



International  
Women's  
Association

AUGUST 1992

# IWA NEWS LETTER

Vol. VII No. : 3

Madras

AUGUST 1992

## MONTH AT A GLANCE

- |                       |  |            |
|-----------------------|--|------------|
| Monday, 3rd August    | <b>HISTORY, CULTURE AND TOURS</b><br>Kerala Tour — briefing and ticket collection.   | 10-30 a.m. |
| Monday, 3rd August    | <b>CURRENT EVENTS AND CAREERS</b><br>The financial expert Mr. K. Gopalakrishnan shares his thoughts on the Scandal of the Year — The Scam I      | 6-00 p.m.  |
| Tuesday, 11th August  | <b>EXECUTIVE COMMITTEE MEETING</b>   | 10-00 a.m. |
| Thursday, 13th August | <b>HEALTH AND ECOLOGY</b><br>With slides and demonstration, a talk on Medical Yoga Therapy by Dr. Krishna Raman.                                 | 10-15 a.m. |
| Tuesday, 18th August  | <b>ARTS AND HANDICRAFTS<br/>PHILOSOPHY AND RELIGION</b><br>Tanjore Painting — A Traditional Art Form of Tamilnadu :<br>Talk by Nanditha Krishna. | 10-15 a.m. |
| Tuesday, 25th August  | <b>COOKING SWAPSHOP</b><br>Demonstration of Microwave - Oven Cooking and Electric Deep-Frier.  | 10-15 a.m. |
| Thursday, 27th August | <b>MUSIC AND PERFORMING ARTS</b><br>A morning at a Kuchipudi dance class — a Glimpse of the Original Guru-Shishya parampara.                     | 10-15 a.m. |
| Friday, 28th August   | <b>BOOK DISCUSSION</b><br>'MY SON'S STORY' by Nadine Gordimer — of the 'other' woman, apartheid and South Africa.                                | 10-15 a.m. |

## FROM THE PRESIDENTS

Dear Members,

Frequently, a colourful personality arrives in town and agrees to address the IWA ; or a 'bandh' (heaven forbid ! ) forces us to cancel a meeting. We need a quick and efficient team of members who can pass on these urgent messages to the entire membership. The IWA Telephone Tree is the only solution. Please help us keep in touch with one another all the time. Sign in to be part of the IWA Telephone Tree !

Here's to another thought-provoking, fun-filled month !

**MAUREEN HUDSON MURARI  
MALINI VIJAYARAGHAVAN**

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### THE IWA TELEPHONE TREE

- \* The Telephone Tree is to quickly pass on important and urgent messages regarding IWA meetings.
- \* The Presidents will call the volunteers personally and give them the message.
- \* 20 volunteers will then call 10 members each and pass on the message.
- \* A card with the list of members you should contact will be given to you.
- \* Do not volunteer if you are a frequent traveller or someone who goes away on weekends. If you (or your husband) have a private secretary who will help us out, please give her/his number as an alternative.
- \* If your phone should go out of order or something should go wrong, one of the Committee Members will gladly take your place.
- \* To eliminate practical jokes, feel free to check the message with the Presidents any time.
- \* Here's one more chance to be a participating member of IWA without much effort.

**MAUREEN & MALINI**

## HISTORY, CULTURE AND TOURS

Monday, 3rd August, 1992 — 10-30 a.m.

At : Shakunthala Jagannathan's

Ram Sharan

222, T. T. K. Road

Madras-600 018

(Easier access is through the C. P. Ramaswami Aiyar Foundation gate,  
1, Eldams Road)



## **KERALA TOUR**

Those who have booked for the Kerala Tour, **do drop in for a briefing and for collecting your tickets.**

The IWA tour to witness the Snake Boat Races at Alleppey and for sightseeing tours of Cochin has been finalised, and we are happy that the required number have signed in.

The tour leaves on the night of August 5th and returns on the morning of August 10th.

**SEEMA SAIT  
SHAKUNTHALA JAGANNATHAN**

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## EXECUTIVE COMMITTEE MEETING

Tuesday, 11th August, 1992 — 10-00 a.m.

At : Alagu Muthu's

97, Santhome High Road

Madras-600 028

Tel. : 838683 / 837050



## CURRENT EVENTS AND CAREERS

Monday, 3rd August, 1992 — 6-00 p.m.

