

# Executive Committee

2017 - 2018

## Managing Committee

Presidents	Badrunnisa Mahadevan Farah Bangera	2626 2885 / 98843 48463 80562 79520
Vice Presidents	Usha Jawahar Mahvash Sait	98410 25166 2829 0329 / 98406 24875
Secretaries	Nidhi Kapoor Thadani Anjali Sacheti	4203 0842 / 89390 76660 4206 9726 / 98840 56000
Treasurers	Jeyasree Ravi Manisha Singhee	2432 3334 / 92821 05070 2499 1482 / 98410 35003

## Activity Chairpersons

Arts & Handicrafts	Sharmilee Nielsen Caroline Vang Kristensen	94446 86630 89398 08462
Book Discussion	Hemu Ramaiah Gowri Visvanathan	98412 89637 2433 2627 / 98840 68888
Cooking Swapshop	Sheetal Parakh	2836 3123 / 98400 27222
Current Events	Jasmine Kabrajee Sanyukta Gill	2836 1055 / 98407 41900 4210 1513 / 98404 15677
Health & Ecology	Tulsi Reddy Shobha Jesudasen	2827 4169 / 98401 70863 2447 4650 / 98400 22610
History, Culture & Tours	Preeya Reddy Rigmor Ekstrand	2499 1050 / 99402 11120 95000 31499
Music & Performing Arts	Sadiya Khaleel Masako Maruyama	98840 50686 90436 10866
Philosophy & Religion	Ritu Sahi Catherine Reddy	2819 0799 / 93828 81478 73583 87519

# Founder Members

Nirmal Seshadri	Lakshmi Padmanabhan	Nancy Dean
Saroja Ramamrutham	Anneliese Hazari	Sunita Shahaney
Reva Singh		

# Former Presidents

1986 - 1988	Nirmal Seshadri	Nancy Dean
1988 - 1990	Vanitha Mudaliar	Barbara Clarkson
1990 - 1991	Sunita Shahaney	Janet Picken
1991 - 1992	Nirmal Mirza	Stina Vasu
1992 - 1993	Malini Vijayaraghavan	Maureen Hudson Murari
1993 - 1994	Nanditha Krishna	Aruna Vijaykumar
1994 - 1995	Lily Madhok	Margaret Sekharan
1995 - 1996	Zubeida Asgarali	Khinthida Lwin
1996 - 1997	Alagu Muthu	Poonam Lalchand
1997 - 1998	Rupa Kadhiresan	Anneliese Hazari
1998 - 1999	Shyla K. Rau	Megan Utley
1999 - 2000	Gayatri Bewoor	Chandrika Chidambaram
2000 - 2001	Javanthi Singaram	Eira Doshi
2001 - 2002	Rani Chada	Seema Sait
2002 - 2003	Kusum Chadda	Meyyammai Murugappan
2003 - 2004	Sushila Natraj	Elaine Wood
2004 - 2005	Vidya Singh	Padma Ashok
2005 - 2006	Princess Naik	Rathi Nilakantan
2006 - 2007	Seema Bhargava	Amulya Rao
2007 - 2008	Kamala Prasad	Raziyeh Sheerazie
2008 - 2009	Rani Ananth	Lynne Connor
2009 - 2010	Shobha Hebbar	Elizabeth Aston
2010 - 2011	Mridula Srinivasan	Uma Ganesan
2011 - 2012	Nina Kothari	Cherry Venkatesan
2012 - 2013	Ramani Reddy	Vijaya Rangarajan
2013 - 2014	Nita Reddy	Priya Asokan
2014 - 2015	Asha Rammohan	Jo Frogbrook
2015 - 2016	Achu Kurian	Malini Krishna
2016 - 2017	Nabila Avais	Jansi Kishore

<b>1</b> Tue	10.00 <sup>AM</sup> Managing Committee 11.00 <sup>AM</sup> Executive Committee	
<b>3</b> Thu	10.15 <sup>AM</sup> Health & Ecology	
<b>8</b> Tue	10.15 <sup>AM</sup> Arts & Handicrafts	
<b>10</b> Thu	10.15 <sup>AM</sup> Health & Ecology	
<b>17</b> Thu	10.15 <sup>AM</sup> Current Events	
<b>22</b> Tue	10.15 <sup>AM</sup> Philosophy & Religion/ History, Culture & Tours	
<b>24</b> Thu	10.15 <sup>AM</sup> Book Discussion	
<b>29</b> Tue	10.15 <sup>AM</sup> Music & Performing Arts	
<b>31</b> Thu	10.15 <sup>AM</sup> Cooking SwapShop	

To learn more, visit the IWA web site: [www.iwachennai.com](http://www.iwachennai.com)

From the Presidents

**'Throughout the centuries there were men who took first steps down new roads armed with nothing but their own vision...!Ayn Rand.**

Celebrating our Founders Day recaptulates how the first steps taken by our Founders, have flourished over the years into the energetic IWA of today. An organisation that thrives on diversity, celebrates its differences and a membership that enjoys learning from different streams of thought. We would like to profusely thank our Founder Members, Past Presidents and of course all our members for their participation in helping us celebrate this wonderful day.

