



International  
Women's  
Association

JULY 1995

# IWA NEWSLETTER

Vol. X No. : 2  
Madras

JULY 1995

## MONTH AT A GLANCE

Thursday, 6 July	<b>EXECUTIVE COMMITTEE MEETING</b>	10-15 a.m.
Friday, 7 July	<b>HISTORY, CULTURE AND TOURS</b> From KANCHI to KYOTO	10-15 a.m.
Monday, 10 July	<b>COOKING SWAPSHOP</b> The Real Value Way !	10-15 a.m.
Tuesday, 11 July	<b>CURRENT EVENTS</b> Graphoanalysis — a talk and demonstration on the science of handwriting analysis	10-15 a.m.
Thursday, 13 July	<b>ARTS AND HANDICRAFTS</b> Terracota Sculptures	10-15 a.m.
Tuesday, 18 July	<b>BOOK DISCUSSION</b> Ibsen's Play "A Doll's House"	10-15 a.m.
Tuesday, 25 July	<b>FOUNDERS' DAY</b> "The Frivolous and the Funny"	10-15 a.m.
Thursday, 27 July	<b>MUSIC AND PERFORMING ARTS</b> Film : Robert Zemeckis' "Forrest Gump"	10-00 a.m.
Monday, 31 July	<b>PHILOSOPHY AND RELIGION</b> <b>HEALTH AND ECOLOGY</b> Pranic Healing	10-15 a.m.

## FROM THE DESK OF THE PRESIDENTS

The Fellowship morning and EGM on 16 June 1995 was very well attended. The EGM was specially called to resolve the issue of the increase in membership fees. The majority of members voted for an increase. The membership fee will now be Rs. 500 per annum. Please send your full subscription/balance positively before 15 July to our Treasurer Rupa Kadiresan.

**The result of the ballot was as follows :**

Fees to remain at Rs. 300 — 16 Votes

Fees to increase to Rs. 400 — 54 Votes

Fees to increase to Rs. 500 — 76 Votes

Tuesday, 25 July 1995 is a memorable day for IWA. It is our Founders' Day. This year Music & Performing Arts are presenting "The Frivolous and the Funny"- numerous skits produced and directed by Rita Saldhana and enacted by our own members. This meeting is for members only. We look forward to seeing you there. Thank you for your support.

**ZUBEIDA ASGARALI  
KHIN-THI-DA-LWIN**

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## EXECUTIVE COMMITTEE MEETING

Thursday, 6 July, 1995 — 10-15 a.m.

At : Sangeetha Thapa  
4/1, 3rd Cross Street  
Dr. Radhakrishnan Nagar  
Thiruvanmiyur  
Madras-600 041



Activity Chairpersons please bring your blurbs, typed if possible.



## FROM THE VICE PRESIDENTS

The holidays are over and your activity chairpersons have been hard at work to give you very varied and exciting programmes this month. So come and enjoy them. Don't forget that any suggestion you may have for meetings will always be warmly received.

Cost effectiveness is certainly on the agenda this year and from now on hostesses will be asked to provide simple fare such as coffee and small snacks. We'll be trimmer for it, if nothing else!! Here's a delightful, healthy idea to try.

### MUESLI BISCUITS

- 4 oz plain wholemeal flour
- 1 teaspoon baking powder
- Pinch salt
- 3 oz porridge oats
- 2 oz raisins, chopped
- 1 oz almonds, chopped (optional)
- 4 oz butter
- 3 oz soft brown sugar
- 2 tablespoons water

Sift flour, baking powder & salt in bowl.

Stir in oats, raisins, almonds.

Put butter, sugar, honey & water in pan.

Melt over low heat. Pour onto dry ingredients & mix.

Put spoonfuls on greased baking sheet. Bake for 10 — 12 mins (150°C).

Cool & Store.

**SHYLA K. RAU**  
**TERESA MARY KING**

## HISTORY, CULTURE AND TOURS

Friday, 7 July, 1995 — 10-15 a.m.

At : Poonam Lalchand  
3, College Lane  
Madras-600 006



### **FROM KANCHI TO KYOTO**

From antient times, Kanchi has been a centre of learning. Shaivism, Buddhism, Vaishnavism, Jainism and other faiths were studied and flourished here.

The great Buddhist scholar, Bodhidharma, a Pallava Prince, is believed to have taken Mahayana Buddhism, (which became Zen Buddhism) from Kanchi to Japan.

Dr. Vijayalakshmy Rangarajan of the International Institute of Tamil Studies, Madras, who obtained her Ph.D. Degree from Oxford University and did higher research at the University of Hamburg, will enlighten us on this interesting topic.

