



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
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

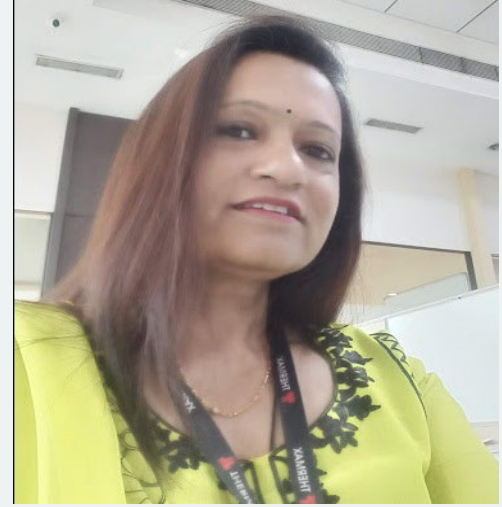
ASHWINI AGNIHOTRI  
8605019082

EFFIE CASTELLINO  
9168249977

CONNIE FERNANDES  
9881254799

IMMEDIATE PAST CHAIRPERSON  
BAKHTAWAR BATTIWALLA  
9890175552

**“Do not wait for the perfect moment. Take the moment and make it perfect - preferably with a great outfit and some lipstick!”**



My Remarkable Women of Strength and Grace,

Firstly - thank you, I am truly overwhelmed by your continued trust in me and for re-electing me as your chairperson, I accept with humility and great enthusiasm. It feels like being called back on stage for an encore - and you all know how much I love the spotlight. 😊

As I look back with gratitude and pride, I know in my heart that none of this would have been possible without the unwavering support, dedication, and camaraderie of my committee members Annabella, Ashwini, Assunta, Bakhtawar, Connie, Daisy, Effie and Ratika. Each of them brought something unique to the table - their time, talents, patience, laughter, and most importantly friendship.

We are all geared up to bring you monthly sessions that just do not polish your professional skills but also add the much-needed spark in your personal growth. Let us make time to learn, but also to dance a little, dream a little more, and live life with both purpose and joy. After all, what is the point of climbing new heights if you do not enjoy the view occasionally?

As we go about our busy days, balancing deadlines, duties, and dreams, it's easy to forget the quiet power of two simple acts – **gratitude and giving**. Yet, they are what keep us connected, grounded, and growing together. We look forward to your continued support to the BPC project.

Am happy to share that attending the Kolkata Convention and ASA Congress was truly an enriching experience. It wasn't just about sessions and speeches – it was about learning, growing, and connecting with professionals who share the same passion for excellence. From insightful discussions to inspiring stories, the event was a reminder of how much there is to learn when we step beyond our usual circle. I've come back with new ideas, fresh perspectives, and renewed energy.

Here's to a fabulous year ahead – of growing, glowing, and living life to the fullest... together!

Much Love,  
Monica





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

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



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

My dear valued IASAP family



I want to take a moment to express my heartfelt gratitude to each and every one of you for attending the AGM and re-electing us in the Committee for another financial year. It is an honour for all of us to continue serving our community and I'm committed to working tirelessly to support our shared goals and interests.

Thank you for your trust and confidence in us. We are all looking forward to collaborating with our fellow committee members and contributing to our collective success. We have taken your feedback positively and will try to come up with some more topics of interest and exciting sessions.

Having expressed myself on behalf of my Committee, thought of sharing a message on '**Life and its value**'.

Life is too short to be wasted on negativity. We don't want to spend our time fighting, blaming, or holding on to hate. Whatever time we are left with, we should use it wisely by living fully, loving deeply, and finding real happiness.

There was a time when we let small things upset us. We worried too much about what others thought, held grudges, and let anger steal our peace. But, over time, We have learned that none of it really matters. Being angry or bitter only hurts us. Blaming others doesn't fix anything. Holding on to hate only makes the heart feel heavy.

We should choose a different path. It is better to choose '**peace**' and '**love**'.

