



Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

Oct - Dec
2025

FROM THE CHAIRPERSON'S DESK....

MANAGING COMMITTEE

CHAIRPERSON
MONICA D'SOUZA
9850152385

VICE CHAIRPERSON
ANNABELLA SALIS
9822895157

HONORARY SECRETARY
ASSUNTA CHRISTY
9850893540

HONORARY TREASURER
DAISY D'SOUZA
7057465475

COMMITTEE MEMBERS

RATIKA KHENAT
9970067693

CONNIE FERNANDES
9881254799

EFFIE CASTELLINO
9168249977

IMMEDIATE PAST CHAIRPERSON
BAKHTAWAR BATTIWALLA
9890175552

“2025 tested us, laughed with us, and even tripped us...but here we are stronger, bolder and ready to glow in 2026.”



Dear Radiant and Remarkable Members,

As we close a memorable year, my heart is full. This journey we have travelled together has been one of growth, joy, and shared purpose, and I am deeply grateful for every moment. This year also marks a special milestone for me as I complete my first innings with the organisation and get ready to embrace my second innings with ME-TIME, to recharge, refresh and look forward to new opportunities with fresh enthusiasm and an open heart.

Serving as your Chairperson, has been one of the most enriching experiences of my life. Each of you through your commitment, spirit, and unwavering support have made this role meaningful beyond words. Thank you for your support on the Best Practices Contest (BPC) which focuses on girl child education and spreading environmental awareness which aims to uplift people and the planet.

I would like to extend my deepest gratitude to my committee for their support, dedication, and teamwork. Without their commitment and steady guidance, my role as chairperson would have been far more difficult. Each of them contributed their time, ideas, and energy with a spirit of collaboration that has truly strengthened our work.

Hope the Christmas season was an enjoyable one and may the New Year bring new opportunities, success, and happiness for you and your families.

Keep shining, keep striving, and keep the spirit alive.

With heartfelt gratitude and joy,

Monica





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There is so much to be grateful for
today, and you are one of them.

FROM THE EDITOR'S DESK.....



My dear IASAPian Family,

As we come to the close of another eventful year, we are reminded that true success is not measured only by achievements and milestones, but by the sense of peace, purpose, and happiness we carry within ourselves. In our demanding roles as Secretaries and Administrative Professionals, we often place the needs of others before our own. Yet, staying happy and feeling blessed begins with pausing to appreciate the value we bring, the relationships we nurture, and the difference we make every day—often quietly, but always meaningfully.

Happiness grows when we practice gratitude, maintain balance, and support one another as a community. A kind word, a moment of reflection, or simply acknowledging our own efforts can go a long way in keeping our spirits uplifted. When we remain positive and grounded, we not only enhance our own well-being but also inspire those around us.

As the festive season fills our hearts with hope and joy, may this Christmas remind us of the blessings of togetherness, compassion, and renewal. Let the New Year bring fresh opportunities, good health, professional growth, and continued unity within our Association.

On behalf of our Chairperson Monica and all our Committee members, I wish you a Happy, Prosperous, and Blessed New Year. May the coming year be filled with happiness, peace, and countless reasons to smile.

With much love and warmth,

Effie Castellino



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Wellness Session on Bowen Therapy conducted by our very own Member - Mrs. Zenobia Pajnigar on October 5, 2025

Bowtech, the original Bowen Technique or Bowen work as it is now called in the USA, is a gentle form of body work in which very subtle moves performed over the muscles and connective tissues send messages deep into the body, retrieving cellular memory of a preferred, relaxed, balanced way of well-being. Results can be remarkable, even from the first session, often only a few sessions are needed to correct the persisting problem.

There are frequent but very essential pauses throughout the session that allows the body, time to respond and begin the healing process. The practitioner can target a specific problem or address the body as a whole.

The Bowen Technique does not use forceful manipulation. A unique skill of the Bowen practitioner is 'tissue tension' sense, meaning that the practitioners are able to discern stress build up in muscles and other soft tissue, enabling them to perform specific Bowen moves to assist recovery.