Our immense thanks go to **Vijay Goyal, Chandra Seoni** and **Deepali Goyal** for their enormous support and gracious hospitality in sponsoring and hosting this event at Hotel Crowne Plaza.

A huge thank you to **Sherry Batliwala** and **Tehnaz Bahadurji** for organising the remarkable entertainment and to all the participants for contributing their time and effort towards making the day a grand success. A heartfelt gratitude to **Vidya Singh** and **Rekha Rangaraj** for the stage and floral decorations. We couldn't have done it without all of you.

Our Activity Chairpersons have come up with some marvellous meetings for you this month. We will celebrate **Ganesh Chaturti** in the traditional Maharashtrian way on the **22nd August 2017**. Please come and join us in all the forthcoming meetings.

BADRUNNISA MAHADEVAN

FARAH BANGERA

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We are extremely sorry that in our July Newsletter our Founder Member Nancy Dean was wrongly mentioned as Nancy Drew.

**From the Treasurer**

**RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD  
( 01.04.2017 TO 30.06.2017 )**

<b>RECEIPTS</b>	<b>Amount</b>	<b>Amount</b>
To Opening Balance -Cash on Hand	23975.00	
To Opening Balance-Canara Bank	526586.61	
To Opening Balance-FD	1229869.00	
<b>Sub Total</b>		<b>1780430.61</b>
To Guest Charges		2400.00
To Interest on Fixed Deposits		20085.00
To Interest on Savings Bank		7490.00
<b>TOTAL</b>		<b>1810405.61</b>
 <b>PAYMENTS</b>		
By AGM Expenses 2016-2017		67375.00
By Fellowship Morning		115561.00
By Meetings		37000.00
By Gift and Mementoes		23030.00
By Bank Charges		69.00
By Printing and Stationery		15060.00
By Postage and Courier		5434.00
By Salary to Accountant		18000.00
By Closing Balance-Cash on Hand	67225.00	
By Closing Balance-Canara bank	229764.61	
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 Tax Deducted at Source	2018.00	
<b>Sub Total</b>		<b>1528876.61</b>
<b>TOTAL</b>		<b>1810405.61</b>

JEYASREE RAVI

<h1 style="font-size: 2em; margin: 0;">03 Thu</h1>	<p>10.15 <sup>AM</sup>  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p> 
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## Counting Sheep to Sleep?!

Blessed are those who get 8 hours of undisturbed sleep every night! The "SleepFairy" may be fictional, but if there were a real life version, it would be **Dr. N.Ramakrishnan**. He is the first Board Certified Sleep Specialist to practice in India and established Nithra Institute of Sleep Sciences in Chennai. He is also a certified specialist in Internal Medicine and Critical Care Medicine.

As a respected medical consultant, professor, author, researcher and invited speaker, Dr. Ramakrishnan is the recipient of many awards from prestigious institutions in India and abroad.

For a restful, restorative night's sleep, and a glowing fresh start to your mornings, come hear what Dr. Ramakrishnan has to say!

We thank **Minnie Mathan, Darley Mathew, Archana Meiyappan, Shweta Mohapatra, Kamala Muthiah** and **Nidhi Thadani** for graciously hosting this meeting.

We thank **Sharada Reddy** for being the day facilitator.

TULSI REDDY

SHOBHA JESUDASEN

<h1 style="font-size: 2em; margin: 0;">1 Tue</h1>	<p>10.00 <sup>AM</sup> Managing Committee                  11.00 <sup>AM</sup> Executive Committee</p> <p><b>Writers Cafe</b>                  98, Peters Lane                  Royapettah, Chennai - 600 086</p>
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Meetings hosted by **Tulsi Reddy** and **Shobha Jesudasen**

<h1>8<sup>Tue</sup></h1>	<p>10.15<sup>AM</sup>  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p> 
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## “The woman who built the unbuildable”


**Zaha Hadid** was a woman who defied all stereotypes. Born in Iraq in the 1950’s, she rose to iconic heights in the male dominated field of Architecture. She was the first woman to receive the Pritzker Architecture prize and the only woman to be awarded the Royal Gold Medal from the Royal Institute of British Architects. She came to be known as the “woman who built the unbuildable” and the “Queen of the curve”.

