



Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

July to
September
2021

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

PREETA VENUGOPAL
9922933387

IMM. PAST CHAIRPERSON
UMA NANDEDKAR
9922950140

FROM THE CHAIRPERSON'S DESK....



Hi Friends,

As expected, and as had been predicted earlier by healthcare professionals that there will third wave of Covid-19, there has been a constant surge in the number of cases testing positive for the Coronavirus, calling for that many more appointments with the doctor. With coming October marking a change in season, there will be a greater number of people falling prey to the usual flu & other lesser maladies. Therefore, friends, do continue to stay safe and continue practicing the mandatory precautions to ensure October goes Doctor-free.

The one thing that can boost our overall health is staying happy & doing fun things and speaking of fun, Team IASAP applauds all our talented performers who participated during Independence Day celebration & the quiz contest.

With Board results out, we have excited Mothers sharing the academic successes of their talented and hard-working young children. My Committee & I congratulate the efforts and hard work put in by these students who are well on their way to securing a successful future and a meaningful life. All the very best to dear children.

Keep smiling....stay healthy! God bless!
Beroze Divecha
Chairperson



FROM THE EDITOR'S DESK.....

Dear All,

“Acknowledging the good that you already have in your life is the foundation for all abundance” Eckhart Tolle.

Most of the times we take things for granted and we focus more on what is not there in our lives and more than often complain about what is not working in our lives. The Law of attraction is neutral. If we are in a vibration of complaint and lack, that is what we get more into our lives.

It is scientifically proven that GRATITUDE is one of the highest vibrations in the universe. When we count our blessings and are grateful for what we already have in our life, we automatically get into one of the highest vibrations. The Law of attraction then attracts more goodness into our lives for which we are more grateful.

When we are consistently grateful, you will be amazed to witness a huge shift in the quality of your life - better health, happier relationships, and more abundance.

With gratitude to my mentors and friends, I am happy to bring forth the quarterly newsletter “Brain and Brawn”.

Happy Reading !
Assunta



“Gratitude helps you to grow and expand;
gratitude brings joy and laughter into your
life and into the lives of all those around you.”

– Eileen Caddy





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July to
September
2021

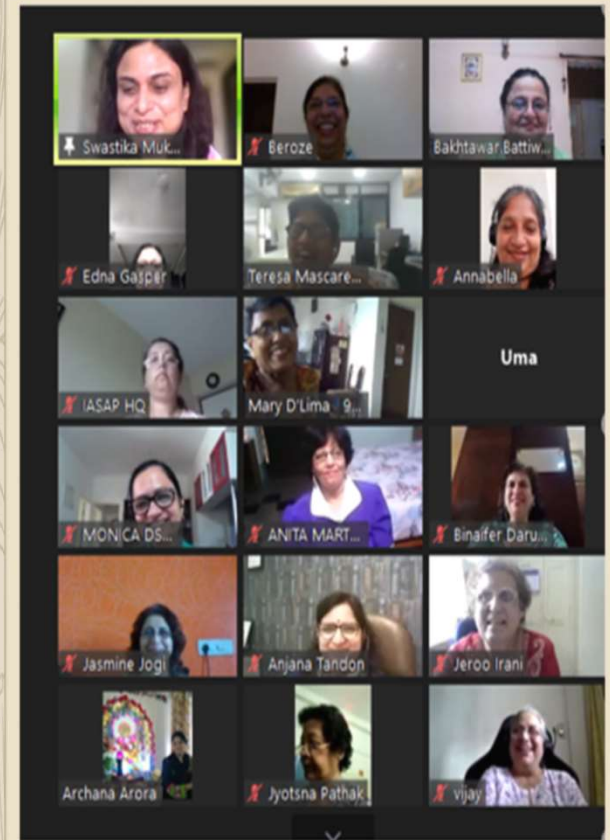
July 2021

On 24th July 2021, Swastika Mukherjee, with her 16 years of experience on critical aspects of Business through Marketing Research and Communications took us through “Challenges and Opportunities for Women in the New Normal”.

Swastika Mukherjee shared her thoughts on working through challenges which requires apprehension, adapting, adjusting & introspection /reflection.

