On-line

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

Volume 47 **Issue 14** **https://iasaptn.com** **tniasap@gmail.com** **Oct 2026**

Managing Committee (2026-2027)

Chairperson
Anita Bernard
Ph: +91-9003224324

Immediate Past Chairperson
Sasirekha N
Ph: +91- 88257 66981

Vice Chairperson & Hon Secretary
Rajalakshmi S
Ph: +91-9962525265

Honorary Treasurer
Vidhya SP
Ph: +91-94454 04143

Committee Members

Rohini L
Ph: +91-9841445950

Roslin Jayakumar
Ph: +91-98404 16886

****



Hello Everyone,

And just like that in a blink of an eye, we have almost reached the end of 2026. As we reflect on the months that gone past, have you ever noticed how the simplest moments can fill our lives with the deepest joy? A conversation that lingers in the heart, an unexpected smile, a new place waiting to be discovered, or the warmth of reconnecting with an old friend, these are the precious moments that make life truly beautiful.

As I reflect on our journey together, I am reminded that one of the greatest gifts we can give ourselves is the courage to keep wondering. To stay curious, welcome new experiences, see the familiar with fresh eyes, and rediscover the joy in moments we may once have taken for granted.

For me, being part of IASAP is about so much more than belonging to an organisation. It is about the people we meet, the friendships we nurture, the memories we create, and the wonderful sense of connection that grows through every shared experience.

Whatever stage of life we are in, there is always something new to discover, someone whose kindness or wisdom can inspire us, and another reason to smile. We need only keep our hearts open to the possibilities around us.

As we continue this journey together, I invite each of you to step beyond the familiar from time to time, embrace new experiences, share your stories, and welcome the simple delight of being surprised by life.

Perhaps the truest magic lies not in having all the answers, but in holding on to the joyful question, “What wonderful thing might happen next?”

Let us keep that sense of wonder shining brightly in our lives, in our friendships, and in all that we do together and discover more at our meeting this month.

Looking forward to seeing you all at this month’s meeting.

ANITA BERNARD

HAPPENINGS

OUR PICNIC 29TH AUGUST 2026

Our much-awaited annual picnic was organized on Saturday 29th August and the venue was Celebrity Corporate Club, Padappai, a quiet place away from the hustle and bustle of the city.

The breakfast in the van was a delicious affair prepared by our members with love...kuzhi Paniyaram, mini idlis, kara idlis, bread sandwich, etc. You name it, we had it all.

23 members attended the picnic. The MC for the day was Judy Srinivasan who kept us all active with her innovative ideas.

We settled in the conference room and Anitha, our chairperson warmly welcomed the members and gave a gist of the happenings in the last 3 months after taking over as chairperson.

Next, there was a debate organised by MC on AI, For and Against. Members were divided in 4 teams.

Cool girls, Super Queens, Warriors and Cenorita. While some spoke on the importance of AI, how it helps in their day today work, in digital marketing, in medical field, how AI tools enhance our power to work etc., others spoke about loss of jobs, how it kills creativity, one's thinking capacity, emotions etc.,

Raji and Arasi were declared as winners.

Next was a dance competition followed by a dance session for all. There was also a singing competition. Super queens were the winners.

We then took a break for lunch in the lawn. After lunch and a little rest, Judy organized a brief yoga session where she taught us some breathing exercises.

It was a very warm day and so we had our Tea early and headed back to the city and to our homes.

A day well spent mingling with our members.

Jessie Edwards

Pictures of Picnic



****

Pictures of Delhi Convention 2026









Thought for the Month

From Busy to Productive…*Less Rush. More Results.*

Our days can quickly fill with emails, meetings, calls, follow-ups and endless to-do lists. Yet, being busy throughout the day does not always mean we are moving forward.

Productivity is not about doing more. It is about making what we do matter.

A productive day begins by identifying what truly needs our attention. Instead of reacting to everything that comes our way, we can pause, prioritise and focus our energy on activities that create meaningful results.

