



International
Women's
Association

NOVEMBER 1992

IWA NEWS LETTER

Vol. VII No. : 6
Madras

NOVEMBER 1992

MONTH AT A GLANCE

- Tuesday, 3rd November ✓ **HISTORY, CULTURE AND TOURS** 10-15 a.m.
✓ Done Travel Quiz
- Thursday, 5th November **COOKING SWAPSHOP** 10-15 a.m.
A demonstration of preparation
of the Traditional X'Mas Cake
- Friday, 6th November ✓ **EXECUTIVE COMMITTEE MEETING** 10-30 a.m.
- Tuesday, 10th November ✓ **MUSIC AND PERFORMING ARTS** 6-00 p.m.
A Dance recital by MALAVIKA SARUKKAI —
'Fireflies' explores 'Shringara' or Love
- Monday, 16th November **ARTS AND HANDICRAFTS**
to Wednesday
26th November An Artists Workshop conducted by
Paola Di Prima, a young French Artist
from Paris
- Tuesday, 17th November ✓ **PHILOSOPHY AND RELIGION** 10-15 a.m.
A talk on SAHAJA YOGA by
Mr. G. B. Murthy
- Thursday, 19th November ✓ **HEALTH AND ECOLOGY** 10-15 a.m.
'Diabetes : Care and Cure' —
Lecture with slides by
Dr. C. V. Krishnaswami
- Tuesday, 24th November ✓ **BOOK DISCUSSION** 10-15 a.m.
GRANDMOTHER'S TALE by
Mr. R. K. Narayan
- Thursday, 26th November **CURRENT EVENTS AND CAREERS** 6-00 p.m.
United Nations : Meeting New Challenges —
A talk by Mr. Aemir Ali, a senior U.N. official

FROM THE PRESIDENTS

There are so many of you to thank for your support of our IWA Diwali Mela, we need to give you a separate page, so please see details on page 6.

Yet again we have a special program scheduled for this month — Tuesday, November 10th at The Museum Theatre. This will give us all a chance to meet the members of a visiting delegation from INDUS Bombay, who are celebrating their 25th Anniversary. Being our sixth year, we have a long way to go, but as part of their visit, please join us with your husbands for this special evening meeting under the auspice of Music and Performing Arts.

Enjoy the rest of the programs which seem to get better by the month.

**MALINI VIJAYARAGHAVAN
MAUREEN HUDSON MURARI**

'WOMAN OF THE YEAR'

Please remember to send in your suggested nominations for The Woman of the Year. This year we would like to recognise a lady who has contributed significantly to the world of EDUCATION. Details of your choice, with bio-data should be sent to the IWA Presidents.

Thought for the Month

The greatest danger for most of us is not that our aim is too high and we miss it, but that our aim is too low and we reach it.

HISTORY, CULTURE AND TOURS

Tuesday, 3rd November, 1992 — 10-15 a.m.

At : The C. P. Art Centre
1, Eldams Road
Alwarpet
Madras-600 018
Tel. : 451249



TRAVEL QUIZ

We are all travel bugs at heart, and if we don't get to travel as much as we would like to, we at least read about all the Shangrilas of our dreams.

So let's get together, grow wings and locate places far and near. Do come in good numbers and get together in groups of four.

The questions are easy and there's lots of good fun to look forward to. So come one and all and give the Quiz Master a run!

Quiz Coordinators :

SHAKUNTHALA JAGANNATHAN
(Former Director, Tourism)

&

GITA CHANDRASEKARAN

SHAKUNTHALA JAGANNATHAN
SEEMA SAIT

Hosted by : JAYA NAIDU
LALITHA NATARAJAN

COOKING SWAPSHOP

Thursday, 5th November, 1992 — 10-15 a.m.

At : Leelamani John's
278, J. J. Road
Behind Chola Sheraton
Madras-600 018
Tel. : 453169
(2nd left on Kasturi Ranga Road)



DEMONSTRATION OF PREPARATION OF THE TRADITIONAL CHRISTMAS CAKE

With Christmas just around the corner, it is time to get ready to do your preparations for baking your very own X'Mas cake this season for the family. Our IWA member, Mrs. Leelamani John, needs no introduction for her culinary abilities, especially in baking. Leela will demonstrate step by step, the various procedures right from soaking of the currants etc, which needs to be done nearly a month in advance, to the finishing touches of the final product.

LILY MADHOK
KYOKO ISHIZAKI

EXECUTIVE COMMITTEE MEETING

Friday, 6th November, 1992 — 10-30 a.m.

At : Vijaya Balasubramaniam's
12, Sullivan Street
Santhome, Mylapore
Madras-600 004
Tel. : 72589



MUSIC AND PERFORMING ARTS

Tuesday, 10th November, 1992 — 6-00 p.m.

At : The Museum Theatre
Pantheon Road
Egmore
Madras-600 008
(Next to Egmore Museum)



MALAVIKA SARUKKAI — a dancer's dancer !

