



**International  
Women's  
Association**

**MARCH 1994**

# IWA NEWS LETTER

Vol. VIII No. : 10

Madras

MARCH 1994

## MONTH AT A GLANCE

Wednesday, 2nd March	<b>EXECUTIVE COMMITTEE MEETING</b>	10-15 a.m.
Thursday, 3rd March	<b>CURRENT EVENTS</b> Dr. Daisy Dharmaraj and Mythili Sivaraman discuss the Pros and Cons of Norplant, the controversial contraceptive	10-15 a.m.
Tuesday, 8th March	<b>HEALTH AND ECOLOGY</b> A talk on growing 'Orchids' in Madras by Ramani Dharmaraja as well as a visit to her lovely Garden	10-15 a.m.
Thursday, 10th March	<b>ARTS AND HANDICRAFTS</b> A demonstration of Japanese Leathercraft	10-15 a.m.
Thursday, 17th March	<b>PHILOSOPHY AND RELIGION</b> Eid Mubarak — a celebration of Eid with a traditional lunch for our members at the YWCA	11-00 a.m.
Tuesday, 22nd March	<b>COOKING SWAPSHOP</b> Our Members Eira Doshi and Radha Gopalakrishnan demonstrate the art of Bread-Making at home	10-15 a.m.
Thursday, 24th March	<b>HISTORY, CULTURE AND TOURS</b> A panel discussion on 'Teaching History' at the C. P. Art Centre	10-15 a.m.
Tuesday, 29th March	<b>BOOK DISCUSSION</b> This month's book is "The Remains of the Day" by Kazuo Ishiguro	10-15 a.m.

## FROM THE PRESIDENTS

Dear Members,

Thank you for making our programmes in February such a success. The 'Woman of the Year' function went off very well and we would like to thank everybody who helped and participated in so many ways. A special thank you to Lily Madhok and Purnima Dhawan for hosting the gorgeous feast.

Marie Williams and Lalitha Krishnan worked hard to give us a unique treat on Valentine's Eve. It was a lovely evening of music, dance and poetry. Many thanks to them.

Our Chairpersons have a busy March for you, with a wide cross-section of activities. In the meanwhile, please keep Saturday April 2nd free for our grand annual event — a Singapore Nite at the Taj and Thursday April 7th to attend our Annual General Meeting. (Details of these two events will be sent to you by special mailer.)

ARUNA VIJAYKUMAR  
NANDITHA KRISHNA

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### EXECUTIVE COMMITTEE MEETING

Wednesday, 2nd March, 1994 — 10-15 a.m.

At: Rathi Nilakantan  
35, Thirumurthy Street  
T. Nagar  
Madras-600 017



## DOWN THE GARDEN PATH

This month we are moving out of the Madras garden to the Botanical Garden in Singapore, where there is the delightful Orchid Garden.

Here there is a chance to see many varieties of Orchids, but why should we go that far, as we have a Singaporean National Flower in our midst!

For those of you who may wish to cultivate the Orchid, O. T. Ravindran has this to say "On the Orchid map of the world Madras could be represented by five native Orchids. Three of them are ground Orchids and two epiphytic. Growing Orchids in Madras is not so rewarding an enterprise. Imported plants like the commercial **Dendobiums** and **Vandas** under glass and controlled temperature and humidity conditions may flower but not as profusely as in Singapore, Kerala or in the hills of the Eastern Ghats".

As our other President seems to have been meeting one of the unpleasant insects of the garden we will leave you with this poem written in Pidgin English.

Supposedly you make listen, my sing one piece song,  
My make he first-chop fashion about the glate Ahong,  
He blavest man in China-side, or any side about ;  
My bettee you five dolla 1 har 1 he blavest party out.

He only fightee 'skeeta, you tinkee t'hat not much  
No hab one Manchu Tartar t'hat kali fightee such.  
My lather fightee dtagon that killee allo dead-  
T'hat 'skeeta Ahong killee top-side he Emperor's head.

— CHARLES G. LELAND 1824-1903

Glate-great Kali-care to Allo-all

LILY & MARGARET

## CURRENT EVENTS

Thursday, 3rd March, 1994 — 10-15 a.m.

At : Turner Hall  
(in the basement  
next to Heritage Showroom)  
Khader Nawaz Khan Road  
Madras-600 006



### **NORPLANT — THE CONTROVERSIAL CONTRACEPTIVE**

Any Contraceptive is a boon to India whose population statistics continue to rise at an alarming rate : however, Dr. Daisy Dharamaraj, Director of PREPARE — a rural reconstruction and disaster response service and Mythili Sivaraman, President — All India Democratic Women's Association, are urging the discontinuation of the contraceptive — Norplant.

Norplant, a contraceptive implanted into the bodies of women was introduced in 1989 by the ICMR. Since then several women have been implanted with it. In 1994, 5 years after implanting, the contraceptive has to be removed. Dr. Daisy Dharamaraj and Mythili Sivaraman have found that at this stage, there are several problems regarding monitoring of the subjects, responses from them and actual method of removal.

Come and listen to their view on how the programme has been conducted and why it should not be continued any further without certain controls and feedback.

