



Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

Jan - Mar
2026

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

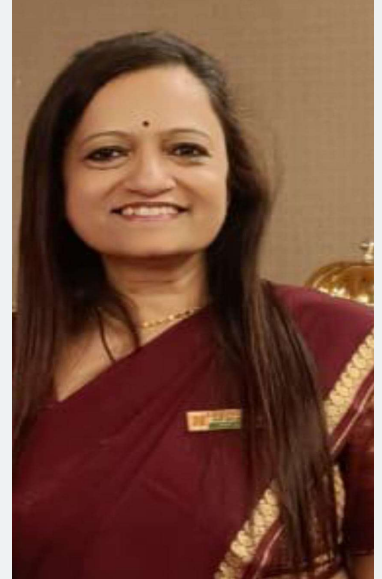
RATIKA KHENAT
9970067693

CONNIE FERNANDES
9881254799

EFFIE CASTELLINO
9168249977

IMMEDIATE PAST CHAIRPERSON
BAKHTAWAR BATTIWALLA
9890175552

**“Passing the baton,
carrying the learnings forever...”**



My Incredible IASAP Family,

As I write my final note as Chairperson for this quarter, I find myself reflecting on one simple yet powerful thought, learning never stops. No matter our age, role or circumstances, life continuously offers us opportunities to grow. Every experience, whether smooth or challenging, carries a lesson. It is through these learnings that we evolve, adapt, and become better versions of ourselves.

Over the past two years, this journey has been nothing short of enriching for me. It has given me countless opportunities to learn, not just professionally, but personally as well. From moments of success to situations that tested resilience, each experience has added value, and for that, I step down with a heart full of gratitude and growth.

This journey would not have been possible without the incredible support system that surrounds IASAP. To my committee members Annabella, Assunta, Bakhtawar, Connie, Daisy, Effie, Ratika and Ashwini thank you for your time, commitment, and unwavering teamwork. Your dedication behind the scenes has been the backbone of everything we have achieved together.

To our pioneers and past Chairpersons, your vision and foundation have paved the way for us. Without your efforts, we would not have come this far. We are truly standing on the shoulders of giants.



Continued.. page 2



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Contd..... FROM THE CHAIRPERSON'S DESK....

To our members, thank you for your trust and engagement. A special mention to those who went out of their way to support with sessions and sponsorships; your generosity and belief in our work have made a meaningful difference.

To all our speakers, thank you for sharing your knowledge and insights so generously. You have played a vital role in making our sessions engaging, relevant, and truly impactful.

To our wonderful sponsors for their generous support and belief in our initiative. The contribution truly made a difference and helped us create a memorable experience for all.

While the next Chairperson will be elected in June 2026, I pass on the baton with faith that the journey of IASAP will continue to grow stronger, reaching new milestones and creating even greater impact.

I may be stepping down from this role, but I will always remain a proud part of IASAP because this journey does not end here, it simply continues in new ways.

With gratitude....my heart goes sha la la la ☺

May I take this opportunity to wish you all a Happy & Joyous Easter !!

Monica

Forever an IASAPian





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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 step into a new quarter of the financial year, we do so with renewed energy and a sense of pride, reflecting on the meaningful engagements and milestones our association has achieved over the past few months. From our enriching learning sessions and interactive workshops to the spirit of connection seen in our gatherings, it has been truly inspiring to witness our community grow stronger together.

The sessions we began in January with a **rejuvenating educational tour**, a **Financial Planning and Awareness session** for Women in February, and the celebration of **International Women's Day** with **learnings on Wellness and overall health care**, were undoubtedly occasions that brought us together not just in learnings and celebrations, but reflection of the strength, resilience, and grace that define the women in our profession. The enthusiasm, participation, and shared stories made it a memorable event, reinforcing the power of unity and encouragement.

In our roles as administrative and secretarial professionals, we continue to make a difference every day—often behind the scenes, yet always at the heart of organizational success. Your commitment, adaptability, and unwavering support are what drive excellence across every space you serve.

As we move forward, let us build on this momentum. Let us continue to invest in learning, uplift one another, and take pride in both our individual journeys and our collective progress. Every step we take—no matter how small—will contribute to our personal growth as well as that of our society.

“She is clothed with strength and dignity, and she laughs without fear of the future.”

— *Proverbs 31:25*

With this I conclude wishing you all seasons greetings and a Happy and Peaceful Easter!!

With love and warmth,

Effie



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One Day Educational Tour at the Swastik Luxury Wellbeing Sanctuary, nestled in Peacock Valley, Khadakwasla, Pune, on 18th January 2026, was truly an enriching and memorable experience. It gently guided us towards a more abundant, aligned, and intentional way of living—beautifully encompassing the five essential dimensions of life: Health, Wealth, Love, Bliss, and Spirituality in its truest essence.

A one-day educational trip to Swastik Wellness Resort, Pune, turned out to be an incredibly rejuvenating and truly heavenly experience—far beyond our expectations.

