



Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-May
June
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

“Honouring Our Legacy - Embracing the Future”

My dear IASAP Members,

I sincerely thank each one of you for placing your trust in me and giving me the honor of serving as the Chairperson of IASAP Pune Chapter. This role is not just a position - it is a commitment. A commitment to uphold the values of our association, to strengthen our community, and to continue the legacy of excellence that IASAP stands for.



I am truly grateful for the confidence you have shown in me. Your trust motivates me to give my best, to listen, to learn, and to lead with integrity and purpose. I accept this responsibility and look forward to collaboratively working with each one of you to take our association to even greater heights.

IASAP Pune is more than just an Association—it is a family of dedicated professionals striving for continuous growth and excellence. Together, we have the power to inspire, to support, and to uplift each other. I strongly believe that when we connect, share, and grow together, we become stronger as individuals and as a community.

As a newly elected Managing Committee, we are dedicated to fostering an environment where every member feels valued, heard, and empowered to contribute.

We envision our journey ahead as both simple and powerful:

- To create greater opportunities for learning and development
- To strengthen our network and foster meaningful connections
- To celebrate our achievements and recognize the incredible talent within our association

As we move forward, let us embrace change, welcome new ideas, and continue to build a vibrant and dynamic IASAP Pune. Together, let us inspire excellence, support one another, and make a lasting impact in our workplaces and beyond.

Once again, thank you for your trust and support. Let us move forward—together—with **confidence, passion, and purpose.**

With gratitude and best wishes, Assunta



Managing Committee 2024 -2026



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



FROM THE EDITOR'S DESK.....

A Fond Farewell... But Not Goodbye!

My dear IASAP family,

As I pen this message, my heart is filled with gratitude, cherished memories, and mixed emotions!!

After serving as a Committee Member and Editor of the IASAP- Pune Chapter Newsletter for the past two years (2024-2026), the time has come for me to step down from my official responsibilities. This has not been an easy decision, and I do so with a heavy heart. However, increasing personal and social commitments require me to devote my time and attention to my immediate family and busy social circle.



My journey with IASAP has been immensely rewarding and enriching. It has been a privilege to work alongside a dedicated, talented, and inspiring Committee. Together, we have shared ideas, organized meaningful programs, celebrated achievements, and strengthened the bonds that make IASAP such a special professional family.

As Editor, I have particularly enjoyed capturing and sharing the many wonderful moments, learning experiences, and success stories that define our association. The role gave me the opportunity to connect with members not only on a professional level but also on a personal one, and for that I am truly grateful.

I would like to express my sincere appreciation and heartfelt thanks to our Immediate Past Chairperson Monica and Past Chairperson Bakhtawar, and every member of the Committee for their unwavering support, encouragement, friendship, and teamwork throughout my tenure. Working with each one of you has been both a pleasure and a privilege.

I remain a proud member and will always be available to support the New Committee and the Association whenever needed. As a new chapter begins, I take this opportunity to extend my warmest congratulations and best wishes to our newly elected Chairperson Assunta Christy, Vice Chairperson & Hon. Secretary Daisy Dsouza, Hon. Treasurer- Connie Fernandes and Committee Members - Ratika Khenat, Preeti Purswani and Madhuri Kandalkar. May your tenure be filled with fresh ideas, successful initiatives, meaningful collaborations, and continued growth for our Association.

Thank you, IASAP family for your genuine love, care, support, the friendships, memories, learning, and opportunities. I will always treasure this wonderful chapter of my life. *IASAP will always hold a special place in my heart."*

Wishing you all the very best for the journey ahead. God bless. 🌸

With sincere gratitude and warm regards,

Effie Castellino
IASAP Pune Chapter (2024- 2026)



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Administrative Professionals Day!!

Celebrated on 26th April 2026 at the Royal Orchid Central, Marisoft Annex, Kalyani Nagar, Pune

Theme: The Agile Assistant - highlighting # Professional Development and # Kindness

Behind every great office, there's an admin keeping it all from falling apart - holding it together with Grace, Grit and Brilliance!!



Our esteemed Chief Guest, Ms. Prachee Sonchal, Director HR at Foseco delivered an insightful and inspiring session on ***“The Agile Assistant”*** — a topic that resonated deeply with every administrative professional.

Prachee began her talk with a powerful thought: *“Energy never dies.”* She beautifully emphasized that the role of a Secretary or Administrative Professional is not merely supportive in nature, but in fact a highly crucial and strategic one within any organization. She highlighted how administrative professionals today are expected to be proactive, adaptable and always ready to evolve with changing times and workplace dynamics.

She stressed upon the importance of having a strong learning edge — remaining sharp, relevant and always ahead of the curve. In today's rapidly evolving business environment, where disruptive changes can transform industries within a span of five to seven years, adaptability has become one of the greatest strengths an assistant can possess. She encouraged everyone to continuously learn new skills, embrace change positively and confidently step into newer responsibilities.

Prachee further elaborated on the ***Five Pillars of being a Successful Agile Assistant***, which serve as guiding principles for modern administrative professionals:

1. **Tech Savvy** – In an increasingly digital world, being comfortable with technology and staying updated with modern tools is essential.
2. **Communication Forte** – Strong communication skills are the backbone of effective coordination, relationship-building and professional excellence.
3. **Proactive Approach** – Anticipating needs, taking initiative and being solution-oriented are qualities that distinguish exceptional assistants.
4. **Emotional Intelligence** – A deeply meaningful pillar, where she spoke about kindness, understanding situations, sensing the pulse of people and responding with empathy and wisdom.
5. **Continuous Learning** – Administrative Professionals today are true partners to the business, and continuous learning helps them grow into more strategic and impactful roles.

