



IWA  
CHENNAI

NEWSLETTER  
MARCH 2004

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:45 a.m. Mang. Comm. Mtg. 10:45 a.m. Exec. Comm. Mtg.	2 10:30 a.m. Music & Performing Arts	3	4	5	6
7 7.00 p.m. Grand Finale Evening	8 10:15 a.m. Book Discussion	9	10 10:15 a.m. Health & Ecology	11	12	13
14	15 10:15 a.m. History, Culture & Tours	16	17	18 10:15 a.m. Cooking Swapshop	19	20
21 1.00 p.m. Arts & Handicrafts	22	23 10:15 a.m. Philosophy and Religion	24	25	26	27
28	29 10:15 a.m. Current Events	30	31			

## IWA NEWSLETTER

Volume XVIII No. 10

Chennai

MARCH 2004

## MONTH AT A GLANCE

- Tuesday 2<sup>nd</sup> Mar *Managing Comm. Meeting* 9:45 am  
*Executive Comm. Meeting* 10:45 am
- Wednesday 3<sup>rd</sup> Mar *Music & Performing arts* 10:30 am  
*The Madras String Quartet*
- Sunday 7<sup>th</sup> Mar *Grand Finale Evening* 7:00 pm
- Tuesday 9<sup>th</sup> Mar *Book Discussion* 10:15 am  
*Dreams of the Dragon's*  
*Children by Navroze Contractor*
- Thursday 11<sup>th</sup> Mar *Health & Ecology* 10:15 am  
*That hurts doc*
- Tuesday 16<sup>th</sup> Mar *History, Culture & Tours* 10:15 am  
*Exhalted and Exhilarated in Ladakh*
- Thursday 19<sup>th</sup> Mar *Cooking swapshop* 10:15 am  
*Tingle your Taste Buds*
- Thursday 22<sup>nd</sup> Mar *Arts & Handicrafts* 1:00 pm  
*Secrets of Intimate Fashions*
- Wednesday 24<sup>th</sup> Mar *Philosophy & Religion* 10:15 am  
*Chakras: The Energy Of Life*
- Tuesday 30<sup>th</sup> Mar *Current Events* 10:15 am  
*Between Fire and Ice*

## FROM THE PRESIDENTS

The penultimate month of this IWA year! Where has the time gone?!

There is a lot happening as we see the finish line.

As you read this, the EGM should be very close. Do make it a point to be there. Your views on the functioning of IWA are very valuable.

The 'Special Event' - 'It's Yesterday Once More' - dinner and nostalgia entertainment at the Park Sheraton on 7<sup>th</sup> March. Bring your family and friends, and join us for what promises to be a very enjoyable evening. **Make sure you buy your tickets soon - there is a limited number available!**

Our Chairpersons have managed once again to give us a wide spectrum of meetings. Here's hoping to see more and more of you at all the meetings.

*Sushi Natraj*

*Elaine Wood*

### MANAGING COMMITTEE MEETING

### EXECUTIVE COMMITTEE MEETING

Tuesday, 2<sup>nd</sup> March, 9:45 a.m.      Tuesday, 2<sup>nd</sup> March, 10:45 a.m.

Both Meetings at:  
**Anita Kapoor's**  
32, Giri Road, T. Nagar,  
Chennai 600 017.

## FROM THE TREASURERS

### Income and Expenditure Statement

1st April 03 TO 31st January 2004

	Rs.
<b>INCOME</b>	
Membership Subscription	236000.00
Membership Contribution	19200.00
New Membership	7500.00
Telephone Book & Bye-law Books	10070.00
Guest Contribution	6400.00
Hostess Contribution	35950.00
Divali Mela	147330.00
Interest from Savings Bank	1735.00
FD Interest(FD004776)	7714.00
Christmas Meeting	5500.00
<b>Total Income</b>	<b>477399.00</b>
<b>Expenditure</b>	
AGM Expenses 2002-2003	15610.00
Speakers Gifts	11043.40
Postage&Courier Charges	15606.00
Photographs	1908.00
Printing & Stationery	28859.00
Accounting Charges	3500.00
Conveyance,Bank Charges&Professional Fees	2608.00
Fellowship Meeting	9680.00
Meetings	39441.00
Hall EGM	4500.00
Founder's Day Celebration	22957.31
Music Day	9460.00
Divali Mela	94221.00
Christmas Meeting	5500.00
<b>Total Expenditure</b>	<b>264893.71</b>
<b>Funds Position as on 31st January , 2004</b>	
Opening Balance - 1st April 2003	29549.26
<b>Add :</b>	
Excess of Income Over Expenditure	212505.29
<b>Less:</b>	
Advance paid to Chairpersons	16000.00
Advance for News Letter Courier-July	2000.00
<b>Closing Balance</b>	
Bank	212505.56
Cash	11548.99
	<b>224054.55</b>
<b>Fixed Deposits</b>	
Corpus Fund KD/01/008064	265100.00
Entrance Fee KD/01/008066	69500.00
Entrance Fee KD/01/008355	2250.00
Entrance Fee KD/01009312	2250.00
Special Fixed Deposit KD/01/4776	100000.00
<b>Total Fixed Deposits</b>	<b>439100.00</b>

## MUSIC & PERFORMING ARTS

Wednesday, 3<sup>rd</sup> March, 10:30 a.m.

