



Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

January
to March
2025

FROM THE CHAIRPERSON'S DESK....

MANAGING COMMITTEE

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9850152385

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9822895157

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BAKHTAWAR BATTIWALLA
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**"Little wings, big smiles....
nature's magic in my hands!"**



My Dear Remarkable Members,

As we approach the close of another financial year, I want to take a moment to reflect on our journey and express my sincere appreciation for your dedication and commitment. A heartfelt thank you to all who attended the monthly sessions! Your presence, insights, and enthusiasm make each gathering more meaningful and enriching. It is your active participation that keeps our community strong and vibrant. For those who could not join us, we truly missed you!

Looking ahead, this year we will focus on our Best Practices Contest (BPC) project, reinforcing our commitment to creating a positive impact on girl child. Through this initiative, we aim to give back to society, support meaningful cause, and make a difference where it matters most.

A big thank you to my wonderful committee members for being an integral part of our recent old document disposal process! Your dedication and teamwork in ensuring a smooth and organized cleanup is truly appreciated. On the storage of documents, we express our sincere heartfelt gratitude to Beroze Divecha who has been continuously supporting IASAP over the years and continues to do so by generously providing space to store our documents. Your support has been incredibly helpful in ensuring the safekeeping of our records. Thanks to Maria Romel for providing another alternate space to store our documents.

As we wrap this financial year, we now set our sights on an exciting milestone—the upcoming ASA Congress at Srilanka. A fantastic opportunity to learn, share, reconnect with old friends and make new ones, exchange ideas, presenting our BPC project and much more.

Last but not the least, wherever we are, whatever roles we play, let us remember to cherish every moment. As women, we juggle countless responsibilities, yet in the midst of it all, we must pause to celebrate ourselves, our journeys, and the incredible impact we create every day.

Every moment here on earth is precious—so let's live it fully, boldly, and with joy!

**Much Love
Monica**





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FROM THE EDITOR'S DESK.....

My dear Friends of IASAP family,

Let's talk about 'MOTIVATION'



Motivation isn't just about willpower—it is deeply wired into our brains. Whether you are striving for peak physical performance, academic success, or career excellence, understanding the neuroscience behind motivation can help you stay driven even when obstacles come your way.

Motivation primarily stems from the happy hormones in our body - mainly '**Dopamine**'. **Dopamine** - often called the "**feel-good**" neurotransmitter, is actually more about anticipation than reward. When we set goals, our brain releases dopamine, making us feel energized and focused, eg., we do any small deed for others with love or a small sacrifice to make someone's day, the **happy hormone** increases in our body making us **feel good**.

Motivation isn't a mystery; it is a system you can train yourself to be. By understanding and applying neuroscience principles, you can make motivation a sustainable force rather than a '**fleeting feeling**'.

A great example of motivation is **when you set a goal**. One has to set a goal to achieve it, else it is of no benefit. Imagine you decide to start walking every morning. At first, the motivation may come from an external goal, like losing weight or improving fitness. but as you complete each run, your brain releases the 'feel-good' hormone, creating a sense of reward and reinforcing the habit. Over time, your brain starts associating running with pleasure, making it easier to stay motivated.

At first, your motivation might come from wanting to impress others or simply enjoying the music. The initial stages are challenging, but when you successfully play your first song, your brain releases dopamine, making you feel accomplished. This feeling pushes you to keep practicing. As you improve, your motivation shifts from external appreciation to the intrinsic joy of playing music. Eventually, playing the guitar becomes a habit, driven by the satisfaction and pleasure of mastering new songs.

However, motivation fades when you over-rely on social media, junk food and keep long term goals instead of short-term goals and also lack of clear goals. Excessive decision-making or stress drains your mental energy.

Key takeaways: Just focus on being consistent. Progress comes from showing up daily, even when you don't feel like it. The hardest step is starting, but with every step, every run, every workout, builds momentum. Trust the process, and results will follow. Break big goals into daily actions and remind yourself why you started in the first place. Growth is about making small intentional improvements. Read, learn, challenge yourself, and step out of your comfort zone. Over time, these little changes will add up to something powerful.

Much love & warmth,
Effie



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An Educational Trip to Japaloupe Equestrian Centre - Talegaon on 19th January 2025 from 9:30 am to 6:00 pm

“January: The month of opportunity, the month of inspiration, and the month of change.”

