

3 Mon	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee
4 Tue	10.15 ^{AM} Book Discussion
7 Fri	03.30 PM Philosophy & Religion
11 Tue	10.15 ^{AM} Music & Performing Arts
13 Thu	10.15 ^{AM} Cooking Swapshop
18 Tue	10.15 ^{AM} Health & Ecology
20 Thu	10.15 ^{AM} Current Events

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

25 Tue	03.30 PM History, Culture & Tours, Cooking Swapshop and Philosophy & Religion
27 Thu	10.15 ^{AM} Arts & Handicrafts

Change of Address

Sarah Chanda

Mother Josephine Vanini -
Senior Citizens Retirement Home
Vaithialingam Road
Neelankarai
Chennai 600 115

Mahin Rabi Khaleeli

c/o Mrs Ann Gonsalvez
64, Nungambakkam Lane
Nungambakkam High Road
Chennai 600 034
Mobile: +91 9003187558
Landline: +91 44 28274779

Change of Email - Id

Lakshmi Viswanathan

lakshmi.vishwanathan44@gmail.com

From the Presidents

Dear Friends,

Mala and I would like to thank the Founder Members, Past Presidents and all the members who attended our Founders Day programme and made this event such a special one for all of us. It was wonderful to look back into the past and recollect the founding of this very special organization by a group of visionary ladies and to trace its growth from strength to strength till the present. An excellent Founders Day programme was the highlight of the event and we thank each of the members who participated in the entertainment which was enjoyed and appreciated by all. Our special thanks to **Vijay Goyal, Chandra Seoni and Deepika Goyal** for most graciously hosting and sponsoring the event year after year.

On 25th August we will be celebrating **Onam**, the harvest festival of Kerala, which is celebrated with great joy and enthusiasm all over Kerala by people of all communities. Please block the date on your calendars. We look forward to seeing you all dressed up in Onam Pudava and it is going to be a real treat, to savour the delicious Onam High Tea.

Our Activity Chairpersons are organizing some excellent meetings and we thank you for supporting them by attending and taking part in large numbers. We would also like to thank our members who have been most generous in their willingness to sponsor and co-sponsor meetings.

Looking forward to catching up with all of you, at the meetings to come.

ACHU KURIAN

MALINI KRISHNA

3 Mon	10.00 ^{AM} Managing Committee
	11.00 ^{AM} Executive Committee
	Sandys
	16, Wallace Garden 2nd Street
	Nungambakkam
	Chennai 600 034

Meetings are hosted by **Lakshmi Menon** and **Anjali Sacheti**

From the Treasurer

**RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD
1st April 2015 To 30th June 2015**

RECEIPTS	Amount	Amount
To Opening Balance -Cash	5712.00	
To Opening Balance-Canara Bank	387992.61	
To Opening Balance-FD	1229869.00	
Sub Total		1623573.61
To Membership Subscription		576000.00
To Non Refundable New Membership Fees		30000.00
To Guest charges		4800.00
To Telephone Directory,Books, Bye-laws and Badges		960.00
To Interest on Fixed Deposits		34400.00
To Bank Charges		334.00
TOTAL		2270067.61
PAYMENTS		
By AGM Expenses 2014-2015		108000.00
By Fellowship Morning		41062.50
By Gift Articles and Mementoes		23250.00
By Meetings		29800.00
By Badges		1100.00
By Bank Charges		576.00
By Salary to Accountant		18000.00
By Postage and Courier		4611.00
By Closing Balance-Cash in Hand	48072.00	
By Closing Balance-Canara bank SB	722286.11	
By Closing Balance-Fixed Deposits	100000.00	
By Closing Balance-Fixed Deposits	424354.00	
By Closing Balance-Fixed Deposits	200000.00	
By Closing Balance-Fixed Deposits	500000.00	
By Closing Balance-Fixed Deposits	5515.00	
By Advance paid to Chairpersons	40000.00	
By Tax Deducted at Source	3441.00	
Sub Total		2043668.11
TOTAL		2270067.61

ANITA KOSHY

4 Tue	10.15 AM E-HOTEL Express Avenue Mall Gate 1 Patullos Road Chennai 600 002	
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Romance, Desi style

Anuja Chauhan is an author and advertiser in equal measures, often described as 'the best writer of the Indian commercial fiction'. She worked in an advertising agency for over 17 years, before resigning in 2010 to pursue a full-time literary career. She created Pepsi's "Nothing official about it" campaign and advertising slogans such as Pepsi's "Yeh Dil Maange More" and "Oye Bubbly".