As for me, I choose to be happy with what I have and where I am. I want to start each day with a grateful heart. I want to be around people who make me smile. I've realized that arguments, drama, and negativity only steal the joy from our life.

Instead, we should enjoy the little things. A walk in the sun. A kind message from a friend. A warm cup of coffee. A hug from someone we love. These are the moments that make our lives beautiful.

I want to live with love not just in my relationships, but in my attitude, my choices, and my words. I want to care for my family, appreciate my friends, and protect my peace.

In the end, life is not about proving who's right or wrong. It's about the love we share, the peace we keep, and the moments we treasure. And that's the kind of life we want to live. Won't you all agree with me?

With much love & warmth,  
Effie Castellino



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

## Administrative Professionals Day

Celebrated on Sunday 13<sup>th</sup> April 2025

Guest Speaker - Ms. Priyanka Agrawal, PCA, Head - Inclusional was invited to speak on :  
**The Power of Adaptability: Thriving in a Dynamic Administrative Landscape.**



### Key take-aways from Priyanka's talk :

Look beyond your traditional role, and upskill to stay relevant in an ever changing BANI world.

Embrace Technology and Artificial Intelligence- these can be great enablers **BUT** cannot replace the value **YOU** bring to the organization

As the backbone in any organisation, administrative professionals must take on larger, strategic roles where their social capital can add value.

Consider including genders other than women in your association - there is greater power & impact when diverse talent comes together!!



### On the Spot Eulogy penned by Hyacinth Arya

Social Equity is power sublime  
As Professionals with adaptability,  
We constantly toe the line.

The cultural, human, social and symbolic capital  
bridges the gap,  
This innate ability helps cut out the extra crap.

We as admins fill in with work and  
crucial conversation,  
Constantly at tasks for corporate evaluation

Much that we too want gender inclusivity,  
IASAP ensures women power and exclusivity.

By Hyacinth Arya





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

## Annual Admin Professional Day - Continued.....

On this day, we celebrated each of us for all our hard work, the multi-tasking queens that we are, who make everything look so effortless. We enjoyed an evening of learning, appreciation and recognition from our bosses. We played games and danced to our success without any inhibitions.





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025



Concluded by Dance & Dinner



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

26<sup>th</sup> ASA Congress - 25<sup>th</sup> - 29<sup>th</sup> April in SRI LANKA  
at Cinnamon Grand Hotel - Colombo

Hosted by : SRI LANKA ASSOCIATION OF ADMINISTRATIVE AND PROFESSIONAL SECRETARIES(SLAAPS)

**TOPIC : EMPOWERING DIVERSITY BEYOND BORDERS**



A big Thank You to Hyacinth Arya for all her time and efforts in designing the traditional costumes for Pune Chapter





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

26<sup>th</sup> ASA Congress - 25<sup>th</sup> - 29<sup>th</sup> April SRI LANKA  
at Cinnamon Grand Hotel - Colombo

Hosted by : SRI LANKA ASSOCIATION OF ADMINISTRATIVE AND PROFESSIONAL SECRETARIES(SLAAPS)

## EMPOWERING DIVERSITY BEYOND BORDERS - PROGRAM & SPEAKERS

The host country Sri Lanka graciously welcomed 400+ delegates from Philippines, Thailand, Singapore, India, Malaysia, China, Pakistan, Brunei, Papua New Guinea and Korea. The inaugural evening offered not only a dynamic platform for professional growth and collaboration, but also an unforgettable cultural journey. It was a privilege to get an audience with the **Western Province Governor Mr. Hanif Yusoof** - Chief Guest at the opening ceremony, who warmly welcomed the delegates to a comprehensive learning experience and Sri Lankan hospitality.

The keynote speaker **Mr. Chevaan Daniel** - Group Director, Capital Maharaja Group and Head of Sirasa Media Network. Mr. Daniel elaborated on the theme and gave his inputs on having a strong purpose, mastery of our art and values of leadership. The key point to be remembered is "**when potential meets opportunity magic happens**". Diversity strengthens us and must be celebrated irrespective of boundaries that separates humanity.

