



IWA
CHENNAI

NEWSLETTER
JULY 2002

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IWA NEWSLETTER

Volume XVII No. 2

Chennai

JULY, 2002

MONTH AT A GLANCE

Friday	5th July	Board Meeting Executive Meeting	9:30 am 10:30 am
Thursday	4th July	Cooking Swapshop Geoffrey's @ Radha Park Inn	10:15 am
Monday	8th July	Current Events Safe Investments	10:15 am
Thursday	11th July	Health & Ecology Film on Nuclear War	10:15 am
Tuesday	16th July	Book Discussion The Beautiful Mind	10:15 am
Thursday	18th July	Music & Performing Arts Kathak dance demo	10:15 am
Friday	19th July	Philosophy & Religion Lec. on spirituality	10:15 am
Tuesday	23rd July	History, Culture & Tours Trip to ICF	10:15 am
Thursday	25th July	Founder's Day	10:15 am
Tuesday	30th July	Arts & Handicrafts Lec/dem on pottery making	10:15 am
Wednesday	31st July	Health & Ecology Yoga - Enlightenment	10 am - 2 pm

FROM THE PRESIDENTS

The month of July, we celebrate Founders Day, an important landmark in the life of IWA. A day when we acknowledge and thank our Founder Members for their vision. As we enter our 17th year we thank our Founder Members once again for taking us through the registration of IWA.

The Presidents of IWA have moulded, given character and enriched IWA with each passing year.

On the 25th of July we celebrate Founders Day. Our Board and Chairpersons are busy putting together an interesting programme.

We thank our Board and Chairpersons for a fun filled Fellowship morning.

KUSUM CHADDA

MEYYAMMAI MURUGAPPAN

FROM THE VICE-PRESIDENTS

We apologize for the delay of the June news-letter due to unavoidable circumstances. Thank you for your patience.

Members who can play the violin, veena, piano, guitar, harmonium, keyboard or any other musical instrument and those who can lend their vocal talents. Please give in your names to the Presidents and the Vice-Presidents or the activity chair persons of Music & Performing Arts by the 3rd July.

VIJAYA BALU

PADMA ASHOK

FROM THE TREASURERS

A reminder - the last date for submitting your subscription form is 15th July 2002. Cheques to be in favour of IWA.

NAINA SHAH

FRANCOISE DROWN

BOARD MEETING

Friday, 5th July, 2002,
9.30 am

EXECUTIVE MEETING

Friday, 5th July, 2002,
10.30 am

Both Meetings at:
Madras Cricket Club
Chepauk
Chennai

COOKING SWAPSHOP

Thursday, 4th July, 2002, 10:15 a.m.

At: Geoffrey's, Radha Park Inn
171, Jawaharlal Nehru Salai
(Inner Ring Road)
Arumbakkam

Chennai - 600 106 Tel: 4757788



SHAKEN NOT STIRRED

A simple mixed drink can be a useful aid to relaxation and soothe the nerves, after a hard day's work. A cocktail could even enliven lagging conversations and prod a reticent friend into laughter. So let's get together at Geoffrey's and say cheers!!!

RSVP Tel No: 4936788, 98400-93897

Call between 11 am and 8 pm - Limited to 50 members.

NO GUESTS PLEASE.

BINA MATHEW

ISABELLE BADRINATH

CURRENT EVENTS

Monday, 8th July, 2002, 10.15 a.m.

At: Russian Cultural Centre
74, Kasturi Ranga Road
Chennai - 600 018



Are Your Investments Safe?

In the current fiscal scenario, share markets are unreliable and interest rates offered by banks on deposits are at the lowest. Private finance companies are facing tough times too. Are there any other investment options open to the public which offer reasonable returns? How can you ensure safety of your hard earned money?

Ms.Fatima Sharafath, Ass.Vice President - Preferred Banking, ABN Amro Bank will talk to us about different investments options and their safety.

SEEMA BHARGAVA

"A big thank you to all my friends, who came to see me in the hospital, brought me flowers and cheered me up"

Annellese Hazari.

HEALTH AND ECOLOGY

Thursday, 11th July 2002 at 10 am

At: The Auditorium
British Council,
737, Anna Salai,
Chennai - 600 002.



DO WE NEED NUCLEAR WARS ? 'THREADS' A DOCU DRAMA

The fine thread that holds together different aspects of society can be destroyed with a single explosion, for what, and at what cost? That's the question the film throws to the audience.

This is the story of a young mother - to be, caught in the web of a nuclear bombing in her small town. This planet is here only when we take care of it. So please do come and be a part of this environmental concern.

BEENA RAM MOHAN

CHERRY VENKATESAN

CHANGE OF ADDRESS:

Janet De Penning
No.28/1, Cenotaph, 2nd Lane,
Teynampet,
Chennai - 600 018.
Tel: 4333349 / 4352437

BOOK DISCUSSION

Tuesday, 16th July, 2002, 10.15 am

At: Somna Sachdev's
10.4th Lane, (the left turn between
Income Tax Office & Isphahani Centre)
Nungambakkam High Road,
Chennai - 600 034.



