

10th July 2021



Delhi Chapter

IASAP—DELHI CHAPTER

Esperanto

Chairperson's Message

Inside this Issue

Editor Speak	2-3
Winning entries of Essay	4-5
Addressing the Generation Gap – Webinar by Daksh Sethi	5
Highlights of Talks given by: Rajnish Sharma Arvind Sharda Gunjan Malviya	6-7
Poem - Ushna Rajani Sun gazing-Rashmi Budhraj	8
Webinar on Health by Dr Abha Sharma	9
Articles contributed by: Vandana Kalsi Anita Khosla Leena Lobo	10-11
Homage to Homai	12



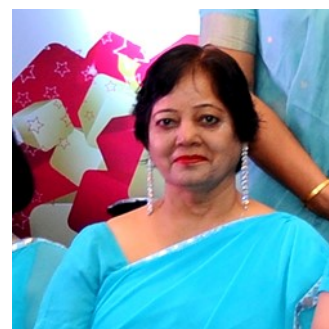
Dear Members,

Greetings! Last one year has been a tumultuous one with the pandemic spreading its tentacles and engulfing us all in its negative wave that touched each one of us directly or indirectly. Some came out unscathed, some suffered mildly and some are still coping with the pains, side effects, weakness *et al* brought about by Corona. This was a dark period in the human history and it is far from being over. Lakhs died, several children became orphans and several parents lost their sons and daughters to this terrible disease. People are clueless and are at their nerve's end as to how to deal with issues arising out of the shocking, appalling circumstances.

This is the time when we remember God the most. Our trust in God helps us face the mightiest of challenges in life and this is precisely what our members expressed in their essays written on Faith in God and Power of Prayers. Each one of you wrote so beautifully, out of your personal experience and how you dealt with this new set of circumstances in your own distinctive way by connecting with God.

I along with my team tried to do as much as this pandemic has allowed us to do. I took the charge as Chairperson of this organization in very difficult times and my main challenge was to find out ways to connect with you all. We did our best by encouraging members to participate in our events whether they were knowledge based or pure fun and entertainment. We arranged best speakers from various fields and our members showed their involvement by participating and attending the events.

I am sure you will show the same enthusiasm and spirit when we celebrate our Foundation Day in November 2021. I request each member to put your best foot forward and participate in different activities and cultural events to make it a success. The details will be shared with you in due course.



I pray to God Almighty to instill in each one of us renewed vigour and hope to turn around our personal and professional circumstances, from a feeling of despair to that of hope and fulfilment. May you and your family enjoy good health, attain happiness in all aspects and rejoice in a prosperous future.

Thank you all for being with us in all engagements of IASAP Delhi Chapter. Your support is our anchor. Let us sustain the spirit of togetherness and keep working towards our goals in the year ahead also. Looking forward to your gracious presence in all future events. Hopefully, we will all meet in person in the coming year.

I also take this opportunity to thank my MC team with whose support I could sail through these difficult times. Also a big thank you to my Esperanto Team who did their best in such a short time.

I am here, yours lovingly,

Jyotsna

Editor Speak

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । मृत्योर्मा अमृतं गमय ।



... from illusion, lead me to reality...from ignorance, lead me to truth; from darkness, lead me to light; from death, lead me to immortality.

Considering what has befallen the world since March this year, and the way the humanity is groping in the dark, looking for a ray of hope, a solution to the problems arising out of pandemic, a panacea for all the side effects of covid virus, this Sanskrit shloka is more than

ever relevant today.

Amidst an atmosphere of uncertainty, instability, mistrust, apprehensions, social distancing, emotional isolation, and dilemmas of how to deal with the aftermath of a virus which shows little signs of mitigation, we have reached a stage when acceptance and preparing ourselves mentally and physically to face the new socio-economic order seems to be the only way out.

