

October to December 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....





Dear members,

"Climb the mountain so you can see the world, not so the world can see you." — David McCullough

As we are coming to the end of 2023 & going to usher in the New Year 2024, I wish all my dear Friends and their Family a very Happy, Joyous & Prosperous 12 months ahead!

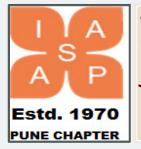
2023 year brought exciting challenges which were successfully concluded by the Managing Team. We are so thankful to each & every one of them. Also, a very BIG THANK YOU to all my dear members for your encouragement, support, suggestions and Best Wishes which helped us do better and better every month.

Looking forward for more exciting events with more zeal and enthusiasm. May this year bring new happiness, new goals, new achievements, and a lot of new inspirations to all of you.

Always there!

Best Wishes,

Bakhtawar Rumi Battiwalla



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



Dear Friends!

Dream to Destiny!

We have all had dreams some time or the other in our life and many of us may have seen it come true.

Dreams originate within us, with our personal agendas and finite imaginations. Destiny originates with something bigger, grander than all that, call it the God's blessings, Lucky stars, Karma or Fate.

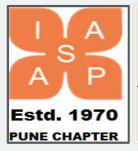
We need to ponder deeper in our thoughts daily and find out that one particular spectacular hidden power within us that will show the path leading to our ultimate destiny as we are the masters of our own destiny.

Life is one big roller coaster travel with ups and downs, twists and turns. After we finish our travel here on this earth with varied destinies, we are all destined to return home and be united with our creator. While we enjoy the travel, let's always remember our true and final destiny and live our lives so grandly that we will have a grandeur welcome like a princess entering her King Father's palace.

May the new year bring new hope and fill our lives with lots of love, joy, peace, good health, success and prosperity in abundance overflowing into the lives of our near and dear ones!

Happy New Year!

Tons of Love, Daisy Dsouza



### October to December 2023

### October 2023 IASAP Pune Fiesta Time & Dassera Celebration





IASAP Pune Fiesta Time

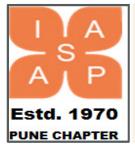
Pune Iasapians enjoyed a fun filled evening on 29<sup>th</sup> October 2023.

Our Vice Chairperson, Ms. Monica Dsouza shared her views on participating in the ASA Congress and National Conventions. She encouraged the members to attend in large numbers as it gives us an opportunity to not only connect with our national and international counterparts but also helps us to enhance ourselves personally as well as professionally.

She also informed the members about the success story of our BPC candidate Sakshi who has completed her graduation and is working with a reputed organization.

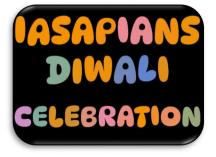
Our pretty danseuse Preeta Venugopal too shared her views on ASA Congress. Life is a journey. During our journey of life, we all have to pass through many emotions and many results of karma both good and bad. Emotions and desires, such as lust, greed, delusion, envy can lead to many mischievous events in our lives. Life in Buddhist description composed of merit and sin, good and bad, all of which giving different results in life experiences and circumstances. The Buddha taught us that what you sow you will receive such a result. Do good, get good. Do bad, get bad. This world and the next world are real and really do exist. Heaven and hell are real and they really do exist. Sin and merit are real and really do exist.

Learning to cooperate mind and body by Lynn Harvard. She spoke about her journey on how she evolved into everything that she is today. She touched upon various subjects which help us evolve and become better version of ourselves. She dealt into self-reflection, embracing accountability, accessing pros and cons of various situations, seeking different perspectives, how to overcome fear, urge each one of us to set intention every morning and embark on a successful journey and learning from mistakes. To take action on tasks is very important than letting it remain in our head.



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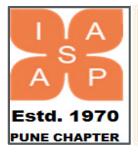








Members had a gala time swirling and dancing to garba music. Some were lucky to get prizes for best costume, best dandiya and best dancer. What an awesome and fun filled evening!