**SHAKUNTHALA JAGANNATHAN  
POONAM LALCHAND**

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✓ **SHORT TOUR - (Departure August 24)**

### **TOUR OF RANGANATHITTOO - SRIRANGAPATNA - SOMNATHPUR - SIVASAMUDRAM**

We are planning a 3 day tour visiting Ranganathittoo Bird Sanctuary (where herons breed on islets in the Kaveri River ; best season - July / August), Srirangapatna (Tippu Sultan's capital), Somnathpur (exquisite Hoysala temple of the 13th century) and Sivasamudram (Gaganachukki and Bharachukki waterfalls).

As tickets have to be purchased on the Shatabdi Express to and from Mysore, those interested, please give in your names by July 15 and full payment by July 20 (first come, first served).

Husbands and friends are welcome (if places are available). Please phone for details between 8 and 10 a.m. only.

(Evenings may be cool - please bring a light shawl with you).

**SHAKUNTHALA JAGANNATHAN  
POONAM LALCHAND**

## COOKING SWAPSHOP

Monday, 10 July, 1995 — 10-15 a.m.

At : Kalpana Sonthalia  
20, Harrington Road  
Madras-600 031



### THE REAL VALUE WAY !

Come discover the **HEALTHIER**, **TASTIER** and **SAFER** way of keeping your food . . . . .

Exactly how does **THE REAL VALUE VACUMIZER** keep food fresh for days even weeks on end ?

The **REAL VALUE VACUMIZER** is, quite literally, the talk of the town. You've seen it in newspapers and you've seen it on television. Now, come and see it in person.

**LALITHA KRISHNAN**

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### WELCOME

We warmly welcome Brit Jackson as Co-Chairperson for the Cooking Swapshop.

We also welcome a new member Lalini Gautamataasa.

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### CHANGE IN TELEPHONE NUMBER :

MARGARET SEKHRAN — 6283614



## CURRENT EVENTS

Tuesday, 11 July, 1995 — 10-15 a.m.

At : Mahmooda Haja Shareef  
'NIHAL'  
17, Haddows Road, 1st Street  
Madras-600 006  
Phone : 8276522



### **GRAPHOANALYSIS — A TALK AND DEMONSTRATION ON THE SCIENCE OF HANDWRITING ANALYSIS**

RAGINI CHOPRA is a highly qualified Graphoanalyst. She will give a demonstration/lecture on this new science which is being widely used in various spheres like HRD, CRIMINOLOGY, PSYCHIATRIC DISORDERS etc. to analyse and understand the psychological makeup of individuals.

So polish up your penmanship, dot your 'i's and cross your 't's and get set for a character analysis.

**CHANDRIKA CHIDAMBARAM  
PADMINI NATARAJAN**

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### THE EXECUTIVE COMMITTEE

We are pleased to announce that on Tuesday, 25 July, we will be celebrating IWA's 9th Founders' Day at the Chola Sheraton, Cathedral Road, Madras at 10-15 a.m. After refreshments, an entertainment programme is planned called "THE FRIVOLOUS AND THE FUNNY". So please come and join us for this special event.

**No guests please**

## ARTS AND HANDICRAFTS

Thursday, 13 July, 1995 — 10-15 a.m.

At : Nandita Chaudhuri  
32, Archbishop Mathias Avenue  
Madras-600 028



### TERRACOTA SCULPTURES

The art of transforming a mound of wet clay into captivating sculptures, abstract objects d'art and decorative pottery finds its roots in ancient India. While much of its treatment and design has remained typical to certain regions of the country down the ages, the art is mainly individualistic.

SUCHISMITA GOSWAMI & MADHUMITA SARKAR will present a lecture cum demonstration on this art form.

They will also bring some of their works for display and sale.

**NANDITA CHAUDHURI  
SANGEETHA THAPA**

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Love is only chatter,  
Friends are all that matter.

— GELETT BURGESS



## BOOK DISCUSSION

Tuesday, 18 July, 1995 — 10-15 a.m.

At : Sushila Natraj  
E-110, 16th Cross Street  
Besant Nagar  
Madras-600 090



### **IBSEN'S PLAY : A DOLL'S HOUSE**

The Norwegian playwright, whose plays sent his readers and audience into shocked introspection in his time, makes an eminent choice for our ladies to discuss at the first meeting for this year. His observations seem as pertinent and perspicacious today as they did a century ago!

Rupa Kadhiresan will analyze 'A Doll's House' and it's logical progression into 'Hedda Gabler'.

We look forward to seeing all you bookworms!

**SUSHILA NATRAJ  
SEEMA SAIT**

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### **P.S.**

The Book Discussion Chairpersons this year have decided to choose books that are very well-known and much read around the world, and in India. Suggestions are welcome - please call us. The criteria are :

1. The book should be well-known and have some relevance and interest for all age groups in IWA.
2. The book should be short - about 200-250 pages maximum. This will facilitate circulation.

