



On-line

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Oct 2025

Managing Committee (2025-2026)

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Dear Members,

This month it's time for our monthly meeting and special festive season too. Yes!!! It's Diwali. This festival illuminates not just our homes, but our hearts with kindness, gratitude, and hope. May this Diwali bring joy, peace, and prosperity to all.

It was truly uplifting to see everyone so vibrant and fully energetic last time. While we explored our inner selves then, this month we turn our focus outward to our physical well-being.

We're excited to host a meaningful Ortho Wellness Session at this month's gathering. Let's take this opportunity to consciously adopt habits that enrich our lives and pave the way for a healthier, more fulfilling lifestyle.

Here are a few thoughts to help us take that first step:

There is a saying "The early we start, the early we attain good health". Health isn't just the absence of illness, it's a state of complete physical, mental, and social well-being.

Fitness is the ability to perform daily tasks with strength, endurance, and resilience, while minimizing stress, fatigue, and sedentary behavior.

In today's tech-driven world, physical activity has taken a backseat, leading to a decline in overall health. But the benefits of regular movement are undeniable and universal regardless of age, gender, or ability. Exercise helps manage weight, boosts metabolism, and burns calories. The more vigorous the activity, the greater the impact.

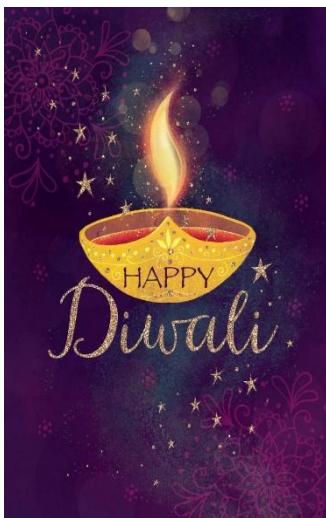
Physical activity feels good, leaving you more relaxed, confident, and positive about yourself. So, yes, it's simple! Move more, with greater intensity, and sit less.

You don't need dramatic changes to feel the difference. Just start small and build one step at a time. Let's commit to this journey and make wellness a way of life!

Please do attend this interactive meeting without any excuses.

On behalf of the Managing Committee, "Wishing all our IASAP members and their families a very Happy Diwali filled with light, joy, and prosperity"

Sasirekha N



HAPPENINGS

It was another memorable meeting for us on 30th August when we all met at Mango Hill Hotel. Ms. Anna Andrews was the speaker for the day and the topic was on "Mindfulness". The session started where we were all given self-assessment sheets and to be mindful of our situations we need these 5 R's which is Recognize, Relax, Release, Reflect and Return.

The world of peace is with oneself. Ms. Anna mentioned the 7 altitudes of Mindfulness which is a) non-judging b) patience c) beginner's mind d) trust e) non-striving f) acceptance and g) letting go.

We had 5 minutes of meditation which was quite peaceful. The audio of the meditation track would be shared, on request.

Anita Bernard gave the vote of thanks. Friendship day gifts & Chocolates were exchanged between us.

The Lucky Secretary gift was given to 2 members who arrived on time adding a delightful surprise of the day.

We had a little fun and dancing as Sheila Vyas was keen on showing us some moves which led other members to dance. The meeting ended with mouth watering high tea.

Treasure Jacob

Smile of the Day

Is Google male or female?

Ans: Female, because it doesn't let you finish a sentence before making a suggestion.

FEW PICS OF LAST MEETING



RECIPE CORNER



Ingredients

- 1 cup Khoya
- 2 tablespoon Cocoa powder unsweetened
- ¼ cup Sugar
- 3 tablespoon Chopped almonds
- 1 teaspoon Butter
- ½ teaspoon Vanilla essence
- Sliced almonds

Instructions

1. Take khoya, cocoa powder, sugar, chopped almonds and butter in a heavy bottomed pan. Mix well over medium flame.
2. As we heat, it will melt and become watery. Add vanilla essence and continue cooking.
3. It will start leaving the sides yet should continue cooking. At a stage, the whole mixture gets thicker and as a single mass. Switch off the flame and transfer to another plate for cooling.
4. Once warm enough to handle divide into 11-12 equal sized balls. Grease your hands and shape it as Pedas. I just used a lid, added few sliced almonds to the bottom. Flattened the khoya coco mixture in it.
5. Shape it well and take out to arrange over a butter paper/ baking sheet. refrigerate for 30 mins before serving.

MEETING

Date: 25th October 2025 (Saturday)

Time: 2:30 pm- 5:30pm (Followed by Hi-Tea)

Topic:

"Mobility Solution for Good Health & Wellness" Workshop Event

Speaker:

**Dr. Prakash Selvam., M.S(Ortho)
Chairman & Managing Director
CTS Specialty Hospitals**

Duration: 45 mins

Q & A: 15 mins

Venue:

**Beverly Hotel,
17, Rajarathinam Road, Kilpauk,
Chennai-600 010
(Landmark: Near Ega Theatre)
Nearest Metro Station: Kilpauk Metro**

Fee: Rs.300/-

Guest: Not Allowed

RSVP: 22nd October 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**

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NOVEMBER

1st Nicola Jayakumar
 1st Sunitha Wilfred
 2nd Treasure Jacob
 7th Audrey Krishnan
 11th Chitra Chidambaram
 13th Karen Peterson
 13th Deepa Selvan
 14th Shoba Ryan
 18th Anester Antony
 21st Nirmala Bhaskar
 25th Freeda Samuel
 27th Belinda Fernandez
 27th Geraldine Rajan
 28th Tessie Morris

DECEMBER

4th Roselyn Joseph
 9th Audrey Greenwood
 9th Gita Rajamani
 15th Padma Priya Venkatakrishnan
 26th Lorraine D'Cruz
 28th Padmini
 29th Beena Anand G
 30th Erin Mckillop
 30th Diana Brisson
 31st Jeanette Suresh



**Happy Wedding Anniversary
to all those celebrating their
Anniversaries**



1. ASA CONGRESS 2027

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



2. Delhi Convention 2026

The Convention Scheduled from 1st Oct – 4th Oct 2026.



3. Request maximum participation for the upcoming meeting as we still need to settle the matter of the pending accounts.