

August at a Glance

1 Wed	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee
7 Tue	05.30 ^{PM} Trilinga - Andhra Desam
9 Thu	10.15 ^{AM} History, Culture & Tours
14 Tue	10.15 ^{AM} Music & Performing Arts
16 Thu	10.15 ^{AM} Current Events
21 Tue	10.15 ^{AM} Health & Ecology
23 Thu	10.15 ^{AM} Book Discussion, History, Culture & Tours Philosophy & Religion

August at a Glance

28 Tue	03.45 ^{PM} Arts & Handicrafts
30 Thu	03.45 ^{PM} Cooking Swapshop Health & Ecology

1 Wed	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee Achu Kurian's Residence Old No. 11 / New No. 21, 2 nd Avenue Harrington Road, Chetpet, Chennai 600 031
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Meetings are hosted by **Achu Kurian**

To learn more, visit the IWA web site: www.iwachennai.com

From the Presidents

Dear Friends,

Vijaya & I are overwhelmed with the tremendous support expressed by you with your affection and happy smiles that endorses, encourages and enthuses us to work even harder!

We say Thank You! Dhanyavaad! Nandri!

Founders Day literally made us feel as though we were on the top-most point of the "London Eye"!

Once again, it was the Board and our capable Chairpersons that made it HAPPEN!

We would like to request every one of you to walk the rest of the Marathon with us shoulder to shoulder! The generosity of our members, with respect to their willingness to host meetings and special events is very much appreciated!

Our special thanks go to **Vijay Goyal, Shashi Malhotra, Chandra Seoni** and **Deepali Goyal** for their wonderful support in helping IWA host Founders Day at the Sheraton Park Hotel and also for sponsoring the entire event, year after year.

We ask you all to please e-mail the Presidents and Vice Presidents in order to inform IWA about happy tidings and auspicious events that have happened in your lives. We need to be informed so that we can share these personal messages in our newsletters.

Please mark your calendars for the 7th of August. We are bringing you a special Andhra evening, followed by dinner and sponsored by the Telugu speaking segment of our membership. We assure you that you will return home saying "Chala Baagundhandi".

Yours in IWA,

RAMANI REDDY

VIJAYA RANGARAJAN

From the Treasurer

**RECEIPTS & PAYMENTS FOR THE PERIOD
1st April 2012 To 30th June 2012**

RECEIPTS	Amount
To Opening Balance -Cash	9222.24
To Opening Balance-Canara Bank SB14396	168263.81
To Opening Balance-Fd with Canara bank	1029869.00
Sub-Total	1207355.05
To Member Subscription	492000.00
To Fixed Deposit/SB Interest	19627.00
To Bank Charges	209.00
To Guest Charges	900.00
To Telephone Directory	2100.00
To Hostess Contribution	6000.00
TOTAL	1728191.05
PAYMENTS	
By AGM Expenses 2011-2012	68358.00
By Printing and Stationery	15000.00
By Fellowship Morning	25843.00
By Accounting Charges	6000.00
By Bank Charges	274.00
By Gift Articles	19250.00
By Meetings	6506.00
By Closing Balance- Cash	31941.24
By Closing Balance-Canara bank SB 14396	501149.81
By Closing Balance-	
Fixed Deposits-1287306000014/2(MD.28.06.13)	100000.00
Fixed Deposits-12873000572/2(MD.14.07.13)	424354.00
Fixed Deposits-128730300637/2(MD.26.08.13)	5515.00
Fixed Deposits-1287303300572/3(MD.23.01.13)	500000.00
By Closing Balance -Advance paid to Chairpersons	24000.00
Sub-Total	1586960.05
TOTAL	1728191.05

NABILA AVAIS

<h1>7 Tue</h1>	<p>05.30 P.M Ramakrishna Building No 2, P V Cherian Crescent (Adjacent to Ethiraj college) Egmore, Chennai 600 008</p>
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Trilinga Andhra Desam

“Trilinga” - the fascinating region surrounded by three ancient Shiva temples of Srisailam, Kaleshwaram and Draksharamam was referred to in ancient times, even prior to 600 BC, as Andhra. The word **“Telugu”**, denoting the language and also representing the ethnic people of Andhra Pradesh, is believed to have been derived from Trilinga.

“Suswagatham”! - We invite you to witness glimpses of Andhra **“Sanskriti”** and **“Sampradaayalu”** (culture and customs) as we showcase precious vignettes of its exquisite poetry, music, dance and drama.

Please join us for a delectable Andhra **“Vindhu”** (feast) to draw our meeting to an eventful close. Do come resplendent in your traditional Andhra weaves.

Please note that this is a **Members only, evening meeting.**

Please **warn in** with **Padma Ashok** at 9444001390 or **Vidya Singh** at 9841030737 between 9am and 5pm by August 2nd and indicate your preference for a vegetarian or non-vegetarian meal.

ANDHRA “MAHILAS” OF IWA

<h1>9 Thu</h1>	<p>10.15 ^{AM} Hanu Reddy Residences (From Kasturi Rangan Road go past Ente Keralam and turn left) 39/18, Binny Road Poes Garden, Chennai 600 086</p>
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Mesmerizing Myanmar

Geeta Doctor, senior writer and journalist, will take us on a magical sojourn of Myanmar. She went on a memorable trip there last November and has written a couple of very interesting articles on the food and culture of Myanmar. She will share her experiences and views on the history, lifestyle and culture of the country. She will also talk about the importance of the river Irrawaddy and link it to the cities along the river.

Shylaja Chetlur, actor and partner of Media Production House, will share with us an audio visual presentation of “Mystical Myanmar – A Journey down the Irrawaddy River”. She will show us, in pictures, how the Irrawaddy connects different towns, and describe to us, the lifestyles of people living on its banks through visuals of their markets, crafts and food.

We thank **Nita Reddy** for graciously hosting this meeting.

We thank **Naina Shah** for being our day facilitator.

ACHU KURIAN

RATHI NILAKANTAN

 Hearty congratulations to **Vijaya Bharathi Rangarajan** on the wedding of her son Arjun.

Hearty congratulations to **Nabila Avais** on the wedding of her daughter Nayab.

14^{Tue}	<p>10.15 ^{A.M} Mandapam Hotel My Fortune (Old Chola Sheraton) Radhakrishnan Salai, Chennai 600 085</p>
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Clue-SIC

A Clue to start, or a Clue in-between,
 Tamil, Hindi, English – choose, you are the Queen,
 With Nabrun there to help you along,
 Guess the song and sing along!

Ladies, please join us for a fun filled morning of music and song. Prizes for the best table, so come on girls we know you are able!

We thank **Thayabae Kakar** for her gracious sponsorship.

We thank hotel **My Fortune** for kindly hosting the meeting. We also thank **Nabrun Ghosh** for helping us conduct this meeting.

We thank **Rajni Sabherwal** for being our day facilitator.

CHANDRA SEONI

ANJALI SACHETI

Our deepest condolences to **Kusum Chadda** on the loss of her father.

16^{Thu}	<p>10.15 ^{A.M} Amethyst Café 239, White's Road, Next to Corporation Bank Royapettah, Chennai 600 014</p>
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The Inevitable Gandhi

V. R. Devika is the founder and managing trustee of the Aseema Trust, a nonprofit organization for linking traditional performing arts, education and Mahatma Gandhi. Devika is a well known cultural activist whose work over the years has revolved around integrating these three passions of her life: traditional performing arts, Gandhi and teaching.

Devika's PhD thesis is on "Gandhian communication for transformation: Philosophical issues and dimensions." She conducts regular workshops on Charka-spinning, peace education and communication skills for students and teachers.

Devika will speak to us on the relevance of Gandhi today.

We thank **Rita Lal, Mina Malhotra** and **Maya Mathew** for graciously hosting this meeting.

We thank **Archana Meiyappan** for being our day facilitator.

SUDHA SHIVKUMAR

KIMBERLY OWENS

21 Tue	<p>10.15 ^{AM} Madras Cricket Club Inside Chepauk Stadium, Bells Road Chepauk, Chennai 600 005</p>
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Radiation Hazards and Benefits

What is Radiation? What objects and gadgets in our households emit radiation?

Dr. Rajan, MD, DMRD is a senior consultant radiologist and one of the founder members and director of Precision Diagnostics.

Join us as Dr. Rajan explains the rules of radiation in healthcare settings: X-Ray, MRI, CT Scans and Radiation therapy. He will also discuss the effect radiation has on our environment, health and future. Learn about solar radiation, nuclear radiation, radiation pollution and how they impact our lives.