We are continuing with our old list of members included in the circulation list. We would like to update it, so do get in touch with us if you are really serious about wanting to be included. And also if you are on our list, but are unable to participate for various reasons. Please help us give you a good year of classic books and lively discussions.

**SUSHILA NATRAJ  
SEEMA SAIT**

## MUSIC AND PERFORMING ARTS

Tuesday, 25 July, 1995 — 10-15 a.m.

At: The Chola Sheraton  
Cathedral Road  
Madras-600 086



**'THE FRIVOLOUS AND THE FUNNY' — by RITA SALDHANA**

FOUNDERS' DAY is a day to remember and rejoice that we have come so far from small beginnings. In a celebration of this eventful day we present a short entertainment programme — **'THE FRIVOLOUS AND THE FUNNY'**, a compilation of humorous episodes produced and directed by RITA SALDHANA. The participating artistes are of course the cream of IWA's talented membership.

**No Guests**

**NIRMAL SESHADRI  
SONIA CARTER**

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Between the dark and the day light,  
When the night is beginning to lower,  
Comes a pause in the day's occupations,  
That is know as the children's hour.

— LONGFELLOW

## MUSIC AND PERFORMING ARTS

Thursday, 27 July, 1995 — 10-00 a.m.

At: U.S.I.S. Auditorium  
220, Anna Salai  
Madras-600 006



✓ Film : **ROBERT ZEMECKIS 'FORREST GUMP'**

This year's acclaimed Academy Award winning film 'FORREST GUMP', directed by ROBERT ZEMECKIS and played brilliantly by Tom Hanks is the life long saga of a sweet-natured simpleton from Greenbow, Alabama, who survives and triumphs in his epoch while being absolutely blind to it's ethos, it's heroes, its significance.

The emotional power of 'Gump' is partly due to Tom Hanks' meticulously restrained and moving performance and to Zemeckis' inspired use of repeated incidents and echoed images.

Due to length of film (142 min.) no refreshments will be served.

**NIRMAL SESHADRI  
SONIA CARTER**

**Note :** Please relay car number information for U.S.I.S. parking during this performance to NIRMAL SESHADRI between 8-00 — 9-30 a.m. by July 26 (latest).



**HEALTH AND ECOLOGY**  
**PHILOSOPHY AND RELIGION**

Monday, 31 July, 1995 — 10-15 a.m.

At : Alagammai Alagappan  
17, Chittaranjan Road  
Teynampet  
Madras-600 018



**PRANIC HEALING**

PRANIC HEALING is a no touch, non-toxic, painless treatment that uses the all pervasive 'PRANA' or 'VITAL ENERGY' to heal many kinds of ailments. Every human body is surrounded by an energy field, which takes the shape of the physical body, but also extends beyond it by 4 to 5 inches. This is called the 'Human Aura'. Healing is accomplished by removing diseased energy and transferring healthy energy to the affected areas.

Today, Mrs. RAMANI JOSEPH, an experienced pranic healer will enlighten us on this new and interesting concept, which is bound to prove useful to every one of us.

**BELA KHALEELI**  
**PADMA ASHOK**

**ALAGU MUTHU**  
**IRENE PRULLER DASS**



## EXECUTIVE COMMITTEE

### THE BOARD

Presidents	:	Zubeida Asgarali	8271614
		Khin-Thi-Da-Lwin (Dawn)	4347961
Vice-Presidents	:	Shyla K. Rau	8276893
		Teresa Mary King	4341066
Secretaries	:	Sujaya Menon	4917464/4910044
		Ellen Sorensen	4919291
Treasurers	:	Rupa Kadhiresan	4992847
		Angelika Mandaikar	611265

### ACTIVITY CHAIRPERSONS

Arts & Handicrafts	:	Nandita Chaudhuri	452720/4347871
		Sangeetha Thapa	4913078
Book Discussion	:	Sushila Nataraj	4911015
		Seema Sait	8261018
Current Events & Careers	:	Padmini Natarajan	8280844
		Chandrika Chidambaram	4917609
Cooking Swapshop	:	Lalitha Krishnan	4991853/4992341
		Britt Jackson	8281701
Health & Ecology	:	Bela Khaleeli	418653
		Padma Ashok	8276591
History, Culture & Tours	:	Shakunthala Jagannathan	459199
		Poonam Lalchand	8272947
Music & Performing Arts	:	Nirmal Seshadri	4913820
		Sonia Carter	4345995
Philosophy & Religion	:	Alagu Muthu	4937050
		Irene Pruller Dass	4990865