



# On-line

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

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April 2023

## Managing Committee (2022-2023)

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### **Imm. Past Chairperson**

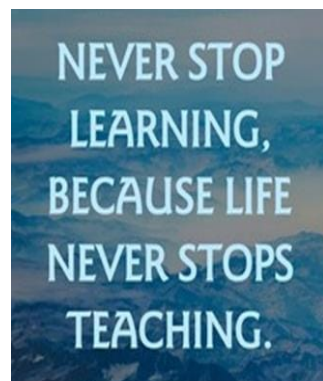
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## Committee Members

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## *Words of Wisdom*



Dear Members,

## **IMPROVISE, ADAPT & COLLABORATE - The theme for the year**

As you are aware, during the pandemic all “non-essential” businesses were told to shut their doors and send their employees home. So, many people were asked to wait until their businesses reopened. Hence, many businesses tried to keep their employees on their rolls even though they had no revenue. A person who runs a family clothing business said, “Nobody in business school teaches that a good business plan is to have no revenue for two months”. But that has pretty much happened across the country. What is your next step when something like this happens? It’s the same as when anything, good or bad happens, you improvise, adapt and overcome.

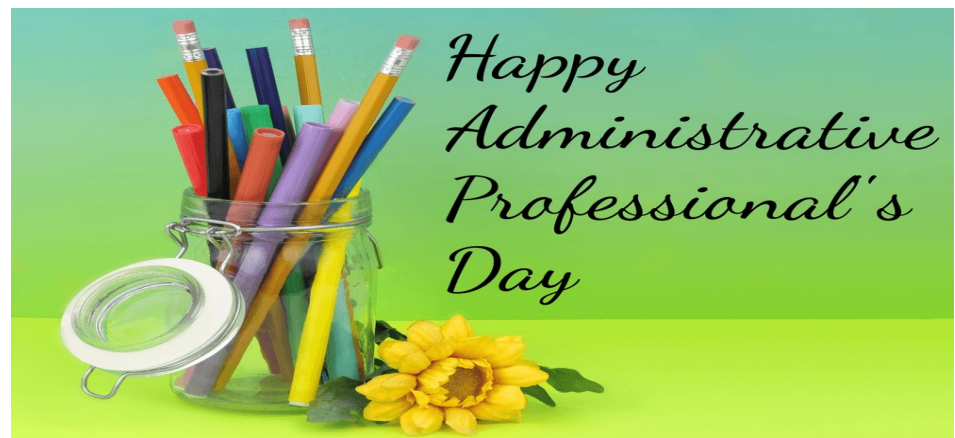
**Improvise:** Look at where you are and how that is different from where you thought you would be before the crisis. Be honest with yourself and find out what has changed in your original plan.

**Adapt:** Come up with changes to your plan that will help you reach your new goals. You may need to put more money in your emergency fund because you are not working. You may need to take less risk with some of your investments in case you need them in the next year to make sure your business survives. You may need to extend your retirement plans by a couple of years in order to have time to regain the lost investment opportunities. Whatever be the circumstances, adapt to your new world and set a course to thrive in it.

**Collaborate:** Implement your plan. You may be on the same ship, but you have changed your course a bit. Set your sails for the new course and don’t look back at where you could have been. Look forward to where you are going. Your life’s charting course will have many changes. This may be one of them.

Improvise, Adapt and Collaborate and you will be mature enough to handle the situation.

 **Priya**



## HAPPENINGS

Doctor Padmasri (MBBS, DGO) from Hycare Super Specialty hospital addressed the audience on the topic General Women's Health and Awareness. She insisted on emotional and physical Wellness of women at all stages of her life. She spoke about the general problems faced by women right from puberty to menopause and post menopause.

The importance of physical activities and good food habits which we tend to ignore as a teenager/puberty stage of our lives, later on shows up during the childbearing stage. The screen time of the younger generation is the main culprit. This carelessness leads to hormonal issues and pregnancy-related complications. It also continues to create complications at the menopausal stage.

She spoke about the post menopausal issues and how to handle them.. For women, breast and cervical cancer are the most predominant types of cancers related to our lifestyles. She gave a demo on how we need to do the self-examination of the breast and the symptoms to look out for early detection of cervical cancer.

She also suggested the healthy way of cooking and eating, which were followed by the earlier generations. She insisted on eating healthy food (from natural sources) rather than substituting them with supplements.

At the end of the program the Vice President of Mango Hill Resorts Mr. Venkat and his team took us through a presentation showing the holiday resorts of Mango Hill at Ooty, Yercaud and Pondicherry ( their signature property). Post this we were served with a good spread of snacks and coffee in traditional style.

K.V. Vidhya

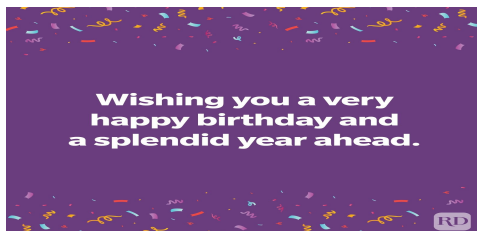


**MARCH 2023**

- 4<sup>th</sup> Dhanalakshmi Rajan
- 5<sup>th</sup> Arnavaz Sugunesan
- 5<sup>th</sup> Maria Renaux
- 6<sup>th</sup> T.Jayalakshmi
- 8<sup>th</sup> Usha Radhakrishnan
- 9<sup>th</sup> Juliet Ramamurthy
- 14<sup>th</sup> Jessie Osman
- 17<sup>th</sup> Farzana Thomas
- 18<sup>th</sup> Karena Toner
- 18<sup>th</sup> Patricia Gomes
- 21<sup>st</sup> Amutharani M
- 21<sup>st</sup> Arlene Correya
- 23<sup>rd</sup> Fabiola Fernandez
- 26<sup>th</sup> Barbara Dubier
- 28<sup>th</sup> Barbara Frantz
- 28<sup>th</sup> Hemalata V
- 28<sup>th</sup> Michelle Mitchell
- 29<sup>th</sup> Loretta King
- 29<sup>th</sup> Penelope Smith

**APRIL 2023**

- 3<sup>rd</sup> Rebecca Kuruvilla
- 5<sup>th</sup> Mary Margaret
- 11<sup>th</sup> Melanie Anderson
- 11<sup>th</sup> Uma Viswanathan
- 15<sup>th</sup> Bhama Suresh
- 15<sup>th</sup> S Meenakashi
- 16<sup>th</sup> Seethalakshmi BK
- 17<sup>th</sup> Kamakshi Krishnan
- 21<sup>st</sup> Seetha Kaarthik
- 22<sup>nd</sup> Geetha Venugopal R
- 27<sup>th</sup> Yolanda Lobow
- 29<sup>th</sup> Eanswede Netto
- 30<sup>th</sup> Malini Satish



**We wish all the members celebrating their  
Wedding Anniversary**

**Cheers to many more splendid years!!**





**LUNCHEON MEETING**

**Date : Saturday, 22nd April 2023**

**Time : 11:30 am – 05.00 pm**

**Venue : Apollo Hospital,  
Greems Road,  
Thousand Lights,  
Chennai -600 006.  
Basement Auditorium**

**Topic : Session by Apollo Doctors**

**Charges : Rs 150/- per head**

**RSVP : 15<sup>th</sup> April 2023**



**Please note the 2024 ASA Congress Post  
Tour details**



**Breaking News...**

**Whatsapp and Facebook  
have been ranked  
2<sup>nd</sup> and 3<sup>rd</sup> for  
Chat and Gossip.**

**"Wife" continues to be at  
No.1 Position!**



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