Her session was engaging, motivating and thought-provoking, leaving the audience inspired to embrace change, strengthen their capabilities and continue growing as agile and future-ready professionals.



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Pre-Pictures on Admin Annual Day





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The beginning of an awaited evening at the Annual Day Event hosted by
Our Committee Members





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Annual Day - Presenting gifts to the Lucky Draw Winners of the evening





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Felicitation of our Past Chairpersons at the Admin Annual Day - Year 2026



Our First Chairperson
of IASAP - Pune Chapter
Ms. Florence Boodle
sharing with us her experiential knowledge



Guests Lucky Draw winner



Speaker felicitation

Our Performers for the evening - Singing & Dancing



Jaya Lingham



Teresa and Effie



Anna, Beroze, Jasmine and Monica



Our Performers felicitated with a token of appreciation



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Group Picture of all who made it to the Admin Professionals Annual Day





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Love Yourself - Heal Your Life!! on 31 May 2026

Key Insights from the Online Session by Vandanaa Neginhal

In a world that constantly asks us to do more, achieve more, and prove our worth, we often overlook the most important relationship we will ever have—the relationship with ourselves. Self-love is not selfish; it is essential. When we truly learn to love ourselves, healing naturally follows.

The enlightening online session conducted by **Vandanaa Neginhal** centred on the transformative power of self-love and its profound impact on our emotional, mental, and physical well-being. Through practical examples, personal insights, and thought-provoking reflections, she emphasized that healing begins within and that the quality of our thoughts, beliefs, and emotions ultimately shapes the quality of our lives.

“Self-Love is Your Superpower”

This powerful message formed the foundation of the entire session.

1. Thoughts and Beliefs Shape Our Reality

Our thoughts and beliefs influence how we perceive ourselves, others, and the world around us. Many of these beliefs are formed in early childhood and are often shaped by family experiences, repeated messages, and our environment.

Interestingly, even siblings raised in the same family develop unique belief systems based on their individual experiences and interpretations. Over time, these beliefs become deeply rooted and begin to govern our actions, relationships, and life choices.

Vandanaa emphasized that what we repeatedly think eventually becomes our reality.

“If you change your thoughts, you can change your life.”

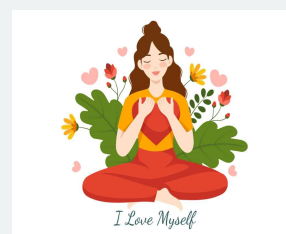
The human mind is remarkably adaptable and responds positively to consistent affirmations and empowering beliefs. Since our potential is limitless, nurturing positive thoughts can help us unlock new possibilities and create a more fulfilling future.

As she reminded participants: “What you believe shapes your destiny.”

2. Managing Emotions for Inner Freedom

Thoughts give rise to emotions, and emotions influence our behaviour, relationships, and overall well-being.

Feelings such as hurt, sadness, anger, resentment, guilt, and victimhood often intensify when fuelled by overthinking. Rather than suppressing emotions, Vandanaa encouraged participants to view them as important signals that help us understand ourselves more deeply.



Contd....2



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Love Yourself - Heal Your Life !! (contd from pg 10)

Emotions are not our enemies; they are our teachers.

They guide us towards self-awareness, healing, and personal growth. Unresolved emotional clutter can impact both our emotional and physical health. Blaming others, expecting people to change, constantly judging ourselves or others, and holding on to guilt often create inner turmoil and prevent us from moving forward.

One particularly insightful observation was:

“Guilt is often inner-directed anger.”

The session highlighted the importance of managing not only our own emotions but also responding with empathy and compassion to the emotions of others.

3. The Mind-Body Connection

One of the most impactful takeaways from the session was the deep connection between emotional well-being and physical health.

Many recurring health challenges may have emotional roots that remain unresolved. While medical treatments often address symptoms, true healing frequently requires us to look deeper into the emotional causes beneath them.

According to Vandanaa, unprocessed emotions such as resentment, anger, guilt, and lack of self-forgiveness may continue to affect us until they are acknowledged and released.

She emphasized that the body possesses an innate intelligence and remarkable healing capacity. When we begin to listen to our bodies, care for them, and address our emotional wounds, significant transformation can occur.

Healing begins when we consciously choose to heal our hurts, release old pain, and become active participants in our own well-being.

An inspiring message shared during the session was:

“The moment you take an interest in your body, your body responds positively.”

4. Looking Within - The Root of Healing

True healing begins with self-reflection.

Many emotional burdens arise from experiences of rejection, disappointment, lack of support, criticism, or guilt from past actions. These unresolved feelings often remain hidden beneath the surface while continuing to influence our thoughts, choices, and relationships.

Healing requires the courage to look within, confront our pain, embrace vulnerability, and choose growth.





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Love Yourself - Heal Your Life !!

Contd..from Page 11

Vandanaa encouraged participants to consciously work on loving themselves while extending that same love and understanding to others.

