



On-line

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

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February 2023

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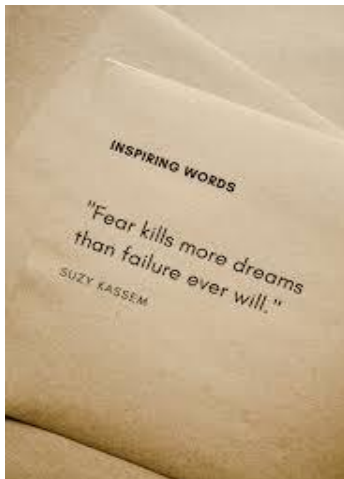
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Words of Wisdom



Dear Members,

Hope all of you had a very Merry Christmas, Happy New Year and a very Happy Pongal !

The human brain is the most complex organ in the body. It has many parts and each part has a specific function. The brain is responsible for everything that we do, think and feel. The different parts of the brain are connected to one another by nerves and chemicals called neurotransmitters. The cerebrum is the largest part of the brain. It controls our thoughts, feelings, memories, speech, language skills, voluntary muscle movements, and senses like sight and hearing. The cerebellum coordinates movement and balance so that we can walk without falling or bumping into things around us.

The two halves of the cerebrum are connected by a thick bundle of nerves called corpus callosum which allows them to communicate with one another. To have a healthy complex organ, we need to follow the below :

1. Get enough sleep: Make sure you're getting enough rest each night to feel well-rested and energized in the morning.
2. Create a morning routine: Develop a set of activities that you do each morning to help you start your day off on the right foot. This could include things like exercising, meditating, or making your bed.
3. Plan your day: Take a few minutes each morning to plan out your day and prioritize your tasks. This can help you feel more organized and in control of your time.
4. Eat a healthy breakfast: Start your day off with a nourishing meal to fuel your body and mind.
5. Avoid screens first thing in the morning: Try to avoid looking at screens for at least the first hour of your day to help you feel more rested and focused.
6. Get some natural light: Open your curtains or go outside for a few minutes to get some natural light and fresh air. This can help you feel more awake and energized.
7. Practice gratitude: Take a few minutes each morning to reflect on what you're grateful for. This can help you start your day with a positive attitude.

These are easy to practice and good for each one of us if we practice and can live a Healthy Life.

On behalf of the Managing Committee, I wish you all a Happy Valentine's Day.

✉ Priya

HAPPENINGS

Our trip to Kannur, Kerala

Our chapter enjoyed a trip to Kannur, Kerala on the 26th and 27th of November 2022.

We boarded the train at Chennai Central at 08:10 pm. The journey commenced with meetings, greetings and laughter. A delicious dinner was arranged and the members rested for the night.

Day 1

We arrived in Kannur around 10 am and the ladies enjoyed a dip in the swimming pool of the beautiful Kairali Heritage resort. After a refreshing time, members gathered in the lunch hall to pay homage to Anne Parameswaran. Many members paid tribute by going down memory lane. Anne was remembered for her kind deeds, her immense contribution to the chapter and her infectious smile. She has left an indelible mark in the hearts of our members.

After a scrumptious lunch, the team proceeded to interesting sight-seeing destinations. First was Fort St Angelo, a historical monument built by the Portuguese. It is a popular tourist attraction. The members enjoyed their walk around the fort basking in the sun and getting acquainted with the Fort's history.

The trip to the Fort was followed by a visit to the picturesque Payyambalam beach. The members thoroughly enjoyed the speed boat ride which indeed gave them an adrenaline rush. Subsequently, the ladies simply relaxed near the tranquil waters munching on local snacks.

The members returned to the resort and got ready for a delightful campfire. The emcee for the evening was Christine Luker who kept the audience engaged in music, fun and games which saw the active participation of all present. Dinner was served and an eventful day came to a close.

Day 2

The day started with some ladies visiting the nearby churches and temples followed by a delectable breakfast and a trip in a house boat. The cruise began and the members enjoyed the view of luscious green fields and swaying coconut trees. Again, the ladies were entertained and actively participated in fun filled games and shook a leg to popular film music. Ladies enjoyed the dumb charades organized by Christine Luker and team, which made them relive childhood memories. The journey culminated with lunch served in the house boat.

After lunch, we left the resort and boarded our train to return home but not without our bags filled with traditional Kerala goodies and our minds filled with lovely memories.

Maria Renaux

Team Kannur



St Angelo Fort



Payyambalam Beach



Fun and Games



Campfire



Making Memories



HAPPENINGS



The Christmas Party is a great occasion in the last month of the year at IASAP. We, the members, were eagerly waiting to have fun as this is the only occasion where members, their spouses, children and grandchildren gather to have fun.

Our Christmas party was at “The Pride Hotel” on 17th December 2022. The hall was fully decorated which took us to the festive mood. The Chairperson, Priya Balaji, welcomed the gathering. The evening started with Christmas Carols followed by lots of games for the children according to their age, guests and members. The children were very eager to join the games. The winners were excited to receive the prizes.

Then it was time for Santa’s arrival to “Jingle Bells” in the background, with his bag of goodies to entertain the children. They were so cheerful to see Santa. Santa gave out gifts to all the children, guests and the members. The evening ended up with Hi-Tea, a spread of snacks and desserts. It was such a memorable evening for all of us filled with fun and joy.

Lakshmi Ganesh

The gathering



Caroling...



Fun and games



Santa arrives....



Joyous gift giving



February 2023

- 6th Judith Nair
- 9th Delphine Lawrence
- 9th Theresa Maria Kennedy
- 12th Lorraine Lobo-Bernard
- 14th Vallerie Yourey
- 16th Kalpana Ashok
- 19th Sankari Suja
- 27th Ruth Thomas
- 28th Ronella Shane

To the member celebrating their Wedding Anniversary.

Cheers to many more splendid years !!



MEETING

Date : Saturday 25th February 2023

Time : 2:30 pm

Venue :

Mango Hill Central,
No 4, Thirumalai Road, T Nagar,
(Opp Vidyodaya School)
Chennai 600017

Speaker : Dr Padmasri, MBBS, DGO
from Hycare Super Specialty
Hospital

Topic : General Women's health and
awareness.

Charges : Rs 150/- per head

RSVP : 22nd February 2023

ANNOUNCEMENT

Maria, Vice Chairperson and Hon. Secretary will be moving to the United Kingdom by the end of February 2023 and hence will be resigning from the committee. We wish her the best of luck for her future endeavors.

Sasirekha, who is currently a committee member will be taking over her position and responsibilities. We congratulate her and wish her the best in her new portfolio.



Please note the 2024 national convention details



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