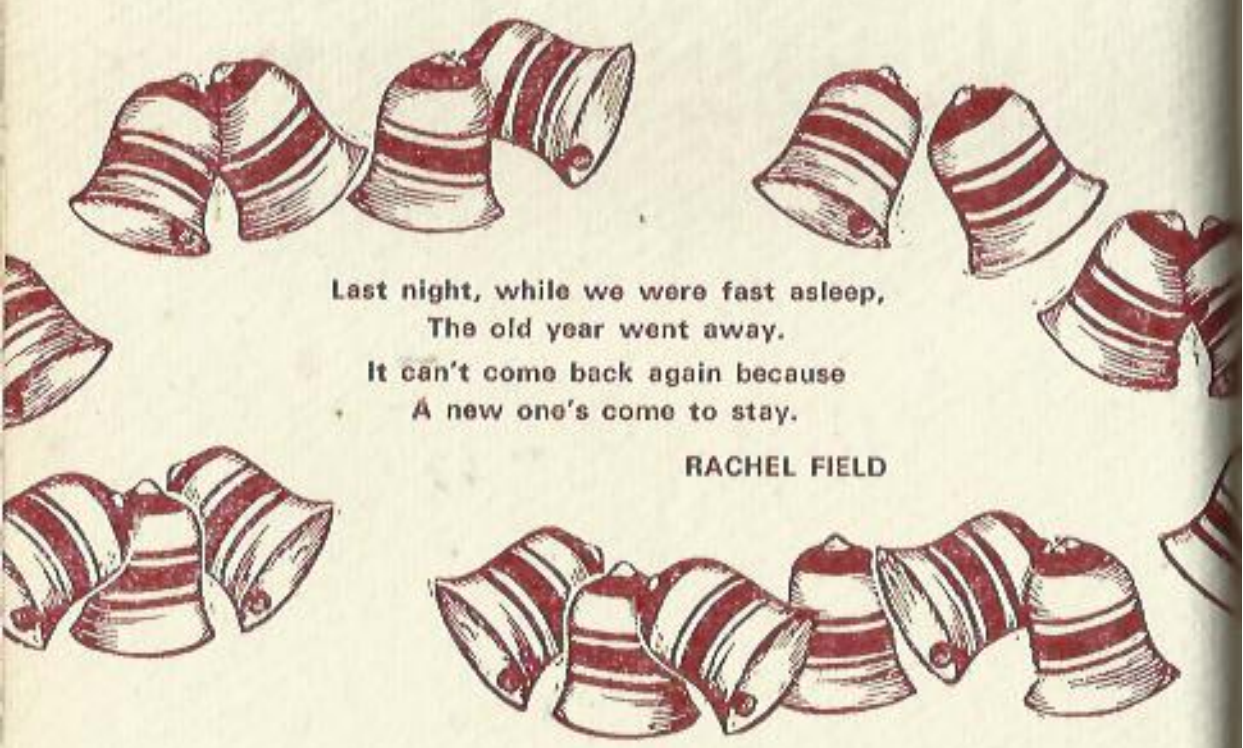




International  
Women's  
Association

JANUARY 1994



Last night, while we were fast asleep,  
The old year went away.  
It can't come back again because  
A new one's come to stay.

RACHEL FIELD

# IWA NEWS LETTER

Vol. VIII No. : 8  
Madras

JANUARY 1994

## MONTH AT A GLANCE

Friday, 7th January	<b>EXECUTIVE COMMITTEE MEETING</b>	10-15 a.m.
Tuesday, 11th January	<b>HEALTH AND ECOLOGY</b> Dr. B. Krishna Rau will give a Lecture Demonstration on 'Key Hole Surgery'.	10-15 a.m.
Monday, 17th January	<b>ARTS AND HANDICRAFTS</b> A visit to the workshop of stone carvers from all over India at the Government Museum.	10-15 a.m.
Tuesday, 18th January	<b>COOKING SWAPSHOP</b> A Demonstration of authentic Vegetarian Maharashtrian Recipes.	10-15 a.m.
Thursday, 20th January	<b>HISTORY, CULTURE AND TOURS</b> A special viewing for our members of the Film "The Moghuls".	2 to 5 p.m.
Tuesday, 25th January	<b>CURRENT EVENTS AND CAREERS</b> Sumathi Narayanan talks to us about "Listening — the Forgotten Skill".	10-15 a.m.
Thursday, 27th January	<b>BOOK DISCUSSION</b> Hazel Bradley recites A Potpourri of Poems.	10-15 a.m.