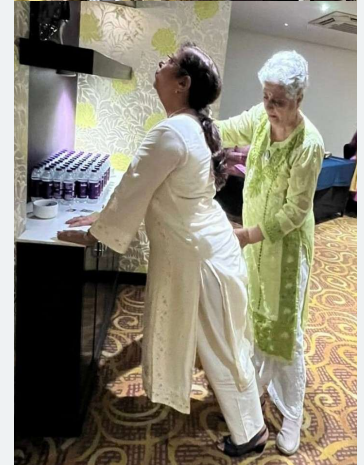
The technique addresses not only the musculoskeletal framework, but also the fascia, nerves and internal organs. The body's integrated response improves circulation and lymphatic drainage and aids in the assimilation of nutrients and elimination of toxins.

The Bowen technique can help clients on all levels. Mr. Tom Bowen said that any or every condition could be addressed by this technique.

It can assist recovery from many conditions, from traumatic injury to chronic illness, depending upon each individual's capacity to heal. No adverse side effects have been reported. It is called the Homeopathy of Body work.

Bowen Technique should be considered for assisting : Back pain and Sciatica, degenerative problems, Earache and TMJ problems, Migraines and other types of headaches, Fibromyalgia and chronic fatigue syndrome, hip, knee, ankle and foot problems, Menstrual and hormone irregularities, neck and shoulder - including frozen shoulder, RSI, carpal tunnel syndrome and tennis elbow, sports and other traumatic injuries.

Zenobia Pajnigar worked as a Secretary in India and Iran for over 30 years. She learnt this therapy when her husband got cured from his back pain in 2003. Zenobia learnt the Bowen therapy in 2004 and ever since is a Bowen Practitioner since 2004 and was in the first batch in India. Zenobia helps poor children in blind schools for their problems and also domestic workers with their routine problems. Zenobia practices the Bowen therapy from home. She lives in Wanowrie, Pune. Zenobia showed some demos on our members and also shared many successful testimonies of people who have benefitted from this therapy. Zenobia can be contacted on +91 98220 30071.





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Wellness Session followed by Diwali party, Sale Stalls put up by Members/Guests and Catwalk



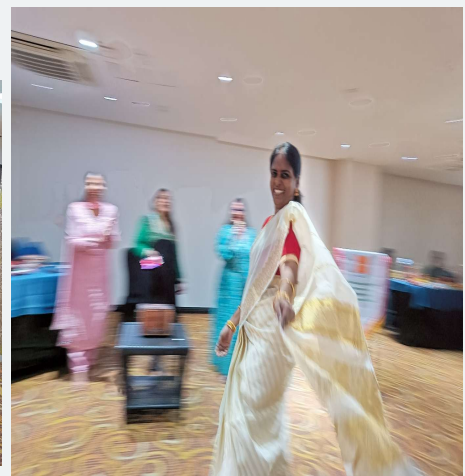
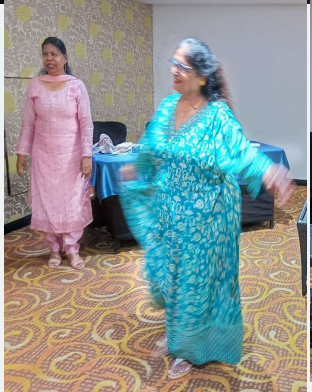
Bakhtawar introducing the Guests and their stalls



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Diwali party, Sale Stalls put up by Members/Guests and Members Catwalk





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“I wear a smile but drowning inside” A very authentic and meaningful session conducted by Ms. Farida Khan on November 23, 2025



Since *Farida Khan's* last session with IASAP in 2024 on “Thoughts, Feelings and Emotions”, she has expanded her expertise by diving into ‘Shadow Work’ - as discipline that examines the hidden human behavior which influences decisions, relationships, reactions and also confidence....ultimately shaping destiny. Through deep shadow work, she focuses on helping women convert fears, negative behavior patterns and limiting beliefs into strengths, turning these hidden shadows into ‘gold shadows’ helping women reclaim the parts of themselves they never knew were powerful.

Under the guidance of international mentors, Farida now integrates emotional mastery, personal development and financial clarity to help women make decisions with greater power, precision and confidence. She brings forward a unique blend of emotional depth, practical insight, and personal leadership, empowering every woman she works with.

