



Admin Pro

Tri-annual newsletter

Volume 4 : Issue 1
January-April 2022

From your Editor:

Newsletter ‘by our Members: for our Members’ feels very fulfilling to me. Everyone approached with a topic has written with aplomb. We have arrived!

Barbara Dcruz has a warmly acknowledging account of our Administrative Professional Day celebration and its pictures that please are by **Denise D’Mello** on our Facebook page. **Christine D’Lima** says, “EC doesn’t really take up much time... I would encourage young girls to come forward, as I feel they will be able to contribute their fresh ideas in accordance with changing times.” **Stacey Rangel** requested her Corporate Communications to provide her company’s profile. There is **Celebration of International Women’s Day** by some members. **Elena Benjamin** has given refreshing insights on ‘Learning to say NO’ when invited to discuss the topic on FM 88.6. and **ASA News** has an inspiring story on **Dolly Mugaseth, the octogenarian member of IASAP. Read on....**

The ‘red patti’ (non-workplace topics) are equally inviting: **Esther D’Souza’s** “Women of Colours” is a creative title to Basant celebration at DSSP. Multi-talented **Denise D’Mello** tells us about Humans of DSSP, which will surprise you too. **Barbara Dcruz** has shared “Give and You Shall Receive” while **Marina Fernandez** has written about Self-love and says “It’s not about being self-absorbed or narcissistic; it’s about getting in touch with ourselves, our well-being and our happiness.” Also read about “**Footwear for Healthy Feet**”, and wrap-up with a bit of **Humour** and some **Points to Ponder**.

Ciao!
Sunnu Golwalla
Editor – Admin Pro

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Administrative Professionals Day - 2022

Avari Towers Karachi: April 24th 2022

Administrative Professionals Day (aka Secretaries Day or Admin Day) is a day observed every year but sadly, there are many who are not even aware of it! Few countries celebrate 'Administrative Professionals Week' during the last full week of April or, the Wednesday of the last full week, that is in the US) while others on April 21st or 27th. It is the day that is dedicated to the Admins. The day marks the hard work of secretaries, administrative assistants, executive assistants, personal assistants and other administrative support professionals. Typically, administrative professionals are given cards, flowers, chocolates, and lunches. Are you among those fortunate ones 😊

DSSP like every year celebrated Administrative Professionals Day at Avari Towers Karachi on April 24th 2022. It was indeed a power packed event that was divided into several segments to give the ladies a feeling of what ALL they do and how life comes to a halt, one day they are out of office! Yes, how meaningful their presence is and how powerful they are!

The day kicked off with the gracious ladies registering themselves and getting a wonderful give away which was a Rechargeable Desk lamp that can also be used as an emergency light; sitting in pretty purple bags. Barbara Dcruz EC member was at the registration desk while Esther Dsouza and Stacey Rangel were duly handing out the gifts to all the ladies at the entrance.



From left: President Natasha, Sandra Sequira and Rosemary D'Silva

The event started at 4:35pm with a warm welcome speech by our most gorgeous **President Natasha Mavalwala**. Natasha requested all the ladies to give themselves a round of applause for the amazing job they are doing along with balancing their lives.

Our Editor **Sunnu Golwala** is passionate about developing members, and took the opportunity to include Sandra Sequira and Rosemary D'Silva, who took the first two segments of the programme. Behind-the-scenes she also supported and worked with others to bring them forward.

Sandra Sequeira was invited to come up and share her achievement of completing 25 years at Total PARCO, where she is working as Terminal Executive. She is one of the few members of DSSP celebrating Silver Jubilee, which is a rare phenomenon these days! And yes Mrs Sequeira achieved this milestone with sheer hard work and sincere dedication. She shared her professional journey and how it went through a metamorphosis, from the beginning till present, from 'entry level to accolade'. **It's amazing to have such quiet personalities in DSSP and we are truly blessed to witness and celebrate such happenings with our members. Congrats to Sandra Sequeira!**

Next segment was a presentation by DSSP member, **Rosemary D'silva** who is working as an Administrative Assistant at Pakistan Petroleum Limited (PPL). Her topic was 'Coming out of your comfort zone'. It is convenient to do many things within our comfort zones that is the routine that everybody follows, but make a difference and be the change, come out of the box and follow your passion, were the core themes. She focused on how we all are in the comfort zone and move into the learning zone but are very much afraid to move forward which turns into the panic zone that is the unknown region we are dreading much to encounter; it is the new circumstances that we don't want to face. With the help of Abraham Maslow's hierarchy of needs, she explained the theory of motivation that starts with the basic needs, moving onto psychological needs and eventually reaching the stage of self-fulfilment. This is the point where a person defeats the fears and insecurities and starts delighting in real pleasures of life. We all have hidden talents awaiting to be explored, find it and make it happen! The talk ended with a fun activity, each table was given 2-3 different colors of play dough and as a table group, and they had to form something out of it. **All the ladies jumped for joy like small kids all excited for the challenge and came up with creative handwork.** One person from each table had to bring up their piece of talent to the stage and other members would take a round and give them marks out of 5. Theresa Dias and her table had won this activity for making a neat 3 tiers cake.