Adhering to the purest style in classical Bharatanatyam, one of India's most renowned dancers, Malavika Sarukkai explores Shringara or Love in "Fireflies" — a thematic presentation of universal appeal. Enhanced by lilting music, superb narration in verse and relevant slides of miniature paintings — Malavika will explore the emotion of love in "Fireflies", which is classical to the core and yet contemporary in the language of dance.

This dance recital has been specially organised to coincide with the visit of our friends from INDUS INTERNATIONAL, Bombay, and from overseas, who are currently on a visit to celebrate INDUS' 25th Anniversary. INDUS, as you are aware, is in many ways the inspiration which founded IWA.

All are welcome to this **SPECIALLY SCHEDULED EVENING MEETING**, the duration of which will be approximately 1 hour, 30 minutes.

**GAYATRI BEWOOR
SABINE SALAM**

(This programme is co-sponsored by AIR INDIA and BUSH BOAKE ALLEN (INDIA) LTD.)

IWA DIWALI MELA

SPECIAL thanks once again to ANZ Grindlays Bank who so generously sponsored the overheads of our IWA DIWALI MELA. Grateful thanks to Lily Madhok and The Chola Sheraton for their cooperation, and especially our stall holders who provided the most wonderful display of wares and artifacts for our IWA DIWALI MELA. The professional work and craftsmanship demands that we let each and every one of you know the special talents of our IWA members and we list them below for your ready reference.

We are indebted to those who gave so generously to our raffle and all of you who kindly contributed to our Gift Stall. Both were a great success. Many Thanks.

Our league of willing supporters bears particular mention with our sub-committee of Aruna Vijaykumar, Naina Shah, Lily Madhok, Poonam Lalchand, Sushi Natraj and Padmini Natarajan who, together with Mr. Nilakantan (husband of Rathi) so ably compered the proceedings of the day; and yet more, our special thanks to all of you who gave your time on Sunday.

Zubeida Asgarali
Gayatri Bewoor
Rani Chada
Eira Doshi
Christina Engvall
Rama Gummadi
Shakunthala Jagannathan
Kausalya Jaganmohan
Zainab and Sara Kachwalla
Rupa Kadhiresan
Rini Kumar
Alagu Muthu

Lily Madhok
Mridula Narasimhan
Padmini Natarajan
Sushila Natraj
Rathi Nilakantan
Lakshmi Padmanabhan
Javanthi Prabhakaran
Urmilla Reddy
Nirmal Seshadri
Maureen Thadani
Aruna Vijaykumar

We feel proud that so many of our daily needs can be provided by our own IWA members and for your ready shopping reference, particularly for your Diwali and Christmas gifts, and catering services, the names and details of our stall holders are as follows :

Padma Ashok	Handmade Stained glass ware — and special orders. 'NARAS' Leather goods
Sulochana Alexander	Driftwood and Flower Arrangements
Usha Ball	Tanjore Paintings and her own Cook Book
Kusum Chadda	'LAKME' Cosmetics and perfume
Gita Chandrasekaran	'SRISHTI' Block Printed Cotton Sarees and Silk-Cotton Kancheepuram Sarees
Pritika Chary	Children's Story and Educational Books
Sangeet Chopra	'ORIENTAL' — Handmade furniture to order, and glassware
Joyce Gopalan	Baby cot sets and cloth books
Mahmooda Haja Shareeff	'SPRING BLOSSOMS' Crystal, glass and porcelain ware
Premila Jacob	Marble stands, art and Christmas candles
Bela Khaleeli	'BEROZA' Handcrafted Leather handbags, brief cases, wallets and purses
Nirmal Mirza	'WOOLTOP WEAVES' Export quality table linen and durries
Binu Mullick	Abstract Art
Maureen Murari	'VINTAGE VIGNETTES' Antique photographs of Madras and other parts of India
Kamala Muthiah	Export quality shirts and tee-shirts
Meyyammai Murugappan/ Visalakshi Ramasamy	'SIVAKAMI' Kancheepuram pure silk and 'LITTLE MISS MUFFET' Babies & Girls Clothes

Menaka Prabhakar	'BHAVANI SHANKARA TEXTILE MILLS' — Bathroom towels in all sizes and colours
Dolly Prasad	'CHANDAMAMA TOYTRONICS' Cuddly toys
Jennifer Ramachandran	Ready-made dresses and gift items
Bina Ram Mohan	Children's clothes
Rekha Rangaraj	Embroidery, applique work, zeri work and smocking — and Tailoring of Western and Indian clothes
Shashi Ravichandran	'MADHUVANTHI' Cotton and Silk Handloom Sarees
Shobana Reddy	Handmade stained glass ware and special orders
Dorothy Saldanha	Handmade gift items for kitchen, baby dresses, etc. Beneficiary The Mercy Home
Rita Saldanha	Christmas cakes, and baked goodies made to order. Plus Christmas decorations
Naina Shah	Wheat flour products, dessert, condiments, plus gold bangles and accessories
Madhuri Shah	Gujarati delicacies/Catering orders
Sunita Shahaney	'ALLEJA' Salwar sets, dupattas, accessories and gift items
Daksha Sheth	'CHALPAK' Stationery and Clocks
Mridula Srinivasan	Variety of Potted Plants
Shobana Thomas	Cakes, pickles, and preserves and catering service
Spastics Society of India	Variety of cards for Diwali and Christmas
Spastics Society of Tamil Nadu	Terracotta pots, candles, cards, paper and gift items

ARTS AND HANDICRAFTS

From Monday, the 16th
to Wednesday, the 25th November, 1992

At : Alliance Francaise de Madras
40, College Road
Madras-600 006



AN ARTISTS WORKSHOP

Conducted by PAOLA DI PRIMA, a young French Artist from Paris.