A heartfelt and warm thank you to our dear Assunta Christy for discovering this beautiful retreat and successfully negotiating an exceptional corporate rate. What seemed almost unbelievable became a reality—experiencing such a serene and premium wellness resort in a single day. Not only were the rates thoughtfully negotiated, but they also included a specially curated organic lunch and Hi-Tea, making the experience even more delightful.

Nestled in a peaceful, calm, and serene environment, the resort is truly in the lap of nature. The usual visiting charges are quite high, making this opportunity even more special and memorable for all of us. We were warmly welcomed by Leader Vedant and his team with a beautiful gesture of folded hands and the greeting “Atma Naman,” meaning “greetings from my soul to your soul”—a deeply touching and soulful start to the day.

Our tour began with a visit to the expansive “**Dhyaan Vihar,**” a magnificent meditation and yoga hall that can accommodate over a thousand people. As we walked through the lush surroundings, we were introduced to various trees and flowering plants, including those aligned with different sun signs—spaces where one could sit, meditate, and feel truly blessed.

The resort features several thoughtfully named spaces such as “**Sukh Vihar**” (a place of peace), “**Anand Vihar**” (a place of joy), and “**Ganga Vihar**”, a tranquil water space. A particularly fascinating and sacred sight was a rare formation where three fig trees and a Neem tree have emerged from a single root, symbolizing unity and sacredness.

We also visited the “**Utsav Vihar**” an open amphitheatre where soothing, divine music—blending sounds of breeze, water, and gentle instruments—creates a deeply calming atmosphere. The “**Shiv Kund**” further added to the spiritual essence of the place.

The rooms at the resort were nothing short of breathtaking. Designed with natural elements, they evoke a sense of warmth, comfort, and deep peace—almost like being in the nurturing embrace of a mother’s womb. We had the opportunity to view four categories of these beautifully crafted accommodations, each unique and tranquil.

We were then served a refreshing welcome drink—pure alkaline water infused with fruits and cucumber—both delicious and health-enhancing.



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Swastik Luxury Wellbeing Sanctuary, Peacock Valley - Khadakwasla, Pune on 18th Jan 2026.....continued.....page 2

One of the highlights of the day was an engaging and insightful session by our very own member, Ms. Preeta Venugopal, who guided us on the importance of journaling, mindfulness, and discovering newness in everyday life (Page 9).

Lunch was an absolute delight. In a beautifully set dining space, we were served a pure organic vegetarian meal, thoughtfully prepared and presented. Each course—from salad and soup to starters, the main course, and dessert—was served with warmth and care. It was heartening to learn that meals are curated based on individual health needs, guided by an in-house consulting doctor.

Post lunch, we had another enriching and enjoyable session by our member Ms. Hyacinth Arya (Page 9), which further added value to the day.

Following this, we experienced a refreshing reflexology walk across stones, sand, and water—an exercise that relaxed both the body and mind.

As the day drew to a close, we captured countless joyful moments together. We were then served a wholesome Hi-Tea with herbal beverages and healthy snacks made from organic ingredients.

Just before departure, we were treated to a delightful “cow cuddling” activity, where we gently interacted with and fed the adorable calves—an experience filled with innocence and joy.

With hearts full of gratitude and a touch of reluctance, we boarded our bus back home, carrying with us memories of a truly enriching and unforgettable day. Those who could not make it, certainly missed a unique opportunity—an experience that beautifully combined wellness, learning, connection, and joy, all at an incredibly affordable cost.

Once again, a sincere and heartfelt thank you to the Almighty, our dear Assunta, Monica, and the entire Committee for making this day so special.



The sacred place where 3 fig trees and 1 peepal tree have grown from a single root.

Need to specially mention about exploring a unique place we were shown by the Leader - an ecological marvel - a composition of **3 Fig trees and 1 Neem tree** emerging from a single root at a place in the Swastik Wellness Resort. Their intertwined branches create a natural unity, symbolizing the unity of the deities. The deep-rooted belief in their sacredness has led to their preservation as living forms of God, with a pledge never to cut them down. Beyond their spiritual importance, the trees offer immense ecological benefits. While the Fig trees (*Ficus carica*) symbolise peace, prosperity, abundance and spiritual fertility. The Neem (*Azadirachta indica*) is highly valued medicinal plant with every part—leaves, bark, oil, and twigs—used for antibacterial, anti-inflammatory, and antifungal purposes. Together, they form a powerful energy centre, ensuring a legacy of healing and fresh air for generations to come. (Para contri by: Ms.Jasmine Jogi)



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Wonderful Memories created at Swastik Wellness Resort