Many of us see and compare ourselves with others - saying “look at that person, she has everything in life, a good husband, a wealthy home, the top brand, best in-laws etc., but yet she is not very happy. The reason is that she has everything but no freedom to do what she wanted to in her life. She has not been able to identify her 3 highest core values. Once she identifies her top 3 core values out of 6, she would come in touch with herself, know her needs and thus be a happy and successful person in her life.

Farida Khan, took us through a very interesting session which is a ‘must know’ for every person to be able to identify the **6 core values of their lives and to be able to identify the highest 3 core values in one’s self as well as that in others’ to be able to live a fulfilling life and in harmony with each other.**

Love & Connection: These are people who just want to generously give out their time, money and all that they can do for others - They love and do things for people without any expectation. They find great happiness in reaching out to people, tending to them and this act of theirs gives them great mental satisfaction. These people are often misunderstood as ‘people pleasers’ whereas they are not - they are the most unselfish people.

Significance: These people are those who want to be noticed. They love to be seen as having a status, using a brand and like to be acknowledged and noticed by all. That’s their emotional core need. They are always after brands and wanting to do anything to have a status in society. Eg: Teenagers smoking - they like to be noticed for even wrong reasons.

Growth: Growth is not only professional, personal or academic. These are people who like to use their time very productively. They are keen on learning anything from anywhere. It gives them great fulfillment. Eg. Generational wealth. People who go on taking Franchises, opening multiple businesses - they know they aren’t spending much time with the family as they already have wealth - but they want to grow in every way - specially in wealth and sometimes spiritually or emotionally.



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“I wear a smile but drowning inside” - by Ms. Farida Khancontinued

Certainty: (Being safe). These are people who are the non-risk takers. They like to live a mundane life - the box to box kind of life. Home box to car box to office box - car box to television box - mobile box - hall box - bedroom box to back to office box and so on and so forth. They go to their work everyday whether they are happy working in that place or not - they get their monthly pay packet - save or invest in FDs, Mutual funds and are carrying on with their lives without any new challenges or risks or learnings.

Uncertainty: These are people who get bored easily, they always want to do or try something new, either travel, adventure, read books, handle multiple businesses - want newness in their lives. They could also have a downside to this - like extra getting into extra marital affairs etc... as they feel the neighbors grass is always green.

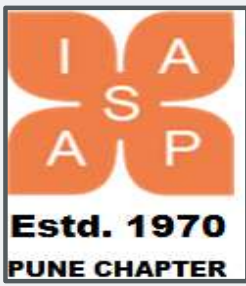
Contribution : These are people who are mostly Philanthropists, always wanting to do charity and want to be the first ones to reach out to Society. Now, the human brain is wired to first serve themselves - so when they do charity or give a donation cheque etc, they will be recognized and appreciated. Eg, first ones to contribute to a flood relief fund, cancer survivors, protecting the stray dogs and caring for them and running and funding old age homes. They get validated.

Eg. One can do a pre-psychological test with a couple who have decided to get married. They can identify their 3 highest core values and accept them and let each one be deeply satisfied in their core values - If the partner is satisfied and is given freedom, he or she will be happy and give the happiness to his/her partner. In this way they will understand each other and their married life will be a success thus bringing harmony and security in their relationships.

**Summated by Hyacinth Arya - “We wear a SMILE - but drowning inside”
SMILE 😊**

We do smile; but drowning deep down inside as we walk, Let's be more positive as we “Walk our Talk“. A challenge in life can take you miles, Hurdles are crossed with authentic smiles. Take note of urges and wants that you perceive, Introspect everyday- know your drive to achieve. Smiles also come from a culture of how you are wired, Values give us that push before feeling fired. Happiness boosts smiles; it does give us something, A smile is a small curve that straightens out almost everything. **Love & Connection-** is very genuine affection, **Significance-** is need for 'Importance' - a 'Status' section. **Growth-** is productivity and activity, is awareness, knowing and safety. **Uncertainty-** is need for variety, adventure and showing, **Contribution-** is service to self and others that keeps us knowing & glowing. To recognize your values - **Prioritize and Categorize, Create your joy to smile with clarity while you Summarize.** To yourself - "Do not be cruel "Find your special "Value Fuel". **STRIVE** to know your **DRIVE**.





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Farida Khan had promised to share with us how to practice **GRATITUDE** in your daily lives that has helped her immensely

IMPORTANT POINTERS ON THE PRACTICE OF GRATITUDE...