**JAVANTHI PRABHAKARAN  
PADMA ASHOK**

## HEALTH AND ECOLOGY

Tuesday, 8th March, 1994 — 10-15 a.m.

At : Ramani Dharma Raja  
"Seethamma", Murugappa Road  
Nawab Gardens, Kottur  
Madras-600 085



### **ORCHIDS — ORCHIDS — ORCHIDS**

To most of us Orchids are very special. We like to send them to someone special or use them on special occasions — and we usually think that we have to import them.

Tropical Orchids flourish very well, says our expert in this field, Ms. Ramani Dharma Raja — who has done extensive research in the art of growing Orchids for the last 20 years and has addressed many Organisations, Institutions, Botanists and Researchers. Ramani will take us around her lovely garden, explain and show us her prized Orchids exclusively to our IWA Members.

**SHYLA K. RAU  
MARGARET PACE**

Thank you for hosting February 8, '94 meeting.

Lily Swamy	Dolly Simon
Daksha Sheth	Rose Murari
Hemalata Sundaravadanam	Bina Mathew
Y. Sucharitha Prasad	Koshu Lalchand
Kashira Daruwala	Shantha Prasad

Thank you for hosting March 8, '94 meeting :

Srikantha Javar  
Kamala Prasad  
Jaya Menon

## ARTS AND HANDICRAFTS

Thursday, 10th March, 1994 — 10-15 a.m.

At : Ranjani Manian  
2, Venus Colony  
2nd Street  
Alwarpet  
Madras-600 018



## **JAPANESE LEATHER CRAFTS**

Four Japanese Women — YOKO NISHIBASHI, SUMIKO KURIUZAWA, NORIKO KAWANO and MISAKO KUSUNOKI will demonstrate how you can make beautifully crafted items such as handbags, mobiles, boxes etc. out of locally available leather.

**BELA MISTRY KHALEELI  
MAUREEN THADANI**

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## **MARCH**

“March borrowed from Averill  
Three days and they were ill  
The first it sall be snaw & sleet  
The neist it sall be rain & weet  
The last it sall be sie a freeze  
Sall gar the birds stick to the trees”.

## PHILOSOPHY AND RELIGION

Thursday, 17th March, 1994 — 11-00 a.m.

At : Y. W. C. A.  
Poonamallee High Road  
Madras



### **CELEBRATION OF EID**

"EID MUBARAK" — in this holy month of Ramzan! Join us and celebrate with us the traditional festivities of Ramzan. A special lunch has been arranged. We do appreciate an R.S.V.P. : 4991853/4992341 or 8271700.

**LALITHA KRISHNAN  
MARIE WILLIAMS**

Hostess :

Bilquis Chida  
Valerie Faheem  
Sufia Hussain  
Mahmooda Haja Sheriff  
Bela Khalaeeli  
Farida Majid  
Zainab Kachwalla  
Bilquis Moosa  
Seema Sait  
Sabine Salam  
Shameem Padamsee  
Sadma Begum  
Fazila Nurudeen  
Zubeida Asghar Ali



## COOKING SWAPSHOP

Tuesday, 22nd March, 1994 — 10-15 a.m.

At : Sangeet Chopra  
25/1, Ranjit Road  
Kotturpuram  
Madras-600 085



## **BREAD MAKING**

Our Member Eira Doshi and her friend Radha Gopalakrishnan will give us a demonstration on "Bread Making". The art of Bread Making has been one of the oldest in culinary history. Come and learn how to make soft, hot and inviting breads. If you miss this, you're lost your Bread ; therefore, how about winning the Bread for your family !

**AMRITA BHALLA  
RATHI NILAKANTAN**

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## I W A ANNOUNCEMENTS

### **Change of Telephone Numbers & Addresses**

Mrs. PURNIMA SONTI  
72P, Chesney Town House  
Commander-in-Chief Road  
Madras-600 105

Mrs. JATINDER BEHL  
Phone : 6426639

### **Congratulations to**

Dr. (Mrs.) Sheila Rajaratnam, M.D., DGO. who has been presented with the Award of Best Gynaecologist & Obstetrician of South India for the year 1993 by the Indian Medical Association.

Anna Vasu on her marriage to Sudhir Natarajan

Anna Zacharia on her marriage to Sanjay Mahadevan

### **Get Well to**

Borun Chanda husband of Sarah after his by-pass Surgery.

Naina Shah on the birth of a baby boy.

## HISTORY, CULTURE AND TOURS

Thursday, 24th March, 1994 — 10-15 a.m.

At : C. P. Art Centre  
1 Eldams Road  
Alwarpet  
Madras-600 018



### **“IS HISTORY MADE INTERESTING IN SCHOOLS ?”**

Are students motivated to continue studies in History ? This discussion on the teaching of history in Schools will be headed, by Mrs. Rao, Head of the History Dept., W. C. C. College, with active participation by historians, parents and students of History.

**PADMINI NATARAJAN**

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### **MARCH**

As in the Roman Year, so in the English ecclesiastical calendar used till 1752, this was the first month. Scotland changed the first month to January in 1599. The legal year commenced on the 25th of March. This month was called Martius by the Romans, from the god Mars, and it received the name 'Hlyd Monath', i.e. 'loud' or 'stormy' month from the Anglo-Saxons.