There is no gainsaying that past several months have been gloomy but socio-cultural set up of Indian sub-continent gives us ample opportunities to celebrate life in all its hues and colours and bring in happiness and cheer. So while we look up to the Almighty for leading us to truth and light, we can at our own individual and collective levels, turn the tide by bringing in positivity in our thoughts, cheerfulness in our demeanor and determination in our attitude to deal effectively with this crucial situation.

Just as even a small lamp dares to challenge darkness and emits light which dispels not only darkness in the environment but in our hearts as well, similarly a ray of hope in our hearts gives us renewed resolve to fight hard times. We have hopefully learnt to accept and adapt to the changed socio-economic scenario. The feelings of anger, fear, despair and sadness no more pervade the atmosphere. The feeling of frustration and helplessness has given way to an attitude of feeling empowered to deal with this situation. Vulnerability has given way to resistance, weakness has given way to immunity and the new state of affairs has developed a plethora of opportunities.

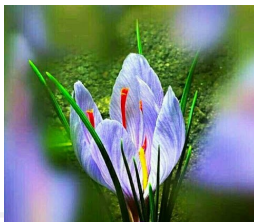
A very easy and effective way to handle this difficult time was to reach out to God and seek His blessings, draw from His strength and positivity to deal with these challenging circumstances. This was amply demonstrated by several of our members who wrote on the subject of Power of Prayers and Faith in God in these trying times. Whereas Veena Gakhar said, **“it is only faith in Him that inspires us to handle any adverse situation”**, Sheela said a very beautiful thing, that **“the strength of praying together as a family, community or nation binds us all together for the benefit of all beings in the universe”**. Anjana Jacob went a step ahead and wrote, **“While I Stand in Prayer.... Frail, Broken and Helpless, My Inner Self is Firm, Strong and Confident that my Prayer will reach my God, my Master and my Creator”**. How can we be defeated by any Problem or Disease or Disaster, whether natural or man-made, if we have so much of beauty, positivity and faith in our thoughts and minds. Let us maintain this positivity consistently.

We are an extremely resilient Nation. We have always bounced back with greater vigour. This is visible in how we have seamlessly adjusted with the new work system of virtual meetings, online discussions, trainings on Zoom and Webex and work from home, which so many of us, especially the millennials always wanted. We have come closer to our families, the bonds have become stronger and we better appreciate our relations with our friends and acquaintances, whom we had taken for granted. The new social order of maintaining distances may not be to our liking but it has given us an opportunity to reflect on life and its transience, to consider the value of our close relations and how we need to treat them with love and care and give them quality time.

*Life is ephemeral like flowers that bloom for a short while but spread happiness with their beauty and fragrance till the time they are around. We have tried to spread their beauty on every page to enliven our hearts. Let us emulate this unique creation of God and spread joy and hope, while we celebrate and enjoy every moment, keeping aside our grudges, bitterness and resentment. Let us resolve to bring in hope and light to those who have been at a disadvantage during these trying times. Let us recommit ourselves to compassion and be kind. **More than ever, humanity needs kindness.***

With best wishes,

Vandana Kalsi



THE WINNERS OF ESSAY COMPETITION – FAITH IN GOD & POWER OF PRAYERS

Veena Gakhar



It is only faith in Him that inspires us to handle any adverse situation.

Faith is 100 percent surrender to Him, good or bad, He knows the best . He will always stand with His children unconditionally. Only hold His hand as He is our caretaker.

When father plays with the child and throws him up, and then catches and holds him, child enjoys because he is sure that his father won't let him fall.

Likewise, it is only faith in Him which inspires us to handle any adverse situation with the belief that He will take care. Be sure that there is always a reason behind every event that teaches us and makes us a confident person. There should not be any doubt in His doing and we should always, every moment thank Him for the best He has given us according to our *Karma*. *Theory of Karma* doesn't spare anyone, no matter where you hide yourself. Whatever we get, we are responsible. Hence have faith in Him that this too shall pass. Trust in His Blessings with total faith is a must. God bless all.



Sheela Sharma

The strength of praying together as a family, community or nation binds us all together for the benefit of all beings in the universe.

