



On-line

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

VOLUME 28 ♦ ISSUE 5 tn.iasap@gmail.com

AUGUST 2021

Managing Committee (2021-2022)

Chairperson

Priya Balaji
Tel: 98840 98157

Vice Chairperson

Usha Reddy
Tel : 99406 17453

Honorary Secretary

Maria Renaux
Tel: 98407 09947

Honorary Treasurer

Jayalakshmi Murali
Tel: 92810 57038

Imm. Past Chairperson

R B Sudha
Tel : 94441 71413

Committee Members

Indra Prabha

Tel: 98844 76914

Sasirekha

Tel: 8825766981

Selvi Jecintha

Tel :95516 38883

Words of Wisdom



Dear Members,

In this edition I would like to touch upon the important role friendship plays in our lives.

True friendship is perhaps the only relation that survives the trials and tribulations of time and remains unconditional. A unique blend of affection, loyalty, love, respect, trust and loads of fun is perhaps what describes the true meaning of friendship. These are just the general traits of a friendship. To experience what is friendship, one must have true friends, who are indeed a rare treasure.

Different people have different definitions of friendship. For some, it is the trust in an individual that he / she won't hurt you. For others, it is unconditional love. There are some who feel that friendship is companionship.

Friendship is a feeling of comfort and emotional safety with a person. It is when you do not have to weigh your thoughts and measure words, before keeping it before your friend. It is when someone knows you better than yourself and is by your side in every emotional crisis. Friendship is much beyond roaming together and sharing good moments; it is when someone is beside you through the good and bad times in your life.

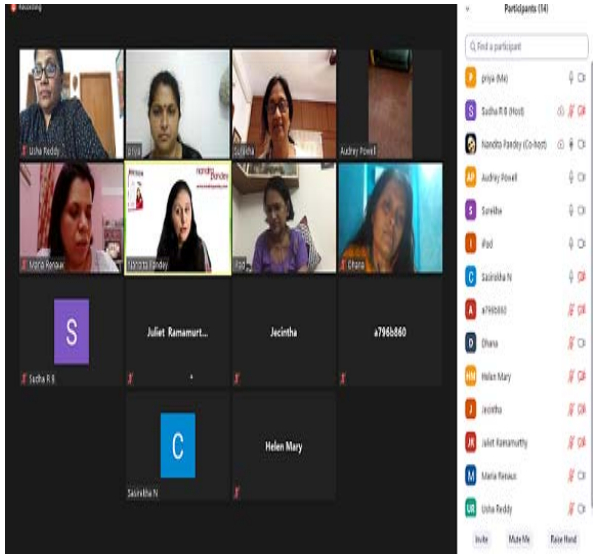
However, any relationship needs constant nurturing and development from all the people that are involved in one. Friendship cannot survive if one person makes all the effort to sustain it without any mutual recognition from others. It is essential that we find friends who are compatible with us on an emotional and psychological basis. Friendship is eternal. They say a person who has found a faithful friend has found a priceless treasure.



To our true and long lasting friendship !!!

Yours,

✉ Priya Balaji



On the 19th of June our chapter had its virtual get together. We attended an interesting and empowering session by Ms Nandita Pandey, an international speaker, personal branding coach, author and image consultant.

Nandita engaged the audience with a motivating presentation on the topic "If I can, you can".

She presented easy to do steps and secrets to help present oneself appropriately, confidently and successfully.

She reiterated that a strong sense of self is important. Right or wrong we live in an opinionated world and first impressions go a long way in shaping how people feel about you.

An impactful impression is a combination of a distinctive skillset coupled with dressing up and looking good which should never be considered less important.

A strong sense of self, me-time, importance to health and wellbeing will go a long way in shaping our happiness and confidence.

Hope to meet you all soon with more interesting sessions.

Maria Renaux

A big salute to our Indian sports people who represented our country and won at the Olympics held at Tokyo.



The life's journey of these glorious athletes are inspirational and commendable. Their struggles and failures faced in their early lives on one hand and their consistency, persistence, hard work and undying spirit on the other are testimony to their achievements.

Let us briefly walk through some of their arduous journeys.

Neeraj Chopra – Gold Medal in Javelin

He was actually quite a plump and obese kid in his early teens. In his pursuit to have a fit body, Neeraj went to the Panipat Sports Stadium gymnasium where the local coach coaxed him into joining athletics.

Neeraj's father Satish Kumar, who is a farmer and owns one and half acres of land, encouraged his son into athletics and there was no looking back after that.

Mirabai Chanu - Silver Medal in Weight lifting

Mirabai could not complete the Olympics at Rio. The failure almost became too much to take for the weightlifter who was just 21 at the time. Injuries didn't help her cause and post Rio she was depressed, contemplating quitting the sport.