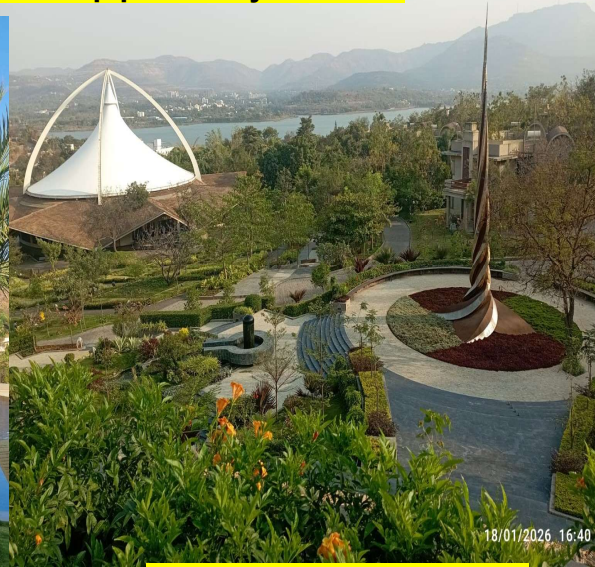
Dhyaan Vihar



Welcome Group pic at Dhyaan Vihar



Ganga Vihar



Twisted Needle at Swastik



Group photo at Utsav Vihar

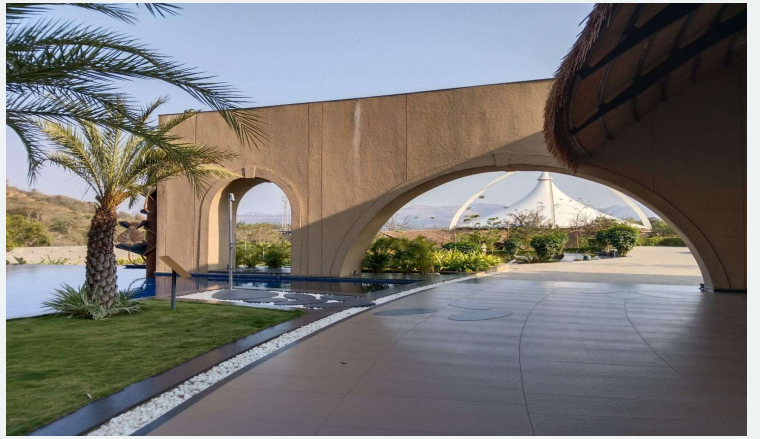


Reflexology Walk



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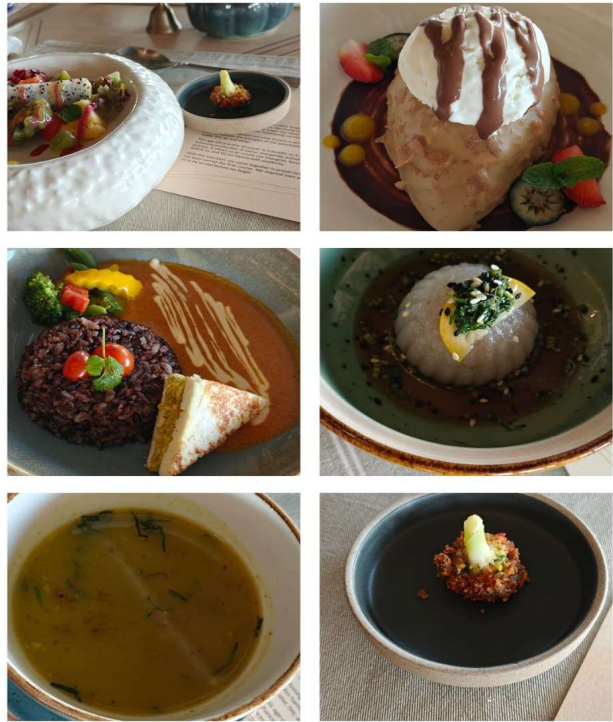
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Saatvik 6 course meals (vegan)
served to each member



Healthy Saatvik food lovingly served and enjoyed at the Dining Area



Cow cuddling
activity



Relaxation at tea time



Winners of the Puzzle Game given by Hyacinth



Group participation in Hyacinth's intellectual games



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Interesting Learning Sessions taught to us by Preeta V. and Hyacinth Arya



Before lunch time, Ms. Preeta Venugopal taught us the importance of **Journalling, Mindfulness** and how to **find newness in everything**. She gave us some interesting questions to ponder upon and we came out with answers and queries and she explained to us how to tackle the challenging situations in our daily lives. She asked us to write down answers to questions like: 1. **Why am I overthinking all the time?** 2. **Why do others hurt me?** 3. **Why am I hard on myself?** Many of us came up with answers and queries and Preeta answered to many of them. Preeta stressed on Journaling your day either every morning or every night before you go to bed. It really brings about a lot of gratitude within yourself and also positivity in your mind and body to lead a quality life - we must all try it and see the miracle in our lives.



After lunch, we had a thoroughly enjoyable session with our member Ms. Hyacinth Arya where she taught us secret exercises on how to loose the extra weight on your stomach, bottoms and waist. She then made us play mind games and made us do a quick puzzle that had learning and fun in it... so you see...no chance to doze off after a good lunch. She kept our minds active and occupied with fun and entertaining games that each of us participated in groups. Her way of making the session interesting with her hilarious jokes made us enjoy every bit of the time. We learnt a lot. She also shared with recipes of smoothies for great health for each of us and also how to make an oil mixture to keep your hair healthy and strong. Believe me, to get so much of knowledge from our very own experienced members is such a huge treat and blessing, isn't it? This itself is Gratitude to the Divine Power.



