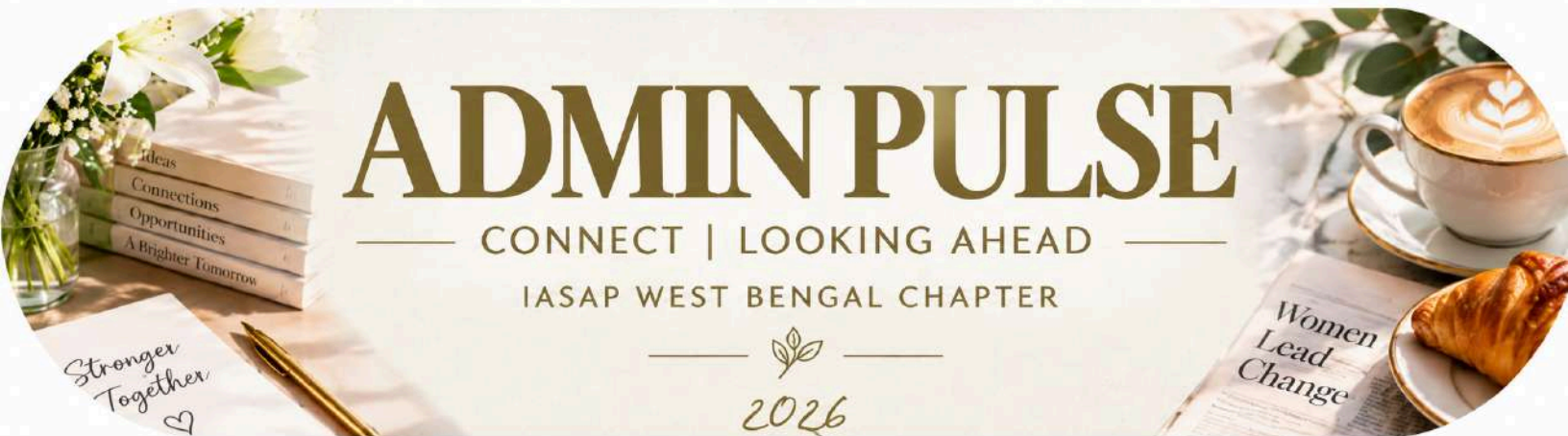




EDITOR'S NOTE

A New Chapter. A Changing Workplace.

The world of work is changing and so are the opportunities, challenges and conversations that shape women's professional lives.

With **Admin Pulse**, we want to bring our members more than updates from the Chapter. Each edition will capture the **people, experiences, ideas and emerging trends** that matter to our community.

From leadership and technology to new workplace skills, well-being and lifelong learning, we hope these pages offer something **relevant, useful and inspiring**, whether you are building a career, embracing a new phase of life, or simply looking to learn something new.

Let's stay connected, keep learning and look ahead - together.



CHAIRPERSON'S MESSAGE

Dear Members,

It gives me great pleasure to present this edition of our newsletter, **Admin Pulse**.

More than a newsletter, we hope it becomes a space where **voices are heard, achievements are celebrated, experiences are shared and memories are preserved**. It is our way of bringing members closer and keeping our community connected with the activities, initiatives and moments that make IASAP special.

As we look ahead, we invite each of you to contribute your **ideas, stories and experiences** and help us capture the spirit, energy and camaraderie that define our association.

Happy reading, and here's to many more shared moments and milestones together!

A NEW BEGINNING, A NEW COMMITTEE - AGM 2026-27

A New Team. A Shared Vision.

The **IASAP West Bengal Chapter's Executive Committee for 2026–2027** marks the beginning of an exciting new chapter.

Bringing together **experience, fresh perspectives and a shared commitment to the profession**, the new team is ready to build on the strong foundation of the Chapter and take it forward. The year ahead will focus on **strengthening our community, creating meaningful opportunities, expanding our reach and bringing greater value to our members.**

Most importantly, this is a journey we take together — through ideas, collaboration, participation and a shared belief in the strength of our community.

Together, let's connect, contribute and create a meaningful year ahead.



From Right to Left:

Parna Mookherjee – Ex Officio, **Jaya Simone** – Committee Member, **Sunita Modi** – MIC Public Relations, **Lorraine White** – Vice Chairperson & Hon. Secretary, **June Sabita Coelho** – Chairperson, **Teresa Currie** – Hon. Treasurer, **Elizabeth Banik** – MIC Membership, **Juana Bramblebee** – Committee Member

MEMBERSHIP DRIVE : “EACH ONE, GET ONE”

We're inviting every IASAP member to help grow our community through our **“Each One, Get One” Membership Drive.**

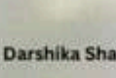
Simply introduce a **colleague or professional contact** to IASAP and encourage them to become a part of our growing network.

