



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

October  
to  
December  
2022

## 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....

**PASSION**  
**TEAM WORK**  
**SOCIAL SKILLS**



You Manage  
Things  
You Lead  
People

Dear members,

**"Celebrate life. Don't just celebrate festivals! Make a commitment to enjoy every moment, so that your journey becomes a festival of joy"**

On 2<sup>nd</sup> October 2022, we had a good turnout of our members at the Diwali Party organised at Crown Plaza. The highlight of the session was the close interaction with Sakshi and Dnyaneshwari who are the beneficiaries of our BPC project.

The beauty of Indian culture and diversity lies in the heart of festivals. Festivals depict the unique and rich traditions, lifestyle of people in a particular region irrespective of class and gender. It teaches a person how to find happiness in others happiness. Let's celebrate it with simplicity; also keeping up the national integrity and communal harmony.

Season's greetings to all of you. May the beauty of festival fill your home with happiness and may the New Year bring joy, peace and prosperity in your life.

A big thank you to all the wonderful ladies and my Committee who always believe and support me in executing the plans and ideas for the benefit of the Chapter.

Finally, as we soon come to an end of this year, every year marks a new beginning, keep your spirits and determination unshaken and high. We look forward to your participation in large numbers in the monthly sessions as we endeavor to make it interesting, interactive and learning sessions.

God Bless!!!!  
Always there !

Bakhtawar Rumi Battiwalla  
Chairperson

Teamwork  
MAKES  
the  
DREAM  
work





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*FROM THE EDITOR'S DESK.....*



**The best cosmetics in  
Life**

**TRUTH - For Lips**

**SYMPATHY - For Eyes**

**PRAYER - For Voice**

**CHARITY - For Hands**

**SMILE - For Face**

**LOVE - For Heart**

**Use them well and make  
Life Beautiful!**



Dear Friends,

Hope you and your family are well and in pink of health! I am glad to connect with you'll once again through this issue of our Newsletter Brain & Brawn October - December 2022.

**Give Thanks!**

Recently we celebrated the feast of Thanksgiving. It is a day that is set apart to thank God for all the blessings that he has showered upon us. Living a humble, thankful and grateful life opens the doors of heaven for abundant blessings.

Although time seems to fly, it never travels faster than one day at a time, so enjoy each day as it comes with love, joy and gratitude.

Failures, mistakes, rejection. They need to exist so that they can push us to the next level. So don't hate them, thank them.

Giving thanks in every situation or circumstances makes us an overcomer and a winner.

So, dear friends, thanks to you all for being a part of my life through this beautiful association of ours IASAP!

Here's wishing you and your family Merry Christmas and a Happy New Year!

Be Happy, Be Blessed!  
Daisy Dsouza

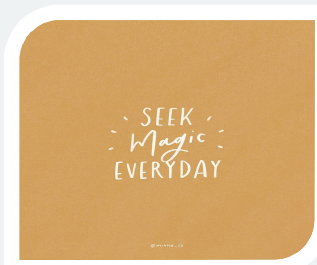




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October 2022  
Magic Show by Ms. Minal Harne



On Sunday, 2<sup>nd</sup> October '22 as the nation celebrated Gandhi Jayanti 153<sup>rd</sup> Birthday of Mahatma Gandhi, we the Pune Chapter Iaspians had an exciting and fun filled evening at Hotel Crown Plaza.

## *Minu's Magic Show*

Our own multi-talented member Ms. Minal Harne performed a magic show and kept our members puzzled and awed by her various magical acts. The special guests of the evening, children of some of our members who accompanied their Moms enjoyed a lot and had a great time that evening. The youngest guest Nishant, son of Sheetal Kore was the happiest as he got his favorite breakfast item Kellogg's Choco cornflakes from one of the magical act performed by Minal.

Kudos to Geeta Rao for her bravery for volunteering to the Sword piercing through the neck magical act. We were all terrified and saying "NO" to Minal when she was piercing the sword through Geeta's neck. Thank God and thanks to Minal that not a scratch could not be seen on Geeta's neck after this dangerous magical act!!!