On 19th January - IASAP Members set out on an Educational Tour. This year a unique place was selected - Japaloupe Equestrian Centre. Located at around 30 km from Pune, this place is easily accessible and is just at the Dehu Road Toll Plaza.

Ms. Lorraine More, the Founder and Director of the Centre shared her own journey on how this dry terrain was converted to a sanctuary of green oasis with hard work, perseverance, and her love for animals. We were awestruck to hear her inspiring story and witness this beautiful lush green patch on the highway. Ms. Lorraine's key message were “**Never give up, develop your own support system, check resources, believe in your dream, own it and nurture your hobbies**”. Ms. Lorraine More, at 66 years is a **GOLDEN POWERLIFTER!** and won 8 Gold Medals for India. Her most important message was to put your body to use (exercise is a must).

After a sumptuous buffet breakfast, we were given a short induction on animal behaviors and dos and don'ts at the petting farm. Each group were handed a bucket with animal food and taken to all animals one by one to feed them. Our members were as excited as small kids to feed the animals and click pictures.

Apart from breeding horses, they have ducks, swans, ostrich, love birds, rabbit, tortoise, goat, dog, turkey, turtles, hamster, ponies, hens and pigs. Animals are friendly and comfortable with touch. The bold members were daring to enter the cage or animal enclosures, and feed and the not so bold ones were standing outside the cage to click pictures. Slowly, the not so bold ones also made an attempt to touch and feed the animals. It was an exclusive experience with nature.

The live wire of our Pune Chapter, our very own member Hyacinth Arya conducted engaging games. The key learnings from her session were team work, coordination, co-operation, finding meaning in chaos and focus.

Japaloupe a good place to spend a couple of hours with your family, kids or colleagues. It offers different packages based on your stay duration and meal inclusions. Post lunch (simple yet yummy) you can relax. It's a very nice experience for people from cities who do not get to interact with such lovely creatures.

Japaloupe also offers horse riding lessons. You can go on a stroll or take a beginners 45 min session. For those who want to learn horse riding seriously, this would be a good place as they have around 70 odd horses. The love and care with which all the animals are kept here is visible and you can't help but fall in love with Japaloupe. Definitely a place to visit as petting the four-legged friends is very therapeutic and embracing a different experience.

Take a look at the pictures that tells the story of how each one enjoyed their day at Japaloupe.



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A day thoroughly enjoyed by all Members and memories made to last





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"Rest and self-care are so important".

Online Face Yoga Session (Koshayog by Preeti) on Sunday, 9th February 2025, (5pm to 6pm)

Facilitated by : Ms. Preeti Singh, International Certified Yoga and Face Yoga Coach

Preeti Singh is an International certified Yoga and Face Yoga Coach with 10+ years of teaching experience. According to Preeti, "Yoga means addition: Addition of energy, strength and beauty to body, mind and soul..."

During this session, we learnt different breathing exercises, facial massage, facial exercises for each part of the face, Diet and Acupressure. She showed us how to get rid of our double chin, reduce dark circles, puffiness in the face and taught us exercises for the same and how to make our facial muscles strong and our skin look more youthful.

She showed us how to tap on our faces with the tip of our fingers and how to exercise our facial muscles, how to get rid of droopiness, and the Balloon pose - fill air and keep it in the cheek area.. She also told us which cleansing and night creams we should use and the different combinations we can do to make our skin glowing eg., Coconut oil +Aloe vera+ Water,