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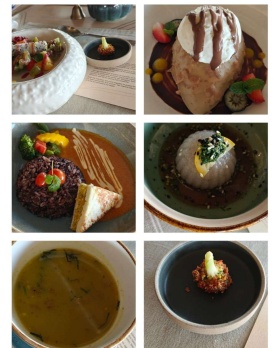
18th January 2026 - A trip to the well-known Swastik Wellness Resort - beautifully covered in a nutshell by Hyacinth Arya

A bus load of 40 enthusiastic members reached Swastik Luxury Wellbeing Sanctuary, The journey had eating, chatting, singing, giggling and jokes creating ripples and flurry. The 54 acres property was actually a scenic venue to behold, Where peace, calmness, serenity & beauty did unfold.

One could relate to nature, health and truly introspect
As maturing humans we realised we needed time to 'self-inspect'.



The luxury 5 course gourmet spread gave us a glimpse of how we need to slowly savour food, The wait between each course tried our patience; but for digestion was really very good. The insights from Preeta Venugopal on "**Importance of Journaling**" created 'ME TIME'; and it indeed did open our eyes, While the session by Hyacinth Arya on "**Intelligent Personal Care, Eating & Exercising**" was a revisit to new approach on health tries.



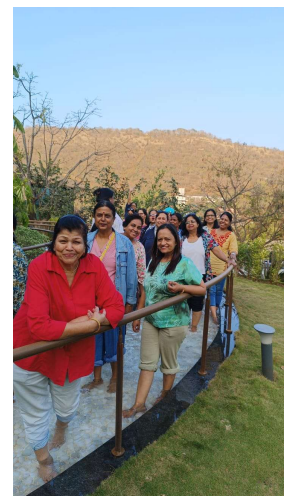
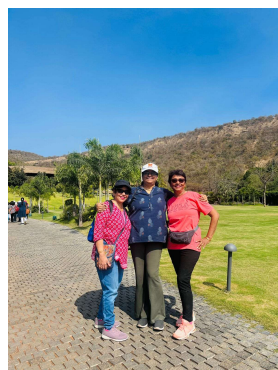
Hyacinth's CAP Quiz and Team puzzle kept all the overfed members on their toes, Their extra scratching of brains; saw furrows in their eyebrows.

The wind down saw another round of hogging on cake, cookies and herbal tea,
The reflexology walk ensured all the vital organs also got a massage totally free.

While the Dwarf Cows petting and feeding was a different sight to behold and see. The return journey saw snacking, giggling and each getting token gifts from Hyacinth for participating, which saw each shout with glee. Hee hee hee. All in all - a day well spent with IASAP friends that help to Bond to Bind, For those 8 hours Each forgot worries & chores that was left far left behind.

Thanks to CP- Monica, Assunta and Preeta for arranging such an awesome venue, and the MC team that stood by like the 'Rocks of Gibraltar'.

By Hyacinth Arya.





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Some feedback from our Members - sorry could not accommodate all

I sincerely appreciate the efforts, put in by Monica, Assunta, the entire Managing committee and all those who have worked together to make this educational tour possible. 🙌👍🙏 We truly had a lovely experience at Swastik Luxury Wellbeing Sanctuary. Calm ambience, warm staff and truly rejuvenating environment, everything reflected a perfect blend of luxury and holistic well-being. Ladies, we must reciprocate by making an effort to promote and spread awareness among our corporate and company contacts. 🌱 My appreciation will be incomplete if I do not thank Preeta for the journaling session and Hyacinth for the fitness insights and fun group puzzle. I also appreciate the gifts shared with us by Hyacinth along with the personally hand made goodies and all the friends who shared munchies with us too. 🙏
- Jasmine Jogi

I was overwhelmed with love, affection expressed by you all even after my absence for almost 5-6 years. Feeling great and rejuvenated with cracking jokes, laughter, antakshari and sharing and caring nature of all. Love you my friends.. Today's picnic, the venue, food and educational activities at venue and bus made a child within me awaken. I am feeling younger 🥳🥳 thanks to you all. Love you all ❤️❤️❤️ Special thanks to committee 🙏🙏🙏
- Saroj Paranjpe

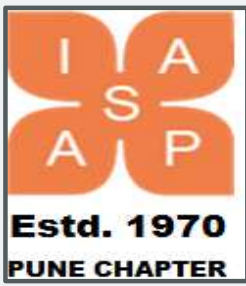
Thanks so so much Monica, Assunta and Team for the wonderful spectacular wellness Tour. 😍😊👍 Hats off to Hyacinth too for enlightening us with intelligent exercising and entertaining game's 😍😊❤️ and above all the soulful stomach full lunch and the beautiful tips to keep us healthy n fit. 😍😊👍👍
- Victoria

Thank you Monica, Assunta, Preeta and team for all arrangements and finding the Swastik Gem. Had a wonderful day with a different experience altogether.. the food was truly holistic and the overall experience of the place is beyond words. Hya thanks for the lovely goodies and the laughter and exercise moments shared.. Cheers to all Ladies...!! Long Live IASAP 😊
-Gracy Dsouza