At: **The Madras Club**  
Adyar Club Gate Road  
Chennai 600 028



### *A Classic Couple - Dancers Extraordinaire!*

SHANTA and V.P. DHANANJAYAN, renowned as they are the world over as an elegant dancing couple, will be performing for our members up close and personal. They are renowned for the lyrical and cerebral quality of their dancing and IWA will have an unique opportunity to watch them, not on a stage but performing a couple of very special items just for us - in the manner that it was originally meant to be performed.

Both Shanta and Dhanajayam have had the privilege of training directly under the expert guidance of the legendary Rukmini Devi Arundel at Kalakshetra. Over the years, they have built a very successful dance institution in Chennai, Bharata Kalanjali, and have developed a reputation as a unique dancing couple. Episodes from Gita Govindan and Nandanar, for which the couple is famous, will form part of the morning's presentation. Treat your guests to an event not to be missed!

*Seema Bhargava*

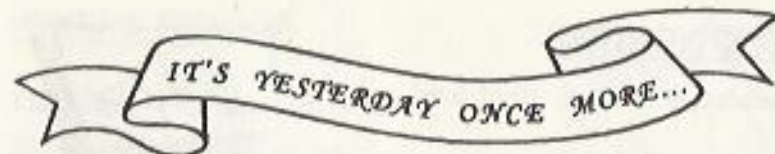
*Uma Ganeran*

### Congratulations to :

Shobha Mahtani on the birth of her granddaughter, Hritu.

Dr. Mano Bhaktavatsalam on receiving the Best Social Worker Award from Wisdom International.

Please hand in your passport photographs !!!



*Sunday, 7<sup>th</sup> March, 7.00 p.m.*

At: *Mowbrays Room*  
*Park Sheraton Hotel & Towers*  
*Chennai*



*This year's 'Special Event' is an evening of nostalgia - music and dance of the pre-70's.*

*Old favourites in English, Hindi and Tamil, sing-alongs, and dances followed by dinner.*

*Tickets will be available at all regular IWA meetings.*  
*(Rs.300/- including dinner)*

*We look forward to seeing you with family and friends!*

## BOOK DISCUSSION

Tuesday, 9<sup>th</sup> March, 10.15 a.m.

At: **Amethyst**  
Sundar Mahal  
14/30, Padmavathi Road  
Jeypore Colony  
Chennai 600 086



### *The Book: Dreams of the Dragon's Children by Navroze Contractor*

In 1985, Navroze Contractor, an award-winning Indian cinematographer, joined the international crew of famed documentary film maker Pierre Hoffmann of Germany to make a groundbreaking film in China. Their focus: the dreams and aspirations of the country's young people. This book is the result of that 3 month long expedition. Part travelogue, part cultural study, part film history, *Dreams of the Dragon's Children* provides an insightful and charming chronicle of daily life in China in the mid-1980s.

We are fortunate to have the author in person to discuss the book.

Navroze Contractor has been the cinematographer of many path-breaking and award winning feature films. A product of the Film and Television Institute of India, Pune, he has studied cinematography under the master, Laszlo Kovacs in the US.

We thank Sabita Shetty for sponsoring the books

*Saranya Jayakumar*

*Christina Sauer*

Please hand in your passport photographs !!!

## HEALTH & ECOLOGY

Thursday, 11<sup>th</sup> March, 10:15 a.m.

At: **The Madras Club**  
No. 8 Adyar Club Gate Road  
Chennai 600028.



*"That hurts doc. - I mean the bill. Why is healthcare so expensive today?"*

Healthcare costs have been climbing worldwide and are a major cause for concern. Doubtless, we live in more secure times (health wise) than at any other time in mankind's history, but the costs that are involved can be beyond the reach of many. India is no exception; in addition it has some peculiarities that are unique to the country.

In this morning's presentation, **Dr. Arjun Rajagopal**, Chief of Medical Staff, Sundaram Medical Foundation, will take a look at why healthcare has become so expensive and more importantly examine some strategies for controlling costs. The talk is meant for educated, aware, and concerned lay audiences and will not touch on any specifics of medical practice. Questions will be welcome.

*Rekha R Rangaraj*

*Isabelle Badrinath*

### Heartfelt Condolences To

- **Anuradha Sachdev and Somna Sachdev** on the passing away of their father-in-law.

