



On-line

The monthly Newsletter of the Indian Association of Secretaries and Administrative Professionals, Tamil Nadu Chapter

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<https://iasaptn.com>

tniasap@gmail.com

DEC 2025

Managing Committee

(2025-2026)

Chairperson

N. Sasirekha

Ph: +91-88257 66981

Vice Chairperson

-

Honorary Secretary

Anita Bernard

Ph: +91-9003224324

Honorary Treasurer

Sandhya SP

Ph: +91- 97890 91404

Committee Members

Vidhya SP

Ph: +91-94454 04143

Rajalakshmi S

Ph: +91-9962525265



Dear Members,

As the New Year approaches, it invite us to pause, reflect, and honor the year gone by. More than a date change, this transition encourages personal and collective growth learning from our experiences, letting go of things no longer serve us, and stepping into new opportunities with renewed hope, courage and clarity. As we bid farewell to 2025, many of us find ourselves quietly holding three meaningful questions in our hearts.

- ❖ What did we learn in 2025?
- ❖ What do we hope to leave behind?
- ❖ What are we looking forward to in 2026?

Lessons from 2025

This year has taught us much about ourselves, each other, and the world we live in. Among the most meaningful lessons are:

- The power of resilience in navigating uncertainty
- The value of collaboration, connection, and community
- The importance of adaptability in the face of constant change
- A renewed awareness to prioritize health, balance, and well-being

Letting Go of Limits

As we step away from 2025, we choose to release what no longer serves us:

- Doubts that held us back from progress
- Unproductive habits and fear of change
- Disappointments that weighed us down
- Anything misaligned with our true purpose and values

By letting go of these limits, we create space for renewal, courage, and possibility.

Looking Ahead to 2026

The New Year brings with it hope, opportunity, and promise. Together, we look forward to:

- Fresh opportunities and renewed goals
- Stronger connections and continued teamwork
- Embracing innovation and lifelong learning
- Making a positive difference, one step at a time
- A year filled with purpose, progress, and peace

A meaningful life is grounded in three essentials: having a purposeful activity, someone to love, and something to look forward to. These simple truths remind us that real joy comes from purpose, relationships, and hope.

On behalf of the Committee, I wish you and your family a joyful Christmas 🌲 and a bright, hopeful New Year ✨ filled with love and Happiness.

Sasirekha N



It was great to see many of our members at the meeting held on 25th October at Beverly Hotel, Kilpauk despite the weather forecast. Thanks to Chairperson and team for choosing this venue.

The meeting commenced with the Chairperson welcoming us and since there was a delay in the Guest Speaker arriving, the Lucky Member draw took place. Two Members were really lucky, Mrs Barbara Franz and Mrs Deborah Thomson. Congratulations to them.

Thanks to Mrs Sheila Vyas for arranging with CTS Speciality Hospital, Anna Nagar, Dr Prakash Selvam to address us on "Mobility Solution for Good Health and Wellness". An acclaimed Orthopaedic Surgeon, renowned for his extensive experience in performing successful surgeries, he spearheads this exceptional Institution.

Dr Prakash Selvam, MS Orthopaedics, Chairman & Founder and expert in Robotic Joint Replacement was trained in Chicago, US, has two decades of experience and has accomplished over 15000 surgeries including 5000 Hip and Knee replacements. Patient satisfaction and well-being are paramount at CTS.

Dr Prakash Selvam was very patient in answering all our questions and doubts. He said that one should have an active life always to avoid getting into any health complications later in life, by going for walks daily leading an active healthy life mentally & physically, and having the right food. He said especially diabetics have to be very careful as many organs can get affected if they are not under proper control especially their feet and bones. A slideshow showcasing the various knee replacement and hip surgeries performed on people and their recovery back to active life was shown.

He then thanked the Chairperson and team for giving him an opportunity to share with us how Robotic assisted surgeries are less painful and there is faster recovery.

Christine Luker gave the vote of thanks.

Chairperson and team spoke to us about our forthcoming trip to Varkala or Valparai or Puducherry - to be decided and finalized for Feb 2026. The meeting ended with a very nice spread of sweet, karam and coffee. Thanks to CTS for giving us their Brochure and a Box of Diwali sweets.

