



IWA
Chennai

Newsletter
March 2005

Month at a Glance		MARCH 2005				Vol. XIX No.10 CHENNAI	
SUN	MON	TUE	WED	THU	FRI	SAT	
		1	2	3	4	5	
6	Managing Com. Mtg. 9.45 a.m. Executive Com. Mtg. 10.30 a.m.	5.00 p.m. Music & Performing Arts	9	10	10.15 a.m. Arts and Handicrafts	11	
13	14	10.15 a.m. Health & Ecology	9.00 a.m. History, Culture & Tours	17	7.30 a.m. Grand Finale	18	
20	21	10.15 a.m. Cooking Swapshop	23	24	25	26	
27	28	10.15 a.m. Philosophy & Religion	30	31			

IWA NEWSLETTER

Volume XIX No.10

Chennai

MARCH 2005

MONTH AT A GLANCE

Friday	4 th Mar	Book Discussion & Current Events	10.15 a.m.
Monday	7 th Mar	Managing Comm. Meeting Executive Comm. Meeting	9.45 a.m. 10.30 a.m.
Tuesday	8 th Mar	Music & Performing Arts <i>Nirmala Seshadri</i>	5.00 p.m.
Friday	11 th Mar	Arts & Handicrafts <i>The Art of Magic and its power to communicate</i>	10.15 a.m.
Tuesday	15 th Mar	Health and Ecology <i>The Miracle Cure of the 21st Century</i>	10.15 a.m.
Wednesday	16 th Mar	History Culture & Tours <i>A Visit to the Saint-Gobain Glass Factory</i>	9.00 a.m.
Friday	18 th Mar	Grand Finale <i>Supper Theatre</i>	7.30 a.m.
Tuesday	22 nd Mar	Cooking Swapshop <i>Food with Attitude</i>	10.15 a.m.
Tuesday	29 th Mar	Philosophy & Religion <i>Pranayama : A hands - on Experience</i>	10.15 a.m.

From the Presidents

Once again it is that time of year when members are off enjoying themselves on the IWA overseas trip to Cambodia & Thailand - no doubt they will be back loaded with shopping and photographs.

Our Grand Finale - the Supper Theatre is coming up on the 18th of March - make sure that you buy your tickets for family and friends as it is sure to be a memorable evening of fun!

Our Activity Chairpersons have yet again organized some marvellous meetings - so please do try to stay till the end of the meeting as it is very disrespectful to the speaker.

Vidya Singh

Padma Ashok

MANAGING COMMITTEE
MEETING

Monday, 7th March 9.45 a.m.

EXECUTIVE COMMITTEE
MEETING

Monday, 7th March 10.30 a.m.

Princess Naik & Cherry Venkatesan
Madras Cricket Club
Babu Jagjivan Ram Road
Chennai.

From the Membership Treasurer

Members there are just two months left to complete your obligation of ten meetings as an active member. Those who do not complete the ten meetings will not get their renewal form by post. Those who have given their valid reason of absence in writing are excused.

IWA Board and Committee Members

Thank Shyla K. Rau for her gift of the commemorative Golden Bells to indicate each IWA year (1987 - 2017).

Our Heartfelt condolences to Nanditha Krishna on the loss of her father.



Book Discussion

&



Current Events

at 10.15 a.m. on Friday, 4th March

at Amethyst, Sundar Mahal, Jeypore Colony,
Chennai 600 006.

Moments of Magic : Dr. Bina R Naik

Make the right choices! Life has always been about making choices. Today more than ever before there is an increasing awareness to make smart decisions about how to lead more productive and healthy lives. Food, exercise and the ability to de-stress is what we all need to think about to ensure a better quality of life.

Dr. Bina Ramesh Naik of Auroville will discuss all this and more with her new book *Moments of Magic*. She will also be making a power point presentation.

There will be an exhibition of Auroville products and photographs. An organically - made biscuit and herbal tea will also be served!

We thank Kiran Rao for hosting this meeting and Asha Mohan for sponsoring the AV equipment.

Bharathi Suresh Rekha R Rangaraj
Bharati N Gopinath Nalini Panday



Music &
Performing Arts

at 5.00 p.m.
on Tuesday, 8th March

at Smt. Sivagami Petthachi Auditorium,
MCTM Chidambaram Chettiyar Mat. H.S. School,
179, Luz Church Road, Mylapore, Chennai 600 004.

Nirmala Seshadri: Then and Now - Personal and Artistic Reflections

Dancer Nirmala Seshadri presents "Then and Now - Personal and Artistic Reflections" an experiment in two parts. The first part is fragmented and deals with the memory of a traditional Bharatanatyam repertoire performed in the past, while the second segment is contemplative, a looking back and forward in the final chapter of a woman's life. This is brought out through the English translation of the Mandarin poem, "Aspiration", by Singaporean poet Dan Ying.

