



International
Women's
Association

NEWS LETTER
JULY 2001

SUN	MON	TUE	WED	THU	FRI	SAT
1	10.00 a.m. Executive Meeting	3	4	5	10.15 a.m. Music & Performing Arts	7
8	10.15 a.m. Philosophy and Religion	10.15 a.m. Current Events	10.15 a.m. History, Culture & Tours	10.15 a.m. Health & Energy	13	14
15	16	10.15 a.m. History, Culture & Tours	18	10.15 a.m. Cooking Workshops	20	21
22	23	10.15 a.m. Arts & Handicrafts	10.15 a.m. Founders Day	26	10.15 a.m. Book Discussion	28
29	30	31				

FROM THE PRESIDENTS

Founder's Day - IWA came about as a result of a vision primarily of Nirmal Seshadris', who along with Nancy Stemple, the wife of the then American Consul, and Lakshmi Padmanabhan, Saroja Ramamrutham, Anneliese Hazari, Sunita Shahaney and Rewa Singh with the purpose of creating an organization that would bring together the Indian culture and ethos to ladies from across the globe, who are resident in Madras. This would give an opportunity for the exchange of culture and traditions followed by ladies from around the world.

The date of conception of IWA was 25th July 1986, and hence this day acknowledges the completion of 15 years of IWA.

Our Activity Chairpersons have planned several interesting events for you for this year, which we are confident you will enjoy. We welcome any suggestions from members with regard to further programmes of interest.

Our sincerest thanks go to the members of the Board and Activity Chairpersons for their splendid contribution towards a successful Fellowship Morning.

RANI CHADA

SEEMA SAIT

EXECUTIVE BOARD MEETING

Monday 2nd July, 10 a.m.

At : La Princess Restaurant
(on top of Foodworld)
Gandhi Nagar
Chennai 600 020

MUSIC & PERFORMING ARTS

Friday, 6th July 2001 - 10.15 am

At: Smt. Savitri Jagannatha Rao
13, Second Crescent Park Road
Gandhinagar, Adyar
Chennai 600 020



LEARNING BHARATA NATAYAM

Dance whether rustic folk or sophisticated classical, is an avenue to express a deep sentiment of the inner self. This form of art expresses feelings of devotion and captures both the dancer and the audience with its rhythmic and melodious music.

Bharata Natayam is an expression of dance that has become popular all over the world. Knowledge of rhythm and classical South Indian music are vital to learning Bharata Natayam.

Savitri Jagannatha Rao will take us through the basic step of this ancient art.

This meeting will surely bring out the dancer in you. Do join us for a fun-filled morning.

NAINA SHAH

KANOKWAN SANDHU

PHILOSOPHY & RELIGION

Monday, 9th July 2001 - 10.15 am

At: St. Mary's Church,
Fort St. George,
Chennai 600 009.



SPIRITUALITY AND HEALING

As human beings we are meant to be whole people but so often we live fragmental, compartmentalised lives. We divide ourselves into physical, spiritual, intellectual individuals. Father AJ Thamburaj, SJ, Former Rector of Loyala College, explores with us our need for integration especially where healing is concerned. Himself, a renowned healer, Father Thamburaj looks at the great religious traditions and finds points in common and places when we can learn from one another. Touching on subjects like Pranic Healing and Reiki, his over view should expand our horizons.

We are fortunate to have our meeting in the historic St. Mary's Church and the organist, Mr. S. Paul will be on hand to play during our coffee time.

Note : We recommend an early arrival. The assembly will begin at 10.30 a.m. Parking will be limited inside the fort.

EILEEN THOMPSON

SEEMA BARGHAVA

CURRENT EVENTS

Tuesday, 10th July, 2001 - 10.15am

At: **Bina Mathew's,**
18, Bishop Garden,
Raja Annamalai Puram,
Chennai 600 028.



WHAT WOMEN REALLY WANT

While we celebrate the International Year of the Woman, have we stopped and given a thought about us, women? Are there any aspects of us that need to be discovered? In a recent movie, man discovers what women want, but do we know and understand ourselves?

Come and listen to what women really want from a woman who has scaled the heights of success in the field of advertising, Ms. Anita Gupta, Senior Vice-President and General Manager, Hindustan Thompson Associates Limited will enlighten us with her experiences.

PRINCESS NAIK

BILKIS MOOSA

INTACH TOUR

INTACH (Indian National Trust for Art and Cultural Heritage) is organizing a 3-day tour to TANJAVUR and the surrounding area, focusing on Chola period art and architecture. The dates of the tour are AUGUST 2-6, departing by overnight train on Aug 2 and returning on the early morning train Aug 6. Please call S. Suresh for further information, 491-8479.

HISTORY, CULTURE & TOURS

Wednesday, 11th July, 2001 - 10.15 am

At: **Seetha Muthiah's,**
"Coromandel House",
12 Boat Club Road,
Chennai 600 028.



A JOURNEY TO THE HEAVENS

Mansarovar! Mount Kailash! For many, making the arduous pilgrimage to these distant holy places is a dream realized. For Anju Poddar, well known in Hyderabad for her appreciation of contemporary art and involvement in social causes, it was that and more. Her physical and spiritual journey inspired her to write a unique work that is both a travelogue and a guidebook. Set out like a scrapbook, with artwork, handwritten notes, itineraries, lists, maps and photographs, her book is a visual delight.

Anju Poddar will join us to share her memories and slides of her journey.

