



International  
Women's  
Association

JANUARY 1996

Wishing You  
a  
Happy and Prosperous  
New Year

# IWA NEWSLETTER

Vol X No 8  
Madras

**JANUARY 1996**

## **MONTH AT A GLANCE**

Monday	8 January	<b>EXECUTIVE COMMITTEE MEETING</b>	10-15 am
Tuesday	9 January	<b>ARTS AND HANDICRAFTS</b> "AN INSIGHT ON LORD GANESHA IN INDIAN RELIGIOUS ART"	10-15 am
Thursday	11 January	<b>HISTORY CULTURE AND TOURS</b> "THE YOUNG ADVENTURERS"	10-15 am
Friday	19 January	<b>PHILOSOPHY &amp; RELIGION</b> "BISMILLAH KHANI" - CEREMONY	11-00 am
Tuesday	23 January	<b>BOOK DISCUSSION</b> OUT OF AFRICA - ISAK DENISEN	10-15 am
Wednesday	24 January	<b>MUSIC AND PERFORMING ARTS</b> ROD PUPPET SHOW - AN UNUSUAL FORM OF FOLK THEATRE	3-30 pm
Thursday	25 January	<b>HEALTH AND ECOLOGY</b> WEIGHT WATCHING THROUGH HEALTHY EATING	10-15 am
Monday	29 January	<b>COOKING SWAPSHOP</b> A DEMONSTRATION OF NORTHWEST FRONTIER CUISINE	10-15 am

## FROM THE DESK OF THE PRESIDENTS

Dear Members,

Here's wishing you and your families A Very Happy New Year – brimming over with Good Health, Prosperity and Peace.

That IWA has successfully brought the Old Year to a joyful close is entirely due to the cooperation and support of all the members. We, therefore, wish to put on record our appreciation and gratitude to the Executive Committee and the general membership.

As we bring in the New Year, let us spare a few moments to count our blessings, in particular, the love, loyalty and affection surrounding us from our families and friends. Yes, if we have made some good friends this past year, we should, indeed, consider ourselves most fortunate. If we haven't done so, that goal should be one of our top priority New Year resolutions ; to strive to reach out to fellow members and beyond, to make at least one true friend each month of 1996. How rich we shall be for all the ensuing years !

There are many special events ahead; the January programme will introduce new themes from amongst which each of us could surely find those interests closest to our hearts.

Be seeing you SOON.

ZUBEIDA ASGARALI  
KHINTHIDA LWIN

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## EXECUTIVE COMMITTEE MEETING

Monday, 8 January 1996 - 10-15 am

At : Irene Pruller Dass's  
26 Poes Garden  
Madras - 600 086



## FROM THE VICE PRESIDENTS

We wish the members and their families **A Very Happy 1996** with good luck and health, with joy and happiness.

In this year let us try to bring in peace and harmony, sharing and caring for our old and new friends.

With this spirit we welcome invitations from members to **host or co-host** programmes in your homes.

Those of you who have not received your **Newsletter** in the first week of the month please contact **SUJAYA MENON**.

**SHYLA K RAU  
TERESA KING**

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## CONGRATULATIONS

**DR. MATHEW HUSBAND OF BINA MATHEW FOR BEING ELECTED AS PRESIDENT OF THE ASIA PACIFIC SOCIETY OF CARDIOLOGY – 1996-97**

**DR. B. KRISHNA RAU HUSBAND OF SHYLA K RAU FOR BEING ELECTED AS PRESIDENT - INDIAN SOCIETY OF GASTROENTEROLOGY – 1996-97**

**PRESIDENT - ELECT - 1997 - ASSOCIATION OF SURGEONS OF INDIA**

## WOMEN OF THE YEAR AWARD

TARA SATHYANARAYANA, well-known for her deep commitment and involvement in the field of education, has been chosen as "**Women of the Year**". She will receive the award at the Chola Sheraton Hotel on 23 February 1996.

