



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

## MANAGING COMMITTEE

CHAIRPERSON  
BEROZE DIVECHA  
9763708722

VICE CHAIRPERSON  
BAKHTAWAR BATTIWALLA  
9890175552

HON SECRETARY  
MONICA D'SOUZA  
9850152385

HON. TREASURER  
ANNABELLA SALIS  
9822895157

## COMMITTEE MEMBERS

ASSUNTA CHRISTY  
9850893540

PREETI PURSWANI  
9822174576

IMM. PAST CHAIRPERSON  
UMA NANDEDKAR  
9922950140

## FROM THE CHAIRPERSON'S DESK...



Hi Friends,

Warm greetings to all you lovely Ladies !!!

We've come a long, long way since the start of the year. 2020 has been one long ride for everyone across the world, and just like that we're in December - the end of the year. Undoubtedly, 2020 will go down in history as the year of "Novel Coronavirus Pandemic". As the year draws to a close and we move towards 2021, we see a new-found optimism with expectations of a better year ahead. While the period since March 2020, when the covid-19 pandemic struck, it was tough for everyone.

Nevertheless, the spirit & the festive mood has kept us high in this situation even with low-key revelry & subdued excitement being confined to one's homes. Be it Diwali or Christmas, there is no denying the essence of joy & cheer in the air. I am sure you all had a wonderful festive season of Diwali & Christmas with family & friends that will cherish the moments spent enjoying with all the latest smart gadgets. Let me thank my wonderful Managing Committee & members for joining the monthly session virtually in large numbers, we are trying our best to give our members the best.

Wishing each one of you A very happy, blessed & safe New Year 2021.

God bless !!!!

Beroze Divecha  
Chairperson

Love,  
Peace,  
Joy



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

## FROM THE EDITOR'S DESK...

*Celebration of Love is Relationship*  
*Celebration of Moments is Happiness*  
*Celebration of Potential is Success*  
*Celebration of Maturity is Peace*  
*Celebration of Rhythm is Music*  
*Celebration of Movement is Dance*  
*Celebration of Life is True Living*

**Mahatria Ra**



Dear All,

Welcome to the new edition of Brain & Brawn.

After staying at home, we have realised the significance of socializing and connecting with people around us. How important it is to celebrate events, major milestones, festivals and life in general which are meant to rejoice special moments and emotions with our loved ones.

With the arrival of festive season, I experienced a sudden change in the new normal world. It dawned to me that Festivals are added, probably to give structure to our social lives and also to connect us with our families and backgrounds. Festivals are an expressive way to celebrate our glorious heritage, culture and traditions. It relieves us from monotony of life and teaches us to create bond of love, an environment of cultural harmony. You would agree when time for festival comes the aura changes and positivity is all around.

Celebration of any kind actually boosts our well being. One of the main reason that celebrations are so important is because, it reflects our attitude of gratitude and enjoying what we have.

Some ways to celebrate our daily wins and life in general are to embrace a new day, find joys in small things, focus on our achievements, look at our inner strength, gift ourselves for the things that we have done well and being grateful for everything we have and would like to have.

Celebrate and Enjoy life!

Best Wishes,  
Assunta Christy

# Celebrate life.







# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

## October Session

## HEALTHY LIVING AND HAPPINESS QUOTIENT

Combining her love for entertainment & attention to detail, Ms. Komal Sagare, has curated her brainchild **Shimmer Glimmer Events** in 2017. A passionate event organizer who accepts every challenge with a smile! An adventurer at heart, loves everything about fitness, healthy living and eating habits, coupled with fun workouts. Komal is also a dedicated volunteer for Art Of Living.

Komal practices Yoga, Zumba, dance & a lot of more fun sessions, hence she calls herself 'Yogic Traveller'. The session on October 24<sup>th</sup> was like an energizer. Members enjoyed the Bollywood dance followed by Pranayama and meditation. In a couple of minutes participants were reinvigorated. Sound sleep, nutritious food and breath are the sources of energy, amongst which breath is not paid much attention too. Komal emphasized on the importance of breath. Very insightful session on how healthy living leads to happiness quotient and how being happy means staying fit!







# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

November 2020 - DIWALI CELEBRATIONS

## RANGOLI & FLORAL COMPETITION WINNERS



JAYA LINGHAM



VEENA BENGALE



RATIKA KHENAT



KALPANA SHETTY







# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

## November 2020 - DIWALI CELEBRATIONS



RATIKA KHENAT  
& FAMILY



TERESA MASCARENHAS  
& FAMILY



SEEMA KUDIYA &  
FAMILY



ANITA MARTYRES  
& FAMILY



UMA NANDEDKAR &  
FAMILY



Besan Ka Halwa Recipe:- First heat ghee in a vessel. Add besan flour and fry on medium heat until brown. Add water and milk, cook till almost absorbed by the besan. Add sugar and cook for 2-3 minutes, add some cardamom powder and mix well. Put it in a flat glass dish. Garnish with some almonds and ready to serve...



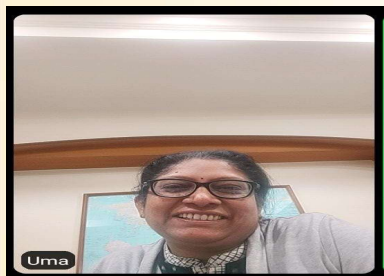


# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

19<sup>th</sup> December 2020 - CHRISTMAS CELEBRATIONS

## TICKLE TO CACKLE - By Hyacinth Arya

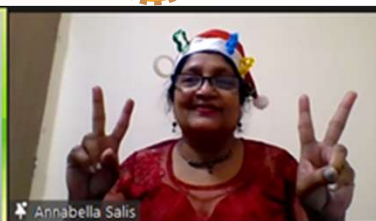


### Head Gear Competition Winners

- 1<sup>st</sup> - Lata Khedkar
- 2<sup>nd</sup> - Lina D'souza
- 3<sup>rd</sup> - Nawaz Vijaykumar

### Consolation Prizes

- 1<sup>st</sup> - Teresa Mascarenhas
- 2<sup>nd</sup> - Nawaz Deshmukh
- 3<sup>rd</sup> - Carol Coelho
- 4<sup>th</sup> - Veena Bengle





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

19<sup>th</sup> December 2020 - CHRISTMAS CELEBRATIONS

## TICKLE TO CACKLE - By Hyacinth Arya

### Quiz Competition Winners

- 1<sup>st</sup> - Teresa Mascarenhas
- 2<sup>nd</sup> - Melanie Silveira
- 3<sup>rd</sup> - Molly D'souza

### Consolation Prizes

- 1<sup>st</sup> - Carol Coelho
- 2<sup>nd</sup> - Nawaz Deshmukh

Christmas is all about joy, cheer, laughter and surprises and our dear Hyacinth filled the session Tickle to Cackle with all of these.

The surprise Christmas jig and carols set the evening tone.

Creative head gear competition and the quiz was enjoyed by all the members.....

It was great to see the enthusiastic participation of the members....

The evening was indeed filled with lots of fun, Cheer and Laughter.

Wishing all a Merry Christmas and a fantastic new year 2021.

### Surprise Christmas Jig







# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

## HOMAGE TO HOMAI MEHTA



Mrs. Homai Mehta, President Emeritus, changed my life completely since I met her way back in 1986 in Mumbai, at the time of SOTYC. She was impressed with Kashmira and me for having gone all the way to Mumbai to participate in SOTYC. After the test, she called us aside and briefed us about NIPS and persuaded us to start a chapter in Pune. I was naïve and timid those days and did not know how to go about it

Then she invited me to attend the All India Convention in Mumbai where I was introduced to the then Chapter Chairs who briefed me how to go about it. Once we agreed to the idea of starting the NIPS chapter in Pune, Homai guided us at every step. She told us that we could start with just 8 or 10 secretaries to begin with. So Kashmira brought a few of her friends and so did I. We all met a few times and discussed the possibility of starting a chapter in Pune.