Thank you Minal for this great and wonderful magic show. We wish you the very best dear and hope you become the World's greatest female magician soon.

Turn  
your  
magic  
on





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October 2022  
Interaction with our BPC Candidates  
Ms. Dnyaneshwari Sonawane  
and Ms. Sakshi Jhangam



Two special guests graced the occasion by their presence that evening, they are none other than our BPC candidates Dnyaneshwari and Sakshi.

Assunta Christy introduced Dnyaneshwari and Preeta Venugopal introduced Sakshi to our members.

Members got to interact with both of them on one-on-one basis. Both the girls were nervous as well as happy and excited to greet and meet so many ladies at a time.

Dnyaneshwari sang a beautiful song and her voice is so beautiful and emotional that every member had a tear in their eyes.

She thanked the members for their generosity towards financing her education and expressed her desire to complete her education and give back to the society by helping the specially abled children at Snehalaya. She also thanked her mentors and care takers at Snehalaya.

Sakshi too became emotional when she thanked the Sunrise Candles owners Mr. Bhavesh Bhatia, his wife Neeta Bhatia, our multi-talented member with a BIG Heart Hyacinth and all the members for their kindness and generosity towards sponsoring her education as she pursues Computer Engineering. A humble and simple youngster with high hopes of getting formally educated and financially supporting her mom and the inmates of Sunrise candles.

Our prayers and blessings to both these young girls in pursuing their dreams. God bless!





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October 2022  
Stalls by Sunrise Candles & Snehalaya Institute

Stalls put up by Sunrise Candles and Snehalaya Institute.

Mrs. Neeta Bhatia was managing the stall of Sunrise Candles. Scented candles of various shapes and sizes were on display.

The members of Snehalaya Institute were managing the stall put up them. Varieties of candles, handmade greeting cards, jewelry, purses and woolen items were displayed.

Members patronized both these stalls as they had good gifting options for Diwali festival.





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October 2022  
Diwali Celebration

It's Dandiya / Garba Time



One and all danced and swayed to the tune of Dandiya/Garba and had a great fun filled evening!

Spot Prize Winners  
Congratulations!!!







# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

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## 50 Golden Years

**INDIAN ASSOCIATION OF SECRETARIES AND  
ADMINISTRATIVE PROFESSIONALS**



**15th October 2022  
Mumbai Headquarters**



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

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October 2022  
Golden Jubilee Celebration

## IASAP, Headquarter - GOLDEN JUBILEE CELEBRATION

50 years in the life of an individual is of significance, but for an Institution, it is a milestone- calling for exponential celebration.

As soon as the Golden Jubilee Celebration circular was sent out by our Chairperson - Bakhtawar Battiwalla, Pune Chapter members were all excited. Almost 30 enthusiast members registered for the event spontaneously. Travel plans were arranged. Our super talented Hyacinth Arya -Past Chairperson, as always made sure Pune Chapter's flag flies high. She single-handedly prepared golden flowers for all to be pinned in hair and also took the trouble of making Sunflower collage with IASAP logo mentioning "50 INDIA". Besides, she created a **meaningful doodle art titled "PA to EA"** which was used as front page of the souvenir, stage backdrop and also printed on gifts comprising of tray, coaster & mug distributed to every participant during the event.

Indian Association of Secretaries and Administrative Professionals (IASAP) celebrated its Golden Jubilee on 15 October 2022 at Hotel Radisson Blu, Mumbai with great pomp and glint in the presence of all its Chapters under the able leadership of President, All-India, Kashmira Gamadia and team.

The event was graced by **Chief Guest**, International Speaker, Coach and Fashion Entrepreneur, **Ms. Gemini Dhar**, who has worked towards empowering women entrepreneurs and teens. This was followed with entertainment from **stand-up comedienne, Kajol Sreenivasan**.

A heart-warming tribute was paid to **Founder and President Emeritus-the Late Mrs. Homai Mehta** via a video where some of our Past Presidents shared the wonderful memories they had with Homai. The glowing tribute made everyone feel the presence of Homai in the hall.