Dr. Rajan will share information on how simple household items release radiation into our homes so that we are better equipped to make our homes safe and healthy.

We thank **Meenakshi Meyyappan** for graciously hosting the meeting.

We thank **Rashmi Mohindra** for being our day facilitator.

ASHA HEMDEV

JENNIFER MEDDICK

Please note the change in mobile number for **Kimberly Owens**. Her new number is +91 87545 77545.

23 Thu	<p>10.15 ^{AM} Hanu Reddy Residences (From Kasturi Rangan Road go past Ente Keralam and turn left) 39/18, Binny Road Poes Garden, Chennai 600 086</p>
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It Happened along the Kaveri A Journey through Space and Time

Authors **Padma Seshadri** and **Padma Malini Sundararaghavan**, colleagues in the Department of English at Stella Maris College, have skillfully woven together interesting nuggets from history, mythology and personal experiences, making this book more than just a fact file of the river.

A lot of research has gone into this book which traces the river Kaveri's long journey from her origins in Talakaveri, nestled amid the tall mountains of the Western Ghats, to the ancient port city of Poompuhar, where she eventually meets the Bay of Bengal. Her journey is peppered with stories from history, mythology and anecdotes from the lives of people who have shaped the destinies of the regions along her banks.

We thank our sponsors, **Meenakshi Dhamija**, **Jessica Elias**, **Princess Naik** and **Geeta S. Rajagopal**.

We thank **Rita Lal** for being our day facilitator.

LEENA SURYAPRAKASH
 ACHU KURIAN
 SHARMILA RAMJI

JANSI KISHORE
 RATHI NILAKANTAN
 CECY KURUVILLA

We thank **Kala Bhashyam** for sponsoring the audio visual equipment for the Book Discussion meeting in June.

Our Congratulations to **N. Meera Raghavendra Rao** on the launch of her coffee table book "3 E's of Travel".

28^{Tue}	<p>03.45 PM Hanu Reddy Residences (From Kasturi Rangan Road go past Ente Keralam and turn left) 39/18, Binny Road Poes Garden, Chennai 600 086</p>
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Locating Ravi Varma in a post colonial context

Dr. Razia Tony, head of the Fine Arts Department, Stella Maris College, will give a talk with a slide presentation on Raja Ravi Varma. Raja Ravi Varma's prints, calendar pictures and oleographs are famous throughout India. He laid the foundation for the popular calendar art of today.

Raja Ravi Varma was a member of the Travancore royal family. Painting at the end of the 19th century; he was the first South Indian artist to work extensively with oils. He drew on European styles and techniques for inspiration; however art critics both Indian and European, considered his work to be second rate. Razia will guide us through a historical critical examination of Raja Ravi Varma's body of work, both as they were evaluated yesterday and as they are considered today.

Please note this is an **evening meeting**.

We thank **Susan Abraham, Urmilla Agarwal** and **Jatinder Bahl** for graciously hosting the meeting.

We thank **Mridula Srinivasan** for being our day facilitator.

NALINI ACHARYA

DEBORAH THIAGARAJAN

30^{Thu}	<p>03.45 PM Crimson Chakra 13, First Crescent Road, Gandhi Nagar Adyar, Chennai 600 020. Ph: 42115664</p>
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'Good Health is a person's greatest gift'

Every day we are bombarded with information on health that sounds logical and reasonable but it may not be so.... such as:

Women gain weight because they don't eat a proper diet and don't exercise

It is normal to feel tired as a woman ages and so on...

Ashmita Boopathy is a qualified Medical Engineer & an SME (subject matter expert) in areas such as Preventive Healthcare, Integrated Medicines and many more. She is dedicated to helping women in an entirely different way and in making sense of all the contradictory & confusing information available to them. Do come and learn important wellness skills in a relaxed and enjoyable manner.

Please note that this is an **evening meeting**.

We have to limit this meeting to **45 members only**. Please **warn in** with **Badrunissa Mahadevan** at 9884348463 from August 14th to 17th between 11am and 5pm.

We thank our sponsors **Prithika Chary, Zainab Kachwalla, Jaya Menon & Mridula Srinivasan** for graciously hosting this meeting.

We thank **Raheela Kareem** for being our day facilitator.

BADRUNNISA MAHADEVAN
 ASHA HEMDEV

CHRIS BOMSTAD
 JENNIFER MEDDICK