Next on the list was **Mr. Peter D'Almeida** a pioneer leader in Sri Lanka IT industry with over 30 years of experience. As a founder and former CEO of **N-able** he introduced several groundbreaking technologies to the country. Mr. D'Almeida is a passionate advocate for human rights and environmental causes. At the 26<sup>th</sup> ASA Congress he presented "**The Future of Work : Embracing Diversity and Innovation in a Globalized Economy**" and sharing actionable strategies to leverage diversity in driving innovation.

**Mr. Asanga De Mel** - Founder of Lovi Ceylon is a global fashion entrepreneur who transformed the traditional Sri Lankan sarong into a modern, internationally acclaimed brand. Before launching Lovi, Asanga had a successful tech career in Silicon Valley and New York., where his skills in innovation and strategic thinking shaped his approach to fashion. A Harvard Alumnus, his designs have gained global recognition with his Olympic outfit for 2024 Paris Games winning the "Best Outfit Award" Asanga presented the "**from concept to reality; driving Innovation in a Globalized Professional Landscape**".

Day 2 started with a dance session with **Mr. Altaf Ahmed** - dynamic Founder of Naach Colombo a popular dance class. Known for his energetic choreography, Altaf has remarkable ability to transform and space into a dance floor. Altaf set an energizing tone for the Sunday morning with his signature blend of rhythm and flair. All the delegates enjoyed learning the steps and dancing to famous Bollywood numbers.

**Ms. Rosy Senanayake** spoke on the topic - "**The Crown and Beyond; Leading with a purpose in a Globalized World**". She spoke on how leaders can inspire change, drive innovation and navigate complex challenges. Rosy has made history as the first ever Mrs. World setting a global standard for women empowerment. With a career spanning significant leadership roles, she became Sri Lanka's first female Mayor of Colombo, she has championed progressive policies and community development. She also served as High Commissioner to Malaysia, State Minister for Women and Child affairs, and a UN Goodwill Ambassador. An advocate for social justice and gender equality. She consistently emphasizes empowering women and fostering inclusive growth. She mentioned that while challenges exist, the city demonstrates a strong commitment to maintaining its reputation for cleanliness and fostering a more sustainable future .



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

## ON: EMPOWERING DIVERSITY BEYOND BORDERS.....CONTD..

Professor **Arjuna De Silva** - Consultant Physician and Senior Professor of Medicine at the University of Kelaniya. He is a leading figure in clinical practice, research and medical leadership in Sri Lanka. With strong academic background with MSC and MD from the university of Colombo he has made significant contribution in gastroenterology and sports medicine in Sri Lanka. Professor De Silva has published over 150 papers in international journals and has received numerous awards and accolades. At ASA, professor presented. **“the impact of our lifestyle: building healthier communities”**. His session explored how modern lifestyle choices affect community health and discussed strategies for fostering healthier environments through lifestyle changes and effective healthcare initiatives.

**Mr. Balraj Arunasalam**, Past International President of Toastmasters International (2017-2018) is a renowned global speaker and first South Asian to hold an - International officer position on the Toastmasters Board. He has addressed over 75 countries and pioneered initiatives like “Rural Voices Unlimited” recognized by the U.S. State Department. At ASA congress, he presented **From a Club to the World: Harnessing the power of personal growth and collaboration**, sharing insights on how personal development and teamwork can drive global impact.

**Mr. Fahad Farook**, a versatile motivational speaker, Certified Transformative Coach was the official compere for the 26<sup>th</sup> ASA Congress. Fahad’s impeccable professionalism and dynamic personality helped connecting the diverse audiences and keeping the energy alive on stage.

**IASAP - India winning the Virginia P Elbinias Award called the BPC (Best Practice Contest - Social initiative for women empowerment)** was heartwarming. Grateful to all the members for their support and generosity towards making a difference in the lives of those who need the most.