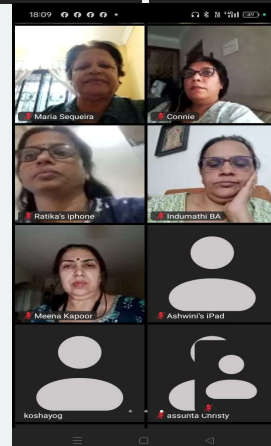
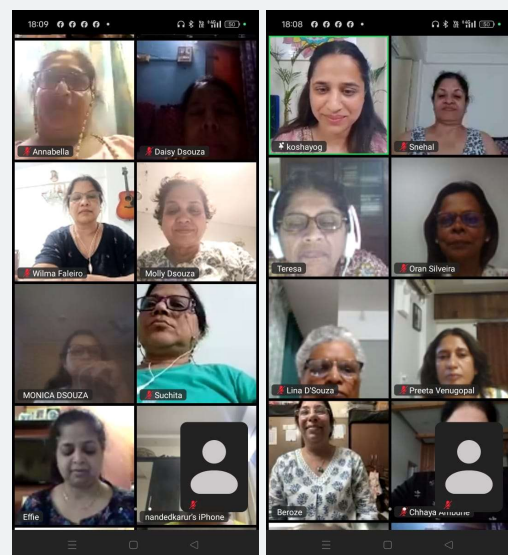
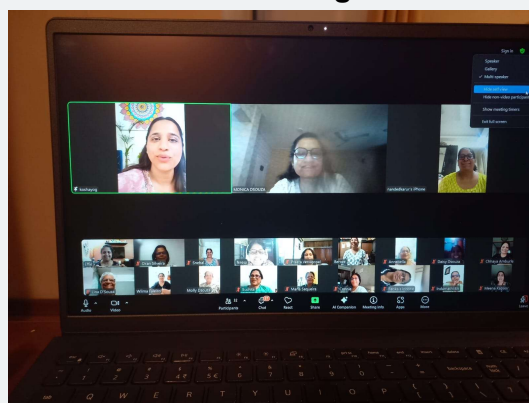
Use cleansing +night cream at bed time and a combination of ghee + rose water.

Preeti also showed us how to do eye exercises - open your eyes wide with the help of your thumb and second finger - look upwards 10 times, to the left 10 times, to the right 10 times and down 10 times without moving your head.

With Face Yoga one can experience tranquillity and rejuvenation like never before. It was an amazing session to unwind, de-stress and give the face the workout it deserves - a journey to a radiant skin and a refreshed mind.



Ms. Preeti Singh





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The FIVE DYSFUNCTIONS of a TEAM

Facilitated by: Mr. Clifford Nicholas,
Head HR at NVIDIA



On 8th March 2025, being observed as the International Women's Day, our theme was “ **For ALL Women and Girls: Rights, Equality, Empowerment**”.

We invited Mr. Clifford Nicholas who taught us about Personal Branding and how it impacts the overall team. We all have different traits and resilience's that can be classified into : **Observance, Sharing; Collaboration and Teamwork**. Not every member of the team has the same behavior. Clifford arranged some intelligent exercises/games for each team and he gave us rules of how the game was to be played and completed within a time frame. It was an interesting game. At the end of the game/exercise, we could find out the different types of behavior every team member fitted into. It showcased the emotional intelligence of a team member. We could categorize ourselves into 3 types of behavior - The Prosecutor (Judgmental), the Victim and the Rescuer. He showed us how the Prosecutor, Victim and Rescuer attitudes helped in completing the tasks given to the Team.

The 5 dysfunctions of a team :

1. **Absence of Trust** : Team members are unwilling to be vulnerable and open with each other leading to a lack of trust between them.
2. **Fear of Conflict**: Team members avoid conflict and difficult conversations, leading to unresolved issues and unaddressed concerns.
3. **Lack of Commitment**: Team members are unclear about goals, roles and expectations, leading to a lack of commitment.
4. **Avoidance of Accountability**: Team members fail to hold each other accountable for their actions and results leading to a lack of personal responsibility.
5. **Inattention to Results**: Team members prioritize individual interests over team goals leading to a lack of focus on collective results.

The 5 overcoming functions a team to be a WINNER

1. **Trustworthiness**- which is the core foundation of a Team - never compromise on Trust. **Avoidance of Conflict** : Engagement in a passionate debate over ideas and constructive conflicts.
2. **Lack of Commitment** : Align to a decision made, irrespective of individual power. Establish clear goals and expectations.
3. **Avoidance of accountability**: Call out - counter productive actions and behavior.
4. **Attention to results** - Look at the Big Picture in front of you.

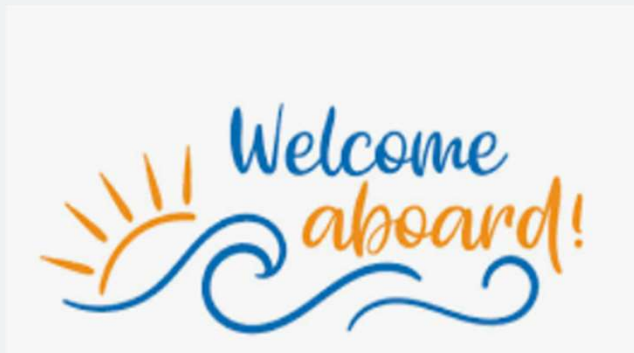
We took home with us; how to build trust by encouraging open communication, embrace constructive conflict by focusing on ideas not personalities, commit to clear goals and roles by defining clear objectives, hold team members accountable by setting clear expectations and focus on collective results by prioritizing team objectives. Additionally, we should lead by example, foster a positive team culture and regularly assess and adjust with other team members to be successful.



