place. That nobody owns the whole truth.

That as a human being I am condemned to make mistakes: that will keep me humble. That the best present I can receive in life is giving love to others, without asking anything in return, that I should learn to respect others for what they are, and not for what I would like them to be.

That turning my life into a song of joy is a responsibility: life doesn't owe me anything. That the past is the past: tomorrow is just a dream, so I must live today! That traveling around the world and discovering new places is the only way to see the world as it really is. That watching a shooting star and asking for a wish will keep alive the child that will always dwell inside of me, no mater how young or old I am.

That I should never follow where the path may lead, just build my own trail. That spending time with Nature will bring me closer to God, whatever God means to me. That I should thank life for every new day that I live. That I should live a life based on principles, not traditions. That I should talk less, and listen more. That once in a while I should stop and do nothing, what "important" people call wasting your time.

That the only person I should compete with is with myself. That finding the true purpose of my life is the most important mission of my life -That there is no creature small or big enough that doesn't have something good to give to the world. That every morning, when I wake up, I should tell to myself: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."



JUL'19 - OCT'19

### INSPIRATION !! BRAIN AND BRAWN

**Thinking out of the Box** (Creative Thinking) – contributed by Jasmine Jogi



In a small Italian town, hundreds of years ago, a small business owner owed a large sum of money to a loan-shark. The loan-shark was a very old, unattractive looking guy that just so happened to fancy the business owner's daughter. He decided to offer the businessman a deal that would completely wipe out the debt he owed him. However, the catch was that we would only wipe out the debt if he could marry the businessman's daughter.

Needless to say, this proposal was met with a look of disgust.

#### The loan-shark said that he would place two pebbles into a bag, one white and one black.

The daughter would then have to reach into the bag and pick out a pebble. If it was black, the debt would be wiped, but the loan-shark would then marry her. If it was white, the debt would also be wiped, but the daughter wouldn't have to marry the loan-shark.

Standing on a pebble-strewn path in the businessman's garden, the loan-shark bent over and picked up two pebbles.

Whilst he was picking them up, the daughter noticed that he'd picked up two black pebbles and placed them both into the bag.

### He then asked the daughter to reach into the bag and pick one.

The daughter naturally had three choices as to what she could have done:

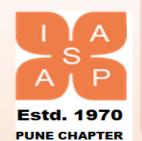
- 1. Refuse to pick a pebble from the bag.
- 2. Take both pebbles out of the bag and expose the loan-shark for cheating.
- 3. Pick a pebble from the bag fully well knowing it was black and sacrifice herself for her father's freedom.

She drew out a pebble from the bag, and before looking at it 'accidentally' dropped it into the midst of the other pebbles. She said to the loan-shark; "Oh, how clumsy of me. Never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked."

The pebble left in the bag is obviously black, and seeing as the loan-shark didn't want to be exposed, he had to play along as if the pebble the daughter dropped was white, and clear her father's debt.

#### Moral of the story:

It's always possible to overcome a tough situation throughout of the box thinking, and not give in to the only options you think you have to pick from.



JUL'19 - OCT'19

# BIRTHDAY WISHES!! BRAIN AND BRAWN



OCTOBER BIRTHDAYS				
Kiran	Joseph	2-Oct		
Malathi	lyer	3-Oct		
Blanche	D'souza	_9-Oct		
Ajeeta	Shivdasani	11-Oct		
Saki	Bakshi	11-Oct		
Richa	Katara	17-Oct		
Lina	D'souza	19-Oct		
Gemma	Machado	20-Oct		
Karen	Karbhari	20-Oct		
Hyachinth	Arya	21-Oct		
Archana	Arora	24-Oct		
Deepali	Rewale	29-Oct		
Pinky	Bhata	31-Oct		
Sangita	Lobo	31-Oct		



	NOVEMBER BIRTHDAY	S
Mary	D'lima	5-Nov
Snehal	Inamdar	6-Nov
Nilufer	Amroliwala	10-Nov
Farida	Achadwala	11-Nov
Assunta	Christy	12-Nov
Shital	Rawat	12-Nov
Sunita	Shivadasani	14-Nov
Poonam	Magoo	14-Nov
Veronica	Lopez	14-Nov
Asha	Narhire	16-Nov
Magdeline	Azved	17-Nov
Irene	Rato	19-Nov
Rani	Pereira	20-Nov
Neetu	Anavekar	21-Nov
Sanober	Kotwal	21-Nov
Monica	D'sousa	24-Nov
Maheshwari	Rawal	26-Nov
Medha	Joshi	26-Nov
Irene	Gonsalves	27-Nov
Rashna	Fraser	29-Nov



DECEMBER BIRTHDAYS				
Doreen	Dsouza	1-Dec		
Tejal	Joshi	1-Dec		
Ernie	Sethna	2-Dec		
Shubhangi	Jadhav	2-Dec		
Havovi	Kanga	3-Dec		
Caroline	Coelho	4-Dec		
Latha	Nair	4-Dec		
Indira	Suratwala	4-Dec		
Deepa	Sinha	8-Dec		
Kavita	Bhalerao	9-Dec		
Niloufer	Tarapore	12-Dec		
Niloufer	Mehta	12-Dec		
Preeti	Shinde	13-Dec		
Fernandes	Connie	13-Dec		
Jyotilekha	Koppikar	15-Dec		
Dilnawaz	Nekoo	15-Dec		
Raina	Dubey	16-Dec		
Jennifer	Engineer	20-Dec		
Daisy	Dsouza	21-Dec		
Maria	Lobo	22-Dec		
Sarita	Naidu(Aadhanki)	24-Dec		
Meena	Pardeshi	28-Dec		
Beroze	Divecha	29-Dec		
Jolly	Alex	31-Dec		







# BRAIN AND BRAWN

### OBITUARY



Gemma Machado left for her heavenly abode, And into the loving arms of the Lord she strode. A real gem and stalwart indeed was this lady so calm.

She worked on the IASAP committee diligently without any qualm.

Her smile was enough to soothe a disturbed mind,

Gemma had left precious memories behind. May she always enjoy the company of the immortal,

We knew her as Gemma.com - her invented tagline portal.

- Hyacinth Arya

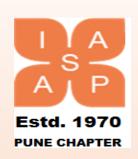
Friends,

For many of us finding a hospice for terminally ill patients is quite difficult. The Sisters of the Cross, Pune Province have started running a Palliative Care Cancer hospice at Sawantwadi. According to Sister Superior, this service is free for patients and open for all religions. Please avail benefits of this wonderful facility. Sisters of this congregation also run Remanso hospital in Mapusa.

Interested persons may please contact:

Sr Emily Mother Superior Phone: \*02363-275605\* Mobile: \*091304 85685\*

Spread the message to the needy in particular, please.



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## !!LET'S STAY CONNECTED !! BRAIN AND BRAWN



Our very own website - www.iasapindia.com
Stay updated by looking at the "IASAP Pune Chapter" Facebook page & LinkedIn