Mrs. Tara has been an eminent educationalist of Madras for the past several years. She joined Vidya Mandir as a teacher in 1956, became its Principal in 1964 and retired in 1988, when she became the Correspondent of Vidya Mandir, Mylapore, and Vidya Mandir, Adyar, which she started. Today she is the Correspondent of Vidya Mandir, Adyar. Her life has been dedicated to education.

Apart from her own career as an academician and Principal, what distinguishes and makes her a great educationist is the fact that she has emphasised the importance of an all-round education as being more important than marks and ranks.

She believes in training the child to cope with the outside world and has encouraged children to take up responsibilities so that they may become confident members of society. Her guiding motto is that the child is the most important person and the school programme must encourage him/her.

She has worked to make the school a social institution where children can be happy so that they can grow up with happy memories of their childhood and become confident adults.

Children who have had problems in learning, in their psychological make-up and in other areas were taken care of by Mrs. Tara who has made it possible for children who could never have completed school to graduate and do well in life.

She has emphasised the fact that education is more than just three Rs or degrees. Over the last 30 years she has brought up a generation of healthy minds and bodies.

## ARTS & HANDICRAFTS

Tuesday, 9 January 1996 - 10-15 am

At : Sangeeta Thapa's  
4/1 3rd Cross Street  
Dr Radhakrishnan Nagar  
Thiruvanmiyur Madras - 600 041

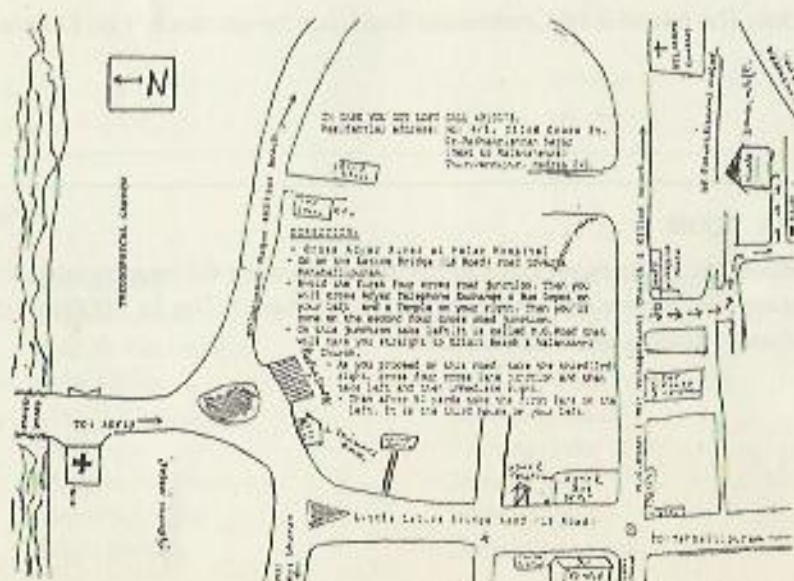


### **"AN INSIGHT ON LORD GANESHA IN INDIAN RELIGIOUS ART"**

Lily Vijaya Raghavan's passion for art, music and collecting antiques has taken her to nook and corners of India. Over the years, she has also had the opportunity to indulge in the research of one of her favourite subjects - the stories of Lord Ganesh.

Lily will begin with an invocation to Lord Ganesh followed by a lecture giving us an insight into the representation of Lord Ganesh in Indian religious art.

**NANDITA CHAUDHURI  
SANGEETHA THAPA**



## HISTORY, CULTURE & TOURS

Thursday, 11 January 1996 - 10-15 am

At : Sherien Ryan's  
15 East Avenue  
K P Puram (Off Greenways Road)  
Madras - 600 028



### **THE YOUNG ADVENTURERS**

Suresh Chandrasekharan and his wife Shreelata Suresh are adventure travellers who visit distant destinations and traverse difficult routes.

They will speak to us on their journeys to South America and on the Silk Route from Turkey through Central Asia to India. Their talk will be accompanied by slides.