The Colombo city tour was impressive by the cleanliness; a combination of factors, including its natural environment, lush greenery all around, cultural values and government initiatives.

With all the power packed session of new learnings, the delegates headed to the fun time at the Beach Party. The air was filled with good music, good food, good vibes. The ASA Congress had been inspiring, enriching and truly unforgettable experience for each one of us. Referring to the theme Embracing Diversity Beyond Boundaries. The ASA congress was a celebration of inclusion, innovation and limitless potential. **Diversity is no longer just a value; it is our greatest strength.** It was a time and space to reflect, learn, and engage with these ideals through powerful discussion, inspiring speaker and transformative connections.

We thank **Azra Reyaldeen** - ASA President 2025 and her team for executing a successful ASA congress.

Looking forward to the next **ASA in 2027 at Brunei.**

Notes prepared by: **Assunta Christy**



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

26<sup>th</sup> ASA Congress - 25<sup>th</sup> - 29<sup>th</sup> April in SRI LANKA  
at Cinnamon Grand Hotel - Colombo

Hosted by : SRI LANKA ASSOCIATION OF ADMINISTRATIVE AND PROFESSIONAL SECRETARIES (SLAAPS)



A proud Moment for India at ASA Congress

IASAP India won the Virginia P Elbinias Award - Best Practice Contest (BPC)

Congratulations!! to you all and thank you so much for your contribution and your time for the BPC project. A collective effort by INDIA - Cheers



A huge thank you to Hyacinth Arya, Chairperson, BPC for all the guidance and support to ensure we were on track - a success factor for India.



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025



Congratulations!! Geeta Rao on receiving the 15<sup>th</sup> ASA Attendance Award. Cheers to you for your support to IASAP.

Geeta Rao's 1<sup>st</sup> ASA Congress attended in Karachi-Pakistan in the Year 1990



Geeta Rao joined as a Co-ordinator for Academy of Administrative Professionals (AAP) Sri Lanka in 2005

Geeta Rao was fortunate to be present in Sri Lanka for AAP's 20<sup>th</sup> Emerald Anniversary receiving an Award from Dr. Sunethra at AAP's Emerald Jubilee function on 29<sup>th</sup> April 2025 at Galadari Hotel, Sri Lanka



Medals received on 5<sup>th</sup>, 10<sup>th</sup> and 15<sup>th</sup> ASA attendance by Geeta.



Receiving an Award from AAP



Thanking and appreciating Sunethra for her exemplary Services towards AAP, Sri Lanka



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

Congratulations!! Swarnalatha on receiving the 10<sup>th</sup> ASA Attendance Award



ASA Learnings expressed by Swarnalatha

It has been a great pleasure and honor to be a part of the ASA family. I have approached each ASA with mixed emotions, often ranging from excitement and inspiration to exhaustion and stress. ASA gave me a chance to learn, grow, network and gain fresh perspectives. It gave me an opportunity to learn from leaders, connect with peers and to immerse oneself in latest thinking. My first ASA was in 2002 at Brunei, and now have come to a full circle with the next ASA in Brunei in 2027.

While I was active in corporate services, I did not attend many of the monthly IASAP meetings, but would ensure that I did not miss most ASAs. Our organization - Kirloskar, knew the value of growth in an individual and sponsored each and every ASA I attended. Sri Lanka was my 10<sup>th</sup> ASA. As I am an avid global traveler, after attending a couple of ASA's and after a lot of research and co-ordination I decided to take on the mantle of adding a pre or post tour and accordingly created a likeminded Pune group. Thereby, we have visited quite a few countries. Trail Blazer International (TBI) was our tour co-ordinator.

My joy knew no bounds, when 98 ladies from the Indian Chapters joined us for our China trip. Thereafter they joined us for Vietnam and Cambodia. Now I look forward to the new generation to take over co-ordination of ASA pre/post tours and share the joy of group travel, meeting old friends, making new ones. I have realized Travel is the only thing you buy to make you richer.

