

November 2009
News letter



**EXECUTIVE COMMITTEE 2009- 2010
MANAGING COMMITTEE**

PRESIDENTS

Shobha Hebbar	26411248	9840338258
Elizabeth Aston	24328590	9094558566

VICE PRESIDENTS

Mridula Srinivasan	24321028	9840931812
Sejal Wasani	24355290	9884052575

SECRETARIES

Ramani Reddy	28353608	9840086858
Manisha Singhee	24991482	9841035003

TREASURERS

Archana Meiyappan	28473932	9840998800
Jansi Kishore	28226395	9841599896

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Deepali Goyal	24357752	9840442260
Suzanne De Haes	24352346	98409 33138

BOOK DISCUSSION

Geeta Rajagopal	24453239	9840052899
Janet Haughton Quarshie	24512401	9884187719

COOKING SWAPSHOP

Asha Rammohan	28332006	9840039958
Jennifer Arun	28275032	9880399490

CURRENT EVENTS

Zainab Kachwalla	28292274	9840853652
Jennifer Moore	9940065292	9840892782

HEALTH & ECOLOGY

Nabila Avais	28264325	9840026665
Bess Simkin	24333565	9791172021

HISTORY, CULTURE & TOURS

Maya Mathew	28281228	9841010080
Nalini Panday	24610944	9841048629

MUSIC & PERFORMING ARTS

Nita Reddy	42030717	9962530717
Sue Cook		9677020407

PHILOSOPHY & RELIGION

Anuradha Uberoi	24329728	9841042520
Titeke Sysmans	45066148	9940135888

IWA NEWSLETTER

Volume XXIV No.6

Chennai

NOVEMBER 2009

MONTH AT A GLANCE

Mon. 2nd Nov.	Managing Committee Meeting	9.30 a.m.
	Executive Committee Meeting	10.30 a.m.
Tue. 3rd Nov.	Cooking Swapshop	10.15 a.m.
	<i>Traditional Holistic Cooking</i>	
Thu. 5th Nov.	Arts & Handicrafts	10.15 a.m.
	<i>Fashion-Best foot forward at any age</i>	
Tues. 10th Nov.	Music & Performing Arts	10.15 a.m.
	<i>Future of Male Classical Dancers</i>	
Thu. 12th Nov.	History, Culture & Tours	10.15 a.m.
	<i>Trekking to Everest Base Camp & Summiting Mount Kilimanjaro</i>	
Sat. 14th Nov.	Health & Ecology	10.00 a.m. to
	<i>IWA Eco Mela</i>	4.00 p.m.
Tue. 17th Nov.	Health & Ecology	10.15 a.m.
	<i>Safe foods and the Politics Behind Genetically Modified Food</i>	
Thu. 19th Nov.	Current Events	10.15 a.m.
	<i>Medical Tourism</i>	
Tue. 24th Nov.	Philosophy & Religion	11.00 a.m.
	<i>The Sindhi Way of Life</i>	
Thu. 26th Nov.	Book Discussion	10.15 a.m.
	<i>Women of Pride</i>	

IWA Blog Site : www.iwachennai.blogspot.com

FROM THE PRESIDENTS

What a wonderful start to the month for those who attended International Music Day on 1st October. We were honoured and inspired to hear Sriram Sridhar, the thirteen year old violinist as he performed a recital of both Carnatic and Western classical music. We look forward to following his progress in the years ahead.



Diwali Mela (Deep Mala), one of the biggest events in our calendar was celebrated in true IWA fashion with family and friends joining together for a morning of fun and entertainment; a morning when, not only were our spirits lightened but also our purses as we happily shopped at the many stalls.

Unfortunately the same could not be said for our waistline as we sampled the delicious lunch dishes predominately from Gujarat and Rajasthan. Our heartfelt thanks to everyone who contributed to and worked so hard for the programme.

The Telephone Directory (Rs. 90) will be available at all meetings. Our sincere thanks to Mridula Srinivasan for her tireless efforts in compiling and overseeing production of the Directory.

Now the hectic month of Diwali is over we have a short respite before the Christmas festivities begin. For members who missed meetings during October, it will allow time to catch up. We remind all members to keep a record of attendance.

Our Chairpersons have interesting meetings lined up for you in November. We look forward to your presence at all meetings. Thank you

SHOBHA HEBBAR

ELIZABETH ASTON

Common Courtesies

In the June 2009 Newsletter we requested members to observe several common courtesies and thank the majority of members who do so.

However, our member feedback regularly focuses on the following points and we urge those responsible to recognise their behaviour is unacceptable to IWA.