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*We Wish You a Happy & Prosperous 1994*

— EXECUTIVE COMMITTEE

## FROM THE PRESIDENTS

Dear Members,

Happy New Year and all Good Wishes to you and your family for 1994.

Smt. Sarojini Varadappan has been nominated as the 'Woman of the Year' for 1993-94. We look forward to meeting you at the Award - Presentation Ceremony.

The Nominating Committee for the new Board for IWA has been announced. We do hope more members will participate and send in their nominations.

As we come to the end of the year, we find that several members try to catch up on their attendance by just coming in to sign and leave. Firstly, this is very insulting to the speaker who would like to see you sit through the programme. Secondly, we will not be giving attendance to those people who just sign and leave or who come late just to sign. Please come to the meeting to stay, to enjoy the company of your fellow members and to enjoy the excellent programmes arranged for you by the Activity Chairpersons.

Our annual event will be in March — watch out for the announcement.

NANDITHA KRISHNA  
ARUNA VIJAYKUMAR

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### EXECUTIVE COMMITTEE MEETING

Friday, 7th January, 1994 — 10-15 a.m.

At : Shyla K. Rau  
12, Habibulla Avenue, II Street  
Madras-600 006  
First right turn after British High Commission



## DOWN THE GARDEN PATH

January, in Madras, is the pleasantest month of the year. About the third week of this month, the garden should be in full beauty. The nights should be cool and dewy and the days never too hot for comfort. The 'cold weather' however, is so brief that it is hardly realized before it is over.

O. T. Ravindran tells us that "Many bulbous plants like **Gloriosa**, **Zephyranthes**, **Caladiums** and **Polyanthes Tuberosa** do well in Madras as their growth period coincides with the cooler, water available, part of the year. **Caladiums** and **Lillies** planted in pots grow satisfactorily after the first rains. Day lillies bloom in summer when they are leafless. (Tuberous Begonias and Achimedes are for the higher altitudes).

We hope that you have made many New Year Resolutions, which you intend to keep naturally | We therefore, leave you with this thought :

'As I was laying on the green  
A little book it chanced I seen.  
Carlyle's "Essay on Burns" was the edition  
I left it laying in the same position'.

— ANON

LILY & MARGARET

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### JANUARY

"Then came old January, wrapped well  
In many weeds to keep the cold away  
Yet did he quake and quiver like to quell  
And blew his nayles to warm them if he may ;  
For they were numbed with holding all the day  
An hatchet keene, with which he felled wood  
And from the trees did lop the needlesse spray".

## IWA ANNOUNCEMENTS

### Change of Telephone Numbers & Address :

Mrs. AMRITA BHALLA  
32, Arundale Beach Road  
Kalakshetra Colony  
Madras-600 090  
Tel. : Res. 4919230/4917681  
Off. 8268236

Mrs. VIJAYA BALASUBRAMANYAM  
Tel. : 4993568

### Condolences to

Sweta Mohapatra at the demise of her father-in-law

Mahmooda Haja Sheriff who lost her son-in-law in an accident in Mauritius

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### WOMEN'S CRAFT BAZAAR

IWA, in collaboration with the C. P. Art Centre, is organising a Craft Bazaar from February 16th to 19th, 1994. This is an annual craft bazaar held at the C. P. Art Centre every year, where organisations working with less privileged women, the destitute and the handicapped are invited to exhibit and sell their work — craft, food items, etc.