- 2002 - 1<sup>st</sup> ASA Brunei
- 2004 - 2<sup>nd</sup> ASA Singapore
- 2006 - 3<sup>rd</sup> ASA Mumbai
- 2007 - 4<sup>th</sup> ASA Indonesia - Jakarta, added a trip to Bali.
- 2008 - 5<sup>th</sup> ASA Malaysia - Kuala Lumpur added a trip to Genting Heights, Langkawi & Rebek Island.
- 2010 - 6<sup>th</sup> ASA Taiwan - added, China - Shanghai, Beijing, Shouzou, Hongkong & Macau.
- 2012 - 7<sup>th</sup> ASA Bangla Desh (did a lot of research to add Bhutan, but did not prove feasible)
- 2016 - 8<sup>th</sup> ASA Phillippines - Manila, added Cambodia & Vietnam
- 2018 - 9<sup>th</sup> ASA Papua New Guinea added Australia - Brisbane & Cairns
- 2025 - 10<sup>th</sup> ASA Colombo, Sri Lanka





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

Hyacinth Arya received the ASA Attendance Award  
at the 26<sup>th</sup> ASA Congress in Sri Lanka - April 2025



### The Royalty of Learnings at ASAs expressed by Hyacinth Arya

My 1st ASA was in Singapore ..no photos in groups back then. But a memorable culture shock. So much to observe, learn, acquaint self with cultural differences, but felt the bonding of Asia Pacific sisterhood. It was back then that a Singapore committee member Marlene Foo said to me in typical singaporean style " hey naughty lady; you will go places, as you easily blend into any situation".. At times I feel its so true, but I am what I am today because of tough decisions and self upgradation on my own steam. Travelling places helps us to learn, grow and adapt.



Congratulations!! Hyacinth on receiving the 15<sup>th</sup> ASA Attendance Award.  
Cheers to you for your support to IASAP



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

Online Session - Sunday, 18<sup>th</sup> May 2025 on Heart Health & Fitness  
5 pm to 6 pm

Dr Amit Salkar is a well-known intervention Cardiologist practising in Nagpur. He is a Director at the Salkar's multi-speciality clinic and Haemcare Centre in Nagpur. He has more than 10 years of experience in his field and has worked as an expert in multiple cities, namely Mumbai, Hyderabad and Nagpur. He is associated as Consultant Cardiologist with multiple multi-speciality hospitals in Nagpur. Dr Amit Salkar has contributed to handling numerous complex cardiac cases. He is known for his attention to accurate diagnosis and treating patients empathetically. His speciality and interest are radial angioplasty, device based therapy, complex interventions, which includes IVUS, OCT and Rota guided interventions. He also has expertise in treating Heart Failure cases. Dr. Amit did his MBBS from NKP SIMS from Nagpur, pursued his MD MEDICINE from the same college and did his DNB in Cardiology from Yashoda Hospital Hyderabad.

The risk factors for a heart failure are age, family history of heart disease, high blood pressure, high cholesterol, diabetes, smoking, physical inactivity, poor diet, chronic stress and obesity. We need to watch for symptoms like Chest pain or discomfort, shortness of breath (especially with exertion) irregular or rapid heart beat, unusual fatigue specially in women, dizziness, nausea or lightheadedness. One should focus on a Mediterranean style diet, exercise for atleast 150 mins per week maintain a healthy BMI, quit smoking and limit alcohol. Nutrition for good heart health would include eating more fresh fruits, vegetables, brown rice, lean proteins from fish and poultry, Eat less salt, sugary drinks/snacks, trans fats and processed foods. Stay hydrated, practise mindful eating and portion control. Most importantly, regular check-ups and screenings like blood pressure, complete blood count, blood sugar (specially if overweight or family history of diabetes), ECG, 2D Echo, Treadmill test and weight/BMI should be done compulsorily once a year. Remember to share your family history with your doctor. Heart health is a life-long journey and therefore prevention is always better than treatment. Every healthy choice counts.