The Calendar in Tamil Nadu moves from Masi to Panguni which is the last month of the Tamil Calendar. It is also the end of Ramzan in which Muslims fast for thirty days, and break their fast with the celebration of Eid.

## BOOK DISCUSSION

Tuesday, 29th March, 1994 — 10-15 a.m.

At : Shanti Verghese  
Sydenham  
8, 15th Avenue  
Harrington Road  
Madras-600 031



**"THE REMAINS OF THE DAY"** — by Kazuo Ishiguro

'The Remains of the Day' is a triumph. . . This wholly convincing portrait of a human life unweaving before your eyes is inventive and absorbing, by turns funny, absurd, and ultimately very moving'. Sunday Times.

KAMALA MUTHIAH  
ANGELIKA MANDAIKER

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### MARCH

"The stormy March is come at last  
With wind, and cloud, and changing skies;  
I hear the rushing of the blast  
That through the snowy valley flies.

Ah! passing few are they who speak  
Wild stormy month in praise of thee;  
Yet though the winds are loud and bleak  
Thou art a welcome month to me.

For thou, to northern lands again  
The glad and glorious sun dost bring  
And thou hast joined the gentle train,  
And wear'st the gentle name of Spring.

And in thy reign of blast and storm  
Smiles many a long, bright summer day  
When the changed winds are soft and warm  
And heaven puts on the blue of May".

— BRYANT

## BITTERGOURD — THE WONDER VEGETABLE

Botanical Name - *Monodica Charonlia*

Tamil Name - Pavakkai

Indian Name - Karela

English Name - Bitter Cucumber

Bittergourd is a common vegetable cultivated extensively all over India. The original home of Bittergourd is not known except it is a native of the Tropics. There are two varieties of this vegetable. The large kind is long, oblong and pale green in colour. The other kind is small, oval and dark green. Both the types are bitter in taste. They turn reddish-orange when ripe. It is widely grown in India, Indonesia, Sri Lanka, Malaysia, the Philippines, China and the Caribbean.

### **Food Value :**

Per 100 gms. — Calories - 25

Protein-1.6 gm., Fat-0.2 gm., Minerals-0.8 gm., Fibre-0.8, Carotene-126 micro gm. Riboflavin - 0.09 mg., Vitamin 'C' - 88 mg., Carbohydrates - 4.2 gm., Calcium - 20 mg., Phosphorus - 70 mg., Iron - 1.8 mg., Thiamine-0.07 mg., Niacin-0.5 mg.

### **Natural Benefits and Curative Properties :**

Bittergourd has been called the 'wonder' vegetable as it has a number of medicinal virtues. It is known to have antidotal, antipyretic, antibilious and laxative properties. As a result, it is used extensively in native medicines of Asia and Africa.

### **Diabetes :**

Bittergourd is specifically used a lot in 'folk' medicine for the treatment of Diabetes. Recent research has shown that it contains a hypoglycaemic or insulin like substance, designated as 'Plant Insulin' which is highly beneficial in lowering the blood and urine sugar levels. It should, therefore, be included liberally in the diet of the Diabetic. For better results, a person suffering from diabetes should take the juice of about 4-5 fruits every morning on an empty stomach.

The roots of the bittergourd plant also posses healing properties. A teaspoonful of the root paste mixed with equal amount of honey or tulsi leaf juice given once every night, for a month, acts as an excellent medicine for asthma, bronchitis, pharyngitis and colds.

The juice of the leaves of the bittergourd plant have been found to be beneficial in the treatment of alcoholism. It is an antidote for alcohol intoxication.

### **Uses :**

Bittergourd is cooked and eaten as a vegetable in India and the Far East. The bitterness can be reduced by steeping the peeled fruit in salt water before cooking. It is also used in pickles and as an ingredient in curries. The seeds of the ripe fruit are used as a condiment in India. So grow a bittergourd vine in your kitchen and reap all the benefits.

LILY MADHOK

## EXECUTIVE COMMITTEE

### THE BOARD

PRESIDENTS	:	Nanditha Krishna Aruna Vijaykumar	451850(R) 451249(O) 8272732 / 8271284
VICE-PRESIDENTS	:	Lily Madhok Margaret Sekhran	4993125(R) 452525(O) 6213692
SECRETARIES	:	Gayatri Bewoor Poonam Lalchand	8264035 8257157 / 8272947
TREASURERS	:	Zubeida Asgarali Janet De Penning	8271614 456529

### ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS	:	Bela Mistry Khaleeli Maureen Thadani	8276712(O) 827791(R) 4913194
BOOK DISCUSSION	:	Kamala Muthiah Angelika Mandaiker	6411141(R) 8268976(O) 611265
CURRENT EVENTS & CAREERS	:	Javanthi Prabhakaran Padma Ashok	6411659 8267801 / 8276591
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HEALTH & ECOLOGY	:	Shyla Rau Margaret Pace	8276676 / 8276893 4992273
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