



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

January  
to  
March  
2023

## MANAGING COMMITTEE

**CHAIRPERSON**  
BAKHTAWAR BATTIWALLA  
9890175552

**VICE CHAIRPERSON**  
MONICA D'SOUZA  
9850152385

**HONORARY SECRETARY**  
ASSUNTA CHRISTY  
9850893540

**HONORARY TREASURER**  
ANNABELLA SALIS  
9822895157

## COMMITTEE MEMBERS

PREETA VENUGOPAL  
9922933387

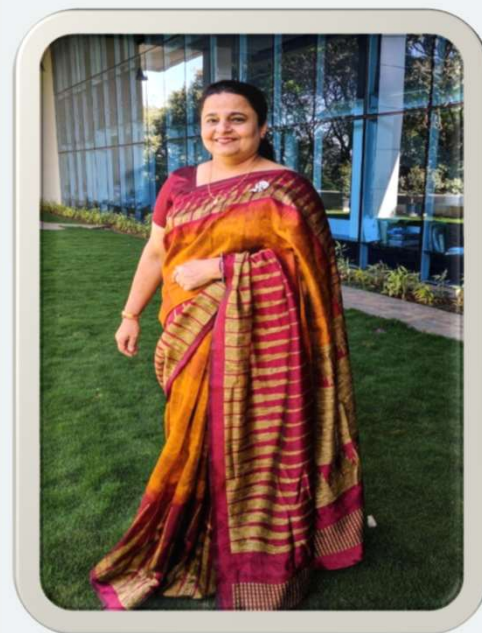
RATIKA KHENAT  
9970067693

DAISY D'SOUZA  
7057465475

**IMMEDIATE PAST CHAIRPERSON**  
BEROZE DIVECHA  
9763708722

## FROM THE CHAIRPERSON'S DESK....

Our Leader  
You Know the Way  
You Go the Way  
You Show the Way



Dear Members,

“Cheers to a New Year and another  
chance for us to get it right.”-  
Oprah Winfrey.

We once again welcome the New Year that brings a message of hope. A dawning of a brand-new chapter in our lives that shows us that it's okay to let go of the past and start again. It's a reset button. It's an opportunity to reinvent ourselves but only if we have the strength to keep moving forward. It's one thing to sit down and create a long list of New Year's resolutions, and it's another to have the self-discipline to follow through with them.

As the ancient sage Lao-Tzu reminds us, “*The journey of a thousand miles begins with a single step.*” Instead of worrying about tomorrow or wondering how you are going to stick with it all year. Just take one small step today in the right direction.

Here's to a happy, healthy, and prosperous new year for us all! May we all find the strength, courage and determination to pursue our goals.

As the festivity of colours sets in, it spreads its own, a special vibe that marks at the beginning of spring after a long winter. It's a symbolic of the triumph of good over evil. It unites people and extracts all kinds of negativity from life.

Best wishes to all you dear ladies and thank you for your time.

God Bless!!!! Always there!

Bakhtawar Rumi Battiwalla  
Chairperson



## FROM THE EDITOR'S DESK.....



### My Dream Adventure - The Royal Caribbean Cruise

Year 2023 started off in a magical way for me as I flew my first international flight and travelled on an International Cruise from 8th to 12th February 2023. And the long-awaited journey started from Pune to Singapore. We landed at Changi Airport Singapore at 7:30 am, all freshened up and were ready for the sight-seeing. Our tour guide greeted us and gave some basic instructions with the power packed breakfast and Singapore City information.

After completing the check-in formalities, we finally boarded the Royal Caribbean Cruise - SPECTRUM OF THE SEAS, a huge and beautiful ship, our home for the next 4 days. We were all given a personal ID card, which served 2 purpose, it was our room key and our ID card which we had to carry with us all the time while on the ship. We were greeted and welcomed by the Captains and the crew members as we entered the ship. We were awe struck by the design and layout of the ship. It was appearing as if we entered a huge mall. The Staterooms, compact yet comfortable was on the 8<sup>th</sup> deck. The attached balcony was like an icing on the cake. We could feel the cool breeze, see the vast sea, the beautiful sky and other ships sailing across. Our favourite spot on the ship was the Windjammer, a Restaurant open from 7 am to 9 pm serving wide varieties of cuisines, fruits, salads, noodles, vegetarian and non-vegetarian main course dishes, breads, desserts and hot n cold beverages. Evenings were time for live shows "The Silk Route", "The SHOW GIRL Production", a live dance and music performance which was superb.

The second day afternoon the ship landed at George Town, Penang, Malaysia. We went out for some sightseeing, did tri-shaw ride. We returned to the ship, had dinner and called it a day. The third day the ship landed at Phuket, Thailand, and we decided to stay and explore the ship. I was amazed to see the services and arrangements at the ship. Everything was so well planned, even the check out from the ship was so well organised. There were 4600 Cruisers, 200 Junior Cruisers. By the time I realised our cruise was coming to an end.

I thank God for blessing me with this wonderful experience of an International Cruise holiday. A big thank you to all the Royal Caribbean Cruise IASAP friends for your love and friendship. God bless you all and I am looking forward to our next trip!

