



International
Women's
Association

MARCH 1993

MUSIC AND PERFORMING ARTS

Tuesday, 9th March, 1993 — 10-15 a.m.

At : The C. P. Ramaswamy Iyer Foundation Hall
1, Eldams Road
Madras-600 018



A SANTOOR RECITAL

IWA members may recall that three years ago we had the unique opportunity to listen to a memorable recital of Santoor artist R. Vishveshwaran. A disciple of the eminent Santoor wizard Pandit Shivkumar Sharma, Vishveshwaran will regale us again with his superb artistry on the Santoor, which is rarely heard in South India.

In this morning's recital he will be accompanied on the Tabla by Fazel Qureshi the accomplished Tabla artist, son of the famous Allah Rakha and younger brother of the equally famous Zakir Hussain.

All are welcome.

**GAYATRI BEWOOR
SABINE SALAM**

Sponsored by — **Nirmal Mirza**

IWA NEWS LETTER

Vol. VII No. : 10
Madras

MARCH 1993

MONTH AT A GLANCE

Monday, 1st March	"WOMAN OF THE YEAR" AWARD	10-15 a.m.
Wednesday, 3rd March	CURRENT EVENTS AND CAREERS 'MUKTI' — for some a career as well as a dedication	10-15 a.m.
Thursday, 4th March	ARTS AND HANDICRAFTS Making Stuffed Toys	10-15 a.m.
Monday, 8th March	EXECUTIVE COMMITTEE MEETING	10-30 a.m.
Thursday, 11th March	MUSIC AND PERFORMING ARTS Rita Salchana sings for us	10-15 a.m.
Tuesday, 16th March	HEALTH AND ECOLOGY Indian medical systems : Ayurveda, Siddha & Unani	10-15 a.m.
Thursday, 18th March	COOKING SWAPSHOP Home-made Pasta demonstrated by Amrita Bhalla	10-15 a.m.
Friday, 26th, to Sunday, 28th March	HISTORY, CULTURE AND TOURS and PHILOSOPHY AND RELIGION Tour to Chidambaram — Gangaikonda Cholapuram — Pichavaram	Departure Fri, 6-00 a.m.
Tuesday, 30th March	BOOK DISCUSSION 'Indira Gandhi' by Pupul Jayakar	10-15 a.m.

FROM THE PRESIDENTS

Our penultimate month in the IWA year. Once again, we are delighted to bring you a fascinating schedule of activities beginning with our 'WOMAN OF THE YEAR' AWARD to Qudsia Gandhi and Sheela Rani Chunkath on March 1st. We regret to advise, however, that the ex-President, Shri R. Venkataraman, is unable to be present with us on this occasion. Details of the event are on pages 4 & 5.

Please warn in early if you wish to join the trip to Chidambaram, Gangaikonda Cholapuram and Pichavaram.

Membership forms for new members will be available at all meetings beginning from March 1st.

**MALINI VIJAYARAGHAVAN
MAUREEN HUDSON-MURARI**

EXECUTIVE COMMITTEE MEETING

Monday, 8th March, 1993 — 10-30 a.m.

At : Maureen Hudson-Murari's
32, Landons Road
Kilpauk, Madras-600 010
Tel. : 6413027



ANNOUNCEMENTS

Congratulations to :

- * Catrine Brown on the birth of a daughter, Jasmine.
- * Srikanta Jhaver on the marriage of her son, Parikshith.
- * Hemalatha Santhavadan on the marriage of her daughter, Prasannavadani.
- * Dr. Prithika Chary on the receipt of the L. K. Ramiah Award for 1992 for dedicated service in medicine.

Change of Address :

- * Neelu Sawhny, 9 North Mada Street, Srinagar Colony, Saidapet
Madras-600 015, Tel. : 2352843 (R)

Condolences to :

- * Brahada Kameshwaran on the demise of her father.
- * Binu Mullick on the demise of her father-in-law.

Thoughts for the Month

- They have the right to criticise who have the heart to help.
- Silence is sometimes the severest criticism - Charles Buxton.

CURRENT EVENTS AND CAREERS

Wednesday, 3rd March, 1993 — 10-15 a.m.



At : Poonam Lalchand's
3, College Lane
Madras-600 006
Tel. : 8257157

'MUKTI'

Starting from humble beginnings as the brainchild of Mrs. Meena Dadha, MUKTI has been giving freedom of movement to many people whose lives have been marred by loss of limbs. It has been helping people to overcome their handicap and join the mainstream of society as useful and productive members.

Camps in eleven different countries have been organised and centres for the manufacture has been set up at Guatemala and Mexico with 'Mukti' technology — Representatives from Malawi are learning the art in Madras.

Mrs. Jayanthi Gopinathan and Mrs. Meena Dadha will talk to us on this subject.