The Four Pillars of Healing

According to Vandanaa, lasting healing rests upon four fundamental pillars:

1. Love

Love begins with self-acceptance and self-respect. The more we love ourselves, the more we are able to build healthy relationships and live authentically.

2. Forgiveness

Forgiveness is one of the purest forms of self-love. Holding on to resentment and past hurts only prolongs suffering. Healing becomes possible when we choose to forgive both others and ourselves.

3. Gratitude

Gratitude shifts our focus from scarcity to abundance. It nurtures joy, contentment, positivity, and appreciation for life's blessings.

4. Repentance

Acknowledging mistakes, learning from them, and sincerely committing to personal growth allows us to move forward with wisdom and inner peace.

Together, these four pillars create a strong foundation for emotional wellness, holistic health, joy, and peace.

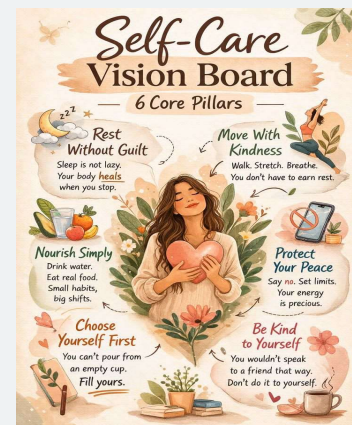
Self-Love and Success

Vandanaa beautifully explained that self-love and success are deeply interconnected.

The more we value and appreciate ourselves, the more confidence, clarity, and abundance we attract into our lives. Whether in relationships, career, finances, health, or personal growth, self-love acts as a catalyst for success.

“The more you love yourself, the more successful you become.”

Success is not merely measured by external achievements but by the peace, joy, fulfilment, and sense of purpose we experience within.





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The Power of Self-Forgiveness

Many people carry guilt for mistakes made in the past. However, growth becomes possible only when we learn from our mistakes rather than allowing them to define us.

Self-forgiveness enables us to release old versions of ourselves and step into a renewed and empowered future.

We all deserve a second chance.

By letting go of guilt, embracing self-compassion, and choosing positivity, we create space for healing, growth, and transformation.

As Vandanaa reminded participants, every day offers an opportunity to create a new life.

Healing Relationships

Many of us seek love, validation, and approval from parents, siblings, friends, colleagues, or partners. Yet every individual is carrying their own struggles, limitations, and emotional burdens.

No one can fully meet all our emotional needs.

The journey of healing begins when we stop depending on external validation and start nurturing a loving relationship with ourselves.

Drawing inspiration from the teachings of Louise Hay, Vandanaa highlighted the transformative power of affirmations as a simple yet effective way to reconnect with ourselves and create positive change.

Some affirmations she recommended include:

“I love and accept myself exactly as I am.”

“I trust life and I am safe.”

“Everything always works out perfectly for me.”

She also encouraged participants to display affirmations prominently—on mirrors, desks, or mobile wallpapers—as gentle daily reminders of self-worth and positivity.

Conclusion: The session served as a powerful reminder that self-love is not a luxury—it is a necessity. When we choose love over fear, forgiveness over resentment, gratitude over complaint, and growth over guilt, we begin to heal our lives from the inside out.

Good health, mental well-being, joy, peace, meaningful relationships, and success all flourish when rooted in self-love.

The journey begins with one simple yet life-changing decision:

Love Yourself. Heal Yourself. Transform Your Life.



Vandanaa Neginhal





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LOVE YOURSELF AND HEAL YOUR LIFE -
based on the book authored by Louise Hay - 'You can Heal'

Speaker Vandana Neginlal

Summation - by Hyacinth Arya

Self thoughts and self belief creates judgements,
Hence - loving and affirming needs self adjustments.

Manage emotions- as overthinking becomes a belief,
So be more positive of self - for positive self-relief.

Know your comfort zones and accept change,
Own perceptions need to awaken your range.

Mind your body and connections with some inner work,
Banish fears, to take charge of self- do not shirk.

Create willingness to change and self heal,
For that recognize how you actually feel.

Get down to the very root cause,
Take time to heal with a purposeful pause.

No need to be overwhelmed with guilt,
This creates a fake YOU that will wilt.

4 pillars - Love, Forgiveness, Gratitude and Repentance,
Are indeed the very foundation of your existence.

Choose a profession you love and money will surely follow,
While emotional intelligence will evade a hollow.

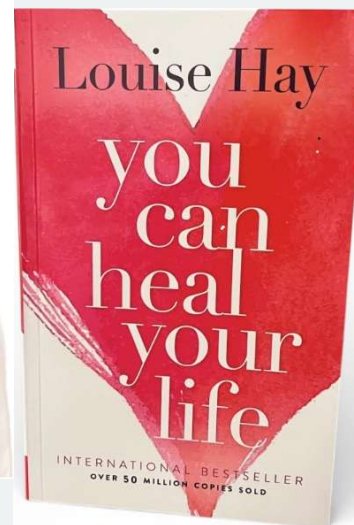
Forgiveness is about moving ahead,
Yet we waste time to seek validation instead.

Self love is about YOU as your priority,
Do not expect from others, you will loose your sanity.

Forgive yourself for your wrongs- it is your old version,
Embrace your newness as self conversion.

Relationship healing is about YOU in that relation,
Create a NEW YOU and feel the elation.

Affirmation is like Mirror work to help transformation,
You awaken to appreciate your own creation, through self information and confirmation.