I request you ladies to please read this message carefully until the end.

Gratitude daily need to be written and remember writing with feelings is the key which connects you to the quantum field of intelligence.

It's a sacred practice that must be followed consistently daily regardless of challenges. Please refrain from miracles overnight, nor do get attached to results or personal timelines.

Please refrain from asking for anything. A common practice ...if this wish gets fulfilled, I will do...(to explain simply, taking a mannat, a promise to do something once the wish is fulfilled. An earnest plea to please refrain from thinking that... I write my gratitude daily, why am I not seeing results or anything change.

Upon following this practice religiously long enough you will see for yourself the unimaginable miracles that will begin to unfold, in the form of the right people, right situations and opportunities that come your way and will leave you wondering how, 🤔 all of this could ever become possible.

Ladies we are in a habit of focusing and operate from what is not going right for us and unfortunately, we attract more of exactly that. This very habit of focusing on challenges unfortunately attracts even more challenges without us realising.

To manifest our dreams - **Focus** on what we want.

I deeply wish for each of you to experience what it feels like, to live in a miracle zone.

Ladies I wouldn't insist nor send out this message, if it was mere information. (Not new to any of you, I'm sure) However would absolutely love for you to experience, what it really feels like, especially for those of you who haven't experienced this firsthand.

Nothing to lose ladies! You will only stand to gain and experience what wholesome abundance feels like. Worth giving it a try 😊

Summary: Living in **alignment** with your **highest core values** along with writing **daily gratitude** with feeling is a guaranteed way to attract miracles, attract authentic joy and smile to emerge from inside out 😊





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Members' Feedback on Farida Khan's session

My Feedback on your Session dear Farida: The session was Practical and a reality check of how we conduct our demeanor. It made us sit up and think as to how positivity can be ignited. The entire group were sure focused, yet took time out to giggle and realize the worth of smiling. Your energy and engagement defied your age and we went back with fond memories of values and drives. Thanks a great interactive reality check session.

Regards and best wishes,

Hyacinth Arya Corporate Trainer and Image Consultant.

Good morning Farida... **This is Teresa from IASAP**... Your session on Sunday was very good, (something I didn't know earlier)... It gave me an insight into my highest core values and what drives me to take certain actions despite friends telling me not to overdo my help towards others. Also gratitude it reinforced my belief in being grateful (most of the time I do practice gratitude)

Hi Farida... Sorry to be replying so late (after 2 days) this WhatsApp messages are far too many, and I got caught up with some important work, and also as is my nature I keep going all out to help people (core value of love and connection) hope this copy paste helps... And once again I want to re-iterate... Your session was just great and beautiful (because it comes from your heart) GBY dear Farida

Hi Farida, 🥰 your energy and enthusiasm is infectious. Your both sessions with IASAP are enlightening and thought provoking. It has helped to understand others a little more and also manage our thoughts in a better way. Look forward to many more sessions with you ✨ ✨ - **Suchita Kadam**

I am writing to share some positive feedback regarding the recent session with Farida Khan, an Emotional Life Coach. Farida provided us with truly valuable insights into our lives by guiding us through a reflective journey within ourselves. She explained concepts for a "Mindful Today, Healthy Tomorrow" and elaborated on the sentiment of "I wear a smile but drowning inside" in a very resourceful and impactful way. Her ability to highlight that "everyone is going through something that we can't see" truly resonated with the audience. We found her presentation to be exceptionally helpful and informative, offering practical perspectives that resonated deeply with the participants. We believe her guidance will be beneficial in fostering a more supportive and understanding environment - **Lata Khedkar**

i wear a smile but i am drowning inside was the topic This line speaks volumes about the masks we wear 😊. It's like, you're putting on a brave face, but inside, you're struggling 😞. The Facade-Hiding true emotions: Pretending to be okay when you're not- Fear of judgment: Worrying what others might think- Protecting others: Shielding loved ones from your pain. The Reality- It's okay to not be okay: Vulnerability is strength, not weakness- Reach out: Talk to someone you trust, a therapist, or a support group- Self-care: Prioritize your mental health and well-being You Are Not Alone- Many people struggle: Mental health is a common challenge- Seeking help is brave: It takes courage to face your struggles- Healing is possible: With support and self-care, you can find peace i was expecting Reflection on 1. What's behind your mask? 2. Who can you reach out to for support? 3. What self-care practices can you prioritize?

