



**IWA**  
CHENNAI

**NEWSLETTER**  
**NOVEMBER 2002**

SUN	MON	TUE	WED	THU	FRI	SAT
				31st Oct Managing Committee Meeting 9.30 a.m. Executive Meeting 10.30 a.m.	1	2
3	4	5	6	7	8	9
10	11	12 Cooking Swapshop	13	14 Health & Ecology	15	16
17	18 Philosophy & Religion	19	20	21 Music & Performing Arts	22 10.15 a.m. Arts & Handicrafts	23
24 10.15 a.m. Current Events	25 10.15 a.m. History, Culture & Tours	26 10.15 a.m. Book Discussion	27	28	29	30

## IWA NEWSLETTER

Volume XVII No. 6

Chennai

NOVEMBER 2002

## MONTH AT A GLANCE

Thursday	31 <sup>st</sup> Oct	Managing Committee Meeting	9.30 a.m.
		Executive Meeting	10.30 a.m.
Tuesday	12 <sup>th</sup> Nov	Cooking Swapshop	10.15 a.m.
		Puddings & Pies	
Thursday	14 <sup>th</sup> Nov	Health & Ecology	10.15 a.m.
		Aloe Vera The Miracle Medicinal Plant	
Tuesday	19 <sup>th</sup> Nov	Philosophy & Religion	10.15 a.m.
		Self-Esteem & Relationship	
Thursday	21 <sup>st</sup> Nov	Music & Performing Arts	4.30 p.m.
		Melodies from the 60's & 70's	
Friday	22 <sup>nd</sup> Nov	Arts & Handicrafts	10.15 a.m.
		Meet the Artist Mike	
Monday	25 <sup>th</sup> Nov	Current Events	10.15 a.m.
Tuesday	26 <sup>th</sup> Nov	History, Culture & Tours	
		Museum Endowment Lecture	
Wednesday	27 <sup>th</sup> Nov	Book Discussion	10.15 a.m.
		White Mughals	

## FROM THE PRESIDENTS

The Managing Committee and the Executive Committee wish all our IWA members and their families 'A VERY HAPPY DIWALI'. Wishing you a wonderful year ahead.

S. Shashank's flute made International Music Day a memorable one. The music was enthralling. International Music Day is dedicated to our Founder President Nirmal Seshadri. We thank Mr.Seshadri and his family for the gift of Rs.One lakh for a corpus fund in IWA. The interest earned from this sum is to be used to commemorate our late Founder President, on the occasion of International Music Day each year on October 1st - as a gift to a young, promising and deserving artist in the field of music. A committee of IWA will decide on the choice of musician.

We would like to thank all the members of our Managing Committee and the Executive Committee for their help on 1st October.

We thank our Committees and our members for making Diwali celebrations a grand success.

By the time you get this newsletter the IWA members would have returned from their trip to SRI LANKA. Thank you Geeta for organising this very popular trip.

**KUSUM CHADDA      MEYYAMMAI MURUGAPPAN**

## VICE PRESIDENTS

There is a request from the Chairpersons

- ◆ To switch off Cell phones during the meeting.
- ◆ To refrain from walking out before the speaker finishes. It disturbs the speaker and is impolite.
- ◆ Members, please do not bring small children with ayahs to meetings, especially at clubs & hotels.

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### MANAGING COMMITTEE MEETING

Thursday, 31<sup>st</sup> October 2002  
at 9.30 a.m.

### EXECUTIVE MEETING

Thursday, 31<sup>st</sup> October 2002  
at 10.30 a.m.

**Both Meetings at:**  
5 (Old No.19B), Tank Bund Road,  
Opp. Loyola College,  
Chennai - 600 034.

## COOKING SWAPSHOP

Tuesday, 12th November, 2002, 10.15 a.m.

At: The Madras Boat Club  
Boat Club Road  
Chennai 600 028



### **Puddings and Pies!**

Achu Kurian, who is very popular for her cakes and puddings will give us a demonstration of a few quick and easy desserts like the Yoghurt Cream Pie, Date Roll and Coffee Souffle.

**BINA MATHEW**

**ISABELLE BADRINATH**

## CHANGE OF ADDRESS

**SUNDARI MANI**  
2A, Nalanda Apt.,  
2, V Street,  
Dr. Radhakrishnan Salai,  
Chennai 600 004.

8110645

## HEALTH AND ECOLOGY

Thursday, 14th November, 2002, 10.15 a.m.

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



### **Aloe Vera The Miracle Medicinal Plant**

Aloe Vera is a miracle; nature's own first aid kit, the potted physician; with 75 nutrients, 25 minerals, 18 amino acids and 12 vitamins. It is indeed a nutritional power house - a true gift from nature.

Sheila H.K., will talk to us about the medicinal, cosmetic and mystic powers of this amazing plant, that can be grown in one's own garden.