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Successfully held the 39th AGM of IASAP - Pune Chapter Shree Panchratna Hotel, Pune

We had a successful and memorable 39th AGM. It was wonderful to see the enthusiasm, support and teamwork that truly reflects the spirit of our IASAP family. Our HQ team Binaifer Daruwala-President All India, and team attended our AGM. We are happy to introduce our new Managing Committee members who will be taking forward the journey of our Chapter with fresh energy, new ideas and the same strong bond of friendship and teamwork. **Chairperson** - Assunta Christy, **Vice Chairperson** and **Hon Secretary** - Daisy Dsouza, **Hon Treasurer** - Connie Fernandes* **Committee Members** - Ratika Khenat, Preeti Purswani and Madhuri Kandalkar. Wishing the new team under the leadership of Assunta a fantastic tenure filled with achievements, learning and many beautiful moments together. Let us continue to support, encourage and stand by each other as always.



Chairperson's opening address



Monica and Assunta with RO
Anubha Ramgopal



All India President's address



Assunta's speech as
newly elected as CP



AGM in attendance



Anna's Thank you speech



Chairperson Monica's pic
with our HQ Team

Our HQ Team

Binaifer Daruwala - President, All India
Rashna Ardesher - Vice President & Hon. Secretary
Kashmira Pastakia - Hon. Treasurer
Kashmira Gamadia - Past Chairperson -All India



Bakhtawar's
Thank you speech



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Passing on the baton and keeping the Legacy of IASAP - Pune Chapter



Monica to Assunta

A New Chapter and beginning of a New Term.

The baton is ready to be passed on to fresh hands and fresh energy!

🌸 ♀ 🌸 As one journey completes, another begins — because in IASAP, the baton never stops moving, it only gets stronger with every hand that carries it. 😊 Wishing everyone the very best, filled with positivity, smiles and the same beautiful spirit that makes our IASAP family so special. Keep shining and keep the baton moving!! 🌸



Bakhtawar to Monica



Annabelle to Daisy



Daisy to Connie



Assunta to Daisy



Connie to Preeti



Effie to Ratika



Ratika to Madhuri



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HQ Team - felicitating our newly elected Managing Committee





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Felicitating our Mumbai HQ - All India President and Team



Ms. Binaifer Daruwala



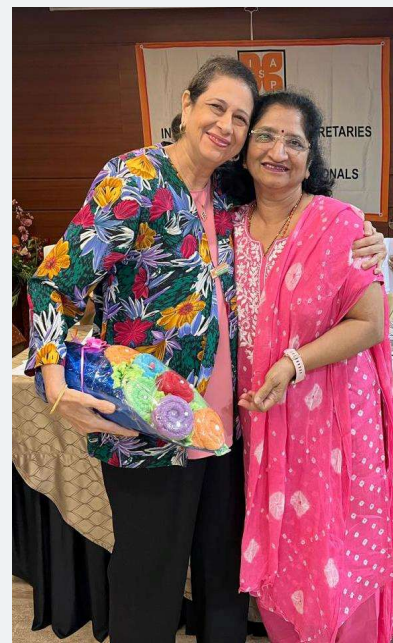
Ms. Rashna Ardesher



Ms. Kashmira Pastakia



Ms. Kashmira Gamadia



Felicitating Past Chairperson -
Ms. Geeta Rao



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Awards for Maximum Attendance, Member get New Member, Lucky Draws and Behind the scenes award.





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Immediate Past Managing Committee
with our Returning Officer Ms. Anubha
Ramgopal and
Mumbai HQ Team

Binaifer Daruwala - President, All India
Rashna Ardesher - VP & Hon. Secretary
Kashmira Pastakia - Hon. Treasurer
Kashmira Gamadia - Past Chairperson-
All India



Happy to introduce our new Managing
Committee members

Chairperson - Assunta Christy
Vice Chairperson and Hon Secretary -
Daisy Dsouza
Hon Treasurer - Connie Fernandes
Committee Members - Ratika Khenat,
Preeti Purswani and Madhuri Kandalkar

Immediate Past Chairperson
Monica Dsouza



And last but not the least,
Our Group photo



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A very warm welcome to our New Member to the IASAP Pune Chapter



The IASAP Pune Chapter is pleased to welcome **Ms. Madhavi Mahajan** as our newest member. Madhavi is associated with Zerebral IT Solutions Pvt. Ltd in Human Resources and Administration.

Madhavi also serves as an Art of Living Teacher and with a keen passion for singing and painting.

We look forward to her active participation and wish her a rewarding experience with IASAP Pune.

Our sincere appreciation to Ms. Kalpana Shetty for facilitating this introduction.





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Clara's Journey: A Life of Grace, Strength, and Gratitude

Clara's story began with a simple yet meaningful step into the world of work. Her first job at *The New India Assurance Co. Ltd.* was not just the beginning of a career—it marked the start of a remarkable 36-year journey filled with dedication, perseverance, and quiet strength.

From the very beginning, Clara chose to carry herself with a smile and a positive spirit. No matter the challenges she faced, she believed in staying optimistic and trusting in God's blessings.

Every day, she found reasons to be grateful—for her family, her work, and the abundance of love surrounding her life.