Best Regards,



## January 2023 Educational Tour to Yavat 24



Sunday, 15<sup>th</sup> January 2023 was like any other day, but it was very special for the Pune Chapter Iasapians as we were heading to Yavat 24 for our Educational Tour. All were excited, greeting and giving high five to each other. As the bus moved on, we were all busy playing antakshari, singing old and not so old songs and enjoying the journey. Snacks and juices were served to fix the hunger pangs till we reach our destination. All of us received a surprise gift - a packet of handmade perfume sachet, which can be used in a variety of ways; hung in wardrobes, placed on bookshelves, or between linen, under the pillow or in suitcases. A big thank you for our Chairperson, Bakhtawar and the committee members for this surprise gift.

Yavat 24 Agri Tourism is just 50 kms away from Pune situated on the Pune Solapur Road. It has a sprawling spread of 25 acres of well-contoured, landscaped agro land. It is full of lush green orchards planted with trees like coconut, chikoo, tamarind, mango, orange, pomegranate, guava, custard apple etc. The fun zone includes tractor ride, activities like climbing net, balancing tyres, etc. and of course the best part i.e. rain dance, swimming pool, boating and the important educational part i.e. Agriculture waste processing unit.

As we entered, the Manager gave some basic instructions and gave a wrist band to each of us. This reminded of our friendship bands, and we all headed to the dining area for our breakfast. The unlimited breakfast served was hot missal pav, delicious sheera, tea and coffee. After breakfast, we were taken to the agriculture waste processing unit. Being a Sunday, the workers had a holiday; however, the Manager showed us around and explained how the agriculture waste i.e. dry leaves, shoots, etc, are processed into manure for their farm and fields.

Continued.....



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

January  
to  
March  
2023

We then headed to the activities area. Almost all the members tested their fitness and stamina by doing all the activities one after the other. The committee members organized a couple of games which was enjoyed by all.

It's hurda party time, we were sitting under the shade of the lush, sprawling trees eating a plate full of hurda and boiled corn along with condiments like sweet curd, chutneys, berries and tilgul.

After so much of eating, we surely needed some exercise and what better exercise than dance! So, we changed to our dance costume and swung and swirled to the songs being played at the rain dance area. Some of our members sat along the poolside sipping the sweet sugar cane juice while some of them swam and had fun in the pool.

The dancing and swimming made us hungry and realised its almost time for Lunch. The sumptuous lunch served included pickle, fryums, chapatti, bhakri, 2 vegetables, dal, rice, gulab jamun and *chaas*.

We then enjoyed the tractor rides, boating or just walking around the greenery taking pictures and selfies. We just didn't know how the day had passed with so much of fun and frolic. Before leaving, we enjoyed the soothing tea/coffee with hot bajjias. Some of the members bought jaggery and fruits from the farm.

We then all headed to our bus for our return to home sweet home. On the way back as all were tired, some of them had a good nap, some were chit chatting and thus we all reached back to our homes safely!

Just being surrounded by bountiful nature, rejuvenated and inspired us.





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

January  
to  
March  
2023

February 2023

I am my GPS for my Future - By Ms. Maria Pontes



Empowering  
Women with  
her  
Retirement  
Lifestyle  
Plan

On 18<sup>th</sup> February 2023 we had an interesting online session by Ms. Maria Pontes. Maria is currently serving as All India Past President and Advisory Board Member for Indian Association of Secretaries and Administrative Professionals. She has over 40 years of corporate experience as Manager HR with NIIT Limited. After retirement she embarked on a new journey with a new work profile as a Retirement Coach. She has developed and created retirement lifestyle plan with the Mission is to help 1000 women between the age of 45 and 65 planning to retire or retired, to create a life of legacy and fulfillment in the golden age.

Maria believes that to stay healthy, it is equally important to stay strong mentally and physically as well.

Some takeaways from the session:

- Focus. Be aware of your actions
- Get out of the comfort zone and step in to the magic zone
- Decide and take action for the change
- Take small step one by one and then move on to the big step.

Thank a ton Maria for making us aware that we are the GPS of our Future.



March 2023  
Embrace Equity, Be Your Version 2.0  
By Mr. Arun Singh



Mr. Arun Singh, Life Transformation Coach conducted an interactive session on Embrace Equity - Be your version 2.0. Mr. Singh has worked as CHRO in reputed Organizations. He is passionate about transforming organizations and people for peak performance. He is a Serial Author of Motivational Thrillers and on the Spot Inspirational Speaker.

Mr. Singh kept the ladies awed and inspired throughout the whole session. He gifted his book titled "My Pietermaritzburg Moment" to our Chairperson, Ms. Bakhtawar Battiwala.

