



International  
Women's  
Association

MARCH 1995



**International  
Women's  
Association**

## **ANNUAL GENERAL MEETING**

Notice is hereby given of the 9th Annual General Meeting of the International Women's Association to be held on **Tuesday, 11th April, 1995 at 10-00 a.m.** at the **HOTEL CHOLA SHERATON, 10, Cathedral Road, Madras-600 086.**

The Agenda for the meeting :

1. Fellowship 10 - 10-30 a.m.
2. Welcome address by the President
3. To approve the minutes of the 8th Annual General Meeting held on Thursday, 7th April, 1994
4. Secretary's Report
5. Treasurer's Report
6. Membership Treasurer's Report
7. Appointment of Auditors for 1995-96
8. Remarks by outgoing President
9. Any other business
10. Introduction of Nominating Committee
11. Presentation of the new Executive Board Members
12. Introduction of the new Executive Committee
13. Address by the new President
14. Vote of Thanks

Copies of the accounts, minutes and Activity, Chairpersons' reports will be kept for members' perusal.



**International  
Women's  
Association**

## **THE I.W.A. BOARD**

**1995 - 96**

### **NOMINATING COMMITTEE**

The Nominating Committee is pleased to present the following slate of Office-Bearers for the Executive Board of IWA, 1995-96.

	<b>INDIAN</b>	<b>NON-INDIAN</b>
<b>PRESIDENTS</b>	<b>ZUBEIDA ASGARALI</b>	<b>KHIN-THI-DA LWIN</b>
<b>VICE-PRESIDENTS</b>	<b>SHYLA K. RAU</b>	<b>TERESA KING</b>
<b>SECRETARIES</b>	<b>SUJAYA MENON</b>	<b>ELLEN SORENSEN</b>
<b>TREASURERS</b>	<b>RUPA KADHIRESAN</b>	<b>ANGELIKA MANDAIKER</b>

We wish the new Board all the best.

**VANITHA MUDALIAR (Chairperson)**

**GAYATRI BEWOOR**

**RITA SALDANHA**

**ANNELIESE HAZARI**

**ISSY SANDERSON**

## *A SHRADDANJALI TO MALINI VIJAYARAGHAVAN*

1. *Tribute - By Lily Madhok*
2. *Ganesh Vandana & a Bhajan - Surekha Kothari*
3. *Reading from the Bhagvad Gita - Shakunthala Jagannathan*
4. *A rendering of a Shankaracharya's sloka - friends of Malini*
5. *Reading from Upanishad - Leela Ratnam*
6. *A song from the Thiruppavai - friends of Malini's - with an English translation by Lakshmi Padmanabhan*
7. *A Psalm and a Poem - Margaret Sekhnan*
8. *A few verses from the Quran - Zubeida Asgar Ali*
9. *The opening stanza from the GuruGranth Sahib - Lily Madhok with an English translation by Vijaya Rangarajan*
10. *Poet Bharathi's only Sanskrit composition - Malini's favourite - by her friends*
11. *Poem and a personal tribute - Maureen Murari*
12. *Hymn by Rita Saldanha*
13. *"In Remembrance" - Past Presidents*
14. *Messages*
15. *"Ramdhan" - a benediction - (Please join us in the refrain).*

*Presented by Nirmal Seshadri*

# IWA NEWS LETTER

Vol. IX No. : 10  
Madras

MARCH 1995

## MONTH AT A GLANCE

Tuesday, 7th March	<b>EXECUTIVE COMMITTEE MEETING</b>	10-15 a.m.
Wednesday, 8th March	<b>HISTORY, CULTURE AND TOURS</b> All Female French Clown Show	6-30 p.m.
Thursday, 9th March	<b>MEMORIAL SERVICE FOR MALINI VIJAYARAGHAVAN</b>	10-15 a.m.
Monday, 13th March	<b>MUSIC AND PERFORMING ARTS &amp; PHILOSOPHY AND RELIGION</b> Bhakthi or spiritual element in dance — a dance recital by Revathi Ramachandran	10-15 a.m.
Thursday, 16th March	<b>HISTORY, CULTURE AND TOURS</b> Travel — Then & Now Talk by Mr. P. M. Belliappa	10-15 a.m.
Tuesday, 21st March	<b>HEALTH AND ECOLOGY</b> A life of change — Menopause Talk by Dr. Usha Sriram, M.B.B.S.	10-15 a.m.
Thursday, 23rd March	<b>ARTS AND HANDICRAFTS</b> Japanese Art Morning Sumiko Kuriuzawa, Yoko Nishibashi and Saroj Ramamrutham will demonstrate origami, cloth doll making and Ikebana	10-15 a.m.