Thank you for organizing such a wonderful educational tour. Would like to extend a special thanks to Assunta for negotiating and making this trip possible. For choosing such a beautiful, peaceful location. As always, a big thank you to Hya for the laughter and for sharing your useful tips. Thank you Preeta for sharing the insights of mindful thinking. Finally, special thanks to everyone working behind the scenes to make this event happen. It was a lovely day spent together. - Lata Khedkar

Well well well, what can I say after such an AMAZING day! 😊 First, a HUGE thank you to Monica, Assunta and the entire committee for organizing this fabulous educational tour. Assunta, you negotiated like a pro even with a dodgy leg - that's commitment! 🙌 Thanks to Preeta for making us all cry internally with those three soul-searching questions: "Why do we hurt? Why are we hard on ourselves? Why do I overthink?" 😊 I mean, I came for a fun day out and left with homework for my brain! Now I'm overthinking about why I overthink... which is exactly what she warned us about! 🙏👩🏻😂 And our darling Hyacinth - the eternal teenager at heart! Thanks for the fitness tips, the mindful eating lecture (which I promptly forgot while stuffing my face with that delicious lunch 😊), the hair and skin care advice, and of course the handmade chivda! You're like a one-woman wellness army! ❤️ The venue was SO peaceful and beautiful, I almost meditated... almost! The food was divine, the company was better, and the laughter was the best medicine (sorry Hya, your health tips come second 😊). Thanks to all you lovely ladies for making this day so memorable. I'm going home feeling younger, wiser, and slightly guilty about all the overthinking I'm about to do! 🙏❤️ Love you all! 😊🌸
-Tara Ganapathy

Amazing trip Amazing place And thank you is a small word for such beautiful efforts of Assunta, Monica, Committee members, Amazing guidance by Preetha and our own Cute 16 year old Hyacinth Love the day spend today - Archana Arora



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Financial Session organized by Archana Arora on 14 Feb 2026



Fortune Capital in association with NJ Wealth a special 🌹 Mutual Fund Seminar 🌹 was organised by IASAP Member Archana Arora, at 93 Avenue Mall, Fatimanagar on 14 Feb 2026 from 3 to 5 pm.

Members got to learn:

- ☐ Benefits of Investing in Mutual Funds
- ☑ Types of Mutual Funds & How to Choose the Right One
- ☑ How to Start Investing & Build Long-Term Wealth

🗣 Speakers were :

Mr. Ravi Kiran More & Mr. Govind Chomal
(15+ Years of Experience Each)

Did you know?

Investing ₹10,000 per month at 14% CAGR can grow to:

- ✓ ₹7.59 Cr (Starting at age 25)
- ✓ ₹3.98 Cr (Starting at age 30)
- ✓ ₹2.10 Cr (Starting at age 35)
- ✓ ₹1.10 Cr (Starting at age 40)
- ✓ ₹56 Lakhs (Starting at age 45)



Smart Money Moves for Women
Empowering Women to Secure Their Financial Future

Why smart women are turning to Mutual Funds for peace of mind - As a professional, you've handled challenges and deadlines your whole life. Now, it's time to let experts handle your money.

We will discuss how to safely transition from "Accumulating Wealth" to "Generating Income".
Spotlight on: SWP (Systematic Withdrawal Plan)

- Many senior professionals worry about a steady income post-retirement.
- SWP is the solution. It allows you to customize a monthly payout from your investments—giving you the freedom to spend without touching your principal savings immediately.

PERFORMANCE SNAPSHOT

Historical returns of top-rated funds (BY CAGR):	Join us on 14 th Feb!
• Nippon India Large Cap (-23.3%)	Time: [3-5PM]
• HDFC Flexi Cap (-21.4%)	Location: 93 AVENUE, FATIMA NAGAR
• Stability Focused:	
• HDFC Balanced Adv (-20.3%)	www.fortunecapitalinfo

Join Us For a Valentine's Day
MUTUAL FUND SEMINAR

NJ WEALTH, 2ND FLOOR, 93 AVENUE MALL, FATIMANAGAR

Dress Code: RED / PINK

What You Will Learn

- Benefits of Investing in Mutual Funds
- Different Types of Mutual Funds
- How to Start Investing

SPEAKERS

Mr. Ravi Kiran More
Govind Chomal
15+ YEARS EXPERIENCE

RSVP: Shruti +91 93545 07615





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A special Women's Day celebration along with an insightful health session
by Dr. Pranit Ambulkar of Netsurf Direct
Sunday, 15th March 2026 at Crowne Plaza, Pune



Dr. Ambulkar, an accomplished Ayurveda expert with extensive academic and research credentials, shared valuable insights on women's health and holistic living. Netsurf Direct, known for its wide range of herbal products across health, personal care, and home care, serves over 2.5 million consumers across India.