- **Tara Ganapathy**



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The Velvet Christmas Gala - December 13, 2025

The IASAP Christmas Gala Party was made interesting by Monica Dsouza. It began with a panel discussion on various topics given by the Chairperson to the Committee members and everyone were able to take home some valuable messages shared by our Committee members through their personal experiences. We then had lovely quiz questions rounds for our members prepared by Hyacinth Arya who not only prepared the interesting quiz questions but also sponsored the gifts for the same. Many members answered well and received prizes.

The party was followed by Carrol singing and shopping at the stalls put up by our members and their guests - all enjoyed shopping lovely items like jewelry, home made masalas, healthy cooking vessels, hand made gift items , customized lamp shades etc followed by catching up with each other over Hi-Tea.



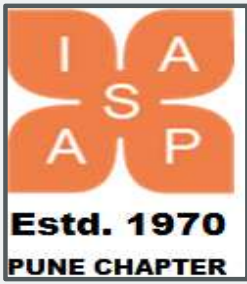


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Meet our Winners for the Quiz Round - A special thanks to Hyacinth Arya for the Questions & Gifts sponsored by herself.





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Christmas Carol Singing and Shopping Spree





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Vocal Presence in Communication
December 21, 2025

Conducted by Ms. Carmelita Fernandes



Carmelita Fernandes, Life Member - IASAP is a Corporate Trainer by profession. She earlier lived in Mumbai but now has moved to Pune and has joined the Pune Chapter. Carmelita trains Corporate Executives to lead with Impact, Build Executive presence and grow their careers through powerful communication and story telling. She helps professionals master their leadership communication, vocal presence and public speaking. She has completed 30+ years driving results through Corporate Communication. She is an ISTD and ILSS Certified Trainer and Life Member.

Your Voice and your personality becomes your Identity

Fifty-two participants. And one clear reminder: “your voice shapes how you are perceived the moment you enter a room”.

Carmelita Fernandes trained [IASAP Pune, Mumbai, Delhi and Hyderabad Chapter members](#) and ISTD members on the importance of **Vocal Presence in Communication** on 21st December 2025 from 8:45 pm to 10.30 pm, We explored:

- Glossophobia and practical methods to transition from stage fright to stage confidence.
- NLP techniques - pattern interrupts and anchoring - to break emotional and physiological

Anxiety loops.

- Pronunciation, pitch, volume, and breath control to elevate executive presence.
- Corporate scripting and storytelling for structured delivery.
- Resonance, pace, and pauses so each sentence lands with intention.
- Audience perception management to read and respond to the room in real time.

We thank Carmelita for her valuable time and for her training and guidance on how to use your voice tone in effectively in Corporate Communications and Public speaking. The importance of your voice in every communication and presentations leaves an impact on the audience.



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Do what you love while you still can -
the feeling of fulfillment is awesome!!



“This year, I discovered that a dream never really dies—it just waits for the right moment. I’ve always had a deep love for acting in Konkani drama, but it stayed a hidden dream for many years. When the opportunity finally came, I decided to say ‘yes’, even though I was nervous and unsure. I had done some stage performances in school and at IASAP but had never done a solo or acting in my mother tongue - Konkani. As a child, my parents used to take me for the Konkani drama and somehow I took up a liking for it and used to mimicry the dialogues of the drama at home. Mom, Dad and other relatives would laugh and ask me to do it again and again. This made me feel that some day I need to do this on stage but never ever got such an opportunity. Then one day, our Assistant Parish Priest decided to direct a Konkani drama and was looking for actors and I was approached, that is the time I decided to give it a try and accept the challenge. Success follows only when you step out of your comfort zone and ‘do and dare’.

Through the rehearsals, teamwork, and the excitement of stepping on stage, I realized something important about myself: I am capable of much more than I give myself credit for. I discovered courage I didn’t know I had, and a creative side that came alive the moment I embraced the stage.

The fact that the drama turned out to be a great hit was just the bonus. What truly mattered was that I took a chance on myself and that taught me that pursuing passion at any stage of life is not only possible but deeply fulfilling. Most importantly, I thank God immensely for this opportunity and my dear family who supported me throughout.