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WELCOMING NEW LIFE MEMBER - SHARYU CHANNE



Introducing Ms. Sharyu Channe, an Analyst in Automation Engineering, Accenture, Pune India from 2022.

Sharyu is an experienced Administrator with expertise in office management, executive support, and coordination. She holds an MCA and BCA from Nagpur University, with soft skills training from KITS Nagpur.

She achieved a 1st rank in the Silver League at Healux International 2024, an international business known as Healux- The Health and Luxury.

Sharyu believes in healthy lifestyle and is passionate about classical and light music, currently preparing for a 4th-grade certification. An Avid biker and long-drive enthusiast, having self-driven over 2000 km on highways. Holds multiple accolades in sports, leadership, and business development. Aspires to join the Assembly of Parliament and establish an NGO for orphans and the elderly.





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Chai and gupshup with Safia!



I started my career as a Stenographer with Sudarshan Chemicals, Pune. This company made me stand erect with confidence since I got an opportunity to experience many departments. **My first mantra to all newcomers, show your enthusiasm to learn 100% and work effectively and efficiently (2 Es at workplace).**

After 3 years at Sudarshan Chemicals, I joined Philips India Limited, Bhosari as a Steno-typist in the year 1985. After few years as a Steno typist promoted to Secretary to the Financial Controller. In the year 1987 IASAP Pune Chapter was born and somewhere around that year I joined IASAP as a life member.



IASAP hosted its first National Convention in the year 1989 at Pune, where I could participate through my Company sponsorship. After working for 12 years at Philips I had to quit as my daughter was very small and no one to look after her. I took a brave step of sitting at home in the year 1997 but I was confident enough that Sudarshan and Philips experience will get me a job later. **My second mantra here is “earn trust and work sincerely”** Create a good image for yourself.

I was at home for 5 years, you can imagine after working in a corporate environment I was a complete home maker (*ghar ki bai*) 😊. Was cut off from the outside world, new technologies, new software, new learnings and I was completely engrossed in babysitting, cleaning and cooking. But guys I never gave up, after 5 years I decided to work. Though I was very new to laptop and MS office etc. and other new gadgets I **decided to learn, unlearn and relearn** so that I can discard outdated beliefs and restructure my mental framework.



I joined NIT institute for MS Office refresh and HTML programming. While doing HTML programming I was asked to do a project of creating a website. I made my own website called SAFI's KITCHEN as I was very well experienced in cooking (my 5 years at home). NIT recognised me for my beautiful website which I was really proud of. This gave me the confidence to work again.

[Continued on next page..](#)



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Chai and gupshup with Safia!

Then one fine day in the year 2003 one of my Philips colleague called me and offered me a job at Whirlpool of India Limited, Viman Nagar. Whirlpool was setting up a new R&D centre of 15 employees which had to be set up from the scratch. Since this Philips colleague was aware of my hard work, he ensured to the Whirlpool management that this lady will be able to handle the whole office flawlessly. The Centre Head interviewed me and told me that I will have to handle the Front office, HR, Administration, Finance, Purchase and employee engagement. He did not ask me regarding my break of 5 years, as the trust factor was assured to him by my colleague. I accepted the offer as a challenge and served Whirlpool for 19 years. Today, Whirlpool has a strength of 1000 employees and had to move to another office due to expansion. I retired in the year 2022 and now enjoying my retired life with my family and grandchildren.

Do not get disheartened that there is nothing after retirement. You have all the time to pursue your hobbies, passion, explore places etc., which I am doing at present. I love painting, watching movies, listening to old songs and also trying to sing which I never did earlier. I go for regular walk and started recently with Yoga which keeps me fit and fine. Also, I have enough time to explore places in my own hometown (Kerala) as I love travelling and guys this is not the end..... the best is yet to come 😊

I am happy and proud to be associated with IASAP, which keeps me engaged as I attend the monthly sessions organised with prominent faculties, educational tours, boss secretary dinner, Secretary of the Year contest (participated once though I had a shoulder dislocation but did not give up). IASAP is an excellent platform to showcase your talent, learn, unlearn and personality development.