The various meanings of prayer I found are that it is a solemn request for help or expression of thanks addressed to God, a religious service, especially a regular one, at which people gather to pray together or just simply an earnest hope or wish.

No matter where we are in the world there are more of us who believe in the power of prayers than those who do not.

Praying brings us together for finding solace to common causes be it a flood like tsunami, earthquake, pandemic, war you name it. It could also be for a single person who is terminally ill, or for a family going through a tough situa-

tion. When all else fails we turn to prayers and read the Bible, Koran, Granths and Bhagwad Gita. We turn to the church, mosques, gurudwaras and temples to seek solace or solutions.

The strength of praying together as a family, community or nation binds us all together for the benefit of all beings in the universe. The result of prayers is a belief that we will get through the tough times. The peace we gain through praying, energizes us into helping ourselves individually or collectively. As if by magic, we start to find solutions – trials, errors, triumph are all a part of the path to finding and perfecting the solutions.

So let us keep the prayers on, not just as the need of the hour...but also as a continuous requirement for the good of all!



Anjana Jacob

- P** Praise God
R Receive & Give Thanks
A Answer to all my daily Problems
Y Years of Life to be Grateful for
E Energy & Empathy
R Reverence

What is Prayer to ME?

It is a Direct Connect between the UNSEEN invisible Creator and the mankind. While I Stand in Prayer.... Frail, Broken and Helpless My Inner Self is Firm Strong and Confident that my Prayer will reach my God my Master and my Creator.

Our prayer can be manifold... when we are happy we praise God, when sad we ask for happiness when confused we see clarity and so forth. God

our Creator, Healer, Helper and Friend just asks us to communicate with him daily Prayer can take any form to communicate like pooja, canting beads, saying the rosary or just meditating so that we are ONE with the Lord.

Prayer is an opportunity to spend time with God to understand and develop a deeper relationship with him. Prayer is an important and integral part of any ritual which helps to spread tranquility and psychological comfort that man cannot find through any other form. Prayer is a reward which God gives us when we connect with him daily so that we can widen our understanding about God. Prayer is a belief that keeps us going each day from the time we open our

eyes. It is a reminder that we are blessed with the Gift of Life. The first thing that one does is to pray to the Almighty.

It is important to pray daily as it is a communication with Our Father, ABBA or God. We do not hesitate to ask anything from our Lord and open our mind and hearts to it, without shying away from asking anything.

Prayer helps to remember that everything is in control, no one can hurt us or harm us if we have the Power of Prayer with us so that we rise above any difficult situation and I stand with folded hands looking at God in Prayer. **PRAYER IS MY PASSION**



Prayer is an opportunity to spend time with God, to understand and develop a deeper relationship with him.



“Addressing the Generation Gap” : Daksh Sethi

Life is simple, if only you do know how to deal with it. And communication forms the basis of all our personal & social engagements and relationships. Mr Sethi emphasized the importance of right kind of communication with younger generation. Since the millennials read little, their language is greatly affected by FB, Whatsapp, Twitter and other social media, which sometimes gets on the verge of slang and impolite speech and behaviour. The onus is on el-

ders to engage children and youngsters in meaningful, healthy conversations within family to enhance mutual affection and family bonding and desirable behavior in the society. Mr. Sethi was an amazing speaker and handled the subject with maturity far beyond his years. Members found him simply adorable and words of appreciation poured from all members who attended this Webinar on 3rd October 2020.



The onus is on elders to engage children and youngsters in meaningful, healthy conversations within family to enhance mutual affection and family bonding and desirable behavior in the society.