When your referral joins as an **Associate or Life Member**, you will receive **one function free of cost**, along with a **mention in the IASAP West Bengal Chapter Newsletter and website.**

Every new member brings fresh ideas, experiences and perspectives. By reaching out to just one person, **you can help strengthen our community and expand the opportunities we create together.**

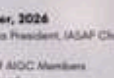
One introduction can make a difference. Let's grow together!

Speakers



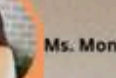
Dr. Darshika Sharma

- Leadership Alchemist & Life Architecture Coach
- Amazon #1 Bestselling Author & Inspirational Speaker
- PhD in Education | Master's in Applied Psychology | NIST & ICIA Certified Trainer
- 10+ years in Leadership Development, Coaching & Behavioural Transformation.



Mr. Nishant Bardwaj

- 10+ Years in HR, Talent & Capability Development
- Human-Centered Generative AI Trainer
- Talent Transformation & Leadership Capability Specialist
- Global Experience Across India, APAC, Australia, Africa & Gulf Region



Dr. Shakuntala David

- Doctorate in Psychology & Helping Relations, Berkeley, USA
- 42+ Years in Organizational Functioning & Counselling
- Mental Health Expert in Therapy & Employee Wellbeing
- Specialist in Leadership, HR, Communication & Team Building

ITINERARY AT-A-GLANCE

Thursday 1st October, 2026

09:00 Arrive: All India President, ASAP Chapter Chairs and AIOC Members

09:30 Registration of AIOC Members

10:00 Lunch- AIOC Members

10:45 AIOC Members Meeting

08:00 Registration Opens for Residential Delegates

09:00 Registration Closes

11:00 High Tea

12:30 Be seated in the hall

08:00 Lamp Lighting followed by Welcome Address by Delhi Chapter Chairperson

09:30 Opening Ceremony with Ganesh Vandana

09:40 ASAP Songs

09:50 Speech / Address by Chief Guest

10:00 Felicitation of All Chapter Chairpersons and BPC Chairperson.

09:30 Surprise Element / Fun Activity followed by Dinner

Friday 2nd October, 2026

09:00 Session Starts

09:00 Dr. Darshika - The Future of Work: Hybrid, Smart & Sustainable

09:50 Ms Monika Rao - Time, Priority and Energy Management in a High Demand role

10:30 Tea Break(10 Min)

10:40 Dr. Shivanshi Pathak - Showcasing your skills and achievements.

11:20 Mr. Nishant Bardwaj : AI in every field

12:00 Break 10 minutes

12:30 Dr.Shakuntala David - How to keep Value System intact in the 'VUCA' world!

12:50 Presentation by Bangalore Chapter for upcoming Convention

13:00 Lunch

14:00 Mr. Rakshit Tandon - Digital Safety, Cyber Security and Laws

14:40 A Small Session

14:55 BPC Project followed by Chapter wise photo session

17:30 Tea Break

08:30 Cultural Performance by All Chapters followed by Dinner at BPM

Saturday 3rd October, 2026

09:00 Board the buses for City Tour

11:00 ASAP's GOT TALENT followed by Dinner

Sunday 4th October, 2026

08:00 Breakfast

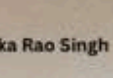
12:00 Check out

Speakers



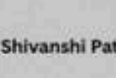
Ms. Monika Rao Singh

- 24+ Years of Global Cross-Sector Experience
- Leadership & Cultural Transformation Specialist
- Certified Trainer in MBTI®, SA, POK®, EI, Lean Six Sigma & Psychometrics
- DEI-Focused, Inclusive & High-Performance Leadership Development



Dr. Shivanshi Pathak

- Clinical Psychologist & Mental Health Consultant
- Educator & Founder of Happymind Works
- Honorary Doctorate Recipient
- Recognized for COVID-19 Counselling, Psychosocial Support & Rehabilitation



Dr. Rakshit Tandon

- Cyber Security & Risk Advisory Leader
- Consultant to Police, Cyber Crime & Law Enforcement
- Founder, ITC Academy & Director Training, FCSE
- International Cyber Security & Government Training Expert

SENIOR CITIZEN DAY -

A Day of Music, Memories & Fellowship

Twenty wonderful ladies came together on **21st June** for a delightful **Senior Citizens' Lunch at Kaldi Bean Café, Gariahat.**

It was an afternoon filled with **music, laughter, games and cherished memories.** The highlight was a lively musical performance by **Diya Das**, a noted singer from Kolkata's music circle, who took everyone down memory lane with much-loved songs from the **1950s and 1960s.**

The musical afternoon was followed by a spirited game of **Housie**, adding to the fun and camaraderie.