On way forward, she believed in pursuing passion, learning the art of prioritisation, emphasize on remote working by enhancing digital skills, becoming entrepreneurs and pursuing the field of Wellness. She also urged in becoming more habituated to constant and never-ending self improvement. She quoted Mrs. Anu Aga (Social Worker and Businesswoman) that pain is inevitable, suffering can be controlled if one starts accepting it.

Swastika, shared her experiences during COVID induced lockdown about new learnings, change in job, spending time with family etc. Many of us are facing such insecurities, at some point of time, but there is hope if we learn to better deal with uncontrollable circumstances and an uncontrollable future.





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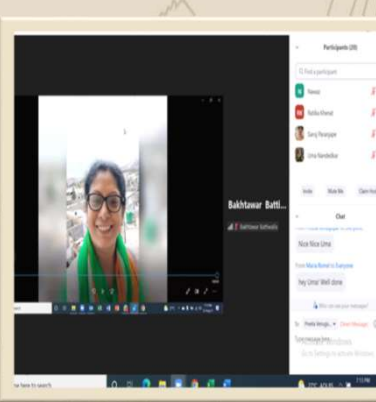
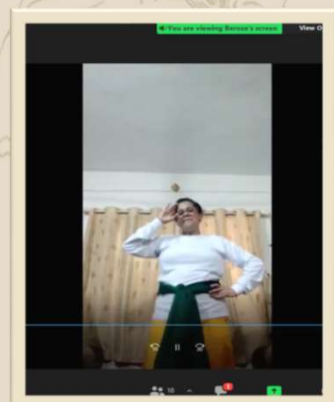
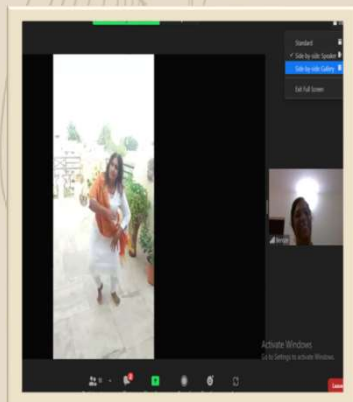
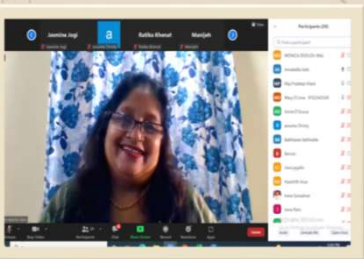
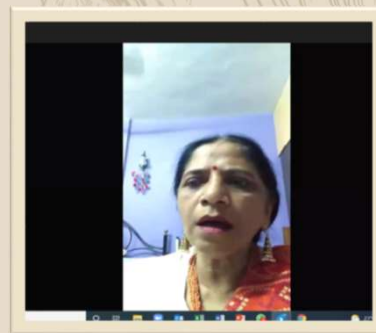
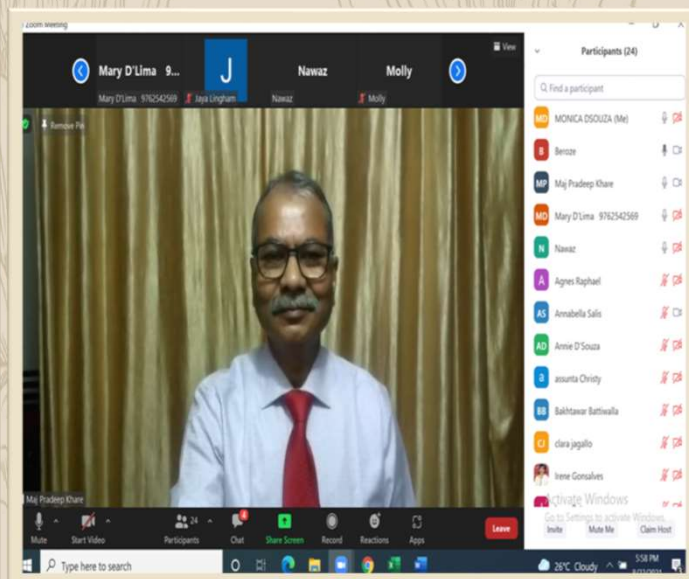
July to
September
2021

August 2021

On 22nd August 2021, Major Pradeep Khare, a veteran of the India Army, TEDx Speaker, a motivational blogger, a columnist, author of motivational books, YouTuber, Toastmaster and a Keynote speaker shared a very simple yet meaningful session on “Living a Life of Purpose”.