Business Process Re-engineering (BPR) - बदलो पुराने रास्ते : *Rajnish Sharma, Nano Scientist, Change Consultant & Business Leader*



Mr. Rajnish Sharma is amongst the top three Nano Scientists in the world and it was our privilege to invite him to give a talk on the subject Business Process Re-engineering (BPR), which he had simplified in Hindi as बदलो पुराने रास्ते or Build Positive Reforms. BPR means doing things differently and adding value to them. This applies to business organizations, individuals, professionals as well as home makers. To bring about a change in our attitude, in our style of working, in our processes is every one's right irrespective of his/her age or posi-

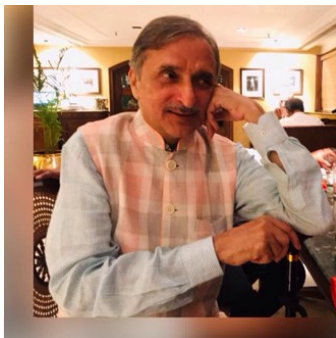
tion in an organization. Mr Sharma emphasized that we can transform our lives by the way we manage our relationships and life. So let us consistently think how we can do things in a different manner by practicing "Thought Process Re-Engineering. By taking small steps every day, we can bring about phenomenal changes in our lives. His key recommendations for an improved, happier life were :

- Keep moving, keep challenging yourself and take risks.
- Avoid inertia of Mind.

- Become Change Agents wherever you are but first change yourself.
- In our organizations, we may be Assistants and Secretaries but in our personal lives, we are the CEOs. Let's work on how we can eradicate our problems by changing our thinking processes.

He encouraged everyone to come out of the Year format and treat every day as a New Year.

We were fortunate to have Mr Rajnish Sharma for two sessions in a row.



Sleep - the Elixir of Life : a Tête-à-Tête with *Arvind Sharda – Life, Health & Sleep Coach*

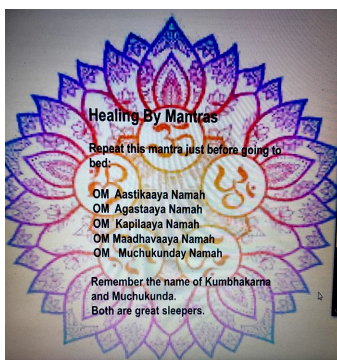
In our busy lives, sleep usually takes a back seat. Either we don't appreciate its significance or we don't fully understand its impact on our holistic health. It is not just our body that needs rest, but our mind too needs to relax every night to rejuvenate itself. Especially during the pandemic period, when a lot of negativity, fear and insecurity was ruling our minds, many lost their sleeps and went into depression. At this point of time, importance of Sleep can hardly be overemphasized to maintain sound mental health and to keep feelings of despair and hopelessness

at bay. We invited Motivational speaker, Mr Arvind Sharda to deliver a talk on this highly relevant subject today. The session was extremely useful and we got to know the various factors that affect sleep and how we all could enjoy a sound sleep by following certain guidelines of Mr Sharda.

A graduate from Calcutta University, Mr Sharda juggles amidst various roles as a Writer, Editor, Upanishadik Researcher, Motivational Speaker and Founder of "Turning Pain into Pleasure". He opines that action and thinking is an art, a technique. Lack

of prescription for right action and thought make the action dull and weak, leading either to its abandonment or people doing it half-heartedly and eventually moving into inertia. His mission is clear. He aims to instill this art of action & thinking in young as well as grown up people, helping them become dynamic and successful. To create the possibility of action with productivity, prosperity, mental peace with happiness and provide solutions for challenges we come across in our life's journey.

It is not just our body that needs rest, but our mind too needs to relax every night to rejuvenate itself

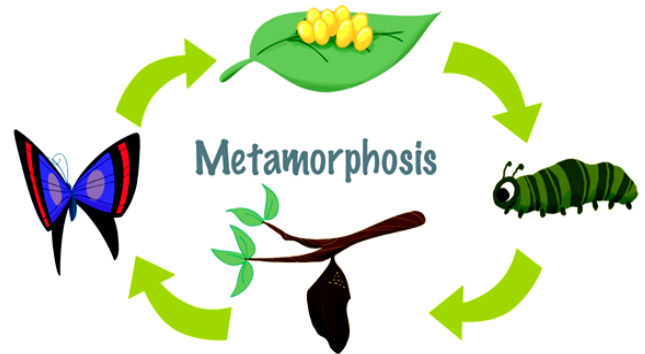


I Choose to Challenge—a story of Metamorphosis - Gunjan Malviya

Women's Day is the time to reflect and ponder over our aspirations and dreams, and how we can realize them. To move closer to our dreams, it's always helpful to listen to someone who despite all problems and difficult situations, chose to challenge herself to overcome these problems and get ahead in life with confidence and determination. Ms Gunjan Malviya is one such lady who despite a plethora of issues in her personal and professional life, chose to fight it out and emerged a winner.