At : The TTK Library Hall  
(inside TTK Compound)  
6, Cathedral Road, Madras-600 086



### **THE SCAM, THE SCARE AND THE SCOOT !**

Talk by **Mr. K. Gopalakrishnan**

The worst financial swindle in recent times is the 'Stock Scam' which has rocked banking circles here and abroad. This sensitive subject will be the topic of this evening's talk by the eminent financial expert Mr. K. Gopalakrishnan.

With his varied experiences in finance, Mr. Gopalakrishnan has emerged as an expert in foreign trade. He served as the Chief General Manager of the State Bank of India and has set up Data Scan Private Ltd. which specialises in investment counselling. He also manages Auro Mira, a sharebroking firm.

Mr. Gopalakrishnan will share with us his thoughts on the Scandal of the Year — the Scam, the Scare and the Scoot.

**POONAM LALCHAND  
ZUBEIDA ASGARALI**

Our special thanks to Mrs. Stina Vasu for the use of the TTK Library Hall.

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### Thought for the Month

Small kindnesses, small courtesies, small considerations, habitually practised in our social intercourse, give a greater charm to the character than the display of great talents and accomplishments.

**M. A. KELLY**

## HEALTH AND ECOLOGY

Thursday, 13th August, 1992 — 10-15 a.m.

At : Hotel Savera (Minar Restaurant)  
69, Dr. Radhakrishnan Road  
(Cathedral Road — Opp. Nilgiri's)  
Madras-600 004  
Tel. : 474700



## **MEDICAL YOGA THERAPY**

A Talk by Dr. Krishna Raman with supporting slides and demonstration.

Dr. Krishna Raman, a doctor of western medicine, Surgeon, pulmonary specialist and follower of the Iyengar yoga system, RIM Yoga Institute, Pune, India, describes his speciality, THERAPUTIC YOGA, as "the clinical application of the science of **hatha yoga** for the treatment of various medical problems".

His therapy is said to provide more permanent relief in areas of osteo and rheumatoid arthritis, migraine, chronic back pain, gastric ulcer, hiatus hernia, chronic emphysema, coronary heart disease and diabetes mellitus.

Thus, explaining his treatment through the performance of **asana** (posture) and **pranayama** (breathing techniques), Dr. Krishna Raman will thereafter also analyse the condition and treatment of selected audience volunteers. We thank Hotel Savera for hosting this meeting.

**PAULINE HAHN**  
**URMILA REDDY**

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We thank Mrs. Kamala Muthiah for so graciously coming forward to host our 9th July Meeting at short notice.

**ARTS AND HANDICRAFTS**  
**PHILOSOPHY AND RELIGION**

Tuesday, 18th August, 1992 — 10-15 a.m.

At : Mrs. Meena Muthiah's  
"Chettinad House"  
Raja Annamalaipuram  
Madras-600 028

Tel. : 838900

(Next to Shri Iyyappa Temple on the South Beach Road)



Tanjore Painting — A TRADITIONAL ART FORM OF TAMIL NADU — A talk by Nanditha Krishna on the historical and religious background of this ART FORM.

Started as a craft and practised as a hobby by the Aristocratic ladies and noblewomen at first, the surface used for the painting was the "MANAI" or low wooden seat, made of a single plank of smooth teak or rose wood. Real gold leaf, precious stones, vegetable colours like yellow from turmeric, red ochre, black from lamp black, brown earth, terra-verde and the blue of Lapis Lazuli, were used.

The subject of the paintings were and still are images from the life of Shri Krishna ; the various incarnations of Vishnu, Shiva and the Devi were incorporated much later into the repertoire of Tanjore Painting.

Examples of this Art Form will be on display at CHETTINAD HOUSE.

**MARINA AROUTHIUNIAN**  
**KAUSALYA JAGANMOHAN**

**RATHI NILAKANTAN**  
**DEVAKI MUTHIAH**

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**PHILOSOPHY AND RELIGION**

We would like to thank Mrs. Sheela Shetty for kindly sponsoring the microphone and Mrs. Meenakshi Meyyappan for hosting our meeting, both on 13th July, 1992.

**RATHI NILAKANTAN**  
**DEVAKI MUTHIAH**

## COOKING SWAPSHOP

Tuesday, 25th August, 1992 — 10-15 a.m.

At : Sunita Shahaney's  
Ashley House  
6, Boat Club Road, 2nd Avenue  
Madras-600 028



## **DEMONSTRATION OF MICROWAVE OVEN COOKING AND ELECTRIC DEEP FRIER :**

Microwave Cooking Technology, now available in India, is a revolutionary method for short-cut methods of cooking (at literally 1/10 the normal time) for today's multi-faceted housewife.