Sheila is a friend and business partner of Fazah, daughter of our own member Sherna Irani. They have done detailed research on this precious plant.

A trained Beautician will be on hand to demonstrate the use of aloe vera as a beauty aid & cleanser.

**BEENA RAM MOHAN**

**CHERRY VENKATESAN**

## PHILOSOPHY & RELIGION

Tuesday, 19th November, 2002, 10.15 a.m.

At: Madras Boat Club  
Chennai 600 028



### **Self-Esteem and Relationships**

Indian society is in a state of flux. Today, society is more open, permissive and social mores have changed. While this has advantages, there are some pitfalls also. A major area of concern is a person's ability to manage relationships - in marriage or in society per se. Can we do something about this or are we helpless victims at the hands of our emotions?

Today we will look at the correlates of self-esteem and its interplay with the strength and quality of relationships.

Dr. Anuradha M. Uberoi's thesis is a pioneering work on studying interpersonal relationships and their social and emotional correlates. She designed a scale to measure assertiveness in married Indian Women.

She works as a Behavioural Consultant. She writes an interactive column on behaviour - related HR issues for THE TELEGRAPH, CALCUTTA edition. She is an expert on behavioural issues for Sitagita.com. She also contributes articles to leading magazines.

**PRITHIKA CHARY**

**ANITA KAPOOR**

## MUSIC & PERFORMING ARTS

Thursday, 21st November, 2002, 4.30 p.m.

At: Amethyst  
Sundar Mahal  
14 (Old No.30) Padmavathy Road  
Jeypore Nagar  
Chennai 600 086



Melodies from 60's & 70's by Prithvi Chandrasekhar & Amit Thomas. Come with your children & grand children & listen to the foot thumping melodies of this duo, who will enthrall us with their prize-winning melodies.

**RAMANI REDDY**

**SUSHI GOKLANEY**



### HEARTFELT CONDOLENCES TO

Iset Meijers on the loss of her son

Condolences to Meenakshi Arunachalam and Seetha Muthiah on the loss of their brother

## ARTS & HANDICRAFTS

Friday, 22nd November, 2002, 10.15 a.m.

At: Madras Club  
8, Adyar Club Gate Road  
Chennai 600 028



### **Meet the Artist Mike**

Michael Murtagh was born in Swansea and has lived and worked in many locations all over the world. He is currently here with us in Chennai with the British Deputy High Commission.

Although possessing no formal art training, he has pursued his love of figurative and portrait paintings and drawings since childhood. He has exhibited his work in London and has won many prizes.

He is under the belief that art is in all of us..... he is going to talk to us about his experiences and demonstrate on the various stages that go into drawing a portrait.

Maybe there's an artist lurking somewhere in one of us.....

**SHANTHI THOMAS**

**MALINI KRISHNA**

IWA mourns the sudden demise of our Active member Aruna Goyal. Our heartfelt condolences to the family members.

## CURRENT EVENTS

Monday, 25th November, 2002, 10.15 a.m.

At: 'The Park' Hotel  
601, Anna Salai  
Chennai 600 006



### **Boutique Hotels are here to stay**

Recently opened, The Park has captured the attention of Chennaites in its short existence. Its interiors, fusion food & speciality restaurant have all become the talk of the town. Interesting also is its positioning as a Boutique Hotel.

Ms. Priya Paul, President, Apeejay Surendra Hotels - Promoters of The Park, will talk to us about the concept of Boutique Hotels. What is it that makes these Hotels different from Star Hotels & why do they do well, specially with the business travelers? Ms. Paul will also enlighten us as to why her group of hotels has opted to remain a chain of only Boutique Hotels.

**NO GUESTS PLEASE**

**SEEMA BHARGAVA**

**ELAINE WOOD**

Our Heartfelt condolences to Vijaya Balu on the demise of her brother.

## HISTORY, CULTURE & TOURS

Tuesday, 26th November, 2002, 10.15 a.m.

At : The Madras Museum  
Pantheon Road  
Egmore  
Chennai 600 008



### Madras Museum Endowment Lecture

**The City and the Hinterland: Urban processes in Medieval South India**

Speaker: Dr.R.CHAMPAKALAKSHMI

South India offers an interesting example of the emergence of the state under the Cholas i.e. from A.D. 850 to A.D.1250, in which the evolution of a territory and a culture coincided with the processes of urbanization. The four hundred years of Chola rule were crucial in the making of the Tamil macro region, its institutional structures and cultural matrix, most of which survived till the colonial period. This lecture is an attempt to present the urban processes and evolution of the city and its hinterland. The major integrative force and legitimating institution was the Temple based on the Bhakthi ideology. The city that developed in this context was the Temple city, its urban character being sustained by the economic and social role of the temple.