As a writer, she is known for her best-selling, contemporary fiction works, "The Zoya Factor", "Battle For Bittora" and "Those Pricey Thakur Girls". All three books are romances. Her new novel, a jump sequel to "Those Pricey Thakur Girls" has released recently. Titled "**The House That BJ Built**", it is a romance set against the backdrop of a family property dispute, involving BJ's 200 crore house on New Delhi's posh Hailey Road.

Anuja will join us to discuss her latest book as well as the role of Indian authors in the romance genre.

We thank **Sherry Batliwala, Jasmine Kabrajee, Rupa Kadhiresan, Chandra Lulla, Devyani Shah** and **Manisha Singhee** for sponsoring this meeting.

We thank **Urmilla Agarwal** for being our day facilitator.

NIDHI THADANI

AMULYA RAO

7 Fri	03.30 PM Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
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Revisiting Mythic Women

In every age we need to re-interpret myths to empower ourselves, and to make sense of the confusing world in which we live. Revisiting Mythic Women looks at four cult women of India- Sita, Draupadi, Yashodhara and Mirabai - to see how and why their strong, intelligent personalities have inspired succeeding generations of women. This effort at re-valuation draws from poets ancient and contemporary, traditionalist and feminist, accommodating both male gaze and female perspective.

Dr. Gowri Ramnarayan, a writer, journalist and musician with a doctorate in comparative aesthetics, retired Deputy Editor, The Hindu, will make the presentation. Dr. Ramnarayan has, for 17 years, been the vocal accompanist to Carnatic musician MS Subbulakshmi in concerts in India and abroad.

Video clips from theatre productions will illustrate the key moments.

We thank **Shobha Hebbar** for being our day facilitator.

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

MALLIKA VENKATARAMANI

SHARON ILES

— — — — —
 Sleep is that golden chain that ties health and our bodies together.

11 Tue	10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
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A Song in your Heart

It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything...Music makes your mood!

A song that takes you back in time to your childhood...a lullaby that your grandma sang for you, a song that triggers a secret that you shared with your friends in school... A song that takes you down the romantic memory lane...of rains, sunshine, fragrances and love.....and then a full circle....a song that you sang for your child....

Yes, each of us has a favourite song in our hearts... a song that lifts our mood, that dulls our pain, that takes us back in time to those wonderful memories, cherished and treasured.

Dr. Sumathi Krishnan will take us on a musical journey with a medley of handpicked songs from different parts of India. She is multilingual and sings in different languages with ease. She is a Carnatic vocalist of repute and has been presenting concerts and lecture demonstrations in India and abroad. She has recently completed a series on Court and Royal Composers that was supported by the Ministry of Culture.

We thank **Jeyasree Ravi** and **Valli Murugappan** for sponsoring the event.

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

PADMAVATHY GUNASHEKAR

SYLVIE WRIGHT

We also thank **Jansi Kishore** and **Anita Koshy** for sponsoring the audio visual equipment for the July Music & Performing Arts meeting.

13 Thu	10.15 ^{AM} INKO Centre 18 Adyar Club Gate Road Chennai 600 028	
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Discovering Korean Cuisine

Korean cuisine may seem daunting to newcomers, with the array of side dishes at every meal.

The hospitable **Korean** community of Chennai will be demonstrating to the ladies of IWA, all the basics one needs to know.

A few of their well-known dishes will be introduced to us and let us learn together to make them with easy steps. Enjoy these dishes!

1. **GimBap** (Korean for **Sushi**) - Made from steamed white Rice (Bap) and various ingredients like vegetables, eggs (optional).
2. **Bibimbap** - A popular dish worldwide and a welcome sight to vegetarians, literally means mixed rice with assorted vegetables.
3. **Kimchi** - Eaten at almost every meal, made from cabbage, radish mixed with spices like garlic, chilli, pepper and ginger. The flavour is sour, spicy and tangy and one quickly becomes addicted to this unique flavour.

Let us together savour an authentic Korean experience at **INKO** Centre.

Hearty thanks to our own member **Chung Mee** and her group of **Korean volunteers** for hosting this meeting.

We thank **Cibi Mammen** for being our day facilitator.

Please note there is a flight of steps to climb at the venue.

ASHA MURTHI

CHUNG MEE

18^{Tue}	<p>10.15 ^{A.M} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Healthy on the inside, Beautiful on the outside

Dr Chytra V Anand is an internationally renowned celebrity Cosmetic Dermatologist from Bangalore. She is the founder of India's leading medical aesthetic chain Kosmoderma, dedicated to excellence in the field of Advanced Dermatology, Cosmetology & Trichology. She has been featured in several Cosmetic Dermatology programs by the BBC, Discovery Health, Channel 9, Zee TV and she writes articles in mainstream publications.