Clara was deeply inspired by her sister, Maria Romel, who was not just family, but also her mentor and guiding light. From her, Clara learned to remain simple, kind-hearted, and grounded. These qualities became the foundation of her personality and reflected in everything she did.

Her career at New India Assurance was not just long—it was fruitful.

Clara worked diligently, believing that hard work and sincerity always bore fruit. In the last five years of her career, she discovered a new passion as an Agent Manager. She thrived in recruiting and mentoring agents, guiding them, motivating them, and helping them achieve their targets and dreams. The bonds she built were so strong that when it was time for her to retire, her team felt a deep sense of loss—they weren't just losing a manager, but a mentor and a friend.

Behind her success stood her biggest pillar of strength—her family.

Her husband especially remained her constant support, encouraging her and standing beside her through every phase of life.

Even beyond her professional journey, Clara continued to grow.

Joining IASAP Pune, became a turning point in her life. Once a shy person, Clara transformed into someone confident and bold. IASAP gave her the courage to make decisions, build meaningful friendships, and add a touch of joy and excitement to her life. It was a beautiful new chapter that brought out a brighter, stronger version of herself.

Amid all these experiences, Clara always cherished the simple joys—reading books namely, *Wise and Otherwise* by Sudha Murthy, which later made way for baby storybooks as her life filled with new little joys.

And then came one of the most unforgettable moments of her life. On 12th April 2024, Clara stood outside an operation theatre with her family, her heart filled with anticipation. Minutes felt like hours as they waited for good news from her daughter. Suddenly, the door opened, and a nurse walked out holding a tiny baby wrapped snugly in a towel—only the little face visible. Everyone gathered eagerly, holding their breath. “Call all the relatives,” the nurse said. And then came the moment—**her grandson!!** A tiny bundle, pink and glowing, with the sweetest smile. Clara's eyes filled with tears of joy as her heart overflowed with gratitude. In that moment, nothing else mattered. She silently thanked the Almighty for this precious blessing—a memory so pure, so beautiful, that it would stay with her forever.

Clara's life is a testimony of faith, kindness, hard work, and transformation. From a dedicated professional to a loving grandmother, from a shy individual to a confident personality, her journey has been nothing short of inspiring. And through it all, Clara continues to smile—grateful, strong, and full of love.



Clara's story is a heartfelt reflection of a life with purpose, resilience and unwavering faith. She is not just a professional, but a mentor, a family pillar and now a joyful grandmother - embracing each phase of life with grace and a constant smile.

Kind regards, Assunta



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A truly insightful write up 🙌 🌸 on Women's Intelligence

Has anyone ever truly tried to understand women's intelligence? 🌸

We often measure intelligence by degrees, jobs, or positions...

But in every Indian home, the kitchen — alive from morning till night — is a vibrant laboratory where extraordinary intelligence is born every single day... and without a single degree 🙌 🍲

The kitchen is not just a place to cook... it is a complete university. ♦

Mathematics- How much flour for how many people? - The exact amount of salt, chili, spices - Transforming leftovers into a new dish the next day
All of this, without pen or paper... just experience and instinct. ♦

Physics- Adjusting the gas flame - Judging the right temperature of oil - Knowing the exact timing of the pressure cooker's whistle. This is the precise science of temperature, pressure and energy. 🔥 ♦

Chemistry- Balancing the spices - Getting the right thickness of dal - Preventing milk from curdling - Keeping the dough soft. Every dish is no less than a chemical experiment. ♦

Management- Preparing 3-4 dishes at the same time - Serving everyone on time - Doing more in less time. This is no less than managing a large company. ⏳ ♦

Observation Skills- Is the dal cooked or not - Too little or too much water in the vegetable - When to flip the roti. This is the highest art of keen observation. 👁️ ♦

Multitasking- Tea is brewing - The cooker is whistling - The child needs a tiffin - The phone is ringing yet everything stays organized... without panic. ♦

Economics- Feeding the whole family on a limited budget - Making the best use of leftovers - Using seasonal ingredients wisely. This is the household's economic policy. ♦

Psychology- Knowing what each person likes - Sensing today's mood - Who is unwell, who needs light food.

The woman managing the kitchen doesn't just cook... She nurtures the emotions of the entire family. 🍷 🌸 Cooking is not just a skill... It is a beautiful blend of love, responsibility, and sacrifice. Even without a degree, without knowing English, without any formal training... The woman who runs the kitchen is no less than any trained manager... Often, she is even more capable. 🙌 🍲 To get fresh, hot, delicious food three times a day is not just "food"... It is God's Gift received at home. 🙏 So... Before you eat, pause for a moment and thank from your heart that mother, wife, sister, or daughter who, with her love every day, turns a house into a home because— This intelligence of the kitchen, this power of patience and love... cannot be taught in any book, degree, or exam. 🌸 It is born only through experience, dedication, and affection... And it turns every home into heaven. 🌸





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Celebrating Our IASAP Pune Superstars!!



🌸 IASAP Pune shines because of the incredible energy, teamwork, and dedication of our Managing Committee and Committee Members 🌟👛. This season was filled with learning, laughter, and connection. From rejuvenating wellness experiences 🧘♀️ to empowering knowledge sessions 📖 and joyful celebrations 🌸, every moment carried your thoughtful touch.

