

Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

Jan'19 TO Mar'19

CHAIRPERSON DESK

MANAGING COMMITTEE

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SWATI SHIRWALE

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IMM. PAST CHAIRPERSON

JASMINE JOGI
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Dear Members ,

Hope you all had a great beginning of the New Year 2019.

It has always been a pleasure to meet you all during our monthly sessions and special events and look forward for the same co-operation always.

As you all are aware our Chapter is the host for the 16th National Convention and myself and my team look forward for your whole-hearted support to make this Convention a grand success.

‘LETS COME TOGETHER AND MAKE A GREAT TEAM WORK’

Uma Nandedkar



EDITORS VIEW

Dear Friends,

Hope everyone doing well .

I always say being editor it's a great platform to share our thoughts.

People always dream to have Happy & Peaceful life . So , let us make this earth a beautiful place to live ,let us spread Happiness & Love around.

Looking at the present scenario would like to share few lines of Charlie Chaplin from final speech of 'Great Dictator' which narrates about humanity , kindness & democracy

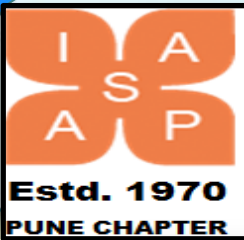
"We want to live by each others happiness not by misery The way of life can be free & beautiful but we have lost the way. Greed has poisoned men's soul, has barricaded the world with hate . We have developed the speed but we have shut our self. Our knowledge has made us cynical. Our cleverness ,hard & unkind. We think too much & feel too little

*More than machinery ,we need humanity. More than cleverness we need kindness & gentleness. Without these quality life will be violent & all will be lost.
In the name of democracy, let us use that power to unite . Let us fight for new world - a decent & peaceful world. Let us fight to free the world -to do away with greed, with hate & intolerance. Let us fight for a world of reason, a world where science & progress will lead to all men's happiness. "*

Ladies keep smiling & pass it on & on

Swati Shirwale
8408889801





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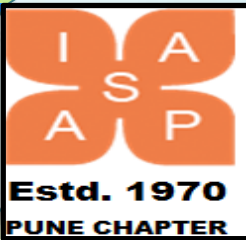
Educational Tour to Mahabaleshwar & Panchgani



Hi ! Friends,

This write-up is especially for those who missed out on joining us.

It gives me pleasure in informing that PUNE IASAP Managing Committee put their heads together to plan an **exotic Educational cum Excursion Tour over the weekend on 23rd & 24th Feb. 2019.**



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MAPRO GARDEN TOUR, at Wai -

Our members received a **warm welcome** from Mr. Mayur Vora – M.D. of **MAPROS** & family friend of mine. **His hospitality was beyond words. He ensured that everyone enjoyed each minute of theirs right from the entry to exit.** A short film shown about the journey of Mapro was significantly informative. This was followed by a highly educative guided tour showcasing the innovative production & processing unit of fruit products from farm to end products like jams, syrups, crushes, sweets etc. Members had an opportunity of tasting these products too. A walk through the beautifully designed garden was amazing. Strawberry eating competition was arranged for everyone present where some of our members emerged as winners & were gifted with Mapro products too. Ladies had a great time at the painting corner & the restaurant which serves mouth-watering delicacies. Our members had a wonderful chance of seeing & buying all MAPRO Products for their families & friends within the factory itself.



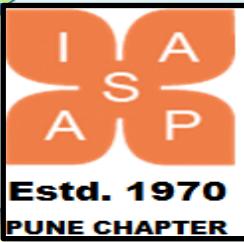
**Winner – Strawberry Eating Competition
 at Mapro Garden**



Jasmin



**Members enjoying painting
 workshop
 at Mapro Garden**

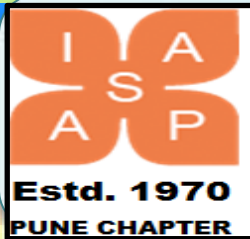


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OUTBOUND TEAMBUILDING EXERCISES –

This was conducted very thoughtfully by our very own outstanding Trainer – Hyacinth Arya. No matter what the age was, she offered & ensured each one of us participated in the brainstorming unique activities as under :-

BLIND FOLDED PROGRAM : This program presented the power of communication. The instruction had to be very explicit as the blind-folded person had to follow it steadily in order to accomplish the target.

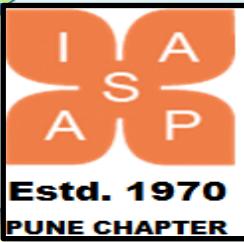
LOOP THE LOOP : This activity brought out the qualities of leadership, planning, cooperation, support & trust. Thus aiming towards our goal.

HITTING THE EYE-BALL : This game made us formulate & plan a strategy, follow the procedure and focus to emerge as a winner.