Our appearance is a reflection of our inner health. Dr Chytra believes that it is never too late to start looking and feeling one's best. She will share with us precious tips on how we can be 'healthy on the inside and beautiful on the outside'!

We thank **Somna Sachdev** for sponsoring the meeting.

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

BANU SINGH

SUSHI GOKLANEY

YOUR BODY... ON WALKING

Ridiculously simple, astonishingly powerful, scientifically proven by study after study: Sneaking in a few minutes a day can transform your health, body and mind.

Why are you still sitting?

20^{Thu}	<p>10.15 ^{A.M} The Pearl Room Presidency Club Ethiraj Salai, Egmore Chennai 600 008</p>	
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Improving Urban Lives

Cities in India have become nightmares. Traffic congestion, poor infrastructure and indiscipline are only some of the problems the residents face. In spite of government initiatives to improve the city of Chennai, there seems to be so much more to be done.

Chennai City Connect Foundation (CCCF) is an NGO that seeks to bring the various stakeholders of the city - residents, industry associations, civic organizations - to a common platform so that they may speak in a coordinated manner for the good of the citizens of Chennai, thereby making Chennai a better place to live in.

The focus areas of CCCF are traffic and transportation, environment and urban planning. They are facilitating the restoration of forty three water bodies around Chennai and the Pallikaranai marshland in partnership with another NGO- Care Earth.

Addressing us will be **Mr Raj Cherubal** who is the Director-Projects for CCCF.

We thank **Kashmira Daruwala, Suma Eapen** and **Asha Hemdev** for so graciously hosting this meeting.

We thank **Darley Mathew** for being our day facilitator.

LAKSHMI MENON

ANJALI SACHETI

<h1>25</h1> <p>Tue</p>	<p>03.30 PM Aruna Vijaykumar Residence 6A, TVS Avenue East Coast Road Akkarai, Chennai 600 119</p> 
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Onashamsakal

Onam, Kerala's harvest festival, is celebrated with great enthusiasm by people of all communities. Onam marks the homecoming of King Mahabali, a legendary king, who ruled Kerala in ancient times. It is a celebration of a golden past and a festival that is truly secular in nature.

People wear new clothes, decorate their houses and put flower carpets called '**Pookalams**' in front of their houses. The most impressive part of Onam celebration is the grand '**Ona Sadya**', a feast of rice served on banana leaves accompanied by more than 10 curries and Payasam. Women wear the traditional off white Kasavu saree or Mundum Neriyathu. Women and children engage in Kaikottikali or Thiruvathirakali, a dance performed around a Nilavilakku.

Join us dressed in **traditional Kerala attire** and be transported into an ambience of God's Own Country where you can be part of the Onam celebration followed by an Onam High Tea.

We thank **Aruna Vijaykumar** for opening her lovely home for this celebration.

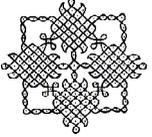
We thank **Latha Baratan, Usha Chandrakumar, Thejomaye Menon** and **Sabina Narayan** for sponsoring the meeting.

We thank **Suma Eapen** for being our day facilitator.

Please note this is an **evening meeting** for **members only**.

USHAJAWAHAR
 ASHA MURTHI
 MALLIKA VENKATARAMANI

VIKKI TIPPET
 CHUNG MEE
 SHARON ILES

<h1>27</h1> <p>Thu</p>	<p>10.15 AM Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p> 
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Kalamkari - Ancient Indian Art

Kalamkari is an ancient Indian art that originated about 3000 years ago. Kalamkari derives its name from kalam or pen which refers to the bamboo pen used to trace intricate designs on cloth. This style of painting that originated in Kalahasti in Andhra Pradesh, uses vegetable dyes made out of natural materials like barks, leaves, roots and flowers.

Mr. Vijayakumar is the Master Kalamkari Craftsman in Dakshinachitra and will demonstrate to us the art of Kalamkari painting. He holds a diploma in Kalamkari painting from the Government of Andhra Pradesh.

Ms. Lakshmi Thyagarajan works as an Education Coordinator in Dakshinachitra and holds a master's degree in Mass Communication and Journalism. She will give us a talk on the intricacies of the art while Vijayakumar demonstrates the art.

We thank **Chandra Sankar** for graciously sponsoring this meeting.

We thank **Rama Rajagopalan** for being our day facilitator.

USHA B MOORTHY

SANYUKTA GILL

Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting.