



On-line

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

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Managing Committee (2018-2019)

Chairperson

Priya Balaji
Tel: 98840 98157

Vice Chairperson

R B Sudha
Tel : 94441 71413

Honorary Secretary

Deborah Thomson
Tel: 91762 28661

Honorary Treasurer

Treasure Jacob
Tel: 98408 50348

Imm. Past Chairperson

Gita Rajamani
Tel: 044 24553282

Committee Members

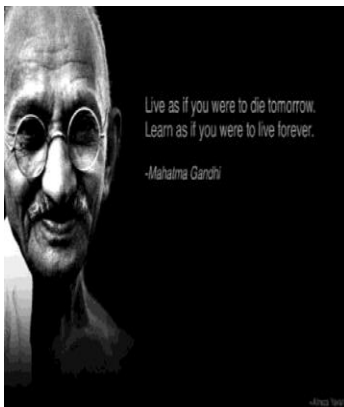
Indra Prabha

Tel: 98844 76914

Jayalakshmi Murali

Tel: 92810 57038

Words of Wisdom



Dear Members,

I look back at the year that has gone by with pride and gratitude. It was the unstinted support that I received from all of you that has enabled me to cruise past the year with confidence and ease. We are now setting into another year full of challenges and we shall collectively overcome all our hurdles and meet them.

Without your support and help, I could not have completed the year with such a sense of achievement. We have many miles to go and all of you have kept the IASAP TN Chapter's flag flying high all along and will continue to do so.

I, sincerely thank you for all your co-operation and look forward to the year ahead with hope and pledge to complete the unfinished agenda that we set for ourselves.

Let us take forward the learning's and experiences from the past year and welcome the new year with excitement.

I would like to thank all the outgoing committee members and extend a hearty welcome to all the new members. The present committee will continue the good work done and work for the realisation of IASAP Objectives.

Last month we celebrated Mother's Day. To honour all fathers for everything they do for their children, Father's Day is celebrated on June 17th. So, to all fathers.....



~ Priya Balaji

HAPPENINGS

The 35th Annual General Meeting of the IASAP, Tamil Nadu Chapter was held on 19th May at Hotel Hilton, Guindy.

As the required number members were present, Chairperson, Ms. Priya welcomed the members. The AGM started and agenda points as per the Notice circulated to members were taken up. Agenda points 1 to 5 were discussed and passed and it went off smoothly. It was then time when the 6th point of the Agenda which was the election of the Office Bearers for the year 2018-19. Our Returning Officer, Ms. Carmen Shunker took the chair and conducted the election. All the Office Bearers were elected unanimously. The new Committee Members took their seats and were congratulated by Ms. Carmen Shunker and the members present.

We will definitely miss Ms. Rekha Sathy who has stepped down from Vice Chairperson position. The General Body welcomed Ms. Deborah Thomson who has come into the Committee as Hon. Secretary.

The Chairperson, Ms. Priya Balaji thanked the past Committee Members for all their contribution and support and she welcomed the new committee on board. Priya then mentioned that she was looking forward for all the support from the members as well as the new committee members for the forth-coming year.

A few matters were discussed under the AGM agenda point 'Any Other Matters' after the new committee was formed, after which the meeting came to a close.

The members disbursed for sumptuous snacks and tea served.

~ R B Sudha

Pic of the Committee for the year 2018-2019



BEING HAPPY.....

We all want to be happy. But what is happiness?

Here's one definition...

Happiness is simply the ability to not want more; to find gratitude and satisfaction in the moment that you have right now. In other words, your happiness hinges on living in the moment instead of yearning for some future indicator of success.

Here's the best way to live in the moment...

1. Before dinner each night, say one thing you are grateful for - If you pray, then this can become part of your prayer as well.

2. Write a Thank You note to someone this week - If you can't find anything else to thank someone for, then just write them a note to thank them for being in your life.

3. Take 30 seconds to breathe - There is no easier way to make time for yourself and be grateful for your own existence than to breathe.

4. Do nothing for 2 minutes - Guess what happens? Nothing! You didn't lose your job. Your family didn't leave you.

5. Call a friend that you haven't talked to in a while - We live for close connection. Reach out to someone who is important to you. Talk about whatever the hell you want.