From a depressed, quiet, shy lady, overwhelmed with problems in personal life and low-esteem in professional domain, flowered a personality that surprised even herself. With her positive attitude, faith in God and consistent hard work and determination to take on challenges head on, she transformed her situation and circumstances, and in the course, transformed her personality too. Her humble yet confident narration of her story of transfor-

mation won everyone's heart. All present applauded and carried home an inspiring story to emulate.



Corona—a mixed bag of Curses and Blessings - from the perspective of Anita Khosla

Corona is a peculiar virus which has attacked people unawares. Even the medical authorities were not prepared to tackle this deadly disease. They have tried their level best to save mankind but due to shortage of time for research, have failed miserably in handling this situation. The number of affected people surpassed the availability of Beds, ICU, Ventilators, requisite medicine, medical staff and most importantly Oxygen. Consequently, there have been a number of untimely deaths.

Youngsters who have lost both their parents don't know whom to look up and have been left bewildered. Old parents who have lost their children have no one to take care of them now. For all these people life has become a burden.

On the contrary due to the lockdown children have been forced to stay at

home and for the first time in the 21st century a good rapport has developed between parents and children - this is a boon.

COVID 19 has not only taught us to be independent but it has taught us to live within our means. It may be an enforced measure but for the last 15 months we have not gone to parlours, cinema halls, spas, restaurants, malls, etc. Children too have become much more responsible.

If even today we do not appreciate God's way of rectifying mankind, then we have to blame ourselves for all the damage being done to humanity. Even nature is playing its role and we have to tackle it with prayers and ask for forgiveness.

COVID 19 has not only taught us to be independent but it has taught us to live within our means.



Be Humane Again - a poem by Ushna Rajani



Families were distant,
and neighbors were un-
known,

With all locked down,
we became closer and
grown

From the times when we were young,
we heard the words Blessings in disguise

Little did we know that a potential Virus will
come,
to teach us the true meaning and make us wise.

Lonely elders, furious couples and kids lost on
the internet in vain.

It came to bring the families together again

Crowded roads, suffocating air and clueless
pains
In a jiffy, it is calm, refreshing and surprisingly
sane.

Outside food, late night parties, and meals on
the run

Enjoy home cooked food it taught us and also
told us 'to slow down' is fun.

No time for worship, no kindness, only
chatter and chatter
It taught us to pray and that nothing else
will matter

Families were distant, and neighbors were
unknown
With all locked down, we became closer
and grown

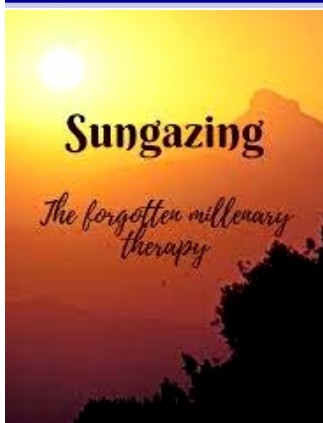
Well groomed bodies, painted faces and
smiles were fake
it came to teach us to be real and give up
the sham for lord's sake

Yes of course Covid -19 is cruel at large
But won't it relieve someone of his endless
pain?

It taught us to Surrender to Almighty and
Be Humane again ☐



Connect with Sun,
make Sun your good
friend, and feel
abundance of
energy, positivity and
connection with God.



Sun Gazing - a Great Way to start your Mornings - Rashmi Budhreja

What is Sun gazing:
Sun carries so much
positive energy, it's an ancient
spiritual ritual and as the
name suggests, sun gazing is a
form of meditation that in-
v o l v e s
gazing at sun where partici-
pant look directly at sun.