Some key take-away from the session are:

- Taking personal accountability is the key - the way of transformation is inside out, as we first transform ourselves and then the world around us changes.
- Taking action is crucial as then we develop our own experiences. If we don't act, we will never realize our true powers or what transformation really means.
- A winner's mindset: A challenge has a seed of opportunity, which acted upon can transform one's life.
- A Learner's mindset: We can learn from books, people, experience, etc.
- Building powerful habits is the most powerful way. Begin spending some time in morning hours - being early in the morning is the King of all great habits.
- Our mind needs clarity and hence setting goals is important. Thinking about the goals regularly leads to conviction.
- Reflection on our daily life experiences is important. Best way is to sit in silence in the morning hours and think of last 24 hours (gratitude, lessons, etc.)
- Making small changes is the key for big outcomes.
- Getting the right coach/mentor always helps.

We thank Mr. Singh for introducing us to the "Wheel of Life" chart, which was a unique and new learning for all.



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

January  
to  
March  
2023



A warm welcome to Ms. Simran Pewsani who has joined IASAP Pune Chapter as Life Member. Wishing her Good Luck and active participation in all our sessions.



**Ms. Simran Peswani**  
**Executive Assistant**  
**Step Transformations**  
**Hobbies: Reading & Traveling**



## **Obituary**



**Bella Lemos**

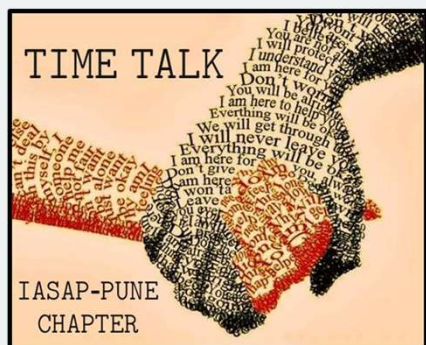
Our dear member Ms. Bella Lemos  
Left for her heavenly above on 4<sup>th</sup> March 2023  
God bless her soul with eternal rest  
Heartfelt condolences to her family.





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

January  
to  
March  
2023



## \*Indian Sweets carry Positive Psychology Messages. It's all about Perspective\*

1. **\*Jalebi\*** : Your Shape doesn't matter, your nature does. No matter how messed up you look, or life is, keeping a sweet tone will always help.
2. **\*Rasgulla\*** : No matter how much you are squeezed by circumstances, never forget who you are. Come back to your original self. Be Resilient.
3. **\*Boondi Laddu\*** : Every little drop of Boondi matters. Similarly little and continuous efforts can bring in Miraculous Results. Continue doing little things, Success will follow.
4. **\*Soan papdi\*** : Not everyone likes you, yet the maker doesn't stop to make you. Pursue your goals, irrespective of validation.
5. **\*Gulab jamun\*** : Your Softness is not your Weakness; it can be your strength. Softness is a quality much Appreciated, be Proud of it.
6. **\*Besan Laddu\*** : If you get shattered due to pressure, you can always Rebuild. It's a symbol of HOPE. No Matter what goes Wrong, we can always fix it.

\*Now you know why I love\* \*My Sweet Indian Mithais\* 🍬🍬

Shared by Archana on our Time Talk Group

## \*Today is Annual Account Closing Date 31 March 2023\*

Let's clear all our Misunderstandings, Hurt, Anger, Resentment, Guilt, Fears, Rejections, Failures, Envy, Misbehavior, Mistakes and all Negative Feelings

\*Close these Accounts\*

Wish you all a very Happy, Healthy n WELTHY New Financial Year 2023 -2024.

\*Happy Thoughts !\*

Shared by Meena Kapoor on our Time Talk Group





Daisy Amaria	2/Apr
Viola Bhaskerrao	3/Apr
Veena Bengale	5/Apr
Vanita Jagdale	7/Apr
Lata Khedkar	12/Apr
Veera Chawla	12/Apr
Kashmira Jijina	14/Apr
Rosy Pereira	18/Apr
Swati Nikam	19/Apr
Meenakshi Bhan	29/Apr
Kanta Ahuja	30/Apr

Swananda Ghofing	2/May
Ragini Mudaliar	4/May
Zeenat Naik	4/May
Jasmine Jogi	7/May
Supriya Vanarase	7/May
Manije Menuchehry	8/May
Vaishali Vaidya	10/May
Aunkita Roy Datta	11/May
Magdalena (Maggie) Menezes	14/May
Annamma Kuruvilla	15/May
Kashmira Vakharia	15/May
Sheila Ferraro	17/May
Usha Abnave	19/May
Sunita Basu	21/May
Santoshi Bist	22/May
Susan Varghese	26/May
Annserin Falcao	27/May
Sunita Madhure	27/May
Teresa Mascarenhas	28/May
Nazneen Limboowalla	29/May

Alkaa Mehta	1/Jun
Effie Castellino	1/Jun
Roshan Divecha	5/Jun
Jennifer Kumar	7/Jun
Minal Harne	7/Jun
Preeti Purswani	11/Jun
Poornima Chainani	12/Jun
Thankam Kuriakose	14/Jun
Seema Kudiya	15/Jun
Zenobia Pajnigar	17/Jun
Safia Hamsa	18/Jun
Annie D'souza	18/Jun
Perviz Patel	23/Jun
Swati Shirwale	26/Jun
Suchita Kadam	27/Jun
Sarrah Gupta	29/Jun
Deepali Molekari	30/Jun