From Left: Cheryl Mathew, Christine D'Lima and Naureen Rodrigues

Next activity was conducted by **Cheryl Mathew and Christine D'Lima** that was based on 'Hindrances faced by members to be a part of the DSSP Executive Committee and the possible solutions'. **This is one of the most important theme that is close to the hearts of all the EC members and thus wanted an earnest feedback from our membership.** A white flip chart was given to each table with green and yellow sticky note pads.

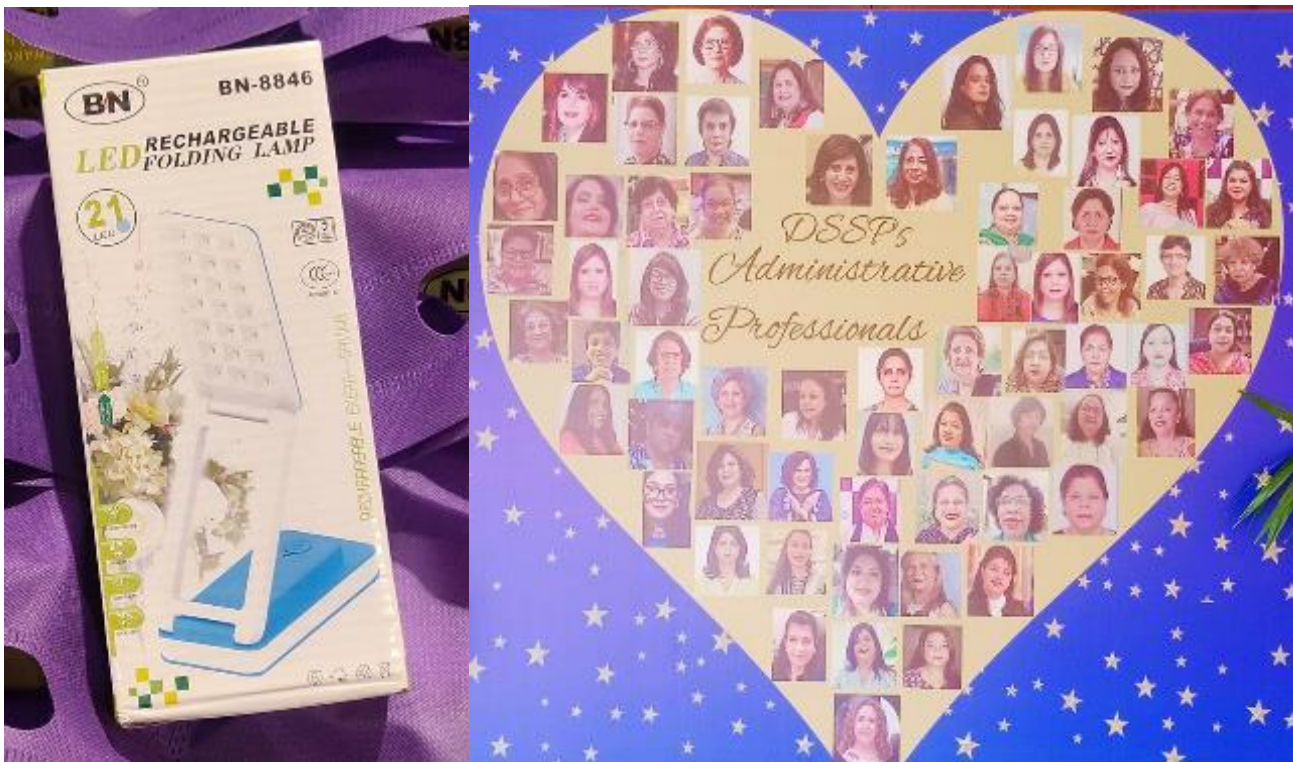
Each person on the table had to write their 'Manageable problems' on green sticky chits and 'non-manageable' ones on the yellow sticky notes. After mutual agreement with all the table members, they had to pick the most crucial manageable and non-manageable and put it on the chart. One of the members from each table along with their charts had to come up and explain their hurdles to all the members. While all the ladies were engrossed in the activity, Sunnu Golwala took the initiative to drop by each table, clarifying the activity if needed, ensuring all were on the same page.

Majority came up with time management issues, transport issues, few said that EC members should be given a break and other members should volunteer to do the manageable tasks. **We actually witnessed the magic of 'Rosemary D'silva's talk' working when Peggy Rodrigues came out of her comfort zone and explained the hitches! Way to Go Peggy & hats off to you Rosemary ☺ UPLIFTED BY YOUR ENDORSEMENT**

The last segment of the evening 'Dumb charades cum Chinese whisper' was conducted by Christine D'lima. Those who wished to participate formed a line at the back of the hall facing the side of the hall. The first lady faced the opposite side to the others in line and was shown a card with an action printed on it and read it. The 1st lady had to tap the second person in line, when the 2nd person would turn and face her, the 1st lady had to act it out, the 2nd lady tapped the 3rd lady in front and acted it out. It had to go on till the second last person and the last person had to tell aloud what the action was. Sounds simple huhh! With DSSP ladies it turned into a hilarious moment! What started as 'Starting and riding a bike' turned into pulling down a curtain or pulling down someone's pants!!! **This activity had all the ladies laughing their heads off!**



Dumb Charades cum Chinese Whisper



From left: Very useful giveaway and Heart-shaped collage

A Beautiful Heart shaped collage with photos of DSSP members was placed at the entrance to the hall. It captured everyone's hearts and each and every member took a pic in front of it solo or group all filled with fun and frolic. **This piece of art was compiled and presented by none other than our very own EC member, Christine D'lima, who is surprising us with her amazing talents with each passing event.** It will be cherished and remain forever in our hearts!