When to do Sun gazing:
Its safe to do gazing during
first 30-45 minutes after sun-
rise and before sunset ...
(caution: after that it is dan-
gerous!!) *No sun gazing dur-
ing 'grahan'.

How to do Sun gazing:

With naked eyes, no lens, no
spectacles...start with 10 sec-
onds and increase 5 seconds
daily upto 30 minutes maxi-
mum. As this is not 'tratak
kriya' so you can blink eyes as
normal. It should be done
preferably while standing or
sitting but feet should be

touching earth, you should be
barefoot.

Benefits of Sun gazing :

- Vitamin D (if done regular-
ly for 6 months)
- Improved energy and im-
mune function
- Healthy brain function
- Good night sleep
- Mood booster, positive
thoughts, emotional bal-
ancer
- Increased serotonin mela-
tonin responsible for hap-
piness
- Personal potential increas-
es
- Stimulates the pineal gland
- Chakras activation if done
with knowledge
- Kundalini Jagran

• Research says that there is
no disease which cannot be
c u r e d t h r o u g h
sun gazing

• One can also take affirma-
tions while gazing:
- Sun is my good friend, he
only gives, I have to be-
come like him

• Sun always shines bright, I
have to become like him

• Sun is always going to re-
main - I the Soul is also
eternal

• Sun is like God, 'Nirakar',
'jyotiswaroop', bodyless - I
t h e s o u l
also like him

• Sun has 7 colours - I the
soul also have 7 virtues

So friends, connect with Sun,
make Sun your good friend,
and feel abundance of
energy, positivity and
connection with God.

Health is Wealth - a Talk by Dr Abha Sharma

Dr. Abha Sharma is a renowned Physio-therapist presently heading the Physiotherapy Deptt. of Holy Family Hospital, New Friends Colony. Awarded with **Physio Legend Award**, Dr Abha is a very down to earth, soft spoken and humble lady. She readily agreed to address a session on Physio-therapy on our request.

Dr Abha emphasized on the importance of Health in our life, which women usually ignore. Her first question to the audience was - IS MY HEALTH IMPORTANT TO ME ? DO I EXERCISE ??

Actually every woman

needs to ask herself this question whether her own Health is on her priority list.

Dr Abha shared her slides for various exercises meant to cure different ailments. She also spoke on the importance of daily walk and Yoga, which everyone should adopt in their day to day life. After the webinar she had a Question & Answer session too. Post webinar also, several members shared their personal health issues with her to take her advice.

Our Chairperson, Ms Jyotsna Pathak on the right handing over a Souvenir to Dr Abha.



Office Humour



I don't have a pilot license or any flying experience.
Recruit me for the cancelled flights.



99% INDIANS WORK ON THE PRINCIPLE OF ROCKET SCIENCE. IT DOESN'T MEAN THAT WE ALWAYS AIM FOR THE SKY; IT MEANS THAT WE DO NOT START WORK UNLESS OUR TAIL IS SET ON FIRE".

*During the first Wave of Pandemic, the most Amazing Character was
....our Mother Nature - a thought by Vandana Kalsi*



Nature has its own way of recuperating – at its own pace, effortlessly and without human intervention.

The period of history we witnessed in the year 2020 can be best explained in the words of **Charles Dickens**, “It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair...”

This period taught us to be in harmony with nature

and our inner selves. Nature has its own way of recuperating – at its own pace, effortlessly and without human intervention. What we could not achieve by spending thousands of crores of rupees on environmental projects, was achieved simply by Man becoming a silent spectator for a few days and not interfering with Mother Nature. Pollution levels came down, our revered rivers Ganga and Yamuna were gushing forth happily with clean waters, sky was blue once again, stars were scin-

tillating, all kinds of birds could be seen chirping in gardens and parks, animals were liberated while we were literally confined physically and trying to open the windows of our minds. Mother Nature rejuvenated silently to replenish its lost essence and vitality.



