

July at a glance

1 Wed	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee
7 Tue	10.15 ^{AM} Music & Performing Arts
9 Thu	10.15 ^{AM} Cooking Swapshop
14 Tue	04.00 ^{PM} Arts & Handicrafts
17 Fri	10.15 ^{AM} Book Discussion
21 Tue	10.15 ^{AM} Current Events
23 Thu	10.15 ^{AM} Health & Ecology

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

24 Fri	10.15 ^{AM} Founders Day
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30 Thu	11.30 ^{AM} Philosophy & Religion
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1 Wed	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee L'amandier 57, Chamiers Road, R.A.Puram Chennai 600 028
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Meetings are hosted by **Nidhi Kapoor Thadani** and **Amulya Rao**

International Music Day

International Music Day, which falls on 1st October, is also the day when we remember and honour our Founder Nirmal Seshadri and her love for music. Towards this, her family has set up an endowment fund and each year a committee is formed for the specific purpose of recognizing a young and talented musician.

The Music Committee, for the year 2015 – 2016, has the following members:

- Chairperson** **Lakshmi Viswanathan**
- Member** **Sharada Rajamani**
- Member** **Rekha Rangaraj**
- Member** **Tineke Sysmans**

The selected candidate should preferably be under 18 years of age and should have certifications, awards and citations to his/her credit. Members can send in their suggestions and recommend prospective candidates by email to **Lakshmi Viswanathan** (lakshmi.vishwanathan@gmail.com) or call **9840916219** by **31st July 2015**, supported with appropriate write ups.

ACHU KURIAN

MALINI KRISHNA

We are happy to welcome our new Non-Indian Member

Eun Young Lee (USA)
 'River House'
 12 Turnbull Road Extension
 Chennai 600 035
 Landline - +914428574000
 Email – noonacute99@yahoo.com

From the Presidents

Dear Friends,

Fellowship Morning is the first meeting of each IWA year and we were delighted to see so many of you attending this meeting looking exquisite in various shades of Pink. Many thanks to the Managing Committee and the Executive Committee for all their efforts in making it an interesting and enjoyable morning.

This year on Friday, 24th July, we celebrate **Founders Day** in honour of the amazing ladies whose vision and foresight gave birth to this wonderful organization and to express our gratitude to the Past Presidents who have contributed so much to the growth and success of IWA over the years. This being one of the main meetings in the IWA calendar, we look forward to seeing all of you there.

The **Music Committee** chaired by Lakshmi Viswanathan will be ably supported by Sharada Rajamani, Rekha Rangaraj and Tineke Sysmans. They have been given the important responsibility of selecting a young and talented musician to be felicitated at this year's **Music Day**.

The **trip to South Africa** has been planned from September 17th to September 27th. We are very happy with your response to our choice of destination for this year's trip. Do warn in early to avoid disappointment.

We have some excellent meetings lined up for you this month. We are looking forward to seeing all of you attend and participate in the meetings.

ACHU KURIAN

MALINI KRISHNA

<h1>7</h1> <p>Tue</p>	<p>10.15 ^{AM} E-HOTEL Express Avenue Mall Gate 1 Patullas Road Chennai 600 002</p>	
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Honey, He Shrunk the Veena!!

The patron Hindu Goddess of learning and the arts, Saraswathi, is often depicted seated upon a swan, playing a Veena. "The Veena is the abode of divinity and the source of all happiness."- R. Rangaramanuja Ayyangar.

Divine, as the ancient instrument sounds, while the left hand slides along the frets and the right hand plucks its four strings, the *Veena* is not easy to transport, given its unwieldy size and reacts drastically to minor changes in weather. Now, imagine the Veena considerably shrunk in size with detachable parts, easy to tune, maintenance- free, not susceptible to thermal changes and which can be easily carried in a guitar bag slung over the shoulder!

IWA brings you **Baradwaj Raman** who has innovated and designed such a unique user-friendly Veena which has all the regular features of the Saraswathi Veena. Baradwaj, one of the young leading Carnatic musicians of today, has been performing on the 'Saraswathi Veena' from the age of 12. He comes from a lineage of artistes - his grandfather, the legendary Padma Bhushan Dr.S.Balachander, was a multi-faceted self-taught genius, musician, composer, film maker and actor!