Denise D'mello one of our most passionate DSSP members seized all the moments beautifully and made history by putting it down the memory lane. Do see numerous pictures taken by her on DSSP Facebook page. Thank you is also due to the MCs of the evening **Christine D'Lima & Naureen Rodrigues.**

The day ended with scrumptious Iftar and lip-smacking dinner along with salads, pickles, refreshing variety of drinks and of course toothsome desserts.

Mahnaz Irani's table, PPL ladies table and Lucy Nazareth's table were the highlights of the day as their contagious cheerful laughter filled the hall and brought everyone to life!

Cheers to the EC and all the volunteers for pulling off such an exciting and successful event!



This acknowledging and comprehensive account is by our EC Member Barbara Dacruz who is a Senior Secretary to the Consultant Cardiologist at the Aga Khan University Hospital. In her leisure, she enjoys reading books, watching movies and listening to songs; or just chill at home or go out to meet her loved ones.

Come and Serve Your Association

To take it Forward

One of the initiatives of our Past President, Cheryl Mathew's was to bring in new faces on the Executive Committee, and with that intent she interviewed Christine D'Lima a new face on our current Execomm. Christine is the Secretary to Senior Partner at Fazleghani Advocates, mother of 3 teenage children, enjoys reading and listening to music, and has found her position in DSSP's EC manageable and meaningful. You too could grow and benefit.



CHERYL: Who or what prompted you to join the EC?

CHRISTINE: I always had a keen interest to join the EC, but due to time constraints, I just could not dedicate the time and zeal required for the position.

CHERYL: Tell us about your experience working on the EC in the past year?

CHRISTINE: Honestly, I learned a lot with the able guidance of the senior members on the EC, who allowed me to give my views and suggestions and gave my contribution importance which not only helped me feel more confident about myself but allowed me to explore more ideas to better improve the working system.

CHERYL: Talking about commitment - how much time and effort did you have to put in as an EC?

CHRISTINE: In general, being on the EC doesn't really take up much time, time is only required for monthly meetings and event preps. But for me, I willingly spend more time as I enjoy giving my feedback and contributing towards every little thing that goes on, be it preparing a poster, sharing ideas, looking up interesting games or doing the photography for events.

CHERYL: Would you nominate yourself on another committee in the future, if yes, briefly tell us why?

CHRISTINE: Yes most certainly, I would love to be part of the EC as I feel more confident and enjoy the participation.

CHERYL: Your message to members?

CHRISTINE: I would encourage young girls to come forward, as I feel they will be able to contribute their fresh ideas in accordance with changing times.

engro – enabling growth

A profile by Corporate Communications of Engro Corp, at the request of our Member Stacey Rangel who is the Executive Secretary to Chief People Officer – Engro Corp

Engro's story began more than 50 years ago when Esso-Mobil (later renamed Exxon) setup the first Urea production facility in Pakistan. Since its inception, Engro has come a long way to become one of the country's largest conglomerates with a clear vision to be the premier Pakistani enterprise with a global reach, passionately pursuing value creation for all stakeholders.

Every day, the nearly 3000-member Engro community devotes its skills to lead in purpose-driven businesses that help solve some of Pakistan's most pressing issues. In this pursuit, the central narrative of Engro defines **four business verticals: food & agriculture** against food scarcity, **energy & related infrastructure** to mitigate the energy shortage, **petrochemicals** to aid in balance of payments, and **telecommunication infrastructure** as a conduit that drives inclusion. Through these verticals, Engro has continued to grow and partner with global leaders, such as Royal Vopak, Royal FrieslandCampina, Mitsubishi Corporation, China Machinery Engineering Corporation, and World Bank's IFC, towards its primary goal of enabling growth for Pakistan.

Known to be pioneers in Pakistan, bringing in businesses that are the need of the hour, Engro has gone from strength to strength. With a market capitalization of USD 0.9 Billion, Engro has experienced a remarkable growth trajectory with compounded annual growth in revenue of 11% and profit after tax of 21% over the last decade. In 2021 alone, import substitution of USD 1.6 Billion and export contribution of USD 46 Million have been generated across the group toward the national exchequer, while community investments of USD 5 Million have impacted tens of thousands of lives and accounted for over 1,000 vocational trainings to uplift and develop capacities of the communities in which we operate.