Behind the scenes, you've been the true champions 🏆 — planning, organizing, negotiating, and ensuring that everything ran smoothly. Your efforts turned ordinary gatherings into extraordinary memories ✨. As Monica and team prepares to pass the baton 🏆, one thing remains clear: IASAP Pune thrives because of YOU. Your teamwork, vision, and spirit keep our association glowing brighter every day 🌈🌸.

A big cheers to Monica, Annabella, Assunta, Daisy, Connie, Effie, Ratika, Ashwini and Bakhtawar, and every member who poured their heart into making IASAP unforgettable. You are the heartbeat 💖 and sparkle ✨ of our IASAP family!

Thank you for being the driving force that keeps IASAP growing, glowing, and inspiring. With you, learning never stops and joy is always around the corner 🌟💖.

Expressed by: **Dahlia Lobo**



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"A Dream Come True: My Journey to the Stage"

I have loved music since childhood, whether it is classical, jazz, or religious songs. My love for music and my singing talent are gifts that I inherited from my mother.

When I heard that the IASAP Committee was organizing a Talent Program in April 2026, I was very excited and immediately showed my interest in participating. However, I kept wondering whether I would be able to perform well on stage. Despite my doubts, I started practicing whenever I found time—during lunch breaks at the office and in the evenings at home.

Once I selected the song I wanted to sing, I approached Effie, who kindly sent me the karaoke version along with the lyrics so that I could practice and keep in rhythm. At times, I found it difficult and felt that I was not doing well enough. As a result, I decided to withdraw from the program and informed Annabelle that I would not be participating.

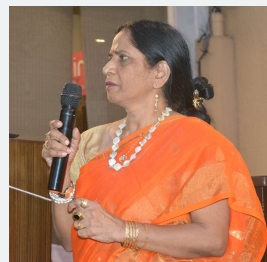
When Effie learnt that I had withdrawn my name, she called me and asked why I had decided not to take part. She encouraged me by saying that there was nothing to fear and that there was still plenty of time to prepare. She reminded me that the Talent Program was not a competition but a celebration among the IASAP family, where no one would judge anyone. Her words gave me the confidence to try again. She continued to encourage and guide me, helping me overcome my nervousness and build my confidence.

Finally, the day of the performance arrived, and I gathered the courage to sing on stage. It was a wonderful experience. Everyone listened attentively, appreciated my performance, and applauded warmly. I felt proud and happy that I had fulfilled my dream of singing on stage.

To my surprise, the Committee members invited me back on stage to sing another song. I chose a song that I liked very much, although it was quite challenging. By then, my nervousness had disappeared, and I was able to sing freely and with much greater confidence.

I am truly grateful to IASAP for giving me this opportunity and to Effie for her constant encouragement, support, and belief in me.

A wonderful example of how encouragement, perseverance, and a little faith in oneself can turn a dream into reality.



Ms. Jaya Lingham



How to Make *TanviBlooms* INCENSE STICKS at Home Naturally

1. Gather Ingredients



Herbs, Sandalwood Powder, Makko Powder, Essential Oils, Bamboo Sticks

2. Make the Paste



Mix powders with water & essential oils to form a thick paste.

3. Roll the Sticks



Coat bamboo sticks with the paste evenly

4. Dry the Sticks



Let them dry completely in a well-ventilated

5. Final Touch



Trim & bundle the sticks neatly.

6. Enjoy the Aroma



Light & enjoy the soothing fragrance

Subscribe for More DIYs & Tips!





Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-May
June
2026

BEING SILENT !!!

Being silent is not merely about a person choosing not to speak; sometimes, it is the silent burying of the voice within.

Such silence is rarely sudden – it develops slowly when trust starts fading in relationships,

when one no longer feels valued in the circle they once called their own, and when their thoughts, opinions, and emotions cease to be heard, respected, or understood.

Maybe it is time for a reality check – to pause for a moment and reflect on whether some relationships we have taken for granted have quietly drifted into silence.

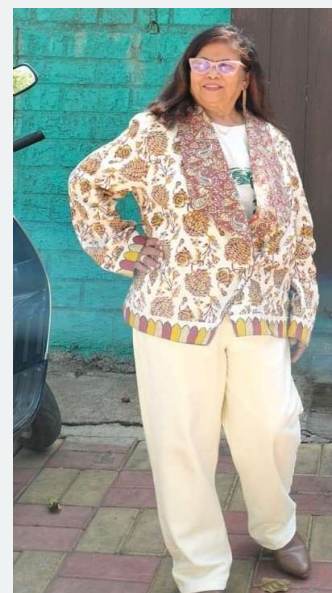


Shared by : Pushpa Desai

Let's test our Ability!!!

Let's test our Ability - e.g. I like to be Desirable and more understandable. Use able in the end. Please highlight the 1st/4 alphabets. Put in your better answers

1. 4 legged thing - **Table**
2. A Message - **cable** **textable**
3. A tale or a legend - **Fable**
4. When one cannot do it - **Unable**.
5. Will not fall when shaken - **Stable**
6. When one does it well - **Capable**
7. Lasts long - **Durable**
8. Legally bound - **Marriageable**/Liable.
9. What 1 life mate should be - **Adaptable**
10. If we can't love let's adjust and make it last - **Agreeable**
11. I have money to pay for - **Affordable**
12. I love to keep it in a box - **Treasurable**
13. I have to open the project in mind - **Launchable**.