The Book: The Beautiful Mind by Sylvia Nazar

The Speaker: Dr. Vijay Nagaswami - Psychotherapist and Relationship Consultant.

Ladies, hope you have read the book and seen the movie by now (though the movie has a slightly different version of the story). Even if you haven't, please do not miss this opportunity to listen to Dr. Vijay, who is a very interesting speaker and the topic is directly related to his field. Come and enjoy a lively discussion on the Beauty of the Mind with a popular personality from Chennai.

Books will be available with Sharanya Jayakumar, Princess Naik & Sheela K Sharath.

PRINCESS NAIK

SHEELA K SHARATH

CHANGE OF TELEPHONE

Kasmira Daruwala 8259767
Sushila Natraj 4671796

MUSIC & PERFORMING ARTS

Thursday 18th July 10.15 a.m.

at: Russian Soviet Cultural Centre
Kasturi Ranga Road
Chennai - 600 018
Tel : 499 0050



Sub: Kathak

Jigyasa Giri who has a rich experience of over 25 years in the field of classical dance is probably the only one teaching Kathak in Chennai. So, as she puts it to her students, "**COME AND ENJOY AND LET IT SHOW**".

RAMANI REDDY

SUSHI GOKLANEY

Thanks to Surekha Kothari for hosting this meeting and Stina Vasu for sponsoring the musicians.



HEARTFELT CONDOLENCES TO

Meenakshi Meyyappan on the loss of her father.

PHILOSOPHY & RELIGION

Friday, 19th July, 2002 10.15 a.m.

At: Anita Kapoor's
Old No.32 New No.74 Giri Road
(Opposite Bengal Association)
T.Nagar, Chennai 600 017



Everyday Spirituality

Spirituality is tuning one's mind to consider one's self and others as different from the gross physical body and the subtle mental body, and to be beyond the limitations of space, time and causation.

Philosophy is the theory aspect and religion is the practical aspect of this principle.

We decided to set the pace for this year's programs with a talk by Dr. Prithika Chary on "*The Alphabet of Spiritual Literacy*".

We would like members to share with us their experiences of everyday spirituality which makes their lives happier and more pleasant. Those interested in sharing their experiences please call Prithika Chary 4997878 between 8.00 a.m. & 9.00 a.m. or Anita Kapoor 8256484. The first six callers will be able to tell us their experiences.

PRITHIKA CHARRY

ANITA KAPOOR

PROVERB OF THE MONTH:

"A mile a day, keeps fatigue and worries away".

HISTORY, CULTURE & TOURS

Tuesday, 23rd July, 2002 - 10 a.m. to 2 p.m.

Trip leaves at 10 am from:

Vidya Singh's
10, Satyanarayana Avenue, Chennai
Ph: 4359035 / 4338782



Trip leaves at 10:30 am from:

YWCA,
Poonamallee High Road, Chennai

150 GLORIOUS YEARS OF INDIAN RAILWAYS

The railways are so closely connected with the lives of every Indian. But how many of us know our trains?

The Integral Coach Factory (ICF), the premier rail coach manufacturing facility in India is located right in Chennai!! A visit to ICF - which completes 150 this year - has been organized. We will be taken on a conducted tour of the factory and shown some of the latest coaches designed by ICF. The trip will conclude with a visit to the newly opened Rail museum. Lunch will be served.

Rs.160 per person will be collected to cover the cost of transport and lunch. As the coach seats only 32 persons, please warn into Geeta Vasudevan by July 16th.

RSVP: Tel 4915913 call between 2 pm and 5 pm

Limit: 32 Last day: 16th July

GEETHA VASUDEVAN

PAT ALTER

HISTORY CULTURE & TOURS - Preview!

The Emerald Isle of Srilanka Beckons You!

A country packed with culture, heritage and natural diversity - and shopping!

We are planning a 7 day excursion to Srilanka in mid - October 2002. The tour will cover Colombo, Kandy, Dambulla, Sigriya, polonnaruwa, and a day at one of Sri Lanka's famed beach resorts.

Watch out for further information in the August Newsletter.

FOUNDER'S DAY

Thursday, 25th July, 2002, 10.15 a.m.

At: Park Sheraton
Chamiers Road
Chennai 600 028

On Founder's Day we celebrate the realisation of a dream by our Founder Presidents Nirmal Sheshadri and Nancy Dean, along with Lakshmi Padmanabhan, Saroja Ramamrutham, Anneliese Hazari, Sunita Shahaney and Rewa Singh. It was a day when lasting friendships were formed and IWA was born.

On the 25th July 2002 as we celebrate IWA's coming of age we look forward to a morning of celebration and entertainment.

For members only

KUSUM CHADDA

MEYYAMMAI MURUGAPPAN

ARTS & HANDICRAFTS

Tuesday, 30th July 2002 - 10.15 a.m.