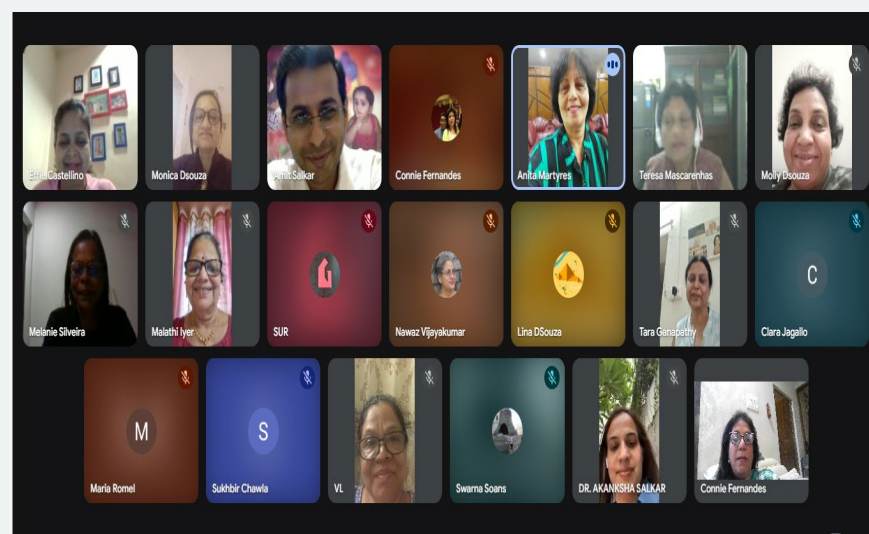
ONLINE SESSION  
*Heart Health & Fitness*  
Sunday, 18th May, 5 pm - 6 pm

Dr. Amit Salkar is a well-known intervention cardiologist practising in Nagpur. He is a Director at Salkar's multi speciality clinic and Haemcare Centre in Nagpur. With more than 10 years of experience, he has worked as an expert in Mumbai, Hyderabad and Nagpur. He is associated as Consultant Cardiologist with multiple Multispeciality Hospitals in Nagpur. Dr. Salkar has contributed in handling numerous complex cardiac cases. He is known for his attention to accurate diagnosis and treating patients empathetically. His speciality interest are radial Angioplasty, Device based therapy, complex interventions, which includes IVUS, OCT and Rota guided interventions. He also has expertise in treating Heart Failure cases. Dr. Amit did his MBBS from NkpSIMS from Nagpur, pursued his MD MEDICINE from the same college and did his DNB in Cardiology from Yashoda Hospital Hyderabad.

Join from comfort of your own Home!  
Link for the session will be shared soon.



The human heart is only the size of a fist but it is the strongest muscle in the body. The heart beats about 75 times a minute in a person at rest. The heart rate increases when we are active or when we feel strong in emotions. Heart may have various problems like heart attack, valve problem, hole in the heart, collection of fluid around the heart, heart failure and many more.





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

## 38th Annual General Meeting of the (IASAP) PUNE CHAPTER

Sunday, 8th June 2025 at 6:00 PM – 8 PM at the Royal Orchid Central Pune, Kalyani Nagar, Pune,





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

## Chai and gupshup with Suchita!



Dear Friends,

IASAP has always motivated me through its sessions, meetings and other activities. It instills enthusiasm and energy. This regular dose of positivity helps me in my personal as well as professional life. It extends support to all those who need it and there is camaraderie among the members.

This sense of belonging is very re-assuring. There is so much warmth and excitement in the celebrations and gala events of IASAP.

I start my day with prayers, and I thank God for all that he has given me. I believe we all must keep God in our minds during our good times. This way we get the strength to sail through difficult times. Then I get ready to practice yoga. One hour of Yoga has kept my “mind, body and soul” healthy. It also helps me to deal with stressful situations.

Currently, I am working with a Financial Advisor for Personal Finance and we provide customized solutions for investments. I have worked in many organizations and along the way honed my skills, and matured professionally. At Spicer India Pvt. Ltd., I was at the HO. My position was a central function and here I learnt to co-ordinate with plants and group companies at various locations, execute at a larger scale and deliver on time. The best part of this company was that it believes in empowerment and training employees at all levels.