In the month of April 1987 we inaugurated our chapter at Hotel Blue Diamond with about 15 members. For this inauguration Homai came with a big delegation of members from Mumbai. She was very happy with the arrangements and the guests who came, thus the Pune chapter was born. Later, she advised us to host the All India Convention way back in 1994 which was a grand success. This helped us in enhancing our membership and NIPS starting becoming known to organisations/companies in Pune. Secretaries from these companies started becoming members. We started organising monthly meetings, Admin week and SOTYC, which was appreciated by all.

I owe my career to Homai, who gradually made me confident and bold. I have deepest respect and affection for Homai. It is because of her that I had the privilege of attending 13 ASAs. At all these meetings Homai was always sharing knowledge and encouraging. I was so inspired about how she involved herself in everything whether it was dancing, or enacting on stage and the way she spoke and carried herself. Always smiling, full of life. I started learning a lot from her. Started making friends at National Conventions and ASA. Today I have a huge circle of IASAP friends from all over Asia.

It was very recently on the occasion of Navroze that I sent her my greetings and good wishes to which Homai acknowledged gratefully. This happened to be our last exchange. I am wholly indebted to her for having changed my life and will always miss her.

I convey my deepest condolences to Mr. Homi Mehta, Nilufer - Homai's daughter and to other members of her bereaved family. May her soul rest in peace for eternity.

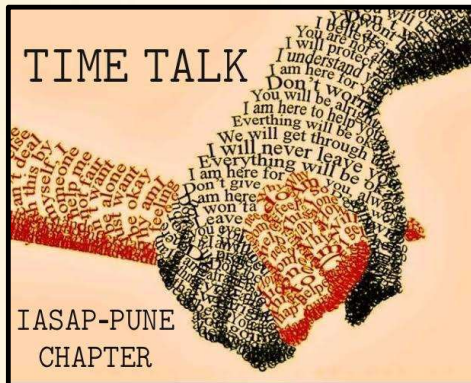
**Message from Geeta Rao, Founder Member and Past Chairperson**





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020



## CONGRATULATIONS TO TIME TALK QUIZ WINNERS

OCTOBER 2020



1<sup>st</sup> - TERESA MASCARENHAS



2<sup>nd</sup> - ARCHANA ARORA

*Congratulations!! These small wins will lead to big wins,  
But for winning you have keep participating. Success & failure are part of  
the game.. Only participation leads to victory....*

**KEEP PARTICIPATING - KEEP WINNING**

## HEARTY CONGRATULATIONS!

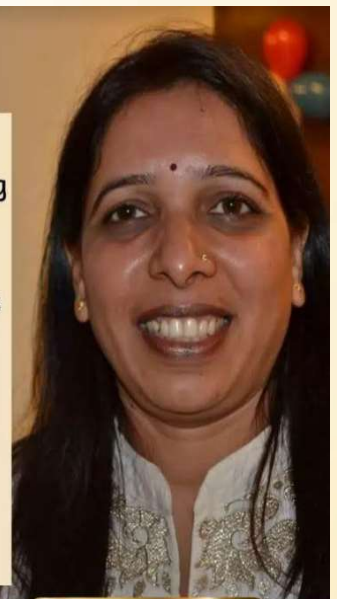
Prapti Deshpande is the Life Member of IASAP Pune Chapter & she has been elected as the Secretary General FY 2020-21 of Poona Hoteliers Association.

Congratulations Prapti for the achievement.  
It is indeed a proud moment for IASAP.

We wish you All the very best!

Prapti Deshpande is working with the Association since it's inception in May 2001. She has more than 30 years of work experience in Secretariat and Administration.