While focusing efforts on instilling truth, trust, and the relentless pursuit of excellence to build character in its people and businesses, Engro aims to champion countless people to lead Pakistan's progress into the future. Through its **social investment arm of Engro Foundation**, the Company has promoted an inclusive business model to develop value chains using best practice trainings in farming, fishing, and vocational trades. Engro's community investments to establish schools, colleges, vocational skills programs, and medical centers, have created life-changing opportunities for people across the country.

Engro remains committed to unlocking the potential of this great Nation to create a prosperous and truly independent Pakistan.



Our Members celebrate International Women's Day

DSSP Member Rosemary D'Silva, Administrative Assistant, Pakistan Petroleum Limited (PPL) at MD's Secretariat, created this poster on Women's Day, and placed it on her LinkedIn and Facebook pages.

Happy Women's Day to all you lovely ladies

Inspiring Women / Catch up to your dreams

Inspiring Women:

In today's world we see a lot of competition which can be both healthy and unhealthy. To make it healthy and lively we should become an inspiration to other women by cheering and being happy with other women's achievements. By doing so you become stronger and manage to climb heights and reach success.

Dress up well for yourself and for others, feel happy and content with what you wear.

Always wear a smile, as smile is contagious, permanent, and never goes out of fashion.

Catch up to your dreams:

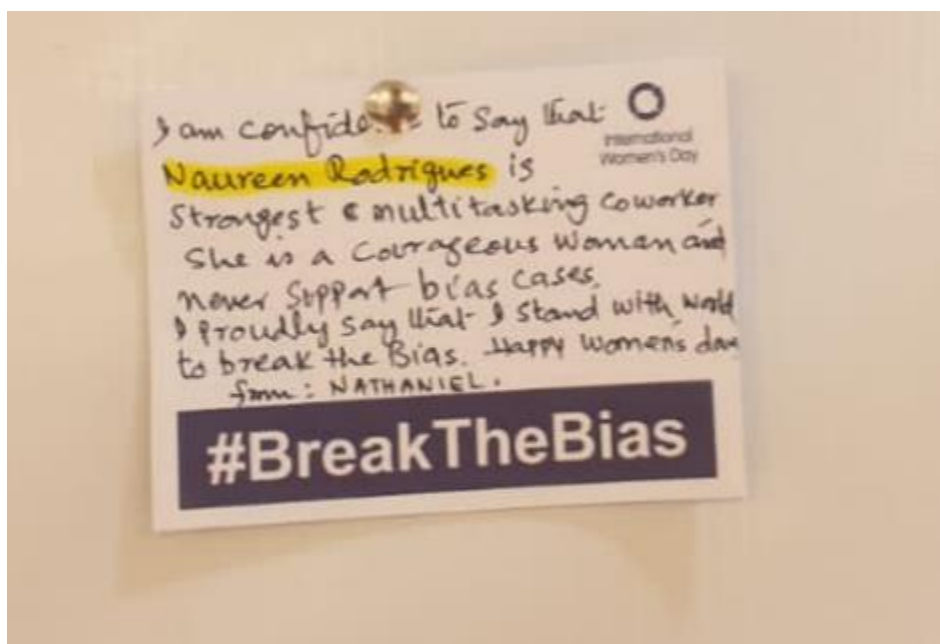
Beside your professional life or career, there are some evident dreams or goals you might want to catch up with. But sometimes due to circumstances, time limit, opportunities, and other prime obligations we defy our dreams. Don't keep your dreams to yourself, live your life, dreams will work if you act. There is no age to limit to learn, grow or catch up on your dreams – **Go for it and Get it!**

Do not avert or prevent yourself from doing what is right.

Rosemary D'Silva

We're Tough We're Ambitious, We're different

DSSP's Social Secretary Naureen Rodrigues, Executive Secretary to Vice President of Chemicals and Agri Sciences at ICI Pakistan Ltd received couple of appreciation cards but she liked this one from Nathaniel Sadiq, Sales Admin officer. It was placed on the Inspiration Wall created for Women's Day celebration



DSSP's Past President Cheryl Mathew, Learning Support Manager at HBL created this poster and placed it on her Facebook page. HBL presented Cheryl a jacket on the occasion as one seen in Elena's details below.



DSSP's EC Member, Elena Shumaila Hayat, Assistant Manager, Risk Management at HBL was gifted the following by her Company's Women's Day Celebration.



Our EC Member Elena Benjamin, shared some refreshing insights on ‘Learning to say NO’ when invited to discuss the topic on FM 88.6



Saying NO is tough in most situations in our lives. The radio show “Learning Bite” was aired live on Sindh Police’s channel FM 88.6 on Saturday 8 January 2022, and was hosted by Adeel Darvesh a renowned Radio Jockey.

I was approached via a social group to participate in the discussion, along with another speaker who is an HR professional from a leading university.

The live show started at 1:30 pm with a discussion on real life and corporate situations where saying YES leads to compromising our own **TO DO** list, priorities and sometimes even necessities.

Saying NO is challenging as we are taught to always be welcoming, pleasing and accepting the burdens drawn on us via family, friends and our workplaces. Such expectations can cause misery and stresses needing to be always appreciated by others (which doesn’t really happen). The discussion was appreciated by many regular listeners. They appreciated the solutions we shared about ‘saying Yes in situations of saving Life and Limb, and weighing the need to agree, or comfortably say No’.