You are invited to participate in this workshop. Paola di Prima will explain the techniques used by her with the help of slides.

She will teach participants composition of abstract paintings using various techniques like collage etc.

A **list** of the necessary materials will be available at the Alliance Francaise.

The TENTATIVE timing of the Workshop is 10-00 a.m. to 12 noon. However, members are requested to call the RSVP. number after 5th November, for the final schedule.

RSVP. : 479803 (before the 5th November)

KAUSALYA JAGANMOHAN
ANNIE RAFFIER

PHILOSOPHY AND RELIGION

Tuesday, 17th November, 1992 — 10-15 a.m.

At : Kausalya Jaganmohan's
16, Kasturi Ranga Road
Madras-600 018
Tel. : 454201
(2nd Lane on the right, adjacent to
Hotel Chola)



A TALK ON SAHAJA YOGA — by Mr. G. B. MURTHY

SAHAJA YOGA is a system by which the KUNDALINI SHAKTI (or the Dormant Residual Energy) is awakened in human beings. This is the only YOGA by which the KUNDALINI AWAKENING can be experienced by way of vibrations and cool breeze (BRAHMA CHAITANYA).

This system of YOGA enables the SEEKER to establish himself or herself in MEDITATION together with MATERIAL, PHYSICAL, MENTAL, SPIRITUAL and other BENEFITS.

**DEVAKI MUTHIAH
RATHI NILAKANTAN**

HEALTH AND ECOLOGY

Thursday, 19th November, 1992—10-15 a.m.

At : Century Plaza
Rotary Centre
8-B, (8th Floor)
560, Anna Salai
Madras-600 018
(Near Hotel Srilekha International /
Chit Chat, Teynampet)



DIABETES : CARE AND CURE

Lecture with Slides by **Dr. C. V. Krishnaswami**

Statistically speaking, diabetes is on the rise in the modern world. Is it due to hereditary factors? ... diet? ... pollutants? ... Is it treatable? Is it curable? Is it fatal? What about childhood and adolescent onset diabetes? Must all diabetics take daily injections? May they never eat sugar? Are they subject to "fits"? What is a diabetic attack?

Come and find out the answers.

Dr. Krishnaswami is a consultant physician and diabetologist, with a special knowledge of childhood and adolescent onset.

**URMILA REDDY
PAULINE HAHN**

Sponsored by :

NOVO NORDISK Health Care Group

BOOK DISCUSSION

Tuesday, 24th November, 1992 — 10-15 a.m.

At : Indira Satyamurthi's
33, Archbishop Mathias Avenue
Madras-600 028
Tel. : 453217



'GRANDMOTHER'S TALE' by Mr. R. K. Narayan

R. K. Narayan's latest offering is all about Bala, the Village maiden, who grew up to be Bala the grandmother, who always got her way. Many of the situations and characters will undoubtedly remind us of our own grandmothers. R. K. Laxman's illustrations enhance the gentle humour and heighten the reader's enjoyment.

**JAVANTHI PRABHAKARAN
MARIE WILLIAMS**

CURRENT EVENTS AND CAREERS

Thursday, 26th November, 1992 — 6-00 p.m.

At : Aroot Hall
Park Sheraton
T. T. K. Road
Madras-600 018
Tel. : 452525



THE UNITED NATIONS : MEETING NEW CHALLENGES

Talk by : **Mr. Aamir Ali**

In today's world affairs, the United Nations has a positive role to play although sometimes plagued by controversy. Speaking to us on this subject will be a senior UN official Mr. Aamir Ali.

Educated in Bombay, Mr. Aamir Ali has been with the ILO at Geneva for over four decades. A man of many splendid talents, Mr. Aamir Ali is a brilliant author of several books, notable among them being "Via Geneva" and "Conflict and the life of Buddha".

A keen Ornithologist like his uncle Mr. Salim Ali, Mr. Aamir Ali is a humanist to the core and a great lover of and authority on Shakespeare. Mr. Ali is on a two - day visit to the city and has specially arranged his itinerary to speak to us.

All are welcome.

**ZUBEIDA ASGARALI
POONAM LALCHAND**

Hosted by : BILQIS CHIDA
ZAINAB KACHWALLA
HILAL CHIDA
POONAM LALCHAND
ZUBEIDA ASGARALI

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