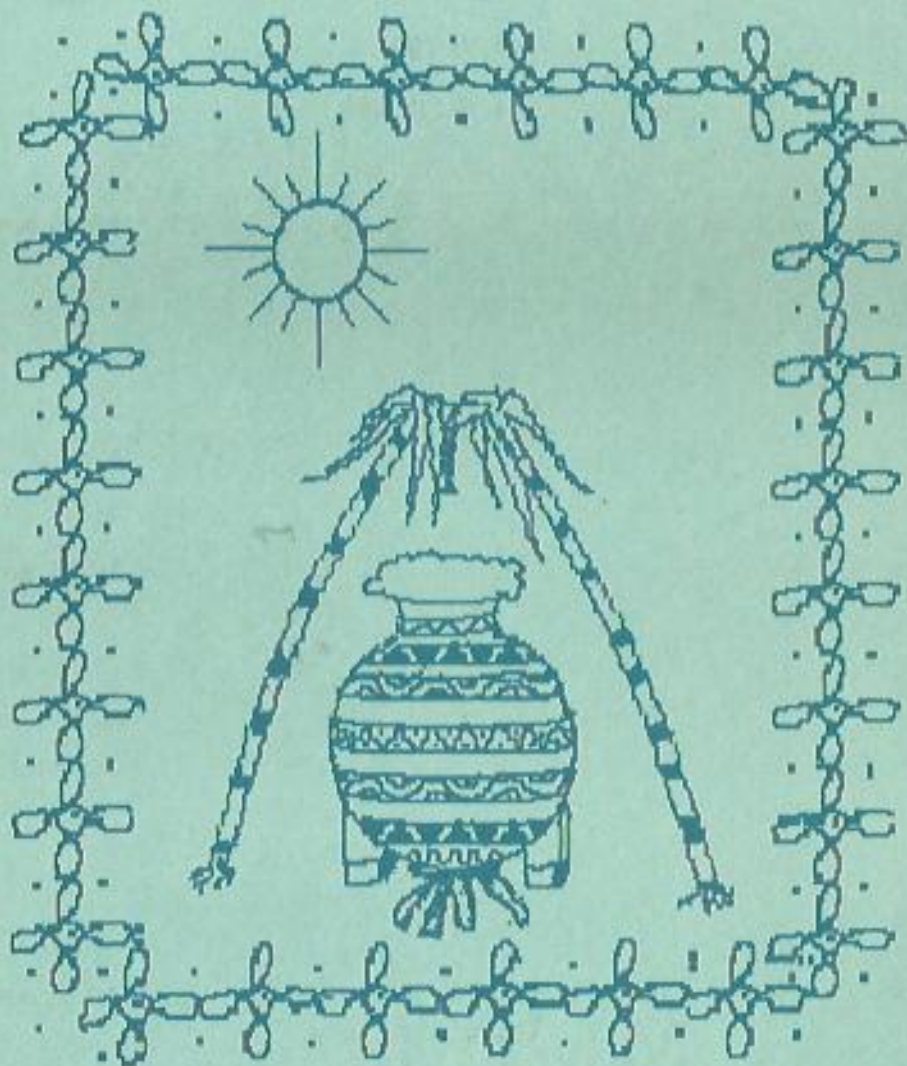




International  
Women's  
Association

JANUARY 1998

**HAPPY PONGAL**



**JOYOUS NEW YEAR**

# IWA NEWSLETTER

Vol. XII No. 8  
CHENNAI

JANUARY 1998

## MONTH AT A GLANCE

Thursday	8th January	<b>BOARD MEETING</b>	10.15 am
Thursday	8th January	<b>EXECUTIVE COMMITTEE MEETING</b>	10.45 am
Friday	16th January	<b>PHILOSOPHY &amp; RELIGION</b> Astrology for Women	10.15 am
Tuesday	20th January	<b>HEALTH &amp; ECOLOGY</b> Yoga & Ayurveda	10.15 am
Thursday	22nd January	<b>MUSIC &amp; PERFORMING ARTS</b> Film by Shyam Benegal	10.30 am
Friday	23rd January	<b>COOKING SWAPSHOP</b> Vegetarian Delights	10.15 am
Tuesday	27th January	<b>BOOK DISCUSSION</b> Green Well Years	10.15 am
Thursday	29th January	<b>CURRENT EVENTS</b> Self-Management	10.15 am

## FROM THE PRESIDENTS

1998 - A New Year - And standing at the threshold of one is an appropriate time for reflecting on the year gone by, a time to count our blessings; a time for resolutions for the year ahead; a time to look forward to the fulfilment of our dreams and aspirations; a time to hope for greater harmony and peace all over the world.