Major Khare basically explained the difference between Sympathy, Empathy and Apathy. He narrated short stories to convey how to live life to the fullest or merely exist. Choice is ours to decide what's important to us, take responsibility, show love, care and be kind to people around us, keep an open mind, follow your passion. To truly live life means that you really experience it, enjoy it and never take it for granted.

Dance and singing videos performed by our very own members were showcased during the session as we take pride in celebrating India's 75th Independence. Indeed “IASAP Pune - GOT TALENT”. A big round of applause to our dear member Veena Benge, Jaya Lingham and Anita Martyres for their participation & lovely performance.





Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

July to
September
2021

SEPTEMBER 2021

19th September IASAP Pune chapter organised a tribute in memory of our President Emeritus, Homai Mehta - A leader and visionary par excellence. While God will give her His choicest place in Heaven, we pray for her soul to rest in everlasting peace.

Our speaker for the month Ms. Vandanaa Neginhal introduced the Psycho-Geometrics shapes and methodology. Ms. Neginhal has 27 years of rich work experience largely at senior management level. She is a Co-founder and Chief Facilitator of MIND Spa (India) since 2007.

Ms. Neginhal made the intricate topic very simple, by explaining the qualities of a box, triangle rectangle or circle we tend to understand ourselves better. It shows of our personalities, attitudes, education and experiences, as well as the ways in which our individual brains function. How to communicate effectively and leading to ease in our relationships.

Psycho Geometrics is about understanding the variety of traits in shapes,
CHANGE Rectangle - discovery direction attention support- support mentoring freedom to try many options

The SQUARE: This shape encompasses Values and Orderliness, Their greater priority is Objectivity and Certainty. They respect Security, Accuracy and Deep Persistence,

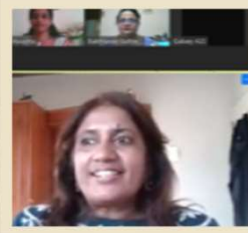
The TRIANGLE: These personalities need Rules with Full Autonomy, They enjoy - Success, Power and Status Authenticity. They use Visibility and Credits for Achieving Authority,

The CIRCLE This shape signifies deep Love and Harmony, They Emotionally Connect with the Trustworthy, A Caring lot who Interact and Serve with Intimacy

The SQUIGGLE The Squiggles are full of Eagerness and ready to take any test, Encompassed in Excitement and Adventure; they are at their best, They Create and Explore a Freeway to Destinations- they can never rest.

The RECTANGLE This is indeed a tunnel and a Passing Phase, Adapts to Mentoring or Support- as maybe the case, Discovers, takes Directions and Accepts a Change of base.

Compiled by Hyacinth Arya





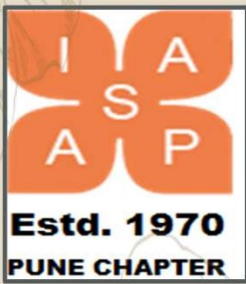
Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