Members of IWA who are associated with registered organisations which work with any of the categories mentioned above are welcome to take a table at the bazaar. There will be no charge, but space will be allotted on a first — come basis. No individual member can display her products.

Interested members may contact Mrs. Shantha at the C. P. Art Centre on 451249/458726 between 10-00 a.m. and 5-00 p.m., or any one of the Presidents. Last date for giving entries is January 15th, 1994.

## IWA WOMAN OF THE YEAR

IWA is proud to announce the nomination of Smt. Sarojini Varadappan as the 'Woman of the Year' for 1993-94.

Sarojini Varadappan belongs to an eminent family of Madras and is the daughter of Shri. M. Bakthavathsalam, former Chief Minister of Tamil Nadu. She started life as a volunteer for the Women's Congress during the freedom struggle.

She has served in various capacities on various Boards and Committees, both at the state and national level. She has been the President of the All India Women's Conference, and is now the President of the Women's India Association which is running centres for non-formal education and counselling for women, creches and a working women's hostel.

She has been the Chairman of the Central Social Welfare Board and the Tamil Nadu Social Welfare Board and is a former Sheriff of Madras. As Chairman of the State Social Welfare Board, she started Mahila Mandals in each district of Tamil Nadu and put up buildings where the Mahila Mandals could meet and function. She started socio economic programmes for women to supplement the family income, such as the setting up of garments, bakery, printing, handloom and ancillary units. She also encouraged other voluntary agencies to help the Mahila Mandals run these units. This has been a major achievement of hers.

Her benevolence is little-known, that she has donated land and set up schools, particularly for girls and for Sanskrit Education.

Her thirst for knowledge has not decreased with age, and she is now doing a post-graduate degree in Vaishnava Philosophy.

IWA's theme for 1993-94 was "BETTER HER TOMORROWS"

Sarojini Varadappan has worked all her life to better the future of her less-privileged sisters. She is a befitting person for the IWA Woman of the Year.

We hope you will all come to the award function on February 10th, 1994, which will take place at the Chola Sheraton.

## HERBS FOR HEALTH

### GARLIC

Botanical Name : Allium Sativum

Tamil Name : Ulli Poondu

Common Name : Lasan

Garlic is a hardy, bulb forming perennial of the onion family and has been cultivated from time immemorial. It has been used as a food, herb, a medicinal plant, an antiseptic and a beauty accessory.

Garlic is believed to have originated in Central Asia and was known to the Chinese as early as 3000 BC. Garlic was being grown in Ancient China, Egypt, Greece and Rome and was being used both as a staple food and a medicine for several ailments. It spread to all parts of the World and is now widely grown in India, Philippines, China, Ethiopia, Kenya, Brazil and Mexico.

#### Food Value : Per 100 gms.

Proteins	: 6.3 gm	Phosphorous	: 310 mg	
Fat	: 0.1 gm	Thiamine	: 0.06 mg	
Fibre	: 0.8 gm	Riboflavin	: 0.23 mg	
Carbohydrate	: 29.8 gm	Niacin	: 0.4 mg	
Calcium	: 30 mg	Vitamin C	: 13 mg	Calories : 145

#### Natural Benefits and Curative Properties

Clinical experiments in recent times have confirmed several ancient ideas about healing value of garlic. These experiments have, in fact, shown much greater curative and natural benefits than previously known. Garlic contains a volatile oil with sulphur content called 'Allyl Sulphide' and the medical properties of garlic depend on this oil which is strongly antiseptic, it seems to have remarkable power of inhibiting the growth of Kosh's Bacillus. Applied locally, it is freely absorbed by the skin and penetrates the deeper tissues.

Thus garlic is regarded as a rejuvenation. It has been found to help remove toxins, vitalise the blood, stimulate blood circulation and normalise intestinal flow.

Garlic is one of the most beneficial food for the digestive system. It exercises a beneficial effect on the lymph, aids in elimination of noxious waste matter in the body. It stimulates peristaltic action and the secretion of the digestive juices. Crushed cloves of garlic may be infused in water or milk and taken for all types of disorders of the digestive system.

