



On-line

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

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DECEMBER 2018

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Words of Wisdom

**“I Am Thankful for
All of Those Who
Said, “No” To Me.
It’s Because of Them
I’m Doing It Myself.”**

- Albert Einstein



Dear Members,

“Do what you love, and don’t stop until you get what you love. Work as hard as you can”. this is the most basic beliefs we carry about ourselves and we have to do with how we view and consider our own personality. A ‘growth mindset’ enjoys challenges and sees failures as stepping stones. Your mindset is your world.

In one world failure means setback. In another world it means you are not fulfilling your potential. In one world effort means you are not smart or talented, hence extra effort. In another world, effort is what makes you smart and talented.

What is your world? Do you follow the well-trodden path only to make sure you succeed in order to seem smart?

Do you stretch yourself, expand your existing knowledge and skill, regardless of whether you are right or wrong?

In other words, your priority is learning not success or failure.

Today, I say “Thanks” for the opportunity to cultivate patience, tolerance and hope, for the multiple discoveries of reality and truth, the hard lessons that have helped me know myself and others better.

Christmas is a wonderful time of the year when joy, hope, generosity, goodwill, and fellowship abound, and is one of the most exciting and festive holiday. Let’s all join together and celebrate this festival of Love.

As the year comes to a close, set the tone for 2019. Ring out the old, ring in the new. Focus on your five senses and enjoy living. A fresh new year is once again upon us.

It’s the time to be thankful for the blessings of the past year and to take stock of all our achievements.

At the same time, 2019 is a brand-new year to start afresh, to start strong, and yet another chance to do everything we wanted to do this year. Be grateful.

On behalf of the Managing Committee, Wishing you all and your family a Merry Christmas & Prosperous New Year. Good luck ladies ☺

~~ Priya Balaji





Have you ever heard of flame-less cooking? Thanks to Dr. D Girija, we are all now quite aware of what it is. Dr. Girija explained in detail how flame-less cooking helps in maintaining good health while at the same time providing a recipe for tasty food. She also took it a step forward by preparing those recipes on the dais for our benefit. All the members present had a taste of this new form of cooking and were very appreciative of the same.

She focused on detox food therapy enlightening us on its benefits to mind body and soul. She explained to us on how detox diets intervene to eliminate toxins from our body. Detox food therapy plan would help us maintain a more vibrant and healthier body. Our ancestors had always known the wisdom of using herbs and herbal recipes for occasional sicknesses as home remedies. She has brought out all these facts in a structured manner with on the spot concoction of liquids for instant relief from quite a few minor ailments.

The event concluded with a splendid vote of thanks presented by Surekha who emphasized the medicinal properties of our own Tulasi leaves, popular all over the world as Basil leaves. Thank you Surekha. The evening ended with a hi-tea.

~~ Usha Reddy



Tips on how to think for yourself

Develop a strong sense of self: Know who you are, what you want and what is best for you. Do not let others, especially marketing companies and the media, tell you how you should look, feel and act. Do what is best for you. Cultivate your own tastes and enjoy your preferences.

Be well-informed: Gather as much information about a subject as possible before forming an opinion. Build your mental resources by reading, observing, and listening for yourself. Then take time to reflect and evaluate.

Be flexible: Look for solutions and outcomes to a situation from as many perspectives as you can. Determine the pros and cons. Are there other possibilities? Whom might it harm/benefit? What are the potential consequences?

Identify possible biases: Are you being unduly influenced by your culture, upbringing or other people's opinions? Are you being fair and open-minded? Many times, we make poor decisions because we begin with the wrong premise. If we take time to evaluate and judge based upon what we observe first hand rather than what we've been lead to believe, we can arrive at a more appropriate and practical conclusion.

Do not buckle under pressure, fear or guilt: Have the courage to stand up for what you really believe and have deduced yourself. If you go along with the crowd for the sake of keeping peace, avoiding confrontation, or fear of failure, you do everyone a disservice, especially yourself. You may have a brilliant idea, or maybe it happens to be the right thing to do. If no one hears about it, a healthy discussion cannot take place and all possibilities will not be considered. A good idea has the potential to evolve into a better one with input from a variety of sources.