The courtesies are:

- * To switch mobile phones OFF for the duration of the meeting.
- * Not to SMS during a meeting.
- * To remain seated until the speaker has finished.

An increasing number of people are leaving before the Vote of Thanks. Please respect the time and effort our invited guests take to prepare their programme for your information and enjoyment.

MANAGING COMMITTEE

Mon. 2nd Nov. at 9.30 a.m.

EXECUTIVE COMMITTEE

Mon. 2nd Nov. at 10.30 a.m.

Meetings hosted by
Seja Wasani
At her residence
D-3, Mill Bank, 4 Boat Club Road,
3rd Avenue
Chennai - 600 028.

FROM THE TREASURER

INCOME AND EXPENDITURE STATEMENT

1st April'09 to 30th September'2009

<u>Income</u>	<u>Amount</u>
Membership Subscription	608000.00
New Membership	10250.00
Membership Contribution	65500.00
Hostess Contribution	26304.00
SavingsBank Interest/Fixed Deposit Interest	40350.00
Guest Charges	7500.00
Sale of Telebook and Bylaws	400.00
Total Income	758304.00

<u>Expenditure</u>	
AGM Expenses 2008-2009	70204.00
Accounting Charges	6000.00
Meetings	58374.00
Printing & Stationery	17839.00
Postage&Courier Charges	11455.00
Fellowship Morning	24861.00
Founder's Day Celebration	59061.00
Total Expenditure	247794.00
Excess of Income Over Expenditure	510510.00

Funds Position as on 30th September'2009

Opening Balance - 1st April 2009	
Bank -	2,83,002.83
Cash -	19,169.24
	304172.07
Add: Excess of Income Over Expenditure	510510.00
Less: Advance paid to Chairperson	24000.00
Closing Balance - 30th September'2009	
Bank -	7,23,966.83
Cash -	66,715.24
	790682.07
Fixed Deposits	
1287306000014/1100000.00	
1287303000572/1424354.00	
1287303300637/1 5515.00	
Total Fixed Deposits with Canara Bank	529869.00

ARCHANA MEIYAPPAN

COOKING SWAPSHOP

Tuesday, 3rd November at 10.15 a. m.

At: Meyyammai Murugappan's
"The Laurels"
4, Chittaranjan Road
Teynampet
Chennai 600 018



Traditional Holistic Cooking

K.R.Swathi is a successful entrepreneur and trainer in health food, Tai Chi, and Yoga. His Integrated Wellness Program incorporates mind, body and spirit while promoting an ethical and holistic approach towards the life-giving food that we consume day after day. He is passionate about good, healthy, sustainable food that is friendly to humans and the environment we live in.

Join us as Swathi demonstrates the cooking methods you can employ at home to make traditional, holistic food without compromising on the taste and quality of your dishes.

Mr. Swathi's current cooking program runs on NDTV Hindu in Chennai and the National Channel in Podhigai. He has also been featured by other local and international media such as The Hindu, DNA, Sun TV, Jaya TV, Zee TV, Hong Kong Economic Times and SCMP Hong Kong.

MEMBERS ONLY, WARN IN MEETING, LIMIT 80

Warn in with Jennifer Arun (098803 99490 B'lore mobile), Mridula Srinivasan (98409 31812) by 2nd November.

ASHA RAMMOHAN

JENNIFER ARUN

ARTS & HANDICRAFTS

Thursday, 5th November at 10.15 a. m.

At: Sheraton Park Hotel
Dublin
132, TTK Road
Chennai - 600018



Fashion – Best foot forward at any age

Nishka Lulla, our speaker, is a recognized fashion designer who designed the Barbie dress sported by Katrina Kaif that won her international accolades, apart from being the daughter of the famous Bollywood fashionista Neeta Lulla. At a mere 24, she already has her own label called Nishka designing clothes for young women that retail at Fuel stores in Bombay, Pune and Bangalore. She has assisted and managed numerous film projects such as Kisna and One night with the King and this year along with her mother opened the Lakme India Fashion Week in Mumbai.

Her talk will be centred around fashion trends for different body types with tips on how to up your fashion quotient. She will take us through her personal journey in this industry.

We will also have a fashion show with IWA members and their children as models.

Another budding designer to applaud!

DEEPA GOYAL

SUZANNE DE HAES

Our Congratulations to Nalini Acharya

As the first lady President in nine decades and in recognition of her valuable contribution to education and social and community services to the Kannada community, the South Kanara Dravida Brahmins Association honoured her as a Doyen of the community at a ceremony recently in Chennai.