**Deepti Zachariah** has a Masters in Architecture from DIA in Germany, and owns Chennai based design studio, Revolution by Design. Deepti worked with Zaha Hadid architects for several years, on commissions including the “Building of the year” in 2014, the Hyder Aliev Merkezi, Azerbaijan and competitions in India, Libya, France and Germany. She also formulates and teaches core design courses at IIT, Madras. Deepti will offer a glimpse of the woman behind the icon with snippets of personal stories, the evolution of Zaha’s practice from being an esoteric studio to a global giant thereby creating a ripple effect in the field of Architecture, and how it applies to practice in India for Deepti personally.

We thank **Rinku Mecheri** for being our day facilitator.

SHARMILEE NIELSEN

CAROLINE VANG KRISTENSEN

<h1>10<sup>Thu</sup></h1>	<p>10.15<sup>AM</sup>  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p> 
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## Wellness, Wholeness and Healing of the Mind!

**Anna Chandy** is passionate about human development and believes “people have innate resources to maximize their own potential, when supported by a mental health professional”. She is a well-known columnist, author, counsellor, mentor and coach to people from diverse walks of life.


Anna is the first Certified Training and Supervising Transactional Analyst from Asia, with a specialization in Counselling. She also serves as the Chairperson of The Live Love Laugh Foundation, a Non Profit Organization working in the area of depression, anxiety and stress, founded by actor Deepika Padukone in 2015.

Join Anna in her discussion about mental wellness, which impacts all our lives in some ways!

We thank **Parvathi Nayar** for being our day facilitator.

TULSI REDDY

SHOBHA JESUDASEN

<h1>17<sup>Thu</sup></h1>	<p>10.15 A.M  <b>The Folly, Amethyst</b>                  Whites Road                  Next to Corporation Bank                  Royapettah, Chennai 600 014</p> 
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## Outsmart your Smartphone!

Passionate about communicating across cultures and borders in three distinctive roles - Content specialist & luxury consultant, cross cultural training expert and a widely published lifestyle writer and blogger, **Ashwin Rajagopalan**, has been tracking smart phones and wearable's since 2010 and how they are changing the way we consume content.

Let Ashwin Rajagopalan get you reacquainted with the myriad possibilities that our smart phones offer us. No more fumbling for the silent key on your cell phones... let's get smart!

We thank **Kaety Dalal** for being our day facilitator.


JASMINE KABRAJEE

SANYUKTA GILL

### Change of Address

**Anuradha Uberoi U -1**  
 11B, La Terraza  
 Ranjit Road  
 Kotturpuram  
 Chennai 600 085

**Pauline Kho K -13**  
 Skydeck Apartment, 3rd Floor  
 16/12 Adyar Club Gate Road  
 R A Puram  
 Chennai 600 028

<h1>22<sup>Tue</sup></h1>	<p>10.15 A.M  <b>At Leena Surya Prakash's Residence,</b>                  24, 1<sup>st</sup> Cross Street                  Sterling Road, Chennai 600 034</p> 
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## Ganpathi Bappa Morya Pudchya Varshi Lavkarya

This chant reverberates through every home and every street of Maharashtra during the ten days of **Ganesh Chaturthi**. Ganpathi idols, big and small are installed in homes and in public pandals by the people of the locality.

Lord Ganesha is worshipped with great zeal and enthusiasm by the people, accompanied by music, dance, chanting of Ganesh "stotras" and distribution of Prasad like *modaks* and *karanjiyas* after the daily pujas.

Our members at IWA have tried to recreate the Ganpathi celebrations from the installation to the *Visarjan* (immersion) of the God amidst chants of Ganpathi Bappa Morya, Pudchya Varshi Lavkarya, bidding a fond farewell to Lord Ganesha and urging him to come back early next year. They will sing the glory of Ganesha to the beat of drums and dance to the jingle of the Lezims.

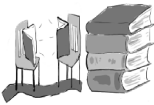
Traditional **Maharashtrian swadisht upahaar** will be served at the end of the meeting.

**Please get into the festive mood by wearing your Paithanis, Ilkals, Maheshwaris and Narayanpets.**

We thank **Usha Chandrakumar** for being our day facilitator.