July to
September
2021

Virtual Session arranged by other IASAP Chapters

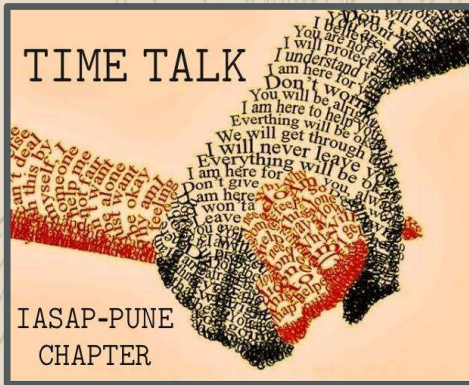
- ❑ 10th July 2021 - Mumbai Headquarters arranged a Yoga session with Ms. Shilpa Talavadekar, wherein we learnt the **Benefits of Yoga** to have better flexibility, improve posture, maintain focus, increase energy, confidence, creativity, reduce stress and develop immunity.
- ❑ 18th July 2021 - West Bengal Chapter invited Brenda Mendes for a session on **Communicate with Confidence and Compassion**. Drop perfection, listen first, collaborate and communicate effectively and compassionately at workplace hierarchy and across the cultural spectrum.
- ❑ 7th August 2021 - Hyderabad Chapter arranged a webinar on an interesting topic "Shattering stereotypes - Making a mark in gendered workplace opportunities and learnings of a police officer", by Smt. Shikha Goel IPS-Additional Commissioner of Police Crimes & SIT, Hyderabad City.
- ❑ 7th August 2021 - Delhi Chapter arranged a very interesting session on Living a life of Purpose by Major Pradeep Khare. An interactive, simple and a meaningful session. Pune Chapter had the privilege to hear him again.
- ❑ 7th August 2021 - West Bengal Chapter conducted an online Baking session by Natasha Rodricks Naidu Baking session. The heavenly aroma of something sweet in the oven can actually ease stress and enhance mindfulness was concluded by a recent study. So, learn the art of baking.
- ❑ 28th August 2021 - Mumbai Chapter session by Adrain Rosario on Managing People and work in a Hybrid Work Environment. The future of work will center around how people adapt and connect with secure and smart technology. This model has improved employee productivity, real estate cost savings and workplace satisfaction.
- ❑ 28th August 2021 - Tamil Nadu Chapter arranged a session on "Can we develop our PERSONALITY"? By Ms. Evangeline Rajasekar, Learning Facilitator, Behavior, Communication, Soft skill Training Mentoring and Coaching and ETLIS Certified Counselor for Vellore Institute of Technology. Developing the personality can have a lot of positive effect on your life and career.
- ❑ 29th August 2021 - Delhi Chapter had a virtual Janmashtami Celebration. Following the social distancing guidelines every human aspect including celebration of festivals have gone virtual. Members enjoyed the celebration with brimming enthusiasm and wholehearted participation.
- ❑ 15th September 2021 - Commemoration service in memory of late Mrs Homai Mehta was organised by Mumbai Headquarters. IASAP has reached the pinnacle of its glory with her vision and tireless effort. Homai was always available on the wings to support, encourage, guide, mentor and inspire every newcomer to the Association. We pray for her soul to rest in eternal peace.
- ❑ 18th September 2021 - Delhi Chapter invited Ms. Asma Aziz for a session on Theta healing. This healing technique is used around the world to heal physical pain, release emotional trauma, break negative beliefs and patters.





Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

July to
September
2021



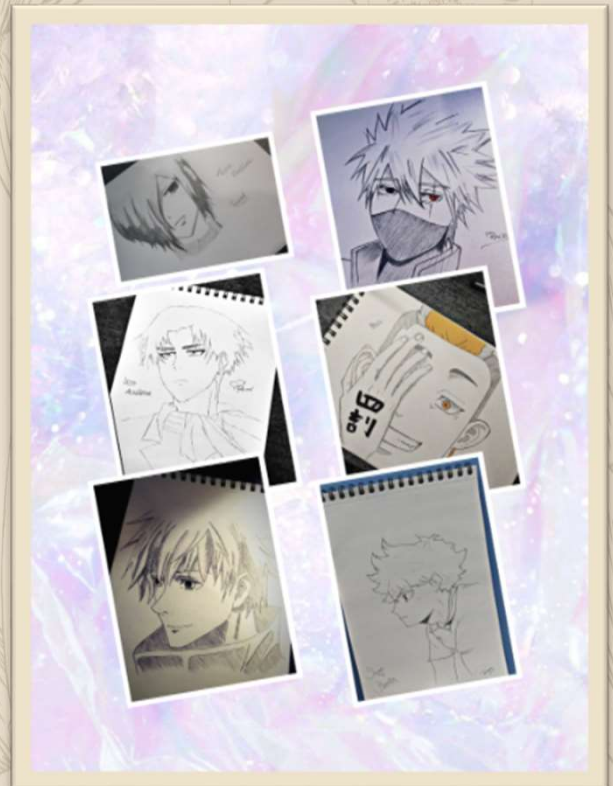
IASAP - Pune's first INFORMAL Interactive Group "TIME TALK"- Totally Innovative Motivating Exchanges. This group is exclusively for all IASAP PUNE members on WhatsApp. This group is an official group of IASAP, incorporated to allow members to chat, greet, post general jokes, messages, news or information worth improving our profession. Ladies, do enjoy the forum, share your innovative thoughts and stay connected..