MUSIC AND PERFORMING ARTS

Tuesday 10th November at 10.15 a. m.

At: Vani Mahal Mini Hall
Sir Thyaga Brahma Gana Sabha
G.N. Chetty Road
T.Nagar, Chennai-600 017



Future Of Male Classical Dancers

Dance in India is rooted in age old traditions. Classical dances of India are usually always spiritual in content. Dance was an important factor in the worship of Siva. He was known as 'Nataraja' the Lord of dance. Be it Kathakali or Kuchipudi, men were once considered an integral part of classical dance forms but women are now fast taking over this male bastion. Women dancers are preferred because they are charming and beautiful. Even Sabhas show a bias toward women dancers. Despite being strapped within such constraints, male classical dancers have nevertheless continued with their passion. There are a lot of prejudices and wrong ideas about male dancers.

To discuss the future of male classical dancers and the obstacles that they face we have 3 prominent artistes – G.Narendra, a product of Kalakshetra, Vijay Madhavan, a student of Padmashri Smt Chitra Visweswaran and Kuchipudi exponent M.V.N Murthy a disciple of Padma Bhushan Dr Vempati ChinnaSatyam. Padmashri Smt Meenakshi Chitharanjan who is a very talented Bhatatanatyam dancer of the Pandanallur style will moderate the panel discussion.

The program will begin with a short Bharatanatyam performance by Vijay Madhavan and a Kuchipudi recital by M.V.N Murthy.

We are very thankful to Mano Bakthavatsalam and Pushpa Lakshman for generously hosting this meeting.

NITA REDDY

SUE COOK

HISTORY, CULTURE AND TOURS

Thursday, 12th November at 10.15 a.m.



At: Forum Art Gallery

57, 5th Street, Padmanabha Nagar
Adyar, Chennai - 600 020.

Trekking to Everest Base Camp And Summiting Mount Kilimanjaro

Shalini Biswajit, our IWA member, is a painter, sculptor and Director of Forum Art Gallery, Chennai. Her love for nature, exercise and adventure have taken her on several treks in the Himalayan region and to the roof of Africa, Mount Kilimanjaro.

She trekked to Everest Base Camp, Nepal in September 2008 and has painted a whole series of works titled 'Ever at Rest' based on this trek to the Khumbu Region of the Himalayas. She has recently returned from summiting Mount Kilimanjaro in Tanzania in August 2009.

Supported by the exhaustive array of photographs taken by her on the trek, and against the backdrop of her paintings, Shalini will share her experiences with a power point presentation that will take you closer to the pristine beauty of Everest and Mount Kilimanjaro.

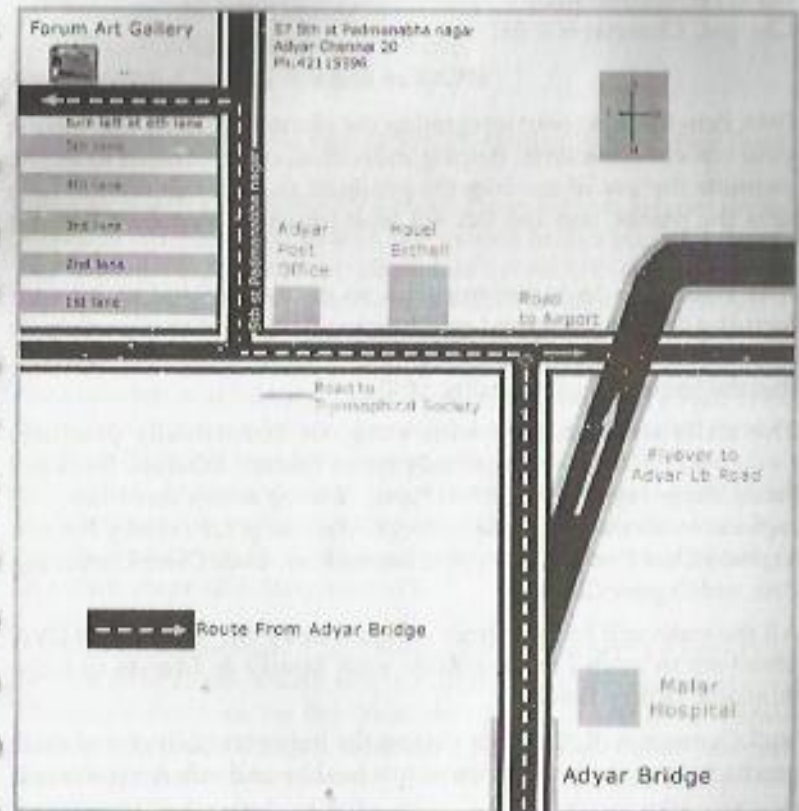
We thank Shalini Biswajit for hosting the meeting at her art gallery, Forum.

