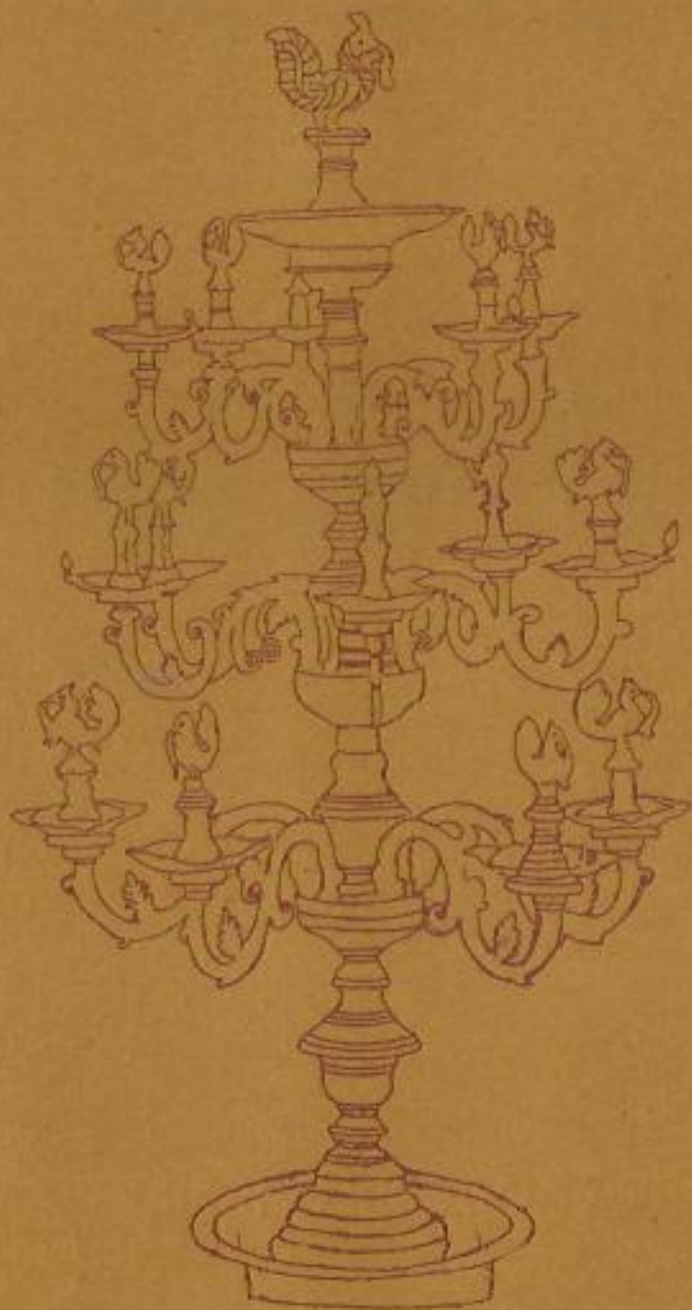




**International
Women's
Association**

OCTOBER 1995



Wish you a Very Happy Diwali

IWA NEWSLETTER

Vol X No 5
Madras

OCTOBER 1995

MONTH AT A GLANCE

Wednesday	4 October	EXECUTIVE COMMITTEE MEETING	10-15 am
Friday	6 October	ARTS AND HANDICRAFTS "Enamelled Jewellery Making"	10-15 am
Monday	9 October	COOKING SWAPSHOP "Table Setting"	10-15 am
Tuesday	10 October	CURRENT EVENTS Conjoint Family Therapy Vis a Vis Marriage Counselling	10-15 am
Monday	16 October	MUSIC AND PERFORMING ARTS PHILOSOPHY AND RELIGION "International Evening of Dances and Songs"	7-00 pm
Thursday	26 October	BOOK DISCUSSION "Panel Discussion"	10-15 am

HISTORY CULTURE AND TOURS
"Tour of Rajasthan" (Refer Page No 11)

FROM THE DESK OF THE PRESIDENTS

HAPPY DIWALI Greetings to all IWA members – wishing you a Prosperous and Peaceful Year ahead.

We will be ushering in the national celebrations of Diwali with a programme of International Song and Music, an Evening of Fun and fellowship for members, families and guests. Please also take note of the other special events planned for the festive month of October.

Moreover, having reached the middle of our organization year, please look ahead to important future activities, in particular, the **Woman of the Year Award** programme. The Nominating Committee would welcome your suggestions and active interest in their work.

Your Executive Committee looks forward to your continuing involvement and support. We wish to reaffirm our commitment to serve IWA to the best of our ability.