PHA  
POONA HOTELIERS  
ASSOCIATION



Prapti Deshpande  
Secretary General



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

## Sessions arranged by other IASAP Chapters

AHEAD OF  
COMPETITION



- 2<sup>nd</sup> October - West Bengal Chapter conducted online **Financial workshop** by Chanchala Sharma an IIM Calcutta Alumnus and a senior banker. The workshop was all about urging women to become financial independent and develop the ability to take bold yet informed financial decisions.
- 3<sup>rd</sup> October - Delhi Chapter had organised '**A talk by Mr Daksh Sethi**'. Mr. Sethi covered the topic on generation gap and inculcating professionalism in the next generation youngsters. Using soft skills to foster new generation especially millennials to leadership.
- 10<sup>th</sup> October - Bangalore chapter organised a webinar on **P.O.S.H** at the workplace & during work from home conducted by Ms. Jaya, a thought leader and has extensively worked on matters related to prevention of sexual harassment at workplace. The session provided a general guide to the subject matter.
- 17<sup>th</sup> October - Mumbai Headquarters celebrated **Golden Jubilee** Anniversary. Carlton Braganza presented a Musical Tribute in memory of our President Emeritus, Late Homai Mehta. The mega online celebration started with cake cutting, welcome note by the President and release of the Newsletter and a video on 50 years journey of IASAP.
- 24<sup>th</sup> October - Hyderabad Chapter hosted a session on **Inner Peace Outer Dynamism** by Art of Living an online Breath, Meditation and Happiness. The technique surely helps to Boost immunity, remove stress, Improve relationships and live with Joy and purpose.
- 28<sup>th</sup> November - Bangalore Chapter celebrated their 30<sup>th</sup> Anniversary - **WOW 30** an evening of celebrations! Distinguished speakers spoke about Emerging role of Administrative Professional in future / new normal, mentoring, shadowing, Building Resilience, prioritizing the demand of multiple managers while managing multiple roles. The evening concluded with the musical entertainment.
- 29<sup>th</sup> November - Mumbai Headquarters arranged **Master Class cookery session** by Rumya Misquitta to make dips and chicken in wine and lime sauce. The enticing session was followed by cookery contest to win a 2N3D holiday from Club Mahindra.