The session, organized through our IASAP member Ms. Sarrah Gupta, emphasized the importance of women prioritizing their own health. Drawing a simple yet powerful analogy of wearing an oxygen mask first, Dr. Ambulkar highlighted how women often neglect themselves while caring for their families. He stressed that lifestyle plays a crucial role in preventing diseases such as diabetes and heart ailments. Modern dietary habits, influenced by processed foods and chemical-based agriculture, often lack balanced nutrition despite being calorie-rich. A healthy lifestyle, including proper diet, regular exercise, and timely medical attention, is key to long-term well-being.

Dr. Ambulkar explained that nutritional needs vary across individuals—children, athletes, lactating mothers, and those with sedentary lifestyles require different dietary balances. He emphasized the importance of proteins, good fats, fibre, and vitamins, while cautioning against excessive consumption of fried and processed foods.

Key recommendations included:

- Maintaining a balanced diet with adequate proteins, fruits, vegetables, and whole grains
- Balancing Omega 3 and Omega 6 intake
- Avoiding over-dependence on medicines and focusing on preventive health
- Engaging in a mix of walking, strength training, yoga, and pranayama
- Avoiding crash dieting and opting for guided, nutritious weight management

He also highlighted the importance of personalized nutrition, regular health check-ups beyond basic tests, and mindful eating habits. The concept of investing just one hour daily in health was compared to an SIP in "Time," promising long-term benefits and improved quality of life. He said it would add 20 years more to our life which who wouldn't want? 😊

Netsurf's Neutra Care range of herbal supplements was introduced as a supportive means to bridge nutritional gaps safely and effectively.

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The session concluded with a powerful reminder:

“Everything is difficult before it is easy.”

Investing in health today can reward us with many more active and fulfilling years. We can get upto 20 more years of life - which who wouldn't want - to achieve and fulfill all that we wanted to do in life.

Sarrah Gupta also encouraged members to explore Netsurf products through their app and avail special benefits. Sarrah Gupta suggests to download Netsurf world app by clicking on the below links and avail exciting offers on all netsurf products.

Once you download the app, enter Sarrah's mobile number : +91 9096893453 in the “Referred by” and get Rs.100 voucher which can be redeemed from your first purchase onwards.

Android users : <https://bit.ly/3SxEkFB>

Apple users : <https://apple.co/3Ace2JT>

Best wishes for a healthy, balanced, and disease-free life!



Spot Prize winner 1



Felicitating Dr.Ambulkar



Spot Prize winner 2





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Chai and Gupshup with Melanie Sequeira

Dear Friends,

Following my mom's footsteps, I stepped into the secretarial world. Part-time work with mom's bosses/colleagues during college led to my first MNC job in Mumbai at the age of 21. I started as a stenographer with a lady boss who was once a Secretary herself - she taught me loads!

The Tata company felt like a second home with its diverse Parsi and Christian culture. Post-merger, I was absorbed by the new organisation (while many weren't), and the VP-HR asked me to work with him - guess he saw some potential in me. Next, the Executive Director selected me to work in his department, and then I moved to Hutch with a 10-minute interview win! A wild ride ensued - like when my boss screamed from the airport, "Melanie, we don't get!" (Travel desk messed up his web check-in). **Lesson learned:** always double-check travel plans. Years later, he invited me and my family to Sri Lanka for his daughter's wedding! He even sparked my move from Mumbai to Pune in 2011.

In Pune, I juggled supporting the CEO and assisting our Legal Counsel - a lady who commuted weekly from Mumbai. Three years post-retirement, she still recalls how I welcomed her to the office on her first day (went to her car to greet her!) and handled her travel, hotel, transfers, and even reminded her to eat and catch flights. She'd tell me how much she appreciated these little reminders, even though they were part of my job. Now, we're family friends! When I bought a place in Pune, she insisted on handling the agreement herself, start to finish.

As I look back, I'm grateful for the incredible journey I've had in the secretarial field. These relationships, built on trust and care, are the true highlights of my career. They remind me that sometimes, it's the small things that leave a big impact.

While I was in Mumbai, I knew about NIPS (thanks to Late Mrs. Homai Mehta's workshop at Tata). After relocating to Pune, I happened to meet Teresa Mascarenhas in Shivaji Market. Our brief conversation led me to join IASAP as an Associate member, and later as a Life Member. **Best decision!** Made lovely friends, attended fab events, and explored new experiences - wouldn't have done it otherwise. Even superannuated from work during Covid, life's been more interesting. Had an opportunity to meet professionals across the Asia Pacific Region during my first ASA Congress in Sri Lanka 2025. Have made so many new friends. And I wish I could make it to the National Convention!



Melanie (R) with
Teresa Mascarenhas (L)

Dear Melanie, What a wonderful journey you've had in the secretarial field! It's great to hear that you've followed in your mother's footsteps and had some incredible experiences along the way. 😊
Wishing you many more happy moments in the IASAP Forum.

Best Wishes, Assunta



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Kalpna Shetty is a strong & inspiring woman. She loves building businesses and breaking finishing lines in sports. As a part of women empowerment, Kalpna proved that women can run organisations and marathons too. She is an entrepreneur by mind and a marathoner by heart. She likes discipline in business and endurance in life. She has the qualities of Momentum, Delivery, Realisation and Achievement. To conclude, in a line, Kalpna has a CEO mindset combined with a marathon spirit. She leads.....she runs.....