Shared by: Victoria Dias



Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-May
June
2026

Road to Heaven

Written by: Suchita Kadam

We embarked on an exciting journey to Rann Utsav and other places. We were a group of about 20 people who were enthusiastic travellers. It gave us an opportunity to foster new relationships and share various experiences. We arrived at a beautiful resort at Bhuj in the evening.

Our first stop was the Vande Mataram Memorial. We could not take our mobiles or cameras inside and therefore, had to capture the beautiful sights in our memory. We entered into a huge hall having a massive Bharat Mata statue on a chariot drawn by four magnificent lions. Then we re-lived the story of our Independence in 4-D technology and with commentary in the background. It was an experience which gave me goose bumps. The Jallianwala Baugh massacre was so real, that I got a lump in my throat. At the end of it was an impressive light & amp sound show. The front of the museum is the replica of the Parliament and during the light and sound show, the building looked spectacular. We returned to the resort and enjoyed local delicacies for dinner. Next day morning, we immersed ourselves in the rising sun and the breathtaking horizon. The open skies, the various types of birds and the cool breeze was a treat - something we do not get in the cities.

Next morning, we visited the Nirona village famous for the Rogan art. Here the artist Rizwan Khatri, gave a demonstration of the **Rogan Art**. His art has been gifted to many dignitaries by the Indian Government. Despite his achievements and his extraordinary talent, he remains humble !!! He conducts workshops for students visiting from various faculties to keep the art alive.

Our next stop was to see the art of bell making. These bells were made from recycled waste metal. The bells were traditionally made to identify the livestock, but the artists are now creating innovative products like wind chimes, the seven musical notes etc., In the Nirona village we indulged in shopping for local handicrafts. In the afternoon, we arrived at the Dhordo Tent city. We enjoyed camel ride in the Rann. The Rann seemed endless; the cool breeze was caressing my face as I watched the sun go down .

Next day, we took the Road to Heaven. On both sides of the road was the water dotted with flamingos and other birds . It was a breathtaking sight.

We arrived at Patola museum at Patan. The Salvi family has continued the tradition of weaving the ikat and have won various awards at the state and national level. The sarees are made to order and can cost a lakh of rupees or more. The Patola saree is woven in silk only and is meant to last for three generations. Many patterns of the Patola are taken from the Rani ki Vaav. In the museum, we saw the ikat fabrics from various Asian and European countries. On the top floor of the museum, an artist prepared paper cut work pictures. His dedication towards his art was commendable and his frustration that no one wanted to learn and carry on the work, was also disturbing. Unfortunately, photography was not allowed at the museum, therefore we could not take pictures of the sarees or the paper cut work.

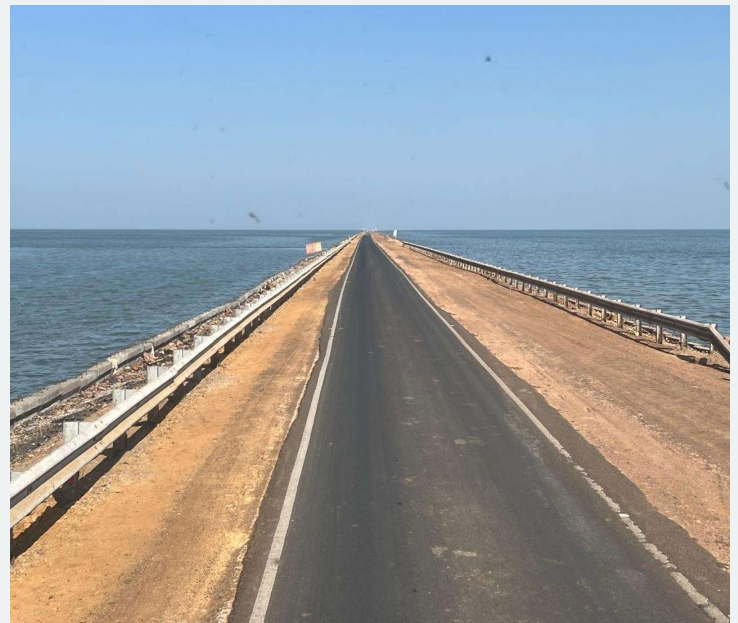
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Pictures of Raan Utsav, Bhuj shared by Suchita Kadam

Next day early morning we went to Rani ki Vaav, built on the banks of Saraswati river by Rani Udaymati. She constructed it in the memory of her husband Rana Bhima1 and to serve as water resource to the community . It is situated in beautiful surroundings with lush green lawns, trees, birds of many types and many peacocks. The walls, pillars and corridors are adorned with intricately carved sculptors. At the bottom is the well with the Seshashayee sculpture which is visible through the columns . Our last stop was the Modhera Sun temple built by Rana Bhimdev1 and his son. The pillars and the ceilings are extensively carved. The most striking features of both these sites is the visually beautiful construction and the philanthropic thought behind it.



Bharat Mata Statue at Vande
Mataram Memorial - Bhuj



Road to Heaven!!



Raani Ki Vaav



Rogan Artist Rizwan Khatri & his son



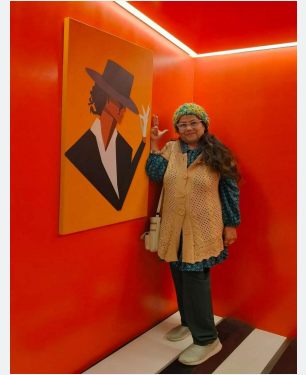
Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-May
June
2026



Down Memory Lane !!
Shared by Victoria Dias

← Fancy Dress at
(National Institute of Professional
Secretaries (NIPS))



Group picture ↑

Secretary of the Year Contest →





Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-May
June
2026

You are standing on a living organism that has been breathing for 4.5 billion years.