At: Russian Cultural Centre
74 Kasturi Ranga Road
Chennai 600 018



VARIED FORMS OF POTTERY

Kaveri Bharath comes from a family of architects and interior designers. She has been actively involved in pottery for the past seven years.

She will talk about different forms of pottery and her experiences in learning, teaching pottery, and travelling to pottery centers in South India and Nepal. Kaveri will end her talk with a demonstration of hand building techniques, clay preparation, etc.

SHANTHI THOMAS

MALINI KRISHNA

HEALTH AND ECOLOGY

Wednesday, 31st July 20th 10.30 am to 9 pm.

At: The Amethyst
Sundar Mahal
14 (Old No30) Padmavathy Road
Jeypore Nagar



ENLIGHTENMENT OF YOGA

Yoga, the oldest science of life can teach one to bring stress under control, on a mental and physical level. Young or old, sick or fit all benefit from yoga.

We can meditate on a flower, star of David, The Cross as well as on Krishna or Rama. The object of concentration differs but the technique remains the same. To understand this ancient science we have to experience yoga for ourselves.

Light Pranayams, Surya Namaskar and Twelve basic Asanas will be demonstrated by Cherry Venkatesan, Krishnan and other Yoga Teachers from Shivananda Ashram. Interested Ladies can bring a mat, wear salwar or casual western clothing.

This programme is a prelude for our trip to the Nilgiris in August.

A YOGA AND ECOLOGY TRIP TO COONOOR.

August 15th Evening Return on 19th morning.

A journey for HEALTH... comfortable walks in serene woods, healthy foods, meditation or mounam and a keep fit yoga routine. Shopping and relaxation too !.

Cost Rs.3500/- Three thousand five hundred only. Please warn in... Limit 30 persons.

BEENA RAM MOHAN

CHERRY VENKATESAN

6214278

Call between 9 and 10 am

8293436

**Birthday Greetings:**

Prem Batra, Kala Bashyam, Dhun Dalal, Amala Emmanuel, Annelieze Hazari, Renuka Ishwariah, Srikanta Jhaver, Nina Kothari, Nanditha Krishna, Sook Hee Lee, Meenakshi Meyyappan, Mridula Narasimhan, Jaishree Prabhakar, Bala Rao, Sahila K. Rau, Ramani Reddy, Lila J. Shahaney, Sheela Shetty, Ramila Sreedhar, Padmini Subramanian, Anuradha M. Uberoi, Cherry Venkatesan.

We thank our 'Active Participating Members' for the month of April 2002

1. Hostess : Indira Dutt, Srikanta Jhaver
2. Co-hosting : Daksha Sheth, Sheela Shetty, Somna Sachdev, Shoba Shesasayee, Vasanthi Shankaranarayana, Padma Ashok, Mano Bakthavatsalam, Kala Bhashyam, Indira Dutt, Kausalya Jagannathan, Prema Kumar, Jaya Naidu, Jayashree Prabhakar, Menaka Prabhakar, Aruna Prasad, Dolly Prasad, Kamala Prasad, Shantha Prasad, Sucharita Prasad, Nalini Ramakrishna, Bala Rao, Kannamma Ranga Rao, Anita Reddi, Parvathi Reddy, Ramani Reddy, Sarada Reddy, Shobhana Reddy, Urmila Reddy, Indira Satyamurti, Vidya Singh, Indira Srinagesh, Anjana Sunil, Bharathi Suresh.

WELCOME TO OUR NEW IWA MEMBER

V. KIRAN RAO - German
2/11, 11th Street,
Kasturi Estate,
Chennai - 600 086. Tel : 4997019.

THE BOARD**PRESIDENTS**

Kasum Chadda 825 4217, 823 3751
Meyyammai Murugappan 4348207

VICE PRESIDENTS

Viyaya Balu 4943588
Padma Ashok 8224235 / 8267801

SECRETARIES

Vidya Singh 4359035 / 4338782
Kanakwan Sandhu 4965556 / 4961061

TREASURERS

Naina Shah 4320564 / 4320706
Françoise Drown 823 0412

ACTIVITY CHAIRPERSONS**ARTS & HANDICRAFTS**

Shanti Thomas 8280865 (O) 8268540
Malini Krishna 4474830 / 4471046

BOOK DISCUSSION

Princess Naik 4453830 / 4418448
Sheela Sharath (R) 4938524 (O) 4347096

COOKING SWAPSHOP

Bina Mathew 4941874 / 4936788
Isabelle Badrinath 4327191

CURRENT EVENTS

Somna Bhargava 4343129 / 4356707

HEALTH & ECOLOGY

Beena Ram Mohan 6213923 / 6214278
Cherry Venkatesh 8293436

HISTORY, CULTURE & TOURS

Gita Vasudevan 4915913
Pat Alter 8112000

PHILOSOPHY & RELIGION

Prithika Chary 4997878 (O) 4363551 ext.1510
Amita Kapoor 8256484

MUSIC & PERFORMING ARTS

Ramani Reddy 8233608 / 8273348
Sushi Goklaney 4353714