BEST PRACTICES CONTEST (BPC)

The Objective of BEST PRACTICES CONTEST (BPC) is to focus on help/initiatives extended to needy women or the girl child for their betterment/empowerment. This initiative not only keeps us in line with contemporary initiatives, but it also aligns with the vision, mission and aims of IASAP India and the ASA. This is also a new challenge for us to renew our initiatives, perspectives and approach towards social service at IASAP - Pune Chapter.

We request all our members to support this initiative wholeheartedly.

Charity is the act of your power.
Charity is the life of kindness
Create a better future
Creating a brighter future
Creating a brighter tomorrow
Donate, a child needs your hope
This is the time to give empowering youth for a bright future.
Enjoy the act of charity. Every good act counts.



Anime Sketches by
Pranav Khedkar
Son of Lata Khedkar

**TIME TALK Quiz
Winner
August 2021**

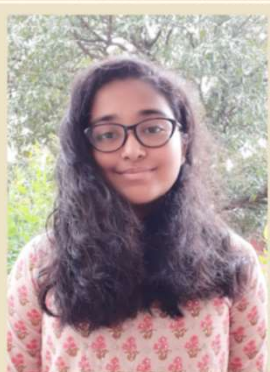


**TERESA
MASCARENHAS**



Congratulations!

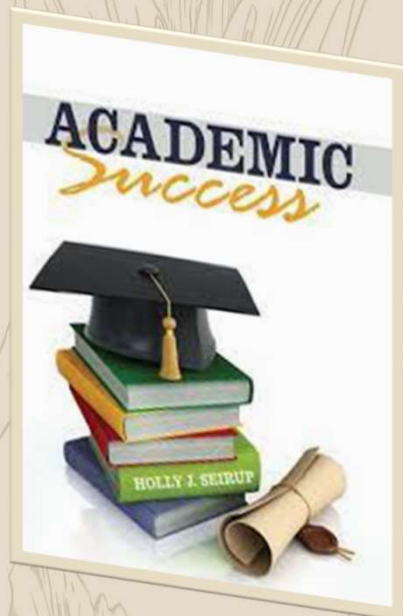
Keep believing in yourself and work hard;
more achievements are yet to come!
Your success is well deserved!



Paalavi Mahendra Dalvi

Daughter of Vrishali Dalvi

From St Felix School scored 94.2% in class 10th Paalavi a soft spoken and hardworking ready to accept new challenges.



Shubhaam Sanjay Khenat

Son of Ratika Khenat

Completed his "Master of Business Administration and Engineering M.B.A. and Eng." from Hof University, Germany in March'2021 with good scores.



Dr. Aditya Sanjay Khenat

Son of Ratika Khenat

Completed his M.B.B.S. degree from B.J. Medical College in 2021. He has recently appeared NEET PG entrance exam for pursuing specialization in MS (Master of Surgery) from one of the best medical colleges in India.





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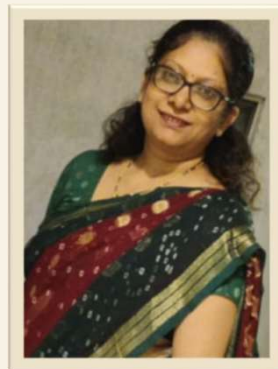
July to
September
2021

MEMOIR OF UMA NANDEDKAR

Act of Kindness#Act of Generosity# how simple it is to make people feel good 😊😊

In our body there is chemical called Oxytocin. It is responsible for all the warm and fuzzies unicorns and rainbows. It's responsible for all the warm feelings and connectedness we have for each other. I am thankful to God who gave me opportunity to do this good deed.

In April 2021, I had accompanied my parents for our 1st COVID -19 jab in a private hospital in Pune. It was a Public holiday and just previous day 45+ vaccination had resumed, so you can imagine the crowd. There were almost 250+ people and it took us approx. 3 hours to get back from the hospital.