## FROM THE PRESIDENTS

Dear Members,

We are nearing the end of the IWA Year and Madras is once again warming up. You will now be asked or have been asked to be chairpersons in next year's Committee. Please come forward and offer your talents to the organization.

Please remember that if you have a suggestion for a meeting to please pass the information on to the chairperson of that activity. All such suggestions may not be used because programmes are planned many months ahead, but eventually these ideas are fitted in, perhaps not in the way you originally envisaged.

Please also remember that if you 'check-in' for a meeting and cannot come to that meeting for whatever reason please 'check-out'. If a payment is to be made please pay if necessary and do not expect the chairperson to 'run after you' — or pay your contribution. Do give in your names whenever an R.S.V.P. is required.

Last month we met the 'Woman of the Year', perhaps this month we can find the perfect member of I.W.A.

LILY MADHOK  
MARGARET SEKHRAN

---

## EXECUTIVE COMMITTEE MEETING

Tuesday, 7th March, 1995 — 10-15 a.m.

At: Seema Salt's  
'Madeleine Court'  
71/72, Spur Tank Road  
Chetpet  
Madras-600 031



## **Self Help Project Trust Creates a New Ward at Institute of Mental Health**

With the proceeds from the pantomime 'Cinderella', Issy Sanderson, Managing Trustee of S.H.P.T. is delighted to announce that the first ever Female Rehabilitation Ward at I.M.H. is being built. It's a conversion & redesigned construction of an old ward, and the work will be given a tremendous boost by 20 young sailors from the British ship H.M.S. Liverpool in Madras recently, who have offered a day's voluntary service — plumbing, plastering, wood working etc. on the ward!

Zubeida Asgarali & Rita Saldanha (both Trustees of S.H.P.T. are also working flat out to help complete the ward in time for International Women's Day on Wednesday 8th March. The ward will provide a cheerful environment in which the more stable patients will be able to blossom & flourish. Make a date in your diary — 11 a.m. on 8th March. Come & celebrate with the women at I.M.H.!

---

### **Congratulations to :**

Sulochana Alexander, whose son Mark married Asha ;

Meena Rawlley, whose daughters Binita and Deepika married Rohit and Bhasker respectively ; and

Vijaya Balasubramaniam, whose daughter Priya weds Sundar in March

### **Heartfelt Condolences to :**

Zubeida Asgarali on the sudden demise of her brother,

Usha Bail, whose father-in-law passed away, and

Beena Ram Mohan, who lost her mother

---

## **ANNUAL GENERAL MEETING**

The Ninth Annual General Meeting of the International Women's Association will be held on Tuesday, 11th April, 1995 at the Hotel Chola Sheraton. Further details will be posted to you later.

## HISTORY, CULTURE AND TOURS

Wednesday, 8th March, 1995 — 6-30 p.m.

At : Museum Theatre  
Pantheon Road  
Madras-600 008



### **"EMBARQUEZ-LES" — All Female French Clown Show**

"Embarquez-les" is a show with five female clowns. Appropriately staged in Madras on 8th March '95 (International Women's Day), this is a quality show in which humour devoid of coarse circus clown comical tricks, is ever present. It is brought to us by Alliance Francaise. IWA ladies have been offered 50 passes for this very interesting programme.

Please call Sabine Salam (832670) or Sushi Natraj (4911015) and collect your passes on a first come first served basis.

**P.S. :** At the Alliance Francaise on College Road there will be a combined workshop of "Embarquez-les" and Koothu-p-pattarai" on 9th March at 10 a.m. All are welcome.

**SUSHI NATRAJ  
SABINE SALAM**

---

### **CHANGES IN ADDRESS AND TELEPHONE NUMBERS**

SHARMILA RAMJI  
9, Valliammai Achi Street  
Kotturpuram  
Madras-600 085

Phone : 414314

Rama Gummadi

Phone : 4347001

Khinthida Lwin (Dawn)

Phone : 4347961



**MEMORIAL SERVICE FOR  
MALINI VIJAYARAGHAVAN ✓**

Thursday, 9th March, 1995 — 10-15 a.m.