Our gracious host, **Amit Sharma of Kaldi Bean**, ensured that everyone enjoyed warm hospitality, delicious food and a welcoming ambience.

A beautiful afternoon of reconnecting, reminiscing and celebrating friendship.



WELLNESS & HEALTH

#THRIVE AT EVERY STAGE OF LIFE - By Juana Bramblebee

In the pursuit of professional excellence, **personal well-being deserves equal attention**. Good health supports not only productivity, but also the energy, resilience and clarity we need to enjoy every stage of life.

Let's make simple, sustainable choices that nurture both **body and mind**:

EAT WELL | MOVE MORE | PRIORITISE SLEEP

Small steps each day can make a meaningful difference. Taking care of ourselves is one of the most valuable investments we can make, one that enriches **work, relationships and life itself**.

#LIFE AFTER 60 : LIVING WITH PURPOSE, PASSION & POSSIBILITY - By Rumela Mukherjee



Hi Friends,

It gives me immense joy to share my journey with you after **30 wonderful years with IASAP**. Over the years, I had the opportunity to serve in various roles, from Sub-Committee Member and Membership Coordinator to Treasurer, Secretary, Vice Chairperson, Chairperson and finally Ex-Officio.

For most of those years, I was with **CESC**, building a fulfilling professional life while also being closely involved with IASAP. After completing my 30-year journey with CESC, I took on an entirely new challenge. In 2021, I joined **PNB MetLife**, stepping into the insurance sector for the first time. To equip myself for this new chapter, I completed an advanced **Certified Insurance Planner** programme from Symbiosis Institute of Management, Pune.

Five years into this post-retirement journey, life has been **exciting, fulfilling and rewarding**. I have travelled extensively, both within India and internationally, and have had the opportunity to meet and learn from people across the country. I have also received the prestigious **Million Dollar Round Table (MDRT) recognition twice**, along with numerous awards and certificates, and opportunities to speak at national forums.

Beyond my professional pursuits, I remain actively involved with several social, cultural and philanthropic organisations. These associations have given me opportunities to contribute, connect and continue learning.

Today, I can truly say that **retirement opened the door to another meaningful chapter of my life**. Living independently while my family is in the USA, I have kept myself engaged through work, travel, social commitments and service.

My message to other retired women is simple: **retirement need not mean stepping back from life. It can be the beginning of something new.**

Stay curious. Stay connected. Keep learning. Travel when you can. Find causes that matter to you. And most importantly, give yourself permission to enjoy life.

Life after retirement can be a new beginning and it can be wonderfully fulfilling.

"Believe God is in Execution."

CELEBRATING OUR MEMBERS

1. **Congratulations to Rumela Mukherjee** on being part of a remarkable **Guinness World Records™ achievement** for *"The most people chanting online simultaneously."*

On **9 May 2026**, a total of **8,277 participants** came together online to chant **Chapter 15 of the Bhagavad Gita simultaneously**, enabling **Chinmaya Mission** to achieve this record.

The event, **Chinmaya Gita Samarpanam**, brought thousands of participants together in a shared moment of devotion and collective participation.

A proud and memorable achievement for Rumela and a wonderful moment to celebrate within our IASAP community.



2. Mr. Anirban Roy, son of our esteemed member Mrs. Gayatri Roy, has been ranked No. 2 in Strategy in Asia in the Clios Talent Ranking.

We extend our heartiest congratulations to Mrs. Gayatri Roy on this wonderful achievement and wish Anirban continued success in the years ahead.

A moment of pride for a proud mother and for the IASAP family!

3. **Parna Mookherjee’s son, Sohom Mookherjee**, was awarded **Second Place at the ACRE-BCVS Young Investigator Award (YIA)** at the 8th Asian Cardiovascular Symposium, Boston, MA, on July 12, 2026.



CONNECT WITH THE CHAPTER

We would love to hear from our members.

Have an idea, suggestion or feedback? Want to share a story, contribute to **Admin Pulse**, or become more involved in Chapter activities?

We’d be delighted to hear from you.

Your participation, ideas and enthusiasm are what make our community stronger.

Stay Connected. Share. Participate.

Official Email: iasapwb@gmail.com

IASAP West Bengal Chapter