MAYA MATHEW

NALINI PANDAY

We thank Lita Srinivasan for sponsoring tea and snacks for the IWA Endowment Lecture.

MAP TO FORUM ART GALLERY



Hearty Congratulations to Sharmila Ramji on the wedding of her daughter Aishwarya.

HEALTH & ECOLOGY

Saturday, 14th November from 10.00 a.m. to 4.00 p.m.

Madras Seva Sadan

No.7, Harrington Road

Chetpet, Chennai-600 031

IWA Eco Mela

IWA Eco- Mela is about integrating the planet into daily life, raising your eco-consciousness, helping individual entrepreneurs to thrive, promote the use of eco friendly products as a contribution to help save the planet, and last but not least improve your own life and environment.

It is time now to move towards an environmental movement focusing on mobilizing and empowering communities to participate in preserving nature and preventing environmental degradation, thereby improving the quality of life.

The stalls will exhibit a wide range of Eco-friendly products
..... - *Organically grown produce, Wholistic Bread and Foods, Paper bags, Elephant Poo Paper, Energy saving inventions, Self sufficient mobile chargers, Solar lighting-Graha Dhoop, Eco Friendly T-Shirts, Vegetable Dyed Products, Fabric from Banana Fiber, Daily Dump Composting Pots, and Organic Clothing.*

All the stalls will be open from 10 A.M to 4 P.M. Request all IWA Members to attend the Eco-Mela with family & friends in large numbers. (Entry Free)

Stall Owners' will also brief you on the important features of their products, and their contribution to a healthy and safe environment.

Our heartfelt thanks to **Mrs. Prema Kumar**, Honorary General Secretary of Madras Seva Sadan for the Venue. **Beena Mathew** for sponsoring the tea / tables for display and **Naina Shah** for her help in organising this event.

NABILA AVAIS

BESS SIMKIN

HEALTH & ECOLOGY

Tuesday, 17th November, 10.15 a. m.

At: KCP Auditorium

'Ramakrishna Buildings'

2, Dr. P.V. Cherian Crescent Road

Egmore, Chennai-600 008

Safe foods and the Politics Behind Genetically Modified Food

Sangita Sharma is a Bangalore-based crusader/campaigner on safe foods. A self contained farmer, she moved from a successful and a high profile corporate career abroad, to her roots in India setting up the Annadana Soil and Seed Savers with like minded partners.

She has done research on pesticide residues in our food chain and the importance of heritage organic seeds, the very first origin in our food chain and has educated herself in low cost sustainable farming methods by applying organic principals to practice the same on a 6 acre farm in Bangalore, where she presently resides using integrated holistic farming methods to grow crops like wheat, rice, corn, millets, vegetables, fruits, spices, herbs and fodder for cattle which in return reaps safe dairy produce.

A 28 min documentary film "Poison on the Platter" by noted film producer Mahesh Bhatt will be screened followed by Sangita Sharma's address on the need of the hour - Indian versus International scenario on Genetically Modified Foods and how imperative it is for us to strengthen forces to safeguard our food, health and in turn our bio-diversity.

We are thankful to Mrs. Indira Dutt, for graciously hosting this meeting at the KCP Auditorium and Sunita Sahaney for hosting our guest speaker.

NABILA AVAIS

BESS SIMKIN

CURRENT EVENTS

Thursday 19th November at 10.15 a.m.

At: Presidency Club

Pearl Room

Ethiraj Salai,

Egmore, Chennai - 600 008



Medical Tourism

Asia is the hub of the increasingly common practice of travelling ex-patria to receive healthcare, as demographics and economic conditions in many developed nations lengthen medical waiting lists and raise treatment bills. In recent years India too has been gaining popularity for medical procedures, with its well-trained specialists and world-class facilities, available at a fraction of the cost that prevail in many countries.

But as the private sector benefits, India struggles to provide even basic healthcare to a large number of its citizens in many areas of the country. Can medical tourism stimulate Indian healthcare practices in general, or is this merely a commercial phenomenon for a few elite healthcare providers?

Mr Sameer Mehta is Chief Operating Officer and Director of Dr. Mehta Hospitals. Mr Mehta, a former management consultant with McKinsey & Co. (USA) and the Founding Director of Atlas Advisory (boutique advisory firm) and Atlas Venturez (seed fund), brings more than 15 years of top-tier International strategic consulting and business development experience to the healthcare industry. He will talk about the medical tourism market, its characteristics, hidden paradigms of pricing and his practical experiences.