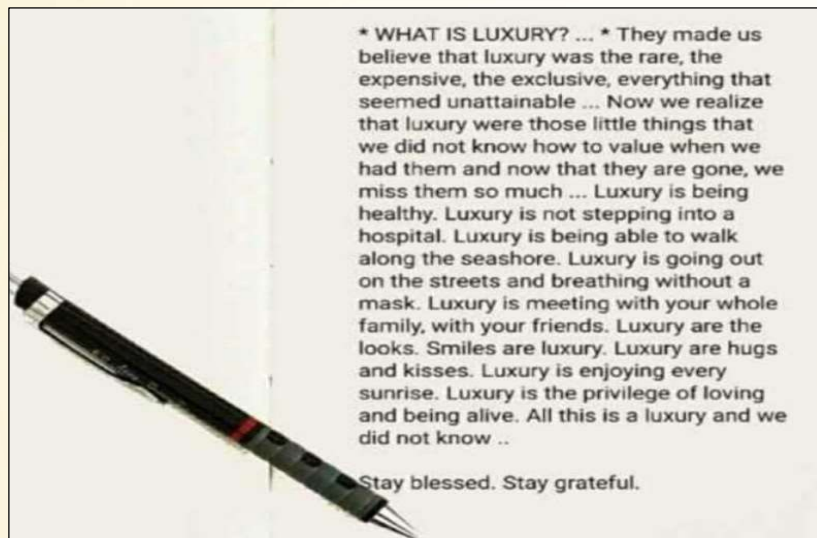




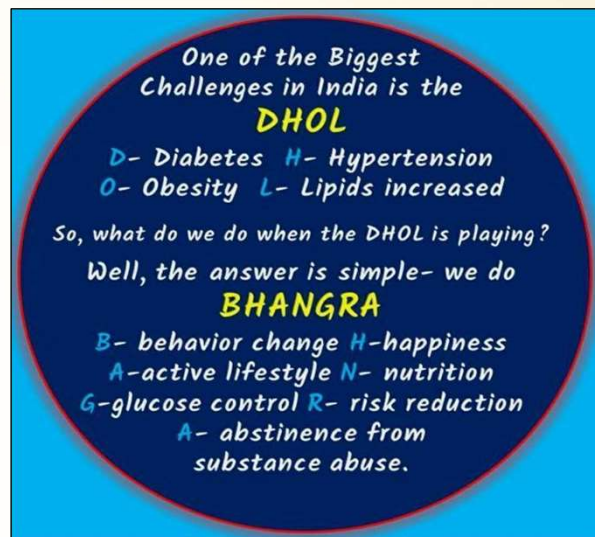


# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020



BY BEROZE DIVECHA



BY LATA KHEDKAR

## LOCKDOWN BENEFITS.....

I was so overwhelmed with all that was transpiring throughout the world. It had and has made many of us wary of ones' existence. This inspired me to write my thoughts and my experiences as a direct conversation with the reader, hoping I could help and in turn motivate another. My book is published on Amazon known as "Common, Yet Uncommon"

[https://www.amazon.in/dp/B08CKWP2XV/ref=cm\\_sw\\_r\\_fa\\_awdo\\_t1\\_THvfFb6VEKWVW](https://www.amazon.in/dp/B08CKWP2XV/ref=cm_sw_r_fa_awdo_t1_THvfFb6VEKWVW)

This book is just not a onetime read. This is a Perfect Ready Reckoner. An effort to bring together - in a single book - life hacks that are extremely interesting and captivating. Inspiring you to achieve your goals. Motivating you at times when you need it the most or when you need that little extra push. Infact many, especially the millennials I know, have come back saying the book has benefited them. Hope you enjoy the read...

Having being passionate about food and having had the opportunity to experience an array of different cuisines, I have set up my YouTube channel "Melany's Kitchen" to share my culinary expertise. I am already dishing out my favourite recipes and would be adding many more interesting ones on My journey through this channel.

Hope you will like and subscribe to my channel to keep your taste buds tingling...and be the first ones to receive new recipes posted by me by hitting that Bell icon. <https://www.youtube.com/channel/UCGQdQdntoPcE4W-YPwE74jA>  
Trust you will enjoy your interaction with food on my channel.

Ciao!!

Melany Carvalho





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020



**What we think, we become.**  
*Buddha*

## After that ....everything changed

Who would not like to be slim, trim, attractive and good looking? We all do, right? It is but human to desire being popular and liked. As women, we are naturally oriented towards looking good which translates into feeling good. Now media makes this more difficult by posting picture perfect images of models and celebrities, of course aided by a crew of professionals, but essentially leaving us aspiring or feeling inadequate of ourselves. The truth however is that each body type is different, and we are all made a certain way. Body Shaming is not uncommon, especially in a digitally connected world...one can quite quickly hear comments such as “how fat is she! A gunny bag of a body covered in clothes, etc” ... how insensitive can someone get? But without realising the harm it can cause to their psyche, some slimmer people pass comments as if they are God’s gift to mankind!! Below is one such attempt at answering my own questions and pouring out my feelings on this subject. A sensitive friend’s comment eased my foggy brain. “Have you ever seen a thin bear” *patla bhalu dekha hai?* ☺ Enjoy and embrace your body as you are. Make an effort to be fit not thin.

Being a working woman who is deeply interested in cooking, reading, singing , dancing, writing. Juggling job, household chores, two kids, finding time for hobbies/interests always take a backseat. After my kids schooling got over. I decided to devote time for something which my husband always complained about - my being “slightly plump” (according to him I am dangerously obese). I joined Zumba class which fulfilled my desire to dance in my mid-forties. Felt good to match step with others in 20’s. I made some great friends. My Zumba mates encouraged me to be more regular and got inspired by my enthusiasm instead. I would be looked at with awe when they realised, I had a son who was 22 years. My energy levels improved further, my joints more mobile, my laughter more -

deeper, my connections much more meaningful, my relations more complete, my experiences enriched others, my counselling soothed peoples frayed nerves. Today after 4 years I feel age is just a number. People around us think differently about us when we hit a certain age, it’s their problem not yours. The day I decided to do things as per my convenience leaving behind everyone’s expectations and surge ahead. “After that.....Everything Changed”. Today I live a life of no regrets. Every moment is energising and each breath full of passion which flows into all my activities.