**My Mantra at Work - I believe that one must compete with your own self instead of competing with others.** It is a popular corporate jingoism “to be a go getter” etc. Instead, practice “Kaizen”. It is beneficial to us if we do better than the previous day. Concentrate on your shortcomings and try to improve upon them. In this manner, you improve your quality of work, and you become a brand. Over and above, others look up to you. The IASAP sessions have also helped me to find solutions and accomplish various responsibilities given to me.

There are people who would like to see your downfall. There are some toxic people; some people have pre-conceived notions. It is my biggest challenge to deal with such people. It saps your energy. My yoga practice and various training sessions have helped me to face such situations. My parents have been my source of inspiration. Their experiences/ life have helped me immensely. I carry words of appreciation on my lips for the people I meet, and I practice **NAMASMARAN** (name chanting of God) - it calms the mind and strengthens my faith in God.

Last, but not the least, I wish to thank all the committee members, past and present, who have strived to make IASAP what it is today and to provide us with wonderful speakers. My request to all the ladies out there, take time out for yourself to nourish your soul and body!!!

We all deserve to treat ourselves with some good time.

All the best!

Suchita Kadam

“Suchita a regular member at IASAP Pune always appreciative and encourages members with her kind words”.  
Wishing you success and happiness.  
Best Wishes, Assunta Christy





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

## In Gratitude of the Divine 🙏

I did not apply for anything.  
No one recommended me.  
Yet, I was gifted with this miraculous body.  
Without an interview, without merit - just pure Grace.  
Blood flows ceaselessly from head to toe,  
Every heartbeat a silent drum of life.  
I don't know what kind of divine technology powers this system,  
But the heart never tires, never rests, until it's time to go



Two eyes, like cameras of a thousand megapixels,  
Capture the ever-changing beauty of this world—colours, light, emotions—etched into memory.

A tongue that performs ten thousand taste tests with precision...  
Skin, a living sensor, feeling heat, cold, love, pain—A miracle of sensitivity.

A voice box that expresses thought and emotion through sounds of infinite variety.

And ears that decode every frequency—from whispers of the wind to the laughter of loved ones.

This body, made of 75% water, holds firm, no short circuit no leakage.  
Despite millions of pores, I stand tall, unsupported by anything.  
Rubber tyres wear out on roads, but the soles of my feet carry me through a lifetime—still holding strong.  
What an astonishing, divine creation!

Nothing man-made can come close.

You are the Designer, the Operator, the Sustainer.

Every memory, every thought, every ounce of strength and peace—All come from You.

You live within this body, as the soul, the unseen presence that gives life and purpose.

This is Your divine play, Your masterpiece.

Let me not just exist, but participate—in the selfless joy, the divine rhythm of Your creation.

Bless me with good sense and pure awareness.

Let my intellect bow before Your wisdom.

May I never forget—even for a moment—That it is You who breathes life into me, who walks with me,  
listens through me, speaks through me.

Let gratitude be my constant companion.

Let awe fill my every breath.

This is not just a body—It is a temple of Your presence

Author - Anonymous

Shared by : Advocate Nilima Deshpande





# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025

## THE LAST LEG OF LIFE

Author - Unknown

Most of us are now in the last quarter of our life and should read this interesting piece of advice 📖

This is one of the nicest and most gentle articles I've read in a while.

No politics, No religion and No racial issues - just food for thought.

You know, time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and embarking on my new life. Yet, in a way, it seems like years ago, and I wonder where all the years went? I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. However, here it is, the last quarter of my life and it catches me by surprise !!!

How did I get here so fast ?? Where did the years go and where did my youth go??