A recipient of the Singapore National Arts Council's "Young Artist Award" Nirmala serves on the Dance Resource Panel of the Council. Cross - cultural and multidisciplinary exploration have been Nirmala's hallmarks. She is a performer, choreographer, arts educator, researcher, teacher and writer.

We thank Chandrika Chidambaram for the use of the auditorium; Libby Meyer for hosting and Rekha Bhatla, Poonam Lalchand, Lily Madhok, Latha Rajan and Leena Suryaprakash for co-hosting this meeting.

Guests are welcome

Urmilla Agarwal

Anita Kapoor



at 10.15 a.m.
on Friday, 11th March

at Sangeet Chopra's, (Old No25/1),
Ranjit Road, Kotturpuram,
Chennai 600 028.

The Art of Magic...and its power to communicate

Magic has the potential to transcend barriers and communicate in a manner no other medium can. It amazes, entertains and communicates with the audience. Magic, among the fine arts, has the potential to impress and appeal to man's intellect and emotions.

Vadivel Pillai is a professional magician. His talk will trace the origin of magic and the different skills involved. He will demonstrate a vast range of his magical skills from the simple to the complex, from the believable to the not so believable.

Watch his brilliance and years of experience at work through the dexterity of his hands and the illusions of the mind he creates before your very eyes!

We thank Sangeet Chopra for hosting this meeting

Nina Kothari

Peggy Dwyer



Health and Ecology

at 10.15 a.m.
on Tuesday, 15th March

at Vanitha Rajkumar,
98 Poonamallee High Road, Chennai 600 084.
(From Egmore Bridge take left & next to Hotel Sudha)

The Miracle Cure of the 21st Century

Stem cells have been referred to as the miracle cure of the 21st century. Stem cells from the bone marrow have been used routinely in the treatment of a variety of non malignant & malignant conditions. Researchers have found that the blood collected from the umbilical cord is rich, safe and a non controversial source of stem cells. This largely untapped resource has until now been discarded at the time of birth. The talk by **Dr. Saranya Nandakumar** will help to increase the awareness of this new concept and will outline the necessity, importance and applications of banking the cord blood at the time of birth.

Thanks to **Jayashree Manradiar** and **Vanitha Rajkumar** for hosting the meeting

Anjana Sunil

Jorun Hafsmo



History
Culture & Tours

at 9.00 a.m.
on Wednesday, 16th March
at Vidya Singh, 10, Sathyanarayana Avenue,
Chennai 600 028.

*A Visit to the Saint-Gobain Glass
Factory, Sriperumbudur.*

The history of Architecture is the history of Man: buildings are the footprints in the sands of time marking Man's evolution - footprints made of stone, steel, and glass; increasingly more and more of glass.

In the past, glass in architecture meant stained glass windows and crystal palaces.

To-day, buildings come clothed in skins of glass: curtain-walling and structural glazing are helping man in crafting the future.

A visit to the Saint-Gobain (since 1665 near Paris, France) Glass Factory, at Sriperumbudur, promises to be an unforgettable experience.

We would like to thank Mr. Le Coz and his team at the Saint-Gobain Glass India Limited, for hosting this meeting and making it possible for 30 IWA ladies to visit the factory. So ladies please warn-in early to Sandra at 5210-2017.

There is a dress code as well; ladies visiting the factory are required to wear cotton clothes: jeans, pants or salwar suits (without dupatta), no sarees please. Closed leather shoes should be worn, not tennis shoes or sandals. Protective headgear will be supplied at the factory.

PROGRAMME

09:00h Assemble at Vidya Singh's place.

09:30h Leave by chartered bus.

10:30h Arrive at the factory.

10:45h Reception at factory.

11:00h Presentation of the plant.

11:30h Visit in 3 groups of 10 each.

13:00h Lunch hosted by Mr & Mrs Le Coz & the St-Gobain Glass Factory.

14:15h Departure to Chennai.

16:00h Arrival at Vidya's place.

Ladies: Warn-in early and avoid disappointment!

Kausalya Apparao Jagannathan Sandra Le Coz

Congratulations to :

- Shobana Thomas on the wedding of her sons. Dr. Yohan to Tina and Yeshwin to Shammah
- Shanthi Verghese on the birth of her grandson

Grand Finale

IWA Presents



Michael Muthu's

"HAMLET" (Absolutely not Williams'!)

A Supper Theatre and a Feast.... with a difference! Celebrate IWA's Grand Finale with family and friends!

on March 18th Friday, 7.30 p.m.

At: Park Sheraton

Chamiers Road, Chennai 600 028

Donor Cards - Rs.350/- (Available with All Executive Committee Members).



Cooking Swapshop

at 10.15 a.m.
on Tuesday, 22nd March

at The Park, Nungambakkam High Road,
Chennai 600 034

Food with Attitude

A landmark hotel, a trendsetter, be it food, decor or attitude. A boutique in the true sense of the term, and a chef to match.