Shared by: Navaz Vijaykumar

And it is trying to tell you something....

In 1970, a British chemist named James Lovelock proposed an idea so radical, that the entire scientific establishment laughed at him.

He called it "The Gaia Hypothesis."

He said the Earth is not a dead rock with life on top of it.

He said the Earth **IS** life.

The atmosphere, the oceans, the soil, the temperature.

None of it is accidental.

The planet actively regulates itself the way your body regulates its own temperature.

When you get hot, you sweat.

When you get cold, you shiver.

Your body doesn't wait for you to decide.

It corrects automatically.

Lovelock said the Earth does the same thing.

When CO₂ rises, forests expand to absorb it.

When the ocean gets too acidic, shell-building organisms pull calcium from the water and lock it into limestone.

When the surface gets too hot, clouds form to reflect sunlight.

The planet has been running its own thermostat for 4.5 billion years.

Without a manual.

Without an engineer.

Without permission from anyone.

It survived five mass extinctions.

It recovered from asteroid impacts that vaporized entire oceans.

It turned a ball of molten lava into a system that grows rainforests and coral reefs.

And then we showed up.

In the last 200 years, we decided the Earth was a resource, not a relative.

We extracted its blood and called it "oil."

We tore open its skin and called it "mining."

We filled its lungs with chemicals and called it "progress."

And when the planet started running a fever, we debated whether the fever was real.

You would never look at a person with a 102 degree temperature and say "I don't believe in your fever."

But we did that to an entire planet.

Here is what Lovelock understood that most people still don't.

The Earth does not need saving.

The Earth has survived things that would make a nuclear bomb look like a firecracker.

(Continued on next page)



Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-May
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You are standing on a living organism that has been breathing for 4.5 billion years.

Continued...

It survived the Great Oxygenation Event, when a new organism called cyanobacteria flooded the atmosphere with a gas so toxic it killed nearly every living thing on the planet.

That toxic gas was oxygen.

The thing you are breathing right now was once the deadliest pollution event in Earth's history.

The planet adapted.

Life rebuilt.

New species emerged that could breathe the poison.

The Earth will do this again.

It will survive us.

The question was never "Can the Earth survive what we are doing?"

The question is "Can we survive what the Earth will do in response?"

Because the planet does not negotiate.

When a system is pushed too far, it corrects.

It doesn't correct gently. It doesn't send a warning letter.

It sends ice ages.

It sends floods.

It sends extinction events.

And then it starts over.

The planet is not fragile.

We are.



We are the species that built glass towers on fault lines and cities below sea level and then acted surprised when the ground shook and the water rose.

We are not the owners of this planet.

We are the tenants.

And the landlord is losing patience.

The Earth doesn't need a movement.

It needs us to remember something we forgot the moment we paved over the first meadow.

We are not separate from nature.

We are nature.

And the war we declared on the planet is a war we declared on ourselves.

You cannot poison the water and keep your blood clean.

You cannot burn the forest and keep your lungs clear.

You cannot strip the soil and keep your food alive.

Everything you do to the Earth, you do to your own body.

You are not on the Earth.

You are the Earth.

And it is running out of ways to tell you.

Period.

Contributed by : Navaz Vijaykumar



Indian Association Of Secretaries And Administrative Professionals Brain And Brawn

April-May
June
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G-R-A-T-I-T-U-D-E

The stretch of dawn weaved with morning rays
A moment of silence before the hustle waves
The first sip of beverage that puts me on a roll
Sound of leaves rustling and their dance lifts my soul
Gratitude to the magic of the Universe!

In awe of the machine that resides in it's form
Behold the internal workforce that needs no prompt
The priceless gift of breath from the Lord Almighty
To be returned someday with humble intensity
Gratitude to the magic of the Universe!

Elements of mother earth pave the way for harvesting
I pause to wonder how automated is farming
A delectable platter on the table relished nonchalantly
Owing to a seed planted somewhere, that inscribed my name magically
Gratitude to the magic of the Universe!

Deep roars of laughter with cherished peeps
Pure ecstasy and serenity at this point meets
Bright twinkle in the eye from sheer bliss around
Rose blush contour with a mystical bond
Gratitude to the magic of the Universe!

Accolades, self-reflection, learnings & courage within
Countless scores & blessings that mould our being
Each experience, life's lessons emanate from HIS will
With folded hands, let's prostrate and stay still!



Contributed by Preeti Purswani

Celebrating Birthdays!!



Meena Kapoor	3/Jul
Supriya Panchal	3/Jul
Muriel Christy	4/Jul
Mildred Dsouza	6/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
Sandra Rebello	16/Jul
Carmelita Fernandes	16/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
Priya Douza	16/Sep
Padmaja Avachat	21/Sep
Surekha Deshpande	22/Sep
Ashwini Agnihotri	25/Sep
Nawaz Vijaykumar	25/Sep

"The world got a little brighter the day you were born. Wishing you a year ahead filled with peace, magic, and everything your heart desires."