Nirmala Nambiar

CLIPS FROM LAST MEETING



**A man tells his doctor,
"Doc, help me. I'm
addicted to Twitter!"**

**The doctor replies,
"Sorry, I don't
follow you..."**



JANUARY

2nd Meena Suresh
 5th Deborah D'Souza
 7th Nalini Raghavan
 9th Bernadine Highland
 10th Honorine Franswah
 11th Marie Correya
 12th Charmaine Fernandez
 12th K. Chitra
 16th Sujatha Parameswaran
 16th Sripriya Giridhar
 18th Geetha R V
 19th Dorathy Sukumar
 20th Padma Bhatia
 23rd Karon Vieyra
 28th Michelle Gabriel
 28th Judaline Srinivasan

FEBRUARY

6th Judith Nair
 9th Delphine Lawrence
 12th Lorraine Lobo Bernard
 14th Vallerie Yourey
 16th Kalpana Ashok
 19th Sankari Suja
 27th Ruth Thomas
 28th Ronella Shane



RECIPE CORNER



Kulkuls (Traditional Christmas Sweet)

350 gms all-purpose flour, or maida
 100 gms semolina, or sooji
 3 tbsp powdered sugar
 Pinch of salt
 100 gms butter
 4 eggs
 Milk as required, to bind the dough
 Oil, for deep frying
For the glaze:
 1 heaped cup of granulated sugar
 1/3 cup water

Mix all the dry ingredients in a mixing bowl.

Melt butter and stir it into the dry mixture.

Crack the Eggs into the mixture and mix thoroughly.

Add a few tsp of cold milk, bring the dough together without working it too much. It should not be too moist or soft.

Rather, a little "tight" as for *pooris* and *samosas*.

Put it in an airtight container and let it rest in the refrigerator until ready to fry.

The dough should be allowed to rest for 6-8 hours (or overnight) to allow the sooji to swell and soften.

Take out the dough, allow it to thaw to room temperature and then make into small balls and roll out to get a crinkly shape on the back of the fork.

Once the rolling is done, in a deep pan, pour oil and fry on medium heat to get the inside cooked as well. Keep turning and frying to keep from burning

Once the kulkuls are cool you can prepare a sugar glaze by heating the desired amount of sugar and water, and once it reaches the desired consistency, pour over the kulkuls and keep tossing to avoid it from sticking to each other.

MEETING



Date: 20th December 2025

Time : 2:00 pm – 5:30 pm

(Please assemble @ 2 pm sharp)

Venue: S Hotels Chennai

Address: Thanikachalam Road, T Nagar, Chennai
600017

Landmark: Near Hindi Prachar Sabha

Please find below the charges for our Christmas
Party Celebrations

Member : Rs 500 per person

Guest: Rs 550 per person

Kids: 5 yrs to 12 yrs – Rs 450 per person

Under 5 years - NIL

RSVP: 12th December 2025

**Request members to transfer the
payment while giving the RSVP.**

Account Name : IASAP Tamil Nadu Chapter

Bank name : Bank of Baroda, Egmore

IFSC Code : BARB0EGMORE

SB A/c No : 12730100009194



Notice Board

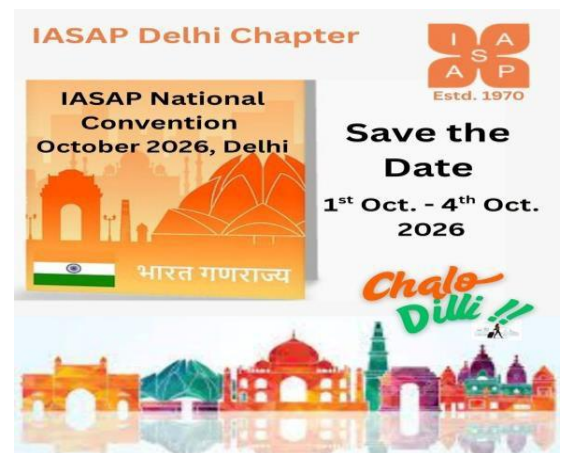
1. ASA CONGRESS 2027

Kindly mark your calendar for ASA Congress
2027 at Brunei, scheduled from 25th – 28th
September 2027.



2. DELHI CONVENTION 2026

Delhi Convention scheduled from 1st October – 4th
October 2026.



Editor's Details
Anita Bernard
Ericsson India Pvt Ltd
Ph: +91- 90032 24324
Email: anita.bernard@ericsson.com