**Garlic is regarded as one of the most effective remedies to lower blood pressure.** The pressure and tension is reduced because it has the power to ease the spasm of the small arteries and relieves symptoms of dizziness, shortness of breath.

Garlic also makes an excellent antiseptic for wounds. The most popular method is to take garlic cloves orally after peeling. Cooking garlic destroys its active ingredient allin or 'Allyl Sulphide', therefore to reap absolute benefits, it has to be eaten raw. Garlic juice with 3 parts of distilled water makes an excellent antiseptic.

LILY MADHOK



## HEALTH AND ECOLOGY

Tuesday, 11th January, 1994 — 10-15 a.m.

At: Taj Coromandel  
17, Nungambakkam High Road  
Madras-600 034



### **KEY HOLE SURGERY**

In the past, it was said that "Bigger the Surgeon Longer the Incision" - Today through one cm. or even less sized puncture key hole, major operations are being carried out. This is possible with Video Endoscopes, Lasors, and other high tech equipments. "Key Hole Surgery" entails short hospitalisation, least pain, minimal scare, and rapid recovery. In future, nearly all operations are expected to be performed through "The Key Hole". Professor Dr. B. Krishna Rau, FRCS (Eng), FRCS (Edn) who has done extensive work in this field for many years, Author, Teacher, trained many Doctors in Coonoscopy & Endoscopy, have presented numerous papers Nationally & Internationally, will demonstrate Videos and talk exclusively to our IWA Members.

**SHYLA K. RAU  
MARGARET PACE**

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## ARTS AND HANDICRAFTS

Monday, 17th January, 1994 — 10-15 a.m.

At: The Government Museum  
Pantheon Road  
Madras



### **STONE-CRAFTS**

India is endowed with a variety of stones and has a rich tradition in stone-crafts. In an attempt to revive and perpetuate this craft South Zone Cultural Centre is organising a workshop with stone carvers from all over the country. IWA members are invited to a special 'walkabout' to see their display, interact with the artisans and get an insight into the art of stone carving. Please come to the steps of the ART Gallery and we will proceed from there.

Limit - 40

R.S.V.P.: Bela Mistry Khaleeli - 8276712 / 8258272 (Between 10 a.m. - 5 p.m.)  
Maureen Thadani - 411694

**BELA MISTRY KHALEELI  
MAUREEN THADANI**

## COOKING SWAPSHOP

Tuesday, 18th January, 1994 — 10-15 a.m.

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



## **MAHARASHTRIAN COOKING**

Mrs. Himani Datar, daughter-in-law of Mrs. Snehalata Datar, a keen food expert, will demonstrate various authentic Maharashtrian (Vegetarian) cuisine. Amti, sweet rotis, masala rice and misal are typical varieties from this region - be there to experience it.

**AMRITA BHALLA  
RATHI NILAKANTAN**

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## HISTORY, CULTURE AND TOURS

Thursday, 20th January, 1994 — 2 - 5 p.m.

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



## **"THE MOGHULS" — A FILM**

The most successful documentary (sold to over 50 Countries) produced for Channel 4, U.K. It was shown in three parts and has been highly acclaimed. Star TV viewers have seen the documentary sometime ago. Our member Irene Das has kindly given us the film to watch which was produced by her husband DHARAM PRIYA DAS. He may join us at the show to share with us his memories about the shooting of this documentary.

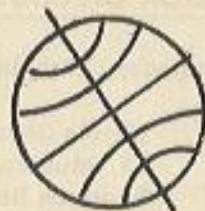
Snacks will be served at the interval.

**PADMINI NATARAJAN**

## CURRENT EVENTS AND CAREERS

Tuesday, 25th January, 1994 — 10-15 a.m.