Have you bought your tickets for 7th March?

## HISTORY, CULTURE & TOURS

Tuesday, 16<sup>th</sup> March, 10:15 a.m.

At: **Madras Cricket Club**  
No. 1 Bells Road  
Chepauk  
Chennai 600 005



## *Exalted and Exhilarated in Ladakh*

Ten energetic young women set off to Ladakh in search of adventure last year. Their trip took them to Leh, Nubra valley, Pangong Lake and from there to Tsemo Gompa, a key symbol of Buddhism. They had an exciting river rafting trip on the Indus from Shey to Nimo. They were within striking distance of the Siachen Glacier. **Shalini Biswajit, Priya Thomas, Uma Krishnan and Lakshmi Vijayaraghavan** will give an account of this trip and show us, with slides, what they saw and did 2 miles above sea level.

*Shobha Hebbar*

*Libby Meyer*

### Heartfelt Condolences To

- The family of **Shantha Prasad**. We shall miss you, **Shantha**.
- **Rani Chandani** on the loss of her mother-in-law.

Please hand in your passport photographs !!!

## COOKING SWAPSHOP

Friday 19<sup>th</sup>, March 10:15 a.m.

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



## *Tingle your Taste Buds*

Taste enhancers have always dominated South Indian cooking. Simple, easy to make and easy to store PODIS! (Powders) A dash of this and a pinch of that and voila! You have a wonderful spread before you! Chutneys and podis comprise a very significant part of south Indian diets.

**Mrs. Lalitha Ramanarasiah**, who has lived and traveled widely through South India, and has contributed recipes to *The Hindu* and *The San Jose Chronicle (USA)* will demonstrate the magic and multipurpose of varieties of podis and chutneys.

*Urmilla Agarwal*

*Bilkis Maasa*

## CHANGE OF ADDRESS

**DOLLY PRASAD**

10-A, 14th Avenue  
Harrington Road  
Chetpet

Chennai - 600 031. Tel : 2836 0499 / 2836 2263

Have you bought your tickets for 7th March?

## ARTS & HANDICRAFTS

Monday, 22<sup>nd</sup> March, 1.00 p.m. - 4.30 p.m.

Bus departure from  
Vidya Singh's - 1:00 p.m. sharp  
10, Sathyanarayana Avenue  
Off Boat Club Road  
Chennai 600 028



### *Secrets of Intimate Fashions!! Trip to MAS Intimate Fashions*

Intimate Fashions was incorporated in Feb 1997, and has a state-of-the-art fully air conditioned factory of 160,000 sq. ft. located near Chennai, and manufacturing lingerie for some of the premier brands of the world. The company employs 1,700 people, of whom more than 1,500 people are women. The company is a pioneer in the 5S movement in India. It is also one of the very few apparel companies in the world, which has embarked on Six Sigma Practices.

We will be taken on a general trip to the factory and tea will be served courtesy MAS Intimate Fashions. There will be a question - answer session, after which, interested members can make purchases at the factory.

Ladies, this is a post-lunch meeting. Your seat on the bus will be confirmed after payment of Rs.50/- to Mansha Bhatia or Josie Newman. Limit 35 members. Please warn-in before March 20<sup>th</sup>.

*Mansha Bhatia*

*Josie Newman*

Please hand in your passport photographs !!!

## PHILOSOPHY & RELIGION

Wednesday, 24<sup>th</sup> March, 10:15 a.m.

At: **Presidency Club**  
Pearl Room  
Ethiraj Salai  
Chennai



### *CHAKRAS: THE ENERGY OF LIFE*

Health and well-being, happiness and harmony, fulfillment and satisfying relationships-aren't these some of the things we all want out of life? Easier said than done! Ironically, it is assumed that happiness lies in harmony in the external world, whereas, in reality, the outer world falls into place as a reflection of our inner world. Our inner world, therefore, determines our outer world.

CHAKRAS are maps of our inner world -our relationship with THE SELF and how we experience energy at different levels of consciousness. Within human beings, chakras are manifestations of the cosmic life energy. The knowledge of chakras is experiential and personal and is not determined by outer standards.

Surekha Kothari, our IWA member will provide an introduction to the seven main chakras within each one of us, what they stand for, what they do and how it is possible for each of us to improve the quality of our lives with an understanding of these chakras.

We thank Jatinder Bahl, Sangeet Chopra, Praveen Mehra & Rajni Sabherwal for the food at Lohri

*Anuradha Uberoi*

*Anita Kapoor*

Have you bought your tickets for 7th March?

## CURRENT EVENTS

Tuesday, 30<sup>th</sup> March, 10:15 a.m.