It is also the most auspicious time to wish you and your loved ones, health and happiness. May all your endeavours be blessed and may the year be kind to all of us. To these wishes, we add a blessing; it is an old Irish blessing to make the new year more beautiful and more meaningful for you.

"May the blessing of light be on you -  
light within and light without.

May the blessed sunlight shine upon you and warm your heart till it glows like a great peat fire so that the stranger may come and warm himself at it - and also a friend.

May the light shine out of your eyes like a candle set in the windows of a house bidding the wanderer to come in out of the storm.

May the blessing of the rain be on you - the soft sweet rain. May it fall upon your spirit so that all the little flowers may spring up and shed their sweetness on the air.

May the blessing of the great rains be on you; may they beat upon your spirit and wash it fair and clean and leave there many a shining pool where the blue of heaven shines - and sometimes a star.

May the blessing of the earth be on you; may you ever have a kindly greeting for them you pass as you go along the roads.

And may god bless you - and bless you kindly this year and all the years to come."

**RUPA KADHIRESAN  
ANNELIESE HAZARI**

## FROM THE VICE-PRESIDENTS

Pongal is the harvest festival of Tamil Nadu, so let us take this opportunity to gather together a harvest of good deeds, good words and good thoughts and throw away any illwill or evil that may enter our minds. It is also the dawn of Uttarayan, the sacred day marking the northern movement of the Sun. We do hope and pray that the effulgence of the Sun may pervade our lives and bring us success in all our endeavours.

We wish all IWA members a Happy Pongal and we add, in Tamil fashion - May your pot of happiness and prosperity boil over — PONGALO PONGAL!

**MEGAN UTLEY  
SHAKUNTHALA JAGANNATHAN**

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### **BOARD MEETING**

Thursday January 8th -  
10.15 am

### **EXECUTIVE COMMITTEE MEETING**

Thursday January 8th -  
10.45 am

Activity Chairpersons -  
Please bring your blurbs

Both meetings at:

Javanthi Prabhakaran's  
"Ajmer"  
811, Poonamallee High Road  
Kilpauk, Chennai - 10

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## WOMAN OF THE YEAR

The Committee consisting of Nirmal Mirza and the members of the Board at their meeting held on 15-12-97, decided to honour REKHA RAMACHANDRAN with the "Woman of the Year Award" for 1997-1998.

Rekha Ramachandran is the mother of a Down's Syndrome Child. Rekha after the initial shock, set out to learn about this syndrome through literature

she procured from the Down Syndrome centre in Birmingham. At that time, there was no institution for such children in India. They were grouped with the mentally, physically handicapped or the spastic children. For Rekha, there were so many questions unanswered. Groping in the dark, coming to terms with this trauma, Rekha found the courage and decided to start an institution to help her little girl and other children with a similar problem. Thus was born The Down's Syndrome Society (India) and Mathru Mandir. To her relief the Rotary Club of Madras Southwest Charitable Trust came forward to sponsor this project. With the help of a team of dedicated teachers, Rekha helps these special children to lead as normal lives as possible. As soon as a baby is diagnosed as a Down's Syndrome child, therapy should begin as the first six years are the most vital.

Mathru Mandir is a school cum day care centre for rehabilitation of these children. Their greatest achievement has been sending these children to regular schools.

Mathru Mandir lays great stress on parent counselling - helping parents to accept and cope with these children.

Today Rekha finds fulfilment in her work helping these special children to blossom under her care and take their rightful place in the sun.

### **GIRL CHILD OF THE YEAR**

The Committee consisting of Prithika Chary and the members of the Board which met on 15-12-97 decided to present the Girl-Child of the year Award to BABLI RAMACHANDRAN for 1997-1998.