Star Chef Willie, a name synonymous with 'The Park' will allow us to view some of his exotic creations finetuned to perfection.

Its sure to be rocking!!

Guests charges Rs.150/-

Sharmila Ramji

Malini Krishna

Change of Address

Jacky Pearce

U.K.

5, River View Apts. 9A,

Boat Club Road,

IIIrd Avenue,

Chennai 600 028.

Tel : 2432 3915

PHILOSOPHY & RELIGION

at 10.15 a.m.
on Tuesday, 29th March
at Forum Art Gallery, 57, 5th Street,
Padmanabha Nagar, Adyar, Chennai 600 020
Ph : 5211 5596

Pranayama : A Hands-on Experience

Do you believe in miracles? Can you believe that you yourself can actually cure your ailments? That you can eliminate medication from your life, whether it is asthma, diabetes, cholestrol, thyroid, allergies, skin problems, paralysis (and many more) and also lose weight while sitting in one place?

That asthamatics may be able to throw away their inhalers and diabetics insulin syringes? If not, try it the Swami Ramdev way!

Our IWA member Surekha Kothari and Dali Verghese who attended the one week practical training yoga camp recently and learnt the Pranayama Techniques from Swami Ramdev himself, will speak on the benefits and teach some pranayama (deep breathing) techniques.

Those who can sit on the floor may please bring mats with them and others can sit on chairs provided at the venue. Also, have a light breakfast, preferably liquids as Pranayama is generally done on an empty stomach. Refreshments will be served after the meeting. We would like to thank Lila Shahaney for hosting this meeting.

Shalini Biswajit Radha Gopalakrishnan

From the Election Committee

We invite you to nominate persons for each office of 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 Kamala Muthiah, Chairperson, Election Committee, so as to reach her before 3 pm on 10th March 2005.

Mrs. Kamala Muthiah
Chairperson, Election Committee, IWA,
857 Poonamallee High Road,
Kilpauk, Chennai 600 010.

Eligible Members who have accepted to be nominated for the post of President 2005-2006

Indian	Non-Indian
Princess Naik	Rathi Nilakantan
Kamala Prasad	

Eligible Members who have accepted to be nominated for the posts of Vice-President, Secretary & Treasurer 2005-2006

Indian	Non-Indian
Urmilla Agarwal	Uma Ganesan
Seema Bhargava	Amulya Mandava Rao
Kausalya Jaganmohan	Bernadette Mcewan
Nina Kothari	Prabha Nair
Rekha Rangaraj	Nalini Panday
Leela Ratnam	Vijaya Bharathi Rangarajan

Please note that according to the Bye-laws all Non Indian Members are eligible to be nominated for election to the Managing Committee.

IWA
NOMINATION FORM 2005 - 2006

I nominate _____ No.: **113**
Indian Non-Indian

Presidents

Vice Presidents

Secretaries

Treasurers

Signature _____

Date _____ Name _____
(Block Letters)

Please send this to the Registered Office before 3pm on
10th March, 2005.

Mrs. Kamala Muthiah
Chairperson, Election Committee, IWA.
857, Poonamallee High Road,
Kilpauk, Chennai - 600 010.

EXECUTIVE COMMITTEE 2004 - 2005

MANAGING COMMITTEE

PRESIDENTS

Vidya Singh 5204 8782
98410 30737
Padma Ashok 2833 0235 / 2833 2801

VICE PRESIDENTS

Princess Naik 2441 8448
Sheela K Sharath 2493 8524 / 2461 6280

SECRETARIES

Fazeela Nurdeen 2626 0674
Amulya Mandava Rao 24995434 / 98410 25434

TREASURERS

Seema Bhargava 2435 6707 / 2434 7062
Cherry Venkatesan 2829 3436

ACTIVITY CHAIRPERSONS

ARTS & HANDICRAFTS

Nina Kothari 2827 5859 / 2827 8888
Peggy Dwyer 98400 19015

BOOK DISCUSSION

Bharathi Suresh 5204 8090 / 5203 1997
Bharati Nair Gopinath 2442 0026

COOKING SWAPSHOP

Sharmila Ramji 2447 1200
Malini Krishna 2447 4830

CURRENT EVENTS

Rekha R Rangaraj 2499 4756 / 5211 0761
Nalini Panday 2461 0944 / 98410 48629

HEALTH & ECOLOGY

Anjana Sunil 2660 0262
Jorun Hafsmo 2431 4251 / 98407 11198

HISTORY, CULTURE & TOURS

Kausalya Jagannathan 2499 0201
Sandra Le Coz 5210 2017

MUSIC & PERFORMING ARTS

Urmilla Agarwal 2820 5327 / 2821 4586
Anita Kapoor 2825 6484

PHILOSOPHY & RELIGION

Shalini Biswajit 2433 8216 / 2434 0315
Radha Gopalakrishnan 2491 8186