At : Rukku Seshasayee  
'Shobana'  
17, Bishop Wallace Avenue (West)  
Mylapore, Madras-600 004  
(Opposite Music Academy and  
behind Datamatics)



### **LISTENING—THE FORGOTTEN SKILL**

Sumathi Narayanan, Director of Creative Communications, Madras started with a basic degree in Home Science. Later, she qualified in Child development, Family Relationship and Human Development. She now conducts training programmes in Communication, Personality Development, Effective Listening, Super Memory and Learning Skills.

Sumathi has balanced her career with her home and family applying what she teaches to her everyday life. She will tell us how we can improve our communication skills by first mastering the basic Art of Listening.

Limit - 35

R.S.V.P. : Javanthi Prabhakaran - 6411659  
Padma Ashok - 8267801 / 82765991

Thank you to Nita Reddy for hosting our last meeting.

**JAVANTHI PRABHAKARAN  
PADMA ASHOK**

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### **AULD LANG SYNE**

The following words may be sung to the above Tune

We're here for fun right from the start,  
Pray drop your dignity ;

Just laugh and sing with all your heart,  
And show your loyalty.

All other meetings we've enjoyed,  
Let this one be the best,

Join in the songs we sing to-day,  
Be happy with the rest.

Robbie Burns the great International Poet was born on 25th January

## BOOK DISCUSSION

Thursday, 27th January, 1994 — 10-15 a.m.

At : Sheela Shetty  
11, Muktha Gardens  
Spurtank Road  
Madras-600 031  
Tel. : 8274664



### **A Potpourri of Poems recited by HAZEL BRADLEY**

HAZEL BRADLEY studied Speech & Drama in London and has a great love of Poetry. She will present a varied personal selection of poems.

**KAMALA MUTHIAH  
ANGELIKA MANDAIKER**

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## **JANUARY**

Named from the Roman God Janus, who is represented with two faces looking in Opposite directions, as retrospective to the past and prospective to the coming year.

In Tamilnadu, we come to the end of Dakshinayan, and at Pongal, the 15th January and the Harvest Festival, we move into THAI. This is the Farmer's New Year, when the new Rice is cooked. Now Dakshinayan is passed, the power of the sun increases in the Northern Hemisphere and the minor Gods will be awake for the next six months.



## **NOMINATION COMMITTEE**

The Executive Committee has appointed the undermentioned members as the Nomination Committee who will be responsible for assessing the nominations for the IWA BOARD for 1994-95.

**NIRMAL MIRZA** (Chairperson)

**ANNELISE HAZARI**

**VIJAYA BALU**

**FRANCA GEORGE**

**SHAMIM PADAMSEE**

Members are requested to send their suggested nominations for the new IWA BOARD for 1994-95 ON or BEFORE FEBRUARY 1st, 1994. Nomination forms arriving after this date will not be considered.

In the past we have had a lack-lustre response from the General Membership. The IWA BOARD is your representative and we cannot overemphasise the importance of your vote. We are taking the liberty of recommending that suggested nominations come from those eligible members who have served on previous EXECUTIVE COMMITTEES. Please note, however, this is only a recommendation.

Please complete the attached form and send to the Nomination Committee Chairperson by February 1st, 1994.

## 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) 411694
BOOK DISCUSSION	:	Kamala Muthiah Angelika Mandaiker	6411141(R) 8268976(O) 611265
CURRENT EVENTS & CAREERS	:	Javanthi Prabhakaran Padma Ashok	6411659 8267801 / 8276591
COOKING SWAPSHOP	:	Amrita Bhalla Rathi Nilakantan	4919230 / 4917681 8265250
HEALTH & ECOLOGY	:	Shyla Rau Margaret Pace	8276676 / 8276893 4992273
HISTORY, CULTURE & TOURS	:	Padmini Natarajan	8277719 / 8279763 Ext. 409
MUSIC & PERFORMING ARTS	:	Kausalya Jaganmohan Barbara Cortez-Greig	4990201 458316
PHILOSOPHY & RELIGION	:	Lalitha Krishnan Marie Williams	4991853 / 4992341 8271700