

1 Wed	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee	
6 Mon	10.15 ^{AM} Cooking Swapshop	
7 Tue	10.15 ^{AM} Arts & Handicrafts	
16 Thu	10.15 ^{AM} Workshop	
21 Tue	10.15 ^{AM} Health & Ecology	
23 Thu	10.15 ^{AM} Book Discussion	
28 Tue	10.15 ^{AM} Philosophy & Religion	

1 Wed	10.00 ^{AM} Managing Committee 11.00 ^{AM} Executive Committee Nandi Shah 21/11, South Mada Street Srinagar Colony Saidapet, Chennai 600 015
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Meetings hosted by **Nandi Shah** and **Nalini Panday**

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

From the Presidents

July has been a wonderful month of meetings and we appreciate all your support and involvement. The celebration of **Founders Day** was a special one and we would like to thank the Founder Members, Past Presidents, and all IWA members in participating and helping us celebrate this special day. Our heartfelt gratitude to **Vijaya Goyal, Chandra Seoni** and **Deepali Goyal** for their enormous support and hosting this event at The Hotel Crowne Plaza.

We have initiated the digital version of the IWA newsletter. We hope this additional mode of communication will make it easier to access information on our meetings. Please note that you will continue to receive your hard copy via courier or post.

Our emphasis this year is to promote wellbeing and vitality through friendship, fun and activity. Thus, we are excited to bring to you the first of our workshops that will introduce us to Zorba and the benefits of **dance yoga**.

The IWA **international trip to Taiwan and South Korea has been cancelled** due to reduced member participation. This is unfortunate as the team did extensive research and planning to formulate the best itinerary for our members. We look forward to your presence in the India trips later in the year.

We have created IWA email IDs to foster ease of communication between our members and the board. These are listed on page no.12.

Once again our activity chairpersons have organized some fabulous meeting this month. We look forward to your attendance and support.

USHAJAWAHAR

MAHVASH SAIT

From the Treasurer

**RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD
(1st April'2018 To 30'th June '2018)**

RECEIPTS	Amount	Amount
To Opening Balance -Cash on Hand	4824.00	
To Opening Balance-Canara Bank	388898.61	
To Opening Balance-FD	1479869.00	
	Sub Total	1873591.61
To Membership Annual Subscription		1204500.00
To Guest Charges		11700.00
To Hostess Contribution		1000.00
To Interest on Fixed Deposits		19489.00
To Interest on Savings Bank		8021.00
To Other Receipts		750.00
To Telephone Directory		900.00
To Income Tax Refund AY2017-2018		10020.00
	TOTAL	3129971.61
PAYMENTS		
By AGM Expenses 2017-2018		118500.00
By Meeting Expenses		74711.00
By Printing and Stationery		2651.00
By Postage and Courier		10080.00
By Salary to Accountant		27000.00
By Gift and Mementoes		17300.00
By Bank Charges		484.00
By Other Receipts		750.00
By Closing Balance-Cash on Hand	166683.00	
By Closing Balance-Canara bank	579994.61	
By Closing Balance-Fixed Deposit	500000.00	
By Closing Balance-Fixed Deposit	100000.00	
By Closing Balance-Fixed Deposit	424354.00	
By Closing Balance-Fixed Deposit	200000.00	
By Closing Balance-Fixed Deposit	250000.00	
By Closing Balance-Fixed Deposits	5515.00	
By Closing Balance Short Term FD	200000.00	
By Closing Balance Short Term FD	450000.00	
By Tax Deducted at Source	1949.00	
	Sub Total	2878495.61
	TOTAL	3129971.61

TEHNAZ BAHADURJI





Respectful Homage To Jo Frogbrook



We are deeply saddened and heartbroken by the news that Jo Frogbrook passed away on July 2nd, 2018. She was a Past President and a beacon of light and positivity to all around her. May her soul rest in peace. We will miss her cheerful and bright presence amongst us.




<h1 style="font-size: 2em; margin: 0;">6</h1> <p style="margin: 0;">Mon</p>	<p style="margin: 0;">10.15 ^{AM}</p> <p style="margin: 0;">The Folly, Amethyst</p> <p style="margin: 0;">Whites Road</p> <p style="margin: 0;">Next to Corporation Bank</p> <p style="margin: 0;">Royapettah, Chennai 600 014</p>	
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Kitchen & waste management - by Navneeth Raghavan



Navneeth Raghavan, an alumna of the Delhi School of Economics, and currently an environment and landscape consultant, has done many projects on green Chennai. She is an expert in kitchen composting and waste management which is the need of the hour.

In conversation with **Kiran Rao**, let us participate in an important discussion and see hands-on how, many institutions are handling their kitchen and home waste.

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

NANDI SHAH

NALINI PANDAY

	<p>10.15 AM The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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The Quilting Maestros

Tina Katwal, Varsha Sundararajan and **Deepa Vasudevan** are three fun loving MBA graduates with an intense passion for Quilting. They together set up the **Quilt India Foundation**. The foundation's core objective is to bring about a revival of Quilting in India and to bring it to the international scene.