It was a day to reflect and look forward to next 50 years of stature & high standards of excellence. Some of the senior members spoke about the remarkable changes in role of a Professional Secretary & how IASAP had played a significant role in impacting the company they represent.

The evening ended with lots of Lucky dip prizes, Vote of Thanks followed by music, dance & lavish sumptuous dinner.

**50 YEARS & STILL GOING STRONG!** Three cheers for IASAP!!!

Contributed by **Ms. Jasmine Jogi**





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October 2022  
Golden Jubilee Celebration

The Handmade Doodle for IASAP 50  
Years made by our very own

Hyacinth Arya



Golden Jubilee Poem  
Penned by Hyacinth Arya



IASAP is now 50 years old.

With smiles we celebrate our existence in gold.

We stand together with great enthusiasm and pride,

Sharing knowledge across India, though spread out far  
and wide.

While we yearn to learn & get more into our fraternity  
enrolled,

We promise to grow from strength to strength, along  
with changes that unfold.

We do make mistakes and stumble, it is only human,  
Yet behind every successful event is a strong woman.

Like a sunflower we look up to our HQ to gather  
energy,

While we network Globally to create the synergy.



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

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October 2022  
Golden Jubilee Souvenirs



## Chapter Chairpersons at the Golden Jubilee Celebration







# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

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## Golden Jubilee Celebrities







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## Golden Jubilee Celebrities







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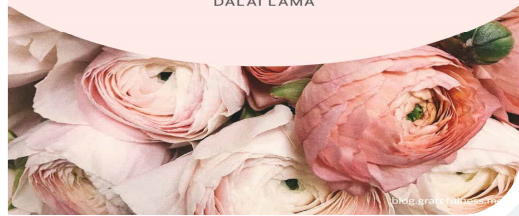
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November 2022  
Visit to SOFOSH - Society of Friends of  
Sassoon Hospital



"If you want others to be happy,  
practice compassion. If you want  
to be happy, practice compassion."

DALAI LAMA



More than 60 IASAP Pune Chapter members came forward with donations in cash and kind towards SOFOSH. On Saturday, 12<sup>th</sup> November, 24 of our members visited SOFOSH to celebrate Children's Day with the tiny tots. The facilitator gave a brief introduction and arranged show around of the facility. The Cheque on behalf of IASAP Pune Chapter and all the kind donations were handed over to the Matron. Members got an opportunity to interact with children aged 2 to 6 years.

The Child Care Centre called **SHREEVATSA** - institute provides shelter, care, educational and medical aid to family deprived children.

Children here are well looked after and provided with healthy and nutritious food. The main aim of SOFOSH is to rehabilitate the children by placing them into adoption.

The interaction with children and the care takers was a humbling experience. I am sure members went back home with satisfaction of time well spent.

"No act of kindness, no matter how small, is ever wasted. "Think of giving not as a duty, but as a privilege".

We thank and appreciate our dear members for your kind generosity and compassion.

A Special Thanks to all our ladies for your huge contribution in cash and kind. God Bless!



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December 2022  
“Stop Look Go”  
By Mr. Suresh Srinivasan



On Saturday, 10<sup>th</sup> December '22, we had an electrifying and energetic session by Mr. Suresh Srinivasan, a world renowned motivational speaker and corporate trainer.

Right from the start to end of the session all the members were in splits of laughter and enjoyed the session to their hearts content as it was full of fun and humor.

Mr. Srinivasan is truly gifted and talented and we are grateful to him for coming all the way from Bangalore to spend an evening with us.

This will be one the most memorable session and we will always cherish the fantastic and super-duper time he spent with us.

Members dressed in Red and Green were looking beautiful and glamorous. They brightened the evening with their vibrant colors and sang Christmas carols and wished each other Merry Christmas and Seasons Greetings.

Oh what a wonderful and joyful evening, an evening we will never forget!





## Learnings from “Stop Look Go”



What is inside only will come out.



You get what you order.



Have a clear goal for enthusiasm & energy





Look behind to be happy.  
Where you were & where you are.



Accept situations on which you have no control on...  
wait patiently (after low tide there is high tide)





Dosa is others & chutney is your  
personal benefit





Life is not a race, it is a journey.  
Enjoy the journey.