VIDYA SINGH

PAT ALTER

HEALTH & ECOLOGY

Thursday, 12th July, 2001 - 10.15 am

At: **Hotel Aditya,**
155/1 Arcot Road,
Vadapalani, Chennai 600 026.
Phone : 4880488



ALPHA MIND POWER

Alpha mind power is a technique which activates the right side of our brain functions in a powerful way. The right side of our brain is responsible for musical talent, lateral thinking and other such visuo-spatial and creative skills. Traditional learning is more left brain based and highly verbal, while right brain thinking enables an overall better utilisation of brain power. Ms Vijayalakshmi Panthaiyan conducts one day workshops on alpha mind power. She is multitalented and runs many fitness healing centres. She will guide us how to empower ourselves and increase confidence and performance levels through alpha mind power.

PRITHIKA CHARY

MEENA NARU

FROM THE DESK OF THE TREASURERS

A Reminder : Please remember the last date for submitting your subscription forms is 15th July 2001. Hope you will encourage our Activity Chairpersons in their effort to organise meetings in your homes. Nothing is better than enjoying the hospitality and warmth of your friends home.

KUSUM CHADDA

PADMA ASHOK

HISTORY, CULTURE & TOURS

Tuesday, 17th July, 2001 - 10.15 am

At: **Vidya Singh's,**
10 Satyanarayana Avenue,
Boat Club Road,
Chennai 600 028.



THE BUSINESS OF CULTURE

Why do Indians ask such personal questions? What makes the Chinese so inscrutable? Do Americans have any values at all? How many of us would be able to explain our culture to a newcomer in just a few hours? Ranjini Manian, founder and director of Global Adjustments, does just that! She helps foreigners understand India and prepares Indians for some of the differences they'll find living and especially, working abroad. Using a combination of written materials, role-playing exercises and one-on-one sessions with her multinational staff, Ranjini ensures that newcomers adapt quickly to their new environment, wherever that may be.

Along the way, Ranjini has collected a number of interesting and humorous observations about crosscultural encounters which she'll share with us.

VIDYA SINGH

PAT ALTER

COOKING SWAPSHOP

Thursday, 19th July, 2001 - 10.15 a.m.

At: **Kakani Towers,**
11nd Floor,
Cascade Conference Hall,
15 Khader Nawaz Khan Road,
Chennai 600 006.



IT'S SAI BHAJI CHADI !

Fun loving, Charming and Former President Poonam Lalchand has offered to part with traditional Sindhi recipes. This is the first time IWA gets to see this unique cuisine so ladies do warn in early. The limit is 60. Warn in after 5th July.

Beena Ram Mohan	6214278	8 a.m. to 9 a.m.
	6213923	
Cherry Venkatesan	8293436	9 a.m. to 10 a.m.

A big thank you to Zubeida Asgar Ali who hosted our first meeting at such short notice at YWCA. We shall always remember your generosity and timely assistance.

BEENA RAM MOHAN

CHERRY VENKATESH



Heartfelt Condolences to Mohini Gill on the recent demise of her husband.



Congratulations to Shalini Biswajit for coming overall first in the car rally organised by Madras Motor Sports Club at Kodaikanal on May 28th.

ARTS AND HANDICRAFTS

Monday, 24th July, 2001 - 10.15 a.m.

At: **Russian Cultural Centre,**
74, Kasturi Ranga Road,
Chennai 600 018.



A JOURNEY THROUGH THE EYES OF ARTIST A.V. ILANGO

Just returned from France after winning an Award from Lyon Fine Art Society for his contribution to Indian Art, A.V. Ilango a prominent Chennai artist shares his experiences as an artist. He will also enlighten us on his recent illustrations for the famous Tamil literature "Ponniyin Selvan" that has won him many accolades.

Having been in the art scene for the past 25 years he will trace his artistic journey through forms, subject matter and a kaleidoscope of colours with a distinct Indian sensibility in an interesting slide show of his works.

SHALINI BISWAJIT

SUSHI GOKLANEY

FOUNDERS DAY

"Now and then remember when"

Wednesday, 25th July, 2001 - 10.15 a.m.

At: **Hotel Chola Sheraton,**
Cathedral Road,
Chennai 600 086.

As we go down Memory Lane, we look back to the past 15 years of IWA and can't help but have nostalgic memories of all the people who contributed towards this great organization, not forgetting the Founder Members whose vision 15 years back became a reality.

Entering our 16th year, we shall endeavor to maintain the high standards and traditions set by the Founders and the Past Presidents.

Members are requested not to leave the venue in the midst of the meeting.

For Members only.

RANI CHADA

SEEMA SAIT

BOOK DISCUSSION

Friday, 27th July, 2001 - 10.15 a.m.

At: **The British Council,**
737, Anna Salai,
Chennai 600 002.



THE GLASS PALACE by Amitav Ghosh

This fascinating and poignant novel starts in Mandalay with the arrival of the British. The Kingdom of the Glass Palace is shattered and the Burmese King, Queen and Court exiled to India. Through the intertwining stories of Dolly, a child attendant of the Royal entourage and Rajkumar, a stateless orphan, the history of the twentieth Century is told across three generations.

The discussion will be led by Dr. Uttara Natrajan, a professor of English at the University of London. Our thanks to the Association of British Scholars, Tamilnadu for helping us organizing in this event. We hope you will all join us for this interesting discussion.

GAYATHRI KRISHNASWAMY AMULYA MANDAVA

HISTORY, CULTURE & TOURS

IWA EXCURSION TO MALAYSIA

We are planning a 6-night, 7-day excursion to Malaysia in late September-early October. The focus of the trip will be to experience the diverse cultures and heritage of Malaysia. The itinerary will include sightseeing, heritage walks, cultural shows and shopping in Kuala Lumpur, Malacca and the east coast cities of Kota Bharu and Kuala Terengganu. This trip will be open to IWA members and their immediate family (adults).



Interested? Watch for full details in the August newsletter...

VIDYA SINGH

PAT ALTER



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WE WELCOME THE NEW MEMBERS

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