ZUBEIDA ASGARALI
POONAM LALCHAND

ARTS AND HANDICRAFTS

Thursday, 4th March, 1993 — 10-15 a.m.

At : The Alliance Francaise de Madras
40, College Road
Nungambakkam
Madras-600 006
Tel. : 479803



MAKING STUFFED TOYS

Meena Lakshman will demonstrate and explain how these delightful toys can be made out of almost anything — scraps of material and bits and pieces, etc. She loves making the toys and loves to share her joy with others, particularly children and seeing the pleasure they get from her toys.

It's a morning to look forward to, and Meena will delight you with her craft.

**KAUSALYA JAGANMOHAN
ANNIE RAFFIER**

MUSIC AND PERFORMING ARTS

Thursday, 11th March, 1993 — 10-15 a.m.

At : The British Council Auditorium
737, Anna Salai
Madras-600 002



We present a morning of song and music by Rita Saldhana, IWA's exceptionally talented member. Rita is well known in the Western Music circles of Madras for her singing and acting talents. She has featured in many musical productions of the Madras Theatre Circle.

We are sure you will extend your full support to Rita, by attending her morning program in large numbers.

All are Welcome

**GAYATRI BEWOOR
SABINE SALAM**

HEALTH AND ECOLOGY

Tuesday, 16th March, 1993

10-15 a.m. fellowship
10-30 — 12-00 meeting



At : Renu Jalan's
"Jalan House"
34, Kothari Road, Madras-600 034
Tel. : 475617/475671

INDIAN MEDICAL SYSTEMS : AYURVEDA, SIDDHA & UNANI

Speakers : **Dr. (Vaidya) Girija** (Ayurveda)
Dr. Jaya Prakash Narayanan (Siddha)
Dr. Khaleefathulla (Unani)

Health and Ecology has normally concentrated upon allopathic health conditions and treatments. This month we have an exciting departure from the norm for we now turn our attention to the ancient healing arts of India. If there is no such thing as viral or bacterial infection, then what is the theoretical basis for analysis and cure in Ayurveda? What is Siddha, and what do the newspapers mean when they report a potential Siddha cure for AIDS? In what way has Unani developed since its arrival here from Greece by way of Arabia?

We hope you will all be on hand when our honoured guests answer all of our long-harboured questions on the fascinating subject to Indian medicine.

URMILA REDDY
PAULINE HAHN

GRANDMOTHER'S RECIPES

For April we have prepared a year-end event which, we think, everyone will enjoy.

Please send us your home remedies and grandmother's cures so that we may share them at a round table discussion. We need to receive them by the 15th of March. Contact Urmila. Details of the program will be in the April Newsletter.

Call : **Urmila** — 476421

Write : **Pauline**
C/o. Kovalam / B-3, Bushra Hs.
46, Nowroji Road, Chetpet
Madras-600 031

COOKING SWAPSHOP

Thursday, 18th March, 1993 — 10-15 a.m.

At : Stina Vasu's
6, Cathedral Road
Madras-600 086



THE PASTA PRESENTATION

Marcopolo, during his travels to the East, discovered the noodles in China and took the knowhow back with him to Europe. The noodles slowly evolved into "Pasta" in Italy and today, Pasta is the staple diet in Italy and the second grand gourmet cuisine of the World. Pasta can be made with wheat flour, whole wheat flour and even potatoes. You can make it at home or buy readymade.

Our IWA member Amrita Bhalla will demonstrate the making of homemade Pasta by rolling and also with the help of a Pasta Machine. Some of the dishes she will demonstrate with Pasta are Vegetable Lasagne, Spaghetti Bolognese and two variations of Pasta cooked in Indian style.

The Aurofood from Pondicherry, who make readymade Pasta, are co-operating with us in this demonstration.

**LILY MADHOK
KYOKO ISHIZAKI**

EXECUTIVE COMMITTEE

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		Christina Engvall	454419

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Kausalya Jagenmohan	454201
		Annie Raffier	614912
BOOK DISCUSSION	:	Javanthi Prabhakaran	6411659
		Marie Williams	471700
CURRENT EVENTS & CAREERS	:	Zubeida Asgarali	471614
		Poonam Lalchand	472947/8257157
COOKING SWAPSHOP	:	Lily Madhok	454661/452525
		Kyoko Ishizaki	453855
HEALTH & ECOLOGY	:	Urmila Reddy	476421
		Pauline Hahn	8253102/8250738
HISTORY, CULTURE & TOURS	:	Shakunthala Jagannathan	459199
		Seema Sait	612800
MUSIC & PERFORMING ARTS	:	Gayatri Bewoor	864035
		Sabine Salam	830128/832670
PHILOSOPHY & RELIGION	:	Devaki Muthiah	414364/414944
		Rathi Nilakantan	865250