BALLOON BATTLE : This game helped us to master the eye & hand coordination along-with accuracy & speed of each participant to meet the ultimate goal.

All the activities made us apply our minds, put our heads together and convey the right message to the entire team. This was co-related to planning & execution of work at office as well. We were kept completely engaged & on our toes all throughout. This was truly a mix of great learning & fun.

Besides, valuable tips on how to utilize waste generated in our kitchen, nurturing plants with simple remedies, making use of old and unused stuff was also shared.

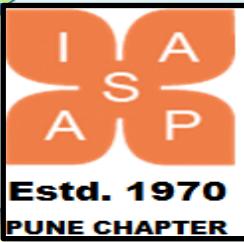


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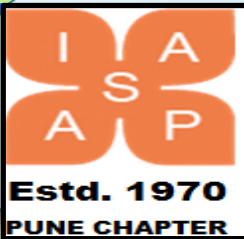


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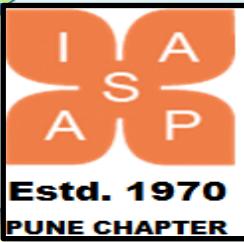
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CSR ACTIVITY -

A visit to **SUNRISE CANDLES Workshop at Mahabaleshwar** arranged by Hyacinth Arya was an eye-opener. Our members had an exclusive opportunity of listening to a **motivational speech by Mr. Bhavesh Bhatia – a visually challenged Entrepreneur & Founder of SUNRISE CANDLES**. Tears rolled down when he was talking about his incredible journey & his struggle of overcoming the physical weakness only to accomplish his dream. He started selling candles in a cart at the Mahabaleshwar market which flourished gradually. Today with the support of his wife Neeta, he employs & caters to the boarding & lodging requirement of a team of 225 visually impaired citizens from villages. Mr. Bhatia does not take any donations but promotes purchases of the handmade candles to give light and add fragrance to your homes. They make 9000 varieties of scented, plain & aromatherapy candles in different shapes & sizes. **Our visit there was with a purpose – we not only purchased good quantity of candles but have promised to recommend purchases in huge quantity to our family, friends and offices in days to come. OUR MOTIVE IS TO PROVIDE SUNRISE CANDLES AN OPPORTUNITY TO EARN SUBSTANTIALLY BY INCREASING THEIR ANNUAL TURNOVER EACH YEAR.**

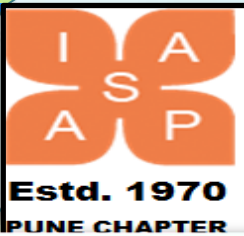


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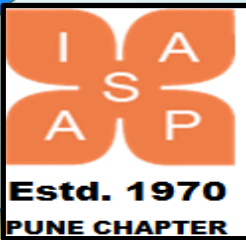
ACCOMODATION & MEALS

Our humble & eco-friendly stay at Meghan's ECO-CAMP in Panchagani facing the **Koyna Valley & Dhom dam was superb.** At night fall, it was magnificent to watch the bright shinny stars amidst the dark clear sky. Experience of sleeping on mattresses in the tent & waking up early morning by the cool fresh breeze & chirping of the birds was splendid. **A special mention of appreciation also goes to Lona (Hyacinth's sister) who took the pain in ensuring we had nutritious diet with so much of love & warmth all through out.** We had a special bonfire with freshly roasted corns, sumptuous barbecue & whole galore of strawberries etc to one's content.

Overall it was an amazing & rejuvenating experience from the maddening hustle bustle of city life not to be missed. The journey by most vigilant bus driver of SUNDERJI who ensured we were all back home safely was also remarkable.

Thank you UMA & THE COMMITTEE for giving us this opportunity. Our appreciation will be incomplete if we do not thank all our enthusiastic members for joining us & making this tour memorably meaningful.

Complied by JASMINE JOGI



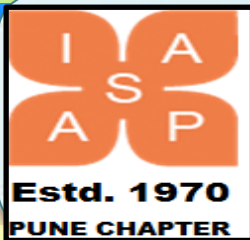
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MARCH SESSION-WOMENS DAY SPECIAL

Better the balance , better the world # Balance for Better





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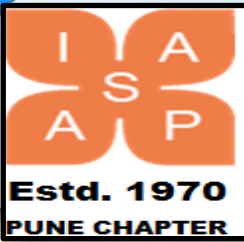
MARCH SESSION-WOMENS DAY SPECIAL

Better the balance , better the world # Balance for Better

Our March session was Women's Day Special I . Our ladies celebrated International Women's Day at Royal Connaught Boat Club, on 15th March 19.

A woman is an epitome of beauty, wisdom and care. She has climbed the mountains and dived into the ocean; she has matched the steps with every man in the world. International Women's Day celebrates the power of women and their rights and roles .