*Open to guests.*

**SHAKUNTHALA JAGANNATHAN  
POONAM LALCHAND**

Please Note : The house is on Greenways Road, but the entrance is on Kesava Perumal Puram Road.

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### **CAMBODIA TOUR**

IWA members taking this tour have to pay the air fare for the tour by Jan 12 and the remaining amount by the end of the month to the Agent. The Rs 5000 initial deposit will be adjusted against the final payment.



## PHILOSOPHY & RELIGION



Friday, 19 January 1996 - 11-00 am

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

### **BISMILLAH KHANI - Ceremony**

We cordially invite you for lunch on the occasion of the 'Bismillah Khani' - Ceremony.

"Bismillah Khani" - is a ceremony which marks the completion of 4 years, 4 months, 4 days when then the child is initiated into formal education.

*No guests please.*

**ALAGU MUTHU  
IRENE DASS**

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### **HOSTESSES**

Seema Sait  
Bilquis Chida  
Zainab Kachwalla  
Bela Khaleeli  
Mahin Khaleeli  
Sofia Sait  
Fazeela Nurdeen  
Noraini Shapil  
Bilkis Moosa

Mahmooda Haja Shareef  
Rehane Yavar Dhala  
Valerie Faheem  
Shamim Padamsee  
Sadiya Khaleel  
Fakhira Ayer  
Sabine Salam  
Farida Majid  
Zubeida Asgarali

## BOOK DISCUSSION

Tuesday, 23 January 1996 - 10-15 am

At : Khinthida Lwin's  
10-A Boat Club Road  
Madras - 600 028



### **OUT OF AFRICA -- ISAK DENISEN**

The real-life story of an adventurous lady and her experiences in the Dark Continent. Made into a very successful movie in the 80's with Robert Redford and Meryl Streep in the lead roles, this book makes a fascinating reading.

Sandra Rowland will lead the discussion.

P.S. One of our books is still missing - one copy of 'A Silver Pilgrimage'. While we thank those who called up to return previously forgotten books, we request others to please save us the sleuthing work of tracing a book after a discussion is over!

**SUSHI NATARAJ  
SEEMA SAIT**

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### *New Year Resolution*

#### **"THREE CHEERS FOR YOU"**

- |                              |   |                               |
|------------------------------|---|-------------------------------|
| Preserve these three         | - | Good books, Deeds, Friends    |
| Control these three          | - | Desire, Temper, Tongue        |
| Avoid Haste in these three   | - | Business, Marriage, Travel    |
| Don't Waste these three      | - | Energy, Money, Time           |
| Have a Heart for these three | - | Children, Hungry, Handicapped |
| These three Always Pay       | - | Prayers, Hardwork, Knowledge  |

## MUSIC & PERFORMING ARTS

Wednesday, 24 January 1996 - 3-30 pm

At : Indu Kakkar's  
17 Crescent Street  
Archbishop Mathias Avenue  
Madras - 600 028



### ROD PUPPET SHOW -- an unusual form of folk theatre

THE YAKSHAGANA BOMMEY AATA SANGHA -- from Kasargod will present a ROD PUPPET SHOW based on Yaksha Gana theatre. The rod puppets (3 to 4 ft in height) are made out of carved wood and manipulated by hand. Costume patterns follow the Yakshagana tradition while the accompanying music is also Yakshagana music. This fascinating puppet show is an unusual form of folk theatre.

*All are Welcome.*

**NIRMAL SESHADRI  
LALINA GAUTAMADASA**

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### Thank You

Alagu Muthu and Irene Dass thank you for graciously hosting and helping at the Christmas party.