Also, India's first hermetical fitted electric deep-frier is designed to give optimum benefits like deep-frying food in less time, in less oil and resulting in low calorie, highly nutritious food.

Batlilbol, the makers of these two products have offered a discount of 18% and 15% on both the products for our members.

Limit — 40

**KYOKO ISHIZAKI  
LILY MADHOK**

RSVP — Lily Madhok — Tel. : 452525 Extn. 8890

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## I. W. A. ANNOUNCEMENTS

- \* Heartfelt Condolences — at the demise of  
Vanitha Mudaliar's mother-in-law  
Lalitha Zachariah's mother  
Meena Malhotra's father-in-law  
Dr. Sheela Rajaratnam's mother-in-law
- \* Congratulations — to Purnima Sonti on her daughter, Rani's marriage.
- \* Best wishes — to Mehmooda Haja Shareef for a speedy recovery from her recent illness.



## MUSIC AND PERFORMING ARTS

Thursday, 27th August, 1992 — 10-15 a.m.

At : Kuchipudi Art Academy  
105, Greenways Road  
Raja Annamalaipuram  
Madras-600 028  
(Opp. The Carnatic Music College)



### **A MORNING AT A KUCHIPUDI DANCE CLASS**

Classical dance in India has aptly been termed a form of yoga in recognition of its synthesis of physical energy and spiritual power.

Kuchipudi — one of our ancient Indian dance forms from the South has its own distinct character and style even as it adheres to the codes of the Natya Shastra and the Abhinaya Darpana.

We are very honoured and privileged to have Guru Vempati Chinmaya Satyam present a lecture demonstration along with his disciples. Guruji is a living legend who has translated Kuchipudi to its present form and brought forth its rich tradition and heritage.

Today we can have a glimpse of the Guru — Shishya Parampara in its original setting.

THE CLASS BEGINS AT 10-30 A.M. SHARP.

**SABINE SALAM  
GAYATRI BEWOOR**

Mrs. SRIKANTA JHAVER is giving a generous donation to the Kuchipudi Art Academy, on behalf of I.W.A.

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### BOOK DISCUSSION

Friday, 28th August, 1992 — 10-15 a.m.

At : Beena Ram Mohan's  
'Regam'  
Y-216, 2nd Avenue, Anna Nagar  
Madras-600 040  
Tel. : 6214278 / 6214487  
(Past K.H.M. Hospital and Opposite Central Bank)



### **'MY SON'S STORY' by NADINE GORDIMER**

The suffering and confusion experienced by a son on discovering his father with another woman forms the theme of this book. The author also offers us an insight into the issue of Apartheid and the struggle for freedom in South Africa.

**MARIE WILLIAMS  
JAVANTHI PRABHAKARAN**

## CHANGE OF ADDRESS AND TELEPHONE NUMBER

### **Rama Gummadi**

Plot No. 27, 4th Main Road  
Raja Annamalaipuram  
Madras-600 028  
Phone : 457007 (R)

### **Shrimathi Mahesh**

39, 1st Main Road  
Raja Annamalaipuram  
Madras-600 028  
Phone : 456372 / 459945 (R)

### **Susheela Sampath**

4, 4th Cross Street  
Besant Nagar  
Madras-600 090

### **Rukku Seshasayee**

17, Bishop Wallers Avenue-West  
Madras-600 004  
Phone : 76586

### **Purnima Sonti**

J-3, Aisa Residency  
12, Gilchrist Avenue  
Madras-600 031

### **Malini Krishna**

19/1A, Valliammai Achi Road  
Kotturpuram  
Madras-600 085  
Phone : 418485

### **Rathi Nilakanthan**

14, Chinniah Road  
T. Nagar, Madras-600 017  
Phone : 860744 / 865250 (R)

### **Shirley Verghese**

1, Casuarina Drive  
Neelangarai  
Madras-600 041  
Phone : 4926474 (R)

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## NEW MEMBERS OF I. W. A.