At : Era Kalra's  
2, Gee Gee Castle  
186, Lloyds Road  
Madras-600 086



With deep anguish and sorrow we record the sad demise of Malini Vijayaraghavan after a long illness patiently borne. She was associated with IWA from its early years. She served on the Membership Committee during 1989 - 90; was Arts and Handicrafts chairperson in 1990 - 91; Secretary in 1991-92 and President in 1992 -93.

She adorned the office of President with uncommon lustre. Together with her Co-President Maureen Murari she successfully steered IWA through many memorable events and meetings. The innovation of group hostesses for the bigger meetings begun by them enabled members to contribute in a concrete way and made them feel a sense of involvement. The full day Divali Mela, the first of its kind was held during that year, at which our own members displayed and sold their various crafts, the proceeds of which went to charity.

She had the happy knack of coaxing the best from everyone with her disarmingly, friendly persuasion. Her remarkable traits were thoroughness, an artistic approach and meticulous attention to detail in organising anything. We are the poorer for her loss. Her invaluable services will be sorely missed; especially, putting together the IWA album of photographs, at which she was adept. Our heartfelt condolences to her bereaved husband and family. Those whom the Gods love die young — Death be not proud. May her soul rest in peace.

“There is no death! What seems so is transition; this life of mortal breath is but a suburb of the life elysian, whose portal we call death”.

— LONGFELLOW

**MUSIC AND PERFORMING ARTS &  
PHILOSOPHY AND RELIGION**

Monday, 13th March, 1995 — 10-15 a.m.

At : The Mini Hall  
Music Academy  
T. T. K. Road  
Madras-600 014



**THE BHAKTHI OR SPIRITUAL ELEMENT IN DANCE** — a dance recital by  
**REVATHI RAMACHANDRAN**

The goal of all religions is to take the human being to the Supreme and make him taste the joy of eternal bliss and to develop the gentle qualities of human kindness, consideration, tolerance and respect for others.

In ancient times, dance was presented as an expression of the inner life. Hence, it came to play an important part of religion through the sacred ceremonies enacted for the divine. In recent times religious dance reached perfection in India. The noblest purpose of dance has been the adoration of God.

Exploring this theme and drawing inspiration from ancient treatises, renowned dancer REVATHI RAMACHANDRAN will present a dance recital with a few of her disciples. REVATHI has performed in almost all sabhas and festivals in India, collecting laurels and titles. She has toured Malaysia, USA, UK and Europe and has earned rave reviews. All are welcome.

**RANJINI MANIAN**  
**JOANNE GRADY HUSKEY**

**NIRMAL SESHADRI**  
**ISSY SANDERSON**



Our grateful thanks to Nirmal Mirza for sponsoring this programme.

## HISTORY, CULTURE AND TOURS

Thursday, 16th March, 1995 — 10-15 a.m.

At : Devaki Muthiah's  
'Adyar Villa'  
Gandhi Mandapam Road  
Kotturpuram  
Madras-600 085



### **TRAVEL THEN & NOW**

Mr. P. M. BELLIAPPA, an enthusiastic traveller and a rivetting speaker, talks to us on the changing face of travel in a fast-moving world. Even as recently as three decades ago to now, travel has undergone tremendous changes, both in attitude and in content. Mr. Belliappa takes us through these changes, and draws our attention to things as they are today - a must for all travel buffs, so do make it convenient to come.

**SUSHI NATRAJ  
SABINE SALAM**

---

### **BETTER LATE THAN NEVER**

My profuse apologies to Sujaya Menon and Saroj Ramamrutham for inadvertently missing out their names while proposing the vote of thanks at the Woman of the Year Award function. Saroj provided the right touch of elegance with her floral arrangement on the plates with the lamps presented to Bombay Jayashree and Gita Ram. Sujaya's superb compering carried the show that day as you all know. Thanks to both of you. Thanks are also due to Nirmal Seshadri for getting the dulcet-voiced Jayashree to render the prayer invocation. To err is human, to forgive, divine.

**LAKSHMI PADMANABHAN**

## HEALTH AND ECOLOGY

Tuesday, 21st March, 1995 — 10-15 a.m.