Meera Jayakar	Bela Khaleeli	Chandrika Chidambaram
Nirmal Seshadri	Zubeida Asgarali	Khinthida Lwin
Shyla K Rau	Teresa King	Sujaya Menon
Rupa Kadhiresan	Angelika Mandaikar	Poonam Lalchand
Aruna Vijayakumar	Seetha Muthiah	Meenakshi Meyyappan
Valli Murugappan	Alagammai Alagappan	Maureen H Murari
Rita Saldahna	Chandra Lulla	Sherna Irani
Sushila Nataraj	Katy Madan	

Ladies of the Overseas Women's Association of Madras  
Jyothi and the Twinkling Stars of the Good Shepherd Convent  
Joshua Chelliah and the Quartet

## HEALTH AND ECOLOGY

Thursday, 25 January 1996 - 10-15 am

At : Parvathi Reddy's  
45A Kasturi Rangan Road  
Alwarpet  
Madras - 600 018



## WEIGHT WATCHING THROUGH HEALTHY EATING

Dr. TRUSHNA PARK who will be speaking to us - is a trained medical doctor from Vellore whose speciality is weight reduction. She runs a successful weight reduction clinic in Madras.

She will talk to us about achieving and maintaining your ideal weight.

So come on Ladies lets stick to our new year resolutions and shed those excess kilos!

*No guests please.*

**BELA KHALEELI  
PADMA ASHOK**

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## BEIJING TOUR

SHILU RANGANATHAN WAS ONE OF THE MEMBERS OF THE BEIJING TOUR.

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## CONDOLENCES TO

MAHMOODA HAJA SHAREEF ON THE SAD DEMISE OF HER SON.

## COOKING SWAPSHOP

Monday, 29 January 1996 - 10-15 am

At : Mandapam Hall  
Welcomgroup Chola Sheraton  
Cathedral Road  
Madras - 600 086



### **A DEMONSTRATION OF NORTHWEST FRONTIER CUISINE :**

Chef SURAT SINGH is the Chef at the famous "Peshawar" restaurant. A veteran in his field, he has imaginatively elevated the preparations of Kababs and Tandoori dishes to a fine art. For this demonstration, Chef Surat Singh will be adapting recipes which can be prepared on a garden barbecue / domestic grill.

Your taste buds would never forgive you if you miss this meeting.

**LALITHA KRISHNAN  
HELGA HOMBACH**

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## CONGRATULATIONS

TO SAROJ RAMAMRUTHAM'S DAUGHTER ON THE BIRTH OF A BABY BOY.

TO SHAMIM PADAMSEE ON THE MARRIAGE OF HER DAUGHTER SHANAZ TO MICHAEL.

TO PRINCESS NAIK FOR WINNING THE FIRST PRIZE IN THE CASTROL WOMEN'S CAR RALLY - 1995.

AND

TO PRAMILA JACOB, DARLEY MATHEW AND REENA VERGHESE FOR WINNING THE NINTH POSITION.

## EXECUTIVE COMMITTEE

### THE BOARD

Presidents	:	Zubeida Asgarali Khinthida Lwin	8271614 4347961
Vice Presidents	:	Shyla K Rau Teresa Mary King	8276893 4341066
Secretaries	:	Sujaya Menon Ellen Sorensen	4917464/4910044 4919291
Treasurers	:	Rupa Kadhiresan Angelika Mandaikar	4992847 611265

### ACTIVITY CHAIRPERSONS

Arts & Handicrafts	:	Nandita Chaudhuri Sangeetha Thapa	452720/4347871 4913078
Book Discussion	:	Sushila Nataraj Seema Sait	4911015 8261018
Current Events & Careers	:	Padmini Natarajan Chandrika Chidambaram	8282305 4917609
Cooking Swapshop	:	Lalitha Krishnan Helga Hombach	4991853/4992341 4938874
Health & Ecology	:	Bela Khaleeli Padma Ashok	418653 8276591
History, Culture & Tours	:	Shakunthala Jagannathan Poonam Lalchand	459199 8272947
Music & Performing Arts	:	Nirmal Seshadri Lalina Gautamadasa	4913820 6412868
Philosophy & Religion	:	Alagu Muthu Irene Pruller Dass	4937050 4990865