Beautifully shared by Preeta Venugopal





## January

<i>Kalpana Shetty</i>	<i>1-Jan</i>
<i>Nilima Deshpande</i>	<i>4-Jan</i>
<i>Jaya Lingham</i>	<i>11-Jan</i>
<i>Navaz Kiaz</i>	<i>11-Jan</i>
<i>Jeroo Taraporewala</i>	<i>13-Jan</i>
<i>Clara Jagallo</i>	<i>18-Jan</i>
<i>Manjusha Pillai</i>	<i>18-Jan</i>
<i>Hemlata Aravandekar</i>	<i>19-Jan</i>
<i>Sandra Tehrani</i>	<i>20-Jan</i>
<i>Saroj Sarkale</i>	<i>20-Jan</i>
<i>Shubhangi Patole</i>	<i>21-Jan</i>
<i>Katy Gurjal</i>	<i>23-Jan</i>
<i>Prema Karkj</i>	<i>23-Jan</i>
<i>Radha Nair</i>	<i>23-Jan</i>
<i>Molly D'souza</i>	<i>25-Jan</i>

## February

<i>Binita Dedhia</i>	<i>4-Feb</i>
<i>Thamkam Nair</i>	<i>6-Feb</i>
<i>Maria Romel</i>	<i>19-Feb</i>
<i>Melany Carvalho</i>	<i>20-Feb</i>
<i>Shweta Naik</i>	<i>23-Feb</i>
<i>Swarnalatha Soans</i>	<i>25-Feb</i>
<i>Annabella Salis</i>	<i>26-Feb</i>
<i>Madhuri Solomon</i>	<i>29-Feb</i>

## March

<i>Agnes Raphael</i>	<i>1-Mar</i>
<i>Vidya Israni</i>	<i>1-Mar</i>
<i>Mahrookh Mehta</i>	<i>1-Mar</i>
<i>Prapti Deshpande</i>	<i>1-Mar</i>
<i>Mithoo Wadia</i>	<i>3-Mar</i>
<i>Marina Samuel</i>	<i>3-Mar</i>
<i>Uma Nandedkar</i>	<i>4-Mar</i>
<i>Sarita Virmani</i>	<i>5-Mar</i>
<i>Rhea Shaikh</i>	<i>5-Mar</i>
<i>Bakhtawar Battiwala</i>	<i>6-Mar</i>
<i>Joanna Fernandes</i>	<i>7-Mar</i>
<i>Anita Dixit</i>	<i>8-Mar</i>
<i>Armaity Boocha</i>	<i>10-Mar</i>
<i>Ekta (Renu) Gurnani</i>	<i>17-Mar</i>
<i>Victoria Dias</i>	<i>22-Mar</i>
<i>Pushpa Desai</i>	<i>23-Mar</i>
<i>Zohra Poonawala</i>	<i>24-Mar</i>
<i>Merlyn Woolger</i>	<i>24-Mar</i>
<i>Beatrice Menezes</i>	<i>27-Mar</i>
<i>Surekha Choudhary</i>	<i>29-Mar</i>





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

OCTOBER TO  
DECEMBER  
2020

## FACTS ABOUT LIFE...

*No matter how beautiful/ handsome you are,  
just remember that baboons and gorillas also attract tourists.  
No matter how big and strong you are, you shall not carry yourself to the grave.  
No matter how tall you are, you can never see tomorrow.  
No matter how light skinned you are, you always need a light in the dark,  
No matter how rich and how many cars you have, you will always walk to the toilet.*

**SO TAKE IT EASY, LIFE IS SHORT...**

By Veena Bengale



## WISHING YOU A HOPEFUL 2021

Out with the old,  
in with the new.  
May you be happy the  
whole year through.



# Stay strong Beautiful,

because things will get better,  
it might be **stormy** now,  
but it can't **rain** forever.♥

Send your articles / feedback to  
[Assunta.Christy@gmail.com](mailto:Assunta.Christy@gmail.com)

For regular updates  
Logon: <http://www.iasapindia.com/Pune/>