Kalpna Shetty achieved a bronze medal in 3 kms Marathon by WE RUN celebrated on Women's Day Event at Elpro, PCMC.



Our beautiful IASAP member, Dr. Minal Harne, is a renowned Tarot Master known for her intuitive insights and deep spiritual understanding. With a compassionate approach and a keen ability to interpret energies, she guides individuals toward clarity, confidence, and positive transformation. Her expertise in tarot reading empowers people to navigate life's challenges and make informed decisions with greater awareness. We are so proud of you !!! Minal





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CITATION AND AWARDS RECEIVED



IASAP Pune Chapter takes pride to inform that Ms. Hyacinth Arya is a recipient of many laurels to her credit- some of the latest being -



1. The ENTREPRENEUR OF THE YEAR - 2024
2. The AWARD for WOMAN OF SUBSTANCE - 2025
3. The BHARAT PRIDE AWARD - 2025
4. THE BEST SPEAKER - A Citation Certificate at Soroptimist International 2025
5. SPEAKER PAR EXCELLENCE - Rotary Club Malaysia and Bangkok 2026



Hyacinth has many more certificates to her credit ..but she could not go to collect them personally. The citation awards are mostly received online after successful interviews.

Let's congratulate Hyacinth on her achievements and get inspired!!! All the best!! Hyacinth for many more to come.



Best Facilitator Award received from the Papua New Guinea (PNG) National Congress held in Manila

Congratulations!!!



Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

Jan - Mar
2026

He fit through the door when he had nothing...

but couldn't leave once he had everything.



A hungry fox once discovered a beautiful vineyard.

However, the vineyard was surrounded by a solid fence, with only one small opening – far too narrow for its body.

The fox came up with a strategy: It fasted for three days. After three days, it had grown thin enough to squeeze through the gap. Once he was inside the vineyard, the fox indulged freely in the ripe, sweet grapes. It ate to its heart's content, making up for the days of hunger. But when it tried to leave, it faced a harsh reality: its swollen belly could no longer fit through the same narrow hole. So, it repeated the process. It fasted another three days inside the vineyard until it became thin enough to escape.

Standing outside once again, the fox looked back and sighed: “O vineyard, you are beautiful and your grapes are sweet. But what have I truly gained from you? I entered with an empty belly, and I leave with an empty belly.”

LESSONS: This story carries profound logic about how the world works: **The Law of Balance:** Everything has a price. To receive a “reward”, you must accept a “cost”. Sometimes, the price we pay equals exactly what we gain.* **The Value of Experience:** If the fox ultimately ends with zero – still hungry upon leaving – then the only true gain was the experience of tasting the grapes. Life is similar. We enter this world empty-handed and leave empty-handed. What truly matters is not what we accumulate, but what we experience. **Practical Wisdom:** Don't become obsessed with collecting things you cannot carry through life's narrow gates. Instead, invest in wisdom and character – the only treasures that enrich you without weighing you down. 🌱

Personal Reflection: In a world that constantly pushes us to “have more,” sometimes true wisdom lies in knowing when to let go – so you can remain light enough to be free.



Shared by: Archana Arora





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Aching!! But Gently, Letting Go

The heap of books—novels, biographies, self help books, once devoured in quiet afternoons, clipped magazine articles saved “for later”,
”Oh, the Asian Games 1982 tickets,
Here, Europe 2019 air tickets, museum tickets, since 1970s,
Greeting cards, birthday cards, “Get well soon” in trembling handwriting.

Congratulations on promotions, on engagements, on anniversaries.

Pretty little gift wrappers—too beautiful to tear.
Designer paper napkins saved for a “special day”,
Christmas blessings wrapped in glitter.

Postcards from around the world—cities I walked, skies I stood beneath

Old photographs—smiles that still breathe when I look closely.

Silver and gold mementos—cups I won at school, at college, at work, at social gatherings

Proof that I once stood on a stage.
That someone called my name.
That applause once followed me home.

Discard them in trash bin? Oh, what else to do?
They are my memories, none other would find it precious, No one!!
Oh, my poor heart crushing with pain crumbles!!
And then—A whisper rises - soft but steady
You are not throwing away your life.
You are not discarding your worth.
The applause has already entered your confidence.
The journeys have already widened your eyes.
The love written in those cards has already shaped your tenderness.
Paper fades, Ink weakens, Metal tarnishes,
But **growth does not, memories do not**, the person you’ve become does not.
So, I gather them slowly—not as loss, but as gratitude.
I thank each season, I bless each face, I honour the girl I was,
the woman I became.

I keep what fits in the palm of today, I release what belongs to yesterday.

The room grows lighter, the shelves can breathe again, And so can I.
For nothing truly lived is ever wasted. Nothing deeply loved is ever gone.
It lives in my voice, in my gentleness, in the quiet strength with which I begin again.

And at last—with trembling hands and a braver heart—I let go!!