October to December 2023

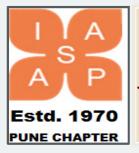




Members shopped till their bags dropped at the stalls put up by Snehalaya Institute, Buddy Centre, Aas Foods and Ayushi Nandedkar. Creative and beautiful Diwali gifts, hampers, candles and diyas and organic food items were up for sale.







October to December 2023

November 2023 Thoughts, Feelings & Emotions - By Farida Khan, Certified Life Coach







Always end the day with a positive thought. No matter how hard today was, tomorrow is full of possibilities.

On 18<sup>th</sup> November 2023 we had an interesting and mindful session on Thoughts, Feelings & Emotions by Ms. Farida Khan. Farida is a Master NLP Life Coach who has transformed herself from mess to message and pain to purpose.

She encourages women to live a happy, positive and mindful life. She is the author of the Book "The Ultimate Mindfulness Formula"

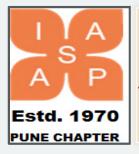
God has blessed us with a Healthy Mind and a Healthy Body. We have to take charge of our thoughts as these leads to feelings and emotions. Good, positive and happy thoughts will keep our body healthy and beautiful whereas bad, negative and unhappy thoughts sickens our body resulting in various illness and disease. Our mind is like a garden, and we are responsible whether we grow cactus or roses in it.

During any challenging situations/circumstances, always ask better questions viz. Why did this happen to me? What has this taught me? You got to accept the challenge and rise to shine above it. As we do house cleaning on a daily basis, so also we need to do mind cleaning every day. Any bad or negative thought, nip it at the bud and throw it in the dust bin. Train your mind to focus on the positive and beautiful thoughts.

Some Takeaways:

- Flip the Mindset from Negative to Positive
- Focus on beautiful and happy thoughts
- Have an attitude of gratitude
- Be a responsible Gardener of your mind and grow beautiful roses
- Love Yourself, Love Life (Love You Zindagi)

#### Thanks a ton Effie for introducing Farida to our IASAP Pune!



### October to December 2023











Health is not only about what we are eating, it is also about what we are thinking, saying and doing.





Rivers never go reverse. So try to live like a river. Forget your past and focus on your future. Always be positive!

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Ms. Rosy Dias, a postgraduate in Arts & Semantics. Currently a teacher at Mahindra International School in an academic leadership position. A very interesting and interactive session by Ms. Dias on Harmony in Diversity.

We need to move beyond the optical diversity, viz. Racial diversity, Gender diversity and Ethnic diversity towards Diversity of Thought. Diversity is strength and we need to work with our inner self to celebrate the difference in everyone.

We have to free ourselves from Unconscious Bias, which we don't do it intentionally, but we do it. It was indeed a fun filled learning session with video clippings and game known as Human Housie which we played for the first time and some lucky members won prizes too.

| We need to be aware                              |
|--|
| If we don't observe, we will lose something      |
| It is the mind that matters                      |
| Action it  |
| We need to have a go getter's attitude and do it |
|  |

#### **Christmas Celebration**

All the beautiful ladies were looking glamorous in their red and white attire. And the Santa caps worn by all added to the festive mood. Soon the room was filled with sweet and melodious carols as one and all joined in the singing and It seemed just like Christmas eve.

Members then greeted and wished Merry Christmas to each other. We then enjoyed the tasty and delicious high tea and bid goodbye.

May your heart and home be filled with the love, joy and peace of Christmas!















Congratulations dear Bakhtu on your significant milestone achievement of completing 25 years (silver jubilee) at Thermax



With Pheroze & Meher Pudumjee and Pravin Karve





With Lea Pudumjee & Anu Aga

Our Chairperson, Mrs. Bakhtawar Battiwala was felicitated by the Management of Thermax Ltd. for completing 25 years of service. She was appreciated and honored for her dedication, passion and loyalty.

Great going Bakthu, may God bless you abundantly. You are a valuable member of our IASAP Pune Chapter and a fantastic leader!

Wishing you more success and prosperity in the years to come!