Babli Ramachandran is a 17 year old Down's Syndrome girl who since her birth has been fighting that one extra chromosome that has threatened to make her life meaningless and totally dependent on others. Babli has successfully fought that one offending chromosome and today, she leads a full life; she paints, has given solo performances in Bharatha Natyam; speaks Tamil and English fluently; reads and writes Tamil; acts in plays/dramas; can shop on her own. She is the recipient of many awards which include: the gold medal at Hyderabad Special Olympics for 25m Breaststroke and Free Style

Swimming and the Duke of Edinburgh's Award - Bronze medal in 1996 for all round management in spite of her handicap.

We at IWA salute this brave little girl who has achieved so much against such odds.

**RUPA KADHIRESAN  
ANNELIESE HAZARI**

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### **CHRISTMAS PARTY**

Our thanks to:

MEENA MUTHIAH who came to our rescue and gave us her beautiful building to hold our party; to her staff who helped us with the decorations and the arrangements;

MICHELE SISON who graciously offered to hold our Christmas Party on the beautiful lawns of River House; but due to the uncertain weather, we were unable to do so;

JASPER UTLEY, our Santa Claus, whom the children loved and who brought laughter into their midst;

MEGAN UTLEY who orchestrated the beautiful evening;

The members of the Overseas Women's Club for their delicious cookies;

Our members who brought the refreshments;

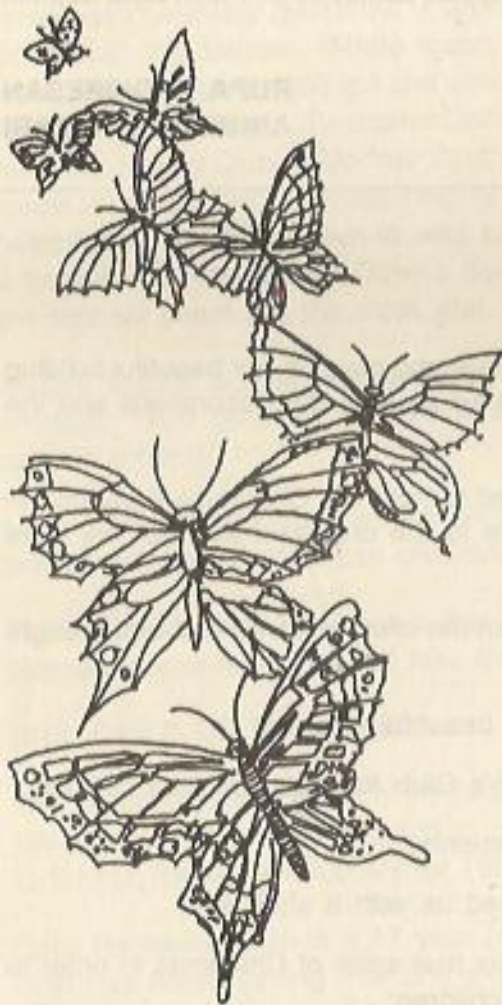
The talented youngsters who entertained us with a short skit;

All of you who came bringing gifts in the true spirit of Christmas in order to brighten the Holiday season for other children;

Javanthi Prabhakaran, Lalitha Krishnan, Lily Ratnam, Sheela Sarath, Nilisha Mehta and Kamala Prasad for all their help.

**RUPA KADHIRESAN  
ANNELIESE HAZARI**

**A VERSE FOR LALITHA  
GOD'S FAIRY - THE BUTTERFLY**



God's little fairy  
So light and airy  
How I love you !

Speckled and striped  
Red, yellow, orange and blue  
Each of you  
Are of such varied hue

Dancing in the sky  
Fluttering and hovering  
Over

Bright and sun-kiss'd  
Blossoms, just as  
Colourful as your  
Own mosaic'd wing

Oh, how I wish  
I could be one of you  
Then I'd be  
God's little fairy too!

**MAHEMA DEVADOSS**



## PHILOSOPHY AND RELIGION

Friday, 16th January - 10.15 am

At: Shobana Reddy's  
4, 4th Street  
Rutland Gate  
Nungambakkam  
Chennai - 6



### **PLANETS ARE US: MEDICAL ASTROLOGY FOR WOMEN**

"The Horoscope is more powerful than the Stethoscope." Prof. K. Parthasarathy, renowned astrologist will address us on planetary influences responsible for many happenings in a woman's life stretching from adolescence to menopause.