At: Vidya Srinivasan's  
2, Sathyanarayana Avenue  
Off Boat Club Road  
Madras-600 028



### **A Life of Change : MENOPAUSE**

Most important is the need for women to become knowledgeable about their bodies and the process of Menopause.

A time of symptoms and sadness, of liberty and loss, of challenge and change, menopause can be all things to all women. But the underlying and unalterable fact is that the ovaries decrease production of reproductive hormones. That's it. No more.

Some sail through it unscathed. Others don't; the infamous "hot flashes" can be merely uncomfortable or can bathe the entire body in sweat, cause dizziness, tremors and even panic with what seems like fire spreading over the face and neck.

Our mothers and grandmothers were assured that this would pass in time, along with the insomnia, depression, mood swings, etc. For women of the nineties this reassurance is not enough.

Dr. Usha Sriram, M.B.B.S., diplomate of American Board of Internal medicine, Endocrinology and Metabolism, consultant to various hospitals in the city, will speak to those of us approaching and undergoing menopause.

**RUPA KADHIRESAN  
VIJAYA RANGARAJAN**

## ARTS AND HANDICRAFTS

Thursday, 23rd March, 1995 — 10-15 a.m.

At : C.P.R.A. Foundation  
1, Eldams Road  
Alwarpet  
Madras-600 018



### **JAPANESE ART MORNING**

We have an interesting morning of demonstrations of Japanese arts and crafts by our members.

Origami is the art of making shapes and forms with paper. Originating as a religious art in the 4th century, it has developed into a great art today.

Cloth doll making is an ancient handicraft of Japan. The dolls are delicate and beautiful creations of artistic fingers.

Ikebana or the Japanese flower arrangement is a pleasure for the eyes and is designed to bring peace of mind to the soul. The emphasis is placed on line rather than on form or colour.

Today Sumiko Kuriuzawa, Yoko Nishibashi and Saroj Ramamrutham will demonstrate the above. A few of these will be available for sale.

**SHAKUNTHALA JAGANNATHAN  
SANDRA ROWLAND**

---

### **ANNOUNCEMENT**

Sunday, 26th March, 1995 — 9-00 a.m.

Mother's Day Service — Special fete at St. Mary's Church, Fort St. George

## EXECUTIVE COMMITTEE

### THE BOARD

PRESIDENTS	:	Lily Madhok	4993125/4990661(R) 4994101(O)
		Margaret Sekhran	
VICE-PRESIDENTS	:	Lakshmi Padmanabhan	8264334(R)
		Barbara Cortez-Greig	4344884(R) 8273040/208(O)
SECRETARIES	:	Shyla K. Rau	8276676(R) 8276893(O)
		Seema Sait	8261018(R) 8264114(O)
TREASURERS	:	Zubeida Asgarali	8271614
		Angelika Mandaiker	611265

### ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Shakunthala Jagannathan	459199(R)
		Sandra Rowland	4341888(R)
BOOK DISCUSSION	:	Sulochana Alexander	8262410(R)
		Rosa Maria Sridharan	417289(R)
CURRENT EVENTS & CAREERS :		Sujaya Menon	4910044(R)
COOKING SWAPSHOP	:	Usha Bail	6412621(R)
		Irene Pruller Dass	4990865(R) 417235(O)
HEALTH & ECOLOGY	:	Rupa Kadhiresan	4992847(R)
		Vijaya Rangarajan	8284334(R) 4992653(O)
HISTORY, CULTURE & TOURS :		Sushila Natraj	4911015(R)
		Sabine Salam	832670(R)
MUSIC & PERFORMING ARTS :		Nirmal Seshadri	413820(R)
		Issy Sanderson	4343348(R)
PHILOSOPHY & RELIGION :		Ranjini Manian	453085/4342466(R)
		Joanne Grady Huskey	4347888(R)

## LET'S PAINT - ANNOUNCEMENT

All IWA members and friends who are interested in taking a class on principles of colour and form in painting for beginners, please fill in the following information and send it to Mr. RAJKUMAR, the art instructor who gave the IWA demonstration on painting on November 17. He will try to arrange a class at the Madras Art School where he is now teaching, or at another place if possible.

Mr. D. Rajkumar  
21, Jonehan Street, 1st Floor  
R. A. Puram  
Madras-600 028

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_

CONVENIENT TIMES : Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Days \_\_\_\_\_

PREFERRED LOCATION : Art School \_\_\_\_\_ Other \_\_\_\_\_