So, the story begins here..... It was a hot sunny day I made my parents sit in a shaded corner and went to complete the formalities for the vaccination. As we were waiting for our turn, instead of putting my head into the mobile and sitting, I thought of moving around and complete my daily walking steps. After almost an hour, I saw one elderly couple who must be in their seventies were making trips to the counter and coming back with a sad face. After observing for a long time, I could not stop myself and asked them what happened. They narrated that they have come for the jab, but the authorities are saying that since they have not registered on CoWin and no appointment, they cannot be vaccinated. I went and spoke to the authorities and suggested that they should have one kiosk for elderly people who have no one with them. Quick came the reply that "we don't have that much time and staff". Sadly, the couple was about to leave, I asked them to wait for some time, I will try if something could be done. My mobile number already had 4 registrations and the couple carried a basic mobile handset, so it was not possible to do the registration. I called my office colleague for help. I sent photos of their Aadhar cards on his WhatsApp, and we got them registered via his mobile number. Though the appointment was fixed for next day, but I requested hospital staff that since they are here from last 2 hours kindly give them the jabs the same day. Fortunately, they agreed, and they got their jabs. They had a million-dollar smile on their face. Meanwhile my parents got their jabs as well and we returned.



Almost after 50 days I contacted them again for their 2nd jab and got to know that their area Corporator had arranged it already. They were very happy to receive my call and thanked and blessed me.

Was wondering what if we commit to do something nice for someone, with no expectation or anything in return - imagine what would happens at work, imagine what would happens at home, imagine what would happens with our friends..... It's a different experience. As quoted by Michael Lerner "Nothing is more contagious than genuine love and genuine care."

Keep spreading LOVE

Uma



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July to
September
2021

ART GALLERY



"Water colour is a unique medium for creating art. Its unpredictable in nature as its water-based. Water colour painting makes one feel calm and relaxed as you drip, brush and splatter watercolor paint onto the paper. My favourite has mostly been landscape painting. Here are some of my water colour seasons painting.. spring, summer, autumn & winter"...*Gracy D'souza*

"Thanks to my daughter Rashmi who encouraged me to pursue my old painting hobby. This helped me to revive after my heart surgery".. *Saroj Paranjape*



"After my husband, my second love is painting which I could not pursue due to other priorities. With lockdown, it's a dream come true. The one in center is on canvas"... *Veena Bengale*



The way to get started is to quit talking and begin doing.



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July to
September
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*Hope your birthday
is as wonderful and
extraordinary as
you are!*

Kiran Joseph	2/Oct
Malathi Iyer	3/Oct
Blanche D'souza	9/Oct
Ajeeta Shivdasani	11/Oct
Richa Katara	17/Oct
Lina D'souza	19/Oct
Hyacinth Arya	21/Oct
Karen Karbhari	22/Oct
Archana Arora	24/Oct
Deepali Rewale	29/Oct
Pinky Bhata	31/Oct

Mary D'lima	5/Nov
Nilufer Amroliwala	10/Nov
Assunta Christy	12/Nov
Farida Achadwala	12/Nov
Shital Rawat	12/Nov
Poonam Magoo	14/Nov
Sunita Shivadasani	14/Nov
Veronica Lopez	14/Nov
Asha Narhire	16/Nov
Magdeline Azved	17/Nov
Irene Rato	19/Nov
Rani Pereira	20/Nov
Neetu Anavekar	21/Nov
Maria Colaco	22/Nov
Monica D'sousa	24/Nov
Sanobar Kotwal	24/Nov
Medha Joshi	26/Nov
Irene Gonsalves	27/Nov
Rashna Fraser	29/Nov



Doreen Dsouza	1/Dec
Ernie Sethna	2/Dec
Havovi Kanga	3/Dec
Caroline Coelho	4/Dec
Indira Suratwala	4/Dec
Latha Nair	4/Dec
Deepa Sinha	8/Dec
Kavita Bhalerao	9/Dec
Connie Fernandese	13/Dec
Preeti Shinde	13/Dec
Dilnawaz Nekoo	15/Dec
Jyoti Koppikar	15/Dec
Raina Dubey	16/Dec
Jennifer Engineer	20/Dec
Daisy Dsouza	21/Dec
Maria Lobo	22/Dec
Sarita Naidu(Aadhanki)	24/Dec
Meena Pardeshi	28/Oct
Beroze Divecha	29/Dec
Melaine Silveria	30/Dec
Jolly Alex	31/Dec

Thankful for the Gift of Life

Memorial for Homai Mehta



(10th October 1944 - 15th September 2020)

Time slips and life goes on,
but from our hearts you're never gone.
We think about you always,
We talk about you by too,
We have so many memories,
But we wish we still had you.