"The feeling of oneness where the road leads to empowerment, the ability to believe and have confidence in work, where change is inevitable and growth is intentional in an environment of faith and freedom --- is THERMAX."

24<sup>th</sup> October 2023 was a special day for me, as I celebrated my 25<sup>th</sup> Year in office. It is rightly said that it doesn't matter where you go in life, but what matters the most is whom you have beside you all the way. These 25 years can be defined as a happy and best memories of my life, new friendship and relationships. It was indeed very surprising on reaching such an impressive career milestone.

I joined Thermax way back in October 1996. I cannot forget my initial days in the organisation. My seniors were very supportive. They were of immense inspiration to me and helped me grow professionally. Starting as an Executive to successfully evolving into the role of Assistant Manager in Administration department kept me going. My journey inspired me to do many things. Be it work, taking part in sports activity, office events, contributions to Thermax Cricket Committee, Women's day event, taking part in Pune and Mumbai Marathons and going out of way to help and support people.

I was lucky enough to work with people who encouraged me and helped me sail through tough times. This company has given me more than what I had expected. I take pride to celebrate this milestone in this wonderful organisation.

It's a matter of incredible pride to see Thermax developing, grasping great value system and accomplishing more than what we have ever thought of.

I would like to thank everyone for being supportive in every step of the way right from the beginning when I joined this lovely organisation. Constant support and blessings have made this journey possible.

As we all took time to express gratitude and to celebrate these fantastic 25 years gone by, let's turn eagerly to the years that lie ahead.

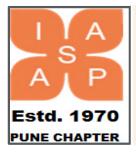
Thanking you!

JNE CHAPTER

Always there!

Bakhtawar Battiwalla





## October to December 2023



# Chai Pe Charcha

At IASAP, each session is full of learnings and take aways. Our eminent speakers do take time out to plan and conduct the sessions. Speakers have also shared that they do feel energized to be connected with the IASAP family.

Our own members too are so inspiring. Met Beroze Divecha at the past session the *ghup-shup* with a cup of tea was so inspiring. Rather than keeping it to myself thought of sharing with all the members.

"With immense pride & happiness, I would like to share that I have been promoted as Deputy General Manager - Finance in my esteemed Organization -Arwade Infrastructure Ltd., with whom I have a cherishing association for past 27 years.

When I look back as the 1st lady to join those days in a startup Company -Tectonic Steel & later formation of Arwade Infrastructure Limited, I wish to express my sincere & heartfelt gratitude to IASAP - (Indian Association of Secretaries & Administrative Professional), for giving me the unique platform to serve on the committee for many years, which helped me progress in my current organization.

When I joined the Association and started working on the Committee under the leadership of Ex- Chairperson & Founder of IASAP Pune Chapter, Geeta Rao who reposed complete faith & trust in me, which not only motivated me to contribute to the best of my abilities with specialized learning but also gave a feeling of IASAP is like my family. My journey with the Association was remarkable serving as Hon. Treasurer, then Vice-Chairperson & finally, Chairperson with wholehearted support from my Ex-Chairpersons



Kanta Ahuja, Lata Khedkar, Jasmine Jogi & Uma Nandedkar, who were mentors & immensely supportive.

The Association enabled learning, which I implemented in day-to-day operations, helped me build my confidence with success & transformed me to the next level that helped me develop networking, interpersonal skills & finally made me a good understanding human being. It is like 'Dream come true' experience for me, since I feel the journey of mine with the Association is like a journey from caterpillar to butterfly.

Transformed as I feel today, through rich exposure & support from IASAP, I assure to contribute more handsomely to the growth of our finest Association, both in terms of volumes & values, in times to come. Not to forget, with deep sense of gratitude I take the opportunity to thank all my Senior Members and earlier Committee Members, who gave me immense support, love and respect without which my journey to this destination would have not been possible. Thank you for everything & best wishes to all of you & families, filled with good health, happiness & success.