Prof. Parthasarathy, well known for his astounding intuition and accuracy in predictions will also explain the significance of the transit of Jupiter from Makara (Capricorn) to Kumbha (Aquarius) at this joyous time of the year when all over India - "Makara Sankranti" (Pongal) is being celebrated by farmers as thanks-giving for nature's bounty.

Come, unravel the mysteries of astrology and numerology with us.

**LEELA RATNAM  
SHEELA K. SARATH**

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#### **HEARTY CONGRATULATIONS TO:**

SULOCHANA ALEXANDER on the birth of a granddaughter and a grandson.

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#### **HEARTFELT CONDOLENCES TO:**

DOLLY PRASAD on the death of her father

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We may elevate ourselves but we should never reach so high that we ever forget those who helped us get there.

**WILL ROGERS**

## HEALTH & ECOLOGY

Tuesday, 20th January - 10.15 am

At: Sanjeevani  
11, Greenways Road  
R.A. Puram, Chennai - 28



### **AN INTEGRATED HOLISTIC APPROACH TO WELL-BEING**

Well-being, according to ancient masters is just not an absence of disease, but an inner radiance that comes from perfect balance of body, mind and spirit - and thus was born the practice of Ayurveda. Ayurveda describes ways and means to protect, prolong and preserve one's healthy life.

Dr. Nedungadi V. Haridas, Chairman and Chief Consultant of Sanjeevani Yoga and Ayurveda Foundation will give us a talk on "What is age and aging, the fusion of ayurveda, yoga and the advantages of herbal oil massages", also explaining the 24 chromosome theory on evolution of the universe established in Ayurveda. "Sanjeevani", opened only 4 months ago, will introduce IWA members to their therapies and equipment.

Dr. Nedungadi has also allowed us to use their 5' deep aquatherapy herbal pool from 1145-1245 hrs. (Pool exclusively for IWA ladies only). Do get your bathing suits and towels (caps will be provided) and allow aquatherapy to work wonders on your contours.

Herbal tea and biscuits will also be served at the meeting.

**RINI KUMAR  
JANIK BAKSHI**

**HOW TO GET THERE:-** Coming from Chamiers Road, turn right on Greenways Road and go past the Adyar junction. Enter by large arch with Government College of Music written on it. Sanjeevani is the building to your left.

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It is a funny thing about life - if you refuse to accept anything but the best, you very often get it.

**W. SOMERSET MAUGHAM**

## MUSIC AND PERFORMING ARTS

Thursday, 22nd January - 10.30 am

At: Goodluck Preview Theatre  
18, 5th Cross street, Lake Area  
(Behind Valluvar Kottam)  
Chennai - 34



## **MAKING OF THE MAHATMA - A FILM BY SHYAM BENEGAL**

Shyam Benegal, an award winning and sensitive film maker, has made a beautiful film about Gandhiji's early life in South Africa. In 1893 Gandhi went to South Africa to stay for eleven months, but stayed on for over 20 years. His political birth and his persona were moulded in that country. By his fight against racism and violence he developed the tools and weapons of "Satyagraha" and non-violence.

Armed with this rich experience, this great leader returned to India to lead this nation and its people on the long journey towards freedom.

This is the theme of the film which will give us all a good historic perspective.

**GUESTS ARE WELCOME.**

**SUJAYA MENON  
SABINE SALAAM**

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## COOKING SWAPSHOP

Friday, 23rd January - 10.15 am

At: Malini Krishnan's  
19/1B, Vallammai Achi Road  
Kotturpuram  
Chennai - 85



## **VEGETARIAN DELIGHTS !**

Mrs. Chandri Bhat, a well known figure in the culinary field, has devoted many years to teaching and consultancy, and cooking is a passion with her.

Come, share her expertise in a very exclusive vegetarian morning, where she churns out an unusual fare comprising of Hara Shorta, Salad Supreme, Parisiene Raisin Bun and Pina Colada (Pudding).

Numbers restricted to 45. Warning-in is a must.