GUYS ALWAYS REMEMBER TAKE UP NEW CHALLENGES, KEEP UPGRADING, AND NEVER GIVE UP AND EARN TRUST TO CREATE A GOOD IMAGE.

Thank you and best wishes, SAFIA HAMSA!

Knowing that Safia is a 'go to person', had called her one morning to check an availability of motivational speaker at Trivandrum. While sipping my cup of tea and she sitting with her own chai miles apart, we had a heartfelt chat (distance and time does not matter for a chat with a dear friend). Safia has been always helpful, energetic and ready for any challenge.

Hope you enjoy reading and resonate with her our own stories.

Kind regards, Assunta





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I LOVE THIS ANALOGY:

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

"Because someone bumped into me!!!"

Wrong answer.

You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup is what will spill out.

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves...

"What's in my cup?"

"When life gets tough, what spills over?"

Joy, gratitude, peace and humility?

Anger, bitterness, victim mentality and quitting tendencies?

Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, resilience, positivity; kindness, gentleness and love for others.



**Contributed by: Uma Nandedkar
Past Chairperson - IASAP**

Rise Above

When darkness falls and fears arise
Don't let them hold you, Open your eyes
For within you lies **an inner strength**
A spark that glows, a beacon of length

Don't let doubts creep. Don't let worries weigh
You are capable. You are here to stay
Believe in yourself, trust your heart's voice
You'll find your path, and you'll make your own choice

Rise above the noise, rise above the pain
You are a warrior, you are strong, you'll reign
Don't give up. Don't lose your way
Keep moving forward, a brighter day.

You got this, you're brave, you're bold
Your dreams are waiting. Your story's yet untold
So rise up, take the leap, shine your light
You'll conquer fears, and you'll ignite.



**Contributed by: Anita Martyers
Life Member - IASAP**



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One word in the English language that could be a noun, verb, adjective, adverb, preposition is **UP**.... you'll laugh.

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP'. It is listed in the dictionary as a noun, an adverb, preposition, adjective or verb. It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP?

Why do we speak UP, and

why are the officers UP for election (if there is a tie, it is a toss UP) and

why is it UP to the secretary to write UP a report?

We call UP* our friends, brighten *UP a room, polish *UP the silver, warm *UP the leftovers and clean *UP the kitchen.

We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning.

People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is blocked UP.

We open UP a store in the morning but we close it UP at night.

We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary.

In a desk-sized dictionary, it takes UP almost 1/4th of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used.

It will take UP a lot of your time, but if you don't give UP, you may wind UP with (UP to) a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, it soaks UP the earth. When it does not rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP, for now..... my time is UP!

So, did this whole thing, crack you UP?

Send this on to everyone you look UP in your address book... or not... it's UP to you. Now I'll shut UP...



By : Cynthia Sangle
Life Member

CORPORATE LESSON



A corporate employee told his HR, "I *don't like coming to work.*"

HR immediately asked, "Okay, but why?" 🤔

The employee replied, "*People here talk too much about others and their behavior. No one focuses on their own work. Some people speak rudely, and others play too much office politics. I don't like it, so I've decided to leave this job.*"

HR calmly said, "Okay, before you go, just do one thing for me. Take a glass of water, hold it carefully without spilling a single drop, walk around the entire office, and then you can leave if you still wish to."

The employee did as instructed. After successfully completing the task, he proudly told HR, "See! I brought it back without spilling a single drop!" 😊

HR then asked,

"Congratulations!

While you were walking around, did you hear any employees gossiping, talking about office politics, or criticizing others?"

The employee thought for a moment and replied, "No, not at all." 🤔

HR smiled and said, "Do you know why?"

The employee shook his head, "No, I don't."

HR explained, "**They may have talked, but you didn't hear them because your entire attention was on the glass of water.**

The same thing happens in life—when we focus on what truly matters, we don't have time to pay attention to distractions or negativity around us." 😊

Contributed by: Geeta Rao
Past Chairperson - IASAP



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EMOTIONAL INTELLIGENCE

When emotions take over your life,
The mind may get into turmoil & strife.

Behaviours can disturb; so choose wisely
Widen your options; do not be miserly,

Every action elicits reaction,
Hence be cautious of your action.

Reflect before you may compulsively respond,
Do not mess up life's memories so fond.

Appreciation is positive reciprocation,
Be mindful for better worthwhile allocation.



SUPER WOMEN OF CHANGE (In honor of Women's Day)

Women are the ones always open to change,
It is they who readily improve and widen their range.