ZUBEIDA ASGARALI
KHIN THI DA LWIN

EXECUTIVE COMMITTEE MEETING

Wednesday 4 October 1995 — 10-15 am

At : Alagu Muthu's
"Beau Rivage"
97 Santhome High Road
Madras-600 028



Activity Chairpersons please bring your blurbs **TYPED**

FROM THE VICE PRESIDENTS

Season for festivals and festivities have begun. There is a lot of excitement in the air. Activity Chairpersons along with the members, have been putting together programmes and big events to suit every members' taste and fancy. Do come and participate and enjoy the spirit of joy and friendship.

We would also welcome your ideas and suggestions. Many members have expressed their wish to contribute receipies, household hints, gardening tips and to share their own experiences and family events with their IWA friends.

Please feel free to send them across to us any time. We would only be too glad to insert it in the coming issues.

IWA Newsletter is your magazine to share News & Views with fellow members.

SHYLA K. RAO
TERESA KING

POWER

"I do dimly perceive that whilst everything around me is ever changing, ever dying, there is underlying all that change, a living power, i.e., changeless, that holds all together, that creates, dissolves and recreates. And is this power benevolent or malevolent? I see it is purely benevolent. For I can see that in the midst of darkness light persists. There is an indifinable mysterious power that pervades everything. I feel it though I do not see it. It is this unseen power which makes itself felt and yet defies all proof because it is so unlike all that I perceive through my senses. It transcends the senses".

— GANDHIJI

TELEPHONE TREE

We have revived the telephone tree. We thank the following members for offering their services.

Aruna Vijaykumar

Nandini Srikanth

Aruna Prasad

Rani Das Gupta

Daksha Sheth

Renu Jalan

Eira Kalra

Shoba Hebbar

Gita Jain

Shweta Mohapatra

Hemalatha Santhavadanam

Urmila Reddy

Javanthi Prabhakar

Zainab Kachwalla

Joyce Gopalan

Kamala Prasad

Koshu Lalchand

Usha Vishwanath

Lakshmi Varadarajan

Change of Address & Telephone Numbers

PADMINI NATARAJAN

Flat No. 5, III Floor

Durgamba Apartments

29, Padmavathiar Road

Madras-600 086

Phone : 828 2305

PRINCESS NAIK

Phone : 855 3895

PREMILA JACOB

Phone : 855 3979

DEEPAVALI or DIWALI

Deepavali, the most important of all Hindu festivals, literally means the festival of "ROWS OF LIGHTS".

It was on this day that Rama, the hero of the great epic, the Ramayana, was crowned king at Ayodhya after 14 years of exile. And it was Seetha who lit the first lamp of Deepavali, after which the whole city was illuminated, bringing joy to a grieving kingdom. From then on Deepavali has been celebrated to commemorate this day.

Deepavali is also celebrated as Naraka Chaturdashi, the day when the demon of dirt and darkness, Narakasura, was destroyed by Krishna. The celebrations therefore begin with a purificatory oil bath, the lighting of lamps, wearing new clothes, followed by visits to friends and relations. The greeting on meeting friends is "Ganga snaanam aachaa?" (meaning, "Have you bathed in the waters of the Ganga?").

In the northern and western regions, Dhan Teras is celebrated just before Diwali, in honour of Dhanvantari, the physician of the Gods and the father of Ayurveda, the Indian school of medicine.

On the day following Diwali, Govardhan Puja is celebrated. It was on this day that Krishna had asked the cowherds of Vrindavan to stop worshipping Indra and to worship instead the great mountain, Govardhan, on whose slopes the cattle grazed. Indra, in anger, sent a deluge of thunder and rain. Krishna then lifted Govardhan with his little finger and gave shelter to the people of Gokul and to their cattle.

Diwali is celebrated as New Year's day by the business community of Western India, who open new account books and worship Lakshmi, the Goddess of Prosperity, on this day.

The main celebration at Diwali, however, is the lighting of lamps, symbolic of the spiritual light pervading the earth and the destruction of darkness and ignorance. The firing of crackers to herald this festival is an unfortunate innovation of this century bringing with it grievous air and noise pollution.

In view of the onset of the north-eastern monsoon in Tamil Nadu, lights outside homes are lit on Karthikai Deepam day in December, but only inside homes on Deepavali day.

SHAKUNTHALA JAGANNATHAN

ARTS AND HANDICRAFTS

Friday 6 October 1995 — 10-15 am

At : Gayatri Bewoor's
20 Gilchrist Avenue
Off Harrington Road
Madras-600 031



ENAMELLED JEWELLERY MAKING

Nandgopal, sculptor from Cholamandel artists village will demonstrate the techniques involved in the making of metal jewellery.

This would include the art of brazing and engraving on metal (copper and brass).

Enamelling on metal adds colour while bringing to life intricate grooves and patterns.

Nandgopal is well known for his works both in India and abroad.

**NANDITA CHAUDHURI
SANGEETHA THAPA**

Sunday 22 October 1995 — 9-00 am

A special service to commemorate 50 years of the U N will be conducted at St. Mary's Church, Fort St. George.