We thank Raheela Kareem for sponsoring this meeting.

ZAINAB KACHWALLA

JENNIFER MOORE

PHILOSOPHY AND RELIGION

Tuesday, 24th November at 11 a. m.

At: Hotel Raintree

St. Mary's Road

Chennai 600 018



The Sindhi Way of Life

Sindhis are a group of socio-ethnic people originating from Sindh, a province in Pakistan. They belong to various religions and are a richly diverse group with many sects and sub-sects with their unique religious affiliations and traditions.

The Sindhi culture has its roots in the Indus Valley civilization. Sindh has been shaped by the geography of the largely desert region that was greatly influenced by continuous exposure to foreign influences - be it Afghanistan, Persia or other Eastern nations.

Our member, Poonam Lalchand, will speak to us about the various Sindhi sects like the Shikarpuris, Bhaibands, Amals and Kutchis among others and the unique aspects of their religious faith.

Our Sindhi members will be serving us traditional Sindhi fare.

We thank Mansha Bhatia, Rani Chandani, Sushi Goklaney, Asha Hemdev, Chandra Lulla, Koshu Lalchand, Poonam Lalchand, Shobha Mahtani, Kamala Muthiah, Leela Shahaney, Sunita Shahaney, Vimal Shivdasani and Maureen Thadani for graciously hosting this meeting.

ANURADHA M. UBEROI

TINEKE SYSMANS

BOOK DISCUSSION

Thursday, 26th November, at 10:15 a.m.

At: **Satyam Cinemas**
8, Thiru-vi-ka Road
Royapettah
Chennai 600 014.



Women of Pride

Lakshmi Vishwanathan, a well known national award-winning dancer and choreographer of Chennai needs no introduction as she is an IWA member too. She has danced in over 15 countries around the world. She is a writer of repute, contributes to newspapers and journals, and has authored four books. They are, "Bharatanatyam, the Tamil Heritage", "Kunjamma" – Biography of M.S., "Kapaliswara Temple" and "Women of Pride". She is an articulate speaker who can communicate lucidly to any audience. She has lectured in several universities abroad, and conducted workshops on dance.

The book, "Women of Pride – The Devadasi Heritage" was released at the British Council by Lynne Connor (Past President. of IWA) in November, 2008 and has proved to be a best-seller. In the book Lakshmi Vishwanathan gives us a vivid picture of the Devadasi, the temple dancer and courtesan of South India, who had many skills including dance and music. We look forward to her talk on the Devadasi Tradition of South India.

GEETA RAJAGOPALAN JANET HAUGHTON QUARSHIE

Our Congratulations to

Rani Chada for winning the first prize in the Senior Category at the South India Ladies Golf Championship, 2009, held in Bangalore recently.

DEEP MALA

Saturday, October 3rd..... the Ramaswamy Hall was the venue once again for IWA's Deepavali Celebrations – Deep Mala. The hall came alive with stalls selling everything from designer sarees and clothes to bags, jewellery, spices and a host of other goodies.

There was the ever popular Khazana stall which is a sure fire hit every year. This year other major attractions were nail art, tattoo, face painting and Tarot reading. The atmosphere was livened by the various games which proved very popular.

The mesmeric beat of the Dhol, the foot tapping music and the dancers from Rajasthan had many of the members on the floor shaking a leg to the catchy music.

The food from the Western states of India, Chaat from Mumbai and delicious dishes from the colourful states of Rajasthan and Gujarat were superb!

We would like to place on record our sincere thanks to Visalakshi Ramaswamy for giving us the hall for the celebrations. The beautiful ambience of the hall went a long way in making the function a success.

Radha Gopalakrishnan, Eira Doshi and Aruna Vijayakumar ran the Khazana stall with their usual efficiency and we thank them for their efforts. We are also grateful to those who sponsored the Khazana gifts and door prizes.

The highlight of the morning was the lunch and for this our grateful thanks to Naina Shah who arranged the caterers and the mouth watering menu.

Finally, to all our Committee members without whose help and cooperation the function would not have been such a success, a very big THANK YOU!

SHOBHA HEBBAR

ELIZABETH ASTON

SHOPPING GALORE



DANCING TO THE BEAT OF THE *DHOL*



KEEP TABS ON YOUR ATTENDANCE

Every month jot down the meetings you have attended in the column below. This will help you keep track of whether you have completed your ten meetings.

MEETING	DATE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	