Women are always busy and multitasking,
They are indeed the chosen ones even before the asking.

Women shun away their ego to clarify and rectify,
They can sense trouble brewing, thus capable to quantify.

Women are a powerhouse of ideas and energy,
Building bridges with work, love and synergy.

Each woman opens a niche of multiple opportunities,
Hey Woman you really get down to the nitty gritty.

Women build on things they did not get right,
They keep the focus and issue within sight.

Celebrate your presence everyday,
Oh Woman you have the substance to create a new pathway.

Happy Women's day- make everyday **Your Day**.



Above articles written by: **Hyacinth Arya**
Past Chairperson, All India BPC Chairperson, Corporate Trainer, Corporate Finesse



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A thoughtful approach to share condolence messages



In a group setting, it's generally considered more appropriate to write condolences privately to the affected person, rather than posting them publicly in the group

Here's why:

- 1. Personal and private matter:**
Condolences are a personal and private matter, and posting them publicly in the group, may not be the most respectful way to express sympathy.
- 2. Family's feelings:** The family may not want to read condolences from acquaintances or people they don't well, especially if they are still grieving.
- 3. Overwhelming responses:** If many people post condolences in the group, it can become overwhelming for the family to read and respond to each message.
- 4. Private support:** Writing condolences privately to the affected person allows you to offer support and sympathy in a more personal and intimate way. In general, it's best to err on the side of caution and write condolences privately to the affected person. This shows that you respect their feelings and want to offer support in a more personal way.
If you do decide to write condolences in a group, make sure to :

- 1. Keep it brief:** Keep your message brief and to the point.
- 2. Be respectful:** Be respectful of the group's feelings and avoid posting condolences that may sadden the group continuously throughout the day.

Remember, the most important thing is to be genuine and sincere in your condolences, please write them privately.

Contributed by: Tara Ganapathy

Mutton Rogan Josh - A classic Kashmiri dish

Ingredients :

- 1 lb boneless lamb or goat meat, cut into small pieces
- 2 medium onions, chopped
- 2 cloves garlic, minced
- 1 medium ginger, grated
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- 1/2 tsp red chili powder
- 1/2 tsp garam masala
- 1/2 tsp salt
- 2 tbsps vegetable oil
- 2 tbsps yogurt
- 2 tbsps lemon juice
- 2-3 Kashmiri red chilies, broken into pieces (optional)
- Fresh cilantro, for garnish



Instructions

1. Heat oil: Heat oil in a large pan over medium heat.
2. Sear meat: Add the lamb pieces and sear until browned on all sides. Remove from the pan and set aside.
3. Soften onions: Add more oil if needed, then sauté the chopped onions until they're lightly browned.
4. Add aromatics: Add the minced garlic and grated ginger. Cook for 1 minute, stirring constantly.
5. Add spices: Stir in the cumin, coriander, turmeric, chili powder, garam masala, and salt. Cook for 1 minute.
6. Add yogurt and lemon juice: Stir in the yogurt and lemon juice.
7. Add browned meat: Add the seared lamb pieces back into the pan. Stir to coat with the spice mixture.
8. Add chilies (optional): Add the broken Kashmiri red chilies if using.
9. Simmer: Simmer the Rogan Ghosh over low heat, covered, until the lamb is tender (about 1-2 hours).
10. Garnish: Garnish with fresh coriander leaves and serve over Basmati Rice or with naan.

Tips

- Use lamb or goat meat for an authentic flavor.
- Adjust the amount of chili powder to suit your desired level of spiciness.
- Add a splash of water if the dish becomes too thick during

**Contributed by: Anita Martyers
Life Member**



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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
Reema Kamdar	20 Apr
Meera Joshi	25 Apr
Meenakshi Bhan	29 Apr
Kanta Ahuja	30 Apr

Ragini Mudaliar	4 May
Zeenat Naik	4 May
Jasmine Jogi	7 May
Supriya Vanarasse	7 May
Manijeh 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
Annserein 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 Manuel	14 Jun
Seema Kudiya	15 Jun
Zenobia Pajnigar	17 Jun
Safia Hamza	18 Jun
Annie Dsouza	23 Jun
Perviz Patel	26 Jun
Swati Shirwale	27 Jun
Sarrah Gupta	29 Jun
Deepali Molekari	30 Jun

Believe in yourself and all that you are because you are capable of amazing things. Sending you warm birthday wishes on your special day.



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