We invited Ms. Nilima Amit who is Masters in Computer Science . She has worked for IT Industries and a OSHO follower . She is also a Spiritual Guide and a Reiki Healer . Ms Nilima taught us how to explore ,how applied spirituality can ignite self-respect, return us to a state of inner balance and restore a vision of equality for everyone.



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MARCH SESSION-WOMENS DAY SPECIAL



Variations & Tips:

For a start, focus should be on maintaining a slow and rhythmic breathing. This could be achieved when the pose is steady and comfortable. People often lift the legs up too high, and end up straining the body and breath. As in Niralamba Bhujangasana (lengthening the torso to the front), think of lengthening the legs to the back of the room. Stretch the entire length of the legs, but do not tense up while doing so. Practice patience and humility in the pose. Move into the posture in a slow, controlled & systematic way, so as to keep the awareness and ideal position in mind at all times.

Vajrasana



General Benefits:

Alters the flow of blood and nervous impulses in the pelvic region and strengthens the pelvic muscles. Increases efficiency of the entire digestive system. It aids in digestion immediately after eating. This is the only asana that can be practiced after a meal, ideally for ten minutes. It is an important meditation posture because the body becomes upright and straight with no effort. The mind and body becomes stabilized and hence it is one of the recommended asanas for pranayam, concentration and meditation. Stimulates the vajra nadi and redirects sexual energy. - The special fold of the legs forms a bandha. This bandha controls the blood circulation from the waist downwards which is the reason this asana is recommended after Shirshasana. It also means that there is increased blood circulation in the abdominal area.

BIRTHDAYS



Happy Birthday



*I love **my age**.
Old enough to
know better. Young
enough not to care.
Experienced enough
to **do it right**.*

BIRTHDAYS IN APR'19

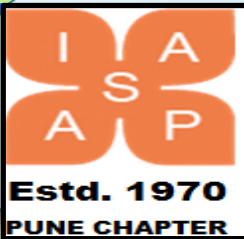
Daisy Amaria	2, Apr19
Viola Bhaskerrao	3, Apr19
	5, Apr19
Veena Bengale	
Vanita Jagdale	7, Apr19
Reema Raikwar	11, Apr19
Veera Chawla	12, Apr19
Lata Khedkar	12, Apr19
Navaz Deshmukh	14, Apr19
	14, Apr19
Kashmira Jijina	
Rosy Pereira	18, Apr19
Christina Gopalkrishnan	19, Apr19
Swati Nikam	19, Apr19
Niloufer George	24, Apr19
Meenakshi Bhan	29, Apr19
Kanta Ahuja	30, Apr19

BIRTHDAYS IN MAY'19

Rachel Pereira	1, May19
Swananda Ghofing	2, May19
Zeenat Naik	4, May19
Ragini Mudaliar	4, May19
Jasmine Jogi	7, May19
Supriya Vanarase	7, May19
Manije Menuchehry	8, May19
Padmini Khale	10, May19
Vaishali Vaidya	10, May19
Annamma Kuruvilla	15, May19
Kashmira Vakharia	15, May19
Sheila Ferrao	17, May19
Usha Abnave	19, May19
Sunita Basu	21, May19
Banu Bhavnagarwala	23, May19
Magdalena Menezes	25, May19
Susan Varghese	26, May19
Annserin Falcao	27, May19
Sunita Madhure	27, May19
Teresa Mascarenhas	28, May19
Nazneen Limboowalla	29, May19
Archana Katti	31, May19

BIRTHDAYS IN JUN'19

Alkaa Mehta	1, Jun19
Mary Bruce	2, Jun19
Roshan Divecha	5, Jun19
Jennifer Kumar	7, Jun19
Hutoxi Anklesaria	7, Jun19
Minal Harne	7, Jun19
Suchitra Gokhale	9, Jun19
Preeti Purswani	11, Jun19
Poornima Chainani	12, Jun19
Thankam Kuriakose	14, Jun19
Zenobia Pajnigar	17, Jun19
Annie D'souza	18, Jun19
Safia Hamsa	18, Jun19
Perviz Patel	26, Jun19
Swati S hirwale	28, Jun19
Suchita Kadam	27, Jun19
Sarrah Gupta	29, Jun19
Sonali Das	29, Jun19
Deepali Molekari	30, Jun19



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Here we go with our
Convention Flyer
Block your calendar



**INDIAN ASSOCIATION OF SECRETARIES
AND ADMINISTRATIVE PROFESSIONALS**



11-14 OCTOBER, 2019
AT HOTEL WESTIN, PUNE



**"COMING TOGETHER IS A BEGINNING.
STAYING TOGETHER IS PROGRESS
AND WORKING TOGETHER IS SUCCESS..."**