### **Pattu Bhargava**

Flat No. 2A, 115, Sullivan Gardens  
Mylapore, Madras-600 004  
Phone : 77716

### **Usha Chandrakumar**

"Aishwarya"  
62, Sterling Road  
Nungambakkam  
Madras-600 034  
Phone : 475341

### **Rie Hiraoka (Japan)**

C/o. Unicef  
20, Chittaranjan Road  
Madras-600 018  
Phone : 452702 (R)

### **Renuka Ishwariah**

12, Lamech Avenue  
Chetpet  
Madras-600 031  
Phone : 865112 (R)

**Roopa Kapur**

10, Crescent Street  
Archbishop Mathias Avenue  
Madras-600 028  
Phone : 450966 (R)

**Siv Karlsson (Sweden)**

Apartment 5 B  
47, College Road  
Madras-600 006  
Phone : 472673 (O)

**Meyyammai Murugappan (U. K.)**

11, Archbishop Mathias Avenue  
Madras-600 028  
Phone : 452266 (R)

**Meena Muthiah**

Chettinad House  
Raja Annamalaipuram  
Madras-600 028  
Phone : 838900 (R) 838040 (O)

**Mrs. Nakajima (Japan)**

3, Chowdhry Colony  
Nungambakkam  
Madras-600 034  
Phone : 881295 (R)

**Sushila Nataraj**

E-110, 16th Cross  
Besant Nagar  
Madras-600 090  
Phone : 4911015

**Gargi Prabhu**

15, Kothari Road  
Nungambakkam  
Madras-600 034  
Phone : 474026 (R)

**Kamala Prasad**

"I" Block, Door No. 11  
Anna Nagar East  
Madras-600 102  
Phone : 612035 (R)

**Sucharita Prasad**

4, IVth Lane  
Nungambakkam High Road  
Madras-600 034  
Phone : 471960

**Annie Raffier (France)**

63, Taylors Road  
Kilpauk  
Madras-600 010  
Phone : 614912 (R)

**Radha Rajagopal**

5-D, Asha Deep  
13, Halls Road, Egmore  
Madras-600 008  
Phone : 476843 (R) 477447 (O)

**Dr. Sheila Rajarathnam**

150, Poonamallee High Road  
Madras-600 010  
Phone : 8255100 (R) 8255197 (O)

**Anita Ratnam Raj**

20, Cenotaph Second Lane  
Madras-600 018  
Phone : 458989 (R) 869288 (O)

**Visalakshi Ramasamy**

1, South Beach Road  
M. R. C. Nagar  
Raja Annamalaipuram  
Madras-600 028  
Phone : 839829

**Shilu Ranganathan**

11/1, Alamelumanga Puram  
Madras-600 004  
Phone : 73134

**Anita Reddi**

2/1, 15th Avenue  
Harrington Road  
Madras-600 031  
Phone : 864092

**Vasanthi Sankaranarayanan**

50/10, Embassy Towers  
Montieth Road, Egmore  
Madras-600 008  
Phone : 860846

**Shumita Shahney**

59, C. P. Ramasamy Iyer Road  
Abhiramapuram  
Madras-600 018  
Phone : 458156

**Ramila Sreedhar**

"Riverside"  
Kotturpuram, Madras-600 085  
Phone : 411322

**Mridula Srinivasan**

C/o. I. T. C. Packaging &  
Printing Division  
Thiruvottiyur Residential Colony  
Madras-600 019  
Phone : 543456 (R)

**Bharathi Suresh**

Chandamama Buildings  
183, Arcot Road  
Vadapalani, Madras-600 026  
Phone : 423423, 424433 (R)

**Pauline Hahn**

C/o. Kovalam Investments  
B-3, Bushra House  
46, Nowroji Road  
Chetput, Madras-600 031  
Phone : 8253102

## EXECUTIVE COMMITTEE

### THE BOARD

PRESIDENTS	:	Maureen Hudson-Murari	8413027
		Malini Vijayaraghavan	865798
VICE-PRESIDENTS	:	Angela Aggeler	476727
		Surekha Kothari	472690/471262
SECRETARIES	:	Padma Ashok	867801/476591
		Vijaya Balesubramaniam	72589
TREASURERS	:	Christina Engvall	454419
		Alagu Muthu	838683/837050

### ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Marina Arouthiunian	454050
		Kausalya Jaganmohan	454201
BOOK DISCUSSION	:	Marie Williams	471700
		Javanthi Prabhakaran	6411659
CURRENT EVENTS & CAREERS	:	Poonam Lalchand	471624/472947
		Zubeida Asgarali	471614
COOKING SWAPSHOP	:	Kyoko Ishizaki	453855
		Lily Madhok	454661/452525
HEALTH & ECOLOGY	:	Pauline Hahn	8253102/8250738
		Urmila Reddy	476421
HISTORY, CULTURE & TOURS	:	Seema Sait	612800
		Shakunthala Jagannathan	459199
MUSIC & PERFORMING ARTS	:	Sabine Salam	830126/832670
		Gayatri Bewoor	864036
PHILOSOPHY & RELIGION	:	Rathi Nilakantan	865250
		Devaki Muthiah	414364/414944