RITU SAHI  
 PREEYA REDDY

CATHERINE REDDY  
 RIGMOR EKSTRAND

<h1>24<sup>Thu</sup></h1>	<p>10.15<sup>AM</sup>  <b>Presidency Club</b>                  Pearl Room, Fairlawns                  51, Ethiraj Salai                  Chennai 600 008</p>	
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## Madras on your Mind : A City In Stories

Once upon a time by the sea, there was a story – and another and another – and some wandered into these pages to make up a city. So meet, amongst others, a travel guide who falls for a French tourist, a rice merchant with Kollywood dreams, a god whose editor proves elusive, a portly musical lawyer caught in a noir plot, and a man in search of family in the Great Madras Flood. Find yourself, among other places; in Town, at that gastronomic oxymoron, the Udipi cafe, in Velachery, in a fast car on East Coast Road, fleeing the city! It’s all here: the salt in the breeze, the eternal summer, the swing of the sea. It’s Madras on your mind.


“Madras has a multi-faceted identity which we wanted to capture. This is a story of Madras through the prism of many pairs of eyes,” explains **Chitra Viraraghavan**, who has co-edited the book along with husband, **Krishna Shastri Devulapalli**. Various writers, hand-picked by Viraraghavan and Shastri, have come together to create this eclectic anthology.

Chitra Viraraghavan has worked in academic publishing, taught English, and is a book editor, school textbook writer and author of *The Americans: A Novel*. She is working on her second book, a work of historical fiction. Krishna Shastri Devulapalli is a humour writer, cartoonist, columnist and the quintessential Madras-Chennai novelist. His most recent novel is *The Sentimental Spy*.

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

HEMU RAMAIAH

GOWRI VISVANATHAN

<h1>29<sup>Tue</sup></h1>	<p>10.15<sup>AM</sup>  <b>E-Hotel</b>                  Express Avenue Mall Gate                  1, Patullos Road                  Chennai 600 002</p>	
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## Bon Odori - The Japanese Summer Dance!

Bon Odori, simply meaning Bon dance, is a style of dance performed during the Obon festival in Japan, which is held in the month of August. Obon is a three day Buddhist-Confucian festival to honour the departed spirits of one’s ancestors, and has been celebrated for more than 500 years.

It is performed during the heat of summer, so the performers wear light cotton kimonos called ‘Yukata’. Originally a dance to welcome the spirits of the dead, the style of celebration varies in many aspects from region to region. Each region has a local dance, as well as different music. The music can be songs specifically pertinent to the spiritual message of Obon, or local folk songs. Consequently, the Bon dance will look and sound different from region to region.


**Kiyomi Prasanna Tanaka** a Japanese lecturer at the Soka Ikeda College of Arts & Science for Women, Chennai, who has made Chennai her home, will talk on ‘Fukuchiyama Ondo’, a Bon Odori that is performed in her native region of North Kyoto. The performance will be brought to you by her students. The steps are simple and repetitive and we would love our members to join in and enjoy the dance too.

We thank **Dolly Prasad, Kamala Prasad, Rama Rajagopalan, Latha Rajan** and **E. Rajeswari** for graciously hosting this meeting.

We thank **Bilkis Moosa** for being our day facilitator.

SADIYA KHALEEL

MASAKO MARUYAMA

<b>31<sup>Thu</sup></b>	10.15 <sup>A.M</sup> <b>The Park</b> 601 Anna Salai Chennai 600 006	
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## Classic vs. Contemporary Demo

History has a value that helps us understand the present and the future. It draws a fine line between what people of the past did, with what people in the present do. It also has the ability to cast a glimpse of what the future can hold in store for us.

**The Chefs at The Park** will showcase what experts from the past carried out in the culinary world and what is trending by the professionals in the present. They will also share their ideas and beliefs on how contemporary techniques and tastes will define how and what we eat in the years to come.

The team will demonstrate how to take a classic and beloved salad you can find all over the world, "The Caprese" and put a modern and contemporary twist to it.

We thank **Rajesh Radhakrishnan**, General Manager and his entire team at The Park for hosting this meeting.

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

SHEETAL PARAKH

## Tips to boost your mental health

- **Boost brain power by treating yourself to a couple of pieces of dark chocolate every few days.** The flavonoids, caffeine & theobromine in chocolate are thought to work together to improve alertness & mental skills.
- **Experiment with a new recipe, write a poem, paint or try a Pinterest project.** Creative expression & overall well-being are linked.
- **'There is no greater agony than bearing an untold story inside of you'- Maya Angelou.** If you have personal experience with mental illness or recovery, share it.