Baradwaj's unique 'SBVNA' is not only aesthetic and portable, but it has the same tonal quality as the Saraswathi Veena! Baradwaj will demonstrate the regular Veena and the SBVNA with some popular classical melodies.

We thank **Anita Bhatia** for being our day facilitator.

PADMAVATHY GUNASHEKAR

SYLVIE WRIGHT

<h1>9</h1> <p>Thu</p>	<p>10.15 ^{AM} Bombay Brasserie No 3, College Lane Nungambakkam Chennai 600 034</p>	
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The Taste of India

Bombay has always been a veritable melting pot of cuisines from all over India. As more and more people migrated from other states, they brought with them their foods, their tastes; these unique culinary influences shaped the palates of Mumbaikars.

Bombay Brasserie is the culmination of that process - a unique bouquet of flavours with a fresh new take on tradition. This morning at Bombay Brasserie our chef will demonstrate his interpretation of classic Indian cuisine. To see how this is done, come along and learn how to make four of their signature dishes.

1. Lucknow Parath Paneer (paneer infused with poppy seeds and dried rose petals)
2. Subz Shikampuri Kebab (a Hyderabadi speciality)
3. Ulta Tawa Paratha (a nawabi saffron paratha cooked on an inverted tawa)
4. Paperwali Macchli (fish fillets slathered in a fragrant coriander chutney and grilled)

Enjoy a taste that is quite like no other and embark on a delicious culinary journey. Enjoy the many flavours of Bombay!!!

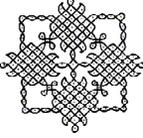
We thank **Bombay Brasserie** for hosting this meeting.

We thank **Anuradha Sachdev** for being our day facilitator.

Please note that there is a flight of 15 steps to climb at the venue.

ASHA MURTHI

CHUNG MEE

<h1>14^{Tue}</h1>	<p>04.00 PM The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah. Chennai 600 014</p>	
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Fusing Modernity with Traditional Textiles

In 2001, when traditional handlooms were fading away into oblivion, due to declining patronage and a growing popularity for embroidered sarees like georgettes and chiffons, **Gaurang Shah** took up the challenge of reviving the traditional handlooms and bringing them back in vogue. After a lot of painstaking years was born the label **Gaurang**.

Gaurang Shah is a self-taught designer who learnt on the job in his family store. He believes that bringing happiness in the weaver communities is the true fabric of culture and revival of traditions.

Gaurang Shah will tell us his story of how he fused modernity with traditional textiles based on current commercial demands.

We thank **Padma Ashok** for graciously sponsoring this meeting and **Susan Abraham** for sponsoring the audio visual equipment.

We thank **Jaya Mahubani** for being our day facilitator.

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

USHA B MOORTHY

SANYUKTA GILL



Our heartfelt condolences to **Farida Majid** on the loss of her husband.

<h1>17^{Fri}</h1>	<p>10.15 AM The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah. Chennai 600 014</p>	
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Scion of Ikshvaku

Amish Tripathi is a unique Indian author who has made a huge impact on the global stage. Described as 'India's first literary popstar' by film director Shekhar Kapur, he has also made it to Forbes' 100 most influential Indians list three years in a row. His books combine crackling storytelling, religious symbolism and profound philosophies.

After his extremely popular Shiva trilogy, Amish has come out with the first book in the new Ram Chandra series, '**Scion of Ikshvaku**'. Set in 3400 BCE India, the book explores the life of Prince Ram of Ayodhya. It delves into queries such as

1. Will Ram rise above the taint that others heap on him?
2. Will his love for Sita sustain him through his struggle?
3. Will he defeat the demon Lord Raavan who destroyed his childhood?
4. Will he fulfil the destiny of the Vishnu?

Please join us as the author himself describes his latest book and the depth of research behind it.

We thank **Sucharitha Prasad** for graciously sponsoring this meeting.

We thank **Deepali Goyal** for being our day facilitator.

NIDHI THADANI

AMULYA RAO

<h1>21^{Tue}</h1>	<p>10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah. Chennai 600 014</p>	
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Communicating Across Cultures

We live in a multicultural country and now as the world shrinks, we realize we live in a very diverse world. Communicating effectively and well is definitely a plus point in today's environment.

