



International
Women's
Association

MARCH 2001

IWA NEWSLETTER

Vol. XV No. 10
CHENNAI

MARCH 2001

MONTH AT A GLANCE

Friday	2nd March	Board Meeting Executive Meeting	9.45 a.m. 11.00 a.m.
Monday	5th March	Current Events Morning tour of Tidel Park	10.15 a.m.
Thursday	8th March	International Women's Day Empowering women through technology	10.15 a.m.
Monday	12th March	Arts & Handicrafts History, Culture & Tours Kasuti	10.15 a.m.
Tuesday	13th March	Cooking Swapshop A Lesson in the art of etiquette	10.15 a.m.
Thursday	15th March	Unwanted and Unclaimed – The Girl Child of the Year Award 2001 Seizure Disorders – A social stigma	10.15 a.m.
Friday	16th March	Arts & Handicrafts Ikebana	10.15 a.m.
Tuesday	20th March	Philosophy & Religion Current Events From fear to Communion - From Armistice to peace	10.15 a.m.
Wednesday	21st March	Current Events Face to face with Ravi Shastri	6.00 p.m.
Friday	23rd March	UTSAV	5 pm – 8 pm
Tuesday	27th March	Health & Ecology Visit us at Ramachandra Medical Centre	10.15 a.m.

FROM THE PRESIDENTS

Dear friends,

As we approach the close of the IWA year, we, the Board and Executive Committee are busy planning the year's closing events. Please make a note in your diaries of the "IWA UTSAV" to be held on 23rd March. We hope that all Communities, both local and international will participate in this event.

WOMAN OF THE YEAR

This year we are honoured and privileged to announce environmentalist, animal activist and Member of Parliament Ms. Maneka Gandhi as the IWA Woman of the Year. Due to Ms. Gandhi's commitments in Delhi during the month of March, we have earmarked the first week of April for the function. Ms. Gandhi has expressed a desire for a simple function, and in view of what the country is facing at present with the earthquake disaster, we feel this would be appropriate.

GIRL CHILD OF THE YEAR

Unfortunately, the Girl Child of the Year award will not take place this year. Because of the nature of this disorder (epilepsy), the parents are sadly, very reluctant to come forward in any public ceremony even if their child has excelled in their particular field. At a separate meeting Dr. Prithika Chari will introduce well-known Neurosurgeon Dr. B. Ramamurthi to give a talk and an understanding on this subject. Prithika has donated the Rs. 10,000/- award money to the Gujarat Relief Fund. We thank Prithika for this wonderful gesture.

We thank all those who contributed for the Eid Milan Lunch. It is very gratifying that these ladies come forward each year and organise this sumptuous meal.

We say farewell to Norini Mazlan this month, Norini has been an active and talented IWA member. She has given workshops, demonstrating her craft and whatever she has done, she has done with perfection. We shall miss her, and we send all our good wishes to Norini and her family as they leave for Malaysia.

**JAVANTHI PRABHAKARAN
EIRA DOSHI**

BOARD MEETING

Friday, 2nd March, 2001, 9.45 a.m.

EXECUTIVE MEETING

Friday, 2nd March, 2001, 11 a.m.

Both meetings at:

Pat Alter's

"River House"

12, Turnbolls Road Extension

Chennai 600 035

CURRENT EVENTS



Monday, March 5, 2001 at 10.15 a.m.

At : TIDEL PARK
Canal Bank Road
Taramani
Chennai 600 113

MORNING TOUR OF TIDEL PARK

Many of us have heard about TIDEL Park, or seen it from the road as we drive past. This is our chance to visit Chennai's state-of-the-art information technology centre. We'll be briefed on the conception and construction of this impressive facility and have a guided tour through it. And we'll find out how TIDEL Park measures up against the high-tech centres in Bangalore and Hyderabad.

We'll meet in the TIDEL Park foyer at 10.15 a.m. sharp. Please plan to arrive ON TIME as we will need to enter as a group. Latecomers may be disappointed.

KUSUM CHADDA
PAT ALTER



CONGRATULATIONS TO:

- 1) Zubeida Asgarali who, in honour of Volunteerism, was awarded YWCA of India Millennium Roll of Honour in recognition of her outstanding public service and dedication to the ideals of volunteerism and on the birth of her grandson.
- 2) Jennifer Ann and Sumiko Ishii who won the Ladies Pair Annual Open Bridge Tournament held in the Gymkhana Club in January.
- 3) IWA Quiz Team, as usual, did us proud and came first by winning the Sakhi Mandel Quiz on January 23rd. The team consisted of Javapthi Prabhakaran, Sharanya, Sushi Natraj and Gita Chandrasekaran.

INTERNATIONAL WOMEN'S DAY

Thursday, March 8, 2001 - 10.15 a.m.

At : Chola Sheraton
Cathedral Road, Chennai

EMPOWERING WOMEN THROUGH TECHNOLOGY – The power of the Internet – A panel discussion

Speakers:

Mrs.Sushila Ravindranath
Chief Executive Officer
Hansazone.com

Mr.Anup Kavan
Sr. Partner –
Public Relation Dept
O & M

Mrs.Shobha Ponnappa
Chairman, Managing Director,
Chief Executive Officer,
Avigna Technologies

No matter how much we deny the dotcom world, the Internet has come of age. Trillions of dollars have been spent on the infrastructure. The World that exists on the Net consists of billions of pages of information that touch our lives in myriad ways, whether it is medicine, science, genetics, information, travel entertainment, history or geography. And yes it is only a click away.

This discussion on International Women's Day will enlighten us that such a world can be opened up with the touch of a button and also help to unblock our "computer block".

JAVANTHI PRABHAKARAN
EIRA DOSHI

We thank Nirmal Mirza and sitagita.com for hosting this meeting.



LIST OF NEW MEMBERS

- 1) Ramani Reddy R-31
"Seshalaya"
98, Peters Road
Chennai 600 086
Ph: 827 3348 / 823 3608

- 2) Somna Sachdev S-43
10, 4th Lane
Nungambakkam High Road
Chennai 600 034
Ph: 821 4332 / 826 1756

ARTS & HANDICRAFTS
HISTORY, CULTURE & TOURS

Monday, March 12, 2001 - 10.15 a.m.

At: Oakland House
7, Adyar Club Gate Road
Chennai 600 028



KASUTI

KASUTI - KASHIDA of KARNATAKA can be described as delicate embroidery with geometric designs originally done on Ilkal sarees by women folk from Karnataka. It is customary for brides to be presented with black Ilkal sarees with Kasuti embroidery on it.

A presentation on this exquisite embroidery (which dates back to the 13th century) will be done by our own Founder member Mrs. Sunita Shahaney, who is presently researching on the subject and has recently presented a paper at the International Embroidery Convention of the World Crafts Council held in Hyderabad in January 2001. There will be a slide show and an exhibition of Kasuti embroidery to support the presentation.

Limited to 50 persons. Please warn in.

SHARMILA RAMJI
KYOKO KASHIMA

VISALAKSHI RAMASAMY
ARUNA VIJAYKUMAR



Please note change of address and telephone number of the following members:

- 1) Premila Jacob
127, Harrington Road
Chennai 600 031
Ph: 661 5617
- 2) Shobha Mujumdar
2-B, Rahul Apartments
24, Cenotaph First Street
Teynampet, Chennai 600 018

Shobha has been an outstation member of IWA since June '98 and has now returned to Chennai and full membership of IWA.

- 3) Brahma Kameshwaran
Rajparis Surya, Flat 1-B
9, Cenotaph Road II Lane
Teynampet, Chennai 600 018
Ph: 433 7482 / 433 7865

COOKING SWAPSHOP

Tuesday, March 13, 2001 – 10.15 a.m.



At: Shanti Karunakaran's
108, Sterling Road
Nungambakkam
Chennai 600 034

Note: The last house on the right, before the bridge to Nelson Manickam Rd. while coming from Loyola College.

A LESSON IN THE ART OF ETIQUETTE

With the busy life-styles of modern days, etiquette and good manners seem to be on the wane. Our own member Sulochana Alexander with her gracious ways will give us a talk-cum-demo on this subject. 'Sulo' as she is fondly called, has conducted several classes at reputed catering institutes and colleges and also done T.V. shows on the art of etiquette.

Come and learn a few extra tips on being a perfect hostess.

**FAZEELA NURDEEN
SUSHI GOKLANEY**

We thank Shoba Hebbar, Asha Hemdev, Elizabeth Herridge, Renuka Ishwariah, Sharanya Jayakumar, Rupa Kadhiresan and Era Kalra for co-hosting our January and February meetings.

THANKS

We would like to thank all our members for their generous contributions in cash and kind to our own IWA Gujarat Relief effort. In cash we collected Rs.23,200/-.

UNWANTED AND UNCLAIMED – THE GIRL CHILD OF THE YEAR AWARD 2001

Thursday, March 15, 2001 – 10.15 a.m.

At: The Madras Club
Adyar Club Gate Road, Chennai

SEIZURE DISORDERS – A SOCIAL STIGMA

Dr.B. Ramamurthi, Prof. of Neuro Surgery, Chennai

Dr.Prithika Chari, our member, instituted the Girl Child of the Year Award in 1997 for girl below 18 years of age with a serious ailment, which they have surmounted and afterwards achieved a certain level in their academic or vocational career. In the past we have recognised Down's syndrome, renal failure and hearing impairment. The category chosen for the year 2001 is Seizure Disorder. Despite the fact that Dr.Prithika Chari had identified 10 deserving candidates, to our great disappointment none are willing to come forward to accept the award. Their fear is that their disability will be exposed, and their chances of marriage will be jeopardised.

Dr.B. Ramamurthi with his pioneering work in seizure disorders and enormous experience in the field, is the most appropriate person to help us understand the causes, occurrence, manifestation and future of those with such an ailment.

The occasion will serve as a forum to spread awareness of the disorder and dispel the associated psychosocial stigma.

**JAVANTHI PRABHAKARAN
EIRA DOSHI**

ARTS AND HANDICRAFTS

Friday, March 16, 2001 – 10.15 a.m.

At : Sumiko Ishii's
5, Chittaranjan Road, Off TTK Road
Teynampet, Chennai 600 018



IKEBANA – The Japanese Art of flower arrangement

The word 'Ikebana' normally understood as Japanese flower arrangement, actually means 'living – plant – material' arrangement. The art started off as an offering of a handful of flowers to Lord Buddha. In the traditional religion of Japan namely, 'Shinto' instead of merely offering flowers, the Shinto priests offered the entire living plant – the roots, the leaves and the branches. This ritualistic offering in the hands of highly artistic and aesthetically developed people of Japan became a great art form.

Mrs.Malathi Pandurang and Saroj Ramamrutham, two senior teachers of Sogestu and Ohara School respectively have specialised in their respective study of Ikebana and will give a demonstration on the simplicity of Ikebana which brings out the beauty of line, space and depth of a single flower, branch or leaf in all its glory.

**SHARMILA RAMJI
KYOKO KASHIMA**

PHILOSOPHY AND RELIGION
CURRENT EVENTS



Tuesday, March 20, 2001 at 10:15 a.m.

At: Elizabeth Herridge's
"Cottingley"
24 Anderson Road
Chennai 600006

FROM FEAR TO COMMUNION - FROM ARMISTICE TO PEACE

What is the secret of a successful peace treaty? Why do certain international agreements last for years, while others are constantly broken or challenged? What are the methods used today in missions of reconciliation and mediation? Do religions fill an inspiring function for peace-makers or is religious commitment rather a root cause of civil strife and social tension? What lessons can be drawn from the sciences of history, sociology and psychology? Can the experiences of community-building in one culture be transplanted and used in another, very different culture?

Our speaker, Mr. Jan Henningsson, is a Swedish scholar of linguistics and comparative religion. He has been in India since 1999 and shares his time between the Henry Martyn Institute for Interfaith Reconciliation (Hyderabad) and the Gurukul Lutheran Theological College (Chennai).

We hope you will join us to hear about his personal experiences in mediation.

PAT ALTER
KUSUM CHADDA

LALITHA KRISHNAN
SEEMA SAIT

Many thanks to Anitha Koshy, Malini Krishna, Rita Lal, Lily Malhan, Sundari Mani, and Bina Mathew for sponsoring our January and March meetings.

CURRENT EVENTS



Wednesday, March 21, 2001 at 6.00 p.m.

At : Madras Cricket Club
1, Bells Road Chepauk,
Chennai 600 005

FACE TO FACE WITH RAVI SHASTRI

Indian sports fans have had a heart-wrenching year. Demoralized by match fixing scandals in cricket and mediocre performance in the Olympics, fans are wondering if the trust between players and fans has been damaged beyond repair. Have the players become too selfish? Do the fans expect too much? How has corporate sponsorship changed the rules of the game?

Popular sports commentator and former star cricketer, Ravi Shastri, has agreed to meet IWA members "face to face". Ravi Shastri is no stranger to controversy. His detractors have labelled him a "self-centered player" and a "glamour boy" while his admirers respect him as a "deep thinker", a "shrewd strategist" and above all "an intelligent communicator". Join us for what is sure to be a spirited evening on the future of sports in India.

**KUSUM CHADDA
PAT ALTER**

"Be nice to little people on your way up as you will

Meet the same little people on your way down"

After our meeting on Chennai's Master Plan - February 13, 2001, there were some enquiries regarding the Consumer Action Group. The telephone numbers of the CAG are 491 4358 / 446 0387.

UTSAV

Celebrating the spirit of IWA – Fellowship, Friendship and Fusion of cultures

On Friday, March 23, 2001 from 5.00 pm to 8.00 pm

at Pat Alter's

"River House"

12, Turnbolls Road Extension

(next to Madras Club)

Chennai 600 035

In true IWA tradition we will be celebrating the Spirit of IWA with an evening of international cuisine followed by a colourful and exuberant dance drama.

Come and enjoy the tastes of Japan, Malaysia, Europe, America and India in the natural surroundings of River House. Members of IWA will combine their efforts to give us items both popular and traditional in their respective countries.