- You develop self-confidence and trust in your abilities
- You attain a greater sense of accomplishment
- You expand your mind and boost your brain power
- You gain respect from others by standing up for what you believe in and by being original
- You are more aware and alert to what the media is trying to sell you
- You are more open to self-improvement and alternative viewpoints
- You are more interesting to others by expanding their thinking and option

Christmas Sharing

Some people say it is more blessed to give than to receive. And there is some truth to it – especially as people transition from childhood, a period of mostly receiving, to adulthood, when we become more nurturing and aware of the needs of others.

Some children, wise beyond their years, will perceive a need and work help fill it.

A shining example is Brook Mulford, a Salisbury girl who suffered cancer diagnoses and received so much from the community that she decided to give something back, setting up a toy closet at Peninsula Regional Medical Centre.

But still, there is something truly compelling about a Christmas miracle. There is the story about a Christmas Eve truce in 1914, during World War 1, when German and British soldiers on the front briefly suspended hostilities to sing Christmas carols together, and the following morning actually exchanged pleasantries and small gifts before resuming the battle.

True, it didn't bring a permanent peace, but sometimes you just have to take what you can get.

Still, what kind of world would this be if we all lived every day as if it was Christmas, in a spirit of giving, caring and loving each other?

May we seek out miracles this Christmas, do good where and when we can, and spread well-wishes instead of criticism – for this day, and for as many days as we are able.

Merry Christmas, Happy Hanukkah and Happy Holidays to all.



Here's wishing all the Members celebrating their Birthdays in December 2018 & January 2019

DECEMBER

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

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 Judaline Srinivasan
- 28th Michelle Gabriel



MEETING

- **DATE** : 15th December 2018
- **TIME** : 2.30 p.m.
- **VENUE** : The Westin CHENNAI VELACHERY
154, Velachery Main Road
Velachery, Chennai - 42
- **HIGHLIGHT** : Rocking around the Christmas Tree
- Christmas Party
- **Charges** : See Notice Board
- **RSVP** : 5th December 2018 (office hours)

RECIPE CORNER



Bole Cake or Semolina Cake

Ingredients:

- 200 grams Semolina or Soogi
- 1 Cup Milk
- 200 grams Butter
- 200 grams sugar powdered
- 4 eggs beaten well
- ½ teaspoon baking powder
- 200 grams desiccated coconut
- 1 teaspoon vanilla essence
- ½ teaspoon salt
- 100 grams raisins and cashew nuts chopped (optional)

Roast the Semolina with a little ghee or butter for about 8 to 10 minutes on low heat till it gives out a nice aroma. Cream the butter and sugar well. Add the eggs, desiccated coconut, salt and vanilla essence and mix well. Slowly add the roasted semolina and fold in the mixture to form a smooth slightly thick consistency without lumps. Mix in the raisins and cashew nuts. Add a little milk if the mixture is too thick. Pour into a greased and butter papered backing dish or cake tin and bake in a moderate oven (250-degree C) for about 1 hour or till the cake is done (use a tooth pick to check if the cake is cooked inside) Cool and remove from dish.



Wishing all the Members celebrating their Wedding Anniversary in December 2018 & January 2019

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**Notice Board**

#### CHRISTMAS PARTY

Please fill-in complete details in the attached Excel sheet and send along with the payment, before the rsvp date, to your respective committee member.

Payment by cheque in favour of "IASAP Tamil Nadu Chapter" or for wire transfer - please contact your committee member for details.

Please mention your name in the remarks column while transferring.

Rates: - Rs.300/- (Members)

- Rs.250/- (Children/Grand Children 1-10 years only, irrespective of relationship)

- Rs.350/- (Children/Grand Children 11 years & above / Spouses / Guests)

#### FEBRUARY OUTING

Date would be either Feb.9th & 10th or Feb.16th & 17<sup>th</sup>, 2019.

#### Editor's Address:

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