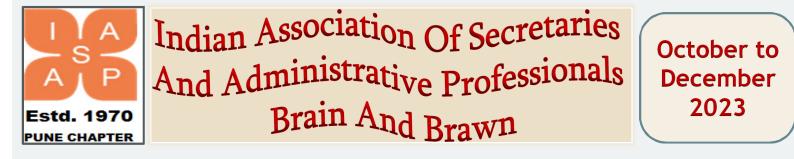
Wishing You All A Very Happy & Prosperous New Year 2024. God Bless !!!!!

#### Beroze Divecha Immediate Past Chairperson

Thank you Beroze for sharing your story. Your journey from Caterpillar to Butterfly... is truly inspiring. Wishing you good luck in all your endeavours!

Best Wishes, Assunta Christy





IASAP Pune Chapter extends a warm welcome to Sandra Mascarenhas



All the Best Sandra Looking forward to your participation in all our sessions



My strong beliefs in simplicity, commitment and honesty over the years have led me to be the person I am today. Began my career at a tender age of 20, a fresher just out of college and so to say in the age of typewriters where computers seemed to be the intellect's baby, my journey has been of great learnings and growth. Today I am proud to continue working for Atlas Copco over 32 years with my close colleagues Malathi Iyer and Dahlia Lobo who have always been an inspiration, also a part of IASAP. I began as a stenographer in Purchase and went up to report to the Managing Director as his Executive Assistant. With all these years of learning, I feel immensely blessed. On the personal front, I have been blessed with a beautiful family and two lovely daughters. I am passionate about my fashion designing skills which I dream to fulfil in the near future. I am grateful to Effie Castellino, my family and friend who introduced me to IASAP and am equally eager to grow, learn, enjoy and have fun.





#### IASAP Pune Chapter extends a warm welcome to Dahlia Lobo





Best wishes Dahlia Looking forward to your participation in all our sessions

For the past 27 years, Dahlia has been an invaluable part of Atlas Copco (India) Pvt. Ltd. Her role as an Executive Assistant extends beyond mere support; she plays a pivotal role in aiding the VP of Operations and the General Managers of the Dapodi and Chakan plants. Beyond her professional dedication, Dahlia's passions for embroidery and cooking are evident. Her expertise doesn't stop there - she's also been an inspiration to her daughters. Drawing from her love for cooking, they've established 'Sublime Delicacies,' a thriving home business specializing in crafting delectable cakes, pastries, and authentic Goan sweets. Dahlia's influence and talents continue to ripple through both her professional career and her family's entrepreneurial ventures.



### A Safari Adventure

Jambo Kenya! This September, I had the chance to visit this breathtaking country with my family and friends. Our journey began in Naivasha, where the rain played spoilsport and we had to stay in all day! The next day, we more than made up for it by meeting pelicans, eagles, superb starlings, and other colorful birds on a boat safari. The highlight of our stay here was walking around with herbivores and clicking selfies with them at Crescent Island, home to zebras and giraffes galore.

A bumpy drive later, we were in Lake Nakuru National Park. After a sumptuous meal, we set off for an evening safari on which we were able to see a lioness playing with her cubs.

We then spent four nights in the Masai Mara, one of Kenya's most famous game reserves. Seeing the animals in the wild was the experience of a lifetime. Some of the highlights were: a cheetah successfully hunting down an impala, watching hordes of wildebeest and zebras crossing the Mara river, and being surrounded by a herd of elephants. Leopards are known to be shy and elusive animals, but we were lucky enough to spot them four times during our visit! It was fascinating to see how our guide expertly navigated the rough terrain of the Mara and led us to wonderful sights such as a pride of lions resting in the grass. And herds of elephants were seen eating grass and leaves from trees and baby elephants playing with siblings. It was naturally a beautiful sight. We also witnessed a pack of hyenas attacking a zebra etc.

Last but definitely not least, the hospitality of our hosts cannot be forgotten. They were incredibly friendly, welcoming, and eager to share these extraordinary landscapes with us.

After seven exciting days in the wild, we packed our suitcases with plenty of souvenirs and memories and headed back to India, glad to have ticked this thrilling adventure off our bucket lists.