Lata Khedkar

I pay humble respects to our Late President Emeritus, Homai Mehta!!

I cannot imagine the National Conventions and ASA Congresses without Homai. She was the driving force and a very dynamic personality. She was a very gentle and soft-spoken person. I had the privilege to meet with Mrs Homai Mehta in 1985 at the SOTYC contest in Mumbai, when she sowed the seed in me for starting a NIPS Chapter in Pune. Later on, I was invited to attend the National Convention in Mumbai hosted at the Taj President, where Mrs Mehta invited me to attend the AIGC meeting to introduce me to the Chapter chairs.

At the inauguration of the Pune Chapter in 1987, Homai brought along a huge delegation from Mumbai which was so heartening and encouraging for us. After that it was Homai who asked the Pune Chapter to host the National Convention when we did not even have 50 members, but we did it in great style and all the delegates from Mumbai were very appreciative about it and that's how the Pune Chapter started.

I was fortunate to attend my first ASA Congress in Karachi, thanks to Homai, who guided me all the way. On the flight also I sat besides Homai and Nilofer. In Karachi, she took good care of me. I enjoyed at the congress so much, made new friends, who are still in touch with me. It was a great learning experience and very enjoyable. So, I made it a point to attend as many ASAs as possible and Homai was always there for me. I will be ever grateful to Mrs Homai Mehta for her constant guidance and encouragement. It is because of IASAP, I became confident, more communicative and a learner. I have had a very successful career and worked in top positions. I am proud to state here that I have attended almost all the National Conventions and as many as 14 ASAs.

I am greatly indebted to her and pray her soul rest in peace for eternity. We will continue to miss her especially at the National conventions and ASAs.

Geeta Rao

A futuristic lady of true mettle and grit, she executed her aspirations while navigating through tough roads - she never did quit.

Homai established NIPS and her achievements grew taller than her slim fragile frame, she kept on ensuring we expanded our horizons as IASAP our new r-name.

I was always lucky and able to make Homai hit the dance floor with a small pout and shake.

She graciously always accepted and swayed, though worried if her bones would crack or break.

This lady of substance gave each Chapter her super advice. And readily mentored the HQ to add idea, variety and spice.

Homai was on a mission and strong vision through which she elegantly strode. Homai dear - It is you indeed who got us into serious corporate mode.

We at the Pune Chapter solemnly promise to upload your ethics, name and passion.

Dearest Homai - we also promise to give IASAP wider expansion.

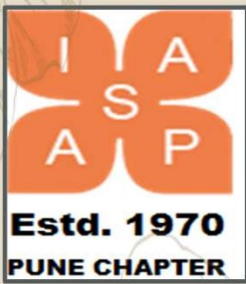
I bow my head with this small eulogy to you dear Homai - A lady full of Love and compassion.

Hyacinth Arya



Homai had the heart that cared completely, she had the smile that brought so much peace, she had the love that brought joy beyond measure...





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September
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Memorial for Homai Mehta

Like a rare gem, found in the depths of the earth;
You are one of those jewels, of whom there is a dearth;
Like a prized possession, always kept safe and secure;
Besides being an excellent Spouse & Mother, you have been a Strategic
Partner for Secretaries & Executives, with so many resources & tools;
Always putting the family & us before yourself;

Your sacrifices & timely help, in making many careers;
Will remain etched in our hearts for sure.
As valued Professional & Personal support to many of us;
You deserve our cheers; You've given all, your very best;
And as you have merged with the Creator;
Now it's time for some well-earned rest;

Death leaves a heartache no one can heal,
Love leaves a memory no one can steal.
Heroes get remembered; but legends never die.
We hate to see you leave us and go;
Your resignation which donned the eternal robe on 15th Sept. 2020, has
been a big blow;
We say our Good-byes with a lot of pain & memories of deep reverence;
We shall always remember you in high esteem & THANK YOU again &
again !!

We miss you so very dearly.
May your soul rest in eternal peace ...

AMEN ! AMEN ! AMEN !

Jasmine Jogi

OBITUARY



With profound grief we inform sad demise of Ms. Hutoxi Anklesaria on 8th August 2021. She was a Member of IASAP Pune, a very caring and humble person. We pray that her soul rest in eternal peace.



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

Send your articles/feedback to
Assunta.Christy@gmail.com