Special items will be brought to you by the newly founded International School the Martin trio and the children of St. George's School.

A special message on the U N will be given by Khin Sandi Lwin, UNICEF State Representative for Tamil Nadu and Kerala.

All are welcome

S. CHANDA

COOKING SWAPSHOP

Monday 9 October 1995 — 10-15 am

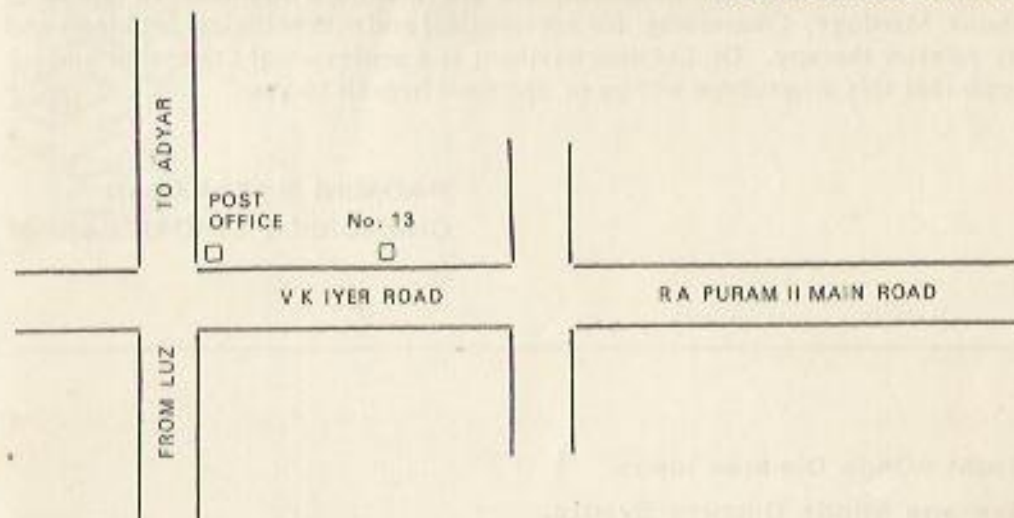
At : Lalitha Krishnan
"Guru Nivas"
13 Venkata Krishna Road
R A Puram
Madras-600 028



TABLE SETTING

Our own member Amirtha Balla will show us various table wares, linen, cutlery, crockery, glasses and how they are used in table setting for anniversary and formal Dinner. She will explain that this is also possible with what we have at our homes.

LALITHA KRISHNAN



THE INDONESIAN CUISINE meeting was a tremendous success. Not only was there exquisite food, but also we had some lively music. We owe special thanks to Shameem Padamsee, our own member, who is the INDONESIAN CONSUL in Madras and arranged this for us. A big 'thank you' to Sujaya Menon for all her help.

CURRENT EVENTS

Tuesday 10 October 1995 — 10-15 am

At : Sharmila Ramji
9 Valliammai Achi Street
Kotturpuram
Madras-600 085
Phone : 414314



CONJOINT FAMILY THERAPY VIS A VIS MARRIAGE COUNSELLING

Dr. Lakshmi Ravikant

In our series of Programmes in Current Events this year, dealing with the modern woman and her problems, we are inviting a Specialist to talk to us about Marriage, Counselling for sociological and psychological problems and its related therapy. Dr. Lakshmi Ravikant is a professional Counsellor and we hope that this programme will be of optimum benefit to you.

**PADMINI NATARAJAN
CHANDRIKA CHIDAMBARAM**

Great Minds Discuss Ideas,
Average Minds Discuss Events,
Small Minds Discuss People,
Very Small Minds Discuss Themselves



MUSIC AND PERFORMING ARTS

PHILOSOPHY AND RELIGION

Monday, 16th October, 1995 — 7 p.m.

At : The Taj Coromandel Hotel
17, Nungambakkam High Road
Madras-600 034

INTERNATIONAL EVENING OF DANCES AND SONGS

Tradition plays a great part in the celebration of festivals all over the world. India is no exception. Most festivals here have a religious or philosophic meaning behind them.

DIVALI is here, the festival of lamps ! The philosophy underlying this festival is the triumph of good over evil. As a celebration of Divali, we present an INTERNATIONAL EVENING OF DANCES AND SONGS. We have such a wealth of talent among our members who are busy putting together this exclusive evening for IWA members and their families. A very special high tea will follow the evening's entertainment.

Donation cards of Rs. 100/- per adult and Rs. 50/- per child under 12 will be on sale with all Board members and the undersigned from the 20th of September. Please get your cards early to avoid disappointment. Last date to get your cards will be the 12th of October. Please be in your seats by 6-45 p.m.

NIRMAL SESHADRI
SONIA CARTER

ALAGU MUTHU
IRENE PRULLER DASS