For our entertainment we are fortunate to have with us Uma Ganesan and the Cleveland Cultural Association who will perform an excerpt from "The Living Tree" a dance drama inspired by Shel Silverstein's book, "The Giving Tree", based on the interdependence of man and nature. The show will have its World Premier in Chennai in March after which it will be staged at various cities in the United States.

Donation – Rs.200/-

Programme

5 to 6.45 pm - Fellowship

7 pm - The Living Tree – a dance drama

Please note:

- ◆ Tickets will be available from March 1st at all meetings.
- ◆ Owing to security reasons, entry into River House will be permitted only on producing your ticket. So please ensure that your tickets are purchased well in advance.
- ◆ The food stalls will close promptly at 7 pm to avoid disturbance during the dance performance. So come early and enjoy yourselves.

GUESTS ARE WELCOME

HEALTH AND ECOLOGY

Tuesday, March 27, 2001 - 10:30 am

At: Sri Ramachandra Medical center
Porur
Chennai 600 116
Meeting point at 9:30 am



VISIT US AT RAMACHANDRA MEDICAL CENTER

Established in the year 1988. Sri Ramchandra Medical Center has a full spectrum of clinical activities providing standard hitech comprehensive medical care. This ten-lakh sq.ft. hospital building has been planned to include all the services to the patients under one roof. Don't miss the visit.

Our drive to the hospital will be 40 minutes. Bus arrangement has been made. Those who wish to come directly may do so.

Please note:

As lunch will be served after the tour at the hospital, members are requested to warn in by 25th March to - Susanne Plantener - 98400-61113, 490 1613 or Javanthi - 641 1579 or Kusum Chadda - 825 4217, 823 3751.

For those who wish to take the bus ride, the meeting point will be at Naina Shah's - No. 17 (Old No. 7-B) Sathyanarayana Avenue, Boat Club Road, Chennai 600 028.

**NAINA SHAH
SUZANNE PLANTENER**

Thanks to Daksha Seth, Sabine Salan, Urmilla Reddy, Menna Raway and Shyla Rao for hosting our January meeting at the Boat Club.

Thank you to Leela Ratnam for hosting our meeting in February about allergy.

EXECUTIVE COMMITTEE

THE BOARD

2000 - 2001

PRESIDENTS	: Javanthi Prabhakaran	(R) 6411579
	: Eira Doshi	(R) 4911126
VICE-PRESIDENTS	: Kamala Muthiah	(R) 6411141/6411142
	: Angelika Mandaiker	(R) 6461265
SECRETARIES	: Rani Chada	(R) 2344233/2324972
	: Rathi Nilakantan	(R) 8265250/0744/ (O) 8213691
TREASURERS	: Kamala Prasad	(R) 6262035/6283809
	: Maureen Thadani	(R) 4913194

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	: Sharmila Ramji	(R) 4471200
	: Kyoko Kashima	(R) 8279020
BOOK DISCUSSION	: Vidya Singh	(R) 4338782/4359035
	: Margaret Thorpe	(R) 4997021
COOKING SWAPSHOP	: Fazela Nurdeen	(R) 6260674/6216561
	: Sushi Goklaney	(R) 4353714
CURRENT EVENTS	: Kusum Chadda	(R) 8254217/8233751
	: Pat Alter	(R) 8273040
HEALTH & ECOLOGY	: Naina Shah	(R) 4320706/4320564
	: Suzanne Plantener	(R) 4901613
HISTORY, CULTURE & TOURS	: Visalakshi Ramaswamy	(R) 4939829
	: Aruna Vijaykumar	(R) 8271284/8272732
MUSIC & PERFORMING ARTS	: Gita Chandrasekaran	(R) 4420235/4421035
	: Ann Moradian	(R) 4331582/4356243
PHILOSOPHY & RELIGION	: Lalitha Krishnan	(R) 4991853/4992341
	: Seema Sait	(R) 8242244/8261018

HEALTH AND ECOLOGY

Friday, March 30, 2001 - 10.15 a.m.

At: Kalpana Sonthalia
20, Harrington Road
Chetpet
Chennai 600 031



WEIGHT MANAGEMENT AND WEIGHT CONTROL

Health and fitness awareness seems to be the order of the day and certainly becoming a priority in everybody's life. With this in mind, we have Mr. Krishna Padmanabhan a personal trainer of unusual talent, registered with ACPEP and the New South Wales fitness Association, Australia.

Mr. Krishna brings with himself 10 years of experience in the fields of health and fitness and has completed ultra marathons and endurance races in Australia. He will share with us, his rich experience in this field, concentrating on the areas of WEIGHT CONTROL and WEIGHT MANAGEMENT. He will make a presentation covering:

1. NUTRITION (including PROTEIN and CARBOHYDRATES diet)
2. STRENGTH TRAINING
3. CARDIOVASCULAR TRAINING

NAINA SHAH
SUZANNE PLANTENER