After seeking help for her mental health and making changes in physical fitness and game strategy she forged ahead never to step back.

Her performance at Tokyo was a far cry from Rio where she was overcome by her nerves and after a good performance her medal never seemed in doubt.

P V Sindhu – Bronze Medal in Badminton

P.V. Sindhu was so dedicated to the training that she used to travel 56 km every day. Earlier in her career, her coach Gopi handed her a letter listing the dos and don'ts during her training tenure. One of the rules was that she had to surrender her phone. It is hard to imagine a 20+ year old staying without using a phone in this age and time. This hard work and persistence have helped her gain great success.

Lovlina Borgohain –Bronze Medal in Boxing

Her father Tiken was a small-scale businessman and struggled financially to support his daughter's ambition. Her father would hear the taunting of his villagers saying "there is no son in your house". So his daughters took a challenge to prove they could do everything a son can do.

Ravi Dahiya - Silver Medal in Wrestling

Ravi Dahiya's father Rakesh Dahiya, a farmer worked in rented paddy fields. Ravi's father is also an equal participant in his Olympic glory who made a lot of sacrifices and ensured Dahiya never felt any shortage of resources and support, despite living 70km far from his son. Dahiya travelled every day for over 10 years to deliver milk and fruits to Ravi, which were part of the wrestler's diet.

Bajrang Punia – Bronze Medal in Wrestling

He had suffered a major knee injury in June and was advised treatment and rest. " Injury can wait, but the medal must be won now" is what he insisted. At the final match, he requested his doctor to allow him to play without knee tapes which means he had to endure excruciating pain, which he did. The rest is history.

Men's hockey team – Bronze medal

With this victory a 41 year wait has come to a conclusion. During the first round they were defeated by Australia with a score of 1 – 7. This did not deter their spirits. They went on to win all of their remaining matches to go to the quarter-finals and went on to win the bronze.

More power to you.....



Kudos to the women's team - you have won our hearts.

Here's wishing all the Members celebrating their Birthdays in September and October

September

- 4th Sandra Smith
- 11th Arasi Shanmugam
- 12th Mala Manishankar
- 13th M Renuka Devi
- 15th Vidhya Sivakumar
- 15th Poorna Juliet Jerin
- 16th Perpetua Frantz
- 17th Shanthi Chandrasekharan
- 25th Vijayalakshmi V
- 26th Vijayalakshmi L N
- 28th Marie Baskaran
- 28th Rebecca Patrick

October

- 2nd Alamelu V
- 4th Sabitha Rozalla
- 4th Moira Menon
- 4th Lalitha Veeramani
- 6th Shobana P
- 7th Vijaya Venkatesh
- 8th Vijeswari Rajaraman
- 10th Rebecca Pereira
- 15th Maureen Beck
- 15th Meena Anandan
- 17th Glynis Joseph
- 18th Margaret Rozario
- 18th Sharon Saldanha
- 20th Candy Prim
- 22nd Pam Fernandez
- 24th Seretta Browne
- 26th Naaz Tyebhoy
- 26th Cheryl Foregard
- 27th Hemalatha Raju
- 28th Anitha Venkatachary
- 31st Jessie Edwards



MEETING

Date : 28th August 2021
Time : 2.30 pm
Highlight : "A Healthy Personality".-
Prof. Ms Evangeline Rajasekar
Meeting : Meeting Link will be sent to you separately



Since the topic is very interesting and a very useful one, the Committee has decided to open this month's virtual meeting to all the members of all the Chapters of IASAP. Meeting Link will be sent to all India Members .

The convention committee met on 17th July and the following were decided.

Revised convention dates will be 28th April to 1st May 2022. From Lunch on 28th April to breakfast on 1st May.

Theme would be "Restore, Renew, Revive".



Wishing all the Members celebrating their Wedding Anniversary in September and October 2021

Wishing everyone a Happy Independence Day. Stay Proud.



Food for thought – Shared by Jessie Edwards

PRETTY UGLY

(Whoever wrote this poem is a genius)

I'm very ugly
So don't try to convince me that
I am a very beautiful person
Because at the end of the day
I hate myself in every single way
And I'm not going to lie to myself by saying
There is beauty inside of me that matters
So rest assured I will remind myself
That I am a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what
I am not good enough to be loved
And I am in no position to believe that
Beauty does exist within me
Because whenever I look in the mirror I always think
Am I as ugly as people say.?

(Now read bottom up)

Editor's Address

Maria Renaux

Radiance Realty Developers India Limited
Primus Door No SP-7A 1st & 2nd Floor
Guindy Industrial Estate
Guindy Chennai 600032
Phone :- 9840709947
Email :- mariarenaux9698@gmail.com