



International
Women's
Association

JULY 1992

I W A NEWS LETTER

Vol. VII No. : 2

Madras

JULY 1992

MONTH AT A GLANCE

Thursday, 2nd July	MUSIC AND PERFORMING ARTS 'Aayana' — a preview of the mega-production dance - drama.	10-15 a.m.
Tuesday, 7th July	MEMBERSHIP GET-TOGETHER MEETING	10-30 a.m.
Thursday, 9th July	HEALTH AND ECOLOGY Dr. K. P. Misra discusses stress and its effects on the heart.	10-15 a.m.
Friday, 10th July	EXECUTIVE COMMITTEE MEETING	10-00 a.m.
Monday, 13th July	PHILOSOPHY AND RELIGION Smt. Sunanda speaks on the role of the Vedanta in moulding children.	10-15 a.m.
Tuesday, 14th July	COOKING SWAPSHOP Amrita Bhalla cooks with healthy green leafy vegetables.	10-15 a.m.
Friday, 24th July	FOUNDERS' DAY	10-30 a.m.
Monday, 27th July	MUSIC AND PERFORMING ARTS The screening of "TEMPTATIONS", the sensational dance-drama.	6-00 p.m.
Tuesday, 28th July	BOOK DISCUSSION Kuldip Nayar's INDIA HOUSE is the July selection.	10-15 a.m.
Thursday, 30th July	ARTS AND HANDICRAFTS AND HISTORY, CULTURE AND TOURS Three video films on India's cultural heritage.	10-15 a.m.

FROM THE PRESIDENTS

Hello everybody !

We are back to a normal IWA month filled with a variety of interesting meetings. In addition to our regular activities we offer you two special days : **7th July** is our first Membership Get-together Meeting for the year 1992-93. Please be there with those brickbats and bouquets ! Our Founders' Day will be celebrated on the **24th July** at Hotel Trident. Don't miss the entertainment featuring our very own team of talented members !

See you soon !

**MAUREEN HUDSON MURARI
MALINI VIJAYARAGHAVAN**

Thought for the Month

"That which we persist in doing becomes easier to do, not that the nature of the thing has changed, but that our power to do has increased."

RALPH WALDO EMERSON

EXECUTIVE COMMITTEE MEETING

Friday, 10th July, 1992 — 10-00 a.m.

At : Gayatri Bewoor
20, Gil Christ
Chetpet
Madras-600 031
Tel. : 864035



DIRECTORY MISUSE

Dear Members :

It is with a growing sense of frustration that we feel compelled to write this letter regarding the increasing tendency to misuse the IWA Telephone Book. Recently, many of our members have complained not only of the annoyance of receiving a great deal of "junk mail" in the form of invitations to sales and exhibitions, but also of distressing and embarrassing telephone calls. Many of us were horrified to find on a recent invitation to some sale, not just our addresses, but our nationalities and phone numbers—evidence that someone had not only photocopied the Telephone Book, but had also been indiscreet and hasty enough to leave this confidential information on the labels.

Is it possible to stress strongly enough that the IWA directory IS STRICTLY NOT FOR CIRCULATION? Need we point out that this is an extremely disturbing invasion of privacy? Imagine the insensitivity and complete irresponsibility of one who would divulge the otherwise unlisted telephone numbers and addresses of our members, and the potential security risks which might be posed by this indiscretion.

The Committee therefore appeals to your good sense and discretion to ignore any requests for the IWA Telephone Book, and to refrain from giving access to the directory. **Further abuses of the directory and failure to respect the privacy of our members will result in action from the Board.**

THE BOARD

I W A Announcements

- * Congratulations — Jaya Menon's son was married in May.
- * Farewell to our chairperson MARINA AROUTHIUNIAN who is returning this month to Armenia. Her address will be :
3, Pushkin Street, Apartment 61
Yezevan-375 010
Republic of Armenia
- * Heartfelt condolences to Shobha Mahtani who lost her mother recently.
- * And heartfelt condolences to Surekha Kothari & Geetha Banker.

MUSIC AND PERFORMING ARTS

Thursday, 2nd July, 1992 — 10-15 a.m.

At : Music Academy — Mini Hall
Cathedral Road



'AAYANA' — 92 "A Happening"

A curtain raiser to the mega production organized by the Madras Craft Foundation in mid July '92 in which over one thousand children will participate. Fifty of those children will give us a preview of this event with their performance of an episode from the 'Ramayana'.

Anita Ratnam, the talented Bharat Natyam dancer and TV personality, who is part of the production team, will speak about the dance-drama. There will be a demonstration by the children of the puppets created by sculptor John Devaraj.

This program will be hosted by the chairpersons.

ALL ARE WELCOME

Monday, 27th July, 1992 — 6-00 p.m.

At : The American Centre Auditorium
American Centre
Gemini Circle

We are very privileged to present the screening of **TEMPTATIONS** a sensational and unique dance drama against Drug Addiction by the world famous Ananda Shankers and their illustrious troupe.

IWA is very happy that the United States Information Service has agreed to jointly present this with us. What makes this show unique is that it contains no spoken words, lyrics or songs. The language instead is the universal one of music, dance, colour and lights. It knows no barriers and is understood by all.

We thought it would be appropriate to screen this film as World Drugs' Day is on July 26th.

Please bring your young people.

**GAYATRI BEWOOR
SABINE SALAM**

MEMBERSHIP GET-TOGETHER MEETING

Tuesday, 7th July, 1992 — **10-30 a.m.**

At : The YWCA International Guest House
1086, Poonamallee High Road
Madras-600 084

Our Membership Get-Together provides another morning of fellowship and the opportunity for interaction among our members and the Executive Committee.