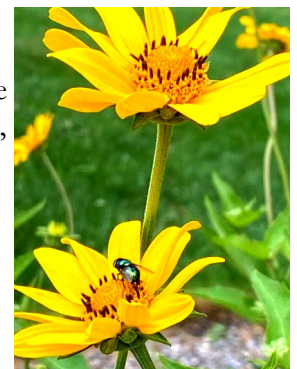
*Empathy - Webinar by Sheela Sharma :
a recap by Anita Khosla*



It was a proud moment for IASAP Delhi Chapter when Sheela Sharma chose to do a workshop on Empathy. Her presentation was unanimously appreciated. She explained what empathy means and how important it is for our emotional growth and relationships. Empathy is understanding the emotions of others and to be able to feel what they are feeling.

Many a times impulsive reactions are taken in anger or anxiety - but we can overcome this by keeping a check on our behaviour, doing self-introspection of the outcome of the same and making honest efforts to improve upon the same. There are three paths to embrace Empathy – Self-awareness, Emotional Maturity and Self-motivation. Religiously pondering upon our attitude cum behaviour as earlier pointed - sudden outburst of anger and anxiety can be controlled only and only if we are calm and composed. A bad action if enacted or rude words if spelled out cannot be taken back for in life there is no replay or rewind. Try to talk less and listen more when sharing someone’s pain.

Last but not the least, Empathy is - Seeing with the eyes of another; Listening with the ears of another, and Feeling with the heart of another.



Emotions are intertwined with our mood. They trigger our reactions. We are all hostages of our emotions. Let us channelize our negative emotions.

Pray to Overcome Fear— Leena Lobo

On 6th June 2020, I was attending a prayer service of Divine Retreat Centre, UK at 10:30 pm when around 11:20 pm, a message flashed on my mobile screen. So late, I thought, may be something urgent. I opened the message and to my utter dismay, saw RIP along with pictures of a burial. I could see the hospital staff around the body in white PPE Kit. Oh God! not again. I didn't wish to see a known face. Lately, there had been a lot of deaths in and around but this one is known to me. My whole body started shivering and I got palpitation. However, I continued my prayers and intently listened to the preachers.

The talk was about how to overcome fear and anxiety during these times of misery and suffering. The speaker said, **“pray, believing in the works of God, and direct your thoughts towards Him.”** I just closed my eyes and started calling out the name of my God. It is a bit difficult if a person lives alone. The anxiety and stress intensifies. I always thought I had a strong will power and courage, but no, this time I was proved wrong. I was truly nervous. The lecture, however, showed the way. I started appreciating the power of faith and prayers.

To overcome this fear, I started Yoga and meditation, keeping my mind

calm and focussed on good times I had spent with my family and friends. I learnt to Trust in Him - God Almighty and pray to Him to overcome my fear. I learnt to do my work – cooking, gardening, house work etc. and happily offered it to God. I learnt to be in gratitude and thank God for all the blessings He has bestowed upon me.

In these times of disturbance, disruption and turmoil, when the whole world is suffering and humanity is looking for relief, let us Believe in super power of Almighty and He will deliver us from all our fears and troubles. He will guide and protect us. Amen !

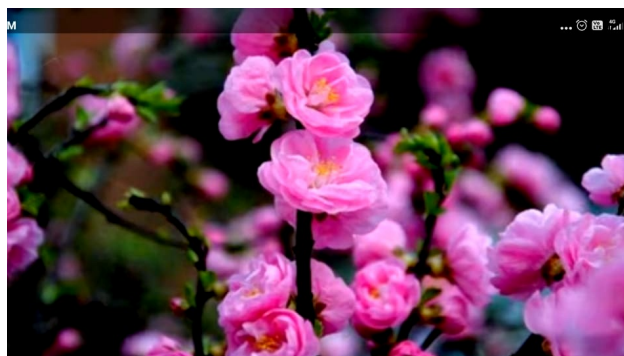


It is a bit difficult if a person lives alone. The anxiety and stress intensifies.To overcome this fear, I started Yoga and meditation, keeping my mind calm and focussed on good times I had spent with my family and friends.