Dr.R.Champakalakshmi, former Professor of Ancient History, Jawaharlal Nehru University, is an authority on the history of Vaishnavism and urbanization. She has to her credit three books, several research papers; she is the recipient of several awards; has presided over three History Congresses at the All India level. She was visiting professor at the University of Mexico and Costa Rica. She was consultant for the TV serials like Discovery of India by Shyam Benegal.

GEETA VASUDEVAN

PHYLLIS BERGEN

## BOOK DISCUSSION

Wednesday, 27th November, 2002, 10.15 a.m.

At: The Madras Club  
Boat Club Road  
Chennai 600 028



**The Book : WHITE MUGHALS**

**The Author in Person : WILLIAM DALRYMPLE**

"Rarely does one review a book which so obviously marks the start of a splendid career. Brave and exultant, rich in esoteric knowledge and a sense of the ridiculous... it is my guess that William Dalrymple will become one of the Great English travel writers" so said the Eastern Daily Press in a review of his earlier book "In Xanadu". A prophecy that rings true today.

Young, affable William Dalrymple, author of the highly acclaimed bestsellers "City of Djinns: A year in Delhi", "In Xanadu: A quest", "From the holy mountains: A journey in the shadow of the Byzantine", is the winner of several renowned awards among them, the Sunday Times Young Writer of the Year Award and the Thomas Cook Travel Book Award. He will be with us in Chennai to unveil the "White Mughals" his latest masterpiece. The White Mughals is the story of love and betrayal in the 1800s.

William Dalrymple, travel writer par excellence, divides his time between London, Edinburgh and Delhi. Come and meet the author in person, at his liveliest best.

PRINCESS NAIK

SHEELA K.SHARATH

## IWA NEWS



### **BIRTHDAY GREETINGS FOR NOVEMBER**

Rani Chada, Eunice Crook, Bela Mistry Khaleeli, Aseel Mathur, Shweta Mohapatra, Meena Naru, Josie Newman, Shantha Prasad, Françoise Queval, Malathi Ramachandran, Sharada Reddy, Sherien Ryan, Somna Sachdev, Dorothy Saldanha, Sheetal Shah.

We thank our 'Active Participating Members' for the month of September 2002

- Hostess : Urmila Agarwal, Aruna Goyal,  
Vijay Goyal, Shanti Karunakaran,  
Shashi Malhotra, Meenakshi Meyyappan,  
Rati Nilakantan, Anuradha Uberoi,  
Shalini Virmani
- Group Hostess : Rani Chandani, Usha Chandrakumar,  
Rita Lal, Dolly Prasad,  
Rama Rajagopalan, Sharada Rajamani,  
Malathi Ramachandran,  
Nalini Ramakrishna,
- Helper : Jennifer Ann, Latha Barathan,  
Mansha Bhatia, Sarah Chanda,  
Rani Chandani, Rani Das Gupta,  
Radha Gopalakrishnan,  
Asha Hemdev, Meera Jayakar,  
Shoba Mahtani, Shoba Majumdar,  
Sucharita Prasad, Linda Raymond,  
Ranjani Venkatraghavan.

## EXECUTIVE COMMITTEE 2002 - 2003 MANAGING COMMITTEE

**PRESIDENTS**  
Kusum Chadda 825 4217, 823 3751  
Meyyammai Murugappan 4348207

**VICE PRESIDENTS**  
Vijaya Balu 4943588  
Padma Ashok 8224235 / 8267801

**SECRETARIES**  
Vidya Singh 4359035 / 4338782  
Kanokwan Sandhu 4965556 / 4961061

**TREASURERS**  
Naina Shah 4320564 / 4320706  
Françoise Drown 823 0412

### ACTIVITY CHAIRPERSONS

**ARTS & HANDICRAFTS**  
Shanthi Thomas 8150865 (O) 8153631  
Malini Krishna 4474830 / 4471046

**BOOK DISCUSSION**  
Princess Naik 4453830 / 4418448  
Sheela Shanath 4938524 (O) 4347096

**COOKING SWAPSHOP**  
Bina Mathew 4941874 / 4936788  
Isabelle Badrinath 4471677

**CURRENT EVENTS**  
Seema Bhargava 4343129 / 4356707  
Elaine Wood 4471356

**HEALTH & ECOLOGY**  
Beena Ram Mohan 6213923 / 6214278  
Cherry Venkatesan 8293436

**HISTORY, CULTURE & TOURS**  
Geeta Vasudevan 4915913  
Phyllis Bergen 4471767

**PHILOSOPHY & RELIGION**  
Prithika Chary 4997878 (O) 4363551 ext.1510  
Anita Kapoor 8256484

**MUSIC & PERFORMING ARTS**  
Ramani Reddy 8233608 / 8273348  
Sushil Goklaney 4616552 / 4616554