The previous get-together proved so successful that we wish to make this a regular feature of our IWA activities. Our meeting on **Tuesday, July 7th**, gives our members the chance to comment, contribute and offer constructive criticism. We all benefit by this exchange and we look forward to seeing you all on the 7th.

Hosted by :

Maureen Hudson Murari
Malini Vijayaraghavan
Nirmal Seshadri
Sulochana Alexander
Javanthi Prabhakaran

ALAGU MUTHU

HEALTH AND ECOLOGY

Thursday, 9th July, 1992 — **10-15 a.m.**

At : Mahmooda Haja Shareef
Nihal, First Street
17, Haddows Road
Madras-600 006
Tel. : 476522, 864822



STRESS AND THE HEART

Talk by Dr. K. P. Misra with supporting slides.

Stress and strain are an inevitable part of our life style today. They cause harmful effects on Psyche and Soma (Body and Mind), resulting in increased incidences of high blood pressure, heart attacks, peptic ulcers etc.

This discussion is aimed at analyzing some of the effects of stress and strain on the heart and at offering some solutions in tackling this problem.

**URMILA REDDY
PAULINE HAHN**

PHILOSOPHY AND RELIGION

Monday, 13th July, 1982 — 10-15 a.m.

At : "SABRINA"
106, Santhome High Road
Madras-600 028



MOULD YOUR CHILD THROUGH VEDANTIC VALUES

The principles of Vedanta, when applied, can play a vital role in moulding the characters of our growing children — especially in today's world of immense complexities. Smt. Sunanda, daughter and disciple of the internationally eminent Vedantin, Sri A. Parthasarathy, and herself an experienced teacher and accomplished Vedantin, will speak to us on the practical aspects of Vedanta in helping us guide the growth of our children into more complete human beings.

**DEVAKI MUTHIAH
RATHI NILAKANTAN**

COOKING SWAPSHOP

Tuesday, 14th July, 1992 — 10-15 a.m.



At : Archana Dheer
16, Bishops Garden
Madras-600 028

VARIOUS METHODS FOR COOKING GREEN LEAFY VEGETABLES

At this time of the year there is a wide variety of Green Leafy Vegetables like Spinach, Amaranth, Fenegreek Leaves & Drumstick Leaves available in the market. These leafy vegetables are rich sources of Calcium, Iron, Carotene, Vitamin C, Riboflavin and Folic Acid. They are therefore inexpensive sources of many nutrients which are essential for growth and maintenance of normal health especially for vegetarian diets.

We bring for you a Cooking Demonstration by our IWA Member Amrita Bhalla on how to prepare mouth watering, attractive dishes with commonly available leafy vegetables.

**LILY MADHOK
KYOKO ISHIZAKI**

FOUNDERS' DAY

Friday, 24th July, 1992 — 10-30 a.m.

At : The Trident
1/24, G. S. T. Road
Madras-600 027

The sixth Founders' Day of IWA is being celebrated in the style of an organisation that has now established itself as a trendsetter in Madras.

This morning is being hosted by Hotel Trident.

The Founders' Day entertainment offers a programme of drama and music provided by our own IWA talent. It promises to be a very special morning and we look forward to having you all there despite the distance.

Hostess : KALYANI TYAGI

MALINI & MAUREEN

BOOK DISCUSSION

Tuesday, 28th July, 1992 — 10-15 a.m.

At : Shobha G. Mahtani
'Krishna Vihar'
1, Jaypore Nagar
Madras-600 086
Tel. : 476303



Our book for review this month is 'India House' by Kuldip Nayar. The author narrates his interesting and sometimes disappointing experiences as India's Ambassador to the United Kingdom.

**JAVANTHI PRABHAKARAN
MARIE WILLIAMS**

HISTORY, CULTURE AND TOURS

ARTS AND HANDICRAFTS



Thursday, 30th July, 1992 — 10-15 a.m.

At : British High Commission
British Council Division Auditorium
737, Anna Salai
Madras-600 002

CULTURAL HERITAGE DEPICTED IN PAINTINGS

We present 3 video films today :

1. Wall paintings of the ancient Warli tribes of Maharashtra.
2. Madhubani folk paintings of Bihar, going back to the period of the Ramayana.
3. A film on Akbar, the greatest of the Moghuls, compiled from miniature paintings.

**SHAKUNTHALA JAGANNATHAN
SEEMA SAIT**

**KAUSALYA JAGANMOHAN
MARINA AROUTHIUNIAN**



EXECUTIVE COMMITTEE

THE BOARD

PRESIDENTS	:	Malini Vijayaraghavan	865798
		Maureen Hudson-Murari	6413027
VICE-PRESIDENTS	:	Surekha Kotheri	472690/471262
		Angela Aggeler	476727
SECRETARIES	:	Vijaya Balasubramaniam	72589
		Padma Ashok	867801/476591
TREASURERS	:	Alagu Muthu	838683/450800
		Christina Engvall	454419

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Kausalya Jaganmohan	454201
		Marina Arouthiunian	454050
BOOK DISCUSSION	:	Javanthi Prabhakaran	6411659
		Marie Williams	471700
CURRENT EVENTS & CAREERS	:	Zubeida Asgarali	471614
		Poonam Lalchand	471624/472947
COOKING SWAPSHOP	:	Lily Madhok	454661/452525
		Kyoko Ishizaki	453855
HEALTH & ECOLOGY	:	Urmila Reddy	476421
		Pauline Hahn	8253102/8250738
HISTORY, CULTURE & TOURS	:	Shakunthala Jagannathan	459199
		Seema Salt	612800
MUSIC & PERFORMING ARTS	:	Gayatri Bewoor	864035
		Sabine Salem	830126/832670
PHILOSOPHY & RELIGION	:	Devaki Muthiah	414364/414944
		Rathi Nilakantan	865250