Sharing my personal
experience with you all.

- Effie Castellino



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The 5 T's You Need in Life

1 TRUST

Trust God even when you can't see the full picture. His plan is always greater than your understanding.

2 TRIALS

Trials are not meant to break you but to build you. Every challenge is shaping you for something stronger.

3 TEMPTATION

Temptation may come, but you have the strength to say no. Choose what honors God—your future is worth it.

4 TONGUE

Your words carry power. Speak life, faith, and hope—because your tongue can build or break.

5 TURN

When life feels heavy, turn to God. He never fails, never leaves, and always restores.

No matter what season you're in, remember—God is working in every "T" of your life. Stay anchored, stay faithful.

God bless you abundantly.



live life
TO THE
Fullest



LIFE IS A GIFT

Life is a gift, Not a metaphorical gift, Not a philosophical gift. A real one!!

If your own son gave you a camera, how would you treat it?-

You would keep it safe- You would clean it- You would protect it with care- You would never let it be misused. And if one day he saw you throw it into the dustbin, what would he feel? Would he believe you when you said, "Son, I love you"? No, He would call out the lie immediately. Yet this is exactly how most of us treat life. We say we love God, but we reject the gift he has given us. We complain, We compare, We demand upgrades, We point out flaws, We tell the giver, "Your gift is not enough." But here is the truth: Life, with all its so-called defects, is perfect. The cracks you see are not defects. They are design. If you cannot love the gift, how can you ever love the giver? You may not see God, You may doubt if he exists, But you can see life. It is in front of you every day. Love the gift. That is the only way to love the Giver. Stop carrying petitions to the temple complaining about the package. He already knew what to give you. Your only job is to cherish it.



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Don't teach the world—
just give it rest.
Even if you're right (and you often are),
Unsolicited wisdom leaves a scar.

Help only when someone pleads,
Don't plant advice like stubborn weeds.
Don't bubble-wrap your kin from pain—
Just love them deep, and not explain.

No moaning 'bout your knees or pills,
Or neighbors, unpaid bills.
Don't turn bitter, don't be loud—
Grumpy elders aren't allowed!

Don't expect your kids to bow,
They love you—just not like wow.
Gratitude's not their daily bread,
It's us who dream it in our head.

Avoid the dreaded elder speech:
“In my time...” or “I did each...”
“I'm older, hence I know it all!”
That's not wisdom—it's just gall.

Don't waste your cash on youth's disguise,
On creams or potions full of lies.
Better to travel, dance, and roam—
Than Botox your way back to home.

Stay with the times, don't lag behind,
Learn new tech, expand your mind.
Read the news, decode the apps—
Don't be the one who always naps.

Do what you love, while you still can,
Be your own fan, your biggest stan.
No guilt-trips down memory lane—
You did your best, now don't complain.

Hold your pride, your grace, your name,
Don't play the martyr's aging game.
Keep giving love, your finest art—
That's the secret to a youthful heart.



Shared by : **Vidya Israni**
Member



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DANGER OF ASSUMPTION



A few months ago, I was invited to a program at a school as the Guest Speaker. When I entered the auditorium, I saw some guests I knew sitting at one corner. I went up to them and started to greet them one after the other. I shook their hands, even with the ones I didn't know, until I got to one guest. I didn't know him, and when I extended my hand, he ignored it. After a few seconds, I withdrew my hand...all my thoughts were, "What utter nonsense?" I kept asking myself that question as I felt very embarrassed and angry. Embarrassed for myself and angry at the man. What was he feeling like?...I thought. All those other guests accepted my greeting, and to my knowledge, I hadn't done anything wrong. I gave him a very scornful look, greeted the remaining guests, and went to take my seat. Even after I sat down, I was still upset and kept stealing glances at the guest to see how he would react to other people. And then I saw it... He was blind!! His eyes were open, but he couldn't see at all. The other guests who came to greet him had to touch him first and then take his hand if they wanted to shake hands with him. To my great surprise, he turned out to be my hidden protégé who deeply appreciated my lectures. I never knew he had come purposely because his wife informed him I would be the protégé speaker for that year's programme. In fact, he was waiting to hear someone mention my name so he could stand and hug me. When I heard this, my embarrassment tripled. 😊😊😊 I felt stupid—very stupid. I was still angry, but this time,... angry at myself. I couldn't even say a word to him until I got to the podium.