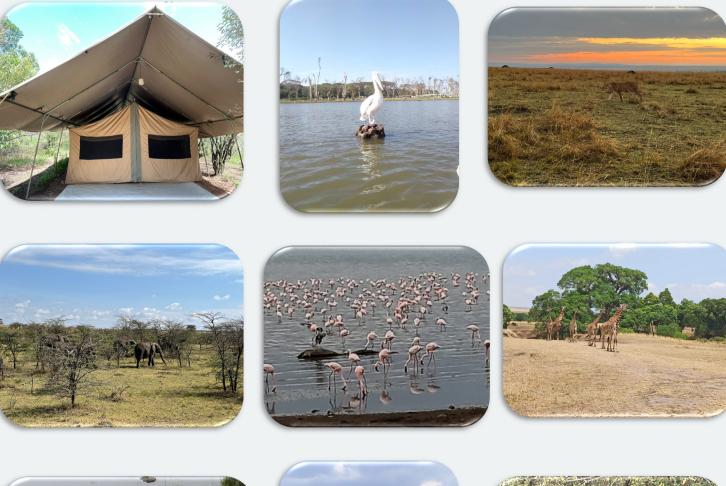
#### Shared by Geeta Rao







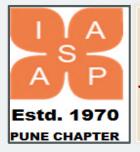
For all of us who could not accompany Geeta to Kenya, Enjoy the Safari here...











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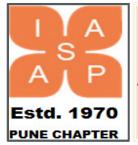












#### From the archives - Brain and Brawn

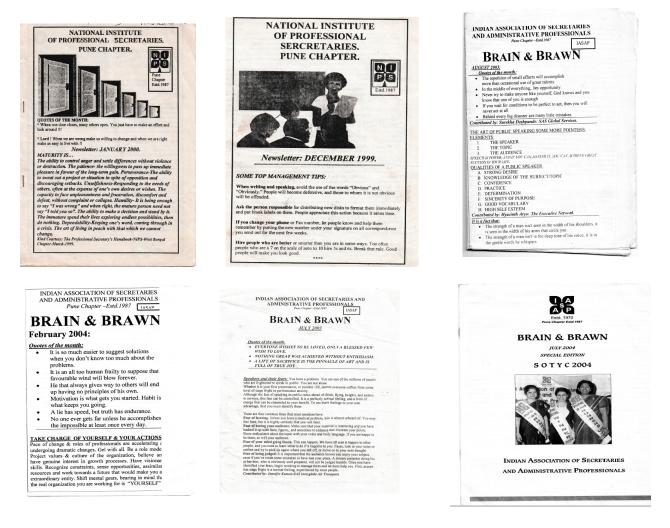
The IASAP Pune Chapter newsletter has been in existence to keep our members updated and connected.

Initially newsletters were printed and sent by Post. "Can you imagine the efforts taken to ensure the delivery of each newsletter with precise postal addresses".

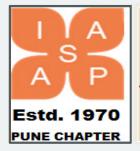
The name of our Newsletter "Brain and Brawn" was coined by the then Committee Members along with Past Chairperson Hyacinth Arya. Brain is our IQ (Intelligent Quotient) and Brawn is strength to take things forward.

With digitalization email took over Postal services and now we have the pdf version 😊

Enjoy reading and share your articles, stories to make the newsletter interesting and enriching.....

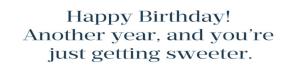


Thank you Victoria Dias for sharing from the archives!



### October to December 2023









| Kalpana Shetty      | 1/Jan  |
|---------------------|--------|
| Nilima Deshpande    | 4/Jan  |
| Jaya Lingham        | 11/Jan |
| Navaz Kiaz          | 11/Jan |
| Jeroo Taraporewala  | 13/Jan |
| Sandra D'souza      | 15/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 |
| Sandra Mascarenhas  | 24/Jan |
| Molly D'souza       | 25/Jan |
| Parna Banerjee      | 31/Jan |



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





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