💡 **Small shifts that make a difference**

- **Choose your top priorities** rather than trying to complete everything at once.
- **Focus on one important task at a time.** Constant switching can leave us feeling busy without a real sense of accomplishment.
- **Protect time for focused work** and reduce avoidable interruptions.
- **Learn to delegate and collaborate.** Productivity doesn't mean doing everything ourselves.
- **Take short pauses.** A refreshed mind often brings better clarity and decisions.
- **End the day with reflection:** *What did I accomplish today that truly mattered?*

The goal isn't to pack more every hour. It is to use our time, attention and energy with greater purpose.



🍂 Festive & Fit: Celebrate, Recharge, Repeat! ✨

Celebrate more. Stress less. Feel your best.

Festive days are for enjoying, connecting and creating happy memories. Amid the celebrations, a little balance can help keep you feeling your best.

🥗 **Eat Mindfully**
Enjoy festive favourites while keeping variety, balance and moderation in mind.

💧 **Stay Hydrated**
Remember to drink enough water throughout the day.

🚶 **Keep Moving**
Make regular physical activity part of your routine, even during busy festive days.

😴 **Rest & Recharge**
Good sleep, healthy eating and regular activity all contribute to overall well-being



****

TIP OF THE DAY

A short message inspired by our picnic collage:

"Step away from the routine and enjoy meaningful conversations, shared laughter and simple moments—the memories we cherish most." 🌸

🍊 *Pause • Connect • Laugh • Make Memories* 🌿 💛



We wish a very Happy Birthday and Happy Wedding Anniversary to all members celebrating in Nov & Dec 2026. Wishing them joy, love and many more beautiful moments ahead.



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



1. ASA CONGRESS 2027

Kindly mark your Calendar for ASA Congress 2027 at Brunei, Scheduled from 25th – 28th September 2027. We need more participation from Tamil Nadu Chapter.



2. **HEADS UP! Year-End Celebrations Are Coming!** 🎊

Get ready to **celebrate the memories, milestones and moments** that made this year special.

✨ Fun • Laughter • Togetherness • Celebration ✨



October Meeting

Date: 31st October 2026

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

Topic: "An invitation to Wonder"

Speaker of the day : Ms. Arna Chugani



Profile – A chartered Accountant and Independent Auditor by profile and currently works as a Global PMO.

Talent – Passionate public speaker and rejoices sharing her journey on public speaking, writing and inner transformation

Duration: 45 mins

Q & A: 15 mins

Venue:

Mango Hill Central, Chennai

3, Thirumalai Pillai Road,

opposite Vidyodaya Schools,

Darmapuram, T. Nagar,

Chennai 600017.

Fee: Rs.500/-

Guest: Not Allowed

RSVP: 29th October 2026

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

Recipe Corner

Diwali Special: Easy Coconut Ladoo

A simple festive sweet that works beautifully as a **"Diwali Special Recipe"** This version takes about **15 minutes**.

🥥 **Ingredients**

- 1 cup desiccated coconut, plus a little extra for coating
- 1 cup sweetened condensed milk
- 12 almonds, chopped
- 1 tsp ghee or butter

👩‍🍳 **Quick Method**

1. Heat the ghee and lightly roast the almonds.
2. Add condensed milk and desiccated coconut.
3. Cook on low heat, stirring until the mixture becomes thick and comes together.
4. Add the roasted almonds and allow the mixture to cool until comfortable to handle.
5. Shape into small ladoos and roll them in desiccated coconut.

✨ **Festive Touch:** Garnish with sliced pistachios for a little colour

🪔 *"A little sweetness, a lot of happiness. Celebrate Diwali with homemade Coconut Ladoos!"* ✨

Festive Happiness Challenge

Take a short digital break

📞 Call someone you miss

😂 Share a good laugh

📸 Capture a happy moment

🌸 Find one thing to be grateful for

Editor's Details

S. Rajalakshmi
Tata Consultancy services Ltd
Ph: +91 9962525265
Email: Rajalakshmi.s@tcs.com