My speech for that programme changed from '**Recovery**' to '**The Danger of Assumption**'. Assumption kills like POISON !

1. We **assume**, instead of validating, when.. Someone doesn't pick our calls; we assume they're avoiding us. Someone doesn't give us money, we assume they're stingy and wicked. Someone doesn't call, hang out, or visit us as they usually do, we assume they no longer care. We never pause to...think they might be going through challenges.

2. **Life is Diverse** : The issues of life are different for everyone. The person who promised you money might have encountered a financial crisis. The person who didn't pick your call, might have been in a meeting or too busy to respond. Key Lessons - **Benefit of Doubt** : Make excuses for others. **Verification over Assumption**: Always validate your thoughts before reacting. **Immaturity shows in Offence**: Picking offence at every perceived wrong, is childish, and counter productive.

Examples: Someone didn't invite you to their wedding—you pick offence. They didn't wish you a happy birthday—you pick offence. They didn't like your Facebook/ WhatsApp post—you pick offence. Remember everyone has battles you're unaware of. The people you need help from, also need help themselves! Not everything is personal or intentional. Sometimes, people are just busy with their lives and struggles. Grow Above Offences Manage disappointment and maintain relationships. Save yourself unnecessary grudges and preserve friendships you may need in the future. Learn to grow above, with, and despite offences. ❌ Stop taking things personally. You aren't the center of this universe.

Shared from : [WhatsApp content](#)



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Welcome - Priya Dsouza

A warm welcome to Life Member Ms. Priya Dsouza to the IASAP - Pune Chapter.

Priya has 14 years of experience in Secretarial and Admin Role. She has worked with Panchshil, Godrej Properties, IBM, DBL and Tata Technologies.

Currently Priya is associated with Thermax Limited.

We wish Priya a warm and fruitful journey with IASAP.



Welcome
to the team!
We're glad to have you.



IASAP Objectives

- To Provide Knowledge, Opportunities And Sources To Members In Their Quest For Excellence Their Responsibilities Effectively And Efficiently.
- To Keep In Touch With Current Trends In The Profession By Conducting/Participating In National And International Conventions/Seminars Aimed At Developing. The Specific And Generic Skills And Aptitude Of Its Members.
- To Project a Professional Image And Give Recognition To The Strategic Position Members Occupy At The Workplace.
- To Network, Exchange Ideas And Inculcate a Sense Of Team Spirit Amongst Members, Leading To Greater Professionalism.
- To Sponsor Appropriate Research And Or Publish Necessary Literature, Newsletters, Books, Journals And Reports In Furtherance Of Its Objectives.



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Kalpana Shetty	1 Jan
Nilima Deshpande	4 Jan
Jaya Lingham	11 Jan
Navaz Kiaz	11 Jan
Jeroo Tarapore	13 Jan
Sandra Rebello	15 Jan
Clara Jagallo	18 Jan
Manjusha Pillai	18 Jan
Hemlata A.	19 Jan
Sandra Tehrani	20 Jan
Saroj Sarkale	20 Jan
Shubhangi Patole	21 Jan
Katy Gujral	23 Jan
Prema Karki	23 Jan
Radha Nair	23 Jan
Sandra Mascarenhas	24 Jan
Molly Dsouza	25 Jan



Binita Dedhia	4 Feb
Thankam 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



Vidya Israni	1 March
Mahrookh Mehta	1 March
Prapti Deshpande	1 March
Dahlia Lobo	2 March
Mithoo Wadia	3 March
Marina Samuel	3 March
Simran Peswani	3 March
Uma Nandedkar	4 March
Sarita Virmani	5 March
Rhea Shaikh	5 March
Bakhtawar Battiwala	6 March
Joana Fernandes	7 March
Anita Dixit	8 March
Agnes Raphael	9 March
Armaity Boocho	10 March
Ekta(Renu)Gurnani	17 March
Victoria Dias	22 March
Pushpa Desai	23 March
Merlyn Woolger	24 March
Zohra Poonawala	24 March
Beatrice Menezes	27 March
Surekha Choudhary	29 March

Convey joy, love, and good fortune, ranging from short and sweet ("Happy Birthday! Hope all your wishes come true!")

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