Sreemathi Ramnath is an expert in the area of cross cultural communication. She has over 20 years of experience in the field of Art, Culture, Education and Training. She has designed and delivered many cultural leadership programs in several countries and is a much sought after CEO coach.

Immer Besser is a cross cultural management training and consulting company founded by **Sreemathi**. She is also the founding member of **SIETAR India**. This is a professional body of intercultural experts which enjoys an NGO status with the United Nations and the European Economic Council.

She will be talking to us about communicating across cultures.

We thank **Amita Bhatia** for being our day facilitator.

LAKSHMI MENON

ANJALI SACHETI

By being yourself you bring something wonderful into this world, which was not there before.

<h1>23^{Thu}</h1>	<p>10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah. Chennai 600 014</p>	
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Hopes And Cuddles: The Miracle Of Surrogacy

Surrogacy, in simpler terms is '**Renting a Uterus**'. It has become a boon for innumerable couples who are unable to experience the joys of parenthood.

Dr. Vani Sundarapandian will throw more light upon surrogacy and the issues involved with it.

Dr. Vani has trained in Australia and in the U.K., where she worked for over eight years. She has rich experience in treating infertile couples since the inception of Jananam Fertility Center in Karur in 2006. Currently, she is the Medical Director and lead Clinician at Jananam Fertility Center in Chennai.

We thank **Sarah Chanda** for being our day facilitator.

BANU SINGH

SUSHI GOKLANEY

Flat Tummy Water

6 cups filtered water

1 tbsp grated ginger 1/3 cup mint leaves
 few slices of cucumber, with skin few slices of lemon

Let the mixture infuse overnight. Drink the water the next day.

24^{Fri}	<p>10.15^{AM} Mowbrays Hall Hotel Crown Plaza Adyar Park 132, T. T. K Road. Alwarpet Chennai 600 018</p>
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Founders Day

IWA was founded on 25th July 1986, by seven visionary ladies - *Nirmal Seshadri, Nancy Dean, Lakshmi Padmanabhan, Saroja Ramamrutham, Sunita Shahaney, Anneliese Hazari and Reva Singh.* Every year we fondly remember our Founders and also our Past Presidents who have ensured that IWA continues to grow on the solid foundation and values established by them.

This year, on 24th July, we honour the Founders of IWA and all our Past Presidents who have nurtured IWA from the Founding Seven to a multi - cultural, diverse and vibrant group of 300 members from all over the world.

“Together in Friendship” let us thank our Founders and Past Presidents for creating and nurturing this wonderful organization.

Come dressed in your **Orange** best.

We thank **Vijay Goyal, Deepali Goyal** and **Chandra Seoni** for hosting this meeting and for their continued support.

Please note this is a **members only** meeting.

ACHU KURIAN

MALINI KRISHNA

THE MANAGING AND EXECUTIVE COMMITTEES

30^{Thu}	<p>11.30^{AM} Boat Club #2, 3rd Avenue Boat Club Road. R.A.Puram Chennai 600 028</p>	
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“Jash ne Eid “

‘Aadaab’ and ‘Eid Mubarak’

Aren't festivals a wonderful way to get back in touch with our traditions and a beautiful union of friends and family with a spirit of love.

Eid ul Fitr often abbreviated to “Eid” is an Arabic word meaning “Festivity”, while “Fitr” means “to break the fast” and so symbolizes the breaking of the fasting period.

It's days like these which strengthen the bonds between friends and remind us to give praise for all our graces and bounties.

We invite you to join us in celebrating this beautiful and blessed 'Eid'.

We thank **Minnie Mathan** for being our day facilitator.

We thank our gracious hostesses:

Zubeida Asgarali, Nabila Avais, Fakhira Ayer, Syeda Bangara, Rehane Yavar Dhala, Zainab Kachwalla, Thayabae Kakar, Raheela Kareem, Sadiya Khaleel, Bela Mistry Khaleeli, Mahin Rabi Khaleeli, Badrunissa Mahadevan, Farida Majid, Bilkis Moosa, Fazeela Nurdeen, Mahvash Sait, Seema Sait, Fharzana Siraj and Naaz Tyebbhoy.

Please note this is a **members only** meeting.

MALLIKA VENKATARAMANI

SHARON ILES