My main focus was on people's mind-set as I am doing my Masters in Psychology: mind set and behavior depend a lot on how you receive and respond to stimulus. Our life is a reflection of multiple incidents from the past and our future dreams. So, '**Pehley Tolo phir bolo**' can be a win-win in many situations.

The fear of saying no may stems from the urge to avoid conflicts or confrontations. While another reason people worry about saying no is because they don't want to disappoint others, or hurt their feelings.

Somebody called and asked - keeping my corporate background in view - how to say no to your boss on Friday at 6 pm when you are packed to leave for home and you are handed a task that would need you to stay on for few more hours. I replied that you can't say no to your duty and that too from you direct boss, but in future you can subtly ask him on a Thursday if there is any pending work that needs to be completed, that way you can have a peaceful weekend, but with laughter I added 'if such practice continues over a long period, change your department or employer.' After all, ***Ek dar BAND ho to 100 dar khultay hain***
explore it !!!!

Many other callers and messages were answered live, with one very regular caller asking me the meaning of my name and sending lots of good thoughts and wishes to us and requesting us to come again on the show.

During the open forum, towards the end of the program I was asked when or in which situations one should say No. I answered that on humanitarian grounds and for family saying 'yes' - even after weighing pros and cons to your own needs -, may be required and you may have to compromise. On the other hand, if you do say NO, do it politely, explain and give a reason so that you do not spoil your relationship with that person. Sometimes your reasoning may not work, then, let it rest and settle it with time. Catch up with that person over a cup of coffee to keep the relationship going and growing, rather than feeling guilty for having said no. It's important to be able to say no so you feel empowered, while still maintaining your relationship with others. Saying no helps you establish healthy boundaries and enables others to have clarity about what they can expect from you.

The program ended on a positive note: that it is fine to say no and explain yourself and move on, rather than feeling depressed by pleasing others and hurting yourself. Learn to identify the things which pull you down and cause stress. Practice saying "No." It may sound silly, but you can actually practice saying "No". Try standing in front of a mirror and practice saying 'No' firmly to your reflection, pretend your reflection is someone so that you can get comfortable with that word. Many people are nervous about saying "No" and may say "Yes" due to anxiety.

I would like to end with a question to all my readers, what would you do if you want a wall painted white and your partner prefers black? Would you compromise to grey or...?

I would love to hear from you, open up our chat box to discuss how our healthy personality traits can help each other and grow stronger minds.

Elena Benjamin is Assistant Manager in Risk Management department of HBL. She is a mother of two young boys and in her leisure enjoys watching Netflix and spending quality time with her family.

You've Made A Mistake. Now What?

by [Amy Gallo](#) in Harvard Business Review

Anyone who has worked in an office for more than a day has made a mistake. While most people accept that slip-ups are unavoidable, no one likes to be responsible for them. **The good news is that mistakes, even big ones, do not have to leave a permanent mark on your career.** In fact, most contribute to organizational and personal learning; they are an essential part of experimentation and a prerequisite for innovation. So don't worry: if you have made a mistake at work, — and, again, who hasn't? — You can recover gracefully and use the experience to learn and grow.

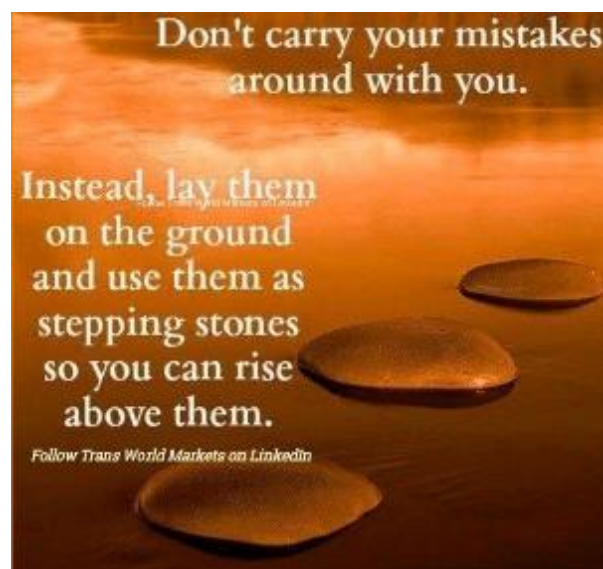
Here are a few guiding principles to help you **turn your gaffes into gold:**

Fess up and acknowledge your mistake: First, it's critical to be transparent, candid, and own up to the error. Do not try to blame others. Even if it was a group mistake, acknowledge your role in it. In cases where someone was hurt, issue an apology. **However, do not apologize too much or be defensive.** The key is to be action-oriented and focus on the future. How will your misstep be remedied? What will you do differently going forward?

Change your ways: By demonstrating that you have changed because of your mistake, you reassure your superiors, peers, and direct reports that you can be trusted with equally important tasks or decisions in the future.

Rely on your support network: A strong support network can help you. Research shows that a healthy support network has three components: authentic trusting relationships, a diverse range of perspectives, and is reciprocal. **Ask current or former colleagues or people outside the organization for their perspective on the mistake and what they believe you can do to recover.** They are likely to have some useful advice about how to frame the error and

Not all mistakes are created equal: Mistakes vary in degree and type and some can be tougher to recover from than others can. Schoemaker notes that group mistakes are often easier to get over because there is a diffusion of responsibility. **Mistakes that involve breaking someone's trust can have lasting consequences and contrition is critical. If your mistake has caused someone to lose trust in you, approach the person and offer a sincere apology. Ask what you can do to restore his trust. However, be patient — forgiveness may take a long time.**



IASAP Member Dolly Mugaseth's

Inspiring story [@officialhumansofbombay](#)

Dolly is an octogenarian and has attended all congresses and conventions of ASA. Humans of Bombay carried her story on July 1, 2018, and it has been revived by Bavapatni on their Facebook page this year on Valentine's Day. It is very inspiring: do read.



[Bavapanti](#) is in [Mumbai, Maharashtra](#).

"I met him in Shorthand Typing class -- we courted for five years before we got married. It was a love marriage in a time where love marriages didn't exist. Our relationship was smooth sailing -- everyone approved and celebrated how madly in love we were...I mean how could they not? You could feel it in your bones!

My husband and I, we lived a simple, yet wonderful life. We worked hard, saved up and travelled the world together. We raised two beautiful children and our life became about the sweet sacrifices to give them the best! From stitching dresses for my daughter, to secretly laughing at all the mischief my son made, it's been a good life.

4 years ago, my husband passed away peacefully. It broke my heart for a while, but even in death, he gave me strength...because I now had to continue our journey for the both of us. So, I travel the world alone, holding him close to my heart. I look after myself -- I exercise, manage our investments and play Rummy twice a week! The highlight of my week is cooking a meal for my grandchildren, every Sunday, as they swarm me with questions about how I met their grandfather and what mischievous antics their parents got up to. My favourite story to narrate is from when my stubborn, mulish son, risked his life for a kite!

So here I am at 86, living a wonderful life in Parsi Colony. Of course, I miss my husband -- not a day goes by that I don't wish he was here, holding my hand...but then that limits our love to being together. I love him as much today, as I did on the first day and that's why I'll live happily for the both of us...until we meet again."

Philippines Association of Secretaries & Administrative Professionals

Inducted their new Board Members at a formal ceremony with the following programme:



2022 INDUCTION CEREMONIES

Saturday, February 12, 2022 – 4:00 p.m to 5:30 p.m.

PROGRAMME

Invocation

By: Jocelyn D. Ticsay, Treasurer

National Anthem

Welcome Message

By: Maria Corazon M. Gans, Assistant Treasurer

Opening Performance

Introduction of Guest Speaker/Inducting Officer

By: Nenita H. Herrera, Vice-President External

Keynote Speaker

By: Mr. Walter Laptew

**Facility Manager, Pearl Energy Philippines Operating, Inc.
Operator of Quezon Power (Philippines) Limited Co. and
San Buenaventura Power Limited Company**

Presentation of Certificate of Appreciation
to Mr. Walter Laptew

By: Luz M. De Jesus, PAS President

Oath of Office

PAS Board of Directors

PASDF Board of Trustees

Inaugural Speech

By: Luz M. de Jesus, PAS President

Oath Taking of Committee Chairs

By: Luz M. de Jesus, PAS President

Closing Message

By: Amelia O. Conchu, PASDF Chairman

Ceremonial Toast & Photo Op

Closing Performance

Adjournment

Event Host

Sally B. Magalong, Vice-President Internal



Women of Colours

Basant means Joy of Spring! The DSSP organized a colourful, happy and lively event for its members where we all came together sharing our happy vibes.

A Basant/Valentine event was organized by the DSSP's wonderful EC's on the 27th of February at the Karachi Parsi Institute (KPI). Our wonderful ladies were dressed in pretty colours to make this event vibrant.

The event started at noon when the ladies were given a set of very colourful bangles at the registration desk. The event was hosted by our very beautiful President Natasha Mavalvala who was also celebrating her birthday on the same day. A delicious-looking cake was presented to Natasha by our Social Secretary Naureen Rodriques on behalf of the DSSP. We all sang Happy Birthday while she cut the cake.



The organisers with two Associate Members (AM) on the left AND our President acknowledging our birthday greeting

The newest member, Stacey Rangel (AM), was warmly welcomed with a round of applause. While everyone mingled with each other, the games were being prepared. A very colourful and fun game Musical Papers was played with all the members present. One had to dance till the music stopped and stand on a sheet of paper available closest to her. While we danced and laughed anyone who did not step on a paper when the music stopped, was eliminated. Our musical papers winner was Samantha Rodrigues; runners-up were Sharon Lawrence and Rukhsana Younus.



Winners and Runners-up of “Musical Papers” in action!



Yummy food and “Guess the Song” winners

After a lot of good fun, laughs, dance and music, a scrumptious light lunch was served along with some yummy dessert. Everyone seemed to love the lunch as it was something different this time. Clean, hygienic Parsi-style chicken curry with rice, sweet-and-spicy *aloo bhujija* with crusty bread, and caramel as desert. It was delicious!

A table game of “Guess the Song” by pictures was played after lunch, the winning table sang the song with joy and others joined in as well. They too were given token prizes.

A round of tombola which is a must for every event was a fabulous finish to this fantastic day.

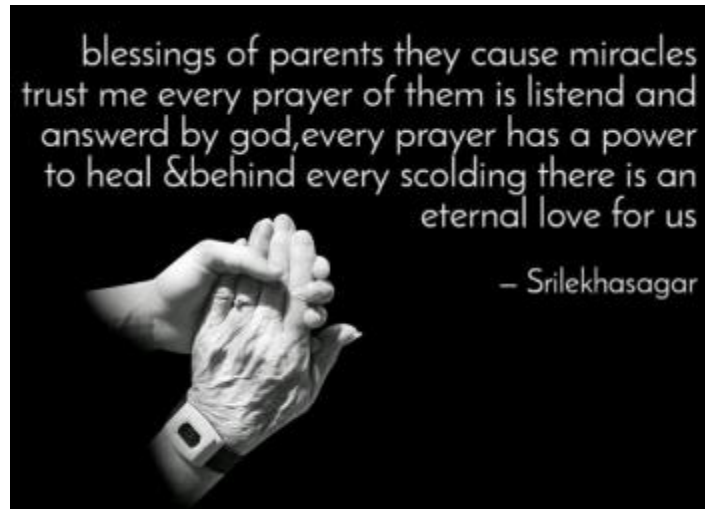
The efforts of the committee ensured that all the members had a great time! We look forward to more fun events with DSSP in the coming year!



Above lively account is by our Associate Member Esther D'Souza who is the Secretary to the MD/CEO at PakLibya Holding Company. She is a mother of a 1.5 year old and in her leisure enjoys crafts and music and loves to write.

Humans of DSSP

Importance of Parents' Blessings!



I have only reached mid-life and I feel I have achieved or been blessed with so much already and completely owe it to my parents. I find many youngsters these days aiming for the stars and sky without paying any heed to the parents that brought them into this world.

It is a different sense of contentment and peace when my parents smile because of me.

Being a married woman and a mother of two my priority has always been my mom and dad and luckily, my better half has never felt otherwise.

Taking the decision of living with my parents (with my family) to take good care of them and supporting them is indeed a blessing in itself. Being blessed with understanding in-laws is also part of a blessing that not everyone has.

Since COVID began, I was able to take good care of everyone at home until January 2022 when Omicron hit the world so hard and with such speed it was almost unfathomable. Mom, dad and I were tested positive and in isolation at home. Not once did we get upset or depressed about it. We fought it and came through and tested negative a week after!

It is necessary to always focus on the bright side of life, that's what my dad taught me.

To walk with your parents who taught you to walk is such a beautiful feeling.

I wish I could reach out to all of the younger generation who are running after riches and fame and tell them that the real riches lie at the feet of our parents and the blessings therein!

"Human of DSSP" for this issue is by our Member Denise D'Mello who is an Executive Secretary at Engro Energy Limited and is passionate about making the most of life in fun ways!



“Give and you shall receive”

John D Rockefeller learnt it the hard way!

John D Rockefeller was once the richest man in the world: The first billionaire in the world. By age 25, he controlled one of the largest oil refineries in the US. By age 31, he had become the world’s largest oil refiner. By age 38, he commanded 90% of the oil refined in the U.S.

By 50, he was the richest man in the country. As a young man, every decision, attitude, and relationship was tailored to create his personal power and wealth.

But at the age of 53, he became ill. His entire body became racked with pain and he lost all of his hair. In complete agony, the world’s only billionaire could buy anything he wanted, but he could only digest soup and crackers. An associate wrote, ‘He could not sleep, would not smile and nothing in life meant anything to him. His personal, highly skilled physicians predicted he would die within a year.’ That year passed agonizingly slowly.

As he approached death he awoke one morning with the vague realisation of not being able to take any of his wealth with him into the next world. The man who could control the business world suddenly realized he was not in control of his own life. He was left with a choice.

He called his attorneys, accountants, and managers and announced that he wanted to channel his Assets to Hospitals, Research, and Charity work. John D. Rockefeller established his Foundation. This new direction eventually led to the discovery of penicillin, cures for malaria, tuberculosis and diphtheria.

But perhaps the most amazing part of Rockefeller’s story is that the moment he began to give back a portion of all that he had earned, his body’s chemistry was altered so significantly that he got better. It looked as if he would die at 53 but he lived to be 98. Rockefeller learned gratitude and gave back the vast majority of his wealth. Doing so made him whole. It is one thing to be healed. It is another to be made whole.

Before his death, he wrote this in his dairy, “The Supreme Energy taught me, that everything belongs to Him, and I am only a channel to comply to His wishes. My life has been one long, happy holiday: Full of work and full of play I dropped the worry on the way and God was good to me every day.”

“A nice message for all of us!” adds our EC Member Barbara Dcruz. She had suggested we share ‘inspiring’ stories in our newsletter. Here is her contribution in this issue.



20 Ways to Practice Self-Love and Be Good to Yourself



Hey you! Did you know that you're very special? There is no other person in this world like you. You deserve to be loved not only by those around you but by the most important person in your life — YOU.

Practicing self-love can be challenging for many of us, especially in times when we face serious challenges. It's not about being self-absorbed or narcissistic; it's about getting in touch with ourselves, our well-being and our happiness. We practice self-love so we can push through our limiting beliefs and live a life that truly shines. Be kind to yourself & show yourself the love you deserve: give yourself time to reflect, develop & be inspired!

So do yourself a favor, take a deep breath, give yourself a little hug and start practicing the following:

Start each day by telling yourself something really positive. How well you handled a situation, how lovely you look today. Anything that will make you smile.

Fill your body with food and drink that nourishes it and makes it thrive.

Move that gorgeous body of yours every single day and learn to love the skin you're in.

Surround yourself with people who love and encourage you. Let them remind you just how amazing you are.

Stop the comparisons. There is no one on this planet like you, so you cannot fairly compare yourself to someone else. The only person you should compare yourself to is you.

End all [toxic relationships](#). Seriously. Anyone who makes you feel anything less than amazing doesn't deserve to be a part of your life.

Celebrate your wins no matter how big or small. Pat yourself on the back and be proud of what you have achieved.

Realize that beauty cannot be defined. It is what you see it as. Don't let any of those photo shopped magazines make you feel like your body isn't perfect. Even those models don't look like that in real life.

Take time out to calm your mind every day. Breathe in and out, clear your mind of your thoughts and just be.

Treat others with love and respect. It makes us feel better about ourselves when we treat others the way we hope to be treated. That doesn't mean everybody will always repay the favor, but that's their problem not yours.

Find something to be grateful for every day. It's inevitable that you are going to have your down days. This is fine and very human of you. It's especially important on these days to find at least one thing you are grateful for as it helps to shift your mind and energy around what's going on.

Learn to say **NO**. Saying no sometimes doesn't make you a bad person; it makes you a smart person.

Forgive yourself. You know that thing you did one time (or maybe a few times) that made you feel bad, embarrassed, ashamed? It's time to let that go. You can't change the things you have done in the past but you can control your future. Look at it as a learning experience and believe in your ability to change.

Write it down. Head swimming with so many thoughts it's giving you a headache? Write them all down on a piece of paper, no matter how crazy, mean, sad, or terrifying they are. Keep it in a journal, tear it up, burn it, whatever you need to do to let it go.

Turn off and inwards. Grab a cup of your favorite tea, coffee, wine, whatever your choice of drink, and sit down for a few minutes on your own. No TV or distractions, just you. Think about the wonderful things that are happening in your life right now, what your big dreams are and how you can make them happen.

Be realistic. There is no person on this earth that is happy every single moment of every single day. You know why? Because we are all human. We make mistakes, we feel emotions (good and bad) and this is OK. Allow yourself to be human.

Get creative and express yourself in whatever way you like. Painting, writing, sculpting, building, music, whatever takes your fancy, and make sure you leave your inner critic at the door. There are no right ways to be creative.

Let go of past trauma and wounds. This can be a really tough one and it may be one of those times you need to turn to others for support. The truth is though, when we let go of things that have happened to us it's almost like a weight is lifted off our shoulders. We don't have to carry that around with us anymore. We deserve better.

Find your happy place. Where's the one place you feel totally at ease, calm, happy, positive, high on life? Go to that place when you are going through hard times, or imagine yourself being there. Think about how it feels, what it smells like, what it looks like.

Have fun! Get out there and do the things that light your fire. Enjoy them, enjoy being you and enjoy your incredible life.

I feel better already!

This morale booster comes from the Treasurer of DSSP, Marina Fernandez who is an Executive Secretary at Hinopak Motors Limited and also the Vice President, Legion of Mary Curia of Karachi. She is a mother of 3 young boys and in her leisure time enjoys going out for a cup of coffee or for some healthy snacks, and meeting friends.



Footwear for Healthy Feet



High heels are sexy as they give a sway to the hips, but this comes with a price. If you wear them every day the tendons of your feet get over-stretched and, with age can cause irreversible problems. In addition, you will have issues when you switch to flat shoes.

For daily wear, it is recommended to have footwear:

- **that fits properly and supports your feet**
- **Has a small heel** - rather than absolutely flat slippers or shoes – because this gives the desired lift at the heel so that the Achilles tendons do not strain
- Has **flexible sole** to help the feet in its movement

Invest in correct shoes/slippers and enjoy healthy feet.



Humour

Remember those days
when people used to write
diaries and got mad when
someone read them...

Now they put everything
on facebook and get mad
when people don't read
them...

In India We Call It Chor Bazaar. In
UK They Call It British Museum.



Finally!
My winter fat
is gone...
now I have
spring rolls.



You may ponder...



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An **opportunity** is like a biscuit dipped in the tea, a little **delay** and it's gone.