Call before 9 am - Nilisha - 4990151 Meyyammai- 4420520

**NILISHA MEHTA  
MEYYAMMAI MURUGAPPAN**

## BOOK DISCUSSION

Tuesday, 27th January - 10.15 am

At: Mahema Devadoss'  
1, Kangyapuram  
Papanasam Sivan Salai  
Santhome, Chennai - 4



### **GREEN WELL YEARS - MANOHAR DEVADOSS**

This work of autobiographical fiction describes a boy's life in the temple city of Madurai during the years immediately after independence. Through the eyes of young Sundar, we see the traditions and culture of the inhabitants and how they are affected by change.

MANOHAR DEVADOSS will discuss his book and talk about the Madurai of his boyhood days.

Readers interested in borrowing the book may contact LAKSHMI PADMANABHAN or KAMALA PRASAD between 8 and 9 am.

**MALATHI RAMACHANDRAN  
PAMELA FABIAN**

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Money is like Manure. If you spread it around it does a lot of good. But if you pile it up in one place, it stinks like hell.

Contributed by **ZUBEIDA ASGAR ALI**

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Life is like oil; for some of us it is crude and for some it is refined.

Contributed by **JATINDER BAHL**

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Happiness is like a butterfly. The more you chase it, the more it will elude you. But if you turn your attention to other things, it comes and softly sits on your shoulder.

**NATHANIEL HAWTHORNE**

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### **LOST AND FOUND**

Bifocal glasses with black string! Please contact ANGELIKA MANDAIKER - 611265.

## CURRENT EVENTS

Thursday, 29th January - 10.15 am

At: Surekha Kothari's  
Kothari House  
28, Kothari Road  
Chennai - 34



## **SELF-MANAGEMENT**

As citizens of a Democracy, are we aware that our conscious and unconscious everyday acts contribute to the complexion and personality of the whole nation?

As concerned citizens do we wish to make a useful contribution in our country's history - starting with self-management and self-awareness?

Ms. N.S. YAMUNA, who has been an independent management consultant for several years will talk to us about Self-Management and the positive role it plays in our everyday lives.

**GITA CHANDRASEKARAN  
MADELEINE LEONE**

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### **ERRATA (Telephone Directory)**

MEENAKSHI ARUNACHALAM - 4937082 not 4917082

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### **CHANGE OF ADDRESS:**

BILKIS MOOSA  
19, Cenotaph 2nd Lane  
Alwarpet, Chennai - 18  
Phone: 4349932/4349934

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RANI DAS GUPTA, IWA member who has moved to Bombay, has written to say that her home is open to any IWA member visiting Bombay. Her address: Param Plaza, A Wing, Ruia Park, Jr. Mhatre Marg, Juhu, Mumbai-400 049. (Phone - 6700606)

## EXECUTIVE COMMITTEE

### THE BOARD

PRESIDENTS	: Rupa Kadhiresan Anneliese Hazari	(R) 4992847 (R) 4919505
VICE-PRESIDENTS	: Shakunthala Jagannathan Megan Utley	(R) 459199/4323337 (R) 4343348
SECRETARIES	: Javanthi Prabhakaran Seema Sait	(R) 6411579 (R) 8242244 (O) 8264112
TREASURERS	: Lalitha Krishnan Angelika Mandaiker	(R) 4991853/4992341 (R) 611265

### ACTIVITY CHAIRPERSONS

ARTS AND HANDICRAFTS	: Radha Parthasarathy Martina Kluth	(R) 4340448 (R) 4917772
BOOK DISCUSSION	: Malathi Ramachandran Pamela Fabian	(R) 8524725/8276995 (R) 4937684 (O) 8273040 Ext. 277
CURRENT EVENTS	: Gita Chandrasekharan Madeleine Leone	(R) 4420235/4421035 (R) 4340824
COOKING SWAPSHOP	: Nilisha Mehta Meyyammai Murugappan	(R) 4990151 (R) 4420520/419680
HEALTH AND ECOLOGY	: Rini Kumar Janik Bakshi	(R) 4349319 (R) 8526699/8553302
HISTORY, CULTURE AND TOURS	: Kamala Prasad Rita Nordengren	(R) 6262035 (R) 4929408
MUSIC AND PERFORMING ARTS	: Sujaya Menon Sabine Erlich Salam	(R) 4917464/4910044 (R) 832670
PHILOSOPHY AND RELIGION	: Leela Ratnam Sheela K. Sarath	(R) 452123 (R) 4938524 (O) 4938411