Varsha and Tina will talk to us about the history, anthropology, designs, techniques, folklore and myths associated with Quilting.



Please do join us to explore the realms of the Art of Quilting.

We thank **Neena Sanghavi** for being our day facilitator.

BANU SINGH

RIGMOR EKSTRAND

Our Heartfelt condolences to **Rama Rajagopalan** on the loss of her husband.

	<p>10.15 AM NOT A BOX 2, Rutland Gate, 5th Street Nungambakkam Chennai 600 006</p>	
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Love like there is no tomorrow and if tomorrow comes, love again. In the end, everything we do in life is for our quest for happiness, isn't it?

- Sarvesh Shashi

Founder at Zorba

"Zorba" in greek means to live each day fully, which is a reflection of what we are.

We are excited to introduce the first of our workshops in this IWA year. Do join us as **Leena Shashi**, a certified Zorba specialist explores the secrets to health, mindfulness, and vitality through yoga, dance, and movement.

Look forward to seeing you dressed in comfortable attire to join us in a morning of light stretches, dance and enlightenment.

This is a warn in meeting - limited to 25 members only.


Please call or message **Usha Jawahar 98410 25166** before 7th, August, to confirm your presence.

Workshop timing - 10.15 am to 12.30 pm.

USHA JAWAHAR

MAHVASH SAIT

Our Heartfelt condolences to **Nandi Shah** on the loss of her father-in-law.

21 Tue	10.15 ^{A.M} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
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Diabetes - Diet, Medication and Myths

Padmashiri Dr. V. Mohan is the Chairman and Chief of Diabetology at Dr. Mohan's Diabetes Specialities Centre at Chennai. He is also President and Director of the Madras Diabetes Research Foundation which is an ICMR Centre for Advanced Research on Diabetes. He runs the largest chain of diabetes centres in the world with 42 branches all over India.

Dr. V. Mohan holds a world record in publishing over 1150 papers in journals and text books. He has received over 160 awards. His recent award in June, has made him the First Indian to be conferred the prestigious Harold Rifkin Distinguished International Service in the Cause of Diabetes Award by the American Diabetes Association.


As diabetes is a growing concern, Dr.Mohan will ease our confused minds as he talks on the diet, cures and myths surrounding it.

We thank **Tulsi Reddy** for being our day facilitator.

DEEPAM RAVINDRAN

VIRGINIE BOMPOIL

We sorry to announce the demise of our old member **Fakhira Ayer** on 8th July, 2018. May her soul rest in peace.

23 Thu	10.15 ^{A.M} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
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Books and Much More!

Writer? Author of 4 books; historical fiction is her speciality.

Translator? 10 books to her credit, among those are Kalki's epic historical such as Ponnaiyan Selvan, Jeffrey Archer, Amish Tripathi and Lock-Up, the book on which the award-winning film Visaranai was based....the list goes on.

Artist? Her intricate, nuanced miniature sketches, each less than the size of your hand, will adorn the walls of Folly and will blow your mind!

Journalist? Features and interviews in The Hindu, The New Indian Express, The Deccan Chronicle, Times of India and a host of magazines.


And then some!

Pavithra Srinivasan, our guest speaker is a bagful of surprises. Come and hear us converse with her as we explore the realms of this multi-talented, sensitive personality.

We thank **Shilpam Kapur** for being our day facilitator.

JAYA N. MAHBUBANI

BAERBEL BERGER

28 Tue	10.15 ^{AM} The Folly, Amethyst Whites Road Next to Corporation Bank Royapettah, Chennai 600 014	
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Harikatha - Theory and Practice

Dr. Premeela Gurumurthy is Vice- Chancellor of the Tamil Nadu Music and Fine Arts University based in Chennai. A vocalist of repute, she excels in Carnatic music as well as Hindustani music. She has a Ph.D. in Harikatha, theory and performance. She was Head, Chairperson and President of the School of Fine and Performing Arts of University of Madras. Dr. Premeela has made a special study of the ancient Tamil musical forms such as the Thevaram, Divya Prabhandam and the Tiruppugazh.

Harikatha is a form of story telling special to the Indian art and cultural heritage. It is a form of musical discourse , with instrumental accompaniment, generally focusing on a theme from the epics. It blends storytelling, music, humour, dance , drama and philosophy. The aim is to impart values and instill devotion and self- realisation. From the Vedic Age to the present , Harikatha has been an excellent means to communicate to audiences belonging to all strata of society.

Dr. Premeela will talk on Harikatha and also give a demonstration of some multilingual musical forms.

We thank **Aruna Vijayakumar** for being our day facilitator.

KAUSALYA SANTHANAM

MANGAI KAMAL

We congratulate **Poonam Lalchand** on receiving the Femina Mother Daughter Award.

IWA Email IDs

Please avail these for any queries/questions you have in any IWA related matter:

President	:	presidentsiwa@gmail.com
Vice-president	:	vicepresidentsiwa@gmail.com
Treasurer	:	treasureriwa@gmail.com
Secretary	:	secretariesiwa@gmail.com

Whatsapp News letter

Please write in to **vicepresidentsiwa@gmail.com**, if you would like to receive a whatsapp copy of the news letter.