At: **The Planetarium**  
Environment Pavilion Auditorium  
Periyar Science and Technology Centre  
Gandhi Mandapam Road  
Kotturpuram  
Chennai 600 025



## BETWEEN FIRE & ICE

Outer space captures our attention and imagination. It is the curiosity and apprehension of the unknown which drives our quest for knowledge about other planets in our universe. The recent momentous landing of "The Opportunity Rover" space shuttle on Mars is an example of our efforts to conquer space.

Venus and Mars have always fascinated humans because of their colour brilliance and movements. Today they are recognized as worlds in their own right, as places that our grand children might visit! But most significantly the continued studies tell us where planet earth might be headed.

Ms. Nirupama Raghavan, India's first woman astronomer who has been listed among the woman of the Millennium by the Biographical Institute, N. Carolina, USA will share this study with us.

*Nina Kothari*

*Amulya Mandava Rao*

**Please hand in your passport photographs !!!**

## FROM THE ELECTION COMMITTEE

We invite you to nominate persons for each office on the Managing Committee.

### *Guidelines:*

1. Nominees for Presidents shall have served on the Managing Committee for at least two years. They should have been members of IWA for at least 5 years. This may be relaxed in the case of Non-Indians.
2. Nominees for Office Bearers of the Managing Committee (i.e. Vice President, Secretary, Treasurer) should have served as Activity Chairpersons for at least two years. This may be relaxed in the case of Non-Indians.
3. The Election Committee shall present to the members, the names of Indian and Non-Indian nominees who are eligible and willing to stand for election on the Managing Committee. They shall inform the members of the date, time and venue of the election.

This Newsletter carries the Nomination Form. Please fill in the form and send it to Stina Vasu, Chairperson, Election Committee, so as to reach her before 3pm on 9th March, 2004.

**Mrs. Stina Vasu**  
Chairperson, Election Committee, IWA.  
857, Poonamallee High Road,  
Kilpauk, Chennai - 600 010.



MEMBERS ELIGIBLE TO BE NOMINATED FOR THE POST OF PRESIDENT 2004-2005

Indians :

~~Vijaya Balasubramaniam~~  
~~Gita Chandrasekaran~~  
~~Lalitha Krishnan~~  
~~Sujaya Menon~~  
~~Kamala Muthiah~~  
~~Kamala Prasad~~  
~~Vidya Singh~~

*Princess*

MEMBERS ELIGIBLE TO BE NOMINATED FOR THE POSTS OF VICE-PRESIDENT, SECRETARY & TREASURER 2004-2005

Indians :

Seema Bhargava  
Sarah Chanda  
Prithika Chary  
Sangeet Chopra  
Kausalya Jaganmohan  
Bela Khaleeli  
Surekha Kohari  
Bina Mathew  
Princess Naik  
Padmini Natarajan

Fazeela Nurdeen  
Saroj Ramamrutham  
Visalakshi Ramaswamy  
Sharmila Ramji  
Beena Rammohan  
Leela Ratnam  
Naina Shah

*Rekha*  
*Nina*  
*Uroisilla*  
*Shalini B.*

Please note that according to the Byelaws all Non Indian members are eligible to be nominated for election to the Managing Committee.

EXECUTIVE COMMITTEE 2003-2004

MANAGING COMMITTEE

PRESIDENTS

Sushila Natraj 2498 2435 / 2467 1796  
Elaine Wood 2447 1356

VICE PRESIDENTS

Vidya Singh 2433 8782 / 2435 9035  
Sheela K Sharath 2493 8524

SECRETARIES

Princess Naik 2441 8448  
Suk Hee Lee 2435 9144

TREASURERS

Gita Chandrasekaran 2442 1035 / 2442 0235  
Malini Krishna 2447 4830 / 2447 1046

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Mansha Bhatia 2827 3251 / 2827 3189  
Josie Newman 2433 4758 *- ask*

BOOK DISCUSSION

Saranya Jayakumar 2826 1942  
Christina Sauer 2447 2531

COOKING SWAPSHOP

Urmilla Agarwal 2820 5327 / 2821 4586 *- ask*  
Bilkis Moosa 2434 9934 / 2434 9932

CURRENT EVENTS

Nina Kothari 2827 5859 / 2827 8888 *- ask*  
Anulya Mandava Rao 2499 5434

HEALTH & ECOLOGY

Rekha R Rangaraj 2499 4756 / 5211 0761  
Isabelle Badrinath 2447 1677

HISTORY, CULTURE & TOURS

Shobha Hebbar 2641 1248  
Libby Meyer 2433 9112

MUSIC & PERFORMING ARTS

Seema Bhargava 2435 6707  
Uma Ganesan 2491 9276 *- ask*

PHILOSOPHY & RELIGION

Anuradha Uberoi 2820 2467 / 08623-242170  
Anita Kapoor 2825 6484 / 2825 6474