I remember well, seeing older people through the years and thinking that those older people were years away from me and that I was only on the first quarter and that the fourth quarter was so far off that I could not visualise it or imagine fully what it would be like. Yet, here it is !! My friends are retired and getting grey, they move slower and I see an older person now. Some are in better and some worse shape than me, but I see the great change. They're not like the ones that I remember who were young and vibrant. But, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become. Each day now, I find that just getting a shower is a real target for the day and taking a nap is not a treat anymore !! It's mandatory because if I don't of my own free will, I fall asleep where I sit. And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done, but never did.

At least now I know that, though I'm on the last quarter and I'm not sure how long it will last, that when it's over on this earth, it's all over. A new adventure will begin, I feel !! Yes, I have regrets. There are things I wish I hadn't done; things I should have done, but truly there are many things I'm happy to have done. It's all in a lifetime. So, if you're not on the last quarter yet, let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life do it quickly. Don't put things off too long. Life goes by so quickly. So, do what you can today, as you can never be sure whether you're on the last quarter or not.

You have no promise that you will see all the seasons of life. So, live for today and say all the things that you want your loved ones to remember - and hope that they appreciate and love you for all the things that you have done for them in all the past years. **'Life' is a gift to you. Be Happy !!** Have a great day !! Remember, it is health that is real wealth and not pieces of gold, silver or printed Notes or even property. You may think: Going out is good - but coming back home is much better !!! You forget names - but it's okay because some people forgot they even knew you !!! You realize, you are never going to be really good at anything like golf - but you like the outdoors. So, do it. The things you used to care to do, you aren't as interested in anymore - but, you really don't care that you aren't as interested.

You sleep better on a lounge chair with the TV on than in bed - you call it 'pre-sleep' !!! If you enjoy it, just do it. You miss the days when everything worked with just an 'On' and 'Off' switch !!! You tend to use more 4 letter words - 'what' and 'when' ? You have lots of clothes in your wardrobe, more than half of which you will never wear - but just in case !! Old is good - • Old is comfortable. • Old is safe. • Old songs. • Old movies. • and - best of all, • Friends of old stay well.

Have an awesome Quarter, whichever one you're in !!!.

It's not what you gather, but what you scatter that tells what kind of life you have lived.

Shared by: Effie Castellino



# Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-June  
2025



Meena Kapoor	3/ Jul
Supriya Panchal	3/ Jul
Muriel Christy	4/ Jul
Elizabeth Fernandes	8/ Jul
Geeta Rao	8/ Jul
Zeeba Irani	8/ Jul
Gracy D'souza	9/ Jul
Suchitra Gokhale	9/ Jul
Hetal Negandhi	11/ Jul
Monica Mangal	15/ Jul
Shanta Mohan	15/ Jul
Sandra Rebello	16/ Jul
Elizabeth Daniel	19/ Jul
Anita Martyres	22/ Jul
Santoshi Bist	24/ Jul
Prudy Salis	30/ Jul
Cynthia Sangale	31/ Jul
Pushpa Gonal	31/ Jul



Joanet Lobo	2/ Aug
Anita Nair	3/ Aug
Sita Muralidharan	6/ Aug
Marie Menezes	8/ Aug
Maria Sequeira	9/ Aug
Nirmala Rawat	13/ Aug
Tesie Mony	16/ Aug
Helen Netto	18/ Aug
Saroj Paranjape	20/ Aug
Preety Vaz	24/ Aug
Swananda Ghoting	24/ Aug
Madhu Jain	25/ Aug
Kamla Ramanathan	25/ Aug



Geeta Sadhwani	1/ Sep
Shernaz Kutar	2/ Sep
Ratika Khenat	6/ Sep
Aparna Deshpande	7/ Sep
Preeta Venugopal	9/ Sep
Vrishali Dalvi	11/ Sep
Prajakta Kore	14/ Sep
Lakshmi Narayan	15/ Sep
Angelica Valentine	16/ Sep
Padmaja Avachat	21/ Sep
Surekha Deshpande	22/ Sep
Ashwini Agnihotri	25/ Sep
Nawaz Vijaykumar	25/ Sep

May your birthday bring you an extra share of all that makes you happiest!!