Daily Survival Kit

Items Needed:

Toothpick
Rubber Band
Band Aid
Pencil
Eraser
Chewing Gum
Mint
Candy Kiss
Tea Bag

Why????

- 1) TOOTHPICK - to remind you to pick out the good qualities in others.
- 2) RUBBER BAND - to remind you to be flexible, things might not always go the way you want, but it will work out.
- 3) BAND AID - to remind you to heal hurt feelings, yours or someone else's
- 4) PENCIL - to remind you to list your blessings every day.
- 5) ERASER- To remind you that everyone makes mistakes and it's OK.
- 6) CHEWING GUM - to remind you to stick with it, and you can accomplish anything.
- 7) MINT - to remind you that you are worth a mint.
- 8) CANDY KISS - to remind you that everyone needs a kiss or a hug every day.
- 9) TEA BAG - to remind you to relax daily and go over that list of blessings.



Wishing all the Members celebrating their
Wedding Anniversary in June & July 2018

KNOW YOUR MEMBER



Hello, I am Deborah Thomson working with Kinetic Advertising India Pvt. Ltd. (WPP Group) since November 2014 and have been part of the WPP Group for the last 33 years.

I did my schooling at St. Aloysius Anglo-Indian School at Vepery. In my spare time, I like reading, visiting elderly people & playing with my grand-daughter, Estelle. I am active in the Church choir and love chocolates.

I'm a Life member in the IASAP and served in previous Managing Committees. I am happy to be onboard once again to serve with love. Cheers to a Successful Year Ahead !!!



Here's wishing all the Members celebrating
their Birthdays in June & July 2018



MEETING

- **DATE** : 23rd June 2018
- **TIME** : 2.30 p.m.
- **VENUE** : E Hotel (Enrich Hall-2nd Floor)
Gate-1, Express Avenue Mall
Pattullos Road, Chennai - 2.
- **HIGHLIGHT** : "Leaders in Heels"
Ms.Nandita Pandey
Personal Branding Coach
Prismatic Consulting
- **Charges** : Rs.125/- Guests-Rs.150/-
- **RSVP** : 20th June 2018 (office hours)

RECIPE CORNER INSTANT RAGI DOSA



Ingredients (1 cup = 250 ML)

- 1 cup ragi flour / finger millet / kezhvaragu
- 1 cup rava / semolina / suji
- ½ cup rice flour
- ½ cup curd / yogurt
- 1 inch ginger finely chopped
- 1 green chilli finely chopped
- few curry leaves chopped
- 2 tbsp coriander finely chopped
- 1 onion finely chopped
- 1 tsp cumin / jeera / ½ tsp pepper crushed
- 3½ cup water / salt to taste

Method

- firstly, in a large mixing bowl take 1 cup ragi flour, 1 cup rava, ½ cup rice flour.
- also add ½ cup curd, 1 inch ginger, 1 green chilli, few curry leaves, 2 tbsp. coriander, 1 onion, 1 tsp cumin, ½ tsp pepper and 1 tsp salt.
- add 1-2 cup water and mix well to form a lump free batter. Let the batter rest for 15-20 minutes
- add 1½ cups of water or as required and prepare a flowing consistency batter.
- now carefully pour the dosa batter over hot tawa.
- once the dosa roasts to golden brown, flip over and cook. Finally, fold the dosa and serve with mint chutney.



ASA CONGRESS – PAPUA NEW GUINEA

Kindly note the last date for registration is June 30, 2018.

MEMBERSHIP RENEWAL

A final reminder to the Associate members to renew your membership before June 15, 2018. If done beyond that date, it will be considered as a New Membership and you will have to pay Registration fee once again.

MEMBER RECORDS

- We would appreciate it if all Members could re-send their data (Postal Address, Email / Contact details) irrespective of changes, to your Committee Member to update IASAP records.
- The below members cover has been returned by the courier company every time it was sent.
 - Ambika Madhu
 - Marie Baskaran
 - Marie Correya



**"I didn't fail
the test, I just
found 100
ways to do it
wrong"**

Benjamin Franklin

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