You cannot eat more than 450  
grams in a day. Enjoy the food don't  
focus on changing the plate.



You don't know your end date.  
Don't stress.



Be thankful to those made a  
difference in your life.



Honey bee talks positive, fly talks negative.





HE gave it & HE took it back.  
Why are we feeling upset & bad?



Just chill.  
Enjoy whatever you are  
doing with commitment  
& happily.  
98205 80509



Eliminate anxiety, fear by having no  
expectation (which is a result) - "If I  
get OK, if I don't get also OK"



My book available  
on Amazon.



## Khichdi Map of India: Sisters Share 60 Fusion Recipes of This Soul-Satisfying Dish



Ratika Bhargava and Riccha Khetan, founders of the Cauldron Sisters, have published a book of khichdi recipes from across the country. Here's a map of the much-loved dish in its different forms.

Curled up with a warm bowl of rice with lentils seasoned with spices encapsulates the essence of India's most loved dish – *khichdi*. Though the pages of the country's culinary history have been splattered with variations of the dish, they bear traces of feelings of nostalgia and comfort that the dish evokes as soon as the first spoon coats your palate.

*Khichdi* boasts of being [one of the oldest dishes](#) to be cooked in the country, as history says even French traveler Jean-Baptiste Tavernier remarked on his trips to India in the 1600s that this 'peasant's evening meal' prepared with green lentils, rice and *ghee* was very common in the subcontinent.

The name of the dish itself stems from the Sanskrit word '*khiccha*', which translates to a dish prepared with rice and legumes.

What is fascinating is that this meal has still managed to retain a prime spot on the dinner tables of today.

Interesting article on the humble *Khichadi* shared from The Better India website

by *Assunta Christy*



# January

Kalpana Shetty	1/Jan
Nilima Deshpande	4/Jan
Jaya Lingham	11/Jan
Navaz Kiaz	11/Jan
Jeroo Taraporewala	13/Jan
Clara Jagallo	18/Jan
Manjusha Pillai	18/Jan
Hemlata Aravandekar	19/Jan
Sandra Tehrani	20/Jan
Saroj Sarkale	20/Jan
Shubhangi Patole	21/Jan
Katy Gurjal	23/Jan
Prema Karki	23/Jan
Radha Nair	23/Jan
Molly D'souza	25/Jan
Parna Banerjee	31/Jan

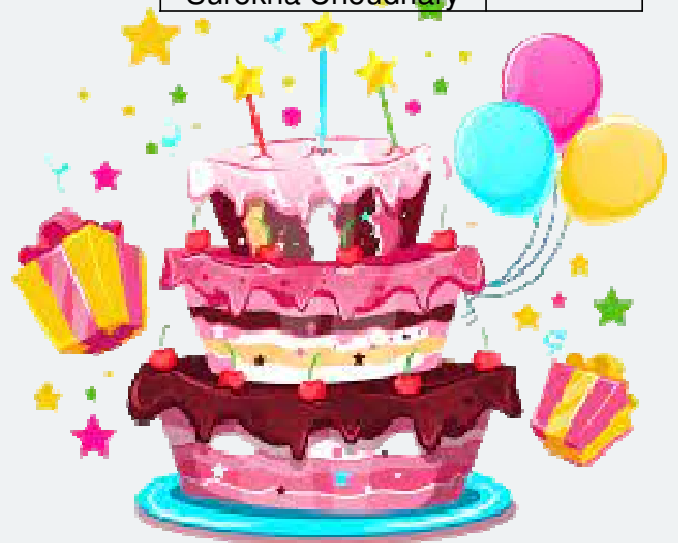
# February

Rachael Pereira	1/Feb
Binita Dedhia	4/Feb
Thamkam Nair	6/Feb
Maria Romel	19/Feb
Melany Carvalho	20/Feb
Shweta Naik	23/Feb
Swarnalatha Soans	25/Feb
Annabella Salis	26/Feb
Madhuri Solomon	29/Feb



# March

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







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MERRY  
*Christmas*

HAPPY NEW YEAR