Author : MARIA F ROMEL





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The Everest Frogs

A Warning on Wellness 🏔️ 🐸

During an expedition on Mt. Everest, climbers found frogs frozen in the ice. Thinking they'd make a good meal, the climbers placed them in a pot of cool water and lit a fire. As the water warmed, the frogs revived. Instead of jumping out, they felt a sense of "wow"—like a relaxing jacuzzi. They used all their internal energy to adjust their body temperature to the rising heat. They felt comfortable, so they stayed.

But as the water began to boil, the danger became real. The frogs finally tried to leap to safety, but it was too late. They had exhausted all their vital energy just trying to "cope" with the heat. They no longer had the stamina to save their lives and were boiled to death.

Moral of the Story with regard to our Health :

Our bodies are experts at "adjusting" to poor habits, rising stress and lack of sleep—until they aren't. Don't overdo & wait for a "boiling point" (a health crisis) to make a change. Listen to the subtle signs your body gives early and act to save yourself before your energy is completely drained. 🙏

Shared by: Jasmine Jogi



SHARE A RECIPE COLUMN

HEALTHY DATES CAKE

Ingredients:

- 3 cups of dry dates
- 3 cups of sugar
- 2 ½ cups butter
- 3 cups maida flour
- 5 eggs
- 2 tbsps baking powder
- ½ cup almonds
- Few dry grapes



Soak the almonds for 2 hours and cut into small pieces and keep aside. Soak the dates in 2 ½ cups of boiling hot water and leave it till it gets cold. Remove the seeds and make a paste of the dates. Beat the eggs and add sugar, butter, almonds, dry grapes and keep aside. Mix the flour and yeast and keep aside. Now mix all the ingredients in a bowl and pour into a cake container. Bake the cake in a gas oven on a very low temperature for 1.5 hours.

Shared by: Effie Castellino



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A warm welcome to our New Members - IASAP Pune Chapter



We warmly welcome **Ms. Madhuri Kandalkar**. Madhuri has 18 years of experience in the Secretarial and Admin roles at Vintage Cards, Ruby Hall Clinic and Deccan Equipment and Systems.

Currently she is working with Dynamic Services.

Wishing you dear Madhuri an enriching and successful interaction and learnings at IASAP.

We thank Assunta for bringing in Madhuri Kandalkar.



Let's warmly welcome our new member **Ms. Sulagna Sarkar** to our circle of inspiring, dynamic and empowering Secretaries and Admin Professionals.

Sulagna holds a Post Graduate Diploma in Human Resources and currently working as Customer Support Officer Cum EA to GM at Atlas Copco Tools & Assembly Systems.

May your journey with us be filled with learning, growth and meaningful connections.

We thank Preeta Venugopal for bringing in Sulagna to the IASAP family.

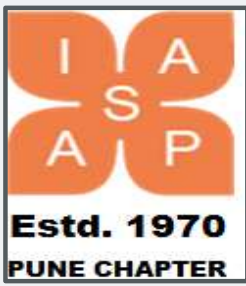


We warmly welcome our new member **Ms. Neetu Injnani** to our team of inspiring, dynamic and empowering Secretaries and Administrative Professionals.

Neetu holds a Bachelor's Degree in Commerce and working as Executive Secretary at EagleBurgmann India Pvt Ltd.

May your journey with us be filled with learning, growth and meaningful connections.

We thank Armaity Boochoa for introducing Neetu to our IASAP family.



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Daisy Amaria	2 Apr
Viola Bhaskerrao	3 Apr
Veena Bengale	5 Apr
Vanita Jagdale	7 Apr
Lata Khedkar	12 Apr
Veera Chawla	12 Apr
Kashmira Jijina	14 Apr
Rosy Pereira	18 Apr
Swati Nikam	19 Apr
Reema Kamdar	20 Apr
Meera Joshi	25 Apr
Meenakshi Bhan	29 Apr
Kanta Ahuja	30 Apr



Ragini Mudaliar	4 May
Zeenat Naik	4 May
Jasmine Jogi	7 May
Supriya Vanarase	7 May
Manijeh Menuchery	8 May
Vaishali Vaidya	10 May
Aunkita Roy Datta	11 May
Magdalena (Maggie) Menezes	14 May
Annamma Kuruvilla	15 May
Kashmira Vakharia	15 May
Sheila Ferrao	17 May
Usha Abnave	19 May
Sunita Basu	21 May
Sanstoshi Bist	22 May
Susan Varghese	26 May
Annserin Falcao	27 May
Sunita Madhure	27 May
Teresa Mascarenhas	28 May
Nazneen Limboowalla	29 May



Alkaa Mehta	1 June
Effie Castellino	1 June
Roshan Divecha	5 June
Jennifer Kumar	7 June
Minal Harne	7 June
Sulagna Sarkar	10 June
Preeti Purswani	11 June
Poornima Chainani	12 June
Thankam Manuel	14 June
Seema Kudiya	15 June
Zenobia Pajniger	17 June
Safia Hamza	18 June
Annie Dsouza	18 June
Perviz Patel	23 June
Swati Shirwale	26 June
Suchita Kadam	27 June
Sarraha Gupta	29 June