A Tribute to
Homai Mehta
 (10.10.1944 to 15.09.2020)



The year 2020 witnessed a huge loss for IASAP—the demise of our revered and illustrious Ms Homai Mehta, one of the most dynamic personalities and a professional par excellence.

IASAP was the brain child of a very enterprising and dynamic couple, Mrs Homai H. Mehta and her husband Mr Homi Mehta. This Association was founded in India in 1970 with the encouragement and support of Sir J.J. College of Commerce, Mumbai. Registered as a Professional Body on 15th October 1970, its inception name was the National Institute of Personal Secretaries.

Both Homai and IASAP (then NIPS) saw phenomenal growth in their respective journeys. The major milestones in her career as well as in the progress of IASAP are as follows :

May 1976 – December 1984 – Homai was the 3rd NIPS President. In 1978, NIPS delegation participated in the 3rd Congress of Secretaries in Asia, in Singapore. The delegation was led by Homai H. Mehta. The theme of the Congress was "The Secretary in a Modern Era".

In 1979 : Homai Mehta was ASA President for the year 1979.

1980 : Homai Mehta, as President of NIPS, was the lone delegate to the 4th Congress of Secretaries in Asia, held in Jakarta, Indonesia. The theme was "Increase your Abilities and maximize your Contribution".

In 1982 NIPS delegation participated in the 5th Congress of Secretaries in Asia, in Hong Kong. Homai Mehta as NIPS President led the delegation. The theme was "The ASA Standard of a Professional Secretary and its Recognition". In **1983, Homai Mehta again became ASA President for 1983 and 1984.** In the year 1984, Homai Mehta and her team organized the 6th Congress of Secretaries in Asia, in Mumbai. The theme was "The Personal Secretary – Vocation to Profession".

In April 2003, the Association's name was changed from "**National Institute of Professional Secretaries**" (NIPS) to "**Indian Association of Secretaries and Administrative Professionals**" (IASAP).

Ms. Homai H. Mehta was the **Director of Sir J. J. College of Commerce** - Mumbai's leading Business College aimed towards continuing education. She was well known in the secretarial fraternity as Founder of the NIPS, now known as Indian Association of Secretaries and Administrative Professionals (IASAP), the only professional association of its kind in India, with six Chapters.

It is because of her untiring, consistent hard work that IASAP is still thriving and we are still together as a family. Delhi Chapter will always remember her as a brilliant professional, great mentor, a dynamic leader, self-motivated, soft-spoken and yet a forceful personality. She is an inspiration and IASAP will remain indebted to her for her involvement and contribution to this organization till her very last.

Written and compiled by Vandana Kalsi

IASAP—DELHI CHAPTER*Esperanto Editorial Team*

Vandana Kalsi
Jyotsna Pathak
Rashmi Budhraj

Dear Members,

We present this issue of Esperanto with a new look and style. Hope this will motivate members to contribute more actively to the next issue of our Newsletter Esperanto.

In the current issue Flowers have been extensively used to enhance freshness and give a pleasant feel. We trust this is a welcome feature. In the next issue, we would like to include more information, stories and articles written by our esteemed Members.

Please mail your entries and feedback @ :

vandana.kalsi@eil.co.in
 jyotsna_pathak@hotmail.com
 rashmi.budhraj@gmail.com

Team Esperanto



Excellence is an Attitude.



In memory of respected Homai Mehta, who was an Institution in herself, IASAP - Delhi Chapter is privileged to announce an Award in her memory, **“The Homai Award for Outstanding Contribution”**. Details in this regard will be shared soon.



Ms Divya Varmani joins our MC Team.

We welcome Ms Divya Varmani as a Member in our MC Team. She is a Marketing Manager in a private firm and her hobbies include writing poetry and anchoring events. She is also an accomplished Radio Jockey.





Thank You!